

GUEST GUIDE

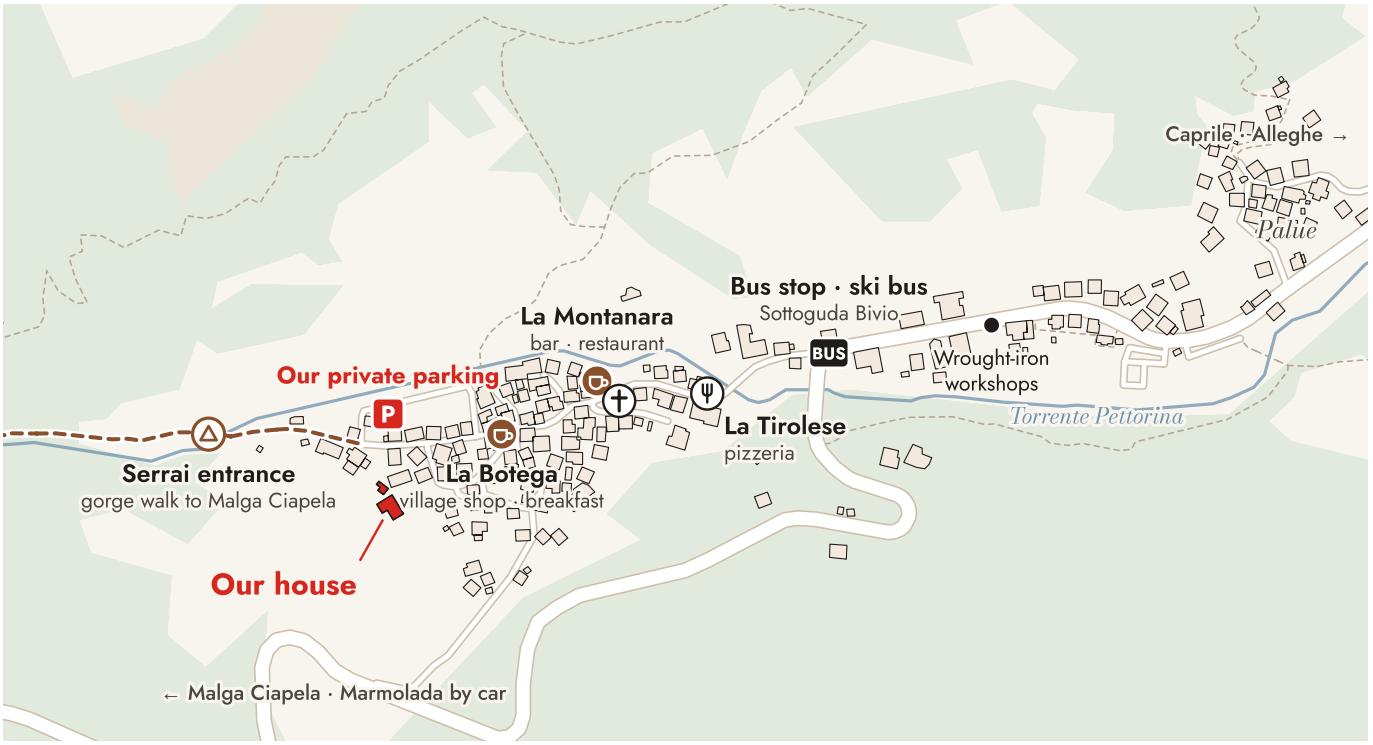
Sottoguda

Benvenuti — welcome to the Dolomites.

Welcome to Sottoguda

A hamlet of old wooden barns at the foot of the Marmolada, listed among the most beautiful villages in Italy since 2016. The Serrai gorge (see page 09) begins at the end of the village, right by our house.

THE VILLAGE AT A GLANCE *north is up*





LOOK AROUND

Wooden tabià barns

Many restored, all over the village



OLDEST BUILDING

Church · 1486

Saints Fabiano, Sebastiano & Rocco



EVERY SUMMER THURSDAY

Na sera da Zacàn

Old crafts and local food, July – August



02 · PRACTICAL

Good to know

The essentials, in one place.

WI-FI

Sottoguda 76 deco

Password: **sent with your arrival details**

CHECK-IN · CHECK-OUT

From 16:00 · by 10:00

Please let Jasna know when you leave.

YOUR HOST

Jasna

+39 349 884 3463 · call her for anything.

EMERGENCY

112

Every emergency, free from any phone.

AMBULANCE & MOUNTAIN RESCUE

118

Including helicopter rescue.

DOCTOR FOR VISITORS

116 117

Free medical advice, day and night.

HOSPITAL

Agordo

Via Fontana 36, with emergency department.

PHARMACY

Caprile · 10 min

Farmacia Fassa, Corso Veneto 1.

TOURIST OFFICE

Sottoguda 33

Consorzio Turistico Marmolada · +39 0437 722277

BUS

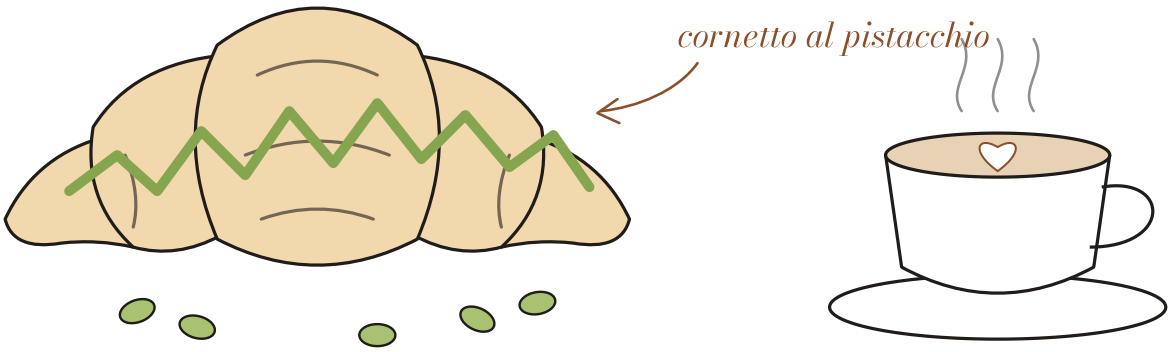
Dolomiti Bus · line 4

Stop Sottoguda Bivio · change in Caprile for Alleghe.

03 · EVERY MORNING

Breakfast

Start the day like a local: fresh pastries from the village shop and a cappuccino at the bar.



La Botega — IN THE VILLAGE

The village shop, a short walk away. Breakfast every morning, plus local cheese, cold cuts, honey and jam.

Pre-order at La Botega — THE DAY BEFORE

Ask at La Botega's counter and they will set aside croissants for you to pick up the next morning.

La Montanara — BAR · SHORT WALK

Cappuccino and pastries at the bar of the village hotel; home-made ice cream in the afternoon.

Our tip: cornetto al pistacchio from La Botega

A croissant filled with pistachio cream, from the village shop La Botega. Our favourite breakfast in Sottoguda. Order a few extra the day before; you will want a second one.

SAY IT IN ITALIAN

Buongiorno! Un cappuccino e un cornetto, per favore.

Good morning! A cappuccino and a croissant, please.

Posso prenotare quattro cornetti al pistacchio per domani mattina?

Can I reserve four pistachio croissants for tomorrow morning?

Shops, lifts & bus stops

Everything you need is within a short drive along the Pettorina valley.

THE VALLEY AT A GLANCE *black lines are lifts; slopes in blue, red and black*



Coop supermarket

CAPRILE · 10 MIN

Corso Veneto 33/A. Mon & Wed – Sat 8:00 – 12:30 and 15:30 – 19:30 · Tue mornings only · closed Sundays.

Pharmacy

CAPRILE · 10 MIN

Farmacia Fassa, Corso Veneto 1. Cash machines at the banks in Caprile.

Bus stop

SOTTOGUDA BIVIO

At the village entrance, on the main road: ski bus to Malga Ciapela and the Padon lift in winter, Dolomiti Bus line 4 all year.

Petrol & gas bottles

BEYFIN · 12 MIN

Petrol station on the road between Caprile and Alleghe; also sells gas bottles.



05 · THE TOP OF THE DOLOMITES

Marmolada

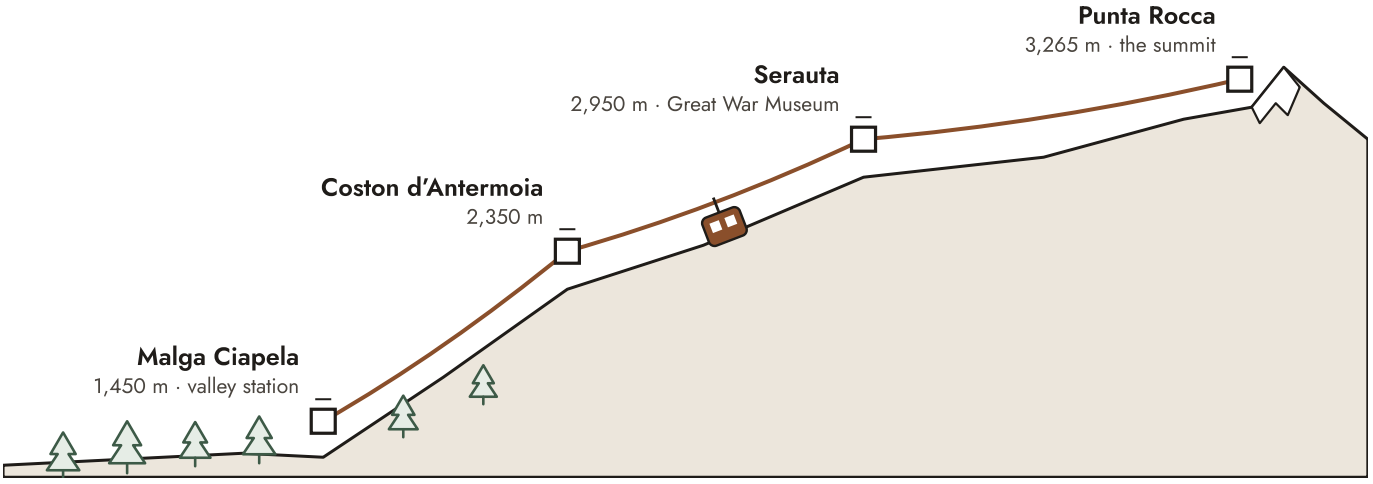
The highest mountain of the Dolomites is five minutes away, and the cable car takes you all the way to the summit: Punta Rocca, 3,265 m.

WINTER 2026/27
4 Dec – 4 Apr
First car up 8:40 · last down 16:00

SUMMER
June – September
Up 9:00 – 15:30 · last down 16:30

TICKETS
Included in Dolomiti Superski
With your ski pass, at no extra cost

VALLEY STATION
Malga Ciapela · 5 min
Large car park at the lift



Good to know

Buy lift tickets and ski passes at the valley station, and rent skis next door. It is much colder at the top: bring a warm layer, also in summer.

funviemarmolada.com

SOTTOGUDA · DOLOMITES

Just 1 bus stop from the ski lift

Ski the Marmolada — the highest mountain in the Dolomites · 3,343 m



06 · WINTER

Skiing

ONE SKI PASS
Dolomiti Superski
12 ski areas · about 1,200 km · 450 lifts

SEASON
4 Dec 2026 – 18 Apr 2027
Marmolada cable car until 4 April

CLOSEST LIFT
Marmolada · 5 min
Cable car in Malga Ciapela

SKI ROOM
In our house
Store skis and boots downstairs

DOLOMITI SUPERSKI

What the pass includes

Every lift in all 12 ski areas, the Marmolada cable car included. Buy it at any lift or online.

OUR TIP · PARK HERE

Padon chairlift

2 km past Malga Ciapela. Park at the lift and ski straight into Arabba and the Sellaronda.

STOP: SOTTOGUDA BIVIO

Ski bus

To Malga Ciapela and the Padon lift, about every 30 min. Last season: day ticket €5 by card, €6 cash.

MALGA CIAPELA · 5 MIN

Marmolada cable car

Up to Punta Rocca, then La Bellunese: 12 km down to the valley. Ski passes and parking at the lift.

ALLEGHE · 25 MIN

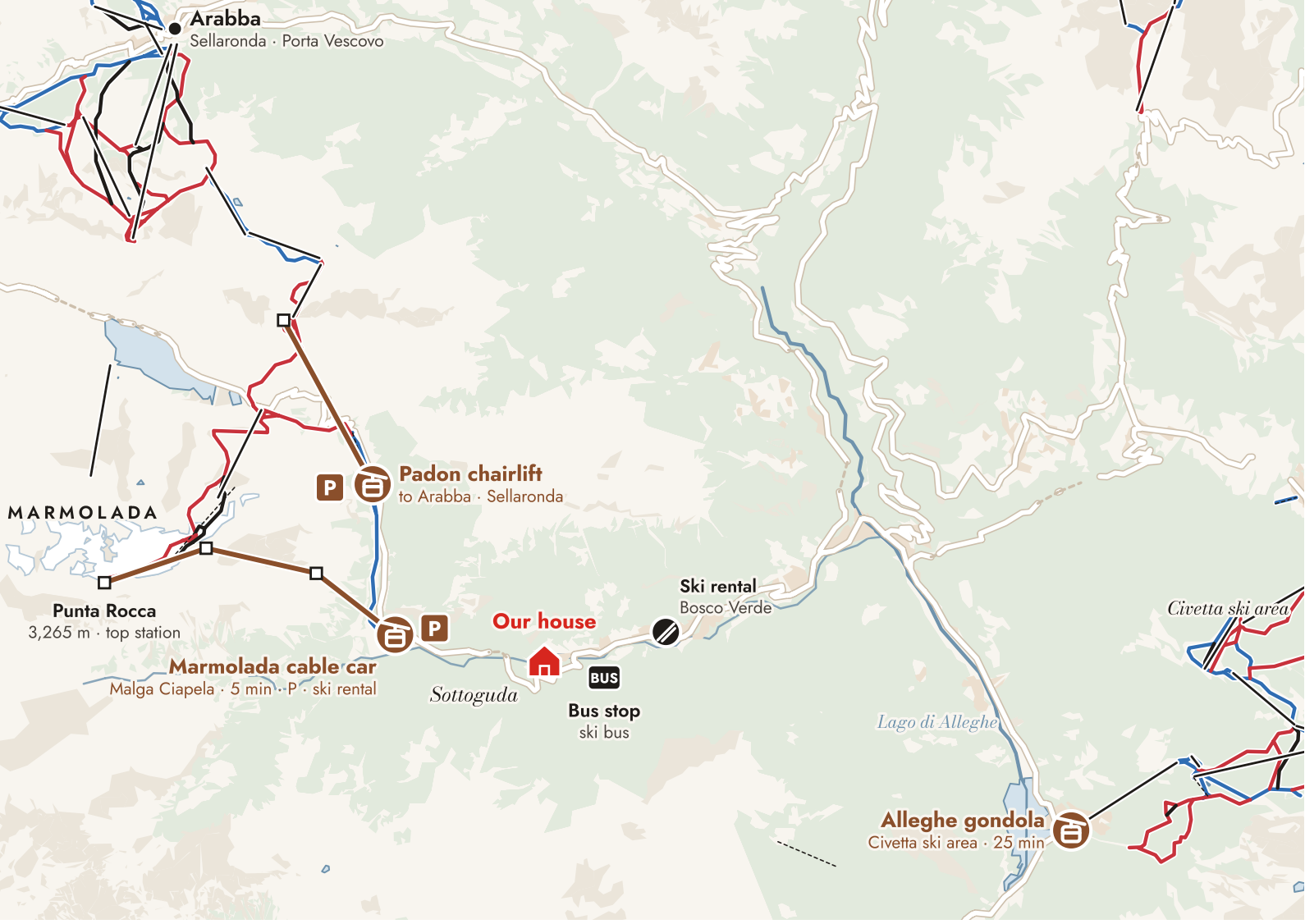
Civetta ski area

Gondola from Alleghe to Piani di Pezzè, linking Selva di Cadore and Zoldo. Same ski pass.

MALGA CIAPELA

Ski rental & school

De Grandi Sport next to the cable car. Lessons at Scuola di Sci Rocca Marmolada.



07 · WINTER

Where to ski

Two lifts up the valley and a third ski area in Alleghe, all on the same ski pass.

Easy slope · Intermediate · Difficult · Lift · Marmolada & Padon lifts

Our tip: park at the Padon chairlift

WHAT WE ALWAYS DO

We always park right at the Padon lift: one ride up and you ski straight down to Arabba. Or park at the Marmolada cable car in Malga Ciapela.

Coming back

PLAN YOUR LAST RUN

Ski back down to Malga Ciapela or Padon before the lifts close, around 16:00 – 16:30.

Official piste map
Arabba / Marmolada, with every lift and slope

Ski pass & live lifts
Prices, opening times, which lifts run today



08 · THE CLASSIC SKI TOUR

Sellaronda

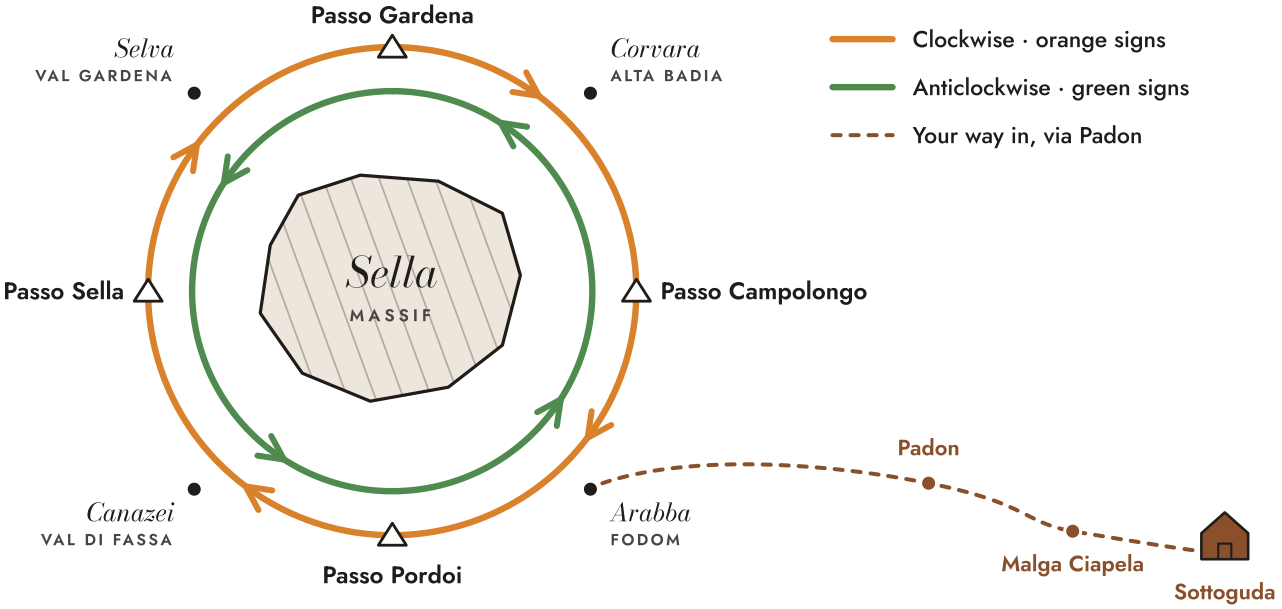
The most famous ski tour in the Dolomites: one big loop around the Sella massif, from valley to valley, on a single ski pass.

WHAT IT IS

The Sella is a huge fortress of rock in the heart of the Dolomites. Around it runs a ring of lifts and slopes over four passes, linking four Ladin valleys: Val Gardena, Alta Badia, Arabba and Val di Fassa.

WHY IT'S SPECIAL

Wide red runs, mountain huts with sunny terraces, and the Marmolada glacier and Sassolungo in view all day. Skiers come from all over the world for it.



LENGTH

About 40 km

Some 26 km on skis, the rest by lift

TIME

About 6 hours

Including lifts and a lunch stop

FROM SOTTOGUDA

Via Padon

Ski down to Arabba and join the loop

TIMING

Start before 10:00

Cross the last pass before 15:30

Make sure you get back

Be over the last pass before 15:30 and follow the signs back towards Arabba. Miss the last lift and the only way home is a long, expensive taxi ride.



09 · NEXT DOOR

The Serrai

A narrow gorge with rock walls over 100 metres high, carved by the Pettorina stream. It starts right beside the house.

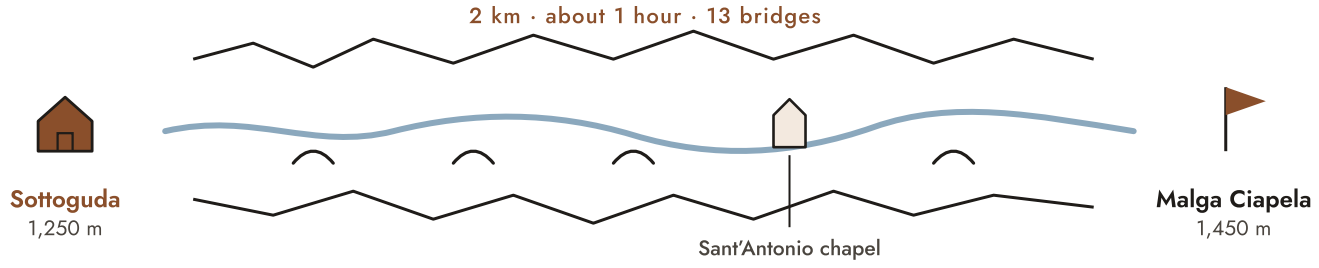
OPEN
Daily 9:00 – 18:00
Summer and winter

SUMMER 2026
€7 adults
€2 ages 7–14 · under 6 free

WINTER
Free
On foot from Sottoguda

WHERE
Next to our house
Helmet included at the entrance

THE WALK



Please note

INSIDE THE GORGE

No bikes or strollers inside. Dogs on a leash.

In winter

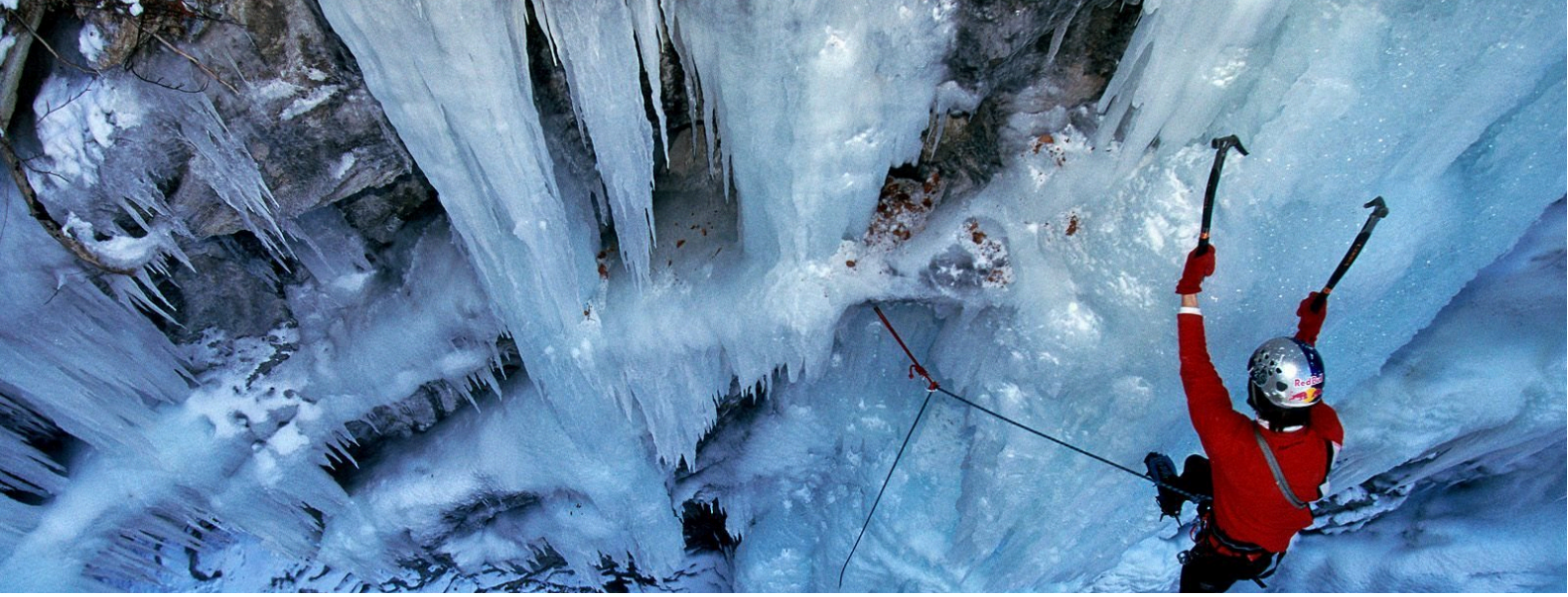
FREE

Just walk in: the gorge is magical under snow and ice. You can also try ice climbing on the frozen falls with an instructor (page 10).

Check before you go

Dates and prices change every season. Scan for the latest times and tickets.

serraidisottoguda.it



10 · WINTER

Ice climbing

In winter the Serrai turns into one of the classic ice-climbing spots of the Alps.

SEASON	FROZEN FALLS	CLASSICS	ACCESS
December – March	**More than 20**	**Cattedrale · Excalibur**	**On foot, free**
Conditions change daily	Some around 100 m high	La Spada nella Roccia	From the Sottoguda side

Go with a guide

ALL LEVELS

Local IFMGA mountain guides run beginner days and courses, for example Enrico Geremia.

Gear to rent

ARABBA · CANAZEI

Rent and Go rents ice-climbing equipment, around €10 a day.

Safety

ALWAYS WITH A PRO

Climb only with a guide or instructor: they bring the gear and know the ice. The gorge closes at high avalanche danger.

No skis today?

Cross-country loops in Malga Ciapela · snowshoe walks to Val Franzei or Gran Pian · sledging on Gran Pian · ice skating at the stadium in Alleghe (skates for hire). The tourist office can help: +39 0437 722277.



11 · ON FOOT

Walks

Three walks start in the village, one right at our parking. The numbers match the map above.

1 Through the Serrai

EASY · 1 H

From the gorge entrance next to our house to Malga Ciapela along the stream. 2 km, about 200 m up.



2 Vallier loop · from our parking

EASY · ABOUT 1 H 15

A bench-lined path climbs from our parking above the village to the old hamlet of Vallier (1,444 m), then back via Palue. About 3 km, 200 m up.



3 Val Franzei · trail 688

MODERATE · 2 H UP

Starts at the hairpin bend just below the village, up through the woods to the meadows of Val Franzei and Forcella Franzei, 2,009 m. 3.5 km, 650 m up.



4 Rifugio Falier · trail 610

MODERATE · 3 H 40

From Malga Ciapela up the valley road to the trailhead, then trail 610 under the south face of the Marmolada. 10.7 km return, 635 m up.



5 Lago di Fedaia & Viel del Pan

EASY · 20 MIN BY CAR

A flat 5 km loop around the lake below the glacier, or the famous balcony path from Passo Fedaia, about 2.5 h.



Before you go

Download komoot or AllTrails for offline maps of these and many more walks. Huts open late June to September. Take water and a rain jacket. Mountain rescue: 118.



12 · SUMMER

Via ferrata

Iron paths: steel cables, rungs and ladders that take you up real rock faces, safely clipped in. It is the most Dolomite thing you can do.

WHAT IT IS

Via ferrata is Italian for 'iron path': a mountain route fitted with a fixed steel cable, iron rungs and ladders. You wear a harness and stay clipped to the cable with two lanyards, so you can reach airy places without being a rock climber.

WHY HERE

The Dolomites are the home of the via ferrata. In the First World War the front ran right across these mountains, and soldiers fixed ropes and ladders to the walls. On several routes you still pass their trenches and tunnels.

SEASON

June – October

Low routes from May · high ones best July – Sept

FIRST TIME?

Sass de Rocia

Easy, 20 min by car · next page

YOU NEED

Harness, lanyards, helmet

Gloves and good boots too

WITH A GUIDE

From about €150 p.p.

Guided day, groups of three

De Grandi Sport — RENT THE GEAR · MALGA CIAPELA

Via ferrata kits by the Marmolada cable car, 5 minutes from the house. +39 0437 722219

Rifugio Fedaia — RENT THE GEAR · PASSO FEDAIA

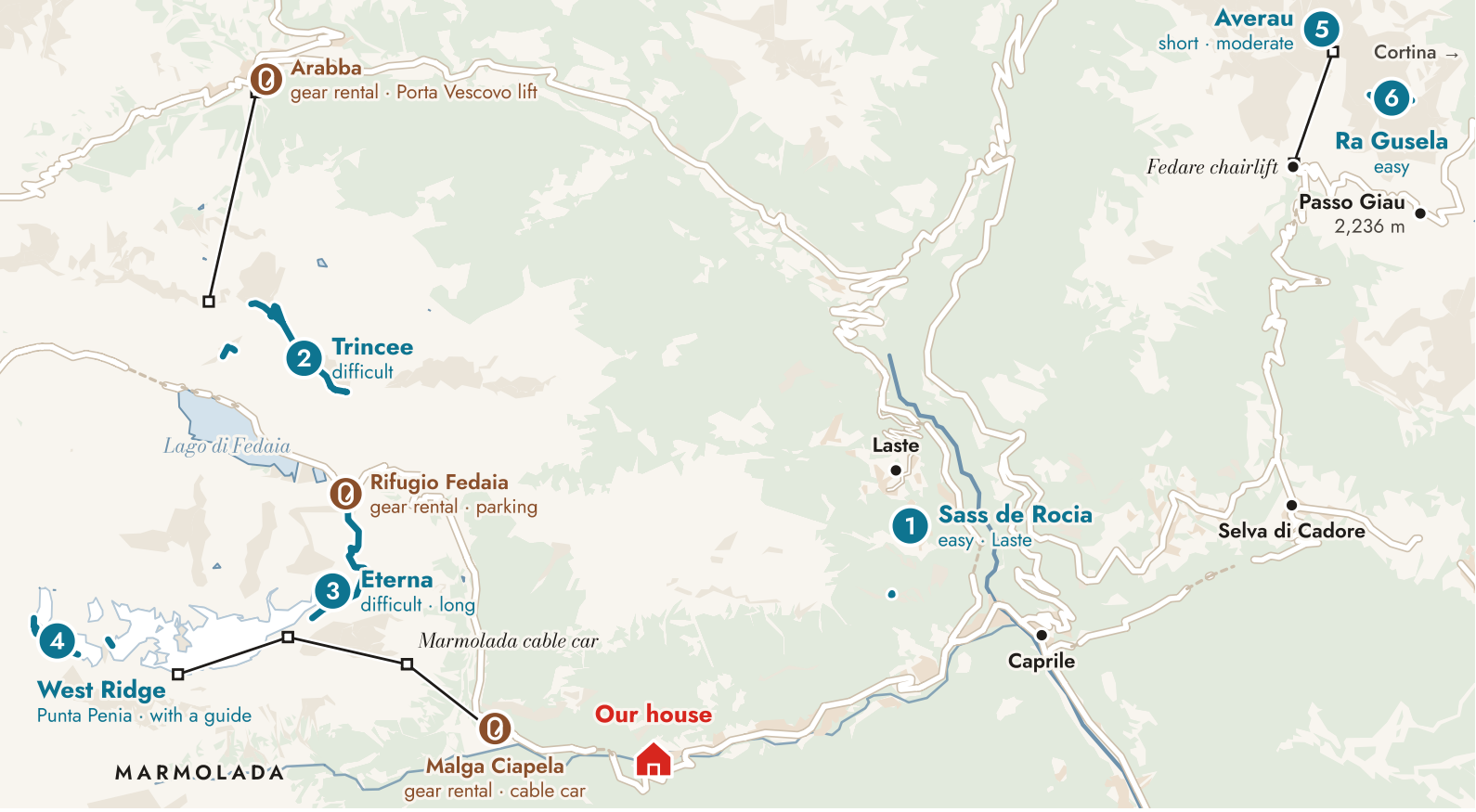
Set of harness, helmet and lanyard for €22. Book at least a week ahead, pay cash. +39 0437 722007

Mountain guides — RECOMMENDED

For a first ferrata or one of the big routes. Ask the tourist office in Sottoguda, +39 0437 722277, or guide Francesco De Cassan in Laste, +39 334 9151617.

Before you clip in

Use a certified via ferrata set and always wear the helmet. Check the forecast: never be on a steel cable in a thunderstorm. Start early, and turn back if in doubt.



13 · SUMMER

Six via ferratas

From a first try to the highest summit of the Dolomites. Numbers match the map.

1 Sass de Rocia

EASY · ABOUT 1 H · 20 MIN DRIVE

The one to start with, also for families: up through a cleft in a giant boulder above Laste, with ladders and little bridges, to a wooden bivouac on top.

2 Ferrata delle Trincee

DIFFICULT · 4 H

The First World War classic on the dark Padon ridge, facing the Marmolada glacier. Steep start, then trenches and tunnels: bring a headlamp. Cable car from Arabba, or walk up from Passo Fedaia.

3 Ferrata Eterna

DIFFICULT · 5 – 7 H

Long and very exposed, from Passo Fedaia up to the wartime positions on Punta Serauta. The Marmolada cable car brings you down to Malga Ciapela. Experienced climbers only.

4 Marmolada West Ridge

FULL DAY · WITH A GUIDE

To Punta Penia, 3,343 m, the highest summit of the Dolomites. Equipped since 1903. The way down crosses the glacier, so book a mountain guide.

5 Averau

MODERATE · 2½ H · 30 MIN DRIVE

A short cable to a 360° summit at 2,649 m. Take the Fedare chairlift, just below Passo Giau, up to Rifugio Averau and start there.

6 Ra Gusela

EASY · 3½ H LOOP

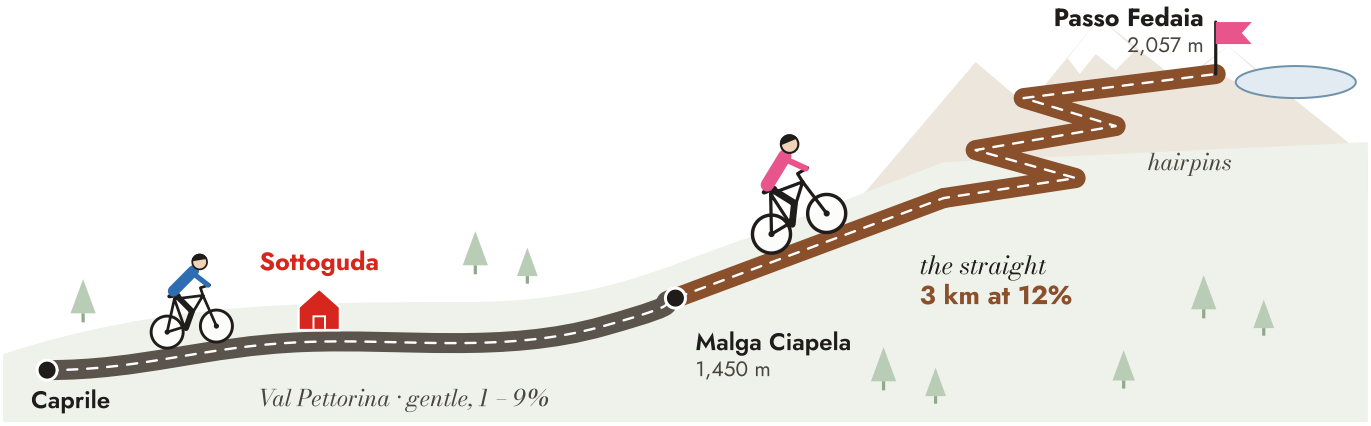
From Passo Giau along ledges and three short ladders to Rifugio Nuvolau, on a summit at 2,575 m. Good for beginners, with lunch at the hut.

Via ferrata — Lift ● Gear rental Check that the lifts are running before you set off.

Cycling

A Giro d'Italia climb past the village, an easy path around the lake for the family, and lift-assisted mountain biking around the Sella.

THE CLIMB TO PASSO FEDAIA *from Caprile: 14 km · 1,064 m up · 7.5% on average*



RENT A BIKE
Alleghe · Arabba
There is no rental in the village

BEST MONTHS
June and September
July and August are busy

CAR-FREE 2027
5 June · 11 Sept
Sellaronda Bike Day

THE SERRAI
No bikes
Not even pushed: use the road

Around the lake
EASY · 9 KM

The Alleghe – Caprile loop along the lake and the river: 63 m up, about 1½ hours. Paved on the way out, gravel on the way back. Good with children.

Passo Fedaia
HARD · 14 KM FROM CAPRILE

The road past our village is a Giro d'Italia legend, with stage finishes in 2008 and 2022. Gentle to Malga Ciapela, then almost 3 km at 12% and hairpins to the lake at 2,057 m.

Passo Giau
HARD · 10 KM

From Selva di Cadore: 922 m up over 29 hairpins, at 9% on average. More about the pass on page 15.

Sellaronda by road
53 KM · 1,600 M UP

Four passes around the Sella from Arabba: Campolongo, Gardena, Sella and Pordoi. Closed to cars on the Bike Days.

Sellaronda MTB tour
LIFT-ASSISTED

About 60 km around the Sella by mountain bike or e-MTB, using the lifts from Arabba. Mid June to late September. Day lift card with bike: €67 in 2026.

Where to rent

Limitt Ski & Bike Service, at the Porta Vescovo lift in Arabba: road bikes, mountain bikes and e-bikes, +39 377 3945815. Noleggio da Duilio, by the lake in Alleghe: e-bikes, +39 371 1346909. Call ahead in high season, and take lights for the tunnels on the Fedaia road.



15 · SUMMER · 30 MINUTES BY CAR

Passo Giau

One of the most beautiful passes in the Dolomites: green meadows at 2,236 m under the rock tower of Ra Gusela, with peaks all around.

THE DRIVE
22 km · about 30 min
Via Caprile and Selva di Cadore

THE ROAD
29 hairpins
The last 10 km from Selva

ALTITUDE
2,236 m
Bring a warm layer, even in August

BEST LIGHT
Early, or at sunset
And far fewer people

The classic view

5 MIN ON FOOT

Walk up the grassy hill above the car park for the postcard view of Ra Gusela, 2,595 m.

Marmots and cows

EASY · 20 MIN EACH WAY

Trail 436 from the little chapel to Forcella Col Piombin is almost flat. Listen for the marmots whistling.

Rifugio Averau & Nuvolau

MODERATE · 4 H LOOP

Trail 452 to Rifugio Averau, then 30 – 40 minutes up to Rifugio Nuvolau, built in 1883 on a summit at 2,575 m. 7 km, 400 m up.

The easy way up

FEDARE CHAIRLIFT

From Rifugio Fedare, on the road just before the pass, straight up to Rifugio Averau. Mid July to mid September, 9:00 to 16:45; €25.50 return in 2026.

Mondeval

MODERATE · 5 H LOOP

Trail 436 over Forcella Giau to Lago delle Baste and the boulder where a hunter was buried 7,500 years ago. He is now in the museum in Selva di Cadore.

Lunch

WITH A VIEW

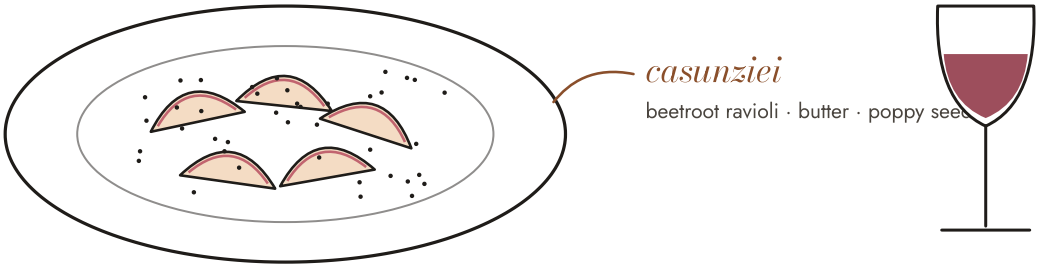
Berghotel Passo Giau on the pass, Rifugio Fedare just below it, or Rifugio Averau for casunziei filled with wild herbs.

Good to know

Parking at the pass is limited: come early in July and August. On Sunday 4 July 2027 the road is closed for the Maratona dles Dolomites cycling race (9:00 – 14:00 in 2026).

Eat & drink

Our favourite places nearby, from pizza next door to a proper chef's dinner.



La Tirolese — SOTTOGUDA

Pizzeria and restaurant at the village entrance, by the bus stop. +39 0437 722013

La Montanara — SOTTOGUDA

Ladin dishes, a terrace by the stream and home-made ice cream.

Baita Dovich — MALGA CIAPELA · 5 MIN

Mountain cooking with meat from the family's own butcher. +39 0437 522974

Ristorante Roy — MALGA CIAPELA · 5 MIN

Traditional cooking and more than 100 wines. +39 0437 522977

Capanna Bill — BY THE PADON LIFT · 10 MIN

Mountain hut you can drive to. Canederli and mushroom dishes.

La Murada — LASTE · 10 MIN

Much loved for its ravioli and entrecôte.

Il Postin — CAPRILE · 15 MIN

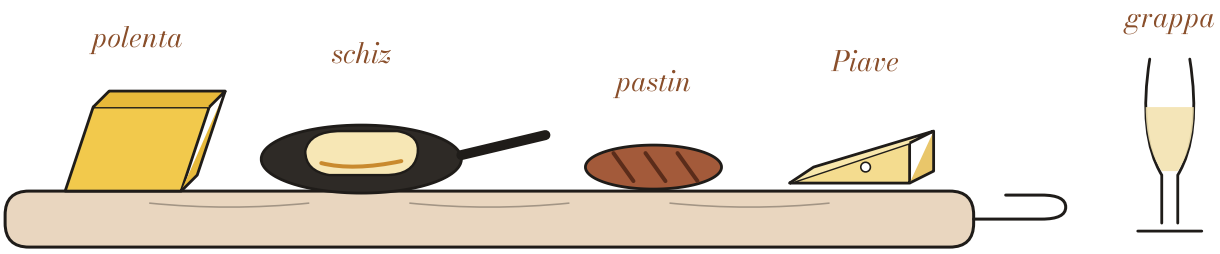
Chef Daniele Cattonar: game, forest mushrooms, local cheese. Book ahead.

Good to know

In high season (Christmas, February and August) book a table a day ahead. Many restaurants close one day a week, and some close between seasons. Not sure what to order? Turn the page.

Local dishes

A taste of the Dolomites: mountain cooking from the Agordino and the Ladin valleys. Simple, hearty, and best with a glass of red.



Casunziei BEETROOT RAVIOLI

Half-moon pasta filled with red beetroot, sometimes potato, served with melted butter and poppy seeds.

Schiz PAN-FRIED FRESH CHEESE

A soft, rindless cheese from the mountain dairies, warmed in the pan with butter or cream until it melts. Always with polenta.

Pastin THE BELLUNO BURGER

Minced pork and beef seasoned with white wine, garlic and spices, grilled and served with polenta. A favourite at village festivals.

Polenta WITH ALMOST EVERYTHING

Corn polenta comes with mushrooms, cheese, game stew or sausages. In autumn, look for porcini and venison.

Agordino di malga SLOW FOOD

Our valley's cheese, made in summer on the high pastures of the Agordino. Ask for it at La Botega.

Piave DOP THE CHEESE OF BELLUNO

From young and mild to aged 'vecchio'. Fried with polenta it becomes formai frit.

Canederli BREAD DUMPLINGS

Dumplings of bread with speck or cheese, in clear broth or with melted butter.

Pasta e fagioli BEAN SOUP

Thick soup of Lamon beans, grown in the Belluno valley, with fresh egg pasta. Perfect after a cold day.

Orzo BARLEY SOUP

Barley with speck and vegetables; the local Belluno barley is a Slow Food presidium.

Strudel & grappa TO FINISH

Warm apple strudel, then a small grappa "per digerire", to help digestion.

SAY IT IN ITALIAN

Cosa ci consiglia? Qualcosa di tipico, per favore.
What do you recommend? Something local, please.

Wine tours with Jasna

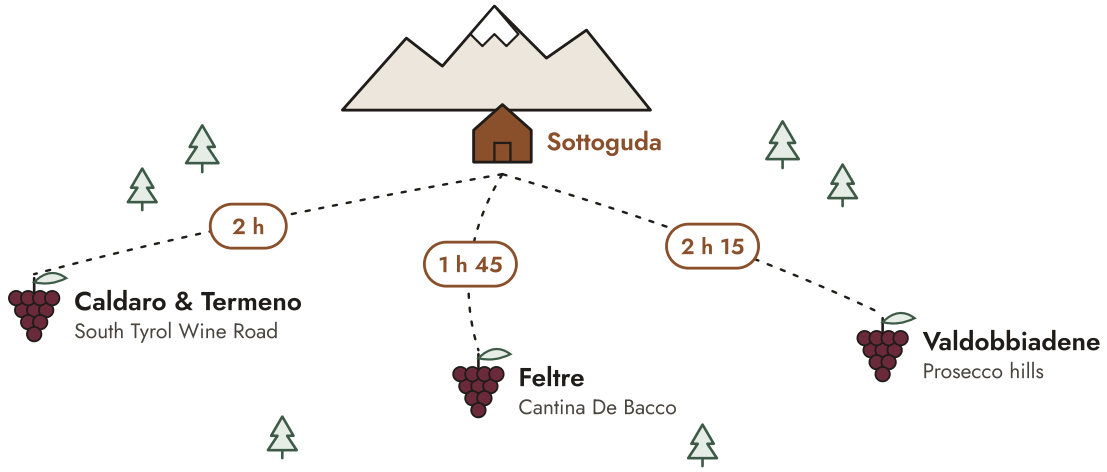
There are no vineyards up here, but wine country is a beautiful drive away. Our host Jasna runs wine tours: a day out along several wine cellars, with tastings on the way.

BOOK YOUR TOUR · AT LEAST 10 DAYS AHEAD

Jasna · +39 349 884 3463

Please book at least 10 days ahead: a few days is not enough to arrange everything. Tell Jasna how many you are and what you like to drink, and she will plan the day with you.

WINE COUNTRY WITHIN REACH *driving times from the house, approximate*



Belluno Dolomites

FELTRE · 1 H 45

Mountain wines from steep slopes at the foot of the Dolomites. Cantina De Bacco, run by brother and sister Marco and Valentina, makes about 40,000 bottles a year.

South Tyrol Wine Road

CALDARO & TERMENO · 2 H

The oldest wine road in Italy: light red Kalterersee in Caldaro, and Gewürztraminer in Termeno, the village it is named after.

Prosecco hills

VALDOBBIADENE · 2 H 15

Steep vineyards between Conegliano and Valdobbiadene, UNESCO World Heritage since 2019, with historic cellars such as Bisol 1542.

Good to know

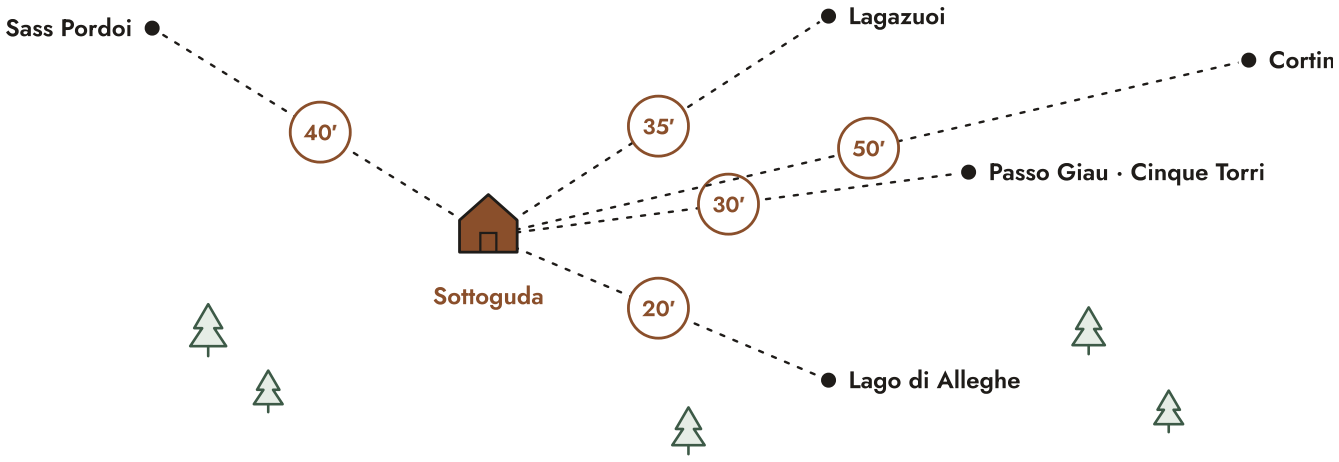
Most cellars ask you to book a tasting ahead, so a tour with Jasna is the easy way. Going on your own? Book first and agree who drives: Italy's drink-drive limit is 0.5 g/l, and zero in the first three years of holding a licence.



Day trips

Within an hour by car: lakes, high passes and the most famous peaks of the Dolomites.

DRIVING TIMES FROM THE HOUSE *in minutes, longer in snow*



Lago di Alleghe — 20 MIN

Walk around the lake under Monte Civetta. Pedal boats in summer, skating in winter.

Passo Giau & Cinque Torri — 30 MIN

Meadows, rock towers and an open-air museum of First World War trenches. More on page 15.

Lagazuoi — 35 MIN

Cable car from Passo Falzarego to wartime tunnels and huge views.

Sass Pordoi — 40 MIN

Cable car from Passo Pordoi to 2,950 m, the ‘Terrace of the Dolomites’.

Cortina d’Ampezzo — 50 MIN

The elegant queen of the Dolomites: shops, cafés and the Tofane.



20 · BY CAR

Parking & driving

Mountain roads are beautiful, and steep. A few things worth knowing.

Your parking

2 MIN WALK

Your private parking spot is a short walk from the house, by the stream. See the village map on page 01.

Sottoguda · ZTL

BY DAY

The village centre is a limited-traffic zone during the day. Follow the signs to our car park.

Winter tyres or snow chains

REQUIRED BY LAW

If your car has no winter tyres, snow chains must be on board in winter. Without them you can be fined.

Passo Fedaia

STEEP

12 – 15% straight up above Malga Ciapela, and it can close after snow. Check first.

Fuel

BEYFIN · 12 MIN

Petrol station between Caprile and Alleghe, the nearest to the house. Fill up on your way in.

Leave the car

SKI BUS S42

In winter the ski bus stops at Sottoguda Bivio, about every 30 minutes.

Getting here

From Belluno take the SS203 to Caprile, then the SP641 up the Val Pettorina to Sottoguda. From Canazei in summer: over Passo Fedaia.