



Hiking in the Dolomites

ITALY - TRIP CODE DW

WALKING AND TREKKING

Why book this trip?

Enjoy scenic treks through alpine meadows and pine forests as you explore the beautiful rock towers and limestone cliffs of the Dolomites, a UNESCO world heritage site. Stay in a comfortable family-run hotel with indoor pool in the small town of Dobbiaco, gateway to the mountains.

- **Tre Cime** - Trek with amazing views of these three iconic limestone peaks
- **Local food and drink** - Enjoy the traditional Austrian-influenced cuisine typical of the region
- **Cortina, Leinz and Bolzano** - Free day to explore further afield in the South Tyrol



INCLUDED MEALS

Breakfast: 7
Lunch: 5
Dinner: 4



TRIP STAFF

Explore Tour
Leader / Trek
Guide
Driver(s)



TRANSPORT

Bus
Public Bus
Train



ACCOMMODATION

7 nights
comfortable hotel



WALKING GRADE:

Moderate



GROUP SIZE:

10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Venice; drive to Dobbiaco (1200m)

Our trip begins in the Arrivals Hall at Venice Marco Polo Airport (VCE) at 15.45pm. If you would like to join the complimentary airport transfer today, the latest your flight can arrive is 15.15 pm. We will travel together as a group (around three hours' drive) to our hotel in Dobbiaco (1217m). Located in the far north of Italy, we are close to the border with Austria. There are great views of the mountains from our hotel and it is well-located for all the shops, restaurants and other facilities in the town. There will be a short briefing on arrival by our tripLeader about the week ahead.



ACCOMMODATION:

Hotel Sonne Sole (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



DAY 2 - Walk to the shores of emerald green waters Lake Braies

Taking the public bus we travel to St Vito to begin our walk to Lake Braies (1494m). We make our way through the fields and forest paths to arrive at the grandeur of the hotel at the head of Lake Braies - a justifiably popular lake spot with high sided cliffs and deep green emerald waters. We have lunch and explore further around the lake before taking the public bus back to our hotel.

Today's 14 kilometre walk is expected to take around five hours with a total ascent of 536 metres and a descent of 200 metres.



ACCOMMODATION:
Hotel Sonne Sole (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Trek through forest and alpine meadows to the Putzalm hut

We take the bus to Bagni di Braies Vecchia (20 mins) and begin our walk on a piste and then up through typical Alpine meadows and then through forest. We climb around 400m to a mountain pass at 1803m and then descend quickly to the remote mountain hut at Putzalm (1743m) run by a friendly guardian. After some refreshments we continue to another pass, the Suisridl at 2013m. Our trek then takes us down through more forest and eventually to the doorstep of our hotel.

Today's 11 kilometre walk is expected to take around six hours with a total ascent of 750 metres and a descent of 850 metres.



ACCOMMODATION:
Hotel Sonne Sole (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 4 - Ridge walk along the Austria/Italian border

We take a bus to Moso and then a cable car to the top station of approx 1900 metres and then ascend Mt Elmo at 2434m. Our walk takes us along a ridge that marks the border between Austria and Italy and has a number of bunkers and look-out posts from WW1. There is also a great and unusual photo opportunity - a foot in both countries! After walking the ridge and possibly bagging another summit we descend through the forest to Moso (1337m) and take public bus back to hotel (20mins).

Today's 15 kilometre walk is expected to take around six hours with a total ascent of 630 metres and a descent of 1250 metres.



ACCOMMODATION:
Hotel Sonne Sole (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

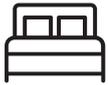


MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Free day: optional visits to Cortina, Leinz and Bolzano

Today is an opportunity to rest your legs and explore the cultural side of the region. There are various

possibilities including making a trip to Cortina - arguably Italy's premier ski resort with smart shops and craft stores; Lienz in Austria with beautiful architecture, museums and cafes; or Bolzano (you can use your free bus pass) which is home to the remarkable Ice Man, discovered in the Schnalstal Glacier in the Otztal Alps in 1991. At over 5000 years old, he is Europe's oldest natural human mummy and the discovery of his body, along with the remnants of his weapons and clothing has helped to throw some light on the life and times of the region's Chalcolithic (Copper Age) Europeans. All of these excursions can be made using public transport. You can also take a jeep ride up to Monte Piana and Monte Piano to see the WWI remains and trenches. The walk across the plateau here is beautiful and poignant. A further option is to visit Brunico and the Reinhold Messner (mountaineering) museum. Alternatively you can take further walks or stay at the hotel and make use of the indoor pool and spa.



ACCOMMODATION:
Hotel Sonne Sole (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

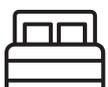


MEALS PROVIDED: BREAKFAST

DAY 6 - Trek around the three iconic limestone peaks of Tre Cime

We take the bus to the Auronzo hut at 2320m, just below the famed UNESCO site of the Tre Cime de Lavaredo. From here we see the south face of the Tre Cime. We traverse around the mountain and then on to the Locatelli hut at 2405m where we are rewarded with wonderful views of the striking cliffs of the north face of the Tre Cime, arguably one of the most iconic mountain views in the whole of Italy. Our descent takes us east, past a waterfall, and along a path by the river. We arrive at the Dolomitenhof for a well-earned drink.

Today's 13 kilometre walk is expected to take around seven hours with a total ascent of 500 metres and a descent of 1190 metres.



ACCOMMODATION:
Hotel Sonne Sole (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Trek from Pratopiazza to Strudelkopf summit

We take the public bus to Pratopiazza (1991m) - approximately 50 minutes - and walk a high-level track to the Durrenstein hut (2040m). From here we make a climb to the summit of Strudelkopf - a fabulous summit at 2307m. The panoramic views are superb and we can see the Tre Cime in the near distance. We descend the mountain via a westerly route through forests and then take a short bus ride back to the hotel.

Today's 11 kilometre walk is expected to take around six hours with a total ascent of 480 metres and a descent of 1000 metres.



ACCOMMODATION:
Hotel Sonne Sole (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 8 - Trip ends at Venice Airport

Departing Dobiacco this morning we drive to Venice Marco Polo Airport (VCE) where we will arrive

about at 13.45 pm and this is where the holiday ends. The earliest time you should book a flight to depart today is 15.45 pm.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Cortina: one of Italy's premier ski resorts: public transport, 1 hour each way, €8 return journey.

Lienz: charming medieval town in Austria with churches & museums: public transport, 1 hour each way, €10 return journey.

Bolzano: 5000 year old ice man: public transport, 2 hours each way (covered by your free weekly travel pass), 9 euros ice man museum entrance.

Monte Piana - WWI remains. Jeep from Misurina €12 both ways

Brunico - Messner's museum €9.00

Clothing

We recommend taking lightweight and breathable clothing that can be layered according to the temperature and your level of activity. This should include a good quality waterproof jacket and trousers (e.g. Goretex / e-Vent), fleece jacket, comfortable walking trousers, shorts, warm hat and gloves, sunhat

and sunglasses. Temperatures can change dramatically at altitude and at night. For around-town wear in Dobbiaco, you may like to bring some slightly smarter clothes.

Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a waterproof daysac (25-40 litres recommended).

Equipment

You will need a reusable water bottle (preferably 2 litres), and high factor sun cream. You may like to bring trekking poles. It is a good idea to line your daysac with a good quality plastic bag. This will go a long way in protecting your gear from any rainstorms we encounter.

Tap water is safe to drink at the hotel, but water sources along the trail may not always be drinkable. Using tap or purified water rather than bottled water will help avoid creating plastic bottle waste. Energy snacks including chocolate and sweets are recommended whilst on trek as well as a lunch box/Tupperware for picnic lunches.

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10.00 - 15.00	£20.00 - 25.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bus, Public Bus, Train

Accommodation notes

We stay at the comfortable family-run Hotel Sonne Sole in the small town of Dobbiaco, a gateway to the Italian Dolomites. Located close to the centre of the town, the hotel is just a short walk from all amenities. The bedrooms and garden enjoy beautiful views of the mountains and the valley. Facilities include an indoor swimming pool with sauna and a small gym.

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full

terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

2550

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Walking and Trekking information

DAILY DISTANCES

Day 2	14km	5hrs
Day 3	11km	6hrs
Day 4	15km	6hrs
Day 5		
Day 6	13km	7hrs
Day 7	11km	6hrs

Walking grade

Moderate

Trek details

This is a 5 day trek with an average of 5 to 6 hours walking each day. We follow well maintained trails with some steep sections which will be rocky underfoot.

Trek terrain

The day to day itinerary represents a selection of the walks that are available. The final itinerary will be dependent on the prevailing weather and interests and abilities of the group.

Max walking altitude (m)

2550

Additional Information



Why book this trip

This centre-based walking holiday stays at the comfortable family-run Hotel Sonne Sole in the small town of Dobbiaco, gateway to some of the best day walks in the Italian Dolomites. Located close to the centre of the town, the hotel is just a short walk from all amenities. The bedrooms and garden enjoy beautiful views of the mountains and the valley. Facilities include an indoor swimming pool with sauna and a small gym.

Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**