

10 PATHWAYS TO DISCOVER THE AVISIO

edited by Alessandro Ghezzer



Rete di Riserve Val di Cembra-Avisio has been established in 2011 thanks to a voluntary agreement between the Autonomous Province of Trento and some local authorities. Today it involves the municipalities of Altavalle, Capriana, Segonzano, Cembra Lisignago, Lona Lases, Albiano and Valfloriana as well as the Comunità di valle della Val di Cembra (the lead body of the network) and Val di Fiemme, the BIM Adige municipal consortium, the Magnifica Comunità di Fiemme and the ASUC of Rover Carbonare, Lases and Lona.



Albiano



Altavalle



Capriana



Cembra
Lisignago



Lona Lases



Segonzano



Valfloriana



RETE DI RISERVE VAL DI CEMBRA AVISIO

Rete di Riserve Val di Cembra-Avisio carries out active nature protection measures, environmental education activities and projects for the sustainable development of the territory, with particular attention to habitats of the highest naturalistic value: among these, the Avisio creek represents a still uncontaminated and wild environment, a treasure trove of plant and animal biodiversity and undisputed excellence of the Cembra Valley.

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INTRODUCTION

This guide contains 10 pathways on the Avisio to discover the beautiful landscapes of the Cembra Valley and its magnificent fluvial environment. The itineraries start from the centre of the villages that are part of the Rete di Riserve Val di Cembra-Avisio (Altavalle, Segonzano, Cembra Lisignago, Lona Lases, Albiano, Capriana, Valfloriana) and take us to the wild Avisio creek. There are quite varied routes, which allow you to capture the essence of the Cembra Valley: the small villages, the terraced fields with dry stone walls, the ancient rural farmsteads, the wild beauty of the Avisio. In short, the rural civilization that lived in symbiosis with the landscape, with its mills, sawmills, forges, hard work in the fields.

SOME USEFUL ADVICE

The Avisio can be visited all year round. In winter it rarely snows and it's never too cold, the average altitude is about 500-700 meters: with a minimum of attention to the possible presence of ice, perhaps bringing crampons, you can make beautiful winter excursions. Each period actually has its charm, the Avisio changes appearance with the passing seasons and it's never the same, each time it reserves some surprises. In late spring, nature "explodes", growing wild and making it harder to walk where there is thick vegetation. On the Avisian slopes there is little drinking water: there are many streams, of modest flow, but you must consider that all villages are higher up and so it is good not to trust: you must bring adequate supplies

of water. It was not easy to identify and define them, because there are few official paths and it's necessary to connect, in the dense network of alternative roads, forest and country paths, old roads, ancient mule tracks, traces.

This requires a little adventurous effort in orientation, even if the paths are quite easy, suitable also for families with children, and do not require particular athletic skills. For the most part, half a day or a whole day is enough to take your time: there are many things to see and it is absolutely worth doing things without hurry. It is advisable to bring something to eat and enough drinking water.

The best periods for excursions are spring and autumn, while summer can be very hot, although you can often find fantastic natural pools where you can swim and cool off. Specific attention should be paid to weather conditions. The Avisio is a raging creek which, in case of heavy rainfall, can reach very high flow rates. It is therefore necessary to approach this environment only when conditions allow us to do so in total safety, while in periods of flooding we can limit ourselves to observe it from a distance, listening to the sound of water and stones slamming in the current.

Alessandro Ghezzer

OLD TRADES TRAIL

Discovering the rural history of the valley and its watermills along the Rio dei Molini.

START: GRUMES
LENGHT: 7,5 KM
HEIGHT DIFF.: 450 M
TIME: 4 HOURS



THE MILL, THE SAWMILL, THE FORGE

From the centre of Grumes towards the north take the slightly uphill road in front of the grocery store in Via Fontana. Once you have reached the SS 612, cross it to take the road that goes up into the wood and takes you to the valley of the Molini Stream. During the 1800s, many factories were built along the stream, exploiting the power of water. They remained in use for about a century until the middle of the 20th century. Some have been preserved to the present day, restored and reopened to maintain their historical memory and for educational purposes. Walking down the path along the stream you can see the Molino Cristofori, the “Venetian” Pojer-Valentini sawmill, the Cristofori forge, the Molino Nones, as well as numerous ruins that testify the presence of twenty productive factories along the stream. Just after Molino Nones, a short detour on the left takes you to the organic farm “GioVe Officinali” which grows officinal herbs.

PONT DE LA RIO

The Avisio creek in the Cembran stretch flows through deep rocky gorges: the passage from one bank to the other was once particularly difficult due to the considerable flow of water (today very reduced because of the hydroelectric dams).

Vehicular passages were rare on the creek: local people often used rudimentary walkways or ropeways. For centuries the Pont de la Rio has been one of the strategic links between northern Europe and Italy. At Mas de la Rio there were an inn and a customs house. The Avisio was also exploited to transport the wood from the Fassa and Fiemme valleys until the Adige river: in this stretch the “flowability” workers regulated the passage of the logs in the water.

THE CASTELÉT GORGE AND THE VILLAGE OF MOLINI

At the confluence with the Rio Brusago, the Avisio turns into the gorge of the Castelét, a rocky ridge that can be reached with a short detour: it seems that there was an ancient fortification on the summit, guarding the area. Near the south side of the Pont de la Rio, some traces of footpath descend to the creek bank, at the spectacular mouth of the gorge. Not far away, along the Rio Brusago, the charming village of Molini di Sover, no longer active.

BACK TO GRUMES

Go back up to Maso La Rio: just upstream, on the left, an old mule track leads back to Grumes.

THE PLAIN OF ISCHIA AND THE GORGES OF WILD AVISIO

Descent from Valda in the spectacular canyons along the creek.

START: VALDA
LENGHT: 4,5 KM
HEIGHT DIFF.: 250 M
TIME: 3,30 HOURS



THE VILLAGE OF VALDA

Valda is situated at 795 mt. above sea level on the steep slopes of Mount Novaline. The area was probably inhabited since ancient times, but it was in the Middle Ages that the first settlers of Germanic origin took residence permanently. The village maintains the typical architectural structure of the ancient Cembran villages, with small neighbourhoods ("cormèl") connected by arcades and narrow streets, houses leaning against each other and several fountains in strategic points. In 1855 Valda escaped the terrible scourge of cholera which caused more than 6000 deaths in Trentino: a votive chapel was erected in the woods of the Novàl in thanksgiving. The village clings to the mountain, surrounded by cultivated fields obtained with the ancient technique of terracing supported by dry stone walls, built by skilfully fitting porphyry stones without using any kind of mortar.

THE PLAIN OF ISCHIA

From Valda, follow Via Busna eastwards, taking a country road that descends among crops and vineyards to Ischia, a large flat area used by farmers for various cultivations. There are still old farmsteads among large centuries-old chestnut trees and even a small settlement unfortunately reduced to ruins.

THE WILD AVISIO

From the plain of Ischia you descend westwards to the last rural houses to take a paved mule track that descends towards the creek. A branch-off on the right allows you to enter the floodplain covered with lush vegetation. In this stretch the Avisio offers itself in all its magnificence. It is advisable to go and see the gorge, following vague traces in the bush, until you reach a widening where the creek forms a bend of calm water between vertical rock walls. Then you go back following the shore and walking among stones, large boulders and small sandy beaches for about 400 meters, until you reach some sheer cliffs that can be circumvented upstream. You then continue along the shore until you reach another beautiful gorge, where there is an old ruined farmstead: outside you can see an old millstone on the ground. Here, too, people inhabited the river territory on a permanent basis.

BACK TO VALDA

From the cottage you continue along the bank for about 100 metres, where the creek curves to the left: here you leave the bank and turn uphill, following the track in the woods that leads back to Valda along the same path as the outward route.

FROM FAVER TO AVISIO ALONG THE ANCIENT PATH OF CORVAIA

The heart of the valley: small villages, vineyards with their terraces, the Avisio creek, the Castle of Segonzano.

START: FAVER
LENGHT: 8 KM
HEIGHT DIFF.: 300 M
TIME: 4,30 HOURS



HISTORIC PATH OF THE CORVAIA

From the centre of Faver (car park in Piazza Chiesa) you cross the village following the indications of the European Path E5 for the ancient Corvaia path. The name derives from the french *Corvée*, a term used in feudal societies to indicate the free work of the vassal in the cultivation of the manor lands. The path descends to the historic bridge of Cantilaga on the Avisio, for centuries the only vehicular link between the two banks.

SHRINE OF THE OM SELVÀDECH

Walking down the paved mule track you will come across the shrine of Our Lady of the Rosary. According to a legend, this was the place of the “Om Selvàdech” (wild man), a kind of gnome that came out of the bush and frightened the passing women, chasing them with screams and shouting.

CANTILAGA BRIDGE

The bridge is mentioned for the first time in a document of 1472. Albrecht Dürer, the famous painter of the German Renaissance, who immortalized the Cembra Valley in some watercolours, passed here in 1494. In 1630 the bridge was destroyed to avoid the contagion of the plague that had spread on the banks of Faver. After several reconstructions, the existing bridge was built in 2007.

THE CASTLE OF SEGONZANO

From Cantilaga bridge turn right towards Piazza. Near the cemetery a detour on the left allows you to reach the ruins of Segonzano Castle, which fell into ruin at the end of the 18th century. The oblivion lasted until 2006, with the recovery of what remained of the buildings and walls. Heading south through a small country path, you reach the nearby saint Anthony chapel.

PIAZZO, THE BARONI A PRATO'S RESIDENCE

From the chapel you go down to the village of Piazza. In the centre of the village there is the church of the Immaculate, built in 1500 in late Gothic style over a pre-existing chapel dating back to about 1130. In the village there is the Palazzo dei Baroni a Prato, descendants of the family that owns the castle, wine growers for four generations (www.baroneaprato.com).

BACK TO FAVER

From Piazza, go down the provincial road as far as Ponte dell'Amicizia (“friendship bridge”) on the Avisio. After crossing the bridge, turn immediately left onto the secondary road that runs alongside the creek. Follow the country roads through the vineyards up to Faver.

FROM SEGONZANO TO THE CASTLE AND THE GORGE ON THE AVISIO

Descent to the Castle of Segonzano and to the spectacular canyon on the creek.

START: SEGONZANO
LENGHT: 6 KM
HEIGHT DIFF.: 200 M
TIME: 3,30 HOURS



THE CASTLE OF SEGONZANO

From the Hotel Piramidi in Segonzano you go down to the pretty village of Saletto and then along the country road to the ruins of the Castle, located on a rocky hill to guard the historic Cantilaga Bridge. The Castle, mentioned in documents of 1216, was seriously damaged in 1796 by Napoleon's troops during the battle of Segonzano. The episode marked the abandonment of the fortress and its progressive degradation and in 1865 the owners Baroni a Prato allowed the inhabitants of Piazzo to reuse the stones of the ruins to erect buildings and dry-stone walls. The oblivion lasted until 2006, with the recovery of what remained of the buildings and walls. Heading south, along the country road you reach the nearby saint Anthony chapel: on the souther side you can still see the marks of the French army bullets.

THE MILL OF PRÀ AND THE COLORFUL STONES OF AVISIO

From the chapel you go down to the small cemetery of Piazzo with the tombs of the Barons a Prato: originally from Lombardy, they were among the most illustrious dynasties in Trentino. Then you continue north to the historic Cantilaga Bridge. A little upstream is the small village of Prà, where once there was the Folgheràiter Mill (active until the 1950s), whose ruins are still

visible just outside the village. Here you can go down to the Avisio and continue along the shore, which looks like a geology book with its thousand-coloured stones. You go towards the gorge and with a short detour to the shore you can admire a colossal boulder: it is 10 meters long and 5 meters wide, the surface has been polished by water over the millennia.

THE GORGE AND THE CLIMBING CRAG

In the spectacular rocky gorge the creek has formed a calm water loop, a natural pool with beautiful blue-green colours. A climbing gym has been created along the cliff overlooking the water.

BACK TO TEAIO

Close to the Tibetan bridge, a small path climbs the bush eastwards until it joins a forest road. The path leads to the small village of Teairo, situated on a promontory with a splendid view of the valley, where the chapel of the Assunta is located, built in 1855 as a small capital in memory of the victims of cholera. You then continue along the country road to return to the starting point of Segonzano.

FROM SHORE TO SHORE, THE AVISIO CROSSING

Long hike in the heart of Val di Cembra between the vineyards and the canyon of the creek.

START: CEMBRA
LENGHT: 11 KM
HEIGHT DIFF.: 300 M
TIME: 4,30 HOURS



FROM CEMBRA TO THE POZZOLAGO HYDROELECTRIC POWER PLANT

Cembra is the main village of Val di Cembra. Here the most important economic sources are viticulture, porphyry extraction and, more recently, tourism. In Val di Cembra is practiced a so-called “heroic viticulture”, which from the bottom of the valley goes up to over 1000 metres of altitude, on steep and terraced slopes where the use of agricultural machinery is very limited. From the sports field you take a country road that descends through the vineyards to the bank of the Avisio and cross the footbridge over the creek in front of the Pozzolago hydroelectric power plant, a fine example of industrial architecture of the 1920s, still active today.

THE GORGE ON THE AVISIO

Approximately 50 meters upstream of the plant we recommend a short detour to the left to see a spectacular gorge on the creek: follow a country road that descends to a beautiful sandy beach, between large boulders transported over the millennia by the movement of glaciers. From the gorge of the torrent you go back up along the country road to the village of Piazzole, a small and pretty village surrounded by the countryside.

SEVIGNANO AND PARLO

From Piazzole go uphill along the E463 signpost as far as the provincial road, cross it briefly uphill and then turn left until Seignano. Here, on the Dosso dell’Oseléra, traces of a Bronze Age fortification were discovered in 1962. Leaving the village, near a quarry, a forest road on the left leads down to an isolated farm, then a forest and vineyard path leads to the village of Parlo. In the middle of the village there is a tiny frescoed chapel dedicated to saint Mary Magdalene, dating back to the 17th century.

BACK TO CEMBRA

From Parlo you follow the provincial road that descends to the old stone bridge in front of the village of Piazzole, then continue to Ponte dell’Amicizia. After crossing it, turn left and follow the Avisio creek for about 1 km. Along country roads among the vineyards you go up towards Cembra.

THE GORGE ON THE AVISIO AND THE POZZOLAGO POWER PLANT

The natural wonder of the creek and the Pozzolago hydroelectric power plant, a beautiful example of industrial architecture.

START: LONA
LENGHT: 5 KM
HEIGHT DIFF.: 300 M
TIME: 3 HOURS



THE VILLAGE OF PIAZZOLE

From Lona take a secondary road just above the provincial road in the direction of Seignano to the village of Casara, intercepting the E463 path that descends in a few minutes to the village of Piazzole. Unlike other small villages in the Avisio valley, unfortunately semi-abandoned after World War II, Piazzole is a very well-kept village, adorned with plants and flowers. There is a characteristic 18th century church dedicated to saint Job, the saint of patience, protector of fields and silkworms. The silkworm breeding was once an important resource for economic subsistence even in the smallest valleys of Trentino. Inside the church there is a valuable Baroque altar in carved and gilded wood, with the figure of the saint adorned with a garland of flowers created from silkworm cocoons. The view on the opposite side of the valley, literally shaped over the centuries by the work of man with terraced fields and vineyards, is truly spectacular.

THE POZZOLAGO HYDROELECTRIC POWER PLANT

It is a fine example of industrial architecture dating back to the 1920s. The power station is still in operation and exploits the water of the Lagorai mountain chain coming from the Piné

Plateau thanks to a pipeline that starts from the Piazzole lake, which is about 3.5 km long and 604 metres in height difference. On the occasion of some events, it is possible to take guided tours of the power plant: you can admire the powerful machinery inside, comparing the modern turbines and the original ones preserved as historical evidence. From the power plant, a footbridge over the creek, the “Pont dele Formighe” (“ants bridge”), allows you to pass on the other bank towards Cembra.

THE GORGE ON THE AVISIO

About 50 meters upstream of the power station we recommend a short detour to see a spectacular gorge on the creek. Follow an agricultural road to the north that descends to a beautiful sandy beach, between large boulders transported over the millennia by the movement of glaciers.

BACK TO LONA

To return to Lona, go back up briefly along the same route as the outward journey to an isolated house, above which you take an agricultural road on the right that leads back to the starting point.

THE FLOODPLAIN OF BARCO

Exploration of the wild Avisio creek.

START: ALBIANO
LENGHT: 6 KM
HEIGHT DIFF.: 300 M
TIME: 3 HOURS



ALBIANO, THE “CAPITAL” OF PORPHYRY

The excursion starts from Albiano, one of the major European centres for the extraction and processing of porphyry, which has completely transformed the economy of the valley over the last half century, replacing traditional activities such as agriculture, sheep farming and forestry. Before the advent of porphyry, the most widespread crops were vines, wheat, buckwheat and other cereals, chestnuts, hay and pasture meadows: subsistence farming. Living conditions were certainly not flourishing: among epidemics, drought and famine many families were forced to emigrate at the end of the 19th century, especially to the Americas.

BARCO DI SOTTO AND BARCO DI SOPRA

These two small villages of Albiano, where chestnut trees were once cultivated, have suffered a long period of semi-abandonment after the Second World War. In more recent years there has been a slight reversal of the trend, especially in Barco di Sotto where “historical” residents still resist and new inhabitants have been added. Just downstream of Barco di Sopra there is a pretty little church dedicated to saint Romedius, built in 1745.

THE GREAT SANDY FLOODPLAIN OF BARCO

From the little church of saint Anthony in Albiano, take the country road that descends to Barco di Sopra: towards the north a forest road descends into the woods with a few hairpin bends to a ruin, then along trail tracks to the floodplain of the creek. Towards the mountain we can explore a very beautiful stretch of beach along a rocky gorge; towards the valley instead we cross the wooded floodplain to the large sandy bight, one of the most beautiful of Avisio, formed by its erosion activity. The sand carried by the water is deposited several times during cyclical flooding. The floodplains are micro-environments in constant evolution and rich in biodiversity: they host many animal and plant species, even rare ones. The return to Albiano takes place along the same route.

RETURN ALTERNATIVE

For experienced hikers. From the beach you return to the ruins and then to the first hairpin bend of the forest road, where you take an uncertain track that crosses to the west. A few hundred metres later you will reach a small valley with a stone channel, where you take the path that goes up to Barco di Sotto. Then along the asphalted road you return to Barco di Sopra and Albiano.

CAPRIANA BOTANICAL TRAIL AND DESCENT TO AVISIO

Easy excursion among medicinal plants and woods with descent along the Avisio to the Bivacco dei Pescatori.

START: CAPRIANA
LENGHT: 8 KM
HEIGHT DIFF.: 350 M
TIME: 4 HOURS



THE BOTANICAL-NATURALISTIC TRAIL

From the village of Capriana, along the ancient mule track that connects it to the village of Grauno, there is a part of the long itinerary called “Botanical-naturalistic trail” (Lago Santo-Prà del Manz). Conceived for didactic purposes, the trail goes through natural environments: countryside, woods, screes, bushes. Some panels illustrate the naturalistic qualities of the various micro-ecosystems, where you can also find numerous medicinal plants.

DESCENT TO BIVACCO DEI PESCATORI

After about 2 km from Capriana you come to a fork in the road: follow the path on the left that descends to the main road, cross it and continue down the path on the left into the woods. You will meet the ruins of an ancient mill, then, after crossing the small stream, the path forks with a track on the right that descends towards the valley to the beautiful Bivacco dei Pescatori.

THE SANDY FLOODPLAIN

From the bivouac, with a detour towards the shore and then downstream, you can explore the beautiful sandy floodplain on the Avisio for about 500 metres, up to a sandy beach barred by

a rock wall. In the floodplains, constantly evolving environments, you can observe the evolution of plant and animal life that colonizes the environment: the presence of fauna and microfauna is evidenced by the many traces on the sand of birds, mammals and insects.

MASO CONTI

From the fishermen’s bivouac begins the climb that leads to Maso Conti: one of the houses of the old farm has been renovated in recent years and converted by Julia and Stefano into a small organic farm (www.masoconti.it). Saffron, cereals and vegetables are grown on the old terraces that have been restored. Forage is also produced for the animals raised on the farm, especially sheep, goats and chickens. In the fields, according to tradition, potatoes, lucerne and cereals are grown in rotation.

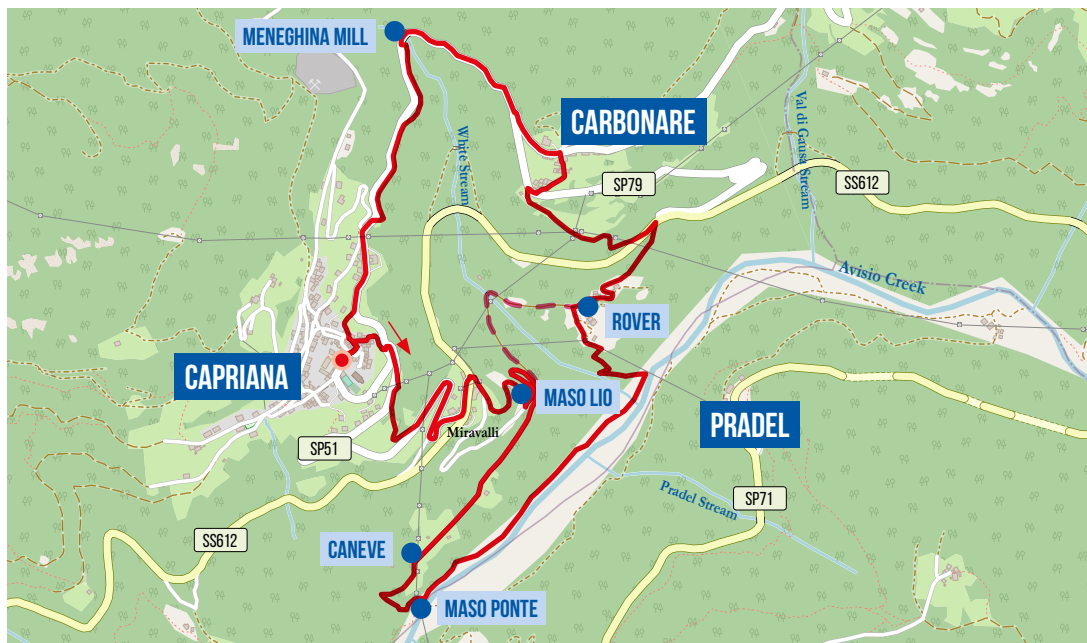
BACK TO CAPRIANA

You then continue the steep climb to Maso Doss, another historical settlement still inhabited today, where we find another interesting farm run by the Corradi family that produces saffron, honey and vegetables. You continue until you reach the main road, cross it and start climbing again on the opposite side until you rejoin the botanical trail of the outward and then back to Capriana.

COMMUNICATING FARMS. ROVER AND THE PATH ALONG THE AVISIO

Plunge into the past to discover the ancient farms of Capriana.

START: CAPRIANA
LENGHT: 8 KM
HEIGHT DIFF.: 350 M
TIME: 4,50 HOURS



CAPRIANA AND MASO LIO

Capriana is an ancient settlement dating back to the Bronze Age between Val di Cembra and Val di Fiemme. In a sunny position, it boasts a wide and varied landscape, with forests at high altitude and cultivations around the village of small fruits, ancient grains, apples, grapes, and a specialty: mountain saffron. In the surroundings there are still the characteristic rural farmsteads, which have remained almost intact in their ancient charm. From the central square of Capriana we descend to Miravalle along the main road, then along country roads we reach Maso Lio.

THE WILD AVISIO

You go down again along the asphalt road to Caneve, with some farmsteads and a curious breeding of hairy pigs. Then along the path to the ruins of Maso Ponte: in the last century it was inhabited and surrounded by vegetable gardens, fields and vineyards. There was also a bridge over the creek, which connected the villages of Maso and Casatta on the other bank, also swept away by the 1966 flood and never rebuilt. Here the Avisio shows itself in all its magnificence thanks to a wild nature still intact: a path runs along the bank and the ancient terraced fields for about 1 km, where the climb to the village of Rover begins.

ROVER, THE VILLAGE THAT IS REBORN

This village too was hit by the flood of 1966, which caused the abandonment of Ischiazza and Maso on the opposite bank: a landslide killed three inhabitants, the village was evacuated. However, Rover was never completely abandoned: the villagers regularly returned there to cultivate the fields and maintain the houses so that they would not go to ruin. In more recent years there has been a slow repopulation and a small farm, “Fiordalisa”, was born, which has resumed the cultivation of terraced fields with ancient varieties of vegetables and medicinal plants (www.fiordalisatrentino.com). You can anticipate your return to Capriana by turning left at the fountain on the forest road westwards to Maso Lio.

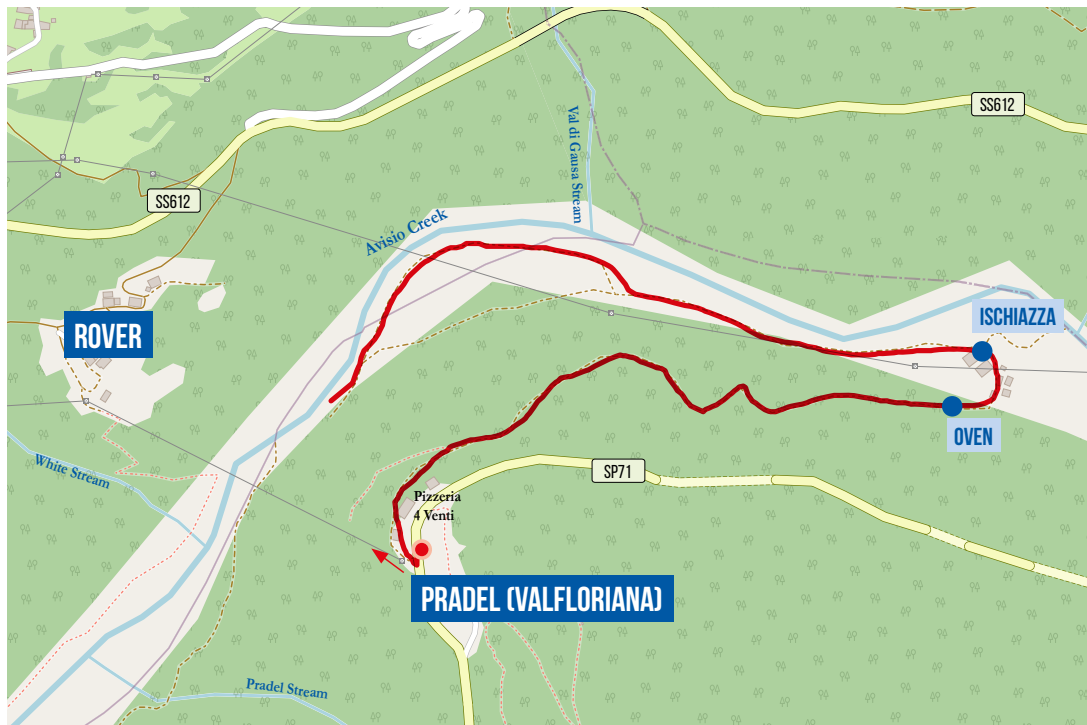
CARBONARE AND THE MENECHINA MILL

From Rover go up the paved road to the right of the fountain, up to the SS 612 which you cross taking the path to Carbonare, then to the “Meneghina” mill-museum. Daughter of the miller, Maria Domenica (1815-1848) lived the last 14 years of her life immobilized in bed, stigmatized, becoming a symbol of popular devotion. We return to Capriana towards the south along a comfortable path.

THE GHOST VILLAGE OF ISCHIAZZA

The small village was abandoned during the flood of 1966: today only the ruins of the buildings remain.

START: VALFLORIANA
LENGHT: 5 KM
HEIGHT DIFF.: 150 M
TIME: 3 HOURS



THE FLOOD OF 1966 IN ISCHIAZZA

The village of Ischiazza stood along the Avisio creek on the edge of a large cultivated flood-plain, about 700 metres downstream of the Stramentizzo dam. In 1966 it had 44 inhabitants. During the flood that hit the Valfloriana municipality with extreme force, the incessant rains caused numerous landslides and rivers of mud invaded the village.

The same happened to the village of Maso a few kilometres further down the valley. The inhabitants of Ischiazza managed to save themselves by fleeing to the higher villages. After the flood, they returned to the almost destroyed village to recover what was left. On November 20, 1966 the survivors, in a sort of penitential procession, carried on their shoulders the Crucifix and the sacred furnishings of the church along the mule track to the above village of Casatta, thus confirming the death of Ischiazza.

In order to give a worthy accommodation to the flooded people, in less than two years the so-called “Italian-Swiss Village” was built just above Casatta, thanks to the contribution of the Italian Red Cross and the offers collected by Switzerland, the Region and the Municipality of Valfloriana.

VISIT TO ISCHIAZZA

You can park in the forecourt of the restaurant “4 venti” in Pradèl. Take the beautiful paved mule track that gradually descends towards Ischiazza: in the distance you can catch a glimpse of the magnificent Avisio creek that flows in the valley bottom among the trees. Just before reaching the ghostly village, on the left at the side of the road you can see the ruins of an unusual building: it was an oven used to dry corn. Today only the ruins of Ischiazza are left: you can recognize the small church and some large ruined rural buildings; on the facade of one of them is engraved the date of 1908.

THE PATH ALONG THE AVISIO

Crossing the village towards the valley you can walk for about 1 km along an easy path that runs along the Avisio creek with beautiful views. Unfortunately it is not possible to continue further because the shore has been eroded by one of the many floods and it is impassable. Above, on the opposite bank, you can see the village of Rover which, unlike Ischiazza and Maso, has never been completely abandoned and is slowly coming back to life again.

To return to the starting point you follow the same route as the outward one.

