

# SNOWSHOEING

ROCCA PIETORE MARMOLADA



# GRAN PIAN

**Difficulty:** easy  
**Departure:** Malga Ciapèla  
**Duration:** 0.30 h (one way)

**Difference in height:** 63 mt.  
**Attendance:** high  
**Max height:** 1513 s.l.m.

Simple excursion immersed in the fairy atmosphere of the snowy forest at the foot of the Gran Pian. The entire itinerary takes place on a wide road and is well attended. Ideal for taking the first steps with snowshoes and gaining more confidence with the equipment.

## Itinerary:

It starts near the dirt car park located in Malga Ciapèla before the campsite. Proceed along the wide road that crosses a fir forest alongside the Nordic ski slope of Malga Ciapèla. In a short time you reach the locality Gran Pian where the homonymous malga rises following the various hairpin bends.

## Descent:

The return takes place along the same route as the outward journey. Alternatively, there is the possibility of continuing in the direction of Val Franzedaz, along the dirt road.

The route is south facing and can be traveled from December to March.

## Paths:

Paved road closed to traffic from Malga Ciapèla towards Gran Pian



# LASTE CIASPAMOON

**Difficulty:** medium  
**Departure:** Laste di Sopra  
**Duration:** 2 h (circle route)

**Difference in height:** 250 mt.  
**Attendance:** high  
**Max height:** 1658 s.l.m.

This easy itinerary suitable for everyone follows the ancient paths of Laste, with numerous panoramic points. The route leads to discover several villages that have remained intact over the centuries and woods of great charm. Attendance is good for the period from December to March with the possibility of lengthening the itinerary towards Col de le Casiere along the convenient forest road.

## Itinerary:

It starts near the Laste di Sopra car park and continues following the track that crosses the snow-covered meadows in the direction of Col da Gesia. Continue climbing towards the great plateau of La Leda in the scenery of a wonderful larch forest up to the small alpine church. Continue reaching the Migon Refuge and descending towards Ronch di Laste passing at the foot of some famous and majestic monoliths including Sass de Rocia and Sass de la Murada. From Ronch continue in the woods towards Laste di Sotto to conclude the loop.

## Paths:

Path well indicated by the appropriate signs for the entire development of the route. It is advisable to check in advance the conditions of the route due to the trees felled during the Vaia storm.



# VAL FRANZEI

**Difficulty:** medium

**Departure:** SP 641 - Sottoguda

**Duration:** 2 h (one way)

**Difference in height:** 450 mt.

**Attendance:** high

**Max height:** 1743 s.l.m.

This route is suitable for everyone, mostly along the forest road that leads to the wide Franzei basin, at the foot of the Auta mountain range. Much of the route takes place in the woods where it is often possible to meet wild animals. There is also the possibility of continuing, once you have passed the Franzei basin, also in the direction of the homonymous saddle.

## Itinerary:

It starts near the picnic area located upstream of the village of Sottoguda, next to the SP 641. The track to follow is well signposted and the forest road is wide. Proceed for about 1.3 hours following the wide track and then continue, in the final stretch, on the path. Here the forest becomes denser and more spectacular and the path becomes gradually less sloping until it reaches the Franzèi basin where you can see the barns almost completely submerged in snow. The walk becomes easier on flat ground. At the edge of the clearing there is also the possibility to continue in the direction of the Forcella Franzei.

## Descent:

The return takes place along the same route as the outward journey, with the possibility of taking shortcuts through the snow-covered trees.

The route is located at the foot of the northern slope of the Peaks of the Auta Group, with good attendance.

The recommended period for the excursion is December - March.

## Paths:

- C.A.I. 688 up to Franzèi
- C.A.I. 684 from Franzèi to the Lèch di Gai



# VAL FRANZEDAZ

**Difficulty:** medium

**Departure:** Malga Ciapèla

**Duration:** 2 h (one way)

**Difference in height:** 530 mt.

**Attendance:** high

**Max height:** 1980 s.l.m.

This itinerary leads to the discovery of an uncontaminated valley like that of Franzedaz, the kingdom of nature and silence. This route requires a minimum of training, but is suitable for everyone. The first part develops along a dirt road facing south, part of the Alta Via Nr. 2, the itinerary is in any case highly frequented with travel from December to March, even with ski mountaineering.

## Itinerary:

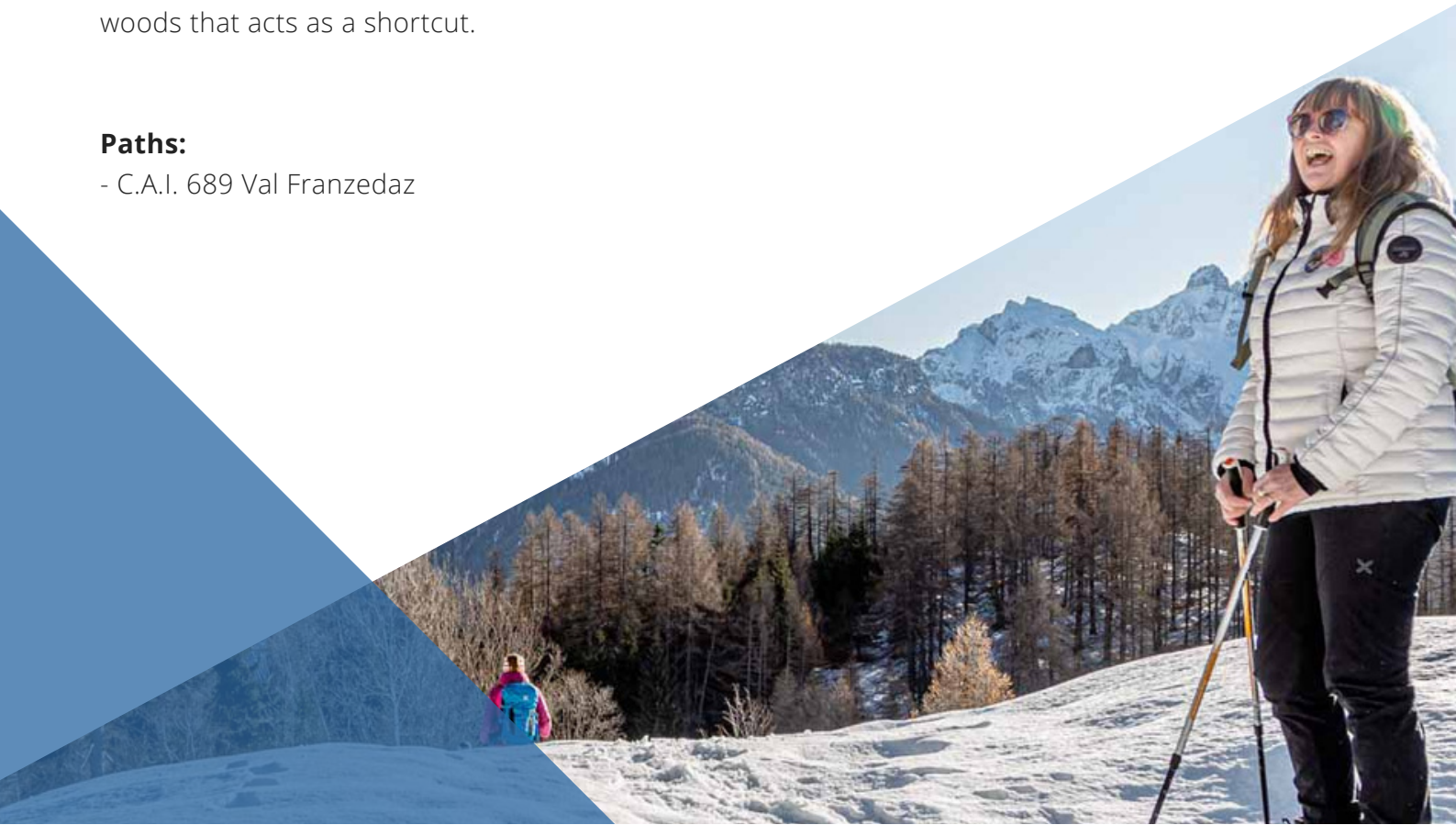
The starting point is located at the dirt car park of Malga Ciapèla, before the campsite. The first part of the route takes place on an easy winding road until you cross a bridge over the Pettorina stream. From here the route continues on the forest road and then turns left following the signs for Val Franzedaz. Continue climbing gradually until you see the buildings of the Malga. From here the valley opens up and you can enjoy the panorama all around. For the more trained there is also the possibility of continuing to Forca Rossa, the saddle that overlooks the whole valley and overlooks the Val di Fuchiade.

## Descent:

The return can take place along the same road as the outward journey, or along the path in the woods that acts as a shortcut.

## Paths:

- C.A.I. 689 Val Franzedaz



# BRAMEZZA

**Difficulty:** medium

**Departure:** S. Maria delle Grazie

**Duration:** 2 h (one way)

**Difference in height:** 450 mt.

**Attendance:** high

**Max height:** 1450 s.l.m.

Charming enchanted village at an altitude of 1450 meters above sea level, right on the slopes of Monte Sasso Bianco and overlooking Lake Alleghe and the majestic north-west face of Monte Civetta, Bramezza amazes the visitor with its charm of yesteryear. The feature that cannot fail to be noticed is the architecture of the houses and fireplaces, which vaguely recall oriental styles.

## Itinerary:

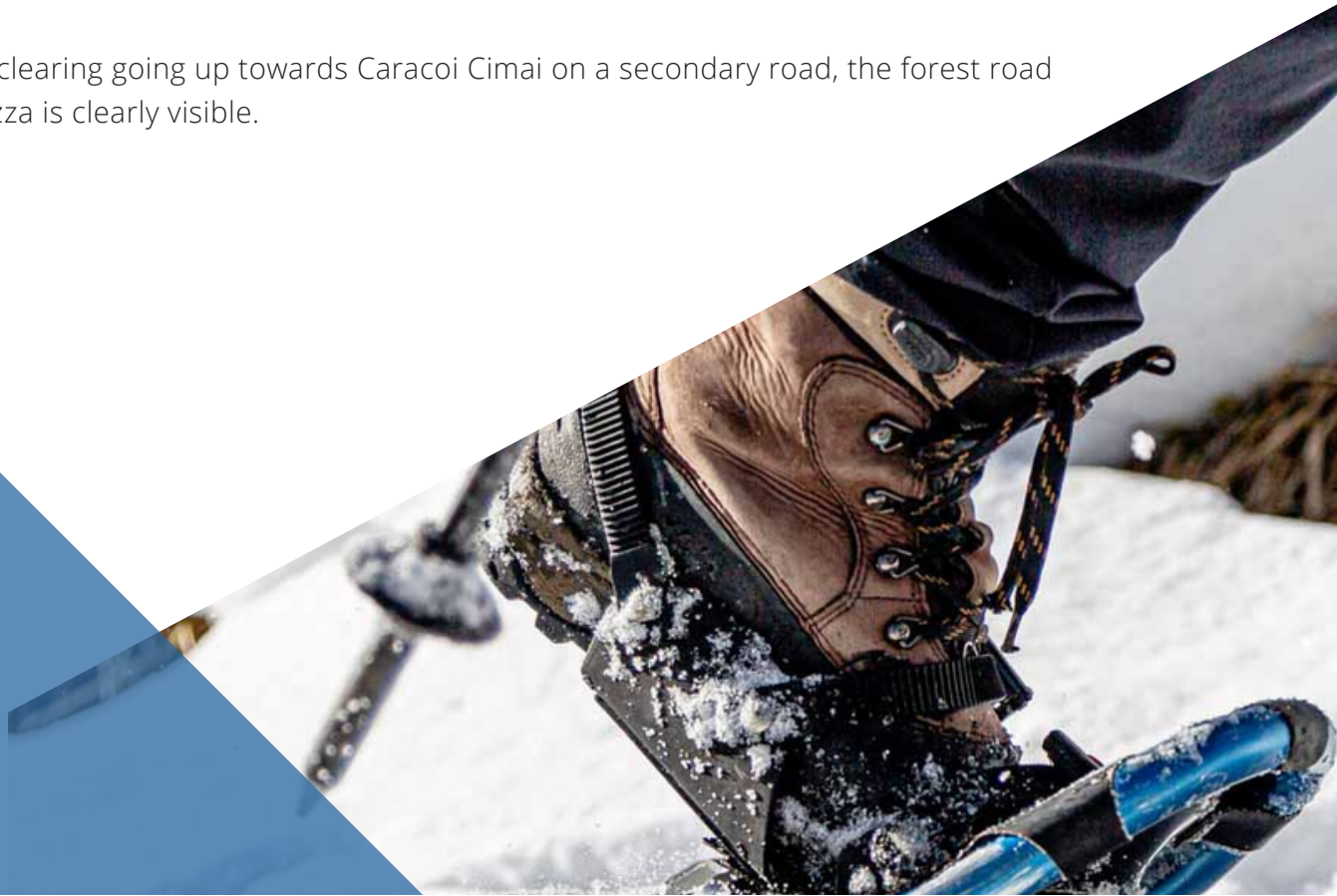
The village can be reached by snowshoes on the forest road, with a path immersed in the woods, which will give you pure emotions: the rediscovery of nature, the silent tranquility of the Dolomites, always different views based on the light that reverberates on the snow. It is possible to continue the excursion in the direction of Casera Bur, a bivouac used by hikers in summer.

## Descent:

The return takes place along the same route as the outward journey.

## Paths:

From the clearing going up towards Caracoi Cimai on a secondary road, the forest road to Bramezza is clearly visible.



# COL DEI PIOGE

**Difficulty:** medium

**Departure:** Saviner di Laste

**Duration:** 1.30 h (one way)

**Difference in height:** 350 mt.

**Attendance:** medium

**Max height:** 1450 s.l.m.

A terrace overlooking the valley at the confluence of the Pettorina and Cordevole streams, with a view of Saviner di Rocca Pietore and Lake Alleghe: the excursion with snowshoes on the Col dei Pioge will take you to discover the silence of the forest and enjoy truly suggestive views. In the towering background you will admire Mount Civetta.

## Itinerary:

The path is visible right in front of the La Murada restaurant in Saviner di Laste and immediately climbs with a moderate slope, even if well distributed along the entire route. Once you reach the Col dei Pioge, a stop on the bench is mandatory, positioned right in a coma on the hill and with a spectacular view over the entire Val Cordevole up to Alleghe.

Continuing the route you can reach Ronch, another privileged point with a view of the most beautiful peaks of the Dolomites, passing in front of the suggestive capital of Sant 'Antonio.

## Descent:

The return takes place along the same path as the outward journey.

## Paths:

It's also possible to start from Rocca Pietore, following the path that passes through the hamlet of Troi and then intersects the variant that climbs up from Saviner di Laste.



# GIARDOGN

**Difficoltà:** hard  
**Departure:** Caracoi Cimai  
**Duration:** 2.30 h (one way)

**Difference in height:** 700 mt.  
**Attendance:** low  
**Max height:** 1833 s.l.m.

Once you arrive in Caracoi Cimai, the view that opens up before your eyes is absolutely enchanting: the Civetta right in front and in the distance the Nuvolau, the Averau, the Col di Lana, the Setsass. Very fascinating itinerary, immersed in the quiet and silence of the woods, but suitable for experts.

## Itinerary:

The path is n ° 682 and takes you right at the fountain in the village of Caracoi Cimai. From here the wooded road leads to Giardogn, a characteristic plateau dotted with old barns, many of which have been rearranged or are being renovated (at an altitude of 1833 meters).

## Descent:

The return takes place along the same path as the outward journey.

## Paths:

- C.A.I. 682
- To reach Giardogn it's also possible to start from Pezzè or Saviner di Laste.





# ALBE E VALLIER

**Difficulty:** medium  
**Departure:** Loc. Pallue  
**Duration:** 1.30 h (one way)

**Difference in height:** 300 mt.  
**Attendance:** medium  
**Max height:** 1456 s.l.m.

Villages rich in history, once full of life and today silent in front of Monte Sasso Bianco: in Albe and Valier time seems to have stopped. An excursion with snowshoes in the midst of the beech trees now devoid of their colors, which will make you breathe the peace of these places and will give you an absolutely indescribable view over the entire valley.

## Itinerary:

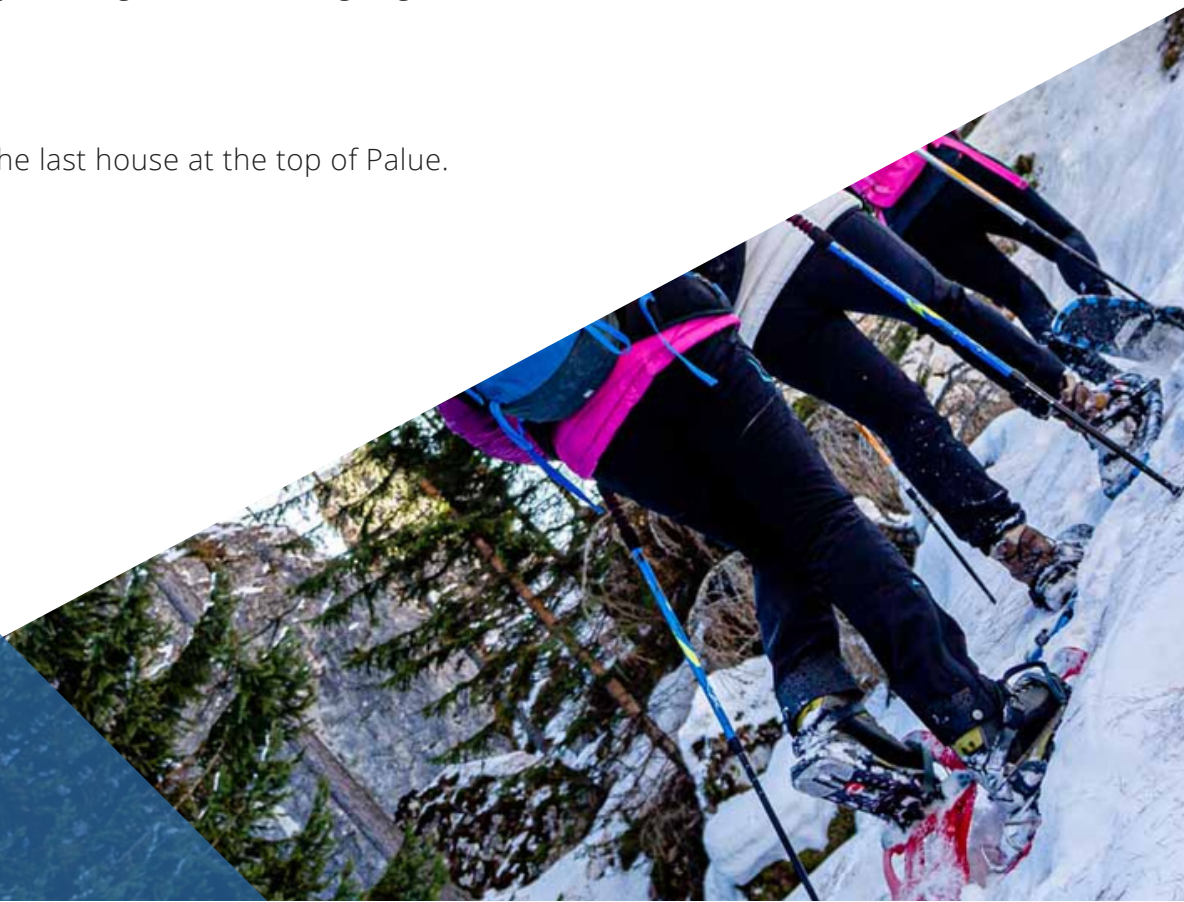
After a visit to the ancient village of Palue, which with Sottoguda is in the elite of the most beautiful villages in Italy since 2016, between authentic views and ancient barns, the excursion with snowshoes starts right up from the last house in the village. The route has no steep sections, but the slope is constant and well distributed. Spectacular views of the Sasso Bianco, but also of the Cime d'Auta, up to Mote Pemo. Once in Vallier, it is possible to continue towards Albe and then descend towards Col di Rocca.

## Descent:

There is the possibility of doing a circular ride going down towards Col di Rocca.

## Paths:

The trail starts from the last house at the top of Palue.



# LASTE - MALGA LASTE

**Difficulty:** medium - easy

**Departure:** Davare

**Duration:** 1 h (one way)

**Difference in height:** 400 mt.

**Attendance:** medium

**Max height:** 1868 s.l.m.

A dream panorama, fabulous in summer, but equally enchanting in winter: Laste with its characteristic church and its villages and Mont da Laste with a view of the most beautiful peaks of the Dolomites. An excursion with snowshoes that will certainly remain in your heart.

## Itinerary:

The route starts from the village of Davare, the highest group of houses in Laste, and immediately enters the woods at the foot of Mount Migogn. The excursion is really pleasant and the difference in height is well distributed. Already after the first scarce kilometer, a fantastic glimpse opens onto Civetta, Rocca Pietore and the villages of Caracoi and Pezzè. Continuing there are many huts that meet on the sides of the road, up to the hut (closed in winter) located on the Col de le Casierè. In case of abundant snow, it is advisable to go up from the village of Moè, because it is not exposed on the side of Migogn.

## Descent:

The return takes place along the same path as the outward journey.

## Paths:

Starting point: car park near the village of Davare (attention: in case of abundant snow the route is affected by avalanches!) or Moè in case of abundant snow on the ground (for info tel. 0437 722277).



# SAFETY ON THE MOUNTAINS

The mountain is a beautiful environment but it has some dangers. Living the mountains in safety gives us the opportunity to reduce risks and enjoy its beauty in peace.

No matter whether it is extreme mountaineering activities or simple trail hikes, each activity has inherent risks that must be minimized.

Tips in pills:

- Choose your destination carefully according to the season and the participants.
- Plan the itinerary well in advance (weather, terrain, difficulty, times).
- Check the equipment before departure, and adapt it according to the type of excursion.
- Leave early in the morning to have more hours of light (spare time).
- Provide breaks and rest times.
- Proceed according to the mountain conditions (keep greater distances with danger of falling rocks, shorter distances with poor visibility).
- Caution when crossing snowfields, to be tackled equipped with ski poles or ice axes.
- Secure children with shorter ropes.
- Avoid risky slips on the snowfields.
- Quickly recognize weather changes.
- Retrace your steps in bad weather: fog and bad weather make it more difficult to find your way around.
- Before departure, communicate your destination and the expected return time to the manager or hotelier downstream.



# ALPINE GUIDE

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Francesco began to go to the mountains since he was a child with his parents. And it is just behind the house, in the Laste crag, that he begins to devote himself to climbing which still represents the main inspiration of his activity in the mountains. Then the desire to look a little further, to get to know the nearby mountains better, leads him to become passionate about ski mountaineering in winter and mountaineering routes in the summer. He works as an indoor climbing route planner and practices the profession of Mountain Guide trying to convey the techniques and above all the fun and passion that have characterized his activity since childhood.

**Francesco is the ideal person to accompany you to the high mountains in total safety!**

