

Soon to be celebrated by the 2026 Winter Olympics, the Dolomites and the Cortina d'Ampezzo region are a must-see in summer!

This little corner of paradise, with its rugged mountain peaks and numerous lakes, will delight hikers and lovers of wide open spaces. The best way to discover this region, where Austrian and Italian culture mingle, is to set down your bags on the outskirts of Cortina and wander around the sites with their revealing names.

Tre Cimes, Cinqué Torri, Lago Sorapis... La Vie Sauvage will transport you to these places where the history of this valley combined with exceptional nature will make for an unforgettable trek.

Tucked away in a hotel on the edge of a hundred-year-old forest, you'll be able to relax and enjoy the peace and quiet as you return from your hike... in the heart of nature!

PROGRAMME

Day 1: Arrival in Cortina d'Ampezzo

Arrive and settle into your hotel.

Day 2: Lago Sorapis

Departing directly from your hotel, Lake Sorapis is probably one of the most beautiful places in the Dolomites. You'll be speechless in front of the turquoise-blue lake at an altitude of 1,900 metres. This well-known excursion destination is particularly popular in summer when temperatures rise.

The pastel-coloured turquoise lake with white rock faces and gentle Alpine meadows in the background is truly a magical place. Here you can let your mind wander and, surrounded by the mighty Dolomites, forget the stress and hectic pace of everyday life for a short while.

HIKING TIME: 4h30

ASCENSION: + 500 m

DESCENT: - 500 m

ACCOMMODATION: in a 3-star hotel

Day 3: Pointe Lagazoï

A day out of the ordinary awaits you today, as you head back several decades in the footsteps of the maquisards...

Starting from the Passo Falzarégo, the Pointe Lagazoï will be your goal!

The ascent through the famous galleries will be the highlight of your stage, not because of its difficulty, but because of the discovery of the Titan's work involved in building these kilometres of galleries... a headlamp is compulsory.

The Petit Lagazuoi (2778 m) was bitterly disputed during the Dolomite War. Austrian and Italian troops fought a bitter mine war. It was during this war that the numerous galleries and positions that criss-cross and surmount the mountain came into being. A narrow path, steep in places and with many steps, takes you up to a wide rocky terrace where the Chiesa's bivouac once stood.

A spectacular loop with breathtaking views!

HIKING TIME: 5 hours

ASCENSION: + 900 m

DESCENT: - 900 m

ACCOMMODATION: in a 3-star hotel

Day 4: The Tre Cimes

If there's one iconic spot in the Dolomites, it's the Tre Cime di Lavaredo.

These three peaks rise to 2857 metres (Cima Piccola), 2973 metres (Cima Ovest) and 2999 metres (Cima Grande, the central peak) above sea level. Three stone colossi that rise up out of the landscape...

It's only once you're there that you really get to grips with these breathtaking landscapes. You'll have seen loads of pictures: once you got there, it was a different story, a real slap in the face!

La Vie Sauvage offers you the complete loop, which is less popular than the classic loop... It's a lunar experience, culminating in a postcard view of this iconic massif from the terrace of the Locatelli refuge!

An unforgettable day!

HIKING TIME: 5 hours
ASCENSION: + 800 m
DESCENT: - 800 m
ACCOMMODATION: in a 3-star hotel

Day 5: The Cinque Torri - Pic Nuvolau

Curiously visible from Cortina... Today, we head for the Cinque Torri... Five sculpted little sisters in unlikely shapes!

These 5 needles are yet another breathtaking example of the beauty of the Dolomites. The path that leads us to the Cinque Torri transports us into a dreamlike world: the paths are lined with flowers of intense and varied colors, the green of the grass and the trees shrouded in mist create a soft, mysterious atmosphere. It's hard to imagine that this region was the scene of conflict between Italian and Austro-Hungarian troops during the First World War. From the wild lake of Limeses and the summit of Nuvolau (2574 m), you can see the Cinque Torri "from above"... A veritable open-air museum, you can wander through the heart of this massif steeped in history, under the discreet eye of climbers clinging to the walls!
An easy loop to enjoy in the cool of the morning.

HIKING TIME: 5h00
ASCENT: + 750 m
DESCENT: - 750 m
ACCOMMODATION: in a 3-star hotel

Day 6: The Cascades de Fanes

The last beautiful half-day of hiking before hitting the road again... For those who would like to try their hand at Via Ferrata, one of the variants will allow you to easily master a few equipped passages.

One of the classic excursions from Cortina d'Ampezzo and the Belluno Dolomites takes you to the Fanes waterfalls, where we recommend the spectacular walk beneath the waterfalls themselves. The picturesque and spectacular route winds through deep canyons to the confluence of the Fanes, Travenzenes and RaVales valleys to the north of Cortina. These waterfalls are among the highest and largest in the Dolomites.

HIKING TIME: 4 hours
ASCENT: + 450 m
DESCENT: - 450 m

Your 6-day programme can be modified, with one day added or taken off (please contact us).

FICHE PRATIQUE

ACCUEIL

D1, late afternoon, at your hotel.

How to get there:

By car:

Compose your itinerary with your favourite app... take care to check all the criteria, crossing the Alpine range through tunnels that are sometimes very expensive can be avoided by a few extra kilometres.

Parking:

You can park your car for the week in front of the hotel.

By plane from France :

From Nantes : Direct flight Volotéa

From Marseille: Direct flight Ryanair

From Lyon: Direct flight Easyjet

From Paris: Direct Air France flight

From Venice airport, shuttle bus to Cortina d'Ampezzo :

Cortina Express bus (approx. 2-hour journey): for bus timetables, see: bus timetable.

Transfer around Cortina d'Ampezzo :

DolomitiBus n°31/33: for bus timetables, see bus timetable.

By train:

It takes a long time to get to Cortina Ampezzo by train, with 1 or 2 connections required... allow for a full day's journey. The night train seems to be a good solution, as it passes through Germany.

For information on timetables and tickets:

- The SNCF: 36 35 or log on to SNCF

From Venice airport, take the shuttle bus to Cortina d'Ampezzo:

Cortina Express bus (approx. 2 hours' journey): for bus timetables, see: bus timetable.

Transfer around Cortina d'Ampezzo :

DolomitiBus n°31/33: for bus timetables, see bus timetable.

DISPERSION

D6 after breakfast

NIVEAU

Physical :

Elevation gain of 500m to 900m per day.

Comfortable trail, but there will be a number of equipped sections on your tour, with occasional well-equipped aerial passages.

HEBERGEMENT

3-star hotel located at an altitude of 1550 m in Pocol, at the gateway to the Dolomites Natural Park.

The rooms have private bathrooms with hairdryers and TV. Wi-Fi internet access is available throughout the accommodation. Breakfast and dinner are served in the hotel restaurant. Pets are welcome at an additional cost.

In the event of unavailability, you may be accommodated in another hotel of equivalent category in the valley.

The price of the stay is calculated on the basis of accommodation in a standard room. A supplement may be applied if the hotel is only available in a superior category.

TRANSFERTS INTERNES

Bus transfers (Dolomitibus based on distance approx. €5) and cable cars (not essential) are not included in the price.

If you wish to take the cable car several times a week, it may be worth buying the Hiking up! Points Value Card (for more information) or Hiking Pass Cortina.

PORTAGE DES BAGAGES

All you need to carry is a small bag with your day's essentials. You're on a star holiday: no luggage to carry, you walk light!

GROUPE

From one participant.

ENCADREMENT

There is no guide on this trip.

Before your departure, we will provide you with a road book specially designed for this tour, containing precise instructions that will enable you to explore and hike in complete freedom.

To fully enjoy and appreciate your hiking trip, you must be able to ensure your autonomy in the field with the documents provided.

MATERIEL FOURNI

EQUIPEMENT INDIVIDUEL A PREVOIR

Clothing

- 1 sun hat or cap
- 1 scarf
- 1 hat and/or headband
- gloves (optional)
- T-shirts (1 for 2 or 3 days' walking). Avoid cotton, which takes a long time to dry; prefer short-sleeved t-shirts (breathable material) in Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo) etc...
- 1 undershirt (notes as above) or long-sleeved shirt
- 1 fleece jacket
- 1 pair of shorts
- 1 pair of trekking trousers

- 1 pair of comfortable evening trousers
- 1 light, simple Gore-tex jacket
- 1 pair of waterproof overtrousers (optional)
- Underwear
- Walking socks (1 pair for 2 to 3 days' walking). Avoid tennis socks (cotton), which take a long time to dry and can cause blisters; Coolmax socks are preferable.
- 1 pair of hiking boots with good ankle support (Vibram-type soles), preferably waterproof
- 1 pair of sandals or casual shoes for the evening
- A swimming costume and towel

Equipment

- 1 pair of high quality sunglasses
- 1 pair of telescopic poles (optional): makes it easier to go up and down hills and is very useful on rough or slippery terrain
- 1 water bottle (preferably 1.5 litres)
- 1 headlamp
- 1 compass
- 1 survival blanket (optional)
- 1 pocket knife (optional)
- 1 small money pouch (preferably waterproof)
- Toiletries: preferably biodegradable products (there is CAO biodegradable liquid soap)
- 1 towel: there are some that dry quickly: Packtowl (available in 4 sizes)
- Earplugs (optional)
- Toilet paper - sun cream + lip balm.

Personal pharmacy :

- Your usual medicines
- Vitamin C or polyvitamin
- Painkillers: preferably paracetamol
- Elastic adhesive tape (Elastoplast type, 6 cm wide)
- Sets of adhesive dressings + disinfectant pads
- Double skin (SOS Ampoules by Spenco, available in sports shops, chemists, drugstores, etc.)
- Mosquito repellent.

LE PRIX COMPREND

- Accommodation in a 3-star hotel, night + breakfast or half-board, depending on the option chosen
- Travel documents
- Registration and organisation fees
- Tourist taxes

LE PRIX NE COMPREND PAS

- **Insurance**
- **Dinners if you have not booked half-board**
- **Return transport to the departure point**
- **Transfers by bus or car**
- **Chairlifts or cable cars**
- **Drinks and visits**
- **lunches**

