**AREA**

Dolomites – Tofane

PEAK

Tofana di Dentro

FACE

West, South, North

ALTITUDE

3238m

DIFFICULTY

Medium

TIME

4 hours

BEAUTY

4

DESCRIPTION OF DIFFICULTY

This relatively high up, mid-grade ferrata should only be undertaken in perfect weather. Snow is often to be found at the start of the season and the itinerary demands mountaineering experience, especially along its descent via the north ridge and past its rocky and friable sections.

TOTAL ASCENT

1000

FERRATA ASCENT

400

PERIOD

From the end of June to October, depending on snow conditions.

POPULARITY

Low

GEAR

Normal via ferrata kit. Take mountaineering equipment for the snow at the start of the season.

INTRODUCTION

The Ferrata Formenton is in fact a beautiful traverse that starts from the summit of Tofana di Mezzo, which is reached via cable car. By ascending the Tofana di Mezzo's south face one can access the less visited Tofana di Dentro,



before descending along the north ridge to the Ra Valles cable car station. A complete and demanding circuit can be made by combining this ferrata with the Ferrata G. Aglio on Tofana di Mezzo.

GETTING THERE

The itinerary starts at the Tofana cable car, situated close to the ice stadium in Cortina.

ACCESS

From Cortina take the three 'Freccia nel cielo' cable cars and follow the path towards the summit of Tofana di Mezzo to a fork signposted "Ferrata Formenton" that leads up to Tofana III. The ascent of Tofana di Mezzo, though optional, is a useful (and not to be missed) start to the itinerary.

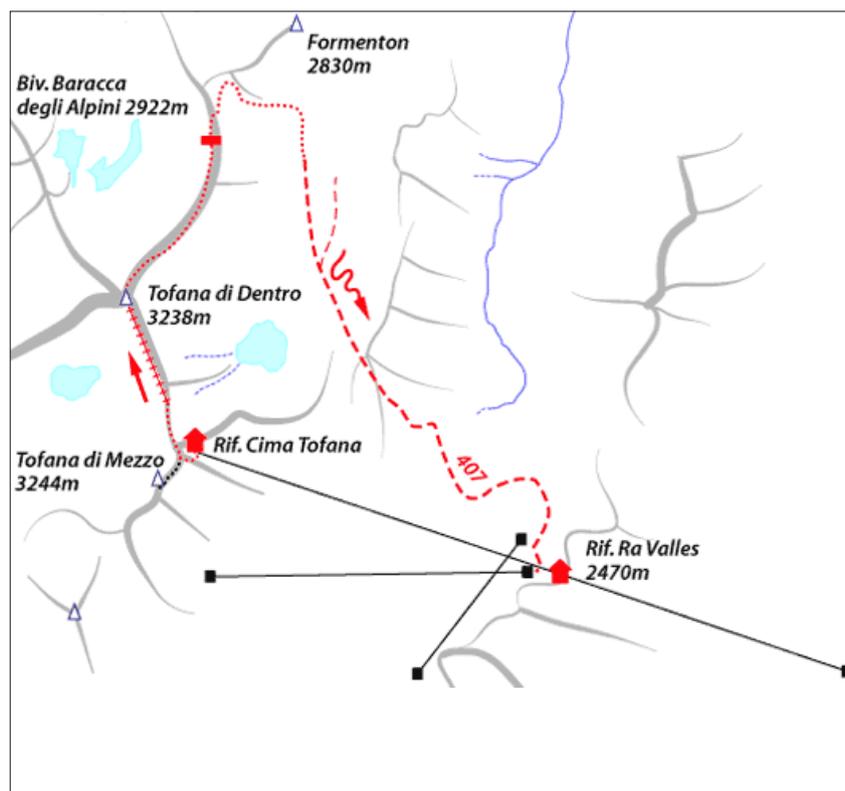
ASCENT

From the fork beneath the summit of Tofana di Mezzo cross the ridge and make the steep descent, with the help of cables, to the pass that separates Tofana di Mezzo from nearby Tofana di Dentro (or Tofana III). Ignore the signs for the Via Normale

Mezzo, from where the traverse began almost 1 1/2 hours earlier. The view over Cortina and the fantastic Ampezzane summits is truly magnificent.

DESCENT

Descend from the summit following the 'Ferrata Formenton' signs along the easy and wide north ridge. At the start of the season this may still be covered in snow and ice and consequently due care and attention is required. The route leads past red wooden markers to the emergency Baracca degli Alpini bivouac in its lower section (2922m 1 hour), before proceeding to col "Sella di Formenton" (2860m). A rocky path leads away from here along the east face to the scree slopes and path no. 407; following signs for Ra Valles the cable car's middle station is reached, after a final rise, in about half an hour. Finish the route with a comfortable cable car ride back down to Cortina.



that ascends from Rifugio Giussani and descend to the lowest point between the two Tofane, to then begin the ascent up easy ledges and stepped terrain to the southern crest of Tofana III. The environment is beautiful and alpine. Though not particularly demanding, it guarantees a highly satisfying ascent. Pass a cave and remnants of the First World War to then continue via the wide and well-trodden ridge to the summit (3237m). From this one can almost touch the slightly higher Tofana di

BIBLIOGRAPHY

Via Ferrata Scrambles in the Dolomites by Höfler/Werner Translation Cecil Davies Cicerone Press

LINKS

<http://cortina.dolomiti.org>
<http://www.planetmountain.com>
<http://www.guidecortina.com>

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 Discover mountain stories in HH's new magazine
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