



diamonds in the rough guided dolomites hike

explore europe your way

A UTracks active holiday is all about exploring Europe your way. It's about walking or cycling the incredible trails of Europe and becoming completely immersed in your travel experience. Since we began in 2007, UTracks has been the leader in active European holidays. Our itineraries have always been creative, rewarding, and very affordable. With over 450 active trips across the continent, UTracks offers unique opportunities to discover an untrodden Europe that spans postcard-perfect landscapes, centuries-old cultures, rural lifestyles and tempting gastronomic delights. You can choose to set your own pace on a flexible self guided journey or enjoy the benefits of an experienced local guide on a small group tour. We cater to all fitness abilities with our honest graded system that defines our trips from introductory to challenging. Plus we offer exceptional value with many inclusions on all our trips, allowing you more freedom to enjoy the natural and cultural wonders of Europe. Whether you prefer cycling or walking, 2-star or 4-star, small group or self guided, land, river or sea – UTracks helps you explore Europe exactly the way you want.

TRIP NAME:	DIAMONDS IN THE ROUGH GUIDED DOLOMITES HIKE
TRIP CODE:	SOG10111
TRIP DURATION:	9 DAYS
GRADE:	MODERATE TO CHALLENGING - 4
ACTIVITY:	GUIDED HIKE
ACCOMMODATION:	6 NIGHTS IN MOUNTAIN REFUGES ON A DORMITORY SHARE BASIS, 2 NIGHTS HOTEL ON A TWIN SHARE BASIS
DATE DETAILS:	→ 2027 31 JUL - 08 AUG

highlights

- Trek through the dramatic alpine landscapes of the Dolomites
- Discover the region's WWI history
- Experience the changing scenery of the Dolomites
- Hike among the iconic Tre Cime peaks
- Stay in traditional mountain refuges

the trip

Explore the spectacular landscapes of Italy's Dolomites on this guided hut-to-hut hiking adventure. Following scenic mountain trails through the heart of this UNESCO-listed region, you'll traverse alpine meadows, rugged passes and dramatic limestone peaks, including the iconic Tre Cime. Along the way, discover reminders of the area's World War I history, from former military routes to mountain bunkers, while enjoying panoramic views that change with every stage of the journey. Each evening, unwind in traditional mountain refuges and experience the warm hospitality and distinctive alpine culture of the Dolomites.

your leader

When you join this Diamonds in the Rough Adventures (DITRA) partner trip, you will be accompanied by experienced Diamond coach, and become part of a dedicated team of women, training and hiking together to maximise everybody's enjoyment and success.

Your Diamond Coach will train and support your team in your preparation. This exclusive DITRA itinerary is tailored to exactly what women want and everything is included.





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Knowing who you're on the trip with ensures that your teammates are perfectly prepared and fit for the adventure (that means you must be, too!). Everyone is expected to commit to Trek Training and the preparation hikes as advised by your coach. A private Trip WhatsApp group will allow you to connect directly with your team as well as give you direct access to your coach. World Expeditions staff are responsible for delivering your extraordinary experience during your adventure. Please direct all pre, mid and post trip feedback to World Expeditions. Your Coach is not the tour operator, guide, navigator or first aider.

itinerary at a glance

Day 1	Join Cortina
Day 2	Transfer to the Bai de Dones area to commence hike (4hrs)
Day 3	Descend towards Lago Lagazoui and hike to Pederu Hütte (6hrs)
Day 4	Hike through the Sennes Nature Park (5-6hrs)
Day 5	Ascend wooded trails to Dürrenstein Hütte (6hrs)
Day 6	Hike to Tre Cime, the iconic three peaks of the Dolomites (6hrs)
Day 7	Hike around Tre Cime with picture postcard views throughout (5hrs)
Day 8	Descend to Lake Misurina and transfer to Cortina (3.5hrs), trip concludes
Day 9	Trip concludes

detailed itinerary

Note: The itinerary is subject to modification based on accommodation options in the mountains and may be hiked in the reverse direction at times. Routes can be affected by weather conditions. Hours indicated in the itinerary are hiking hours and do not include rest stops.

DAY 1	Join Cortina On arrival in Cortina you will need to make your way to the group hotel. The remainder of the day is at your leisure. Overnight - Hotel De La Poste (or similar) meals: NIL
DAY 2	Transfer to the Bai de Dones area to commence hike (4hrs) This morning we meet your guide at 9:30am for a group transfer before we hike towards the Tofano peaks, the location of the Dino Buzzati film "Désert des Tartares" (The Desert of the Tartars). Here the trail winds high along a wartime mule track, through rock needles and past bunkers and abandoned refuges. The views down to the Cortina basin and surrounding peaks are fabulous and a great reward for your efforts. After a tough first days ascent we'll relax in our mountain hut, the Rifugio Valparola, and absorb the fine Italian alpine hospitality. Distance: 11km/6.8mi, ascend +845m/2772ft, descent -400m/1312ft meals: B,L,D



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DAY 3 Descend towards Lago Lagazuoi and hike to Pederu Hütte (6hrs)

The hike begins from Rifugio Valparola and descends gently to Rifugio Scotoni, a welcoming stop nestled below towering cliffs. From here, the trail climbs steadily towards a narrow saddle — the Forcella di Lago — where sweeping views of the Dolomites open up. Crossing the pass, you descend to the serene Lago Lagazuoi, its clear waters reflecting the surrounding peaks. Continuing through a landscape of waterfalls, dwarf mountain pines and cascading streams crossed by wooden bridges, you may spot evidence of marmots along the way. The scenery gradually changes as you traverse alpine meadows and descend into the valley, reaching your overnight accommodation at Rifugio Pederü.

Distance: 19km/11.8mi, ascend +880m/2887ft, descend -1460m/4790ft

meals: **B,L,D**

DAY 4 Hike through the Sennes Nature Park (5-6hrs)

Today's walk leads you through the heart of the Sennes Nature Park, a pristine alpine landscape renowned for its dramatic geological formations and rich biodiversity. As you ascend through wide mountain pastures and rugged terrain, the striking peaks of Croda Rossa and Croda di Becco rise ahead, creating a spectacular backdrop. This stage offers a truly immersive experience in the untamed beauty of one of the Dolomites' most legendary valleys. Overnight Biella Hütte.

Distance: 15km/9.3mi, ascend +1050m/3445ft, descend -600m/1968ft,

meals: **B,L,D**

DAY 5 Ascend wooded trails to Dürrenstein Hütte (6hrs)

The eastern Dolomites offer more fabulous views as we ascend to the Rosalmhütte (2200m). The trail takes us beneath the stunning peaks of Rotwand and Croda Rossa. There are some steep sections as we make our way to Durrenstein hutte (2040m).

Distance: 14km/8.7mi, ascend +600m/1968ft, descend -890m/2920ft

meals: **B,L,D**

DAY 6 Hike to Tre Cime, the iconic three peaks of the Dolomites (6hrs)

A visually stunning hike to the three towers, Tre Cime. We are right on the former Austro-Italian border where fierce fighting took place during WW1. Hiking under Strudelkopf we pass lake Dürrensee. Ascend for overnight accommodation at Drei Zinnen hutte with outstanding views to the towers and surroundings.

Distance: 14km/8.7mi, ascend +1186m/3891ft, descend -834m/2736ft

meals: **B,L,D**

DAY 7 Hike around Tre Cime with picture postcard views throughout (5hrs)

Today takes us through tunnels, over passes and amongst a stark rocky landscape with 360 degree views of the mountains. The domination of Tre Cime is clear as we circuit these impressive spires. Overnight at Rifugio Lavarredo.

Distance: 12km/7.5mi, ascend +788m/2585ft, descend -868m/2847ft

meals: **B,L,D**

DAY 8 Descend to Lake Misurina and transfer to Cortina (3.5hrs), trip concludes

Our last day of hiking takes us back down into the lush valley and Lake Misurina.

In 1927 Aldo Bonacossa made numerous first descents on skis following today's trail, which has become his namesake. Descending the Bonacossa Dolomites, we are in the shadow of the massive Cadini di Misurina. On arrival at the lake we are transferred back to Cortina for your overnight accommodation. Tonight we head out for a final celebratory meal (own expense)

Distance: 7.5km/4.6mi, descend -750m/2460ft

Overnight - Hotel De La Poste (or similar)

meals: **B,L**





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DAY 9 Trip concludes

Our Dolomites adventure ends today and you are free to make your travel plans on to your next destination.

meals: B

inclusions

- 8 breakfasts, 7 lunches, 6 dinners (does not include drinks) – continental breakfasts are served and usually consist of breads, jams, coffee, tea and juices. Lunch is picnic style. Dinner will consist of 2 or 3 courses which include regional specialties
- 6 nights accommodation in mountain refuges on a dormitory share basis.
- 2 nights hotel in Cortina on a twin share basis
- Luggage transfer by mule, 1 piece maximum 6kg (+ the provided duffle bag) - additional luggage storage available, fees apply, must be pre booked.
- Experienced mountain guide
- Trip escorted by a Diamonds in the Rough coach

items not included

- Travel to and from the start and end point in Cortina
- Drinks and snacks
- Travel insurance - mandatory
- Storage of luggage - fees apply
- Transfers by taxi or public transport if you need to skip a stage
- Items of a personal nature

getting there

BY TRAIN

There is no train station at Cortina. If you are arriving by public transport you can take the train to Dobbiaco and then take a local bus. The following website has invaluable information on arriving in Cortina by public transport - <https://www.suedtirolmobil.info/en/#/> We are happy to assist with questions regarding trains and flights. Australian travellers can book their rail in Europe via the link on the [utracks.com](https://www.utracks.com) home page or from their portal.

BY AIR

The closest international airports are Milan, Innsbruck, Bergamo and Venice. From Venice airport there is a bus service to Cortina. See <https://www.cortinaexpress.it/en/> for details.

BY BUS

There are buses from main train stations in the area including Venice Mestre and Treviso. Please see Cortina Express for timetables and booking. <https://www.cortinaexpress.it/en/timetable/timetables-cortina-treviso-venezia/> Alternatively you can arrive from Austria or Germany in the north by train (ie from Innsbruck) – see the German train website for timetable information: www.bahn.de/international/view/en/index.shtml. The nearest train station to Cortina is Calalzo di Cadore and there is a public bus which connects the two towns. The following website details the timetable in Italian - www.dolomitibus.it. Go to the 'Orari' section and select the PDF for Cortina – Calalzo di Cadore. When reading the bus timetable please note that ferial means weekdays and giornaliera means daily. The bus takes one hour. From Calalzo di Cadore to Milan the train is via Padova and takes about 5 hours (about 430km) including the connection.



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trip grading - moderate to challenging

GRADE 4 - Daily guided hikes of around 4-6 hours, between 7 and 19 kms and maximum ascents of 1250 metres per day. Whilst 3 of the days would be considered moderate there are 4 days which involve harder stages and all days will involve steep uphill, descents, and many sections of the trail which require care with loose rock on the trail. There are short stages where chains and cables are there to support hikers. If you suffer from vertigo there are parts of the trail that are quite exposed. The accent is on keeping a steady pace with time to stop and take photos (subject to weather conditions). You will need a good level of fitness and a good hiking pace to participate fully in this adventure. It is considered suitable for hikers with some experience in alpine terrain. If you have no alpine experience, we recommend you participate in a series of hikes of 7-8 hours with lots of uphill and downhill - this will gauge your suitability for this hike. Early in the season (June) you may encounter snow on sections of the trail which may be quite deep and alter the grading of the trip to challenging. At any time during summer, weather conditions may be variable and you should be prepared for all conditions including snow, ice, strong hot sun and extreme winds. Pre trip training should involve a combination of cardio vascular sessions of 45 minutes, 3 to 4 times a week, coupled with endurance hikes of up to 8 hours carrying a daypack. Our staff are happy to provide further advice on pre trip training. Important note: good quality hiking boots with ankle support are a pre-requisite for your participation. Runners or shoes without ankle support are not suitable for the conditions encountered on this hike.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation

DURING TOUR

Accommodation is dormitory style in mountain refuges or gîte hostels. There can be up to 15 people in one room in some refuges but less on most nights (around 4-12). Beds are often bunks, always with separate mattresses. Bathrooms and toilets are shared.

the region

The Dolomites are located in north eastern Italy, in the regions of Trentino-Alto Adige and the Veneto. Characterized by their twisted pinnacles and spires and towering rock walls, some over 4,000 vertical feet, the Dolomites are famous for mountain climbing and popular with climbers from around the world. Their mysterious jagged landscape can often be seen from as far as Venice, located south of the mountains, where they have provided inspiration for centuries of artists. The highest peak of the Dolomites is Marmolada (10,965 ft/3,342 m). Perhaps the most famous is Cima Grande (9,839 ft/2,999 m), a classic climbing peak with a sheer North Face. Summer in the Dolomites offers a staggering array of colourful wildflowers carpeting lush alpine meadows. The evening light turns the towering rock cliffs a soft pink to create a breathtaking backdrop to the brilliant blues of the glacial lakes. An outstanding walking destination, time spent in the Dolomites is made even more enjoyable by the legendary hospitality of the mountain people.



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fast facts

COUNTRIES VISITED Italy

VISAS **IMPORTANT NOTE**

ETIAS will be introduced in the last quarter of 2026. No action is required from travellers at this point.

The European Union will inform about the specific date for the start of ETIAS several months prior to its launch.

see https://travel-europe.europa.eu/etias_en

Until then, visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see https://home-affairs.ec.europa.eu/policies/schengen-borders-and-visa/visa-policy_en . Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

CLIMATE

The hiking season in the European Alps is short – from mid June to mid September and many of the mountain refuges are closed outside this time. In winter parts of the trail are transformed into world class ski runs, evidenced by the comprehensive network of cable cars. Bearing in mind that much of the route is at altitudes of over 1000m, the temperatures can vary significantly. Please note at the beginning of the season you may experience snow and therefore the walking can be harder and slippery underfoot. Temperatures in summer range from around 6 degrees Celsius to 20 degrees Celsius during the day. Afternoon thunderstorms are quite common. At the higher elevations it is important to dress with layers as cold winds and possible snow falls can happen even in summer.

MIN GROUP SIZE 10

MAX GROUP SIZE 14

MOBILITY REQUIREMENT This trip is not suitable for people with limited mobility.

SPECIALIST GEAR REQUIRED Wet weather gear, sunscreen, hiking boots (must be of sturdy design with ankle support), warm clothes, day pack and sun hat – hiking sticks are recommended. Sleeping sheet & towel required. (A comprehensive gear list is provided in the pre-departure information provided on booking).

special notes

TRIP ORGANISATION

Our groups consist of a maximum of 14 people. Our mules spare you the worry of carrying your own belongings and we provide you with special bags to allow this transportation process to run as smoothly and as efficiently as possible. There is a 6kg maximum for the bags that are to be carried by the mules and any excess will be refused so make sure you weigh it beforehand. The trip begins in Cortina. It is recommended that you store your excess luggage at the hotel

LUGGAGE TRANSPORT



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Our mules spare you the worry of carrying your own belongings and we provide you with special bags to allow this transportation process to run as smoothly and as efficiently as possible. There is a 6 kg nett maximum for the bags (not including the duffle bag provided) that are to be carried by the mules and any excess will be refused so make sure you weigh it beforehand. The weight is strictly adhered to, to ensure that the total load our mules carry is within the ethical pack carrying guidelines. Mules are a traditional form of cargo in the alpine areas of Europe. They are well cared for during their 3-4 months season with our travellers, where they are part of the walking team, get plenty of affection and graze on alpine grasses. Outside of the walking season they are moved to the south of France where they can graze in pastures in a warmer climate. Mules may be replaced by vehicle luggage transfers for early or late season departures where snow conditions on the passes are unsuitable for mules. This may also occur on one or two days during the trip requiring participants to carry their overnight requirements for a day or so. Having a suitably sized day pack to accommodate increased weight is therefore imperative.

how to book

Booking a UTracks holiday is simple. You can book online, via our secure payment facility, at your own convenience. Contact us, or your travel agent, for assistance with your travel arrangements including flights, travel insurance & additional accommodation.

e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.utracks.com or contact our office.

IMPORTANT NOTE

THESE TRIP NOTES REPRESENT THE MOST CURRENT INFORMATION AVAILABLE FOR THIS ITINERARY, AND SUPERSEDE ANY INFORMATION DETAILED IN THE CURRENT BROCHURE, INCLUDING BUT NOT LIMITED TO THE ITINERARY AND PRICE.