

Dolomites Itinerary
September 2nd-17th, 2012
Coppola

Day 1- (9/2): Leave Phoenix 8:55am, Arrive in Philadelphia 4:33pm- FLT 250
Leave Philadelphia 6:35 pm- FLT 714

Day 2- (9/3): Arrive in Venice 9:15am – Water Taxi to train (3 miles)

“Dough Vay Poh Soh El Train?” (Where is the Train?) “Taxi Agua?”

Leave Venice at 11:32am. Travel to Verona via train. Arrive 12:30pm.(Le Frece 9716)

Pick up Food (**cibo**) & Water (**aqua**)

Walk from rail and stay in Verona at Hotel Firenze., Corso Porta Nuova 88

(confirm 583407873) 39-045-8030374

“Parsay jar rey” (walk)

To Do: 1)Piazza delle Erbe- Roman Forum 2)Juliet’s house 3)Roman Arena / Piazza Bar

Day 3- (9/4): Leave Verona via early train #2252 at 7:48am to Fortezza, arrive 10:14am.

Take train from Fortezza to Villabossa (**10:20**, 10:50, 11:20, 11:50).

Need to buy Ticket – “O bee zone yo dee - billette”

Be in Villabossa **by Noon**.

Hike Day 1 Pick up Taxi at train station and take quick tour

(Long Day) ***“Vo leo an dar ray ah via” (I want to go to _____)***

“Per favore Va dritto! Grazie” (Please go straight to _____. Thank you)

Get dropped off at trail

Start hike at 2pm

Lago Di Braies to Porta Sora ‘L Forn = 2 hours 45 Min

Porta Sora ‘L Forn to Rifugio Bella = 10 Min

Rifugio Bella to Rifugio Sennes (45 Min)- Hot Showers (can stay here if late)

Rifugio Sennes to Rifugio Pederu = 1 hour

Rifugio Pederu to Rifugio Fanes = 2 hours (take Jeep if possible)

Total Hiking Time = 6 hours 40 Min

Day 4- (9/5): Hiking Schedule:

Rifugio Fanes to Malga Fanes Grande = 1 hour

Hike Day 2 Malga Fanes Grande to Forcella del Lago = 2 hours

Forcella del Lago to Rifugio Lagazuoi = 2 hours

Total Hiking Time = 5 hours

1)Dough Vay Poh Soh = Where can I 2) O bee zone yo dee = I need to 3) Vo leo = I want

a) coh say =things

a) directions

b) com pra ray= to buy

b) cibo =food

c) Troh var ray = to find

c) autobus = bus

Dar May = give me

Es Petta= wait

Piano=slow

Scoo-zi = Excuse me

Vah Do= I go

Ah You Toh = help

Parla Ingles? = Speak English?

Knee -n- tay = No problem

Day 5- (9/6): Hiking Schedule:

Hike Day 3 Rifugio Lagazuoi to Forcella Col Dei Bos = 1 hour 15 min
Forcella Col Dei Bos to Castelletto Virnant (side trip) = 1 hour
Castelletto Virnant to Rifugio Dibona = 1 hour

Total Hiking Time = 3 hour 15 min

Rifugio Dibona to Chair Lifts-Rifugio Ponedes--then to Cortina d'Ampezzo. Stay at hotel Ancora Cortina.

Day 6- (9/7): Layover in Cortina d'Ampezzo.

Stay at hotel Ancora Cortina: 32043 Cortina d'Ampezzo

Hike Day 4

+39 0436 3261

(Layover Day)

Reception: Melany

Owners: Flavia e Renato Satur

Day 7- (9/8): Hiking Schedule:

Hike Day 5 Rifugio Dibona to Rifugio Cinque Torri = 1 hour
Rifugio Cinque Torri to Rifugio Nuvolau = 1 hour
Rifugio Nuvolau to Rifugio Passo Giau = 1 hour 15 min

Total Hiking Time = 3 hours 15 min (short)

Day 8- (9/9): Hiking Schedule:

Hike Day 6 Rifugio Passo Giau to Forcello Giau = 1 hour
Forcella Giau to Forcella Ambrizzola = 1 hour
Forcella Ambrizzola to Forcella Roan = 1 hour
Forcella Roan to Rifugio Citta Di Fiume = 30 min
Rifugio Citta Di Fiume to Forcella Val D'Arcia = 2 hours
Forcella Val D'Arcia to Rifugio Venezia = 1 hour

Total Hiking Time = 6 hours 30 min (long)

Day 9- (9/10): Hiking Schedule:

Rifugio Venezia to Palafavera = 1 hour 45 min
Take Chair Lift
Casera Di Pioda = 1 hour
Casera Di Pioda to Rifugio Sonino al Coldai = 1 hour 15 min
Rifugio Sonino al Coldai to Forcella Di Col Rean = 1 hour 30 min
Hike Day 7 Forcella Di Col Rean to Rifugio Vazzoler = 1 hour 30 min

Total Hiking Time (if stop here) = 7 hours

Rifugio Vazzoler to Forcello Col Dell'Orso = 1 hour 30 min

Forcella Col Dell'Orso to Rifugio B. Carestiato = 1 hour 40 min

Rifugio B. Carestiato to Passo Duran = 40 min

Total Hiking Time (if opt to go longer) = 10 hours 50 min

Day 10- (9/11): Hiking Schedule:

Hike Day 8 Rifugio Vazzoler to Forcello Col Dell'Orso = 1 hour 30 min
Forcella Col Dell'Orso to Rifugio B. Carestiato = 1 hour 40 min
Rifugio B. Carestiato to Passo Duran = 40 min
Passo Duran to Ponte Di Caleda Vecchia = 20 min
Ponte Di Caleda Vecchia to Forcello Moschesin = 2 hours 15 min
Forecella Moschesin to Rifugio Sommariva al Pramperet = 45 min

Total Hiking Time (if we go shorter on previous day) = 7 hours 10 min

Total Hiking Time (if we go longer on previous day) = 3 hours 20 min

Day 11- (9/12): Hiking Schedule:

Rifugio Sommariva al Pramperet to Forcella De Zita Sud = 2 hours
Forcella De Zita Sud to Rifugio Pian de Fontana = 1 hour- ***Get Food if possible here (No Food Tonight)***

Hike Day 9

Rifugio Pian de Fontana to Forcella La Varetta = 1 hour
Forcella La Varetta to 1590M Path Junction (Via Ferrata) = 40 min
1590M Path Junction to Casera Nerville = 30 min
Casera Nerville to Forcella del Marmol = 2 hours
Forcella del Marmol to Bivacco del Marmol **(No Food)** = 20 min

Total Hiking Time = 7 hours 30 min

Day 12- (9/13): Hiking Schedule:

Bivacco del Marmol to Rifugio 7° Alpini = 3 hours
Rifugio 7° Alpini to Case Bortot = 2 hours

Hike Day 10

Case Bortot to Bolzano Bellunese = 45 min
Catch Bus to Belluno – Stay in Belluno if on schedule—if not, have two

cushion days

Total Hiking Time = 5 hours 45 min

Estimated Total Hiking Time over all 10 Days: 48 hours 15 Min (per book)

Day 13 – (9/14) Travel: Take Train to Venice.

Train times: Depart _____ Arrive _____
Depart _____ Arrive _____

LAST TRAIN Depart 7:41pm Arrive 9:43pm Train #11140

Stay at Hotel Gabrielli- Riva Degli Schiaroni 4110 Venice, Italy 30122

Confirmation–61231100 (If shuttle – the stop is Arsenale. From St Lucia Rail to Hotel -45mins)

Phone # 39-041-523158

Day14- (9/15): Venice

Day 15- (9/16): Venice

Day 16- (9/17): (60 minutes to Airport) Leave Venice at 11:35am, Arrive in Philadelphia 3:20pm- FLT 715. Leave Philadelphia 6:00pm, Arrive Phoenix 8:07pm- FLT 251

PRONOUNS and VERB CONJUGATIONS (CONIUGATE):**PRONOUNS:****ENGLISH**

I
YOU
HE/SHE/IT
YOU (*formal*)

ITALIAN

IO
TU
E'
LEI

CONJUGATION ENDINGS:**ENDING: ARE**

O
I
A
A

ENDING: IRE

O
I
E

ENDING: ERE

O
I
E

FYI: (ALWAYS USED WITH THOSE YOU DO NOT KNOW!! i.e. STRANGERS, ELDERLY, WAITERS, ANYONE UNKNOWN PERSONALLY!!)

WE

NOI

IAMO

IAMO

IAMO

YOU (*plural*)

VOI

ATE

ITE

ETE

THEY

LORO

ANO

ONO

ONO

PRESENT TENSE CONJUGATION:**PARLARE: to talk**

REGULAR

CONJUGATION**PRONOUN**

IO
TU
E' (LEI)
NOI
VOI
LORO

PARLO
PARLI
PARLA
PARLIAMO
PARLATE
PARLANO

SENTIRE: to feel/hear

REGULAR

CONJUGATION

SENTO
SENTI
SENTE
SENTIAMO
SENTITE
SENTONO

RIDERE: to laugh

REGULAR

CONJUGATION

RIDO
RIDI
RIDE
RIDIAMO
RIDETE
RIDONO

ESSERE: to be

IRREGULAR

CONJUGATION**PRONOUNS**

IO
TU
E' (LEI)
NOI
VOI
LORO

SONO
SEI
SA
SIAMO
SIETE
SONO

POTER: to be able

IRREGULAR

CONJUGATION

POSSO
PUOI
PUO'
POSSIAMO
POTETE
POSSONO

ANDARE: to go

IRREGULAR

CONJUGATION

VADO
VAI
VA
ANDIAMO (*let's go*)
ANDATE (*all of you go*)
VANO

STARE: to stay

REGULAR

CONJUGATION**PRONOUNS**

IO
TU
E' (LEI)
NOI
VOI
LORO

STO
STAI
STA
STIAMO
STATE
STANO

DARE: to be able DOVERE: to have to

REGULAR

CONJUGATION

DO
DAI
DA'
DIAMO
DATE
DANNO

REGULAR

CONJUGATION

DEVO
DEVI
DEVE
DOBBIAMO
DOVETE
DEVONO

TROVARE: to find

REGULAR

CONJUGATION**PRONOUN**

IO
TU
E' (LEI)
NOI
VOI
LORO

TROVO
TROVI
TROVA
TROVIAMO
TROVATE
TROVANO

CERCARE: to look for

REGULAR

CONJUGATION

CERCO
CERCHI
CERCHA
CERCHIAMO
CERCATE
CERCANO

CAMINARE: to walk

REGULAR

CONJUGATION

CAMINO
CAMINI
CAMINA
CAMINIAMO
CAMINATE
CAMINANO

ITALIAN

DAILY SALUTATIONS:

<u>ITALIAN</u>	<u>ENGLISH</u>	<u>INFORMATION</u>
PREGO	HELLO	Formal - said to a superior or professional, <i>i.e.</i> police, banker, pharmacist, elderly person.
CIAO	HELLO	Polite - said to anyone you do not know personally, <i>i.e.</i> waiter, resident, when introduced.
SALVE	HELLO	Casual (<i>how are you doing</i>) - said to friends, family, those you see daily, <i>i.e.</i> butcher, corner store.
BUON GIORNO	GOOD MORNING	Said between the hours of 04:00 - 11:00 on greeting and departure.
BUON POMERIGGIO	GOOD AFTERNOON	Said between the hours of 11:00 - 16:00 on greeting and departure.
BUONA SERA	GOOD EVENING	Said between the hours of 16:00 - 22:00 on greeting and departure.
BUONA NOTTE	GOOD NIGHT	Said between the hours of 22:00 - 04:00 on greeting and leaving.
MA DAI PIANO PIANO ALLORA	GIVE ME A BREAK TAKE IT EASY ANYWAY	Common - polite way of being in disagreement. Common - slow down or be softer. Common - used much between sentences.
VAI VIA	LEAVE ME ALONE	Common - confident way to tell someone to get lost.
BUON PRANZO	HAVE A GOOD LUNCH	Said between the hours of 11:00 - 14:00 on departure.
BUON CENA	HAVE A GOOD SUPPER	Said between the hours of 16:00 - 20:00 on departure.
SOGNI ORO	HAVE PLEASANT DREAMS	Said to those know personally before going to bed.
CHI VEDIAMO DOPO CHI VEDIAMO PRESTO A DOPO	WE WILL SEE EACH OTHER LATER WE WILL SEE EACH OTHER SOON TILL LATER	Common - said upon leaving Common - said upon leaving Common - said upon leaving

FYI NOTES:

TO SHOW CONFIDENCE - ALWAYS SPEAK IN THE "TU."

TO SHOW RESPECT AND PROPER UPBRING - ALWAYS SPEAK IN THE "LEI."

BE CONVERSENT AND RELAXED - THE CULTURE IS NOT DIRECT AND TO THE POINT.

BE PATIENT - SERVICES PEOPLE ARE NOT AS SERVICE IS IN OTHER COUNTRIES (restaurants - government).