

NOTE: On some trails you can find with red marks or red and white marks also a *red star* which was chosen as a symbol of Sentieri Resistenti (the star of different color and shape, was the symbol of many partisan groups)

Stage 1

FROM ALPETTE TO REFUGIO ALPE SOGLIA

Starting: Alpette (m. 957)

Arrival: Refugio Alpe Soglia (m. 1711)

Walking time: 4 hrs. 30 mins

Difference in height: m. 1033

Downhill: m.259

The stage consists in the ascent of the Mount Soglio from Valle dell'Orco, facing north east.

- From the bus stop 16845 GTT at Alpette (m 957), walking for about twenty metres away Via Sereine in the direction of the parish church, you reach a junction, take the road uphill to the left, which leads to Ceritti, Inserai, [Balmassa](#) and Cima Mares. Avoiding any deviation towards the villages, follow this asphalt road for about 4 km until the end. In the parking lot of the hamlet of Balmassa (m. 1286, 1 hr), a fingerpost indicates the direction to Mount Soglio (red-white marks).
- Otherwise, on the opposite side of the bus stop 16845, take a rather steep path (trail # 501, signs for Balmassa and La Bassa). After a first stretch between the chestnut trees, the route (red-white signs) enters the valley of the river Cantidonio, in a forest, first of birches and oaks and then of beeches. Walking on the right side of the river, reach Alpe Musrai (1151 m). For a short distance, the route continues gently on a grassy lane. At the first junction, turn right on a path that returns steeply in the forest. The trail goes uphill into a forest of beeches and birches, arriving at [La Bassa Pass](#) (m 1487) where it forks, avoiding the path to Rocche di San Martino, head, on the contrary, towards the small church of San [Bernardo di Mares](#) (m. 1544 about 2 hrs), that you reach after crossing halfway the huge grassy slope of the south eastern side of Cima Mares, (many huts there). From a humble religious building surmounted by a small cross and used as an emergency hut, following the direction of a wooden signpost, walk the path # 406 towards Mount Soglio. The route, first uphill and then downhill, is close to a power line pylon and reaches the depression of Delle Pesse Pass (m.1628). From the pass the trail climbs to the shrubby area of the huts of Alpe Caluso (m. 1788), which is crossed by a short flights of steps, and goes up to the [top of Mount Soglio](#) (m. 1970 4 hrs). The summit, from which in a clear day you can enjoy a magnificent view from Monviso to GranParadiso, is peculiar for a statue of the Vergin Mary, a lightning rod, a plaque with the summit book and an orientation table, placed by the Alpine Club of Forno Canavese. Follow the grassy ridge to the west, and gone beyond the ruins

of Alpe Rossolo, continue until you reach a little pass where is placed a wooden pole with two wooden arrows and a metallic one with indication for Corio and Pian Audi, on the arrow there is a red star (logo of sentieri resistenti). Turn left left and go down the steep southern slope of the mountain until you reach the refuge [Alpe Soglia](#) (m. 1711, 4 hrs 30 mins).

Transportation

<http://www.extrato.it/upload/orari/000322.pdf>

Accommodation

http://www.comune.alpette.to.it/index.php?option=com_content&view=article&id=433:albergo-alpino-albergo-ristorante-bar&catid=32:strutture-ricettive&Itemid=44

<http://www.rifugioalpesoglia.com/>