

About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love horses and adventure activities. We have been involved with riding and other outdoor vacations for over 20 years.

With our partners Voyage du Cheval (France), Pegasus (Germany) as well as Equitour (Switzerland and France) we have collected the best riding destinations all over the world in some hidden places we would like to share with you.

These rides are about galloping on endless beaches, forging rivers, cantering through forests, trotting along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for horses has no boundaries but possesses a common language we all speak and understand. The majority of the overseas rides are from inn to inn, some from castle to castle and a few are camping rides.

You will experience new countries and their customs and make new friends. The Hidden Trails trips are the best you can find.

They have been tested by our staff or associates and received our stamp of approval. If you are considering a special riding vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.

We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Hidden Trails

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Ph: 0-808 189-0420 Fax: 0-808-280-1860

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Nature Park Hike in the Dolomites - Italy, Europe

Tour Code: ZZ-HKITFA01 7 days / 6 nights ~\$980.00 Dates: June to September

Trip Rating : •••••
Difficulty : ••••
Lodging: •••

Tack: Horses: Pace: This is an easy and accessible hiking ...

Airport: Innsbruck





Introduction

Northern Italy, Italy

Experiencing nature — idyllic Mountain lakes, lush Mountain pastures, green forests and the legendary Dolomites will guide you through three Nature Parks during your hike. Not without reason, were the Dolomites declared a Natural World heritage site. As a preamble to the hike, you are greeted by Lake Pragser Wildsee, in whose crystal-clear waters the whitewashed walls of the Seekofel, are mirrored. All those who believe that nothing more can top this experience, be well advised that high above Cortina d'Ampezzo, the pearl of the Dolomites you can view and glance over some of the most striking summits. The Cristallo Group of mountain peaks; the Pinnacle on Mount Tofane and the summits around the Fanes Mountains, all wrestle for the attention of the observer. Naturally, an excursion to the Drei Zinnen (Three Peaks) cannot be left out, the encompassing hike around the celebrated trident promises fascinating impressions of the Sesto Mountains ranges of the Dolomites. Finally, we will introduce you to the splendours of Sesto, the valley of the mountain climbers and mountain guides.

This is an easy and accessible hiking tour through well-marked trails. It is suitable for anyone in good basic physical condition and climbing experiences are not necessary.

Highlights

- ✓ The Dolomites UNESCO Natural World Heritage Site
- √ Fanes-Sennes-Prags Nature Park
- ✓ Dolomite Ampezzaner Nature Park
- ✓ Sesto Dolomites Nature Park
- ✓ Mountain lakes: lake Pragser Wildsee, lake Misurina
- √ Mountain pastures at high altitudes: Plätzwiese, Nemesalm
- √ Cortina d'Ampezzo, the pearl of the Dolomites
- √ Massif Rock Features: Drei Zinnen (Three Peaks)
- √ Natural sun dial in Sexten

Accomodation



Accommodation

Accommodation in good quality hotels of a 3***, sometimes 4**** category. Please note, in case of non-availability of the below mentioned Hotels on the requested dates, similar ones will be used.

Accommodation Itinerary - subject to changes based on availability Night 1: Hotel in Niederdorf/Villabassa or Toblach/Dobbiaco

Night 2 & 3: Hotel in Plätzwiese

Night 4 & 5: Hotel in Cortina d'Ampezzo

Night 6: Refuge in Auronzo di Cadore

Night 7: Accommodation in Villabassa or Dobbiaco

Niederdorf/Villabassa - Hotel Rose

The Hotel Rose has 25 comfortably furnished rooms. Some of the rooms are older but still pleasantly spacious, and all rooms come with private bathroom, TV and free Wi-Fi.

Niederdorf/Villabassa - Hotel Bachmann

Located in Villabassa, Hotel Bachmann offers 3-star accommodations with a garden and a bar. This property also provides free WiFi. Guest rooms in the hotel are equipped with a TV and a private bathroom with free toiletries.

Niederdorf/Villabassa - Hotel Adlei

This hotel has been a local favorite for over 400 years. All rooms have been tastefully furnished with loving attention to detail. Every room has its own individual style. The rooms are well appointed with all modern amenities, including Wi-Fi connection, a mini-bar and a satellite TV. The wellness area features an indoor swimming gool and a sauna.

Toblach/Dobbiaco - Aparthotel Germania

This family-run hotal is located in Dobbiaco offers unique views of the Dolomites. This mountain-style building



offers a wellness center and rustic accommodations. Rooms and apartments feature warm parquet floors and private bathrooms.

Toblach/Dobbiaco - Hotel Sonne

The Sonne Hotel is furnished with over 47 rooms. All the rooms are equipped with a TV, a safe deposit box, a desk and a lounge area. The bathrooms are furnished with WC, a shower or a bath tub as well as a hair-dryer. Furthermore, free WLAN access is offered in the whole area of the hotel. The use of the swimming pool and the fitness facilities is also free.

Toblach/Dobbiaco - Hotel Moritz

Set in the centre of Dobbiaco, this family-run hotel offers a traditional restaurant and a small wellness area. All classic-style rooms offer free Wi-Fi and are equipped with up-to-date furnishings and feature shower/WC, satellite TV, telephone and hair-dryer.

Plätzwiese - Hotel Hohe Gaisl

Located in the South Tyrol area and surrounded by the Dolomites, Hohe Gaisl offers an indoor pool, a sauna and free Wi-Fi in public areas. Each room at Gaisl Hohe has traditional mountain décor and light-wood furniture. They all overlook the surrounding mountains and come with satellite TV, heating and a private bathroom with a

Cortina d'Ampezzo - Hotel De La Poste

Born in 1835 as a refreshment place for postal coaches, the Hotel de la Poste in Cortina, nowadays a historic site of Italy, has made of hosting its most important value. Each of the 72 rooms offer a TV, Wi-Fi and a private bathroom with free toiletries and a hairdryer. The hotel's interiors vary from classic furniture and chandeliers to areas completely decorated in wood.

Cortina d'Ampezzo - Hotel Victoria

Hotel Victoria is owned and managed by the Girardi-Angeli family since 1892. Since the 50s numerous transformations have taken place. They were all aiming to improve the comfort of the guests and more recently with a strong commitment in environmental issues. All bedrooms are en suite & feature a TV. Free wi-fi is also available at this property.

Auronzo di Cadore - Rifugio Auronzo

The Alpine hut "Auronzo" is located at an altitude of 2,333 m. It has 25 comfortable rooms with a minimum of two beds to a maximum of six sleeping berths with a total of 104 sleeping places. The scenery surrounding the hut is an incredible. The hut has a large dining room with 130 seats from whose windows the visitor can admire in the foreground the pinnacles of the Cadini di Misurina Chain.

Room Occupancy

Single supplement is mandatory if you are travelling on your own.

Triple occupancy is possible at all accommodations based on availability.

7 breakfasts are included in the cost of your trip. Dinners can be booked at an additional cost (except in Cortina). For meals other than breakfasts, it is possible to shop at the supermarket in each excluding when staving at Hotel Hohe Gaisl (Plätzwiese) where there is NO shop around. In this case there is the option to buy a picnic from the hotel or at huts/inns/restaurants along the route. You will be given restaurant suggestions.

The hotels can usually cater to special diets if informed in advance.

Riding

Characteristics of the route

This is an easy and accessible hiking tour through well-marked trails. It is suitable for anyone in good basic physical condition and climbing experiences are not necessary. The tour is suitable for children from the age of 12.

Itinerary

Sample Itinerary - subject to changes

Day 1: Arrival in Niederdorf/Villabassa or Toblach/Dobbiaco

Individual arrival at the hotel

Meals included: none (if half board supplement booked, dinner is included)

Overnight in Niederdorf/Villabassa or Toblach/Dobbiaco

Day 2: Villabassa/Dobbiaco - Pragser Tal/Valle di Braies - Plätzwiese

Your hiking holiday starts by the idyllic lake Pragser Wildsee, which fascinates the sightseer with the crystal clear turquoise waters of the lake. Here you get a first impression of the Pragser Tal; with its dark-needled coniferous forests and the whitewashed walls of the mountain rocks, it counts to the pearls of the Dolomites. The way leads you to the alpine pasture Rossalm and then to Plätzwiese.

Beside calm and nature you encounter here also a panoramic view: In the vastness you can see the mountains Cristallo. Tofana and the world-famous Drei Zinnen (Three Peaks).

Leisurely walkers have the possibility to choose a shorter variant for the first stage, at which they are taken to the guesthouse Tuscherhof and start their walk from there. Following the river Stolla they pass the guesthouse Brückele, the homonymous hut Stolla and rock paintings (cases of erosion, which are produced by the constant influence of water and the different composition of the rock) to get to the Plätzwiese.

Ascent: approx. 1100 m difference of altitude / descent: approx. 580 m / approx. 6-7 hours OR Ascent: approx. 790 m difference of altitude / descent: approx. 0 m / approx. 4-5 hours

Meals included: Breakfast (if half board supplement booked, dinner is also included)

Overnight in Plätzwiese

Day 3: Plätzwiese - Strudelkopf or Dürrenstein

Starting point of today's stage is the alpine pasture Plätzwiese, which together with the mountains Hohe Gaisl and Kreuzkofelgruppe counts as the most treasured and revered hiking areas in the country; the charismatic magnetism of the unusual flora and natural lakes, have an enthralling charm on the discerning visitor. The bizarre and fascinating fables according to legends of the ancient tribes of Fanes Empire are relevant here.

In the Nature Park Fanes-Sennes-Prags, the largest nature park in the Dolomites, you can make your choice between two options. Starting at the Plätzwiese depending on the variant you reach either the Strudelkopf (short variant) or the Dürrenstein (longer variant). Both options offer you a spectacular view on the Hohe Gaisl, the Drei Zinnen (Three Peaks), the Tofana and the Monte Cristallo.

Ascent: approx. 360 m difference of altitude / descent: approx. 360 m / approx. 3-4 hours OR Ascent: approx. 850 m difference of altitude / descent: approx. 850 m / approx. 4-5 hours

Meals included: Breakfast (if half board supplement booked, dinner is also included) Overnight in Plätzwiese





You hike through the high plateau of the Plätzwiese and descend through the Knappenfußtal to Cimabanche the frontier between South Tyrol and Belluno. Here are two possibilities to continue: either the direct way using the public transport path to Cortina d'Ampezzo or the longer variant to the hut Ra Stua and under the Col Rosa to Cortina d'Ampezzo. Your today's destination, the former Olympic city, impresses with its unique location in the middle of famous Dolomite peaks.

Along the way there are other possible alternatives to shorten the stage.

Ascent: approx. 0 m difference of altitude / descent: approx. 460 m / approx. 2 hours OR Ascent: approx. 610 m difference of altitude / descent: approx. 1,300 m / approx. 6-7 hours

Meals included: Breakfast

Overnight in Cortina d'Ampezzo

Day 5: Circular Track or cable car Faloria (ticket included)

The panorama of the starting point of this stage is quite simple and stunning. The giant rocks of the Ampezzo Dolomites reach into heaven; the Monte Cristallo and the Cristallogruppe, the Tofana and the Fanesgruppe are the leading actors of this spectacle.

There are two options for the day: the longer one leads you towards Forcella Faloria and the shorter one is following the new Dolomieu Panoramic Trail. Both of them are heading towards Passo Tre Croci. The descent to Cortina is equal for both routes.

Let yourself be enchanted by the natural beauty of the fascinating environment of the impressive Dolomite peaks. If you don't want to take the cable car, you can take a nice circular walk around Cortina.

Long variant: ascent approx. 270 m / descent approx. 1.150 m / approx. 5 hours Dolomieu-Trail: ascent approx. 100 m / descent approx. 990 m / approx. 3 - 4 hours

Roundtour Cortina: ascent approx. 650 m / descent approx. 640 m / approx. 4-5 hours Cinque Torri: ascent approx. 570 m / descent approx. 350 m / approx. 3.5-4 hours

Meals included: Breakfast

Overnight in Cortina d'Ampezzo

Day 6: Cortina d'Ampezzo - Rifugio Auronzo Hut - Drei Zinnen (Three Peaks)

By bus, youget to the Auronzo Hut, situated directly below the world-famous rock massif of the Three Peaks. The imposing peaks, which were fiercely fought over as part of the front between Italy and Austria-Hungary during the First World War, probably the best-known rock formation in the Dolomites. From here you hike leisurely down the Rienz Valley to the Dreizinnenblick and return by bus to the starting hotel of your hiking tour in Dobbiaco/Villabassa.

For the more leisurely, there is the option of walking around the famous Three Peaks and returning by bus from the Rifugio Auronzo to Dobbiaco/Villabassa (ticket not included in the price).

Ascent: approx. 120 m / descent: approx. 1000 m / approx. 3.5 - 4.5 hours OR Ascent: approx. 350 m difference of altitude / descent: approx. 350 m / approx. 3-4 hours (Three Peaks option)

Meals included: Breakfast Overnight in Cortina d'Ampezzo

Day 7: Departure

Individual departure or extension of your stay.

Meals included: Breakfast

Other Info

Meeting: Niederdorf or Toblach (at the hotel in Hochpustertal)

Airport: Innsbruck

Train station: Niederdorf or Toblach train station

Distance: approx. 133km

Because this is a self-guided trip, participants are expected to arrive independently to their

hotel in Niederdorf/Villabassa or Toblach/Dobbiaco.

Tack: Horses: --

This is an easy and accessible hiking tour through well-marked trails. It is suitable for Pace:

anyone in good basic physical condition and climbing experiences are not necessary.

*** (2 to 2.5 out of 5) Easy to Moderate Level:

Age: Min 12

Riders: Min 2 riders Max 10 riders



Rates and Dates 2024 - ZZ-HKITFA01

Rates include: Accommodations, All breakfasts, Luggage transfer from hotel to hotel, Transfers according to the program, Detailed tour info with maps and route description, Video briefing Phone hotline.

Packages and Options

Season	Description	EUR	~US\$
A 2024	7 day self-guided hike - High	€890	\$980
B 2024	7 day self-guided hike - Low	€830	\$915

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Transfer Option

Description

2024	Make your own way to your hotel in Hochpustertal on Day 1		
2024	Single supplement	€250	\$275
2024	Half-board supplement, pp (except in Cortina)	€130	\$145
2024	Extra nights- please inquire		

Tour Dates Season 7d/6n 2024 06/15/2024 - 06/21/2024 7 day self-guided hike - Low B 2024 06/16/2024 - 06/22/2024 7d / 6n 7 day self-guided hike - Low B 2024 06/17/2024 - 06/23/2024 7 day self-guided hike - Low 7d / 6n 06/19/2024 - 06/25/2024 7 day self-guided hike - Low В 2024 7d / 6n 7d/6n В 2024 06/21/2024 - 06/27/2024 7 day self-guided hike - Low 2024 06/22/2024 - 06/28/2024 7d / 6n 7 day self-guided hike - Low В 2024 06/23/2024 - 06/29/2024 7d/6n 7 day self-guided hike - Low В 2024 06/24/2024 - 06/30/2024 7d / 6n 7 day self-guided hike - Low B 2024 06/26/2024 - 07/02/2024 7d / 6n 7 day self-guided hike - Low 2024 06/28/2024 - 07/04/2024 7 day self-guided hike - Low В 7d / 6n В 2024 06/29/2024 - 07/05/2024 7 day self-guided hike - Low 7d / 6n В 2024 06/30/2024 - 07/06/2024 7d/6n 7 day self-guided hike - Low 7 day self-guided hike - Low В 2024 07/01/2024 - 07/07/2024 7d/6n В 2024 07/03/2024 - 07/09/2024 7d/6n 7 day self-guided hike - Low В 2024 07/05/2024 - 07/11/2024 7d / 6n 7 day self-guided hike - Low 07/06/2024 - 07/12/2024 В 2024 7d / 6n 7 day self-guided hike - Low В 2024 07/07/2024 - 07/13/2024 7d/6n 7 day self-guided hike - Low 2024 07/08/2024 - 07/14/2024 7d/6n 7 day self-guided hike - High 2024 07/10/2024 - 07/16/2024 7d/6n 7 day self-guided hike - High 2024 07/12/2024 - 07/18/2024 7d / 6n 7 day self-guided hike - High 2024 07/13/2024 - 07/19/2024 7d/6n 7 day self-guided hike - High 2024 07/14/2024 - 07/20/2024 7d / 6n 7 day self-guided hike - High 07/15/2024 - 07/21/2024 7 day self-guided hike - High 2024 7d / 6n 2024 07/17/2024 - 07/23/2024 7d/6n 7 day self-guided hike - High 2024 07/20/2024 - 07/26/2024 7d/6n 7 day self-guided hike - High 2024 07/21/2024 - 07/27/2024 7d/6n 7 day self-guided hike - High 2024 07/22/2024 - 07/28/2024 7d / 6n 7 day self-guided hike - High 2024 07/24/2024 - 07/30/2024 7d / 6n 7 day self-guided hike - High 2024 07/26/2024 - 08/01/2024 7d / 6n 7 day self-guided hike - High 07/27/2024 - 08/02/2024 7 day self-guided hike - High 2024 7d / 6n 7 day self-guided hike - High 2024 07/28/2024 - 08/03/2024 7d/6n 2024 08/30/2024 - 09/05/2024 7d/6n 7 day self-guided hike - High 2024 08/31/2024 - 09/06/2024 7d/6n 7 day self-guided hike - High 2024 09/01/2024 - 09/07/2024 7d / 6n 7 day self-guided hike - High 2024 09/02/2024 - 09/08/2024 7 day self-guided hike - High 7d / 6n 2024 09/04/2024 - 09/10/2024 7d/6n 7 day self-guided hike - High 2024 09/06/2024 - 09/12/2024 7d/6n 7 day self-guided hike - High 09/07/2024 - 09/13/2024 7d/6n 7 day self-guided hike - High 2024 В 2024 09/08/2024 - 09/14/2024 7d/6n 7 day self-guided hike - Low В 2024 09/09/2024 - 09/15/2024 7d/6n 7 day self-guided hike - Low 09/11/2024 - 09/17/2024 В 2024 7d / 6n 7 day self-guided hike - Low 09/13/2024 - 09/19/2024 7 day self-guided hike - Low В 2024 7d / 6n В 2024 09/14/2024 - 09/20/2024 7d/6n 7 day self-guided hike - Low 09/15/2024 - 09/21/2024 В 2024 7d/6n 7 day self-guided hike - Low В 2024 09/16/2024 - 09/22/2024 7d/6n 7 day self-guided hike - Low

7d/6n

7d / 6n

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7d/6n

Min/Max: 2/10

2024

B 2024

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B

Additional dates are possible for groups of 5+ pax

09/18/2024 - 09/24/2024

09/20/2024 - 09/26/2024

09/21/2024 - 09/27/2024

09/22/2024 - 09/28/2024

Rates do not include:Drinks, Dinners and lunches, Entrance fees,Bus tickets to Cortina d' Ampezzo and from Auronzo/Three Peaks Viewpoint to Toblach/Niederdorf & Travel insurance

7 day self-guided hike - Low

Tourist tax (if requested) has to be paid on the spot.

Reservation Form

Tour:	Code #:	from:	to:	
The Travelers (Last Name, First Name)	Male Female Single room / or tent Birth Date MM/DD/YY	Height Weight	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Selection of the select
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Special Diets:				
Your fitness level: Excellent Moderate	Poor How	ong have you beer	riding?	
How often do you ride?	Have you been on oth	er riding tours? N	Yes last trip	when?
If Hidden Trails offers a transfer from the local	al airport/station: I wo	uld like the transfe	r to be included: YES	s 🔵 NO 🔘
In an emergency, name and phone number of	f contact:			
Attention: Please, if there is more than one p	participant, all have to	sign the reservation	form - make copies if	needed
With my signature I confirm my reservation of I made all participants aware of the risk involvement with the Hidden Trails Booking Conditions and brochure or as listed on the Internet. I (we) will sign and forward the Recreational A Last Name and First Name (The Traveler)	ved with these outdoor d the Hidden Trails Red activity Release and Ind	adventure activiti reational Activity F	es. All participants had delease and Indemnity	ve read and agree Agreement in this
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