

EXPLORE!

Self-Guided Dolomites - Val Gardena and the Sella Group
8 days

Italy - Trip code WSTD



Self-Guided Dolomites - Val Gardena and the Sella Group

Enjoy exhilarating hikes among the dramatic limestone mountains, jagged peaks and alpine meadows of the Dolomites' Sella Group, Val Gardena and Val di Fassa. These magnificent landscapes are home to a rich variety of wildlife including marmots and chamois, and an extraordinary variety of flowers that bloom in their thousands in spring and summer. This is a region that has its own distinct cultural traditions and a unique and tasty cuisine.

Trip highlights

- ★ **Spellbinding views** - Hikes amongst the wild open spaces, mountain lakes and jagged peaks of this UNESCO World Heritage Site
- ★ **Flora and fauna** - Enjoy untouched nature in the mountains
- ★ **Friendly locals** - Discover the Dolomites unique cultural heritage
- ★ **Culinary treats** - Taste delicious cheeses, polenta, mushrooms, speck and outstanding wines

ACCOMMODATION GRADE:

Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

WALKING GRADE:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Itinerary

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

DAY 1 - Trip starts in Canazei

The first three nights of your holiday are spent in the mountain village of Canazei, nestling in the shadow of the Dolomites. Canazei serves as a great base for climbers and hikers in the summer and is a ski resort in the winter. Your traditional mountain hotel has great views of the Sella and Marmolada mountain ranges. Its simple and cosy rooms have private bathroom facilities, a safe, hairdryer and television.



Accommodation: Albergo La Campagnola (or similar)



Simple Hotel



Single room available



Meals Provided: None

DAY 2 - Hike around Sasso Piatto

Today's long and incredibly beautiful hike is amongst the striking, jagged limestone mountains of Sasso Piatto. To get to the start of the walk you can catch a local bus from Canazei to Campitello di Fassa and then take a cable car to the Col Rodella. A panoramic track leads you to the Rifugio Sasso Piatto, a mountain hut from where you have wonderful views of Sasso Piatto's jagged rocks and can stop to take a break. Continuing on to the Langkofel hut, you enter an almost surreal lunar landscape of limestone; sandwiched between the two giant peaks of Sasso Piatto on your right and Sasso Lungo on your left. You eventually descend steeply down to the valley station of the Sasso Lungo chair lift. You can either catch the chair lift part way down or walk all the way back to the Col Rodella on mostly gravel roads.

You can expect today's 16.5 kilometre walk to take approximately six hours with a cumulative ascent of 810 metres and descent of 850 metres.



Accommodation: Albergo La Campagnola (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Trek around the Catinaccio Mountains

Today you have two options: you can catch a local bus from Canazei to Vigo di Fassa and then a cable car to Ciampedie and start the

walk here, or take a local bus to Pera di Fassa and then a bus from Pera di Fassa cable car to Rifugio Gardeccia and start walking from here. This circular walk takes you around the imposing Catinaccio group of mountains. You walk over tracks and gravel roads, passing Malga Vael and the Roda di Vael hut before starting to climb up to the Zigorade Pass (2549m). You then start your descent, flanking Forcella di Davoi and Cima Catinaccio with their jagged peaks. You pass the huts at Preuss and Gardeccia, where you may want to stop and reward yourself with a local snack before continuing back to your starting point.

You can expect today's 14 kilometre walk to take approximately six hours with a cumulative ascent of 620 metres and descent of 650 metres.



Accommodation: Albergo La Campagnola (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Walk from Passo della Sella to Passo Gardena

As on the second days walk, today's hike also starts from the Col Rodella which you can reach by cable car from Campitello di Fassa. Setting out on gravel roads and tracks you will have great views of the shattered limestone peaks of Sasso Piatto and Sasso Lungo on your left. Reaching the Sella Pass (2244m) you continue on with amazing views of the whole of the Sella Group on the right, beautiful and imposing. Finally you reach Passo Gardena where your accommodation for the next two nights is a cosy mountain lodge, or rifugio as they are called in Italy.

You can expect today's 13 kilometre walk to take approximately five hours with a cumulative ascent of 440 metres and descent of 745 metres.



Accommodation: Rifugio Frara (or similar)



Simple Lodge



Single room available



Meals Provided: Breakfast & Dinner

DAY 5 - Circular walk in the Val Gardena

You start the day with a cable car ride to Dantercepies. Walking through Selva you reach the entrance of the Puez Geisler National Park. You continue until you reach a charming chapel where a steep track takes you through lush forest. After about 2 kilometres you leave the forest and enter open rocky terrain - perfect conditions for spotting any wildlife. Then it about 3 kilometres to the pass where you can enjoy a stunning panoramic view. It's about an hours walk back to Passo Gardena.

You can expect today's 7.5 kilometre walk to take approximately three-and-a-half hours with a cumulative ascent of 440 metres and descent of 745 metres.



Accommodation: Rifugio Frara (or similar)



Simple Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 6 - Walk from Passo Gardena to Passo Campolongo

Today's hiking starts directly from the rifugio. From Passo Gardena the track ascends until you are walking pretty much under the massif of the Sella Group. In Val de Mesdi you cross a small river and the path goes down, sometimes quite steeply. When you're down in the valley you follow a gravel road until Crep de Sela. From there a steep track takes you finally to Ristorante Boe. From here you take a beautiful track that goes through spectacular rock formations. When you reach the Kaiser hut you only have to follow the gravel road until you're at the Passo Campolongo. A private taxi transfer will take you back from here to Canazei.

You can expect today's 12.5 kilometre walk to take approximately five-and-a-half hours with a cumulative ascent of 755 metres and descent of 1020 metres.



Accommodation: Albergo La Campagnola (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 7 - Via dal Pan Walk

Today you walk along Via del Pan, the 'bread path' a nice route that runs along the southern side of the crest, offering amazing views of the Marmolada glacier and Sella mountain group. In the morning you can take a cable car from Canazei to Pecol and then another cable car to Col dei Rossi where the walking starts. You follow the 'bread path' to Penia from where you can catch a local bus back to Canazei.

You can expect today's 16 kilometre walk to take approximately six hours with a cumulative ascent of 420 metres and descent of 1140 metres.



Accommodation: Albergo La Campagnola (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends in Canazei

The trip ends after breakfast in Canazei.

 Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE

Day 2	15.5km
Day 3	15.5km
Day 4	13km
Day 5	8km
Day 6	12.5km
Day 7	16km
Day 8	

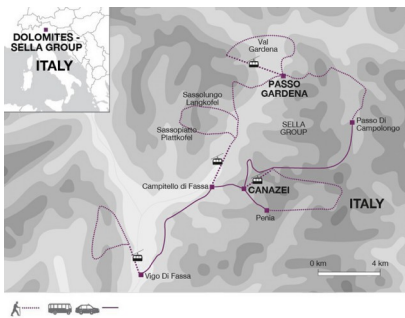
Walking grade

Moderate

Trek details

On this holiday you walk 80.5 km over 6 days (an average of almost 13.5 km a day). The route follows narrow gravel roads or well-marked hiking trails. On some occasions there are optional opportunities for climbing local peaks that can require some scrambling and are suitable only for experienced mountain hikers.

Sightseeing/Rest Day



What's included?



Included meals

Breakfast: 7
Lunch: 2
Dinner: 2



Transport

Bus
Cable Car
Taxi



Accommodation

5 nights simple hotel
2 nights simple lodge

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

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Italian

Budgeting and packing

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.

Footwear

Take a pair of good, comfortable and broken in walking boots. Trainers and/or sandals for post-trek relaxation.

Luggage: On tour

You will need one main piece of baggage and a waterproof daypack sufficiently large to take spare layers of clothing, your water

bottle, picnic and camera during each days walking (25-40 litres recommended). Your main luggage will be transferred to your next accommodation on days 4 and 6. Please clearly mark all your belongings with your name and the name of the next accommodation in order to indicate where the bags should go to next. Bags should be ready and at the reception or store room by 09:00 on the morning of your departure.

Luggage transfer

Included between your accommodation in Canazei and Passo Gardena

Equipment

You will need a water bottle (preferably 2 litres) and high factor sun cream. Trekking poles are recommended. Tap water is safe to drink at the hotel and rifugio, but water sources along the trail may not always be drinkable. We recommend you bring water purifying tablets if you intend to fill-up along the trail. Using tap or purified water rather than bottled water will help avoid creating plastic bottle waste.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

General maps

Trentino Alto Adige 1:200.000 TCI Touring Club Italiano, ISBN: B003P4VSW2

Topographic maps

Val di Fassa. Dolomiti Fassane 1:25000 Tabacco, ISBN: 8883150066

Tipping

Local fees

Local buses used to start/from end of walks - between 1.10 - 2.20 Euros each journey

Cable cars:-

Campitella di Fassa to Col Rodella - approximately 11 Euros

Vigo di Fassa to Campedie - approximately 8.50 Euros

Val Gardena to Dantercepies - approximately 9.50 Euros

Canazei to Pecol - approximately 6 Euros

Pecol to Col dei Rossi - approximately 7 Euros

Country Information

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

£5.00 - 10.00

Dinner price

£15.00 - 20.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

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

Major towns.

Credit Card Acceptance

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, Cable Car, Taxi

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Your traditional mountain hotel in Canazei has great views of the Sella and Marmolada mountain ranges. Its simple and cosy rooms have private bathroom facilities, a safe, hairdryer and television. The mountain lodge (rifugio) at Passo Gardena offers simple yet comfortable accommodation where two people will be accommodated in a private room with attached bathroom. The rooms for 2 people have an 'Austrian style' double which is one very large double bed with 2 duvets. Due to the high demand for accommodation we are unable to offer a guaranteed single room on this holiday.

Essential Information

FCO 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, Australian, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying 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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

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.