# Dolomites Ski Highlights

Trip Code: DSH

Version:

| WINTER | GUIDED GROUP | CHALLENGING 7 |
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## HIGHLIGHTS

- Ski the famous 'Gran Fondo' and 'Tour de Ski' race route
- Enjoy centre based hotel accommodation with spa facilities
- A full day skiing journey to the beautiful town of Cortina
- Six days coaching from expert instructors to improve your technique
- Ski through incredible mountain scenery

### AT A GLANCE

- 6 days cross country skiing
- Join at Dobbiaco / Toblach

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Based from the idyllic town of Dobbiaco in the South Tyrol, this one week holiday is the perfect way to advance your cross country skiing skills. This area - The Italian Dolomites, are a dream for cross country skiers! Imagine some of the world's most stunning and inspirational mountain scenery, with over 1000 km (625 miles) of expertly groomed cross country tracks. We have six full days of journeying through this incredible environment, accompanied by an expert instructor who will always be happy to help improve those skills, whilst also allowing everyone the freedom to ski at their own pace. One of the many highlights of the week is having the opportunity to ski part of the 'Tour de Ski' race route, all the way through to Cortina – a journey of approximately 27km, passing rocky gorges and through forests under the spires of the world famous Tre Cime, the Three Peaks. At the end of each day we return to our beautiful hotel, where you can visit the spa and sauna, or just relax with a drink in the cosy lounge before dinner (the food in this area is a wonderful fusion of Austrian and Italian).

## Is this holiday for you?

On this holiday you should expect to ski on a mixture of both flat and rolling terrain on prepared cross country ski trails with parallel grooves. You should already be at a level where you are confident about controlling your speed and direction, and have a good 'snowplough'. You should be able to cope with skiing under control on a variety of terrain both uphill, downhill including some steeper terrain and narrow tracks and be confident about tackling corners while skiing downhill.

Instruction is included, but for these trips you need to have a good 'kick and glide' to be able to travel competently and at a steady pace. You should have a good level of fitness to ensure that you are comfortable with longer days in winter weather, which may include snowfall and cold winds. You should be happy to ski on a variety of snow including perfect fresh tracks, AND tracks less than perfect which may be 'firm and icy'.  We do not always use skis with metal edges so it is important that you have good control on descents and while turning.

Ski hire is available locally and will cost approximately 56 Euros for the 6 days, you can upgrade to the top of the range for 65 Euros per week. We will be using 'classic' fish-scale track skis for this trip. If you have your own skis then either fish-scale or skintec skis are appropriate. We do not advise using waxing skis as the temperatures can fluctuated substantially during the course of the day. If you require to hire skis please note this on your booking form (or contact the KE office directly). Your ski pass will cost approximately 40-45 Euros for the week. This covers 900km of tracks in the Dolomites.

# Itinerary

Version:

# Holiday Information

## What's Included

- 6 days with a Nordic Ski Instructor who is also an International Mountain Leader with the relevant qualifications required for that country
- Hotel accommodation in Dobbiaco for 6 nights
- All meals except lunches

## What's not Included

- Travel insurance
- Lunches & Hillfood snacks
- Equipment hire
- Ski Passes
- Miscellaneous personal expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

Airport transfers are not included on tihs holiday.

Travelling By Train:
It is possible to make the entire journey by train from the UK.
For planning train travel we recommend using Rail Europe and Trainline to book your tickets and plan routes.

For travelling by coach, large operators like Eurolines, Flixbus and Ouibus are reliable and inexpensive options.

By Air:
You can fly into Innsbruck, in Austria, and Venice or Verona, in Italy. Note that Austrian Airways will normally carry ski bags free of charge. We do, however, ask that you verify this yourself.

Innsbruck: take a free shuttle bus from the airport to Innsbruck central train station, a 15 minute journey leaving every 10 minutes. Take a train to Dobbiaco, also called Toblach, via Brennero/Brenner and Fortezza/Franzensfeste. Be aware that in the Dolomites/Sud Tirol all the towns and village have an Italian name and a German name. The train departs hourly for Brennero/Brenner, change here for Fortezza/Franzensfeste, then on to Dobbiaco/Toblach. The journey takes approximately 3h00, and the changes are every 30 minutes at Fortezza and Brennero. If your departure flight is too early for the first local train between Dobbiaco and Fortezza, then you can book a taxi at the hotel to take you directly to Fortezza.

Venice: (either Marco Polo or Treviso airports)Take either the Cortina Express or Flix bus to Cortina, and then change for the local bus to Dobbiaco. Our guests have reported that either route works well, and the journey is enjoyable.

Check out Rome2Rio for other options, including trains from Venice to Dobbiaco or even for the entire journey from the UK. Check www.sad.it for local trains to Dobbiaco.

## Meal Plan

7 Breakfasts and 7 Dinners are included.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets.  Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home.  If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice.  Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

## Accommodation

We spend 7 nights at the family run 'Hotel Toblacherhof' in Dobbiaco. The hotel is right beside the cross country ski tracks, and a short walk from our ski hire shop. It is equal distance between the old heart of Dobbiaco and the newer town which is around the beautiful old railway station.
The hotel is a short walk from the train station.

## Group Leader & Support Staff

Your ski instructor will be a BASI qualified, or equivalent, Nordic Ski Instructor.

## Spending Money

For this holiday, approximatly 250 - 300 euros should cover all items which are not included in the holiday price.

## Baggage Allowance

As this holiday is centre based, there are no restrictions on the type or weight of luggage you can bring. If you are flying please do check with your international flight's luggage weight limit.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

## Passport & Visas

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## Currency

The currency for part or all of this holiday is the Euro.

### Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

### Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

### Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

### Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

# Equipment Information

### Equipment List

When packing for a trip in the mountains it is important to have appropriate equipment and clothing. This kit list features items we believe are necessary for the weather you will encounter and accommodation you will be staying in.

Equipment

We use 'classic' style cross country track skis for this trip either ‘fishscales’ or ‘skintec’. You can choose to bring your own 'classic' track skis (non-metal edged), however, do check with us first to ensure they are suitable.

Skis, boots, and poles - can be hired at the start of the trip. The cost of hire is indicated in 'Trip Information'. If you are intending to hire you must inform us as soon as possible as equipment must be booked in advance. The type of ski supplied by the hire shop is provided in the 'Ski Rental' section of the Trip Information page. If in doubt about the suitability of your own skis please contact us.

- Ski ties - to hold your skis together, useful but not essential
- Rucksack - 20 to 25 litres with waist and chest strap. You need space to carry your kit, and an item of group kit
- Rucksack waterproof cover or liner to keep contents dry
- Water container - 1 litre, drink tubes and bottles stowed on the outside of your rucksack usually freeze in winter
- Whistle

## Clothing

- Waterproof jacket - essential, this must keep you dry during a day of continuous snowfall or at least as dry as any waterproof jacket ever keeps you!
- Waterproof trousers - in case of heavy snowfall
- Trousers - lightweight, windproof and warm
- Thermal top - long sleeves
- Thin fleece - long sleeves
- Gilet - fleece/wind stopper
- Gloves x 2 (one thick and one thin)
- Over-mittens for colder days can be useful
- Warm hat
- Sun hat
- Head/ear band
- Duvet jacket (or second warm layer)
- Scarf or 'Buff' for neck
- Socks - 2 or 3 pairs

## Comfort

- Lip salve
- Sunscreen - essential
- Sunglasses - essential
- Goggles - or Nordic Ski Visor
- Snack bars/chocolate
- Tissues - we recommend biodegradable bags to dispose of rubbish
- Anti-bacterial hand wash

## Personal First Aid

- Personal medication
- Blister plasters (e.g. Compeed)
- Painkillers/anti-inflammatory
- Glucose tablets/Energy gel
- 2 x Rehydration sachets - eg Dioralyte
- Throat lozenges

- Antiseptic cream/spray

### Documentation
- Mountain Rescue/Ski Insurance documents
- Passport
- Credit card
- Cash - Euros

### Additional Items
- Slippers for use at accommodation
- Clothing for use at accommodation
- Hair dryer if required
- Travel Kettle if required
- Swimwear for when sauna is available
- Camera/ Book/Music
- Toiletries – soap/shower gel; not all accommodation supplies these
- Ear plugs - if room sharing
- Small thermos for hot drinks
- Short gaiters for snowy days
- Head torch - plus spare batteries

**Supplementary snacks if you follow a gluten free or coeliac diet**

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### Land Only Information

We sell this holiday on a Land Only basis, joining at the group accommodation in Dobbiaco / Toblach. The nearest airports are Innsbruck, Venice or Verona. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

# Why Choose KE

## Why KE

If you have already completed a cross-country skiing holiday, or joined KE’s Trolls Trail Cross-Country Ski Experience, then this holiday is the ideal place to progess your skills. (If you are a begginer, take a look at KE's Italian Cross-Country Ski Break - the perfect holiday to start learning to cross-country ski).

**Please Note** This document was downloaded on 11/11/2026 and the trip is subject to change