

VETTE INTERIORI – Trekking & Yoga in the Dolomites

June 27–28, 2026 | Zoppè di Cadore – Rifugio Venezia – Monte Pena

THE EXPERIENCE

Vette Interiori is a two-day trekking experience that combines mindful walking with yoga and meditation in nature. It's not just about reaching a summit — it's an invitation to move with awareness, to reconnect with your rhythm through breath and steps, guided by the raw beauty of the Dolomites and by two certified professionals: a hiking guide and a yoga teacher.

We start from Zoppè di Cadore, a small village with a rich history — first known for timber production during the Venetian Republic, and later, surprisingly, for its ice cream tradition. This is where our circular route begins and ends.

In the evening, we are welcomed by Rifugio Venezia, set at the foot of one of the most iconic Dolomite peaks: Monte Pelmo. Behind us rises the powerful “Caregon del Padreterno” — the “Throne of God” — with its vertical rock walls watching over us.

After the evening yoga session, the sky becomes part of the experience, offering a stunning setting for shared moments, good food, and conversation.

PROGRAM

Day 1

 Zoppè di Cadore → Monte Pena → Rifugio Venezia
 12 km | 900 m ascent | 500 m descent

We leave the village of Zoppè and walk through the forest, where spruce trees gradually open up to reveal the Dolomite landscape. Step by step, the view expands — from Mount Antelao to the Pelmo and its majestic Caregon del Padreterno, all the way to the summit of Monte Pena.

From there, we descend to Rifugio Venezia, where a warm welcome awaits, followed by a restorative yoga session, a nourishing dinner, and — as night falls — the Milky Way.

Lights out at 10:00 PM.

Day 2

 Rifugio Venezia → Zoppè di Cadore
 6 km | 50 m ascent | 400 m descent

At nearly 2,000 meters, the fresh mountain air gently wakes us. Before breakfast, Anna will guide the morning yoga practice — a moment to ground, breathe, and listen to what this place has given.

We then descend slowly along a forest road, a quiet and regenerative return to the starting point.

HIGHLIGHTS

- Guided yoga and meditation sessions along the trek
 - Overnight stay in an alpine hut (Rifugio Venezia)
 - Starry sky and almost full moon
 - Caregon del Padreterno — the “Throne of the Dolomites”
 - 360° panoramic view from Monte Pena
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AT A GLANCE

Dates: June 27–28, 2026
Registration deadline: May 27, 2026
Duration: 2 days, 1 night

Type: Summer trekking with backpack, overnight stay in shared dormitory in a mountain hut, including yoga sessions

Total distance: 18 km
Total elevation gain: 950 m

Terrain: mountain trails and forest roads

Daily effort:
– 5–6 hours of walking on day one
– 2–3 hours on day two

Level: Intermediate

Participants: Min. 6 – Max. 15

WHO IS IT FOR

This trek is designed for people with good fitness, steady footing, and some experience in mountain walking. No previous yoga experience is required — all practices are accessible to beginners.

YOUR GUIDES

Elisa Peron – Certified hiking guide (AIGAE)
+39 320 1776652

Anna Bersani – Certified yoga teacher
+39 3315987192

PRICE

€140 per person, divided as follows:

Guided hiking (Saturday) + yoga sessions (Saturday & Sunday): €75
Half board at Rifugio Venezia + water: €65

Payment terms

- Non-refundable deposit: €40 (to confirm participation and secure the hut booking)
 - Balance for activities: €55 (by May 27, 2026)
 - Balance for half board: €45 (to be paid directly at the hut)
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INSURANCE

Personal insurance is mandatory (e.g. CAI membership, Dolomiti Emergency or equivalent).
If you don't have one, we can activate it for you — contact us for the current cost.

NOT INCLUDED

- Packed lunches
 - Any accommodation before/after the trek
 - Travel to/from the starting point
 - Anything not explicitly listed
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REQUIRED EQUIPMENT

Please contact the guide before departure to prepare your backpack properly.
Below is the minimum required equipment:

Clothing and footwear

- Hiking boots with good grip (no sneakers or sandals — footwear will be checked at departure)
 - Layered technical clothing
 - Windproof jacket
 - Waterproof jacket with hood
 - Long trousers
 - Hat, gloves, neck warmer
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For the hut

- Warm change of clothes
 - Sleeping bag liner or light sleeping bag
 - Toiletries
 - 30–40L backpack
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Accessories

- Trekking poles
 - Sunglasses, hat, sunscreen
 - Headlamp
 - Basic first aid kit + personal medication
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- At least 1.5L of water and snacks
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For yoga

- Yoga mat
 - Comfortable clothing
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IMPORTANT NOTES & SAFETY

The guide reserves the right to modify the program or itinerary at any time if weather conditions, group needs, or safety concerns require it.

TERMS & CONDITIONS

- The €40 deposit is non-refundable and confirms participation
- In case of cancellation by the participant after payment, the amount will be converted into credit for future activities
- In case of cancellation by the organization, all payments will be fully refunded
- In case of bad weather, the event will be postponed to the following weekend (July 4–5), without the hiking guide