

Walking in the Dolomites & Lake Garda

Trip style: Guided Walking Holidays

Destination: 📍 Italy

Trip code: LDB07-LCL09

Trip Walking Grade: ul 2 & 4

Carbon Footprint: 🌳 565kg CO2



Holiday Overview

The Brenta Dolomites are the biggest natural beauty in northern Italy's UNESCO-listed Adamello Brenta Natural Park. These rugged limestone peaks provide a spectacular setting for this week-long guided walking holiday. Staying in the mountain village of Caderzone Terme, we'll be in a central spot for exploring the park's most impressive walking trails. Together with an expert guide, follow scenic routes below the Brenta mountain range where highlights include visiting the famous Five Lakes on foot and a walk to Nardis Waterfalls through the Genova Valley. We'll also take a day trip to Lake Garda to walk along its wonderful western shore.

WHAT YOU'LL LOVE

- Discovering Lake Nero, one of the most iconic lakes of the Italian Alps
- Enjoying classic Dolomites scenery
- Exploring the western shore paths of stunning Lake Garda
- Enjoying lunch by the majestic Nardis Waterfalls in the Genova Valley
- Hiking the Five Lakes using cable cars

WHAT'S INCLUDED

- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Caderzone Terme
- 7 breakfasts & 7 dinners at the hotel
- All in-destination transport
- Return flights from the UK including hold baggage and airport transfers

WALKING GRADES AND OPTIONS

This is a level 2 and level 4 graded activity. Easier walks: 5 to 8 miles (8 to 11km) on good paths, with some rocky sections. Up to 1,500 feet (450m) of ascent in a day. Harder walks: 7 to 8 miles (11 to 15km) on good paths, with some rocky sections. Up to 2,700 feet (800m) of ascent in a day.

ITINERARY – ITINERARY

Day 1 Arrival Day

Arrive at our hotel in Caderzone Terme.

Day 2 Tour of the Mountain Refuges

A classic route with breathtaking views, that takes us through the Brenta Dolomites, close to the rock walls, and some of the most characteristic areas of the Brenta range.

Option 1: Rifugio Boch – Malga Vallesinella Alta – Rifugio Casinei – Vallesinella

Distance: 4.5miles (7km)

Ascent: 650feet (200m)

Descent: 1640feet (500m)

From the starting point at Grostè-Fortini, we'll take a cable car to Rifugio Boch (alt. 2,085 m). From here, descend to Malga Vallesinella Alta via a panoramic path to the lunch stop at Rifugio Casinei (1,850 m). We'll then continue to Vallesinella for the return drive to the hotel.

Option 2: Passo Groste – Rifugio Tuckett – Rifugio Brentei – Rifugio Casinei – Vallesinella.

Distance: 7.5miles (12km)

Ascent: 500feet (150m)

Descent: 3280feet (1000m)

We'll take the Grostè cable car at Fortini up to Rifugio Stoppani (Passo Grostè). The walk takes a typical Dolomite path, passing over huge boulders next to majestic rock walls to reach Rifugio Tuckett (1.5 hrs). After a stop here, continue down the mountain, crossing over the Fridolin Pass and up again to Rifugio Brentei, which overlooks the Brenta Valley (3 hrs from start). Enjoy fantastic views to Brenta Crozzon and Cima Tosa and finish at Vallesinella. We'll return to the hotel by shuttle bus to Madonna di Campiglio then private transfer.

Day 3 Lago Nero

Our first day is a walk to Lago Nero, where views are especially striking at sunset, with the Brenta Dolomites reflected in the water. The lake is located below the peak of Val Nambrone – a rugged pinnacle of the Presanella group – and our route leads towards Rifugio Segantini along an easy path through peaceful surroundings.

Option 1: Rifugio Cornisello – Cornisello lakes – Lago Nero – Rifugio Cornisello (circular route)

Distance: 3miles (5km)

Ascent: 330feet (100m)

From the hotel we'll drive to the car park next to Rifugio Cornisello (22 km, about 30 mins). Then, setting off on foot, we follow a loop around the lakes of Val Nambrone, in the heart of the Adamello-Brenta Park.

Option 2 will follow the path by the lake, climb to Pas de l'Om at Rifugio Segantini and then to Valle d'Amola (medium difficulty).

Option 2: Rifugio Cornisello – Lago Nero – Pas de l'Om – Rifugio Segantini – Vallina d'Amola.

Distance: 4.5miles (7km)

Ascent: 1150feet (350m)

Descent: 1800feet (550m)

Day 4 The Western Shore of Lake Garda

Punta Larici is one of the best-known and scenic routes of Lake Garda, forming a natural balcony overlooking the lake. After driving from Caderzone to Pegasina (54 km), we'll walk along the lake shore and stop at Canale di Tenno, a medieval hamlet with stone-built houses, archways, and cobbled streets. The walk takes in the balcony viewpoint for outstanding views and follows the path through beech forest to Malga Palaer (route 422). After reaching Bocca Larici, it's a steep climb to Punta Larici at 907 m.

Option 1: Pegasina – Sentiero del Tonale – Riva del Garda

Distance: 6miles (10km)

Ascent: 1180feet (350m)

Descent: 2370feet (725m)

The Sentiero is one of the main sights of Lake Garda, snaking around the shore and clinging to the rocky cliff face.

Option 2: Canale di Tenno – Pregasina – Punta Larici – Strada del Penale – Riva del Garda**Distance:** 8.5miles (14km)**Ascent:** 1900feet (580m)**Descent:** 3400feet (1040m)

Option 2 will start a little further away in Canale di Tenno.

Day 5 Free Day

Today is free to relax around the hotel or explore at your own pace. Take a walk along the Sarca River to the Caderzone meadows; hop on the cable car to Doss del Sabion (free with Dolomeet Guest Card); or stay in the village and soak up the slow pace of life with a drink or two.

Day 6 Exploring the Rendena Valley

Today we will explore this stunning area on foot directly from our hotel

Option 1: Caderzone- Pinzolo - Carisolo**Distance:** 6miles (10km)**Ascent:** 330feet (100m)

Departing from the hotel in Caderzone, follow the cycle path towards Pinzolo, until reaching Carisolo, where you visit the old church (Chiesetta Santo Stefano), a glass museum, and a chestnut grove with ancient trees, returning to the hotel via a circular route.

Option 2: Caderzone - Pinzolo - Carisolo - Nardis Waterfalls**Distance:** 10miles (16km)**Ascent:** 650feet (200m)

Departing on foot from the hotel, we'll follow the cycle path towards Pinzolo. Reaching Carisolo, we visit the old church (Chiesetta Santo Stefano), a glass museum, and a chestnut grove with ancient trees. Continue to the Nardis waterfalls in Val Genova for lunch (packed lunch), before returning to the hotel on this scenic circular route.

Day 7 The Five Lakes

A classic itinerary packed with majestic scenery of the Presanella range.

Option 1: Lakes cable car – Lake Ritorto – Pian dei Mughì – Rifugio Ritorto – Patascoss – Madonna di Campiglio.**Distance:** 3.5miles (6km)**Ascent:** 160feet (50m) from arrival point of the cable car**Descent:** 1150feet (350m)

At Madonna di Campiglio (17.5 km transfer from hotel) we'll take the '5 Lakes', cable car up to Baita Natalia, and follow the path to Lake Ritorto. From here a scenic path takes us to Pian dei Mughì, then through woods to Rifugio Ritorto. The return route is via a tarmac road to Patascoss.

Option 2: 5 Lakes cable car – Lake Ritorto – Passo Ritorto – Lambin – Serodoli – Gelato – Lago Nero – Nambino – Patascoss.

Distance: 8miles (13km)

Ascent: 1680feet (500m)

Descent: 3370feet (1030m)

Take the cable car to Baita Natalia (2,065 m) and admire unique views across the Brenta Dolomites. We'll follow route 232 to Lake Ritorto then, with a 300 m height difference, continue to Passo Ritorto (2,277 m). From here, it's a pleasant undulating path, to reach Lake Lambin (2,326 m), Lake Serodoli (2,387 m), and Lake Gelato (2,387 m). After a stop for a packed lunch, we'll return via Lake Serodoli and down to Lago Nero (2,241 m), the last of the five lakes. Descend to Busa dei Cavi, reach Lake Nambino, and finish at Madonna di Campiglio.

Day 8 Departure Day

After breakfast, transfer to the airport for your flight home.

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Medium Walks

Long distances in remote countryside and on rough terrain. You can expect some sustained ascents and descents; there may be occasional sections of scree and steep ground.

Accommodation

Hotel Regina Elena, Caderzone Terme

This 28-room, family-run hotel is located in the medieval hamlet of Caderzone Terme, in the centre of Adamello-Brenta Natural Park – one of the most spectacular natural parks in the Alps. Decorated in traditional mountain-style, with solid beech wood finishes, it offers a welcoming retreat after a day of exploration. Bedroom facilities include hairdryer, safe, balcony and TV the hotel has a restaurant, bar, TV room and solarium terrace. When it's time to eat, the resident chef prepares traditional, home-cooked dishes. After dinner, guests can relax in comfort or watch a film in the hotel's cinema.

Useful Holiday Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

Trip Information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

Tripnote validity

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.

Document produced: 26 July 2026

