

TREKKING

PANORAMIC TREKKING IN THE DOLOMITES OF CORTINA

Explore the most iconic and historic trails of
the Dolomites



B4Experience

ITALY



Circular trek from Cortina d'Ampezzo through Tofane, Nuvolau and Croda da Lago. Panoramic trails, dream lakes and traces of WWI, with historic refuges and delicious cuisine.

[View Web Program](#)



RECOMMENDED MONTHS

JUNE, JULY, AUGUST, SEPTEMBER

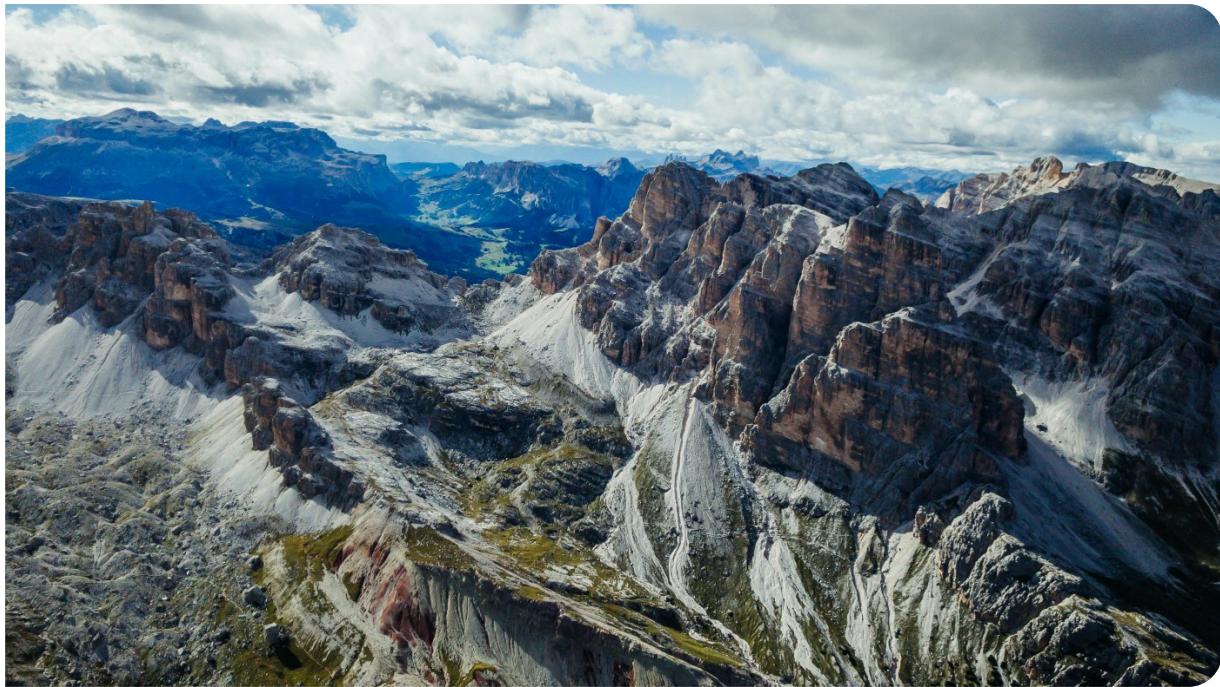


PRICE

From 1.350€ /person

Group discounts





Highlights

- HISTORIC TRAILS AND TESTIMONIES FROM WORLD WAR I
- CHARMING REFUGES IN TOP LOCATIONS WITH MOUNTAIN CUISINE
- DIVERSE TERRAIN BETWEEN ALPINE MEADOWS AND ROCKY ZONES
- LIMEDES AND FEDERA LAKES: NATURAL GEMS ON THE ROUTE.

Private groups

100% customizable

From (People)	Category	Availability	Nº days	Price per pers.
4	Guiado	20 Jun 2026 - 20 Sep 2026	6	2.250€
1	Autoguiado	20 Jun 2026 - 20 Sep 2026	6	1.350€

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
<p>✗ No open group events available, only private groups</p>					

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Included

- Accommodation in mountain refuges: 3 nights, shared dormitory
- Accommodation in 3* hotel: 2 nights, double/triple room
- Breakfast and dinner in mountain refuges
- Breakfast at the hotel
- Instructions and assistance with logistics (in the self-guided program)
- 24h on-call support (in the self-guided program)
- Route and hiking schedule developed by certified mountain guides (in the self-guided program)
- Hiking maps 1:25,000 (1 map per booking)
- Luggage storage at the base hotel during the trek (courtesy service)
- Electronic maps with satellite navigation for mobile (Android or iPhone) (in the self-guided program)
- Guide (only in the guided program)

Not Included

- Travel insurance
- Drinks at dinner
- Lunches
- Hot shower in refuges: 3–5 € per night
- Recommended lift on the route: approx. 20 € (variable depending on period)
- Single accommodation in base hotels for solo non-travelers (170 euro supplement)
- Tourist tax where applicable
- Guide (in the self-guided program)
- Everything not mentioned in “Included”.



Itinerary

DAY 1: CORTINA D'AMPEZZO

You arrive on your own to Cortina d'Ampezzo, where the trekking starts. Time to stroll through this classic alpine town, surrounded by Tofane, Cristallo and Antelao, and prepare for the start of the refuge-to-refuge trek.

Accommodation: 3* Hotel in Cortina d'Ampezzo.

DAY 2: TOFANE GROUP

Start from Col Drusciè (access by lifts from Cortina). The trail climbs between pine forest and area above the tree line to a rocky high mountain environment in the Ampezzo Dolomites Natural Park, with remains of trenches and tunnels from WWI. Route data: 9 km +1080 m / -280 m, 5 hours.

Accommodation: Mountain refuge (shared dormitory)

Meals: Breakfast (hotel) + Dinner (refuge).

DAY 3: LAGAZUOI MASSIF

You descend to the isolated Val Travenanzes, a gorge with waterfalls and rich flora due to abundant water. The day culminates at Lagazuoi, an emblematic viewpoint with a preserved system of tunnels and trenches. Ideal stop at the terrace of Rifugio Lagazuoi.

Route data: 9 km +830 m / -750 m, 5 hours.

Accommodation: Mountain refuge (depending on availability: Passo Falzarego area or Rifugio Lagazuoi)

Meals: Breakfast (refuge) + Dinner (refuge).

DAY 4: NU VOLAU AND CINQUE TORRI

From Passo Falzarego you cross the Nuvolau group. If weather permits, you can climb Monte Nuvolau for a 360° panoramic view of numerous Dolomite groups; in bad weather, it can be avoided. You pass by Cinque Torri, a unique rock formation with war history and an ideal refuge to rest. Route data: 10 km +690 m / -510 m, 5 hours.

Accommodation: Mountain refuge (Passo Giau area; may vary depending on availability)

Meals: Breakfast (refuge) + Dinner (refuge).

DAY 5: LAKE FEDERA

Final day through Croda da Lago to Lake Federa, one of the most scenic lakes, with a constant water level and a quiet atmosphere. Then you descend toward Cortina passing Lago d'Ajal, mostly among pine trees. A possible shortcut exists to reduce the descent elevation.

Route data: 15 km +330 m / -1350 m, 6 hours.

Accommodation: 3* Hotel in Cortina d'Ampezzo

Meals: Breakfast (refuge) + Dinner.

DAY 6: CORTINA D'AMPEZZO

After breakfast, end of the program and return on your own. You take with you a compact but complete trek: great viewpoints, historic refuges and the most famous landmarks of the Dolomites of Cortina, without entering the more remote and demanding routes in the region.

Meals: Breakfast (hotel).

Payment and cancellation policy

Initial reservation: To secure your spot, an initial payment of 30% of the total trip cost is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The client may purchase travel cancellation insurance to obtain a refund of the total amount paid (according to the policy conditions).

The end user may withdraw from the contracted trip, having the right to refund of the amounts paid, except for the indicated penalties. However, they must pay the agency the following amounts once the trip is confirmed.

Cancellation policy 3

- Full refund within 24 hours after purchase
- Up to 60 days before the trip: 100% refund of the trip amount
- Up to 45 days before the trip: 50% refund of the trip amount
- For shorter periods than described: no refund will be made.

*A processing fee of €250 will apply

*If there are other non-refundable expenses already issued, they will also not be refunded and will be deducted from the total amount to be refunded

*The cost of canceling already issued flights is 100% of the ticket price.

Material list

Mandatory equipment

- Trekking boots
- Waterproof and windproof jacket
- Fleece jacket
- Long trekking pants
- Hat or cap
- Raincoat/poncho or other rain gear
- Toiletry bag and personal hygiene items
- Clean light footwear to use inside refuges (like sandals)
- Sunglasses
- At least 2 one-liter bottles for water
- Sleeping bag liner / lightweight cover (mandatory in shared dorms: no sheets).

Recommended equipment

- Additional warm clothing for morning/night (even in summer)
- Thermos to refill with hot water or tea in the refuges
- Phone with electronic maps and navigation (Android/iPhone).

FAQs

What type of trip is it?

It is a circular trekking from refuge to refuge based in Cortina d'Ampezzo. You walk panoramic trails connecting Tofane, Lagazuoi, Nuvolau, and Croda da Lago, sleeping in refuges and with hotel nights before and after.

What is the required technical and physical level?

The trails do not present technical difficulties and do not require technical equipment. It is designed for people with a "normal" fitness level. Still, there are 5-6 hour days and significant elevation changes, so it is advisable to be used to mountain walking.

What altitudes are reached during the trekking?

Most of the itinerary runs above the tree line, approximately between 1,900 and 2,300 m. The highest point is around 2,800 m near Lagazuoi, where the environment is more rocky and high mountain.

Where does the route start and end?

The trip is based in Cortina d'Ampezzo. You arrive there on your own on day 1 and finish in Cortina on day 6 after breakfast. The trek is circular: you return to Cortina at the end of the last hiking stage.

What is the nearest airport and how do I get to Cortina?

The most convenient airports are Venice Marco Polo and Treviso. From Venice there are direct buses to Cortina, and the trip takes approx. 2 h 30 min. Depending on your flight, you may need to spend a night in Venice to connect with the bus.

Can I store luggage in Cortina while doing the trek?

Yes. During the hike you can store luggage you don't need at the base hotel in Cortina (courtesy service), to hike lighter on the refuge-to-refuge stages.

What are the accommodations in mountain refuges like?

The refuges offer beds in shared dormitories (or private rooms if booked and available), meals, bathrooms, and the option for a hot shower. In shared dormitories there is no bedding: you need to bring a sleeping bag liner/light cover.

What meals are included?

In the refuges breakfast and dinner are included. At the Cortina hotel breakfast is included. Lunches are not included, though you can stop to eat at refuges or order picnic/packed lunch depending on availability and conditions.

Can one shower in the refuges?

Yes, there is usually a hot water shower, but its use is not included and must be paid separately. The approximate cost is 3 to 5 € per night, depending on the refuge.

Is the trip self-guided or with a guide?

We offer both options. For the self-guided trip you will receive a 1:25,000 map, marching schedule and materials prepared by guides, plus logistical assistance and 24-hour support. We also offer the same itinerary in a guided version, with a certified local mountain guide.

What happens if there is bad weather during a stage?

The mountain implies risk and the itinerary may require conservative decisions. Especially, the ascent to Monte Nuvolau can be avoided if the weather is unfavorable. In self-guided trips, you must follow safety rules and adjust schedules realistically.

What temperatures can I expect during the trekking?

At 2,000 m and above it is usually not hot. On a sunny August day it can reach around 20 °C during the warmest hours, but on cloudy days it can stay near 10 °C. At night and early morning it always cools down, and storms are typical in July/August.

Can I do extra excursions from Cortina?

Yes, you can complement the program with day routes from Cortina. Tre Cime and Lake Sorapis are especially recommended as additional options to expand the experience. Contact us.

Are there frequent extra costs I should anticipate?

Yes: drinks at dinners, lunches, hot shower in refuges (3-5 €), and a recommended lift on the route (approx. 20 €, variable by period). Tourist tax and supplements for single room/use may also apply.

What is the single supplement?

For individual travelers (self-guided trip) a supplement of €170 applies.



Contact us!

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