

DOLOMITES CIRCULAR TREK (ITALY)

GUIDED

ITINERARY: 8 DAYS

Day 1

ARRIVE IN CALALZO

Arrive in the mountain town of Calalzo. Before meeting with your trek leader at 5pm, you are free to explore the town and its amazing mountain surrounds. We will enjoy our first dinner together after the briefing.

Meals: D

Day 2

TREK CALALZO TO BORCA DI CADORE (21KM)

After a short bus ride, we start hiking up through larch forests to the charming Rifugio Antelao, then up to our high point at San Dionisio to see the magnificent and wild view of the Monte Antelao and Marmarole massifs. We then have a long descent to the Boite River Valley and our welcoming hotel for the night.

7-8 hours walking – ascent 1100m / descent 1100m

Meals: B L D

Day 3

TREK BORCA DI CADORE TO FIAMES (16KM)

After a short bus ride (50 minutes) we start our trek at the Passo Tre Croci. Our route is at first gentle, then steepens amidst dramatic scenery. Magnificent views of Monte Cristallo and the Sorapiss range open up as we gain the rocky limestone landscape so typical of the Dolomites. After threading our way



through this spectacular but demanding landscape, we descend to Cortina by cable car and then catch a local bus (8 mins) to our simple, traditional hotel.

Please note that our hotel tonight has shared bathrooms and is more simple in style. It is comfortable, with great views of the mountains and well located for our itinerary, enabling us to walk out from the hotel the following day.

5-6.5 hours walking – ascent 700m / descent 550m

Meals: B L D

Day 4

TREK FIAMES TO FANES-SENNES-BRAIES NATURE PARK (20KM)

Today we walk into the Fanes Dolomites, home to fascinating Ladin legends as well as stunning scenery. We begin our ascent in shady larch forests, then we descend past a magnificent gorge with glimpses of the crystal-clear blue water. Then we climb higher, in more open country with magnificent views of the stark Dolomites limestone. Tonight we stay in a cosy refuge at 2000m above sea level, surrounded by the peaks. As we are now in South Tyrol you will notice a more Austrian influence, be it in the lederhosen and traditional outfits of the staff or the goulash and apple strudel at dinner. As well as the excellent Italian wines you can now enjoy a Tyrolean beer!

Please note: Accommodation this evening is in a refuge in a remote location and, while the rooms are very comfortable and usually ensuite, sometimes we cannot provide twin share. In this case, rooms would be gender specific and offered on a triple or quad share basis. You will need to pack a small overnight bag as the refuge is not accessible by road and we cannot get your luggage in.

7 hours walking – ascent 1100m / descent 400m

Meals: B L D

Day 5

TREK FANES-SENNES-BRAIES NATURE PARK TO SAN CASSIANO (22KM)

Crossing high Alpine meadows and rocky tracks, we descend to Pederu in the heart of the nature park and then ascend, past traditional farm buildings, to a mountain pass where we can take our picnic lunch in a field of edelweiss encircled by towering limestone massifs. Then the trail leads south and downhill, steeply in parts, to Alta Badia and the delightful small town of San Cassiano. You



will be able to enjoy the typical Tyrolean hospitality and food at our comfortable hotel for the night.

7 hours walking – ascent 600m / descent 1200m

Meals: B L D

Day 6

TREK SAN CASSIANO TO CINQUE TORRI (18KM)

We ascend to Passo Falzarego and cross high ground to the Cinque Torri area. Enjoy the magnificent views in all directions, including the highest mountain in the Dolomites, the glacier-clad Marmolada. Today we will also have the opportunity to visit the trenches dug into the mountains in World War I. We can learn more about the history of the area, there are many stirring stories of bravery and tragedy from that era. Tonight we stay in a well designed and comfortable refuge with a panoramic view. No less impressive is the menu, you have used up plenty of calories so you'll be glad to know that replacing them will not be a problem at all.

5-6 hours walking – ascent 800m / descent 800m

Meals: B L D

Day 7

TREK CINQUE TORRI TO CALALZO (21KM)

Our final day's walking takes us through incredible mountain scenery. With sheer cliffs and towering peaks on both sides, we traverse the Croda da Lago to lunch at a cosy refuge in a lovely setting beside a small lake (you can even take a dip if you like!) Then we descend to the Cadore valley once more. A final short bus ride (~1 hour) brings us back to Calalzo and the welcome of our friendly hotel. Tonight we celebrate our achievement by enjoying a traditional woodfired pizza.

7-8 hours walking – ascent 700m / descent 1000m

Meals: B L

Day 8

DEPART CALALZO

The trip finishes today and you are free to stay on or continue your travels.

Meals: B

