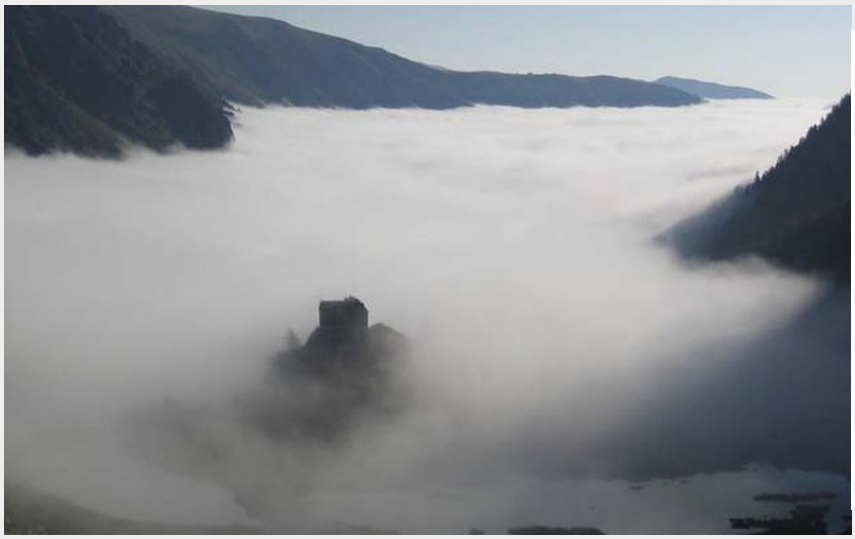
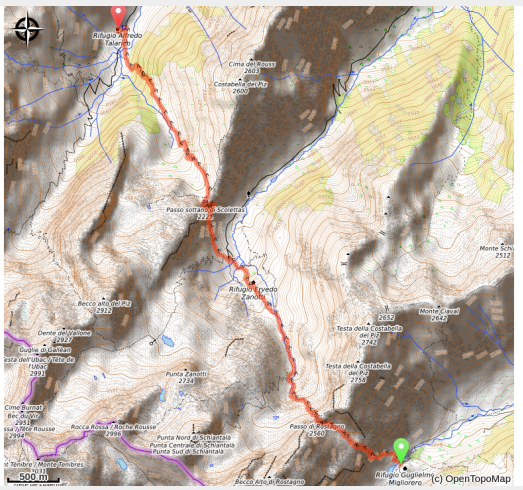
Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 5

Vinadio



Randonnée en Stura. Refuge Migliorero vu de haut (Refuge Migliorero)



Useful information

Practice : Hiking

Duration : 5 h

Length : 8.4 km

Trek ascent : 720 m

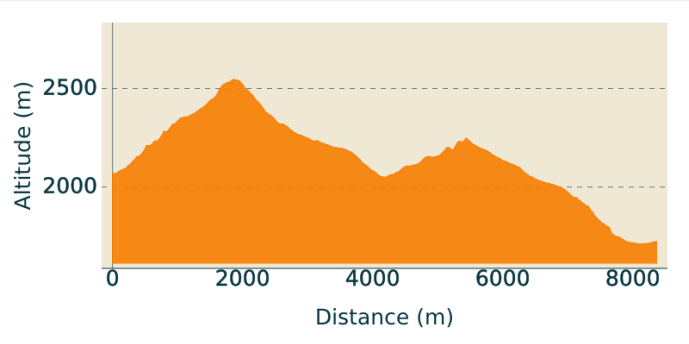
Difficulty : Hard

Type : Walking breaks

Trek

Departure : Migliorero refuge
Arrival : Talarico refuge
Cities : 1. Vinadio
2. Pietraporzio

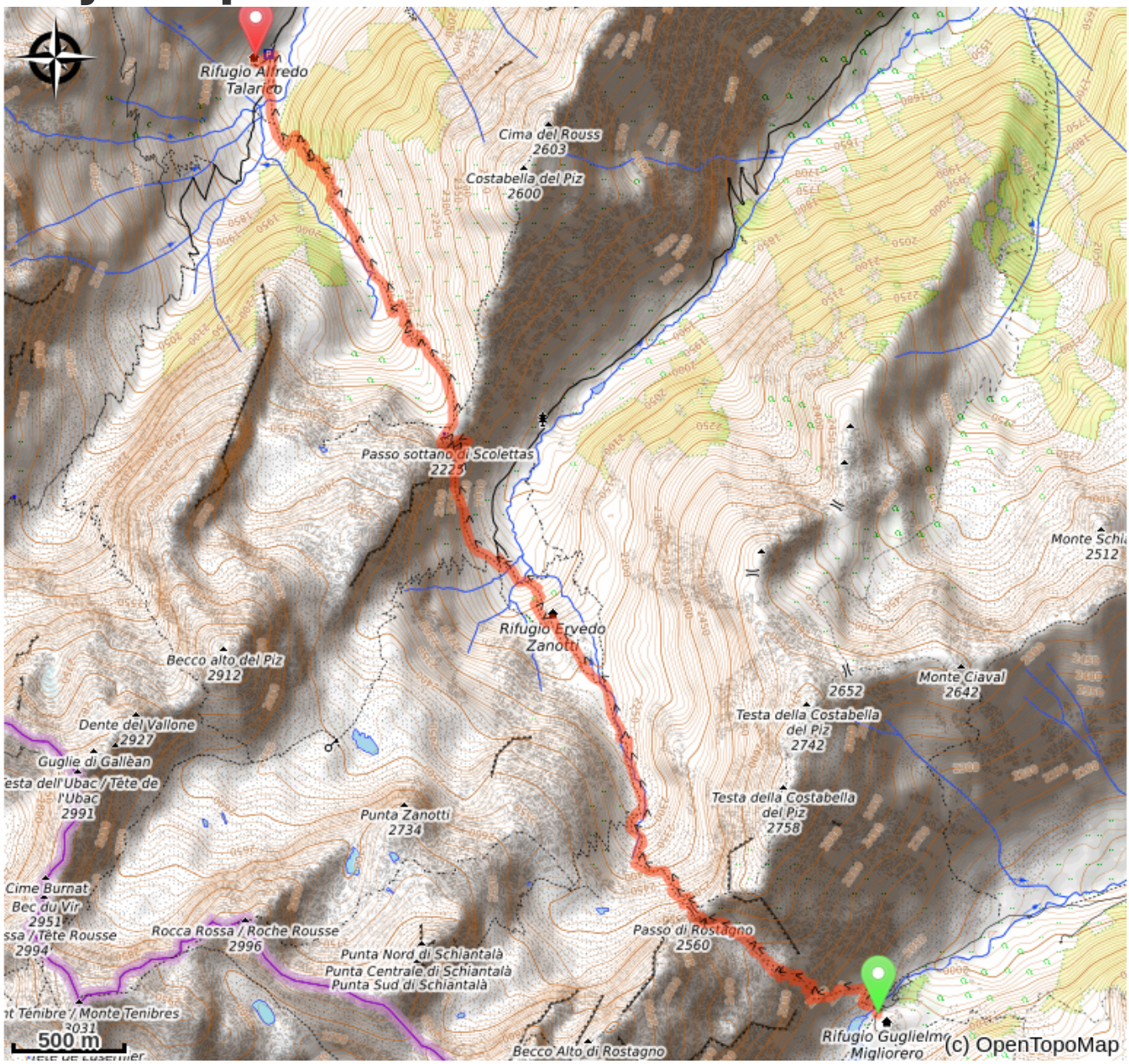
Altimetric profile



Min elevation 1711 m Max elevation 2547 m

From the refuge, head own to Ischiator lake and go up (north-west) the hairpin bends which run up the south slope of Passo di Rostagno (2536m); go back downhill on the northern slope descender, reaching the Zanotti refuge (2200m), the Gias del Piz (2042m). A wide military track (tunnel) leads pleasantly to Passo Sottano delle Scolettas (2223m); go back downhill (north) along a good-quality path through Alpine pastures then down a steep wooded hillside to reach the place known as Prati del Vallone, the former military barracks where the CAI Talarico refuge is (1700m).

On your path...


Rifugio Alfredo Talarico
Cima del Rouss 2603
Costabella del Piz 2600
Passo sottano di Scolettas 2225
Rifugio Ervedo Zanotti
Becco alto del Piz 2912
Dente del Vallone 2927
Guglie di Gallèan
Punta Zanotti 2734
Cime Burnat
Rocca Rossa / Roche Rousse 2996
Punta Nord di Schiantalà
Punta Centrale di Schiantalà
Punta Sud di Schiantalà
Passo di Rostagno 2560
Testa della Costabella del Piz 2742
Testa della Costabella del Piz 2758
Monte Ciaval 2642
2652
Monte Schi 2512
Becco Alto di Rostagno
500 m
(c) OpenTopoMap

All useful information