



Marmolada



Via Alpina

Yellow route:
Muggia (TS) - Oberstdorf (D)



"a path for Europe"

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.



Fedaiia Lake



The Vernel



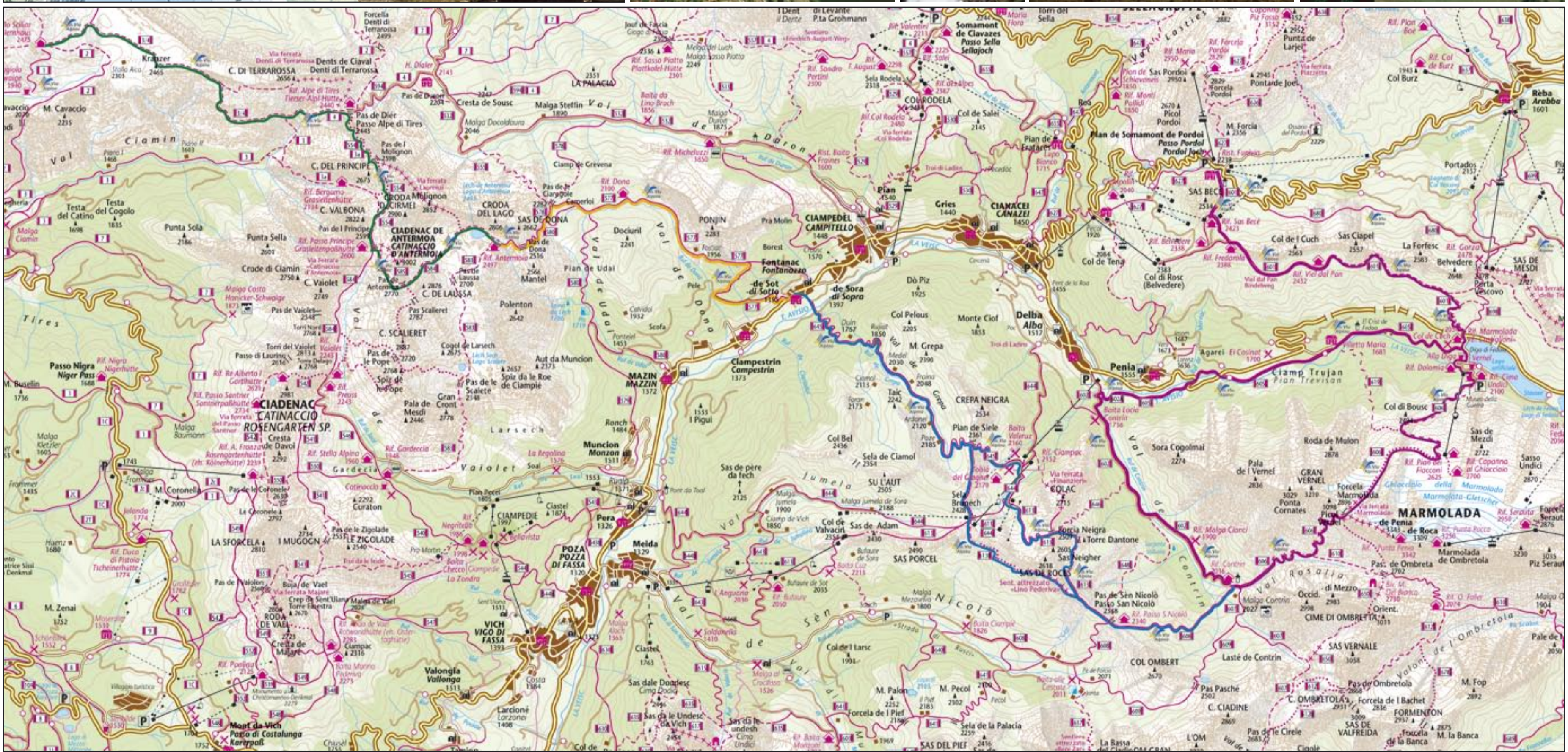
Venetian sawmill



Denti di Terrarossa



Lorenz and Vera



17th century house in Mazzin



Val di Fassa costumes



Santa Giuliana church

LEGEND

- main road
- secondary road
- cart-track or forest road
- no entrance
- cable-way
- cable-car
- chair-lift
- signalled CAI/AVI/SAT path
- easy
- intermediate
- difficult
- via ferrata or equipped trail
- other path
- mountain refuge
- restaurant
- bivouac
- hotel(s)
- coffee bar
- parish church
- small church
- shrine, isolated cross
- parking area
- shuttle taxi
- waterfall
- dairy products

Scale 1 : 50.000 (1 cm = 500 m)
A trekker of medium skill should be able to climb approx. 350 m in 1 hour.

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

- B22 Pordoi Pass - Contrin Refuge
- B23 Contrin Refuge - Fontanazzo
- B24 Fontanazzo - Antermoia Refuge
- B25 Antermoia Ref. - Bolzano Ref.

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The Sella

