



Walk

Walking holiday in the mountain range located in North East Italy

The Dolomites

2023



SATURDAY

2

SEPTEMBER

IN SUPPORT OF

Cycle Against Suicide

SATURDAY

9

SEPTEMBER

THE DOLOMITES ARE AN UNESCO WORLD HERITAGE SITE and part of the Southern Limestone Alps. They are an incredible range of high peaks of a red, golden, white colour rock in the sun. Below them is a contrast of bright lush green meadows and pine woods.

There are a great variety of walks to choose from the lowland forest and meadow walks to high reaching peaks, glacial valleys and lakes.

We have chosen the best walks in this region that would suit a mixed group of fitness levels but at the same time also visit many of its great scenic locations.

The Dolomites, also known as the "Pale Mountains", take their name from the carbonate rock dolomite, itself named for 18th-century French mineralogist Déodat Gratet de Dolomieu (1750–1801), who was the first to describe the mineral.

For full details email noel.rigney@cycleagainstsucide.com



**PHOTOS FROM
2022**





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Itinerary

DAY 1 Saturday, Sept 2nd

Fly to Venice, transfer to Cortina d'Ampezzo.

Once we land in Venice it's onto the coach towards Cortina d'Ampezzo "Queen of the Dolomites" and famous for the 1956 Olympics and of course the Ford car which took its name. It's a busy little town in a valley, surrounded by fabulous sharp peaks in all directions. This is a skiing resort in the winter, for wealthy people and is also a centre for those doing the famous "Via Ferrata". You can buy your Gucci handbags and Versace belts and generally upgrade your wardrobe while you are here!

Our accommodation is based in the family-owned Hotel Trieste. The family owners are friendly and enthusiastic and have been very helpful to us with planning our trips here. We will all dine in the hotel.

Here there is also a chance to meet your guides and have a briefing about the week events ahead.

DAY 2 "Croda da Lago" – A high raised lake surrounded by an Alpine meadow.

Walk Details: Croda da Lago – Approx 14Km, Incline Approx. 500m. There is also a choice to shorten today's walk using an alternative trail.

The Croda de Lago is a beautiful glacial lake that sits high in a mountain of the same name. We take a public bus towards the Passo Giauu and start our walk at Rucurto along marked trails 437 and 434. The trail takes a forested track gradually ascending to some of the most panoramic views over Cortina and its surrounding peaks. Continuing on the trail we come to a meadow and eventually the Lake itself. The lake is stunning with a large mountain as a backdrop to its right as we approach. There is a wonderful Rifugio here where you can relax and enjoy a drink or a bite to eat before we make our descent back down. This walk will bring us back into Cortina on another route.

After our return to Cortina there is plenty of time to freshen up and have a bit to eat.

DAY 3 Guided Walk near Lagazuoi and the Passo Falzarego.

Walk Details: Lagazuoi loop walk – Approx 9.5Km, Incline approx 540m

There is also a choice to shorten today's walk using an alternative trail or cable car.

Lagazuoi overlooks the Passo Falzarego and the Tofana de Rozes mountain range.

We take a public bus towards the Passo Falzarego and start our walk from the car park where the bus leaves us. From here we follow the trail 402 north east as it climbs its way up towards the junction at Forc Travenanzes. We then continue on taking a right and looping around the Col de Bos and eventually back to where we started. The views on this trail are stunning particularly from the Forc Travenanzes.

Once we have reached back to our starting location, we can enjoy a drink before making our way back to Cortina by public transport for the evening.

NB Walk routes may be changed for operational or safety reasons.





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DAY 4 Rest Day

Today is your day to relax and take some time to discover the area at your pace. There is a wonderful Greenway that is built on the train line to Vienna.... You can choose to cycle either direction from Cortina, It's a wonderful way to spend the day. The guides can also suggest a local walk for you or you can simply relax in Cortina and sock up the atmosphere.

DAY 5 "Cinque Torri" (Five Towers) stay in Mountain Rifugio

Walk Details: Passo Falzarego to Cinque Torri – Approx 12Km, Incline approx 400m

There is an option to shorten this walk by using the Cable car.

We will take the local bus to the Passo Falzarego. From here we will start to make way towards the Cinque Torri (5 towers). Starting out from the Passo Falzarego we make our slowly upwards through a fine Alpine meadow towards the summit.

The trail goes through some rocks and eventually around the side the mountain offering incredible views in all directions including great views of Marmolada, the Dolomites highest point at 3,343m.

This area is stunning – it feels like you are on the roof of Europe, with sharp peaks in all directions.

When we arrive at the top we can book into the Rifugio we are staying and leave our bags there before we go exploring this area. Famous for its WWI posts and of course where you can see some rock climbers cling to the rocks high above you.

The stunning scenery includes some historical sites. These mountains were occupied by the Italian army during the First World War This is a part of Italy that has been owned by other countries at various times.

We will have dinner at the Rifugio and the food is excellent. Although this is a mountain Rifugio it is a very modern and comfortable one complete with bed sheets, towels etc.

An early night is recommended for our early start the following morning.

DAY 6 Sunrise Walk on Nuvolau Mountain.

Walk Details: Sunrise Walk from Rifugio. Approx 6Km with Incline of 320m

Today is a very early start for those wishing to the sunrise walk. Starting from our Rifugio we will make our way towards the Nuvolau Rifugio. This sits right out on the side of Nuvolau Mountain and gives incredible views in all directions and an absolute must for capturing some of the best pictures in this area.

On return to our Rifugio we can enjoy some well-earned breakfast before making our way back down to catch our bus back to Cortina.

We should reach Cortina in the early afternoon which will give you some time to yourself to explore Cortina, relax or take a rental bike out along the greenway here. You may also fancy a siesta after your very early start.





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DAY 7 Faloria National Park and Ecotourism farm.

Walk Details: Faloria to Cortina – Approx 14Km, Decline approx 800m

There is also a choice to shorten today's walk using an alternative trail.

Today we will walk together from the town of Cortina, and the slopes go downhill. An enclosed ski lift will bring us to Refugio Faloria (2123 M).

From here we will make our way down through forests trails, passing little farms and fields of cattle on an Eco Farm. The farm is an ecotourism farm with local fresh and wonderful foods straight from the farm itself with a selection of cheeses and local meats.... This is a great spot to stop for a snack along the way.

After our stop here to refuel ourselves, the walk continues on through a winding forest track which eventually brings us back into Cortina through colourful Alpine meadows and part of the Cortina Greenway.

Once we are all back in Cortina we can freshen up and enjoy an evening meal.

As this is the last evening together a suitable restaurant will be chosen to have our meal together as a group.

DAY 8 Flying back

Saturday, Sept 9th We are flying home from Venice.

Cost €2,200 (twin basis)

Limited availability. (Only 22 spaces!!)

Single Room supplement extra €270 - very limited availability.

Less the €200 deposit, individuals are most welcome to fundraise to cover the rest of the cost.

INCLUDED IN COST

- » Flights,
- » Bus Transfers
- » Guided Tours
- » Hotel accommodation bed(twin basis) and breakfast

- » Dinner on 4 nights. Welcome dinner on the first night. Celebratory dinner on last night. Dinner at the overnight Rifugio and one other.
- » Pack Lunches where required.
- » Branded t-shirts and tops.

NOT INCLUDED

- » Meals not mentioned in Itinerary
- » Drinks
- » Travel Insurance

For full details email noel.rigney@cycleagainstsucide.com

