

Dolorama-Track

Stages of the Route

- » Stage 1: from the Zumis car park at the Rodenecker/Lüsner Alm mountain pasture to the Maurerberghütte hut
- » Stage 2: from the Maurerberghütte mountain hut to the Schlüterhütte alpine hut
- » Stage 3: from the Schlüterhütte alpine hut to the Raschötz shelter hut
- » Stage 4: from the Raschötz shelter hut to the village of Laion/Lajen

**Dolorama – Total Distance**

- » **Starting point:** Zumis car park, Rodengo/Rodeneck
- » **Endpoint:** village of Laion/Lajen
- » **Route:** 61 km | **ascent:** 2,356 hm | **descent:** 3,004 hm
- » **Walking time:** approx. 19 hours 15 min.

Depending on the weather conditions, slight variations can occur in the measurement of altitude with GPS devices.

Public Transport

All stages of the route can be reached via public transport.

- » Info: www.sii.bz.it and `Green number` 840 000 471
- » Info: MobilCard, www.mobilcard.info
- » Info: Smartphone App "Südtirol ToGo", <https://www.sii.bz.it/en/smartphone-app-suedtirol-togo>

Important Phone Numbers

- » Country code for Italy: 0039
- » Emergency number: 118
- » Euro emergency call: 112
- » Alpine information • Phone +39 0471 999 955
- » Weather information • Phone +39 0471 271 177 • www.provinz.bz.it/wetter

Contact Details for Tourist Organizations:» **Valle Isarco/Eisacktal Marketing**

Großer Graben 26 A, 39042 Brixen
Phone +39 0472 802 232
info@eisacktal.com - www.eisacktal.com

» **Luson/Lüsen Tourist Information Office**

Dorfstraße 19, 39040 Lüsen
Phone +39 0472 413 750
info@luesen.com - www.luesen.com

» **Val di Funes/Villnöss Tourist Information Office**

Peterweg 10, 39040 Villnöss
Phone +39 0472 840 180
info@villnoess.info - www.villnoess.info

» **Laion/Lajen Tourist Information Office**

Walther-von-der-Vogelweide-Str. 30b, 39040 Lajen
Phone +39 0471 655 633

» **Rodengo/Rodeneck Tourist Information Office**

Vill 3a, 39037 Rodeneck
Phone +39 0472 454 044
info@rodeneck.com - www.gitschberg-jochtal.com

» **San Vigilio/San Martin – Dolomites Tourist Information Office**

Str. Catarina Lanz 14, 39030 St. Vigil in Enneberg
Phone +39 0474 501037
info@sanvigilio.com - www.sanvigilio.com

» **Tourist Office Ortisei/Val Gardena**

Rezia Str. 1, 39046 St. Ulrich
Phone +39 0471 777 600
ortisei@valgardena.it - www.valgardena.it

Mountain and Hiking Guides

Rodengo/Rodeneck

- » Paul Ebner (mountain guide), mobile phone +39 335 560 63 89
- » Helmut Kuen (mountain guide), mobile phone +39 335 626 32 30

Luson/Lüsen

- » Hinteregger Herbert (hiking guide), mobile phone +39 349 060 31 82
- » Raimund Lamprecht (hiking guide), mobile phone +39 339 344 59 83

San Vigilio di Marebbe/St. Vigil in Enneberg

- » Simon Kehrer (mountain guide), mobile phone +39 349 384 52 83
- » Max Willeit (mountain guide), mobile phone +39 389 422 30 62

Dolomiti Val di Funes/Dolomitental Villnöss

- » Astner Oswald (mountain guide), mobile phone +39 328 213 39 95
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- » Josef Fischnaller (mountain guide), mobile phone +39 380 728 07 34
- » Engelbert Weirather (mountain guide), mobile phone +39 348 819 38 51
- » Peter Schatzer (hiking guide), mobile phone +39 349 611 54 70
- » Paul Profanter (hiking guide), Tel. +39 0472 840 107
- » Julia Augschöll (hiking guidein), mobile phone +39 340 374 86 94
- » Walther Dorfmann (natural park guide), Tel. +39 0472 847 602
- » Lorenz Fischnaller (hiking guide), Tel. +39 0472 844 517

Val Gardena

- » Diego Dejana (hiking guide), mobile phone +39 335 704 51 12
- » Emmerich Senoner (hiking guide), mobile phone +39 335 571 35 75
- » Pauli Senoner (hiking guide), mobile phone +39 328 234 03 10
- » Brigitte Perathoner (hiking guide), mobile phone +39 333 616 51 19
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- » mountain guidevereinigung Gardena Guides, Tel. +39 0471 794 133, info@gardenaguides.it, www.gardenaguides.it

Laion/Lajen

- » Josef Hilpold (mountain guide), mobile phone +39 339 163 76 77
- » Patrick Baumgartner (mountain guide), mobile phone +39 338 623 93 17
- » Helmuth Grünberger (hiking guide), mobile phone +39 338 742 44 59

Stages of the Dolorama Route

1. From the Zumis car park to the Maurerberghütte mountain hut

Route: 20.4 km, ascent: 941 hm, descent: 556 hm, total walking time: approx. 6 hours 30 min.

The first stage of the Dolorama is a gentle, yet steady incline, traversing the sprawling landscape of the Rodenecker-Lüsner Alm mountain pasture. It provides hikers with insight into life in the South Tyrolean Alps, and is surrounded by impressive panoramic views of the Pfunderer Mountains in the North and the Glittner lake with the approaching Dolomite Peaks of the Peitler Kofel to the East.

Starting at the Zumis car park, follow route no. 4 in a northeastern direction until the first fork. Here the route continues to the right, over the **Ronerhütte mountain hut** and to route no. 2, leading in a south-eastern direction. Via route no. 67 past **Starkenfeldhütte mountain hut**, it continues until another crossroads. Turn right and continue along route 66 until **Steiner Alm mountain pasture** is reached. From there, continue left, following the route marked 2A and after **Kreuzwiesenhütte Alpine hut**, route 12A. Route 10 continues on the right to the **Glittner lake**. Across the Anton Schwingshackl hiking trail and the following route no. 1, the **Maurerberghütte hut** is finally reached after around 1 hr 15 min.



2. From the Maurerberghütte mountain hut to the Schlüterhütte Alpine hut

Route: 14.7 km, ascent: 718 hm, descent: 534 hm, total walking time: approx. 4 hours 45 min.

Right at the beginning of the second stage of the route, hikers experience the unique UNESCO World Heritage Site of the Dolomites. Hiking through the enormous geological rock outcrop at Würzjoch ridge, hikers will see at firsthand hundreds of millions of years of geological history. After climbing the 2,100 m high Göma-Joch ridge, the summit of the Hl. Kreuzkofel mountain massif to the left appears all the more impressive. The route to the Schlüterhütte Alpine hut follows the sunset direction to the West, flanked by the Alpine-glowing Aferer and Villnösser Geisler mountain groups.

From **Maurerberghütte mountain hut** the route leads in a south-western direction up to the **Würzjoch ridge**. From here, it leads along to the Peitlerkofel circuit trail around this impressive rock formation. Following the way-mark for Route 35, the **Schlüterhütte mountain hut** is reached in about one hour.



3. From the Schlüterhütte mountain hut to the Raschötzhütte shelter hut

Route: 16.2 km, ascent: 664 hm, descent: 808 hm, total walking time: approx. 5 hours

The third stage of the route is accompanied by the typical birdcall of the nutcracker, winding through sparse pine forests to the Brogleshütte hut, at the bottom of the towering 3,000 m high Geisler peaks. Past the rugged rock formations of the Dolomites, the trail leads to the South, through the deep green and gently sloping pastures of Raschötz.

Starting at **Schlüterhütte mountain hut**, the way follows Route 33, and then 35, in a south-western direction. After about 5 hours, one reaches the **Raschötzhütte shelter hut**.



4. From the Raschözhütte shelter hut to the village of Lajen/Laion

Route: 9.7 km, ascent: 33 hm, descent: 1,106 hm, total walking time: approx. 3 hours

With panoramic views of the Langkofel and Plattkofel peaks, the journey through the Dolomite landscape ends at the Hl. Kreuz chapel at 2,200 m a.s.l.. From an altitude of 1,800 m, the route then meanders down over the barren Ramitzler Schwaige hut to the final stage, which leads through shady spruce and larch forests to the village of Lajen/Laion.

From the **Raschözhütte shelter hut** onwards the journey follows a western direction. Following route no. 35, it will take approx. 3 hours to reach Lajen.



Accommodation, mountain huts and refreshments en route

Oberhauserhütte

Open all year
Mobile +39 340 5845259
oberhauserhuette@gmail.com

Starkenfeldhütte

Open all year
Mobile +39 327 388 41 57
info@starkenfeld.com
www.starkenfeld.com

Ütia de Börz

Würzjochhütte

May to November
Phone +39 0474 520 066
www.wuerzjoch.com

Ütia Göma-Hütte

June to end of October
uetiadegoema@yahoo.com
Mobile +39 347 418 61 36

Schlüter-Hütte

Mid June to mid October
Phone +39 0472 670 072, +39 0472 840389
Mobile +39 347 266 76 94
info@schlueterhuette.com
www.schlueterhuette.com

Gschnagenhardtm

End May to end of October
Phone +39 0472 840 158
Mobile +39 338 675 26 33
info@profanterhof.com
www.profanterhof.com

Restaurant Chalet Resciosa/Raschötz

May 23 to October 11
Mobile +39 335 563 0007
chalet@resciosa.com
www.resciosa.com/deu/berghaus.htm

Unterpulghütte

Beginning of June to early November
Phone +39 0471 655837 – Mobile +39 3339704083
karl.bergmeister@tiscali.it - info@platiederhof.com, www.platiederhof.com

Ronerhütte

Open all year
Phone +39 0472 546016, Mobile +39 328 2404008
info@ronerhuette.it
www.ronerhuette.it

Kreuzwiesenhütte

Open all year, from Jan til begin of March: Sat, Sun, Mon
Mobile +39 333 748 48 80
info@kreuzwiesenalm.com
www.kreuzwiesenalm.com

Ütia Cir-Hütte

June to early October
Mobile +39 335 658 85 88

Ütia Vaciara-Hütte

June to October
Mobile +39 339 702 60 03
www.gscnara.it/it/baita-alpina.html

Gampen-Alm

Restaurant: End of May to early November
Overnight stays: from beginning of June until the beginning of October
Phone +39 0472 840 001
Mobile +39 348 272 15 87
info@gampenalm.com
www.gampenalm.com

Geisleralm

Mid May to November
Mobile +39 339 604 46 85
Mobile +39 333 756 90 29
info@geisleralm.com
www.geisleralm.com

Schutzhütte Raschötz

May 23 to October 11
Mobile +39 333 338 0868 (Simon), +39 335 436 544 (Andrea)
info@rifugioresciosa.com
www.rifugioresciosa.com

Rastnerhütte

Open all year
Phone +39 0472 546422, Mobile +39 348 7053867
rastnerhuette@rolmail.net
www.rastnerhuette.com

Maurerberghütte Rif. Monte Muro

June to mid October
Phone +39 0474 520 059
www.maurerberg.com

Ütia Munt de Fornella-Hütte

June to mid October
Mobile +39 335 616 66 73
www.erlacherdavid.it/index.php?url=/projects/huette/&lang=de

Ütia sot Pütia-Hütte

End of June to end of September
Phone +39 0474 773 552
Mobile +39 338 500 96 98

Glatsch-Alm

Mid May to mid October
Phone +39 0472 670 978
info@glatschalm.com
www.glatschalm.com

Brogleshütte

End of June to end of September
Mobile +39 338 460 01 01

Ramitzler Schwaige

Beginning of July to mid-October
Phone + 39 0471 655927
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elisabeth.rabanser@yahoo.de
www.ramitzlerschwaige.com