

DAY 1 - Monday 25th August 2025

- 08:30 hrs - Meeting at MIA Departure lounge
- 10:30 hrs - Flight Malta to Trieste
- 12:25 hrs - ETA in Trieste
- 13:00 hrs - Shuttle to Hotel in Trieste
- Afternoon - Free time



DAY 2 - Tuesday 26th August 2025

- 07:00 hrs - Breakfast
- 07:45 hrs - Shuttle to Listolade
- 11:30 hrs - ETA at Listolade (Hiking start point)

We start hiking for 9 km (+1000mts) which typically takes about 4 hours for a moderate elevation gain. The route features a combination of forested paths, alpine meadows and rugged rock landscapes.

After a scenic trek, we'll arrive at Rifugio Vazzoler (1714m), set amidst the stunning Dolomite backdrop. This rifugio is renowned for its friendly atmosphere and breathtaking surroundings, making it a perfect place to rest and enjoy a drink. From here, you can also take in panoramic views of the surrounding peaks, including the mighty Civetta. This segment is a beautiful and rewarding hike, ideal for those seeking classic Dolomite landscapes and relatively moderate walking distances.

- 19:00 hrs - Dinner (included)



DAY 3 - Wednesday 27th August 2025

- 07:00 hrs - Breakfast
- 07:35 hrs - Start Hiking

We start hiking for 17 km (+1100mts) which typically takes about 7 hours. Starting with a gradual ascent through alpine meadows and forests, the trail leads to the Forcella Col dell'Orso (2183m), the highest point of this section, offering breathtaking views of Monte Pelmo and the surrounding Dolomites. After crossing the pass, you descend through rocky terrain and forests toward Rifugio Passo Staulanza (1766m).

This stage offers diverse landscapes, moderate difficulty and stunning mountain vistas, making it a rewarding section of the Alta Via I.

- 19:30 hrs - Dinner (included)



DAY 4 - Thursday 28th August 2025

- 07:00 hrs - Breakfast
- 07:35 hrs - Start Hiking

We start hiking for 16 km (+1200mts) which typically takes about 7 hours. Starting with a gradual ascent toward Forcella Staulanza, you'll enjoy views of Monte Pelmo and then continue through scenic meadows and rocky terrain, passing near Forcella Averau.

The trail offers panoramic vistas of the Dolomites, including the iconic Cinque Torri. We'll finish at Rifugio Scoiattoli (2255m), known for its stunning setting and views of the surrounding peaks, making this stage a moderately challenging but rewarding hike.

- 19:30 hrs - Dinner (included)



DAY 5 - Friday 29th August 2025

- 07:00 hrs - Breakfast
- 07:35 hrs - Start Hiking

We start hiking for 12 km (+1200mts) which typically takes about 6 hours. Starting with views of the Cinque Torri, the trail ascends towards Forcella Nuvolau and offers panoramic vistas of the Dolomites.

After crossing Forcella Averau, you'll continue towards Lagazuoi, with its breathtaking views of the surrounding peaks and valleys.

The hike ends at Rifugio Lagazuoi (2752m), renowned for its spectacular sunset views.

- 19:30 hrs - Dinner (included)



DAY 6 - Saturday 30th August 2025

- 07:00 hrs - Breakfast
- 07:35 hrs - Start Hiking

We start hiking for 18 km (+500mts) which typically takes about 7 hours. Starting with a steep descent through the Forcella Lagazuoi, the trail leads into the stunning Val Travenanzes, offering breathtaking views of cliffs and waterfalls.

We'll then descend further through alpine meadows and forests, passing through rocky landscapes until reaching Rifugio Fanes. The final stretch is a gentle descent to Rifugio Pederü (1548m), nestled in a valley, making this stage a mix of dramatic scenery and peaceful, lower-elevation terrain. Along the way, there's an opportunity to take a refreshing dip in the nearby waterfalls, making this stage even more enjoyable!

- 19:30 hrs - Dinner (included)



DAY 7 - Sunday 31st August 2025

- 07:00 hrs - Breakfast
- 07:35 hrs - Start Hiking

We start hiking for 15 km (+1000mts) which typically takes about 6 hours. Starting with a gentle ascent, the trail leads to the picturesque Fanes-Sennes-Braies Nature Park, where we'll enjoy stunning views of the surrounding mountains and valleys. As we continue, the path meanders alongside charming streams and offers glimpses of wildlife. The trek culminates at the breathtaking Lago di Braies, known for its emerald waters and dramatic mountain backdrop - a beautiful and serene conclusion to your Alta Via adventure. After the hike, everyone will be eagerly anticipating a swim in the famous lake, a scenic boat ride on the lake, or a well-deserved beer, adding to the excitement of this memorable journey!

- 17:30 hrs - Depart by bus to Dobbiaco
- 19:30 hrs - Free time.

N.B. The accommodation in Dobbiaco is subject to change due to availability.



DAY 8 - Monday 1st September 2025

- 06:45 hrs - Breakfast
- 07:15 hrs - Shuttle to Trieste Airport
- 10:50 hrs - ETA at Trieste Airport
- 12:50 hrs - Flight to Malta
- 14:45 hrs - ETA in Malta

As we conclude our Alta Via trek in one of the most popular **Unesco World Heritage** parks, we'll celebrate the unforgettable journey through the breathtaking Dolomites, amidst the charm of traditional rifugi.

From rugged peaks to serene lakes, this adventure will have deepened our connection with nature and provided lasting memories of camaraderie and exploration. As we return, we will carry with us the beauty and spirit of the mountains, eager to share our experiences.

N.B.

This itinerary has been adjusted based on previous flight schedule changes we encountered while planning. However, should new flights become available that align with our original plans from Treviso, we will revert to those initial arrangements. Thank you for your understanding and flexibility as we navigate any further adjustments.

