

9. PRAMAGGIORE MOUNT

CHALLENGING HIKES

Natural Park of the Friulian Dolomites



The mount of Pramaggiore can be considered the most representative of the Friulian Dolomites Park, and both because it is located in the central Dolomites and for the fact that in it are enclosed the peculiarities that distinguish this protected area more than others, namely: a richness in naturalness and biodiversity due mainly to extremely severe geomorphological features (deep and recessed valleys, slopes with significant differences in height).

From the area Ciol de Pess (just upstream of the hut Pussa, reachable from the village of Claut along the road of Val Settimana) the route begins following the path dug in the flint limestones (you can see the dark flint nodules) that goes up along the forest of Costa da Nada (thermophilic forest characterized by the presence of the European hop horn-beam) until near Casera Col de Post (spartan open shelter), it shortly descends to cross the same name stream and then rises again climbing along the woods of Vitha de Pramaor (beech and fir forest attended by deer). Once you

reach Casera Pramaggiore (open bivouac with wide view towards South, on the massive mountains of Caserine - Cornaget) the path continues in the pastures (i Pianòns) which soon become a steep Alpine prairie where you can admire chamois, marmots and mountain goats, up to reach the area of Forcella Pramaggiore. From the saddle (through the rocky cracks you can observe the mountain cowslip – or “bear’s ear” primrose-in bloom) you can easily reach the top of Monte Pramaggiore, following the steep scree slopes and the overlying rocky banks (first level UIAA). From the saddle

the route continues going down on the opposite slope (Northern exposure), initially among the groundwater debris and, subsequently, reaching the prairies of the upper Valle dell’Inferno. Through a crossing among the pines, the trail leads to the pasture Cason de l’Infiàr (ruins) and from here it starts to descend along the woods of Val Postegae until it reaches the gritty bottom, which flows down into the large Val Meluzzo and, following the latter, it arrives at Pian Melùth (parking; from here you can easily reach Cimolais along the road of Val Cimoliana).

Pramaggiore mountain from north



Path signs



Pramaggiore stream



Del’Inferno valley



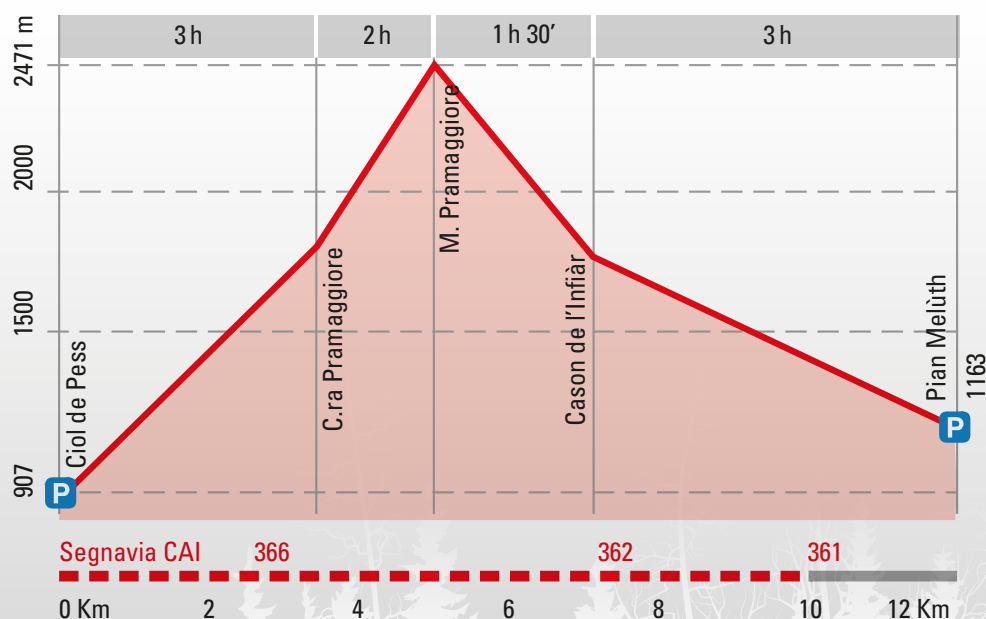
Settimana stream



PATH TAB

Municipality	Claut (PN), Cimolais (PN)
Starting point	Val Settimana - Ciol de Pess (907 m)
Arrival point	Val Cimoliana - Pian Melùth (1163 m)
Recommended period	June-October
Approximate walking time	9 - 10 hours
Peculiarities	Botanical (different types of forest) Geological (limestone and dolomite rocks) Fauna (presence of representative prairie mammals)
Points of interest	Col de Pess waterfall, dolomitic mountain of Pramaggiore
Markers	CAI 366-362-361
Cartography	Map Edizioni Tabacco Natural Park Friulian Dolomites; And Edizioni Tabacco #021
Support points	Col de Post and Pramaggiore huts

PATH ELEVATION AND CAI DIRECTIONS



Prairie of Forcella Pramaggiore



Saddle and Rua mount



Ibex in Forcella Pramaggiore saddle



PATH MAP

