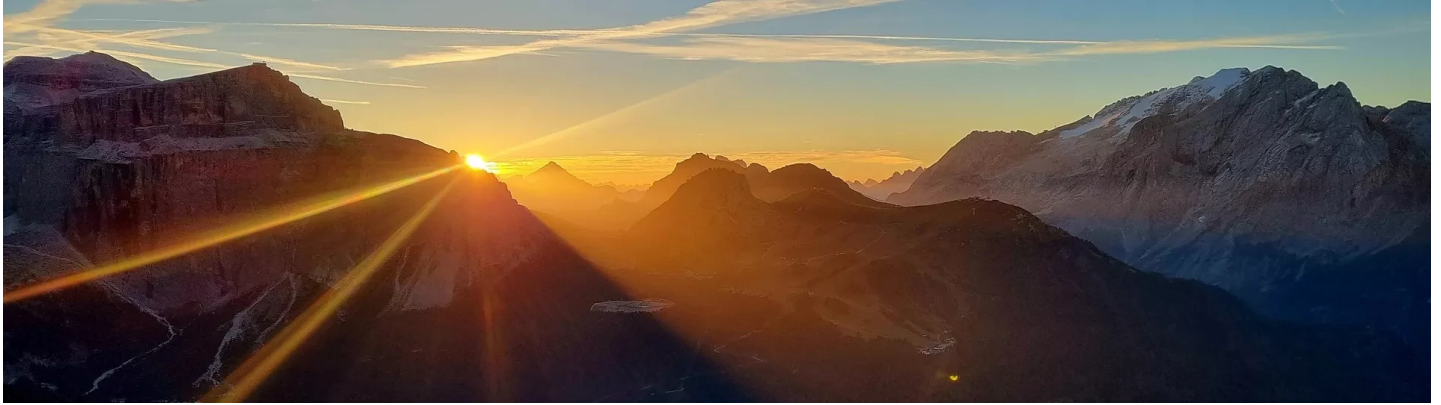


# AROUND THE VAL GARDENA PANORAMA self-guided

The West Dolomites, panorama version

Reference · 314

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<b>DURATION</b> <b>7 days</b>	<b>TRAVEL STYLE</b> <b>Freedom / unguided</b>	<b>LUGGAGE</b> <b>Without luggage transfer</b>
<b>ACCOMMODATION</b> <b>On request</b>	<b>LEVEL</b> <b>3/4 ★★★☆</b>	<b>FROM</b> <b>815 €</b>

The Dolomites... a geological reference as much as an aesthetic one, an inescapable massif in the mountain imagination... a unique name for more than fifteen 'gruppo' with very different looks.

This Panorama version of the programme in the Western Dolomites offers you the chance to get up close and personal with four of these massifs: Puez-Odle, Sella, Sasso-Lungo and Rosengarten, to get a glimpse of this surprising diversity at your own pace and with cosy accommodation in the valley.

Mineral lace, immense stone ships, vast lunar plateaus and lush green mountain pastures... as well as gastronomy from Central Europe to the Mediterranean and a multitude of languages mixing Italian, German and Ladin...

A hike to discover all the richness of this region!

## You will love

- The contrast between the austerity of the Sella massif and the opulence of the Odle and Siusi mountain pastures,
- The fantasy-film atmosphere of the Catinaccio,
- The stairways, handrails and cables that make these stone fortresses so accessible,
- The warm welcome and comfort of the accommodation combined with the gastronomy, a meeting point between Italy and Austria.

## Day-by-day itinerary

### DAY 1

To complete this tour, it would be better to have your own vehicle to get to the start of your hikes.

#### INSTALLATION AT THE HOTEL IN ORTISEI

Welcome and check-in at your hotel in Ortisei, a charming Italian town in the Dolomites.

### DAY 2

Departure on foot from the centre of Ortisei/ St Ulrich, Val Gardena.

#### ORTISEI - ODLE NATURAL PARK - SANTA CRISTINA

Departure with the La Seceda cable car. After a steep initial climb through the forest, the path opens out onto the wide Seceda mountain pasture: lush green meadows and the "Pale Mountains" of the Odle range... that's it, you're in the Dolomites! The crossing from the alpine pasture to the Firenze hut takes place at a leisurely pace, passing close to the cliffs via Forcella Pana and Peralonga. For a gentler start, the Seceda cable car takes you directly to the plateau. You can then return to the valley on foot as far as San Cristina. You can take the Col Raiser cable car to shorten the itinerary. Return to Ortisei by bus.

6h30 walk / Elevation: + 850m / - 1050m / 15km

### DAY 3

Take Bus 350 then 473 from the Ortisei bus station to the Passo Gardena pass.

#### PASSO GARDENA - MASSIF DE PUEZ

This itinerary takes the form of a loop starting from the Passo Gardena pass. The day begins with a balcony path offering an initial wide panorama, from the Sella massif to the Tofanes massif. The route continues through a series of extremely varied landscapes: the impressive Puez cirque, the immense Vallunga canyon, the Creispéina plateau and the Pizes de Cier with their bizarre rock towers. Return by bus from Passo Gardena.

5 hrs walk / Elevation: +/- 750 m / 12 km

**DAY 4**

Take Bus 350 then 471 from the Ortisei bus station to the Passo Pordoi pass (or Passo Gardena pass, depending on the route you choose).

**PASSO SELLA / PASSO PORDOI - SELLA HIGH PLATEAU**

A total immersion in the mineral atmosphere of the Dolomites for this day, in one of its highest massifs: the Gruppo del Sella! Depending on your level, you can either cross this immense stone vessel completely, with a slightly more technical route featuring steps and handrails on certain sections, or take the Saas Pordoi cable car to the heart of the massif, then do a loop around Piz Boé. Return by bus from Passo Pordoi.

6h walk / Elevation: +900m -1200m / 10km for the complete traverse from Passo Gardena

6h30 walk / Elevation: +/-1230m / 13km from Passo Pordoi

4h walk / Elevation: +400m -1100m / 9km using the cable car on the way up

**DAY 5**

Take Bus 350 then 471 from the Ortisei bus station to the Passo Sella pass.

**PASSO SELLA - SASSO LUNGO**

A day in the Sasso Lungo group, emblematic of Val Gardena. You can enter the massif on foot or by taking the original Forcella Sasso Lungo cable car. The route then plunges into the heart of the stone needles in the Vicenza valley, before reaching the mungo pines, marmots and alpine pastures of Sasso Piatto. Return to Passo Sella along the Sentier Royal Friedrich August. Return by bus from Passo Sella.

6h30 walk / Elevation: +/-1050m / 15km

5h15 walk / Elevation: +570m -1050m / 13km using the cable car on the way up.

**DAY 6**

Take Bus 172 then 10 (or Bus 172 then the Seiser Alm cable car)

**ALPE DE SIUSI - ROSENGARTEN**

Another circular hike between the Alpe de Siusi, the largest mountain pasture in the Alps, and the Rosengarten massif: a journey through greens and ochres for a colourful day! There are several possible itineraries, varying in length and difficulty, with the option of extending the experience by spending an extra night at the Alpe de Tires refuge.



**DAY 7**

**End point after breakfast.**

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



## Dates and prices

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### DEPARTURES AND PRICES

Choice of departures from 28th June to end September 2026

#### 5 days hiking, 6 nights in Ortisei, Val Gardena

From **€815 per person**, in a double room in a hotel\*\*

From **€1195 per person**, in a double room in a hotel\*\*\*

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

### THE PRICE

The price includes:

- In the 2\* hotel version, nights in B&B from the evening before the first day, and in the 3\* hotel version, nights in half board from the evening before the first day ;
- The road book: description and Tabacco maps (1 complete road book per group ;
- Organisation fees, booking fees and tourist taxes.

The price does not include:

- Picnic lunches;
- Diners on the 2\* hotel version;
- Drinks, any visits ;
- Transfers by bus between Ortisei, by taxi or private car, and the hike departures ;
- Guiding : you are responsible for your own safety ;
- Cancellation assistance insurance ;
- Travel from your home to the host venue and back.

**The price is all inclusive from departure to end point.**



## The journey

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### LEVEL \*\*\*

Elevation: +/- 750m on average per day

Walking time: 4.30 to 7 hours per day, with possible extensions.

Type of walk: mountain itinerary on marked paths with no technical difficulties. A few aerial passages well equipped and secured by cables, mainly in the Sella massif.

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 route in general is well indicated, and the Roadbook provided sufficiently complete to allow you to hike in complete safety. However, it is essential to be able to read a 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. snow and névés will be present on the paths until end of June at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory. Be prepared! You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with satellite connection.

### ROAD BOOK

One month prior to departure, we will send you your travel documents. The "paper" version we send by post includes:

- The Tabacco map
- 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

Carte Tabacco 05 Val Gardena - Alpe di Siusi (1/25000)



## Practical information

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### GETTING THERE

BY TRAIN (then bus)

Paris-Milano-Verona-Bolzano - 3635 or [www.sncf.com](http://www.sncf.com)

Regular buses between Bolzano / Ortisei / Siusi :

- Bolzano >> Ortisei, Val Gardena with bus 350, leaving every hour, 1 hour journey.
- Siusi >> Bolzano with bus 170, leaving every 1/2 hour, 30-minute journey.
- Siusi >>Ortisei, Ortisei >>Siusi with bus 4 every 1h15, (from 8.10am / 8.45am).

[Valgardena bus](#)

[Südtirol Mobil](#)

BY CAR

Via Milan, Verona, Bolzano, Val Gardena.

Free car parks: Siusi / Seis, Südtirol: from the Seiseralm cable car. From the car park, [bus 172](#) to Ortisei. Departure at 11.50am >> 12.25pm (or 10.50am >> 11.25am).

Long-stay car parks: Ortisei, Val Gardena: Alpe di Siusi gondola car park, €6 per day.

BY PLANE

Via Venice, Munich, Innsbruck or Milan. Transfer by bus or train to Bolzano, then bus to Val Gardena.

**End of the hike in Siusi / Seis, Südtirol.**

### ACCOMMODATION BEFORE AND AFTER

[Hotel Feichter](#), Bolzano

[Hotel de charme Goldenstern](#), Bolzano

Tourist Office [Val Gardena](#)

[Seiser Alm](#) ( Alpe di Siusi) Tourist Office : [seiseralm.it](http://seiseralm.it) et [seiser-alm.it/en](http://seiser-alm.it/en)

### 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**



## Equipment and luggage

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### 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.



## Details

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### HOW TO REGISTER

- Online: [www.altitude-montblanc.com](http://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  
62 Passage du Nant Devant  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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.



## Postal booking form

Complete this form and return it with your deposit.

**Last name** \_\_\_\_\_

**First name** \_\_\_\_\_

**Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Mobile phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Requested trip** **AROUND THE VAL GARDENA PANORAMA self-guided** \_\_\_\_\_

**Number of days** **7** \_\_\_\_\_

**Insurance** \_\_\_\_\_

**Trip price** **815 €** \_\_\_\_\_

**Estimated deposit (30%)** **244,50 €** \_\_\_\_\_

**Signed in** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature**

**Return with your deposit to**

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond  
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com