

ADVICE FOR EXCURSIONISTS

SAFETY IN THE MOUNTAINS

- Make sure to be fully informed as to the characteristics and difficulty of the itinerary, this should be done by studying carefully the appropriate maps.
- Before leaving define the arrival point carefully and inform somebody of the chosen itinerary.
- Be both physically and mentally prepared for the task to be undertaken.
- Never undertake an Itinerary alone. It is always advisable to be accompanied by an expert.
- Avoid taking any short-cuts and do not deviate off route.
- Bring back any accumulated rubbish. Respect the nature. Respect the local traditions and customs, and remember you are guests in the mountains.

ALPINE GUIDES

Vallecamonica-Adamello	Val di Sole
Tel. +39 346 5788907	+39 347 7457328
www.adamelloguidealpine.it	www.guidealpinevaldisole.it
info@adamelloguidealpine.it	info@guidealpinevaldisole.it

WEATHER

- Always be fully informed of the weather conditions. It is preferable to depart in the morning. Storms and bad weather usually manifest themselves in the afternoon. The weather in the mountains can suddenly change, so be prepared for this.

CLOTHING, EQUIPMENT AND FOOTWEAR

- Backpacks should be prepared according to the itinerary to be undertaken. Take warm clothes, waterproof and windproof jacket, a heavy sweater, gloves, woolly hat, long trousers and a change of underwear.
- Wear the correct footwear: avoid trainers and shoes with smooth soles.
- Bring a frontal torch, a thermos, a raincoat, sunscreen, sunglasses, tissues and a first aid kit.
- Climbing equipment (helmet, harness, rope and snow pick) depending on the route to be taken.

FOOD

- In high altitudes it is important to be well hydrated. Drinks rich in mineral salts are more suitable.

MOUNTAIN HUT

- It is always advisable to pre-book and to inform the refuge of your time of arrival.
- Blankets, pillows and a mattress will be provided by the refuge. It is necessary to bring own sheets or ask for them in the refuge.

In case of emergency call the "Soccorso Alpino" ☎ 112

PLEASE NOTE: this information is of a touristic nature. The contents are indicative. Any responsibility of the precision of data found is declined.



[Download the catalogue](#)

	ITINERARY (departure point)	DIFFICULTY RATING	ROUTE LENGTH km	ALTITUDE DIFF +/- m	ESTIMATED TIME
WALKING	1 Visce - J3	easy	4	55	1h 20'
	2 Giro dei Masi - K3	medium	8.3	230	3h 20'
	3 Giro dei Fori - I4	medium	11.3	350	3h 50'
	4 Torbiere del Tonale - I4	medium	9	230	3h
	5 Garifù - G4	medium	8	300	3h
	6 Case di Viso - Scursal - G3	hard	8.5	400	3h 30'
	7 Val d'Avio - Frèr - F4	medium	7	250	2h 40'
	8 Santa Giulia - F5	medium	3.7	240	1h 40'
	9 Premia - Gaffù - E4	medium	5.4	300	2h 20'
	10 Cava del Borem - Còler - D5	hard	6.2	400	3h
HIKING	1 Mortirolo - Molàc - B4	easy	4.3	160	1h 40'
	2 Giro Valeriana - B7	medium	12.3	380	4h
	3 Sentiero della pace - I5	medium	9	- 710	2h 30'
	4 Pozzi Alti - J5	medium	12.9	850	4h 30'
	5 Lago di Barco - K3	easy	13.8	800	4h 30'
	6 Città Morta - I4	medium	16.5	970	5h
	7 Dosso di Casadame - H4	medium	7.5	720	4h
	8 Laghi Monticelli - G2	hard	12.9	980	4h 50'
	9 Bocchette di Val Massa - G2	medium	14.5	1000 / 1150	5h 30'
	7 Rifugio Garibaldi - F6	medium	18.2	1150	6h 15'
	8 Bocchetta di Casola - G4	medium	13.7	900	5h 15'
	9 Cima Bles - E4	hard	13.6	1500	7h
	10 Laghetti di Pietrarsossa - F4	medium	13.5	1070	5h 10'
	11 Val Grande - D4	medium	20.7	1150	6h 30'
12 Piano dei Morei - E4	medium	15.5	1150	6h	
TREKKING TOUR	13 Sentiero dei Cervi - B5	easy	12.3	770	4h
	14 Monte Aviole - C7	hard	9.7	1330	7h
	1 Alta Via dell'Ademello				
	1.1 Pont del Guat - Rifugio Tonolini - D9	medium	8.8	1220/300	5h
	1.2 Rifugio Tonolini - Rifugio Garibaldi - E8	hard	6.8	770/650	4h 30'
	1.3 Rifugio Garibaldi - Rifugio Aviole - F7	medium	9.5	900/1550	5h 50'
	1.4 Rifugio Aviole - Edolo - D6	medium	7.7/15.4	600/940 - 600/1830	3h 40' / 5h 30'
	2 Alta Via Camuna				
	2.1 Ponte di Legno - Rifugio A. Bozzi - G4	medium	10.6	1250/60	5h
	2.2 Rifugio A. Bozzi - Rifugio Bonetta - H2	hard	10.2	690/530	5h 30'
	2.3 Rifugio Bonetta - Rifugio S. Occhi - F1	hard	11.8	700/1280	5h 50'
	2.4 Rifugio S. Occhi - Vezza d'Oglio - D2	medium	9	10/970	2h 30'
	3 Sui sentieri della Grande Guerra				
	3.1 Edolo - Rifugio Al Lago del Mortirolo - B7	medium	13.3	1420/340	5h 30'
3.2 Rifugio Al Lago del Mortirolo - Locanda Val Grande - B5	medium	19.2	930/1150	6h	
3.3 Locanda Val Grande - Cortebona - D4	hard	15.7	1360/1150	6h 20'	
3.4 Cortebona - Rifugio Valmalza - E3	hard	18.5	1600/1400	7h 30'	
3.5 Rifugio Valmalza - Rifugio Bozzi - F1	medium	19.8	1400/900	5h 40'	
3.6 Rifugio Bozzi - Passo del Tonale - H2	hard	9.7	450/1150	4h	
4 Presanella Epic Trail					
4.1 Vermiglio - Rifugio Denza - K3	medium	8.5	1120	4h 10'	
4.2 Rifugio Denza - Capanna Presena - J4	hard	13.5	1380/1100	7h	
4.3 Ghiacciaio Presena - Passo Tonale (Sentiero dei Fori) - I5	ferrata	5.1	390/800	5h	
4.4 Passo Tonale - Bait di Mezzolo - H3	medium	13.2	730/1445	5h 30'	
4.5 Bait di Mezzolo - Vermiglio - J3	medium	22.7	1150/1930	8h 15'	
FERRATA	1 Sentiero dei Fiori - I5	ferrata	5.1	390 / 800	5h
	2 Cima Payer - H6	ferrata	6.3	650	4h
	3 Sentiero degli Antiziani - MX	ferrata	9.6	850	6h

www.pontedilegnohotel.com
info@pontedilegnohotel.com
Tel. 0564 42097/709066
P.le M. di Lanza, 55 - 55056
Pontedilegno - Toscana

MOUNTAIN TRAILS

WALKING - HIKING - TREKKING TOUR - VIA FERRATA



