

TREKKING

TREKKING IN VAL DI FASSA, DOLOMITES

9 days in Dolomites di Fassa between refuges, mountain passes and unique panoramas



B4Experience

ITALY



Classic trekking in the heart of the Dolomites, Italy, crossing Monzoni, Marmolada, Sella, Sassolungo, Antermoia and Rosengarten. Comfortable refuges, epic views and the option to summit Piz Boe.

[View Web Program](#)



RECOMMENDED MONTHS

JUNE, JULY, AUGUST, SEPTEMBER



PRICE

From 1.750€ /person

Group discounts





Highlights

- THE MOST EXCITING SECTION OF THE ALTA VIA 2
- "LUNAR" LANDSCAPE OF THE SELLA GROUP AND INCREDIBLE VIEWS
- REFUGES WITH DELICIOUS DINNERS AND OPTION FOR PRIVATE ROOMS
- VAJOLET TOWERS IN ROSENGARTEN AND POSSIBLE SIGHTING OF ALPINE IBEX.

Private groups

100% customizable

From (People)	Category	Availability	Nº days	Price per pers.
1	Autoguiado	20 Jun 2026 - 20 Sep 2026	9	1.750€
4	Guiado	20 Jun 2026 - 20 Sep 2026	9	3.200€

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
<p>✗ No open group events available, only private groups</p>					

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Included

- Accommodation in mountain refuges: 3–7 nights (depending on itinerary), shared dormitory
- Accommodation in 3* hotel: first and last nights, double/triple room
- Breakfast and dinner in the refuges
- Breakfast at the hotel
- Instructions and logistical assistance (on the self-guided trip)
- 24-hour telephone support (on the self-guided trip)
- Itinerary and walking schedule (on the self-guided trip)
- Specialized maps 1:25,000 (1 map per booking)
- Transport from base hotel to route start
- Luggage storage at base hotel during trekking
- Electronic maps with satellite navigation for mobile (Android or iPhone required) (on the self-guided trip)
- Guide (only on the guided program).

Not Included

- Travel insurance (we can arrange it)
- Flights and transport to the start point (we can arrange it)
- Drinks at dinner
- Lunches
- Use of hot showers in refuges: 3–5 € per night
- Recommended ski lifts: approx. 20 € per lift (variable)
- Public bus on route and/or on last day if needed: approx. 5–8 €
- Single room in base hotel (for non-solo travelers). Solo traveler supplement: 160 €
- Tourist tax where applicable
- Guide (in the self-guided program)
- Everything not described in “Included”.



Itinerary

DAY 1: ARRIVAL IN VAL DI FASSA

Arrival on your own to Val di Fassa and check-in at the base hotel (Vigo, Pozza or Pera). At reception, collect the trekking materials: specialized map 1:25,000 and the prepared route plan/schedule for your self-guided trip.

Accommodation: 3* Hotel (basecamp)

DAY 2: MONZONI GROUP

Transfer to Passo San Pellegrino (1,920 m) to start trekking. Ascent along the slopes of Monzoni and low-traffic traverse: great chance to see alpine ibex. Descent to the refuge in the Contrin valley with open view to Sassolungo. (10 km | +790/-680 | 5 h).

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast + Dinner.

DAY 3: AT THE FEET OF MARMOLADA

Long day crossing several passes to Lago Fedaia. You bypass the non-walkable on foot section of Marmolada by the eastern ridges of Monzoni, descend to Ciampac (natural amphitheater) and ascend towards Passo Fedaia through forests and gorges below the glacier. (18 km | +1190/-1180 | 7 h).

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast + Dinner.

DAY 4: SELLA GROUP

Path towards Sella by the panoramic "Merchant's Route", with views of Marmolada glacier and Lago Fedaia. Arrival at Sella, with its vertical walls and narrow accesses to the plateau. Terrain becomes rough and "moonscape" near 3,000 m. (12 km | +1250/-740 | 6 h).

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast + Dinner.

DAY 5: SUMMIT OF PIZ BOE

Demanding and very complete stage. With good weather, option to climb Piz Boe (3,152 m). Sunrise from the refuge and traverse the "extraterrestrial" plateau of Sella. Descent through a narrow gorge with 1,000 m walls and finish at the foot of Sassolungo. (12 km | +900/-1220 | 7 h).

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast + Dinner.

DAY 6: SASSOLUNGO GROUP

More relaxed day to recover legs. Route around Sassolungo/Langkofel (“Long Rock”), a compact massif above alpine meadows. Two options: complete circumnavigation with views to Gardena and Alpe di Siusi, or crossing the only pass that climbs near 2,700 m through a gorge. (10 km | +870/-780 | 6 h).

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast + Dinner.

DAY 7: THE “LOST WORLD” OF ANTERMOIA

Entry to a high mountain massif with almost no vegetation, with chaotic peaks and walkable gorges. Ascent through a glacier-polished corridor to Lago Antermoia (2,495 m), with yellowish cliffs 400 m above the water: one of the most striking points of the route. (16 km | +930/-1290 | 7 h).

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast + Dinner.

DAY 8: ROSENGARTEN AND VAJOLET TOWERS

Change of scenery: from wild gorges to the “petrified reef” of Rosengarten (10 km long). You will see the famous Torri di Vajolet and walk under its “towers”. Finish with the panoramic “Sheepherders’ Trail” and return to the hotel in Val di Fassa. (10 km | +810/-780 | 6 h).

Accommodation: 3* Hotel (basecamp)

Meals: Breakfast.

DAY 9: END OF TREKKING IN VAL DI FASSA

Farewell to a trek remembered for the lunar landscape of the Sella, sunsets, terrain diversity and refuges in spectacular locations.

Payment and cancellation policy

Initial booking: To secure your spot, an initial payment of 30% of the total trip price is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid at least 60 days before the departure date.

Extras: Additional travel costs such as insurance, flights or other optional services must be fully paid at the time of booking.

Cancellation insurance: The client can purchase trip cancellation insurance to obtain a refund of the total amount paid (according to the policy conditions).

The end user may cancel the booked trip, with the right to a refund of amounts paid, except for indicated penalties. However, they must pay the agency the following amounts once the trip is confirmed.

Cancellation policy 3

- Full refund within 24 hours of purchase
- Up to 60 days before the trip: 100% refund of the trip price
- Up to 45 days before the trip: 50% refund of the trip price
- For shorter periods than those described: no refund will be made.

*A handling fee of 250 € will be applied

*If there are other non-refundable expenses already issued, these will also not be refunded and will be deducted from the total refundable amount

*The cancellation cost of already issued flights is 100% of the ticket price.

Equipment list

Mandatory equipment

- Suitable hiking boots (recommended high ankle)
- Waterproof and windproof jacket
- Fleece (warm layer)
- Long trekking pants
- Cap
- Raincoat / poncho or other rain garment
- Sunglasses
- Toiletry bag / personal hygiene items
- Clean and light footwear to use inside the refuges (e.g., flip-flops)
- 2 bottles of 1 liter (minimum) for water
- Sleeping bag liner (light, e.g., cotton) for sleeping in shared dormitories
- Android or iPhone phone (to use electronic maps with satellite navigation).

Recommended equipment

- Thermos (to carry hot water or tea after breakfast, if you wish).

FAQs

Is it a self-guided or guided trip?

We offer both options. In the case of the self-guided trip you will receive a 1:25,000 map, walking schedule and materials prepared by guides, as well as logistical assistance and 24-hour support. We also offer the same itinerary in a guided version, with a certified local mountain guide.

How many days does the program last?

The indicated duration is 9 days and includes the arrival and departure days. You sleep the first and last night in a hotel in Val di Fassa, and the rest of the trek is spent sleeping in mountain refuges according to the itinerary.

Where does the trekking start and finish?

The trip is based in Val di Fassa: you arrive and base yourself in a hotel in the lower valley area (Vigo, Pozza or Pera). The trekking starts with a transfer to Passo San Pellegrino and ends by returning again to the hotel in Val di Fassa.

What is the nearest airport to reach Val di Fassa?

Verona is the closest airport to Val di Fassa. There are regular flights to Verona from Spain, the United Kingdom, Russia, Germany, Denmark, France, and Poland. The journey from Verona airport to Fassa valley takes about 4 hours combining train and bus. Innsbruck is also a convenient airport, but not many airlines operate flights to Innsbruck. Other possible airports are Venice, Bologna, Munich and Milan. We can help plan your route from the airport and provide train and bus schedules. Please contact us before booking flights.

What physical and technical level is required?

No specific training is required, but good physical condition is necessary. The routes are on maintained and marked trails; exposed sections in self-guided routes are secured, provided basic safety rules and realistic times are followed.

At what altitudes do you normally walk and what is the maximum?

The trek mostly takes place between 2,000 and 2,600 m. In the Sella Group the trail can rise above 3,000 m and, in good weather, there is the option to reach Piz Boe (3,152 m) on the corresponding stage.

What kind of accommodation does the trip include?

It includes a 3* hotel in Val di Fassa (first and last night) in double/triple room, and mountain refuges during the trek in shared dormitories. The refuges offer traditional alpine meals and the possibility of hot showers.

Can private rooms be booked in the refuges?

Yes, in most refuges private rooms of 2, 3 or 4 beds can be booked if available, with a supplement of €20 per person per night. It must be booked in advance.

What meals are included during the route?

In the refuges breakfast and dinner are included. At the hotel breakfast is included. Drinks at dinner are not included, nor are lunches. For midday meals you can stop at refuges and pay there according to the menu.

Do I need a sleeping bag? What about bedding?

In shared dormitories bedding is not provided: you must bring a sleeping sheet/liner (usually lightweight cotton or silk). A warm sleeping bag is not considered necessary because there are blankets.

What extra expenses are common during the route?

Lunches, drinks at dinners, hot showers in refuges, recommended lifts (approx. €20 per lift), and public buses if needed (approx. €5–8) are not included. Tourist taxes may also apply at accommodations.

What if there is snow in June or the weather is unstable?

June is usually favorable but less reliable, and some passes may be blocked by winter snow. In that case, the itinerary can be modified depending on snow conditions at the passes. In late September the probability of continuous rain increases and it may snow >2,000 m. The statistically most stable period goes from the second week of July to mid-September: warm and sunny days with moderate rain. Still, in July and August storms are typical, sometimes with hail, especially in warm months.

Is there a supplement for traveling alone?

Yes, in the self-guided trip a solo traveler supplement of €160 applies. For other extras (4* hotel, private rooms in refuges, luggage transport, airport transfer) these are mentioned as optional upon request or with supplement.

Is it possible to customize the trip, make it shorter or longer?

Yes, it is possible. Contact us to see the options that best suit you.



Contact us!

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Trekking

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