

Ski tour 2: Monte Elmo / Helm



Starting point: Moos/Berghotel (1370mt.)

At a short view: Berghotel – [Helmhang hut](#) – Negerdorf/Sette Baracche – Monte Elmo/Helm - Berghotel

Difference in altitude: ca. 1.100m

Time of walking: ca. 3-4 hours

Difficulty: 3

Description of the way: From the Berghotel we go up on the right and we follow the path number 13 passing the farms of Palmstatt towards the [Helmhang hut/Rif. Pendio Monte Elmo](#). We stay on the right side of the slope and go further to the Negerdorf/Sette Baracche. After the last hut you go to the left into the larch forest and you follow the path number 3 A on the crest. Arrived at the timber line we will follow the mountain ridge, which is relatively safe from avalanches, and arrive on the peak. Descent: the same way!

Tips and advices: You can go down also to the west to the [Hahnspiel hut/Rif. Gallo Cedrone](#) remaining always on the crest. Ask always for the avalanche situation!!

Summary: A little frequented ski tour directly from Berghotel with perfect views.

