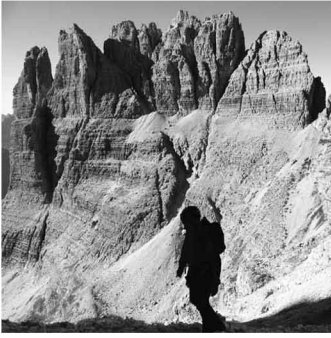




Five days walking in the spectacular Alto Adige Dolomites, from the Val Casies on the Austrian border to the Tre Cime di Lavaredo, ending in Prato Piazza, and including a Via Ferrata to the summit of Monte Paterno.

Explore Italy's most dramatic mountains on foot, from high peaks and rose-coloured pinnacles to lush mountain meadows and forests, with dolomitic fossils and World War I tunnels, canederli and strudel, fine Alpine wines and some of the most spectacular vistas on the planet...





Itinerary

Day 1 / Mon 19th July

Arrival in Alto Adige. Overnight in the Val Casies [1600m above sea level] at La Casies Hotel (www.lacasies.com).

Day 2 / Tue 20th July

Today's walk ascends to a high plateau (weather permitting), then follows the "Alta Via Bonn" through Alpine meadows and along a ridge with wide-ranging views, before descending to the Bonnerhuette refuge [2340m] (www.bonnerhuette.it) where we spend the night (refuge-style accommodation and shared bathrooms). If weather conditions do not permit us to walk the higher route today we will go via the lower Valle di San Silvestro route instead. [Estimated totals: 13 km walk; 1000m ascent, 400m descent]

Day 3 / Wed 21st July

We walk down into the valley towards Dobbiaco after breakfast. Transfer by vehicle to either the Val di Dentro or Val Fiscalina (depending on local conditions), before our ascent on foot to the Rifugio Locatelli [2450m] (www.dreizinnenhuette.com) in the Tre Cime di Lavaredo area. Dinner and overnight at Rifugio Locatelli (refuge-style accommodation and shared bathrooms). [Estimated totals: 13 km walk; 900m ascent, 700m descent]

Day 4 / Thu 22nd July

This morning we climb to the summit of Monte Paterno by Via Ferrata and stretches in World War I tunnels (optional). After enjoying the views from the top, we descend via Via Ferrata. An alternative walk is available this morning for those who prefer not to do the via ferrata. Lunch at a malga below the Tre Cime. Afternoon transfer by vehicle to the Prato Piazza area. Dinner and overnight at Hotel Hohe Gaisl [2000m] (www.hohegaisl.com) where we spend the last two nights of the trip. [Estimated totals: 11 km walk; 500m ascent, 500m descent.]

Day 5 / Fri 23rd July

For today's walk there are two options (depending on local conditions): either the ascent of Picco di Vallandro (about 9km, 850m ascent and 850m descent), or alternatively an easier walk to Strudelkopf mountain (about 8km, 300m ascent and 300m descent). Anyone preferring not to walk can enjoy a full day at leisure taking in the spectacular scenery of the Croda Rossa and relaxing in the hotel's surrounds. Dinner and overnight Hotel Hohe Gaisl.

Day 6 / Sat 24th July

Departure and onward travel.



Nota Bene

- The trip price includes: 5 nights accommodation as specified; all breakfasts, lunches and dinners (beverages/alcohol excluded); Alpine guide for the Via Ferrata; full time guiding by Rudston Steward; local Dolomites walking guides; Via Ferrata equipment rental; vehicle transfers and baggage transfers as specified in the itinerary.
- The trip price excludes: travel to/from Alto Adige at the start and end of the trip; beverages/alcohol; gratuities/tips; travel insurance.
- Please contact us to discuss the difficulty level of the walks, the nature of the mountainous terrain and altitude in the Dolomites, and the Via Ferrata, before booking.
- The Bonnerhuette and Locatelli Refuges we stay at on Days 2 & 3 are authentic traditional off-grid mountain refuges; there are no showers and hot water may or may not be available during our stay depending on daily local weather conditions.
- NOTE: this trip is not suitable for people who suffer from acute vertigo / fear of heights.

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