

Italian Expedition: Alta Via 1

Sample Daily Itinerary

Note:

In reviewing our sample itinerary to walk the northern section of the Alta Via, we realize that a journey on AV1 means some unavoidable long mileage days, optional peaks passed up, and historical sections we might have to give short shrift to. We are working on revisions which group several 2-3 day hikes, all within Val Badia to the west, Dobbiaco to the north, Sesto and Auronzo to the east, and just south of Cortina in Val del Boite. We believe this schedule will hit our sweet spot: sampling life in different alpine villages; allowing us to start hiking by 8:30 am and arrive at a Refugio by 1-1:30 pm; allowing a late lunch and siesta for some; adding the option for stiff afternoon hikes for others. These excursions should most often allow rooming options from bunks in dormitories, to four person, and occasionally private rooms.

In addition, after arriving in Venice we will travel by bus to Cortina. We will sightsee and do a couple of easy day hikes in the next couple of days to shake off our jet lag. We leave early on day three by local bus for the trailhead at the Refugio Auronzo. Our 4.5 hour hike to Refugio Locatelli (dormitory or room for 2-4), allows time to stop and have a snack at Refugio Lavaredo and Refugio Pian di Cengia which we pass along the way. The following day will be an interesting, but physically easy, as we investigate all the WW I artifacts on the Sasso di Sesto circuit, as well as the Paterno mountain tunnels. Additionally, some may chose to hike to the summit of Lastron dei Scarperi (4.5 hours) which was an important wartime observation point.

After our second night at the Refugio Locatelli (picture below) we walk completely around the Tre Cima group and over the Col di Mezzo and in a couple of hours arrive back at the Auronzo hut for a snack. We catch the bus to Dobbiaco, onto to Vilabassa, and then to the Hotel Lago di Braies on what is considered to be the most beautiful lake in the Dolomites ... where our next three day hike starts the following morning.



Below is our original AV1 daily itinerary and will be updated by Dec 1, 2019 to reflect the changes described above.

September 6th:

Fly into Venice Marco Polo airport by 2pm at the latest. Meet trip leaders.

Tour the streets and canals of Venice. Eat out with the rest of your group.

Accommodation in Venitian hotel

September 7th:

8:30 am: Meet group in hotel lobby for breakfast

Board bus for Cortina

Arrival in Cortina: settle into hotel, explore hike, optional day hike & free time

6:15 pm: Meet group in hotel lobby. Walk to restaurant for dinner

September 8th:

8:30 am: Meet in hotel lobby for breakfast

Board bus to Lago di Braies

First day of the Alta Via 1: hike 4 miles to Rifugio Biella

Dormitory accommodations and family-style meal

September 9th:

8 am: Hut breakfast

Hike 8.2 miles to Rifugio Lavarella

Dormitory accommodations and family-style meal

September 10th:

9 am: Hut breakfast

Hike 7.5 miles to Rifugio Lagazuoi

Dormitory accommodations and family-style meal

September 11th:

8 am: Hut breakfast

Hike 9 miles to Rifugio Averau

Dormitory accommodations and family-style meal

September 12th:

8 am: Hut breakfast

Hike 9 miles to Rifugio Citta Di Fiume

Dormitory accommodations and family-style meal

September 13th:

9 am: Hut breakfast

Hike 5.5 miles to Rifugio Sonino al Coldai

Dormitory accommodations and family-style meal

September 14th:

7 am: Hut breakfast

Hike 11 miles to Rifugio San Sebastiano

Dormitory accommodations and family-style meal

September 15th:

8 am: Hut breakfast

Hike 10 miles to Rifugio Pian de Fontana

Dormitory accommodations and family-style meal

September 16th:

8 am: Hut breakfast

Hike the remaining 9 miles of trail to the terminus of the Alta Via 1

Bus to Belluno

Hotel accommodations and group dinner in a local restaurant

September 17th:

Hotel breakfast

Relaxing day off: explore town, rest & recuperate, free time, optional hike

Final group dinner in local restaurant

September 18th:

7am: Hotel breakfast

Early bus to Venice

Departure & flights home