



Yellow route: Muggia (TS) - Oberstdorf (D)







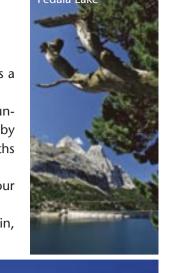
"a path for Europe"

The rhythm of walking, as ancient and unique as man himself, takes us back to atavic times and silences - it establishes a more human relationship with nature, within nature.

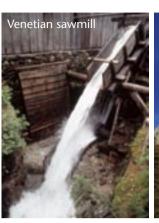
Walking in contact with local customs and traditions, among unique flavours and scents, through the history of the mountains, of the Alps, provides a different approach that is closer to the essence of life. The 'Via Alpina' is the trail taken by mankind, a trail made up of a thousand other trails, made of emotions and discoveries, of infinite spaces and specific truths strictly connected to man's will and man's heart.

The Dolomites have been supporting the civilization of mountain people for thousands of years, they silently support our progress and teach us that no action, no thought can overcome their greatness, their deepest essence.

The 'Via Alpina' follows these traces and illustrates a perpetual teaching that all we need to do is accept and breathe in,

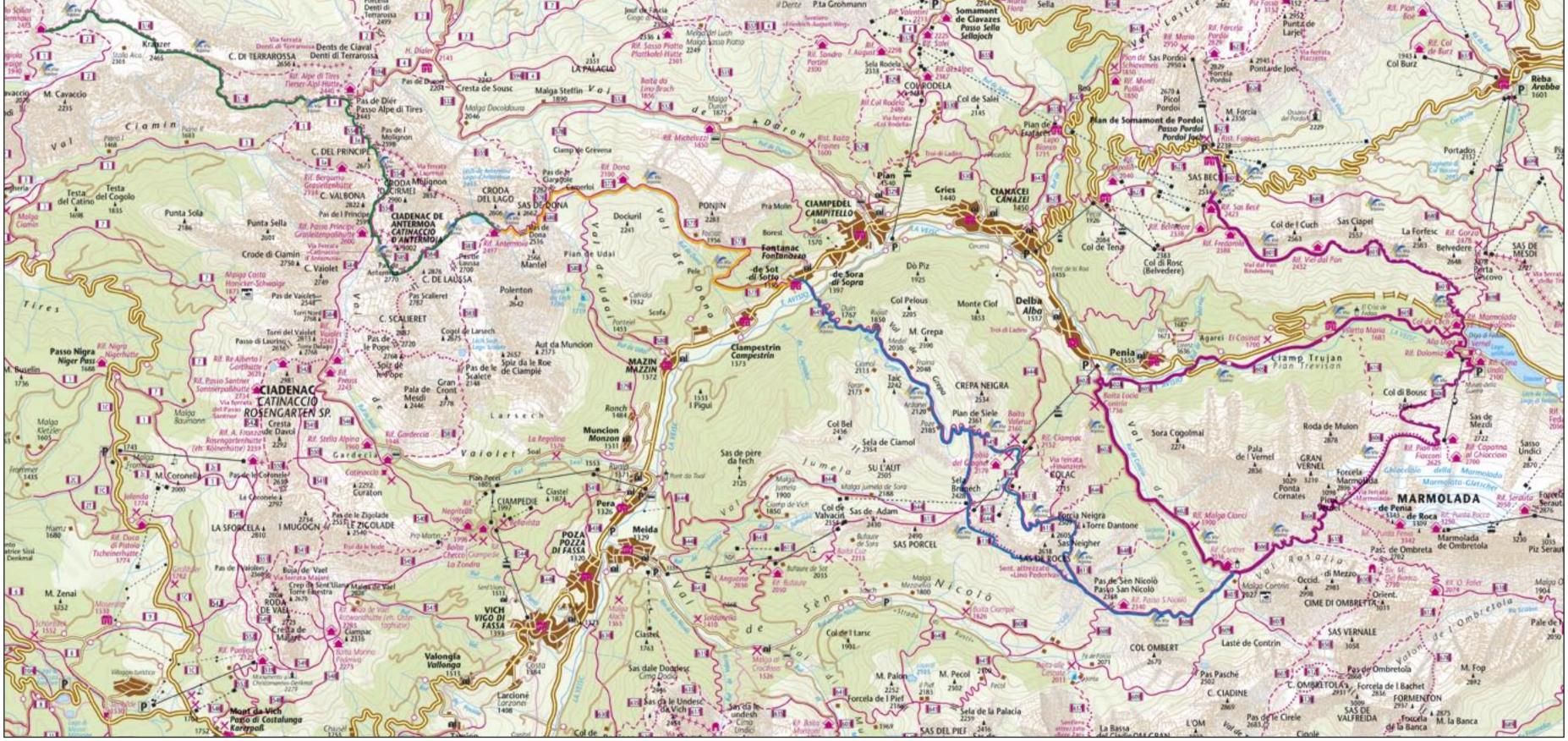




















A trekker of medium skill should be able to climb approx. 350 m in 1 hour.

secondary road cart-track or forest road no entrance cable-way

Scale 1 : 50.000 (1 cm = 500 m)

cable-car chair-lift

— intermediate ····· difficult +++++ via ferrata or equipped trail other path

small church © 2005 APT VAL DI FASSA • Any unauthorised reproduction is strictly prohibited Maps by R. Colmano, Laives (BZ) - January 2005 Concept: AREA grafica, Cavalese (TN) - tel. 0462.230018

† shrine, isolated cross

P parking area

shuttle taxi

waterfall

dairy products

mountain refuge

coffee bar

a parish church

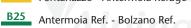
restaurant

hotel(s)



B22 Pordoi Pass - Contrin Refuge B23 Contrin Refuge - Fontanazzo

B24 Fontanazzo - Antermoia Refuge









Passo Pordoi - Marmolada Val di Grepa - Fontanazzo Val di Dora - Arternoia















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Stage B22

PORDOI PASS - CONTRIN REFUGE

Description of the stage in the Trieste-Monaco direction:

Starting at Pordoi pass, follow path No. 601 (High level path No. 2) heading south along the eastern slope of Sas Becè, on the wide and easy trail that climbs up to the Fredarola refuge. From there, follow the "Viel dal Pan" (path No. 601 High level path No. 2) heading east, cutting across the southern slope of the Sas Ciapel. The path runs almost flat midway up the ridge and through the meadows that cover this lavic massif. Once you have reached the Viel dal Pan refuge, continue along the clear-cut path that runs facing the entire Marmolada. When you reach the crossroads with the junction path that leads to Porta Vescovo, descend to the right towards the Fedaia lake and the dam, while keeping to the No. 601 signposts. Once you have reached the Marmolada "E. Castiglioni" refuge, take path No. 605 which, after a first sharp bend, turns decidedly west. Follow the easy muletrack that leads to the Villetta Maria hotel.

From there, keep following the No. 605 signs, proceeding along the dirt road that goes slightly to the left at the first crossroads and then takes you to the main road (asphalt). Cross it and descend to the left. Walk externally along the guard-rail and then, a short distance afterwards, enter the forest. Follow the small road that criss-crosses through large rock formations and then descends once again to the main road. Cross to the other side, go up to the left to pass the bridge and after a few metres enter the forest to the right. Proceed a fair distance until you reach the path signalled as path No. 602 A that leads to the dirt road (signpost 602) that will take you to the Contrin refuge.

Alternative route:

From the Marmolada "E. Castiglioni" refuge follow the dam until you reach the Cima Undici refuge. In front of it you can access path No. 606 that leads to the Pian dei Fiacconi refuge (or you can reach it by cable-way). From there, turning westward in the direction of Gran Vernel, continue on path no 606 which takes you to the valley that climbs up towards Forcella Marmolada. Once you have ascended to the saddle along a tongue of snow and ice, descend the southern slope, which is equipped with a metal safety cord for a short distance, then walk along the scree until you bend westward again and reach the Contrin refuge



Description of the route in the opposite direction:

Starting at the Contrin refuge, descend along the road (signpost 602) until you are almost at the bottom of the valley and, next to a bridge, take path No 602A that leads right towards Penìa.

Once you reach the Avisio stream (with the footbridge for the town on your left) go right along the mountain side until you exit onto the main road. Descend to the left, pass the bridge and, at the nearby lay-by, cross the road. Enter the forest and take the small dirt road that climbs steeply at first but then almost levels off, running amidst the large rocks of an ancient landslide. When you reach the main road once again, follow it for a few dozen metres (partly walking along the inside of the guard-rail) and then cross it to enter the wide dirt road that leads to the Villetta Maria hotel. To the building's right take the path that once again enters the forest along path No. 605 that climbs towards the Marmolada "E. Castiglioni" refuge. Once you have crossed the road, take path No. 601, ascending the 'Viel dal Pan'. Continue along this path until you reach the Fredarola refuge from which, keeping to the right, you can descend to the Pordoi pass.

WHAT TO SEE:

PASSO FEDAIA:

Environment - The path crosses, in part, a lavic massif in the heart of the Dolomites, following the historical routes of trade with the Veneto region. While crossing the acid environment typical of volcanic areas, notice the rich grass vegetation that characterizes this area. Quite interesting, from a geological viewpoint, is the contrast between igneous and dolomitic rocks and their different geomorphological features.

WWI Museum - This Museum exhibits war relics and findings from the first world war, part of a private collection, found thanks to the ongoing withdrawal of the Marmolada glacier.

Located next to the Pian dei Fiacconi cable-way station. Open from June to September: from 10 to 12 a.m./from 2 to 5 p.m. Info: tel. 347 7972356 - visit www.cimeetrincee.it

The Sia (ancient Venetian sawmill) - It is the last hydraulic sawmill of Venetian type still existing in Val di Fassa, documented since the 16th century.

Open from June to September: from 9 to 12 a.m./from 3 to 6 p.m. Info: Museo Ladino di Fassa, phone no. 0462 760182 - visit www.istladin.net

ACCOMMODATION:

Mountain refuges: Fredarola refuge Viel dal Pan refuge Marmolada "E. Častiglioni" refuge Dolomia refuge Capanna Cima Undici refuge Pian dei Fiacconi refuge Capanna al Ghiacciaio refuge

phone no. 0462 602072 phone no. 0462 601720 phone no. 0462 601117 phone no. 0462 601221 phone no. 0462 602290 phone no. 0462 601412 phone no. 348 353 9282 phone no. 0462 601101

Contrin refuge Hotels/B&Bs:

- *** Dolomites Inn: phone no. 0462 602212 / dolomites.inn@rolmail.net ** Clara: phone no. 0462 601658 / info@albergoclara.com
- ** Monika: phone no. 0462 601612 / info@albergomonika.com
- ** Santa Maria ad Nives: phone no. 0462 601207 / marianives@interfree.it
- ** Sonia: phone no. 0462 601250 / soniacanazei@virgilio.it ** Villa Agomer: phone no. 0462 601237 / info@agomer.it
- ** Villetta Maria: phone no. 0462 601121 / info@hotelvillettamaria.it Vernel: phone no. 0462 601316 / vecchio.vernel@virgilio.it
- *Princess (B&B): phone no. 0461 930460 / info@trentinoresidences.it Col da la Vila (B&B): phone no. 0462 601657 / coldalavila@virgilio.it

Holiday apartments:

Appartamenti Albert: phone no. 0462 601194 / info@casamaurivan.com

Stage B23

CONTRIN REFUGE - FONTANAZZO



Description of the stage in the Trieste-Monaco direction:

Starting at the Contrin refuge, climb along the easy path No. 648 until you reach the San Nicolò pass and the refuge by the same name. From there, follow the grassy ridge north-west (signpost 613), passing over the Varos rib, and then descend down to a grassy saddle. Walk along the eastern Croda Neigra rock wall and then, through the Forcia Neigra saddle, descend down to the wide grassy hollow of the Ciampac, which is crossed by various ski-lifts. Once you have reached the Tobià del Giagher refuge, climb along the opposite slope (signpost 645) until you reach the Pian de Siele from which you enter the wild Val de Grepa, dominated to the right by the black rocks of the Crepa Neigra. Descend into the valley, reaching various mountain wooden huts and dairies, some of which have been recently restored. The trail continues through the wide pastures and, shortly after, reaches a steep rocky descent that leads to the bottom of Val di Fassa through the forest and along a demanding cobbled muletrack. Once across the Avisio stream, the town of Fontanazzo is just a short distance away.

Alternative route:

From the saddle, at the crossroads for the Croda Neigra, continue straight ahead in the direction indicated by signpost 613b. Follow the southern slope of the Sas de Rocia along the equipped path Lino Pederiva, until you once again join path No. 613 at Sella Brunech. From there, continue northwards along the grassy ridge on an unsignalled path that leads towards Crepa Neigra until you reach Pian

Description of the route in the opposite direction:

In Fontanazzo, take path No. 645 that climbs towards Val de Grepa. Once out of the woods, enter the plain of the hanging valley which features several shepherds' settlements. Then, climb along the sharply bending trail until you reach Pian de Siele and descend towards the Ciampac. Once at the Tobià del Giagher refuge, climb along the opposite slope until you reach the Forcia Neigra saddle. Follow the north-eastern rocky slope of Croda Neigra until you reach a grassy saddle, from which you can climb up to the Varos ridge, and then go down to the San Nicolò pass, in view of the refuge. Finally, descend into the Val de Contrin along path No. 608 until you reach the Contrin refuge.

WHAT TO SEE:

Environment - The crossing of these hanging valleys offers spectacular sceneries and environmental attractions. Especially interesting is the different uses and stages of human exploitation of the valleys: the Val di Contrin features an excursion-oriented type of tourism, the Ciampac is dominated by the presence of ski-lifts, and the Val di Grepa by the shepherds' settlements. All of this is set off by the contrasting view of magmatic rock and the towering dolomitic massifs.

CAMPITELLO:

SS. Filippo & Giacomo church, with 17th century paintings.

BETWEEN POZZA AND VIGO DI FASSA:

Museo Ladino di Fassa - open all year round. Info: call 0462 760182 - www.istladin.net

Pieve di S. Giovanni - Mother-church and religious and civic centre of

the valley, typical example of Gothic-Alpine architecture. Museo Mineralogico Monzoni - permanent exhibition of Val di Fassa minerals. Strada de Pilat, 14. Info: call 0462 764173

PERA DI FASSA:

Molin de Pèzol - Ancient watermill, with two millstones for cereals and a barley husker, driven by three large water-driven paddle-

For information, call 0462 764089 - visit www.istladin.net

ACCOMMODATION:

Mountain refuges: Passo San Nicolò refuge Tobià del Giagher refuge

phone no. 0462 763269 phone no. 0462 602385

Hotels/B&Bs:

Boè: phone no. 0462 767208 / albergo.boe@virgilio.it

- ** Ciamol: phone no. 0462 767117 / info@hotelciamol.com ** Contrin: phone no. 0462 750506 / albergocontrin@virgilio.it
- ** Tyrolia (B&B): phone no. 0462 750343 / garni.tyrolia@tiscali.it
- Cèsa Walter (B&B): phone no. 0462 750365 / cesawalter@vigilio.it
- Villa Cecilia (B&B): phone no. 0462 767107 / garni.cecilia@tiscali.it



Stage B24

FONTANAZZO - ANTERMOIA REFUGE

Description of the stage in the Trieste-Monaco direction:

From the town of Fontanazzo, climb north-west along the muletrack (signpost 577), paved in some especially steep sections, that with a few sharp bends leads to the mouth of the hanging Dona valley. After passing a few shepherds' settlements, you will join path No. 580 that climbs along the Val di Udai from Mazzin. You proceed trough the pastures of Camerloi towards the head of the valley that consists of the partly grass-grown screes of the eastern slope of the Dona peak until you reach the pass by the same name. After crossing the scree on the southern slope of this peak, you will reach the

Description of the route in the opposite direction:

Starting from the Antermoia refuge, after a short while, you will reach the Dona pass. Descend along the hanging Dona valley and pass several shepherds' settlements until you can see the bottom of the Fassa valley. Take the partly paved mule track, cross through the forest and finally descend into the town of Fontanazzo.

WHAT TO SEE:

Environment - This route will take you through the grassy landscapes of the side-valleys of volcanic origin as well as the moon-like landscapes typical of the high-altitude Dolomite ranges. The vegetation changes progressively from forest to high-altitude pastures all the way up to the pioneer grasses typical of the screes.

ANTERMOIA LAKE:

The partially karstic origin of this lake affects the changes in its water levels that are affected not only by the changes in season but also the nature of the soil and the melting of perpetual snow. The Antermoia lake is the only fairly large-sized lake existing in the Catinaccio dolomitic range. It is quite famous for the crystal clear colour of the water that, however, does not harbour any fish species at all.

ACCOMMODATION:

Mountain refuges: Dona refuge Antermoia refuge

phone no. 338 8538430 phone no. 0462 602272





Stage B25

ANTERMOIA REF. - BOLZANO REF.



Description of the stage in the Trieste-Monaco direction:

Starting at the Antermoia refuge, cross the stream and head left towards the Antermoia lake. With its pretty grey-blue colours, local folk tales say it was the meeting place for Val di Fassa witches. Walk along the left bank and then cross over the flat alluvial Valon d'Antermoa. Climb up along its head, often still snow-bound at the beginning of the summer season, until you reach the Antermoia pass. From there, follow the screes at the foot of the Catinaccio d'Antermoia, until you reach the Principe pass and the mountain refuge by the same name. Enter the Province of Bolzano along the path with steep and sharp bends that descends into the Principe hollow. At a crossroads, turn right through the above mentioned hollow, and then walk up the narrow gorge towards the Molignon pass. Cross through peak stone grounds and then descend towards the Alpe di Tires refuge. From there, go west on the easy trail that cuts through the high-altitude meadows of Buco dell'Orso. Along sharp bends, climb up a steep hill, go round the base of the Terrarossa peak, cross diagonally to overtake a pylon of porphyry lava, and finally exit onto the Sciliar plateau. Pass through two modest elevations consisting of dolomia rock, one of the rare examples of this kind of rock formation still existing in the Eastern Dolomites. Finally, along plaques of smooth rock, grasslands and stone quarries, through the narrowest part of the plateau, reach path No. 1, that to the left, leads to the Bolzano refuge (Schlernhaus).

Alternative route:

Even if used prevailingly in the opposite direction, it is possible to ascend to the peak of Catinaccio di Antermoia along the eastern via ferrata and then descend along its western section (signpost 585). The via ferrata branches off just before reaching the Antermoia pass and climbs up towards the peak, exploiting the rock face's numerous narrow ledges and canals. To reach the peak you need to follow the rather exposed ridge northwards. Then, to get down, you must take the same ridge southwards and then, along the other ledges and canals of the southern slope, descend towards the Principe pass.

Description of the route in the opposite direction:

Starting at the Bolzano refuge (Schlernhaus), cross the peak stone grounds of the Sciliar eastbound. First descend along the steep and rocky slopes and then, once on the plain, you reach the Alpe di Tires refuge. Climb along the rocks of the opposite slope and then descend down to the first saddle. Go towards the nearby Molignon pass. Opposite are the Principe pass and the refuge, reached through the hollow. Climb left towards the Antermoia pass from which you can climb down into the underlying valley and reach the Antermoia refuge.

WHAT TO SEE:

Environment - Along the entire route it is possible to observe the action of the ice that until about ten thousand years ago covered the entire area. There are practically no trees but the attempt at colonisation by the first grass species that have adapted to the altitude and to the environment is clearly visible. Vertical dolomitic rock towers dominate almost the entire northern slope of the territory crossed, while to the south, the mountain shapes are more gentle, modelled by the erosive action of the ice.

ACCOMMODATION:

Mountain refuges: Antermoia refuge Passo Principe refuge Alpe di Tires refuge Bolzano refuge

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Project co-funded by the European Union (European Regional Development Fund) and by the eight Alpine countries within the framework of the EU community initiative Interreg IIIB Alpine Space.

This publication contains references only to the accommodation structures that have joined the Via Alpina project (Info: www.via-alpina.com). Such structures undertake, where rooms are available, to provide overnight accommodation even if for only one night.