

Excursion on Sunday September 10, 2006

We plan an all day excursion for all participants and their accompanying persons.

We give two choices: one "relatively easy" **(E)** and one "for experts" **(EE)**.
In both cases we shall be accompanied by a mountain guide.

Meeting point: Hotel Alpe at 9 a.m.

Starting. By a short walk (1 km), we shall reach the cable car station in Canazei. With the cable car, in two steps, we shall reach "Col dei Rossi" (or "Col de Rosc" in some maps) 2383 m. The return ticket for this cable car costs 12,00 Euro.

Here the two proposed choices in detail.

(E) The "Viel del Pan" or "Bindelweg".

This is an amazing hike in front of the "Queen of the Dolomites", the Marmolada. It is not difficult. The path will lead in about 2 hours to the refuge Viel del Pan (2432 m) where we can recover and stay for lunch.

To return we have two possibilities

1. going back on the same way to the cable car station
2. from the Viel del Pan refuge there is a descent to refuge Marmolada "E. Castiglioni" (2054 m) which is at the foot of Marmolada in front of the lake Fedaia (1.5 h).
From there, by bus or again by a footpath in 1 hour people can reach Alba di Canazei.

(EE) Piz Boé (3152 m).

By a 20 min. walk, all in descent, we shall reach the Sass Pordoi cable car at Pordoi Pass. By this cable in about 10 min. we shall reach Sass Pordoi (2950 m). The return ticket for all these cable cars (Col dei Rossi plus Pordoi) is 18,00 Euro.

To reach the Piz Boé it takes about 1.5 h. The hike is on high mountain environment and there are also some protected passages with fixed metallic ropes.

On the top we can recover and stay for lunch at Capanna Piz Fassa enjoying the magnificent view at 360 degree (Marmolada, Sassolungo, Sassopiatto, Sella, Catinaccio, Puez, Tre Cime,...).

Once we will be on the top we may decide to return from the same way or passing via refuge Boé (Bamberghutte), 2871 m. This second possibility takes about 2 h.

Then by the cable car of Sass Pordoi we return to Pordoi Pass.

For well fit people, there is also the possibility to descent through the rocky channel that goes straight down to Pordoi Pass in about 45 min. This is really an amazing descent!

Wearing. Hiking boots, warm sweater or fleece, rain and wind jacket, hat, gloves and backpack.

Food and beverage. Hotels, on request, can prepare a packet with sandwiches, fruit and chocolate bar. Take with you a bottle of water/tea. In any case, in both routes we shall find refuges which are well furnished of any kind of food.

Note: take into account that at the beginning of September at more than 2500 meters can be really cold and the weather can change rapidly, so a proper mountain equipment is highly recommended.