



Italy Heart of the Dolomites Hiking

8 Days



The Adventure Company | EST. 1969

MT·SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

Italy Heart of the Dolomites Hiking

Be dazzled by the monumental beauty of Italy's Dolomites, with its majestic pinnacles and fairy-tale spires, on this exhilarating mountain adventure. Each day you'll hike on scenic trails up to ridges and passes for spellbinding views, then descend to lush green valleys where wildflowers bloom in pastoral meadows. Along the way, you'll pass grazing mountain goats and storybook villages as towering rock walls change color with the sun. From your base in Cortina d'Ampezzo and Alta Badia, you'll cover all the must-see sites of this magnificent range, including the most famous peaks: Tre Cime de Lavaredo (9,839') and Marmolada (11,024'). Experience Tyrolean charm at comfortable hotels and dine on delicious mountain cuisine.

Details

Arrive: Venice, Italy

Depart: Venice, Italy

Duration: 8 Days

Group Size: 6-16 Guests

Minimum Age: 16 Years Old

Activity Level:



Testimonials

"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."

Dennis G.

"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."

Marianne W.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com

Why Take This Trip With Us?

REASON #01

This classic MT Sobek adventure showcases the iconic sights of the Dolomites, including Tre Cime di Lavaredo and the Santa Croce Sanctuary, in just one week.

REASON #02

MT Sobek has been operating hiking adventures in Italy for over 40 years and works with the best local guides in the business.

REASON #03

We blend challenging hikes with time to unwind and soak up the atmosphere of delightful mountain towns - it's the perfect pace!

What to Expect



ACTIVITIES

Rewarding hikes through spectacular mountain landscapes, a panoramic cable car ride, and scenic drives. Local insider experiences give insight into traditional Tyrolean life.



LODGING

A warm welcome awaits at charming 4-star mountain inns with comfortable rooms and modern amenities.



CLIMATE

The Dolomites are a mountain climate. It can be very hot at lower elevations, but can also be freezing above 7,000 feet.

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.

Karin was born and raised in the Dolomites, where she pursues outdoor activities year round including skiing, hiking, rock climbing, ice climbing, cross-country skiing, and cycling. She has been guiding for over 10 years and takes great pride in sharing her knowledge of the region. In addition to being a hiking guide, Karin teaches yoga and high school science, makes documentaries, and lives out her passion for travel and photography. She is fluent in six languages and can be spotted around the globe anywhere from Japan to Washington during the off-season!

Karin Pizzinini

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1-800-974-0300

 info@mtsobek.com

Itinerary

DAY 1

ARRIVE IN VENICE & JOURNEY TO THE DOLOMITES

Land in Venice and meet your MT Sobek representative for a transfer to the chic alpine resort town of Cortina d'Ampezzo (4,016'). Check into your hotel, surrounded by stunning peaks and sweeping views. Take time to explore Cortina's charming streets before meeting your guide for a trip briefing at 6:30pm in the hotel lobby. Enjoy a welcome dinner at the hotel restaurant.

Meals: D

DAY 2

HIKE THE ALPE DI SENNES CIRCUIT

Start today's scenic hike in the Alpe di Sennes with a short transfer to Rifugio Malga Ra Stua (5,472'), a pretty family-run mountain hut. From here, hike uphill on a wide gravel trail to the Rifugio Sennes (6,942') and Rifugio Fodara Vedla (6,429'), where you'll enjoy lunch with lovely views. Next, follow a stony mule track across a series of grassy basins dotted with bushes - the ideal home of marmots and chamois. The final part winds steadily down through Arolla pine and larch trees back to Rifugio Malga Ra Stua. Return to your hotel in Cortina and dine on fine cuisine at a local restaurant.

Activity: 5 hours/7 miles hiking with 1,640' elevation gain/loss

Meals: B, L, D

DAY 3

FOLLOW TRAILS BELOW TRE CIME DI LAVAREDO

Enjoy a challenging hike just below the face of Tre Cime di Lavaredo, one of the most scenic mountain landscapes in the Dolomites. Start with a picturesque drive to Rifugio Auronzo (7,650'), then follow gravel tracks to Lago di Cengia, where a series of steep zigzags leads to a stony amphitheater. Ascend to Forcella Pian di Cengia (8,200') for stunning views of the Tre Scarperi range and descend on a steep rocky trail. Enjoy lunch at Rifugio Locatelli (7,800') with epic views of north faces of the Tre Cime di Lavaredo. Hike under the elegant spires to Rifugio Lavaredo, where a hotel transfer awaits. Delight in the charm of Cortina's restaurants, cafes, and boutiques on your own this evening.

Activity: 6 hours/8 miles hiking with 2,000' elevation gain and 1,800' loss

Meals: B, L

DAY 4

EXPLORE FANES-SENNES-BRAIES NATIONAL PARK

Rise for a hike in Fanes-Sennes-Braies Natural Park, an area of pristine natural beauty Starting at Fiames (4,240'), follow a winding woodland trail below Col Rosa and across Ponte Outo (4,550'). Ascend on a gentle uphill trail to

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



info@mtsobek.com

the Malga Fanes (6,890') in the famous Altopiano di Fanes ski area. Later, descend to your comfortable hotel in the Alta Badia in South Tyrol.

Activity: 5 hours/7.5 miles hiking with 2,600' elevation gain and 100' loss

Meals: B, L, D

DAY 5

GO DEEP INTO ALTOPIANO DI FANES

Experience the beauty of the Altopiano di Fanes with its spectacular mountain panorama, including views of Marmolada (11,024') — the highest peak in the Dolomites. Set off from the charming mountain village of San Cassiano, where a chairlift takes you up to Piz Sorega (6,570'). From here, follow a wide ridge trail with 360-degree views to our lunch spot at Rifugio Bioch (6,850').

Activity: 5 hours/9.5 miles hiking with 1,000' elevation gain and 2,790' loss; alternative longer option available

Meals: B, L, D

DAY 6

ASCEND TO SANTA CROCE SANCTUARY

Make a pilgrimage to the pretty white Santa Croce Sanctuary, perfectly situated at the base of the Sasso della Croce. Starting from the town of San Cassiano (5,250'), hike uphill on a paved road passing tiny hamlets and age-old barns along the way. A gravel trail gradually ascends through a pine forest, affording great views of Santa Croce and the picturesque Val Badia. At the church you'll have time to look around and revel in the vistas before walking to "Ranch Andre," a traditional farmhouse converted into an inviting lunch spot. After lunch, take a different trail back down into town and enjoy an evening at your leisure.

Activity: 5-6 hours/7 miles hiking with 1,935' elevation gain/loss

Meals: B, L

DAY 7

HIKE FROM PASSO CIR TO RIFUGIO PUEZ

Starting at Passo Gardena (6,955'), follow a rocky path through the sheer pinnacles of Pizzas da Cir up to the Passo Cir (8,100'). From here, a wider trail on undulating terrain leads to the Forcella Ciampai Pass (7,760') and up to Rifugio Puez (8,120') for lunch. A slightly longer (optional) route via Sass Ciampac (8,770') affords panoramic views of the Eastern Dolomites and Sella massif. Either way, you'll enjoy exceptional mountain scenery! An easy hike down on a scenic trail leads to the pretty village of Colfosco. Feast on a farewell dinner at a traditional farmhouse.

Activity: 6 hours/7.5 miles hiking with 1,390' elevation gain and 3,000' loss

Meals: B, L, D

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



info@mtsobek.com

DAY 8

TRANSFER TO VENICE & DEPART

Bid farewell to the Dolomites and transfer to Venice airport for your onward or homeward-bound flight. Or, alternatively, spend a few days in Venice - a remarkable and beautiful city like no other!

Meals: B

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



info@mtsobek.com

Dates

Jun 20 - 27, 2022

Jul 25 - Aug 1, 2022

Sep 5 - 12, 2022

Sep 16 - 23, 2022

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1-800-974-0300

 info@mtsobek.com

Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts where necessary
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted in the Trip Planner)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries are subject to change.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



info@mtsobek.com



➤ **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.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com



TWO HUNDRED ADVENTURES.

SEVEN CONTINENTS.

A WORLD OF DISCOVERY.

Where's Your Next Adventure?



The Adventure Company | EST. 1969

MT · SOBEK™

MOUNTAIN TRAVEL SOBEK

1-800-974-0300 | MTSOBEK.COM

1266 66TH STREET, SUITE 4, EMERYVILLE, CALIFORNIA 94608-1117

FOLLOW US ONLINE @MTSOBEK