

ITINERARY 2B

SAN NICOLÒ VALLEY



description

UNESCO Dolomites system	Marmolada
mountain group(s)	Costabellla
UNESCO values:	<p>Landscape: the San Nicolò Valley is a good example of a rural landscape at high altitude, lying at 2000 m a.s.l. at the cut-off point of tree vegetation which, in the Dolomites, signals the transition from a cultural landscape to a natural landscape. The valley is important in Europe due to its wealth of flora and its many rare species (in the Forcella Pasche-Colle Ombert area) and because a number of endangered animal species have chosen to make their home there and reproduce (snow-grouse, wood grouse, golden eagle, hazel grouse and pigmy owl). This great wealth of flora and fauna is directly linked to the geology of the soil and, in particular, the volcanic substrate.</p> <p>Geology: the geology of this system illustrates the complete transformation process this area underwent: from the first Dolomite sea to the formation of an island in the Triassic archipelago which was then completely covered by Ladinian volcanic material. It is an exceptional example of a pre-volcanic island built from organic matter in which the relationship between the organically constructed sections and the deep-sea sediments has been perfectly preserved. The area also contains some thick layers of volcanic material, such as tuff and ashes, deposited as a result of the eruptions of the mid-Triassic period (Padòn, Auta and Monzoni subgroups).</p> <p>[source: https://www.dolomitiunesco.info/?lang=en]</p>
description of the route	The excursion begins in Sauch, at the start of the San Nicolò Valley. The route runs along a tarmacked road and through lovely hay pastures in the valley to

Baita Ciampìè, about 1.5 kilometres away. From here, for about 2 kilometres, it continues on a relatively even dirt track to the Jonta waterfalls and Baita alle Cascate. Here the scenery becomes truly magnificent: the view opens up onto Sass Vernèl and part of the glacier on its north face. And the nearby waterfalls provide a stunning spectacle. In this second part of the excursion, the route is relatively easy, alternating sections in the open with sections in woodland, and even running along the Rio San Nicolò river. The only exception are the last one hundred metres which are uphill and may cause difficulties due to the irregular surface.

advice


recommended period	Mid-June to beginning of October, when the bars and restaurants are open. Info: http://www.baitaallecascate.com/en/
recommended gear	Wear comfortable clothes in layers. It is important to have sunscreen with you at all times, a change of clothes should it rain and a small first aid kit.
recommended equipment	The itinerary is suitable for normal wheelchairs up to Baita Ciampìè; from there, you need wheelchairs engineered to travel on uneven terrain (with tyres with deep treads) and front wheel; an electric assist off-road vehicle is recommended (e.g. off-road wheelchair).
recommendations	Always travel with others, so they can help you deal with any difficulties you may encounter. When following the itinerary in a wheelchair, on a mountain bike or with a pushchair, fit tyres with deep treads and always carry a complete tyre repair kit with a pump and spare inner tube.
N.B.	When using an electric wheelchair, it is a good idea to take some spare batteries.

info

altitude	1500-2000 m a.s.l.
starting point	Sauch, 38036 - Pozza di Fassa (TN) altitude: 1718 m a.s.l. GPS coordinates: 46.423829, 11.746284
arrival point	Ristoro Baita alle Cascate, Cascate Jonta, 38036 - Pozza di Fassa (TN) Altitude: 1983 m a.s.l. GPS coordinates: 46.416070, 11.781930
distance	3300 m
overall difference in height	261 m
incline	Average 8 %; the last 100 m to get to Baita alle Cascate are steep
minimum width	Forest road (2.5 m)
terrain	Forest track closed to traffic; the stretch to Baita Ciampìè is tarmacked then the route continues on a relatively even dirt track
obstacles	Cobblestones along the last 100 m (irregular surface)
exposed stretches	None

facilities

access	In the summer, the starting point is only accessible by public transport. Between June and October there is a bus shuttle service from Pera in Vac to Sauch in the San Nicolò Valley; a road train for tourists runs from Pozza, Piazza de Comun to Baita Ciampìè (info: https://www.fassa.com/EN/Shuttle-trains-and-shuttle-busses/)
restrictions	Road closed to traffic. There is no access for private transport unless you have special permission (including disabled badge)

car park	Large untarmacked car park in Vac in Pera
accessible toilets	None
refreshments	Baita Ciampì (bar and restaurant) about one third of the way along the route: the outdoor terrace is accessible; there is a small step to go inside. Baita alle Cascate (bar and restaurant; open from mid-June to beginning of October)
recharging stations for electric bikes	None
network coverage	Coverage provided by main mobile phone operators
GPS mapping	2B_track.gpx
street view	Route mapped to Baita Ciampì: https://www.google.it/maps/@46.4240085,11.7533777,3a,75y,88.85h,90t/data=!3m1!1e1!3m8!1sc4ghToYPF8W76o1mnkl5zQ!2e!6s%2F%2Fgeo2.ggpht.com%2Fcbk%3Fpanoid%3Dc4ghToYPF8W76o1mnkl5zQ%26output%3Dthumbnail%26cb_client%3Dmaps_sv.tactile.gps%26thumb%3D2%26w%3D203%26h%3D100%26yaw%3D1.6266297%26pitch%3D0%26thumbfov%3D100!7i13312!8i6656!9m2!1b1!2i34?hl=it Panoramic photo at Baita alle Cascate: https://www.google.it/maps/@46.4162108,11.7822111,3a,75y,106.62h,94.35t/data=!3m8!1e1!3m6!1sAF1QipO7STK1dvW-2WXzEELPNOzfSZOIJfDZ1nLp2lO7!2e1!3e11!6shhttps:%2F%2Ffh5.googleusercontent.com%2Fp%2FAF1QipO7STK1dvW-2WXzEELPNOzfSZOIJfDZ1nLp2lO7%3Dw203-h100-k-no-pi-o-ya129.88625-ro-o-fo100!7i10240!8i5120?hl=it
signs along the route	CAI-SAT signs
UNESCO info points	None
guides	Local guides available who have attended the special training course run by the UNESCO Dolomites Foundation-Accademia della Montagna del Trentino [info: www.sportabili.org]
rental services	None
emergency numbers	112 European emergency telephone number
contacts	
contact for info	SportABILI Onlus, via Lagorai, 113 - 38030 Predazzo (TN) email: info@sportabili.org / tel. +39 0462 501999
information provided by and itinerary checked by	 https://www.sportabili.org/it
route mapped on	May 2017
revised	August 2019
responsibility	The contents of this information sheet do not exempt hikers from responsible behaviour. The weather in the mountains can change very quickly and the degree of difficulty of the itineraries depends on a number of factors which often cannot be foreseen, including the conditions of the route, how fit you are and your equipment. Before starting out, always check the weather forecast and contact the local tourist board for an update on the conditions of the route. Weather: https://www.meteotrentino.it/#!/content?menultemDesktop=56



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Con il contributo di:



Legge 20 febbraio 2006, n. 77 "Misure speciali di tutela e fruizione dei siti italiani di interesse culturale, paesaggistico e ambientale, inseriti nella lista del "patrimonio mondiale", posti sotto la tutela dell'UNESCO"