

Jetset Journals

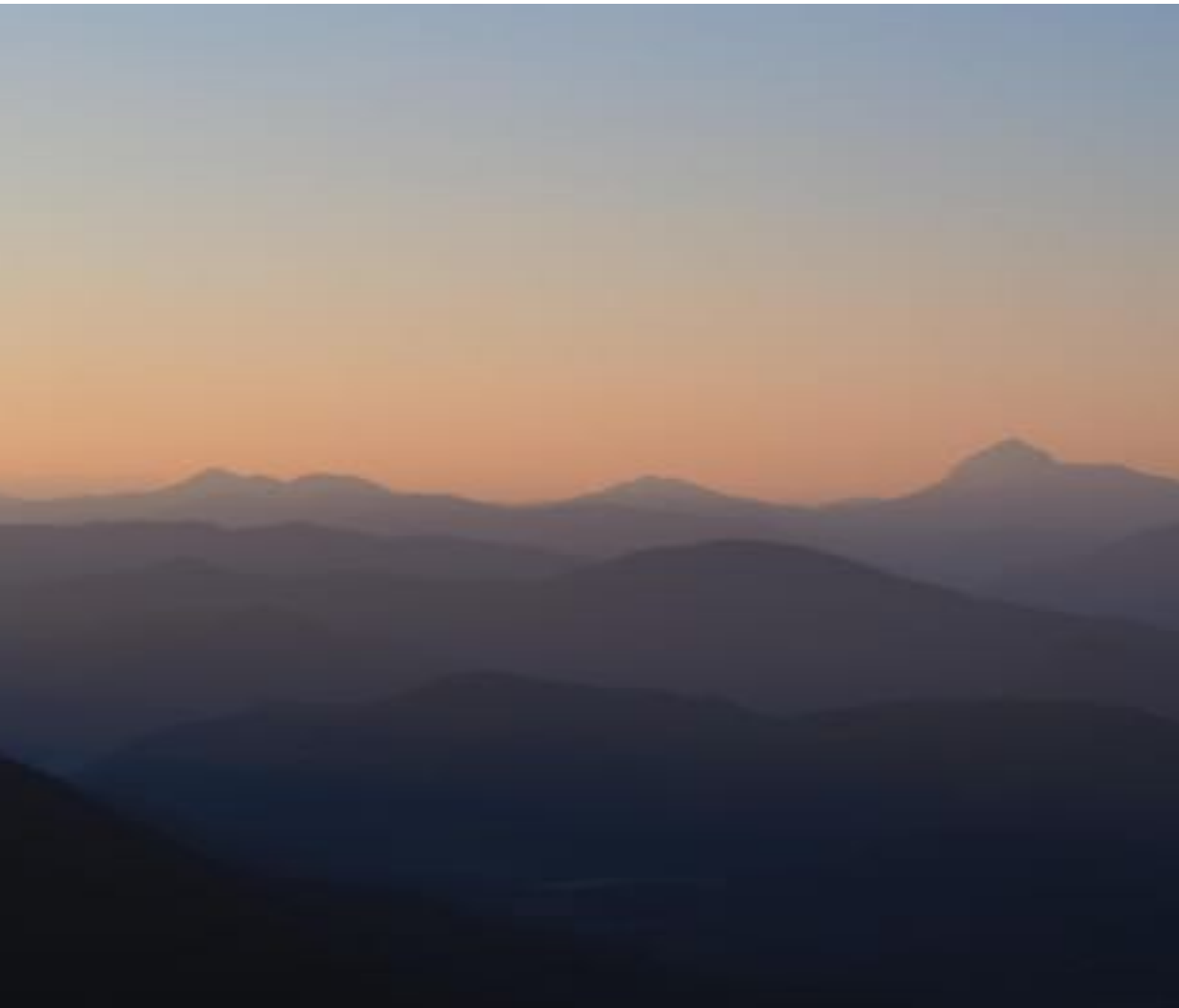
no.1

2026

DOLOMITES

7 Days

Short trip



a travel guide

SUMMARY

01.

INTRO

Everything you need to know before your trip to the Italian Dolomites!

p.3

03.

DAY-TO-DAY

A potential itinerary for a 7-day trip to this region in northern Italy.

p.7



02.

HIGHLIGHTS

My Top 10 Must-See Places in the Dolomites, Including Tips and Tricks!

p.4

04.

WHERE TO EAT

The best restaurants and cafes in the region, which you definitely shouldn't miss.

p.8



05.

WHERE TO SLEEP

My recommendations for places to stay so you can enjoy your short trip to the fullest.

p.9





INTRO

The Dolomites—the mountain region in northern Italy, known for its breathtaking mountain ranges and turquoise lakes—are an ideal destination for a short trip.

A week offers enough time to experience the region's main highlights and take a round-trip tour through South Tyrol and the Dolomites.

If you're coming from farther away, it's best to fly to Milan, Verona, or Innsbruck, though Bolzano also has a smaller airport. The best way to get around the region is by rental car, even though the bus network is very well developed.

The Dolomites extend largely into South Tyrol as well, making it easy to combine athletic activities with relaxation and enjoyment during your trip.

Visits to the region are especially popular in spring/early summer and late summer/fall. In the height of summer, it can get very hot at times.

In addition to my absolute top highlights, I'm sharing a daily itinerary here that includes as many of these highlights as possible, along with the best restaurants and cafés in each region and the best places to stay there.

HIGHLIGHTS



01.

Alpe di Siusi

The Seiser Alm (Alpe di Siusi) is the largest high-altitude alpine pasture in Europe and is located about 20 km northeast of Bolzano near Seis am Schlern.

You can reach the top either by cable car or by car, though by car only before 9 a.m. or after 5 p.m., and, as of recently, only if you've reserved a parking spot in advance. Tickets are available at www.seiseralm.it.

Here you'll find the best viewpoint:



02.

Lake Carezza

Lake Carezza is certainly one of the most spectacular places in all of South Tyrol.

Here you'll find a beautiful turquoise lake in which the Rosengarten mountain range behind it is reflected. Currently, there are no visitor restrictions, and the parking lot by the lake operates on a first-come, first-served basis.

From here, you can walk just a few meters to the lake.



03.

Cadini di Misurina

The Cadini di Misurina mountain range is also one of the absolute highlights and offers one of the most spectacular views.

The lookout point is just a short 20-minute walk from Rifugio Auronzo. You can get there from the valley either by taking a 2-hour hike, by bus, or by your own car.


Here, too, you now have to reserve a parking spot online in advance for 40€ per car.





04.


Tre Cime



Tre Cime is also a popular photo subject. The loop trail around the mountain formation also starts at Rifugio Auronzo. Here, too, you must reserve a parking spot online for 40€.

05.


Passo di Giau



The mountain passes in the Dolomites are also spectacular—especially the Passo di Giau, which rises to over 2,200 meters in the Ampezzo Dolomites. Here, you can see cyclists, hikers, and motorcyclists against a stunning backdrop.

06.

Lake Braies



Lake Braies (Pragser Wildsee) is another of the region's lakes that is definitely worth visiting, and here, too, the crowds are so large that in the summer, you're now only allowed to drive there between 9 a.m. and 4 p.m. if you have a reserved parking spot.

07.

Santa Maddalena



Santa Maddalena is a small wine-growing village located a good hour north of Bolzano in the Villnöß Valley. From here, there is a beautiful view of the village church and the Geisler Group behind it. Tourists can only reach this spot by taking a walk.



08. Lake Sorapis

Lake Sorapissee is also a unique sight.

The lake's milky-blue color comes from glacial meltwater.

There aren't any real access restrictions here yet, but you should arrive as early as possible to secure a parking spot.

From there, it's a 2-hour hike up to the lake and you have to climb a bit at some points.



09. Rifugio al Sasso Nero

Spending the night at one of the magnificent mountain huts and watching the sunset and sunrise high up in the mountains is also a highlight—for example, at the Rifugio al Sasso Nero.



10. Seceda

The Seceda mountain range also looks spectacular and seems almost unreal—as if there were a crack in the Earth's crust.

You can get there either by hiking for about 2 hours or by taking the cable car. However, tourists are now advised to reserve a time slot in advance for the cable car, as there are only a limited number of tickets available on site.





DAY TO DAY

Day 1 – Of course, your daily itinerary depends largely on where you find lodging, since the distances will vary depending on your starting point.

If you're coming from the north, it's worth looking for lodging in the Puster Valley; that way, on the first day of your trip, you can visit Lake Pragser Wildsee after arriving and then enjoy a relaxing dinner at a restaurant in the evening.

Day 2 – The next day, you can set out early and drive to Rifugio Auronzo. Once up here, you can combine the short walk to the Cadini di Misurina with the Three Peaks Loop Trail.

Day 3 – The next day, you continue on your way and hike to Lake Sorapi. From there, it's not far to Cortina d'Ampezzo, where you can spend the next night.

Day 4 – From here, the journey continues with stops at Passo di Giau and a short hike in the afternoon near Seceda toward Seis am Schlern.

Day 5 – If you wake up here in Seis in the morning, you can visit the Seiser Alm at sunrise and continue on toward Bolzano in the afternoon.

Day 6 – Here in Bolzano, there's also some time to relax, and you can take a short trip to Lake Carezza.

Day 7 – The next day is departure day, and after a quick stop in Santa Maddalena, we'll head to the airport or back home.

Alternative – Of course, you can adjust the plan to either set aside more time for relaxation or spend a night at a cabin and go for a hike.

WHERE TO EAT

Restaurants:

★ **Wirtshaus Vögele**

Typical South Tyrolean Dishes in Bolzano
Via Johann Wolfgang von Goethe, 3, Bozen

● **Cosmo**

Aperitifs and delicious food in Bruneck
Graben, 9, 39031 Brunico

● **Pizzeria Hans**

Delicious pizza in Toblach
Via Pusteria, 9, 39034 Dobbiaco BZ, Italien



● **Baita Daniel Hütte**

A nice cabin, delicious food at Seceda
Mastlestrasse, 54, 39047 Santa Cristina

● **Rauchhütte**

A beautiful cabin on the Seiser Alm
Via Salaria, 29, 39040 Castelrotto BZ, Italien



Cafés & Ice cream:

★ **Pasticceria Caffè Lintner**

Good Coffee & Pastries in Bolzano
Leonardo-Da-Vinci-Straße, 8, 39100 Bozen

● **Mondschein Dessertbar**

Good Coffee & Croissants in Bruneck
Piazza Cappuccini 9D, Brunico

● **Gelateria Portogallo**

Delicious ice cream in the city center
Museumstraße, 26, 39100 Bolzano

● **Innerhofer Eisdiele**

A Delicious Ice Cream Shop in Kaltern
Marktpl., 10, 39052 Kaltern, Bolzano

● **Eisdiele Mozart**

Really delicious ice cream in Sankt Michael
Via Josef Innerhofer, 14, 39057 San Michele

● **Eisdiele Marlu**

Delicious ice cream in Bruneck
Andreas-Hofer-Str., 15E, 39031 Bruneck

WHERE TO SLEEP

We've already taken several trips to South Tyrol and the Dolomites and have stayed at various places along the way. We highly recommend all of the following accommodations:

- **Sonus Alpis**—a beautiful hotel with a pool and a great view near Seiser Alm.
- **AEON** – an adults-only hotel in Oberbozen, with a nice pool and breakfast.
- **Hotel Kirchenwirt** – a more affordable but nice alternative in Toblach.
- **Corso am Graben** – centrally located in Bruneck with a pizzeria right next door.
- **Kaiserau Höfl** – a very modern, spacious apartment in the center of Bolzano

Thanks for reading! You can find more details on my website, Instagram, and TikTok!



jetset_journalist

<https://www.jetset-journals.com/>