Starting from the **Refuge Rinfrezzo** up along the road indicated by the number 149, continuing after the first junction with trail 173, you come to the **Sella Quaternà** at a height of 2379m. The path from here goes down slightly for the street 148. Arrived at the **Pass Silvella** at 2329m, you begin to climb quickly via the 160 to the **Sella of Frugnoni** where you cross the state border Italy / Austria, which joins the Traversata Carnica. From here onwards the path remains at high altitude, always following the boundary in south-east direction towards the **Vanscuro Peak** (2678m) and along the south side of **Monte Cavallino** (2689m). The trail to follow is the number 160, that passing the **Forcella Cavallino** begins to descend on the south side of the **Cresta della Pitturina** and **Cima Vallona** (2532m), up to **Passo di Cima Vallona**. Alternatively you can take the more difficult path **C. D’Ambros** (trail 191). From Cima Vallona you can follow two alternative paths. The first moves towards the **Agriturismo Malga Melin** down rapidly to a height of 1673m with trail 144. The second option is to continue at high altitude (trail 160) ascent to **Cima Palombino** (2600m), down for a path along the 142 and then Palombino Valley, reaching a height of 1686m **Dignas Agritourism Farms**.

{mosmap
 kml='http://www.traversatacarnica.it/maps/traversata-carnica-itinerario2.kml'|overview='1'|mapType='Satellite'}
Stage II - From Rifugio Rinfreddo tho the malghe Melin and Dignas

Written by Administrator
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