

Cima Fopel

Difficulty: hard

This wonderful excursion takes place entirely within the Stelvio National Park in a particularly wild environment.

The start is located near the Fopel Refection, on the road leading to the Passo del Gallo.

The trail climbs continuously between pines and panoramic views on the lake of Livigno until the peak, situated at just over 2900 meters. Here you can indulge in a nice snack, take wonderful pictures and then prepare for the descent that requires attention.

It descends on the opposite side and the first part is quite demanding and you must help for a little while with some chains, then the path becomes easier but still remains rather exposed on the Viera valley below and with the whole valley of Livigno as a background.

The hike to 1100m altitude is recommended for experienced walkers.



Crap dala Parè

Difficulty: medium

From the Dairy of Livigno we start on the road that leads along the shore of the Lake of Livigno towards the "Goats Bridge". As soon as entering the "Bosc dal Restel" a narrow path noses up with hairpins bending left. Gone beyond the typical huts, "Tea dal Brun" (bear's huts), the trail continues among the beautiful century-old larches.

By keeping on climbing you slowly wend

north, going around the "Crap dala Parè", the limestone wall above us.

The forest changes a bit 'look and leaves gradually replaced by shrubs of rhododendrons and blueberries until the meadows above the limit of vegetation.

We are now at the top, where there is a huge cross that dominates the entire valley of Livigno, the view is really impressive, although not excessively high, in fact we are about 2400m, the point is strategic to see the whole village,

the lake throughout its length, the valleys on the sides and all the beautiful surrounding mountains.

After the stop off the return can be done on the path that leads first to the shoulder of the mountain, in a light downhill along a dirt road to the 'Eira Pass and then down to Livigno again on a dirt road, the one once used to get from Livigno to Trepalle, called "la corta" (the short one).

The walk is not difficult, but requires some effort to climb, though not too long, has a vertical drop of 600. The descent however, a little 'longer, is quite easy.

Lakes of Forcola

Difficulty: medium

The start is located at Forcola pass near the Tridentine Refuge. Going towards Livigno the path goes up on the left side of the Forcola valley.

You go up gradually but the path, sometimes stony and rocky, must be approached with due attention until the "Colma", the saddle that connects with the "Hay Valley" rising from Switzerland. Here we turn left to begin climbing again for the last stretch of the trail leading to the Forcola lakes, the landscape is quite severe and savage but quaint.



For the descent follow back the same route of the ascent.

The tour is not very demanding , the elevation is about 300m, but the trail is a bit 'technic' then must be approached with some caution.



Black Lake and Val Trela

Difficulty: medium

The easy hike starts from Foscagno pass just under 2300m of altitude.

The trail climbs at first gradually on the slopes of Mount La Rocca then gets a bit 'more steepy' after the 2600 meters altitude.

Hence, your eyes gaze up to the snowy peaks of the Ortler Cevedale. After a few

minutes descent you get near the Black Lake, The descent continues down a bit 'steeper', until the green and plain pastures of Malga Trela, where a meal is a must and always highly appreciated!

The walk then continues in the direction of the Trela pass towards the village of Trepalle for the return. The path is easy and undemanding and shows very nice surroundings. On top of the pass you can see the edelweiss. Descending the possibility of concluding the tour are two:

1. continuing to the bottom of the valley, to the "Pila" village, and thence eventually walking along the valley Tort until the Alpisella refuge, along the Lake of Livigno (required 2 more hours of walking);
2. at a small bridge by going left and then moving into the "Arneira" area where it is possible to go along the road that leads back to Livigno.

The walk is not difficult, it is easy and very varied, the unevenness limited, both rises, before the lake and after the hut are about 300-350m.

Monte Breva

Difficulty: medium

Up to the "Baitel Gras di Agnégli" at about 2100 m altitude on the way to the Forcola Pass take the path that climbs the right side of the valley up to a saddle where the trail splits.

You Go on your right continuing to rise and there you can have a break to enjoy right in front of you the last glaciers remaining in the area of Livigno.

By keeping on climbing you gradually get to the shoulder of the mountain and the trail now becomes stony until the summit of Mount of the Breva, over 3100 mts.

The view towards the South-West shows us the Bernina surroundings in all its white beauty, there, in fact, at 4000 meters high, the perennial snow glisten in the sun all year round.

The descent traces in reverse the path of ascent for the first part, sometimes you may spot ibex and chamois, but not being in the protected areas of the parks they are a bit 'more timid and remain at a safe distance.

Continuing you leave the path of the ascent, then you turn left and go down instead on the shores of Lake del Monte, one of the favorite hiking destinations of Livigno.

After a stop for the usual photos and a snack you will resume the journey on the path that descends the valley.

The hike is not very difficult and presents an ascent of 1000m while the descent down to the lake gets a little 'longer.



Monte Motto

Difficulty: medium

The trail, which begins above the first tunnel on the road to Passo del Gallo, climbs fairly steeply in a forest of larches.

After nearly an hour we reach the "Baitel of Staur," a small and typical stone and wood houses once used as refuges from hunters or shepherds, and now parking, picnic and barbecue areas.

After a brief stop, carry on going up to the top of the mountain from the sweet and rounded profile that offers one of the most beautiful views over the Livigno valley and the peaks that surround it. From here you can start on a ridge which has a large and comfortable challenging one step before reaching the wide scree below the cliffs of the Top Horses that leads to the nozzle of the Canton of over 2770 m.

The descent, initially steep, leads down to the valley until the ruined remains of another "Baitel" good place to try to spot some wild animals or enjoy the view of the small waterfall that is behind.

The path to return gradually becomes more comfortable going down to the Salient Valley until the Calcheira.

The tour foresees a vertical drop of almost 1000m, the climbing is a bit 'steep but the difficulties are only limited to a few steps over rocks.

Monte Vago

Difficulty: hard

From Forcola Pass the trail climbs along the green pastures and leads us quite quickly to a small lake of an amazing blue water , the Vago lake.

Continuing in a short time you get to the crest of the mountain from where you can already enjoy the breathtaking view over the long valley of Livigno. From here the path becomes more difficult and requires attention, in fact it meets the ridge of rock that reaches the small cross placed on top, to over 3000 m.



The view is wonderful and unexpected, to the north the village of Livigno lies like a snake along the valley, to the south-west instead the Bernina seems very close.

The excursion presents the difficulties on the final ridge and the length and altitude are almost of 700 m.



Piza de Rin

Difficulty: hard

The tour begins at the Bridge Calcheira, after a few minutes you will leave the path leading to the Federia Valley and you go right to reach the green pastures above the forest.

A pass slightly 'exposed on the rocks leads us back on a grassy slope, the ascent is quite steep and continues until some extensive scree slopes to be climbed in order to reach the shoulder of the mountain.

Hence the two sharp peaks are now quite close and in a few minutes you arrive to the destination, the rocky point of Piza Rin to 3007 m, which can be climbed by stepping on some rocks with the help of hands. The feeling on this beautiful peak is special, it truly seems like being in heaven ...

The descent is a bit 'binding, we proceed to the opposite side of the ridge and then climb on a gravel, often frequented by mountain goats.

Continuing the path becomes much easier, approaching the Pass first and then to Cassana refuge, from where you will restart after a deserved rest .

Rather demanding hike, about 1200 m.

Switzerland - Muottas Muragl – Chamana Segantini

Difficulty: medium

About half an hour's drive from Livigno you get to the parking of Muottas Muragl. You get on the train on the railway with the highest slopes of Switzerland and you get to the Hotel Muottas Muragl. The view on the upper Engadine lakes and Bernina Massif is awesome!

From here starts the walk that after a short descent continues with a sharp climb in switchbacks that will take us to the Chamana Segantini !

We are at 2730 meters and the view of the beauties of the upper Engadine and its mountains is even more impressive.

Hence, after a deserved rest and a proper lunch we face the descent towards the Alpe Landquart at about 2300m. Here it is possible to choose the chair lift down to the village of Pontresina, or the path that brings us back to the valley. Finally we complete the return on a cycle path to the starting point.

The tour is not particularly difficult, the difference is not excessive, about 400 meters, as well as the descent of 500m to the chairlift, 500m and other means if you walk down to Pontresina (another hour of walking).



Switzerland - Bernina Pass - Lake Palù - Cavaglia

Difficulty: easy

At the train station of the Bernina Pass, we enter on the path that skirts the white lake and goes alongside the tracks of the famous red train of Bernina.

After about twenty minutes we cross the dam of the same lake and descend a few tens of meters

before a climb that takes us to the refuge Sassal Masone with its typical "trulli" and its splendid view of the peak of Palù and the waterfall below.

From here we descend toward the station of Alp Grum of the Bernina train and we continue downhill to the Alpe Palu and its beautiful lake.

The scenery is like a postcard ...!

After a snack, with a lunchbox or at a farm nearby, you continue to descend toward the station Cavaglia little further, where you can visit the "pots", the characteristics cylindrical holes dug into the rock by the water flowing under the ice that had covered the valley during the last great ice age.

Return to the Bernina Pass is done on the famous red train of Bernina.

The walk is mostly downhill and not particularly difficult, but it is fairly challenging for the length.

Switzerland - Val Roseg

Difficulty: easy

From Pontresina, near the station, we walk towards the valley Roseg on a flat easy trail.

The first part of the hike is along an easy path through a beautiful forest of larch and pine, where is common to meet squirrels and nutcrackers.

After a couple of hours walking with very little difference in height, about 200m, we leave the forest and the path turns right to the hotel and restaurant Roseg.

After a short break you can go through the valley, now a bit bare and open, after another hour you will arrive to a lake formed by the lateral moraines of great glaciers that dominated the valley up to a hundred years ago and now still visible in the background on the left side of the valley.



The views of the peaks of the Bernina, the Roseg and other minor peaks are just stunning. The return is made backwards on the same path.

The walk is easy and affordable for everyone, the difference is little, less than 300 yards.



Val delle Mine- Bocchetta delle Mine- Pizzo Filone

Difficulty: hard

From the church Tresenda we walk on a wide dirt road where there are information panels of the botanic path that presents the flora of the Val delle Mine.

Along the way, we get to a first hut and after half an hour to a second one. Here is a small

farm, perfect for a short break before continuing, now on a path to climb to the nozzle. Just before arriving we pass through a small lake of glacial origins, above which it is possible to see what remains of the glacier of Mine, in the inexorable retreat phase.

From the pass, turn left to reach the summit of Pizzo Filone, more than 3100 m in high.

The descent must be approached very carefully as the first part presents a plot of stones not too stable, thus slowly descend until you reach the lower grassy slopes.

Heading back towards the Malga delle Mine you meet a stele in memory of a tragedy that happened during the Second World War, at that point an American plane crashed. From here, in little time you return to the refuge for a good snack with the pasture products before returning to the valley bottom.

Excursion long enough and discrete problems only on the top.

Val Federia - nozzle Leverone – Cassana Shelter

Difficulty: medium - easy

From Calcheira Bridge, near the namesake restaurant you proceed through the Val Federia.

Along the valley you can see the typical small houses built of wood and stone, the "Tee" where farmers once moved when they brought their cattle to the high

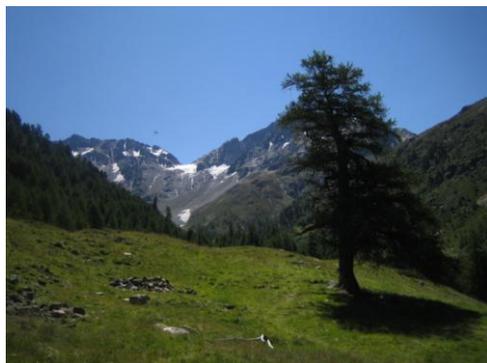
pastures for the summer months. Following the instructions to the Cassana Pass you will cross a path of dirt road which you will leave after a hairpin, by turning left onto a lane. This path leads us to Val Leverone, very characteristic geologically wise as formed by two sides of rocks of different origin, Also the flora is affected by these different substrates and therefore has a remarkable variety.

Once at the saddle, you will go back in north direction along the border with Switzerland following the top of the rounded shapes of the mountain.

When you arrive at the Pass of Cassana around 2700 m in a few minutes you can go to the namesake refuge from where you walk on easy dirt road that takes you back to the starting point.



Easy hike and not particularly challenging.



Val Nera- Bocchetta del Corno di Capra- Val delle Mine

Difficulty: hard

From the road leading up to Forcola pass from Parking P8 in a few minutes we will reach the hut "Malga del Vago", from here we take the path to the left and after a bridge we suddenly start to climb up to reach two majestic century-old larches.

We then proceed smoothly to a fork, the trail leads right to the thunderous cascade of Black Valley, our itinerary instead continues to the left, hereafter gets a bit 'more demanding, you need in fact to go up to an altitude of nearly 3000 m to reach the nozzle and begin the descent.

We are located just above the lake delle Mine, fed by the ice of the omonymous peak, a small glacier that tries hard to survive to global warming ...

The descent should be approached with due attention until the lake while after proceeds smoothly and leads us down to the Valley delle Mine to the hut where we can have a typical snack, with bread, cheese and salami products on site or a sweeter one with cakes from the "farm"!

We conclude the hike along the last part of the valley on a beautiful trail that descends on the left, which from the alpine pastures, leads us to the valley bottom, passing first through a cool forest of pines and larches.

The hike is quite demanding in its upper part, has a difference in level of about 1000 m.

Val Salient – nozzle Trupchun

Difficulty: medium - easy

The start is located at the parking deck P3 of Calcheira's bridge.

In the direction to Val Saliente, after an hour of peaceful road, cross a bridge and a large boulder on top of which you will see a plaque in memory of the first alpine guide of Livigno and here we begin to get bolder.

A few steps on some rocks, with the help of a chain, let us go forward in the valley that has steep, green slopes.

Early in the morning here it is easy to spot some chamois that can be photographed without problems, in fact we are near a large protected area, the two national parks, the Stelvio and the Swiss.

We then come to a small building now in ruins, once refuge for hunters, the "Baitel from the Sascia", where you can take a breath and admire the rock walls of the Cima Cavalli and the Punta Salient before returning to go up to the Bocchetta Trupchun, over 2700 ms. Here are the boundary stones with Switzerland and, hidden beneath the balcony of the rocks of Punta Salient, an old Swiss Army barracks.

The return is on the ascent.



Excursion without difficulty, at 1000 m in altitude.



Val Viera - Grille in Canton - Val Saliente

Difficulty: medium - hard

The walk takes place along the Val Viera walking in a shady forest along a beautiful trail with easy up and down to the springs of sulfur water.

After the Red Valley it starts to rise slightly in the "Val Cantone" the forest is replaced by the pines and screes, an ideal spot to see some chamois.

The last part of the climbing, over a large solitary monolith and the remains of an old "Baitel", becomes much more steep and rocky to the "Bocchetta del Canton" around 2700 m.

From the nozzle it is possible to go up to the "Cima Cavalli, one of the most beautiful and characteristic peaks of Livigno, first by climbing a scree, then walking over rocks or by descending a steep trail to the Val Saliente and ending in Calcheira area.

The excursion of about 900 m in altitude is of medium difficulty to the nozzle, much more challenging and difficult if you continue to the "Cima Cavalli", with 1200 m of elevation and an additional 2 hours walk.

Val Nera- Val di Campo- Vedretta Glacier Paradisino

Difficulty: hard

From the parking lot P8 on the road leading up to Forcola pass in a few minutes we reach the hut "Malga del Vago", from here the trail continues and bifurcates.

It gets to the right following the signs for the passage of the Black Valley and gradually begins to rise.



After less than an hour you reach the fork to the Black Valley waterfalls, with a quick descent of a few tens of meters you can go and see them.

Going back to our trail the trip continues, we get over the tree line and we take the Valley on the right, Val di Campo, beautiful during the rhododendrons flowering weeks, from late June to early July.

Nosing up on the left, with some easy steps to overcome some rocks, we arrive to large plateau where there are the two lakes of Valletta and from where one can see the sharp peaks of Paradisino and Corno di Campo.

We get easily to the Black Valley Pass, slightly less than 2700 m. We are on the border with Switzerland and we go to the right for the last uphill stretch, almost all of stones, to reach first the Ghiacciaio di Campo and after another stretch, finally to the Glacier Paradisino, we are about 3000 m.

It is interesting to discover the signs of the inexorable retreat of these glaciers, very sensitive to the global warming and subject of scientific studies, as evidenced by the meteorological data detection station and the measurement instruments placed on the tongue of the glacier.

It is possible to descend the glacier thanks to the debris that have concealed it, and make the path safe enough.

Beyond the glacier continues steep the descent to the valley of lakes, which we see now from another angle, and joins the trail below the hill in Val di Campo.

The hike is challenging for different types of terrain over which in addition to 1000 m in altitude and a path is not always marked.