



6 - 12 July 2020

## **Climbing up the mountain, Being the Mountain Dolomites, Italy**

Hiking mindfully with Anita Constantini

**7 days, 6 nights**

### **Highlights:**

- To dwell among the cathedrals of the earth
- Savour the silence of the steps, together
- Combine walking with meditation practices

In the heart of the Ampezzo Dolomites we walk along a section of the Alta Via n.1. It is a spectacular path among the coral rocks, with nights at the high altitude alpine hotels. From Lake Braies we reach the lunar landscape at the foot of the Croda del Becco, the northern gate of the pale mountains, as the Dolomites are also known. Meeting the marmot people we reach the Fanes refuge where we are hosted for two nights, before the long crossing to Lagazuoi. Walking under the Tofane and along the enchanted kingdom of the water we arrive at the foot of the majestic Croda Rossa.

Day by day, we learn to know the mountains that accompany us with their presence, and to feel the stability and solidity of the mountain that is in us. In attentive listening we resonate with this powerful and life-giving energy. The mind slowly calms down, lets the worries go, the body relaxes, purifies, strengthens. Step by step, walking is a real meditation that generates joy, strength, creativity.

The day flows with practices of mindfulness that nourish body and mind: sitting meditation and "awakening of the body" prepare us for the day, walking in contact with the earth accompanied by exercises that amplify perception and focus attention, enjoying food in mindfulness, deep listening in the evening sharing circle. We are also enriched by the presence of the group and experience being distinct and at the same time "one body", in the joy and lightness of being togetherness.

*When you walk, you arrive with every step. This is walking meditation, nothing but this.*

*- Thich Nhat Hanh*

**Led by: Anita Constantini** mother, sculptress and environmental hiking guide, in love with the beauty of nature and mindful walking. She has met Thich Nhat Hanh in 1992 and in 2005 she conceived and realized the first hiking retreat with the sisters of the monastic community of Plum Village. Read more on: [www.tuscanwise.com/anita-constantini](http://www.tuscanwise.com/anita-constantini)

#### **HIKING PROGRAM:**

1° day: Meet at Lago di Braies, orientation and short introductory walk.

2° day: Lago di Braies - Rifugio Biella. 4,30 h walking, 900 m +, 60 m -, 6 km; (+ optional hike to the peak of Croda del Becco 2,30 h, 480 m +/-).

3° day: Rifugio Biella - Rifugio Fanes, 5,30 h walking, 565 m +, 830 m -, 14 km.

4° day: Rifugio Fanes - Gran Ciampiac A/R. 4,30 h walking, 400 m +, 400 m -, 8 km.

5° day: Rifugio Fanes - Rifugio Lagazuoi. 6 h walking, 1.070 m +, 375 m -, 11 km.

6° day: Rifugio Lagazuoi - Malga Ra Stua. 8 h walking, 320 m +, 1.400 m -, 19 km.

7° day: Malga Ra Stua - Forcella Lerosa A/R. 3h walking, 340 m +/-, 5,5 km. Departure by 14:30.

N.B. "+" and "-" indicate elevation differences. Lengths in kilometres are not significant on mountain routes and have been included only to give a comparative idea of the length.

**Type of trip:** traveling with backpack, on mountain trails between 1,300 m and 2,800 m altitude. Daily 4 to 8 hours (from 6 to 19 km) with slopes up to 1,100 m uphill and 1,500 m downhill.

Training excursions are required at least one month before departure.

**Technical difficulties:** narrow and steep paths at times that require a good physical preparation.

**Costs:**

Organisation and guide: €270

Other expected expenses: €440 for overnight stays, dinners and breakfasts (not to be sent but to take with you).

**Meals:** without meat, packed lunch, dinners and breakfasts in the refuge.

Typical flavors: canederli, malga mountain cheeses, apple strudel.

**Nights:** Hospitality in mountain hotels (rifugio) with accommodation in shared rooms and mainly in the dormitory according to availability.

**Meeting point:** Lake Braies at 3pm for accommodation in rooms and begin orientation at 4pm.

**Return:** Departure at 1pm by bus to Braies to retrieve the car, to Dobbiaco or to Cortina.

How to get to the meeting place: by train to Dobbiaco and then SAD bus to Braies or train to Calalzo and bus to Cortina and then Braies via Dobbiaco.

By car via Bolzano-Brunico-Dobbiaco or via Cortina-Dobbiaco depending on where you come from.

**For further information please see: <https://www.cammini.eu/viaggi/salire-la-montagna-essere-la-montagna-dolomiti-ampezzane>**