

Cima Grande di Lavaredo – Normal Route



The ascent and descent follow the normal route via the south side.

Program:

In the morning, your mountain guide will pick you up at your accommodation. If you're staying in the valley, the guide will come by car to collect you. If you're staying in a hut (Auronzo Hut or Lavaredo Hut), the guide will meet you there.

Start time: between 5:00 AM and 6:30 AM (depending on weather and travel time)

Tour Description:

The approach from the Auronzo or Lavaredo Hut takes approximately 45 to 60 minutes.

The climb begins with a ramp rated at grade I and II, followed by several climbing sections of lower grade III difficulty, leading to the first notch. From there, the route continues through moderately difficult terrain to the so-called third notch.

Soon after, you will reach the steepest part of the climb, featuring the crux of the tour: the Innerkofler Chimney (grade IV-). From there, the route leads to the "Ringband" (a ledge), which is followed around to the southwest side of the mountain. From there, easy climbing leads to the summit of the **Cima Grande di Lavaredo**.

After a summit break, you will descend via the same route. Easier sections are downclimbed, while your guide will rappel you down the more difficult parts.

Duration:

Ascent: approx. 2.5 – 3.5 hours

Descent: approx. 2.5 – 3.5 hours

Equipment List:

If you own a climbing harness and helmet, please use your own gear. Otherwise, the alpine school will provide it.

Ropes, belay devices, etc., will be brought by the mountain guide.

You will also need:

- Approach shoes or light mountain boots (should be soft and already broken in – not heavy or stiff mountaineering boots)
- Hiking clothes (including long pants)
- Jacket (for breaks, descent, and in case of wind or rain)
- Spare clothes
- Small backpack
- Drink (approx. 1 liter per person)
- Snacks/food (e.g., Muesli bars, fruit, sandwiches, chocolate, etc.)
- Sunglasses
- Sun protection (sunscreen, lip balm)
- Camera

Please only bring the essentials – every kilogram counts.