HEART OF THE DOLOMITES Comfort self-guided

From spectacular balconies to green valleys

Reference · 326

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DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**
ACCOMMODATION	**LEVEL**	**FROM**
Comfort (room)	**3/4 ★★★☆**	**1 120 €**

The Dolomites are located in the extreme north-east of Italy, near the Austrian border. This area has a tumultuous history and was an important stake between the Austro-Hungarian Empire and Italy especially during the First World War. Numerous vestiges lay testament to those days...

You will hear German and also Italian spoken as the double culture is deeply rooted. Ladin, a local dialect, with a mixture of Latin and German influences is also spoken in some valleys. Many signs are in all three languages.

The Dolomites owe their name to a geologist, M. Déodat de Dolomieu, intrigued by the strange aspect of the rocks, studied and discovered the composition in 1782.

Known for their famous Via Ferrata, the Dolomites also have fabulous hiking routes. It is not necessary to walk very far or on technical paths to discover the sumptuous landscapes.

From spectacular balconies to verdant valleys, the proposed route crosses different massifs, all equally impressive.

You will love

- A total immersion in some of the most unusual mountains in the world
- A striking contrast between green and mineral landscapes
- Pleasant trails at the heart of vertical territory
- The confort of your own room and access to your luggage every day
- A legendary welcome in the gites and refuges

Day-by-day itinerary

DAY 1

From the Cortina bus station located by the Stadio Olympica, take the regular bus to the Auronzo refuge (approx. 1 hour's drive)

CORTINA D'AMPEZZO - REFUGE AURONZO - TRE CIME TOUR

Circular hike at the foot of the famous Tre Cime di Lavaredo, a legendary stage amid peaks, towers and other summits, passing by the Locatelli refuge.

Overnight stay at the Auronzo refuge.

3.5 hours walk / Elevation : +/- 350 m / Distance : 9 km

DAY 2

LANDRO VALLEY - STRUDELSATTEL - PRATO PIAZZA

After the north face of the Tre Cime, a beautiful descent into the Landro Valley. This is followed by a fairly steep climb, with a slightly exposed traverse secured by a cable ramp (50 m), which goes around the Strudelkopf. Passage to the Specie Pass and descent to the magnificent Prato Piazza mountain pasture. Ascent also possible via the Val Specie.

Overnight stay in a refuge on the plateau.

7.5 to 8 hours walk / Elevation : + 1050 m ; - 1360 m / Distance : 20 km

DAY 3

PRATO PIAZZA - LAKE BRAIES - PLATEAU DE SENNES or ALPAGE FODARA

A short bus transfer takes you to Lake Braies, nestled in the middle of a natural cirque. From the splendid lake, climb up a rocky valley to the Riciogogn pass (2,331m) then descend into the vast Sennes mountain pasture. Settle in for two nights at the refuge.

5 hours walk / Elevation: + 880 m ; - 400 m / Distance : 11 km

DAY 4

PLATEAU DE SENNES - GRAN DE FOSES LAKE – CRODA DEL BECCO

You will continue exploring the Sennes plateau to reach the magnificent Gran de Foses lake. Then you will reach the Biella refuge for a well-deserved break before embarking (optional) on the ascent of Croda del Becco, a magnificent 360° promontory overlooking the vast Sennes plateau on one side and Lake Braies and Austria in the distance on the other. From the Biella refuge, you will finish crossing the Sennes plateau and finally return to Fodara.

5 hours walk / Elevation: +/- 500 m / Distance : 13 km

7 hours walk / Elevation: +/- 970 m / Distance : 17 km

DAY 5

PEDERÜ - PLATEAU DE FANES – BECCHEI DESORA

You leave Fodara and the Sennes plateau via a long descent to the hamlet of Pederü before climbing back up the Fanes valley alongside strange coloured moraines. Once in Fanes, you can either take a detour to the magnificent Lé Vert or continue on to the Bechei Dessora pass and back. Settle in for two nights at the refuge.

4 hours walk / Elevation : + 600 m / - 650 m / Distance : 10 km

7.5 hours walk / Elevation : + 1260 m ; - 1200 m / Distance : 16 km

DAY 6

PLATEAU DE FANES

Explore the western part of the Fanes plateau with a climb up to the Ju dla Crusc pass and then the Medesc pass, returning via Lake Parom. This circular route offers sweeping panoramic views of the Dolomite peaks. Return to the refuge.

5.5 hours walk / Elevation : +/- 800 m / Distance : 14 km

DAY 7

COL DE LOCIA or FORCELA DE LECH - PASSO VALPAROLA - CORTINA

Crossing the long Fanes plateau, surrounded by Dolomite terraces. Ascent to Forcela de Lech, a window in the mountain that opens onto a legendary descent to Lake Lagazuoi and the Scotoni mountain pasture. One more effort to cross to the Valparola Pass. Option of a shorter stage via the Col de Locia. Return transfer by bus to Cortina d'Ampezzo.

4 hours walk / Elevation : + 150 m ; - 550 m (by Col de Locia) / Distance : 11 km

6 hours walk / Elevation : + 860 m ; - 700 m (by Forcela de Lech) / Distance : 14 km

End point in Cortina d'Ampezzo in the afternoon.

Optional day 8 :

VALPAROLA - CORTINA

Crossing over to the Passo Falzarego, an opportunity to buy some colourful souvenirs in the pass shop! The path then crosses the balcony below the Tofana de Rozes, before descending to Cortina. It's possible to take the cable car up the mountain (but there's still a bit of hiking to do).

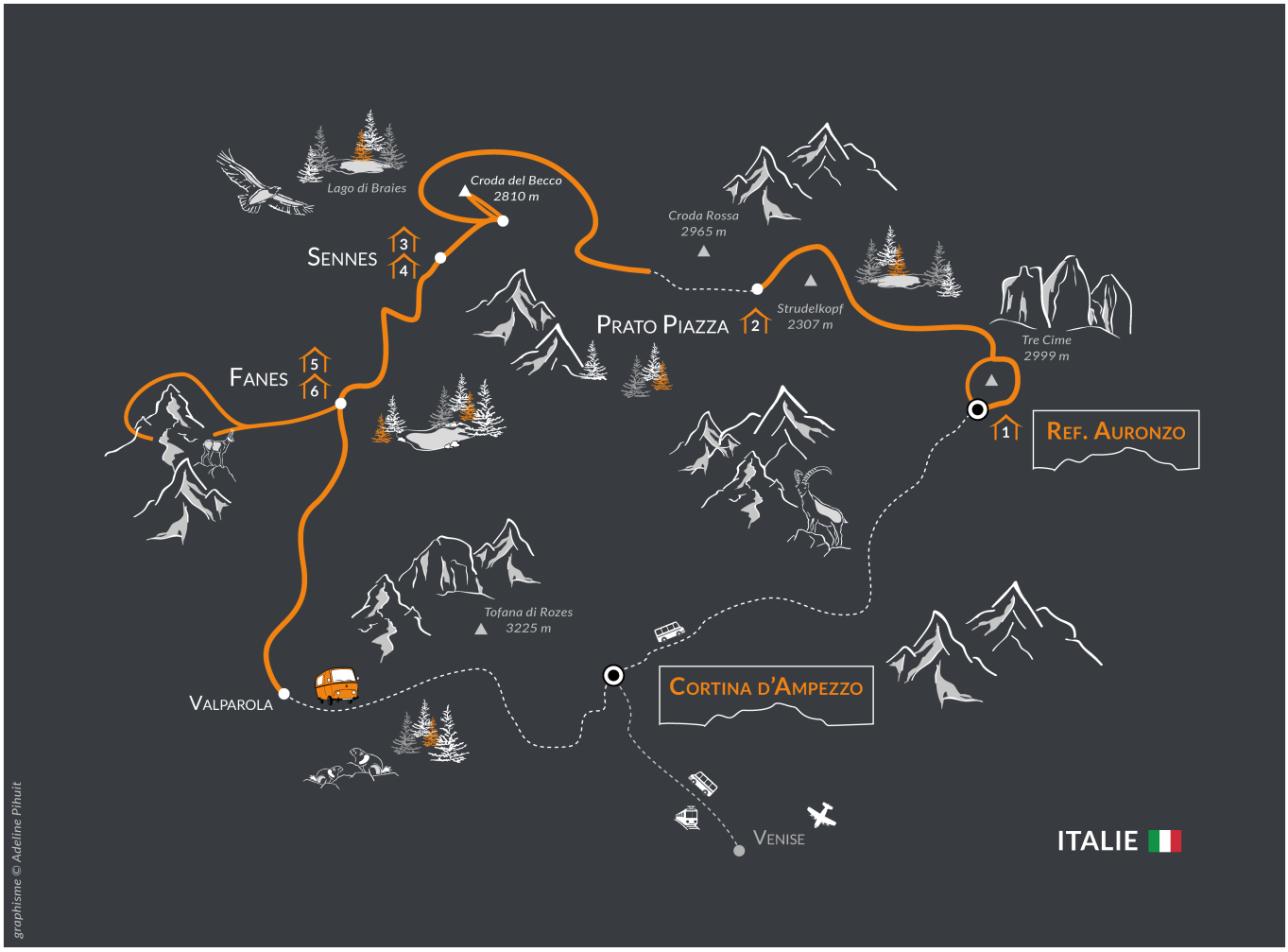
6.5 hours walk / Elevation : + 570 m ; - 1550 m / Distance : 17 km

End of the walk in Cortina d'Ampezzo.

Depending on availability in accommodation, the program may vary slightly.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

Personalised tour available, contact us...



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Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

DEPARTURES AND PRICES

This hike is in high demand, please book as soon as possible.

Departure from 19th June to 11th September 2027
Departure on Saturdays and Mondays
(Possible departure at the end of September, on request)

Without baggage transport
Minimum 2 people : 1120€ per person

With baggage transport
Group of 2 to 4: **1355€** per person
Group of 5: **1315€** per person
Group of 6: **1280€** per person

Optional day 8 :
120€ per person, without luggage transport
190€ per person, with luggage transport

Picnic lunch :
75€ per person, 5 picnics

THE PRICE

The price includes:

- Accommodation on half-board;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Organisation and booking fees;
- Daily luggage transport, if you have chosen this option;
- Tourist tax.

The price does not include:

- Picnic lunches;
- Shower tokens;
- Personal expenses, drinks (the water for dinner is usualy charged, around 4€ per 1.5l);
- Touristic visits;
- The bus between Cortina and Auronzo and bus or cable car on Day 7 (approx 25€ per person);
- Guiding: you are responsible for your own safety ;
- Your return journey from home to the point of departure/end point ;
- Travel cancellation insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 850m average per day.
Walking time: 4 to 6 hours average per day, with optional routes.
Type of trek: mountain hike on marked trails without technical difficulty. There are some steep passages but well equipped with cables.

Il est nécessaire d'être en bonne condition physique générale. Pratiquez régulièrement un sport d'endurance tel que la marche, la course à pied, le vélo, de 3 à 4 heures par semaine. Votre préparation physique facilitera votre séjour et vous permettra de l'apprécier d'autant plus.
Découvrez le descriptif des niveaux en cliquant ici : niveaux des randonnées

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read a 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:
- The Tabacco maps
- 1 road book with all the necessary information for the hike
- 1 card holder
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

ACCOMMODATION

3 nights in refuge, in room for 2
3 nights in refuge, in room for 2 with private bathroom

Bed linen is provided in all accommodation, but please bring your own towels. All accommodation is equipped with hot showers. However, due to the increasingly frequent dry spells, access to showers is not guaranteed.

MEALS

Breakfasts and dinners are served in accommodation.
Picnics are not included. Some hikers prefer to take the opportunity to eat in mountain refuges along the route or you will need to order a picnic lunch the night before at your accommodation.

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

Carte Tabacco 03 Cortina d'Ampezzo (1/25000)
Carte Tabacco 10 Dolomiti di Sesto (1/25000)
Carte Tabacco 31 Dolomiti di Braies (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

From the Stadio Olympica (Via Alberto Bonacossa, 1, Cortina d'Ampezzo), bus to Refuge Auronzo (with your luggage).

BY TRAIN (then bus)
Paris – Milano- Venise, then Venise-Cortina enby bus, (2h10 and 45€ return)
>> Bus : Cortina Express
Or Stuttgart, Munich, Fortezza et Dobbiaco, Dobbiaco – Cortina by bus (45mn)

BY PLANE
Venice International Airport Marco Polo, bus to Cortina d'Ampezzo (2 hours, approx 40€ return)
>> Cortina Express
>> ATVO : Ligne 29

BY CAR
By Milan, Verona, Venice, Belluno and Cortina.

Free long-stay parkings :
- "Parcheggio Via del Parco": limited spaces, approx. 15 min walk from Stadio Olympica, 1.1 km.
- "Parcheggio Località Acquabona": 500 spaces, 4km from Cortina, free shuttle bus every hour.

Due to construction work for the Cortina 2026 Winter Olympics, changes are possible.
Please check before you leave http://www.cortina-tourism.com

End point in Cortina d'Ampezzo in the afternoon.

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo Tourist Office: www.cortina-tourism.com

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

In case of delay please inform us on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Lightweight down jacket
- 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 (0.40L to 0.50L)
- 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.

LUGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 8kg maximum per person** . Your baggage will be transported daily between accommodation 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!

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Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

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

- By post: please provide your contact details

- Surname, First Name, date of birth
- Address
- Email
- Telephone
- Mobile phone

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 (includes 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	**HEART OF THE DOLOMITES Comfort self-guided**
Number of days	**7**
Insurance	
Trip price	**1 120 €**
Estimated deposit (30%)	**336 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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