



### ***Day 8***

### ***Hamlet of Vallene - village of Vela - town of Trento***

Altitude difference uphill approx. 570 m

Altitude difference downhill approx. 1100 m

Length of the trail approx. 11 km

Terrain: 1.6 km asphalt und 9.4 km forest- and meadow trails, path, forestry road.

Time needed 4-5 hours – not including rest periods

#### Route description:

Hike from Vallene (711 m) to the campground "Laghi di Lamar" and follow the forestry road through the pine forest (sign "Lago di Lamar") until a trail branches off to the right. Follow the trail along the broad, forested ridge on the south side of the Coste di Lamar, ignoring a couple of turn-offs. A wide and comfortable trail with a great view onto the lake "Lago di Lamar" leads along the hillside down to a forestry road (Pontaroi). Keep on descending toward the municipal storage yard in the locality of Spiaggi. In a constant up-and-down pattern, the route undulates through the forest to the trail SAT 611. Follow it briefly uphill to the crossing with the Sentiero San Vili (trail marker 627). Hike along the Sentiero San Vili to the highest point on the Monte Soprasasso, a rise which is full of history high above the town of Trento. Here there are multiple renovated war positions dating back to the First War. The trail leads past the Baita Laura, where refreshments are available for purchase in the busy summer months. The section toward the Val d'Adige is somewhat exposed and demands sure footing. The steep descent leads along old military paths down to the small village of Vela (197 m), just outside of Trento.

Maps: 4Land - sheet 142 - 1:25.000 / Valle dei Laghi – Monte Bondone – Basso Sarca

Timetable for the scheduled bus form the village of Vela to the town of Trento

[www.ttesercizio.it](http://www.ttesercizio.it)

Possible rest stops along the route: the small hut "Baita Laura" at the Monte Soprasasso

Accommodations for overnight stay: hotels and pensions in Trento

Tourist association: [www.discovertrento.it](http://www.discovertrento.it)

