

THE MYTHIC DOLOMITES

Hiking at the heart of unique mountains



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 Pratto Piazza, stone amphitheatre of Fanes and the unusual Tofane desert.

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.

 7 days

 Guided / with a guide

 With baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 880€

You will like

- Crossing the major sites in the Dolomites between high peaks and lush alpine pastures
- An immersion itinerary without road transfers
- 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
- An optional Via Ferrata experience!

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: +400m -400m

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.

6.5 hour walk / Elevation: +950m -1250m

Day 3

PRATO PIAZZA - SENNES PLATEAU

Beautiful altitude traverse under the foothills of the Croda Rossa. The trail crosses a karst plateau to reach the Sora Forno Pass just above the Biella hut at the foot of the Croda del Beco.

Night in a refuge at 2327m (*without baggage)

6 hour walk / Elevation: +800m -350m

Day 4

BIELLA - FANES PLATEAU

Optional morning climb of the Croda del Beco summit 2810m (elevation +/-480m) 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 and 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. Beautiful option to climb to the Medesc Pass (+/-400m).

4.5 hour walk / Elevation: +550m -600m

6 hour walk / Elevation: +900m -980m to Medesc Pass

Day 6

SCOTONI - TOFANE

Depart in the morning for the Travenanzas 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: +1200m -600m

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 and back to civilisation!

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

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

OPTION VIA FERRATA TOFANA DE ROZES

Early morning, possible ascent of Tofana de Rozes by Via Ferrata with a High Mountain Guide. Return to the refuge for a coffee and descend to Refuge Dibona. Taxi transfer to Cortina d'Ampezzo.

5.5 hour walk / Elevation: +650m -1380m

End point Saturday at 3:00pm in Cortina d'Ampezzo.

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.

Personalised tour available, contact us...

The trip

LEVEL ***

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

Walking time: 4 to 6 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 the optional itineraries (a 50m flat section on Day 2 and on the ascent of the Croda del Becco on Day 4).

GUIDING

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

ACCOMMODATION

4 nights in a refuge dormitory.

2 nights in a shared room of 4-6 people.

own sleeping sheet, sleeping bag and pillowcase.
showers.

registration: Nights 1, 2 and 4 (+60€ depending on availability)

Remember to bring your
All accommodation has hot
Optional 2 person bedroom supplement on

MEALS

Breakfast and dinner 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.

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 one night at the heart of the Tofane mountains. As a consequence, nights 3, 6 and 8 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 03 Cortina d'Ampezzo (1/25000)

Tabacco Map 10 Dolomiti di Sesto (1/25000)

Tabacco Map 31 Dolomiti di Braies (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 1:30pm in front of Cortina d'Ampezzo bus station. Please have lunch before.

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 Saturday at 3:00pm in Cortina d'Ampezzo.

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. 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: Nights 1, 2 and 4 (+60€/pers. depending on availability)

Option Via Ferrata Day 7

170€ per person, supplement on registration. Minimum 3 persons.

OPTION VENICE

1 night in Venice: 130€ per person based on 2 persons

- 2 day pass liberte vaporetto
- 1 night in a 3 star B&B in Venice
- 1 guide book to visit Venice

2 nights in Venice: 210€ per person based on 2 persons

- 3 Day pass liberte vaporetto
- 2 nights in a 3 star B&B in Venice
- 1 guide book to visit Venice

Optional bus transfer Venice Airport - Cortina d'Ampezzo: 40€ per person

THE PRICE

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 Days 3 and 6);
- Day 1 bus transfer to Auronzo.

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 Days 3 and 6) 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
- 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