



Dolomites Hiking & Yoga Journey

8 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Dolomites Hiking & Yoga Journey

Venture across the soaring Dolomites, adorned with sweeping valleys, dwarf mountain pines, alpine lakes, and storybook villages. Set the mood each day with morning yoga, then hit the trail to discover mountain wonders — from the jagged peaks of Tre Cime di Lavaredo to mythical Cinque Torri. Walk through closely-knit hamlets with shingle-roof timber farmhouses and witness the oldest mountain hut of the Dolomites, Rifugio Nuvolau. At Lake Limesed, take in the majestic reflection of the mighty landscapes and blue skies. Delight in regional specialties and wrap up your day on the trail with an evening meditation or a trip to the spa.

Details

Arrive: Venice, Italy

Depart: Venice, Italy

Duration: 8 Days

Group Size: 4-16 Guests

Minimum Age: 17 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've taken six MT Sobek trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my "go to" adventure travel company!"

Margaret I.

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📞 1.888.831.7526

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Why Take This Trip With Us?

REASON #01

MT Sobek has been rejuvenating mind and body through active adventure for 50 years. Our new wellness offerings include yoga and massage in scenic

REASON #02

All activities — hikes, yoga, meditation, and tours — are guided by MT Sobek professional guides and certified yoga instructors.

REASON #03

This unique adventure pairs revitalizing yoga sessions with challenging half- to full-day hikes and soothing spa time.

What to Expect



ACTIVITIES

Multi-hour hikes through breathtaking mountain scenery, morning and afternoon yoga sessions, discovering regional cuisine, and unwinding at the spa.



LODGING

Stay in elegant 4-star hotels with spas facilities and optional massage treatments. We spend one night in a rifugio, a remote mountain inn located in a wilderness.



CLIMATE

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

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 & enthusiasm. In addition to being a hiking guide, Karin has been a science and chemistry teacher at the local high school and also teaches yoga, works as an art director, 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

Born in Argentina, yoga became part of Maria Paula's life at age 18. She studied visual arts in both Argentina and Milan and explored trails throughout Latin America with the art project Latin American Pilgrimage, focusing on sound therapy and body movements. She eventually became a full-time yoga instructor, and has logged many hours of training in both Argentina and Europe. She specializes in therapeutic, Hatha, and Vinyasa. Today, Paula lives in the Dolomites where she teaches yoga in addition to accompanying hiking and climbing groups, sharing her knowledge and expertise.

Maria Paula Medina

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Itinerary

DAY 1

ARRIVE IN THE DOLOMITES

Land at Venice airport and have a private group transfer to the charming village of San Candido (4,298') in Sesto Dolomites Natural Park. Check into your hotel in the heart of the Dolomites, meet with the hiking guide and the yoga instructor for a trip briefing, and enjoy your first taste of the Dolomites' fresh regional cuisine at the welcome dinner served at the hotel.

Activity: 1 hour Reconnection Vinyasa yoga session

Meals: D

DAY 2

HIKE THE TRE CIME DI LAVAREDO LOOP

Begin the day with a yoga session outside (weather permitting). Then transfer to Rifugio Auronzo (30-40 minutes) to start the loop hike around the soaring Tre Cime di Lavaredo, a Dolomites landmark known for its three unique jagged peaks. On the hike, see the shapes mutate from sharp points to soft corners, and find reminders of WWI, including tunnels, bunkers, and barracks. In the afternoon, take a transfer back to the hotel to enjoy the spa or another yoga session before dinner.

Activity: 4 hours/5.5 miles hiking with 1,863' elevation gain/loss & 1 hour Soft Vinyasa yoga session & 1.5 hours Hatha Flow yoga session

Meals: B, L, D

DAY 3

DISCOVER LAGO DI BRAIES & DOLOMITI D'AMPEZZO NATIONAL PARK

Wake for an invigorating sunrise yoga session and breakfast, before heading to Lago di Braies — a beautiful alpine lake set amidst forests and soaring peaks. Next up is a straightforward and steady climb to a high plateau with panoramic vistas, then on a well-trodden path following a scree river colonized by dwarf mountain pines. Soon enter the Dolomiti d'Ampezzo National Park, showcasing vast and marvelous views. Before long, reach your home for the night and enjoy an alfresco yoga session (weather permitting).

Activity: 5 hours/7 miles hiking with 3,870' elevation gain & 1,842' elevation loss & 1.5 hours Hatha Flow yoga session & 1.5 hours Yin yoga session

Meals: B, L, D

DAY 4

HIKE FROM THE SENNES PLATEAU TO ALTA BADIA

Leave the rifugio and hike towards Rifugio Pederu (5,079'), then uphill in the direction of Lago di Limo. Along the way, take in a landscape dotted with small lakes and rounded mountain tops. Enjoy lunch at Rifugio Fanes,

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then hike south out of a steep valley to Passo di Limo. Continue through gorgeous high meadows and karst formations, and then descend to Capanna Alpina, a restaurant at the edge of the natural park. Enjoy another private transfer to the hotel for the evening, and a stop for alfresco yoga along the way.

Activity: 6–7 hours hiking/11 miles hiking with 2,453' elevation gain & 3,454' elevation loss & 1 hour outdoor yoga session

Meals: B, L, D

DAY 5

HIKE TO THE SANTA CROCE SANCTUARY

After sunrise yoga and breakfast, take a short transfer to San Cassiano, to begin today's hike to Santa Croce sanctuary (6,709'), which takes two hours and includes several steep climbs. Pass tiny hamlets of ancient shingle-roofed farmhouses and see Stations of the Cross lining the trail of this pilgrimage walk. Find a scenic spot for a picnic, then descend to the village of Pedraces either by foot or chair lift. Transfer back to the hotel to enjoy a sunset yoga session or relax at the spa. Enjoy dinner on your own in town.

Activity: 4 hours/7 miles hiking with 1,935' elevation gain/loss & 1.5 hour Hatha Flow yoga session & 1 hour Yin yoga session

Meals: B, L

DAY 6

MARVEL AT THE VIEWS FROM PRALONGIA HIGH PLATEAU

After breakfast today, transfer to Passo Campolongo. From here, hike to the Pralongia plateau to take in dazzling views of the mountains and the Marmolada glacier, also called the "Queen of the Dolomites." Have an outdoor yoga session at the plateau before enjoying lunch in a rifugio. In the afternoon, descend to town either by foot or cable car and then take a private transfer back to the hotel. Enjoy a Yoga Mandala II session, followed by a superb typical dinner in a farmhouse.

Activity: 1–6 hours hiking (depending on group preferences) & 1.5 hour Hatha Flow yoga session & 1.5 hour Vinyasa yoga session

Meals: B, L, D

DAY 7

EXPLORE THE CINQUE TORRI & LAGAZUOI AREA

Wake early this morning for sunrise yoga and meditation with Tibetan bells. Today discover the Cinque Torri and Lagazuoi area; there are several options depending on interests and weather conditions. This spectacular area features majestic mountains and an abundance of WWI remnants. Options include: exploring the trenches and tunnels at the Cinque Torri area or hiking to Lake Limesdes, Rifugio Lagazuoi — one of the highest rifugios in the Dolomites, or Rifugio Nuvolau — the oldest rifugio of the Dolomites. Back at the hotel, enjoy another Yoga Mandala II session and farewell dinner.

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Activity: 1–6 hours hiking (depending on group preferences) & Hatha Flow yoga session & 1.5 hour Vinyasa yoga session

Meals: B, L, D

DAY 8

DEPART FROM VENICE

After breakfast at the hotel this morning, take a private group transfer to the Venice airport.

Meals: B

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Dates

Jul 18 - 25, 2020

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Pricing

2019

\$ 6,495 per person

Additional Cost

\$ 1,000 Single Supplement

2020

\$ 6,495 per person

Additional Cost

\$ 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 tips and gratuities for support staff with the exception of your lead adventure guide(s)
- Yoga mat for yoga sessions
- 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
- Dinner on Day 5
- Optional tips to your lead adventure guides
- 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.

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



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