

From Cama (360m) to Piz de Cressim(2575m)

This also is a trip that I finally concluded, after having tried it in 2008. Indeed, the combined drop of over 2200m and the path of more than 9 km is likely to discourage the best intentions. The last time after an error path that had stretched my time and dissipated my energy, I came up till the Lag Sambrog passing, of course, Provesc, Alpe de Besarden, Lag de Cama and Alpe Vecc. Please reference to the excellent links <http://www.valcama.ch/index.htm>. I thought I'd try again this year by inviting my friend Chiara to accompany me; she accepted and promised to come up to Lag de Sambrog and then let me go to Piz de Cressim. Chiara is a tremendous athlete who has done important things like the Marathon des Sable, the Acatama desert in Chile, several ultramarathons in Africa, Australia, several triathlons, etc.. and does not worry from distances and gradients, but when she begins to see rugged ridges, rocks and exposed steps she considers herself "satisfied" and opts for a good slice of pie in the refuge. And so we did it; after traveling the first tough stretch from Cama (Ogreda) to Provesc and the rest of the way, more comfortable, until Lag de Cama we headed ourselves towards the Alp and the Lag de Sambrog. Even this part is breathtaking (if any) but then we were rewarded from the sight of the valley where lies the Lag de Sambrog, embraced for half by silent, wild and beautiful mountains. After a short stop to eat something I said hello to her and I walked by the few indications that I have gathered here and there towards the base of Piz de Cressim; this was suggested to me by the extremely kind [Zaza](#) alternatively to the other possible goal : Piz de Sambrog, harder, less high but actually consists of a set of three peaks combined with the Piz de Cressim to N by the so called "Fil de Sambrog. [Zaza](#) has covered this (*) in 7 hours. There are no clear guidelines to follow and I climbed on the front directly the lower ramparts up to take on a wide terrace where sometimes you could see a path or animals track; this led just behind the rough stony to the summit of which was the announced channel 50 m high blocked at the base by a boulder. Nothing difficult, just a big effort to climb the stony, Himalayan breathing, the channel has some step of II grade, and then comes out on the grass of the ridge of Piz Cressim that runs up to the summit (just a pile of stones, no cross). Great sight from there even if disturbed by clouds that sometimes hide the parade of peaks going to South towards Piz de Sambrog, Pizzo Camparasca, Piz of Uriah and separating Val Cama from the Italien Val Bodengo. To North another ridge ends at Piz Setaggiolo before falling to Val Gamba while to NW a further chain of peaks leads to Sass Castel before dropping to Val Arbola. A wonder! Rapid return to Lag de Cama (note: the groove is worse descending than increasing) where I met my friend Chiara waiting for me together with the Rif Miralago likeable managers and a beautiful coffee. Then we started the long journey towards Cama and the car.

Key data:

Altitude difference 2215m

Total length 18.2 km

Total time 10h25 '

Average gradient 20% to Alpe Sambrog, 49% up Piz Cressim

Ascent 9.1 km

Descent 9.1 km

Ascent' 5h40' (Lake Cama 2h05'; Lake Sambrog 3h53'; Piz de Cressim 5h40')

Descent 4h45'

SLF (uphill) km 31.25 @ 5:51 km / h

(Downhill) km 31.25 @ 6:57 km / h

(*) [Zaza report: http://www.hikr.org/tour/post7983.html](http://www.hikr.org/tour/post7983.html)