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ALTA VIA 1: TREKKING IN THE DOLOMITES - CICERONE (9781786310811)

Description du produit

Guidebook describing the 115km Alta Via 1, a hut-to-hut long-distance trail through the magnificent Italian Dolomites. Easier than the other AV trails, the route extends from Lago di Braies to La Pissa and is presented in 11 stages. It offers majestic mountain vistas, including views of the Marmolada, Pelmo and Civetta. Includes 1:25K map booklet.

Alpine summer - mid-June to late September - is the time to go, so that the huts are all open for accommodation and meals and the paths mostly free of snow. Midsummer is the perfect time to enjoy the myriad wildflowers that brighten the rocky slopes and meadows and to be entertained by the frolicking marmots who are by then out of hibernation.

Centres: Lago di Braies, Cortina d'Ampezzo, Agordo, Belluno

Alta Via 1 is a perfect introductory trek to the Dolomites and while the paths are not a seaside stroll, they are not overly difficult. No special equipment is necessary. Easier path variants are detailed where useful. Overall AV1 rates as Grade 2, suitable for fit walkers with some experience of alpine terrain and conditions.

Breathtaking views of an estimated 80% of the Dolomites, including the Tofane, Pelmo and Civetta, as well as the glaciated Marmolada; memorable stays in comfortable high-altitude alpine huts.

Maps

The maps in this book, at a scale of 1:75,000, show the route location and give information about important landmarks and geographical features. The map booklet (1:25,000) that accompanies this guide gives more detail.

Typical AV1 waymarking

As an alternative to the Kompass maps in the included map booklet, the Tabacco 1:25,000 carta topografica per escursionisti are also excellent. They can be consulted and ordered at www.tabaccoeditrice.com. Smartphone users can download Tabacco's app for digital maps at <https://tabaccomapp.it>. The hard-copy maps are sold throughout the Dolomites. Leading overseas booksellers include www.omnimap.com in the US and the Map Shop (www.themapshop.co.uk) or Stanfords (www.stanfords.co.uk) in the UK, if you prefer to purchase them beforehand.

With slight overlaps, the following sheets are needed:

031 Dolomiti di Braies for Stages 1–2 03 Cortina d'Ampezzo e Dolomiti Ampezzane for Stages 2–4 and first part of Stage 5 025 Dolomiti di Zoldo, Cadorine e Agordine for Stages 5 (second part) to 11.

The glossary in Appendix B includes terminology found on maps.



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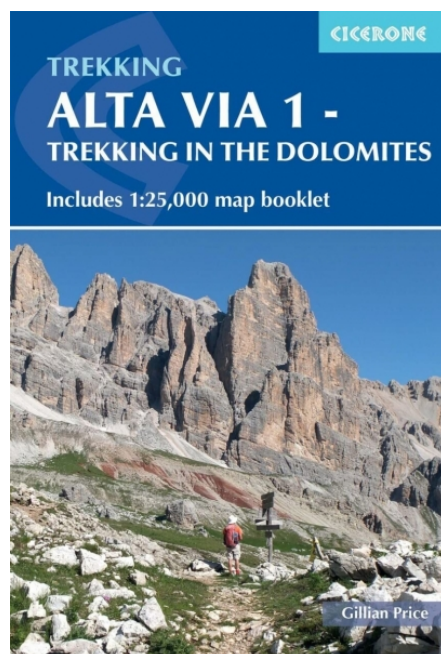
Edition: Fifth

Pages: 112

Size: 17.20 x 11.60 x .70cm

Prix : 37.95\$

Photo principale





Photos secondaires



AV1 - 1 - From the 1st to the 2nd

STAGE 2
Ridge from Braies to Lago di Braies

Start	Braies
End	Lago di Braies
Total ascent	170m
Total descent	0m
Time	1h 30m

Today, the AV1 crosses an old railway track which was built in 1900 and was used for the transport of coal. The railway was closed in 1980 and the track was abandoned. The AV1 project is a 1.7 km long path that follows the old railway track and crosses the ridge between Braies and Lago di Braies. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths.

STAGE 3
Ridge from Lago di Braies to Cortina

Start	Lago di Braies
End	Cortina
Total ascent	170m
Total descent	0m
Time	1h 30m

The AV1 project is a 1.7 km long path that follows the old railway track and crosses the ridge between Lago di Braies and Cortina. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths.

AV1 - 2 - From the 2nd to the 3rd

STAGE 3
Ridge from Cortina to Sesto

Start	Cortina
End	Sesto
Total ascent	170m
Total descent	0m
Time	1h 30m

The AV1 project is a 1.7 km long path that follows the old railway track and crosses the ridge between Cortina and Sesto. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths.



AV1 - 3 - From the 3rd to the 4th

STAGE 4
Ridge from Sesto to Cortina

Start	Sesto
End	Cortina
Total ascent	170m
Total descent	0m
Time	1h 30m

The AV1 project is a 1.7 km long path that follows the old railway track and crosses the ridge between Sesto and Cortina. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths. The path is a mix of old railway tracks and new paths.

