

Dolomites Ski Trip

Guide services

Alta Badia Guides (http://www.altabadiaguides.com/eng/W...age_8_953.html), Corvara (Francesco Tremolada's guide services, the guy who wrote the famous book). They have private services and daily walk-in group tours (register by 7 pm the day before).

Gardena Guides (<http://www.gardenaguides.it/en/index.php>), Ivo Rabanser and Stephan Comploi, guides used by TGR members.

Explore Share (<https://www.explore-share.com/mounta...homas-gianola/>), Corvara

Pro Guide (<https://www.proguide.it/en/info/>), Corvara

Catores (<https://www.catores.com/en/>), Ortisei

Tips found from several sources on the Internet:

Samuel Clara, lives in Val Badia:

The [Dolomiti Superski](#) area is composed by 12 resorts. As just 4 of those are connected with skiing on foot I really recommend one of those:

1. Alta Badia - I think this is the best ski area in the Dolomites. The landscapes are great and ski lifts and services meet the highest modern standards - I suggest to choose an accommodation in Badia, the less touristic village. The best Hotel here is [Gourmet Hotel in Alta Badia](#) which is close to the ski slopes and has a great cuisine, a beautiful SPA and a warm welcome atmosphere.
2. Val Gardena - I would recommend it as second choice, like the other 4 ski areas it's connected with the Sella Ronda which is the most beautiful ski tour. Ski lifts and services are great but maybe the three villages of this valley are as touristic as Cortina d'Ampezzo. Anyhow I would overnight in Selva.
3. Arabba - great choice if you want a good value for money but the landscape is here in my opinion far away from the other three options.
4. Val di Fassa - Canazei is definitely the best village for skiing here, the nearest to the Sella Ronda and consequently with the best connections to a lot km of slopes. Like Arabba also Val di Fassa has most affordable prices.

Marco Saraceno, I am a skier and freerider looking for pow in the Alps. I am also a free tourer as well:

Dolomiti Superski area is composed by 12 resorts (<http://www.dolomitisuperski.com/>). Only 4 of those resorts are connected all together with skis on foot: Arabba, Alta Badia, Val Gardena and Val di Fassa. Those 4 resorts are known as '4 PASSI' (4 passes) because are all around the Sella Massif and the four resorts slopes are all connected throughout the four passes.

To move between the other 8 resorts you need to take a car or a bus.

After this short intro, decide your destination depends on what are you looking for.

1. If you prefer night life Cortina is the best bet and you find also probably the nicest and technical ski slopes of Dolomiti Superski. Out of bound and freeride ski are more engaging and technical than average.
2. The four passes valleys are probably the best bet to ski always on different slopes on pistes, out of bound and freeride. The more expensive ones and exclusives are Val Gardena and Val Badia, Val di Fassa and Arabba are the most affordable. Those valleys are a good bet if you looking for cozy and relaxing holidays.
3. Plan de Corones is probably the best bet if you love ski on slopes. The slopes are prepared perfectly every day and are really wide.
4. Civetta, San Martino, Val di Fiemme e Tre Valli are all really nice resorts with good quality and affordable, less known of the previews one but everyone is a small gem in the Dolomites.
5. Alta Pusteria and Valle Isarco are smaller resorts more affordables suitable for beginner where you can relax on small town less crowded.

Buy "Freeriding in the Dolomites" by Francesco Tremolada, he's a guide out of Corvara (Alta Badia Guides).

You can access a lot of terrain with the lifts out of Passo Pordoi (6 o'clock on the Sella) and then take the lifts or a bus/taxi back.

Sella Ronda access points like Canazei. Canazei links pretty easily to the Pordoi tram, putting you up onto the Sella massif, where many of the most famous lines and couloirs in the area are situated.

A clear, windless powder day on Marmolada is special. Also, Cortina has amazing skiing, though it's a bit of a haul from the Sella Ronda area.

Lagazuoi and Tofana also hold some great terrain. Town of Cortina itself is a trip.

Had one of my most memorable meals ever in Corvara, at a place called Stua de Michil.

If you are skiing back to Vigo di Fassa on the Buffaure piste (main route to the valley on that side), stop at the Soldanella. Excellent home made everything. But as noted above, it's hard to miss when it comes to food in the Dolomites.

Hotel Genziana, nothing special, but 100m walk to the tram. Breakfast was typical Euro fare, didn't eat dinner there because the menu passed out a breakfast looked pretty limited. The pastries in the adjacent building are said to be excellent, that coming from a local from Cortina. Two meals at Pizzeria 7 Sass di Roilo Renato. One night pizza one night pasta, both excellent, and some really nice wines for next to nothing compared to US prices. We drank apres ski at Bar Heidi.

Stayed in Canazei and had great food but can't remember the names. Sella Ronda is more than enough for 3 days, Marmolada is a day but if clear the view is outstanding.

While I love Chamonix and Arlberg, I have to admit with good snow The Dolomites are a better place.

Sasso lungo, the views, plus the Sella Ronda, done easily in five hours with a nice restaurant stop. And wicked fast runs in Alta Badia.

Guides services go from about 300€ for private tours to 50€/person for walk-in, group daily scheduled tours.

Val Mendi and Marmolada can be done without a guide with basic map reading, terrain management and common sense. I'd ski them solo on the right day. But the best terrain on the Sella, accessed by the Pordoi tram, is worth hiring a guide for. You can get four runs in a day, even starting from another town.

Staying at Hotel Gran Mugon. It is a pretty sweet place with a friendly family that runs it and an onsite Michelin star restaurant, but a bit removed from town. I'd be bored if I were here solo, but it is great with a friend or SO. Solo room + breakfast at the restaurant is less than \$70 per day. The food here is some of the best food I've had in recent memory. They make everything here from scratch- yogurt, jams, pastries, pasta, gnocchi. It's really impressive.

If you eat dinner here they ask for your order at breakfast, then prepare a 4 course meal for you that is ready when you are back from skiing. It costs 20 euros for dinner, but you can get a package if you book the hotel direct.

We rented an AWD diesel Volvo V90 wagon with snow tires in Milan that we've been driving around. The hotel has a free shuttle service, but they also know where you can park 20 feet from a gondola for free and then be on your own schedule.

Arraba is very centrally located for some great off piste skiing, but is very small, like a lot of the area towns. It has one busy apres bar and a couple quiet ones. It is easy to get to a place like Selva Val Gardena, much larger, more choices, and a guide office.

The car isn't too bad. I booked 2 weeks out and got it for \$400 for a week. Pretty good chance if you booked way out you could get it for 1/2 that price.

Edit- \$480 all in.

So good. I've eaten at some of the more acclaimed restaurants in NY and San Fran for work dinners. This is some of the best food I've had anywhere and it's 1/3 or 1/4 the price or what it would be in the US.

Take the snowmobile/sleigh ride to Rifugio Fuciadè for dinner if you can get a reservation.

When I was in Arzobu and Cortina in November (they were skiing a little) I went into four shops checking out rentals for future reference, and did not find much in the way of big skis. So, I'm bringing my own.

Two shops in La Villa rent AT gear. Will post the names after the weekend, but I think they are Sport Tony and Ski Renato. The latter quoted us €115/week for skis and bindings and €53/week for boot then subtract 15% discount. So roughly €20/day.

These guys in La Villa might be able to help.

[Ski Renato](#)

[Sport Tony](#)

Webcam: <https://www.fassa.com/EN/Webcam-Val-...i-Pordoi-Pass/>

Sella Ronda - my experience is that the actual routes around Sella Ronda are super crowded but there is some excellent skiing around Arabba/Marmolada/Val Gardena. Prolly want to just take advantage of it instead of focusing on the Sella Ronda.

Sella Ronda is not all that. Before high speed lifts and installation of some bridges it was quite the adventure.

Arabba and marmolada are the best parts so peel off for a few there.

There is some good sidecountry stuff off of the pala di santa lift down towards obereggen. I am talking more val di fiemme stuff is what I know.

<https://www.hotelmesdi.com/hotel-arabba.htm> Hotel in Arabba

The "Sella Ronda" is a bunch of interlinked trails and lifts that go around the Sella Group, which is a collection of peaks with a high plateau in the middle that can be accessed via the tram at Passo Pordoi, and a couple other lifts of the East side.

I agree that there is nothing special about the Sella Ronda. Strongly disagree when it comes to skiing off the Pordoi tram. Yes, the two most obvious ski lines (Forcello Pordoi and Val di Mesdi) get tracked and bumped. Val di Mesdi is still worth skiing for the scenery alone, plus it has a number of alternate entrances. The two easiest to access steep couloirs (Canale Joel and Canale Holzer) also get skied a lot but they are also among the best lines I've ever skied. There are numerous other great lines on the Sella group that get skied much less with approaches between 10 minutes and two hours. Some will require a rope to get into or out of, especially in a low snow year. Some of them get skied much less than the more obvious routes around Arraba and Marmolada.

For transit, you can take a train to Bozen/Bolzano (should go without saying, but it is the same city name in different languages) from Venice/Milan/Munich and then find transportation from there to wherever you are staying.

Renting a car opens up a lot of options for skiing different ski areas. I rented an AWD Volvo wagon in Milan for my Dolomites trip and was glad to have it to get around easily. My understanding is that AWD or chains is must have to drive in the mountains of Italy in the winter, but that most rental car companies won't let you put chains on so you have to go AWD.

For lodging, pick a town with good access. I loved staying in Val Di Fassa. [This hotel was amazing](#) (Gran Mugon), mainly because of the family that runs it and the Michelin star restaurant that is attached. You get breakfast at said restaurant with your room booking.

Some of my most memorable meals are at Rifugio Fuciade. I always took the snowmobile in at night with my kids, but I think you can ski tour over from the resort and drop in there for dinner and even sleep. That has always been on my list of things to do.

<https://www.fuciade.it/en/>

If you stay in Val di Fiemme (just below Fassa) my friend who is an amazing skier and career instructor Sandro runs this little place in town and I have recommended it in the past and people loved it. I have never stayed there since I have family down the street.

<https://www.dolcerelaxtrentino.it/en/>

There is a lot of straightforward off piste powder without crevasses and without major exposure that you can see and readily access. I recall there being signs requiring all the appropriate gear to go off piste, but I don't recall anywhere that forbids it.

Val di Mesdi, the obvious wide couloir under the Pordoi tram (usually covered in bumps), and the obvious off piste slopes on Marmolada get hammered by skiers constantly. You can ski these solo without a guide under most conditions. *Don't* waste a day of guided skiing on Val di Mesdi. It is exquisitely beautiful, easy to find, and full of skiers who have no idea what they are doing. Yes, it is 100% worth skiing for the views alone. But paying a guide to help you would be a waste of \$ unless you're a complete jong.

If I were going to hire a guide for a couple days (and wasn't looking to do much skinning or climbing) I'd do one day of laps off the Pordoi Tram and one around Arabba. Both areas have loads of good terrain. Skins can help, but generally aren't even necessary, and few lines require you to gain much vertical. A guide will get you to better snow (the easiest to access lines are typically quite busy unless they require a rappel) and help keep you safe.

If you do a Pordoi day with a guide he might want you to start by skiing the couloir under the tram (mentioned above) to get a sense of your ability. It often has bumps at the top and mediocre snow all the way down (it faces south and gets skied out quickly). Say, "no". Maybe tell him you already skied there. The exception would be if there is new snow and he wants to polk around to assess stability. It is a good place for this and a good place for a quick pow lap that takes you right back to the tram. But without a whole bunch of fresh snow it's a line you can ski on your own before heading back up and doing Val di Mesdi.

Edit to add:

If you're staying in Corvara and skiing off Pordoi with a guide, Val Mesdi at the end of the day makes sense because it will lead you back home. But ask about alternative entrances. With a little extra hiking you can drop into untracked instead of a throng of gapers sideslipping down between bumps.

Lodging is sort of a hassle, there are a ton of little hotels that you need to contact to get their availability. I was going website-by-website for a while (finding websites via google maps).

Then I found this site, which will auto-fill your dates and info for requests for small hotels/B&Bs fitting your criteria: <https://www.yesalps.com/it/>

I just found this 3D mapping site. Works much better than the 3D maps on the Dolomiti site.

https://fatmap.com/around/Arabba/Ita...8888_satellite

One of the main lifts into the Sella circuit is the Ciampinói, another 1/4 mile up the road towards Wolkenstein that leads up to Passo Sella.

Just a little further up the road, like 200 feet, and on the other side is the Costabella lift that hooks you into the Sella going the other way towards Alta Badia via the Dantercepies lift.

You can also get to Ciampinói from Saslong lift in St Cristina (which is in between Ortisei and Selva).

Ease of parking varies greatly by town. I think Canazei and Corvara are pretty easy. And there is a decent amount of parking at Pordoi considering where it is. If you want to drive from Ortisei to quickly access the Sella Ronda park here: <https://goo.gl/maps/9y7bGLgzvwKcNB5D6>. It's easier and bigger than the lots in Selva.

Mountain huts:

Fuciade: <https://www.fuciade.it/en/>

Lagazoi: https://www.rifugiolagazuoi.com/index_en.php

These two are, to me, easily to most spectacular. Fuciade will need a reservation many months in advanced and will serve one of the best meals you've ever had. You need to skin up a road to get there or you can hire a sleigh. Lagazoi has one of the best decks in the world.

Day 1: Warm up day in Passo San Pelegrino (or just recover from jet lag and eat good food). There is some nice freeride terrain right off the Col Margherita tram. In the evening (or whenever you are ready to chill) take a sleigh ride up to Fuciade and eat a 5 course meal. Take it easy on the wine.

Day 2: Skin over the pass and descend toward Marmolada in the morning. Ride the trams to the summit and take some selfies. Ski the easily accessed off piste terrain. Repeat as energy allows. Sleep at Rifugio Bill.

Day 3: The jet lag is better today. Head over to Arabba early. Take advantage of all the excellent freeride options. It all about choosing the right aspect here. The snow should be good somewhere. Hike just a bit further to find better snow. Go hard until a late lunch, then take the bus to Lagazoi. Take the tram up and enjoy the view and a some beer. Then enjoy the view some more.

Day 4: Traverse over to the South facing Couloir called Canale Strobel (it's not all that steep). Ski to road. Cross the road to use the chairlift to make your way back to the Lagazoi tram. If it's good, there is an even better line accessed with a longer traverse called Della Nonna. This one requires a short bus ride back to Lagazoi, so skip it unless the snow is really good. Back at the top of the tram take the piste off the back toward Armentarola. Right before you reach tree line you can leave the piste to the left to access a nice descent with a massive rock wall on the right that often holds great snow and connects with the piste lower down (the bottom can be sketchy on a low snow year). At the bottom of the piste you'll meet a guy with some horses. He'll give you a rope and his horses will tow you to Armentarola. From there you ride some lifts and ski some groomers toward your next rifugio near Corvara. There are bunch. I don't really remember which is which.

Day 5: Use the lifts to make your way to the Pordoi tram. How much energy do you have left? How steep do you want to go? How much do you want to skin? There are many, many choices. If you are fit you can get in 4 fantastic descents in one day. 2 or 3 Might be better on day 5 depending on how remote you go and how tired you are. This is a good day to hire a guide. Finish up with a line that makes it easier to get to Rifugio Salei near Passo Sella. Enjoy the pool and sauna and some excellent food!

Day 6: You are tired today. So let's skin up Sassolungo! A quick 900' ascent gets you to a spectacular, but never difficult 3000' descent. There are multiple more challenging options along the way if you are a crusher. At the bottom of the descent walk down the road to the lifts that will bring you to Selva. Drink some coffee, eat some Kaiserschmarrn (this place is great, but it'll take a couple extra lift rides to get there: <https://www.baitaciampac.com/>). Then take a taxi/ van back toward where ever you are flying out of and sleep in any old hotel. Or if you still have the energy do the same using the lift network.

I do have a thing about larger hotels, so I scoured around to find a small one in Selva-Wolkenstein (George Clinton hung out here?) called the Garni La Tambre. We fucking scored, fantastic place, super friendly and knowledgeable hosts who gave us tons of great beta on food drink and access.

<http://www.la-tambra.com/en/index.html>

Best train access to Val Gardena is from Ponte Gardena Laion/Waidbruck-Lajen.

Ask the folks at Garni La Tambra to hook you up with Bruno for taxi: Taxi Bruno Brunialti from Selva. He is inexpensive. Number: +393807101506 .

I stayed at the Hotel Alpen Rose in Arabba and it was quite affordable when booked last minute, with amazing food. Ski in/out.

There was no snow off piste when I was there but piste conditions were great. Arabba has some really nice long, well pitched groomers that were empty first thing in the morning. It's also pretty close to Marmolada so you can get there before the crowds.

The Sella Ronda isn't anything super special but it's still cool to see so many different places in one day, and it really doesn't take more than 3-4 hours, so plenty of time to ski more interesting runs along the way. The Val Gardena downhill course was awesome and lunch on the sunny South-facing slopes of Seceda was great.

Stay in Ortisei, very pretty, gives access to Alpe di Siusi and Seceda and from there to Selva. Alpe has easier skiing.
