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**SUMMER SPRING & AUTUMN**

| | |
|---|---|
| type : | Self-Guided Hiking Tours |
| level : | |
| duration : | 7 days |
| period: | Jun Jul Aug Sep |
| code: | ITSW280 |

# Walking in the heart of Dolomites - Italy

**7 days, PRICE FROM *€ 764***



**A landscape the whole world envies**, where nature has created such evocative scenes they seem almost imagined – and yet they surround you at every step. This is **Val di Fassa Hiking**: walking along high altitude trails through vast alpine meadows, fragrant pine forests, and open spaces animated by the whistle of marmots.

The **mountains dominate the horizon**, rising dramatically toward the sky and forming natural amphitheatres and rocky canyons that feel more like Patagonia or the American West than Europe. It is the perfect setting for a **7 day hiking tour in the Dolomites**, designed for travellers seeking spectacular scenery and rewarding walks.

**Val di Fassa** has been deservedly recognised as a **UNESCO World Heritage Site**. Your base is **Canazei**, an ideal starting point for exploring some of the most beautiful hiking routes in the region and enjoying an authentic **walking holiday in the Dolomites**, with luggage transfers and SloWays' support always included.

From the flat?topped summit of **Sasso Piatto** to the panoramic **Path of Bread**, from the vertical walls of the **Val di Mesdì** to unforgettable views of the **Marmolada glacier**, this Val di Fassa hiking experience is a continuous journey through breathtaking beauty, among rock giants and endless shades of green.

## Route

**Day 1 Arrive in Canazei**

Arrive with public transport or private transfer to Canazei, check-in at the accommodation and enjoy the peaceful atmosphere of the Dolomites.

## Day 2 Selection of Walks in Val di Fassa

Today you can choose one of the following walks.

**WALK A: Walk around Sasso Piatto, 16 km**

From **Col Rodella** you will walk over gravel road for a short distance. Soon after you will walk over the panorama track that takes you to the Rif. Sasso Piatto (with wet weather it can be slippery ande very muddy: be careful!). You have wonderful views of the rough rocks of Sasso Piatto. From here you enter the bizar landscape between the two giants **Sasso Piatto** on your right and the Sasso Lungo on your left. It resembles a lunar landscape. At **Rif. Vicenza** you go for 550 meters steep down to the valleystation of the Sasso Lungo lift. You could also take the lift down if you are tired or your knees hurt. From here you walk back to the Col Rodella using mostly gravel roads. It is a long but beautifull walk.

*Distance:* 16 km

*Elevation gain:* +810/-850 m

**WALK B: Grepa Valley Walk, 10 km**

Razing animals, unspoiled nature and tranquility: all this is Val de Grepa, one of the little-known and populated side valleys of **Val di Fassa**. From the basin of **Ciampac** (2160 meters), continuing uphill to Pian de Sele (2346 meters), you reach a small plateau from which you can admire the wild **Val de Grepa** from above. Walking with a view of the marvelous **Sassolungo Group**, you reach Pian de Poze and then downhill through the beautiful valley surrounded by greenery with its characteristic wooden huts, crossing the pastures of cows and horses that usually inhabit the area during the summer months.

*Distance: 10 km*

*Elevation Gain: +260/-960 m*

## Day 3 Selection of walks in Val di Fassa

Today you can choose one of the following walks.

**WALK A: Catinaccio Walk, 14 km**

This ring walk coasts the imposing **Catinaccio group**: you walk over tracks and gravelroads, passing **Malga Vael** and **Roda di Vael hut** before starting to climb up to the Zigolade Pass. You then start your descent, flanking **Forcella di Davoi** and **Cima Catinaccio** with their jagged peaks. You pass hut **Preuss** and **Gardeccia,** where you may want to stop and reward yourself with a local snack before continuing to your starting point in Catinaccio.

*Distance: 14 km*

*Elevation gain: +775/-780 m*

**WALK B: Via del Pan (Marmolada) Walk, 16 km**

Today you walk along **Via del Pan**, the “bread path”, a nice route that runs along the southern side of the crest, offering amazing views of the **Marmolada glacier** and **Sella mountain group**.

*Distance: 16 km*

*Elevation Gain: +350/-1230 m*

## Day 4 From Passo della Sella to Passo Gardena, 13 km

From the Col Rodella you walk over gravelroads and tracks, seeing the steep Sasso Piatto and Sasso Lungo on your left. You come along the **Sella Pass** and then walk on to the **Gruppo del Sella** on the right, beautiful and imposing it as it comes closer and closer. The views are stunning in walking direction. Finally you reach **Passo Gardena**, where your hut is.

*Distance:* 13 km

*Elevation gain:* +440/-745 m

## Day 5 Corvara Loop Walk, 11 km

Today you walk on a panoramic loop starting in **Corvara**, ascending through alpine meadows and larch forests toward the **Pralongià plateau**, offering sweeping views of the Dolomites. Continue toward **Piz Bioch**, a perfect spot for a scenic, a perfect spot for a scenic break, before circling back down to Corvara.

*Distance: 11 km*

*Elevation gain: +610/-610 m*

**Day 6** **Selection of walks**

Today you can choose one of the following walks:

**WALK A: Bus to Passo Gardena. Walk to Passo Campolungo, 12,5 km**

From **Gardena Pass** the track goes up until you walk pretty much under the **Gruppo del Sella**. In **Val de Mesdi** you cross a small river and the path goes down, sometimes quite steep. When you're down in the valley you follow a gravel road until **Crep de Sela**. From there a steep track takes you finally to Ristorante Boè. From here you take a beautiful track that goes through spectacular rockformations. When you reach the **Kaiserhutte** you only have to follow the gravel road until you're at the Passo Campolungo.

*Distance: 12,5 km*

*Elevation Gain: +755/-1020 m*

**WALK B: Bus to Passo Pordoi. Walk to Passo Campolungo, 10 km**

From **Pordai Pass** a breathtaking high-alpine hike connecting to **Passo Campolongo**, this route winds through dramatic Dolomite landscapes, passing beneath towering peaks and across rolling meadows. It offers stunning views of the **Sella Group** and surrounding valleys, blending rugged beauty with serene mountain charm.

*Distance: 10 km*

*Elevation gain: +510/-880 m*

**Day 7** **Arrivederci, Dolomites!**

The trip and our services end after breakfast unless you have booked extra services or extra nights.

## Accommodation

7 nights in hotel 5* and refuges with breakfast

Hotel La Campagnola - Canazei

Hotel La Plaza - Corvara

## Practical info

*From Innsbruck airport (INN)* you can either take a bus or a train to the central train station and then a train to Bolzano. From Bolzano take a bus to Canazei, changing in Vigo di Fassa.

*From Verona airport (VRN)* you can take a shuttle bus to the central train station and then a train to Ora (Auer). From Ora (Auer) take a bus to Canazei, changing in Cavalese.

GPS tracks are available on request.

## Included

**What is included**

- 6 Nights in double room in **/*** hotels, with breakfast
- Luggage transportation from Canazei to Corvara
- Maps and detailed description of the itinerary in digital form, app
- 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
- 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