



Duration of the tour: 7 days

Category: hike / haute route / via ferrata / alpine course

Difficulty level: easy / **moderate** / difficult / very difficult / expert

Dolomite Circuit # 1

Hiking the 'Alta Via # 1 delle Dolomiti'

The Dolomite Trail has gained a reputation as the perfect path, particularly due to the incredible beauty of the surrounding landscape. This hike leads us through the most interesting regions of the eastern 'Dolomites'. Our trail starts from 'Pragser Wild Lake', in the 'Puster' valley, and takes along the main ridges of the major Dolomite groups to 'Belluno', situated at the southern edge of the Alps. The path follows the natural north to south route through the eastern Dolomites and is a pleasurable hike for every mountain enthusiast. The total distance of this hike is approximately 150 km, 60 km as the crow flies, and takes about 7 days. The main route has an average altitude of 2.000 meters and definitely has an alpine character. In total we will cross over eleven Dolomite groups, the 'Pragser' and 'Enneberger' Dolomites, 'Fanes', 'Fanis', 'Nuvolau', 'Croda da Lago', 'Rocchetta', 'Pelmo', 'Civetta', 'Moiazza', 'Pramper-Dolomites' and 'Schiara'. Over three big Dolomite passes, the 'Passo Falzarego', 'Passo Staulanza' and 'Passo Duran'. Along this wonderful trail are 18 huts, all of them offer lodging, good food and local wine.

Region:
Wallis (Switzerland)

Day 1, Saturday

Meeting point is at 6:00 p.m. at the Hotel 'Pragser Wild Lake' (1.494 m) in the 'Puster' valley. Telephone Italy (00 39) 04 74 - 74 86 02.

Day 2, Sunday

The first ascent follows the 'Sora al Forn' Col (2.388 m) to the 'Sennes' plateau. From there it is a short descent to the 'Seekofel' hut (2.325 m) before we reach the 'Sennes' hut (2.116 m). We continue down to 'Pederü' (1.545 m). From here we ascend in 2 hours through the 'Vallone di Rudo' to the newly renovated 'Fanes' hut (2.060 m).

Hiking time approx. 8 hours, ascent 1.400 m, descent 850 m.

Day 3, Monday

A short ascent takes us to the 'Limo' Col (2.172 m). Crossing the 'Fanes' plateau the trail leads to the 'Passo di Lago' pass (2.480 m) and descends steeply toward lake 'Lago Lagazuoi' (2.182 m). After a well deserved lunch break we will head up over the 'Forc.

Lagazuoi' pass (2.573 m) to the 'Rif. Bai de Dones' (1.889 m). From there a chair lift takes us to 2.225 meters, a half an hour later we get the 'Rif. Cinque Torri' (2.137 m).

Hiking time approx. 7 hours, ascent 900 m, descent 1.050 m.

Day 4, Tuesday

Today we first hike up to the 'Passo Giau' (2.236 m), and continue on to the 'Passo Staulanza' (1.766 m) by taxi. From there we head up to the 'Baldi' Col (1.920 m) before we reach our final destination for the day, 'Rif. Coldai' (2.132 m).

Hiking time approx. 6 hours, ascent 700 m, descent 250 m.

Day 5, Wednesday

Via the 'Forc. Coldai' pass (2.191 m), we reach the 'Lago Coldai' and continue along the base of the impressive, north facing rock walls of the 'Civetta', which leads us to the 'Rif. Tissi' (2.262 m). Through the 'Val Civetta' we make our way to the 'Rif. Vazzoler' (1.714 m). We then ascend to the 'Forc. Del Camp' pass (1.933 m) before at last the route takes us down to the 'Rif. Carestiato' hut (1.834 m).

Hiking time approx. 8 hours, ascent 650 m, descent 750 m.

Day 6, Thursday

After a descent to the 'Passo Duran' (1.601 m) the trail then takes us up to the 'Forc. Del Moschesin' pass (1.940 m), and on to the 'Forc. Del Zita' pass (2.451 m). From there it is a downhill journey to the cosy 'Rif. Pian de Fontana' (1.632 m).

Hiking time approx. 8 hours, ascent 1.050 m, descent 1.150 m.

Day 7, Friday

Today we start with a short descent, to get on the trail up the 'Forc. La Varetta' pass (1.704 m). From here we continue on a gentle trail to the 'Rif. Bianchet' (1.245 m). Through the 'Val del Vescova' we make our way down to 'La Muda' (483 m) in the 'Val Cordevole'. After a break at the base of a waterfall we travel by taxi over the Dolomite passes back to the 'Pragser Wild Lake'. Arrival approx. 4:00 p.m. From there you can either commence your homeward journey or you are welcome to stay a little longer in the 'Puster' valley.

Hiking time approx. 5 hours, ascent 200 m, descent 1.400 m.

Required:

Good health, mountain experience is advantageous, average physical condition, a sure foot, enough physical endurance for day trips with up to 8 hours hiking time.

Equipment:

Hiking shoes with good grip, 2 pairs of socks, comfortable pants, shorts, pullover or jacket, protective clothing against wind and rain (Gore-Tex), functional underwear, a change of underwear (stored in a plastic bag), rucksack approx. 35 litre, (a maximum weight of 8 kg is recommended). Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Gloves, cap (against sun and cold), sunglasses, sunscreen, lip salve, a water bottle, snacks (power bars, nuts, etc.), indoor shoes or trainers, sleeping bag liner, toilet bag, small towel, first aid, head lamp, identity card, collapsible poles if required.

Accommodation:

Hotel (shared accommodation), mountain huts (dormitory)

Services:

Mountain guide, 6x half pension, 2x taxi, 1x cable car

Additional costs:

We recommend approx. € 25,- per day for drinks, extra provisions, etc.

Participants:

6 - 12 people

Travel to Pragser Wildsee:

Via highway 'Innsbruck', 'Brenner', 'Franzensfeste', departure 'Puster' valley, 'Bruneck', via 'Toblach', between 'Welsberg' and 'Niederndorf' branching off to 'Prags' and further to 'Pragser Wild Lake' (1.495 m). Free long-term parking in front of the hotel. The travel with public conveyances is recommended ('Innsbruck', 'Brenner', 'Franzensfeste', 'Villa Bassa – Braies' ('Niederndorf'), by bus or by taxi to 'Pragser Wild Lake').

Extension of stay:

We advise you to contact tourist information centre in the Puster valley if you need accommodation before or after the tour, www.pustertal.com

OASE AlpinCenter:

The OASE AlpinCenter is adjacent to the train station in Oberstdorf, opposite platform 1.

Information and booking:

For further details please contact us directly from:

June – September:	Monday – Friday 9 – 12 hours and 14 – 18 hours
October – Mai:	Monday – Friday 9 – 12 hours

If the office is unattended please leave a message, we call you back .

Tel.: 0049 - 83 22 - 8000 980	Online: www.oase-alpin.com
Fax: 0049 - 83 22 - 8000 98-19	E-Mail: bergschule@oase-alpin.de

You will find dates and prices on our website.



Personal notes:

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