

LOMBARDIA

Run The Top



VALTELLINA
THE WINE TRAIL
Guide and GPS



Regione Lombardia

VALTELLINA

The Wine Trail

Ambassador Marco De Gasperi

The two proposed trails - entirely conceived and tested by the famous mountain run champion Marco De Gasperi - are a kind of homage to the Valtellinian wines but also to the stubbornness of winemakers who shaped the valley slopes to cultivate their vineyards. With an overall length of 42 km and 2,180 m elevation range between Tirano and Sondrio, with a break at Ponte Valtellina, and entirely in the “Valtellina Superiore DCOG” area, the trail is passing through 10 districts some of which along the Wine Road, running on vineyard terraces which are perfectly aligned on steep ledges and small terrain lots supported by stone walls.

A great masterpiece, which originated from to the stubbornness of the Valtellina winegrowers, in the reign of Valgella, Inferno, Grumello and Sassella wines.





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STAGE 1

LENGTH: 27 km

ELEVATION RANGE: 1,430 m elevation gain

TECHNICALITY: Trail with continuous up and downhill terrain. No particular expertise required, well-kept path.

USEFUL INFORMATION: www.rifugi.lombardia.it

BEST TIME OF THE YEAR: All the year round

MINIMUM EQUIPMENT REQUIRED: GPS, only small water supply (500 ml) needed since you will come across many fountains in the villages along the trail. Energy bar suggested due to the length of the trail.



TRAIL DESCRIBED BY MARCO DE GASPERI

Immediately after the start we reach the church of S. Perpetua, which dominates over Tirano, on the orographic right side of Adda river, and then we downhill through the vineyards following the “Sentiero dei Malviventi” (“Racketeer Trail”). After passing through the high part of Villa di Tirano we join the Bianzone vineyards passing across the beautiful wine estate “La Gatta”. From here, running on the trail that goes through the vineyards of “Valgella” wine sub-area, we rise in height till we come across the road that gives us the opportunity to cross Val Boalzo. We then proceed uphill on white and paved roads up to the village of Teglio, which represents the highest point of perfectly walkable path. The rise which connects Bianzone with Teglio is a little bit longer than 5 km with an elevation gain of over 500 m: running at the correct pace you will encounter no difficulties. From here we go downhill on a gravel road passing by fields of rye and reaching the small villages of Sant’Antonio and Passeggia. The track then accesses the vineyards service road almost touching S. Giacomo before starting to rise again and reach Castionetto. The next descent runs along the mountain stream of Val Fontana. After crossing the wooden bridge we reach the historical center of Chiuro and then on a cobbled path we go uphill to Teglio. The last 7 km towards Ponte in Valtellina are a continuous up and downhill where we can “push hard” with all energy left in us.



VALTELLINA

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STAGE 2

LENGTH: 15 km

ELEVATION RANGE: 750 m

TECHNICALITY: Trail with continuous up and downhill terrain. No particular expertise required, well-kept path.

USEFUL INFORMATION: www.rifugi.lombardia.it

BEST TIME OF THE YEAR: All the year round

MINIMUM EQUIPMENT REQUIRED: GPS, only small water supply (500 ml) needed since you will come across many fountains in the villages along the trail. Energy bar suggested due to the length of the trail.



TRAIL DESCRIBED BY MARCO DE GASPERI

Outside Ponte Valtellina the track rises in height, it goes through the apple tree forest to finally get to Sant'Abbondio di Tresivio. After having reached and circumnavigated Tresivio cathedral, we start to run downhill across the vineyards of "Inferno", and after many ups and downs across picturesque places, such as the church of San Fedele in Poggiridenti, we turn into the most difficult part of the vineyards terraces, actually the only technical portion of the trail. From here, after crossing small steep valleys, we finally reach the beautiful Castello Grumello (FAI artistic and cultural heritage). This is the very last difficult challenge for the day. From here we start the final downhill through Grumello vineyards up to Sondrio suburbs: the last 2 km in the historical city center of the province town are perfect to have a more relaxed run up to the central square Piazza Garibaldi where this second stage terminates.

Starting from November 24, 2013 these 2 tracks will be connected for the first edition of the Wine Trail, the first trail running race in Valtellina. Marco de Gasperi is one of the promoters of this 44 Km trail run that will host the most famous specialists.



MARCO DE GASPERI

He is the Italian athlete specialized in mountain running who won most races: 6 times World Champion, 5 Individual World Cups, 11 Team World Cups, 12 victories in European Cup, only to mention the main victories. Born in Valtellina, member and tester of the Scott Team, he is a great athlete during the race and a brilliant, hearty, and generous person.

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LOMBARDIA

RUN THE TOP

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

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www.regione.lombardia.it

www.rifugi.lombardia.it

www.distanceplus.com

