

How to Hike the Sassolungo (Langkofel) Circuit Trail, Dolomites

Blog > Europe > Italy > Dolomites

The Sassolungo (Langkofel in German, Saslonch in Ladin) Group is a compact mountain group which is located between **Val Gardena** and **Val di Fassa** in the **Dolomites**. The Sassolungo mountains are bordered by the mammoth Sella Group to the east and the Catinaccio/Rosengarten Mountains to the west.

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.

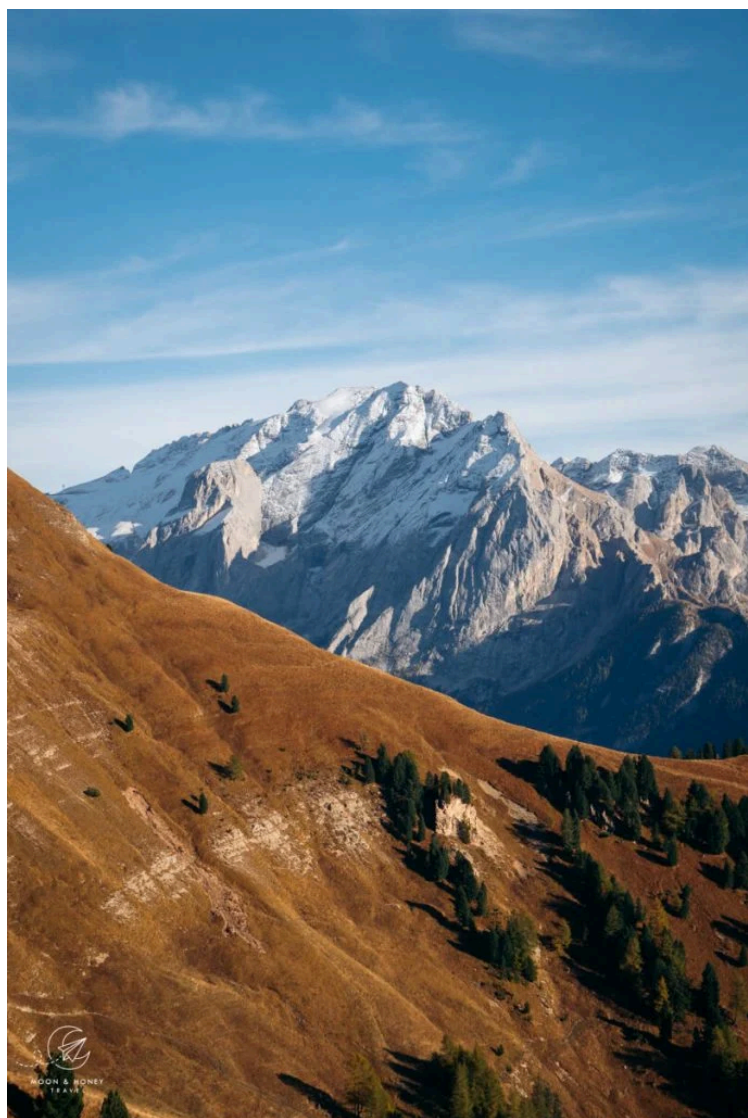
Following the contours of the Sassolungo Group, the trail rises and falls throughout. There are no long and hard ascents or descents.

The trail passes a number of mountain huts along the way, specializing in Ladin and South Tyrolean cuisine.

Our guide describes the complete circuit trail around the whole Sassolungo/Langkofel group, which includes Sassolungo (3181 m), **Sasso Piatto** (2958 m), Spallone del Sassolungo (3081 m), Punta delle Cinque Dita (2998 m), Sasso Levante (2240 m), and Innerkofler Tower (3098 m).

Note: you can also hike a shorter circuit trail around either Sassolungo, or Sasso Piatto, by first ascending to Forcella Sassolungo via the 2-person Forcella Sassolungo gondola (aka the coffin lift) from Passo Sella. Though shorter, these variations are more difficult, because of the steep, more technical descent to Rifugio Vicenza.

TABLE OF CONTENTS



- **Trailhead:** Parking Passo Sella
| [Google Maps](#)
- **Distance:** 17.7 km circuit
- **Time Needed:** 6:15 hours
- **Elevation Gain/Loss:** 853 meters
- **Difficulty:** Moderate
- **Minimum Elevation:** 1950 meters
- **Maximum Elevation:** 2361 meters
- **When to Hike:** June – October
- **Where to Stay at Passo Sella:**
[Hotel Passo Sella Dolomiti Mountain Resort](#)
- **Where to Stay in Selva:** [Garni Sunela B&B](#) (budget), [Hotel Garni Morene](#) (budget), [Hotel Freina](#) (midrange), or [Linder Cycling Hotel](#) (luxury)
- **Where to Stay in Santa Cristina:** [Garni Le Chalet](#) (budget), [Charme Hotel Uridl](#) (midrange), [Dorfhof](#)

Sassolungo Circuit Trail Map

Where to Start the Sassolungo Hike

Passo Sella (Sellajoch in German) is the mountain pass with connects Val Gardena in South Tyrol with Val di Fassa in Trentino. It lies between the Sassolungo/Langkofel massif and the Sella massif.

How to Get to Passo Sella

Bus

If you're based in **Val di Fassa**, you can take the summer bus 471 from Canazei to Passo Sella.

Car

It's a 15-minute drive from **Selva**, Val Gardena, to Sella Pass along the SS242 road.

And, it's a 20-minute drive from **Canazei**, Val di Fassa, to Sella Pass along the SS48 and SS242 roads

Parking at Passo Sella

We recommend parking at the car park near **Rifugio Valentini**, just off the main road. It's located directly on the Sassolungo Circuit Trail and it's the cheaper option.

Parking Fee | 8 EUR/Day (when we last visited)

Payment | Cash

Exact Location | [Google Maps](#)

The more obvious car park is the pay-on-exit **Parking Passo Sella**, located directly on the main road across from [Hotel Passo Sella Dolomiti](#)

for the next 3 hours. After the 6th hour, it's 0.50 EUR/hour.

Payment | Cards or Cash (5 EUR, 10 EUR, 20 EUR, EUR coins). Pay for your ticket at the "Cassa" adjacent to Passo Sella Dolomiti Mountain Lodge.

Exact Location | [Google Maps](#)

When to Hike the Sassolungo / Langkofel Circuit Trail

The hiking season in the Dolomites starts in early June and continues until late September, or late October, depending on snow conditions.

The best time to hike the Sassolungo circuit trail is in June, mid-late September, and October.

If you're visiting during high season (July and August), try to avoid hiking this trail on weekends. It can feel like a highway.

We hiked this route in early **October** and it was lovely. **Rifugio Sasso Piatto** usually stays open until late October, so there's somewhere to eat along the way, even late in the season.

Sassolungo Circuit Trail Description

minutes)

The Sassolungo Circuit Trail is usually hiked clockwise, starting on trail 557, which is also called the **Friedrich August Weg**.

Pass in front of **Passo Sella Dolomiti Mountain Resort** and the tiny alpine **chapel**.

Follow the narrow path parallel to the road in the direction of Val di Fassa. This path cuts across a tussock hillside to reach the car park near **Rifugio Valentini**.

Head right, following the road to **Rifugio Salei** and onwards to **Baita Miara**.

animals and do not disturb them.

Rifugio Friedrich August to Rifugio Sandro Pertini (40 minutes)

Shortly after passing the Friedrich August hut, hike down the timber “staircase” and then cross the creek. After rain or snow, this path can be very muddy.

The trail traverses the tussock slopes below the dramatic spires of the Sassolungo Group. Looking left, Val di Fassa stretches out to the south between the Catinaccio and the Marmolada groups.

June until late September.

If you look southeast (essentially behind you), you'll be able to see Marmolada, the highest mountain in the Dolomites.

Rifugio Sandro Pertini to Rifugio Sasso Piatto (40 minutes)

Trail 557 continues crossing tussock slopes and then ascends a rugged stretch of path, bolstered with timber reinforcements.

The trail turns to gravel and descends to a trail junction. Take the right path to Rifugio Sasso Piatto/Plattkofelhütte (15 minutes), skirting the Malga Sasso Piatto dairy.

Rifugio Sasso Piatto to Rifugio Vicenza (1:50 hours)

Rifugio Sasso Piatto is located on the foot of Sasso Piatto/Plattkofel on a busy trail intersection. This is an ideal place for lunch.

Note: It's possible to ascend to the summit of Sasso Piatto from the refuge (2 hours one-way). A more interesting, albeit difficult approach is via the

hours) and Passo Sella/Sella Joch (3 hours).

Follow the wide access road northwest. Soon, you'll see the vast rolling pastures of **Alpe di Siusi**.

Turn right on trail 527, leaving the road.

Heading north now, the narrow trail continues wrapping around the Sassolungo/Langkofel group.

As the path turns east, you'll hike through a patch of Swiss pine forest to a clearing (alpine pasture in summer).

Cross the meadow to the fence, where there's a stile.

With dreamy views of Sassolungo/Langkofel, the trail gently descends to the tree line.

After a lovely forest jaunt amidst larch, spruce and stone pine, the path steers you across rockier terrain.

After crossing a gravel slope, the trail ascends to a trail junction. Ignore the partially cemented road that leads up to Rifugio Vicenza al Sasso Lungo/Langkofel Hütte.

Continue straight, passing the wooden bench and trail signs.

When the path splits, bear right. Soon after, turn right again on trail 525 to Rifugio Vicenza/Langkofel Hütte (30 minutes).

Rifugio Vicenza is blessed with a gorgeous location in the heart of the Sassolungo group. It's a 180 meter ascent to the hut.

If the refuge is open and you're still feeling energetic, we recommend taking the detour. If you're already tired, skip it and save your energy for the final 1:40 hours to Passo Sella.

Rifugio Vicenza to Rifugio Comici (1:20 hours)

Retrace your steps to the trail 525/526 trail junction and follow trail 526 in the direction of Passo Sella.

After an easy traverse, you'll arrive at the 526 and 526A trail junction. Both trails lead to Rifugio Comici.

We followed the **right 526A trail**, which crosses the northern slopes of Sassolungo, navigating boulder fields, ledges, and rock overhangs.

Eventually the boulder-studded trail ascends through thinning forest and joins the road just below the Comici hut.

Rifugio Comici – Citta dei Sassi – Passo Sella (40 minutes)

The ski infrastructure is somewhat of an eyesore. But, the views of Sella are great compensation.

Continue following trail 526 across meadows.

When you get to the trail 526/526C trail junction, take the left lower trail (526).

This path crosses the enchanting landscape of Citta dei Sassi/Steinerne Stadt, which means **City of Stone**.

Here, the path weaves between Swiss pine and dolomite boulders.

This magical stretch of trail steers you to Passo Sella, thus completing the circuit.

Selva di Gardena

Budget | **Hotel Garni Morene** is a clean and comfortable family-run guesthouse, set in an idyllic location outside the town center of Selva. Stay here for the unbeatable price, mountain views, and hospitality. Breakfast included.

Budget | **Garni Sunela B&B** is an immaculate bed and breakfast with spacious rooms, a spa, bar, parking garage, and a phenomenal breakfast, including fresh eggs from the resident chickens. Check-in is only until 7 pm.

Midrange-Luxury | **Hotel Freina** is a welcoming family-run hotel in Selva with an excellent on-site restaurant (serving vegan, vegetarian, gluten-free options), wonderful spa, and free garage parking.

Luxury | **Hotel Rodella** stands on a hill between Santa Cristina and Selva di Val Gardena, **walking distance to the Col Raiser gondola**. Commanding the most epic views of the Sella Group and Sassolungo, staying here is absolute bliss, especially at sunset. You can book breakfast-only or half board. Stay here for the views, newly renovated wellness area, and cozy atmosphere. 3 night minimum stay.

Luxury | **Hotel Tyrol** is a traditional alpine hotel centrally located in Selva. The hotel's restaurant offers creative interpretations of Ladin tradition with a Tuscan twist. Stay here for the cozy ambience, the wellness area (saunas, indoor and outdoor heated pool, indoor and outdoor whirlpool, salt cave with chromotherapy), and comfortable rooms. Outdoor parking is free and garage parking is an extra charge.

Luxury | **Hotel Sun Valley** is a 4-star hotel with a feel-good atmosphere, nice rooms, friendly management and staff, and a great restaurant (half board available). The spa comprises an indoor pool, whirlpool, Tyrolean parlor sauna, Brechel bath with fresh pine branches, and a steam bath, and relaxation areas.

Luxury | **Linder Cycling Hotel** stands out with its bold architecture, stylish urban accents, and laid-back atmosphere. Beyond the captivating design, Linder Cycling Hotel boasts excellent facilities, including a rooftop terrace, indoor pool, bar, and the à la carte Luis Eatery restaurant

equipped with Nespresso coffee machines, tea kettles, bathrobes and slippers. Extra perks: free garage parking, free winter ski shuttle, and bike storage. The à la carte Restaurant Nives is open all-year-long, while the Hotel Restaurant Stevia is only open in winter.

5-star Luxury | **Hotel Granbaita Dolomites** is an ode to alpine elegance.

This 5-star luxury hotel pampers guests with its lavish rooms, extensive spa area (7 saunas, indoor-outdoor pool, fitness room, spa), and decadent tasting menus. Book half board.

Find an accommodation in Selva di Val Gardena.

Santa Cristina

[Dorfhofel Beludei](#)

Budget | [Smart Hotel Saslong](#) is a no-frills hotel in Santa Cristina featuring modern, minimalist interiors decorated in local wood. Guests have access to a self-service bar, free parking (indoor and outdoor), and on-site restaurant serving local cuisine. This is a perfect place to stay if you're traveling with friends. Book breakfast!

Midrange | [Charme Hotel Uridl](#) is a family-run hotel set in a mountain chalet dating back to the 17th century. Stay here for the cozy and quaint atmosphere and delicious breakfast buffets and dinners.

Top Choice – Boutique Luxury | [Dorfhofel Beludei](#) is a 4-star-superior boutique hotel set in a quiet location above the village church. Stay here for the innovative cuisine (half board only), Ladin hospitality, and spacious suites. Complimentary Perks: garage parking, winter shuttle to ski slopes, guided hiking tours, and afternoon snack. Read our [Dorfhofel Beludei Hotel Review](#).

Find an accommodation in Santa Cristina.

GET YOUR FREE EBOOK

Sign up for our newsletter to get
our guide to “Secret Hiking
Destinations in Europe.”

Name

Email

Subscribe



Verifying...

CLOUDFLARE
[Privacy](#) • [Terms](#)

Use our [Dolomites Travel Guide](#) to plan an unforgettable trip to Northern Italy.

When to Hike in the Dolomites

The best time to hike in the Dolomites is between **mid-June and mid-September**. If the weather is stable, the hiking season can extend until late October.

- [Best Time to Visit the Dolomites](#)
 - [Dolomites in September](#)
 - [Dolomites in October](#)
 - [May in the Dolomites](#)
-

How to Get to the Dolomites

Read [How to Get to the Dolomites](#) to find out how to travel to the Dolomites from the closest airports, train stations, and bus terminals.

If you're traveling without a car, also check out [How to Visit the Dolomites Without a Car](#).

The easiest way to travel between hiking destinations in the Italian Dolomites is with your own car. Check out our itineraries for trip inspiration:

- **5 Day Dolomites Road Trip**
- **7 Day Dolomites Road Trip**
- **10-14 Day Dolomites Road Trip**

We recommend using the [Discovercars.com](https://www.discovercars.com) car rental reservation platform to search for and book car rentals. This easy-to-use booking platform compares car rental deals from 500+ trusted providers, so that you can choose the best option for your trip.

Tip: If you can only drive automatic transmission cars, as opposed to manual transmission cars (stick shift), book your car rental as early as possible.

[Check car rental rates here.](#)

Best Places to Stay

Figuring out where to stay in the Dolomites is probably the biggest hurdle to planning a trip to the Dolomites. We've created three guides to help you decide where to stay:

- **[Where to Stay in the Dolomites in Summer](#)**: best villages and towns in South Tyrol, Trentino and Belluno

huts, wellness hotels, aparthotels

- **Best Val Gardena Hotels:** best accommodations in Ortisei, Santa Cristina, and Selva di Val Gardena

We suggest choosing 2-4 bases for your Dolomites trip and spending 2-4 nights in each base.

- Base 1: **Val Gardena**
- Base 2: **Val di Funes**
- Base 3: **Alta Badia**
- Base 4: **Cortina d'Ampezzo**
- Base 5: **Alta Pusteria**
- Base 6: **San Martino di Castrozza**

What to See & Do

During your trip to the Dolomites, you can go via ferrata climbing, culinary hiking, **hut to hut hiking**, cycling, paragliding, and so much more. We've highlighted our favorite experiences in **Best Things to Do in the Dolomites**.

Wherever you decide to stay, you'll be surrounded by glorious mountain scenery and incredible natural landmarks.

In **Best Places to Visit in the Dolomites**, we've outlined the most iconic attractions as well as lesser-known destinations across the

Dolomites Packing List

Hiking Gear

- **Day Pack:** [Osprey Tempest 30 Women's Backpack](#) / [Osprey Talon 33 Men's Backpack](#)
- **Grade B/C high-cut hiking boots:** [Meindl Schuhe Island Lady](#) (Kati's Boots), [Women's Hanwag Tatra II GTX](#) (Sabrina's Boots), [Men's Hanwag Tatra II GTX](#) (men's equivalent)
- **CAT 4 Sunglasses:** [Julbo Shield Mountain Sunglasses](#)
- **Hiking Poles:** [Black Diamond Trail Trekking Poles](#)

Outdoor Photography Gear

- **Camera Body:** [Sony Alpha a6400](#)
- **Mid-range Zoom Lens:** [Tamron 17-70mm 2.8 Di III-A VC RXD](#)
- **Wide angle Zoom Lens:** [Sony – E 10-18mm F4 OSS Wide-angle Zoom Lens](#)
- **Backpack Camera Clip:** [Peak Design Camera Clip](#)

Dolomites Hiking Guides

Hiking in the Dolomites is our passion. Year after year, we love discovering new trails and expanding our knowledge of the area.

For region-specific hiking trails, check out:

- [Best Hikes in Cortina d'Ampezzo](#)
- [Best Hikes in Alta Badia](#)
- [Sexten Dolomites Hiking Guide](#)
- [Puez-Odle Nature Park](#)

Recommended Hiking Guidebook: [Cicerone Guide: Shorter Walks in the Dolomites](#)

More Val Gardena Travel and Hiking Guides

Travel Guides:

- [Best Hotels in Val Gardena](#)
- [Ortisei Travel Guide](#)

Hiking Trails:

- [Best Hikes in Val Gardena](#)
- [Resciesa to Seceda](#)
- [Seceda Ridgeline Hike](#)
- [Rifugio Stevia and Col dala Pieres Day Hike](#)

- [Vallunga Valley and Val de Chedul](#)
- [Alpe di Siusi Meadows Circuit Trail](#)

Via Ferratas:

- [Oskar Schuster Via Ferrata to the summit of Sasso Piatto/Plattkofel](#)

◆ [Alpine Hiking](#)



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.

Leave a Comment

Name *

Email *



Verifying...



Post Comment

Secret HIKING DESTINATIONS IN EUROPE

WWW.MOONHONEYTRAVEL.COM



GET YOUR FREE EBOOK

Secret Hiking Destinations in Europe

You just have to sign up for the newsletter and it's yours!



Verifying...



Moon & Honey Travel is designed to inspire your hiking adventures around the world. By creating hiking-themed travel itineraries and trail guides, we hope to encourage you to travel with your feet.



About

Work With Us

Contact us

Travel Resources

Privacy Policy

Impressum

Moon and Honey Travel is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn advertising fees by advertising and linking to Amazon.com.

Disclaimer

Moon & Honey Travel is not responsible for injury or loss of any kind. Anyone undertaking these adventures and hikes is solely responsible for their own safety.