TECHNICAL SHEET

THE WESTERN MYTHIC DOLOMITES

More of these unique mountains...

Reference · 188

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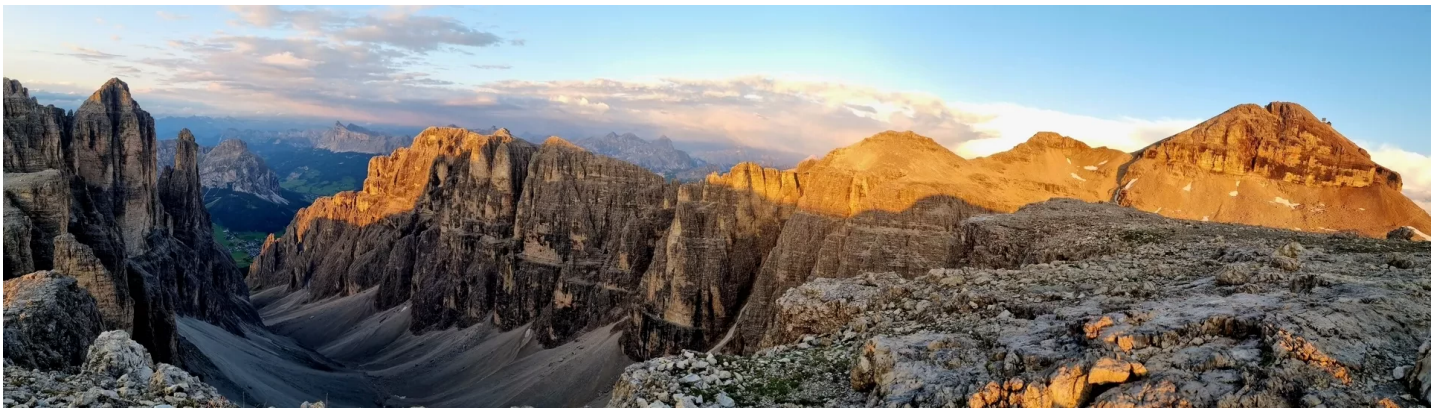

DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic or comfort	**3/4 ★★★☆**	**1 315 €**

Did you enjoy our "Dolo the Myth" holiday from Cortina?
You'll love the Western side, from Val Gardena. A panoramic start in the picture-postcard setting of the Odle, followed by the Puez massif with its Icelandic feel. Cross the wild, deserted Sella plateau, with its incredible stone raft, then the Siusi mountain pasture, one of the largest in Europe, to finish with 2 days in the heart of the unusual Catinaccio mountains, in a setting worthy of a fantasy film.
Well-equipped cable routes allow us to take a few aerial steps, giving us access to these towering massifs in complete serenity.
The evenings in the refuge, when the light show of the Enrosadira comes to life, are magical...
Immerse yourself in an extraordinary world...

You will love

- Crossing mountains with a unique magical filmset decor, Rosengarten, Sasso Lungo, Sciliar...
- A varies tour, alternating between alpine pastures and altitude trails
- The wild plateau of Sella and the vast landscapes of Puez
- Full immersion in the mountains (only one short transfer during the tour)
- Accommodation at altitude to enjoy the Enrosadira (the very particular sunset in the Dolomites)
- The excellent Italian food

Day-by-day itinerary

DAY 1

Meeting point at 1pm in front of the train station of Ortisei, Val Gardena. Plan to have already lunch, as well as your personal belongings for the first two nights (change and toilettries).

ORTISEI - MONT DEDORA

Departure from the village with a first ascent in the forest. The path arrive on the large pasture of Mont Dedora... The viewpoint is incredible on all the Dolomites massifs of Val Gardena and the continuation of the hike. Night in a cosy refuge, **without the luggage.**

4h walk / Elevation: +1100 m

DAY 2

ODLE NATURAL PARK - RIFUGIO FIRENZE

The day begins flat, on the ridge to reach the fabulous Odles. Climb to the Forcella Pana, for a unique viewpoint of the massif. The crossing of the alpine pasture to the refuge Firenze is then quiet, passing close to the cliffs and the Pieralonga.

Night in a refuge at 2000m, in dormitory **without the luggage.**

5h30 walk / Elevation: +800 m - 900m / 13km

DAY 3

CROSSING OF THE PUEZ MASSIF- PASSO GARDENA

The day begins in the beautiful valley of Sieles to reach the Forcella de Sieles. The path continues on the ridge, secured by several small cables, before reaching the impressive cirque of Puez. Grassy terraces and mineral atmosphere alternate during the crossing of the plateau that dominates the immense canyon of the Vallunga and ends in beauty, through the Pizes de Cier and their funny rocky towers. Night in an auberge, **with the luggage**.

6h30 walk / Elevation: + 900 m - 800 m / 15 km

DAY 4

HIGH PLATEAU OF SELLA

Total immersion in the mineral atmosphere of the Dolomites for the crossing of one of its highest massifs: the Gruppo del Sella! From the pass, the trail reaches the heart of this immense stone building through the Val Setus pass, equipped with cables and steps to secure the passage. After the Pisciadu hut, the path continues in a a lunar atmosphere to reach the high plateau of Sella, at 2900m of altitude. Descent through the Val Lastie. Small transfer to reach the Passo Sella. Night in a refuge, **with the luggage.**

6h walk / Elevation: +900m -1200m / 10km

DAY 5

SASSO LUNGO - RIDGES OF SIUSI - PASTURES OF TIRES

A day that takes place under the Sasso Lungo group, emblem of the Val Gardena. Crossing the Friedrich August royal trail and then the ridge "auf der Schneid" ("On the Edge") which dominates the largest alpine pasture in Europe: the Alp de Siusi. This quiet itinerary allows you to enjoy the other side of the Dolomites: vast alpine pastures, "Tyrolean Greys" with a curious look... A more alpine variant is possible with the crossing of the massif by the Forcella Sasso Lungo. 2 nights in a refuge at 2440m of altitude, **with the luggage.**

4h30 walk / Elevation : +700 m - 400 m / 13km

6h30 walk / Elevation : +1200 m - 950 m / 16km by the Forcella SassoLungo

DAY 6

ROSENGARTEN - ANTERMOÏA - ALP DE TIRES

Departure for another day in an unusual setting in the heart of the Rosengarten (or Catinaccio). Molignon, Antermoïa, Val Duron... a journey through the whole mineral nuances of the "Monti Pallidi": ochre, white, dark grey, dolomite, gypsum, volcanic rocks...enhanced by the turquoise blue of the lake of Antermoïa and the green of the pines. A very colourful itinerary! Back to the refuge of Tires for a second night, **with the luggage.**

6h walk / Elevation: +/-970 m / 13km

DAY 7

ALTIPLANO DELLO SCILIAR - ALPE DI SIUSI

From the refuge, the itinerary begins by reaching the altiplano of Sciliar, with the possibility of a little trip to the summit of Mount Petz to enjoy a last 360° view of the Dolomites of Bolzano. The return to the Alpe di Siusi takes place with a gentle descent that allows us to appreciate once again the exceptional knowledge of the Ladins in the design of the roads through their mountains.

5h30 walk / Elevation: +450m -1100 m / 14km

End point around 3pm in Siusi. Bus transfer to Ortisei, Val Gardena or Bolzano.

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

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

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, from dinner on day 1 to lunch on day 7;
- Accommodation in gîtes, refuges and small hotels, shower tokens if necessary and local tourist taxes;
- Daily luggage transport between accommodation (except on days 1 and 2);
- The transfer on day 4 in the evening.

Does not include:

- Personal expenses (drinks, etc.) please be aware drinking water at the table is not included in accommodation;
- Return transfer by bus or taxi from Siusi to Val Gardena or Bolzano;
- Your return journey from home to the point of departure/end point.
- Cancellation assistance insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 750m approximately per day.
Walking time: 4.5 to 7 hours per day with optional itineraries possible.
Type of trek: mountain hike on marked trails including gravel paths. Some aerial passages are well equipped and secured by 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

GUIDING

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

To thank your guide, 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

5 nights in dormitory, in refuge; 1 night in hotel in multiple rooms. Bring a sleeping bag liner and a pillowcase.

MEALS

Breakfasts and dinners 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. For the nights without luggage, picnics are purchased from 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.

RESPONSIBLE TOURISM

We are offering this tour with two nights without luggage, the first two. Therefore, you'll need to bring your toiletries and a change of clothes for the night (1 to 2kg max). We made this choice to make the itinerary more coherent, but also to limit the cost of the trip and its carbon impact. Let us know what you think!

MAPS

Tabacco Map 05 Val Gardena (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Meet at 1pm in front of Ortisei bus station (Piazza San Antonio), Val Gardena. Please have lunch before and prepare your backpack for the first two nights without luggage.

BY TRAIN
Go: Paris - Milan - Verona - Bolzano. Please consult www.oui.sncf and www.trenitalia.com
Bus between Bolzano station and Ortisei (bus 350). One departure every hour (12h28 >> 13h25), 60 mins transfer
http://www.sii.bz.it/en
For the return journey, bus transfer at your expense (approx. €5 per person):
Siusi >> Bolzano with bus 170, one departure every 1/2 hour, 1/2 hour journey.
Siusi >> Ortisei, Val Gardena with bus 172, leaving every hour, 1 hour journey https://www.valgardena.it/en/bus-schedule/
At your request, a group taxi can be organised during the week by the tour leader (around €10 per person for a full minibus).

BY PLANE
Via Milan, Bergamo or Verona. Bus transfer or train to Bolzano.

BY CAR
Milan - Verona - Bolzano - Val Gardena.
Free parking in Siusi, at the start of the "Alpe de Siusi" cable car. From the car park, bus 172 for Ortisei. Departure at 11:50 >> 12:25 Ortisei (or 10:50 >> 11:25) https://www.valgardena.it/en/bus-schedule/

End of the tour on Saturday around 3pm in Siusi. Bus or taxi to Ortisei, Val Gardena or Bolzano

ACCOMMODATION BEFORE AND AFTER

Bolzano Feichter hotel: https://www.hotelfeichter.it/en/
Goldstern hotel: www.goldenstern.it
Val Gardena Tourist Office: www.valgardena.it

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 1 and 2) 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 back!

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

On nights 1 and 2, 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 toilettries bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

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 WESTERN MYTHIC DOLOMITES**
Number of days	**7**
Insurance	
Trip price	**1 315 €**
Estimated deposit (30%)	**394,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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