

Stage 6

FROM REFUGIO COLLE DEL LYS TO CAPRIE

Starting: Refugio Colle del Lys (m. 1311)

Arrival: Caprie (m. 374)

Travel time: 6 hrs. 30 mins.

Difference in height: m. 443

Downhill:m.1258

The stage leads to lower Val di Susa from the watershed that separates it from Val di Viù. From the square of Colle del Lys, head for a few yards down the trail # 197 towards Viù, then turn left uphill to the first paved street, and after the hotel-restaurant “Gaute la nata”, a dirt road that leads to [Della Frai Pass](#) (m. 1327). From here, go down the path (red marks) that runs along the slopes of Mount Rognoso. After passing through a dense beech forest, you reach the village of Suppo (m. 1244, 1 hour), proceed on a paved road downhill to the junction to your left to the church of Nubbia (m. 1145). Continue on the path down to torrent Messa, cross an uncomfortable ford and climb up the opposite side to the roadside shrine Cerlùc (m. 1200), distinguished by a wooden cross. Walk down a dirt road, past hamlet Franchino and reach the first bend to the left, with a memorial stone of six partisans killed during a raid in March 1945; in the middle of this bend, leave the dirt road and take the path (red marks) on the right, go into the woods and through Muande Bonavero. Near a shrine, leave the trail taking a new one, which branches off to the right. Go up this path, made evident by a dry stone wall running along towards north (m. 1280) and then go down, passing just below Ca' di Giovanni, a part of Muande Soffietti (m. 1146). Go down the road to the right deviation (m. 1115) on a track (signpost ‘Madonna dell’Arpone’), going to Mount [Arpone](#). After a few hundred meters, where a bar precludes passage to vehicles, a path is well highlighted (blue marks) in the westerly direction, following which you intersect another path, coming from the village of Rubiana, (red marks, 3 hrs 50 mins) that leads to [Arponetto Pass](#) (m. 1397, 4 hrs 20 mins). Beyond the pass, descend gently into the birch forest until you reach a plateau where you meet a crossroads well signposted. Take the path that leads to the hamlet of Celle di Caprie, follow it to Comba, where, nearby a mountain wash house, starts the paved road. Leave it after a short distance and take the path # 575 on the right, follow it to reach [Celle](#) (m. 991, 4 hrs 50 mins.), where you find the building of Refugio Rocca Sella. Reached the church of the village and then the paved road, follow it to the right (west) to Camparnaldo. Next to the last houses on your left you will find an arrow indicating Campambiardo. Take the path that branches off from here, surrounded by a thick forest of oaks, until you reach a trail bordered by a dry stone wall. Take the slight slope to the right, which passes near a shrine. Ignore the turning to the left (wooden arrow indicating Campambiardo, which leads to a climbing crag, and continue entering up the area of the village Campambiardo (m. 742). Past the last houses of the village follow the country road to the left where begins [a path to Sala marked by an arrow](#). After a few metres, the trail leads to an orientation board, go towards Caprie (arrow). The trail continues to a junction marked by two arrows, both indicating Caprie: take the one to the right. The route passes through a thick forest of chestnut trees, where the path becomes sometimes barely visible (cairns). Then, goes into a beautiful trail (red and white signs), follow to the left. The path becomes quite steep, but it is always visible: follow it until the end, reach a paved

road (on the left there is a board explaining the climbing area of Caprie). Going on the road to the right (west), you reach the village of Caprie (6 hrs 30 mins). Alternatively, especially in bad weather, from Celle and Camparnaldo you can continue along the asphalt road, that trough the villages of Campambiardo and Peroldrado, [reaches Caprie](#) (6 hrs 50 mins).

Transportation

<http://www.comune.caprie.to.it/ComTrasporti.asp>

Accommodation

<http://www.comune.caprie.to.it/ComStruttureRicettive.asp>