

Dolomites Via Ferrata

Trip Code: VIA

Version:



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Explore the Cortina d'Ampezzo, Tre Cime and Tofanes groups
- Summit the famous Tofana di Rozes (3225m)
- Ideal for confident scramblers with a head for heights but no rock climbing expertise needed
- All Via Ferrata equipment provided

AT A GLANCE

- 6 days trekking and scrambling
- Max. altitude - 3225m
- Join at Pocol (near Cortina d'Ampezzo)

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Dating back to the First World War, when they were used to access mountain-top military positions, the via ferrata or 'iron ways' of the Dolomites cross some of the region's steepest and most impressive limestone cliffs and towers. Re-equipped and upgraded with staples, chains, ladders, cables and bridges, they provide exciting safe passage through precipitous terrain and spectacular airy views normally reserved only for mountaineers and rock climbers. This professionally-guided via ferrata holiday using high mountain refuges includes 6 days of exploration on classic routes, many of which lead to airy summits with exceptional views.

No climbing experience is required to take part in this holiday but a head for heights is essential. During the week we stay in comfortable mountain refuges and tackle some of the famous easier via ferrata routes among the most iconic peaks of the Italian Dolomites. Excitement guaranteed on this high level trekking holiday!

Is this holiday for you?

This refuge-based mountain holiday provides 6 days of hiking and scrambling amongst the impressive rock towers of the eastern Dolomites. The objective of the holiday is to reach a number of summits by way of via ferratas. All of the technical equipment needed for via ferrata climbing is provided and training will be given. Confident scramblers with a good head for heights and reasonable upper body strength should have no difficulty with the chosen routes. This will be a demanding trip, with a succession of 6 to 7 hour days during which group members will be required to climb ladders and cables and to scramble on rock. It is not practicable to provide vehicle support for this holiday, as nights are spent in inaccessible mountain refuges. So, this is an unsupported trip. You will have to carry all of your own equipment from the start of the trip to the finish.

Via Ferrata Climbing

A few basic items of equipment are needed for safe 'via ferrata' climbing. A climbing harness and climbing helmet, together with a 'via ferrata lanyard' which is used to connect the harness to the steel rope or cable (which is the usual form of protection on a via ferrata). This lanyard has 2 separate nylon straps, each of which has a large diameter, auto-locking carabiner on the end. Importantly, a via ferrata lanyard must also incorporate a dynamic system to protect against shock loads becoming excessive, in the case of a fall. When climbing, both carabiners are locked onto the protection cable and allowed to

slide freely, until the next fixed protection point is reached. To pass a fixed protection point, the carabiners are unclipped one at a time and reclipped beyond the protection point. In this way, there is always at least one attachment to the cable. Providing this procedure is carefully adhered to, via ferrata climbing is simple and safe. All the required items of safety equipment are provided and full instruction in their use is given before starting off and supervision is provided throughout the holiday. The group will be led by an English-speaking IFMGA Guide and the guide to client ratio is 1:6

Itinerary

Version:

Holiday Information

What's Included

- Professional English-speaking local IFMGA guide(s)
- All accommodation as described
- Meals as detailed in the meal plan
- Local bus fares and cable car
- Via ferrata equipment

What's not Included

- Travel insurance
- Airport transfers to/from Cortina
- Some meals as detailed in the meal plan
- Miscellaneous personal expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

There is no group transfer for this trip, the group will meet at the group hotel in Pocol (near Cortina). The most convenient airport is Venice's Marco Polo Airport.

Firstly, you need to get to Cortina...

There is an express bus service which departs Marco Polo Airport for Cortina and the journey takes approximately 2 hours. There are usually three buses daily. Inbound, the buses usually arrive at Marco Polo Airport at 10.30 and 13.30. It is usually necessary to book the shuttle bus in advance. This can be done online at www.cortinaexpress.it or telephone 39.0436.867350. Please note that it is quite normal for the exact times not to be confirmed until only a couple of months before.

Another company which provides a similar bus service is ATVO. They also usually have two buses daily. It is usually necessary to book the shuttle bus in advance. This can be done online at www.atvo.it.

... from Cortina you take a local bus to Pocol...

To get to the Villa Argentina you need to take a local bus (Linea Urbana 3A) from Cortina Autostazione to Pocol. The hotel is just off the main road and there is a bus stop nearby, please just notify the driver you need to get off there.

There are also several buses and train/bus combinations daily from the main bus station and railway stations in Venice. For further information please see www.trenitalia.com.

You should check the timing of these services before making your flight booking. Please meet the guide at the hotel for 19.30 on day 1.

Meal Plan

All breakfasts and dinners from dinner on day 1 to breakfast on day 7 are included in the holiday price. If required, packed lunches can be purchased from the huts at approximately 15 Euros.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

Continental breakfasts are provided - tea and coffee, bread and a variety of spreads including jam and honey, for example. At each of the refuges, a full 3-course dinner will be served, usually a soup dish, followed by some wholesome local speciality and a simple desert. Lunches if needed, can be purchased every day from the huts. This may be at your overnight accommodation or at a hut passed en route.

Accommodation

During this trip, the group will spend 2 nights in a hotel in Pocol and 5 nights at a number of Italian mountain refuges. Accommodation in the hotel will be on twin share basis and in the mountain refuges will be in non-segregated dormitory style rooms with bunk beds and shared facilities.

Group Leader & Support Staff

The group will be led by an English-speaking IFMGA Guide. The guide to client ratio is 1:6

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude. www.keadventure.com/page/altitude.html

Spending Money

You will need to allow approximately €20 per day for your snacks and refreshments. Note that bottled water, if bought at refuges, is very expensive. Beer, wine and soft drinks are available every night. Soft drinks especially are expensive compared to home. You should also allow €20 - 30 for the final night's evening meal. You can withdraw cash (euros only) from ATM's at the airport in Venice.

Baggage Allowance

For this holiday you should take one piece of luggage (maximum weight 15kg) and a daypack (of around 40 litres). Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to around 8 kg.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an active holiday getting some additional exercise. Jogging, squash and swimming are good for developing better cardiovascular fitness. Before departure, we suggest that you try to fit in a number of long walks in hilly country. For this trip, a few visits to your local climbing wall will also be useful.

Climate

Generally, the temperatures that we can expect to encounter during the day will be reasonably warm, in the range 18 to 25°C / 64 to 77°F. At night at our overnight accommodation, we can expect the temperature to drop to between 5 and 10°C / 41 to 50°F. The weather is usually stable at this time of year, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Via Ferratas of the Dolomites Vol 1 Smith and Fletcher. Cicerone Press

Maps

Casa Editrice Tabacco

Freytag & Berndt. Walking & Leisure Maps. 1:50,000. Kompass-Karten GmbH. 1:50,000.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your daypack to a minimum. Please remember you will be carrying all your equipment between the huts. In practice since bedding is provided this will amount to a sheet sleeping bag and a minimal amount of toiletries

You must bring the following items:

- Hiking boots
- Socks
- Underwear
- Trekking trousers - (not too tight!)
- Waterproof jacket
- Waterproof over trousers
- Thermal Base Layer(s)
- Trekking shirt(s)
- Fleece jacket or warm jumper
- Gloves for protection on cables (fingerless biking gloves are ideal)

- Sunhat
- Warm hat
- Sunglasses
- Water bottle/bladder (1 - 2 litres) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Daypack 30 - 40 litres (NO external frames)
- Head torch and spare battery
- Sun Protection (high factor)
- Lip salve - with sunscreen
- Wash bag (toiletries)
- Sheet sleeping bag
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Small and light fold-a-way bag (to store items at the huts that are not required on climbs)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment.

◆ **The following items are optional:**

- Trekking pole(s)*
- Travel towel
- Shorts
- Earplugs (particularly if you are not the one snoring)

- Camera
- Travel clothes (can be left in hotel)
- Reusable cloth bag for shopping (to avoid plastic bags)

The following safety equipment is provided free of charge:

- Climbing Harness
- Climbing Helmet
- Via Ferrata Lanyard, together with auto-locking karabiners

Notes:

*Trekking poles are useful especially for descents. However your poles must be fully retractable and you must have a system in/on your rucksack for stowing the poles securely

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel Cortina. Venice Marco Polo Airport has the nearest airport.

Why Choose KE

Why KE

This tour is lead by IFMGA guides, internationally recognised best mountain guides. Journalist Justine Gosling travelled with KE and wrote about this trip for Adventure Travel Magazine. Read her article: [The Iron Way](#)

Please Note This document was downloaded on 24/11/2024 and the trip is subject to change