

AVU Stage 5C: Gias Valera Sottano - Lago degli Alberghi

Utilization Hiking

Official itinerary No

Lenght 4.60 km

Tempo 3 hours

Stage 5

Max altitude 2190 m

Ascent elevation gain 620 m

Descent elevation loss 175 m

Difficulty Difficult Hiking

INFORMAZIONI

Region

Piemonte

Country

Italy

Address

Gias Valera Sottano
12010 Entracque CN
Italy

Coordinates POINT

(7.47589 44.1716)

Altitude 1583 m

Arrival address

Lago degli Alberghi
12019 Vernante CN
Italy

Arrival coordinates POINT

(7.5069 44.16342)

Arrival altitude 2035 m

Descrizione

On reaching Gias Valera Sottano 1517 m, the mule track that follows leads to a fork at an altitude of 1583 m, where the branch-off for Colle del Sabbione M5 (Stage Completion 5C) branches off to the right, the point where this stage begins. Keep to the orographic left and climb up along the Sabbione gorge M24 to an altitude of 1,707 m, with a constant uphill course passing several small side valleys. The route now leaves the valley to climb the slope directly at a constant gradient, which on the left leads to a knoll at an altitude of 2058 m, along the ridge that shortly afterwards leads to the Mena pass at 2201 m, the pass that connects with the Alberghi valley and then Palanfrè.

Public transport access No

Recommended period

Summer

Giugno, luglio, agosto, settembre

Accessible to people with disabilities No

Devotional relevance No

Historical relevance No

DETTAGLI

Local Tourist Agency (LTA) reference [ATL del Cuneese - valli alpine e città d'arte](#)

Code AVU

Classification Provincial - Mid and Low Altitude

Province

Cuneo

Ultima data di aggiornamento 15/12/2023

TAPPE

Variant C

Itinerary index No

Province names Cuneo