

Hiking in the Cortina Dolomites

EXPERIENCE EUROPE'S MOST DRAMATIC MOUNTAINS



Wilderness Travel



Hiking in the Cortina Dolomites

TRIP DATES

2024

June 19-26, 2024 *

July 9-16, 2024

July 31-August 7, 2024

August 18-25, 2024 *

August 29-September 5, 2024 Added
Departure

September 11-18, 2024

*Please note: date change since catalog
publication

2025

June 20-27, 2025

July 3-10, 2025

July 18-25, 2025

August 2-9, 2025

August 27-September 3, 2025

September 6-13, 2025

September 12-19, 2025

The Dolomites are an awesome spectacle, their rose-tinted pinnacles and towers soaring above gloriously green meadows and storybook villages. We explore this famous landscape with a choice of moderate or challenging hiking options each day, heading across trails renowned for their views of regal Marmolada (10,968'), highest peak in the Dolomites, and the colossal and ghostly pillars of the Tre Cime di Lavaredo. By day, we savor some of Europe's most eye-catching mountain scenery, and by night, we sleep in comfortable hotels. Mouth-watering Italian-Tyrolean cuisine fuels our hikes, and we'll spend one night at a spectacular mountaintop lodge to watch alpenglow on the peaks.

Itinerary

DAY 1

VENICE / INTO THE DOLOMITES AT SELVA DI CADORE

You will be met at 11:00 am at the Venice Airport by our Trip Leaders for the drive (with a stop for lunch en route) to our hotel in Selva de Cadore. During the drive, we'll have spectacular mountain views across the valley. After a group orientation meeting this evening, we'll enjoy our Welcome Dinner at the hotel. Overnight at Hotel Orso Grigio...LD

During the next six days, our leaders present different hiking options most days, usually distinguished by the level of challenge, trail conditions, ascent/descent, mileage, or duration. Hikes may be weather dependent and depend on the group's abilities, but our knowledgeable Trip Leaders will always make the best decision so you have the best experience possible.

Driving Details: 3 hours

DAY 2

REFUGIO PALMIERE HIKE

Our hike today features incredibly varied views and wonderful walking to Rifugio Palmiere (6,740'). We will have the option to hike directly from our hotel or, for those wanting a shorter option, there is a short shuttle to our trailhead. We'll hike through lacy larch forest and then through a high alpine meadow where the skeleton of a Mesolithic hunter who lived 7500 years ago was found. The skeleton (now known as Mondeval Man) and the contents of his grave were in a good state of preservation and are now in a museum in Selva de Cadore. We'll cross the Abrizolla Pass, where a short descent will bring us to the lovely Rifugio Palmieri, set on the banks of the Lago Federa, which often provides an amazing reflection of the imposing Croda di Lago peaks above. After lunch, we return to our hotel in Selva di Cadore through beautiful larch forest. Overnight at Hotel Orso Grigio...BLD

Hiking Details: 7-8 miles, 5-6 hours, 1,300 feet ascent, 1,850 feet descent.

Geology of the Dolomites: The long geological history of this region has created spectacular landforms with huge vertical cliffs, whitish, silver, or pink rock pinnacles, and towers rising from green slopes. The evolution of the dolomitic landscape began at least 250 million years ago. After their uplift from the sea, the Dolomite reliefs were sculpted and molded through millennia by the force of gravity, running water, and ice, all of which made them "the most beautiful work of architecture in the world," as the architect Le Corbusier once remarked. These shaping activities took place in very different climatic conditions. At least five glaciation periods, each one followed by inter-glacial phases, have been identified in the Alps. The coldest phases ended some 15,000 years ago when the Alps were buried under a thick icecap from which only the sharpest and highest peaks emerged. During the glacial periods, ice masses completely invaded the main valleys and merged with other ice bodies from the surrounding valleys. The vast heaps of rock debris at the foot of sheer dolomitic cliffs provide the landscape with a moon-like aspect.



TRIP DETAILS AT-A-GLANCE

- Length:** 8 days
Arrive: Venice, Italy
Depart: Venice, Italy
Lodging: 6 nights 3- and 4-star hotels and inns, 1 night comfortable alpine lodge with semi-private or dorm-style rooms, shared baths, and hot showers
Meals: All meals included except 2 dinners (B=Breakfast, L=Lunch, D=Dinner)
Activity: Hiking / Trekking
Trip Level: 1 2 3 4 5 6
6 hiking days, moderate to steep trails, 3-7 hours a day, altitudes from 5,000-9,100 feet, van support (for luggage or if you wish to skip a day's hike). This is a strenuous hiking trip. Please read the "What the Trip is Like" section.

HIGHLIGHTS

- Hike through a surreal landscape of splintered spires, huge rock walls, and picturesque villages
- Savor a special overnight at a spectacularly located hike-in lodge
- Experience the Dolomites with expert Trip Leaders by your side on the trail
- Enjoy alpine culture and cuisine reflecting both Italian and Tyrolean influences



“Beautiful, challenging, fun,
and full of culture and nature. I
highly recommend it!”
Kathy L., Des Moines, IA

DAY 3

SELLA MASSIF OR PASSO STAULANZA HIKES

We have a choice of Dolomite mountain groups for today's hike (weather depending): the majestic Pelmo, often referred to as the "Throne of the Almighty" or "the Doge's Cap" by patriotic Venetians, and the Civetta, shaped like an enormous trident, with its famous north face, "the wall of walls," first scaled by British mountaineer Francis Fox Tuckett in 1867. Weather depending, our third hiking option is the magnificent Sella Massif, with its summit, Piz Boè (10,400'), the highest walkable point in the Dolomites. There are some cabled sections on the way up to the Boè and it's fairly steep with a small cable section on the descent. All these areas offer a range of great hikes of varying lengths and difficulties, and we have at least two different options. Dinner is on your own this evening. Your Trip Leader will be happy to make some restaurant recommendations, depending on how fancy or local you want to go. Overnight at Hotel Orso Grigio...BL

Hiking Details: 5-8 miles, 4-5 hours, 1,500-2,000 feet ascent/descent

Driving Time: 2 hours

DAY 4

TO RIFUGIO LAGAZUOI

Today we'll transfer to Passo Giau and start our hike there. We all hike much the same route, branching off on easier or more challenging trails to reach our lunch spot, Rifugio Nuvolau (8,500'). Situated on the edge of a cliff with panoramic views of the Dolomites, Rifugio Nuvolau was constructed in 1883 and boasts a fine lunch terrace with views of Tofane, Cristallo, and the Marmolada, the highest peak in the Dolomites (10,965'). After lunch, we descend together for about three miles, hiking 1,500 feet down to Passo Falzarego. From this pass, we take a cable car up to the Rifugio Lagazuoi. At the Rifugio Lagazuoi (8,400'), there is no road access for our vans, but your overnight belongings can be transported by cable car to the rifugio in a small bag. The rifugio is awesomely sited. Clouds permitting, we'll experience one of the world's finest sunsets here: the surrounding valleys disappear into the shadows, highlighting rock pinnacles that take on an extraordinary palette of ever-changing hues. Dinner in the rifugio restaurant and overnight in dorm-style rooms with shared bathroom facilities...BLD

Hiking Details (Option 1): 5-6 miles, 5-6 hours, 1,100 feet ascent, 1,500 feet descent

(Option 2): 8 miles, 5-7 hours, 2,000 feet ascent, 2,300 feet descent

The Great War in the Dolomites: Between May 1915 and October 1917 during the First World War, the mighty peaks of the Dolomites were the setting of an exhausting war of attrition between the Italian and Austrian armies. For 20 months, the soldiers of the opposing troops endured terrible battles, deprivation, and loss of life, especially during the two long winters spent on the peaks. Both armies dug a network of tunnels and trenches to bypass and surprise the enemy. It was a war of individual bayonet attacks to conquer some anonymous summit, perhaps only to be regained by the enemy the next week. It is thought

that 6,400 Italian soldiers and 1,800 Austrian soldiers lost their lives in a single battle on the Col di Lana. After October 1917, the Italian army withdrew to the River Piave, where the famous Battle of Caporetto took place, a prelude to the Italian army's insurrection. Today these tunnels and high routes are used for climbing and recreation by mountain lovers. The labyrinth of tunnels can still be visited at the Lagazuoi, Castelletto della Tofana, and Città di Ghiaccio, the "ice city" constructed by the Italian Alpini who fought on the Marmolada.

DAY 5

THE TOFANE / CORTINA D'AMPEZZO

Cortina's most famous mountain massif is the Tofane: Tofane di Roses, Tofane di Mezzo, and Tofane di Dentro, three peaks all over 10,500 feet in height. These peaks are renowned by climbers and alpinists worldwide, and are of some historical interest: the physical scars left by World War I are still very much in evidence here, with tunnels, trenches, and barbed wire giving silent testimony to battles between Italy and Austria. Walking right from our rifugio, we travel all together to our first major col. We descend, passing the Austrian tunnels and lookout caves over the Passo di Falzerago, part of a World War I tunnel system that runs through the mountain, and which we may have time to explore. These tunnels were the Austrian counterpart to the important Italian stronghold on the Dolomite front during fierce combat with the Austrians in 1916 and 1917. While the Austrians controlled the summit, the Italians successfully held the ground below by building and using 3,500 feet of tunnels.



"This was a wonderful hiking trip. Great day hikes, comfortable accommodations, and excellent food and wine. We couldn't have asked for more!"

Linda and Ira G., West Hartford, CT



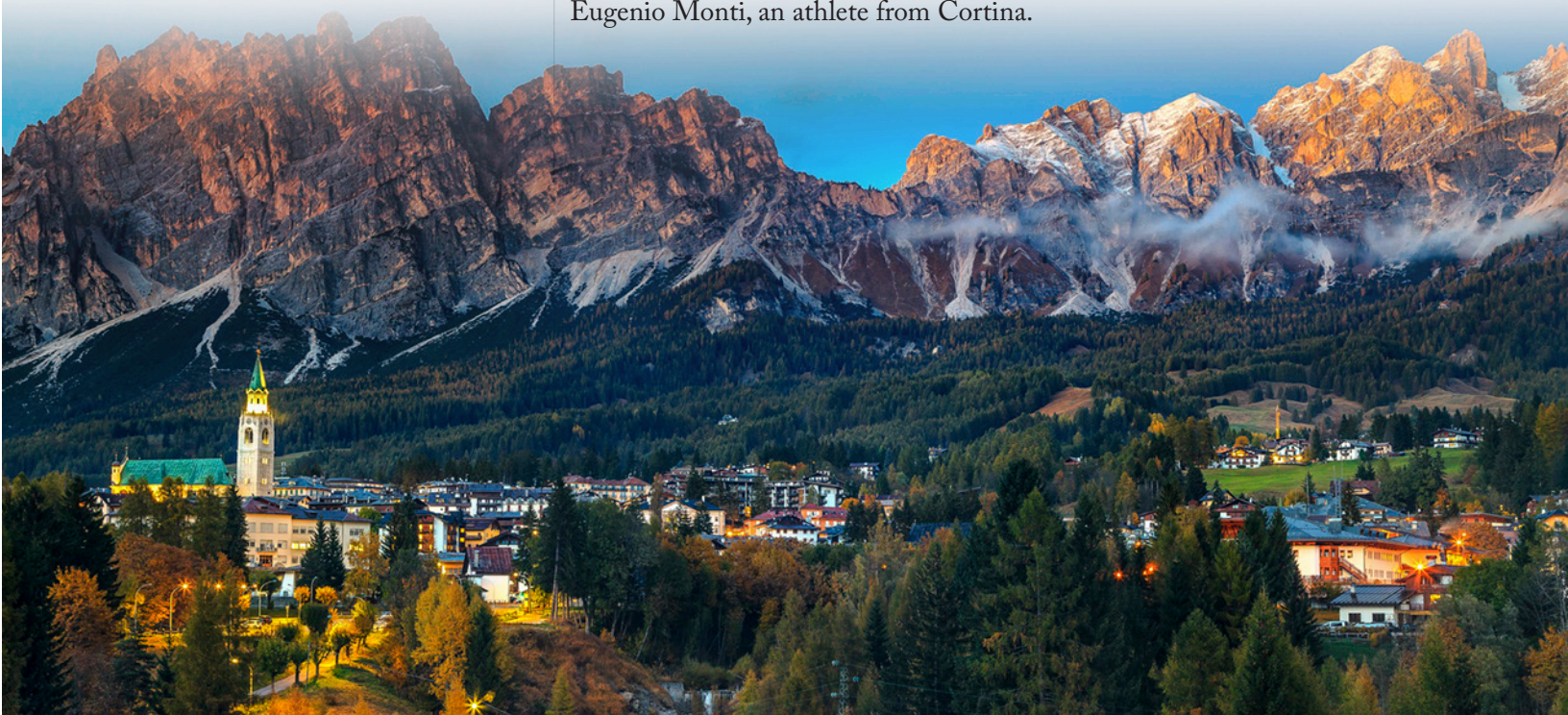


“Without a doubt, one of the best organized trips we have been on. All three leaders were truly outstanding, the arrangements were far beyond expectation.”

David D. and Judy M., Vienna, VA

From here, we split into two groups and choose between two hiking options. One hike features the “secret” valley beneath the Tofane that few hikers explore, descending into the remote Val Travenanzes amid wildflowers, crystal-clear springs, and alpine meadows. A river at the bottom of a 250-foot gorge is crossed by a bridge of local legend—“high bridge”—where a horseman’s desire to reach his beloved on the other side caused him to cross the gorge in one magnificent jump! After exploring the huge waterfall nearby, we make our way down to our pick-up point at Fiammes. We enjoy a picnic lunch en route, passing the canyons and waterfalls that have long made this area special. A shorter option leads below the Tofane di Roses and along the Alta Via 1, a long-distance footpath that traverses the Dolomites from north to south, to the Rifugio Dibona, where we have lunch and then descend to our hotel. We spend tonight and the next two nights in Cortina, the stylish resort town of the Dolomites, where we have the opportunity to stroll and shop...BLD Hiking Details (Option 1): 11.5 miles, 6-7 hours, 4,700 feet descent (Option 2): 5 miles, 3 hours, 2,500 feet descent

1956 Winter Olympics in Cortina d’Ampezzo: The first Winter Olympics held in Italy should have taken place in Cortina in 1944, as arranged by the International Olympic Committee as early as in 1930, yet in 1944 the war was furiously raging in Italy and Europe. Eleven years later, the little village of Cortina was awarded the event, even though it was accessible at that time only by a small railway. In a building frenzy, over 60 hotels and inns opened for the 1955-56 winter season. The Olympic flame left Rome, with the Pope’s blessing, and ascended to the mountains between lines of enthusiastic crowds like those that greet the Giro d’Italia (Italy’s version of the Tour de France). Although still in recovery from the war, Italy shone bright with a gold medal in the two-man bobsleigh race and silver medals in the two- and four-man competitions won by Eugenio Monti, an athlete from Cortina.



DAY 6

CORTINA D'AMPEZZO / LAGO DI SORAPISS OR RIFUGIO SENNES

Today in Cortina, we can choose between two hikes that both take us through stunningly beautiful areas. One option leads us out on the spectacular ledge of the northern flank of the Sorapiss Massif, where we are rewarded with breathtaking views of a dramatic turquoise-blue glacial lake set in a mountain cirque. The other hike begins with a jeep ride to the trail head at Rifugio Ra Stua, north of Cortina. We disembark from the jeep to make a wonderful and varied hike through meadows, forest, and alpine pasture to the Rifugio Sennes, a working farm with wonderful food. It is set in a gorgeous amphitheater. Dinner is on your own this evening in Cortina...BL

Hiking Details (Option 1): 8 miles, 5-6 hours, 1,600 feet ascent/descent

(Option 2): 9.5 miles, 6-7 hours, 2,200 feet ascent/descent

DAY 7

CORTINA D'AMPEZZO / TRE CIME DI LAVAREDO

All hiking options today bring us northeast of Cortina to the Sesto Dolomites and the famous "Tre Cime Di Lavaredo" (Three Peaks of Lavaredo). The steep, yellow-pink rock of these giants offers quintessential Dolomite scenery. One possible hike begins from the Rifugio Auronzo beneath the south face, and follows a level path around the three peaks for about five miles, while a more challenging circuit features more up and down and rougher, rockier trails, with an ascent and descent of 1,600 feet. Another possible hike is from the Passo Tre Croci and offers spectacular views of Tre Cime. Both vans will return to Cortina for lunch with time for some shopping in the afternoon. For those not wanting to hike, you can enjoy the day in the Cortina area, perhaps with an optional cable car excursion to Tofane di Mezzo for spectacular views. This evening we gather for a festive Farewell Dinner...BLD

Hiking Details (Option 1): 5 miles, 2-3 hours, 800 feet ascent, 600 feet descent

(Option 2): 7 miles, 4-6 hours, 1,600 feet ascent/descent

Driving Time: 1.5 hours

DAY 8

VENICE / DEPARTURE

After breakfast at our hotel in Cortina, we transfer by van to Venice airport (2- to 3-hour drive) to connect with homeward-bound flights or depart for other destinations in Europe...B

Driving Details: 2-3 hours



"Well designed, a good balance of hiking and social experiences, with flexibility for individual preferences."

Allan C., Chapel Hill, NC



Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2024

\$5295 (11-15 members)

\$5695 (4-10 members)

Single supplement: \$320

Please note: Single rooms are offered when possible, but those who pay the Single Supplement may have to share a room at Rifugio Lagazuoi.

2025 Trip Cost: Please call for details

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

TRIP COST INCLUDES

- Expert leadership of at least two Wilderness Travel Trip Leaders (and sometimes three, depending on group size)
- Accommodations as noted
- All meals included except 2 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- A glass of wine or beer with dinner
- Land transportation, airport transfers as noted
- Cable cars and uphill / downhill conveyance

TRIP COST DOES NOT INCLUDE

International airfare, any meals not specified after each itinerary day, airport departure taxes, optional cultural events, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessary due to airline schedule changes or other factors, pre-trip expenses of travel insurance, or passports and visas; and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: www.wildernesstravel.com/insurance

Accommodations



HOTEL ORSO GRIGIO

Pescul, Italy

Days 1 to 3 (3 nights)

This small boutique hotel is centrally located at the foot of the Dolomites, with wonderful access to nearby hiking trails. The hotel has a nice restaurant and bar, and guest rooms are comfortable, with a small seating area, nice bathrooms, and views of the valley and surrounding mountains. The hotel also has a lovely spa, perfecting for relaxing after a day's hike.



RIFUGIO LAGAZUOI

Dolomites, Italy

Day 4 (1 night)

360-degree panoramas of the spires of the Dolomites, including glorious Tofano, Cristallo, and Marmolada, are at our fingertips at Rifugio Lagazuoi, a privately owned hike-in lodge with a stunning location atop Mount Lagazuoi. Here we are on top of the world, above the clouds and the birds, amid the silence of the mountains. We stay in dormitory-style rooms with toilets/sinks down the hall, and hot showers available. The lodge has a beautiful wood-paneled dining room with huge windows and an outdoor terrace where we can watch breathtaking sunsets.

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Hiking in the Cortina Dolomites* webpage and click on "Accommodations."

Accommodations (cont'd)



HOTELS IN CORTINA D'AMPEZZO

Days 5 to 7 (3 nights)

In Cortina d'Ampezzo, we stay at one of the following properties.

HOTEL DE LA POSTE

With a perfect location in the heart of the pedestrian zone, this chalet-style hotel is a Cortina landmark, originally built in 1835 as a stop for mail coaches. "The Posta" has been in the hands of the Maniago family for the last century and has a grand dining room and a celebrated bar. Rooms are very well appointed and have either town views or mountain views.



HOTEL CORTINA

Set in the heart of Cortina overlooking the Corso Italia, the pedestrian zone, this family-operated hotel dates back to 1870 and offers traditional old world charm. Guest rooms feature warm wooden paneling that lends an air of elegance and coziness. The friendly staff is helpful and accommodating.

Arrival & Departure

Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

ARRIVAL & MEETING PLACE

Venice, Italy

Suggested Airport: Venice Marco Polo Airport (VCE)

Suggested Date & Time: Day 1, before 10:00 am

Meeting Place: You will meet your Trip Leader in front of the RELAY store located in the arrivals hall of the main terminal (on the ground floor) in the Venice Marco Polo Airport at 11:00 am on Day 1. The RELAY store is to the right as you exit the baggage claim area.

If you are staying in Venice prior to the beginning of the trip, you can take a private water taxi from the Venice city center (approximately €120 and it is direct from your hotel to the airport, one fare covers up to 8 people) or a mini-ferry vaporetto (approximately €30, with several stops along the way) on the Alilaguna line to the airport. You can also take a land side taxi directly from Piazzale Roma to the airport (approximately €40 and takes 20 minutes). Lastly, there is an Express Bus. Blue ATVO buses run every half hour between the Piazzale Roma in Venice and Marco Polo (Venice) Airport, and take about 25 minutes. You purchase a ticket before boarding the bus at the ATVO ticket office, opposite the Vaporetto ticket office on Piazzale Roma. The Marco Polo Airport ATVO ticket office is inside the main terminal. A one-way ticket per person is approximately €8.

We strongly recommend you take advantage of the group transfer to the first hotel, as it is quite tedious and costly to transfer on your own. If you arrive too late to meet the provided transfer, you can take the Cortina Express bus directly to Cortina from the airport. The bus is located in the tourist bus parking lot. Alternatively, you can take a taxi from the airport to Mestre train station. From there, take the train to Conegliano, where you then take a bus to Ponte nelle Alpi-Polpet, and then either a bus or train to Calalzo-Pieve di Cadore station. Transferring on your own via public transportation will take you approximately five hours.

DEPARTURE

Venice, Italy

Suggested Airport: Venice Marco Polo Airport (VCE)

Suggested Date & Time: Day 8, after 1:00 pm

At the end of the trip, a group transfer will be provided from the final hotel in Cortina d'Ampezzo at 8:30 am directly to the Venice Marco Polo Airport. This transfer takes approximately 2.5 hours.

Two drop off points will be provided:

1. Venice Airport—for return flights to the US, onward travel, or for passengers traveling into Venice City Center by bus, taxi, or vaporetto (water bus).
2. Venice Mestre Train Station—for passengers continuing by train, a second drop will be at the Mestre train station, about a 15-minute drive from the airport.

Trip members with flights departing Venice earlier than 1:00 pm are responsible for transferring on their own from Cortina to Venice. A taxi can cost up to €300.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Italy. There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

RECOMMENDED HOTELS IN VENICE

City Center Hotels:

The **Hotel American Dinesen** is located in the Dorsoduro neighborhood of Venice, near the Academy of Fine Arts and the Peggy Guggenheim Collection. It is about a 15-minute walk to the Rialto Bridge or Piazza San Marco. The hotel can be booked directly at www.hotelamerican.com.

The **Hotel Locanda Fiorita** is set in a quiet square in the San Marco neighborhood of Venice, just a few minutes' walk to the Rialto Bridge and Piazza San Marco. www.locandafiorita.com

Bloom B&B is the sister hotel to Locanda Fiorita and is just steps away from many sights in the historic center. www.bloom-venice.com

Hotel Palazzo Giovanelli, set in the historic center, overlooks the Grand Canal. www.hotelpalazzogiovanelli.com.

Airport Hotels:

The **Courtyard Marriott Venice Airport Hotel** is just outside the entrance to the airport. The hotel can be booked directly at www.marriott.com.

The **Annia Park Hotel** is another good option very close to the airport. www.anniaparkhotel.it

Both of these hotels provide shuttle service to and from the airport.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information about our Trip Leaders, including client comments about them and which specific trips they will be leading, please visit our webpage and click on "Trip Leaders": www.wildernesstravel.com/trip/cortina-dolomites-hiking-tour/



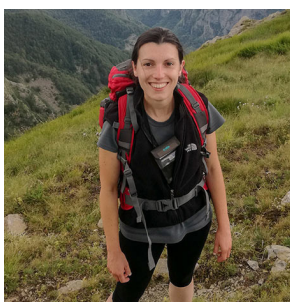
TANIA MASI

Born in Florence, Italy, of an American mother and a Florentine father, Tania Masi was raised with an appreciation for both American and European cultures. Her passion for hiking has started at a very early age and today she holds an International Mountain Leader license from Austria. She speaks nine languages, has a Masters in geography and is an avid climber. "Mountains are my antidote to the modern frenetic speed: they are made of beauty, challenge, solitude, and silence." When not leading trips, Tania loves to explore new mountain faces to climb. She currently lives in southern Tuscany with husband and daughter.



JOANN LANTZ

Originally from Long Island and holding a degree in education from New York University, JoAnn Lantz has lived in Italy since 1988, slowly restoring an old farm house outside of Lucca, learning about the wines of Italy, and continually exploring her adopted home country. Whether she's leading a hike up to the Rifugio Lagazuoi in the Dolomites or to the top of Monte Solaro on the isle of Capri, she has a gift for bringing out the local charm of each place our journeys visit. "I became a Trip Leader to share the wonders of Italy with others," she says. "The slowness to change and the depth of history that exists here gives people a chance to reflect on their own lives and see what is truly important." When not guiding, JoAnn nurtures her small olive grove near Orvieto, pruning the trees, picking the olives, and making olive oil for her own use and as a gift for friends.



TERESA BALDI

Teresa Baldi, daughter of veteran WT Trip Leader Stefano Baldi, grew up on a farm owned by her family on the hills surrounding Florence. She has a degree in art history at the University of Florence and when she is not helping on the farm, a working agriturismo, she is employed at a nearby first-class restaurant, where she developed a passion for good food and wines. "It was great for me to grow up on a farm with plenty of animals and fantastic trails to explore and, at the same time, have the opportunity to study the beauty of art right in the streets of my home town. A hop on the bus and you step from nature to the glories of the Renaissance."



GABRIELE MASTRILLI

Gabriele Mastrilli was born and raised in Sicily, the southeast region of Italy, where he still lives when not traveling around the world. He has a master degree in ecology and biogeography and an immense interest in nature, hiking, and photography. In 25 years as a Trip Leader, he has traveled to all the continents and loves telling and hearing stories about different cultures around the world. When not leading trips, Gabriele travels on his own and exercises his passion for photography. Some of his photographic work has been published in Italian travel magazines.

What the Trip is Like

TRIP LEVEL

This trip is rated a Level 4 or 5 (Moderately Strenuous or Strenuous) depending on what hiking options you select. We have two hiking options to choose from on most of our 6 hiking days. You will need to be comfortable hiking 8 miles a day, being on your feet for up to 7 hours a day, and hiking on uneven surfaces including downhill over loose scree. No climbing or mountaineering experience is necessary. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

Average Hiking Day

- 6-8 miles
- 6-7 hours
- 1,100-1,600 feet gain/loss
- Altitudes range from 5,000-9,100 feet

Challenge Days

- Day 5: 11.5 miles, 6-7 hours, and 4,700 feet loss; alternative option of 5 miles, 3 hours, and 2,500 feet loss

TERRAIN

While the Dolomites are not exceptionally high, they are steep and rugged, and this trip, while not technically difficult, is aimed at those who have at least some

experience mountain hiking. Trails can be uneven, with large rocks or loose scree, so participants must have good balance and be confident on their feet. Hiking poles are highly recommended.

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in. Altitude is generally not a problem on these trips. The itineraries are designed to take you gently to higher altitude, giving you plenty of time to acclimatize. However, some people still experience a few problems when they first reach high altitude. Slight headache and sleeplessness are the most common symptoms.

WEATHER

Temperatures are likely to reach the 60s°F and 70s°F during the day, with cool breezes and occasional rain. At night the temperature will drop quite a bit, depending on the altitude.

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1				3 hours
2	5-6 hours	7-8 miles	+1,300'/-1,850'	15 minutes return to hotel
3	4-5 hours	5-8 miles	+1,500'/-2,000'	2 hours
4	1) 5-6 hours 2) 5-7 hours	1) 5-6 miles 2) 8 miles	1) +1,100'/-1,500' 2) +2,000'/-2,300'	
5	1) 6-7 hours 2) 3 hours	1) 11.5 miles 2) 5 miles	1) -4,700' 2) -2,500'	1) 30 minutes 2) 20 minutes at end of hike
6	1) 5-6 hours 2) 6-7 hours	1) 8 miles 2) 9.5 miles	1) +/- 1,600' 2) +/- 2,200'	30 minutes in either case
7	1) 2-3 hours 2) 4-6 hours	1) 5 miles 2) 7 miles	1) +800'/-600' 2) +1,600'/-1,600'	1.5 hours in either case
8				2-3 hours

What the Trip is Like (cont'd)

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Venice	43/30	48/34	54/39	63/46	72/54	77/61	82/64	81/64	75/57	66/50	54/41	45/32
Cortina	31/16	36/18	43/25	50/32	59/39	65/45	70/48	68/47	63/43	53/35	40/26	31/18
RAINFALL - INCHES												
Venice	2.3	2.2	2.4	2.8	2.8	3.3	2.5	3.3	2.8	2.9	3.5	2.7
Cortina	1.1	1.3	1.6	1.8	3.1	3.7	4.3	4.0	2.6	2.2	1.9	1.2

The months we run these trips have the optimal weather conditions, but still can be fickle. It can range from blue skies to cloudy, wet, and cold conditions, making rain gear and warm garments necessary items to carry with you on every hike.

ACCOMMODATIONS

Our accommodations are in comfortable, small hotels with private bathrooms. They have been chosen as much as possible for their ambience and history and are delightful for the local color and dining that they offer. These rustic and well-located hotels are clean and comfortable, but since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole.

Single rooms are offered when possible, but those who pay the Single Supplement may have to share a room for one night at Rifugio Lagazuoi. On this night, we stay in 4- or 6-person rooms with shared bathrooms and shower facilities. The bedding at the lodge is very clean, consisting of a down comforter, a bottom sheet, and a pillow. There is no vehicle access to this alpine lodge, so you will need to take your overnight items and a change of clothes with you on the cable car to the lodge, while your main luggage will be stored in Cortina for the night. A small bag will be provided for you to transport your overnight belongings.

CUISINE

Most evening meals will be taken at our hotels and will be hearty, nourishing mountain fare, often with the cuisine the region is known for. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often, the evening meal will be at 7:30 pm.

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Europe Manager or email us at europa@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

TOUCAN CLUB

We're proud to have one of the highest rates of repeat travelers in the business! The Wilderness Travel Toucan Club was established to reward our travelers for their loyalty. For details, please visit the Toucan Club page of our website at www.wildernesstravel.com/resources/toucan-club/

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.



WILDERNESS TRAVEL HAS BEEN AWARDED:

World's Best Tour Operators: *Travel + Leisure*, 2022, 11-time winner

Best Travel Specialists in the World: *Condé Nast Traveller*, 2022, 3 years in a row

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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