DOLOMITES, ALTITUDE TRAILS

The sporty version of the Dolomites

Reference · 184

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**1 240 €**

Following the route of our "Mythic Dolomites", this tour offers you a more sporty experience, taking place on high altitude trails.
Crossing the Cresta Padon, just in front of the Marmolada, crossing of the desert plateau of Sella, climbing through the grandiose valleys of Puez, the Veronesi Via Ferrata, upper Tofane valley,... You don't need to have been an ibex in a previous life to enjoy the extraordinary landscapes of these intriguing mountains!

You will love

- The most beautiful high altitude trails in the Dolomites
- A via Ferrata in option
- Nights in typical mountain huts, far from the hustle and bustle of the valley
- The discovery of several mountain ranges

Day-by-day itinerary

DAY 1

Meeting at 1.00 pm in front of Cortina d'Ampezzo bus station, transfer to the departure point at Davedino hamlet. Please have lunch before.

VAL DE DAVEDIN - LAGO DI FEDAIA

The hike begins in the discreet hamlet of Davedino, nestled between mountain pastures and forests. The route passes through small farming hamlets, then climbs to the silent heights of Passo della Crepe Rosse, where the Marmolada offers up its most beautiful face for contemplation. All that remains is a short descent to finally reach the Fedaia refuge on the shores of the magnificent lake of the same name, a sparkling clear spot at the foot of the queen of the Dolomites.
Overnight stay in a refuge.
3 hour walk / Elevation: + 720 m ; - 220 m / 6 km

DAY 2

VIEL DAL PAN - PASSO PORDOI

A challenging day starting from the Fedaia refuge. The trail first crosses the Crepes de Padon, a suspended balcony facing the watchful Marmolada. Then, leaving this aerial kingdom behind, after a short descent to Passo Pordoi, the route climbs back up towards the impressive walls of the Sella massif, and finally stretches out across the great Piz Boé, whose pale rocks seem to hold many secrets.
Night in a refuge, **without luggage**.
8.5 hour walk / Elevation: + 1620 m ; - 1140 m / 18 km

DAY 3

HIGH PLATEAU OF SELLA - PASSO GARDENA

The route heads towards Piz Boé, an alpine altar standing at 3,152 metres. After this climb, a short descent leads to the vast Sella plateaus. The trail crosses these mineral expanses before taking a few cable-assisted passages towards the Pisciadù refuge and its lake, a turquoise gem set in the rock. The day ends with a descent to Passo Gardena. At the start of the season, you reach the Val Lasties valley before a short transfer to the pass.
Night in a dormitory in a refuge.
6 to 7 hour walk / Elevation: + 900 m; - 1300 m / 11 km

DAY 4

PUEZ MOUNTAINS - JUEL VALLEY

The day begins with an ascent towards the Cier Pass, between the striking Pizes towers, stone spears pointing towards the sky. This is followed by a traverse leading to the Somalfucia Pass and stretching to the Puez refuge, overlooking the vast Langental canyon. Next comes a long descent through the wild Juel Valley or the Gherdenacia Canyon, both leading to Villa Stern. Finally, a short bus ride takes you to the peaceful village of San Cassiano.

Overnight stay in a guesthouse, in rooms for 4 to 6 people, with luggage.

7 hour walk / Elevation: + 870 m ; - 1350 m / 16 km

DAY 5

LAGAZUOI - TOFANE

Depending on the conditions at the time, the day begins with an ascent towards Piz Lagazuoi via Passo Falzarego and the high-altitude trail, or by climbing up alongside Lago di Lech, a dark mirror of the peaks. The route then crosses the Travananze pass and the austere slopes of the Tofane mountains to a cable-assisted passageway that provides access to the Giussani refuge, perched at an altitude of 2,500 metres in the heart of the massif.

Overnight stay in the refuge, in small dormitories for 4 to 6 people, in an exceptional setting, **without luggage**.

6 to 7 hour walk / Elevation: + 1550 m ; - 630 m / 15 km

DAY 6

TRE DITA - VIA FERRATA PUNTA ANNA

From the refuge, you can climb up to Tre Dita, a rocky viewpoint offering sweeping views of much of the Dolomite massif and its silent grandeur. Then comes the descent to the Dibona refuge, where those who have chosen the via ferrata option will meet up with their mountain guide. The destination is the Via Ferrata Punta Anna: the last section of the route, offering breathtaking views and light, overlooking the Val d'Ampezzo and the surrounding mountains. At the end of the via ferrata, take the cable car down to Cortina.

For those who did not choose the via ferrata option, descend from the kingdom of peaks on foot to Cortina through scree and forests.

The Tre Dita in option before the stage : 1.5 hour walk / Elevation: +/- 140 m / 3 km

For the Via Ferrata option: 1 hour walking and 3 hours Via Ferrata / Elevation: +700 m; -600 m / 8 km

Without the Via Ferrata option: 5 hours walking / Elevation: -1380 m / 10 km from the Giussani refuge to Cortina

End of the hike around 3 pm in Cortina d'Ampezzo.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us...

Dates and prices

Optional: Punta Anna via ferrata on the last day, subject to a minimum group size of 3 people: additional charge of 150 € per person.

THE PRICE

The price includes:

- Organisation and booking fees;
- Guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and simple snacks during the day, accommodation in gîtes, refuges and small hotels;
- Transport of your personal belongings on evenings 1, 3 and 4;
- The Via Ferrata Santa Anna on the last day if you have chosen this option;
- The transfers mentioned in the technical data sheet.

Does not include:

- Travel insurance;
- The cable car allowing you to descend to Cortina from the end of the via ferrata on the last day if you have chosen the option;
- Transport of your personal belongings on evenings 2 and 5;
- Personal expenses (drinks, etc.) please be aware drinking water at the table is not included in accommodation;
- Touristic visits;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from meeting point to the end point.

The journey

LEVEL ****

Elevation: +/- 1000m on average per day
Walking time: 6 to 7 hours per day
Type of hike: mountain route on technical trails, often rocky with steep or vertiginous passages with well secured cabled sections.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 hours a week.
Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty

GUIDING

Number of participants between 6 and 12 people supervised by a qualified professional mountain leader.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

5 nights in refuges or gites in a dormitory or a multiple person bedroom.
All accommodations are equipped with hot showers (except night 5), however due to increasingly recurring periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included and ordered the day before in the accomodation.

Please inform us about your food allergies and special diets **at the time of booking**.
We do our best to accommodate special diets (gluten-free, vegetarian etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

Tabacco Map 07 Alta Badia Arabba - Marmolada (1/25000)
Tabacco Map 03 Cortina d'Ampezzo (1/25000)
Tabacco Map 10 Dolomiti di Sesto (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting at 1pm in front of Cortina d'Ampezzo bus station, bus transfer to Passo Capolongo. Please have lunch before.

BY TRAIN (then bus)
Paris - Milano - Venice, or by Turin - Venice
SNCF information: 3635 oui.sncf

Bus transfer Venice - Cortina:
>> Cortina Express (+39 0436867350)
>> ATVO line 29

BY PLANE
Venice Marco Polo International Airport, then transfer by bus to Cortina d'Ampezzo (about 2h).
>> See bus schedules on ATVO (line 29)
>> Cortina Express (+39 0436867350)

BY CAR
By Milan, Verona, Venice, Belluno and Cortina.
Two long-term free car parks on the outskirts of Cortina (about 10 minutes walk from the train station/1km): "Lungo Boite" (west) and "Parcheggio Via del Parco" (south).

End of the hike Saturday around 3 pm in Cortina d'Ampezzo.

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo Tourist Office:

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothes

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks and the items for the days without luggage.

BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 8kg maximum per person** . Your baggage will be transported between accommodation, on days 1, 3 and 4 by our logistics vehicle where access is not always easy.
Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR THE NIGHTS WITHOUT YOUR BAGGAGE

On the nights when your luggage won't be dropped off at your accommodation your baggage at the accommodation (you will get it back the night after), here are the things to add to your backpack (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes (bare necessities!) and comfortable shoes/clothes for the evening

Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% in association with your account details at Altitude Mont-Blanc
('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (inc. maps, descriptive book, etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**DOLOMITES, ALTITUDE TRAILS**
Number of days	**6**
Insurance	
Trip price	**1 240 €**
Estimated deposit (30%)	**372 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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