

GREAT CROSSING OF THE DOLOMITES

A sportive discovery amongst the Dolomites by crossing from East to West.

No hard technical difficulties, differences in altitude aren't important and the use of cable cars allows to optimise descents in an astonishing ambiance.

Result : great off-piste skiing for descent fans and discovery of a widely varied range of landscapes. Every night we will appreciate Italian warm and welcoming refuges.

 Region	Italy
 Activity	Ski Ski-Touring
 Duration	5 days
 Group	4 to 6 people
 Code	SRDOL
 Price	From €1,215
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 **Falcade – Forca Rossa pass – Malga Ciapela – Marmolada Summit – Rifugio Castiglioni (2044m)**

We meet with the guide at Passo San Pellegrino early in the morning : briefing, material check and picnic distribution.

We then slowly start on a wooded valley in direction of Forca Rossa pass (2490m). We discover local habitat and wooden chalets. Once we reach the pass, we can admire the Tofane massif far away as well as the Martinetti massif. The Marmolada overlooks above us with its magnificent rocky side. Superb descent in a clear valley before entering the forest joining the cable car (Malga Ciapela : 1467m) and allow us to reach the top of Marmolada (3250m).

From there, 1200m of descent on a splendid glacier are waiting for us, with a view of the Sella massif in the background.

It is finally time for a beer or mulled wine at the castiglioni refuge, also called Marmolada refuge, because it is located at the glacier's feet.

Positive difference in altitude : Around 700m | Negative difference in altitude : Around 2250m | Altitude Max : 3250m | Accommodation : refuge

Day 2

Rifugio Castiglioni – Porta Vescovo (2478m) – Télésiège de Pont de Vauz (1839m) – Telepherique de Pordoi (2950m) – Rif Boe (28

We will have 2000m of negative difference in altitude today for only 450m positive change in altitude, but in an incomparable environment.

After rejoining the Porta Vescovo through a magnificent valley, we join the chairlift of Pont de Vauz, allowing us to pursue our ascent with the Pordoi cable car, opening us the doors to the Sella massif. Incredible rocky fortress, bordered by giant cliffs.

On a beautiful crossing, we reach the top of Val de Mesdi, hot spot of the Sella massif, and we dive into an extraordinary mineral decor. This is where we realize we are really in the Dolomites !

We arrive in Corvara and we then take a taxi to join the Falzarego pass. We climb to the Lagazuoi refuge. here we are, arrived in a magical place where different massifs of the Dolomites unfolds to us. Breathtaking view !

Positive difference in altitude : Around 450m | Negative difference in altitude : Around 2000m | Altitude Max : 2950m | Accommodation : Refuge

Day 3

Rifugio Lagazuoi (2752m) – Forcla di Lech (2486m) – Le Gran Plan – Val de Fanes – Fiames – Transfer to Misurina – Chalet Lago

Long but varied step today with 300m climb and 1800m descent !

We take a very nice off-road path relatively technical. Depending on participants level, we will either go through the Lech pass (technical climb with crampons and skis on our back) or by the Locia pass (2069m) on a great itinerary via the high route of the Dolomites.

From the Lech pass, superb descent in an extraordinary valley allowing us to join this immense plateau : Le Gran Plan. Here, we have the impression to be at the heart of the Greenland mountains : white hugeness and dizzying peaks...

Long descent with difficulties to join the De Fiames lodge not far from Cortina d'Ampezzo, from where we take a taxi taking us to the Tre Cime massif (Misurina).

Positive difference in altitude : Around 300m | Negative difference in altitude : Around 1800m | Altitude Max : 2752m | Accommodation : Lodge

Day 4

Chalet Lago Antorno – Cadin Di San Lucano summit (2800m) – Chalet Lago Antorno

It's starting from the lodge that we can admire the Tre Cime Di Lavaredo. Today's hike allows us to admire them from far away.

This postcard view is exceptional. This is why we are staying two days in this magical place, and, cherry on the cake, we will do the complete tour of the Tre Cime.

It is our first day without any cable cars, and we leave for 1000m positive and negative change in altitude. from the chalet, we head up through woods before reaching the feet of the Rinbianco pass (2207m). We walk not far from the Fonda Savio refuge. The Cadin ascent finishes by a magnificent valley relatively steep.

C'est la première journée sans remontées mécaniques et nous partons pour 1000 m de dénivelé positive à la montée ainsi qu'à la descente. Du chalet nous montons à travers bois sur 200m de dénivelé puis débouchons en lisière de forêt, au pied du col de Rinbianco (2207m). Nous passons non loin du refuge Fonda Savio. L'ascension de la Cadin se termine par un magnifique vallon relativement soutenu.

Positive difference in altitude : Around 1000m | Negative difference in altitude : Around 1000m | Altitude Max : 2800m | Accommodation : Chalet

📍 Day 5 **Chalet Lago Antorno – Tre Cime towers – Return to Misurina**

We start our day on ski touring pistes to join the forest and its magical ambiance. We climb to the Auronzo refuge (2320m) followed by the Lavaredo pas (2454m). From there, we will do this beautiful complete tour of the Tre Cime. The terrain is fairly easy. Today is mostly about our sight pleasure and the view on the Tre Cime is breathtaking. This is why we will linger... We return by the Medo pass (2254m) and gently descend to the Lago Antorno chalet where the taxi is waiting for us : 2h transfer to Passo San Pellegrino where we left our cars. This is where we say goodbye after this wonderful and unforgettable week !

Positive difference in altitude : Around 600m | Negative difference in altitude : Around 600m | Altitude Max : 2454m

ITINERARY CHANGE

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: SRDOL

Included

- A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.
- The technical organization of the stay
- Mountaineering with high-mountain guides
- Collective equipment provided (ropes)
- Half-board accommodation in refuges, cottages and lodges
- Lunch picnics
- Safety equipment : avalanche transceiver (batteries non provided), probe, shovel
- Minibus transfers

Not included

- Individual equipment : harness, crampons, ice axe, helmet
- Ski-touring equipment : shoes, skis, skins, knives, poles
- Batteries for the avalanche transceiver (4 batteries LR03 AAA)
- Drinks and personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc...) at your own convenience
- Transfers to the meeting and dispersion points
- Insurance / assistance : research fees and helicopter rescue, hospitalisation and repatriation mandatory
- Registration fees

International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel

reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

Your trip will be supervised by a high-mountain guide who will teach you technical elements needed for the good progress of your stay. He may need to modify the program in order to ensure safety regarding weather conditions and participants physical conditions.

Food

Meals

- Lunch picnics
- Diners : meals prepared by shelter keepers
- Take some race food according to your own tastes (cereals bars, chocolate bars, dry fruits,...).

Drinks

- Water is not for free in refuges (from 5 to 8 euros one bottle). We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring cash for coffees, fruit juices, coke or beers during breaks... Shelters usually don't accept bank card payments and Euros.

Accommodation

Two hotel accommodation are planned in the Aosta Valley : rooms are shared (2 to 4 people according to the group) with private sanitariums in each room.

If the trip is confirmed late, the first hotel might be changed with the OStella di Arpy lodge : rooms and sanitariums are shared.

Budget & exchange

Italy and France are in the Eurozone. Therefore, the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in France or Italy.

Also, refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates: <https://www.xe.com/>

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

- The group equipment (ropes, carabineers) is provided
- Slippers and blankets are available at the lodges and refuges : plan to bring your own bed sheet
- Individual safety equipment (beacon, probe and shovel) : thank you for letting us know if you have your own

Vital equipment

Skis

- 1 pair of ski touring skis, light and with adapted fixations as well as a break or safety strips, and sharpened
- 1 pair of ski touring shoes with VIBRAM soles
- 1 pair of adhesive seals skin adapted to your skis
- Knives adapted to fixations
- Poles with large disks

Other

- Safety equipment : beacon, probe and shovel
- crampons with "Antibott" system
- Ice axe
- Harness and carabineers
- Survival blanket
- 1 headlamp with extra batteries and bulb
- Pocket knife
- Thermos

Material

Upper body :

- Windstopper bonnet
- Hat or cap
- Neck scarf
- Sunscreen (high protection) for skin and lips
- Sunglasses for glacier category 4 + ski goggles
- 2 technical breathable long sleeve underwear type "Carline" (no coton which dries too slowly)
- 1 technical and breathable shirt to put under your jumper
- 1 thick fleece jacket
- 1 fuzz jacket
- 1 wind stopper and waterproof jacket type Goretex
- 1 pair of wind stopper mittens (fleece or wool)
- 1 pair of undergloves

Lower body :

- 1 technical and breathable pair of tights type "Carline"
- 1 pair of comfortable mountain trousers
- 1 pair of wind stopper and waterproof trousers type Goretex
- 2 pairs of socks : 1 thin and 1 thick

Other :

- 1 bed sheet for refuges
- 1 small toiletry bag with 1 fast drying towel
- Cream for sunburns (Biafine)
- Biodegradable toilet paper
- 1 or 2 100L plastic bags and an overbag to protect your belongings and your bag
- 1 waterproof pouch in which you will put your identity paper, your phone, your money and your insurance/assistance contract with all of your emergency numbers

Luggage

- A comfortable 40L backpack with ski straps

Medicine

Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic

- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

Please make sure your passport and travel documents are valid.

Visa

- Up to 90 days visit : citizens from most countries do not need a visa to visit France and Italy.
- Over 90 days visit : non-EU or non-EFTA citizens must have a visa to visit France and Italy over 90 days.

For further information, please check the following website : <https://france-visas.gouv.fr/>

Mandatory vaccines

There are no mandatory vaccines needed to travel to Italy.

Health information & recommendations

For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

Weather

The best time of year to climb Gran Paradiso is from June through September. However, the weather here is still decent enough for ascents in the late spring and early autumn as well. Indeed, during the summer months, the average temperatures on the mountain fluctuate between 8°C to 12°C, but once you reach the glacier and above, it gets much colder. Temperatures at the base of the mountain are generally around 20°C. Thus, we recommend to dress in layers.

While temperatures do not drop too much during the spring and autumn, it is definitely cooler and will require warmer clothing than the summer.

Late spring and early summer is when it precipitates the most in this area. While the weather is generally clear, squalls and afternoon thunderstorms are not uncommon.

July through October are generally drier than May and June.

Electricity

There will be electricity in most places you will stay. If you are scared to run low on battery, we advise to bring an external battery charger.

Power plugs in France have the particularity of being male and female at the same time : they have 2 prongs and a receptacle. If you need an adapter, please purchase it before departure. In France the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

For Italy there are three associated plug types : types C, F and L. Plug type C is the plug which has two round pins, plug type F is the plug which has two round pins with two earth clips on the side and plug type L is the plug type which has three round pins. Italy operates on a 230V supply voltage and 50Hz. Check that you can use your personal electrical appliances safely whilst abroad. If not, you will surely need the use of a travel adaptor.

Local time

France and Italy are in the Central European Time Zone. Central European Standard Time (CET) is 1 hour ahead of Greenwich Mean Time (GMT+1).

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the Alps by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.