# **EXPLORE!** Tour Notes

# Hiking in the Dolomites (DW 2014)

matter and market



TOUR **DURATION** 



Trek Grade: Moderate

Dolomites - Trekking amongst the distinctive mountain landscapes of this UNESCO-listed World Heritage Site

Tour Comfort: Standard

- Tre Cime The iconic three peaks of limestone
- Family-run hotel Enjoy post trek relaxation in our comfortable hotel with indoor pool, sauna and most meals included.

# **Tour Essentials**

**Accommodation:** 7 nights Standard

Hotel

**Included Meals:** 7 breakfasts, 5

lunches, 5 dinners

Join tour: Venice **Start Point:** 

airport

Tour ends: Venice **End Point:** 

airport

**Maximum Altitude** 

2550

on Trek (m): **Transport:** 

Bus, Train, Public

Bus

**Countries:** Italy

# **Hiking in the Dolomites**

Based in the town of Dobbiaco we explore the strikingly beautiful rock towers and limestone cliffs of the Dolomites. We enjoy scenic treks through alpine meadows and pine forests, along ridges and ascend small summits. Every evening we can relax in the hotel pool, gym or sauna and enjoy traditional Austrian influenced cuisine typical of the region.



# Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

# **Tour Comfort: Standard**

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### **Tour Style: Classic**

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

# Your tour itinerary

# **Tour itinerary notes**

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

# Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

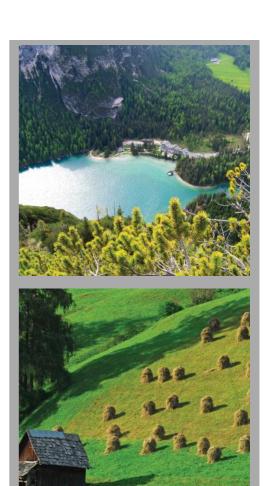


Join tour Venice. Transfer to Dobbiaco (1200m)

Arriving at Venice Marco Polo Airport we transfer for 3 hours to our hotel in Dobbiaco (1217m). Located in the far north of Italy, we are close to the border with Austria. There are great views of the mountains from our hotel and it is well-located for all the shops, restaurants and other facilities in the town. There will be a short briefing by our Tour Leader about the week ahead.

Overnight: Standard Hotel **Single Rooms Available** 







# Walk from the Kreuzbergpass

We start the first walk from the Kreuzbergpass (1630m), a 45 minute scenic bus journey from Dobbiaco. This is a fine walk which ascends for an hour and then contours to the first summit of the trip - the Rotwandwiesen (2056m) with a great panorama over the valley. We return to the pass via a forest path before heading back to our base in the mid-afternoon. Approximately 5 hours walking.

Overnight: Standard Hotel **Single Rooms Available** 



# Walk to Lake Braies

Taking the public bus we travel to St Vito to begin our walk to LakeBraies (1494m). We make our way through the fields and forest paths to arrive at the grandeur of the hotel at the head of Lake Braies - a justifiably popular lake spot with high sided cliffs and deep green emerald waters. We have lunch and explore further around the lake before taking the public bus back to our hotel. Approximately 5 hours walking.

Overnight: Standard Hotel Single Rooms Available



# Ridge walk along the Austria/Italian border

We take a bus to Moso and then a cable car to the top station of approx 1900metres and then ascend Mt Elmo at 2434m. Our walk takes us along a ridge that marks the border between Austria and Italy - a great and unusal photo opportunity - a foot in either country! After walking the ridge and possibly bagging another summit we descend through the forest to Moso (1337m) and take public bus back to hotel (20mins). Approximately 6 hrs walking.

Overnight: Standard Hotel **Single Rooms Available** 



# Free day: optional visits to Cortina, Leinz and Bolzano

Today is an opportunity to rest your legs and explore the cultural side of the region. We recommend trips to Cortina - arguably Italy's premier ski resort with smart shops and craft stores; Lienz in Austria with beautiful architecture, museums and cafés; or Bolzano which is home to the remarkable Ice Man, discovered in the Schnalstal Glacier in the Ötztal Alps in 1991. At over 5000 years old, he is Europe's oldest natural human mummy and the discovery of his body, along with the remnants of his weapons and clothing, has helped to throw some light on the life and times of the region's Chalcolithic (Copper Age) Europeans. All excursions can be made using public transport. Alternatively you can take further walks or stay at the hotel and make use of the indoor pool and spa.

Overnight: Standard Hotel Single Rooms Available



# Trek around Tre Cime

We take the bus to the Auronzo hut at 2320m, just below the famed UNESCO site of the Tre Cime de Lavaredo. From here we see the south face of the Tre Cime. We traverse around the mountain and then on to the Locatelli hut at 2405m where we are rewarded with wonderful views of the striking cliffs of the north face of the Tre Cime. Our descent takes us east, past a waterfall, and along a path by the river. We arrive at the Dolomitenhof for a well-earned drink. Approximatley 6-7 hours walking

Overnight: Standard Hotel **Single Rooms Available** 



# Trek from Pratopiazza to Strudelkpf summit

We take the public bus to Pratopiazza (1991m) - approximately 50 minutes - and walk a high-level track to the Durrenstein hut (2040m). From here we make a climb to the summit of Strudelkopf - a fabulous summit at 2307m. The panoramic views are superb and we can see the Tre Cime in the near distance. We descend the mountain via a southerly route through forests and then take a short bus ride back to the hotel. Approximately 6 hours walking.

Overnight: Standard Hotel Single Rooms Available



# Tour ends Venice Airport

Today we drive to Venice airport where the tour ends.



# **Accommodation and Meals**

# Food & Drink

Included meals: 7 breakfasts, 5 lunches,5 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

# **Budgeting for your Tour**

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

# Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

# **Optional Excursions**

Cortina: one of Italy's premier ski resorts: public transport, 1 hour each way, €8 return journey.

Lienz: charming medieval town in Austria with churches & museums: public transport, 1 hour each way, €10 return journey. Bolzano: 5000 year old ice man: public transport, 2 hours each way, €20 return journey, 9 euros ice man museum entrance.

# Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

# Foreign Exchange

# Italy

ATM Availability: Major towns.

Credit Card Acceptance: Larger hotels and restaurants.

Travellers Cheques: Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Local Currency: Euro.

Recommended Currency for Exchange: GBP.

Where to Exchange: Banks or 'Forex' offices in main towns/cities.

# **Joining your Tour**

# Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

# **Booking a land only package with Explore**

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

# Joining Tour Abroad

Clients booked on 'Land Only' arrangements should make their own way to the joining point. Please refer to separate 'Joining Instructions' for time and place of rendezvous with tour leader

# Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.



# **Important Information**

### Travel Insurance

It is a condition of joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

# **Visa Information**

Italy: Visas are not required by UK, E.U nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

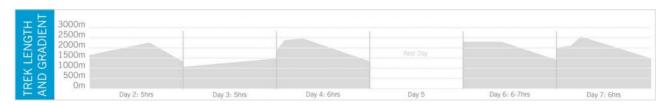
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

# **Vaccinations & Protection**

# Italy

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

# **Preparing for your Tour**



# Trekking Details

This is a 5 day trek with an average of 5 to 6 hours walking each day. We follow well maintained trails with some steep sections which will be rocky underfoot.

# **Walking Boots**

Walking boots with ankle support and good tread. Trekking shoes are not good enough for the walks as they do not give ankle support. In addition, you should avoid cheap boots found in high-street shops that are merely trainers with a higher canvas side sewn on. Make sure that your boots are worn-in and comfortable before the start of the trip. We recommend that you wear/carry your walking boots as hand luggage on the international flight: should your luggage be delayed, your well broken-in boots will be irreplaceable.

# Maximum Altitude on Trek (m)

2550

# Trekking Terrain

The day to day itinerary represents a selection of the walks that are available. The final itinerary will be dependent on the prevailing weather and interests and abilities of the group.

# **Climate**

# Italy

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

# Clothing

The following are essential: Good quality waterproof jacket and trousers (eg. Goretex / e-Vent), fleece jacket, comfortable walking trousers, shorts, warm hat and gloves, sunhat, sunglasses and high factor suncream. Although you should expect to live in T-shirts and shorts for the holiday, please be aware that temperatures can change dramatically at altitude and at night. For around-town wear in Dobbiaco, you should bring some slightly smarter clothes.



# Equipment

You will need a water bottle (preferably 2 litres), and high factor sun cream. You may like to bring trekking poles. It is a good idea to line your daysac with a good quality plastic bag. This will go a long way in protecting your gear from any rainstorms we encounter. Tap water is safe to drink at the hotel, but water sources along the trail may not always be drinkable. We recommend you bring water purifying tablets if you intend to fill-up along the trail. Using tap or purified water rather than bottled water will help avoid creating plastic bottle waste. Energy snacks including chocolate and sweets are recommended whilst on trek.

### **Footwear**

Please bring comfortable shoes for evenings.

# Luggage: On Tour

One main piece of baggage and a waterproof daysac (25-40 litres recommended).

Luggage allowance on tour: 20kg

# **General Information**

### **Food**

The prices for meals and drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

# Italy

Lunch £: 23.00 Dinner £: 32.00

### **Drink**

Bottle of Beer £: 4.00

Water £: 2.20

# Country details

# Italy

Population: 60,681,514 Size of Country: 301,338 Major Language: Italian Religion: Roman Catholic Time Difference to GMT: +1

# **Electric Supply & Plugs**

# Italy

2 Pin Round

# Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years experience, we are passionate about what we do.
- Pioneering small group adventures & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to - and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.



# Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

# **Cool Earth**

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

### **Earth Matters**

- The Travel Foundation
  - Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern
  - Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

# Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

# **Booking Your Holiday**

# Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

# Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% nonrefundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking



# 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

# **Tour Itinerary Versions**

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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