



Italy- Hiking Nature Parks of the Dolomites (2025)

7 Days/ 6 Nights

Individual Self-Guided



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.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Day by Day

DAY 1: Arrival in Hochpustertal (Niederdorf/Villabassa or Toblach/Dobbiaco)

Individual arrival at the hotel in Hochpustertal. 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 get 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 Brücke, 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

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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 – Gemärk/Cimabanche – Cortina d’Ampezzo; ascent approx. 0 m, descent approx. 460 m / approx. 1,5 - 2 hours or Variant: ascent 610 m, descent approx. 1.300 m / approx. 6-7 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 the hut Ra Stua and under the Col Rosa to Cortina d’Ampezzo. Your today’s destination, the former Olympic city, impresses with its unique location in the middle of famous Dolomite peaks. Along the way other possibilities can be chosen to shorten the stage.



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 Roundtour Cortina: ascent approx. 650 m, descent approx. 640 m / ca. 4-5 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 Falaria 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 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).

DAY 7: Departure

Route



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

**Departure dates:**

Saturday, Sunday, Monday, Wednesday, Friday

June 14-Sept 21 -no departures July 28-August 31

Season 1: arrival dates from 14/06/2025 to 06/07/2025 (incl.) and from 08/09/2025 to 21/09/2025 (incl.)

Season 2: arrival dates from 07/07/2025 to 07/09/2025 (incl.)

PRICES 2025 SELF-GUIDED TOUR

Package price per person in a double room incl. breakfast – season 1 € 919

Package price per person in a double room incl. breakfast - season 2 € 989

Single use room surcharge, per person € 269

Surcharge 4 x times half board (Cortina excluded), per person € 129

EXTRA NIGHTS IN VILLABASSA/DOBBIAICO

Per person and night in a double room, incl. breakfast - season 1 € 89

Per person and night in a double room, incl. breakfast - season 2 € 95

Single use room surcharge, per night € 39

Accommodation: Hotels 3***, partly 4**** category Attention: Tourist tax – if requested – has to be paid on the spot

INCLUDED SERVICES; SELF-GUIDED TOUR:

- 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
- 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

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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“

This is a partner tour

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