

## Package 2b – Trekking for medium-level walkers

### **In the heart of the Dolomites**

*There are countless reasons why the Lagazuoi 5 Torri and surrounding area are special. The Mountain Guides of Cortina are so well aware of this that they would like to propose to you two exciting excursions in search of **archaeological sites**, high altitude meadows with their incomparable **flowers**, ancient **lakes** of glacial origin and age-old stone pines... In this unspoilt natural world there are many itineraries that wind among the trenches, tunnels and emplacements of the **First World War**, now perfectly restored. And to conclude with a flourish, a memorable night spent in a high altitude refuge so that you can admire the fantastic colours of the **sunrise and sunset** in the heart of the Monti Pallidi...*

### Main features

**Level:** trekking for fairly experienced walkers. The walks last around 6 hours.

**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:** depending on times.

### Description of the days' activities:

- **Thursday – Introduction to Cortina d'Ampezzo, the “Pearl of the Dolomites”**  
Arrival at Cortina and welcome by the mountain guide - 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 at the Guides' office – Transfer to the Cinque Torri and overnight stay at the refuge.
- **Friday – The high altitude military fortifications**  
Departure from the refuge, visit to the open air museum of the Great War and ascent to the Nuvolau refuge - Descent to the village of Castello with a visit to the area of the castle of

Andraz – arrival at the refuge and overnight stay.

**Description:** Total change in altitude 450 m. Duration around 6 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 Nuvolau, the oldest refuge in Cortina, which has undergone very few changes in the last hundred years. Going into it is like going back to the time of the mountaineers at the turn of the twentieth century. The all-round view from the terrace is, of course, indescribable. Descending, you come to the pastures of Pontin and thence to the hamlet where the mediaeval castle of Andraz rises. This is one of the most ancient castles of the Dolomites. It was built in 1027 on a great fallen rock to defend the foundries and the road along which travelled the iron extracted from the mines of Monte Pore. After a brief visit to the castle, you reach the hotel where you will be staying overnight.

• **Saturday – From Falzarego Pass to Giau Pass over the Dolomite passes**

From the refuge you reach the pass by shuttle bus. From here by cable car you go up to Monte Lagazuoi – Going down, you reach the top of the *Col dei Bos* – From here you proceed to the refuge where you will be spending the night.

**Description:** Total change in altitude 350 m. Duration around 6 hours. During the descent you leave behind the Austrian line and pass through the front, going beyond the Italian lines with their numerous war testimonies, including an old abandoned cemetery. You descend to the *Ospedaletti*, the ruins of a large Italian hospital complex which received those wounded at the front. Transfer by shuttle bus to the refuge where you will be spending the night.

• **Sunday – Along the pastures on the peaks**

Departure from the refuge. Crossing of the *Alpe di Mondeval* – Arrival at the Palmieri refuge – Arrival at the *malga* (mountain hut) of *Peziè de Parù*. From here you return to the refuge for your overnight stay.

**Description:** Total change in altitude 500 m. Duration around 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. Enjoying the view of the wide Ampezza Valley, you come to Lake Federa, which reflects the imposing *Croda da Lago* and the slender *Becco di Mezzodi*. Finally, you descend to an *agriturismo*, where the shuttle bus will be waiting to take you 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 €675.00 P.P.

MINIMO 5 PAX €665.00 P.P.

MINIMO 7 ( MAX 8 ) PAX €642 .00 P.P.