

Hiking Bergamo to Innsbruck

ACROSS ITALY, SWITZERLAND, AUSTRIA & LIECHTENSTEIN



TRIP DATES

2024

June 25-July 6, 2024
July 16-27, 2024
July 30-August 10, 2024
August 20-31, 2024
September 3-14, 2024

2025

June 24-July 5, 2025
July 15-26, 2025
July 29-August 9, 2025
August 19-30, 2025
September 2-13, 2025



Wilderness Travel

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Join our four-nation odyssey of superb day hikes in the Alps—and in true WT style, we'll cross all international borders on foot! We hike through the vineyards of northern Italy's Valtellina region, famed for viticulture since Roman times, and into Switzerland's sunny Engadine Valley, with its ice-blue skies. Crossing into tiny Liechtenstein, a land of mountain panoramas and turreted castles, we make our way into the Alps of Austria as we hike the ridgetop Eschnerberg Trail, enjoying views into the Rhine Valley. As we move from country to country, we'll enjoy Romanesque architecture, ancient spa towns, and culinary delights, with a special wine tasting at the renowned cellars of the Prince of Liechtenstein.



Wilderness Travel

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Itinerary

DAY 1

BERGAMO, ITALY

Arrive in Bergamo, in the foothills of the Alps, and meet with the group and Trip Leader in the early afternoon. After a brief orientation, we set off for a walking tour of this gorgeous town, once the ancient site of Bergomum and later an important Roman hub. We'll explore the "città alta" (upper city), the medieval town of artisans and historic monuments encircled by 17th century defensive walls. The shops and restaurants here sport vintage signage, lending a delightful Old World flavor. We'll also see the Piazza Vecchia, said by the architect Le Corbusier to be one of the most classic squares in the world, as well as the Duomo and Il Campanile, which we can climb up into for a breathtaking view. In the evening we gather for a Welcome Dinner. Overnight at the Gombit Hotel, set on a tiny street in central Bergamo, just a short walk from the cathedral...D

Hiking Details: 4 miles, 3 hours, 100 feet ascent, 400 feet descent

DAY 2

CAPO DI PONTE / BORMIO

From Bergamo, we head to the Valcamonica and the town of Capo di Ponte, where we explore a collection of prehistoric stone carvings dating back some 8,000 years. Set in a forested valley, this astonishing rock art—a World Heritage Site—depicts more than 140,000 symbols and figures connected with agriculture, hunting, navigation, war, and magic. It's one of the most extraordinary archaeological sites in all Italy and gives us an insight into the lives of ancient peoples. After a short walk to the beautiful 11th century pieve, or monastery, of San Siro, a perfect example of Romanesque architecture, we head to our jewel of a hotel, the Hotel Bagni Vecchi, perched in a stunning mountainside location overlooking the green Valtellina valley. With its ancient Roman baths, natural thermal spring, and panoramic open-air pool, the hotel's spectacularly set outdoor spa is the perfect place for you to experience this age-old tradition of rejuvenation...BLD

Hiking Details: 3 miles, 1.5 hours, 400 feet ascent/descent

Driving Time: 3.5 hours

DAY 3

BORMIO

Starting right from our hotel, we follow a trail that leads down to the beautiful town of Bormio, renowned for its natural hot springs that fuel the spa baths of our hotel. In ancient times, the Roman aristocracy traveled here to enjoy the therapeutic benefit of its thermal waters, and it was also a stop on the trade route from Venice to Switzerland. Our explorations include the medieval town center, the historic Piazza Cavour, dating back to the Iron Age (550-1200 BC), and the civic museum.

The Valtellina is a land of traditional flavors—typical dishes include pizzoccheri (a rustic noodle made of buckwheat flour), sciatt (a beignet filled with cheese), polenta taragna, alpine cheeses like casera, bitto, and scimudin,



TRIP DETAILS AT-A-GLANCE

Length:	12 days
Arrive:	Bergamo, Italy
Depart:	Innsbruck, Austria
Lodging:	11 nights hotels
Meals:	All meals included except 3 dinners (B=Breakfast, L=Lunch, D=Dinner)
Activity:	Cultural Adventures, Hiking / Trekking
Trip Level:	1 2 3 4 5 6 9 hiking days on moderate to steep trails, 2-5 hours a day, altitudes up to 8,800 feet, van support

HIGHLIGHTS

- Unique hiking journey through Italy, Switzerland, Liechtenstein, and Austria, crossing borders on foot
- Wine tasting, delicious meals at agriturismos and family farms
- Terraced vineyards, tiny alpine villages, the snowy peaks of the Alps
- Medieval Bergamo, Innsbruck's architectural gems, the spa town of Bormio, renowned for its hot springs
- Superb accommodations, from an atmospheric spa hotel to a mountain-top aerie we reach by funicular

Itinerary (cont'd)

and bisciola (a cake made with raisins, figs, and nuts). We can try to sample some of these local delights at lunch, and, of course, we'll enjoy the wonderful wines of the Valtellina made from Nebbiolo grape, perhaps the noblest Italian red grape. Braulio, the renowned liqueur of Bormio, is also a local specialty.

After our lunch, we return to the hotel with the afternoon free to explore on your own (you might want to try out the thermal baths). Later, we head to the Bagni Nuovi (sister hotel to the Bagni Vecchi), in operation since 1836 and a fine example of Belle Epoque design. We'll enjoy dinner here in the grand ballroom. Overnight at Hotel Bagni Vecchi...BLD

Hiking Details: 5 miles, 3 hours, 700 feet ascent, 1,200 feet descent

DAY 4

BORMIO / VALDIDENTRO / LIVIGNO

Heading north to our trailhead, we stop at the Torri di Fraele, two ancient watchtowers built in 1481 by the Duke of Milan for the defense of Bormio. Our hike in the Valle di Fraele leads to sparkling lakes and up to a wonderful alm, a mountain chalet set in an alpine meadow where cattle graze each summer. These seasonal pastures are owned by local families. For our lunch, we sample cured meats and cheeses, along with specialty polenta and pasta dishes at a local farm stay—even seeing for ourselves the cheese-making process. After lunch, we'll walk across the grassy meadows and arrive at the entrance of the beautiful alpine village of Livigno, set in an enchanting valley surrounded by



mountains and offering a wonderful “end of the road” ambiance. Dinner and overnight at hotel...BLD

Hiking Details: 6 miles, 3 hours, 1,200 feet ascent, 800 feet descent

Driving Time: 1.5 hours

DAY 5

LIVIGNO

A cable car brings us to a mountain ridge for a hike offering breathtaking views of the Alps. In summer, a profusion of alpine flora paints the hillsides in stunning colors. Our spectacular hike begins with a long descent to a welcoming agriturismo where the farm-to-table local specialties include homemade pastas, sciatt (cheese-filled beignets) and cured meats. For an extra indulgence, try a homemade tart with seasonal fruit! We return to our hotel in Livigno for overnight. Dinner is on your own this evening to sample the culinary delights of Livigno's many restaurants. Your Trip Leader will be happy to make recommendations...BL

Hiking Details: 7 miles, 4 hours, 1,350 feet ascent, 3,000 feet descent

DAY 6

LIVIGNO / ENGADINE VALLEY, SWITZERLAND / DAVOS

Today we'll journey across the Italian border into Switzerland. Skirting Lake Lavigno, created by a tributary of the Danube, our van brings us right in front of the road tunnel to the Switzerland. We'll hike into a canyon, with a quick descent to bring us down to the river, and we follow a narrow trail close to its banks before ascending to a pass. We drive into the picturesque Engadine village of Zernez, set at the foot of Switzerland's Parc Naziunal Svizzera (Swiss National Park). The park is the oldest in the Alps, having celebrated its 100th anniversary in 2014. We'll visit its intriguing museum to learn about the natural history of the area and the park's pioneering role in conservation. After lunch in Zernez, we head toward Lavin and catch a train to Klosters, then travel to our hotel in Davos, which we reach by funicular. Dinner and overnight at the wonderful Hotel Schatzalp, set on a mountainside above Davos. Built more than a hundred years ago as a sanatorium, the Hotel Schatzalp was the inspiration for Thomas Mann's *The Magic Mountain* (his wife was a patient here). The hotel also has a botanical garden with more than 1,300 species of plants...BLD

Hiking Details: 4 miles, 2 hours, 400 feet ascent, 1,000 feet descent

Driving Time: 1 hour; Train Time: 30 minutes

DAY 7

DAVOS / WEISSFLUH HIKE

Our hike starts right from our hotel, and brings us to a funicular and then a cable car that takes us to the summit of the Weissfluh (9,330'). We enjoy our lunch on a sunny terrace of the restaurant on the saddle below the summit with views across a marvelous panorama of Swiss alpine scenery. After lunch, a steep descent leads us down the trail back to our hotel, with the option to take the cable car back down for those who don't want to make the steep descent. Overnight at the Hotel Schatzalp...BLD

Overnight at the Hotel Schatzalp...BLD

Hiking Details: 8 miles, 5 hours, 1,700 feet ascent, 2,800 feet descent



Itinerary (cont'd)

DAY 8

DAVOS / MAIENFELD / VADUZ, LIECHTENSTEIN

An hour's drive brings us from Davos close to the border with Liechtenstein. We hike from Malans to Maienfeld through vineyards and villages, which are the settings for Johanna Spyri's classic book, *Heidi*. After lunch at Schloss Maienfeld, we cross the border on foot, arriving in Balzers. After crossing the border, we stop at the neo-Romanesque Church of Saint Nicholas, set on the edge of vineyards. Most of the vineyards have a southwest exposure, making them ideal for growing Pinot Noir and Chardonnay grapes. A short ride brings us to Vaduz, the capital of Liechtenstein, with its own atmospheric castle perched high on a hill above town. A walking tour of the town reveals its many medieval, gothic, and baroque structures. Dinner is on your own this evening. Overnight at the Residence Hotel in Vaduz, close to the car-free center of town...BL

Hiking Details: 6 miles, 3.5 hours, 500 feet ascent/descent

Driving Time: 1.5 hours

DAY 9

VADUZ / MALBUN

Today's hike transports us to the heart of Liechtenstein, with extensive views of the Rhine Valley. We head to the quiet haven of Malbun (5,250'), a mountain resort area, then hike down toward the picturesque hamlet of Steg (4,270') following the Valunerbach mountain stream. We continue toward Gängesee lake, then start climbing and join the Via Alpina. Passing the cheesery at Sücha, we head to Kulm, then down to the village of Masescha (4,051') for lunch. We return to Vaduz for dinner and overnight. Dinner this evening is at Restaurant Torkel in the Hofkellerei (wine cellar) of the Prince of Liechtenstein, who makes his home in Vaduz. Overnight at hotel...BLD

Hiking Details: 4.5 miles, 3 hours, 980 feet descent, 800 feet ascent, 1,000 feet descent

Driving Time: 1 hour

DAY 10

VADUZ / FELDKIRCH, AUSTRIA / INNSBRUCK

Today we hike into Austria, following the Eschnerberg Trail, a footpath through peaceful forests that passes several sites of historical and archaeological interest, including the remains of prehistoric settlements. Along the way we stop in Schellenberg, where we enjoy great views of the Rhine Valley—and even see the oldest house in Liechtenstein, dating from the 1500s. Our hike ends in Feldkirch, Austria, a medieval town with many well-preserved buildings, including an interesting Marktgasse, or market alley. After lunch we drive to Innsbruck and our hotel, the Penz, a stylish hotel in the city center offering grand views from its top floor. Dinner is on your own this evening...BL

Hiking Details: 8 miles, 3.5 hours

Driving Time: 2.5 hours



DAY 11

INNSBRUCK

Innsbruck was the imperial capital of the Habsburg Empire in the 1490s. Nowadays it is a lively haven for summer hikers and winter sports enthusiasts and was host to the 1964 and 1976 Winter Olympic Games. The historic Maria Theresiastrasse, the main street of the old town, has beautiful porticoed medieval buildings and Baroque structures, including the Goldenes Dachl (House of the Golden Roof), with its 2,600 gilded copper tiles. Joined by a local expert, we explore the old town of Innsbruck, then catch the Nordkettenbahn funicular all the way up to 7,400 feet where we stretch our legs on a short hike and take in a beautiful panorama of the surrounding mountains. We return to town where the rest of the afternoon is on your own to explore before we gather for a festive Farewell Dinner at a local restaurant. Overnight at Penz Hotel...

BLD

Hiking Details: 3 miles, 3 hours, 150 feet ascent/descent

DAY 12

DEPART

After breakfast, your Trip Leaders can assist you with information on transferring to the Innsbruck railway station or Innsbruck airport...B



Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2024

\$7295 (12-15 members)

\$7695 (9-11 members)

\$7995 (4-8 members)

Single supplement: \$835

2025 Trip Costs: Please call for details

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

CURRENCY EXCHANGE RATE

Due to the volatility of currency markets, we can only offer the most competitive pricing on our trips in Europe by partially tying the trip cost directly to the value of the Euro and Swiss Franc. In the late spring of 2023, when we set the rates for our 2024 program, the US Dollar equaled .94 Euros and .93 Swiss Francs. While in most years, no price changes are ever necessary, if there were to be a significant change in exchange rates, we may be forced to raise or able to lower our trip cost; if so, your final invoice, sent two weeks before your final payment is due, will reflect the difference. Please note that the calculation will not be a straight proration. While most of the trip cost is paid in Euros and Swiss Francs, the remainder of our expenses are paid in US Dollars. The overall effect is to moderate any change; thus, if the Euro and Swiss Franc were to rise in value, the trip cost would rise less than might be expected, and if the Euro and Swiss Franc were to fall, the drop in land price would also be less than might be expected.

TRIP COST INCLUDES

- Expert leadership of at least two Wilderness Travel Trip Leaders
- Accommodations in hotels
- All meals included except 3 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- A glass of wine or beer with dinner
- Van support and luggage transfer
- Cable cars and chairlifts to trailheads for scheduled hikes
- Land transportation during the trip, transfers between overnight stops

TRIP COST DOES NOT INCLUDE

International airfare, any meals not specified after each itinerary day, airport departure taxes, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessitated by airline schedule changes or other factors; pre-trip expenses of medical immunizations (if any), travel insurance, or passports and visas; and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: www.wildernesstravel.com/insurance

Arrival & Departure

Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

If you have booked extra services before or after the trip, an Extra Services Confirmation will be sent with your Final Documents.

ARRIVAL & MEETING PLACE

Bergamo, Italy

Suggested Airport: Orio al Serio International Airport (BGY) or Milan Malpensa Airport (MXP)

Suggested Date & Time: Day 1, by 11:00 am

Meeting Place: You will meet your Trip Leader in the lobby of the Gombit Hotel in Bergamo at 2:00 pm on Day 1.

Trip members are responsible for transferring from the airport to the Gombit Hotel on their own. There are several options to choose from:

If arriving into Bergamo Orio al Serio, a taxi from the airport directly to your hotel will take 20-25 minutes and costs around €55.

If you are coming from Milan Malpensa, a taxi starts at €250 per car from the airport directly to the hotel. If you would like to book a car in advance, please go online to www.shuttledirect.com/transfers/Bergamo. There is also a bus shuttle service available for about €30 from Milan Malpensa to central Bergamo.

If you're staying in Milan before going to Bergamo, you can take the train from the Milano Centrale station or from the Milano Porta Garibaldi station to Bergamo for about €6-9. The trains run every hour and can be booked through www.raileurope.com.

Once in Bergamo, it's about a 20-minute taxi ride to the hotel and costs around €40.

DEPARTURE

Innsbruck, Austria

Suggested Airport: Innsbruck Airport (INN) or Munich (MUC)

Suggested Date & Time: Day 12, anytime if departing via Innsbruck; or no earlier than 10:00 am if departing via Munich

Transfer on your own from the Penz Hotel to the train station or airport in Innsbruck or Munich. Trains to Munich take approximately 2 hours to downtown or 3 hours to the Munich Airport. Your Trip Leaders can assist you with return transportation to Munich. In general, reservations are not needed and tickets can be purchased on the day of departure. Please go online at www.oebb.at, www.bahn.de, or www.raileurope.com for the current fares and train schedules.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Europe.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

Accommodations



GOMBIT HOTEL

Bergamo, Italy, Day 1 (1 night)

This ultra-modern 13-room hotel is set within a restored medieval tower in a fantastic location right in the heart of the “Citta Alta,” just steps from the central square. Guest rooms are clean and spacious with chic decor, comfy beds, and well appointed bathrooms. The staff is kind and efficient, and the buffet breakfast features homemade jams to go with the wonderful croissants and breads. A caveat: the cathedral is just a block away and the bells start ringing at 7:30 am! (You weren’t planning on sleeping in, anyway, were you?)



HOTEL BAGNI VECCHI

Bormio, Italy, Days 2 to 3 (2 nights)

Perfectly situated in a breathtaking mountain setting, this lovely 36-room hotel is full of character and an amazing place to stay and relax, boasting one of the finest natural hot springs/spas in the world. The resort is the oldest thermal complex in the area; the soothing waters were known to the Romans. With about 30 spa venues and services, including Jacuzzis, waterfall pools, saunas, steam rooms, thermal pools (the view from the outdoor pool is stunning)—you’d be remiss not to treat yourself while here (the waterfall massage on achy shoulders is a favorite). Guest rooms are individually decorated—no two are alike, and the restaurant serves up tasty meals.



HOTELS IN LIVIGNO

Livigno, Italy, Days 4 to 5 (2 nights)

In Livigno, we stay at one of the following properties:

HOTEL SPOL In the heart of the charming village of Livigno, the alpine-style Hotel Spol offers comfortable guest rooms and a great location. There is a lovely garden facing the Alps, a wellness center, and a traditional restaurant.

HOTEL CROSAL This family-run hotel perched high in the Alps of the Valtellina is kept crisply clean and cozy, and is conveniently located right in town. There’s a small wellness area, a sundeck, and a wine cellar, and you can enjoy homemade cakes and fresh yogurt from the breakfast buffet.

BOUTIQUE HOTEL SONNE The staff of this elegant family-run hotel extends a warm welcome to guests, and you’ll feel right at home at this charmin_g lodging. The hotel is in the center of Livigno, close to shops, and you can treat yourself to some time in the hotel’s spa. Guest rooms feature a flat-screen TV, air conditioning, Wi-Fi, and a minibar._



SCHATZALP SNOW & MOUNTAIN RESORT

Davos, Switzerland, Days 6 to 7 (2 nights)

This mountain “aerie” sits on a sunny shelf high above the resort town of Davos, and is reached by a short funicular ride up the mountainside. Its picture-postcard alpine views and pure mountain air are complemented by the staff’s warm and friendly Swiss hospitality. Guest rooms evoke the charm and feel of turn-of-the-century Davos, with the added pleasure of modern comforts (but no TV). Be sure to sit on the terrace with a drink and catch the wonderful afternoon light.



RESIDENCE HOTEL

Vaduz, Liechtenstein, Days 8 to 9 (2 nights)

Set right beneath the castle in the heart of Vaduz, this charming 29-room hotel offers all the amenities, including Wi-Fi. Guestrooms are spacious, some with views of the mountains, and there are gym facilities if you still need a workout after your daily hike! The staff couldn't be more kind and friendly.



PENZ HOTEL

Innsbruck, Austria, Days 10 to 11 (2 nights)

A nice change from the Tyrolean theme in many Bavarian hotels is the sleek, contemporary decor of the Penz, located on a quiet “platz” (square) a five-minute walk from the old town. The 5th floor rooftop restaurant terrace is a highlight, with fantastic 360-degree panoramas of the town and the Austrian Alps. In the morning, an amazing breakfast buffet (famous all around Innsbruck) is served on this terrace.

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Hiking Bergamo to Innsbruck* webpage and click on “Accommodations.”

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific trips they will be leading, please visit our webpage and click on “Trip Leaders”: www.wildernesstravel.com/trip/italy-austria-switzerland-bergamo-innsbruck-hiking-tour/



LEILA THOMPSON

With a solid repertoire of outdoor skills including rock climbing, river guiding, and mountaineering, Leila Thompson surely lives the life of an adventurer. Since the early 1990s, she has led trips for us in Nepal, India, Tibet, Republic of Georgia, Canada, and Europe, and shows no sign of stopping. “One of the most wonderful things about guiding for me is starting a trip with a group of strangers and finishing with a group of friends,” she says. When she is not guiding, Leila works as a nurse at the local hospital in Bend, Oregon, where she lives with her husband (and fellow WT guide!) Sean Morrissey.



GIANLUCA CANALICCHIO

Gianluca Canalicchio was born and raised in Rome, where his parents moved in 1960 from Umbria, when they left their life of hard work on their farm in search of new opportunities. He has a degree in accounting, and loves dancing, singing opera, and cooking. Gianluca is a devoted follower of the Italian food channel, Gambero Rosso, and friend to many noted chefs. “My cooking teacher is my mother, whose love for cooking always amazed me. I opened a pizza restaurant in Rome and a restaurant in San Francisco, but the problem is I prefer to be a client, not a chef!” Gianluca also loves sports and has competed in triathlon races for many years. Another passion of his is history, which he says “is essential for our times: not understanding the past makes us see the present in a distorted way.” When guiding, Gianluca loves taking people to his favorite off-the-beaten-path places and introducing them to local people.

Trip Details

WHAT THE TRIP IS LIKE

This trip is rated a Level 3+ (Moderate to Strenuous). You will need to be comfortable hiking 8 miles a day, being on your feet for 3-5 hours a day, and hiking on uneven surfaces including downhill over loose scree. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

Average Hiking Day

- 5-6 miles
- 3-4 hours
- 500-1,000 feet gain/loss
- Altitudes up to 8,800 feet

Challenge Day

- Day 7: 8 miles, 5 hours, 1,700 feet gain, and 2,500 feet loss

TERRAIN

While not technically difficult and staying in moderate to low altitudes, this trip is aimed at those who have at least some experience mountain hiking. We will hike on variable hill and mountain trails, with occasional steep, uneven sections with loose scree, so participants must have good balance and be confident on their feet. Hiking poles are highly recommended.

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness.

The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in. Altitude is generally not a problem on these trips. The itineraries are designed to take you gently to higher altitude, giving you plenty of time to acclimatize. However, some people still experience a few problems when they first reach high altitude. Slight headache and sleeplessness are the most common symptoms.

WEATHER

As with all mountain environments, the weather can be unpredictable. Summer temperatures can range from the low 70s°F to 80s°F, with nighttime temperatures in the mid-40s°F. Rain showers are a possibility at any time.

ACCOMMODATIONS

We spend our nights in picturesque inns, full of charm and character. All hotels are chosen for their local history and central locations. Since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1	3 hours	4 miles	+100'/-400'	
2	1.5 hours	3 miles	+400'/-400'	3.5 hours
3	3 hours	5 miles	+700'/-1,200'	
4	3 hours	6 miles	+1,200'/-800'	1.5 hours
5	4 hours	7 miles	+1,350'/-3,000'	
6	2 hours	4 miles	+400'/-1,000'	1 hour drive; 30 minutes train
7	5 hours	8 miles	+1,700'/-2,800'	
8	3.5 hours	6 miles	+500'/-500'	1.5 hours
9	3 hours	4.5 miles	-980'/+800'/-1,000'	1 hour
10	4 hours	8 miles	minimal	2.5 hours
11	3 hours	3 miles	+150'/-150'	

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bergamo	42/29	46/32	54/38	61/44	70/51	77/58	82/63	80/62	74/57	64/48	51/38	43/30
Vaduz	37/27	41/28	52/36	57/41	64/46	70/54	75/57	73/55	68/52	59/45	46/36	41/30
Innsbruck	34/20	40/24	51/31	60/39	69/46	75/52	78/55	76/54	69/49	58/40	46/32	36/24
RAINFALL - INCHES												
Bergamo	2.8	2.5	3.3	3.5	5.0	4.4	4.3	5.1	3.7	4.3	4.3	2.2
Vaduz	2.1	2.1	1.8	2.1	2.8	3.6	4.6	4.9	4.6	3.5	2.8	2.7
Innsbruck	2.1	1/6	1/7	2.2	3.0	4.1	4.8	4.6	3.0	2.42	2.2	2.1

CUISINE

Each day, we'll sample the culinary delights that these countries have to offer. The meals included in the trip itinerary will be taken at our hotels, at rural agriturismos, and at restaurants in the towns, with the occasional packed lunch to enjoy in a scenic spot on our hike. For lunches and dinners "on your own," the Trip Leader will be happy to recommend options for local restaurants. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often the evening meal will be at 7:30 pm.

TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need for the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Europe Manager or email us at europe@wildernesstravel.com.

TOUCAN CLUB

We're proud to have one of the highest rates of repeat travelers in the business! The Wilderness Travel Toucan Club was established to reward our travelers for their loyalty. For details, please visit the Toucan Club page of our website at www.wildernesstravel.com/resources/toucan-club.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

Toucan Club Rewards & Discounts

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at www.wildernesstravel.com/toucan.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel insulated stainless steel water bottle by CamelBak and a cozy Wilderness Travel fleece vest by Patagonia (\$130 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$140 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.



MEN'S T-SHIRT



WOMEN'S T-SHIRT



PATAGONIA SYNCHILLA FLEECE VEST
PLUS INSULATED CAMELBAK WATER BOTTLE



PATAGONIA R1 PULLOVER



WILDERNESS TRAVEL HAS BEEN AWARDED:

Best Travel Specialists in the World: *Condé Nast Traveler*, 2024, 4-time winner

World's Best Tour Operators: *Travel + Leisure*, 11-time winner

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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