




ALTA VIA 1 HIGHLIGHTS: ITALIAN DOLOMITES










| | | | | |
|-------------------|--|-----------------------|---------------------------|-----------------|
| Grade: | Moderate +  | AV1 Highlights | 8 days total | 6 trekking days |
| | | Max altitude: | 2750m | |
| Trip style | Hut-to-hut multi day self-guided | Min numbers: | Any number from 1 person. | |
| Dates: | We can run this on dates to suit you between 15 June & 20 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 | | | |

tel (UK): +44 7713 628763
WhatsApp: +44 7713 628763
tel (Italy): +39 338 500 9540
email: info@trekmountains.com
web: www.trekmountains.com



Our Alta Via 1 Highlights trek:

-  The best parts of the Alta Via 1 - the highlights of the spectacular AV1 North and the wilder AV1 South
-  Lunch in style on the Alta Via 1's most spectacular terrace at Rifugio Lagazuoi
-  Summit Lagazuoi Pizo 2762m
-  Explore the World War I sites at Lagazuoi and Cinque Torri
-  Coffee at Rifugio Nuvolau – the oldest rifugio in the Dolomites, and with an incredible 360° panoramic view
-  Optional scenic sauna on the shores of Croda da Lago
-  Avoids the long steep descent usually associated with the end of the AV1



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 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.

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 2762m at Lagazuoi Pizo behind Rifugio Lagazuoi. You will stay in some of the excellent network of mountain refuges along the way, enjoying traditional Italian cuisine.

Choose your length of trek - we can reduce the length of this trek, or add in rest days if you wish.

The trek is incredibly varied – every day is different, and the mountain accommodation (known as rifugi / huts or inns) each offer a unique overnight mountain environment experience.

How difficult is the trek?



On Lagazuoi Pizo © Ann Foulkes, trekMountains

The paths are clearly marked, and well populated, especially in the northern half of the trek. 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 locality 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 do-able for anyone used to walking in a mountain environment.

- The highest point of the walk to Lagazuoi Pizo (shown above) 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.

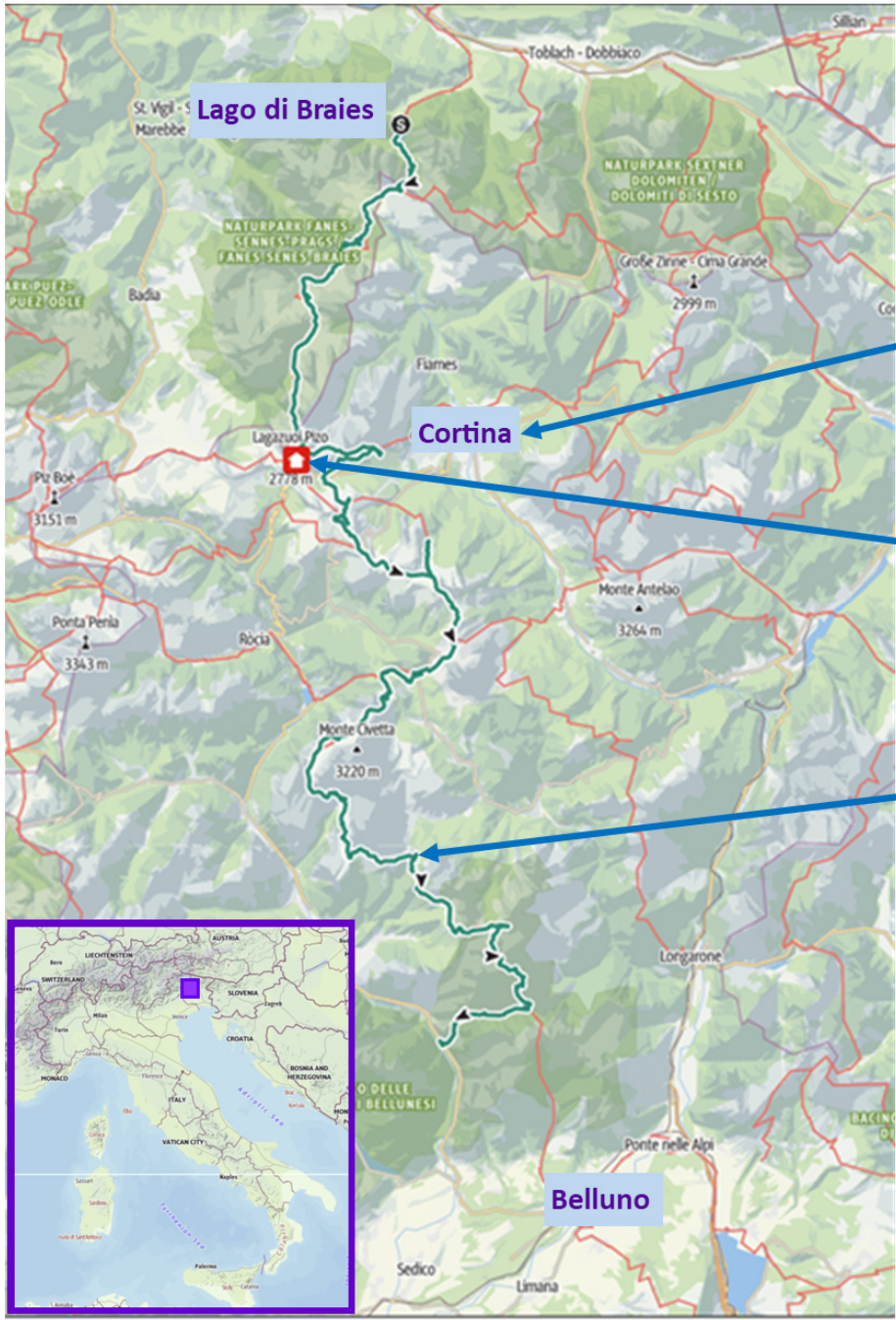


The optional ridge to the Lagazuoi tunnels (Photo: © Charles Masters)

Map of the Alta Via 1 Highlights Route



Alta Via 1 Highlights



Trip starts in Cortina which is easily reached by direct coach from Venice.

Start of trek: Bus and walk from Cortina to Lagazuoi area.

End of trek: Walk to valley & bus to Belluno. Belluno is on the train line to Venice or Verona

Itinerary – the stages of the Alta Via 1 Highlights trek

Stage 1 Arrive Venice, travel to Cortina d'Ampezzo in the Cadore Valley.

The AV1 Highlights trek starts in the friendly, popular resort town of Cortina d'Ampezzo, which can be easily reached by direct coaches from Venice Marco Polo airport. For travel to/from Cortina, please refer to the travel section below. We will help you with your travel logistics.

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.

Cortina is surrounded by the peaks of the Dolomites. It hosts many World Cup ski events and will host the Winter Olympics again in 2026. Cortina also makes a wonderful summer destination for walkers.

There is also a sublime cycle track which heads down the delightful Cadore Valley from Cortina – bikes can be hired locally on a 1-way basis so you can go downhill the whole way!

Overnight hotel or apartment in Cortina / Cadore Valley

Stage 2 First trek day – take the bus from Cortina and summit Mt Lagazuoi

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.

Overnight: mountain rifugio (mountain inn / hut).

Meals included: Breakfast and Dinner.

Walk statistics: Several route options, but typically 10.9km, 959m ascent, 726m descent



A mountain rifugio with a view...

Stage 3 Trek to the lake at Croda da Lago via the Cinque Torri outdoor WW1 museum area and Mt Nuvolau

From the rifugio, the path initially gently descends through alpine meadows, then ascends through woodland to the Cinque Torre area – a popular area for climbers. Here there is an open-air WW1 museum and trenches which you can explore.

The view from Rifugio Nuvolau is a must-see on a clear day, and makes an unforgettable coffee stop. The path descends from Nuvolau and then contours round the mountain that Rifugio Nuvolau is perched on top of. Listen out for the call of the marmots as you walk to Passo Giaù where lunch can be bought.

The trail undulates over passes and a long, gentle flower-filled descent before finally arriving at the lake Croda da Lago. The rifugio here offers a lake-side sauna and a decking area to enjoy a well-earned beer or perhaps explore their extensive grappa range.

Overnight: mountain rifugio.

Meals included: Breakfast and Dinner.

Walk statistics: 16km, 975m ascent, 988m descent

(Can be shortened to 10.6km, 715m ascent, 729m descent if you miss out Nuvolau)



The lake at Croda da Lago

Stage 4

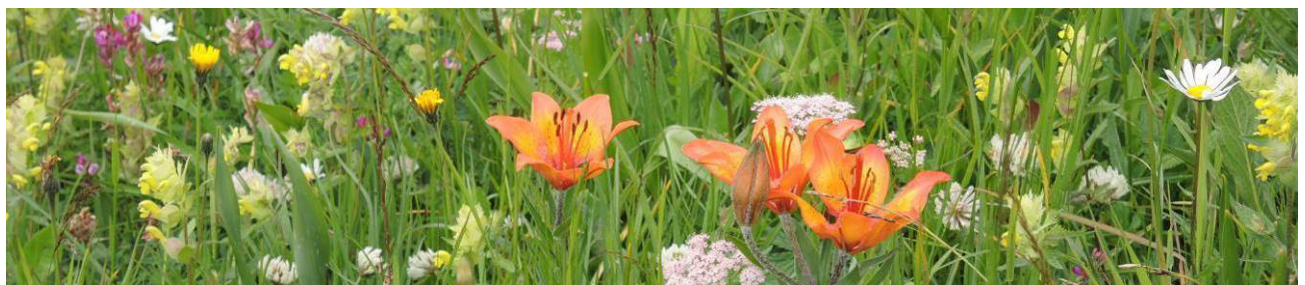
Trek Mt Pelmo area

Today's walk passes through quite different pastoral scenery from the high landscape you have previously encountered. Traversing woods you descend to a rifugio which makes a great mid-morning coffee stop. The path then traverses through woodland to a rifugio renowned for its lovely cuisine for lunch. The route then follows a road for a few hundred metres before passing through woodland and then farmland as it ascends up to your rifugio for the night, with lovely views of a gentle and well-kept ski area en-route. Enjoy a well-earned beer on the terrace with spectacular views of Mt Pelmo. Once again you are surrounded by high mountain terrain.

Overnight: mountain rifugio.

Meals included: Breakfast and Dinner.

Walk statistics: 15.9km, 848m ascent, 752m descent



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

Stage 5 Trek to the Mt Civetta area

Soon after setting off this morning you will encounter a delightful lake surrounded by wild flowers and offering spectacular mirrored images of Mount Civetta. As you have a shorter walking day today you have lots of time to linger and to enjoy the lake in this wonderful alpine setting. As you walk here, listen out for the cry of marmots. The path undulates, with the option of an ascent up to a rifugio, spectacularly perched high on a viewpoint, for coffee or an early lunch. The scenery then changes again as the path descends through woodland and farmland to your next overnight rifugio.

Overnight: mountain rifugio.

Meals included: Breakfast and Dinner.

Walk statistics: 10.2km, 470m ascent, 885m descent

Stage 6 Trek to Passo Duran

The path starts to feel a little wilder today – more typical of the southern section of the Alta Via 1. 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 a late lunch at a rifugio before a short walk to your overnight rifugio at Passo Duran.

Overnight: rifugio.

Meals included: Breakfast and Dinner.

Walk statistics: 11.5km, 618m ascent, 733m descent

Stage 7 Trek from Passo Duran to the valley

From Passo Duran it is a straight-forward descent to the valley and the end of your trek. Note that our route avoids the extremely long day and steep descent offered by some other companies.

From the valley you take a bus to the city of Belluno and your hotel for the night.

Meals included: Breakfast

Walk statistics: 8.4km, 65m ascent, 1054m descent

Overnight: Hotel, Belluno

Stage 8 Depart Belluno

Belluno is on the main train line, so it is easy to travel on to Venice or Verona airports.

If you prefer to return to Cortina from Passo Duran, we can quote you for a taxi transfer to Cortina.

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.

All walking statistics and named accommodation are subject to accommodation availability.

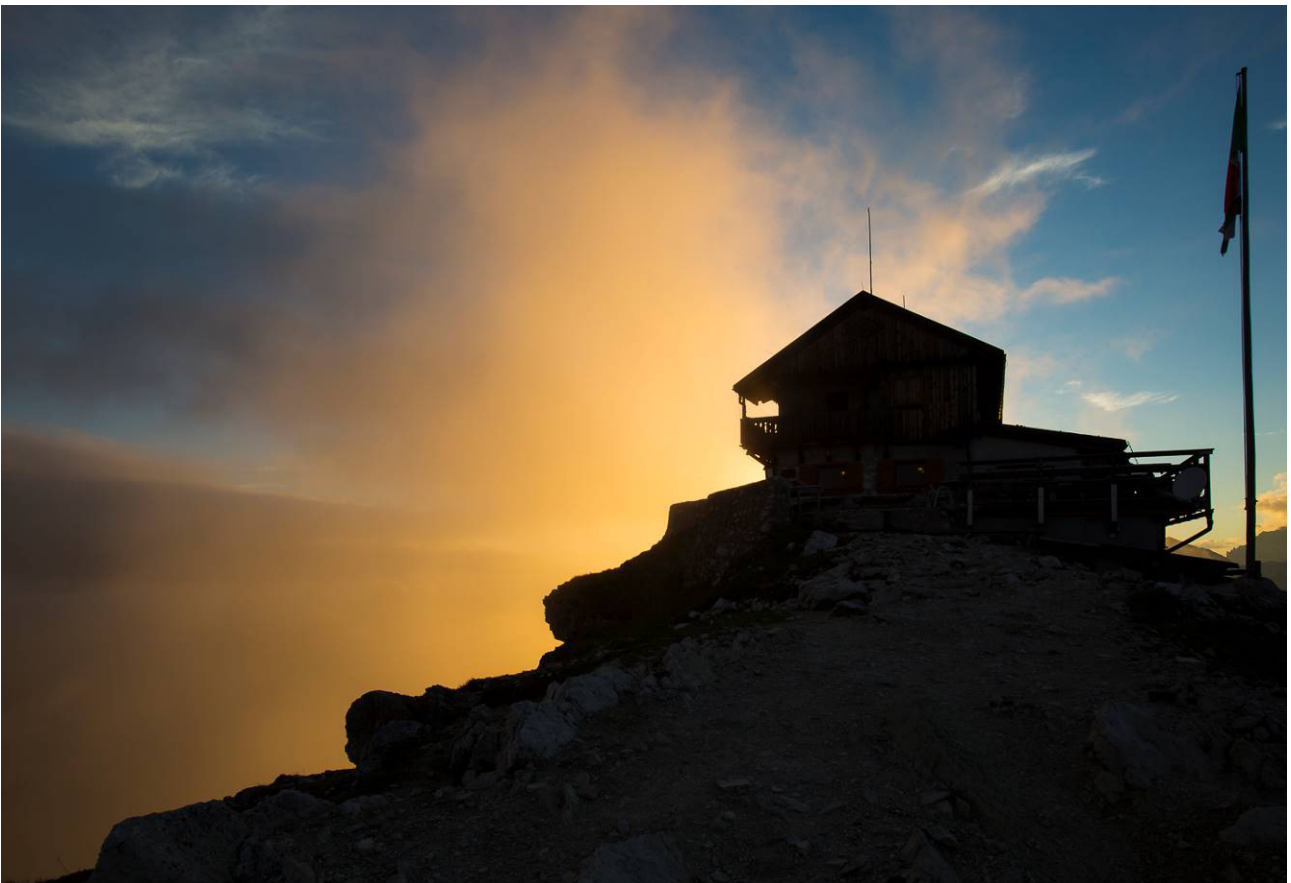


Why not go for a pre-trek warm-up day walk in the iconic Tre Cime area? © Ann Foulkes trekMountains

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.



Rifugio Nuvolau © Renee Rivera

Accommodation:

Our route allows you to stay in some of the best refuges in Europe. The refuges vary from basic mountain huts to hotel-grade accommodation, and the accommodation may be in a mixture of dormitories and small shared rooms.

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.

Cortina hotel: We use several hotels in the popular resort town of Cortina d'Ampezzo. At particularly busy times we may need to book a hotel, guest house or apartment in the Cadore valley instead of in Cortina itself. Please let us know if you have particular accommodation requests.

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 request to book private rooms for you at no extra cost to yourself, subject to availability. These rooms are very popular, and so we recommend booking early if this is important to you.** In most of the refuges, the accommodation is in bunk beds. Bathroom facilities are normally shared. Almost all the refuges offer showers – some charge extra for the use of these as water is a precious commodity in the Dolomites. Named accommodation may vary according to availability.



Marmot © Ann Foulkes,
trekMountains

Solo trekkers:

- If you are travelling alone the price you are quoted will include single rooms in the hotels.
- Accommodation in the mountain refuges is on a shared basis on all trips, in smaller shared rooms or dormitories depending on availability.



Panorama from above the spectacularly-located Rifugio Lagazuoi © Charles Masters

What do I need to take?

As the accommodation is in the high mountains (Alta Via means high route) there is no baggage transfer service which is consistent enough to use for the Alta Via 1 on a daily basis, so in addition to the normal gear a trekker would carry for a day walk, you also need to carry in your rucksack a change of clothes, a sheet sleeping bag liner, a towel and a few basic toiletries. However, the amount of equipment you will need to carry is not excessive as you do not need to carry sleeping bags or food. A kit list is provided at the end of this document. Including your water, you should aim to keep your rucksack weight to around 10kg. You'll quickly find that you get used to carrying it.



Enjoying a spectacular sunset dinner at Rifugio Nuvolau (© Ann Foulkes, trekMountains)

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 refuges are located at high level offering wonderful vistas, with sunrises and sunsets to be savoured.

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. Why not make the most of Italy's summer sunshine and a cheap flight to Venice?

Preparing for your trek:

Please see our document "Preparing for your trek to Italy" at [for all the advice you need about visas, insurance, money, equipment, and medical matters.](#)



Edelweiss © Ann Foulkes, trekMountains



Morning light - All rights reserved © Carolin Tietz

Travel

Flights:

The nearest airport to this part of the Dolomites is Venice Marco Polo

Travel between the airports and the Dolomites:

We will send you full details of your travel options for access to the Dolomites.

Public transport

Coaches run directly from the Venice airports and Venice itself to Cortina.

Belluno is linked by train with Venice.

Private transfers

Alternatively, trekMountains can arrange private transfers from Venice or Innsbruck to Cortina with a reputable taxi company we've been working with for 15 years.



Venice © Ann Foulkes,
trekMountains

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.

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.



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

“

“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

”

Check out what our other clients have said at <https://www.trekmountains.com/about-us/reviews/>

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 at 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.

What's included in the price:

- Hotel accommodation for first and last night of the trip in en-suite rooms. Occasionally at peak times we may have to use an apartment in the Cortina area.
- 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.
- Meals as shown in the itinerary above. (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 trail.
- Bus fare between end of trail and your 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 €300 spending money for meals / drinking water / drinks / showers in refuges / saunas.
- Tourist taxes - where these occur, they will only be a few euros per person per night.
- Travel Insurance.



Enjoying a thermal inversion outside Rifugio Lagazuoi © trekMountains

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 rucksac 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, but recommended if there is snow forecast)
- Footwear
 - walking boots – a lightweight, waterproof pair of 3-season boots 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)
- rucsac: 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 rucsac 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 (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)
- 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)