

ITINERARY 7C

LAVAZÉ PASS - MALGA COSTA/LIEGALM




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description

UNESCO Dolomites system	Sciliar-Catinaccio, Latemar / Schlern-Rosengarten, Latemar
mountain group(s)	Latemar, Corno Bianco (Bletterbach), Catinaccio
UNESCO values	<p>Landscape: the Lavazé Pass plateau lies in the very heart of the Dolomites World Heritage Site, between the Bletterbach and the Sciliar-Catinaccio-Latemar mountain ranges, offering a complete sequence of Alpine and Dolomite cultural landscapes. The pass has been crossed by man since prehistory and is still used as pastureland as it was in the past. It is an important natural environment. It is home to damp areas and peat bogs, a small lake of national importance due to the Alpine aquatic species living there, and the southern-most Swiss pine wood in Europe. The route winds through the woods and across the meadows with spectacular views over the Latemar-Catinaccio-Sciliar cliff (whose extension can be admired from here) and Corno Bianco, the island which emerged, towering above the awe-inspiring Bletterbach canyon.</p> <p>Geology: the geomorphological set-up of this system is more influenced by the variety of rocks and the architecture of the deposits bequeathed by the rocky mass during the Triassic period than by the orientation of the tectonic lines. The Lavazé Pass plateau is remarkable for the widespread presence of volcanic rocks closely associated with sedimentary rocks (mid-Triassic volcanic event). This association is of great educational interest, as it clearly shows the effects of the interaction between the volcanic activity and the Triassic tectonics, as entire volcanic massifs (Corno Nero) facing Dolomite massifs (Corno Bianco) rise from the large, gently undulating plateau.</p>

	[source: https://www.dolomitiunesco.info/?lang=en]
description of the route	<p>This magnificent, flat excursion goes through meadows and woods of pure Swiss pine on the Lavazé plateau, affording views over the Latemar and Catinaccio/Rosengarten groups.</p> <p>It begins in the Lavazé Pass at the panoramic jetty overlooking the lake. Walk past the jetty and continue for about 200 m along the lakeside path. At the junction, go left (sign no. 9) for Malga Costa. After going about 500 m through the meadows, at the next junction take the forest road that leads into the woods. This road continues for about 2 km through a beautiful wood of Swiss pine to a clearing where the Malga is located. You can stop here for refreshments. Go the same way back to the lake. The path around the lake is completely accessible and has picnic areas and accessible facilities (water fountain).</p>
advice	
recommended period	<p>Mid-June to beginning of October. For information about the route: At the Lavazé Pass: https://www.albergo-dolomiti.it/; http://www.bucanevelavaze.it/index.html Malga Costa/Liegalm: Info: http://liegalm.com/</p>
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 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	1800 m a.s.l.
starting point	<p>Lavazé Pass, 38030 Varena (TN) Altitude: 1804 m a.s.l. GPS coordinates: 46.355207, 11.492032</p>
arrival point	<p>Malga Costa/Liegalm, Rio Nero 31 - 39050 Nova Ponente (BZ) Altitude: 1733 m a.s.l. GPS coordinates: 46.370896, 11.475681</p>
distance	2960 m (700 m along the lakeside, 2260 m up to the Malga)
overall difference in height	5 m uphill; 76 m downhill
incline	Average of 3 %
minimum width	Forest road (2.5 m)
terrain	<p><u>Along the lakeside</u>: road with crushed stone, compact and even surface <u>To Malga Costa</u>: dirt track closed to traffic with a short uneven section, mainly slightly downhill</p>
obstacles	<p><u>Along the lakeside</u>: none <u>To Malga Costa</u>: the road is closed by a barrier (room to go round it); wooden cattle gate</p>
exposed stretches	None

facilities	
access	The starting point can be reached using both public and private transport <u>Public transport</u> : shuttle bus service from Cavalese July-September and December-March <u>Private transport</u> : Lavazé Pass main road no. 620 as far as the pass
restrictions	None
car park	Free car park, untarmacked at the Pass
accessible toilets	Albergo Dolomiti; Malga Costa/Liegalm
refreshments	<u>Departure</u> : Albergo Dolomiti at the Lavazé Pass, accessible to the disabled; along the lakeside with picnic areas and accessible facilities for the disabled. <u>Arrival</u> : Malga Costa-Liegalm, accessible
recharging stations for electric bikes	None
network coverage	Coverage provided by main mobile phone operators
GPS mapping	7C_track.gpx
street view	Lakeside route all mapped: https://www.google.it/maps/@46.3547383,11.4923583,3a,75y,308.29h,78.17t/data=!3m7!1e1!3m5!1sX6OFEHAjW5nE7Tbez1NSUQ!2e0!6s%2F%2Fgeoo.ggpht.com%2Fcbk%3Fpanoid%3Dx6OFEHAjW5nE7Tbez1NSUQ%26output%3Dthumbnail%26cb_client%3Dmaps_sv.tactile.gps%26thumb%3D2%26w%3D203%26h%3D100%26yaw%3D111.693146%26pitch%3D0%26thumbfov%3D100!7i13312!8i6656 <u>Panoramic photo at Malga Costa</u> : https://www.google.it/maps/@46.370355,11.4756117,3a,75y,100.7h,69.76t/data=!3m8!1e1!3m6!1sAF1QipPWDLph8nkrnYokUScmOhpA9MKX6DWsFhmgVuDk!2e10!3e11!6shttps:%2F%2Fh5.googleusercontent.com%2Fp%2FAF1QipPWDLph8nkrnYokUScmOhpA9MKX6DWsFhmgVuDk%3Dw203-h100-k-no-pi-o-ya192.5825-ro-o-f0100!7i10752!8i3732
signs along the route	Information boards about the natural and cultural features of the lakeside route; CAI-SAT signs
UNESCO info points	Information boards along the lakeside provide information about the World Heritage Site
guides	Local guides available who have attended the special training course run by the UNESCO Dolomites Foundation-Accademia della Montagna del Trentino [info: https://www.sportabili.org/it]
rental services	Mountain bike and e-bike rental at Albergo Dolomiti at the Pass. Rental of electric wheelchairs for the disabled at the SportABILI onlus association in Predazzo
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	12/09/2018
revised	July 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/#!/home>

Local tourist board: <https://www.visitfiemme.it/en/winter>