The rhythm of walking, as ancient and unique as man himself, takes us back to atavic times and silences - it establishes a more human relationship with nature, within nature. Walking in contact with local customs and traditions, among unique flavours and scents, through the history of the mountains, of the Alps, provides a different approach that is closer to the essence of life. The ‘Via Alpina’ is the trail taken by mankind, a trail made up of a thousand other trails, made of emotions and discoveries, of infinite spaces and specific truths strictly connected to man’s will and man’s heart.

The Dolomites have been supporting the civilization of mountain people for thousands of years, they silently support our progress and teach us that no action, no thought can overcome their greatness, their deepest essence. The ‘Via Alpina’ follows these traces and illustrates a perpetual teaching that all we need to do is accept and breathe in, deeply.

“a path for Europe”

STAGES OF THE VIA ALPINA
in Val di Fassa, Province of Trento

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Stage B22

PODORO PASS - CONTRIN REFUGE

Description of the stage in the Trento-Moena direction:
Starting at the Podoro refuge, pass path No. 601 (High level path No. 2) heading south along the eastern slope of Sas Bisc. On the way, you reach the Fassa valley. From there, follow the “Viel del Pard” path (path No. 601 High level path No. 2) heading east, cutting across the southern slope of the Sas Bisc. This path runs almost flat midway up the ridge and through the meadows that cover this last area. Once you have reached the Viel del Pard refuge, continue along the clear-cut path that runs facing the entire Marmolata. When you reach the crossroads with the section path that leads to Porto Vasco, descend to the right towards the Fedaia lake until you reach the Val Fassa. From there, you reach the Marmolata “E. Castiglioni” refuge, take path No. 405 which, after a sharp bend, turns decisively west. Follow the easy multitracks that lead to the Villetta Maua hotel. From there, you follow the same path No. 603, proceeding along the dirt road that goes slightly to the left at the first crossroads and then takes a steep left turn. Cross it and descend to the left. Walk across the gravelly and then, a short distance afterwards, a forest. Follow the narrow road that cuts through large rock formations and then descends once again to the main path. In about 10 minutes, you reach the path No. 602A that leads to the dirt road (4002) that will take you to the Contrina refuge.

Alternative route:
From the Marmolata “E. Castiglioni” refuge follow the dam until you reach the Cima Undici refuge. In front of it you can access path No. 606 that leads to the Plan de Fiaccone refuge (or you can reach it by road No. 601). At the crossroads, turning westward in the direction of Geo Vill, continue on path No. 608 which takes you to the Val Fassa. From there, you continue following the mountain path that climbs up to the left of the pass and bridge and after a few metres enter the forest to the right. Proceed a few more minutes along the narrow itinerary (path No. 602) until you reach the Val Fassa. You have ascended to the saddle along a tongue of ice and snow, descending the southern slopes of the Sas de Rocia, equipped with a metal safety cord for a short distance, then walk along the same until you bend westward again and reach the Contrina refuge.

Description of the route in the opposite direction:
Starting at the Contrina refuge, climb along the easy path No. 648 until you reach the crossroads, turning south-west along the dirt road that leads to the Fedaia lake. From there, you proceed southwest along the highest ridge and reach the valley of the Fassa. Close to the crossroads, heading south, you descend to the Val Fassa through the forest and along a demanding cobbled multitrack. Once across the Asso stream, the town of Fontanazzo is just a short distance away.

Alternative route:
From the saddle, at the crossroads for the Cima Neve, continue straight ahead in the direction indicated by signpost 6136. Follow the southern slope of the Sas de Rocia along the equipped path Lino Pedemor, until you once again join path No. 611 at Sela Brusch. From here, continue northwards along the grassy ridge on an unmarked path that leads towards the Cima Neve until you reach Plan de Fiaccone.

Description of the route in the opposite direction:
In Fontanazzo, take path No. 645 that climbs towards Val de Gira. Once out of the woods, enter the plan of the hanging valley which features several shepherds’ settlements. Then, climb along the sharply bending trail until you reach Plan de Fiaccone and descend towards the Ciampac. Once you have reached the Ciampac, take the path opposite slope until you reach the Forcia Neigra saddle. Follow the north-west rocky slope of Cima Neve until you reach a grassy saddle, from which you can climb up to the Valetto di Gira, then go down to the San Nazzaro pass, in view of the refuge. Finally, descend into the Val de Contrin along path No. 606 until you reach the Fedaia lake.

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** Villetta Maria: phone no. 0462 601121 / info@hotelvillettamaria.it

Hotels/B&Bs:
Contrin refuge
Dolomia refuge
Viel dal Pan refuge

Open from June to September: from 9 to 12 a.m./from 3 to 6 p.m.

PENIA:
WWI Museum
between igneous and dolomitic rocks and their different geomor-
gene from which, keeping to the right, you can descend to the Pordoi
dirt road that leads to the Villetta Maria hotel. To the building’s right
that climbs steeply at first but then almost levels off, running amidst
short distant, then walk along the scree until you bend westward
saddle along a tongue of snow and ice, descend the
road that leads to Porta Vescovo, descend to the right towards the Fedaia
refuge, continue along the clear-cut path that runs facing the entire

Environment -
pass.

distinguished view of magmatic rock and the towering dolomitic massifs.
the Val di Contrin features an excursion-oriented type of tourism,

WHAT TO SEE:
Environment - The crossing of these hanging valleys offers spectacu-
lar scenes and environmental attractions. Especially interesting is the
different uses and stages of human exploitation of the valleys:
the Val di Fassa features an excursion-oriented type of tourism, the
Cimpeleto.

55. SS. Giovanni e Paolo, church, with 17th century paintings.

BETWEEN POZZA AND VIGO DI FASSA:
Molin de Pèzol

ACCOMMODATION:
Mountain refuges:

Antermoia refuge
phone no. 0462 838430

Antermoia lake
phone no. 0462 602272

Antermoia ref. - Bolzano ref.

Molin de Pèzol

ACCOMMODATION:

Molin de Pèzol

Molin de Pèzol