



DOLOMITI SOFT TREK-KING: 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:

<https://www.fassa.com/EN/Walking-and-hiking-tours-in-the-mountains/>

<https://www.fassa.com/EN/Paths/>

1. DAY: EASY-MEDIUM EXCURSION (5-6 HOURS)

Moena (Ronchi) - Passo Lusia - Laghetti di Lusia - Moena

From Ronchi place (just few km from Moena) you will reach by cable car the uphill station of Le Cune (2.200 m). From here walk down to the Lusia Pass (2.054 m) and then climb up on path no. 633 to the Bivacco Redolf (2.333 m) and further to the Lusia lakes. On the way back walk on the same path up to the Bivacco Redolf and then turn right on path no.634 and then no. 625. This route goes down to La Rezila Refuge (1.761 m). From here walk down on the dirt road to the starting point Ronchi.

➤ **2. DAY:** EASY-MEDIUM EXCURSION (5-6 HOURS)

Canazei - Col dei Rossi - Viel dal Pan - Fedaia - Canazei

From Canazei by cable cars you will reach Col dei Rossi (2.382 m). From here walk downhill to the Belvedere Refuge and then take the short-cut to the right to the Fredarola Refuge (2.388 m). Before going on Viel dal Pan we suggest to walk to the Pordoi pass and then take a trip in the cableway to Sass Pordoi – the terrace of the Dolomites – is well worth your while, as it offers a complete 360° vista of all the main Dolomite peaks. After returning to the Pordoi pass by cableway, follow path no. 601 in order to reach again the Fredarola Refuge where the Viel dal Pan begins (marked path no. 601). This section of the itinerary is called "Il Viel del Pan", as it once was the preferred route for ambulant traders from the Val di Fassa to the Livinallongo Valley. You will come to the Viel dal Pan Refuge at 2.432 m. Keep going and when you notice a saddle up to the left you will probably want to go there 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 (keeping the right) and then the path winds down steeply to the main road and the Marmolada "E. Castiglioni" Refuge at 2.044 m. The bus back to Canazei stops right next to the point where the path comes out. In alternative from the Fedaia dam you can walk down to Canazei on path no. 605.

➤ **4. AND 5. DAY:** FROM CATINACCIO TO VAL DURON WITH 1 NIGHT IN REFUGE

4. DAY: MEDIUM EXCURSION (5-6 HOURS)

Ciampedie - Gardeccia - Vajolet - Passo Principe - Rifugio Antermoia

Take the cable car from Vigo di Fassa and in a few minutes you will reach Ciampedie (1.998 m) with its superb view of the Fassa Dolomites; take the path no. 540 and in a 45 minutes reach the refuges of the Gardeccia basin (1.950 m). From Gardeccia go along the wide dirt road marked path no. 546 up to the Vajolet and Preuss refuges at 2.243 m, with a view of the legendary Vajolet Towers and the eastern wall of the Rosengarten. This is the heart of one of the best known Alpine climbing areas of all time, where the exploits of mountaineering pioneers such as Paul Preuss and Tita Piaz have become the stuff of legends. (OPTIONAL up and down on the same path): from

here, the Re Alberto I Refuge can be reached in about an hour along trail no. 542, to admire the southern slopes of the Vajolet Towers).

From the Preuss and Vajolet refuges take path no. 584 which climbs up into the upper Vajolet valley. As you walk, the Catinaccio d'Antermoia mountain (3.002 m) becomes increasingly imposing, and you will reach the Passo Principe Refuge (2.600 m), which as the name suggests is on the pass. Take the path to the right and climb up by the base of the Catinaccio d'Antermoia. The path follows a steep zigzag course and soon brings you to the Antermoia Pass (2.770 m). Going down the other side you will reach the valley of Antermoia with its lake. Legend tells that the witches of Fassa would meet here and you can certainly imagine it! At the end of the lake there is the Antermoia Refuge at 2.497 m.

5. DAY: MEDIUM EXCURSION (4-5 HOURS)

Rifugio Antermoia - Dona Pass - Ciaréjoles Pass - Val Duron - Campitello

From Antermoia Refuge take path no. 580 to the Dona pass (2.516 m) and descend to the Val di Dona, first over the scree and then the grass. Leave path no. 580 which goes down to Mazzin through the Val Udai, keep left on path no. 578 and cut diagonally across to the Ciaréjoles Pass (2.282 m).

On the other side of the pass is the Val Duron, and the valley floor is reached by way of a path of black volcanic rock, which then takes you through an alder wood. Cross the stream at the bottom and turn right on path no. 532 towards the Baita Lino Brach Refuge (refreshments) and then the Micheluzzi Refuge at 1.850 m and follow the dirt road to Campitello. To get to Campitello avoiding in part the busy dirt road, you can take an alternative path. Go downhill from the Micheluzzi Refuge, cross the stream and then go uphill on the opposite bank for 20 metres. Turn left onto a flat path which is equipped with picnic tables. The path will join the dirt road to Campitello at Pozates (restaurant Baita Fraines), after a fairly steep descent.

From Campitello you can reach Vigo di Fassa by bus.