



Italy Best of the Dolomites Hiking

9 Days



The Adventure Company | EST. 1969
MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Italy Best of the Dolomites Hiking

Be dazzled by the monumental beauty of Italy's Dolomites, with majestic pinnacles, pillars, spires, and rock faces that change color at different points throughout the day. Travel from north to south through in Austria and Italy, covering all the must-see sites of this magnificent range, including the most famous peaks: Schlern, Sella, Drei Zinnen (Tre Cime de Lavaredo), and Marmolada. Daily challenging hikes — as well as some less strenuous options — take in forests, surreal rock formations, glacial lakes, and high alpine meadows. Enjoy picnic lunches at charming rifugi with stunning backdrops, and unwind back at comfortable hotels.

Details

Arrive: Innsbruck, Austria

Depart: Innsbruck, Austria

Duration: 9 Days

Group Size: 6-16 Guests

Minimum Age: 16 Years Old

Activity Level:



Testimonials

"Best of the Dolomites is the best of everything—scenery, food, adventure and wonderful hiking."

Sandy

"Spectacular scenery, professional leaders, and a smoothly run experience."

Susan M.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

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Why Take This Trip With Us?

REASON #01

On this classic MT Sobek adventure, highly skilled local mountain guides show you the best of the Dolomites, from mountain passes to wineries.

REASON #02

After rewarding hikes, carefully chosen hotels offer unwinding at wellness areas with steam baths, heated pools, fitness rooms, and saunas.

REASON #03

This itinerary combines challenging hikes and scenic drives with historic, cultural and gastro tours, and free time to explore charming villages and towns.

What to Expect



ACTIVITIES

Strenuous hikes through spectacular mountain landscapes, panoramic gondola rides, and scenic drives.



LODGING

Standard to 4-star hotels combine modern luxury, classical design, and top-notch amenities with convenient access to historic town centers and outdoor activities.



CLIMATE

The Dolomites are a mountain climate. It can be very hot at lower elevations, but can also be freezing above 7000'.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Thomas Bruder is an experienced qualified and certified mountain guide who has been escorting hiking, skiing and canoeing trips in the Canadian Rockies and in the Alps for more than 10 years. Originally Thomas was a professional trombonist (Bavarian State Orchestra). Thomas is eager to show you the Dolomites, in his opinion the most beautiful mountain range of the Alps.

Thomas Bruder

Simone lives in the Bavarian Alps and loves being out in the mountains—hiking, skiing, or riding a mountain bike. As a guide in Italy's Dolomites, Simone enjoys meeting interesting people from all over the world and sharing the wonders of the mountains, from magnificent trails to charming villages. When not guiding, Simone works as a marketing manager. Meet Simone on MT Sobek's Best of the Dolomites adventure.

Simone Kreutzer

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Itinerary

DAY 1

ARRIVE IN INNSBRUCK, AUSTRIA

Arrive in Innsbruck, Austria's capital of the Alps, with towering mountains looming above. There is one scheduled group transfer to the hotel at noon. Explore the medieval part of town on your own or take a nap after your flight. This evening, gather at 7pm for a brief orientation with your guide, followed by a welcome dinner at the hotel.

Meals: D

DAY 2

WARM-UP HIKE THROUGH PRAGSER WILDSEE (LAGO DI BRAIES)

This morning head south and cross the border into Italy, taking a winding road to the trailhead, which leads to the world-famous Pragser Wildsee (4,901'), also known in Italian as Lago di Braies. Acclimatize to higher altitudes slowly on this half-day hike. Upon reaching Pragser Wildsee, break for a picnic lunch near the lake, and then begin climbing through the forest to Pragser Kaser. Tonight stay in Toblach, a small town nestled in the mountains.

Activity: 4–5 hours/5 miles hiking with 1,650' elevation gain & loss

Meals: B, L, D

DAY 3

HIKE BELOW THE FACE OF DREI ZINNEN (TRE CIME DI LAVAREDO)

Today features a challenging hike just below the face of Drei Zinnen, the Three Peaks of the Dolomites, known as Tre Cime di Lavaredo in Italian. Start in Landro (4,593'), following the Riezental along creeks, gorges and rock walls, until a steeper section, which opens to magnificent views of the peaks. Continue for another two hours and meet the bus at the Rifugio Auronzo; refuel here before the drive to Cortina. Enjoy free time to stroll the town, known for its master woodworking and world-class skiing, and unwind over a five-course dinner.

Activity: 6 hours/8 miles hiking with 3,132' elevation gain & 480' elevation loss

Meals: B, L, D

DAY 4

EXPLORE THE TRAILS OF CORTINA D'AMPEZZO

Spend the day exploring the trails surrounding Cortina d'Ampezzo, famous home of the 1956 Winter Olympics. Take a short transfer to the trailhead at 5,577 feet. After climbing gently uphill for about 90 minutes, reach a mountain hut in a scenic location where you can break for some soup and superb vistas. Continue climbing uphill to Passo Giau, a mountain pass at 7,545 feet; stop for a drink in the sun to take in the beauty. The vehicle awaits at the pass, for the transfer back to Cortina.

Activity: 6 hours/8 miles hiking with 2,624' elevation gain & 1,758' elevation loss

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Meals: B, L, D

DAY 5

ENJOY A CINQUE TORRI CIRCUIT

This morning, transfer to the bottom of another famous rock formation in the area — the Cinque Torri. At the Rifugio Bai de Dones take the chairlift to the Rifugio Scoiattoli (7,398'). Start a remarkable circuit of the Cinque Torri and enjoy a trail up to the peak of Nuvolau (8,445'). After lunch at the Rifugio Averau, continue towards the Passo Falzarego, where you can learn more about WWI at the open-air museum. In the afternoon, transfer further west through the town of Arabba to the Passo Pordoi, with magnificent views.

Activity: 6 hours/6.5 miles hiking with 1,010' elevation gain & 3,111' elevation loss

Meals: B, L, D

DAY 6

SUMMIT PIZ BOÈ

Get an early start today and take the gondola up from the Passo Pordoi (7,355') to the Sass Pordoi (9,186'). From here, climb (weather permitting) to the summit of Piz Boe (10,341') on a rocky trail with some scrambling. With majestic views all around, have lunch at the mountain hut before continuing the downhill hike back to the Passo Pordoi. Hop into the vehicle here and continue to the hotel in Welschnhofen. Enjoy the luxurious spa or take a stroll through town, situated at the base of the Rosengarten Mountains.

Activity: 4 hours/5 miles hiking with 1,148' elevation gain & 2,979' elevation loss

Meals: B, L, D

DAY 7

TRAVERSE THE MIGHTY ROSENGARTEN ROTWAND

Start with a short walk to the gondola, which whisks you up to the Kolner Hutte at 7,316 feet. Begin the hiking circuit around the Rotwand with a rather challenging start - scramble up the short but steep ascent to Passo Coronelle (8,628'), and then the Cigolade Pass (8,372') before continuing to the Rotwand Hutte for lunch. Head back to the Kolner hut traversing along the base of the mighty and challenging alpine wall of Rotwand. Finish the last hike and return to the hotel.

Activity: 6 hours/8.5 miles hiking with 2,700' elevation gain & loss

Meals: B, L, D

DAY 8

VISIT "OTZI THE ICEMAN" IN BOZEN

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Leave the higher alpine areas and drive to Bozen, the capital of South Tyrol, passing impressive canyons and alpine villages along the way. Spend the day strolling Bozen's historic center, shopping for souvenirs and visiting Mr. Otzi, the famous Iceman on display at the South Tyrol Museum of Archaeology. Otzi lived around 5300 years ago and is Europe's oldest-known human mummy. Taste fine wines at a local winery, before regrouping for a special farewell dinner back in Innsbruck.

Meals: B, L, D

DAY 9

DEPART FROM INNSBRUCK

Bid your fellow trekkers a warm Aufweidersehen before transferring to the airport in Innsbruck for your flight home. Departures and landings in this idyllic region are some of the most spectacular in the world.

Meals: B

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Dates

Aug 31 - Sep 8, 2021

Sep 14 - 22, 2021

Sep 20 - 28, 2021

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Pricing

2021

from \$5,795 per person dbl. occ.

Additional Cost

from \$900 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your adventures guide(s) and driver(s)
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Optional travel protection

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➤ The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

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