



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

1. DAY: Marmolada, at the feet of the Queen of the Dolomites - From the Fuciade basin to the Contrin valley

Length: 5/6 hours **Difficulty:** red

From the Fuciade Refuge, a steep, strenuous path, (trail n. 607 - Alta Via delle Dolomiti N. 2/ Sentiero Italia in this section), climbs into the heart of the Cirelle, to reach the Cirelle Pass (2.680 m), after an ascent of 700 metres. The vista from this vantage point is magnificent, dominated by a crown of 3000 metre-plus peaks: to the south, beyond the emerald pastures of the Fuciade, the unique profile of the Pale di San Martino; to the west, the Cima Uomo chain and Col Ombert; to the east, the limestone outlines of Cima Ombrettola and Sasso Vernale; while to the northeast, the sky is cleaved by the top of the huge, solid, sheer wall of the Queen of the Dolomites, the Marmolada. We are in the heart of the Ladin mountains, and the characters from the legends of this area could be hiding behind each stone. Path n. 607 descends less steeply than the ascent across large scree slopes then, under the Sasso Vernale, it turns markedly to the left and descends unhurriedly and unvaryingly to the Refuge Contrin (2.016 m).

Starting point: Refuge Fuciade (San Pellegrino Pass) +39 0462 574281

Ending point: Refuge Contrin +39 0462 601101

Max. difference of level - ascent: 708 m

Max. difference of level - descent: 664 m

1. DAY Alternative: Marmolada, at the feet of the Queen of the Dolomites - From Pozza di Fassa to Contrin valley

Length: 4/5 hours **Difficulty:** red

From Pozza di Fassa (1.325 m) take the cable-car up to Buffaure (2.060 m) and then the chair-lift up to Col de Valvacin (2.354 m). Now walk along the ridge behind the chair-lift terminal (path n. 613) to the top of Sas de Adam to enjoy a marvellous panorama of the Fassa Dolomites. Keep on the ridge, now in descent, and then the path goes across the Sella Brunéch at 2.420 m. Get back onto the ridge above the chair-lift (path n. 613B) and proceed to the Sas de Roces. Here you will have to go around to the south on the side of the San Nicolò valley, where in certain places there is a metal safety cord. You will reach the grassy saddle above the Sas Bianch and then proceed on a steep diagonal to the west side of the Varos ridge (path n. 613), where there are fortifications left from WW1. Now the San Nicolò Pass and refuge (2.346 m) are visible and you will be down in few minutes. Later on you go down to Val de Contrin through path n. 608 in order to reach Contrin Refuge (2.016 m).

Starting point: Pozza di Fassa

Ending point: Refuge Contrin +39 0462 601101

Max. difference of level - ascent: 79 m

Max. difference of level - descent: 417 m

2. DAY: The realm of Conturina - From Val Contrin to Fedaia Pass

Length: 4/5 hours **Difficulty:** red

From the Contrin Refuge, descend the Val Contrin through path n. 602 and just before reaching the village of Alba (1.517 m) turn into path n. 605 in order to go to Pian Trevisan (1.648 m) and afterwards to Passo Fedaia (2.054 m).

Alternatively, from Pian Trevisan, the excursion goes on following the old Austrian military track excavated in the rock by Russian prisoners during World War I, leaving the parking lot of Hotel Villetta Maria along Route n. 619. At the crossroad with the indications in Pian de Scalet (2.032 m), take left and follow the sign "Lago Fedaia sentiero forestale" in order to reach Fedaia pass or you can go on following path n. 619 till the crossroad with path n. 618 and from here descend on this to the Fedaia pass.

Interestingly, the continual change of landscape that you encounter, passing first in the woods, then the characteristics of dugout shells, and finally heading east of the rocky slopes at the foot of the Marmolada glacier.

Starting point: Refuge Contrin +39 0462 601101

Ending point: Passo Fedaia, Rifugio Alla Diga +39 0462 601370; Rifugio Capanna Cima Undici +39 0462 602290; Rifugio Marmolada E. Castiglioni +39 0462 601681

Max. difference of level - ascent: 845 m

Max. difference of level - descent: 461 m

3. DAY: The Viel dal Pan - From Fedaia Pass to Col Rodella passing through Pordoi Pass

Length: 4/5 hours **Difficulty:** red

From in front of the Marmolada E. Castiglioni Refuge, take path n. 601 which, in a long traverse among breath-taking scenery and at a constant altitude of around 2.400 metres, leads to the Pordoi pass (2.239 m). 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. Once at the Pordoi pass, a trip in the cableway to Sass Pordoi – the terrace of the Dolomites – is well worth your while, as it offers a complete 360° view of all the main Dolomite peaks. After returning to the Pordoi pass by cableway, follow the trail to Pecol area. From here take the cablecar down to Canazei. At Canazei, a walk along the river leads to Ischia area in Campitello, with the base station of the cableway that leads to Col Rodella in just a few minutes.

Starting point: Passo Fedaia, Rifugio Alla Diga +39 0462 601370; Rifugio Capanna Cima Undici +39 0462 602290; Rifugio Marmolada E. Castiglioni +39 0462 601681

Ending point: Col Rodella, Rifugio Des Alpes +39 0462 601184; Rifugio Col Rodella +39 338 3293620; Rifugio Friedrich August +39 0462 764919

Max. difference of level - ascent: 388 m

Max. difference of level - descent: 442 m

4. DAY: At the feet of Sassolungo Massif - From Col Rodella to Antermoia

Length: 6/7 hours **Difficulty:** red

From Col Rodella, walk down along path n. 529 and afterwards take left path n. 557 and then 557-4, named "Friedrich August Weg" after the King of Saxony and botanical enthusiast. The trail follows an easy, relatively even path at the feet of the Grohmann and Innerkofler peaks, the Dente del Sassolungo and the Sasso Piatto, to then lead into the wide grassy saddle of the Giogo di Fassa, with the Sasso Piatto Refuge. From here, the trail (594-4) continues along the Siusi crest over generally even terrain at the start of the ridge, and then onto the slope of the Val Duron to the pass of the same name. A number of saddles along the way also open spectacular vistas of the Alpe di Siusi and the Odle from the opposite slope. From the Duron pass, the path n. 532 descends into the Val Duron to then turn right into path n. 555, which leads to the Ciaréjoles Pass (2.282 m). Shortly after the pass, the path joins trail n. 580, which ascends to the right in steep curves towards the Dona pass (2.516 m) and flanks the southern slope of the Cima di Dona to reach the Antermoia Refuge (2.497 m). This is the heart of the Val di Fassa Dolomites, dominated by the magnificent view of the eastern wall of the Catinaccio d'Antermoia.

Starting point: Col Rodella, Rifugio Des Alpes +39 0462 601184; Rifugio Col Rodella +39 338 3293620; Rifugio Friedrich August +39 0462 764919

Ending point: Refuge Antermoia +39 0462 602272

Max. difference of level - ascent: 497 m

Max. difference of level - descent: 298 m

5. DAY: The Soul of the Monti Pallidi - From Antermoia to Gardeccia

Length: 5/6 hours **Difficulty:** red

From the Antermoia Refuge, path n. 584 crosses the Antermoia Pass (2.770 m) to then flank the western slope of the Catinaccio d'Antermoia and reach the Principe pass and refuge (2.597 m). From the Passo Principe Refuge, the itinerary continues south along path n. 584 which, after an initial steep stretch, flattens into the Val del Vajolet, to reach the Vajolet and Preuss refuges (2.245 m), with a view of the legendary Torri del Vajolet and the eastern wall of the Catinaccio. This is the heart of one of the best-known Alpine climbing areas of all times, where the exploits of mountaineering pioneers such as Paul Preuss and Tita Piaz have become the stuff of legends.

OPTIONAL: From here, the Re Alberto I Refuge (2.621 m) can be reached in about an hour along path n. 542, to admire the southern slopes of the Torri del Vajolet.

Adding further 20 minutes from Re Alberto I Refuge, you can reach Passo Santner Refuge (2.734 m), where the view presents one the most beautiful sights nearby and far off: from the Latemar group to the Weiss- and Schwarzhorn peaks, further to the Brenta group, the Ortler and finally the Swiss- and Austrian Alps.

Come then back to the Vajolet and Preuss refuges on the same path and proceed descending on path n. 546, in order to reach Gardeccia area.

Starting point: Refuge Antermoia +39 0462 602272

Ending point: Gardeccia, Refuge Stella Alpina Spitz Piaz +39 0462 760349; Refuge Gardeccia +39 0462 763152

Max. difference of level - ascent: 491 m

Max. difference of level - descent: 820 m

6. DAY: Towards the Roda de Vael - From Gardeccia to Carezza Pass

Length: 4/5 hours **Difficulty:** red

From Gardeccia take path n. 540 to Ciampedie, which offers a magnificent view of the entire Vajolet valley. Continue on path n. 545 also called "Alta Via dei Fassani" to reach the Buja de Vael and then the Roda de Vael and Baita Marino Pederiva refuges. From Roda de Vael, path n. 548 descends to the Carezza pass. Alternatively, continue along path n. 549 to the monument to Theodor Christomannos, who devised the "Dolomite Road: Bolzano, Cortina, Dobbiaco", and then follow path n. 539 to the Paolina Refuge. From here, make your way down to the Carezza pass by chairlift or walking on path 552. You can then return to Val di Fassa by the bus service SAD.

Starting point: Gardeccia, Stella Alpina Spitz Piaz Refuge +39 0462 760349; Gardeccia Refuge +39 0462 763152

Ending point: Carezza Pass

Max. difference of level - ascent: 330 m

Max. difference of level - descent: 535 m

Along the proposed trekking routes, in addition to the refuges indicated here for the overnight stays, there are other refuges that can be viewed on the hiking map.

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