

Cortina d'Ampezzo Hiking Guide: 9 Best Hikes + Map, Dolomites

Blog > Europe > Italy > Dolomites



Encircled by the craggy peaks of the Sorapiss, Cristallo, Tofane, and Croda da Lago mountain groups, Cortina d'Ampezzo is a premier hiking destination in the **Dolomites** of Northern Italy.

Hailed the Queen of the Dolomites, Cortina benefits from an advantageous and impossibly gorgeous location in **Ampezzo Valley** in the Province of **Belluno** in Veneto. The Sesto/Sexten and Baies/Prags Dolomites are also a short drive (or bus ride) away.

Hiking around Cortina d'Ampezzo is like hiking in a massive open-air museum. The Cortina mountains are steeped in history, harboring the relics of the First World War around every corner.

In our Cortina d'Ampezzo hiking guide, I've summarized all the best hiking trails around Cortina with links to in-depth trail guides.

Use this hiking guide in combination with our **Cortina d'Ampezzo Travel Guide** (when to visit, where to eat, how to get to Cortina, mountain huts, etc...) to plan an unforgettable hiking trip to the eternally-reigning Queen of the Dolomites.

TABLE OF CONTENTS





Northern Italy

- **When to Hike:** Summer (late June – late September) or Fall (late September – late October)
- **Where to Stay in Cortina d'Ampezzo:** [Hotel Meuble Oasi](#) (budget), [Baita Fraina](#) (midrange), [Hotel Villa Alpina](#) (midrange), [Ambra Cortina Luxury&Fashion Hotel](#) (midrange), [Camina Suite & Spa](#) (luxury), or [HOTEL de LËN](#) (luxury)
- **Closest Airport:** Marco Polo International Airport, Venice, Italy
- **Transit to Cortina:** [Venice Airport – Cortina d'Ampezzo Shuttle](#)
- **Trail Map:** [Tabacco 03 Cortina d'Ampezzo](#)
- **Recommended Itineraries:** [5-Day Dolomites Road Trip](#), [7-Day Dolomites Road Trip](#), and [10-14 Day Dolomites Road Trip](#)

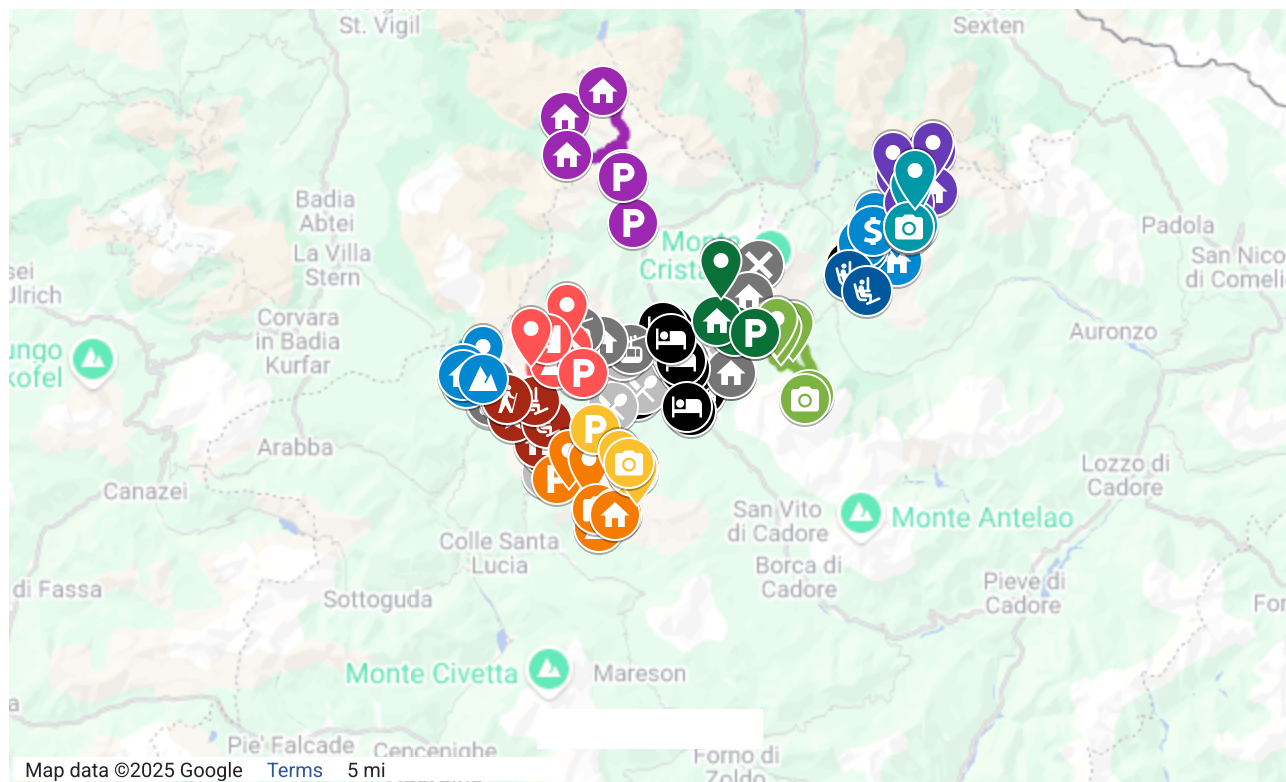
Cortina d'Ampezzo Hiking Map



Cortina d'Ampezzo, Italy Map | Moon & Honey Tra... ☆

Moon & Honey Travel

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



1. Tofana di Rozes Circuit Trail



Tofana di Rozes is one of the recognizable mountains in the Ampezzo Dolomites.

An excellent hiking trail wraps around Tofana di Rozes, starting at Rifugio Dibona. The trail initially crosses the southern slopes of Tofana di Rozes and then ascends gently to the Forcella Col dei Bos saddle.

The path continues towards the remote Travenanzes valley and then steeply ascends the rugged Majarié glacial cirque to Rifugio Giussani.

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

This is a quiet, varied, and absolutely riveting hike in Cortina d'Ampezzo.

Where | Dolomiti D'Ampezzo Natural Park, Belluno

Trailhead | Rifugio Dibona

Difficulty | Moderately Difficult

Trail Guide: Tofana di Rozes Circuit Trail

2. Lago di Sorapis



Lago di Sorapis is a glacial lake set in a natural amphitheater in the Sorapiss Group. Lake Sorapis is a scenic masterpiece because of its milky-turquoise hue and imposing mountain backdrop.



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 and ladders.

Most hikers will return to Passo Tre Croci along the same route. However, there's an exciting alternative route via the Forcella Marcuoira saddle. This route is best undertaken by experienced alpine hikers, who are confident in steep rocky terrain.

Due to the popularity of this destination, it's best to visit during the week and during shoulder-season.

Where | Ampezzo Dolomites, Belluno

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

Distance | 13.2 km circuit

Time Needed | 5:10 hours

Difficulty | Difficult

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



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 hiking across 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.

Where | Ampezzo Dolomites, Belluno

Trailhead | Passo Giau



Difficulty | Moderate

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

4. Croda da Lago Circuit Trail and Lago Federa

Croda da Lago is a small mountain chain in the Ampezzo Dolomites. The circuit trail around Croda da Lago is an exciting hike, filled with captivating



between Pocol (Cortina d'Ampezzo) and Passo Giau.

Following trail 437, ascend through a spruce and larch forest to **Lago Federa** and Rifugio Croda da Lago.

The trail continues to Forcella Ambrizzola saddle, the gateway to the sprawling Mondeval pasture. Next, the Croda da Lago circuit veers towards the mammoth Lastoni di Formin massif and steadily ascends to Forcella di Formin, the highest point of the hike.

From the Formin saddle, the trail leads you down a field of boulders to Val Formin valley. Extra caution is required here.

The Val Formin path rejoins trail 437 back to Ponte de Rocurto.

Insider Tip | Lago Federa is one of the best places to experience sunrise, especially in mid-late October. The first light of the day sweeps across the alpine landscape, flushing the golden larches and the solitary spire of **Becco di Mezzodi**.

Where | Ampezzo Dolomites, Belluno

Trailhead | Ponte di Rocurto

Distance | 13.1 km circuit

Time Needed | 5 hours

Difficulty | Moderately Difficult

5. Tre Cime di Lavaredo Circuit Trail

Tre Cime di Lavaredo (Drei Zinnen in German, Three Peaks in English) 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 loop trail around the iconic Three Peaks is an easy-moderate day hike that takes about 4 hours to complete.

The trail starts at the Rifugio Auronzo mountain hut, which is accessible by a **toll road** (30 EUR for private cars). From Rifugio Auronzo, you can either



Though most hikers venture here to behold the mighty Tre Cime di Lavaredo, they soon realize that Drei Zinnen is just the beginning of an unending visual feast that extends in every possible direction.

After completing the circuit hike, take a detour to the jaw-dropping [Cadini di Misurina Viewpoint](#).

Where | Tre Cime Nature Park, South Tyrol, and Belluno

Trailhead | Rifugio Auronzo accessible via the [Rifugio Auronzo Toll Road](#)

Distance | 9.7 km circuit

Time Needed | 4 hours

Difficulty | Easy – Moderate

Learn More: [Tre Cime di Lavaredo Circuit Trail](#)

6. Sentiero Bonacossa North Trail



Sentiero Alberto Bonacossa is an exhilarating hiking trail that runs through the dramatic Cadini di Misurina mountain group.

This challenging trail guides hikers along narrow, exposed ledges and steep rocky valleys.

Sentiero Bonacossa connects Rifugio Col de Varda with Rifugio Fonda 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**.

Where | Cadini di Misurina Group, Belluno

Trailhead | Rifugio Auronzo or Lago d'Antorno



Difficulty | Demanding

Trail Guide: **Sentiero Bonacossa North Trail**

7. Crepe de Zumèles

Crepe de Zumèles forms part of Pomagagnon, the Cristallo mountain chain which borders Cortina to the northeast.



From Rio Gere, follow trail 211 through the Larieto larch forest to **El Brite de Larieto**, an acclaimed mountain pasture hut serving gourmet regional dishes.

Continue on trail 211 in the direction of Rifugio Mietres. Trail 211 skirts the hut, but feel free to make a quick detour to this scenic refuge.

The trail continues along the forest road and then makes a sharp right on trail 204.

It's a steep ascent up the crumbling slopes of Crepe de Zumèles to **Forcella Zumèles**. The Cortina basin is clearly visible below.

At Forcella Zumèles, views open up to the Cristallo Massif, which stands north of Val Padeón, the valley which separates the Pomagagnon and Cristallo massifs.

The way leads east on a level forest trail (trail 205) down to **Passo Són Fórcia** and between Pomagagnon and Cristallo (trail 203) to Passo Tre Croci.

From the Tre Croci mountain pass, follow trail 209, which runs parallel to the road, down to Rio Gere.

Where | Cristallo Group, Belluno

Trailhead | Rio Gere

Distance | 10.6 km circuit

Time Needed | 4 hours

8. Alpe di Sennes Circuit

This walk links together four mountain huts in the Dolomiti d'Ampezzo and Fannes-Sennes-Braies Nature Parks, traversing rugged karst landscapes, meadows, and forests.

Most of the refuges along the route are open until late October, which makes this a great autumn hike. We hiked this route on an overcast day, so our views were mostly obscured, but we enjoyed stretching our legs and covering a lot of ground.

The Alpe di Sennes trail begins at **Rifugio Malga Ra Stua**.

Sant'Uberto car park, just off the SS51 road, and take the shuttle to Ra Stua.

From the car park at Rifugio Ra Stua, follow the gravel road north (trail 6) in the direction of Ciampo de Crósc/Cianpo de Croš.

The road leads through the lightly forested Valon Scuro along a stream to the meadow of Ciampo de Crósc.

The mountains flanking the northeast side of the valley are called Crepe de Socroda.

When you reach the **Aghes de Ciampo de Crósc** (1750 m) trail junction, head right on trail 26 in the direction of Lago di Fòses and Rifugio Biella.

The trail crosses the meadow and then enters a fir and larch forest, beneath the Crepe de Socroda.

Trail 26 steadily ascends and ultimately crosses Crepe de Socroda.

The path leads north through a desolate valley at the foot of Piccola Croda Rossa/Kleine Gaisl to Lago di Fòses, a lake set beneath Remeda Rossa/Rote Wand.

Side Note: On the other side of the Croda Rossa d'Ampezzo/Hohe Gaisl massif, there's a wonderful trail which runs from **Prato Piazza** to Malga Rossalm called the **Gaisl High Trail**.

The way to Rifugio Biela/Seekopfehütte is harder than expected, because of the uneven, rugged karst terrain.



The better option is to press on to **Rifugio Fodara Vedla** (1966 m), a hospitable refuge surrounded by a cluster of timber huts (trail 7). They serve heartwarming South Tyrolean food throughout the summer season (late May – late October).

From Rifugio Fodara Vedla, trail 9 leads to Lago de Rudo and then zigzags down to the valley. Return to Ra Stua on the familiar track.

Where | Ampezzo Dolomites Nature Park and Fanes-Sennes-Braies Nature Park

Trailhead | Malga Ra Stua

Distance | 17.1 km circuit

Time Needed | 5:30 hours

Difficulty | Moderate

9. 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 Scoiattoli, and the Cinque Torri rock towers.



Where | Nuvlau-Averau Group, Belluno

Trailhead | Col Gallina

Distance | 9.6 km circuit

Time Needed | 4 hours

Difficulty | Moderate

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

Cortina d'Ampezzo Hiking Day Trips

Alta Pusteria



Hochalpenkopf

It's a 35 minute drive from Cortina d'Ampezzo to **Alta Pusteria/Hochpustertal** in South Tyrol.

Val Pusteria is the northern border of the Dolomites. From this valley, you can access the Northern Sesto/Sexten and Northern Braies/Prags Dolomites.

In the Braies Dolomites, we recommend visiting **Lago di Braies** and **Prato Piazza**. Our favorite hikes in this region are: **Hochalpenkopf**, **Monte Specie**, and the **Gaisl High Trail**.

In the Sesto Dolomites, we recommend visiting **Val Fiscalina** and Val Campo di Dentro, the starting point of the exciting **Torre dei Scarperi circuit trail**.



Sass da Ciampac Hike

Alta Badia is a mountain region surrounding the valley of Val Badia/Gadertal, nestled between the Fanes Group, the Sella Group, and the Puez Group.

From Cortina, it's a 45 minute drive to Alta Badia via Passo Falzarego and Passo Valparola.

Here are some hikes we love in the Alta Badia region:

- **Armentara Meadows Trail**
- **Lake Pisciadù and Pisciadù Peak**
- **Rifugio Puez**
- **Capanna Alpina to Fanes Hütte**
- **Sass da Ciampac and Lake Crespèina Hike**
- **Gran Cir Summit**

Pocol

Pocol is a tiny village above the Ampezzo Valley, west of Cortina d'Ampezzo. Pocol sits at the crossroads between SR48 (the road that connects Cortina with Passo Falzarego) and the SP638 (the road that connects Cortina with Passo Giau).

Budget | **Hotel Piccolo Pocol** is a basic, but very clean bed & breakfast in Pocol. The management is helpful, efficient, and knowledgeable about the region. The breakfast buffet features a number of cakes, croissants, breads, yogurts, sliced cheeses and meats, and of course coffee and juices.

Passo Tre Croci

Passo Tre Croci is the mountain pass between the Cristallo Group and the Sorapiss Group. The pass is situated on Strada Regionale 48 delle Dolomiti, about halfway between Cortina d'Ampezzo and Lake Misurina. This is where the hike to Lago di Sorapis begins.

Budget-Midrange | **B&B Hotel Passo Tre Croci Cortina** is advantageously located at Passo Tre Croci. The hotel features comfortable rooms and newly renovated interiors. Stay here for the clean, minimal aesthetics and the majestic location. Breakfast is included in the rate.



Camina Suite & Spa

Ringed by the Ampezzo Dolomites, **Cortina d'Ampezzo** boasts a central and stunning location in the Ampezzo Valley in Veneto. You can stay here for a few days or for several weeks and never run out of things to see and do.

Budget | **Hotel Meuble Oasi** is a guesthouse set in the town center of Cortina d'Ampezzo, walking distance to the pedestrian zone and bus station. Book this 2-star hotel for the unbeatable price, location, spotless rooms, and on-site parking.

Midrange | **Baita Fraina** is a charming B&B with six rooms with balconies, 3km from Cortina's town center (5 minute drive). This guesthouse is also home to a Michelin recommended à la carte restaurant, which serves



Midrange | **Hotel Villa Alpina** is a centrally-located 3-star-superior hotel housed in a historic villa. Rooms are comfortable and feature parquet floors and alpine furnishings. The room rate includes breakfast and outdoor parking.

Midrange | **Ambra Cortina Luxury&Fashion Hotel** is a lovely boutique hotel with 24 thematic rooms and a bar in the very center of Cortina. Guests are treated to free on-site parking and an excellent breakfast.

Top Choice – Luxury | **Camina Suite & Spa** is a 4-star boutique hotel, 1 km north of Cortina's town center. This intimate hotel offers 12 alpine-style suites with comfy beds and ample closet space. Rooms are equipped with Nespresso machines, air-conditioning, and soundproofing. We loved the high-quality breakfast featuring local products and the complimentary spa (3 saunas, relaxation zone, and showers). Guests also enjoy free parking. Guests can dine in the à la carte hotel restaurant daily (except Tuesday). Read our **Camina Suite & Spa hotel review**.

Top Choice – Luxury | **HOTEL de LËN** is a fresh-faced luxury hotel in Cortina d'Ampezzo's town center. Interiors blend natural and sustainable materials with fine furnishings to create a relaxing, yet refined atmosphere. The hotel restaurant showcases local Ampezzo flavors in unique and exciting ways. We loved the charming, enthusiastic staff, the rooftop spa (1 complimentary hour), and communal areas (living room, cocktail bar, and restaurant). Breakfast is included in the room rate. Parking is off-site and an extra charge. Read our **Hotel de Len review**.

Luxury | **Grand Hotel Savoia Cortina d'Ampezzo, A Radisson Collection Hotel** is a top-rated, 5-star hotel in the center of Cortina d'Ampezzo. Although housed in a historic building, the entire interior has been



More Luxury Hotels in Cortina d'Ampezzo: [Dolomiti Lodge Alverà](#), [Grand Hotel Savoia Cortina d'Ampezzo](#), [Rosapetra SPA Resort](#), and [Falaria Mountain Spa Resort](#)

[Look for accommodation in Cortina d'Ampezzo.](#)

More Dolomites Hiking Guides

Hiking:

- [Day Hikes in the Dolomites](#)
- [Val Gardena Hikes](#)
- [Hut to Hut Hiking in the Dolomites](#)

Plan your trip to the Dolomites:

- [Things to Do in the Dolomites](#)
 - [Places to Visit in the Dolomites](#)
 - [How to Get to the Dolomites](#)
 - [How to Visit the Dolomites Without a Car](#)
 - [Best Time to Visit the Dolomites](#)
-



EBOOK

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

Name

Email

Subscribe





Planning!

Stay Connected:

Connect with us on [Pinterest](#).

Follow us on [Instagram](#).

Like us on [Facebook](#).

[Sign up for our Newsletter](#).

Support Us:

If you love reading our content, you can [send us a donation](#).

◆ [Alpine Hiking](#), [Autumn](#), [Mountain Escapes](#), [Summer](#)



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.

Leave a Comment



Name *

Email *

**CLOUDFLARE**
[Privacy](#) • [Terms](#)

Post Comment



GET YOUR FREE EBOOK

Secret Hiking Destinations in Europe

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



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.

2025 © Moon & Honey Travel

DO NOT SELL OR SHARE MY INFORMATION