

# 10 Rif. Maria Luisa - Capanna Piano delle Creste

Rifugio Maria Luisa - Lago Castel - Lago Nero - Tamierpass - Capanna Piano delle Creste

**km**  
Lunghezza  
Länge  
Longueur  
Length

**10.8 km**

Dislivello salita  
Höhenmeter Aufstieg  
Dénivelé en montée  
Ascent

**+ 840 m**

Dislivello discesa  
Höhenmeter Abstieg  
Dénivelé en descente  
Descent

**- 890 m**

Tempo di percorrenza  
Wanderzeit  
Temps de marche  
Time required

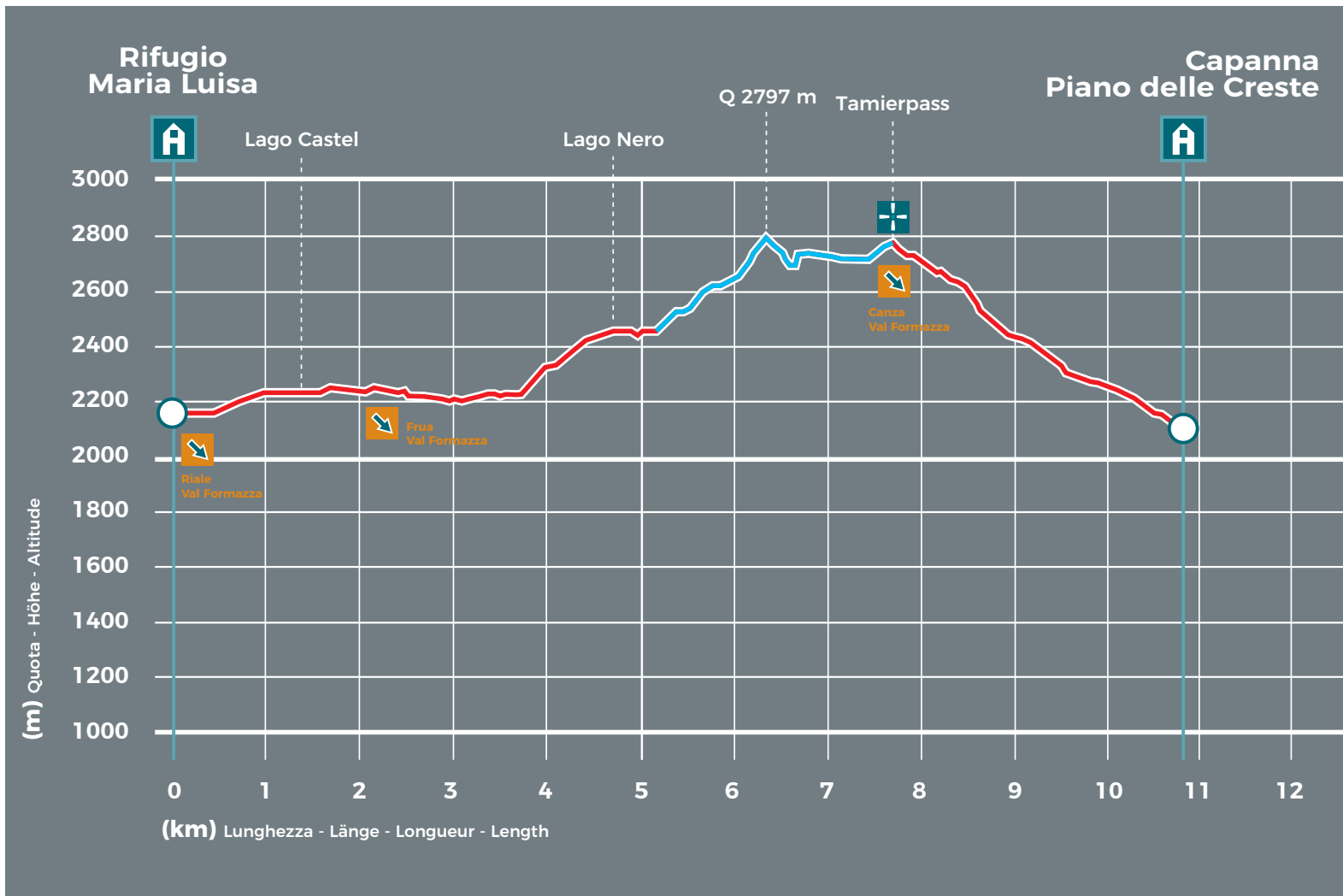
**5 h**

Quota massima  
Höchster Punkt  
Altitude maximale  
Max altitude

**2797 m**

Difficoltà  
Schwierigkeit  
Difficulté  
Difficulty level

**T4**



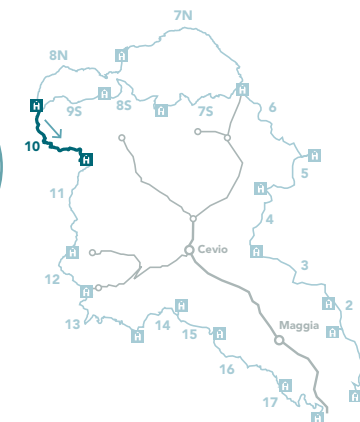
- Inizio - Fine tappa  
Beginn - Ende der Etappe  
Début - Fin de l'étape  
Start - End of stage
- Bivacco  
Schutzhütte  
Bivouac  
Shelter
- Punto topografico importante  
Wichtiger topografischer Punkt  
Point topographique important  
Important topographical point
- Entrata - Uscita  
Eingang - Ausgang  
Entrée - Sortie  
In - Out
- Trasporto pubblico  
Öffentlicher Verkehr  
Transport public  
Public transport
- Traccia alpina (bianco-blu-bianco)  
Alpine Route (weiss-blau-weiss)  
Chemin de randonnée alpine (blanc-bleu-blanc)  
Alpine track (white-blue-white)
- Sentiero di montagna (bianco-rosso-bianco)  
Bergwanderweg (weiss-rot-weiss)  
Chemin de randonnée de montagne (blanc-rouge-blanc)  
Mountain path (white-red-white)





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**Emergenze**  
**Notfall**  
**Urgences**  
**Emergencies**

**Polizia**  
**Polizei**  
**Police**  
**117 / 112**

**Rega**  
**Swiss Air rescue**  
**1414 (int. +41 333 333 333)**

**1 km**