


GASTRONOMY SPRING & AUTUMN

type : Self-Guided Hiking Tours
 level : 
 duration : 8 days
 period: Jun Jul Aug Sep Oct
 code: ITSW070

Dolomites of Val Badia - Italy

Dolomites of Val Badia

8 days, price from € 836



The **Val Badia** will astonish you with its breath-taking landscapes on this quintessential **Dolomite walking tour**. It's a beautiful area, characterised by a well-assorted mix of Italian, German and Ladin cultures - **with a scenery slightly less dramatic than other areas of the Dolomites**, greener, softer, which some find more welcoming, soothing, serene.

This unique part of Italy boasts an exceptional cuisine, a rich variety of wildlife, such as the distinctive **marmot and chamois**, and lovely spring **flowers blooming in thousands**, including prized orchids, lilies and monkshoods. Leave your worries behind as you walk to the gentle sound of singing birds: **this is a place where mountains embrace you**.

Route

Day 1 Arrive in La Valle-Wengen

Arrive in the mountainside village of **La Valle**, or Wengen in German, go for a stroll to soak in the extraordinarily beautiful and peaceful surroundings and marvel at the unique language that you will hear spoken, as La Valle has a vast number of Ladinic speakers. Immerse yourself in the pure essence of the Dolomites.

Day 2 Round walk La Valle – Crusc de Rit – La Valle, 12 km or 17 km

Today's excursion starts and ends in La Valle and passes over the **Sas De Crosta (Pares) mountain**. A stop at the **Crusc de Rit** is a must, as from this panoramic point you overlook the Val Badia on the south, and the Valpusteria and Austrian peaks in the north. Proceeding across stretches of forest and wide pastures, you will have exceptional views including the majestic rock faces of the **Sas Dalesc Desc, the Sas Dales Nu and the Ju de Sant Antone**. If desired there is an option to shorten the itinerary.

Distance: 12 km or 17 km

Elevation gain: +725/-725m or +921/-921m

Day 3 Round walk Pederoa – Spizan - Pederoa, 13 km

The walk starts and ends in the village of **Pederoa**, 2km from La Valle and it is reachable on foot, by local bus or with a prearrangement private transfer. Initially the route alternates asphalted sections with footprint that climb gradually until you reach wide glades with panoramas on the whole La Valle, as well as on **Longiarù** and the impressive **Monte Putia**. A gradual descent on a good dirt road along the Gran Ega stream (the largest in Val Badia) brings you down from the Spizan peak back to Pederoa.

Distance: 13 km

Elevation gain: +772 m

Day 4 Passo Valparola to Corvara, 14,9 km

A short included transfer brings you to **Passo Valparola** here starts an outstanding panoramic trail along the **Sett Sass** until the wide upland meadow of Pralongià from where you have extraordinary views on the peaks and the valleys of the Val Badia with the **Marmolada glacier** in the backdrop.

Distance: 14,9 km

Elevation gain: +572/-1181 m

Day 5 La Valle to Rifugio Fanes, 13,8 km

Today's route is a gradual climb and then descent on stony footpaths. Along the way you will admire the rock faces of the **Sasso delle Nove** and a complete view on the Pares ridge and the Austrian peaks. The last uphill section is quite steep till the Ju De Sant Antone where there are ample views on the valley and the **Fanes-Senes-Braines Natural Park**. Crossing the high pastures you reach Rifugio Lavarella and Rifugio Fanes from where it is worthwhile to deviate for 1km until Lé Vèrt lake and Limo lake.

Distance: 13,8 km

Elevation gain: +1278/-563 m

Day 6 Return from Rifugio Fanes to La Valle, 20 km

Today's route is a bit steep but fascinating and crosses the larch forest as you climb to the alpine **lake Lech Parom** where the vast and majestic Fanes upland and prairies gradually turn to sheer vertical rock surfaces surrounded by the typical Dolomiti peak. To avoid the steep climb, it's possible to follow a more gradual trail and it's possible to descend to Val di Medesc through a narrow stony canal that brings you to **La Crusc** from where you can admire other massif of Val Badia. In the last stretch to La Valle, you will cross the **Armentara** with its wide lawns, a peculiarity of this landscape.

Distance: 20 km

Elevation gain: +790/-1511 m

Day 7 Round walk Longiarù – Rifugio Genova - Longiarù, 17 km

The itinerary is quite steep at the beginning until the side of **Monte Putia**, it's a magnificent peak, particular in its shape and stands out over the others in Val Badia. As you head towards **Rifugio Genova**, a pleasant hiding place beneath **Passo Poma**, you cross wide prairies with exceptional views on the peaks of Puez-Odle Natural Park and the Fanes massif. The way back is through the Seres valley characterized by a succession of ancient watermills. It's possible to shorten the trail by about 3km. Longiarù is reachable by local bus directly from La Valle.

Distance: 17 km

Elevation gain: +1110/-1110 m

Day 8 Arrivederci La Valle!

The trip and our services end after breakfast, unless you have booked another service with us.

Accommodation

Nights in double rooms in hotels on HB basis and packet lunch on Day 5



Hotel Pider - La Valle

Hotel Pider is located in La Valle. It offers comfortable and well-furnished rooms with free Wifi, private bathroom, TV, soundproofing and balcony. It has a SPA too where you can relax. Breakfast is good and various. The hotel has a restaurant that proposes traditional Ladin dishes, South Tyrolean delicacies and Mediterranean cuisine. Staff is kind and helpful.

www.pider.info



Fanes Hut - San Vigilio di Marebbe

Fanes Hut is located on the Dolomites above the town of San Vigilio di Marebbe. Rooms are made by wood, well-furnished and comfortable. The cuisine offers traditional dishes Ladin, but international too. Owners are helpful and welcoming.

www.rifugiofanes.com

Practical info



From any airport, you can take a train to Brunico and then a local bus to Pederoa (35 minutes), followed by a local bus to La Valle (2km). There are only few busses running from Pederoa to La Valle each day. If desired, a private transfer can be pre-booked from Brunico to La Valle-Wengen, and vice versa.

Busses do NOT run on Sundays and National Holidays from 11 December to 17 June and from 04 September to 09th December. During these days, you will need to use taxis.

Train and bus schedules available on

- www.trenitalia.com
- fahrplan.oebb.at/bin/query.exe/dn (to/from Innsbruck)
- www.sii.bz.it/en/siitimetablesquery (Südtirol)



GPS tracks are available on request.

Included

What is included

- 7 Nights in double room in *** hotels in half board (breakfast and dinner)
- 1 packed lunch
- Transfer La Valle-Passo Valparola
- maps and detailed description of the itinerary
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- luggage transportation from hotel to hotel
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel