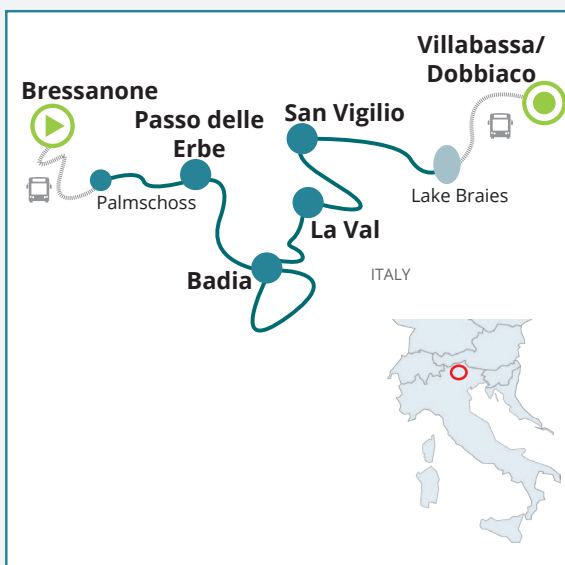




HIKE IN THE HEART OF THE DOLOMITES

self-guided tour
8 days / 7 nights



DESCRIPTION

On every single stage of the tour, the view over the mountains and landscapes of the world-famous Dolomites will be breathtaking. Walking along the foot of the Aferer Geisler, the Peitlerkofel and Heiligkreuzkofel to the lake Pragser Wildsee, the path leads through little known regions of the Dolomites. During your journey, not only the landscape changes dramatically, but even the language and subsequently also the culture: from the German-speaking Bressanone to the Ladin-speaking Valle Badia. In some of the so called "Viles" (hamlets) of Valle Badia it seems that time stands still. The pearl among the Dolomite lakes expects the guests at the end of their hiking adventure. The lake Pragser Wildsee is located beneath the north wall of the Seekofel and its water is shimmering emerald green.

CHARACTERISTICS OF THE ROUTE

The tour follows well-marked hiking trails. It is suitable for anyone in good basic physical condition and climbing experiences are not necessary.

The tour is suitable for children from the age of 16.

A DAY BY DAY ACCOUNT OF THE ROUTE

DAY 1: Arrival in Brixen/Bressanone

Individual arrival at the hotel in Bressanone.

DAY 2: Brixen/Bressanone – Würzjoch; (ascent approx. 950 m, descent approx. 650 m / approx. 6 - 7 hours)

A shuttle takes you from Bressanone to Palmschoss, the starting point of the tour. Situated on the south side of the Plose, it's well known to winter skiers. After conquering some metres of altitude, you walk along rich green pastures, always in the direction of the Peitlerkofel. Enjoy the beautiful view on the Aferer Geisler, the impressive Schlern and the Seiseralm. The first part follows the Alta Via route 2 to the Würzjoch, which provides access to Val Badia.

DAY 3: Würzjoch – Abtei/Badia; (ascent approx. 525 m, descent approx. 1,200 m / approx. 7 - 8 hours)

The Peitlerkofel (2,875 m) stands between Val Badia to the east and the Villnösstal to the west, in the very north of the Dolomites. It takes part of the UNESCO World Heritage. Don't be surprised if you hear shouts above your heads, they are from climbers, proving their skills in the north wall of the Peitlerkofel. Following the path you get to the highest point of today's tour, the so called Göma-Joch. The path curls down to San Martino in Badia. After a short counter increase you will reach Badia walking on a gravel road.

DAY 4: "Tru di lec" - lakes path Abtei/Badia; (ascent approx. 350 m, descent approx. 350 m / approx. 2 - 3 hours)

Enjoy your free day in the heart of the Dolomites with a unique mountain view. If you want to go for a short walk, we recommend the following: walk in an unspoilt and ever changing landscape, through thick woods and deep green meadows, under the walls of the Gherdenacia plateau, with a view over the coloured rock faces of the Heiligkreuzkofel and Lavarella. The trail takes you from Badia to the idyllic "Lech Dla Lunch" lake and further to the "Lech da Sompunt" lake. To return, pass by the Paracia and Ciaminades farms, before reaching Badia, back to where you started.

DAY 5: Abtei/Badia – Wengen/La Val; (ascent approx. 875 m, descent approx. 850 m / approx. 5 - 6 hours) or start at the Heilig Kreuz Sanctuary, (ascent approx. 175 m, descent approx. 850 m / approx. 3 - 4 hours)

From Badia you follow the hiking trail up to the Heilig Kreuz Sanctuary (2,045 m). On the opposite site you can see the massif of the Gardenacia, Marmolada, Sella, Puez and Sass de Putia. You have the possibility to shorten the first climb by using the chair lift (ticket not included). Today's tour takes you to the Armentara Wiesen. This easy hike leads through flower-filled meadows, pastureland and woods. 61 different bird species live in this area and will accompany you on with their singing. Walking along the foot of the Heiligkreuzkofel you will reach La Valle.

DAY 6: Wengen/La Val – St. Vigil/San Vigilio (Short option: ascent approx. 500 m, descent approx. 675 m / approx. 3 - 4 hours Option with panoramic mountain Crusc da Rit: ascent approx. 675 m, descent approx. 925 m / approx. 4 - 5 hours)

Starting from the village, the path follows a meditative trail which leads to the St. Barbara's church. This holy building dates back to the 15th century and it can be considered as the symbol of La Valle. After few steps, the bell tower of the old church of La Valle and a wonderful landscape with picturesque farmsteads follows. Walking along the hiking trail with a constant incline, you reach the highest point with alpine meadows. In the distance the village of San Vigilio can be seen. There is the possibility to enjoy breath-taking views from Crusc da Rit.

DAY 7: St. Vigil/San Vigilio – Pragser Wildsee; (ascent approx. 1,100 m, descent approx. 800 m / approx. 7 - 8 hours)

The last stage of the journey leads to an area which is rather lonely. Through the Valle Fojedöra you walk along a gravel road with a step but constant incline to the highest point, named Somamunt. The beautiful situated lake Hochalpensee (2,252 m) is perfect for a short break. Along the large alpine pasture and the Grünwaldtal the hiking trail descends to lake Pragser Wildsee. Enjoy the view over this nature jewel. By bus (ticket included) you will get to your hotel in Villabassa/Dobbiaco.

DAY 8: Departure from Hochpustertal (Villabassa/Niederdorf or Dobbiaco/Toblach)

Individual departure or possibility to extend your stay.

GENERAL INFORMATION:

- **Classification of the tour:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Starting point:** Brixen/Bressanone
- **Arrival:**
By car: On the Brenner/Brennero motorway (A22) to Brixen/Bressanone or over the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then on further through the Pustertal/valle Pusteria on the SS49 to Brixen/Bressanone.
By train: Take a train from Innsbruck to Brixen/Bressanone or arriving from the south over Verona and Bozen/Bolzano to Brixen/Bressanone. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.
By plane: Nearest airports are Innsbruck airport (approx. 83 km), Verona Villafranca airport (approx. 191 km), Treviso airport (approx. 228 km), Venice Marco Polo airport (approx. 313 km).
- **Accommodation:** Accommodation in hotels of a 3***, partly 4**** category
Attention: Tourist tax – if requested – has to be paid on the spot.
- **Parking:** Parking facilities at Brixen/Bressanone at the hotel of your arrival: Hotel garage: approx. € 55.00/week; € 10.50/day; Parking place Residence Gasser: approx. € 18.00/week; Reservation not possible; to be paid directly in the hotel.

INCLUDED SERVICES; SELF-GUIDED TOUR:

- Accommodation in hotels of a 3***, partly 4**** category
- Breakfast buffet or full breakfast
- Personal tour information
- Luggage transfer from hotel to hotel
- Transfer on Day 2 from Bressanone to Palmschoss
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

BRESSANONE - LAKE PRAGSER WILDSEE HIKING TOUR

STARTING DATES 2019

| | |
|---------------------------------------|---|
| ARRIVAL | every Saturday 15/06/2019 (first available date) until 14/09/2019 (last available date). |
| NO DEPARTURE POSSIBLE | no start possible on 06/07/2019, 13/07/2019 and from 03/08/2019 to 30/08/2019 (incl.) |
| NON SCHEDULE ARRIVAL DATES | minimum of 5 persons upon request! |

PRICES 2019

SELF-GUIDED TOUR

| | |
|---|----------|
| Package price per person in a double room incl. breakfast | € 649.00 |
| Single room surcharge, per person | € 165.00 |
| High season* surcharge, per person | € 79.00 |

EXTRA NIGHTS IN BRESSANONE (HOTEL 4****-CATEGORY)

| | |
|---|---------|
| Per person and night in a double room incl. breakfast | € 69,00 |
| Surcharge single room per night | € 15.00 |

EXTRA NIGHTS IN VILLABASSA/DOBBIACO (HOTEL 3***-CATEGORY)

| | |
|--|---------|
| Per person and night in a double room incl. breakfast in June/from 18th August/September | € 55.00 |
| Per person and night in a double room incl. breakfast in July, until 2nd August (incl.) | € 69.00 |
| Per person and night in a double room incl. breakfast from 3rd – 17th August (incl.) | € 74.00 |
| Surcharge single room per night | € 14.00 |

EXTRA NIGHTS IN VILLABASSA/DOBBIACO (HOTEL 4****-CATEGORY)

| | |
|--|----------|
| Per person and night in a double room incl. breakfast in June/from 18th August/September | € 87.00 |
| Per person and night in a double room incl. breakfast in July, until 2nd August (incl.) | € 97.00 |
| Per person and night in a double room incl. breakfast from 3rd – 17th August (incl.) | € 117.00 |
| Surcharge single room per night | € 17.00 |

*High season: arrival dates from 06/07/2019 to 14/09/2019 (incl.)
We suggest travel insurance.