



Italy Dolomites Alta Via Hiking

The Best of Alta Via 1 & 2

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivaled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

Since 1969, MT Sobek has led expert-guided adventures through the world's great mountain ranges. Our deep alpine expertise brings genuine insider knowledge and the confidence of decades spent crafting exceptional mountain journeys.

REASON 2

Experience the finest stages of Alta Via 1 and 2 in one seamless, hotel-based journey, with 4-star comfort each night. A spectacular high-route adventure for strong hikers ready to explore the Dolomites.

REASON 3

Our expert local Dolomites guides know these high routes intimately, from trail conditions and pacing to history and mountain culture. With MT Sobek, every ambitious day feels expertly supported from start to finish.

At A Glance

ACTIVITIES

Enjoy 4 to 6 hours of daily hiking on well-marked alpine trails with significant cumulative elevation gain and loss. Cable car assists on Days 2 and 7 add lift access to mountain terrain.



LODGING

Relax at 4-star boutique hotels throughout: Val Gardena (Nights 1 and 2), Val di Fassa (Nights 3 and 4), and Cortina d'Ampezzo (Nights 5 and 8). Each property is carefully selected for location, character, and proximity to the next day's trailhead.



CLIMATE

Warm and sunny by day, cool to cold at altitude and after dark. Afternoon thunderstorms are common, so layers and a rain jacket are essential.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unwavering professionalism—confirmed the company's emphasis on excellence." - Alex M.



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The Best of Alta Via 1 & 2

MT Sobek brings together the most spectacular stages of Alta Via 1, the classic “High Route,” and Alta Via 2, the “Way of Legends,” in one epic Dolomites hiking adventure shaped with our signature expertise. Follow ancient merchant paths beneath soaring limestone towers, gaze across the ice of the Marmolada Glacier, stand below the Throne of the Gods, and trace high alpine trails through former WWI battlegrounds where remnants of the front line still mark the Dolomites' rugged slopes. These sought-after high routes reveal the Dolomites at their most dramatic, with big mountain days balanced by the comfort of handpicked 4-star boutique hotels in Val Gardena, Val di Fassa, and Cortina d'Ampezzo. Designed for strong hikers, and those ready to rise to the challenge.

9 Days

Start: Venice, Italy

End: Venice, Italy

Departing: July, August

Activities: Hiking & Trekking

Lodging: Comfortable Hotels

Group Size: 5-16 Guests

ACTIVITY:



“

I would highly recommend Mt Sobek for an amazing travel adventure. Every detail was taken care of- transport, luggage, meals, and of course hiking trails and accommodations. It made for a stress free trip and one where you can truly enjoy the beauty and culture around you.

- Kristin W.

Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

The Itinerary

DAY 01

Arrive in Venice & Journey to Val Gardena

Your Dolomites adventure begins the moment you land. A private group transfer from Venice Marco Polo Airport winds northeast into the Italian Alps, climbing through vineyard-covered foothills and into the dramatic dolomitic valleys of South Tyrol before arriving in the heart of Val Gardena, one of the most beautiful valleys in the entire range. Check into your 4-star boutique hotel, meet your fellow hikers and your guide over a welcome briefing, and enjoy a festive first-night dinner.

MEALS: Dinner

TRANSPORTATION: 3.5-hour private transfer

DAY 02

Loop Hike in the Heart of Puez-Odle Nature Park (AV2)

The Alta Via 2 wastes no time. Ride the Dantercepies cable car above Val Gardena to Passo Gardena, where jagged peaks, pale limestone, and wide-open sky fill the horizon. From here, hike into Puez-Odle Nature Park, a wild high-alpine landscape of sculpted ridges, hidden couloirs, and rock towers that rise like cathedrals. The trail passes Rifugio Jimmy before climbing toward Rifugio Puez, a landmark Alta Via 2 stop set on a sweeping plateau with views across the valleys below. Your descent follows the peaceful Vallunga, a long pine-lined valley threaded with mountain streams, before returning to the hotel for a well-earned mountain dinner.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: Cable car ascent

ACTIVITY: 5.5 hours/9 miles with 1,966' elevation gain and 4,174' loss

DAY 03

Hike Viel del Pan, Way of the Bread (AV2)

After a hearty alpine breakfast, your morning transfer delivers you to Passo Pordoi. From the pass, you step onto one of the most spectacular footpaths in the Alps. The Viel del Pan, the “Way of the Bread,” was once walked by flour merchants trading their goods across the mountains, and today it offers something more valuable: an unbroken, incomparable panorama of the Marmolada (10,964') from ridge to glaciated summit that stretches the full length of the trail. Often referred to as the “Queen of the Dolomites,” Marmolada is the highest mountain in this range and home to its largest glacier. The path is wide, well-graded, and deeply scenic, rewarding both the seasoned alpine hiker and the first-timer in equal measure. A glacial lake marks the end of the hike and the beginning of an excellent coffee stop before your transfer to Val di Fassa, home for the next two nights.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30- to 45-minute private transfers

ACTIVITY: 5 hours/9 miles with 1,524' elevation gain and 2,573' loss



DAY
04

Follow Trails from Forca Rossa to Passo San Pellegrino (AV2)

Today's hike is a study in contrast and quiet drama. A morning transfer brings you to Malga Ciapela, where the trail begins alongside the Pettorina River before climbing steadily west through mixed forest and open meadow on a paved road. Past a working agriturismo and the long-abandoned mountain village of Franzedaz, a silent remnant of the traditional alpine life once lived at altitude, the landscape shifts from pastoral to primordial. Above the pastures, the terrain turns rocky and red: Forca Rossa takes its name from the iron-rich stone that colors the pass a deep, burnt ochre. It's a striking, elemental finish to three days on the Alta Via 2. From the pass, descend to Passo San Pellegrino for your transfer back to the hotel and a second evening in the Val di Fassa.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private transfers

ACTIVITY: 5 hours/7.2 miles with 3,418' elevation gain and 2,078' loss



DAY
05

Beneath the Throne of the Gods from Pelmo to Passo Giau (AV1)

The Alta Via 1 makes its entrance with one of the great sights in the Dolomites. Your transfer to Passo Staulanza places you directly at the foot of Mount Pelmo's north face: 3,300 vertical feet of raw, unbroken limestone rising from the valley floor to a summit at 10,394 feet. Standing this close, it is easy to understand why the mountain is known as the Throne of the Gods. From here, the trail leads to Forcella Roan (6,807') and the abandoned stalls of Malga Prendera (7,047'), where weathered stone walls and rough timber shelters recall the Dolomites' old pastoral life. Once used by herders moving cattle through these high summer pastures, the empty buildings now stand quietly beneath the peaks, adding a haunting sense of history to the wild alpine landscape. Continue beneath this extraordinary massif through high passes and open ridgelines, as panoramic views unfold toward Sorapiss, the unmistakable pyramid of Antelao, and the distant Cadore Dolomites. Reach grassy Col Piombin and Passo Giau (7,336'), then transfer to Cortina d'Ampezzo, your base for the next four nights, with the drama of Alta Via 1 fully underway.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour and 30-minute private transfers

ACTIVITY: 5 hours/8.3 miles with 3,681' elevation gain and 2,133' loss



DAY
06

Discover Cinque Torri's Spires & Storied Slopes (AV1)

The Cinque Torri take center stage today. After a short transfer back to Passo Giau, the trail leads toward one of the Dolomites' most recognizable landmarks: the Five Towers, rising above the tree line at 7,218 feet, west of Cortina. From town, their silhouette looks clean and unmistakable, but up close the scene becomes far more intricate, with fractured pinnacles, secondary boulders, and rocky towers scattered across the hillside. After taking in the views and enjoying a trail lunch beneath the spires, the route reveals another layer of the landscape. During World War I, this ridge stood near the former border between Italy and the Austro-Hungarian Empire, and the open-air museum preserved here brings that history vividly into view. Continue to Passo Falzarego for your transfer back to Cortina.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private transfers

ACTIVITY: 4 hours/4.8 miles with 400' elevation gain and 1,540' loss

DAY
07

Explore Fanes Natural Park (AV1)

Enjoy breakfast before heading to Passo Falzarego, where a cable car whisks you up to Lagazuoi for sweeping views across the Dolomites. From the top station, begin hiking along the Alta Via 1, surrounded by dramatic rock walls and big mountain scenery. Climb to Forcella del Lago, a striking mountain pass with views in every direction, then continue onto the high plateau of Fanes Natural Park. Here, the landscape softens into wide alpine meadows and quiet valleys, a vivid contrast to the sharp peaks behind you. Reach Malga Gran Fanes for a well-deserved break, then continue through the peaceful Fiammes Valley. The trail leads gently back toward Cortina, closing a spectacular loop through the Dolomites' unforgettable alpine terrain.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private transfers and cable car ascent

ACTIVITY: 4.5 hours/11.4 miles with 1,484' elevation gain and 5,807' loss

DAY
08

A Grand Finale on the Sennes Loop (AV1)

The Sennes Loop is a fitting finale to your Alta Via journey, pairing peaceful high-country beauty with one last rewarding day on the trail. After a short transfer to Malga Ra Stua, hike north through Vallon Scuro to Campo Croce before joining a stony former wartime mule route. Passing the glassy Lago de Fodara, reach Rifugio Fodara Vedla, a cozy hut with beautiful eastward views of Croda Rossa rising in pale, sculpted layers above the valley. Continue toward Rifugio Sennes, then loop through a remote high-country circuit near Rifugio Biella, Lago di Fosses, and the often-dry Rememda Rossa, where wide skies, quiet meadows, and limestone peaks give the day a spacious, faraway feel. Return through Campo Croce to Malga Ra Stua, where your transfer back to Cortina awaits. Celebrate your Alta Via adventure at tonight's farewell dinner.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private transfer

ACTIVITY: 6 hours/10.6 miles with 2,519' elevation gain and loss

DAY
09

Depart Venice

After a final alpine breakfast in Cortina d'Ampezzo, your private group transfer winds back through the Dolomites to Venice Marco Polo Airport.

MEALS: Breakfast

TRANSPORTATION: 2-hour private transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hotel Nivas

Boutique Hotel Nives offers an intimate, stylish stay in the center of Selva Val Gardena, surrounded by the soaring Dolomites. This family-run, chalet-style hotel features just 13 comfortable rooms and suites with beautiful views of the mountain scenery. Enjoy alpine hospitality, rich Tyrolean fare, and perhaps a visit to the wine cellar. After a rewarding day on the trail, unwind in the spa with pool and outdoor hot tub.

Hotel Astoria

With its charming alpine vibe, Hotel Astoria's spacious rooms feature elegant wooden interiors accentuated by refined colors and amenities such as a TV, a mini-bar, free Wi-Fi, and stunning mountain views. Indulge in Chef Giuseppe's culinary delights at the on-site restaurant, paired with wine from the best Italian and Foreign labels. Unwind in the wellness center and treat yourself to wellness services like their swimming pool, Finnish sauna, and whirlpool bath. Lastly, explore Canezi with complimentary mountain bike rentals!

Hotel Cortina

Located in Cortina d'Ampezzo, this accommodation boasts "authentic hospitality and elegance from another time." The rooms are perfectly furnished and the hospitality is fantastic. There is a cozy bar and restaurant in-house, offering a selection of delicious regional cuisine. Hotel Cortina also offers a wellness center with a sauna, Turkish bath, and the option for a variety of spa treatments. Nestled in the Dolomites with a stunning backdrop, the hotel is the ideal place to spend the night after a day of hiking and exploration.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Franceschi Park Hotel

Franceschi Park Hotel sits on the grounds of a magnificent private park in Cortina d'Ampezzo. Conveniently located within walking distance of the town center, it offers spacious, elegant rooms furnished in the typical Ampezzan style. Guests enjoy delicious homemade meals made by the owners themselves, and an array of amenities such as tennis courts, a sauna, solarium, Turkish bath, and Jacuzzi.

Hotel Lajadira

Nestled at the foot of the towering Dolomite mountains, this hotel is housed in a classic chalet and modern wing. Stay in cozy, comfortably appointed rooms. An indoor pool looks out across the gardens to the peaks beyond, while the spa offers quiet space for soothing massages and body treatments. The restaurant is full of rustic Ladin charm, authentic and inspired Italian dishes using fresh seasonal ingredients.

Departure Dates

This trip is available to run in: July, August

Book early for a greater choice of available dates.

Once you book, your price is GUARANTEED!

July 11-19, 2027

August 28-September 5, 2027

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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