

Alta Via E6: Crossing the Dolomites



The 'High Trail of Silence' from St. Lorenzen to Forni di Sopra (Section 1)

As early as 1972, Toni Sanmarchi published **The High Trail of Silence**, in which he pointed out the following: “...**this is not one of those ‘classic hiking routes through the Dolomites’**, as they have so often been described of late, and which, owing to their newfound popularity, are now inundated with streams of tourists and are consequently completely overcrowded in some sections...”

This high-altitude trail is indeed different – both because of its truly **unique natural features** and because of the **unspoilt nature and tranquillity** that this landscape exudes.

The route is often difficult to follow, particularly in the southern section. There, you rarely come across a soul along the way. In the Dolomiti Friulane Nature Park, herds of livestock have become fewer, but in their place you increasingly encounter **ibex and chamois**. Several **pairs of eagles** raise their young here every summer. The variety of flowers in this area is vast and unique. **The mountain guide leads the way safely from hut to hut**, whilst at the same time giving nature lovers an insight into the truly unique flora found here. We rarely exceed the 2,000-metre mark, yet we find ourselves **in the midst of a rugged, extremely wild and bizarre rocky landscape** with countless peaks, towers and obelisks. We spend the nights alternately in **beautifully situated huts and friendly guesthouses with excellent cuisine**. The cultural and artistic diversity in the German-speaking enclaves of Ploden and Zahre is vast.

Requirements



This tour is classified as a challenging mountain hike, rated level 3 out of 4. It is aimed at experienced mountain walkers with good stamina who wish to spend several consecutive days on alpine trails

Elevation gain and walking times

Elevation gain and walking times according to Globo Alpin: depending on the day of the tour, approximately 600 to 1,100 metres of elevation gain and around 4.5 to 6.5 hours' walking time.

Fitness

- Fitness level required for 4.5 to 6.5 hours' walking
- Tours with 600 to 1,100 metres of elevation gain
- The general classification also specifies around 5 to 7 hours of pure walking time and 600 to 900 metres of elevation gain.

Technique

- Challenging mountain hiking, level 3 out of 4
- Typical narrow, steeper and stony mountain paths up to T3; occasional short sections without a defined path
- No fear of heights, sure-footedness and experience in alpine terrain above 2,000 metres
- Steeper sections may be encountered on the descent.

Tour description

Section 1: Pala Favera – Coldai Hut

From Pala Favera, the group ascends to the Coldai Hut. This marks the start of the multi-day circumnavigation of the Civetta, travelling from hut to hut.

Section 2: Beneath the Civetta to Passo Duran

From the Coldai Hut, the route follows a particularly beautiful section of the Dolomites High Trail No. 1. Beneath the mighty rock faces of the Civetta, the path leads to the Vazzoler Hut and then on to Passo Duran.

Tour section 3: Moiazza and Tamer

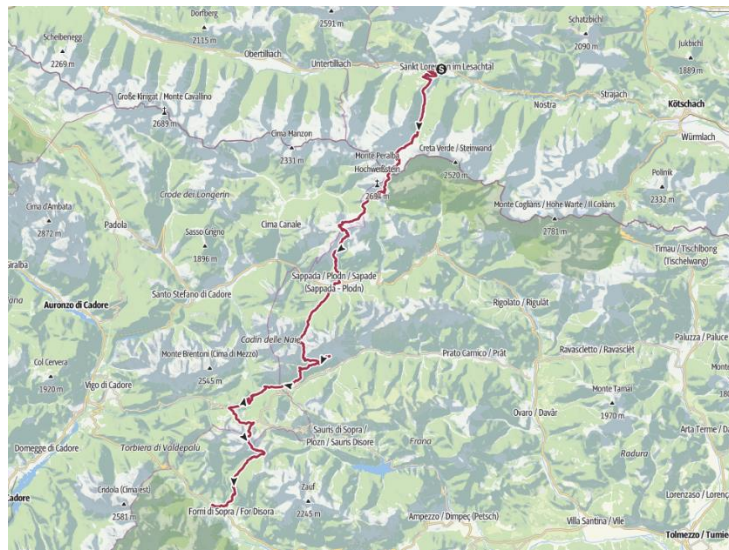
In the Moiazza and around the Tamer Group, the paths are much less frequented. Rugged mountain landscapes and a sense of profound tranquillity characterise this part of the journey. A challenging circular walk around the Cima Nord di San Sebastiano leads into the unspoilt mountain world of these neighbouring ranges.

Tour section 4: Rocca Pietore – Rifugio Sasso Bianco

For the final part of the journey, the group moves on to Rocca Pietore. From there, they ascend to the small Rifugio Sasso Bianco, which lies high above the valley in a peaceful spot with stunning views, directly opposite the north-west face of the Civetta.

Tour section 5: Sasso Bianco and Forcella S'ciota

The following day, depending on the chosen route, the group will either climb Sasso Bianco or circumnavigate it. The route then leads back down to Rocca Pietore via Forcella S'ciota.



Services

- GLOBO ALPIN mountain guide
- 3 x half-board in a shared room or dormitory (mountain hut)
- 2 x half-board in a twin room (inn)
- 1 night's B&B in Sappada, including dinner there
- Meeting point: Day of arrival, 5.00 pm, GLOBO ALPIN office
- Pick-up service from Dobbiaco railway station for those travelling by train
- All transfers to and from Toblach railway station
- 7 days' travel, 5 days' touring
- Climate contribution: €5

Single rooms cannot be booked.

Accommodation

5 nights in a mountain hut or mountain inn, 1 night in a hotel.

The basic accommodation is part of the character of this hut-to-hut tour. Shared rooms and dormitories offer less privacy than a hotel, but in return you'll be right in the heart of the mountains and set off straight from the trail.

Further information

Important note

During the tour, the advertised route may be subject to changes or adjustments due to weather conditions or regional circumstances. The planned route cannot therefore be guaranteed in detail.

Note for people with reduced mobility

This programme is not suitable for people with reduced mobility.

Entry and visas

To enter Italy, you'll need a valid identity card or passport. There's no visa requirement for travellers from the EU.

Good advice doesn't cost much!

We know from experience that a week-long trek in the mountains is a major challenge for many hikers. In recent years, demand has increased enormously, particularly for Alpine crossings. Unfortunately, mountain guides repeatedly find that not everyone is adequately prepared and that the demands of such a tour are underestimated. If you haven't yet spent several days in the mountains, we recommend a three-day tour as a taster to help you prepare. It's a good idea to acclimatise beforehand for any tour.

Answers to frequently asked questions!

True to the saying 'There's no such thing as bad weather, only bad clothing', our **rain-proof kit** ensures that neither rain nor snow can dampen our enjoyment of hiking. Should the tour or stage be unable to go ahead as planned for safety reasons, the guide will find an alternative.

The **best time** for a multi-day hike is between mid-June and the end of September. At the start and end of the season, we may have to expect patches of snow. In the mountains, **snowfall** is **always** possible, even during the summer months.

A week-long trek in the mountains is a **major challenge** for many walkers. We'll be walking along **good mountain paths**. The paths are often steep or rocky, and sometimes earthy and slippery. If you already have some hiking experience and the necessary stamina, are **sure-footed** (able to walk confidently on uneven, stony and unpaved paths) and have **no fear of heights**, you'll thoroughly enjoy the tour.

Should you actually have to **cut a tour short** and incur additional costs as a result (taxi transfers, extra nights' accommodation, etc.), these costs will not be reimbursed (see Globo Alpin's Terms and Conditions). We therefore strongly recommend taking out **travel insurance** that also covers the cancellation of a tour.

In the **equipment list**, you'll find everything you need for your hike. You should pay particular attention to your hiking boots. **The upper of the boots must come above the ankles; category B/C** is recommended. A good tread pattern, stability and the condition of the boots are important. A comfortable pair of hiking boots isn't necessarily suitable for a multi-day hike. With old boots, it's common for the sole to come away. That's why it's particularly worth investing in a new pair of boots.

We'll be provided with generous meals (**half-board**) at our accommodation. Vegetarian meals are also available (please specify when booking). Along the way, there are often inviting **places to stop for refreshments**, or you can have a **packed lunch** prepared for you (at an additional cost). Therefore, it is sufficient to bring enough to drink and a small snack for the start of the tour. Your guide will provide further information on the following days' walks.

Food intolerances or **special dietary requirements** (e.g. vegan diet, gluten or lactose intolerance) are generally not a problem when staying in a hotel or guesthouse. In mountain huts, however, special meals are only available to a limited extent. You should make your own arrangements for this.

Getting there & parking

The meeting point for your tour is easy to reach by car or on public transport. Please allow plenty of time to arrive at the meeting point on time.

Travel insurance

When making a binding booking, we recommend taking out travel cancellation insurance, e.g. with Allianz. Disruptions to services caused by the weather, train cancellations or other factors beyond the organiser's control are not subject to recourse. We also recommend that every participant takes out third-party liability, accident and international health insurance.

Training plan

RECOMMENDED PREPARATION FOR YOUR TOURS

With the right preparation, you can enjoy your tours to the full. Just picture your dream tour, and the motivation will come all by itself. As a little incentive, we've put together a training plan for you here. With these endurance sessions and technical exercises, you can prepare for your adventure in the mountains. At least 3 training sessions per week over several months.

Endurance:

30 minutes of stair climbing, stepper or cross-trainer
60 minutes of walking, jogging or cycling in the countryside (hiking and high-altitude climbs)
90 minutes of walking, jogging or cycling in the countryside (climbing and high-altitude hikes)

Sure-footedness and balance:

10 minutes of walking on tiptoes
10 minutes standing on the balls of your feet at the edge of a flight of stairs (on one leg, on both legs)
10 minutes on a balance ball
Balancing on the kerb
Hopping from stone to stone (stone hopping)

Arm strength (using a dumbbell or water bottle weighing 0.5–1 kg):

30 x push-ups
30 x overhead presses and lateral raises
5 x push-ups (increase to 20)
5 x reverse push-ups (increase to 20)
1 minute forearm plank

Email: contact@soermland-outdoor.com
Phone or WhatsApp: +49-172-541 2116 (DE, EN, IT)
or +46-70-8355353 (SV, EN, DK, NO)