

Monte Zeda via Cresta N da Falmenta

Even when I made my journey from [Il Colle al Monte Zeda per la cresta Est \(a\)](#) I promised to myself to reach the beautiful pyramid by the north ridge, partly by climbing (II), but I expected the "thaw" maybe a lot more than I should (but you know: we must also work not only ride the mountains). Now the debt I contract with myself was paid. For details refer to the excellent reports and photos of these links: [Report 1 \(b\)](#) and [Report 2 \(c\)](#). What to say? The path from Falmenta up to Alpe Fornà superiore is a classic path in the woods and in clearings; you cross some rivers, the Falmenta River and its tributaries that go to increase the waters of the Rio Cannobino flowing the homonymous valley . Note the appearance of these wild circuses under La Piota and Zeda and note the lack of attendance, which often makes it difficult to walk through the tall grass covering the trail in many places (you do not know what is underneath and it is not unlikely that there is some reptile). From Alpe Fornà we head east to go to reach a ridge that then splits into a right branch leading to La Piota and M. Torrione and a left branch that is the true ridge N of M. Zeda. When you are on the ridge the music changes and often you use your hands; but I suggest to climb instead of pull on the chains put as safety in the most delicate steps. Even if the rock is very vertical you can find many handles and climbing is easy and fun (who suffers from vertigo. ... look up!). Once at the Cross of the top, jumping to avoid the droppings of goats coming there, you might admire the beautiful landscape if you do not run into a gloomy and hot day like mine that limited visibility, helped by the only cloud that enveloped the terminal cusp. And precisely because of the cloud (which also blurred my orientation sense), I head towards Pizzo Marona; when I realized the mistake I made my diversion to retrieve the East ridge. In fact I wanted to descend beyond 1829m where a sign pointed left alternative to the Alpe Fornà superiore where I walked back the original route. I noted with pleasure that Camberto and Guglio are still inhabited, and many houses are still built in local style; the way from Falmenta reaches Camberto becoming an unpaved road. The route lends itself to other interesting variations, such as Falmenta – Vanzone and then the ridge towards Mount Mater, Piano di Nasca, Alpone, La Piota and there M. Zeda by North ridge. Mind to consider distances, time and difficulty to be tackled with caution (eg not snubbed the chains that help in crossing the track wet from the many waterfalls as you may discover that the boots on stones covered by a veil of water, get some ice-skates).

Key data:

Altitude difference 1495m

Total length 14.5 km

Average slope 17%

Ascent 8.81 km

Descent 8.66 km

Ascent time 4h:24'

Descent time 3h:37'

SLF (uphill) 23.76 km @ 5.40 km / h

(downhill) 23.61 km @ 6.53 km / h

Links:

(a) <http://www.hikr.org/tour/post20325.html>

(b) <http://www.in-valgrande.it/Zeda/anello-del-Monte-Zeda.html>

(c) <http://www.vallecannobina.it/popitinerario.asp?ID=20>