DOLOMITES TREK COMPARISON

Hiking Traverse

Hiking Day	Hike Description	Hiking Distance / Time
DAY 1	Hike around Sasso Lungo	6-7 hours hiking 18 km / 11 miles, 850m / 2,788' ascent and descent
DAY 2	Hike from Selva to Corvara in Alta Badia	6 hours hiking 12 km / 7½ miles, 424m / 1,390' ascent, 914m / 3,000' descent
DAY 3	Hiking in Santa Croce Sanctuary	5-6 hours hiking 10-11 km / 6-7 miles, 480m / 1,580' descent
	Longer option:	1-hour ridge hike from Passo Cir to Sass Ciampac (2,673m / 8,770')
DAY 4	Hike from Capanna Alpina to Fanes-Sennes-Braies	4 hours hiking 8km / 4.9 miles, 564m / 1,850' ascent, 229m/ 751' descent
DAY 5	Hike from Natural Park of Fanes-Sennes-Braies to Cortina	5.5 hours hiking, 13km / 8 miles, 580m /1,903’ ascent, 1,392m / 4,567’ descent
DAY 6	Hike to the Tre Cime di Lavaredo	6 hours hiking 12.8km / 8 miles, 610m / 2,000' ascent, 549m / 1,800'descent

Alta Via 1 / Part 1

Hiking Day	Hike Description	Hiking Distance / Time
DAY 1	Hiking From Lago di Braies to Sennes	5 hours hiking, 13,3km / 8,3 miles, 1,179m / 3,871' ascent, 718m / 2,358' descent
	Additional hike:	2km / 1,2 miles, 210m / 689' ascent, 33m / 108' descent one way
DAY 2	Hike Altopiano di Fanes	4 hours hiking 7,4km / 4,6 miles, 700m / 2,298' ascent, 599m / 1,966' descent
DAY 3	Hike Cime di Fanis & Lagazuoi Massif	6 hours hiking 11,5km / 7,2 miles, 1,121m / 3,679' ascent, 515m / 1,690' descent
DAY 4	Hiking Cinque Torri	6-7 hours hiking 17,7km / 10,9 miles, 1,103m / 3,621' ascent, 1,541m / 5,058' descent
	Shorter hike:	Option for a shorter hike, using the Lagazuoi cable car, not included

DOLOMITES TREK COMPARISON

Alta Via 1 / Part 2

Hiking Day	Hike Description	Hiking Distance / Time
DAY 1	Hike Lagazuoi Massif	3-4 hours hiking 5.6km / 3.4 miles, 1,090m / 3,570’ ascent, 63m / 207' descent
DAY 2	Hike Cinque Torri	6-7 hours hiking 17.7km / 10.9 miles, 1,103m / 3,621' ascent, 1,541m / 5,058' descent
	Shorter hike:	Option for a shorter hike, using the Lagazuoi cable car, not included
DAY 3	Hike Pelmo and Civetta Massifs	5 hours hiking 12,5km / 7,8 miles, 487m / 1,597' ascent, 946m / 3,105' descent
DAY 4	Hike Civetta & Moiazza	5.5 hours hiking 10.8km / 6.7 miles, 1,130m / 3,707’ ascent, 644m / 2,113’ descent
DAY 5	Hike Passo Duran	7 hours hiking 15.6km / 8.4 miles, 983m /3,225’ ascent, 1,649m / 5,410‘ descent

Best of the Dolomites: Hiking & Gourmet

Hiking Day	Hike Description	Hiking Distance / Time
DAY 1	Hiking Tre Cime di Lavaredo	4 hours hiking 8.6km / 5.4 miles, 568m / 1,863' ascent and descent
	Longer option:	Optional longer hike
DAY 2	Hiking Alpe di Sennes Circuit	4 hours hiking 9km / 5.5 miles, 500m / 1,640' ascent and descent
		Optional longer hike
DAY 3	Hiking Cinque Torri Area	4-5 hours hiking 6.9km / 4.3 miles, 477m / 1,566 ascent, 615m / 2,019' descent
DAY 4	Hiking Santa Croce Sanctuary	4-5 hours hiking 11km / 7 miles, 590m / 1,935' ascent and descent
DAY 5	Hiking Fanes-Sennes-Braies	6 hours hiking 16km / 10 miles, 600m / 1,968’ ascent and descent