





Santa Caterina - Li Nanza - Monich - Ables - Gemel - Santa Caterina

Medium  **6,574 Km**  **1:00 - 3:00 h**  **500 m**  **500 m**





From the centre of Santa Caterina, near the tourist office, take path S571.1 steeply uphill through the forest until you reach the cart track from Tovo. Take a right, pass through the Valle dell'Ables and come to Nanza and Ceisa di Sopra. You climb gradually up to Monich. After some 50 more metres of steep climbing the trail flattens out to reach the mountain huts at Ables, with spectacular panoramas of the valley and surrounding mountains, where you can stop and rest. The descent then begins: at I Marz continue straight on along path S573 to Rossaniga, Gemel, and Blotana and, finally, the village of Santa Caterina Valfurva.

Santa Caterina Valfurva The village is located in the Stelvio National Park and is a venue for summer and winter sports. It is the birthplace of Achille Compagnoni the first man to climb K2 and Deborah Compagnoni Italian skier. In 1985 and 2005 it hosted the women's races of the Alpine Ski World Championships in Bormio.

Start:Santa Caterina

Arrival:Santa Caterina

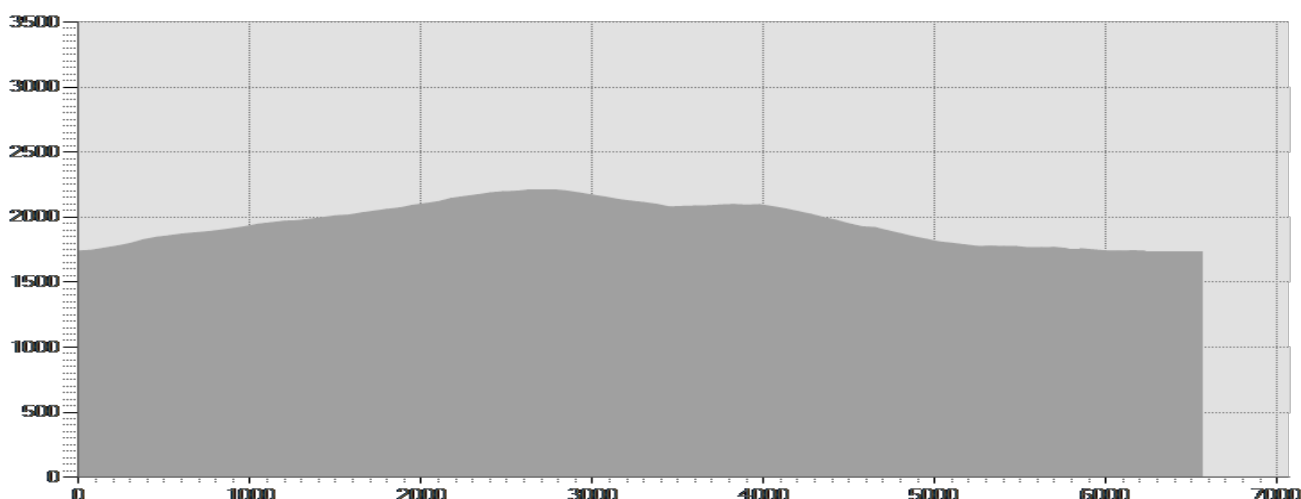
Equipment required:

Difficulty description:

Parking Area:

Map:Bike and Trekking Map Alta Valtellina n° 6

Author:



TECHNICAL DATA

Length	— 6,574 Km	Skill	★★★★★
Duration	🕒 1:00 - 3:00 h	Condition	★★★★★
Uphill height difference	⤴ 500 m	Effort	★★★★★
height difference downhill	⤵ 500 m	Natural pavement	89%
Maximum slope uphill	⤴ 37%	Asphalt pavement	11%
Maximum slope downhill	⤵ 18%	Cobblestones	0%
Minimum and maximum quota	🏔 2210 m	Equipped trail	0%
	1739 m	Scree pavement	0%
Period Journey	Giugno -	Other types of pavements	0%
	Ottobre	Not available data	0%

PHOTO GALLERY



Crocifissi lungo i percorsi di montagna: una preziosa testimonianza di fede



Vista della ski area di Santa Caterina...in estate!



Vista su Santa Caterina, nel Parco Nazionale dello Stelvio



Baitina in mezzo al prato

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