

DOLOMITES, ALTITUDE TRAILS

The sporty version of the Dolomites



Following the route of our "Mythic Dolomites", this tour offers you a more sporty experience, taking place on high altitude trails.

Crossing the desert plateau of Sella, climbing through the grandiose valleys of Puez, the Veronesi Via Ferrata, upper Tofane valley, a night in a small refuge hidden in the Tre Cime... You don't need to have been an ibex in a previous life to enjoy the extraordinary landscapes of these intriguing mountains!

🕒 6 Days

👤 Guided / with a guide

🧳 With or without luggage transportation

🏠 Accommodation : Classic (dormitory)

🧗 Level : ****

🏠 From : 1430€

You will like

- The most beautiful high altitude trails in the Dolomites
- A via Ferrata, accessible to all
- Nights in typical mountain huts, far from the hustle and bustle of the valley
- The discovery of several mountain ranges

The route

Day 1

Meeting at 1pm in front of Cortina d'Ampezzo bus station, transfer to the departure point at Passo Capolongo. Please have lunch before.

BEC DE ROCES - GRUPPO SELLA

The hike starts between pastures and forests. Climb to the refuge alongside the curious needles of Bec de Rocés. Night in a refuge at the foot of Piz Boé, **without luggage**.

3 hour walk / Elevation: +650 m / 4km

Day 2

HIGH PLATEAU OF SELLA - PASSO GARDENA

Depart from the refuge to climb to Piz Boé (3152m). Short descent to reach the high Sella plateau. A few passages with well secured cables to reach the Pisciadiu refuge and lake. Descent to Passo Gardena (at the start of the season, descent via Val Lasties and transfer to Passo Gardena). Night in a dormitory in a refuge.

6 to 7 hour walk / Elevation: +900 m; -1300 m / 11 km

Day 3

PUEZ MOUNTAINS - JUEL VALLEY

Climb to the Col de Cier between the amazing Pizes towers. Cross the Somalfucia Pass and descend to the Puez refuge through the Langental grand ganyon. Descent through the beautiful wild Juel valley, or through the small Gherdenacia canyon, then to Villa Stern and a short transfer by local bus to the village of San Cassiano. Night in a gîte, in a room from 4 to 6 people, with luggage.

7 hour walk / Elevation: +870 m; -1350 m / 16 km

Day 4

LAGAZUOI - TOFANE

Depending on the weather and the group's fitness, climb to Piz Lagazuoi via the Falzarego pass and the high-altitude trail, or directly via Lac di Lech. A traverse over the Col Travananze and then under the Tofane to find a cabled passage leading to the refuge at an altitude of 2500m, in the heart of this stony massif. Overnight in the refuge, in small dormitories of 4 to 6 people, in an exceptional environment, **without luggage**.

6 to 7 hour walk / Elevation: +1550m; -630 m / 15 km

Day 5

TRE DITA - TRE CIME

From the refuge it is possible to climb to Tre Dita (2694m) for the view and the atmosphere! Descent to the refuge Dibona, then Pocol and transfer to Auronzo with access to your baggage to refresh your backpack for a second night in a mountain refuge. Crossing along the Tre Cime or via Pian di Cengia to the Auronzo refuge, for a final night in this exceptional setting, in a dormitory **without luggage**.

5.5 hour walk / Elevation: +600 m ; -1050 m / 13 km

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

Day 6

TRE CIME ET PATERNO - CORTINA

Meeting with the mountain guide, climb to the summit of Paterno via the Via Ferrata. The highlight of this journey into the

heart of these mountains of stone! Return via the Collerena and Lavaredo passes. Descent to Auronzo and bus transfer to Cortina d'Ampezzo.

4h walk / Difference in altitude: +550 - 650m / 9km

End of the hike around 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...

The trip

LEVEL ****

Elevation: +/- 1000m on average per day

Walking time: 6 to 7 hours per day

Type of hike: mountain route on technical trails, often rocky with steep or vertiginous passages with well secured cabled sections.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 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

Number of participants between 6 and 12 people supervised by a qualified professional mountain leader.

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

ACCOMMODATION

5 nights in refuges or gites in a dormitory or a multiple person bedroom.

All accommodations are equipped with hot showers (except night 4), however due to increasingly recurring periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and ordered the day before in the 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

Tabacco Map 07 Alta Badia Arabba - Marmolada (1/25000)

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

Tabacco Map 10 Dolomiti di Sesto (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting at 1pm in front of Cortina d'Ampezzo bus station, bus transfer to Passo Capolongo. Please have lunch before.

BY TRAIN (then bus)
Paris - Milano - Venice, or by Turin - Venice
SNCF information: 3635 oui.sncf

Bus transfer Venice - Cortina:
>> Cortina Express (+39 0436867350)
>> [ATVO](http://ATVO line 29) line 29

BY PLANE

Venice Marco Polo International Airport, then transfer by bus to Cortina d'Ampezzo (about 2h).

>> See bus schedules on ATVO (line 29)
>> Cortina Express (+39 0436867350)

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 of the hike Saturday around 3pm in Cortina d'Ampezzo.

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo Tourist Office:

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**

Dates & prices

From 20/07/25 To 25/07/25 **Last places available** 1430 €

From 31/08/25 To 05/09/25 **Last places available** 1430 €

THE PRICE

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, accommodation in gîtes, refuges and small hotels, shower tokens if necessary and local tourist taxes;
- Transport of your personal belongings on evenings 2 and 3;
- The transfers mentioned in the technical data sheet.

Does not include:

- Travel insurance;
- Personal expenses (drinks, etc.) please be aware drinking water at the table is not included in accommodation;
- Touristic visits;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from meeting point to the end point.

Equipment and luggage

EQUIPMENT LIST

Clothes

- 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 40 to 50 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 and the items for the days without luggage.

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 between accommodation, on days 2 and 3 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 the nights when your luggage won't be dropped off at your accommodation your baggage at the accommodation (you will get it back the night after), here are the things to add to your backpack (about 2 kilos are enough!):

- small toiletries 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 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 (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% 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 (inc. 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.

Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE