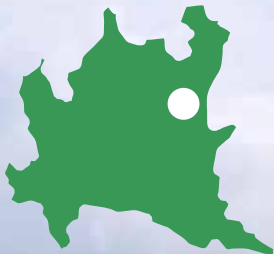


# LOMBARDIA

## Run The Top



### ADAMELLO TRAIL

ON THE FOOTPRINTS OF THE GREAT WAR

Guide and GPS



Regione Lombardia

**LENGTH:** 56 km

**ELEVATION RANGE:** 4,350 m elev. gain

**TECHNICALITY:** trail at high elevations with some equipped paths and snow crossing. Not recommended for those suffering from vertigo. Confident pace.

**ALPINE HUT/MOUNTAIN HOSTELS ALONG THE TRAIL:**

Rifugio Tassara (starting point) – phone + 39 0364 310777

Rifugio Tita Secchi – phone + 39 0365 903001

Rifugio Maria e Franco – phone + 39 0364 634372

Rifugio Lissone – phone + 39 0364 638296

Rifugio Prudenziini – phone +39 0364 634578

Rifugio Gnutti – phone + 39 0364 72241

Rifugio Tonolini – phone + 39 0364 71181

Rifugio Garibaldi (arrival) – phone + 39 0364 906209

**USEFUL INFORMATION:** [www.rifugi.lombardia.it](http://www.rifugi.lombardia.it)

**BEST TIME OF THE YEAR:** End of June to the beginning of October



# ADAMELLO TRAIL:

## On the Footprints of the Great War

Ambassador Franco Bani



The Alta Via – High Pathway - of Adamello entirely stretches along the highest mountains in the province of Brescia. It develops on a technical soil, with stretches equipped with chains and pegs and, depending on the season, with occasional snow-field crossing. The scenery where the trail takes place is particularly charming, not only for the elevations reached and the breathtaking panorama, but also for its history connected to the First World War. Along the track we come across many trench ruins, caves, fortifications and other military constructions. We also come across many mountain huts (rifugi) that can provide refreshment and any assistance. The start point is the gravel road in front of Rifugio Tassara and from this we take a well marked path that proceeds, clearly identifiable, to Lago della Vacca and subsequently to Rifugio Tita Secchi. From here we climb





up Blumone Pass on an easily identifiable rocky pathway, then we carry on to Termini Pass.

After Bocchetta Brescia we reach Rifugio Maria e Franco and after Davolo Pass (fixed ropes are put in place to assist climbers) we go down to Rifugio Lissone. From here we move down to the bottom of the valley, remaining on the left side before starting rising up to Passo Poia. Once arrived at Rifugio Prudenzi, after crossing the bridge we go up again to Miller Pass. In the first part the descent is equipped with chains because of unstable terrain. In the second part we walk on screes and channels which are not too demanding yet delicate due to water and sand that make the soil very slippery.

The last part of the trail runs along a meadow. Once crossed the river at the bottom of the valley we climb for a while and then we turn towards Rifugio Gnutti, Rifugio Baitone and Rifugio Tonolini. Later on, running on large rocks, we get to Premassone Pass before dealing with the last uphill: Lunedi Pass. The first part of the last descent is on a very slippery terrain.



The trail goes down in a regular way up to the crossing of a small river from where we start again to rise up in diagonal for a few meters where we finally catch sight of Rifugio Garibaldi.

### TRAIL DESCRIBED BY FRANCO BANI

It is difficult to start thinking about this track without remembering the fantastic perfumes of a day that heats up with the sun and refreshes with the sunset. The kilometers to run are as long as the hours spent on a continuing changing soil: grass, rock, snow, and then again, grass, rock. A continual up and down that takes you to climb over 7 different valleys set in the shadow of dramatic mountains. A very varied trail, difficult but that remain deep in the heart of the mountain lovers. Tiredness and sweat are pasted on your skin and, when you arrive at Rifugio Garibaldi, the end of this adventure, you turn to have a look at the trail you have just run... and you feel a little bit sad to be at the end!



### FRANCO BANI

Born in 1967 Franco can be described as a mountain sports stakhanovite: 6 trainings per week and the seventh day is race! And if it is not sky running is alpine skiing. In his palmares there are victories, placements, and attendances in many important races in both disciplines: Skyrace Trentapassi, Skymarathon July 4th, Adamello Sky Raid, Sellaronda, Trofeo Mezzalama and Patrouille des Glaciers. He won for 4 years consecutives the Ravasio Trophy (2006 to 2009) that goes on the Alta Via No. 1. Subsequently, due to knees problems, he

concentrated himself on shorter races especially on road, taking also part in many important marathons. In 2013, in Paris, he got his personal on 42 km: 2h42'.

DOWNLOAD  
THE OTHER SMALL GUIDES

# LOMBARDIA RUN THE TOP

- Grigne Trail
- Orobie Trail
- Valtellina - The Wine Trail
- Cadorna Line - The Path of Monti Lariani
- Adamello Trail - On the Footprints of the Great War
- Trincee Trail

## WHERE

[www.regione.lombardia.it](http://www.regione.lombardia.it)

[www.rifugi.lombardia.it](http://www.rifugi.lombardia.it)

[www.distanceplus.com](http://www.distanceplus.com)

