

Starting from the **Refuge Rinfreddo** 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 **Agrituris mo 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

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