

DOLOMITES ALTA VIA 1 SELF GUIDED 4 DAYS

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While we try and stick to the tried and tested itinerary below, the mountain, the accommodation availability and the weather sometimes has other ideas. We will always remain as flexible as possible to make sure we can change any plans if required.

This is a proposed itinerary and where you stay is subject to change based on how far in advance you book your trip. There is limited availability on this trek so we highly recommend booking in advance.

DAY 1:

LAGO DI BRAIES - RIFUGIO SENNES

The journey along the Alta Via 1 Trek begins from the picturesque Lago di Braies, a stunning alpine lake surrounded by soaring peaks.

The trail starts gently, allowing trekkers to ease into the trek as you follow the shore of Lago di Braies, taking in the beautiful reflections of the mountains in the clear waters. As you continue, the path gradually ascends, taking you through lush forests and meadows, where wildflowers bloom in the summer months.

One of the early highlights of this section is the opportunity to visit the idyllic Prato Piazza, a high-altitude plateau with sweeping views of the surrounding Dolomite peaks.

As you approach Rifugio Sennes, the terrain becomes more rugged. The refuge is perched in a stunning location, offering panoramic views of the Sennes Plateau and the surrounding peaks. Here you enjoy a hearty mountain meal and get a good rest.

8.6km / 881m up / 240m down / 3-4 hours trekking

DAY 2:

RIFUGIO SENNES - RIFUGIO FANES

You continue your journey along the Alta Via 1, departing from the scenic Rifugio Sennes.

The trail initially leads you through pristine meadows and rolling alpine hills.

As you progress, the path becomes a little more challenging, taking you through rocky sections and high mountain passes.

One of the highlights of this segment is the opportunity to visit Lago di Limo, a tranquil alpine lake surrounded by rugged peaks.

Rifugio Fanes, your destination for the night, is nestled in a picturesque valley surrounded by towering cliffs and lush alpine meadows. Here you will be greeted by a warm and welcoming atmosphere, and will savour delicious mountain cuisine.

10km / 538m up / 608m down / 3 hours trekking

DAY 3:

RIFUGIO FANES - RIFUGIO LAGAZUOI

Today you will hike to Rifugio Lagazuoi.

The trail begins with a gentle ascent through alpine meadows, but as you progress you may traverse rocky terrain as the path gradually leads you higher into the mountains.

One of the most standout features of this section is the opportunity to explore the Lagazuoi Tunnels, a network of World War I tunnels carved into the mountainside. These historical tunnels provide a fascinating glimpse into the region's past and offer panoramic viewpoints from their entrances.

As you approach Rifugio Lagazuoi, you'll be treated to breathtaking views of the iconic Cinque Torri rock formation. Rifugio Lagazuoi is perched on a ridge, providing a commanding view of the Dolomites. It's a perfect place to rest, enjoy a meal, and soak in the scenery.

12.2km / 1150m up / 450m down / 5-6 hours trekking

DAY 4:

RIFUGIO LAGAZUOI - CORTINA

Day 4 of your Alta Via 1 Trek presents a change of pace as you leave the rugged terrain of the Dolomites and make your way down to the vibrant mountain town of Cortina d'Ampezzo.

Starting from Rifugio Lagazuoi, you'll initially begin your descent through alpine meadows and rocky paths, offering a last look at the dramatic Dolomite scenery before the landscape gradually transforms into lush forests. The contrast from the high alpine regions to the valleys below is striking.

Soon, you'll reach Cortina d'Ampezzo, a world-renowned mountain town nestled in a picturesque valley. Cortina is not only known for its stunning natural surroundings but also for its rich history and vibrant culture. The town offers a wide range of activities and amenities, from charming shops and restaurants to art galleries and cultural events, providing a fitting end to your Alta Via 1 Trek.

12.8km / 1100m up / 1275m down / 5-6 hours trekking

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