

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 a guide

 With baggage transport

 Accommodation : Classic or comfort

 Level : ***

 From : 540€

You will like

- A total immersion in some of the most unusual mountains in the world
- A striking alternation between green and mineral landscapes
- Pleasant trails at the heart of verticality
- A legendary welcome in the gîtes and refuges

The route

Day 1

Take the bus from Cortina d'Ampezzo bus station to Refuge Auronzo (regular service, approx 30 mins)

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.

2.5 hour walk / Elevation: +250m -250m

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.

6.5 hour walk / Elevation: +930m -1200m

Day 3

PRATO PIAZZA - LAKE BRAIES

Descend through the Stolla Valley, then climb and traverse via a trail between mountain pastures and scree to reach the small pass leading down to Lake Braies. The surrounding summits show their curious stratification and the alpine pastures look like a golf course! Shorter stage is possible (-1 hour) via Croda Rossa with a short cabled section.

5.5 hour walk / Elevation: +600m -1100m

Day 4

FORCELA DE RICIOGOGN - SENNES

From the splendid Lake Braies surrounded by a natural amphitheatre, climb a mineral valley to the Riciogogn Pass (2331m). Multiple paths are possible to descend to the wide Sennes pasture, the Biella hut under the Croda del Becco, Munt de Sennes pasture or even the summit of Muntejela de Sennes (2787m) for the sporty ones!

Night in a refuge (*dinner is reserved but not included in price of the tour)

4 hour walk / Elevation: +850m -250m

Day 5

SENNES - FANES PLATEAU

Optional detour via the Sennes plateau to enjoy the altitude lakes at Gran de Foses, then descend into the Crosc Valley. Climb and continue to the hamlet of Fodara. Descend to Pederu before climbing up to the lake and Refuge Fanes or Lavarella.

6 hour walk / Elevation: +1000m -900m

Shorter option descending directly to Pederu: 4 hour walk / Elevation: +600m -500m

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 in the mountain that opens

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 at the mountain pass.

+150m -550m (by the Col de Locia)

+860m / -700m (by the Forcela de Lech)

4 hour walk / Elevation :

6 hour walk / Elevation :

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!).

5 hour walk / Elevation: +450m -1040m

End point in Cortina d'Ampezzo in the afternoon.

Depending on availability in accommodation, the program may be a little different.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 850m average per day.

Walking time: 4 to 6 hours average per day, with optional itineraries possible.

Type of trek: mountain hike on marked trails without technical difficulties.

There are some passages well equipped with cables.

ROAD BOOK

Before departure, we send you a travel folder containing:

- 1 IGN MAP 1/25 and 2 map sections with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

ACCOMMODATION AND MEALS

CLASSIC:

1 night in twin/double bedroom (or 3 beds bedroom if odd number of persons in the group)

5 nights in a dormitory in a refuge
own sleeping sheet and pillowcase

Remember to bring your

COMFORT:

Comfort supplement possible subject to availability: up to 6 nights in twin/double bedroom (or triple bedroom if odd number in the group).

All accommodation has hot showers.

MEALS

Breakfasts and dinners are served in accommodation (*dinner of Day 4 at Sennes is not included)

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.

PHYSICAL CONDITION

Ability to easily walk 20km (on flat trails) in a maximum of 4 hours.

If this is not the case, we recommend you to train during the three weeks prior to departure, for example running 4-5km or hiking/cycling 3-4 hours, 2 to 3 times per week. Your physical preparation will enable you to enjoy your trek to the maximum.

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)

PERSONALISED TOURS

We can personalise a tour according to your requirements... number of days, participants, level of route, accommodation etc. please contact us.

Practical information

ACCESS TO DEPARTURE POINT

From Cortina d'Ampezzo, bus to Refuge Auronzo (with your baggage).

BY TRAIN (then bus)

Paris - Milan - Venice, bus to Cortina d'Ampezzo (2 hours, approx 60€ return)

Or via Stuttgart - Munich - Fortezza and Dobbiaco, bus to Cortina d'Ampezzo (45 mins, 16€ return)

www.oui.sncf

CORTINA EXPRESS: www.cortinaexpress.it

BY PLANE

Venice International Airport Marco Polo, bus to Cortina d'Ampezzo (2 hours, approx 40€ return)

DEPARTURE: Bus on Sunday at 11:20am at the airport, arrival at 1:25pm in Cortina d'Ampezzo

RETURN: Bus on Saturday at 3:30pm in Cortina, arrival at 5:45pm at the airport

www.atvo.it

www.global.flixbus.com

BY CAR

Milan - Verona - Venice - Belluno - Cortina d'Ampezzo. Free parking around Cortina d'Ampezzo.

www.serviziampezzo/car-park-map.it

End point in Cortina d'Ampezzo in the afternoon.

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo Tourist Office: www.cortina-tourism.com

If you wish to extend your stay with a supplementary night(s) before or after your tour it is possible, please contact us.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. 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

Daily departures from 14 June to 10 Octobre 2021

Without baggage transport

540€ per person, classic accommodation

With baggage transport

Groups of 2/3 persons: **890€** per person, classic accommodation

Groups of 4 persons: **725€** per person, classic accommodation

Groups of 5 persons and more : **690€** per person, classic accommodation

Supplement for comfort option in a double bedroom: **100€ per person.**

Information and reservation is simple by telephone or email.

THE PRICE

The price includes:

- 6 nights half board accommodation, except dinner on Day 4 at Sennes;
- A road book: description and maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Organisation and booking fees;
- Daily baggage transport, if you have chosen this option;
- Taxes.

The price does not include:

- Picnic lunches;
- Dinner on Day 4 at Sennes;
- Potential shower tokens;
- Personal expenses, drinks, touristic visits, etc.;
- The bus between Cortina and Auronzo and bus or cable car on Day 7 (approx 20€ per person);
- Your return journey from home to the point of departure/end point, airport taxes and other exclusions clearly described within the corresponding technical sheet;
- Cancellation insurance (4.2% of total tour cost).

The price is all inclusive from departure to end point.

Equipment and baggage

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

Your baggage will be transported daily between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.

Details

HOW TO REGISTER

- By internet: 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
180, route du lac
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