



AGENZIA VIAGGI - TRAVEL AGENCY

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Package 1a – Trekking for families and inexperienced walkers History and nature ideal for children.

*The mountain guides of Cortina propose four days of trekking, to discover the high altitude places where the **Great War** was fought - a new way to learn about history in the **open air**, constantly immersed in the marvellous **nature** of the Dolomites. To round off your journey into the past you can choose to be taken to the places frequented by **the prehistoric man of Mondeval**.*

Main features

Level: easy trekking for families and inexperienced walkers. The walks last 4 – 5 hours; minimum age for children is 6.

Type of accommodation: in double rooms or dormitories according to availability.

Meals: half board including breakfast and evening meal, drinks not included. Lunch is in the high altitude refuges.

Duration: 4 days and 4 nights, from Thursday evening to Monday morning included.

Guide: complete assistance by professional mountain guides.

Transport: transfer to the refuges by shuttle bus or, where necessary, by cable car or chair lift.

Transport of luggage from one refuge to another: insured and included in the package.

Return transfer: on the basis of times.

Description of the days' activities:

- **Thursday – Introduction to Cortina d'Ampezzo, the “Queen of the Dolomites”**
Arrival at Cortina - welcome by the mountain guide and distribution of informational material - You will then have 2 hours free to visit the town centre and do some shopping – During your free time, you can leave your luggage in safety at a deposit – Transfer to Falzarego Pass and overnight stay at the refuge.
- **Friday – Encounter with history at an altitude of over 2800 metres**
Departure from the refuge on foot as far as the Lagazuoi cable car - Ascent to Monte Lagazuoi by cable car – Visit to the positions and gun emplacements of the Great War - Descent to the Dibona refuge – from here, transport to the refuge where you will be spending the night.
Description: Total change in altitude 250 m. Duration around 4-5 hours. The route takes you to the peak of the *Piccolo Lagazuoi* with its ancient characteristic cross. Leaving a small coin in the cracks of the wood is supposed to bring good luck, and so the entire cross shines with the hundreds of coins left by the tourists; but beware: the coin should not drop when it is left, since in this case your luck will be bad. Going down you can visit the Austrian

emplacements of the *Muraglia Rocciosa*. There are numerous testimonies to the war here, including an old abandoned cemetery.

- **Saturday – Marching in the trenches of the First World War, in the thrall of the mythical 5 Torri**

Departure from the refuge – visit to the museum of the Great War of the 5 Torri – After the visit you reach the Giau Pass and hence the refuge where you will be spending the night.

Description: Total change in altitude 350 m. Duration around 4 hours. The day starts with a visit to the Cinque Torri, a collection of Cyclopean rock masses famous throughout the Dolomites because of their suitability for rock climbing. On these walls there are hundreds of routes of varying difficulty and all perfectly equipped, where each summer thousands of mountaineers go through their paces. The countless narrow gorges were used by the Italians to build numerous trenches during the Great War, which are now restored and can be visited. You then go up to the oldest refuge in Cortina, at Monte Nuvolaù (built in 1884). The all-round view from the terrace is indescribable. From here, skirting the slopes of the Nuvolaù you come to the Giau Pass.

- **Sunday - Meet the prehistoric man of Mondeval.**

Departure from the refuge; crossing the *Alpe di Mondeval* (with a visit to the neolithic site), you reach the Palmieri refuge on the banks of Lake Federa. From here you descend to the locality of Rucurto, from where you take the shuttle bus to the refuge for your overnight stay.

Description: Total change in altitude 300 m. Duration around 5-6 hours. During the first part of this day you can admire spectacular high-altitude meadows where as early as the Palaeolithic Era skilful hunters walked, one of whom was discovered a few years ago, complete with his funeral attire, underneath a large boulder. Admiring the lovely view over the wide Ampezzo Valley, you reach Lake Federa, which reflects the imposing *Croda da Lago* and the slender *Becco di Mezzodi*. Return by shuttle bus to the refuge where you will be spending the night.

Rate include:

- Transfer from Cortina centre to mountain hut for the overnight of the first day. Transfer back to Cortina centre on the last day.
- 4 overnights in mountain hut, with half board arrangement starting from dinner on Thursday night, ending with breakfast on Monday morning.
- 3 days trekking as described in the programme above.
- Guide and assistance of an expert mountain guide for the 3 days of trekking described in the programme above.
- Cable-car or chari-lift one-way ticket where needed.
- Medical insurance.

Rate does NOT include

- Transfer to arrive in Cortina
- Drinks
- Lunches
- Anything else not mentioned in “Rate include”

RATE 2011

MINIMO 4 PAX €684.00 P.P.
MINIMO 5 PAX €675.00 P.P.
MINIMO 7 (MAX 8) PAX €653 .00 P.P.