



2025 Dolomites Hiking Guide: 40 Best Day Hikes

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Hiking in the **Dolomites** is an intoxicating outdoor, cultural, and culinary experience. From the tear-inducing beauty of the peaks to the charm and hospitality of the mountain huts, hiking here can easily become an addiction.

Our guide presents the best hikes in the Dolomites mountains, **ranked by difficulty**, based on 12 trips to this region. We have hiked every trail on this list. The final set of hikes listed are “Sentiero Attrezzato,” which are semi-secured trails with fixed cables.

To date, **our absolute favorite Dolomites hikes** are **Tullen Summit** in Val di Funes, **Piz Duleda** and **Resciesa-Seceda** in Val Gardena, **Tofana di Rozes Circuit Trail** and **Sentiero Bonacossa** in Cortina d'Ampezzo, **Pala di San Martino Circuit Trail** and **Monte Castellaz** in Pale di San Martino, **Lago di Braies to Hochalpenkopf Peak** and **Torre dei Scarperi Circuit Trail** in Alta Pusteria. Though these hikes may intersect with popular destinations, they are mostly **quiet**, and therefore perfect for peace seekers and those traveling in high season (July – early September).

When planning a Dolomites hiking trip, it's important to understand the enormity of this **Italian Alps** mountain range. The Dolomites are composed of 26 sub-ranges and span three Italian regions: Veneto, Trentino Alto-Adige (Trentino – Südtirol), and Friuli Venezia Giulia. At the very minimum, you need 5-10 days to hike here.

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- **Trail Signage:** Hiking trails are very well-signed
- **Languages Spoken in the Dolomites:** Italian, Ladin, and German
- **Dolomites Itineraries:** [5-Day Dolomites Road Trip](#), [7-Day Dolomites Road Trip](#), and [10-14 Day Dolomites Road Trip](#)
- **Get the Guidebook:** [Cicerone Guide: Shorter Walks in the Dolomites](#)

Dolomites Hiking Map

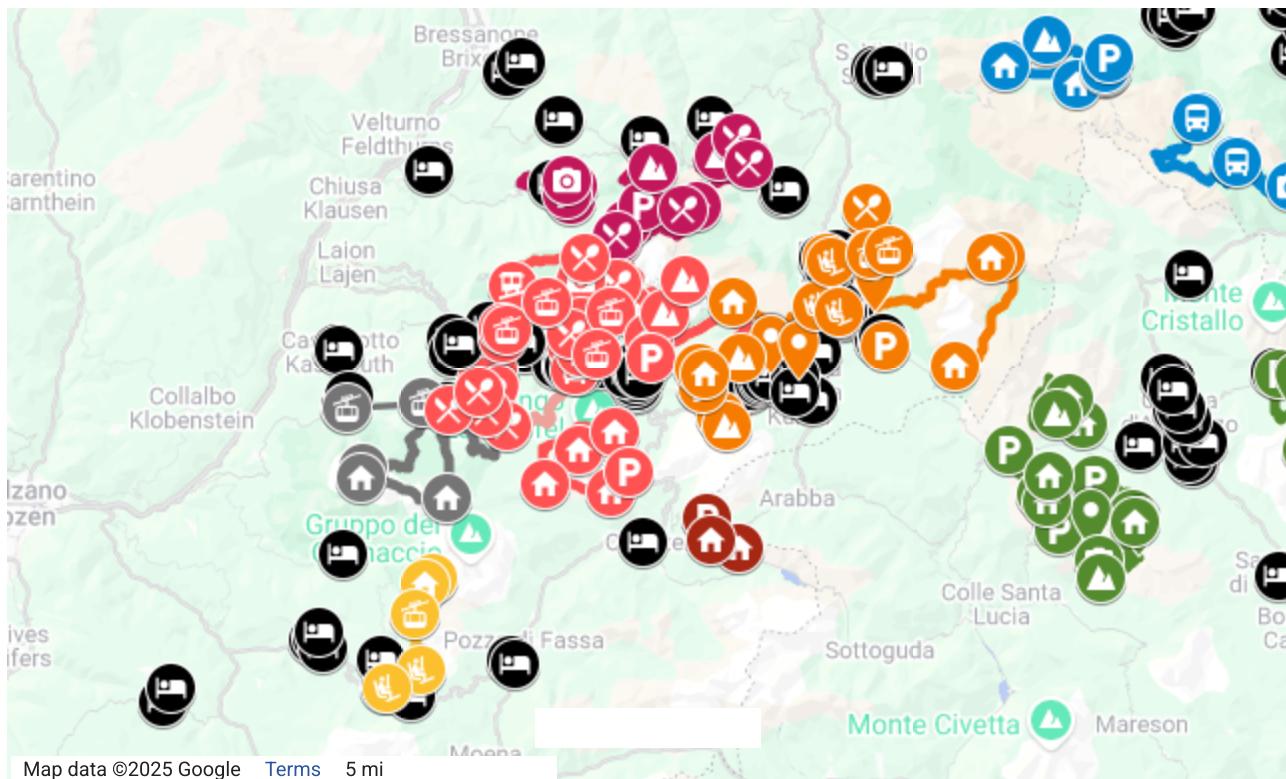


Best Day Hikes in the Dolomites Map | Moon ...

Moon & Honey Travel



This map was made with Google My Maps. [Create your own.](#)



DOLOMITES HIKING REGIONS

Where to Stay

Val di Fassa

Val di Funes

Val Gardena

Alta Badia

Val d'Ega

Cortina d'Ampezzo



📍 Alpe di Siusi

Easy Hikes in the Dolomites

1. Val Fiscalina Walk



Val Fiscalina (Fischleintal in German) is a gorgeous side valley of Valle di Sesto, famous for its view of the Sexten Sundial.



For a low-impact walk, we recommend hiking from the village of Sesto all the way through Val Fiscalina to Rifugio Fonda Valle (Talschlusshütte).

This is a great place to walk with children.

For a longer, more adventurous hike, you can extend the hike to Rifugio Locatelli, the mountain hut which stands north of the famous Three Peaks (Tre Cime di Lavaredo).

Trailhead | Sesto/Sexten

Distance | 12.2 km circuit

Time Needed | 3:15 hours

Difficulty | Easy

Where to Stay in Sesto | [Caravan Park Sexten](#) (budget), [B&B Grüne Laterne – Lanterna Verde](#) (budget), [Hotel Royal](#) (midrange), [Bad Moos Dolomites Spa Resort](#) (luxury)

Learn More: [How to Visit Val Fiscalina](#)

2. Armentara Meadows Trail



The Armentara plateau is located on the western edge of Fanes-Senes-Braies Nature Park in Alta Badia. If you're in the mood for a gentle saunter across rolling meadows, this hike in Alta Badia is for you.

To start this hike, head to the village of Badia in **Alta Badia**. Take the Santa Croce Chairlift followed by the La Crusc Chairlift to the **La Crusc church** (Santa Croce in Italian, Heiligkreuz in German).

From the pilgrimage church, follow trail 15 to Armentara, beneath the arresting rock faces of Mt. Sasso di Santa Croce. The trail slowly and continuously descends across rolling green pastures, peppered with hay huts.

For lunch, we recommend stopping at **Útia Ranch da André**. From this hut, continue on trail 7a all the way down to Badia (1:15 hours).

Though this hike presents no technical difficulty, it may be difficult for hikers who are uncomfortable with **long descents** (800 meters loss). Feel



Cableway Ascent | Santa Croce Chairlift followed by the La Crusc Chairlift, Badia, Alta Badia

Distance | 9 km point-to-point

Time Needed | 3 hours

Difficulty | Easy

Where to Stay in Badia | [Chalet Planvart](#) (budget), or [Hotel Badia Hill](#) (luxury)

Learn More: [Armentara Meadows Day Hike](#)

3. Baita Segantini and Monte Castellaz Hike



Baita Segantini is an alpine pasture hut facing the **Pale di San Martino** mountain range in Trentino.

While most people make a beeline for Baita Segantini, we recommend approaching the hut from **Monte Castellaz**. It's a far more interesting approach, rewarding hikers with dramatic views of the Pala Group from multiple angles.

Starting at the Passo Rolle, a mountain pass high above **San Martino di Castrozza**, hike to the Capanna Cervino mountain hut. Proceed along the road in the direction of Baita Segantini for about 10 minutes. When you reach a signed intersection, turn left towards the solitary Monte Castellaz mountain.

The trail ascends to the summit of Monte Castellaz, marked by the Cristo Pensante ("Pensive Christ") sculpture. Enjoy the various viewpoints, before starting the descent along the north flank of Castellaz.



From Baita Segantini, follow the road all the way down to Passo Rolle (45 minutes).

If possible, hike this trail in the **late afternoon**, or early evening, and watch the sunset at Baita Segantini.

Trailhead | Passo Rolle Car Park

Distance | 9.2 km circuit

Time Needed | 3:00 – 3:30 hours

Difficulty | Easy

Where to Stay in San Martino di Castrozza | [Residence Taufer](#) (budget), [Hotel Vienna](#) (midrange), or [Sayonara Nature & Wellness Hotel](#) (luxury)

[Learn More: Baita Segantini Hiking Guide](#)

4. Santa Maddalena Panorama Trail



Santa Maddalena (St. Magdalena in German) is a village in Val di Funes (Villnösstal) in South Tyrol.

This small mountain village is home to the historic **Santa Maddalena Church**, which is one of the most popular photo motifs in the Dolomites. It's also the start of an excellent panoramic hike.

This circuit trail weaves through meadows, pockets of forest, and historic farmsteads. There are fantastic views of the Odle Peaks and Val di Funes throughout.

Trailhead | Santa Maddalena Village

Distance | 9.5 km circuit

Time Needed | 3:30 hours

Difficulty | Easy



Learn More: [Santa Maddalena Panorama Trail](#)

5. Seceda Ridgeline to Regensburger Hütte Circuit Hike



Seceda summit (2518 meters) is one of the most celebrated destinations and photography spots in the Dolomites, because of its striking view of the dagger-like Fermeda Peaks.



This dazzling mountaintop is just the beginning of a memorable loop trail to Rifugio Firenze in **Puez Odle Nature Park**. From the summit, follow the Seceda ridgeline in the direction of the majestic Odle (Geisler in German) peaks.

When you reach the Furcella de Pana/Panascharte mountain saddle, continue right on trail 1 in the direction of **Baita Troier**, ignoring the dizzy trail that plummets to the north.

This easy-moderate hike continues to the **Pieralongia** mountain pasture, marked by a rustic hut and twin spires jutting in opposite directions.

The trail descends to Rifugio Firenze (Regensburger Hütte in German), a mountain hut at the foot of Mount Stevia with a sun-kissed terrace facing Sassolungo Group.

You can eat lunch here, or later at Baita Troier, on the return route to Seceda.

Alternative Ascents | You can also hike to Seceda from the Col Raiser gondola mountain station (1 hour). The **Col Raiser gondola** is a great option if you're staying in Selva di Val Gardena, or Santa Cristina. Alternatively, you can hike to Seceda without a cable car (see **Monte Pic hike**), or from the Resciesa plateau (see **Resciesa to Seceda hike**).

Sunrise at Seceda | If you want to see the sunrise at Seceda, stay the night at **Almhotel Col Raiser**, or **Rifugio Fermeda**. Wild camping is not allowed at Seceda, or anywhere in Puez-Odle Nature Park.

Trailhead | Seceda Cableway Mountain Station



Time Needed | 3:30 hours without breaks

Difficulty | Easy – Moderate

Where to Stay in Ortisei | [B&B Lavi Ortisei](#) (budget), [Casa al Sole](#) (midrange, read our [Casa al Sole review](#)), or [Gardena Grödnerhof – Hotel & Spa](#) (luxury)

Learn More: [Seceda to Rifugio Firenze Hike](#)

6. Adolf Munkel Trail



The **Adolf Munkel Trail** (Via delle Odle, Adolf Munkel Weg) is a hiking path that runs along the base of the Odle/Geisler Group in **Val di Funes** (Villnösstal in German).

It's one of the most impressive day hikes in the Dolomites because it brings you to the very foot of the piercing Geisler Peaks.

As you weave in and out of stone pine and larch forest, you'll see these remarkable spires jutting out of fields of pearly-white scree.

The Adolf Munkel Trail also strings together some of the loveliest alpine pasture huts (Alm in German, Malga in Italian) in Val di Funes: including Dusler Alm, Geisler Alm, and Gschnagenhardt Alm. All these huts offer hungry hikers delicious food served with unforgettable views.

For the best light, hike the Adolf Munkel Trail towards the end of the day (3-4 hours before sunset). Depending on which month you're visiting, this could be in the late afternoon, or in the early evening.



Time Needed | 3:00 – 3:30 hours

Difficulty | Easy – Moderate

Where to Stay in Val di Funes | [Appartements Pension Sonia](#) (budget), [Fallerhof](#) (budget), [Hotel Fines](#) (midrange), [Proihof](#) (midrange), or [Hotel Tyrol Dolomites slow living](#) (luxury)

Learn More: [Adolf Munkel Trail Guide](#)

7. Tre Cime di Lavaredo Circuit Hike



If mountain ranges were musical genres then the Italian Dolomites would be opera – like *La Traviata* or *Eugene Onegin*. You know the ones that are so achingly beautiful that crying is the only appropriate response. When you want to see the “Wagner” of the Dolomites, head directly to the mighty three peaks of the Sexten.

Tre Cime di Lavaredo (Drei Zinnen in German) is the name given to three massive peaks in the **Sexten Dolomites**: The Cima Grande (2,999 m), Cima Occidentale (2,973 m), and Cima Piccola (2,857 m).

The circuit trail around the three peaks is one of the most popular outings in the Dolomites, because of the unbelievable scenery, easy-moderate trail difficulty, and approachable length.

The hike starts at the mountain hut **Rifugio Auronzo**, which is accessible by a **toll road**. Start early in the morning to avoid waiting in line for parking. From Rifugio Auronzo, we love to hike the circuit clockwise, initially following trail 105 towards Langelam.



hiking trail, you'll be equally mesmerized by the fantastical Cadini di Misurina and jagged Monte Paterno/Paternkofel.

Before, or after completing the circuit trail, detour to the jaw-dropping **Cadini di Misurina Viewpoint**.

For a tasty lunch facing Tre Cime di Lavaredo, grab a bite to eat at **Rifugio Locatelli** (Dreizinnenhütte), usually open from late June to late September.

Toll Road | The **toll road to Rifugio Auronzo** is usually open from **June until late October**, depending on snow and ice conditions. To find out if the toll road is open, you can reach out to the Auronzo tourist office: iat@comune.auronzo.bl.it

Trailhead | Rifugio Auronzo, Auronzo di Cadore

Distance | 9.7 km circuit

Time Needed | 4 hours

Difficulty | Easy – Moderate

Where to Stay in Alta Pusteria | **Guesthouse – Cultural Center Gustav Mahler** (budget), or **Hotel Kirchenwirt** (midrange) in Dobbiaco

Where to Stay in Cortina d'Ampezzo | **Hotel Meuble Oasi** (budget), **Hotel Ambra Cortina D'Ampezzo** (midrange), **Camina Suite & Spa** (luxury), **Hotel de Len** (luxury), or **Dolomiti Lodge Alvera** (luxury)

8. Monte Specie



Monte Specie (Strudelkopf in German) is an easy-to-reach, panoramic summit in the Braies Dolomites, overlooking Tre Cime di Lavaredo, Cadini di Misurina, and the Cristallo Group.

This straightforward hike starts atop the **Prato Piazza high plateau**, above Braies Valley. The trail leads across mountain pastures to reach the summit of Monte Specie.

This is an ideal hiking destination for sunrise and/or sunset.



Time Needed | 2:50 hours

Difficulty | Easy

Where to Stay in Braies/Prags Valley | Garni

Bergblick (budget), **Moserhof Agriturismo Refugium** (budget), or
Farmhouse Hanslerhof (midrange)

Learn More: Monte Specie Hike

9. Sentiero Viel del Pan and Alta Via delle Cresta



Sentiero Viel del Pan (Viel dal Pan in Ladin, Bindelweg in German) is a hiking trail which crosses the southern slopes of the Padon chain and delivers unparalleled views of **Marmolada**, the highest mountain in the Dolomites.

Viel del Pan connects the Passo Pordoi mountain pass with Lago di Fedaia in Trentino.

Rather than do a point-to-point hike, it's possible to hike a circuit, by following the moderate Alta Via dell Cresta to **Rifugio Viel del Pan**, and returning to Passo Pordoi along the easy Viel del Pan.

This is a fantastic hike to do if you're driving the Great Dolomites Road.

If you're in the mood for an easy walk, you can forgo the Alta Via trail and simply walk the Viel del Pan out-and-back to Rifugio Viel del Pan.

Trailhead | Passo Pordoi



Difficulty | Easy

Where to Stay at Passo Pordoi | [Hotel Col di Lana](#) (midrange)

Where to Stay in Val di Fassa | [Locanda degli Artisti Art Hotel](#) (luxury)

Learn More: [Sentiero Viel del Pan](#)

10. Cadini di Misurina Viewpoint Hike





There are many challenging hiking trails which bisect this range, including the [Sentiero Bonacossa Trail](#), which we'll talk about later.

However, to see the most awe-inspiring viewpoint of the Cadini mountains, you only have to walk 30 minutes from the Rifugio Auronzo car park, accessible by bus, or car via the [Rifugio Auronzo toll road](#).

It's also possible to skip the toll road and walk to the Cadini di Misurina viewpoint from Lake Antorno. This 9.7 km out-and-back hike takes 3:40 hours to complete.

Trailhead | Rifugio Auronzo

Distance | 3.9 km out-and-back

Time Needed | 1:30 hours

Difficulty | Easy

Where to Stay | [Albergo Chalet Lago Antorno](#) (midrange) at Lake Antorno, or [Grand Hotel Misurina](#) (midrange) at Lake Misurina

Learn More: [Cadini di Misurina Viewpoint Hike](#)

11. Hans and Paula Steger Trail



The Hans and Paula Steger Trail is an easy, family-friendly hike atop **Alpe di Siusi**, starting in Compaccio.

The full circuit is 14.6 km, but you can shorten the hike, by taking the Almbus back to Compaccio from Saltria.

Much of the appeal of this trail lies in the dining opportunities along the way. We highly recommend eating lunch at **Gostner Schwaige** and/or **Rauchhütte**.

Trailhead | Compaccio/Compatsch, Alpe di Siusi

Distance | 14.6 km lollipop-circuit

Time Needed | 4:30 hours

Difficulty | Easy



Where to Stay in Castelrotto | Schgaguler Hotel (luxury), or **Hotel Lamm** (luxury)

Learn More: Hans and Paula Steger Trail

12. Alpe di Siusi Meadows Circuit Trail



Our **Alpe di Siusi Meadows Trail** combines the best part of the **Alpe di Siusi-Monte Pana Trail** with the best stretch of the **Hans and Paula Steger**



If you're based in **Val Gardena**, this is the best way to see Alpe di Siusi/Seiser Alm in a few hours.

From the Ortisei-Alpe di Siusi gondola mountain station, follow trail 9 to **Schgaguler Schwaige** and all the way down to Saltria, a small settlement on the plateau.

Next, ascend the Hans and Paula Steger Trail (trail 30) in the direction of Compaccio/Compatsch, detouring to **Gostner Schwaige** and **Rauchhütte** along the way.

Complete the circuit to the Ortisei-Alpe di Siusi gondola mountain station via Malga Sanon.

Trailhead | Oritisei-Alpe di Siusi gondola mountain station

Distance | 14.4 km circuit

Time Needed | 4:25 hours

Difficulty | Easy

Where to Stay in Ortisei | **Appartementhotel Residence Elvis** (budget), **Hotel Hell** (midrange), **Alpin Garden Luxury Maison & SPA – Adults Only** (luxury), or **Hotel Angelo Engel** (luxury)

Learn More: Alpe di Siusi Meadows Hike



Dolomites

13. Lago di Braies to Hochalpenkopf



The circuit hike from **Lago di Braies** to the summit of Hochalpenkopf/Cima dei Colli Alti is perfect for anyone seeking a full-day adventure in the Braies/Prags Dolomites. Though this trail presents no technical difficulty, it is very long (16.9 km total) and requires stamina.

From Hotel Lake Braies, follow the circuit trail around the lake counter-clockwise. When you get to the opposite end of the lake, follow signs to



The trail eventually ascends to the remote Ütia Fojadora mountain pasture. From here, the trail continues across high-alpine pastures to Hochalpenkopf Peak. The views are spectacular. The trail ends with a steep (but manageable descent) back to Lake Braies.

Trailhead | Lago di Braies, Valle di Braies/Pragser Tal Valley

Distance | 16.9 km circuit

Time Needed | 8 hours with breaks

Difficulty | Moderate

Where to Stay in Braies/Prags Valley | [Garni](#)

[Bergblick](#) (budget), [Moserhof Agriturismo Refugium](#) (budget), or

[Farmhouse Hanslerhof](#) (midrange)

Where to Stay in Monguelfo/Welsberg | [Gailerhof B&B](#) (budget), or [Hotel](#)

[Christof](#) (luxury)

Trail Guide: [Lago di Braies to Hochalpenkopf](#)

14. Sassolungo Circuit Trail



The Sassolungo (Langkofel in German, Saslonch in Ladin) Group is a compact mountain group which is located between **Val Gardena** and **Val di Fassa**.

This group is named after its most prominent peak, Sassolungo (3181 meters), which is the 9th highest peak in the Dolomites.

A long circuit trail wraps around the entire mountain group. It's a 17.7 km trail that takes 6:15 hours to complete. Though it's not a difficult trail, it's quite long.

Along the way, hikers are rewarded with views of Marmolada, the Catinaccio-Sciliar Mountains, Alpe di Siusi, the Puez-Odle Mountains, and the Sella Group.

Trailhead | Passo Sella

Distance | 17.7 km circuit



Where to Stay in Selva | Residence Antares (budget), **Hotel Garni Morene** (budget), **Hotel Freina** (midrange), or **Linder Cycling Hotel** (luxury)

Learn More: [Sassolungo Circuit Trail](#)

15. Vallunga Valley and Val de Chedul



Vallunga and Val de Chedul are two alpine valleys in Puez-Odle Nature Park.



Val Gardena Dolomites.

Trailhead | Parcheggio Vallunga Car Park

Distance | 16.1 km circuit

Time Needed | 6 hours

Difficulty | Moderate

Where to Stay in Selva | **Residence Antares** (budget), **Hotel Garni Morene** (budget), **Hotel Freina** (midrange), or **Linder Cycling Hotel** (luxury)

Learn More: Vallunga and Val de Chedul

16. Passo Giau to Monte Mondeval



Mondeval is a bowl-shaped plateau in the municipality of **San Vito di Cadore** within the Dolomites UNESCO System Pelmo – Croda da Lago.

The Mondeval plateau harbors many treasures including the archaeological **burial site of Mondeval de Sora**, the tiny **Lago delle Baste** lake, and the **Monte Mondeval** panoramic peak. We love Mondeval because of the views of Monte Pelmo, Lastoni di Formin, and Croda da Lago.

This circuit trail takes you to all the best places atop Mondeval, starting at the gorgeous Passo Giau mountain pass.

Trailhead | Passo Giau

Distance | 12.8 km lollipop-circuit

Time Needed | 5 hours



Where to Stay in Cortina d'Ampezzo | [Hotel Meuble Oasi](#) (budget), [Hotel Ambra Cortina D'Ampezzo](#) (midrange), [Camina Suite & Spa](#) (luxury), [Hotel de Len](#) (luxury), or [Dolomiti Lodge Alvera](#) (luxury)

Trail Guide: [Passo Giau to Monte Mondeval](#)

17. Monte Pic Summit

Monte Pic (Picberg) is a panoramic mountain in the Val Gardena Dolomites, high above Ortisei and Santa Cristina. You can easily combine



We love this route, because it gives you a great overview of the Odle Group and the Seceda Alp. The trail connects a number of alpine pasture huts and refuges, which make for delightful rest stops along this gorgeous tour.

The highlights of this route is the panoramic view atop Monte Pic and the descent to the **Baita Seurasas** alpine pastures, one of the best-kept secrets in Val Gardena.

Trailhead | Cristauta/Praplan Car Park, Santa Cristina, Val Gardena

Distance | 13.9 km circuit

Time Needed | 6 hours

Difficulty | Moderate / Moderately-Difficult

Where to Stay in Santa Cristina | [Smart Hotel Saslong](#) (budget), [Hotel Cristallo](#) (midrange) [Charme Hotel Uridl](#) (midrange), [Dorfhotel Beludei](#) (luxury)

[Learn More: Monte Pic Day Hike](#)

18. Rifugio Genova and the Val di Funes Alpine Pastures



Rifugio Genova/Schlüterhütte is a mountain hut in Puez-Odle Nature Park. Starting at the Zannes Car Park (like the [Adolf Munkel Trail](#)) in Val di Funes, follow trail 6 in the direction of Furcella de Furcia/Kreuzjoch. This trail leads across quiet meadows and ascends steadily to the Kreuzjoch saddle.

This corner of **Puez-Geisler Nature Park** is delightfully quiet.

With steady views of the Puez and Fanes mountains, continue along trail 5 and then trail 3 to **Rifugio Genova**. Sasso di Santa Croce/Mount Heiligenkreuzkofel rises above Val Badia like a ship at the crest of a wave.

From Rifugio Genova, continue to Malga Gampen/Gampenalp (30 minutes) and then to Zans/Zannes (50 minutes). As you wander across the Val di Funes alpine pastures, you'll be treated to yet another satisfying vista of the Geisler peaks.

Trailhead | Zannes/Zan Car Park in Val di Funes



Difficulty | Moderate

Where to Stay in Val di Funes | [Appartements Pension Sonia](#) (budget), [Fallerhof](#) (budget), [Hotel Fines](#) (midrange), [Proihof](#) (midrange), or [Hotel Tyrol Dolomites slow living](#) (luxury)

Learn More: [Rifugio Genova Day Hike](#)

19. Sass de Putia Circuit Hike





A highly enjoyable hiking path circuits Sass de Putia, weaving through forest and across alpine pastures.

From the Passo delle Erbe mountain pass, follow the road towards Sass de Putia. When you reach the alpine pastures at the base of the mountain's northern slopes (20 minutes), turn right and follow signs to the Forcela de Pütia/Peitlerscharte mountain saddle.

The ascent to the saddle is the hardest part of the hike. It's straightforward, but continuously uphill.

Shortly after the saddle, hikers have the opportunity to detour to the summit of Sass de Putia (Grade A/B via ferrata).

From Forcela de Pütia, the trail descends across rolling alpine pastures, studded with hay huts, and continues to **Ütia Vaciara** and **Ütia de Göma**. We had a wonderful lunch at Ütia de Göma.

We stayed at **Ütia de Börz**, an upscale mountain refuge, located directly at the trailhead. Their food is outstanding.

Trailhead | Passo delle Erbe, Alta Badia

Distance | 12.8 circuit

Time Needed | 4 hours

Difficulty | Moderate

Where to Stay at Passo delle Erbe | **Ütia de Börz** (midrange)

Learn More: [Sass de Putia Trail Guide](#)

20. Rifugio Gardenacia – Gherdenacia Plateau – Rifugio Puez



Rifugio Puez (Puez Hütte, Ütia de Puez) and Rifugio Gardenacia are two mountain huts in Puez-Odle Nature Park.



facing Fanes with a dozen resident Haflinger horses.

Continue in the direction of Rifugio Puez on trail 5/11 and then trail 15. Trail 15 cuts across the vast and desolate **Gherdenacia alpine plateau**, which looks like a stone desert.

After ascending to Forcella de Gherdenacia, continue towards the cone-shaped Col dala Sone (2663 m) mountain. It's another 40 minutes to Puez Hütte. Shortly before arriving at the hut, there are some impressive views of Vallunga/Langental Valley.

From Puez mountain hut, we followed trail 2 (direction: Colfosco) to Forcella de Ciampëi Scharte and then trail 4 followed by 4A to Corvara. Given the long descent (trail 4A), we think it's better to end in Colfosco.

Trailhead | Gardenaccia Chairlift Mountain Station

Cableway Ascent | Gardenaccia Chairlift, La Villa, Alta Badia

Ending Point | Corvara or Colfosco, Alta Badia

Distance | 13 km point-to-point

Time Needed | 6 hours

Difficulty | Moderate

Where to Stay in La Villa | [Ciasa Agreiter](#) (budget), [Hotel La Majun](#) (luxury), [Hotel Cristallo – Wellness Mountain Living](#) (luxury), or [Hotel Ciasa Soleil](#) (luxury)



21. Sass da Ciampac

Sass da Ciampac is the highest peak in the Cir Group, which is part of the Puez mountain range.

The hike to Sass da Ciampac is a moderate one, beginning at **Passo Gardena**, the mountain pass connecting the valleys of Val Gardena and Val Badia. Along the way to Sass da Ciampac, you'll cross the **Cir Peaks**, drop into Val de Chedul valley, and make a counter-ascent to **Forcella de Crespeina**, the gateway to the Crespëina High Plateau.



of the scree and slippery terrain.

Start early and detour to Rifugio Puez for lunch.

Trailhead | Passo Gardena

Distance | 14.7 km lollipop-circuit

Time Needed | 6 hours

Difficulty | Moderate

Where to Stay in Selva | [Residence Antares](#) (budget), [Hotel Garni Morene](#) (budget), [Hotel Freina](#) (midrange), or [Linder Cycling Hotel](#) (luxury)

Learn More: [Sass da Ciampac Hike](#)

22. Rifugio Nuvolau and Cinque Torri



Rifugio Nuvolau is a rustic mountain refuge planted on the summit Monte Nuvolau at 2575 meters.

A few years ago, we overnighted here when we trekked the [Alta Via 1 long distance trail](#). But, there's no need to embark on a multi-day hike in order to visit this iconic Rifugio.

Given it's proximity to the Cinque Torri chairlift, Rifugio Nuvolau is relatively easy to get to.

However, a more interesting approach starts at Col Gallina, near Passo Falzarego.

This short circuit trail links together some of the most popular destinations in the Averau-Nuvolau Group including Lago di Lìmedes, Rifugio Averau, Rifugio Sciotattoli, and the Cinque Torri rock towers.



Trailhead | Col Gallina

Distance | 9.6 km circuit

Time Needed | 3:45 hours

Difficulty | Moderate

Where to Stay in Cortina d'Ampezzo | [Hotel Meuble Oasi](#) (budget), [Hotel Ambra Cortina D'Ampezzo](#) (midrange), [Camina Suite & Spa](#) (luxury), [Hotel de Len](#) (luxury), or [Dolomiti Lodge Alvera](#) (luxury)

Learn More: [Rifugio Nuvolau and Cinque Torri Hike](#)

Moderately Difficult Hikes in the Dolomites

23. Lago di Sorapis Hike



Lago di Sorapis is a glacial lake in the Sorapiss Group in the province of Belluno.

Set in a natural amphitheater and ringed by forest and rock, Lago di Sorapis enchants with its milky-turquoise hue and imposing mountain backdrop.

The easiest way to get to Lake Sorapis is from the **Passo Tre Croci** mountain pass, located about halfway between Cortina d'Ampezzo and Lake Misurina.

From Passo Tre Croci, follow trail 215 in the direction of **Rifugio Vandelli**. Trail 215 is initially wide and level. After about an hour, the trail becomes increasingly steep and narrow. There are some exposed sections, secured with cables.

Shortly before arriving at the lake, you can detour to the Rifugio Vandelli mountain hut.



steep rocky terrain.

Trailhead | Passo Tre Croci, halfway between Cortina d'Ampezzo and Lake Misurina

Distance | 13.2 km circuit

Time Needed | 5:10 hours

Difficulty | Difficult

Where to Stay at Passo Tre Croci | [B&B Hotel Passo Tre Croci Cortina](#) (midrange)

Where to Stay in Cortina d'Ampezzo | [Hotel Meuble Oasi](#) (budget), [Hotel Ambra Cortina D'Ampezzo](#) (midrange), [Camina Suite & Spa](#) (luxury), [Hotel de Len](#) (luxury), or [Dolomiti Lodge Alvera](#) (luxury)

Learn More: [Lago di Sorapis Trail Guide](#)

24. Tullen Summit



Tullen (2653 m) is the highest summit in the Odle d'Eores/Aferer Geisler Group.

From the Zannes/Zans trailhead in Val di Funes, you'll follow the lesser known **Oberer Herrensteig** ("Upper Men's Trail") and eventually the **Günther Messner Steig** to Tullen peak.

This is an excellent hike to do, when you've already hiked the Adolf Munkel Trail and you want to explore more remote and quiet trails above Val di Funes.

Trailhead | Zannes/Zans Car Park in Val di Funes

Distance | 12.6 km out-and-back

Time Needed | 7 hours

Difficulty | Moderately Difficult

Trail Guide: Tullen Peak Hike

25. Alpe di Siusi – Rifugio Bolzano – Rifugio Alpe di Tires



Alpe di Siusi (Seiser Alm in German, Mont de Sëuc in Ladin) is the largest high alpine pasture in Europe. The plateau is furrowed with walking and biking paths, leading towards the Sassolungo Group, Catinaccio/Rosengarten mountains, and Sciliar/Schlern massif.



then returns to Alpe di Siusi via Forcella Denti di Terrarossa.

Trailhead | Compaccio/Compatch, Alpe di Siusi/Seiser Alm

Distance | 21.6 km circuit

Time Needed | 8 hours

Difficulty | Moderately difficult because of the length

Where to Stay atop Alpe di Siusi | [Hotel Seelaus](#) (midrange), [Hotel Steger-Dellai](#) (luxury), or [Alpina Dolomites](#) (luxury)

Where to Stay in Castelrotto | [Hotel Lamm](#) (luxury), or [Schgaguler Hotel](#) (luxury)

Trail Guide: [Alpe di Siusi – Rifugio Bolzano Circuit](#)

26. Croda da Lago Circuit Trail



Croda da Lago is a small mountain chain in the Ampezzo Dolomites.

The circuit trail around Croda da Lago is a spectacular adventure, filled with captivating scenery and varied terrain. Trail 437 begins at the Ponte di Rocurto trailhead along the SP638 road, between Pocol (Cortina d'Ampezzo) and Passo Giau.

You'll initially ascend through forest to **Lago Federa and Rifugio Croda da Lago**. The trail continues to **Forcella Ambrizzola** saddle, the gateway to the sprawling Mondeval pasture.

Turning towards the titanic Lastoni di Formin, the path steadily ascends to **Forcella di Formin**, the highest point of the hike.

From the Formin saddle, the trail drops down fields of boulders to Val Formin valley and then rejoins trail 437 back to Ponte de Rocurto.

Trailhead | Ponte di Rocurto



Difficulty | Moderately Difficult

Where to Stay in Pocol | [Hotel Piccolo Pocol](#) (budget)

Where to Stay in Cortina d'Ampezzo | [Hotel Meuble Oasi](#) (budget), [Hotel Ambra Cortina D'Ampezzo](#) (midrange), [Camina Suite & Spa](#) (luxury), [Hotel de Len](#) (luxury), or [Dolomiti Lodge Alvera](#) (luxury)

Trail Guide: Croda da Lago Circuit Trail

27. Tofana di Rozes Circuit Trail



Tofana di Rozes is one of the most photographed mountains in the Ampezzo Dolomites. You can relish the views of this significant mountain in the Tofane Group from Passo Giau, Passo Falzarego, Lago Limides, Rifugio Lagazuoi, Rifugio Nuvolau, Cinque Torri and other iconic spots around [Cortina d'Ampezzo](#).

Very few people know that there's an excellent hiking trail that wraps around Tofana di Rozes, starting at Rifugio Dibona, in Dolomiti D'Ampezzo Natural Park.

The loop cuts across the southern slopes of Tofana di Rozes, ascends effortlessly to the Forcella Col dei Bos saddle, continues towards the Travenanzes valley, and then steeply ascends the rugged Majarié glacial cirque to Rifugio Giussani.

From the Giussani hut, the Tofana di Rozes trail descends back to Rifugio Dibona along WWI paths.



Time Needed | 5:30 hours

Difficulty | Moderately Difficult

Where to Stay in Cortina d'Ampezzo | [Hotel Meuble Oasi](#) (budget), [Hotel Ambra Cortina D'Ampezzo](#) (midrange), [Camina Suite & Spa](#) (luxury), [Hotel de Len](#) (luxury), or [Dolomiti Lodge Alvera](#) (luxury)

Trail Guide: Tofana di Rozes Circuit Trail

28. Gaisl High Trail



The Gaisl High Trail leads across the northern slopes and cirques of the Croda Rossa d'Ampezzo/Hohe Gaisl massif in Fannes-Sennes-Braies Nature Park.

This is a beautiful point-to-point hike starting atop the Prato Piazza plateau in the Braies Dolomites.

Most of the hike is quite moderate, but there is one secured passage which may be troublesome for those that dislike exposure and narrow ledge paths.

Starting Point | Prato Piazza Car Park

Ending Point | Ponticello

Distance | 12 km point-to-point

Time Needed | 4:10 hours



Bergblick (budget), **Moserhof Agriturismo Refugium** (budget), or
Farmhouse Hanslerhof (midrange)

Learn More: Gaisl High Trail

Challenging Hikes in the Dolomites

29. Torre dei Scarperi Circuit Trail



The hike around Torre dei Scarperi (Schwabenalpenkopf in German) is a stunning and interesting circuit hike in the **Sesto/Sexten Dolomites**.

This day hike starts in Val Campo di Dentro (Innerfeldtal in German), a side valley of Sesto/Sexten Valley. It connects **Rifugio Tre Scarperi/Drei Schuster Hütte** with Rifugio Locatelli/Dreizinnenhütte.

From the Antoniusstein Car Park, the trail leads to the head of Val Campo di Dentro and then ascends around the western flank of Monte Mattina/Morgenkopf to reach the narrow Passo Grande dei Rondoi saddle.

After a short secured scramble, the path crosses the grassy Schwaben Alm and wraps around the southeastern shoulder of Torre dei Scarperi/Schwabenalpenkopf.

To detour to Rifugio Locatelli, skirt the Torre di Toblin/Toblinger Noten and hug the base of Sasso di Sesto/Sextener Stein.



Trailhead | Antoniusstein Car Park in Val Campo di Dentro

Distance | 16.7 km lollipop-circuit

Time Needed | 6:20 hours

Difficulty | Moderately-Difficulty

Where to Stay in Sesto | [Caravan Park Sexten](#) (budget), [B&B Grüne Laterne – Lanterna Verde](#) (budget), [Hotel Royal](#) (midrange), [Bad Moos Dolomites Spa Resort](#) (luxury)

Where to Stay in San Candido | [Naturhotel Leithof](#) (luxury)

Learn More: [Torre dei Scarperi Circuit Trail](#)

30. Resciesa Plateau to Seceda Ridgeline



The Seceda ridge can be approached in numerous ways. The easiest way is via the Ortisei-Furnes-Seceda cableways. However, a more exciting route is from the Resciesa plateau and Mittagsscharte. Only undertake this route if you're confident hiking in scree and loose rocks.

Starting in the village of **Ortisei** in Val Gardena, take the **Resciesa funicular** up to the Resciesa plateau. From the mountain station, follow trail 35 to **Malga Brogles**.

The smooth hike across Resciesa Alp is rewarded with impressive views of the Odle Peaks.

A few years ago, it was possible to ascend from Malga Brogles to Seceda via the **Panascharte**. However, this direct trail is closed for safety reasons due to a rockfall.

To hike to Seceda, follow the Adolf Munkel Trail and then steeply ascend to the **Furcela De Mesdi (Mittagsscharte)** saddle.



Starting Point | Resciesa Funicular Mountain Station

Ending Point | Seceda Cableway Mountain Station

Distance | 14.4 km point-to-point

Time Needed | 6:15 hours

Difficulty | Difficult

Where to Stay in Ortisei | [Appartementhotel Residence Elvis](#) (budget), [Hotel Hell](#) (midrange), [Alpin Garden Luxury Maison & SPA – Adults Only](#) (luxury), or [Hotel Angelo Engel](#) (luxury)

[**Learn More: Resciesa to Seceda Day Hike**](#)

31. Col dala Pieres Summit Hike



This adventurous hike in Val Gardena is for confident hikers who crave intoxicating views of the Sella Group, Sassolungo Group, and the Odle Peaks. The Col dala Pieres summit hike begins with a Col Raiser cableway ascent from Santa Cristina.

From the Col Raiser mountain station, follow trail 4 to Rifugio Firenze (Regensburger Hütte).

From the mountain hut, descend along trail 1, for a few minutes, until you locate the 17B trail intersection, on your left. Ascend to Forcella Piza (Pizascharte) along a steep and narrow, rock-laden gorge. Part of the trail is secured with wooden planks and cables.

Atop Stevia plateau, wonderful views extend in every direction. We recommend detouring to **Rifugio Stevia**, before backtracking and conquering Col dala Pieres. As you descend across the Stevia alpine pastures, you'll likely share the path with grazing sheep.



station.

Trailhead | Col Raiser Gondola Mountain Station

Cableway Ascent/Descent | Col Raiser Gondola, Selva di Val Gardena, Val Gardena

Distance | 13.7 km circuit

Time Needed | 6 – 7 hours

Difficulty | Difficult

Where to Stay in Santa Cristina | [Smart Hotel Saslong](#) (budget), [Hotel Cristallo](#) (midrange) [Charme Hotel Uridl](#) (midrange), [Dorffotel Beludei](#) (luxury)

Learn More: [Col dala Pieres Trail Guide](#)

32. Cima Pisciadù Summit Hike



This hike to Cima Pisciadù summit in the Sella Group is a great excursion for experienced hikers. The starting point is Passo Gardena, the mountain pass between Val Badia and Val Gardena.

From Gardena Pass, follow the scenic balcony trail 666 to **Val Setus**, a steep sloping valley, filled with crumbling rocks and scree. The Val Setus ascent to Lake Pisciadù is steep and partially secured.

There's a mountain hut overlooking the lake, which is only place to eat along this day hike.

If you feel energized, and the hike has been very manageable so far, you can continue one hour to the summit of Cima Pisciadù, for more thrilling views. This stretch entails free scrambling.

From the summit, return to the lake along the same route. The hike continues down to **Val de Mezdi** and ultimately back to Passo Gardena, or to Colfosco, or even further to Corvara in Alta Badia.



Distance | 12.4 km point-to-point (circuit also possible)

Time Needed | 5 hours

Difficulty | Difficult

Where to Stay in Colfosco | [Pension Mirandola](#) (budget), [Crëp Sella](#) (midrange), or [Hotel Kolfuschgerhof](#) (luxury)

Where to Stay in Corvara | [Hotel Gran Fanes](#) (midrange), [Sporthotel Panorama](#) (midrange), [Hotel La Perla: The Leading Hotels of the World](#) (luxury) or [Hotel Col Alto](#) (luxury)

[Learn More: Cima Pisciadù Hiking Guide](#)

33. Vajolet Towers



The Vajolet Towers are six summits in the Catinaccio/Rosengarten Dolomites. These majestic towers are a worthy hiking destination in the Dolomites if you're staying in Val di Fassa, or in Val d'Ega.

We started this hike with the **Paolina Chairlift** in Carezza, because we were staying at **Sporthotel Alpenrose**. You can also shave off 2-hours of this hike, by ascending to Kölner Hütte via the Laurin II Chairlift from Nova Levante.

From the Paolina chairlift mountain station, we followed the gentle path to Kölnerhütte.

From the Kölner mountain hut, there are two ways to hike to the Vajolet towers. You can either take the hiking path via Passo delle Coronelle/Tschagerjoch or the **Santner Via Ferrata route**. We highly recommend the more interesting via ferrata route, if you have the gear.

If you take the via ferrata route up, you'll plateau at Santnerpass. The view of Gartlhütte, the mountain hut at the foot of the towers, is glorious.



We hiked here as part of our **3-day hut-to-hut hike across the Rosengarten.**

Trailhead | Paolina Chairlift Mountain Station

Cableway Ascent/Descent | Paolina Chairlift, Carezza/Karersee, Val d'Ega/Eggental

Distance | 13.8 km lollipop-circuit

Time Needed | 6-7 hours

Difficulty | Difficult

Where to Stay in Carezza | **Sporthotel Passo Carezza** (midrange),
Moseralm Dolomiti Spa Resort (luxury)

Where to Stay in Nova Levante | **Hotel B&B Pardeller** (budget), **Tyrol Living & Cafe** (luxury)

34. Val Venegia to Rifugio Mulaz



The Val Venegia to Rifugio Mulaz day hike is an excellent introduction to the Pale di San Martino mountain range in Trentino. It combines charming alpine pasture huts, dreamy valleys, high alpine Rifugios, scree slopes, rolling meadows, and larch forests into one divine hiking tour.

The hike begins with any easy stroll through Val Venegia to the Malga Venegiota alpine pastures. From Malga Venegiota, you'll start the ascent to Passo Mulaz and Rifugio Mulaz.

From the Mulaz hut, the loop trail continues to Passo dei Fochet and Passo di Venegiota, showcasing some of the most varied and interesting views of the Pala Group, Civetta, and so many other mountains I can't even begin to name.

Trailhead | Malga Venegia, Val Venegia

Distance | 12.6 km lollipop-circuit



Where to Stay in San Martino di Castrozza | Residence Taufer (budget), **Hotel Vienna** (midrange), or **Sayonara Nature & Wellness Hotel** (luxury)

Learn More: [Rifugio Mulaz Circuit Hike](#)

35. Around Pala di San Martino: Rifugio Rosetta to Rifugio Pradidali





With the assistance of two cableways (Col Verde and Rosetta), you'll arrive at the Altopiano delle Pale di San Martino, a vast lunar-like karst landscape.

Descend to the Rifugio Rosetta mountain hut straight ahead (10 minutes). From here, we recommend hiking counter-clockwise around Pala di San Martino. Follow signs to Passo di Ball and Rifugio Pradidali.

This hike traverses difficult terrain, requiring surefootedness and some scrambling. There is exposure along the route.

Special Equipment | This route involves a rather lengthy secured passage along an exposed ledge. Though via ferrata equipment isn't necessary, we highly recommend climbing gloves, which make grasping steel cables more comfortable. Of course, you can bring your via ferrata kit for extra security and peace of mind.

Trailhead | Rosetta Cableway Mountain Station

Cableway Ascent/Descent | Col Verde Gondola and Rosetta Cableway, San Martino di Castrozza

Distance | 12.1 km Circuit

Time Needed | 6 hours

Difficulty | Difficult and technically demanding

Where to Stay in San Martino di Castrozza: [Residence Taufer](#) (budget), [Hotel Vienna](#) (midrange), or [Sayonara Nature & Wellness Hotel](#) (luxury)

36. Capanna Alpina – Rifugio Fanes – La Villa



Rifugio Fanes, situated on the [Alta Via 1 long-distance trail](#), is one of the most luxurious mountain huts in the Dolomites. A few minutes away from Rifugio Fanes, you'll find Rifugio Lavarella, home to the highest brewery in Europe.

We've hiked to Rifugio Fanes three times, once along the AV1, another time from Pederü Berggasthaus (when we were staying at [Excelsior](#) in San Vigilio di Marebbe), and yet another time from the Capanna Alpina hut.



For a challenging, full-day adventure, you can hike from Capanna Alpina hut to Rifugio Fanes and then extend the hike to **Forcella de Medesc** (trail 12) and ultimately down the **Val de Medesc** valley to **La Villa** in Val Badia.

The descent from the Forcella de Medesc is demanding, requiring you to skillfully hike down steep scree slopes. We were pretty exhausted by the end of the day.

Trailhead | Sciaré Bus Stop or Capanna Alpina, San Cassiano, Alta Badia

Ending Point | La Villa, Alta Badia

Distance | 20 km point-to-point

Time Needed | 8 hours

Difficulty | Demanding

Where to Stay in San Cassiano | [Lagacio Hotel Mountain Residence](#) (luxury)

Where to Stay in La Villa | [Ciasa Agreiter](#) (budget), [Hotel La Majun](#) (luxury), [Hotel Cristallo – Wellness Mountain Living](#) (luxury), or [Hotel Ciasa Soleil](#) (luxury)

Learn More: [Rifugio Fanes Trail Guide](#)



Cima della Vezzana is the highest mountain in the Pale di San Martino range. You can summit Cima della Vezzana in 3 hours from the Rosetta cableway mountain station.

This is the most challenging hike in our Dolomites hiking guide. It's a taxing route, which should only be undertaken by the most experienced alpine hikers.

Trailhead | Rosetta Cableway Mountain Station

Cableway Ascent/Descent | Col Verde Gondola and Rosetta Cableway, San Martino di Castrozza

Distance | 13.8 km out-and-back

Time Needed | 6 hours



Hotel Vienna (midrange), or **Sayonara Nature & Wellness Hotel** (luxury)

Learn More: [Cima della Vezzana Hiking Guide](#)

Sentiero Attrezzato Hikes in the Dolomites

These hikes are semi-secured with fixed cables and other climbing aids. A Sentiero Attrezzato is something between a regular hiking trail and a via ferrata. Though in most cases a full via ferrata kit isn't necessary, a climbing helmet is advised.

38. Gran Cir



Gran Cir is a prominent peak in the **Cir Group** (Pizes de Cir in Ladin, Gruppo del Cir in Italian, Cirspitzen in German) within Puez-Odle Nature Park.

This popular summit is easily accessible from Passo Gardena/Grödner Joch.

From the mountain pass, it takes 1:30 hours to hike to the summit of Gran Cir.

The rewards are many. Atop Gran Cir, you'll have deliriously beautiful views of the Sella Group, Sassoungo/Langkofel Group, Puez Group and Val de Chedul.

Gran Cir is considered an easy Sentiero Attrezzato.

Trailhead | Passo Gardena

Distance | 4.5 km out-and-back



Where to Stay in Selva | Residence Antares (budget), **Hotel Garni Morene** (budget), **Hotel Freina** (midrange), or **Linder Cycling Hotel** (luxury)

Learn More: [Gran Cir Trail Guide](#)

39. Sentiero Bonacossa North Trail



Sentiero Alberto Bonacossa is an exhilarating hiking trail that runs through the dramatic **Cadini di Misurina** mountain group. This thrilling path guides



Savio and Rifugio Auronzo. It can be hiked in its entirety, or sectioned off in loops. We hiked the northern route (Rifugio Fonda Savio to Rifugio Auronzo).

One of the most popular destinations along the Sentiero Bonacossa trail is the famous Cadini di Misurina viewpoint.

Trailhead | Rifugio Auronzo or Lago d'Antorno

Distance | 12.5 km circuit

Time Needed | 6 hours

Difficulty | Demanding

Where to Stay at Lake Antorno | [Albergo Chalet Lago Antorno](#) (budget-midrange)

Where to Stay in Cortina d'Ampezzo | [Hotel Meuble Oasi](#) (budget), [Hotel Ambra Cortina D'Ampezzo](#) (midrange), [Camina Suite & Spa](#) (luxury), [Hotel de Len](#) (luxury), or [Dolomiti Lodge Alvera](#) (luxury)

Trail Guide: [Sentiero Bonacossa North Trail](#)

40. Piz Duleda



Piz Duleda (2909 m) is a peak in the Odle Group and an adventurous hiking destination in Val Gardena.

This summit hike starts at the Col Raiser Gondola mountain station.

The trail leads up the lonesome Val dla Roa valley to Furcela Dla Roa/Roa Scharte saddle and climbs up the Sentiero Attrezzato Piz Duledes (protected trail / Grade A) to Furcela Nives saddle.

From Furcela Nives, it's a straightforward ascent to Piz Duleda.

The trail continues, along crumbling rock towers, to Furcela Forces de Sieles (merging with the Col dala Pieres descending path) and drops down the scree-filled Forces de Sieles gully.

With views of the sawtoothed Odle peaks, the path eases and returns to Rifugio Firenze.



Time Needed | 5 hours

Difficulty | Difficult

Where to Stay in Selva | **Residence Antares** (budget), **Hotel Garni Morene** (budget), **Hotel Freina** (midrange), or **Linder Cycling Hotel** (luxury)

Learn More: Piz Duleda

Hiking Season

The best time to hike in the Dolomites is from mid June until the end of September. During that time frame, trails are mostly clear of snow, Rifugios (mountain huts) are open, and cableways are operating.

Read **Best Time to Visit the Dolomites** for an overview on the pros and cons of hiking in the Dolomites in **May**, June, July, August, **September**, October and November.

October may still be promising, but many mountain huts and cableways will be closed. However, October is a great time to visit, when you relish solitude and fall colors. Here's our essential guide to **hiking in the Dolomites in October**.



Depending on what hikes you undertake, hiking in the Dolomites can either be very easy or extremely challenging.

There are many easy valley and plateau walks across the Dolomites, with very little elevation gain/loss and no technical difficulty.

If you're not familiar with typical dolomite-limestone terrain, hiking in the Dolomites may prove to be more challenging. Many trails are uneven and rugged and require surefootedness. **Hiking poles** are extremely helpful in navigating loose, uneven terrain.

Hiking in high-alpine areas may entail traversing scree (loose rocks) and karst pavement, scrambling, and walking along exposed paths, which are secured with cables.

Some hikes in the Dolomites are called “Sentiero attrezzato,” which is something between a hiking trail and a via ferrata. These trails are very difficult and require a head for heights and comfort with exposure.

More Dolomites Travel Guides

Hiking:

- [**Best Hikes in Val Gardena**](#)
- [**Best Hikes in Alta Badia**](#)
- [**Best Hikes in Cortina d'Ampezzo**](#)

Hut to Hut Hiking:



- **3-Day Tre Cime di Lavaredo**

Via Ferrata:

- **Sass Rigais Via Ferrata (B/C)**
- **Oskar Schuster Via Ferrata (B/C)**

Dolomites Travel:

- **Things to Do in the Dolomites**
- **Places to Visit in the Dolomites**
- **How to Get to the Dolomites**
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Sabrina Brett

Hello! I'm a spirited traveler on a quest to hike in the most picturesque alpine and coastal destinations across Europe. In 2016, I left my home and job in San Francisco, California, to move to Germany, and later Austria. The following year, I created this blog to help like-minded travelers experience new and exciting ways to travel authentically. I travel to hike, and I hope to inspire your next adventure.

This post may contain affiliate links.

21 thoughts on “2025 Dolomites Hiking Guide: 40 Best Day Hikes”

Brytani Musick

[August 18, 2020 at 4:04 pm](#)



Do you think it would be smart/worth it to combine the yellow Seceda hike and the Blue Col dala Pieres one if you stayed at the Rothenberg hut over night? Plan to go September 4/5 or 5/6 depending when I get there.

Thank you!

[Reply](#)

moonhoneytravel

[August 19, 2020 at 7:19 am](#)

Hi Brytani,

Thank you! Yes, I would absolutely recommend doing both of those hikes, with the overnight in Regensburger Hütte. Have a great trip!

-Sabrina

[Reply](#)

Ine

[December 4, 2020 at 12:27 am](#)



[Reply](#)

Faaa

[February 14, 2021 at 8:14 pm](#)

Hi,

Thanks for writing a beautiful blog about the hike. One question, you mentioned the best time to hike dolomites is late june until emd september but you also mentioned about done it in May, you didnt specifically talk about hiking early in June. I have planned 1 week stay in dolomites area between first – second week on June. Do you think hiking —> sorapiss, seceda, tre cime, braie are good idea during that time? I

[Reply](#)

moonhoneytravel

[February 18, 2021 at 10:37 am](#)

Thank you so much!

We visited the Dolomites in early May and there was so much snow/rain, we weren't able to hike. Unless you're hiking primarily in



on the trails in early June. I'd bring hiking poles and crampons to be on the safe side.

Note: Many Rifugios (mountain huts) open in late June. So, for example, all the huts along the Tre Cime di Lavaredo Circuit will likely be closed until the third week of June.

Let me know if you have more questions,
Sabrina

[Reply](#)

Marissa Stagg

[February 23, 2021 at 8:34 am](#)

This is so amazing! I visited the Dolomites for the first time this summer. We did two weeks in a camper van, and I still feel like I barely scratched the surface of all the amazing places to see. I can't wait to get back this summer! Thanks for sharing!

[Reply](#)

moonhoneytravel

[February 23, 2021 at 12:14 pm](#)



Happy planning,
Sabrina

[Reply](#)

Paige

[May 15, 2021 at 3:33 pm](#)

Hi Sabrina & Kati,

Thank you so much for putting together such a wonderful guide! You've been my go-to resource for my upcoming Dolomites trip in July.

All of the hikes here look incredible and so now I'm having the most difficult time picking which to do. We'll have 5 days in Alta Badia and Val Gardena, so if you could only pick 5 of the following, which would you recommend?

- + Mont Pic + Seceda
- + Col dala Pieres
- + Sassolungo – Langkofel circuit
- + Sass de Putia
- + Adolf Munkel
- + Armentara Meadows
- + Alpe de Suisi



moonhoneytravel

May 19, 2021 at 11:41 am

Hi Paige,

You're very welcome.

1. Mont Pic + Seceda

2. Col dala Pieres

3. Sass de Putia circuit (in the morning)... Adolf Munkel Trail (in the late afternoon)... It's a lot of hiking in one day, but I think you could squeeze both of them in. Plus, Passo delle Erbe isn't so far from Val di Funes.

4. Armentara Meadows (this is lovely/very easy/short)..you won't need the whole day for this.

5. Alpe di Siusi.. There are so many routes you can do. If you're taking the cableway from Ortisei. Follow trail 9 (like we did) to Saltria. But, instead of going to Monte Pana, take the Hans-und-Paula-Steger Weg trail to Compaccio, and then head back to the Ortisei-Alpe di Siusi cableway. You can see these trail connections in our [Alpe di Siusi guide](#).

Hope that helps,

Sabrina

[Reply](#)



I wanted to also voice my appreciation for your very useful Dolomite hiking guides. We were able to do two over the past few days, Monte Pic/ Seceda and Adolf Munkel., which I picked based on the map provided, which allowed us to select hikes which were within reasonable driving distance of where we were staying.

Our first hike was really only to the Seceda summit and back; we ran out of time (and energy) on a cool overcast October day. I'm not too sure about the accuracy of the time estimates for that one, it took us about 4 hours for the ascent rather than the 2hrs 35 minutes predicted. After the first leg there are many crisscrossing small roads and trails, with confusing or non existent signage, so perhaps we went off course in spots. We thought that the better advice after completing the first leg might be “ look up, find the cable car lift line that goes to the top, and use whatever trail(s) seems to visually suit your fitness level. Having said that, the view at the top was stunning and made the effort very worthwhile.

Something we didn't realize until just now, a couple of days later, that the Munkel trail features the same set of mountains, from the opposite side and a different angle. So our hikes were not very far away as the crow flies but almost a couple of hours (I think) driving distance between the respective trail heads. Quite fascinating and unexpected.

We look forward to trying out future hikes you have suggested, in the event we get back in the region.

[Reply](#)



Hi Paul,

Thank you for the feedback! I'm happy to hear that you enjoyed the Seceda hike, despite it being longer than you anticipated. We always rely on Maps.me to help with orientation/navigation. You may find that app helpful. The Odle/Geisler Peaks are beautiful from so many different vantage points. Next time, you should consider the hike to [Col dala Pieres](#) – that's my particular favorite view of the Geisler Group.

All the best,

Sabrina

[Reply](#)

Shoval Nir

[May 24, 2022 at 6:42 am](#)

Hi Sabrina,

Thank you for this great guide.

We are traveling with twins 10 y/o and will be in the dolomites around mid July.

We wonder if any of the moderate trails suitable since the length of most of the hikes are very similar.

I guess with kids the duration of the hikes is different and a bit longer.



Thank you!

[Reply](#)

moonhoneytravel

[May 25, 2022 at 4:16 pm](#)

Hi Shoval,

I would check out these kid-friendly hikes in the Dolomites:

Val Gardena

- Seceda to Rifugio Firense/Regensburger Hütte (since you're based in Santa Cristina, you can also take the Col Raiser Gondola up to start this circuit)
- Alpe di Siusi – you can hike all over the plateau. There are lots of options.

Val di Funes

- Adolf Munkel Trail
- Rifugio Genova Circuit Trail

Pass delle Erbe

- Sass de Putia Circuit Trail

Alta Badia

- Armentara Meadows
- [Sass da Ciampac](#) – you could do a variation of this. Since you're



you'll complete the circuit to Selva di Val Gardena via Langental/Vallunga valley.

All the best,
Sabrina

[Reply](#)

Taylor

[May 30, 2024 at 3:21 pm](#)

Hi Sabrina,

Thank you for this incredibly thorough guide and map! My wife and I are experienced hikers visiting the Dolomites for the first time June 7th for 2.5 days, staying in Badia. With 2 long hiking days, and one half day, I am curious what your absolute must-dos would be, within reasonable distance to Badia.

It seems like one day we might be able to combine Adolf Munkel with Sass de Putia or Seceda Ridgeline and the other day Tre Cime with Lago Sorapis or Croda da Lago, leaving the half day TBD.

So many amazing options! Greatly appreciate your guidance.

Taylor

**moonhoneytravel**June 5, 2024 at 10:47 am

Hi Taylor,

If you're based in Badia, I would do the Sass de Putia circuit trail with the Sass de Putia summit. The final stretch to Sass de Putia peak is secured with fixed cables, but equipment is usually not necessary for confident vertigo-free hikers. The Armentara Meadows are right on your doorstep, which might be the best option for the half-day hike. And for the other full day, I would either do the Croda da Lago Circuit or the Tofana di Rozes Circuit.

All the best,

Sabrina

[Reply](#)

GregJune 6, 2024 at 5:19 pm

You guys have the best hiking blog I have come across. I'll be hiking in Cortina, Alta Badia, and Val Di Funes for 2 weeks later this month. Who makes the best paper hiking maps of these areas? I always like to have paper back ups and not fully rely on GPS. Thanks!

**moonhoneytravel**June 7, 2024 at 10:33 am

Hi Greg,

Thank you so much! We use the Tabacco maps – which are readily available across the Dolomites.

Have a great trip!

Sabrina

[Reply](#)

LauraJanuary 19, 2025 at 8:28 pm

Hello, I am travelling to the Dolomites in July and your blog has been SO helpful in my planning, so thank you!

I will be spending a week there (3 nights in cortina d'Ampezzo, 3 nights in selva).. I would like to do a 2 day hike in the middle of my trip with an overnight stay at a Rifugio – this will be my first time, do you have any trail recommendations? Thank you!

[Reply](#)



Hi Laura,

Thank you for reading! I would do this [Alpe di Siusi – Rifugio Bolzano circuit trail](#) and overnight in Tierser Alpl. During our first trip to the Dolomites, we stayed in Tierser Alpl and it was unforgettable.

Have a great hiking trip!

Sabrina

[Reply](#)

Kelly

[February 28, 2025 at 5:01 pm](#)

Hi, thanks so much for your detailed blogs. We used your Slovenia guide for a fantastic holiday a couple of years ago. This year we're off to the Dolomites for the first time. Unfortunately due to other commitments we'll be there the last week of August and first week in September. I say unfortunately as I would rather go later to avoid the crowds. So before I read through every hike, which of these hikes would you recommend to avoid the worst of the crowds? We'll be in the Dolomites for around 12 days but 3 of those nights we've booked the Hotel Paradiso on the Alpe di Siusi. We'll probably choose another 3 locations to stay 3 nights in each but these locations will be chosen around the hikes we want to do.



Sabrina Brett

February 28, 2025 at 7:09 pm

Hi Kelley,

Thank you for re-visiting our blog to plan your trip the Dolomites.

Here are my favorite off-the-beaten-path and lesser known hikes in the Dolomites.

Alta Pusteria

- Lake Braies – Hochalpenkopf Circuit
- Prato Piazza – Gaisl High Trail
- Torre dei Scarperi Circuit Trail
- Sentiero Bonacossa – this intersects with busy areas, but once you get beyond the famous Cadini viewpoint, it shouldn't be too busy.

Most of these hikes require extra early starts because of the traffic regulations. It's all explained in our destination guides.

Cortina d'Ampezzo

- Tofana di Rozes Circuit Trail

Val Gardena

- Vallunga Valley – Val de Chedul Circuit
- Monte Pic to Seceda
- Col dala Pieres or Piz Duleda (choose one)

Val di Funes

- Tullen Summit

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