

## ITINERARY 5F

## SOMADIDA FOREST



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### description

UNESCO Dolomites system	Dolomiti Settentrionali
mountain group(s)	Marmarole and Sorapis
UNESCO values	<p><b>Landscape:</b> with more than 1600 hectares of beech, Norway spruce, silver fir and larch, the Orientata Nature Reserve of Somadida is the largest forest in Cadore and one of the finest in the Dolomites. It is one of the best examples of a mixed wood of tall trees (a common sight on all the bases and slopes of the Dolomites mountains up to the tree line) and an essential part of the Dolomite landscape. Over the centuries, this natural environment has also played a crucial role in the local economy. Located deep in the heart of the Northern Dolomites and clinging to the slopes of Sorapis and the Marmarole, the forest played an important part in the area's history. From the 15th century onwards, the wood from this ancient forest was used by the Republic of Venice in its naval shipyards at the Arsenale to produce, in particular, masts and bowsprits. At the end of the 18th century, it came under Austrian rule and then, for a short time, French rule; it then passed to the Kingdom of Lombardy-Venetia. When the Veneto region became part of the Kingdom of Italy in 1866, the Somadida forest became the property of the state and in 1972 was officially designated a Nature Reserve.</p> <p><b>Geology:</b> the Nature Reserve belongs to a single district on the right-hand side of the Ansei stream. The huge massifs surrounding the forest, the imposing walls of Cristallo and the bases of Sorapis and Antelao are all made up of fine lamination which contributed to the formation of Main Dolomite. The laminae originally made a vast tidal plane where giant molluscs proliferated, and their</p>


	<p>fossil casts and footprints of the first dinosaurs can still be seen. As time went by, the gradual sinking of the seabed provided the ideal conditions for carbonate mud deposits, which account for the sequence of the grey limestone found in the area. Today the forest stands on the bed of the ancient sea from which the islands of the Dolomite archipelago emerged.</p> <p>[source: <a href="http://www.dolomitiunesco.info">www.dolomitiunesco.info</a>]</p>
description of the route	<p>Leave your car in the car park which gives access to the Orientata Nature Reserve of Somadida (junction at Km 4 of the regional road 48) and begin by crossing the bridge over the Ansiei stream (there is room to get around the barrier on the bridge). Continue on the right, following the cycle path that goes from Auronzo di Cadore to Misurina. After about one hundred metres, you will come to a junction where you turn left. After approx. 80 metres, you will get to "Tre Sorelle", where there is a small Visitor Centre. It is accessible and has an ecological centre which teaches about the environment. It also has a library dedicated to the forest and nature of the Dolomites. Continue following the signs for the "blue trail". The path continues straight here. When you get to the junction, continue to your right (following the blue path at all times). Shortly afterwards, the path bends to the left and continues for about 500 m until it reaches a cycle path which you should take, to the right. In this final stretch, before the cycle path, the terrain is coarse gravel and has a maximum incline of 11% for about 100 m. Follow the cycle path back to the car park. The itinerary is accessible for normal push wheelchairs if someone is with you (even better if you have tyres with deep treads); or for wheelchairs with a front wheel.</p>
<b>advice</b>	
recommended period	From June to October. Autumn is also a lovely time to appreciate the scenery along this itinerary, with the spectacular display of the beech, Norway spruce and silver fir trees changing colour.
recommended gear	<p>Wear comfortable clothes in layers. Always take some heavy clothing with you (even in the summer) and protection from the rain, as well as something to drink, a snack, a change of clothes and a first aid kit.</p> <p>Tyres for dirt tracks are recommended and always carry a complete tyre repair kit with a pump and spare inner tube.</p>
recommended equipment	The route is suitable for normal push wheelchairs, as long as someone is with you. Because of the untarmacked sections along the way, wheelchairs with tyres with deep treads are recommended
recommendations	The route is not difficult. However, due to the untarmacked surface, it is advisable not to go on your own. Be careful when descending and braking because there can be unstable gravel and uneven untarmacked sections.
N.B.	When following the itinerary in an electric wheelchair, always take a spare battery.
<b>info</b>	
altitude	1000-1500 m a.s.l.
starting point	<p>Car park at the Riserva Somadida, Palùs San Marco, Auronzo di Cadore (BL)</p> <p>GPS coordinates: 46.530655, 12.282138</p> <p>Altitude: 1130 m a.s.l.</p>
arrival point	<p>Car park at the Riserva Somadida, Palùs San Marco, Auronzo di Cadore (BL)</p> <p>GPS coordinates: 46.530655, 12.282138</p> <p>Altitude: 1130 m a.s.l.</p>

distance	2600 m
overall difference in height	35 metres
incline	Max 11% in a 100-metre approx. stretch
minimum width	2.5 m
terrain	Relatively even (dirt track with sections of fine packed gravel and coarse gravel)
obstacles	Barrier at the bridge over the Ansiei stream (it is open every day from 8.00 am to 5.00 pm and there is always room to get around it in a wheelchair); narrow but shallow drainage channels which are easy to go over
exposed stretches	None

### facilities

access	<u>Private transport</u> : the starting point can be reached using private means. <u>Public transport</u> : bus (no. 31-Tre Cime) from Calalzo di Cadore. Access to the path is 600 m from the bus stop. There is an inaccessible path through the grounds of La Gregoriana, alternatively, you have to go along the side of the main road
restrictions	None
car park	Free car park with no reserved spaces
accessible toilets	Near the Tre Sorelle mountain hut (around 250 m from the starting point)
refreshments	Nearby is Villa Gregoriana, an accessible holiday home
recharging stations for electric bikes	None
network coverage	Coverage provided by main phone operators
GPS mapping	<a href="#">5F_Somadida.gpx</a>
street view	<a href="https://www.google.com/maps/place/Riserva+Statale+Somadida,+32041+Auronzo+di+Cadore+BL/@46.5305811,12.282116,15z/data=!4m5!3m4!1s0x4779cbaceb33e231:0xd0129381ae32d7d8!8m2!3d46.5195268!4d12.2696541?hl=it">https://www.google.com/maps/place/Riserva+Statale+Somadida,+32041+Auronzo+di+Cadore+BL/@46.5305811,12.282116,15z/data=!4m5!3m4!1s0x4779cbaceb33e231:0xd0129381ae32d7d8!8m2!3d46.5195268!4d12.2696541?hl=it</a>
signs along the route	Signs and educational boards of the Orientata Nature Reserve of Somadida (information about the landscape, vegetation and fauna in the Somadida Forest)
UNESCO info points	None
guides	Not available
rental services	Villa Gregoriana rents out Joëlette (an all-terrain one-wheeled chair which enables anyone with reduced mobility or disability to tackle even the roughest trails)
emergency numbers	112 European emergency telephone number 118 Italian emergency telephone number

### contacts

contact for info	Opera Diocesana Assistenza Religiosa; <a href="mailto:info@accoglienza.diocesi.it">info@accoglienza.diocesi.it</a> (F.A.O. the director of Villa Gregoriana)
information provided and itinerary checked by	 <p>RETE DI ACCOGLIENZA DIOCESANA BELLUNO FELTRE</p> <p><a href="https://www.accoglienza.diocesi.it/en/">https://www.accoglienza.diocesi.it/en/</a></p>
route mapped on	03/10/2019
revised	
<b>responsibility</b>	The contents of this information sheet do not exempt hikers from responsible behaviour.



The weather in the mountains can change very quickly and the degree of difficulty of the itineraries depends on a number of factors which often cannot be foreseen, including the conditions of the route, how fit you are and your equipment. Before starting out, always check the weather forecast and contact the local tourist board for an update on the conditions of the route.

Weather: [http://www.arpa.veneto.it/previsioni/it/html/meteo\\_dolomiti.php](http://www.arpa.veneto.it/previsioni/it/html/meteo_dolomiti.php)

Local tourist board: [www.auronzomisurina.it](http://www.auronzomisurina.it)