

1 WALKING VISCLE

DISTANCE 4 km
ALTITUDE DIFFERENCE +/- 55m
ESTIMATED TIME 1h20
SEASON May/November
DIFFICULTY Easy

2 WALKING GIRO DEI MASI

DISTANCE 6,3 km
ALTITUDE DIFFERENCE +/- 230 m
ESTIMATED TIME 3h20
SEASON May/November
DIFFICULTY Medium

3 WALKING GIRO DEI FORTI

DISTANCE 11,3 km
ALTITUDE DIFFERENCE +/- 350 m
ESTIMATED TIME 3h50
SEASON June/October
DIFFICULTY Medium

4 WALKING TORBIERE DEL TONALE

DISTANCE 9 km
ALTITUDE DIFFERENCE +/- 230 m
ESTIMATED TIME 3h00
SEASON June/October
DIFFICULTY Medium

5 WALKING GARÒFUI

DISTANCE 8 km
ALTITUDE DIFFERENCE +/- 300 m
ESTIMATED TIME 3h00
SEASON May/October
DIFFICULTY Medium

6 WALKING CASE DI VISO - SCURSAI

DISTANCE 8,5 km
ALTITUDE DIFFERENCE +/- 400 m
ESTIMATED TIME 3h30
SEASON May/October
DIFFICULTY Hard

7 WALKING VAL D'AVIO - FRÈR

DISTANCE 7 km
ALTITUDE DIFFERENCE +/- 250 m
ESTIMATED TIME 2h40
SEASON May/October
DIFFICULTY Medium

8 WALKING SANTA GIULIA

DISTANCE 3,7 km
ALTITUDE DIFFERENCE +/- 240 m
ESTIMATED TIME 1h40
SEASON June/October
DIFFICULTY Medium

9 WALKING PREMIA - GAFIÙ

DISTANCE 5,4 km
ALTITUDE DIFFERENCE +/- 300 m
ESTIMATED TIME 2h20
SEASON May/November
DIFFICULTY Medium

10 WALKING CAVA DEL BORM - CÒLER

DISTANCE 6,2 km
ALTITUDE DIFFERENCE +/- 400 m
ESTIMATED TIME 3h00
SEASON May/November
DIFFICULTY Hard

11 WALKING MORTIROLO - MOIÀC

DISTANCE 4,3 km
ALTITUDE DIFFERENCE +/- 160 m
ESTIMATED TIME 1h40
SEASON May/November
DIFFICULTY Easy

12 WALKING GIRO VALERIANA

DISTANCE 9 km
ALTITUDE DIFFERENCE +/- 380 m
ESTIMATED TIME 4h00
SEASON May/November
DIFFICULTY Medium

13 WALKING SENTIERO DELLA PACE

DISTANCE 9 km
ALTITUDE DIFFERENCE +/- 170 m
ESTIMATED TIME 2h30
SEASON July/September
DIFFICULTY Easy

1 HIKING POZZI ALTI

DISTANCE 12,9 km
ALTITUDE DIFFERENCE +/- 850 m
ESTIMATED TIME 4h30
SEASON June/October
DIFFICULTY Medium

2 HIKING LAGO DI BARCO

DISTANCE 13,8 km
ALTITUDE DIFFERENCE +/- 800 m
ESTIMATED TIME 4h30
SEASON June/October
DIFFICULTY Easy

3 HIKING CITTÀ MORTA

DISTANCE 16,5 km
ALTITUDE DIFFERENCE +/- 970 m
ESTIMATED TIME 5h00
SEASON July/September
DIFFICULTY Medium

4 HIKING DOSSO DI CASAMADRE

DISTANCE 7,5 km
ALTITUDE DIFFERENCE +/- 980 m
ESTIMATED TIME 4h00
SEASON June/October
DIFFICULTY Medium

5 HIKING LAGHI MONTICELLI

DISTANCE 12,9 km
ALTITUDE DIFFERENCE +/- 980 m
ESTIMATED TIME 4h50
SEASON July/September
DIFFICULTY Hard

6 HIKING BOCCHETTE DI VAL MASSA

DISTANCE 14,5 km
ALTITUDE DIFFERENCE +/- 1000 m / -1150 m
ESTIMATED TIME 5h30
SEASON June/October
DIFFICULTY Medium

7 HIKING RIFUGIO GARIBALDI

DISTANCE 18,2 km
ALTITUDE DIFFERENCE +/- 1150 m
ESTIMATED TIME 6h15
SEASON June/October
DIFFICULTY Medium

8 HIKING BOCCHETTA DI CASOLA

DISTANCE 13,7 km
ALTITUDE DIFFERENCE +/- 900 m
ESTIMATED TIME 5h15
SEASON June/October
DIFFICULTY Medium

9 HIKING CIMA BLES

DISTANCE 13,3 km
ALTITUDE DIFFERENCE +/- 1000 m
ESTIMATED TIME 7h00
SEASON June/October
DIFFICULTY Hard

10 HIKING LAGHETTI DI PIETRAROSSA

DISTANCE 13,5 km
ALTITUDE DIFFERENCE +/- 1070 m
ESTIMATED TIME 6h30
SEASON June/October
DIFFICULTY Medium

11 HIKING VAL GRANDE

DISTANCE 20,7 km
ALTITUDE DIFFERENCE +/- 1150 m
ESTIMATED TIME 6h30
SEASON June/October
DIFFICULTY Medium

12 HIKING PIANA DEI MOREI

DISTANCE 15,5 km
ALTITUDE DIFFERENCE +/- 1150 m
ESTIMATED TIME 6h00
SEASON June/October
DIFFICULTY Medium

13 HIKING SENTIERO DEI CERVI

DISTANCE 12,3 km
ALTITUDE DIFFERENCE +/- 770 m
ESTIMATED TIME 4h00
SEASON June/October
DIFFICULTY Easy

14 HIKING MONTE AVIOLO

DISTANCE 9,7 km
ALTITUDE DIFFERENCE +/- 1130 m
ESTIMATED TIME 4h00
SEASON July/September
DIFFICULTY Hard

1 VIA FERRATA SENTIERO DEI FIORI

DISTANCE 5,3 km
ALTITUDE DIFFERENCE +/- 390 m / - 800 m
ESTIMATED TIME 5h00
SEASON July/September
DIFFICULTY Via ferrata

2 VIA FERRATA CIMA PAYER

DISTANCE 6,3 km
ALTITUDE DIFFERENCE +/- 650 m
ESTIMATED TIME 4h00
SEASON July/September
DIFFICULTY Via ferrata

3 VIA FERRATA SENTIERO DEGLI AUSTRIACI

DISTANCE 8,6 km
ALTITUDE DIFFERENCE +/- 650 m
ESTIMATED TIME 5h00
SEASON July/September
DIFFICULTY Via ferrata

1 TREKKING TOUR ALTA VIA DELL'ADAMELLO

1st STAGE
DISTANCE 8,8 km
ALTITUDE DIFFERENCE +1220 m / - 300 m
ESTIMATED TIME 5h00
SEASON July/September
DIFFICULTY Medium

2 TREKKING TOUR ALTA VIA CAMUNA

1st STAGE
DISTANCE 10,6 km
ALTITUDE DIFFERENCE +1250 m / - 60 m
ESTIMATED TIME 6h30
SEASON July/September
DIFFICULTY Medium

3 TREKKING TOUR SUI SENTIERI DELLA GRANDE GUERRA

1st STAGE
DISTANCE 13,3 km
ALTITUDE DIFFERENCE +1420 m / - 340 m
ESTIMATED TIME 5h30
SEASON July/September
DIFFICULTY Medium

2nd STAGE

DISTANCE 20,9 km
ALTITUDE DIFFERENCE +950 m / - 1300 m
ESTIMATED TIME 6h30
SEASON July/September
DIFFICULTY Hard

3rd STAGE

DISTANCE 15,7 km
ALTITUDE DIFFERENCE +1360 m / - 1150 m
ESTIMATED TIME 6h20
SEASON July/September
DIFFICULTY Hard

4th STAGE

DISTANCE 9,5 km
ALTITUDE DIFFERENCE +900 m / - 1550 m
ESTIMATED TIME 5h30
SEASON July/September
DIFFICULTY Medium

4th STAGE

DISTANCE 7,7 km | 5,4 km
ALTITUDE DIFFERENCE +600 m / - 1940 m
ESTIMATED TIME 3h40 | 5h30
SEASON July/September
DIFFICULTY Medium

3rd STAGE

DISTANCE 8,8 km
ALTITUDE DIFFERENCE +1030 m / - 970 m
ESTIMATED TIME 4h50
SEASON July/September
DIFFICULTY Hard

4th STAGE

DISTANCE 9 km
ALTITUDE DIFFERENCE +40m / - 970 m
ESTIMATED TIME 2h30
SEASON July/September
DIFFICULTY Medium

4th STAGE

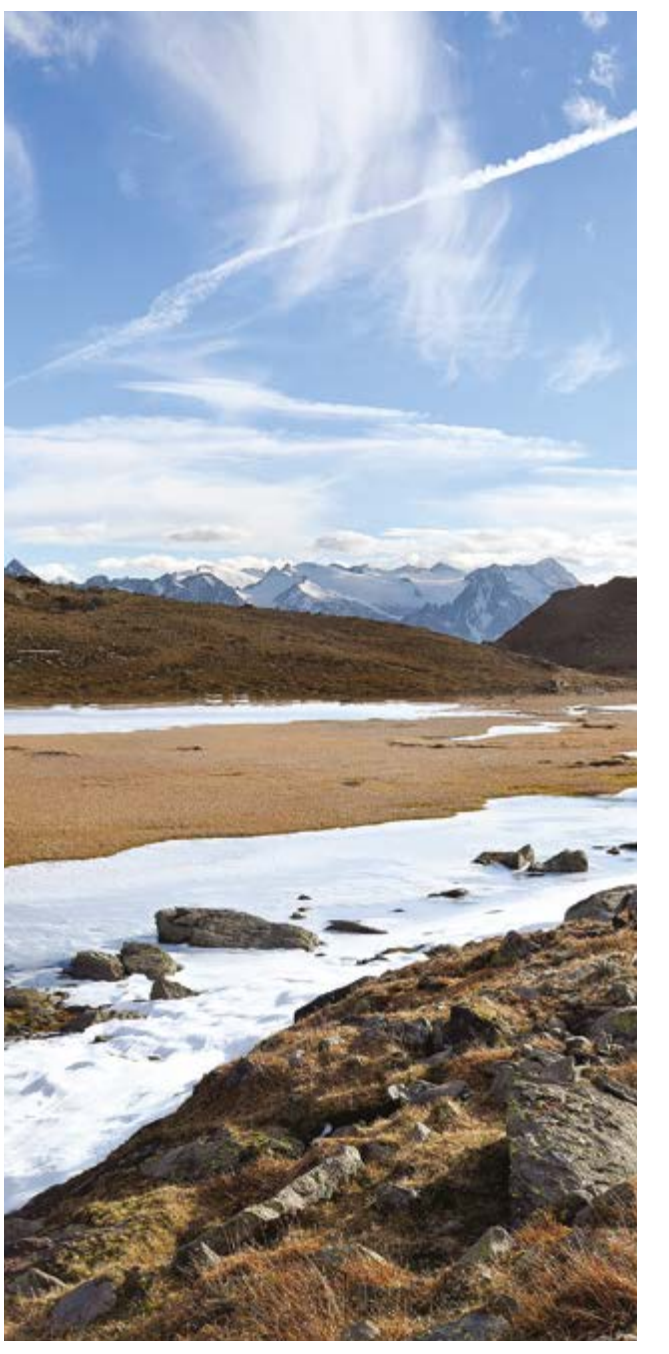
DISTANCE 18,5 km
ALTITUDE DIFFERENCE +1600 m / - 1400 m
ESTIMATED TIME 7h30
SEASON July/September
DIFFICULTY Medium

5th STAGE

DISTANCE 19,8 km
ALTITUDE DIFFERENCE +1400 m / - 900 m
ESTIMATED TIME 5h40
SEASON July/September
DIFFICULTY Medium

6th STAGE

DISTANCE 9,7 km
ALTITUDE DIFFERENCE +450 m / - 1150 m
ESTIMATED TIME 4h00
SEASON July/September
DIFFICULTY Hard



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.

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 thermo, 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

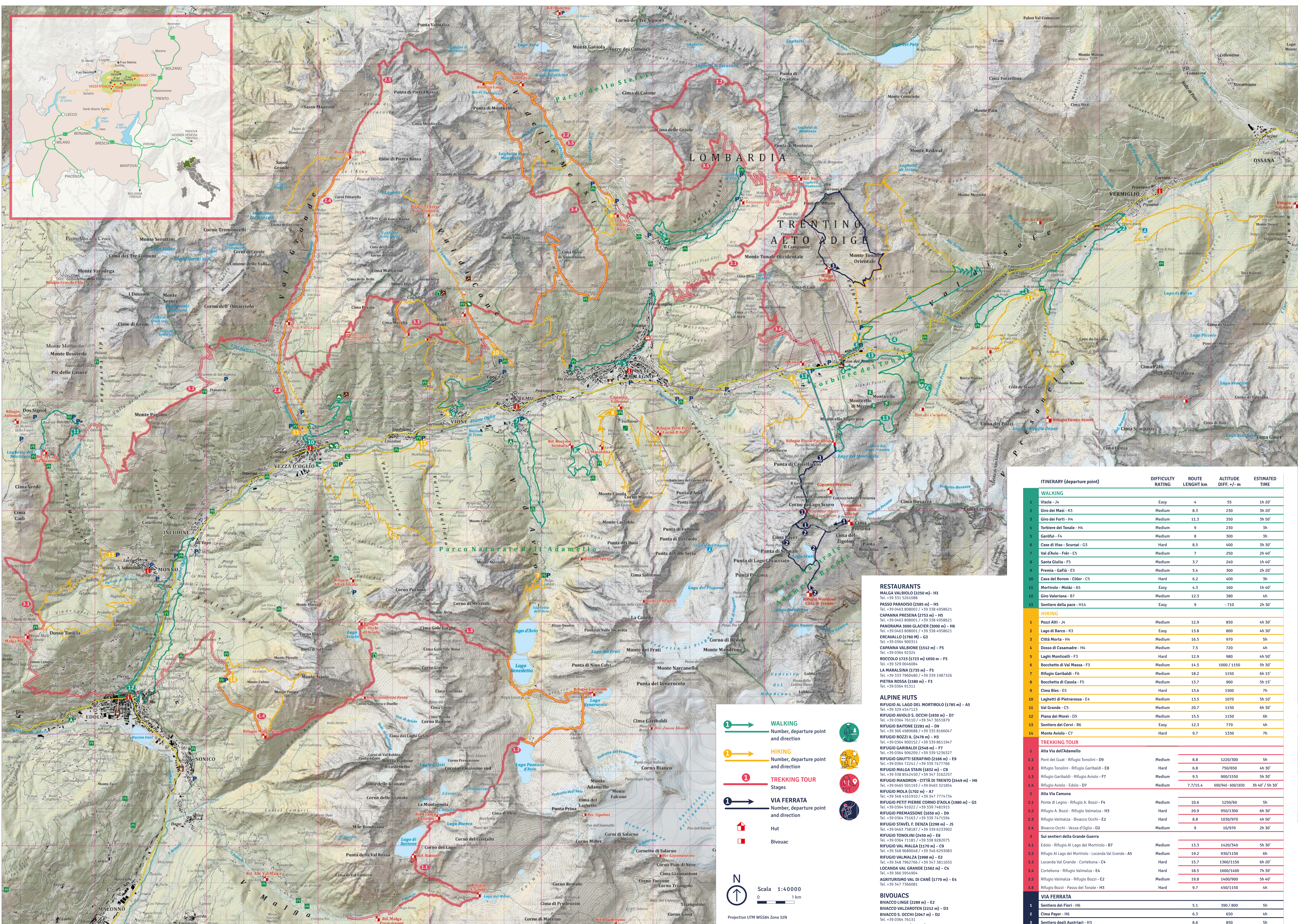
- In high altitudes it is important to be well hydrated. Drinks rich in mineral salts are more suitable.

REFUGIO

- 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.



- RESTAURANTS**
- MALGA VALBIOLO (2250 m) - H3
Tel. +39 331 5261088
 - PASSO PARADISO (2585 m) - H5
Tel. +39 0463 808001 / +39 338 4958621
 - PANORAMA 3000 GLACIER (3000 m) - H6
Tel. +39 0463 808001 / +39 338 4958621
 - CAPPANNA PRESENTA (2753 m) - H5
Tel. +39 0364 900313 / +39 338 4958621
 - ERCAVALLO (1760 m) - G3
Tel. +39 0364 900313
 - CAPPANNA VALBIONE (1512 m) - F5
Tel. +39 0364 92324
 - ROCCOLO 1723 (1723 m) 1650 m - F5
Tel. +39 0329 0340084
 - LA MARALISINA (1735 m) - F5
Tel. +39 333 7960480 / +39 339 1987326
 - PIETRA ROSSA (1580 m) - F3
Tel. +39 0364 91311
- ALPINE HUTS**
- REFUGIO AL LAGO DEL MORTIROLO (1785 m) - A5
 - REFUGIO AVIOLO S. OCCHI (1930 m) - D7
Tel. +39 0364 75110 / +39 347 3651879
 - REFUGIO BARTONE (2281 m) - D9
Tel. +39 0364 696088 / +39 339 62396047
 - REFUGIO BOZZI A. (2478 m) - H5
Tel. +39 0364 900152 / +39 339 8611947
 - REFUGIO GARIBALDI (2548 m) - F7
Tel. +39 0364 900029 / +39 339 5236327
 - REFUGIO GNUTTI SERAFINO (2166 m) - E9
Tel. +39 0364 72264 / +39 339 7477766
 - REFUGIO MALGA STAM (1622 m) - C8
Tel. +39 338 8542450 / +39 347 3162257
 - REFUGIO MANDRON - CITTÀ DI TRENTO (2449 m) - H6
Tel. +39 0465 501393 / +39 0465 321854
 - REFUGIO MOLA (1700 m) - A2
Tel. +39 348 4161910 / +39 347 7774734
 - REFUGIO PETIT PIERRE CORNO D'ADDA (1980 m) - G5
Tel. +39 0465 501393 / +39 0465 321854
 - REFUGIO VALMALZA (1170 m) - C9
Tel. +39 348 5869048 / +39 348 6293083
 - REFUGIO VALMALZA (1998 m) - E2
Tel. +39 348 7962766 / +39 347 3811655
 - LOCANDA VAL GRANDE (1562 m) - C4
Tel. +39 366 5954904
 - AGRITURISMO VAL DI CANÈ (1770 m) - E4
Tel. +39 347 7366081

WALKING
Number, departure point and direction

HIKING
Number, departure point and direction

TREKKING TOUR
Stages

VIA FERRATA
Number, departure point and direction

Hut

Bivouac

Scale 1:40000
0 1 km

Projection UTM WGS84 Zona 32N

ITINERARY (departure point)	DIFFICULTY RATING	ROUTE LENGTH km	ALTITUDE DIFF. +/- m	ESTIMATED TIME
WALKING				
1 Viscele - J4	Easy	4	55	1h 20'
2 Giro del Masi - K3	Medium	8,3	230	3h 20'
3 Giro del Forti - H4	Medium	11,3	350	3h 50'
4 Torbiere del Tonale - H4	Medium	9	230	3h
5 Garfai - F4	Medium	8	300	3h
6 Case di Viso - Scursai - G3	Hard	8,5	400	3h 30'
7 Val d'Avio - Frèr - E5	Medium	7	250	2h 40'
8 Santa Giulia - F5	Medium	3,7	240	1h 40'
9 Premia - Gaffi - E5	Medium	5,4	300	2h 20'
10 Cava del Borom - Còler - C5	Hard	6,2	400	3h
11 Mortirolo - Molè - A5	Easy	4,3	160	1h 40'
12 Giro Valeriana - B7	Medium	12,3	380	4h
13 Sentiero della pace - H14	Easy	9	-710	2h 30'
HIKING				
1 Pozzi Alti - J4	Medium	12,9	850	4h 30'
2 Lago di Barco - K3	Easy	13,8	800	4h 30'
3 Città Morta - H4	Medium	16,5	970	5h
4 Dosso di Casamadre - H4	Medium	7,5	720	4h
5 Laghi Monticelli - F3	Hard	12,9	980	4h 50'
6 Bocchette di Val Massa - F3	Medium	14,5	1000 / 1150	5h 30'
7 Rifugio Garibaldi - F6	Medium	18,2	1150	6h 15'
8 Bocchetta di Casola - F5	Medium	13,7	900	5h 15'
9 Cima Bles - E5	Hard	13,6	1500	7h
10 Laghetti di Pietrarsa - E4	Medium	13,5	1070	5h 10'
11 Val Grande - C5	Medium	20,7	1150	6h 30'
12 Piana del Morel - D5	Medium	15,5	1150	6h
13 Sentiero del Cervi - B6	Easy	12,3	770	4h
14 Monte Aviole - C7	Hard	9,7	1330	7h
TREKKING TOUR				
1 Alta Via dell'Adamello				
1.1 Pont del Guat - Rifugio Tonolini - D9	Medium	8,8	1220/300	5h
1.2 Rifugio Tonolini - Rifugio Garibaldi - E8	Hard	6,8	750/650	4h 30'
1.3 Rifugio Garibaldi - Rifugio Aviole - F7	Medium	9,5	900/1550	5h 30'
1.4 Rifugio Aviole - Edolo - D7	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 - F4	Medium	10,6	1250/60	5h
2.2 Rifugio A. Bozzi - Rifugio Valmalza - H3	Hard	20,9	950/1300	6h 30'
2.3 Rifugio Valmalza - Biavacco Occhi - E2	Hard	8,8	1030/970	4h 50'
2.4 Biavacco Occhi - Veza 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 - A5	Medium	19,2	930/1150	6h
3.3 Locanda Val Grande - Corborea - C4	Hard	15,7	1360/1150	6h 20'
3.4 Corborea - Rifugio Valmalza - E4	Hard	18,5	1600/1400	7h 30'
3.5 Rifugio Valmalza - Rifugio Bozzi - E2	Medium	19,8	1400/900	5h 40'
3.6 Rifugio Bozzi - Passo del Tonale - H3	Hard	9,7	450/1150	4h
VIA FERRATA				
1 Sentiero dei Fiori - H6		5,1	390 / 800	5h
2 Cima Payer - H6		6,3	650	4h
3 Sentiero degli Austriaci - H3		8,6	850	5h

MOUNTAIN TRAILS
WALKING - HIKING - TREKKING TOUR - VIA FERRATA