



# Brescian Trails

Hiking in the Province of Brescia

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Regione Lombardia  
Turismo



PROVINCIA  
DI BRESCIA

*Brescia,  
provincia da scoprire*



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Uffici IAT - Informazione e Accoglienza Turistica**

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[iat.brescia@provincia.brescia.it](mailto:iat.brescia@provincia.brescia.it)

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Piazza Einaudi 2  
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# Brescian Trails

## Hiking in the Province of Brescia



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Turismo



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DI BRESCIA



[www.rifugi.lombardia.it](http://www.rifugi.lombardia.it)



# Brescian Trails

## Hiking in the Province of Brescia

A favourite choice for “outings” since the late nineteenth century, the wonderful setting of the Brescia Mountains and valleys has been very popular for several years now, resulting in numerous promotional initiatives. Mountains with breathtaking views, high peaks, valleys, Alpine lakes and forests can today be discovered or rediscovered thanks to a close-knit network of paths and Refuges perfectly equipped to welcome experts, keen walkers and excursionists.

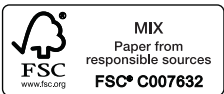
“Sentieri bresciani”, this guide to trails in the Brescia area, is packed with information and advice about how to behave to ensure safe Mountain walks that respect the environment. It is an excellent introduction to the rocks and cliffs, high-altitude paths, treks through rhododendrons or easier routes for everyone, in history-rich surroundings and environments.

It gives not only the paths best-known to experts and Alpine guides, but also many routes suitable for families, where you might even experience the excitement of coming face to face with some of the local fauna, can admire the variety of plants and flowers and be amazed by geological curiosities and works of art.

From the big national and regional parks to the huge number of natural reserves in Valle Camonica, Valle Sabbia and Valle Trompia and also right along the Mountains surrounding the lakes, the area around Brescia has managed to preserve its Alpine environment of great value. Every year, the provincial authorities make constant efforts to protect, enhance and promote this important natural heritage.

It is my great pleasure to invite readers to don their backpacks and enjoy the trails in the Brescia area.

Silvia Razzi  
Councillor for Tourism  
Province of Brescia



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Maps: IMK.IT - [www.imk.it](http://www.imk.it)  
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Graphics, layout and printing: la Cittadina - [www.lacittadina.it](http://www.lacittadina.it)  
Information about the refuges is provided by the Associazione dei Gestori dei Rifugi di Lombardia (association of mountain refuge managers in Lombardy) and is updated to April 2011  
The routes on Mortirolo, Monte Maddalena and the Altopiano di Cariatoghe were suggested by the Lega Montagna UISP (the mountain branch of the Italian Union of Sport for all)  
Translation: Augustina Kymmel - Susan Richards

# Introduction

## Before starting our walk, let us think about safety.

We all have walked through road crossings with streetlights. The first basic information we get before crossing comes from these streetlights.

If we cross with green, the level of our safety is proportional to the respect the drivers give to their street light, which will probably be red.

If we cross with green we have a certain level of security, which we will increase by looking up and around before crossing.

That it would be safer to give a “good look around” we have heard from our parents and teachers since we were kids or by a bad experience with a car breaking right in front of us.

Our “look around” has involved not only our sight, but also our ears to hear the noise of a car around the corner, our feet to check out on steps or obstacles, our hands ready to rise in case of a surprise.

The streetlight gives us a good basis for our safety but if we want to further minimize the risks we have to use other external and internal elements, that already exist in us, like our senses, our knowledge and our experience. All this can be called “relation with the environment”.

To have a relation with the environment means to potentiate our safety to a maximum, independently from our equipment, technical knowledge and physical preparation.

In our everyday life (ex. street crossing) we behave according to the information that we have gathered from this relation with the environment, but when we speak of safety in the Mountains we frequently use a language that does not include or underline the cultural dimension of safety. We tend to assume that safety lies in the equipment and the techniques. These elements

though are strangers to human nature, can be bought, and on these we often rely our personal safety on.

When the Tuareg crosses the desert with its convoy, he doesn't scroll through his manual on desert storms or survival in the Sahara. The culture in which he was raised will be his safety. A culture that was strongly influenced by the environment.

This is the reason why hiking through the Mountains is more of a cultural than a physical act. Like it is to cross seas, deserts or be elsewhere in nature.

Not to be in relation with the environment increases the possibility of the unexpected and of surprises. It reduces the creativity, which is the only feature that can help you find the right solution, prevents you from choosing the right technique (if known) or combining different ones in new creative ways.

To talk about safety in these terms is more effective than to call on the famous “respect for the Mountain” or the contemporary alter ego of “friendly Mountain”. The Mountain is the Mountain and to live it we have to feel it. Get in touch with ourselves before getting technical helps everyone to live more safely. It helps to find the right words and to dip into our baggage of personal experiences without trying to remember what was written in the “diary of the perfect hiker”. It helps to think that the big gap between man and nature can be reduced.

- The hiking times shown are slightly longer than the CAI (Italian Alpine Club) times and have been calculated for families with children with some training.

- The altitudes are taken from IGM (Italian Military Geographical Institute) cartography and are always indicated in meters (m) above mean sea level (msl).
- The directions generally refer to the route you are traveling, but geographical orientation is also provided (N = north, E = east, S = south, W = west).
- Information on the Mountain Refuges is provided by the Associazione Rifugisti della Lombardia (Lombardy Mountain Refuge Operators Association).

Excursions should be made only in good weather, especially at high Mountain altitudes (over 2,000 m msl). At these altitudes, even during the summer a sudden weather change can bring the temperature down to near 0°C. In any case, before leaving, it is best to check with the alpine guides (see useful phone numbers) or Refuge operators. The operators of the Garibaldi, Lissone, Tita Secchi, Alpini Campovecchio, and Aviole Refuges are alpine guides and during the summer they offer hiking and introductory climbing courses.

The trails described are generally easy, unless otherwise noted. Remember that, the technical difficulty being equal, a 1h 30min-hike can be made by almost anyone, whereas a 4-hour trek requires some training. If there are children in the group, they have to be carefully supervised: a simple trail with no protection can be dangerous for an improperly supervised child. Trails for “expert hikers” should be attempted only by adequately trained and equipped excursionists.

No matter what the difficulty rating, the guidelines on clothing and equipment should be observed.

## Trail ratings

- T** Easy and short
- E** Easy
- EE** Only for expert hikers
- EEA** Requires adequate Mountaineering training or the assistance of an alpine guide

## Backpack

The size and contents of your backpack depend on the hike you plan to make.

The size is expressed in liters or cubic inches: backpacks of from 20 to 35 liters (3,100 to 5,425 cubic inches) are ideal for day trips that require the use of specialized equipment. The most important feature of a backpack is the quality and construction of the shoulder straps; their job is to spread most of the weight over the back and shoulders.

## Clothing

Clothing and equipment form a protective shell between our body and the environment. A good rule to use is the layering principle: you should wear thin layers of clothing one over the other, adding or removing them in case it gets hotter or colder. You should never forget to pack a wool or fleece pullover, a waterproof windbreaker, a cap, a pair of wool or fleece gloves, and a pair of long pants if you are wearing short ones. Always recommended are a flashlight, a canteen or thermos, a rain cape, sun lotion, sunglasses, a topographical map of the area, some band-aids, tissues, and, if you like, a camera and binoculars.

## Footwear

For walks, shoes should have soles with good traction on mud or wet grass (vibram, for example); for Mountain trekking, heavier insulated shoes are recommended.

mended. Remember that 80% of Mountain accidents are caused by slipping.

## Food

In the Mountains you have to eat and drink not only to satisfy hunger and thirst but also to maintain your body's efficiency. You need not change your eating habits radically, just adapt them to the new demands. Climbing leads to dehydration: thus you have to drink a lot of liquids, preferably enriched with salts and minerals. Estimate about three liters for a 6 to 8-hour excursion.

## Trails

In the province of Brescia trails are marked with either white and red or red, white, and red flags bearing the trail number (CAI trail markers), white and yellow flags (Province and Antonioli trail markers), or white and blue flags (other trail markers). The trail markers are usually painted on rocks, tree trunks, or free-standing signposts, and are very easy to see.

## At the Refuge

What you can always find in town may be lacking or in short supply up in the Mountains. Showing appreciation for the Refuge operator's work and efforts is the least you can do to make your stay a pleasant experience for yourself and all the other guests. Public spiritedness will help make sharing living quarters more enjoyable. Here are a few suggestions:

- It is a good rule to let the operator know you are coming. If you arrive early in the afternoon, there is a greater chance you will find a bed in the spot you like in the bedroom. You can dry your clothes, prepare your sheet-sleeping bag for the night, order equipment, and look around.

- Shouting and disturbances should be avoided. Save your cheerful outbursts for the outdoors or public places during the day, so that tranquility reigns in the Refuge at night for the people who want to rest.
- Even though certain Refuges offer some of the comforts of home, you always have to adapt to the accommodations.
- Respect and good manners should be the bywords from the moment you park your car in the valley (it should not block traffic) and start hiking along the trail (picking up litter is a sign of maturity and invites others to keep the trails and surrounding environment clean).
- The Mountains are an excellent educational experience: it is the parents' duty to make the trip enjoyable for their children without disturbing the peace and quiet of others.
- Operators are usually alpine guides and in any case know the area, the hiking times, and the trail conditions; their experience is better than any weather forecast. Ask them for any information you might need and tell them about any particular circumstances you noted along the trails before arriving at the Refuge.
- In case of an accident, if you are not able to notify the Alpine Rescue team by phone or radio (emergency number 118), go to the nearest Refuge to contact them.

## General advice

Never hike alone. Always tell someone about the itinerary you plan to follow (which you should then stick to). Always use topographical maps in the scale of 1:25,000 or 1:50,000 for excursions. Always follow the marked trail without taking shortcuts. Respect nature. Do not lit-

ter and do not pick flowers (even if they are not protected) because it is only fair that others have a chance to admire them in their natural setting. In the Mountains, thunderstorms usually occur in the afternoon. It is best to plan the trip early in the morning so that you are not caught by surprise by bad weather far away from your destination.

If you witness an accident or receive an SOS, call the phone number 118 or contact the operator of the nearest Refuge and provide the following information:

- Last name and first name of the person needing assistance;
- Exact time of the accident;
- Exact place of the accident;
- Type of accident: fall or slip on trail, fall on snow, climbing fall, illness;
- How the accident happened;
- Number of people involved;
- Apparent condition of the accident victims;
- Weather conditions at the accident site.

## Hiking with children

One of the favorite excuses adults give for not hiking in the Mountains is that there are young children in the family. This is a poor excuse indeed and could not be farther from reality.

Kids love the Mountains, especially if they are brought up accustomed to taking outings from an early age. They love the challenges of hiking and the feeling of

satisfaction when they reach a set goal, no matter how simple it may be.

At night, when everyone gathers in a Refuge to spend the evening together, you can see the joy in the children's eyes and it is truly contagious. For a kid, the "conquest" of a peak will become a cherished memory for the rest of his life. Taking your own children up to the Mountains is a priceless gift. These thoughts are meant to encourage everyone, not only families with children, to visit the Mountains more frequently. The Brescian territory has many rewarding itineraries that do not require exhausting approach trails. In fact, the proposed trails can, for the most part, be hiked in less than two hours and thus are within everyone's capabilities.

Taking children to the Mountains just requires greater awareness of the dangers: exposed stretches, weather conditions, and the length of the trail must be considered more carefully when bringing kids along. But this should not stop us from planning an excursion in the Mountains.

Furthermore, coming into close and frequent contact with nature in the Mountains will foster a deeper understanding of and respect for the environment in the younger generation.



## KEY



Altitude above mean sea level



Beds



Trail time



Accessible on Mountain-bike



Seats (inside and outside)



Winter bivouac (always open)

**USEFUL PHONE NUMBERS:** Emergency 118 - Forest firefighters 1515

# Natural reserves in the Province of Brescia

The province of Brescia, with its wealth of lakes, rivers and Mountains, has many protected areas that enhance its territory, creating vast zones that can be enjoyed by lovers of Nature.

The "added value" that protected areas offer visitors obviously calls for extra attention to a few simple rules of conduct, necessary for safeguarding the natural environment.

Bordered to the north by the large Stelvio National Park, the province of Brescia is home to over 100,000 hectares of Regional Parks and more than 4,000 hectares of Local Parks and Regional Reserves. The two biggest parks account for almost 90,000 hectares (85%): Adamello Park and Alto Garda Bresciano Park.

The Adamello Group has always been known to explorers, geologists and climbers, and even lovers of history due to its many interesting characteristics and immense appeal.

Today it is safeguarded by the two large protected areas of the Adamello Park and the Adamello-Brenta Park, on the massif on the border between Lombardy and Trento respectively.

These harsh Mountains with their many water courses and forests, where man has left traces since prehistoric times, today make up an extraordinary area of nature, history and landscape.

The best way to discover all the beautiful sights here is without doubt to visit the heart of these valleys, climbing their slopes and ridges along mule tracks and paths.

The wild animals that can be spotted quite easily in some parts of Adamello Park must be observed without ever going too close. The same respect is required for the natural flora, which must not be picked, but admired in all its glory, the flowers adding colour to meadows and alpine outcrops.



Sheer rock faces that plunge into lakes, paths offering breathtaking views, panoramic roads winding through deep gorges, countryside surrounded by woods and the biggest Alpine lake in Italy, which provides its banks with a mild climate all year round - these are all gifts that Nature concentrates in the Alto Garda Bresciano Park.

The sports possible in this area (excursions, cycling tourism, sailing, climbing and paragliding, to mention just a few) are popular ways of getting to know the various aspects of this park better.

A millenary history since Roman times, through the long domination of Venice right through to the Second World War, has left deep marks on this land, shaping its beauty in artistic and cultural ways, living signs of past times.



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TRENTO

Brescian Trails

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TRENTO

Brescian Trails

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MILANO  
BERGAMO

CREMONA

MANTOVA

MANTOVA

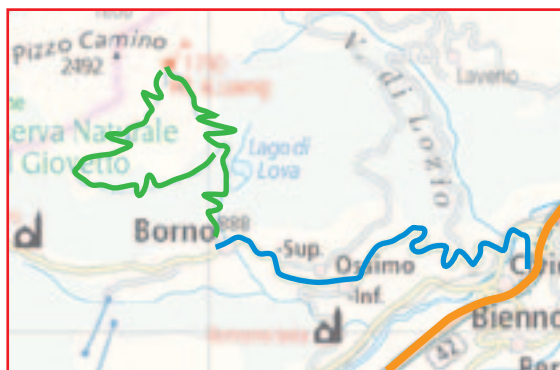
VENEZIA

# Refuges in the Province of Brescia

- 1. ALLA CASCATA** 1.480 mt  
Val Paghera, Vezza d'Oglio  
tel. 329.6338406
- 2. ALMICI** 1.865 mt  
Monte Guglielmo, Zone  
tel. 339.8255153
- 3. ALPINI DI CAMPOVECCHIO**  
1.310 mt - Valle di Campovecchio  
tel. 0364.74108
- 4. ANTONIOLI** 1.780 mt  
Mortiolo - tel. 338.7825951
- 5. BAITA ADAMÈ** 2.150 mt  
Valle Adamè - tel. 0364.630105
- 6. BAITA ISEO** 1.335 mt  
Natù (Ono S.Pietro) - tel. 328.0914879
- 7. BAITONE** 2.281 mt  
Lago Baitone (Sonico)  
tel. 0364.779760 - 335.8166047
- 8. BOZZI** 2.478 mt  
Montozzo - tel. 0364.900152
- 9. CAMPÈI DE SIMA** 1.017 mt  
Campiglio di Cima  
tel. 368.3486328
- 10. CITTÀ DI LISSONE** 2.020 mt  
Val Adamè - tel. 0364.638296
- 11. COLOMBÉ** 1.710 mt  
Loc. Colombé-Zumella  
tel. 328.7978334
- 12. CORNO D'AOLA** 2.000 mt  
Loc. Corno d'Aola, Ponte di Legno  
tel. 0364.91022
- 13. DE MARIE** 1.480 mt  
Volano di Cimbergo  
tel. 0364.331121
- 14. FABREZZA - STELLA ALPINA**  
1.680 mt  
Loc. Fabrezza (Saviore dell'Adamello)  
tel. 0364.634386
- 15. GARIBALDI** 2.550 mt  
Val d'Avio-Venerocolo  
tel. 0364.906209
- 16. GNUTTI** 2.166 mt  
Val Miller, Sonico - tel. 0364.72241
- 17. LAENG** 1.760 mt  
Varicla, Borno - tel. 338.2381283
- 18. MALGA STAIN** 1.832 mt  
Val Gallinera - tel. 338.8542450
- 19. MEDELET** 1.566 mt  
Passabocche di Pisogne  
tel. 333.1295723
- 20. MONTE CIMOSCO** 1.870 mt  
Monte Cimosco, Monte Campione  
tel. 347.0178445
- 21. NASEGO** 1.270 mt  
Località Savallo, alta Valsabbia  
tel. 335.5818771
- 22. OCCHI SANDRO ALL'AVIOLO**  
1.930 mt  
Lago Avio, Val Paghera di Vezza d'Oglio - tel. 0364.76110
- 23. PASSO DI CROCEDOMINI** 1.895 mt  
Passo Crocedomini  
tel. 0364.310425
- 24. PREMASSONE** 1.650 mt  
Valle del Miller - tel. 339.7471594
- 25. PRUDENZINI** 2.235 mt  
Val Salarno - tel. 0364.634578
- 26. ROCCOLO VENTURA** 1.890 mt  
Loc. Casola, Temù  
tel. 320.5677400
- 27. TASSARA** 1.800 mt  
Bazena - tel. 0364.310777
- 28. TITA SECCHI** 2.367 mt  
Lago della Vacca - tel. 0365.903001
- 29. TONOLINI** 2.450 mt  
Conca del Baitone - tel. 0364.71181
- 30. TORSOLETO** 2.390 mt  
Valle del Largone - tel. 347.8601478
- 31. VAL BRANDET** 1.380 mt  
Valbrandet - tel. 347.2909167
- 32. VALMALGA** 1.130 mt  
Val Malga - tel. 0364.75340
- 33. VALMALZA** 1.998 mt  
Valle delle Messi  
tel. 348.7962766
- 34. VALTROMPIA**  
1.260 mt  
Pontogna di Pezzoro  
tel. 030.920074



# Camino Camuno Peak



Map **page 10/11**  
Box **E-2**

— National road N. 42  
— Car route  
— Footpath N. 82a

## Access

**Access Laeng.** On national road SS 42 from Malegno you pass Borno and then arrive at Lake Lova (1,299 m msl), where you can park your car. From the lake, follow trail marker 82a along an easy path until you get to the Refuge (1,760 m msl, 2h). If you plan to stay overnight during the summer, you should let them know you are coming.

**Access S. Fermo.** Starting from Lake Lova follow trail marker 82 deep into the pinewoods. The route is simple all the way to the Refuge, which is located next to the 17th century church of the same name (about 2h 40 min).

## Highlights

There is an ancient legend about the Church of San Fermo tying it to two other

small churches in the Camonica Valley (San Glisente and Santa Cristina). Saints Fermo, Glisente, and Cristina were two brothers and a sister who arrived in the valley with Charlemagne in 796. They decided to go into hermitage but wanted to remain in touch. So they agreed that every evening, a little after sunset, they would light bonfires near



## Laeng Refuge

Access: Val Varicla - Borno  
Operator: Angelo Vezzoli  
Refuge phone: 338.2381283  
Home phone: 030.7701253  
E-mail: cfranz@virgilio.it  
Open: see page 92

their hermitages. The legend says that the last one to die was Saint Fermo. The Church of Santa Cristina sits just above Lozio (trail marker 81), while the Church of San Glisente is situated in the Berzo Inferiore Mountains.

## Hikes

An interesting excursion that can be made either from Laeng Refuge or San Fermo Refuge is the loop around Camino Peak and the climb to the panoramic summit following trail markers 82 and 83. Due to some brittle, exposed stretches, it is recommended only for expert hikers. The outstanding scenery makes this route very rewarding.

Brescian Trails • Valle Camonica

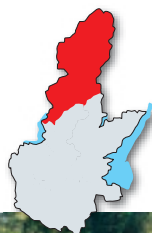


## San Fermo Refuge

Access: Pendrizza  
Operator: Tancredi Luise  
Refuge phone: 0364.311704  
Home phone: 0364.311548  
Open: see page 92



# On the slopes of Concarena Peak



Map page 10/11  
Box E-3

— National road N. 42  
— Car route  
— Footpath

## Access

Take national road SS 42 north of Breno to Ono San Pietro. From this village you can travel by car up to Case di Valaiù (720 m msl). From here, hike along the muletrack following the signs to the Refuge (1,335 m msl, 2h).

Alternate access route: After parking your car in the Pisul District (868 m msl; about 1 km from Case di Valaiù), follow the directions to the Refuge (1h 30 min).

## Highlights

From a geological point of view, Concarena is an extremely interesting environment. The presence of numerous plant and coral fossils leads to the belief that Concarena

was an island in the Mesozoic Era (from 225 to 65 million years ago), when the Tethys covered the whole area south of the Alps.

Presumably the Concarena Mountains were a cluster of coral islands surrounded by tropical seas with warm, clear water.

On the slopes of this Mountain are found numerous fossils - a veritable outdoor museum!

From a botanical standpoint Concarena is extremely interesting because of a special feature: at each altitude you can find flora normally found at higher altitudes.

This phenomenon is particularly evident along the Italia Trail to Campelli Pass about 30 min from the Refuge.

## Hikes

An effortless, short excursion allows you to observe characteristic microclimates typical of much higher altitudes.

Follow trail marker 162 to Campelli and then the direction signs until you arrive at Lake Nuadè (1,480 m msl, 30 min).

Near the lake there is a natural cavity called Tamba del glass covered with snow year round.

A much more strenuous trek - only for very expert hikers - allows you to go deeper into the dolomitic crags of Concarena up to Ladrinai Peak, north of the main summit.

Brescian Trails • Valle Camonica

Follow trail marker 162 for about 30 min, then the signs that lead to the foot of the route equipped with cables and chains (2h from the Refuge). After about 2h of exposed, equipped stretches, you arrive at Ladrinai Peak (2,403 m msl, 4h from the Refuge). Also interesting is a visit to Val Baione Bivouac (2,016 m msl, sleeping accommodations for 12 people, bring your own water), which can serve as a base for climbs to the peaks of the Concarena Mountains, the most "dolomitic" of the Brescian Mountains (only for expert hikers).



1.335 38 1h 30' YES 130 YES

## Baita Iseo Refuge

Access: Natù - Ono S. Pietro

Operator: Venanzio Zana

Refuge phone: 328.0914879

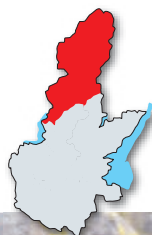
Home phone: 0364.339383

Mobile phone: 328.0914879

E-mail: info@rifugioiseo.it

Open: see page 92

# Torsoleto Mount



Map page 10/11  
Box D-3

- National road N. 42
- Car route
- Footpath N. 160



## Access

To get to Loveno, take national road SS 42 to Forno Allione, where you turn off towards Vivione Pass. After 10 km, follow the signs to Loveno (1,300 m msl) where you should park your car. Trail 160 starts at the edge of town and winds through the woods and then through the meadows on Mount Matti. It goes around the summit: first on the SE slope and then on the W side until it reaches the crest. Climb along the crest until you reach the Refuge (2,390 m msl, 3h 45 min).

## Hikes

When you climb up to David Bivouac at Torsoleto Pass (2,578 m msl, 40 min from

the Refuge), you will have the chance to view a 360° panorama including Bernina, the Valtellina, Mount Rosa, and Mount Cervino.

Then from the pass, hike along the path and across rubble to reach the summit of Mount Torsoleto (2,708 m msl, 30 min from the pass).

From the pass you can also go down to Lake Picol (2,378 m msl, 1h 15 min from the pass, trail marker 129). Be careful as you descend.

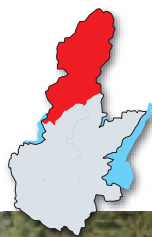


2.390	24	3h 45'	NO	70	YES

## Torsoleto Refuge

Access: Valle del Largone - Paisco  
Operator: As. Amici Torsoleto - Mendeni Silvia  
Refuge phone: 347.8601478  
Home phone: 0364.530293  
E-mail: [info@rifugiotorsoleto.it](mailto:info@rifugiotorsoleto.it)  
Open: see page 92

# Sant'Antonio Valleys natural reserve



Map page 10/11  
Box C-2/3

Orange line: National road N. 39  
Green line: Footpath N. 124



Alpini di Campovecchio Refuge. An alternate route from Sant'Antonio takes you up through the Brandet Valley (trail marker 129), which together with the Campovecchio Valley comprises the Sant'Antonio Valleys Regional Natural Reserve.

## Highlights

In both valleys it is particularly easy to sight wildlife, especially if you forge on past the summer pastures.

## Hikes

With a little effort, you can climb up to and beyond the head of the Brandet and Campovecchio valleys accompanied by an infinite series of stunning views.

In the Brandet Valley, a trek to Picol Lake (2,378 m msl, about 4h 30 min from Sant'Antonio) allows you to admire the largest Brescian natural Mountain lake in a majestic setting. As late as July you can find numerous icebergs broken off from the slopes of Borga Mountain floating on the lake. As you continue onward towards Torsoleto Pass, it is worthwhile to visit the other Torsoleto lakes. In the Campovecchio Valley climb up past the highest summer pastures until you arrive at the Culvegla Lakes (about 4h from Sant'Antonio). In about 30 min you reach Sello Pass where it crosses 4 Luglio (July 4th) Trail. Follow the trail to Torsoleto Pass where you start descending through the Brandet Valley.

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ley. This stretch (about 1h) is somewhat exposed and is not recommended for untrained hikers. Near the pass you can spend the night at Davide Bivouac to break up the trip. Davide Bivouac has been recently remodeled and is, without a doubt, ideal for greenhorns.



## Access

Traveling on national road 39 towards Aprica Pass, immediately after Corteno Golgi, take the turnoff for the village of Sant'Antonio (1,124 m msl). From this point follow trail marker 124 along an easy trail and in about 40 min you will arrive at



1.310	21	40'	YES	55	NO

## Alpini di Campovecchio Refuge

Access: San Antonio di Corteno Golgi  
Operator: Giovanna Sabbadini and Maria Bianchi  
Refuge phone: 0364.74108  
Mobile phone: 347.5930844  
E-mail: rifugiocampovecchio@hotmail.it  
Open: see page 92

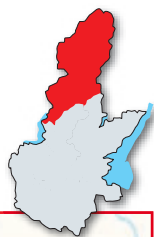
1.380	25	40'	YES	50	NO

## Val Brandet Refuge

Access: San Antonio di Corteno Golgi  
Operator: Rosina Rodondi  
Refuge phone: 347.2909167  
Home phone: 0364.74507  
Open: see page 92



# Mortirolo Plateau

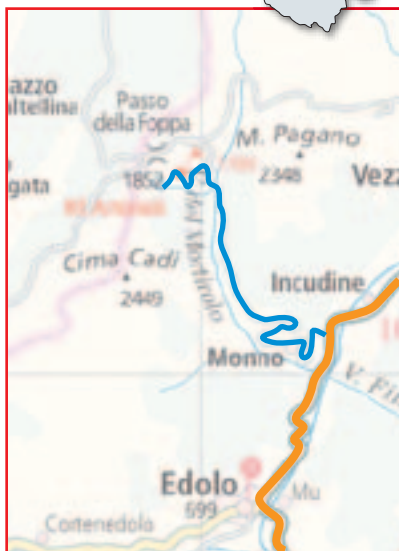


## Access

About 4 km after leaving Edolo driving in the direction of Tonale Pass, take the road branching to the left. After going through the Monno residential area, continue on towards the Mortirolo Plateau. A few hundred meters before reaching the pass bearing the same name, turn left into a dirt road, which will take you to Antonioli Refuge (2 km). This recently-renovated Refuge is located in the vicinity of Lake Mortirolo.

## Hikes

Starting from the Alto Hotel (1,792 m msl), follow the road to Aprica for a short stretch until you reach a cart road on your left that will take you to the enchanting Lake Mortirolo basin (1,779 m msl) in less than 30 min. From the Bighera Valley hill an old military road climbs up on the left-hand side of the grassy Pianaccio ridge (2,180 m msl). From there, an easy trail running along the ridge takes you up to the summit of Mount Pagano (2,346 m msl, 1h). Near the peak you can admire the well-preserved ruins of the so-called "Forte del Pagano" (Pagano Fortress). Noteworthy is the view, especially in the direction of Mount Adamello. If you like cross-country skiing or snowshoeing, the trail can even be traveled in wintertime. Trail No. 73 to the Seroti Lakes starts off at the Bighera Valley Mountain Huts (1,997 m msl). There are about 10 lakes dotting the various picturesque basins. The first lake (2,176 m msl)



Map page 10/11  
Box B-3

Orange line: National road N. 42  
Blue line: Car route  
Green line: Footpath N. 73

can be reached rather easily in less than an hour. The highest one, at 2,750 m msl, can be reached following the above-mentioned trail No. 73, climbing up the basins, crossing a varied and striking natural setting. It takes about 3 hours and requires good training.

## Highlights

Do not be alarmed by the name of the place Mortirolo (from the Latin "mors" meaning

death). The root of this name is common to many flatlands or low-lying areas where water stagnates ("dead" water). It should also be mentioned, however, that Mortirolo has been the scene of bloody battles throughout history, starting with Charlemagne and his army in the eighth century up to the more recent grueling battles endured by the Schiv-

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ardi and Tosetti Partisan Brigades fighting for the liberation of Italy from the Nazi fascists. Numerous plaques are scattered throughout the territory as a reminder of the sacrifice of the partisans fallen in battle. On a lighter side, the place is especially interesting because of its gently rolling meadowland and wide open panoramas.



## Antonioli Refuge

Access: Monno - Passo del Mortirolo

Operator: Patrizia Caldinelli

Refuge phone: 338.7825951

Home phone: 030.267587

Mobile phone: 349.1068402

E-mail: ia.96@live.it

Open: see page 92

# Ponte di Legno Refuges



Map page 10/11  
Box A-5

- National road N. 42
- Car route
- Footpath N. 58



## Access

To reach the Valmalza Refuge, from Ponte di Legno following signs for Passo Gavia, after about 5 km you will come to S. Apollonia and can leave your car in the car park. Following trail signs 58, an easy unmade road takes you along the Valley delle Messi and to the Refuge in about 1h 30'.

For the Bozzi Refuge, again on the road for Passo Gavia, follow signs for Case di Viso



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and leave your car in the large car park about 1 km after the town. From here trail signs 52 take you along an easy unmade road and to the Refuge in about 2 hours.

## Highlights

The Valmalza Refuge, in addition to being a popular choice with all lovers of good Valcamonica cuisine, is in an ideal area for wild animal watching. In the immediate surroundings and even from the Refuge itself at time, you can see many families of ungulates quietly grazing among the outcrops and gulleys around the building. This is therefore an ideal place, even in the mating season in late autumn.

In early summer, the Valle delle Messi is carpeted with typical flowers and the many rhododendron bushes give it a red hue. Up at the Bivacco Linge shelter (2275 m asl and less than an hour from the Refuge) you will cross the Alta via Camuna track (CAI trail signs 2) and here the view widens to embrace the long valley that rises up from Pezzo to the Pietra Rossa Pass. From the shelter, you can return to S. Apollonia in a round trip that follows a high-altitude path (CAI trail signs 64, recently repaired by the Pezzo-Ponte di Legno CAI section) and goes past the small Monticelli lakes. As an alternative, again from the Bivacco Linge,

you can walk up to the Lago Nero (Black Lake), 2386 m asl and 30' from the shelter. From here CAI trail signs 57 will take you back to the valley bottom.

The Bozzi Refuge has become famous over recent years due to renovation work on the numerous military constructions in this area. You can visit them free of charge and children especially will enjoy this experience. All the areas around the Refuge, in the direction of both the Contrabbandieri and Montozzo Passes and also in the direction of Lake Ercavallo are populated by animals typically found at high altitudes. To see them all you have to do is walk a short distance from the Refuge either in the early morning or at dusk. Two easy excursions from the Bozzi Refuge (less than 1h) allow you to take a look at the adjoining valleys. From the Montozzo Pass (263 m asl) you can see the wide Trento valley that drops down towards Pejo. From the Contrabbandieri Pass (2682 m asl) you get a view of the wide saddle of the Tonale. Another interesting excursion takes you to the Ercavallo Lakes (trail signs 2, about 1h 30') and back to Case di Viso in a round trip. To get to Case di Viso you must first reach Baitello di Ercallo (SSW of the lake), the starting point for the downhill path that may prove to be quite difficult when the ice is melting.



## Bozzi Refuge

Access: Montozzo  
Operator: Marcello Cenini  
Refuge phone: 0364.900152  
Home phone: 349.4924391  
Mobile phone: 349.4924391  
E-mail: marcellocenini@libero.it  
Open: see page 92

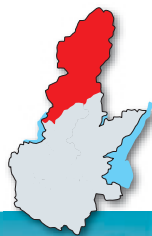


## Valmalza Refuge

Access: Valle delle Messi - Ponte di Legno  
Operator: Daniela Toloni  
Refuge phone: 348.7962766  
Home phone: 348.7962766  
Mobile phone: 347.3811645  
E-mail: info@rifugiovalmalza.it  
Open: see page 92



# Ponte di Legno Refuges



Map page 10/11  
Box B-5

— National road N. 42  
— Car route  
— Footpath N. 40

## Access

Both these Refuges can easily be reached using the ski lifts from Ponte di Legno (for Corno d'Aola) and Remù for Roccoli Ventura, or by following well signposted paths through the woods, good routes also for Mountain bikers.

## Highlights

Both Refuges, located at the arrival points of the respective ski lifts, are a meeting point for all skiers in winter and for lovers of good Valcamonica cuisine all year round.

## Hikes

From the Corno d'Aola Refuge an excursion that is quite tiring, not due to its slight differences in altitude, but because of the long walk halfway up the hillside, leads to the beautiful little Pozzuolo lakes in the hollow of the same name.

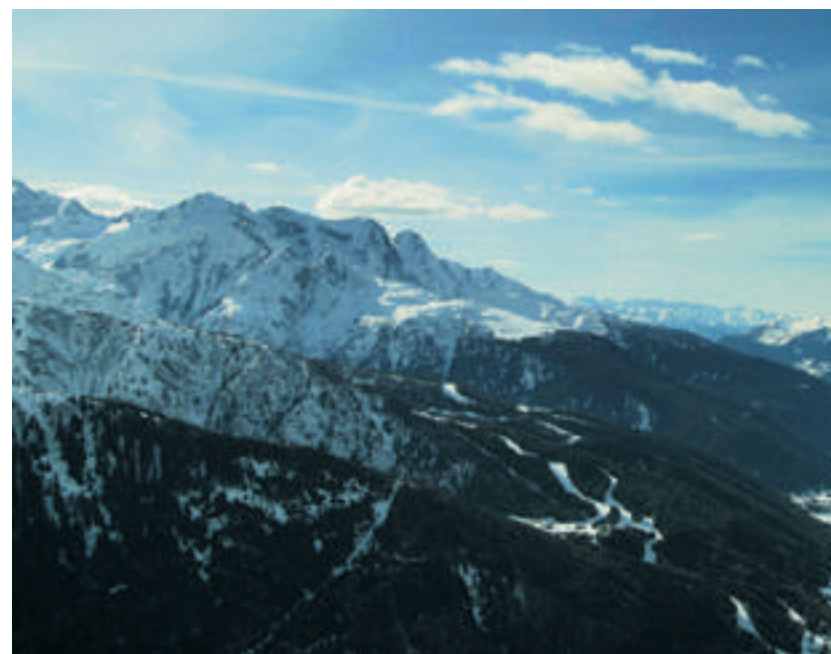
From the Chiesetta degli Alpini (church dedicated to the Alpine corps), follow the unmade road to the right of the ski slopes and pick up the easy-to-spot path marked with trail signs 40. This will take you to the Conca di Pozzuolo in about 1h 30'. From here you can walk straight down to Valbi-one following trail signs 40.

This route takes you past the fabulous waterfalls in Val Seria, a popular winter destination for ice climbers.

Nearby the Roccolo Ventura Refuge, located at the foot of impervious Monte Casola and Monte Castabio, there is the little old church of Santa Giulia, renovated at the turn of the sixties and probably having very ancient origins. A document dated 1312 in fact mentions it in relation to the Monastery of San Salvatore in Brescia. Many lovers of the Mountain come here for the feast day on 16 August each year.



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2.000 19 2h 30' YES 100 NO

## Corno d'Aola Refuge

Access: Ponte di Legno  
Operator: Enza Barborini  
Refuge phone: 0364.91022  
Home phone: 0364.92539  
Mobile phone: 338.3324193  
E-mail: rifugio.cornodaola@libero.it  
Open: see page 92



1.777 16 10' YES 70 NO

## Roccolo Ventura Refuge

Access: località Casola - Temù  
Operator: Luca Aimoni  
Refuge phone: 320.5677400  
Home phone: 0364.900430  
Mobile phone: 320.5677400  
E-mail: lucaaimoni@alice.it  
Open: see page 92



# Avio Valley and Adamello Mount

## Access

Starting from Temù drive up the Avio Valley to the Adamello Park picnic area at Malga Caldea (Caldea Summer Pasture). From here follow trail 11, ascending the steep terrace that leads to the Avio Lakes (1h). After leaving the lakes and surmounting another terrace dominated by an imposing waterfall, you arrive on the Malga Lavedole plain (2,044 m msl, 1h 40 min). Then travel along the famous "Calvary", a name given by the Alpini during World War I to this path, until you finally reach Lake Venerocolo and, a few minutes later, Garibaldi Refuge (3h 30 min).

## Highlights

The climb to Garibaldi Refuge, although a bit arduous, allows you to admire one of the widest and wildest areas of Adamello Park. The Avio Valley is capped by some of the most spectacular summits of the Adamello Mountains: Mount Adamello (3,539 m), Plem Peak (3,182 m), and Baitone Horn (3,330 m) crown the Venerocolo Glacier, whose mighty moraines are the evidence of the expansion of glaciers during the last Little Ice Age (1500-1850) and their subsequent retreat, still in progress. Green alders and mugo pines are abundant on the slopes bordering the lakes. In the most im-



Map page10/11  
Box C-5

Orange line: National road N. 42  
Blue line: Car route  
Green line: Footpath N. 11



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pervious zones, rhododendrons and dwarf junipers dominate. Among the animals, we would like to mention red deer and roe deer, salamanders, and other innocuous reptiles in the humid zones of Malga Lavedole (Lavedole Summer Pasture).

## Hikes

Garibaldi Refuge is the starting point for countless excursions - from the easiest walks to the most challenging treks. Even hikers that are not skilled Mountaineers can attempt the ascent to Venerocolo Pass and Venerocolo Point, as long as they are suitably equipped and the weather is good. Starting above the Refuge, take easy trail 42 up to the moraines descending from Venerocolo Pass. On the moraines you can orient yourself partly by following the signs and partly by sighting your destination, which is always clearly visible (3,136 m msl, 2h 15 min from the Refuge). You can climb from the pass to Point Venerocolo (3,323 m msl) in about 30 minutes, visiting the military posts along the way. Another tiring but not very difficult route - one of the most charming loops in the Adamello Mountains - leads to Lake Avio. From the Refuge go down trail 11 until you get to Lake Benedetto; from here, take trail 35

up to Gole Larghe Pass (about 4h). Then after hiking over rubble and ascending a steep but not very difficult trail, you arrive at Avio Refuge (2h from the pass).

Last, but not least, is a trek that takes you close to the Venerocolo Glacier; it can be completed in a day starting from the Refuge. Go down to Malga Lavedole (45 min) and then follow trail marker 12 to Lake Pantano (2h). Near the dam, you will encounter the trail 1 crossing. Follow the latter trail towards the Refuge taking great care to avoid slipping along certain stretches between Bocchetta del Pantano (Lunedì Pass) and Lake Venerocolo Dam.

Once you have come back down from Bocchetta del Pantano, the path leading back to the Refuge gets simpler (total route about 5h). The route can be traveled in both directions.



## Garibaldi Refuge

Access: al Venerocolo  
Operator: Odoardo Ravizza  
Refuge phone: 0364.906209  
Home phone: 0364.92534  
Mobile phone: 339.5236327  
E-mail: rifugiogaribaldi@libero.it  
Open: see page 92



# Mount Aviolo Loop



Map page 10/11  
Box C-4

- National road N. 42
- Car route
- Footpath N. 21

## Access

The Cascata or Waterfall Refuge can easily be reached by car, following the Valpaghera road for about 5km from the town of VeZZa d'Oglio, on state road SS 42 between Edolo and Ponte di Legno. You will reach a car park near the ENEL cablecar and from there an easy path (trail signs 21) takes you to the Sandro Occhi all'Aviolo Refuge.

## Highlights

The Cascata Refuge is surrounded by woods of the pine and larch trees that are typical in the Alpine valleys, where the only noise is the stream bubbling down from the Piana dell'Aviolo.

The Refuge offers a chance to savour the best examples of typical Vallecamonica cuisine. During the winter the Refuge is a useful place to take a break for lovers of frozen waterfalls. Thanks to the huge amount of water, natural differences in ground level and the valley's northerly exposure, ice climbing is in fact possible for a long period in the winter.

As an alternative, the Refuge at the waterfall is an easy yet interesting destination with snowshoes.

Setting out directly from the Refuge, following trail signs CAI 72, in about an hour an easy forest road takes you to the interesting Roccolo Pornina (1737 m asl). Just before the cabins, on the right, an



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old military road leads to two interesting buildings, one after the other, that date back to the First World War: a munitions store, half-underground and in excellent condition and a barracks, this too well preserved.

Close to the S.A. all'Aviolo Refuge there is the Adamello Park nature observation centre, near Malga Aviolo (for visits please contact the Park offices in VeZZa d'Oglio). Along the way you will easily spot, as well as larches, also stone pines, Mountain pines and alders, while to the north of the lake, a number of humid zones are home to very tiny rare plants

like *Drosera anglica* or English sundew, a carnivorous plant and *Lycopodiella inundata* or Club moss. The humid zones in the hollow are populated by Red frogs and the Common lizard. On the slopes you will hear the whistles of marmots, while on the higher outcrops you might even see chamois deer.

## Hikes

At the Gallinera Pass (1h 10' from the Refuge) it is interesting to note the completely different types of vegetation separating the northern and southern slopes, due to the different kinds of soil.



1.930 54 1h 30' NO 110 YES

## Sandro Occhi all'Aviolo Refuge

Access: VeZZa d'Oglio  
Operator: Giacomo Vidilini  
Refuge phone: 0364.76110  
Home phone: 0364.72863  
E-mail: [rifugioaviolo@virgilio.it](mailto:rifugioaviolo@virgilio.it)  
Open: see page 92



1.480 12 - YES 54 NO

## Alla Cascata Refuge

Access: Val Paghera - VeZZa d'Oglio  
Operator: Simona Belloni  
Refuge phone: 329.6338406  
Home phone: 0364.76469  
Mobile phone: 329.6338406  
E-mail: [info@rifugioallacascata.it](mailto:info@rifugioallacascata.it)  
Open: see page 92



# Eagles Trail



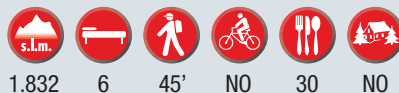
Map page 10/11  
Box C-4

- National road N. 42
- Car route
- Footpath N. 1

## Access

The Malga Stain Refuge can be reached from Edolo, following signs for Monte Colmo to the car park in Pozzuolo (10.5km from

Edolo). From here, in about an hour, trail signs 1 will bring you to Malga Stain, which in just a few years has become a well-known stopping point for Adamello trekkers.



## Malga Stain Refuge

Access: Edolo - Monte Colmo  
Operator: Federico Savardi  
Refuge phone: 338.8542450  
Home phone: 338.8542450  
Mobile phone: 338.8542450  
E-mail: [info@rifugiomalgastain.it](mailto:info@rifugiomalgastain.it)  
Open: see page 92



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## Highlights

At the Gallinera Pass, which can be reached along the wild valley of the same name, it is interesting to note the completely different types of vegetation separating the northern and southern slopes, due to the different kinds of soil.

## Hikes

The Malga Stain Refuge is the ideal departure point for either climbs (Punta Adami, Cima Gallinera and Monte Aviolo) or gentle walks in the Val Gallinera, the long wild valley that reaches the pass of the same name offering beautiful views along the way. The Monte Aviolo round trip is very interesting and is also known as the eagles' path. From the Refuge, it first drops towards the valley bottom and then follows it to the Gallinera Pass, beyond which it enters the large Conca dell'Aviolo hollow. From the NW shore of the lake of the same name, a steeply winding path takes you up to Monte Plaza (some stretches of this

route have ropes and chains). From the ridge (about 2500 m asl) you then start to descend, first through meadows and then along the path marked with trail signs 72B. From the small church of San Vito e Sant'Anna, the path drops towards the Val Finale and picks up trail signs 72, ending up in the car park in Pozzuolo. The entire round trip takes about 10 hours and can be walked in either direction. Monte Aviolo can either be reached by climbers via Spigolo delle Capre or "Goats' ledge" (440m, IV+) or by a path with chains on some stretches (EE). The view from the top (2881 m asl) is spectacular.

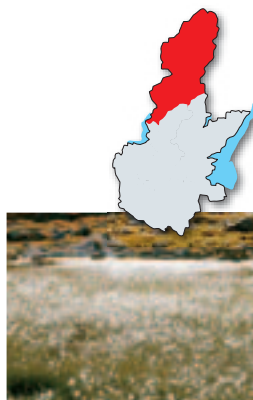


# Malga Valley



Map page 10/11  
Box C-4

Orange National road N. 42  
Blue Car route  
Green Footpaths N. 23, 13



## Access

Those arriving from the south, from Malonno, should follow signs for Garda, Val Miller. Those from the north should follow the same signs but from the town of Sonico. Before you reach Garda, clear directions for Val Malga take you first to the Valmalga Refuge and then to the Premassone Refuge, both accessible by car and with large car parks. Paths start at the Premassone Refuge for the Conca del Miller (trail signs 23) with the Gnutti Refuge and for the Conca del Baitone (trail signs 13), with the Baitone and Tonolini Refuges.

## Highlights

Like all other easy to reach Refuges, those

of Valmalga and Premassone also specialise in typical Valcamonica cuisine, using natural local produce. Even lovers of the high peaks must stop on their return in one of these welcoming Refuges, at least for a snack of local sliced cured meats and cheese.

Valley bottom Refuges are the ideal starting point for numerous excursions and the Valmalga is no exception as it is overlooked by two large natural amphitheatres. The rugged, wild conca or hollow of Baitone above the valley, with its numerous small pretty lakes and the beautiful Valle del Miller, with its wetlands dotted with endemic flowers appeal to even the most distracted and less professional walkers.



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These are relatively easy excursions, suitable for everybody and possible in a day, also because there are no fewer than three Refuges on the routes: the Gnutti Refuge,

approximately two hours from the valley bottom in Val Miller and the Baitone and Tonolini Refuges, respectively two and three hours or so in the conca del Baitone.



## Valmalga Refuge

Access: Ponte Faet  
Operator: Nicoletta Togni  
Refuge phone: 0364.75340  
Home phone: 347.0040445  
E-mail: rifugiovalmalga@alice.it  
Open: see page 92



## Premassone Refuge

Access: località Premassone - Valle del Miller  
Operator: Gabriella Fioletti  
Refuge phone: 339.7471594  
Mobile phone: 339.7471594  
E-mail: g.fioletti@tiscali.it  
Open: see page 92



# High lakes on the slopes of Mount Baitone



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Map page 10/11  
Box C-4

Orange line: National road N. 42  
Blue line: Car route  
Green line: Footpath N. 13

## Access

The Baitone and Tonolini Refuges can be reached one after the other from Val Malga, following trail signs 13 from nearby the Premassone Refuge.

## Highlights

The wide Conca del Baitone is the ideal environment for those wanting to spend a few days in the Mountains.

To the west of the hollow there is the Corno delle Granate. Dark red almandine garnets can be found among the rock debris at its foot.

For those wanting to see animals in their wild state, we recommend going to the western side of the dam near the Baitone

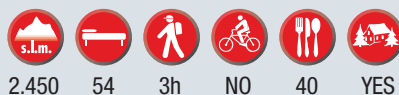


Refuge, either in the early morning or towards dusk. The slopes of the Punta di Val Rossa on the one side and those of the Corno del Cristallo on the other are inhabited by chamois deer and ibex, recently re-introduced from the park, and by marmots and Mountain hares.

Golden eagles can sometimes be seen soaring high above the rocks.

If you would like a chance to visit wonderful, wild, magnificent places in close contact with marmots, golden eagles, ermines and Mountain hares, put aside a couple of days for an excursion that reaches the highest Alpine lakes of the Adamello Group by using the Tonolini Refuge as your base. From the Refuge follow trail signs 50 and

you will first come to Lake Lungo and then, after another moraine (about 1h from the Refuge), with the help of a good 1:50000 map you will easily find the Gelati (Frozen) Lakes. The round trip takes about 4 hours. Again from the Refuge, following trail signs 1 from the Alta Via of the Adamello in the direction of the Premassone Pass, you will find the other two lakes in the hollow: Lake Bianco and Lake Premassone.



## Tonolini Refuge

Access: conca Baitone - Sonico  
Operator: Fabio Madeo  
Refuge phone: 0364.71181  
Home phone: 338.9282075  
E-mail: fabio.madeo@alice.it  
Open: see page 92



## Baitone Refuge

Access: Lago Baitone - Sonico  
Operator: Alessandro Tolotti  
Refuge phone: 0364.779760  
Operator phone: 0364.65127  
Mobile phone: 335.8166047  
E-mail: alessiotolotti@alice.it  
Open: see page 92



# Miller Valley



Map page 10/11  
Box C-5

- National road N. 42
- Car route
- Footpath N. 23

## Access

Leave your car near to the Guat Bridge or in the car park close to the Premassone Refuge (permits required for access), then follow trail signs 23; you will come first to Malga Premassone and then to Malga Frino. The "Scale del Miller" or Miller's steps will take you over the glacier terrace, a steep winding path that leads to the mouth of the Val Miller. The Refuge is a stopping point for treks in the Adamello.

## Highlights

Val Miller has glacial origins, like all the Adamello valleys, but here it is easy to see, immediately above the "steps" and right along the route to the Refuge, the typical

sheep rocks that have been smoothed by the polishing effect of the ice.

Due to their number, variety and size, the humid zones in Val Miller are some of the most interesting in the Adamello Park. This valley is a natural botanical garden for the expert naturalist, above all when the flowers are in bloom (end of June and July), while the simple excursionist will be amazed at its beauty. We definitely recommend a visit to Lake Miller (2270 m asl, 30' from the Refuge) and to the Pantano del Miller marsh (2423 m asl, 1h from the Refuge). Along the way you will see the Val Daone primula, native to the Adamello group. A great deal of cotton grass grows in this little lake as do tufted bulrushes and sedge



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grass, albeit in lesser quantities. Narrowleaf bur-reeds (*Sparganium angustifolium*) grow abundantly along the banks. The Pantano del Miller marsh was originally a glacial lake that formed due to the presence of two moraines, the downstream one being older and forming the natural dam, the upstream one more recent and dating back to the mid 19th century. Vegetation here is similar to that of the small lake below and it is a splendid sight when the cotton grass blooms in August. A good number of ibex have been

reintroduced into Val Miller by the Park Authorities. This area is also home to a large quantity of marmots, Mountain hares and in the humid zones there are also grass frogs.

## Hikes

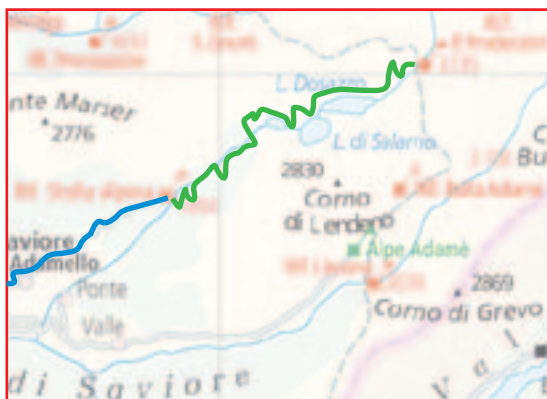
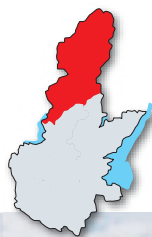
From this Refuge you can reach Monte Adamello (3539 m asl), up through the pass of the same name, Cima Plem (3182 m asl) and Corno Miller (3373 m asl). There are many sport and Mountain climbing routes near the Refuge (information available at the Refuge).



## Gnutti Refuge

Access: valle del Miller  
Operator: Domenica Madeo  
Refuge phone: 0364.72241  
Home phone: 030.2751226  
E-mail: giovannafiorani@alice.it  
Open: see page 92

# Salarno Valley



Map page 10/11  
Box C-5/D-4

Blue line: Car route  
Green line: Footpath N. 14

## Access

Follow the directions to Saviore dell'Adamello from Cedegolo. Before entering the village center, take the road to Fabrezza, which you will reach in about 20 min. Park your car and follow trail marker 14 up the Salarno Valley.

First you pass the turnoff for Lake Bos and then in succession Macesso Bog (Torbiera di Macesso - indicated on old maps as a lake), Lake Salarno, and Lake Dosazzo. From the last lake you can get to the Refuge in about 40 minutes.

## Highlights

In the neighborhood of the Refuge (a 10 min walk toward the head of the valley)



Brescian Trails • Valle Camonica

you can see the remains of the old Salarno Refuge. The latter was built by the Brescia CAI in 1881 to replace the old natural shelter used by shepherds as a rest stop when climbing Mount Adamello.

## Hikes

One of the easiest routes to the Adamello summit starts from Prudenzini Refuge, although it is only for expert hikers equipped with suitable climbing and safety equipment.

Two interesting hikes - ideal for families - allow you to visit two small lakes set among the rocks. To get to Lake Bos (2,126 m msl), follow trail marker 87b, which you encounter after a 45-minute climb from Fabrezza.

The trail is well marked, even if a bit difficult, and it takes a total of about 2h from Fabrezza.

At the beginning of summer, the south side of the lake is often covered with ice blocks descending from the slopes of Boazzo Peak.

You can make your way down to Fabrezza by continuing towards Mount Blisie (2,471 m msl, 1h from the lake), but this is a more challenging route (trail marker 87). The other excursion leads to Lake Gana, a small expanse of water off the beaten path. Take the route to the Prudenzini Refuge until you get to Lake Dosazzo; near the latter, leave trail 14 bearing right (SE). The path is not always visible, but all you need to do is keep left (N) of the rocky rib.

Once you have passed the two large cairns, turn south again at Lake Salarno.

After passing a stony basin, you arrive at the lake (2,369 m msl, 3h 30 min from Fabrezza; 1h 30 min from the turnoff).



## Prudenzini Refuge

Access: Saviore dell'Adamello  
Operator: Giorgio Germano  
Refuge phone: 0364.634578  
Mobile phone: 329.6454242  
E-mail: germano.giorgio@libero.it  
Open: see page 92

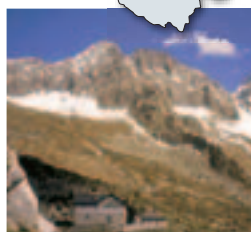
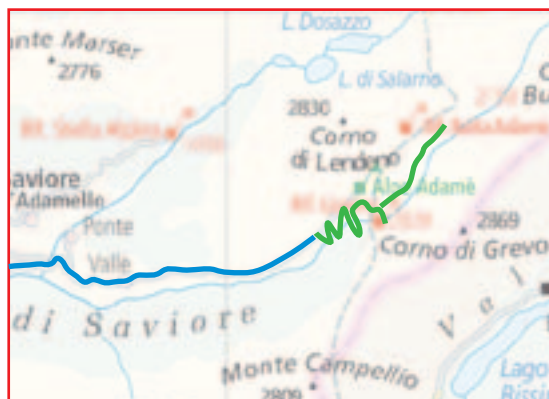


## Stella Alpina - Fabrezza Refuge

Access: Saviore dell'Adamello - Fabrezza  
Operator: Antonella Castellani  
Refuge phone: 0364.634386  
Home phone: 0364.321107  
Mobile phone: 349.2738865  
E-mail: giardino@g3informatica.it  
Open: see page 92



# Adamé Valley



Map page 10/11  
Box D-5

Blue line: Car route  
Green line: Footpath N. 15

## Access

From Cedegolo, follow signs for Valle di Savio on the SS 42 state road, then continue to Malga Lincino where you can leave your car. The Città di Lissone Refuge can be reached from here in about an hour, following CAI trail signs 15. The valley path marked with trail signs 1 will take you to the Baita Adamè Refuge in about an hour.

## Highlights

The Valle Adamè is without doubt the longest, widest valley and the one where glacial erosion has caused a typical, perfect "U" shape. At the head of the valley the sharp moraines precede the long peaks



Brescian Trails • Valle Camonica

that slope down from the largest glacier in Italy. The "costers" act as spurs for the glacial cirques that comprise the upper part of the valley on both sides. Towards the head of the valley, sharp moraines are evidence of the presence and position of the glaciers that here started to withdraw in the middle of the 19th Century, after the short glacial epoch.

## Hikes

The route up to Corno di Grevo is a definite must for climbing fans. Start out from the Lissone Refuge and head towards the Forcel Rosso pass following CAI trail signs 24 until you reach an obvious fork (right for Forcel Rosso, left for Corno di Grevo).

From here (about 45' from the Refuge) you will soon come to the start of the route, marked by an easy-to-see metal plaque. The climb is about 500m and is very difficult, both going up thanks to some difficult exposed parts and coming down, along the normal path to the Forcel Rosso pass.

There is also an interesting round trip that takes you to the Forcel Rosso pass, where in numerous World War Two posts can be seen, still in good condition.

After the pass the path takes you down to the Val di Fumo Refuge (SAT trail signs

245, less than two hours from the pass). From the Refuge continue towards the head of the valley until the turnoff for Buciaga Pass (Porta), following SAT trail signs 247, 2809 m asl, less than three hours from the Val di Fumo Refuge. Some stretches are roped and chained.

From the pass, via the Bivacco Ceco Baroni shelter and along the lengthy spectacular Valle Adamè, you will come back to the Lissone Refuge in less than three hours, passing the Baita Adamè Refuge along the way. This is a very satisfying, but difficult route, which calls for good Mountain experience and a high level of fitness.

Starting from the Baita Adamè Refuge, an easier excursion than the previous one takes you up to the Bivacco Ceco Baroni shelter (trail signs 30, 2,800 m asl) a wonderful point for views out over the entire valley, with the moraines and glacial cirques that are so characteristic of its morphology at higher altitudes.



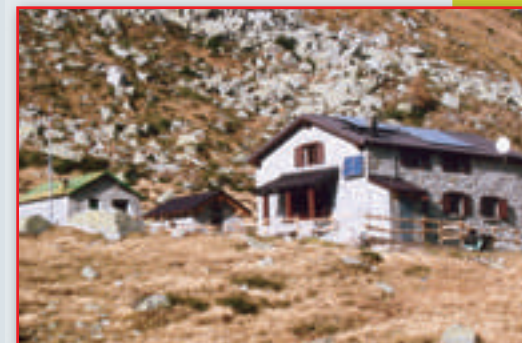
## Città di Lissone Refuge

Access: Val Adamè  
Operator: Domenico Ferri  
Refuge phone: 0364.638296  
Home phone: 0364.638232  
Mobile phone: 347.1578024  
E-mail: manuferri89@hotmail.it  
Open: see page 92

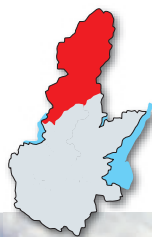


## Baita Adamè Refuge

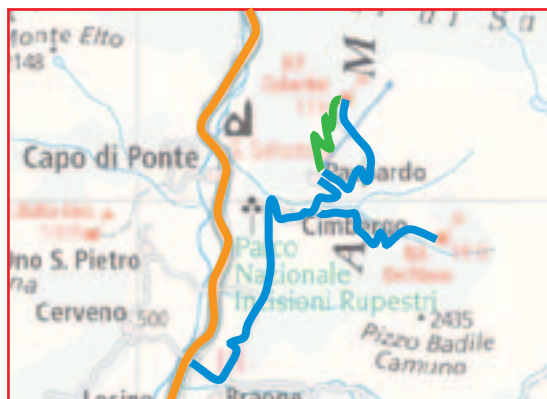
Access: Val Adamè - Cascina di Mezzo - Savio  
Operator: Leone Romelli  
Home phone: 0364.630105  
E-mail: l.romelli@gmail.com  
Open: see page 92



# Tredenus Mountains



Brescian Trails • Valle Camonica



Map page 10/11  
Box E-4/D-4

- National road N. 42
- Car route
- Footpath N. 117

## Access

From Cimbergo, by way of a lumber road in very good condition, you can reach the Volano basin, surrounded by the impervious Tredenus pinnacles making it a natural amphitheater. From Paspardo, go along the well-maintained muletrack to Colombè Refuge. Both paths are perfect for a Mountain bike ride. It is also possible to walk to Colombè Refuge following trail marker 117 (about 1h 30 min).

## Highlights

The area bounded by Colombè Refuge, the Zumella Mountain Huts and the Volano Basin is distinguished by large areas of contact between acid rocks of magmatic

origin and basic rocks of sedimentary origin. This characteristic has given rise to uncommonly rich flora in the area.

When observing Badile Peak from the north, during the warm months you can clearly see a horizontal stripe rich in vegetation located at the base of the pinnacle. This stripe is a magma vein that intruded into the surrounding carbonatic rocks when it was still in a molten state about 40 million years ago.

## Hikes

From Colombè Refuge, descend for a short stretch in the direction of the Zumella Mountain Huts and then take trail 78, which will lead you, in about 4 hours, to

Porta Pass and then to Lake Arno. Keep an eye on the path, especially in the lower part of the route, where it may be covered by vegetation left almost untouched by the rare passerby. You can also reach Colombè Pass directly from Colombè by following trail marker 117 along the ridge; this trail, however, is more demanding. From Lake Arno, follow trail marker 22 to return to Paspardo, making a long loop almost entirely through the woods with no big altitude gains or losses (about 4h). De Marie Refuge is the perfect starting point for the demanding hike to Badile Peak (2,435 m msl), following trail marker 77 for about 3h. Along this path there are a few perilous stretches fitted with cables (fixed-aid climbing routes). Furthermore, rock falls are not uncommon, especially if several groups are hiking at the same time. For these reasons the use of fixed-aid climbing route equip-

ment is strongly recommended. Standing on the midline of the Camonica Valley, Badile Peak offers a truly unique panorama. Another excursion will take you to Margherio CAI Bivouac (2,599 m msl, trail marker 16, 3h 30 min), located amidst the wild aiguilles of the Tredenus range. From there you can reach Maria e Franco Refuge in less than 2h (this route is only for expert hikers).



## De Marie Refuge

Access: Conca del Volano - Cimbergo  
Operator: Luigina Donati  
Refuge phone: 0364.331121  
Home phone: 0364.48053  
E-mail: rifugio.volano@libero.it  
Open: see page 92



## Colombè Refuge

Access: Monte Colombè - Zumella  
Operator: Giosuè Zambetti O.M.G.  
Refuge phone: 328.7978334  
Home phone: 035.814749  
E-mail: beppe.zambetti@virgilio.it  
Open: see page 92



# Wild Dernal Pass



Map page 10/11  
Box E-5

— Car route  
— Footpaths



## Access

The access routes to Maria e Franco Refuge from the Brescian side are tiring but very interesting. If you are not a very well-trained hiker it would be best to start from Malga Bissina (Bissina Summer Pasture) in the Daone Valley (on national road SS 237, at Pieve di Bono take the turnoff for Tione).

The wild, secluded access route through the Dois Valley stays mainly on the valley bottom (leave your car in Paghera di Ceto Valley).

The route from Isola di Saviore, although a bit longer, features more captivating scenery, especially if you start early in the morning on a clear day.



2.574 52 3h - 5h NO 40 YES

## Maria e Franco Refuge

Access: Passo Dernal

Operator: Giacomo Massussi

Refuge phone: 0364.634372

Home phone: 030.9196647

Open: see page 92



Brescian Trails • Val Sabbia

## Highlights

Maria e Franco Refuge is the highest Mountain Refuge in the province (among those that can be reached on foot) and is situated in Dernal Pass, a harsh, untamed, fascinating setting. The Refuge is spartan but at the same time is the site of technological experimentation. It is equipped with a year round remote-controlled computerized solar (photovoltaic) power system (installed by ASM of Brescia). Very soon a pilot wind power system will be integrated with the existing system. There are considerable technical problems related to the latter installation due to the abundant precipitation during the winter - there can be a blanket of snow over 15 meters deep, according to the Refuge operator! A little more than an hour away from the Refuge you can find fortifications dating back to World War I near Campo Pass (2,296 m msl, 1h 20 min from the Refuge). Geologically speaking, the area around the pass is very interesting, since the land is a calcareous island in the surrounding dioritic-to-

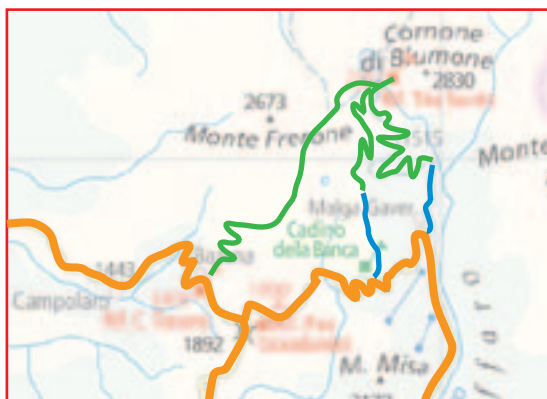
nalitic rocky mass of Mount Re di Castello.

## Hikes

The Refuge serves as a starting point for countless excursions featuring spellbinding scenery, including climbs in the Tredenus Mountains. Climbing Re di Castello (2,889 m msl, 1h 30 min from the Refuge) is not difficult and offers a marvelous 360-degree panorama from the summit. The ascent should be made late in the season. From Maria e Franco Refuge you can hike to CAI Marcherio Bivouac (2,590 m msl, 2h 30 min from the Refuge). This trek (only for expert hikers) is highly recommended for its stupendous scenery.



# Cornone di Blumone and Cadino Valley



Map page 10/11  
Box E-4

- National road N. 345
- Car route
- Footpaths N. 1, 19

## Access

Starting from Breno or Esine, take national road SS 345 towards Crocedomini by car until you get to Bazena. From here, following trail marker 18, climb to the Fredda Valley. Then, hiking along an easy, almost flat, trail, traverse Val Fredda Pass (2,321

m msl, 2h) and the upper Cadino Valley until you finally arrive at Lake Vacca and the Refuge. Alternate route from Bagolino: drive up past the Gaver Plain to Malga Cadino (Cadino Summer Pasture) where you can park your car. Following an easy trail (trail marker 19), you will get to the Refuge in a little less than 2h. Tita Secchi Refuge is the starting point for a trek along the Adamello High Trail.

## Highlights

Tita Secchi is the ideal starting point for countless excursions, no matter what your particular interest (also see the descriptions of the Tassara and Crocedomini Refuges). Between Blumone Pass (2,633 m msl, 1h



Brescian Trails • Valle Camonica

10 min from the Refuge) and Laione Peak, there are myriad military posts dating back to World War I. If you want to dedicate a day to history, you can trek to Monoccola Pass (2,592 m msl, 3h from the Refuge), traveling almost entirely along old mule-tracks and passing by buildings and posts from the beginning of the 20th century.

To make the going easier, the Park has re-stored several stretches and a bridge. The return trip can be made along the same route. To shorten the excursion, you just can visit Laione Peak and the old Refuge nearby. If you started at Bazena, you can make an interesting return trip through the Cadino Valley to Cadino Pass (2,168 m msl, about 2h from the Refuge); the entire route makes a loop around Mount Cadino.

## Hikes

Climbing Blumone Big Horn (Cornone di Blumone - 2,842 m msl, 2h 30 min from the Refuge) is truly exciting due to the ruggedness of the scenery. But the ascent should be attempted only by hikers with some Mountaineering experience. If you

have any questions ask the Refuge operator. From the Refuge, head to Blumone Pass (trail marker 1) where you follow the clearly visible path on the right that scales the north crest of Blumone. A little below the North Peak, the path makes a long traverse to the other side of the Mountain (E); after crossing a gorge, you arrive at the summit.



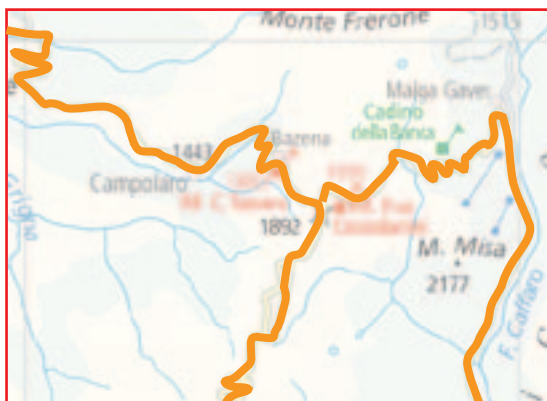
2.367 60 2h - 3h YES 80 YES

## Tita Secchi Refuge

Access: lago della Vacca  
Operator: Giacomo Baccanelli  
Refuge phone: 0365.903001  
Home phone: 338.7864389  
Mobile phone: 337.441650  
E-mail: bade@rifugiotitasecchi.it  
Open: see page 92



# Crocedomini Pass



Map page 10/11  
Box F-4

— National road N. 345

## Access

These Refuges are on national road SS 345 near Crocedomini Pass and can therefore be reached by car from the Camonica Valley (via Bienno or Breno), from the Trompia Valley (via Collio), and from the Sabbia Valley (via Bagolino).

## Highlights

The area surrounding the two Refuges is very interesting from both geological and vegetational points of view. In the Fredda and Cadino Valleys, the signs of contact between magmatic rock and sedimentary rock (occurring about 30 million years ago) are very evident. In the two valleys both formations are easy to spot due to

the presence of a vast array of flora, including several endemic species (for example, *Primula glaucescens* on Mount Cadino).

## Hikes

Tassara Refuge is open all year round and, during the winter, can serve as a base for easy alpine skiing excursions or cross-country



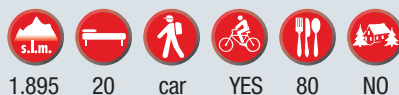
Brescian Trails • Valle Camonica

try skiing practice. In the summertime, hikes in the Fredda Valley are simple and suitable for everyone; excursions to Mount Frerone, Tita Secchi Refuge, and Gheza Refuge (ask the CAI office in Darfo for the opening date) are a bit longer.

An interesting round trip that starts from the Tassara Refuge, following trail signs 1 up along the path until the mouth of the Val-fredda and, after a brief upward stretch of the Monte Mattoni slope to the first obvious saddle, from here bends to the right up along the ridge to Monte Bazzenina. Tracks then take you down to the Crocedomini Pass (in total about 3h). This same route is an exhilarating ski slope in the winter down to Bazena.

From Crocedomini Refuge you can make a loop around Mount Cadino (see Tita Secchi

Refuge) using an alternate route. From the Refuge, climb up to the crest of Mount Bazena (2,113 m msl, 40 min from the Refuge) following the tracks; then go along the crest in a northerly direction. Near some very visible calcareous crags, you can see clear signs of a path curving left (NW) to join the trail coming from Bazena (trail marker 18, 1h 10 min from the Refuge). Continue until you reach Mount Bazena and return by the same path you took from Crocedomini Refuge. You can also climb to the summit of Mount Frerone (2,673 m msl, 2h 30 min from the Refuge). Head to Val-fredda Pass (trail marker 18) and, just before you get there, take the trail on the left (W). After overcoming a stretch provided with cables (15 min from the pass), you will find that the trail all the way to the top gets much easier.



## Crocedomini Refuge

Access: passo Crocedomini - Breno  
Operator: Ferruccio Moscardi  
Refuge phone: 0364.310425  
Home phone: 0364.360410  
Mobile phone: 339.5777597  
E-mail: [info@rifugiopassocrocedomini.it](mailto:info@rifugiopassocrocedomini.it)  
Open: see page 92



## Tassara Refuge

Access: Bazena - Breno  
Operator: Vittorio Gelmini  
Refuge phone: 0364.310777  
Home phone: 0364.367111 - 339241  
Mobile phone: 335.6008693  
E-mail: [info@hotelduemagnolie.it](mailto:info@hotelduemagnolie.it)  
Open: see page 92



# Monte Cimosco Refuge

Brescian Trails • Val Sabbia



Map page 12/13  
Box H-3

- National road N. 42
- Car route
- Footpath N. 3V

## Access

You can reach the Refuge in about 15', starting from the Bassinale car park at the Plan di Monte Campione.

## Highlights

An excursion that is suitable for everyone takes you to Lake Rondenet (about an hour). From the Refuge walk up to the ridge and follow it beyond the ski lift arrival point, to Dosso Sparviero (1,891 m asl). From here, the route is intuitive to the lake (1,690 m asl) and then up in an ESE direction until you come across path 3V (30'), which soon (15') takes you to the Stanga di Bassinale, from where you can see Plan di Monte Campione.

The whole area to the north of the Refuge is home to a wealth of malghe or herdsmen's shelters that have always been used for summer grazing. Some of these have been renovated for their original use while a local fauna and bird watching education centre was built by ERSAF in the Rossello di Mezzo hollow in 2003. From the Refuge, the best route is path 3V (low variant) via Stanga di Bassinale, following it to the Conca di Rossello (less than 2h), from where it is easy to see the ERSAF centre (1,705 m asl).

## Hikes

In this area the only Mountain worthy of note is Monte Muffetto (2,060 m asl) which can be reached in about 20' from the Stanga di

Bassinale following an intuitive route. The top offers a splendid view and from here you can walk back down to Plan along a steep

visible path, which comes down the ridge in a southerly direction, allowing the whole round trip to be completed in about 2 hours.



1.870 18 15' YES 100 NO

## Monte Cimosco Refuge

Access: Monte Cimosco - Monte Campione

Operator: Giandomenico Pedersoli

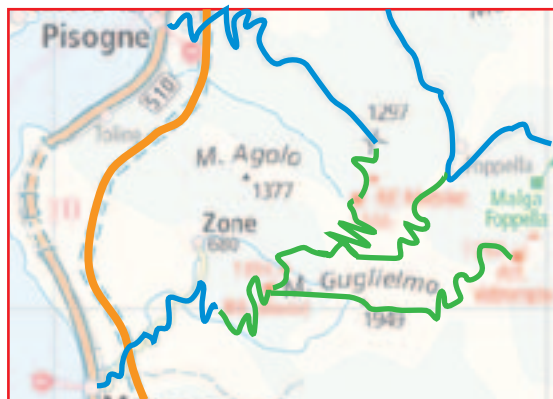
Refuge phone: 0364.560949

Mobile phone: 347.0178445

E-mail: mondinifrancesco@libero.it

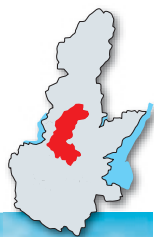
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# At the foot of Guglielmo Peak



Map page 12/13  
Box H-2

— National road N. 510  
— Car route  
— Footpath



Brescian Trails • Val Trompia

## Access

Drive to Passaboche from Pisogne and a gentle walk through the surrounding wood will bring you to the Medelet Refuge. This is an ideal destination also for Mountain Bikers from Pisogne or Val Trompia, via Colle San Zeno and Val Palot. The Almici Refuge can be reached from the Medelet Refuge (2h), from the Valtrompia Refuge (2h 30'), via the peak of Castel Bertino (1,948 m asl, erroneously identified as Monte Guglielmo), from Croce di Marone (1h 30') or from Colle San Zeno (2h).

## Highlights

From the Medelet Refuge, an easy walk of about an hour makes it possible to visit the Roccolo Laini, an ancient bird-snaring area that is still well preserved thanks to the efforts of its current owners.

Up until a few years ago hunting in the bird-snaring areas was very popular in our valleys in areas on the route of migrating birds. Today there are very few well-preserved structures that represent the historical-cultural memory of Alpine populations.

The Almici Refuge offers a breath-taking view over all the Prealps and, on clear days, to the north you can see the main Alpine Mountain ranges (Adamello, Or-



tles, Bernina, Rosa, Cervino and Monviso to mention just the best-known) and to the SSW the Lake of Iseo, characterised by the bulk of Montisola and the Tuscan-Romagnolo Apennine chain that peeps out from the blanket of mist that is so typical in the Padana Lowlands.

## Hikes

The Medelet Refuge is the ideal base for those wanting to take short, easier walks. Val Paolot can be reached with a gentle walk through the woods, while Monte Guglielmo takes about two hours along a well-marked path that winds spectacularly up through the rocks on the north face of the Mountain.

From the Almici Refuge, a must is the Monumento al Redentore (Monument to the Saviour), located on Castel Brentino (1,984 m asl), while maximum height is reached at Dosso Pedalta (1,957 m asl), NNE of the monument, but in a less panoramic position.



## Medelet Refuge

Access: Pisogne  
Operator: Famiglie Amici OMG  
resp. Genio Maghini  
Refuge phone: 333.1295723  
Home phone: 349.6563266  
E-mail: rifugiomedelet@gmail.com  
Open: see page 92

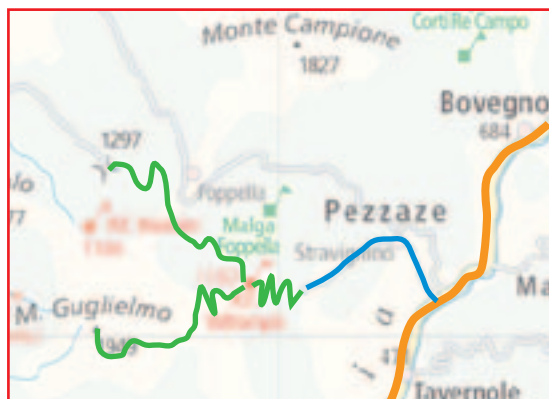


## Almici Refuge

Access: Monte Guglielmo  
Operator: Maddalena Galbardi  
Refuge phone: 339.8255153  
Mobile phone: 339.8255153  
Open: see page 92



# Val Trompia Refuge



## Access

Take national road SS 345 north to Lavone and turn left towards Pezzaze and San Zeno Hill. After a short stretch take a left towards Pezzoro. Park your car in Pezzoro (911 m msl) and follow the largely unpaved road with some cement-paved stretches to the Refuge (1,260 m msl, 1h 10 min).

## Hikes

Located at the foot of Mount Guglielmo, Val Trompia Refuge is an excellent starting point for anyone who would like to enjoy short, not very taxing hikes. The route to the summit through woods and pleasant meadows is the most demanding. Nevertheless it takes only a little more than two hours without any

Map page 12/13  
Box H-2/I-3

— National road N. 345  
— Car route  
— Footpath

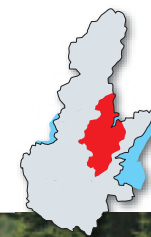
particular hiking skills. Two other excursions over almost flat land lead to Caregno Plains (1h 30 min) and San Zeno Hill (1h 30 min by muletrack), respectively. Given its special position, Val Trompia Refuge is an ideal spot for cycling tourists.



## Val Trompia Refuge

Access: Pontogna di Pezzoro  
Operator: Fabrizio Silvestri  
Refuge phone: 030.920074  
Home phone: 030.84578  
Mobile phone: 338.4296474  
E-mail: fabri.pontogna@libero.it  
Open: see page 92

# Nasego Refuge



Map page 12/13  
Box I-3

— National road N. 345  
— Car route  
— Footpath

## Access

An easy excursion that can be made any time of year, thanks to south-facing exposure along the whole route, takes you from Lodrino to the Nasego Refuge (1,270 m asl).

From the Lodrino Pinewood (above the town, signs in situ) the path starts near the picnic area and follows a well-marked path with signs to the Refuge (around 1h 30' from the pinewood). Access from Val Sabbia starts from Comero di Casto and rises about 200 m altitude.

## Hikes

The walk up to Monte Palo (1,461 m asl, 30' from the Refuge) offers wonderful,

very interesting 360° views over all the Brescia Prealps. The path to the peak goes from the fork behind the Refuge, carries on beyond the hollow of Nasego and from the old Mountain cabin takes you up the Mountain slope to the peak.



## Nasego Refuge

Access: Savallo - alta Valsabbia  
Operator: Gruppo Amici della Montagna  
Refuge phone: 335.5818771  
Home phone: 338.5018865 (emergency only)  
Tel. Mobile phone: 335.5818771  
E-mail: info@rifugionasego.it  
Open: see page 92



# Dosso Alto, Corna Blacca, Cima Caldoline



Map page 12/13  
Box H-4

— National road N. 712  
— Car route  
— Footpath trail 3V

## Access

Large square at the Maniva Pass (1664 m). For low Trail 3V, on the road for Anfo, at the Dosso Alto Pass (1674 m, 30'). We advise you not to come by car, due to the lack of parking.

## Excursions

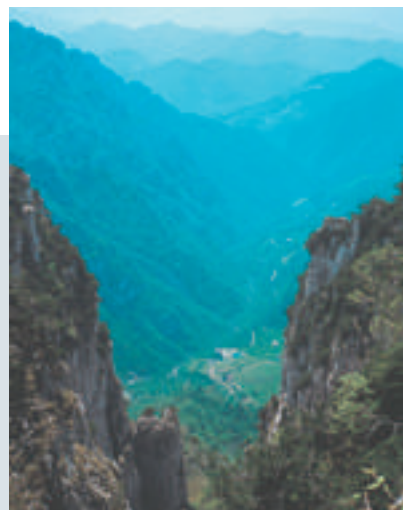
From the Dosso Alto Pass, (high Trail 3V), the path goes upwards through gravel and mugho pines and disappears into a short channel, reappearing over the steep grassy hillocks of the southern spur and continuing up to the peak of Dosso Alto (2064 m, 1h) topped by a tall cross. This peak can also be reached by high Trail 3V, a route only for experts with some parts over loose

rock, which starts at the beginning of the carriage road for Anfo.

From the Dosso Alto Pass, level Trail 3V to the right leads to the Portole Pass (1726 m, 10') and the Capanna Tita Secchi Refuge above it, starting point for three interesting excursions.

### Cima Caldoline round trip.

This totally exposed path runs along ledges on sheer gulleys, overhanging spurs and vertical walls typical of the Dolomites. Fixed ropes help to make the more difficult parts slightly easier. Once over the south-



ern slope of the peak, the path winds up through the mugho pines and then turns left to return to the starting point (1h 15').

### Trip around Corno Barzò.

From the Portole Pass, the Sentiero della Resistenza or "Trail of Resistance" to the right (white-red-green signposts) leads to a ridge offering fabulous views surrounded by typical rock formations and follows the edge of the ridge to the rounded peak (1892 m, 45'). From the summit continue towards a sub-peak where you hang left and descend into a grassy gully to meet up with wide Trail 3V on the left, which takes you back to Portole Pass (1h 15').

### Corna Blacca.

From Portole Pass the mule track (Trail 3V) takes you on a winding route down to Paio Pass (1685 m) and arrives at a fork (40'). To the left (signposted) a grassy path takes you back up the left slope of the first two Monti di Paio to the peak of the third and fourth and then drops to the saddles that

Brescian Trails • Val Trompia

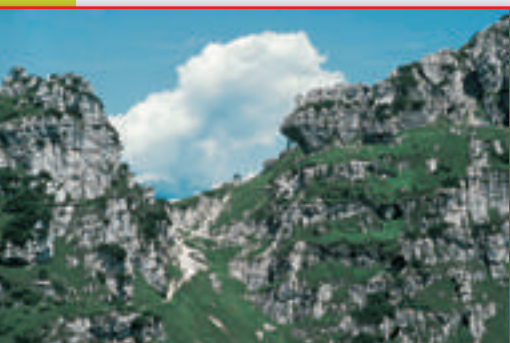
divides it from Corna Blacca. Here a large rock indicates two possible uphill routes: to the left, the "direct route" winds steeply between mugho pines and loose rock and across a grassy slope to the top ridge that soon takes you to the peak (2005 m, 2h). On the right is the "normal route" (high Trail 3V), which crosses the hillside halfway up the northern slope and then goes up the left-hand side of the western crest to the summit of Corna Blacca.

Using one route for the outward journey and the other for the return makes it an interesting round trip.

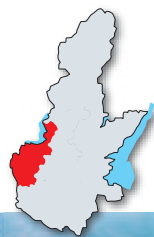
## Highlights

The routes take you through spectacular wild landscapes, characterised by white Dolomite limestone from the Noric period in spires, pinnacles and towers that give rise to curious bizarre shapes (the sphinx, the eagle's beak, the mushroom at Cima Caldoline). Another dominating feature is the luxuriant presence of mugho pines and several extremely rare species of flowers (red lilies and fritillaries).

The area was also the scene of cruel events during the Partisan resistance as shown by headstones that commemorate the fallen.



# Trentapassi Horn



Map page 12/13  
Box H-2

— National road N. 510  
— Car route  
— Footpath

Although not very high, Trentapassi Horn is a natural balcony looking out over Lake Iseo. The simplest and fastest access route starts at Zone (644 m msl), turn off national road SS 510 at Marone. From Zone climb up an easy unpaved road to Croce di Zone Pass (902 m msl, 1h from Zone). After reaching the pass, a muletrack heads first to the western Col (942 m msl) and

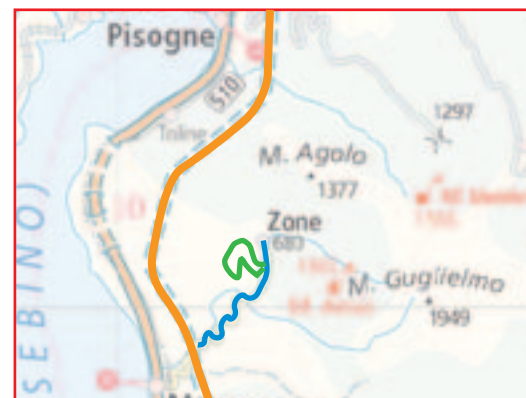
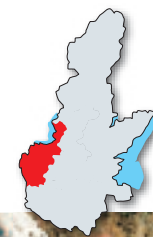
then to the eastern one (964 m msl) before making a steep climb up to the summit of the Horn (1,248 m msl, 2h). From here you can enjoy a magnificent panorama of the entire Lake Iseo and the Camonica Valley Mountains.

If you would like to ascend on the side facing the lake, which is a bit more arduous, you should follow trail marker 263 starting at Vello (just after Marone, going north on national road SS 510). The trail climbs first through olive and grapevine terraces, and then becomes steeper and wilder with some exposed stretches on the rib of the Mountain.

You can reach the summit in about 3h.



# Zone Pyramids



Map page 12/13  
Box H-2/I-2

— National road N. 510  
— Car route  
— Footpath

Take national road SS 510 hugging the eastern shore of Lake Iseo until you arrive at Marone, and then the turnoff for Zone. After an 8-km ascent you reach Cisano, a hamlet in the municipality of Zone.

A convenient parking lot with a playground is the starting point of this itinerary (do not forget to view the interesting frescos in the little 12th-century Church of San Giorgio near the parking lot).



The Zone Pyramids are morainic pillars capped by large boulders, an interesting phenomenon caused by rainwater erosion. Rills of water from violent cloudbursts originally eroded the morainic soil.

Then the pounding rain continued to wear away the areas not protected by the boulders, incessantly lowering the level of the ground. The path winding through the woods is well marked with educational signs and various rest stops for observing the earth pyramids up close.

The largest pyramid is 30 meters high and about 8 meters in diameter at the base; it is topped by a boulder of about 4 meters in diameter.

The entire route takes about 1h.



# Monte Isola

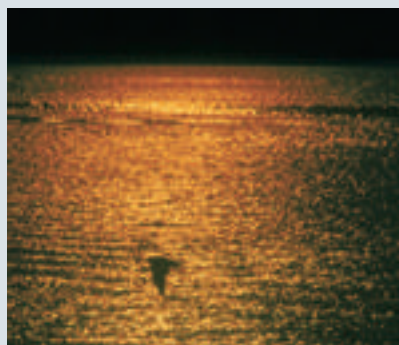
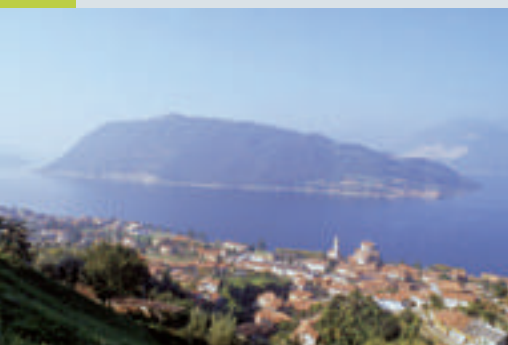


Map page 12/13  
Box I-1/2

Orange line: National road N. 510  
Green line: Footpath

Monte Isola is an island municipality consisting of eleven villages. With an area of 4.5 sq. km, it is not the largest lake island in Europe, as is often claimed by guide-books (Manamansalo Island in Finland is 70 sq.km), but the highest one: 600 msl at the Sanctuary of Madonna della Ceriola. Monte Isola is serviced year round by regular boat and ferry runs from Iseo, from Sulzano to Peschiera Maraglio, and from Sale Marasino to Carzano; bicycles can be transported on the ferries. On Monte Isola there are lots of possibilities for excursions; the itineraries described below start at Peschiera. Do not forget to visit the two boatyards that still produce typical Lake Iseo boats (naecc). Touring the island at lake level is simple

and not very demanding, especially if you travel by bike. The gently rolling shore road runs around the entire perimeter of the island. Along the route you will find numerous restaurants featuring local specialties and several picnic areas. The Fortress (constructed by the Oldofedi family in the fourteenth century) can only be seen from the outside since it is privately owned. In the back there is a lovely picnic area set in the woods - an inviting spot for a relaxing break especially on a hot day. The route up to the Sanctuary of Madonna della Ceriola (600 msl) takes about 1h 30 min on foot, unless you take public transportation to Cure (from here it is only a 15 minute walk to the Sanctuary).



# Almana Point

Almana Point is located in the center of a large natural amphitheater that dominates over all of Lake Iseo and the Trompia Valley. Its bald western slope favors the generation of rising wind currents and is a popular place for free flight enthusiasts. The proposed itinerary starts from Sale Col (1,108 m msl), which you can get to from Croce di Marone (1,166 m msl, 40 min by car from Marone via Cislano di Zone), Sale Marasino (560 m msl, 1h 20 min by car to Portole), or Gardone Val Trompia (388 m msl, 2h 30 min by car to the Madonna del Castello di Inzino district).

The route from Croce di Marone is recommended for Mountain bikes. From the col you have a choice of two itineraries. The easiest and fastest route descends at first, following trail 3V. Before leaving the pinewoods (less than 10 min from the col) take the path on the right that climbs up through a roccolo (bird snare) and makes a broad arc on the east-



Map page 12/13  
Box I-2

Orange line: National road N. 510  
Blue line: Car route  
Green line: Footpath

ern slope of Almana Point. Once you arrive at the crest, the peak is just a few minutes away (1h from the col). The other route is only for expert hikers. From the col, climb directly to the crest starting behind the house you see towards the south. With the aid of the metal cables provided on the most difficult stretches, ascend Cabrera Point (1,294 m msl, 40 min from the col), and then, follow the tracks along the crest - where there are some exposed stretches - until you reach Almana Point (1,390 m msl, 1h 20 min).



# Waterfall Trail



Map page 12/13  
Box L-2

- National road N. 510
- Car route
- Footpath

Heading north on national road SS 510, immediately after Camignone follow the signs to Monticelli Brusati, then to the Gaina district (355 m msl).

Park your car in the village square and continue on foot following the white and pink trail markers.

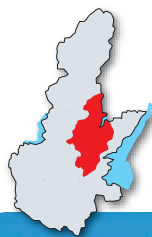
The trail meanders through a surprising landscape of gorges and canyons surrounded by the hills of Franciacorta.

After hiking for a few hundred meters, you should choose the path for expert hikers, which even novices can handle if they are careful. The route follows the bottom of the Gaina Valley along the cascading torrent; there are ropes to help overcome the more difficult tracts and an iron ladder to

scale the twelve-meter drop of a waterfall. The rock layers, the warm color of the crags contrasting with the dense green vegetation, and the numerous bubbling falls make the setting seem almost unreal. When you get near the head of the valley (600 m msl, 1h 20 min from the parking lot), you will find directions for other itineraries. For the return trip you can choose the high route (on the right looking downstream), an easy path through the woods that takes you back to the starting point (2h 20 min).



# Rocca d'Anfo



Map page 12/13  
Box H-5

— National road N. 237  
— Footpath

Rocca d'Anfo was built on approximately 50 hectares of land by the Venetians in the fifteenth century to defend Val Sabbia from the neighbouring episcopal principality of Trento. It was greatly modified by the Napoleonic French in the first ten years of the nineteenth century to adapt it to changes



Brescian Trails • Val Sabbia

in military tactical requirements. French reconstruction was preceded by a large-scale mapping of the location, which enabled extraordinary adaptation of the buildings to the morphology of the landscape. The French moved the military buildings slightly further north than the original Venetian position, in order to exploit the natural line of a big rocky slope that reaches down to Lake Idro from Monte Censo.

The batteries were staggered at 50 m intervals up to the large round tower overlooking the whole area and linked by tunnels, trenches and ramps that also gave access

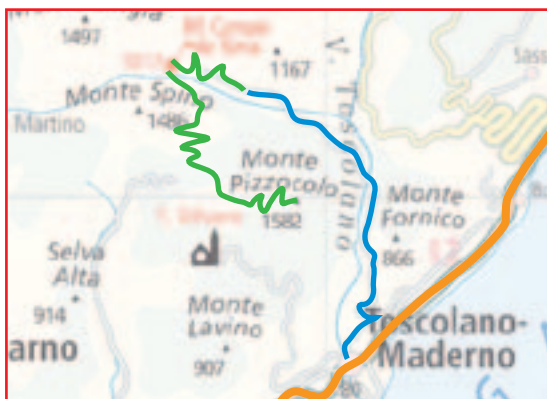
to logistic areas, from the munitions store to the mule stables.

In 1918, when Trentino became part of Italy, the Rocca lost its strategic value even if it remained at the disposal of the Ministry of Defence until 1992.

Visits can only be made in the company of a guide (bookings on 0356/832224). A complete tour takes about five hours and involves a difference in altitude of about 400 metres. We recommend taking an electric torch and water with you as there are no refreshment points along the way. Shorter routes are possible, also suitable for children.



# Alpine pastures in the Toscolano Maderno inland



Map page 12/13  
Box I-5

- National road N. 45b
- Car route
- Footpath N. 22

## Access

Starting from Toscolano, drive to Gaiolo and then continue north through the Cartiere Valley.

Once you cross the valley (in the Camerate District there is a practice wall), after about 2.5 km, take a right at the fork. Keep on going until you get to a clearing



near the Valle de Campeï torrent, where you can park your car. After crossing the nearby bridge and climbing the rocky terrace (trail marker 22), the path travels along the valley, crossing numerous streams, up to Malga di Campeï di Fondo (779 m msl, 1h 15 min).

From here, climb until you get to the old Campeï de Sima zone of summer pastures, now restored by the Regional Forest Authority (1,017 m msl, 2h 15 min).

The Refuge is open only on weekends, but a small shelter is always available.

## Highlights

Near the buildings there are many trees that merit a trip to the site just for their size



1.017 40 2h 15' YES 130 YES

## Campeï de Sima Refuge

Access: Campiglio di Cima

Operator: Renato Cerqui

Refuge phone: 368.3486328

Home phone: 0365.290742

E-mail: salo@ana.it

Open: see page 92



Brescian Trails • Garda Lake

and age alone. If, however, you would like to see some truly monumental beeches, as you are climbing up from Campeï de mès on trail 22, when you sight an ash venture into the woods about 30 or 40 meters.

## Hikes

There are two suggested routes for returning to your car; both lead to Fobbiola Pass (961 m msl, 20 min from the Refuge).

The first route follows the cart road indicated with trail markers 2 and 7, which descends along the valley bottom.

This route can also be traveled on Mountain bike or horseback.

The other possibility is to follow the Trail of the Thieves (trail marker 3) to Pirlo allo Spino Refuge (1,165 m msl, 1h 30 min from the pass). From the Refuge head to Spino Pass (10 min) and then descend through the Archesane Valley (trail marker 2). When you get to the intersection (Maerni District) of the unpaved road you arrived on by car, turn left and continue until you reach the bridge (about 1h 30 min from Spino Pass).



# Lake Garda inland



Map page 12/13  
Box I-5/L-5

- National road N. 45b
- Car route
- Footpath N. 2

## Access

Starting from Toscolano drive to Gaino and then follow the torrent until you get to a little bridge. After crossing the bridge, continue on the bumpy road to the Palazzo District (816 m msl), where you can park your car. Taking trail 2, you quickly reach Spino Pass (1,160 m msl, 50 min from the parking lot) and then, in another 15 min, the Refuge.

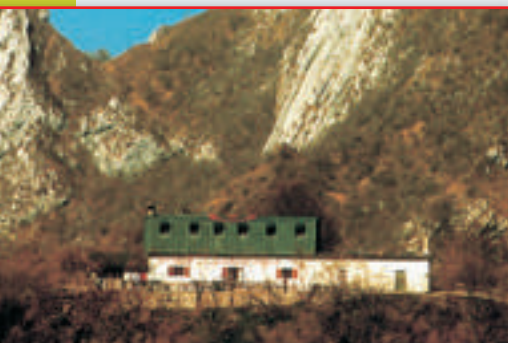
This is the easiest and fastest route to the Refuge. Just before arriving at Spino Pass, near trail 8, it is worthwhile to stop and admire the impressive Sigagnöi chestnut over 5 meters in circumference.

Near the pass, two enormous trees - a beech and an ash - welcome you with their inviting canopy.

Here are two alternative access routes.

From Gardone or Salò, drive to San Michele, then pass through the Colomber District and park your car in Verghere (about 500 m msl). The trail mainly winds along the Barbarano Torrent (trail marker 1) nestled in the woods. From Malga Gemelle (960 m msl, 1h 30 min from your car), there is a steep climb up to the Refuge (1h 50 min).

From Toscolano, follow the signs to Montemaderno and then take the unpaved road to Sant'Urbano (872 m msl). From this point, hike along a flat trail until you encounter trail 8 in the Pirello District (1,030 m msl, 40 min). The path traverses chestnut and beech woods up to Spino Pass (1,160 m msl, 1h 50 min from your car) and finally the Refuge.



1.165 48 1h YES 120 YES

## Pirlo allo Spino Refuge

Access: Toscolano Maderno

Operator: CAI Salò

Refuge phone: 0365.651177

CAI Salò phone: 0365.520101

E-mail: rifugiopirlo@gmail.com

Open: see page 92



Brescian Trails • Garda Lake

## Hikes

An interesting peak that you can easily reach from the Refuge is Mount Spino (see the excursions below). The panorama ranges over the entire Lake Garda hinterland up to Lake Valvestino. Another route - only for expert hikers (difficulty EE) - traverses some of the wildest zones in this area. The trail makes a large loop allowing you to get an overview of the continuously changing landscape and flora (especially in May and June), as well as several areas that hosted the partisans during World War II. From the Refuge ascend to Mount Spino (1,488 m msl, 1h) and stay on the crest until you reach Buco del Gatto Pass (1h 15 min) and then Buco del Tedesco Pass (2h; from the latter, you can go back to the Refuge, if necessary, descending a steep, then almost flat, trail).

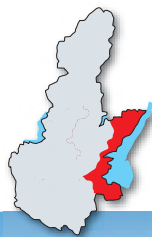
Continue walking along the ridge until you get to Mount Forametto, then go down to Gardoncello Mountain Hut (1,041 m msl, 3h 40 min). Continue your descent and in about 30 min you will arrive at Scola Haybarn (925 m msl, 4h 10 min), where you can admire a chestnut of majestic proportions (about 5 meters in circumference).

At Scola Haybarn you meet up with route 9 that leads you back to the Refuge. The road climbs up to Pozze Mountain Hut (1,060 m msl, 4h 30 min) and then arrives at the rise; from this point, it travels up and down along the Mountainside about 150 meters below the ridge that you hiked on the outbound leg, until it returns to the Refuge (about 6h in total).





## Comer Mount



The loop around Mount Comer starting from Sasso encompasses various altitudes and thus allows you to appreciate the variety and special features of Lake Garda vegetation. The scenery, the views of the lake, and the two small picturesque hamlets along this path are among the most beautiful that Lake Garda has to offer. It is an ideal excursion for an unforgettable day.

Take the route to Mount Comer from Sasso (if you have children, watch out on some rather exposed stretches). From the summit follow the path heading WNW (on the left with respect to the direction you arrived from). After going down a short distance, the trail curves to the right and enters the woods.

Ten minutes from the summit, you encounter a fork: if you turn left, you descend and can then climb up to Mount Denervo (about 1h from the turnoff); if you go straight following trail marker 36 through magnificent well-cared-for woods, you arrive at Muslone (462 m msl, 3h 40 min from Sasso), a picturesque village on the edge of a sheer cliff bordering the lake. From here, take trail 265 (also marked "BVG") to San Gaudenzio where you follow an asphalted road for a short stretch. At 240 m msl in altitude, at the junction with the path that heads down to Garg-



nano, follow trail marker 30 towards the Pis District and, after a short walk, you arrive once again at Sasso (546 m msl, 5h from the start). You may also loop around Mount Comer starting from Gargnano, but it is more strenuous since the difference in altitude is 400 m greater.



## Sasso (Gargnano district)



Map page 12/13  
Box I-6

— National road N. 45b  
— Car route  
— Footpath N. 37

You can reach Sasso on foot from Gargnano following trail marker 37. This route, which starts at the elementary school (90 m msl), allows you to see the lemon houses of Quarcina, the Musaga District (454 m msl, 1h from the school), and then Sasso (546 m msl, 1h 15 min).

You can also get to Sasso by car, taking the road from Gargnano to Valvestino.

The scenery makes the climb from Sasso to Mount Comer extremely rewarding. Starting at the large fountain in Sasso, follow the signs to San Valentino (772 m msl,

trail marker 31, about a 30-min walk). It is worthwhile to take a short detour to visit the old hermitage perched on the cliff.

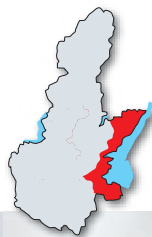
After returning from the hermitage, keep on the path until you get to an intersection (830 m msl, 1h from Sasso); then continue hiking along the crest on a rather exposed trail up to the peak (1,279 m msl, 2h 15 min from Sasso; if you have children, watch out on some rather exposed stretches).

On a beautiful day the view from the peak is extraordinary and spans the entire lake. From the San Valentino Hermitage you can climb the gorge, avoiding a return trip to the fork, but the route is recommended only for expert hikers (difficulty EE).





## Pizzocolo Mount



Map page 12/13  
Box I-5/L-5

- National road N. 45b
- Car route
- Footpath

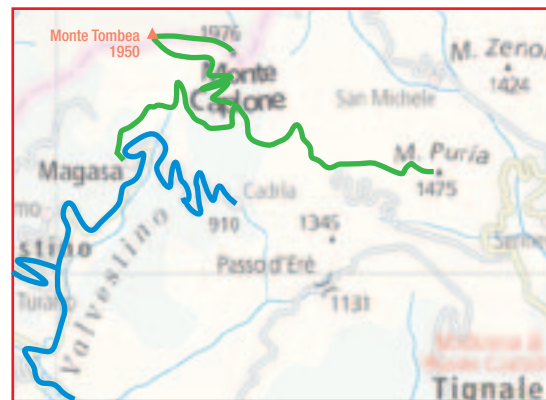
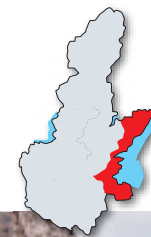
Due to its position in the Lake Garda hinterland, Mount Pizzocolo is an excellent observation point for viewing the entire lake. The 360° panorama encompasses not only the lake but also the Alps (as far as Mount Rosa) and the Apennines. Near the summit there are a bivouac and a chapel. If you have children, be careful on the exposed trails on the summit. The calcareous rock forming Mount Pizzocolo conceals many grottos. Two of these are particularly interesting since they have a microclimate with a constant temperature between 2° and 5°C all year long. They are situated at the foot of Mount Pizzocolo and are called Giaséra del Val and Giaséra de Boschèta d'Archèsane.

Follow the signs from Spino Pass to Mount Pizzocolo or take one of the following ac-

cess routes. From Toscolano follow the signs to Montemaderno; then take the unpaved road to Sant'Urbano (872 m msl). There are two alternatives from Sant'Urbano. The first option is to follow trail 23 along Dosso del Barbio (Barbio Rise). After crossing above the "Le Prade" meadows, you meet up with trail 5 (1,352 m msl, 1h 30 min from Sant'Urbano) coming from Spino Pass. To take the alternate route from Sant'Urbano, follow trail marker 6 to Ortello Mountain Hut (770 m msl, 20 min); from here take trail 11 until you reach a little saddle (1,469 m msl, 2h 30 min), where the path intersects with trail 5, just 10 min from the summit.



## Magasa



Map page 12/13  
Box H-6

- Car route
- Footpath N. 68

Magasa, including the hamlet of Cima Rest (featuring typical haybarns and an astronomical observatory), has recently been the object of a tourism promotion effort.

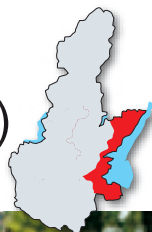
An excursion to Puria Pass is very interesting, also because ungulates have been repopulated in this area. You can often see chamois, ibex, and roe deer, in addition to countless predators. You should not have any trouble finding the little road, starting at the edge of the village of Cadria (district of Magasa, 918 m msl), that leads to secluded Puria Pass (1,300 m msl, 1h 30 min, trail marker 68). The route can also be traveled on Mountain bike or horseback. Another interesting hike (a little more strenuous than the previous one) goes to Tombea Peak and, if you feel like continuing, to Mount Caplone. After parking your

car at Denai Meadows (1,188 m msl, turnout on the road from Magasa to Cima Rest), climb to Pilaster (cement road heading N) and then follow trail marker 67. After Bocca Cablone (1,755 m msl, 1h 50 min from your car), trail marker 67 merges with trail marker 444 and the white and yellow signs of the Antonioli Trail. Then from Malga Tombea (Tombea Summer Pasture - 1,820 m msl, 2h 30 min) take the trail to the summit of Tombea (1,950 m msl, 3h). After coming back down, continue eastwards on the old military road and, a little after the tunnel, climb up to the summit of Mount Caplone (40 min from the malga). As you walk along the route, you can see military roads and posts dating back to the time when the border with the Austro-Hungarian Empire ran through the area.





## Campione (Tremosine district)



Map page 12/13  
Box I-6/7

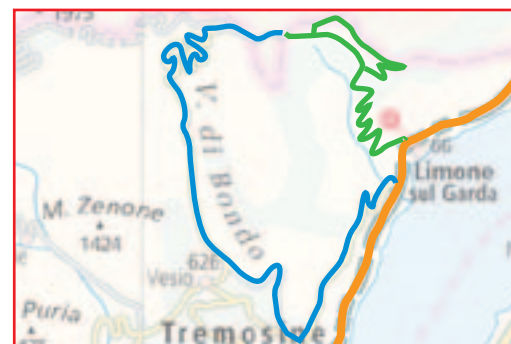
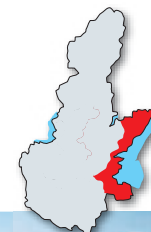
Orange line: National road N. 45b  
Green line: Footpath N. 266

Campione, once a typical factory town, can be reached by car from a turnoff inside the Campione tunnel on the western side of Lake Garda. A large cotton mill, now closed down, was constructed at the end of the 19th century (1896-97); all the necessary construction materials were transported there by lake. A visit to the riverbed of the Tignalga Torrent, which originates in the San Michele hanging valley, is very interesting from a geological point of view. Here you can see a section the Jurassic cliffs found in this area of the lake. From the village, head toward the Tignalga Torrent gorge. Near the bridge there are two trail markers: trail 266 goes to Prabione (530 m msl, 1h 40 min), where you can stop at the Parco Alto Garda (Upper Garda Park) visi-

tor center and library; trail 277 takes you to Pregasio (477 m msl, 1h 15 min). From Prabione, trail 266 continues on to Mount Cas (779 m msl, 50 min from the visitor center); the last stretch of the crest before you arrive at the summit juts out over the lake and offers a fantastic view (watch out on exposed stretches). After enjoying the summit, you can go down to the 16th-century Monte Castello Sanctuary (683 m msl, 1h). From Pregasio various excursions can be made to the Lake Garda hinterland.



## Municipality of Limone sul Garda



Map page 12/13  
Box H-7

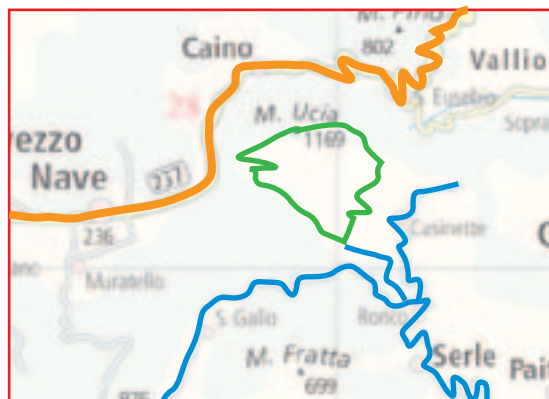
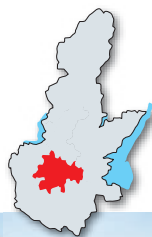
Orange line: National road N. 45b  
Blue line: Car route  
Green line: Footpath N. 421

Starting from Limone, you may take an interesting two-day hike to Mount Carone, using Segala Mountain Hut as a base (1,250 m msl; bivouac without an operator, always open). If you do not feel like making the tiring ascent on foot from Limone, you can drive to Nota Pass (1,208 m msl) by way of Vesio. From the pass, follow trail marker 421 for about an hour until you reach Segala Mountain Hut. The part of the trail that climbs to the summit of Mount Carone is recommended only for expert hikers. If you would like to make the trip on foot, leave your car at Limone and walk to the La Milanese bar, where you take trail 101 to the Singol Valley. On the muletrack (of military origin), at 710 m msl (about 1h 40 min from La Milanese) there is an intersec-

tion with a sign. Turn right and climb up a steep path through the woods to Mughera Peak (1,161 m msl, 2h 45 min). Then go north from the peak to Guil Pass (1,209 m msl, 3h 10 min) and from this point follow the easy unpaved road until you reach Segala Mountain Hut (1,250 m msl, 3h 40 min, trail marker 421). Leave Segala Mountain Hut and head west to Bocca dei Fortini (1,243 m msl, 10 min from the hut). Then take the route on the right along the ridge of Mount Carone (trail marker 105), which ascends first through the woods, then on a steep path set into the rocks. On Mount Carone (1,621 m msl, 1h 20 min from the hut) there are the remains of some old military barracks. For the descent, you can choose the less demanding east face.



# Cariadeghe Plateau



Map page 12/13  
Box L-3/4

— National road N. 237  
— Car route  
— Footpath N. 4

## Access

Take the paved road from Villa (673 m msl), the highest hamlet in the Municipality of Serle, and follow the signs to the Alpini House and Chapel (780 m). After a short drive you will arrive at your destination located at the entrance to the Cariadeghe Plateau Natural Reserve, where you can park your car. This is a good starting point for several hikes.

## Hikes

**Climb to the Church of San Bartolomeo.** From the parking lot, take the winding narrow road to the south that winds up to the church on the summit in less than 30 min.

**Loop around the plateau.** From the parking lot, take the unpaved road (trail marker

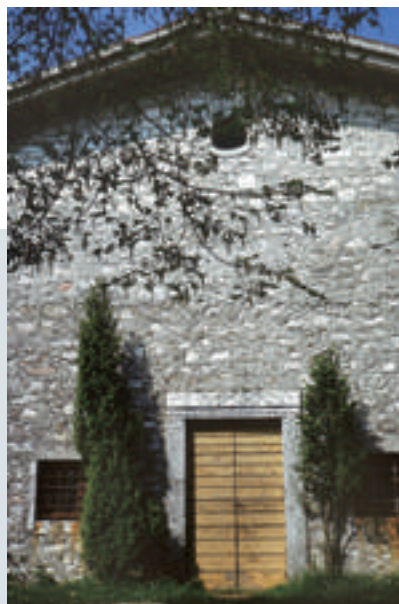
4). It is a nice enjoyable walk, with gentle uphill and downhill, many dolines (stream sink holes), and small woods along the path. At the end of the road take the uphill path on the right, "Canal del Luf" (Wolf's Gorge), until you reach "Donna Guarnieri" trail (trail marker 391) just beneath the Dosso del Lupo (Wolf's Back). This path leads to the summit of Mount Ucia (1,168 m msl, 1h 30 min), the highest point of the entire

route. By taking a slight detour (short exposed stretch with metal cables), it is also possible to climb the Mountain on the opposite side, "Corna de Cai" (Caine Horn), a distinctive pinnacle overhanging the valley. From Mount Ucia, continue hiking along the ridge through the gently rolling woods of the "Scalette Albere" (Albere Stairway) to the saddle called Bocca di Luf (Wolf's Mouth) near the Serle Roccio. Leave trail 391 and follow the wide path on the right descending towards Fienile Rossino (Rossino Haybarn); then keep right until you arrive at a green clearing where the Cascina del Comune (Town Mountain Hut 894 m msl) is situated. The trail continues south until it reaches the road marked trail 4. Turn left and take the short walk back along the road to the parking lot (3h for the entire loop).

from the dolines or sinkholes (found here in high numbers, 250-300 per sq. km) and the deep rock gullies, so-called "ploughed fields". Underground, karstification resulted in many caves and underground drainage. There are no water streams at ground level. The vegetation consists of dense copses of hornbeam, oak, beech, and chestnut trees, with wide grassy glades. The area is dotted with numerous rural buildings, many of which are very picturesque. The Church of San Bartolomeo dates back to the 18th century and was erected on the ruins of the Benedictine Monastery of San Pietro in Monte from the Longobard period.

## Highlights

The Cariadeghe karst plateau is a unique environment in Lombardy. On the surface the karst nature of the plateau is evident



# Maddalena Mount

Brescian Trails • Brescia and surrounding area



Map page 12/13  
Box M-3

- National road
- Car route
- Footpaths N. 7, 5, 1

## Access

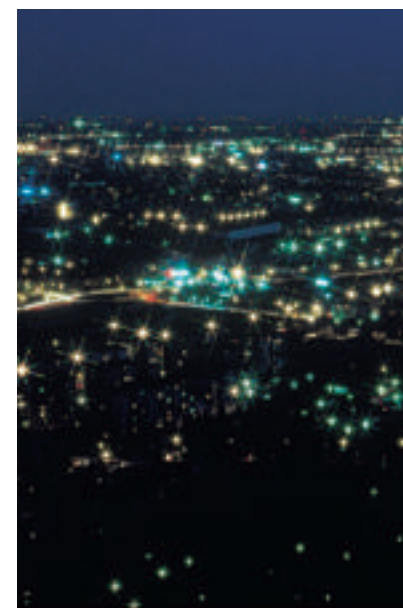
There are many trails to access Mount Maddalena, the city of Brescia's own Mountain. Here we will only mention a few of the most interesting ones (in our opinion). Near the point where Panorama Street starts on Turati Street, follow trail marker 6, which then crosses Panoramica Street at several points, until you reach the beautiful Church and Cloister of San Gottardo (420 m msl, 1h). Continue walking past the end of the R bus line through the lovely shadowy woods to the old railway station above the cableway. Then pass the Cavrelle Restaurant, the end of the M bus line during the summer season, and go on until, very shortly, you reach the Church of Santa Maddalena (825 m msl, 2h 30 min from Turati Street). An alternate route from the Church of

San Gottardo follows trail marker 7 to Cascina Margherita (Margherita Mountain Hut) and from there switches to trail 5 to climb the summit (1h and 30 min from San Gottardo). Trail No. 1 starts at the Parish Church of Santa Eufemia. This trail, also called "Sentee dei bus" (Holes Trail) because it goes through a karst area with many caves, leads to the Roccolo di Monte Poffa (491 m msl, 1h). Continue walking into the woods, where you will encounter the ruins of an old Refuge (844 m msl, 2h 30

min). Trail No. 2, an alternate route that you may use to make a loop, also starts from the Church of Santa Eufemia. It climbs up along the steep Triinale, the grassy ridge that forms the western side of the Carrobbio Valley. The trail gets around the valley head going by way of Pozza Zezia, amid beautiful chestnut trees, and continues over apparently flat land until it eventually merges with trail No. 1. Almost immediately afterwards, trail No. 2 branches off to the left in the woods and climbs up to the Church of Santa Maddalena (2h 30 min).

## Highlights

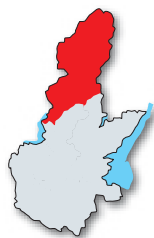
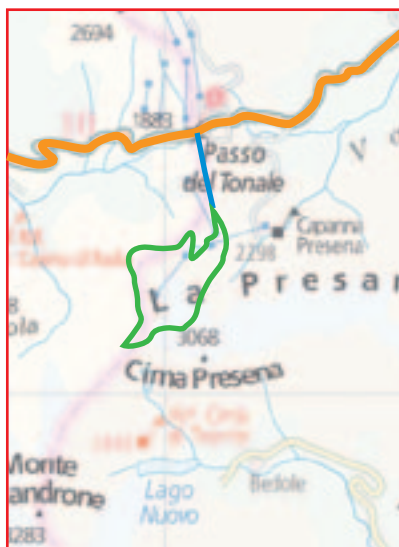
Mount Maddalena is every bit as captivating as the more distant and well-known destinations: dense woods populated by century-old trees, meadows, ponds, picturesque old huts, and sweeping panoramas. Its major advantage is that it can be easily reached from the City of Brescia on foot or by public transportation.



# Flower Trail Trekking

This excursion is much more demanding than all the other ones described in this guide. In fact, to hike this path in total safety, we recommend that an alpine guide accompany you all the way. Expert hikers can complete the excursion without a guide, provided they are equipped with special fixed-aid climbing route equipment. To break up the long trail and get some rest, you may decide to stay overnight at Mondrone Refuge. To avoid the exhausting ascent to Paradiso Pass (2,590 m msl), take a ride on the gondola cableway, which will carry you up to Tonale Pass in just a few minutes. From Paradiso Pass, you take the path towards Castellaccio Pass (trail marker 44, 3,029 m msl, 1h 30 min). This vantage point offers a panoramic view of the surrounding Alps and the valleys below. It is also possible to visit the near-by military installations dating back to World War I. From this point on, special fixed-aid climbing route equipment is required. Continuing along steep gullies and rocks overhanging the Sozzine Valley lying 1,500 m below, the path now will lead you to Lago Scuro Peak (3,165 m msl, about 3h from Paradiso Pass). In the vicinity you can find the famed Capanna bivouac, which is generally closed (for information, contact the Associazione Amici di Capanna Lago

— National road N. 42  
— Car route  
— Footpath N. 44

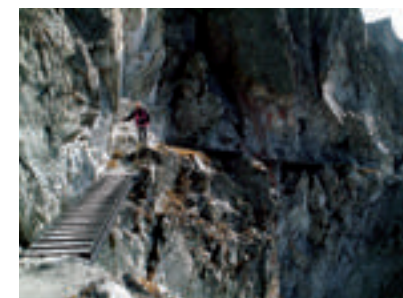


## Trekking fixed-aid climbing route

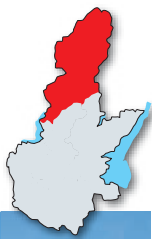
Brescian Trails • Valle Camonica

Scurio [Friends of Capanna Lago Scurio Association] in Ponte di Legno). From Lago Scurio Peak you can either turn back, retracing your steps, or keep on hiking towards Lago Scurio Pass. About 10-15 minutes from the Capanna, you can make a detour to the left (SE) circling around Lago Scurio Peak to the Presena Basin and then going on to Paradiso Pass (about 1h 40 min), or you can continue towards Lago Scurio Pass (2,970 m msl, 40 min from the Capanna), where there used to be one of the largest year-round high-altitude military camps ever in operation in the Alps. From

the pass, you can either climb up to Payer Peak (3,088 m msl, about 1h), or go down towards Lago Scurio, where you will cross a trail (about 1h 40 min from Lago Scurio Pass) that leads up to Mondrone Refuge. Leaving Mondrone Refuge, you hike along a path recently renovated (2004) by SAT, until you arrive at Maroccaro Pass (3,034 m msl), and then, traveling along the edge of the Presena Glacier, return to Paradiso Pass (about 4h from the Refuge). Along the trail, you will find signs put up by the Adamello Park Authority to provide you with directions and other information.



# Adamello Trail No. 1 Trekking



Adamello Trail No. 1 is an exciting itinerary because of the majestic settings you encounter all along the way and the great variety of plant species any time of the year. Although the more exposed stretches of the upper trail are equipped with safety devices requiring the use of special equipment (fixed-aid climbing route equipment is recommended), the trek is only for well-trained and properly-equipped Expert Hikers.

Each leg of the trek takes from four to se-

ven hours, and the entire route covers altitudes ranging from 2,000 to 3,000 m. The trail starts at Tassara Refuge in the Bazena locality and ends in Edolo, after traveling about 70 km altogether. There are many alternate itineraries and, if the need arises, it is always possible to interrupt the excursion at one of the stopover Refuges and go down to the valley in short order. The Adamello trek cuts through Adamello Park in its entirety going from South to North and crosses some of the most strikin-



**Trekking**  
fixed-aid climbing route

Brescian Trails • Valle Camonica

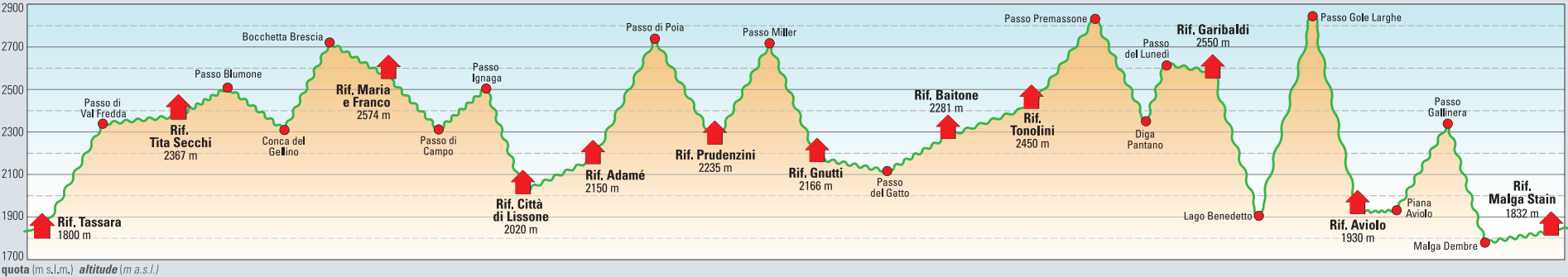
gly beautiful and wild places in the Alpine range. Geomorphology and botany come to life along the trail: many endemic species thrive here, and the vegetation is uncommonly rich. Sightings of marmots, roe deer and chamois - and, on rare occasions, a shy eagle - will make this excursion a thrilling and unforgettable experience. Below are listed the stopover Refuges, going from South to North, and the estimated trekking time from the previous Refuge. The entire trail recently underwent maintenance work: cables and metal chains were installed and a few stretches were worked on to facilitate passage. The work was sponsored and supervised by the Adamello Park Service and carried out with the operational support of

the Camonica Valley Alpine Guides. A booklet illustrating the itinerary is available from the Adamello Park Service. More detailed information can be found on the Web site [www.rifugi.lombardia.it](http://www.rifugi.lombardia.it).

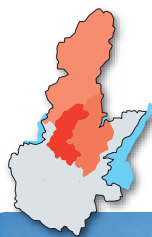


START	ARRIVAL	TIME
Tassara Refuge	Tita Secchi Refuge	2h 30'
Tita Secchi Refuge	Maria e Franco Refuge	6h
Maria e Franco Refuge	Lissone Refuge	6h
Lissone Refuge	Prudenziini Refuge	5h
Prudenziini Refuge	Gnutti Refuge	4h
Gnutti Refuge	Baitone Refuge	1h 30'
Baitone Refuge	Tonolini Refuge	1h
Tonolini Refuge	Garibaldi Refuge	5h 30'
Garibaldi Refuge	Sandro Occhi all'Aviolo Refuge	6h
Sandro Occhi all'Aviolo Refuge	Malga Stain Refuge	3h 30'
Malga Stain Refuge	Edolo	2h 30'

## ALTIMETRY



# Trail 3V Trekking



The Sentiero delle Tre Valli or Three Valley Trail, dedicated to Silvano Cinelli, is famous for being around 120 km long and because it follows a relatively low-altitude route, from 150 m in Brescia to around 2,200 m on Monte Colombine. This is an eight-stage trek suitable for everyone, where some slightly more difficult “high” trails, can be avoided by choosing the easier “low” variants.

Starting from Brescia, Trail 3V is marked with the Brescia colours of blue and white

and runs along the ridges of the watershed that separates **Val Trompia** from its neighbouring valleys; **Val Sabbia** to the east and the **Bassa Valle Camonica** with Lake Iseo to the West.

*There are various stopping points along the route and they can also be used to create alternative stages. We recommend prior announcement of your arrival by phone at all manned stopping points. By stopping points we mean those where you can stay overnight. Restaurants and other*

**Trekking**  
fixed-aid climbing route

Brescian Trails  
**Val Trompia • Val Sabbia • Valle Camonica**

*eating places are not marked. Times are approximate for backpackers with average training. When a range is given (from, to), the different times are for the high and low variants.*

**First stage** (about 5h 30'). From Brescia the route takes you up to Monte Maddalena via San Gottardo and then down the hillside towards Nave. Cross the Caino provincial road and continue up to the Sanctuary of Conche. **Sanctuary of the Madonna in Conche** (1093 m asl) with 100 beds (tel. 030.2534253).

**Second stage** (from 7h to 7h 30'). This stage takes you in a northerly direction along the long line of crests around Lumezzane through the Cavallo Pass. From Corna del Sonclino, turn north, staying on the crest to Punta Ortosei and then head down to Lodrino.

**Eremo di San Giorgio** (1125 m asl), which you will come across after about an hour, has a small shelter that is always open.

**Lodrino** (736 m asl), has food shops and two B&Bs (Silvana tel. 030.850292 and Isola Verde tel. 339.3433003).

**Third stage** (from 5h to 5h 30'). From Lodrino walk up to Rocolo Morandi,

through the Termine Pass and onto the Piani di Vaghezza. From the plains the route rises another 600 m or so to Monte Ario, and soon after you will reach Alpe Pezzeda. **Piani di Vaghezza** (1180 m asl), home to the Ranch Holiday Farmhouse (tel. 030.9228360 / 338.4525270)

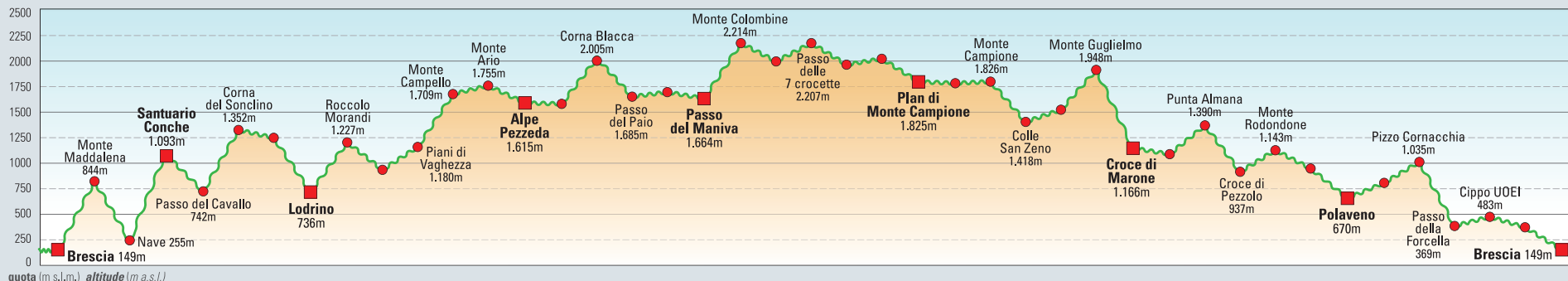
**Alpe Pezzeda** (1615 m asl), with the Blachi Refuge (tel. 030.927135) and the Larice Refuge (tel. 030.927237 - 339.7274106).

**Fourth stage** (from 3h to 5h). This is a short stage that takes you along the crests surrounding Collio and San Colombano to the Maniva Pass.

At the **Portole Pass** (1726 m asl), the Capanna Tita Secchi shelter is always open. The **Maniva Pass** (1664 m asl), offers the Passo Maniva Refuge (tel. 030.927205), the Bonardi Hotel (tel. 030.9220911) and the Dosso Alto Hotel (tel. 030.927642).

**Fifth stage** (from 5h to about 8h). This stage starts along the crests to the north of Collio and San Colombano and then crosses the large head of Val Trompia in a north-westerly direction to Monte Crestoso. Still at an altitude of about 2000 m, follow the crests that form the eastern border of Valle Canonica to the Plan di Monte Campione.

## ALTIMETRY



Bivacco G. Grazzini at **Goletto di Cludona**; Bivacco M. Bassi at the **Crestoso Pass**; Bivacco ERSAF (regional organisation for services to agriculture and forests) at the **Malga Rosello di Sopra**; and finally the Monte Cimosco Refuge (tel. 0364560949) in **Plan di Monte Campione** (1825 m asl).

**Sixth stage** (*about 6h*). This easy-to-follow route takes you along the crests at a continual altitude of just under 2000 m to the Colle San Zeno. Here it rises steeply behind Monte Guglielmo and then drops down towards Lake Iseo, arriving at Croce di Marone. Piardi Refuge (tel. 030.9220341), at **Colle San Zeno** (1434 m asl); Medelet Refuge (tel. 349.6563266), less than half an hour from **Malga Gale** (1566 m asl) and **Passabocche** (1200 m asl); Almici Refuge (tel. 030.9870990 / 339.8255153), about 20' from Monte Guglielmo (1948 m asl);



Malpensata Refuge (tel. 030.987323 / 339.8163065), **Malpensata** (1348 m asl); Croce Refuge (tel. 340 1066343) in **Croce di Marone** (1166 m asl).

**Seventh stage** (*from 5h to 5h 30'*). This stage stands out due to splendid views over lake Sebino (Lake Iseo) all the way until Santa Maria del Giogo. From here, following a circular route around



the head of Valle di Gombio, you reach Polaveno. **Polaveno** (670 m asl), Bed & Breakfast Casa Nostra (Tel. 030.84573 / 333.5462344).

**Eighth stage** (*from 6h 30' to 7h*). A long route with some short uphill stretches that takes you towards Brescia through broad-leaved woods to the vineyards of Cellatica and Gussago.



# Refuges opening schedule

REFUGE	OPEN CONTINUOUSLY	OPEN AT THE WEEKEND AND FOR BOOKINGS	ACCESSIBLE BY MTB	PAGE
Alla Cascata	1/6 - 30/9	may, sept, dec, jan, feb	YES	33
Almici - Zone	1/6 - 30/9	may, october and november	YES	57
Alpini di Campovecchio	1/6 - 31/10	always on reservation	YES	22
Antonioli	1/6 - 30/9	may, october and november	YES	24
Baita Adamè	20/6 - 20/9		NO	45
Baita Iseo	15/5 - 7/9	all year on reservation	YES	18
Baitone	1/6 - 30/9		NO	39
Bozzi A.	20/6 - 20/9		YES	26
Campei de Sima	1/8 - 31/8	from 1/4 to 30/9	YES	70
Città di Lissone	1/6 - 30/9		NO	44
Colombè	15/6 - 15/9	spring - autumn	YES	47
Corno d'Aola	all year		YES	28
De Marie	1/6 - 15/9	may and october	YES	46
Garibaldi Giuseppe	20/6 - 20/9		NO	30
Gnutti Serafino	15/6 - 15/9		NO	40
Laeng G.	1/7 - 31/8	june and september	NO	16
Malga Stain	15/6 - 15/9		NO	34
Maria e Franco	20/6 - 20/9		NO	48
Medelet	july and august	june and september	YES	56
Monte Cimosco	1/7 - 30/9 1/12 - 1/5	may and june	YES	54
Nasego	Sundays and Italian national holidays all year round		YES	59
Passo di Crocedomini	15/5 - 15/10		YES	52
Premassone	1/5 - 30/10		YES	37
Pirlo allo Spino	1/6 - 30/9	all year	YES	72
Prudenzi P.	1/6 - 30/9		NO	42
Roccolo Ventura - Temù	1/12 - 30/4 e 1/6 - 30/9		YES	29
Sandro Occhi all'Aviolo	1/6 - 31/10		NO	32
San Fermo	1/6 - 30/9	may	YES	17
Stella Alpina - Fabrezza	1/4 - 30/10	other periods and New Year's Eve	YES	43
Tassara	all year		YES	53
Tita Secchi	1/6 - 15/10	may, october, Easter, New Year's Eve - on reservation	YES	50
Tonolini Franco	15/6 - 30/9		NO	38
Torsoleto Bonali-Ducoli	15/6 - 15/9	all year on reservation	NO	20
Val Brandet	1/6 - 30/9		YES	23
Val Malga	1/4 - 31/12	from january to march	YES	36
Valmalza	1/6 - 30/9	may and october	YES	27
Val Trompia	all year except on march - closed on tuesday		YES	58

Opening depends on the season. It is a good idea to phone and check.

# AssorifugiLombardia

## A roof every Mountain

AssorifugiLombardia is the no-profit association that represents owners and managers of Mountain Refuges in Lombardy committed to arousing greater awareness of the special aspects of excursion and high-altitude tourism made possible by Mountain Refuges and to sharing the many specific problems linked to the running and owning of a Mountain Refuge.

This brochure has been put together precisely to help spread this awareness. It includes a selection of excursions and details about Mountain Refuges in the province of Brescia, informing tourists about accommodation in our area. Our intention was to create a memo rather than a guide, for all those wanting to get to know the world of the Brescia Mountains.

We have included itineraries within the reach of families and for groups, presenting the Mountain as a world of nature waiting to be discovered, suggesting places that are aware of sustainability, of their surrounding nature for characteristic holidays and/or truly typical lunches.

Check out [www.rifugi.lombardia.it](http://www.rifugi.lombardia.it)



# Alpine Guides

of the Province of Brescia  
enrolled in the professional register

Albertoni Dario	Santicolo di Corteno	347/7788099	0364/74363	GA
Baccanelli Giacomo	Niardo	337/441650	0364/330466	GA
Bassi Valentino	Saviore dell'Adamello	339/3686942	0364/634305	GA
Boninchi Enrico	Edolo	347/5958077	0364/73225	GA
Bonvicini Guido	San Felice del Benaco	335/8239808	Fax 0365/62165	GA
Brighenti Davide	Desenzano del Garda	389/1872054	030/9144834	GA
Cominelli Guido	Sellero	329/4232530	0364/637121	GA
Ferri Rino	Saviore dell'Adamello	333/3318724	0364/638181	GA
Ferri Domenico	Saviore dell'Adamello	347/1578024	0364/638232	GA
Gorini Mario	Castenedolo	320/6251350	030/2130637	GA
Guzza Guglielmo	Saviore dell'Adamello	347/9558946	0364/638304	GA
Guzza Pietro	Saviore dell'Adamello	335/5217249	0364/638200	GA
Melotti Paolino	Edolo	348/4425899	0364/72851	GA
Melotti Dario	Veza d'Oglio	347/5281000	0364/76595	GA
Moles Gian Antonio	Edolo	348/4417575	0364/72026	GA
Mutti Andrea	Gussago	335/5333004	030/2524255	GA
Olsen Cain	Piancogno		340/6142567	GA
Parolari Robertino	Gardone Val Trompia	335/8339653	030/833415	GA
Pasinetti Giovanni	Botticino	335/6272511	030/2191004	GA
Piloni Uberto	Edolo	347/4574251	0364/71937	GA
Prete Pier Paolo	Brescia	347/2465286	030/361751	GA
Ravizza Odoardo	Villa Dalegno-Temù	339/5236327	0364/92534	GA
Salveti Guido	Edolo	347/7217859		GA
Sarchi Andrea Aless.	Temù	335/5379397	0364/94206	GA
Togni Ettore	Idro	335/8341913		GA
Zampatti Crescenzo	Veza d'Oglio	339/6142276	0364/76154	GA
Gaspari Giorgio	Brescia	333/6923591		AGA
Moretti Serafino	Lumezzane S.S.	339/3837323	030/8922522	AGA
Scalvinoni Andrea	Borno	335/7079216	0364/310133	AGA
Archetti Paola	Monticelli Brusati	389/1673601		AMM
Ardenghi Cristian	Villanuova Sul Clisi	333/7513547	030/9360925	AMM
Ayala Jacucci Pablo	Castenedolo	320/4890296		AMM
Foti Giovanni	Lograto	347/2585086		AMM
Galdini Giorgio	Rovato		030/7721029	AMM
Gardumi Ivo	Puegnago	339/4939400	0365/651604	AMM
Mariani Ugo	Agosine	329/2183443	0365/896582	AMM
Menegato Paola	Calvagesse della Riviera	338/8328830	030/9908772	AMM
Pagliari Andrea	Gussago	347/2451447		AMM
Prati Tarcisio	Villa Carcina	348/0331772	030/802722	AMM
Sabbadin Jimmy	Artogne	389/6777670		AMM
Signorini Flavio	Gardone V.T.	339/2238641	030/8911413	AMM
Tanzini Andrea	Poncarale	347/6670415		AMM
Zani Magda	Edolo	347/6022314		AMM
Zucchi Alberto	Brescia	335/5218656		AMM

# Alpine Guides, Masters of Mountaineering Mountain professionals

The profession of alpine guide has evolved from a simple escort into a skilled professional. Today's alpine guide is not only an expert in technical Mountaineering disciplines - from the traditional to most modern - but also knowledgeable about all the naturalistic, cultural, and ethnographic facets of the Mountain environment, in addition to the life of man in the Mountains.

Going to the Mountains is one thing, knowing about them is another: for this reason, no matter how skilled a hiker is, certain excursions require an alpine guide. Guides are obviously necessary for extreme sports, but are also recommended for other kinds of activities and groups: children, teenagers, senior citizens, easy walks, adventure, etc. There should be no trouble finding a guide to meet your needs.

Alpine guides are professionals like attorneys, engineers, ski instructors, and medical doctors. You can find them in the valley and even in the city (many guides are also Mountain Refuge operators). Do not hesitate to contact them for information or advice. All of them offer custom programs and estimates and can help you plan the outing of your dreams. With the aid of an alpine guide your experience will be enriched by new techniques and greater knowledge of the territory and local traditions, as well as by other information that only professionals can provide.

Hiking and Mountaineering take place in a natural environment: knowing more about it and yourself enhances your safety and prevents accidents.

Check out [www.guidealpine.lombardia.it](http://www.guidealpine.lombardia.it)



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# Maps

Fogli Kompass 71, 94, 96, 103, 106, 107, 694

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