



ADVENTURES
in good company



HIKING ITALY'S NORTHERN ALPS

TRIP SUMMARY

HIGHLIGHTS

- Hiking through a diverse landscape of dramatic spires, rugged massifs, and towering walls
- Experiencing the culture and cuisine of the Italian Cortina Dolomites and Alta Badia (formerly part of the Austro-Hungarian empire, where Ladin and German as well as Italian are spoken).
- Learning more about World War I in a visceral way
- Wandering through small villages and chic ski towns

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TRIP AT A GLANCE

Location:	Northern Alps, Italy
Activities:	Hiking
Arrive:	At the Venice Airport (VCE) about 1:30 p.m. or our hotel in Cortina at 5:00 p.m.
Depart:	Leave early morning for flights out after 11:00 a.m. on the last day.

TRIP OVERVIEW

Italy's northern Alps, also known as the Dolomites, are unique among mountain ranges. Composed largely of highly erodable dolomitic limestone, the area is known for its many sheer rock walls, fantastic spires, and rugged massifs, as well as picturesque villages, excellent hiking trails, and rolling green meadows. It is also quite multicultural: much of it was part of Austria's South Tirol prior to World War I and this history is reflected in the culture and cuisine. On this hiking trip we will hike from one valley to another, allowing us to explore both the area surrounding Cortina d'Ampezzo and Alta Badia with their distinct cultures, as our luggage is transported by van. Maximum group size: 12

RATING

This trip is an excellent choice for women in very good physical condition with some prior hiking experience. We have rated this trip a 5 as we will hike 5 to 8 hours a day with significant elevation gain and loss on several days, including 2 days where we will be carrying what we need for the night. You should be free of significant knee problems and fear of heights or exposure. Prior to beginning the trip, participants should be engaged in aerobic conditioning for at least 40-50 minutes 4-5 times a week. Additional endurance exercise (e.g. going for a 2-hour hike once a week) and/or strength training is usually required. **Rating:** 1 2 3 4 [5](#).

WHAT'S INCLUDED

- A UIAGM-certified mountain guide and an Adventures in Good Company guide
- Seven nights lodging
- All breakfasts and dinners from dinner on Day 1 through breakfast on Day 8
- All ground transportation in Italy, including public and private bus, including transfer to and from the Venice airport on the first and last days
- Luggage transfer

What's not included: Travel to and from Italy, lunches, guide gratuities, alcoholic beverages, and travel insurance. For some lunches we'll buy picnic food and other times we'll stop at local rifugios.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Our trip starts about 1:30 p.m. in the Venice airport (VCE) where we will meet to catch the bus for the 2-hour trip to Cortina D'Ampezzo and the start of the trip. After getting settled in at our hotel, we'll meet for introductions and a trip orientation before going out for our Welcome Dinner. Cortina, home of the 1956 Winter Olympics, is best known as a chic ski town. However, it is still quite lively in the summer, with lots of shops, restaurants, and an active nightlife. Overnight Cortina. (D)

DAY 2

Our hiking trip starts with one of the iconic sites and hikes of the Dolomites: the Tre Cime di Laveredo ("three peaks of Laveredo") circuit hike. These three jagged limestone spires are one of the most recognizable sights here and the hiking is classic Dolomites: alpine meadows, scree, rocky paths, and outstanding views. After transferring to the Auronzo Rifugio, our loop hike starts with a relatively flat path and then an easy climb up to Forcella Col di Mezzo, with sweeping views over the Cadini, Sorapiss, and Marmarole ranges. We'll then climb more steeply up a rocky outcrop where Rifugio Locatelli is perched. Both the timing and the views make this the perfect place to stop to enjoy lunch. Our route then continues with a steep zig zag up to Forcella Pian de Cengia, a saddle with breathtaking views of the entire Tre Scarperi range wide. From here our path continues through an area full of World War I history, including old tracks, trenches, roads, and barricades with more sweeping views over the Cadini, Sorapiss and Marmarole range, before returning to Rifugio Auronzo. Hiking: 8.5 miles, 2150-foot ascent, about 6 hours. Overnight Cortina. (B, D)

DAY 3

Leaving behind the glitz of Cortina, today we carry what we need for a night as we set off for Fanes-Sennes-Braies National Park. Starting near Fiames (a short transfer from Cortina), we follow the Fanes River steadily up through a beautiful valley, surrounded by striking peaks and WWI history, to the Altiplano Fanes. This is a very popular backcountry skiing area and wintertime ski trails transform into great hiking trails. Our destination is Rifugio Fanes (6,758 feet), a mountain hotel that has been serving up good food and lively conversation for over 100 years, and a welcoming place to end our day. Hiking: 7.5 miles, 2800-foot ascent, about 5 hours. Overnight Rifugio Fanes. (B, D)

DAY 4

We continue our journey over to the Val Badia today. Located in the South Tyrol, this area was part of Austria before World War I, and the mix of Italian and Austrian culture manifests itself in the food, architecture, and language. While Italian is the predominant language in Cortina, here Ladino, which comes from the Romanash language, is also common. Many trail signs are written in Ladino, German, and Italian, emphasizing the truly rich multicultural nature of this area.

Leaving the Rifugio, we'll spend the morning hiking across the Altopiano di Fanes with its glorious views of the western Dolomites, including Marmolada, the highest peak in the region (11,024'). Our path this morning is relatively flat, before dropping to Capanna Alpina. We'll stop here for lunch before transferring to the mountain town of San Cassiano. From here we can take advantage of the lift system up to Piz Sorega and then hike on a wide ridge trail with views in all directions. We'll walk across the wide-open plain to the other side, and then hike another hour down to the town of Corvara, our base for the next two days of hiking. There are several options today to make the day shorter; this itinerary is 11 miles (before lunch is 6 miles, after lunch, mileage will depend on the option you choose). Hiking: 1,400-foot ascent, 4,000-foot descent, about 7 hours. Overnight Corvara (B, D)

DAY 5

We spend today hiking in the Sella Massif, a fortress-shaped mountain group best known for Piz Boe, its highest peak. We'll gain initial elevation without any effort as we transfer to Passo Pordoi to begin our hike along the southern face of the massif. Our trail initially switchbacks up to Forcella Pordoi, and from there we start the rolling traverse on a rocky path across the southern face. There are, as always, spectacular views of the surrounding mountains: Civetta, Marmolada and the Sassolungo mountains. We'll reach the Rifugio Franz Kostner in time for tea or a late lunch. Your choice about how to get back to Corvara will depend on how your legs are feeling: a chairlift and a gondola offer options for shortening the steep downhill hike. Hiking: about 4.5 miles, 1,750-foot ascent, about 5 hours. Overnight Corvara (B, D)

DAY 6

Today we hike in one of the other Val Badia massifs: Parco Naturale Puez-Odle. Starting at Passo Gardena, our climbs up and over two scenic passes before crossing a broad valley. After a picnic lunch along the trail, our hike continues across the Gherdenacia Plateau to a spectacular view before descending steeply to Sponata, where the chairlift saves our knees from the final descent into La Villa. Hiking: about 7.5 miles, 2100-foot ascent, 2500-foot descent, about 7 hours. Overnight Corvara (B, D)

DAY 7

Returning today to the Cortina side of the Dolomites, we'll take time learn a bit more WWI history, visiting a small museum and then exploring one of the most interesting remnants of WW I, the Lagazuoi galleries and tunnels. These are the most famous, well-reconstructed and interesting of the WW I bunker ruins and tunnels, leftover from the Italian and Austrian armies' bitter contest. Transferring to Passo Falzarego, we'll visit to a museum with lots of artifacts from the war. We'll then walk over to the cable car station. The cable car is very steep with fantastic views the whole way, ending at the top where we can visit the reconstructed bunkers and have a snack at Lagazuoi Rifugio. We can take a peek into the reconstructed tunnels, just enough to get a sense of how challenging it was to live in and guard them. (Note: Depending on opening time for the museum, the visit to Laguzoi may be before the museum visit.) We'll then take the cable car back to Passo Falzarego and from here we'll return to Cortina for the night. We'll end our hiking trip with a final farewell dinner, celebrating the miles we've hiked, the history we've learned, the great food we've eaten, and the camaraderie we've shared. Hiking: about 1 hour. Overnight Cortina (B, D)

DAY 8

We will arrange an early morning shuttle to the Venice airport, in time for flights at or after 11 a.m. However, if you want to try one of the experiences for which the Dolomites are known, a via ferrata, then plan on staying another day. On a via ferrata, every step is safeguarded as you progress, always clipped into a sturdy cable using climbing harnesses, slings, and steel carabiners. You experience what rock climbers or mountain goats feel as you make your way up a mountain that you would never want to go up without some protection! We'll send you information about how to book a guide in our Pre-Departure information.

ADDITIONAL TRIP INFORMATION

GETTING THERE

If you are arriving on the first day of the trip and planning on joining the group shuttle, you will be flying into the Venice Airport (VCE) and meeting in the Arrival Hall near the information desk by 1:30 p.m. The group will be taking the Cortina Express bus to Cortina D'Ampezzo.

If you are arriving early and returning to the Venice Airport to join the group for the group shuttle, please arrange transportation to insure your timely arrival at the Venice Airport arrivals hall by 1:30 p.m. If you are not planning on joining the group shuttle but will be making your way to Cortina independently, please plan to meet at the trip hotel in the lobby at 5:00 p.m. on Day 1.

GETTING HOME

We will arrange an early morning shuttle to the Venice airport, in time for flights at or after 11 a.m.

AIRFARE

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exitto, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

ACCOMMODATIONS

We will stay 3 nights each in Cortina and Corvara in comfortable B&Bs in twin rooms with ensuite bathrooms. We will spend one night in a mountain hut. Like all mountain huts, we will be sleeping in twin-bedded rooms with bathrooms in the hallway.

TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [Travelex Insurance](#) or call 1-800-228-9792 and reference location number 06-0331.

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CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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