



UNA LINEA, UN VIAGGIO

DOLOMIT~~+~~ ULTRA TOUR

FKT 120KM

ROADBOOK

LATEMAR

Distance: 20 km

Technical difficulty: Medium-high

Mountain huts: Baita Gardonè, Rif. Passo Feudo, Rif. Torre di Pisa, Bivacco Rigatti

Water: Available at Predazzo, Fol, Gardonè, Rif. Passo Feudo, Rif. Torre di Pisa and Passo Costalunga

The route begins from the Central Square of Predazzo (1,018 m), the beating heart of Val di Fiemme. From here, take the steep climb towards Gardonè. The trail ascends steadily, offering increasingly wide panoramas of the valley below and the surrounding mountain groups.

Once you reach Gardonè, the track continues to gain altitude following the ski slopes up to Passo Feudo and its Refuge (2,200 m), an important junction with a good water supply point before the high-altitude traverse.

From Passo Feudo begins the most panoramic and technical stretch of this section. The path narrows as you head towards Rifugio Torre di Pisa, passing by the rock formation of the same name that incredibly resembles the famous leaning tower.

Proceeding at altitude, the route crosses some of the most characteristic landscapes of the Latemar group, with its jagged rock formations standing out against the sky. You reach Bivacco Rigatti, a strategic point for a short break or, if necessary, an emergency shelter.

The last part of this section is mostly downhill: from Bivacco Rigatti there's a steep climb followed by a descent, with technical sections, progressively leading to Passo Costalunga (1,753 m), which marks the border between the Latemar group and the Catinaccio massif, preparing the ground for the next section of the route.

Technical notes: The stretch between Passo Feudo and Torre di Pisa presents some exposed passages that require attention, especially in case of bad weather or fog. Carefully evaluate the weather conditions before tackling this section.

CATINACCIO

RIF. SASSOPIATTO 2300M | 47KM

Distance: 26 km

Technical difficulty: High

Mountain huts: Rif. Pederiva, Rif. Roda de Vaël, Rif. Vajolet, Rif. Preuss, Rif. Passo Principe, Rif. Antermoia, Rif. Sassopiatto

Water: Available at Passo Costalunga, Rif. Roda de Vaël, Rif. Vajolet, Rif. Passo Principe, Rif. Antermoia, Val Duron and Rif. Sassopiatto

RIF. PASSO PRINCIPE 2601M | 34KM

This section begins at Passo Costalunga (1,753 m), the junction point between the Latemar group you've just crossed and the majestic Catinaccio. From here, take the uphill trail towards Rifugio Roda di Vaël (2,283 m), located in a panoramic position. The route continues on the evocative "Sheep's Path" (Sentiero delle Pecore), a traverse that maintains a constant altitude while crossing the massif's walls, offering spectacular views of the valleys below and the south face of Roda de Vaël.

RIF. ANTERMOIA 2497M | 37KM

Proceeding toward the heart of Catinaccio, you reach the area of Rifugio Vajolet and Rifugio Preuss (2,243 m), a popular spot for hiking in this area and an important trail junction. From here, the climb becomes more challenging as you head towards Passo Principe (2,599 m), one of the highest points of this section, rewarding you with 360-degree panoramas over the entire Dolomite group.

CATINACCIO

RIF. VAJOLET 2243M | 32KM

From Passo Principe, the trail continues through increasingly wild terrain towards Passo d'Antermoia (2,770 m), crossing a lunar landscape of rocks and debris. The descent to Lake Antermoia is one of the most evocative moments of the entire route: this body of water nestled among the rocks represents one of the most photographed views in the Dolomites. Nearby stands Rifugio Antermoia (2,496 m), a strategic point to refill water.

Now we leave the lake to begin the long descent along Val Duron, an enchanting valley that gradually loses altitude until you climb back up towards Passo Duron, the last effort before traversing the panoramic grassy ridge that, with a high-altitude traverse, leads to Rifugio Sasso Piatto (2,300 m), the endpoint of this challenging but spectacular section.

RIF. RODA DE VAEL 2283M | 24KM

Technical notes: The stretches between Passo Principe and Passo d'Antermoia and the descent to the lake are technically demanding and feature exposed passages. In case of residual snow or ice, these sections may require specific equipment.

PASSO COSTALUNGA 1753M | 20KM

SASSOPIATTO-SASSOLUNGO

Distance: 11 km

Technical difficulty: Medium

Mountain huts: Rif. Sassopiatto, Rif. Vicenza (slightly out of track), Rif. Comici, Hotel Passo Sella

Water: Available at Rif. Sassopiatto, Rif. Vicenza (slightly out of track), Rif. Comici and Hotel Passo Sella

This section begins at Rifugio Sassopiatto (2,300 m), strategically positioned at the foot of the imposing Sassopiatto wall. From here, the route follows the famous trail that circles the entire Sassopiatto and Sassolungo massif, one of the most appreciated panoramic circuits in the Dolomites.

Proceeding westward, the path maintains a relatively constant altitude while entering the impressive natural amphitheater created by the two mountains. Along the way, you can admire the steep rock faces that have made this area a paradise for climbers from around the world.

The trail continues toward the Val Gardena side, where the landscape changes slightly, offering open views of the valley and the surrounding mountains. You pass by Rifugio Vicenza, an ideal stopping point before continuing to the western part of the massif.

Continuing the circuit, you arrive at Rifugio Comici (2,153 m), dedicated to the famous alpinist Emilio Comici and situated in a privileged position with views of the vertical walls of Sassolungo. From here, the path continues through the evocative "City of Stones" (Città dei Sassi), an area characterized by enormous rock blocks that have fallen from the overhanging walls over millennia, creating an almost surreal landscape that seems to come from a fantasy tale.

The final stretch of this section gradually climbs toward Passo Sella (2,180 m), an important Dolomite pass that marks the border between Val Gardena and Val di Fassa. The pass offers a privileged view of the Sella group and the Marmolada, setting the stage for the next section of the route.

Technical notes: Although technically less demanding than the Catinaccio section, this part still requires good physical preparation. During high season, this itinerary can be quite crowded with hikers.

SELLA-PORDOI

Distance: 20 km

Technical difficulty: High

Mountain huts: Rif. Boè, Capanna Piz Fassa, Rif. Forcella Pordoi, Passo Pordoi

Water: Available at Rif. Boè, Capanna Piz Fassa, Rif. Forcella Pordoi, Passo Pordoi, Canazei and Alba di Canzei

This section begins at Passo Sella (2,180 m), an important Dolomite pass that offers a 360-degree panoramic view of the surrounding mountain groups. From here, take the trail that climbs up the striking Val Lasties, a couloir that ascends into the heart of the Sella massif.

The climb up Val Lasties represents one of the most challenging stretches of the entire route, with a significant elevation gain to tackle. After overcoming this section, you reach Rifugio Boè (2,871 m), positioned in an extremely panoramic high-altitude and lunar environment, where you can refill water and catch your breath.

From here, continue further uphill towards the summit of Piz Boè (3,152 m), the highest point of the entire Dolomiti Ultra Tour. This peak offers one of the most spectacular panoramas in all the Dolomites, with views that on clear days extend to the Austrian Alps. Near the summit is Capanna Fassa, a small emergency shelter.

From the summit, begin descending towards Forcella Pordoi and its Refuge (2,848 m), an exposed passage that connects the Sella group with the Passo Pordoi side.

The trail continues downhill to Passo Pordoi (2,239 m), another important Dolomite pass and rest point. From here begins a long descent to the valley floor, first on trails and then on forest roads, leading to Canazei and subsequently to Alba di Canazei, inhabited centers where it's possible to stock up on food and equipment.

This stage represents an important logistical point of the route, being the only one where you pass through populated centers with shops and services before tackling the subsequent Marmolada section.

Technical notes: The ascent to Val Lasties and Piz Boè is technically and physically demanding. Canazei represents the last significant resupply point before the Marmolada, so carefully evaluate what supplies to gather.

MARMOLADA-VALLACCIA

Distance: 26 km

Technical difficulty: Medium-high

Mountain huts: Rif. Contrin, Rif. Passo San Nicolò, Baita alle Cascate, Malga Monzoni, Rif. Vallaccia

Water: Available at Rif. Contrin, Rif. Passo San Nicolò, Baita alle Cascate, Malga Monzoni, Rif. Vallaccia and Stazione di Lusia

From Alba, take the trail that climbs up Val Contrin, an enchanting valley that progressively opens up, offering spectacular views of the Marmolada, the "Queen of the Dolomites."

The ascent is steady but never too steep, allowing you to enjoy the surrounding landscape. After about 7 km, you reach Rifugio Contrin (2,016 m), a historic alpine refuge of the SAT positioned in a wide plateau at the foot of the southern walls of the Marmolada. The refuge is an important rest stop and water resupply point.

From here, the route changes direction and begins to climb more decisively towards Passo San Nicolò (2,338 m), a panoramic pass that offers spectacular views on both sides. At the pass you find its refuge, another possible stop for a short rest.

After crossing the pass, we begin descending along the other side until Baita alle Cascate, a picturesque refreshment point located near some suggestive waterfalls. The name is not coincidental: this area is characterized by numerous waterways descending from the surrounding mountains. The route continues, climbing slightly towards Lagusel, a small alpine lake nestled among the mountains. From here, we enter the wild Val Monzoni, less frequented than other areas of the Dolomites but of extraordinary natural beauty. The valley is characterized by wide pastures alternating with rocky areas and it is very rich in alpine flora.

After crossing Val Monzoni, face the last significant climb of this section to reach Rifugio Vallaccia (2,275 m), positioned in a highly evocative environmental context. The refuge offers an excellent view of the surrounding mountains and represents the last refreshment point before the final descent towards the Lusia ski station.

Technical notes: This area is less frequented than other parts of the route, so it is advisable to pay particular attention to your safety and autonomy, and to your water and food reserves.

VIEZZENA

Distance: 19 km

Technical difficulty: Medium-high

Mountain huts: Rif. Larezila, Rif. Lusia, Predazzo

Water: Available at Rif. Larezila, Rif. Lusia and Predazzo

The final section of the Dolomiti Ultra Tour begins at Lusia Station (1,550 m), the terminal point of the ski lifts that start from Moena. From here, the route immediately takes an uphill path through coniferous forest, towards Rifugio La Rezila, a welcoming refreshment point nestled in the woods. The trail continues to climb, alternating wooded stretches with panoramic openings that offer increasingly wide views of Val di Fiemme and the surrounding mountains. Continuing the ascent, you reach Passo Lusia (2,055 m), an important trail junction and home to the refuge of the same name. The pass marks the entrance to the high-altitude pasture area that characterizes this region, with open and panoramic views in all directions.

From here begins the most challenging stretch of the final section: climb following the ski slope track towards Le Cune, rapidly gaining altitude. Following the ridge line, you reach Cima Viezzena (2,471 m), an important peak that offers a circular panorama of Val di Fiemme, Val di Fassa, and the main Dolomite chains crossed in previous days: Catinaccio, Sassolungo, Sella, and Marmolada are all visible in the distance, offering a visual summary of the entire route.

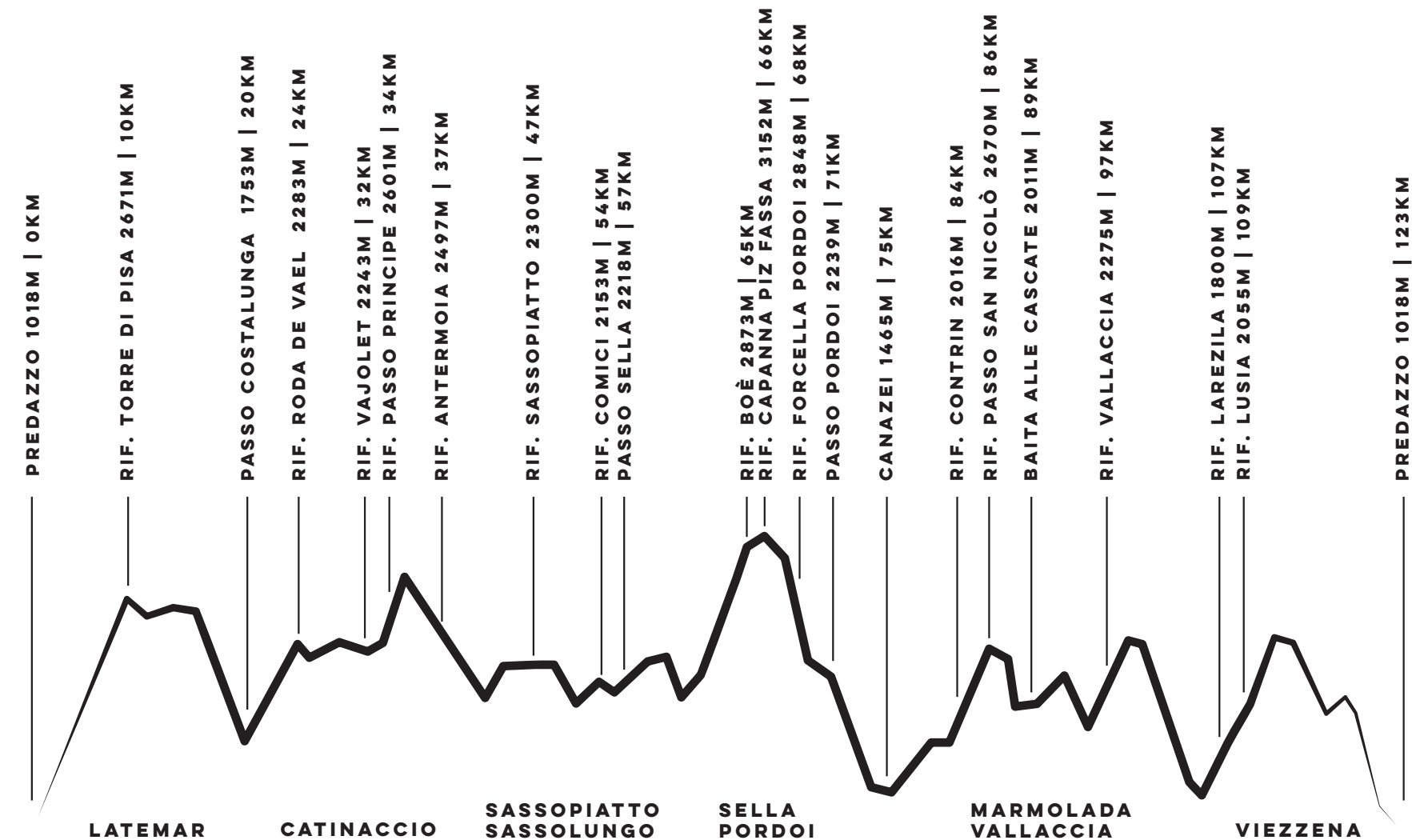
From Cima Viezzena, continue along the thin and panoramic ridge that leads to Cima del Mulat (2,150 m). This exposed stretch requires attention and sure footing, but rewards with unique emotions and sheer drops on both sides.

After Cima del Mulat, begin the final descent towards Predazzo.

The descent finally ends in Predazzo (1,018 m), the starting and finishing point of the Dolomiti Ultra Tour. The circle closes, bringing us back exactly where we started the adventure, but with a significantly richer baggage of experiences, emotions, and memories.

Technical notes: The ridge section between Cima Viezzena and Cima del Mulat is exposed and requires attention, especially in conditions of strong wind or poor visibility.





DOLOMITI+ ULTRA TOUR

FKT 120KM

“CHI PIÙ ALTO SALE, PIÙ LONTANO VEDE; CHI PIÙ LONTANO VEDE, PIÙ A LUNGO SOGNA.”

FELICE BONAITI