

# New for 2026 ! HEART OF THE DOLOMITES TRAIL VERSION self-guided

The iconic Dolomites...on trail version !

Reference · 342

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**DURATION**

**6 days**

**TRAVEL STYLE**

**Freedom / unguided**

**LUGGAGE**

**With luggage transfer**

**ACCOMMODATION**

**Classic (dormitory)**

**LEVEL**

**4/4 ★★★★★**

**FROM**

**595 €**

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. 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 routes, the Dolomites also offer numerous hiking trails, which are a delight to explore at a trail running pace.

From spectacular balconies to lush green valleys, this itinerary takes you through various mountain ranges in the unique Dolomites, where the trails are just waiting to be explored !

## 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
- A trail route starting from Cortina d'Ampezzo, home of the LAVAREDO ULTRA TRAIL by UTMB®

## Day-by-day itinerary

### DAY 1

#### From the Faloria cable car in the centre of Cortina

#### CORTINA - SORAPIS - AURONZO OU MISURINA

A superb start from the top of Cortina, the small capital of the Dolomites. After taking the cable car up to the Falòria refuge, your trail tour begins. Today's programme includes the iconic Lago del Sorapis and the superb cirque of the same name. A second part of the day in the forest will take you back to the charming Misurina lake.

Check in for two nights at Auronzo (after a short bus transfer from the valley) or Misurina (comfort version).

Elevation: +1350m; -1700m / 23km

### DAY 2

#### FISCALINO - PATERNO ET TRE CIME

A day's circuit starting from the famous Tre Cime di Lavaredo, a mythical stage amidst peaks and towers, passing through the Locatelli and Zsigmondy Comici refuges. A grandiose stage, with your eyes firmly set on the summits.

Overnight at Auronzo ou Misurina.

Elevation: +1050m; -1050m / 19km (If you are staying in Auronzo)

Elevation: +1650m; -1650m / 29km (If you are staying in Misurina)

### DAY 3

#### VALLEE DI LANDRO - PRATO PIAZZA

A gentle start to the day to reach the Landro Valley. Then a fairly steep climb, with a slightly airy traverse (well secured by a cable rail), takes you around the Strudelkopf. Cross the Col Specie and descend to the magnificent mountain pasture of Prato Piazza. Overnight in refuge.

Elevation: +1000m; -800m / 17km

Not enough for you? **It's possible to do a return trip to the Pico di Vallandro** . Altitude difference: +850m; -850m / 8km

**DAY 4****LAGO DI BRAIES - FORCELA DE RICIOGOGN - PEDERU**

Today's programme is iconic! Before reaching the picture-postcard setting of the famous Lago di Braies, the variant of the Croda del Becco offers a superb 360° panorama. The Riciogogn pass (2331m) is the last difficulty of the day before a pleasant descent to the vast Sennes mountain pasture. B&B Overnight at Pederu refuge.

Elevation: +1500m; -1950 m / 28km

Haven't had enough? **You can opt for the Croda del Becco (2810m)**. Altitude difference: +650m; -900m / 8km

**DAY 5****PLATEAU DE FANES - FORCELLA DI LECH - PASSO VALPAROLA**

The Fanes valley winds its way up along bizarre moraines. Once you reach Fanes, you have the option of doing a loop around the plateau before continuing up the Forcella di Lech. From the col, the view is breathtaking and the descent to Lake Lagazuoi technical. A final col leads to the Valparola col. Overnight at the Valparola refuge.

Elevation: +1450m; -850m / 19km

Haven't had enough? **The Fanes plateau option is available**. Altitude difference: +800m; -800m / 13km

**DAY 6****GIUSSANI - CORTINA**

The final stage is impressive ! Following the path around the Tofana de Rozes to the Guissani refuge perched at 2580m. To make this last day easier, you can take the Lagazuoi cable car from Passo Falzarego. In Guissani, the short round trip to Tre Dita offers one last memorable view before reaching Cortina via a long descent.

Elevation: +1050m; -2050m / 22km

Haven't had enough? **It's possible to do a return trip to the Tre Dita**. Altitude difference: +130m; -130m / 3km

To reduce the elevation gain on this last day, you can take the Lagazuoi cable car from Passo Falzarego: -500m elevation gain.

**End of the circuit in Cortina d'Ampezzo.**

**Depending on accommodation availability, the programme may vary slightly.**

*The programme has been drawn up according to the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.*



## Dates and prices

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### DEPARTURES AND PRICES

**PLEASE NOTE: the Dolomites are particularly popular! Plan ahead for your summer 2026 holiday.**

**Departure possible in classic version :** Sundays, Mondays, Tuesdays, Wednesdays, and Thursdays from Sunday 5 July to Sunday 13 September 2026.

**Departure possible in comfort version :** Saturdays, Sundays, and Wednesdays from Saturday, 4 July to Sunday, 20 September 2026.

#### **Without luggage transport :**

€645 per person in classic accommodation (4 nights in a dormitory half board and 1 night in a room for 2 to 4 people B&B)

€820 per person in comfort accommodation - **for a minimum of 2 people** (5 nights in a room for 2 to 4 people including 4 nights half board and 1 night B&B)

#### **Comfort version with luggage transport\*\*:**

Group of 2 people: €1295 per person

Group of 3 people: €1145 per person

Group of 4 people: €1070 per person

Group of 5 people: €1050 per person

Group of 6 people: €1025 per person

#### **Classic version with luggage transport\*\*:**

Group of 2 people: €1140 per person

Group of 3 people: €980 per person

Group of 4 people: €900 per person

Group of 5 people: €875 per person

Group of 6 people: €850 per person

*\*A single person departure is possible upon request.*

*\*\*Luggage transport option, for single persons and groups of 7 or more, is available upon request.*

#### **Picnic:**

€45 per person, 3 picnics

## THE PRICE

The price includes:

- Accommodation on half-board, except day 4 in B&B;
- 1 paper road book for the group (1 file for 1 to 4 people; 2 files for 5 or 6 people) and GPX tracks (GPX tracks for use on your smartphone with the app of your choice or on a hiking GPS device) ;
- Organisation and booking fees ;
- Daily baggage 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 usually charged, around 5€ per 1.5l);
- Touristic visits;
- Lift pass on day 1 and day 6 and any bus transfers (approx. €50 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

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### LEVEL \*\*\*\*

Elevation: +/- 1400m average per day.

Walking time: 5 to 7 hours of trail/fast hiking 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.

**This tour is aimed at experienced trail runners who are already well trained.** You need to be able to walk 40 km (on the plains) or run a half-marathon in under 2 hours 10 minutes (or the equivalent). There are plenty of ways to shorten the stages that are too long (cable car, bus, etc.). Note that this route can be completed at a steady pace and without running. Please find the description of the levels by clicking here: [levels of difficulty](#)

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 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.

### ROAD BOOK

One month prior to departure, we will send you your travel documents.

The "paper" version we send by post:

- Tabacco maps
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.
- The GPX tracks by mail.

### ACCOMMODATION

#### CLASSIC

4 nights in refuge, in dormitory

1 night in refuge, in room of 2/4 people

All accommodation is equipped with hot showers. However, due to the increasingly frequent dry spells, access to showers is not guaranteed.

#### COMFORT

5 nights in a room for 2 to 4 people (depending on the size of your group and availability)

### 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 provide your own picnics or 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)

Extract from the Tabacco 07 Alta Badia Arabba - Marmolada map (1/25000)



## Practical information

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### ACCESS TO DEPARTURE POINT

#### From Cortina d'Ampezzo, from the Faloria cable car.

BY TRAIN (then bus)

Paris - Milano- Venice, then Venise-Cortina enby bus, (2h10 and 50€ 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 50€ return)

>> [Cortina Express](#)

>> [ATVO](#) : Ligne 29

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 point in Cortina d'Ampezzo in the afternoon.

### ACCOMMODATION BEFORE AND AFTER

Overnight accommodation in Cortina can be expensive and hard to find for only 1 night. Many guests choose to stay by the airport or on the villages on the bus route as San Vito di Cadore.

Cortina d'Ampezzo Tourist Office: [www.cortina-tourism.com](http://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

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### EQUIPMENT LIST

#### Clothing

- Running / trail shorts
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Lightweight down jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a breathable hat
- Sun hat/ baseball cap or headband
- Running / trail socks (1 pair per day)
- Trail running shoes, 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 (if required for your picnic)
- Plastic lunch box/plate (if required for your picnic)
- 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 10 to 15 litres for your personal belongings for the day (warm clothes, waterproofs, water, 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!**



## Details

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### HOW TO REGISTER

- Online: [www.altitude-montblanc.com](http://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** **New for 2026 ! HEART OF THE DOLOMITES TRAIL VERSION self-guided** \_\_\_\_\_

**Number of days** **6** \_\_\_\_\_

**Insurance** \_\_\_\_\_

**Trip price** **595 €** \_\_\_\_\_

**Estimated deposit (30%)** **178,50 €** \_\_\_\_\_

**Signed in** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature**

**Return with your deposit to**

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond  
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com