



AROUND CORTINA D'AMPEZZO PANORAMA self-guided

The heart of the Dolomites, panorama version



The Dolomites are located in the far north-east of Italy, close to Austria. This region with its tumultuous history has between the Austro-Hungarian Empire and Italy, particularly during the First World War and many of its remains bear witness to this.

Here, you will hear both German and Italian spoken, as the dual culture is still deeply rooted. Ladin "the local dialect, a mixture of Latin and Germanic influences, is also spoken in some of the high valleys. There are plenty of signs in all 3 languages.

The Dolomites owe their name to a geologist, M. Déodat de Dolomieu, who, intrigued by the strange appearance of the rocks, studied and discovered their composition in 1782. Known for their famous Via Ferrata, the Dolomites also boast numerous hiking routes, you don't need to walk for very long or on very difficult paths to discover the sumptuous scenery. The Panorama version of the programme allows you to discover the special atmosphere of the different massifs that make up these unusual Dolomites, which you can explore at your own pace, with the comfort of cosy accommodation in the valley.

5 Days

Self-guided / without guide

Without baggage transportation

Accommodation : Comfort (room)

Level : ***

From : 1280€

You will like

- Total immersion in some of the most unusual mountains in the world
- A striking contrast between green and mineral landscapes
- Pleasant trails in the heart of vertical terrain
- A legendary quality of welcome in the gîtes and refuges
- Many typical "malga" for lunch breaks

The route

Day 1

Take Bus 30 from Cortina d'Ampezzo station, stopping at Passo Falzarego (35-minute bus ride).

VALPAROLA - CORTINA

Transfer to the Passo Falzarego, where you can buy some delightful souvenirs in the pass shop! The trail then crosses the balcony below the Tofana de Rozes, before descending to Cortina. You can take the cable car for the ascent (but there's still a bit of hiking left!)

6h walk / Elevation: +450m - 1250m / 14km

Day 2

Take Bus 30 from Cortina d'Ampezzo station in the direction of Tre Croci, stopping at Tre Croci (20-minute bus ride).

LAGO DEL SORAPISS

From the Col des Trois Croci, there's a loop that allows you to enjoy the turquoise waters of Lago Del Sorapiss. The route takes you through the small hamlet of Valbona before a beautiful climb up to the lake. The return route is a little more exposed, via a balcony to the col. The few impressive passages are wide and equipped with sturdy handrails.

5.5 hours walk / Elevation: +/- 750m / 14km

Day 3

Transfer by private car or taxi to the start of the hike, at the Ra Stua refuge (15min, 10km drive).

PLATEAU DE SENNES - FODARA

Depending on the weather and the fitness of the participants, there are several options for enjoying the Sennes plateau. The day begins with a climb to Lago Gran Di Fozes before crossing Sennes. There are several refuges for refuelling throughout the day.

5 hours walk / Elevation: +/- 640m / 9km

Day 4

From Cortina station, regular buses to Auronzo (by car, toll road and paid parking) (bus line 30/31 or 444/445) (1 hour's drive)

CORTINA - REFUGE AURONZO - TOUR DES TRE CIME

A circular hike at the foot of the famous Tre Cime di Lavaredo, a mythical stage amidst needles, towers and other peaks, via the Locatelli refuge. You can extend the stage by doing the tour of Monte Paterno.

3 hours' walk / Elevation: +/- 250m / 9km

5h15 walk / Elevation: +/- 650m / 14km

Day 5

Take Bus 30 from Cortina d'Ampezzo station, stopping at Passo Falzarego (35min bus ride, same route as the first day).

PASSO FALZAREGO - CINQUE TORRI

A day in the footsteps of the Great War. The hike begins at Passo Falzarego, reached by bus before ascending into the Dolomites of Nuvolau. On the way down, you'll pass by the Cinque Torri, impressive towers, a veritable open-air museum.

Return to Cortina by bus.

4 hours' walk / Elevation: +450m -650m / 9km

End of the tour in Cortina d'Ampezzo.

The program has been drawn up based on the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the program.

The trip

LEVEL ***

Elevation: +/- 850m on average per day

Walking time: 4 to 5 hours per day, with possible extensions.

Type of walk: mountain itinerary on marked paths with no technical difficulties. One slightly airy section (50 m) at Lago del Sorapiss.

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. The "paper" version we send by post includes:

- The Tabacco maps
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

ACCOMMODATION AND MEALS

6 nights in a 3-star hotel, in a double room on a half-board basis

MEALS

Breakfast and dinner are served in the accommodation. Picnics are not included. On some days, you can eat in refuges or inns along the way.

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

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

Map Tabacco 10 Dolomiti di Sesto (1/25000)

Practical information

GETTING THERE

BY TRAIN (then bus)

Paris–Milano–Venice, then Venice–Cortina by bus, (2h10 and approx 60€ rerurn)

Train: 3635 or www.sncf.com

Bus: [cortinaexpress](http://cortinaexpress.com)

Or Stuttgart, Munich, Fortezza, Dobbiaco, then Dobbiaco – Cortina by bus (approx. 45mn)

BY CAR

Via Milan, Verona, Venice, Belluno and Cortina.

Several free car parks on the outskirts of Cortina: [serviziampezzo/car-park-map](http://serviziampezzo.com/car-park-map)

BY PLANE

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

Bus: [cortinaexpress](http://cortinaexpress.com)

ATVO: atvo.it

ACCOMMODATION BEFORE AND AFTER

Additional night in a hotel with breakfast, in a room for 2 people, in Cortina d'Ampezzo.

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 running late, contact the agency **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

DEPARTURES AND PRICES

Departure on **Saturdays or Sundays** from 21 June to 21 September 2025

5-day tour, 6 nights in Cortina d'Ampezzo **(based on 2 people)**

From 21/06 to 29/06 and from 30/08 to 21/09/2025

1280€ per person, accommodation in double room in hotel***.

From 05/07 to 27/07/2025

1390 per person, accommodation in a double room in a hotel***.

From 02/08 to 24/08/2025

1650 per person, accommodation in a double room in a hotel***.

Depending on the departure date chosen and the level of accommodation, the price may vary.

THE PRICE

The price includes:

- Half-board accommodation in the hotel;
- The road book: description and Tabacco maps (1 complete road book per person);
- Organisation fees, booking fees and tourist taxes.

The price does not include:

- Picnic lunches;
- Drinks, any visits;
- Transfers by bus between Cortina, by taxi or private car and the hike departures;
- Guiding : you are responsible for your own safety;
- Cancellation assistance insurance (4.2% of the cost of the holiday);
- Travel from your home to the host venue and back.

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 Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex 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.

HOW TO REGISTER

- Online: www.altitude-montblanc.com
- By phone: +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 prior 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