

(/en/)





Home (/en/) / Val Calnègia: the suspended valley

# Val Calnègia: the suspended valley



 Track ^

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 Departure Foroglio → Arrival Foroglio 

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 Typology Circular

 Difficulty Easy

 Time required 3H 30

 Length 7.98 KM

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 Features v

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 Information v

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## DESCRIPTION

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Follow an ancient migratory herding route and be amazed by the unique landscape of a sunny valley. Having reached the top of a majestic waterfall, you will find yourself overlooking a panorama of piles of stones and boulders scattered amongst the valley's meadows and woods. Human ingenuity has seen these rocks skilfully put to use as natural shelters, stables and cellars, which, along with the river's canyons and rapids, form a unique, enchanting canvas framed by tall rock walls.

The Calnègia Valley widens above Foroglio where the mountains have been shaped by one cataclysm after another. The ascent along this valley should be approximately 3km but the difference in altitude is only 200m. Since inaccessible peaks surround the valley, there is hardly any sunshine during the winter months. The three fallows that need to be crossed however are evidence of intense activity. The first of these, Puntid, situated just a little after the beautiful gorge, with its neatly cut grass, inviting huts and elegant bridge.

The second, Gerra, which owes its name to the extensive flood zone, stone is without doubt the dominating material. Cave-like dwellings have been dug out from beneath the rocks here and used as storage space for dairy products as well as for seeking shelter from the heat.

Numerous cellars have been created beneath the boulders in the last one, Calneggia, as well.

## Tips

To explore the route, we recommend buying the official maps of the Federal Office of Topography Swisstopo. In addition, the following website [map.geo.admin.ch](https://map.geo.admin.ch/?lang=en&topic=ech&bgLayer=ch.swisstopo.pixelkarte-farbe&layers=ch.swisstopo.zeitreihen,ch.bfs.gebaeude_wohnungen_register,ch.bav.h) ([https://map.geo.admin.ch/?lang=en&topic=ech&bgLayer=ch.swisstopo.pixelkarte-farbe&layers=ch.swisstopo.zeitreihen,ch.bfs.gebaeude\\_wohnungen\\_register,ch.bav.h](https://map.geo.admin.ch/?lang=en&topic=ech&bgLayer=ch.swisstopo.pixelkarte-farbe&layers=ch.swisstopo.zeitreihen,ch.bfs.gebaeude_wohnungen_register,ch.bav.h)

[altstellen-oev.ch.swisstopo.swisstm3d-](https://altstellen-oev.ch.swisstopo.swisstm3d-)

[wanderwege&layers\\_visibility=false,false,false,false&layers\\_timestamp=18641231,,,\)](https://wanderwege&layers_visibility=false,false,false,false&layers_timestamp=18641231,,,))

offers constantly updated data.

Hiking boots

Sun cap

Water-bottle

Sunglasses

Sun cream

Hiking map

Camera

Food

**Montagnepulite:** This project was born to promote an effective management and sustainable use of mountain huts in Ticino, and in particular the litter management.

The responsible management of litter in the mountains is a matter of common

sense. We can all contribute: <https://www.montagnepulite.ch/en/golden-rules>

(<https://www.montagnepulite.ch/en/golden-rules>)

Alternative routes

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Technical data



[GPX data \(/itinerary/gpx?itemId=139438\)](https://www.ticino.ch/en/itineraries/gpx?itemId=139438)



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[\(/en/commons/details/The-torbe-of-the-Vallemaggia-/2715.html\)](/en/commons/details/The-torbe-of-the-Vallemaggia-/2715.html)

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Bavona:  
Foroglio and its  
surroundings  
[\(/en/commons/details/Bavona-Foroglio-and-its-surroundings/96968.html\)](/en/commons/details/Bavona-Foroglio-and-its-surroundings/96968.html)

Among the hamlets that  
have softened a harsh  
environment

The major attraction of  
Foroglio is the waterfall  
cascading thunderous...

[\(/en/commons/details/Bavona-Foroglio-and-its-surroundings/96968.html\)](/en/commons/details/Bavona-Foroglio-and-its-surroundings/96968.html)

The torbe of the  
Vallemaggia  
[\(/en/commons/details/The-torbe-of-the-Vallemaggia-/2715.html\)](/en/commons/details/The-torbe-of-the-Vallemaggia-/2715.html)

The word “*torba*” refers to  
the characteristic wood  
and stone constructions  
used to store cereals,  
especially rye, grown...

[\(/en/commons/details/The-torbe-of-the-Vallemaggia-/2715.html\)](/en/commons/details/The-torbe-of-the-Vallemaggia-/2715.html)

Village  
of Bavona  
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In the Bavona  
where a large  
energy is produced  
power plant  
reservoir lake  
electricity

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# hikeTicino: the App for all itineraries!



(<https://play.google.com/store/apps/details?id=ch.ticinoturismo.hiketicino&hl=en>)



(<https://itunes.apple.com/app/hiketicino-official-hiking/id981165907>)

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