




Alta Via 1: Italy: Dolomites



Grade:	Moderate + 	Trip Code	Total days	Trekking days	
		AV1 Highlights	AV1-A	8 days	6
Trip style	Hut-to-hut multi-day self-guided	AV1 North	AV1-B	8 days	6
		AV1 to Passo Duran / bus to Belluno	AV1-C1	11 days	9
Min numbers:	Any number from 1 person	AV1 to Passo Duran / taxi to Cortina	AV1-C2	10 days	8
Max altitude:	2762m at Lagazuoi Pizo	AV1 Full	AV1-D	12 days	10
Dates:	We can run this on dates to suit you starting between 15 June & 15 September. Outside of these dates there are not enough rifugi open to run the trip. Contact us at info@trekmountains.com with your preferred dates				

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Trek Overview

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.

Experience for yourself 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, staying in some of the very best mountain accommodation in the Alps.

The trek is incredibly varied – every day is different. This diverse route encompasses flower-filled alpine meadows underneath the mountainous spires that typify the Dolomites, clear turquoise lakes, World War 1 heritage sites, and wild remote sections. The highest point of the AV1 is 2750m at Rifugio Lagazuoi.

Trip length

Choose your length of trek:

Option	Trip title	Trip starts in	Trip ends in	Itinerary stages (Details of stages on the following pages)	Total trip length
A	AV1 Highlights	Cortina	Cortina	Stages 1, 4A, 5-9 Walk from Cortina to Agordo, bus to Belluno (6 walking days)	8 days
B	AV1 North	Cortina	Cortina	Stages 1-6, 7B, 7B, 8B Walk from Lago di Braies to Cortina (6 walking days)	8 days
C-1	AV1 to Passo Duran	Cortina	Belluno	Stages 1-8, 9C, 10C, 11C Walk from Lago di Braies to Agordo, bus to Belluno (9 walking days)	11 days
C-2	AV1 to Passo Duran	Cortina	Cortina	Stages 1-8, 9C, 10C, 11C Walk from Lago di Braies to Passo Duran, taxi to Cortina (8 walking days)	10 days
D	AV1 Full	Cortina	Belluno	Stages 1-12 Walk from Lago di Braies to La Pissa, bus to Belluno (10 walking days)	12 days

All of these standard options can be tailored to suit your needs.

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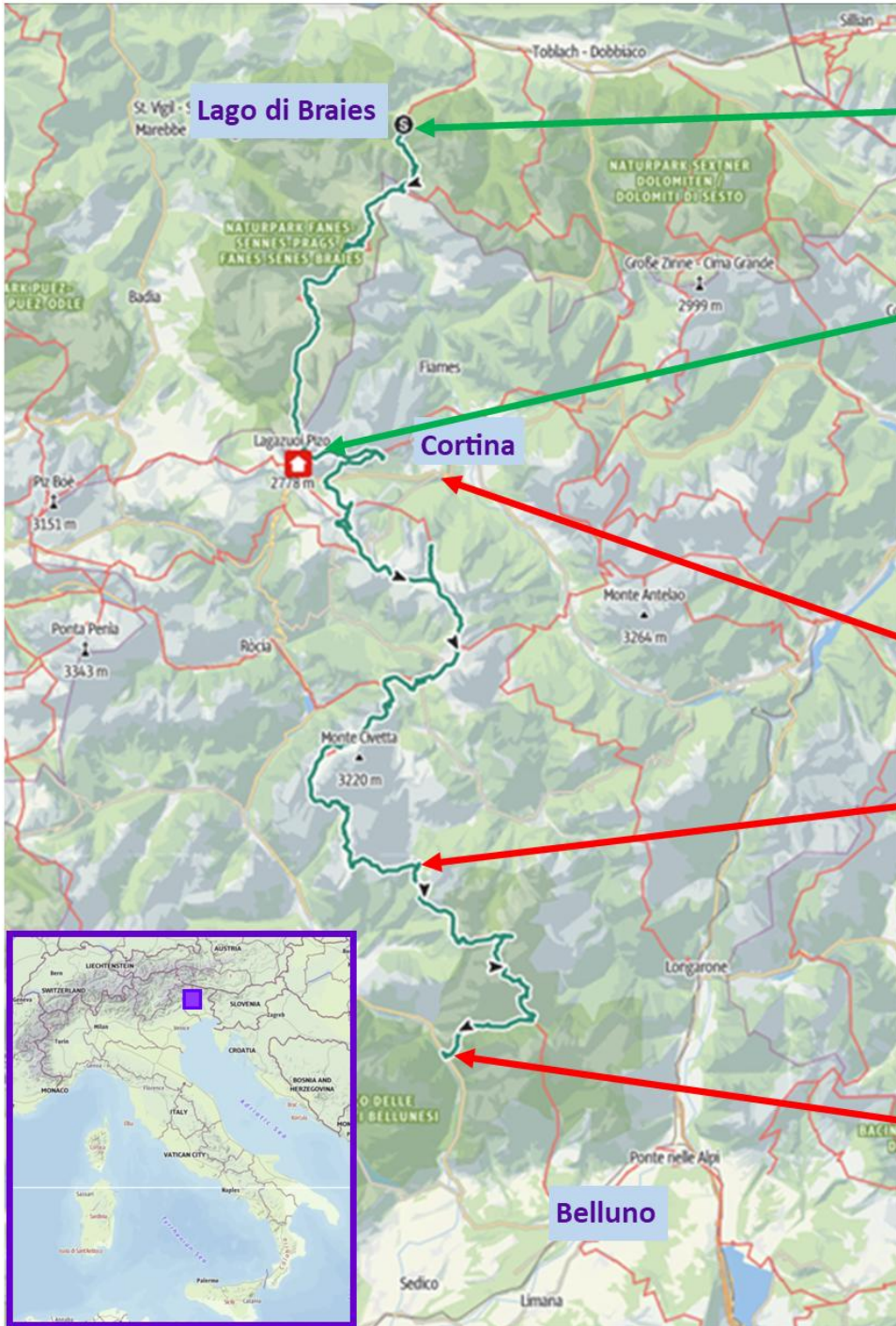
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Our most popular route options on the AV1

Option	Trip title	Trek days	Total days	Start	End
A	AV1 Highlights	6	8	Cortina	Belluno
B	AV1 North	6	8	Cortina	Cortina
C1	AV1 10-day	9	11	Cortina	Belluno
C2	AV1 10-day	8	10	Cortina	Cortina
D	AV1 Full	10	12	Cortina	Belluno



B: AV1 North start
C: AV1 10-day start
D: AV1 Full start
 Bus from Cortina. Start trek at Lago di Braies

A: AV1 Highlights start
 Bus from Cortina. Start trek to Lagazuoi

B: AV1 North end:
 End of trek, walk to Cortina

A: AV1 Highlights end
C: AV1 10-day to Passo Duran end
 End of trek, walk to Agordo & bus to Belluno (A & C1) or taxi to Cortina (C2)

D: AV1 Full end
 End of trek, bus to Belluno

Other trip lengths are possible—contact us for details

Itinerary – the stages of the AV1

Stage 1 **Travel to Cortina d’Ampezzo in the Cadore Valley.**
The starting point for our all Alta Via 1 trek options is the popular resort town of Cortina d’Ampezzo which is easily accessible by direct coach from the Venice airports.
Cortina will be hosting the 2026 Winter Olympics, and also makes a wonderful summer destination for walkers. Located just a few minutes’ walk from the coach station, the main street of Cortina provides a generous choice of restaurants, bars and cafes for all budgets.
Overnight hotel in Cortina area.

Options B, C & D all start trekking at Lago di Braies

Stage 2 **First trek day – bus to trail head at Lago di Braies, trek into the Fanes - Sennes Nature Reserve to your first rifugio**

From Cortina bus station you will take a bus on the scenic route to Dobbiaco, and then to the lovely Lago di Braies. Lago di Braies is a beautiful lake with turquoise water and a popular spot with day trippers. The Alta Via 1 officially starts at the far end of the lake, and as soon as the path starts to ascend through mugo pines the numbers of day trippers rapidly reduces. Trekking steadily up, the route heads to a traverse under the rock wall of Croda dal Becco. The rifugio is just down from the col 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.

Distance 6.9 km / 4.3 miles, Ascent: 937m / 3074 feet, Descent 104m / 341 feet,

Walking time approx. 4 hours

+ Optional Extension to summit Croda dal Becco +3.6km, Ascent & Descent 486m, 3 hours

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

Stage 3 **Trek into the heart of the Fanes - Sennes Nature Reserve**

The route continues with a choice either across the moorland, which is home to marmot, or along a track in edelweiss country in the Fanes-Sennes Nature Reserve. The route then follows an old military track, descending a narrow gorge to lunch at roadside rifugio. Ascending from the lunch spot, the path climbs then undulates through mugo pine trees dwarfed by the landscape, and follows a charming stream before arriving at your rifugio close to the stream in the heart of the karst limestone basin.

Distance 19.6 km / 12.2 miles, Ascent: 965m / 3166 feet, Descent 1214m / 3953feet

Walking time approx. 4-5 hours

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.



A sea of wild flowers. “When I’m in the Dolomites in July I think God spilled the seed packet here!” © trekMountains

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Stage 4

Trek to the Lagazuoi area

Ascending from the rifugio the views of the spectacular karst lunar landscape are revealed in full. Passing Lake Limo and a delightful farm, 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 which zig-zags down a gully and across scree slopes 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. Alternatively, you may prefer to make use of one of the most spectacularly-located saunas we have ever seen. The path up to the cross above the rifugio is also worth exploring for its incredible 360° panorama. Make sure you have your camera with you as you may well want to dash out, even from your excellent dinner, for a photographic sunset to treasure.

Distance 12.7 km / 7.9 miles, Ascent: 1104 m / 3622 feet, Descent 420 m / 1378 feet

Walking time approx. 6 hours

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

Option A: AV1 Highlights starts trekking here

Stage 4A

Trek to the Lagazuoi area

Take a bus from Cortina up towards the Lagazuoi area. Continue on foot (or you could take the cable car if you want an easy start to your trek) uphill to Rifugio Lagazuoi and to Lagazuoi Pizo, the peak which is easily accessed from behind the rifugio.

Treat yourself to lunch on the most spectacular terrace of the whole AV1.

You may choose to explore the tunnels and WW1 artefacts around Rifugio Lagazuoi.

There are several options for your route down to your rifugio for the night, located below Mt Lagazuoi.

We offer 3 options for ascent and 3 options for descent, so you can mix and match the options to suit you. The 2 harder options for this day are:

- 16 km / 10 miles, Ascent: 1251 m / 4104 feet, Descent 1027 m / 3041 feet, approx. 7¾ hours
- 11 km / 6.3 miles, Ascent: 804 m / 2637 feet, Descent 729 m / 2391 feet, approx. 5 hours

Overnight: mountain rifugio (mountain inn / hut).

Meals included: Breakfast and Dinner.



A sauna with a view...

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Stage 5 **Trek to the Mt Nuvolau / Cinque Torri outdoor WW1 museum area**
If the sky is at least partly clear, 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. You may choose to explore the tunnels and WW1 artefacts around Rifugio Lagazuoi.
From the road, the path ascends once again to the Cinque Torre area – a popular area for climbers. Here there is an open-air WW1 museum and trenches which you can explore.
There are several refuges in the Mt Nuvolau / Cinque Torri area that we can use depending on your preferred type of rifugio.
Distance 15.7 km / 9.7 miles, Ascent: 661 m / 2169 feet, Descent 1151 m / 3776 feet
Walking time approx. hours
Overnight mountain rifugio.
Meals included: Breakfast and Dinner.

Stage 6 **Trek to the lake at Croda da Lago**
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 a lake-side rifugio which offers a sauna and a decking area to enjoy a well-earned beer or perhaps explore their extensive grappa range.
Distance 16 km / 9.9 miles, Ascent: 975 m / 3199 feet, Descent 988 m / 3241 feet
Walking time approx. 7 hours
Overnight mountain rifugio.
Meals included: Breakfast and Dinner.

Option B: AV1 North finishes as follows:
Stage 7B Trek from Croda da Lago to Cortina. Afternoon free in Cortina.
Distance 8.8 km / 5.5 miles, Ascent: 105 m / 345 feet, Descent 945 m / 3100 feet
Walking time approx. 3 hours
Overnight hotel Cortina
Meals included: breakfast
Stage 8B Depart Cortina

Stage 7 **Options A, C & D continue as follows:**
Trek Mt Pelmo area
Today’s walk to passes through quite different pastoral scenery from the high landscape we have previously encountered. Traversing woods you descend to Rifugio Citta di Fiume, which makes a great mid-morning coffee stop. The path then traverses through woodland to lunch with lovely cuisine at a rifugio just out of the woods. The route then follows a road for a few hundred metres before passing through woodland and then farmland as it ascends up to a spectacularly-located rifugio offering views of Mt Pelmo.
Distance 16.7 km / 10.4 miles, Ascent: 847 m / 2249 feet, Descent 759 m / 2490 feet
Walking time approx. 7 hours
Overnight mountain rifugio.
Meals included: Breakfast and Dinner.

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Stage 8 **Trek to the Mt Civetta area**
Your walk today ascends to a delightful lake, offering spectacular mirrored images of Mount Civetta. As you walk here, listen out for the cry of marmots. The path undulates, with the option of an ascent up to a rifugio perched high on a viewpoint offering a great vista of the imposing rock wall of Mt Civetta. This makes a good place for coffee or an early lunch. The path then descends through woodland and farmland to your next rifugio.
Distance 9.7 km / 6 miles, Ascent: 470 m / 1543feet, Descent 885 m / 2904 feet
Walking time approx. 4 hours
Overnight mountain rifugio.
Meals included: Breakfast and Dinner.

Stage 9 **Trek to Passo Duran**
Today's walk initially descends on a quiet road before heading uphill through woods. Crossing a scree slope under cliffs popular with climbers, the path undulates to lunch at a rifugio, and then a 45-minute walk to Passo Duran where there are 2 refuges.
Distance 11.6 km / 7.2 miles, Ascent: 618 m / 2028 feet, Descent 738 m / 5421 feet
Walking time approx. 5 hours
Overnight mountain rifugio.
Meals included: Breakfast and Dinner

If you choose to finish the trek at Passo Duran, you have the following options:

Options A or C1: Finish in Belluno:

Stage 9C1 Trek to Passo Duran, overnight mountain rifugio
Distance 11.6 km / 7.2 miles, Ascent: 618 m / 2028 feet, Descent 738 m / 5421 feet
Walking time approx. 5 hours
Overnight Belluno hotel
Meals included: Breakfast

Stage 10C1 Trek from Passo Duran to Agordo. (Note that our route avoids the extremely long day and steep descent offered by some other companies).
Distance 8 km / 5 miles, Ascent: 31 m / 102 feet, Descent 1264 m / 4147 feet
Walking time approx. 3½ hours
From Agordo you can take a bus to Belluno

Stage 11C1 Depart Belluno.

Option C2: Finish in Cortina:

If you prefer to return to Cortina we can arrange it for you as follows:

Stage 9 C2 Trek to Passo Duran. Private taxi transfer in the late afternoon back to Cortina (taxi included in the price of the C2 option).
Distance 11.6 km / 7.2 miles, Ascent: 618 m / 2028 feet, Descent 738 m / 5421 feet
Walking time approx. 5 hours
Overnight Cortina hotel
Meals included: breakfast

Stage 10C2 Depart Cortina

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Option D continues as follows:

Stage 10 Trek to the Bellunesi Dolomites area

From Passo Duran the AV1 follows the road for a short while before ascending through the woods and across screes to lunch in a rifugio as you enter the Bellunesi Dolomites. From your lunch spot the route ascends across an area which often holds snow to a col before descending through marmot country to a traditional mountain rifugio which has dormitory accommodation and basic facilities.

Distance 17.3 km / 10.8 miles, Ascent: 1174 m / 3852 feet, Descent 1133 m / 3717 feet

Walking time approx. 7¾ hours

Overnight mountain rifugio.

Meals included: Breakfast and Dinner.

Stage 11 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 further north on the trail. Pausing at a Rifugio Bianchet for a break you then continue the descent down a forest track to the road and catch a bus to Belluno. If you prefer to avoid the long steep descent via Bianchet which is the traditional AV1, we can advise of an alternative, easier descent. Ask us for further details.

Distance 11.6 km / 7.2 miles, Ascent: 424 m / 1391 feet, Descent 1602 m / 5256 feet

Walking time approx. 4¾ hours

Overnight Belluno hotel

Meals included: Breakfast

Stage 12 Depart Dolomites.

Trek services end after breakfast. Extra days can be booked in Belluno if you wish to explore the area further. trekMountains can arrange for transfers back to Venice, Venice airport or Innsbruck airport.

Meals included: Breakfast.

- Typical walk statistics are shown above, but may vary depending on the availability of accommodation.
- 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.



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Why not go for a pre-trek warm-up day walk in the iconic Tre Cime area? © Ann Foulkes trekMountains

Optional extra nights:

If you wish to spend more time exploring the town of Cortina d'Ampezzo, and the surrounding area, we can arrange extra hotel nights for you.

Although Cortina is renowned as a plush resort town, there are many affordable cafes and restaurants. Why not take a warm-up day walk – perhaps in the iconic Tre Cime area 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.

If your trek ends in Belluno, we can book additional nights in your hotel there for you to soak up a bit more Italian culture before your onward journey.

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Celebrating the start of a new day – sunrise on Peak Lagazuoi © Ann Foulkes, trekMountains

What is a Self-Guided trek?

Self-Guided: We offer this trip on a self-guided basis. The paths are well signed, and the route is not technical. 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. GPX files can be provided if requested. 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 if you'll be ok self-guided? 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.



On Lagazuoi Pizo © Ann Foulkes, trekMountains

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How difficult is the trek?

We strongly believe that the outdoors should be enjoyable. We create manageable stages in which you can enjoy your environment, not worry about racing to the rifugio worried about whether you'll make it before dinner or before the alpine weather sets in.

You can typically expect distances averaging around 12½km (7½ miles), and ascents and descents of on average 770 metres (2525 feet). Don't let the distances fool you – the terrain in the Dolomites can be demanding, and the stages of our treks have been carefully based on 15 years' experience of offering the AV1. For most people it will take 5 to 7 hours of walking each day. The itinerary allows for a relaxed pace, and on the shorter days there will be time to explore the local area around the refuge, or to relax and enjoy the views with a well-earned drink - you are on holiday after all!

The hike is not technical and it is very achievable for anyone used to walking in a mountain environment. The paths are clearly marked, and well populated, especially in the northern half of the trek.

The highest point of the walk to Lagazuoi Pizo (previous page) can be attained by anyone used to hill walking.

However, the ridge (shown below), is totally optional, and is **not** for everyone – it does require a head for heights and should definitely not be attempted in wet or snowy conditions.



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

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What are the benefits of booking your holiday with trekMountains?



We are Dolomites experts - we've led the way in organizing treks in the Dolomites since 2010, and we're constantly extending our range of treks to this exciting region to suit a wide range of customer requirements.



The treks we offer are very good value. Ann Foulkes, owner of trekMountains and International Mountain Leader, will personally deal with your booking, and she will hand-pick lovely accommodation for you based on your preferences. She will book all the accommodation for you, saving you from the difficult task of trying to book a whole string of different accommodation providers on consecutive nights, and saving you from having to send booking fees off to each one in euros.



We personally walk in the Dolomites every year to keep ourselves up to date with path changes. Since 2010 we have built up excellent relationship with the accommodation providers and transfer companies in the Dolomites.



We ensure that the staging of your hike is well-proportioned based on our extensive personal knowledge of the path options in the area.



The pre-trek information we will send you is well-researched and very detailed. We will post you maps marked with your bespoke route highlighted, along with comprehensive route directions, route options for easier paths or if bad weather strikes, travel information including transport timetables, and even advice on how best to get to/from your chosen airport. GPX files can be provided if you want them.



You will have expert help available for any unexpected problem (this is an adventure holiday, so the unexpected does sometimes happen!)



We are responsive and professional – we take pride in ensuring you have the best walking holiday possible.



Feedback from our clients has always been that their holiday was thoroughly enjoyable and value for money. You can see the reviews we have received at <https://www.trekmountains.com/about-us/reviews/>



Here are trekMountains, our policy has always been to book private rooms for all bookings for 2 or more people, wherever those rooms are available. We do this at no extra cost to yourself.

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Prices

Please see our website for our prices:

<https://www.trekmountains.com/italy/alta-via-1-italian-dolomites-traverse/>

What's included:

- ✓ Hotel accommodation for first and last night of the trip in en-suite rooms, inclusive of breakfast as per the itinerary.
- ✓ Mountain accommodation during the trek on a half-board basis as per the itinerary. We always request to book private rooms at no extra cost to yourself, subject to availability. Shared rooms or dormitories will be allocated if no private rooms are still available.
- ✓ Journey by private taxi transfer between the end of the trail at Passo Duran and Cortina d'Ampezzo (Option C2 only).
- ✓ Meals as indicated in the itinerary. (Please note that a few rifugi now only offer dinner on an 'a la carte' basis. If we have to use one of these refuges for your booking, we will clearly state this on your invoice).
- ✓ Detailed, original 1:25,000 maps with the route highlighted on them.
- ✓ GPX files on request to use on your preferred mapping software.
- ✓ Detailed walk instructions.
- ✓ Survival Italian Language Guide.

Not Included:

- × International flights.
- × Travel between airport and trip start/end points.
- × Bus fare between accommodation in Cortina d'Ampezzo area and the start of the trail.
- × Bus fare between end of trail and your accommodation in Belluno (options A, C1 & D).
- × Meals not specified in the itinerary as being included.
- × Items of a personal nature such as drinks, laundry, telephone calls and souvenirs.
- × Spending money for meals / drinking water / drinks / showers in rifugi / saunas.
- × Tourist taxes – charged in some accommodation, typically between 1.50 and 4 euros per person per night.
- × Travel Insurance.

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Accommodation

Mountain accommodation:

Our routes allow you to enjoy the very special experience of staying high up in the mountains during your trek.

The Alta Via 1 is a high mountain traverse through different mountain ranges. The trekMountains ethos is to ensure that you stay in the mountain environment, enjoying wonderful Italian hospitality in stunning alpine settings each night.

It is therefore our policy that we do NOT divert you down to valley-based hotels during the trek. To do so on the AV1 would detract from the route, and would result in uneven, unpleasantly long walking stages which are longer than most people want to do, and long road journeys down to the valley when all you want to do is shower and enjoy a drink on the terrace before dinner.

The mountain huts or inns are known as 'rifugi' in Italian.

The term 'rifugi' can be misleading – these are not the basic mountain shelters that you find in many parts of the world – these are some of the best mountain accommodation you will find anywhere. All offer live-in staff who cook hearty meals for you. Warm bedding is provided, meaning you don't have to carry heavy sleeping bags.

Each rifugio has its own character and setting, and each offers a different overnight mountain experience. We have spent a lot of time personally researching the best mountain accommodation for you in the Dolomites.

The rifugi vary from traditional Alpine Club mountain huts to independent hotel-grade accommodation. The accommodation may be in a mixture of small rooms (2-6 beds) and dormitories. In most of the rifugi, the accommodation is in bunk beds. Bathroom facilities are normally shared. Almost all the rifugi offer showers – some charge extra for the use of these as water is a precious commodity in the Dolomites.

However, our policy here at trekMountains has always been for bookings of 2 people or more to request private rooms for you in the rifugi wherever they are available, at no extra cost to yourself. These rooms are very popular, and so we recommend booking early if this is important to you.

Hotels:

Hotels at the beginning and end of the trip are included in our prices.

All our AV1 trips start from the popular resort town of Cortina d'Ampezzo area where we usually use a 3* hotel. At particularly busy times we may need to book a hotel, guest house or apartment in the Cadore valley instead of in Cortina itself.

If you prefer to upgrade to a 4* or 5* hotel, please let us know your preferred dates and ask us for a quote.

For those treks finishing in Belluno we normally use a 3* hotel in the centre of Belluno.

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Solo trekkers

We **DO** accept bookings for people trekking on their own.

- Hotel accommodation: The solo traveller price includes single rooms in the hotels.
- Mountain accommodation: Single rooms are almost non-existent in the mountain rifugi so your accommodation in the mountain refuges will be in smaller shared rooms or dormitories depending on availability.

Food and drinks

Food and drink can be obtained from refuges en-route – occasionally you will need to carry a packed lunch obtainable from the refuge the night before, and where this applies we will tell you in your bespoke trip notes. Breakfasts and dinners will all be available at the refuges that you stay at. Many of the rifugi are located at high level offering wonderful vistas, with sunrises and sunsets to be savoured.

What do I need to carry?

We often get asked if bag transfers are possible on the Alta Via 1. Unlike treks such as the Tour du Mont Blanc, where the route takes you regularly down to the valleys which offer hotels and bag transfers, the nature of the Alta Via 1 is very different. Alta Via means 'high level route' and is so called because the whole essence of the trip is to stay in good quality mountain accommodation, often high in the mountains and on many occasions it is not accessible by road.

It is not possible to organize a baggage transfer service which is consistent enough to use for the Alta Via 1 on a daily basis.

Having said that, you actually don't need to carry much more than you would for a normal day hike. I just take 1 extra set of clothes so I have one set to walk in and one for the evenings. I rinse out my walking clothes when I get to the rifugio each afternoon, and with modern quick-drying fabrics they are dry for the next morning. Bedding is provided - you just need to take a sheet sleeping bag liner, not a full sleeping bag. You can buy all your food and drink from the rifugi along the way, so your rucsac can be kept to around 10kg (around 20lb). You'll quickly find that you get used to carrying it.

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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 is 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, not usually required, but recommended if there is snow forecast)
- Footwear
 - walking boots – a lightweight, waterproof pair of 3-season boots with ankle support that you have broken in
 - trekking sandals or approach shoes to use as hut slippers in the rifugi (some rifugi no longer provide hut slippers)
- Underwear
 - underwear
 - walking socks & liner socks (I usually take 3 pairs and wash them out in the rifugi)
 - t-shirt/shorts for sleepwear in mixed dormitories
 - swimwear (optional)
- Extremities
 - sunhat
 - warm hat / buff
 - thin gloves (waterproof gloves are advised in case of bad weather)
- rucksack: approx 40 - 45 litres (has to be big enough to carry all your kit on trek)
- kit bag / suitcase if you want to leave spare clothing in left luggage or at your hotel
- roll-top waterproof rucksack liner (We recommend 3 - 1 for waterproof jacket/trousers, 1 for kit you may need during the day, 1 for kit you will need overnight).
- 2 trekking poles (strongly recommended – there are some steep paths)
- compass and a waterproof map case
- Headtorch and spare batteries
- sunglasses
- phone and charger (Type C: EU 2 round pin plug)
- camera / memory cards / charger or spare batteries (optional)
- water bottles / drinks bladder 1½ litres minimum
- water purification tablets (optional – you can buy drinking water from the refuges. Some rifugi tap water is drinkable – ask at each rifugio)
- earplugs (strongly recommended for dormitories)
- stuff sack to use as a pillow case (optional)
- sheet sleeping bag liner (silk is best). Note: refuges provide duvet or blankets and pillows, but it is essential you use these with your own 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
- small repair kit: needle & thread, tape
- cash in euros (there are no ATMs once you are on trek and not all rifugi take cards).
- travel insurance details
- passport
- BMC or Alpine Club membership cards / reciprocal rights card if you already have them (not worth buying specifically for this trek).

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Language and culture

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, and English is now spoken in most places.

You 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.

Travel

We send all our clients detailed travel notes outlining your options for travel to the Dolomites.

- **Flights:**

The best airport for easy access to this part of the Dolomites is Venice Marco Polo.

- **Public transport:**

Coaches run directly several times each day from Venice Marco Polo airport to Cortina. Belluno is linked by train with Venice.

- **Private transfers**

Alternatively, trekMountains can arrange private taxi transfers between Venice or Innsbruck and Cortina or Belluno.

- **Luggage storage:**

If your trek starts and ends in a hotel in Cortina d'Ampezzo, you will be able to store any luggage you don't want to take with you on trek at the hotel.

For itineraries which end in Belluno there are various luggage storage options in Venice – we can send you details of these on request, or you could have your bag transferred for you – please ask us for a quotation.

Preparing for your trek

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

How to book

Details on how to book can be found at <https://www.trekmountains.com/how-to-book/>

The deposit for this trek is €400 per person.

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