

Hike between Italy and Switzerland

Saturday, 05 September 2026 14:00 - Sunday, 13 September 2026 09:00

Central Alps - Milano (MI)



Sankt Moritz, in the Swiss valley of Engadin, is well known for alpine skiing and has hosted the Winter Olympics twice, but it is no less exciting as a summer hiking destination. Piz Bernina 4048 m/13281 ft), which shines in the distance, also towers over the Italian Valmalenco, much lesser known but no less magnificent. Our day hikes will take us to alpine meadows dotted with lakes, serene pastures, and mighty glaciers below glistening peaks. We will get to cross the Italian-Swiss border both on foot and by train on the Rhaetian Railway, a UNESCO World Heritage Site. Hearty meals and good local wines at comfortable hotels and lodges will provide well-earned rewards for our efforts.

DAY BY DAY PROGRAM

Sat, Sept 5, 2026 (Day 1)

Travel from Milano to Sondrio

Starting off in Italy, we will travel sustainably by train to Sondrio in the Italian wine-producing valley of Valtellina. Sondrio's historic town center testifies to the cultural and commercial role it has played over the centuries. A walk in the surrounding hills and a taste of local wines will cap off the day.

Meet at Milano Centrale Station after lunch

Travel by train to Sondrio (14:20-Milano Centrale Sondrio 16:40) - Check in at hotel

Walk through the town center and on to the surrounding terraced vineyards

Wine tasting and dinner at a local restaurant

Transfers: Train (approx 2.5 hrs)

Walk: +300 m, - 300 m, 6-8 km

Night in Sondrio

Sun, Sept 6, 2026 (Day 2)

Sondrio-Tirano-Sankt Moritz

After a train transfer to Tirano, we travel on the world-famous UNESCO World Heritage Rhaetian Railway across the Bernina Pass and into Switzerland's Engadin Valley and Sankt Moritz. An afternoon hike around the valley's lakes will introduce us to the region.

Train transfer Sondrio-Tirano (30 mins) - Train ride Tirano-Sankt Moritz (2.5 hrs)

Check in at hotel

Afternoon hike in Sankt Moritz: Lej de San Murezzan and Lej da Staz

Dinner in Sankt Moritz

Hike: +70 m, -70 m, 7 km

Night in Sankt Moritz

Mon, Sept 7, 2026 (Day 3)

Hike to Chamanna Boval

After a short train ride, we hike deep into the Bernina massif, reaching a mountain lodge scenically located above a glacier

Train transfer to Morterasch (30 mins)

Out-and-back hike Morterasch-Chamanna Boval

Train back to Sankt Moritz

Hike: +600 m, -600 m, 10 km

Transfers: Train (30 min each way)

Night in Sankt Moritz

Tue, Sept 8, 2026 (Day 4)

The Engadin Valley

Today's hike is all about views: green forests, blue lakes, shining white peaks

Hike Sankt Moritz-Alp Suvretta-Silvapiana

Local bus transfer

Dinner on own in Sankt Moritz

Hike: +540 m, -540 m, 11.6 km

Transfers: Local bus

Night In Sankt Moritz

Wed, Sept 9, 2026 (Day 5)

Across the Muretto Pass into Italy

After a short transfer by public bus to the village of Maloja, we cross into Italy on foot, along paths long used by traders

Public bus from Sankt Moritz to Maloja

Hike from Maloja to Chiareggio across the Muretto pass

Private transfer from Chiareggio to Rifugio Zoia, Campo Moro

Dinner and overnight at Rifugio Zoia

Hike: +950 m, - 1100 m, 14 km

Transfers: Public shuttle bus (approx 30 mins); private transfer (approx 1 hr),

Night at Rifugio Zoia

Thur, Sept 10, 2026 (Day 6)

Rifugio Carate Brianza (with optional ascent to Rifugio Marinelli)

Our goal today is to reach the two huts at the foot of the Italian route to Piz Bernina. We will cross conifer forests and meadows and admire shining peaks reflected in alpine lakes.

Out-and-back hike to Rifugio Carate Brianza and possibly to Rifugio Marinelli

Dinner and overnight at Rifugio Zoia

Hike +750 m, -750 m, 10.4k (additional hike to Rifugio Marinelli: +400 m, -400 m, 5.3k, for a total of +/- 1150 m, 15.7k)

Night at Rifugio Zoia

Fri, Sept 11, 2026 (Day 7)

Sentiero Glaciologico Marson

Today's hike will immerse us fully into the past and present of the region's glaciers

Short transfer to Alpe Gera. Hike to Rifugio Bignami and on to Sentiero Glaciologico (options A, B, or C of the Sentiero Glaciologico, depending on weather and group conditions)

Hike: Maximum +1150 m, - 1150 m, 14 km (options A, B, or C depending on conditions)

Transfer: Private transfer to and from the trailhead (10 mins)

Night at Rifugio Zoia

Sat, Sept 12, 2026 (Day 8)

Hike to Rifugio Cristina

Our last hike will take us to a beautiful summer pasture surrounded by meadows, from where we will bid farewell to the valley's peaks. In the afternoon, we return to Sondrio, completing our loop around Piz Bernina

Hike from Rifugio Zoia (2000 m) to Alpe Prabello and Rifugio Cristina (2226 m) and to Largone (1770 m)

Private transfer from Largone to Sondrio

Dinner and overnight in Sondrio

Hike: +700 m, -700 m, 10 km

Night in Sondrio

Sun, Sept 13, 2026 (Day 9)

Return to Milano and departure

After a leisurely breakfast, train transfer to Milano Centrale. Flights should leave no earlier than 4 pm from Milano Malpensa or Milan Bergamo, 3:30 pm from Milano Linate; trains from Milano Centrale no earlier than 12:15 pm [the earliest train from Sondrio to Milano Centrale may allow departures approximately two hours earlier]

Train Sondrio-Milano Centrale and independent departure

Transfer: Train Sondrio-Milano (2.5 hrs)

ITINERARY CHARACTERISTICS

Medium length: 10 km

Average time: 5h

Medium difference in height: 900 m

Difficulty: Intermediate: Intermedia

PRICE AND CONDITIONS

Prezzo : 3300 €

What is included:

- Accommodation in 3/4-star hotels and mountain lodges with breakfast
- Dinners except on Day 3
- Picnic or light lunches except Days 1, 8
- English-speaking guides during the whole tour
- All transfer by public transportation unless otherwise specified, other activities as indicated
- Medical travel insurance

What is excluded:

- Transportation to/from trip start and end point (Milano Central Station)
- Gratuities for trip guides
- Dinner on Day 3
- Lunch on Days 1, 8
- Items of a personal nature such as beverages other than water, laundry fees, internet fees
- Any other services not clearly mentioned in the Trip Itinerary and in list of included items above
- Any unforeseen transportation costs (due for example to late arrival or early departure, etc.)

Trasporto incluso

Transportation to/from trip start and end points (Milan train station) is not included

Luggage: Transfers will be by bus, train, or private transfer; you will need to carry your luggage for short distances to reach the accommodations, at times climbing stairs or steep steps and on uneven terrain. Therefore we recommend you carry a small sturdy wheeled bag (possibly a duffle bag with wheels) that you are able to lift up/down steps, a

Numero minimo partecipanti: 5. Numero massimo: 12.

MEETING POINT

Meeting point Ore 14.00 Milan central station , Milano Centrale, Piazza Duca d'Aosta, 1, 20124

Milano MI, Italia, Milano

REQUIREMENTS

- Avere buona preparazione fisica

CLOTHING AND BACKPACK

Tee shirts (quick-dry, synthetic) Long sleeve shirt (synthetic, lightweight, sun protection) Fleece/mid-weight layer Hiking pants (convertible, quick-dry, lightweight) Hiking shorts/skirt (quick-dry, lightweight) Hiking socks (synthetic or wool) Hiking boots (mid-weight, ankle support recommended; NO light trail shoes) Rain jacket (hooded, wind- and waterproof, breathable) Rain pants (lightweight, waterproof, breathable) Bandana Light wool hat Glove liners Quick-drying towel for overnight hikes Sleeping bag liner (sleeping bag not needed) (can be purchased locally if needed) Sun block, sunscreen for lips (SPF 50 recommended) Sun hat Sunglasses Day/overnight pack (30L-2000 cu. in.) Pack rain cover; dry sacks to protect clothing in the backpack Trekking poles Travel plate, fork, spoon, pocket knife Water bottles (two 1-quart) or hydration system Personal bathroom kit: some toilet paper, ziplock bags for waste, personal wipes or soap, hand cleaner; ear plugs, Toothbrush Personal first aid kit/medications (basic/lightweight) Insect repellent Headlamp Casual clothing for travel and town wear (lightweight, easily washable) Toiletries Walking shoes Electrical adapter plug and converter Luggage (1 piece, wheeled, light enough to be lifted up steps etc.; small light duffle bag for overnight clothes)

INFO AND RESERVATIONS

Marta Zarelli - Passamontagna Viaggi Tour Operator

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[WhatsApp](#) - [Telegram](#)

Link evento <https://www.passamontagnaviaggi.it/en/scheduled-trekking-in-italy/1985-italy-switzerland-bernina-st-moritz-mountains-hiking-trip-2026>