



10 Best Hikes in Val Gardena, Dolomites, Italy

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Val Gardena (Grödnertal) is a valley in South Tyrol in the **Italian Dolomites**, stretching from Gardena Pass (Passo Gardena / Grödnerjoch) and Sella Pass (Passo Sella) to Valle Isarco (Eisacktal).

From Val Gardena, you can easily access **Seceda** in **Puez-Odle Nature Park**, the Sassolungo Group, the Sella Group, Resciesa Plateau, and the **Alpe di Siusi** meadows.

With so many beloved hiking destinations at your doorstep, you can see why hiking in the Val Gardena mountains is like hiking in heaven. And, because Val Gardena is an established ski region, a network of cableways and gondolas makes hiking here even more accessible.

An added bonus of staying and hiking in Val Gardena is the free transit system for overnight guests. If you're **traveling in the Dolomites without a car**, Val Gardena is a perfect place to base yourself for a few days.

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Tyrol, Northern Italy

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Val Gardena Hiking Map

[Terms](#)

Val Gardena encompasses the towns Ortisei, Selva di Val Gardena, and Santa Cristina. Because this is a German-, Ladin-, and Italian-speaking region, each town, nature park, mountain hut, etc... has three names. So, Ortisei is also called St. Ulrich and Urtijëi. Selva di Val Gardena is also called Wolkenstein and Sëlva.

1. Seceda Ridgeline to Rifugio Firenze (Regensburger Hütte)



The **Seceda ridge** is one of the most striking and awe-inspiring destinations in the Dolomites. You've seen the photo a million times. And, yet it's even more spectacular in person.

This Val Gardena hike begins at the Seceda mountain station, which is accessible by aerial cableways from the village of **Ortisei**.

From the Seceda summit, you'll follow the ridge towards the dagger-like Odle peaks.

The hike continues to the Pierlongia mountain pasture, marked by two twin spires. With views of Monte Stevia, the trail descends to Rifugio Firenze, which is a great place for lunch.

From this mountain hut, you'll circuit back to the Seceda mountain station.

Tip | Very ambitious hikers and via ferrata climbers can summit **Sass Rigais** (Grade B/C).



Trailhead | Seceda cableway mountain station

Distance | 8.9 km circuit

Time Needed | 3:00 – 3:30 hours

Elevation Gain/Loss | 575 meters

Difficulty | Easy – Moderate

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

2. Resciesa - Rifugio Broglio - Seceda



Did you know that Seceda can be approached in an entirely different way? This exciting Val Gardena hiking route starts in Ortisei with a funicular ascent to the **Resciesa plateau**.

The trail crosses the Resciesa plateau and descends to Malga Brogues, a mountain pasture hut dramatically set beneath the Odle Peaks in **Val di Funes**.

From the hut, the trail continues along the **Adolf Munkel Trail** and then crosses the Odle group via **Furcela De Mesdi/Mittagsscharte** (trail 29). This is a very rugged and steep path, characterized by deep scree and rocks.

From the narrow saddle, the path drops down to a meadow and leads to Pieralongia mountain pasture and up to the Seceda ridge.

From the Seceda ridge, you can descend to Ortisei via the Seceda-Funes-Ortisei cableways, or continue hiking to Col Raiser gondola mountain station and descend to Selva and Santa Cristina.



Starting Point | Resciesa Funicular mountain station

Ending Point | Seceda Cableway mountain station

Distance | 14.4 km point-to-point

Time Needed | 6:15 hours

Elevation Gain | 1087 meters

Elevation Loss | 737 meters

Difficulty | Difficult

Learn More: [Hiking from Resciesa to Seceda](#)

3. Col dala Pieres



It's impossible to choose a favorite Val Gardena hiking trail. But, if we really had to, it would be this hike to Col dala Pieres.

From the Col Raiser mountain station, hike to Rifugio Firenze/Regensburger Hütte.

From the Firenze hut, locate trail 17B and then tackle the challenging ascent to Forcella Piza (2489 m), the saddle between Muntejela and Mont De Stevia.

Atop the Stevia plateau, the path continues left to the Col dala Pieres summit.

Before starting the ascent, we recommend detouring right to **Rifugio Stevia**, for hearty South Tyrolean food and equally sumptuous views of the Sassolungo, Sella, and Cir Groups.



As you emerge from the Forces de Sieles gully, the views of Odle/Geisler peaks are extremely impressive from this angle.

Trail Stats

Trailhead | Col Raiser gondola mountain station

Distance | 13.7 km lollipop-circuit

Time Needed | 6 hours

Elevation Gain/Loss | 1220 meters

Difficulty | Difficult

Learn More: [Col dala Pieres Day Hike](#)

4. 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.



Trailhead | Col Raiser Gondola Mountain Station

Distance | 12.4 km lollipop-circuit

Time Needed | 5 hours

Elevation Gain/Loss | 980 meters

Difficulty | Difficult

Learn More: [Piz Duleda Trail Guide](#)

5. Vallunga and Val de Chedul



Val de Chedul and Vallunga are two valleys in Puez-Odle Nature Park, both accessible from the Vallunga car park in Selva di Val Gardena.

Vallunga is a great place for hiking all-year-long. A wide, easy path leads through the valley, between sheer mountain walls. If you're visiting Val Gardena with children, you can hike this valley out-and-back.

Val de Chedul is the “wilder” of the two valleys, as it's far steeper and more rugged.

To experience both of these valleys, we suggest ascending the quiet Val de Chedul to Puez-Odle Altopiano.

Cross the plateau to **Rifugio Puez** and then descend to Vallunga and walk the full length of the valley back to the starting point.



Tramonti | Parcoeggio Vallunga Car Park

Distance | 16.1 km circuit

Time Needed | 6 hours

Elevation Gain/Loss | 1061 Meters

Difficulty | Moderate – Moderately-Difficult

[Learn More: Vallunga and Val de Chedul Circuit Hike](#)

6. Sassolungo Circuit Trail



The Sassolungo (Langkofel in German, Saslonch in Ladin) Group is a compact mountain group situated between the Sella Group and the Catinaccio/Rosengarten Group.

A long circuit trail loops around the whole group, starting at Passo Sella, the mountain pass that connects Val Gardena with Val di Fassa.

Hiking clockwise, you'll initially follow the Friedrich August Weg (trail 557) to the Rifugio Friedrich August hut, Rifugio Sandro Pertini Hut, and onwards to Rifugio Sasso Piatto.

Along this undulating stretch, you'll see Marmolada, the highest mountain in the Dolomites, Val di Fassa, and the Catinaccio mountains.

From the refuge at the base of Sasso Piatto, the circuit continues north on trail 527, with an outlook over Alpe di Siusi.



There's an opportunity to detour to Rifugio Vicenza/Langkofel Hütte, before continuing on trail 526.

Trail 526 divides: 526 (lower trail) and 526A (upper trail – more rugged). You can take either trail, as they merge at Rifugio Comici.

The final stretch to Passo Sella traverses the enchanting landscape of Citta dei Sassi/Steinerne Stadt, which means City of Stone.

If you're an experienced via ferrata climber, also check out the [**Via Ferrata Oskar Schuster**](#), which also starts at Passo Sella.

Trail Stats

Trailhead | Passo Sella

Distance | 17.7 km circuit

Time Needed | 6:15 hours

Elevation Gain/Loss | 853 meters

Difficulty | Moderate

Learn More: [**Sassolungo Circuit Trail**](#)



Cima Pisciadù (2985) is a peak in the Sella Group.

The hike to Cima Pisciadù begins at Passo Gardena/Grödner Joch, the mountain pass that connects **Val Badia** with Val Gardena.

From the Gardena Pass, you'll follow a delightful balcony trail to Val Setus, a steep sloping valley defined by crumbling rocks and scree. The ascent up



From Lake Pisciadù, you can extend your hike to the Cima Pisciadù summit, which is very demanding.

From the lake, the trail continues to Val de Mezdi, where it steeply descends towards Val Badia.

You can circle back to Passo Gardena, or hike all the way down to Colfosco, or Corvara.

This is a strenuous hike for experienced alpine hikers.

Trail Stats

Starting Point | Passo Gardena

Ending Point | Corvara

Distance | 12.1 km point-to-point (a circuit is also possible)

Time Needed | 6-7 hours

Elevation Gain | 980 meters

Elevation Loss | 1570 meters

Difficulty | Demanding

8. Monte Pic



Monte Pic/Pitschberg (2363 m) is a panoramic mountain that rises above Santa Cristina and Ortisei. From its summit, the views of the surrounding mountains are sensational.

The fastest ascent route to Monte Pic is via the Baita Sëurasas alpine pastures. However, we decided to combine Monte Pic with the Seceda ridgeline, opting for a longer circuit route.



Seceda lookout point.

From Seceda, follow the ridge to Forcella Pana/Panascharte and then descend to Baita Troier. Continue the easy path to Cuca saddle.

From here, you'll start ascending to Monte Pic (40 minutes). When you reach the summit, you'll be amazed by the views of Sella and Sassolungo. You'll even be able to spot **Cima della Vezzana**, the highest mountain in the Pala Group.

To complete the circuit, hike down the Monte Pic ridge to the serene **Baita Sëurasas** alpine pasture hut and then through the forest to the car park.

Trail Stats

Trailhead | Cristauta/Praplan Parking Lot above Santa Cristina

Distance | 13.9 km circuit

Time Needed | 6 hours

Elevation Gain/Loss | 1064 meters

Difficulty | Moderate

Learn More: [Monte Pic Trail Guide](#)



This enchanting **Alpe di Siusi** (Seiser Alm in German, Mont Sëuc in Ladin) half-day hike begins with the Ortisei-Alpe di Siusi gondola ascent from the village of Ortisei to the Alpe di Siusi plateau.

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.

This lovely **Alpe di Siusi circuit trail** stays on the plateau the whole time. If you want to hike down to Val Gardena, check out the **Alpe di Siusi-Monte**



Bolzano – Rifugio Alpe di Tires is an epic hike for fit hikers.

Trail Stats

Trailhead | Ortisei-Alpe di Siusi Ropeway (aka Mont Sëuc gondola) mountain station

Distance | 14.4 km circuit

Time Needed | 4:25 hours

Elevation Gain/Loss | 483 meters

Difficulty | Easy

Learn More: [Alpe di Siuis Meadows Circuit Trail](#)

10. Sass da Ciampac



Sass da Ciampac (2666 m) 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**.

Along the way to Sass da Ciampac, you'll cross the **Cir Group**, drop into Val de Chedul valley, and make a counter-ascent to **Forcella de Crespeina**, the gateway to the Crespëina High Plateau.

The ascent to Sass da Ciampac is straightforward and rewards you with wonderful views of Val Badia, the Sella Group, and the Puez Peaks. The descent to Crespëina plateau and Lake Crespëina is more difficult, because of the scree and slippery terrain.

Start early and detour to Rifugio Puez for lunch.

Tip | You can also summit **Gran Cir** nearby.



Trailhead | Passo Gardena

Distance | 14.7 km lollipop-circuit

Time Needed | 6 hours

Elevation Gain/Loss | 931 meters

Difficulty | Moderate

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

Hiking Season



The Val Gardena hiking season runs from June through October.

Many restaurants, cableways, and mountain huts open at the end of **May** and stay open until mid-late October. Some cableways even operate until early November. You can see the exact dates and opening times of all Val Gardena lifts on valgardena.it.

In June and July, plateaus and slopes are covered with wildflowers. Early summer also brings frequent thunderstorms. Pay close attention to the weather forecast.

Our favorite time to hike in Val Gardena is mid-late **October**, when the valley is quiet and the larches ripen to vivid shades of gold and ochre. However, there's always a chance of snowfall, which can impact trail access.

We think **autumn is the best time to visit Val Gardena**.

Learn More: [Best Time to Visit the Dolomites](#)



You can stay in **Ortisei**, Selva, or Santa Cristina.

Val Gardena accommodations, which are members of the Val Gardena Tourist Association, give their guests free **7-day Val Gardena Mobil Cards**.

These cards give you free transit on regional buses across South Tyrol, which makes it easy to hop around the valley to different trailheads and also head to **Alta Badia** and even Bolzano.

We've stayed in all three towns. Ortisei is the largest village, with the highest concentration of hotels and restaurants. Ortisei is an ideal destination, if you're traveling without a car.

[Learn More: Best Hotels in Val Gardena](#)

Santa Cristina



Dorffotel Beludei

Budget | Garni Le Chalet is a traditional guesthouse in Santa Cristina. Stay here for the cozy atmosphere and affordable room rate. Breakfast is included.

Budget | Smart Hotel Saslong is a no-frills hotel in Santa Cristina featuring modern, minimalist interiors decorated in local wood. Guests have access



Budget | Garni Le Chalet is a traditional guesthouse in Santa Cristina. Stay here for the cozy atmosphere and affordable room rate. Breakfast is included.

Budget | Hotel Garni Ruscel is a great-value bed and breakfast in Santa Cristina. 4 nights minimum stay in high season.

Budget | Bed & Breakfast Kaserer is a charming B&B with clean, traditional rooms and excellent hospitality. 3 nights minimum stay.

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 – Luxury | Dorfhotel Beludei is a boutique hotel with 24 rooms, set in a quiet location in Santa Cristina. With inspiring mountain views, spacious alpine-style rooms, hiking trails right on the doorstep, and a chef that puts creative riffs on regional cuisine, this darling hotel is quite the Dolomites dream.

Breakfast, an afternoon snack, and dinner are all included in the rate. An added bonus of staying here is the complimentary spa (Finnish sauna, steam bath, indoor swimming pool, relaxation area, outdoor whirlpool), garage parking, and guided hiking tours for Dorfhotel Beludei guests only. Learn more about this gem in our [Dorfhotel Beludei hotel review](#).

Look for accommodation in Santa Cristina.



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

Top Choice – 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.

Top Choice – Luxury | [Linder Cycling Hotel](#) stands out with its bold architecture, stylish urban accents, and laid-back atmosphere. Beyond the



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.

Top Choice – Luxury | Boutique Hotel Nives – Luxury & Design is a small 4-star-superior hotel in Selva with two restaurants, a spa (saunas and outdoor whirlpool), and an indoor pool. The 13 rooms of family-run Hotel Nives are 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.

Luxury | Hotel Rodella occupies an idyllic location on a hill overlooking Selva di Val Gardena and surrounded by meadows. The hotel's elevation affords unbeatable views of Val Gardena and the surrounding mountains. We experienced some of the most bewilderingly beautiful sunsets during our stay here. Hotel Rodella is also a convenient 10-minute walk to the Col Raiser Gondola valleys station, which makes **Puez-Odle Nature Park** destinations like Rifugio Firenze, Seceda, Col dala Pieres extremely accessible. Rooms are bright and comfortable. And, the newly-renovated wellness area is stunning.

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

Ortisei



Casa al Sole

Budget | B&B Lavi Ortisei val Gardena is a clean and comfortable bed and breakfast managed by a very friendly host. The B&B is situated outside of the town center, though within walking distance (~15 minutes).

Top Choice – Midrange | Casa al Sole is an unparalleled bed and breakfast situated in the town center of Ortisei. This intimate 12-room B&B is masterfully run by Manuel and Alexandra, who infuse every aspect of their establishment with a genuine commitment to guest satisfaction. Read our [Casa al Sole Review](#).



and solarium). This is an ideal accommodation for couples and anyone traveling without children. It's a 20-minute walk to reach the town center.

Midrange-Luxury | Hotel Grones is a top-rated, family-run hotel which excels in its friendly atmosphere, excellent local and Mediterranean cuisine, traditional, yet lovely rooms. The hotel spa area comprises a swimming pool, hot tub, Finnish sauna, bio sauna, and steam bath.

Top Choice – Luxury | Hotel Gardena Grödnerhof is a 5-star hotel in the heart of Ortisei, home to the Michelin star Ann Stuben gourmet restaurant. This wellness hotel offers unparalleled spa facilities, flawless service, guided hikes and mountain bike tours, and a weekly fitness program. Guests are treated to a welcome cocktail, generous breakfast buffet, and afternoon cakes and snacks (3 – 5 pm).

Luxury | Adler Spa Resort Dolomiti is a stunning property surrounded by private grounds, advantageously located in the pedestrian zone of Ortisei. This 5-star hotel offers outstanding service, first-rate spa complex, beautiful rooms, and an on-site restaurant (half board available). 3-7 nights minimum stay.

Luxury | The 4-star family-run **Hotel Angelo Engel** occupies the best possible location in **Ortisei** (St. Ulrich/Urtijëi). Situated directly in the town center, it's only a short way to reach Plaza Sant' Antone, the main transit hub in Ortisei. Hotel Angelo Engel is also within walking distance to the Resciesa funicular, Ortisei-Furnes-Seceda cableway, and the Ortisei-Alpe di Siusi gondola (Mont Sëuc Ropeway). If you're traveling to the Dolomites without a car, this is where you need to stay.



These hotels are located along Strada Pinei, between Ortisei and Castelrotto. Their lofty locations afford spectacular views of Val Gardena.

However, these hotels are a good 3.5 km outside the town center. So, only consider these accommodations if you're traveling with a car.

Top Choice – Luxury | Perched high above Ortisei, the young, fun, and newly-renovated **La Cort My Dollhouse – Adults Only** hotel offers 26 stylish rooms, a rooftop spa and pool, and fabulous views. La Cort is a great choice for travelers who want more flexibility during their visit (no rigid eating times, etc.). Breakfast (7:30 am – 11 am) and Linnerl (4 pm – 7 pm) – are included in the rate.

Luxury | The family-run **Hotel Niblea** sits proudly above Ortisei in its own beautiful oasis. Here you can experience a slice of heaven in the hotel's new



[Look for accommodation in Ortisei.](#)

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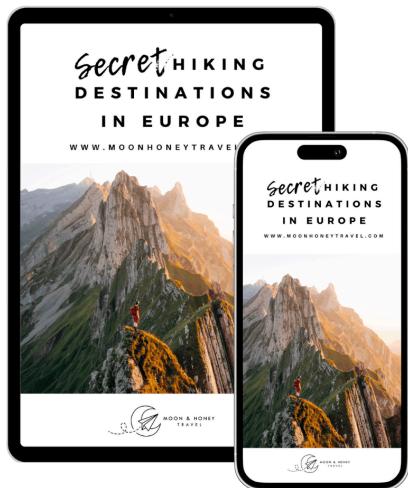
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Sabrina Brett

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.

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