TECHNICAL SHEET

THE MYTHIC DOLOMITES

Hiking at the heart of unique mountains

Reference · 148

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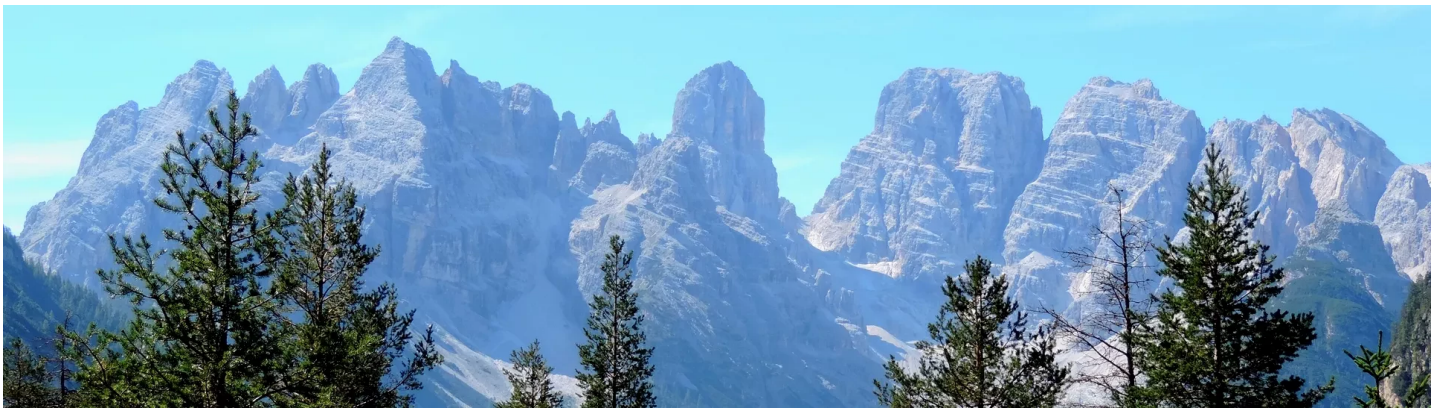

DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**1 330 €**

What strange mountains... The architect Le Corbusier defined them as "the most beautiful architectural work in the world". Similar to a city where the skyscrapers are rocks and alpine pastures the streets.
Here it is the whiteness of the dolomite rock which dominates and retains magically the evening light; the cyan sky and the brilliant green of the alpine pastures acting as contrast...
This tour offers a 7-day getaway to discover the strong images of the Dolomites, the peaks of Tre Cime, high pastures of Prato Piazza, the stone amphitheatre of Fanes and the unusual Tofane desert.
Nature and man have shaped an unique region, recognised as an UNESCO world heritage site. The history of these mountains makes them even more spectacular. Squeezed between Austria, Italy and the Ladin country, the Dolomites are rich from all these influences, with lots of history and culture to be discovered along this beautiful itinerary.

You will love

- Crossing the major sites in the Dolomites between high peaks and lush alpine pastures
- An immersion itinerary without road transfers
- A trek with alternative options depending on physical level: the ascent of the Croca del Becco, the Tre Dita and crossing the Forcella di Lech
- Accommodation at altitude to enjoy the Enrosadira (the very particular sunset in the Dolomites)
- The comfort and good food of Italian refuges

Day-by-day itinerary

DAY 1

Meeting at 12.45 pm at Ciasa Lorenzi hotel. Please have lunch before meeting.

CORTINA - TRE CIME DI LAVAREDO

Circuit hike at the foot of the famous Tre Cime de Lavaredo, a mythical section of the hike amidst spikey peaks, towers and surrounding summits, passing via the Locatelli Refuge.

3.5 hour walk / Elevation: +350 m - 350 m / 9km

DAY 2

TRE CIME - PRATO PIAZZA

After passing the north face of Tre Cime, a beautiful descent into the Landro Valley follows. Followed by a fairly steep climb with a well secured (50m) cabled section, which contours the Strudelkopf. Cross the Strudelsattel Pass and descent to the magnificent mountain pasture of Prato Piazza. Night in a refuge on the plateau.

7.5 hour walk / Elevation: + 1020 m - 1350 m / 20km

DAY 3

PRATO PIAZZA - SENNES PLATEAU

Beautiful altitude traverse under the foothills of the Croda Rossa. The trail crosses a karst plateau to reach the Sora Forno Pass just above the Biella hut at the foot of the Croda del Becco (2810m). Ascent of this major summit optional for the most motivated (+/-460 m).

Night in a refuge, **without baggage.**

4.30 hour walk / Elevation: +800m -450m / 11km

DAY 4

SENNES PLATEAU - FANES PLATEAU

Panoramic traverse through the vast Sennes pasture. Crossing this mountain pasture using shepherds trails and descend to the Tamesc Valley via a historical road, a real challenge regarding the impressive gradient! Climb to the Fanes plateau, the epitome of the Dolomites. Night in a refuge.

5.5 hour walk / Elevation: +650m -900m / 14km

DAY 5

FANES - SCOTONI

Cross the vast karst Fanes plateau, a real geological curiosity, before ascending to the Lech Window at 2486m, a narrow passage between two imposing cliff faces. Followed by a superb descent, impressive but very well maintained, to the small Lagacio Lake and the Scotoni pasture. Night in a refuge.

4.5 hour walk / Elevation: +550m -600m / 11km

DAY 6

SCOTONI - TOFANE

Depart in the morning for the Travenanzes Pass at the foot of the Tofane, a vast theatre of the battles of the First World War. Tunnels, pillboxes and Via Ferrata testify to the tumults of the past. Traverse below the Tofana di Rozes. Climb to Refuge Giussani between the Tofane, positioned in a setting worthy of a fantasy film. Night in a cosy refuge, **without luggage**.

5.5 hour walk / Elevation: +1250m -650m / 11km

DAY 7

REFUGE GIUSSANI - CORTINA

Early morning, optional ascent of Tre Dita (2694m) close to Tofana de Rozes. Return to the refuge for a coffee and descend via Refuge Dibona and on to Cortina through the forest and back to civilisation!

1.5 hour walk / Elevation: +/-140m / 3km to the Tre Dita

5 hour walk / Elevation: -1380m / 10km from Refuge Giussani to Cortina

End point Saturday at 3pm 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...

Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
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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

PERIOD	AVAILABILITY	PRICE
20/09/2026 - 26/09/2026	Full	1 330 €
13/06/2027 - 19/06/2027	Départ garanti	1 465 €
20/06/2027 - 26/06/2027	Départ garanti	1 465 €
27/06/2027 - 03/07/2027	Départ garanti	1 465 €
04/07/2027 - 10/07/2027	Départ garanti	1 465 €
11/07/2027 - 17/07/2027	Départ garanti	1 465 €
18/07/2027 - 24/07/2027	Départ garanti	1 465 €
25/07/2027 - 31/07/2027	Départ garanti	1 465 €
01/08/2027 - 07/08/2027	Départ garanti	1 465 €
08/08/2027 - 14/08/2027	Départ garanti	1 465 €
15/08/2027 - 21/08/2027	Départ garanti	1 465 €
22/08/2027 - 28/08/2027	Départ garanti	1 465 €
29/08/2027 - 04/09/2027	Départ garanti	1 465 €
05/09/2027 - 11/09/2027	Départ garanti	1 395 €
12/09/2027 - 18/09/2027	Départ garanti	1 395 €
19/09/2027 - 25/09/2027	Départ garanti	1 395 €

Combine "The Mythic Dolomites" and "The Western Mythic Dolomites" and receive a €100 reduction on the second trip (own car required for the transfer between the 2 circuits).

THE PRICE

The price includes:

- Supervision by a qualified mountain leader;
- Full-board accommodation and snacks, from dinner on day 1 to lunch on day 7;
- Shower tokens in refuges (except D3 and D6);
- Organisational costs and tourist taxes;
- Transport of your personal belongings (except on days 3 and 6) and bus transfer to Auronzo on day 1.

Does not include:

- Cancellation insurance ;
- Personal expenses (drinks, etc.),
- Touristic visits;
- 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: +/- 650m to 730m approximately per day.
Walking time: 4 to 6 hours per day with optional itineraries possible.
Type of trek: mountain hike on marked trails including stony paths. There are some steep passages but well equipped with cables.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 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

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!

GUIDING

Group size between 6 and 12 people supervised by a qualified professional mountain leader.

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

ACCOMMODATION

4 nights in a refuge dormitory.
2 nights in a shared room of 4-6 people.
All accommodation offers hot showers (exept days 3 and 6), however access to showers is not guaranteed during periods of drought.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.
On nights without luggage, picnics are ordered in the refuges.

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.

Water is a scarce resource in the Dolomites during certain periods ... Plan to buy water a few times at refuges (around € 4 per liter) or to be able to purify it (tablets or gourds with filter).

MAPS

Tabacco Map 03 Cortina d’Ampezzo (1/25000)

Tabacco Map 10 Dolomiti di Sesto (1/25000)

Tabacco Map 31 Dolomiti di Braies (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting on Sunday at 12.45 pm in front of Ciasa Lorenzi hotel. Please have lunch before.

BY TRAIN (then bus)
Paris – Milano- Venise, then Venise-Cortina by bus, (2h10 and 45€ rerurn)
>> Bus : Cortina Express
Or Stuttgart, Munich, Fortezza, Dobbiaco, then Dobbiaco – Cortina by bus (approx. 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
Via 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 Saturday around 3pm in Cortina d'Ampezzo.

ACCOMMODATION BEFORE AND AFTER

Most accommodations in Cortina ask for multiple nights stays, especially in July and August. You can check availability on the website of the Cortina d'Ampezzo Tourist Office or Cortina Booking.

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

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 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.

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 daily (except days 3 and 6) 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!

YOUR BACKPACK FOR THE NIGHTS WITHOUT YOUR BAGGAGE

On nights 3 and 6, your luggage won't be dropped off at your accommodation (you will get it back the day after). here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet 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 contact 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 (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	**THE MYTHIC DOLOMITES**
Number of days	**7**
Insurance	
Trip price	**1 330 €**
Estimated deposit (30%)	**399 €**
Signed in	
Date	
Signature	

Return with your deposit to

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