

HIKES - N°2 PINZOLO

DOLOMITI DI BRENTA (EAST SIDE)

1. Prà Rodont - Pinzolo

Difficulty: easy / Time: 2 hours / Gradient: 750 mt downhill

From the arrival of the cable way (1530 mt), walk along the ski-run up to the first bend, where turning to the left you go on the old street that leads to the "Masi". Then cross the carriage road and continue to follow the path that carries to the village. The arrival is in Pinzolo in Via delle Masere (780mt).

2. Lake of Valagola

Difficulty: easy / Time: 2-3 hours / Gradient: 282 mt

From Sant'Antonio di Mavignola (1123 mt), follow the signs to Val Brenta. After crossing the bridge on the Sarca of Campiglio, turn to the right direction Valagola until the road is barred. Trough the forest and walking along an easy path, you reach the lake(1595). The way back is on the same route.

Trail signs: 324.

3. Pra Rodont – Malga Bregn da l’Ors

Difficulty: easy / Time: 2-2.30 hours / Gradient: 100 mt

Start on the right from the arriving point of the cable car of Pra Rodont (1530 mt), following a beautiful path which, crossing the wood, leads to the Malga (1630 mt). The way back is on the same route.

Trail signs: 307 bis

Alternative route: Malga Bregn da l’Ors – Valagola

Difficulty: easy / Time: 3 hours / Gradient: 206 mt uphill and 241 mt downhill

From Malga Bregn da l’Ors, climb up to the homonym pass, then turn to the left on the path which leads to Rifugio XII Apostoli up to the point where you cross the path coming from Valagola; follow this one and descend to the lake. The way back is on the same route.

Trail signs: 307 -324

4. Malga Gual – Malga Ciocca - Pra Rodont

Difficulty: easy / Time: 2-3 hours / Gradient: 570 mt downhill

From the arrival of the chairlift on Doss del Sabion, follow the path to Malga Gual (1790 mt). The way then goes on comfortably down to Malga Ciocca (1723 mt) to reach in the end Prà Rodont (1530 mt).

5. Doss del Sabion – Madonnina – Malga Bregn da l’Ors

Difficulty: medium / Time: 2-3 hours / Gradient: 470 mt downhill

From the arrival of the chairlift on Doss del Sabion descend to Madonnina (1848 mt), a marvellous panoramic point overlooking the Lake of Valagola. Go on crossing the pass Bregn da l’Ors (1836 mt) up to the homonym Malga (1630 mt). The way back to Prà Rodont is through the path you find crossing the meadow in front of the malga.

Trail signs: 3570-307 -307bis.

Alternative route: Madonnina – Malga Movlina

Difficulty: medium / Time: 1 h 30 min / Gradient: 90 mt downhill

From the madonnina (1848 mt) reach the pass Bregn da l’Ors /1836 mt); from here continue straight along through an easy path, which passing over the pastures, reaches Malga Movlina (1746 mt). Return by the same route.

Trail signs: 333 -354

ADAMELLO – PRESANELLA (WEST SIDE)

6. Sentiero delle Cascate

Difficulty: easy / Time: 8-9 hours / Gradient: 800 mt

Start from Ponte verde (900 mt), where you can find an info point of the Adamello – Brenta natural Park (gadgets shop, toilets), cross the bridge on the Sarca river and follow the path, going up the valley along the orographic right side of the river up to the Nardis Fall. It is possible to start the walk 2 km before, at Carisolo “Antica Vetreria”.

Going on, you reach the confluence of the Sarca river with the stream descending from Val Seniciaga; go slightly up to the first crossing and then turn to the right on the path which leads to an ample clearing (Malga Genova) from where you can see the Lares Fall. The path ends to the head of the valley (15 km) shortly before Bedole Refuge. Many possibilities of leaving the path nearby the many refuges scattered along the valley (Cascate Nardis, Chalet da Gino, Fontanabona, Stella Alpina, Bedole).

The way back is on the same path.

Trail signs: “Sentier delle Cascate”

7. Val di Genova – Malga Seniciaga Bassa

Difficulty: medium / Time: 4-5 hours / Gradient: 653 mt

Starting from Nardis Falls (927 mt) and climbing up along the road you find, on the left of the main road, a small way. Go on this road that after a while changes in path, cross the bridge on the Sarca river and follow the path which in this part is a little bit fatiguing.

Then, overcome the first terrace, get out in the clearing of Malga of Malga Seniciaga bassa (1580 mt). Return by the same route.

Trail signs: 215

8. Val di Genova (Ponte Rosso) – Malga Lares

Difficulty: medium-difficult / Time: 4-5 hours / Gradient: 770 mt

From Ponte Rosso (1117 mt) follow the path which climbs to along the Lares’ Fall and which reaches the summit. From here go on up to Malga Lares (1887 mt) crossing the bridge on the stream.

Return by the same route.

Trail signs: 215

9. Val di Genova – Malga Nardis

Difficulty: medium-difficult / Time: 4 hours / Gradient: 550 mt

Start from the beginning of Val di Genova (Ponte Verde, 921 mt) for a path near the parking after the basin of Enel which climbs up quickly with bends and arrives at the clearing of Malga Nardis (1471 mt).

Return by the same route.

Trail signs: 210

10. Rifugio Bedole – Malga Matarot Bassa

Difficulty: easy / Time: 2 hours / Gradient: 150 mt

From Rifugio Bedole (1641 mt), follow the small road up to the clearing where the path climbs to Malga Matarot Bassa (1790 mt). Here you enjoy a beautiful sight on the rock buttresses of the Lobbie.

The way back is on the same route.

Trail signs: 241

11. Lakes San Giuliano

Difficulty: easy / Time: 4-5 hours / Gradient: 500 mt

From Caderzone by car follow the signs to "Laghi di San Giuliano" and to Malga Diaga (1413 mt) through a paved and steep road. Park the car and follow the path that leads to Malga Campo and then, going along the same path, you arrive at Lago San Giuliano and at Lago Garzonè (1942 mt).

The way back is on the same way.

Trail signs: 230.

Alternative route: Laghi di San Giuliano – Lago di Vacarsa – Pozza delle Vacche

Difficulty: medium / Time: 5-6 h / Gradient: 250 mt

From the Lakes of San Giuliano (1942 mt) proceed towards the homonym pass (2184 mt) and then descend to the lake below, Lago di Vacarsa. Go always downhill towards Malga Campostril and the Malga overcome, after 10 minutes, turn aside from the path which leads to Caderzone, following the signs for Pozza delle Vacche.

Here you find the forest road and descending along it, you find the signs to return to Malga Diaga.

Trail signs: 221

12. Malghe di Cima Lancia

Difficulty: medium - easy / Time: 3 hours / Gradient: 650 mt

From Carisolo follow the road for Val di Genova, then turn to the right for Campolo (1286 mt) and go on for a steep road until it is barred. Walk along the forest road on the left up to Malga Geridolo (1714 mt); to the right starts the path which, getting on the meadows and climbing for a while, reaches Malga Serodole (1936 mt). Return by the same route.

Trail signs: 229.

13. Eremo di San Martino

Difficulty: medium / Time: 2 hours / Gradient: 400 mt

From Carisolo follow the road for Val di Genova, then turn to the right for Campolo; at the first curve go on the path which enters the wood (826 mt). Climbing up a steep path, pass the "Gola del Re" (part of way equipped with fixed rope) and reach the hermitage of San Martino (1226 mt). The way back is on the same route.

Trail signs: 228.

14. Rifugio di Cornisello – Lago Nero

Difficulty: medium / Time: 1 hour / Gradient: 120 mt

From Rifugio Cornisello (2120 mt) follow the small road that ends in a clearing, from here starts the path which climbs up to Lago Nero (2236 mt).

The way back is on the same route.

Trail signs: 238.

15. Masi di Mavignola – Claemp – Milegna - Valchestrìa

Difficulty: medium / Time: 4-5 hours / Gradient: 800 mt

From Sant' Antonio di Mavignola (1123 mt) climb up for a steep path to the top of the mountain reaching a panoramic point in Claemp (1540 mt).

Here are still visible the rests of a fortification of the first World War. Turning to the left, go on to Valchestrìa (1888 mt) and then downhill to Milegna (1637 mt). The way back is possible, coming from Milegna and going to the right, passing through Claemp on the same route, or turning to the left down to Mistrin, reaching the main road leading to Madonna di Campiglio.

Trail signs: 17 - 259.