






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

 self-guided tour

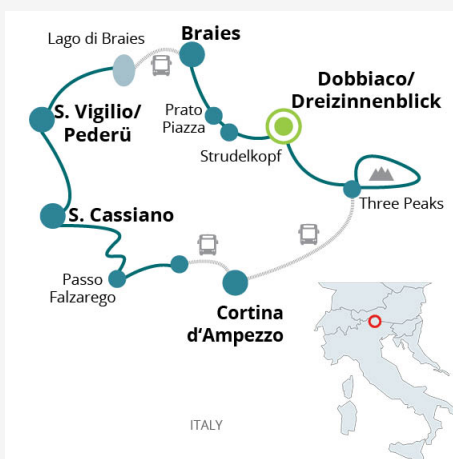
 Hike

 00-00 km

●●○ Medium

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 during your hike. Not without reason, were the Dolomites declared a Natural World heritage site. You will explore the heart of the Dolomites. Highlights include the high plateau of Prato Piazza, Lake Braies, the imposing Three Peaks, the Lagazuoi with its lake and many other impressive landscape experiences. This is an easy and accessible hiking tour through well-marked trails. It is suitable for anyone in good basic physical condition, and climbing experience is not necessary. The tour is suitable for children from the age of 14!

THE DOLOMITES NATURE PARK HIKING TOUR WITH PEDERÜ

DETAILED ROUTES

DAY 1: Arrival in Hochpustertal (Hotel Dreizinnenblick or Toblach/Dobbiaco)

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

Day 2: Three Peaks viewpoint – Plätzwiese – Prags

(ascent approx. 850 m, descent approx. 1040 m / approx. 6–7 hours)

Your hiking tour begins at the Dreizinnenblick. You hike along the Helltal Valley following an old path from the First World War uphill to the Strudelkopf (Monte Specie) and then down to Prato Piazza. The route continues into the Pragsertal Valley, your stage destination. In addition to nature and tranquillity, you can enjoy stunning views of Monte Cristallo, the Tofana and the world-famous Three Peaks. To shorten the metres in altitude on the descent, you can shorten the route by bus.

Day 3: Prags – Lake Braies – Pederü / St. Vigil

(ascent approx. 900 m, descent approx. 850 m / approx. 5–6 hours)

Starting from the ‘Pearl of the Dolomite Lakes’, the Lake Braies (1,494 m), you hike through the romantic area of the Fanes-Sennes-Prags Nature Park, which is one of the largest protected areas in South Tyrol. In the shadow of the imposing massif of the Seekofel, you reach the Seekofel Hut, which is also the highest point of the hike. Continue past the Sennes Hut with the Sennes Lake.

Pederü / St. Vigil – St. Kassian

(ascent approx. 710 m, descent approx. 530 m / approx. 4,5 – 5 hours)

You hike along the Fanes Valley and follow the Dolomites High Trail no. 1, which takes you past various cosy huts that invite you to stop for a bite to eat. The route continues to the Limojoch and directly past Lake Limo and then to St. Kassian, your stage destination.

Day 5: St. Kassian – Cortina d’Ampezzo

ascent approx. 900 m, descent approx. 600 m / 6–7 hours

At first, the trail runs leisurely 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, whose waters reflect the bizarre peaks of the Fanes Dolomites. You hike along the Dolomites High Trail 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 Falzarego Pass and continue by bus to Cortina. Hike below the Tofane to Pocol and from there take the bus to Cortina.

Day 6: Cortina d’Ampezzo – Rifugio Auronzo Hut – Three Peaks – Three Peaks viewpoint

(ascent approx. 120 m, descent approx. 1.000 m / approx. 3,5 – 4,5 hours or Variant: round tour Three Peaks: ascent approx. 350 m, descent approx. 350 m / approx. 3 – 4 hours)

By bus you get to Auronzo Hut, situated directly below the world-famous rock massif of the „Three Peaks“. The imposing peaks, which were fiercely fought over as part of the front between Italy and Austria-Hungary during the mountain war in the First World War, are probably the best-known rock formation in the Dolomites. From here you hike leisurely down the Rienz Valley to the Dreizinnenblick and return by bus to the starting hotel of your hiking tour in Dobbiaco/Villabassa. For the more leisurely, there is the option of walking around the famous Three Peaks and returning by bus from the Rifugio Auronzo to Dobbiaco/Villabassa. (Ticket not included in the price).

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Tag 7: Toblach

Individuelle Abreise oder Möglichkeit zur Verlängerung.

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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, www.oebb.at, 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)
- Bus tickets to Cortina d’ Ampezzo and from Auronzo to Three Peaks Viewpoint/Toblach
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services”

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- Telephone service hotline for the entire tour
- Navigation App

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STARTING DATES



PRICES

Standard		
Package price in a double room	from 13/06/2026 to 20/09/2026	949 €
Package price high season	from 06/07/2026 to 06/09/2026	989 €
Half board supplement		159 €
Additional services		
no bike		0 €
Additional nights		
See ebsite		