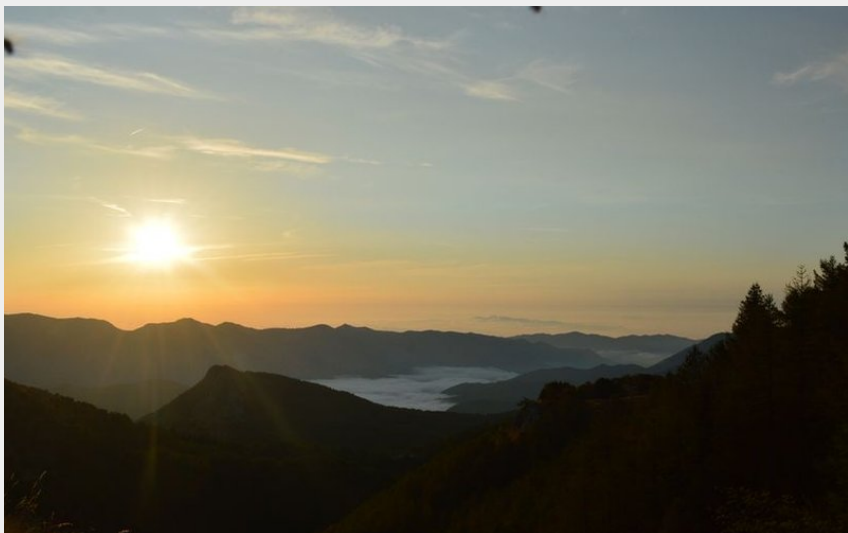


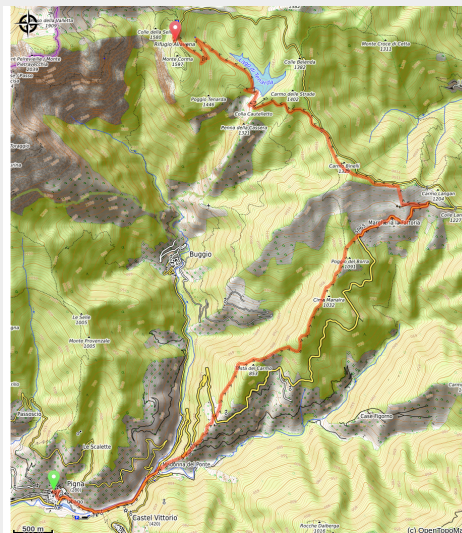


# On the Ligurian Alta Via - The Mont Torrage circuit - Stage 2

Parco Naturale Alpi Liguri - Pigna



Randonnée Ligurie. Lever de soleil sur les brumes du lac Tenarda. (Fabrice Henon)



## Useful information

Practice : Hiking

Duration : 5 h

Length : 14.4 km

Trek ascent : 1499 m

Difficulty : Hard

Type : Walking breaks

# Trek

**Departure** : Pigna

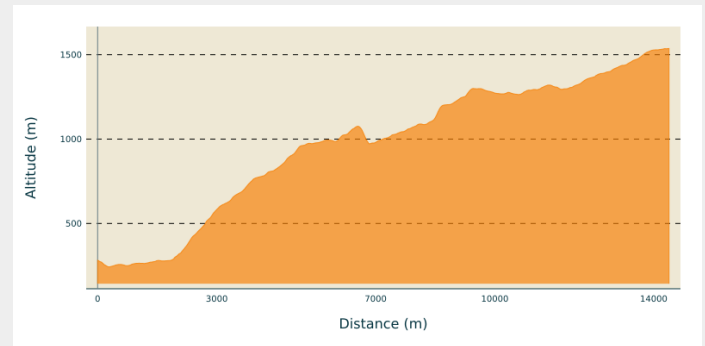
**Arrival** : Allavena refuge

**Cities** : 1. Pigna

2. Castel Vittorio

3. Triora

## Altimetric profile



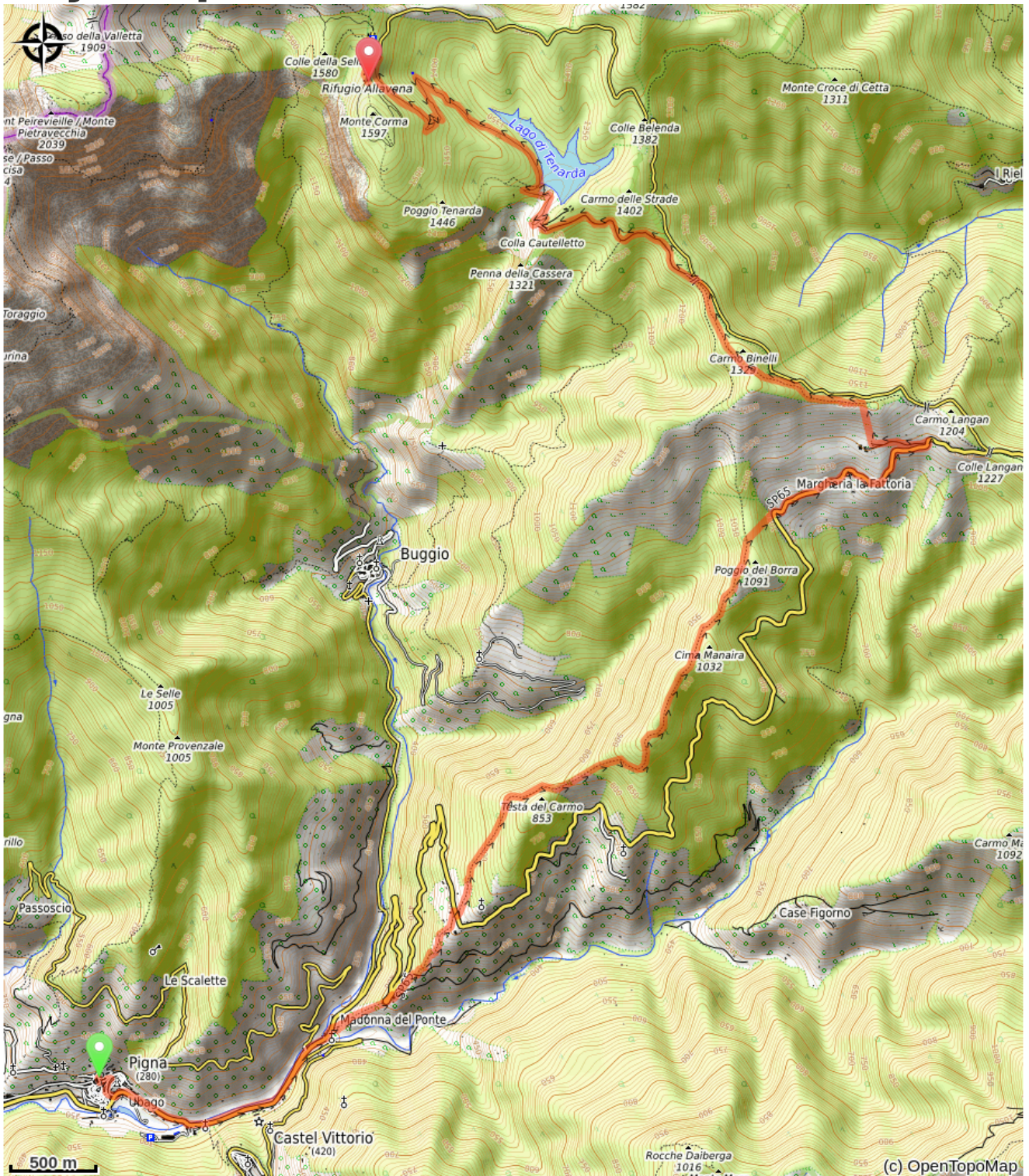
Min elevation 243 m Max elevation 1537 m

Follow the road to the north towards the village of Castel Vittorio. Go past the spa. At the junction, turn left, staying on the road towards Col Langan. The path begins on the right 200m away. Go across a hairpin bend on the road and reach La Madonna del Carmine. The path moves to another face of the mountain, heading uphill through a wooded section towards Col Langan. When the path joins the road, follow it for a few metres and then take the track on the left towards the agriturismo refuge (1103m). Join the path on the right (1143m) which runs parallel to the road towards the lake and then becomes a track before reaching the lake of Tenarda 1319m.

When you reach the lake, you will find a signpost for Col Melosa via a path and a steep climb to reach the Allavena refuge 1545m.



# On your path...



# All useful information