

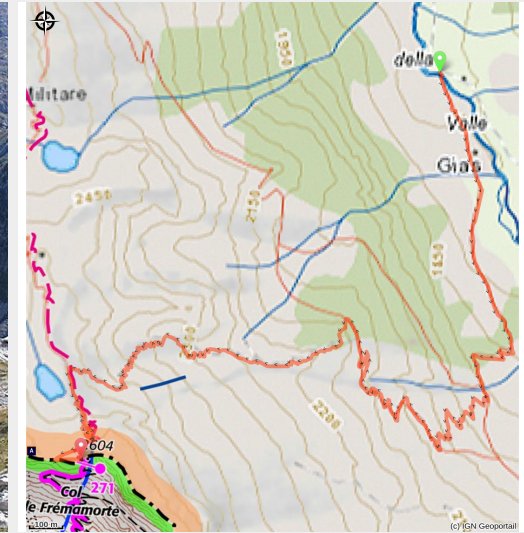


# Fremamorta Pass

Parco Naturale Alpi Marittime - Valdieri



Panorama dal sentiero per il Colle di Fremamorta (Roberto Pockaj)



*The shortest and most direct route to the Colle di Fremamorta, although the constantly steep slope of the trail can be tiring. The excursion can be made circular at the plateau of Pian della Casa by taking the trail that turns off near the Umberto I barracks, or the one that turns off at the intermediate Lake Fremamorta.*

Climb through a primarily detritic landscape, characterized by a number of lakes, which can be seen from the pass: the Fremamorta Lakes on one side, in single file, and the Lacs de Fremamorte on the other slope, on the French side.

## Useful information

Practice : Hiking

Duration : 2 h 45

Length : 4.9 km

Trek ascent : 880 m

Difficulty : Medium

Type : Round trip

Themes : Archeology and history, Fauna, Viewpoint

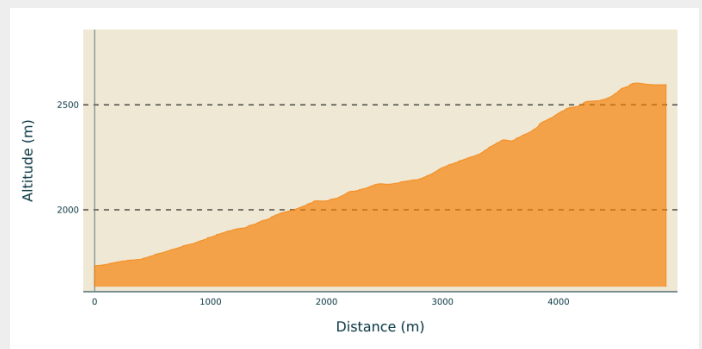
# Trek

**Departure** : Pian della Casa del Re (1735 m)

**Arrival** : Colle di Fremamorta (2616 m)

**Cities** : 1. Valdieri

## Altimetric profile



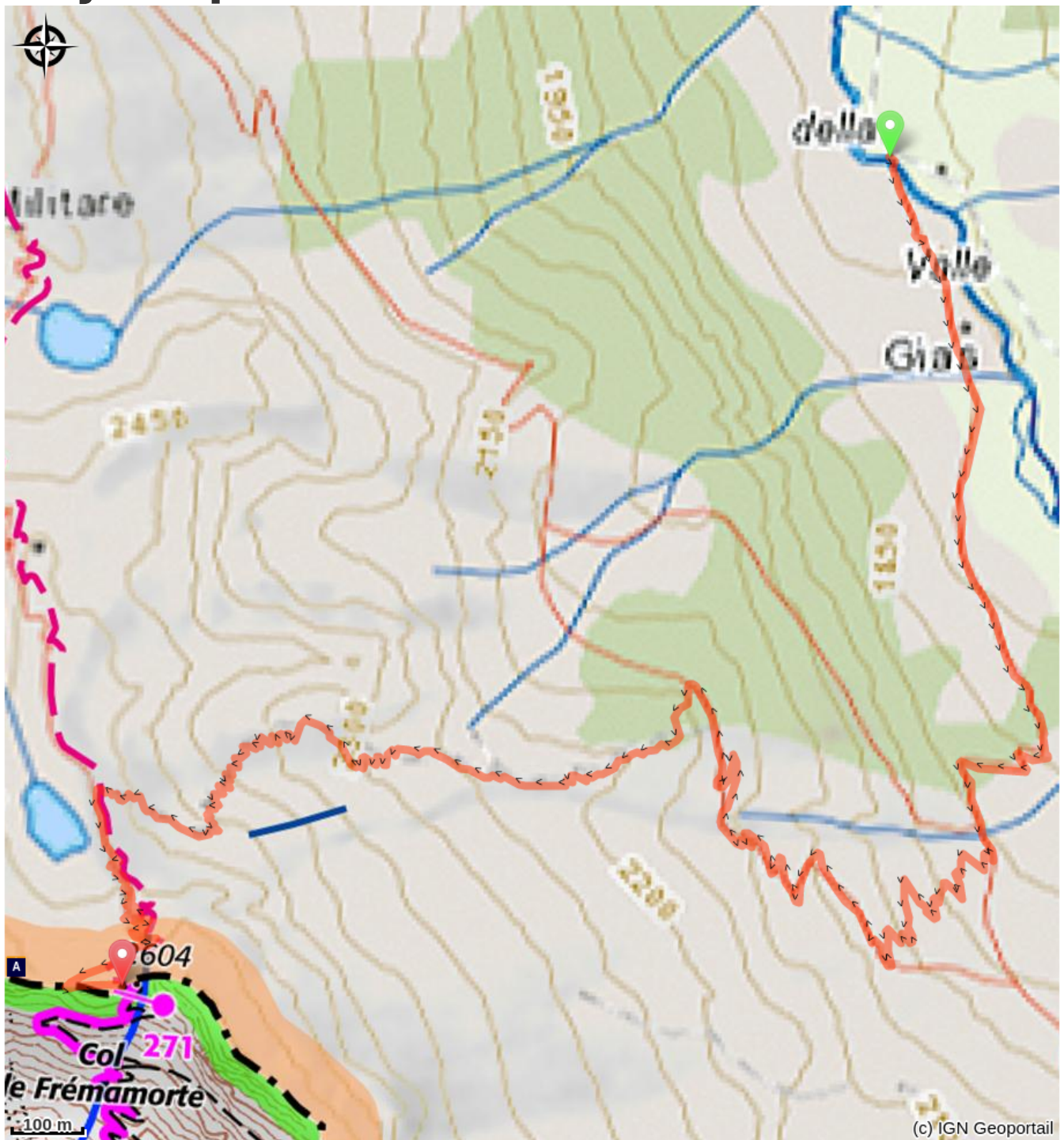
Min elevation 1734 m Max elevation 2604 m

From Pian della Casa del Re (1735 m), the trail follows the same route as the "Il Colle di Ciriegia" itinerary {->16} until the second turnoff on the right (signaled), for the intermediate Lake Fremamorta and Colle di Fremamorta (ignore the first turnoff to the right, also for the intermediate Lake Fremamorta).

The route abandons the mule track for Colle di Ciriegia and climbs to the right, in tight, steep switchbacks through a thicket of green alders. Further uphill, the trail rejoins the old mule track, which rises up to the top of a ridge. Just at the crest of the ridge, there is a turnoff. The route abandons the mule track for intermediate Lake Fremamorta and turns left, on the narrow path that leads directly to Colle di Fremamorta.

The trail, fairly steep, rises over the crest of the ridge, then veers slightly to the right, entering a small detritic valley. It skirts a large boulder in the middle of the valley and then climbs a steep slope with a very long series of tight elbow turns. After an abrupt turn to the right, the trail joins the ex military mule track from the Fremamorta Lakes. The route follows the mule track to the left and climbs up the slope with a series of long switchbacks until coming to a well-marked fork: the path on the right leads to the western Colle di Fremamorta and the Alpine Corps barracks of the same name, while the trail to the left leads to the eastern Colle di Fremamorta (or simply Colle di Fremamorta, 2616 m, 2 hours and 45 minutes from Pian della Casa), where it reaches the pass.

# On your path...



-  The Cima di Fremamorta barracks (A)

# All useful information

## **Is in the midst of the park**

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

## **How to come ?**

### Transports

Nuova Benese service company - Regular line Cuneo, Valdieri, Entracque -  
Telephone: 00 39 (0) 171 69 29 29 - [www.benese.it](http://www.benese.it)

SNCF line TER Provence Alpes-Côte d'Azur For travel in the PACA region and  
towards Cuneo [www.ter-sncf.com/pac](http://www.ter-sncf.com/pac)

Trenitalia for travel in the Piedmont region <https://www.trenitalia.com/it.html>

### Access

From Borgo San Dalmazzo go up the Valle Gesso. After Valdieri, continue up to Terme. Passing behind the Terme hotel, go up to the left in the Vallone della Valletta until the end of the road (dirt in the last stretch) at Pian della Casa.

### Advised parking

Pian della Casa del Re (1735 m)



# On your path...

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## 🕒 The Cima di Fremamorta barracks (A)

The barracks building is an imposing structure and is still in relatively good condition: The camouflage paint on the doors is still visible, and there are a good number of windows and doors left, outside and inside. Outside, there are traces of the open-air kitchen, used by the troops during the warm months. The barracks could house a garrison of 60.

Along the last stretch of uphill trail, as well as in the nearby Val Morta, there remain a few telephone poles in larch, on which were strung the wires for communications between defensive outposts.

Attribution : Roberto Pockaj