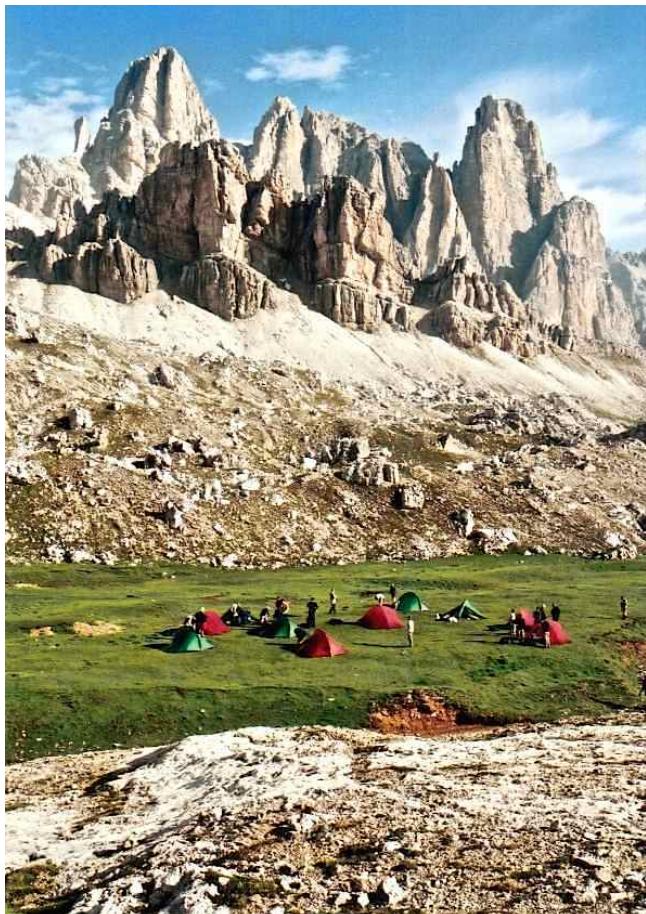
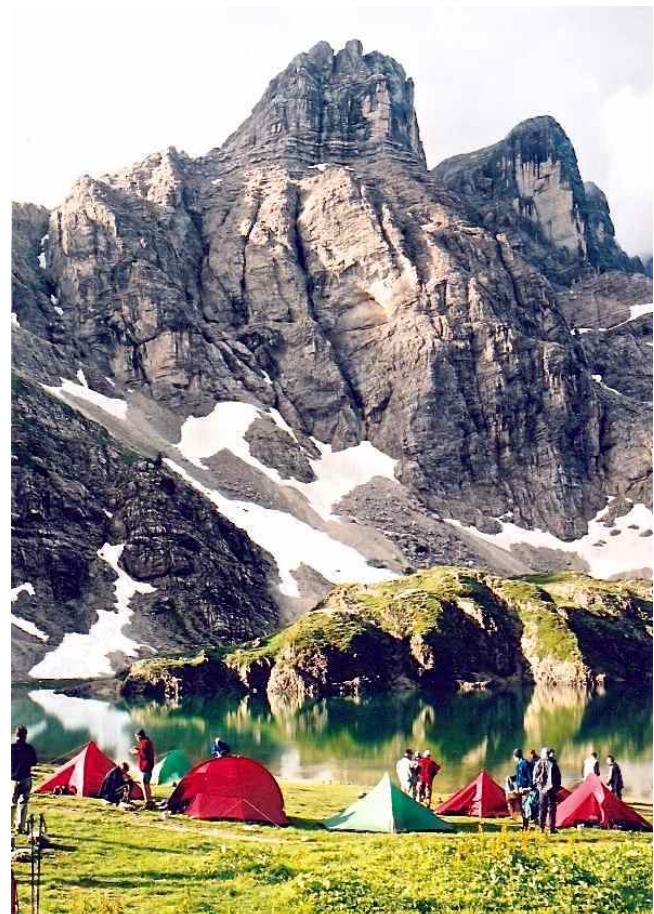


THE MANCHESTER GRAMMAR SCHOOL

FOREIGN TREK 2001 DOLOMITES - Alta Via 1



Camp in Val Travenanzes, with the spires of Lagazuoi Grande



Camp at Lago Coldai, with Civetta above



Below the walls of Tofana di Rozes



On the path below Croda da Lago

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Camp below Forcella Ambrizzola with the cliffs of Lastoni de Formin and the rock towers of Croda da Lago

I originally word-processed the text of this log on an Apple Macintosh using ClarisWorks in the autumn of 2001. I completed this version with a detailed walking route summary, a digital sketch map, scanned images and various appendices in 2021, using an Apple Macintosh and Microsoft Word, with iPhoto and Preview to edit the images.

I scanned the images from my 6" x 4" prints taken on Fuji film. To keep the overall file size down, all the images are low resolution, but of sufficient quality to display fairly well at A4 page size. The average size of the 113 images used is about 65 kB, giving a file size of about 8.2 MB, the size of about 3 medium digital compact camera images.

After such a long time it has obviously been impossible to obtain permission from individuals to use images which include them. Anyone who finds this a problem should contact me.

This is not the official Trek Log, as they were discontinued from 1998. It is just my personal journal, but in the style of the old logs. Any opinions expressed are my own.

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LEADER	Eric Cittanova			
STAFF	Allan Witton John Willson Roger Hand Steve Williams Geoff Chandler			
WALKING GROUP	TENT LEADER		MEMBERS	
A (Nine 6th formers)	1. Canon Yau (7Ma) 2. Jason Wong (6A) 3. Matt Squires (6F)	Matt Turnbull (7Ma) Jamie Berridge (6B) Andrew Wilson (6H)	Charles Campbell (7Bb) Robert Hopkin (6G) Kunal Khatri (6H)	
B (Nine 6th, 5th and 3rd formers)	4. James Greene (6T)* 5. James Larmouth (5S) 6. Max Clayton-Smith (5U) 10. Joshua Singer (3M)	James Tankel (3G) Tom Rowland (5S) Will Longhill (5V) Samuel Greene (3F)		Oliver Buxton (5U)
C (Nine 4th and 3rd formers)	7. James Hurrell (4M) 8. Jonathan Fish (4M) 9. Harry Martin (4E)	Basit Altaf (4E) Rupert Massey (4M) Jack Levy (4E)	Paul Gorrie (4E) Robert Frazer (3H) Danny Liu Yin (3G)	27 trekkers
DATES	6th July to 23rd July (18 days)			
COST	£440 (+ £50 to £80 individual food costs)			



Most of the party on the un-named col below la Varella

Left to right along the back	James Tankel, _____, _____, hat?, Harry Martin, _____, _____, _____, _____, Tom Rolands, _____, _____, Jamie Berridge, John Willson, Robert Hopkin, Kunal Khatri, Rupert Massey
Left to right along the front	Steve Williams, Eric Cittanova, Roger Hand, Jonathan Fish, James Hurrell, _____, Robert Frazer, Canon Yau, _____

I scanned the images in 2020, 19 years after the Trek, and I can now remember only about a half of the boys' names, mostly those that I taught Physics. For this reason most of the personnel images don't have names. If anyone can correct any errors of mine or fill in any blanks (via the contact form) I will update a later edition.

THE WALKING ROUTE

The route was the second variation on the original MGS Trek (pioneered by Chris Little and Gerry Leversha in 1980) which followed the Alta Via 1, the first, and probably the best, of the Dolomite High Routes. The first variation in 1989 was under similar arrangements as the original with coach back up transport and supplies brought from England.

The main changes this year were due to having no back up transport and hence the need to walk down to, and back up from, Cortina for the free day and supplies, and an additional free day to collect supplies from San Cassiano. The route divided into three sections between villages where we bought supplies.

1. A 3 day section from Lago di Braies to Rifugio Saré (for San Cassiano), including an excursion to La Varella.
2. A 3 day section including a 2-night camp in Val Travenanzes, a circuit of Tofana di Rozes, and a descent to Cortina via Nuvolao and the Cinque Torre.
3. A 5 day section past Croda di Lago, Pelmo, Civetta, and Moiazza and down to Forno di Zoldo, with the final night spent in the Carestiato hut.

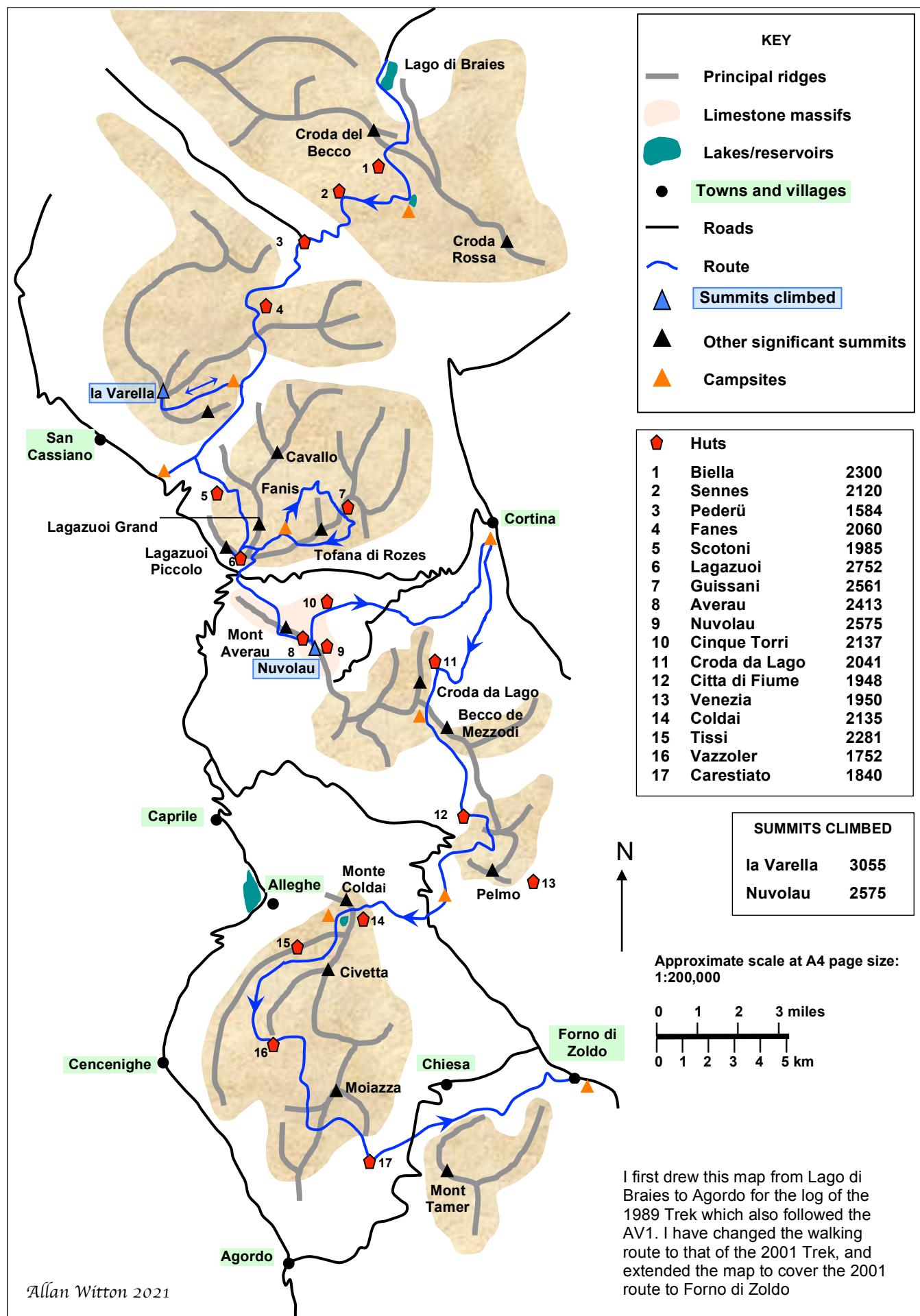
OUTLINE ITINERARY AND WALKING ROUTE SUMMARY

		18 days	4 days travel	3 free days			11 walking days					
July		All heights in metres			Height m	Distance km	Ascent m	Daily totals				
								km	Ascent	Descent	Time	Naismith
6/7	Coach	MGS to Villabassa										
8	Bus Trek	Lago di Braies	1493									
		Lago Grande	2150									
9	Trek	Passo Tadega	2227									
10	Excursion Trek	La Varella	3055	7	830							
		Rifugio Saré	1660	6	20							
11	Free day	Rifugio Saré (San Cassiano)	1660									
12	Trek	Forcella Travenanzes	2400									
13	Excursion	Rifugio Giussani from Forcella Travenanzes	2580									
			2400									
14	Trek	Cortina	1120	17	460							
	Excursion	Nuvolau	2575	2	160							
15	Free Day	Cortina	1120									
16	Trek	Forcella Ambrizzola	2210									
17	Trek	Pian dei Buoi	1800									
18	Trek	Lago Coldai	2143									
19	Trek	Rifugio Carestiato	1834									
20	Trek	Forno di Zoldo	810									
21	Free Day	Forno di Zoldo	810									
22/23	Coach	Forno di Zoldo to Manchester			Naismith daily average				3h-50			

Grand Totals:	Distance	Ascent	Descent	Time
	139 km 87 miles	8680 m 28,500 ft	9370 m 30,700 ft)	42 hours
Daily average:	12.6 km 7.9 miles	790 m 2590 ft	850 m 2790 ft)	3h-50

A Trek is a walk from one campsite to the next (with full packs).
 An Excursion is a return walk without full packs
La Varella Summits are in bold
2090 Heights of mountain campsites (and hut) in blue
Cortina Official campsites in green
Carestiato Night in a mountain hut
 Naismith Times according to Naismith's Rule: 12 min/km and 10 metres/min for ascent
 The fact that our walking times were fast (compared with the 1989 average of 4h-30), with an average bang on Naismith, was due to doing fewer summit ascents and avoiding any time-consuming via ferratas on this year's route.

SKETCH MAP OF THE ROUTE



MAPS AND GUIDES

Tabacco	Carta dei Sentieri e Rifugi	1:50,000	2 4	Val di Fassa - Alta Badia Belluno etc.
	Carta Topographica	1:25,000	3 6	Cortina d'Ampezzo e Dolomiti Ampezzane Val di Fassa

The Tabacco 1:25,000 sheet 3 has names of some features in the north-west of the area (notably huts) in Ladin. Generally there is a recognisable similarity e.g.

Rifugio Sennes	becomes	Ütia Munt de Senes
Rifugio Pederü	becomes	Ostaria Pederü
Rifugio Fanes	becomes	Ütia de Fanes

but there are some with no recognisable link e.g. Passo Tadega becomes Jù dall'Ega.

In this log I have continued to use the Italian names as used in previous Trek logs.

There are also differences in spellings between different maps of the same series where they overlap. For instance the Tabacco 1:25,000 maps have the following spellings. Generally these are just minor differences in spelling.

Sheet 3	Beco de Mezodi	Ra Rocheta
Sheet 25	Becco de Mezzodi	Rocchetta

[2021 Note: There is a Cicerone guide to the AV1 and AV2; the first edition was in 1986, and the second edition, 2005, is a splendid, detailed and well illustrated guide.

Treks in the Dolomites: Alte Vie 1 and 2 by Martin Collins and Gillian Price]



A leisurely and sunny lunch stop at the Croda da Lago hut

WALKING TIMES

In the following itinerary, for each day's walking a table of times taken (in hours and minutes) between points along the route is given, together with the cumulative time. These are times spent on the move and exclude stops. The time given in brackets is the total time for the day including stops. A 'leg' is normally about 50 minutes walking (followed by a break of about 10-15 minutes), though this varies if the walking is exceptionally hard or easy or if there is a particular objective such as a hut, stream or summit ahead. The distance walked and height climbed each day include any optional excursions.

The majority of the walking was done in the 3 walking groups A, B, and C, each accompanied by two staff. Staff permutations and staff-walking group combinations were changed from time to time. For the great majority of the time different groups followed the same route, typically separated by about 20 minutes, occasionally meeting at leg stops and usually meeting for lunch.

ITINERARY

Friday/Saturday 6th/7th July	Coach	MGS - Villabassa
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The start of the Alta Via 1 at Lago di Braies is not an easy place to reach by public transport (either via Innsbruck and over the Brenner pass then up Val Pusteria, or via Verona and north through the Dolomites), and it would involve 2 days travel each way. As the party was 27 boys (28 until a week before departure) and 6 staff, economies of scale made it possible to hire a coach and two drivers to take us directly from MGS to the Dolomites in one haul. The coach was hired from KMP Coaches of Llanberis which sub-contracts for Eurolines, and it was KMP that took us as far as Lyon in 2000.

We assembled at school at 11.00 a.m. to load kit and departed on schedule at 12.00. An hour's delay on the M1 and the need to drive into and out of London during the Friday rush hour to collect from Victoria coach station the two drivers who would take us to the Dolomites meant that we arrived at Dover at 8.00, 2 hours behind schedule, and we remained well behind schedule all the way to Italy.

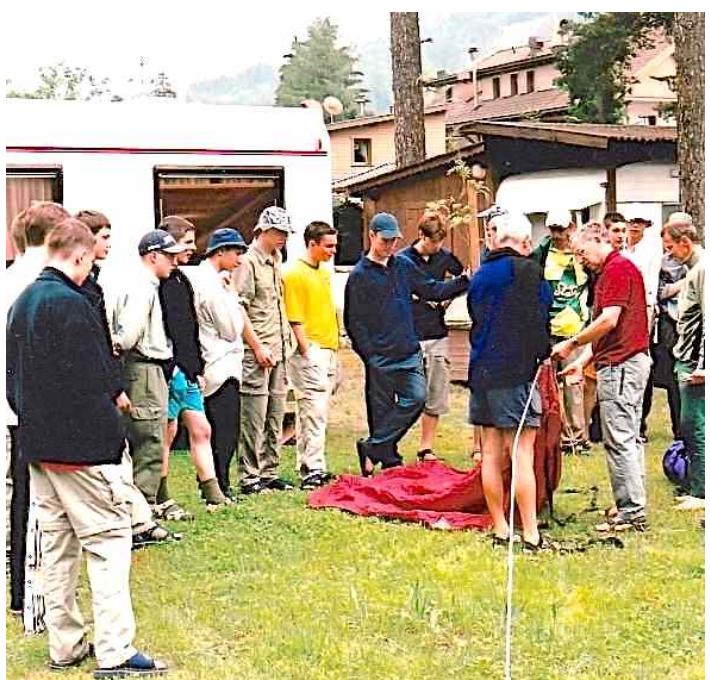


We turned off the Brenner motorway at Bressanone into Pustertal running out of the 24 hours total driving time for 2 drivers. We had been told by the coach company that arrival time would be mid-afternoon, and the plan had been to walk up to Lago Grande during the afternoon.

There might just have been time to have reached Lago di Braies, but by then it would have been too late to walk up into the mountains and there was nowhere to camp near the lake, so we opted for a valley camp.

We arrived at Camping Olympia, 2 km east of Villabassa in Val Pusteria, just as driving hours ran out and bade farewell to the drivers who went off to find hotel accommodation. It was a grey, cloudy evening and we had rain as we were putting up the tents.

How to put up a tent on two minutes



Sunday 8th July	Bus Trek	Lago di Braies Lago Grande	1493 2150
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It was a brighter day, cloudy with sunny intervals, as we caught the local bus at 9.45 for the 20 minute journey to Lago di Braies. Probably because it was Sunday it was very busy with day-trippers fishing and strolling along the shores of the lake. Walking as 3 parties we set off at 10.15 with the huge mass of Croda del Becco (2810) ahead, and left the crowds behind as we began the climb along the AV1 from the south end of the lake.

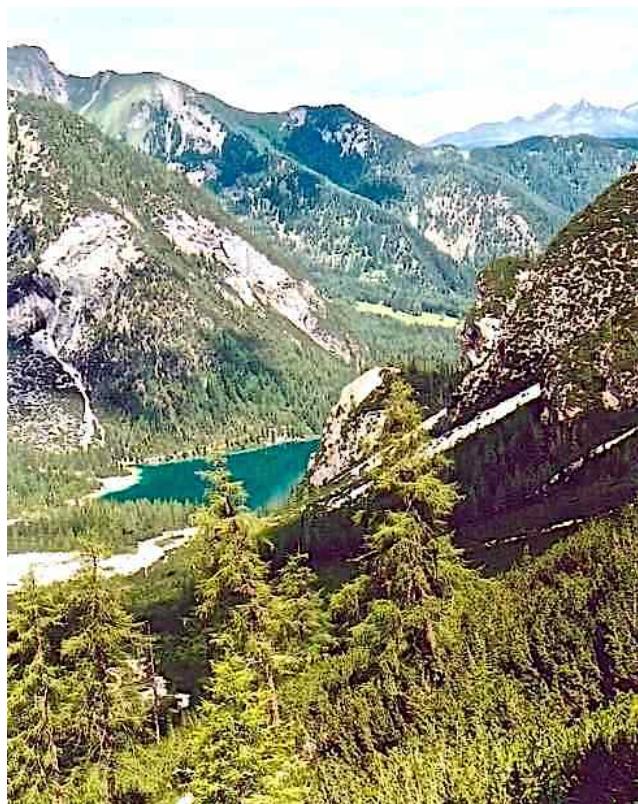


Waiting for the local bus

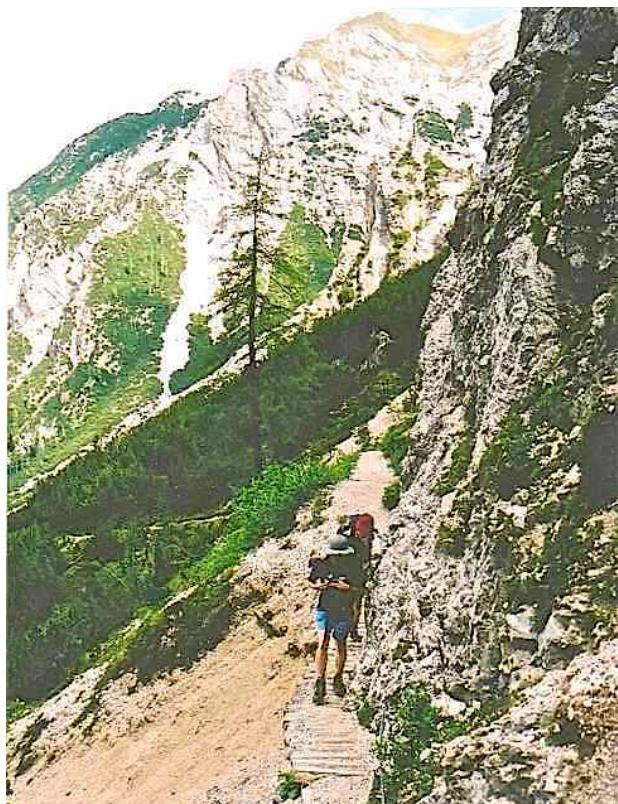


At Lago di Braies with Croda del Becco

With a 900 m unbroken climb ahead of us we started at a very leisurely pace and enjoyed the improving views back over the lake as we gained height. The path has been well maintained, with wooden walkways in places where erosion has occurred. The fixed cables where the path rounds the spur below point 2276 were not needed and the path led us without difficulty through the barren combe of Ofen Forno to Forcella Sora Forno where it was cloudy and cool, with fine views of the main peaks to the south.



View back to Lago di Braies





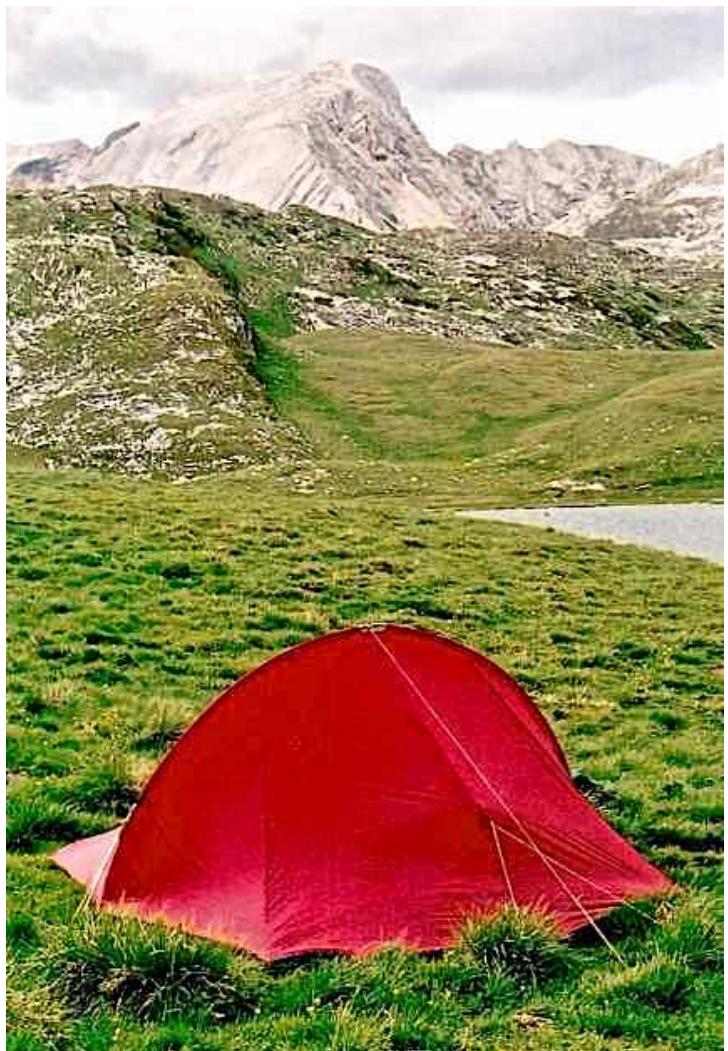
At Forcella Sora Forno with a view south-east to Croda Rossa (3146)

The cool conditions had helped make it a relatively easy ascent, surprisingly so as many of us hadn't been able to do much mountain walking to improve our fitness because of the foot and mouth outbreak.

We arrived at the Biella hut at 2.00 and during our lunch stop the weather deteriorated significantly with some threatening cloud brewing and a stiffening cold wind.

We decided that conditions weren't suitable for an ascent of Croda del Becco and so at 4-00 we set off on the easy undulating walk down to Lago Grande (marked as Lago Gran de Fosses on the new 1:25,000 map). We found good, if rather lumpy, camping by its south-east shore, where there is also a spring issuing into the lake.

We had had a sprinkling of rain as we walked down from the hut and after dinner it really set in and it was a wet and windy night.



View of Croda del Becco from camp

Times:	Lago di Braies - Rifugio Biella	2-35	2-35	
	Lago Grande	35	3-10	(5-20)

Distance: 9 km

Ascent: 930 m

Descent: 270 m

The storm had passed and it was a beautifully clear, crisp morning as we assembled at the small, shuttered stone cabin south-west of the lake for a 9 o'clock departure.

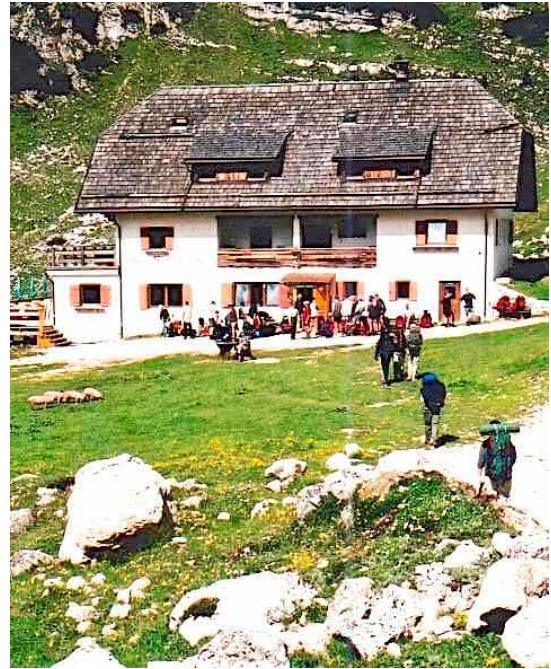


Assembling for departure with the ridge of Croda del Becco

We took the path westwards, past the sink hole into which the outflow stream from Lago Grande plunges, to join the track which undulates through the hillocks of Sennes Alp down to the Sennes hut for the first coffee stop of the day; easy walking in beautiful weather and grand surroundings.

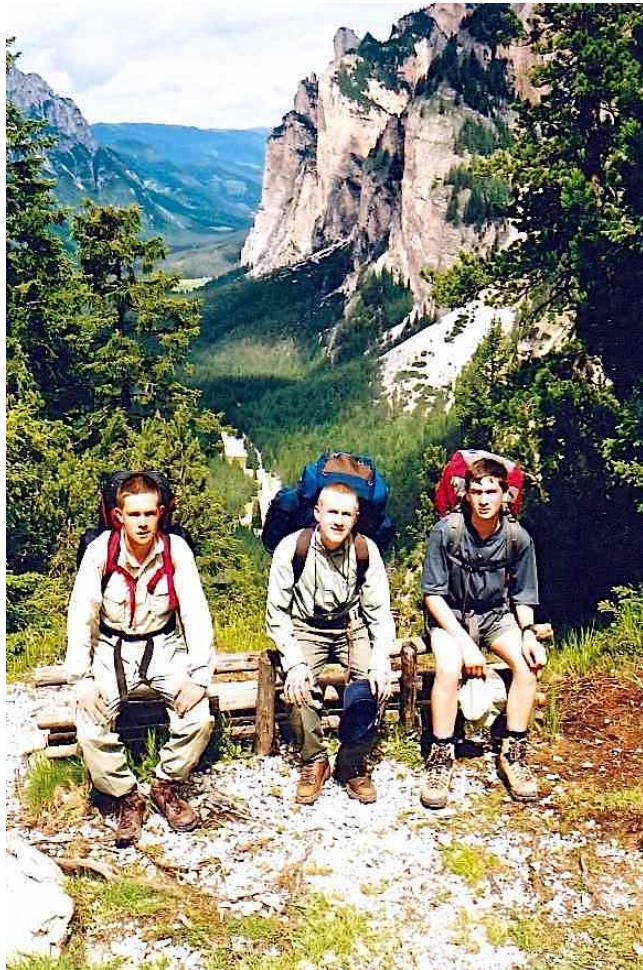


Easy walking along the track across Sennes Alp

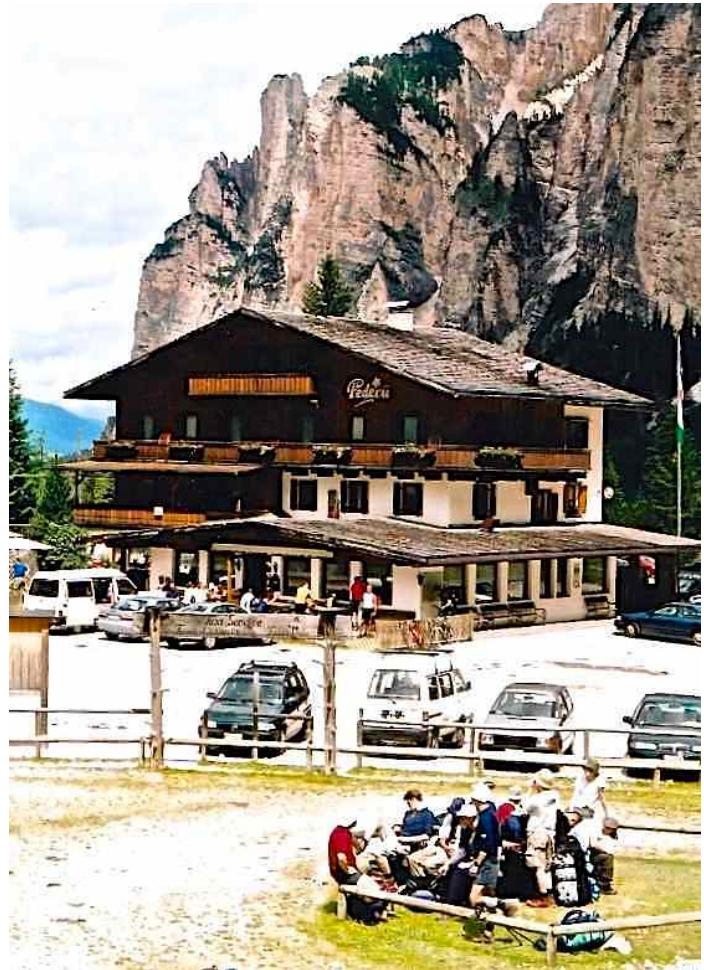


The Sennes hut

More easy track walking, with splendid views down into Valle di Tamores (Tamersc) with the vertical walls of Mont Sella di Sennes rising from the tree covered valley floor, then steep, tight zig-zags brought us to the Pederü hut for more drinks and ice creams.

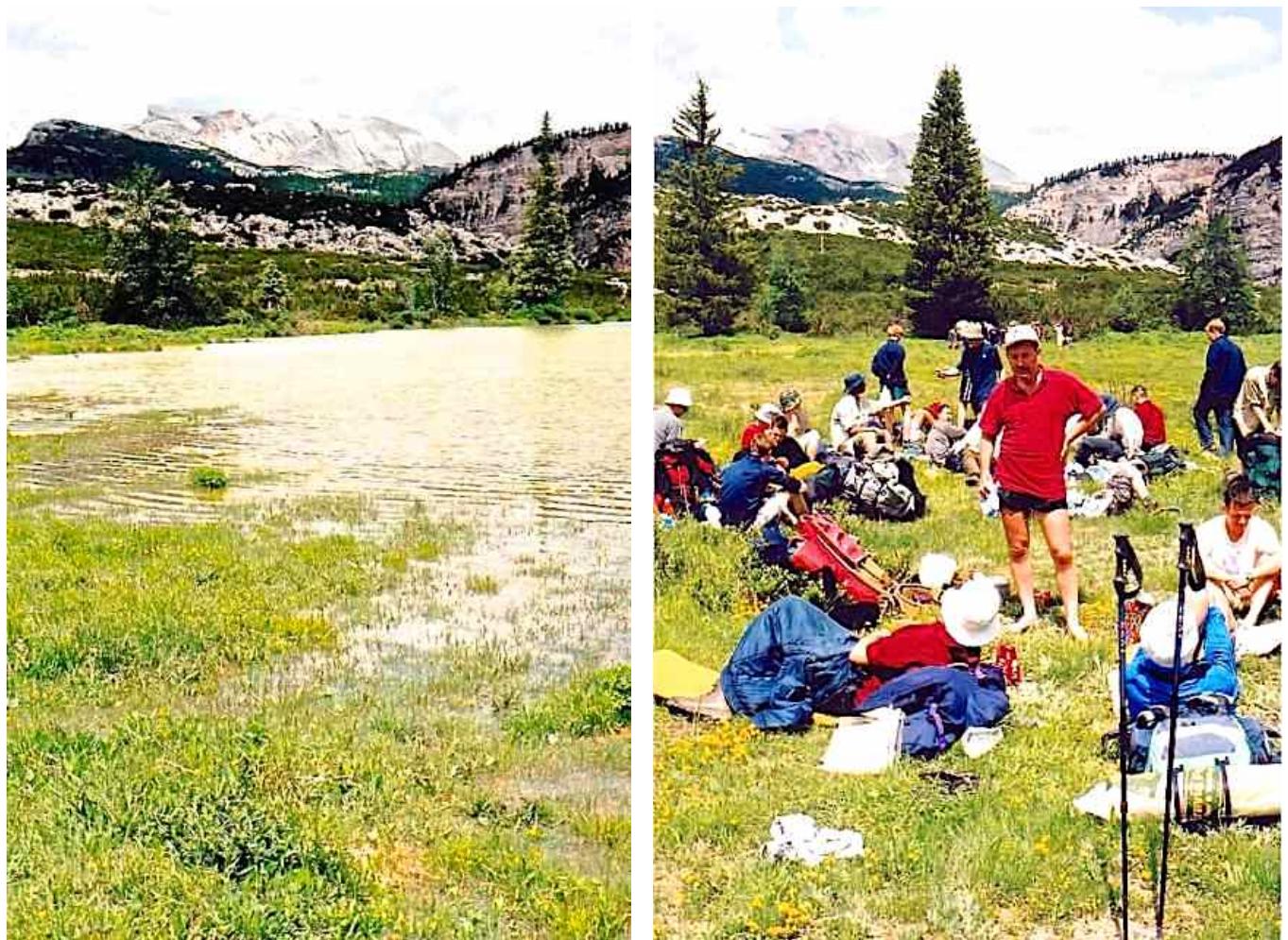


Rupert Massey, Robert Frazer and Jonathan Fish
with a view down into Valle di Tamores



The Pederü hut

The hard work began when we left at 12.30 to take path number 7 rather than the dusty track up towards Lago Piciodel. The path takes a different line from that shown on the 1:25,000 map, but is clear enough on the ground as it makes long zig-zags up a large scree bank before descending to meet the track by the lake, a beautiful spot for lunch in the warm sunshine.



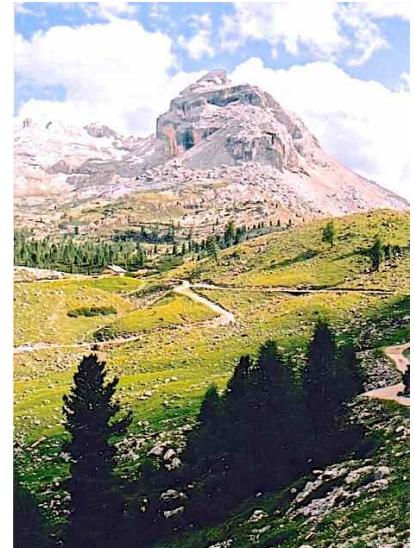
Lunch at Lago Piciodel with Croda del Becco on the skyline

A short and easy leg along the track brought us to the splendidly situated Fanes hut where we had another hour taking refreshment.



The Fanes hut, with Sasso Nove (2968) beyond

After the short haul up to Passo di Limo it's a lovely walk to Passo Tadega; hardly any climbing and superb, rugged scenery all round, particularly the Punte di Fanis group to the south-east, and later Piz Taibon.



View ahead to the Punte di Fanis Group



On Alpe Fanes Grande, heading towards Passo Tadega, with Piz Taibon (2928) on the right

Just before Passo Tadega a path signed to la Varella branches right to climb amongst bushes to more open pastures in Vallon de Lavares where there's ideal camping by a stream below a large rock band at about 2227 m.

This idyllic spot was discovered by Chris Little in 1980, and we used it again in 1989.

By the time we had pitched tents it had clouded over and turned quite dull and cool.

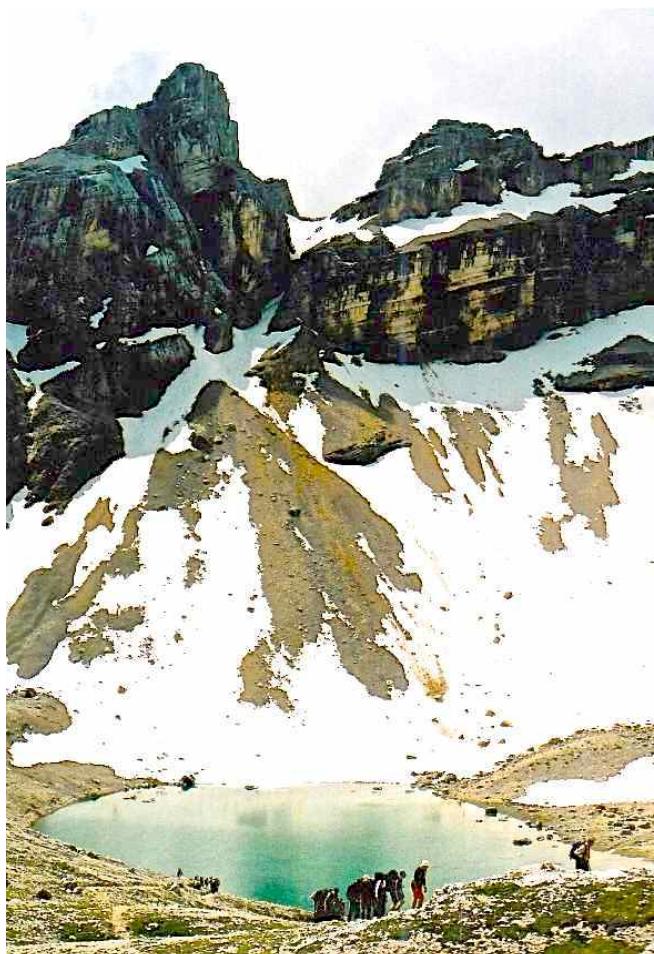


Times:	Rifugio Sennes	50	50	Distance:	19 km	Ascent:	880 m
	Rifugio Pederü	1-00	1-50			Descent:	800 m
	Lago Picciodel	1-05	2-55				
	Rifugio Fanes	45	3-40				
	Passo Tadega	1-00	4-40				
	Camp	10	4-50	(9-20)			

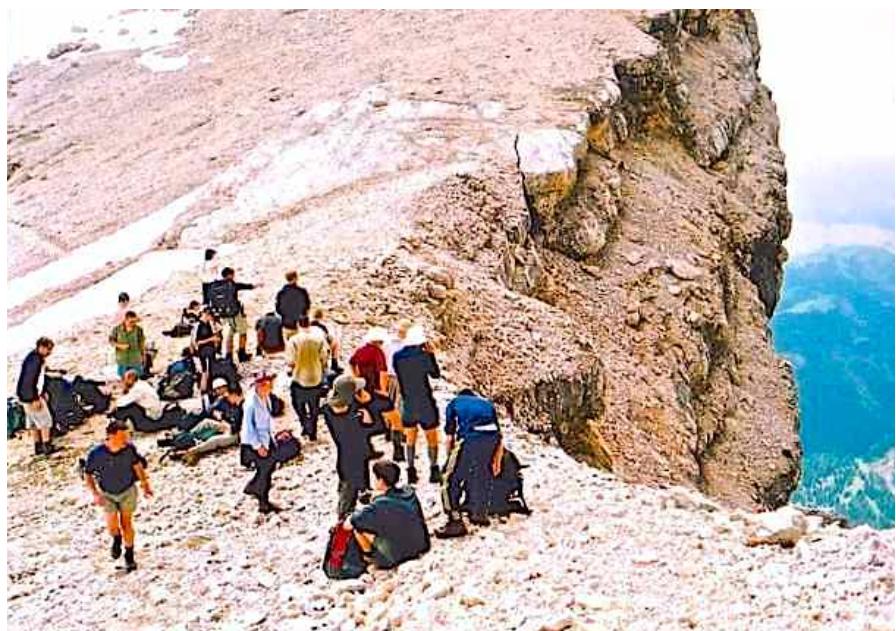
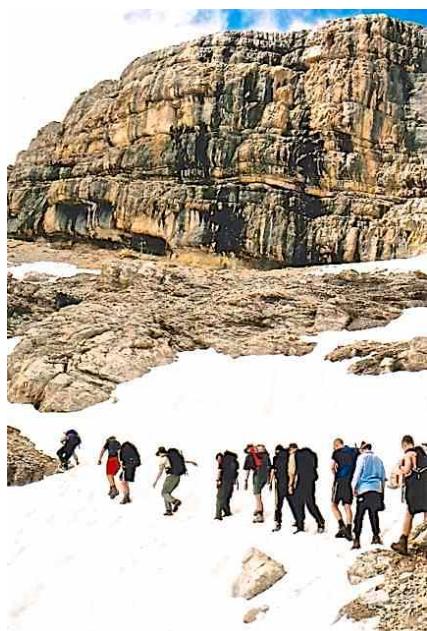
Tuesday 10th July	Excursion	La Varella	3055
	Trek	Rifugio Saré	1660

The weather had closed in overnight and we awoke to heavy rain on the flysheets, putting the la Varella excursion in doubt. It eased as we had breakfast and by 9.30 the cloud was clearing with some sunny breaks, so the excursion was on again.

Leaving a total of 7 in camp, the rest of us set off at 10.40 up the well-trodden path to La Varella. Carrying just day sacks it was an enjoyable walk past Lago Cunturines and over scree and snow beds with the vertical walls of Piz Taibon and Le Cunturines towering above, and all in improving weather as clouds broke up to give blue sky.



At 12.45 we arrived at the un-named col, where sadly the brilliant view of the Sella group and the Marmolada was spoiled by cloud covering the highest peaks.



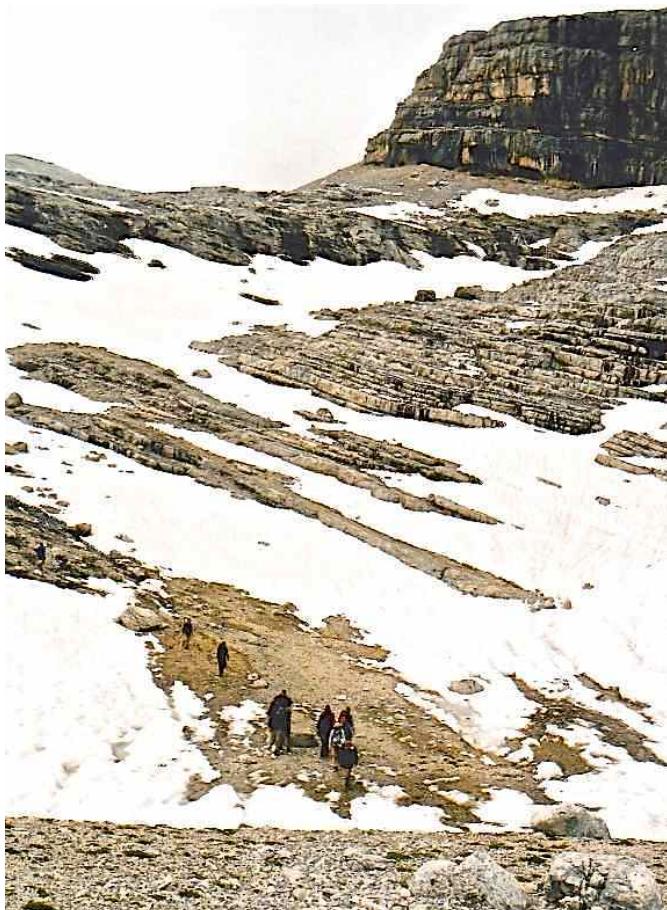


The path to La Varella has been re-routed since Trek's last visit. Near the top of the obvious and easy scree slope leading north from the col the right turn through almost 180° onto the wide, easy ledge is more obvious, and waymarks then lead easily onto the main ridge and hence along to the summit. There was still lots of light cloud billowing about, but there were some good long-distance views.

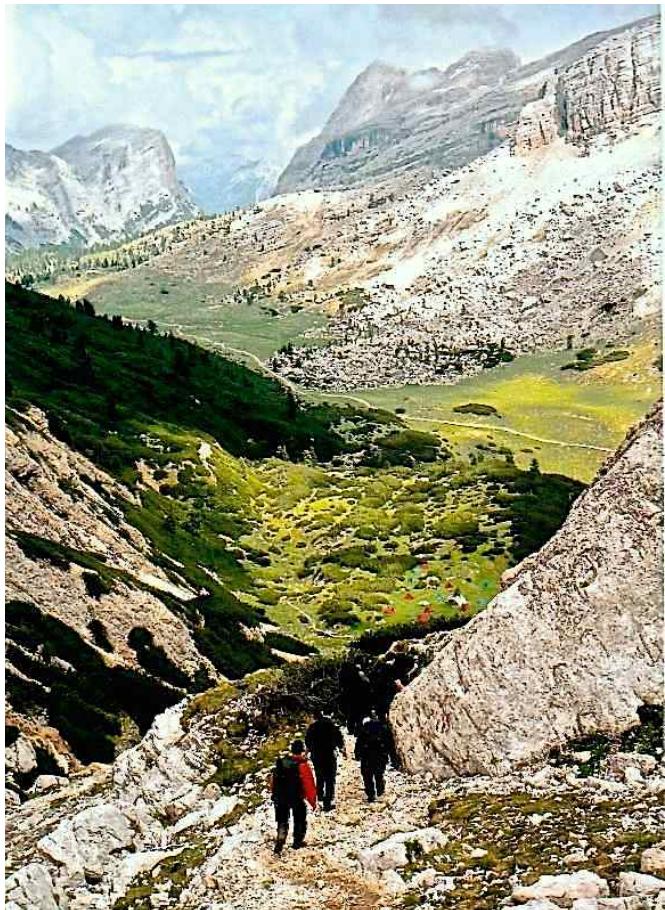


On the summit of la Varella, 3057 m 10,030 ft

We returned to camp by the same route and there it was sunny and warm for a late lunch at 4.00.



Descent from the col over snowbeds and rock bands

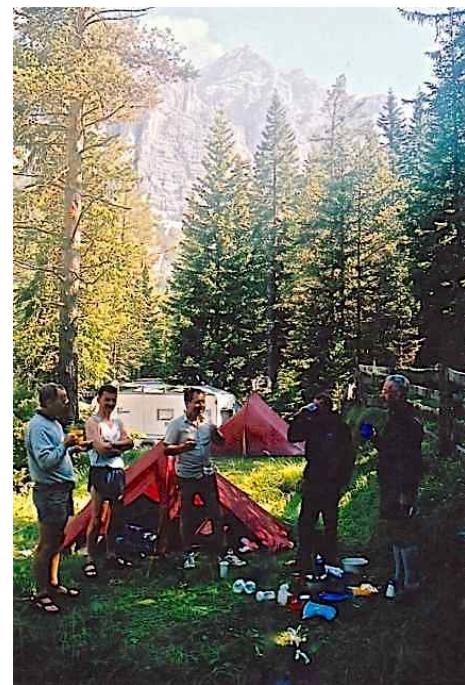


Nearly back into camp with Passo Tadega beyond

We struck camp and at 5.20 headed back to Passo Tadega, to then follow the easy path down to the campsite by Rifugio Saré, with fine views on the way. The campsite has been improved and extended and we were given quite acceptable grassy pitches amongst pine trees.

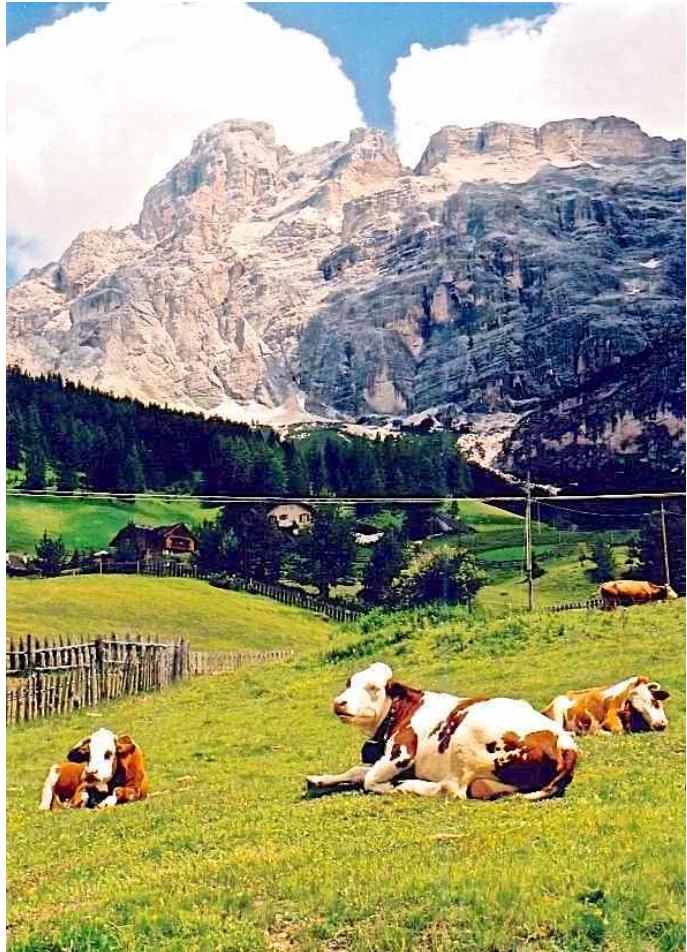
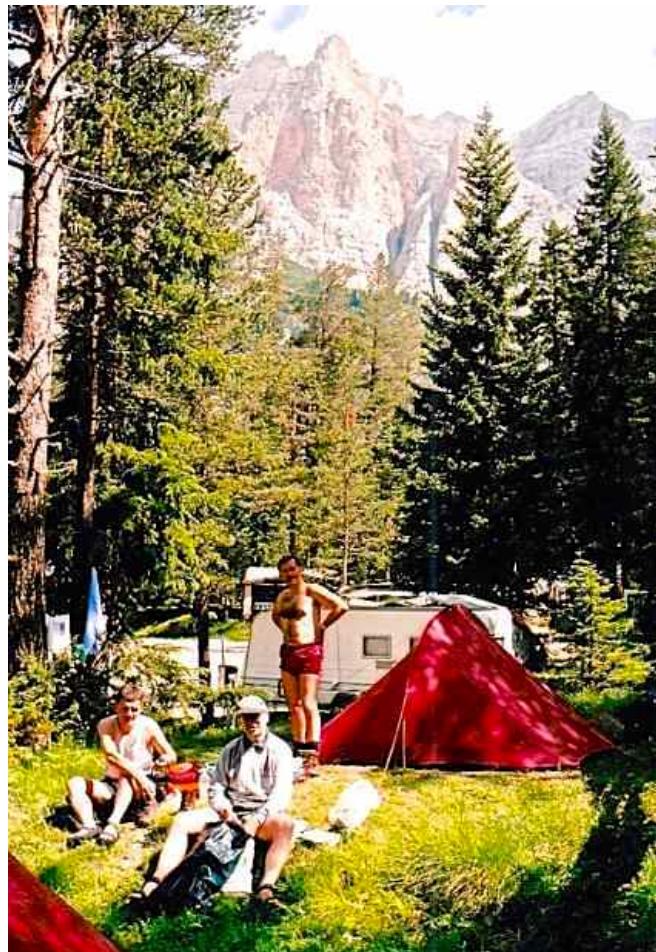


Heading down from Passo Tadega, with the cliffs leading up to Punta di Fanis (2989)



Times:	Col (2885)	1-50	1-50	Distance:	13 km	Ascent:	850 m
	La Varella	25	2-15			Descent:	1420 m
	Col (2885)	20	2-35				
	Camp	1-00	3-35				
	Rifugio Saré	1-25	5-00	(8-20)			

It was a warm and sunny day for doing our bits of sorting out and washing, and for the return walk to San Cassiano, 3 km down the valley, to replenish supplies, and for a good rest.



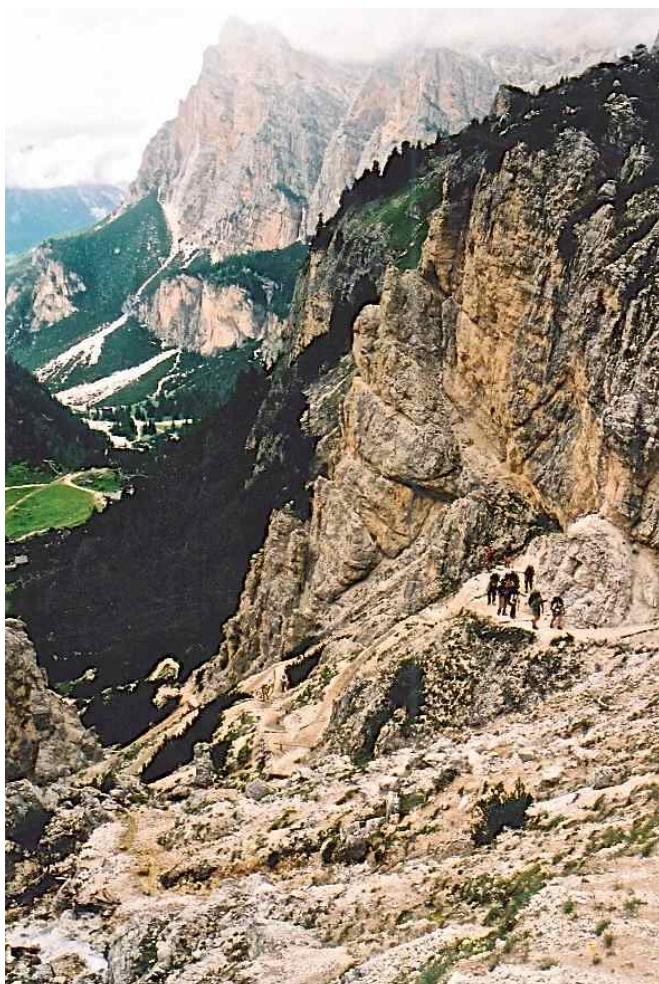
The cows are resting too



There was complete cloud cover with a cloudbase just under 3000 m when we set off at 9.00 back to Capanna Alpina and then up the steep track to the Scotoni hut, where many took their coffees inside as it was rather cold and gloomy outside.



During the steep climb from the hut there were occasional breaks in the cloud which gave good views of the massive vertical walls of the Lagazuoi Grande - Cime di Fanis ridge, but before we reached the Lagazuoi hut we entered cloud with visibility down to just a few metres.



The steep climb from the hut



The walls of the Lagazuoi Grande - Cime di Fanis ridge

In 1980 and 1989 we were fortunate to have perfect visibility for what must be one of the finest panoramas in the alps from the terrace in front of the Lagazuoi hut. On this occasion visibility remained poor for the hour and a half we spent at the hut, so there was no temptation to make the short excursion along the ridge to Lagazuoi Piccolo.



We left the hut to walk down over snow and scree into Val Travenanzes in thick cloud the whole time. Around Forcella Travenanzes there are numerous paths and the visibility was so poor it took some time to establish which was the correct path (401) to the campsite we used in 1980 and 1989 about 250 m south-west of the path junction at 2383. There is plenty of level grass for ideal pitching and a stream coming down from Col dei Bos. It remained a cold, damp, drizzly evening with no views at all so we all turned in early.

The question on my mind was would we see Lagazuoi Grande, illuminated from the side into 3D relief, from what must be one of the most spectacularly situated campsites Trek has ever used?



Splendid camping, but where's the view?

Times:	Rifugio Scotoni	55	55	Distance:	9 km	Ascent:	1100 m
	Rifugio Lagazuoi	1-55	2-50			Descent:	360 m
	Forcella Travenanzes	40	3-30	(7-30)			

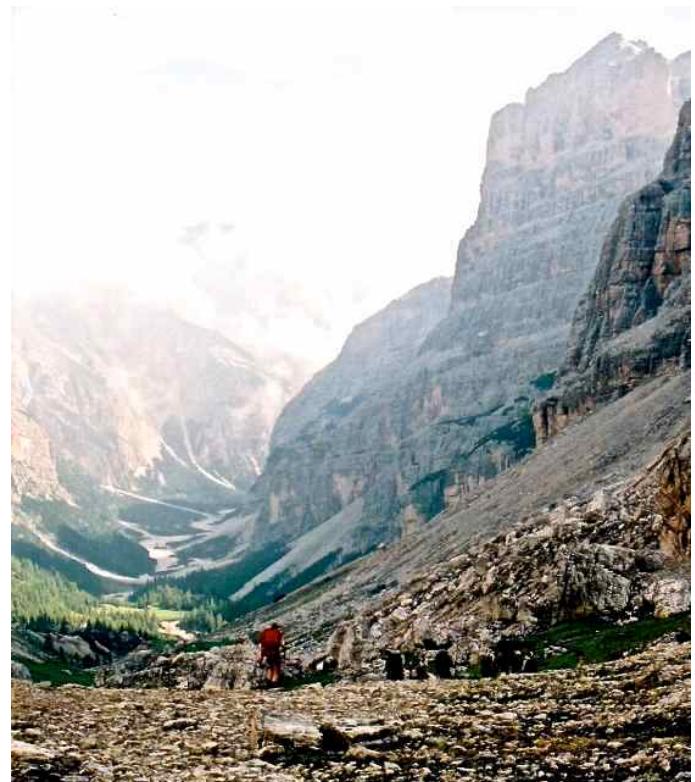
Yes we did! We awoke to find the cloud had gone and soon the remnants of slight mist had been burned off by the sun to give a perfect morning with the spires of Lagazuoi Grande brilliantly illuminated.



There was some light cloud swirling round the Tofana massif as we left tents standing and set off at 9.00 to walk down Val Travenanzes to begin our loop round Tofana di Rozes.

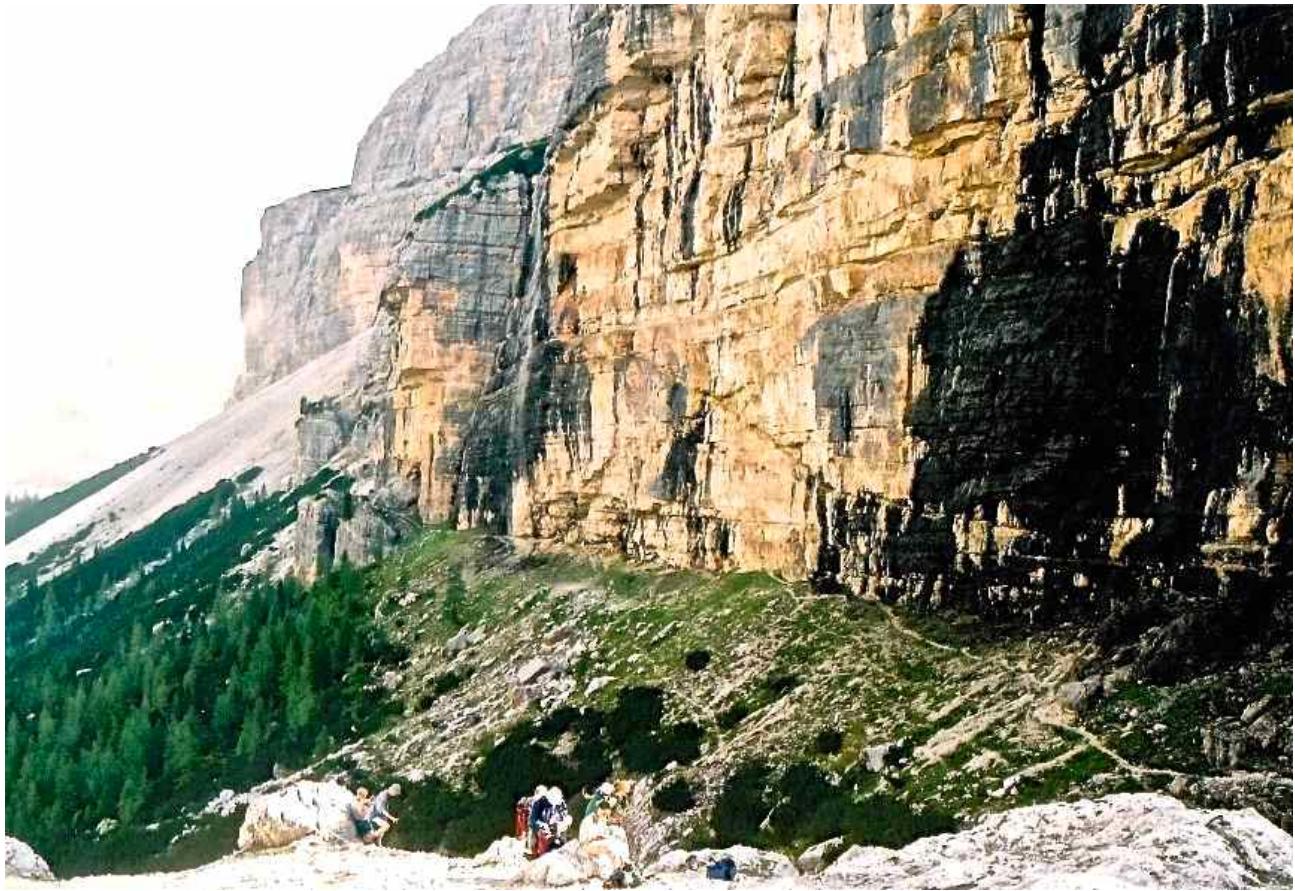


Cloud below the west wall of Tofana di Rozes



View down Val Travenanzes, with Tofana on the right

There are significant variations in the paths marked on the older 1:25,000 Tabacco map and its newer replacement, and different groups took different routes down the valley. Our group took what is probably the most direct and interesting route by following path 404 to where an un-numbered path branches right to reach the foot of the Via Ferrata Scala del Menighel, an impressive ladder up a near-vertical wall.



Beneath western walls of Tofana di Rozes

The path then descends a little to pass below a high sprinkling waterfall and then follows a line right beneath vertical cliffs before climbing to join path 403 coming up from the valley. This path then ascends along an easy ledge into the rock-strewn hanging valley leading up to Forcella Fontananegra and the Giussani hut.





At the Giussani hut, with the summit of Tofana di Rozes just visible



All groups had arrived at the hut by 12.10 where it was cold and windy as we had lunch. Since Trek's last visit I have climbed Tofana di Rozes by the normal route, and apart from some loose scree it is quite straightforward later in the season when most of the snow has gone. As on Trek's last visit, there was a considerable amount of steep snow on the northern flanks, so an ascent was out of the question, especially without ice axes.

We left at 1.40 down well made zig-zags to join path 404 as it undulates beneath the hugely impressive south face of Tofana di Rozes. Cloud had developed further and the views south to Croda da Lago, Cinque Torre, Nuvolau and Mont Averau were rather hazy.



Croda da Lago, Lastoni de Formin, Nuvolau and the bulk of Mont Averau on the right
with the Cinque Torre towers just below the skyline on the left

We arrived back in camp at 3.00, and after a brew up some of us went up to visit the First World War galleries in the ridge running down north from Col dei Bois. It's well worth a visit for the galleries, tunnels and miscellaneous remains such as barbed wire, tin cans and old leather boot soles.



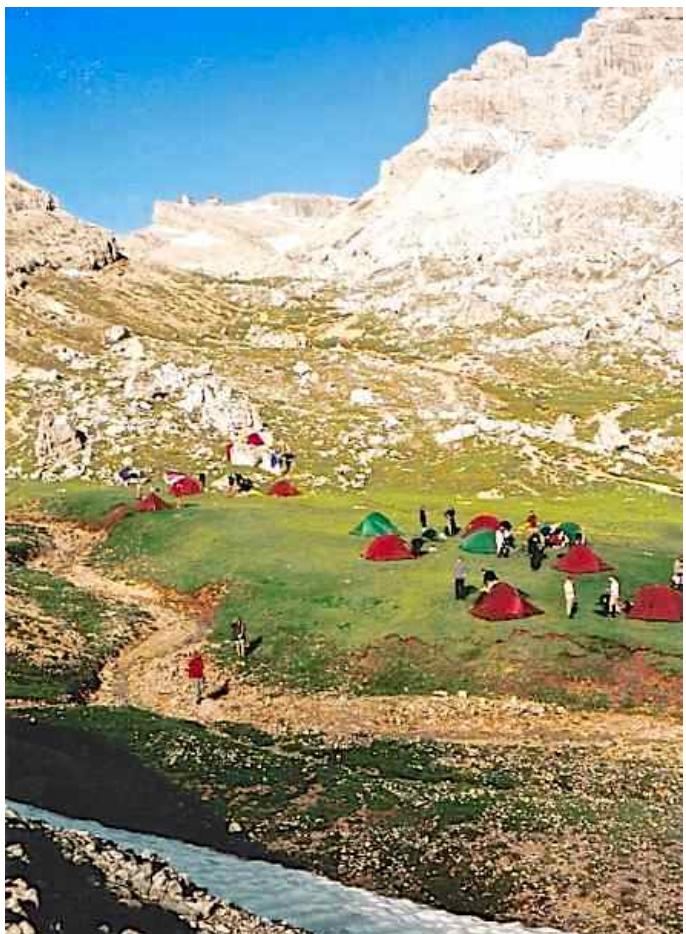
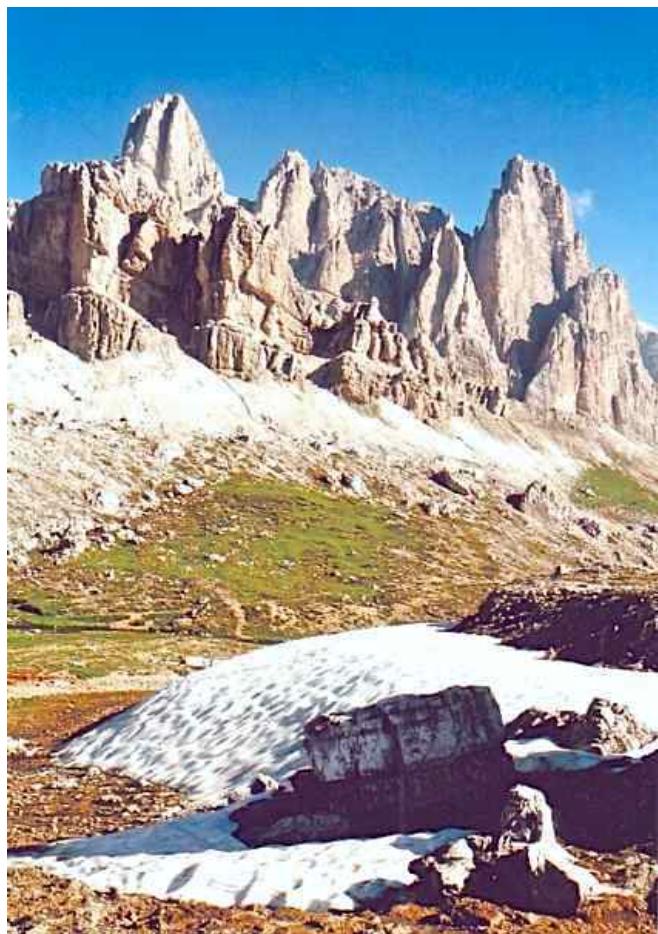
Setting off to explore the First World War galleries

At 4.30 it started to rain and it was another cold and wet evening.

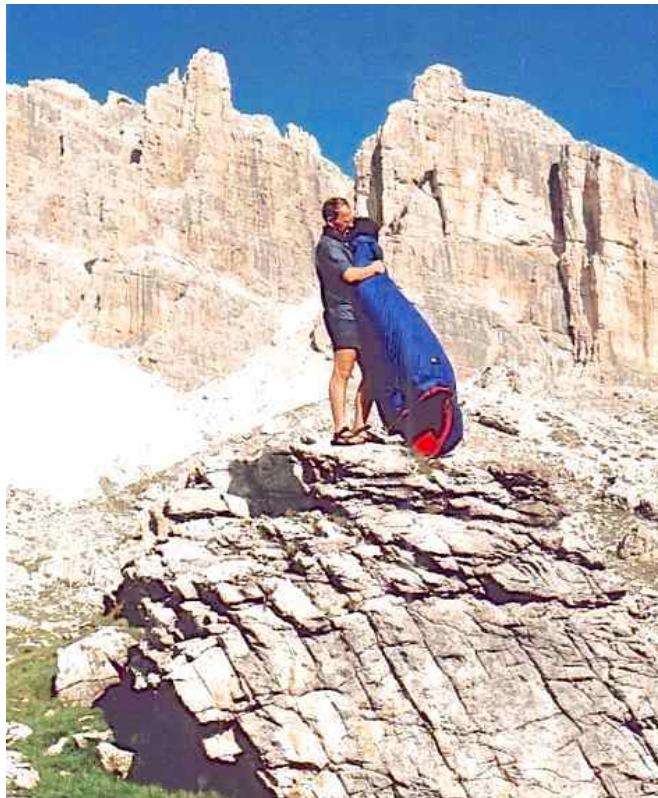
Times:	Rifugio Giussani Forcella Travenanzes	2-30 1-10	2-30 3-40	(6-00)	Distance:	10 km	Ascent:	750 m
							Descent:	750 m

Saturday 14th July**Trek
Excursion****Cortina
Nuvolau****1120****2575**

It was the most perfect morning with the pinnacles of Lagazuoi Grande piercing a deep blue, cloudless sky. The sun hit camp at 8.00 and allowed us to air our sleeping bags before we struck camp for a 9.50 departure. We went back up to Forcella Travenanzes and then down to Passo Falzarego, by which time it had clouded over again.

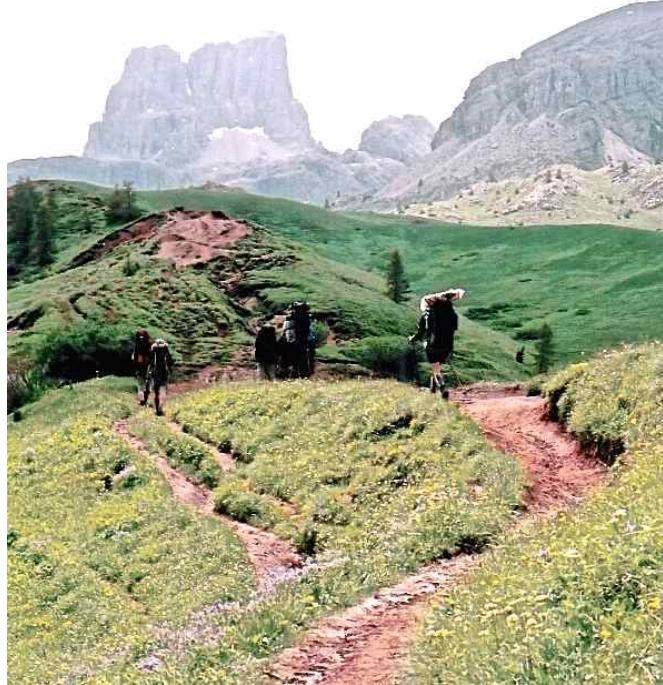


The Lagazuoi hut is just discernible on the skyline



The steep, rocky path down to Passo Falzarego

The easy walk up to Forcella Averau along path 441 was notable for the fact that it was by then unpleasantly hot and humid, and for the profusion of dozens of varieties of alpine flowers which lined the path.



Heading up towards Mont Averau

Beyond the col the path traverses below the cliffs of Mont Averau to the Averau hut where we arrived at 1.00 for lunch. Those who wanted to left packs at the hut for the short and easy excursion to Nuvolau, from where views were rather disappointing because of the low cloud.

After an easy leg to the Cinque Torre hut and a descent to the Passo Giau road, groups made their way by different routes through the wooded slopes north of Croda da Lago to arrive at Camping Dolomiti, about 2 km south of Cortina, at about 6.00.

Path below the cliffs of Mont Averau



Mountain Avens (*Dryas octopetala*)



The site had plenty of room, with pitches shaded by pine trees, and we were made welcome. The site does not have a restaurant, so staff had to walk the 700 m to Camping Cortina for their evening pizzas!

Descent towards Cinque Torre with the south wall of Tofana di Rozes

Times:

Passo Falzarego	45	45
Rifugio Averau	1-00	1-45
Nuvolau Excursion	40	2-25
Cortina	2-35	5-00 (8-00)

Distance: 19 km

Ascent: 620 m

Descent: 1900 m

As was becoming the regular pattern, the day started sunny and warm and it clouded over later. The morning was ideal for the usual sorting out of kit and doing the washing and drying. The campsite shop is rather small so everybody went into Cortina for part of the day for a look round and to buy lunch and supplies for the next 5 days in the mountains. There was a prolonged thunderstorm overnight.



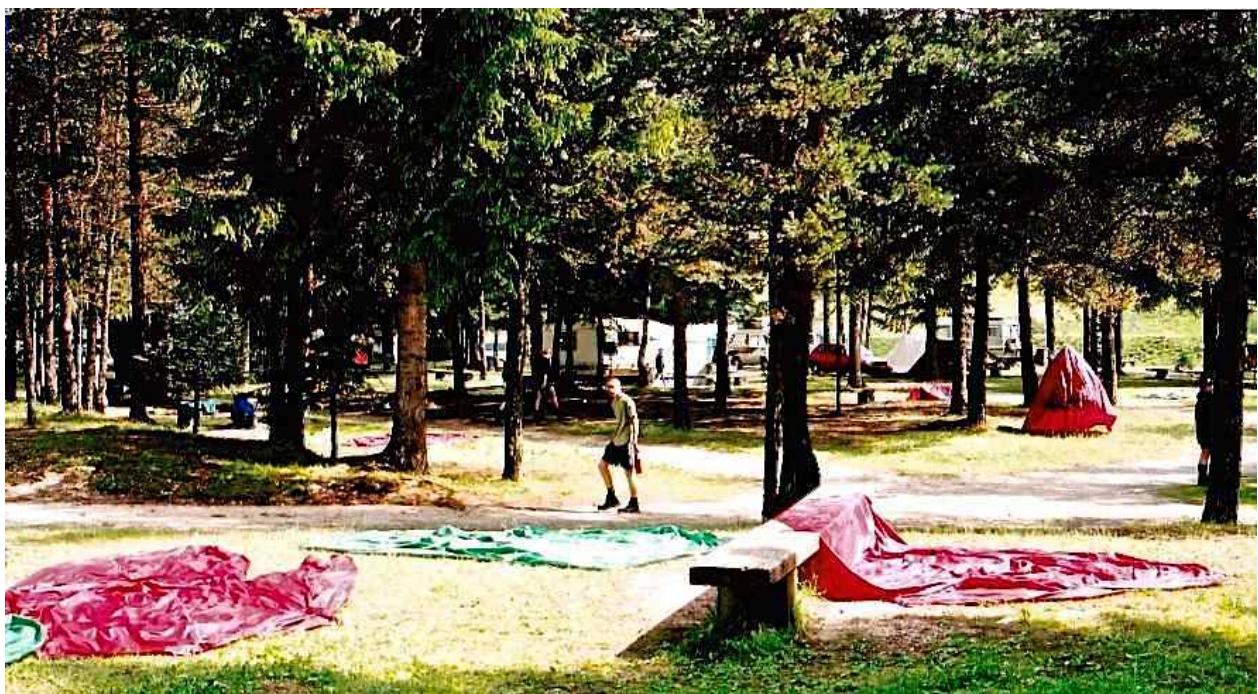
Staff lunch in Cortina, with a hazy view of the serrated ridge of Croda da Lago, beyond which we would camp the following day



These peaches are super juicy!

We awoke to heavy rain which didn't ease until 9.30. By 10.30 it had brightened up with sunny intervals so we could allow the tents to dry before packing for an 11.30 departure.

The day's route was a straightforward one: follow path 432 along the forest track to the Croda da Lago hut, then a short climb over Forcella Ambrizzola to camp just beyond it.



Tent drying



Setting off from the campsite with the Mont Cristallo ridge

A combination of factors made it an easy 900 m ascent to the hut: having completed 5 days walking we were a bit fitter; we were refreshed after a rest day; the track had a good surface and was at an easy gradient the whole way; and after the rain the air was cool and fresh.

So, in just over 2 legs we were there, well ahead of Naismith's time (though not all groups were quite so quick).

The Croda da Lago ridge



Being in trees for most of the way up there wasn't much of a view until we reached the hut which is in a fine position beneath the pinnacled ridge of Croda da Lago and near the picturesque lake of Lago de Federa.

It was such a nice spot that we had an extended 2-hour lunch stop on the patio in front of the hut in the warm sunshine.



The Croda da Lago hut with the lake to the left and the ridge above



Lago de Federa with the hut on the left and the tower of Becco di Mezzodi (2603)

At 3.40 we set off for the half hour's walk up the good path to the col, and by then being above the tree line there were very good views across the valley to Sorapis and Monte Cristallo above Cortina.



View back to Monte Cristallo (3221)



Croda da Lago, with the hut and lake just visible to its right



Approaching Forcella Ambrizzola

A 5 minute walk down from the col brought us to our campsite near where the 1:25,000 map shows a spring alongside path 436 (the AV1).

There is a choice of good pitches in the vicinity and the trickling spring was just adequate as a water supply. When pitching tents we were careful to avoid the small clumps of edelweiss which were dotted about.

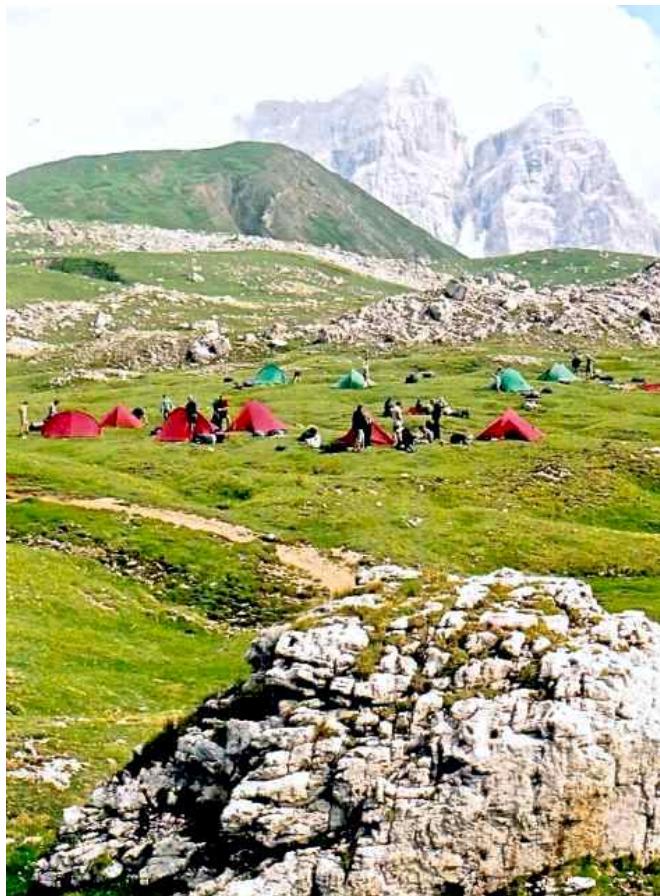


Edelweiss (*Leontopodium alpinum*)

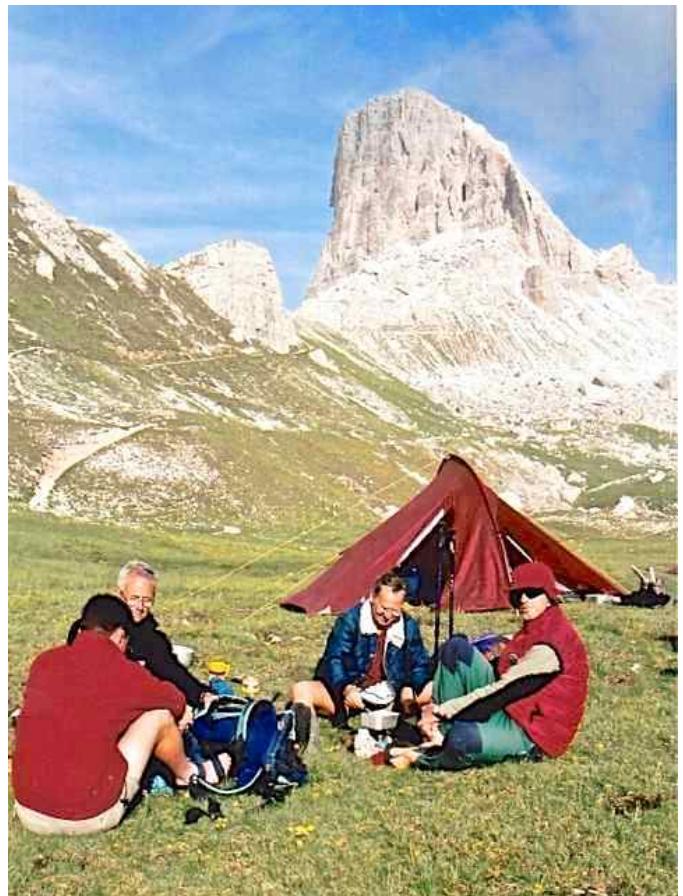


View of the following day's route south over the grassy ridge towards Pelmo,
which remained stubbornly under cloud

It was a beautiful evening as we cooked dinner in that splendid location. The only minor problem was a small group of rather frisky horses which for a short while made a fuss about us camping on their pastures.



View over camp to a hazy Pelmo ...



... and Becco de Mezzodi

Times:	Rifugio Croda da Lago	1-55	1-55	Distance:	10 km	Ascent:	1170 m
	Forcella Ambrizzola	35	2-30 (5-00)			Descent:	80 m

It was a cool, beautifully clear, sunny morning when we got up at 7.30, with a marvellous view over camp to Lastoni de Formin and the serrated end of the ridge of Croda da Lago. Sadly it soon clouded over and by the time we left at 9.45 long distance views had disappeared. Our intention was to follow path 480 (Sentiero Flaibani) over Forcella Val d'Arcia to the Venezia hut as on the two previous AV1 Treks.



The cliffs of Lastoni de Formin and the towers of Croda da Lago



It's a pleasant, undulating '5 cols' walk to the Citta di Fiume hut: back up to Forcella Ambrizzola, then over the succession of cols in the low rounded ridge leading to the hut and beyond it the Pelmo Massif; Forcella Col Duro, Forcella de Col Roà, Forcella Roà and Forcella de la Puína. We had just a short stop at the hut to collect water.

After a right turn at Forcella Forada the path turns sharp left after about 500 m to ascend over boulders and enter a narrow rock and scree gully just north of point 2152 which is steep and unpleasant and has stonefall danger.

Several boys found the loose scree gully troublesome, and there was a long and awkward pause with one of the groups having made the difficult exit left over an exposed slab of rock, while other groups were still in the gully.

With lots of time and care everyone eventually made the exit from the gully, and waited on the slopes above while Eric did a recce as far as the Forcella Val d'Arcia.

Awaiting a decision about Forcella Val d'Arcia



While we waited the cloud cleared somewhat to give views of some of the nearer mountain groups. Eric returned to report that snow conditions on the col made crossing it too difficult. After considerable discussion about how we should proceed, we rejected returning down the difficult gully and climbed to the shoulder below Cima Forada to then follow the path down Val d'Arcia.

The map marks this path as difficult, but it's nothing of the kind as it descends scree in a well worn groove with hairpins to ease the gradient. Once off the scree a good path took us round to join path 472 just above Passo Staulanza and into the woods on the west flanks of Pelmo, by which time the cloud was beginning to clear.



It was by then past 5 o'clock and we began looking for somewhere to camp on the unpromising steep and wooded mountainside.

Where the path reaches point 1869 there is a clearing marked Pian dei Buoi, and at the southern end of this, at about 1800 m, we found sufficient level ground and a trickle of a stream and made camp at 6.30.

After a predominantly grey day with cloud obscuring distant views, it turned into a sunny and warm evening as we cooked dinner.

The clearing at Pian dei Buoi with the west wall of Pelmo above

Times:

Rifugio Citta di Fiume	1-10	1-10
Val d'Arcia	1-15	2-25
Pian dei Buoi	1-35	4-00 (8-45)

Distance: 12 km

Ascent: 740 m

Descent: 1150 m

Having come round the west side of Pelmo rather than the east we now had a much shorter day ahead of us. It was a dull, grey day when we left at 9.45 to follow traces of a path through woods to then join path 474 down the side of the Bianco stream to the Pala Favera hut.

The easy walk up the track then path 556 to the Coldai hut was done in deteriorating weather, and we arrived at 1.40 in a downpour and zero visibility. As we were just a short walk from our campsite at Lago Coldai we stayed at the hut to wait for the weather to clear, and were there for 3 hours!



At the Coldai hut preparing for the dash over Forcella Coldai

At 4.40, in the first real break in the weather we made a dash over Forcella Coldai and put up our tents. We arrived down at the lake in dense cloud and for only a brief interval did we get a glimpse of the famous view of the Civetta across the lake. The weather remained gloomy with intermittent rain as we cooked dinner and by 9.00 we had all retreated to our tents for the night.

There was a thunderstorm with torrential rain overnight and I fell asleep wondering if we would all be washed into the lake.

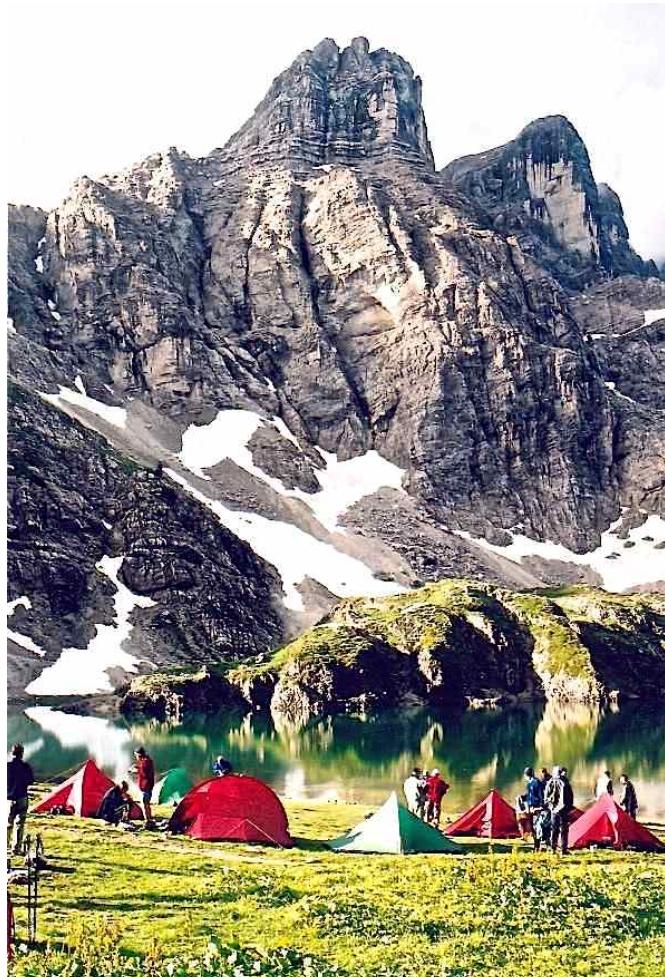


There's a lake round here somewhere ...

... ah, there it is, with our only brief glimpse of Civetta

Times:	Palafavera	30	30	Distance:	7 km	Ascent:	700 m
	Forcella di Alleghé	50	1-20			Descent:	360 m
	Rifugio Coldai	50	2-10				
	Lago Coldai	10	2-20	(7-15)			

The violent overnight thunderstorms gave way to a cold, damp and windy morning which fortunately soon brightened up a little to give sunny intervals and our first proper view across Lago Coldai to the beginning of the Civetta wall above. We had all survived the storms pretty well, though one tent did have a 3 inch depth puddle in the bell end due to surface water running into the front of the tent and pooling at the back.



Jamie Berridge, Robert Hopkin and Jason Wong inspect the paddling pool in their tent (not quite visible in this shot)!



No such problem with my flysheet only - water flowing in at the right flows out at the left!

We left at 9.15 and in one long leg had reached Forcella di Col Rean, with some groups following the high level path from Col Negro over snow beds and scree beneath the Civetta wall, and others following the main AV1 path which descends 200 m before climbing to Forcella di Col Rean.

Even though it was cold and there was cloud covering the Civetta summits, the walk along Val Civetta is very impressive.

The view along Val Civetta, with the Civetta wall rising into cloud and Forcella di Col Rean at the far end



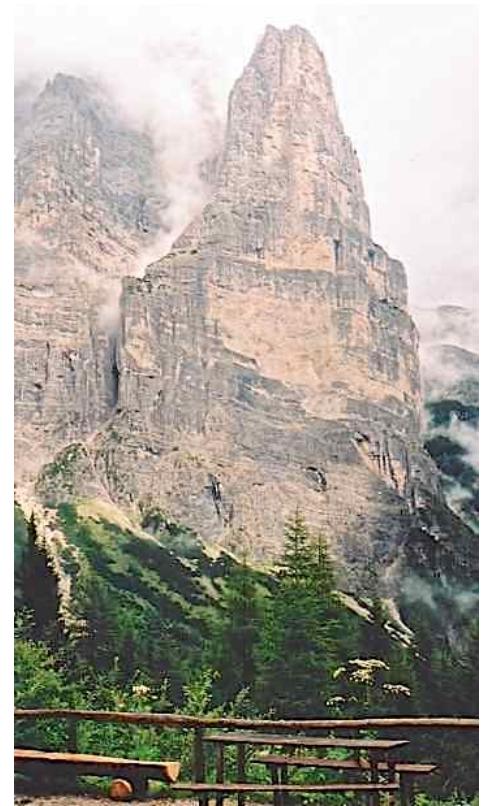


View back along the high level path over scree and snow beneath the Civetta wall

It was cold and windy at Forcella di Col Rean so we omitted the short excursion to the Tissi hut, and pushed on to the Vazzoler hut which we reached after one more leg at 12.00. We had lunch at the hut where in spite of showers there were impressive views of the looming Torre Venezia and Torre Trieste.



The Vazzoler hut with Torre Venezia on the left



Torre Trieste

We took the track down from the hut, cutting the hairpins where there was a path, and then climbed on path 554 to the notch of Forcella del Orso (aided but easy) and then up to Forcella di Camp. Conditions were by then warm and uncomfortably humid. The final leg took us down the undulating path to the Carestiato hut where we arrived at 5.00 in warm sunshine. It had seemed a long and demanding day, and one of the groups with slower walkers arrived well over an hour after the rest.



View back to the notch of Forcella del Orso in the centre and Torre Venezia and Torre Trieste on the rocky skyline



The Brutus Carestiato hut



Cool beers after a long day

The hut couldn't accommodate everyone, so some staff 'volunteered' to pitch their tents behind the hut, where there was very little room, and the best of it had been taken by other tents. I pitched my flysheet on the helipad which was so gravelly that the pegs would hardly stay in.

Dinner had been booked at the hut for everyone, and a splendid meal it was too, including a specially made birthday cake for Harry Martin and Will Longhill who had had birthdays earlier on Trek. It was a pity that the prizes awarded by Geoff in his Ulula article were not actually awarded at the meal in order to have made it a proper Trek Dinner.

It was a wet and wild night with a sequence of thunderstorms and violent blasts of wind, and on several occasions I was anticipating my poorly-pegged flysheet being blown away, but it survived. During one storm a bolt of lightning caused a huge boulder to break away from the southern cliffs of the Moiazza north of the hut, just above the path where we had walked. We heard it crashing down the mountainside, flattening trees as it fell.

Times:	Forcella di Col Rean	1-20	1-20	Distance:	17 km	Ascent:	750 m
	Rifugio Vazzoler	1-05	2-25			Descent:	1060 m
	Forcella del Orso	1-30	3-55				
	Forcella di camp	30	4-25				
	Rifugio Carestiato	50	5-15	(7-45)			

The storms had passed leaving a cold, grey morning with complete cloud cover and there was new snow on the higher peaks. We looked for evidence of fallen boulder, but couldn't see any in the tree-covered slopes below the cliffs of Moiazza.



We left at 11.30 to take the track down to Passo Duran and there picked up path 536 which skirts round the north side of the Mont Tamer massif.

We had intended to continue along path 536 all the way to Petorgnon and descend by path 524, but as distant views were poor and we were walking in trees most of the way we took the short cut down path 539 via Colcervèr to arrive in Forno at 3.30.

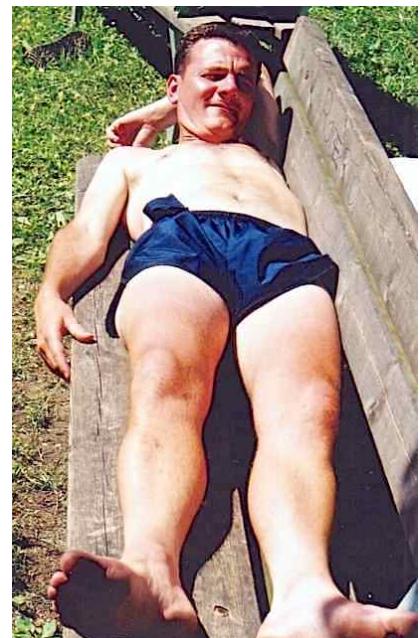


Forno is a very pleasant little village and we spent an hour there before walking to the Camping Le Bocole, just off the main road 2 km east of the village. Though the site is quite basic, it does have a good restaurant serving excellent local food and the staff made good use of it on the 2 nights of our stay.

Times:	Passo Duran Forno di Zoldo	30 2-40	30 3-10	(4-00)	Distance:	14 km	Ascent:	190 m
							Descent:	1220 m

Saturday 21st July**Free day****Forno di Zoldo**

It was a beautiful day, probably the best day we had had since we arrived in the Dolomites. There's not a lot to do in Forno and we were content to do some washing, eat, relax and pack for the return journey.



They think it's all over it is now!

Sunday/Monday 22nd/23rd July**Coach****Forno di Zoldo to MGS**

We were at the agreed pick-up point on the main road by the campsite in good time, but the coach didn't turn up until over an hour later. The drivers had driven from England the previous day and stayed locally, but had had difficulty finding the exact pick-up point.

In glorious conditions, the drive north through the Dolomites to pick up the motorway gave us superb views of the mountains we had walked through, much clearer than when we had been walking! We then read, dozed and slept our way across Europe and arrived back in Manchester without incident on Monday afternoon.

SUMMARY AND COMMENTS

This was my third Trek with MGS along the Alta Via 1, and I thoroughly enjoyed it again. I acknowledge the pioneering route devised by Gerry Leversha and Chris little in 1980, my first Foreign Trek, and in particular the choice of outstanding mountain campsites.

The Dolomites

The Dolomites offer marvellous opportunities for trekking, either camping or staying in huts, with an excellent network of well-marked paths through stunning limestone landscapes. Opportunities for easy summit ascents are limited, but long-distance views of surrounding groups are common from many different vantage points.

The Route

Much of this was the same route as the 1980 and 1989 Treks, with some variation in the breakdown into days, one different mountain campsite, a night spent in a hut and fewer summit excursions.

The overall demands of the route were similar to those of recent alpine Treks, with a similar total distance walked but a smaller than average total height gain, principally because the cols between the big peaks aren't as high in the Dolomites.

The Party

The party was excellent throughout. The boys were lively, enthusiastic, willing and cooperative.

Catering

Food for the first 3 days in the mountains was planned and bought by the boys in Manchester and carried out with us. Supplies were then replenished in San Cassiano and Cortina. Staff cooked for themselves as a single group, both in the valleys and in the mountains. Consequently the food was of a high standard.

Camping

Officially camping isn't allowed in the Fanes - Sennes - Braies Nature Park (our 1st and 2nd nights), although this caused us no problems. Elsewhere there don't seem to be any restrictions. All the mountain campsites were excellent, and all but Pian dei Buoi were used previously.

Weather

We had the usual mix of Dolomitic weather, with lots of hot sunshine, some cloudy conditions and some occasional downpours. Compared with my previous visits the weather seemed to change more rapidly this year.

Travel

Being to the south and east of the main Alps the Dolomites are not easy to reach by surface transport. I cannot decide if I prefer 3 days in a coach, camping en route, or 2 days in a coach with little sleep.

Overall it was a challenging, successful and very enjoyable Trek through some spectacular mountain groups.

My sincere thanks go to Eric for the principal organisation and leadership, and to John, Roger, Steve and Geoff for their good company and unfailing good humour.

Allan Witton November 2001



The Cristallo Group above Cortina from Forcella Ambrizzola



Ulula

FOREIGN TREK THE DOLOMITES

The esteemed editor of the magazine had been told that I was to write this year's Trek report. I found his comment touching. When would he get his report? Would he get it at all? Was I perhaps not a bit past it at my age? The last question not actually stated, but the slightly raised eyebrows spoke volumes!

I discovered that if you can survive the coach journey to Foreign Trek, you are in with a chance. The long 22-hour haul eventually turned into a race against time: would we make Villabassa before our drivers' hours expired? We did, with seconds to spare. What a blessed relief, then, to get off the coach, shoulders heavy packs and start walking. That night we reached our first high level campsite (Lago Grande).



The rain in the Dolomites does not fall mainly on the plain. It falls, heavy and prolonged, on campsites at 7000 feet. But mainly at night.

These high camps are an absolute joy: Col Duro, Lago Coldai, and that delectable spot above Tadega. For me the jewel in the crown was Travenanzes. We arrived in thick mist, which grew steadily thicker as we stirred the evening soup. At 9.30 the mist parted to give tantalising glimpses of dramatic peaks, before darkness descended and blotted the scene from view.

Next morning, 7am. The first tintinnabulation of the local sheep, and we awoke to a stupendous sight. Oh yes, we had seen all the pictures, we had heard LAW wax lyrical about the view, but nothing could prepare us for what we now saw: to the North-East the gigantic sugar-loaf of Tofana di Rozes; across the valley, suffused by the morning sun, the jagged pink spires and towers of Lagazuoi Grande. If there is one memory of the Dolomites I shall take to my grave, this is it.

There are other memories, of course, and many of them will linger long. Who could forget the profusion of wildflowers; golden hawkbeard, Alpine rose and the tenacious auricula? Or Mr Hand's frantic attempts to protect his edelweiss patch against marauding ponies below Becco di Mezzodì? Or that final Thursday? Leaving the stunning high level camp by Lago Coldai (how does LAW find them?!), we contoured below the immense wall of Civetta, lunched amid awesome rock scenery, before crossing a high col to our final Refuge.



Here ECFC had ordered Trek Meal well in advance: six different pastas to choose from, plus two very classy cakes for the birthday boys. We retired a little later than usual. Boys in the Refuge, staff in tents! Whose bright idea was that? The first of four colossal thunderstorms hit us before midnight. It was followed by an eerie stillness, then a gigantic crash half a mile away, as the great rock was torn loose from the Moiazza massif and, rending all before it, obliterated the path we had walked in on. It was a day and a night to remember.

And now for the awards:-

Trek supremo

Mr Cittanova, who also wins 'Trek Outfit of the Year Award' for his 'Bedouin In Shades'.

Mountain Goat

Harry Martin
Jamie Berridge, Matt Turnbull,
Matt Squires, et al.

Tireless Tramper
Best broccoli and Stilton soup:

Mr Hand, who also wins the award for most elegant stick technique.

Longest shower

James Hurrell (17.5 mins!).

Elastoplast award

Andrew 'the stoic' Wilson.
(for finest collection of blisters)

Walkie-talkie award

James Greene (2,500 words for every 100 metres of ascent)

Night runner

Mr Williams, for one or two unexplained nocturnal sorties. He also gains his Needlework Badge.

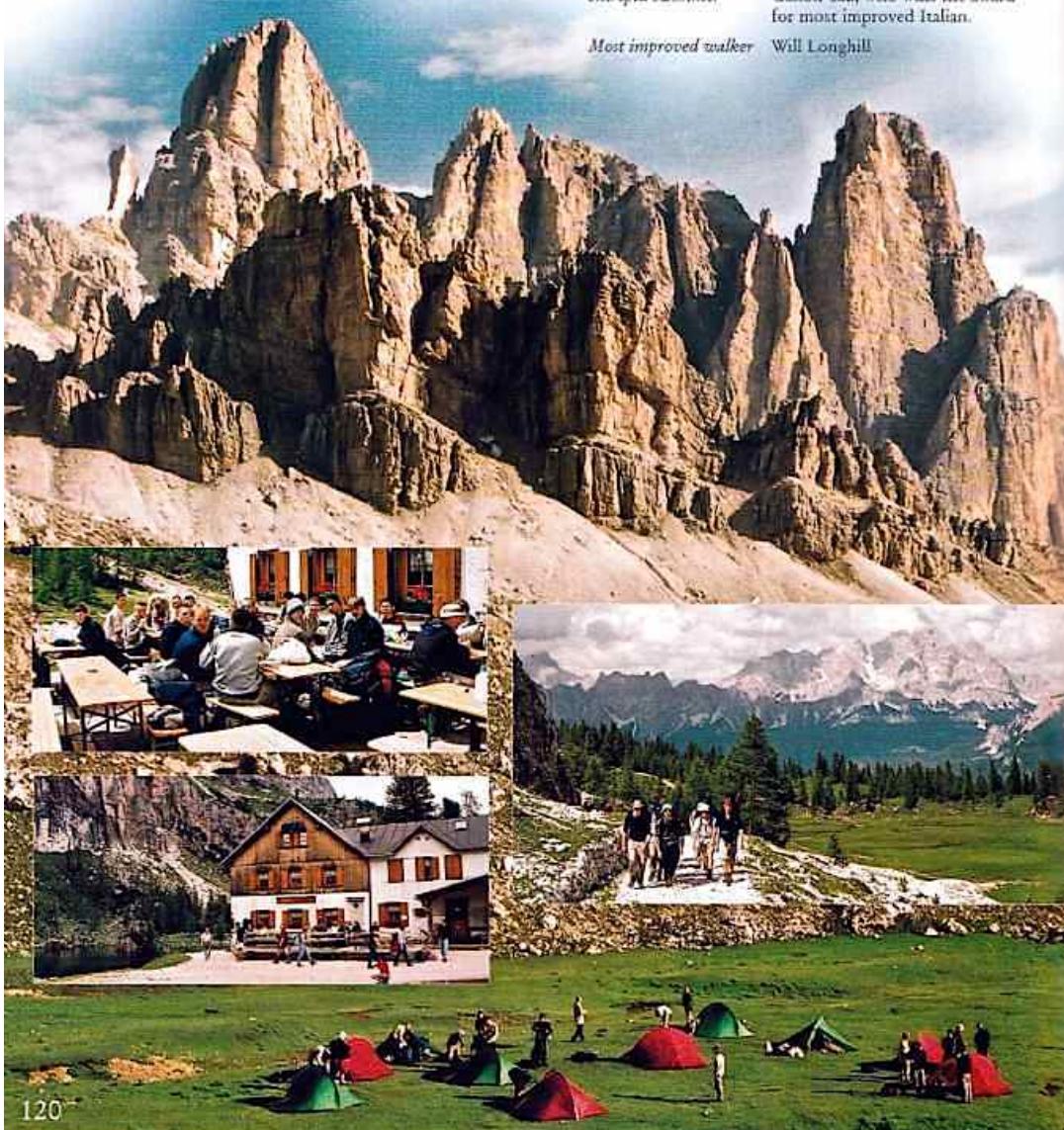
Mr Generous

Jonathan Fish, who shared his last biscuit with the author in his moment of need.

Intrepid swimmer

Canon Yau, who wins the award for most improved Italian.

Most improved walker Will Longhill



120

Most improved stick technique

Florence Nightingale award

Steady Plodder

Master of Understatement

Pool trick shot specialist

Route planner and finder extraordinaire

Josh Singer

Dr Willson, who also gains his Angel-Delight-cum-Whirl badge

Danny Liu Yin

Robert Frazer, who, when asked what he thought about the superlative views from Tofana managed: "I suppose it's allright, Sir".

He also wins his Sockwasher badge, half a packet of powder for 3 socks
Tom Rowland (without the aid of 'orthotic' insoles!).

Mr Witton

This last award is a very special one, given the state of Italian maps. To describe them as impressionistic would be charitable indeed. I feel, quite seriously, that the final award should go to all 27 boys on this year's Trek. Few had trekked before; none, in this year of foot-and-mouth, had had the opportunity to get fully fit before leaving. I take my hat off to all of them. They were superb.

Well, it took them twenty-eight years to invite me on Trek. It was worth the wait. If you are deterred by its 'hardman' image, do not be. The walking is, for the most part, perfectly straightforward on rattling good paths. The scenery is out of this world. Try it sometime - you will manage it. I did, and I'm past it, remember.

G.E. Chandler

2021 NOTE

I did the research for the summary tables on the following pages for the original 1986 Vanoise Trek Log, and have updated them each year since.

As part of the Trekking Centenary celebrations in 2004 a printed Centenary Brochure was produced which gives a comprehensive account of the first 100 year history of Trekking at MGS. It has a section listing all points above 3000 m that Trek has reached between 1974 and 2004. There is also a section on the ascent of summits from the earliest days as recorded in Ulula accounts. In 2015 a digital version of the Trekking Centenary Brochure was produced in order to make it more widely available.

RECENT FOREIGN TREKS 1974 - 2001

This list gives outline details of recent Foreign Treks from the start of Trek Log in 1974 to date.

YEAR	COUNTRY	AREA	LEADER	STAFF	TREKKERS	COST
2001	Italy	Dolomites - AV1	Cittanova	Witton, Willson, Hand, Williams, Chandler	37	£440*
2000	France/ Italy Switzerland	Tour du Mont Blanc	Cittanova	Witton, Willson, Hand, Pattison, Burin	17	£440*
1999	Morocco	High Atlas/Zagora	Cittanova	Witton, Willson, Hand, Renshaw, Burin, Pattison,	37	£640
1998	France/Spain	Pyrenees	Cittanova	Willson, Hand, Renshaw, Burin, Pattison, Anderson	27	£400
1997	France	Vanoise	Witton	Cittanova, Milne, Renshaw, Williams, Burin	18	£400
1996	Morocco	High Atlas	Witton	Dobson, Cittanova, Willson, Milne,	24	£550
1995	Austria	Stubai Alps	Witton	Dobson, Cittanova, Willson, Hand, Taylor	29	£370
1994	Switzerland	Bernina Alps	Witton	Dobson, Duffy, Cittanova,	24	£390
1993	France/Andorra	Pyrenees	Witton	Dobson, Duffy, Seel, Bedford, Uren	28	£370
1992	Morocco	High Atlas	Witton	Dobson, Duffy, Seel	20	£510
1991	France	Vanoise	Witton	Dobson, Seel	12	£290*
	Norway	Lyngen/Romsdal	McDonald	Hesketh, Milne, Burin	12	£570
1990	Austria	Ost Tirol	Witton	Dobson, Hand, Milne, (Witton)	26	£290
1989	Italy	Dolomites - AV1	Witton	Dobson, Duffy, Thorpe, Milne, (Witton)	36	£265
1988	France/Italy Switzerland	Tour du Mont Blanc	Witton	Dobson, Hesketh, Staufenberg, (Staufenberg)	27	£250
1987	France/Spain	Pyrenees	Witton	Stubbs, Dobson, Duffy, Hand	38	£220
1986	France	Vanoise	Witton	Leversha, Stubbs, Dobson, Souster, Duffy, Hesketh	35	£200
1985	Austria	Zillertal	Witton	Leversha, Willson, Dobson, Souster, Adams	37	£185
1984	Iceland		Witton/Willson	Souster, Adams, Green, Orrell	17	£250
	Italy	Dolomites/Ortler	Leversha	Stubbs, Bridges	10	£190
1983	France/ Italy Switzerland	Mont Blanc - Grand Combin	Witton	Leversha, Stubbs, Dobson, Souster, Brierley, Kennedy	38	£180
1982	France	Pyrenees	Witton	Leversha, Stubbs, Dobson, Souster, Willson	37	£170
1981	Austria	East Tirol	Leversha	Stubbs, Witton, Dobson, Souster	38	£150
1980	Italy	Dolomites - AV1	Leversha/ (Little	Witton Hamment - Aylsbury GS)	16 (+15)	£150
1979	Switzerland	Bernese Oberland	Little	Leversha, Gomersall	19	£150
1978	France/Spain	Pyrenees	Walker	Little, Peacock, Stubbs	20	£125
1977	Austria	Tirol	Little	Peacock, Buckley, Walker, Hancock	21	£120
1976	Italy	Marmolada	Little	Stubbs, Buckley, Walker	25	£100
1975	Switzerland/Italy	Monte Rosa	Peacock	Stubbs, Geoghegan, Buckley, Little	30	£79
1974	France/Italy Switzerland	Mont Blanc - Matterhorn	Wylde	Stubbs, Geoghegan, Buckley, Poole, Bowyer, Peacock	40	£80

* Plus individual food costs of £50 - £80

SUMMARY WALKING STATISTICS FOR FOREIGN TREKS 1982 - 2001

Year	Area	Full Walking Days	Total distance walked		Total height Climbed		Daily averages for full walking days						
			km	Miles	Metres	Feet	Distance km	Miles	Ascent Metres	Feet	Walking Time		
2001	Dolomites	11	139	87	8680	28,500	13	7.9	790	2590	3h-50		
2000	Tour M. Blanc	9	149	93	7,530	24,700	17	10.3	840	2750	4h-40		
1999	Morocco	11	185	116	7330	24,000	17	10.5	670	2190	5h-00		
1998	Pyrenees	No data available as I didn't go on this Trek											
1997	Vanoise	11	167	104	10,800	35,600	15	9.5	980	3220	4h-50		
1996	Morocco	11	137	86	11,530	37,800	12	7.6	1030	3390	4h-10		
1995	Stubai Alps	11	97	61	8,060	26,400	9	5.6	810	2650	4h-10		
1994	Bernina Alps	11	161	101	9,240	30,300	15	9.1	840	2760	5h-00		
1993	Pyrenees	11	144	90	10,770	35,300	13	7.8	980	3200	4h-30		
1992	Morocco	11	130	81	10,850	35,600	12	7.2	970	3180	4h-00		
1991	Vanoise	11	178	111	11,080	36,400	16	9.7	1010	3300	4h-40		
1990	Ost Tirol	13	160	100	10,800	35,400	12	7.7	830	2730	4h-30		
1989	Dolomites	13	156	98	10,560	34,600	12	7.5	810	2660	4h-30		
1988	Tour M. Blanc	13	175	110	11,400	37,300	14	8.4	880	2900	4h-20		
1987	Pyrenees	12	170	106	10,800	35,600	14	9.0	900	2960	4h-45		
1986	Vanoise	11	161	100	11,000	36,100	14	8.9	995	3260	4h-45		
1985	Zillertal	12	149	93	10,100	33,100	12	7.6	840	2760	4h-45		
1984	Iceland	10	182	114	-	-	18	11.5	-	-	-		
					The only extended climb was 3950 ft (1200 m) to the summit of Hekla								
1983	Mont Blanc - Grand Combin	11	140	87	11,500	37,600	13	8.1	1050	3430	4h-50		
1982	Pyrenees	12	137	86	10,400	34,100	11	7.1	870	2840	4h-25		



Easy trekking across Sennes Alp

FOREIGN TREK HIGH POINTS 1974 - 2001

This is a list of the highest points reached by Foreign Trek since detailed records were started with Trek Log in 1974. Many other summits and high passes have been climbed but only those over 3000 metres are listed, except when a Trek didn't reach this height in which case the highest point reached that year is given.

		SUMMITS	OTHER HIGH POINTS		
2001	DOLOMITES	la Varella	3055		
2000	TOUR DU MONT BLANC		Col des Fours	2665	
1999	MOROCCO	Mgoun Jbel Tignousti	4068 3819	Jbel Aguensou-n-Issis Tarkeddid S ridge	3300 3216
1998	PYRENEES			Collado da la Paúl	3057
1997	VANOISE	Rateau d'Aussois Pointe de l'Observatoire	3131 3015		
1996	MOROCCO	Toubkal Ouanoukrim Toubkal West Iferouane Adrar-n-Dern East Adrar-n-Dern West Jbel Oukaimeden Jbel Attar	4167 4088 4020 4000 3853 3533 3273 3267	Tizi n'Tadat Tizi n'Ouanoums Tizi n'Ouraine	3740 3664 3120
1995	STUBAI ALPS	Rinnen Spitz	3006	Gamsspitzl (S Col)	3050
1994	BERNINA ALPS	Piz Languard Piz Ot Munt Pers Piz Nair	3262 3246 3207 3057		
1993	ARRIÈGE - ANDORRA	Pic Carlit	2921		
1992	MOROCCO	Toubkal Ouanoukrim Iferouane Jbel Oukaimeden Jbel Attar	4167 4088 4000 3273 3267	Tizi n'Tadat Tizi n'Ouanoums Tizi n'Ouraine	3740 3664 3120
1991	VANOISE	Pointe de la Sana Grand Roc Rateau d'Aussois Pointe Boussac Pointe des Fours Pointe du Pisset	3436 3316 3131 3090 3072 3033		
	NORWAY	Galdhøpiggen	2469		

		SUMMITS	OTHER HIGH POINTS	
1990	OST TIROL	Kleine Muntanitz Böses Weibl Wilden Kogel	3192 3121 3022	
1989	DOLOMITES	Piz Boè la Varella	3152 3055	
1988	TOUR DU MONT BLANC	Tête Nord des Fours	2756	
1987	PYRENEES	le Taillon Petit Vignemale Grande Fache	3144 3032 3005	
1986	VANOISE	Grande Sassière Pointe de l'Observatoire	3747 3015	Pointe de la Réchasse (W Ridge) 3044
1985	ZILLERTAL	Schwartzenstein Schönbichlerhorn Richter Spitz	3369 3134 3052	
1984	ICELAND	Hekla	1491	
	DOLOMITES/ORTLER	Mont Confinale	3370	Mont Cevedale (NW Glacier) ~ 3600
1983	MONT BLANC - GRAND COMBIN	Mont Rouge du Giétra Mont Avril Pointe d'Orny Grand Tavé	3439 3347 3270 3158	
1982	PYRENEES	Vignemale Pic Perdiguère le Taillon Pic de Néouvielle	3298 3222 3144 3091	
1981	OST TIROL	Kasteneck	2836	
1980	DOLOMITES	Tofana di Rozes La Varella	3224 3055	
1979	BERNESE OBERLAND	Wildstrubel	3244	Les Diablerets (NE Ridge) 3109
1978	PYRENEES	Vignemale le Taillon Grande Fache	3298 3144 3005	Mont Perdido (NW Ridge) ~3050
1977	TIROL	Hohe Geige Schaufel Spitz	3395 3333	Riffljoch Ölgrubenjoch 3100 3095
1976	MARMOLADA	Piz Boè	3152	
1975	MONTE ROSA	Klein Matterhorn Mettelhorn	3883 3406	Gnifetti Hut Britannia Hut 3611 3029
1974	CHAMONIX - ZERMATT			Col du Mont Rouge 3325 Theodulpass 3290 Hörnli Hut 3260 Col Collon 3087 Col de Valcournera 3066

Feet	Metres	Height	Year	SUMMIT
4160	4167	92,96		Toubkal (13,672)
4150				
4140				
4130				
4120				
4110				
4100				
4090				
4080	4088	92,96		Ouanoukrim
4070				
4060	4068	99		Mgoun
4050				
4040				
4030				
4020	4020	96		Toubkal West
4010				
4000	4000	92,96		Iferouane
3990				
3980				
3970				
3960				
13,500				
3950				
3940				
3930				
3920				
3910				
3900				
3890				
3880	3883	75		Klein Matterhorn (12,740)
3870				
3860				
3850	3853	96		Adrar-n-Dern East
3840				
3830				
3820				
13,000				
3810	3819	99		Jbel Tignousti
12,500				
3800				
3790				
3780				
3770				
3760				
3750				
12,290	3740	86		Grande Sassière
	3747			
3730				
3720				
3710				
3700				
3690				
3680				
3670				
12,000	3660			
3650				
3640				
3630				
3620				
3610				
3600				
3590				
3580				
3570				
3560				
3550				
3540				
3530	3533	96		Adrar-n-Dern West
3520				
3510				
11,500	3500			
3490				
3480				
3470				
3460				
3450				
3440	3439	83		Mont Rouge du Giéstro
3430	3436	91		Pointe de la Sana
3420				
3410				
3400	3406	75		Mettelhorn
3390	3395	77		Hohe Geige
3380				
3370	3370	84		Mont Confinale
3360	3369	85		Schwarzstein
11,000	3350			
3340	3347	83		Mont Avril
3330	3333	77		Schaufel Spitz
3320				
3310	3316	91		Grand Roc
3300				
3290	3298	78,82		Vignemale
3280	3273	92,96		Jbel Oukaimeden
3270	3270	83		Pointe d'Orny
3260	3267	92,96		Jbel Attar
	3262	94		Piz Languard
3250	3246	94		Piz Ot
3240	3244	79		Wildstrubel
3230	3224	80		Tofana di Rozes
3220	3222	82		Pic Perdiguère
10,500	3200	94		Munt Pers
3190	3192	90		Kleine Muntanitz
3180				
3170				
3160	3158	83		Grand Tavé
3150	3152	76,89		Piz Boë
3140	3144	78,82,87		Le Taillon
	3134	85		Schönbichlerhorn
3130	3131	91,97		Râteau d'Aussois
3120	3121	90		Böses Weibl
3110				
3100	3091	82		Pic de Néouville
3090	3090	91		Pointe Boussac
3080				
3070	3072	91		Pointe des Fours
3060				
	3057	94		Piz Nair
10,000	3050	80,89,01		La Varella
	3055	85		Richter Spitz
	3052	85		
3040	3033	91		Pointe du Pisset
3030	3032	87		Petit Vignemale
3020	3022	90		Wilden Kogel
3010	3015	86,97		Pointe de l'Observatoire
	3006	95		Rinnen Spitz
3000	3005	78,87		Grand Fache

TREK HIGH POINTS

1974-2001

in order of altitude.

Morocco Pyrenees

The rest are in the Alps.

This year's summit is in blue.