

Downloadable One-Sheet: “Tre Cime di Lavaredo Hike Guide” (PDF)

TRE CIME DI LAVAREDO LOOP HIKE GUIDE

Easy-to-Medium Loop in the Italian Dolomites

 START: Rifugio Auronzo | Distance: 10.3 km (~6.4 miles) | Time: 3–5 hours

TRAIL OVERVIEW

- Route: 101 → 102 → 105 (Clockwise or counterclockwise) NOTE: The 102 leg is only a very small section that leaves 101 to go upwards to the third rifugio, Rifugio Locatelli Innerkofler. To get from there to the 105, either retrace your steps to the base of Rifugio Locatelli Innerkofler, or take the downward path from the chapel, just behind the rifugio, then follow the 105 trail marking.
- Starting Point: Rifugio Auronzo
- Highlights:
 - 3 Scenic Rifugios (with meals + restrooms)
 - 2 Tiny Chapels
 - Pope John Paul II Meditation Plaque (“Be Not Afraid”)
 - Wildflowers, spring-fed streams, panoramic vistas
- Dog-friendly on leash!

STATS & DIFFICULTY

- Length: 10.3 km (6.4 miles)
- Elevation Gain: 468 meters / 1,535 ft
- Difficulty: Easy to Medium
- Steepest Part: Final ascent after third Rifugio
- Best Season: Late June to early October

HOW TO GET THERE

Drive:

- Reserve car pass at pass.auronzo.info – €40
- License plate required for entry
- 12-hour parking window

Other Options:

- Shuttle Bus 444 (May 31–Oct 12) from Toblach/Misurina – suedtirolmobil.info
- Hike up from Lago d’Antorno (2.7 miles)
- Cycling allowed (experienced riders only)

WRITER’S NOTE

This hike inspired a setting for my most recent novel-in-the-making. I love how walking or hiking, most often in nature, inspires ideas the mind might otherwise never conjure.