

ITALY – THE DOLOMITES

8-day / 7-night centre-based at Selva - one-hotel GUIDED walking



The mountains and monoliths of the Italian Dolomites surrounding the resort of Selva have inspired generations of walkers and non-walkers alike. Our guided walks take you to dramatic rock pinnacles and soaring cliffs with a backdrop of lush green slopes and scented pine forests. Among the limestone peaks are scattered traditional Ladin villages where the locals preserve their unique culture, language and cuisine.

Selva in the Val Gardena is a perfect village to explore this stunning area from. We stay at Hotel Somont, just a few minutes' walk from the village. A popular centre for walkers in the summer there are a wide range of amenities, with a network of cable cars or lifts enables reach the high flower-filled alpine meadows.

Cost from: \$2725 per person (twin share) Single room supplement from \$445 (limited availability)

Departs: 6th, 13th, 20th, 27th June; 4th, 11th, 18th, 25th July; 22nd, 29th August; 5th, 12th September 2020

Tour includes: 7 nights' twin-share accommodation in comfortable 4-star hotel room with ensuite bathrooms, 7 breakfasts, 7 dinners, local transport to/from the walks, experienced walks leader offering a choice of two levels of guided walks on 5 days.

Not Included: Airport transfers from Innsbruck (transfers are recommended and can be pre-booked – ask for details), meals and drinks not mentioned, personal expenses, transport or excursions on the free day.

Accommodation: The Rudiferia family welcomes you to **Hotel Somont**, a 4-star hotel in in the heart of the UNESCO World Heritage region of the Dolomites. It's ideally located to shops and facilities, yet in a quiet position, backed by sloping meadows and forest. The hotel is a traditional Alpine chalet, with modern comforts and spacious bedrooms, many with balconies that offer mountain, valley and forest views. Hotel facilities include a restaurant, bar, lounge, indoor heated pool, spa and sauna.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Footpath and walking Information:



Easier Walks: 8 to 16km generally on good paths, which can be rough or steep with up to 500m of ascent in a day.

Harder Walks: 8 to 19km crossing mountainous terrain with steep gradients with up to 1010m of ascent in a day

On selected departure dates **more challenging High Routes** are available - ask for dates and details.

Suggested itinerary: *

Day 1: Arrival day – plan to arrive at the hotel mid-afternoon or at least in time for dinner. For those requiring a transfer to Selva we can arrange this at a set time from Innsbruck Airport (at extra cost).

Day 2: We visit three “saints” on this undulating walk down the valley; the towns of St Cristina and St Ulrich (also known as Ortisei) and the oldest church in the valley, St Jakob.

Day 3: Ascend to the Alpe de Siusi or the Pufplatsch plateau, both with superb alpine flowers, wonderful views and cafés for refreshment.

Day 4: At the top of the mighty Ciampinoi lift, we can see almost all of the Val Gardena. Walking through dramatic mountain scenery, including the City of Stones, we have the opportunity to take a lift to the lofty Toni Demetz Hut.

Day 5: Free day - visit the ‘Ice Man’ museum in Bolzano or hire a bicycle to see a different side of Selva.

Day 6: Ride the gondola to rise to a high ridge with fantastic views, and then we gently descend to Corvara, in the next valley over, offering a complete change of scenery and vegetation.

Day 7: Walk high above Passo Gardena with views across to the Sella Massif, then we cross into the Edelweiss valley and make our way to the Karst “moonscape” of the Puez plateau before descending down the Val de Chedul back to the hotel.

Day 8: Tour ends after breakfast – transfers to Innsbruck are available (at extra cost)

** The suggested walking itinerary should give you a good feel for the walks at this resort but is subject to change. There are different walking itineraries on alternate weeks. Snow conditions and closure of some cable cars or gondolas may prevent access to some walks, particularly early and late season. The final selection of walks will be made by your walking leaders.*

Outdoor Travel offers similar guided or self-guided walks in many other regions of Italy such as **Tuscany, Cinque Terre, Amalfi Coast, Umbria, Mont Blanc, Sicily** and **Lake Como**, and in most destinations within Europe and the UK – including the **Coast to Coast** walk many great pilgrimage walks such as the **Camino de Santiago** or **Way of St James** in France and Spain or the **Via Francigena** the ‘pilgrim’s road to Rome’ in Italy.

Contact Outdoor Travel more details and reservations:

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