

# Snowshoeing in the Dolomites

Trip Code: IDS

Version: IDS Dolomites Snowshoe



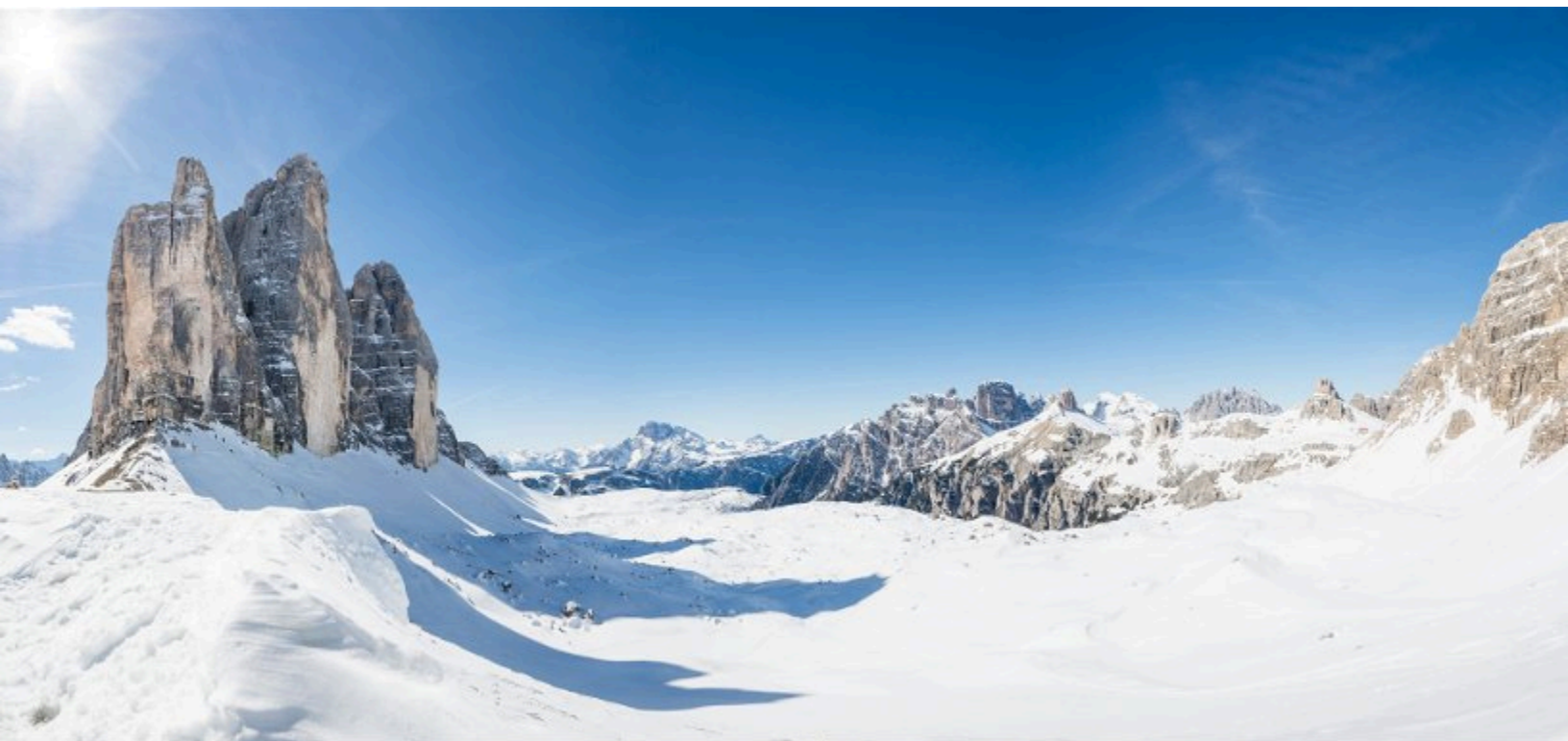
WINTER



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Snowshoe amongst the impressive towers of the Dolomites
- Explore this UNESCO World Heritage site with expert local IFMGA mountain guides
- Visit important First World War sites and open air museums
- Centre based: Relax in a fantastic hotel in Cortina, use of the sauna and jacuzzi included

## AT A GLANCE

- 6 days snowshoeing
- Max altitude 2575m
- Join at Cortina

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Dinners
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

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The Italian Dolomites are famous for their towering rock formations and jagged spires, possibly the most well known (and arguably the most impressive) are the three towers of the Tre Cime and the Tofana di Rozes - during this one week snowshoe holiday we will not only get the best views of these but also snowshoe in the shadow of the Tre Cime di Lavaredo.

Centre based in the beautiful ski resort town of Cortina we have six full days to explore the area. Accompanied by a local high mountain guide, we are in extremely safe hands and will also benefit from their expert local knowledge to get the best out of our week. As we are led into the wilderness we will be greeted with beautiful quiet trails, and we will not only improve our snowshoe technique but also learn about the history of the area.

## Is this holiday for you?

We have specially designed this one week centre-based guided snowshoeing holiday with a mix of abilities in mind. This trip is equally perfect for regular mountain walkers wishing to learn snowshoe techniques and those with previous snow-shoeing experience looking to brush up on their skills. We will cover a variety of ground from relatively easy snow covered trails to steeper mountain slopes, the summits however are easily attained for those who have a reasonable level of hill walking fitness.

The itinerary will be flexible and during the week the guide will use their expertise and local knowledge to determine the best routes to take advantage of prevailing snow conditions and the abilities of the group. A suggested itinerary for the week is given, but may be subject to change.

# Itinerary

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## DAY 1

### Meet at the group hotel in Cortina.

Meet at the group hotel in Cortina. Our guide will meet us at the hotel before the evening meal. The holiday starts with the evening meal.

Meals: D



**Accommodation**  
Hotel

## DAY 2

### Snowshoeing with fantastic views of the Tre Cime di Lavaredo.

A short transfer after breakfast takes us to the beautiful village of Misurina, the starting point for our first snowshoe hike. After fitting our snowshoes we head out into this stunning area, aiming for those amazing views of the Tre Cime di Lavaredo, also known as the Drei Zinnen. Made up of three immense rock towers rising above the valley the view is truly breathtaking and captures the attention of any hiker or climber visiting the region. We have various options for our hike in this area, and we will make a decision based on the snow conditions. However wherever we go we are sure to be treated to a vista of rock towers and jagged spires in a truly spectacular mountain setting!

Meals: B D



**Accommodation**  
Hotel



**Ascent**  
800M



**Descent**  
800M



**Time**  
5 hours snowshoeing



**Distance**  
9KM

## DAY 3

### Snowshoe beneath the Cinque Torri (Five Towers). Visit an open air museum and summit Nuvolao (2575m).

Today's snowshoe walk has the ingredients of an unforgettable mountain day. Just a short drive south-

west of Cortina are the Cinque Torri or Five Towers. 'The Cinque Torri' are another stunning rock formation which were also the site of strategic Italian trenches and tunnels systems used during the First World War. A short chair lift takes us up to the 5 Torris (2137m) and from here we can begin our snowshoeing day. It's then possible on snowshoes to visit the military emplacements in a fabulous open-air museum which helps bring to life how important this site was during the Great War. If the weather is clear also remember to take a moment (or several!) to look across the valley for some incredible views of the Castelletto, Col dei Bos and expansive south face of Tofane di Rozes (3225m) and Mount Lagazoui (2732m), which was during the war the site of the Austrian troops and trenches. On the way to our lunch spot we snowshoe up to a col at 2413m to reach another strategic military site between the mountains of Averau and Nuvolao now home to the Rifugio Averau. After lunch we plan to climb a further 170m to reach the summit of Nuvolao (2575m) which arguably has the best 360 panoramic views of the Dolomites, including views south towards the regions highest peak of the Dolomites, the Marmolada (3343m) and north to the glaciated peaks of Austria. It's possible to return to the valley all on snowshoes mainly 'off piste' and away from the main trail or part the way down on foot then with the help of the chair lift.

Meals: **B D**






|  |                               |   |                       |   |                         |   |                                    |
|--|-------------------------------|---|-----------------------|---|-------------------------|---|------------------------------------|
|   | <b>Accommodation</b><br>Hotel |  | <b>Ascent</b><br>500M |  | <b>Descent</b><br>1100M |  | <b>Time</b><br>6 hours snowshoeing |
|  | <b>Distance</b><br>10KM       |   |                       |   |                         |   |                                    |

#### DAY 4

### Summit Monte Mondeval (2455m) with wide open spaces and spectacular views of the area all day.

Another short transfer this morning, this time heading south, over the Passo Giau which is surrounded by yet more impressive rock towers and spires. Our goal today is the summit of Monte Mondeval (2455m) and offers excellent views towards the Dolomiti Bellunesi. We set out from the Malga Giau first through pine forests until it opens out to gradually climb through a wide open bowl to a pass, the Forcella Giau. Here we are truly on the open mountain with fine views all around. After a short decent we climb again, occasionally zig-zaging to reach the top of Monte Mondeval. We are rewarded with fine views of yet more wonderful Dolomitic peaks such as Monte Pelmo, Lastoni di Formin, Civetta, Becco di Mezzodi, Monte Cenera and Piz del Corvo. We complete our circuit and hope to find good snow for the descent! A truly wonderful day with its wide open spaces and stunning views.

Meals: **B D**

|   |                               |   |                       |   |                        |   |                                    |
|---|-------------------------------|---|-----------------------|---|------------------------|---|------------------------------------|
|  | <b>Accommodation</b><br>Hotel |  | <b>Ascent</b><br>600M |  | <b>Descent</b><br>600M |  | <b>Time</b><br>5 hours Snowshoeing |
|  | <b>Distance</b><br>9KM        |   |                       |   |                        |   |                                    |

## DAY 5

## Snowshoe to the plateau of Valbones de Inze with a stop to try local strudel and coffee.

Our hike today starts where the Cortina d'Ampezzo and Sennes Regional Natural Parks meet, at Podestagno. During this week we are literally spoiled for choice when it comes to breath-taking mountain scenery and today is no exception. Wonderful peaceful trails through the pine forests soon reach the lovely family run Rifugio Ra Stua. Situated in an idyllic snowcovered high alpine pasture makes it a fine objective in it's own right. If there is time, make sure you try the local strudel and coffee, before the main climb to reach the wild open plateau of Valbones de Inze and yet another fantastic panoramic view. An amazing location to absorb the full breadth of the Dolomites and learn about the regions unusual geology. We return back to our transport the same way, we should arrive back to our hotel with time to relax in the hotel spa before dinner.

Meals: **B D**






|   |                               |   |                       |   |                        |   |                                    |
|---|-------------------------------|---|-----------------------|---|------------------------|---|------------------------------------|
|  | <b>Accommodation</b><br>Hotel |  | <b>Ascent</b><br>850M |  | <b>Descent</b><br>600M |  | <b>Time</b><br>6 hours Snowshoeing |
|  | <b>Distance</b><br>10KM       |   |                       |   |                        |   |                                    |

## DAY 6

## Snowshoe from Misurina village up to the summits of Mone Piana (2324m). Visit an open air World War 1 museum.

Just a short drive north of Cortina is the provincial border of the South Tyrol, neighbouring Austria and Monte Piana. Here we notice the signs and names change as there are three official languages; German, Italian and the Romance language of Ladin. We begin our snowshoe hike from Misurina village and take good trails to reach a rifugio and flat open plateau and summits of Monte Piana 2324m (7624ft), another fascinating open air World War I museum. During the war the Austrians occupied the Northern summit Monte Piano, while the Southern summit Monte Piana was in Italian hands. Many remnants of the fierce fighting and trenches can still be found along with the 'Piramide Carducci' a monument dedicated to the Italian writer and nationalist Giosuè Carducci, who won the 1906 Nobel Prize. He was very influential and was regarded as the official national poet of modern Italy. From the Piana we have spectacular close up views of the mighty Tre Cime di Laveredo.

Meals: **B D**

|   |                               |   |                       |   |                        |   |                                    |
|---|-------------------------------|---|-----------------------|---|------------------------|---|------------------------------------|
|  | <b>Accommodation</b><br>Hotel |  | <b>Ascent</b><br>600M |  | <b>Descent</b><br>600M |  | <b>Time</b><br>6 hours Snowshoeing |
|  | <b>Distance</b><br>10KM       |   |                       |   |                        |   |                                    |

**DAY 7****Snowshoe to the beautifully located Rifugio Vallandro and onto the summit of Monte Specie 2307m.**

Our final snowshoe hike starts close to Carbonin. The trail climbs gently through the forest up a zig-zag road to reach the snow covered meadows beside the Rifugio Vallandro also known as the Dürrensteinhütte where we may stop for refreshments. As we climb the vista continues to be spectacular and once near the summit of Monte Specie at 2307m (7566ft) the skyline opens up with views to the massive red rocks of the Croda Rossa, and to the world famous Tre Cime towers. The summit of Monte Specie, also known as the Strudelkopf, is easily reached on snowshoes and ensures we end our week with on a high point. In summary this is an easy and panoramic tour in beautiful surroundings.

Meals: **B D**



**Accommodation**  
Hotel



**Ascent**  
865M



**Descent**  
230M



**Time**  
6.5 hours Snowshoeing



**Distance**  
12KM

**DAY 8****Departure day. Airport transfers are not provided.**

The holiday ends after breakfast. Depart anytime.  
Airport transfers are not included.

Meals: **B**

## Holiday Information

### What's Included

- Professional guiding with full snowshoe instruction
- All land transport (not airport transfers)
- All accommodation as described
- Meals as described in the meal plan
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## What's not Included

- Travel insurance
- Airport transfers
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Personal spending money and miscellaneous expenses - drinks souvenirs etc
- Specialist equipment (available to hire for 120€ see equipment list)

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Airport transfers are not provided. You need to make your own way to and from the group hotel in Cortina.

Cortina has excellent train and bus links. Rome2Rio is a useful site which gives a map and overall picture of how the local public transport network links up and who to book with. Local trains to reach Cortina can be found at [www.sad.it](http://www.sad.it)

The closest airports are Venice in Italy and Innsbruck in Austria.

Venice: Venice has two airports. The main airport is Venice Marco Polo but some airlines such as Ryanair fly to Venice 'Treviso'. There is a 15 minute drive between these two airports. From Venice the journey time is about 2.5 hours.<sup>30</sup>.

Innsbruck: From Innsbruck the journey time about 4 hours.

## Meal Plan

All meals apart from lunches are included from dinner on day 1 to breakfast on day 8.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

Cortina is a vibrant bustling town and offers a range of hotels. For our trips we aim to book the Hotel Pontecheisa, this holiday is based on two people sharing a room in Cortina d'Ampezzo. If you are travelling on your own your booking will be based on a twin bedroom sharing with someone of the same gender.

The Hotel Pontecheisa is a family run, 3 star hotel. The hotel, which is situated beside the river, is in a peaceful location and there is a garden to enjoy. It is just a 5-minute walk from Cortina's Corso Italia pedestrian area and from the Tofana cable car and is also near the Freccia nel Cielo cable car. The hotel also has a small spa which should be booked ahead of time. The cost of the spa is not included in your accommodation package. The hotel is run by Emaneula and her family who are the 4th generation to manage the hotel.

Single rooms are available for an additional fee, please advise us if you would like this option.

## Group Leader & Support Staff

Professional, English speaking IFMGA guide.

## Spending Money

We recommend an allowance of about €25 per day for lunches and snacks etc.

You will also need to pay for your equipment hire in cash (Euros), if you are hiring all items available (snowshoes, poles with large baskets, a snow shovel, a transceiver and an avalanche probe) this will be €120.

Please note: the equipment listed above is essential, if you do not have your own, you will be required to hire it.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.

## Climate

In winter the weather can deliver everything from clear blue skies, and glorious sunshine, to heavy snowfall and strong winds. Essentially, as with all mountain journeys, you should be prepared for any eventuality.

Temperatures vary depending on the month, generally December, January, and February are colder, but by March and April the temperatures are warming up and spring is on the way. In general - December and January they can range from -10°Celsius (14°F) to 3°Celsius (37.4°F), in February from -5°Celsius (23°F) to 7°Celsius (44.6°F), and in March from 0°Celsius (32°F) to 13°Celsius (55.4°F).

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

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## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### You must bring the following items:

- Hiking boots (must be waterproof)
- Gaiters
- Trainers (for valley use)
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (eg. down)
- Daypack of approximately 30 litres capacity
- Specialist equipment listed below (available for hire)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Warm and waterproof gloves or mittens
- Lightweight thermal gloves
- Basic First Aid Kit - Our professional tour leaders hold first-aid qualifications and will carry a basic medical kit. You should bring your own personal first aid kit consisting of the following: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite). Glucose tablets are a good idea.
- Sun protection (including total bloc for lips, nose etc.)
- Washbag and toiletries
- Antibacterial handwash
- Fleece hat
- Sunglasses with side protection
- Ski goggles
- Headtorch and spare batteries
- Sunhat

### The following items are optional:

- Earplugs (particularly if you are not the one snoring!)
- Waterproof liner for your daypack
- Camera
- Travel clothes
- Spare clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes:

**Specialist Equipment** is available to hire and includes snowshoes, poles with large baskets, snow shovel, transceiver and avalanche probe. Please inform the KE office if you wish to hire this equipment which will be available to collect at the group hotel after your arrival.

**Note:** the below are essential, if you do not have your own, you will be required to hire them.

Snowshoes, poles with large baskets, snow shovel, transceiver and avalanche probe - 120€

Transceiver-probe-shovel only - per week 65€

Snowshoes only - per week 40€

Poles only - per week 15€

If you wish to take your own walking poles, make sure that they have snow baskets fitted.

*Please note you will be liable for any damage caused to the specialist equipment due to negligence.*

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[-> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Cortina.

# Why Choose KE

## Why KE

We have worked with our expert local IFMGA guides to come up with a fantastic itinerary that shows off the best of the area without just being 'part of the crowds'. Our maximum group size is also only 8 people, we feel a small group will also maximise your experience.

**Please Note** This document was downloaded on 02/05/2024 and the trip is subject to change