



ALTA VIA DELLA VAL GARDENA – ITALIAN DOLOMITES



Grade:	Moderate +
Style:	Self-guided circular hut-to-hut multi-day trek
Accommodation:	Valley accommodation: boutique family-run 3* hotel or the chance to upgrade to a 4* or 5* hotel Mountain accommodation: mountain huts with private rooms wherever possible
Trip length:	7 days total, 5 trekking days
Dates:	This trip can be run on dates to suit you between 20 June and 20 September.

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Trip overview



We've combined the most interesting footpaths in the Val Gardena area and the best mountain accommodation to create what must be one of the very best high-level (Alta Via), multi-day circular trekking routes you'll find anywhere.

The mountain ranges which surround the Val Gardena offer the chance to walk through very varied terrain.

The immaculately-kept Val Gardena area is deservedly our very favourite part of the Dolomites, and hosts some of the most iconic locations for which the Dolomites are famous.

In just one week you will

- **see the Odles Peaks towering above you at Seceda,**
- **explore the Col Raiser Basin, the Puez-Odles Parco Naturale and the Parco Naturale dello Sciliar-Catinaccio range,**
- **cross the spectacle of Europe's largest high-altitude wildflower meadow – the Alpe di Siusi,**
- **trek around Sasso Piatto on the Friedrich August Weg, or if you're up for the challenge, trek through the cleft that divides Sasso Piatto and Sasso Lungo.**

On our Alta Via di Val Gardena hike you will walk in the mountains which surround this incredible valley, enjoying the hospitality of the Italian Dolomite's quality mountain accommodation – some of the very finest mountain accommodation in the Alps.



The views are unrelentingly breathtaking, and include the snow on the glacier of Marmolada, the highest peak in the Dolomites, the dominating massif of the Sella, as well right across to the Austrian Alps. Enjoy exciting hiking amongst big scenery as well as the carefully manicured window-boxes of flowers in the charming villages of the valley.

We have designed this to be a circular hut-to-hut hike, beginning and ending in the lovely village of Selva in Val Gardena (where you can leave any luggage you will not need for the hike itself).



Looking back up to Forcella Sassolungo



Stay high up in high quality mountain 'rifugi'

Accommodation: You'll stay in carefully selected good quality mountain "rifugi", also known as 'huts' or 'inns'. Despite the name, mountain huts in the Dolomites are of a higher standard than in many other parts of the Alps. Many have private rooms for 2, 3 or 4 people as well as shared larger rooms. (We will book private rooms for all bookings of 2 or more people if they are available at no extra charge to yourself). All offer tasty and filling evening meals and hearty breakfasts to ensure you have the energy you'll need to enjoy the next trekking day.



A rifugio bedroom

Dates: Trekking in the Dolomites is available from June to September when the mountains are usually free of snow. As well as one of the best hiking routes in the Italian Dolomites, you can also expect warm Italian summer weather, incredible wildflower meadows, spectacular sunsets and true mountain hut stays to experience - why not contact us for more information, and treat yourselves to a memorable hiking holiday?

Walking days: We have some flexibility in the level of difficulty we can offer this trip at. Typical days are 10 to 17km, with ascents and descents averaging around 600 – 800 metres per day. Our trips are staged so that groups of trekkers will comfortably arrive at their rifugio by mid-afternoon to allow time for a shower and a well-earned drink before dinner.



Rifugio with the Odles Peaks behind



Inside a mountain rifugio

Itinerary – Alta Via della Val Gardena

Day	Activities:	Meals included this day	Accommodation
1	Arrive Selva di Val Gardena area, overnight hotel		Family-run boutique 3* hotel, Selva di Val Gardena
2	Travel by bus and funicular railway to the start of your circular trek. Take in the expansive views offered from the Resciesa area and see the Odles Peaks close up from the viewpoint at Seceda before descending into the large wildflower meadow of the Col Raiser Basin.	Breakfast	Mountain rifugio (Dinner can be bought directly at the rifugio)
3	Drop down from the Col Raiser Basin to Santa Cristina, one of the 3 villages of the Val Gardena. Ascend and then traverse around Sasso Lungo.	Breakfast, Dinner	Mountain rifugio
4	Either take the famous ‘coffin’ lift or walk up and through the cleft between Sasso Piatto and Sasso Lungo with its steep ascent and descent. If you want an easier day, walk around Sasso Piatto on the Friedrich August Weg to one of the best rifugi in the Dolomites.	Breakfast, Dinner	Mountain rifugio
5	Continue your high-level journey around the Gardena Valley by moving from Sasso Piatto to the Parco Naturale dello Sciliar-Catinaccio, following part of the Via Alpina. Stay on the rim of an old atoll at the edge of the Sciliar-Catinaccio range.	Breakfast, Dinner	Mountain rifugio
6	Today you will cross Europe’s largest alpage – a wildflower meadow and descend back down to Ortisei, the largest of the 3 villages in the Gardena Valley by cable car.	Breakfast	Family-run boutique 3* hotel, Selva di Val Gardena
7	Travel day (we can make this itinerary shorter or longer to suit your requirements)		

Trip duration: 7-days, but we can reduce it or we can add extra days to suit the time you have available.



E-biking option:

Why not extend your trip to the Gardena Valley for a day of cycling?

Here at trekMountains we love the Val Gardena for biking – we rate it as the very best couple of days cycling we've ever done anywhere in the world.

Everyone rides e-bikes here – it's the norm here as the hills are big! When we first cycled there, it was the first time we'd given e-bikes a try, and we were incredibly impressed. You can even take your e-bikes on some of the cable cars if you wish, but you might decide it isn't necessary - the bikes make going uphill fun! It just felt that someone very powerful was giving a push any time we wanted it, and the scenery... oh my...the scenery we were biking in was sublime. Surrounded by massive peaks all around us, on good paths and with superb huts to stop off for refreshments, what's not to like?



The Val Gardena cycle path which links the villages in the valley © Ann Foulkes, trekMountains

There is a huge choice in bike routes to suit all levels:

- gentle rides down the delightful converted old railway line in the valley
- dedicated family bike trail
- journeys with incredible vistas of the mountains all around you, the wonderful variety offered in the high Alpe di Siusi
- single-track challenges for adrenaline junkies.

All these routes are accessible with your bike either via the cable cars or with e-bike turbo power.



Enjoying e-biking, Alpe di Siusi, Val Gardena © trekMountains

Travel to the Val Gardena

- **By air:** nearest airports are Venice Marco Polo and Verona
- **By train:** Travel to this area is easy by public transport. The nearest train station is Ponte Gardena which is on Verona-Innsbruck line, and which connects to trains from Venice. Regular buses connect the Gardena Valley to Ponte Gardena train station.
However you choose to travel, we will help you with the timetables and logistics.



The Coffin Lift which ascends to the cleft between Sasso Lungo and Sasso Piatto.



At the end of your trek relax at the hotel in Selva di Val Gardena, surrounded by mountains

The Price Includes:

- Valley accommodation at the beginning and end of your trip in the Val Gardena area
- Mountain accommodation in mountain refuges (with private rooms wherever possible)
- Meals as indicated in your bespoke itinerary (usually breakfasts in the valley, breakfasts and dinners in the mountains)
- Detailed, original 1:25,000 maps with your routes highlighted on them
- Detailed walk instructions
- GPX files upon request
- Survival Italian Language Guide
- A complimentary bus pass for the buses in the valley while you are staying in the valley-based hotels

Not Included:

- International flights
- Travel between airport and Val Gardena
- Meals not specified in your bespoke itinerary as being included.
- Cost of any cable cars, funicular railways, chairlifts required (individual tickets and multi-day passes can be purchased locally)
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs
- Drinking water / drinks / showers / optional extras in mountain accommodation.
- Tourist taxes - where these occur, they will only be a few euros per person per night and are payable locally at your accommodation.
- Travel Insurance including helicopter mountain rescue

Optional extras:

- Upgrade to 4* or 5* hotel valley-based accommodation
- Additional nights in your valley base – we can include suggestions for additional day walks or biking
- E-bikes (optional extra)
- Private transfers from Venice, Verona or Innsbruck airports