



Tre Cime di Lavaredo, the Italian Dolomites

PRIVATE GUIDED WALKING & HIKING

Walking the Italian Dolomites

High mountain trails, Ladin villages and comfortable alpine hotels

YOUR JOURNEY

9 days / 8 nights

OUR RECOMMENDED TIME

Early September

Your own party. Your own experienced guide.

THE EXPERIENCE

A full mountain holiday, with every detail arranged.

Walk beneath the Dolomites' great limestone walls, crossing flower meadows, high passes and valleys dotted with traditional mountain huts. Three comfortable bases allow you to explore Val di Fassa, Alta Badia and Cortina without carrying your overnight luggage on the trail.

An experienced private mountain guide leads every hike and adapts the daily start to the conditions. Lunches in mountain huts, thoughtful transfers and welcoming four-star-style alpine hotels add comfort to an active journey. The finale is a full day around the famous Tre Cime peaks.

JOURNEY HIGHLIGHTS

- | | | | |
|----|---|----|---|
| 01 | Walk from Val Contrin over Passo San Nicolo. | 02 | Explore the Sassolungo and Sassopiatto landscapes. |
| 03 | Hike in Puez-Odle and visit the Santa Croce sanctuary. | 04 | Cross the Pralongia plateau beneath the Setsass massif. |
| 05 | Discover the First World War history around Cinque Torri. | 06 | Finish with a guided circuit around Tre Cime di Lavaredo. |

Fully accompanied, from the first welcome to the final farewell.

All scheduled walks, hikes and cultural visits are led by experienced private guides.

ROUTE, SEASON & WALKING LEVEL

Your journey at a glance.

Venice, Italy → Venice, Italy

OVERNIGHT BASE

NIGHTS

Val di Fassa

3

Alta Badia

3

Cortina d'Ampezzo

2

BEST TIME TO TRAVEL

Early September

Also recommended: Late June to mid-September.

Early September often brings clear mountain views and pleasant walking temperatures. Late June and July are especially attractive for green meadows and alpine flowers.

WALKING LEVEL

Challenging

A mountain holiday for regular hikers: typically 4–6 hours and 11–15 km per hiking day, with repeated climbs of 500–950 m and long descents. Trails include scree and narrow sections, often at 2,000–2,600 m; no technical climbing is scheduled.

THOUGHTFUL CONNECTIONS

Private transfers connect the trailheads, and your main luggage travels with the support vehicle. Cable cars are used where specified. The standard programme is hiking rather than via ferrata; specialist climbing equipment is not required for the planned routes.

Daily distances and elevations are approximate planning figures, not a GPS track. They include the scheduled cultural walking as well as trail sections. Walking times exclude meals, visits and vehicle travel unless stated. Your private guide confirms the day's route and pace.

DAY BY DAY / DAYS 01 / 02

DAY 01

Venice to your alpine retreat

Meet your private host at Venice airport and travel to Val di Fassa. The road gradually leaves the plain for the mountain valleys, with a comfortable stop along the way. Check into your alpine hotel and take time to settle in. Your mountain guide joins you for an equipment check, a personal briefing and a welcome dinner. An optional accompanied village stroll is available if arrival time permits.

WALKING (APPROX.)

0–2 km

WALKING TIME

Up to 1 hour, optional

DAILY EFFORT

Easy

Terrain / elevation: Gentle village paths

Overnight Val di Fassa**Connections** Private airport transfer to the mountains, about 3 hours**Meals** Dinner

DAY 02

Val Contrin and Passo San Nicolo

Begin near Alba di Canazei and climb through forest into Val Contrin. Your guide sets a comfortable, steady rhythm as the trail rises towards Passo San Nicolo and the surrounding Marmolada peaks. Pause at a mountain hut for lunch before descending into Val San Nicolo, where meadows and wooden farm buildings soften the high-mountain scenery. A private transfer returns you to your hotel for refreshments and dinner.

WALKING (APPROX.)

15 km

WALKING TIME

6 hours

DAILY EFFORT

Challenging

Terrain / elevation: About +945 m / –1,010 m

Overnight Val di Fassa**Connections** Private trailhead transfers, about 30 minutes**Meals** Breakfast, lunch and dinner

DAY BY DAY / DAY 03



Alpe di Siusi below the Sassolungo massif | Day 3

DAY 03

The Sassolungo mountain circuit

Start at Passo Sella and walk through the boulder landscape below Sassolungo. Continue with your guide around the massif, using established paths and careful footing across scree sections. A rifugio lunch provides a welcome pause before the trail continues towards the Sassopiatto side and the descent into Val Duron. Meet your vehicle at the finish and return to your comfortable Val di Fassa base.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
14–15 km	6 hours	Challenging

Terrain / elevation: About +720 m / –1,030 m

Overnight Val di Fassa

Connections Private transfers, about 45–60 minutes

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 04 / 05

DAY 04

Puez-Odle and the Edelweiss valley

Travel to Colfosco and begin a guided hike into the landscapes of Puez-Odle. Climb through the Edelweiss valley, pausing at mountain huts and viewpoints above Val Badia. The higher paths give an excellent perspective on the Sella massif before the route descends towards Passo Gardena and Colfosco. Your luggage is waiting at your next alpine hotel, where a Ladin-inspired dinner introduces the region's local cooking.

WALKING (APPROX.)

11 km

WALKING TIME

5 hours

DAILY EFFORT

Challenging

Terrain / elevation: About +710 m / -710 m

Overnight Alta Badia**Connections** Private transfer to Colfosco, about 1 hour**Meals** Breakfast, lunch and dinner

DAY 05

A walk to Santa Croce

From the San Cassiano area, follow old lanes and woodland paths towards the Santa Croce sanctuary. The gradual climb passes farm buildings and opens onto impressive views beneath the Sasso della Croce cliffs. Spend time at the sanctuary before lunch in a traditional mountain restaurant. Your guide chooses a different established path for the descent, bringing you back to the valley for a relaxed evening at your hotel.

WALKING (APPROX.)

11 km

WALKING TIME

5–6 hours

DAILY EFFORT

Moderate to challenging

Terrain / elevation: About +590 m / -590 m

Overnight Alta Badia**Connections** Short private local transfers**Meals** Breakfast, lunch and dinner

DAY BY DAY / DAY 06



The lake and mountain landscape at Passo Valparola | Day 6

DAY 06

Pralongia, Setsass and mountain history

Ride the gondola to Piz La Ila and set out across the open Pralongia plateau. Follow your guide through meadow country and along the lower contours of the Setsass massif, stopping for a mountain-hut lunch. Continue towards Passo Valparola and visit the Tre Sassi museum for an introduction to the area’s First World War history. The standard walk stays below the summit; any longer summit variation is discussed separately.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
11 km	4–5 hours	Moderate to challenging

Terrain / elevation: About +470 m / –370 m

Overnight Alta Badia

Connections Gondola ascent and private transfers, about 30 minutes

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 07



Cinque Torri, Italian Dolomites | Day 7

DAY 07

Cinque Torri’s trails and wartime remains

Travel to the Falzarego area and hike towards Rifugio Averau before continuing around Cinque Torri. Your guide links the scenery with the restored trenches and wartime positions encountered along the way. Enjoy lunch in a mountain hut, then complete the selected circuit before transferring to Cortina. Settle into your final alpine hotel and enjoy an included dinner in this celebrated mountain town.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
8–10 km	4–5 hours	Moderate to challenging

Terrain / elevation: About +500 m / –500 m

Overnight Cortina d’Ampezzo

Connections Private road transfers, about 1 hour

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 08 / 09

DAY 08

A grand finale around Tre Cime

Set out early for the Tre Cime trailhead, with the departure time chosen by your guide for the best practical conditions. Follow a full mountain circuit around the three famous peaks, enjoying changing views rather than a brief roadside stop. A substantial hut lunch or picnic is arranged en route. Return to Cortina in the afternoon, with time to refresh before a special farewell dinner.

WALKING (APPROX.)

13 km

WALKING TIME

5–6 hours

DAILY EFFORT

Challenging

Terrain / elevation: About +610 m / –550 m

Overnight Cortina d'Ampezzo

Connections Private trailhead transfer, about 45–60 minutes each way

Meals Breakfast, lunch and dinner

DAY 09

Return to Venice

After breakfast, leave Cortina by private vehicle for Venice airport. Your departure is coordinated around the mountain transfer, with an afternoon flight recommended for a comfortable schedule. A private Venice stay can be added if you would like to finish among the canals. Your nine-day guided Dolomites journey ends with the airport transfer.

WALKING (APPROX.)

0 km scheduled

WALKING TIME

No scheduled walk

DAILY EFFORT

Rest / travel

Terrain / elevation: None

Overnight Departure

Connections Private airport transfer, about 2.5–3 hours

Meals Breakfast

THE MIDASIA ROUTES DIFFERENCE

Your private journey, cared for.

Every scheduled walk, hike and cultural visit is accompanied. Your guide handles the route and timing, with specialist mountain or local site guides where needed. Private means your own travelling party, with the arrangements shaped around your interests and walking ability.

YOUR STAYS

Welcoming four-star mountain hotels and alpine inns with private bathrooms, good regional dining and comfortable lounges. Selected properties may offer wellness facilities; trail lunches use local rifugios.

YOUR ARRANGEMENT INCLUDES

Private guides and personal arrival assistance; the stated accommodation and meals; private road transfers; listed regional flights, trains, ferries and cable cars; scheduled visits, entrance fees and activities; luggage handling and trail refreshments.

ARRANGED SEPARATELY

International flights to the starting city and home from the finishing city; travel and medical insurance; passport-dependent visa fees unless specified in your proposal; personal shopping, laundry, alcoholic drinks and discretionary gratuities.

We confirm the named hotels, room arrangements and operating details in your personal proposal. Park visits, scheduled transport and public heritage sites may be shared with other visitors; your party remains accompanied by its private guide.

PLAN YOUR PRIVATE JOURNEY

A remarkable journey, arranged around you.

sumit@midasiaroutes.com | midasiaroutes.com

USA / Canada +1-307-650-2452

International / WhatsApp +91-8750970676

WhatsApp +968-96321788

Private journeys for couples, families, friends and individual travellers.