+33 4 8168 1622 | +39 095 888 8198

THE EMBLEMATIC TRAILS AND HIGHLIGHTS OF THE DOLOMITES

Discover the breathtaking Dolomite Mountain Range through its most emblematic paths. From the comfort of hotel accommodation, explore the varied landscapes of one of the most incredible mountain ranges in the world. You expert guide will lead you on a journey of discovery as you discover this magnificent UNESCO World Heritage Site.

Region	The Dolomites
Activity	Hiking & Trekking
Duration	7 days
Group	4 to 15 people
Code	BIDOL7A
Price	From €1,815
Level	3/5
Comfort	4/5
Language(s)	English

ITINERARY

Day 1 **Arrival in Cortina d'Ampezzo**

Arrival in Cortina d'Ampezzo and installation to your accommodation for 5 nights. Early this evening, you meet your guide and the rest of your group for a welcome dinner and briefing.

Accommodation: Hotel

Day 2 **Averau and the Cinque Torri path**

Today we take the bus to Falzarego pass, the starting point of the emblematic 5 Torri hike. Todays trail begins, gently climbing upwards, our surroundings becoming increasingly mineral. We soon discover a beautiful field of stones and arrive at the foot of Averau, a rocky citadel culminating at 2649 metres above sea level. We continue around the mountain to Nuvolau pass. From here, it is possible to conquor Nuvolau summit, an additional 150m revealing fabulous panoramic views. Then, we re-join the historical 5 Torri path, famous among climbers. Along the route we can see remains of First World War Battles between Italian and Austro-Hungarian troops are still visible today. Back to Cortina.

Bus from to Cortina to Falzarego pass: Approx. 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 our ascent, we 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 we discovered yesterday, Croda del Lago which we will 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**

We take the bus to Giau Pass. Today's hike showcases the extraordinary diversity of the Dolomite Mountains. First, we follow a beautiful path to green pastures and we obsrve how the surrounding mountains are sharpened by the elements. We 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 our stay. From Auronzo, we discover the three most mythical mountains of the Dolomites, Tre Cime di Lavaredo. From the foot of these stone giants, we see more closely the Cima Grande, the highest summit of the three at 2999m. Surrounded by Cima Ovest and Cima Piccola, we 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.

Private transfer to Auronzo refuge: Around 45 minutes
4 hours of hiking
Elevation: +500 / - 500
Accommodation: Hotel

Day 7 **End of the trip**

Afeter breakfast, it's time to leave !
See you soon and Grazie mille

Airport transfer

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 a safe adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. Please also note that your group may contain travellers from different backgrounds because this trip was built in collaboration with our partners. For more information do not hesitate to contact us.

DATES & PRICES

International departures:

No departure for now

Trip code: BIDOL7A

Included

- Comfortable hotel accommodation for 6 nights
- All breakfasts
- Picnic lunches days 2 to 7
- Evening meals days 1 to 6
- Airport transfers
- All transfers both public and private as detailed in itinerary
- Accompaniment by a qualified expert guide

Not included

- Flights
- Visas
- Insurance
- Lunch on day 1 and 7
- Dinner on day 7
- Drinks, tips and personal expenses

Notes

Please note that your group may contain travellers from different backgrounds because this trip was built in collaboration with our partners. For more information do not hesitate to contact us.

International flights

The nearest airport is Venice
Please contact us for more details.

Terms and conditions

Inscription

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.

Facturation

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.

Annulation

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.

Modification du contrat

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.

Prix et révision des prix

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.

Cession du contrat

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

We strongly recommend that you take out personal travel insurance for your trip with Altaï Italia as soon as your booking is confirmed. We advice 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

This adventure is lead by an expert Altai guide. You will meet them at your hotel on the first evening and they will accompany you throughout your stay. Armed with an abundance of experience and a wealth of expert knowledge our professional Altai Italia team are always happy to share their passion for everything Italian.

Food

Italian Italian gastronomy is one of the richest and tastiest in the world. This trip includes full-board.

Breakfasts
A continental style breakfast is served at your accommodation each morning.

Lunches
Each day your guide will prepare a picnic lunch for the group inclusing a variety of fresh local produce

Dinners
We will eat at our accommodation or restaurants in the evenings.

Drinks
Throughout your stay, you are responsable for purchasing all of your drinks including water. In some places you can refill your water bottles in hotels. We advise you to purchase large (5L) bottles of water from which to fill your personal water bottles from during your trip.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

Accommodation

You will stay in the same hotel throughout your stay for maximum comfort.

Budget & exchange

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.

Tips

Although the custom is not widespread here, if you are satisfied with the services of your guide and local team, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

Vital equipment

- 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 quality rain coat, breathable with sealed seams (Nikwax / Gore-tex...)
- A warm layer, windproof
- 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

- 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

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

We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers... Your guide is a trained First Aider and will carry a First Aid kit in case of emergencies.

Passport

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

Visa

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

Mandatory vaccines

No mandatory vaccinations are required.

Health information & recommendations

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

Weather

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

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

Local time

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

Sustainable tourism

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 responsable 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, moves stones etc..
- Exchanges are prefarable to donations - generations gifts can destabalize 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.