

# AVU Stage 5C: Gias Valera Sottano - Lago degli Alberghi

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**Utilization** Hiking

**Official itinerary** No

**Lenght** 4.60 km

**Tempo** 3 hours

**Stage** 5

**Max altitude** 2190 m

**Ascent elevation gain** 620 m

**Descent elevation loss** 175 m

**Difficulty** Difficult Hiking

## INFORMAZIONI

**Region**

Piemonte

**Country**

Italy

**Address**

Gias Valera Sottano  
12010 Entracque CN  
Italy

## **Coordinates** POINT

(7.47589 44.1716)

**Altitude** 1583 m

## **Arrival address**

Lago degli Alberghi  
12019 Vernante CN  
Italy

## **Arrival coordinates** POINT

(7.5069 44.16342)

**Arrival altitude** 2035 m

## **Descrizione**

On reaching Gias Valera Sottano 1517 m, the mule track that follows leads to a fork at an altitude of 1583 m, where the branch-off for Colle del Sabbione M5 (Stage Completion 5C) branches off to the right, the point where this stage begins. Keep to the orographic left and climb up along the Sabbione gorge M24 to an altitude of 1,707 m, with a constant uphill course passing several small side valleys. The route now leaves the valley to climb the slope directly at a constant gradient, which on the left leads to a knoll at an altitude of 2058 m, along the ridge that shortly afterwards leads to the Mena pass at 2201 m, the pass that connects with the Alberghi valley and then Palanfrè.

**Public transport access** No

## **Recommended period**

Summer

Giugno, luglio, agosto, settembre

**Accessible to people with disabilities** No

**Devotional relevance** No

**Historical relevance** No

## DETTAGLI

**Local Tourist Agency (LTA) reference** [ATL del Cuneese - valli alpine e città d'arte](#)

**Code** AVU

**Classification** Provincial - Mid and Low Altitude

**Province**

Cuneo

**Ultima data di aggiornamento** 15/12/2023

## TAPPE

## **Variant C**

**Itinerary index**      No

**Province names** Cuneo