



ALTA VIA 1 - TREKKING IN THE DOLOMITES

Includes 1:25,000 map booklet

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Author: **Gillian Price**

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The Alta Via 1 is one of Italy's most famous and most popular long-distance routes and is the easiest of six Alta Via routes that traverse the Dolomites. Extending 115km from Lago di Braies to La Pissa, the hut-to-hut trail showcases the region's magnificent mountain scenery. Although it demands a moderate level of fitness, it is well waymarked and follows clear well-trodden paths, making it ideal for those new to alpine trekking. Welcoming refuges offer meals and accommodation along the way, though camping is also possible on the middle stages (restrictions apply elsewhere).

This guide presents AV1 in 11 stages, each of which includes overview statistics, a brief summary of the day's walking and detailed route description illustrated with clear mapping. Also provided are comprehensive notes on the huts the route passes, with contact details and tips on facilities available. There are facts about local points of interest, background information on the region's geology, plants and wildlife and a wealth of advice on transport, accommodation and equipment, plus suggestions for creating shorter itineraries should time be limited. Appendices containing further useful contacts and an Italian–English glossary complete the package.

The AV1 is a wonderful way to experience the celebrated scenery of the Dolomites. (Weather permitting) an estimated 80% of the range can be seen from the trail, with highlights including fantastic views of the Tofane, Pelmo and Civetta and the iconic Marmolada with its glacier. With straightforward access via Venice, Treviso or Monguelfo, it is sure to appeal to lovers of great mountain vistas – be it their first alpine trek or their hundredth!

Key marketing points

- Includes a separate map booklet of 1:25,000 Kompass mapping needed to complete the route
- The Alta Via 1 is one of Italy's most famous and most popular long-distance routes

About the author

Gillian Price has trekked throughout Asia and the Himalaya but now lives in Venice. Gillian has steadily explored the mountain ranges of Italy, and Corsica, and brought them to life for visitors in a series of outstanding guides for Cicerone. She is an active member of the Italian Alpine Club (CAI) and Mountain Wilderness.

Related books

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