MYTHICAL DOLOMITES self-guided

Self-guided for more independence!

Reference · 80

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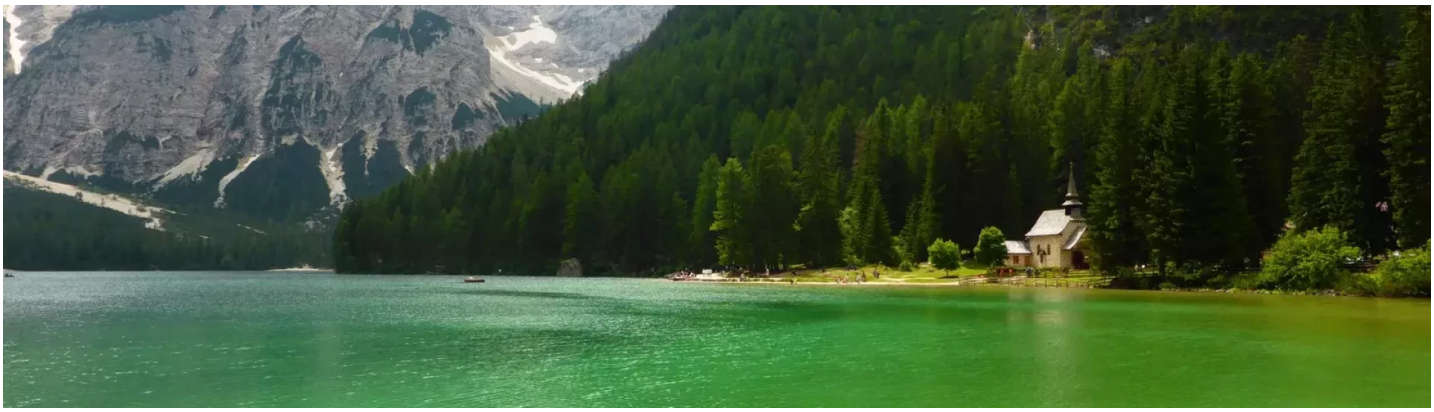

DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Hotel	**2/4 ★★☆☆**	**750 €**

For many mountaineers (of all nationalities and not just Italians) the Dolomites are the most beautiful mountains in the world!
They are certainly among the most unusual and anyone seeing these solemn towers, crenellated ruins and lunar like scenery will not forget them. For questions regarding late snow, the proposed hikes are not possible until the middle of June. Depending on the period you choose, you can admire the colour variations of the rock faces, the typical flora of limestone mountains (although critical of the massive rock, dolomite, is not, strictly speaking, limestone) and of course the usual mountain fauna at these altitudes: marmots, chamois, ibex, golden eagles and hawks and a prodigious amount of insects adapted to these harsh conditions.

The region's tumultuous history is marked by challenges between rival Italy and the Austro-Hungarian Empire (these routes are all paths formed during the 1914-1918 War, trails which are also nicknamed the Road to Peace, WW1 left numerous traces which you will see along the tour). The Dolomites also seduce you with their dual culture of German and Italian blended to create a very distictive ambiance. You will hear German and Italian spoken and in certain valleys the original local language Ladin. Due to this mix of languages you will frequently find topographical indications in three languages, alternately or even simultaneously! Do not be surprised if you see the different waymarkers marked "Forcella", or "Scharte" or "Ju" for the mountain pass, or the shelter where you spend the night is called either "Rifugio" "Hütte" or " Ütia"...

You will love

- The most beautiful hikes in the Dolomites
- Italian culture
- The chalets and comfortable hotels with a warm family welcome

Day-by-day itinerary

DAY 1

ZOLDO ALTO (1350m)

Arrive in the southern part of the Dolomites near the Civetta massif. Settle into your accommodation for 2 nights. Depending on arrival time, climb the Monte Crot (2166m) for a breathtaking view of the imposing mass of rocky mounds of Monte Pelmo, the Civetta and the surrounding mountains. Night in hotel.

2.5 hour walk / Elevation: +/-310 m / 4 km

DAY 2

LAGO DI COLDAI / MONTE PELMO

Option of 2 hikes:

Short transfer by car to Casera Vescova (about 15 mins). Beautiful route through the pastures on the famous Alta Via N°1 to reach Rifugio Sonino, then Lago Coldai (2143m), a small mountain lake guarded by a colony of marmots. From its northern shore, a view overlooking the village of Alleghe one thousand metres below and at Passo Negro di Coldai an impressive view over the north-western rock face of Civetta, the "wall of walls" as defined by mountaineers worldwide. Night in hotel.

4-5 hour walk / Elevation: +/- 600 m / 11 km

OR

For the more athletic, from Passo Staulanza (1773m), walk around Monte Pelmo via the Rifugio Venezia and the high route to the Val d'forcella Arcia, taking the Alta Via N°1. Possibility to see fossilised dinosaur footprints in the limestone.

7 hour approx walk / Elevation: +/- 820 m / 12 km

DAY 3

CLIMB FROM NUVOLAU

Transfer by car (about 1 hour) to Passo Giau (2236m). Walk around and climb Nuvolau (2574m) for a wonderful view of the Dolomites. After the hike, transfer to Cortina d'Ampezzo (the capital of the Dolomites) and continue to Passo Tre Croci to the crystal clear waters of Lago di Misurina. Settle in to your hotel for 4 nights.

4 to 5 hour walk / Elevation: +/- 450 m / 9 km

DAY 4

LAGO DEL SORAPIS

Short transfer by car (15 mins) to Passo Tre Croci (1805m). Beautiful hike below the Zimes de Marcuoira to the small Sorapis glacial lake at the foot of the Finger of God. Superb retreat in this unspoilt environment where dolomite rock gives a special tint to the lake. Back on the Alta Via N°3 by the Forcella Ciadin (2378m) where encounters with chamois are numerous.
between 5 and 6 hour walk / Elevation: +/-740 m / 13 km

Other hiking possibilities: LAKE OF FEDERA
Route to Lake Federa, small natural mountain lake nestled in the heart of the Croda da Lago massif, between forests and larch trees, small streams and high-altitude alpine meadows, many different exceptional panoramas during this day.
4h walk / Elevation : +/-610 m / 10 km

DAY 5

TRE CIME DI LAVAREDO
Transfer by car (about 25 mins) from Lake Misurina to Rifugio Auronzo. Circuit hike around the famous Tre Cime, scenic route to Rifugio A. Locatelli des Tre Cime and return by the Forcella de Col de Medo. Night in hotel.
4 to 5 hour walk / Elevation: +/- 365 m / 11 km

DAY 6

DURRENSTEIN AND STRUDELKOPF
Transfer by car (45 mins) from Toblach/Dobbiaco to Ponticello then bus to Pratopiazza (about 20 mins). Circuit hike starting from the refuge, climb the Dürrenstein or Picco di Vallandro (2839m) and Strudelkopf (2307m). Amazing views of the Monte Cristallo and Tre Cime di Lavaredo. Night in hotel.
3-5 hour walk / Elevation: +/- 500 à +/-10000m / 13 km

DAY 7

LAGO DI BRAIES

Transfer by car (about 45 min) from Toblach/Dobbiaco to the Braies Lagoon, in the heart of the UNESCO World Heritage Natural Park, considered the pearl of the Dolomites lakes. At the foot of the imposing Croda del Beco, in its green setting, the hike allows you to discover this magnificent mountain lake with unparalleled reflections.
1h walk approx/ Altitude difference: +/- 50m / 3 km

VARIANT: Climb to Kaserhütte and on the Schwarzberg then descend to the Grünwaldalm alp before reaching the banks of the Braies lagoon.
4h walk/ Altitude difference: +/- 640 m / 8 km

Depending on the availability of the accommodations, the programme can be done in reverse, i.e. nights on days 1, 2, 3 and 4 at Lake Misurina and nights on days 5 and 6 at Zoldo Alto.

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.

Dates and prices

DEPARTURES AND PRICES

Please note that this tour is very popular, it is advised to book as early as possible.

Daily departures from 20th June to 12th September 2026

From 20/06 to 30/06 and 01/09 to 12/09

€750 per person, in a 2-person room, in a ** hotel or *** hotel
€970 per person, in a 2-person room, in a *** hotel

From 01/07 to 31/07
€840 per person, in a 2-person room, in a ** hotel or *** hotel
€1070 per person, in a 2-person room, in a *** hotel

From 01/08 to 31/08
€990 per person, in a 2-person room, in a ** hotel or *** hotel
€1140 per person, in a 2-person room, in a *** hotel

On request (please contact us)
- Car hire for 6/7 days
- Single room, subject to availability
- Additional nights before or after your stay

Trek possible with your personal vehicle or with the option "car rental" (a vehicle is necessary for the smooth running of the program)

THE PRICE

The price includes:

- Half board accomodation from dinner the first evening to breakfast of the last day;
- A road book: description and topo maps (1 road book per group).
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.
- Travel by personal or rental vehicle;
- The toll road to Refuge Auronzo - hiking Tre Cime (approximately 30€ per vehicle);
- The parking at Ponticello and at Lago di Braies (approx 2€-5€ per vehicle);
- The bus Ponticello - Pratopiazza (approx 4€ per person);
- Tourist taxes 1€ to 3€ per person per night;
- Guiding : your are responsible for your own safety;

- Cancellation insurance ;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL **

Elevation: +/- 300 to 1100m average per day.
Walking time: 5 hours average per day.
Type of trek: each day there are two possible levels (medium or difficult); this tour is not technically difficult. For the harder level there are some short technical sections equipped with cables, especially the route around Monte Pelmo and from Lago del Sorapis.

This trip requires you to be in good general shape. To prepare, we recommend regular walking, jogging, cycling or another sport. Your physical preparation will make your stay easier and help you enjoy it all the more.
Please find the description of the levels by clicking here: levels of difficulty

This trip is organised in collaboration with our local partners, who share our commitment to offering you an authentic holiday.

ROAD BOOK

Before departure, we send you a travel folder containing:
- 1 road map.
- 1 topo map with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accomodation list.

INTERNAL TRANSFERS

Transfers are made with your own vehicle or with the option "car rental".

ACCOMMODATION

A choice of two accommodation options:
- Half-board accommodation in a 2-star hotel in the Zoldo Alto region and a 3-star hotel in Misurina. In Zoldo Alto, the hotel is a small, comfortable family-run village hotel. In Misurina, the *** hotel is a beautiful lakeside hotel with a wellness area, Turkish bath and sauna (accessible subject to local health conditions).
- or half-board accommodation in 3-star hotels in the Zoldo Alto and Misurina areas. In Zoldo Alto, the hotel is a very comfortable, family-run mountain chalet-hotel located on a pass. The accommodation features a Finnish sauna and a relaxation area. In Misurina, the *** hotel is a beautiful lakeside hotel with a wellness area, Turkish bath and sauna (accessible subject to local health conditions).

Rooms for 2 people (or single rooms on request, with supplement).

MEALS

Dinners and breakfasts are taken in the restaurants of the accommodation. For lunches (not included), some hikes offer the possibility of eating in the mountain refuges encountered. On others, you'll need to bring your own provisions before setting off.

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.

EXTENDING YOUR STAY

Supplementary night(s) at Zoldo Alto, Misurina and Bolzano, contact us.

Practical information

GETTING THERE

Self-drive tour: all journeys between sites are made by private or hired vehicle.

BY TRAIN
There are several train options from many French cities. Car hire not available in Misurina, but available in Venice and Bolzano.

BY CAR
Routes available via www.mappy.fr or www.viamichelin.fr
- Zoldo Alto village is situated in the southern Dolomites 135km from Venice.
- Dobbiaco village is sitauted in the northern Dolomites 100km from Bolzano and 130km from Innsbruck.

BY PLANE
Flights to Verona, Venice, Bolzano and Innsbruck.

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 running late, please contact the agency: **+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
- Wind stopper or Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex 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.

LUGGAGE TRANSPORT

With your personal vehicle or with the option "car rental".

Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

- By phone: +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 prior 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	**MYTHICAL DOLOMITES self-guided**
Number of days	**7**
Insurance	
Trip price	**750 €**
Estimated deposit (30%)	**225 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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