



7-DAY ADVENTURE

## HIGHLIGHTS OF THE DOLOMITES

Italy

On this adventure we will base ourselves in the stunningly beautiful town of Cortina d'Ampezzo in the heart of the Dolomites. From the comfort of our hotel we head out each day to explore the peaks of Cinque Torri, Tofana di Rozes and Croda del Lago. We climb to the summit of Lagazuoi for panoramic views and discover first world war battle grounds as we follow dramatic pathways under vertical rock walls. We end our Dolomite adventure with a journey to the foot of the iconic Tre Cima di Lavaredo.

## TRIP HIGHLIGHTS

- Walk the famous Cinque Torri Path
- Reach the summit of Lagazuoi (2835m)
- Gaze up at the vast north face of Cima Grande



# ITINERARY

## DAY 1

### WELCOME TO THE DOLOMITES

You will meet your guide and the rest of your group at the pre-trip hotel in Cortina D'Ampezzo. This evening there will be a welcome dinner and a pre-trek briefing to ensure everyone is fully prepared for the trip. Depending on your arrival time there may be a chance to get out and explore the town a little. The scenery is superb, the peaks of Pomagagnon, Monte Cristallo and Cima Tofana can be seen rising up above the town.

Accommodation: **Hotel**

## DAY 2

### THE CINQUE TORRI PATH

This morning we board a local bus to the top of the Falzarego Pass, the starting point of the iconic Cinque Torri (5 towers) path. The trail begins by gaining height gently until we reach a bolder field at the foot of Averau, a Rocky citadel whose summit sits at 2649m. We circle around the peak to reach the Nuvolau Pass where it is possible to ascend an extra 150m to the summit of Nuvolau for fabulous panoramic views. We then rejoin the Cinque Torri path and discover the remains of first world war battles between Italian and Austro-Hungarian troops, still visible even now. In the afternoon we return to our hotel in Cortina.

Transport: **Bus (0.4 hour, 16 km)**

Hiking time: **5 - 6 hours**

Ascent: **600 m**

Descent: **800 m**

Max. altitude: **2575 m**

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 3

### LAGAZUOI

Today we return once more to the Falzarego Pass but with a different objective. We begin the beautiful climb to the summit of Lagazuoi. From the top we have 360 degree views and can see the Maromlada, at 3343m the highest peak in the Dolomites and the only peak to be glaciated. We descend again to a pleasant valley at the foot of impressive vertical cliffs to find the Scotoni refuge where we can pause for a rest before climbing a final pass to catch a bus back to our hotel.

Transport: **Bus (0.4 hour, 16 km)**

Hiking time: **5 - 6 hours**

Ascent: **700 m**

Descent: **1000 m**

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 4

### TOFANA DI ROZES

Tofana di Rozes is the seventh highest peak in the Dolomite Mountains at 3225m. Its high rock faces are home to steep and exposed via ferrata. From the Dibona Refuge we will start our circuit of the mountain. A dramatic balcony path offers outstanding views of the surrounding peaks including the Cinque Torri which we discovered yesterday and Croda del Lago which we will discover tomorrow. We also have views of the stunning Travenanzes Valley. In the afternoon we return to Cortina by private transfer.

Transport: **Bus (0.4 hour, 13 km)**

Hiking time: **6 - 7 hours**

Ascent: **900 m**

Descent: **900 m**

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 5

### CRODA DEL LAGO

A local bus takes us up to the Giau Pass where we begin a hike that showcases the incredible diversity of the Dolomites. We follow a gentle path to green meadows and discover breath taking views of peaks battered by the elements into savagely sharp pinnacles. We circle around the cliffs of Croda Del Lago before descending to Lago di Federa and pausing for a time to photograph the magnificent scenery. Our trail continues into dense forest where we cross cascading streams before reaching the road once more and returning to Cortina.

Transport: **Bus (0.5 hour, 16 km)**

Hiking time: **6 - 7 hours**

Ascent: **450 m**

Descent: **1550 m**

Max. altitude: **2236 m**

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 6

### TRE CIMA DI LAVAREDO

On our final day of exploration in the Dolomites we head to the most iconic and mythical peaks in the region. The amazing Tre Cima di Lavaredo. These three giant monoliths have been enticing trekkers and rock climbers for over 100 years and it is easy to see why. Cima Grande, the highest point at 2999m is flanked by Cima Ovest on one side and Cima Piccola on the other. The main peak was first climbed in 1869 but it was not until 1933 that the mighty north face of Cima Grande was first scaled by Emilio Comici. This is still considered by modern mountaineers to be one of the great north faces of the Alps.

Transport: **Bus (0.8 hour)**

Hiking time: **4 - 5 hours**

Ascent: **500 m**

Descent: **500 m**

Max. altitude: **2450 m**

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

Our hike today will take us up to the Locatelli Refuge from where we will have fantastic views of the north faces of all three of the peaks. We descend and return to Cortina mid afternoon.

#### DAY 7

### DEPARTURE

After breakfast at our hotel we say our goodbyes and head off on our onward travels.

Meals included: **Breakfast**

# TRIP INFORMATION

## DIFFICULTY

This adventure is of **moderate difficulty**. The terrain can be steep and rocky and you will be hiking for 5 days consecutively. In some months the weather can be very hot and the sun intense, which adds to the difficulty of the hiking. The maximum ascent in a single day will be 900m and the maximum descent 1550m. You should be in good physical condition with recent experience of hiking for several days in row with over 1000m of ascent and descent in a day. To ask about your suitability for this trip and what you can do to prepare please feel free to give us a call.

## FOOD & DRINK

This adventure in the Dolomite is **full board**. Italian gastronomy is one of the **richest and tastiest in the world** and we are confident you will love the meals we provide. A continental style breakfast is served at your hotel each morning. There will be a range of pastries, cheeses, cold meats and fruit along with plenty of tea and coffee. Each day your guide will prepare a picnic lunch for you to carry in your daypack. Our lunches are all made with fresh local produce and will include fruit, vegetables, cold meats, cheese and lovely fresh bread. Evening meals will be taken either at the hotel or at a nearby restaurant. There will be a range of starters, main courses and desserts for you to choose from.

If you have special dietary requirements please inform us as soon as possible after booking your trip. We will work with you to ensure your needs are met.

## ACCOMMODATION

On this trip we will stay in one **hotel** in Cortina d'Ampezzo for the full duration of your stay. The hotel will be of 3 star standard with double or twin rooms and private bathrooms. Single rooms can be arranged on request and subject to availability. Your room will have a safety deposit box for valuables and free WiFi is available.

## TRANSPORT

During your trip we will use a mix of public and private buses to access the trekking areas.

## LUGGAGE

We advise you to bring a 30-40 litre day sack to carry with you each day containing your lunch, water, spare clothing and camera etc. A larger 60-80 litre duffel bag for the bulk of your luggage can be left in your hotel room each day.

## HOW DO I GET THERE?

Venice Marco Polo Airport (VCE) is the closest airport to Cortina D'Ampezzo.

For those travelling from the UK, Easy Jet have direct flights from London Luton, Manchester, Bristol and Liverpool. British Airways also have direct flights from Gatwick and KLM provide convenient flights via Amsterdam from Glasgow, Edinburgh, Birmingham and Leeds.

If you are travelling from the USA, American Airlines fly direct to Venice from Philadelphia and Delta fly direct from New York.

Swiss Air have convenient flights via Zurich from San Francisco and Alitalia have the best flights from Los Angeles with a short stop in Rome.

You then need to make your own way to our pre-trip hotel. The best way to do this is to book a Flixbus transfer - these are direct between Venice Marco Polo Airport and Cortina D'Ampezzo bus station and cost around £40-50 (\$52-65) for a return ticket. From the bus station in Cortina, either take a short 5 minute taxi ride or head down the road to Hotel Bellevue where the Line A1 bus will take you to your accommodation. The rest of your team and your guide will meet you there.

### Travelling responsibly

Alternatively, if you wish to travel more responsibly, then there are other ways to reach Cortina D'Ampezzo. [Flixbus](#) and [BlablaCar](#) offer routes from London to Venice with a change in Amsterdam. These take around 33 hours and tend to cost between £50-£100 each way. The other option is to travel by train. This is a much quicker option taking between 20-22hrs London - Venice, with changes at Paris, Zurich and Milan, however this does come at an increased cost. Expect to pay around £250-300 each way on an advance ticket. Tickets can be found at [Rail Europe](#). From Venice you will be able to take the Flixbus transfer, already mentioned, to Cortina.

## BUDGET & CHANGE

The currency in Italy is the **Euro** (EUR). For the latest exchange rates please see [www.xe.com](http://www.xe.com).

Foreign money can be exchanged at the Global Exchange in Venice airport on arrival or you can bring money already exchanged with you, as both these are open currencies. The only places that exchange foreign banknotes are bureau-de-change which can be found in large cities. You will, however, be able to withdraw money from ATMs in Cortina D'Ampezzo on Day 1 of your trip.

The simplest way to pay for things in the Dolomites is to use an international credit card or debit card. Visa and Mastercard are accepted everywhere alongside standard travel cards such as Monzo and Revolut. You may wish to have some Euros to hand, to pay for smaller items or souvenirs in case the trader does not accept cards. Credit and debit cards are also not accepted at the mountain refuges so you will need to carry enough cash for snacks, drinks and any personal expenses.

The average cost of a meal for 2 in Cortina is around €50 (\$55). It's not a cheap place to eat out. If you are wanting to buy some souvenirs to take home then these generally cost anywhere between €5 (\$6) for small items to €500 (\$550) for larger more bespoke gifts. Don't forget you will also need to budget for drinks whilst in the refuges too. Therefore, our recommended guidance for spending budget in the Dolomites would be roughly €220 on top of any tips, to give you ample souvenir spending money.

## TIPS

Tipping is common in Italy but not mandatory. Tips are not a substitute for good wages: our guides are all well paid and well looked after. Tipping is completely voluntary, and at your discretion. If you are unsure of how much to tip, a general guide of €10 per person for the entire trip should suffice. On the other hand, if you receive bad service or have not been treated well, you would not be expected to tip at all.



# FORMALITIES & HEALTH

## PASSPORT

Most travellers will require a passport valid for at least 6 months after your return date. It is your responsibility to confirm your specific requirements and please be aware that proof of onward travel may be required.

## VISA

Travelling to Italy is visa free for up to 90 days, for UK and US citizens

## VACCINATIONS

No vaccinations are required.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. Many insurance policies will have a maximum altitude limit, if you are climbing Gran Paradiso you should ensure you are covered for climbing up to 4100m.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your daypack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Sunscreen for lips and skin - Moisturising cream (for sunburn) - Elastic bandage, regular bandages and Blister bandages - Sanitary products

# EQUIPMENT & CLOTHING

## CLOTHING TO BRING

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and does not dry quickly. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

- Warm hat (beanie)
- Sun hat with wide brim for protection
- Sunglasses
- Neck gaiter or scarf
- Suitable quick drying underwear
- Light gloves
- Walking boots (with ankle support and sturdy soles)
- Socks (quick drying and not too warm)
- T-shirts and warm jumper
- Fleece or soft shell jacket
- Waterproof and windproof hard shell jacket
- Walking trousers and/or shorts
- Pajamas and toiletries
- Comfortable shoes for the evenings
- Waterproof trousers

## EQUIPMENT TO BRING

- Head torch and spare batteries
- Water bottles or hydration pack
- 30-40 litre day pack
- 80 – 100 litre duffel bag
- Camera
- Walking poles
- Plastic bags for wet/dirty clothing



# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

