

ITALIAN DOLOMITES AND VENICE WALK



10 Day/9 Night Guided Walk
WALK NOTES



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Italian Dolomites and Venice Walk

Prepare to embark on a remarkable and exclusive journey that combines the best of two realms. Immerse yourself in a walking expedition along the awe-inspiring trails of the Dolomites while indulging in Italy's finest cuisine and warm hospitality. This immersive walking experience will take you through the most stunning mountains in the world, where you'll enjoy all the creature comforts that make your journey truly unforgettable.

And that's not all! Our insider's experience extends to the enchanting city of Venice, renowned as one of the most beautiful cities in the world. Discover the hidden gems, the local culture, and the captivating history of this extraordinary city, adding an extra touch of magic to your adventure.

Join us on this exceptional journey where nature's grandeur and exquisite hospitality converge, leaving you with memories to cherish for a lifetime.



About Us

Guided by Nature is a premier adventure travel company dedicated to curating exceptional hiking experiences, leading small groups to some of the world's most stunning destinations. We specialise in providing intimate connections with nature, people, and local cultures, ensuring each journey is a transformative and immersive exploration that seamlessly blends into the heart of the natural world.

Established in partnership with Australia's renowned eco-tourism leaders, Tasmanian Walking Company and Australian Walking Company, our story unfolds in the footsteps of nature enthusiasts, we believe that every adventure is an opportunity to forge connections. Our roots in sustainable and regenerative travel run deep, ensuring that each step contributes to the preservation of our planet.

See the world in a whole new way with Guided by Nature.

Why walk with us?

Elevated Experiences - We lead small groups to the world's most spectacular destinations, offering intimate connections with people, places, and rich local experiences.

Local Expertise & Immersion - We collaborate with responsible local partners to ensure environmental and cultural integrity. Each hike is a holistic experience, blending curated encounters, provincial anecdotes, hearty meals, local wines, and historic accommodations.

Award-Winning Hiking Experts - With over 37 years of expertise, Guided by Nature, in partnership with Tasmanian Walking Company, delivers award-winning hiking adventures.

Lightweight Backpacks - Lighten your load and heighten your experience. We minimize your pack to essentials, letting you focus on the natural beauty while we handle the rest.

Premium Accommodation - Unwind in cozy, premium accommodations. Enjoy a warm, inviting atmosphere to rest and rejuvenate, preparing for the next day's adventure.

Small Groups - Discover the magic of our journeys with a maximum of 16 travelers. Forge new connections with fellow explorers and captivating landscapes for an enriching and memorable experience.



Itinerary

At a glance

DAY	LOCATION	HIKING	ACCOMMODATION	MEALS
1	Arrive in Venice	-	Hotel San Cassiano	-/-/D
2	Venice City Tour, Journey to the Dolomites	-	Hotel Croce Bianca	B/L/D
3	Hike Sella Massif	5hrs	Hotel Table in Corvara	B/L/D
4	Hike Santa Croce	5hrs	Hotel Table in Corvara	B/L/D
5	Hike Val Chedul	5hrs	Hotel Corona Krone	B/L/D
6	Hike Rasciesa Mountain Group	5hrs	Hotel Corona Krone	B/L/D
7	Sassolungo Traverse	5hrs	Hotel Zallinger	B/L/D
8	Free Day in Alpe di Siusi	-	Hotel Zallinger	B/L/D
9	Hiking Alep de Tires	7hrs	Hotel Zallinger	B/L/D
10	Depart to Venice	-	-	B/-/-

* PLEASE NOTE THAT HIKING TIMES ARE APPROXIMATE.

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on **(+61) 07 3709 8068** or email hello@guidedbynature.com



Day 1

Arrive in Venice

On arrival you will have your transfer arranged to take you to your Venice Hotel. A water taxi will take you straight from the airport water dock along the Venice waterways. It's an intriguing boat ride through Venice's canals to get to our home for the next two nights - right in the heart of Old Town Venice.

A historical residence near the Rialto, Ca' Favretto, the Hotel San Cassiano is an elegant 4-star hotel in Venice. The former home of the most important Venetian artists of the 19th century.

After your long flight there's time today to rest up and take some time to explore Venice before meeting for a welcome dinner in the evening.

MEALS

-/-/D

ACCOMMODATION

Hotel San Cassiano



Day 2

Venice City Tour & Journey to Dolomites

This morning we'll take a full tour of this fascinating floating city. From Palazzo Ducale to Piazza San Marco to the Ponte dei Sospiri (Bridge of Sighs), we'll take a deep dive into the City of Canals, learn its history, experience the Gothic architecture and marvel at this artistic, cultural and engineering wonder.

After lunch, we'll embark on our journey into the mountains. Departing first by boat through the Venice canals, we'll then head by road into the Dolomiti region. Our home for the evening is Canazei - an absolutely picture perfect village of the Dolomites with a charming town centre. A perfect place to relax for the afternoon and prepare for our hiking days ahead

MEALS
B/ L/ D

ACCOMMODATION
Hotel Croce Bianca, Canazei



Day 3

Hike Sella Massif

Today we'll traverse along the south face of the Dolomites largest mountain group - the Sella Massif.

From our hotel, we'll take a 30 min drive by van to Passo Pordoi. We'll walk to a War Memorial and follow the trail up to a big and wide ledge on the Sella massif. This superb and panoramic trail will take us across the face of the mountain, bringing us to the Rifugio Kostner, our lunch spot.

After lunch, it's just a 20-minute hike down to the chairlift, which will take us to Corvara in Alta Badia. Alta Badia is a sunny hollow on the south side of the Val Badia.

The afternoon is free to relax at the hotel or explore any of the six Ladin villages in Alta Badia that comprise this area and experience the unique culture that still thrives here.

MEALS

B/L/D

ACCOMMODATION

Hotel Table in Corvara

HIKING DISTANCE

15kms

HIKING DURATION

5 hours

ELEVATION GAIN

500m

ELEVATION LOSS

550m



Day 4

Hike Santa Croce

Our hike today is all about the meadows. From our accommodation in Corvara we'll drive a short distance to San Cassiano and begin our hike across the base of the Santa Croce mountain group.

We'll begin with a short ascent through forest, before emerging into boulder garden areas and eventually arriving at the renowned La Crusc Church, built in 1511. After lunch and exploring the church we'll make our way through glorious alpine meadows, with the sounds cows bells and a landscaped peppered with traditional hay storage huts.

We'll drive a short distance back to Corvara for a well earned rest and prepared evening meal.

MEALS

B/L/D

ACCOMMODATION

Hotel Table in Corvara

HIKING DISTANCE

8.3kms

HIKING DURATION

5 hours

ELEVATION GAIN

480m

ELEVATION LOSS

480m



Day 5

Hike Val Chedul

This morning we'll take a gondola ride up towards Passo Gardena, passing over the village of Colfosco and up to the Pass. After a quick espresso at the Jimmy Hutt, we'll hike up to Forcella Cir amidst massive rock spires and looking back at spectacular views of the Sella Massif. After reaching the pass, we'll descend into Val Chedul, a stunning U shaped valley with massive rock walls on either side.

We'll descend through the alpine terrain, into the treeline and eventually into the green meadows of Val Lunga and Selva - our home for the evening.

MEALS

B/L/D

ACCOMMODATION

Hotel Corona Krone

HIKING DISTANCE

11km

HIKING DURATION

5 hours

ELEVATION GAIN

390m

ELEVATION LOSS

940m



Day 6

Hike Rasciesa Mountain Group

Today we'll hike the flank of the Rasciesa Odle mountain group, amply named "needles" in Ladin. From the town of Ortisei, we'll take the Rasciesa funicular to Chalet Rasciesa from where we'll start our hike. This trail is predominantly undulating with minimal elevation gain. This allows for spectacular views of this geological marvel. We'll stop for a drink or a rest at a local Rifugio and admire the jagged north faces of the dramatic Odle Group before descending toward Ortisei by cable-car.

MEALS

B/L/D

ACCOMMODATION

Hotel Corona Krone

HIKING DISTANCE

11km

HIKING DURATION

5 hours

ELEVATION GAIN

350m

ELEVATION LOSS

700m



Day 7

Sassolungo Traverse

Today's hike offers high altitude panoramic walking with superb scenery; wildflowers grow in abundance on the grassy slopes populated by cows and marmots.

In the morning we'll drive to Passo Sella for our hike on a wide, well-marked trail under the Sassolungo north face and Sassopiatto massifs. Right after the impressive Sassolungo North Clock Tower spire, we'll hike right into the heart of the massif to Rifugio Vicenza, a typical Dolomites rifugio and the perfect place to enjoy lunch. After lunch, a green landscape will replace the rocky scenery. We'll stop for a drink at the cozy Murmeltier Hütte before hiking the final kilometre to our hotel for the night.

MEALS

B/L/D

ACCOMMODATION

Hotel Zallinger

HIKING DISTANCE

11.3kms

HIKING DURATION

5 hours

ELEVATION GAIN

600m

ELEVATION LOSS

500m



Day 8

Free Day in Alpe di Siusi

Today is fantastic opportunity to take a break and enjoy views of the Alpe di Siusi and the surrounding mountains. Our accommodation affords the opportunity to relax in the inhouse spa facilities, enjoy al fresco dining with the best views in the world, or sample the regions finest wines.

If you'd like to hike more, our guides will plan a hike in the Alpe di Siusi - always with great views and of course, a rifugio where there's a chance to sample local cuisine and coffee!

MEALS
B/L/D

ACCOMMODATION
Hotel Zallinger

HIKING DISTANCE
15km (9.3 miles)



Day 9

Hiking Alep de Tires

Today we'll take a fantastic hike across the Alpe di Siusi, one of the most recognized landmarks of the Dolomites and Europe's largest high alpine pastureland. This is undoubtedly one of the most enjoyable and beautiful hikes in the Dolomites - have your camera at the ready! From our hotel, we'll hike across the beautiful green meadows and up to the Rifugio Alpe di Tires, where we'll take a break for lunch. Our hike back takes us across a spectacular balcony trail above the Val Duron, with Catinaccio and Antermoia mountains in full view. We'll drop back down into Alpe di Siusi to our lodging.

MEALS

B/L/D

ACCOMMODATION

Hotel Zallinger

HIKING DISTANCE

9.6kms

HIKING DURATION

7 hours

ELEVATION GAIN

650m

ELEVATION LOSS

650m



Day 10

Return to Venice

Today is the last day of your hiking adventure in the Dolomites - arguably the most beautiful mountains in the world. After breakfast we'll depart from our hotel and head back through the mountains to Venice in time for departing flights in the afternoon. Please note that flights may be booked on this day ideally after 1.00pm.

MEALS
B/-/-



What is included

- + Experienced guides
- + Small groups
- + Pre-trip customer care service available to answer any questions
- + Twin share accommodation at carefully selected premium hotels
- + Most meals (except where indicated, so you can experience local cuisine independently!)
- + Non-alcoholic beverages included in evening meals (wine and beer as indicated, or available for purchase)
- + Picnic, hiking lunches & unique destination walking provisions
- + Specially curated surprise moments throughout the tour
- + All activities described in trip itinerary
- + All transportation from the beginning until the end of trip
- + All gratuities for hotels, restaurants, and activities
- + All park and entry fees

What is not included?

- + Transportation to the start and end of tour
- + Travel insurance
- + Hiking equipment - you will need to bring your own daypack and hiking gear (a full gear list will be provided)
- + Hiking poles (recommended for descents)
- + Gratuities to guides
- + Meals and drinks not listed in itinerary
- + Any visa requirements
- + International and domestic airfares



Gear List

- + Lace up hiking boots (Gortex or leather)

We can not over-emphasise the importance of appropriate footwear. Lower-profile hiking shoes, walking shoes, running shoes, approach shoes, sand shoes, elasticised boots and similar are not acceptable.

- + Day pack (25L-35L). Must be comfortable enough to wear all day
- + Waterproof parka/rain jacket (Gore-Tex or similar)
- + Down jacket or synthetic equivalent
- + Polar fleece jacket (preferred) or woollen jumper/pullover
- + 2 pairs of shorts and/or light walking trousers
- + 2-3 hiking shirts/t-shirts (merino is a good option)
- + Comfortable underwear (quick drying is ideal)
- + Beanie and gloves

- + Neck scarf/buff
- + Socks (3 pairs recommended)
- + 1 pair of comfortable sneakers/shoes to wear in town & hotels
- + Sun hat & sunglasses
- + Lip block & sunscreen (SPF 30)
- + Travel towel or body chamois (for showering)
- + Water bottle(s) or water bladder (2-litre total capacity required)
- + Toiletries (compact sizes)
- + Any personal medication, including anti-inflammatories and EpiPens
- + Optional items can include a camera, book, binocular, hiking poles & gaitors

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING



Frequently Asked Questions

What time of year do trips depart?

We run our Italian Dolomites & Venice Walk on selected dates in June & September. Please visit our website for more information.

Where does the trip commence/ conclude?

The trip begins and ends in Venice. Your guides will meet you for a welcome dinner on Day 1 at the Hotel San Cassiano.

How many guides will be on the trip?

Each group will have 2 local guides.

How many guests will be on my trip?

Each trip requires a minimum of 4 guests, three months prior to departure. The maximum group size is 14.

Are there age restrictions?

Our walks have a minimum age of 16. All guests under 18 years old must share a room with a parent or guardian. Our walks have no upper age restrictions. Please check the terms and conditions of your travel insurance as they may place age restrictions on your policy.

What flights should I book?

Please contact our team of experts to help organise the right flights for your walk.

p: +61 07 3709 8068

e: hello@guidedbynature.com

What shoes should I wear?

There is nothing more important than wearing the correct shoes. We recommend wearing Gore-Tex or Leather lace up hiking boots with good ankle support. Please make sure your boots are worn in prior to starting your walk to avoid blisters and injuries.

What will the weather be like?

June & September are ideal to visit as the temperatures are comfortable for hiking, and few tourists. The average monthly maximum temperatures averages of around 20°C in June & September.

While temperatures may reach 23°C on the valley floors during the day, the gentle wind of the Dolomites guarantees refreshing moments in the shade of rich green woods, and evenings that can be as cool as the 10°C.

Also keep in mind, that as you gain elevation, it will be colder. For every 1,000 metres of elevation gain, the temperature will drop 6.5°C. What may be a 25°C day in Cortina or Alta Badia could be 8°C on one of the summits during the day, and 0°C in the evening!



Are laundry facilities available?

Laundry is available in Val Gardena, Val di Fassa and Alta Badia.

Will altitude be a problem?

We will not be entering areas where altitude has an effect.

What's the food like?

Our included meals are planned to showcase the local cuisine. Each refugio and hotel will offer the best locally sourced food from the different regions so you can experience the best after a long day of hiking.

Do i get any free time?

Yes! Although we spend most of our time as a group we do build in free time if you would like to explore the destination for yourself.

What do we carry while walking?

In your day pack you will carry 2 litres of water, rain jacket, warmer layers, hats & sunscreen, snacks and packed lunch on some days, camera and other personal items. Make sure it is comfortable to wear all day.

What's the accommodation like?

Each night, you stay in handpicked boutique accommodation. All accommodations are locally-owned and provide the perfect balance of luxury and proximity to the trail.

How fit do I need to be?

As long as you exercise regularly, are capable of hiking for consecutive days, and are comfortable with varied terrain, you'll be fine!

If you have any concerns about fitness, please give us a call. We are more than happy to discuss additional information about what you can expect.

Do I need travel insurance?

Travel insurance is mandatory for this trip. If you do not have travel insurance prior to the start of your walk you will not be able to travel.

Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our Booking Terms & Conditions for details and contact us if you have any questions.



Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

3-6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

Ideas:

- + Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- + Getting off your bus a stop earlier and walk the extra distance to work
- + Short bush walks or coastal strolls on the weekend
- + Encourage a friend or family member to walk with you to increase motivation
- + Record distance and duration each day that you walk. Aim to increase either distance or duration each week

5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

Ideas:

- + Single leg balances, keeping a micro bend in your knee

- + Advance single leg balance by standing on a rolled towel, foam mat or pillow
- + Barefoot beach walking on soft sand for ankle stability
- + Pilates based abdominal exercises (various depending on starting level)

4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

Ideas:

- + Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- + Soft sand walking
- + Walking on dry riverbeds
- + Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.



3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

Ideas:

- + Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- + Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.



Contact us

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For existing bookings:

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Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better?

Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.