

 Self-guided tour

 Hike

 00-00 km

 Easy

Duration: 8 days / 7 nights

DESCRIPTION

An immersive experience among breathtaking landscapes, guided hikes, and moments of true well-being. "Dolomites in Motion" is the perfect holiday for those who love to walk, explore, and slow down, surrounded by the unspoiled beauty of the Friulian Dolomites Park.

DOLOMITES IN MOTION: BETWEEN NATURE AND WELLNESS

DETAILED ROUTES

📍 Day 1: Forni di Sopra and Herbal Skincare Workshop

Arrival in the morning, free time and lunch on your own. In the afternoon, enjoy a Forest Bathing experience in the Friulian Dolomites with a sensory and wellness walk designed to connect deeply with nature. Discover how to use plants for beauty and health in a hands-on herbal skincare workshop.

Dinner and overnight stay at the hotel.

📍 Day 2: Hike to the Mountain Huts and Tasting Experience

Breakfast at the hotel. Chairlift ride up to 1,750 meters. A short walk leads to Malga Varmost, where you'll be welcomed by its cheerful farm animals. Enjoy a tasting of local products. Optional hike to Malga Tartoi. Descent by chairlift back to the valley. Dinner and overnight stay at the hotel.

📍 Day 3: Forni di Sopra

Breakfast at the hotel. Day at your disposal for individual hikes, relaxing at the pool or spa. Lunch on your own. Dinner and overnight stay at the hotel.

📍 Day 4: Forni di Sopra – Nordic Walking Excursion: Discovering the Park's Natural Beauty

Breakfast at the hotel. Meet your guide for a nature hike through the stunning landscapes of the park, using Nordic Walking poles and incorporating fitness exercises along the way. Return to the village and lunch on your own. Dinner and overnight stay at the hotel.

📍 Day 5: Forni Di Sopra

Breakfast at the hotel. Day at your disposal for individual hikes, relaxing at the pool or spa. Lunch on your own. Dinner and overnight stay at the hotel.

📍 Day 6: Forni di Sopra – Hike and Lunch at the Mountain Refuge

Breakfast at the hotel. Meet your mid-mountain guide for a hike to Rifugio Giau, following a scenic trail from the village that offers breathtaking views of the Dolomites and the upper Tagliamento Valley. Lunch at the refuge. Return in the afternoon. Dinner and overnight stay at the hotel.

📍 Day 7: Forni di Sopra – "Water Trails" Hike and Stargazing Experience

Breakfast at the hotel. In the morning, meet your nature guide for a nature hike along hidden trails, discovering untouched, refreshing places rich in streams and waterfalls. Dinner at the hotel, followed by an evening excursion to admire the starry sky, free from light pollution. Return and overnight stay.

📍 Day 8: Forni di Sopra – Wine Tasting in the Vineyards of Forni di Sotto

Breakfast and wine tour among the Friulian Dolomites: discover Forni di Sotto, a land where winemaking tradition meets innovation. After the tasting, departure for your home destinations.

DOLOMITES IN MOTION: BETWEEN NATURE AND WELLNESS

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Forni di Sopra
- **Arrival:**

- **Accommodation:**

Hotels 3*** category

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

- **Parking:**

Parking at the starting hotel; cannot be booked at the moment of reservation of the tour; to be paid directly on the spot.

INCLUDED SERVICES

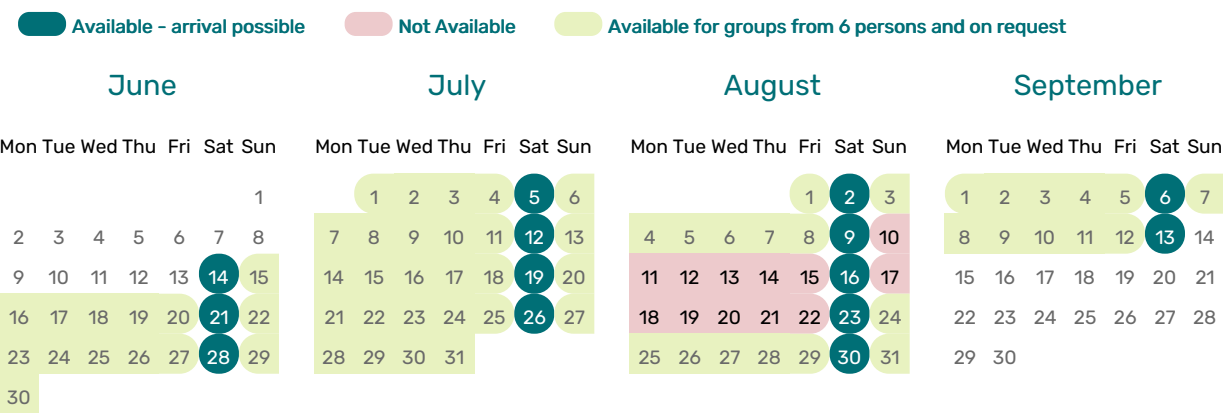
- Accommodation in hotels 3*** category
- Breakfast buffet or full breakfast
- Dinners
- Forest Bathing and herbal skincare workshops
- Chairlift ticket to Varmost
- Tasting of mountain dairy products
- Nordic Walking experience exploring the Park
- Guided mid-mountain hike
- Lunch at a mountain refuge
- Nature hike and stargazing experience
- Guided hike along hidden water trails and rivers
- Visit to Forni di Sotto and wine tasting

NON INCLUDED SERVICES

- Arrival at the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch
- Nordic Walking poles rental
- Not mentioned entries
- All not expressly mentioned under the item „Included services“

DOLOMITES IN MOTION: BETWEEN NATURE AND WELLNESS

STARTING DATES



PRICES

Standard		
Package price in a double room with half board	from 05/07/2025 to 26/07/2025	1.320 €
Package price in a double room with half board	from 14/06/2025 to 13/09/2025	1.180 €
Package price high season	from 02/08/2025 to 30/08/2025	1.390 €
Single room surcharge		210 €
Additional services		
no bike		0 €