

Alpine-Hikings / Escursioni in alta montagna

| <u>mountain / montagna</u> | <u>height / quota</u> | <u>start / comincia</u> | <u>uphill / salita hm</u> | <u>days / giorni</u> |
|---|-----------------------|-------------------------|---------------------------|----------------------|
| <u>Oberengadin / Engiadina`Ota</u> | | | | |
| Piz Surlej | 3188 m | Murtèl | 660 m | 1 |
| Piz Languard | 3262 m | Pontresina | 1030 m | 1 bis 2 |
| Piz da la Margnia | 3159 m | Sils | 1390 m | 1 |
| Piz Lunghin | 2780 m | Maloja | 970 m | 1 |
| Piz Julier | 3380 m | Champfèr | 1620 m | 1 |
| Piz Salacina | 2599 m | Maloja | 910 m | 1 |
| Muott` Ota / Piz Chüern | 2449 m | Sils | 670 m | 1 |
| Piz Padella | 2857 m | Samedan | 1042 m | 1 |
| Piz Ot | 3246 m | Marguns | 1080 m | 1 |
| Piz Vadret | 3199 m | Muottas M. | 679 m | 1 |
| Piz Arpiglia / Murtiröl | 2765 m / 2660 m | Zuoz | 1125 m | 1 |
| Piz Mezsaun / il Corn | 3000 m / 2959 m | Zuoz | 1360 m | 1 |
| Piz Uter | 2907 m | Zuoz | 1267 m | 1 |
| Piz Griatschouls | 2972 m | Zuoz | 1202 m | 1 |
| u.a. | | | | |
| <u>Bergell / Bregaglia</u> | | | | |
| Piz Cam | 2634 m | Cassacia | 1210 m | 1 |
| Piz Duan | 3131 m | Cassacia | 1707 m | 1 |
| Gletscherhorn | 3107 m | Cassacia | 1683 m | 1 |
| Piz Gallagiun | 3107 m | Soglio | 2030 m | 1 |
| Piz dal Märç | 2911 m | Soglio | 1700 m | 1 |
| Pizzo Trubinasca | 2918 m | Sasc Furä | 1014 m | 2 |
| u.a. | | | | |
| <u>Julierpass</u> | | | | |
| Roccabella | 2730 m | Bivio | 961 m | 1 |
| Piz Albana | 3100 m | Julierpass | 1010 m | 1 |
| u.a. | | | | |
| <u>Albulapass</u> | | | | |
| Piz Blaisun | 3200 m | Albulapass | 1010 m | 1 |
| Piz Üertsch | 3267 m | Albulapass | 1077 m | 1 |
| Ils Compass | 3016 m | Albulapass | 704 m | 1 |
| u.a. | | | | |
| <u>Berninapass</u> | | | | |
| Piz Campasc | 2599 m | Berninapass | 370 m | 1 |
| Piz Sareggio | 2779 m | Poschiavo | 1830 m | 1 bis 2 |
| Piz Abris | 3165 m | Bernina Suot | 1119 m | 1 bis 2 |
| Piz Minor / Piz dals Lejs | 3049 m | Lagalp | 1000 m | 1 |
| u.a. | | | | |
| <u>Diavolezza</u> | | | | |
| Munt Pers | 3207 m | Bergst. Diavolez. | 290 m | 1 |
| Saas Queder | 3013 m | Bergst. Diavolez. | 100 m | 1 |
| Piz Trovat | 3146 m | Bergst. Diavolez. | 229 m | 1 bis 2 |
| u.a. | | | | |

Alpine-Hikings / Escursioni in alta montagna

| <u>mountain / montagna</u> | <u>height / quota</u> | <u>start / comincia</u> | <u>uphill / salita hm</u> | <u>days / giorni</u> |
|----------------------------|-----------------------|-------------------------|---------------------------|----------------------|
| <u>Ofenpass</u> | | | | |
| Piz Daint | 2968 m | Ofenpass | 840 m | 1 |
| Piz Quattervals | 3165 m | Zernez | 1740 m | 1 bis 2 |
| Cima del Serraglio | 2685 m | Ofenpass | 840 m | 1 |
| u.a. | | | | |