

Running in the Dolomites: Alta Via 1

Trip Code: AVR

Version: Running in the Dolomites: Alta Via 1



TRAIL RUNNING



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Run 110 kilometres of linked trails over 6 days
- Incredible mountain landscapes
- Experience fantastic Italian food and hospitality
- Visit Cortina - the heart of the Dolomites

AT A GLANCE

- 6 days running
- Join at Cortina

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Dinners
- 4 nights Refugio
- 3 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

We begin in the beautiful town of Cortina, in the heart of the Dolomites, from here we head up into the mountains. Around us, peaks rising to over 3000 metres as we run through and beneath spectacular rock spires and imposing towers - such as the world famous Tre Cime. This is a very special and interesting part of the world on a number of counts. Unique in terms of its geology and culture, presenting an interesting mix of Austrian and Italian traditions, food, and folklore. The area is known as the Sud Tyrol in German, and as the Alto Adige in Italian.

Staying in Rifugios along the route, we stay high in the mountains and get to enjoy Italian hospitality and wonderful food along the way. Moving north to south through the exceptional natural beauty of the rock formations and geology that have made the Dolomites famous throughout the world. Be prepared to be impressed as you run through some of the most beautiful mountains in the world.

Is this holiday for you?

On this trip you are on holiday, it is not the race, and therefore we spend one week running the route and taking time to enjoy the mountains. Each day we will run/hike between 15-28km kilometres (10-17 miles), with at least one high mountain pass per day. We're likely to be on our feet for between 5-8 hours per day with lots of ascent and descent on a variety of mountain trails. This trip is suitable for experienced mountain trail runners.

Itinerary

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DAY 1

Meet at the group hotel in Cortina.

Meet at the group hotel in Cortina d' Ampezzo in Italy, known as the jewel of the Dolomites. The beauty of the Ampezzo Valley along with its 1000 year history attracts visitors all year round. Surrounded by majestic peaks Cortina, a UNESCO World Natural Heritage site, can't fail to impress any mountain lover. Our hotel for this trip is within easy walking distance to the bustling pedestrian town centre and numerous museums and galleries. Proud of its heritage, learn about the local traditions, history and environment at the Ethnographic Museum or visit the "Rinaldo Zardini" Palaeontological Museum which houses one of the most significant collections of fossils that exists anywhere today. Your guide will meet you at the hotel before the evening meal, to answer any questions and discuss the days ahead.

Meals: **D**



Accommodation

Hotel

DAY 2

Lago di Braies to Rifugio Pederu.

We start with a short taxi ride to the famous beauty spot of Lago di Braies and true start of the Alta Via trail. The lake is spectacular filled with turquoise waters surrounded by towering cliffs. After running along the lake shore we begin to climb steadily under the striated cliffs of Monte Muro to our first pass at Porta Sora il Forn, at 2388m, to be rewarded with immense views, and with the glacier of the Marmolada glittering to the south west. the glacier is the only major ice field in the Dolomites. After taking in the views its a short trot down to the Rifugio Biella for a morning coffee, or whatever else takes your fancy. We then have a lovely descent through flower meadows and farms, until a final steep jeep road takes us down to our overnight at the Rifugio Pederu.

Meals: **B D**



Accommodation

Refugio



Ascent

1045M



Descent

1020M



Distance

18KM

DAY 3

Rifugio Pederu to Rifugio Lagazuoi.

This morning we take the wild and rocky Vallone di Rudo to Lago Piciodil to reach Rifugio Fanes and a potential coffee stop! The Rifugio, which was built in 1928 has a long history and tradition and is a great spot for a rest. Stunning views en route to Passo di Limo, at 2172m, and its lake of the same name. High peaks surround this pastoral amphitheatre strewn with cows and its curious limestone slabs. We then traverse a rugged mountainside and a final climb to arrive at the Forcetta del Lago an impressive notch on the skyline sitting at 2486m. You will probably think it looks like an impossible descent down the other side, but the path does exist and you have stunning views all the way down towards Lago di Lagazuoi at 2182m. There is a 200m climb to finish the day to our Rifugio as we hike along what was a front line in WW1, and where you can explore the gun emplacements and tunnels carved in the ridgeline. The Rifugio Lagazuoi is in a truly amazing location perched high in the mountains, and there is even a wood fired sauna where you can ease your muscles. It's a day with a big climb, but the descent is minimal and our knees will appreciate that! In the afternoon there will be time to explore the Lagazuoi museum then climb a little higher to the stunning view point of the Piccolo Lagazuoi for a sunset to remember.

Meals: **B D**



Accommodation
Refugio



Ascent
1685M



Descent
450M



Distance
22KM

DAY 4

Rifugio Lagazuoi to Passo Giau.

Today we go from WW1 galleries hewn into the Lagazuoi and Casteletto mountains, to a close up of the wonderful summits of Le Tofana. We begin by dropping down to a pass and then over the Forcella Travenanzes at 2507m before descending past a WW1 memorial. This is a sobering reminder of the bitter fighting which took place during this period of history. Then it's over the Forcella Col dei Bos while enjoying fabulous views to Cinque Torri, the Five Towers. A beautiful traversing trail brings us to the rustic Rifugio Dibona where we can enjoy a cappuccino on the terrace, then it's a steep descent through the larch forests before climbing all the way back up the other side. On route there will be time to explore the 'sentiere de trenchi' the open air WW1 trench museum around the base of the towers before setting off on our final short climb of the day to the pass at Averau. However, there is the reward of lunch at the top at another lovely Italian Rifugio. You will notice a theme developing - run, coffee, run, cake, run, lunch! We end this rather unique day with a rocky traversing trail under impressive cliffs that takes us to the pass and our accommodation at the famous pass of Passo Giau, at 2236m and the 3* Berg Hotel where we spend the night. The pass offer superb sunsets with impressive views north towards Cortina and south further into Veneto. We are now well on our way along the fabulous Alta Via 1 trail.

Meals: **B D**



Accommodation
Hotel



Ascent
900M



Descent
1000M



Distance
18KM

DAY 5

Passo Giau to Rifugio Staulanza.

Leaving Passo Giau, we begin the crossing of 3 passes where we notice a distinct change of trail as we leave the hash rocky paths for lush green meadows. Our route climbs up and down through flower meadows where we descend into the next valley. This really is a gorgeous start to our day which often takes us past the herds of horses, donkeys and cattle grazing on the mountainside. After descending into the next valley we climb back up to the next mountain pass as we follow Monte Formin's impressive south cliffs leading to the Forcella Ambrizzola at 2277m and our third pass of the day. From here we have views of the mighty Civetta mountain range and a neolithic site. A gentle descent over pastures and through dairy herds brings us to the Rifugio Citta de Fiume where we can enjoy a lunch break. Our final stretch for today is another traversing trail under the impressive peaks and spires of the wild and rugged Monte Pelmo, one of the famous landmark mountains of the Dolomites. Finally, it's down through the larch forests and if there's time to spare we can detour off in search of some dinosaur foot prints in the foot hills of the mighty Pelmo. A bit further down the mountain side brings us to another Rifugio Staulanza where we spend the night.

Meals: **B D**



Accommodation
Rifugio



Ascent
550M



Descent
800M







Distance
15KM

DAY 6

Rifugio Staulanza to Passo Duran.

An early start today as we commence the start of two longer days on the trail. A steady climb this morning as we leave the larch trees. We climb up a well graded mule track to the shoulder of Cima Coldai, an outlier of the Civetta, until we arrive at the Rifugio Sonino Al Coldai for refreshments then it's west to the turquoise waters of Lago Coldai. This really is a very beautiful situation, and is to be enjoyed as we drop to the lake and over the Forcella Col Negro at 2203m before losing height and entering Val Civetta. With its slabs, peaks and pinnacles the 7km long west face of Monte Civetta towers 1200m overhead. A hanging icefield, the Cristallo, is suspended below the highest top. This face is known as the 'wall of walls' and is unique in the Alps for its rock climbing routes. We now head over the Forcella di Col Rean, to reach the Rifugio Vazzoler for a well earned lunch surrounded by an amphitheatre of the rock spires including the Torre Trieste, at 2458m, and Cima della Busazza, at 2894m. In the afternoon in the shade of the trees we traverse around the mountain side to gain the steep little pass of Forcella Col Dell'Orso at 1823m. Then it's a short section with a few chains as a handrail along a flowered rock face. The remainder of our Alta Via is through woodland where we cross an ancient Austrian-Hungarian border then meadows to reach idyllic setting of Rifugio Carestiato where we can stop for refreshments. A final quick descent brings us down to the Passo Duran and our accommodation at Rifugio Sebastiano by mid afternoon.

Meals: **B D**





 Accommodation Refugio	 Ascent 1550M	 Descent 1600M	 Distance 28KM
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DAY 7

Passo Duran to Cortina.

Another prompt start to complete our final day on the Alta Via trail. Today we enter the Parco Nazionale delle Dolomiti Bellunesi, the wildest of the national parks on the Alta Via 1 trail and where there is a good chance of spotting chamois and marmots. From the Passo Duran our trail first leads us around the southern slopes of the Tamer Grande. Immediately we experience the wildness of this mountainside with its cliff faces and towering summits. After passing through the forest we have another climb to the remains of Moschesin garrison to reach the Forcella del Moschesin at 1940m. The trail continues on and down slightly to a point near the Rifugio Pramparet which sits in a wonderful remote setting with views along the Costa dei Nass valley where we can break for refreshments. Our path continues on and up to reach the Portela dei Pezedei where the terrain becomes more open and rockier under foot. As we reach the western slopes of the Cima de Zita the trail then narrows to a ridge path, which can feel exposed for a very short section, to reach the day's highest pass at 2451m. It's here if time and the weather allows we can reach the summit. Enjoy glimpses of the Venetian plain as we descend sharply down the grassy mountainside where edelweiss are to be found growing by the trail to Rifugio Pian de Fontana perched on a shelf at 1632m where we will stop for our lunch. Leaving the peace and tranquil location of the Rifugio Fontana our path soon descends into the pine forests to pick up the 'Alta Via Bellunesi' trail which we follow down to the road head where we meet a private taxi to take us back to Cortina d'Ampezzo. The drive is approximately 2 hours. There will be time in the afternoon for a spa and aperos before a celebratory final group meal.

Meals: **B D**

 Accommodation Hotel	 Ascent 1500M	 Descent 1580M	 Distance 28KM
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DAY 8

Departure day.

Today is departure day and the trip finishes after breakfast.

Meals: **B**

Holiday Information

What's Included

An experienced professional leader,
All accommodation as described,
Meals as described in the Meal Plan,

What's not Included

Travel insurance,
Tips for local staff,
Airport transfers,
Some meals as described in the Meal Plan,
Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

You should arrange to meet the group Hotel, Cortina on Day 1. The welcome meeting will be at approximately 18:00 followed by the evening meal, so you should aim to be there for this time.

Meal Plan

All meals are included, apart from lunches, from dinner on Day 1 to breakfast on Day 8.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Accommodation

On this holiday, we spend 2 nights in a hotel in Cortina. All the hotels we use in Cortina are comfortable and welcoming, with en suite facilities.

The Dolomite Rifugios are definitely a 'cut above' normal mountain huts and we usually manage to secure bedrooms, or small dormitory style rooms of between 2 - 4 people which allows same gender in one room, rather than mixed. On some occasions it may be necessary for mixed gender. It is worth pointing out that in other mountainous hiking areas 'mixed' would be the only option.

In Cortina single rooms may be available on request for a supplementary payment. However, these are limited in number and we recommend that you book early if you wish to be sure of a single room

Group Leader & Support Staff

The trail running guide will be a fully qualified and experienced International Mountain Leader.

Spending Money

The package price includes all accommodation, guiding and all breakfasts and 7 dinners. You should make an allowance for additional snacks, drinks etc. Beer, wine and soft drinks are available every night.

We estimate that approximately 300 Euros should adequately cover typical personal spending requirements.

Baggage Allowance

For this holiday you should take one piece of luggage (you should be able to comfortably carry / move this bag yourself) and a running day pack (see equipment list for specific details).

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Running Trails

When packing for a trip in the mountains it is important to have appropriate equipment and clothing. This kit list features items we believe are necessary for the weather you might encounter and accommodation you will be staying in. If you have any questions with regards to what to bring, do not hesitate to get in touch with us.

Equipment

- Trail Running shoes - for a variety of trails
- Running poles - highly recommended for long climbs/mixed terrain
- Running pack/vest maximum 20 litres, ideally with a chest and waist strap. Test your pack for comfort once full
- Rucksack liner/cover - to keep contents dry
- Water container 1-1.5 litres, or 2 x 'soft' flasks
- Survival blanket - 1.40m x 2m minimum

Clothing

You must be able to cover yourself with 3 full layers on your upper body and 2 full layers on your legs

- Waterproof jacket with hood - waterproof and breathable membrane designed for mountain use
- Waterproof over trousers
- Mid-length tights and long socks or long running tights to cover the legs completely

- Thermal top - long sleeves
- Thin fleece/lightweight down jacket
- Running shorts/skort
- Breathable t-shirt/vest
- Warm hat
- Ear/headband
- Baseball cap/sun hat
- Gloves x 2 - 1 thick and 1 thin pair
- Running socks
- Recovery socks/compression socks - optional
- Scarf/buff for neck
- Fleece/ wind stopper waistcoat - optional

Comfort

- Lip salve
- Sunscreen
- Sunglasses - essential
- Toilet/tissue paper - we recommend biodegradable bags to dispose of rubbish
- Snacks for running - bars/gels /energy drinks/trail mix/recovery drinks etc

Personal First Aid

- Personal medication - if required
- Blister Plasters
- Normal Band-aids
- Blister tape - eg Strappal
- Pain relief/anti-inflammatories
- Glucose tablets
- 2 x Re-hydration sachets
- A few throat lozenges
- Anti-chaffing cream/Vaseline
- Antiseptic cream/spray
- Bandage/Knee support

Documentation

- Cash - Euros
- Credit card
- Passport
- Waterproof bag for documents
- Mountain Rescue Insurance - compulsory

Additional Items

- Camera

- Phone that will function in the countries that you are visiting
- Clothing for use in hotels
- Swimwear for pool/hot tubs if available
- Ear plugs - recommended if sharing a room
- Head torch - also useful when sharing a room
- Maps can be bought locally - optional
- Heart rate monitor - optional
- GPS watch/phone - to track your route, optional
- Toiletries - soap/shower gel as not all accommodations supply this
- Padlock - for luggage being transferred
- 1 Medium sized - kitbag/holdall/suitcase

Your luggage will be moved each day by a taxi driver. Please restrict yourself to one bag of approximately 15kg (33lbs) per person. Not all hotels have 'lifts' and you must be able to carry your luggage upstairs. There may be a charge imposed by the taxi company if you have more than 1 bag, and we would ask you to cover this.

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Please Note This document was downloaded on 15/02/2025 and the trip is subject to change