

Often synonymous with sporting escapades, Via Ferrata, etc., walks in the Dolomites are also open to all, offering landscapes and panoramas typical of this massif with its distinctive relief.

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.

On this easy trek, La Vie Sauvage will take you to places where the history of this valley combined with exceptional nature will make for an unforgettable stay.

Tucked away in a hotel on the edge of a hundred-year-old forest, you'll be able to relax and unwind 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.

ACCOMMODATION: in a hotel**.

Day 2: Piè Tofana: the balconies of Cortinaur

Starting from the "bowl" of Cortina, you will reach this extraordinary promontory overlooking the future 2026 Olympic resort!

The ascent is mainly through woodland, with a passage near the Po'Druscié lake where a refreshing break may be in order.

When you reach the crag, the panorama over Cortina is breathtaking; you'll be able to touch the Tofane massif with your fingertips!

Return to the valley.

HIKING HOURS : 3h30

ASCENT : + 300 m

DESCENT : - 300 m

ACCOMMODATION : in a 3-star hotel

Day 3 : Le petit Lagazoï

From the other side of the valley, which forms the Cortina d'Ampezzo basin, the Lagazoï peak and its mountain hut sit proudly at the top of this part of the Dolomites.

Access by cable car is easy, and the panorama from the top is without doubt the most impressive in this part of the Dolomites.

The Petit Lagazuoi (2778 m) was bitterly disputed during the Dolomite War. Austrian and Italian troops fought a fierce mine war. It was during this war that the numerous tunnels and positions that criss-cross and surmount the mountain came into being. During the Petit Lagazuoi hike around the Grand Lagazuoi, you will discover many remains of this era. A narrow path, very steep in places, takes us up to a wide rocky terrace where the Chiesa's bivouac once stood.

A spectacular loop with breathtaking views!

HIKING HOURS : 4h30

ASCENT : + 100 m

DESCENT : - 600 m

ACCOMMODATION : in a 3-star hotel

Day 4: Refuge Locatelli and the Tre Cimes tour

This itinerary starts just a stone's throw from your hotel.

Some hikes leave lasting memories and leave their mark for a long time. The Tre Cime tour is clearly one of them!

Hiking beneath the Tre Cime is an experience you should have at least once in your life.

You're no longer looking at the mountains, they're looking back at you and crushing you with their height.

La Vie Sauvage offers you a "close-up" of the massif, with the terrace of the Locatelli refuge providing an unforgettable photo break!

You'll never be alone on these trails! It's a good idea to set off early to make the most of this exceptional site!

HIKING HOURS : 4 hours

ASCENT : + 430 m

DESCENT : - 430 m

ACCOMMODATION: in a 3-star hotel

Day 5: The Cinque Torri

Another of the must-sees in this beautiful region of the Dolomites, which you will already have been able to see from the top of the Lagazoï or simply from Cortina: the Cinque Torri... These 5 emblematic towers, the scene of conflicts between Italian and Austro-Hungarian troops during the First World War (trenches, barracks...), deserve to be approached as closely as possible.

Once again, La Vie Sauvage offers a number of different options to add to the day's experience, including a stopover at the magnificent Limides lake for a refreshing and relaxing break!

HIKING HOURS : 4h00

ASCENT : + 420 m (100 m with cable car access)

DESCENT : - 420 m

ACCOMMODATION: in a hotel***.

Day 6: Lago di Braies

Lago di Braies is one of the most beautiful walks in the Dolomites. It's a very easy, picturesque hiking trail around one of the most beautiful lakes in the Dolomites. A must-see postcard, it offers plenty of opportunities for photography enthusiasts.

Ideal for your departure or arrival day, or on an average day!

HIKING HOURS : 2h00

ASCENT : + 100 m

DESCENT : - 100 m

Your 6-day programme can be modified, and you can add or remove a day (consult us).

You'll have a digital topoguide to download onto your smartphone, and on some days you'll have other walking options not described in this programme, at different levels to suit those who want more or less!

FICHE PRATIQUE

ACCUEIL

D1, late afternoon, at your hotel.

Getting there:

Access to the various walks will be much easier if you have a vehicle on site (car parks are often paid for at the start of the routes).

By car:

Compose your itinerary with your favourite app... take care to check all the criteria, crossing the Alpine chain through sometimes very expensive tunnels 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-hour journey): for bus timetables, see: bus timetable.

Transfer around Cortina d'Ampezzo :

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

DISPERSION

D6 after breakfast

NIVEAU

Easy route :

Elevation gain of 50 m to 500 m per day.

Comfortable trails, several climbs can be done by cable car (at your own expense), which makes the magnificent panoramas of the Dolomites much more accessible.

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

With your vehicle.

or

By bus (Dolomitibus based on the distance of the transfer, approx. €5) and cable cars are not included in the price.

If you want 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 2 people.

ENCADREMENT

No guidebook on this trip.

Before your departure, we will provide you with a road book specially designed for this tour, containing precise instructions that will allow 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 carry a high risk of blisters; prefer Coolmax socks, for example.
- 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 pouch (preferably waterproof) for your money
- 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 package chosen,
- Travel documents,
- Registration and organisation fees,
- Tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance,
- Return transport to the point of departure,
- Transfers by bus or car,
- Chairlifts or cable cars,
- Dinners if you have not taken the half-board option,

- lunches,
- Drinks and site visits.