

# Running in the Dolomites: Alta Via 1

Trip Code: AVR

Version:



TRAIL RUNNING



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Run 110 kilometres of linked trails over 6 days
- Incredible mountain landscapes
- Experience fantastic Italian food and hospitality
- Visit Cortina - the heart of the Dolomites

## AT A GLANCE

- 6 days running
- Join at Cortina

## ACCOMMODATIONS & MEALS

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

# Introduction

We begin in the beautiful town of Cortina, in the heart of the Dolomites, from here we head up into the mountains. Around us, peaks rising to over 3000 metres as we run through and beneath spectacular rock spires and imposing towers - such as the world famous Tre Cime. This is a very special and interesting part of the world on a number of counts. Unique in terms of its geology and culture, presenting an interesting mix of Austrian and Italian traditions, food, and folklore. The area is known as the Sud Tyrol in German, and as the Alto Adige in Italian.

Staying in Rifugios along the route, we stay high in the mountains and get to enjoy Italian hospitality and wonderful food along the way. Moving north to south through the exceptional natural beauty of the rock formations and geology that have made the Dolomites famous throughout the world. Be prepared to be impressed as you run through some of the most beautiful mountains in the world.

## Is this holiday for you?

On this trip you are on holiday, it is not the race, and therefore we spend one week running the route and taking time to enjoy the mountains. Each day we will run/hike between 15-28km kilometres (10-17 miles), with at least one high mountain pass per day. We're likely to be on our feet for between 5-8 hours per day with lots of ascent and descent on a variety of mountain trails. This trip is suitable for experienced mountain trail runners.

# Itinerary

---

Version:

## Holiday Information

---

### 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](#).

#### Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

# 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

## 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.

## 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.

## Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

# Equipment Information

---

## Running Trails

When packing for a trip in the mountains it is important to have appropriate equipment and clothing. This kit list features items we believe are necessary for the weather you might encounter and accommodation you will be staying in. If you have any questions with regards to what to bring, do not hesitate to get in touch with us.

### Equipment

- Trail Running shoes - for a variety of trails
- Running poles - highly recommended for long climbs/mixed terrain
- Running pack/vest maximum 20 litres, ideally with a chest and waist strap. Test your pack for comfort once full
- Rucksack liner/cover - to keep contents dry
- Water container 1-1.5 litres, or 2 x 'soft' flasks
- Survival blanket - 1.40m x 2m minimum

### Clothing

**You must be able to cover yourself with 3 full layers on your upper body and 2 full layers on your legs**

- Waterproof jacket with hood - waterproof and breathable membrane designed for mountain use
- Waterproof over trousers
- Mid-length tights and long socks or long running tights to cover the legs completely

- Thermal top - long sleeves
- Thin fleece/lightweight down jacket
- Running shorts/skort
- Breathable t-shirt/vest
- Warm hat
- Ear/headband
- Baseball cap/sun hat
- Gloves x 2 - 1 thick and 1 thin pair
- Running socks
- Recovery socks/compression socks - optional
- Scarf/buff for neck
- Fleece/ wind stopper waistcoat - optional

### **Comfort**

- Lip salve
- Sunscreen
- Sunglasses - essential
- Toilet/tissue paper - we recommend biodegradable bags to dispose of rubbish
- Snacks for running - bars/gels /energy drinks/trail mix/recovery drinks etc

### **Personal First Aid**

- Personal medication - if required
- Blister Plasters
- Normal Band-aids
- Blister tape - eg Strappal
- Pain relief/anti-inflammatories
- Glucose tablets
- 2 x Re-hydration sachets
- A few throat lozenges
- Anti-chaffing cream/Vaseline
- Antiseptic cream/spray
- Bandage/Knee support

### **Documentation**

- Cash - Euros
- Credit card
- Passport
- Waterproof bag for documents
- Mountain Rescue Insurance - compulsory

### **Additional Items**

- Camera



- Phone that will function in the countries that you are visiting
- Clothing for use in hotels
- Swimwear for pool/hot tubs if available
- Ear plugs - recommended if sharing a room
- Head torch - also useful when sharing a room
- Maps can be bought locally - optional
- Heart rate monitor - optional
- GPS watch/phone - to track your route, optional
- Toiletries - soap/shower gel as not all accommodations supply this
- Padlock - for luggage being transferred
- 1 Medium sized - kitbag/holdall/suitcase

Your luggage will be moved each day by a taxi driver. Please restrict yourself to one bag of approximately 15kg (33lbs) per person. Not all hotels have 'lifts' and you must be able to carry your luggage upstairs. There may be a charge imposed by the taxi company if you have more than 1 bag, and we would ask you to cover this.

## 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.

**Please Note** This document was downloaded on 21/11/2024 and the trip is subject to change