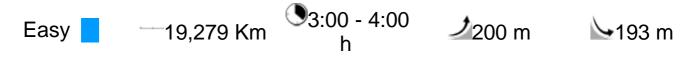
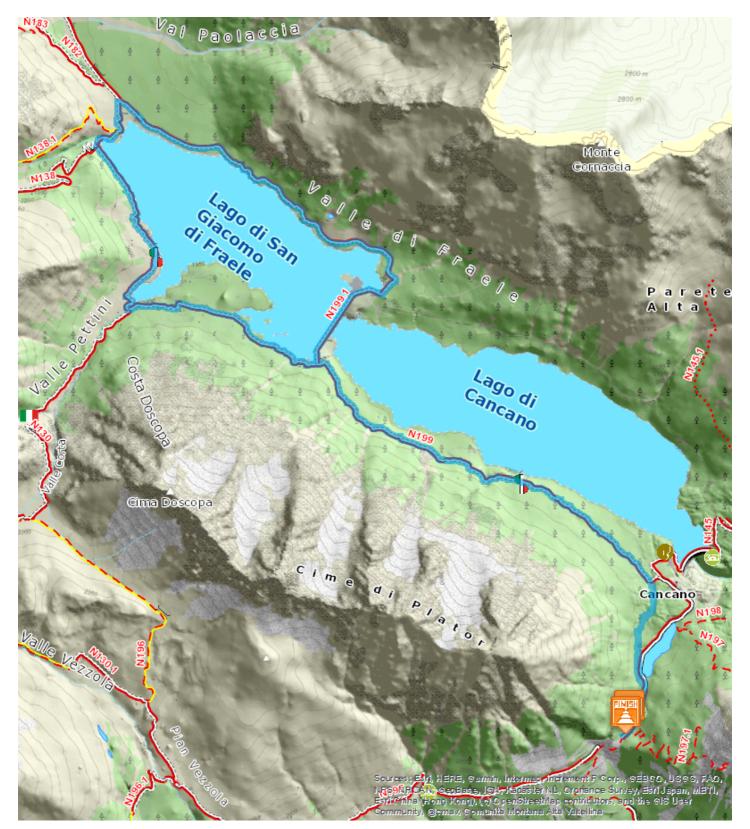




Ristoro Monte Scale - Ristoro San Giacomo - Ristoro Val Fraele - Ristoro Monte Scale





The dams of San Giacomo and Cancano The dam of San Giacomo has a capacity of 64 million m while the Cancano dam holds 123 million m. Both structures collect water for the production of electrical power at the A2A hydroelectric plants.



The path is surrounded by the splendours of the Stelvio National Park and is ideal for a day out walking or mountain biking with all the family. It is not difficult and has good refreshment possibilities and other amenities. It starts near the Monte Scale Refuge along dirt track N199 and continues more or less flat past the dams of Cancano and San Giacomo di Fraele. The former was built between 1953 and 1956: it collects the excess waters from the San Giacomo dam and the Viola canal; the latter was started in 1940 but only completed in 1950 because of the war. It is fed by the Spol canal as well as the streams of the Alpe, Gavia, Frodolfo, Zebru', Braulio, Forcola and part of the River Adda. The tour includes a complete circuit of the San Giacomo dam, crossing the dam and returning to the starting point. In summer and at certain times of the day the road is closed to traffic, allowing you to enjoy the peace and tranquillity of the area.

Start: Ristoro Monte Scale Arrival: Ristoro Monte Scale

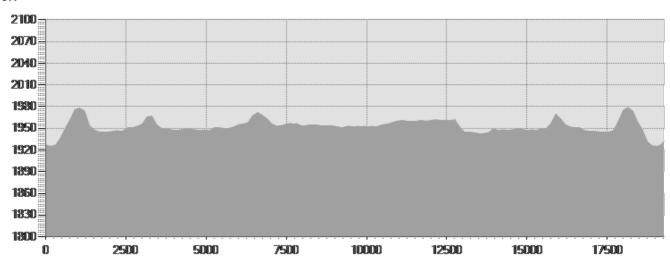
Equipment required:

Difficulty description:

Parking Area:

Map:Bike and Trekking Map Alta Valtellina n° 1

Author:



TECHNICAL DATA

Length	19,279 Km	Skill	**	
Duration	3:00 - 4:00 h	Condition	***	
Uphill height difference	⊿ 200 m	Effort	**	
height difference downhill	→ 193 m	Natural pavement		97%
Maximum slope uphill	½ 10%	Asphalt pavement		3%
Maximum slope downhill	№ 13%	Cobblestones		0%
Minimum and maximum quota	1979 m	Equipped trail		0%
	4005	Scree pavement		0%
	1925 m	Other types of pavemer	nts	0%
Period Journey	Giugno - Ottobre	Not available data		0%

PHOTO GALLERY



Le dighe di San Giacomo e Cancano



Il lago di San Giacomo



Il percorso è circondato da verdi prati e pascoli



Aree di ristoro lungo il percorso



Un bellissimo scorcio del lago di San Giacomo



Pedalando lungo il bordo dei laghi



Torri di Fraele



Cancano in autunno



Cancano

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