

Alta Via delle Valli di Lanzo (AVL)

Utilization Hiking

Official itinerary No

Lenght 47.10 km

Tempo 1 day 16 hours

Stage 0

Ascent elevation gain 5161 m

Difficulty Difficult Hiking

INFORMAZIONI

Region

Piemonte Valle d'Aosta

Country

Italy

Address

Frazione Forno Alpi Graie

10070 Groscavallo TO

Italy

Coordinates POINT

(7.223345 45.364371)

Altitude 1219 m

Arrival address

Lago di Malciaussia

10070 Usseglio TO

Italy

Arrival coordinates POINT

(7.145258 45.206836)

Arrival altitude 1805 m

Access

Access north: From Groscavallo, take the road to Forno Alpi Graie where the path to Daviso Refuge begins.

Medium access: From Balme city, take the road to Pian della Mussa where the path to the Gastaldi Refuge begins.

Access south: From the town of Usseglio, follow the road to Malciaussia where the path to the Daviso Refuge begins.

Descrizione

The itinerary for expert hikers ALTA VIA DELLE VALLI DI LANZO (AVL) is a high mountain crossing (2200-3200 m) that develops through the Southern Alpi Graie, along the border between Italy and France, from the slopes of **Levanna Orientale** (3555 m) passing near the majestic peaks, also 3500 m, to end at **Rocciamelone** (3538 m). The route has a total development of about 47 km (52 with the variant for the Colle della Piccola), subdivided in six stages. It develops almost entirely on paths adequately marked.

Although the route does not present any particular mountaineering

difficulties, it is classified as an EE (experienced hikers) because of the severe high mountain environment in which it progresses. Environment that is even more difficult in bad weather conditions and in the presence of snow or fog. Some parts of the route are particularly exposed. They require therefore, good skills, safe steps and no vertigo. Where possible, you can find supports for hikers, but everyone has to be careful, and always check both functionality and stability of these supports before securing to them. Appropriate preparation, suitable equipment and good physical training are therefore necessary for this route. You can start the itinerary north from the village of Forno Alpi Graie walking along the route South, and ending at Malciaussia; or you can start in the opposite direction. In both cases, you can interrupt your trip by means of the many connections downstream and by the different intermediate stages, such as, in particular, halfway to the Pian della Mussa. The stage places are in the refuges that are kept during the summer; while in winter they are always open and equipped with winter rooms. Some stage points there are mere bivouacs, always open as well. The optimal period for the journey is from late June to early September. The northern principal starting points are Forno Alpi Graie in the Municipality of Groscavallo, the southern ones are Malciaussia in the Municipality of Usseglio. An intermediate starting point is in Pian della Mussa in the Municipality of Balme. They all are about 60 km far from Turin.

Public transport access No

Recommended period

Summer

June - beginning of September.

Accessible to people with disabilities Yes

Itinerary suitable for disabled people.

Interest points

Villa Pastrone, Santuario di Nostra Signora di Loreto, Vallone di Sea, Sentiero dell'oro di Pera Cagna, Sentiero Pian dei Morti, Sentiero del Gran Lago di Unghiasse, Cascata La Gorgia, La Casaforte Ruciàss, Ecomuseo delle Guide Alpine, Anello della Val Servin, Il Bosco - Museo per tutti, Museo Civico Alpino "Arnaldo Tazzetti", Mulino dei Vulpòt, Sentiero della Decauville, Siti di interesse regionale Sagna del Vallone, Sito di interesse regionale Lac Falin, Sistema di laghi artificiali.

Devotional relevance No

Historical relevance Yes

DETTAGLI

Code AVL

Classification Provincial - High altitude

Province

Torino

[1A_AVL_ITALIANO.x33558.pdf](#)

Ultima data di aggiornamento

15/12/2023

ALTRE INFO

Accommodation facilities

[Savoia](#)

[Pialpetta](#)

[Setugrino](#)

[Antico albergo camussot](#)

[Bivacco gandolfo](#)

[Bivacco molino](#)

[Citta' di cirie'](#)

[Gastaldi](#)

[Gloria](#)

[La masina'](#)

[Les montagnards](#)

[Bivacco san camillo](#)

[Casa alpina san vincenzo](#)

[Cibrario](#)

[Furnasa](#)

[Grand usseglio](#)

[Rocciamelone](#)

[Tazzetti](#)

[Vulpot](#)

Itinerary index Yes

Province names Torino