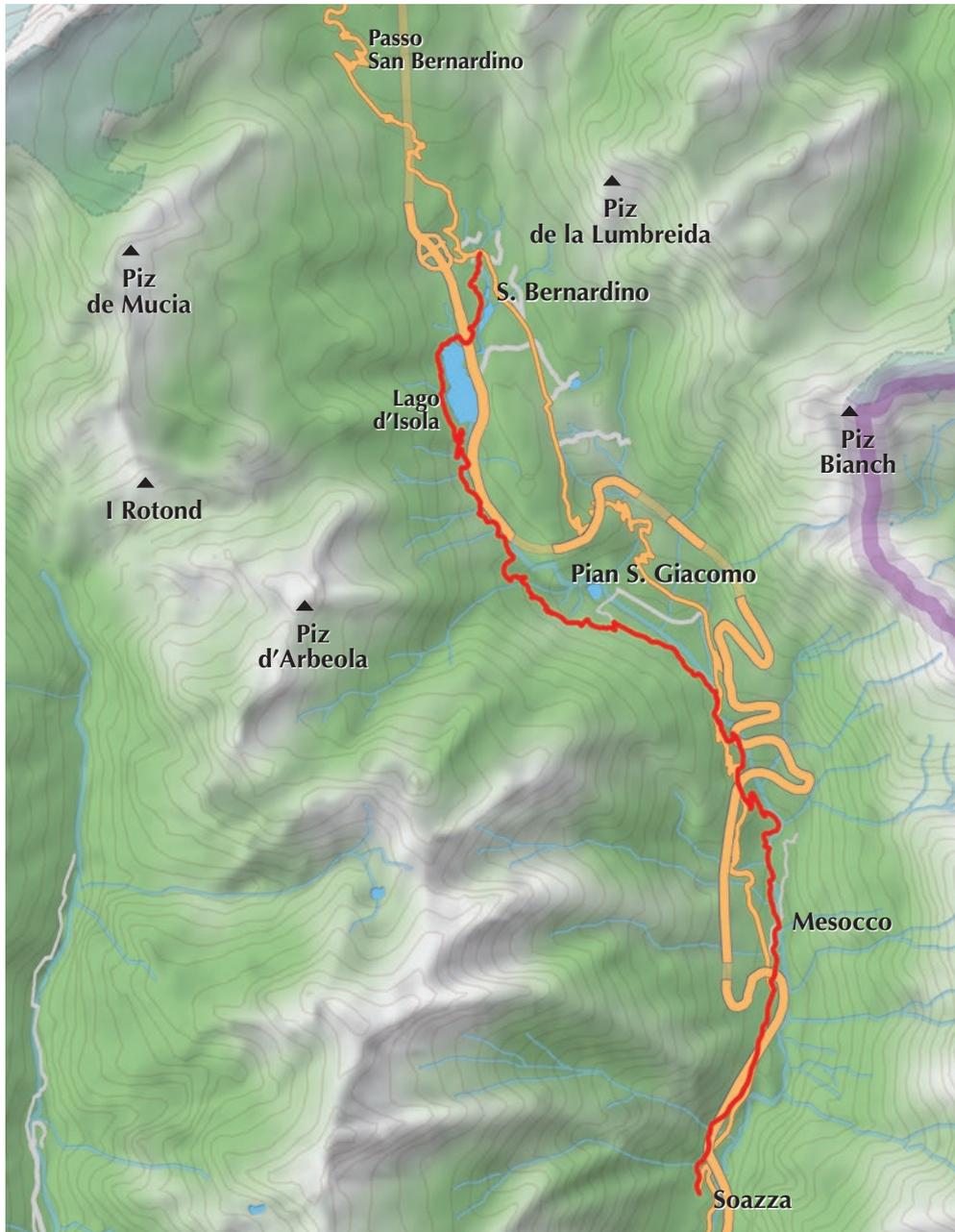


F-Sentiero di Valle Mesolcina

Leg 03



Technical overview

Departure

>> Soazza 616 m

Arrival

>> S. Bernardino 1.622 m

Duration

>> 5 hours and 30 min

Total Distance

>> 16,11 km

Difficulty

>> E

Elevation gain

>> 1.201 m

Elevation loss

>> 210 m

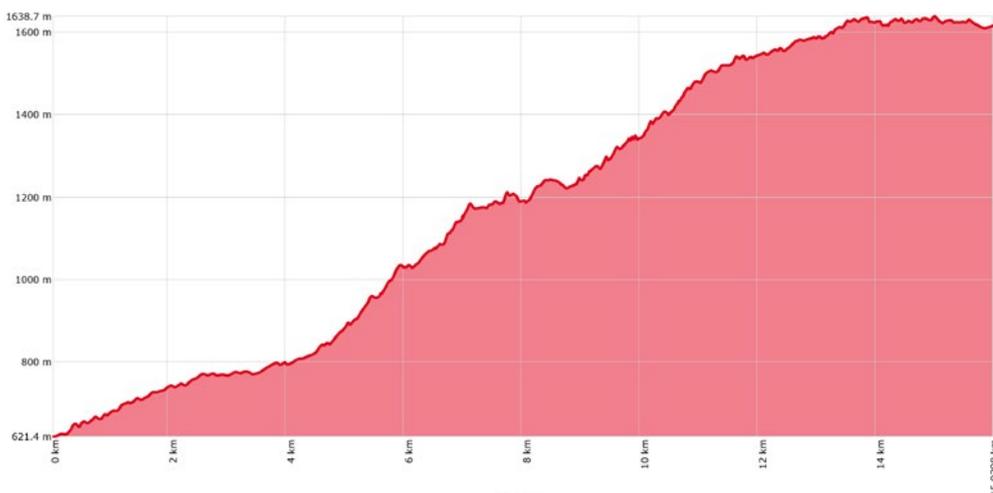
Low point

>> 616 m

High point

>> 1.649 m

Altimetry



Description

From the **old station of Soazza** (parking lot and bus terminal), the **Sentiero di Valle** continues along the **former railway route** – past the **castle** on the opposite side – and steadily climbs to **Mesocco** where, on the right, we reach the **station (772 m, 2.9 km)**. As we keep following the signs of the Sentiero di Valle, we approach the **church of S. Rocco** and, beyond the last houses, we continue slightly uphill along the river, to the centre of **Cebbia (848 m, 4.5 km)**. Beyond its houses, we steeply climb around a hilltop, take the underpass across the highway and reach the cantonal road by way of a narrow path through the woods. We turn right and stay on the asphalt road up to the first switchback, where we take a mule track, which crosses the highway twice and then, through the woods, reaches the road and houses of **Pian San Giacomo (1171 m, 7.4 km)**. We keep left on the path (orographic right) that leads across a small **flood plain**, and then climb up the slope, following, at length, a farm road that heads through the woods and reaches the dam of **Lago d'Isola (1603 m, 13.5 km)**. From there, the spruce-shaded dirt path runs along the lake and, after turning to the right and crossing the highway (signpost), it reaches **San Bernardino**.