Home
Alta Via delle Valli di Lanzo (AVL)
Utilization
Hiking
Official itinerary
No

Lenght
47.10 km

Tempo
1 day 16 hours

Stage
0

Ascent elevation gain
5161 m

Difficulty
Difficult Hiking

Informazioni

Region
Piemonte
Valle d'Aosta

Country
Italy

Address

Frazione Forno Alpi Graie
10070 Groscavallo TO
Italy

Coordinates

POINT (7.223345 45.364371)
Altitude
1219 m
Arrival address

Lago di Malciaussia
10070 Usseglio TO
Italy

Arrival coordinates
POINT (7.145258 45.206836)
Arrival altitude

1805 m
Access

Access north: From Groscavallo, take the road to Forno Alpi Graie where the path to Daviso Refuge begins.
Medium access: From Balme city, take the road to Pian della Mussa where the path to the Gastaldi Refuge begins.
Access south: From the town of Usseglio, follow the road to Malciaussia where the path to the Daviso Refuge begins.

Descrizione

The itinerary for expert hikers ALTA VIA DELLE VALLI DI LANZO (AVL) is a high mountain crossing (2200-3200 m) that develops through the Southern Alpi Graie, along the border between Italy and France, from the slopes of **Levanna Orientale** (3555 m) passing near the majestic peaks, also 3500 m, to end at **Rocciamelone** (3538 m). The route has a total development of about 47 km (52 with the variant for the Colle della Piccola), subdivided in six stages. It develops almost entirely on paths adequately marked. Although the route does not present any particular mountaineering difficulties, it is classified as an EE (experienced hikers) because of the severe high mountain environment in which it progresses. Environment that is even more difficult in bad weather conditions and in the presence of snow or fog. Some parts of the route are particularly exposed. They require therefore, good skills, safe steps and no vertigo. Where possible, you can find supports for hikers, but everyone has to be careful, and always check both functionality and stability of these supports before securing to them. Appropriate preparation, suitable equipment and good physical training are therefore necessary for this route. You can start the itinerary north from the village of Forno Alpi Graie walking along the route South, and ending at Malciaussia; or you can start in the opposite direction. In both cases, you can interrupt your trip by means of the many connections downstream and by the different intermediate stages, such as, in particular, halfway to the Pian della Mussa. The stage places are in the refuges that are kept during the summer; while in winter they are always open and equipped with winter rooms. Some stage points there are mere bivouacs, always open as well. The optimal period for the journey is from late June to early September. The northern principal starting points are Forno Alpi Graie in the Municipality of Groscavallo, the southern ones are Malciaussia in the Municipality of Usseglio. An intermediate starting point is in Pian della Mussa in the Municipality of Balme. They all are about 60 km far from Turin.

Public transport access
No

Recommended period

Summer
June - beginning of September.

Accessible to people with disabilities

Yes

Itinerary suitable for disabled people.

Interest points

Villa Pastrone, Santuario di Nostra Signora di Loreto, Vallone di Sea, Sentiero dell’oro di Pera Cagna, Sentiero Pian dei Morti, Sentiero del Gran Lago di Unghiasse, Cascata La Gorgia, La Casaforte Ruciàss, Ecomuseo delle Guide Alpine, Anello della Val Servin, Il Bosco - Museo per tutti, Museo Civico Alpino “Arnaldo Tazzetti”, Mulino dei Vulpòt, Sentiero della Decauville, Siti di interesse regionale Sagna del Vallone, Sito di interesse regionale Lac Falin, Sistema di laghi artificiali.

Devotional relevance
No

Historical relevance
Yes

Dettagli

Code
AVL

Classification
Provincial - High altitude

Province
Torino

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Ultima data di aggiornamento
15/12/2023

Altre info

Accommodation facilities

Savoia
Pialpetta
Setugrino
Antico albergo camussot
Bivacco gandolfo
Bivacco molino
Citta' di cirie'
Gastaldi
Gloria
La masina'
Les montagnards
Bivacco San Camillo
Casa alpina San Vincenzo
Cibrario
Furnasa
Grand usseglio
Rocciamelone
Tazzetti
Vulpot

Itinerary index

Yes

Province names

Torino