

Stefanie Woods – The Best of the Dolomites: Hiking & Gourmet

Dates: 07 September - 13 September, 2025

Experience Authentic Italy!

Embark on an unforgettable journey through the heart of the Dolomites, where breathtaking mountain landscapes and exquisite gourmet cuisine await. This exclusive hiking and gourmet experience takes you deep into one of the most stunning natural environments in the world. The towering peaks, serene alpine pastures, and crystal-clear lakes form a backdrop to a week of exploration, adventure, and indulgence.

As you traverse scenic trails, each day brings new opportunities to immerse yourself in the beauty of the Dolomites, whether you're hiking beneath the majestic Croda Rossa or marveling at the iconic Cinque Torri. These hikes aren't just a feast for the eyes – they're paired with some of the finest culinary experiences in the region. From authentic mountain rifugios serving traditional Ladin delicacies to Michelin-star gourmet restaurants offering creative, refined dishes, this trip is as much about



A small Refugio nestled at the base of the Dolomites

savoring the local flavors as it is about the incredible views.



With luxurious accommodations, seamless logistics, and a dedicated team to support your adventure, this journey is the perfect balance of challenge and relaxation. Whether you're taking in the sweeping panoramas from a high plateau or enjoying a glass of local wine after a rewarding day on the trails, the Dolomites' natural splendor and the unforgettable gourmet experience promise memories that will last a lifetime.



Trip Itinerary:

Day 1: 07 September 2025 – Arrival in Cortina d'Ampezzo

- **Arrival:** Arrive in Venice, followed by a private group transfer to Cortina d'Ampezzo (1,224m / 4,016'), a charming alpine resort town surrounded by the stunning Dolomite peaks.
- **Dinner:** Included at the hotel restaurant.

Accommodation: 4-Star Hotel in Cortina d'Ampezzo

Meals: Dinner



Day 2: 08 September 2025 – Prato Piazza Loop Hike

- **Hike:** A scenic loop hike below the northern face of Croda Rossa and the idyllic Prato Piazza alpine pasture. Enjoy views of the Croda Rossa Massif (2,965m / 9,725'), the Cristallo group (3,221m / 10,565'), and Fanes-Sennes-Braies Nature Park.
- **Lunch:** At a local rifugio during the hike.
- **Return:** After the hike, a private transfer will take you back to the hotel.

Hiking Time: ~4-5 hours | **Distance:** 11 km (6.6 miles) | **Elevation Gain:** 820m (2,690') | **Descent:** 780m (2,560')

Accommodation: 4-Star Hotel in Cortina d'Ampezzo

Meals: Breakfast, Dinner



Day 3: 09 September 2025 – Hike from Tardeiba to Faloria

- **Hike:** Begin with a transfer to Passo Tre Croci, then hike along the panoramic "Dolomieu Trail." Enjoy views of Cristallo mountain to the north, Tofane to the west, and the Cortina basin to the south.
- **Return:** Transfer back to the hotel after the hike.

Hiking Time: ~5.5 hours | **Distance:** 11.4 km (7.1 miles) | **Elevation Gain:** 510m (1,670') | **Descent:** 600m (1,970')
Accommodation: 4-Star Hotel in Cortina d'Ampezzo
Meals: Breakfast, Dinner

Day 4: 10 September 2025 – Hike to Passo Falzarego

- **Hike:** This route offers remarkable views of the Cinque Torri (Five Towers) and reflects the region's WWI history. Hike down from the Averau peak after lunch at a rifugio.
- **Transfer:** A private transfer will take you to the hotel in Alta Badia after the hike.

Hiking Time: ~3-4 hours | **Distance:** 8.6 km (5.3 miles) | **Elevation Gain:** 343m (1,125') | **Descent:** 486m (1,590')
Accommodation: 4-Star Hotel in Alta Badia
Meals: Breakfast, Dinner



Day 5: 11 September 2025 – Santa Croce Sanctuary Hike

- **Hike:** Hike through picturesque hamlets to the Santa Croce Sanctuary (2,045m / 6,710') at the base of Sasso della Croce. Enjoy a traditional Dolomites lunch at a rifugio.
- **Return:** Descend on the same path back to San Cassiano.

Hiking Time: ~4-5 hours | **Distance:** 11 km (7 miles) | **Elevation Gain & Descent:** 590m (1,935')

Accommodation: 4-Star Hotel in Alta Badia

Meals: Breakfast, Dinner



Day 6: 12 September 2025 – Pralongia Plateau Hike

- **Hike:** Explore the Pralongia High Plateau, either by foot or cable car. Enjoy the amazing panorama and a delicious lunch at one of the many rifugios.
- **Farewell Dinner:** At the hotel.

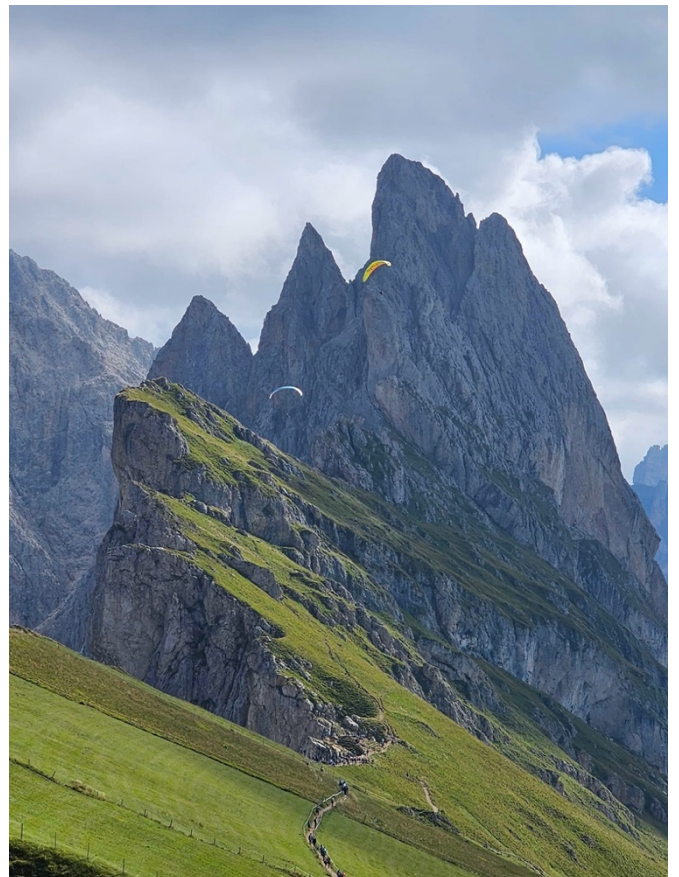
Hiking Time: 1-6 hours (depending on your energy level)

Accommodation: 4-Star Hotel in Alta Badia

Meals: Breakfast, Dinner

Day 7: 13 September 2025 – Departure

- **Transfer:** Private group transfer to either Verona or Venice airport for your departure.



COSTS/Inclusions

\$4,100 USD per person

Deposit \$1,000 upon booking

All payments are non-refundable

Cost Includes

- Trip briefing and orientation
 - Logistics and map of the area
 - 3 nights accommodation in a 5-star hotel in Cortina d'Ampezzo
 - 3 nights accommodation in a 4-star hotel in Alta Badia
 - All breakfasts
 - 2 hotel dinners, 2 traditional dinners, and 2 gourmet dinners
 - Transfers in the area as per itinerary
 - Luggage transfer from Cortina d'Ampezzo to Alta Badia
 - \$15 donation to Wow Nature's reforestation projects, making your trip carbon-neutral
 - Local tourist tax
 - Italian VAT tax
-

Cost Does Not Include

- Airfare
- In/Out airport transfers
- Transfers or excursions on trains, lifts, buses, taxis
- Extra charges due to changes in itinerary
- Lunches
- Items not on the set dinner menu
- Beverages except for what is served at breakfast
- Bottled water
- Insurance (medical evacuation or trip cancellation coverage)
- Items of a personal nature (phone calls, laundry, excess baggage charges, etc.)
- Tips and gratuities
- Anything not mentioned in the "Cost Includes" section