

# Self-Guided Walking in the Dolomites

Trip Code: SGID

Version:



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Stay the week in a welcoming 3\* hotel base, ideally located in Cortina• Marvel at the incredible spires of Tre Cime and summit the mighty Nuvolau Peak• Enjoy the warm hospitality (and delicious strudel) of the mountain huts• Soak in the breath-taking scenery and watch in awe as climbers scale the rock faces

## AT A GLANCE

- Self-Guided
- 6 days walking and sightseeing
- Daily departures available
- Suitable for 2+ travellers
- GPS Travel App
- Join at Cortina d'Ampezzo

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Nestled in the Ampezzo valley in the heart of the soaring Dolomites, the desirable commune of Cortina, known as the Queen of the Dolomites, invites you to discover her many charms for yourself on this one week self-guided walking holiday. This magnificent region proudly boasts a wealth of adventure opportunities including numerous hiking and skiing trails alongside adrenaline-pumping via ferrata and rock climbing routes. The draw of Cortina is not exclusively outdoor sports however; the many spas and wellness experiences set in the fresh mountain air and dramatic backdrop also help make it a premier destination for discerning travellers.

On this one week Italian escape, you will find yourself inspired by breath taking rugged peaks as you walk among the towers of Tre Cime, Cinque Torri and Tofana, enshrined in mountaineering legend. You will be enchanted by tranquil mountain lakes with mirror-like surfaces, and at dawn and dusk, be treated to a stunning panorama of the pale peaks set aflame with a spectacle of alpenglow colour. Bellissima.

## Is this holiday for you?

If you love Italian architecture, salivate at the thought of hearty Italian cuisine and long to be surrounded by the high peaks then you will love this one week self-guided walking holiday in the Dolomites. Based for the week in a well rated 3\* hotel in the heart of the luxurious town of Cortina, you can enjoy the best of the Dolomites and soak up the buzz of this popular holiday destination. Utilising the fantastic bus network and cable cars to the high passes we have specially designed this trip to provide the remarkable feeling of being amongst the high peaks without as much effort as you might expect. You will walk up to 15km with an ascent of up to 700m per day on lovely alpine paths. Plus, the advantage of a centre based trip means that if you feel like a day of relaxing instead of a day hiking, you can easily do so. After all, this is your holiday to spend as you wish.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Private transfer day 4: Cortina - Auronzo hut return trip
- Private transfer day 5: Cortina - Dibona hut return trip
- Self-guided information pack containing your map and route notes

### What's not Included

- Travel insurance
- Travel to / from Cortina
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Public transport / chairlifts
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts and ends at Cortina d'Ampezzo. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport is Venice Marco Polo, which is well-connected by low cost flight options from UK regional airports.

It is possible to take an express bus service from Marco Polo Airport to Cortina with the journey taking approximately 2 hours. It is advisable to book your tickets for the bus service in advance, particularly in the peak summer months. Please visit [www.cortinaexpress.it](http://www.cortinaexpress.it) or telephone 39.0436.867350 to arrange this.

Please note that it is quite normal for the exact times not to be confirmed until only a couple of months before.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

One of the great things about this trip is being able to see the cultural influences on the local cuisine from the German inspired delicacies of South Tyrol such as Apfelstrudel and Groustl (a beef stew) to typically Italian pasta dishes. With so many culinary delights to enjoy along your route, we have designed this programme on a bed and breakfast basis, allowing you to sample as many as possible. Breakfasts are typically continental with fruit, cereals and fresh pastries on offer, served with a cup of coffee. Along your walks you will find inviting mountain huts and cafes, and in the evening there are many fine restaurants to choose from. We recommend always asking for the house wine, they are usually from the local vineyards you have been walking through each day, not to mention that they are fantastic.

## Accommodation

You will be based for the week in a comfortable 3\* historic hotel in Cortina. Decorated with a typically Alpine style, rooms here boast views of the surrounding mountains and you will be sure to feel immersed into the heart of the Dolomites. The hotel offers a great breakfast buffet to fuel your adventures, and a restaurant serving up delicious traditional cuisine.

Rooms are on a double or twin basis, some with Austrian style twin beds as is traditional in this area (two beds within one bed frame and separate bedding).

It is possible to arrange additional nights accommodation if you would like to enjoy this magnificent region a little longer. Please speak to one of our sales team for further details.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and it's always a good idea to spend some time walking in the footwear you are going to use on this holiday.

## Climate

North Italy is still in the middle European climate zone making for warm summers and cold winters. Spring brings beautiful wild flowers across the meadows, warm days and often cool evenings. Temperatures in the autumn are similar. Rainfall in the region occurs in all seasons and so we recommend you pack your waterproofs just in case.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Via Ferratas of the Dolomites Vol 1 Smith and Fletcher. Cicerone Press

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof jacket
- Waterproof trousers
- Rucksack (approx. 20 l)
- Small first aid kit inside your rucksack



- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please note our 'from price' listed is based on 4 persons on a twin or double basis, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## why KE?

Cinque Torri, Tre Cime and Tofana di Rozes were all made famous by climbers and mountaineers of the Dolomites. Now it's your turn to walk among the giants from your base in the luxurious town of Cortina, your home for the week.

**Please Note** This document was downloaded on 21/11/2024 and the trip is subject to change