



Excursion to the peaks of Rims - circular route

Escursione alle Punte di Rims - Stelvio

Total length of excursion: 9890 meters

Total uphill difference in height: 610 meters

Approximate total time needed for the excursion: 5 hours

Difficulty: hard (8 out of 10)

Recommended season: from the first days of July to the end of Sept. (check the altitude of snow before your trip)

Suitable for rainy days? no

General characteristics of the natural environment: High mountain panoramic trail

Presence of water\fountains on the excursion: Yes (only in the last part of the excursion)

Trip on the borders of the Stelvio National Park: yes

Benches on the route: no

Picnic areas on the route: no

Alpine shelters, bars or restaurants along the route: no

Circular route: yes

Back and forth route: no

Pushchair accessible: no

Excursion starting point: IV Cantoniera of Stelvio - Umbrail pass

Geographic coordinates of the starting point: 46°32'23.47" N – 10°25'58.94" E ---- UTM: 32T 609879 - 5155029

Altitude of the starting point: 2490 meters asl **Maximum height reached on the excursion:** 3033 meters asl

Description of the excursion:

The circular route excursion to the Rims Peaks (Punte di Rims), that starts from the IV Cantoniera of Stelvio, is a **very satisfying excursion**. For a large part of the excursion, the track runs along the border ridge between Italy and Switzerland, surrounded by an incredible lunar-like space. **The main protagonist of this route is the infinitely high mountain landscape**, with a 360° view of the mountain groups of Ortles, Cima Piazzis, Bernina, Adamello and, to the north, the mountains of Switzerland, Austria and Germany.

Also of undeniable panoramic and historic value during this excursion are the beautiful view of Lake Rims and the ruins of the first world war, a living testimony to the foolishness of the war.

From the car park in front of the IV Cantoniera of Stelvio you go up along the asphalt road in the direction of Switzerland and **Umbrail pass**.

Crossing the border between Italy and Switzerland, take the uphill track that you will meet on your left immediately after the **Swiss houses**. The trail goes up clearly along the **east ridge of the Rims peak**. At the end of the grassy section, the route continues along the **easy scree of the Northeast face** and, after a **short passage equipped with metal cables**, you will arrive in proximity of **the Piz Umbrail**.

From here the trail runs along the large peak ridge, with a **series of ups and downs, until the Peak of Rims**. This last peak is marked by a **wooden cross**. In the area there are a few information signs made for the 100th anniversary of the White War.

Along the majestic and panoramic ridge that connects the Piz Umbrail and the peak of Rims, the route presents some short passages equipped with metal cables. The last delicate passage of this trail presents you with a downhill tract with a helpful white rope. **Along the equipped passages, although they are not difficult, it's necessary to pay careful attention**.

Once you reach the peak of Rims the track continues downhill in the direction of **"Casermone"** (old barrack) and the **"Bocchetta di Forcola"**. This part of the route walks along the ruins of the old mule track built by the Italian soldiers during the war. In this area a lot of meaningful fortifications from the first world war are present.

After reaching the “Bocchetta di Forcola” (little mountain pass), cross it in a southerly direction (towards the Stelvio road) and follow the easy and almost **flat trail 145**, which takes you back in the direction of the **Umbrail pass and the starting point**.

Along the route **it's possible to see steinboks, marmots, white partridges, the royal eagle and the bearded vulture**. The alpine flora is also precious with the presence of significant species like: gentians, buttercups, rhododendrons, soldanellas and achilleas (Taneda in our dialect).

Cultural points along the route: The sites of the white war at the Umbrail Pass, peaks of Rims and Bocchetta di Forcola.

At the end of the excursion, we suggest you visit the interesting Museum “Carlo Donegani” at Stelvio Pass and take a short break at the military memorial monument near the small church of Saint Ranieri near the III° Cantoniera of Stelvio.

Enjoy your walk!

Stefano and all of the Albergo Adele staff

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