



Alpi Ledrensi



Sezione di Storo



ALPIEDI LEDRO ALPS TREK

Trekking through
the Rete di riserve
Alpi Ledrensi,
discovering a
unique Nature



SAT Storo and
Rete di riserve Alpi Ledrensi



Created within the Project
LIFE11/NAT/IT/000187 "TEN" -
Trentino Ecological Network



sezioni di Storo, Ledro, Riva del Garda



Comune di
Riva del Garda



Comune di
Bondone



Comune
di Ledro



Comune
di Storo



Comune
di Tenno

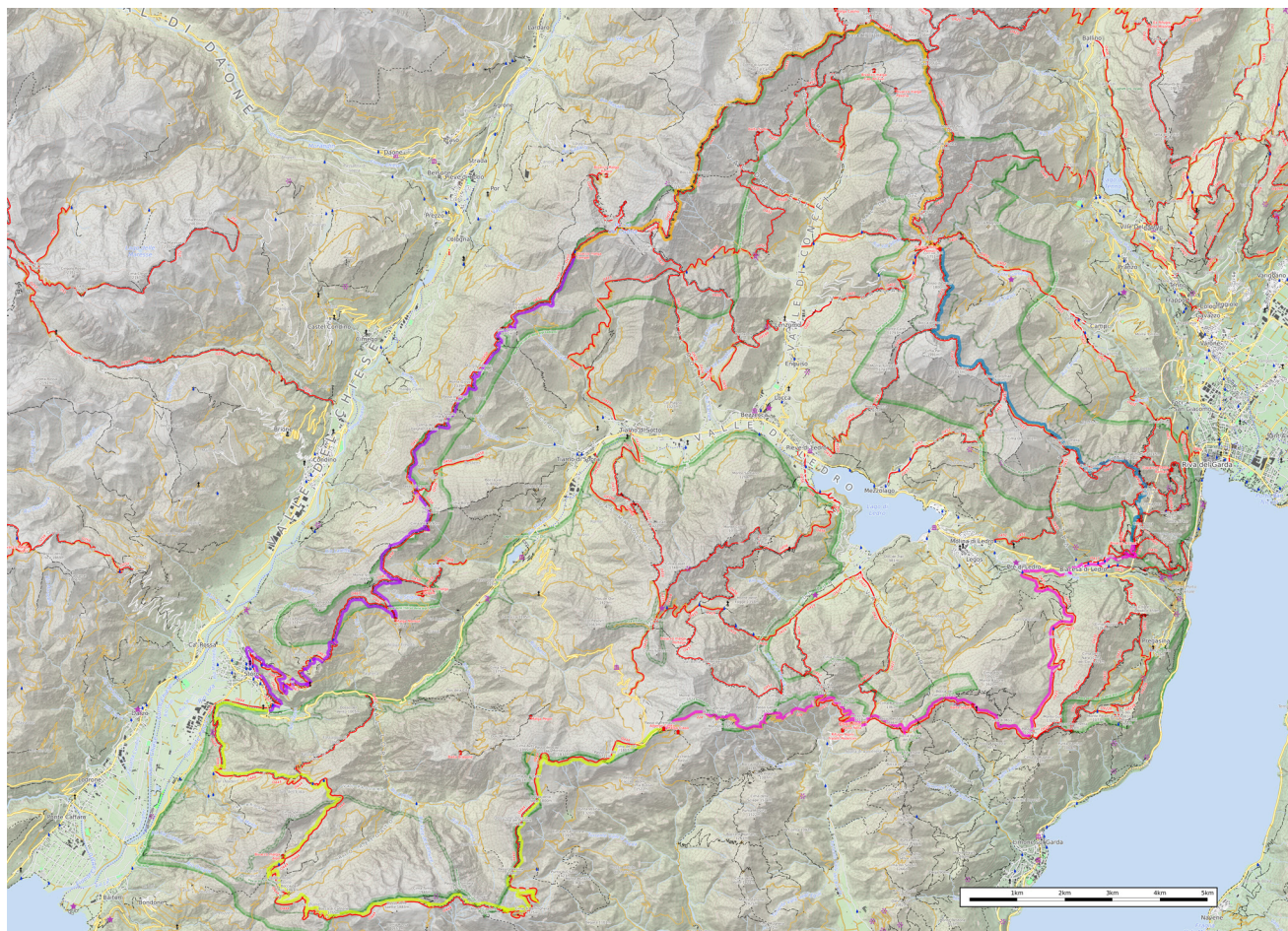


Comunità
Alto Garda
e Ledro



Comunità
Delle
Giudicarie





LEGEND

	Main road
	Municipal road
	Well trodden dirt road
	Untrodden dirt road
	Well-visible path
	Visible path
	Less visible path
	Tourist path
	Path for excursionists
	Path for expert excursionists
	Path for experts / ferrata
	SAT path

	Cycleway
	Cableway / chair lift
	Internal water
	Rete di riserve Alpi Ledrensi
	Protected area
	Building
	Wineyard
	Orchard
	Forest
	Rock
	Tourist office
	Alpine hut

	Backcountry shelter
	Peak
	Mountain pass
	Climbing wall
	Panoramic viewpoint
	Fountain / spring
	Grotto
	Church
	Cross

	Museum
	Tourist interest or naturalistic
	Stage 1
	Stage 2
	Stage 3
	Stage 4
	Stage 5

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Trekking through the
Rete di riserve Alpi Ledrensi
(Ledro Alps Ecological Preserve
Network)
discovering a unique Nature

SAT Storo and
Rete di riserve Alpi Ledrensi

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PREFACE



When knowledge of our own territory, ability to work as a team, passion for mountain and technical and scientific competences merge and there is the willing to make all of this available to everybody, then comes to life a piece of work like this. This is not just a hiking guide, not just a book about the marvelous biodiversity of the Ledro Alps, not just an invitation to the tourist frequentation, not just a list of beauties. This is a good, enjoyable, inviting summary of an extraordinary world, of an enviable shrine, rich in natural and human landscapes, environments and alpine culture, that can be discovered and read only if travelled on foot.

Result of the passionate job of many, it has sprouted by opportunities that have been created over time and where SAT has always been the main protagonist in the construction of relationships, in the nurturing of the exchange, in the provision of real contributes to the knowledge of our territory.

I would like here to highlight the involvement of schools in the creation of the logo, that is just a step of an exemplary collaboration for persistency and meaning. And I would like to underline the contribution that SAT has given and is giving to the Rete di Riserve (Ecological Preserve Network), as much as the recognition of Riserva della Biosfera "Alpi Ledrensi e Judicaria" (Reserve of the Biosphere "Ledro Alps and Judicaria"); the contribution that since ever SAT expresses in concrete terms, with the maintenance of the network of trails, the care for the territory, the study of the environment and the education toward the mountain, the training for youth and adults, the promotion of mountain culture.

Contribution but above all cooperation as a keyword, as a way of thinking and growing together, building always more accurate and well-finished projects, rich in multiple views. We all need to learn, to discover, to read through always different eyes the world that



surrounds us. Because we have it in custody, because we have the responsibility to deliver it better than how we have received it, because the common-good sense regained its real meaning, because we want to transmit to those coming a deep respect for our land. And we have to be the first. This work is going to the right direction, it promotes the sustainability, the real one, it transmits knowledge, it helps to understand the character and the value of a unique patch of the alpine territory.

Thanks to all those who invested in this.

Excelsior!

The SAT President
Claudio Bassetti

The Rete di Riserve Alpi Ledrensi – Ledro Alps Ecological Preserve Network was born three years ago with the ambitious aim of combining the preservation of the extraordinary natural territory of the Ledro mountains together with a smart enhancement, in the direction of a local sustainable development based on the involvement of municipal administrations and citizens. Following the same logic, last year UNESCO has identified in this area the basic requirement to award a prestigious global recognition as the Biosphere Reserve, which rewards a balanced territorial management, devoted to the protection of a biodiversity heritage, as well as to the needs of the inhabitants. In a word, an exemplar area in terms of sustainable development. In this virtuous context the project Alpi di Ledro Alps Trek was conceived and developed; it was actually born from a participatory program promoted by the Province through the Life + T.E.N.(Trentino Ecological Network) Project- an important European project that has defined an innovative approach to the management of Nature 2000 in Trentino, which overtakes the constraint-based approach of conservation in order to promote the opportunities: we have also achieved this through the promotion of integrated projects, able to integrate actions of habitat safeguard and sustainable socio-economic development, both innovative and

participatory. This also happened in the Rete di Riserve Alpi Ledrensi – Ledro Alps Ecological Preserve Network, where citizens, associations, representatives of categories and administrators, with the full involvement of local authorities, have been involved in a process of sharing ideas and projects for a sustainable and intelligent development of their territory.

“Alpiedi” is the realization of one of the nine projects, economically supported by the Province, that came to light from that path: a real project of sustainable tourism, as the result of the collaboration between various stakeholders, shared with administrators and carried on in person by associations, specifically by local sections of the SAT, designed and realized by the inhabitants of Ledro Alps for those who already love or would like to discover this beautiful and hidden part of Trentino.

The result is a long-distance route, which unfolds itself like a thread that ties each protected area of the network, a call to explore the landscape and biological diversity of these mountains, enriched by the signs of the centuries-old work of the people: the best presentation for the UNESCO Biosphere “Judicaria and Ledro Alps, from the Dolomites to the Garda”.

A five-day trip to discover the peculiarities of this earth between the Alps and the plain, explained and detailed in a book which is more than a guide on the field, it is instead a key that offers many opportunities and insights for interpreting the complexity of a territory rich in nature and history.

A trek which is more than a concatenation of paths through wilderness and poignant beauty, refuges and bivouacs set on scenic hillsides, it is, first of all, a network of people, woven between geographical areas traditionally separated, which have found themselves to cooperate for a common aim: to share their natural heritage in order to increase knowledge and the bond with the territory.

A network that, with the cooperation of local communities, we are sure will spread out soon, looking for more connections.

Dott. Claudio Ferrari

Sustainable Development Service and protected areas
of the Autonomous Province of Trento

A COUPLE OF WORDS BEFORE TO START WALKING

To enhance, promote and cherish a territory is essential to know it. This is the fundamental belief which has led the SAT of Storo, in collaboration with the Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network), the SAT of Ledro and of Riva del Garda, to design the “Alpiedi - Ledro Alps trek” project, an itinerary divided into 5 stages that goes across the whole territory of the Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network). This is a healthy, sustainable and enjoyable way to learn about an evocative environment and to rediscover the meaning of our connection with nature.

Along with 9 other actions, the project was born from the Active Territorial Forum, open to the public, organized by the Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network) in the area of interest of the Life + TEN project which was financed by the Provincia Autonoma di Trento - Autonomous Province of Trento. In November 2014 the first works began: study of the route, research of partners and contacts. Except for a short stretch, the whole route has been identified following the existing SAT paths, a guarantee given by the experience of the SAT that has always been committed to the maintenance of “their” paths and to the care of the classic red-and-white signage, an essential element for a safe hike.

We hope that this initiative born from a deep love for our land can be, for all of you, an unforgettable experience, one of your “good memories” and an incentive to deepen your knowledge about these magical mountains.

A special thanks goes to Dr. Matilde Peterlini, who coordinated the project in the field of the coordination of the Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network), to Dr. Luca Delucchi for the creation of the map with the itinerary, Dr. Laura Gelmini translator, to the Circolo Fotoamatori Valle di Ledro and to all the other authors of the pictures for kindly have helped us with their beautiful snapshots, to Francesco Rigobello, Paolo Pedrini and Michele Menegon of the Muse, to the staff of the Museo delle Palafitte di Ledro (Molina di Ledro) – Museum of Stilt Houses of Ledro, local branch of the Muse and to Mauro Zattera for the valuable technical consultation; to the municipal administrations of Storo, Ledro, Tenno, Riva del Garda and Bondone who believed in this project, to the SAT of Ledro and Riva del Garda and to the Pro San Giovanni di Biacesa Association for the partnership, and finally to the SAT of Storo management who conceived and edited the whole Trek.

Good adventure to all!

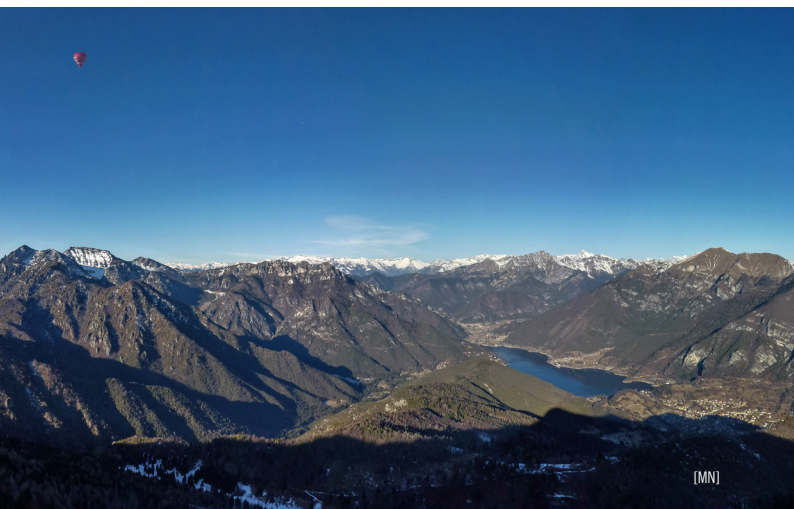
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How to follow the route

Signs are fundamental elements for a safe and aware mountain hike; they are often of different kind, dimension, color and located in different places. The **Alpiedi - Ledro Alps Trek** is almost entirely shaped on the SAT paths, therefore signaled by blazing tables of this type. The SAT blazes are characterized by a red-and-white color and are used to indicate the continuity of the trail and are normally repeated every 200-300 meters if the path is evident, otherwise at shorter distance.

They are placed at the main crossings and show the path number, the direction of the localities of destination, the time needed to reach them for an average fit excursionist and the path number. In order to help with the identification of the path, the blazing table reports the logo "Alpiedi Ledro Alps Trek".



ALPIEDI: A TREK CHASING NATURE



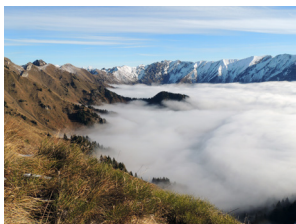
Autumn in Trät (RM)

With the warm autumnal colors or with the amazing spring blooms, with gothic winter atmospheres or with the intense and regenerating summer greens, whatever it is the season you chose to discover the Ledro Alps, surely an unforgettable sensorial adventure is waiting for you. You are going to enter a precious and special reign where nature keeps millions-of-year-old secrets, nestled into rocks, visible in their color and



Forest vibe (RM)

shape and incarnated in the many animal and vegetal species you will have the chance to meet. Involving yourself into this ancient reign, into this forest of jagged peaks, of old woods, of silence and stunning views, you will have the opportunity to meet unique species, which are impossible to find anywhere else in the world, or so rare to require special protection on a National and European basis. You will learn about endemism and glacial relicts, flora and fauna peculiarities, survived since the Ice Age, that found a shelter on these Nunatak, rocky islands emerged from the glacial mantle, surviving the test of time. A reign where the shape of the territory tells about the time when these mountains used to be a seabed and about how the unmistakable outline of these mountains,



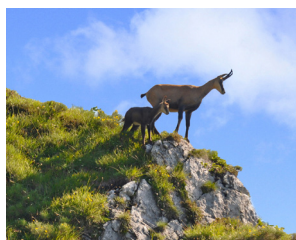
From Tofino to Roda [AdG]

providential interruption of the Alpine barrier, allows, every Autumn, the passage of thousands of migratory birds heading South. In this magic environment, where the scarce anthropization facilitated the maintenance of undamaged conditions and of a high degree of naturalness, you will find a rich biodiversity: a universe of plants, each one strategically adapted to a different environment and micro-climate developed within these mountains. The mild breeze coming from the Lake Garda tempers the mountain sides with its influence, conditioning the flora and the habitat and, as a consequence, the inhabitants of this special “garden”. There are the limestone crests, scree slopes and bluffs at high altitude where the vegetation becomes compact and tiny, trying to adapt to the critical

conditions of the faint soil, wide temperature range, rough wind and strong exposure to solar radiation. Here, among spectacular colors and shapes, you will be able to spot some of the many beautiful endemism who made these mountains famous, being species geographically spread in limited areas, visible only here and in fewer other places.

Mountain inhabitants

Habitat variety, specific position in the Southern Alps contest, scarce anthropization, high level of wilderness and ancient woods, in part still inaccessible: a combination that makes these mountains an excellent habitat for a rich and



Chamois [LS]

diversified fauna. Some visitors are just occasional, like bears and lynxes, although during the past this area was regularly fre-

quented by both of them. The bear, Bleggio plains' favorite, was able to easily reach Ledro. On Mount Cadria uplands, thanks to the re-introduction done in the Upper Garda area, it is possible to hear the whistle of the groundhog.

Among the Mustelids, weasel and beech marten are regulars of these woods, moreover on the Mount Alpo of Storo has been spotted the marten, and uncertain is instead the presence of the ermine. A group of steinbocks, likely to be arrived after the reintroduction realized at the end of the 80's in the Bresciano Upper Garda area, spends winter in the wild and less popular Val Lorina (on the way to Storo from the Ledro area). Mount Cadria and Mount Tremalzo summits, on the edge with the shrubs and mountain pines area and the highest zones, are populated by copious chamoises. Lowering down, the Casèt and Val Concei area are good places to listen to the deer's touching bell. From a low altitude to the edge of the wood, it is pretty common to see the

roe deer, still prosperous despite undergoing the intensive hunt struggle, the gradual reforestation and the field fertilization.



Atalanta [LS]

The many habitats in the Rete di Riserve - Ecological Preserve Network host many different species of reptiles and amphibians. The humid zones of the valley floor, like Lake Ampola, are populated by fish like the common toad, the frog *Rana Temporaria* and somewhere the lizard *Lucertola zootoca carniolica* which typifies uniquely this environment. In fact it has a very peculiar own history: until not long ago this lizard who lays eggs was considered a subspecies of the Viviparous Lizard (*Lucertola zootoca vivipara*) that gives birth to alive offspring. Recent genetic studies demonstrated a neat separation among the two species

and Lake Ampola, in Trentino, has been one of the first sites where the new specie was identified with no doubt. Unlike the Viviparous Lizard, who lives at higher altitudes and in quiet environments, the *carniolica* doesn't disdain the valley floor and anthropized environments.

From the top to the lake following the songs



Cinciarella [Arch. M]

Air traffic enlivens high altitude zones. Many Passerine birds like the Wheatear (*Oenanthe oenanthe*), the colorful Common Rock Thrush (*Monticola saxatilis*) or the Water Pipit (*Anthus spinoletta*) and the Prunellidae, like the Alpine Accentor (*Prunella collaris*) populate the grazing lands and the summit areas. Summer migratory birds like the Lesser Whitethroat, *Sylvia curruca*, and the Dunnock, *Prunella modularis*, populate the mountain

pine forests of the upland. Considerable is as well the sighting of two couples of Golden Eagle at Val Concei, Riva and Storo. Descending through the prairies dwelled by Rock Partridges (*Alectoris graeca*) and Short-Toed Snake Eagles (*Circaetus gallicus*), puffs and gurgles reveal, during spring time, the presence of the Black Grouse (*Tetrao tetrix*).

More downstream, getting into the woods, the Tetraonidae kingdom begins. Snaps and spring “dances”, along the Mount Tremalzo, Val Concei and Pichea Rocchetta slopes, mean that we are entering the reign of the biggest of the Tetraonidae: the Grouse (*Tetrao urogallus*), king of the forest together with the Hazel Grouse (*Tetrastes bonasia*). Goshawks and sparrow-hawks are the daytime hunters of spruce fir (the former) and white fir (the latter) forests.

At nighttime the forest becomes the hunting camp for small and mysterious birds of prey, like the Pygmy Owl (*Glaucidium passerinum*) and the Boreal Owl (*Aegolius funereus*).

At the end of wintertime the

hammering of the woodpecker echoes in the trunks, while on trunks of mixed forests, at 5-6 meters above ground, you might be lucky enough to spot the “dwellings” of the most rare Grey-headed Woodpecker (*Picus Canus*), a particularly protected species.

The warmest sides, facing Lake Garda, are instead inhabited by thermophilic species like the little Rock Bunting (*Emberiza cia*) or the little passerine Bonelli's Warbler (*Phylloscopus bonelli*).

Further down, along the Garda Lake shores dominated by Mediterranean vegetation, it's not rare to meet typical species of these places like the famous Rock Thrush (*Monticola solitaries*), or the Melodious Warbler (*Hippolais polyglotta*). The entrance of the old Ponale road results to be a good site for observing the elegant warbler *Sylvia melanocephala*. The sheer cliffs on the Lake shelter the Peregrine Falcon and the Imperial Raven, whilst the tall walls of the valley floor host the Eagle Owl and the Black Kite.



Mountain Ash [AdG]

Ledro Alps: migratory highways

Italy is part of the Palearctic migratory system, that is the group of migratory movements which take place in the Eurasian context or that from this move towards the African continent. For the many species that every year take off the journey, the Alpine Arch represents one of the main barriers to cross. This curtain of rocks is characterized by a complex morphology and high altitudes, where climatic conditions are often critical and highly variable and represents an extremely demanding challenge during the very long journey heading South. Finding suitable staging points is not easy in terms of safety and food supplies, and finding the right passage through mountains is very difficult. On the Alps both the climatic condition and the vegetation are



regulated by the altitude: a 200 meter rise means having to face a temperature one degree lower and, at the valley floor, it's comparable to a shift from South to North of around 200 km. Air travelers, therefore, setting off at the end of summer, are ready to deal with wind, strong temperature range, low temperatures and precipitations. Any adverse event is combined in different ways to the flying habits of each species: there are those who fly at daytime and those at night-time, those who fly high and those who remain lower, those who accomplish thousands of kilometers in a displacement and those who, instead, go through only a few, those who are physiologically fit for large crossings with few breaks and accumulate a lot of fat and those who, not having to reach the sea, compensate with many stops during the journey. Trentino, and particularly the valleys of Sarca, Non and partly the Adige's, is a real migratory highway. Fully crossed by autumnal and vernal routes, this territory

and its complex orography lead the migration flows with its shapes. Along this obstacle track, the staging points are essential in order to recover energies and feed themselves and to stop in case of critical conditions. Migratory birds will only stop for a few hours or at most a couple of days and then set off in search of the crossings that will lead them to overcome the mountains. In order to facilitate their rest and to ensure a safe stop-over, the European Union has established to designate appropriate protected areas to allow animals to stop without suffering of any anthropogenic or environmental stress. In 1979 the Bird Directive (79/409/CEE) established the ZPS (Special Protection Areas) with the purpose of maintaining and arranging suitable habitat for the conservation and the management of migratory wild bird populations. Under positive climatic conditions and clear sky, migration takes place at altitudes between 1000 and 2000 meters. Therefore in these days migra-

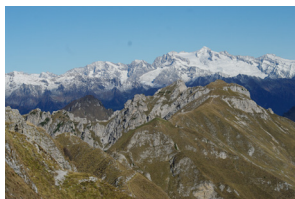
tion tends to concentrate where orographic conditions force the birds to follow narrow valleys and, in a particular way, nearby mountain passes. This is why these places can be considered strategic areas for migrations, real “bottlenecks”. In the Ledro Alps these points of passage are different, many of which are crossed by this trek; every year from late August to November, millions of birds of over 150 species fly across this sky and attending the spectacle of migration on these ridges is a breathtaking experience. Up here there is one of the most famous crossing places, the Bocca di Casèt (Mouth of Casèt), on Mount Tremalzo, where researchers of the Muse (Science Museum of Trento) annually perform ringing and monitor the activity of the species



View from Bocca di Casèt (Mouth of Casèt) [LS]

passing by. Along the way you will encounter many other unavoidable passages such as: Bocca di Trat (Mouth of Trat), Bocca di Saval (Mouth of Saval), Giunella, Alpo of Storo and Bondone, Passo di Nota and Brestana (Pass of Nota and Pass of Bestana).

When rocks speak



Doss della Torta [AdG]

The Ledro Alps are a complex stage, full of off-stages and levels that follow one another in a complex system of narrow valleys, jagged peaks and steep slopes. An extraordinary geological composition arose from a unique history, that followed a route with different dynamics than the rest of the territory.

The history of the Ledro Alps is special in the Trentino environment, as it generated a manifold and jagged landscape. Going up to



the heights of these valleys takes you under the impression of finding yourself in the middle of a fantasy novel, where rocky pinnacles, narrow valleys, steep walls, are guardians of natural wonders such as beautiful lakes, quiet streams and enchanted forests.

A unique geological landscape

The wild and rugged appearance that distinguishes the landscape of the Ledro Alps is the result of a unique geological history, that began approximately 230 million years ago and ended at the end of the last glacial expansion, about 12,000 years ago. Venturing through these valleys you will notice, here and there, the presence of outcrops of rock cores in different colors, that reflect the different composition and evident traces reveal the geological dynamics that generated them.

In the Upper Triassic - Jurassic period, from 230 to 140 million years ago, this area was the carbonate bottom of a shallow sea where were deposited the

sediments that later would have formed the Main Dolomite. In this period starts to originate a bundle of faults, known as Ballino - Garda Line, this wide fault will decisively influence the geological fate of the territory. At that time, in fact, to the West and East side of this line which goes though the Lake Garda area, two different sections began to take shape with various rates of subsidence, compared to the Line, and several types of sedimentation. On the Eastern side you will outline the Trento Platform which is characterized by a shallow sea with accumulation of calcareous sediments, whereas on the Western side you will find the Lombard Basin, which sank at a faster rate than the Eastern area and therefore was affected by siliceous and limestone sedimentation, typical of deep waters. The rocky outcrops in the latter section are characterized by a dense layering. The rocks consist mainly of solid limestone sludge, rich in flint and organic matter.

At the Dos della Torta are still visible some fossil remains

of the inhabitants of the sea, whilst at Mount Tofino the layers of limestone and flint rocks are evident. The responsibility of the complexity of this landscape, however, goes not only to the geological dynamics of the remote past but also to the important action of glaciers, which wrapped these valleys, with a maximum coverage reached 20,000 years ago. The Garda valley and the valle del Chiese were occupied by two strips of ice. Even the Ledro valley, before the last glacial expansion, was probably occupied by ice that connected the glacial Gardesana strip to the other glacial strip in Valle del Chiese.

As time went by, however, the ice in this valley withdrew. Only two attachments of the Chiese and the Garda glaciers carried on pushing respectively



Concei Valley and Lake Ledro [18]

until the Ampola valley and Ponale valley, leaving the interior of the valley free. During this period originated the moraine arches that support the Lake Ledro on the Eastern side.

The frost weathering, generated by the presence and the melting of the ice, together with the ice mass motion have substantially contributed to shape the landscape and to crumble the rocks. During the last Ice Age, the Ledro Valley was, therefore, an area not covered in ice, becoming then a shelter for many plant and animal species that still populate it.

Endemism and glacial relicts: the treasure of the Ledro Alps

Due to the fact that these areas were free from the covering of the ice, they became particularly suitable for some plant species that still live there; in addition, the different ecological and geological conditions from the rest of the territory originated an island of uniqueness that was colonized by species which specifically developed themselves in relation to these features.



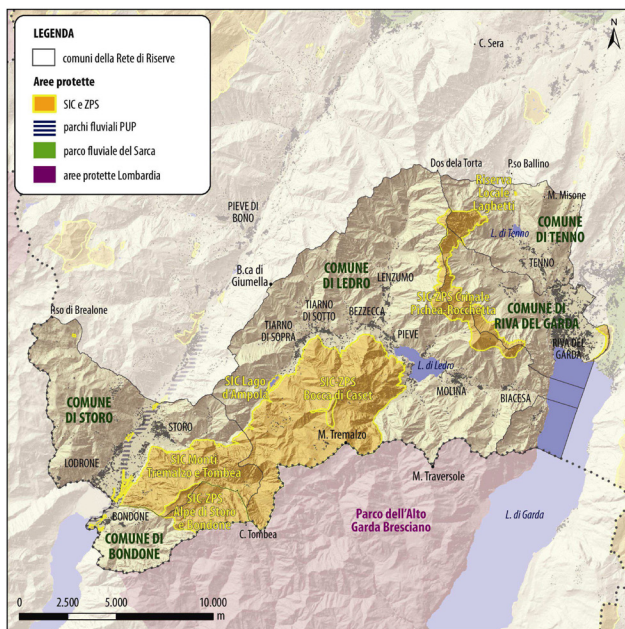
There are several reasons that make the Southern Alps area a place with a certain amount of concentration of endemism, i.e. species that can be found in a defined geographical section, that can be as big as a continent or just as small as few hectares and that can no longer be found over the borders.

The chain of Mount Tremalzo and Tombea welcomes 21 of these endemic species, representing the place with the highest concentration of endemic species all over the Trentino area. The global importance of some of these species is attested by their presence in the World Red List (database that records the state of conservation of several plant and animal species on the planet) with the words “endangered”. Their disappearance from this area, in fact, would mean their extinction on a global level. During your excursion you may have the chance to meet some of these precious inhabitants, that from the 1700 onwards have made the happiness of naturalists and botanists. In particular in the 1800 several spe-

cies “new for Science” were found in these mountains.

The ecological preserve Networks

During your hike you will have the opportunity to pass through different types of protected areas. Most of these areas were defined by the European Habitats Directive in 1992 and the Birds Directive in 1979, respectively as Special Areas of Conservation, intended for the protection of particular species or habitats and Special Protection Areas, dedicated to birdlife instead. In Trentino these special protected areas are around 150 and altogether make up a Conservation network, in the European environment, known as Nature Network 2000. The Province of Trento, with the Law n.11/2007, has established a new tool for managing and safeguarding the protected areas in the provincial territory. This tool is called Rete di Riserve (Ecological Preserve Network). By means of this network, the Province, aware that every valley, every single part of its territory has unique so-



Carta del contesto amministrativo e delle Aree Protette

Ledro Alps Ecological Preserve Network map [PAT]

cial and natural needs, delegates to municipalities part of the management of the Protected Areas which are included within their territory. The provincial area, as well as the European territory, includes a dense network of protected areas called the Nature Network 2000. This network of protection aims to safeguard habitats and species at risk of extinction and preserve a rich, healthy and diversified environment in order to guarantee to us, and to our descendants, a high quality of life and an

intact nature, as much as possible.

The municipalities which belong to the Ecological Preserve Network exert their autonomy of management and protection elaborating, in a collaborative and shared way, a management plan which identifies the steps and the most suitable measures in order to preserve the environment, to prevent the loss of biodiversity and to support the sustainable development of the territory. The Ecological Preserve Network is a tool



available on the territory with the purpose of optimizing the active protection of its natural heritage and of promoting the participation and collaboration of everybody to the preservation, enhancement and development of their homeland.

MAB and the Biosphere Reserve

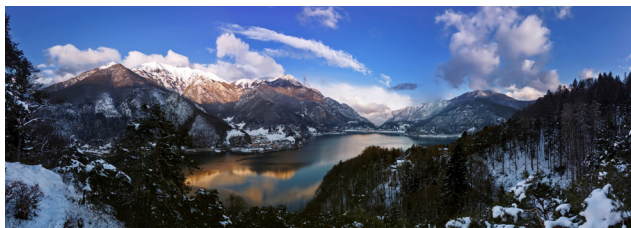
The territory of the Ledro Alps is included in what, in June 2015, has become the Biosphere Reserve. An area of 47000 hectares extended from the Ledro Alps to the Giudicarie Esteriori. "Biosphere Reserve" is an international award, a sort of seal of excellence, which is granted by UNESCO to those territories that have been able, in a well-balanced way, to manage the relationship between man and environment and that are committed in the direction of sustainable development for the future, with the full involvement of local communities. Biosphere Reserves are included in the UNESCO program called MAB (Man and the Biosphere), a program created with

the aim of promoting the protection of biodiversity through sustainable development and encouraging a balanced collaboration between man and nature.

Biosphere Reserves involve three categories of territory according to the type and the presence of human activities that take place there: there is a *core area* that includes the most valuable areas, already under protection (such as stilt houses in Fiaavè, Molina di Ledro and the Brenta Dolomites); a *buffer zone* which is dedicated to research and educational activities, and where cultivation and breeding are implemented with traditional techniques and, finally, a *transition area* where to promote and develop policies for a sustainable management of the resources. Nowadays, in Europe, there are 166 Biosphere Reserves, 10 of which are located in Italy.

Ledro Alps Ecological preserve Network

In the Southwestern province of Trento, the sites of the Nature Network 2000, the local and provincial



Valle di Ledro - Ledro valley (MN)

Reserves belonging to the municipalities of Ledro, Storo, Bondone, Riva del Garda and Tenno, gathered to assemble the Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network), one of the six Ecological Preserve Networks located in the Province of Trento.

The area of the Ledro Alps is one of the most significant sites on a provincial level, from a naturalistic point of view. The wide extension of the scarcely urbanized territory offers a high rate of naturalness that makes this area unique.

The spectacular nature and variety of landscapes that characterize this area, the high number of endemism and vegetal diversity, favored by local microclimates, make it a rich and diversified focal point for visitors, specialists and enthusiasts; whereas its

geographical location, along the Italo-Hispanic migration route, makes the area a favorite passage and great observation site thanks to a large number of bird species, as well as an important ecological passageway for the North-South crossing of ungulates and carnivores. From the Mediterranean environment of Lake Garda shores to the alpine meadows on high altitude, this territory offers to its visitors an uncommon example of biodiversity and environmental richness. The Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network), nowadays, consists of 4 types of protected areas: ZSC (Special Areas of Conservation), ZPS (Special Protection Areas), a Local Reserve and a Natural Provincial Reserve.

Reserves: Lake Ampola (Natural Provincial Reserve



and ZSC), Crinale Pichea (Pichea ridge)- Rocchetta (ZSC and ZPS), Bocca di Caset (Mouth of Caset) (ZSC and ZPS), Tremalzo and Tombea Mount (ZSC), Alpo of Storo and Bondone (ZSC and ZPS), Lakes of Tenno (Local Reserve).

How to get ready

Nothing else than few days of trekking into the wild make us enjoy a sense of freedom and awareness of our position in the world. We forget the noise of the city with its chaotic rhythms and its uninterrupted demands and we rather have the chance to discover a world of colors, scents, shapes and sounds which re-tune us with the environment that hosts and supports us. However, in order to fully enjoy this adventure, to be able to taste each moment, to be completely aware of the situation and to be able to control it, we have to analyze our mission and our equipment very carefully. A good planning is, absolutely, a great part of the success of our trek. Everything must be well assessed according to the type

of environment we will venture in. A journey through the forest requires quite different measures from a vertical climb towards the summit. The knowledge of the ecological characteristics of our destination is essential to filter the equipment. Travelling lightweight is the goal, but in order to achieve it we need to remember some important things. First of all: the geography of our equipment. Even backpacks have their own logic that must be followed if we want a smooth carriage instead of a painful one. The less frequently used items, such as keys and wallets, should be collected in the inner pocket of the document holder placed in the hood. The first-aid kit and protective clothing have to be easily available and therefore should be arranged at the top of the backpack. In the side pockets we can put everything we may need along the way: maps, GPS or compass, toilet paper, water bottle, chocolate. Cooking utensils, food, clothing and personal objects should be placed as close as possible

to the back. Heavier things go to the top whereas other things, which we may use not so often, can be situated at the bottom of the backpack together with the thermal blanket.

Outside of the backpack we should place, instead, the trekking sticks, tied with specific straps on the side in order to make the tips harmless. The tent and the isolating mat go outside, always tied with straps. Now let's talk about the content. Concerning the clothing is good habit to remember that the weather can change, more or less quickly, therefore it is useful to be ready for everything. A tarp to cover your backpack, a small umbrella and a spare clothing change (perhaps kept in a plastic bag) are a must. Concerning again the clothing, it is good to consider the "onion structure" which gives the possibility of overlaying several layers of fabric, depending on the different meteorological conditions. A wrong pair of shoes can ruin a nice trek, so it is always good to keep a spare pair, maybe a pair of sneakers and even a pair

of slippers whether is possible. It may be useful to bring also a small towel, better if it is a synthetic one easily compressible, which dries quickly and occupies little room. Don't forget to cut your toenails!

To not miss out anything of the extraordinary biodiversity that you will have the chance to observe, it is a good idea to bring a binoculars. For the most curious people we recommend to carry also a small magnifying glass in order to spot even the smallest details and, if the backpack is not already too heavy, you can also bring a short guide to identify animals, plants or mushrooms. While you are having a break in a bivouac, you can dedicate yourself to the observation and the study of the biodiversity of the surrounding area.

In the bivouacs of Mount Alpo and Malga Campel there is the opportunity to cook and are provided cookware, plates, glasses and cutlery.

In the bivouacs you can also find beds but they are not supplied with blankets and mattresses.

WHAT TO BRING

Equipment

Food supplies
Beverages
Thermos flask
Knife
Sunglasses
Gloves
Backpack + backpack
waterproof cover
Poncho or umbrella
Boots (Gore-Tex)
trekking poles
Sunscreen lotion
Mobile phone
Compass and altimeter
Topographic map
Digital camera fully
charged!
Binoculars
Standard Band-Aid and
in roll
Toilet paper
CAI-SAT membership card

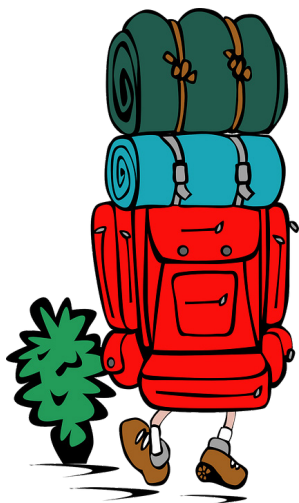
Clothing

Anorak / wind jacket
Fleece or sweater
Peaked cap or headscarf
"edelweiss"
Spare t-shirt and socks
Breathable shorts and
pants
Towel

FOR SOME EXTRA DAYS...

Underwear + spare socks
Sheet bag or sleeping bag
Thin camping mattress
LED frontal light

Matchsticks or lighter
Firelighter
First-aid kit
Food



HOW TO USE THIS GUIDE

The guide is divided into chapters and each of them describes one of the five stages of the route. For each stage, you will find a page which provides the detail of the map of that stage and an altimetric profile of the route. You will also find the description of the stage with all the technical data of the excursion: length, difference in altitude, path numbers involved in the stage, equipped or not refreshment points along the way (**“equipped”** means always open bivouacs supplied with the necessary equipment for the overnight. **“Not equipped”** rather means structures whose openness and availability are not sure). Range of difficulty of the path are indicated as follows: E hikers (excursionistic) , EE Expert hikers. Remember that there is water shortage on the high altitude. In this introduction you will be given some useful information, such as emergency phone numbers or emergency procedures in

order to call the mountain rescue. Moreover are highlighted the access points to the hiking, in case you would like to start from an intermediate stop, or suspend the trek before completing it, or in the event you choose to go through individual stages not included in a single trek.

For each stage you can find some information about curiosities linked to the territory and naturalistic descriptions of flora or fauna that you can find on your way. In the pages at the end of the five stages, you will find some pictures of the species you may encounter on the way.

In the **“Dulcis in fundo”** section you will find some suggestions that can help you to make your hiking a real and fun “mission”; you will also find some interesting curiosities of the conceptual and graphic choices that were made for this guide.

At the end of the guide there is a list of some recommended places to visit nearby, companies where



GUIDA alle ESCURSIONI GUIDELINE to EXCURSIONS

Poche regole utili e intelligenti possono salvare una vita.
Ecco un vademecum semplice ma efficace per prevenire incidenti e trascorrere una felice giornata in montagna.

*Poche Some useful and intelligent rules can save a life.
Here is a simple but efficient vade-mecum to prevent accidents and spend a happy day in the mountains.*



1



PREPARARE IL VOSTRO ITINERARIO
PREPARE YOUR ITINERARY

2



SCIAGLIETE UN PERCORSO ADATTO ALLA VOSTRA PREPARAZIONE
CHOOSE A ROUTE APPROPRIATED TO YOUR PHYSICAL DEGREE OF FITNESS

3



SCEGLIETE EQUIPAGGIAMENTO ED ATTREZZATURA IDONEI
CHOOSE THE RIGHT EQUIPMENT

4



CONSULTATE I BOLLETTINI NIVOMETEOROLOGICI
CHECK THE WEATHER FORECAST

5



PARTIRE SOLI È PIÙ RISCHIOSO
HIKING ALONE IS MORE RISKY

6



LASCIATE INFORMAZIONI SUL VOSTRO ITINERARIO E SULL'ORARIO APPROSSIMATIVO DI RIENTRO
PROVIDE INFORMATION ABOUT YOUR ROUTE AND YOUR APPROXIMATE TIME OF RETURN

7



NON ESITATE AD AFFIDARVI AD UN PROFESSIONISTA
DO NOT HESITATE TO ENTRUST YOURSELF TO AN EXPERT PERSON

8



FATE ATTENZIONE ALLE INDICAZIONI E ALLA SEGNALETICA CHE TROVATE SUL PERCORSO
PAY ATTENTION TO INDICATIONS AND SIGNAGE ALONG THE WAY

9



NON ESITATE A TORNARE SUI VOSTRI PASSI
DO NOT HESITATE TO RETRACE YOUR STEPS

10



IN CASO DI INCIDENTE DATE L'ALLARME CHIAMANDO IL NUMERO BREVE 118
IN CASE OF ACCIDENT CALL FOR HELP DIALING THE NUMBER 118



Per attivare il Soccorso Alpino chiamare il numero telefonico breve 118

In order to call the Rescue Service dial the phone number 118

FORNIRE LE SEGUENTI INFORMAZIONI RISPONDEDO DETTAGLIATAMENTE ALL'INTERISTA DELL'OPERATRICE:

- Luogo esatto dell'incidente
- Attività svolta
- Numero delle persone coinvolte
- Numero dei feriti e le condizioni sanitarie degli stessi
- Condizioni meteorologiche sul luogo dell'incidente
- Recapito telefonico da cui si chiama

PROVIDE THE FOLLOWING INFORMATION, ANSWERING TO THE OPERATOR WITH AS MANY DETAILS AS POSSIBLE:

- The exact place of the accident
- The activity that was taking place
- How many people are involved
- How many injured people and their medical condition
- Weather conditions at the place of the accident
- The phone number you are calling from

Per favorire al meglio l'intervento del Soccorso Alpino:

- Lasciare libera la linea telefonica dalla quale si sono allertati i soccorsi
- Mantenere la ricezione del telefono, dove la ricezione è limitata evitare di spostarsi dal luogo di chiamata
- Mantenere e diffondere l'autocontrollo
- Concordare con il Soccorso Alpino tutte le azioni che si ritengono da compiere

In order to facilitate the Rescue Service action to the best:

- Keep available the phone line used to call for rescue
- Stay where the phone has good reception, do not move from the place of calling
- Keep calm and help others to do the same
- Agree with the Rescue Service on all the actions they believe must be taken



COSA METTERE NELLO ZAINO equipaggiamento per un'escursione diurna:
WHAT TO PUT IN YOUR BACKPACK equipment for a daytime excursion:

1. Giacca e copri pantaloni impermeabili e traspiranti
Breathable and waterproof jacket and overpants
2. Maglietta di ricambio
Spare t-shirts
3. Copricapo
Cap
4. Guanti
Gloves
5. Occhiali da sole
Sunglasses
6. Telefono
Mobile phone
7. Set pronto soccorso
First aid kit
8. Borraccia piena
Full water bottle
9. Cibo
Food
10. Carta
Map
11. Fischietto
Whistle
12. Macchina fotografica
Camera
13. Binocolo
Binoculars



Soccorso Alpino
Servizio Provinciale Trentino
soccorsopalpinotrentino.it



to shop, places where to stop to eat or sleep, divided into different areas.

IMPORTANT! Before you set off make always sure that the overnight facilities are open.
Enjoy your walk!

USEFUL NUMBERS

Between the end of June and the beginning of July for the province of Trento, and starting from January 2017 for the province of Bolzano, the **Unique Emergency Number 112** will be activated, through the creation of a Single Response Centre that will receive the emergency calls addressed to the numbers 112, 113, 115 and 118. The Unique Emergency Number was introduced by the “Universal Service” Directive which allows the European citizens, through the 112, both from landline and mobile phone, to ask for emergency help thanks to an operative centre which is able to sort the different requests to the appropriate terminal.

Therefore, for any circumstance, **112** is the number you need to dial. On the Brescia area, however, the number 118 is still active.

Arco Emergency Room and Hospital

Via Capitelli 50

Tel. +39 0464 582622

Doctor for tourists

Bezzecca (Ledro)

Via Giacomo Cis

Tel. +39 0464 591207

Tourist information

Consorzio Pro Loco Valle di Ledro

Via Nuova 7

Tel. +39 0464 591222

Provincial Forestry Department (Ledro branch)

Tiarno di Sotto (Ledro)

Piazza Giovanni Bosco 13

Tel. +39 0464 594142

Wildlife Availability - Province of Trento (24/24h).

For special reports on wildlife.

+ 39 335 7705966

SUMMARY DATA OF THE ROUTE

Length: 101.8 km

Total altitude difference (uphill): 5600 m

Total altitude difference (downhill): 5600 m

Maximum altitude: 2240m

Minimum altitude: 400 m

Stage 1: Storo - Tremalzo

Stage 2: Tremalzo - Bivouac Arcioni

Stage 3: Bivouac Arcioni - Bocca di Trat (Mouth of Trat)

Stage 4: Bocca di Trat (Mouth of Trat) - Bivouac Campel

Stage 5: Bivouac Campel - Storo

Intermediate access points

Pieve di Ledro – Mount Corno – Caset	- Path SAT 456b/456
Faggio restaurant – Bocca Ussol	- Path SAT 414
Mezzolago – Bocca Dromaè (Mouth Dromaè)	- Path SAT 453
Piana Pur – Malga Casarino – Passo Nota (Pass Nota)	- Path SAT 421
Tiarno di Sotto – Caset	- Path SAT 416
Tiarno di Sopra – Stigolo	- Path SAT 458
Bondo – Malga Gavardina – Bocca Ussol (Mouth Ussol)	- Path SAT 463
Lorina – Bocca Lorina (Mouth Lorina)	- Path not enumerated
Pieve di Bono – Malga Ringia	- Path SAT 448
Valvestino – Malga Tombea	- Path CAI 67
Limone del Garda – Passo Guil (Pass Guil)	- Path CAI 117
Tremalzo – Rifugio Garda	- road
Bocca di Trat (Mouth of Trat) – Rifugio Pernici	- road
Mount Alpo	- road

ALPIEDI – LEDRO ALPS TREK

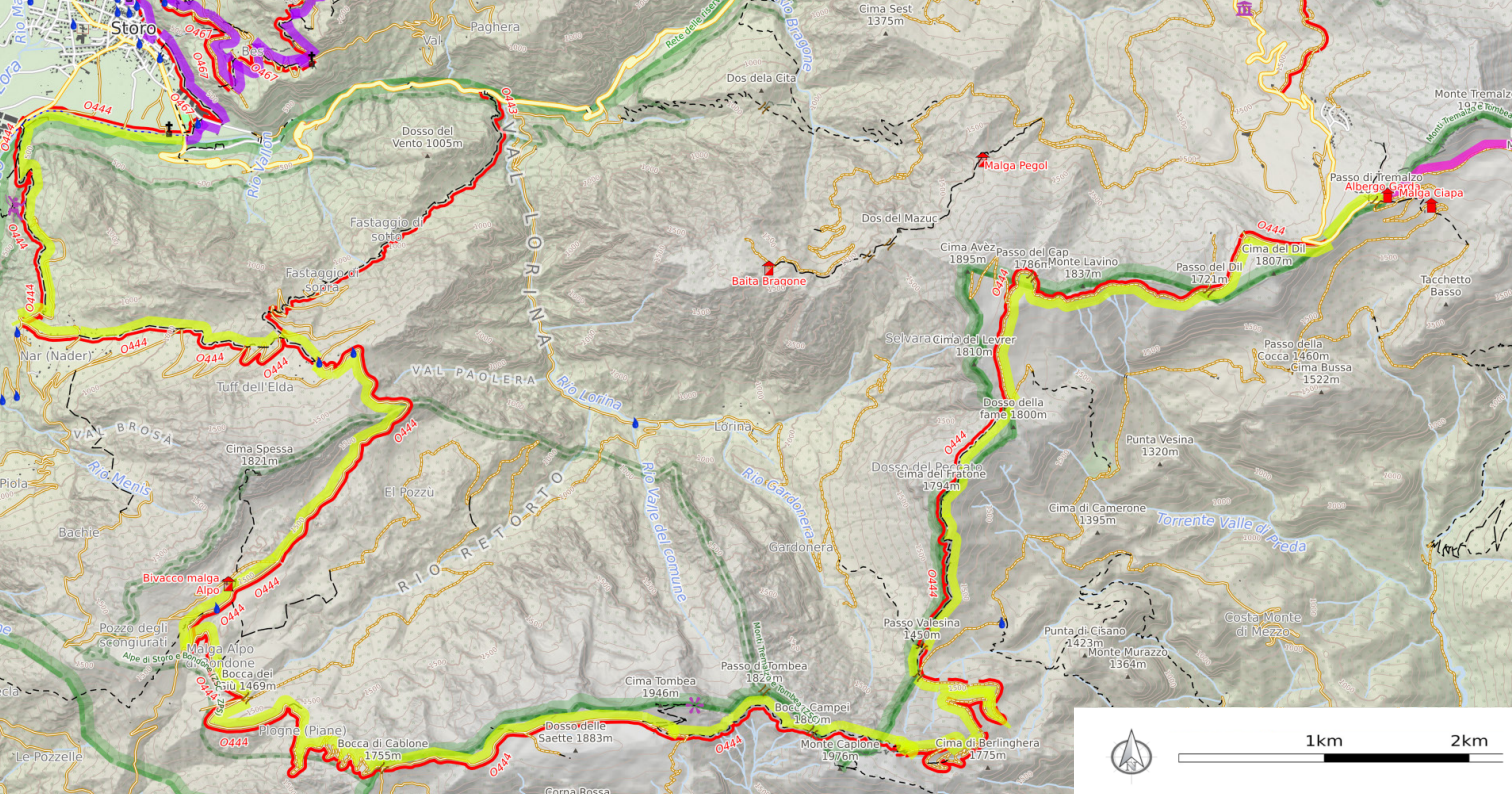




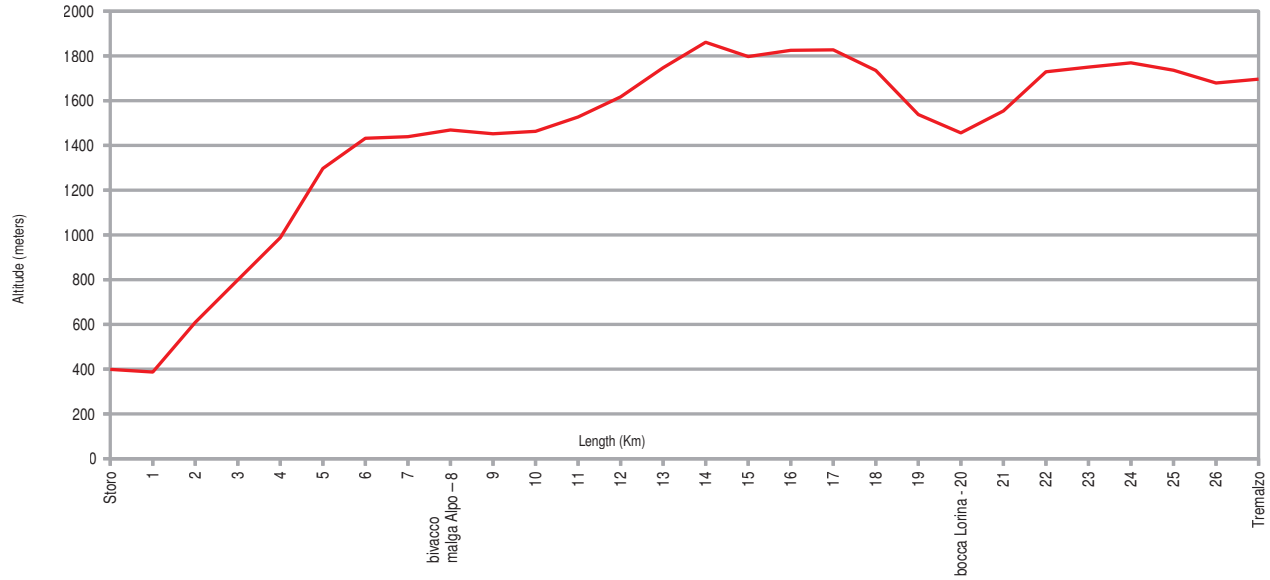
A high-angle photograph of a steep mountain slope. The terrain is rugged, with grey rock faces exposed in several places. Patches of vibrant green moss or lichen cover the rock and the surrounding slopes. Numerous small, dark green evergreen trees are scattered across the landscape, some growing in clusters and others in isolation. The lighting suggests a bright day, with strong shadows and highlights on the vegetation and rock.

Alpiedi – Ledro Alps Trek

Stage 1: from Storo to Tremalzo



Stage 1: from Storo to Tremalzo



Route: Storo, “alle Piane” place, località Nar (Nar place), località Spessa (Spessa place), bivouac Alpo, passo Caplone (Pass Caplone), malga Tombea, bocca Lorina (Mouth Lorina), cima Fratone (Peak Fratone), Prati di Lavino (Meadows of Lavino), rifugio Garda.

Travel time: 10 hrs (8 hrs starting from the bivouac Alpo)

Travel time backwards: 8 hrs

Length: 27 km

Altitude difference (uphill): 2000 m

Altitude difference (downhill): 700 m

Equipped refreshment points: Hotel Firi, Bivouac Malga Alpo (6 beds), Rifugio Garda

Unequipped refreshment points on the route: Malga Tombea, Malga Lorina

NOTE: The route is suitable for all well trained hikers, please consider that travel time is quite long. The itinerary follows completely the SAT 444 path. It is possible to divide this stage in 2 days, with an overnight stop at the bivouac Alpo, equipped with beds for 6 people.



Alpo di Storo - Alpo of Storo [AS]

THE ROUTE

Our adventure begins in Storo, at the place called Alle Piane. We start following the SAT444 path along the cycling path that leads to the Lake Idro and in about 1.5 km, after having crossed the Palvico River on an iron bridge, we take our first ascent. The trail gets now into the wood, hairpin bend after hairpin bend. After a couple of bends we can rest up and enjoy the first open panorama given by this excursion: a beautiful bird eye view on the Valle del Chiese and Lake Idro. Not far from this point we can meet a votive chapel dedicated to Saint Andrew and Saint Rocco and, on the left, a firebreak road that we are not

going to take, proceeding straight ahead instead and reaching, on the right, the summit of the steep Corna del Vescof (that hosts a climbing wall). We go on until we meet again the firebreak road, that now we take, without losing sight of the red and white blazes, and we arrive at the plain of Nar (950 m): a vast extension of meadows filled with beautiful antique haylofts, now elegant mountain cottages for summertime.

Overtaken Nar lawns and gone back on the trail, we can start climbing along the valle del Toàc (Toàc Creek Valley). The path intersects several times the forest road until the point where it meets the



Capitello di Nar - Votive chapel of Nar [DZ]



Alpo di Storo - Alpo of Storo [IB]

SAT 443 path (1300 m) coming from Val d'Ampola - Ampola Valley, proceeding afterwards with softer slopes to the place called Spessa, a very suggestive zone where the particular vibe is created by a succession of traditional stone walls (1380 m). From here, following a wide and comfortable forest road for about 45 minutes, we arrive at Mount Alpo (1500 m). Here there is the bivouac Malga Alpo of Storo.

Just below the former Rifugio Alpo (now closed) the path deviates to the left, leaving the paved road that leads to the quaint village of Bondone, town of the famous "carbonai" (coalmen) that from March to October used to spend the season on mountain slopes, trans-



forming as a ritual wood into charcoal. To them is dedicated the bronze statue in the town square. We proceed on the even trail across firs and tall beeches along an old military road. After this quite flat and paved part we start gradually to rise with wide bends in the middle of a thick bush of mountain pines, following a path partly carved in the rock, until we reach Passo Cablone (Pass Cablone) (1775 m), connecting point with Val Vestino.

Proceeding eastward we pass below Cima Tombea (Peak Tombea) (1949 m), where so many tunnels, trenches and military stations remind of how these mountains, now so quiet and peaceful, have been theatre of the First World War

drama. In around 15 minutes from the alpine hut (malga), we can reach the top of Mount Caplone, aka Cima delle Guardie (Guards' Peak). On the summit the view opens up to all its beauty. It is said that, in a clear sky day, there is a big chance to see even the foothills of the Apennine Mountains. We go back to the military road, descending from the summit. The trail is sometimes totally carved out from the rock, sometimes in a tunnel, sometimes collapsed so it disappears, however always visible and highlighted by blazes. We descend to bocca di Lorina (Mouth of Lorina) (1443 m) where we leave on the right the forest road that comes from the namesake malga (alpine hut), proceeding straight ahead and ris-

ing on the steep crest that looks like a trail before getting into the wood. Where the vegetation is over, the path climbs up on grassy stretches and prongs of limestone for about an hour until arriving at the summit of Mount Fratone (1795 m), after having overtaken a short rocky stretch, equipped with a ladder with iron pegs. We then go down northeastward, passing under the Dosso della Fame, until we reach the forest road that leads to Malga Lavino. Proceeding straight ahead and leaving the hut below us, we follow the dirt road, slightly uphill at the beginning but utterly flat after a while, that takes us to the vast sweep of meadows of Tremalzo and to the Rifugio Garda, arrival point of our itinerary (1685 m).

Vegetal endemic species

There are some species that live just in a specific geographical location. They are the endemic species that can be spread on whole continents or on small areas (narrow endemism). Obviously the more limited the area is, the more rare and precious and preserved the organism is. Its demise from its environment would mean its extinction on a global level.

Coming across a narrow endemism means being so lucky to have the chance to see a unique organism, impossible to see anywhere else. These indigenous species are particularly sensible to climatic change: if any of the ecological features essential to their growth changes, they may not be able to adapt to the change, disappearing forever.

Southern Pre-Alps are particularly rich in endemism, most of them narrow. In the specific, the mountain chain with Mount Tremalzo and Tombea has peaks of 21 endemism, representing a very interesting group. The question is, why all these endemic species are concentrated in this area? There are several reasons: firstly because of the particular eco-climatic conditions of this area, very humid and rainy and with an underlayer of dolomitic limestone. Secondly because of



Daphne petrea [Arch. M]

the fact that, during Ice Age, some of these summits didn't get buried under the ice coat.

On these rocky islands, peculiar species of plants were able to develop and survive to our days.

These are some of the most well known species that you may spot while trekking: *Aquilegia thalictrifolia*, *Daphne petrea*, *Ranunculus bilobus*, *Silene elisabethae*.



Elisabeth's Catchfly (*Silene elisabethae*) [Arch. M]

Saxifraga Tombeanensis

You might be lucky enough to meet along the way a real celebrity of the natural world. It is the Saxifrage of Mount Tombea. A unique and little garish flower, tiny but tough, that takes hold of the small amount of soil present in the rocky clefts in order to grow and live among the limestone of this corner of Trentino. This flower is one of the endemic species of this botanical paradise, this is the only place in the world where it sprouts. For this reason during the last century many foreign scientists came over with the only purpose of providing proof of the existence of this legendary flower.



Saxifrage of Tombea (*Saxsifraga tombeanensis*) [Arch. M]

Saxifraga Tombeanensis: How to recognize it

Family: Saxifragaceae. Its name originates from the latin “saxum” (stone) and “frangere” (to break) meaning “plant able to break stones” because of its ability to sprout out of rocks. Blooming period: May.

Aspect: This perennial plant forms thick cushions able to grow to a diameter up to 20 cm, made of wooden pronged stalks, 5 to 10 cm long, which carry rose-cut bunches of leaves, one on the other one, like shingles on a roof. Flowers are white, appearing generally in small groups of 2 or 3, with 5 petals. It grows on limestone or dolomitic vertical cliffs, compact or cracked. Its altitudinal distribution ranges from 1000 to 2000 metres.



Saxifrage of Tombea (*Saxsifraga tombeanensis*) [Arch. M]

Emerald toad: weird presences at high altitude



Emerald Toad (*Bufotes viridis*)

Meeting an emerald toad at over 1600 meters would leave astonished and speechless many herpetologists. This animal in fact normally lives at medium-low altitudes, where it is able to reproduce even in the brackish water of the Venice Lagoon.

Females can lay up to 13000 eggs, shaped as long threads similar to pearl necklaces. The Emerald Toad is able to survive in very dry areas and to reproduce in temporary water puddles, providing that no fish is in. Its existence on Mount Tremalzo tells a lot about the climatic peculiarity of this area: the effects of the mild temperatures coming from the Lake Garda affect the ecology of the sides of the mountains, and somewhere the high altitude becomes medium.

Nocturnal birds of prey: spirits of the woods

Nighttime on these mountains deserves to be listened to. Among the trunks of the big trees that populate the woods live some of the most fascinating and bashful predators,



Boreal Owl [KTdF]

whose call enlivens the nights of many fairytales. With some luck, at sunrise and sunset you may spot, right on the top of a fir, an Eurasian Pygmy owl (*Glaucidium passerinum*), the smallest European Strigidae. Dweller of abandoned Black Woodpecker nests is instead the Boreal Owl (*Aegolius funereus*), species normally friendly with man. But the most typical sound at dawn and at night comes from the Tawny Owl (*Strix aluco*), unmistakable protagonist of so many horror movies.

Prehistory at high altitude

Close to one of the rare water springs of the whole complex of Mount Tremalzo, there is a little basin, almost flat, easily distinguishable among the steep mountainsides all around. The expert eye of the archeologists of the Museum of Stilt Houses of Ledro was looking with real interest at this site since long time before, in pursuit of proof that it used to be a place for hunting for prehistoric men, given its position and shape. In 2011 help came by some unusual coworkers: the wild boars of Tremalzo. Digging up on the ground, they brought to light some stone fragments which drew the attention of a group of archeologists patrolling the area. Their surprise was huge: those rock fragments turned out to be chipped flints, primordial man artifacts.

A dig campaign started right away and it shortly brought to light one of the first hunt campsites used by man in this territory: the Pozza Lavino site. First hunters of the Mesolithic Age arrived on these mountains about 12,000-13,000 years ago, they found here something that convinced them to settle down: water. In the basin of Tremalzo there is in fact this little puddle of water, used by wild animals and probably by the many migratory birds who cross these mountains during Autumn. The site remained a hunt hide

and campsite until the Neolithic Age (approximately 6000 years ago). Its importance in telling us so much about a fragment of history of the long-term relationship between man and mountains in the Ledro Alps is priceless.



Digging at Pozza Lavino [CF]

Mount Tombea: the sad story of a name

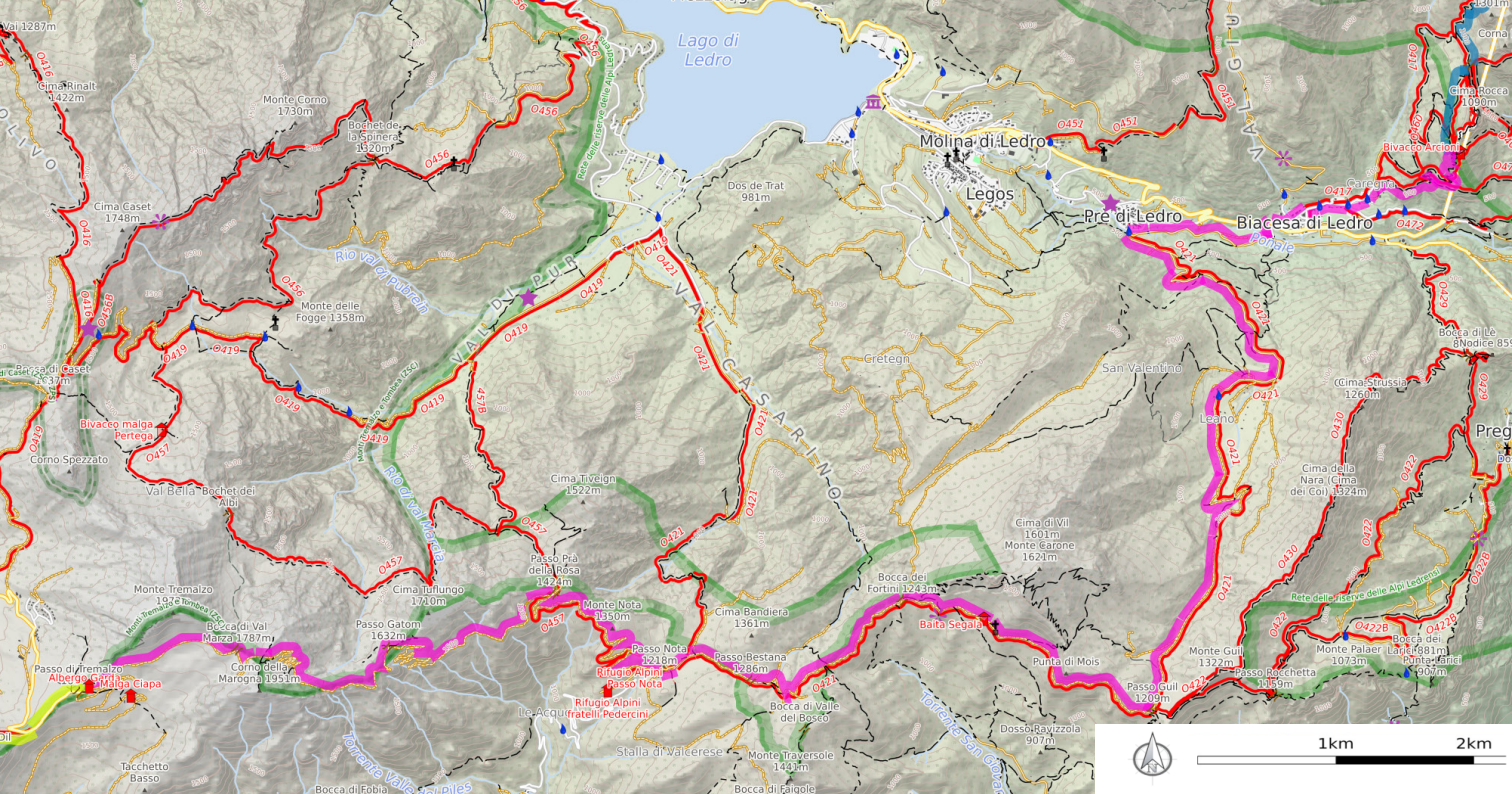


Tombea [DZ]

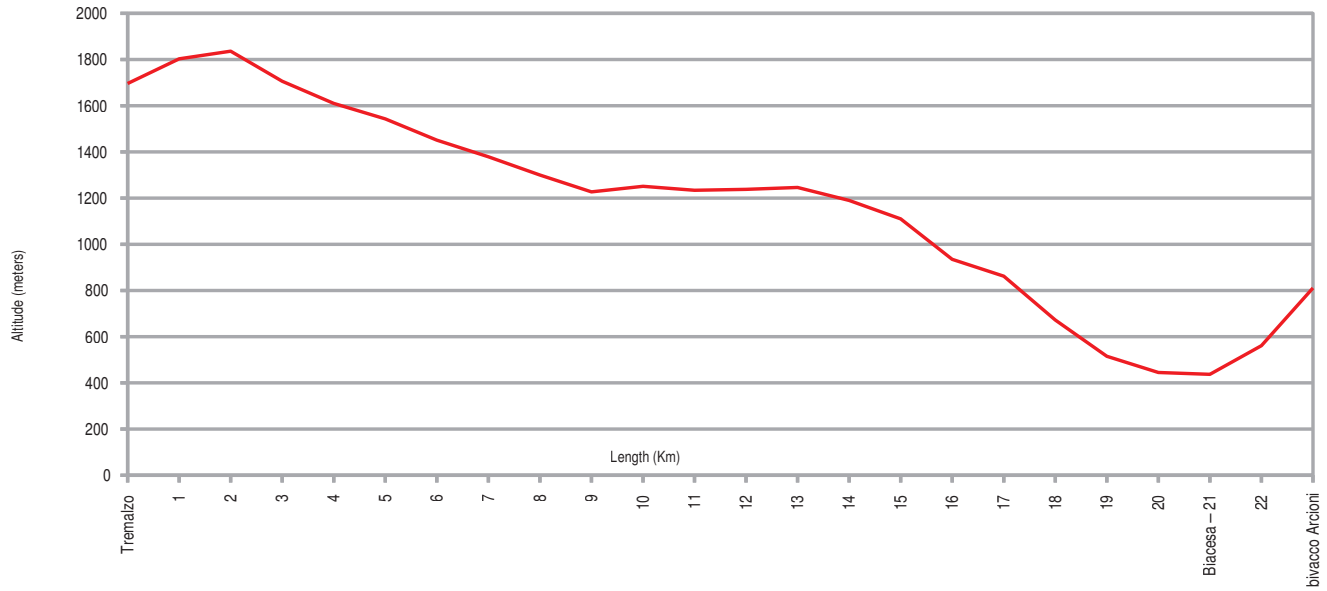
Mount Alpo pastures used to be a very competed good between the communities of Storo and Bondone, that not rarely fought with intense arguments for their custody. In this contest, many legends came along, like the one of the deceitful shepherd. It is said that a shepherd from Storo was caught grazing his herd on the Mount Alpo. In his defense he yelled: "I swear that this mountain has always been owned by my ancestors, that I own de jure this pasture and that nobody else can drive their drove here. I call God as witness, the Almighty Judge: if I am not telling the truth, He can make me collapse into the bowels of the Earth in this right moment." As he finished talking, all of a sudden the sky gloomed, flashes and thunders shook the earth that opened up into a hole and swallowed the liar. All around the shepherd's dogs and sheep were lying dead and this is the tragic view that the villagers found when they climbed up to Mount Alpo to see what was happened. Moved by pity they buried the animals with ground and soil. Those mounds remained as a long lasting memory of the heinous Judgment of God and from that moment people call the mountain "Tombea", place of tombs.

Alpiedi – Ledro Alps Trek
Stage 2: Tremalzo - Bivouac Arcioni





Stage 2: Tremalzo - Bivouac Arcioni



Length: 23 km

Travel time: approximately 8 hrs

Travel time backwards: approximately 10 hrs

Altitude difference (uphill): 600 m

Altitude difference (downhill): 1400 m

Equipped refreshment points: Rifugio Garda, Bivouac Arcioni (the bivouac kitchen is open but bedrooms are closed. For the use of the bedrooms call Mr. Paolo De Giacomi 347 0918603 of the Associazione Pro San Giovanni di Biacesa or the Tourist Office Consorzio Turistico della Valle di Ledro 0464 591222)

Unequipped refreshment points: Rifugio degli Alpini at passo Nota (Pass Nota) – bivouac baita B. Segala

Paths: rifugio Garda – passo Nota **sentiero Antonioli (E) – Antonioli Path** / passo Nota – Bocca Fortini- passo Guil **SAT 421 (E)**/ passo Guil –Leano-Pre **SAT 421 (E)**/ Pre – bivouac Arcioni **SAT 417 (E), 470 (E) and 471 (EE** some short overhung stretches require the use of a sling, otherwise follow the SAT 460 Path) and **SAT 460 (E)**

Note: for those interested, there are two possibilities of overnight stay alternative to the bivouac. In the village of Biacesa the religious sisters of the Pia Casa

dell’Incoronata offer full board or half board staying, otherwise in town there is the B&B Le Grotte (see addresses at the end of this guidebook).



Bivouac Arcioni (MZ)

THE ROUTE

From Rifugio Garda we follow the military road that cuts halfway up the hill the Southern side of Mount Tremalzo and that shortly reaches the Bocca di Val Marcia (Mouth of Val Marcia) where, after passing in a tunnel, we enter a harsh environment dominated by the jagged limestone rocks of the Cima di Marogna (Peak of Marogna), extremely panoramic and evocative summit. The road descends facing the Lake Garda down to the passo Cattini (Pass Cattini) (1637m) proceeding then through a series of hairpin turns and descending along the steep side of the Cima Tuflungo (Peak Tuflungo) until the meeting point, around 200 meters



Panoramic view on the Lake Garda [DZ]

below, with the namesake lodge owned by the Azienda Regionale delle Foreste (Regional Society for Forests), leaned on the Cima Tuflungo (Peak Tuflungo) walls. We now proceed headed for the Passo Predella Rosa (Pass Predella Rosa) (1477 m) and facing afterwards a long

downhill leading to Passo Nota (Pass Nota) (1206 m). Here there is the possibility to visit the small military cemetery, not far from the pass, as a memory of the time when these mountains used to be the painful scenario of war events. We proceed northeastward towards the pas-



so di Bestana (Pass of Bestana) (1247 m), crossing meadow sprawls that during spring and summertime turn into exquisite floral exhibitions. Once reached the pass, we go up the hill bypassing a small water puddle and among beeches, birches and fir trees we arrive to Bocca dei Fortini (Mouth of the Fortini) (1242 m). If we stop for a moment to rest up and have a look around, we can see, among the vegetation, a fragment of the Lake Ledro. We continue until we meet the beautiful Bonaventura Segala Lodge (the bivouac), surrounded by the green of the forest like a fairytale house. We recommend here to take time for a deserved relaxing pause. The lodge is open all year round, with no management, but always

stocked up with drinks. The food supply depends on the generosity of travelers. Leaving the lodge behind us, we continue along the narrow road cut into the hillside below the rocky walls of Mount Carone, enjoying the stunning aerial view on the Lake Garda and we proceed towards Passo Guil (Pass Guil). Along the route, we cross on the left the forest road that leads down to the village of Prè. Just before the village, on the right we take the Via del Ponale, a wide forest road that proceeds toward the village of Biacesa. We completely pass across Biacesa and arrive to a little fountain where we take the 417 Path that leads to the bivouac Arcioni (as said, for those not interested in climbing up to the bivouac Arcioni there

is the possibility to spend the night at the Pia casa dell'Incoronata). We hike across alpine huts and sheep paddocks getting soon into a wood rich in mixed vegetation. We rise immersed in the green along the 470 and 471 Paths where there are some overhung short stretches that require a sling. To avoid this stretch, we can alternatively follow the 417 Path to the crossing point with the 460 Path, that we travel until the small church surrounded by a small lawn equipped as a picnic area with tables and benches. A bit further up, we are close to the sight of the bivouac. The facility has hygienic services, external lean-to with tables and seats, with the possibility to cook either inside or outside.



Lake Ledro [MN]

Lover of the Garda sun: the common viper

Among the four species of vipers currently in Italy, three are present in Trentino Alto Adige: two of these are present on the Alto Garda Trentino (Upper Garda Trentino) mountains, the common Asp Viper (*Vipera Aspis*) and the European adder (*Vipera berus*). This second one is widespread only on the Mount Cadria area. The prevalent presence of the *Vipera Aspis* is probably due to the particularly warm climate which allows it to occupy even the highest zones that, in the Eastern Alps, are normally prerogative of the European adder, adapted to the coldest temperatures of high altitudes. This adder normally takes over the Asp viper presence at about 1200-1400 meters height. Females of asp viper belong to the same area for a lifetime, therefore it is not unusual to find them year by year nearby the same shelter, generally made of stone heaps, dry walls and places rich in clefts. Vipers are able to survive up to 10 years in nature, but they can achieve the 20 years in captivity. Depending on the altitude, they are in activity from March-April to the end of October. They are shy animals and are frightened by the human interaction, rather than other disturbers, and they tend to stand still when they perceive a threat coming close. In case of direct nuisance they quickly disappear through the first suitable hiding place. The

name viper is likely to be originated by a contraction of the adjective “vivipara” which means who gives birth to alive babies. In fact, unlike the largest part of serpents that lay eggs, on late summer vipers give birth to about 10 babies.



Asp viper (*Vipera aspis*) [MM]

In case of viper bite

Normally vipers are not aggressive animals. They can be quietly observed by proper distance that must be at least 30 cm. If we



European adder (*Vipera berus*) [MM]

try an approach, bothering them getting too close, they might bite in defense. They are endowed with a quite strong poison that, even very seldom, can lead to death. If the victim of the bite is a person in good health for the most of cases the situation ends up with a short hospitalization and a bad memory. It is actually extremely important to be able to follow some simple rules in case of bite: if the bite happens during a hiking DO NOT apply the tourniquet, DO NOT cut the wound, DO NOT inject yourself the anti viper serum, DO NOT disinfect the wound with alcohol, DO NOT dose any painkiller that can have anticoagulant effect. It is instead basilar to be able to keep calm and, if there is no chance to call for help, it is important to reach the nearest refuge or hospital, even though it might take some hours of walk. If the bite occurs to a limb, to the trunk or on the neck a good procedure is to provide a compressive bandage in order to hinder the poison to enter the bloodstream. In case the victim was a child it is necessary to try to limit his movement, transporting him. However, keep in mind that data show how in Italy cases of death for viper bites are basically absent.

Wallcreeper: a peculiar big butterfly

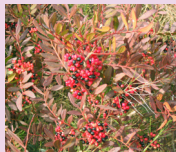
The Wallcreeper (*Tichodroma muraria*) isn't a real woodpecker, it doesn't belong to the Picidae family but to the Tichodromida's. Insectivorous bird, its diet includes a wide range of invertebrates like insects, snakes, small shellfish and worms that it is able to hunt and drive out thanks to its long curved beak, with which it explores the cracks along the rocky walls. It is perfectly adapted to the vertical life, nesting into crevices on overhanging sides up to several tens of meters high. It is possible to see it during both winter and summer, although during winter it prefers sunny walls on altitudes lower than 1500 meters or artifacts as castles, towers or dams. It lives along all the main Eurasian mountain chains from the Himalayas to the Pyrenees, between 1300 and 3000 meters high. The female, with grey body and black neck, lays 3 to 4 eggs. The male has instead wings characterized by crimson red and black colors with white spots. Having the chance to see it taking off from the vertical walls is a real spectacular sight: with its rounded and scarlet wings it looks like a big butterfly.



Wallcreeper [W1]

The mild air of the Garda

Lowering in altitude and getting close to the Lake Garda, the climate becomes sweeter and milder, of sub Mediterranean type. This benevolent influence obviously affects vegetation and many thermophilic species, fond of warm environments, come to populate woods and meadows. Instead of beech woods there are in fact forests with Scots pine (*Pinus sylvestris*), Downy Oaks (*Quercus pubescens*), Hop Hornbeam (*Ostrya carpinifolia*) and Manna Ash (*Fraxinus ornus*) and also Holm oaks (*Quercus ilex*), Terebinth (*Pistacia terebinthus*) and common Figs (*Ficus carica*), perched on rocks overlooking the Lake Garda. Among shrubbery we can find common Hazel (*Corylus avellana*) once used for high quality charcoal production, Hawthorn (*Crataegus monogyna*) with its remarkable medicinal properties, Dogwood (*Cornus sanguinea*) useful for making ties and backyard brooms, European Cornel (*Cornus mas*) with its refined fruits and the Smoke Tree (*Cotinus coggyria*) during the past used for dyeing and tanning leather.



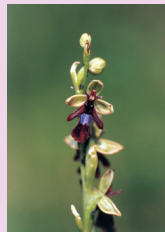
Terebinth (*Pistacia terebinthus*) [Uff.Tur]



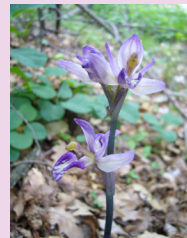
Smoke Tree (*Cotinus coggyria*) [Uff.Tur]

Orchids: queens of lean and warm meadows

Many thermophilic sub-Mediterranean orchids find on these slopes the ideal habitat for a living. Among all of them, the most showy and fascinating are the Ophrys, who co-operate with just a small group of selected insects to which is delegated the pollination. The most rustic of the Ophrys and for this reason the one able to reach the highest altitudes is the *Ophrys insectifera*. The aspect of its flowers is absolutely unmistakable: its thread-like petals are extremely characteristic and resemble the ears of an insect. A bright spot simulates instead the reflection of the wings. Another peculiar orchid is the *Limodorum abortivum* commonly called Violet Limodore, completely free of leaves and chlorophyll. It carries 8 to 20 white and purple big flowers and it can grow up to 80 cm high.



Fly orchid (*Ophrys insectifera*) [Uff.Tur]



Violet Limodore (*Limodorum abortivum*) [Uff.Tur]

Under the artillery fires

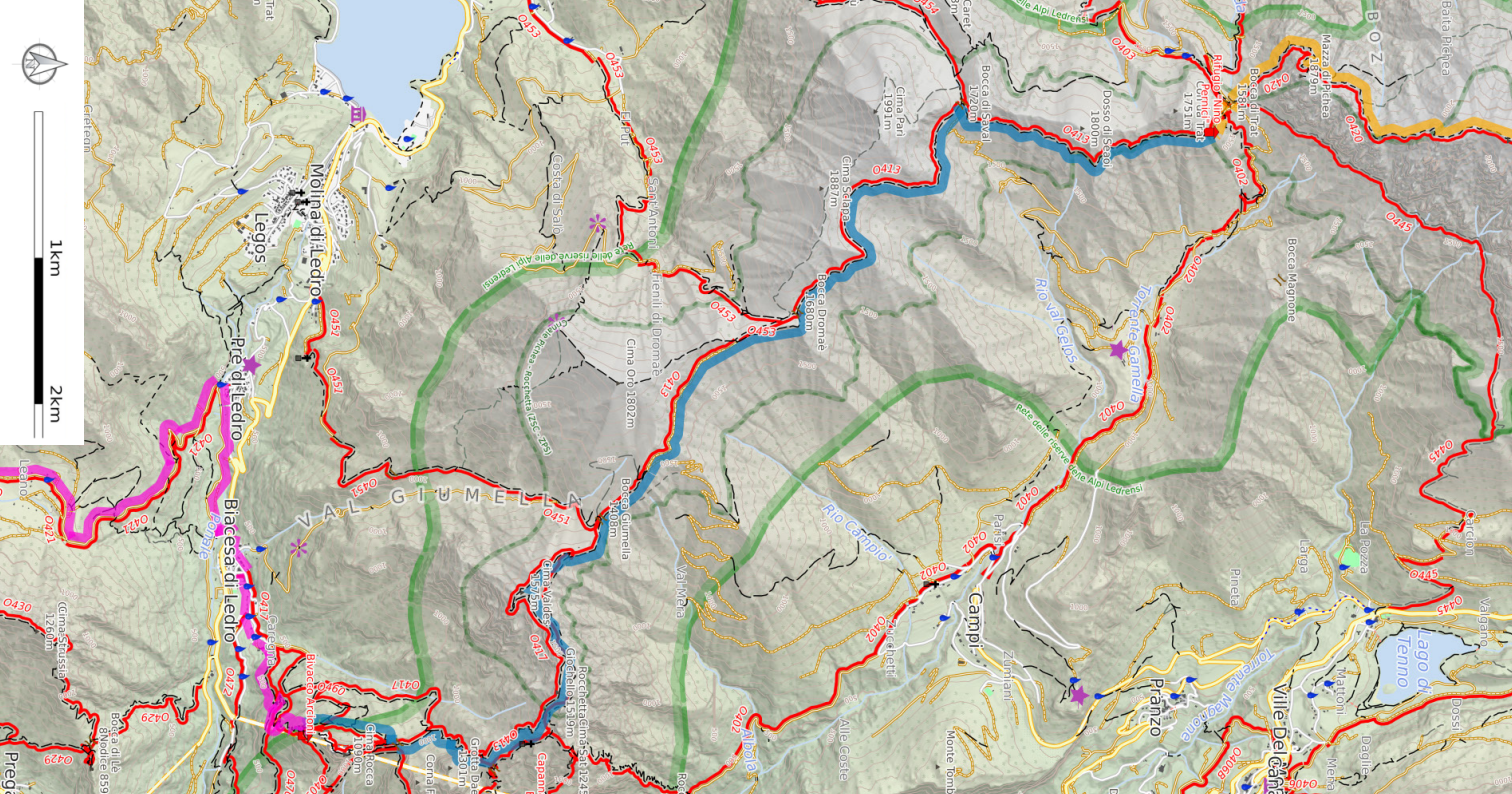
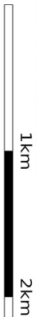
Every step we take during this trek, every sweet landscape of wooded peace or sunny meadows, replicates the steps of those who, a hundred years ago, saw these mountains under a different guise: that of war. The whole loop of our itinerary follows, in fact, the Austrian and Italian line, the first one northbound and the second one toward the Lake Garda. For accuracy sake, the first two stages of the trek Alpiedi used to be the sub-sector 4 bis where the Italian artillery was stationed. It was a very important zone, in particular the nearby Mount Carone from where was possible to dominate all the territory around. At Passo Nota (Pass Nota) where today lies the Rifugio degli Alpini there were the barracks of the Italian Finance Police and, few meters away, at passo Bestana (pass Bestana) there was the Austrian one. Anecdotes tell that, before the war, were usual the exchanges for a “hand of cards” between the two outposts. A friendly game interrupted by the beginning of the conflict that pushed Austrians toward the most northern lines, that roughly coincide with the fourth and fifth stage of this trek, considered safer and more defensible. From this area, which at those days was completely free of vegetation, bare and naked for war needs and for necessities of the troops who

required wood, were shot to Cima Oro (Peak Oro), Austrian line, that despite the emphasis of the attacks, was never taken by our Army. If you look around carefully, you can see many remains of the artifacts of the troops and you will be able to picture, with some imagination, what kind of different atmosphere was reigning on these peaks a hundred years ago. For those keen on deepening and seeing important remains of war buildings we recommend a detour along an easy trail on the summit of Mount Carone (1 hour uphill, 45 min downhill: detour begins before Baita Segala and goes down the same road, further on, towards pass Guil).

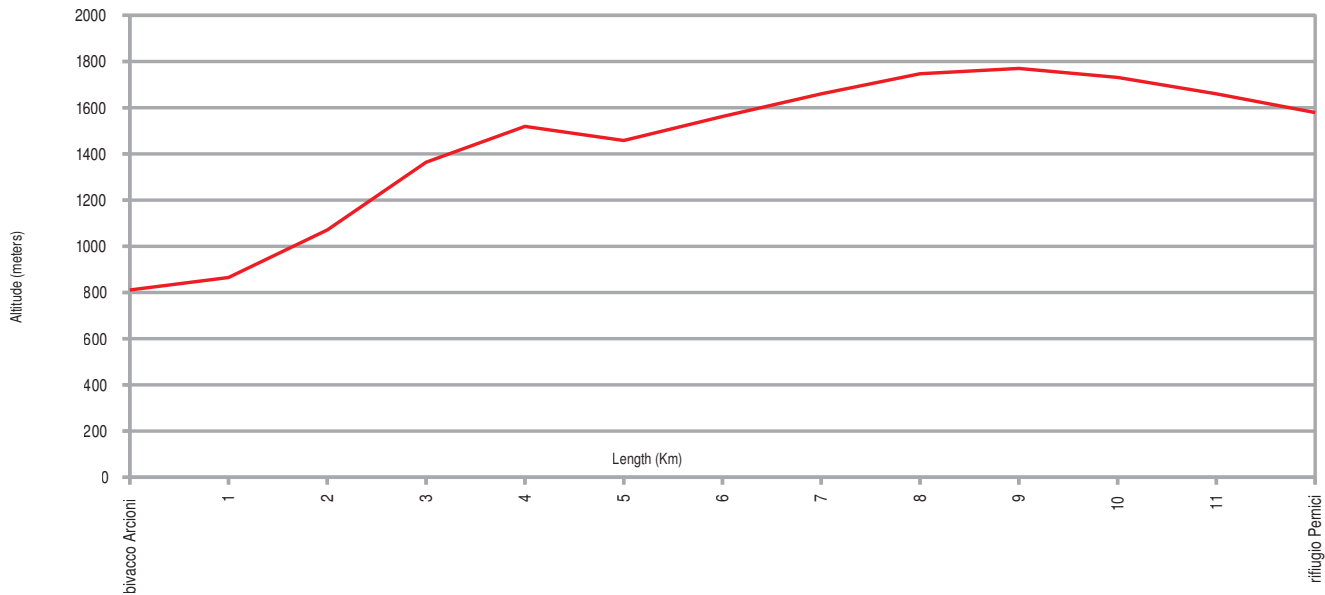


Austrian barracks [MZ]

Alpiedi – Ledro Alps Trek
Stage 3: bivouac Arcioni – rifugio Pernici



Stage 3: bivouac Arcioni – rifugio Pernici



Length: 11,6 km

Travel time: approximately 5 hrs

Travel time backwards: 4 hrs

Altitude difference (uphill): 1200 m

Altitude difference (downhill): 500 m

Equipped refreshment points: Bivouac

Arcioni - Rifugio Pernici

Unequipped refreshment points on the route: Malga Giumela

Paths: bivouac Arcioni – passo Concolì **SAT 417 (E)**/ passo Concolì – rifugio Pernici **SAT 413(E)**



Panoramic View [MN]

THE ROUTE

Starting from bivouac Arcioni we can rise up to the Bocca dello Sperone taking the comfortable 460B SAT path, otherwise we can take the thrilling path of the tunnels (frontal light needed) that, across the First World War Austrian forts, allows us to pierce through Cima Rocca (Peak Rocca) and reach the Bocca dello Sperone (Mouth of the Sperone), zone of cruel battles between Alpine soldiers against Kaiserjäger during the First World War. From this point, taking the path 417, we can reach the Bochet dei Concolì and rising up towards Giocchello and Rocchetta Summits, always accompanied by



From Saval to Pernici [AdG]

the underneath view of the Lake Garda and the “Busa del Sarca”, we can realize how alpine vegetation gradually takes over the Mediterranean maquis.

Meetings with the acrobatic and curious chamois are frequent in this zone. From Cima Rocchetta (Rocchetta Peak) we take the 413 path that, running



along and crossing the fortified Austrian line, leads to the Rifugio Pernici. Once reached the Bocca di Giumella (Mouth of Giumella), we rise up headed for Cima Oro (Peak Oro). Leaving the path right before the summit, a track allows us to a slight detour that takes us up to the peak itself, where the panoramic view on the Lake Ledro and the whole Valle di Ledro - Ledro Valley is stunning. On this summit, where a coat of flowers is re-conquering and covering the war artifacts, should spontaneously grow into the hikers' soul and heart a reflection about the sense of war and a touchy thought for all those who on these mountains, wearing different uniforms, shared struggles and war atrocity.

Continuing on the pleasant ridge, slightly downhill, that divides the Val di Ledro (Ledro Valley) from Campi di Riva, we rejoin the Path 413 at the campigolo di Dromaè. At this point of the route, we have reached in altitude the Rifugio Pernici and less than 2 hours of pleasant walk through the bocca di Saval (Mouth of Saval), where nearby are still visible the remains of the military hospital, divide us from a warm welcome at the refuge. For those who have strength and desire to add an extra hour walk to the journey, it is definitely worth making a second detour which from the Campigolo di Dromaè allows to reach, with a 300-meter difference in alti-

tude, Cima Sclapa (Peak Sclapa) and Cima Parì (Peak Parì), through a track that follows constantly the ridge. From these two summits, connected by steep wide flowered meadows where rock partridges often fly up, we have not only the chance to admire the beautiful color of the Lake Ledro, but also, since these two peaks are in the right middle of our itinerary, to even see with satisfaction all the distance travelled and the unknown of what still lies ahead. From Cima Parì (Peak Parì) we descend to Bocca di Saval (Mouth of Saval) where we can rejoin the SAT 413 path and in just over half an hour we reach the Rifugio Pernici.



Panoramic View on Malga Grassi [AdG]

The Scops Owl, minstrel of summer

The Scops Owl (*Otus scops*) is a tiny owl, about the size of a blackbird, incredibly able to camouflage itself on the tree branches where it lies assuming the shape of a small broken branch. Among the nocturnal birds of prey in the region it is the most bonded to warm climates; it is in fact a very common species in the Mediterranean areas, and the mild climate of the mountains facing the Lake Garda makes our route an ideal point for at least listening to it, if not even seeing it. Its call is in fact an unmistakable company during summer evenings and in many places its short repeated song is so unequivocal that in dialect it is called “chiù”.



Scops Owl [KTdF]

The Black Woodpecker, elegant percussionist of the forest

The Black Woodpecker (*Dryocopus martius*) is the largest woodpecker in Europe. This elegant dweller of mature woodlands has the size of a crow and a wingspan of about 70 cm. Its coat is unmistakable: totally black glossy plumage except for a bright red spot that occupies the entire top of the male head and just the upper part of the female's. Back in the past this magnificent inhabitant of the woods, which given its size requires tall and mature trees, became quite rare but nowadays it is spreading again thanks to the recovery of the forest coverage and to the increase of the age of the forests, unlike the total deforestation periods at the time of the two World Wars. It feeds

on ant larvae, wasps and wood-eating insects as beetles that it can find rummaging through the bark of trees. If you'd like to test yourself to verify traces of its presence into the woods you are crossing, you should pay attention to two details: the entry hole is clearly discernible from the other woodpeckers' one because it is elliptical shaped and measures approximately 12x13 cm. Besides having a fairly wide vocal repertory, the Black Woodpecker, as other woodpeckers, performs drumming that means territorial demarcation and communication between partners. Its drumming is much more powerful than others though, and it is audible up to two kilometers away.



Black Woodpecker [TB]

The mountain meadows: where colors distinguish months

Once intensively used to produce hay and for grazing, today meadows in height are partly abandoned. Abandonment allowed bushes and mountain pines to regain the lost spaces, “eating”



Elder Flowered Orchid (*Dactylorhiza sambucina*) [Arch. M]

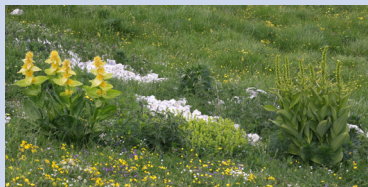


Nigritella (*Nigritella nigra*) [Arch. M]

little by little the entrance of the meadow. Where they are still present, they offer a magnificent spectacle for the floristic richness they host and for the huge variety of species and colors. In these meadows-pastures from early spring you can monitor the flow of time through the different blooms: the Spring Crocus (*Crocus vernus*) opens the spring period followed by the intense Stemless Gentians (*Gentiana acaulis*), the fragrant Poet's daffodils (*Narcissus poeticus*) and Peonies (*Paeonia officinalis*); it switches then to yellow with Globeflowers (*Trollius europaeus*) and the Great Yellow Gentians (*Gentiana lutea* e *G. punctata*) and Mountain Arnica (*Arnica montana*). The Autumn Crocus (*Colchicum autumnale*) closes the season. The range of orchids is particularly rich as well, sometimes tiny and hardly visible, but not less interesting and fascinating, for instance there are Dactylorhize (*D. sambucina*, *D. fuchsii*, ...), Nigritellae (*Nigritella nigra*), the delicate *Traunsteinera globosa* and many other species that in these sunny opening found their ideal living habitat.

Gentian and Hellebore: dangerous similarities

Among grass and flowers of these pastures are often clearly visible some clumps of large green leaves. From afar or to an inexperienced eye, they might look like similar or undistinguishable. These are two extremely different species instead, either from a botanical point of view and, even more importantly, for their properties: one is the Great Yellow Gentian (*Gentiana lutea*), the root of which has always been used for flavouring grappa (schnapps) and for its digestive properties, the other one is the White Hellebore (*Veratrum album* ssp. *Lobelianum*), highly poisonous and toxic. When the two plants are blooming there is no possibility of error: gentian has



Great Yellow Gentian (*Gentiana lutea*)
and White Hellebore (*Veratrum*) [AB]

large yellow flowers, hellebore has smaller greenish flowers. But without flowers we can only tell them apart by observing their leaves: gentian has opposed and hairless leaves, hellebore has concentric and pubescent leaves.

The Great Yellow Gentian (*Gentiana lutea*)

Popular tradition defined it “panacea from Alps”: the dried root of the Great Yellow Gentian takes part of the composition of many recipes. Since Roman times to the Middle Age and up to modern times it has always been considered one of the most valid medical plants of our mountains: it is a bitter tonic, a stimulant of digestive functions, a febrifugal and a vermifuge. In the past, in case of cramps or stomachache people used to chew a piece of the rhizome sucking the juice; an ancient remedy recommended to rub the gentian rhizome in order to prevent from biting the nails and it was also widely used in veterinary medicine to purify the blood of cows. A 20-year-old plant can provide a rhizome of about 20 kilos! Still nowadays it is a fundamental component of liquors, bitters and digestive drinks, soft drinks and pharmaceutical preparations.



Great Yellow Gentian
(*Gentiana lutea*) [AB]

New Year's Day 1915

It was December 31st, 1915. An extremely dark and cold night. Lieutenant Arcioni, leading the cold squad, was trembling, not for cold but for tension for the action. That night in fact the Italian sector of the Finance Police was headed, with the advantage of the darkness but the disadvantage of winter, for one of the enemy stations on the slopes above Biacesa, in order to surprise the Austrian enemy and conquer the position. When they arrived, sneaking silently, the guard was distracted, lost in thoughts of that New Year's Eve on the heights whilst at home they were maybe celebrating. They conquered the outpost and on January 6th, 1916, encouraged by the success, they left to the conquest of the Saint Giovanni Church, other Austrian station. Meanwhile another couple of platoons was directed to Cima Rocca (Peak Rocca) where they managed to get into the enemy trench, so narrow that didn't allow the entry of more than one soldier per time, nullify-



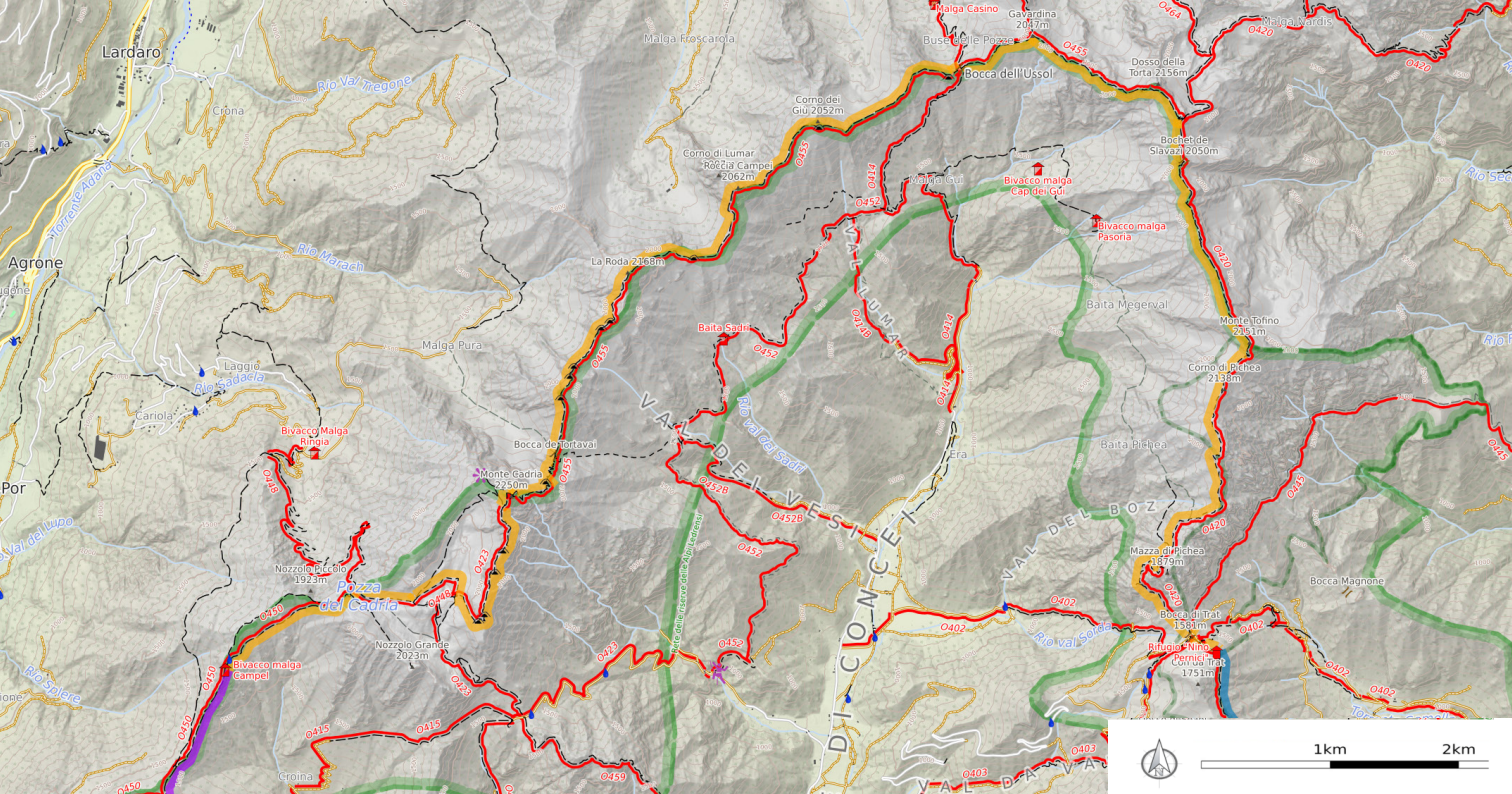
Little church of Saint Giovanni (MZ)

ing the assault. The sector that attacked Saint Giovanni was successful again. Below of the church, that today lies 50 meters away from the bivouac, are still present and indicated the Italian recoveries of the Finance Police that performed the action. Unfortunately on April 1916 was given an order that dramatically stopped the Italian successes: to attack cima Capi (Peak Capi), a rock steep plateau overlooking the Lake Garda. It was the ruin for Italians. At night, under the rain, soldiers began to climb on the walls towards a sad fate that put an end to Italian attacks. Over 300 deaths remember those successful days that didn't last long but that are still in the memory until today. The Saint Giovanni little church was destroyed during the war and rebuilt in the 80's from the Association pro San Giovanni. In that same period was decided to build a bivouac dedicated to the lieutenant who led the victorious action on that New Year's day night.

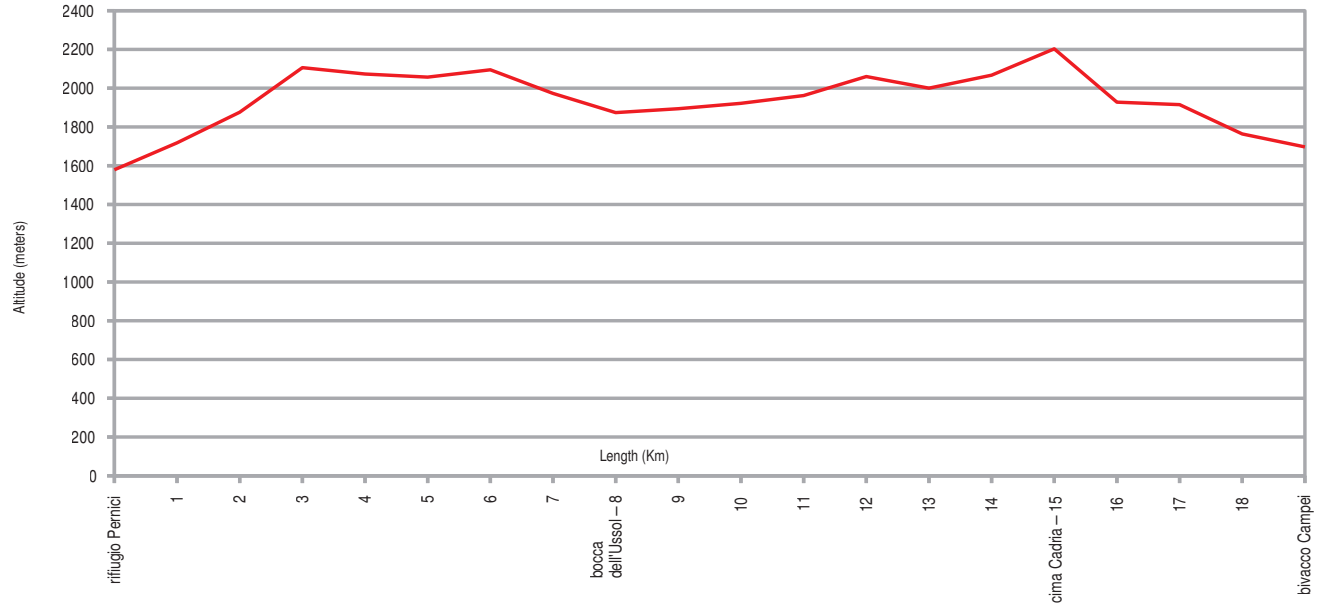


Alpiedi – Ledro Alps Trek

Stage 4: rifugio Pernici – bivouac Cappel



Stage 4: rifugio Pernici – bivouac Campeï



Length: 18,7 km

Travel time: approximately 8 hrs

Travel time backwards: 8 hrs

Altitude difference (uphill): 1300 m

Altitude difference (downhill): 1200 m

Equipped refreshment points: rifugio Pernici – malga Casinotto - bivouac Campel (6 beds)

Unequipped refreshment points on the route : malga Cadria

Paths: rifugio Pernici – dosso della Torta **SAT 420 (E)**/ Dosso della Torta – cima Cadria **SAT 455 (EE)**/ cima Cadria – malga Cadria **SAT 423 (EE)**/ malga Cadria – Pozza **SAT 448 (E)** / Pozza – bivouac Campel **SAT 450 (E)**

Note: the route is suitable for all hikers. There is no possibility of water supply along the entire itinerary, there is a fountain at Bivouac Campel.



Cadria [FL]

THE ROUTE

Leaving Rifugio Pernici, we take the path marked SAT 420 towards Bocca di Trat (Mouth of Trat), important hub of the ancient route connecting the Ledro Valley and the Garda area. Letting the eyes wander toward North we can distinguish the torrioni di Pichea (towers of Pichea) while to the West stands the imposing rocky mass of the Mount Cadria (2254 m). Among sharp limestone cliffs and dense pines the trail begins to climb up. Before diving into a beech wood, on the left a sign invites to a detour to the cave named after Ludwig Riccabona, Austro-Hungarian official from Bolzano. Continuing on the ascent, we cross a moun-



Doss della Torta [AdG]

tain pine forest until we reach the base of a rocky wall. A steep serpentine climbs along a small valley headed for the Mazza di Pichea. From the summit, reachable through a steep trail, the view is outstanding and totally worth the fatigue. We proceed passing under the pinnacles of Pichea, reign of small precious tough plants such as the beautiful *Viola dubya-*



Malga Cadria [IB]

na. It is worth stopping to observe these plants: you can see some of them just and only in this area. Moreover if you pay close attention, between July and August, through the crevices of these rocks you may spot the queen of bluebells: the beautiful Tufted Horned Rampion (*Physoplexis comosa*). Going on directed to Mount Tofino, before the summit the

view is stunning already: from the Adamello glaciers to the deep waters of the Lake Garda, from the more than 3000 m of the Mount Carè Alto to the Brenta Dolomites. Once reached the top of the Mount Tofino, we descend towards the Dos della Torta where we leave the path n.420 and we take the 455. We follow the 455 towards the Mouth of Ussol. Along this stretch we will come across many proofs of the First World War. We go up to the meeting point of the Valleys of Concei, Gavardina and Marcia e we descend across the meadows, towards the Bocca di Ussol (Mouth of Ussol). The route is extraordinarily aerial and follows up the sharp and jagged ridge of the mountains, where is not unusual to see

cavorting chamois, without losing sight of the rocky giants at the horizon. We will shortly arrive at the Conca di Campeï (Basin of Campeï) and the namesake Alpine hut. Going up to La Roda we can notice the clear contrast between the vegetation on the two slopes: cooler and humid conditions northward, with shrubs such as alders and willows, warmer with prairies southward. Proceeding along the 455 path we cross prairies rich in vegetal species the whom growth is also affected by the organic contributions generated by the presence of grazing animals. Mount Cadria, as last great effort of this stage of the trekking, looks majestic. From Bocca Torta (Mouth Torta) we take a trail that in a sequence of hairpin turns rises cross-

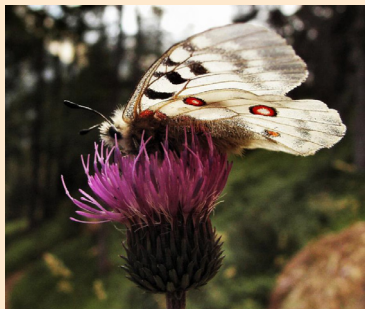


Mouth of the Ussol [RI]

ing a wetland rich in ferns and veratrum which leads to the top of the mount Cadria, the highest peak of the Ledro Alps with its 2254 meters. From the summit we take the path number 423 up to Malga Cadria and from this point, following the blaze 448, we continue to Pozza where taking the 450 path we reach the bivouac Campel for the overnight.

The delicate wings of high altitude

Butterflies of the *Parnassius* genus are widespread in Italy with three species. They are very peculiar mountain butterflies: they are glacial relicts, in other words populations survived at high altitude after the last glaciation. On the Alto Garda mountains there are two species: *Parnassius mnemosyne* and *Apollo*. All the butterflies of this kind have a very elegant and delicate appearance with translucent wings, almost transparent, enlivened by black



Apollo butterfly (*Parnassius apollo*) [Arch. M]

spots on the *Mnemosyne* or even red on the *Apollo*. As the best-known Old World Swallowtail (*Papilio machaon*), *Parnassius mnemosyne* belongs to the Papilionidae family which includes about 600 species distributed through almost all continents, but only these live on high altitudes even reaching the Himalayas



Parnassius mnemosyne [W4] Clouded Apollo

peaks. *P. mnemosyne* is a quite rare species, even extinct in some European countries, but still common in the Alps and visible in the Alto Garda Trentino mountains. Larvae feed only on plants of the *Corydalis* genus, the columbines. They are butterflies characterized by slow and uncertain flight, easily approachable but absolutely not to be touched, as all butterflies, in order to not damage their wings making the flight difficult.

Tetraonidae : when glacial relicts dance

At the beginning of spring, at the upper limit of the forest, open, free and with good visibility spaces become the scene of one of the most interesting shows of the Alpine arch: the nuptial dance of the grouse. It is an extremely elaborated courtship ritual , consisting of acoustic (whistles) and visual display (jumps, short flights, plumage showoff). At the end of the parade and of the competition among males, the predominant takes possession of the area; females go into the male's territory and mate.

The grouse male shows a glossy black plumage with bluish reflections on the neck and on the back, in sharp contrast with the white color of the wings and the chin strap; the tail is characterized by the unmistakable lira shape. Above the eyes are very clear two thick red lumps, visible especially during the mating season. Female has a neutral plumage instead, grey-brown with light and dark shades; the tail is less developed and eye-catching than in the male. During most of the year, the black grouse has gregarious habits and males mate with more females (polygamy). The nuptial call and parades generally happen on the ground, but sometimes, depending on the area or after sunrise, it might happen with the male on high position. They tend to occupy, year after year, the



Grouse [AdG]

same place for the parade or the singing arena. There are arenas attended from more than 50 years.

The lady of the skies

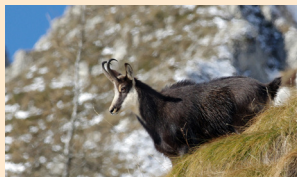
To feel the emotion of attending to an evening flight of the Golden Eagle (*Aquila chrysaetos*) among these peaks is with no doubt a sensation that is worth all the effort of the trekking. With a wingspan that can be over 2 meters, a weight that can be over 6 kilos and a length between 70 and 90 cm, it is one of the biggest and most impressive birds of prey of the Alps. Its beak is sturdy and curved, its legs are strong and covered in feathers, its claws are long and sharp and the fourth finger, opposed to the others, has a longer nail which pierces the preys. Its English name is Golden Eagle because of the golden spots that cover the adult's shoulders and neck.



Golden Eagle [W2]

Equipped for the grip

One of the best-known inhabitants of the high altitude cliffs is definitely the chamois. This is an ungulate extremely fit for the vertical life. Its hooves are in fact equipped with a soft heel, which helps the adherence to the rocks; with a hard edge which allows the movement on steep slopes and with a membrane that, stretching like a bridge among two claws apart, ensures a better bearing surface in soft or fresh snow. Furthermore, in order to cope with high efforts, it is provided with a heart twice bigger than the human's and its blood presents a very elevated concentration of red blood cells (10-12 millions per cubic centimeter, about double than man) which guarantee an extremely efficient blood oxygenation.



Chamois [AdG]



Chamois [DZ]

On the peaks, among rocks and scree

Made of limestone and dolomite walls, grassy ridges, more or less stable scree and short stretches of flowered meadows this environment shows different landscapes, each one characterized by a peculiar kind of vegetation. In order to survive and spread out in this in many ways hostile habitat, the alpine plants had to develop a series of adjustments: low and compact posture (in clumps, rosettes, buffers,...), structures to defend themselves against sun and temperature leaps (hair, calcareous deposits, thick skins,...), ability to absorb and store water (long roots, juicy leaves and stems,...), ability



Viola dubyana [Arch. M]

to reproduce not only through seeds but vegetatively as well (stolons, rhizomes, bulbs,...) and so on. All this leads to a wide variety of species, often not large in dimensions but anyway always peculiar and well visible. In addition to several endemic species (like the *Viola dubyana*) we can also find some arctic-alpine species, arrived



Mountain Avena (*Dryas octopetala*) [Arch. M]

in the Alps from northern Europe during the Ice Age and that here have been able to survive after the retreat of the glaciers: we now only mention the Mountain Avena (*Dryas octopetala*) and the creeping Dwarf Willows (*Salix herbacea*, *S. retusa* e *S. reticulata*).

The vegetal silver of the peaks

The Silvery Crane's Bill (*Geranium argenteum*) is a small plant, only 8-15 cm tall, unmistakable for its silver colored leaves due to the thick hairiness and for the flowers with pinkish petals (five) veined with purple and about 3 cm in diameter, it grows through the cracks of the rocks, scree, cliffs and debris. It is a very rare and unique species, it shows up only on the edge of the Southern alpine chains, on the Northern Apennine and on the Apuan Alps, on high altitudes between 1700 and 2300 meters. It is a sub-endemic species of the Alps and the surrounding chains, likely to be a relict of the pre-glacial flora.



Silvery Crane's Bill (*Geranium argenteum*)
[Arch. M]

The glacial relicts: bio-memories from the past

The mountains of the Valle di Ledro (Ledro Valley) are famous for the elevate number of vegetal endemic species that are present, moreover there are some other rare and particular plants. Glacial relicts are species typical of the arctic flora that during the Quaternary glaciations drove themselves southward until our region. At the end of the Ice Age, due to the gradual warming of the climate, the species that lowered in latitude, because of the cold, moved gradually back to the top of the mountains in pursuit of a climate that would allow them to survive. These are the plants that took shelter in the most shady clefts or along the most inaccessible or windy ridges and, although they are not necessarily endemic, they are anyways extremely rare entities sometimes with a limited diffusion area: they are the so-called arctic-alpine species. Examples are the Alpine Snowbell (*Soldanella alpina*), the Mountain Avenas (*Dryas octopetala*), the Alpine Aster (*Aster alpinus*), the Alpine Anemone (*Pulsatilla alpina*) and many others.



Alpine Aster [W3]



Mountain Avenas
(*Dryas octopetala*)
[Arch. M]

The sustainable meaning of the Network

The Ecological Preserve Network was born with the dual aim of promoting the conservation of the territory and encouraging in this a sustainable development. Cooperation of every inhabitant of the territory, in their own way, contributes to the achievement of these purposes. There are cases particularly emblematic of what is meant by sustainable development network. Mountain pine forest is an habitat defined primary on an European basis, in other words deserving a special protection. To this habitat are particularly bonded some species of Tetraonidae that, in the mountain pine forest can find the ideal place for their nuptial parades and for the rearing of the offspring. Left to itself, this low conifer forest would tend to suffocate these open areas, as well as to intrude many of the forest roads crossing the territory. Therefore a proper evaluation done from the Forest Service allows to regulate the growth of the mountain pine forest. To avoid the wastage of the precious mowing of the mountain pine, it was decided to entrust it to the company “la Contadina” from Bondone, which deals with a small-scale production of products derived from the harvest of spontaneous and cultivated herbs. From mountain pine wood, with traditional methods and zero impact, the company extracts the

mountain pine essential oil, a panacea for many seasonal pains and an aromatic trap of the scent of the Ledro Alps. This way the circle is closed and the conservation of nature becomes the basis for a sustainable development, either economic, of the territory.



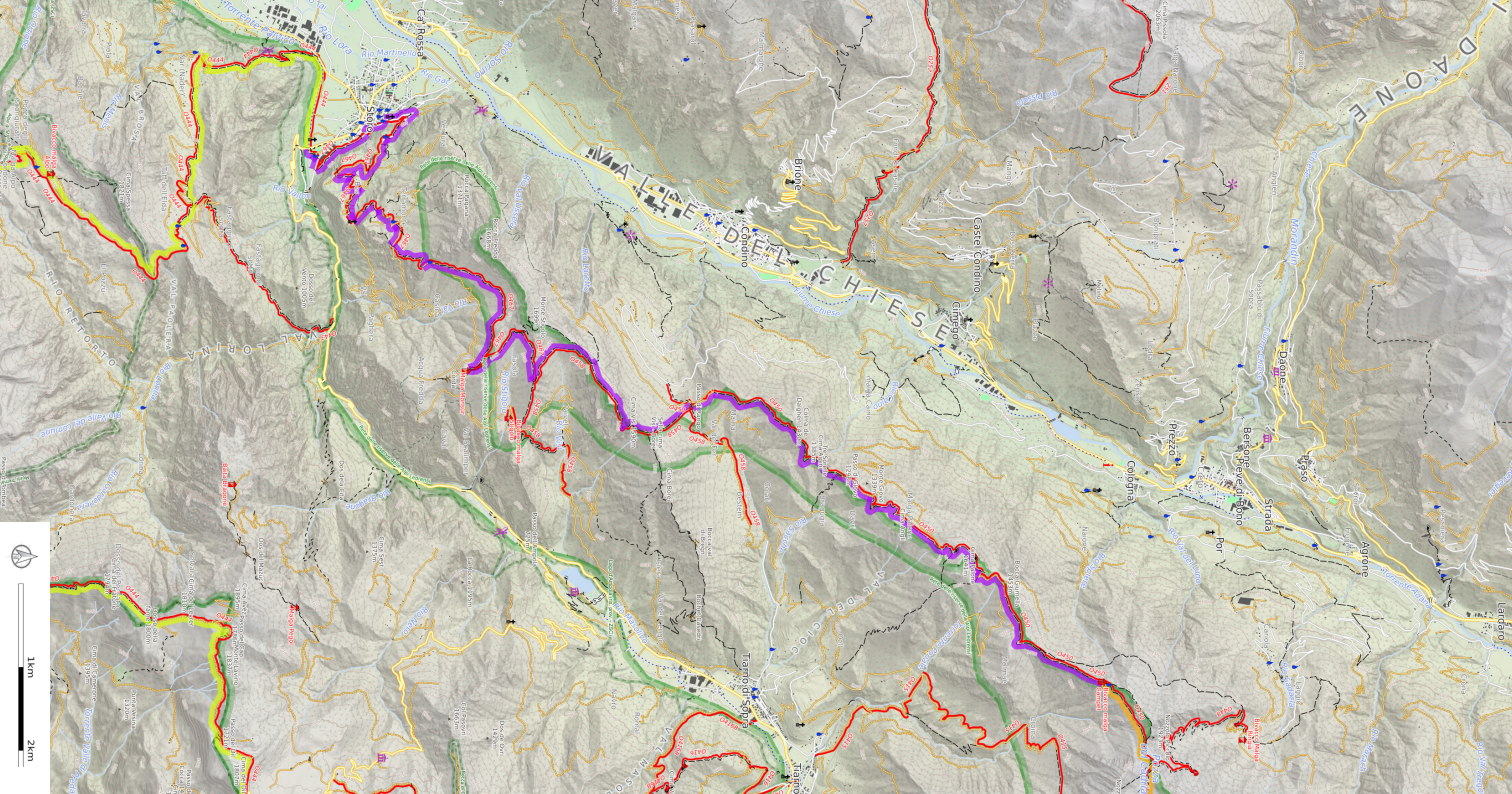
Mountain Pine

Panoramic view from Terramonte [DZ]

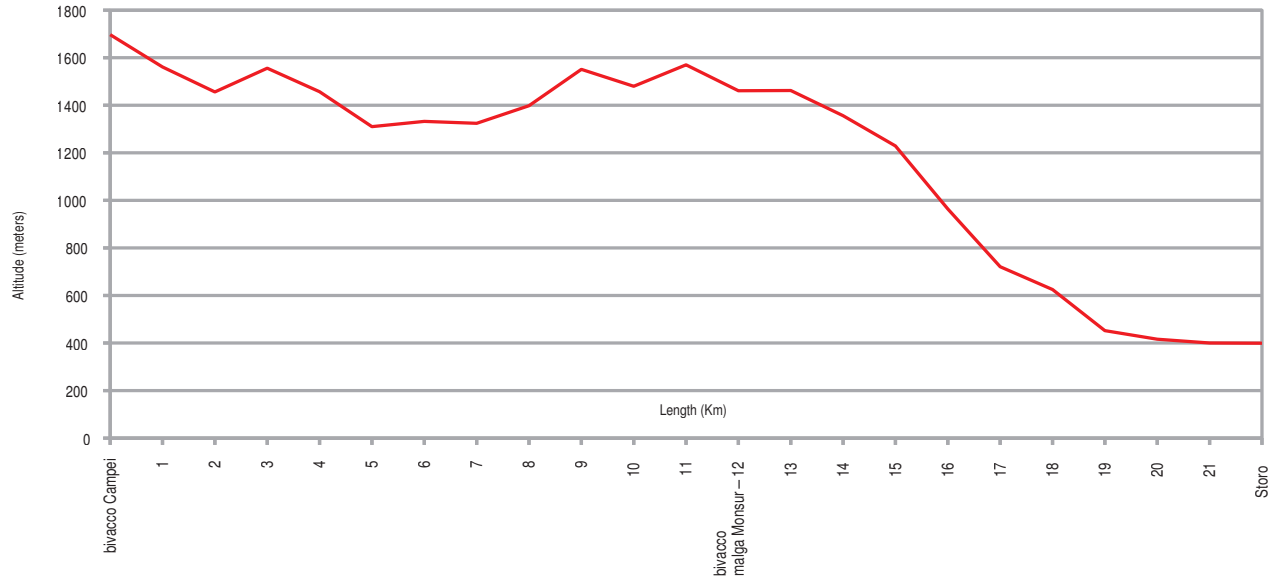
Alpiedi – Ledro Alps Trek

Stage 5: bivouac Campel – Storo





Stage 5: bivouac Campeï – Storo



Length: 21,5 km

Travel time : approximately 8 hrs

Travel time backwards: 10 hrs

Altitude difference (uphill): 500 m

Altitude difference (downhill): 1800 m

Equipped refreshment points :

bivouac Campel, Bivouac Monsur –
Hotel Firi

**Unequipped refreshment points on
the route :** malga Cap

Paths: bivouac Campel- passo Rango

SAT 450 (E) / passo Rango – Mount

Stigolo **SAT 458 (E)** / Mount Stigolo

– Bivouac Monsur / bivouac Monsur-

Terramonte /Terramonte- Storo

SAT 467 (E)



Malga Monsur [DZ]

THE ROUTE

Along this last stage of the route there are many detours that descend to the Valle di Ledro (Ledro Valley) or to the Valle del Chiese, therefore it is important to be careful near intersections or other paths or tracks. Crossing wide meadows, from



St. Lawrence church [DZ]

Malga Campel we go down in the wood. We proceed to the point where the path turns into a pleasant cobbled road that shortly takes to Bocca Giumela (Mouth Giumela). We follow the SAT 450 path passing nearby Malga Cap and we continue passing under the summit of Mount Palone and we finally descend to Passo Giovo (Pass Giovo). Here there is a fork, we follow the SAT 450 path on the right that passes through the rocks of the Three sisters, we continue on a slight slope until Passo Rango (Pass Rango), another crossroad of trails, and now we leave the SAT 450 and proceed straight ahead on the SAT 458 that leads to Malga Stigo-

lo. Now the path gets steeper, passing over a wooden bridge we can overtake a canyon and continue always directed south-west until the narrow rocky carving of Bocca di Visì (Mouth of Visì). When we reach another crossroad at Bocca Di Paivel (Mouth of Pavel) we proceed on a slight downhill always on the 458 path until we cross, on the right, the new trail that takes to malga Monsur (1400 m), on the slopes of Mount Stigolo. Just before the meadow of the alpine hut, a flat path halfway up the slope leads to the Dosso del Fieno Alto. We descend along the ridge line, along a stretch of trail newly built.

Once arrived at the building of the aqueduct intake, we follow the paved road for Terramonte for about 200 meters then, on the left, we take again the trail that goes down to “Sapei” and from there to the votive chapel of the Cross. The path descends now to a place called Bes “cutting” the road in many points. Once reached the first barns of Bes we take on the left a cemented municipal road and after about 200 meters we take again the trail that goes down to the Madonna di Bes, proceeding afterwards on the road that from the Madonna di Bes leads to the hut of the Alpines. At the fork there is the possibility to choose the itinerary to follow: whether the suggestive but narrow gorge of the Rio Proes (Proes Stream)

(EE difficulty, to be avoided in case of wet ground) or the road to the San Lorenzo little church, and from there along the path of the “Copat” that takes to the parish church of Storo. Once at the church we proceed along Sant’Andrea street until

the crossing with the road that descends from the Proes Stream valley. The path continues now on a country road to the playground and the tennis courts. The parking at “alle Piane” place, on the side of the highway, is just few meters away.



View from Mount Sigolo [RI]

Spectral inhabitants of the evening skies

Bats: ancient creatures; the first fossil remains belonging to this species date back to about 50 millions of years ago. The European Free-tailed Bat (*Tadarida teniotis*) is a bat that is very rarely seen, but which is visible in this zone of the Ledro Alps. It is distinguishable by its quite large size: with open wings, in fact, it can measure up to 45 cm, it is moreover equipped with a “free tail” that, in other species, is incorporated in the patagium, the membrane that links front legs, rear legs and phalanges permitting to these animals to fly. Compared to other bats, it can fly very high, enough to be able to fly across the alpine crossings. It takes shelter through rocky crevices on a altitude up to 3000 meters; here it lives in groups of up to 400 individuals and during summer they create nurseries containing more than a hundred females who give birth to only one whelp per year. Thanks to the use of ultrasounds it captures insects, large moths and other preys on the fly on a level between 10 and 50 meters from the ground. If gazing the evening sky you spot a bat flying along a straight line at over 20 meters above the ground, it is likely to be it.



Tadarida Teniotis [W6]

Little, busy and full of energy

Walking in the mountains, is not uncommon to come across something that looks like a small mouse dead on the ground, with long snout and soft and thick fur. On a closer inspection, might be noticeable the absence of any sign of the cause of the death, as if this little mammal died in its sleep. It is a shrewmouse, relative of moles and hedgehogs (nothing to do with little mice then), efficient predator of invertebrates. Shrews belong to the Insectivora (worm-eaters) order and are the most successful group both for the number of species (more than 200) and for their geographical distribution that includes almost the entire planet. Shrews are always very tiny, for this reason they have an high ratio of body surface/volume which implicates a constant body-heat dispersion, compensated by eating continuously. An extremely stressful life then! Consequences of rhythms of life so high are a premature exhaustion and a lifespan that often is no longer than 15 months. Only the young and strong samples are able to get over winter-time, meanwhile the others give up to the first seasonal difficulties, dying on a mountain trail with no apparent reason.



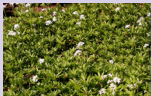
Shrewmouse (*Crocidura leucodon*) [MM]

Walking in the woods

Smooth bark, silver colored, shiny green leaves with a wavy and ciliated edge: it is the beech, elegant lord of these sides that finds here the ideal conditions of humidity and temperature to form extensive woods, alone or in association with the spruce fir and other arboreal essences. The dense and lush foliage of beeches create a moist and shady undergrowth where very peculiar plants can grow, as the *Neottia nidus-avis*, pale orchid lacking in chlorophyll. Not having a photosynthesis like other plants, this flower lives feeding on organic material in decay thanks to the symbiosis with fungi living on its roots. *Gallium odoratum* as well, better known as Sweet Woodruff, populates the undergrowth. A tiny aromatic herb: as small as precious: the woodruff is popular for its tonic and medicinal properties and, still nowadays, it is used for flavoring grappa (schnapps) to whom it donates scent and a delicate green color... a real magic potion!



Bird's nest orchid
(*Neottia nidus-avis*)
[Arch. M]



Sweet Woodruff (*Gallium odoratum*) [Arch. M]

The beech: a resource for all uses

Quite enduring, the beech (*Fagus sylvatica*) normally reaches an age of about 150 years, although, under exceptional circumstances, it can also live up to 300-400 years. The trunk (stem), generally straight and cylindrical, can reach up to 30-35 cm (rarely 40) of height, with a diameter of over 1.5 meters. It is today known primarily for its wood, hard and rosy colored, easily workable, used in the manufacture of furniture, plywoods, railroad ties, in addition to carving and lathing works and production of cellulose. In the past however this wasn't the main use: to be collected were its fruits (the faggiola: the woody fruit covered with a dome with prickles that opens up in four valve during maturity). From their dried and ground seeds were produced a flour used for food purposes. Dried and roasted, instead, they were used as a surrogate of coffee, while squeezed they produced a good quality oil, used as a dressing or for lighting.



Beech [Arch. M]



Beechwood [DZ]

Valley floor treasures



Gold of Storo [RZ]

The Valle del Chiese grows an utterly peculiar “gold”. It is a vegetal gold, a particular quality of corn that gives the famous corn flour of Storo (“farina gialla di Storo”) that makes unique the polenta of these mountains. In the tapered cobs of this particular corn rest up grains of an intense and unmistakable red brown color. There are many recipes able to enhance all the peculiarities of this flour but the most famous is indeed the “Polenta Carbonera”.

Polenta Carbonera

Ingredients for 8/10 people

- 4 liters of water
- 1.5-2 Kg of farina gialla di Storo
- 0.4 Kg of butter
- 0.5 Kg of hard cheese (Spessa)
- 0,5 Kg of soft cheese (Spessa)
- 0,2 Kg of Grana Trentino

- 1 Kg of fresh sausage
- 2 glasses of red wine
- 5 grams of pepper and 8 grams of salt

Preparation:

Heat in a copper pot 4 liters of water and let it boil, then add salt. Afterwards pour the corn flour, stirring quickly with a whisk in order to avoid lumps in the mixture. Let the mixture simmer for 2/3 minutes and then take it to boil stirring clockwise with the “trisa” (long kind of wooden spoon) for about 30/40 minutes. Meanwhile in another copper pot melt the butter and add the sausage in it, roasting all of it. Pour the red wine in order to enrich the taste. Dice the cheese and put it temporarily aside. At the end of cooking place the polenta into another pot, mix it and add firstly the butter with sausage and finally the hard seasoned cheese, soft cheese, the Parmesan cheese (Grana Trentino) and some pepper. When the soft cheese is almost melted, serve it on a wooden board.



Polenta [DZ]

The *carbonèr* (charcoal-burner): a life into the woods

In Bondone, every year, a special migration used to begin on March. It was the coal season and every *carbonèr* knew that, from March to October, their life had to move to the forest at high altitude. Specialists of turning wood into charcoal, these professionals abandoned the valley floor at the beginning of spring and, together with the family, moved towards the places of production, often very far from the village. One season of work was enough to guar-



Coalmen at work [Arch.B]

antee survival for the whole year. They left on carts taking the copper pot for polenta or minestrone soup, some buckets, some dishes, cookware, cutlery, a bucket for laundry, blankets and some clothes. They brought also

hens, rabbits and a couple of pigs, some sheep and goats, useful for milk, especially if during the season a baby was born. The woods and a small veggie garden close to the shed provided the rest of food supplies. The shack was provided by the owner, close to the *bait*, the shed used as a shelter, placed close to the *poiàt*, the wood stack that would originate the charcoal. In the Ledro Alps this complex ancient procedure has been alive until nowadays. A firm protocol of gestures, each of them essential for a successful production of coal.



Building of the *poiàt* [Arch.B]

Alpiedi – Ledro Alps Trek

Biodiversity



Martagon Lily (*Lilium martagon*) [LS]



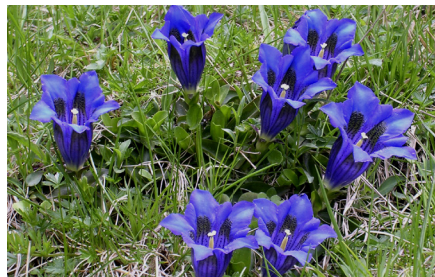
European Columbine (*Aquilegia vulgaris*) [LS]



Fire Lily (*Lilium croceum*) [LS]



Narcissus-flowered anemone (*Anemone narcissiflora*) [LS]



Stemless gentian (*Gentiana acaulis*) [RM]



Alpine Snowbell [RM]



Garden Peony [RM]



Grass of Parnassus (Parnassia palustris) [LS]



Bulbous Buttercup [Arch. M]



Columbine [Arch. M]



European Robin (*Erithacus rubecola*) [LS]



Red crossbill (*Loxia curvirostra*) [LS]



Black Woodpecker (*Dryocopus martius*) [LS]



Red-backed shrike (*Lanius collurio*) [Arch. M]



Eurasian siskin (*Spinus spinus*) [Arch. M]



Western Capercaillie (*Tetrao urogallus*) [AdG]



Lady's slipper Orchid (*Cypripedium calceolus*) [S0]



Fly Orchid (*Ophrys insectifera*) [Uff.Tur]



Old World Swallowtail (*Papilio machaon*) [RM]



Broad-bordered Bee Hawk-Moth [AdG]



Fly Amanita [RM]



Splendidus (Boletus sp.) [DZ]



Spring Vetch [RM]



Terebinth (Pistacia terebinthus) [Uff.Tur]



Primula spectabilis [LS]



Daphne petrea [MB]



Chamois (*Rupicapra rupicapra*) [RM]



Roe deer (*Capreolus capreolus*) [AdG]



Red deer (*Cervus elaphus*) [AdG]



Red fox (*Vulpes vulpes*) [W5]



Weasel (*Mustela nivalis*) [MM]

“Garda Trek”, for not stop walking



For those keen on extending or deepening the knowledge of these mountains, there is plenty of choice. The network of paths crossing these mountains is various and the panoramic views to enjoy so many.

If the panorama on the Lake Garda had enthralled you, from the ridges there are three possibilities available for diving into the unique environment of its banks: it is the “Garda Trek – the Garda crown” project, that includes three circular routes to travel by stages, along the slopes and crests that surround as a “crown” the biggest Italian lake. Three routes of growing commitment situated at different levels: the first two, one at low altitude and one at middle altitude, can be travelled the all year round and permit to discover the marvelous views offered by the Garda Trentino, even on clear winter days, among Holm oaks, olive groves and castles. The third one, instead, is a pleasant ride between earth and sky, along the watershed ridge that crowns the Upper Garda, from the cliffs overlooking the lake, to the high mountain pastures of the Mounts Misone, Stivo and Altissimo. A demanding tour to go through in a week, with a succession of rise and fall from quota 90 to quota 2100. This last loop overlaps the Alpièdi – Ledro Alps Trek on the stretch from Cima SAT (Peak SAT) to the rifugio Pernici (total difference in altitude



7350 meters). Besides the Ledro Alps, the loop of the Garda goes across all the peaks and the refuges of the crown of mountains surrounding the lake: from Mount Stivo to the Altissimo, finishing with a pleasant crossing of the lake on the ferry-boat that departs from Malcesine.

For information on the Garda Trek route

Garda Trentino Azienda per il Turismo SpA

Tel. +39 0464 554444

www.gardatrentino.it

info@gardatrentino.it

LedroNatura / LedroNature: to do science while walking

LedroNature: your trek becomes part of a scientific project

Walking across the Ledro Alps won't be just a joy for your spirit, for the sight and health, but can become an active commitment to help everybody to learn about the biodiversity of the Ledro Alps and the researchers to obtain useful data for their studies. It is easy, it just requires a smart-phone or a camera!



LedroNature is a Citizen Science project, expressively designed on the Ledro Alps territory with the aim of learning about the animal and vegetal biodiversity of this area. The all of us gather data for this project and therefore contribute to the knowledge of its nature. All of us, walking, can collect precious information about habitats, species and ecosystems we go across during the itinerary. What kind of data are needed? Nothing more simple: photographs. It is enough to snap a nice shot (which means close and in focus) of a mushroom, a plant or an insect to have collected a valuable information to share with everybody.

By sharing our pictures in the LedroNature project, they become available for everybody and turn into a new piece of knowledge. With the help of experts that, connected on line, can see our photos, we can learn a lot about nature. If we run into unknown or unsure species, in fact, by uploading the photo in the LedroNature project, we will allow the experts to take part to the project and indentify it for us. They gain a datum, we learn.

LedroNature is a **database** as well, an open and participated data storage. Data are made of our photographs of flowers, animals, mushrooms, trees, shrubs, or any other element of the biodiversity of this territory.

What are the advantages of sharing our own pictures in iNaturalist? You will always have a skilled assistant that will help you in your personal journey of discovery and knowledge, all of us will have lots of useful information about the biodiversity of our territory!

Start walking, snap your photos and share them on LedroNature, give your personal contribution to the knowledge of this beautiful territory.

How to do it:

How can we share our photographic data with others? Easy! You just have to upload the pictures in the Internet, following the instructions below.

vai su >>>>>>>>>>>> www.inaturalist.org

I menù sulla barra ti permettono di cercare specie, osservazioni o selezionare progetti

1 click su **SIGN UP** e iscriviti seguendo le istruzioni a video

2 click su project e cerca "Ledronatura" utilizzando la funzione "search"

3 click su **add observation** per aggiungere la tua osservazione

4 compila i campi in **rosso**, per trovare la specie puoi usare la funzione "cerca" indicata dalla lente

5 una volta compilata l'osservazione salvarla cliccando **save observation** in fondo alla pagina

6 Usa uno **smartphone** per fare tutte queste operazioni con facilità e in ogni luogo scarica l'app per android o apple utilizzando l'apposita applicazione sul tuo telefono.

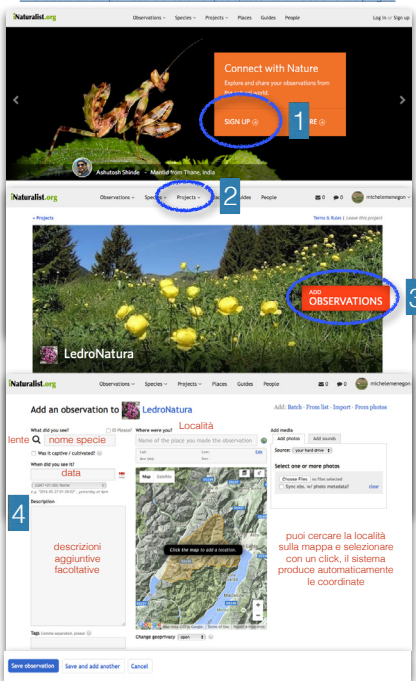


7 Sulla barra alla base cliccare su "osserva". Scatta la foto, conferma o riscattala, poi indica che genere di organismo hai visto sulla griglia di icone



8 Compila i campi richiesti. Se non sai che organismo hai visto, seleziona la voce "Help Me ID".

Su "progetti" alla fine della pagina, cerca "Ledronatura" e selezionalo e poi sincronizza con l'apposito tasto "share".



You can snap pictures through the specific free app iNaturalist, or upload them at home from your camera on the website iNaturalist.org. The app automatically records the coordinates of the place where we took the photo. Many modern compact cameras are equipped with an internal GPS able to detect the location, otherwise is a good habit to take note of the place of the sighting. This is a fundamental information that makes the datum useful for scientific purposes.

Technological treasure hunt

All the technology lovers have the chance, while travelling Alpiedi, to combine the pleasure of walking to the amusement of a real treasure hunt. Along the path of the Rete di Riserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network) there are, in fact, more than 15 hidden “treasures”. You can challenge yourself or your travel mates to find them and join a large international network of “geocacher”. All you need is a GPS or a smartphone, nothing else.

This activity is called “Geocaching” and consists of finding, thank to the help of a GPS receiver, the hidden treasures (called “Caches”, formed by little containers with inside a little piece of paper to sign and in some cases a little object or a gadget). Anyone who wants to participate has first of all to register on one of the websites that provide all the information required for this game. The most widespread and famous is www.geocaching.com. Here are published the clues about the “places of the treasure” with the coordinates. For each hidden treasure (cache) exists on the website a specific webpage with all the features, hints, photos or images, etc.

The “seekers”, users who want to try to find the geocaches, can access the website, acquire the coordinates of the cache/s they intend to seek and, equipped with a GPS receiver, go in pursuit of the treasure, made of a box containing different kind of objects. Once found it, the geocacher has to follow some easy rules of the game: report the discover in the logbook and, if they want, take an object from the container, leaving one belonging to their own. This way, the content of the cache changes at every visit.

Only after having found the treasure they can report the discovery on the geocache page, trying, if possible, to accompany it with photos and, maybe, other notes able to provide information to those who hid it (or to those keen on seeking it). For instance, it is very important to annotate whether the container is in good condition or not, whether



it is no longer protected, whether the logbook is about to end. This way the webpages dedicated to the caches get enriched as well with comments, photos, warnings and so on (<https://en.wikipedia.org/wiki/Geocaching>).

Every discovery registered, finally, contributes to increase the counter associated to each user, in order to keep always under control the number of caches found. Approximately, the most enthusiastic players in the world have to their credit more than a thousand discoveries. (<https://en.wikipedia.org/wiki/Geocaching>).

Would you like an example of where they are hidden along our itinerary? There is one at Cima Cadria (Peak Cadria) and one at the panoramic viewpoint of Mount Tombea.

More info on
www.geocaching.com/map
or
<http://www.geocachingitalia.it/>

Alpiedi: the birth of a logo

When SAT of Storo, Ledro and Riva del Garda, in association with the Rete di Riserve (Ecological Preserve Network) started to think about a new route that, crossing all the Ledro Alps, would allow hikers to learn about the extraordinary variety of landscapes and nature of these mountains, became immediately clear that it required a charismatic and evocative name. To name a trek appeared soon an all but easy challenge: it requires a comprehension of the spirit of the route, the perception of the aim and its potential, its value and points of strength but, most of all, a great imagination.

Therefore who else could have been the most suitable subject, able to condense beauty, importance, naturalistic

and historical value and the great importance of walking through mountains, with creativity? After a long consultation SAT and Rete di Riserve (Ecological Preserve Network) totally agreed on the answer: children!

A small competition was so announced, reserved to local schools, for the creation of the logo, and while adults got started with the assembly of the contents for this guide, the kids' fantasy was already running along the ridges trying to catch the essence of the trek and condense it into a name and a symbolic drawing.

Few weeks later, the first proposals arrived: a lot and all beautiful, but two in particular drew the attention of the committee, made of SAT members and the managers of the Rete di Riserve (Ecological Preserve Network). These two proposals had something absolutely original and managed to seize the spirit of the project in a communicative and immediate way.

How to choose among these two equally interesting and absolutely perfect suggestions? Giving up one of the two would have meant losing an important element of the symbolic description of the itinerary. The committee eventually decided to keep both of them, making them merge.

The name is born from the imagination of **Gabriele Pellegrini** and the drawing from the ideas of Gabriele Pellegrini and **Carlotta Vivaldelli** of the Istituto Comprensivo Valle di Ledro, Secondary school of 1st degree of Bezzeca.



The concept behind the logo

"I chose this type of drawing because it made me think about people that, walking along the itinerary, meet wild animals and notice their imprints left on the way. This drawing in fact represents the footprint of a man next to an animal's one. [...] It is also a sign of friendship between nature and men." (Carlotta Vivaldelli)

"For the name – says Gabriele – I tried to join the words Alps/Mountain to the idea of going out on foot and the result has been Alpiedi ("alps on foot"). This name came out from my infinite imagination that never ceases to amaze me" (Gabriele Pellegrini)

The logo, elaborating the ideas developed by kids, represents a loop, like the journey described in the route, marked in red, like a SAT path; in it are visible the pointed summits of the Ledro Alps featured by different vegetation strips and the imprint of a wild animal as if it was rising up from behind.

[The graphic design of the logos ideated by kids was made by Giuseppe Peterlini].



Our map is free

The map attached to this publication has been elaborated using the data from OpenStreetMap: a collective project aimed at the creation of geographical data. Data are entered by individual users that, cooperating with other people all around the world, contribute to enrich and improve the database, for this reason known as the “Wikipedia of the maps”.

The main feature that made us decide to use data from OpenStreetMap is freedom. Freedom to modify the map by adding real missing elements and freedom to use it for any purpose, with no limit, except for having always to mention the source of the information taken, as done for this publication.

There is the possibility to insert all the elements present on the Earth, natural or artificial, as refuges, fountains, peaks, lakes, rivers but also paths with relative difficulty, roads, autobus routes and much more. Indeed this representation shows only the items chosen by who has thought and





created the opera, this doesn't mean that data have been modified in order to represent them but that the author, using dedicated software (in this case CartoSSS and Mapnik), has selected the data to display and the style assigned to the categories of items.

By choice, OpenStreetMap does not contain altimetry data, we used DTM (Digital Models of Terrain) of Trentino, Veneto and Lombardia which are distributed as OpenData, therefore freely usable as well.

We invite you to take part and actively collaborate in order to improve the quality of the map (www.openstreetmap.org) and remember that on the web are available several maps extracted from OpenStreetMap freely usable on GPS or smartphone.

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Luca Delucchi 2016

Cartographic license:

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Data ©:

- Altimetry data DTM/isoipse:
www.dati.trentino.it
www.dati.lombardia.it
www.dati.veneto.it
- Other data:
OpenStreetMap contributors
www.openstreetmap.org



Lake Ampola [AdG]





IF, WHEN THE TRIP IS OVER, YOU ARE ALREADY MISSING THE LEDRO ALPS...

Mines of Darzo (Storo)

“A perforated mountain. This is what today remains above Darzo after the over a century long season of barite mines. Today the forest, with the wild energy of nature, has taken back the entrances, while the grass hides the rails of the wagons.”

Mines have been an important element of the history of this land. In the past, at the beginning of the XIX century, they have supported the economy of these valleys that economically and socially evolved hand in hand with the growth and development of the mining industry, begun in 1894 with the discovery and opening of the first mines of barite, shut definitely down in the early 2000. Since 2009, thanks to guided tours, it is possible to retrace the road and the history of mines, visiting the miners' accommodation, the former laboratory, the powder magazine, the trails and the tunnel entrances and listening to tales from former workers (both males and females) of the mining industry, in order to understand a reality apparently far off, which helped to model the identity of this landscape.

Piazza XVI Artiglieria 10/c

Darzo - Valle del Chiese. Storo City Council

Tel. +39 3282419981

info@minieredarzo.it

www.minieredarzo.it

Castle of Bondone

Sentinel of the lake, since 1086 the S. Giovanni Castle, that overlooks the Lake Idro from a rocky pulpit, used to belong to the noble family Lodron, originally from the Storo plain. This privileged position allowed them to have the control of the passage between the Chiese area and the Lake Garda. The Castle is today reachable by foot with a 15 min walk from the car park, or 30 min starting from Baitoni (parking lot at Miralago place).

<http://www.visitchiese.it/it/territorio/cultura-valle-del-chiese/castelli-trentino/>

<http://www.comune.bondone.tn.it>

Ledro Land Art (Molina di Ledro)

A stroll among art, nature, philosophy in the picturesque pine forest in Pur, in the heart of the Valle di Ledro - Ledro Valley, among imaginary animals, symbolic shapes and evocative figures; a group of artists interprets nature and meditates about the Man, placing their artistic works along an itinerary made of fantasy and poetry which helps us to enjoy and think about the landscape surrounding us and our nature.

Road signs from Molina di Ledro or from Pieve di Ledro.

Project promoted by Ledro City Council

<http://www.ledrolandart.it>

Santa Lucia in Pratis church (Bezzecca – Tiarno di Sotto)

This is the oldest church of the Valle di Ledro – Ledro Valley. During restoration, in the late 90's, it revealed its precious identity: in the ancient plaster came to light several frescos of excellent artistic value, some of them dating back to the first half of the 1600. These precious sacred decorations were likely to be painted by several artists passing by these territories. Santa Lucia in Pratis has its antique origins back



to the first half of the XIV century. It is located on the road connecting Bezzecca to Tiarno di Sotto.

For a visit is necessary to ask to the Consorzio per il turismo della Valle di Ledro (Tourist information).

Consorzio Pro Loco

Via Nuova, 7 – Località Pieve di Ledro

Tel. + 39 0464 591222

Prè forge

What did simplify our excursions among glaciers and rocky walls before the technological crampons? Of course the nails that nail makers used to produce for different types of footwear of mountain inhabitants. At the forge of Prè you can see back to life the ancient craft of the “chiodaioli” (nail makers) among anvils and forges.

Consorzio Pro Loco

Via Nuova, 7 – Località Pieve di Ledro

Tel. + 39 0464 591222

San Rocco Church - Campi

In 1853 the Church of Saint Rocco received its majestic organ. Few years later, in 1866 from July 25th to August 10th, Campi was occupied by Garibaldi soldiers. What is the connection between these two facts? It was the church of Saint Rocco or rather its organ to tell about the 17 days of Garibaldi and beyond.

About fifty pencil writings, reporting names and events happened from 1861 to 1920-30, were found on the boards of the organ during the cleaning that followed the 10 years of restoration of the church. These writings tell about the nights when the Garibaldi soldiers were in the church, for this reason desecrated and rechristened afterwards; the main door was used as a board for slaughter animals, drawings seem to picture gendarmes and refer-

ences to appalling acts like the spread of typhus at the end of the 1800.

A little village on the slopes of the mountain and its little church, keepers of big historical events. The village of Campi lies at about 4 km from Riva del Garda.

Malga Grassi and Capanna Grassi

Malga Grassi is the ideal destination for those who want to discover local traditions and learn about a piece of history of this land. Reachable by foot (path SAT 402) or by mountain bike, Malga Grassi is an old and picturesque traditional alpine hut. Some of its original structures date back to the Middle Age. Among vast pastures, immense beeches and firs, the hut, recently restored thanks to the Riva del Garda City Council, is surrounded by a lush and fairy environment. The new shepherd that is today taking care of the building and its pastures, is a precious source of tales and curiosities about history and traditions of the alpine life, and thanks to his job Malga Grassi is today getting back to life, also as a venue for educational activities dedicated to schools and organized by the MAG (Museo Alto Garda – Upper Garda Museum). Shortly before Malga Grassi lies Capanna Grassi (Grassi shed) great location for a stop to rest up under the shade of beeches, together with some tasty dishes of the local culinary tradition.

Località Grassi 1, Riva del Garda TN

Tel. +39 0464 501181

Archeological site S. Martino - Campi (Riva del Garda)

Ambiguous Saints and mysterious figures populate the woods around S. Martino. They are the protagonists of the numerous legends that permeate this archeological site. It is one of the most fascinating and rich in history of the territory. The archeological site of S.Martino lies on a plain of



the Upper Garda at about 800 meters height, in a strategic position close to the transit routes that used to connect the Upper Garda westward and towards the region of Brescia and northward to the alpine area.

<http://www.archeosanmartino.it>

Riserva Naturale Provinciale del lago d'Idro (Lake Idro Provincial Ecological Preserve)

Grebe, coots, moorhens, mallards; Kingfishers, nightingales of river, hoopoe; the Special Zone of Conservation and Provincial Preserve located on the shores of the Lake Idro is a real paradise for birdwatchers. A damp zone of about 15 hectares on the Northern side of the lake, right under the attentive and stern sight of the Castle of Bondone. A pleasant wooden walkway and sheltered observation points permit to explore at ease this little humid universe, home of a great variety of interesting plants and animals.

The medieval vibe of Borgo di Canale

For a jump back in time is worth a visit to the fascinating medieval village of Canale, a maze of alleys and homes fitted one into the other, creating a magical and intimate atmosphere that has nothing to envy to vintage novels. Barrel vaults, underpasses, alleys, walkways are intersected in an architectural design that seems to be born from the need to cling close one to each other, against the attacks of time and the fears of the woods. This exceptional village has been known since 1211, since when the village has remained largely unchanged. After the First World War it was partly abandoned but today, with its about 50 inhabitants, it relives its glories thanks to tourism.

Founded in 2012 with the support of the Ledro City Council Administration, the Rete Museale Ledro (Ledro Museum Network) is an ensemble of cultural institutions reunited under a common name to divulgate, promote and tell about the Valle di Ledro – Ledro Valley territory.

Take part to ReLed:

Museo delle Palafitte di Ledro (Molina di Ledro) – Museum of Stilt Houses of Ledro

In 2011 the archeological area of Ledro was declared UNESCO World Heritage together with other 110 pile-dwelling sites of the alpine arch. On the shores of the Lake Ledro, close to the archeological zone, lies the Museum of Stilt Houses, ready to tell about the everyday life during the Bronze Age in this region, through several exhibits, reconstructions and educational activities. The Museum of Stilt Houses of Ledro is one of the territorial branches of the MUSE (Museo delle Scienze di Trento – Museum of Science of Trento).

Open daily:

March – June : 9 am – 5 pm

July – August : 10 am – 6 pm

September – November : 9 am - 5 pm

Via Lungolago, 1 - Molina di Ledro (TN)

Tel. +39.0464 508182

museo.ledro@muse.it – <http://www.palafitteledro.it>

Visitor center Monsignor Ferrari of Tremalzo

Along the paved road that from Ampola goes up to Tremalzo there is this interesting visitor center that tells about the

deep bond that binds man to nature and its secrets, in all seasons.

Closed on Monday

June to September : 1.30 pm – 5.30 pm

Free entry

For info and booking: museo.ledro@muse.it

Tel. +39.0464 508182

Museo Garibaldino and Colle Ossario (Bezzecca)

Third Independence War and First World War: facts of arms that left deep scars in the Valle di Ledro – Ledro Valley and its territory. In the small Museum in the town center and on the Colle (hill) it is possible to remember, learn and meditate about the history that changed the face of Italy.

Colle Ossario (Ossuary Hill)

Closed on Monday

May – September 10 am – 1 pm ; 3 pm – 6 pm

Free entry

Museo Garibaldino (Museum Garibaldino)

Closed on Monday and Tuesday

June – September : 10 am – 6 pm

For info and booking : museo.ledro@muse.it

Tel. +39.0464 508182

Pharmaceutical Museum Foletto (Pieve di Ledro)

Stills, pestles and medicinal herbs. Ointments, recipes and preparations. A journey through the origin of the pharmacy, the discovery of an ancient craft, the apothecary, that the Folletto family practiced in Ledro starting from the 1800. A rich collection of antiques and a suggestive environment will take you to the discovery of the historical evolution of a fascinating profession based on the deep knowledge of Nature.

Via Cassoni - Località Pieve

Comune di Ledro (TN)

Tel. + 39 0464 591038 – www.foletto.net

Closed on Monday

Luglio – September : 10 am – 12 pm ; 4 pm – 7 pm

Booking: Tel. +39 0464 591038

Ampola Lake – Provincial Ecological Preserve and Special Conservation Zone

An elevated walkway runs along the Ampola Lake shores. It crosses a unique environment, refuge for many species of birds, reptiles and amphibians surrounded by the typical vegetation of the lake environment. At the Visitor Center of the Lake Ampola Provincial Ecological Preserve you can find out about the secrets of the lake, its inhabitants and its naturalistic uniqueness. This area and its visitor center offer the opportunity to watch and listen to an evolving environment, that includes fragile and fascinating treasures from the vegetal and animal world.

Strada provinciale 240 di Loppio e Val di Ledro - Tiarno di Sopra – Ledro

May - September

Visitor center Lake Ampola:

Closed on Monday;

May - September 10 am – 1 pm ; 3 pm – 6 pm; free entry.

For info and booking: museo.ledro@muse.it

Tel. +39.0464 508182

The crossing of Bocca di Casèt (Mouth of Casèt): the “exit” of the migratory highway

The crossing of Bocca di Casèt (Mouth of Casèt) is situated in the Ledro Prelates in the Ledro City Council at an altitude of 1608 meters. This is the most famous crossing of Trentino regarding the autumn migration of birds. Every Autumn from August to October, at the Ornithological station of Bocca di Casèt (Mouth of Casèt) the researchers of the MUSE (Museo delle Scienze di Trento – Museum of Science of Trento) capture and put a ring to several different species that, engaged in the long journey, fly across the pass. For those who are passing by during Autumn, seeing the operators of MUSE on the job will be certainly an interesting experience; from 1996 to today have been captured (and freed) over 400,000 birds belonging to almost 200 different species.

IF, WHEN THE TRIP IS OVER, YOU WISH TO TASTE THE TERRITORY

The following “list of tips” does not mention all the companies of the territory of the Rete di reserve Alpi Ledrensi (Ledro Alps Ecological Preserve Network). We had to make a choice and the policy we reckoned more appropriate is participation: the companies below are those who so far have always actively collaborated with the network, sharing the philosophy of sustainable development and the commitment to make it happen. Hopefully in the coming years this list will be enriched with the collaboration of many others.

Storo

When aquaculture becomes a precious flavour

Armanini Troticoltura Storo/Val di Ledro

andrea@armanini.it

Tel. +39 0464/508299

The sweetness of the Ledro Alps

Azienda agricola (farm) Mora

Via Faserno 33, Storo

Tel. +39 348/6585693

www.aziendaagricolamora.it

apicolturamora@gmail.com

For a great malga cheese (goat and not)

Malga Alpo of Storo – Luca Parisi

Tel. +39 392/6867222

parisiluca85@gmail.com

For the “farina gialla di Storo” (corn flour of Storo) ... and much more

Storo - Agri '90

Tel. +39 0465/680529

info@agri90.it

For a very special dessert

Pasticceria Dolce Peccato

Piazza Europa 1 – Storo

Tel +39 0465 880458

Bondone

For a taste of mountain herbs picked up and prepared according to tradition

Azienda Agricola (farm) La Contadina by Angelo Rigacci

Bondone

Tel. +39 339/1378985

angelo.rigacci@libero.it

Ledro (Molina, Pieve, Bezzecca, Tiarno, Concei)

Strawberries from June to the end of September

Azienda Agricola (farm) Segalla

Via M. Bianchi - Loc. Lenzumo

Tel. +39 0464/591596

segallafabio63@gmail.com

For an extraordinary honey flavoured Ledro Alps

Miele Cellana Giovanni – Cellana Giovanni Honey

Val di Ledro

Tel. +39 328/4783707

cellanag69@virgilio.it

Miele Millefiori Giorgio Rosa – Giorgio Rosa Wildflower honey

Via Piave, 87 – Molina di Ledro

rosagiorgio@virgilio.it

From the phytotherapeutic tradition of the Ledro Valley

Farmacia Foletto (pharmacy)

Via Nuova, 4 – Ledro

Tel. +39 0464/591038

info@foletto.net

The real blueberry jam!

Azienda (farm) Rossi Andrea

Tel. +39 337/395637

aziendarossiandrea@gmail.com

The traditional recipe of the carne salada

Macelleria (butcher shop) Massimo Cis

Val di Ledro

Tel. +39 0464/591023

info@macelleriacis.it

The special gold of the Beer of Ledro

Birrificio Artigianale (artisanal Brewery) Leder

Via Nuova, 11 - Ledro

Tel. +39 348/8902543

info@birrificioleder.it

#biodynamic, #organic

Azienda agricola (farm) Bosc del Meneghì

Bosc del Meneghì – Via Piave, 40/A – Ledro

Tel. +39 0464 508057

cell. 389 5150167

<http://www.bosc-del-meneghi.it>

From preparations of plants to those of milk

Az. Agricola (farm) La Genziana

Via Pichea 6 – Ledro

Tel. + 39 345/4466674

az.ag.lagenziana@gmail.com

Tremalzo

When cheese is tradition

Malga Bezzecca – Azienda Agricola (farm) Batisti

<http://www.vallediledro.com/it/az.-agricola-batisti>

Tel. +39 347 5981396

Riva del Garda

Chestnuts and local products

Associazione Tutela Marroni e Prodotti Tipici di Campi

Loc. Zucchetti 7 c/o Bertoni Angiolino 38066

Riva del Garda

Tel. +39 0464 501197

marrcampi@tiscali.it

FOR A PEACEFUL SLEEP

Storo

Agritur La Polentera

Via Sorino, 44 – Storo

Tel. +39 0465 297111

Hotel Firi

Via Giuseppe Garibaldi, 2 – Storo

Tel. +39 0465 686250

Agritur Santa Barbara

Via S. Giovanni Nepomuceno, 38 – Darzo di Storo

Tel. +39 0465 299138

Hotel Castel Lodron

Via XXIV Maggio, 41 – Lodrone

Tel +39 0465-685002, +39 0465-685425

info@hotelcastellodron.it

Condino

Agriturismo Casa Essenia

Via Mon, 8 – Borgo Chiese – Condino

Tel. +39 0465 621965

info@casaessenia.it

Bondone

Agritur “La Contadina”

Via Giusti, 10 – Bondone

Tel. +39 0465 299546 – cell. +39 339 1378985

Ledro (Molina, Pieve, Bezzecca, Tiarno, Concei)

B&B Enjoy Ledro

Via Alzer 14 – Frazione Pieve di Ledro – Ledro

Tel +39 0464/123456 – <http://www.enjoyledro.it/>

Residence Lombondel – Crosina Pio

Via Monsignor Ferrari, 14 – Tiarno di Sotto

Tel. +39 0464/595428

Green Holiday Cav – Casa Vacanze

Via Maffei, 3 – Ledro – Molina

Tel. 0464/508399

Affittacamere B&B Cà mea Dina

Via Tovi 12 – Frazione Bezzecca

Tel. +39 0464/592117 – cell. +39 349/4624965

info@cameadina.com – www.cameadina.com

Affittacamere Galet

Via Teresa Spagnolli, 2 – Loc. Pieve Ledro

Tel. +39 0464/591250 – cell. +39 349/1246638

www.galet.it

Hotel Cima d'Oro

Via Maffei, 52 – Molina di Ledro

Tel. +39 0464/508110

<http://www.hotelcimadoro.com/>

B&B Anna Maria

Via B. Daves 14 – Frazione Locca di Concei – Ledro

Tel. +39 0464 592085 – cell. +39 334 7732676

<http://www.ledrobedandbreakfast.it>

Good Life Hotel Garden

Via Vittoria, 6 – Pieve di Ledro

Tel. +39 0464/591033

info@gardenledro.it – www.gardenledro.it

Albergo Maggiorina

Via XXIV Ottobre, 9 – Ledro

Tel. +39 0464/591029

info@albergomaggiorina.it

<http://www.albergomaggiorina.it/>



Hotel Sport Ledro

Via P. A. Cassoni, 18 – Pieve di Ledro

Tel. +39 0464/591030

info@hotelsportledro.eu

www.hotelsportledro.eu

Villaggio val Molini

Loc. val Molini, 1 – Frazione Bezzecca

tel. 348.3649324

info@valleledro.it – www.valleledro.it

FOR A DINNER TASTING LEDRO ALPS

Storo

Ristorante Albergo Firi

Via Giuseppe Garibaldi, 2 – Storo

Tel. +39 0465 686250

Al Chicco d'oro by Marietti Gianluca

Strada Provinciale 69, 69/8/C – Storo

Tel. 347 0439532, 0465 296832

Agritur La Polentera

Via Sorino, 44 – Storo

Tel. +39 0465 297111

Ristoro Bar Gastronomia by Vito

Via Cà Rossa, 5 – Storo

Tel. + 0465 296000

Pizzeria Ristorante Bar by Romedio

Via Garibaldi n. 264/B/1 – Storo

Tel. + 39 0465 296200

Bondone

Ristorante Miralago (Camping)

Via Porto Camarelle, 3, Baitoni

Tel. +39 0465 299284, +39 0465 689196

Tel. +39 0465 299285

campingmiralago.it

Condino

Locanda Borgo Antico

Località Sorino, 1 – Condino

Tel. 0465 621686

www.lalocandaborgoantico.com

Ledro (Molina, Pieve, Bezzecca, Tiarno, Concei)

Locanda alle tre oche

Via Maffei, 37 – Molina di Ledro

Tel. +39 0464 509062; cell. 333 9917883

<http://www.locandaletreoche.it>

Ristorante Albergo Maggiorina

Via XXIV Ottobre, 9 – Ledro

Tel. + 39 0464/591029

info@albergomaggiorina.it

<http://www.albergomaggiorina.it/>

Ristorante da Richetto

Strada per Tremalzo 13/F, 38067, Tiarno di Sopra TN

Tel. + 39 0464 598131

<http://darichetto.wix.com/ristorantedarichetto>

Chalet Rifugio Al Faggio

Località al Faggio, 38067 Ledro TN

Tel. + 39 0464 591100

<http://www.hotelalfaggio.com>

Agritur “La Dasa”

Tel. +39 329 1906288

az.agricolaoradini@gmail.com

Riva del Garda

Rifugio Capanna Grassi

Loc. Malga Grassi – Riva del Garda

Tenno

Ristorante Castello

Via S. Lorenzo 29 – Tenno

Tel. 0464 500638

<http://www.ristorantecastellotenno.com/>



TOURIST INFORMATION

Consorzio Pro Loco Valle di Ledro

Via Nuova, 7

Tel. +39 0464 591222

www.vallediledro.com

Consorzio Turistico Valle del Chiese

Fraz. Cologna, 99 – Pieve di Bono

Tel. +39 0465 901217 – Tel. +39 0465 901217

www.visitchiese.it

In Garda Trentino - consorzio turistico

InGarda Trentino

Largo Medaglie d'Oro al Valor Militare, 5

Riva del Garda

Tel. +39 0464 554444

www.visitgarda.com



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“Sentiero Monsignor, da Capo di Ponte a Limone sul Garda”. Giovanni Antonioli (Opera Bresciana delle Chiesette Alpine)

“Archeologia involontaria”. A cura di Alessandro Fedrigotti e Luca Scoz. Edizione Centro Studi Judicaria, 2013.

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