

SUD TYROL & CORTINA DOLOMITES



ITINERARY:

Our **7 nights/8 days Dolomites on Foot trip** starts and ends at Verona Airport and covers the stunning Dolomites scenery of the Sud Tyrol and Cortina regions. This is a mountain walking trip with daily ascents & descents at altitude, so a certain fitness level is required. June is the flowering season on the high meadows. We stay in 3 lovely hotels and sample some of the region's great culinary and winemaking traditions. Some of our walks also take in military positions from WWI so there is an added historical element to the trip.

Day 1

After meeting at Verona Airport we drive 3hrs climbing through increasingly spectacular scenery to San Candido, in the enchanting Pusteria Valley. The latter is in the German-speaking Sud Tyrol (Alto Adige) region of Italy. Here we lodge 2 nights at the family run 4* Hotel Orso Grigio, located in the town centre.

- Dinner at our hotel.

Day 2

Cresta di Confine and Mt. Elmo – we take the cable car to start an exceptionally varied and panoramic walk up to the Cresta di Confine, the border ridge between Austria and Italy, with spectacular views over the Sesto Dolomites and the Austrian Alps.

- Lunch on the Austrian side at Refuge Sillian.

We continue on a wide gravel track descending Mt. Elmo to another cable car.

- Dinner out in San Candido.

(The walk is approx. 4 - 4.5hrs, with 500 metres climb & descent)

Day 3

Pratopiazza plateau – we drive to the beautiful Pratopiazza high mountain plateau to start a panoramic walk to the Sella di Monte Specie and Monte Specie peak, with spectacular 360 degree views.

We descend on gravel track to lunch at a mountain rifugio on the plateau. Transfer to San Cassiano in the Badia Valley, still in Sud Tyrol, where we lodge 3 nights at the lovely 4* Hotel Armentarola.

- Dinner at our hotel.

(Approx. 3.5 - 4hrs, 300 metres climb & descent)



Day 4

Pralongia plateau – we walk directly from the hotel through meadows full of flowers and then climb through woods to reach the beautiful high mountain plateau of the Pralongia pastures, to enjoy one of the most spectacular panoramas of the Dolomites with the Marmolada peak and extensive views of the Austrian Alps.

- After lunch we take a little walk to catch the cable car back down to San Cassiano.
- Dinner at a mountain dairy.

(Approx. 4 - 4.5hrs, 500 metres ascent and 200m descent)

Day 5

Cinque Torri WWI museum - we drive to the Bai de Dones chairlift station to start an attractive panoramic walk with a pretty initial ascent and a middle section exploring WW1 trenches and military positions followed by a lovely descent mostly through forest.

- Lunch at the panoramic Rifugio Scoiattoli. (Possibility to take the chairlift to avoid the descent).
- Dinner at our hotel.

(Approx. 4 - 4.5 hours, 400 metres ascent & descent)

Day 6

Gores de Federa – an interesting forested walk past enchanting gullies, canyons, and waterfalls along the Federa river, to reach the upper high pastures of Malga Federa mountain dairy for lunch.

After lunch we transfer to Cortina d'Ampezzo, the 'Queen of the Dolomites', where we lodge 2 nights at the 4* Hotel Cortina, located in the pedestrianised town centre.

- Dinner in famed local brewery restaurant. (Approx. 3 - 3.5 hrs, 550 metres ascent)

Day 7

Tre Cime di Lavaredo circuit – we drive to Rifugio Auronzo to start the Tre Cime circuit, one of the Dolomites' most famous and spectacular walks (After our quieter walks it will be busy but worth it). It unfolds at over 2200 metres, with stunning 360 degree views throughout, past WWI military defensive positions and across high mountain pastures.

- Lunch at a high altitude summer dairy.
- Dinner at a local restaurant.

(Approx. 4 - 5 hrs, 400 metres ascent & descent)

Day 8

Group transfer to Verona Airport.

