

Tours at high altitude

To Monte Upi



DURATION
7-7.5 h

DISTANCE
14.8 km

ALTITUDE DIFFERENCE
1427 m

LEVEL OF DIFFICULTY
medium

Description

Alpine tour from the Glieshof through the Val Upi to the malga and lake of the same name.

Starting from the Glieshof, you take route n°. 9 and a wide trail through woods and grassland and in about one hour you reach the Malga Upi (2225 m).

Following the course of the brook you walk as far as the valley's barrier. Crossing the small gorge created by the brook you reach another area of the course.

Alongside a small canal created by the river you walk for a few dozen meters towards west in a hollow, and then climb up the winding trail until reaching a wide ridge. From here you travel towards the south as far as Lake Upi (2552 m) to then continue on its left along the wide basin between Monte Upi and the Hochalt. Still keeping to the left, you go towards a steep and rugged trail, which leads towards the steep winding path to arrive at the large southern ridge of Monte Upi.

Here, crossing diverse types of terrain, you reach the vast mountain plateau with its summit cross (3175 m).

The descent follows the same trail as the ascent. Alternatively, you have the chance of making a detour from Lake Upi to the wild trail n° 9A with an altitude difference of a few meters, to then return to the malga. This section offers a wonderful view.

GLIESHOF
MEIN ALMHOTEL

1824 M