

## ACCESSIBLE VIEWPOINT - MOUNT ELMO / HELM



© dolomiten.net

### description

UNESCO Dolomites system	Dolomiti Settentrionali
mountain group(s)	Dolomiti di Sesto / Sextner Dolomiten
UNESCO values	<p><b>Landscape:</b> the Dolomites are the universal archetype for a specific mountain landscape that takes its name, "Dolomite landscape", from these very mountains. A number of key features define this particular landscape. Firstly the extremely complex topography, distinctive for the mountain ranges that, while separate, are juxtaposed in a particularly contained setting. Secondly, the uncommon variety of shapes, both vertical (cliffs, needles, spires, pinnacles, towers and jagged peaks) and horizontal (ledges, roofs, overhangs, crags, plateaux and high plains). First and foremost however, the Dolomites are famous for their exceptional varieties of colour and the extraordinary contrast between the soft lines of the pasturelands and the sudden vertical thrust of the stark, bare mountain peaks.</p> <p>The remarkable mountain landscape that we see today has changed very little since it formed millions of years ago. The unmistakable, familiar shapes of the Dolomite peaks are none other than the atolls and coral reefs of those ancient times, while the Alpine passes and inhabited valleys we see today correspond to the deep stretches of sea which originally separated them. This is the only example in the world of a fossil landscape that is as recognisable as this, a tropical archipelago that has transformed into extraordinary towering mountains.</p> <p><b>Geology:</b> The Dolomites are one of the best conserved examples in the world of fossil reefs and tropical environments of the Mesozoic era. They preserve</p>

fossil evidence of the organisms which were instrumental in their formation around 250 million years ago. The sequence of rocks illustrates the resurgence and evolution of life following the greatest extinction event ever recorded in the history of geology that occurred between the Permian and Triassic eras and led to the disappearance of more than 90 % of living species. The interaction between the atolls and the coral reefs of the Triassic and the powerful volcanic eruptions which were a common occurrence in those distant times are clearly and spectacularly visible here. The lack of tectonic deformation, the impressive outcrops, the thick layers of accumulated sediment and the extensive lateral continuity of these mountains reveal the history of the Earth like in a giant rock book and allow us to physically explore the ancient geography of those seas and islands.  
[source: UNESCO Dolomites Foundation, *UNESCO World Heritage Dolomites*, 2010]

description of the route

The accessible viewpoint of Mount Elmo / Helm lies at an altitude of 2050 metres and offers a stunning view over the Dolomiti di Sesto and the five peaks (Nove, Dieci – also called Croda Rossa -, Undici, Dodici and Una) which make up the famous *Sesto Sundial*, a natural clock. On the day of the winter solstice, the peaks act like giant pointers on a sundial, indicating the time. Mount Elmo / Helm dominates the valley of Alta Val Pusteria and affords a privileged view of the peaks in the Tre Cime Natural Park: Rocca dei Baranci, Punta Tre Scarperi and Croda Rossa di Sesto. It is accessed directly from the village of Sesto by the ski lift (one section). The vast plateau around the uphill station allows you to fully appreciate the views in the open air. At about 100 m from the station is Ristorante Monte Elmo, an equipped and comfortable restaurant with a beautiful panoramic terrace. It is the starting point of an excursion to the Gallo Cedrone mountain hut which is about 1 km along an almost flat dirt path (incline approx. 8%). Mount Elmo is also famous because it lies on the border of Italy and Austria and the Alta Via Carnica (no. 403), also known as the "Peace Trail", runs along it.

advice

recommended period

From June to October and from November to March (opening times and periods: <https://www.trecime.com/it/prezzi-info/in-estate/orari-d-apertura-estate.html>)

recommended gear

Wear layers, warm clothes and comfortable boots. It is important to take something to eat and drink along the way, sunscreen, a change of clothes should it rain and a hat.

recommended equipment

Outside the uphill station, the disembarkation area and the paths to the mountain huts are untarmacked and the terrain is packed and even. Hiking pushchairs and electric assist wheelchairs suitable for outdoor excursions are therefore recommended, with tyres with deep treads and off-road wheels.

recommendations


Always travel with others, so they can help you deal with any difficulties you may encounter. In bad weather, contact the cable car before setting out to make sure it is open (e.g. if there is strong wind): tel. (+39) 0474 710355.

N.B.

Accessible ski lift: Helmjet Sexten cable car. The cabin doors and the space between the seats is approx. 80 cm. The seats are tip-up.  
Info: <https://www.trecime.com/it/contatto.html>

info

altitude	1315 – 2050 m a.s.l.
starting point	Ticket office - Via Dolomiti, 45, 39030 Sesto GPS coordinates: 46.697824, 12.356824 Altitude: 1310 m a.s.l. Valley station of the Helmjet Sexten cable car - Via Dolomiti, 45, 39030 Sesto BZ GPS coordinates: 46.697180, 12.357985 Altitude: 1315 a.s.l.
arrival point	Uphill station – Helmjet Sexten 2050 m a.s.l. GPS coordinates: 46.716263, 12.361222 Altitude: 2050 m a.s.l.
distance	2206 m
overall difference in height	735 m
incline	Average incline = 35 %
minimum width	Negligible
terrain	Even terrain with gravel and dirt track
obstacles	The lift stations have no architectural barriers. Outside some narrow channels cross the path.
exposed stretches	Some sections outside the ski lift have no guards or railings
<b>facilities</b>	
access	The ticket office is located in the old valley station, on the same level as the street. The entrance and exit to the valley and uphill stations are accessible by ramp.
restrictions	None. For the cable car times, consult the website <a href="https://www.trecime.com/it/prezzi-info/in-estate/orari-d-apertura-estate.html">https://www.trecime.com/it/prezzi-info/in-estate/orari-d-apertura-estate.html</a> )
car park	Large car park with four reserved spaces for the disabled
accessible toilets	Accessible and equipped bathrooms in the valley station of the old cableway and at Ristorante Monte Elmo at the summit;
refreshments	Ristorante Monte Elmo is accessible and is about 100 metres away on the same level as the uphill station. It is reached along a flat dirt path with compact terrain and gravel
recharging stations for electric batteries	For e-bikes at the Gallo Cedrone mountain hut
network coverage	Good
GPS mapping	Negligible
street view	<b>Panoramic photo Mount Elmo ski lift (valley station):</b> <a href="https://www.google.com/maps/@46.6972911,12.3564324,3a,75y,58.44h,89.26t/data=!3m8!1e1!3m6!1sAF1QipMqRJB4cX4nUvutnmexvMk4eoNLZD8Va05DKEHN!2e10!3e11!6shttps:%2F%2Ffih5.googleusercontent.com%2Fp%2FAF1QipMqRJB4cX4nUvutnmexvMk4eoNLZD8Va05DKEHN%3Dw203-h100-k-no-pi-o-ya115.90065-ro-0-fo100!7i13312!8i6656?hl=it">https://www.google.com/maps/@46.6972911,12.3564324,3a,75y,58.44h,89.26t/data=!3m8!1e1!3m6!1sAF1QipMqRJB4cX4nUvutnmexvMk4eoNLZD8Va05DKEHN!2e10!3e11!6shttps:%2F%2Ffih5.googleusercontent.com%2Fp%2FAF1QipMqRJB4cX4nUvutnmexvMk4eoNLZD8Va05DKEHN%3Dw203-h100-k-no-pi-o-ya115.90065-ro-0-fo100!7i13312!8i6656?hl=it</a> <b>Panoramic photo restaurant (uphill station):</b> <a href="https://www.google.com/maps/@46.715655,12.3626066,3a,75y,148.61h,91.55t/data=!3m8!1e1!3m6!1sAF1QipMyQEWzc3d594wzDP128mf5KdWHJBWyNbZ3CBON!2e10!3e11!6shttps:%2F%2Ffih5.googleusercontent.com%2Fp%2FAF1QipMyQEWzc3d594wzDP128mf5KdWHJBWyNbZ3CBON%3Dw203-h100-k-no-pio.6552748-ya128.70326-ro-3.7703233-fo100!7i7200!8i3600?hl=it">https://www.google.com/maps/@46.715655,12.3626066,3a,75y,148.61h,91.55t/data=!3m8!1e1!3m6!1sAF1QipMyQEWzc3d594wzDP128mf5KdWHJBWyNbZ3CBON!2e10!3e11!6shttps:%2F%2Ffih5.googleusercontent.com%2Fp%2FAF1QipMyQEWzc3d594wzDP128mf5KdWHJBWyNbZ3CBON%3Dw203-h100-k-no-pio.6552748-ya128.70326-ro-3.7703233-fo100!7i7200!8i3600?hl=it</a>
signs along the route	There are information boards at the departure of the cable car and on the

	panoramic terrace
UNESCO info points	None
guides	None
rental services	None
reductions	Details about reductions are available by either calling (+39) 0474 710355 or asking directly at the ticket office
emergency numbers	112 European emergency telephone number
<b>contacts</b>	
contact for info	<a href="https://www.trecime.com/it/contatto.html">https://www.trecime.com/it/contatto.html</a>
information provided by and itinerary checked by	 <p>VITA INDIPENDENTE E MOBILITÀ SELBSTBESTIMMTES LEBEN UND MOBILITÄT</p> <p><a href="https://www.independent.it/it/index">https://www.independent.it/it/index</a></p>
route mapped on	15/09/2019
revised	
<b>responsibility</b>	<p>The contents of this information sheet do not exempt hikers from responsible behaviour.</p> <p>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.</p> <p><b>Weather:</b> <a href="http://meteo.provincia.bz.it/default.asp">http://meteo.provincia.bz.it/default.asp</a></p> <p><b>Local tourist board:</b> Sesto Tourist Association: <a href="https://www.trecime.info/it/sesto/sesto/contatto-servizi.html">https://www.trecime.info/it/sesto/sesto/contatto-servizi.html</a></p> <p><b>Lift opening times and periods:</b> <a href="https://www.trecime.com/it/prezzi-info/in-estate/orari-d-apertura-estate.html">https://www.trecime.com/it/prezzi-info/in-estate/orari-d-apertura-estate.html</a></p>