

Starting from the Rifugio Gallo Cedrone move upwards to the southwest into the state border, passing it on the left, until near the **Sillianer Hut**. From there you continue on Italian territory along the path indicated by the mark number 403, passing near the

**Hornischegg**

(

**M. Arnese**

), the

**Hollbrucher Spitz**

(

**Cima di Pontegrotta**

) and the

**Sella di Nemes**

.

The route then continues on Italian territory until the **Frugnoni Sella** (2539m): from here you descend along the trail up to 160 n.ro

**Silvella Pass**

(2329m) and continue on the side of

**Col Quaternà**

(trail 148) to the

**Quaternà Sella**

(2379m).

The road from here is more wide down to 2053m altitude (trail 173) to a crossroads at which, descending to the right, you can reach the **Rinfreddo Refuge** (1900m).

{mosmap

kml='http://www.traversatacarnica.it/maps/traversata-carnica-itinerario1.kml'|overview='1'}



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