ALTA VIA 1:  
ITALIAN DOLOMITES TRAVERSE

The optional ridge to the Lagazuoi tunnels (Photo: © Charles Masters)

<table>
<thead>
<tr>
<th>Grade:</th>
<th>Moderate +</th>
<th>Land-only duration:</th>
<th>8, 10 or 12 days</th>
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<tbody>
<tr>
<td>Max altitude:</td>
<td>2750m</td>
<td>Trekking days:</td>
<td>6, 8 or 10 days</td>
</tr>
<tr>
<td>Dates:</td>
<td>We can run this on dates to suit you for a minimum group size of 1. The mountain accommodation is only open between 20 June and 20 September. Contact us at <a href="mailto:info@trekmountains.com">info@trekmountains.com</a> with your preferred dates</td>
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tel (Italy): +39 338 500 9540  
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web: www.trekmountains.com  
skype ID: trekMountains
UNESCO describes the Dolomites in Northern Italy as “widely regarded as being among the most attractive mountain landscapes in the world”. In 2009, the Dolomites were added to the World Heritage List for its outstanding universal value.

Join us on the ultimate multi-day trek along the Alta Via 1 (High Route), the original and flagship high level route through the Dolomites. The AV1, described in the outdoor press as “one of the world’s premier treks”, is a north-south traverse of the Dolomites. This diverse route encompasses flower-filled alpine meadows underneath the mountainous spires that typify the Dolomites, crashing waterfalls, clear turquoise lakes, World War 1 heritage sites, and wild remote sections. The highest point of the AV1 is 2750m at Rifugio Lagazuoi. We stay in the excellent network of mountain refuges along the way, enjoying traditional Italian and Austrian cuisine.

Typically we can expect between 4 and 7 hours of walking each day and ascents and descents of on average around 700m. The itinerary allows for a relaxed pace, and on the shorter days there will be time to explore the locality around the refuge, or to relax and enjoy the views. Afternoon thunderstorms are not uncommon in the Alps. Arriving at the refuge mid-afternoon should reduce the risk of walking in a thunderstorm.

The route has been up-graded slightly to moderate+ as we will need to carry enough clothing each for the trek staying in mountain refuges. However, the amount of equipment we will need to carry will be little as we do not need to carry sleeping bags or food. Lunches will be available at refuges en-route or we will take a packed lunch from the previous night’s refuge. Breakfasts and dinners will all be available at the refuges that we stay at. Including your water, you should aim to keep your rucsac weight to around 10kg.

Our route allows us to stay in some of the refuges held in the highest regard in one of the finest refuge networks in the Alps. The refuges vary from basic mountain huts to hotel-grade accommodation, and our accommodation may be in a mixture of dormitories and small shared rooms. The areas this trek passes through embrace the cultures of both the Italian Alto-Adige and the Austrian Sud Tyrol. Both Italian and German are spoken locally.

The trek is not technical and is accessible to regular walkers. We will have chance to explore the fascinating WW1 history of the region, and no doubt to also enjoy a well-earned glass of wine on a refuge balcony while watching the sunset turn the Dolomites to their famous pink colour. Why not make the most of Italy’s summer sunshine and a cheap flight to Venice?
Trek description

The Alta Via 1 is the flagship high-level route in the Dolomites. Staying in some of the best mountain refuges in Europe, many of which are located at high level offering wonderful vistas, with sunrises and sunsets to be savoured. The trek is incredibly varied – every day is different, and the refuges each offer a unique overnight mountain environment experience.

Choose your trip length: 8, 10 or 12 days:

There are 4 versions of the trip:
- **Option 1**: 1-week version North trekking from Lago di Braies to Cortina.
  8 days in total with 6 days of trekking
  (This trip allows you to take flights in and out on the same day of the week).

- **Option 2**: 1-week version South trekking from Cortina to Belluno
  8 days in total with 6 days of trekking
  (This trip allows you to take flights in and out on the same day of the week).

- **Option 3**: 10-day trek trekking from Lago di Braies to Passo Duran.
  10 days in total, with 8 days of trekking.
  This trip requires a private transfer back to Cortina.

- **Option 4**: Full Alta Via 1 trekking from Cortina to Belluno
  12 days in total, with 10 days of trekking.

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<thead>
<tr>
<th></th>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
<th>Option 4</th>
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<tbody>
<tr>
<td><strong>Total trip length</strong></td>
<td>8 days</td>
<td>8 days</td>
<td>10 days AV1</td>
<td>12 days</td>
</tr>
<tr>
<td><strong>Number of trek days</strong></td>
<td>6 days</td>
<td>6 days</td>
<td>8 days</td>
<td>10 days</td>
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<tr>
<td><strong>Day 1</strong></td>
<td>Travel to Cortina</td>
<td>Travel to Cortina</td>
<td>Travel to Cortina</td>
<td>Travel to Cortina</td>
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<tr>
<td><strong>Trekking route</strong></td>
<td>Trek days 2-7 from Lago di Braies to Croda da Lago to Cortina.</td>
<td>Trek days 2-7 from Cortina to Belluno</td>
<td>Trek days 2-9 from Lago di Braies to Passo Duran</td>
<td>Trek days 2-11 from Lago di Braies to Belluno</td>
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<tr>
<td><strong>Final night</strong></td>
<td>Cortina</td>
<td>Belluno</td>
<td>Cortina</td>
<td>Belluno</td>
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<tr>
<td><strong>Hotel Nights</strong></td>
<td>2 Cortina</td>
<td>2 (1 Cortina, 1 Belluno)</td>
<td>2 Cortina</td>
<td>2 (1 Cortina, 1 Belluno)</td>
</tr>
<tr>
<td><strong>Nights in rifugi</strong></td>
<td>5</td>
<td>5</td>
<td>7</td>
<td>9</td>
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### Stages of the AV1

#### First day for all options:

**Arrive Venice, travel to Cortina d'Ampezzo.**

All options start at t Cortina d'Ampezzo. For travel to/from Cortina, please refer to the travel section below. Cortina is a friendly, popular resort town. Our favourite hotel in Cortina is conveniently less than 5 minutes’ walk from the bus station, and a 1 minute walk from the main street, where a selection of restaurants and pizzerias can be found, as well as an interesting selection of shops.

Overnight hotel in Cortina

<table>
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<tr>
<th>Route options</th>
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#### Northern part of the AV1 (options 1,3,4)

**First day of the trek – bus to trail head at Lago di Braies, trek to first rifugio**

From Cortina bus station, which is less than 5 minutes’ walk from the hotel, we take public buses on the scenic route to Dobbiaco, and then to the lovely Lago di Braies. Lago di Braies is a beautiful lake with turquoise water. The Alta Via 1 officially starts at the far end of the lake, ascends through mugo pines up to a traverse under the rock wall of Croda dal Becco. The rifugio is located next to Croda dal Becco, a peak offering spectacular views of Lago di Braies which can be summited if time and energy allow. Look for edelweiss above the rifugio.

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

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**Trek to the Fanes area**

Trek across the moorland which is home to marmot, or along a track in edelweiss country to Rifugio Sennes. The route then follows an old military track, descending a narrow gorge to lunch at Rifugio Pederu. Ascending from the rifugio, the path passes through limestone karstic landscape and follows a charming stream before arriving at the rifugio for the night.

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

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**Trek to the Lagazuoi area**

Ascending from the rifugio the views of the spectacular karstic lunar landscape are revealed in full. Passing Lake Limo and a delightful farm stay, the route traverses a large flower-filled meadow where horses browse, and marmots may call out as they sense you approaching. From here, the path splits there is a bad weather option and a good weather option. Both arrive at Lake Lagazuoi, but the good weather option involves an ascent and then a steep descent down a gully on a well-managed path that zig-zags down to the lake, whereas the bad-weather option stays on broad tracks.

From Lake Lagazuoi there is a long ascent up to Rifugio Lagazuoi, passing WW1 artefacts. Look out for edelweiss above the lake.

Rifugio Lagazuoi has a large, spectacular terrace with a view to savour over a well-earned drink. The path up to the cross above the rifugio is also worth exploring. Make sure you take your camera to dinner, as you may well want to dash out for a photographic sunset to treasure.

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

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**Trek to the Nuvolau area**

Make sure you get up in time for sunrise at Lagazuoi – it’s well worth it!

There are various options from Lagazuoi to the next overnight stay. The AV1 traverses to Rifugio Dibona along a path where you may see chamois on the scree. The route then traverses back down to the road. Alternatively, if you are on a guided trip we can explore together the tunnels and WW1 artefacts around Rifugio Lagazuoi (weather permitting).

From the road, the path ascends once again to the Cinque Torre area – a popular area for climbers. There are several rifugio in the area that we can use – we recommend Rifugio Nuvolau for its views and its history, but if you prefer a higher level of comfort than this basic mountain hut offers we can use an alternative rifugio. (see the note in the accommodation section below about Rifugio Nuvolau).

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

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**Trek to Croda da Lago Palmieri area**

The view from Rifugio Nuvolau is a must-see on a clear day, so even if you didn’t stay there, it is worth making the ascent first thing in the morning. The path descends from Nuvolau and then contours round the mountain that Rifugio Nuvolau is perched on top of. Marmots abound, and the trail gets busier as you near Passo Giau where lunch can be bought. The trail quickly quiets off again the other side of the pass. It ascends another pass, then a long, gentle flower-filled descent before ascending a final pass and descending to the lake and Rifugio Croda da Lago Palmieri.

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

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**Option 1 ends the trek by trekking (or trek & bus from Rifugio Croda da Lago Palmieri to Cortina**

From Rifugio Croda da Lago, the path descends steeply through woods and then passes through flower-filled meadows back into Cortina.

Overnight hotel in Cortina

Meals included: Breakfast.

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### Southern part of the AV1 (options 2,3,4)

**Option 2 joins the AV1 by trekking from Cortina to Rifugio Croda da Lago Palmieri**
You can either take the bus from Cortina to Passo Giau, and walking as per the instructions in the stage above, or you can walk all the way up from Cortina to the rifugio Croda da Lago Palmieri through the woods – but note it is uphill all day if you chose not to take the bus to Passo Giau first!
Overnight mountain rifugio. Meals included: Breakfast and Dinner.

**Trek from Rifugio Croda da Lago Palmieri by trekking to Coldai area**
Today’s walk to Rifugio Citta di Fiume passes through quite different pastoral scenery from the high landscape we have previously encountered. From Citta di Fiume (a great mid-morning coffee stop), the path traverses through woodland to lunch at Rifugio Staulanza. From Staulanza the route follows a road for a few hundred metres before passing through woodland, farm scenery before ascending up to the Rifugio Sonino al Coldai, with lovely views of a gentle and well-kept ski area en-route.
Overnight mountain rifugio. Meals included: Breakfast and Dinner.

**Trek to Vazzoler area**
Above Rifugio Coldai there is a lovely lake, offering spectacular mirrored images of the Civetta mountain. The path undulates through marmot country, with the option of an ascent up to Rifugio Tissi, spectacularly perched high on a viewpoint for coffee or an early lunch. The path then descends through woodland and farmland to the final overnight rifugio of the trek – Rifugio Vazzoler.
Overnight mountain rifugio. Meals included: Breakfast and Dinner.

**Trek to Passo Duran**
From Vazzoler the path initially descends on road before heading uphill through woods. Crossing a scree slope under cliffs popular with climbers, the path undulates us to lunch at Rifugio Bruto Carestiato, and then a 45 minute walk to Passo Duran where there are 2 refuges.

**Option 2 (Southern Section) and Option 4 (The Full AV1) overnight here.**
Overnight mountain rifugio. Meals included: Breakfast and Dinner.

**Option 3 The 10-day trek ends at Passo Duran with a private transfer to Cortina d’Ampezzo** – it is at Passo Duran where you will meet your private transfer which will take you back to Cortina d’Ampezzo.
Overnight hotel in Cortina Meals included: Breakfast

<table>
<thead>
<tr>
<th>End of 10-day AV1 trek (option 3)</th>
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<tr>
<td>Trek to Rifugio Pian de Fontana area</td>
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Trek beyond Passo Duran through the woods and across scree to Rifugio Pramperet.  
From Pramperet the path ascends a col, then descends to the lovely, rustic Rifugio Pian de Fontana.  
Overnight mountain rifugio. Meals included: Breakfast and Dinner.  
This day can be split in two if preferred |

| Trek to end of AV1, bus to Belluno |
The final stage of the AV1 is descent, descent, descent through flower meadows that are very different from those we have experienced before and through marmot country. Pausing at Rifugio Bianchet for a break we continue the descent through the forest down to the road and catch a bus to Belluno.  
Overnight Belluno  
Meals included: Breakfast |

| Final day for all options: |
Trek services end after breakfast. trekMountains can arrange for travel back to Venice, Venice airport or Innsbruck airport.  
Meals included: Breakfast. Extra days can be booked to explore the area further. |

Optional extra nights in Cortina d’Ampezzo before or after the trek If you wish to spend more time exploring the town of Cortina d’Ampezzo, and the surrounding area, we can arrange extra nights for you in the group hotel on a bed and breakfast basis. Although Cortina is renowned as a plush resort town, there are ample affordable cafes and restaurants within just a five minutes’ walk form the hotel. Why not take a warm-up day walk before the main trek starts? Alternatively, you could hire bikes and explore the excellent local cycle paths in the Cadore Valley which are served by the bus network which can transport bikes. Please contact us for a quote if you wish to spend extra nights in Cortina.

Luggage storage: Options 1 and 3 both start and end in Cortina d’Ampezzo. A luggage storage facility is available at our preferred hotel, so if you are staying there you can store any luggage you don’t want to take with you on trek.

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.
Accommodation

**Cortina hotel:** Our preferred hotel in Cortina d'Ampezzo is a friendly 3* hotel just a 1 minute walk from Cortina’s main street, and less than 5 minutes from Cortina’s bus station.

**Mountain accommodation:** We have spent a lot of time researching the best refuges in the area. The mountain refuge accommodation is in a mixture of small rooms (2-4 beds) and dormitories (6-16 beds), and there may be both men and women in the same room. Wherever we can, we will book small rooms. In most of the refuges, the accommodation is in bunk beds, but some offer normal beds. Bathroom facilities are shared. Most of the refuges offer showers – some charge extra for the use of these as water is a precious commodity in the Dolomites. Rifugio Nuvolau and Rifugio Biella do not offer showers. Accommodation may vary according to availability

• **Rifugio Nuvolau** is a spectacular rifugio, and is the favourite for many trekkers because of its spectacular location and its history. The 360° views from here on a clear day are spectacular offering one of the best vantage points of the trek to enjoy an unforgettable sunset and sunrise. Nuvolau is a proper, traditional mountain refuge which still serves great food and has a bar, but the toilet / washing facilities are not to everyone’s taste. Water is at a premium here and during the daytime, the toilet facilities are in an outside toilet room, and there is only one washbasin with cold water. If you prefer a higher level of accommodation please let us know at the time of booking and we will use one of the other excellent refuges in the area.

![Enjoying sunset from Rifugio Nuvolau © Ann Foulkes, trekMountains](image)

**Single rooms:** If you are travelling alone, you will be matched up to share with someone of the same gender. Single rooms can be provided at extra cost in the hotels (payable in advance). Accommodation in the rifugi is on a shared basis.

**Food and drinks** can be obtained from refuges en route – on some days you will need to carry a packed lunch obtainable from the refuge the night before.

As the accommodation is in the high mountains (Alta Via means high road) there is no baggage transfer service which is consistent enough to use for the Alta Via 1, so in addition to the normal gear a trekker would carry for a day walk, you also need to carry in their rucsacs a change of clothes, a sheet sleeping bag liner, a towel and a few basic toiletries (See the kit list at the end of this itinerary).

**Preparing for your trek:**

Please see our document “Preparing for your trek to Italy” at [http://trekmountains.com/pre-trek/](http://trekmountains.com/pre-trek/) for all the advice you need about visas, insurance, money, equipment, and medical matters.
Travel

Flights: The Dolomites are served by several low-cost airlines which fly to Venice, including Ryan Air, Easy Jet, Thomson Fly Jet2, BMI Baby and BA. The London airports offer the biggest choice of flights, but regional flights are also possible.

Travel between the airports and the Dolomites:
Public transport: For the majority of the season, several public coaches run on a daily basis from the Venice airports and Venice itself straight to Cortina from as little as €7 per person each way.
For the options that finish in Belluno there are public buses connecting Belluno with Venice.

Private transfers: Alternatively, trekMountains can arrange private transfers with a reputable company that we have built up an excellent relationship with. They can also offer transfers from Innsbruck airport.

Dates

This trip is available on dates to suit you between 20th June and 20th September. Before 20th June and after 20th September there are not enough rifugi open to run the trip.

Minimum numbers and our pricing policy:
The self-guided trip is based on a 2 person price based on twin sharing rooms in the hotel. It can, however, be run with just 1 person.

The price of the guided trip varies according to the number of participants. It is advertised based on a 4 person price based on twin sharing of the hotel rooms. It can, however, be run fewer people if the 4 person twin share price is not relevant to your party, we will quote according to the number of participants and the number of single / shared rooms that you require.

Alternatively, you may prefer that we open up the trip to other bookings. In that case, if there are less than 4 of you in your party we will give you a price based on the number of participants so that the trip can be guaranteed immediately. The final price will reduce as more trekkers join the trip.
Guided or Self-Guided?

The Alta Via 1 can be offered either guided or self-guided.

**Guided:** Why not enjoy a complete break and choose a guided trip? Get shown fields of edelweiss, learn the wonderful flora in this natural garden, hear a little of the fascinating history of the area and be led (weather permitting) along the exciting ridge that leads to the descent through the WW1 tunnels at Lagazuoi (this ridge is optional – if you don’t like heights there is an alternative descent using a normal path).

You will be accompanied by an experienced and qualified International Mountain Leader. Usually the leader for these trips is Ann Foulkes, Director of trekMountains. Ann is English but lives in Italy and speaks Italian. She has led this trip many times, but can’t get enough of it – in fact she rates it as one of her top two favourite treks anywhere in the world. Ann would love to share her favourite mountains in the world with you. If there are just a couple of you, it will be more cost-effective to open your trip dates to other trekkers so that the costs of the guide will be shared amongst the group.

**Self-Guided:** If you choose a self-guided trip, you will be provided with excellent quality 1:25,000 maps with the route marked on them, with detailed trip notes and with a language card. The bookings will be made for you, and you will be provided with vouchers for your accommodation, and if required, for any private transfers involved. Self-guided trips can be organised for a minimum of 1 person.

**Not sure?** Please email or call us – we consider it very important that you find the right trek for you and we pride ourselves in our ability to help you find the most appropriate trek.
What’s included in the price?

Guided trips

The Price Includes (Guided trips):
- Journey by bus between our accommodation in Cortina d’Ampezzo and the start of the trail.
- Journey by private transfer between the end of the trail at Passo Duran and Cortina d’Ampezzo (10 day trip only).
- Accommodation in Cortina d’Ampezzo in our group hotel in ensuite rooms, inclusive of breakfast as per the itinerary.
- Accommodation in Belluno inclusive of breakfast as per the itinerary (options 2 and 4 only).
- Accommodation in mountain refuges in shared rooms or dormitories on a half-board basis as per the itinerary.
- Meals as indicated in the itinerary
- Participation in the trek as per itinerary usually led by Ann Foulkes, the director of trekMountains who is a qualified English International Mountain Leader who also speaks Italian.

Not Included (Guided trips):
- International flights
- Travel between airport and Cortina d’Ampezzo / Belluno
- Meals not specified in the itinerary as being included.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs
- Allow approximately €250 spending money for meals / drinking water / drinks / showers in refuges.
- Travel Insurance
- Tips

Self-Guided trips

The Price Includes (Self-Guided trips):
- Accommodation in Cortina d’Ampezzo in our group hotel in en-suite rooms, inclusive of breakfast as per the itinerary.
- Accommodation in Belluno inclusive of breakfast as per the itinerary (options 2 and 4 only).
- Accommodation in mountain refuges in shared rooms or dormitories on a half-board basis as per the itinerary.
- Meals as indicated in the itinerary
- Journey by private transfer between the end of the trail at Passo Duran and Cortina d’Ampezzo (only for the trip that ends at Passo Duran).
- Detailed, original 1:25,000 maps with the route highlighted on them
- Detailed walk instructions
- Survival Italian Language Guide

Not Included (Self-Guided trips):
- International flights
- Travel between airport and Cortina d’Ampezzo / Belluno
- Bus fare between accommodation in Cortina d’Ampezzo and the start of the trail.
- Bus fare between end of trail and our accommodation in Belluno
- Meals not specified in the itinerary as being included.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs
- Allow approximately €250 spending money for meals / drinking water / drinks / showers in refuges.
- Travel Insurance
- Tips

Why book with trekMountains?

Ann Foulkes, the Director of trekMountains and International Mountain Leader, lives in Italy, speaks Italian, and has led trips in the Dolomites along the AV1 route every year for since 2010. In that time she has built up an excellent relationship with the accommodation providers and transfer companies in the Dolomites – an invaluable resource if help is required at any stage.

“Hello Ann,
Mary Ellen and I had a fantastic time in the Dolomites. Your arrangements, directions, recommendations and maps were “spot on!” The weather was to be expected in the mountains: sun, rain, snow, clouds. We had it all. The refugios you selected and the accommodations were perfect. Food was good and the beer cold! Even the basic house red wine was good.
The amount of time on the trails between the refugios was just right. The Dolomite scenery was spectacular. We would give you and trekMountains 6 out of 5 stars! I think the highest you can get is 5, but we would give you 6!
We look forward to coming back to the Dolomites and we will contact you. We have given your contact info to a few of our friends.
Thanks, Harold Mullins, USA, self-guided AV1 2017

Check out what our other clients have said at http://www.trekmountains.com/about-us/reviews/
Kit list  
All items are essential unless marked optional or recommended

The weather in the Dolomites at this time of year should be pleasantly warm, and we hope that shorts and t-shirts will be the norm. However, the weather can change rapidly, and thunderstorms and snow can happen at any time of year so be prepared for anything while trying to keep your rucksack weight to around 8kg before adding your water!

Tops
- waterproof jacket
- 2 fleece or softshell tops
- down or synthetic jacket or gilet (optional – recommended if cold weather forecast)
- 1 long sleeve quick-drying thermal
- 2 quick-drying short sleeve shirts or t-shirts (perhaps 1 sleeveless if good weather forecast)

Trousers
- 2 pairs trousers (preferably zip off type so don't need to take shorts as well)
- 1 pair waterproof over trousers
- gaiters (optional, but recommended if there is snow forecast)

Footwear
- walking boots – a lightweight, waterproof pair of 3-season boots that you have broken in
- approach shoes or trekking sandals (recommended, though most rifugi do provide hut slippers which you can use at the rifugi)

Underwear
- underwear
- walking sox & liner socks (I usually take 3 pairs and wash them out)
- t-shirt/shorts for sleepwear in mixed dormitories
- swimwear (optional)

Extremities
- sunhat / buff
- fleece hat
- thin gloves (waterproof gloves are better)
- rucksac: approx 40 - 45 litres (has to be big enough to carry all your kit on trek)
- kit bag for storing spare clothing at base
- roll-top waterproof rucsac liner ( I use 3: 1 for my waterproof jacket/trousers, 1 for kit I may need during the day, 1 for kit I will need overnight).
- 2 trekking poles (strongly recommended – there are some steep paths)
- headtorch – required for exploring tunnels as well as at night-time in the refuges. Hand-held torches are not good enough for the tunnels.
- spare batteries for headtorch
- sunglasses
- phone and charger (EU 2 round pin plug)
- camera / memory cards (optional)
- water bottles / drinks bladder 1½ litres minimum
- water purification tablets (optional)
- earplugs (strongly recommended for dormitories)
- stuff sack to use as a pillow case (optional)
- sheet sleeping bag liner (silk is best)  Note. All refuges provide duvet or sheets and pillows, but it is essential you use these with a sheet sleeping bag liner.
- small lightweight trekkers towel
- toiletries - just pack small amounts into travel size bottles
- good suncream
- tissues
- resealable plastic bags for packing out toilet tissue
- personal 1st aid kit
- snacks
- resealable plastic bags for carrying lunch
- duck tape (small amount for repairs)
- cash in euros  (there are no ATMs once you are on trek).
- travel insurance details
- passport
- BMC membership cards and/or reciprocal rights card if you already have them (not worth buying specifically for this trek)
- Self-guided clients should also bring a compass and a waterproof map case

For Guided trips on the Northern section of the AV1 there is an option to explore the Lagazuoi WW1 tunnels (weather allowing). If you are interested in doing this, 2 HMS-type Karabiners and a 240cm (8') climbing sling are required to add security on where the path is protected by chains. The path is not technical or difficult, but does require a head for heights. If you are tall you may want to also bring a climbing helmet if you wish to explore the World War I tunnels at Lagazuoi. Helmets can hired in Cortina if necessary. If this may present a problem to you, the path can be completely avoided, and it is not necessary for the whole group to do the same route, so don't let this put you off booking onto the trip! If you are unsure, please speak to Ann at trekMountains to discuss the route.

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