



Enjoying the Dolomites in Safety

Federalberghi Belluno-Dolomiti, and the Hoteliers Association and Alpine Guides of Cortina recommend these 10 simple guidelines to help make your holiday in the mountains both enjoyable and safe.

1. Ask at your hotel for information on the levels of difficulty, height differences and time needed to complete the itineraries you have in mind.
An expert's advice ensures all trips – on foot or bicycle – can be enjoyed in fullest safety.
Before starting out, always objectively consider your strength, stamina, technique and equipment. Don't overestimate your fitness! For more technical information, you can contact the office of Cortina's Alpine Guides (Guide Alpine).
2. Always let your hotel know about the full route you intend to take.
If possible, take a mobile phone with you with the local emergency numbers recorded.
3. When walking, wear comfortable proper trekking boots as they are the surest way to protect ankles and avoid slipping. Using walking poles will improve your stability and therefore safety.
4. Wear and take items of clothing that will keep you warm and dry. Mountain weather and temperatures can change quickly - even in the summer months - with alternating sun, rain and cold.
5. Before deciding where to go, ask at your hotel about the local weather forecast.
Avoid mountain routes in bad weather.
If caught in a storm, don't shelter under a tree and distance yourself from metal facilities such as the cables and rung-ladders of the equipped paths (vie ferrate). In high locations, do not take refuge in a cave.
In thunder and lightning, lie down curled up, taking up as little surface space on the ground as possible. Avoid gullies, which can suddenly fill up with flood water and debris.
6. In sunny conditions, always cover your head and those of your children.
The sun is good for you but only when taking the necessary precautions.
The sunlight in the mountains is particularly strong - even when the fresh breeze at high altitude makes it feel otherwise. *Always carry a rucksack with drinking water and high-calorie food.*
7. Avoid alcoholic drinks – or at least drink them in moderation – also when you are in the rest huts and restaurants. Alcohol can play nasty tricks on your sense of balance once back on the footpaths.
8. At the tourist information offices, why not subscribe to the voluntary association “Dolomiti Emergency”? It costs just 20 EU a year (10 for minors) to insure yourself against the costs of search and rescue (also by helicopter) should you be involved in an accident.
9. Never light camp fires.
10. The mountain environment is one of peace and quiet, wellness and enjoyment provided it is carefully respected. The personnel in your hotel can put you in touch with expert professional mountain guides, who can advise and/or accompany you literally everywhere – whether you are keen on adventure (trekking, equipped high trails, climbing) or on knowing Nature better (its topography/geology, animals and flowers).

Please remember that the hotel staff are your friends in Cortina. You can – and should – discuss with them everything that can make your holiday happy and risk-free. Your safety is our first concern. Our mission is to ensure your holiday is only about relaxation and enjoyment.