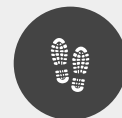


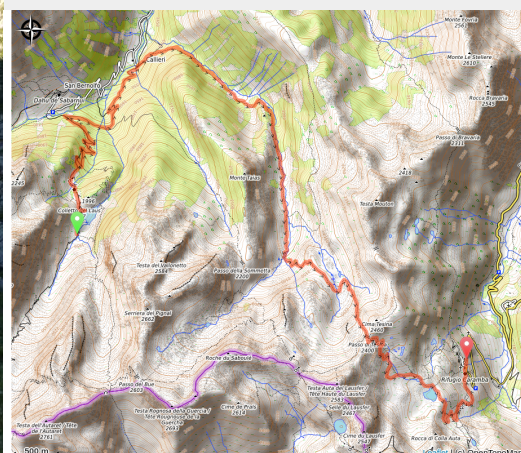


GTM - Stage 08 : Refuge Laus Alexandri Foches - Sant'Anna di Vinadio

Vinadio



Capanna di Tesina (Fabrice Henon)



A stage which takes place entirely on Italian territory, from the high San Bernolfo valley to the Sant'Anna valley.

Authentic panoramas are revealed at every turn along this stage which comes to an end at the magnificent Sant'Anna di Vinadio sanctuary, the highest in Europe (2035m).

Useful information

Practice : Hiking

Duration : 6 h

Length : 13.8 km

Trek ascent : 984 m

Difficulty : Medium

Type : Longer treks

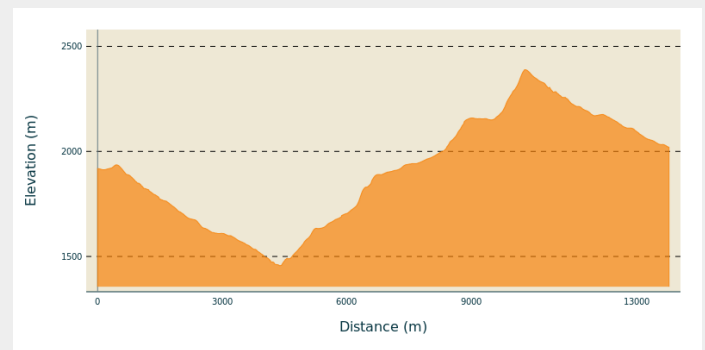
Trek

Departure : Laus Alexandri Foches refuge

Arrival : Santa Anna di Vinadio

Cities : 1. Vinadio

Altimetric profile



Min elevation 1456 m Max elevation 2389 m

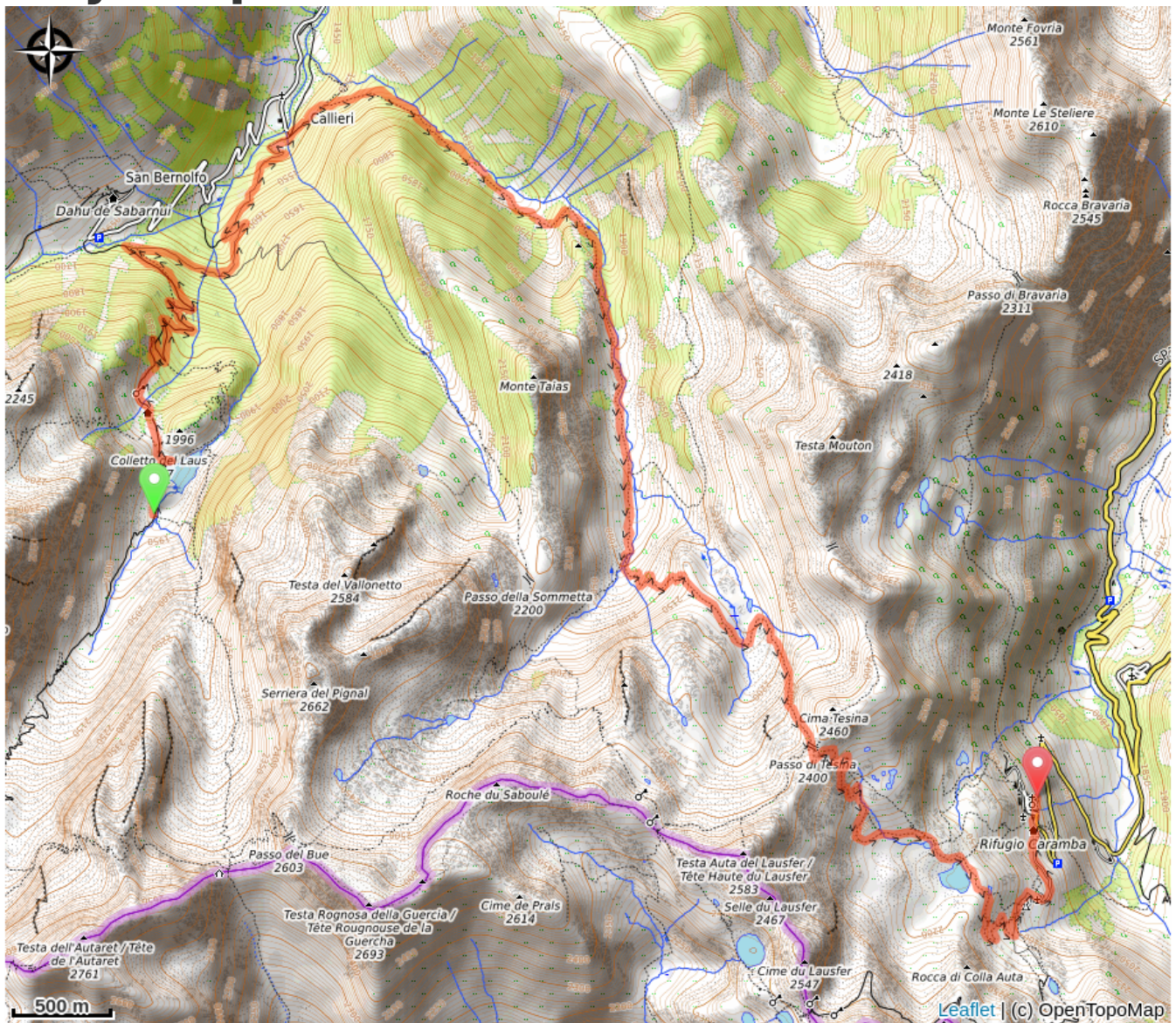
From the refuge, head downhill (north) towards San Bernolfo and, just before the Corborant valley, reach a track down below. The hamlet of San Bernolfo, perfectly visible on the left bank, can be visited via a short return journey (1 km); this is an essential place to help you appreciate the area's authenticity. Come back via the same route and, at the junction, take the track which heads due east, and you will head over an initial valley via a footbridge.

Do not head down the Sauma valley to the right but instead continue the descent through a wooded area until you go over another footbridge just before the hamlet of Callieri. Head along a track, still on the right bank, between houses and the chapel, then go through a fine beech forest, the beech trees making way as you rise to spruces, firs and larches. The path allows you to head up the Tésina valley and reach the vast flatter area of Capanna du Tesina (1948m) where you can see, nestled alongside a boulder, a renovated house with a characteristic green roof.

Continue uphill along the valley and you will find, on the left, at the intersection with the valley which comes down from Passo del Bue, a rudimentary footbridge. Go across it and head uphill alongside a characteristic flat rock. Keep the rock on your left-hand side until you reach a secondary summit which overlooks an area which is scattered with boulders (2153m). Head uphill afterwards to the nearby Passo de Tésina (2400m), before heading down the rapid descent, which does not hold any particular difficulties, towards the sanctuary, via a few pleasant hairpin bends surrounded by pastures until you reach Santa-Anna lake (2167m).

Continue on the left and you will reach a statue of the Virgin and, finally, Santa-Anna-di-Vinadio sanctuary (2010m) where the lodge can be found.

On your path...



All useful information

Advices

Before heading off on a hike, ensure that you have studied the safety advice. If you are setting off on this hike in the early part of the season, you will need to take particular care as patches of snow can still be present in higher areas.