



Intermediate Dolomites Skiing, Week 1: 2 - 9 February 2019 (Sat – Sat)

Holiday Details



There is something so magical about the Dolomites that we feel bound to return year after year - our ski destination in these mountains is now a winter classic. Here in the spectacular mountains of Italy we enjoy beautiful runs, stunning scenery, a welcoming base and fantastic home made food at the unique Rifugio Negritella perched on an elevated plateau at 2000m, with breathtaking views of the surrounding Rosengarten range.

The owner Alessandro inherited this mountain rifugio from his grandfather and renovated it to include a spa (sauna, steam and relaxation room) and spacious en suite bedrooms. Negritella is known for its use of local produce and the cellar contains delicious local cheeses, hams and a selection of wine too. Ensuite single rooms are an option for those who book early.

Each day we will use our private minibus to explore the different ski areas of the Dolomites, a UNESCO World Heritage site. We usually start our week with a day in the area around the rifugio to get our ski legs and discover our enchanting surroundings. On one day, we ski the 42 km round trip around the magnificent Sella Ronda massif - a fantastic tour full of fun, breathtaking views, delicious cakes and stories to share in the evening around the table. Alpe Luisia is another fantastic area with cruising blue and red runs and, if you feel like it, you can drop down to the village on a challenging black. The Latemar is a lovely resort hidden in the forest where, even on a cloudy day, visibility is superb. We never miss out on the best apple strudel in the area either! The Arabba area provides some of the most spectacular views in the Dolomites. The cafes and restaurants in the Arabba & Porta Vescovo area are some of our favourites with a huge variety of high quality food at very reasonable prices (around 15e for 2 courses and a drink.) On one day, we will ski the famous descent from the Marmolada summit (3269m), a beautiful long open run down to the valley below. As the highest peak in the Dolomites it is steeped in history and has a fabulous museum about the incredible Italian effort to defend the country in WW1.

We ski on blues and reds most of the week but there are always optional black runs (including some of the most famous World Cup down hill pistes). To fully enjoy this holiday in the Dolomites at this level you should be able confidently ski blue and red runs and be willing to tour around the ski area at a good pace. There is an option to have ski lessons at the local ski school to improve your technique or boost your confidence if you haven't skied for a while (not included).

At the end of each day, we will get together with cakes and aperitivi to share our stories, photos and enjoy the unique atmosphere of our base high in the imposing mountains.

Price includes: Dinner, bed and breakfast, airport transfer at certain times, transport to ski area

Not included: flight, ski hire, ski pass, lunch.

Flight to Venice Marco Polo is not included – We believe that this gives maximum flexibility and the best chance of getting a good price as well as the option to extend your stay. Flights must fit with the transfers below otherwise you will be responsible for your own transfer. To find suitable flights try www.skyscanner.net

WalkingWomen Limited

Tel: 0114 241 2774 Email: queries@walkingwomen.com Website: www.walkingwomen.com
Bookings/Enquiries: Scotia Works, Leadmill Road, Sheffield S1 4SE
Registered Address: 112 Sandgate Drive, Kippax, Leeds LS25 7QR

We will arrange a minibus transfer to meet the flights listed below. If you wish to book a different flight please check with us first. **Your flight cannot arrive any later than 12:35 and depart any earlier than 16:30.**

BA from London Gatwick

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
02/02/2019	BA2582	London Gatwick	UK	06:50	08:50	12:00	Venice Marco Polo	Italy
09/02/2019	BA2585	Venice Marco Polo	Italy	15:00	17:05	18:10	London Gatwick	UK

Lufthansa from Manchester

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
02/02/2019	LH2505	Manchester	UK	04:50	06:50	09:50	Munich	Germany
02/02/2019	LH9456	Munich	Germany	Transfer	11:35	12:35	Venice Marco Polo	Italy
09/02/2019	LH331	Venice Marco Polo	Italy	16:45	18:45	20:10	Frankfurt	Germany
09/02/2019	LH948	Frankfurt	Germany	Transfer	21:30	22:10	Manchester	UK

Meeting up arrangements

There will be one transfer each way. You will be met by your guide at Venice Marco Polo arrivals. She will be holding up a WalkingWomen sign. More detailed meeting up instructions will be sent out about 2 weeks before the holiday.

Foreign currency

Italy's currency is the Euro. There will be ATM machines at Venice Marco Polo Airport, or it might be easier to bring Euros with you. You will need cash for lunches, all drinks from the bar including soft drinks, and at places we stop for refreshment along the way; also of course postcards, presents, & souvenirs etc.

Skiing Costs

Current ski pass prices can be found on the following website: <http://www.dolomitisuperski.com/>
Ski hire prices can be found here: <http://www.sportedy.com/listino.htm> Your guide will arrange ski hire on arrival so no need to book ahead.

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What to bring – Dolomites Skiing

The most important thing to bear in mind with skiing is the need to keep warm. It is hard to predict just how cold it will be, and you will get warm as you ski. So extra layers are the best strategy - to put on when you stop or if the day is very cold.

- Warm waterproof anorak and ski trousers.** If you are thinking of buying some ski gear, please note it can also be hired from Trek Hire UK (www.trekhireuk.com or 01732 865858).
- 2 warm fleeces at least** – one to wear and one spare for during a stop.
- Warm socks** –plus spare pairs.
- Warm waterproof gloves – and preferably a spare pair to change into should one pair get wet from the snow.**
- Warm hat** – the ones with flaps are great for also keeping the cold from your ears.
- Scarf/neck warmer etc**
- Long sleeved tops** - polar neck ski tops or long sleeved walking tops (wicking/non-cotton. A Merino wool top is a very good investment)
- Sunglasses, high factor sun cream and lip protection**
- Flight reference number, passport, & this info sheet**

And of course, casual clothes for the evening, swimming costume for the hot tub, slippers, trainers or comfortable shoes to use in and around the refuge, camera & spare battery or charger, mobile & charger, plug adaptor (normal European 2 pin). Phrase book, games to share, book.

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