



"TREKKING: WHERE EVERY HILL FEELS LIKE A MOUNTAIN, AND EVERY SNACK FEELS LIKE A GOURMET MEAL."

ALTA VIA 1 LUNCH STOPS

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Staying fuelled and hydrated is key to any mountain adventure. That's why we've put together this helpful list of places where you can fill up a water bottle or stop for some food.

While we've tried to include as much as possible, things change on the trek on a daily basis. Water fountains are shut off and refuges stop serving lunch so always prepare to go most of the day with the food and water in your back pack.

Enjoy and remember, take it easy on the cheese, wine and pizza if you've still got a big climb to do!

WHAT TO EXPECT?

On the Alta Via 1, the refuges (rifugio) serve a variety of hearty, traditional meals that reflect the local cuisine of the Dolomites, blending Italian and Tyrolean flavors. Here's what you can generally expect:

Breakfast is usually simple and may include:

- Fresh bread
- Butter and jam
- Cheese or cold cuts (in some huts)
- Yogurt and cereals
- Coffee, tea, or hot chocolate
- Sometimes, pastries like croissants

Packed lunches at a refuges may include:

- Panini or sandwiches, often with local cheese, ham, or speck (smoked ham)
- Salads (especially in summer)
- Snacks like cakes, energy bars, crisps, fruit or local cheese

Dinner is typically the highlight in the refuges, and it usually includes:

- Pasta dishes (e.g., tagliatelle with mushrooms, lasagna, or ravioli)

- Gnocchi (potato dumplings often served with a rich sauce, like gorgonzola or butter and sage)
- Meat dishes, such as spezzatino (stew), roast pork, or venison
- Polenta, often served as a side or with meat or cheese
- Risotto, with flavors like mushroom or saffron
- Vegetable side dishes (seasonal vegetables, potatoes, or salads)
- Desserts: Tiramisu, apple strudel, or cakes are common.

Vegetarian options are usually available in most huts, such as pasta, gnocchi, and polenta dishes with vegetables or cheese. However, vegan, gluten-free, or other specific dietary needs might be harder to accommodate consistently, so it's worth notifying the huts ahead of time or packing some additional snacks.

The food is typically filling and rustic, perfect for refuelling after long hikes. Meals are often communal, creating a great opportunity to relax and connect with fellow hikers.



11 DAY

Lago di Braies – Rifugio Biella

Lunch stop: Rifugio Biella

Rifugio Biella – Rifugio Fanes

Lunch stop: Rifugio Sennes, Rifugio Fodara Vedla, Rifugio Pederü

Rifugio Fanes – Rifugio Lagazoui

Lunch stop: N/A take a picnic

Rifugio Lagazoui – Rifugio Nuvolau / Rifugio Averau

Lunch stop: Rifugio Scoiattoli, Rifugio Cinque Torri (require detour)

Rifugio Nuvolau / Rifugio Averau – Rifugio Citta di Fiume

Lunch stop: Albergo Passo Giau

Rifugio Citta di Fiume – Rifugio Coldai

Lunch stop: Rifugio Passo Staulanza

Rifugio Coldai – Rifugio Vazzoler

Lunch stop: Rifugio Tissi (requires short detour)

Rifugio Vazzoler – Rifugio Carestiato

Lunch stop: Rifugio Tomé Passo Duran, Rifugio San Sebastiano

Rifugio Carestiato – Rifugio Pramperet

Lunch stop: N/A take a picnic

Rifugio Pramperet – Rifugio Pian de Fontana

Lunch stop: N/A take a picnic

Rifugio Pain de Fontana – La Pissa bus stop

Lunch stop: Rifugio Bianchet

9 DAY

Lago di Braies – Rifugio Sennes

Lunch stop: Rifugio Biella

Rifugio Sennes – Rifugio Fanes

Lunch stop: Rifugio Pederü

Rifugio Fanes – Rifugio Lagazoui

Lunch stop: N/A take a picnic

Rifugio Lagazoui – Rifugio Nuvolau / Rifugio Averau

Lunch stop: Rifugio Scoiattoli, Rifugio Cinque Torri (require detour)

Rifugio Nuvolau / Rifugio Averau – Rifugio Passo Staulanza

Lunch stop: Albergo Passo Giau, Rifugio Città di Fiume

Rifugio Passo Staulanza – Rifugio Vazzoler

Lunch stop: Rifugio Coldai, Rifugio Tissi (requires short detour)

Rifugio Vazzoler – Rifugio Passo Duran

Lunch stop: Rifugio Carestiato

Rifugio Passo Duran – Rifugio Pian De Fontana

Lunch stop: Rifugio Pramperet

Rifugio Pain de Fontana – La Pissa bus stop

Lunch stop: Rifugio Bianchet

7 DAY

Lago di Braies – Rifugio Fanes

Lunch stop: Rifugio Biella, Rifugio Sennes, Rifugio Fodara Vedla, Rifugio Pederü

Rifugio Fanes – Rifugio Lagazoui

Lunch stop: N/A take a picnic

Rifugio Lagazoui – Rifugio Nuvolau / Rifugio Averau

Lunch stop: Rifugio Scoiattoli, Rifugio Cinque Torri (require detour), Rifugio Averau

Rifugio Nuvolau / Rifugio Averau – Rifugio Coldai

Lunch stop: Rifugio Città di Fiume, Rifugio Passo Staulanza

Rifugio Coldai – Rifugio Carestiato

Lunch stop: Rifugio Tissi (requires detour), Rifugio Vazzoler

Rifugio Carestiato – Rifugio Pian de Fontana

Lunch stop: Rifugio Tomé Passo Duran, Rifugio San Sebastiano, Rifugio Pramperet

Rifugio Pian de Fontana – La Pissa bus stop

Lunch stop: Rifugio Bianchet

4 DAY

Lago di Braies – Rifugio Sennes

Lunch stop: Rifugio Biella

Rifugio Sennes – Rifugio Fanes

Lunch stop: Rifugio Pederü

Rifugio Fanes – Rifugio Lagazoui

Lunch stop: N/A take a picnic

Rifugio Lagazoui – Cortina

Lunch stop: N/A take a picnic