

# SELF-GUIDED HIKING IN THE DOLOMITE MOUNTAINS

This trip showcases the most beautiful trails in the Dolomite Mountains, follow emblematic trails where sharp vertical peaks and vast valleys collide. Discover all of the natural riches of this astonishing massif with maximum flexibility. You can choose to circulate with the public and/or private transport as convenient, or you can hire your own vehicle. Your adventure; your wishes.

 Region	The Dolomites
 Activity	Tailor-made
 Duration	6 days
 Code	ITADOL
 Price	From €505
 Level	4/5
 Comfort	4/5

# ITINERARY

## Day 1 Cortina d'Ampezzo



Arrival in Cortina d'Ampezzo. Depending on your arrival time, you can visit this city in the heart of the Dolomites. You find yourself in a vast valley and surrounded by impressive towering peaks including Croda del Lago and Tofane which you will discover the next days. Settle into your accommodation here for 5 nights.

*Accommodation: Hotel*

## Day 2 Averau and the Cinque Torri path



Take the bus to Falzarego pass, the starting point of the emblematic 5 Torri hike. Today's trail begins, gently climbing upwards, your surroundings becoming increasingly mineral. You soon discover a beautiful field of stones and arrive at the foot of Averau, a rocky citadel culminating at 2649 metres above sea level. Continue around the mountain to Nuvolau pass. From here, it is possible to conquer Nuvolau summit, an additional 150m

revealing fabulous panoramic views. Then, re-join the historical 5 Torri path, famous among climbers, along which remains of First World War Battles between Italian and Austro-Hungarian troops are still visible today. Back to Cortina.

*Bus from Cortina to Falzarego pass: Around 40 minutes*

*5 hours of hiking*

*Elevation: +600 / - 800*

*Accommodation: Hotel*

## Day 3 Lagazuoi



From Falzarego Pass, today begins with the beautiful climb up Lagazuoi. From the top, 360 degree views are revealed and you can see Marmolada in the distance, the roof of the Dolomites at 3343m above sea level! During the ascent, you will discover more military remains dating back to the first world war. To reach the Scotoni refuge, frequented by Italian families, you descend to a pleasant valley at the foot of impressive vertical cliffs. Then you head up a final pass

to catch the bus back to Cortina.

*Bus from Cortina to Falzarego pass: Around 40 minutes*

*5 hours of hiking*

*Elevation: +700 / - 1000*

*Accommodation: Hotel*

#### 📍 Day 4 **Tofana di Rozes**



Tofana di Rozes is the seventh highest summit in the Dolomite Mountains. At 3225 metres it is one of the most iconic mountains in the Dolomites. These high rock faces are perfect for via ferrata. Today, from Dibona refuge a beautiful balcony path in offers views of the surrounding peaks, including the Cinque Torri which you discovered yesterday, Croda del Lago which you will get to discover tomorrow, and the beautiful valley of Travenanzes. A

mythical hike! Return to Cortina by private transfer.

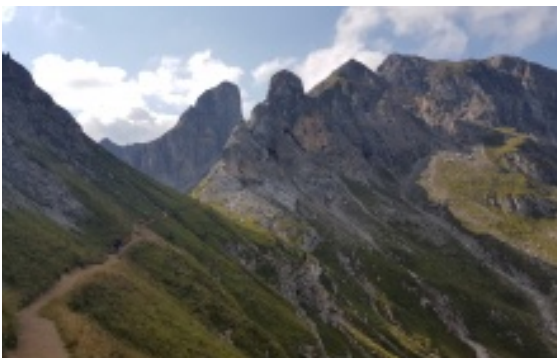
*Private transfer from Cortina to Dibona refuge: Around 30 minutes*

*6 - 7 hours of hiking*

*Elevation: +900 / - 900*

*Accommodation: Hotel*

#### 📍 Day 5 **Tour of Croda del Lago**



Take the bus to Giau Pass. Today's hike showcases the extraordinary diversity of the Dolomite Mountains. First, you follow a beautiful path that leads to green pastures and observe how the surrounding mountains are as sharpened by the elements. Continue around croda del lago, an impressive steep vertical cliff, then, descend gently to lago di Federa. First, this path is panoramic, then you continue into a beautiful forest before returning to the

road. Back to Cortina.

*Bus from Cortina to Giau pass: Around 30 minutes*

*6 hours of hiking*

*Elevation: +800 / - 800*

*Accommodation: Hotel*

#### 📍 Day 6 **Tre Cime di Lavaredo**



A top day to end your stay. From Auronzo, you discover the three most mythical mountains of the Dolomites, Tre Cime di Lavaredo. From the foot of these stone giants, you can see more clearly the Cima Grande, the highest summit of the three at 2999m. Surrounded by Cima Ovest and Cima Piccola, you hike up to Locatelli refuge and to incredible views of the north face of these 3 emblematic peaks. Return to Cortina in the middle of the afternoon.

End of this trip and onwards travel.

*Private transfer to Auronzo refuge: Around 45 minutes*

*4 hours of hiking*

*Elevation: +500 / - 500*

The details in this indicative programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. Please note that in order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made.

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:



### Price

From 15/06/19 to 20/07/19 and from 2/09/2019 to 15/09/2019

2 people (double rooms) from 615€ per person

3 people (triple rooms) from 525€ per person

4 people (2x double rooms) from 505€ per person

From 21/07/19 to 01/09/19

2 people (double rooms) from 645€ per person

3 people (triple rooms) from 555€ per person

4 people (2x double rooms) from 535€ per person

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- Accommodation in the heart of Cortina
- The private transfers on Day 4 and Day 6
- Our assistance 24 hours 7 days a week
- A detailed roadbook with your comprehensive itinerary, hikes, logistic details and local tips

### Not included

- Transport to and from Cortina for the beginning and at the end of this trip
- A rental vehicle
- Bus transfers, as detailed in the programme
- Parking fees
- Drinks and personal expenses

### Notes

If you would like to arrive a day earlier in Cortina, we can reserve an extra night in our hotel for you. Likewise, if you wish to extend your stay past Day 6. This trip can be done with a rental car, please [contact us](#) if you have any questions or wish to discuss any of these options.

## ***Terms and conditions***

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### ***Booking conditions***

Booking a trip with Altaï Italia implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

### ***Invoice procedure***

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Italia reserve the right to cancel your booking, free of charge, if this deadline is not respected.

### ***Cancellation policy***

If for any reason you have to cancel your trip, Altaï Italia require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact Altaï Italia in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Italia may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Italia reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Italia as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

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This is a self-guided adventure. You will be equipped with a detailed roadbook containing all the necessary information for your trip including your comprehensive itinerary, maps and detailed descriptions for your walks and all logistical details. Our dedicated staff are here to assist 24 hours, 7 days a week should you have any questions or worries when in Italy.

### Food

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This trip includes breakfasts. You will have no problems preparing a picnic lunch in Cortina each morning to bring with you. In the evenings, you will find lots of restaurants and recommendations in your detailed roadbook.

### Accommodation

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You will stay in a comfortable hotel in central Cortina (depending on availabilities).

### Transportation

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Travelling to Cortina: The nearest airport is Venice, from here you have to take a bus to Cortina d'Ampezzo. Please contact us for more details

On days 2, 3 and 5 you take public buses to the starting point of the hikes and return to Cortina at the end of the day. In your travel diary, we give you directions and schedules. Frequency and regularity of public transport are in the Dolomites!

On days 4 and 6, our taxi partner will pick you up at your accommodation in the morning, take you to the starting points of the day hikes and take you back to Cortina.

### Budget & exchange

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**The currency is the Euro, € (EUR)**

Visit <http://www.xe.com> for the latest currency converter and exchange rates. You can withdraw euros from in-country ATMs and card payments are widely accepted.

Please budget for in-country transfers as necessary, meals as necessary, tips, drinks and personal expenses.

### Vital equipment

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- Sturdy hiking boots, good quality necessary, choose high rise boots to protect your ankles which non-slip 'vibram' soles
- Walking trousers
- Shorts
- T-shirts (sports tops, fast-drying, technical materials)
- A warm jacket, windproof, breathable and warm when wet or waterproof
- A quality rain coat, breathable with sealed seams (Nikwax / Gore-tex...)



- Water proof trousers (same quality required)
- A sunhat / cap
- Your swimsuit and a fast-drying towel
- Your personal toiletries
- A towel
- Sunglasses (quality)
- Sun cream (face and lips)
- A head torch and spare batteries
- Water bottle(s) min. 1.5L, light, refillable and isothermal

## **Helpful equipment**

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- Casual shoes for the evenings and for exploring towns/villages
- Toilet paper and a lighter
- Anti bacterial hand gel
- A tupperware box and cutlery for picnics
- Hiking poles
- A compass

## **Luggage**

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We advise you to pack your belongings as follows:

- A small backpack 35-40 litres with a waist strap to carry with you each day containing your camera, water, your lunch, swimming stuff, a spare jumper etc...
- A large marine style bag or rucksack containing the rest of your belongings
- An anti-theft pouch to wear around your neck or waist containing your important documents

## **Medicine**

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We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers...

## **Passport**

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To go to Italy, most travellers need a valid passport. It is your responsibility to confirm your specific passport requirements.

## **Visa**

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Most travellers will not need to obtain a visa. It is your responsibility to confirm your specific visa requirements.

## **Mandatory vaccines**

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No mandatory vaccinations are required.

## ***Health information & recommendations***

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A consultation with your doctor is a prerequisite for any trip.

## ***Weather***

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The climate in Italy varies depending on the region. As a rule it is very hot in the summer, especially in Southern Italy, Autumn is exquisitely mild and sea temperatures enable bathing until November. Spring is undoubtedly the best time to go hiking in Italy.

## ***Electricity***

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European-style plugs with two round pins are used. Voltage is normally 220/230 V, 50 Hz.

## ***Local time***

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Italy uses Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Saving Time (DST) is observed here.

## ***Sustainable tourism***

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Altaï always aims to have as little impact on the environment as possible. As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take Responsible and Sustainable Tourism very seriously.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection.

We kindly request that you adopt the following simple actions when travelling with Altaï Réunion in order to support our ethical, sustainable and responsible tourism policies:

- Avoid dropping litter - use bins or carry your rubbish with you.
- Use drinking water sparingly - avoid wasting water, take showers not baths, report leaks, etc..
- Support the preservation of cultural sites - resist the temptation to touch statues, move stones etc..
- Exchanges are preferable to donations - generations gifts can destabilize the local economic balance.
- When walking, be aware of fragile ecosystems, observe wildlife from a distance, stick to trails, limit trampling and do not steal from the nature - resist the temptation to pick flowers, collect fossils or stones...
- Some hotels have air conditioning - to avoid excessive energy consumption and greenhouse gas emissions, please use sparingly and remember to cut the aircon when you are not in the room.