



Alto Tanaro Tour, stage 4: from Rifugio Mongioie to Rifugio Don Barbera

Ormea



Il nuovo Rifugio Don Barbera (Roberto Pockaj)



Cheminant à des altitudes peu élevées, cette étape se déroule sur des sentiers faciles, à travers sapinières, pâturages, et beaux paysages montagneux.

Après avoir traversé des pâturages et des sapinières, au-delà de la Gorge de la Chiusetta, c'est un environnement montagnard qui attend les randonneurs, avec des panoramas typiques d'un milieu karstique: pentes arides, anciens lacs devenus tourbières et prés. À remarquer, l'architecture typique des bourgades de Carnino.

Useful information

Practice : Hiking

Duration : 4 h 6

Length : 10.7 km

Trek ascent : 971 m

Difficulty : Medium

Type : Walking breaks

Themes : Archeology and history, Architecture, Fauna, Flora, Geology, Lake, Pastoralism, Refuge

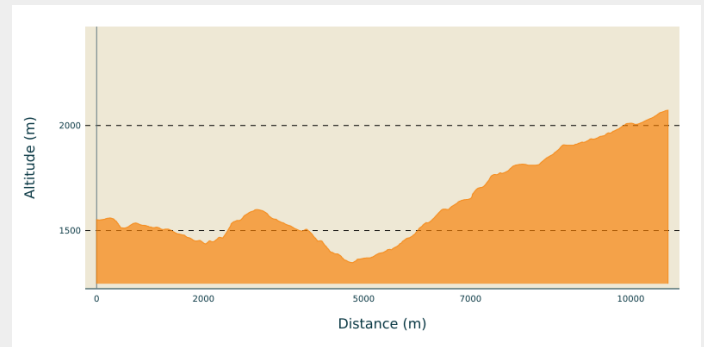
Trek

Departure : Refuge Mongioie (1550 m)

Arrival : Refuge Don Barbera (2079 m)

Cities : 1. Ormea
2. Briga Alta

Altimetric profile



Min elevation 1347 m Max elevation 2073 m

From the Mongioie refuge (1550 m) take the dirt road towards the west. Neglect a dirt track to the right and, a little further on, leave the road to take the path to Carnino Inferiore on the right.

The path proceeds for a long time on a slight slope and, ignoring a branch on the left for Viozene, climbs to a crossroads: on the right the path for the Grotta delle Vene branches off, straight on (recommended) you reach the suspension bridge over the stream that flows into the Vallone delle Merged.

A final uphill traverse reaches Colla di Carnino (1594 m, 1:00 hours from Rifugio Mongioie). Descend on the opposite side of the pass with a wide path which, near the ruins of Tetti delle Donzelle (1516 m, 0:15 hours from Colla di Carnino), joins the dirt road coming from Carnino Inferiore.

Follow it to the left and leave it after the second bend to the right: up here, take the path that branches off to the left, descends quite steeply, crosses the dirt road further down the valley, then bends eastward along the hillside and reaches Carnino Inferiore (1359 m, 0:15 hours from Tetti delle Donzelle).

Winding through the narrow streets of the village you arrive at the asphalted parking lot below.

Follow the dirt road that branches off to the north-west, leaving it immediately to turn left over a bridge and take the comfortable mule track that goes up to the Carnino Superiore car park (1384 m, 0:10 hours from Carnino Inferiore).

Cross the village, ignore the fork on the left for Passo Lagarè, and enter the Vallone di Carnino.

The tortuous route winds along sunny slopes; after a fountain, the path cuts across the orographic left side of the valley, leaves the crossroads for Passo delle Mastrelle on the right and reaches the narrow notch of Gola della Chiusetta (1811 m, 1h20 from upper Carnino).

The narrow passage, which gives access to the Vallone dei Maestri, leads to a first grazing plain, followed by a second, wider one, site of the recent pasture of the Selle di Carnino and the Chapel of Sant'Erim. Keeping to the right of the buildings, continue on the path which with a long diagonal between pastures and rocks slowly gains altitude, leaves the branch for Colle del Pas on the right and finally, after a short steeper stretch, reaches the Don Barbera refuge (2079 m, 1:05 hours from Gola della Chiusetta).

On your path...



 The Chapel of Sant'Erim and the Selle Refuge in Carnino (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 ?

Access

From the A6 Turin - Savona motorway, exit at Ceva, exit at the Ceva tollbooth, take state road 28 which goes up the Val Tanaro passing Garessio and Ormea, at Ponte di Nava leave the state road and continue for 10 kilometers as far as Viozene, where you leave the car near the church.

On your path...



The Chapel of Sant'Erim and the Selle Refuge in Carnino (A)

The Chapel of Sant'Erim (Chapel of Sant'Elmo) was built following the saint's apparitions here to groups of shepherds. Tradition has it that a mass was celebrated here every year on the day the cattle went up to the mountain pastures.

The Rifugio Selle di Carnino was built from a shepherds hut by the Ligurian Section of the CAI . It was used until the Second World War when it was seriously damaged and definitively abandoned.

[A. Parodi, R. Pockaj, A. Costa - Nel cuore delle Alpi Liguri, collana Sentieri e Rifugi, Andrea Parodi Editore, 2012, p.42]

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