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Val di Fassa

San Pellegrino

Hiking trails in the Italian Alps

The Italian Alps arch across six regions of Northern Italy:

Aosta Valley
Piedmont
Lombardy
Trentino - South Tyrol
Veneto
Friuli Venezia Giulia



The northwest of Italy is dominated by massive glaciated peaks and the highest mountains in the alpine chain (e.g. Mont Blanc, Monte Rosa, Matterhorn) while the northeast of Italy is defined by craggy limestone massifs.

The geological and cultural diversity of the Italian Alps is one of the reasons why hiking in Northern Italy is so interesting.



Exploring the Italian Alps is an extraordinary experience regardless of your chosen path. The mountains are breathtaking, offering a rich tapestry of cultural and historical insights into Italian heritage. Each area of the Italian Alps boasts unique characteristics, yet all share the same majestic Alpine backdrop.

If it's your first time hiking in the Italian Alps, there's no need to worry over choosing the perfect spot. Every region offers a remarkable experience, making any choice a great one for exploring the breathtaking landscapes of the Italian Alps.

We'd love to hear about your adventures in the Alps.
Leave a comment below and help inspire fellow hikers!

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John Jonhsson

Would love to visit Poz Boe and surrounding areas

Mats Andersson

So many hikes in Val di Fasse area... Highly recommended

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