



## SELF-GUIDED HUT TO HUT

TRE CIMA & AMPEZZO DOLOMITES – 7 NIGHT TOUR

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# TRE CIME & AMPEZZO DOLOMITES

## 7 Night Tour - The Facts

Taking in some true classics of the Dolomites, this challenging route rewards the walker with awe inspiring views amongst the towering spires and rocky massifs of this unique mountain range. Foremost among the sights is an impressive traverse around Tre Cime di Lavaredo, perhaps the Dolomites' most iconic mountain, and a trip to the eerily blue Lago Sorapis. These picture postcard sights are sure to leave the traveller with inspiring memories.

## Terrain

This route uses only waymarked routes which are mostly straightforward to navigate using signposts and waymarkers. However, some small sections of the route can be tricky to follow, particularly in bad visibility, so competence with map reading is required. Terrain varies from wide gravel tracks, narrow paths through open meadows, and looser rocky paths particularly once you get amongst the higher peaks. Parts of the route are subject to erosion and the exact line of the routes may change slightly each year.

Naturally, in the high mountains a certain level of hiking experience, surefootedness, a good head for heights and a good level of fitness are essential.

*Please note that routes in the high massifs, such as this one, may require you to cross patches of snow early in the season.*

Grade : Hard, Long days with considerable ascent and descent with some high-level easy scrambling and exposed paths on some days.

Walking Time : 4 ½ to 6 ½ hours (based on 3 km/h)

Ascent : 400m to 1380m per day

Descent : 330m to 1500m per day

*Please note that walking time does not include time taken for rests or lunch breaks and is an indication of how long the walking itself will take.*

## Dates & Prices

Late June to mid September, with August being particularly busy in the rifugios.

### £825 per person

*Arrive on the day of your choice. Airport transfers are on offer on Saturdays, Sundays, Tuesdays and Thursdays.*

*Please note that all bookings are subject to availability in the rifugios and hotels - please do not make any travel arrangements until we have confirmed your accommodation dates. Prices are based on Half Board accommodation in dormitory style rooms in mountain rifugios and Half Board accommodation at the hotel in Cortina.*

*Rifugio Vallandro and Rifugio Tre Scarperi have the option to upgrade to private rooms - this is subject to a supplement of £15 per person per night.*

*On your first and last nights you will stay in an en-suite room on a B&B basis in a local guesthouse within walking distance of restaurants and pizzerias.*

*All dorms are mixed sex and vary in size from rifugio to rifugio.*

*No single supplements apply for dormitory accommodation but are applied to upgrades to private rooms.*

*You must supply your own sleeping bag liners for all dormitory accommodation.*

*Towels are not provided in any rifugio accommodation - please bring your own.*

## Included in the price

- Return airport transfers from Venice Marco Polo or Venice Treviso.  
*(We offer transfers from Venice Marco Polo at 3pm and from Treviso airport at 3.30pm 4 days a week: Saturday, Sunday, Tuesday and Thursday. For departing flights, we ask that flights booked are no earlier than 11.00am. - see [www.colletts.co.uk/dolomites/airport-transfers-to-the-italian-dolomites](http://www.colletts.co.uk/dolomites/airport-transfers-to-the-italian-dolomites)).*
- B&B accommodation in the Alta Badia for the first and last nights of your trip - usually in a 2\* guesthouse or one of our hosted chalets.
- All rifugio bookings, on a half board basis (breakfast and dinner included)
- Hotels in Misurina and Cortina, on a half board basis (breakfast and dinner included)
- Detailed route cards.
- All relevant maps.
- Detailed pre-departure information including packing suggestions.
- Taxi travel on day 4

## Not included in the price

- Flights.
- Insurance.
- Packed lunches (these are available at every rifugio).
- Drinks/snacks and any other purchases in the rifugios - some rifugios do not have drinkable tap water.
- Lifts/cable cars and buses.



# Route Information

## Day 1 - San Vigilio to Croda del Beco

**12.3km, 1380m ascent, 330m descent** – A pre-booked taxi will take you to the trail head near San Vigilio. From there begin a steady climb into the Fanes-Senes National Park culminating in the spectacular but demanding ascent to Ju de Senes. After the pass, an enjoyable traverse across the rocky raised plateau of the park area takes you to the Rifugio Biella with magnificent views across the Dolomites.

**Overnight accommodation - Rifugio Biella**

## Day 2 - Traversing Croda Rossa

**13.4km, 450m ascent, 730m descent** – A high-level traverse under Croda Rossa, whose name owes to the startlingly red rock that makes up its north face, follows a stunning, if at times exposed, path to the popular Prato Piazza. This raised plateau area hosts numerous small farms or malga in a glorious alpine setting. Here you will stay, at the comfortable and well-equipped Rifugio Vallandro next to an old Austro-Hungarian fort.

**Overnight accommodation - Rifugio Vallandro**

## Day 3 – In to the Sesto Dolomites

**17.9km, 1100m ascent, 1500m descent** – Leave the Prato Piazza on an interesting descent into the Valle della Rienza passing Great War ruins and with views north into Austria. A dramatic ascent follows of the less-travelled Passo Rondoio with a real feeling of isolation before descending to your rifugio at the head of the Val Campo di Dentro.

**Overnight accommodation – Rifugio Tre Scarperi**

## Day 4 - Tre Cime and Lago Misurina

**16.3km, 1160m ascent, 1040m descent** – A memorable day in the shadow of the iconic Tre Cime. Ascend to the plateau on which the three towers sit and enjoy picture postcard views of the north faces. The path follows under the towers and descends to the famous old lakeside resort of Misurina.

**Overnight accommodation – Hotel Sport Misurina**

## Day 5 – Lago Sorapis to Faloria

**15.5km, 1050m ascent, 1030m descent** – A taxi will take you from your hotel in Misurina to the Passo Tre Croci. From there you will walk to the remarkable Sorapis lake, an eerily blue alpine lake in a dramatic rock amphitheatre. A tough ascent follows to reach a stunning high path along the side of the Sorapis mountain group. Traversing this excellent path, you eventually reach the cable car Faloria which takes you down into the famous resort of Cortina for the night.

**Overnight accommodation – Hotel Menardi, Cortina**

## Day 6 – Returning to the Alta Badia

**9.7km, 400m ascent, 700m descent** – A bus ride from Cortina ascends west to the Falzarego pass. From there make a marvellous traverse under the rocky face of Setsas with remarkable views to the south. Rounding a corner and crossing a rocky boulder field the Alta Badia valley opens out below. Descend to the valley over the rolling hills of Pralongia.

**Overnight accommodation – Village Guesthouse or Chalet**

## Day 7

Transfer from Alta Badia. Your transfer time will be confirmed in the meet and greet by the Collett's Host before you depart on your trek. It is unlikely to stop again before reaching Treviso, or Marco Polo airport. To avoid any necessary delays for yourselves, or other guests on the transfer, please make sure you are ready a few minutes before the scheduled transfer pick-up time. The driver will contact you on the number provided during the booking if there are any delays en route to collect you.





## At Your Own Risk

*Your self-guided hut to hut itineraries will be spent entirely at your own risk and it is important that you understand that whilst these routes are accurate at the time of writing, the situation on the ground may change and the itineraries rely on your sound judgement and decision making throughout.*

*Our self-guided hut to hut itineraries are put together on a basis of goodwill so that you might enjoy a route you may not otherwise have discovered having organised the itinerary yourself. It represents nothing more than the opportunity to go out on a beautiful walk in a part of this wonderful walking area, with the support of knowing that many of the logistics have been arranged for you.*

*It is a fact that mountains, mountainous areas and activities undertaken in them are associated with personal injury and death. By coming to such areas, you are exposing yourself and your party to the possibility of personal injury or even death. In such an event, Collett's Mountain Holidays will not be held responsible for your interest in mountainous areas and your involvement in mountain pursuits, which can occasionally have tragic consequences.*

*It is important that you understand that these routes are put together using our extensive knowledge of the area, to provide a route which we believe will be enjoyable and realistic for people who decide that they have the appropriate level of fitness and ability in order to complete the itinerary safely. The information provided uses only marked paths which are in use at the time of writing, however, it is your responsibility to continually assess the suitability and safety of the route throughout the walk and to undertake any action necessary to avoid any terrain which each or any member of the group is not comfortable with. The route choice also assumes an ability to read maps and navigate competently.*

*It is the responsibility of each individual in the group to make an assessment of the information provided, and to make an informed decision about whether the itinerary is suitable for them.*

*Finally, during your holiday with Collett's Mountain Holidays you act at your own risk on any ideas, information and opinions you might acquire from our walk organisers or from material prepared by us to help you get the most from the area.*

