



hf holidays
walking and activity holidays [.co.uk](http://hf.holidays.co.uk)

Selva

The Dolomites 2017

High Routes

Our High Routes holidays offer challenging high level walks. We aim to reach the summits and ridges that are usually out of reach on our Guided Walking holidays; these may be exposed or have sections of fixed ropes or ladders. Whilst a high level of fitness and stamina are required, the rewards will be bird's eye mountain panoramas and an immense sense of achievement.

These High Routes holidays run alongside a regular Guided Walking week, and the walks are only available to those who have specifically booked a High Routes holiday, however 'High Routers' are free to choose one of these regular walks if you prefer something a little easier, if group size allows. On this holiday you may enjoy some of the following walks:

Sasso Piatto

Starting from Passo Sella, the walk then takes the Friedrich August Weg traversing path high up on the south side of Sassolungo before striking up the amazing flat plate ramp to Sasso Piatto summit, with a short exposed scramble at the end.

Piz Duleda

This striking 2900m high mountain, which affords incredible views, can be approached in a number of ways, all including high, remote passes.

Puez Spitze

High above the remote Puez Hut this peak is usually approached by crossing the extensive limestone plateau area to it's south and east.

The Sella Group and Piz Boe

This huge fortress massif, bounded by four road passes, appears to be reserved for mountaineers. However, several valleys slice deep into the block so competent walkers with a good head for heights can reach its high level plateau, using the extensive ladders, ropes and rungs to help us on our way. The plateau is barren, often with stretches of snow to negotiate. If you are lucky you may spot shy herds of chamois. Our route traverses the entire Sella Group taking in Piz Boe its highest summit – complete with café on the summit.

In the evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening. We'll enjoy a leisurely meal and then you may also like to join your leader for an evening stroll, listen to local musicians, relax with a book in a quiet lounge or enjoy a drink at the bar with your fellow walkers talking about your day.

Walking safely

We are committed to running our Guided Walking holidays in a safe manner and your co-operation with this is much appreciated. No outdoor activity can be 100% risk free; however, if you take sensible precautions and adhere to your leaders' instructions, your holiday will be both safe and enjoyable. On the first evening of your holiday (dependent on arrival time), the leaders will give a short talk about safety on the walks – we would ask everyone to attend.

Walking as a group: Our leaders always consider the safety of the group as a whole, and will show more caution over potential risks (such as bad or exceptionally hot weather) than an individual or couple might make on a private outing. Walks may be modified or cancelled following the leaders' assessment of the day-to-day situation. Your leaders will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. It is your responsibility to follow the leader's guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you.

For safety reasons, we stipulate a minimum party size of two guests in addition to the leader.

First aid: In line with current practice, each leader carries a group first aid kit but is not able to supply any 'medication', including aspirin, paracetamol, antihistamines and antiseptic cream.

Your health: It is essential that you describe on your guest registration form any health condition or disability you may have. The leaders will treat this confidentially and may be able to take it into account on the walks; for example, by not delaying lunch if they know they have someone with diabetes in their party. EU citizens should ensure they have a European Health Insurance Card (EHIC) prior to their holiday.

There can be problems with medical authorities and insurance companies if you cannot produce this when you require treatment – details are available at www.dh.gov.uk/travellers

EHIC cards have an expiry date – please check yours is valid before you travel

Hydration: In warm weather it is very important to keep hydrated. You will need to carry a minimum of two litres of water with you on walks, more during hot weather or on more demanding walks.

One good way of hydrating is to use a two litre hydration pack which allows drinking without constant stopping. This can then be filled up from additional water sources as required. Your leader will inform you of the possibilities for replenishing your water during the walks.

Insurance: Insurance is a condition of booking. Therefore if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

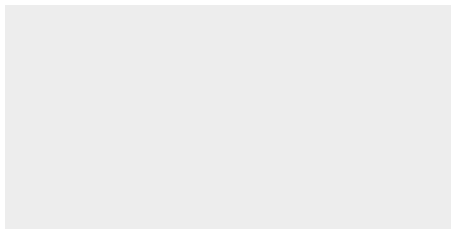
We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at hfholidays.co.uk. There is no extra charge for pre-existing illnesses. If you would like to purchase insurance from us please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

Even with an EHIC card, medicines and out-patient treatment normally have to be paid for at the time and the costs reclaimed afterwards – details are available at dh.gov.uk/travellers. Therefore insurance is extremely important, as is access to emergency money, preferably a credit card.

Money: Access to emergency money, preferably via a credit card, is very important as you never know when an emergency may arise.

Where next?

If you enjoyed your holiday in Selva, we recommend our holiday at Weidach, on Austrian's Seefeld Plateau, which is carpeted in colourful flowers. The tranquil valley offers a variety of gentle Alpine walks.



Two weeks or more

Make the most of your break and enjoy a longer holiday – either two weeks of walking at one resort or by combining complementary holidays, such as Les Contamines in the French Alps and Adelboden in Switzerland. We arrange the transfers between the resorts so that you don't have to. See our brochure or website for more information.

Self-guided Walking

For those who prefer to explore independently, on our Self-guided Walking holidays, in selected European destinations, you can discover unspoiled scenery, historic sites and the local culture at your own pace by following our carefully planned walking routes.



Leisure Activities

We offer a range of Leisure Activities holidays at some of our European destinations, including Discovery or Garden Tours, Photography, Painting, or Yoga.

Guided Trail holidays

Discover a great sense of achievement on a Guided Trail holiday. We have a great collection of trails on famous routes and outstanding locations across Britain and Europe.



Worldwide

From Alaska to Australia our Worldwide Journeys invite you to explore world famous destinations, and some lesser known gems, on six continents including Europe.



Cycling

With a wealth of exciting European destinations, we have a range of guided and self-guided holidays to suit all abilities. We also offer guided cycling tours based at some of our UK Country Houses. If you prefer to plan your own itinerary, our UK Country House Escapes also cater for cyclists.

Save on outdoor clothing

From time to time our outdoor clothing partners have special offers for our guests.

Visit www.hfholidays.co.uk/partnerships to see the current offers.

About HF Holidays

We have been organising outdoor holidays for over 100 years and we are the only holiday provider that is a co-operative. We are owned by our 36,000+ members and have no big corporate shareholders.

Responsible tourism

We have always been committed to acting as a responsible tour operator, and community is at the heart of everything we do. HF Holidays supports a range of projects helping to protect our environment and improving access to the countryside for future generations to enjoy. We support the work of the Ramblers, air ambulances, and mountain rescue teams. To find out more about our policy and commitment to the environment visit hfholidays.co.uk/responsibletourism

On returning from your trip, we would like to hear your thoughts on any best practices that you observed and considered positive. Please email sarahdavis@hfholidays.co.uk

Pathways Fund

Last year guests donated £30,000 to our Pathways Fund. Find more information on our website hfholidays.co.uk/pathways

Holiday feedback

We value feedback from our guests. All holiday surveys are read by the team that plans our holidays and it plays a valuable part in helping us plan future holidays. If there is any information we have not provided that you feel would be useful for future guests, please do let us know. If we have your email address you will be sent a survey after your holiday; alternatively you can go to hfholidays.co.uk/surveys.

Membership of HF Holidays

If you have enjoyed your holiday



and would like to help support our objectives, call 0345 470 7558 for details of membership (standard rate +44 (0)20 8732 1290).

For the latest news and special offers register for our e-newsletter at hfholidays.co.uk/register

Social media

Search 'HF Holidays' to keep us in your timeline



Contact details

HF Holidays' contact details

HF Holidays Ltd
Catalyst House
720 Centennial Court
Centennial Park
Elstree
Borehamwood, WD6 3SY
www.hfholidays.co.uk

Call

For any questions before your holiday, we're here to help, so please contact us on:
0345 470 7558 (local rate)
0044 (0)20 8732 1250
(from outside the UK)
Monday-Friday 9am-7pm

Email

info@hfholidays.co.uk

Emergency contact details

In all instances during your holiday, your first point of contact should be our HF Holidays' leaders. If for any reason this is not possible, HF Holidays' emergency contact details are as above or:

Friday 7pm to Monday 9am
+44 (0)7918 73777