



Glenrothes Hillwalkers Club

Affiliated to the Mountaineering Council of Scotland

EUROPEAN TRIP 2010

The Dolomites, Alpine Italy



Cristallo Massif

After the success of our 2008 club trip to Les Gets in the French Alps, we are proposing another trip to Europe this year to visit the Italian Alps or Dolomites as they are more commonly known. The Dolomites is a high mountain region in the Alps of northern Italy, with several peaks rising above the altitude of 3000 metres / 9850 feet. The region is famous for its dramatic landscapes and steep mountainsides, along which you can find the famous Via Ferratas ("Iron Routes"), which offer airy experiences of trekking in the Dolomites.

The name "Dolomites" is derived from the famous French mineralogist Déodat Gratet de Dolomieu who was the first to describe the rock, dolomite, a type of carbonate rock which is responsible for the characteristic shapes and colour of these mountains; previously they were called the "pale mountains", and it was only in the early nineteenth century that their current name became popular. This distinctive mountainous area was created by the collision between the African and European continents; it contains some of the most breathtaking mountains in alpine Europe.

The area is peppered with busy ski resorts but these become home to walkers and cyclists in the summer months. Culturally, as much as geographically, the area is reminiscent of Austria. In fact, the Austrian Tirol is named after a village that is now part of Italy. Prior to the end of World War 1 the area was part of Austria's South Tirol but with the defeat of the Austrian Hapsburg Empire the area became Italy's Alto Adige. Later Mussolini did what he could to Italianize the region, including giving each town an Italian name. However, most locals still speak German first and for the bulk of the population alliances remain with Austria.

Cortina d'Ampezzo



The plan at the moment is to base ourselves in the tourist resort of Cortina d'Ampezzo which is a busy town near the majestic Cristallo Massif, this group of mountains span a long indented ridge with four summits higher than 3,000 metres. The town is a very popular ski resort and has all of the infrastructure that goes along with winter sports. There are lots of hotels, chalets, shops and restaurants. The town also has very good public transport links with the surrounding area and as such Cortina should prove to be a good base for us. There are lots a walking trails in the area which range from leisurely walks all the way up to exposed Via Ferrata routes. Consequently there should be something to suit everyone.

The chalets in this area tend to be smaller in terms of the number of people that they will accommodate they are also pretty expensive. So unlike our trip to France, we are unlikely to be housed in chalets for our visit. However, initial enquiries have uncovered a reasonably priced hotel in the centre of Cortina which can accommodate a large group on a bed & breakfast basis. People will then be free to arrange their catering for the remainder of each day. Currently we are looking at twin rooms with en-suite facilities.



The proposal is to visit the area for 7 nights in the early part of September when the temperatures will be a bit cooler and more conducive to walking than the baking heat of the summer months. This time of year should also be a bit quieter as the bulk of the Italians will have had their annual holidays by the end of August. Lastly, the Dolomites resorts are expensive when compared to the rest of Italy so September will also prove to be a bit more affordable for accommodation and flights.

Currently, we believe that the cost of the trip can be limited to £600-650 per person; this will include accommodation, flights and car rental. This may seem a bit expensive compared to previous trips but alpine Italy is expensive and the current strength of the Euro has had an impact on the cost. If you are interested then please come forward at the club meeting or e-mail me at

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and I will try and answer any questions that you have.

However, you should remember that things are currently at the provisional stage.