



CLOUD 9 ADVENTURE



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## Alta Via 2 - Dolomites

- 9 day hut to hut trek in the incredible high mountains of the Italian Dolomites.
- Experience the 'best of the best' of this UNESCO World Heritage Site, with its spectacular rock formations.
- Challenging trekking with some scrambling to reach incredible, unspoilt scenery.
- Stay in high mountain refuges, well away from the beaten track.
- 5 nights in mountain refuges, 2 nights in a hotel at the start and finish of the trek and 1 night in a spa-hotel.
- All meals included.
- Fully qualified and expert International Mountain Leader.
- Grade 9: Tough

The Alta Via 2 is the big sister of the well known Alta Via 1. We've created

this new route to open up one of our favourite regions to experienced trekkers, not just climbers. It's a challenging but spectacular route, and the reward of spending a week up high in one of the world's most beautiful mountain landscapes is well worth the effort.

Traversing a UNESCO World Heritage Site, the Alta Via 2 will treat us to day after day of spectacular rock formations and geology, with panoramic views of its eighteen 3000-metre peaks. Culturally, this region is as fascinating as the landscape, with its blend of Austrian and Italian traditions and colourful history that dates from Venetian times through to the first world war. This is a hut to hut trek that we have wanted to create for many years and are excited to share: be one of the first!

# Trip Summary

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## Day 1 - Arrive Brixen / Bressanone

Arrive in Brixen / Bressanone

Explore Brixen / Bressanone - Brixen

## Day 2 - Brixen / Bressanone to Rifugio Genova

Trek from Brixen / Bressanone to the Rifugio Genova

Rifugio Genova / Schlüterhütte - Rifugio Genova

## Day 3 - Rifugio Genova to Rifugio Puez

Trek from the Rifugio Genova to the Rifugio Puez

Rifugio Puez - Rifugio Puez

## Day 4 - Rifugio Puez to Rifugio Pisciadu

Trek from Rifugio Puez to Rifugio Pisciadu - Rif. Franco Cavazza al Pisciadù / Pisciadühütte (Rif. Franco Cavazza al Pisciadù)

Rifugio Pisciadu - Rifugio Pisciadu

## Day 5 - Rifugio Pisciadu to Rifugio Viel dal Pan

Trek from Rifugio Pisciadu to Rifugio Viel dal Pan

Rifugio Viel dal Pan - Rifugio Viel Dal Pan

## Day 6 - Rifugio Viel dal Pan to Passo San Pellegrino

Trek from Rifugio Viel dal Pan to Passo San Pellegrino - San Pellegrino Pass

Hotel Costabella, Passo San Pellegrino - Hotel Costabella, Passo San Pellegrino

## Day 7 - Passo San Pellegrino to Rifugio Mulaz

Trek from Passo San Pellegrino to Rifugio Mulaz

Rifugio Volpi al Mulaz - Rifugio Volpi al Mulaz

## Day 8 - Rifugio Mulaz to Passo Rolle

Trek from Rifugio Mulaz to Passo Rolle - Passo Rolle

Transfer from Passo Rolle to Bressanone

## Day 9 - Depart Brixen / Bressanone

Depart Brixen / Bressanone

## Day 1 - Arrive Brixen / Bressanone

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### Arrive in Brixen / Bressanone

The easiest way to reach Brixen, or Bressanone, is by train or bus from Munich, Venice, Verona or Innsbruck airports (see Travel Arrangements section for more details).

Please try to arrive in time for an evening briefing (approx 18:00).



### Explore Brixen / Bressanone

Our starting point is a medieval town called Brixen, if you're German speaking. Or Bressanone, if you're Italian. To avoid confusion, it's worth remembering that all Dolomites place names have both a German and an Italian version - and they can be significantly different.

This beautiful town, with its interesting architecture, was an important artistic and political centre dating back to the middle ages. It's well worth arriving early so that you can explore the cobbled streets and impressive buildings.

You can normally check-in to your accommodation and access your rooms from around 16:00. If you arrive earlier, it's no problem to leave your bags at your accommodation and explore the town. There's are several outdoor shops so it is also possible to top up on kit for your trip!

Make sure you ask the hotel for a Brixen Card for free local transport, discounts and free entry to museums, guided tours and the swimming pool, and a free journey on the cable car.

We would definitely recommend a walking tour:

<https://www.brixen.org/en/brixen/city-centre/sightseeing-tour.html>

Or, hiring bikes and exploring the easy cycle paths along the river for a few kms (last time I was here I headed on the bike path towards the Brenner pass:

<https://www.suedtirolerland.it/en/leisure-activities/mountain-biking-and-cycling/bike-paths-in-south-tyrol/alta-valle-isarco-cycle-track/>

Or in the direction of Bolzano:

<https://www.suedtirolerland.it/en/leisure-activities/mountain-biking-and-cycling/bike-paths-in-south-tyrol/valle-isarco-cycling-track/>

If anyone is coming via Bolzano, we would thoroughly recommend visiting the Otzi museum - it's really fascinating.



## Brixen

Brixen, TRENTO-ALTO ADIGE/SOUTH TYROL, IT, 39042

## Day 2 - Brixen / Bressanone to Rifugio Genova



### Trek from Brixen / Bressanone to the Rifugio Genova

Our Dolomites Alta Via 2 journey begins with a bus journey to San Andreas village, from where we take a cable car up to the pastures of Valcroce.

Our first landmark is the Rifugio Plose, which is the official starting point of the Alta Via 2, and the first opportunity for a coffee (and cake) stop. Most of today is a mellow introduction to trekking in the Dolomites; an opportunity to find our feet and get used to the terrain. It's spent mainly on open trails with unspoilt views to the Austrian Tyrol and the Puez-Odle ridge line. We'll aim for lunch in the lovely Schatzerhütte, after which we will cross our first proper col, the Forcella di Putia (2357m) before we head to the Rifugio Genova (also known as the Schlüterhütte), our accommodation for the night.

Distance: 20 km / 12.4 miles

Ascent: 1024m / 3359ft

Descent: 747m / 2450ft

Approximate walking time: 6-7 hours

Accommodation: Mountain hut

No luggage access





## Rifugio Genova / Schlüterhütte

The Schlüterhütte (or Rifugio Genova) was built in 1898, and is situated amongst alpine pastures at 2306m).

There are both bedrooms and large dormitories here, sleeping 90 in total, and there are hot showers. Meals include South Tyrolean specialties from barley soup and venison stew to pancakes and homemade apple strudel and polenta cake. Wash it all down with a glass of South Tyrolean wine.



### Rifugio Genova

32 Via Berger, Funes, Trentino-Alto Adige, IT, 39040  
+39 0472 670072

## Day 3 - Rifugio Genova to Rifugio Puez



### Trek from the Rifugio Genova to the Rifugio Puez

Today's route is a more classic Dolomites experience with high, airy traverses and towering cliffs. We begin with a short walk back to the Passo Poma, through beautiful wild flower meadows. After which, the climbing begins! It's a steady rising traverse across a stony hillside, with impressive rock spires and the snowy slopes of Punta del Puez as our backdrop. In the distance, we'll be able to see a clear notch in the ridgeline above us. That's the Forcella della Roa (2617m), our high point for the day, and our first little scramble. From here there is a rocky ridge before we drop down into the valley that leads us to tonight's refuge. We're a long way from any roads or villages, and our accommodation is in a truly remote and unique setting, surrounded by the extraordinary limestone rock features of the Puez range.

Distance: 10 km / 6.2 miles

Ascent: 600m / 1968ft

Descent: 800m / 2624ft

Approximate walking time: 5-6 hours

Accommodation: Mountain hut

No luggage access



## Rifugio Puez

Rifugio Puez, in the heart of the Puez-Odle Natural Park, is rather simple (some dormitories have three-high bunks). That said, the views make up for what it lacks in home comforts. It's been run by the Costa family for over 70 years and the food, especially the strudel, is excellent, while the coffee in particular gets rave reviews.



### Rifugio Puez

Parco naturale Puez Odle, Selva di Val Gardena, Bolzano, Trentino-Alto Adige, IT  
+39 0471 795365

## Day 4 - Rifugio Puez to Rifugio Pisciadu



### Trek from Rifugio Puez to Rifugio Pisciadu

Leaving the Rifugio Puez, we head deeper into the mountains around us. These peaks are scattered with fossil remains, some of which are visible in the rock pavement. Our first climb of the day takes us up to the Forcella di Ciampac (2366m) and over a huge plateau before sweeping down to the bright green waters of the Lago di Crespeina. Above the lakes is our second ascent, the Passo Crespeina (2528m), where we'll suddenly be greeted with an impressive view of the snowy Sella massif. The promise of a good lunch will keep us going as we drop down from here below the Pizzas da Cir cliffs, with the goal of reaching 'Jimmy's' - one of our favourite restaurants. After lunch, it's time to enjoy a walk through a movie set, as we trek down to the famous Passo Gardena with its stunning road, which has been used in several films. We are now in the heart of the Sella mountains; unforgettable peaks with huge cliffs, unique butresses and towering rock spires.

From here we need to concentrate, as our day ends on a tough note! It's just over 2 hours of technical uphill hiking / scrambling to our night's accommodation at the Rifugio Pisciadu. The terrain underfoot is uneven and there are some sections that are aided with cables and metal hand / foot holds. It can feel exposed but should pose no problems for capable mountain walkers.

Distance: 12 km / 7.4 miles

Ascent: 862m / 2828ft

Descent: 765m / 2509ft

Approximate walking time: 5-6 hours

Accommodation: Mountain Refuge



### **Rif. Franco Cavazza al Pisciadù / Pisciadùhütte (Rif. Franco Cavazza al Pisciadù)**

Str. Agà, Corvara in Badia, Trentino - Alto Adige, Italia, 39033  
+39 0471 836292



## **Rifugio Pisciadu**

The Rifugio Franco Cavazza al Pisciadù belongs to the Bologna Italian Alpine Club. It's truly in a spectacular location, and has an excellent restaurant specialising in traditional Ladin cuisine. Dorms sleep from 6 to 20 (the hut sleeps 100 in total) and interiors are basic but functional with shared showers and WCs. Look forward to a 3-course evening meal and a sweet and savoury breakfast selection.



### Rifugio Pisciadu

Str. Agà, Corvara in Badia, Trentino - Alto Adige, Italia, 39033  
+39 0471 836292

## Day 5 - Rifugio Pisciadu to Rifugio Viel dal Pan



### Trek from Rifugio Pisciadu to Rifugio Viel dal Pan

One of our favourite days in the Dolomites, this trek is a spectacular route that takes us up and over a long stretch of rugged mountainous terrain. We leave Lake Pisciadu and tackle our first ascent of the day: a technical rocky path with some cable sections.

It's a steep climb up to the Altopiano del Meisules, a barren landscape rich in ammonite fossils. Following a line of simple cairns, we'll cross this 'lunar' land to arrive at the Rifugio Boe for a well-earned Italian coffee. It's then a short, gentle climb to the Rifugio Maria, at the top station of the cable car down to Passo Pordoi.

We then take the cable car down to the Passo Pordoi. The resort of Passo Pordoi offers us plenty of lunch choices and is an opportunity to stock up on snacks before we head onwards into the Marmolada mountains. Leaving Passo Pordoi, we find ourselves in an area that was the heart of a 17th century trade war, when the Venetian Republic tried to ban the local people from selling maize flour. It was along this route that they used to smuggle illegal grains through the Bellunese and Romansch valleys. Our path follows a grassy hillside, flanked by huge volcanic formations, until we reach the beautifully located Rifugio Viel dal Pan, with its impressive views of the Marmolada, the highest mountain in the Dolomites at 3334m (10.965 ft).

Distance: 13 km / 8 miles

Ascent: 1108m / 3635 ft

Descent: 1298m / 4258 ft

Approximate walking time: 7 hours

Accommodation: Mountain Refuge



## Rifugio Viel dal Pan

Rifugio Viel Dal Pan has great food, a well-stocked bar and a hearty breakfast. There are just a few small rooms (sleeping 2- 6 people each), and the refuge only sleeps 23 people in total. All the rooms have breathtaking Dolomite sunset views. The kitchen is run by the owner personally. Expect traditional Ladin, Trentino and Tyrolean dishes. There's usually a huge selection of homemade cakes and speciality desserts, like the 'omelette della nonna'.

The refuge is named after the trail that links Passo Fedaiia with Passo Pordoi, once used by flour merchants from the Belluno area as a quicker and alternative route to the roads in the valley floor. Flour was an excellent bargaining product and was bartered in the Ladin valleys for handcrafted goods. This led to the path being known as the "Viel dal Pan": "The Bread Way".



### Rifugio Viel Dal Pan

1 Localita' Viel Del Pan, Canazei,, Trentino-Alto Adige, IT  
+39 339 3865241

## Day 6 - Rifugio Viel dal Pan to Passo San Pellegrino



### Trek from Rifugio Viel dal Pan to Passo San Pellegrino

Our route today is dominated by the Marmolada, the 'Queen of the Dolomites'. It was first climbed in 1864 by Paul Gromann, an Austrian who beat his Italian neighbours to the summit after their failed attempts. The south-facing walls of the Marmolada are up to 1000m high, and it is capped by one of the largest glaciers in the Eastern Alps: the moraines are a treasure trove of fossils.

This region was also an epicentre of Italian-Austrian fighting in the first world war, with bloody battles taking place in 1916 and 1917. The Austrian army has left its mark on the landscape with a complex network of tunnels, known as the 'City of Ice', which are built into the glacier itself and which they used to retreat from fighting.

We head down to the lovely Lago di Fedaia, and from here we aim to take a bus to Malga Ciapela to cut out a 10km section of trail and make the day a bit more manageable. You do need to come prepared to walk this, as the bus only runs in the height of the summer season!

A steady climb of 1000m up an old WW1 track brings us to the Forca Rossa (2490m), a mountain pass that was strategic for bringing supplies to the front that cut across the Marmolada. Ahead of you is the vast panorama of the San Martino altopiano and the jagged Focobon peaks (to be encountered later in the trip).

From here we descend past the Rifugio Fuchiade on an easy trail past scenic hay barns and farm buildings to reach the Passo San Pellegrino.

Distance: 32 km / 19.8 miles (without bus) or 22 km / 13.7 miles (with bus)

Ascent: 1200m / 3937ft

Descent: 1760m / 5774ft (without bus) or 1160m / 3805 ft (with bus)

Approximate walking time: 10 hours (without bus) or 8 hours (with bus)

Accommodation: Spa Hotel



### **San Pellegrino Pass**

Trentino-Alto Adige/South Tyrol, IT, 38035



## **Hotel Costabella, Passo San Pellegrino**

The Hotel Costabella was founded in 1945 and is run by Patrizio Prandi, a descendant of the Patrizio Deville, the hotel's original owner. Its small wellness centre has Turkish baths, sensory showers, a sauna and a relaxation room, and offers a welcome night of comfort after our nights in the mountain huts. Rooms are Alpine-style with larch wood, and each room is supplied with water from the San Pellegrino spring, directly from the source. Dinners are a treat, with local Trentino specialities on the gourmet menu.



### **Hotel Costabella, Passo San Pellegrino**

37 San Pelegrin, Moena, Trentino - Alto Adige, Italia  
+39 0462 573326

## **Day 7 - Passo San Pellegrino to Rifugio Mulaz**



### **Trek from Passo San Pellegrino to Rifugio Mulaz**

A fairly "full-on" day today, with some fun ridgeline scrambling on the agenda.

Our journey begins in style with a short, easy section to the Passo di Valles (2031m) and the Rifugio Passo Valles (for coffee!). From here we'll tackle a climb up to the Forcella Venegia (2217m) which overlooks the impressive, striped red cliffs of Cima Caladora (2313m). It's now that our day becomes much more exciting as we follow a panoramic crest with views to Monte Mulaz, Cima di Val Grande, and the majestic Cimon della Pala (3038m).

Surrounded by impressive rock spires, exposed ridges, and breathtaking scenery, we'll work our way steadily up to tonight's base. This section of the trek is as engaging for our brains as it is for our bodies as we navigate rocky ledges, slabs, and scramble up some short sections with cables. It's challenging trekking but technically straightforward and easily accessible for fit mountain walkers. Our night's accommodation is the spectacularly located Rifugio Mulaz.

Distance: 11 km / 6.8 miles

Ascent: 1176m / 3858 ft

Descent: 548 m / 1800 ft

Approximate walking time: 7 hours

Accommodation: Mountain Refuge



## Rifugio Volpi al Mulaz

Here you will find a warm welcome and 'hiker's appetite'-sized portions of good, hearty mountain fare. Food and supplies are air-dropped due to its remote location, so although things may be a bit on the spartan side, the team here are doing a great job of making the very best of everything - in a stunning location.

No showers here, and accommodation is in mixed dorms.



### Rifugio Volpi al Mulaz

Località Mulaz, Falcade, Veneto, IT, 32020  
+39 0437 599420 / 338 5924343

## Day 8 - Rifugio Mulaz to Passo Rolle



### Trek from Rifugio Mulaz to Passo Rolle

We leave the Rifugio Mulaz to make the short but steep climb up to the Passo Mulaz.

The descent from the Passo Mulaz will take us from this barren, wild landscape and towards lush, green pastures and more mellow terrain. Our initial goal is the spectacular rocky plateau of Castellaz. From here, we'll aim to make a short extra loop to the summit cross of Cristo Pensante before heading down to our pick-up point at the Passo Rolle. We should have the opportunity to enjoy one last coffee and cake stop at the Rifugio Capanna Cervino before our taxi takes us back to our starting point in Brixen. This final night is back in our original hotel, where we will all be grateful for the relative luxury, hot showers and celebratory beers!

Distance: 8 km / 5 miles

Ascent: 400m / 1312ft

Descent: 851m / 2792ft

Approximate walking time: 5 hours

Accommodation: Hotel



### Passo Rolle

38054 Siror, Trento, Trentino - Alto Adige, Italia



### Transfer from Passo Rolle to Bressanone

We take a taxi from Passo Rolle to Brixen / Bressanone (approx 2 hours).

## Day 9 - Depart Brixen / Bressanone



### Depart Brixen / Bressanone

Our trip ends after breakfast.

Take the train or bus back to Munich, Venice, Verona or Innsbruck airports (see the Travel Information section for more detailed information).

## Trip Information & Documents



## What's Included

- All accommodation
- All breakfasts and evening meals
- All transfers and cable cars that form part of the itinerary
- Showers in the mountain huts
- Fully qualified and expert International Mountain Leader



## Not Included

- Flights
- Airport transfers to/from Brixen/Bressanone
- Lunches
- Personal drinks and snacks
- Any transport, accommodation or additional expenses due to a participant being unable to complete the itinerary
- Luggage delivery
- Travel / mountain rescue insurance
- Tips



## Alta Via 2 Travel Arrangements

**IMPORTANT - please do not book your flights or transport until we have confirmed to you via email that your trip is guaranteed to run.**

### Air

The closest airports to Brixen / Bressanone are: Innsbruck in Austria, Verona, Venice or Bolzano in Italy, and Munich in Germany. You could also consider flying to Salzburg, Treviso or Trieste. Upon arrival we suggest taking a bus or train to reach Brixen / Bressanone. Please note that all the Sud Tirol towns and villages have both an Italian and a German name.

### Travel from Innsbruck airport

Train: From Innsbruck airport, you can take the free shuttle bus to Innsbruck central railway station, which takes 15 mins and leaves every 10 minutes. Then take the train to Brixen / Bressanone taking about 1 hour 35 minutes. The train from Innsbruck departs hourly, in the direction of Brennero / Brenner, change here for a train in the direction of Merano. The best website for train and bus links across the Sud Tirol /Dolomites region is <https://www.sii.bz.it/en>. Search: Innsbruck, Hauptbahnhof to Bressanone, Stazione. It also provides google maps of the exact station location.

Bus: Alternatively, there are 2 buses a day that run from Innsbruck airport to Brixen / Bressanone and take about 1.5 hours (with 2 stops). You can book online at: <https://www.altoadigebus.com/>

### Travel from Verona airport

There is a direct bus running every 4 hours from Verona airport to Brixen / Bressanone, which takes around 2 hours. Go to <https://www.altoadigebus.com/> for timetables and tickets.

### **Travel from Venice (Marco Polo airport or Treviso airport)**

You can take the train from either Venice airport to the central Venezia Mestre station, where you can pick up the train to Brixen / Bressanone. There are 2 trains per day and the journey will take around 4-5 hours. Have a look at <http://www.trenitalia.com/> for timetables and tickets.

### **Travel from Bolzano airport**

Trains from Bolzano airport to Bressanone / Brixen take approx 25 mins and can be booked on the [Trenitalia](http://www.trenitalia.com/) website.

### **Travel from Munich airport**

Direct buses run 5 times per day from Munich airport to Brixen / Bressanone and take about 3.5 hours. You can book online at: <https://www.altoadigebus.com/>

### **Train from the UK**

If you are UK based, it could also be worth taking the train all the way: [www.trainline.eu](http://www.trainline.eu)

### **General travel tips**

A useful link for travel to all areas is [Rome2Rio](http://www.Rome2Rio.com)

## **Alta Via 2 - What to Expect**

### **The trekking**

The trekking on the Alta Via 2 is relatively strenuous, but we tend to follow good quality trails all the way round. A number of days have over 1000m of ascent and descent, but we walk at a steady pace so that we can enjoy the walking and the scenery. This trip is suitable for experienced hikers only, and is aimed at people with a good level of fitness. Please note that our luggage is not transferred so we will be carrying all our own kit for the duration of the trek. There is a detailed kit list at the end of this document.

Although the Dolomites are famous for via ferrata, there are no via ferrata sections on our version of the Alta Via 2. There are, however, some sections where the path covers steep, rocky ground, and there are occasionally some cables and fixed equipment to help cross these sections.

Whilst it is entirely achievable for fit hikers, the Alta Via 2 does cover some exposed terrain, so it is important to be comfortable doing rugged hiking in the mountains. We would not take a "first-time" trekker on this trip, and you must be happy carrying your kit for multiple days whilst on rugged footpaths. Worth noting that you can't suddenly decide to bail, for example, in the middle of a day, and most of the huts we stay in are up in the mountains without road access.

There is one ascent up to the Rifugio Pisciadu where you need to concentrate. To put it into context: you would not want to fall over here, but there are rungs to hold on to where they are needed. It's not a series of ladders: it's a steep path, and children do it. Best to have a good head for heights for this trip: we aren't doing anything ridiculous and have cut out the "extreme" sections of the guide book version of this itinerary, but it's still a more adventurous trip than most of the others that we offer. I've written this in order to discourage people from booking who would find this problematic. Those who are "slightly nervous" will be fine: that's a healthy way to be! Those who suffer vertigo or are inexperienced hikers should not book.

### **Accommodation**

For our first and last nights in Brixen / Bressanone, we are in a good quality hotel with excellent facilities. We also plan to have a spa-hotel night when we reach the Passo del San Pellegrino (please note that we book this as soon as the trip guarantees, so it does depend on availability). You will normally be in a twin room, and if you have booked on your own, we will generally pair you up with another member of the same sex. A single room may be available for these nights for a supplement - just ask at the time of booking.

For the trekking part of the trip, we'll be in 5 different "rifugi" or mountain huts, and they are of varying standards! We assume that if you have booked the Alta Via 2, you are of an adventurous nature and will be happy to have a bed in the mountains. Some of the huts have mixed dorms, and some have small dorms of 4-6 people. If we can get private rooms of 2-4 people, then we do. We allocate the rooms on a first-come, first-served basis, so those who book early are much more likely to have rooms. Note that the single supplement does not apply to the refuge nights - it's almost impossible to have a single room in the huts.

For those who have done our Alta Via 1 trek, you will find the huts on the Alta Via have simpler facilities - but the food is still amazing!

### **Food**

All breakfasts and dinners are included. Each night we tend to eat in the hotel or rifugio where we are staying, and we will experience fantastic, local Italian food. Packed lunches are not included, but each day we can either order a packed lunch in advance, or in some places we can have a sit-down lunch. Please note that we do not go past shops en-route. Drinks are not included with the dinner, but you can normally order beer, wine and soft drinks at all hotels including the mountain refuges. Breakfast in the hotel is excellent, but in the mountain huts it tends to be more basic and usually consists of tea, coffee, bread, jam and cereal. Occasionally there is a fantastic spread even in a rifugio!

### **Luggage delivery**

There is no luggage delivery available on this trip but we will have the option to leave any surplus luggage in the hotel in Brixen / Bressanone for the week. Carrying our own kit is all part of the adventure and an added sense of satisfaction for having completed the route in 'pure' style. But it is really important that we all have the right equipment and that our bags are well packed as we will be moving on some exposed terrain. Please make sure that you stick to the kit list at the end of this document and that you pack light! Your guide will run through the list at the start of the trip and can help with suggestions on how best to pack to make 'living out of a bag' easy.

### **Money and Tipping**

There are cash machines in Brixen / Bressanone and at all airports to withdraw Euros. Lunches cost around €10-12 per day if you order a packed lunch, and slightly more if we have a sit-down lunch in a rifugio (it generally depends on the weather and how much time we have as to how often we do this). A coffee or soft drink costs around €3-4, and a beer around €5-6.

Around €250 per person should be plenty to cover your personal expenses but it does depend how many coffees, beers and wines you consume - it would be possible to be more frugal if you wanted, but not possible to get more cash en-route if you change your mind and want to buy more meals / wine! Some of the rifugi take cards, but not all of them, so it's essential to bring some cash to cover what you'll need whilst on the trip.

When we have a sit-down lunch we normally round up the amount to leave a tip, but only if the service has been good!

Tipping your guide is the accepted way of saying thank you for good service. But do remember that tipping is voluntary and should only be done if you were pleased or delighted with the service. The amount is entirely up to you. Our staff are all paid fairly.

### **Weather**

In mountainous terrain the weather can vary. Temperatures can reach to over 30°C in the height of summer (July/August), but can be as low as 5°C on the passes. It is often sunny with good weather, but it can rain, and even snow (even in July or August) so you should be prepared for any eventuality. The average temperatures range from 15-25°C in the valleys, to 5-15°C on the passes. Statistically you will have some rain every other day in the Dolomites, but in reality that tends to fall in one go as part of an afternoon storm, so we do try to finish our day before that happens!

### **Recommended Reading and Maps**

*'Trekking in the Dolomites'*, Gillian Price, Cicerone

*'Mountain Flowers: The Dolomites'*, Cliff Booker & David Charlton

*'The White War: Life and Death on the Italian Front 1915-1919'*, Mark Thompson

*'Untrodden Peaks and Unfrequented Valleys: A Midsummer Ramble in the Dolomites'*, Amelia Edwards (1873)

Tabacco maps:

030 Bressanone / Brixen Val di Funes / Villnöss

07 Alta Badia-Arabba-Marmolada

015 Marmolada-Pelmo--Civetta-Moiazza

022 Pale di San Martino

Please note that you are not expected to carry maps, it's just in case you are interested!

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## Electric Supply - Italy

Some electricity sockets in Italy are slightly different from the rest of Europe: Italy in general uses "Type L" with 3 horizontally-aligned pins (left-hand picture).

Some are a standard European 2-pin plug (2nd picture).

All plugs are 220-240V.

You should make sure that the pins on your adaptor are slightly thinner than those in the first picture (a type C plug will not fit an Italian socket), as this will be the best solution for compatibility with all sockets.

An adaptor such as the one in the 3rd picture will be your best bet.

There are usually some plug sockets available in mountain huts but they are limited. Bringing a separate booster charger for your phone may be a good solution.



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## Why Is Our Trip Different?

Why is our trip different from the rest?

Not many companies offer the Alta Via 2, primarily because of the reputation of the "via ferrata". We have devised our trip to take in the hiking aspect of the trail, and miss out the via ferrata section thereby complying with the legal guiding limitations of our IMLs (International Mountain Leaders). Via ferrata are the domain of High Mountain guides and we recommend doing them on a ratio of 1 guide to a maximum of 6 clients. It is illegal for an IML to take clients on a via ferrata, yet a few well-known companies do this in the Dolomites: we are not one of them. If you would like to try a via ferrata, please let us know and we will book you a mountain guide to extend the trip. We will only ever use guides who are fully qualified for the activity they are undertaking.

We always use the best accommodation available to us. We have tried and tested the rifugi, and have devised the route in order to stay in some of the best. We include the spa hotel towards the end of the trip (assuming there is availability).

We're a small company, more interested in the enjoyment of our clients than making huge profits, and as a result we tend to have small groups, very experienced leaders and happy clients.



## General Information - Guided Group Trips

### Insurance

It is a condition of booking this holiday that you must be insured against medical and personal accident risks (this must include helicopter rescue and repatriation costs). You may find that your annual multi-trip insurance covers this trip, but you should check that you are covered for trekking up to 3000m. We would also recommend that you take out holiday cancellation insurance: your deposit is non-refundable once you have booked, and the full balance is usually non-refundable (see our Terms and Conditions for further details).

We recommend The BMC [www.thebmc.co.uk](http://www.thebmc.co.uk) or Snowcard [www.snowcard.co.uk](http://www.snowcard.co.uk) for UK residents, or Travelex [www.travelexinsurance.com](http://www.travelexinsurance.com) for US citizens or residents.

We can organise mountain rescue insurance for EU residents for £4.90 per day, or £8.95 per day for US and the rest of the world. You can book it online here: <https://www.cloud9adventure.com/online-store/Mountain-rescue-insurance-p101294506>

In addition to travel insurance, UK citizens should also obtain or renew the EHIC card from the [NHS](https://www.nhs.uk). This is not a replacement for insurance but it does mean you are entitled to the same treatment as any EU citizen, and unlike insurance it includes treatment of a pre-existing condition. You would normally have to pay for treatment at the time and then make a claim on return to the UK.

Please remember to bring a credit card with you on the trip: in the event of a medical problem or injury, you may be unable to complete the trek. You would normally need to pay for treatment, and would often have additional transport and accommodation costs. Although you can claim this back on your insurance, you usually have to pay at the time and make the insurance claim afterwards, so you must have a means of paying for this if necessary.

### Responsible Travel

We care about the places we visit, and our philosophy is simple: that each and every one of our trips has a positive impact on the local community and environment. We use family-run hotels, gîtes and restaurants in order to support the local communities. And it's a small step but we also recommend carbon off-setting. Visit [www.climatecare.org](http://www.climatecare.org).

### **Adventure Travel**

Please note that we specialise in Adventure Travel, the nature of which means that we cannot always follow our itinerary for a variety of reasons. All of our holidays can be subject to unexpected changes and you should be prepared to be flexible to accommodate these where necessary.

We update our itineraries on a regular basis to take into account such things as changes to trekking routes and the conditions of footpaths, but it is not always possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. If during your holiday the itinerary is affected by immediate or local circumstances, the leader will make any changes that are necessary.

As a reputable tour operator, Cloud 9 Adventure supports the British Foreign & Commonwealth Office "Know Before You Go" campaign to enable British citizens to prepare for their journeys overseas, and we recommend that all our clients take a look at the FCO Travel Advice for their chosen destination on the official FCO website [www.fco.gov.uk](http://www.fco.gov.uk). North Americans can also check out the US Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

Cloud 9 Adventure treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss alternatives. We have a local office in Chamonix, and our expert team monitor the conditions regularly to ensure that our trips are run safely, and are on hand to help if we need to change arrangements.

### **Group Size and Holiday Status**

For each of our group adventures, there is a minimum number of participants required in order for the trip to go ahead. Once the minimum number is reached, the trip status will change from "Available" to "Guaranteed". In order to achieve minimum numbers, we run the trips in conjunction with several other small companies. We find that this means almost all of our trips become "Guaranteed". We are a small company with a high level of customer service, and we make sure that we only run trips in conjunction with companies who share our ethos. We know them well and have worked with them for years, and only use leaders who we know and trust to do an excellent job. We steer clear of large groups and cap our group size at 10 people for summer hiking trips, and 8 people for winter snowshoe or cross country ski trips, whilst many of the larger operators take up to 16 people.

### **Preparing for your holiday**

We have tried to grade the holiday as accurately as we can, with the intention of attracting people of similar abilities to each trip. As a general guideline, if we have described a trek as being tough or challenging, then you need to be fit and capable of the challenge. If you don't arrive in good shape for your trip, then you could be putting yourself and others in danger: if you're taking too long each day, at best it cuts into the time you have to relax and shower before dinner, and at worst, it can be the difference between the whole group being caught in an afternoon storm. As we are as accurate as we can be writing our trip notes, we do tend to be pretty good at making sure that the right people book each trip, but we do require a certain amount of personal responsibility for arriving fit and ready for your trip. We're not on a route-march so we are never expecting to be going too fast - we try to walk at a slow, steady pace, without the need to stop too frequently for rests. If you're worried about this, then please start with one of our easier trips graded Easy or Moderate, and you can build up to a Challenging trip. If you've booked an Extremely Tough trip, then you definitely need to be an experienced and fit hiker, used to long days in the hills.

Rather than hoping your trek will make you fitter (it will definitely help!), it makes a lot of sense to spend some time before your trip getting some additional exercise and preparing properly. The fitter you are, the more enjoyable your trip will be. The best preparation is long day hikes in the run-up to your trip.

We would also recommend that you adopt a weekly exercise regime leading up to your trip. Jogging, circuit training, squash and swimming are good for developing better stamina. Before departure, we also suggest that you try to fit in a number of long hikes in hilly terrain.



## Alta Via 2 Kit List

Remember, there is no luggage delivery on this trip so you will need to carry everything yourself. Make sure your rucksack is comfortable, and pack light!

### Essential items :

- **Rucksack** – approx. 35-40L for you to carry each day.
- **Kit bag or suitcase** - for your main luggage to be left in Bressanone.
- **Hiking boots** – you need to have a pair of waterproof hiking boots with ankle support and a good sole. Hiking trainers would not be appropriate in really bad weather, on rougher terrain, or when there is snow, so if you are thinking of bringing hiking shoes, you'll need boots as well for the more rugged days - and as you're carrying your own kit, proper hiking boots are recommended for this trip
- **Waterproof jacket and trousers** – both essential items, should be as light as possible (not insulated: your other layers should provide the insulation). Please ensure that you do not need to remove your walking boots in order to put on your waterproof trousers.
- **Socks**
- **Underwear**
- **Trekking trousers** – bring something lightweight.
- **Shorts**
- **T-shirts** – wicking t-shirts are better than cotton as they are lighter and dry faster.
- **Mid layer** - fleece jacket is good
- **Warm jacket** – We recommend bringing a really lightweight synthetic belay jacket (eg. Rab Photon /

Arcteryx Atom / Patagonia Nano) – just in case it gets cold. Remember, you are carrying this in your rucksack so it should be as light as possible. You don't normally need to bring a down jacket because it won't be much use if it gets wet.

- **Warm hat** (lightweight woolly hat is fine)
- **Gloves** - we recommend bringing 2-3 pairs. A light liner pair are good for most of the trip. Then a pair of waterproof gloves such as Seal Skinz can be very useful in bad weather. And a warmer pair of gloves can be essential if it snows.
- **Sun Hat**
- **Sunglasses**
- **Suncream** (small bottle to save weight)
- **Lip protection** (with sun protection)
- **Water bottles / camelback** – you should have the capacity to carry at least 2 litres of water, but on very hot days you could need 3L.
- **Walking poles** – These often go in the “optional” section, but if there is snow, they are essential.
- **Sheet sleeping bag** – needed for any nights in a mountain refuge (duvets or blankets are provided). Silk is best, it's lighter than cotton.
- **Travel towel** – needed for the mountain refuges - the hotels provide towels.
- **Wash kit** – Bring whatever you like for wash kit - but as you are carrying it, small bottles will be perfect: you would normally just take a toothbrush, travel size toothpaste, travel shampoo, mini contact lens solution if applicable, a couple of wet wipes and a tiny travel soap.
- **Head torch** – just a lightweight torch, such as a Petzl Tikka / Zipka is fine for this trip.
- **Plastic bags / dry sacks** to keep essentials dry.
- **Passport** – to be carried whilst trekking. Make sure you keep it dry.
- **Cash** – for packed lunches and any drinks whilst on the trip
- **Basic first aid kit** – your leader will carry a large first aid kit, but you should bring a small first aid kit containing plasters, blister treatment, painkillers & diarrhea treatment (rehydration sachets & immodium)

#### Optional items:

- **Thermal base layer**
- **Long johns / thermal leggings**
- **Buff** – can be useful for extra warmth if it's cold, or sun protection for your neck on a hot day
- **Camera**
- **Book**
- **Lightweight sandals / flip flops** – whilst these are usually provided at the mountain refuges, whilst these are provided at the mountain refuges, they aren't provided in the hotels, so it's really nice to have footwear to change into in the evening
- **Mobile phone** – there is phone reception for some of the trip. It is a good idea to have a phone in case of emergency or if you need to leave the group for any reason.
- **Umbrella**
- **Earplugs**
- **Snacks** – not essential as we can buy these at the rifugi
- **Antibacterial handwash**
- **Insect repellent**
- **Swimwear** - some of the hotels have a swimming pool, spa or sauna

**A note about the kit:**

Most of the time the weather is warm, usually fairly stable, and most people don't need too much extra kit to see them through the trip.

However, you must bring all of the items on our essential list. At least once per summer we experience unseasonal conditions that really do make every item on the above list essential. If you do not have the correct kit, you can put yourself and others at risk of hypothermia, and our guide may ask you to leave the trip until you have purchased the necessary kit.

Every year we experience unseasonal snow at least once. It can also rain very heavily and temperatures can go from being in the mid 30s celcius (96 F) one week, to below zero (32 F) the next.

So, if it rains, you will need waterproof jackets AND trousers, and will be glad of several pairs of gloves. If it snows, you will need decent hiking boots (NOT hiking trainers), walking poles, warm clothes and warm hat and gloves. It's also essential that you can put your waterproof trousers on without removing your boots.

It is also possible to experience several weeks of heatwave at a time - if this happens, you will likely get through numerous sachets of rehydration salts and will need to be carrying 3-4L of water, and a sun hat will be absolutely essential.