

# DOLOMITI VIA FERRATA ADVENTURE VAL DI FASSA



Following the bad weather of October 2018, some paths are unusable due to the fall of trees and landslide. We invite you to check the list of unusable routes at the following links: [www.fassa.com/EN/Paths/](http://www.fassa.com/EN/Paths/) and [www.fassa.com/EN/Walking-and-hiking-tours-in-the-mountains/](http://www.fassa.com/EN/Walking-and-hiking-tours-in-the-mountains/)

## **DAY 1: From Carezza Pass to Refuge Roda de Vael across Via Ferrata Roda de Vael**

**Time:** 3 hours

**Difficulty:** slightly difficult route, with some delicate vertical passages

**Vertical drop:** 700 m (additional 300 m for Ferrata Majarè)

This route leads directly to the summit of Roda de Vael (2.806 m), right in the middle of the suggestive backdrop of the Dolomites.

From Carezza Pass (reachable by the bus line SAD) take the chairlift Paolina and reach the refuge having the same name (+39 0471 612008). From Paolina Refuge (2.125 m) walk to the Vaiolon Pass (about 1 hour and 30 minutes). The via ferrata starts from here and easily ascends to the summit (about 45 Minutes). We recommend beginners to come back along the same itinerary, while those who want to proceed and tackle with more demanding steps are suggested to go down to Forcella delle Rode, pass the short but exposed rock face (the most challenging stretch of the whole via ferrata) and reach the base of Torre Finestra. Here the way comes to a fork. You can descend along a quite demanding couloir, equipped with metallic rope, and take an easy path leading to Refuge Roda de Vael in about 40 minutes (this is the best solution in case of bad weather). As an alternative, you can continue on the right up to the Majarè ridge. This second route connects via ferrata Roda de Vael to via ferrata Majarè.

Some maps suggest you to walk the itinerary in the opposite sense. Hence there are some important reasons according to which we propose you to carry out the ferrata as described above. Firstly, the hardest climbing steps can be done by ascending the route, that means in safer conditions; secondly, starting from Vaiolon Pass, the itinerary remains well exposed to the sun all day long.

Overnight stay at Refuge Roda di Vael (+39 0462 764450)

## **DAY 2: From Refuge Roda de Vael to Refuge Vajolet across Via Ferrata Santner**

**Time:** 7 hours

**Difficulty:** easy, but pay attention to snowdrifts remaining in the way till late summer

**Vertical drop:** 460 m

The via ferrata Santner is a quite crowded itinerary originally built to reach from the refuge A. Fronza alle Coronelle the Gartl valley, departure point of many climbing routes ascending the Vajolet Towers.

From Refuge Roda de Vael walk along path n.549 to Refuge Fronza alle Coronelle, 2.339 m, (+39 0471 612033). The excursion actually begins from Refuge Fronza, where you are suggested to wear your ferrata equipment. Right behind the refuge, next to a huge red "S", go up the rocky steps along a debris ledge outlining the western side of the Davoi Ridge. Follow the metallic rope until the base of the uneven rock face leading to Santner Pass. Ascend by means of stepladders and rock pitons through chimneys, couloirs and rocky steps. Reach the narrow fork between the pinnacles of Schroffenegger and descend over some steep rocky stretches, equipped with metallic rope, to an icy gully (this passage requires high concentration because of residual snow covering the rope, especially at the beginning of summer). Cross the icy gully, then climb diagonally on the left hand side, passing a leaning ledge and some steep rocks.

A short, narrow way and a small, exposed rock face do mark the end of the via ferrata. Proceed northwards to the debris hollow right on the rocky labyrinth near Santer Pass (2.741 m). Descend through the Gartl valley, and once you pass refuge Re Alberto (2.621 m), go through the so called Gola delle Torri, and get to the plain of Porte Negre (2.243 m), where Vajolet and Paul Preuss refuges are to be found.

Overnight at Refuge Vajolet (+39 0462 763292) or following path n. 584 you can ascend up to the head of the Vajolet valley (about 1 hour walk). Crossing some screes you will reach Passo Principe Refuge, located on the pass having the same name (+39 339 432 7101).

## **DAY 3: Via Ferrata Antermoia**

**Time:** 6 hours

**Difficulty:** very demanding and long route, with some exposed passages

**Vertical drop:** 750 m

Walk on debris up to the beginning of the via ferrata: ascend from left to right along a couloir equipped with metallic ropes. Once you pass the first rocky step you get to the summit ridge (exposed and without ropes) and to the cross of Catinaccio d'Antermoia Peak (3.002 m): definitely an extraordinary viewpoint on Val di Fassa Dolomites (about 1 hour and 30 minutes). Now descend north-eastwards along a via ferrata passing a ledge, some rocks, a couloir and a small saddle (pay particular attention). Reach the gravels of Forcella d'Antermoia and the Antermoia hollow (2.700 m – 1 hour). You can return walking the same way backwards, or descend the easy north-east face. Pay attention to the exposed passages which, in some crucial points, are not equipped with ropes. Once you get to the bottom of the rock face (Antermoia hollow), take the path winding on the right and walk up the screes leading to the near Antermoia Pass (2.770 m). From here you peek out again on the Vajolet valley. Descend to Passo Principe Refuge along the rim of the south face of Catinaccio d'Antermoia. Reach Gardeccia and easily return to the Ciampedie plateau (path n.540) and take the gondola down to Vigo di Fassa.

Overnight in hotel.

**DAY 4: From Col dei Rossi to Refuge Pian dei Fiacconi across "Viel dal Pan"**

**Time:** 3/4 hours    **Difficulty:** easy and not demanding high altitude excursion  
**Vertical drop:** 300 m

From Canazei (reachable by bus Trentino Trasporti) go up to Pecol with the gondola, and from Pecol reach Belvedere with the Col dei Rossi-Belvedere cable car.

From the upper station of Col dei Rossi-Belvedere cable car, 2.383 m, follow the path and walk downhill towards Refuge Belvedere. From here keep the short-cut leading to Fredarola Refuge, 2.388 m (about 20 minutes). The Fredarola Refuge can be regarded as the actual hike starting point. Before proceeding along the Viel dal Pan, we suggest you to walk down to Pordoi Pass along path n.601 and take the cable car to Sass Pordoi, the so called "Terrace of Dolomites". Here you can enjoy a breathtaking panorama over the most renowned Dolomites peaks. Descend with the cable car to Pordoi Pass and then return to Fredarola Refuge.

Here the Viel dal Pan, marked as path n.601, begins. The trail winds gently, with very few steep ramps ascending some small valleys. The trail is called "Viel del Pan" (literally "the path of bread"), because in the past itinerant peddlers used to move from Val di Fassa to Livinallongo along this high altitude itinerary. You will come to the Viel dal Pan Refuge at 2.432 m. Keep going and reach a saddle on the left to enjoy the view of the Livinallongo valley and the Tofane mountains. When you come to a fork, you will first go down a long diagonal and then the path winds down steeply to the main road (Fedaia Pass) and to the Marmolada E. Castiglioni Refuge, 2.054 m. From Lake Fedaia ascend to Pian dei Fiacconi Refuge, 2.625 m, with the lift or walking along path n. 606.

Overnight at Refuge Pian dei Fiacconi (+39 0462 601412)

**DAY 5: Guided crossing of the glacier from Pian dei Fiacconi to Contrin Refuge**

**Time:** 4 hours    **Difficulty:** easy-medium  
**Vertical Drop:** 260 m upwards and 880 m downwards

From Refuge Pian dei Fiacconi follow path n. 606 walking westwards across the hollow at the feet of Marmolada north face. Here you will find an extremely suggestive, scenic landscape. Pass a rocky outcrop and walk into the broad valley extending between Punta Penia and the Gran Vernèl.

At an altitude of about 2.800 m, the path turns into a track on the glacier. For this reason, you are strictly recommended to use the crampons provided by the mountain guide. Ascend the valley walking on debris and snow, until reaching the feet of Forcella Marmolada – 2.896 m. Here the via ferrata begins and covers a 100 m vertical drop up to Forcella Marmolada saddle. Helmet, climbing harness and via ferrata equipment are therefore necessary. The saddle can be regarded as a watershed between the two faces of Marmolada. Enjoy the wonderful view and observe the tunnels dating back to First World War. From Forcella Marmolada the way comes to a fork. One track goes up along the west ridge towards the summit of Marmolada, the other descends to Contrin Valley. You will follow the descend, the via ferrata goes down for about 50 m and leads to an easy track. Walking for about 1 hour and 30 minutes, you will reach the Contrin Refuge at the feet of the stunning south face of Piccolo and Gran Vernel.

Overnight at Refuge Contrin (+39 0462 601101)

**DAY 6: From Contrin Refuge to Pozza di Fassa along path Lino Pederiva****Time:** 4/5 hours **Difficulty:** easy path equipped with metallic ropes**Vertical Drop:** 600 m

From Refuge Contrin walk on path n. 608 up to Refuge San Nicolò (+39 0462 763269). From the refuge follow path n. 613 and pay attention to some interesting fortifications dating back to First World War, still visible along the way. Proceed until you come to a fork. Here take path n. 613B, also called Lino Pederiva path. Walk the narrow grassy ridge and reach the steep slopes of Sasso Rocca. Some metallic ropes will help you cross the most demanding passages. Near Sella Brunech (2.419 m) join path n. 613 again and keep walking along the edge up to Sass de Adam. Here you will be offered an amazing view over all Dolomites crowning Val di Fassa. Move forward and reach the upper station of Buffaure gondola, 2.040 m, and descend to Pozza di Fassa with the lift.

Overnight in hotel