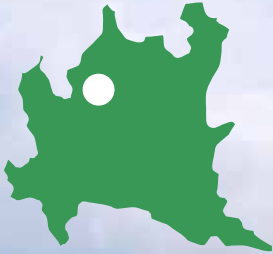


LOMBARDIA

Run The Top



GRIGNE TRAIL
Guide and GPS



Regione Lombardia

LENGTH: 19 km

ELEVATION RANGE: 1,900 m elev. gain

TECHNICALITY: Partially equipped trail, both up and downhill. Not recommended for those suffering from vertigo. Confident pace.

ALPINE HUT/MOUNTAIN HOSTELS ALONG THE TRAIL:

SEM Soldanella Cavalletti – Phone + 39 0341 531132

Rifugio Carlo Porta – Phone +39 0341 590105

Bivacco Bruno Ferrario, on the Grignetta peak (open all year round, it provides shelter from stormy weather or in emergencies).

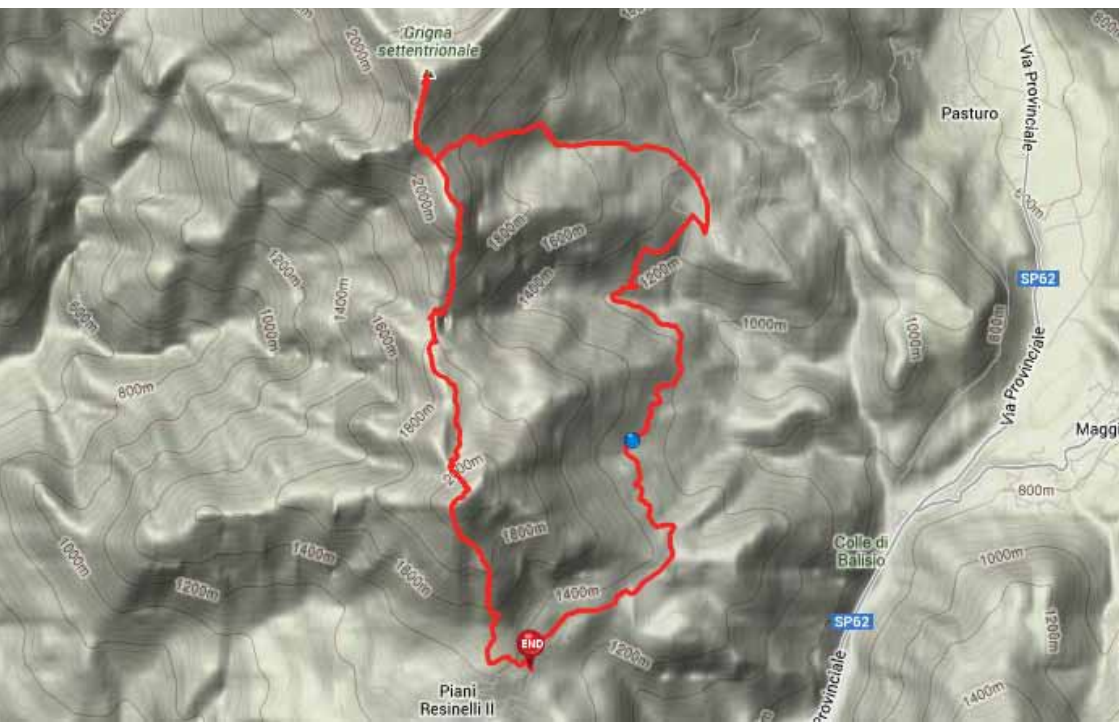
Rifugio Luigi Brioschi – Phone + 39 0341 910495

Rifugio Antonietta al Pialeral – Phone +39 0354 517465

USEFUL INFORMATION: www.rifugi.lombardia.it

BEST TIME OF THE YEAR: From May to November

MINIMUM EQUIPMENT REQUIRED: GPS, water for the first 2 ½ - 3 hours, windbreaker also in the Summer season considering the height .



GRIGNE TRAIL

High Crossing
Ambassador Filippo Canetta





The massif of Grigne at elevation 2,410 m, in the heart of the Lombard Pre-Alps, is a place with beautiful landscapes and varied and rough morphology, that reminds of the Dolomites, with a view to Lake Como. Two are the main peaks: the Northern Grigna (2,410 m), commonly known as Grignone, and the Southern Grigna (2,177 m) known as Grignetta. When we talk about Grigna, though, we usually mean the Southern Grigna, the place where Lombard mountaineering was born and where some of the most famous names in mountain-climbing history - Cassin, Comici, Corti, Riva,... - took some of their challenges. These rocks are still the training floor for the group "Ragni di Lecco" (The Spiders of Lecco). The typical soil offers many possibilities also for trailers and it hosts, passing in front of Rifugio Brioschi, one of the most popular mountain runs: the "Scaccabarozzi Trophy".

TRAIL DESCRIBED BY FILIPPO CANETTA

I had never run in the Grigne before, since I slightly suffer from vertigo and unfortunately this had previously stopped my curiosity.



The equipped stretches, if approached quietly, are not so demanding and the opportunity I had to place my hands on such important rocks was a unique experience. From Pian dei Resinelli (1,278 m elev.) we go up to Rifugio S.E.M. Soldanella Cavalletti (1,356 m elev.) where the path starts. After a short rise, we reach Rifugio Porta (1,426 m elev.) where, on the left, we access track No. 7, known as Cresta Cermenati, that in less than two kilometers takes us to the Southern Grigna or Grignetta (2,184 m elev.). Shortly after the top we meet Rifugio Bruno Ferrario (2,177 m elev.), a building in the shape of a space shuttle, made in aluminum, that can host up to 6-8 people. Continuing on track No. 7 (the Grigna High Traverse or the High Crossing), at first we downhill on an equipped track and then on an easy way up to Val di Mala and Buco di Grigna (1,842 m elev.). There is a dramatic contrast between the bareness of the top and the rich vegetation of the surrounding valleys. We climb up to the Northern slope



of Grignone, we run the crest before reaching the equipped track of Scudi (2,028 m elev.). Just after the rock spur we proceed along the summit on a trail up to mountain shelter Ugo Merlini (2,144 m elev.) from where we take track No. 33 to reach the Southern Grigna (Grignone) and Rifugio Brioschi (2,410 m elev.). Back track through Merlini hut, we proceed to the valley direction, always on track No. 33, up to Pialeral, where we reach Rifugio Antonietta (1,428 m elev.). From here, further down, with a narrow turn on the right, we take the Low Crossing. The trail continues passing through a fantastic beech tree forest, approaching river Pioverna where you can refresh before crossing a wide scree. The trail final stretch is on a white 2 kilometers road up to Rifugio S.E.M. Soldanella Cavalletti.



FILIPPO CANETTA

Filippo Canetta ran his first Trail Running race in 2008, discovering the great pleasure to run in the nature. Thanks to running he learnt to appreciate all outdoor activities, sharing the love for nature as basic philosophy of trail running. He lives in Milan but he trains in the woods of Brianza and in the mountains surrounding the town of Lecco. He takes part in many trails and ultra trail races in Italy (always scoring in the top 10) and worldwide. Since 2013, in addition to the competitive activity, he has dedicated himself to the realization of some projects of re-discovering and bringing out the different territories and landscapes through running in the nature, and aiming at setting records on some particular trails.

Main Scores: 1° trail 3V 2011, 2° Adamello Prealpi trail 2011, 2° Marcia delle merci 2011, 3° The Abbots Way 2011, 3° Tartufo trail 2011, 10° The North Face Transgrancanaria 2011, 1° Neander Trail 2012, 1° Sentieri di S. Cristina 2012, 1° Trail del Motty 2012, 2° Tartufo Trail 2012, 3° Le Finestre di Pietra 2012, 3° Trail dei Gorrei 2012, 4° Trans d'Havet 2012 (Italian champ), 26° the North Face Ultra Trail du Mont Blanc 2012 (1° italian), 2° Sentieri di S. Cristina 2013, 2° Trail dei Gorrei 2013, 1° 100eLode 2013, 1° Bryce Canyon 100 miglia (uSA) 2013

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

www.rifugi.lombardia.it

www.distanceplus.com

