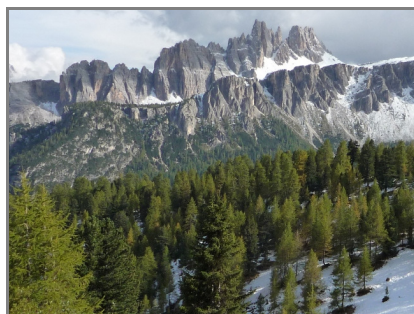




## Dolomites Explorer (Guided)

Please email us at [info@alpineexploratory.com](mailto:info@alpineexploratory.com) or call us on +44 (0)1729 823 197 to chat about this holiday. You'll find all the latest information at [www.alpineexploratory.com/holidays/dolomites-explorer-guided.html](http://www.alpineexploratory.com/holidays/dolomites-explorer-guided.html).



The Croda da Lago above Cortina

### About these Holiday Notes

These Holiday Notes help you decide whether this holiday is right for you. Before your trip we send you final detailed information.

### Details

**Start** Cortina  
**Finish** Corvara  
**Region** Dolomites  
**Country** Italy  
**Length** 6 walking days and 7 nights  
**Typical day** 10km with 500m ascent  
**Highest altitude** 2,752m  
**Grade** Blue 2

### Introduction

The Dolomites are a mountain range in the Italian Alps, North of Venice and just South of the Austrian border. We explore the huge walking potential, setting for daywalks from our comfy bases.

Our first base is Cortina, very much an Italian mountain resort famed for its skiing and lively in summer too. We then move across the Passo Falzarego to the brightly coloured Corvara. Here is a Germanic influence and indeed a local language, Ladin.

The Dolomites are known for via ferrata routes, literally iron way, which are climbs protected by fixed chains, pegs and ladders. We avoid the via ferrata and stick to pure walking routes, at a medium level of difficulty. Your leader takes the group into the mountains for the unbeatable scenery, but we stick to typical Alpine walking paths for walks taking typically half a day.

### Our approach

#### Your route

Our trip starts in Cortina, where we take to the hillsides to explore the hidden valleys and the

grand open paths. The trip splits roughly into 4 days of walking above Cortina, then 2 days above Corvara. The group moves from Cortina to Corvara (and transport is included) to establish its second base and explore the hills above this exciting series of valleys and passes.

#### Guided walks

Each day your leader will take you on a walk to suit the group, following a chat about what the group would like to do that day. These walks are either circular walks from your base or a local point, or linear walks making use of local transport.

#### Getting there and back

Your holiday starts in Cortina and ends in Corvara. Travel to Cortina and from Corvara is not included in the holiday price - we leave it to you to make the arrangements that suit you best. Venice is the most convenient airport with several transfer options available. Full information on flight and transfer options will be sent to you on booking.

### Itinerary

#### Day 1: Arrival in Cortina

Evening arrival in Cortina. There is masses of scope for eating out. **Hotel in Cortina**

#### Day 2: Tre Cime

One of the most inspiring sights in the Dolomites is the Tre Cime, or three heads, from the North. Gigantic plugs of rock rise from the already high mountainside. We take to a splendid circuit of this mountain on a good path. **Hotel in Cortina**

#### Day 3:

The hillsides to the East of Cortina hold much interest, with shady woods carpeted in luscious green, and balcony paths in the heat of the sun with distant lines of crags... and a view down to the town. The group explores the local area. **Hotel in Cortina**

#### Day 4:

To the South West of Cortina, a refuge sits under the shadow of the Croda da Lago which is a long and pronounced line of cliffs. Forest paths take us there, where we meet the high mountains before returning to town. **Hotel in Cortina**

#### Day 5: Galleria Lagazuoi

During the first World War, Italian troops tunnelled upwards inside Pico Lagazuoi in an attempt to reach the Austrians who held the ridge. This area between Cortina and Corvara was the scene of heavy fighting in treacherous and often hostile conditions. We can explore the tunnel by torchlight on a

mainly downhill walk of great interest. We then journey on to Corvara, our next base in the Alta Badia. Still in Italy, our new base's Germanic influence is pronounced and surprising. **Hotel in Corvara**

#### Day 6:

From Corvara we can make the ascent of Sassongher, the gigantic-looking peak that rears above town. We start from Colfosco, a nearby village. This is a long walk with much ascent, and other options abound instead. **Hotel in Corvara**

#### Day 7:

Santa Croce above Pedraces, a village a little way North in Alta Badia, is a good destination by cable car for the subsequent descent through woods and meadows to the valley. **Hotel in Corvara**

#### Day 8: Departure from Corvara

Departure from Corvara after breakfast.

On a private trip, our usual schedule of accommodation might not be available, especially if there is not much time between booking and your trip starting. We will book accommodation as closely as possible to this itinerary and present you a schedule for you to check before we proceed.

### Accommodation

Our standard schedule of accommodation consists of 4 nights in our 4-star hotel in Cortina, followed by 3 nights in our 3-star hotel in Corvara.

In the hotels we book ensuite rooms. Your info pack contains full details of your accommodation including contact details and directions.

### The walking

#### Terrain

The terrain on your walks comprises wide tracks through forests and over open ground, the odd country lane, and mostly twisting hillside paths.

We avoid the steeper and rockier of the mountain paths and places where the paths are particularly steep and loose but of course you are always able to explore by yourself and in doing so might meet such harder terrain.

This trip has no *via ferrata* or climbing sections and is a walking trip throughout.

### Self-guided days

On this guided holiday there is the option each day for participants to walk by themselves instead of joining the group's walk, either on their own route or following one of Alpine Exploratory's routecards.

### Your own routes

While your guided walks and the optional routecards make up the walking for the trip, you are of course free to walk wherever you choose, taking side trips or going by a different route of your own choice. Please note that if you follow your own route you will have left the holiday for the duration.

### Food

Meals included are all breakfast. For lunches there is lots of opportunity to stock up on ingredients along the route. You will often find huts and cafés during the walking, useful for lunch stops. Your leader will advise about food shops and refreshment stops along the route. For eating out, the group will head to local restaurants; clients are of course welcome to dine separately if they prefer.

### Insurance

Clients must have insurance to cover themselves for helicopter search & rescue, medical expenses and repatriation. We recommend, but it is not compulsory, that you also have cover for personal liability, cancellation and your baggage and money. You might find that your annual multi-trip travel insurance covers these items already. We will send you details of suitable insurance policies on booking.

### Passports and visas

UK passport holders do not need a visa to enter Italy. Please check that your passport is

in date.

### Weather

The weather in these parts of the Italian Alps from July to mid-September is generally highly suitable for Alpine walking. While snowfall is possible on higher ground all year round, it is unlikely in this the summer season.

During cold spells in summer, rain can fall as snow on the Dolomites' higher hillsides. Additionally, patches of snow left over from Winter and Spring might linger into July, but should not pose problems. July and August are commonly the hottest months but with greater amounts of rain and greater risk of afternoon thunder storms; the first half of September can be stable, with the chance of some beautifully clear days.

Thunderstorms are a particular danger in summer, occurring most often in the afternoons.

This all means that it is sensible to come equipped and expecting all the types of weather that might be experienced in a typical summer in the UK: from heavy rain storms with a chill in the air, to hot sunshine.

### Equipment

You will need the usual equipment for mountain walking in the Alps. Especially important are good walking boots, good waterproof jacket and waterproof trousers, and sun protection. No *via ferrata* equipment is needed. We will send you an equipment list on booking. Please also see the Equipment page of our website for more information.

### Local expenses

Local expenses include food and drink other

than those meals that are included, plus any attractions and extras.

### Hazards

### Health

Italy does not require tourists to take any vaccinations. However, it is recommended to keep tetanus vaccines up to date.

### Safety

This is adventure travel! This holiday takes you to some wild and remote areas, in particular some areas of upland mountains. The weather can also be a hazard in itself. During any walking, whether following a guided walk or a routecard or making your own route, you are responsible for your own actions and safety and you should join the trip with suitable skills, experience and equipment.

### Further information

Please email us with any questions at [info@alpineexploratory.com](mailto:info@alpineexploratory.com).

### Disclaimer

This information is given in good faith and is believed to be correct at the time of issue. Alpine Exploratory cannot be liable for any loss or injury incurred.

