

EL - HÜTTE 2h 50'
4h 1

ALGA ROSSALM 2h50'
PONTICELLO 4h20' 1

ARA 1h50'
ABASSA 3h 1

DOLOMITES ALTA VIA 1 SELF GUIDED 11 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 BIELLA

The first day of the Alta Via 1 Trek begins at the stunning Lago di Braies, a pristine alpine lake surrounded by towering peaks and lush forests.

The initial stretch of the trek is relatively gentle, winding through picturesque woodlands and alongside the crystal-clear waters of the lake. As you progress, you'll gradually gain elevation, preparing you for the more challenging terrain that lies ahead.

After a few hours of hiking, you'll reach Rifugio Biella, your first mountain hut on this incredible journey. This cozy refuge is nestled amidst the rugged mountains and provides a warm welcome to weary trekkers. Here, you can enjoy a hearty mountain meal, relax on the terrace with panoramic views, and settle into your accommodation for the night.

The transition from the serene shores of Lago di Braies to the mountainous terrain around Rifugio Biella offers a taste of the diversity and beauty that the Alta Via 1 promises. It's an ideal introduction to the trek, combining natural wonders with a comfortable mountain hut experience, setting the stage for the exciting days of adventure that lie ahead.

6km / 870m up / 60m down / 2-3 hours trekking

DAY 2:

RIFUGIO BIELLA - RIFUGIO FANES

The second day of the Alta Via 1 Trek embarks from Rifugio Biella, ascending through alpine meadows adorned with colourful wildflowers during the summer months. The path gradually leads you into more rocky terrain, offering occasional glimpses of the surrounding peaks that dominate the skyline. As you ascend, the views become increasingly spectacular.

One of the highlights of this section is the Croda del Becco, a prominent peak that provides a dramatic backdrop to your hike. The trail takes you close to this impressive formation, allowing you to appreciate the sheer scale and majesty of the mountains.

Continuing on, you'll eventually reach Rifugio Fanes, your destination for the night. This mountain hut is situated in a picturesque valley surrounded by towering cliffs and lush alpine meadows. It's a perfect place to rest, refuel with a delicious meal, and soak in the tranquility of the Dolomites. Rifugio Fanes also offers comfortable accommodation, allowing you to recharge for the next day's adventure.

13km / 710m up / 980m down / 4-5 hours trekking

DAY 3:

RIFUGIO FANES - RIFUGIO LAGAZUOI

On Day 3 you follow the trail from Rifugio Fanes to Rifugio Lagazuoi, with a mix of alpine meadows, rocky terrain, and expansive vistas.

One of the highlights of this section is the option to explore the Lagazuoi Tunnels, a system of World War I tunnels carved into the mountain. These tunnels provide a fascinating glimpse into the history of the region 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 and the surrounding landscape. Perched on a ridge, Rifugio Lagazuoi is a perfect place to rest, enjoy a meal, and soak in the surroundings.

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 CITTA DI FIUME

Departing from the charming Rifugio Nuvolau / Averau, you'll continue your trek towards Rifugio Città di Fiume.

The trail leads you through a varied terrain, from rocky paths to verdant meadows, offering a glimpse of the Dolomites' diverse beauty. As you descend from Rifugio Nuvolau, you'll be treated to sweeping panoramic views of the surrounding peaks, valleys, and lush forests.

One of the notable features along this section of the route is the opportunity to pass by the enchanting Cinque Torri (Five Towers) rock formation. These towering limestone pinnacles are a photographer's dream and a testament to the Dolomites' unique geological history.

Continuing your descent, you'll eventually arrive at Rifugio Città di Fiume, a cozy mountain hut situated in a beautiful alpine setting. Here, you can rest and recharge, enjoying a delicious meal while relishing the camaraderie of fellow trekkers.

12.8km / 500m up / 1200m down / 4-5 hours trekking

DAY 6:

RIFUGIO CITTA DI FIUME - RIFUGIO COLDAL

Departing from the cozy Rifugio Città di Fiume, you'll embark on another day of scenic splendour as you make your way towards Rifugio Coldai.

The trail begins with a gentle ascent through lush meadows and forests. The path gradually gains elevation, revealing stunning vistas of the surrounding peaks and valleys.

As you continue your journey, you'll pass by the charming mountain village of Col di Rocca, providing an opportunity to glimpse into the local culture and history. The Dolomites' unique blend of natural beauty and human heritage is ever-present along the Alta Via 1.

Approaching Rifugio Coldai, you'll be greeted by awe-inspiring views of the crystalline waters of Lago Coldai, a picturesque alpine lake nestled beneath towering cliffs. Rifugio Coldai is perched above the lake, offering a welcoming retreat for trekkers. Here, you can unwind, enjoy a hearty meal, and savor the serenity of the surroundings.

9.3km / 560m up / 340m down / 3-4 hours trekking

DAY 7:

RIFUGIO COLDAI - RIFUGIO VAZZOLER

On day 7 of the Alta Via 1 Trek you depart from the picturesque Rifugio Coldai and head towards Rifugio Vazzoler.

The trail begins with a descent from Rifugio Coldai, offering trekkers stunning views of Lago Coldai's crystalline waters set against a backdrop of rugged peaks. As you progress, you'll hike through dense forests, traversing rocky terrain and alpine meadows, providing a diverse range of environments to explore.

One of the highlights along this stretch is the crossing of the beautiful Val Civetta, a deep valley surrounded by towering cliffs. The sheer scale of the valley and its imposing rock walls will leave you in awe of the Dolomites' geological splendor.

As you continue, you'll eventually reach Rifugio Vazzoler, a remote mountain hut tucked away in the heart of the Dolomites. Here, you can enjoy a satisfying meal and immerse yourself in the tranquility of the alpine landscape.

9.8km / 450m up / 850m down / 3-4 hours trekking

DAY 8:

RIFUGIO VAZZOLER - RIFUGIO CARESTIATO

On day 8 of the Alta Via 1 Trek you leave the remote beauty of Rifugio Vazzoler and continue your journey towards Rifugio Carestiato.

The trail initially takes you through a picturesque valley, surrounded by towering peaks on either side. As you ascend, the path becomes steeper, and you'll navigate rocky sections that demand a bit more effort and concentration. The ever-changing terrain keeps the trek exciting and engaging.

One of the standout features of this section is the encounter with the remarkable Vazzoler Pass. Crossing this pass provides trekkers with sweeping panoramic views of the surrounding mountains and valleys, making it a rewarding highlight of the day.

Once you arrive at Rifugio Carestiato it's time to relax and refuel.

8.7km / 620m up / 500m down / 3-4 hours trekking

DAY 9:

RIFUGIO CARESTIATO - RIFUGIO PRAMPERET

On day 9 you depart from Rifugio Carestiato and make your way towards Rifugio Pramperet.

The trail begins with a descent from Rifugio Carestiato, taking you through lush meadows and peaceful forests. The scenery is a pleasing contrast to the rocky landscapes encountered on previous days, allowing trekkers to appreciate the Dolomites' diverse terrain.

As you near Rifugio Pramperet, you'll be treated to expansive vistas of the surrounding peaks, which stand in stark contrast to the serene valleys you've traversed earlier in the day. Once you reach Rifugio Pramperet it's time to relax and enjoy some great food as well as a good night's sleep.

13.2km / 620m up / 600m down / 4-5 hours trekking

DAY 10:

RIFUGIO PRAMPERET - RIFUGIO PIAN DE FONTANA

Setting out from the welcoming Rifugio Pramperet, the trail starts with a gentle descent through alpine meadows, with the backdrop of imposing peaks and expansive valleys.

One of the highlights of this segment is the possibility to explore Passo Duran, a mountain pass that offers breathtaking panoramic views of the surrounding peaks. This vantage point allows trekkers to fully grasp the immense scale and grandeur of the Dolomites.

Rifugio Pian de Fontana, your destination for the night, sits in a tranquil alpine setting. The mountain hut offers a welcoming atmosphere where trekkers can rest and refuel with a hearty meal.

6.2km / 540m up / 760m down / 2-3 hours trekking

DAY 11:

RIFUGIO PAIN DE FONTANA - LA PISSA BUS STOP

On the final day of the Alta Via 1 Trek you make your way towards the La Pissa Bus Stop.

11km / 200m up / 1400m down / 4 hours trekking

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