

A High Alpine Hiking Retreat in the Dolomites



Highlights

- Wild beauty of Fannes-Sennes-Braies Nature Park
- Hiking & relaxation in a remote and spectacular setting
- Comfortable and hospitable alpine lodge
- High alpine flora and fauna
- Italian & South Tyrolean hospitality, culture and cuisine



HIKE ITINERARY

Meeting point: Brunico, Italy

DAY 1: Brunico, Italy

Arrival, welcome, trek information and packing

DAY 2: Pedrù (1542m) - Fanes Rifugio (2061m)

Distance: 5km

Ascent: 600m

Descent: 50m

Time: 3 Hours

DAY 3: Fanes Rifugio (2061m) - Col Bechei (2790m)

Distance: 8km

Ascent: 700m

Descent: 700m

Time: 6 Hours

DAY 4: Fanes Rifugio (2061m) - Pices Fanes (2377m) - Lago Parem (2311m)

Distance: 7km

Ascent: 480m

Descent: 480m

Time: 4 Hours

DAY 5: Fanes Rifugio (2061m) - Pedrù (1542m) - Brunico

Distance: 7km

Ascent: 50m

Descent: 600m

Time: 2 Hours



N.B. Routes and schedule are subject to change according to weather and conditions.

Activity level Requirements

This is an easy – medium difficulty tour - perfect for hikers or walkers with a good fitness. We will walk approx. 3-6 hrs a day at a relaxed pace.

Terrain

Alpine terrain, some narrow paths and sections through scree fields.

The Fannes-Sennes-Braies Nature Park, Italian Dolomites

The **Fanes–Sennes–Braies Nature Park** is one of the most enchanting corners of the Dolomites - an alpine world shaped by ancient geology, rich culture, and wild beauty. High plateaus, sculpted limestone peaks, and deep karst formations create a landscape that feels both dramatic and dreamlike.

Trails weave through fragrant pine forests, wide meadows, and pristine alpine lakes such as Limo and Grünsee, offering endless opportunities for mindful hiking, nature connection and quiet reflection. The area is home to marmots, chamois, golden eagles and a diverse range of alpine flora that changes beautifully with the seasons.



Steeped in the legends of the Ladin people, the park carries a strong cultural heritage, from traditional mountain farming to warm, mountain-hut hospitality. Here, you can savour hearty South Tyrolean and Ladin cuisine- polenta, canederli (dumplings), speck, local cheeses- after a day immersed in pure wilderness. It's the perfect setting for women seeking adventure, calm, and connection.



Your Guide - Ceri Temple

A British-German outdoor enthusiast who has spent years working and playing in Bavaria, the Alps and the Dolomites. Ceri has a passion for mountain sports, experience in winter and summer mountaineering and is a state certified Alpine hiking guide, International Mountain Leader, as well as ski instructor and outdoor educator. This Dolomites are one of Ceri's absolute favourite areas for trekking and she can't wait to share the flora, fauna and history of the area with you- as well as a slice of cake ;-)

Included:

- ✓ Expert guiding with German and English speaking International Mountain Leader throughout your stay and trek
- ✓ 4 nights half board (board, dinner & breakfast) in shared rooms- 3 in mountain lodge, 1 in hotel.
- ✓ Pre-tour information package (including local information, packing & travel guide)
- ✓ Pre-tour webinar with top tips to get the most out of the trek
- ✓ Tour photo album

Not included:

- Lunch, snacks, drinks (available for purchase in huts – CASH only)
- Personal insurance for alpine activities ([see here for advice](#))
- Pre-accommodation and transfer to starting point
- Tips

Optional extras- available for booking on request:

- Travel to/from start/end point
- Post tour accommodation



Further questions?

Please do let us know any requests or wishes before or during the tour. We cannot promise that we can fulfill everything. But we promise to try ☺

Mountain refuge accommodation – What to expect!

We meet the first night at our hotel (Hotel [Corso im Graben](#)) Here we are accommodated in twin rooms with en-suite bathrooms. The hotel also has a Turkish steam room and a Finnish sauna.

Single rooms and an extra night at the finish can be booked for an extra fee.

At 2,060 metres in the heart of the Fanes-Sennes-Braies Nature Park, [Rifugio Fanes](#) is a welcoming alpine refuge that perfectly blends South Tyrolean and Ladin charm, comfort and tradition. Established in 1928, this family-run mountain hut has long been a beloved stop for hikers, skiers, and nature lovers exploring the high plateaus of the Alpe di Fanes. The warm, wood-panelled interiors, historic photographs, and authentic Ladin details immerse you in the alpine hospitality and provide a deep connection to local culture. Known for its friendly atmosphere and exceptional cuisine, Rifugio Fanes serves hearty South Tyrolean and Ladin specialties crafted with fresh, regional ingredients. We stay in private comfortable rooms (twin or triple) with bedding and towels provided. Washrooms and showers are shared.



TREK PACKING LIST

- Waterproof hiking boots with ankle support and good profile (B/C category- [see guide](#))
- Rucksack (25-35l)
- Waterproofs – 2.5-3 layer system (Jacket with hood and trousers)
- One pair of long hiking trousers/ zip-off trousers
- 2 pairs hiking socks
- 1 Long sleeved shirt/ T-shirt (synthetic or merino wool/ quick-drying)
- 2 T-shirts (synthetic or merino wool/ quick-drying)
- Fleece, extra warm layer or soft shell jacket
- Underwear
- Gloves and hat
- Sun protection (Sunglasses, sunhat, sun cream, lip salve)
- A hard-wearing drinking bottle/ thermos/ hydration pack (1-2 litres)
- Headlamp/ torch
- First aid set and personal medication
- Hiking poles (*can be provided if needed*)
- Mobile phone/ camera & charger
- Wash kit, soap, flannel and lightweight towel
- Hut shoes/ slippers
- Ear plugs
- Snacks
- Wallet including cash (most huts do not accept cash)
- Personal insurance details (please ensure that your insurance covers you for alpine activities- if you need advice in this area- get in touch!)



Getting There

Nearest airports:

[Airport Innsbruck](#)

[Airport Munich](#)

[Airport Verona](#)

[Airport Milano Bergamo](#)

[Airport Bolzano South Tyrol](#)

Getting to Brunico

From Munich/ Innsbruck

Drive: 3,5 hrs Munich – Innsbruck – Brunico

Tolls: Vignette Austria €9.50 (Valid 10 days), Brenner toll (€11/way) both available for purchase in advance <https://shop.asfinag.at/en>

Public transportation:

Train: Munich – Brixen (3.5hrs), Bus: Brixen – Brunico (1hr) - from €30 each way

From Verona

Drive: 2.5hrs Verona – Brixen - Brunico

Tolls: Motorway tolls approx €15

Public transportation: With [Flixbus](#) – Direct Verona (2.5hrs)– Meran from €15 each way

Meeting point & pre-trek accommodation

We meet in the afternoon at our hotel in the beautiful old city of Brunico.

We have a pre-tour briefing, review our packing and any questions.

Extra luggage can be left in the hotel during our tour. We then head into the old city of Brunico for a little exploration and dinner at a local restaurant.



Dietary Information

Please let us know any dietary information upon booking so that we can pass information on to accommodation in good time.

N.B. Most mountain refuges cater for a range of dietary requirements and preferences. That said due to the location of the huts, resources are limited and therefore the range of choice can be somewhat limited.

Get in touch!

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