

DISCLAIMER: We apologize but at the moment LAREFA cannot provide a perfect English translation of the details for this hike. The current version of the website built for this first instance does not provide fully integration with English language (do to some technology limitations). We are working to improve this for the 2024 version of the website. The following translation has been generated via Google Translator app and therefore may contain potential mistakes that may change some meaning from the original Italian version. If you have any doubts regarding the information for this hike please send us an email or give us a call and we will be able to provide 100% accurate required information in English. Sorry again for the inconvenience.

NAME

The Val dei Meda towards Forca Rossa and Valfredda

DIFFICULTY

Medium

DESCRIPTION

Alternative, hidden, silent, majestic, panoramic, adventurous, exciting ways to go up to the renowned Forca Rossa. Along the climb our hearts will beat faster at the sight and at the foot of Cima dell'Uomo, Cima Cadine, Pas de le Ciréle, Palon de Jigolé, Cima Ombrettola, Sas de Valfreida, Formenton and Cima la Banca, a rocky and naturalistic carousel recently in the Marmolada Group, along part of the Alta Via n. 2.

PATH

From the car park we will begin the ascent towards Fuciade along the old ski slope until we enter path 607 near the refuge of the same name. We will follow this path up to the Val dei Meda, where we will deviate eastwards along path 693 up to the fork north of Monte The Salt Pans. Our path will continue along the coast cutting the scree under the Sas de Valfreida and then crossing an area full of erratic stones until the last final stretch to reach Forca Rossa. For the return we will descend into the beautiful Valfredda along path 694 which is also where the Alta Via passes. Once you reach the Valfredda huts, the last wall of the route will follow the easy dirt road that will lead you to the parking lot in Le Frate.

LOGISTICS

- The meeting is scheduled for 08:45 at the car park in Le Frate, along the road to reach the Flora Alpina refuge (address/position visible on the map alongside).
- The meeting time may vary according to the weather forecast for that day. Any changes in the program will be communicated to the participants in time.

NOTES

- To undertake this excursion, it is necessary to have previously completed routes of similar length and difference in height.
- Along the way there are narrow and exposed stretches of path. This excursion is not recommended for those who do not suffer from vertigo.
- The age of participation is suggested and indicative, any special requests for younger ages (via the booking form) motivated by adequate previous experience in the mountains will be evaluated on a case-by-case basis.
- There is only one refuge along the route. However, a packed lunch is required.
- Reservations are accepted until 16:00 on the day before the excursion.
- The cost is per person. Payment can be made on the spot on the day of the excursion (in cash), or by bank transfer in the days preceding the excursion (the IBAN details will be communicated via the booking confirmation email). In case of bad weather (or physical impossibility of the guide) which prevents the excursion from taking place, the entire cost will be refunded and the excursion rescheduled where possible.
- The cost of participation is related to the guide service on excursions with Accompagnatore di Media Montana.
- Appropriate equipment and clothes are required for the type of excursion and time of year. The following are required: mountain boots, sufficiently large backpack, rainproof layers, cap/hat, water bottle, packed lunch, sunscreen. Recommended: warmer layers of clothing, spare clothing, sticks, snacks, sunglasses. People who show up at the start without required material will be excluded for safety reasons; no refund will therefore be due.