



HEART OF THE DOLOMITES self-guided

From spectacular balconies to green valleys




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. Ladin, a local dialect, with a mixture of Latin and German influences is also spoken in some valleys. Many signs are in all three languages.

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, the Dolomites also have fabulous hiking routes. It is not necessary to walk very far or on technical paths to discover the sumptuous landscapes.

From spectacular balconies to verdant valleys, the proposed route crosses different massifs, all equally impressive.

 7 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : ***

 From : 785€

You will like

- 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 legendary welcome in the gites and refuges

The route

Day 1

From the Cortina bus station located by the Stadio Olimpica, take the regular bus to the Auronzo refuge (approx. 45m transfert)

CORTINA D'AMPEZZO - REFUGE AURONZO - TRE CIME TOUR

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. Night at refuge Auronzo.

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

Day 2

LANDRO VALLEY - STRUDELSATTEL - PRATO PIAZZA

After the north face of Tre Cime, a beautiful descent into the Landro Valley followed by a steep climb, with a short (50m) well-secured cabled passage, which contours the Strudelkopf. Cross the Specie pass and descend into the beautiful mountain pasture of Prato Piazza. Climb possible via the Specie Valley. Night in a refuge.

7.5 to 8 hour walk / Elevation: +1050m / -1360m / 20km

Day 3

PRATO PIAZZA - LAKE BRAIES - PLATEAU DE SENNES or ALPAGE FODARA

A short bus ride will take you to the Braies lake, set in the middle of a natural cirque. From the splendid lake, climb up a mineral coomb to the Riciogogn pass (2331m), then descend to the vast Sennes pasture. Settle into the refuge for 2 nights.

5 hour walk / Elevation: +880m -400m / 11km

Day 4

PLATEAU DE SENNES - GRAN DE FOSSES LAKE – CRODA DEL BECCO

You will continue exploring the Sennes plateau to reach the magnificent Gran de Foses lake. You will then reach the Biella refuge for a well-earned rest before embarking on an optional climb to the Croda del Beco, a magnificent 360° promontory overlooking the vast Sennes plateau on one side and Lake Braies and Austria in the distance on the other. From the Biella refuge, you cross the Sennes plateau and return to Fodara.

5 hour walk / Elevation: +/- 500 m / 14km

7 hour walk / Elevation: +/- 970 m / 14km

Day 5

PEDERÜ - PLATEAU DE FANES – BECCHÉI DESORA

You leave Fodara and the Sennes plateau on a long descent to the hamlet of Pederü before heading up the Fanes valley along unusual coloured moraines. Once in Fanes, you have the option of making a detour to the magnificent Lé Vert or continuing to the Bechei Dessora col and back. **Night in refuge without the luggage.**

4 hour walk / Elevation: +/- 500m / 11km

7.5 hour walk / Elevation: +1260m / -1200m / 16km

Day 6

COL DE LOCIA or FORCELA DE LECH - PASSO VALPAROLA

Cross the Fanes plateau surrounded by dolomitic cliffs. Climb to Forcela de Lech, a window into the mountains that open

onto a mythical descent above the beautiful turquoise lake of Lagazuoi and the Scotoni pasture. One more effort to cross the Valparola pass. Possibility of a shorter route through the Locia pass. Night in a refuge on the pass.

4 hour walk / Elevation : +150m -550m (by the Col de Locia) / 11km

6 hour walk / Elevation : +860m / -700m (by the Forcella de Lech) / 14km

Day 7

VALPAROLA - CORTINA

Climb to the Falzarego pass for a chance to buy a few souvenirs in the shop. Continue on a balcony trail under Tofana de Rozes before descending to Cortina. It is possible to take the cable car for the climb (but there is still a little bit of a hike afterwards!).

6.30 hour walk / Elevation: +570m -1550m /17km

End point in Cortina d'Ampezzo in the afternoon.

Depending on availability in accommodation, the program may vary slightly.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 850m average per day.

Walking time: 4 to 6 hours 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.

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](#)

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

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!

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 IGN TOP 25 maps
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

ACCOMMODATION

CLASSIC

5 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.

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)
Carte Tabacco 31 Dolomiti di Braies (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

From the Stadio Olympica (Via Alberto Bonacossa, 1, Cortina d'Ampezzo), bus to refuge Auronzo (with your luggage).

BY TRAIN (then bus)

Paris – Milano- Venise, then Venise-Cortina enby bus, (2h10 and 45€ 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 40€ return)

>> [Cortina Express](#)

>> [ATVO](#) : Ligne 29

BY CAR

By 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 in Cortina d'Ampezzo in the afternoon.

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo Tourist Office: 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**

Dates & prices

DEPARTURES AND PRICES

This hike is in high demand, please book as soon as possible.

Departure on Saturday, from 21st June to 13th September 2025

Without baggage transport

785€ per person, classic accommodation

With baggage transport (except night 5)

Group of 2 to 4: **995€** per person, classic accommodation

Group of 5: **970€** per person, classic accommodation

Group of 6: **940€** per person, classic accommodation

Picnic lunch :

90€ per person, 6 picnics

THE PRICE

The price includes:

- Accommodation on half-board;
- 1 paper road book for the group and a digital version for each participant to download;
- Organisation and booking fees ;
- Daily baggage transport except on day 5, 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 4€ per 1.5l);
- Touristic visits;
- The bus between Cortina and Auronzo and bus or cable car on Day 7 (approx 25€ 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.

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
- Lightweight down jacket
- 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 (0.40L to 0.50L)
- 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

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, except on day 5, 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 NIGHT WITHOUT LUGGAGE

For the night 5, your luggage won't be dropped off at your accommodation (you will get it back the following day). Here are a few tips on what to add to your rucksack (around 2 kg is enough!):

- a small toilet bag
- your sheet-bag
- a change of clothes for the next day (just the bare essentials!) and comfortable clothes/shoes for the evening
- lightweight down jacket

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 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 (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 (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.



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