Welcome to Dolomite Mountains

Multisport Traverse from Cortina d'Ampezzo to Alta Badia

Hike, bike, and climb in Dolomites mountain chic style on this 7-day summer vacation packed full of activities – adventure, exhilaration, relaxation and bliss all in one amazing trip!
● Learn to climb a via ferrata, the "iron paths" of the Dolomites
● Experience the rich Ladin culture with its many traditions that make this region so unique
● Hike amidst glorious landscapes of pillars, pinnacles, and colossal rock walls of the Dolomites

OVERVIEW

Widely regarded as being among the most attractive mountain landscapes in the world, the World Heritage Committee officially designated the Dolomite Mountains as a UNESCO World Heritage Site in 2009! Comprising over 90,000 acres of mountainous terrain, these mountains are a unique corner of the Alps, featuring distinctive geology and a fascinating blend of cultures. On this unique itinerary, you’ll some of the most incredible areas in the Dolomites on foot, and come to understand why the World Heritage Committee voted to protect these marvelous mountains.

On this incredible journey you’ll visit some of the most beautiful areas in the Dolomites on foot. We take the very best of this fairy-tale setting – incredible mountain scenery, luxurious yet cozy hotels for the night and rifugios with delicious traditional cuisine – and weave them together with some of the greatest hiking opportunities in the world. Wild alpine meadows, deciduous and evergreen woods, high altitude lunar-like terrain, soaring peaks, dramatic walls and towering heights alternate with the refined South Tyrolean towns and hidden mountain inns that you encounter during your daily hikes.

Tackle the incredible mountain terrain by day and relax in warm mountain hospitality by night. You’ll experience adventure, exhilaration, relaxation and bliss all in one amazing trip!

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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**

**Hike, bike, and climb in Dolomites mountain chic style on this 7-day summer multi sport vacation packed full of activities – adventure, exhilaration, relaxation and bliss all in one amazing trip!**

**Day 1 ~ Arrive in Cortina d’Ampezzo, Dolomites**

Arrive in Cortina d’Ampezzo (1,224m / 4,016’) on your own (private transfer on request) and check into your hotel. Cortina d’Ampezzo is a charming alpine resort town surrounded by stunning peaks. Host to the 1956 Winter Olympics, Cortina enjoys a reputation for great skiing in winter, and in the summer attracts hikers and climbers who challenge the rocky faces of the nearby mountains. This chic Venetian town also caters to the high society crowd, offering many year-round social activities, shopping, and fine dining.

Depending on when you arrive, you may have time for a hike or to explore Cortina d’Ampezzo’s pedestrian walkway, the Corso Italia, lined with restaurants and cafes, antique shops, art galleries, and boutiques.

*... Hotel in Cortina d’Ampezzo*

**Day 2 ~ Hike Tre Cime di Lavaredo**

In the morning, meet your UIAGM/IFMGA Professional Mountain Guide for a trip briefing on your exciting days in the Dolomites.

Today you’ll enjoy a private scenic 30-minute drive up to Rifugio Auronzo (2,331m / 7,650’), then hike around the Tre Cime di Lavaredo and Monte Paterno, one of the most scenic mountain landscapes in the Dolomites, known across the world. Along the way you’ll have ample opportunity to admire the spectacular Cadini mountain group on the south, with its rock spires and strangely formed needles. (6 hours hiking 12.8km / 8 miles, 600m / 1,968’ ascent and descent.)

*B... Hotel in Cortina d’Ampezzo*

**Day 3 ~ Mountain Bike to Dobbiaco and San Candido**

Bike on wide gravel bike path to the towns of Dobbiaco / Toblach and San Candido / Innichen in Val Pusteria, on the border with Austria. The 36 kilometers (22 miles) can be cycled without any major effort, and is ideal for families with children. Option to have lunch at any of the restaurants located in the South Tyrolean towns along the way, and return either by bike or private transfer. (2-3 hours biking 36km / 22 miles one way, 343m / 1,125’ ascent, 306m / 1,004’ descent.)

*B... Hotel in Cortina d’Ampezzo*

**Day 4 ~ Hiking on Mount Lagazuoi**

In the morning take a private transfer to Passo Falzarego and ride the cable car almost to the top of Mount Lagazuoi (2,778m / 9,114’), to Rifugio Lagazuoi, one of the highest rifugi in the Dolomites at 2,752 meters (9,029’). On its patios you feel as though you’re sitting at the edge of the world – its spacious deck offers 360’ view of the Dolomites!

From Mount Lagazuoi, hike mostly downhill on a lunar landscape across Lagazuoi, pass by a lake, Rifugio Scotoni, and Capanna Alpina (1,726m / 5,663’). Take a private transfer back to your hotel. (5 hours hiking, 1,052m / 3,451’ mostly downhill.)

*B.D... Hotel in Alta Badia*

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**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.
Day 5 ~ Via Ferrata Gran Cir
In the morning, experience an adrenaline rush with your loved one while climbing a via ferrata with a UIAGM/IFMGA mountain guide! Before departing this morning, your guide will give you a lesson on technique for climbing the via ferrata, equipment use, and safety.

The Gran Cir (2,592m / 8,504’) is the highest peak in the Puez Group, and thus has a wide panorama. It provides a splendid viewpoint, both north into the Puez National Park, and to Piz Boe and the Sella Group to the south. It is absolutely indicated for someone with little experience of mountain scrambling, who is, nonetheless, keen to try their hand at climbing via ferrata. **(3 hours climbing an easy via ferrata, 450m / 1,772’ ferrata ascent.)**

*B,D… Hotel in Alta Badia*

Day 6 ~ Sella Massif
Within the enormous fortress-shaped Sella massif is an excellent network of paths. Today you will traverse along the south face of this incredible mountain. From your hotel, you’ll take a 30 min transfer to Passo Pordoi (2,239m / 7,346’). Walk to the German War Memorial and follow the trail up to a big and wide ledge on the Sella massif. This superb and panoramic trail will take you across the face of the mountain, bringing you to the Rifugio Kostner, your lunch spot. After lunch, it’s just a 20-minute hike down to the chairlift and the cable car, which will take you to Corvara in Alta Badia. **(6 hours hiking ~6km / 4 miles, ~300m / 1,000’ ascent, ~50m / 150’ descent.)**

Option to reach the highest summit of the Sella Massif, Piz Boè, at 3,152m (10,341’) via cable car and a moderate hike. You will be amply rewarded: enjoy lunch at Rifugio Capanna Fassa, a wooden hut, and admire an incredible 360-degree view of the mountains surrounding you.

*B,D… Hotel in Alta Badia*

Day 7 ~ Depart
Breakfast and departure on your own (private transfer on request).

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**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.*
Guided Trip:
From € 2.970 per person (minimum 2 participants)
From € 1.940 per person (minimum 4 participants)

Self Guided Trip:
From € 1.520 per person (minimum 2 participants)
From € 1.160 per person (minimum 4 participants)
Via ferrata day is guided

The cost is based on 3-star hotels, upgrade to 4 and 5 star hotels:
From €640 per person in 4-star hotels
From €1.590 per person in 5-star hotels

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

Cost includes
- Trip briefing
- Logistics and map of the area
- 3 nights accommodation in 3-Star Hotel in Cortina d’Ampezzo
- 3 nights accommodation in 3-Star Hotel in Alta Badia
- All breakfasts
- Dinners in Alta Badia
- Local English speaking Professional UIAGM/IFMGA Mountain Guide (if guided)
- Bicycle & helmet rental for 1 day
- Climbing and via ferrata equipment
- Lifts and cable cars in the area
- Private local transfers as per itinerary
- Tourist tax
- Italian VAT tax

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. Hell-transfers from/to airports require advanced reservation. In-resort rides can be reserved with shorter notice.
**Accommodations**

*Want to learn more about our Luxury Hotels?*

Luxury accommodations in the Dolomites combine the ultimate in comfort and refinement. From five star hotels, Michelin star-rated restaurants, and pampering spas, just because you are in the mountains does not mean you cannot have a truly luxe Italian experience in the Dolomites! From the chic town of Cortina d'Ampezzo, a popular destination for the rich and famous, to the quiet and discreet luxury of San Cassiano in Alta Badia, you will find accommodations with credentials ranging from membership in the exclusive Relais & Châteaux to The Leading Hotels of the World!

**Cristallo Hotel Spa & Golf, Cortina d’Ampezzo (5-Star)**

The Cristallo Hotel Spa & Golf is the perfect combination of privacy and luxury, with its welcoming atmosphere and impeccable elegance. It is an extremely captivating setting, with high-class dining, a refined spa, advanced technology, and all the warmth of an authentic mountain home with a century of history. The light and the mountains, seen from the windows of all of the rooms and suites, as well as pool and veranda, and cocktail bar and restaurant, provide one of the most beautiful views of Cortina, surrounded by the incandescent mountains. Long a destination of the international elite, who have always considered Cortina d’Ampezzo a reference point, today the Cristallo continues to offer refined hospitality.

**Hotel & Spa Rosa Alpina, San Cassiano in Alta Badia (5-Star)**

The five-star Hotel & Spa Rosa Alpina, part of the exclusive Relais & Châteaux collection, is a romantic and chic chalet renowned for its discrete and refined hospitality. Combining the history and tradition of the Ladin culture with elegant interiors, the hotel offers quiet glamour, poised service, and epitomizes stylish comfort. From the full service spa, the infinity pool with cocktail service, superb cuisine and wines at four restaurants, including the 2-star Michelin rated Restaurant St. Hubertus, and access to the wealth of activities available in the Dolomites, this is the perfect location for an active luxury adventure. For guests interested in an even more exclusive experience, the Rosa Alpina also features a private chalet at 2,000 meters (6,562’) for a very intimate stay in the Dolomites.