

## ITINERARY 5C


## AURONZO MOUNTAIN HUT - FORCELLA LAVAREDO



### description

UNESCO Dolomites system	Dolomiti Settentrionali
mountain group(s)	Tre Cime di Lavaredo
UNESCO values	<p><b>Landscape:</b> the Tre Cime di Lavaredo are the symbol of the Dolomites and hundreds of thousands of visitors flock here every year. The extraordinary iconic presence of these three stone giants, perfectly vertical and prism-shaped, has made them famous throughout the world. The route runs along the foot of the south side of the awe-inspiring massif and can be divided into two stages: the first one, which is easier, goes from the Auronzo mountain hut to the Lavaredo hut, and the second, more challenging stage, from the Lavaredo hut to Forcella Lavaredo. Every part of the route offers stunning scenery with spectacular views over the main groups of this enormous area. At Forcella Lavaredo the landscape reveals a never-ending horizon of Dolomite peaks and a breath-taking view over the nearby Tre Cime and Dolomiti di Sesto.</p> <p><b>Geology:</b> the rocks in this impressive mountain group suffered little disturbance from the volcanic activity of the mid-Triassic period and recount the various stages in the evolution of the Triassic archipelago with extraordinary temporal continuity. The various generations of islands and reefs are preserved in their original shape and position. The vertical rock faces of some of the most imposing peaks (Tre Cime di Lavaredo, Monte Paterno and Croda dei Toni), carved out of Main Dolomite, are what remains of the great tidal plain which formed at the end of the Triassic. The southern parts show the geometry of the Carnian islands, clearly relating the stages in the</p>

	disappearance of the Triassic Dolomite archipelago. Some footprints of theropod dinosaurs and fossil amber have been found in the HelingKreuz and Travenanzes formations of these rocks. [source: <a href="https://www.dolomitiunesco.info/?lang=en">https://www.dolomitiunesco.info/?lang=en</a> ]
description of the route	The excursion to Forcella Lavaredo begins at the Auronzo mountain hut along CAI path no. 101 and is one of the most spectacular and well-known routes in the Dolomites. Go along the Misurina provincial road SP 49 and take the junction to the Tre Cime di Lavaredo. After about 2.5 km you will reach the toll booth for access to the car park at the Auronzo mountain hut (access upon payment and subject to availability), which is about 5 km from there. The real excursion begins here. The road is relatively wide and well-maintained with no excessive inclines; the surface is quite even as far as the Cappella degli Alpini chapel. Here the road climbs gently and the terrain becomes a bit more uneven until you get to the Lavaredo mountain hut. From the hut you can continue on to Forcella Lavaredo which lies at the foot of the three stone giants. This section is difficult and should only be tackled by expert hikers with suitable equipment (off-road wheelchairs).
<b>advice</b>	
recommended period	Mid-June to mid-September (when the mountain huts are open).
recommended gear	Wear comfortable clothes in layers. It is important to have sunscreen with you at all times, a change of clothes should it rain and a small first aid kit.
recommended equipment	As far as the Cappella degli Alpini chapel, the route is suitable for wheelchairs engineered to travel on uneven terrain (with tyres with deep treads) and front wheel; after the chapel, it becomes more challenging and should only be tackled with special off-road wheelchairs.
recommendations	Always travel with others, so they can help you deal with any difficulties you may encounter. When following the itinerary in a wheelchair, on a mountain bike or with a pushchair, fit tyres with deep treads and always carry a complete tyre repair kit with a pump and spare inner tube.
N.B.	When using a motorised wheelchair to continue on to the pass, it is a good idea to take some spare batteries.
<b>info</b>	
altitude	2000 – 2500 m a.s.l.
starting point	Car park at the Auronzo mountain hut; Forcella Longères 32041 Auronzo di Cadore (BL) GPS coordinates: 46.6123375,12.2963215 Altitude: 2300 m a.s.l.
arrival point	1) Lavaredo mountain hut Piani di Lavaredo 32041 Auronzo di Cadore (BL) GPS coordinates: 46.618246, 12.312128 Altitude: 2344 m a.s.l. 2) Forcella Lavaredo, 39034 - Dobbiaco (BZ) GPS coordinates: 46.6224902,12.3114449 Altitude: 2441 m a.s.l.
distance	1100 m (Cappella degli Alpini chapel); 1700 m (Lavaredo mountain hut); 2200 m (Forcella Lavaredo) The itinerary takes around 1 hour and 30 minutes on foot with prostheses and about 2 hours with off-road wheelchairs
overall difference in height	1) Lavaredo mountain hut: 80 m uphill; 30 m downhill

	2) Forcella Lavaredo: 127 m uphill; 14 m downhill
incline	Average of 5 %
minimum width	2.5 m (track closed to traffic)
terrain	Dirt road with surface in fine and coarse packed gravel
obstacles	The terrain is compact and quite even, but is stony in the stretch between the Lavaredo mountain hut and Forcella Lavaredo; some narrow channels cross the path; barrier at the beginning of the route (room to get around it)
exposed stretches	None
<b>facilities</b>	
access	The starting point can be reached using both public and private transport. <u>Public transport:</u> Dolomitibus shuttle service (info: <a href="http://www.dolomitibus.it">www.dolomitibus.it</a> ) <u>Private transport:</u> there is a charge to use the road to the car park at the Auronzo mountain hut (approx. 7 km) which is accessible to private transport (info: <a href="https://auronzomisurina.it/en/three-peaks/">https://auronzomisurina.it/en/three-peaks/</a> )
restrictions	Access road subject to charge; free for the disabled (badge must be displayed)
car park	Large car park with 750 spaces and some reserved spaces (tarmacked surface)
accessible toilets	At the Auronzo mountain hut (beginning of the route)
refreshments	Auronzo mountain hut, Lavaredo mountain hut (step to enter)
recharging stations for electric bikes	None
network coverage	Coverage provided by main mobile phone operators
GPS mapping	<a href="#">5C_track.gpx</a>
street view	<a href="https://www.google.it/maps/@46.6123553,12.2964717,2a,75y,23.7h,88.77t/data=!3m9!1e1!3m7!1s7PoT0tRW8htjKkoOHPsFZw!2e0!7i13312!8i6656!9m2!1b!2i41">https://www.google.it/maps/@46.6123553,12.2964717,2a,75y,23.7h,88.77t/data=!3m9!1e1!3m7!1s7PoT0tRW8htjKkoOHPsFZw!2e0!7i13312!8i6656!9m2!1b!2i41</a>
signs along the route	Information boards along the route; CAI signs
UNESCO info points	Information boards about the World Heritage Site
guides	Local guides available who have attended the special training course run by the UNESCO Dolomites Foundation-Accademia della Montagna del Trentino [info: <a href="http://www.assionlus.it">www.assionlus.it</a> ]
rental services	None
emergency numbers	112 European emergency telephone number 118 Italian emergency telephone number
<b>contacts</b>	
contact for info	<a href="mailto:assi.onlus@gmail.com">assi.onlus@gmail.com</a>
information provided by and itinerary checked by	 <b>ASSI ONLUS</b> ASSOCIAZIONE SOCIALE SPORTIVA INVALIDI
route mapped on	May 2017
revised	July 2019
<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: [https://www.arpa.veneto.it/previsioni/en/html/meteo\\_dolomiti.php](https://www.arpa.veneto.it/previsioni/en/html/meteo_dolomiti.php)  
Conditions of the route: <http://www.rifugioauronzo.it/>  
<http://www.rifugiolavaredo.com/english.html>