

Dolomites Circuit Trek, Italy

A fully supported trek through the heart of the Dolomites, staying in delightful mountain rifugios.



Group departures

See overleaf for departure dates

Holiday overview

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|-------------------------|--|
| Style | Trek |
| Accommodation | Hotels, Mountain refuges |
| Grade | Moderate / Vigorous |
| Duration | 8 days from London to London |
| Trekking / Walking days | On trek: 6 days |
| Min/Max group size | 5 / 8. Guaranteed to run for 5 |
| Trip Leader | Local Leader Italy - Dolomites |
| Land only | Joining in Venice, Italy |
| Max altitude | 2,573m / 8,438ft, Forcella Lagazuoi, Day 6 |

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Sun 13 Jun - Sun 20 Jun

Sun 05 Sep - Sun 12 Sep

2022 Dates:

Sun 12 Jun - Sun 19 Jun

Sun 04 Sep - Sun 11 Sep

This is the itinerary for our 2022 departures. A separate itinerary for our 2021 departures can be downloaded from our website or requested from the Mountain Kingdoms office.

Deposit and payments

A higher deposit is required to secure your booking on this holiday. For full details please contact the office or refer to our terms and conditions on our website: <http://www.mountainkingdoms.com/essential-information>. Single rooms are rarely available in the mountain huts (rifugios). You will only be able to request single rooms (for a supplement) in the hotel in Cortina at the beginning and end of your trek.

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 8. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts, who will have first-hand experience of the destination/s you want to visit. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday.

If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



Our holiday in the Dolomites are led by a passionate, experienced mountain enthusiast who will speak good English in addition to at least one of the principal languages of the region - Italian, German or Ladin. They will have a professional outdoor leadership qualification, know the area well and most importantly, be great fun to trek with.

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One such guide is Alberto de Giuli

Alberto, or “Albi” as he is called by his friends, was born in Northern Italy’s Padova and began visiting the Dolomites when he was a child. He climbed his first via ferrata at age 14, but it was when he took a climbing course with a guide at age 21 that everything else became secondary. From this experience, the desire to become a mountain guide began to burn in him, with the realization that it was possible to make a living while pursuing his passion.

Albi studied economics and earned his degree from the University in Venice in 2005. In 2007 he moved to Arabba in the Dolomites and began his mountain guide coursework, and started guiding full time as an Aspirant Guide in late 2008. In Fall of 2011 he earned his UIAGM/IFMGA Mountain Guide certification, becoming a professional mountain guide, and today he guides trekking, mountaineering, rock climbing, via ferrata, snow shoeing, heli skiing, ski touring, ski safari, and ice climbing itineraries. While based in the Dolomites, Albi has also guided in other areas of the Alps including Austria, Switzerland, and France (including Chamonix). He loves to explore, and whether it is in the Dolomites or beyond, he enjoys taking guests on routes where none of them have been - including himself - so that there is a unique, new adventure for everyone!

“I have a deep passion for what I do in the mountains,” he says. This is unmistakable - the minute you sit down to talk to Albi, his face lights up with enthusiasm for guiding and climbing and skiing and the Dolomites! He is also enthusiastic about Dolomites cuisine - and is happy to offer suggestions about the best dishes at restaurants and the huts (he has many grateful, satisfied customers), as well as to recommend wines and grappas. Albi is fluent in Italian and English, and also speaks a bit of French.

Special notes

Rifugio accommodation

In rifugios (mountain huts) you may be staying in 2, 3, 4 bed rooms or small dormitories depending on availability. They are usually mixed sex dormitories and you might be sharing with people outside of your group. Some have private bathrooms and some shared.

Your trip highlights

- Discover the fairy-tale world of the Dolomites
- Explore the heart of the region on this exhilarating 6 day trek, starting at the foot of the Tre Cime
- Experience the unique Ladin culture rich in folklore and tradition
- Enjoy glorious walking amidst the pillars, pinnacles, and colossal rock walls of the Dolomites
- The accommodation is a highlight of this trek - you will stay in some of the best mountain huts in the Alps, all offering a warm welcome and delicious cuisine
- All your baggage will be transferred for you between mountain huts - walk with just a daypack

At a glance itinerary

| | |
|-------|---|
| Day 1 | Fly to Venice Marco Polo airport. Group transfer to Cortina D'Ampezzo. |
| Day 2 | Drive to Lago Landro and trek to Rifugio Vallandro. |
| Day 3 | Trek to Rifugio Fodara Vedla - ridge traverse under the Croda Rossa Massif. |
| Day 4 | Trek to Rifugio Fanes the morning. Afternoon optional walk. |
| Day 5 | Trek to Rifugio Lagazuoi. |
| Day 6 | Trek to Rifugio Passo Giau. |
| Day 7 | Trek under Croda da Lago to Malga Federa. Drive to Cortina d'Ampezzo. |
| Day 8 | Group transfer to Venice Marco Polo Airport. Fly to London. |

Trip summary

The circuit commences in the Sesto Group of mountains that encompass the Tre Cime di Lavaredo. These are bisected by the administrative border between Italy's German-speaking south Tyrol and the predominantly Italian Veneto region - the frontier between Hapsburg, Austria and Italy until 1918. The entire range was involved in the First World War, and wherever you turn you'll see evidence, like trench systems gouged by hand out of the rough dolomite surface and defensive barricades of stones heaped up by platoons of soldiers.

The circuit continues, crossing the Fanes-Sennes-Braies National Park with a spectacular traverse beneath the blood red Croda Rossa massif and then onto the beautiful Altopiano di Fanes, climbing to one of the most spectacular rifugios in the entire Dolomite range, rifugio Lagazuoi, which perches 700m above the Fouzargo valley floor with 360 degree panoramic views. From here you head south, and then east, concluding the circuit beneath the dramatic Croda da Lago massif, before returning to elegant Cortina d'Ampezzo.

The food and accommodation is a real highlight on this trek, with the delightful family-run rifugios offering an excellent mix of Italian, Ladin and typical mountain fare. A rifugio menu may offer various crispy salads from their own garden, handmade pasta dishes such as homemade tagliatelle with a venison sauce, as well as Tyrolean specialties such as barley soup and tutres (pancakes filled with ricotta cheese, canederli (bread dumplings) with goulash (stew) or in broth and pressknödel (crushed canederli) with sauerkraut. For the sweet-toothed there are delicious cakes and desserts including sweet strudel, kaiserschmarrn (an Austrian crepe-like pancake covered with powdered sugar and jam), and tyrolean sacher torte.

Whilst this trip is graded Moderate, you will be walking between 4-7 hours each day, with optional additional ascents or circuits on the shorter days. You will trek on average 6-10 miles per day on a variety of surfaces, including rugged single-track trails, uneven gravelly surfaces, and scree slopes, and some are very steep. Having good balance and being sure footed on trails is important. We walk at a comfortable pace and there are ample stops for water/ snacks to keep you going. Trekking poles are recommended.

Please note that this itinerary and daily walks may vary based on weather condition, group members and/or the recommendations of your guide.

Your trip itinerary

Day 1: Fly London to Venice (Marco Polo Airport). Group transfer to hotel.

On arrival at Marco Polo Airport, Venice, there will be a single group transfer to your hotel in Cortina. This is timed to fit the group flight, please contact us for further information.

When you arrive in Cortina you will have time to stroll the streets of this elegant resort before dinner.

Overnight: Hotel Beppe Sello or Similar, Cortina (Meals: D)

Day 2: Drive to Lago Landro. Trek to Rifugio Vallandro, 2,039m/6,691ft - 4-6 hours walking.

Today you will be transferred to Lago Landro, 1,409m/4,622ft, close to the Tre Cime di Lavaredo. Tre Cime di Lavaredo means the 'three peaks of Lavaredo', also called the Drei Zinnen in German and these three distinctive battlement-like peaks from east to west, are Cima Piccola/Kleine Zinne (little peak), Cima Grande/Große Zinne (big peak) and Cima Ovest/Westliche Zinne (western peak). You begin your hike on Route 34 winding up the trail to a saddle at 2,200m/7,218ft. From here you will ascend Monte Specie, 2,307m/7,569ft, for a fantastic view of the surrounding peaks. You will then return to the saddle and descend to Rifugio Vallandro (or Rifugio Prato Piazza) for a late lunch. This will also be your home for the night. Here you will enjoy fantastic views of the Croda Rossa (Red Wall) Massif, 2,818m/9,245ft, and the Cristallo group.



In the afternoon you can choose to take an excursion to the top of the Pico di Vallandro, 2,838m/9,311ft. This is a straightforward climb, except for the final narrow exposed track which is fitted with a hand-rail cable. On top, with breath-taking 360° views, you will be able to survey most of the northern Dolomites, from the spectacular eastern Sesto formations, south across the famous Cortina mountains and beyond.

800m/2,624ft ascent, 200m/656ft descent.

Overnight: Rifugio Vallandro or Rif Prato Piazza (Meals: B D)

Day 3: Traverse beneath the Croda Rossa Massif, crossing the Fanes-Sennes-Braies National Park to Rifugio Fodara Vedla - 6-7 hours walking.

Today you enjoy a panoramic crossing of the Fanes-Sennes-Braies Park with good wildlife spotting opportunities along the way. Look out for chamois, marmots and ibex. Highlights en route are the spectacular section below the northern face of Croda Rossa Mountain and Prato Piazza, set in an idyllic high-altitude pasture valley.

The walk will take you through forest, lunar landscape and beautiful high alpine pasture land. There is one section with a 500m cable; this is not an actual via ferrata that you clip in to, but asentiero attrezzato - a handrail for your protection.

As you descend towards the end of the day's walk, the landscape will increasingly shift from rock-strewn paths to lush meadows and the vistas of the Sennes and Croda Rossa will become increasingly impressive. Croda Rossa is named for its blood red rock, caused by the presence of iron oxide. According to legend though, the mountain blushes in sympathy with Princess Moltina, who as a timid newlywed, was subject to spiteful ridicule when a jealous noblewoman exposed her humble origins as she had been brought up by marmots.

Distance: 14-16 km/8.5-10 miles. 240m/787ft ascent 144-290m/472-951ft descent. (Distance and altitude gain/loss depends on the trail followed).

Overnight: Rifugio Fodara Vedla (Meals: B D)

Day 4: Altopiano di Fanes - 4-5 hours walking. Optional ascent of Col Bechei or Fanes Alpe Circuit in the afternoon.

Departing Rifugio Fodara Vedla this morning, you descend on a steep dirt road, tarmacked in parts. To reach the valley bottom will take about 40 minutes (the last part of the road approaching the valley bottom has a 1:5 slope. If you prefer not to walk this steep downhill section, it may be possible to take a transfer instead. When you arrive at Rifugio Fodara Vedla, ask your guide to arrange this with Arthur, the owner. You will need to pay for this locally.

From Rifugio Pederù, it is a steep climb back up again in the direction of Lago di Limo. When you reach Lake Lé Picidol, the landscape softens with little lakes and rounded mountain tops along the Ru d'Al Plan River, finally opening out below Rifugio Fanes, 2,000m/6,562ft, your home for tonight. Rifugio Fanes sits just beneath the Limo Pass, 2,172m/7,126ft, offering a splendid view of the Tofane Mountains. Once you arrive at the rifugio, there is ample opportunity to enjoy additional walks from the hut and we recommend an ascent of Col Bechei, or a circuit on Fanes Alpe.

7 km/4 miles. 417m/1,368ft ascent, 512m/1,680ft descent.

Overnight: Rifugio Fanes (Meals: B D)

Day 5: Trek from Rifugio Fanes to Rifugio Langazuoi - 6 hours walking.

Today you will have a lovely hike through the Altopiano di Fanes to the Lagazuoi Massif. You'll have some beautiful panoramas of the Western Dolomites and the Marmolada Massif, the "Queen of the Dolomites." From Rifugio Fanes you hike south on a gentle gradient out of a steep valley (or by steeper shortcuts) on path n.10 /11. Once out of the valley, you find the beautiful Lago di Limo on your left (to the east). The waters here are all but suffocated by gentians, buttercups and globe flowers in summer. Past an old military building and wooden cross, you hike down for Malga Fanes Grande (2,104m / 6,903'), a cheery converted farm offering light meals and basic accommodation. The route continues through the beautiful high meadows and karst formations, climbing to the Forcella del Lago, a narrow and dramatic gap in the mountain with a descent through steep talus on the south side. At the base of the slope is the lake called Lago di Lagazuoi whose green waters are framed by pines with a backdrop of the sheer walls of the Cima del Lago and the Cima Scotoni. From the lake, the path begins the long, steady climb to the Rifugio Lagazuoi, entering open, rocky terrain where you'll come across ruins from the First World War - you can opt for a short detour through these WWI tunnels and fortifications. You'll arrive at the Forcella Lagazuoi, a pass that separates Lagazuoi Piccolo from Lagazuoi Grande en route to reach Rifugio Lagazuoi, your home for tonight.

1,397m/4,583' ascent, 705m/2,313' descent. Walking distance: 12.4 kms/7.7 miles

Overnight: Rifugio Lagazuoi (Meals: B D)

Day 6: Trek to Rifugio Passo Giau, 2,236m/7,336ft - 5 hours walking.

Today you can start by riding the cable car down to Passo Falzarego - there is the option to walk down if you prefer - you should discuss this with your guide - this is a descent of 573 m/1,880ft will add about 1.5 hrs to the day's walk. Crossing the roadway at Passo Falzarego, 2,105m/6,906ft, you follow a path to the southeast. The first part of the trail climbs gently across grassy hillsides. As you climb, the terrain becomes rockier, with the occasional grass and wildflower patch, including gentians and pretty pink thrift. Waymarking is regular, and you'll see red and white painted stripes on rocks, some with the trail number painted within. You'll cross several broad debris-filled gullies on this hike, the first of which you'll have a view of the diminutive Lago de Limesed below. At a clearing where the summit route for Punta Gallina forks off (cima, for peak, is painted on a rock), keep left for a brief climb. From here, you'll continue on a level path and come out shortly at Forcella Averau, Averau Pass, 2,435m/7,989ft, with exceptionally fine views back across Passo Falzarego of Lagazuoi and Tofana, and southwest to the grassy slopes of the Livinallongo Valley. When you're ready to leave the pass, continue to follow path n.441 turning sharply left (southeast).



This will take you on a mostly level, if somewhat narrow, path that cuts across scree, just below the crumbling southern wall of Monte Averau. Continue to Rifugio Averau, 2,416m/7,927ft, and descend to the south on path n. 452 to Passo Giau and reach Rifugio Passo Giau, your home for the night.

Walking distance: 10 km/6 miles.

Overnight: Rifugio Passo Giau (Meals: B D)

Day 7: Trek under the Croda da Lago Massif to Malga Federa or Ponte Fedra - 5-6 hours walking. Drive to Cortina d'Ampezzo.

The final day of the circuit is a superb hike under the Lastoni di Formin and Croda da Lago massifs. From Rifugio Passo Giau, you begin to hike uphill to the rear of grassy Col Piombin, which takes its name from past mining activity. The trail leads over the Forcella Giau, 2,360m/7,742ft, with plenty of ups and downs; here the views of the Tofana and Monte Cavallo are inspiring, as well as the mountains you can see to the south: Monte Fromin, Cenera, Pelmo and the upswept flank of Monte Mondeval. The path drops to cross streams, and then gains the earthy saddle of Forcella Ambrizzola, 2,277m/7,470ft. From here you trek to Rifugio Croda da Lago Palmieri, 2,042m/6,699ft on path n.434 and continue walking on path n.432 to Malga Federa. After Malga, you continue on the dirt road until you reach a crossroads where asphalt starts: here you will find your driver waiting to take you back to Cortina d'Ampezzo. Walking distance: 13 km/8 miles.



Your guide may take you on a good, but slightly longer alternative to the descent on the dirt road, a new path, the 'Gores de Federa' which takes you down to the Ponte Federa. The path is not marked on the maps as it was only created in June 2019. This new path follows the course of the Federa River, passing by natural waterfalls and suspended wooden bridges. This alternative is about 30 minutes longer than the standard way.

Host to the 1956 Winter Olympics, Cortina enjoys a reputation for great skiing in Winter and is a destination for the international society set all year-round with tremendous shopping, dining and nightlife.

Overnight: Hotel Beppe Sello or Similar, Cortina (Meals: B D)

Day 8: Group transfer to Venice Marco Polo Airport for your flight to London.

After breakfast, there will be a group transfer to Venice Marco Polo airport which is timed to fit the group flight. Please check with the office for details. **(Meals: B)**

Our grading system

Dolomites Circuit Trek is graded as a Moderate/Vigorous trekking holiday, as described below.

Moderate

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ A local English-speaking leader
- ✓ Economy class return air fares from the UK (flight inclusive option).
- ✓ A single, timed group transfer to/from the airport on arrival and departure
- ✓ All other baggage transfers as per the itinerary
- ✓ 2 nights 3* hotel accommodation in Cortina, d'Ampezzo, twin share
- ✓ 5 nights in mountain rifugio - shared accommodation
- ✓ 7 breakfasts and 7 dinners included
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ The option of joining one of our pre-trip meets in the Cotswolds

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Travel insurance
- ✗ Optional cable car ascents / descents
- ✗ Lunches and drinks
- ✗ Locally paid bar bills and laundry
- ✗ Optional trips
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle from us at a discounted rate.

For further information about our campaign visit [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign)

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Hotel Beppe Sello or Similar, Cortina

The 3* Beppe Sello Hotel is located just a short, 10-minute walk from the centre of Cortina d'Ampezzo. All 13 of its sunny rooms provide relaxing accommodation and feature balconies with enchanting views of the mountains. The hotel has a restaurant that offers both local specialties and sophisticated international cuisine. Beppe Sello has been honored with the prestigious "Marchio Ospitalità Italiana," awarded to establishments that offer guests high quality accommodation and restaurants.



Rifugio Vallandro or Rifugio Prato Piazza

Vallandro is a warm and friendly rifugio set at an elevation of 2,040m/6,693ft. It has been operating since 1970 and was modernised in 2002. The private rooms have wooden panelling, lovely furnishings and their own bathroom, toilet and shower. A number have balconies. The owners, Margit and Philipp Schwarz, serve both Tyrolean and Italian cuisine and there are lovely views if you choose to dine outside. Alternatively you may stay at Rifugio Prato Piazza which has a wonderful location at 2,000m above sea level with spectacular mountain views which can be enjoyed from the outdoor terrace. The food here is excellent.



Rifugio Fodara Vedla

The family run Rifugio Fodara Vedla sits at the heart of the Fanes-Senes-Braies Natural Park at 1,965m/6,447ft, in a vast, green basin used as mountain pasture in the summer and surrounded by the soaring Dolomites. The cooking at the Fodara Vedla is outstanding with delicious Ladin dishes, served in the comfortable wooden stuben, which is traditionally the room in a farmhouse where the stove was located and cooking took place.



Rifugio Fanes

Rifugio Fanes lies deep within the Fanes-Senes-Braies Natural Park amidst the South Tyrolean Dolomites at a height of 2,060m/6,759ft. The rifugio was built in 1928 by three brothers and sits just beneath the Limo Pass, 2,172m/7,126ft, offering a splendid view of the Tofane Mountains.



Rifugio Lagazuoi

This is one of the highest rifugio in the Dolomites at an elevation of 2,778m/9,114ft, and on its terrace you feel as though you're sitting at the edge of the world, with 360 degree views of the surrounding mountains. The rifugio is simpler than others on this trip, but we feel the spectacular location and excellent local cuisine more than compensates. Private rooms share three bathrooms with sink and toilet whilst showers are located downstairs below the dining room. As all water has to be brought up to the rifugio, water supply is strictly controlled with a token available for purchase for use of the showers.



Rifugio Passo Giau

Situated at 2,236m/7336ft, rifugio Passo Giau has a spectacular location and a great restaurant. The rooms here are twin share with private bathrooms.

Meal arrangements

Breakfasts and dinners included; lunches are not included.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

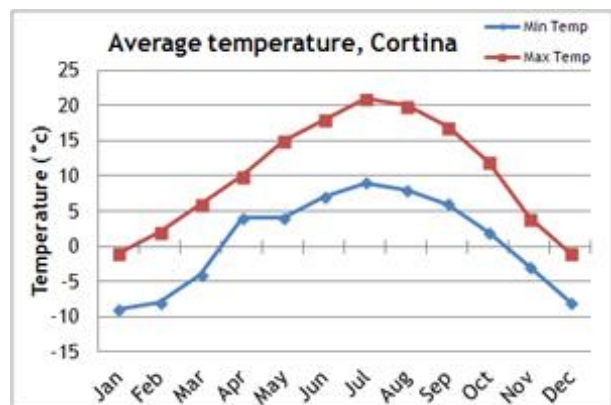
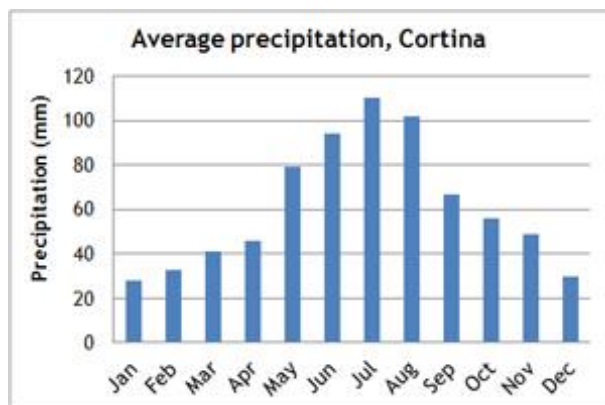
The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra hotel nights at the start or end of your trip, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements.

We can also assist with flight and hotel upgrades.



If you would like extra time in Venice please contact this office for details of hotels we can offer you.

Why book this holiday with Mountain Kingdoms?

- Our unique circuit starts at the foot of the renowned Tre Cime and concludes in elegant Cortina d'Ampezzo. It encompasses the best of the Dolomites - from lush high alpine meadows to dramatic pillars, pinnacles, and colossal rock walls.
- The accommodation is a highlight of this trek - you will stay in some of the best mountain huts (rifugio) in the Dolomites, all offering a warm welcome and delicious cuisine.
- All your baggage will be transferred for you between mountain huts so you only need to walk with a daypack.
- Your trek will be led by a professional, English-speaking trekking guide who will be delighted to share their expert knowledge of the history, culture and nature of the Dolomites region.
- Our maximum group size is 8 for this trip. This provides for a genuine small group experience and helps reduce the negative aspects often associated with larger trekking groups.
- Mountain Kingdoms Marketing Manager, Jude Limburn Turner, has completed this circuit. Please email jude@mountainkingdoms.com or call her on 01453 844400 if you have any questions.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



From the outset an immaculate and smart Mercedes taxi collected us. Our guide Michele was excellent in every respect, his immense knowledge of the mountains, spoken English, sense of fun and humour all made for a great guide throughout the trek. He thought to book ahead for lunch stops which was essential. The Rifugios were all of a high standard as was the food and wine offer, certainly way better than in the western Italian alps. Simple things like decent bathrooms, towels and linens all added to the sense of family run and caring Rifugios...The scenery was breathtaking aided by fabulous weather. The Dolomite range are a wonder of the world. Many thanks for organising such a great trek.

-Mr M R, Cumbria



Just back from MK trip trekking in Dolomites - absolutely superb. A simply amazing holiday. I was extremely happy with every aspect of this trip. It was for me, hugely enjoyable.

-Ms T, Herefordshire



I do appreciate the level of accommodation that MK provides - it was a great trip.

-Ms S, Yorkshire

Holiday was excellent. Excellent route, weather, views, food and great bunch of fellow travellers. And the guides were outstanding.. We chose this holiday over other similar treks because it promised time spent exploring the military history and the trip exceeded our expectations with an alternative descent down a WW1 tunnel network.

- Mrs F, Hampshire



The best one week walking trip I have ever been on. Whatever you do add the Dolomites Circuit to your "bucket list". The scenery is stunning, the route well planned and the mountain Refugios all had a bar with ice cold beers to salute the end of the day.

-Mr P Schulz, Berkshire

I've trekked all over the world - but this is now one of my favourite destinations, I can't wait to go back.

- Jude Limburn Turner, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

