


San Giacomo di Fraele, Passo di Fraele - Acqua del Gallo - Lago di Livigno - Alpe del Gallo - Forcola del Gallo - Zollhaus - Doss del Termel - Alpe Mora - Val Mora - Passo di Val Mora - San Giacomo di Fraele


Easy



25,549 Km

 4:00 - 5:00
h

 747 m

 747 m



This is a so-called Interreg Alta Rezia route connecting Italy to Switzerland through the Swiss and the Stelvio National Parks. The start is from Passo di Fraele I, which is the watershed between Adda river and SpolinnDanubio basins towards Grasso di Pra' Grata, a spectacular and solitary place surrounded only by the wild cliffs of Piz Murtarol and Monte Cassa del Ferro and descending to the wide valley bottom. The fjord of Livigno lake appears all at once while hedging downhill. After the climb you emerge from the vegetation in front of a landscape getting wider and wider. You descend into the marvellous Val Mora and come back to Italy crossing the Pass of the same name.



You start from the car park in San Giacomo di Fraele 1952 m, which is situated at the end of Cancano lakes, and follow the dirt road n. 182 gently sloping down northwards. You get to Acqua Del Gallo 1925 m and find a crossroads on your right towards Switzerland, which allows you to cover the same route in the opposite direction. We instead turn left uphill to Val Bruna and then descend to Grasso di Pra' Grata 1889 m and cross the little bridge on the river 1860 m. From here on the long sideway to Livigno lake begins and above it the track becomes a narrow trail crossing the gravel steep cliffs bordering the basin: pay attention Once you have gone beyond the last small valleys, then the real switchbacked climb begins. You ride steadily uphill on the smooth path among the pine trees until you reach the wide Forcola del Gallo 2280 m and the Swiss territory at Doss del Termel 2318 m. Now begins a descent of 200 m on a very steep and bumpy trail requiring good technique and concentration. Then you get to

Alp Mora 2084 m, whence the dirt road goes southeast downhill the length of the same name valley. You find a diversion to the right at 2062 meters, you turn back northwest and reach Passo di Val Mora 1934 m and San Giacomo di Fraele riding first on a wide road and then on a flat but narrow and technical trail. N.B. In case of no thoroughfare for vehicles on the stretch linking Cancano to San Giacomo di Fraele, you have to add these 8,7 km of dirt road to be ridden with your MTBs for the round trip.

Start:San Giacomo di Fraele, Passo di Fraele

Arrival:San Giacomo di Fraele

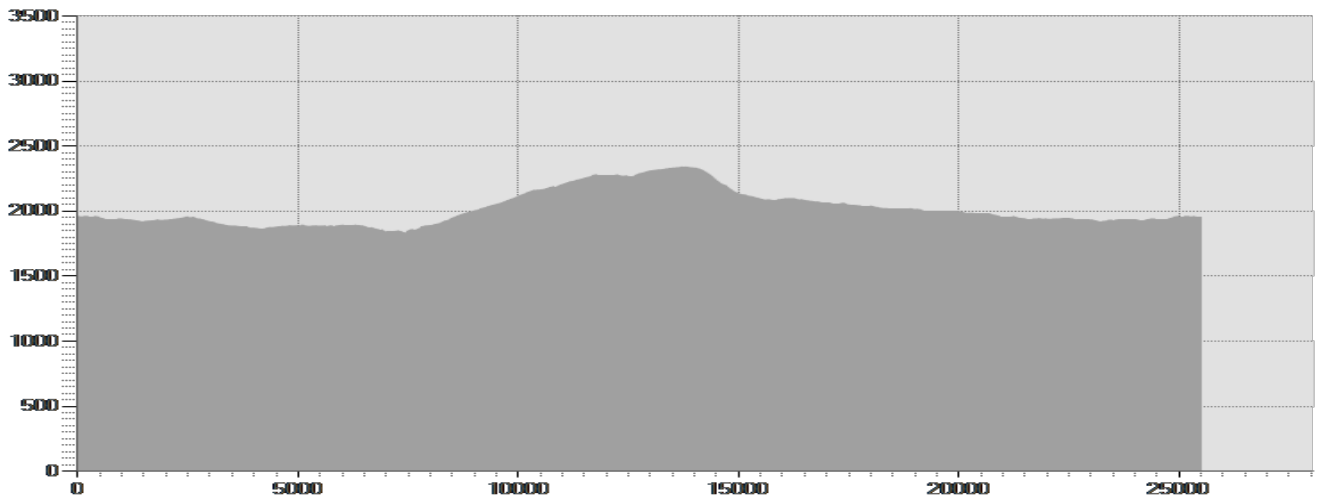
Equipment required:

Difficulty description:

Parking Area:

Map:40 itinerari in mountain bike

Author:



TECHNICAL DATA

Length	— 25,549 Km	Skill	★★★★★
Duration	🕒 4:00 - 5:00 h	Condition	★★★★★
Uphill height difference	⤴ 747 m	Effort	★★★★★
height difference downhill	⤵ 747 m	Natural pavement	100%
Maximum slope uphill	⤴ 26%	Asphalt pavement	0%
Maximum slope downhill	⤵ 17%	Cobblestones	0%
Minimum and maximum quota	🏔 2340 m	Equipped trail	0%
	1830 m	Scree pavement	0%
Period Journey	Giugno -	Other types of pavements	0%
	Ottobre	Not available data	0%

PHOTO GALLERY



Verso l'Alpe del Gallo sopra il Lago di Livigno.



Tra i pini mughi verso la Forcola del Gallo.



Alpe del Gallo, sullo sfondo il Lago di Livigno.



360° al Doss del Termel in Svizzera (3)



360° al Doss del Termel in Svizzera (4)



360° al Doss del Termel in Svizzera (1)



360° al Doss del Termel in Svizzera (2)

This publication is for information purposes only. We recommend you consult and check the weather forecast and snow conditions before every excursion.