

## ITALY – THE DOLOMITES

8-days / 7-nights **SELF-GUIDED** mountain walking Cortina to Campitello – ideal June to September



Situated in Northern Italy, the Dolomites are unlike other mountains in Europe as they are formed by thick layers of the mineral ‘Dolomite’, a type of limestone, once deposited on the floor of an ancient sea. The Dolomite peaks are gigantic, chiseled monuments to the powerful forces of glacial erosion. Continuous sheer cliffs flank most of the peaks. Not exceptionally high (the highest peak is Marmolada at 3342 metres), they are amongst the most striking of all European mountains, coloured in weathered hues of rose, yellow, white and grey and rising in steep spires of fantastic form. Below, there are lush green meadows alive with wild flowers all summer. In the lower valleys are orchards, vineyards and cultivated fields.

This walking holiday begins with the spectacular Tre Cime di Lavaredo (or *Drei Zinnen*). The scenery continues to impress – new panoramas unfold with each turn of the paths and crossing of the passes. The cliffs of the Tofana, Sella and Marmolada massifs tower above the winding paths where all this magnificent scenery seems packed into an impossibly small area. High mountain paths are interspersed with lush meadows and pretty hamlets and villages. Refuges and mountain restaurants provide a perfect excuse to rest and drink in the views as well as welcome refreshments. To cap it all there are opportunities for the not so faint hearted to stand on a couple of summits and peer down almost vertical rock faces to the valleys far below.

**Departs:** Daily from 15<sup>th</sup> June to 15<sup>th</sup> July and 15<sup>th</sup> August to 3<sup>rd</sup> September, 2019

**Cost from:** \$2050 per person twin share

Single room supplement from **\$310**, solo traveller supplement from **\$515**

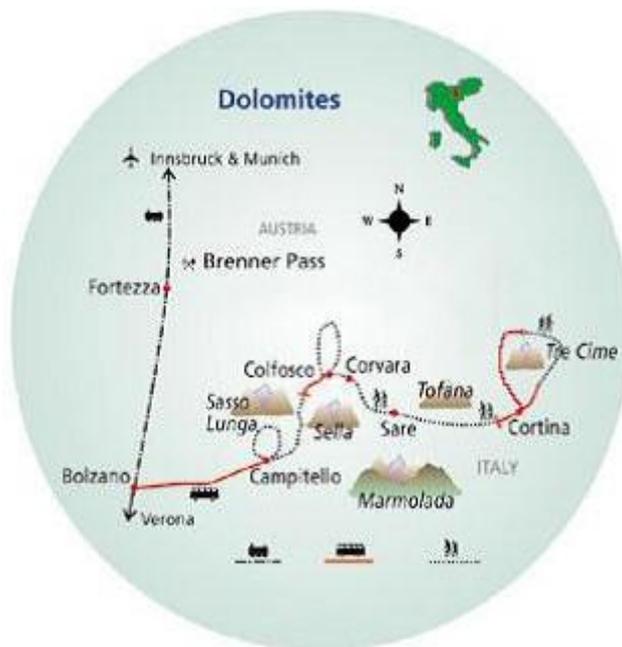
High season supplement **\$625** per person for departures 22<sup>nd</sup> June - 15<sup>th</sup> July, 15<sup>th</sup> - 31<sup>st</sup> August

**Includes:** 7 nights’ bed & breakfast accommodation, 2 dinners, luggage transfer between hotels (1 piece per person up to 20kg), information package including route notes and maps (one set per room)

**Not included:** Transfers to the start or from the end of the tour, transfers by bus or cable car, lunches, 5 dinners, drinks, gratuities, personal expenses, city accommodation taxes of €2 - €4 per person per day.

**Accommodation and Meals:** We use a variety of hotels, from 4-star to a local B&B where you will receive a warm welcome. All rooms are en suite. Please note the accommodation described is our usual choice; if not available we use alternatives and on occasion a supplement may apply. If this is the case you will be informed when booking. Breakfast is provided at all hotels. Two evening meals are provided; on other evenings you are free to sample the local cuisine. Lunches are not included; picnic lunches may be available from hotels or purchase picnic food in towns. Note that shops are closed in Cortina on Saturday afternoons and Sundays, so if you arrive late on Saturday or on Sunday you may want to bring some supplies for the first day or two.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**



**Grading:** Moderate to Challenging. While generally no tougher than our other Alpine treks, this route does involve some short, slightly exposed, albeit stunning, sections where a head for heights is needed. The two routes that are the most exposed however are circuit walks returning to the same hotel so you do have the option to skip these. No mountaineering experience is necessary for the trip but it is a trek most suited to those with previous experience of hillwalking and mountainous terrain.

Average daily walking time is @ 6-7 hours but by using buses and cable cars some of the longer days can be shortened. The cost of essential buses and cable cars is approximately €50, and if you opt to shorten all possible walks then expect to pay another €30. Note that some buses do not run before mid to late June. If you travel at this time, budget approx. €100 for taxis to complete the walks.

### **Suggested itinerary:**

#### **Day 1: Arrive in Cortina**

Cortina is a fashionable winter resort that also springs to life in the middle of the summer. At other times the town is quite quiet. Stay 2 nights in a comfortable 4-star hotel near shops and the Faloria cable car. The closest airport is Venice, then bus to Cortina, or train to Calalzo then bus to Cortina. During high summer season the Cortina Express bus service runs from Venice to Cortina.

#### **Day 2: Tre Cime circuit walk**

**walking @ 16km**

After a bus transfer start with a steady climb into the Tre Cime mountain group, three much-photographed vertical fingerlike towers. Head towards the Rifugio Locatelli, taking lunch at or near the refuge, then descend around the Tre Cime to Rifugio Auronzo (shorter option ends here - 12km, 5 hours). If you prefer a longer walk, the descent from here is through pleasant forest to Lake Antorno. Return by bus to the hotel in Cortina.

#### **Day 3: Cortina to San Cassian**

**walking @ 21km**

A few minutes by bus from Cortina, begin the climb to the Rifugio Dibona, ascend a little more and then traverse, with the vertical rock walls of the Tofana di Rozes (3219m) and Tofana di Mezzo (3240m) peaks above. Follow a high-level route to the Forc Lagazuoi pass, where there is much evidence of First World War trench systems. Much of the rubble lying around Lagazuoi was not created by glaciation, but by huge mines that were detonated in 1915-16. The descent is rocky but easier down to a pretty lake. A steeper section takes you to the Rifugio Scotoni on the way to your hotel in the rural hamlet of San Cassian. You stay here in a well-appointed 4-star hotel. Dinner can be taken in the hotel restaurant (paid locally).

#### **Day 4: San Cassian to Colfosco**

**walking @ 14km**

This route is a complete change from the harsh rocky tablelands. Hike through forests and climb on to a grassy ridge to Pralongia (where the strudel is particularly good). Continue to Col Alti (1983m), with panoramic views of the Tofana and Sella mountain groups, your next destination, then descend steeply to Corvara your accommodation in Colfosco, a pretty village with an old church. You stay 2 nights in a welcoming B&B. Dinners are not included; there are restaurants nearby including one just across the road which usually serves fantastic food at reasonable prices.

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### Day 5: Free day in Colfosco

**optional walking**

You have a rest day in the picturesque village of Colfosco; there are, however, some rewarding walks on offer. If the weather is good take a morning bus up the short distance to Passo Gardena and then walk up to Sas Ciampac (2672m). This is a fantastic walking peak high above Colfosco rewarded by an impressive picnic spot on the summit. The descent takes you down into a glaciated valley where you might see the local gems, the Edelweiss flowers. Arrive back to your accommodation around mid-afternoon.

### Day 6: Colfosco to Campitello

**walking @ 21km**

Starting from Colfosco, head up into the trees around the east side of the Sella group. You may like to take a cable car part of the way to assist in the ascent (saves 2 hours walking). You then traverse below the cliffs and above the forests, with magnificent views of the Marmolada and peaks to the east. (This route should only be undertaken in dry, clear weather. In the event of poor weather or too much snow, a direct bus can be taken via Arabba to Canazei, with connections to Campitello). From Passo Pordoi, descend to your accommodation in Campitello. To shorten the descent, a gondola can be used for the second half, or there is a bus service which runs infrequently from Passo Pordoi.

You stay 2 nights in the larger village of Campitello in a 3-star hotel. This is quite a large hotel with good size rooms and a small spa with a sauna. Dinner is included this evening.

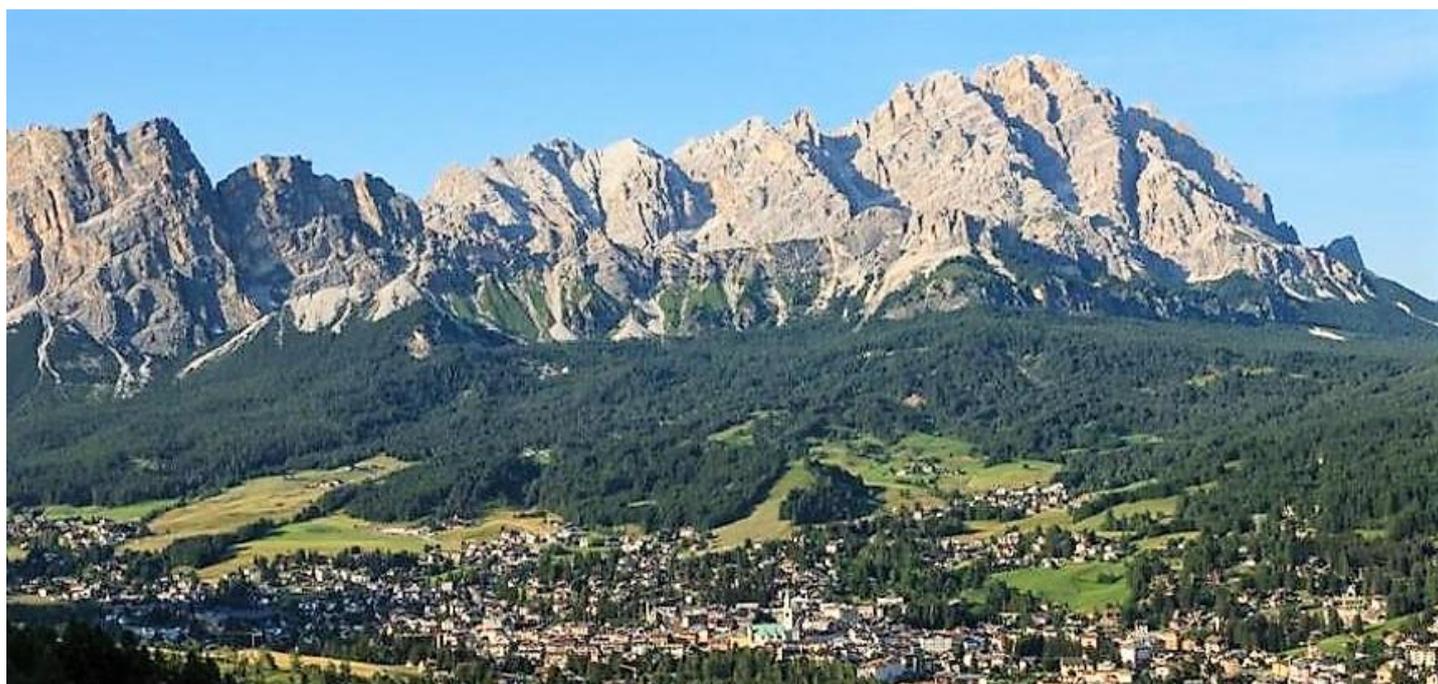
### Day 7: Free day in Campitello

**optional walking**

A free day to walk and explore around the town of Campitello. There are a variety of different walks of varied grades. Possible routes include a popular trail below the Sassopiatto from Col Rodela with the option to climb the peak, or take a bus to the foot of Marmolada from where you can walk or ride up to the Marmolada glacier and the mountain hut there. Spend a second night in Campitello, with dinner again included.

### Day 8: Departure day

Tour ends after breakfast in Campitello. From Campitello there is bus service to Trento and onward trains to Verona, Venice or Innsbruck.



**Outdoor Travel** walking holidays include guided in small groups or self-guided with inn-to-inn in many parts of Europe including the **Loire Valley**, **Provence**, **Auvergne**, the **Pyrenees** or **Dordogne** in France, the **Amalfi** or **Cinque Terre** coast **Umbria** or **Tuscany** in Italy.

Pilgrimage walks such as the **Way of St James** from Le Puy in France to Santiago de Compostela in Spain, the **Via Francigena** in Italy or classic walks such the **West Highland Way** in Scotland or Wainwright's **Coast to Coast** walk in England are also available.

**Contact Outdoor Travel for more itinerary details and reservations**

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