

7-Night Dolomites Guided Walking Holiday

Tour Style: European Centre Based

Destination: Italy

Trip code: SELCL-7

2 & 5



HOLIDAY OVERVIEW

The Dolomites in Selva is a mecca for walkers and a must see destination for all. This dramatic landscape and its profusion of flowers will not fail to impress. We meander through this fabulous network of hiking paths walking among magnificent limestone mountains, sculpted by glaciers a paradox against the delightful alpine meadows. We visit traditional mountain huts and stylish mountain cafes along the way. Selva sits within the dramatic Val Gardena valley located in the western Dolomites in the South Tyrol region of Northern Italy. Here spectacular spires and vast plateaux of pale Dolomitic limestone, the remains of atolls formed millions of years ago in an ancient sea, contrast with the rich wild lower meadows and shady woodlands. One of the nine Dolomites UNESCO World Heritage Sites, the Puez-Odle Nature Park, begins at the edge of Selva. Marmots are common on the mountain slopes, birds such as nutcrackers and alpine chough are frequently seen, and sometimes chamois can be glimpsed in the nearby Vallunga valley. The relative remoteness of these valleys helped to preserve their distinctive mountain culture. Local people still speak Ladin, a language developed alongside the Roman occupation in 15 BC. Since 1948 the province has been officially tri-lingual; this is seen most clearly on the signposts, which show the Ladin, German and Italian name for each destination. From the 17th century, woodcarving has been culturally significant to Val Gardena. Historically it was the primary economic activity of the valley and the tradition continues with local woodcarvers producing everything from religious statues to cutting edge modern artworks.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal

HOLIDAYS HIGHLIGHTS

- Awe-inspiring mountain scenery and flowers of the Dolomites
- Superb network of cable cars, gondola and chair lifts make the mountains accessible to all
- Enjoy our highly praised family-run hotel



ITINERARY

2019 Itinerary 1

Our experienced leaders offer the choice of two different walks each day. Choose the option which best suits your interests and fitness. We provide flexible holidays. Choose easier walking one day and harder the next or just explore independently or relax around the resort. Our leaders are friendly and welcoming, making your holiday fun and sociable. Easier walks: 5 to 10 miles (8-16km) generally on good paths which can be rough or steep. Up to 1,500 feet (450m) of ascent in a day. Harder walks: 5 to 12 miles (8-19km) crossing mountainous terrain with steep gradients. Up to 3,300 feet (990m) of ascent in a day. Please note that all itineraries outlined are provisional and could be subject to change. A finalised itinerary will be available at the resort and your leaders will brief you every evening about the next day's walks.

Day 1: Arrival Day

Welcome to Hotel Somont. Unpack and settle in.

Day 2: The North Side Of Val Gardena

Today we will walk on the north side of the Val Gardena.

Option 1 - Saints Along The North Side Of The Val Gardena

Distance: 8 miles (12km)

Total ascent: 700 feet (210m)

Total descent: 1,900 feet (570m)

In summary: This delightful easier walk explores the beautiful high meadows above Selva on the north side of the Val Gardena visiting three 'saints' on this undulating walk down the valley. We visit the towns of St Cristina, St Ulrich (also known as Ortisei) and the oldest church in the valley, St Jakob.

Highlight: Follow the themed 'dialogue path' back to Selva.

Option 2 - Ascending The North Side Of The Val Gardena

Distance: 9 miles (14½km)

Total ascent: 2,300 feet (690m)

In summary: This is a more energetic and higher circular walk on the north side of the Val Gardena which still gives opportunities to stride through meadows, visit a mountain hut and enjoy great views.

Highlight: A visit to a traditional mountain hut.

Day 3: The Start Of The Valley

The easier walkers explore high above the start of the valley, while the harder walkers ascend from a mountain pass to a plateau summit.

Option 1 - Val Gardena's Fruitful Beginnings

Distance: 6 miles (10km)

Total ascent: 1,300 feet (390m)

Total descent: 1,800 feet (540m)

In summary: Beginning at Castelrotto, today's walk explores the entrance to the Val Gardena. Following ancient trails, with superb viewpoints, our route loops back to Castelrotto on shady trails.

Highlight: Castelrotto is an historic town with an old town centre.

Option 2 - Passo Pinei, Bulacia, Castelrotto

Distance: 7 miles (11km)

Total ascent: 3,000 feet (900m)

In summary: This route starts from the Seceda lift middle station, traverses the mountain, then goes up its west ridge and down its north ridge before returning to the Col Raiser gondola for the descent.

Highlight: Enjoy a 'traditional' mountain day.

Day 4: Sassolungo And Sasso Piatto

Today the easier walkers visit a delightful ridge above Corvara in a neighbouring valley, and the harder group walks to the local Vallunga ('long valley') and ascends spectacularly to a high mountain hut.

Option 1 - The Mighty Ciampinoi Lift, City Of Stones, Passo Sella And Plan

Distance: 7 miles (11km)

Total ascent: 500 feet (150m)

Total descent: 2,800 feet (840m)

In summary: At the top of the Ciampinoi lift, we can survey virtually all of the Val Gardena and beyond. Walking through dramatic mountain scenery, including the "City of Stones", a steady varying descent through meadows and villages brings us back to Selva.

Highlight: Option to reach the Toni Demetz hut using the 'coffin' lift.

Option 2 - All Around Sassolungo And Sasso Piatto From Passo Sella

Distance: 10 miles (16km)

Total ascent: 2,300 feet (690m)

In summary: This walk begins by following part of the Friedrich August Weg, a well-known high-level route in the Dolomites and goes on to complete a lengthy circuit around both Sassolungo and Sasso Piatto.

Highlight: Stunning views towards the Val di Fassa and, in good weather, the Marmolada and its permanent glacier.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Local walks: There is a wealth of walks in the Val Gardena and your leaders will be happy to recommend options if you would like to walk independently on your free day.

Ortisei: The largest of the towns in the Val Gardena, it can easily be reached on foot or by bus from Selva. It has a lively, cobbled pedestrianised centre, with cafes, a museum, churches and an art gallery.

Bolzano: The administrative centre of the South Tyrol region. There is a good bus service from Selva, taking approximately 1½ hours. Some of the town's interesting historic buildings include the 14th century Franciscan church and the Chiesa dei Domenican monastery, which has 15th century frescoes. Bolzano's main attraction is the fascinating 'Ice Man' museum, which contains the preserved body of a prehistoric man and his artefacts that were found high on an alpine glacier.

Bressanone: An historic town with arcaded streets. The Duomo in the main square dates from the 13th century and its 14th century cloisters are decorated with medieval frescoes. The nearby Bishop's Palace now houses the Diocesan Museum.

Local information website: For information on Selva please visit www.valgardena.it/

Day 6: Corvara Or The Vallunga

Today, the easier option walks from Corvara, while the harder option walks into the mountains from the hotel.

Option 1 - From Corvara To Col Alt

Distance: 7 miles (11km)

Total ascent: 800 feet (240m)

Total descent: 2,300 feet (690m)

In summary: Corvara is in the next valley and affords a complete change of scenery and even flowers. Our walk uses a gondola to get onto a broad ridge with fantastic views, and welcoming cafés, before gently descending back to Corvara.

Highlight: The wild flowers in this valley are beautiful in early summer.

Option 2 - The Vallunga And The Puez Mountain Hut

Distance: 10 miles (16km)

Total ascent: 3,200 feet (980m)

In summary: This is a strenuous walk along the U-shaped Vallunga, and then up to the plateau above. The scenery and terrain is ever-changing, and the objective, the Puez mountain hut on the long distance Alta Via Two route, is a welcome sight and a definite refreshment stop.

Highlight: Enjoy well deserved drinks in the Puez mountain hut with dramatic views down the valley below.

Day 7: Views Of The Sella Plateau

Today, both options follow the 'Sella View' balcony path

Option 1 - The 'Sella View' Balcony Path

Distance: 6 miles (9½km)

Total ascent: 1,500 feet (450m)

In summary: The Dantercëpies gondola takes us to the start of a balcony path with changing but stunning views towards the huge Sella massif – and a visit to one of the lovelier mountain huts en route.

Highlight: Spectacular views from 'Jimmy's hut'.

Option 2 - The 'Sella View' Balcony Path, The Edelweiss Valley And The Val De Chedul

Distance: 10 miles (17km)

Total ascent: 2,700 feet (810m)

Total descent: 4,700 feet (1,430m)

In summary: First a balcony path with spectacular views across to the Sella Massif, then we walk into the

Edelweiss valley, next the incredible Karst "moonscape" of the Puez plateau and finally a long descent down the unspoilt Val de Chedul back to the hotel. This is a stunning but tough walk.

Highlight: An incredibly satisfying mountain day, with impressive views.

Day 8: Departure Day

We hope to see you again soon.

2019 Itinerary 2

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Day 1: Arrival Day

Welcome to Hotel Somont. Unpack and settle in.

Day 2: The South Side Of Val Gardena

Both options introduce the southern side of the Val Gardena.

Option 1 - In The Foothills Of Sassolungo

Distance: 5 miles (8km)

Total ascent: 500 feet (150m)

Total descent: 1,500 feet (450m)

In summary: From the top of the Ciampinoi lift, we ascend in the foothills of the spectacular Sassolungo massif, eventually arriving at a viewpoint at Mont de Sëra. Taking a chairlift down to Monte Pana, we return to Selva on a lower path.

Highlight: This introduction to the amazing scenery the Val Gardena has to offer.

Option 2 - The Cliffs Of Sassolungo

Distance: 10 miles (17km)

Total ascent: 1,600 feet (480m)

Total descent: 3,500 feet (1,050m)

In summary: Our walk passes below the cliffs of the Sassolungo, and to a true "mountaineers" refuge nestled in stunning scenery. The descent is steady to Monte Pana from where we return to Selva on a lower path.

Highlight: This dramatic introduction to the Val Gardena.

Day 3: Alpe Di Siusi Or Monte Pic Summit

Both groups head to Ortisei, with the easier walkers heading south the Alpe de Siusi and the harder walkers north towards Monte Pic.

Option 1 - Alpe Di Siusi Promenade

Distance: 6 miles (10km)

Total ascent: 1,300 feet (390m)

Total descent: 1,800 feet (540m)

In summary: The Alpe di Siusi is a massive "high meadow" with extensive views and fantastic flowers, particularly in spring and summer. As we promenade around the Alpe, there are plenty of potential café stops.

Highlight: Walk through attractive countryside with fabulous views.

Option 2 - Ortisei To Selva

Distance: 7 miles (11km)

Total ascent: 3,000 feet (900m)

In summary: This route starts from the Seceda lift middle station, traverses the mountain, then goes up its west ridge and down its north ridge before returning to the Col Raiser gondola for the descent.

Highlight: Reach the summit of Monte Pic at 2,363m.

Day 4: Val Badia

Today both groups take a hired coach to the neighbouring Val Badia, which involves a scenic drive over the Passo Gardena.

Option 1 - Badia, Ospizio Santa Croce And Below Sas Dla Crusc

Distance: 7 miles (11km)

Total ascent: 600 feet (180m)

Total descent: 2,400 feet (720m)

In summary: Today we visit Val Badia, which involves a scenic drive over the Passo Gardena. This walk starts from Badia ascending to a mountain church and a traditional refugio. The walk winds its way through pine forests with views of the massive cliff walls above finishing in La Villa.

Highlight: This interesting walk passes a mountain church originally consecrated in 1484.

Option 2 - Ciampani On The Gherdenacia Plateau From Val Badia

Distance: 6 miles (10km)

Total ascent: 3,000 feet (900m)

In summary: Our walk takes us to a lonely but spectacular summit, Sas Ciampac. This is quite a tough walk in all respects, but the rewards of exploring this naturally beautiful mountainous plateau make the effort worthwhile.

Highlight: Enjoy drinks at a peaceful mountain hut.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Local walks: There is a wealth of walks in the Val Gardena and your leaders will be happy to recommend options if you would like to walk independently on your free day.

Ortisei: The largest of the towns in the Val Gardena, it can easily be reached on foot or by bus from Selva. It has a lively, cobbled pedestrianised centre, with cafes, a museum, churches and an art gallery.

Bolzano: The administrative centre of the South Tyrol region. There is a good bus service from Selva, taking approximately 1½ hours. Some of the town's interesting historic buildings include the 14th century Franciscan church and the Chiesa dei Domenican monastery, which has 15th century frescoes. Bolzano's main attraction is the fascinating 'Ice Man' museum, which contains the preserved body of a prehistoric man and his artefacts that were found high on an alpine glacier.

Bressanone: An historic town with arcaded streets. The Duomo in the main square dates from the 13th century and its 14th century cloisters are decorated with medieval frescoes. The nearby Bishop's Palace now houses the Diocesan Museum.

Local information website: For information on Selva please visit www.valgardena.it/

Day 6: Rasciesa Or Sas Ciampac

The easier walk follows a pleasant route in the Rasciesa meadows, while the harder group follows a lofty route through the high mountains.

Option 1 - The Rasciesa Funicular

Distance: 9 miles (14½km)

Total ascent: 1,200 feet (360m)

Total descent: 2,300 feet (700m)

In summary: Using the funicular railway we reach the Rasciesa meadows high above Ortisei. Following a circuit we take in the Chapel of St Croce, an easy summit with views to the Austrian and Swiss borders before descending through woodland.

Highlight: The chapel of Sante Croce, a small mountain shrine originally built in 1755.

Option 2 - In The High Mountains

Distance: 10 miles (17km)

Total ascent: 2,500 feet (750m)

Total descent: 4,800 feet (1,450m)

In summary: Our walk takes us to a lonely but spectacular summit, Sas Ciampac. This is quite a tough walk in all respects, but the rewards of exploring this naturally beautiful mountainous plateau make the effort worthwhile.

Highlight: A challenging walk in the high mountains with stunning views.

Day 7: The Puez Odle Natural Park

Today, the easier walk begins in Ortisei, while the harder walk ascends the Stevia Massif.

Option 1 - The Pieralongia Alm In The Natural Park

Distance: 7 miles (11km)

Total ascent: 500 feet (150m)

Total descent: 3,500 feet (1,050m)

In summary: After an impressive ride on a duo of lifts we arrive high on the mountainside with views to match. Soon we enter the Puez Odles Natural Park, frequented by marmots and with meadows covered in flowers. After an impressive ride on a duo of lifts we arrive high on the mountainside with views to match. Soon we enter the Puez Odles Natural Park, frequented by marmots and with meadows covered in flowers.

Highlight: Rifugio Firenze, one of the oldest mountaineering huts in the area.

Option 2 - Forces De Sieles, Rifugio Firenze, La Piza And Stevia

Distance: 9 miles (14½km)

Total ascent: 2,400 feet (720m)

Total descent: 4,800 feet (1,460m)

In summary: Using lifts to access the beautiful Puez Odles Natural Park we continue the day by taking a steep rocky path to the Stevia plateau. A mountain hut teetering above the Vallunga greets us, followed by a spectacular descent and a walk back to the hotel.

Highlight: Reach the peak of La Piza at 2,555m

Day 8: Departure Day

We hope to see you again soon.

2019 Itinerary 3

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Day 1: Arrival Day

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Day 2: The North Side Of Val Gardena

Today we will walk on the north side of the Val Gardena.

Option 1 - Saints Along The North Side Of The Val Gardena

Distance: 8 miles (12km)

Total ascent: 700 feet (210m)

Total descent: 1,900 feet (570m)

In summary: This delightful easier walk explores the beautiful high meadows above Selva on the north side of the Val Gardena visiting three 'saints' on this undulating walk down the valley. We visit the towns of St Cristina, St Ulrich (also known as Ortisei) and the oldest church in the valley, St Jakob.

Highlight: Follow the themed 'dialogue path' back to Selva.

Option 2 - Ascending The North Side Of The Val Gardena

Distance: 9 miles (14½km)

Total ascent: 2,300 feet (690m)

In summary: This is a more energetic and higher circular walk on the north side of the Val Gardena which still gives opportunities to stride through meadows, visit a mountain hut and enjoy great views.

Highlight: A visit to a traditional mountain hut.

Day 3: Alpe Di Siusi And Bulacia

The Alpe de Siusi is a very popular extensive alpine meadow accessed from Ortisei. Part of the same area, Bulacia is a plateau mountain reached from Passo Pinei, further west of Ortisei.

Option 1 - Icaro, Saltria And Back To Monte Sëuc

Distance: 7 miles (11km)

Total ascent: 1,400 feet (420m)

In summary: We start our circuit heading down through attractive countryside strewn with alpine flowers. We will enjoy good views of the lofty peaks all around - particularly Sasso Piatto and the Rosengarten Group. Although the walk is undulating, there are some steep sections as we make our way to the gondola on Monte Sëuc.

Highlight: Stop at a mountain hut for a refreshing beverage.

Option 2 - Passo Pinei, Bulacia, Castelrotto

Distance: 7 miles (11km)

Total ascent: 3,000 feet (900m)

In summary: This route starts from the Seceda lift middle station, traverses the mountain, then goes up its west ridge and down its north ridge before returning to the Col Raiser gondola for the descent.

Highlight: Enjoy a 'traditional' mountain day.

Day 4: The Natural Park And The Vallunga

Both walks explore the western part of the Puez-Geisler Natural Park to the north of St Christina, with the harder group taking in the Vallunga.

Option 1 - High On The Cislesalpe From Col Raiser

Distance: 7 miles (11km)

Total ascent: 1,500 feet (450m)

In summary: Starting from the Col Raiser gondola we get great views across to Sassolungo, which we continue to enjoy as we follow meadow paths surrounded with a huge variety of flowers. Ascending past several huts to the quaint Troier Hut, we then head into the Puez-Geisler Natural Park. We continue on to the Firenze Hut and then on good quality tracks to the Juac Hut. Our walk finishes in Selva.

Highlight: Firenze Hut, one of the oldest mountaineering huts in the area

Option 2 - The Vallunga And The Puez Mountain Hut

Distance: 10 miles (16km)

Total ascent: 3,200 feet (980m)

In summary: This is a strenuous walk along the U-shaped Vallunga, and then up to the plateau above. The scenery and terrain is ever-changing, and the objective, the Puez mountain hut on the long distance Alta Via Two route, is a welcome sight and a definite refreshment stop.

Highlight: Enjoy well deserved drinks in the Puez mountain hut with dramatic views down the valley below.

Day 5: Free Day

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Bressanone: An historic town with arcaded streets. The Duomo in the main square dates from the 13th century and its 14th century cloisters are decorated with medieval frescoes. The nearby Bishop's Palace now houses the Diocesan Museum.

Local information website: For information on Selva please visit www.valgardena.it/

Day 6: Passo Sella

Today, both walks take in the Passo Sella area.

Option 1 - Passo Sella, The City Of Stones, Rif Comici, Monte Pana And La Sëlva

Distance: 7 miles (11km)

Total ascent: 700 feet (210m)

Total descent: 2,300 feet (690m)

In summary: After admiring the spectacular cleft between the mountains of Sassolungo and Sasso Piatto, we walk on a good track through the 'City of Stones'. We arrive at the beautifully kept and excellently situated Rifugio E Comici. From here we descend, sometimes on rocky paths or lanes, but mostly on broad tracks to the meadows of Mont de Pana and through woodland to La Sëlva and Selva.

Highlight: The 'City of Stones' a huge boulder field formed at the end of the last Ice Age.

Option 2 - The Southern Slopes Of Sasso Piatto To The Alpe De Siusi

Distance: 9½ miles (15km)

Total ascent: 2,000 feet (600m)

In summary: This superb linear walk takes us from one of the high dolomite passes, past the dark shale southern slopes of Sasso Piatto to the open meadowland of the largest high pasture in Western Europe. We begin the walk on the Friedrich August Weg, a well-known high-level route, to the Sasso Piatto Hut at 2,300m. We carry on ahead to the Alpe de Siusi and finish at a cable car station at the top edge of the plateau.

Highlight: This walk is a superb cross section of the typical mountain landscapes of the Dolomites.

Day 7: Views Of The Sella Plateau

Today, both options follow the 'Sella View' balcony path

Option 1 - The 'Sella View' Balcony Path

Distance: 6 miles (9½km)

Total ascent: 1,500 feet (450m)

In summary: The Dantercëpies gondola takes us to the start of a balcony path with changing but stunning views towards the huge Sella massif – and a visit to one of the lovelier mountain huts en route.

Highlight: Spectacular views from 'Jimmy's hut'.

Option 2 - The 'Sella View' Balcony Path, The Edelweiss Valley And The Val De Chedul

Distance: 10 miles (17km)

Total ascent: 2,700 feet (810m)

Total descent: 4,700 feet (1,430m)

In summary: First a balcony path with spectacular views across to the Sella Massif, then we walk into the Edelweiss valley, next the incredible Karst "moonscape" of the Puez plateau and finally a long descent down the unspoilt Val de Chedul back to the hotel. This is a stunning but tough walk.

Highlight: An incredibly satisfying mountain day, with impressive views.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Somont - The Dolomites

The 4-star Hotel Somont is in the village of Wolkenstein, and part of the Val del Gardena region. It's ideally located close to shops and facilities, yet in a quiet position, backed by sloping meadows and forest. The Rudiferia Family cleverly combines a traditionally Alpine chalet-style hotel with modern comfort and spacious rooms. The 300 square meter wellness centre offers a pool, sauna, jacuzzi and various treatments.

Accommodation Info

Rooms

The hotel has lovely en-suite bedrooms with:

- wooden floors
- classic-style furniture
- balconies that offer mountain, valley and forest views
- satellite TV,
- a fridge,
- room safe,
- hairdryer,
- bathrobes
- slippers.

Facilities

A small reception is next to a large lounge area, bar and comfortable seating. There is a smaller seating area around an attractive fireplace. The restaurant has a central area with smaller dining rooms off. Relax in the hotel's modern wellness centre which comes complete with an indoor heated pool as well as a Jacuzzi pool, sauna and Turkish steam room.

Food & Drink

Breakfast

There is a breakfast buffet with a selection of breads, fruits, cheeses and cold meat, as well as tea, coffee and fruit juices.

Lunch (Payable Locally)

Lunch items can be purchased from local shops in the town. It may be possible on some days to eat in one of the local mountain huts. Your leaders will advise you of these possibilities each evening.

Evening Meal

A 3-course evening meal is prepared from fresh locally sourced ingredients from the South Tyrol region. The hotel has a good wine cellar to compliment your meal.

Your Evenings

The friendly atmosphere of our holiday continues into the evening.

Enjoy a glass of wine or local beer before hearing the next day's activities. Your evening meal is the main focus of the evening but you may like to join your group and leader for a stroll into town or there may be some local events nearby. Alternatively, you can relax in the comfortable lounge with a good book or chat to your fellow guests.

Travel Details

THE HASSLE FREE OPTION

Book your holiday 'with flight' from Gatwick to Verona airport (UK connections via British Airways shuttle available from Glasgow, Edinburgh or Inverness. £139). For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 hours 20 minutes to the Hotel Somont.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, we can book you a seat on the **HF Holidays' transfer coach** from Verona airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £50

Transfers must be pre-booked. Please call 020 8732 1220 for more details

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.

- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

Language: Although in Italy, German is also widely spoken here. Ladin (an ancient Alpine language) is spoken locally as well.

Currency: Euro

Changing money: There are several ATM machines in Selva where you can obtain money.

Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: Unlike most countries, when you call an Italian landline telephone number from the UK or a mobile phone you dial the country code:

To dial an Italian number 0039, and then the number including the leading zero. eg +39 045 8095666.
Confusingly, for Italian mobile phones you dial the country code (+39) and then the mobile number excluding the leading zero eg +39 335 625 2278.

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To dial an Italian number 0039, and then the number including the leading zero. eg +39 045 8095666.
Confusingly, for Italian mobile phones you dial the country code (+39) and then the mobile number excluding the leading zero eg +39 335 625 2278.

Local Currency

The currency in the Dolomites is the Euro.

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There are several ATM machines in Selva where you can obtain money.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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