

ITINERARY 7C –

LAVAZÉ PASS - MALGA COSTA/LIEGALM



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system in World Heritage Site	Sciliar-Catinaccio, Latemar
mountain group(s)	Latemar, Corno Bianco (Bletterbach), Catinaccio
UNESCO values	<p>landscape: the Lavazé Pass plateau lies in the very heart of the Dolomites World Heritage Site, between the Bletterbach and the Sciliar-Catinaccio-Latemar mountain ranges, offering a complete sequence of Alpine and Dolomite cultural landscapes. The pass has been crossed by man since prehistory and is still used as pastureland as it was in the past. It is an important natural environment. It is home to damp areas and peat bogs, a small lake of national importance due to the Alpine aquatic species living there, and the southern-most Swiss pine wood in Europe. The route winds through the woods and across the meadows with spectacular views over the Latemar-Catinaccio-Sciliar cliff (whose extension can be admired from here) and Corno Bianco, the island which emerged, towering above the awe-inspiring Bletterbach canyon.</p> <p>geology: the geomorphological set-up of this system is more influenced by the variety of rocks and the architecture of the deposits bequeathed by the rocky mass during the Triassic period than by the orientation of the tectonic lines. The Lavazé Pass plateau is remarkable for the widespread presence of volcanic rocks closely associated with sedimentary rocks (mid-Triassic volcanic event). This association is of great educational interest, as it clearly shows the effects of the interaction between the volcanic activity and the Triassic tectonics, as entire volcanic massifs (Corno Nero) facing Dolomite massifs (Corno Bianco) rise from the large, gently undulating plateau.</p> <p>[source: www.dolomitiunesco.info]</p>
level of difficulty	easy along the lakeside; continues with medium difficulty

altitude	1.800 m a.s.l.
starting point	Lavazé Pass, 38030 Varena (TN); altitude: 1.804 m a.s.l. - GPS coordinates: 46.355207, 11.492032
arrival point	Malga Costa/Liegalm, Rio Nero 31 - 39050 Nova Ponente (BZ); altitude: 1.733 m a.s.l. - GPS coordinates: 46.370896, 11.475681
distance	2,960 km (700 m along the lakeside, 2.26 km up to the Malga)
overall difference in height	uphill 5 m; downhill 76 m
incline	average of 3 %
minimum width	forest road (2,5 m)
terrain	<u>lakeside</u> : road in crushed stone, compact and even; <u>to Malga Costa</u> : dirt track closed to traffic with a short uneven section, mainly slightly downhill.
obstacles	lakeside: none; to Malga Costa: the road is closed by a barrier (room to go round it); wooden cattle gate
exposed stretches	none
access	the starting point can be reached using both public and private transport; public transport: shuttle bus service from Cavalese July-September and December-March
car park	free car park, partly tarmacked and partly untarmacked at the Pass
facilities	<u>Departure</u> : Albergo Dolomiti at the Pass 1805 m a.s.l., accessible to the disabled; open spaces accessible at the Pass (picnic areas accessible to the disabled, benches, tables etc., drinking fountain) <u>Arrival</u> : Malga Costa-Liegalm, accessible
level of fitness required	easy route, no particular level of fitness required
recommended period	mid-June to beginning of October (when the bars and restaurants are open)
network coverage	coverage provided by main mobile phone operators
GPS mapping	tracks .gpx and .kmz available on http://visitdolomites.com/en/node/2679
Google street view	available on http://visitdolomites.com/en/node/2679
guides	local guides available who have attended the special training course run by the UNESCO Dolomites Foundation-Accademia della Montagna del Trentino [info: www.sportabili.org]
signs along the route	information boards about the natural and cultural features of the lakeside route; CAI-SAT signs
UNESCO info points	information boards along the lakeside provide information about the World Heritage Site
information provided and itinerary checked by	 www.sportabili.org