



# Italy Best of the Dolomites Hiking

## Monumental Mountain Beauty & Scenic Valley Trails

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**

Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)

or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.







## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

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 2

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

## REASON 3

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

## At A Glance

### ACTIVITIES

Rewarding hikes through spectacular mountain landscapes, and local insider experiences that give insight into traditional Tyrolean and Italian 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.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*





# Italy Best of the Dolomites Hiking

## Monumental Mountain Beauty & Scenic Valley Trails

Be dazzled by the majestic pinnacles and fairy-tale spires of Italy's Dolomites, on this active Italian adventure. Each day you'll follow scenic hiking trails to spellbinding views, then descend to lush green valleys where wildflowers bloom in pastoral meadows. Along the way, you'll pass grazing mountain goats as towering rock walls change color with the sun. From storybook villages in Trentino, South Tyrol, and the Veneto region, you'll cover all the must-see sites of this magnificent range, including the most famous peaks: Tre Cime di Lavaredo (9,839') and Marmolada (11,024').

## 9 Days

**Start:** Venice, Italy

**End:** Venice, Italy

**Departing:** June, July, August, September

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels

**Group Size:** 6-16 Guests

**ACTIVITY:**



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*"Our trip to the Dolomites with Sobek was an amazing! Well organized and planned, terrific, knowledgeable guides and wonderful meals and group dynamics. The scenery is fantastic. Highly recommend."*

- Brenda H.

Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.



# The Itinerary

## DAY 01

### Arrive in Val di Fassa

Land at Venice international airport and meet your guide for a private group transfer to Val di Fassa (4,593') in Italy's Trentino region. After checking into your hotel, enjoy a trip briefing and aperitif, followed by a welcome group dinner.

**MEALS:** Dinner

**TRANSPORTATION:** 2.5-hour private van transfer

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## DAY 02

### Follow Scenic Trails to Val San Nicolò

After breakfast, head to Alba di Canazei (4,891') where today's hike begins. Follow a forest trail uphill to the Locia de Contrin mountain hut and through the beautiful Val Contrin. From the Malga Contrin mountain hut, continue your ascent to Passo San Nicolò (7,703'). Be wowed by impressive views of Marmolada's peaks: Piccolo Vernel, Gran Vernel, Penia, and Ombretta. After a well-deserved lunch break, enjoy the panoramic view across Val San Nicolò. Then, hike down through the picturesque valley — a landscape of flower-filled meadows and pretty wooden huts, all framed by spectacular peaks.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute private van transfer

**ACTIVITY:** 6 hours/9.5 miles hiking with 3,099' elevation gain and 3,312' loss

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## DAY 03

### Navigate the Sassolungo Circuit

After a short drive to the trailhead at Passo Sella, begin hiking through an unearthly landscape of boulders at Città dei Sassi ("city of stones") toward Rifugio Comici (7,063') for a refreshment stop. Hike along the rockface of Sassolungo mountain, carefully crossing the scree while catching views of the idyllic meadows of the Alpe di Siusi on your way to lunch at a timeless rifugio. Continue your circumnavigation of the Sassolungo and Sassopiatto massifs on the famous Friedrich-August-Weg route. Enjoy spectacular panoramic views as you pass wildflowers and grazing cows on this age-old shepherds' path, which leads to Rifugio Sassopiatto (7,546'). Descend to Rifugio Micheluzzi in Val Duron and check out more enchanting meadow views before boarding the shuttle to Campitello. Dinner is at your leisure tonight.

**MEALS:** Breakfast | Lunch

**ACTIVITY:** 6 hours/9 miles hiking with 2,352' elevation gain and 3,382' loss

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## DAY 04

### Hike the Sella Massif in Alta Badi

Today's hike will traverse an excellent network of paths on the south face of the Sella Massif. From Penia, take the cable car to Doleda where you'll follow the trail to Passo Pordoi (7,345'). From here, hike a zigzag trail toward the Forcella Pordoi and take in incredible views of the Sassolungo, Marmolada, Civetta, Pelmo, Antelao and Col di Lana mountains. Then follow a rocky and undulating trail along the Sella's south face to Rifugio Franz Kostner (8,200') — a great lunch spot. After lunch, hike downhill along Lago Boe and through the woods to Corvara (5,120'), where a private transfer to La Villa awaits. Join together for a group dinner in La Villa, one of South Tyrol's delightful mountain villages.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6 hours/8.5 miles hiking with 1,850' elevation gain and 3,960' loss

## DAY 05

### Ascend to the 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.

**MEALS:** Breakfast | Lunch

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





## Explore Puez-Odle Nature Park

After a hearty breakfast it's off to Colfosco, one of the charming towns of Val Badia. From here, you'll explore the picturesque 25,000-acre Puez-Odle Natural Park at the base of the Cir Mountains. Starting from the church in Val Badia, head uphill to Rifugio Edelweiss (6,008') nestled in the Edelweiss valley — the perfect stop for refreshments! Admire spectacular views over the Sella Massif, with its towering peaks and dramatic rock faces, then ascend to Rifugio Forcelles and the most panoramic bench stop you'll ever encounter! Then follow a series of uphill paths and switchbacks until you reach Jimmy's Hutte (7,299'), our final destination. After lunch, descend to Passo Gardena and Colfosco. Savor a traditional Ladin dinner tonight.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5 hours/7 miles hiking with 2,330' elevation gain and loss

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## Go Back in Time in Cinque Torri

Today, you'll transfer to Passo Falzarego and hike to Rifugio Averau (7,921'). From here, descend to Rifugio Scoiattoli and beautiful Cinque Torri. Learn about the history of Cinque Torri and the surrounding mountain valleys as WWI battlefields, complete with tunnels and bunkers. Depending on the group, there are 3- to 6-hour hiking options. Lunch will be in one of the rifugios around the Cinque Torri. In the early afternoon, transfer to Cortina d'Ampezzo in the Veneto region and enjoy an evening at your leisure.

**MEALS:** Breakfast | Lunch

**ACTIVITY:** Several hiking options that will be catered to the group

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## Sunrise Loop Hike to Tre Cime di Lavaredo

Rise early for a stunning finale to your Dolomites hiking adventure! Starting at Rifugio Auronzo (7,677'), set out on a loop hike around the soaring peaks of Tre Cime di Lavaredo (9,839')- probably the most famous landmark in all the Dolomites. Since the first routes were climbed in the 1930s, Tre Cime has become one of the most popular Italian peaks in the mountaineering world and seeing it at sunrise (weather permitting) is nothing short of spectacular. Raise a toast to your Dolomites adventure this evening and enjoy a farewell dinner with the group in Cortina d'Ampezzo.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 40-minute private van transfer

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

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## Transfer from Cortina to Venice & Depart

After breakfast, take a private group transfer from Cortina to Venice airport for your homeward-bound flights.

**MEALS:** Breakfast

**TRANSPORTATION:** 2.5-hour private van transfer





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Hotel Locanda Degli Artisti**

Experience a warm welcome, great food, and an artistic vibe at the Locanda Degli Artisti Art Hotel in the heart of the Dolomites. Its comfortable, modern rooms feature distinctive artworks, wooden floors, and balconies with stunning views. Sleep well on plush bedding, wrap yourself in a cozy bathrobe, and enjoy high-quality bathroom amenities made with natural ingredients. Smart multi-language TV, private room safe, mini bar, and in room coffee/tea facilities are also included.

## **Hotel Christiania, La Villa, Alta**

Located in South Tyrol, this 4-star hotel offers "high quality facilities with plenty of modern, natural influences" high in the towering Dolomites. Rooms are delicately furnished with high-quality wooden floors and comfortable beds. The hotel bar, restaurant, and general ambiance embody a wonderful sense of peace and tranquility. The spa offers a variety of beauty treatments and massage therapy, perfect for rest and recovery after days of trekking in this beautiful region.

## **Hotel La Majun**

Surrounded by the majestic peaks of the Dolomites, this peaceful family-run hotel blends upscale modernity with Ladin craftsmanship. Inviting rooms designed with natural materials and contemporary style open onto balconies with splendid views. Take an herbal bath in the outdoor wooden tub or swim in the indoor pool, both with spectacular views of the mountains. More delights can be discovered in the full spa, alpine Italian restaurant, and wine bar.





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Hotel Cortina**

Located in Cortina d'Ampezzo, this accommodation boasts "authentic hospitality and elegance from another time." The rooms are perfectly furnished and the hospitality is fantastic. There is a cozy bar and restaurant in-house, offering a selection of delicious regional cuisine. Hotel Cortina also offers a wellness center with a sauna, Turkish bath, and the option for a variety of spa treatments. Nestled in the Dolomites with a stunning backdrop, the hotel is the ideal place to spend the night after a day of hiking and exploration.

## **Hotel Lajadira**

Nestled at the foot of the towering Dolomite mountains, this hotel is housed in a classic chalet and modern wing. Stay in cozy, comfortably appointed rooms. An indoor pool looks out across the gardens to the peaks beyond, while the spa offers quiet space for soothing massages and body treatments. The restaurant is full of rustic Ladin charm, authentic and inspired Italian dishes using fresh seasonal ingredients.

## **Faloria Mountain Spa Resort**

Arrive at a beautifully designed blend of alpine architecture and modern style in the heart of the Dolomite mountains. Larch wood panels, simple floral motifs, and cozy wool blankets grace each room. Swim across the large pool, surrounded by dolomite stone and tiled in the tones of nearby lakes. The spa offers a sauna, caldarium, and treatments using alpine herbs. Taste the flavors of the region in beautifully set restaurants.

## **Hotel Tofana Cortina**

Artfully designed to blend with its alpine surroundings and inspire relaxation, this chalet-style hotel invites you to unwind in the heated indoor pool looking out on the forest, saunas, steam bath, and relaxation room with panoramic mountain views. Your comfy room is accented with Swiss pine, large windows and a balcony. Dine on regional dishes made with locally sourced ingredients and explore the collection of South Tyrolean and international wines.

# Departure Dates

This trip is available to run in: June, July, August, September

**Book early for a greater choice of available dates.**

Once you book, your price is GUARANTEED!

June 14-22, 2025

June 17-25, 2025

June 20-28, 2025

July 4-12, 2025

July 7-15, 2025

August 28-September 5, 2025

August 31-September 8, 2025

September 11-19, 2025

September 14-22, 2025

September 17-25, 2025

June 13-21, 2026

June 16-24, 2026

July 3-11, 2026

July 6-14, 2026

August 27-September 4, 2026

August 30-September 7, 2026

September 10-18, 2026

September 13-21, 2026

September 16-24, 2026

September 19-27, 2026



# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- Breakfasts, lunches and dinners noted in the itinerary
- Water, soft drinks, coffee and tea during all lunches and dinners, and 1 glass of wine with dinners
- Additional regional guides and experts where required
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, 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)
- Fares for trains, ferries and other modes of travel necessary during the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (except limited amount with dinners)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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