

TREKKING

LATEMAR CHTINHCCIO SASSOLUNGO SELLA MARMOLADA MONZONI







STRÈDA ROMA, 36 TEL. +39 0462 609500 FAX +39 0462 602278

38036 POZZA DI FASSA (TN) PIAZA DE COMUN, 7

www.fassa.com

TEL. +39 0462 609666 FAX +39 0462 760355

38032 ALBA DI CANAZEI (TN)

STRÈDA DE COSTA. 258 FAX +39 0462 600293 infoalba@fassa.com 38031 CAMPITELLO DI FASSA (TN

STRÈDA DOLOMITES, 48

TEL. +39 0462 609620 FAX +39 0462 750219 infocampitello@fassa.co PIAZ G. MARCONI, 5

TEL +39 0462 609600 FAX +39 0462 602502 infocanazei@fassa.com 38030 MAZZIN (TN)

STRÈDA DE CAPITEL DEL MORO, 812 TEL. +39 0462 609650 FAX +39 0462 767361

For your hikes in mountain always choose itineraries in accordance with your technical and physical abilities. Consult maps of the area to visit and check the best way to



. Wear adequate clothing, footwear and equipment suitable for the length and grade of difficulty of trail to be taken. Always try to be self-sufficient and carry with you the necessary to face possible emergency situations and a first aid kit.

follow. If you walk in group including slo

ge times to cover the distances.

wer hikers, always calculate longer avera-

38035 MOENA (TN)

PIAZ DE SOTEGRAVA. 19

FAX +39 0462 574342

PIAZA DE COMUN. 2

TEL. +39 0462 609670

STRADON DE FASCIA, 3

TEL: +39 0462 609750

FAX +39 0462 768461

infosoraga@fassa.com

STRADA REZIA. 10

EL. +39 0462 60970

FAX +39 0462 764877

infovigo@fassa.com

38039 VIGO DI FASSA (TN)

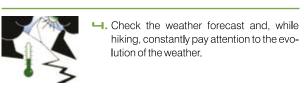
FAX +39 0462 76371

. +39 0462 609770

38036 POZZA DI FASSA (TN)



3. Preferably do not hike alone in mountain. Otherwise tell someone the itinerary that you are going to follow and let him know when you are back.



hiking, constantly pay attention to the evolution of the weather.



. If you do not feel safe, give up. In mountain, sometimes, it is better to surrender than to face the dangers deriving from bad weather conditions or from difficulties superior to one's limits. In advance look for alternative itineraries to get back.

Bring rubbish back with you. Respect the



flora and fauna. Remain on the marked tracks, avoiding to follow shortest ways, in order to avoid causing damages to vegetation and the territory. Respect local cultures and traditions, always bearing in mind that you are a guest.

1. EASY HIGH-LEVEL WALKS

LA REZILA REFUGE From the intermediate station (1820 m), refreshment at the restaurant Valbona, go on the flat towards Malga Pozza. Where the dirt road begins to climb, go down to the left onto the pastures and then into the wood. Then the path flattens out to reach the refuge La Rezila (1,760 m) on the edge of a wide grassy clearing (40 min).

1/a VALBONA (Intermediate station of the Lusia Cabin lift)

From Moena go up to the San Pellegrino pass (1,919 m), then go down the other side for 200 m until you come to a bridge where the ski-run

goes over the road. Turn left here onto the road which leads to the Miralago hotel. Leave the car in the car park and set off along the more or less flat dirt road which will take you to the Fuciade basin.

This spectacular amphitheatre is dominated by magnificent peaks (Sas de l'Om, Cigolè, Sas de Valfreida). It is particularly interesting to the botanist due to the presence of plants and flowers unique to this area. The itinerary ends at the Fuciade refuge (1,972 m; 1 hour). Go back along

1/c STRADA DI RUSCI (Russian road) -VAL DE SÈN NICOLO (San Nicolò Valley)

Leave the car at the pay-park at Sauch in the San Nicolò Valley, and then cut through the strip of trees to reach the track known as "Strada" di Rusci" or Russian Road. The name comes from the fact that it was, in fact, Russian prisoners of war, who built the road during WW1. The going is varied, but never steep, and the road is very well shaded all along the way. When you reach the waysign no. 641 for Lauscel Lake (Lagusel) turn left

and then cross the Ruf de Sèn Nicolò by way of a small bridge. Go into the woods to the left. You will descend slightly, cross an area of alluvial stones and then the bed of the 'I Giaf, a stream which can get dangerously big following summer thunder storms. After a flat stretch you will join the dirt road which climbs up this last part

of the valley. Turn left and go down to the Baita Ciampiè (1,826 m), where you can get refreshments, and then follow the asphalt road all the way back to the car-park (2 hrs).

1/d CIAMPEDÌE - GARDECIA

2/b MOENA - SAS DA CIAMP

Take the cable-car from Vigo, and in a few minutes you will reach Ciampedie (1,998 m) with its superb view of the Fassa Dolomites. From the cable-car go to the nearby Ciampedie refuge and then down to the Negritella refuge. The path starts here. It is wide and flat, and once past the ski-rzun goes into the woods.

As you walk, the view of the Larsech mountain to the right changes con-

tinually, and the Ciadenac (Catinaccio) mountain becomes gradually more and more imposing. You come out of the woods near a few wooden huts and in a few minutes

arrive at the refuges of the Gardecia besin (1,948 m; 45 mins).

2. EXCURSIONS IN THE SIDE VALLEYS

From the village of Moena go to the hamlet of Sort (Sorte), follow the road round by the church. Keep going up the steep asphalt road to the Malga Panna Restaurant (mentioned in top culinary guides). Leave the car in the car-park and start walking along the easy dirt road to Penia (30 mins). If you are interested in geology you will admire the sedimentary

Werfen rock along the way. This sediment was laid down when rivers flowing from the west ran into the ancient sea which used to fill this area. At Penìa a traditional Ladin house, now café and restaurant, offers the chance to get refreshments. Nearby is a tiny chapel dedicated to Saint Giovanni Nepomuceno. Now you need to make the steep climb up to Sas da Ciamp (path no. 521), although shade and frequent turns in the path make the going a little easier. As the trees gradually become sparser you will notice that they are mainly ancient larches. The climb eases off round the southern spur of the Sas da Ciamp, and the plain of Predazzo is visible with the Lagorai mountains in the backgraund. Go past tumbled-down old barns and reach a saddle. Turn right and climb up the grassy slope to the peak itself (2,265 m) (2 hrs; 2 hrs 30) to enjoy views of Moena and the San Pellegrino valley.

2/c MOENA - COSTALUNGA PASS

Leave Moena on Strada di Molign and cross the first bridge over the Ruf de Costalongia. Go upstream through the picnic area, and then cross the stream again to reach an old paved lane, which then bends round to the right to skirt an eroded area with stunted pines Then you will see the stream's gully on the right, after which you will

reach a bench. After that the path levels out. After crossing a small bridge you get to the forest road that leads to the Costalunga pass (45 mins).

The road goes uphill to the left, through large clearings, patches of young trees and also enormous fir-trees. Joining from the left is the path from the Malga Panna and Sort (Sorte), and the Cima Pope mountain is in front of you. You will notice path no. 524 for Sforcela Toac and then you will come to a carved wooden waysign indicating a right turn for

The path is flat for a while and then goes downhill to cross the Ruf de Peniola, which it then follows upstream.

There is a right turn and then you follow the white gravel path for a fair distance. During a particularly steep climb you will meet a forest road and then there is a flat section before leaving the woods. You will now be in a vast area of meadow with occasional larch trees, and the path climbs only very slightly. You will pass a dairy (malga) and then you reach the main road not far from the pass (1,752 m). Turn left along the road to reach the various hotels and cafés (2 hrs; 2 hrs 45).

2/d MOENA - SAS DA MESODÌ

Take the cabin-lift Alpe Lujia (Lusia) from I Ronc (Ronchi) near Moena to the intermediate station at 1.820 m. - refreshment at the restaurant Valbona. Then follow the dirt road marked no. 622 which passes the Malga Pozza (place of refreshment). After this you keep going in a southwesterly direction. There is a bend to the right and then one to the left. after which you reach the east slope of the Col de Poza. Next the track meets up with the path coming down from the top station of the cablecar (path no. 614). After this the path heads due west to the pass known as sforcela Pozil at 2.147 m (1 hour). To carry on to the top of the Sas de Mezodì, you need to go downhill slightly, then go to the right along a path which climbs up through the grassy slopes to the crest which joins Col da Poza to Sas da Mezodì. The actual peak is at 2,300 m and can be reached by following the path (1 hour; 2 hrs). For the best views of Moena and the lower Fassa Valley you should go down to the bottom ridge. To get back to the cabin-lift take the Troi di Soldai (Soldier's Path)

which descends steeply eastwards (1 hour; 3 hrs). 2/e LA REZILA REFUGE - PASSO LUSIA REFUGE

First you need to get to the La Rezila refuge (1,760 m). On foot from Moena: take Strada de Longiarif, then cross the road obliquely in order to get onto the steep forest road which goes up to the La Rezila refuge (add 1 hour 30 to total time).

By cable-car: take the first section of the Lujia cabin-lift and then follow the tranguil path which begins in descent and then flattens out to reach the La Rezila refuge (add 20 mins to total time). There is then a dirt road which climbs at a steady rate through the forest to the vast meadows at the Pas de Luija (2.055 m: 1 hour). The views of the Pale di San Martino and the Fassa Valley are breathtaking.

2/f LA REZILA REFUGE - Malga Colvere - FANCH (Fango)

Follow the directions in the previous walk as far as the La Rezila refuge (1,760 m). You then need to walk uphill behind the building following the fence. You will reach a new construction and a fork. Path no. 623, to the right, leads to Pas de Lujia, while path no. 625 cros-

ses the stream which comes down from the pass. You will come to the Malga Colvere. Keep going along the peaceful forest road, without taking the fork for Sforcela de Lujia and Gronton (path no. 634; 1 hour and 2 hrs respectively). Slightly further on, however, you should turn off the road to the right and cross the valley bottom and go up the opposite side. Zigzag through the rocks going downhill to the right. There is a steep stretch where the path becomes very narrow at the feet of the Ciadinon. Next you will come to a cross-ways.

To the right the path goes up to the Gronton and the Sforcela de Lujia and to the left the path goes steeply down to the San Pellegrino valley. Keep going straight on and cross the Ciadinon stream. After this the going is slightly in descent through huge firs and small clearings. There are a few stone steps, then go slightly uphill to the right, after which you will come to an area of recently felled trees.

Cross the clearing and walk gradually through the steep forest of larch fir and mountain ash, and gullies, which are almost vertical. Shortly after this the forest becomes very dense. The path winds down through WW1 trenches and fortifications, and after a clearing you will come out onto the forest road coming from I Ronc. Cut through the picnic area to reach the main road on the other side of the stream (1 hour 40; 2 hrs).

2/h RONC (Ronchi) - FANCH (Fango)

First you need to get to the parking space on the main road to the San Pellegrino pass which lies on the right, slightly further on than the Lujia cabin-lift, and just before the bend in the road and the bridge over the Ruf de Sèn Pelegrin. Leave the car here. Walk along the forest road which runs along the

The going is easy apart from three steep sections of 200/250 m apiece You will come to a landslide which destroyed a large portion of the forest a few years ago. On the right is path no. 625 to the Malga Colvere. Cross the stream to reach the picnic area at Fanch (2 hrs from the parking

2/i COL DE SÈN PELEGRIN (San Pellegrino pass) Col Margherita - L Sforcelin (Forcella Vallazza)

(San Pellegrino pass) The pass can be reached by car. Park near the little church. Walk to the Col Margherita cable-car station which lies to the east. Take the cablecar to Col Margherita (2,550 m). Now follow the crest of the mountain walking west.

The valley is below you to your right and to the left is a rocky terrain

GEREBURT (luribrutto) - COL DE SÈN PELEGRIN

known as the Lastei di Pradazzo which descends gently to the Valles pass. The stone itself, of igneous origin, is called porphyry, and is used as paying material. The ridge walk offers marvellous views in clear weather but it can be tricky to find your way with bad weather. When you are level with the Rio di Pradazzo the path crosses "I Sforcelin" - the Vallazza pass (2,521 m). Go straight for a short stretch then

climb up to the right to the top of Ponta del Gereburt (luribrutto peak) (2 hrs). This area was part of the Italian front in WW1, and remains of the conflict are still visible, particularly trenches From this vantage point you will see the San Pellegrino pass below you, and the Cimon de Boce mountain, an Austro-hungarian stronghold, at

2,745 m, to the west Go down to the Gereburt pass, and then continue down on path no. 628, which returns to the San Pellegrino valley. You walk by the dark face of the Gereburt mountain, then back uphill to the Pas de l'ors (Bear pass) (2,267 m). From here you carry on down through rhododendrons and a few trees, with the crest you just walked along up on your right. On the left you will be able to see a splendid morain lake. You will reach the pass once more by way of a large pasture (1 hour; 3 hrs).

2/I VAL DÈ SEN NICOLÒ (San Nicolò valley) See Easy High-level walks "Strada di Rusci" 1/b.

2/m VAL DI MUNCIOGN (Monzoni valley)

See High-level hikes 3/r. 2/n MAZZIN - VAL DE UDAI

sts a good number of flowers.

From the centre of Mazzin (1,372 m) go up along Strèda dò Ruf and then continue along the forest road called Val de Udai (path no. 580). The road climbs fairly steeply along the stream of the same name. There is a bridge which takes you over to the other bank, and then the road becomes very steep indeed, just before meeting up with path no. 579 which comes from Ronch

Shortly after this you come to a flat section where you will have to cross the brilliantly white scree which runs across the pathway. Next you cross the stream and then you go back into the woods to follow the rough track. The Zocol face is visible together with the spectacular waterfalls known as "I Pis" (or Soscorza) and the Spina da Lèch, and eventually you pass right under the rock face. Now the path eases off, and a series of bends help to gain altitude comfortably. You cross the stream once more and then get to the Pian de Udai, a basin which boa-

several times. The rocks to the left are volcanic in origin and the gullies on the right come down from the Dociuril mountain. The final climb brings you out on the upper Val de Dona (2 hrs 30). There is a choice for the return: you can either follow walk no. 2/o (path no. 577) to Fontanazzo (1 hour 45), or you can climb to the head of the Val de Dona cutting diagonally across the Camerloi meadows to reach the

Pas de le Ciaregole, and then down to Campitello by way of the Val de

Once again the climb becomes taxing and the path crosses the stream

2/o FONTANAZZO - Val de Dona - Val Duron - CAMPITELLO

Duron (paths no. 578 and no. 532) (2 hrs 30).

Leave Fontanazzo di Sotto (the lower part of the village) along the old road (no.577) which soon enters the trees. You meet a forest road that you follow on the left. At a sharp bend from the left joins the forest road coming from Mazzin. Here begins a fairly steep climb. Soon after a religious shrine the valley levels out and you will come to

These are followed by another steep climb to get to the upper meadows. Here there are numerous wooden buildings and the Dona refuge. You will also join up with the path no. 580 from Mazzin, which goes on to the Antermoia refuge. Follow this path across the Camerloi pastures, but leave it to the right to

go up to the Pas de le Ciaregole (2,282 m; 2 hrs 45). The path down to the Val de Duron runs over black volcanic rocks, and takes you down to a large pasture called Ciamp de Grèvena. Keep going down through the alder wood to the valley floor (45 mins; 3 hrs 30). Turn right at the bottom towards the Baita da Lino Brach and the Micheluzzi refuge (1,850 m) (45 mins; 4 hrs 15). Keep going downhill to Campitello (45 mins; 5 hrs).

2/p FONTANAZZO - Val de Grepa - Pas de Sele (Sele pass) -

Ciampac - ALBA DI CANAZEI Leave Fontanazzo on Strèda de l'Albolina and cross the river La Veisc (Avisio). Turn left and then immediately right onto path no. 645, which leads directly into the forest. The climb begins and you will pass an iron

There is a succession of steep bends and after an hour of climbing you wooden huts. The path is now flat and leads to the Ruf de Grepa. Then there is another steep section of path which winds up through the trees. You will reach a gate and then suddenly you will be in the high

pastures of the Val de Grepa Now the path proceeds gently through the huts and barns. The valley is flanked by stone pine woods, and the skyline is dominated by the black summit of the Crepa Neigra mountain. Go on to the end of the valley and then you will begin to climb again. You will come to a working dairy, and then the path zigzags up to the Pian de Siele (2 hrs; 3 hrs). The path is easy down the other side to the Ciampac basin (2,152 m) (45 mins; 3 hrs

45). From here take the cable-car down to Alba di Canazei. 2/q CAMPITELLO - Prà Molin - VAL DURON (Duron valley)

Leave Ciampedèl by way of Strèda de Morandin and Strèda de Col, and you will quickly get to the meadows above the village. The going is easy with long flat stretches and brief climbs. Next you will go into the forest at the feet of a mountain called Ponjin. The climb becomes steeper but there are still flat sections where you can get your breath back. You will pass near a grassy clearing known as Prà Molin, and then you reach a little plateau with a sheer drop down to the Val de Duron. Keep going through the stone pine woods until you get to another meadow called Ciampié.

Next you go down fairly steeply to the Ruf de Duron and then the Micheluzzi refuge (2 hrs 30). To go back to Campitello there is a dirt road all the way down, but unfortunately it is open to limited traffic. If you want to avoid some of this you can cross back over the stream and take to the left the path which runs along the right bank.

There are picnic tables along the flatter upper part, and then the path goes steeply down to the area called Pozates with the restaurant Baita Fraines (about half way between the Micheluzzi refuge and the village) (45 mins; 3 hrs 15).

2/r CANAZEI - VAL DE MORTIC (or de Antermont valley) - Pian de Frataces - PIAN DE SCHIAVANFIS

Find the church of Saint Florian and the square of the same name in the old centre of Canazei. Take Strèda dò ruf de Antermont, and go past the old sawmill. Then cross the Ruf de Antermont or Ruf de Cianacei by way of a bridge to

The path follows the stream. You will join the forest road Pian Pozates and after this the gradient lessens.

There is a clearing with a view of the entire Sella mountain group: the Piz

Ciavazes on the left, and the Sas Pordoi on the right. You keep following the dirt road until you get to the edge of the forest where there is a bench and a cross. Next walk across the basin of Mortic where an old chapel (dedicated to Saint Mary Ausiliatrice) is the only remainder of one of the oldest settle-

ments in the Fassa valley. Now you cross a bridge, and when you meet up with a ski-run go round to the left and keep going not far from the main road. The path then joins the main road at the eighth bend (1,640 Keep going uphill until you reach Pian de Frataces (1,710 m; 1 hour).

Then carry on, and at the end of the straight section (bend no. 10) go up to the left where there is a picnic area. Go through the picnic area, and after a short, sharp climb you will get back to the road, and you will see a turning off to the left for Roa. At Roa there are the remains of a WW1 cable way which connected Canazei with the Gardena valley via the Sella pass. Over the bridge are

the wooden huts and barns of Roa. Keep going straight on along the left bank of the Ruf de Antermont, which here forms a fairly deep gully. There is a clearing and then you reach the main road and the refuges at Pian de Schiavaneis (1,850 m) (30 mins; 1 hour 30).

2/s PIAN DE FRATACES - Conca di Val (Basin of Val) - COL RODELLA

Leave the car at Pian de Frataces near the Lupo Bianco hotel. Go down towards the hollow which used to be an artificial lake. Cross the Ruf de Antermont and take path no. 655 which actually runs along the forest road Col de la Pica. Go up through the wooden huts and barns at Pradel and then cross the Ruf de Val. Keep going along the edge of the forest until you reach a cross and a bench at Costa Rossa. Turning right you go uphill through the trees and

then you will come to a clearing called Pian de Marizanela. Next there is a short steep section just before you reach the basin of Val, an area renowned for its wide variety of alpine flora. At a fork turn left to reach the vaste meadow of Pian de Siadoi at 2,000 m (45 mins). Cross it going then up through sparse fir and larch trees. Next you come to the Val Salei. The path proceeds gently as it climbs up the mountainside to the Valentini refuge at 2,213 m (30 mins; 1 hour 15). Go left along the flat road to the Salei refuge and then climb up to the Forcela Rodela. From here, to the left, the uphill section to the Des Alpes refuge begins (45 mins; 2 hrs). Then you can take the path which leads up to the top of Col Rodela (2,484 m). You will reach the summit in 15 mins and the view of the Fassa Dolomites is quite exceptional

2/t SAS PORDOI - Val Lasties (Lasties valley) - PIAN DE SCHIAVANEIS

Go up to Sas Pordoi (2,950 m) with the cable-car. Set off downhill towards the Forcella Pordoi refuge (2,829 m; 20 mins). Next take the path for Piz Boè (3,152 m) but don't make the climb up to the summit. Keep going to the Boè refuge (2,871 m) (1 hour; 1 hour

will cross the south face of the Antersas mountain and reach the pass of the same name (2,839 m).(or you can choose to climb up to the top the Antersas and to go down to the fork on an easy path). From here you begin the descent towards the Val Lasties. The path is fairly spectacular as it twists and turns down through the rock faces. There is a fork. Go to the left on the path that runs along the west face of Sas Pordoi and then goes into the woods where it joins the dirt road which follows the Ruf de Antermont. Shortly before meeting the main road go straight on along a path which runs parallel and you will soon come to the refuges at Pian de Schiavaneis (1,850 m) (2 hrs 30; 3 hrs 50).

Proceed on path no. 647 which is equipped with metal safety cords. You

2/u ALBA DI CANAZEI - Val de Contrin (Contrin valley) - CONTRIN REFUGE

track which is marked path no. 602. The first part of the climb is fairly steep, as far as the Baita Locia Contrin (1,736 m). After this it becomes flat as you walk through a sparse wood and then the meadows of the upper valley. There are magnificent peaks all around: the Colac to the right, the Vernel and the Marmolada to the left, the Cime di Ombretta (Ombretta peaks) to the east. Cross the Ruf de Contrin stream and then climb up towards the Malga Cianci (refresh-

ment point) and then go through the larch trees to the Contrin refuge

Go to the cable-car station at Alba (1,517 m), and set off on the mule-

3. HIGH-LEVEL HIKES

(2,016 m; 2 hours).

3/a CIAMPEDIE - Roda de Vael refuge - Pas de le Zigolade (Cigolade pass) - GARDECIA

Take the cable-car to Ciampedie (1,998 m), make for the Ciampedie refuge and then go down to the Negritella refuge. Now follow the ski-run (path no. 545) to the left and when you get pas the rock wall there is a turning to the right up into the forest. The path runs through the trees and the going is easy. You will come to the Rondolae rocks which stick right out into the path.

Cross the stream which flows down from the Buja de Vael (Vael basin)

and then begins the climb up towards the Baita Marino Pederiva and Roda de Vael refuge at 2.283 m (1 hour 45) Now you take path no. 641 to the right and make your way across the grassy area beneath the Roda de Vael mountain. There is now a fairly difficult climb up the scree and into the gully between the I Mugogn (Mugoni) and the Le Zigolade (Cigolade) mountains. You will then reach the Pas de le Zigolade (Cigolade pass) (1 hour 30; 3 hrs 15). Go down the opposite side. Initially the path twists and turns down but

then becomes flatter. You will cross path no. 550 which leads down to the basin of Gardecia to the right and up to the Pas de le Coronele to the left. Keep going until you come to the dirt road waysign no. 546 which leads to the Vaiolet refuge and Preuss refuge. Turn down to the right and you will soon get to the Stella Alpina and Gardeccia refuges (1 hour 30: 4 hrs 45).

3/b CIAMPEDIE - Roda de Vael refuge - A. Fronza refuge

- Pas de le Coronele (Coronelle pass) - GARDECIA From the Ciampedie (1998 m - by cable car from Vigo) follow the directions in the last hike as far as the Baita Marino Pederiva and Roda de Vael refuge (2,283 m; 1 hour 45). From here take the panoramic path no. 549 (called the Hirzel-Weg), which bends round the Majaré mountain. You will pass the bronze eagle dedicated to Theodor Christomannos a doctor from Merano who played a key role in bringing tourism to the

From Gardecia take the wide, easy path back to Ciampedie (45 mins;

Next you will come to path no. 539 coming up from the Paolina refuge (20 mins distance). Keep going at the same altitude at the feet of the Roda de Vael mountain, the views are magnificent and the path is easy. You will come to paths no. 551 (to the Vaiolon pass) and no. 552 (another route up from the Paolina refuge) After a short uphill section you get to the A. Fronza refuge at 2,339 m

(1 hour 30: 3 hrs 15). Now start the climb behind the refuge. At the fork choose the right-hand path. The path to the left goes to the Santner pass, to the right leads up to the Pas de le Coronele at 2,630 m (1 hour; On the other side you walk down the scree of the Davoi basin. There is a crossway where you take path no. 541 to the left. This cuts across the

base of the massive east face of the Ciadenac (Catinaccio) mountain and then meets up with the dirt road going up to the Vajolet and Preuss Turn right and go downhill to Gardecia (1 hour 15; 5 hrs 30) and from here the wide, easy path back to Ciampedie (45 mins: 6 hrs 15).

3/c GARDECIA - Vajolet and Preuss refuges

- Pas de I Prinzipe (Principe pass) - Pas de Antermoa (Antermoia pass) - Antermoia refuge - Val Duron (Duron valley) - CAMPITELLO Take the cable-car to Ciampedìe and from there the path no. 540 (45 mins to add to total time) or a mini-bus taxi to Gardecia from the parking

area of the chair lift Vaiolet 1 in Pera di Fassa. During the summer months the service runs from 7.30 am to 6.30 pm approx From Gardecia go along the wide dirt road marked path no. 546 up to the Vajolet and Preuss refuges at 2,243 m (1 hour). Next take path no. 584 which climbs up into the upper Vaiolet valley. As you walk the Ciadenac de Antermoa (Catinaccio d'Antermoia) mountain

(3,002 m) becomes increasingly imposing, and eventually you will reach

the Passo Principe refuge (2,600 m), which as the name suggests is on the pass (1 hour; 2 hrs). Take the path to the right and climb up by the base of the Ciadenac de Antermoa. The path is a steep zigzag and soon brings you to the Pas de Antermoa (Antermoia pass 2,770 m) (30 mins; 2 hrs 30). Down the other side is the valley of Antermoia with its lake. Legend tells

that the witches of Fassa would meet here and you can certainly imagine it! At the end of the valley is the Antermoia refuge at 2,497 m (45 mins; Now you take path no. 580 to the pas de Dona (Dona pass; 2,516 m) and descend to the Val de Dona, first over the scree and then grass Leave path no. 580 which goes down to Mazin (Mazzin) through the Val de Udai, keep left on path no. 578 and cut diagonally across to the Pas

de le Ciaregole (Ciaregole pass; 2,282 m). On the other side of the pass is the Val Duron, and the valley floor is reached by way of a path of black volcanic rock which then takes you through an alder wood. Cross the stream at the bottom and turn right on path no. 532 towards the Baita da Lino Brach (refreshments) and then the Micheluzzi refuge at 1,850 m (1 hour 45; 5 hrs).

To get to Ciampedèl (Campitello) avoiding in part the busy dirt road, you can take an alternative path. Go downhill from the refuge and cross the stream and then go uphill on the opposite bank for 20 metres. Then turn left onto a flat path which is equipped with picnic tables. The path will join the dirt road at Pozates, with the reastaurant Baita Fraines, after a fairly steep descent.

Follow it now for the rest of the distance to Campitello (45 mins; 5 hrs

3/d GARDECIA - Torri del Vaiolet (Vaiolet towers)

- PAS SANTNER (Santner pass)

(30 mins: 2 hrs 30).

To get to Gardecia you can take the cable-car from Vigo and then path no. 540, and in this case you should add 45 mins to the total time. Otherwise you can take a mini-bus taxi from the parking area of the chair lift Vaiolet 1 in Pera di Fassa. The service runs in the summer months from 7.30 am to 6.30 pm approx. From Gardecia take the dirt road marked path no. 546 and head for the Vaiolet valley, and the rocks known as the Porte Neigre. You will come to the path from the Pas de le Zigolade (no. 541) and you

will soon reach the Preuss and Vajolet refuges at 2,243 m (1 hour). Next take path no. 584 to the Pas de I Prinzipe (Principe pass) but then turn left almost immediately to begin the climb up towards the Vaiolet towers. When you arrive you will find the Re Alberto refuge at 2,621 m (1 hour; 2 hrs). The basin is called the Gartl and is formed by the Vaiolet towers, the north face of the Ciadenac (Catinaccio) and the Crode de Re Laurin mountains. Now take the easy path across the scree to the Santner pass

3/e GARDECIA - Pas da le Scalete (Scalette pass) - ANTERMOIA REFUGE This is the best of all the hikes in the Ciadenac area, but it is guite difficult

and must only be contemplated when good weather is certain. From Gardecia take path no. 583 which sets off from the little wooden bridge not far from the Gardeccia refuge. The path winds its way up through the vegetation, round the Gran Fermada which is an offshoot of the Gran Cront. You will leave the woods to

cross a wide gully, and then a layer of volcanic rock. Next you follow the stream for a while, and the climb begins with a scramble over the scree and then over the rocks with the help of a metal safety cord and footholds. You will then reach the Pas da le Scalete at 2.348 m (2 hrs).

3 hrs 30). The desolate area known as Lasté de Antermoa is an uneven plateau from which the lake of Antermoa is visible just before the steep descent to the Antermoja refuge (30 mins: 4 hrs) You can choose to go down via the Val de Udai on path no. 580 (2 hrs 15), or the Val de Dona on path no. 580 and no. 577 (2 hrs 30), or the Val

Take the path to the right along the wall around the area called Lèch

Sech and then enter the valley of Laussa. Keep going uphill through the

heart of the Larsech group to the Pas de Laussa at 2,700 m (1 hour 30;

de Duron on path no. 578 and no. 532 (2 hrs 45). See walks no. 2/n, 2/o and 3/c.

3/f CIRCULAR WALK: SAS PIAT (Sasso Piatto) and SASLENCH (Sassolungo)

This is a long walk, and is usually divided into two distinct walks (the Sas Piat circular walk and the Saslench circular walk), but as there are no great climbs involved they can, in fact, be combined to make a really exciting day's hiking.

You must, however, be certain of good weather before setting off. The

starting point is the Rodela pass, which can be reached via Campitello cable-car and then a 15-minute walk (add to total time) down the north face of the Col Rodela mountain. Otherwise you can take the car to the Passo Sella refuge (2,180 m), and then walk along the dirt road marked path no. 557/4 southwards to the Sela Rodela (Rodela pass) (40 mins to add to total time). Set off on path no. 557 which is mainly flat. You will come to the Friedrich August refuge at 2,298 m, the Sandro Pertini refuge at 2,300 m, and then the Sasso Piatto refuge at 2,301 m (2 hrs). Next you go downhill to the fork where path no. 527 begins.

Take the right-hand path to stay at the same altitude as far as the Piz de Uridl and then go down into the western catchment basin of the Sa-There is now a climb towards to Vicenza refuge (2,253 m) (1 hour 30; 3 hrs 30), but half way up you cross to the other side of the gully and take path no. 526. You will come to an area of crumbly red rock and then you reach the grassy saddle of Piz Ciaulonch. Go on through the labyrinth of

m (1 hour 30: 5 hrs). The next path is no. 526/528, a wide easy track which will take you through the meadows and past the woods and finally through the Città dei Sassi (City of Stones). You will come out at the Passo Sella refuge at 2,180 m (1 hour; 6 hrs). If you took the cable-car to reach Col Rodela you can complete the circle by taking the path which leaves the main road 200 m uphill from the Pas-

Go up the slope and you will suddenly sight the Comici refuge at 2,153

so Sella refuge and in about 1 hour you will get to the cable-car station.

3/g CAMPITELLO - Col Rodela - Sasso Piatto refuge - Pas de Duron - (Dialer hotel) -

(Alpe di Tires refuge) - VAL DE DURON

rocks and then you will reach a small pond.

Take the cable-car from Campitello (1,448 m) to Col Rodela. Then go downhill on path no. 529 to the Sela Rodela (Rodela pass) (2,318 m; 15 mins). Here you take path no. 557/4 which is named the Friedrich August Weg after the King of Saxony, a keen botanist. The path is easy and runs across the lower slopes of the Sasso di Levante and the Sas Piat (Sasso Piatto) mountains. You will pass the Friedrich August refuge (2,298 m) and the Sasso Pertini refuge (2,300 m).

Then you will reach the Sasso Piatto refuge on the grassy saddle known as Jouf de Fascia or Giogo di Fassa (2,301 m) (2 hrs; 2 hrs 15). Now go stright on path no. 594/4 and proceed along the crest of dark volcanic rock - Ores de Fascia or Cresta di Siusi - to the Pas de Duron (1 hour 30: 3 hrs 15).

Odle mountains behind. From the Pas de Duron you can go down to the Dialer hotel in 10 mins, or else you can make the climb up to the Alpe di Tires refuge (2,440 m) in 1 hour. The dirt road up to the Alpe di Tires refuge is steep, particularly the last section, as it climbs up past the Molignon mountain to the left and the Denti di Terrarossa (teeth of red earth) to the right. The way back starts off from the Pas de Duron, so make your way back there. Take the dirt road which leads to Ciampedèl (Campitello) down through the Val de Duron. Initially you will go through the high pastures, then along the

The panorama is superb with the Alpe di Siusi in the foreground and the

3/h PAS PORDOI (Pordoi pass) - Sas Pordoi - Forcela Pordoi - Piz Boè - BOÈ REFUGE

reach Campitello (1,448 m) (45 mins; 5 hrs 30).

flat valley floor to the Micheluzzi refuge (1,850 m) (1 hour 30; 4 hrs 45).

From here the road is fairly steep as you complete the last section to

From Pas Pordoi (Pordoi Pass) at 2,239 m take the cable-car to Sas Pordoi (2,950 m) and then go downhill over the rocks to the Forcela Pordoi (2.829 m: 20 mins). Now keep going towards the central plateau. Leave path no. 627 and take no. 638 when you come to it. This path takes you up to the top

of the Piz Boè mountain without too much difficulty. You will reach the

Capanna Piz Fassa refuge (3,152 m) where you can get refreshments (1 hour 15: 1 hour 35). Now go down the north-west side of the mountain. There is a short rocky section which is equipped with a metal safety cord and then you reach the Boè refuge (2.871 m) (30 mins: 2 hrs 05). To get back to the Forcela Pordoi you now cut across the base of the

cable-car station at Sas Pordoi (20 mins; 3 hrs 10). 3/i PAS PORDOI (Pordoi pass) - COL DI ROSC (Col dei Rossi)

- Viel dal Pan - FEDAA (Fedaia) The Viel dal Pan is a well known high-level path, which starts at the Fredarola refuge (2,388 m). The refuge can be reached from Canazei either by bus or by cable-car. In the first case take the bus to the Pordoi pass and then find path no. 601 which starts between the Casa Alpina and the Savoia Hotel

The path climbs up next to the Sas Becé mountain and proceeds past

the Sas Becé refuge. It then goes down slightly to the Fredarola refuge (40 mins to add to total time). If you prefer to use the cable-car you will arrive at Col di Rosc. Now walk downhill to the Belvedere refuge and then take the short-cut to the right to the Fredarola refuge (add 20 mins to total time). Here the Viel dal Pan begins. It is marked path no. 601 and is the con-

tinuation of the path from the Pordoi pass. You will come to the Viel dal Pan refuge at 2,432 m (40 mins). Keep going and when you notice a saddle up to the left you will probably want to go up to enjoy the view of the Livinallongo valley and the Tofane mountains. When you come to a fork, you will first go down a long diagonal and then the path winds down steeply to the main road and the Marmolada "E. Castiglioni" refuge at 2,054 m (1 hour 20; 2 hrs). The bus back to Canazei (Trentino Trasporti Bus Company) stops right next to the point where the path comes out.

3/I ALBA DI CANAZEI - Ciampac - Forcia Neigra

- Pas de Sèn Nicolò (San Nicolò pass)

- CONTRIN REFUGE

(1 hour 15; 5 hrs 15).

From Alba take the cable-car up to Ciampac (2.152 m). Now walk up through the Ciampac basin where you will find several refuges. Next you come to a fork. Joining from the right is the path no. 613 (now it has become a ski-run) from Sella Brunech. Follow it to the left passing by two skilifts. The path then becomes steeper. After a final zigzag you will reach the Forcia Neigra pass (2,509 m; 1 hour 30). Keep going on path no. 613 around the north face of the Sas Neigher up to the saddle between the

Sas Neigher and the Torre Dantone Now go down across the Ciamp de Mez pastures towards the crest which divides the Val de Sèn Nicolò from the Val de Contrin. Keep going eastwards and up over the Varos ridge (2,460 m). Nearby there are tunnels and trenches from WW1. From here you will see the refuge and San Nicolò pass (2,338 m) which you will reach in 10 mins (1 hour 30;

Next take the path up behind the refuge (no. 608), which then descends

through the Pré de la Vaces in full view of the south face of the Gran Vernel and of the Marmolada mountains. Carry on over the Lasté de Contrin where you will come to a sparse wood. You will come out in the Buja de Contrin (Contrin basin). Cross the Ruf de Contrin, another stream coming down from Val Rosalia, and you will soon reach the Contrin refuge (2,016 m) (1 hour; 4 hrs). The way back is straight down the Val de Contrin. This glacial valley leads back to Alba, the going is easy apart from the final descent which is fairly steep

3/m CIRCULAR HIKE: OMBRETA and VERNALE mountains We suggest that this long and demanding hike be divided into two sta-

ges with overnight stay at the Falier refuge. In this manner it is possible to climb up to the Ombretta eastern summit at 3,011 m a.s.l., that rises at the centre of an extraordinary circular panorama. From Alba di Canazei, 1,517 m the route climbs up to the Contrin refuge at 2,016 m (2 hours). Behind the refuge, turn right onto trail no. 607. After passing a stream, the route travels the long diagonal that reaches the top of a rocky bank and leads to a plateau. Here go left (to the right starts trail no. 609 for Pas Pasché) up the slopes of glacier-rounded rocks that divide two small gorges. Continue walking along the ridge of the scree beds that line the base of majestic cliffs. Keep to the right along the bottom of the gorge until you reach a big rock plate. At this point abandon trail no. 607 and take left onto trail no. 612. After a flat section, go up two sharp bends leading through the scree beds

through the meadows further down and then zig-zag through the low alder wood to reach a flat section that leads to the Falier refuge at 2,074 m (1 hour 15: 6 hrs 15). Close to the refuge there is trail no. 610 that leads to Ombreta pass at 2,702 m. The narrow bends at the beginning then widen out into the ea-

coming down from the Vernale and then onto the long diagonal that

ends at Pas de Ombretola at 2,868 m (3 hrs; total: 5 hrs). If you resist the

short-cuts and keep to the path, the descent through the scree beds on

the opposite slope shouldn't be a problem. After this it is easy to walk

Walk through into a detrital gorge and climb up the rather difficult slope to the crest. Follow the crest to the left until you reach the iron cross erected on the peak (1 hr 45 to go and return to be added to the hours indicated for the second half of the tour). From there, descend into Val Rosalia on the easy trail that runs along the right slope of the gorge. With a tight serpentine, overcome a steep slope that eventually levels out and cross lovely flower-strewn meadows to the Contrin refuge at 2,016 m (1 hr; 9 hrs15) and from there down to Alba at 1517 m (1 hr15;10 hrs

sily travelled war pathway, followed by a demanding final section throu-

gh the debris near the summit (2 hrs; 8 hrs 15). To reach the Ombretta

summit, go left along a path of black lavic rock, passing by the "del

Bianco" bivouac, and then climb up on the partially equipped ridge.

3/n ALBA DI CANAZEI - Contrin refuge - Pas de le Cirele (Cirelle pass) - Fuciade

From Alba walk up to the Contrin refuge (2,016 m; 2 hrs). Behind the refuge turn right onto trail no. 607. After passing a stream the route travels the long diagonal that reaches the plateau on the top of a rocky bank . Here go left (to the right starts trail no. 609 for pas Pasché) up the slopes of a group of glacier-rounded rocks that divide two small gorges. Continue walking along the ridge of the scree beds that line the base of majestic cliffs. Keep to the right along the bottom of the gorge until you reach a big rock plate.

- PAS DE SÈN PELEGRIN (San Pellegrino pass)

Here is the fork with path no. 612. Keep to the right and follow this track up to the Pas de le Cirele at 2,683 m (2 hrs 10; 4 hrs 10). Go down the other side into the valley of Fuciade. The path zigzags quickly down the first part and then the scree gradually gives way to high pasture from where, going down straight, you will reach the Fuciade refuge at 1,972 m (1 hour 20; 5 hrs 30).

From here the white dirt road takes you through the valley with its wooden huts and barns and then through the forest to the Miralago hotel (50 mins; 6 hrs 20) with the lake nearby to the right. 20 more minutes will bring you to the main road which you will need to follow to get to the Col de Sèn Pelegrin (20 mins; 6 hrs 40) where the bus stop (Trentino Trasporti Bus Company) is in the first parking area to

3/o POZZA - BUFAURE - Sela Brunéch - Passo San Nicolò refuge - VAL DE SEN NICOLO (San Nicolò valley) Take the cabin-lift to Bufaure (2.060 m). From Bufaure it is possible to

climb further still using the chair-lift to Col de Valvacin, or you can walk up the ski run to the crest. You will pass the Baita Cuz refuge. Now walk along the ridge behind the chair-lift terminal to the top of Sas de Adam to enjoy a marvellous panorama of the Fassa Dolomites. Keep on the ridge, now in descent, and then the path goes across to the Sela Brunéch pass at 2.428 m (2 hrs)

Get back onto the ridge above the chair-lift (path no. 613 bis) and proceed to the Sas de Roces. Here you will have to go round to the south on the side of the San Nicolò valley, and in certain places there is a metal You will reach the grassy saddle above Sas Bianch and then there is a steep diagonal to the west side of the Varos ridge (path no. 613). Here

there are fortifications left from WW1. Now the Pas de Sèn Nicolò and

the refuge (2,338 m) are visible and you will be down in a few minutes

(2 hrs; 4 hrs). The way back is down through the San Nicolò valley. Take

path no. 608 to the Baita Ciampié at 1,826 m (1 hour; 5 hrs), and then the

asphalt road back to the village of Pozza (1 hour 30; 6 hrs 30). 3/p POZZA - Val de Sèn Nicolò (San Nicolò valley) - Jonta

- Pas Pasché - Contrin refuge - ALBA DI CANAZEI

Go up into the Val de Sèn Nicolò and walk as far as the waterfalls (cascate) at 2,011 m (2 hrs 30). You can get refreshments nearby. Now go on uphill and take path no. 609 for Pas Paschè when you come to it Climb up out of the Jonta basin, which once was a glacial lake. You will pass a few wooden huts and a slope covered with rhododendrons. After a narrow gully you will come to the glacial Ombert valley. Here the path moves to the left to cut across the base of the Col Ombert mountain, and then you will reach the Pas Pasché (2.502 m) (1 hour: 3 hrs 30). From here go down the Lasté de Contrin, and soon after the Ruf de Cirele you will join up with path no. 607 from the Pas de le Cirele. Now you go down into the Buja de Contrin (Contrin basin) and you cross one more stream. Then you will get to the Contrin refuge (1 hour; 4 hrs

flat as far as the Baita Locia Contrin (40 mins; 5 hrs 10), after which there is a steep final section which brings you to the cable-car station at Alba (35 mins; 5 hrs 45).

3/q VAL DI MUNCIOGN (Monzoni valley) - Pief - Lauscel

(Lagusel) - VAL DE SÈN NICOLO (San Nicolò valley)

Now you follow the Contrin valley all the way to Alba. The path is nearly

Drive up the Val de Sèn Nicolò as far as the fork for the Val di Munciogr and leave the car here. There is a chapel dedicated to the Crucifixion (Crocifisso) and also a restaurant with the same name Set off up the asphalt road to the right. There is a large picnic area beside the road. Go on past the gate and after this the gradient increases. To the left you will see a sign for Lauscel, path no. 641. wood which you leave again to climb up through the pastures. There is another fairly steep climb and then you come to the grassy slopes just

below the il Pief, which you will reach after a final effort (2,186 m; 1 hour Here you leave path no. 641 which proceeds to the Sela de la Palacia (Palacia pass) and the Pecol mountain. Go down instead over the hum-

mocky ground to the lake called Lauscel, which is of glacial origin (15

mins; 2 hrs). To get back to the Val de Sèn Nicolò follow path no. 640 to the far end of the pastures and begin the descent through the forest. When you get to the dirt road known as "Strada di Rusci" (40 mins; 2 hrs 40), turn left and keep going downhill. You will pass the car-park and then you will come to a bridge over the Ruf de Sèn Nicolò. After the bridge you will meet up with the asphalt road which takes you back down to

3/r POZZA - Val di Munciogn (Monzoni valley) - Pas de le Sele (Selle pass) - COL DE SÈN PELEGRIN

the Crocifisso Chapel (1 hour; 3 hrs 40).

(San Pellegrino pass) From Pozza (1,320 m) walk up into the Val de Sèn Nicolò as far as the Crocifisso Chapel (1,526 m; 1 hour) and take the right fork for the Val di Munciogn (path no. 603). Go past the gate and keep climbing. At times the gradient is fairly steep but the shade is very good. You will pass the Baita Monzoni refuge (1.792 m) (45 mins: 1 hour 45), and the fork for Pian de la Peracia (path no. 635). Now you will come to the dairy at 1,862 m in the middle of the pastures. Soon after is the path for the Valacia

mountain no. 624 to the right. Keep going on path no. 603 through the larch trees and when you reach the foot of the mountain the path goes to the left over a couple of toai or gullies to the Monzoni "T. Taramelli" refuge at 2,040 m (45 mins; 2 hrs

Next you cross the Ruf de le Sele twice to reach a steep section of tight

bends in the path now no. 604. Cut across the Spiz de Alochet and soon vou will reach the lake called Lèch de le Sele. Go to the left of the lake and after a fair climb passing remains of Austrian huts from WW1 you will reach the Pas de le Sele refuge at 2,530 m (1 hour 30; 4 hrs). From the pass go down into the Val de Sèn Pelegrin. The descent is steep initially, then gentler as you reach the Campagnacia area. When you get to the Costabella chair-lift the gradient increases once more but not long after you will reach the Col de Sèn Pelegrin at 1,919 m (1 hour 30; 5 hrs 30). Take the bus back to the Fassa Valley. You can also do this walk in the opposite direction. In this case it is easier, because the Col de Sèn Pelegrin (1,919 m) is higher than Pozza (1,320 m), and so the climb is somewhat shorter.

Text: Giorgio Cincelli, Gilberto Bonani e Flavio Mazzel Photo: Corretta e riveduta nel marzo 2008

PRONUNCIATION OF LATIN WORDS

Letter	Position		Example	Pronunciation	
-ch	end		bo <u>sch</u>	as <u>k</u>	
-C	end		Ron <u>c,</u> mon <u>c</u>	pun <u>ch</u>	
sc (+ i)	end		roì <u>sc</u>	pu <u>sh</u>	
-sci-	middle		Fa <u>sc</u> ia	Ru <u>ss</u> ia	
j	before a vowel		jouf	plea <u>s</u> ure	
's	beginning		'sal, 'sol	<u>z</u> ebra	
S-	beginning		sas	<u>s</u> ack <u>s</u>	
-S	end		sas	<u>s</u> ack <u>s</u>	
-ss-	between vowels		paussa	missile	
sc'	end		po <u>sc'</u>	Swiss-cheese	
s-c	middle		Ta <u>s-c</u> ia	Swi <u>ss-ch</u> eese	
Z			zirm, àzola	bits	
Guide to words frequently used on the map					
Α			English		
Alm	ger	man	pasture		

Alm	german	pasture
Alpe	italian	pasture
Aut	ladin	high
В		
Bach	german	stream
Bait	-	
	ladin 	shelter
Bivacco	italian	bivouac
Bosch	ladin	wood
С		
Ciamp	ladin	field
Cima / e	italian	peak / peaks
Crousc	ladin	cross
Col	ladin	rise
		**==
Crep/Crepes/Crepa/e	iadin	mountain
D		
De	ladin	of
Doudesc	ladin	twelwe, midday
F		
Ferrata	italian	equipped pathway
Forcela	ladin	saddle, pass, col
H	iadii i	544410, p400, 001
Hütte	gormon	rofugo
	german	refuge
K		
Kreuz	german	cross
Kirche	german	church
Kofel	german	mountain
J		
Jouf	ladin	mountain pass
L	ladii i	mountain pass
	ladin	lake
Lèch	ladin	аке
M	,	
Mezodì, Mesdì	ladin	midday
P		
Pas	ladin	mountain pass
Passo	italian	mountain pass
Pent	ladin	bridge
Pis (de aga)	ladin	waterfall
Platte	german	flat top of mountain
Pala/e	ladin	slope/s
Ponta	ladin	peak
R		
Rifugio (Rif.)	italian	refuge
Ruf / Rif / Rü	ladin	stream
S	iaan i	oliodiii
Sas	ladin	nook
		peak
Sela	ladin	saddle
Sella / Selletta	italian	saddle
Sen	ladin	saint
Sforcela	ladin	saddle
Spitz	german	peak
	ladin	
Spiz	iaulii	peak
T .	1 "	
Toal	ladin	gully
Troi	ladin	path
U		
Undesc	ladin	eleven
V		
Val	ladin	valley
Valon	ladin	deep valley
vaiOH	iadiii	accp valley

REFUGES AND PLACES OF REFRESHMENT

PR - 20 ► - □ - ※

PR - 18 🛏 - 🗵 - 🛠

CAI - 120 **---** - 모 - ※

SAT - 21 🛏 - 9 🟲 - 🖫 - 🗶 - 🗶

CATINACCIO

RODA DI VAEL REFUGE (ROTWANDHÜTTE) m 2.283 - 2 0462 764 450 / 339 743 33 60 - SAT - 50 🛏 - 모 - 🗶 • FRONZA REFUGE (KÖLNERHÜTTE) m 2.239 - 🕿 0471 612 033 -CAI - 20 ⊨ - 40 ⊨ - □ - × NIGRA REFUGE m 1.688 - 2 0471 612 329 / 335 639 31 55 -PR - 6 11 - 2-× 334 724 66 98 - PR - 55 ⊨ - 모 - ¥ PREUSS REFUGE m 2.243 - 27 0462 764 847 / 368 788 49 68 -PR - 10 🛏 - 🗸 - 🛠 70 🛏 - 60 🛏 - 🛛 - 💥 • LA REGOLINA m 1.576 - ☎ 0462 766 996 - PR - 🗵 - 🗶 PASSO PRINCIPE REFUGE (GRASLEITENPASSHÜTTE) m 2.600 ☎ 0462 764 244 / 339 432 71 01 - PR - 16 ► - 모-🗶 DONA REFUGE m 2.100 - 12 338 853 84 30 - PR - 7 → - □ - ×

> 333 654 68 65 - PR - 30 🛏 - 50 🖦 - 🗸 - 🗶 • MOLIGNON REFUGE (MALKNECHTHÜTTE) m 2.053 - 🟗 0471 727 912 PR - 30 🛏 - 11 🛏 - 🗵 - 🗶 SASSOLUNGO-LANGKOFEL / SELLA / PORDOI BAITA FRAINES m 1.600 - ☎ 333 125 78 25 - PR - ♀ - ※ MICHELUZZI REFUGE m 1.850 - ☎ 0462 750 050 - PR - 20 🛏 - 🗸 - 🗶 BAITA DA LINO BRACH m 1.856 - ☎ 335 676 96 23 - PR - 모 - ※ COL RODELLA REFUGE m 2.480 - ☎ 338 329 36 20 - PR - 6 🛏 - 🖫 - 🗴 • DES ALPES REFLIGE m 2.387 - ☎ 0462 601 184 - PR - 24 🛏 - 🗸 - 🗶 • SALEI REFUGE m 2.225 - ☎ 335 753 63 15 - PR - 16 🛏 - 🖫 - 🗶 FRIEDRICH-AUGUST REFUGE m 2.298 - 0462 764 919 -PR - 40 🛏 - 15 🟲 - 🛡 - 🗶 10 🛏 - 🛛 - 💥

335 627 95 67 - CÀI - 20 ⊨ - 40 ⊨ - '\(\sigma\) - \(\sigma\) TONI DEMETZ REFUGE m 2.681 - ☎ 0471 795 050 - PR - 12 🛏 - 14 🛌 - 🗸 - 🗶 • R. GIULIANI BIVOUAC m 3.100 - 9 • COMICI REFUGE m 2.153 - ☎ 0471 794 121 - PR - ♀ - ※ • PASSO SELLA REFUGE m 2.180 - 🛣 0471 795 136 - CAI 68 🛏 - 14 🟲 - 🖫 - ※ • PIAN DE SCHIAVANEIS m 1.850 - 5 0462 601 338 - PR - 6 🛏 - ▽ - 🗶 MONTI PALLIDI REFUGE m 1.850 - ☎ 0462 601 337 - PR - 24 🛏 - 🗸 - 🗶 • CREPES DE SELA m 1.780 - 7 334 267 88 92 - PR - ♀ - ※ • LUPO BIANCO m 1.715 - ☎ 0462 601 330 - PR - 52 🛏 -모-※ • CIAMPOLIN REFUGE m 2.040 - ☎ 0462 602 200 - PR - 9 🛏 - 🗵 - 🛪 • CASA ALPINA PASSO PORDOI m 2.239 - 🛣 0462 601 691 - 338 894 77 52 CAI - 21 **⊢** - ¬ - ¬ × ALLA FUNIVIA m 2.239 - ☎ 0462 601 444 - PR - 모 - ※ • FUNIVIA m 2.239 - ☎ 333 388 92 58 - PR - 모

PR - 20 🛏 - 🗵 - 🗶 BOÈ REFUGE (BAMBERGERHÜTTE) m 2.871 - 🕿 0471 847 303 - SAT F. CAVAZZA AL PISCIADÙ REFUGE m 2.585 - 🕿 0471 836 292 - CAI -100 ► - 🗸 - 🗶 • SAS BECÉ REFUGE m 2.423 - ☎ 0462 602 084 - PR - 12 🛏 - 🗵 - 🗶 • BELVEDERE REFUGE m 2.338 - ☎ 0462 602 465 - PR - ♀ - ※

• FREDAROLA REFUGE m 2.388 - 🟗 0462 602 072 / 348 474 00 36 - PR -25ा⊶-प्र-Ж VIEL DAL PAN REFUGE m 2.432 - 2 0462 601 720 / 0462 601 323 -

COL DE CLICH m 2 056 - 55 0462 601 245 - PB - □ - ¥ • MARMOLADA «E. CASTIGLIONI» REFUGE m 2.054 - 🛣 0462 601 117 PR - 25 🛏 - 🛛 - 🛠 • ALLA DIGA m 2.054 - ☎ 0462 601 370 - PR - 🗵 • DOLOMIA REFUGE m 2.060 - ☎ 0462 601 221 - PR - 49 🛏 - 🗵 - 🗶 VERNEL m 2 065 - 55 0462 602 125 - PR - 5 BAR c/o «FIRST WORLD WAR MUSEUM» m 2.074 - 2 0462 601 181/ 347 797 23 56 - PR - \(\quad \) • PIAN DEI FIACCONI REFUGE m 2.625 - ☎ 0462 601 412 /

PUNTA PENIA REFUGE m 3.342 - 7 0462 601 117 / 0462 601 681 -PR - 9 **---** - ▽ - ※ • SERAUTA REFUGE m 2.950 - ☎ 0437 722 090 - PR - ♀ - ※ -«FIRST WORLD WAR MUSEUM» • PASSO FEDAIA REFUGE m 2.056 - ☎ 0437 722 007 - PR - 22 🛏 - 🗵 - 🗶 FALIER REFUGE m 2.074 - 2 0437 722 005 / 335 612 27 48 - CAI -MALGA CONTRIN m 2.027 - 🕿 334 824 44 46 - 🖼 CONTRIN REFUGE m 2.016 - 2 0462 601 101 -ANA - 20 - 60 - - - - - ×

• TOBIÀ DEL GIAGHER m 2.170 - 127 0462 602 385 - PR - 30 1 - □ - □ - ★ BUFAURE / MONZONI / PASSO SAN PELLEGRINO • I'ANGUANA m 2.040 - ☎ 333 681 60 50 - PR - 🗸 - 🗶 • BAITA CUZ m 2.213 - ☎ 0462 760 354 / 335 654 84 55 - PR - 24 🛏 - 🖵 - 🗶 • EL ZEDRON m 2.354 - ☎ 333 667 68 88 - PR - ♀ - ※ • MALGA ALOCH m 1.365 - ☎ 338 231 75 90 - PR - ♀ - ※ • SOLDANELLA m 1.410 - 27 0462 763 389 - PR - ♥ - ★ • MALGA CROCIFISSO m 1.526 - ☎ 0462 764 260 - PR - ♀ - ※ • VALACIA «DONATO ZENI» BIVOUAC m 2.100 - 9 MALGA MESASELVA m 1.800 - 🛣 0462 763 159 - 🖫 • BAITA CIAMPIÉ m 1.826 - ☎ 337 459 398 - PR - 🗵 - 🗶 BAITA ALLE CASCATE m 2.011 - ☎ 330 841 692 - PR - ♀-※ PASSO SAN NICOLÒ REFUGE m 2.338 - ☎ 0462 763 269 - PR - 18 🛏 - 🗵 - 🗶 • BAITA MONZONI REFUGE m 1.792 - ☎ 337 452 935 - PR - 7 🛏 - 🗸 - 🗶 MALGA MONZONI m 1.862 - 🖼 VALACIA REFUGE m 2.275 - 🕿 0462 764 922 / 349 097 57 99 - PR -20 ► - □ - ※

PR - 60 🛏 - 🗵 - 🗶 • EN TA'L JANAC m 1.875 - ☎ 0462 573 415 - PR - ♀ × • NEGRITELLA m 1.770 - ☎ 0462 573 020 - PR - ♀ - ※

• MALGA PASSERELLA m 1.447 - ☎ 0462 573 487 - PR - 48 🛏 - 🖵 - 🗶 LA REZILA REFUGE m 1.760 - 2 0462 573 357 / 339 521 10 77 - PR -• CHALET VALBONA m 1.820 - ☎ 0462 565 219 - PR - 모 - ※

• MALGA POZZA m 1.870 - 🟗 338 139 13 04 - 🖾 • LE CUNE m 2.200 - ☎ 0462 565 219 - PR - 🗵 • PASSO LUSIA REFUGE m 2.055 - ☎ 0462 573 101 - PR -18 🛏 - 🗵 - 🗶 • CIAMP DE LE STRIE REFUGE- ☎ 348 573 35 63 - PR - 🗵 - 🗶 MALGA BOCCHE m 1.946 - 7 335 594 63 08 - A • SANDRO REDOLF BIVOUACm 2.335 - 6 RENATO JELLICI BIVOLIAC m 2 730 - 3 • COL MARGHERITA m 1.874 - ☎ 339 563 28 08 - PR - 모 • HUSKY BAR m 2.508 - 7 329 621 75 44 - PR - □

PR = Private CAI = Club Alpino Italiano

• MALGA PENIOLA m 1.468 - ☎ 0462 573 501 / 335 615 97 38 - PR - ♀ - ※ • LATEMAR BIVOUAC «A. SIEFF» m 2.365 - 10 • «M. RIGATTI» BIVOUAC m 2.650 - 9 TORRE DI PISA REFUGE m 2.671 - 7 0462 501 564 / 348 364 53 79 -MALGA SECINE m 1.727 - 🕿 339 334 75 77 - 🖾

• NEGRITELLA REFUGE m 1.986 - 7 0462 760 276 / 335 653 51 26 -• BAITA CHECCO m 1.998 - ☎ 335 656 35 12 - PR - ♀ - ※ • CIASA LA ZONDRA m 1.998 - 🕿 338 980 90 24 - PR - 🗵 - 🗶 BAITA MARINO PEDERIVA m 2.273 - ☎ 333 939 82 90 - PR - ♀ - ※

• PAOLINA REFUGE m 2.125 - ☎ 0471 612 008 - PR - 16 🛏 - 🗸 - 🗶 PASSO SANTNER REFUGE m 2.734 - ☎ 340 656 22 28 - PR - 8 🛏 - 🗵 - 🗶 RE ALBERTO I REFUGE (GARTLHÜTTE) m 2.621 - 🛣 0462 763 428 /

• BELLAVISTA m 2.000 - ☎ 0462 763 200 - PR - ♀ - ※

• CIAMPEDIE REFUGE m 1.998 - 🛣 0462 764 432 -

VAJOLET REFUGE m 2.243 - 2 0462 763 292 / 335 707 32 58 - SAT -CATINACCIO m 1.948 - 7 0462 764 615 / 339 595 14 01 - PR - 8 ⋈ - ♀ - ※ • GARDECCIA REFUGE m 1.948 - ☎ 0462 763 152- PR - 43 🛏 - 🗸 - 🗶 • STELLA ALPINA REFUGE m 1.960 - ☎ 334 392 58 93 - PR - 12 🛏 - 18 🛏 - 🗵 - 🗶 BAITA ENROSADIRA m 1.950 - ☎ 0462 763 776 / 348 541 57 57 - PR - ♀ - ※ ANTERMOIA REFUGE- m 2.497 - ☎ 0462 602 272 - SAT - 44 🛌 - 🖫 - 🔀 - 🗶 BERGAMO REFUGE (GRASLEITENHÜTTE) m 2.134 - 🟗 0471 642 103 -CAI - 44 🛏 - 6 🛏 - 🗓 - 🗶

ALPE DI TIRES REFUGE (TIERSERALPLHÜTTE) m 2.440 - 2 0471 727 958 / • DIALER (SEISER ALM-HAUS) m 2.143 - ☎ 0471 727 922 - PR - 93 🛏 - 🗸 - 🗶

BOLZANO REFUGE (SCHLERNHAUS) m 2.475 - 2 0471 612 024 -

SANDRO PERTINI REFUGE m 2.300 - 2 336 452 531 / 339 620 17 64 - PR -SASSO PIATTO REFUGE (PLATTKOFELHÜTTE) m 2.301 - 2 0462 601 721 328 831 27 67 - PR - 30 → - 30 → - 모 - ※ • ZALLINGER REFUGE m 2.037 - ☎ 0471 727 947 - PR - 30 🛏 - 🖵 - 🗶 CAPANNA MARMOTTA (MURMELTIERHÜTTE) m 2.132 -☎ 338 760 46 93 - PR - 모-※ VICENZA REFUGE (LANGKOFELHÜTTE) m 2.253 - ☎ 0471 792 323 /

• MARIA REFUGE AL SASS PORDOI m 2.950 - ☎ 0462 601 178 - PR - ♀ - ※

FORCELLA PORDOI REFUGE m 2.829 - 2 0462 767 500 / 368 355 75 05 CAPANNA PIZ FASSA m 3.152 - ☎ 0462 601 723 - PR - 23 🛏 - 🗵 - 🗶

• LUIGI GORZA REFUGE m 2.478 - ☎ 0436 79 244 - PR - ♀ × • PASSO PADON REFUGE m 2.369 - ☎ 0437 722 002 - PR - ♀ - ※ MARMOLADA / CONTRIN / CIAMPAC • FI COSINAT m 1.700 - 2 0462 601 460 - PR - □ - × • VILLETTA MARIA m 1.681 - 55 0462 601 121 - PR - 34 🛏 - 🗸 - 🗶

328 121 87 38 - PR - 25 ► - \(\mathbb{-}\) - \(\mathbb{-}\) CAPANNA AL GHIACCIAIO REFUGE m 2.700 - 7 348 353 92 82 -PR - 10 **► -** - 🛛 - 🗶

MALGA CIANCI REFUGE m 1.900 - ☎ 338 162 33 11- PR - ♀- ※ BAITA LOCIA CONTRIN m 1.736 - ☎ 347 616 35 99 - PR - 모 • CIAMPAC m 2.152 - ☎ 0462 600 060 - PR - 11 🛏 - 🖫 - 🗶

• BAITA VALERUZ m 2.160 - ☎ 337 283 498 - PR - 🗵 - 🗶

• PARADISO m 2.130 - ☎ 349 061 48 37 - PR - ♀ - ※ • CHALET CIMA UOMO m 2.030 - ☎ 0462 573 369 - PR - 20 🛏 - 🖫 - 🗴 • FUCHIADE REFUGE m 1.972 - ☎ 0462 574 281 - PR - 18 🛏 - 🗸 - 🗶 • MIRALAGO m 1.920 - ☎ 0462 573 791 - PR - 22 🛏 - 🗵 - 🗶 MALGA BOER m 1.808 - 🕿 338 380 50 43 - 🖼 • BAITA FLORA ALPINA m 1.818 - 2 0437 599 150 / 333 283 14 94 -

MONZONI «T. TARAMELLI» REFUGE m 2.040 - 360 879 719 -

PASSO ALLE SELLE REFUGE (BERG-VAGABUNDENHÜTTE) m 2.528 -

SAT - 16 **---** - □ - ※

☎ 347 403 93 31 - PR - 24 🛏 - 🖫 - 🗶

MALGA SAN PELLEGRINO m 1.808 - 🕿 333 273 96 14 - 🖾 BOCCHE / LUSIA / VIEZZENA

LEGENDA ► = Bunks ∇ = Bar

★ = Restaurant AT = Farmhouses Dairy products

RIF. = Refuge ANA = Associazione Nazionale Alpini SAT = Società Alpinisti Tridentini = Open also in winter