OFF THE BEATEN TRACK DOLOMITES self-guided

A journey through Monti Pallidi

Reference · 201

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic or comfort	**3/4 ★★★☆**	**710 €**

The Dolomites... a geological as well as aesthetic must-see for mountain lovers... a unique name to describe more than fifteen "gruppo" mountains all with different looks.
This tour through the western Dolomites invites you to enter the intimacy of four of these massifs: Puez-Odle, Sella, Sasso-Lungo and Rosengarten, enabling you to approach a little this surprising diversity...
Landscapes that take you from mineral lace into a huge stone vessel, from a vast lunar plateau to green pastures and ending in the fantastic scenery of the Catinaccio. Gastronomy playing with flavours from Central Europe to the Mediterranean and as varied as the cuisine are the languages... mixing Italian, German and Ladin.
A hike to meet all the richness of this region!

You will love

- The diversity of landscapes and routes
- The contrast between the starkness of the Sella massif and the opulence of the Odle and Siusi alpine pastures
- The fantastic movie like atmosphere of Catinaccio
- The well equipped passages (steps, handrails and cables)... making these stone fortresses so accessible
- Cosy accommodations, warm welcome and local gastronomy uniting Italy and Austria
- A comfort option is available

Day-by-day itinerary

DAY 1

Departure point in Ortisei/ St Ulrich, Val Gardena.

ORTISEI - ODLE NATUREL PARK

Take the Furnes cable car, the first climb is a little steep into the forest and the path leads to the vast Seceda pasture, green meadows and "Pale Mountains" of the Odle mountain chain. And then... here you are in the Dolomites! Crossing the pastures to the Firenze hut is easy, going close to the cliffs via the Forcella Pana and Pieralonga. For a more gentle start, the Seceda cable car allows you to reach the plateau directly. Night in a refuge at 2000m, at the foot of the fabulous Odles**, without baggage**.

4.5 hour walk / Elevation: +800 m - 460m / 9km

2 hour walk / Elevation: -450m / 5km from the top of Seceda cable car

DAY 2

TRAVERSE THE PUEZ MOUNTAINS - PASSO GARDENA

The day begins in the beautiful Sieles valley to reach the Forcella de Sieles. The path goes along the ridge, secured by several short cabled sections, before reaching the great circus of Puez. The grassy terraces alternate with a mineral landscape as you cross the plateau overlooking the immense Vallunga canyon, ending in beauty at the Pizes de Cier and their unusual rock towers. Night in hotel, on the col route.

6.5 hour walk / Elevation: +900m -800m / 15km

DAY 3

HIGH SELLA PLATEAU - PASSO SELLA

Total immersion in the mineral atmosphere of the Dolomites whilst crossing one of its highest mountains: the "Gruppo del Sella" ! From the col, the path joins the heart of this immense stone vessel via the Val Setus passage, equipped with cables and steps for easy and safe contact with the famous "Via Ferrata". After a short break at the refuge and the Pisciadu lake, the path continues in an increasingly lunar atmosphere to reach the high plateau of Sella, at an altitude of 2900m. Going down via Val Lastie, or by taking the Sas de Pordoi cable car. Short bus transfer (public bus) to Passo Sella. In case of bad weather, a route bypassing the mountain range is possible. Night in refuge.

6 hour walk / Elevation: +900m -1200m / 10km

5 hour walk / Elevation: +1100m -300m / 9 km (descent in Sas de Pordoi cable car)

DAY 4

SASSO LUNGO - CRÊTES DE SIUSI - ALPE DE TIRES

A day between the emblem of the Val Gardena, the Sasso Lungo and the elegant Rosszähne, along the Royal Trail Friedrich August and then along the ridge "auf der Schneid" ("On the Edge") that dominates the largest alpine pasture in Europe: the Alp of Siusi. This quiet route allows you to enjoy the other face of the Dolomites: vast pastures, "Grise of Tyrol" with curious eyes, juggling with Italian, German or Ladin language... A more alpine route is possible through the massif by the Forcella Sasso Lungo. Installation for 2 nights in a refuge at 2440m.

5 hour walk / Elevation: +700m -400m / 13km
7 hour walk / Elevation: +1200m -950m / 16km (via Forcella Sasso Lungo); Possibility of taking the cable car up

DAY 5

ROSENGARTEN - ANTERMOIA - ALPE DE TIRES

Depart for another day in an out of the extraordinary setting in the heart of Rosengarten (or Catinaccio). Molignon, Antermola, Val Duron... a journey through all the nuances of the mineral colour palette of the Monti Pallidi: ochres, whites, dark gray, dolomite, gypsum, volcanic rocks... enhanced by the turquoise blue of Lake Antermoïa and the great green of the pines. A colourful itinerary! Return to the refuge.

6 hours walk / Elevation: +/-1100m / 14km

DAY 6

ALTIPLANO DELLO SCILIAR - ALPE DI SIUSI

From the refuge, the route starts with the Sciliar altiplano with the possibility of reaching the Mount Petz summit to enjoy a 360° view over the Dolomites of Bolzano. The return to the Alpe de Siusi is then a gentle descent that once again reveals the exceptional skill of the Ladins in building the roads through their mountains. From Compatsch, take the bus down to Seis or the Alpe de Siusi cable car.

3 hour walk / Elevation: +70m -700m / 7 km (direct return to Compatsch)

5.5 hour walk / Elevation: +450m -1100 / 14 km (via Altiplano dello Sciliar)

End point in Seis/ Siusi in the afternoon.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

ON REQUEST EXTENDED ITINERARY ON 7 DAYS

ORTISEI - MONT DEDORA

Departure from the village with a first ascent in the forest. The path arrive on the large pasture of Mont Dedora... The viewpoint is incredible on all the Dolomites massifs of Val Gardena and the continuation of the hike. Night in a cosy refuge, ***without the luggage****.*

4h walk / Elevation : +1100 m

Dates and prices

DEPARTURES AND PRICES

Daily departure from the end of June to mid-September 2026

Without baggage transport
710€ per person, classic version.
840€ per person, comfort version.

With baggage transport (except day 1)
Group of 2 persons: 1130€ per person, classic accommodation
Group of 3 persons: 990€ per person, classic accommodation
Group of 4 persons: 930€ per person, classic accommodation
Group of 5 persons: 880€ per person, classic accommodation
Group of 6 persons: 850€ per person, classic accommodation

Optional extra :
Extra day (Ortisei - Mont Dedora) :
130€/person in classic version
190€/person in comfort version

Comfort supplement only from 2 participants : 130€ per person (5 nights in a 2/4-person bedroom)

THE PRICE

The price includes:

- Accomodations with half-board formula;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Organisation and booking fees;
- Daily baggage transport (except day 1), if you have chosen this option;
- Tourist tax.

The price does not include:

- Picnic lunches;
- Optional shower tokens;
- Personal expenses, drinks, touristic visits, etc.;
- Optional bus or cable car (from 20€ to 60€ per person, according to the chosen options);
- Guiding: your are responsible for your own safety ;
- The return journey from your home;
- Cancellation insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 750m average per day.
Walking time: 4.5 to 7 hours per day with optional itineraries.
Type of trek: mountain hike on well marked trails without technical difficulty. There are some aerial passages well equipped with cables.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.
Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read a 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:
- The Tabacco maps
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

ACCOMMODATION AND MEALS

CLASSIC: 4 nights in a dormitory, in a refuge. Remember to bring your own sleeping bag liner and pillowcase. 1 night in hotel in room for 2 to 4 people.
COMFORT: subjecto to availability on reservation, up to 5 nights in twin bedroom (or triple bedroom)

All accommodation has hot showers, however access to showers is not guaranteed during periods of drought.

MEALS

Breakfasts and dinners are served in accommodation.
Picnics are not included. Some hikers prefer to take the opportunity to eat in mountain refuges along the route or you will need

to provide your own picnics or order a picnic lunch the night before at your accommodation.

Please inform us about your food allergies and special diets **at the time of booking.**
We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

RESPONSIBLE TOURISM

The route has been modified to offer one night at the heart of the mountains. As a consequence, day 1 is without luggage transport. We made that choice to offer an enchanting route, limit the environmental impact but also to lower the cost of the journey.

MAPS

Tabacco Map 05 Val Gardena - Alpe di Siusi (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Departure point in Ortisei/ St Ulrich, Val Gardena.

BY TRAIN (and bus)
Paris - Milan - Verone - Bolzano www.oui.sncf www.trenitalia.com
Regular buses between Bolzano/Ortisei/Siusi.
Bolzano - Ortisei - Val Gardena, Bus no.350, hourly departures, 60 mins transfer
Siusi - Bolzano, Bus no.170, departures every 30 mins, 30 mins transfer
Siusi - Ortisei, Ortisei - Siusi, Bus no.4 departure every 75mins (from 8.10am / 8.45am), 30 mins transfer
www.valgardena.it/en/bus-schedule www.sii.bz.it/en

BY CAR
Via Milano, Verona, Bolzano and Val Gardena / Gröden.
Free parking in Seis / Siusi (Seiseralm gondola). From the parking, bus 172 to Ortisei. Start at 11:50 >> 12:25 Ortisei (or 10:50 >>11:25).
https://www.valgardena.it/en/bus-schedule/
Long-term car parks: Ortisei, Val Gardena: parking at Alpe di Siusi gondola 6€ per day.

BY PLANE
Flights to Venice - Munich - Innsbruck or Milan
Bus or train transfer to Bolzano, then bus transfer to Val Gardena

End point in Seis/ Siusi in the afternoon.

ACCOMMODATION BEFORE AND AFTER

Bolzano :
Feichter hotel: www.hotelfeichter.it
Goldstern hotel: www.goldenstern.it
Val Gardena Tourist Office: www.valgardena.it
Seiser Alm (Alpe di Siusi) Tourist Office: www.seiseralm.it www.seiser-alm.it/en
If you wish to extend your stay with a supplementary night(s) before or after your tour it is possible, please contact us.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You

are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

In case of delay please inform us on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Lightweight down jacket
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches (0.40L to 0.50L)
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person** . Your luggage will be transported daily between accommodation (except the first night) by our logistics vehicle where access is not always easy.

Luggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR YOUR NIGHTS WITHOUT LUGGAGE

On night 1, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: please provide your contact details

- Surname, First Name, date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

> Altitude Mont-Blanc
> 62 Passage du Nant Devant
> 74110 MONTRIOND
> FRANCE

Please specify whether you wish to take out an optional cancellation insurance.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% in association with your account details at Altitude Mont-Blanc
('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**OFF THE BEATEN TRACK DOLOMITES self-guided**
Number of days	**6**
Insurance	
Trip price	**710 €**
Estimated deposit (30%)	**213 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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