

Cold Valley – Esmate

Road access from Bergamo:

Trescore Balneario, Casazza, Endine Gaiano, Valle del Freddo
Km. 39

Start of excursion:

Parcheggio di Valle del Freddo (350 m.)

Travelling time:

2^h 20' (a/r)

Height difference:

280 m.

Difficulties:

AE  

Mountain trail

Recommended period:

All year round in the absence of snow

Water on route:

NO

Rest stop:

NO

Information:

Municipality of Endine Gaiano Tel: 035 825005
Cold Valley, via Giovè Luigi, 19 Navi-Pertegalli (BG) Tel: 035 986464

Topographic map:

IGM F. ° 34 III N.O. Lovere

Geographical coordinates:

45,8006° N, 10,0189° E



After parking the car, we pass the barrier and begin the ascent towards our destination.



We climb up the fine cobbled road, the pace is steady.



We reach the first rest area, with its tables and benches.



Continuing to climb, we reach the site of the Valle del Freddo.



We find ourselves in a fairly flat section, we resume the ascent at a steady pace.



For this part of the trail, the ground is pebbles and little grass, and the path is more complicated.



We reach the plateau from where the ascent to the municipality of Esmate begins.



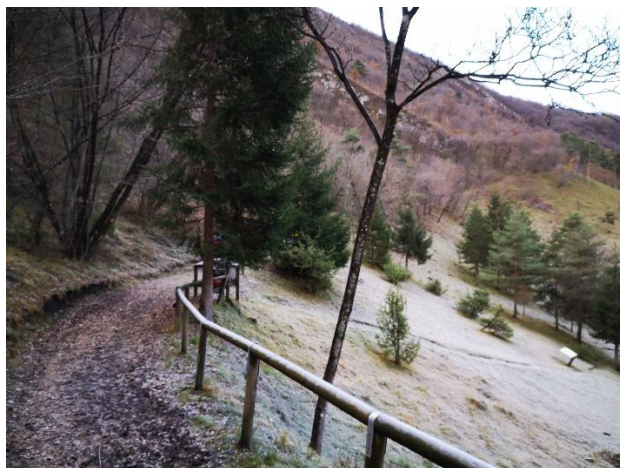
We cross the fence, with some difficulty; we recommend a path to the left that joins with this one, but it is less complicated.



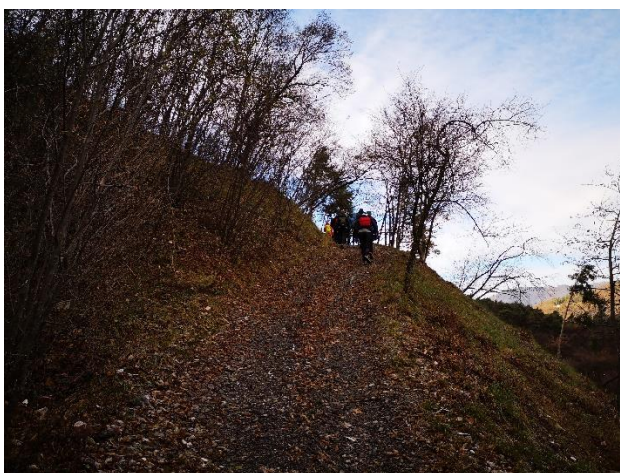
After turning left, we climb up the meadow, following the signs.



At the end of this short ascent, the signpost invites us to turn right.



As we climb, we can see the typical vegetation of the Valle del Freddo on our right.



The climb is steady with very few moments of recovery.



The ground is now cobbled with clearly visible stones.



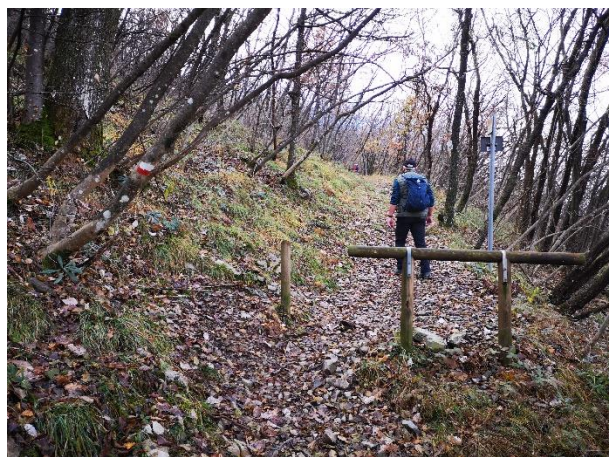
Looking down the valley, beyond the hillock below, we catch sight of the industrial area.



We reach a rather narrow passage that prevents motorbikes from climbing.



Without any recovery, we continue the ascent on a surface that is now more practicable.



At the second barrier there are larger stones.



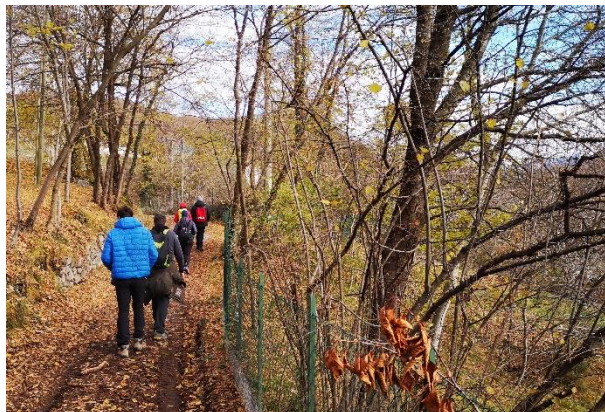
The path narrows and we must pay attention to the stones present.



In the final section, the slope is gentler on a small S.



In this last section, we have to overcome four wooden steps.



After descending, we continue towards Esmate, which we see in the distance.



To our right, on the meadow, are cattle from Asia.



At the fork we turn right and continue straight ahead.



At a second fork we continue to the right, on a very compact ground.



We follow a narrow path in the trench, between the left-hand wall and the wooden barrier, towards the valley.



Now the path widens out again and we can proceed swiftly.



We have arrived in Esmate, at the junction of Via Santa Lucia.

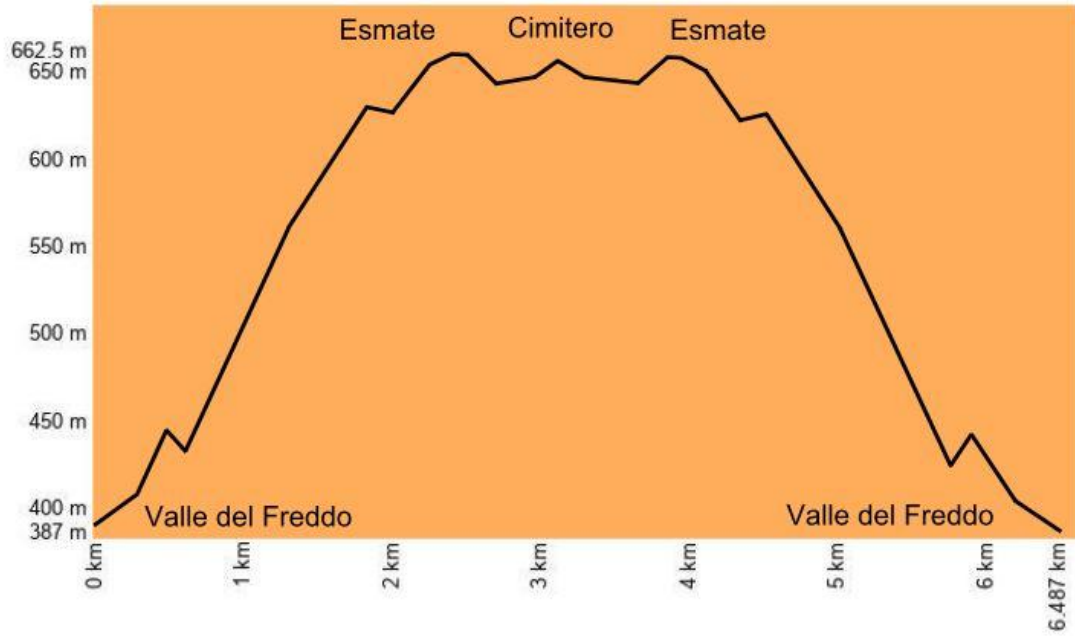


Turning left we reach the start of another path towards San Defendente.



We continue to the Esmate cemetery, where we stock up on fresh water and electricity. From here we can return directly to the Valle del Freddo headquarters from where we started, while the more fearless can continue on route 55 to San Defendente.

Altimetry



Route Map

