



SELF-GUIDED HUT TO HUT

CENTRAL DOLOMITES AND SELLA GRAND TOUR – 4 NIGHT TOUR
EASY / MODERATE ITINERARY

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CENTRAL DOLOMITES AND SELLA GRAND TOUR

Easy / Moderate - 4 Night Tour - The Facts

An easier version of our classic tour around the Sella Massif, this itinerary combines the comfort of staying in the beautiful villages surrounding the Sella with the ability to access some impressive mountain scenery, including the Pralongia Plateau, the Val di Fassa, the Rosengarten group, the Alpi de Siusi, the Val Gardena and finally the Puez-Odle Natural Park. We use a mix of mountain rifugios, and hotels/pensiones in each of the valleys surrounding the Sella Massif. This itinerary also takes advantage of a number of lifts and buses, which vastly increase the scope of the route and the areas we are able to access. This, our easiest tour around the Sella Massif, gives plenty of time to relax and enjoy the atmosphere of the Dolomites.

Terrain

This route uses only waymarked routes which are mostly straightforward to navigate using signposts and waymarks. The route follows a mix of wide gravel tracks and walkers paths through quiet woodland and beautiful alpine meadows and for the most part, avoids the loose, rocky terrain often associated with the high massifs.

Grade :	Easy / Moderate
Walking Time :	3 to 4½ hours per day (based on 3km/h)
Ascent :	125m to 665m per day
Descent :	596m to 1182m per day

Please note that walking time does not include time taken for rests or lunch breaks and is an indication of how long the walking itself will take.

Dates & Prices

Late June to mid September, with August being particularly busy in the rifugios.

£430 per person

Start the itinerary on the day of your choice.

Please note that all bookings are subject to availability in the rifugios and hotels - please do not make any travel arrangements until we have confirmed your accommodation dates.

Based on Half Board accommodation in dormitory style rooms in mountain rifugios and Half Board private rooms in the hotels. Rifugio Tierser Alp has the option to upgrade to a private room - this is subject to a supplement of £15 per person per night (or £30 for single travelers).

All dorms are mixed sex and vary in size from rifugio to rifugio.

No single supplements apply for dormitory accommodation but are applied to upgrades to private rooms.

You must supply your own sleeping bag liners for all dormitory accommodation.

Towels are not provided in rifugio accommodation - please bring your own.

Included in the price

- *Breakfast and dinner each day.*
- *All rifugio bookings.*
- *Detailed route laminates.*
- *All relevant maps.*
- *Detailed pre-departure information including packing suggestions.*

Not included in the price

- *Flights or transfers.*
- *Insurance.*
- *Packed lunches (these are available to purchase at every rifugio).*
- *Drinks/snacks and any other purchases in the rifugios - some rifugios do not have drinkable tap water.*
- *Lifts/cable cars and buses – allow approx. €40 per person.*
- *Accommodation in the Alta Badia before or after the 4 night tour.*



Route Information

Day 1 - Corvara to Arabba via the Pralongia Plateau

13.5km, 576m ascent, 921m descent - Today starts with a lift from the village of Corvara which takes you onto the Pralongia Plateau, giving panoramic views of many of the areas 3000m peaks. Follow well-trodden and well-marked tracks across the plateau, with numerous rifugios to provide lunch and tea breaks, before descending into the picturesque forests overlooking the Livinallongo Valley, which perfectly frames the huge peak of Monte Civetta at its lower end. Some narrow and, on occasion, steep and exposed paths lead through this quiet section of forest walking before leading to Arabba, down a 1km section of road where care is required. Arabba is a very small mountain village which, although now a ski resort, seems somehow to have maintained the charm of a small working village.

Overnight accommodation - Hotel or Pensione in Arabba

Day 2 - Viel dal Pan, the Marmolada and the Val di Fassa

6.3km, 125m ascent, 241m descent - Having taken the lift from Arabba, you are greeted by a sublime view of the Marmolada, which dominates its surroundings just across the valley. From here, skirt briefly beneath the Portavescovo ridge before beginning a long and varied descent towards Lago Fedaia and onwards to the village of Canazei, which includes some steep switchback sections of path. Walking poles will almost certainly come in handy for this section of the itinerary which sees you descend over 1000m over the course of the day. Canazei, being bigger and more bustling than Arabba, is a lovely village to explore in the late afternoon before dinner.

Overnight accommodation - Hotel in Canazei

Day 3 - Sassolungo and the Rosengarten

11.7km, 665m ascent, 621m descent - A short bus trip (3 mins) followed by a cable car ride to Col Rodella sees you overlooking the Sassolungo group which dominates the view for the next couple of hours. A descent on a wide track leads to the Friedrich August walkers path which traverses and contours for around 10km past Sasso Piatto then along the edge of the Alpe di Siusi, one of the largest areas of alpine meadows in Europe. Throughout the walk you are rewarded with stunning vistas of the Rosengarten group. Some sections of the route may be considered exposed by nervous walkers as the path traverses what is at times a steep hillside, though always on a good, wide path. **Overnight accommodation - Rifugio Tierser Alpi**

Day 4 - The Alpe di Siusi

13.3km, 424m ascent, 596m descent - Crossing the Alpe di Siusi gives a day of walking which you will not often find in the Dolomites, endless undulating meadows criss-crossed by a network of paths and tracks, and is scattered with welcoming rifugios which makes finding somewhere for a hearty lunch an easy task - a true walkers paradise. The main difficulty here is making sure you follow the correct route at the many junctions you pass whilst crossing the plateau, though signposting and waymarking are very good throughout. The route, which gives views of the Sassolungo and Puez-Odle Massifs, eventually makes its way to the Ortisei gondola lift, which aids descent into the outskirts of the village. The village is well worth exploring and is well known for its many wood carving shops.

Overnight accommodation - Hotel or Pensione in Ortisei

Day 5 - Seceda and the Puez-Odle Massif

11km, 283m ascent, 1182m descent - Today is aided by another long lift ride out of the village, which accesses some truly spectacular terrain right on the northern edge of the Dolomites. Skirting the top of a huge natural bowl formed by the Puez-Odle Massif, the route follows picturesque walkers paths through open meadows - care is required in places during or after rainfall as the paths here can become very muddy and are steep in places, but are a joy to walk in dry weather. Again, numerous rifugios form a large feature of the day along with the superb views back toward the Alpe di Siusi plateau. Though most of the day is spent in descent, it is the last hour which is particularly steep and can be tiring after a day of walking, but the walking and position throughout the bulk of the day more than make up for this. Having descended to Selva, you will need to take a bus over the Passo Gardena to the Alta Badia - allow approx. 1 hour for this.



At Your Own Risk

Your self-guided hut to hut itineraries will be spent entirely at your own risk and it is important that you understand that whilst these routes are accurate at the time of writing, the situation on the ground may change and the itineraries rely on your sound judgment and decision making throughout.

Our self-guided hut to hut itineraries are put together on a basis of goodwill so that you might enjoy a route you may not otherwise have discovered having organised the itinerary yourself. It represents nothing more than the opportunity to go out on a beautiful walk in a part of this wonderful walking area, with the support of knowing that many of the logistics have been arranged for you.

It is a fact that mountains, mountainous areas and activities undertaken in them are associated with personal injury and death. By coming to such areas, you are exposing yourself and your party to the possibility of personal injury or even death. In such an event, Collett's Mountain Holidays will not be held responsible for your interest in mountainous areas and your involvement in mountain pursuits, which can occasionally have tragic consequences.

It is important that you understand that these routes are put together using our extensive knowledge of the area, to provide a route which we believe will be enjoyable and realistic for people who decide that they have the appropriate level of fitness and ability in order to complete the itinerary safely. The information provided uses only marked paths which are in use at the time of writing, however, it is your responsibility to continually assess the suitability and safety of the route throughout the walk and to undertake any action necessary to avoid any terrain which each or any member of the group is not comfortable with. The route choice also assumes an ability to read maps and navigate competently.

It is the responsibility of each individual in the group to make an assessment of the information provided, and to make an informed decision about whether the itinerary is suitable for them.

Finally, during your holiday with Collett's Mountain Holidays you act at your own risk on any ideas, information and opinions you might acquire from our walk organisers or from material prepared by us to help you get the most from the area.

