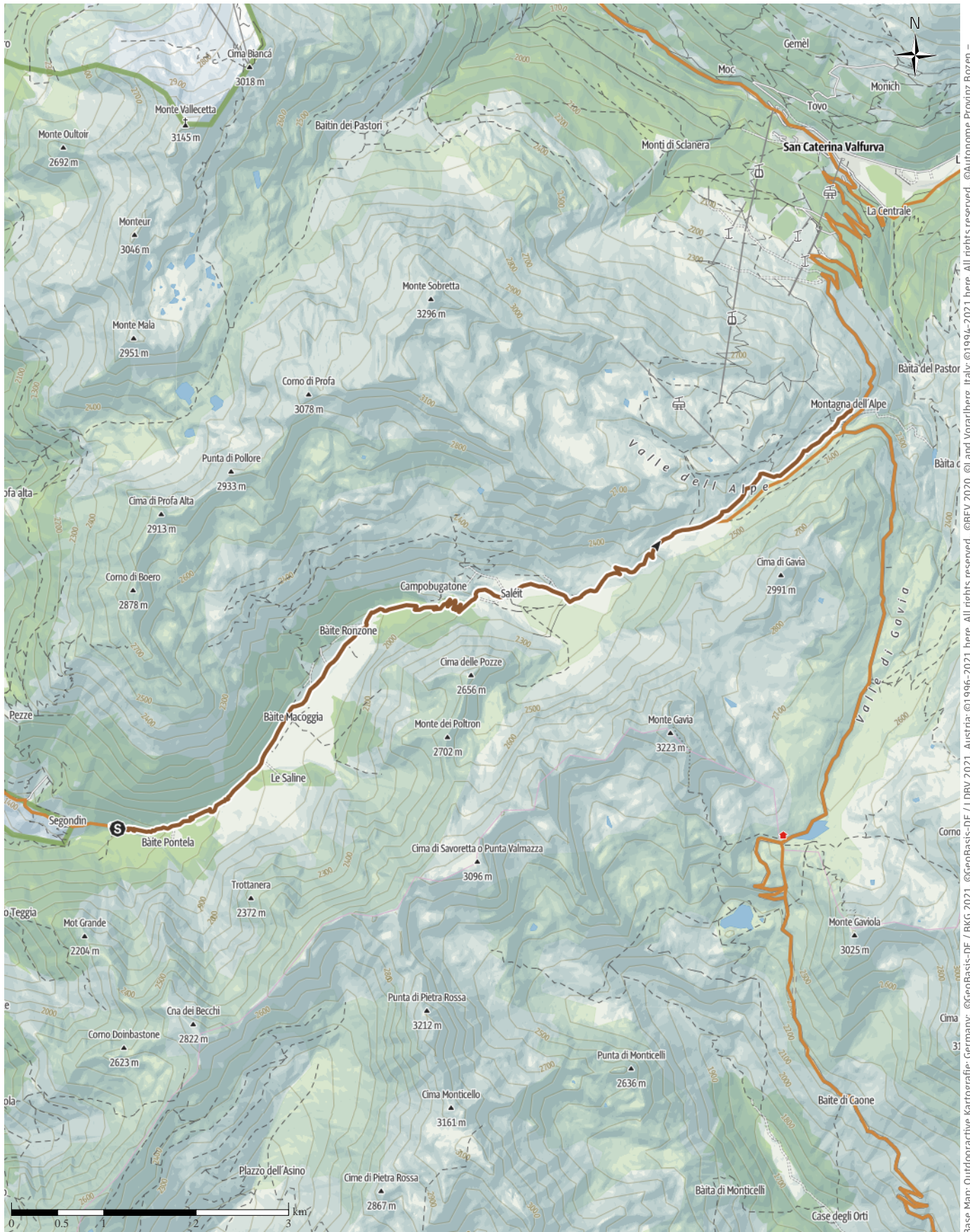


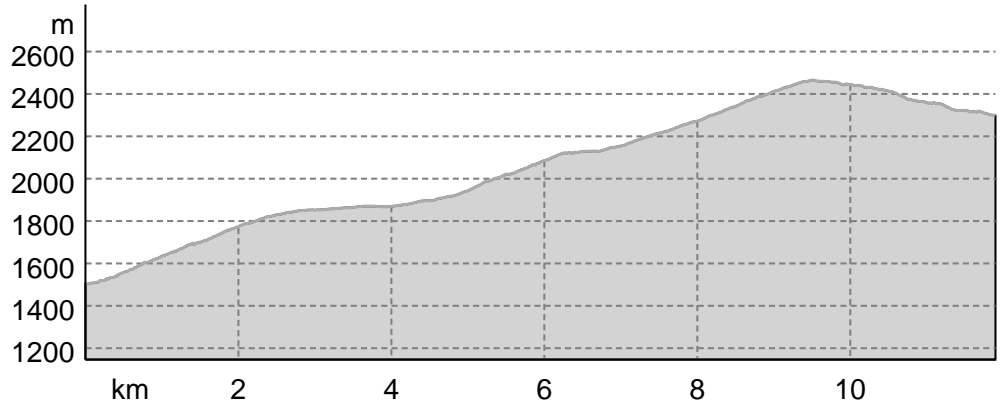
TOP Bormio 360 Mountain Bike - Stage 7 - Rhododendron Trail

← 11.9 km | ⌚ 3:13 h | ▲ 963 m | ▼ 169 m | Difficulty difficult



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### Elevation profile



### route data

#### Mountain Biking

Distance	↔	11.9 km
Duration	🕒	3:13 h
Ascent	▲	963 m
Descent	▼	169 m

Difficulty **difficult**

Stamina

Technique **S2 / 5**

Altitude

### Best time of year

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

### Ratings

Authors

Experience

Landscape

### More route data

#### Properties

Multi-stage route	Scenic
Cultural/historical interest	Flora
Summit route	eBike



#### Comunità Montana Alta Valtellina

Update: March 26, 2024



Source  
**Valtellina Outdoor**  
 23100 Sondrio  
 Sondrio  
 info@valtellinaoutdoor.it  
<https://www.valtellinaoutdoor.it>

The rhododendron is an alpine plant: it blooms up to 2400 metres and from its colouring derives the name 'alpine rose'. As you travel through the Rezzalo Valley, in early summer, you can admire these shrubs with their characteristic pinkish flowers, which dot the route. In particular, in the plain of S. Bernardo, where

the charming little church stands, the blossoming of the rhododendron offers the walker a spectacular view, with the entire slope coloured pink. The flowers are particularly sought after by bees, and since antiquity, honey has been produced from them; the leaves, on the other hand, are used for infusions, decoctions and compresses. In Frontale, the rhododendron flowers are crushed to make a juice called Vin de granfio.

The rhododendron is an alpine plant that blooms up to 2400 meters, and its nickname Rose of the Alps comes from its coloration. Traveling along the Valley of Rezzalo, at the beginning of summer, you can admire these shrubs, which dot the route with their characteristic pinkish flowers. In particular, in the plain of San Bernardo, where a suggestive church stands, flowering rhododendrons offer travelers a spectacular panorama of the entire hillside covered in pink. The flowers are particularly sought after by bees, and the honey produced has been appreciated since ancient

times. The leaves, on the other hand, are used for infusions, decoctions, and compresses. In Frontale, the rhododendron flowers were crushed to obtain a juice called Vin de granfio'n'.

### Turn-by-turn directions

#### Starting point / trailhead

Fontanaccia - Malga dell'Alpe

#### Coordinates:

DD: 46.344840, 10.392203

DMS: 46°20'41.4"N 10°23'31.9"E

UTM: 32T 607129 5133304

w3w: ///doubt.keenness.sadly

#### Point of arrival

Malga dell'Alpe

#### Turn-by-turn directions

Fontanaccia - La Pontela - San Bernardo (Val di Rezzalo) - Alpe Pass - Malga dell'Alpe

### How to get there

#### Parking

Fontanaccia

### Takeaway route for iPhone and Android



Scan QR code, save this route offline, share with friends and more...

#### Website

<https://www.valtellinaoutdoor.it/s/3vskwp>