





## HIKING HOLIDAY IN THE NATURE PARKS OF THE DOLOMITES - UNESCO WORLD NATURAL HERITAGE

 self-guided tour

 Hike

 56-84 km

 Easy

Duration: 7 days / 6 nights

16 years and older



## DESCRIPTION

This hiking tour leads through three language areas and their related cultures: starting in the German-speaking Hochpustertal, it continues going through the Ladin-speaking Fanes and lastly in the south of the Passo Falzarego, where the Italian language finally dominates. In addition to the visible traces of the former so-called Alpenfront (Alps Front) which can be seen in an openair museum. This hiking path offers the possibility to meet this magical world in all its facets: extraordinary picturesque beauty, magnificent views, stunning peaks and wonderful walks. A true paradise and an exciting adventure for people who love the mountains! The hiking route runs along marked mountain paths and hiking trails. The tour is suitable for anyone in good basic physical condition. Climbing experiences are not necessary!

## DETAILED ROUTES

### 📍 Day 1: Alta Pusteria (Villabassa o Dobbiaco)

Individual arrival at the hotel in Hochpustertal/Alta Pusteria. Free, unguarded public car park near the hotel.

### 📍 Day 2: Lake Pragser Wildsee – San Vigilio/St. Vigil

(ascent approx. 800 m, descent approx. 1.100 m / approx. 5-6 hours - Variante to Pederù: ascent approx. 900 m, descent approx. 850 m / approx. 5-6 hours)

Starting at the pearl of the Dolomite lakes, the lake Pragser Wildsee (1.494 m), you hike through the romantic area of the nature park Fanes-Sennes-Prags which is one of the largest protected areas of South Tyrol. In the shade of the impressive mountain massif Seekofel you will reach the high alpine pasture Fojedöra. Stop and enjoy the homemade bread and the tasty alpine cheese. Through the lonely high valley you hike past the lake Hochalpensee and finally reach the highest point. Far down in the valley you can already see the villages of the Gadertal.

### 📍 DAY 3: San Vigilio/St. Vigil – Badia/Abtei – San Cassiano/St. Kassian

ascent approx. 960 m, descent approx. 700 m / approx. 6 hours

The cable car Piz de Plaies takes you from San Vigilio to the starting point. The path leads through light woodland and meadows to Piz de Corn. The mountain Peitlerkofel is enthroned on the opposite side. You hike on to the saddle Ritjoch and cross the mountaineering village of La Val. The mighty flanks of the mountain Heiligkreuzkofel are always in view. At the foot of the peaks Neuner and Zehnerspitze you reach the shelter Heiligkreuz. After a short descent you take the cable car to Badia. At the end of the trekking a transfer will take you to San Cassiano.

### 📍 DAY 4: Roundtour San Cassiano/St. Kassian

ascent approx. 640 m, descent approx. 630 m / approx. 4 - 5 hours

This circular hike takes you from San Cassiano/St. Kassian up to Piz Sorega and onwards across alpine meadows, where you will find numerous refreshment stops with local specialities. You walk in the direction of Pralongià and finally back to San Cassiano/St. Kassian

### 📍 Day 5: San Cassiano/St. Kassian – Cortina d'Ampezzo

(ascent approx. 900 m, descent approx. 600 m / approx. 7-8 hours - Variant St. Kassian – Falzarego Pass: ascent approx. 1.050 m, descent approx. 600 m / approx. 5-6 hours)

At first, the trail runs comfortably along the valley floor to the Capanna Alpina. In the shadow of the majestic Fanes and Conturines peaks, you hike to the Scottoni refuge and on to the crystal-clear Lagazuoi lake at the foot of the Scottoni peak, in whose waters the bizarre peaks of the Fanes Dolomites are reflected. Via the Dolomites High Trail you hike to Lagazuoi, which was turned into a veritable fortress with tunnels and trenches by soldiers during the First World War. It is possible to take the cable car directly from the summit to the pass. to the pass. Below the Tofanen you hike to Pocol and from there by bus to Cortina.

### 📍 Day 6: Cortina d'Ampezzo – Son Forca – Ospitale – Hochpustertal

(ascent approx. 970 m, descent approx. 720 m / approx. 5-6 hours - Variant with chairlift Rio Gere to Son Forca: descent approx. 500 m, descent approx. 800 m / approx. 4 hours)

The last day of hiking starts in the centre of Cortina d'Ampezzo. Through woodland and meadows, the route is initially relatively to the Rifugio Mietres, from where you can take a last look at Cortina once more. A fantastic panorama at the highest point will soon make you forget the efforts of the ascent. Afterwards, it is almost all

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downhill through the idyllic Val Padeon to the end of the stage in Ospitale. You then continue by public bus to the Alta Pusteria.



## Day 7

Individual departure from Hochpustertal/Alta Pusteria or possibility to extend your stay.

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## GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 56-84 km
- **Starting point:** Toblach
- **Arrival:**

**By car:** on the motorway Brenner/Brennero (A22) to Brixen/Bressanone – take the exit “Brixen-Pustertal”, then along the valley Pustertal/Valle Pusteria (SS49) to Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel or drive along the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then further into Italy through the valley Pustertal/Valle Pusteria to Toblach/Dobbiaco or Niederdorf/Villabassa, depending on the location of your hotel.

**By train:** Take the train from Innsbruck over the Brenner/Brennero to Franzensfeste/Fortezza. Change trains for the Pustertal/Valle Pusteria - Lienz and get off either at Niederdorf/Villabassa or Toblach/Dobbiaco depending on the location of your hotel. Timetable available on: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).

**By plane:** Low cost flights are available to Innsbruck airport, Sant' Angelo - Antonio Canova airport in Treviso and/or to the Marco Polo airport in Venice. On request, we can organise transfers from the airport to the starting point of the cycle tour.

- **Accommodation:**

Hotels 3\*\*\* and 4\*\*\*\* category;

**Attention:** Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

Free and unguarded parking facilities for the duration of the bicycle tour at a nearby public parking area.

## INCLUDED SERVICES

- Accommodation in hotels 3\*\*\* and 4\*\*\*\* category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Tickets for transfers according to the program (cable-car and bus)
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Navigation APP

## NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner (if not booked)
- Cable car St. Kassian and Falzarego Pass, Busticket to Cortina and Toblach/Niederdorf
- Not mentioned entries
- travel insurance
- All not expressly mentioned under the item „Included services“

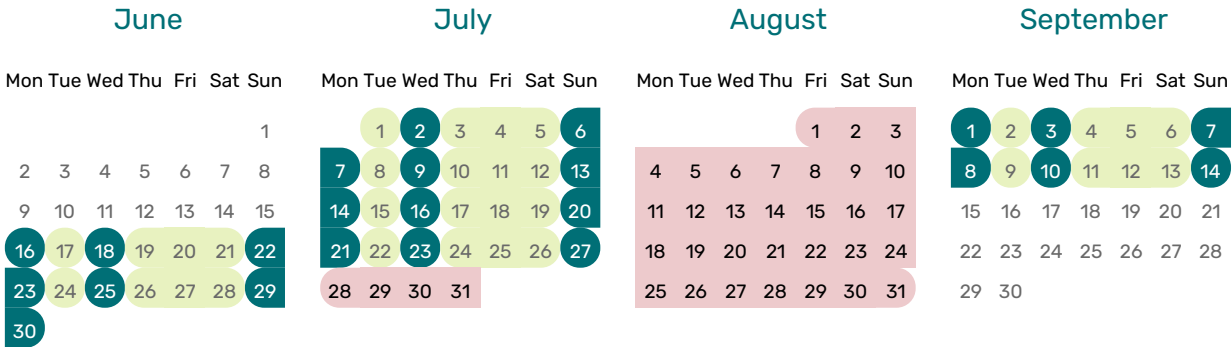
# HIKING DOLOMITES ALTA VIA

- Telephone service hotline for the entire tour

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## STARTING DATES

  Available - arrival possible     Not Available     Available for groups from 6 persons and on request



## PRICES

### Standard

Package price in a double room	from 16/06/2025 to 14/09/2025	919 €
Package price high season	from 07/07/2025 to 27/07/2025	989 €

### Additional services

no bike		0 €
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### Additional nights

See ebsite