

## THE WESTERN MYTHIC DOLOMITES

More of these unique mountains...




Did you enjoy the Mythic Dolomites from Cortina d'Ampezzo?

Then you are going to love the western side from the Val Gardena. Starting at the Siusi mountain pasture, one of the largest in Europe, followed by two days at the heart of the unique Catinaccio mountains which look like a fantastic movie set. Cross the wild and deserted high plateau of the Sella and Puez mountains and finish in style in the picture postcard decor of the Odle.

A few well equipped cabled sections enable us to tackle these slender mountains in serenity.


Evenings in mountain refuges become magical with the theatre of sunset light, the Enrosadira!

Dive into an extraordinary mountain world...

 7 days

 Guided / with a guide

 With baggage transport

 Accommodation : Classic or comfort

 Level : \*\*\*

 From : 895€

### You will like

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

# The route

## Day 1

## Day 2

## Day 3

## Day 4

## Day 5

### **HIGH PLATEAU OF SELLA**

Cross one of the highest mountains in the Dolomites. After a short transfer to the Lasties valley, climb through this wild valley to reach the high plateau of Sella, a desert of limestone at 2900m. Descend to the lake and the Pisciadu Refuge, with a well secured cable section. Then follows the descent of the Pisciadu valley and its famous cabled section, an easy passage but can get crowded. In case of bad weather a route bypasses the mountains. Night in a dormitory, in a nice refuge near to the road to the pass. Supplementary bedroom option available on reservation.

6.5 hour walk / Elevation: +1060m -950m

## Day 6

### **CROSSING PUEZ MOUNTAIN**

Early departure for the Cier pass and its curious stone towers. The trail continues to Refuge Puez sitting above the wide canyon of Langental, then on to the grassy terrace of Puez. Traverse the Sieles ridge with a short cabled section to reach the small pass. The day ends with a beautiful and wild descent into the Sieles valley to reach the mountain pasture. Last night in a dormitory in a refuge at 2000m at the foot of the fabulous Odles (\*without baggage). Supplementary bedroom option available on reservation.

6.5 hour walk / Elevation: +780m -960m

## Day 7

### **PIERALONGIA - PANA PASS**

Climb via the PIERALONGIA a strange menhir (standing stone) fallen from the peak above, followed by a return trail to the Pana pass to take in the spectacular view of the Odle Mountains. Descend and take the Furnes cable car to reach Ortisei in the Val Gardena to finish the tour.

4.5 hour walk / Elevation: +450m -780m

**End point around 3:00pm in Ortisei, Val Gardena. Bus transfer to Bolzano (60 mins).**

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: +/- 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 without technical difficulties.

There are some passages well equipped with cables on Days, 3, 5 and 6.

## GUIDING

Group size between 6 and 14 people supervised by a qualified professional mountain leader.

## ACCOMMODATION

6 nights in a refuge dormitory.

Remember to bring your own sleeping sheet and pillowcase.

All accommodation has hot showers.

Optional 2 person bedroom supplement on registration: Nights 2, 3, 4, 5, and 6 (+140€ depending on availability).

## 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.

*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 TOURISME

The route has been modified to offer two nights at the heart of the mountains. As a consequence, nights 1 and 6 are without baggage transport. We made that choice to favour an enchanting route but also to lower the cost for you and to limit the environmental impact.

## YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

For the night without 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 toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

## MAPS

Tabacco Map 05 Val Gardena (1/25000)

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet at 1:00pm in front of Ortisei bus station, Val Gardena. Please have lunch before and prepare your backpack for the two first nights without luggage.**

### BY TRAIN

DEPARTURE: Paris - Milan - Verona - Bolzano

[www.oui.sncf](http://www.oui.sncf)

[www.trenitalia.com](http://www.trenitalia.com)

RETURN: Ortisei, Val Gardena - Bolzano. Take bus n°350, hourly departures (60 mins transfer). [www.sii.bz.it/en](http://www.sii.bz.it/en)  
[www.valgardena.it/en/bus-schedule](http://www.valgardena.it/en/bus-schedule)

### BY PLANE

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

### BY CAR

Milan - Verona - Bolzano - Val Gardena.

Free parking on southern Bolzano (Quartier Fiera / Messe). To join the city center : train from the Fiera / Messe train station or bus 10A.

Paid parking P2, Via Perathoner Straße, City Parking. 52€ per week. Ask the parking attendant, tel. +39 0471 970289.

**End point saturday around 3:00pm in Ortisei, Val Gardena, 4:30 - 5:00pm in Bolzano.**

## ACCOMMODATION BEFORE AND AFTER

Bolzano

[www.hotelfeichter.it](http://www.hotelfeichter.it)

Goldstern hotel: [www.goldenstern.it](http://www.goldenstern.it)

Feichter hotel:

Val Gardena Tourist Office: [www.valgardena.it](http://www.valgardena.it)

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

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

**Option 2 person bedroom** supplement on registration: 6 nights in 2 to 4 bedroom (+110€ per person, depending on availability)

## 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;
- Daily luggage transport between accommodation (except Day 1);
- Bus transfer to Siusi on Day 1 and from Paso Sella on Day 5.

### Does not include:

- Cancellation insurance (4.2% of the cost of the holiday);
- 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, airport taxes and other exclusions clearly described within the corresponding technical sheet.

**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 (except on Day 1) between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 8kg**. 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](http://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