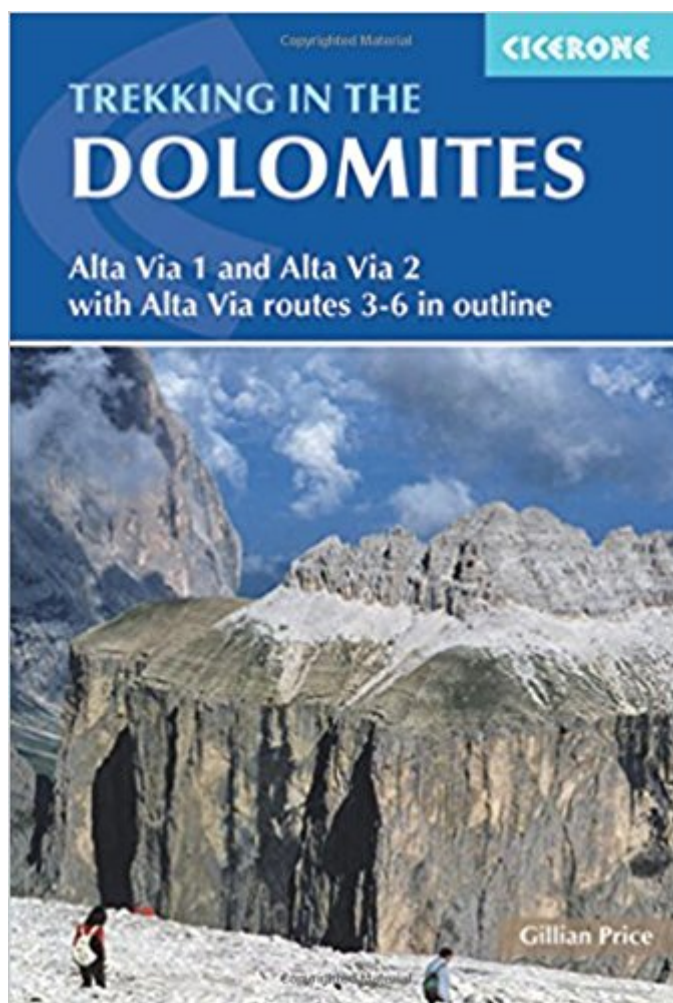


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Trekking In The Dolomites: Alta Via 1 And Alta Via 2 With Alta Via Routes 3-6 In Outline (Cicerone Guides)



Synopsis

Northern Italy's famous Alta Via long-distance walking routes are spread across the Dolomites, running roughly north to south and reaching as far as the Austrian border. There are six of these routes, and they increase in difficulty: Alta Via 1 has few exposed sections and is suitable for novice alpine trekkers; AV2 is much more challenging, only suitable for experienced alpine trekkers with a good head for heights, while AVs 3-6 have extended via ferrata sections and considerable exposure. AVs 1 and 2 are described in detail in this guidebook. The 120km AV1 is described over 11 day stages; AV2 covers 160km in 13 days and is more strenuous and technical. Overnight stops are at mountain huts or guesthouses. The demanding AV3-6 routes are described in outline. Now a World Heritage Site, the Italian Dolomites make a first-rate trekking destination. There is an excellent network of paths dotted with welcoming 'rifugi' (mountain huts) in stunning locations, and efficient public transport serving key trekking points. Written by an expert in Italian trekking, with information on the fascinating wartime history of the region, plants and wildlife and also practical considerations such as the best time to go, what to take and hut protocol, this guide offers trekkers all the information they need to enjoy the mountains to the full.

Book Information

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Customer Reviews

After a degree in Anthropology and working in adult education, Gillian Price travelled through Asia and trekked the Himalaya. Eventually settling in Venice, she now works as a freelance travel writer. Gillian is steadily exploring all the mountain ranges and flatter parts of Italy, and has produced a

series of outstanding guides for Cicerone. She is an active member of the Italian Alpine Club CAI and Mountain Wilderness.

I am in the midst of planning a trek along Alta Via 2. I agonized briefly over what book to buy, and ended up landing on *Trekking in the Dolomites*. I have certainly not been disappointed. The information in the book is very helpful. There have been some inaccuracies with regard to the open/close dates for some of the Rifugios, and I have spent a good deal of time online making more detailed plans, but the book has been invaluable to me. A few details: The maps that are provided are ample for low-level planning, but I suspect some additional, larger maps will be needed to accurately navigate the trails. The book is not particularly great about letting you know about some important details: do you need to arrive by a certain time for meals to be served (some rifugio require this, others don't)? Is water available along the trail? There are frequent callouts in the book, but they don't seem to call out the components of the hike that are most important to a traveler. You need to read through each of the "chapters" to get the details necessary for planning. This is absolutely a helpful resource, but there are a few drawbacks. I recommend visiting some websites in conjunction with the book when planning your trip. I am going in early October and will certainly update my review if there are any other significant discrepancies. Nevertheless, if you are trekking AV, you should probably buy this now.

Good review of the most common routes in the Dolomites that tend to be crowded. Other routes are out there with a little internet research. Plan ahead, the Refugios book up early. But some stunning country though don't expect a USA style back-country experience though.

We completed the Alta Via I trek, relying primarily on this book's Alta Via I directions and on online maps we downloaded independently. The book was helpful for getting a sense of the general route. However, if you've used the Tour du Mont Blanc guide by the same publisher (Cicerone), you might be surprised by how much less detailed the trek information is in this book. The TMB guide had detailed trail directions, with all elevation gains and losses, and it listed, mapped or described all forks and intersections. In the Dolomites book many intersections were simply not listed or described. I think that the book would benefit substantially from mapping the trails that intersect with the AV route. If we had not had supplemental trail maps, it would have been impossible to follow the book's directions. The elevation information provided was also misleading. For example, one of the Alta Via sections was described as a "very easygoing day," and based on the various elevations

provided along the route, one would infer only gross total elevation gains/losses of about 50-100m. However, the gross elevation changes that day were about 1400m (700m up and back down again) that day -- not impossible, but hardly "easygoing." We found that hiking time estimates were also quite inconsistent. If you used and loved the TMB guide published by Cicerone, don't expect the same from the Dolomites guide.

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