



Italy Dolomites Hut-to-Hut Hiking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

[Italy Dolomites Hut-to-Hut Hiking](#) Trip Planner for 2026

Activity Level 4: Challenging hiking generally ranging between 8 to 11 miles and 4 to 7 hours per day over rocky mountain trails. Terrain will often be rugged single-track that is exposed to the elements. Expect regular sustained steep ascents and descents. Weather can change dramatically in a single day from hot, dry and sunny, to very cold, windy and even possible snow. Evening in huts are spent in small dorm rooms and utilize shared bathrooms.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in **Venice, Italy** (airport code **VCE**) by **1:00 pm on Day 1 of the itinerary**. After claiming your luggage and proceeding through customs, continue to the Arrivals Hall. A MT Sobek representative will meet you and then we will transfer as a group at 2:00 pm to your first hotel.

If you are arriving early in Venice, please return to the airport with ample time for the **2:00 pm** group pickup and transfer. We strongly recommend arriving at least one day early when possible to allow for international travel delays, adjust to the time change, and start the trip feeling rested.

Consider your first day's activities: After arrival to your first night's hotel you will check in and meet for a briefing and refreshment followed by a dinner with the group and guides.

DEPARTURE: Depart from **Venice, Italy** (airport code **VCE**) after **12:30 pm on Day 8 of the itinerary**. After breakfast, we will provide a group transfer from your hotel to the Venice airport at **10:00 am**.

Extending Your Stay

If you are extending your stay in Venice, we recommend our trip hotel:

[Hotel Casa Nicolo Priuli](#)

If you prefer to finish with a touch of luxury, some of our guests in the past have enjoyed:

[Ca'Sagredo Hotel](#) (5 stars)

[Hotel Londra Palace](#) (5 stars)

Passports and Visas

Passports

US citizens need a passport to enter Italy.

If you don't have a passport, apply for one now because the process can be lengthy. If you do have a passport, check the expiration date. Most countries require that your passport be valid for at least six months **beyond** the date you complete your trip and contain at least one blank page for each country you plan to visit. For more information, visit [Department of State US Passports](#).

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Minors Traveling

If a minor is **not accompanied** by all parents or legal guardians, we strongly urge the parent/legal guardian who is traveling to carry a notarized document from all guardians granting approval for the minor to travel outside his/her country or state of residence. Air carriers and local authorities do request such documentation from time to time. Similarly, if the minor is traveling with his/her sole parent or guardian, he or she is recommended to carry notarized documentation of such.

Visas

US citizens do not need a visa for stays up to 90 days. Citizens of other countries should check with their local embassy for entry requirements.

On Your Trip

Accommodations

Our carefully crafted itineraries include hand-picked accommodations across the globe. On this trip, a warm welcome awaits you at simple 3-star mountain inns and refugios often in remarkable locations. Several nights will be spent in small dorm rooms, generally with 4 single beds but potentially as many as 8. Additionally, shared bathrooms are the norm for refugios. Please refer to your itinerary and Final Details for the specific accommodations on your adventure.

Refugios often require cash for services like food, drinks and to pay for hot water in the showers rooms. They also require a personal sleep sheet for beds.

Communications

Some huts will have Wi-Fi in the common area. However, this is uncommon and unreliable. The best part of staying in the mountain huts is getting away from it all, in the peace and seclusion of the mountains, with no media interruptions. Wi-Fi is available at your Venice hotel on the final day of the itinerary.

Electronics

Italy is on the 220-240V system and uses Type F and L outlets. Check the voltage on your personal electronics chargers to determine if you need a voltage converter. A good resource to see images of plug types is www.power-plugs-sockets.com. There are electric outlets at every accommodation, so you can charge your personal electronics every night. Keep in mind that while your hotels will usually have a safe in your room, they often are not big enough to store a laptop or tablet.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

Vegetarian, vegan, and gluten-free diets can be accommodated with advanced notice, but it is important to know that options will be limited throughout the trip. Some guests with strict dietary requirements prefer to supplement their daily nutrition by bringing some of their favorite trail snacks from home.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

BREAKFASTS: All breakfasts are buffets at the hotels and refugios generally featuring cereals, pastries, bread, yogurt, local cheese, cold cuts, cured meats and boiled eggs. Juices, coffee and tea are included.

LUNCHEs: Lunches will vary on the day. Often a simple picnic provided by your guides, or a takeaway lunch from the huts. We will also eat in one of the refugios during the week.

DINNERS: Dinners are served at the hotel or a nearby restaurant and are usually 3 courses (see above). Dinners in Italy are often much longer than those most Americans enjoy at home.

ALCOHOL: A limited amount of wine selected by your guides is included with dinners. Additional alcohol is available for purchase.

Money

Your land cost includes most major expenses of the trip. We recommend budgeting **\$500-700** for personal expenses such as souvenirs, laundry, and optional tips to your guides.

Mountain huts/refugios will often request payment in cash. More of these properties are taking credit cards but it is best to assume they will need cash for food, drinks and showers.

The local currency in Italy is the Euro. Check out www.xe.com for current exchange rates.

You will want to exchange your cash, or withdraw money from an ATM, at the first available opportunity when you arrive in Venice. Airports are generally very convenient, but do not necessarily have the best rates. However, it might be your best option if you aren't travelling in the region prior to your MT Sobek departure.

Visa and MasterCard are widely accepted in Europe. Bank network systems such as Cirrus and Plus are available in towns and villages along the way. Make sure that your PIN number will work internationally, and let your bank know you will be traveling. Most banks will deactivate your card if they notice unusual activity, including transactions made in faraway places.

Tipping Guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work, care and expertise. The amount we recommend that you tip may vary based on factors such as the length of the trip, the expectations and level of service, as well as cultural considerations. What you decide to tip should be based on your overall satisfaction.

Your trip is supported by one MT Sobek Guide for every 8 guests. Tips for additional taxi/transfer drivers, guides, restaurant, and hotel staff are included in your trip price.

On this international adventure, we recommend tipping each of your Guides the equivalent of \$100-150 per guide, per participant, in local currency.

Our local team is unable to accept gratuities paid by apps (Venmo, Zelle, PayPal, etc.), checks, or credit card. We recommend bringing local currency with you, or visiting an ATM machine at the airport or in town upon arrival to the trip, to obtain cash.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Transportation

Our trip will use a mixture of private transfers for some of our longer drives. This will be supplemented by public transportation such as buses and gondolas when it makes sense for the group.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Packing List

LUGGAGE

- ☐ Maximum 1 Soft-sided wheeled duffel or suitcase
- ☐ Daypack with 30-35 liter capacity with rain cover
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Long-sleeved, lightweight shirts
- ☐ Short-sleeved T-shirts
- ☐ Full-length hiking pants (synthetic, wicking fabric)
- ☐ Hiking shorts (synthetic, wicking fabric)

OUTERWEAR

- ☐ Medium-weight fleece jacket
- ☐ Waterproof, breathable rain jacket with hood
- ☐ Waterproof, breathable rain pants – preferably with full-length side zippers
- ☐ Waterproof gloves or mitts

FOOTWEAR

- ☐ High ankle, waterproof hiking boots
- ☐ Comfortable walking shoes
- ☐ Sandals (optional)
- ☐ Wool hiking socks

HEADWEAR

- ☐ Warm hat that covers your ears
- ☐ Sun hat with wide brim or baseball cap
- ☐ Bandana and/or neck gaiter (buff)

TRAVEL ACCESSORIES

- ☐ Hiking poles
- ☐ Reusable water bottle(s) or backpack hydration system (recommended minimum: 2 liter total capacity)
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection with SPF
- ☐ Small packets of tissues
- ☐ Hand sanitizer

OPTIONAL TRAVEL ACCESSORIES

- ☐ Travel umbrella
- ☐ Ace bandage or brace
- ☐ Camera, charger, and memory
- ☐ Small Ziploc bags or stuff sacks
- ☐ Travel packet of laundry detergent
- ☐ Reading and writing material

FOR YOUR REFUGIO STAYS

- ☐ Full length sleep sheet, sometimes called sleeping bag liner (**mandatory**)
- ☐ Head lamp (essential)
- ☐ Quick-dry, full size travel towel (essential)
- ☐ Eye mask (helpful)
- ☐ Ear plugs (helpful)
- ☐ Inflatable Travel Pillow (If you like having two pillows at night)

Our packing list is based on feedback we've received from our staff, guests and guides. Weather conditions may vary. Please use this as a guideline and if you have questions feel free to reach out to your Adventure Coordinator.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

Please give us a call toll-free at 888-MTSOBK (687 6235)

Packing Notes

Packing for Weather

When trekking in any mountainous area, each day you need to be prepared for full sun, wind, rain, the possibility of light snow, or clear skies, at any time during the season. Rain and wind can lower the temperature significantly and quickly. During the day, temperatures typically range between the 60's and the 70's F, although in case of wet or windy weather, temperatures can drop into the 30 - 40's or lower.

TEMPERATURE (°F) - AVERAGE LOWS & HIGHS

June

Cortina d'Ampezzo, Italy: 47/68

Alta Badia, Italy: 45/66

July

Cortina d'Ampezzo, Italy: 51/72

Alta Badia, Italy: 49/70

August

Cortina d'Ampezzo, Italy: 50/70

Alta Badia, Italy: 48/68

September

Cortina d'Ampezzo, Italy: 44/63

Alta Badia, Italy: 42/61

Clothing Notes

As we cross over each pass into a new valley, we may encounter very different weather than we started the day with. It is not uncommon to begin the day in a T-shirt, then need to "layer up" as we reach the higher elevations, and then peel those layers off again an hour later. This is what we call "mountain weather" which is less predictable than what you see online when you check the local weather forecast before your trip. Plan accordingly.

Dressing in layers is the key to staying comfortable throughout the day. Your outermost layer should keep you warm and dry, such as a waterproof, breathable rain jacket and rain pants, and even a fleece jacket/warm layer as necessary.

We suggest that you layer with synthetic clothing. Synthetic fabrics are the most effective barriers against cold and wet weather conditions. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and wool/synthetic blends are also suitable. We strongly discourage the use of cotton garments in cold or wet mountain conditions. On hot, sunny days, cotton is perfectly acceptable, but you should always have synthetic or wool/synthetic layers with you, in case the weather changes.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Daypack

Each day you will carry with you in your daypack a warm layer and a rain shell, even if it is sunny when you wake up. You will also carry your drinking water, sunscreen, hat (when it is not on your head), rain pants, your picnic lunch, and your hiking poles, when you are not using them. Please choose your daypack wisely! Most daypacks will be between 25L-35L and have a padded hipbelt and contoured shoulder straps.

We also recommend bringing a rain cover for your daypack. Most mid-sized hiking daypacks come with a built-in rain cover, usually stowed in the lowest part of the pack. If you are using a new daypack, check to see if your pack has a rain cover. If not, we recommend that you purchase one for this trip.

Footwear

Choosing your hiking boots is one of the most important decisions you will make when preparing to hike in the Dolomites. You will need sturdy, medium-weight, waterproof hiking boots with good lug soles. Many people prefer to hike in low-ankle trail shoes. These are acceptable for some hikes, but you will also need to bring a pair of high-ankle boots for rocky terrain, or in case weather conditions require additional traction or support. If you're buying new boots, be sure to completely break them in prior to the trip.

To choose the right hiking boots, look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks or thorns beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

Laundry

We recommend that you bring travel-sized laundry detergent (such as Tide or Bio Suds), and plan to hand wash a few items along the way. Synthetic clothing tends to dry quicker than cotton or denim.

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information — especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

MOTION SICKNESS

Roads in the Dolomites are often uneven, narrow, winding, and bumpy. If you are susceptible to motion sickness, consult with your doctor to discuss possible remedies that may be appropriate for you.

Tips for Getting in Shape

Check with your doctor before starting any exercise program to determine your target heart rate during exercise.

1. **Do Cardio.** Try to give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Start out gradually and increase your training to 4 times each week, 40 to 60 minutes at a time.
2. **Hike, of course.** The best way to prepare for a hiking trip, is to hike! At least one of your weekly workouts should be a hike. Ideally, this should be on hilly terrain. However, if you do not have hills in your woods, hiking up and down some stairs, or working out on a stair machine will also help.
3. **Add Weights.** While hiking, carry weight in your daypack (bags of rice work nicely.) Start with 5 lbs, and gradually add weight in 5 lb increments as you get closer to your trip. Make sure the weight is comfortably situated in your daypack, and doesn't stress your back or shoulders. Carrying weight builds muscle and simulates the experience of hiking at a higher altitude.
4. **Clothing Matters.** Be sure to pack all of the essential layers and equipment to keep you warm, dry and safe. Our packing list was customized specifically for your trip by our Program Directors with your best interests in mind. It's always better to bring too many weather layers, than too few if you really need it.
5. **Invest in Poles** (seriously!). If you are somebody who never hikes with trekking poles, keep an open mind that you may want to use them in the Dolomites. When hiking on very steep, uneven, rocky terrain, 5-7 hours per day, multiple days in a row, both up and down, trekking poles not only assist with balance and help protect you from a spill, but they also alleviate pressure on your knees and other joints, which can cause repetitive stress injuries in a short amount of time. Most people who do not normally use trekking poles, usually end up buying a pair mid-trip. Save yourself the trouble, buy a new pair of poles before your trip, and get used to using them before you arrive. You may need to pack them in your check-in luggage if your airline does not allow trekking poles in carry-on.
6. **Break-in Gear.** While on your training hikes, wear the same gear that you plan to wear in the Dolomites. You should break-in your boots, daypack, trekking poles, and clothing layers like an old friend before you leave for your trip.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

7. **Fuel Up.** If you have a favorite, reliable energy bar, gel or supplement you think you will want during long days of hiking, bring some with you and pack it in your check-in luggage. Your preferred sports energy bars and gels may not be available in Italy.

8. **Acclimatize.** The trails along this tour are not considered to be at high elevation. Most hikes in the Dolomites will only get as high as 6,500-8,500 feet, yet many North Americans live at much lower elevations. Someone who normally hikes at a fast clip at sea level might find themselves feeling out of shape at just 6,000 feet. If you have extra time, consider arriving early, and spending a day or two at a higher elevation. Even light touring at a higher elevation can help you to acclimatize.

9. **Train with a Buddy.** Our #1 most important tip for preparing for your hiking trip in the mountains is to have fun! Enlist friends to go hiking with you regularly - start a hiking group. Keep a diary or blog of your training, and share it with your family. Working out and preparing for your goal-oriented trip is half the fun of the trip itself.

After all of your fitness training, don't forget where you are going, and why you are going there. While in the Dolomites, remind yourself to stop and take a look around. Don't spend too much time memorizing the boot heels of the hiker in front of you. Enjoy the beautiful variety of wildflower colors: meadows of pink, yellow, magenta, periwinkle, and blue. Look for marmots and chamois. Take in and savor the awe-inspiring display of peaks surrounding you, and listen to the distant sounds of cowbells and cracking glaciers.

Get in shape for your hike in the Dolomites. After all, this is your vacation!

NOTE: Remember to take breaks! Over-training can lead to stress fractures, pulled tendons, or worse. Take a rest every few weeks and also back off training a couple of weeks prior to departure.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities. Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in the majority of MT Sobek accommodations.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM