




DOLOMITES: TRE CIME CIRCUIT



The most iconic mountains of the Dolomites: the Tre Cime © Ann Foulkes, trekMountains

Grade:	Moderate 	Land-only duration:	8 days
		Trekking days:	6 days
Max altitude:	2528m (optional to 2675m)	Price:	Self-guided from £695 Guided from £975
Dates:	We can run this on dates to suit you for a minimum group size of 1. The mountain accommodation is only open between 20 June and 20 September. Contact us at info@trekmountains.com with your preferred dates		

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The Dolomites were declared a World Heritage Site in 2009, and are widely regarded as being “amongst the most attractive mountain landscapes in the world”. Of all the mountains in the Dolomites, the most recognisable, and the most iconic are the Tre Cime.

Our trek takes you on a tour of the Tre Cime area. The one-day circuit of the Tre Cime is an extremely popular day walk, but our tour of the wider area will quickly take you away from the crowds to discover the gems that are waiting for you to find them.

The area was heavily involved in WW1, and many artefacts can still be seen in the mountain landscape of this region. Trenches and emplacements are preserved in open air museums, and the mountains here are riddled with tunnels that were created and used during the war. The fact that this incredibly beautiful area has experienced such a violent past adds both a history lesson and a degree of incredulity to the spectacular nature you will experience.

Our route takes in a variety of landscapes – from stark, jagged mountains to slopes of mugo pines, lush green valleys filled with flowers and rivers which might just prove tempting for a paddle during a hot day.



Enjoy delightful paths amongst impressive Dolomite peaks © Ann Foulkes, trekMountains

You will need to carry your own daysack containing just the normal things that you would take on a day walk, plus one change of clothing for the evenings, a sheet sleeping bag (not a full sleeping bag as bedding is provided in the rifugi), toothpaste, toothbrush, soap and a small towel. Food can be obtained from the many rifugi in the area. You should be able to limit the weight in your rucksack to 10kg or less.

The rifugi on this route are open from 20 June to the 20 September. We can create a bespoke trip for you on the dates of your choice, or open the trip so others can join you. We offer this route either guided or self-guided.

We have hand-picked a variety of rifugi – some large, some small, but each one unique. Wherever possible we will use small rooms, although in some rifugi the sleeping arrangements are in mixed dormitories. The rifugi offer a great opportunity to mix with trekkers from a range of nationalities, and each rifugio has a slightly different feel to it. We'd love to hear which rifugio was your favourite!

Dates

This trip is available on dates to suit you between 20th June and 20th September.

Trek description

Walking and journey times are approximate

Important Note:

The following itinerary is to be taken as a guide only. Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The trip is an 8 day trip, with 6 days of trekking. The trip can be shortened so that it has just 3, 4 or 5 days of trekking.

Additionally, extra rest days can be added during the trek, or in Cortina if required.

Day 1 Arrive Venice, travel to Cortina.

Venice offers the easiest route to the fashionable resort town of Cortina d'Ampezzo, home to the 1956 Winter Olympics. Venice has 2 airports: Marco Polo and Treviso. Whichever airport you arrive at there are coaches which run daily directly to Cortina d'Ampezzo for around €25 each way. If you prefer we can organise a private transfer for you.

Our group hotel is conveniently situated less than 5 minutes from Cortina's coach/bus station, and just a minute's walk from the high street and its great choice of restaurants and pizzerias.

Overnight hotel

Day 2 Travel to Misurina, start trek

After breakfast at the hotel we take the bus to Lake Misurina. Here we start our 6-day trek which starts by walking past lovely Lake Antorno and up through woods towards Rifugio Auronzo. Here you will see many tourists who flock to the large car park and the tourist path – not surprising as the Tre Cime are the most iconic mountains of the Dolomites. Even though this part of the Dolomites is very popular, you will still be in the mountains, and able to enjoy the peace of the sunset in this spectacular place once the day trippers have gone back down to the valley at the end of the afternoon.

Overnight mountain rifugio (B,D)



Lago di Misurina
© Ann Foulkes, trekMountains

Day 3 Trek, optional trip to high point of trek

After breakfast we ascend to the foot of the magical Tre Cime. Here we will leave the main tourist trail and enjoy the quieter paths. If you are quiet you may well get good views of marmot – often the first sign that they are there is their alarm call. Today's walk offers the option to ascend Croda Fiscaline at 2675m which is the highest point on the trek
Overnight mountain rifugio (B,D)



Delightful Rifugio Pian di Cengia
© Ann Foulkes, trekMountains

Day 4 The iconic Tre Cime at sunset & explore the WW1 tunnels

Today's walk allows time to explore the many WW1 relics in the area. Arriving early at the rifugio means you can choose to leave some of your rucksac contents in the rifugio so you can enjoy exploring the area with a lighter rucksac.

There is a lovely circular walk possible to Sasso di Sesto which offers great views of the unforgettable Tre Cime peaks. On this circuit, if you explore off the path you will see WW1 trenches and other relics.



The Tre Cime from the Monte Paterno tunnels
© Ann Foulkes, trekMountains

Another side trip from tonight's rifugio is to explore the WW1 tunnel which ascends inside Monte Paterno. The tunnel has a few windows along the way for air which offer spectacular views of the Tre Cime from a different angle. The mountains here are riddled with tunnels that were created during the war, and some of them have been made safe for exploration. Do not forget to interrupt your dinner if necessary to savour the Tre Cime at sunset. Overnight mountain rifugio (B,D)

Day 5 Explore open air WW1 museum

Our walk today offers very different scenery, We leave the barren landscape of the Tre Cime bowl, and follow a river-side path as it descends a much greener valley. Finally we head uphill onto Monte Piana.



*The Tre Cime from Monte Piana
© Ann Foulkes, trekMountains*

The ridge of Monte Piana is riddled with more WW1 artefacts: trenches, tunnels and emplacements. The area has been preserved as an open air museum. There are 360° views of the most famous mountains of the Dolomites from here, including the Tre Cime from a very different angle. Overnight mountain rifugio (B,D)

Day 6 Final full day of trekking

We may want to spend some time on the ridge exploring the WW1 open air museum before heading downhill. Note that there is a short section here where there is a chain fixed to the mountain for added security for anyone unsure of heights. We then ascend through the woods to our final rifugio of the trip.. Overnight mountain rifugio (B,D)

Day 7 Trek to the road, travel to Cortina, free time Cortina d'Ampezzo

Our final morning in the mountains,with the includes the option to summit Strudelkopf M. Specie (2307m) before descending part of the Alta Via 3. The Tre Cime and Monte Piana can be seen again on our descent to the road and the bus to Cortina where you can indulge in the luxury of a long shower, pizzas, fantastic Italian gelato and perhaps a little souvenir shopping Overnight hotel (B)

Day 8 Depart Cortina d'Ampezzo

trekMountains services end at breakfast at the hotel. Depending on the time of your travel arrangements, you may have time to explore Cortina further before heading off to the airport by coach or private transfer for your flight back home.

Extra days – Walk, cycle or relax in the Cortina area

Alternatively, you may like to stay on in Cortina longer – we can book extra nights for you in the hotel giving you chance to explore this fantastic area further. There are many lovely walks from Cortina. Another great option is to hire bikes, make the most of the excellent bike and bus services and cycle the Boite Valley. You may feel you've earned a rest, and prefer to soak up the sun and read a good book on the hotel's sun terrace or indulge in the town's spa facilities.

Extra nights can be arranged in Cortina d'Ampezzo if you would like more time relaxing and enjoying this popular town and its stunning countryside around the town.

Shorter trip: The trip can also be shortened so to 6 or 7 days in total (4 or 5 days of trekking)

Guided or Self-Guided?

The trek can be offered either guided or self-guided.

Guided: Why not enjoy a complete break and choose a guided trip? Learn about the wonderful flora in this natural garden, hear a little of the fascinating history of the area and explore (weather permitting) in some of the exciting WW1 tunnels of the area.

You will be accompanied by an experienced and qualified International Mountain Leader. Usually the leader for these trips is Ann Foulkes, Director of trekMountains. Ann is English but lives in Italy and speaks Italian. Ann would love to share her favourite mountains in the world with you. If there are just a couple of you, it will be more cost-effective to open your trip dates to other trekkers so that the costs of the guide will be shared amongst the group.



Ann Foulkes,
International Mountain Leader



Ann Foulkes on Sasso di Sesto © Ann Foulkes, trekMountains

Self-Guided: If you choose a self-guided trip, you will be provided with excellent quality 1:25,000 maps with the route marked on them, with detailed trip notes and with a language card. The bookings will be made for you, and you will be provided with vouchers for your accommodation, and if required, for any private transfers involved. Self-guided trips can be organised for a minimum of 1 person.

Not sure? Please email or call us – we consider it very important that you find the right trek for you and we pride ourselves in our ability to help you find the most appropriate trek

Why book with trekMountains?

Ann Foulkes, the Director of trekMountains and International Mountain Leader, lives in Italy, speaks Italian, and has led trips in the Dolomites every year for the past 6 years. In that time she has built up an excellent relationship with the accommodation providers and transfer companies in the Dolomites – an invaluable resource if help is required at any stage.

What's included in the price?

Guided trips

The Price Includes (Guided trips):

- Journey by bus between our accommodation in Cortina d'Ampezzo and the start and end of the trail.
- Accommodation in Cortina d'Ampezzo in our group hotel in en-suite rooms and inclusive of breakfast as per the itinerary.
- Accommodation in mountain refuges in shared rooms or dormitories on a half-board basis as per the itinerary.
- Meals as indicated in the itinerary
- Participation in the trek as per itinerary usually led by Ann Foulkes, the director of trekMountains who is a qualified English International Mountain Leader who also speaks Italian.

Not Included (Guided trips):

- International flights
- Travel between airport and Cortina d'Ampezzo
- Meals not specified in the itinerary as being included.
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs
- Allow approximately €200 - €250 spending money for meals / drinking water / drinks / showers in refuges.

Self-Guided trips

The Price Includes (Self-Guided trips):

- Journey by private transfer between the end of the trail at Passo Duran and Cortina d'Ampezzo (10 day trip only).
- Accommodation in Cortina d'Ampezzo in our group hotel in en-suite rooms and inclusive of breakfast as per the itinerary.
- Accommodation in mountain refuges in shared rooms or dormitories on a half-board basis as per the itinerary.
- Meals as indicated in the itinerary

Not Included (Self-Guided trips):

- International flights
- Travel between airport and Cortina d'Ampezzo
- Bus fare between accommodation in Cortina d'Ampezzo and the start and end of the trail.
- Meals not specified in the itinerary as being included.
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs
- Allow approximately €200 - €250 spending money for meals / drinking water / drinks / showers in refuges.

Single rooms: If you are travelling alone, you will be matched up to share with someone of the same gender. Single rooms can be provided at extra cost in the hotels (payable in advance), but not in the rifugi.

Minimum numbers and our pricing policy:

The **self-guided trip** is based on a 1 person price.

The price of the **guided trip** varies according to the number of participants. It is advertised based on a 5 person price based on twin sharing rooms. It can, however, be run fewer people. If the 5 person twin share price is not relevant to your party, we will quote according to the number of participants and the number of single / shared rooms that you require.

Alternatively, you may prefer that we open up the trip to other bookings. In that case, if there are less than 5 of you in your party we will give you a price based on the number of participants so that the trip can be guaranteed immediately. The final price will reduce as more trekkers join the trip.



Rifugio Locatelli, © Ann Foulkes, trekMountains

Travel

Flights: The Dolomites are served by several low-cost airlines which fly to Venice, including Ryan Air, Easy Jet, Thomson Fly Jet2, BMI Baby and BA. The London airports offer the biggest choice of flights, but regional flights are also possible.

Travel between the airports and the Dolomites:

Public transport: For the majority of the season, several public coaches run on a daily basis from the Venice airports and Venice itself straight to Cortina for around €25 - €30 per person each way.

Private transfers: Alternatively, trekMountains can arrange private transfers with a reputable company that we have built up an excellent relationship with. They can also offer transfers from Innsbruck airport.



Venice © Ann Foulkes

Preparing for your trek: please see our document “Preparing for your trek to Italy” for all the advice you need about travel documents, insurance, money, equipment, and medical matters.