

Day 4

Village of Fondo - abbey of San Romedio - village of Sfruz

Altitude difference uphill approx. 750 m

Altitude difference downhill approx. 730 m

Length of the trail approx. 16.4 km

Terrain: 10.8 km Asphalt und 5.6 km forest- and meadow trails, path, forestry road

Time needed 6-7 hours – not including rest periods.

Route description:

from the village square in Fondo (978 m) hike past the tourist association (Pro Loco) down to the main road and turn left on the main road toward Bozen - Mendelpass (street signs). Shortly afterward a small road branches off to the right (street sign "Vasio"). Follow the road to the first crossing and continue walking straight ahead (bike path to Romeno). At the following crossing keep right until sign for the bike path is reached. Follow the bike path to a left turn, and immediately afterward a small chapel, where a trail branches off to the right. Keep on hiking straight to the next T - section and turn right (this is still the bike path). Walk to the main road which connects the village of Sarnico with Seio. Cross this road and keep walking straight ahead to the Golf Club Dolomiti (on the right). Carry on until the trail leads through a section of forest. There is a fork at the exit of the forest. Keep left and head toward a prominent knoll (patch of forest) with a children's playground. Leave the playground to the left and follow the road to the village of Romeno (960), descending to the main road. Cross the road, hike to the village church and continue straight through to the last houses at the south end of the village. Follow the bike path in the direction of Salter (972 m). At the village entrance of Salter hike straight down the small road, which eventually leads to the right, and to a bigger intersection. Turn left at the intersection (signs "San Romedio" - trail marker 535). Here begins the steep, shady and often slippery path, which after approximately 300 m of descent ends in a picturesque canyon. Follow the road approximately 400 m into the main valley to the the stone stairs which lead to the renowned place of pilgrimage and abbey San Romedio (871 m). Follow the signs to Tres (trail marker SF - 535) across the entrance of the abbey and hike uphill alongside the creek. Disregard the small bridge on the right and continue straight to the next fork. Turn right (sign "Tres - trail marker SF). This leads to the small knoll called Dos Canestrin (820 m - sign) and shortly after there will be a fork (sign Smarano - trail marker SF). Walk steeply uphill to the lake Lago di Tavon (870 m). Turn left (sign Smarano, Tres - trail marker SF) and follow the lakeside to the north end of the lake where another sign indicates the way to Smarano, Tres (trail marker SF). Turning left the trail carries on to the beginning of a small forestry road (sign "Strada Forestale Savior"). At the following fork keep walking straight ahead in the direction of Smarano (sign). The trail through the forest becomes partly very steep and ends at a nice viewpoint. Turn right (sign "Smarano, Tres" - trail marker SF) and hike almost flat to a campground located on the right side (locality Merlonga, 1020 m - sign on the left side). Walking straight to a trail sign (Smarano, Tres - trail marker SF), and keep going for a short stretch to the asphalt road. Cross the road and walk straight ahead (poor trail signage / only red - white), crossing between the villas. The trail will lead to the fire station of Smarano (970 m). There will once again be signs here (Tres, Vervò - trail marker SF). Cross the main road and by the big concrete cross keep on descending straight down (poor trail signage / only red - white) to the crossing with the main road (sign "Tres, Vervò" - trail marker SF). Cross the main road and follow the road on the opposite side (poor trail signage) in the direction of the village centre and church in Smarano. Briefly walk briefly downhill to an interesting fountain (several bowls) and a public parking lot. At this point, turn left (poor trail signage) and follow the small road to the next fork. Keep right (poor trail signage) and hike downhill between a nicely renovated villa on the left side and a barn

on the right to the next crossing, and more signage. Turn left and hike along a small road to the village center of Sfruz (964 m).

Maps: 4Land - sheet 155 - 1:25.000/ Val di Non

Possible rest stops along the route: inns in Romeno and a small kiosk at the parking lot below the abbey of San Romedio

Accommodations for overnight stay: pensions, room rentals, hotels and Agritur (holiday on a farm) in Sfruz

Tourist association: www.visitvaldinon.it



