

Pleasant walks

Alpine lake Upi



DURATION
4-4.5 h

DISTANCE
10.9 km

ALTITUDE DIFFERENCE
919 m

LEVEL OF DIFFICULTY
medium

Description

Circular excursion from the Glieshof via the Malga Upi and from there to the lake of the same name

Starting from the Glieshof, follow the sign n°.9 and walk along a wide trail through woods and grassland. After about an hour you reach the Malga Upi (2225 m). From here, you follow the path running alongside the brook until reaching the natural barrier of the valley.

Following a small creek created by the brook you walk for about ten metres towards the west in a hollow, and then ascend the winding path until reaching a wide ridge. You then slightly ascend towards south up to Lake Upi (2552 m), which you should walk alongside. From here, you can enjoy the marvellous panoramic view with Palla Bianca in the background.

On the return, you follow path n° 9A in a slight descent along the river north of the lake, passing in front of a large boulder with a commemorative tombstone. Following the Poacherer Steig road you cross diagonally the steep slopes of Punta d'Allitz, several hollows and then in a short climb up to a small mirror of water. You climb for a short section along the ridge until reaching the pathway n° 23, which takes you to Punta Rems. From there, you will arrive at the so called "Im Kar" and then downwards in several steep zig zags towards the Malga Upi and along the well known path back to the Glieshof.



GLIESHOF
MEIN ALMHOTEL
1824 M