

DOLOMITES ALTA VIA 1 SELF GUIDED 9 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

On Day 2 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 - RIFUGIO NUVOLAU / RIFUGIO AVERAU

Departing from Rifugio Lagazuoi, you make your way towards the famous Cinque Torri. The trail begins with a descent from Rifugio Lagazuoi, offering lovely views of the crystalline waters of Lago Lagazuoi. As you progress, the terrain becomes more varied, taking you through rocky paths and alpine meadows.

You will hike alongside the iconic towering limestone pinnacles Cinque Torri (Five Towers). You'll encounter the iconic Averau and Nuvolau peaks, which are known for their striking profiles against the sky. One of Rifugio Averau or Nuvolau will be your destination for the night, perched on a ridge and offering trekkers a warm and welcoming atmosphere, inviting you to relax, savour delicious mountain cuisine, and share stories with fellow trekkers.

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

DAY 5:

RIFUGIO NUVOLAU / RIFUGIO AVERAU - RIFUGIO PASSO STAULANZA

On day 5 of the Alta Via 1 Trek you depart from the scenic Rifugio Nuvolau / Averau. This section of the trek takes you deeper into the Dolomites, offering a blend of alpine beauty and captivating landscapes.

The trail begins with a descent from Rifugio Nuvolau, taking you through rocky terrain and alpine meadows.

As you continue your journey, you'll eventually reach Rifugio Passo Staulanza, a mountain hut nestled in a picturesque valley surrounded by towering cliffs and lush alpine meadows. The refuge provides a warm and welcoming atmosphere, inviting trekkers to relax, savor a hearty meal, and share stories with fellow adventurers.

18.9km / 697m up / 1472m down / 5-6 hours trekking

DAY 6:

RIFUGIO PASSO STAULANZA - RIFUGIO VAZZOLER

On day 6 you leave the Rifugio Passo Staulanza behind and make your way towards Rifugio Vazzoler.

The trail begins with a descent through lush alpine meadows and pristine woodlands.

As you progress, you'll gradually ascend into more challenging terrain, navigating rocky sections.

One of the highlights of this segment is the crossing of the picturesque Passo Staulanza, a mountain pass offering breathtaking panoramic views of the surrounding peaks and valleys and showing off the immense scale and grandeur of the Dolomites.

Arriving at Rifugio Vazzoler, you'll be greeted by a warm and peaceful atmosphere where you can relax and enjoy a good meal.

15km / 900m up / 956m down / 5-6 hours trekking

DAY 7:

RIFUGIO VAZZOLER - RIFUGIO PASSO DURAN

Departing from the serene Rifugio Vazzoler, you'll continue your adventure, making your way towards Rifugio Passo Duran.

The trail begins with a descent through pristine meadows and woodlands.

One of the highlights of this section is the possibility to explore Passo Duran, a mountain pass that grants trekkers sweeping panoramic views of the surrounding peaks and valleys.

Rifugio Passo Duran, your destination for the night, is nestled in a picturesque alpine setting. Here you can relax and enjoy a hearty mountain meal.

11.5km / 682m up / 810m down / 3-4 hours trekking

DAY 8:

RIFUGIO PASSO DURAN - RIFUGIO PIAN DE FONTANA

On day 8 you depart from the Rifugio Passo Duran and head towards Rifugio Pian de Fontana.

The trail starts with a gentle descent through alpine meadows and pristine forests. You continue along the trail to Rifugio Pian de Fontana, where you'll be greeted by a welcoming atmosphere and will enjoy a nourishing meal.

14.7km / 1157m up / 1124m down / 5-6 hours trekking

DAY 9:

RIFUGIO PIAN DE FONTANA - LA PISSA BUS STOP

On your final day you depart from the picturesque Rifugio Pian de Fontana and make your way towards the La Pissa Bus Stop.

The trail begins with a descent through tranquil woodlands. As you make your way downhill, you catch glimpses of the Dolomite peaks in the distance.

Make your way to the La Pissa Bus Stop.

11km / 350m up / 1400m down / 4 hours trekking

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