



Livigno Pemont Park 4 _ Lago di Livigno _ Canale Torto _ Val Pila _ Passo di Val Trela _ Alpe Trela _ Val Pettini _ Lago di San Giacomo di Fraele _ sorgenti dell'Adda _ Passo di Val Alpisella _ Livigno Pemont Park 4

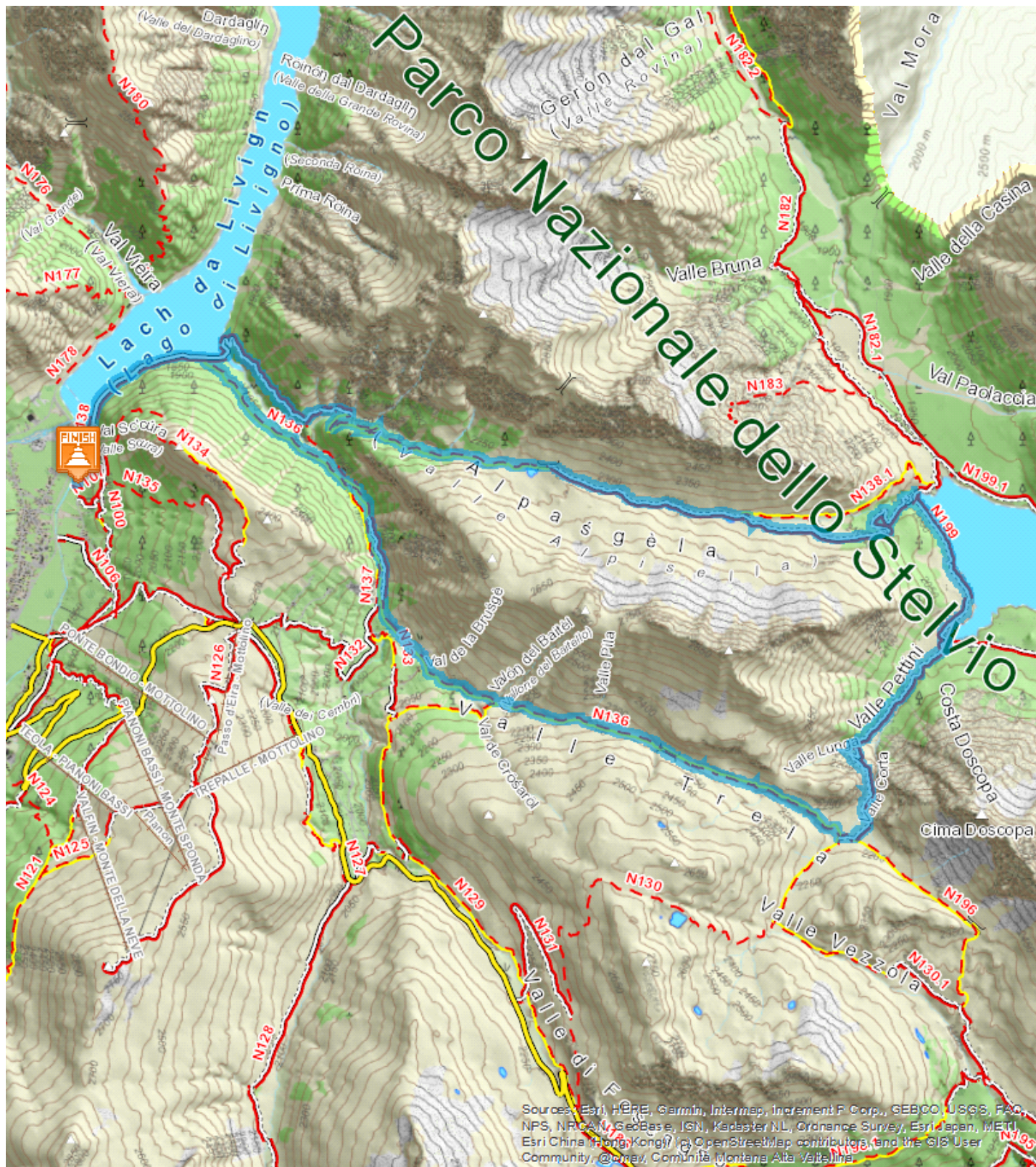
100

27,558 Km

4:00 - 5:00
h

937 m

937 m



This is the third of the famous round routes crossing the wonderful valleys from Livigno, to Cancano and Valdidentro. We have to ride on two relentless climbs. The reward is a suggestive landscape of unspoilt nature. At the top of the first hill of Val Trela, the enchanting mountain pastures suddenly appear to us stretching out at the junction of four valleys. Then we descend into the obscure Val Pettini, reach the Cancano lakes and start the nice climb uphill the length of Valle Alpisella on a dirt road through a conifer wood accompanied by the sight of the mountains of the Ortles group, which we soon leave behind us. As soon as we get to the source of Adda River and reach the pass, we are immediately thrown into a high mountain environment, among gravel, rocks and thin pastures. The last descent to Livigno is really spectacular. The route can be run backwards too and most of all you can create other alternative ways following the routes n. 252627.



You start from the car park n. 4 in the hamlet of Pemont 1807 m following the dirt road n. 138 along the lake to the crossroads before the Ponte delle Capre. Here you turn right on the uphill trail through the wood sign Way n. 136 into Valle del Torto and reach the hamlet of Trepalle, after descending on the left and crossing the Ponte da li Vaca 1852 m. You proceed to your left on the orographic right side and always on the Way n. 136 into Val Pila and then you reach the Passo di Val Trela with toil 2295 m. The following descent heads for the pleasant Alpe Trela 2165 m. We cross the plain towards north sign Way n. 130 and turn into the dirt road downhill the length of the steep Val Pettini to the Lago di San Giacomo 1953 m. After riding alongside its shores towards Fraele sign Way n. 199, we get to the diversion to the source of Adda River in Val Alpisella. The following climb to the Pass of the same name 2290 m and the downhill to Livigno are on a wide unpaved byway indicated with sign n. 138.

Start:Livigno Pemont Park 4

Arrival:Livigno Pemont Park 4

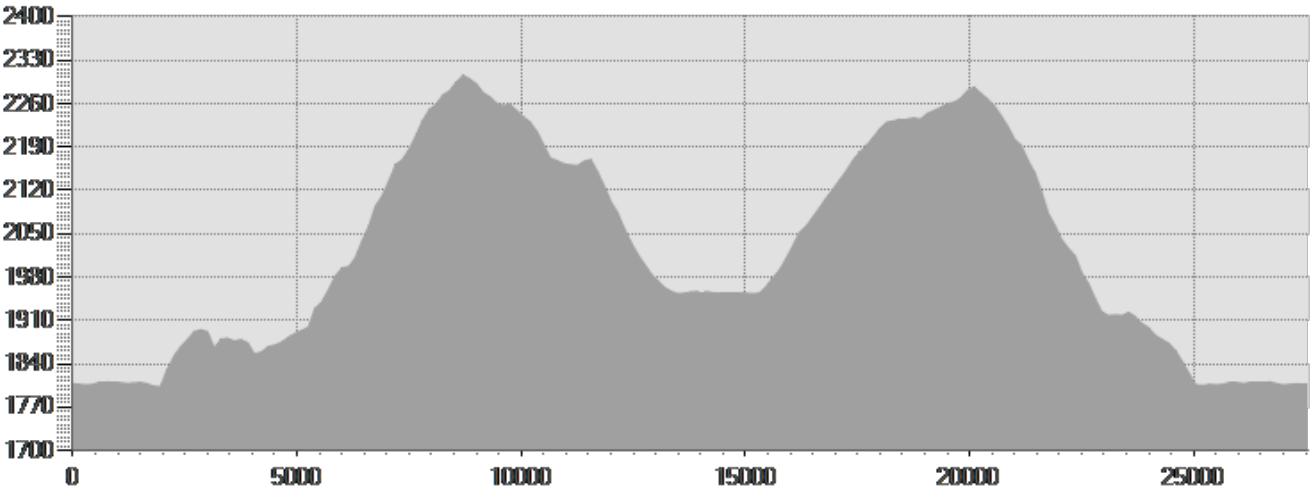
Equipment required:

Difficulty description:

Parking Area:Livigno Pemont Park 4

Map:40 itinerari in mountain bike

Author:



TECHNICAL DATA

Length	— 27,558 Km	Skill	★★★★★
Duration	🕒 4:00 - 5:00 h	Condition	★★★★★
Uphill height difference	📈 937 m	Effort	★★★★★
height difference downhill	📉 937 m	Natural pavement	91%
Maximum slope uphill	📈 22%	Asphalt pavement	9%
Maximum slope downhill	📉 23%	Cobblestones	0%
Minimum and maximum quota	📊 2307 m	Equipped trail	0%
	1803 m	Scree pavement	0%
Period Journey	Giugno -	Other types of pavements	0%
	Ottobre	Not available data	0%

PHOTO GALLERY



L'Alpe Trela: a sinistra la Val Pettini, in centro la Bocchetta di Trela, a destra la Val Corta (1)



L'Alpe Trela: a sinistra la Val Pettini, in centro la Bocchetta di Trela, a destra la Val Corta (2)



Fine anni '80. Discesa tranquilla nel bosco.



Giovane biker verso il Passo di Val Alpisella



Le sorgenti dell'Adda.



Salendo verso il Passo di Val Alpisella. Sullo sfondo l'Ortles.

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