

# DOLOMITES ALTA VIA 1 SELF GUIDED 7 DAYS



# DOLOMITES ALTA VIA 1 SELF GUIDED 7 DAYS

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 FANES

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 lunch meal and then continue onwards towards Rifugio Fanes. 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.

19km / 1580m up / 1040m down / 6-7 hours trekking

## DAY 2:

### RIFUGIO FANES - RIFUGIO LAGAZZOLI



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 3:**

### **RIFUGIO LAGAZUOI - RIFUGIO NUVOLAU / RIFUGIO AVERAU**

On Day 4 of the Alta Via 1 Trek, the journey continues to unfold with spectacular scenery and exciting challenges. 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 4:**

### **RIFUGIO NUVOLAU / RIFUGIO AVERAU - RIFUGIO COLDAI**



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. 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.

22km / 1060m up / 1540m down / 7-8 hours trekking

## **DAY 5:**

### **RIFUGIO COLDAI - RIFUGIO CARESTIATO**

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 lunch and immerse yourself in the tranquility of the alpine landscape. One of the standout features of the next 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.

18.5km / 1070m up / 1350m down / 6-7 hours trekking

## **DAY 6:**

### **RIFUGIO CARESTIATO - RIFUGIO PIAN DE FONTANA**



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. 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.

19.4km / 1160m up / 1360m down / 6-7 hours trekking

## **DAY 7:**

### **RIFUGIO PIAN 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 and the end of your trekking experience. Descend by bus journey down to Belluno to catch your onward connection.

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