



The Dolomites of Val Badia self-guided tour (Trentino)

Introduction

Situated in the most northerly region of Italy on the southern side of the Alpine chain Val Badia shall astonish you with its breathtaking landscapes on this quintessential Dolomite walking tour. Enjoy exhilarating hikes through the awe-inspiring nature of dramatic limestone mountains with snow capped peaks, a magnificent nature reserve, picture-perfect alpine pastures and idyllic meadows. This unique German-speaking part of Italy boasts an exceptional cuisine, a rich variety of wildlife, such as the distinctive marmot and chamois, and deliriously lovely spring flowers which bloom in the thousands, including prized orchids, lilies and monkshoods. Leave your worries behind as you skip to the gentle sound of singing birds. Nourish your bliss, the stage is set.

Tour highlights:

- Feeling you are on top of the world
- Spellbinding views, wild open spaces, mountain lakes, jagged peaks, precious flower meadows
- Cosy, comfortable, family-run accommodations
- Gorgeous flora and fauna
- Warm, friendly locals
- Superb culinary specialties, including delicious cheese, carne Salada, polenta, mushrooms, speck and outstanding wines

Itinerary

Day 1: Travel by public transportation (bus or train) depending on your arrival point: 1) from Innsbruck to Brunico (about 2 hrs), 2) from Venice to Brunico (about 4 hrs), 3) from Verona to Brunico (about 2,5 hrs). Take a taxi from Brunico train station to La Valle-Wengen. Arrive in the mountainside village of La Valle (1350m a.s.l.), or Wengen in German, and soak in your extraordinarily beautiful and peaceful surroundings. Stroll around town and treat yourself to the delectable local cheeses. Marvel at the unique language that you will hear spoken, as La Valle-Wengen has a vast number of Ladinic speakers. Immerse yourself in the pure essence of the Dolomites. Overnight in hotel in La Valle-Wengen. **/dinner/**

Day 2: Your first day of walking begins on the marvelous southern slopes of the Wengental amidst a landscape of gorgeous mountain peaks, inviting woods and inspiring flower meadows. As you walk, you'll feel revitalized with the energy of this quintessential Alpine setting. Catch glimpses of sparsely scattered farms and isolated hamlets. The glorious panorama is sure to make you smile and unwind. Overnight in hotel in La Valle-Wengen. *Walking distance: 10,5 km; walking time: 5 h; uphill/downhill walk: 500/500m* **/breakfast, dinner/**

Day 3: After a hearty breakfast, take a cart track to the Gadertal and breathe in

the wonderful mountain air. Enjoy a comfortable walk over the Mt. Gröpa ridge, amidst uncontaminated nature, and you may even cross paths with a few wild deer or chamois. While some of the tracks are steep, you shall be rewarded with utterly breathtaking views. Overnight in hotel in La Valle-Wengen.

Walking distance: 14.5 km; walking time: 6,5 h; uphill/downhill walk: 750/750m
/breakfast, dinner/

Day 4: Today you have the chance to climb to the top of the striking Paresberg Mountain (2347m a.s.l.). On this exhilarating climb, you may find fascinating exposed fossils and unique high-altitude flora and fauna. As you travel up the slopes of this dolomite-stone mountain, the vistas get progressively more spellbinding and ravishing. For an added thrill, take a short detour to the impressive Kreuzspitze. Overnight in hotel in La Valle-Wengen

Walking distance: 13 km; walking time: 6 h; uphill/downhill walk: 700/700m
Walking distance: 14,5 km; walking time: 8 h; uphill/downhill walk: 1100/1100m (with Climbing Paresberg peak)
/breakfast, dinner/

Day 5: Experience paradise on foot as you explore through the flowery Almentarawiesen on a long walk to the brilliant wall of the

Kreuzkofelwand. Feel peace and serenity as you approach the Heiligkreuz mountain hut where you can stop for lunch and have a taste of the delicious local specialties, including carne Salada and polenta. Continue after lunch and embrace the empowering mountain spirit. Overnight in hotel in La Valle-Wengen.
Walking distance: 14,5 km; walking time: 7 h; uphill/downhill walk: 750/750m
/breakfast, dinner/

Day 6: Today you set off on an exciting 2-day hike so prepare your overnight things to carry with you in your day pack. Climb up the Anthonius-joch (2466m), and on to the famed Fanes Mountain hut dating back to World War I. Relax with a glass of wine on their scenic terrace and become one with the outstanding natural beauty. Overnight in Fanes mountain hut.
Walking distance: 11,5 km; walking time: 6 h; uphill/downhill walk: 1100/400m
/breakfast, lunch, dinner/

Day 7: Walk across the gently undulating Fanes plateau and past eye-catching caves towards the edge of the Kreuzkofel group. Go over a steep pass amidst the magical scenery of dramatic rock formations and Dolomitic peaks, followed by a descent back to La Valle-Wengen. If you wish to shorten the walk by 3 km, take an alternate route past the picturesque Heiligkreuz mountain hut.
Walking distance: 21 km; walking time: 8 h; uphill/downhill walk: 600/1300m
/breakfast, dinner/

Day 8: After breakfast transfer to Brunico. Public transportation from Brunico to the airport for departure.
/breakfast/

DETAILED ROAD BOOK AND MAP WILL BE PROVIDED UPON ARRIVAL

Accommodation & boarding

You stay in a 3 star type mountain hut with shared facilities (day 6) and 3 star hotel with wellness center in La Valle-Wengen with private facilities (rest of the days) on 6 days with halfboard and 1 (day 6) on fullboard (packed lunch included)

Luggage transportation

Luggage transfer is not included in this trip as most of the days you spend on one place. When you walk from La Valle to Fanes hut, take a day pack with an overnight change of clothes. Your luggage remains at the hotel in La Valle. When you travel with public transport you always take your luggage with you.

Difficulty grade: C

Best period: June-October.

Penguin Travel DMC-Bulgaria

Address: 9 Orfej Str., 1421 Sofia, BULGARIA; Phone: +35924001050; E-mail: info@penguin.bg

Weather:

You will experience the typical mountain weather. In June you will still find patches of snow here and there. Like in all mountainous areas, the weather can be unpredictable and can change quickly so always check the weather forecast before setting and always take a rain jacket with you.

General remarks:

- The paths are well maintained though sometimes stony or steep. Most walks can be extended or shortened. The altitude changes per day are between 500 and 1300 m and highest elevation is 2466m.
- You will use local public transport to reach the start of the day's walk and afterwards to return to La Valle-Wengen.
- In this area they make an effort to mark and maintain the paths and the routes described in this trip moderately well marked. Paint markings on limestone or trees do not last for long, even though the routes are regularly marked, it is sometimes difficult to see the markings so you have to pay attention
- It is important to take along enough water as it is rare to find water fountains along the walking routes.
- Detailed description of the public transportation connections and schedules is provided in the itinerary road book

Equipment and clothing:

Nothing compulsory. For the full list with recommended items see "General".

Extension:

The tour can be extended with a stay in any of the places throughout the tour or any other city in Italy.

Group size: Min. 2 persons

The price includes: accommodation and boarding as mentioned above; transfer from La Valle to Brunico on the day of departure, 24 hour telephone assistance, detailed roadbook and maps in English.

The price does not include: flights and public transportation, travel insurance, transfers from and to the airport, tips; entrance fees; other meals; alcohol drinks; cigarettes and other personal expenses.

Optional services (tentative prices):

Taxi transfer from Brunico to La Valle Wengen – 60 Euro/ 1-4 pax; 80 Euro/ 5-8 pax

GENERAL

=====

TOUR TYPES & GRADES

We provide different varieties of tours as regards to their types and difficulty grades!

Whether you will choose individual and group tours with a guide or combined tours with a guide for some part of the trip depends on you. We emphasize on using local experienced guides with knowledge of the local language, culture, history, art, etc. The tours are conducted in the English language. Guides in other languages are available upon request.

Tour types

Our tours are divided in different tour types, regardless of being guided or not or if someone travels alone or in a group. We have prepared your vacation so that you can concentrate on new impressions and experiences, awaiting you all the time. Here is a description of the various tours:

IT: Individual tours

There is no guide on this tour. You travel individually and we are responsible for the hotel overnights and /some/ transfers. Sometimes you will travel together with other people. If you wish a guide can be arranged, if ordered. We take it for granted that you can read maps, provided by us upon arrival.

Difficulty grades

To prepare yourself for the best of your vacation we recommend that you start planning it in an advance. Good physical condition is required. In order to achieve it we advise you to start walking, jogging or cycling everyday. Swimming a couple of times a week is also highly recommended. You do not need much to get yourself in shape. And don't forget that the most important tip for an unforgettable active holiday is to choose a trip which corresponds to your physical condition!

C: Difficult

These tours include trekking which is a little harder, normally on a challenging terrain. We take it for granted that you are in good condition and fit. You should be physically prepared at home to get the maximum of the tour. Most of the trekking is done at a greater height (max 3000 m). As on other tours you are free to skip some treks and have a rest.

Equipment and clothing:

You should always remember that you must try to keep the weight of

your clothing equipment down to a minimum. Your packed rucksack should weigh no more than 10-15 kilograms.
Recommended items: waterproof rucksack (60 l) & daypack (35 l); walking waterproof boots with suitable ankle support; sandals; light casual shoes for walking and/or for travelling; gaiters; loose, casual trousers for trekking; waterproof trousers; fleece windstopper jacket; windproof, waterproof outer shell garment (breathable if possible!); hat for sun protection; sunglasses with UV protection; sunscreen lotion and lip balm; water bottle; torch (headlamp); mobile phone; underwear (not cotton); mosquito repellent; trekking sticks.

Vaccination

Immunisation against Hepatitis A is recommended two weeks prior departure.

Money and personal expenses

You will need some extra money to cover drinks, other sightseeing, museums, laundry and souvenirs. National currency in Italy has become the Euro, divided into 100 euro cents. Some small pensioni, trattorie and pizzerie will only accept cash but ATMs are widespread and easy to use. Here are examples of some comparative prices:
 - Tea/coffee - 0,5-1 Euro
 - Beer - 1,5-2 Euro
 - Bottle of water - 1 Euro
 - T-shirt - 10 Euro
 - Slice of pizza -2-3 Euro

Cell phone coverage

Cellular phone coverage in Italy is excellent. The phone system available in Italy, GSM, offers superior digital audio quality and reception and cellular coverage in Italy is virtually all over the country. There will be some spots where coverage is not available or even the possibility of areas where there are temporary downs but in general, cellular coverage and network availability are not issues.

Electricity

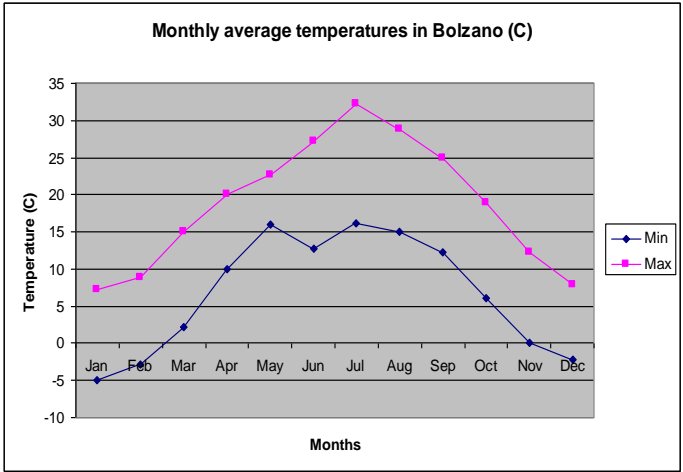
Electricity in Italy is 220 volts, 50 cycles alternating current (AC). For comparison, in the United States it is 110 volts, 60 cycle AC current.
 If you plan on using your own 110-volt appliances, you will need a voltage converter, unless your appliance is designed to also work with 220 volts electricity (dual voltage). For example, most laptops and some electric shavers are designed to work both at 110 and 220 volts. Plugging in an appliance that is not designed to run on 220 volts electricity without using voltage converter will most likely kill it.

Brief about Italy

- Geographical coordinates: 42 50 N, 12 50 E
- Area: 301,230 sq km (incl. Sardinia and Sicily)
- Borders: France (Northwest), the Ligurian Sea and the Tyrrhenian Sea (West), the Ionian Sea (South), the Adriatic Sea (East), Slovenia (Northeast), Austria and Switzerland (North).
- Coastline: 7, 600 km
- Elevation extremes: lowest point: Mediterranean Sea 0 m; highest point: Mont Blanc (Monte Bianco) de Courmayeur 4,748 m (a secondary peak of Mont Blanc)
- Land use: arable land: 28.07%; permanent crops: 9.25%; other: 62.68% (1998 est.)
- Population: 57,998,353 (July 2003 est.)
- Religions: predominately Roman Catholic with mature Protestant and Jewish communities and a growing Muslim immigrant community

Weather in Bolzano

Bolzano's climate is continental with very hot summers and very cold winters. In autumn and spring blows often the *Föhn*, a wind that comes from the northern part of the Alps. Whereas in Innsbruck it is a warm wind, in Bolzano there are moments when it's relatively warm and strong, and then the temperature may fall suddenly.



Last edited by: VK, 17/11/10