



Day 6

Village of Vigo di Ton - alp Malga Bodrina - hamlet of Monte

Altitude difference uphill approx. 1250 m

Altitude difference downhill approx. 820 m

Length of the trail approx. 8.9 km

Terrain: 1.0 km asphalt and 7.9 km forest- and meadow trails, path, forestry road.

Time needed 6½-7½ hours – not including rest periods

Route description:

Follow the road signs indicating Malga Bodrina from the main road in Vigo di Ton (558 m) up to the bridge over the Rio Rinassico. A sign and the trail markers indicate the way to the alp. Hike 500 meters along a small asphalt road, then follow the signs steeply up to Malga Bodrina (1560 m). From the alp hike briefly toward the south and slightly uphill (trail marker 509) to a fork, where the trail with the marker 500 joins from the left. Signs "Mezzocorona / Monte" specify the correct way. Soon the trail disappears in the forest and leads to the technically most demanding section of the Via Vigilius. A traverse (exposed segments, in some parts with steel wire as a hand rail) leads through a canyon and fairly open along the rock wall to a helicopter landing area (1600 m). From there hike down to the Baito degli Aiseli (1416 m) where the trail forks. The trail to Monte, marked with the 500, directs to the left. Descend along the beautiful trail with its many steps to the forestry road leading to the Malga Kraun, and hike along the road to the small hamlet of Monte (858 m).

A shorter and technically easier variation involves hiking from Vigo di Ton to Mezzolombardo along the trail "Via Frassati"

This shorter and easier alternative leads from Vigo di Ton around the mountain to Mezzolombardo, where it is possible to stay overnight. From the main road in the village center of Vigo di Ton follow the road signs in the direction of Malga Bodrina. The road leads uphill in between the houses until shortly before the bridge over the creek Rio Rinassico. The Via Frassati (signs and trail marker SF) branches off to the right. The trail has signage and is marked all the way to Mezzolombardo.

Technical information on this trail: elevation gain ascent approx. 310 m, elevation loss descent approx. 680 m, length of the trail 11.4 km, Time needed: 4-5 hours not including rest periods

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

Possible rest stops along the route: alp Malga Bodrina

Accommodations for overnight stay: hotels in the hamlet of Monte

Tourist association: www.visitvaldinon.it

