



HIKING...



...up and down on the

Dolomites

IAT FALCADE 0437 599062

IAT CAVIOLA 0437 590116

This are only examples of hicking. Before starting check if you have enough information, if you have the right outfit and a good hiking map.

FROM FALCADE

1- Walk/ cycle path Falcade - Canale d'Agordo

Difficulty: easy

Duration: 1h /1,30 h

Length: 4.5 km



2- "Giro delle Coste"

Difficulty: easy

Duration: from 2 h on

Length: 3 km;

from Falcade Alto* to le Coste o vice-versa

* you reach Falcade Alto from Falcade by bus



3- Molino – Alpine Hut Bottari

Difficulty: easy

Maximum altitude: 1573 m

Itinerary: Once you have passed Camping Eden in Molino, before crossing Focobon stream, turn right following the signs to "Rifugio Bottari." The path runs through woods and pastures-sometimes steep- until it gets to the pastures of Casera Costazza

Duration: 45 minutes

Recommended season: may-september



4- Molino – Alpine Hut Mulaz

Difficulty Easy - last part is more engaging

Maximum altitude: 2571 m

Itinerary: Just past the camping grounds Eden in Molino, you'll go across the stream Focobon and you'll find yourself on a dirt road. Almost at the end, on your left, you'll see a sign n.722 with the indication "Rifugio Mulaz". The path climbs in the woods, sometimes very steeply, and you'll reach the Focobon valley. Go across the bridge and continue on the left of the stream, until you get to the "Casera Focobon" (an old restructured building). Make a left and you'll cross again the stream. Here, you'll start climbing

on the Col dei Pidocchi until you enter in the valley which separates the Col dei Pidocchi from the Focobon peaks. Keep going in the valley and you'll be walking again uphill. This last part of the path is more engaging because it is all on rocks. You will walk uphill, go around the Sasso Arduini, until you reach a glade from where you'll see the refuge. Take path n.751, which climbs from the Valles pass, and you'll finally reach the refuge area with light difficulty.

Duration : 4 h

Wonderful wild panoramas. Along all the trail, from the Focobon valley to the Mulaz refuge, you'll be able to admire the Focobon peaks in all their impressive beauty. The Mulaz refuge is open during the summer season: mid June to mid September.

Recommended season: june-september

5- Alpine Hut Mulaz - Cima Mulaz

Difficulty: medium

Maximum altitude: 2906 m

Itinerary: Passed the refuge Mulaz, there is a plateau, continue right along the scree of Mount Mulaz.

After reaching the top of the climb, continue to the right and coasting the summit you will come onto the side of the mountain that overlooks the Biois valley. Proceed then to the summit without difficulty.

Duration: 1 h

Path on which you should pay attention. The scenery is wonderful, there is an open view on all the peaks of the Dolomites, until the Austrian Alps.

Recommended season: june-september

FROM SAPPADÉ - VALT

1- Sappade - Barezze's Waterfall

Difficulty: easy

Duration: 30/45 minutes



2- Sappade - Valt - Marmolada -Sappade

Difficulty: easy

Duration: 30/45 minutes



3- Sappade – Jore



Difficulty: easy

Maximum altitude: 1456 m

Itinerary: From the end of the village Sappade take path n.692. For a stretch the path goes uphill through the woods, until the junction with the trail that comes from Meneghina, where there is crucifix. From here then go on along the path that is in part flat and in part downhill. Along the trail you'll cross two small bridges, after the second bridge you'll overstep the valley of Jore and then continuing on the path that by turning right leads you to the glade of Jore.

Duration: 45 minutes

On the glade you'll find a little church built in 1858, destroyed during the Second World War and restored in 1972 By a group of villagers. A place of prayer surrounded by nature..

Recommended season: may-september

4- Sappade – Alm (malga) Bosch Brusà



Difficulty: easy

Maximum altitude: 1867 m

Itinerary: Near Sappade turn left towards the village of Meneghina, from there continue on a small road to the waterfall of Barezze. Cross the bridge over the waterfall and continue for about 100 meters up to a crossroad. On the left you can continue on a path that leads you to Malga ai Lach, while on the right the trail n. 631 continues towards Malga Bosch Brusà.

The trail runs partly through woods and small parts on some flat stretches. The last section runs along a ridge, from here you will reach a beautiful belvedere with an overview on the whole Biois valley, the Pale di San Martino, the Schiara Group and Moiazza. Continuing along the path that becomes flat you will arrive on a vast glade where Malga Bosch Brusà is located.

Duration: 1,30 h

Malga Bosch Brusà is open from mid- June to late September. Excellent cuisine with own products.

5- Valt – Alm (malga) Ai Lach



Difficulty: easy

Maximum altitude: 1815m

Duration: 1,30 h

FROM FREGONA – LAGAZZON – FEDER – CAVIOLA

1- Around Col di Frena

Difficulty: medium

Duration: 1/2 day



2- Fregona -Lagazzon

Difficulty: easy

Duration: 40 minutes



3- Feder -Lagazzon

Difficulty: easy

Duration: 1 h



4- Lagazzon - Col Mont - Lach dei Negher

Difficulty: medium

Maximum altitude: 2025 m

Itinerary: From refuge Lagazzon (Location that you reach by car from Fregona) take the trail n. 688 the path climbs until the bivouac Col Mont. From here continue on path n. 687 up through the green and steep meadows of Col Mont until Forcella dei Negher. From the fork you reach the underlying volcanic lake.

Duration: 2 h

Baita Col Mont is open for everyone, with the possibility of bivouac and shelter in case of bad weather. From the path that winds from Col Mont until the fork of Negher you see all Biois valley and all the peaks that surround it (Focobon - Pale di San Martino - Agner - Civetta - Pelmo - Peaks dell'Auta). By Negher you can see the Marmolada, and the Dolomite groups of the Ladin valleys.

Recommended season: may-september

5- Caviola – Via Ferrata “Paolin-Piccolin” - Cime dell'Auta

Difficulty: medium

Maximum altitude: 2624 m

Itinerary: From Caviola reach the location Colmean. Take path n. 689 and go on until you reach Alpine Hut Baita ai Cacciatori (mt. 1746). Continue on the same path 689 to the bivouac Baita Giovanni Paolo I°. Proceeding right, passing next to the drinking trough you'll go into the forest. After the forest begins the ascent to the starting point of the Via ferrata. When you cross the path that comes from the "Lach of Negher", go markedly left and pass a ridge. Climb up at the bottom of the cliff and go to your left, until you reach the attack of the via ferrata. The first stretch of the via goes uphill through a Canyon until the Forcella "the Medil", going right then to the summit the cliff is fully equipped.

Duration: 4 h

Challenging tour. To do this climb it's important to be sure that the weather conditions will be good. Beautiful Landscapes. Close to the starting point of the via ferrata it's possible to see packs of ibex. The descent can be made by the normal trail that leads to the Lach ai Negher and gets to refuge Lagazon. Alternatively, before reaching the Negher, you can turn right, cross an equipped canyon and going down until the crosswalk above Baita Giovanni Paolo I°. From here down to Colmean along the trail covered going up.

Recommended season: may-september

FROM CANALE D'AGORDO

1- Capanna Comelle – Comelle Waterfall- Gares

(Path 704)

Difficulty: easy

Duration: 1,30 h



2- Gares – Alm (malga) Stia – Forcella Stia

Difficulty: easy

Maximum altitude: 2190 m

Itinerary: From Garés take the mule-track to Malga Stia. An hour walking into the wood and you will get to Malga Stia. From here,



another hour walking and you will get to Forcella Stia (a pass), where you can admire the majestic mountain group of Focobon. To return to Garés from Malga Stia you can either take the path or the mule-track.

Duration: 2 h

Recommended season: may-september

3- Gares (starting point area pic-nic) - percorso naturalistic path biotope – bottom of Gares Valley and back

Difficulty: easy

Duration: 1 h



4- Canale d'Agordo (tennis field)- cycle path to Gares

Difficulty: easy

Duration: half day or a day with stops along the way

Length: 7 km



5- Capanna Cima Comelle – Viaz del Bus - Malga Valbona

Difficulty: media - breve tratto attrezzato

Maximum altitude: 2050 m

Itinerary: From Capanna Cima Comelle take the path that goes uphill to the Gares waterfall and the Orrido delle Comelle. Here you can admire the mighty and wonderful leap that the stream Liera accomplished before reaching the valley floor. Here you can admire the mighty and wonderful leap that the stream Liera accomplished before reaching the valley floor. Quickly you get to the Pian delle Comelle 1818 mt. From here begins the climb to the beginning of the Col Alto, at the top of the scree an arrow indicates the passage called "Viàz the Bus". To get there you cross a fairly exposed ledge with fixed rope and continue on path n.756A that just ahead intersects with n. 756 coming down from the highlands of Comelle and arrives to Malga Valbona.

Duration: 3/5 h

Recommended season: may-september

6- Canale d'Agordo playground - path to Costantini Hut – back in direction cycle path and arrival in Petini Square

Difficulty: medium
Duration: 1/2 day



7- Carfon- Fregona- Feder- Tegosa- Caviola

Difficulty: medium
Duration: 1 day



FROM SAN PELLEGRINO PASS
(reachable by car or by bus)

1-San Pellegrino – Alpine Hut Fuciade

Difficulty: easy
Duration: 1 h



2- San Pellegrino – Alpine Hut Flora Alpina - Casoni di Valfredda

Difficulty: easy
Duration: 1 h



3- Alpine Hut Flora Alpina – Alm (malga) ai Lach

Difficulty: easy

Maximum altitude: 1815 m

Itinerary: Near the Baita Flora Alpina (alpine hut) you'll enter into a path will lead you to the "casoni" in Valfredda and then along the mule road which enters into the valley among other "casoni" up until the Valfredda river. Here, make a right on path n.691 which will lead you to the pass "I Marmoi". Along this way, you can see the beautiful panorama of the houses which lie on the green fields of Valfredda. From the "I Marmoi" pass, descend on path n.691 to Malga ai Lach.

Duration 1,30 h

The Alm is open from mid June to the end of September. Typical cuisine. It is possible purchase typical dairy products.

Recommended season: may-september



4- San Pellegrino - Flora Alpina- Falcade Alto



Difficulty: easy

Duration: 2 h

5- San Pellegrino - Rifugio Fuciade oppure Flora Alpina - Forca Rossa

Difficulty: medium

Duration: 1 h 2/3 h

6- San Pellegrino - Passo delle Selle



Difficulty: medium

Duration: 2 h

FROM VALLES PASS

(no busses go on the pass)

1- Passo Valles - Rifugio Laresei



Difficulty: easy

Duration: 1 h

2- Passo Valles (malga Vallazza) - malga Juri Brutto(closed)-Iago Juri Brutto



Difficulty: medium

Duration: ½ day

3- Passo Valles - Forcella Venegia



Difficulty: easy

Duration: 45 min / 1 h

4- Like nr. 3 ad then continue on path 749 Venegia-malga Venegiotà- Pian dei Casoni

(Back to Passo Valles with own car)

Difficulty: easy/medium

Duration: 1 day



5- Parkina area Pian dei Casoni- Venegia - Pian della Vezzana - Baita Segantini



Difficulty: easy/medium

Duration: 1 day

it's possible to realize a tour passing through malga Juri Bello and Val Venegia. With buggy only until Malga Venegia or Venegiota

OTHER PATHS

604 PASSO SAN PELLEGRINO - Passo delle Selle - RIFUGIO TARAMELLI ai MONZONI 3 hours

607 PASSO SAN PELLEGRINO - Fuchiade Passo delle Cirele - RIF. CONTRIN 3 hours

612 PASSO DELLE CIRELE - Passo Ombrettola - RIF. FALIER 2.30 hours

623 SAN TOMASO AG.NO - Canacede Forcella S'ciota - SOTTOGUDA (Bosco Verde) 4 hours

631 SAPPADÉ - Malga Bosch Brusà - Val di Forca - VALFREDDA 2.30 hours

658 PASSO SAN PELLEGRINO - Forcella Pradazzo - PASSO VALLES 2.30 hours

670 ZINGARI BASSI - Fuchiade - PIAN DE LA SCHITA 2 hours

673 TEGOSA Val Piana - MONTE VALLESELLA 1.30 hour

674 MALGA CIAPELA - Val Franzedas - FORCA ROSSA 2.30 hours

681 CENCENIGHE - Balestier - Tabià Sole - FORCELLA SAN TOMASO 3 hours

682 VALLADA - Forcella San Tomaso - SAN TOMASO AGORDINO 3 hours

684 VALLADA - Forcella Pianezza - Forcella Franzei - Chegaris - VAL FRANZEDAS 4 hours

685 VALLADA - Forcella Valbona - SOTTOGUDA 4.30 hours

687 FEDER - Forcella dei Negher - Franzei MALGA CIAPELA 4 hours

688 FORECELLA LAGAZZON - FORCELLA PIANEZZA 2 hours

689 COLMEAN - Baita dei Cacciatori - Passo Col Becher - FORCA ROSSA 3 hours

691 FALCADE - Le Coste - Malga ai Lac - VALFREDDA 3 hours

692 SAPPADÉ - Monte Vallesella - PASSO COL BECHER 3 hours

693 VAL ZIGOLE - Le Saline - FORCA ROSSA 2.30 hours

694 FALCADE ALTO - Valfredda - FORCA ROSSA 3.30 hours

- 695** MOLINO - Le Buse - Lago di Cavia - FORCELLA PRADAZZO 3 hours
697 BAITA DEI CACCIATORI COLMONT 1 hour
703 RIFUGIO ROSETTA - Passo delle Farangole - RIFUGIO MULAZ 4 hours
704 GARES - Cascata delle Comelle - Pian delle Comelle - RIFUGIO ROSETTA 4 hours
710 CAMPIGOL DELLA VEZZANA - RIFUGIO MULAZ 2 hours
716 PIAN DE LE COMELLE - Val Strut - BIVACCO BRUNNER 2.30 hours
752 CASERA FOCOBON - Forcella della Stia - MALGA STIA 2 hours
753 CASERA FOCOBON - Fochet - PASSO DEI FOCHET 1 hour
756 GARES - Valbona - Altipiano delle Pale - RIFUGIO ROSETTA 5 hours
756-761 GARES - Campigat - Pont - COL DI PRA 3 hours
758 CANALE D' AGORDO - Casera di Sais - CASERA CAMPEDEL 2.30 hours
759 CENCENIGHE - Martin Casera Campedel - Forcella Pape - Casera Caoz - FORCELLA DI CESURETTE 5 hours

Path for families



path practicable with baggy



Warning: Some path are not well signed so pay attention!



Veneto

Tra la terra e il cielo

www.veneto.eu