



Dolomites Alta Via 1 (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.html.



Wooden barns near Rifugio Fodara Vedla

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 Dobbiaco for Lago di Braies
Finish La Stanga for Belluno
Region Dolomites
Country Italy
Length 10 walking days and 1 rest day
Total distance 120km
Typical day 12km with 650m ascent
Highest altitude 2,752m
Grade Red 3

Introduction

The Alta Via Uno is one of several North-to-South trekking routes in the Italian Dolomites, that famous region of the Alps characterised by bold, glowing limestone formations. The AV1 is a trek, without via ferrata, in 10 stages from Dobbiaco to Belluno.

Life on the AV1 quickly falls into a relaxing pattern. The huts are welcoming and the food excellent. The terrain mixes easy stretches over which you can stride out among high peaks, with tighter paths on steep rocky ground. The route can be walked without great difficulty, being made up of standard Alpine paths and with variants avoiding the harder sections.

Our routecards follow the main Alta Via Uno route; we also describe all of the common variants, so that on most days you have some choices of path. The one 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 Lago di Braies near Dobbiaco, to La Stanga near Belluno. The local bus is taken from Dobbiaco to Lago di Braies and from La Stanga to Belluno. On the trek itself, no transport is taken except for (optionally) the bus into Cortina for your rest day. 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 Dobbiaco and ends in Belluno. Travel to Dobbiaco and from Belluno is not included in the holiday price - we leave it to you to make the arrangements that suit you best. Venice (and possibly Innsbruck for Dobbiaco) are the most convenient airports with several transfer options available. Full information on flight and transfer options will be sent to you on booking.

Itinerary

Day 1: Arrival in Dobbiaco

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

Day 2: Lago di Braies to Rif Biella

(6km with 910m ascent)
The mountains start immediately above Lago di Braies, a famed lake hemmed in by hillsides. The local bus takes you there from Dobbiaco, or the walk across fields and through woods is a pleasant alternative. Take to the hills and climb towards Croda de Becco, an optional 2,810m peak that can be walked on the way to your hut. **Rifugio**

Day 3: Rif Biella to Rifugio Fanes

(12km with 620m ascent)
Cross-country is the theme for the next two stages as you cross large areas of upland meadow and rock. Today's stage is divided into two at Rif Pederu, which must be descended to and then ascended from. **Rifugio**

Day 4: Rifugio Fanes to Rifugio Lagazuoi

(14km with 1,100m ascent)
Today's goal is the well-positioned refuge on the former front line between Italian and Austrian forces in WW1. Mostly on good paths

and tracks which allow striding out, there is one steep descent which can be bypassed by an enjoyable variant. **Rifugio**

Day 5: Rifugio Lagazuoi to Cortina

(15.5km with 200m ascent)
Today there is the option to explore the Galleria Lagazuoi, a restored First World War tunnel. The main walk takes you to Rifugio Dibona under the shadow of immense cliffs of the Tofana de Rozes. The last 6km can be skipped by bus into Cortina. **Hotel in Cortina**

Day 6: Rest day in Cortina

Cortina is a bustling resort that has a good claim to be the skiing and mountaineering centre of the Dolomites. Shops and local walks abound, as do good restaurants. **Hotel in Cortina**

Day 7: Cortina to Rifugio Nuvolau

(18km with 675m ascent)
Return 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 8: 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 9: 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 10: 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 11: 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**

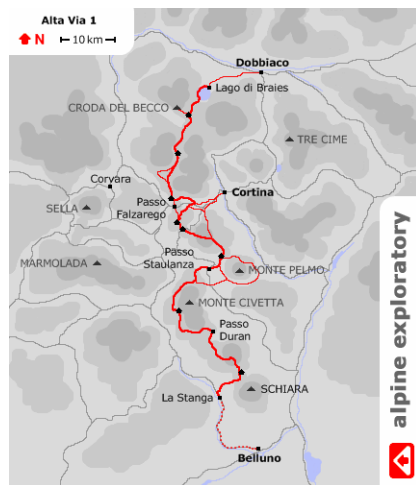
Day 12: Rifugio Fontana to La Stanga (14km with 250m ascent)

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 13: 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 4-star hotel, 1 night in a 3-star hotel, 2 nights in 2-star hotels, 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 but still private rooms. Your info pack contains full details of your accommodation including contact details and directions.

The walking

Terrain

The AV1'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 8 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.