



THE FULL TOUR OF THE DOLOMITES !

Mythic Dolomites + Western Mythic Dolomites




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 14 day getaway to discover the strong images of the Dolomites, the peaks of Tre Cime, high pastures of Prato Piazza, stone amphitheatre of Fanes and the unusual Tofane desert...


And after a week through the Dolomites of Cortina, the exploration continues around Val Gardena: Odles, Puez, Sella, Catinaccio... so many names for so many mountains with a different atmosphere!

Nature and man have shaped a unique region, recognised as a UNESCO world heritage site. The history of these mountains makes them even more spectacular. Squeezed between Austria, Italy and Ladin country, the Dolomites are rich from all these influences, with lots of history and culture to be discovered along this beautiful itinerary.


 14 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : ***

 From : 2495€

You will like

- Crossing the major sites in the Dolomites between high peaks and lush alpine pastures
- The ascent of the Croca del Becco and crossing the Forcella di Lech
- Accommodation at altitude to enjoy the Enrosadira (the very particular sunset in the Dolomites)
- A trek with alternative options depending on physical level
- The comfort and good food of Italian refuges

The route

Day 1

Meet at 1.30pm at Cortina d'Ampezzo bus station in the town centre, then bus transfer (30mins) to the Auronzo refuge (*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: +350m -350m

Day 2

TRE CIME - PRATO PIAZZA

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

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

Day 3

PRATO PIAZZA - SENNES PLATEAU

A beautiful crossing at altitude, beneath the foothills of the Croda Rossa. The path then crosses a karstic plateau, a true Alpine garden, to reach the Sora Forno pass, at the foot of the elegant Croda del Becco (2810m). Night in a refuge (without luggage)

4h30 hour walk / Elevation: +800m -450m

Day 4

BIELLA - FANES PLATEAU

Optional morning climb of the Croda del Beco summit 2810m (elevation +/-460m) for those who wish. Return to the refuge and depart for a 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: +550m -850m

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 -650m

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 baggage)**.

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

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.

1.5 hour walk / Elevation: +/-120m to the Tre Dita

3.5 hour walk / Elevation: -1380m from Refuge Giussani to Cortina

End of the first part in Cortina d'Ampezzo.

Taxi transfer from Cortina d'Ampezzo to Val Gardena (at your expense; we can organise it for you if you don't have a car). Night in a B&B (not included).

Day 8

Meeting point at 1:00 pm in front of the bus station of Ortisei, Val Gardena. Plan to have already lunch, as well as your personal belongings for the first two nights (change of clothes and toiletries).

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 9

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 Peralonga.

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

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

Day 10

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 a refuge, **with the luggage**.

6h30 walk / Elevation: +900 m - 650m / 15 km

Day 11

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 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.

6h00 walk / Elevation: +900m -1260m / 10km

Day 12

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.

5h walk / Elevation : +700 m - 400 m / 12km

6h30 walk / Elevation : +1200 m -950 m / 14k m by the Forcella Sasso Lungo

Day 13

ROSENGARTEN - ANTERMOIA - ALP DE TIRES

Departure for another day in an unusual location in the heart of the Rosengarten (or Catinaccio). Molignon, Antermoia, 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 Antermoia and the green of the pines. A very colorful itinerary!!! Back to the refuge of Tires for a second night, with the luggage.

6h00 walk / Elevation: +/-970 m / 13km

Day 14

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.

4h30 walk / Elevation: +450 m -1100 m / 14 km

End of the hike 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.

The trip

LEVEL ***

Elevation: +/- 650m to 750m approximately per day.

Walking time: 4 to 7.5 hours per day with optional itineraries possible.

Type of trek: mountain hike on marked, often rocky paths. The climb to the Giussani hut involves a short cabled section.

Cable ramps secure steep or exposed sections on days 10, 12 and 13. For the optional itineraries, there are a few aerial passages secured by cables (cables on a flat 50m path on day 2, a cabled passage on the ascent of the Croda del Becco on day 4).

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 between 6 and 14 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

12 nights in a refuge dormitory.

All accommodation has hot showers (except Day 3 and Day 6). However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are served in the accommodation.

For lunch, your guide will prepare a picnic, usually consisting of a variety of salads and regional produce.

For nights without luggage, picnics are ordered from the refuges for the following day.

Please inform us about your food allergies and special diets **at the time of the 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 / 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)

Carte Tabacco 05 Val Gardena (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Day 1 meeting at 1.30pm at the bus station of Cortina d'Ampezzo (plan to have eaten).

Day 8 meeting at 1pm at the bus station of Ortisei (St Ulrich) (plan to have eaten).

BY TRAIN (then bus transfer)

Outward journey:

Paris - Milano - Venice, then Venice-Cortina by bus (2h, about 60€ A/R): Bus [ATVO](#)/ Bus [flixbus](#)

Or by Stuttgart, Munich, Fortezza and Dobbiaco, then Dobbiaco - Cortina by bus (45mn, environ 20€ A/R)

SNCF Information: 3635 or [snf.com](#)

CORTINA EXPRESS: [cortinaexpress](#)

At the end of the 1st week, possible transfer (optional) by Altitude Mont Blanc from Cortina to the accommodation on Day 7, and Day 8 transfer from the accommodation to the bus station of Ortisei to be there at 1pm.

Return Trip:

End of the hike in Siusi. Regular buses between Siusi/ Bolzano/ Ortisei, at your expense (about 5€ per person):

[valgardena.it/en/bus-schedule/](#)

Siusi (Seis) >> Ortisei (St Ulrich), Val Gardena with bus 172, departure every hour, 1h journey

Siusi (Seis) >> Bolzano with bus [170](#), departure every hour, 40 minutes journey.

Then train Bolzano - Verona - Milano - Paris: [SNCF information](#), 3635

At your request, a group taxi can be organised during the week by the tour leader.

BY PLANE: Venice International Airport "Marco Polo"

Bus transfer Venice – Cortina, (2h, about 40€ A/R)

ONE WAY: bus on Sunday at 11.20am at the airport, arrival in Cortina at 1.25pm

RETURN: bus on Saturday at 3.30pm in Cortina, arrival at the airport at 5.45pm

[ATVO](#) bus

[Flixbus](#) bus

BY CAR

Two long-term free car parks on the outskirts of Cortina (about 10 minutes walk from the train station/1km): "Lungo Boîte" (west of Cortina) and "Parcheggio Via del Parco" (south of Cortina).

By Milan, Verona, Venice, Belluno and Cortina d'Ampezzo

By Milan, Brescia, Trento, Bolzano, the most convenient: We recommend you then take the train to Dobbiaco (9.02am/ 11.05am, or a train every two hours), then the bus to reach Cortina (11.10am/ 11.55am, or every two hours).

At the end of the 1st week, on day 8, meeting at the bus station of Ortisei at 1.00pm. You will have picked up your car the day before in Cortina.

2 car parks for this 2nd week:

- Ortisei (for a fee): Alpe di Siusi gondola lift in Ortisei, €6 per day

- in Siusi (free): gondola Seiseralm. Parking, bus 172 to Ortisei.

End of the hike on Saturday around 3pm in Siusi (Seis).

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo [Tourist Office](#).

Val Gardena [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

Combine [‘THE MYTHIC DOLOMITES’](#) and [‘THE WESTERN MYTHIC DOLOMITES’](#).

Transfer between Cortina and Val Gardena from €90 per person (min. 4 people) or your own car required for the transfer between the 2 circuits.

Ask us for a quote for your private group.

THE PRICE

Includes:

- Guidance by a qualified mountain leader;
- Full-board accommodation and snacks, from dinner on day 1 to lunch on day 7 and from dinner on day 8 to lunch on day 14;
- 12 nights in dormitories and multiple rooms (night 7 not included);
- Shower tokens in refuges (except D3 and D6);
- Organisational costs and tourist taxes;
- Transport of your personal belongings (except on Days 3, 6, 7, 8 and 9);
- Bus transfers on D1 to Auronzo and taxi transfers on D10.

Does not include:

- Lunches on Days 1 and 8 ;
- The intermediate night on D7 ;
- Transfer between Cortina and Val Gardena on D7 and the intermediate night;
- Return transfer by bus or taxi from Siusi to Val Gardena or Bolzano;
- Personal expenses (drinks, etc.), (0.5l of water is included with dinners, any additional drinks are at your own expense);
- Cancellation assistance insurance (4.2% of the total cost of the trip).
- Travel from your home to the host venue and return.

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
- 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 documents) 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, except on Days 3, 6, 8 and 9, between accommodations 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 YOUR LUGGAGE

On nights 3, 6, 8 and 9, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

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
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