

## VIA ALPINA part 1

### From Slovenia to Austria



The Alpine Arc stretches from Trieste to Menton over 1,200km of mountains. Each country and massif offering a unique setting. This first section departs in the Slovenian Triglav, takes in the Italian Dolomites and finishes in the Austrian Tyrol.

It all starts with the Triglav, a limestone so white that it sparkles like ice in the sun! This is where the Soca river, the most beautiful river in the Alps nestles with its emerald waters. The towers and cliffs of the Dolomites in Italy follow, a massif unique to the Alps, with incredible citadels which we encounter on this renowned Alta Via part 1. This section ends in the mountains of the Austrian Tyrol with some days spent hiking on the legendary "Berliners' path" as close as possible to the Zillertal glaciers.

14 days of roaming in three character filled massifs, an alternation of mountain refuges and comfortable gîtes, possible summit ascents for the pleasure of the eyes and to challenge you physically and transfers which enable the opportunity to embrace the landscape... We have designed this first section of the Via Alpina from Ljubljana to Innsbruck to set the tone all the way to the south of France!

 14 days

 Guided / with a guide

 With baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 1990€

### You will like

- Crossing three colourful massifs
- The possible ascent of several peaks during the hike
- Mountain refuges and comfortable gîtes in the valley
- The first stage in traversing the Alpine Arc!

# The route

## Day 1

Meeting point at Ljubljana airport at 2:30pm, taxi transfer to departure point.

### LJUBLJANA - UKANC

Nice climb to the Melkersch the last mountain pass of this section of Via Alpina, at an altitude of 2814m, passing via the lake of Schwarsensee. It only remains now to descend into the small Gunggl valley, to the village of Glinzling. Here is where this adventure ends. Descend by small bus to Mayrhofen and return to civilisation. Night in a hotel or gîte.

## Day 2

### VOGEL - BOGATINOM

Climb via the cable car to Vogel then hike along a balcony trail to the foot of Mont Vogel. Traversing amongst the lapiaz to reach the high valley of Spodnjajakomna with a breathtaking view of the Triglav Alps. Arrive at Refuge Bogatinom. Night in a refuge.

6 hour walk / Elevation: +/-500m

## Day 3

### VALLEY OF THE 7 LAKES

Traverse the almost lunar like mineral plateau in the valley of the 7 lakes, the heart of the Triglav National Park just below the highest peak in Slovenia. Arrive at Refuge Dolicu. Night in a refuge.

7 hour walk / Elevation: +1000m -350m

## Day 4

### TRENTA - SOCCA

The impressive descent from above the valley leads to the small hamlet of Trenta for our overnight stay. Optional easier afternoon hike along the most beautiful river in Slovenia, the Socca, nicknamed the Emerald Beauty. This small river attracts photographers from around the world for its emerald green and ultramarine blue colours. Night in a gîte.

Elevation: -1500m  
the Socca

4 hour walk /  
2 hour walk along

## Day 5

### FRIULAN DOLOMITES

2 hour 40mins transfer from Trenta to Forni di Sopra. Visit the village decorated with murals illustrating scenes from traditional life. Also an opportunity to do some shopping in this small touristic village. In the afternoon, departure for the Giau Refuge at the foot of the Friulan Dolomites. Night in a refuge (\*without baggage).

2 hour walk / Elevation: +480m

## Day 6

### SCODAVACA PASS

Climb to the most geometric mountain pass in the Dolomites. Descend to the Padova refuge, then to Lago di Cadore. Transfer to the refuge (60mins). Night in a refuge.

6 hour walk / Elevation: +660 -1250m

## Day 7

## **COL FISCALINO AND TRE CIME**

The day begins gently along the river. The path becomes steeper to reach the foot of the Cima Una. From here we continue to hike into a mineral universe, very particular to the Dolomites. Cross the Fiscalino pass and to the pretty little mountain refuge of Cengia at 2528m, before starting the descent which leads us to the foot of the famous Tre Cime di Lavaredo. A spectacular day, surrounded by peaks and cliffs. Night in a refuge.

6 hour walk / Elevation: +1200m -350m

## **Day 8**

### **FROM TRE CIME TO PRATO PIAZZA**

After the north face of Tre Cime, descend into the Landro Valley. Followed by a fairly steep climb, with a 50m well secured cabled section which contours the Strudelkopf. Cross the Specie pass and descend to the plateau and immense pasture of Prato Piazza. Night in a refuge.

6.5 hour walk / Elevation: +800m -1100m

## **Day 9**

### **SENNES PLATEAU AND CRODA DEL BECCO**

Nice altitude traverse under the foothills of the Croda Rossa. The path then crosses a karst plateau to reach the Sora Forno pass just above the Biella refuge at the foot of the Croda del Becco. Descend to the refuge at 2327m. Night in a refuge (\*without baggage).

5 hour walk / Elevation: +850m -200m

Option to hike to the summit of Croda del Becco (2810m)

+2.5 hour walk / Elevation: +/-420m

## **Day 10**

### **BRAIES LAKE AND PFITSCHERJOCH**

Descend to Lake Braies. The path crosses through a real alpine garden along the immense dolomitic scree. Transfer (2 hours) to the Pfitscher Valley on the Italian side of the Zillertal, here we can already see strong Austrian influenced architecture. The opportunity to reunite with your baggage and repack your overnight backpack. Departure for the Pfitscherjoch Refuge, sitting on a lakeside just before the border pass into Austria. Night in a refuge (\*without baggage).

2.5 hour walk / Elevation: -800m

hour walk / Elevation: +840m to Pfitscherjoch Refuge

2.5

## **Day 11**

### **ROTBACHLSPITZE AND THE BERLINERS' PATH**

In the morning, possible ascent to the Rotbachlspitze summit at 2897m for a spectacular panoramic view of the neighbouring ice giants including Hochfeiler (3509m) and Olperer (3476m). Retrieve the bags from the refuge and descend from the Lanitz valley to the lake-dam which we follow for a few kilometres. Climb the vast glacial cirque of the Grober Moseler (3480m) and the Hochfeiler (3509m) to reach the Furtshagl Refuge, on the altitude trail of the Berliners which we will follow for 3 days. Night in a refuge (\*without baggage).

4 hour walk / Elevation: +450m -800m

3.5 hour walk / Elevation: +620m to the Rotbachlspitze summit

## **Day 12**

### **SCHONBICHLER HORN AND BERLINER HUTTE**

Early departure for the (optional) ascent of the Schonbichler Horn (3134m) the highest point along this altitude trail. A fairly technical ascent with cabled sections on the final ridge as well as at the start of the descent. Join the valley and then the Berlinerhutte. Depending on availability, the night is planned in this superb refuge, built in 1879 and classified as a historic monument! Night in a refuge (\*without baggage).

6.5 hour walk / Elevation: +840m -1010m

## **Day 13**

## **MAYRHOFEN**

Nice climb to the Melkersch the last mountain pass of this section of Via Alpina, at an altitude of 2814m, passing via the lake of Schwarsensee. It only remains now to descend into the small Gunggl valley, to the village of Glinzling. Here is where this adventure ends. Descend by small bus to Mayrhofen and return to civilisation. Night in a hotel or gîte. Dinner in a restaurant of your choice (\*not included).

7 hour walk / Elevation: +770m -1800m

## **Day 14**

### **INNSBRUCK**

in the morning to Innsbruck airport (60 mins transfer).

Depart

**End point around 11:00am at Innsbruck train station or airport.**

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.

# The trip

## LEVEL \*\*\*

Elevation: +/- 800m approximately per day.

Walking time: 6 to 7 hours per day.

Type of trek: this tour is a mountain route on marked trails with rough stony sections and some sections well equipped with cables. Good physical preparation before departure is essential.

## GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader.

## ACCOMMODATION

6 nights in gites and refuges with baggage  
without baggage shared  
rooms of 2-4 people  
All accommodation offer hot showers

7 nights in refuges  
Accommodation in either dormitories or shared

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

## YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

For the nights without your baggage at the accommodation, here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag and quick dry towel.

- sleeping bag liner sheet

underwear to alternate wash and drying each day.

- change of clothes (bare necessities!) eg. long sleeve t-shirt and leggings for the evening which can double as pyjamas or clean tshirt in evening can be worn the next day to hike etc.

- 1 pair of socks and

# Practical information

## ACCESS TO DEPARTURE POINT

Meeting point at Ljubljana airport at 2:30pm, taxi transfer to departure point.

### BY PLANE

- Ljubljana  
[www.airfrance.fr](http://www.airfrance.fr)  
Paris  
change in Frankfurt

Inbound: Paris

Return: Innsbruck -  
[www.austrian.com](http://www.austrian.com) [www.lufthansa.com](http://www.lufthansa.com) with flight

### BY TRAIN

Paris

[www.oui.sncf](http://www.oui.sncf)

Innsbruck - Zurich -

End point around 11:00am at Innsbruck train station or airport.

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. 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

If you are late please contact the agency as soon as possible **+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07**

# Dates & prices

## THE PRICE

### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and simple snacks during the day;
- Accommodation in gîtes, refuges and small hotels, including the tourist tax;
- Baggage transport between accommodation (except Days 5, 9, 10, 11 and 12)
- Bus transfers.

### The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Airport taxes;
- Cancellation insurance;
- Your return journey from home to departure/end point.

**The price is all inclusive from departure to end point.**

# Equipment and baggage

## 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
- 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
- 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 40 to 50 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.

## BAGGAGE TRANSPORT

Your baggage will be transported daily (except Days 5, 9, 10, 11 and 12) between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

*If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.*

# Details

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)

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

- By post: Please provide your 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  
180, route du lac  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% 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.

## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE