

Hiking Itinerary on lake Garda: to Mount Altissimo from Prati di Nago

Lake Garda's **alpine and excursionist refuges**. From the parking lot before the barrier, you follow **trail** nr. 601, which rises and crosses the southeast side of Mount Varagna. You pass Sella south (1748 m.) and proceed to the top of Mount Nago (40 min.). The trail crosses a **plateau** and leads to the foot of **Mount Altissimo** (25 min.), providing a sweeping view of the upper **lake garda area** and surrounding mountains. After another ascending stretch on rather difficult and rocky terrain, you reach the top (40 min.), where you'll find a small church, an observatory and the "Damiano Chiesa" refuge (2,060 m.), which is open from July to September.

For the return trip, follow trail nr. 622 along the east crest, where you'll find remains from World War II. Then the trail descends to Bocca Paltrane (1831 m.), where you'll turn left on to a military mule trail heading to Val del Paröl. Passing a wall (55 min.), you'll continue along a trail, that first travels through a pine grove, then through a beech forest. **Hiking** through the meadow, you'll reach a fork in the road (trails nr. 624 and 601) at an altitude of 1,720 m, which you passed on your trip at the beginning (20 minutes). Take trail nr. 601 and return to the point of departure.

The "Damiano Chiesa" Alpine Refuge on Mount Altissimo

Construction of the first **refuge on Mount Altissimo** (2,060 m) began in 1888 through an initiative of several S.A.T. members from Rovereto and Brentonico. The building was inaugurated on June 6, 1892 and provided hospitality to a growing number of **mountain climbers** and **hikers**. Expanded in 1905, it became a base for Italian troops during World War I, but was never damaged. It was reopened in 1919 and named after Trentino patriot Damiano Chiesa. Entrusted to the S.A.T. of Rovereto since the fifties, it was subsequently transferred to the Brentonico chapter and then, in 1965, it was transferred to the Mori chapter, which supervised the recent remodeling and enlarging project (1995). A panoramic point named after Barons Argia and Ugo Salvotti was inaugurated in 1988 near the refuge and also indicates the surrounding peaks. There are 20 beds, and a winter shelter with six beds. Tel. 0464.520664 e 0464.867130

Warning

The obligatory opening period of S.A.T. refuges is from June 20 to September 20. Refuges can also be open in other periods of the year, especially on weekends and in the spring. For information about S.A.T. refuges, please contact the custodians directly or the S.A.T. chapters: Phone: 0461.981871 - fax 0461.986462.

INFO

- Departure: Prati di Nago (1,560 m.)
- Arrival: Prati di Nago (1,560 m.)
- Total difference in height (round trip): 1,000 m.
- Time: 3 hours 15 minutes
- Difficulty: E = Excursionist. **Itineraries on trails** or tracks, usually marked and sometimes long, with exposed but well-protected sections. These routes require some experience and training.
- Period: May - November
- Map: **Kompass** n. 071, 096, 101, 102 e 690
- Access: from State Road S.S. n. 240 to Nago, following signs for **Mount Baldo**, by car along the asphalt road to Prati di **Nago** and to the barrier (13.7 km from Nago); parking.