EXPLORE!

TRIP NOTES

PRICE GUARANTEE 100% NO SURCHARGES

Hiking in the Dolomites (DW 2017)

WALK & TREK

TRIPDURATI
8
DAYS

Tour Style: Classic
Accommodation Grade: Standard

Tour Type: Centre Based
Trek Grade: Moderate

Trip Code: DW

Trip Highlights - Hiking in the Dolomites

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

Trip Essentials

Accommodation:	7 nights Standard Hotel
Included Meals:	7 breakfasts, 5 lunches, 4 dinners
Start Point:	Join trip: Venice Airport
End Point:	Trip ends: Venice Airport
Maximum Altitude on Trek (m):	2550
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 - a UNESCO World Heritage Site. We enjoy scenic treks through alpine meadows and pine forests, walk 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 adventure.

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.

Accommodation Grade: 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.

Trek Grade: Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Your trip 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

The Leader is an integral part of any Explore trip and your trek will be led by an qualified International Mountain Leader. We believe that our Leaders are the key to the success of our trips; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Leader will also take care of all the planning and organization throughout your journey. Their passionate approach will make this trip fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join trip in Venice; drive to Dobbiaco (1200m)

Arriving at Venice Marco Polo Airport we transfer for three 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 Explore Leader about the week ahead.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Dinner

DAY 2 Walk to Lake Braies

Taking the public bus we travel to St Vito to begin our walk to Lake Braies (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. Today's 14 kilometre walk is expected to take around five hours with a total ascent of 536 metres and a descent of 200 metres.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast, Lunch, Dinner

DAY 3 Trek to the Putzalm hut

We take the bus to Bagni di Braies Vecchia (20 mins) and begin our walk on a piste and then up through typical Alpine meadows and then through forest. We climb around 400m to a mountain pass at 1803m and then descend quickly to the remote mountain hut at Putzalm (1743m) run by a friendly guardian. After some refreshments we continue to another pass, the Suisridl at 2013m. Our trek then takes us down through more forest and eventually to the doorstep of our hotel. Today's 11 kilometre walk is expected to take around six hours with a total ascent of 750 metres and a descent of 850 metres.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast, Lunch, Dinner

DAY 4 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 unusual 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). Today's 15 kilometre walk is expected to take around six hours with a total ascent of 630 metres and a descent of 1250 metres.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast, Lunch

DAY 5 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. There are various possibilities including making a trip to Cortina - arguably Italy's premier ski resort with smart shops and craft stores; Lienz in Austria with beautiful architecture, museums and cafes; or Bolzano (you can use your free bus pass) which is home to the remarkable Ice Man, discovered in the Schnalstal Glacier in the Otztal 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 of these excursions can be made using public transport. You can also take a jeep ride up to Monte Piana and Monte Piano to see the WWI remains and trenches. The walk across the plateau here is beautiful and poignant. A further option is to visit Brunico and the Rheinhold Messner (mountaineering) museum. Alternatively you can take further walks or stay at the hotel and make use of the indoor pool and spa.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 6 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, arguably one of the most iconic mountain views in the whole of

Italy. 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. Today's 13 kilometre walk is expected to take around seven hours with a total ascent of 500 metres and a descent of 1190 metres.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast, Lunch, Dinner

DAY 7 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 westerly route through forests and then take a short bus ride back to the hotel. Today's 11 kilometre walk is expected to take around six hours with a total ascent of 480 metres and a descent of 1000 metres.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast, Lunch

DAY 8 Trip ends at Venice Airport

The trip ends at Venice airport in the early afternoon.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 5 lunches,4 dinners included in the price of this trip. 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 Trip

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

Food

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 £: 6.00 - 10.00

Dinner £: 10.00 - 14.00

Drink

The prices for 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.

Italy

Bottle of Beer £: 2.00 - 4.00

Water £: 1.00 - 2.00

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 (covered by your free weekly travelpass), 9 euros ice man museum entrance.
Monte Piana - WWI remains. Jeep from Misurina €12 both ways
Brunico - Messner's museum €9.00

Tipping - Tour Leader

At your discretion you might also consider tipping your Explore 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: We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

Joining your Trip

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

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

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 booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking

at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 www.explore.co.uk/travel-safety
We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

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.

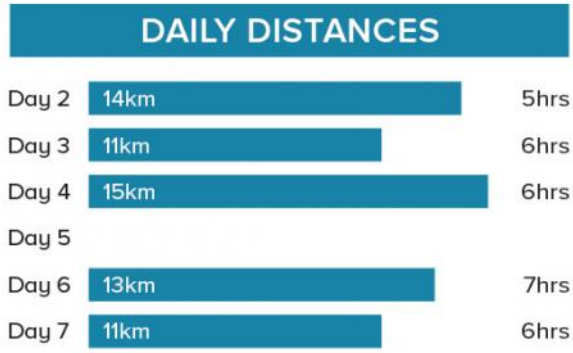
If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

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 Trip



Maximum Altitude on Trek (m)

2550

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.

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

We recommend taking lightweight and breathable clothing that can be layered according to the temperature and your level of activity. This should include a good quality waterproof jacket and trousers (e.g. Goretex / e-Vent), fleece jacket, comfortable walking trousers, shorts, warm hat and gloves, sunhat and sunglasses. Temperatures can change dramatically at altitude and at night. For around-town wear in Dobbiaco, you may like to 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. 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 trip: 20kg

General Information

Country details

Italy

Population: 60,681,514

Size of Country: 301,338 Sq KM

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, self-guided, private journeys & 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, 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.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

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, 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: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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 LicenceÂ granted by the Civil Aviation Authority.Â 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.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable 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 2016 and 31st December 2017.

Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 30/03/2017 17:00:30