

Dolomites Track Explorer

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£1095 or 1305 Euros
Advanced

The Dolomites in winter offer both the beauty and mystery of high snow-capped mountains combined with a cross-country skiers paradise. So we have designed this wonderful Dolomite ski week where you will have specific lessons to improve your track skills and technique whilst skiing from village to village enjoying the Italian lifestyle!

This week coincides with the international cross country ski marathon known as the 'Marcialonga', part of the World Loppet Ski Series*. But if you are wanting to aim for something with your skiing then why not add a race to your holiday? The 'Lavazelloppet' race is part of the International race week. It's a 22km classic track event, so a good introduction to cross country ski racing. Part of the beauty of this event is that you can decide whether or not to enter up until the day before. During our week we will explore much of the area and the race course to provide you with the skills and technique to get you to the finish line.

- Explore valleys, plateaus and villages on skis
- Improve track skills and technique - video analysis available
- Option to enter a 22km Classic Ski Race
- Ideal 'training week' for those taking part in the Marcialonga Race

[Departures](#)
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<small>View Dolomites Track Explorer in a larger map</small>

Our base for this holiday is Val di Fiemme which offers easy access to many of the Trentino regions ski areas. This holiday could suit many types of skier including those who do and those who don't want to take part in the ski events. Our main aim however is to enjoy improving our ski-style (and no doubt our fitness!) whilst exploring and soaking up skiing with nature.

Day 1 Arrival to Val di Fiemme

Our meeting point will be in the village of Ziano di Fiemme, close to one of the valley's principal towns of Predazzo. Here we are ideally situated to access many ski locations. Your guide will meet you at your hotel in the evening to go over the week ahead. The ski style used for the week will be the 'classic' style using the pressed tracks/loipe.

Day 2 Warm Up Day at Paso di

Lavaze

We spend our morning finding our ski legs by refining the different 'travelling' techniques. Paso di Lavaze is a high plateau offering reliable and varied ski terrain with superb views. Enjoy upto 80km of tracks and a wide variety of routes to suit all skiing abilities. We will work on how to be most efficient and effortless on our skis. You can rent skis from here which are excellent quality.

Our afternoon will be spent in smaller groups looking at ways to improve and develop our own personal skill level. These lessons will be in small groups, maximum of 3 per group - personal video ski analysis will be available. In the evening there will be an opportunity to look at the footage of our own skiing along with some 'professional footage' which all helps with refining and understanding our technique.

Day 3 Val di Fassa & the Marcialonga Trail

We make use of the local buses this morning to take us up the neighbouring valley, Val di Fassa. Where we can get superb views of the towering limestone cliffs. We ski up to the highest point of the Marcialonga Trail at Canazei and down to Moena and then Predazzo practising and refining our ski style. If we are feeling fit we can even ski to our village and almost to the door of our hotel.

Day 4 Ski the Lavazeloppet Route

Today we join the Lavazeloppet trails and will ski the 22k race course and you can decide if you'd like to take part the following day. During our week we will ensure that those taking part in the Lavazeloppet event are well looked after. If this is the first time you've taken part in such an event your instructor will make sure you are well prepared and have all your questions answered prior to big day. Today we will enrol for the race and collect our bibs and get organised for the following day.

Day 5 Lavazeloppet Race Day & Explorer Day

If you would like enter the challenge of the 22km Lavazeloppet then today is race day! It is a 22km 'classic' event. Alternatively if you are not racing and would like to escape the crowds then you may wish to have a day to travel further a field (details of excursions can be provided). But the races do make a great spectator sport! Once the race has gone through the tracks are then open again for the non-racers to ski on. After the race showers are available and then you can

enjoy a well earned lunch up at the plateau. Your instructor will be with you on the day to help you get to the finish line and offer race support.

In the afternoon you may wish to have a go at the laser biathlon (no racing required!) or head back to your accommodation to the spa. Alternatively you may wish to spend time exploring one of the local towns such as Cavalese or soaking up a little culture at one of the museums in Bolzano.

Days 6 San Pellegrino Pass

The 'Paso Pelegrino' offers reliable conditions and has a variety of ski trails on offer for all abilities at the Alochet Ski Centre. Choose from distance to technique at your level. So if your legs are feeling the 'race' from the previous day you can choose how much or little you do. If you would like to try something different then after lunch we also have 'patinato' as an option. Your instructor will be happy to help you to select skis from the rental shop on the pass and show you the 'art' of skating.

Day 7 Oclini Plateau

Our final day is a ski tour over the Oclini plateau out to a traditional Italian farm skiing to a slightly higher altitude. The tracks lead through magnificent woodlands and onto plateaus to view the Latemar chain of the Dolomites. There's no wonder that many national and international ski events are held in the region. Enjoy a final day exploring this fabulous area before returning our skis and heading back to our accommodation for a final evening meal together.

Day 8 Departure Day & Marcialonga Race Day

Today is departure day and the package finishes after breakfast.

The Marcialonga 70k & Marcialonga 'Light' 45k races start from 8am today. This Worldloppet Event* is Italy's longest classic ski race and attracts competitors from around the world. Entries for this are made almost straight after the previous race.

If you have time prior to your departure you may see racers coming through as our hotel is situated on the race course and it makes an excellent spectator spot. Some minor roads are closed due to the race but they will not effect your airport transfers.

Accommodation



Our accommodation for this trip will be at .

[Hotel Zanon](#). The hotel is run by the Family Gabrielli and is ideally situated at nearly early season snow and for exploring the area. The ski trails are just 300 metres from the front door and the free ski bus runs close by to access other areas.

Hotel Zanon offers excellent home style cuisine, local wines and a friendly service. The bedrooms are spacious and bright all with private bathrooms, telephone, internet connection, satellite TV, hairdryer, safe and balcony. After your days out skiing enjoy relaxing in the hotel spa which offers various treatments such as their Finnish sauna and whirlpool.

If you would like to arrange for a single room or for extra nights accommodation ? please specify this on your booking form and we will try to accommodate your preferences.

[Directions to Hotel Zanon](#)

Price

Included: The price includes 7 nights half board accommodation in a 3 star hotel (based on two people sharing), 3 packed lunches, the fees & expenses of a BASI Nordic Ski Instructor who is also in International Mountain Leader and transport to the ski locations. One afternoon will be allocated to having small ratio lessons (typically 1:2/1:3) according to an even ability split.

Not included: Ski hire is approximately 15 euros per day depending on the type of ski you choose. The ski quality is first class and you can even upgrade to race skis. The 'Supernordic' ski pass is approximately 35 euros (2011 prices) for the week and covers all areas, optional race entry, holiday insurance, flights, transfers (see travel section for the best options), drinks, 3 lunches and any ski lifts that could be used in a bad weather alternative itinerary are not included.

Minimum numbers

This trip requires a minimum of 4 clients to run. We will take a maximum of 8 clients.

Insurance

Please note that you must have the appropriate insurance for your chosen activity. You must be covered for helicopter rescue, repatriation and medical costs. With regard to this please be sure you have read the Insurance section in our

[Terms and Conditions](#)

Travel Information

The Fiemme Valley reached by the following methods:

By plane: Milan (300 km), Villafranca-Verona (160km), Marco Polo-Venice (220 km), Innsbruck Austria (200 km) Bolzano (50km). Depending on whether you would like to travel on a Sunday or Monday Easyjet, Ryan Air or British Airways will fly to these locations.

The easiest airport transfers are with a

[flyskishuttle](#)

which

runs from Milan, Venice and Verona airports costing approximately 30 euros return/ 17 euros one way (based on 2010 prices). Timetables are updated in season. Private transfers are also available.

Bolzano is the local Dolomiti airport only serviced from Rome:

[Bolzano Airport](#)

By car: exit Ora-Egna from Highway 22 (Brennero), follow SS48 Dolomiti road.

By train: The closest train stations are Ora, Bolzano or Trento. Direct connections into the valley from Trento can be made with the bus company Trentino Trasporti and from Bolzano and Ora with the company SAD. The Ora-Egna rail station is on the Verona-Munich line.

Bolzano office: +39 0471.973668 - [e-mail: direzione.altoadige@trenitalia.it](mailto:direzione.altoadige@trenitalia.it)

By bus: daily connections from Ora-Egna, Trento and Bolzano rail stations.

To connect to many Italian major cities you can contact the Fiemme travel agency: +39.0462.341463 or Fiemme Reservations:+390462.341463

If you would like further information on how to book any travel method then please contact us for more information or go to the Val di Fiemme tourism website:

[Val di Fiemme Tourist Office](#)

Race Information for the Lavazeloppet

The Lavazeloppet is a 22km Classic Race and part of the Marcialonga series the dates are detailed here:

[Race Dates](#)

Entry for this will be 25 Euros prior to the event and 30 Euros the day before. For early entries please email:

US.LAVAZE@libero.it and submit your form and payment by the end of November prior to the event. Or contact us for the entry form near to the race date.

Race Information for the Marcialonga

To find details on the route & race:

[Marcialonga Official Website](#)

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Set up in 1978, the Worldloppet Ski Federation is the international sports federation of cross-country skiing marathons. Their aim is to promote the sport of cross-country skiing through the various ski races around the world. There are currently 15 countries involved. Only one and the best race from a country can be a member of Worldloppet.

This trip is run in conjunction with the our partners The Telemark Ski Company

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No



Dolomiti Views