




#### SUMMER SPRING & AUTUMN

type :	Self-Guided Hiking Tours
level :	
duration :	8 days
period:	Jun Jul Aug Sep
code:	ITSW280

## Walking in the heart of Dolomites - Italy

8 days, PRICE FROM € 866



There is a **scenario** in which the entire world envies us, where **nature** has created such **evocative** images that they seem only a **fantasy**: but here they are all around you, as you walk along paths at high altitude, surrounded by **enormous meadows** and **pine woods** scented with **flowers**, and accompanied by the **whistle of marmots** chasing each other.

There are **mountains** everywhere, filling the horizon and defying the sky, creating **natural amphitheaters** and **rocky canyons** that you thought only existed in Patagonia or the American West.

**UNESCO** has recognized Val di Fassa as a **World Heritage Site**, and the landscape in which you are immersed deserves such recognition. It is **Canazei** that will serve as your base for exploring the most beautiful routes in the region - and that is what you will do every day.

The flat top of the Flat Stone, the panoramic Path of Bread, and the magnificent view of the **glacier Marmolada**: a pilgrimage in search of the most impressive beauty, among rock giants and every shade 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 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 and 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 beautiful walk.

*Distance:* 16 km

*Elevation gain:* +810/-850 m

### Day 3 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 Gardecchia, 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:* +777/-781 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 Val Gardena round tour from Frara, 7,5 km

From the **Dantercepies** cable car you walk the first part through Selva until you reach the entrance of the **Puez Geisler National Park**. You walk till a charming chapel where a steep track takes you through lushy forest. After about 2 km you leave the forest and enter open rocky terrain where you have perfect conditions for spotting any wildlife. Then it's about 3 km's to the pass where you see the typically rough lightgrey Dolomite rockformations. Besides that you have a stunning panorama view. From the pass it's ca. 1 hour back to the Grödner Joch where you're back at the **Rifugio Frara**.

*Distance:* 7,5 km

*Elevation gain:* +845/-360 m

#### Day 6 From Passo Gardena to Passo Campolongo, 12,5km

From **Passo Gardena** 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 quit steep. When you're down in the valley you follow a gravel road until Crep de Sella. From here you take a beautiful track that goes through spectacular rockformations. When you reach the Kaiserhütte you only have to follow the gravel road until you're at the **Passo Campolongo**.

*Distance:* 12,5 km

*Elevation gain:* +775/-1020 m

#### Day 7 Via dal Pan 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:* +348/-1227 m

#### Day 8 Arrivederci Canazei!

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

## Accommodation

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7 nights in hotel 5\* and refuges with breakfast



##### Hotel La Campagnola - Canazei

Hotel La Campagnola is a little family run hotel in Canazei that offers welcoming, clean and not so spacious accommodation with wooden furniture. Breakfast is very good and rich. The structure has a sun terrace where you can relax on sunny days. Staff is courteous and helpful. Free Wifi.

[www.lacampagnolacanazei.it](http://www.lacampagnolacanazei.it)



##### Rifugio Frara - Passo Gardena

This refuge is located is at the foot of the Sella Group mountain range and offers rooms with views of the Dolomites. It offers free Wifi, a terrace and a garden. Rooms are a little bit dated, but well-furnished and clean. Breakfast is very good and rich. Local cuisine is highly recommended.

[www.rifugiofrara.it](http://www.rifugiofrara.it)

## Practical info

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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

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### What is included

- 7 Nights in double room in \*\*/\*\* hotels and a hut
- 5 breakfasts (not included at Rifugio Frara)
- luggage transportation from hotel to hotel
- people transfer from Passo Campolongo to Canazei on day 6
- 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