



Dolomites Alta Via 1 South (Self-Guided)

Please email us at info@alpineexploratory.com or call us on +44 (0)1729 823 197 to chat about this holiday. You'll find all the latest information at www.alpineexploratory.com/holidays/dolomites-alta-via-1-south.html.



The Lastoi de Formin above Cortina

About these Holiday Notes

These Holiday Notes help you decide whether this holiday is right for you. Before your trip we send you final detailed information.

Details

- Start Cortina
Finish La Stanga for Belluno
Region Dolomites
Country Italy
Length 6 walking days
Total distance 85.5km
Typical day 13.5km with 640m ascent
Highest altitude 2,575m
Grade Red 3

Introduction

The Alta Via Uno is one of the North-to-South treks across the Italian Dolomites, taking roughly 10 days in its full length. Our AV1 South week spends 6 days on the Southern half of the trail, from Cortina to Belluno.

The AV1 route can be walked without great difficulty, being made up of standard Alpine paths. Our routecards also describe variants which bypass the harder sections. Much of the route is over rocky paths in the mountains, with long sections too on good solid tracks. Forested sections are interspersed with bare rocky hillsides.

Our routecards follow the main Alta Via Uno route, starting in Cortina to meet the trail above town. We also describe all of the common variants, so that on most days you have some choices of path. The only route that we miss is the difficult via ferrata on the Schiara, the mountain at the end of the trek above Belluno. We take the variant to La Stanga, for the local bus to Belluno, thus keeping the whole trek to normal mountain paths and tracks instead of any via ferrata.

Our approach

Your route

Our trip gives a complete journey on foot from Cortina to La Stanga near Belluno. The local bus can be taken from Cortina to the AV1 which runs above town, and then another bus is taken from La Stanga to Belluno. On the trek itself, no transport is needed. The AV1 is a well-defined route that offers many variants, as described in your routecards. Where the route splits, generally our normal route below takes the easier option.

Routecards and maps

Each day's route is explained in detail on your routecards, to bring you to your night's accommodation. We give you the real maps for you to follow, not printouts or photocopies.

Getting there and back

Your holiday starts in Cortina and ends in Belluno. Travel to Cortina and from Belluno is not included in the holiday price - we leave it to you to make the arrangements that suit you best. Venice is the most convenient airport with several transfer options available. Full information on flight and transfer options will be sent to you on booking.

Itinerary

Day 1: Arrival in Cortina

Evening arrival in Cortina. There is masses of scope for eating out. Hotel in Cortina

Day 2: Cortina to Rifugio Nuvolau

(18km with 675m ascent) Walk up to the hillsides above Cortina, with an optional bus to miss the first 6km. Walk near the splendid Cinque Torri, five towers, and onto the bold ridge that holds the Nuvolau hut. Rifugio

Day 3: Rifugio Nuvolau to Rif Cita di Fiume

(13km with 400m ascent) Descend a steep and rocky path, which can be bypassed, to reach Passo Giau and the hills beyond. Wide open walking over meadows is a theme for the afternoon, interspersed with short climbs. At the end of the day the realm of Cortina has been well left behind, and the Zoldo area looms large. Monte Pelmo is unmistakable today with its two summits. Rifugio

Day 4: Rif Cita di Fiume to Rifugio Coldai

(8.5km with 600m ascent) Passo Staulanza or Passo Palafavera are crossed today, being two road passes giving alternative routes. The Giro Classico di Monte Pelmo is a possibility too. Reach another

proper mountain hut with views back to the mighty Pelmo plug of rock. Rifugio

Day 5: Rifugio Coldai to Passo Duran

(20km with 900m ascent) Today calls for striding out; the distance passes quickly on generally good terrain, with short sections of more slow-going and steep walking. Several combs are crossed on the Civetta massif, which the AV1 is skirting in these stages. Reach the quiet road at Passo Duran. Auberge

Day 6: Passo Duran to Rifugio Fontana

(15km with 1,000m ascent) Enter an area of bold mountains today, at times with a more remote feel than the hills before... however, the walking is similar as you cross the Cime di Zita, and there is a refuge half-way for lunch. A long and interesting descent brings you to a grassy shelf hidden from civilisation. Rifugio

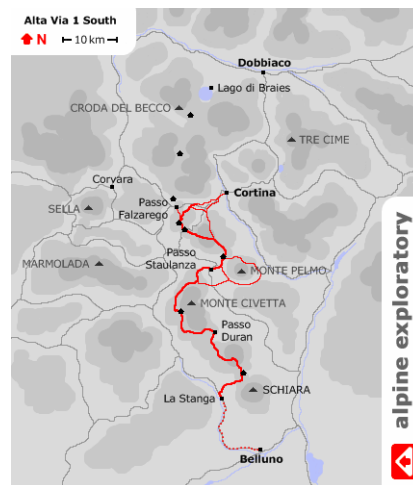
Day 7: Rifugio Fontana to La Stanga

(14km with 250m ascent) The trek is completed with a modest half-day's stage to the road. To avoid the AV1's via ferrata finish over the imposing Schiara massif, we take the straightforward path and track past Rif Bianchet, to reach the bus to Belluno. Belluno comes as a contrast to the calm of the trek, being a small yet lively town very much in an Italian style. Hotel in Belluno

Day 8: Departure from Belluno

Departure from Belluno after breakfast.

Our normal schedule of accommodation might not be available, especially for busier times or at shorter notice. We book accommodation as close as possible to this itinerary and give you a schedule to check before we proceed.



Accommodation

Our standard schedule of accommodation consists of 1 night in a 3-star hotel, 1 night in a 2-star hotel, 1 night in an auberge, and 4 nights in mountain huts.

The huts are comfortable and welcoming. Hut accommodation is in dormitories, either on Alpine-style communal sleeping platforms or in bunk beds. We can sometimes book private rooms at some of the huts. In the hotels we book ensuite rooms. In the auberge we book non-ensuite yet still private rooms. Your info pack contains full details of your accommodation including contact details and directions.

The walking**Terrain**

The AV1 South's terrain comprises wide tracks through forests, the odd country lane, zig-zagging hillside paths and steep, rocky mountain paths. In some places on optional variant paths the paths are particularly steep and loose, for example on the final approaches to cols and in loose descents. The most difficult section is the optional circuit of Monte Pelmo. However, the AV1 has no *via ferrata* or climbing sections and is a trek throughout.

Your own routes

While your routecards make up the walking for the trip, you are of course free to walk wherever you choose, taking side trips or going by a different route of your own choice. Please note that if you follow your own route you will have left the holiday for the duration.

Food

Meals included are all breakfasts plus 5 evening meals (at all of the refuges and auberges). For lunches there is lots of opportunity to stock up on ingredients along the route. You will often find huts and cafés during the walking, useful for lunch stops. Your routecards give information about food shops and refreshment stops along the route. For eating out on the nights when dinner is not included, there are good options in the village or town.

Insurance

Clients must have insurance to cover themselves for helicopter search & rescue, medical expenses and repatriation. We recommend, but it is not compulsory, that you also have cover for personal liability, cancellation and your baggage and money. You might find that your annual multi-trip travel insurance covers these items already. We will send you details of suitable insurance policies on booking.

Passports and visas

UK passport holders do not need a visa to enter Italy. Please check that your passport is in date.

Weather

The weather in these parts of the Italian Alps from July to mid-September is generally highly suitable for Alpine walking. While snowfall is possible on higher ground all year round, it is unlikely in this the summer season.

During cold spells in summer, rain can fall as snow on the Alta Via 1's higher passes. Additionally, patches of snow left over from Winter and Spring might linger into July, but should not pose problems. July and August are commonly the hottest months but with greater amounts of rain and greater risk of afternoon thunder storms; the first half of September can be stable, with the chance of some beautifully clear days.

Thunderstorms are a particular danger in summer, occurring most often in the afternoons.

This all means that it is sensible to come equipped and expecting all the types of weather that might be experienced in a typical summer in the UK: from heavy rain storms with a chill in the air, to hot sunshine.

Equipment

You will need the usual equipment for mountain walking in the Alps. Especially important are good walking boots, good waterproof jacket and waterproof trousers, and sun protection. For the huts you will need a sheet liner. No *via ferrata* equipment is needed. We will send you an equipment list on booking. Please also see the Equipment page of our website for more information.

Local expenses

Local expenses include food and drink other than those meals that are included, plus any local transport, attractions and extras.

Guided days

Hire one of Alpine Exploratory's leaders to join you on this self-guided holiday, for one or more days. A leader helps plan and carry out each day's walking and adds interest to your holiday by pointing out local features. Please contact us for prices and more information.

Groups

Walk by yourself or in your own group, or see if we can match you up with other like-minded walkers on the same holiday. Any group will be a maximum of 8 people.

Hazards**Health**

Italy does not require tourists to take any vaccinations. However, it is recommended to keep tetanus vaccines up to date.

Safety

This is adventure travel! This holiday takes you to some wild and remote areas, in particular some areas of upland mountains where navigation can be difficult in poor weather. The weather can also be a hazard in itself. During any walking, whether following a routecard or making your own route, you are responsible for your own actions and safety and you should join the trip with suitable skills, experience and equipment.

Further information

Please email us with any questions at info@alpineexploratory.com.

Disclaimer

This information is given in good faith and is believed to be correct at the time of issue. Alpine Exploratory cannot be liable for any loss or injury incurred.