

**WALKING CLASSIC ROUTES**

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|---|---|
| type : | Self-Guided Hiking Tours |
| level : | |
| duration : | durationtype 7 days |
| period: | Jun Jul Aug Sep |
| code: | ITSW450 |

# Dolorama Trail, a View on Dolomites - Italy

## Dolorama Trail, a View on Dolomites

**7 days, PRICE FROM *€ 942***



A walk in the magical atmosphere of the **Dolomites**, a **land of wild open spaces**, green meadows and **jagged peaks** standing out against the deep blue sky: from the beginning to the end you walk surrounded by glaciers, ridges and massifs, enjoying spellbinding views that make every walk unforgettable.
**The Dolorama walks are quite easy**, even if some of them are longer, making this trip suitable for almost everybody, and one of the easiest multi-day hikes in the Dolomites area. A must-do for first timers and families, **surrounded by the most beautiful peaks of the world**. The Dolorama trail consists almost entirely of forestry paths and hiking trails and is only crossed once by a paved road. Along the way there are many rest areas and observation points to stop at: for example, the prehistoric settlement site at Astmoos on the Luson/Lüsner Alm pasture or the geological site on the Würzjoch ridge, which shows traces of hundreds of million years of Earth's history.

## Route

**Day 1** **Arrive in Bressanone**

Arrive with public transport or private transfer to Bressanone, easily reachable by train, check-in at the accommodation and enjoy **the peaceful atmosphere of this quiet mountain town**. Bressanone is a colorful, lively city and the oldest of the whole Tyrol: if you arrive early, take the chance to stroll through its colorful alleys and visit the frescoed rooms of the bishops' palace.

**Day 2** **Transfer to Zumis and walk to Rifugio Kreuzwiese, 9 km**

This morning you are transferred to Zumis, where the route starts (30min). The first stage of Dolorama is a very gentle yet steady incline, traversing the sprawling landscape of the Rodenecker-Lüsner Alm mountain pasture. It provides hikers with insights into life in the South Tyrolean Alps, and is surrounded by impressive panoramic views of the Pfunderer Mountains and panoramic walks with **great views of the Alpine chain** at the border between Austria and Italy. It runs mostly on gravel tracks. You pass through **farms dominated by the typical mountain pastures**.

*Distance:* 9 km

*Elevation gain:* +332 / -145m

**Day 3** **From Rifugio Kreuzwiese to Rifugio Montemuro, 11 km**

Right at the beginning of the second stage of the route, hikers experience the unique UNESCO World Heritage Site of the Dolomites. Hiking through the **enormous geological rock outcrop at Würzjoch ridge,** hikers will witness hundreds of millions of years of geological history. It's **a relatively easy walk with great views** of the Alpine chain at the border between Austria and Italia and the northern Dolomites. You walk mostly on a ridge from where you dominate Brunico's valleys. A short detour at the beginning of the trail allows to reach **a spectacular viewpoint.**

*Distance:* 11 km

*Elevation gain:* +638 / -435 m

**Day 4** **From Rifugio Montemuro to Rifugio Genova, 14 km**

The third stage of the route is accompanied by the **typical birdcall of the nutcracker,** winding through sparse pine forests. It's a slightly demanding walk which runs along mountain footpaths and gravel tracks. Approaching the **Rifugio Genova** you have spectacular views of the Sass Putia and from the views are majestic, you can dominate the entire Val Badia with its valleys and massifs

*Distance:* 14 km

*Elevation gain:* +748 / -561 m

**Day 5** **From Rifugio Genova to Rifugio Resciesa, 16 km**

It's a slightly demanding walk which runs along **mountain footpaths and gravel tracks.** The first part skirts the Odle Massif with breathtaking views of its cliffs. The view dominates the **Val Gardena and Alpe di Siusi** (with views of Sasso Lungo Massif). Towards the end you can descend to the funicular station to reach **Ortisei.**

*Distance:* 16 km

*Elevation gain:* +696 / -836 m

**Day 6** **From Rifugio Resciesa to Laion, 10 km**

It's a very **easy walk** which runs along gravel tracks and footpaths **mostly through the forests.** You gradually descend from Rifugio Resciesa to Laion enjoying **views of Isarco River valley and its mountains.** Nestled in the middle of the South Tyrol, surrounded by the loveliest mountains in the world, **Laion** is situated on a high terrace embedded between vineyards and alpine pastures.

*Distance:* 10 km

*Elevation gain:* +42 / -1105 m

**Day 7** **Arrivederci Dolomiti!**

Your arrangement ends here, unless you have booked a transfer or an extra night with us.

## Practical info

Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

## Included

**What is included**

- 6 Nights in double room in **/*** hotels , B&B and huts with breakfast (more information in the Accommodation section), possibility of shared bathroom
- 4 picnic lunches
- Transfer from Bressanone to Zumis (day 2)
- maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

**What is not included**

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

**Optional Services**

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel