




DOLOMITES: TRE CIME CIRCUIT: 6 DAYS



The most iconic mountains of the Dolomites: the Tre Cime © Ann Foulkes, trekMountains

Grade:	Moderate 	Land-only duration:	5 or 6 days
Max altitude:	2528m (optional to 2675m)	Trekking days:	3 or 4 days
Dates:	We can run this on dates to suit you for a minimum group size of 1. The mountain accommodation is only open between 20 June and 20 September. Contact us at info@trekmountains.com with your preferred dates		

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The Dolomites were declared a World Heritage Site in 2009, and are widely regarded as being “amongst the most attractive mountain landscapes in the world”. Of all the mountains in the Dolomites, the most recognisable, and the most iconic are the Tre Cime.

Our trek takes you on a tour of the Tre Cime area. The one-day circuit of the Tre Cime is an extremely popular day walk, but our tour of the wider area will quickly take you away from the crowds to discover the gems that are waiting for you to find them.

The area was heavily involved in WW1, and many artefacts can still be seen in the mountain landscape of this region. Trenches and emplacements are preserved in open air museums, and the mountains here are riddled with tunnels that were created and used during the war. The fact that this incredibly beautiful area has experienced such a violent past adds both a history lesson and a degree of incredulity to the spectacular nature you will experience.

Our route takes in a variety of landscapes – from stark, jagged mountains to slopes of mugo pines, lush green valleys filled with flowers and rivers which might just prove tempting for a paddle during a hot day.



Enjoy delightful paths amongst impressive Dolomite peaks © Ann Foulkes, trekMountains

You will need to carry your own daysack containing just the normal things that you would take on a day walk, plus one change of clothing for the evenings, a sheet sleeping bag (not a full sleeping bag as bedding is provided in the rifugi), toothpaste, toothbrush, soap and a small towel. Food can be obtained from the many rifugi in the area. You should be able to limit the weight in your rucksack to 10kg or less.

The rifugi on this route are open from 20 June to the 20 September. We can create a bespoke trip for you on the dates of your choice, or open the trip so others can join you. We offer this route either guided or self-guided.

We have hand-picked a variety of rifugi – some large, some small, but each one unique. Wherever possible we will use small rooms, although in some rifugi the sleeping arrangements are in mixed dormitories. The rifugi offer a great opportunity to mix with trekkers from a range of nationalities, and each rifugio has a slightly different feel to it. We'd love to hear which rifugio was your favourite!

Dates

This trip is available on dates to suit you between 20th June and 20th September.

Trek description

Walking and journey times are approximate

Important Note:

The following itinerary is to be taken as a guide only. Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

All accommodation and the route description is subject to availability

Trip length: The trip is a 6-day trip, with 4 days of trekking.

Shorter trip: The trip can also be shortened to 5 days in total (3 days of trekking) by missing out day 2.

Additionally, extra rest days can be added during the trek, or in Cortina if required.

Day 1 Arrive Venice, travel to Cortina.

Venice offers the easiest route to the fashionable resort town of Cortina d'Ampezzo, home to the 1956 Winter Olympics. Venice has 2 airports: Marco Polo and Treviso. Whichever airport you arrive at there are coaches which run daily directly to Cortina d'Ampezzo for around €25 each way. If you prefer we can organise a private transfer for you.

Our group hotel is conveniently situated close to Cortina's coach/bus station, and just a minute's walk from the high street and its great choice of restaurants and pizzerias.

Overnight hotel



Lago di Misurina © Ann Foulkes, trekMountains

Day 2 Travel to Misurina, start trek

After breakfast at the hotel we take the bus to Lake Misurina. Here we start our trek which starts by walking past lovely Lake Antorno and up through woods towards Rifugio Auronzo. Here you will see many tourists who flock to the large car park and the tourist path – not surprising as the Tre Cime are the most iconic mountains of the Dolomites. Even though this part of the Dolomites is very popular, you will still be in the mountains, and able to enjoy the peace of the sunset in this spectacular place once the day trippers have gone back down to the valley at the end of the afternoon.

Overnight mountain rifugio (B,D)

Day 3 Trek, optional trip to high point of trek

After breakfast we ascend to the foot of the magical Tre Cime. Here we will leave the main tourist trail and enjoy the quieter paths. If you are quiet you may well get good views of marmot – often the first sign that they are there is their alarm call. Today's walk offers the option to ascend Croda Fiscaline at 2675m which is the highest point on the trek.

Overnight mountain rifugio (B,D)



Enjoy a drink at the delightful Rifugio Pian di Cengia © Ann Foulkes, trekMountains

Day 4 The iconic Tre Cime at sunset & explore the WW1 tunnels

Today's walk allows time to explore the many WW1 relics in the area. Arriving early at the rifugio means you can choose to leave some of your rucsac contents in the rifugio so you can enjoy exploring the area with a lighter rucsac.

There is a lovely circular walk possible to Sasso di Sesto which offers great views of the unforgettable Tre Cime peaks. On this circuit, if you explore off the path you will see WW1 trenches and other relics.

Another side trip from tonight's rifugio is to explore the WW1 tunnel which ascends inside Monte Paterno. The tunnel has a few windows along the way for air which offer spectacular views of the Tre Cime from a different angle. The mountains here are riddled with tunnels that were created during the war, and some of them have been made safe for exploration.

Do not forget to interrupt your dinner if necessary to savour the Tre Cime at sunset.

Overnight mountain rifugio (B,D)

Day 5 Final trekking day

Continue your walk round to Rifugio Auronzo. Here you can either take the bus down to Cortina or trek down to Misurina and take the bus from there to Cortina. Rest of day free to explore Cortina. Overnight hotel (B)

Day 6 Depart Cortina d'Ampezzo

trekMountains services end at breakfast at the hotel. Depending on the time of your travel arrangements, you may have time to explore Cortina further before heading off to the airport by coach or private transfer for your flight back home.

Extra days**Walk, cycle or relax in the Cortina area**

If you wish to stay on in Cortina longer we can book extra hotel nights for you giving you chance to explore this fantastic area further. There are many lovely walks from Cortina. Another great option is to hire bikes, make the most of the excellent bike and bus services and cycle the Boite Valley. You may feel you've earned a rest, and prefer to soak up the sun and read a good book or indulge in the town's spa facilities.



The Tre Cime from the Monte Paterno tunnels © Ann Foulkes, trekMountains

What are the benefits of booking your holiday with trekMountains?



We are Dolomites experts - we've led the way in organizing treks in the Dolomites since 2010, and we're constantly extending our range of treks to this exciting region to suit a wide range of customer requirements.



The treks we offer are very good value. Ann Foulkes, owner of trekMountains and International Mountain Leader, will personally deal with your booking, and she will hand-pick lovely accommodation for you based on your preferences. She will book all the accommodation for you, saving you from the difficult task of trying to book a whole string of different accommodation providers on consecutive nights, and saving you from having to send booking fees off to each one in euros.



We personally walk in the Dolomites every year to keep ourselves up to date with path changes. Since 2010 we have built up excellent relationship with the accommodation providers and transfer companies in the Dolomites.



We ensure that the staging of your hike is well-proportioned based on our extensive personal knowledge of the path options in the area.



The pre-trek information we will send you is well-researched and very detailed. We will post you maps marked with your bespoke route highlighted, along with comprehensive route directions, route options for easier paths or if bad weather strikes, travel information including transport timetables, and even advice on how best to get to/from your chosen airport. GPX files can be provided if you want them.



You will have expert help available for any unexpected problem (this is an adventure holiday, so the unexpected does sometimes happen!)



We are responsive and professional – we take pride in ensuring you have the best walking holiday possible.



Feedback from our clients has always been that their holiday was thoroughly enjoyable and value for money. You can see the reviews we have received at <https://www.trekmountains.com/about-us/reviews/>



Here are trekMountains, our policy has always been to book private rooms for all bookings for 2 or more people, wherever those rooms are available. We do this at no extra cost to yourself.

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“Hello Ann, Mary Ellen and I had a fantastic time in the Dolomites. Your arrangements, directions, recommendations and maps were “spot on!” The weather was to be expected in the mountains: sun, rain, snow, clouds. We had it all. The refugios you selected and the accommodations were perfect. Food was good and the beer cold! Even the basic house red wine was good.

The amount of time on the trails between the refugios was just right. The Dolomite scenery was spectacular.

We would give you and trekMountains 6 out of 5 stars! I think the highest you can get is 5, but we would give you 6!

We look forward to coming back to the Dolomites and we will contact you. We have given your contact info to a few of our friends. Thanks”

Harold Mullins, USA, self-guided AV1

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Check out what our other clients have said at
<https://www.trekmountains.com/about-us/reviews/>



on Sasso di Sesto © Ann Foulkes, trekMountains

What is a Self-Guided trek?

Self-Guided: We offer this trip on a self-guided basis. The paths are well signed, and the route is not technical. You will be provided with excellent quality 1:25,000 maps with the route marked on them, with detailed trip notes and with a language card. GPX files can be provided if requested. The bookings will be made for you, and you will be provided with vouchers for your accommodation, and if required, for any private transfers involved. Self-guided trips can be organised for a minimum of 1 person.

Not sure if you'll be ok self-guided? Please email or call us – we consider it very important that you find the right trek for you, and we pride ourselves in our ability to help you find the most appropriate trek.

What's included in the price for Self-Guided trips:

- ✓ Hotel accommodation in en-suite rooms, inclusive of breakfast as per the itinerary.
- ✓ Mountain accommodation during the trek on a half-board basis as per the itinerary. For bookings of 2 or more people we always request private rooms at no extra cost to yourself, subject to availability. Shared rooms or dormitories will be allocated if no private rooms are still available.
- ✓ Meals as shown in the itinerary above – please note that a few rifugi no longer offer half-board packages. In these cases, dinners are available to purchase at the rifugio on an a la carte basis. Where this is applicable to the rifugi we book for you, we will indicate this on your invoice.
- ✓ Detailed, original 1:25,000 map with your route highlighted.
- ✓ GPX files on request to use on your preferred mapping software.
- ✓ Detailed walk instructions.
- ✓ Survival Italian Language Guide.

Not Included on Self-Guided trips:

- × International flights.
- × Travel between airport and trip start/end points.
- × Bus fare between accommodation in the Cortina d'Ampezzo or Misurina area and the trail.
- × Bus fare between end of trail and your accommodation in the Cortina area.
- × Meals not specified in the itinerary as being included.
- × Items of a personal nature such as drinks, laundry, telephone calls and souvenirs.
- × Allow approximately €200 spending money for meals / drinking water / drinks / showers in refuges.
- × Tourist taxes - where these occur, they will only be a few euros per person per night.
- × Travel Insurance.



Rifugio Locatelli, © Ann Foulkes, trekMountains

Travel

Flights: The nearest airports are:

- Venice Marco Polo. Venice Treviso
- Venice Treviso
- Innsbruck

Travel between the airports and the Dolomites:

Public transport: Several Coaches run daily during the season from Venice Marco Polo to Cortina for around €12 - €30 per person each way.

Private transfers: trekMountains can arrange private transfers with a reputable transfer company with whom we have built up an excellent relationship.

They offer door-to-door transfers, including transfers from Venice Marco Polo airport, Venice Treviso airport, Venice Mestre railway station, Venice mainland or island, Innsbruck airport etc.



Venice © Ann Foulkes

Preparing for your trek: please see our document “Preparing for your trek to Italy” for all the advice you need about travel documents, insurance, money, equipment, and medical matters.