



MARMOLADA FORCELLA



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Difficulty

On the whole, a relatively easy ascent, yet it is advisable to take off your skis and walk up the final section as this is extremely steep (40°). A rope may be found useful for this short section (100m). The first part of the descent is steep and demanding, especially if the snow is hard. The first few metres are shared with a Via Ferrata (take a sling or a short rope) before you can put on your skis and descend into the valley.

Approach time - Length

Roughly one hour.

400m. ascent and almost 1400m. descent (of which 1000m are constantly sloped at an ideal angle of skiing).

Season

The best period is from December to Spring. Since the descent is South Facing, it is well worth waiting for the spring snow falls. Always consult the Bulletin Meteo etc. for information on the latest snow conditions, or alternatively use the internet site.

Gear

A short rope would definitely be useful, as would an ice axe for added security.

Getting there

The itinerary starts at the Passo Fedaia and finishes in the Val di Fassa in a village called Penia. To return to the starting point, either pre-place a car in Penia or use one of the numerous taxis.

Useful telephone number

Impianti Fedaia (0462/602535)
Funivia Malga Ciapela (0437/522984)
Ufficio Guide Alpine (0462/61459)
Taxi (0462/61574-61292)
APT (0462/61113-61137)

Approach

Arrive at Passo Fedaia either from the Val di Fassa (Canazei) or from the Val Cordevole (Alleghe).

Take the ski lift and ascend to Pian dei Fiacconi. Put your skis on and go westwards towards the Gran Vernel. Care is required when descending a short slope, then traverse below the

base of the Punta Penia's North Face. Continue heading westwards towards a rocky buttress and enter into the Valley which divides the NE Face of the Marmolada from the Gran Vernel and leads to the Forcella Marmolada.

Having put on the climbing skins, ascend up the valley. It is advisable to take your skis off at the steep final section and walk up to the col.

Descent

Abseil down the Via Ferrata (used in summer) with a 30m rope. Once a good ledge is reached, put your skis on and descend down the slope. This is steep at first, but it soon smoothes out to an ideal angle for skiing off-piste. Move leftwards as soon as a less steep section is reached and then tackle an extremely beautiful slope which leads rightwards to the final stretch and by now visible Rifugio Contrin (2016m). Continue by following the summer path heading NE; although the most beautiful part is over, an incredible panorama still remains.

Follow the Val Contrin until the final steep section and the Rifugio Contrin is reached. From here it is possible to descend either by following the main path, or by traversing high towards the west along a small path. Although less clearly marked, this leads quickly to the Ciampac piste. A final flourish, and you arrive all too quickly at the bottom of the Penia Valley.

