






## HIKING WEEK IN THE NATURE PARKS OF THE DOLOMITES A UNESCO NATURAL WORLD HERITAGE SITE

 self-guided tour

 Hike

 00-00 km

●○○ Easy

Duration: 7 days / 6 nights

14 years and older



## DESCRIPTION

Experiencing nature – idyllic Mountain lakes, lush Mountain pastures, green forests and the legendary Dolomites will guide you through three Nature Parks during your hike. Not without reason, were the Dolomites declared a Natural World heritage site. As a preamble to the hike, you are greeted by lake Pragser Wildsee, in whose crystal-clear waters the whitewashed walls of the Seekofel, are mirrored. All those who believe that nothing more can top this experience, be well advised that high above Cortina d'Ampezzo you can view and glance over some of the most striking summits. The Cristallo Group of mountain peaks; the Pinnacle on Mount Tofane and the summits around the Fanes Mountains, all wrestle for the attention of the observer. Naturally, an excursion to the Drei Zinnen (Three Peaks) cannot be left out. Finally, we will introduce you to the splendours of Sesto, the valley of the mountain climbers and mountain guides. This is an easy and accessible hiking tour through well-marked trails. It is suitable for anyone in good basic physical condition and climbing experiences are not necessary. The tour is suitable for children from the age of 14!

## DETAILED ROUTES

### 📍 Day 1: Hochpustertal (Niederdorf/Villabassa or Toblach/Dobbiaco)

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

### 📍 Day 2: Villabassa/Dobbiaco – Pragser Tal/Valle di Braies – Plätzwiese

(ascent approx. 1.100 m, descent approx. 580 m / approx. 6-7 hours or Variant: ascent approx. 790 m, descent approx. 0 m / approx. 4-5 hours)

Your hiking holiday starts by the idyllic lake Pragser Wildsee, which fascinates the sightseer with the crystal clear turquoise waters of the lake. Here you get a first impression of the Pragser Tal; with its dark-needled coniferous forests and the whitewashed walls of the mountain rocks, it counts to the pearls of the Dolomites. The way leads you to the alpine pasture Rossalm and then to Plätzwiese.. Beside calm and nature you encounter here also a panoramic view: In the vastness you can see the mountains Cristallo, Tofana and the world-famous Drei Zinnen (Three Peaks). Leisurely walkers have the possibility to choose a variant for the first stage, at which they are taken to the guesthouse Tuscherhof and start their walk from there. Following the river Stolla they pass the guesthouse Brückekele, the homonymous hut Stolla and rock paintings (cases of erosion, which are produced by the constant influence of water and the different composition of the rock) to get to the Plätzwiese.

### 📍 Day 3: Plätzwiese – Strudelkopf or Dürrenstein

(Strudelkopf: ascent approx. 360 m, descent approx. 360 m / approx. 3-4 hours or Dürrenstein: ascent approx. 850 m, descent approx. 850 m / approx. 4-5 hours)

Starting point of today's stage is the alpine pasture Plätzwiese, which together with the mountains Hohe Gaisl and Kreuzkofelgruppe counts as the most treasured and revered hiking areas in the country; the charismatic magnetism of the unusual flora and natural lakes, have an enthralling charm on the discerning visitor. The bizarre and fascinating fables according to legends of the ancient tribes of Fanes Empire are relevant here. In the Nature Park Fanes-Sennes-Prags, the largest nature park in the Dolomites, you can make your choice between two options. Starting at the Plätzwiese depending on the variant you reach either the Strudelkopf (short variant) or the Dürrenstein (longer variant). Both options offer you a spectacular view on the Hohe Gaisl, the Drei Zinnen (Three Peaks), the Tofana and the Monte Cristallo peak.

### 📍 Day 4: Plätzwiese – Knappenfußtal – Passo Tre Croci – Cortina d'Ampezzo

(ascent approx. 0 m, descent approx. 460 m / approx. 1,5 - 2 hours or Variant: ascent 650 m, descent approx. 840 m / approx. 5,5 - 6 hours)

You hike through the high plateau of the Plätzwiese and descend through the Knappenfußtal to Cimabanche – the frontier between South Tyrol and Belluno. Here are two possibilities to continue: either the direct way using the public transport to Cortina d'Ampezzo or the longer variant to Ospitale and Passo Tre Croci. Possibility to shorten the route with the cable car Son Forca (not incl.).

### 📍 Day 5: Circular track or cablecar Falaria (Ticket incl.)

(Long variant: ascent approx. 270 m, descent approx. 1.150 m / approx. 5 hours; Dolomieu-Trail: ascent approx. 100 m, descent approx. 990 m / approx. 3 - 4 hours; Cinque Torri: ascent approx. 570 m, descent approx. 350 m / 3,5-4 hours)

The panorama of the starting point of this stage is quite simple and stunning. The giant rocks of the Ampezzo Dolomites reach into heaven; the Monte Cristallo and the Cristallogruppe, the Tofana and the Fanesgruppe are the leading actors of this spectacle. There are two options for the day: the longer one leads you towards Forcella

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Faloria and the shorter one is following the Dolomieu Panoramic Trail. Both of them are heading towards Passo Tre Croci. The descent to Cortina is equal for both routes. Let yourself be enchanted by the natural beauty of the fascinating environment of the impressive Dolomite peaks. If you don't want to take the cable car, you can take a nice circular walk around the Cinque Torri.

## 📍 Day 6: Cortina d'Ampezzo - Three Peaks viewpoint - Three Peaks - Fischleintal

(ascent approx. 950 m, descent approx. 960 m / approx. 5,5-6 hours Variant: ascent approx. 350 m, descent approx. 350 m / approx. 3-4 hours)

In the morning, you take the public bus to the Three Peaks viewpoint. From there, you hike across the Rienzböden and through the Rienztal valley up to the Three Peaks, the landmark of the Dolomites and a UNESCO World Heritage Site. You then continue hiking to the famous Dreizinnenhütte. From there, the route takes you below the Paternkofel, which was fought over in the First World War (the legendary mountain guide Sepp Innerkofler lost his life here), into the Fischleintal valley. From the Fischleintal valley, you take the bus to Toblach. Alternatively, you can take the bus directly to Rifugio Auronzo and do a round hike of the famous Three Peaks, before you take the bus back from Rifugio Auronzo to Dobbiaco (tickets not included).

## 📍 Day 7: Hochpustertal (Villabassa or Dobbiaco)

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. 00-00 km
- **Starting point:** Toblach
- **Arrival:**

**Eco-friendly option 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 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 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\*\*\*, partly 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 hiking tour at a nearby public parking area.

## INCLUDED SERVICES

- Accommodation in hotels 3\*\*\*, partly 4\*\*\*\* category
- Breakfast buffet or full breakfast
- If you have booked half board: minimum of 3 course dinner (no half board in Cortina)
- Videobriefing
- Luggage transfer from hotel to hotel
- Transfers according to the program
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)

## NON INCLUDED SERVICES

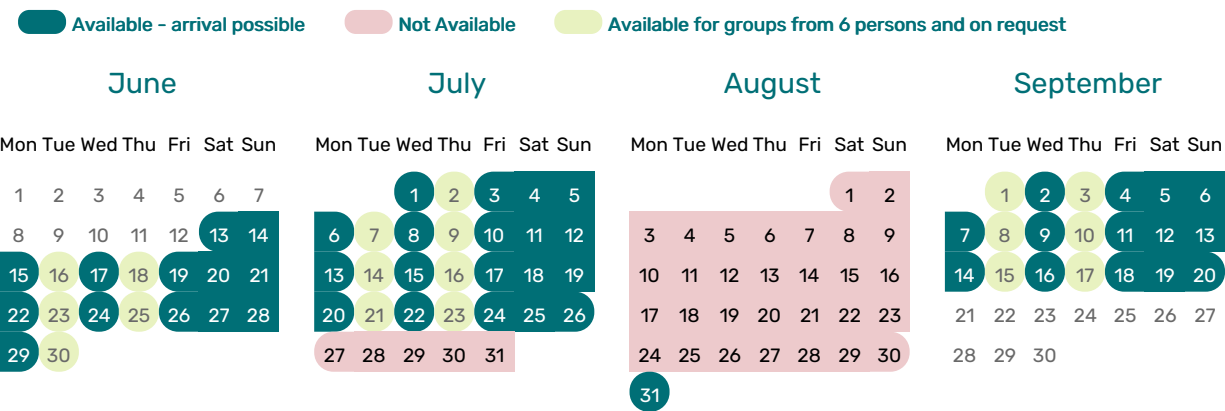
- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, dinner (if not booked)
- Not mentioned entries
- Bus tickets to Cortina d’Ampezzo and from Auronzo/Three Peaks Viewpoint to Toblach/Niederdorf
- Travel insurance
- All not expressly mentioned under the item „Included services”

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- Telephone service hotline for the entire tour
- Navigation app; GPS data

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## STARTING DATES



## PRICES

Standard		
Package price in a double room	from 13/06/2026 to 20/09/2026	929 €
Package price high season	from 06/07/2026 to 06/09/2026	1.019 €
Half board supplement		159 €
Additional services		
no bike		0 €
Additional nights		
See ebsite		