# Walking in the Dolomites

Trip Code: SGID

Version: SGID Walking in the Dolomites

| WALK & TREK | SELF-GUIDED | MODERATE |
|---|---|---|
| | | 4 |

## HIGHLIGHTS

- Stay the week at a welcoming 3-star hotel, located in luxurious Cortina d'Ampezzo
- Marvel at the incredible jagged peaks of Tre Cime, and summit the mighty Mount Nuvolau
- Enjoy warm hospitality (and delicious strudel) at mountain huts
- Absorb the breathtaking scenery and watch in awe as climbers scale the rockfaces

### AT A GLANCE

- 5 days walking and sightseeing
- Daily departures
- Suitable for 2+ travellers
- Join at Cortina d'Ampezzo

### ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 6 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Nestled in the Ampezzo valley in the heart of the soaring Dolomites, the desirable commune of Cortina, known as the Queen of the Dolomites, invites you to discover her many charms on this one-week self-guided walking holiday. This magnificent region proudly boasts a wealth of opportunities for adventure, including numerous hiking and skiing trails alongside adrenaline-pumping via ferrata and rock climbing routes. The draw of Cortina is not just outdoor sports - the many spas and wellness experiences set in the fresh mountain air with the dramatic backdrop of the surrounding peaks are highly sought after. This really is a premier destination for discerning travellers!

On this one-week Italian escape, you will find yourself inspired by breathtaking rugged peaks as you walk amongst the towers of the Tre Cime, Cinque Torri, and Tofana, enshrined in mountaineering legend. You will be enchanted by tranquil mountain lakes with mirror-like surfaces, and at dawn and dusk you will be treated to the stunning panorama of the pale limestone peaks seemingly set aflame with the spectacle of alpenglow. Bellissima!

## Is this holiday for you?

If you love Italian Alpine architecture, salivate at the thought of hearty Italian cuisine, and are in your element surrounded by the high peaks, then this one-week self-guided walking holiday in the Dolomites is just perfect. Based for the whole week in a well rated 3-star hotel in the heart of the luxurious town of Cortina d'Ampezzo, you can enjoy the best of the Dolomites and soak up the buzz of this popular holiday destination. Using the excellent bus network to get around to your walks, and cable cars to reach the high passes, we have specially designed this trip so you can experience the wonderful feeling of being up amongst the high peaks - yet without as much effort as you might otherwise have to make. You will walk up to 15km with an ascent of up to 700m per day on lovely alpine paths. Plus, the advantage of a centre-based trip means that if you feel like having a day of relaxing instead of a day hiking, you can easily do so. After all, this is your holiday to spend as you wish.

# Itinerary

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DAY 1

## Arrive in Cortina d'Ampezzo, the capital of the Dolomites.

Arrive in Cortina d'Ampezzo, known as the 'Queen of the Dolomites', accompanied by breathtaking views that give you a taste of the week ahead. Settle into your hotel for the week or, depending on your arrival time, take a stroll through the bustling town and soak up its energy as a mecca for walkers, mountaineers, mountain bikers, and white water kayakers alike. Grab a coffee in one of the many trendy cafes in the picturesque piazzas and stroll through the picture-postcard streets that lead you to the church spire that stands proud, iconic, surrounded by the jagged mountaintops. In the evening, you can sample delicious local cuisine whilst watching the colours of the dolomite rock formations change as the sun sets. What a majestic start to your week!

**Accommodation**
Hotel

DAY 2

## Walk beneath the towering Tofane rock formations and discover the beauty and legend of Lake Ghedina.

Waking up amongst the magnificent dolomites, today you get to put on your hiking boots and explore them more closely. Today's walk is a shorter hike that leaves you plenty of time to stop and relax during your walk as well as in Cortina at each end of the day - however you wish, as this is your holiday after all. Walking through the town as it springs to life you can take the opportunity to enjoy a coffee before following the trail out of town and ascending through the alpine forest accompanied by the distinctive aromas of mountain dew burning off the pine trees under the morning sunlight. Following the path up to the Druse Pass, you will soon encounter the Tofane's towering rock walls as you walk beneath them on your way to inviting little Lake Ghedina with its crystal clear jade-green waters and welcoming mountain restaurant. Legend has it that this enchanting lake was the scene of a nocturnal ritual for warrior Prince Ey de Net who came here to consult the lake's nymphs for their omens about the kingdom's future. Take time to relax and enjoy the lake's beauty perhaps with a pause for cake at the restaurant, before returning to Cortina to sample more of the local culinary delights this evening.

Meals: **B**

**Accommodation**
Hotel

**Ascent**
500M

**Descent**
500M

**Time**
3 hours

**Distance**
5KM

DAY 3

## Ascend the Lagazuoi Pass to discover the fascinating history of the rock towers, descend to relax at Lagazuoi Lake and enjoy the mountain offerings at the Scotoni Hut.

Today's day out begins by taking the bus to the Falzarego Pass, one of the most popular trailheads in the Dolomites, and for good reason as it sits at the base of the famed rock towers of Piccolo Lagazuoi. Your route takes you up the Lagazuoi Pass (2,573m) and on to the summit where your efforts are rewarded with splendid views of the valley below. You are also greeted by the ruins of several old military installations, a reminder of the Dolomites' role in World War One. You might decide to spend some time visiting the Lagazuoi Open-Air Museum up here - free entry although donations are welcome - where you can visit restored tunnels, trenches, machine gun posts and emplacements. It is hard to believe that such dramatic warfare took place in this lofty spot whilst standing here in surrounded by the peace and tranquillity of the mountains today. When you have finished taking in the views, you begin your descent through a lovely wide rocky valley, beneath steep cliffs where you will spot climbers on the via ferrata. Arriving at Lake Lagazuoi (2,180m) at the foot of Cima del Lago, you find a lovely spot to relax for a moment before continuing to the Scotoni Hut, where you can enjoy a welcomed refreshment and perhaps one of the tasty mountain treats on offer. The final stage of your walk takes you down to the Valparola Pass, where you can catch the bus back to your hotel and decide which of the great restaurants to choose for dinner this evening.

Meals: **B**

| Accommodation | Ascent | Descent | Time | Distance |
|---|---|---|---|---|
| Hotel | 700M | 1100M | 4-5 hours | 15KM |

DAY 4

## Hike around the Tre Cime di Lavaredo and Monte Paterno surrounded by awe-inspiring views.

Enjoy a relaxed breakfast at your hotel before taking a private transfer to the Auronzo Hut (2,333m), a well-known stopping-off spot on the Alta Via 4 long-distance hiking route and a great place to enjoy a morning coffee before setting out on your own hike today. From this hut at the feet of the Tre Cime, you can admire the spiky pinnacles of the Cadini di Misurina mountain range located to the south. Your route takes you north, to the foot of Tre Cime's southern face, then east along its base on gentle terrain, to the breathtaking little Lake Lavaredo on whose surface the great limestone teeth of the Tre Cime themselves are reflected. Take a moment to take in this beauty and relax by the water, before setting off again to make a circumnavigation of Monte Paterno via the Pian di Cengia flats and the pass of the same name, accompanied by fantastic views throughout. The trail then brings you out to the northern side of the Tre Cime, towards the Locatelli Hut where you can reward your day's efforts so far with a cool refreshment whilst views of Tre Cime's northern face may simply leave you in awe. After this, the final section of your route takes you along the feet of several legendary north faces, likely dotted with climbers scaling their towering rock walls, as you make your way over the Medo Pass to return to the Auronzo Hut and your private transfer back to Cortina.

Meals: **B**

| Accommodation | Ascent | Descent | Time | Distance |
|---|---|---|---|---|
| Hotel | 600M | 600M | 4-5 hours | 10KM |

DAY 5

## Transfer to the Dibona Hut to circumnavigate Tofana di Rozes - Cortina's iconic mountain.

Today's route will give you the opportunity to explore the outstanding Tofana di Rozes, one of the three peaks that make up the Tofane mountains. Your day starts with a private transfer to the Dibona Hut, situated at the foot of this mighty range that forms yet another of the Dolomites' highlights. Setting off, your hike begins with a steady ascent towards Tofana di Rozes' towering south face before contouring west along the base of its steep cliffs, offering one breathtaking view after another. After making your way over the Bos Pass, a trail in the Travenanzes Valley takes you around the western flanks of Tofana di Rozes before descending zigzags to a small notch that leads to the narrow Majarie gully, boxed-in between two of the Tofane's peaks. From here, the trail ascends once more to reach the Giussani Hut (2,580m) where you might well decide to reward your efforts with a slice of well-earned strudel! The hut is the base camp for those ascending the main peak and you may spot climbers on the via ferrata above. When you have finished taking in the view and perhaps watching the climbers, you continue your hike by descending to the Dibona Hut, where your driver will be waiting to return you to your hotel.

Meals: **B**

| Accommodation | Ascent | Descent | Time | Distance |
|---|---|---|---|---|
| Hotel | 600M | 600M | 4-5 hours | 11KM |

DAY 6

## Hike through alpine meadows to Averau, opt to ascend Nuvolau Peak and discover the rich history of the Cinque Torri.

Your final hike of the week begins in the same way as your first, with a bus journey to Falzarego Pass. However today you head away from Lagazuoi and the Tofane, to explore the opposite side of the valley amongst a group of smaller peaks that hold plenty of surprises. This is a walk of contrasts as you begin your hike through alpine meadows, alive with flowers in the spring, first to a small ski area and then up to the higher lunar-like landscape to which you have become accustomed this week. You will soon arrive at the base of imposing Monte Averau where many climbers head off towards the via ferrata. Your route continues around the base of this giant wedge of rock to reach the Nuvolau Pass from where you have the option to make the ascent to the summit of Nuvolau Peak. An optional addition that we recommend only for surefooted hikers, it is certainly worth the effort to arrive at the summit for the amazing far-reaching views, as well as the opportunity to experience the hospitality and atmosphere of a typical

high-mountain hut in the Dolomites. Returning to the Nuvolau Pass, you continue towards the legendary Cinque Torri, renowned for their excellent climbing routes, and where many climbing greats got their starts. This area also boasts a rich history, particularly from World War One, and has another free open air museum dedicated to the battles that took place in the area. It is worth brushing up on your military history before visiting to help you experience the region from another point of view. Your week of walking ends at the Bai des Dones Lake, said to have been inhabited by cloven-footed water nymphs once upon a time - quite the contrast compared with the military installations and rock climbers! From here, you will take a transfer back to Cortina, where you can toast a great week in the mountains.

Meals: **B**

| Accommodation | Ascent | Descent | Time | Distance |
|---|---|---|---|---|
| Hotel | 550M | 800M | 4-5 hours | 14KM |

DAY 7

### Departure Day.

Enjoy a leisurely breakfast and perhaps a final stroll around the stylish streets of central Cortina before making your onward journey. If you would like to explore the region a little longer, you might like to add an additional night or two to your trip - just ask our Sales Team for details.

Meals: **B**

# Holiday Information

## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Private transfer day 4: Cortina - Auronzo hut return trip
- Private transfer day 5: Cortina - Dibona hut return trip
- GPX tracks supplied

## What's not Included

- Travel insurance
- Travel to/from Cortina
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Public transport/chairlifts
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts and ends at Cortina d'Ampezzo. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport is Venice Marco Polo Airport, which is well-served with flights from UK regional airports.

It is possible to take an express bus service from Marco Polo Airport to Cortina, with the journey taking approximately 2 hours. It is advisable to book your tickets for the bus service in advance, particularly in the peak summer months. Please visit www.cortinaexpress.it or telephone +39 04 36 867 350 to arrange this.

Please note that it is quite normal for the exact bus times not to be confirmed until only a couple of months before.

Another company which provides a similar bus service is ATVO. They also usually offer two services daily, and similarly it is advisable to book your seat in advance. This can booked online at www.atvo.it.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

One of the great things about this trip is being able to enjoy a spectrum Italian food as you wish, from delicious hearty food served in the mountain huts, to typically Italian fayre in the excellent selection of restaurants in Cortina, more unusual dishes in Michelin-star establishments, and coffee and snacks 'the Alpine way' in the local cafés. With so many culinary delights to enjoy, we have designed this programme on a bed and breakfast basis, allowing you to sample as many as you like.

Breakfasts are typically continental with fruit, cereals and fresh pastries on offer, served with a cup of coffee. An interesting bread typical of the region and one you are likely to see at breakfast time is Puccia - a type of rye bread containing a local variety of wild fennel seeds.

Along your walks, you will find inviting mountain huts and cafes and, in the evenings, there are many fine restaurants from which to choose. Some of the local specialities include Casunziei all'Ampezzana - half-moon shaped ravioli served with melted butter, parmesan, and poppy seeds. The red ones are sweet and filled with beetroot, whilst the green ones have a more savoury flavour and are stuffed with spinach and Swiss chard. Another yummy pasta-based dish very typical of the region since ancient times is Spätzle, a very small type of gnocchi typically served the smoked ham (Speck) and cream. Or how about Canederli – dumplings made from Speck and bread, potato, or semolina, and served in broth either as a main dish perhaps with a side of kale, or served as a side dish to a roast or a stew or goulash.

After a great day's walking and exploring we love a good apple strudel with perhaps a scoop of ice cream or some vanilla custard and a coffee – even as a dessert if we still have room for one! Each region has its special way of doing this dish, and here you'll tend to find them flavoured with cloves and cinnamon. Another sweet treat you might enjoy is Fartaies – battered fritters fried in oil and served warm with red bilberry jam. Whatever you choose to eat, in this part of the Dolomites you might decide to round off your meal with a Grappa al Ciariè - an italian brandy flavoured with wild cumin and typically enjoyed after dinner here.

## Accommodation

You will be based for the week in a comfortable 3-star historic hotel in Cortina. Decorated in a typically Alpine style, rooms here boast views of the surrounding mountains and you will be sure to feel immersed in the heart of the Dolomites. The hotel offers a great breakfast buffet to help fuel your adventures, and a restaurant serving up delicious traditional cuisine if you decide not to go out for your evening meal.

Rooms are on a double or twin basis, some with Austrian-style twin beds as is traditional in this area (two mattresses within one double bed frame with separate bedding for each person).

It is possible to arrange additional nights' accommodation if you would like to enjoy this fantastic region a little longer - please speak to our Sales Team for more information.

Please note that during high season you may be booked into alternative accommodation of a similar standard in the area.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday.

# General Information

## 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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

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.

## Currency

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

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and it's always a good idea to spend some time walking in the footwear you are going to use on this holiday.

## Climate

Northern Italy is in the middle European climate zone, making for warm summers and cold winters. The warm days of spring fill the meadows with beautiful wild flowers, although the evenings can still be cool. Temperatures in the autumn are similar. Temperatures in Cortina d'Ampezzo (1,224m) from June through September see average lows of 11 degrees centigrade at night and highs of 29 degrees centigrade during the day. Temperatures higher up, at around 2,000m, are slightly lower - with typical average night-time lows of 10 degrees centigrade and daytime highs of 20 degrees centigrade. As usual when hiking in the mountains, a range of layers is advised, and as rainfall in the region occurs in all seasons, pack your waterproofs just in case.

### Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** 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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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.

### Books

The Dolomites and Their Legends - Karl Felix Wolf

The Alpine Corps on the Dolomite Front, 1915: Myth and Reality - Immanuel Voigt

The White War: Life and Death on the Italian Front 1915-1919 - Mark Thompson

### 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

### Self Guided Equipment List

- Hiking boots with good-grip soles

- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

### Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

# Why Choose KE

### Why KE?

Cinque Torri, Tre Cime di Lavaredo, and Tofana di Rozes are amongst the best-known peaks in the Dolomites and have all been made famous by climbers and mountaineers scaling their mighty walls. Now it’s your turn to walk alongside these giants from your base in the luxurious resort town of Cortina d’Ampezzo, renowned for world-class skiing in the winter, your home for the week.

**Please Note** This document was downloaded on 14/11/2026 and the trip is subject to change