



## ...FROM LA VALLE



**LA VALLE – *Furnacia***



**N.15A – N.7**



**2h 30min**

**Medium**

**suitable for families  
with mountain bike /  
with strollers  
demanding**



**2.045m**



**1.750m**


Leaving the car at the parking lot in Furnacia, a hamlet of La Val, take trail No. **15A**. After about 30 minutes of walking, you will reach the **meadows of Armentara**, located above La Val and Badia. These meadows are fascinating due to a myriad of colorful flowers that cover the fields in spring and summer. Mealy primroses, buttercups, and pasqueflowers catch the hikers' attention and color the meadows. The fields are located at the foot of the Sas dla Crusc massif and are part of the **Fanes-Senes-Braies Natural Park**. From a flora-fauna point of view, these meadows are of great importance, besides being a particularly beloved hiking destination. Continue up to the **La Crusc sanctuary** at 2,045m (the highest point of the hike), which, along with the hospice, is worth a visit. Descending **trail No. 7**, you will reach our refuge after about a 20-minute walk.

**Tip:** *To lighten the descent, you can take the La Crusc 2 cable car down to our refuge Ütia Lé.*




 **LA VALLE – Spëscia**

 **N.15 – N.7**

 2h 30min

**Medium**

suitable for families  
**with mountain bike  
demanding**

 2.045m

 1.600m

Above La Val, you reach the parking lots in the valley, passing through Ciurnadú and Spëscia. Here begins **trail No. 15**, which leads along the forest through the meadows in the **Fanes-Senes-Braies Natural Park**. Climbing through the woods, the forest road joins the **pilgrimage trail** to La Crusc, and then reaches the **Armentara meadows**. In summer, the meadows are in bloom, while in autumn, the yellow and red larches enrich the beautiful panorama of the Dolomites. Continuing **trail No. 15**, you reach the **Santa Croce (La Crusc) sanctuary** at an altitude of 2,045m. The view spans from Marmolada to the **Sella massif** and **Gardenaccia**, to the main **Alpine chain** with the **Stubai** and **Tux Alps**. After a visit to the **hospice** and the **sixteenth-century church**, continue **trail no. 7**, which leads directly to our refuge.

**Tip:** For those who do not like the descent on foot, there is the option of taking the La Crusc 2 cable car, which departs from just below the Santa Croce church and descends directly to our refuge.





## LA VALLE – Spëscia



N.15B – N.7

🕒 3h



2.045m



1.600m

**Medium**

suitable for families  
**with mountain bike  
demanding**

Leaving the car in the Spëscia parking lot, continue **trail No. 15**. At the intersection, take **trail No. 13B** for a short distance and then, at the next intersection, take **trail No. 15B**. Climbing through forests scented with **fir, larch, Swiss pine, and mountain pine** (with which we make our **homemade ravioli**), you arrive directly under the **Sas dla Crusc massif**, where you can visit the **snow cave**. Continuing a bit further, you reach the highest and most spectacular point of the hike, **La Crusc**, as the locals call it. It is **one of the many wonderful and evocative places in the Dolomites**. The sanctuary rises above the valley but seems tiny compared to the majesty of the Dolomites rising behind it. After visiting the sanctuary, descend **trail No. 7** and after about 20 minutes, you will reach our refuge for a good lunch, to relax on the deck chairs admiring the **view of the Dolomites**, or to explore some games at the **Summer Park**.

***Tip:** For those who prefer to descend by cable car, there is the option of taking the La Crusc 2 cable car, which departs from just below the Santa Croce church and descends to our refuge in 5 minutes.*