



10 Alpe Cheggio – Alpe della Colma

5.30 hrs.
 ↑ 1010 ↓ 940

Through the Valle Antrona

A romantic *mulattiera* leads in zigzags to Antronapiana – a village to village stroll through the valley until a steep ascent takes your breath away and leaves you in a sweat. The reward is waiting on a panoramic high ridge where you will be warmly greeted and delightfully hosted.

Starting point: Alpe Cheggio, 1500 m.

Destination: Alpe della Colma, 1570 m.

Length: 14 km.

Grade: Well-marked trails; *mulattiere*; some stretches along tarmac secondary roads; steep, vigorous ascent at the end.

Refreshment: A Pizzeria in San Pietro.

Accommodation: Rifugio Alpe Colma: 1570 m, mid-June–mid-Sept, 12 B, HB 36 €, very good food, stone-oven baked

bread and pizza, Olindo & Patrizia Gurgone, tel. +39 339/751 16 53.

Shopping/Services: Antronapiana: shop, cash dispenser, post office, pharmacy.

Public transport: You can shorten the stretch by taking the bus to Domodossola, but get off at Prato, alternatively, one bus stop past Prato (you save 2 hrs.); timetable: www.comazzibus.com.

Information: www.valleantrona.com.



San Pietro, Antrona Valley.



From the **Alpe Cheggio (1)**, take the access road to the first bend where you turn right onto the *mulattiera* which repeatedly meets up again with the road. In **Antronapiana (3)**, 958 m, descend to the river and cross the bridge towards the campsite; turn left towards Locasca, and pass the cemetery. Before the unpaved road bends to the right, keep straight ahead. The *mulattiera* meets up with a tarmac road, but immediately afterwards, continues to the right. At the end, another stretch of road leads to **Locasca (4)**, 762 m. At the church, meet up with another trail board, bearing incorrect walking times. Past the playground, turn right onto a meadow trail, then again via a road. At the village fountain in **Prabernardo**, 684 m, take a passageway to a shrine dedicated to the Virgin Mary, then descend to the left to the main street. Just past the church, turn left onto a path which leads through bushy undergrowth to a road, then turn right through a wood and meet another road. In **San Pietro (5)**, you can have lunch in a pizzeria. After skirting around via the former main street, meet up with the current one and continue along it. Past a football pitch, meet up with a house with a dog pen. Here, turn right onto the steep *mulattiera* and cross through the woods to reach the **Alpe della Colma (7)**.

