

ALPENROYAL



HEART OF DOLOMITES

SUGGESTION FOR SPECIAL HIKES

For our guests we have selected the best tours and formed 4 programmes of varying difficulty. While the tours proposed in the programmes A and B can be done without a guide, we suggest you avail yourself of an experienced and responsible guide for programmes C and D.

PROGRAM -A- "comfortable hiking in the wonderful landscape of the Dolomites"

(for old and young people)

Sunday	Up to the CIAMPINOI
Monday	DANTERCEPPIES
Tuesday	PLAN DE GRALBA
Wednesday	COL RAISER - SECEDA - RASCHÖTZ
Thursday	MONTE PANA
Friday	ALPE di SIUSI the largest high plateau in Europe

PROGRAM -B- "Dolomites exclusive" (for fit people)

Sunday	COL RAISER - SECEDA - RASCHÖTZ
Monday	CIR - PUEZ - LANGENTAL
Tuesday	SASSOLUNGO CIRCLE
Wednesday	CROSS THE MAJESTIC SELLAGROUP
Thursday	COL RAISER - PIZZA SCHARTE - STEVIA
Friday	VIA FERRATA TRIDENTINA

PROGRAM -C- "Dolomites - rock climbing on Italy's famous 'VIA FERRATA'"

Sunday	Warm up: SMALL CIR
Monday	PÖSSNECKER
Tuesday	TRIDENTINA
Wednesday	SASS RIGAIS
Thursday	TRINCEE
Friday	FANISSPITZE - TOMASELLI

PROGRAM -D- "Dolomites climbing on the extreme rock"

(Requirements: well trained body for extreme climbing)

Sunday	Warm up: CROSS THE SELLAGROUP
Monday	PIZ CIAVAZES
Tuesday	SALAMETURM - SASSOLUNGO
Wednesday	HEILIGKREUZKOFEL
Thursday	TOFANA DI ROZES
Friday	CLIMB UP THE SASSOLUNGO - NORTHWALL