Walking the Italian Dolomites



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Italy	4 & 7	540kg CO2

HOLIDAY OVERVIEW

Located between Lake Garda and Selva, the Brenta Dolomites are the headline act of northern Italy's UNESCO-listed Adamello Brenta Natural Park. These jagged limestone peaks give way to alpine pastures and pristine lakes, providing a dramatic backdrop to hundreds of spectacular walking trails. Stay in the mountain village of Madona Di Campiglio and hop between high plateaus using the handy network of cable cars ready to take on everything from sky-high ridge walks to forested rambles, all steeped in fascinating WWI history.

WHAT YOU'LL LOVE

- Exploring the foothills of the Brenta Dolomites
- Admiring the sparkling waters of Lago delle Malghette
- Hiking through the waterfall-splashed landscapes of Val di Genova
- Enjoying magnificent views of the Adamello glacier
- Discovering the crystal clear waters of the Valagola Lake
- Hopping between high peaks with ease using the cable car network

WHAT'S INCLUDED

- Full programme of guided walks with local HF Holidays Leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- 7 breakfasts & 7 dinners
- Air-conditioned transport
- Return flights from the UK including hold baggage and airport transfers

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Arrive at the hotel and check in. Unpack and settle in.

Day 2 **Valley Of The Waterfalls**

Today we'll take the shuttle bus from Madonna di Campiglio and embark on a hike through the Val di Genova – a fertile gorge where torrents of cascading water tumbling down the limestone walls have earned it the moniker, Valley of the Waterfalls. This area was part of Austria until World War I and numerous military operations took place on the crystalline rock formations, evidence of which is still visible from the valley bottom. Take in magnificent views of the Adamello and Presanella glaciers as we follow the course of the Sarca River.

Option 1 - Val Di Genova Gorge 1

Distance: 5 miles (8km)

Total ascent: 1000ft (300m)

Total descent: 650ft (200m)

With the shuttle from Madonna di Campiglio, we reach Ponte Verde and walk towards Cascate di Nardis, the most scenic waterfalls in Val Genova. Once there we will take time to admire the forces of nature in this spectacular arena. From here we continue with a gentle hike to Ponte Maria, where we take the shuttle back to Madonna di Campiglio

Option 2 - Val di Genova Gorge 2

Distance: 7.5 miles (12km)

Total ascent: 2130ft (650m)

Total descent: 650ft (200m)

Our start point for this walk is the Ponte Maria. We'll head up the valley noting the imposing granite rock formations along the way and the incredible panoramas of the Presanella glacier. We'll take the bus back from Malga Bedot to Madonna di Campiglio.

Day 3 **Lago Delle Malghette**

Our walks today will take us to an altitude of 1,900m where we'll find the pine-fringed waters of Lago Delle Malghette, a stunning lake surrounded by the Folgarida Mountains. Rumour has it that this secluded lakeside location was the favourite spot of renowned 19th-century globetrotter, Empress Elizabeth of Austria. On a clear day, look out for the rocky massif of the Brenta Dolomites reflected in the lake's shimmering surface.

Option 1 - Lake Malghette

Distance: 6 miles (9.5km)

Total ascent: 165ft (50m)

Total descent: 1800ft (550m)

After taking the Pradalago cable car, our walk starts on flat ground passing by Lake Pradalago and the Viviani refuge. We'll pass through pastures and mountain pines to Lake Malghette, offering a magnificent panorama of the Brenta group. We'll make our way back down along the forest road and trails.

Option 2 - Malghette Mountain Lake

Distance: 7 miles (11km)

Total ascent: 1970ft (600m)

Total descent: 100ft (30m)

This option heads in the direction of Campo Carlo Magno and from Malga Zeledria, we'll take the path to Lake Pradalago and the Viviani refuge. Following the same route as the first walk, we'll enjoy the magnificent views over Lake Malghette before descending to Madonna di Campiglio.

Day 4 **The Brenta Dolomites and Vallesinella Falls**

We'll spend the day exploring the foothills of the Brenta Dolomites. Pick your way between pinnacles and be wowed by a landscape of woods, streams, and waterfalls, thriving with wildlife. We'll take the *Grostè* cable car to explore Lake Spinale (option 1) **or** visit the Frances Fox Tucket mountain hut – named after the intrepid mountaineer from Gloucestershire who, in 1865, was knighted by the King of Italy for his services to geographical and scientific research in the Italian alps (option 2).

Option 1 - Vallesinella Waterfalls and Tucket Refuge

Distance: 5.5 miles (9km)

Total ascent: 164ft (50m)

Total descent: 3280ft (1000m)

Hike to the Vallesinella Waterfalls and to the Tucket refuge on one of the most famous walks in the Brenta Dolomites. We take the cable car to *Grostè* and then visit a selection of other mountain huts before returning via public bus.

Option 2 - Vallesinella Waterfalls

Distance: 5 miles (8km)

Total ascent: 980ft (300m)

Total descent: 950ft (290m)

Following forest paths we head to the Vallesinella Valley, nestled at the foot of the Brenta Dolomites. We ascend towards the High Waterfalls (Cascate Alte) and enjoy a break on the beautiful alpine pastures with evocative views of the valley below. From here we descend to Vallesinella and take the public shuttle bus to Madonna di Campiglio.

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.

There are plenty of **self-guided walks** in the Brenta Dolomites and your leaders will be happy to recommend options if you would like to explore independently on your free day. Take a cable car to one of the mountain refuges for lunch* with a view or stay local and discover what Madonna di Campiglio has to offer.

Alternatively, spend the day enjoying the facilities of the hotel. There's a wellness centre with an indoor pool, sauna, and hot tub, as well as a spa* offering massages and beauty treatments.

*Payable locally

Day 6 **Monte Spinale and the Three Lakes**

Today there is the choice of walks to either explore the scenic and accessible Monte Spinale with its 360° views of the Brenta Dolomites or riding the Cinque Laghi cable car to explore three stunning lakes.

Option 1 - Monte Spinale

Distance: 5 miles (8km)

Total ascent: 985ft (300m)

Total descent: 1310ft (400m)

We take a gondola ride to the Spinale plateau and admire the spectacular 360° views of the Brenta Dolomite peaks and the Adamello-Presanella glaciers. These are a collection of large high-altitude glaciers including the Mandrone, one of the largest in the Italian Alps. We hike across alpine pastures inhabited by marmots, surrounded by grassy fields and alpine seasonal flowers. We will finish by descending by gondola to the breathtaking mountain pass of Campo Carlo Magno and then hike a gentle downhill path back to Madonna di Campiglio.

Option 2 - Three Lakes - Lago Ritorto, Lago Lambin and Lago Nambino

Distance: 5 miles (8km)

Total ascent: 985ft (300m)

Total descent: 2650ft (800m)

We'll take the Cinque Laghi cable car to the lakes region and start our exploration with Lago Ritorto. This is the largest of the famous five lakes and is known for its crystal-clear waters and stunning views of the surrounding mountains. From here we walk on to Lago Lambin, known for its fjord-like shape and steep banks. Moving on we head to Lago Nambino which is surrounded by dense pine forest and the stunning peaks of the Dolomites. Each lake has its own character, and we will have time to take in the tranquil atmosphere. We end our day with a hike back to Madonna di Campiglio.

Day 7 **Valagola Valley**

We spend the day immersed in lush forests, walking through green pastures with breathtaking views of the Dolomites. Both groups travel by coach for 30 minutes in the direction of the Valagola valley and then hike to the Lake of the same name. This crystal-clear lake takes on different colours and reflections depending on where you stand. With a backdrop of the Southern Dolomites this is a great place to stop and enjoy the simple pleasures of the great outdoors. From here the walks continue along different paths and then meet up again to share lunch in a grassy field with the amphitheatre of the rugged Dolomites on one side and the Adamello-Resena glacier on the other side. Towards the end of the walks the group stops at Malga Cioca a converted mountain hut with a bar and panoramic views.

Option 1 - Lake Valagola

Distance: 5.5 miles (9km)

Total ascent: 1640 feet (500m)

Total descent: 984 feet (300m)

After a short break at Valagola Lake we begin the ascent to Passo Bandalors from where we can admire the spectacular amphitheatre of rugged Dolomite formation on one side, and the Adamello-Presena glacier on the other side. We continue hiking on a gentle path in the direction of Malga Cioca for a drink (not included) on the panoramic terrace, before descending by gondola to Pinzolo and rejoining our coach for the trip back to Madonna di Campiglio.

Option 2 - Lake Valagola & Piana di Nardis

Distance: 7 miles (11km)

Total ascent: 1804 feet (550m)

Total descent: 1148 feet (330m)

From Lake Valagola we will begin a steady ascent along a single track through the forest, leading to the scenic Piana di Nardis, a flat area of grassy fields located at the foot of the Southern Brenta Dolomite peaks, with scenic views of Rifugio Agostini from below. We then continue along an undulating path to Passo Bandaors where we meet up with the option 1 walkers and enjoy a picnic lunch together. After lunch we head to the Malga Cioca refuge for a drink (not included) on the panoramic terrace, before descending by gondola to Pinzolo and return to Madonna di Campiglio by private coach.

Day 8 Departure

Return to the airport for your flight home.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

Hotel Cristal Palace, Madonna di Campiglio

As far as locations go, the Hotel Cristal Palace is tough to beat. This 4-star alpine retreat is in the picturesque mountain ski resort of Madonna di Campiglio, the perfect base for exploring the spectacular hiking trails of the UNESCO-listed Brenta Dolomites. Guests can unwind in style courtesy of 61 luxurious rooms complete with elegant furnishings, free Wi-Fi, all modern amenities, and stunning mountain views. You can also make use of the full-service spa, take a dip in the indoor pool, and dine on gourmet Italian cuisine at the chic restaurant that looks out over Adamello Brenta Natural Park.

VACCINATIONS & HEALTH

Vaccinations & health 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.

PASSPORTS & VISAS

Passport & Visa information

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

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Telephone Code for Dolomites

To dial an Italian number add 0039, and then the number including the leading zero. eg +39 045 8095666. For Italian mobile phones there is no leading zero.

Language Information for Dolomites

As well as Italian, German is also widely spoken here. Ladin (an ancient alpine language) is spoken locally as well.

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Dolomites

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

ATM AVAILABILITY

ATM availability for Brenta Dolomites

There are several ATM machines in Madonna di Campiglio where you can obtain money.

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.

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