

Welcome to Dolomite Mountains



Via Ferrata and Hiking Adventure at the Sella Massif

Can't choose between hiking and climbing? You don't have to! Alternate days hiking with climbing via ferrata – the “iron paths” of the Dolomites constructed during WWI. Some days you'll even do both! Plus, you'll explore the diverse culture and excellent cuisine of the Alta Badia region of the Dolomites.

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Highlights

- *Enjoy marvelous views of the Dolomites from the top of a different peak each day*
- *Experience the adrenaline rush of climbing via ferrata constructed during WWI in this UNESCO World Heritage Site*
- *Hike on scenic trails through alpine pastures and across mountain passes with breathtaking vistas surrounding you*
- *Experience the three rich cultures of the Dolomites in the Alta Badia valley – Italian, German, and Ladin – with their many traditions that make this region so unique*

OVERVIEW

Can't choose between hiking and climbing? Then don't! Join our via ferrata and hiking adventure, and do both!

On this quick getaway, you'll enjoy two days of climbing via ferrata with a full day of hiking in between... reaching incredible vistas as you ascend the majestic peaks of Dolomites. Each day you will set out with your UIAGM/IFMGA certified mountain guide, climbing beautiful via ferrata, hiking to the summit of one of the most majestic peaks in the Dolomite range, and exploring WWI artifacts along the way. You'll enjoy guided ascents of these incredible routes, discover the history and geology of the region, and learn (and improve) the equipment skills required for the safe ascent of via ferrata.

What's more, you'll meet the local people that thrive in these mountains. Alta Badia, where your trip begins and ends, offers an incredible intersection of three cultures – Italian, Austrian, and Ladin – providing opportunities to discover the local traditions and history as you revel in the excellent culture and cuisine. You'll even experience two nights sleeping at a rifugio, or mountain inn, enjoying the welcoming hospitality!

The Dolomite Mountains combine world-renowned beauty with world history. From the via ferrata of World War One, to UNESCO World Heritage Site recognition in 2009, the Dolomites make for the perfect destination for adventure! And in just 5 days, you'll have ample opportunity to hike and climb the soaring peaks of the Dolomites, as you marvel at the beauty of these breathtaking mountains.

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**DOLOMITE MOUNTAINS OFFERS
PRE AND POST TRAVEL
PLANNING ASSISTANCE TO ALL
SURROUNDING CITIES ETC. IF
YOU NEED HELP WITH YOUR
HOTELS OR TRAIN TICKETS,
FEEL FREE TO CONTACT YOUR
TOUR COORDINATOR TODAY.**



Day by Day

Can't choose between hiking and climbing? You don't have to! Alternate days hiking with climbing via ferrata – the "iron paths" of the Dolomites constructed during WWI. Some days you'll even do both! Plus, you'll explore the diverse culture and excellent cuisine of the Alta Badia region of the Dolomites.

Day 1 ~ Arrive in Alta Badia

Arrive in Alta Badia on your own and check into your hotel (private transfer available on request). Alta Badia is a sunny hollow on the south side of the Val Badia in the Alto Adige region. Incredible hiking, skiing, and vistas abound – particularly of the Sella Massif. Home to three cultures – Italian, Austrian, and the native Ladin, most signage in Alta Badia is written in three languages – Italian, German, and Ladin!

D... Hotel in Alta Badia

Day 2 ~ Sella Massif – Via Ferrata Tridentina

In the morning meet your [UIAGM/IFMGA professional mountain guide](#) for a trip briefing and orientation, and to check out the ferrata equipment you will use for your exciting trip in the Dolomites. Today you'll hike on the enormous fortress-shaped Sella Massif, with its excellent network of paths. The natural beauty of the surrounding Sella walls makes the views from this hike and via ferrata some of the most impressive in the entire region!

Starting just below Passo Gardena, you'll challenge the beautiful "Via Ferrata Tridentina." This stunning route initially ascends slabs and walls that overlook some huge waterfalls, leading to a steeper – and perfectly protected – section of ferrata. The exposure of this challenging climb, combined with a flexible itinerary and a "death-defying" suspension bridge near the top, has made this one of the most popular ferratas in the area. Descend to your rifugio for the night.

(~4-5 hours hiking and ascending a moderate 400m / 1,312' via ferrata. Total 650m / 2,140' ascent.)

B,D... Rifugio

Day 3 ~ Sella Massif – Hike Piz Boé

Today begins with a steep ascent through the Valun di Pisciadú, a valley where snow patches inevitably abound. Another steep ascent across scree brings you to the top of Piz Boé (3,152m / 10,341') – the highest peak of the Sella Massif. You will be amply rewarded for the long hike: enjoy lunch at Rifugio Capanna Fassa, and admire an incredible 360-degree view of the mountains surrounding you.

When you're full and rested, descend down the other side of the mountain to a charming rifugio, your home for tonight (2,536m / 8,320'). Situated atop of a natural rock balcony, the views you can enjoy from here are incomparable. Spend the late afternoon gazing out upon some of the most famous Dolomites' peaks: Marmolada (2,950m / 9,678'), Monte Civetta (3,220m / 10,564'), Pelmo (3,168m / 10,393'), Antelao (3,264m / 10,709'), Sorapiss (3,205m / 10,515'), the Tofane Group (3,244m / 10,643' at its highest), Piz dles Conturines (3,064m / 10,052'), La Varella (also Lavarella, 3,055m / 10,022'), Santa Croce (3,026m / 9,928'), and northwards the Zillertaler Alps on the Austrian border!

(~7 hours hiking 9km / 5.5 miles, 960m / 3,149' ascent, 1,000m / 3,280' descent.)

B,D... Rifugio

Day 4 ~ Via Ferrata Piz da Lech

Perched high amidst the towering peaks of the Dolomites, the delightful yet short Via Ferrata Piz da Lech affords climbers the challenge of a steep, demanding ascent with some of the most breathtaking panoramic views in the region.

The ferrata begins behind your rifugio, within the impressive steep walls located directly above the mountain hut. Once you've conquered this section you'll reach two long iron ladders that will lead you up toward the impressive summit (2,911m / 9,550'). When you reach a cross, you'll be rewarded with spectacular 360 degree panoramas that provide views of Sella Group, as well as Mount Pelmo, Civetta, and the Marmolada, and even peaks in Alta Badia past Cortina d'Ampezzo. You'll also get a fantastic glimpse down onto the Val Mesdi. The sights are absolutely awe-inspiring!

(~3 hours ascending a moderate to difficult 200m / 656' via ferrata.)

B,D... Hotel in Alta Badia

Day 5 ~ Depart

Breakfast and departure on your own (private transfer available on request).

B...

EXTEND YOUR ADVENTURE!

You've come all this way, why not stay a little longer? Dolomite Mountains offers [fantastic extensions](#) that you can enjoy before or after your trip in the Dolomites. Explore [Venice](#), [Verona](#), [Lake Garda](#), [Florence](#), or [Milan](#), or any of the many other magical places found throughout Italy. There's no more perfect way to recover from jet lag upon arrival, or delay your return to reality at the end of your trip!

Trip itinerary may vary based on weather conditions, fitness levels and abilities of participants, and/or the recommendations of your guide.

SAFETY AWARENESS AND TRAINING

Adventurous activities in the mountains have their dangers. These can never be removed altogether but they can be minimized. At Dolomite Mountains, our aim is to provide you with a thrilling holiday directed with maximum attention to your safety and that of others. We give you the opportunity to learn mountain-craft skills and understand about the hazards, how to minimize the risk, and how to cope with incidents should they happen. All mountain activities require appropriate clothing and equipment. This is ensure preparedness for quickly changing weather conditions and varying activities.

TRAVEL INSURANCE

We strongly recommend that you purchase trip cancellation / interruption insurance to protect your travel investment when you book your trip. We offer optional trip cancellation / interruption insurance through [World Nomads](#) at a supplemental cost. It combines trip cancellation and interruption coverage (for covered reasons only), baggage loss protection, and medical coverage along with additional emergency evacuation are available through our web site.



Guided Trip:

From € 1.660 per person (minimum 2 participants)

From € 1.140 per person (minimum 4 participants)

Self Guided Trip:

From € 860 per person (minimum 2 participants)

From € 690 per person (minimum 4 participants)

First day is guided

The cost is based on 3-star hotels, it can be upgraded to 4/5-star, please contact us for a quotation.

Private room supplement in rifugios: €15 per rifugio, per person (based on availability)

High season supplement from July 20th to August 31st: surcharge of 5%

Cost Includes:

- Trip briefing
- Logistics and map of the area
- 2 nights accommodation in 3-Star hotel in Alta Badia
- 2 nights accommodation in charming rifugios (shared dormitories)
- Meals as noted in itinerary (B=breakfast, L=lunch, D=dinner)
- Local English speaking [UIAGM/IFMGA Professional Mountain Guide](#) (guided trips)
- Transfers in the area as per itinerary
- Lifts and cable cars in the area
- Local tourist tax
- Italian VAT tax

Airport transfers available on request.

Luggage transfer available on request.

Helicopter Sightseeing & Airport Transfers – There's Nothing Else Like It!

Take to the skies for an aerial look at the spectacular Dolomite Mountains, and make memories to last a lifetime! Whether on a panoramic sightseeing ride or an airport transfer, you'll appreciate a bird's eye view of the stunning scenery aboard state-of-the-art single engine helicopters. With over 30 years in operation, our experienced pilots and ground crew employ the utmost safety standards, quality, and service. Contact us for a quotation.

Rides are weather dependent. Heli-transfers from/to airports require advanced reservation.

In-resort rides can be reserved with shorter notice.



Accommodations

Want to learn more about our Hotels and B&Bs?

The Dolomites has a multi-faceted culture and history that is reflected in each village we visit, and we make sure to provide you with the most authentic experience of the region possible through the hotels and B&Bs we offer. Hotels and chalets are available in the larger villages, while agriturismos (working farms with accommodations similar to B&Bs) are more common in rural areas. And we always make sure you have access to inspired regional cuisine, and the best panoramas you can get in the Dolomites!

Prefer luxury accommodations?

You can also book a custom departure of this trip using our [Luxury Hotels](#). For details, please [contact us](#).

Want to learn more about our Mountain Inns & Rifugi?

Rifugi – or *mountain huts* in English – are the classic accommodation for hikers, climbers, mountaineers, and ski mountaineers in the Alps. Set in spectacular locations high in the Dolomites, rifugi are accessible only on foot (with a few exceptions that are reachable by car). These marvelous establishments are open primarily in the summer, with a select few in winter, and offer meals and sleeping facilities.

The Dolomite rifugi are considered the best in the Alps. While some are dormitory style with bunk beds, many meet the standard of a simple guest house with private rooms and en-suite bathrooms, and each has its own unique character and charm. Bedding and linens are provided, hot showers are available, and meals are served in common dining areas – like a small mountain inn set high in the mountains with the most incredible vistas in the Dolomites. Whether you're hiking in summer or skiing in winter, an overnight rifugio stay is not to miss on a Dolomite holiday.

To learn even more about rifugi in the Dolomites, check out our [Rifugios in the Dolomites](#) article, and learn about one of the best ways to experience these incredible mountains!

