



Parco naturale  
**Orsiera Rocciavrè**



# “GIRO DELL’ORSIERA”

**Official guide**  
(update 2023)

**A six-day trekking in the Orsiera Rocciavrè Natural Park  
Val Sangone – Val Chisone – Valle di Susa**



*Trekking in Orsiera Rocciavrè Natural Park - Photo by M. Cavallo*

The "Giro dell'Orsiera" includes a six-day trekking with overnight stay at the five staffed huts in the Orsiera Rocciavrè Natural Park. The itinerary offers a broad view of the terrain as well as the historical and cultural aspects of the protected area. It is divided into sections with well-marked trails and moderate altitude differences that hikers with average training can easily follow. There are opportunities for frequent breaks at campsites, glacial lakes, and alpine farms where it is possible to taste the traditional cheese.

## The sections: access to reception facilities

**The hiking tour starts in Borgata Molè (Coazze) but you can also begin from any of the following stops.**



We suggest starting at Forno di Coazze/Molè, in Val Sangone, because it is easily accessible by car and it is half-way between the huts at Val Gravio (Val Susa) and Balma (Val Sangone), which would otherwise be too far to connect in a single day. For those using any other access to the Orsiera Tour (ex. Cortavetto di San Giorio in Val Susa, Prà Catinat in Val Chisone, the train stations in Bussoleno and Borgone) we suggest dividing the tour between the Val Gravio Refuge and the Balma Refuge in two separate steps, for example staying in the Alpine House "Evelina Ostorero" in Forno di Coazze.

### Borgata Molè (Coazze) altitude: 1087 m above sea level



The Molè village is reached by paved road from the Sanctuary of Forno di Coazze (0.8 km) and it is possible to park the car in the area near the buildings. Parking is also available in the Sanctuary square.

The local reception facility is the Alpine House "Evelina Ostorero" in 12, Borgata Ferria, Coazze.

By reservation (6 bedrooms, 24 beds)

Info +39 338.8444507 email [mariangelazevola@gmail.com](mailto:mariangelazevola@gmail.com)

### Balma Refuge (Coazze) altitude: 1986 m above sea level



The facility can be reached from the Molè village (Coazze) by trail 415;

It is also possible to continue by car towards Pian Neiretto to Cara 'd Taiè (1179 m) and then take trail 415 D through a forest of birch and beech trees.

Once near the Balma brook, cross it to reach the moraine on the left of the stream and trail 415, coming from Molè.

### Selleries Refuge (Roure) altitude: 2035 m above sea level



The facility can be reached by the Sestriere Regional Road 23. At the crossroad in the Depot village turn onto Provincial Road 172 at the sign for the Refuge; then (after about 7.7 km) take the dirt road that runs through Prà Catinat, for about 7.5 km. There is a large parking lot and a pic-nic area.



The facility can also be reached on foot from the Sestriere Regional Road 23, beginning at the bus stop in the village of Villaretto (Roure): follow the road, or the marked trails, to the Seleiraut village, and from there take trail 301/337 and variations to the hut.

This area is the starting point for interesting hikes and climbs on the mountains Cristalliera and Orsiera. In addition to the Orsiera Tour, several other hiking itineraries converge at Selleries: trails 337, 339, 367 and the Plaisentif trail.

**Amprimo Refuge (Bussoleno) altitude: 1375 m above sea level**

**Toesca Refuge (Bussoleno) altitude: 1711 m above sea level**

from San Giorio



follow the paved road which leads to the Città village and continue for a while on an access road until reaching the parking lot at Cortavetto; take hiking trail 513 which leads to the Amprimo hut in about 40 minutes; keep walking on trail 510 for one hour to reach the Toesca hut.

from Bussoleno



follow the paved road which runs through the villages of Baroni and Pinetti, continue until reaching the parking lot at Sagnette (the last stretch is on a dirt road); take trail 510 which leads to the Amprimo hut in 20 minutes; keep walking on trail 510 for one hour to reach the Toesca hut.



mountain Trail from Bussoleno/Mattie no. 510

**GEAT Refuge-Val Gravio (San Giorio) altitude: 1376 m above sea level**

from San Giorio



follow the paved road which leads to the Città village and continue until reaching the parking lot at the Adret village; take hiking trail 512 which leads to the GEAT Refuge, Val Gravio in about an hour.



mountain Trail from San Giorio no. 512.

from Villar Focchiardo



follow the paved road (the last stretch is on a dirt road) until reaching the parking lot near the Certosa of Montebenedetto; take trail 506 which leads to the GEAT Refuge, Val Gravio in about an hour.



mountain Trail from Borgone/Villar Focchiardo no. 506.



Balma Refuge - ph. rifugio Balma



Salleries Refuge - ph. rifugio Salleries



Toesca Refuge - ph. rifugio Toesca



Amprimo Refuge - photo by L. Giunti



GEAT Val Gravio Refuge - ph. GEAT

## The maps





P.N.O.R.: "Carta turistica del Parco Naturale Orsiera - Rocciavrè e Riserve degli Orridi di Chianocco e Foresto" (touristic map of the Orsiera-Rocciavrè Natural Park and Reserve of the Ravine of Chianocco and Foresto); scale of 1:25.000; 2005 edition

Fraternali Editor: Map n. 3 "Val Susa, Val Cenischia, Rocciamelone, Val Chisone" and Map n. 4 "Bassa Valle Susa, Musinè, Val Sangone, Collina di Rivoli"; scale of 1:25.000

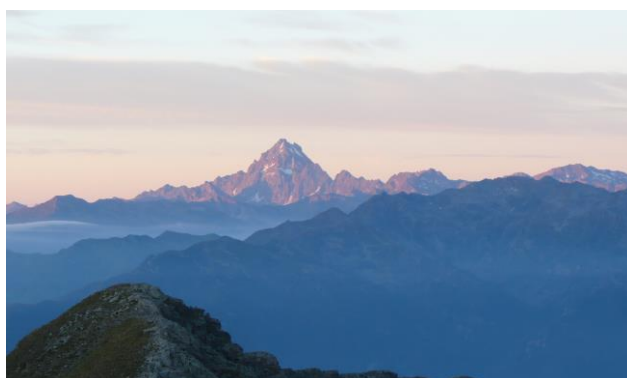
Istituto Geografico Centrale: Map n. 1 "Valli di Susa, Chisone e Germanasca" and Map n. 17 "Torino, Pinerolo e Bassa Val di Susa"; scale of 1:50.000

CAF-IGN-IGM-CAI, Alpi senza frontiere: Map n. 12 "Modane-Monts d'Ambin-Bardonecchia-Val di Susa"; scale of 1:25.000.

## Legend

	Variations of the Orsiera Tour		Alpine farms selling typical cheese of the Cottian Alps Parks
	Points of natural interest: panoramic view, lakes and waterfalls		Points of historical and cultural interest

Note to data sheet: travel times indicated in black were obtained with the method used by the Piedmont Region's office of Mountain and Forest Economy and are meant for good walkers. Break times during the walk are not included. Travel times **in red** are meant for average walkers.



Sunrise over Monviso viewed from the Robinet – Photo by A. Pane

## Day 1 Borgata Molè – Balma Refuge

*This is a moderately difficult hike, quickly reaching a high altitude; one's effort is rewarded by full-immersion in wild and rough surroundings, usually found at a much higher altitude.*

<b>Distance (km)</b>	4,501	<b>Difficulty</b>	E
<b>Starting Point and Altitude</b>	Borgata Molè (1087 m)		
<b>Arrival Point and Altitude</b>	CAI Balma Refuge (1986 m) phone: +39 011.9349336    manager: + 39 011.19887319 (Voip) email: <a href="mailto:rifugiobalma@caicoazze.com">rifugiobalma@caicoazze.com</a> web: <a href="http://www.rifugiobalma.it">www.rifugiobalma.it</a>		
<b>Altitude difference</b>	+ 899m		
<b>Elevation profile</b>	<p style="text-align: center;">TAPPA 1 – Borgata Molè - Rifugio CAI Balma</p>		
<b>Travel time</b>	<b>2h 40'</b>	<b>average walkers: 3h</b> <b>return trip: 2h 30'</b>	

The entire hike unfolds along **trail 415**, starting from Molè village in Forno di Coazze (1087 m). The trail rises along the top of a moraine and goes down a slight slope to an altitude of about 1450 m where there are signs marking the borderline of the Orsiera Rocciavrè Natural Park. The forest gives way to fields. The path runs alongside the Balma creek, until it comes to a large fountain, after which it winds uphill northward, opening to a view of scenery dominated by rock walls: on the right (orographic left) is the Rock of Bauti (1724 m), on the left (orographic right) is the cliff "Tana dell'Orso" ("Bear Cave", 1708 m). The balcony trail runs parallel to the slope, halfway up and high above the creek. Then it turns left, passing the rock buttress (Cala d'Uslur).



*If weather conditions are good, the top of the rock buttress of Cala d'Uslur offers a view of the massive pyramids of "Punta del Lago Sud" ("Peak of the Southern Lake", 2535 m), Losòn Peak (2653 m) and Mount Robinet (2681 m). The Balma Refuge (1986 m) is at the bottom of the river basin.*

Balma Refuge is reached in approximately 20 minutes after following the curvy trail uphill.

## Day 2 Balma Refuge – Selleries Refuge

*This is a very panoramic hike leading from the Sangone Valley to the Chisone Valley through the mountain gap "Colletto del Robinet" with a long descent into the "Vallone del Rouen".*

<b>Distance (Km)</b>	9,164	<b>Difficulty</b>	E (for a small section EE)
<b>Starting Point and Altitude</b>	CAI Balma Refuge (1986 m) phone +39 011.9349336    manager: + 39 011.19887319 (Voip) email: <a href="mailto:rifugiobalma@caicoazze.com">rifugiobalma@caicoazze.com</a> web: <a href="http://www.rifugiobalma.it">www.rifugiobalma.it</a>		
<b>Arrival Point and Altitude</b>	Selleries Refuge (2035 m) phone +39 0121.842664    manager: +39 347.3182113 email: <a href="mailto:info@rifugioselleries.it">info@rifugioselleries.it</a> web: <a href="http://www.rifugioselleries.it">www.rifugioselleries.it</a>		
<b>Altitude difference</b>	+ 756m - 707m		
<b>Elevation profile</b>	<p style="text-align: center;">TAPPA 2 – Rifugio CAI Balma – Rifugio Selleries</p>		
<b>Travel time</b>	<b>4h 25'</b>	<b>average walkers: 5h</b>	<b>return trip: 5h</b>

Take **trail 415** from the Balma hut in the direction of Mount Robinet.



*Walking up the mountain you can see the first of the three lakes of the Balma Valley, named "Laghetto" ("Little Lake") at the bottom of the valley.*

*Immediately after rounding a few curves, you'll find the crossroad with **trail 441**, which leads to the two other lakes, Sottano (2102m) and Soprano (2213m) in about 30 minutes.*

Trail 415 leads to the Wolf's Fountain, or Devil's Fountain (2360m), which is the last safe source of water. Then the trail continues on a slight uphill slope, under the high walls of the Robinet Peak, until reaching a series of hairpin ("w") curves, which lead to the "Colletto del Robinet" - narrow Robinet pass (2635 m).



*A trail leading south from the pass goes to the peak of Mount Robinet in a few minutes. A chapel and a bivouac are located there. A trail going north ascends the scree slope which leads to the eastern peak of Mount Rocciavrè in about 30 minutes.*

From the Robinet pass, the Tour itinerary proceeds on **trail 341** down the valley on the Val Chisone side to a seasonally large glacial waterhole and then continues across the rocky area below it (section EE). Halfway down the rock canal, near a captation site from a small stream, the trail branches off into two paths: leaving behind trail 341, which goes down left to Prato del Colle, the route proceeds on **trail 366** (no. 28 on the Map of the Orsiera Park), which continues down the canyon, then turns right and crosses the flat cove of the Rouen valley. The trail climbs and then levels off before descending rapidly along the crest of the Glantin ridge. Once past the ridge, the trail crosses the Vallette valley and goes beyond the two crossroads for the Seleiraut village and the Prà Reale pass (2529 m). The route continues north, still on trail 366, with a spectacular view of Chisone valley, the ridge of Germanasca valley and the mountain peak Monviso in the background. The trail climbs slightly to lake Laus (2274 m), where a surveillance cabin and a bivouac are open all year round. From there, the route descends on **trail 339A**, which later rejoins **trail 339**, continuing onward to the Selleries hut, in the pastures of the farm which is the centre of production for the well-known Plaisentif cheese.



*Cheese for sale at Alpe Selleries: Plaisentif (available from the third Sunday of September), "Blu di Montagna", fresh or seasoned Toma*



*Mount Cristalliera as seen from Laus – Photo by A. Pane*



*Laus Bivouac – Photo by A. Pane*



*Ibex on the Robinet  
Photo by A. Pane*

## Day 3 Selleries Refuge – Toesca Refuge

*This hike crosses the dividing line between the Chisone Valley and the Susa Valley: it passes through areas which are the site of still present glaciers, the terrain of mountain sheep, chamois and wolves, and the domain of flowers during the summer months.*

<b>Distance (Km)</b>	6,716	<b>Difficulty</b>	E
<b>Starting Point and Altitude</b>	Selleries Refuge (2035 m) phone +39 0121.842664    manager: +39 347.3182113 email: <a href="mailto:info@rifugioselleries.it">info@rifugioselleries.it</a> web: <a href="http://www.rifugioselleries.it">www.rifugioselleries.it</a>		
<b>Arrival Point and Altitude</b>	CAI Toesca Refuge (1711 m) phone +39 0122.49526    manager: +39 350.0258224 email: <a href="mailto:rifugiotoesca@gmail.com">rifugiotoesca@gmail.com</a> web: <a href="http://www.rifugiotoesca.com">www.rifugiotoesca.com</a>		
<b>Altitude difference</b>	+ 534m - 858m		
<b>Elevation profile</b>	<p style="text-align: center;">TAPPA 3 –Rifugio Selleries – Rifugio CAI Toesca</p>		
<b>Travel time</b>	<b>3h 10'</b>	<b>average walkers: 4h</b> <b>return trip: 6h</b>	

The hike begins at the sign in the parking lot of the Selleries hut, following **trail 337** toward Mount Orsiera, Ciardonnet lake and Sabbione Pass. The path reaches a level area where there is a fork in the road: going left leads to the Ciardonnet bergerie and Mount Orsiera (336A). Our itinerary proceeds to the right. The path stays on level ground for a while and then rises to a glen beside the Malanotte stream, which it follows for a long while. Instead of heading up toward Malanotte Pass, the route turns left (north) and goes uphill to the Sabbione Pass (2569 m) for a panoramic view of the Susa Valley and the massive peak of Rocciamelone. From here it follows **trail 510**, which descends quickly through numerous curves to the Balmerotto bergerie (2107 m). The trail passes by junctions with other trails leading to Alpe Aciano and to Porta del Chiot, before finally arriving at the Toesca Refuge, on Pian del Roc.



## Day 4 Toesca Refuge – Amprimo Refuge

*This hike explores the Val Susa side of the Orsiera Rocciavrè Natural Park, walking back down the low green slopes of Mount Orsiera. As an alternative, descending right to the Amprimo Refuge offers a more relaxing trip.*

<b>Distance (Km)</b>	13,134	<b>Difficulty</b>	E
<b>Starting Point and Altitude</b>	CAI Toesca Refuge (1711 m) phone +39 0122.49526      manager: +39 350.0258224 email: <a href="mailto:rifugiotoesca@gmail.com">rifugiotoesca@gmail.com</a> web: <a href="http://www.rifugiotoesca.com">www.rifugiotoesca.com</a>		
<b>Arrival Point and Altitude</b>	CAI Amprimo Refuge (1375 m) phone +39 0122.49353      manager: +39 346.6269405 email: <a href="mailto:rifugioamprimo@gmail.com">rifugioamprimo@gmail.com</a> web: <a href="http://www.rifugioamprimo.com">www.rifugioamprimo.com</a>		
<b>Altitude difference</b>	+ 655m - 949m		
<b>Elevation profile</b>	<p style="text-align: center;">TAPPA 4 – Rifugio CAI Toesca – Rifugio CAI Amprimo</p>		
<b>Travel time</b>	<b>4h 20'</b>	<b>average walkers: 5h</b> <b>return trip: 6h</b>	

The route begins from the Toesca hut, on **trail 510** going uphill until reaching the intersection with trail 519 to Porta del Chiot (2197 m). From here, it follows **trail 519**, a curvy path leading rapidly to the top of the pass, with a spectacular view of the Susa Valley as well as the Chianocco and Foresto canyons. Then it continues on 519, a spectacular balcony-trail, until a short uphill climb leads to the Mulinas Pass (2265 m), where there is an almost vertical view of the Orsiera bergerie which lies on a large flat meadow below. Afterward, the trail descends and then runs along the cove to the recently remodeled buildings which are now used by park rangers for bivouacs and surveillance. From here, the route follows the path heading east (ignoring the descending trail 514 to Pra la Grangia on the left) fording a stream to reach **trail 525** which runs mid-way and parallel to the slope. This path leads into a larch forest that descends sharply to Alpe Toglie (1546 m).



*Cheese for sale at Alpe Toglie: Piedmont's Toma, Toma "del lait brusch" (sour milk cheese).*

From the farm, the trail follows the road down to a curve bearing signs for **trail 521** ("Sentiero dei Franchi"), where yellow trail markers are visible. This path alternates uphill and downhill walking for a long while until it reaches a small pass, where it descends rapidly toward Borgata Comba (1404 m) and then continues going straight ahead. Running alongside the Comba meadows, the route descends to the Gerardo creek, which is crossed by an old bridge. The route then continues up through fields to the wide grassland of Pra Mean. The Amprimo hut is just a little further, over one more grassy saddle.

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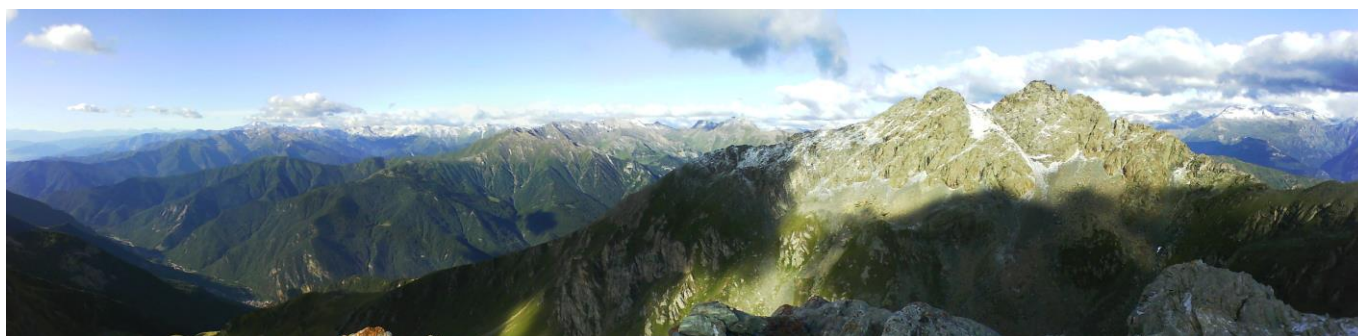
An alternative route goes directly down from the Toesca Refuge to the Amprimo Refuge following **trail 510** (walking time: 1 hour; altitude difference: 335 m) on a very easy and well marked path which passes by the farm Alpe Balmetta Vecchia.



*Cheese for sale at Alpe Balmetta Vecchia: Valsusa Toma, Toma lait brusch (sour milk cheese), goat milk cheese.*



*View of Rocciamelone from the Sabbione pass – photo by A. Pane*



*Panoramic view of Mount Orsiera from Rocca Nera peak – photo by A. Pane*

## Day 5 Amprimo Refuge – GEAT Val Gravio Refuge

*A restful hike, the trail runs mostly through larch and beech forests. There is the opportunity to stop at the lakes "Paradiso delle Rane" (Frogs' Paradise). There is also a cultural pause at the ancient "Certosa di Montebenedetto", one of the rare remaining examples of medieval carthusian architecture.*

<b>Distance (Km)</b>	7,931	<b>Difficulty</b>	E
<b>Starting Point and Altitude</b>	CAI Amprimo Refuge (1375 m) phone +39 0122.49353      manager: +39 346.6269405 email: <a href="mailto:rifugioamprimo@gmail.com">rifugioamprimo@gmail.com</a> web: <a href="http://www.rifugioamprimo.com">www.rifugioamprimo.com</a>		
<b>Arrival Point and Altitude</b>	CAI GEAT Val Gravio Refuge (1376 m) phone +39 011.9646364      manager: +39 333.8454390 email: <a href="mailto:custodi@rifugiovalgravio.it">custodi@rifugiovalgravio.it</a> web: <a href="http://www.rifugiovalgravio.it">www.rifugiovalgravio.it</a>		
<b>Altitude difference</b>	+ 306m – 305m		
<b>Elevation profile</b>	<p style="text-align: center;">TAPPA 5 –Rifugio CAI Amprimo – Rifugio CAI GEAT Val Gravio</p>		
<b>Travel time</b>	<b>2h 20'</b>	<b>average walkers: 3h</b> <b>return trip: 3h</b>	

The hike begins at Amprimo hut and follows **trail 513** ("Sentiero dei Franchi"), until reaching a fork with **trail 513A**. At this point, it goes left to the lakes "Paradiso delle Rane", where there is also a chalet snack bar. It continues on this path, which ends at the parking lot, and then follows the road to the village of Città. Once at the village, it continues for almost a kilometre on the road that leads to the village of Adret, where, near the church, the route proceeds on **trail 524** in the direction of the Certosa di Montebenedetto and Pian dell'Orso. The itinerary crosses the river Gravio, ascends the hillside to the right of the valley and opens onto a view of the meadows surrounding the Certosa, which may be reached after a few hundred meters walk along a dirt access road.



The Certosa di Montebenedetto, built in 1198-1200, is the only example of "primeval" carthusia; that is, some original parts of the medieval construction have been preserved and it hasn't faced huge structural transformations.  
The complex also houses a farm and the guesthouse managed by the Park.



Cheese for sale at Alpeggio Montebenedetto: fresh and seasoned Piedmont's Toma, Toma "del lait brusch" (sour milk cheese).

After the stop at the Certosa di Montebenedetto, the route goes back along the access road until crossing **trail 506** on the left. After the first section of steep climbing, the path rises slightly through the larch forests and after about an hour of walking, leads to the GEAT Val Gravio Refuge.



A few meters upstream from the hut, the river Gravio forms the amazing waterfall Gran Gouarf.

This hike offers possible variations due to intersecting trails:



upstream from the Paradiso delle Rane, walking down from the Amprimo hut on trail 513, it is possible to take **trail 513A** at the fork and proceed east through a forest of conifers up to the village of Travers à Mont. Once having crossed the village, the path continues alongside a stone wall for most of the way.

Passing the deserted villages of Pois and Passet, the trail reaches a fork with **trail 512**, coming from the direction of Adret. The route takes that path and follows it past a rocky ridge and past a hardwood forest into a larch forest which alternates with clearings and fields. The path slopes moderately all the way to the hut;



another possible way to reach the Certosa di Montebenedetto from the trail to the GEAT Val Gravio Refuge is found on trail 512. Once having reached the first glade and walked down for a little way, the fork with **trail 512A** appears. It is a connecting trail used by horses to safely wade the river Gravio and continues toward Montebenedetto.



Certosa di Montebenedetto – photo by L. Giunti



View of GEAT Val Gravio refuge and waterfall – photo by L. Giunti

## Day 6 GEAT Val Gravio Refuge – Borgata Molè

*This is a strenuous hike leading back to the cars parked in Val Sangone. The effort is rewarded by the appearance of a group of rock carvings by Marc Picapera, the breathtaking view of the ridge dividing Sangone Valley from Susa Valley, the typical villages and the talc mines of the Ricciavrè Valley.*

<b>Distance (Km)</b>	14,078	<b>Difficulty</b>	E
<b>Starting Point and Altitude</b>	CAI GEAT Val Gravio Refuge (1376 m) phone +39 011.9646364      manager: +39 333.8454390 email: <a href="mailto:custodi@rifugiovalgravio.it">custodi@rifugiovalgravio.it</a> web: <a href="http://www.rifugiovalgravio.it">www.rifugiovalgravio.it</a>		
<b>Arrival Point and Altitude</b>	Borgata Molè (quota 1087 m)		
<b>Altitude difference</b>	+ 707m – 1004m		
<b>Elevation profile</b>	<p style="text-align: center;"><b>TAPPA 6 – Rifugio CAI GEAT Val Gravio – Borgata Molè</b></p>		
<b>Travel time</b>	<b>5h 20'</b>	<b>average walkers: 6h</b> <b>return trip: 6h 30'</b>	

Starting from the terrace of the hut, the route crosses the bridge over the river Gravio and follows the indications for **trail 522** ("Sentiero de Franchi"). At the crossroad with trail 506, it continues straight, going up the hillside of the valley to the right, until reaching the wide laburnum (golden chain) forest that covers the former pastures of Pian Signore. At the crossroads along the way, the route continues to follow the indications for the "Sentiero dei Franchi" which runs along the hillside of the Susa Valley to the right, until leaving the woods near the farm Alpe Fumavecchia.



Cheese for sale at Alpe Fumavecchia: Coazze's Cevrin (typical goat milk cheese), fresh and seasoned Toma

At this point, the route follows **trail 524**, crosses the road and enters a larch forest where it begins on level ground and then climbs steeply along the ridge.



*During the climb, the path passes the detour for "Ca' d'Marc Picapera", a large rock where Marco Delo, shepherd and stonemason from Villarfocchiardo deceased since the early 1900s, carved goats, donkeys and human shapes. His work bears witness to the life on these mountains.*

The route continues on **trail 524** which leads to Pian dell'Orso (1860 m) after a steep climb.



*In the vicinity of the "Transfiguration Chapel", there is a fabulous view of the lower Susa Valley, the Abbey "Sacra di San Michele" and, in the distance, the Abbey of Superga.*

Once over the hill, the route returns to the Sangone Valley, in the smaller valley of Sangonetto. Take **trail 435** east heading toward Bé Moulè pass. The trail begins on level ground and then descends to Pian Bergart and the above-mentioned pass, where there is a sign showing a map of the park. Right after that, look for a sign indicating **trail 420A** which heads south and ends downhill at the small bridge of Pian Gorai, after passing through a forest alternating meadows and glades.

Once having crossed the wooden bridge, the route descends on **trail 420** for a few meters to reach **trail 419A**, just after another Park sign. This trail leads to Pian Gorai, after which the route follows the white and red trail markers leading down to the Palè stream ford and then up the opposite hillside to a dirt road crossing just above the houses of Palè. Crossing the road and continuing south-east leads to a sign at the trailhead of **trail 419B**. This trail is followed to the Fuglia creek ford.

After fording the stream, the route continues up the opposite hillside to a sign indicating Roc du Iermou. This is the most strenuous part of the hike with a steep ascension in a hardwood forest. Afterward the climb is less steep. This leads to the junction with **trail 419**, which is followed in the direction of Ciargiur del Forno. It opens out into a glade just above Roc du Iermou (1485 m) and then continues gently downhill going south to **trail 417A** which leads to the buildings at Ciargiur del Forno where the trail ends.

Passing the buildings, the route continues down **trail 417** through the woods to the ruins of a village at Ruata pass. At this point, the route leaves trail 417 (leading to Ruata) and instead turns right onto **trail 416A**. From Ruata pass, (ignoring the first level path on the right which leads to Chè Veii) the route continues on trail 416A and goes down to the Ricciavrè stream.

After crossing a grassy area where trail 416A ends, trail 416 appears and leads into the valley of Ricciavrè, proceeding then to the village of Flizzo. After a brief walk on **trail 416** to Flizzo, the route follows **trail 416B**, passing above the houses to the ford of a small stream. The route crosses this stream as well as another one further along. The houses of the village of Molè are now visible; the path reaches the village where it joins **trail 415**, which leads to the starting point.

# THE HUTS



CAI BALMA Refuge (1986 m)  
località Alpe della Balma – 10050 Coazze (TO)  
phone +39 011.9349336 email: [rifugiobalma@caicoazze.com](mailto:rifugiobalma@caicoazze.com)  
web: [www.rifugiobalma.it](http://www.rifugiobalma.it) Facebook: Rifugio della Balma  
manager: CAI Coazze voip +39 011.19887319



SELLERIES Refuge (2035 m)  
località Alpe Sellaries – 10060 Roure (TO)  
phone +39 0121.842664 email: [info@rifugiosellaries.it](mailto:info@rifugiosellaries.it)  
web: [www.rifugiosellaries.it](http://www.rifugiosellaries.it) Facebook: Rifugio Sellaries  
manager: Manavella Massimo mobile +39 347.3182113



CAI TOESCA Refuge (1711 m)  
località Pian del Roc – 10053 Bussoleno (TO)  
phone +39 0122.49526 email: [rifugiotoesca@gmail.com](mailto:rifugiotoesca@gmail.com)  
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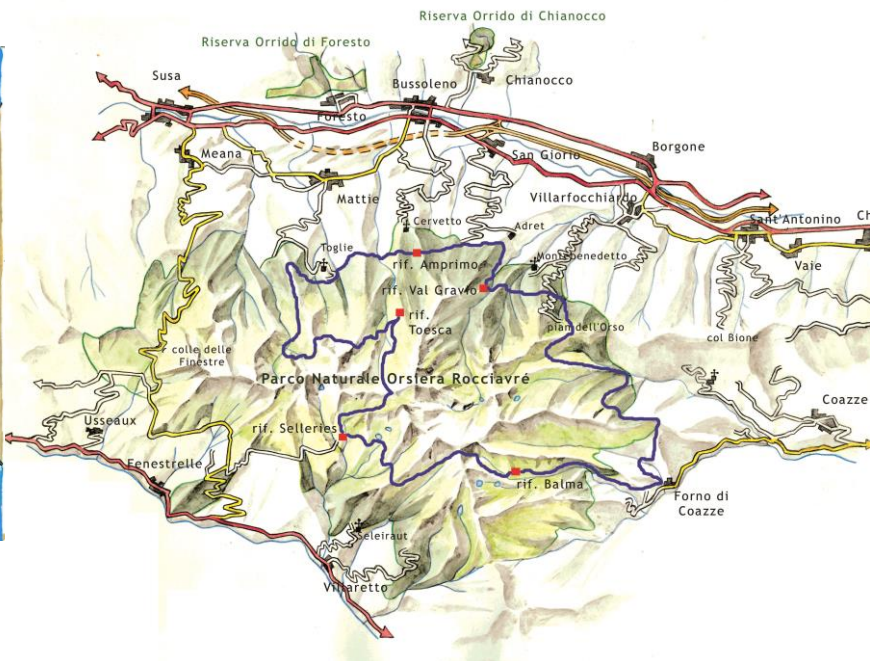
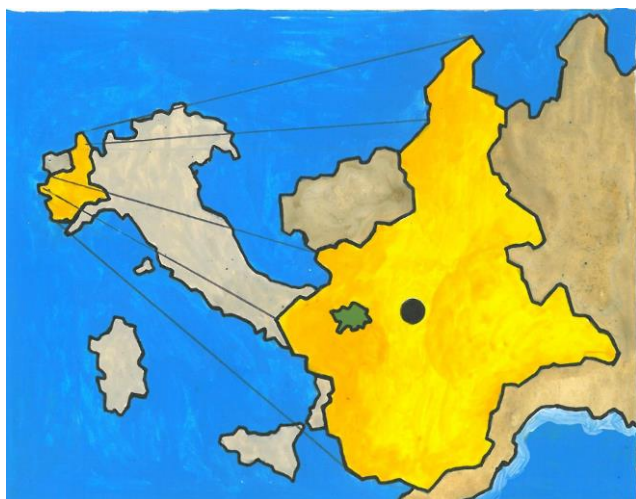


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The **Orsiera Rocciavrè Natural Park** is located in Italy, in the northwestern region of Piedmont, and extends into the Northern Cottian Alps, on the territories of the Chisone Valley, Susa Valley and Sangone Valley.



## Aree Protette Alpi Cozie

Ente di gestione delle aree protette delle Alpi Cozie – sede legale  
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Ente di gestione delle aree protette delle Alpi Cozie – sede amministrativa  
Parco naturale Orsiera Rocciavrè e Riserve degli Orridi di Chianocco e Foresto  
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Translation by V. Beavers