

WALKS: GUIDED EXCURSIONS IN ALTA BADIA

The tourist board Alta Badia organizes weekly guided excursions in our beautiful mountain scenery.

A local expert guide will show you the most beautiful spots of our valley. For all the following excursions the number of participants is limited (min 5 max 15), therefore we recommend to book at least one day in advance at the tourist offices. Our guides speak mostly Italian or German

The excursions in the Natural Parks are organized by the office of Natural Parks Bolzano



- ♣ “walk and pleasure“ includes all excursions with this sign (ask for the detailed programme in the tourist offices Alta Badia)

MONDAY

WALK TO THE LADIN FARMHOUSES IN BADIA ♣

Dates: every Monday from 18.06 - 17.09.2012

Itinerary: Badia - Anvi - Suttrù - Oies - Rainé - Alfarèi - Ruac - Fussè - Coz - Badia

Difficulty: easy

Walking: 3 hours

Meeting: 9.15 am tourist office Badia

Return: around 5 pm

Lunch: lunch at the farmhouse Alfarèi

Price: € 25,00 lunch included
from 5 to 12 years € 15,00; free for children younger than 4 years

with Mountain Pass Alta Badia -30%:

€ 17,50; from 5 to 12 years € 10,50

Guide: Emanuela

EXCURSION NORDIC WALKING “Saùs y sanité“ ♣

Nordic Walking on the Piz La Ila plateau - lunch with dishes created by star-cooks in some Alta Badia mountain huts.

Dates: every Monday from 16.07 - 20.08.2012

Itinerary: route on the Piz La Ila - Piz Sorega plateau with ascent and descent by cable car (for fee)

Difficulty: easy

Walking: 3 hours

Meeting: 10 am tourist office La Villa

Return: around 3 pm (by bus)

Lunch: in a mountain hut

Price: € 30,00 included lunch and rent of nordic walking sticks - with Mountain Pass Alta Badia - 30%:
€ 21,00

Guide: Giuseppe

TUESDAY

EXCURSION THROUGH THE WORLD OF THE MEDICINAL HERBS ♣

Dates: every Tuesday from 19.06 - 11.09.2012
except 21.08.2012

Itinerary: Armentarola - Prè de Costa - Malga Valparola Alm Armentarola

Difficulty: easy

Walking: 3 hours

Hightdrop: ↑↓100 m

Meeting: 9 am tourist office San Cassiano

Return: around 4.30 pm

Lunch: at the Malga Valparola Alm

Price: € 25,00 lunch included; from 5 to 12 years € 15,00
with Mountain Pass Alta Badia -30%:
€ 17,50; from 5 to 12 years € 10,50

Guide: Diego

EXCURSION ON THE ALPS FARM MUNT PLANFISTI ♣

An excursion for knowing the life and the work on the alp.

Dates: every Tuesday from 26.06 - 11.09.2012

Itinerary: Corvara - Planac (by bus for fee) - Ütia la Marmotta
"Hunter's path" - Campolongo - alps farm Munt
Planfisti - Campolongo
Corvara (by bus for fee)

Difficulty: easy

Walking: 3-4 hours

Meeting: 09.10 am Tourist office Corvara

Return: around 5 pm

Lunch: at the Munt Planfisti - in the price not included

Price: € 15,00; from 7 to 12 years € 7,00
free for children younger than 6
with Mountainpass Alta Badia -30%:
€ 10,50; from 7 to 12 years € 4,90

Guide: Emanuela

NATURAL PARK FANES - SENES - BRAIES

Dates: 03.07; 17.07; 31.07; 14.08; 28.08.2012

Itinerary: Capanna Alpina (1.726 m) - Col de Ločia (2.069 m)
Fanès - Pederù (1.545 m)

Difficulty: medium/difficult

Walking: 5-6 hours

Hightdrop: ↑620 m ↓300 m

Meeting: 8 am tourist office La Villa
by bus to Sciarè / Armentarola at 8.05 am

Return: around 6 pm by bus

Lunch: back pack lunch or break in a mountain hut

Equipment: trekking shoes and mountain wear

Price: € 7,00; free for children younger than 14

Guide: Hubert J.

NATURAL PARK PUEZ - ODLE

ITINERARY A:

Dates: 26.06.2012

Itinerary: Colfosco (1.645 m) - Passo Gardena (2.121 m)
Forcela Cir - Forcela Crespèina - Ütia de Puez
(2.475 m) - Val Edelweiss - Colfosco

Difficulty: medium

Walking: 5-6 hours

Hightdrop: ↑620 m ↓1.000 m

Meeting: 9.10 am tourist office Colfosco
by bus to the Passo Gardena

Return: around 6 pm

Lunch: back pack lunch or break in a mountain hut

Equipment: trekking shoes and mountain wear

Price: € 7,00; free for children younger than 14

Guide: Walter

ITINERARY B:

Dates: 10.07; 11.09.2012

Itinerary: Colfosco (1.645 m) - Val Edelweiss - Forcela
Sassongher (2.435 m) - Val de Juel - Para da Gai
Gherdenacia (2.050 m) - La Villa (1.450 m)

Difficulty: medium/difficult

Walking: 5-6 hours

Hightdrop: ↑800 m ↓1.000 m

Meeting: 9.10 am tourist office Colfosco

Return: around 5.00 pm in La Villa

Lunch: back pack lunch

Equipment: trekking shoes and mountain wear

Price: € 7,00; free for children younger than 14

Guide: Walter - Hubert J.

ITINERARY C:

Dates: 24.07; 07.08.2012
Itinerary: Colfosco - Passo Gardena (2.121 m) - Forcela Cir
Forcela Crespèina - Sas Ciampac (2.672 m)
Forcela Ciampèi - Col Pradat - Colfosco (1.640 m)
Difficulty: medium
Walking: 4-5 hours
Hightdrop: 1630 m ↓ 1.100 m
Meeting: 09.10 am Tourist office Colfosco
Return: around 06.00 pm
Lunch: back pack lunch
Equipment: trekking shoes and mountain wear
Price: € 7,00 - free for children younger than 14
Guide: Walter - Hubert J.

ITINERARY D:

Dates: 21.08.2012
Itinerary: Passo Gardena (2.121 m) - Forcela Cir (2.469 m)
Ju de Crespèina - Val de Chedul - Val Lungia -
Selva Gardena (1.566 m) bottom of the cable car
Dantercepies - Passo Gardena
Difficulty: medium
Walking: about 6 hours
Hightdrop: 1400 m ↓ 900 m
Meeting: 9.30 am Passo Gardena in front of Ütia Frara
Return: around 5.00 pm
Lunch: back pack lunch
Equipment: trekking shoes and mountain wear
Price: € 7,00; free for children younger than 14
Guide: Walter

EXCURSION "Geology in the Dolomites - Unesco World Heritage" with geological excursion in the natural park Puez - Odle

Dates: every Tuesday from 03.07 - 04.09.2012
Itinerary: morning: conference (Italian at 10 am and
German language at 9 am) in the Ladin Museum
Ciastel de Tor
afternoon: excursion at Passo delle Erbe
Difficulty: easy
Walking: 45 min. ca.
Hightdrop: ↑↓100 m
Meeting: Museum Ladin Ciastel de Tor
2.30 pm Passo delle Erbe - parking place
Return: around 5.30 pm
Lunch: at free disposal
Price: € 7,00; free for children younger than 14
Guide: Herwig

WEDNESDAY

EXCURSION BETWEEN LEGENDS AND MAGIC ♣

Dates: every Wednesday from 20.06 - 19.09.2012
Itinerary: Sciarè (1.663 m) - Pralongià - Passo Valparola
(2.168 m) - Malga Valparola Alm - Sciarè
Difficulty: medium
Walking: 5 hours
Hightdrop: ↑↓850 m ca.
Meeting: 9.15 am Sciarè/San Cassiano bus stop
Return: around 5.30 pm
Lunch: back pack lunch
Price: € 15,00; from 7 to 12 years € 7,00
free for children younger than 6 years
with Mountainpass Alta Badia -30%:
€ 10,50; from 7 to 12 years € 4,90
Guide: Emanuela

VISIT TO THE MILL OF RÜDEFERIA ♣

with typical snack and entertainment for children on the
“Larch path”

Dates: every Wednesday from 11.07 - 05.09.2012

Itinerary: S. Cassiano - Rü - Rüdferia - Larjëi - S.Cassiano

Difficulty: easy/for families

Meeting: 9.30 am tourist office San Cassiano

Return: around 1 pm

Price: € 15,00; from 7 to 12 years € 7,00;
free for children younger than 6 years
with Mountain Pass Alta Badia -30%:
€ 10,50; from 7 to 12 years € 4,90

Guide: Fortunato and a Natural Park guide

EXCURSION BREAKFAST ON THE MOUNTAIN ♣

Spectacular Dolomite hiking, sunrise on the top of the Cir mountain,
breakfast of local Südtirol products in the Ütia Jimmy

Dates: 22.08; 29.08.2012

Itinerary: Passo Gardena (2.121 m) - Gran Cir (2.592 m) -
Ütia Jimmy - Passo Gardena

Difficulty: medium, on a secured path - for experts only

Walking: 3 hour

Hightdrop: ↑↓400 m

Meeting: Passo Gardena in front of the Ütia Frara
time to be decided each week
between 3.30 and 4.30 am

Return: 9 am

Breakfast: about 7.45 am in the Ütia Jimmy

Equipment: warm clothing, hot drink

Price: € 38,00 breakfast included
with Mountain Pass Alta Badia - 30%: € 26,60

Guide: alpine guide

EXCURSION NATURE AND CULTURE

visit to the Ladin Museum and the Mills Valley

Visit to the Museum of ladin culture and history at the “Tor Castle”
in San Martino with audio - guide. In the afternoon guided visit to
the Mills Valley in Lungiarü. Organisation Museum Ladin

Dates: every Wednesday from 27.06 - 05.09.2012

In the morning: visit to the Museum Ladin Óiastel de Tor

In the afternoon: visit of the Mills Valley

Meeting: 2.30 pm in Lungiarü - center

Return: around 4 pm

Price: € 10,00 for both activities
children from 7 to 17 years € 8,50
free for children younger than 6
€ 5,00 only visit to the mills valley
children from 7 to 17 years € 8,50
free for children younger than 6

Guide: Herwig

EXCURSION ON THE NICEST PATHS OF THE DOLOMITES

Guide: Walter, description see page 99

THURSDAY

ON THE BEAR'S STEPS TO THE CONTURINES GROTTOES

In 1987 a cave with fossil remains was discovered in the mountain of Conturines at an altitude of 2.800 m. The fossilised skull, bones and teeth belong to the *Ursus spelaeus*, a bear that lived in the area about 60.000 years ago. The expert guide will introduce you into the history and evolution of this extraordinary found.

Dates: every Thursday from 28.06 - 06.09.2012

Itinerary: Capanna Alpina (1.726 m) - Col de Ločia
Conturines grottoes (2.750 m) - Capanna Alpina

Difficulty: difficult, for experts

Walking: 7 hours

Hightdrop: ↑↓1.000 m

Meeting: 8.30 am Capanna Alpina/Armentarola/S.Cassiano

Return: around 4 pm

Equipment: trekking shoes and warm mountain wear

Lunch: back pack lunch

Price: € 7,00 - free for children younger than 14

Guide: Diego - Walter and a ranger of the natural park

P.S. good physical condition and experience in the mountains required

HALF A DAY AT A FARM

At the "Maso Runch" you get in touch with real farmer's life by visiting the stables, the mill, the barn and seeing several domestical animals

Dates: every Thursday from 12.07 - 20.09.2012

Difficulty: easy/for families

Meeting: 9.30 am tourist office Badia

Return: around 12.30 pm

Price: € 13,00; from 7 to 12 years € 6,00;
free for children younger than 6
with Mountain Pass Alta Badia -30%:
€ 9,10; from 7 to 12 years € 4,20

Guide: Fortunato

PANORAMA EXCURSION BETWEEN TWO VALLEYS

Dates: every Thursday from 21.06 - 20.09.2012

Itinerary: Colfosco (1.645 m) - Passo Gardena (by bus or cable car for pay) - Ütia Jimmy Hut - Forcela Cir (2.469 m) - Lëch de Crespëina - Forcela de Ciampëi - Ütia Col Pradat Hut (2.038 m) - Colfosco

Difficulty: medium

Walking: 4-5 hours

Hightdrop: ↑520 m ↓990 m

Meeting: 9 am Tourist office Colfosco

Return: around 5 pm

Lunch: back pack lunch

Price: € 15,00; from 7 to 12 years € 7,00

free for children younger than 6

with Mountainpass Alta Badia -30%:

€ 10,50; from 7 to 12 years € 4,90

Guide: Emanuela

NATURAL PARK FANES - SENES - BRAIES

ITINERARY A:

Dates: 05.07; 02.08; 30.08.2012

Itinerary: La Val (1.348 m) - Spëscia - Crusc da Rit
Ju de Rit (1.863 m) - La Val

Difficulty: easy

Walking: 4 hours

Hightdrop: ↑↓700 m

Meeting: 8.30 am tourist office La Val

Return: around 6 pm

Lunch: back pack lunch

Equipment: trekking shoes and mountain wear

Price: € 7,00; free for children younger than 14

Guide: Alfred - Walter

ITINERARY B:

Dates: 12.07; 09.08.2012
Itinerary: Badia (1.330 m) - S.Croce (2.045 m) by chair lift (for fee) - Armentara - Pidrô
Difficulty: easy
Walking: 4 hours
Hightdrop: ↑100 m ↓900 m
Meeting: 8.30 am tourist office Badia
Return: around 6 pm by bus
Lunch: back pack lunch
Equipment: trekking shoes and mountain wear
Price: € 7,00; free for children younger than 14
Guide: Alfred

ITINERARY C:

Dates: 19.07; 16.08.2012
Itinerary: La Val (1.348 m) - Passo S. Antonio (2.466 m) Fanes (2.040 m) - Pederü (1.470 m) - Pidrô
Difficulty: difficult
Walking: 5-6 hours
Hightdrop: ↑↓1000 m ca.
Meeting: 8.30 am Pidrô - snack point "da Jepp" by taxi for fee to Spëscia
Return: around 5.50 pm by bus
Lunch: back pack lunch or break in a mountain hut
Equipment: trekking shoes and warm mountain wear
Price: € 7,00; free for children younger than 14
Guide: Alfred

ITINERARY D:

Dates: 26.07; 23.08.2012
Itinerary: Capanna Alpina (1.726 m) - Ütia Scotoni - Lëch de Lagació (2.182 m) - Forcela dl Lëch (2.486 m) - Gran Plan - Col de Ločia (2.069 m) - Capanna Alpina
Difficulty: medium/difficult
Walking: 4-5 hours
Hightdrop: ↑↓800 m
Meeting: 8.45 am Capanna Alpina / San Cassiano
Return: around 5 pm
Lunch: back pack lunch
Equipment: trekking shoes and warm mountain wear
Price: € 7,00; free for children younger than 14
Guide: Hubert J.

FRIDAY

ON THE SCENERY OF THE 1ST WORLD WAR

During the 1st World War the Lagazuoi mountain witnessed hard bloody battles between the Italian army and the German and Austrian. An expert guide will report about this dramatic event.

Dates: every Friday from 22.06 - 21.09.2012
Itinerary: Passo Falzarego/cable car - Kaiserjäger hike - Lagazuoi peak - Lagazuoi tunnel - or return by cable car
Difficulty: difficult - for trained people who do not suffer vertigo
Walking: 5-6 hours
Hightdrop: ↑↓650 m
Meeting: 8.30 am tourist office La Villa with your own car
Return: around 6 pm
Lunch: back pack lunch
Equipment: trekking shoes, mountain wear, battery pile or torch
Price: € 18,00; from 7 to 12 years € 15,00 with Mountain Pass Alta Badia -30%:
€ 12,80; from 7 to 12 years € 10,50
Guide: Alpine guide

WALK TO THE LADIN FARMHOUSES IN LA VAL ♣

Dates: every Friday from **22.06 - 21.09.2012**
Itinerary: La Val - Taela - Tolpëi - Ciablun - Runch - Biei -
Ciampëi - Cians - La Val
Difficulty: easy
Walking: 3 hour
Meeting: 9 am tourist office La Val
Return: around 4 pm
Price: € 25,00 included lunch at the farmhouse Ciablun
from 5 to 12 years € 15,00;
free for children younger than 4 years
with Mountain Pass Alta Badia -30%:
€ 17,50; from 5 to 12 years € 10,50
Guide: Emanuela

NATURAL PARK PUEZ - ODLE

ITINERARY A:

Dates: **29.06; 27.07; 10.08; 24.08.2012**
Itinerary: Passo delle Erbe (2.000 m) - Forcela de Pütia
(2.375 m) - Göma - Passo delle Erbe
Difficulty: medium
Walking: 5-6 hours
Hightdrop: ↑↓630 m
Meeting: 9 am Passo delle Erbe
Return: around 5 pm
Lunch: back pack lunch or or break in a mountain hut
Equipment: trekking shoes and mountain wear
Price: € 7,00 - free for children younger than 14
Giude: Walter - Iaco

ITINERARY B:

Dates: **06.07; 20.07; 17.08; 07.09.2012**
Itinerary: Passo delle Erbe (2.000 m) - Munt de Fornela
Ju de Göma (2.111 m) - Passo delle Erbe
Difficulty: easy
Walking: 5 hours
Hightdrop: ↑↓400 m
Meeting: 08.30 am Tourist office San Martino in Badia
Return: around 6 pm
Lunch: back pack lunch or break in a mountain hut
Equipment: trekking shoes and mountain wear
Price: € 7,00 - free for children younger than 14
Guide: Walter

ITINERARY C:

Dates: **03.08, 31.08.2012**
Itinerary: Lungiarü (1.422 m) - Munt d'Adagn - Passo Poma
(2.340 m) - mills valley - Lungiarü
Difficulty: medium/difficult
Walking: 5-6 hours
Hightdrop: ↑↓1.050 m
Meeting: 9 am Lungiarü - centre
Return: around 5 pm
Lunch: back pack lunch or break in a mountain hut
Equipment: trekking shoes and mountain wear
Price: € 7,00 - free for children younger than 14
Giude: Walter

ITINERARY D:

Dates: **13.07.2012**

Itinerary: Lungiarù (1.422 m) - Passo Medalghes (2.293 m)
Passo Furcia - Pares - Lungiarù

Difficulty: medium/difficult

Walking: 5-6 hours

Hightdrop: ↑↓910 m

Meeting: 9 am Lungiarù in front of Hotel Sanví

Return: around 5 pm

Lunch: back pack lunch or break in a mountain hut

Equipment: trekking shoes and mountain wear

Price: € 7,00 - free for children younger than 14

Guide: Iaco

FULL MOON EXCURSION

Excursion on easy walks in a full moon land scape

Dates: **Tuesday 03.07; Thursday 02.08**

Friday 31.08.2012

Itinerary: Badia - Valgiarèi - Col d'Anvi - Valacia - Badia

Walking: 2-3 hours

Hightdrop: ↑↓500 m

Meeting: 9 pm Hotel Cavallino - Badia/San Linert

Return: around 1 am

Price: € 15,00; from 7 to 12 years € 7,00
with Mountain Pass Alta Badia -30%:
€ 10,50; from 7 to 12 years € 4,90

Guide: Emanuela

SATURDAY

EXCURSION TO GHERDENACIA AND COL PLÖ ALT PEAK ♣

Excursion on the alp Gherdenacia to the peak Col Plö Alt where you can enjoy a beautiful view on the villages of Alta Badia.

Dates: **every Saturday from 23.06 - 22.09.2012**

Itinerary: La Villa (1.433 m) - Gherdenacia (2.050 m)
alternative ascent by cable car (for fee) - Col Plö
Alt (2.314 m) - Gherdenacia - La Villa

Difficulty: medium

Walking: 5 hours

Hightdrop: ↑↓900 m by cable car ↑600

Meeting: 9 am Tourist office La Villa

Return: around 5 pm

Lunch: back pack lunch

Price: € 15,00; from 7 to 12 years € 7,00
with Mountainpass Alta Badia -30%:
€ 10,50; from 7 to 12 years € 4,90

Guide: Emanuela

THE NICEST PATHS OF THE DOLOMITES

Dates: every Wednesday
Price: € 15,00; from 7 to 12 years € 7,00
with Mountain Pass Alta Badia -30%:
€ 10,50; from 7 to 12 years € 4,90
Lunch: back pack lunch
Equipment: trekking shoes and mountain wear
Guide: Walter

LA VILLA - FANES - SAN CASSIANO 27.06.2012

Itinerary: La Villa - by taxi (for fee) to Rùdeferia (m. 1.670)
Forcela Medesc (2.533 m) - Lèch Parom
Ütia Lavarella hut - Ütia Fanes hut (m 2.050) - Ju
de Limo - Gran Fanes - Capanna Alpina (1.726 m)
Difficulty: difficult *Walking:* 7-8 hours
Hightdrop: ↑1.150 m ↓950 m
Meeting: 8 am La Villa tourist office
Return: 05.40 pm by bus

LA VILLA - GHERDENACIA - COL PLÖ ALT 04.07.2012

Itinerary: La Villa (1.433 m) - Gherdenacia hut (2.050 m)
alternative ascent by cable car for fee - Prè Janin
- Somamunt - Col Plö Alt (2.314 m) - La Villa
Difficulty: medium *Walking:* 6 hours
Hightdrop: ↑↓900 m - ascent by cable car ↑650 m
Meeting: 9 am Tourist office La Villa
Return: around 5 pm

EXCURSION TO THE SETSAS 11.07.2012

Itinerary: Passo Valparola (2.168 m) - Setsas peak (2.571)
Pralongia - Armentarola
Difficulty: medium *Walking:* 6 hours
Hightdrop: ↑500 m ↓970 m
Meeting: 9 am Hotel Armentarola - bus stop
by bus to the Passo Valparola
Return: around 4.30 pm

EXCURSION TO THE SALARES PEAK 18.07.2012

Itinerary: Sciarè - 1.663 m - alternative by bus till 2.009 m
Forcela Salares - Salares peak (2.550 m)
Scotoni Hut - Capanna Alpina - Sciarè
Difficulty: medium *Walking:* 5 hours
Hightdrop: ↑↓890 m - alternative by bus: ↑550 m
Meeting: 9 am Bar Sarè/ Armentarola - S. Cassiano bus stop
Return: around 5 pm

AROUND THE AVERAU AND NUVOLAU 25.07.2012

Itinerary: Passo Falzarego (2.150 m) - Col Gallina - Forcela
Averau - alternative Acque del Magistrato
Nuvolau peak (2.575 m) - 5 Torri - Acque del
Magistrato - Passo Falzarego
Difficulty: medium *Walking:* 5 hours
Hightdrop: ↑↓890 m - alternative ↑↓550 m
Meeting: 9 am Passo Falzarego
parking cable car Lagazuoi with own car
Return: around 5 pm

FROM VALPAROLA TO LAGAZUOI 01.08.2012

Itinerary: Passo Valparola (2.168 m) - Forcela Salares
Little Lagazuoi/Lagació peak – Lagazuoi hut
(2.752 m) - Lèch de Lagació See - Scotoni hut
Sciarè (1.663 m)
Difficulty: medium *Walking:* 6 hours
Hightdrop: ↑600 m ↓1.000 m
Meeting: 9 am Sciarè/Armentarola San Cassiano
bus stop - by bus to the Passo Valparola
Return: around 5 pm

AROUND THE PÜTIA MOUNTAIN 08.08.2012

Itinerary: Passo delle Erbe (2.006 m) - Forcela Pütia (2.375 m) - Genova hut - alternative descent on the Pütia meadows - Passo Göma (2.111 m) - Ütia Fornela hut - Passo delle Erbe

Difficulty: medium *Walking:* 6 hours

Hightdrop: ↑↓600 m

Meeting: 9 am Passo delle Erbe - parking with your own car

Return: around 5.30 pm

TO THE ÜTIA F. KOSTNER HUT - VALUN 22.08.2012

Itinerary: Passo Campolongo (1.860 m) - Beć de Roces - Ütia Franz Kostner hut Vallon (2.500 m) - Lêch de Boè - Crëp de Munt - Passo Campolongo

Difficulty: medium *Walking:* 5 hours

Hightdrop: ↑↓650 m

Meeting: 9.30 am Passo Campolongo - Hotel Boè

Return: around 4 pm

THROUGH THE TOFANA DE ROZES 29.08.2012

Itinerary: Passo Falzarego (2.105 m) - alternative Acque del Magistrato - Forcela Col dai Bos (2.330 m) - Dibona hut

Difficulty: medium *Walking:* 5 hours

Hightdrop: ↑↓350 m

Meeting: 9 am Passo Falzarego - parking cable car with own car

Return: around 5 pm

EXCURSION ON THE PATH "VIEL DEL PAN" 12.09.2012

Itinerary: Passo Pordoi (2.239 m) - Col Becè - Porta Vescovo (2.478 m) - Forcela Padon - Arabba

Difficulty: medium *Walking:* 6 hours

Hightdrop: ↑450 m ↓900 m

Meeting: 8.30 am Arabba - parking cable car by bus to the Passo Pordoi

Return: around 5 pm

EXCURSION AROUND THE SASSLONG 19.09.2012

Itinerary: Passo Sella (2.100 m) - Forcela Sasslong by cable car - Ütia Comici hut - Passo Sella

Difficulty: medium *Walking:* 5 hours

Hightdrop: ↑250 m ↓650 m

Meeting: 9 am Passo Sella - guesthouse CAI - by own car

Return: around 5 pm

TRAVENANZES VALLEY - LAGAZUOI 26.09.2012

Itinerary: Passo Falzarego (2.105 m) - Falzarego towers - Forcela Col dai Bos - Forcela Bivacco della Chiesa (2.652 m) - alternative: Forcela Lagazuoi/Lagació - Ütia Scotoni hut - Sciarè (1.663 m)

Difficulty: medium *Walking:* 7 hours

Hightdrop: ↑700 m ↓1.150 m

Meeting: 9.00 am Sciarè/Armentarola San Cassiano bus stop - by bus to the Passo Falzarego

Return: around 6 pm