



## viaaltavallemaggia.ch

200 km / 19 sections

Max altitude 2797 m

Comfortable alpine huts

Wonderful views

Alpine lakes

Silence and nature

Infinite experiences...

Are you ready?

Promoter Associazione Via Alta Vallemaggia

Coordination Antenna Vallemaggia e Masterplan Alta Vallemaggia

exts Marco Volken - Zurich

Photography Marco Volken - Zurich / Roberto Buzzini - Muralto

Graphic design Studiodigrafica Grizzi - Gordevio
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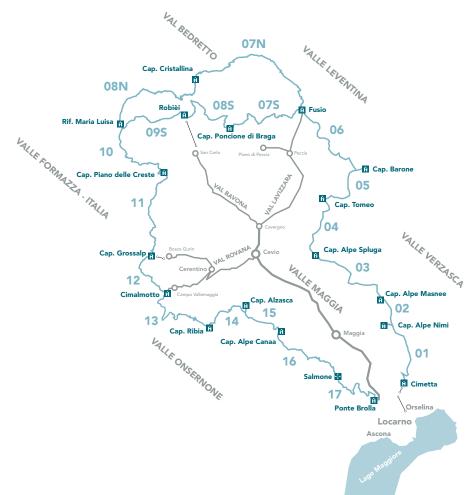


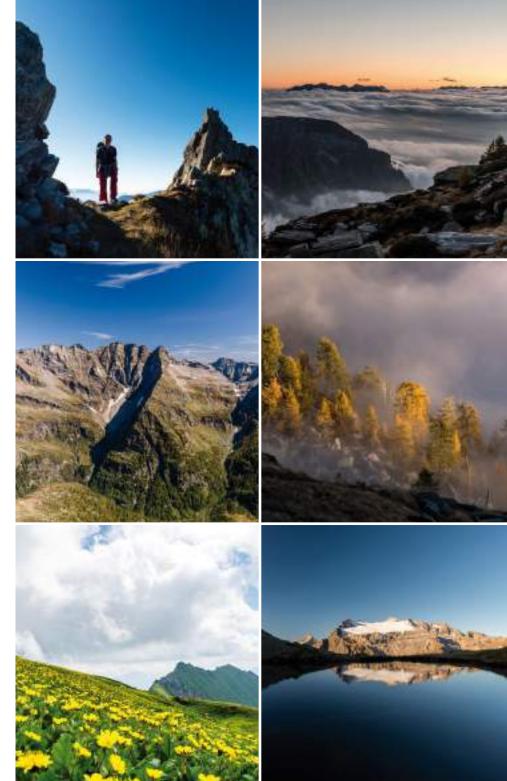


Step by step the horizon widens.

Featuring grassy ridges, scree slopes, Alpine lakes, small snowfields, wildflower meadows, rocky ridges, larch woods and passages equipped with chains, the Via Alta Vallemaggia offers a unique trekking experience for hikers seeking a ridgeway adventure in the Vallemaggia region.

The route traverses pre-Alpine landscapes with views across Lake Maggiore and decidedly Alpine landscapes including the Basodino glacier, with two variants to the north. It covers 200 km divided into 19 sections and alternates between red-and-white trails and blue-and-white Alpine tracks, including sections with difficulty ratings of up to T5-. Given the length of this multi-stage trail, it can be completed in various stages according to your preferences.







Alpine track (white-blue-white)

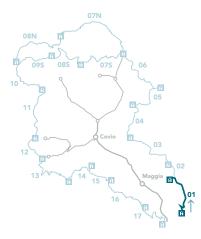








**O 1** Cimetta 1646 m

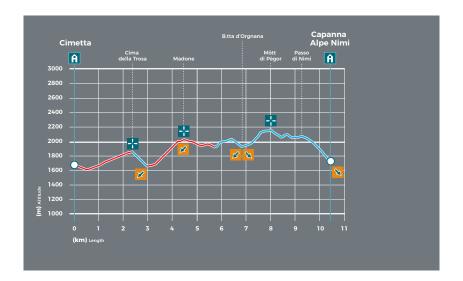


#### Cimetta

Cima della Trosa Madone Bocchetta d'Orgnana Mött di Pègor Passo di Nimi Capanna Alpe Nimi

Lenght	10.4 km
Ascent	+ 1170 m
Descent	-1090 m
Time required	5h 30 min
Max altitude	2169 m
Difficulty level	T4

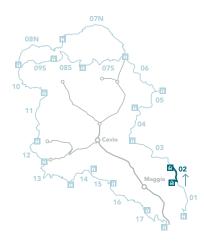
If we really wanted to, we could start from the Locarno shore of Lake Maggiore, at less than 200 metres above sea level. Fortunately, a funicular railway, a cableway and a chairlift save us a climb of 1500 metres. The Via Alta Vallemaggia therefore begins at the wonderful Cimetta viewpoint, which really lives up to its name (little summit), before making its way to our destination (which we can't yet see). After a short stop to admire the view, we turn our backs on the busy lake and head off on a great adventure that will lead us straight to the heart of the Ticino Alps over the course of several days. Our first stage gets us off to a really great start: a long walk over the ridges and slopes between Vallemaggia and Verzasca. At the end of a memorable day, we receive at warm welcome at the Capanna Nimi, which unites two wonderful old mountain traditions: sheep farming and hospitality.









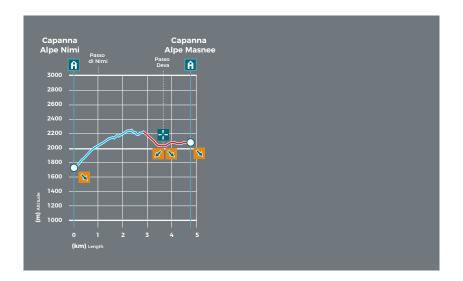


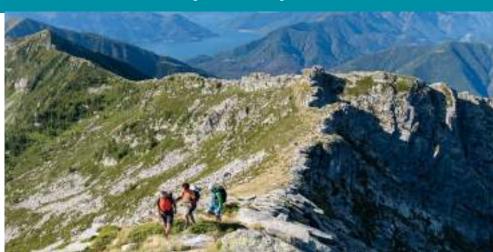
### Capanna Alpe Nimi Passo di Nimi Passo Deva

**Capanna Alpe Masnee** 

4.8 km
+ 720 m
-370 m
3h 30 min
2247 m
T5-

We say our goodbyes to Nimi and we're off again, back to the ridges and over the first really imposing rampart of our journey, the rocky Madom da Sgiof. The edge of the abyss and a few moments of easy climbing put us to the test, but a few metal staples help us get through the most demanding spots. Then comes the Passo Deva, a convenient pass between Maggia and Brione and an ideal spot for stopping to admire the view. This is just a short stage and time is not pressing. To the right, beyond Verzasca, the incredible fin of the Poncione d'Alnasca stands out, while to the left our gaze is lost amidst the numerous ravines of the Salto Valley. Finally we come to the Alpe Masnee, an eagle's nest created out of dilapidated buildings. The restoration of this mountain pasture is a wonderful example of safeguarding and upgrading, a symbiosis of sustainable ecotourism and architectural heritage.



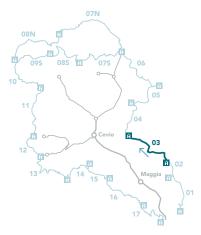








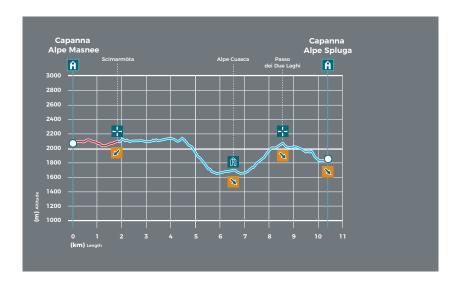
Capanna Alpe Masnee
16 (8/8)
Unguarded
patriziatomaggia.ch/
masnee



## Capanna Alpe Masnee Scimarmòta Alpe Cuasca Passo dei Due Laghi Capanna Alpe Spluga

Lenght	10.3 km
Ascent	+ 990 m
Descent	-1220 m
Time required	5h 45 min
Max altitude	2136 m
Difficulty level	T4-

After a quick visit to the Verzasca side of the Pizzo Costisc and Scimarmota, our route cuts across the sunny slopes of the Poncione Piancascia, with its blend of rocky meadows, curious goats and shy chamois. Having turned the corner, we make our way down almost to the edge of the woods, crossing through a number of valleys, through the Alpe Cuasca with its fountain (the only one along the route), and heading towards a secluded pass with an intriguing name: the Passo dei Due Laghi (Two Lake Pass). The pass links the twin valleys of Coglio and Giumaglio, while the two lakes, perched on the slopes of the crossing place, invite us to linger, perhaps go for a paddle or dive in for a refreshing swim. Finally, we make our way to the Alpe Spluga. It would be a shame to leave it late and arrive just in time for dinner: it's an enchanting spot where you can laze on the grass, enjoying the silence and giving in to idle thoughts while watching the clouds go by.

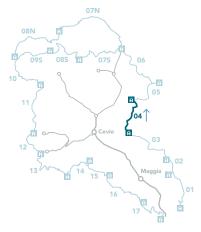










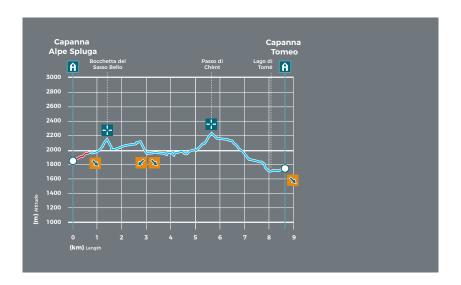


## Capanna Alpe Spluga B.tta del Sasso Bello Passo di Chent Lago di Tomé

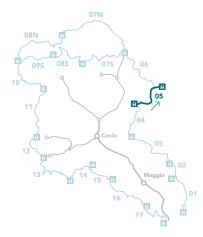
Capanna Tomeo

8.7 km
+ 1020 m
-1120 m
6h
2223 m
T5-

We have a challenging stage ahead today. From Spluga we climb to the Pascolo dei Laghi and the Bocchetta del Sasso Bello, passing through into the Lavizzara, where we will be for the next few days. The steep descent and the unstable footing require care, especially in large groups. After making our way past an expanse of boulders we find ourselves at the top of the Cima di Broglio, coming now to a number of easier climbs and a truly spectacular aerial stretch, aided by some cables. Then comes another heap of stones, a series of smooth plates with more cables, and the entrance into the Valle dei Pini, also well-equipped, and the climb to the Passo di Chènt. From there we have a complex descent into the Val Tomè. After so many hours of rough and rocky landscapes, our eyes finally alight on the edge of a small droplet-shaped lake. The Capanna Tomeo is just a short distance away, and with it comes the satisfaction of having experienced an unforgettable day.





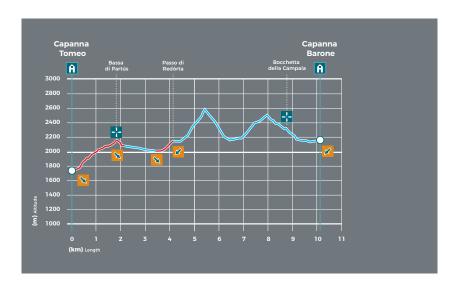


#### Capanna Tomeo

Bassa di Partús Passo di Redòrta **B.tta della Campala Capanna Barone** 

Lenght	10.1 km
Ascent	+ 1530 m
Descent	-1100 m
Time required	7h
Max altitude	2564 m
Difficulty level	T4

Climbing up from Tomeo, the landscape widens at every step, while the sun beats down on Monte Zucchero. At the Corte Piatto we veer left to climb the Bassa di Pertüs, where the Corona di Redorta - one of the most elegant peaks along the Via Alta - suddenly comes into sight. The topographic map suggests we ought to be able to round it on the left, up high, but at first glance there is no way through. As often happens, upon approaching we discover traces, ledges and aids... and the matter becomes less challenging than expected. A series of ups and downs through meadows and past boulders then skirts the slopes of the Madas and the Pizzo Campala. The exposed descent from the Bocchetta della Campala requires a final burst of concentration. Today's destination: the Capanna Barone, a historic refuge in the Verzasca and a meeting point with those following the Via Alta Verzasca and the Via Idra. So many happy faces...



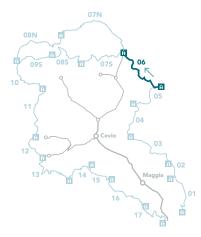








## 06 Capanna Barone 2172 m

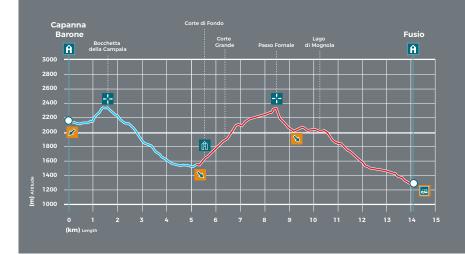


#### **Capanna Barone**

Bocchetta di Campala Corte di Fondo Corte Grande Passo Fornale Lago di Mognola Fusio

Lenght	14.1 km
Ascent	+ 1210 m
Descent	-2090 m
Time required	7h 30 min
Max altitude	2327 m
Difficulty level	T4

Sometimes it can be fun to go back over your own tracks, at least for a bit. We do so by climbing up to the Bocchetta della Campala. From there, a sustained descent with short exposed passages leads us to explore the Valle di Prato, once home to the Capanna Soveltra, which was destroyed by a fire in 2017. We find ourselves at the foot of the Pizzo Campo Tencia, a mountain-climbing and geographical focal point in the Alto Ticino. But we still have a way to go and we take advantage of the momentum to climb up through the larches. We simply have to stop at Piatto, a very apt name and the only plateau along the entire Via Alta, featuring a wonderful mosaic of little valleys, lakes, streams and grassy knolls. Just below is the Passo Fornale, the last obstacle of the day: on the opposite slope, the path marked out in white and red descends at a dizzying rate. We stop for a snack at Lake Mognola and complete the level walk to Fusio. After days of exciting adventures, we finally reach the warm welcome of an alpine village just waiting to be discovered.







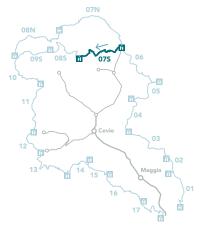


Ostello Fusio lavizzara.ch

Unique Hotel Fusio hotelfusio.ch

Antica Osteria Dazio osteriadazio.com

Villa Pineta villapineta.ch 075 Fusio 1289 m

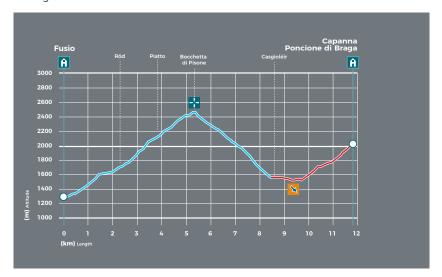


Fusio Röd **Piatto B.tta di Pisone** Casgioléir

Capanna Poncione di Braga

Lenght	11.9 km
Ascent	+ 1810 m
Descent	-1100 m
Time required	7h 15 min
Max altitude	2478 m
Difficulty level	T4
Max altitude	2478 m

Rested and refreshed, you will continue your short stroll through the alleys of Fusio, a village clinging to the mountain, characterised by a mix of traditional and eclectic architecture, before tackling the next, challenging section of the trek. The trail climbs through larch woods, then runs along a rocky stretch and enters the secluded world of Alpe di Röd. It takes you past several stone buildings used as livestock shelters and through airy woodland and pastures, all the way to Bocchetta di Pisone, a pass neglected by hikers for decades and relaunched with this trekking route. On the other side of the pass is the Peccia Valley, famous for its marble. After a short, steep descent of almost 1000 metres, near the small bridge that crosses the River Peccia, you will discover a haven of tranquillity: Casgioléir. The trail continues with a short stretch of tunnel, a natural ledge and a leisurely ascent through woods and past streams all the way to the welcoming mountain lodge Capanna Poncione di Braga.



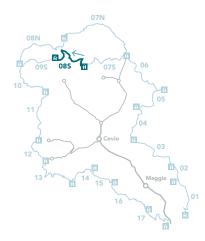






Capanna Poncione di Braga Guarded utoelocarno.ch

# 085 Capanna Poncione di Braga 2001 m

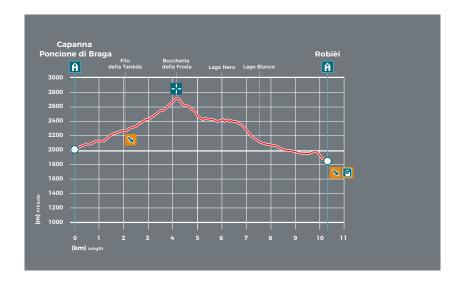


#### Capanna Poncione di Braga

Filo della Tanèda Bocchetta della Froda Lago Nero Lago Bianco Robièi

Lenght	10.3 km
Ascent	+ 830 m
Descent	-980 m
Time required	4h 45 min
Max altitude	2708 m
Difficulty level	T4

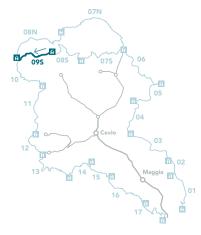
The first hour is spent leisurely climbing up the vast green slopes of Alpe Masnee, lit by the morning sun, as a warm-up for the trek ahead. You then continue along a rocky stretch, with the little gem of Lake Froda on your right, guiding you to Poncione di Braga. Your destination, however, is not the summit, but Bocchetta della Froda, a wide saddle on your right. The pass offers a sweeping view of countless peaks, first of all the Basòdino, the second highest massif in the Ticino Alps, crowned by its glacier, the largest in the canton. From there, the trail continues downhill towards the Robièi Valley. If you are lucky, you may even see a herd of ibexes grazing up close. The path eases out and goes on to skirt Lago Nero and then Lago Bianco. You eventually reach Robièi, a popular destination for local hikers as well as hikers from further afield, connected to the Bavona Valley by a cable car.







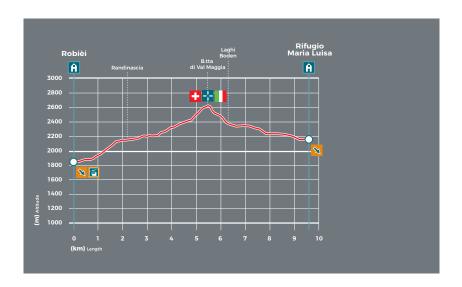
## Rifugio Maria Luisa 2160 m - Italy



Robièi Randinascia Bocchetta di Val Maggia Laghi Boden Rifugio Maria Luisa

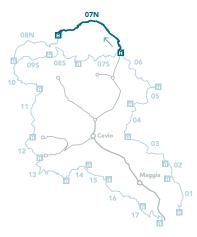
Lenght	9.6 km
Ascent	+ 840 m
Descent	-530 m
Time required	4h
Max altitude	2633 m
Difficulty level	T4-

Randinascia is a small idyll; a microcosm of small valleys, peat bogs, alluvial plains, rocks smoothed by the action of the glacier, fascinating vestiges of a centuries-old human presence at the foot of the Basòdino, and home to an extraordinarily rich flora. It is the perfect place to stop and soak up the stunning landscape, enjoy the silence of Nature and breathe in the scents. There's no hurry: today's leg of the trek is short The trail then continues towards Bocchetta di Val Maggia and over into the Piedmont region: Welcome to the upper Formazza Valley, the home of the Walser people, who settled there in the early 13th century. The German dialect of the upper Valais was once spoken here, as evidenced by the names of the lakes: Boden Lakes (Bodenseen), Lake Castel (Kastelsee) and Toggia Lake (Fischsee). At Alpe Toggia is the Maria Luisa refuge, where you will be spending the night.





## Capanna Cristallina 2575 m



# Fusio Lago del Sambuco Corte del Prevosto Garzonera Lago del Forna Passo del Narèt Capanna Cristallina

Lenght	18.9 km
Ascent	+ 2180 m
Descent	-900 m
Time required	8h 45 min
Max altitude	2575 m
Difficulty level	T4-

This trail takes you on a journey through Val Sambuco to discover the source of the River Maggia. The river presents itself in two different guises, namely as a fast-flowing stream and as a tranquil reservoir. From the dam above Fusio, the trail climbs to the abandoned mountain farmland of Larecc and continues along a ledge overlooking the blue Sambuco fjord. Later on, the forest thins out, giving way to vast meadows on the left side of the valley—the sunny, panoramic side. Stretching out below you is Campo la Torba, one of the oldest and most prized mountain pastures in the region, long disputed between Airolo and Fusio. Later on, the path continues past the elegant Narèt reservoir, adorned with numerous natural lakes. A short interlude in the upper Torta Valley, a side valley of the Bedretto Valley, enables you to circumvent the famous Cristallina massif to reach the Capanna Cristallina mountain lodge. A milestone in modern high-altitude architecture, the lodge was newly built and inaugurated in 2003.





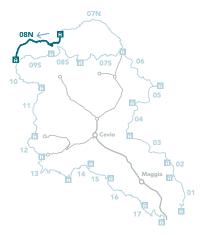


Guarded

⇒ 120
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capannacristallina.
casticino.ch



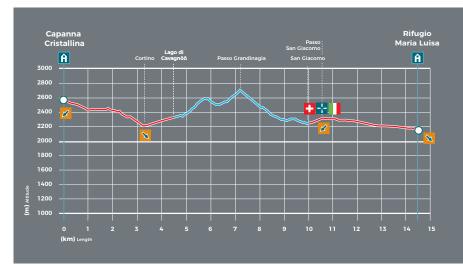




## Capanna Cristallina Cortino Lago dei Cavagnöö Passo Grandinagia Passo San Giacomo Rifugio Maria Luisa

Lenght	14.5 km
Ascent	+ 810 m
Descent	-1220 m
Time required	5h 30 min
Max altitude	2697 m
Difficulty level	T4

The day starts at a leisurely pace, perhaps with a coffee on the terrace, followed by a first descent, passing Lake Sfundau (green) and Lake Cavagnöö (blue), set in a colourful geology. As you climb, you are rewarded with sweeping views of the Bavona Valley and Vallemaggia. The trail then turns into a small hidden valley that takes you to the Grandinagia Pass, situated at an elevation of almost 2,700 metres. On your way down, just past a barren scree slope, you will see a white-plastered chapel, namely the oratory of Saints Nicholas, Catherine and James, the last remaining trace of a hospice that once stood there in the Middle Ages, welcoming travellers, pilgrims and traders crossing the Alps. The wide saddle of the San Giacomo Pass is a short distance away. An easy-going dirt road, closed to traffic, skirts Lake Toggia and takes you all the way to the San Giacomo Pass. Built in 1929, the road had aroused fears among the Swiss of belligerent intentions. All that is in the past: today it is a place of utter peace and tranquillity, as is the Maria Luisa refuge.





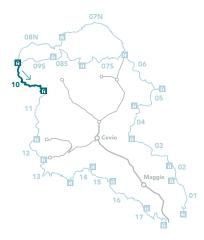




Rifugio Maria Luisa Guarded 48 (4/4/6/8/8/18)

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## Capanna Piano delle Creste 2108 m

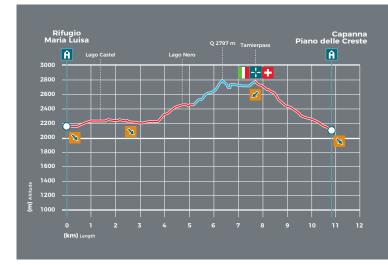


## Rifugio Maria Luisa Lago Castel Lago Nero

Tamierpass Capanna Piano delle Creste

10.8 km
+ 840 m
-890 m
5h
2797 m
T4

Today's programme takes you half way around the Basòdino massif, reaching an elevation of 2,800 metres—the highest section of the entire trek. While on first glance it might seem an exaggerated undertaking, it is in fact very much doable, with much to explore around the majestic mountain range, the second highest in the Ticino: for example, the small hidden valley of Rio Scelp with its bright blue Lake Nero; or glimpses of the upper Formazza Valley with Monte Rosa in the background; or the barren stony landscape of the Tamier pass: ibex territory; then there are the strikingly beautiful unique rock faces and heaps of stones high up in the Antabia Valley; and finally, the Capanna del Piano delle Creste, a gem of a lodge. Once the highest seasonally-occupied farmstead on Alp Antabia, where cattle were driven up until 1968, in the eighties it was reclaimed and turned into an oasis of hospitality open to the public.

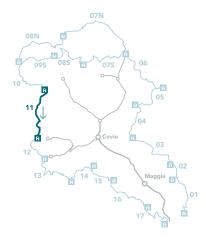








## Capanna Grossalp 1905 m



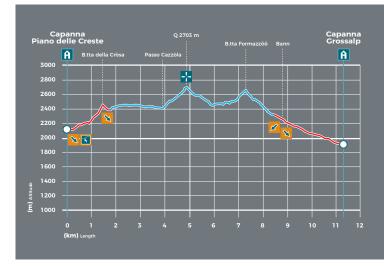
#### **Capanna Piano delle Creste**

Bocchetta della Crosa Passo Cazzòla Bocchetta Formazzöö Bann

**Capanna Grossalp** 

Lenght	11.3 km
Ascent	+ 1010 m
Descent	-1200 m
Time required	6h 30 min
Max altitude	2703 m
Difficulty level	T4+

For long sections of the route between Piano delle Creste and the Capanna Gross-alp mountain lodge, the trail is nothing more than an imaginary line marked by blue-and-white signs and a few hiker symbols but with no clear trail visible or any other signs of passage. The route runs mainly through rocky terrain and vast, long stretches strewn with rocks and boulders, where it is virtually impossible to leave footprints. You feel as though you are passing through a forgotten landscape, one that is fascinating for its incredible variety of shades, shapes, sizes, surfaces and structures: an evocative gneiss landscape bejewelled with three magical pairs of lakes—Antabia, Cròsa and Formazzöö—and skilfully framed by a series of jagged ridges. Here, peace and tranquillity reign supreme. After you pass Bocchetta Formazzöö, the scenery changes as you enter the vibrant Bosco Gurin Valley, carpeted with lush green pastures.



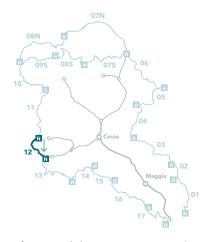








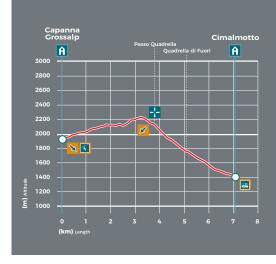
Capanna Grossalp Guarded ⇒ 30 (4/4/4/8/10) capannagrossalp.ch

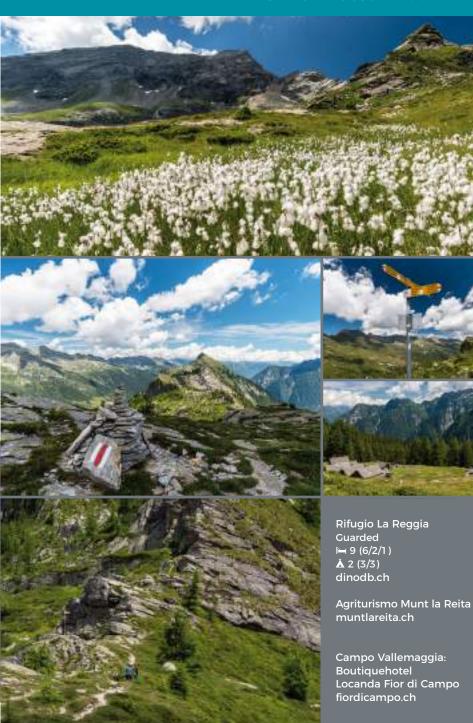


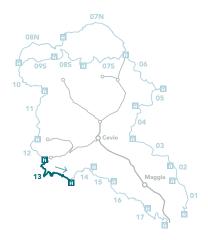
## Capanna Grossalp Passo Quadrella Quadrella di Fuori Cimalmotto

Lenght	7.1 km
Ascent	+ 390 m
Descent	-900 m
Time required	3h
Max altitude	2224 m
Difficulty level	T3-

After several days spent among various shades of stone, the scenery today is all about flora: from the vast pastures of the Bosco Gurin Valley to the wetland region of Chummuheij and from the pale hues of the lichens clinging to the rocks to the more intense hues of shrubs such as heather, rhododendron ("Alpine roses") and blueberries. Around the Quadrella Pass are small scattered groups of dwarf trees marking the transition to a forested area: on the Valle di Campo side, a magnificent larch wood with thick undergrowth draws you in. This section of the route is short and easygoing, giving you plenty of time to admire it, to study your surroundings closely and perhaps discover new species or watch butterflies, insects, earthworms and spiders in their acrobatics: the closer you look, the more you will discover. Today's destination is Cimalmotto, a pleasantly anarchic village built of wood and stone. A visit to the church is a must with its frescoed portico: an extraordinary work of art in this place in the middle of nowhere.







## Cimalmotto Alpe di Sfii Lago di Sfii Lago del Pèzz

Capanna Ribia

Lengnt	12.1 KM
Ascent	+ 1490 m
Descent	-900 m
Time required	6h 45 min
Max altitude	2505 m
Difficulty level	T4+

The route between Valle di Campo over the ridge and down into the neighbouring Vergelletto Valley is a truly memorable one. It is possibly one of the most varied sections of the Via Alta, with a perfect succession of open spaces and rugged mountains. There are at least four highlights worth mentioning between Cimalmotto and Ribia: the tranquil secluded setting of Alpe di Sfii (where an excellent cheese is produced among the larch trees); the indescribable colour of Lake Sfii (which Plinio Grossi expresses as "a blue so bright that it may not be just water but instead a mysterious infusion of gentianella"); the bowl-shaped, steep-sided rocky mountain basin formed by Cima di Cregnell and Rosso di Ribia (described by Giuseppe Brenna as "wild and impenetrable" and interrupted by a "mysterious dip", curiously named "Cata della Quarantèria"). Then there is the unexpected gentle arena of Ribia: a sunny, secluded amphitheatre situated at a lofty 1,000 metres above the Onsernone Valley floor.



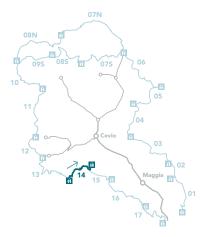




Capanna Ribia Unguarded 12

**14** Capanna Ribia 1996 m

## Capanna Alzasca 1734 m



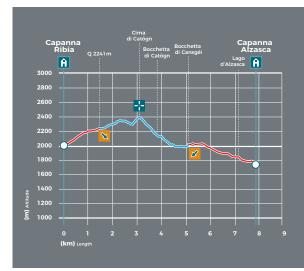
#### Capanna Ribia

Cima di Catögn Bocchetta di Catögn Bocchetta di Cansgéi Lago d'Alzasca

Capanna	Alzasca
---------	---------

Lenght	7.9 km
Ascent	+ 540 m
Descent	-800 m
Time required	3h 30 min
Max altitude	2398 m
Difficulty level	T4

The route from Ribia to the Capanna Alzasca mountain lodge takes three and a half hours plus the necessary breaks to catch your breath and take in the landscape. Two hours are spent on terrain with no clear trail or just a faint trace of a path. However, you can safely rely on the blue-and-white signs which, if followed in the correct order, will guide you in all safety to Cima di Catögn and on to the small mountain pass by the same name and to the Cansgéi Pass. From there you could make a beeline down to the lodge but the official path takes a slightly longer route, and with good reason as it takes you to visit one of the most famous lakes in the Ticino, namely Lake Alzasca. Some people will trek for eight hours to visit and admire it and then trek back down the same day. On this trail, however, you will have a chance to soak it up en passant before heading down, relaxed, to the nearby lodge and toasting to yet another privileged experience.



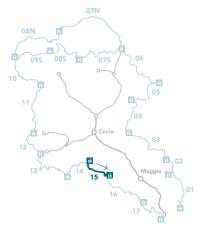






Capanna Alzasca Guarded □ 22 (11/11)

capannaalzasca.ch

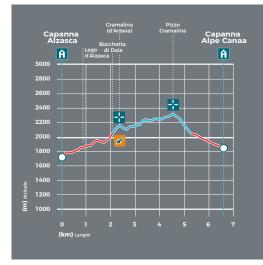


## Capanna Alzasca

Lago d'Alzasca Bocchetta di Doia Cramalina (d'Arbeia) Pizzo Cramalina Capanna Alpe Canaa

Lenght	6.6 km
Ascent	+ 710 m
Descent	-610 m
Time required	3h 45 min
Max altitude	2322 m
Difficulty level	T4+

Apart from the first section of the route, between Cardada and Masnee, the Via Alta trekking route runs along the slopes, only occasionally climbing to peaks and ridges. Hiking is about much more than just following the ridges. However, the topography between Alzasca and Canaa levels out just enough to offer a panoramic view from atop the mountain ridge: the trail from Bocchetta di Doia alternates between wide, comfortable sections and others that are more craggy and exposed. The route covers terrain of varying elevations and runs along the ridge between the Vallemaggia and Onsernone valleys, except for a crag that requires a detour along a ledge using the chains provided. The very attractive ridge ends at Pizzo Cramalina, a striking peak and the highest in the Lodano Valley. At the foot of the mountain you can already see the farmhouses of Canaa, restored in accordance with the building traditions of Alpine farmers: Created from abandoned buildings, the mountain lodge is a gem: an oasis of tranquillity.



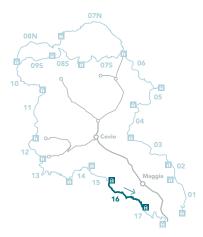








Capanna Alpe Canaa Unguarded ≥ 20 (8/6/6) valledilodano.ch

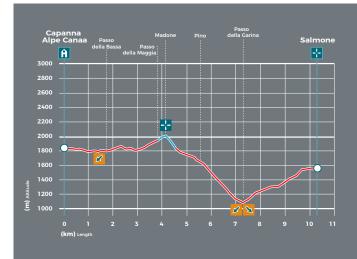


#### Capanna Canaa

Passo della Bassa Passo della Maggia Madone Pino Passo della Garina Salmone

Lenght	10.3 km
Ascent	+ 840 m
Descent	-1130 m
Time required	5h
Max altitude	2018 m
Difficulty level	T3

The landscape gradually gives way to woodland. The route is flanked by various types of forest, and instead of losing yourself in sweeping landscapes and distant horizons, you find yourself ever closer to that sense of inner peace and harmony that only trees can convey. The section between the Bassa Pass and the Maggia Pass offers a magnificent view of a region listed as UNESCO World Heritage for its precious ancient beech forests, namely the Lodano Valley. After a short hike to the Madone, the trail continues to Monte di Pino, located on a ridge affording breathtaking views of the surrounding landscape. There follows a steep descent to the Garina Pass and a final ascent to Salmone. In theory, this stage of the trek ends on the peak, where there are plans to build a new lodge in the future. In practice, if you do not wish to sleep in the open, for the time being you will need to make your way back down into the valley before nightfall: the quickest route, via Auressio, takes approximately an hour and a half. If you feel up to it, you can proceed with the next stage.



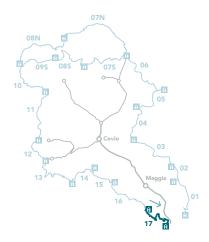






**17** Salmone 1559 m

## Ponte Brolla 250 m



#### Salmone

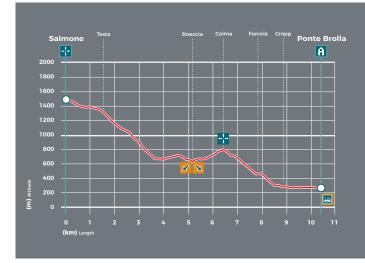
Testa **Streccia** Colma **Forcola** 

Cropp

#### **Ponte Brolla**

10.3 km
+ 300 m
-1600 m
4h
1559 m
T3-

From larch trees to palm trees: The title may seem rather banal, but the final stage of the Via Alta takes you on a truly fascinating journey through the different Alpine vegetation zones to discover a veritable high-elevation botanical garden. The landscape starts off with larch trees, typically found at high altitudes, with their charming combination of tenacity and discreet gracefulness; just a few hours later you will come across tall, elegant birch trees, contorted beech trees-shaped by their fate, stoically standing the test of time-huge ancient sweet chestnut trees, and many other species, each with its own unique characteristics. The journey ends with a landscape featuring Asian palm trees, which are steadily moving into lowaltitude woodlands. In Ponte Brolla, the gateway to the Vallemaggia, you can admire the gorge that channels the water of the entire catchment area of the Via Alta. Your long journey ends here, at 250 metres above sea level: Time to celebrate the completion of an Alpine adventure like no other!





## **Safety**

The Via Alta Vallemaggia alternates between mountain trails (T3) and Alpine routes (T4 - T5-) and includes short exposed stretches (risk of falling) and climbing sections. The trickier sections are often equipped with chains or staples.

The walking times indicated refer to walking time without breaks and are calculated on the basis of parameters defined by Swiss Hiking Federation and experience. The actual walking times will therefore generally be higher, especiallyfor longer stages.

#### The following are therefore required:

- Good experience in the alpine environment
- Good physical condition
- Detailed planning (current conditions, weather forecast etc.)
- Sure-footedness off the marked trails and a head for heights

#### **Recommended equipment:**

- Good hiking boots
- Suitable clothing
- Sunglasses and sunscreen
- Map with a scale of 1:25,000, altimeter, compass, and, if possible, GPS
- Travel pharmacy and emergency thermal blanket
- Sufficient food and drink
- Identity card and cash (francs and euros)

#### Not to be underestimated:

- High elevation
- Sudden weather changes
- Presence of snow at the beginning of the season
- Trekking time (particularly when hiking in large groups)
- Often no mobile coverage
- Lack of drinking water sources along some sections

#### In an emergency:

- Keep calm
- Protect injured persons and people in difficulty from further danger, the cold and bad weather
- Lend first aid
- Call for help and start rescue operations; never leave injured persons alone
- Think about your own safety, too

Swiss REGA air ambulance service: 1414

**Generaly emergencies (international): 112** 

When you call 112, your call is automatically transferred to the relevant emergency unit (ambulance, police and fire brigade). 112 can be called via the GSM network even if your SIM card or mobile phone are blocked.







## **General information**

Some huts open as early as June, when the connecting sections are usually still covered in snow. Generally, the best season for trekking is between July and September/October. However, even in the height of summer, you are advised to contact the guardians to check the state of the route. Overnight stays must be booked in advance in order to avoid unpleasant surprises and find oneself without accomodation.

## Information about the trail

On the website viaaltavallemaggia.ch at each stage described you will find a card (downloadable in .pdf format) with all the technical information.

For information on the trail, please contact the Via Alta Vallemaggia Association:

info@viaaltavallemaggia.ch

Chairman of the Via Alta Vallemaggia Association: Matteo Zanoli, Tel. +41 79 221 65 41.

The Association is also responsible for the overall quality of the tourist offer and welcomes all suggestions as an opportunity for continuous improvement.

## **Tourist information and accommodation**

For general tourist information on the Lake Maggiore region and accommodation (mountain huts etc.) along the Via Alta Vallemaggia trail or for any complaints regarding the same, please contact the Ascona-Locarno Turismo tourist office.

Tel. +41 (0)848 091 091 info@ascona-locarno.com ascona-locarno.com

## **Useful links**

## viaaltavallemaggia.ch

meteosvizzera.admin.ch (meteorology)
schweizmobil.ch (topographic map)
trekking-sicuro.ch (safety)
cardada.ch (cable car Locarno - Cardada)
robiei.ch (cable car Robièi)
bosco-gurin.ch (chairlift Bosco Gurin - Rossboda)
inVallemaggia.ch (activities and attractions in Vallemaggia)
capanneti.ch (huts)
ticinosentieri.ch (hiking)



