

GARDENAGUIDES: Fanes & Tofane (Dolomites) – 5-Day Trekking Tour

Day 1

Arrival in La Valle in Alta Badia (1,450 m). Overnight stay in a guesthouse or small hotel.

Day 2

We start from La Valle, hiking through the remote Fanes Valley at the foot of the imposing Sasso delle Nove. We reach Passo Sant'Antonio (Ladin: *Ju de Sant Antone*) at 2,466 m. The descent follows the southeast side, offering beautiful views of Col Becchei and Sas de Stiga. We reach Fanes Alm at 2,050 m. Overnight stay at the cozy Rifugio La Varella, accommodation in rooms for 3–4 people.

Walking time: 5 hours

Day 3

After an ascent of 130 meters, we reach Passo Limo (2,174 m) with its idyllic lake. We follow the Alta Via Dolomiti No. 1, descending gently to Rifugio Gran Fanes (2,100 m). Continuing straight to Ju dal Ega (2,157 m), we then descend slightly to the junction for Furcela dal Lech. Crossing a wide plateau at the foot of Sas Conturines, we climb to Furcela dal Lech (2,486 m). After a short steep descent, we reach the small Lagazuoi Lake at the base of the steep Cima Scotoni wall. A 500-meter ascent leads us to Rifugio Lagazuoi. The trail winds seemingly endlessly through a barren rocky landscape, passing remains of World War I barracks, before a final steep climb to the refuge at 2,750 m. Spectacular panoramic views of the Dolomites.

Walking time: 6 hours

Day 4

After breakfast, we descend directly from the cable car top station through the wartime tunnel of Piccolo Lagazuoi, built by Italian soldiers during World War I. At the end of the historical war trail (2,350 m), we briefly ascend to Forcella Travenanzes (2,507 m). We traverse slightly downhill to Forcella Col de Bos (2,331 m). After a short ascent, we take a break at the foot of Castelletto. We then continue beneath the imposing south face of Tofana di Rozes, Cortina's local mountain. A steep descent leads to Rifugio Dibona. After a coffee break, we follow a forest road to Colle Pecol (1,650 m), above Cortina. Taxi transfer to Cortina (1,200 m). Overnight stay in a hotel.

Walking time: approx. 5 hours

Day 5

Transfer from the hotel in Cortina to Fiames, behind Cortina, near the Chapel of St. Umberto (1,450 m). Descending gently, we reach Plan de Loa (1,350 m), at the entrance to the Travenanzes Valley, which later branches into the Gran Fanes Valley. After about one hour, we reach the Travenanzes waterfalls. There is the option (not mandatory) to do a short via ferrata directly below the waterfall. We continue ascending through this idyllic valley, then make a detour to Rifugio Gran Fanes (2,105 m). After a good rest, we reach Lake Limo (2,172 m) and descend to Rifugio La Varella (2,050 m).

Walking time: approx. 5 hours

Day 6

From Rifugio La Varella, we ascend along a winding trail to reach Forcella Medesc (2,533 m). The descent is initially steep, then becomes more pleasant. We reach the junction for the Sasso della Croce Hospice (2,000 m). Following a Way of the Cross, we arrive at the hospice with its famous pilgrimage church. Coffee break. We return to La Valle, our starting point, through the beautiful and well-known Armentara meadows. Overnight stay in a guesthouse or hotel.

Walking time: approx. 6–7 hours

Day 7 Departure and return home