



## Hiking the Heart of the Dolomites: Cortina d'Ampezzo to Ortisei

### Beyond the Postcard: Immersive Hiking in the Dolomites

### June 15 - 22, 2026



View of **Seceda** from our hike Credit: Chip Dice

### Trip Overview

Step into the breathtaking Dolomites this June, where jagged peaks, lush alpine meadows, and charming villages set the stage for an unforgettable adventure. Over six days of guided hiking, you'll ride gondolas to stunning ridgelines, wander past wildflowers, and explore legendary sites like Seceda, Seiser Alm, and the dramatic Sassolungo massif. Along the way, discover history carved into the mountains with World War I tunnels and marvel at the towering rock spires of Cinque Torri. Evenings bring relaxation in cozy hotels and lively dinners savoring regional specialties. With free afternoons to explore Ortisei and Cortina d'Ampezzo, you'll enjoy both cultural discovery and mountain serenity. Limited to just 12 participants, this trip promises awe-inspiring views, camaraderie, and memories to last a lifetime!

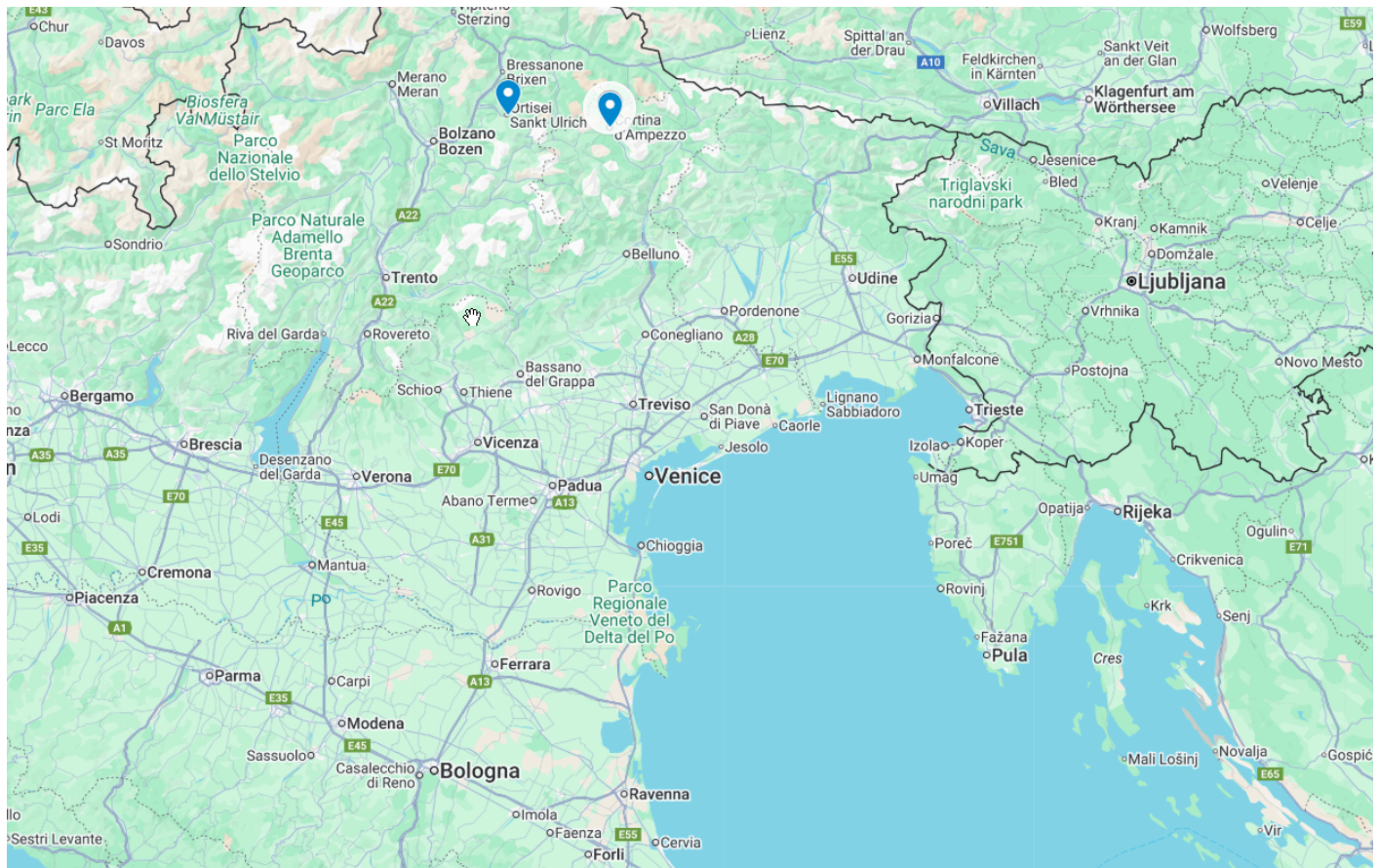
## Trip highlights:

- Hike iconic trails including Seceda, Seiser Alm, Cinque Torri, and the Sassolungo massif.
- Moderate daily hikes (3–6 miles) at a relaxed pace with plenty of time for photos and rest.
- Step back in time exploring restored World War I tunnels carved into the mountains.
- Ride gondolas and cable cars to soaring ridgelines with breathtaking views.
- Savor alpine culture with cozy hotels and regional specialties in Ortisei & Cortina d'Ampezzo.
- Stay in charming alpine villages with time to shop, café-hop, and explore.
- Small-group camaraderie, limited to just 12 participants, with two experienced leaders.

## To Apply, Early Bird Specials

The group is limited to 10-12 participants and two leaders. To register for this trip apply [online](#). The complete trip price is \$3400.00 Payable to Constant Growth/Dee Dice, 35 Pilgrim Drive, Northampton, MA 01060 or via Venmo, at request. When registering please send a deposit of \$1500.00. Please either copy this [form](#), sign it and send it back with your check OR fill out this [liability waiver on google docs](#) as it is a legally binding form. Dee or Chip will contact you to discuss the trip and any further details. **If paid in full by October 15, 2025 - you will receive a \$200.00 discount.** The final payment is due March 1, 2026.

Map of Dolomites with the Ortisei and Cortina d'Ampezzo



## Trip Difficulty

This trip involves hiking every day between [3-5 miles] and climbing between 200' - 1300'. This is an easy to moderate hiking adventure. We will hike at a moderate pace, with no need to rush, and will have plenty of time for photos and rest breaks. We will carry daypacks and lunch each day and then spend the evening in comfortable hotels close to the town for easy cultural exploration, shopping, dining and walking.

## Daily Itinerary

B,L,D are Breakfast, Lunch and Dinner which will be noted at the bottom of each day if they are included in the price. Most days, you can buy food to take with you for our lunches.

**Day 1 Sunday, June 15** Arrive in Cortina d'Ampezzo. The best option is to fly into Venice airport and take a bus (about a 2.5-hour ride). Settle into the hotel, walk around town, and meet in the evening for a welcome meeting and an initial group dinner. D

**Day 2 Monday, June 16** Today's excursion offers a compelling blend of adventure, historical intrigue, and breathtaking alpine scenery. Our group will ascend via cable car to the summit of **Lagazuoi Piccolo**, where the journey begins with panoramic views stretching across the Dolomites.



*Photo by Giacomo Pompanin*

From there, we'll explore the restored World War I tunnels of **Lagazuoi** —an extraordinary network carved into the mountain by Italian troops. This immersive experience offers a glimpse into wartime ingenuity and resilience, set against the dramatic backdrop of towering peaks and rugged terrain.

The hike covers approximately 3 miles with a gentle elevation change of around 200 feet, making it accessible yet rewarding. With interpretive signage, dramatic vistas, and the option to relax at Rifugio Lagazuoi, this outing promises a memorable fusion of nature and history for adventurous spirits.

Distance: 3 miles, elevation: 200 feet B, D provided



**Day 3 Tuesday, June 17** Anchored

by the iconic **Cinque Torri**—five towering rock spires—and the scenic **Passo Giau**, this route is perfect for hikers seeking both natural splendor and cultural depth. Today's captivating hike offers a journey through one of the most photogenic and historically rich regions of the Dolomites. The trail winds through alpine meadows, past dramatic rock formations, and along ridgelines with panoramic views of the surrounding peaks.

Distance: 5 miles, elevation: 1,300

feet, B provided, lunch and dinner on your own.



www.hiwio.com



*Photo by Chip Dice*

**Day 4 Wednesday, June 18** We begin our day with an early group transfer to Ortisei, where we'll drop off our luggage before setting out on one of the Dolomites' most breathtaking alpine adventures. Our hike to **Seceda**—renowned for its dramatic ridgeline and sweeping vistas—offers a moderate challenge through pristine trails in the heart of Val Gardena. After a short walk through the charming town center, we'll board the gondola to reach our trailhead. From there, we'll ascend into a landscape of jagged peaks, rolling meadows, and panoramic views that stretch across the South Tyrolean Alps. At the summit, you'll have the option to relax with a drink or bite to eat at the mountaintop rifugio, soaking in the scenery

(and perhaps spotting a paraglider soaring overhead). Once we descend via gondola, the remainder of the afternoon is yours to explore Ortisei at your own pace—whether browsing local shops, enjoying a café, or simply unwinding in this picturesque alpine village. Distance: 5 miles, elevation: 500 feet.

B, D provided

**Day 5 Thursday, June 19** This morning's hike invites us into the heart of the Dolomites for a scenic journey across one of Europe's most iconic landscapes. Beginning in the picturesque village of Ortisei, we'll ascend by gondola to the top of the plateau, where sweeping views and crisp alpine air await.

Our trail meanders through the Seiser Alm—Europe's largest high-altitude meadow—offering a tranquil escape framed by dramatic mountain silhouettes. Rolling pastures, wildflowers, and panoramic vistas create a perfect setting for a relaxed yet invigorating group outing. Distance: 5 miles, elevation: 400 feet, B, D provided



*Photo by Chip Dice*

**Day 6 Friday, June 20** Today's adventure begins with a ride on the Rasciessa rail, whisking us into the heart of the Dolomites. From the upper station, we'll set out on a tranquil hike through serene forests and alpine pastures, gradually ascending toward the charming Malga Brogles refugio.

Along the way, we'll be treated to sweeping views of the Seceda plateau and the jagged spires of the Odle mountain group—an unforgettable panorama that captures the drama and beauty of this UNESCO World Heritage site. After a well-earned pause at Malga Brogles, we'll descend partway down the trail before



*Photo by Chip Dice*

boarding the gondola into Ortisei. There, you'll have time to explore the village's inviting shops, cafés, and vibrant alpine ambiance. Distance: 6 miles, elevation: 650 feet, B provided, lunch and dinner on your own.

**Day 7 Saturday, June 21** Today's high-alpine journey takes us deep into the rugged heart of the Dolomites, as we traverse the dramatic terrain of the Sassolungo massif—one of the region's most iconic mountain groups. We begin with a short bus ride to Selva, followed by a scenic gondola ascent that unveils sweeping views of the towering Sassolungo peaks. From the upper station, our trail skirts the base of the massif, winding toward Passo Sella with panoramic vistas unfolding at every turn.



*Photo by Chip Dice*

At Passo Sella, we'll board a rare two-person standing gondola—affectionately nicknamed the “coffin”—for a thrilling ride into the saddle between Sassolungo's twin summits. From this lofty perch, you'll witness climbers scaling the vertical faces above (don't worry, we're keeping our feet firmly on the trail!).

After a brief rest in the saddle, we descend via the same cable car and continue our hike to Plan de Gralba, where a return bus awaits to bring us back to Ortisei. Expect a day rich in alpine drama, unique transport, and unforgettable scenery. Distance 5 miles, Elevation 750 feet, B, D provided ( Group Farewell Dinner)

**Day 8 Sunday, June 22 - Onward travel** The trip ends with check-out time at the hotel: 11am. For onward travel, taxis, buses and a possible private transfer will be available. Leaders could help coordinate taxi service to the airport, although transportation is not included in the trip price.

Accommodation: none

Meals included: Breakfast

## Accommodations, Meals, and Transportation

- Comfortable hotel accommodations, two people/room. Bedding is either twin beds or two mattresses in a single bed frame or two double beds.
- All breakfasts are included as well as five out of seven dinners in local restaurants featuring regional specialties. The remaining two dinners are at one's own expense, allowing you to independently explore one night each in Ortisei and Cortina d'Ampezzo. The leaders will provide information regarding opportunities to buy lunch supplies: on some days you can have lunch at a mountain restaurant - highly recommended.
- All transportation internal to the trip is included. This includes gondola rides and bus or train rides/transfers.

## Summary of Daily Itinerary Table with Hikes

Longer hikes might be available on request

Day #	Location	Distance miles	Ascent ft
1	Arrive Cortina d'Ampezzo		
2	Lagazuoi	3 miles	200
3	Cinque Torri	5 miles	1,300
4	Seceda	5 miles	500
5	Seiser Alm	5 miles	400
6	Rasciessa	6 miles	650
7	Sassolungo	5 miles	750
8	Depart Ortisei		

### Weather

In June, the Dolomites experience mild to warm temperatures in the valleys, but cooler conditions at higher altitudes where snow may still be present. Weather can be changeable and unpredictable, with sun, rain, and thunderstorms all possible. Typical June daytime temperatures in Dolomites are 68-81F degrees. Weather conditions can vary significantly from day to day and year to year. You should be prepared for various weather conditions on a single trip. [Check the local weather here.](#)

### Trip Price

The complete trip price is \$3,400.00 Payable to Constant Growth, Inc, 35 Pilgrim Drive, Northampton, MA 01060 or via Venmo, at request.

### Trip includes:

7-Nights Accommodation, 3 nights in Cortina d'Ampezzo and 4 nights in Ortisei

Daily large continental breakfast

5 group dinners

All tickets for pre-booked group activities, including gondolas

Transportation for all activities after arrival

Two highly experienced hikers and travel leaders



## Trip does not include:

International Airfare  
Travel insurance (Highly recommended)  
Selected lunches  
Two dinners on your own  
Alcoholic beverages  
Optional additional activities

## Participant Expectation

Participants should be hikers capable of easy multi-day hikes as described in this document. Participants should also remember that this is a group trip with inclusive group activities.

## Cancellations

Until the trip is confirmed to run on schedule, you may cancel with a full refund of your trip deposit. When the trip is confirmed, ( we will email you ) your check will be deposited and the cancellation policy will be in effect.

Cancellations made before February 15, 2026 receive 75% of the total paid above deposit.

Cancellations made between 3/15-9/1, 2026 receive 50% of the total paid above deposit.

Cancellations made after 4/1/2026 receive no refund ( unless hotel cancellations are possible)





Photo credits: Chip Dice

## Terms, Conditions, and General Information

As a part of traveling with Constant Growth Travel and Dee Dice, all participants need to carry their own travel insurance and sign the insurance waiver, as stated above.

We can refer you to several reputable travel insurance companies we have used previously, or you can do your own research at [Insuremytrip.com](https://insuremytrip.com). We do not have any affiliation with them.

## Trip Leadership



**Dee Dice** - I am an Adventure travel leader with Appalachian Mountain Club and have created my own travel business Constant Growth Adventures. My previous trips include Glacier National Park, Baja Mexico, Peru, Germany, Austria, Spain, and Morocco. [I am currently planning trips to Nepal, Croatia and several other places.](#) [Check out my website.](#) Armed with SOLO advanced wilderness first aid and CPR certifications my passion for adventure is only matched by my commitment to safety. As a former exchange student to Germany and a German major in college, my language ability will enable us to communicate easily in Europe.

Contact Dee: 508-566-9565 [deedice29@gmail.com](mailto:deedice29@gmail.com)



**Chip Dice, Dee's brother** is a Carolina Mountain Club hike leader who leads hikes in the Blue Ridge and surrounding mountains. He belongs to the Blue Ridge Cycling Club, skis, scuba dives, and loves to travel. He was a co-leader in the Karwendel Alps trip in 2025, scouting the Dolomites after that trip. He loved it so much that he wanted to share the experience with fellow hikers.

Contact Chip at 203-733-8660 or [chipdice@gmail.com](mailto:chipdice@gmail.com)

Photo credits: Chip Dice