

Range 1: Triglav

Country(ies): Slovenia

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	1	Petrovo Brdo	Crna prst	Lodge (38)	9	+1000m/-150m 4h30
	2	Crna Prst	Dom Na Komni	Lodge(120)	10	+571m/-762m 8h15
	3	Dom Na Komni	Refuge du Triglav	Triglav hut (200)	11 + 12	+900m/-350m 5h30
Transition	The second teams walks up to the Triglav hut on day 3. Both teams could summit the Triglav on day 4 before descending to Trenta.					
2nd leg	4	Refuge du Triglav	Trenta	4 Lodges (~65)	13	+800m/-1800m (avec ascension du Triglav) – 8/9h
	5	Trenta	Dom v Tomarju	Lodge (72)	14	+1200m/-750m 6h45
	6	Dom v Tomarju	Thorl Maglern		15	+960m/-1500m 6h10

Range 2: Carnic Alps

Country(ies): Austria/Italy

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	7	Thorl Maglern	Feistrizer Alm	Lodges (16)	16	+1400m/-300m 6h25
	8	Feistrizer Alm	Egger Alm	Alpine chalets (?)	17	+580m/-930m 3h50
	9	Egger Alm	Nassfeld	Alpenhotel Plattner	18	+730m/-614m 3h30
Transition	In Nassfeld.					
2nd leg	10	Nassfeld	Zollerse Hutte	4 lodges (~65)	19	+1450m/-1200m 6h15
	11	Zollerse Hutte	Untere valentinalm	Lodge	20	+1000m/-1560m 6h00
	12	Untere valentinalm	Wolayersee hutte	Mountain hut	21	+950m/-210m 3h15

Range 3: Dolomites

Country(ies): Austria/Italy

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	13	Sesto	Rifugio Locatelli	Mountain hut (140)	26	+1200m/-1200m 5h30
	14	Rifugio Locatelli	Rifugio Vallandro	Mountain hut (25)	27	+860m/-1200m 4h30
	15	Rifugio Vallandro	Weisberg / Monguelfo	?	28-29	+1000m/-1300m 6h10
Transition						
2nd leg	16	Weisberg / Monguelfo	Antholz-Mittertal	Schönblick Mittertal (guest house – 11 pl) Pension Gruber (44)	29-30	+1400m/-1300m 7h30
	17	Antholz-Mittertal	Rieserferner hutte	Mountain hut (52)	31	+1600m/-50m 4h35
	18	Reiserferner hutte	Ahornach / Acereto	?	32	+500m/-1800m 4h35

Range 4: Zillertal

Country(ies): Austria/Italy

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	19	Ginzling	Greizer hutte	Mountain hut (83)	-	+1240m – 4h30
	20	Greizer hutte	Berliner hutte	Mountain hut (89)	-	+350m/-830m – 4h
	21	Berliner hutte	Lac de Schlegeisspeicher	Mountain hut (60)	-	+1092m/- 1300m 7h
Transition						
2nd leg	22	Lac de Schlegeisspeicher	Gerearhutte	Mountain hut (28)	-	+1150m/- 630m – 6h
	23	Gerearhutte	Tuxer-Ferrer hutte	Mountain hut (30)	-	+1100/-900 – 6h30
	24	Tuxer-Ferrer hutte	Ginzling	Berggasthaus Breitlahner (80)	-	+300m/- 1900m 6h30

Range 5: Zugspitze/Grauspitze

Country(ies): Germany/Liechtenstein

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	25	Gasse	Meilerhutte	Mountain hut (83)	44	+1500m/-210m 4h35
	26	Meilerhutte	Knorrhutte	Mountain hut (111)	45	+1000m/- 1300m 6h30
	27	Knorrhutte	Ehrwald	Pension Jägerhof (22)	-	+500m/-1560m 4h35
2 leg	28	Feldkirch	Gafadurahutte	Mountain hut (47)	56	+1350m/-400m 5h15
	29	Gafadurahutte	Sucka	Berggasthaus Sucka (54)	57	+950m/-950m 4h15
	30	Sucka	Nenzinger Himmel	Alpengasthof Gamperdona (12+12)	58	+700m/-750m 4h30

Range 6: Bernina

Country(ies): Italy/Switzerland

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	31	Poschiavo	Rifugi Zoia + Campo Moro	Mountain hut (125)	77	+1600m/-600m 8h35
	32	Rifugio Zoia	Chiareggio	Tartaglione Crispo (19)	78	+850m/-800m 6h30
	33	Chiareggio	Maloja	Gasthaus Soldanella (36)	79	+1000m/-820m 5h50
Transition	In Maloja					
2nd leg	34	Maloja	La Veduta	Hotel la Veduta (12)	80 (en partie)	+800m/400m 6h
	35	La Veduta	Jenatsch hutte	Mountain hut (60)	-	+850m – 4h
	36	Jenatsch hutte	Bever	Touristenlager Culögnas (96)	-	- 950m – 3h

Range 7: Tessin Alps

Country(ies): Switzerland

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	37	Ossaaco	Robiei	Mountain hut (70)	-	+1255m/-540m 5h
	38	Robiei	Rifugio Maria Luisa	Mountain hut (72)	92	+800m/-500m 4h
	39	Rifugio Maria Luisa	Munster	Ferienhaus Aegina (Ulrichen - 50 pl), Chalet Yvonne (Munster - 16 pl)	93 (avec variante)	+1600m/-2200m 8h
Transition	In Munster					
2nd leg	40	Munster	Fieshertal	Stiftung Döttinger Ferienhaus (60)	-	+1300m/-1550m 8h
	41	Fieshertal	Riederalp	Mountain Resort Riederfurka (60)	95	+1250m/-450m 7h30
	42	Riederalp	Brig	Haus Schonstatt	96	+650m/-1900m 6h30

Range 8: Mont Blanc

Country(ies): Switzerland/France

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	43	Salvagny	Refuge Moede Anterne	Mountain hut (140)	110	+1530m/-400m 7h
	44	Refuge Moede Anterne	Refuge Pierre à Bernard	RMountain hut (40)	-	+700m/-800m 5h
	45	Refuge Pierre à Bernard	Vallorcine	Gite les Aiguilles Rouges (24)	-	+1500m/-2153m - 9h
Transition						
2nd leg	46	Vallorcine	Refuge Albert 1er	Mountain hut (137)	-	+1624m/-200m 7h
	47	Refuge Albert 1er	Trient	Lodge Le Peuty (37)	112 (variante)	-1400m - 4h
	48	Trient	Champex	Youth hostel (70)	113	+1200m/-1200m - 7h

Range 9: Vanoise

Country(ies): France

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	49	Bonneval sur Arc	Refuge du Fond des Fours	Mountain hut (48)	-	+1175m/-450m 5h
	50	Refuge du Fond des Fours	Refuge de la Leisse	Mountain hut (32)	122 (en partie)	+1000m/-920m 8h30
	51	Refuge de la Leisse	Refuge d'Entre Deux Eaux	Mountain hut (60)	123 (en partie)	-400m – 1h
Transition	The second teams walks to the Entre Deux Eaux hut from the Bellecombe car park on day 3.					
2nd leg	52	Refuge d'Entre Deux Eaux	Refuge de la Valette	Mountain hut (44)	-	+1375m/-900m 7h30
	53	Refuge de la Valette	Refuge du Fond d'Aussois	Mountain hut (42)	-	+965m/-1200m 7h
	54	Refuge du Fond d'Aussois	Aussois	Gite d'étape du Fort Marie-Christine (66)	-	+50m/-850m 2h30

Range 10: Écrins/Queyras

Country(ies): France

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	55	Le Monétier les Bains	Vallouise	2 lodges(137)	128	+1000m/- 1400m – 6h10
	56	Vallouise	Freissinières	Lodges (28)	129	+1100m/- 1100m - 9h
	57	Freissinières	Mont-Dauphin	Youth hostel Guillestre (84)	130	+550m/-800m 7h30
Transition						
2nd leg	58	Mont-Dauphin	Ceillac	Gite des Balladins (74)	-	+1600m/- 1100m – 8h
	59	Ceillac	Maljasset	Gite de la Cure + Mountain hut (69)	133	+1050m/- 700m – 5h30
	60	Maljasset	Mont-Dauphin Guillestre	Youth hostel Guillestre (84)	-	+1150m/- 1800m – 9h

Range 11: Mercantour

Country(ies): France

	Stage n°	Starting point	Finish	Accommodation (beds)	Stage # - Via Alpina red trail	Details
1st leg	61	Larche	Bousiéyas	Lodge Bousiéyras (28)	D53	+1250m/-1000m – 6h30
	62	Bousiéyas	St Etienne de Tinée	Gite le Corborant (20)	D54	+500m/-1200m – 5h25
	63	St Etienne de Tinée	Roya	Gite “Ma veille école” (21)	D55	+850m/-400m 4h15
Transition						
2nd leg	64	Roya	Refuge de Longon	Mountain hut (34)	D56	+1150m/-850m 6h55
	65	Refuge de Lognon	St Sauveur sur Tinée	Lodge (16)	D57	-1400m – 3h50
	66	St Sauveur sur Tinée	St Martin Vésubie	Lodges (35)	D58	+1150m/-500m

In all :

- 66 day stages, of which 50 stages of the Via Alpina trail