






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

 Self-guided tour

 Hike

 00-00 km

●○○ Easy

Duration: 8 days / 7 nights

From 12 years old and older



DESCRIPTION

Immerse yourself in nature – idyllic mountain lakes, lush alpine meadows, green forests, and the legendary Dolomites accompany you on a journey through three breathtaking Nature Parks. It's no coincidence that the Dolomites have been declared a UNESCO World Heritage Site. Your adventure begins at Lake Pragser Wildsee, where the crystal-clear waters reflect the snow-white walls of the majestic Seekofel. Just when you think the scenery can't get any more spectacular, the trails above Cortina d'Ampezzo offer panoramic views of some of the Dolomites' most dramatic peaks: the towering Cristallo group, the striking spires of Mount Tofane, and the rugged summits of the Fanes range all compete for your gaze. Of course, no journey through the Dolomites would be complete without a visit to the iconic Drei Zinnen (Three Peaks). And to cap off your experience, you'll discover the wonders of Sesto – a valley renowned as the home of legendary mountaineers 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 12.

DOLOMITES NATURE PARK - AROUND CORTINA

DETAILED ROUTES

📍 Day 1: Arrival in Cortina d'Ampezzo

Individual arrival at the hotel in Cortina.

📍 Day 2: Passo Falzarego - Passo Giau - Cinque Torri

(ascent approx. 560 m, descent approx. 800 m / approx. 5 hours)

This stage starts at Passo Falzarego and follows the Dolomites Alta Via 1 trail to Rifugio Averau, then continues onward to Passo Giau. Along the route, hikers are rewarded with sweeping panoramic views of some of the most spectacular peaks in the Dolomites. The path then leads to the Cinque Torri, a striking rock formation instantly recognizable from a distance due to its distinctive shape. These towers are without a doubt among the most iconic landmarks of Cortina d'Ampezzo. For a shorter option, the Cinque Torri chairlift is available (ticket not included).

📍 Day 3: Seekofelhütte - Lake Braies - Braies

(ascent approx. 800 m, descent approx. 970 m / approx. 5,5 hours)

In the morning, a transfer brings you to Rifugio Ra Stua, the starting point of today's hike. The trail leads you to the Seekofel Hut, an ideal place to pause and enjoy some traditional local fare. From there, you continue across the Ofenscharte saddle, following the scenic Dolomite Alta Via 1 all the way to the picturesque Lake Braies, famous for its mesmerizing, crystal-clear waters.

📍 Day 4: Braies - Plätzwiese - Höhlensteintal

(ascent approx. 770 m, descent approx. 850 m / approx. 6 hours)

The Plätzwiese, along with the Hohe Gaisl and the Kreuzkofel Group, is one of the most popular hiking areas in the region. This area is particularly appealing to visitors due to its extraordinary flora and its wild mountain lakes. Starting from the Plätzwiese, you can reach the Helltal via the Strudelkopf. This stage offers a unique view of the Hohe Gaisl, the Three Peaks (Drei Zinnen), the Tofana, and Monte Cristallo.

📍 Day 5: Höhlensteintal - Three Peaks - Sexten

(ascent approx. 950 m, descent approx. 960 m / 5,5-6 hours)

You hike across the Rienzböden and through the scenic Rienz Valley, gradually making your way up to the iconic Three Peaks, one of the most famous landmarks in the Dolomites. These majestic peaks are part of the UNESCO World Natural Heritage. The hike continues to the renowned Dreizinnen Hut, offering stunning alpine vistas. From there, the trail leads beneath Mount Paterno – a site of intense battles during World War I, where the legendary mountain guide Sepp Innerkofler lost his life – and descends into the picturesque Fischlein Valley, with even more breathtaking views of the Dolomites.

📍 Day 6: Sexten - circular tour Karnischer Kamm - Sexten

(ascent approx. 650 m, descent approx. 630 m / approx. 4 - 4,5 hours or challenging variant: ascent approx. 550 m, descent approx. 960 m / approx. 5 hours)

This circular hike takes you through peaceful forests and open meadows, gradually ascending to the sunny and traditional Klammbachalm. This charming alpine hut is especially popular for its South Tyrolean specialties, including hearty dumplings and the classic Kaiserschmarrn. The surrounding scenery is stunning, with panoramic views and a truly unique landscape. For a more demanding alternative, you can follow the Carnic High Trail. To start this route, it's recommended to take the cable car up to the popular ski mountain "Helm" (ticket not

DOLOMITES NATURE PARK - AROUND CORTINA

included). The hike along the Carnic High Trail offers spectacular ridge walking, frequently crossing the border between Italy and Austria. Along the way, several inviting mountain huts provide perfect spots to pause and enjoy the atmosphere.

📍 Day 7: Ospitale - Faloria - Cortina d'Ampezzo

(ascent approx. 950 m, descent approx. 460 m / approx. 5,5 hours)

In the morning, a transfer will take you to Ospitale, the starting point of today's stage. From there, you'll hike through the scenic Val Padeon, where breathtaking views and panoramic vistas await. The trail then descends toward Rio Gere, with the option to shorten the descent by taking the Son Forca chairlift (ticket not included). From Rio Gere, you continue along the renowned Dolomieu Trail to Faloria, where a cable car ride down to Cortina (ticket included) marks the end of the hike. There is also the possibility to take a bus for part of the route (ticket not included).

📍 Day 8: Departure

Individual departure or possibility to extend your stay.

DOLOMITES NATURE PARK - AROUND CORTINA

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Cortina d'Ampezzo
- **Arrival:**

By car: on the Brenner/Brennero motorway (A22) to Brixen/Bressanone – take the exit „Brixen/Pustertal“, then through the valley Pustertal/Valle Pusteria (SS49) to Toblach/Dobbiaco, then continue southwards to Cortina 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, then continue southwards to Cortina.

By train: take the train from Innsbruck over the Brenner/Brennero to Franzensfeste/Fortezza. Change the train to the Pustertal/Valle Pusteria - Lienz and get off at Toblach/Dobbiaco, from here please take the bus to Cortina d'Ampezzo. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: Nearest airports are Innsbruck, Verona, Treviso, Venice Marco Polo or Trieste.

- **Accommodation:**

Hotels 3***, partly 4**** category

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

- **Parking:**

Unguarded parking facilities for the duration of the hiking tour.

INCLUDED SERVICES

- Accommodation in hotels 3***, partly 4**** category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Transfers according to the program
- Ticket for the cable cars Faloria
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation App

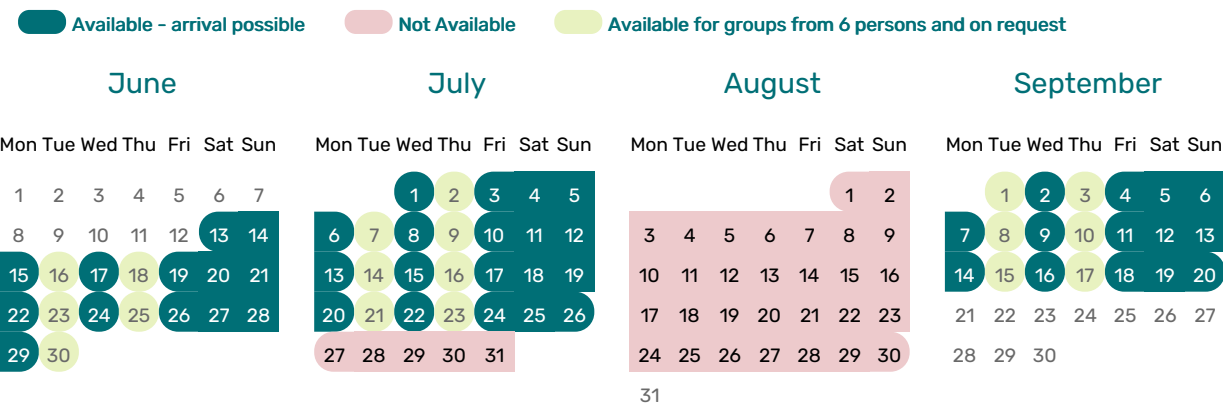
NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“



DOLOMITES NATURE PARK - AROUND CORTINA

STARTING DATES



PRICES

Standard		
Package price in a double room	from 13/06/2026 to 20/09/2026	1.049 €
Package price high season	from 06/07/2026 to 06/09/2026	1.198 €
Single room surcharge		269 €
Additional services		
no bike		0 €
Additional nights		
See ebsite		