



Dream Destinations in the Dolomites

...legendary and fabulous

Would you like to experience this fantastic tour just with your friends or family? We'd be happy to organise this tour for you on your preferred dates. Rosengarten – Seiser Alm – Plattkofel – Sella – Pordoi – Marmolada. This alpine to high-alpine hike takes us from hut to hut through what are arguably the most impressive mountains and high valleys of the Dolomites. From King Laurin's realm, the Rosengarten, past the Seiser Alm, we reach the magical mountain giants Plattkofel and Langkofel. We continue over the Sella Pass up to the wild and romantic Sella and on to Piz Boè (3,152 m). To round it all off, we cross the Pordoi Pass and circumnavigate the Marmolada, the 'Queen of the Dolomites'. A week full of highlights – let yourself be enchanted by the magic of the Dolomites!

This hut-to-hut tour takes you right into the heart of the Dolomites' spectacular mountain world – wild, majestic and unforgettable.

We set off from the mystical Rosengarten, where King Laurin once held his throne. Continuing across the vast Seiser Alm, past the striking giants Plattkofel and Langkofel, you'll find yourself, step by step, delving deeper into a landscape that seems almost unreal.

Crossing the Sella Pass, you'll ascend to the Sella Plateau – rugged, impressive, high-alpine. And if you're up for it, you can tackle the summit of Piz Boè (3,152 m) whilst you're at it. After that, the next highlight awaits: the Pordoi Pass and finally the circumnavigation of the Marmolada, the 'Queen of the Dolomites'.

What can you expect? A week full of contrasts, sweeping views and the magic of mountain huts. Every day brings a new horizon, new perspectives and new spine-tingling moments.

Requirements

Fitness



Ascent and descent of up to 1,200 metres in altitude, with a maximum walking time of 4 to 6 hours per day, depending on the weather, trail conditions and the group's fitness level. Longer breaks are taken after around 1 to 2 hours of walking.

Technique



You will mainly be walking on moderately difficult mountain trails, which are mostly narrow and steep. The occasional rocky and exposed sections are well secured with wire ropes and may occasionally require the use of your hands. Depending on the weather and snow conditions in the mountains, the ground may be slippery. For these tours, you should already have some hiking experience and be sure-footed and not prone to vertigo.

Tour description

Day 1: Journey to the Karer Pass – Ascent to the [Rotwand Hut](#)

From the Karer Pass, we ascend to the Rotwand Hut (2,280 m). After settling into our rooms, we make a short climb to the local peak, Ciampaz (2,316 m), from where we catch our first glimpse of the Dolomites.

Elevation gain: 560 m uphill | 30 m downhill

Walking time: approx. 2 hours

Day 2: Valle del Vajolet – Zigolade Pass – Grasleiten Pass – Mollignon Pass – [Tierser Alpi](#)

After breakfast, we hike over the first of today's three passes, the Zigolade Pass (2,550 m), into the Valle del Vajolet to the Vajoletthütte (2,245 m). After the second ascent, we reach the Grasleiten Pass Hut, where we enjoy our well-deserved lunch break. Here, we can admire the wild, rocky landscape.

We then descend over the Grasleiten Pass (2,599 m) before climbing back up to the Mollignon Pass (2,598 m) and continuing on to the Tierser Alpi (2,440 m).

Elevation gain: 1,100 m uphill | 940 m downhill

Walking time: approx. 6 hours

Day 3: Roßzahnscharte – Mahlnechtjoch – [Friedrich August Hut](#)

Without our rucksacks, we first climb up to the Roßzahnscharte. Here we enjoy the magnificent view of the Schlern. On the way back via the Tierser Alpe, we shoulder our rucksacks again and continue on a gentle descent to the Mahlnechtjoch at 2,168 m. The beautiful hiking trail then takes us along the Friedrich August Weg to the Friedrich August Hut, our destination for the day.

Elevation gain: 400 m uphill | 520 m downhill

Walking time: approx. 4 h 30 mins

Day 4: Sella Pass – Val Lasties – Piz Boè – [Fassa Hut](#), right on the summit

Today we head over to the Sella Pass (2,240 m). A transfer shortens our journey along the tarmac road before we ascend to the Boè Hut (2,871 m) in Val Lasties. We'll stop here for lunch. Afterwards, we'll climb Piz Boè (3,152 m). We'll spend the night at the Fassa Hut right on the summit and enjoy the magnificent panoramic views across the entire Dolomites as far as the Großglockner, Großvenediger, Zillertal, Ötztal and Stubai Alps. After dinner, weather permitting, we'll witness an unforgettable sunset and round off the evening with a glass of Italian red wine.

Elevation gain: 1,240 m uphill | 150 m downhill

Walking time: approx. 5 hours

Day 5: Sass Pordoi – Bindelweg – Lake Fedai – Malga Ciapela – [Rif. Falier](#)

After breakfast, we'll descend to the Pordoi Saddle and continue up to Sass Pordoi. From there, we'll take the cable car down to Passo Pordoi (2,239 m). We'll hike along the Bindelweg to Lake Fedai (2,054 m). After a refreshment break, a taxi takes us to Malga Ciapela (1,435 m). The Val de Ombreta leads us along the imposing south face of the Marmolada to Rifugio Falier (2,074 m). The green landscape combined with the grey rocks is unique in the Dolomites.

Elevation gain: 1,000 m uphill | 800 m downhill

Walking time: approx. 6 h 30 mins

Day 6: Ombreta Pass – Val de Contrin – Solagna – taxi ride to the Karer Pass

With views of the climbing routes on the Marmolada's south face, we ascend to the Ombreta Pass (2,702 m). From here, the route is all downhill into the Val de Contrin to Solagna (1,486 m). We take a taxi back to the Karer Pass, where our tour ends. Proud of what we've achieved this week, we enjoy the Italian atmosphere one last time. If you wish, you can round off the tour with an extra night at the Karer Pass or in the Fassa Valley (to be booked independently).

Elevation gain: 650 m uphill | 1,250 m downhill

Walking time: approx. 6 hours

Accommodation & meals

Accommodation

In the huts, we'll be staying in dormitories or shared rooms. All huts have washrooms, and some also offer shower facilities.

Meals

We'll be provided with generous meals (half-board) at our accommodation. Vegetarian meals are also available (please specify when booking, no later than two weeks before the tour starts). Along the way, there are often inviting places to stop for a bite to eat, or you can have a packed lunch prepared for you in the morning (at an additional cost).

Therefore, it is sufficient if you bring enough to drink for the start of the tour and a small snack (energy bar) for in between meals. Your guide will provide further information on the following days of the tour.

Accommodation arrangements for early arrival

[Hotel Sporthotel Passo Carezza](#) Via
Passo Carezza 15

Comune di San Giovanni di Fassa (TN)

Tel.: +39 0462 701000

info@passocarezza.it

Alternatively, the [Fassa Valley Tourist Office](#) will be happy to help. They can cater specifically to your requirements and check availability directly.

Further information

Important note

During the tour, the advertised route may be subject to changes or adjustments due to weather conditions or local 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 will need a valid identity card or passport. No visa is required for travellers from the EU.

Good advice is worth its weight in gold!

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 frequently 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. Prior acclimatisation is advisable 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 snowfields. 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 hikers. We'll be walking on **good mountain paths**. The paths are often steep or rocky, sometimes earthy and also slippery. If you already have 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. If you have not yet undertaken a multi-day hike in the mountains, we recommend **one of our three-day tours** as **a way** to get a taste of what it's like and familiarise yourself with the terrain.
 - * Should you actually have to **cut a tour short** and incur additional costs as a result (taxi transfers, extra hotel accommodation, etc.), these costs will not be reimbursed (see the Kleinwalsertal Mountain School's Terms and Conditions). We therefore strongly recommend taking out **travel insurance** that also covers tour cancellation.
 - * You'll find everything you need for your tour in the **equipment list**. You should pay particular attention to your hiking boots. **The boots must come up 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 is not necessarily suitable for a tour lasting several days. With old boots, it is common for the sole to come away. That is why it is particularly worth investing in a new pair of boots.
 - * We'll be staying in **huts** in **dormitories** or **shared rooms**, and in **hotels** or **guesthouses** in **twin** or **shared rooms**. Please understand that we cannot accommodate individual booking requests.
 - * 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.
-

Maps

Tabacco Verlag, 1:25,000, Sheet 06, Val di Fassa / Dolomiti Fassane, as well as the Kompass map, Val di Fassa, No. 686, or popular map apps such as Outdooractive, Alpenvereinaktiv or PeakFinder

Getting there & parking

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

Car

Brenner Motorway, Bolzano-Nord exit, towards Eggental. From the motorway exit, it is about 20 km to Welschnofen, then a further 8 km to the Karer Pass

Parking:

Paid car park, approx. €10.00 per day using the ParkApp or a debit card

Train and bus

Bolzano railway station; several bus services daily from Bolzano to Welschnofen-Karersee.

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

Preparation for Your Tour

With the right preparation, you will be able to enjoy your mountain adventure to the fullest. Picture your dream tour—the motivation will come naturally. To help you prepare, we have developed the following training programme. We recommend completing at least three different training sessions per week over several months before the start of your tour.

Endurance Training

- 30 minutes of stair climbing, step machine or cross trainer
- 60 minutes of brisk walking, jogging or cycling outdoors (recommended for hiking and via ferrata tours)
- 90 minutes of brisk walking, jogging or cycling outdoors (recommended for climbing and alpine mountaineering tours)

Balance & Sure-footedness

- Walk on your tiptoes for 10 minutes
- Stand on the balls of your feet on the edge of a step (both one-legged and two-legged)
- 10 minutes of balance board or balance ball exercises
- Practise balancing along a kerb
- Jump from stone to stone (or between paving slabs) to improve coordination and foot placement

Upper Body and Arm Strength (Using light dumbbells or water bottles (0.5–1 kg):

- 30 arm curls
- 30 overhead presses with lateral raises
- 5 push-ups (gradually increase to 20 repetitions)
- 5 reverse push-ups (gradually increase to 20 repetitions)
- plank for 1 minute

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