



## **THE DOLOMITES TRAVERSE – From Colfosco to Cortina d’Ampezzo. HIKING THE DOLOMITES, 8-DAY ITINERARY**

(LT=Luggage Transfer, B=Breakfast, L=Lunch, D=Dinner)

### **Day 01: ARRIVAL DAY**

Meet in our hotel in Corvara/Colfosco, at the heart of the Ladin-speaking culture.

Free afternoon, briefing and welcome dinner with our local guides.

For information on how to get to Corvara/Colfosco, please have at our Alps Travel Resource page.

We include one group departure from Venice, details will follow.

Included: LT, D

### **Day 02: COLFOSCO**

After a hearty breakfast, we will take a short bus to Passo Pordoi and hike up for one hour to the large ledge at the bottom of the vertical walls of the Sella Massif, one of the most impressive faces in the Dolomites. From there, we make our way to the Rifugio Kostner and back down to the valley.

We have the option to either lengthen or shorten the day by taking a cable car half way down or all the way down to Colfosco. Walking time is about 5.5 hours. Depending on the hike, up to 300 vertical meters of climbing and up to 800 descending. We have the option of visiting a war memorial for all fallen soldiers during WWI and WWII. There are many different options for a day-hike from our hotel, and the above is an example only. Your guide will decide where to go depending on the weather and group ability.

Included: LT, B, L, D

### **Day 03: COLFOSCO - LAGAZUOI**

From Colfosco we will hike up along the Hunter's Trail to the Rifugio Chertz and then on to Pralongia, beneath the wall of Setsass, over to Forte Valparola and then will take the gondola to the Rifugio Lagazuoi, our home for the night. The rifugio is situated near one of the major fronts during WWI. Elaborate trenches, fortifications and gun emplacements can still be seen. We have the option of hiking through the Sass de Stria tunnels, which were part of the Austrian front. Walking time about 7.5 hours.

Included: LT, B, L, D

### **Day 04: LAGAZUOI - RIFUGIO AVERAU**

Today's hike takes us from Rifugio Lagazuoi to the Rifugio Averau.

We can walk through the tunnels and visit some of the open-air museums, or walk down the normal path, or even do a via ferrata (using climbing harnesses, cables and ladders to access rock bands and cliffs cut out of the mountain, for an extra cost.)

We will have an opportunity to visit the Cinque Torri trenches and the infamous front, which pitted the Austrian army against the Italian Alpine troops during WWI.

Rifugio Averau has one of the best restaurants of not only the alpine rifugios, but the entire area.

The Rifugio Nuvolau, which is situated higher up, offers a stunning 360 degree view over the Sella Massif, the Marmolada, down to Pelmo and Civetta and over to Cortina d'Ampezzo and the Tofanas - and an excellent cappuccino! Walking time 8 hours. Included: B, L, D

**Day 05: RIFUGIO AVERAU - RIFUGIO CRODA DA LAGO**

Today's hike brings us one step closer to the famed town of Cortina d'Ampezzo.

Descending through larch forests, we hike under impressive limestone walls, dwarfing everything around. Our evening's destination is the Rifugio Croda da Lago, built right beside the enchanting Federa Lake. Walking time 7 hours. 400 meters of vertical gain and 600 meters of descent.

Included: B, L, D

**Day 06: RIFUGIO CRODA DA LAGO - CORTINA D'AMPEZZO**

We start our magnificent descent through a densely forested area, circumnavigation the lake, before making our way to Cortina, stopping on the way at the Rifugio Lago de Aial for a coffee.

Once in Cortina, we will have ample time in the afternoon to explore the area, shop and discover why Cortina is a must during a trip to the Dolomites.

Walking time 5 hours. 800 meters of descent.

Included: LT, B, L, D

**Day 07: CORTINA D'AMPEZZO**

One of the most magnificent walks of the entire trip is by far meandering under the massive face of Lavaredo and the surrounding peaks. We begin our day by taking a 40 minute bus ride passing by the lovely Lago Misurina and then onwards to the Rifugio Auronzo.

From here we start the hike. We will be passing under the dramatic south faces of the Lavaredo peaks. The Tre Cime di Lavaredo (three peaks) are some of the most coveted climbs in the Alps for obvious reasons.

Vertical walls reaching nearly 3000 meters make for exciting adventures. We will then make our way to the Bullelejoch Hut for lunch, one of the most impressive rifugios of all the Dolomites.

Perched high on the craggy ridge, the hut epitomizes what the Dolomites are all about: good food, amazing hospitality, vibrant culture and stunning views.

After lunch we will hike past the Locatelli hut back to Rifugio Auronzo, and then a bus will take us to Cortina for our farewell dinner. Walking time 6 hours.

Included: LT, B, L, D

**Day 08: DEPARTURE DAY**

Individual departure of all guests after breakfast.

For information on how to depart from Cortina d'Ampezzo, please have at our Alps Travel Resource page.