



Italy Hiking: The Dolomites with OLLI CSU

10 days | 12 days with Venice extension | Jun 15 2027—Jun 24 2027

Grab a front-row seat to the natural wonders of the Dolomites, a UNESCO World Heritage Site nestled in northeastern Italy—where Italian and Austrian influences collide in language, cuisine, and architecture. Lace up your hiking shoes and explore the historic trails surrounding Cortina d’Ampezzo, where remnants of WWI fortifications pepper the landscape. Marvel at the majestic Tre Cime di Lavaredo, three towering peaks that define the Dolomites’ rugged grandeur. Lose yourself in Alpe di Siusi, Europe’s largest high-altitude alpine meadow. And when the trails call for a breather, dive into mountain photography at the LUMEN Museum.



Your tour package includes

- 8 nights in handpicked hotels
- Private bus for local transfers
- 8 breakfasts
- 3 lunches
- 1 dinner with beer or wine
- An expert Italian Tour Director
- Local licensed guides for select hikes
- Cable car/chairlift/gondola tickets for hikes, when applicable
- Select guided sightseeing tours

Included highlights

- Ascend Cinque Torri’s rugged trails and explore World War I history as you go
- Circle Tre Cime di Lavaredo for stunning views of the Dolomites’ jagged cliffs
- Hike the majestic Seceda Ridgeline in Val Gardena & eat lunch at a mountain rifugio
- Eat lunch at a historic farmhouse in Ortisei that was a working farm for centuries
- Experience the allure of Alpe di Siusi, Europe’s largest high-altitude meadow
- Visit the Messner Mountain Museum and LUMEN Museum atop Mount Kronplatz

For more information, contact

<https://groups.efadventures.com/tours/dolomites-with-olli-csu> | 970-491-7753 | olli@colostate.edu

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Overnight flight → 1 night

Day 1: Fly to Venice

Your first day (and night) are spent flying across the ocean to Italy. As you cross time zones, close your eyes and picture the rugged peaks and serene lakes of the Dolomites. And don't forget to get up and stretch your legs once in a while—you're going to want them fresh!

Cortina d'Ampezzo region → 3 nights

Day 2: Arrival in Venice & travel to Cortina d'Ampezzo region

Included meals: welcome dinner

The adventure truly begins when you touch down at the Venice airport. From there, a scenic bus ride will take you to your first stop in the Dolomites, the Cortina d'Ampezzo region. Often referred to as simply "Cortina", this region in northern Italy will instantly win you over with its striking mountain views and charming historic center.

Today's Highlights

- Meet an EF representative at the airport.
- Transfer 3 hours to your hotel in the Cortina d'Ampezzo region.
- Raise a glass of beer or wine while you get to know your fellow hikers and Tour Director during a Welcome Orientation.
- Enjoy a Welcome Dinner to continue bonding with the group.

Note: Transfer from the airport to the hotel is only available to travelers who book round-trip flights with EF Adventures.

Day 3: Cinque Torri hike & Cortina d'Ampezzo walking tour

Included meals: breakfast

One-part majestic hike, one-part open-air museum—Cinque Torri is calling. During World War I, the Dolomite front was a battleground between the Italian and Austro-Hungarian forces, and Cinque Torri was right in the middle of the conflict. Starting in Cortina d'Ampezzo, you'll take a cable car to Rifugio Scoiattoli, where your hike begins. You'll pass WWI trenches and observation towers as you loop around the five

iconic rock formations, stopping at a mountain rifugio for lunch before riding the cable car back down. After your hike and history lesson, your Tour Director leads a walking tour of Cortina d'Ampezzo.

Today's Adventure

Cinque Torri Hike

- Physical intensity: 3 out of 5
- Distance: 3.7 miles
- Elevation change: 1,526 ft gain

Discover the haunting beauty of Cinque Torri, one of the most recognizable and popular hiking spots in the Dolomites. Starting in Cortina d'Ampezzo, you'll take a cable car to Rifugio Scoiattoli, where your hike begins. You'll pass World War I war trenches and observation towers as you hike a loop around the Cinque Torri rock formation. Cinque Torri translates to "Five Towers", which aptly describes the five towering rock formations you'll see. After your loop, you'll continue your hike past a few mountain rifugios, stopping at one for lunch on your own before finishing back at the cable car where your hike began.

Today's Highlights

- Navigate through WWI relics on your Cinque Torri hike.
- Join your Tour Director for a walking tour of Cortina d'Ampezzo.
- Walk through Piazza Venezia and admire the 18th-century Basilica Minore dei Santi Filippo e Giacomo, Cortina's iconic parish church.

Day 4: Tre Cime di Lavaredo hike & free evening in Cortina d'Ampezzo

Included meals: breakfast

One thing's for sure when hiking in the Dolomites: your jaw will hit the ground way more than usual. Today, you'll hike around the stunning Tre Cime di Lavaredo—"Three Peaks of Lavaredo" (Cima Piccola, Cima Grande, and Cima Ovest)—towering limestone spires that define the Dolomites skyline. Before heading out, your local guide will walk you through the day's route details, and you'll make a quick supermarket stop to stock up on snacks or lunch before driving up to Rifugio Auronzo. From there, a wide gravel trail leads east with the three iconic towers rising to your left, descending gently past a wayside chapel to Rifugio Lavaredo before ascending to Forcella Lavaredo—a dramatic ridge with sweeping Dolomites

panoramas and the sheer north faces of the Tre Cime looming overhead. Those on the shorter route retrace their steps back to Rifugio Auronzo, while those continuing push on to the Cadini di Misurina viewpoint at 8,037 ft—one of the finest panoramas in the entire region.

Throughout the hike, grab lunch at a rifugio along the route or break out your own picnic. Afterward, journey back to the hotel before heading into Cortina d'Ampezzo for a free evening of exploring and dinner at one of your Tour Director's recommended spots.

Today's Adventure

Tre Cime di Lavaredo hike

- Option A: 2.8 miles, 528 ft gain
 - Physical intensity: 1 out of 5
- Option B: 5 miles, 1,224 ft gain
 - Physical intensity: 2 out of 5

Today's Highlights

- Follow your local guide on the Tre Cime di Lavaredo hike, taking in the iconic limestone spires of Cima Piccola, Cima Grande, and Cima Ovest.
- Ascend to Forcella Lavaredo for sweeping panoramic views across the Dolomites.
- Opt to extend the hike to the Cadini di Misurina viewpoint for one of the most spectacular vistas in the region.
- Fuel up with a picnic lunch or stop in at one of the rifugios along the route.
- Enjoy a free evening in Cortina d'Ampezzo—explore the town and sit down to dinner at one of your Tour Director's recommended restaurants.

Bolzano → 4 nights

Day 5: Lagazuoi Summit Wander, Gardena Pass, farmhouse lunch & sightseeing tour of Bolzano

Included meals: breakfast, lunch

Your time in Cortina is up—but the journey to Bolzano is anything but ordinary. The morning kicks off with a Tour Director-led wander along the Lagazuoi Summit, where sweeping views of the surrounding peaks set the tone, before the bus winds through the iconic Gardena Pass for a geology walk against one of the Dolomites' most spectacular backdrops: the Sella Group to the

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south, the Cir Peaks to the north, the Sassolungo to the west, and the peaks of Val Badia to the east. By afternoon, you'll be trading mountain air for medieval streets as a local guide leads you through Bolzano's storied old town—a city where Italian warmth and Austrian tradition have been colliding for centuries.

Today's Adventure

Lagazuoi Summit Wander

- Physical intensity: 1 out of 5
- Distance: 0.8 miles
- Elevation change: 171 ft gain

Gardena Pass Geology Walk

- Physical intensity: 1 out of 5
- Distance: 0.9 miles
- Elevation change: 30 ft gain, 659 ft loss

Today's Highlights

- Wander the Lagazuoi Summit with your Tour Director, soaking in panoramic Dolomite views.
- Take a geology walk along the Gardena Pass, framed by four distinct mountain groups on all sides.
- Sit down to a fresh, farm-to-table 2-course lunch at Costamula Restaurant, a property with centuries of farming history.
- Explore Bolzano's medieval old town on a local guide-led walking tour, taking in Piazza Walther, the Duomo, Via Laubengasse, and its iconic Erker windows.
- Come face-to-face with Otzi the "ice man" at the South Tyrol Museum of Archeology.

Day 6: Hiking in Alpe di Siusi & optional Novacella Abbey wine tasting with dinner

Included meals: breakfast

Today is all about soaking in the vast landscapes of the Dolomites from Europe's largest high-altitude alpine meadow. After a quick orientation from your local guide covering the day's route and logistics, you'll hop on a bus ride to the Mont Seuc cable car—your gateway up to the legendary Alpe di Siusi at approximately 6,000 feet. From there, the trail unfolds across open, emerald grasslands framed by the dramatic spires of the Dolomites, where centuries-old alpine farming traditions carry on against a backdrop of soaring peaks. Early on, you'll pass the rustic Schgaguler Schwaige—a weathered mountain hut that's been a waypoint for shepherds and travelers for generations—before continuing through wildflower-strewn meadows toward Radlauer Schwaige, where the sound of cowbells and the scent of fresh hay set the scene. The iconic Sassolungo massif dominates the horizon to the south, while the distinctive pyramid of Plattkofel (Sasso Piatto) completes a panorama that makes Alpe di Siusi one of the

most photographed landscapes in the Alps. A highlight of the day is a stop at Saltner Schwaige, where you'll settle in for a picnic featuring the flavors of South Tyrol—local speck, salami, cured meats, and regional cheeses—all enjoyed with those endless green meadows and limestone giants as your backdrop. The hike concludes at the Zur Sonne - Al Sole cable car, where the bus will be waiting for the ride back to the hotel. Cap the evening with the optional Novacella Abbey wine tasting and dinner.

Note: The picnic menu may vary depending on the season.

Today's adventure

Alpe di Siusi hike

- Distance: 3.2 miles
- Elevation change: 666 ft gain
- Physical intensity: 1 out of 5

Today's highlights

- Ride the Mont Seuc cable car up to Alpe di Siusi, Europe's largest high-altitude alpine meadow.
 - Wander across emerald grasslands with sweeping views of the Sassolungo massif and Plattkofel (Sasso Piatto).
 - Stop at Saltner Schwaige for a picnic featuring local South Tyrolean specialties.
 - Opt for the Novacella Abbey wine tasting and dinner to round out the evening.
- + Novacella Abbey wine tasting & dinner

Day 7: Kronplatz museums, plateau walk & lunch

Included meals: breakfast, lunch

Few peaks in South Tyrol deliver quite like Kronplatz (Plan de Corones)—and today, you'll experience it from every angle. After a bus ride from Bolzano, the Kronplatz cable car whisks you up to 7,441 ft, where the angular, modernist form of the Messner Mountain Museum Corones—designed by legendary architect Zaha Hadid—rises dramatically from the summit plateau. Dedicated to the history of traditional mountaineering and the legacy of Reinhold Messner himself, the museum frames the great mountain walls of the Dolomites and the Alps through a unique cultural lens, with panoramic views stretching from the Lienz Dolomites in the east to the Ortler in the west. After the museum, your Tour Director leads a gentle loop around the broad summit ridge—a 360-degree panorama unfolds with every step, from the jagged Dolomite spires to the south to the crystalline Zillertal Alps stretching toward Austria in the north, with the Puster Valley ribboning far below. Next up is LUMEN, the museum of mountain photography spanning four floors of historic imagery, digital innovation, and spectacular

temporary exhibitions—a fascinating complement to the morning's mountaineering history. In between, sit down to a 2-course lunch at a local restaurant atop Kronplatz, with some of the most breathtaking views in all of South Tyrol as your dining backdrop. The cable car then brings you back down for the ride to Bolzano, where the evening is yours.

Today's Adventure

Kronplatz Plateau walk

- Distance: 1 mile
- Elevation change: 158 ft gain
- Physical intensity: 1 out of 5

Today's Highlights

- Ride the Kronplatz cable car up to 7,441 ft and explore the Messner Mountain Museum Corones, housed in a striking Zaha Hadid-designed building on the summit plateau.
- Walk the broad Kronplatz ridge for 360-degree views spanning the Dolomites, the Zillertal Alps, and the Puster Valley far below.
- Visit LUMEN, the museum of mountain photography, for four floors of historic and contemporary alpine imagery.
- Sit down to an included lunch at a local restaurant atop Kronplatz—the views are hard to beat.
- Enjoy a free evening back in Bolzano to explore and find dinner on your own.

Day 8: Runkelstein Castle, Talfer Gorge walk & Seceda Ridgeline hike

Included meals: breakfast

Today packs in a little bit of everything the South Tyrol region does best—medieval history, dramatic gorges, and ridgeline views that stop you in your tracks. Your local guide kicks things off with a quick orientation before a short bus ride to Runkelstein Castle, a 14th-century fortress perched above the narrow Talvera River valley. A guided tour leads you through the castle's remarkably well-preserved frescoes depicting the daily life of medieval nobles, before your Tour Director takes you along the panoramic Oswalt Promenade—a scenic walkway with sweeping views of Castle Maretsch, Klebenstein Castle, the Druso tower, the city of Bolzano, and the surrounding Dolomites. From there, the path drops into the Talfer Gorge, where the river has carved through solid rock to create a dramatic corridor of stone and rushing water. Wooden walkways and footbridges bring you up close to the turquoise-green current below and moss-covered walls above—a hidden side of South Tyrol that feels worlds away from the valley above. Then it's a scenic bus ride to Seggiovina Fermeda, where the

Fermeda cable car whisks you up to the iconic Seceda ridgeline at over 8,100 ft. The knife-edge crest plunges dramatically into Val Gardena below, with the jagged Odle Group rising like a row of stone teeth against the sky—one of the most photographed panoramas in the entire Dolomites. After taking it all in, the cable car brings you back down for the ride to Bolzano, where the evening is yours to explore.

Note: The Seceda ridgeline trail can become quite slippery in wet or rainy conditions.

Today's adventure

Talfer Gorge walk

- Distance: 1.5 miles
- Elevation change: 10 ft gain
- Physical intensity: 1 out of 5

Seceda Ridgeline hike

- Distance: 1.2 miles
- Elevation change: 377 ft gain
- Physical intensity: 1 out of 5

Today's highlights

- Hike up (or take one of the flatter trails) to the Seceda Ridgeline and feast your eyes on the remarkable Fermeda Towers, a series of sharp, needle-like peaks that form part of the ridgeline.
- Take a lunch break at a mountain rifugio with the Dolomites as your backdrop.
- Enjoy a free evening to explore, relax, and dine at your leisure.

Verona → 1 night

Day 9: Sentiero del Ponale hike, Valpolicella Vineyard farewell dinner & travel to Verona

Included meals: breakfast, farewell lunch, wine tasting

A stunning cliffside trail and a celebrated wine region make for a near-perfect final full day in northern Italy. After a bus ride from the hotel, your Tour Director leads you on the Sentiero del Ponale—one of the most beautiful historical panoramic roads in Europe, originally built in the second half of the 19th century and now reserved exclusively for hikers and cyclists.

Starting in the center of Riva del Garda, the trail climbs steadily along cliffside carved directly into the rock, winding through short tunnels hewn from limestone that frame new perspectives on the turquoise waters of Lake Garda below with every turn. At the turnaround point, pause to take in the beautiful bay at the entrance of the Valle di Ledro before retracing your steps, the changing light offering fresh angles on the lake and surrounding peaks. From there, the bus continues on to Valpolicella—one

of Italy's most celebrated wine regions—where a leisurely walk through vineyards and olive groves sets the scene for a farewell lunch at a local winery. A winery expert guides you through tastings of Ripasso, Amarone, and Recioto alongside a 3-course spread of local cheeses, torte salate (savory pies), and focaccia—a fitting send-off before the ride into Verona.

Today's Adventure

Sentiero del Ponale loop hike

- Distance: 4 miles
- Elevation change: 558 ft gain
- Physical intensity: 2 out of 5

Valpolicella Vineyard walk

- Distance: Less than 1 mile
- Physical intensity: 1 out of 5

Today's Highlights

- Hike the Sentiero del Ponale, a historic cliffside trail carved into the rock above the turquoise waters of Lake Garda.
- Wind through short rock-hewn tunnels, each one framing a new panoramic view of the lake and surrounding peaks.
- Pause at the Valle di Ledro viewpoint to take in the sweeping bay below before retracing your steps.
- Stroll through Valpolicella's vineyards and olive groves on a guided walk with your Tour Director.
- Sit down to a multi-course farewell lunch at a local winery, paired with tastings of Ripasso, Amarone, and Recioto.

Flight home

Day 10: Fly home

Included meals: breakfast (excluding early morning departures)

You came, you hiked, you conquered. It's probably time to give those legs (and hiking shoes) a break—but nobody said it has to be for long. Gather your things and head to the Verona airport (30 minutes) for your international flight home.

+ Venice extension

Venice is a city unlike any other—and adding on this extension means you'll get to experience it firsthand. Trade cobblestone piazzas for winding canals and ornate Gothic facades as you spend extra days getting lost in one of the world's most extraordinary cities. From hidden neighborhood gems to iconic landmarks, Venice rewards every

curious traveler willing to wander.

Venice → 2 nights

Day 10: Venice via Prosecco Region

Included meals: breakfast, wine tasting

Prosecco country deserves more than a passing glance—and a stop in the province of Treviso, the heartland of Prosecco production, on the way to Venice makes for a memorable detour. Step inside 17th-century wine cellars to learn how Prosecco is crafted, from hand-harvested glera grapes to the meticulous fermentation process that gives each bottle its signature effervescence. A guided tasting of three distinct Proseccos follows—from the delicate floral notes of brut to the fruit-forward elegance of extra dry and the soft sweetness of dry—before sitting down to a light lunch at a rustic osteria, where regional dishes pair beautifully with the crisp local wines.

Today's Highlights

- Tour 17th-century wine cellars and discover how Prosecco goes from hand-harvested glera grapes to bottle.
- Sample three distinct Proseccos, each with its own personality—brut, extra dry, and dry.
- Sit down to a light lunch at a rustic osteria, paired with the region's signature sparkling whites.

Day 11: Sightseeing tour of Venice & optional Islands of the Venetian Lagoon

Included meals: breakfast

Venice needs no introduction—but experiencing it firsthand is something else entirely. Your Tour Director and local guide lead you through the city's labyrinthine canals, elegant bridges, and ornate Gothic and Renaissance architecture, with St. Mark's Square serving as a dazzling centerpiece. Marvel at the grandeur of St. Mark's Basilica before taking in the stately Doge's Palace—a Venetian Gothic masterpiece built in 1340 that served as both the residence of the Doge and the seat of the Venetian government. Nearby, the Bridge of Sighs (Ponte dei Sospiri), built in 1600 to connect the palace to a prison across the canal, is one of the city's most iconic landmarks. Round out the morning with a glassblowing demonstration, where artisans keep the Venetian tradition alive using the distinctive millefiori technique to fuse tiny glass rods into intricate patterns. The afternoon is yours to explore at your own pace—or set sail on the

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optional excursion to the islands of Torcello, where Venice was first settled, and the colorful fishing village of Burano. Come evening, raise a glass with your fellow adventurers at a farewell drink to celebrate the journey.

Today's Highlights

- Explore Venice on a guided tour led by your Tour Director and local guide, taking in St. Mark's Square, St. Mark's Basilica, and the Doge's Palace.
 - Cross the Bridge of Sighs and discover the story behind one of Venice's most iconic landmarks.
 - Watch a live glassblowing demonstration featuring the intricate millefiori technique.
 - Spend a free afternoon wandering Venice's canals and bridges at your own pace.
 - Opt to sail out to the islands of Torcello and Burano for a colorful afternoon on the lagoon.
 - Toast to friendship and unforgettable memories at a farewell drink with your group.
- + Islands of the Venetian Lagoon: Burano & Torcello
-

Flight home → 1 night

Day 12: Fly home

Board your overnight flight to Italy and get ready for a few enchanting days in Venice before your hiking adventure begins.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: <https://groups.efadventures.com/tours/dolomites-with-olli-csu> | 970-491-7753

Day 6: Novacella Abbey wine tasting & dinner

From \$155.00 . Visit the link above for pricing info. (4 hours, departs in the evening, includes dinner)

Step back in time at Novacella Abbey, an ancient monastery that's been producing wine since the 12th century (it's one of the world's oldest continuously operating wineries). Tour the vineyards before sampling a trio of the abbey's finest vintages, each paired with unique South Tyrolean delicacies. Afterwards, head to dinner at a local restaurant in Brixen.

Extension excursion options

Day 11: Islands of the Venetian Lagoon: Burano & Torcello

From \$139.00 . Visit the link above for pricing info. (5 hours, departs in the afternoon)

Visit the islands of the Venetian lagoon, a favorite day trip for locals and travelers alike. First travel by water taxi to Torcello, where the story of Venice began. It was here that mainlanders sought a safe haven from invading barbarians. Step inside the Basilica of Santa Maria Assunta, whose famous mosaics depict The Last Judgement. The next stop is the tiny fishing village of Burano, where brightly colored homes greet visitors. Wander as you please throughout Burano, and be sure to stop in at the island's bakeries.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. EF Adventures accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at <https://www.efadventures.com/about/terms/booking-conditions>.