

CAROSSELLO 3000 MOUNTAIN PARK

TRAIL

THE HIGHEST RUNNING PARK IN EUROPE

6 TRAILS - 75 KM

TRAINING TIPS

TERRITORY AND HOSPITALITY

in collaboration with

VISION 

 **Soul RUNNING**

#theMountainIsFreedom



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CAROSELLO 3000 MOUNTAIN PARK:

Trail running in quota

The benefits of being placed at a good height have always made Livigno the destination of many top athletes, who go there because they have the possibility to train at heights. But in the last few years Livigno has become one of the most visited places in the whole Alpine area by sportspeople of every level and discipline. Courses for every kind of training combined with front rank hospitality, culinary traditions, and high class running and outdoor shops. The district of Carosello 3000 in its summer edition is affirming itself a real Mountain Park dedicated to mountain bike, with spectacular courses, suitable for bikes, great trekking itineraries and courses specifically dedicated to trail running.

Six different itineraries located and mapped, varying from a vertical to a great 23 kilometers ring on the crests joining Italy and Switzerland. The uniqueness of these courses - all supported by facilities and plants in Carosello 3000 – is their length for over 90% above 2000 m.a.s.l., thus making it the highest Running Park of all the Alpine area.

Every course has a related technical file (explaining elevation gain, length), map and topographic profile. In addition, some information about the territory and some useful pieces of advice about training, stretching and nutrition. Anyone who plans a stay in Livigno, be it only for a week end or either a full week, will have all necessary information to discover this territory and also to preserve or improve their athletic condition.

Keep on running!!!

GUIDELINES

Qr codes that you will find on every trail, allow you to access the website Runmap.net with your smartphone and view the maps – that you can zoom in and out – and also their topographic profiles.

To upload the Gps track on your gps, just connect it to a computer.

ENJOY YOURSELVES!

TERRITORY

©Foby Trab



Livigno in the Summer is a real paradise for outdoor sport enthusiasts. Its altitude (1816-3000 m), the beauty of its mountains and its lively character, make it a pleasant destination for many athletes and diverse sport international teams, that choose this place to train for their competitive events.

Thanks to a fruitful cooperation with Soul Running Magazine, that has studied and mapped the territory to identify the typical features of each route, now the paths, the services and the facilities of the Mountain Park Carosello 3000 are available to mountain running enthusiasts to create the highest Running Park of the entire alpine range.



1. FARTLEK IN THE CLOUDS



Round-trip itinerary between the arrival station of the gondola Carosello 3000 (in San Rocco zone) and the peak of Mont da li Rèsa, near the statue of the Madonon (Madonna delle Rezze). Along this slightly over 6 km stretch you'll get familiar with the altitude and enjoy a route characterized by wide panoramic views over the Valley of Livigno, the Val Federia, the peaks of the Ortles-Cevedale mountain range and Bernina.

DOWNLOAD GPS MAP

SOUL

The gondola Carosello 3000 (in San Rocco zone) takes you at altitude where you can start this technically easy itinerary. The destination is always in sight but soon your attention will be caught by the lunar-like configuration of the land and by the winding paths along the mountain side. Here your eyes will run faster than your legs to catch sight of the glaciers of the Ortles and Cevedale mountain ranges as well as the 4000 meters high and sharp crests of the Bernina.



COACH

The top station of the gondola Carosello 3000 is the starting and arrival point of this itinerary that is ideal for a free pace variation training (fartlek). 3.2 Km to cover twice with an overall height of 254 meters. You start downhill but immediately run up again towards the cable car arrival station that goes up from the Val Federia. From here go along the mountain slope of the Piz del Canton surrounded by an almost surreal landscape, with scant vegetation, harsh but spectacular. This route can be covered at different paces: if it's your first training, you may try to walk uphill at a fast pace and run without putting too much effort along slight slopes and descents. More experienced runners instead may try their best to keep a steady pace all the way up the hill (but still keeping in mind they're over 2700 metres altitude), and then let their legs go along the long and pleasant stretch trying to recover from the tough ascent.

FEATURES

Overall length: 6.4 km (round trip)

Positive height gain: 254 metres

Features: gravel road and single track

Rest areas and water sources: Carosello 3000

Cell phone reception: Tim, Vodafone, 3

Critical points: none

Minimum equipment recommended: trail shoes, windbreaker, mobile phone

Best time of the year: Summer - Autumn

2. THE FOREST RING ROUTE



A technically very diverse itinerary characterized by two uphill-downhill stretches - where you can enjoy your run - joined by a challenging ascent and a pleasant descent in the woods. The starting and arrival point is the middle station of the gondola Livigno Centro while the top station is the ideal rest area before the descent.

DOWNLOAD GPS MAP

SOUL

During this itinerary you can enjoy all that Livigno can offer. The first 3 km are part of the path that winds along the edge of the woods, a pleasant uphill-downhill stretch through the typical wooden lodges. The climb is challenging and takes you to a higher area of the mountain cutting through the woods until you reach the high pasturelands. From here to the Costaccia refuge you can restart your easy run again before the short and technical descent through the trees.



COACH

A really complete and excellent route for a varied training. The first 3 km offer an ongoing uphill-downhill stretch that can be run at low intensity, as a warm-up, while the stretch at altitude between the end of the ascent and the descent can be run more vigorously by trying to keep a steady pace uphill and recover at a good pace down the short descents. The central ascent is slightly longer than a km but the slope is steep, we suggest walking here to avoid too much strain and be able to run the following stretch. As you get to the top station of the gondola Livigno Centro you could also recover some muscle energy and have a short break. This is advisable because you still have the descent ahead of you: the first 200 meters are on gravel road, then you get into the woods with roots, high rock steps and continuous curves; an excellent technical and muscle training. The last kilometre is easy and allows a recovery run after the descent.

FEATURES

Overall length: 8.4 km

Positive height gain: 440 meters

Features: path

Rest areas and water sources: Intermediate and mountain station of the Livigno Centro lift facility

Cell phone reception: Tim, Vodafone, 3

Critical points: none

Minimum equipment recommended: trail shoes, windbreaker, mobile phone

Best time of the year: Summer - Autumn

3. PASTURES AND CRESTS



Very scenic and complete ring route especially from the technical point of view. Departure and arrival at the middle station of the gondola Carosello 3000 (in San Rocco zone) passing by the mountain refuges Costaccia and rest area Carosello 3000 and the peak Madonon. Here you can enjoy an amazing view not only over Livigno and the Val Federia but also over all the peaks of the Ortles-Cevedale and Bernina mountain range.

DOWNLOAD GPS MAP

SOUL

The lowest point of this itinerary is the middle station of the gondola Carosello 3000 at 2,200 meters, which is the departure and arrival point of this ring route from where you can enjoy all that the Mountain Park can offer. No technical difficulties, the only point where a little caution is recommended is the downhill stretch from the peak of the Mont da li Rèsa. Spectacular 360° landscapes and plenty of different paths with varied terrain to tackle. Impossible to get bored!



COACH

Average difficulty path, which due to its altitude requires a good athletic condition especially in the first part of the ascent leading from the Costaccia refuge to the Blesaccia peak. You go up a very wide grass crest with some considerably steep stretches: you get there after an uphill-downhill stretch that you can run as a warm-up at an average pace to get ready to face the main 3 km long ascent with the right energy. It's important to manage your resources without pushing too much on the first ramps and keep a good pace up to the peak. The passage by the rest area Carosello 3000, located exactly half-way through the path, can be used as a break before starting the fartlek that leads to the Mont da li Rèsa, the last tough part of the day. The following descent requires caution and above all fresh muscles because some stretches feature a steep terrain. When you go back to the lodges, at the edge of the woods, you still have a couple of km to run as a cool down.

FEATURES

Overall length: 16 km

Positive height gain: 760 meters

Features: path

Rest areas and water sources: Costaccia and Carosello 3000 refuges

Cell phone reception: Tim, Vodafone, 3

Critical points: none

Minimum equipment recommended: trail shoes, windbreaker, mobile phone and 500 ml water supply

Best time of the year: end of May – end of September

4. FEDERIA UP&DOWN



In the heart of the “Little Tibet”, all along the spectacular and unspoilt Val Federia, this path starts from the intermediate station of the gondola Livigno Centro and passes by the Carosello 3000 rest area. With its 2,722 m altitude this is the highest point of this itinerary that encloses the two valleys framing the Mountain Park.

DOWNLOAD GPS MAP

SOUL

If you feel like relaxing, getting away from the noise and you look for a secluded place, the Val Federia is what you need. From the bottom up to the hills near the Carosello 3000 rest area there are almost 12 km of gravel road along the valley surrounded by pastures and populated with groundhogs. There you will soon realize why Livigno is also called the Little Tibet! On the other side instead, you go back to the year 2000 even if the downhill stretch of the ridge could be suitable for a freeride.



COACH

Ideal path to train uphill running endurance. Warm-up from the Livigno Centro intermediate station to the bottom of the valley, from here on there are nearly 12 km steady ascent with gradients that force you to walk only for the last 2.5 km. Excellent training to improve endurance during climbs, for this reason it's important to manage the pace by starting slowly and trying to run as much as possible. During the final sprint you can walk at a sustained pace but without pushing too much, don't forget that you are above 2,000 meters and will pass the top of the hill at more than 2,700 meters. A break at the rest area will help you catch your breath again before facing the second part of the path that features two descents joined by an uphill-downhill stretch. After the long climb it is advisable not to strain your legs and run the 3 km to the Costaccia refuge in a smooth but energetic way. The last technical descent is through the woods; the icing on the cake for a really complete training.

FEATURES

Overall length: 20 km

Positive height gain: 890 meters

Features: path and gravel road

Rest areas and water sources: Costaccia refuges, Carosello rest area, and Malga di Federia

Cell phone reception: Tim, Vodafone , 3

Critical points: none

Minimum equipment recommended: trail shoes, windbreaker, mobile phone and 500 ml water supply

Best time of the year: Summer – Autumn

5. VERTICAL POWER



510 metres elevation gain in slightly more than 3 km from the middle station of the gondola Carosello 3000 up to the mountain station rest area. Go along the facility following the service road, the steepness is challenging but not impossible even if only real runners will be able run all along it! Here a pair of sticks can be useful. The view upon arrival will reward you for all your efforts!

DOWNLOAD GPS MAP

SOUL

Thin air, burning muscles, a road that is never flat. Not even the 11 hairpin turns allow some sprint. At our back we have the Livigno Valley, above us the Carosello 3000 rest area. The road surface is always compact, the more experienced runners may try to keep running, instead those who prefer a fast walk will surely be rewarded: a unique 360° view!



COACH

Strength, pace and endurance at high intensity: these are the features that can be trained during the 3.25 km vertical that leads to the top of the Carosello 3000. These overall 510 metres height gain on a steady climb are technically very useful to learn to manage a steady pace for a longer period of time. Since the cable car takes you to the starting point, you may also plan two ascents with a progression pace: average intensity during the first time and at a “race pace” in the second time, with a suitable recovery time that’s at least double the one used to go up. The main objective is always to avoid pushing too much by finding the right pace to prevent excessive effort - remember you are at altitude - or that burning sensation in your legs that may slow you down. Last but not least, you can make interesting use of sticks for a training that’s aimed both to improve ascent technique and to strengthen the torso and arms muscles.

FEATURES

Overall length: 3.25 km

Positive height gain: 510 metres

Features: gravel road

Rest areas and water sources: Carosello 3000

Cell phone reception: Tim, Vodafone, 3

Critical points: none

Minimum equipment recommended: trail shoes, windbreaker, mobile phone

Best time of the year: Summer - Autumn

6. BOUNDARY PATHS



COACH

This is the Itinerary with a capital "I" not only for its beauty but also for its distinguishing features. You start downhill towards the Malga di Federia, with slopes that may affect your legs if the muscles are cold. For this reason, we suggest a speedy walk for the first 3 km as a warm-up. Once you get to the bottom of the valley you can start with a light run to warm up before tackling the climb towards the refuge and the Cassana pass: however, try not to get carried away because the slopes are steep and often it is advisable to walk rather than run. Try not to push too much so that you will be able to enjoy the stretch from the Leveron pass: slightly more than 3 km with little difference in height but very enjoyable. Here you can try to increase the pace before the long descent (4.5 km) towards the bottom of the valley. Make sure you get some food because both the first ascent and the following stretch on the crest will be demanding in terms of energy. We suggest getting something to eat both near the Cassana refuge and during the descent towards the Val Federia. Don't forget that the last stretch to the arrival is an ascent so make sure you fill up with energy.



Itinerary that leads runners up to the border with nearby Switzerland and with departure and arrival point at the Carosello 3000 top station. Even though this is a challenging route, anyone with the right approach can complete it, also thanks to the possibility of taking a break in the many rest areas along the route. The landscape that surrounds you all along these 21 km is a typical high mountain scenery, the vegetation is very scant and in the highest areas even grass can hardly be seen. It's nothing extreme, but the sensation of running along a thin line suspended between land and sky is really strong. Two climbs to tackle: from the bottom of the valley to the Cassana Pass (about 5 km) and from the Malga di Federia back again to the Carosello rest area (3.5 km). Their steepness may cause you to walk fast rather than run, especially in the second one that takes you back to the departure point. The descents instead are enjoyable and not so challenging, with a compact and not particularly technical terrain.

DOWNLOAD GPS MAP

SOUL

This itinerary has its hub in the Malga di Federia. On the map it's located at the centre of an eight drawn on the pathways between Carosello 3000 and the Cassana Pass. You run along the border between Italy and Switzerland in a harsh environment at high altitudes, where your gaze can sweep far away over a large area of the Alpine ridge. The effort made to tackle the ascent that leads to the Cassana refuge will be rewarded during the following stretch along the mountain crest towards the Leveron pass. The steep descent to the Malga di Federia takes you back to a greener and less harsh environment, from here you have to tackle the last ascent, which will surely affect your legs before the rest area.





FEATURES

Overall length: 21 km

Positive height gain: 1,260 meters

Features: path and gravel road

Rest areas and water sources: Carosello rest area, Malga di Federia and Cassana refuges

Cell phone reception: Tim, Vodafone, 3

Critical points: none

Minimum equipment recommended: trail shoes, windbreaker, mobile phone, 1 litre water supply

Best time of the year: Summer – Autumn

TIPS FROM THE COACH

HOLIDAY MAINTENANCE PROGRAMS

The following training programs should be considered as guidelines to maintain your fitness during short-term holidays (up to three days) or for longer training time (up to one week). They are designed for you to make the most of the several possibilities offered by the trails in the territory of Livigno. You will run the initial and final part of each trail - approximately the first and last 10' - at a slow pace, as warmup and cool-down sessions. These two phases are essential to boost your body's response before greater efforts and to restore all physiological functions to their initial "at rest" condition at the end of the training. After each session it is advisable to dedicate some time to stretching exercises to enhance muscle relaxation.

WARM UP (WU): 12-15' run at a very slow pace, 100 metres sprints repeated 4-5 times. Stretch your back, quadriceps, hip flexors, leg back muscles and adductors, keeping each position for 30". Do not stretch too much, you mustn't feel pain (see pages 22-23).

COOL DOWN (CD): 5' run minimum, at a very slow pace, then walk. Repeat the stretching exercises.

LEGEND

Training intensity (according to personal maximum heart rate)

Slow Pace (SP): 60-70%, to recover from a hard training or a race, it favours fat burning.

Moderate Pace (MP): 70-80%, improves muscles' ability to use oxygen.

Fartlek (FK): 80-85%, increases cardiac output and favours pace variations.

Sensation Fartlek (SFK): slow down on difficult stretches, speed up on flat surfaces, slow down while running downhill.

Anaerobic Threshold Increase (AT): 90-95%, increases aerobic capacity and power.

TRAILRUNNER BEGINNER

WEEKEND

Trail 1 – 10' WU and 10' CD. Central part at SFK.

Trail 2 – 15' WU and 10' CD. Climb at MP, central part at FK.

3 DAYS

Trail 5 – 5' WU, then MP or AT, depending on feelings.

Trail 1 – 10' WU and 10' CD. Central part at SFK.

Trail 2 – 15' WU and 10' CD. Climb at MP, central part at FK.

WEEK

Trail 1 – 10' WU and 10' CD. Central part at SFK.

Trail 2 – 15' WU and 10' CD. Climb at MP, central part at FK.

Rest

Trail 3 – 10' WU and 10' CD. Central part at SFK, climb at MP.

Trail 5 – 5' WU, then MP or AT, depending on feelings.

Trail 4 – 15' WU and 10' CD. Climb at MP, second part at FK.

TRAILRUNNER INTERMEDIATE TO ADVANCED

WEEKEND

Trail 2 – 15' WU and 10' CD. Climb at MP, central part at FK.

Trail 4 – 15' WU and 10' CD. Climb at MP, second part at FK.

3 DAYS

Trail 2 – 15' WU and 10' CD. Climb at MP, central part at FK.

Trail 5 – 5' WU, then AT

Trail 4 – 15' WU and 10' CD. Climb at MP, central part at FK.

WEEK

Trail 1 – 10' WU and 10' CD. Central part at FK.

Trail 3 – 10' WU and 10' CD. Central part at SFK, climb at MP.

Trail 5 – 5' WU, then AT.

Rest

Trail 2 – 15' WU and 10' CD. Climb at MP, central part at FK.

Trail 6 – 15' WU and 10' CD. First climb at MP, central part at SFK, last climb at AT.

MUSCLE STRETCHING

GENERAL INSTRUCTIONS

Do some stretching after the warm-up. Keep each position 30"/40", you should not feel pain but only a light, pleasant stretching sensation. Increase cool down time. The red lines show the areas to stretch.



ADDUCTORS AND THIGH BACK

MUSCLES Open your legs keeping the feet aligned and spread your toes apart in line with the knees. Keep your torso upright and tilt the pelvis forward. You may put your hands on a support to improve balance.



LEG BACK MUSCLES

Standing tall place the forefoot on a wall or a tree while flexing and straightening the standing leg. Keep the knee of the forward leg completely extended.



HIP FLEXORS

Place your forward foot on a low wall or support, try to keep the standing leg extended and the toe of the back foot pointing toward the support. Tilt the pelvis downward without arching your back, keeping the forward knee completely stretched.



QUADRICEPS AND HIP FLEXORS

Lift your knee ahead of you, catch the top of the foot and stretch the thigh laterally, trying to keep it aligned with the torso.



LEG BACK MUSCLES, GLUTEUS AND LATERAL THIGH

Place a foot on a low support, the toe is pointing upwards, keep the standing foot perpendicular to it. Rotate the torso and the pelvis towards the flexed leg until you feel the stretch in your gluteus and outer thigh.



ON ALL FOURS: ALIGNMENT AND EXTENSION OF THE BACK

Ensure proper head and spine alignment by keeping the natural curves and flex the torso gradually ahead with bent knees, until you place your hands on a support or on your knees. You can adjust stretch intensity by bending your knees to different degrees.

FITNESS TRAIL

©Michele Galli



Inside the Carosello 3000 Mountain Park you can find a fitness trail specifically designed for your workout. It includes 28 stations with instruction signs for a correct workout distributed along its length.

The trail exercises involve all parts of the body in a balanced way and are suitable for all users, from experienced sportspeople to beginners, according to anyone's potential. The trail has been designed to be covered in both directions as a warm-up, training, and cool-down.

BAITA LULETA B&B

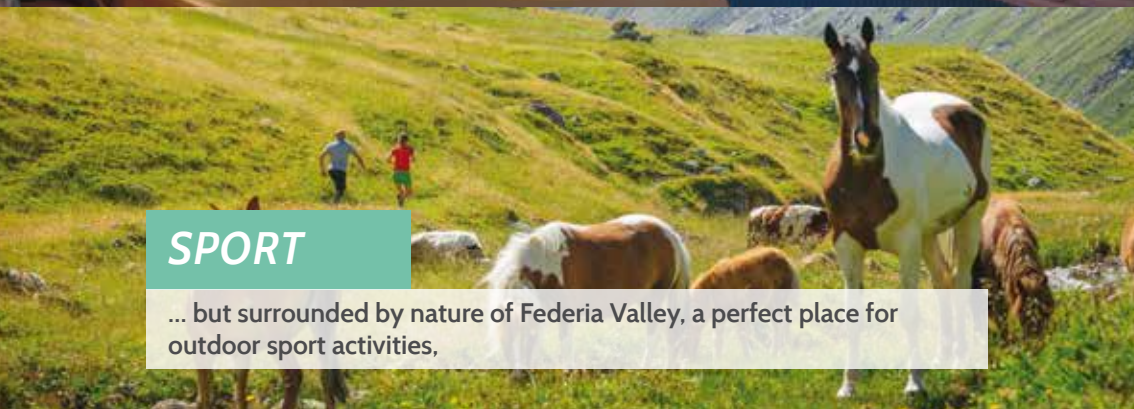
Sport & Relax in Livigno



CHALET

“Baita Luleta” is a traditional mountain chalet located not far from the center of Livigno,

photo © Michele Galli



SPORT

... but surrounded by nature of Federia Valley, a perfect place for outdoor sport activities,



RELAXATION

... and also for a magical relaxing holiday with a touch of romance.

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SPECIAL OFFERS FOR RUNNERS



Carosello 3000 and partners
offer packages tailored
for trail-runners:

Stay in a Running Hotel ★★★★★
with Wellness

Access to the Mountain Park's lift system

Guided daily tours on mountain trails

photo © Michele Galli

**DISCOVER THE LATEST OFFERS
FOR RUNNERS**



MOUNTAIN BIKE

©Roby Trab



Livigno in the Summer has been considered a real Mecca for mountain bikers for years now. It offers spectacular routes suitable both for hiking and for the most extreme disciplines, including the new mtb frontier: the flow-country. Livigno also offers a complete number of services from Mtb specialized guides, bike hotels, many rental shops and mountain-bike specialized shops.

ALL-MOUNTAIN MTB



©Michele Galli

Carosello 3000 offers a network of trails for mountain-bike enthusiasts. You can reach them using lift facilities and from there you can go on all-mountain bike rides surrounded by spectacular alpine landscapes. From the tracks that run along the mountain ridges, to the single trails that cut through unspoilt areas, including the trails specifically designed and created for mountain-bikes, both experts and beginners will find here the bike trails that meet their expectations.

FLOW-COUNTRY MTB

©Roby Trab



Carosello 3000 has recently embraced what is now considered the utmost mtb frontier: the Flow-country. No more steep and uneven trails, but dedicated and smooth trails where you can let the bike go in a sequence of berms, small bumps and paced jumps. The main feature? The flow-trails can be covered by anyone according to their downhill speed and their ability. A new track style based on speed and pace that guarantees the required safety to beginners, and a roller-coaster sensation to expert bikers. Even though many kilometres of flow-trails have already been created and are open to the public, the Carosello 3000 keeps working on this project and new trails have been planned for the future.



SKI AREA
WWW.CAROSELLO3000.COM

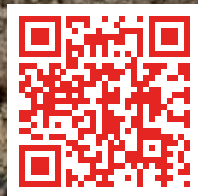
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TRAIL ALERT

Carosello 3000 has been working on new mtb trails. Sign up now for the **Trail Alert** service to be updated by **email** each time a new trail is finished.

Subscribe now!



VISION 

 **DRAGON**

LIVIGNO IN WINTER



Livigno in Winter is a real paradise for skiers and winter sport lovers. The mountain of Carosello 3000 comprises a vast area of groomed slopes served by numerous lift facilities. And there's more, during winter the Mountain Park offers various entertainment areas both for kids and adults, snow-parks, restaurants, a large backcountry area for freeriding and various activities such as the Heliski service and scenic flights, the thrill of paraglider flights, guided excursions with the Livigno Alpine Guides and much more. And at the end of the day the fun isn't over, you will find dedicated areas where to party and relax.

FREERIDE



©Roby Trab

Carosello 3000 in Livigno is the door to vast areas of ungroomed and unsupervised fresh snow slopes where you can ski surrounded by nature. It suits all tastes and abilities: from the Freeride Approaching Areas suitable for beginners, to more challenging backcountry terrains or to skiing on the pristine peaks that surround the valley and that can also be reached with the Heliski service. Here you will find a variety of dedicated areas to fulfil your passion for fresh snow.



SKI AREA
WWW.CAROSELLO3000.COM

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POWDER ALERT

Do you want to be promptly **updated** about **snowfalls** in Livigno?
Sign up now for the **Powder Alert** service.
We will **email** you each time there is a considerable **snowfall** in **Livigno**.

Subscribe now!



Photo: Roby Trab - Rider: Davide Cusini

VISION 

 **DRAGON**

LEVEL 



#theMountainIsFreedom

Photo: Michelle Galli



VISION 

 DRAGON

MY3000 MOBILE APP

Using the mobile app **My3000** you can take part in the challenges at Carosello 3000 - Livigno, share your performances and photos with friends and discover the live functions.

USEFUL TOOLS

In **My3000** you will also find a set of useful tools that will help you to make the most of your holiday in the mountains:

- Live Webcam
- Weather Forecasts
- Direct Call
- Photo Sharing
- Lift open.

MY3000 SAFETY

My3000 is an essential tool for your safety in the mountains. View your position, contact directly the rescue team and send a message with your coordinates.



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photo © Roby Trab



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