



ALTA VIA 2: ITALIAN DOLOMITES

6, 10 and 14 day options



Piz Boe © Charles Masters

Grade:	Strenuous / Expedition 	Land-only duration:	6, 10 or 14 days
Max altitude:	3152m	Trekking days:	5, 8 or 12 days
Dates:	<p>We can run this on dates to suit you for a minimum group size of 1. The rifugi are open between 20 June and 20 September, however in recent years, snow has blocked some of this route in late June. We therefore advise that this trip is undertaken between mid-July & 20 September. Contact us at info@trekmountains.com with your preferred dates</p>		
<p>The AV2 should only be undertaken by those who are confident scrambling on exposed ground and on paths with cables & ladders.</p>			

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Ibex (Steinbok) with young on wild terrain on the AV2 © Ann Foulkes, trekMountains

The Alta Via 2 is a significant step up in difficulty from the more frequented Alta Via 1, and the 2-week itinerary is significantly harder than our AV2 northern section trek. There are prolonged ascents and descents on steep, loose ground, sometimes protected by a cable or iron rungs in the rock, sometimes just very eroded and exposed. A head for heights, surefootedness and confidence in navigating in wild landscapes is required.

From the comfort of our 4* group hotel in Bressanone, the route still enjoys stays in mountain refuges, but the refuges are more basic than those found on the AV1. Most of them are CAI-owned rather than private, and the food, sleeping and washing facilities are all more basic. However, the huts do still offer a hearty meal at the end of each day, a bed (which in many cases is in a dormitory), and some offer a shower.



The AV2 is more technical than the AV1
© Ann Foulkes, trekMountains

The route includes some terrain which isn't for everyone – scree slopes, some paths which are protected by via ferrata cable and some steep slopes.

The higher parts of the AV2 are prone to snow blocking the route, which may mean that diversions to the route have to be undertaken.

However, the rewards are great, and our trek also includes the summit of Piz Boe (3152m).

The Dolomites' famous sunsets and sunrises are always best enjoyed when you stay in the high mountains, and the terrain is interesting and exciting.

Still interested? Excited? Read on...

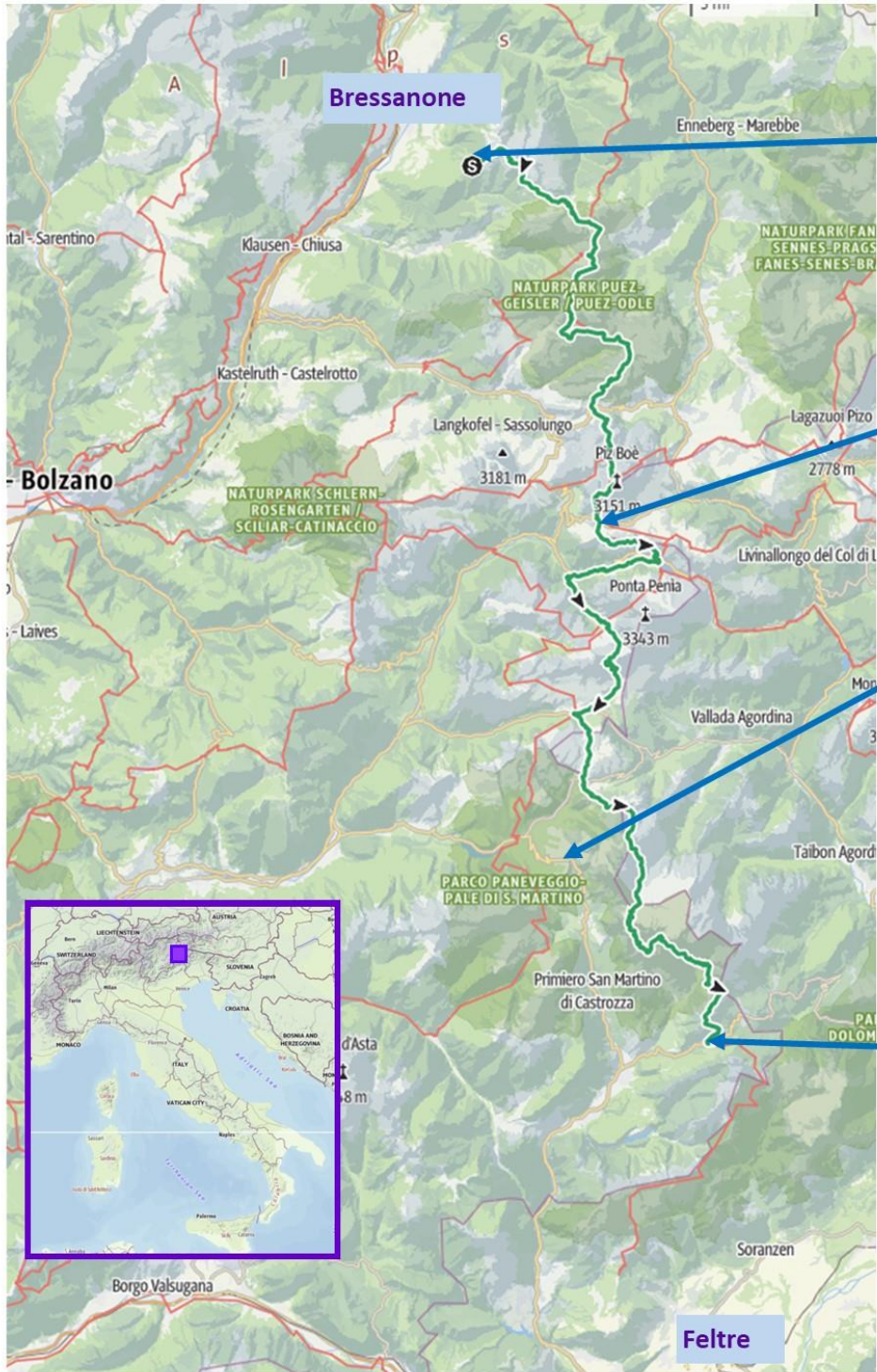
Where possible, we have made the stages short enough to try to anticipate arriving at the refuge by mid-afternoon. Afternoon thunderstorms are not uncommon in the Alps. Arriving at the refuge mid-afternoon should reduce the risk of walking in a thunderstorm.

You will need to carry a spare set of clothing to change into in the evenings, as well as some basic toiletries, a towel and a sheet sleeping bag. A via ferrata set, climbing harness climbing helmet and gloves should be carried. You 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 rucksack weight to around 10kg.

Not sure if this is the right trek for you? Please email 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



Our most popular route options on the AV2



AV2 trek Start
Options A, B & C
Bus & cable car from Bressanone. Start trek

6-day Option A:
AV2 to Passo Pordoi
End of trek, bus from Passo Pordoi or Lago Fedaia

10-day Option B:
AV2 to Passo Rolle
End of trek, bus from Psso Rolle to Feltre

14-day Option C:
AV2 to Passo Cereda
End of trek, bus from Psso Cereda to Feltre

Other trip lengths are possible—contact us for details

All these trip lengths can be shortened by a day by missing out day 5.

Outline Itinerary

Walking and journey times are approximate

Important Note: The following itinerary is to be taken as a guide only. 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. We do our best to book the named mountain refuges, but the route may change slightly due to availability in the refuges or local weather conditions.

Day 1 Arrive Venice or Innsbruck, travel to Bressanone.

The trip starts at Bressanone which is well served by trains and buses. (See travel section below). If you need help with travel arrangements to Bressanone, please contact us at info@trekmountains.com. The rest of the day is free to explore this historic city, and is the last opportunity to buy any last minute supplies that you wish to carry on trek.
Overnight hotel.

Day 2 Travel by cable car to AV2 start, trek to Rifugio (B)

After breakfast at your hotel, take the bus to Santa Andrea where you take the cable car to Valcroce which leads to the official start of the AV2. Your first day of walking from there to your first overnight Rifugio.
Overnight mountain refuge.

Day 3 Trekking through the Puez-Odles Nature Park (B,D)

A straight-forward and beautiful day passing through some of the stunning terrain of the Puez-Odles Nature Park, including an ascent of the scree slope leading up to Forcella Roa followed by just a short section of cabled path. Look out for edelweiss along the way.
Overnight mountain refuge.

Day 4 Trekking into heart of the Sella Massif (B,D)

In typical Alta Via fashion, you descend today, only to then ascend to your rifugio for the night. The path at first meanders and undulates offering good views of Piz Boe before a big descent down to the tourist-filled Passo Gardena. Leaving the tourists behind, you are quickly back in the peace of the mountains. Ascend, easily at first, then turn right to ascend steeply on scree up a gully on the interestingly named path 666. Finally you ascend a section of path protected by via ferrata cable and top out near to your rifugio, delightfully located by a lake. If weather conditions are bad, an alternative route may be used to access the rifugio.
Overnight mountain refuge.

Day 5 OPTIONAL DAY:

Summit Pic Pisciadu 2985m 9793' and Piz Boe 3152m 10,341' (B,D)

Walk past the lake up a short cabled section. Arriving at the foot of Pic Pisciadu there is the option in dry weather for a side trip up this peak which is an interesting scramble. Continue on through undulating rocky terrain to eventually arrive at Rifugio Boe, at 2871m one of the highest refuges in the Dolomites. Occasionally access to this rifugio can be blocked in the summer due to snow conditions, and, if you are unlucky, we may have to change your itinerary. However, treks from mid-July onwards are more likely to experience the best of the summer conditions. Conditions allowing, you can leave some of our kit at Rifugio Boe and travel with light rucsacs to the summit of Piz Boe 3152m before returning to Rifugio Boe for your

overnight to enjoy this great, traditional but recently renovated mountain hut.
Overnight mountain refuge



Celebrating on the summit of Piz Boe
© Ann Foulkes, trekMountains

The 6-day Bressanone to Passo Pordoi option finishes at the Passo Pordoi area from where buses can be taken for your onward journey.

The route for those trekking longer:

Day 6 Trek to Lago Fedaia (B,D)

Today you leave the Sella massif. Once again, starting high the route descends steeply to Passo Pordoi before ascending once again to the refuges on the ridge at Fedarola. An easy, delightful path in marmot country descends to Lago Fedaia and your rifugio. (There is the option to end the trek here – ask us for details of this).
Overnight mountain refuge.

Day 7 **Trek around Marmolada (B,D)**

We have found a lovely alternative route that avoids the boring road section of the AV2. Our route takes you down from Lago Fedaia on a wooded path to Penia. From there you ascend the Val de Contrin in typical alpine scenery with impressive views of the steep, imposing SW face of Marmolada, and with views across to the Sella Massif and Piz Boe that you were on earlier on the AV2.

Overnight mountain refuge.

Day 8 **Crossing the Sasso Vernale (B,D)**

This stretch of the AV2 is starkly beautiful and memorable. Leaving the green valley behind the path quickly enters quite a wild and remote lunar landscape. The area is frequented by a large group of ibex (steinbok), and if you are lucky you may see them grazing on the harsh rocky land. The path reaches a pass and then descends relentlessly in many zig-zags down a long, steep scree slope before finally easing out to a well-earned rest at a rifugio.

From here it is a short distance on a track to Passo Pellegrino.

The route continues beyond Passo Pellegrino ascending and skirting around Col Margherita above Lago di Cavia, before finally descending to your rifugio for the night at Passo Valles.

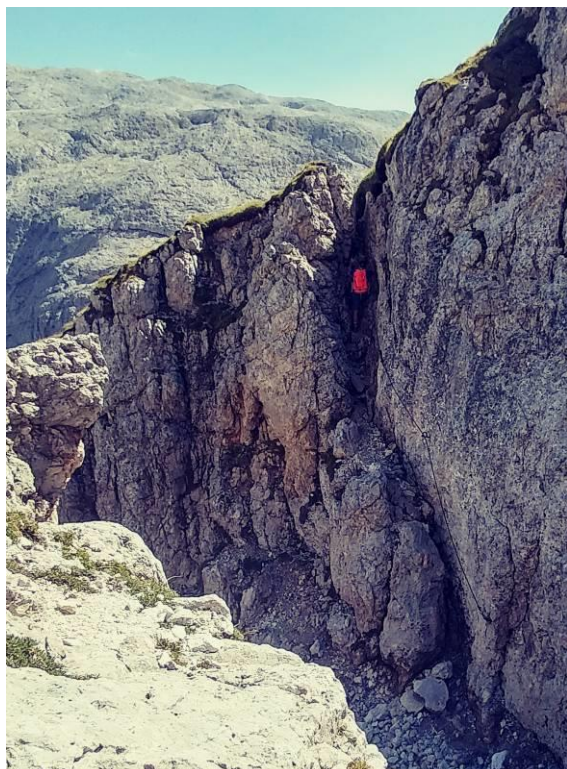
10-day option trek end: Our 10-day Bressanone to Passo Rolle option finishes with:

Day 9: a short trek from Rifugio Passo Valles to Passo Rolle. From there, buses can take you out to Feltre for your final night in a hotel.

Day 10: Depart from Feltre which has train line links to Venice and Verona.

The route for those trekking longer:

Please note that the AV2 from this point becomes increasingly difficult and more exposed as well as wilder with fewer people on the route. If you want to carry on further with the AV2, contact trekMountains for further details outlining your experience of trekking, scrambling, exposure and (if any) your via ferrata experience. The following section of the itinerary is particularly prone to the need for variation in case of bad weather or rockfall.



Negotiating a cabled section
© Ann Foulkes, trekMountains

Day 9 **Trek to Rifugio (B,D)**

From Passo Valles the route ascends before crossing exposed sections. It then enters an area which feels quite wild and remote before arriving at your Rifugio. Marmots live in the area, and you may also wish to take in the easily-gained peak of 2906m Monte Mulaz near to the rifugio.

Day 10 **Trek in the Pale di San Martino National Park (B,D)**

Today's trek is perhaps the most serious of the entire route, taking in a prolonged section of protected path over difficult scrambling terrain before a steep descent down similar ground as the route ascends and descends the wild and remote Passo delle Farangole. The area feels very remote and it isn't until you are nearly at Rifugio Rosetta that you are likely to meet many people, as it is located near to a cable car.

Day 11 **Across the Pale di San Martino National Park to Rifugio Pradidali (B,D)**

A short trekking day today to allow a rest between 2 more technically difficult days. However, today still involves a protracted section on protected path, more straight-forward this time, but not before a long descent from Rifugio Rosetta and the plateau of the Pale di San Martino National Park.

Day 12 **Trek to Rifugio Treviso (B,D)**

Today there are 2 routes available depending on conditions of the path, the weather and how you are feeling. One route, via Passo delle Lede, is a technical scramble, partly assisted by protected path, and then a long, steep descent, initially on steep scree and then a protracted knee-jerking descent involving several sections of down-scrambling on difficult ground before the final ascent through the woods up to your Rifugio.

The alternative route is a straight-forward path, descending first before ascending up to the same Rifugio.

Day 13 Trek to Passo Cereda (B,D)

From your Rifugio it is a straight-forward ascent to Forcella D'Oltro before an undulating path to Passo Regade, and then a final descent through woods and agricultural land to Passo Cereda. From Passo Cereda you can take a bus to the historic town of Feltre where you can celebrate completing your trek.

Day 14 Depart (B,D): End of the Bressanone to Passo Cereda option

Depart from Feltre which is on the train line to Venice.



The southern side of Passo Farangole, Pale di San Martino © Ann Foulkes, trekMountains



From the meadows to the high mountains ...the AV2 covers a variety of terrain © Charles Masters



Sunset from Rifugio Pisciadu © Charles Masters



Venice © Ann Foulkes

Travel

Flights: Nearest airports are Venice Marco Polo, Verona or Innsbruck.

Transport options at the start of the trek

Bressanone can be reached by train from Venice, Verona and Innsbruck.

Airport coaches connect Venice and Verona airports to the train network.

Transport options at the end of the trek

From Passo Pordoi: buses to Val Gardena or Canazei

From Passo Rolle: buses to San Martino Castrozza then Feltre train station

From Passo Cereda: buses to Feltre train station

Private transfers airport or train station transfers from Venice, Verona or Innsbruck can also be arranged for you at the start of end of your trek.

No flights should be booked until you have received written confirmation from the trekMountains office that your departure is guaranteed to run.



Enjoying sunset from outside Rifugio Pisciadu on the Sella Massif © Ann Foulkes, trekMountains



Piz Boe Alta Via 2 © Ann Foulkes, trekMountains

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, so in addition to the normal gear a trekker would carry for a day walk, you also need to carry in their rucksacs 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).

Languages The areas this trek passes through embrace the cultures of both the Alto-Adige and the Austrian Sud Tyrol. Both Italian and German are spoken locally, and English is increasingly spoken too.

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.



Dolomites sunset – from Rifugio Puez, Alta Via 2 © Ann Foulkes, trekMountains

Self-Guided trekking

We offer the AV2 as a self-guided trek. 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 upon request. 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.

Our self-guided trips can be organised for a minimum of 1 person.



Looking towards the dominating Sella Massif from near to Rifugio Puez
© Ann Foulkes, trekMountains

What's included in the price?

The Price Includes:

- Accommodation in Bressanone inclusive of breakfast as per your itinerary
- Accommodation in mountain refuges in shared rooms or dormitories on a half-board basis as per your itinerary. (1st night rifugio now only offers dinners on an a la carte basis, so you pay for these locally)
- Meals as indicated in your itinerary
- Detailed, original 1:25,000 maps with the route highlighted on them
- GPX files upon request
- Detailed walk instructions
- Language card

Not Included:

- International flights
- Travel between airport and Bressanone.
- Onward travel from the end point of the trek
- A cable car can be used to descend from the Sella Massif to Passo Pordoi or from the Passo Pordoi area to the valley if required.
- Meals not specified in the itinerary as being included.
- Tourist taxes – where this occurs it is just a few euros per night, and is paid locally to the accommodation provider
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs
- Drinking water / drinks / showers in refuges.
- Any costs incurred by a deviation from the itinerary

Options:

- **Single rooms.** Please contact us for a price if you require a single room in the hotel accommodation. Whilst single rooms are possible in the hotel, they cannot be guaranteed in mountain accommodation.
- **Optional extra nights after the trek.** If you wish to spend time exploring the historic town of Feltre, we can arrange nights for you in our preferred hotel on a bed and breakfast basis.

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 are a regular threat in the Alps so be prepared for anything while trying to keep your rucksac weight to around 8kg before adding your drinking water!

Tops	waterproof jacket insulating jacket or gilet (down or synthetic – optional but recommended if cold forecast) 2 fleece or softshell tops 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 snow forecast)
Footwear	walking boots – a lightweight, waterproof pair of 3-season boots that you have broken in approach shoes or trekking sandals (recommended)
Underwear	Underwear walking sox & liner socks t-shirt/shorts for sleepwear in mixed dormitories swimwear (optional)
Extremities	sunhat / buff fleece hat thin waterproof gloves
Equipment	rucsac: 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 2 trekking poles (strongly recommended – there are some steep paths) headtorch and spare batteries Sunglasses phone and charger (EU 2 round pin plug) camera / memory cards (optional) water bottles / drinks bladder 2 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 blankets 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 travel insurance details passport compass and a waterproof map case

Technical equipment – We recommend that all AV2 trekkers take the following:

- A via ferrata set and climbing harness and climbing helmet (can be hired in Bolzano)
- Gloves to protect your hands from the ferrata cable are recommended.

These recommendations are not because we think you'll fall off, but because of the possible risk of people above you on the route knocking loose stones or rocks down on to you, and to reduce the significance of such of an incident.

Technical equipment – Depending on the time of your trek and snow / ice conditions, the following technical equipment **MAY** be required by all participants – Rarely needed in July or August!

- A set of crampons or mini-crampons may be required depending on conditions (eg Khatoola Micro Spikes, but certainly not anything less, ie 'pavement spikes' etc will not suffice).
- An ice axe may be required depending on conditions