



Dolomites Gourmet Trekking

Magical variety amongst the Dolomites, vineyards and Garda lake

A mountainous area full of contrasts is awaiting you, fascinating due to its variety of landscapes. Your hotel is situated on a sunny high plateau at the foot of the massif Sciliar, which is an ideal starting point for our tours to the Dolomites or to the lower regions of valleys Adige and Isarco. One of our tours leads us to Lake Garda with an overnight stay in a mountain lodge.

Experience nature with local South Tyrolean joys of life: gourmet cuisine with the tasting of superb wines and fine grappas in vaulted cellars full of atmosphere.

Itinerary (subject to change without prior notice)



Day 1: Welcome to the Dolomites

Welcome aperitif with the trekking guide in the hotel. Presentation of the participants and the tour programme. Trekking gourmet dinner.

Day 2: Alpe di Siusi

Blooming alpine meadows at the foot of bizarre Dolomite rocks. Fantastic views to the surrounding Dolomites and glaciers. In the late afternoon aperitif - warm reception at the mountain lodge. Descent and back to Siusi by cable car. Trekking gourmet dinner.

Day 3: Catinaccio

To the magic mountain world of King Laurin: right at the bottom of the sensational Laurin's wall and famous Vajolett towers. On your way home Aica di Fiè and visit of the castle Presule. Wine tasting at a farm house (Weissburgunder, Sauvignon, Gewuerztraminer). Trekking gourmet dinner with the tasted white wines.

Day 4: Caldaro - Mendola - Garda lake

Hiking tour above the valley Adige to the valley Non. Fantastic views to the Brenta Dolomites. Tasting of local wines from the Trento region (Teroldego, Marzemino, white Nosiola, Vino Santo). Idyllic overnight stay at the mountain inn near Monte Baldo.

Day 5: Monte Baldo - Altissimo - Garda lake

Brilliant display of flowers on the Monte Baldo. Views down to the Garda lake, Adamello and Brenta Dolomites. By cable car down to the lake. On your return wine tasting of South Tyrolean red wines in Bolzano residence Gries / St. Magdalena (Lagrein, Cabernet Sauvignon, Vernatsch). Trekking gourmet dinner at the hotel with tasted red wines.

Day 6: Valley Funes - Valley Isarco

Hiking tour at the bottom of the famous Odle peaks and Sass de Putia. Further on to Bressanone where we visit the venerable monastery of Novacella. Stroll through Bressanone. Trekking gourmet dinner with tasted wines.

Day 7: At the foot of the Sciliar

Old hunting paths until the foot of the Santner peak and the Sciliar massif. Romantic and wild nature, interesting rock formations. In the late afternoon tasting of noble spirits and balsamic vinegar in the hotel owner's farmhouse. Trekking gourmet balsamic dinner.

Day 8: Departure

After breakfast the Dolomite Gourmet Trekking is at its end.

Travel Information

Services included

- Guidance by an experienced and authorized mountain guide
- 7 Overnights hotel*** in Siusi allo Sciliar, half-board
- Tasting und sightseeing as in the program
- Transfer from / to hotel
- Transfer from / to train station or airport
- "Vie ferrate" equipment for the group

Services not included

- Beverages and lunches

Demands

- 2 stars: Medium difficulty: partial steep, stony paths. Differences in height from 500 to 800 m, occasionally reaching heights of more than 1,000 m. 4 to 6 hours. Participants should have a good condition, hiking experience, a secure tread and should not be afraid of heights. Climbing experience is not necessary.
- 3 stars: Higher difficulty: repeatedly steep, narrow climbs with rock steps and some easier climbing passages. Differences in height from 500 to 900 m, occasionally also more than 1,300 m. Average trekking time approx. 5 to 7 hours. Participants should have a healthy condition, hiking experience in high-alpine areas, a secure tread and should not be afraid of heights. Climbing experience is not necessary.

Optional Services

Supplement for single room per day	35 EUR
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Dates and Prices

Date	Price
Our programme is currently under review. We ask for your patience	

Hints

- A prepayment of 200.00 EUR has to be paid directly after reconfirmation. Final payment becomes due 30 days before starting date of the tour.

Contact and booking

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