

The Ortler High Mountain Trail

High-altitude hiking at the Ortler in the Stelvio National Park

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The new Ortler High Mountain Trail extends around the Stelvio National Park, from Venosta Valley in South Tyrol to Valtellina in Lombardy. With an altitude performance of 8,126 m across the entire route, this high Alpine hike circumnavigates the Ortler Group, in sections running at over 3,000 m altitude, and is one of the most demanding high-altitude routes in the Alpine region. Here, everything is demanded of even the most experienced mountain hikers: surefootedness, good fitness and suitable equipment are basic requirements for the seven-day tour, as one section runs over glacial terrain. The company of a mountain guide is recommended.

The Ortler High Mountain Trail is approximately 119.5 km long, and offers a highly unique experience in nature. It is divided into seven daily stages, each of which can be completed in six to eight hours. The individual stages of the circular hike can also be undertaken as eventful single-day hikes exploring the wide variety of local fauna and flora in the Stelvio National Park. The ideal time for all experienced mountain hikers is between June to September, with mild temperatures and clear visibility offering a unique panoramic view of the Ortler Group glaciers. Each stage of this high Alpine circular hiking trail offers its own special scenic highlights in the truest sense of the word.



Route Descriptions

Stage 1:

From the Stelvio Pass to Stilfs/Stelvio

From the Stelvio Pass (until the Furkel hut, the route follows the "Goldseeweg" no. 20) head uphill to Dreisprachenspitze; then continue to Lempruchlager, Goldsee lake and Trusegg, until you reach the Furkel hut. From there, continue along the "Almenweg" path, taking trail no. 4 leading past the Kleinboden fortress to Trada; before reaching the Stilfser Alm alpine pasture. Following the trail no. 6 you will reach the Vallace farms and proceed along the "Höfeweg" trail. From there, pass the Faslar Höfe farm and reach Stelvio on trail no. 1.

Difference in height: 335 hm

Descent: 1.811 hm

Length: 18,5 km

Duration: ca. 7,5h



Refreshments and accommodation at the beginning of the stage:

Rifugio Tibet

Stelvio Pass, 39020 Stilfs

Phone +39 327 105 5996

tibet.passostelvio@rolmail.net; www.tibet-stelvio.com

Hotel Baita Ortler

Stilfs 125, 39020 Stelvio

Phone +39 342 903232

info@baitaortler.net; www.baitaortler.net

Hotel Perego

Stelvio Pass, 23032 Stilfserjoch

Phone +39 339 4470450

info@hotelperego.it; www.hotelperego.it

Hotel Genziana

Phone +39 0342 904523

info@hotelgenziana.com; www.hotelgenziana.com

Stelvio Pass, 23032 Bormio SO,

Hotel Folgore

Stelvio Pass, 23032 Bormio SO

Phone +39 0342 903141

info@albergofolgore.com, www.albergofolgore.com

Hotel Passo Stelvio

Stelvio Pass

Phone +39 0342 903162

passostelviohotel@tiscali.it; www.hotelpassostelvio.com

Hotel Pirovano

Stelvio Pass, 23032 Bormio (SO)

Phone +39 0342 904421

info@pirovano.it; www.pirovano.it

Accommodation along the stage:

Rifugio Forcola

Trafoi, Trafoi 39029

Phone +39 0473 611577 oder +39 335 683 0144

Malga Stelvio di Sopra (only refreshment stop)

Stelvio 39029

Phone +39 0473 421575

fliri.hermann@hotmail.com; www.ortlergebiet.it

Refreshments and accommodation at the end of the stage:

Hotel Stilfserhof

Via del Paese, 10, I-39029 Stelvio
Phone +39 0473 611 740
info@hotel-stilfserhof.com; www.hotel-stilfserhof.com

Hotel Traube

Paese 1, I-39029 Stelvio
Phone + 39 0473 611584
info@hoteltraube.it; www.hoteltraube.it

Hotel Sonne

Paese 29, I-39029 Stelvio
Phone +39 0473 611750
info@stilfs.it; www.stilfs.it

Stage 2:

From Stilfs/Stelvio to the Düsseldorf hut

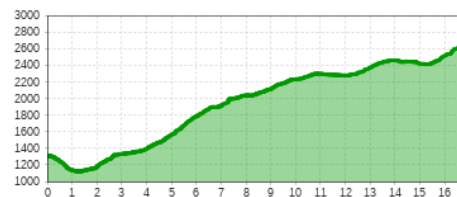
From Stelvio, descend, passing through the Weiberbödele on trail no. 34, to the Stelvio bridge. Cross the bridge and take the forest road no. 2 to the Lasairn Hof farm, continuing until you reach the Untervellnair Hof farm. Continue through the Hochstücklwald forest along the old pasture path until reaching the Vellnair Alm alpine pasture and further on path no. 18 to the Stierberg Alm and then the Kälber Alm. From there, follow path no. 16, from which you will reach the Schäfer hut in Zaytal Valley. Continue until reaching Düsseldorf hut.

Difference in height: 1.796 hm

Descent: 397 hm

Length: 17 km

Duration: ca. 9h



Refreshment stops along the stage

Malga Kälber

Solda
Phone +39 340 0940594
www.ortler.it

Refreshments and accommodation at the end of the stage

Rifugio Serristori

39029 Solda
Phone +39 333 2859740
info@duesseldorferhuetten.com;
www.duesseldorferhuetten.com

Stage 3:

From the Düsseldorf hut to the Zufall hut

The route to the Zufall hut leads from the Düsseldorf hut* along path no. 12. Take the High Mountain Trail past the Kanzel cableway mountain station, continuing until the Rosimböden mountain pastures. From the Rosimtal Valley, take the new trail up to Schöntaufjoch and further along to the Madritschjoch Pass. Then continue downwards on path no. 151, through the Madritschtal Valley, until you reach the Zufall hut.

Difference in height: 913 hm

Descent: 1.363 hm

Length: 14 km

Duration: ca. 7,45h



Refreshment stops along the stage

Rifugio Pulpito

Solda 127

Phone +39 0473 613097

Ristorante Madriccio

39029 Solda

Phone +39 0473 613047

Refreshments and accommodation at Sulden & Trafoi

www.vinschgau.net/de/ortlgerbiet/service-info/urlaubsplanung/unterkunft-suchen.html

Refreshments and accommodation at the end of the stage

Rifugio Nino Corsi

Alta Val Martello

Phone +39 0473 74 47 85

Mobile +39 335 630 6603

info@zufallhuette.com; www.zufallhuette.com

Stage 4:

From the Zufall hut to the Pizzini hut

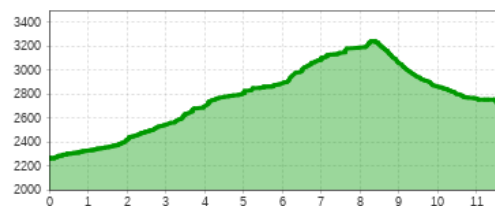
This stage leads from the Zufall hut through the upper Martelltal Valley via trail no. 150 and from there to the ruins of the former Hallsche hut, situated on the Eisse Pass. From there the route leads to the Casati hut. Attention: attempt this trail section only with glacier appropriate equipment! For these stage the company of a local alpine mountain guide is recommended. Continue down from the Casati hut* over the steep path no. 528 to the Pizzini hut in Veltlental Valley.

Difference in height: 1.008 hm

Descent: 585 hm

Length: 11,5 km

Duration: ca. 6,5h



Refreshments and accommodation along the stage

Rifugio Casati

Localita' Passo Cevedale, 23030 Valfurva SO

Phone +39 0342 935507

rifugiocasati@gmail.com; www.rifugiocasati.it

Refreshments and accommodation at the end of the stage

Rifugio Pizzini

Località Val Cedec, 23030 Valfurva SO
Phone +39 0342 935513
info@rifugiopizzini.it, www.rifugiopizzini.it

Stage 5:

From the Pizzini hut to Sant'Antonio

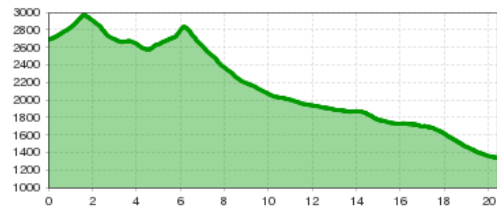
From the Pizzini hut on Zebrù Pass (3,000 m) take the path leading to the right side of the upper Zebrù Tal Valley up to the junction for the V. Alpini hut, which can be reached by going up the Rin Maré Tal Valley (2,880 m). Continue along the Zebrù Tal Valley, first on the path and then the forestry road, leading past the Pastore, Campo, Pramighen, Pecé and Zebrù mountain huts, up to Pradaccio. Finally, descend through the meadows at the bottom of the Valfurva Tal Valley, until reaching Sant' Antonio and the National Park Visitors Center.

Difference in height: 898 hm

Descent: 2.304 hm

Length: 20,5 km

Duration: ca. 8,5h



Refreshments and accommodation along the stage

Rifugio Quinto Alpini

23030 Val Zebru Sondrio
Phone +39 0342 929170
info@rifugioquintoalpini.it; www.rifugioquintoalpini.it

Ristoro La Baita (only refreshment stop)

Località Campo di Val Zebrù, 23030 Valfurva
Phone +39 03421895103
www.bormiovaltellina.blogspot.it

Rifugio Campo Di Val Zebrù

Località Campo di Val Zebrù, Valfurva, 23030 Valfurva
Phone +39 0342 929185
www.rifugi.lombardia.it

Bar Ristoro Zebrù (only refreshment stop)

Valfurva, Val Zebrù, Località Plaz, 23030 Valfurva
Phone +39 0342 945386

Refreshments and accommodation at the end of the stage

Albergo Zebrù Valfurva

Via Gleira, 15, 23030 Sant'Antonio
Phone +39 0342 946025
info@hotelzebru.com, www.hotelzebru.it

Hotel I Rododendri

Via S. Antonio, 2, 23030 S. Antonio Valfurva
Phone +39 0342 945666
info@hotelrododendri.it; www.hotelrododendri.it

Hotel Castello (only accommodation)

Via Sant'Antonio, 78, 23030 Valfurva
Phone +39 0342 945709
info@castellovalfurva.com; www.castellovalfurva.com

Stage 6:

From Sant'Antonio to Lake Cancano

From the National Park Visitors Center, take the cycle-pedestrian path up to the bridge at the Parish Church. Take the municipal roads to Teregua, then continue along Ables forest road. At the turn at an altitude of 1,500 m go to the left up to the "Pedemontana della Reit" road to Pravasivo. Exit at Parco dei Bagni, leading up to the Premadio bridge. Take the Ferrarola trail

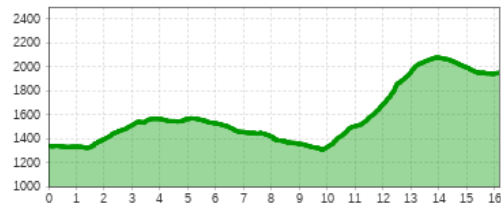
up to lake Scale and to the Fraele Valley dam.

Difference in height: 1.400 hm

Descent: 792 hm

Length: 16 km

Duration: ca. 8 h



Refreshments and accommodation along the stage

Casa Federica (only accommodation)

Via Roina, 2/B, 23030 Valfurva

Phone +39 349 676 9669

info@casafederica.it ; www.casafederica.it

QC Terme Bagni di Bormio Bagni Nuovi

Via Bagni Nuovi, 7, 23038 Valdidentro

Phone +39 0342 910131

info@bagnidibormio.it; www.qcterme.com

Chalet Villa Valania

Cancano, 23038 Valdidentro

Phone +39 0342 919434

info@chaletvillavalania.it; www.chaletvillavalania.it

Refreshments and accommodation at the end of the stage

Rifugio Ristoro Monte Scale Valdidentro

23038 Valdidentro Sondrio

Phone +39 0342 904660

ristmontescale@libero.it; www.cancano.com

Stage 7:

From Lake Cancano to the the Stelvio Pass

From the watchtower of the dams in Fraele Tal, reach the Cancano dam. After the St. Erasmo church, head in the direction of Solena Alm alpine pasture and Forcola Tal Valley to the Fornelle bridge. Cross the bridge and continue along the mule track up to the Pedenolo Alm alpine pasture, continue up to Bocchette di Pedenolo, Pedenoletto and Forcola. Descend over the Braulio Tal to Umbrail Pass and to Stelvio Pass Road. Follow the mule track up to the Garibaldi hut* and the Stelvio Pass.

Difference in height: 1.400 hm

Descent: 918 hm

Length: 22 km

Duration: ca. 8h



Refreshments and accommodation along the stage

Rifugio Ristoro Solena

Cancano - Valle di Fraele, 23038 Valdidentro

Phone +39 348 736 6439

Rifugio Garibaldi (only refreshment stop)

Stelvio Pass

Phone +39 334 7061060

info@rifugiogaribaldi.it; www.rifugiogaribaldi.it

Arriving and returning via public transport

Stage 1

Stelvio Pass: Line 271: Mals – Spondinig – Prad – Stilfs- Stilfserjoch/Sulden

Trafoi (half-day tour): Line 271: Mals – Spondinig – Prad – Stilfs- Stilfserjoch/Sulden

Stage 2

Stilfs Dorf: Line 271: Mals – Spondinig – Prad – Stilfs

Stage 3

Sulden: Line 271: Mals – Spondinig – Prad – Stilfs- Stilfserjoch/Sulden + Kanzellift

Sulden (half-day tour): Line 271: Mals – Spondinig – Prad – Stilfs- Stilfserjoch/Sulden + Seilbahn Sulden, Seilbahn Madritsch, Beltovol

Stage 4:

Martell: Line 262: Schlanders - Goldrain – Martelltal

Zu Fuß: Alpengasthof Enzian- Pizzinihütte

Stage 5:

Pizzinihütte: Line: Bormio – Santa Caterina Valfurva

Stage 6:

Sant` Antonio: Line: Bormio – Santa Caterina Valfurva

Stage 7:

Cancano See: Line: Bormio – Cancano (nur im Sommer)

Weather information

Tel. +39 0471 271177

www.provinz.bz.it/wetter

www.arpalombardia.it/meteo

Important numbers

Emergency Call 112

Tourist Information Ortles Stelvio National Park

Phone +39 0473 61 3015

info@ortlergebiet.it

Tourist Information Latsch-Martell
Phone +39 0473 623109
info@latsch.it

Tourist Information Bormio
Phone +39 0342 905146
info@bormio.eu

Up – to - date

If there are road blocks, you will find all current information on our interactive map www.maps.vinschgau.net.

Contact addresses of mountain guides

On the website www.vinschgau.net/en/mountain-holidays/hiking-mountain-tours/ortler-high-mountain-trail.html you will find a list of mountain guides.

Taxis and Hiking Shuttles

St. Valentin, Taxi Prenner, Tel. +39 335 5438690

Mals, Taraboi Armin, Tel. +39 0473 831106 oder Tel. +39 347 7987265

Schlanders, Mobilcar, Tel. +39 338 5075462

Schlanders, Stegges Taxi, Tel. +39 335 5440620

Kastelbell, Bernhard Waldner, Mietwagen mit Fahrer, Tel. +39 335 6828514

Emergency Call: How to behave correctly

- **WHO** is calling? In addition to mentioning your own name, you should also provide your personal telephone number for any future questions.
- **WHERE** is the scene of the accident? The more accurately the accident location is described, the faster it will be found by rescue services. If you don't know exactly where you are, try to find passers-by who are familiar with the area and ask them.
- **WHAT** happened? Describe in short sentences what happened and how serious the injuries are.
- **HOW MANY** people are injured? In addition to the number of people injured, it is also important to inform rescue services about other potentially endangered persons. Example: An impassable point in the mountains where there has already been an accident but other people are still "stuck" and are unlikely to be able to continue without help.
- **WAIT!** Never hang up on an emergency call, as there are usually still open questions. You should only hang up when the emergency call centre gives you permission to do so.

Correct behaviour in the Stelvio National Park

- Remember to take **your rubbish** away with you. If discarded irresponsibly, your garbage will degrade the environment.
- Do not damage or try to take any **plants or minerals** with you. Look ... don't touch.
- Lighting **fires** outside the designated barbecue areas is **strictly forbidden**.

- Always keep your **dog on a leash**. The National Park is home to a number of wild animals.
- **Avoid** making unnecessary **noise**. This will also increase the probability of coming across wild animals.
- **Camping** in the National Park is only allowed in the designated campsites.

(Quelle: <https://www.nationalpark-stelvio.it/de/der-nationalpark/naturschutz.html>)

Tips for safe hiking and mountaineering

- **Plan** your hikes carefully: Information on length and degree of difficulty are essential for a safe, enjoyable experience in the mountains. Inform your relatives, hosts, or hut keeper about your excursion destination
- Before each tour, please consult the current **weather report** and keep an eye on the weather throughout the tour. Hut keepers are a good source of useful information about the local weather situation.
- Appraise your **fitness** objectively and select an appropriate tour. Start early in the morning and set a return time to be back before dark
- Choose a moderate and **regular walking speed**. Take sufficient breaks, especially when hiking with children
- Ensure you have an ample **supply of liquids!** The most suitable drinks are water, tea or natural juices.
- Think carefully about **the right equipment**, especially when it comes to sturdy footwear: Proper hiking boots provide a secure hold and are easy on the joints.
- Choose **lightweight and breathable clothing** in addition to a change of clothes..
- Be **considerate of less able members** of your group. Point out dangers to other hikers and provide first aid in an emergency.
- Regularly consult the **hiking map** and if in doubt, turn back in good time.

(Source: Autonome Provinz Bozen-Südtirol, Assessorat für Tourismus)