

# Bressanone/Brixen

*and environs*



## Excursion on the Luson/Lüsen Alps with a deviation to Cima Lasta/Astjoch

### Itinerary:

Take the Luson road up to the Tulperhof hotel (1,640 m). From here the path goes up (trail sign 3) to Tulper Gampis (1,806 m) and continues along the path marked with trail sign 2 to the Campoforte/Starkenfeld refuge (1,936 m) and farther to the Astalm pasture. This leads to the Einhäuser pasture (2,120 m) along the northern slope of Cima Lasta/Astjoch and, passing the eastern ridge, reaches the cross at the peak (2,194 m). The return path passes the Prato Croce/Kreuzwiesenhütte refuge, the Bacher and Plasell alpine pastures and descends to the parking area, following the path marked with trail sign 3.

Time: 4 – 5 hours

Height difference: ca. 300 m

Degree of difficulty: easy-medium

## Brixen: from Valcroce (2000 m) to Mt. Forca Grande (2574 m) via the Plose Refuge (2440 m) and Mt. Fana (2547 m)

### Itinerary:

From the Plose mountain station ascend with a moderate gradient to the slopes (trail sign no. 3) up to a slumping valley and continue through the mountain pasture to a small hut above the trail (trail sign no. 3/4, part of no. 2 of the Alta Via of the Dolomites). Crossing a hilly area, reach the Plose Refuge (rest area), then continue to the east and descend to the Luson/Lüsnerjoch Pass (trail sign no. 3/4). Here the trail rises along trail sign no. 4/7 in the direction of Mt.

Fana/Pfannspitze, crossing the ridge (trail no. 7, equipped with ropes) up to Mt. Forca Piccola/Kleiner Gabler. From there, with a brief trip, it reaches the rocky peak of Mt. Forca Grande/Großer Gabler (with a 360° view). For the return, descend along the southern slope (no trail) until reaching an unmarked mountain pasture path, initially heading to the west, that crosses numerous ditches to the Rossalm Alpine pasture (rest area) and then to the mountain station of the cable-way at Valcroce (rest area).

Time: 4 h 30 min.

Height difference: 530 m

Degree of difficulty: easy

Refreshments: Plose CAI Refuge, Rossalm Refuge, Bergrestaurant Plose

## Lüsen: excursion to the most beautiful peaks of the Lüsen Alp - Valletta - Cima Lasta - Mt. Campiglio - Lake Rina - Valletta

### Itinerary:

Starting from Luson by car, go to the parking lot of Valletta di Sopra/Oberflitt (about 1680 m). From there follow the forest road (trail sign no. 2) and then the wooded trail up to the Prato Croce/Kreuzwiese Refuge (1909 m - 2 hours), passing the Maurer Drei Wiesen farmstead. After the ascent to Lasta/Astjoch (2194 m), cross meadows to reach the Ellen Cross, continuing then along trail sign no. 2 up to the Campill Alpine pasture and to Mt. Campiglio/Campill (2190 m). From here descend to Valletta/Flitt or to the chapel of S. Giacomo (2026 m), passing through the old Alpine pastures, and continuing along trail sign no. 4 up to the Wieser Alpine pasture (2054 m - 2 hours). Then continue up to the Colletta/Glittner Joch Pass (trail sign no. 10), passing the Rina/Glittnersee Lakes, up to the Val da Lé/Turnaretsch Refuge (2030 m). Then, back down to Valletta crossing the mountain pasture (trail sign no. 10) reaching the parking lot passing through the Glittner stables.

Time: 6 hours, variation with descent from Mt. Campiglio 4 h 30 min.

Height difference: about 850 m

Degree of difficulty: easy, but a certain training level is required