

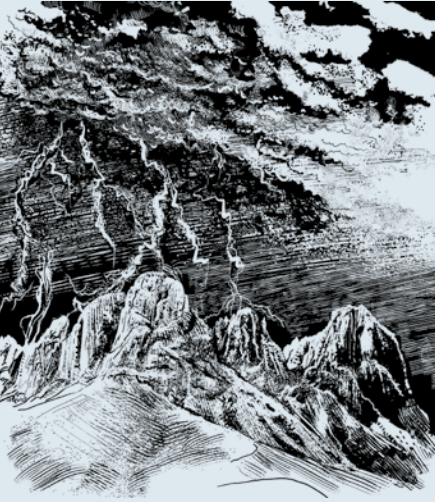
GOOD TO KNOW

START/FINISH

Bressanone, South Tyrol, Italy  
Croce d’Aune, Belluno, Italy

SEASON

Best hiked from mid-June to September. Significant snow can remain on higher sections of the trail into the summer. Note that thunderstorms can be problematic in July and August, but in most years they have died down by September—when the weather is often cooler.



ACCOMMODATIONS

Accommodations are plentiful, mostly in the form of mountain huts (*rifugi*), which can be found at the end of almost every daily stage. There are also several basic, unmanned bivouac cabins. Camping is often permitted near the huts. If you’re looking to keep costs down, this enables you to buy meals and snacks without the expense of staying the night. At Malga Ciapela, you will find a commercial campsite.

HIGHLIGHTS

- 1. The magnificent Sella Group
- 2. Views of the Marmolada Glacier from Rifugio Castiglioni Marmolada
- 3. The wild Pale di San Martino
- 4. The Sentiero delle Farangole balcony path
- 5. The traverse of Vette Feltrine, the southernmost range in the Dolomites

HELPFUL HINTS

WHAT TO BRING

Pack light. Carry waterproof clothing, a warm layer (down or synthetic), a warm hat and gloves, and also a sun hat, sunglasses, and sunscreen. You will need a sleeping bag liner for use in huts. If you plan to camp, carry an ultra-light shelter and sleeping bag warm to around freezing.

TECHNICAL EQUIPMENT

Carry a harness, helmet, and via ferrata equipment for use on aid sections. Early in the season, you may need an ice axe and crampons.

FOOTWEAR

If comfortable wearing them in Alpine terrain, choose lightweight, high-quality trail shoes with good grip.

NAVIGATION

Although the trail is well marked, on many higher sections terrain can be confusing, particularly in poor visibility.

SAFETY

Thunderstorms can be a major hazard, especially in afternoons during the summer. On via ferratas, the main hazards are falling rocks from other climbers or becoming “gripped” due to the exposure.

SUPPLIES

You will need to eat (and buy snacks) at refuges. There are also shops at Malga Ciapela.

WATER

Water is scarce in these dry limestone mountains. You will need to top off your bottles at huts and ensure that you carry enough water for the day with you.

BONUS TRACK

THE ASCENT OF SASS DE PUTIA

Late on the second day of the trail, after climbing to the col of Forcella di Putia (2,357 m/7,733 ft), it is worth taking in the optional ascent of Sass de Putia

(2,875 m/9,432 ft)—an isolated peak with dramatic views south into the Puez-Odle Massif, giving a real taste of the joys to come on the AV2. The ascent adds 4 km (2.5 mi) and 544 m (1,785 ft) to your day, but the view will be worth it.

BACKGROUND

THE LADIN LANGUAGE

While most inhabitants of the Dolomites speak Italian or German, Ladin is the native language of some areas the AV2 passes through, including South Tyrol, Trentino, and Belluno. Ladin is a Romance language whose name was derived from Latin; it evolved from Vulgar Latin, spoken widely in the Alps after the collapse of the Roman Empire. Today, it is thought that there are about 30,000 native Ladin speakers.

FLORA & FAUNA

WILD STRAWBERRIES

Throughout the summer, many wild berries can be found growing high in the Dolomites, and especially wild strawberries. Known locally as *fragoline*, they make a tasty trailside snack and provide food for fauna such as chamois.

