

# Treasures of the Dolomites

GORGEOUS WALKS, RELAXING SPAS, AND GREAT CUISINE



Wilderness Travel





# Treasures of the Dolomites

## TRIP DATES

### 2024

June 28-July 7, 2024

July 17-26, 2024

August 28-September 6, 2024

September 11-20, 2024

### 2025

June 24-July 3, 2025

July 9-18, 2025

July 23-August 1, 2025

August 5-14, 2025

August 25-September 3, 2025

September 13-22, 2025

This journey brings you into the unrivalled realm of the Dolomites—but without the challenging hikes of our other Dolomite adventures! Our hikes will be leisurely (and phenomenally scenic), at a slower pace, and on moderate terrain. Aside from hiking, we savor the fine cuisine of this region, and we have time for optional spa visits at our hotels. Highlights include hikes across the Alpe di Siusi, the highest alpine plateau in Europe, and the lunar landscape of the famed Latemar Labyrinth. If you're looking for pleasant hikes and walks, cultural and culinary exploration, and a little pampering, this trip is for you!







## Itinerary

### TRIP DETAILS AT-A-GLANCE

- Length:** 10 days  
**Arrive:** Verona, Italy  
**Depart:** Verona, Italy  
**Lodging:** 9 nights hotels  
**Meals:** All meals included except 2 dinners (B=Breakfast, L=Lunch, D=Dinner)  
**Activity:** Hiking / Trekking, Walking  
**Trip Level:** 1 2 ③ 4 5 6  
 Easy to moderate walks and hikes, 3-4 hours a day, altitudes between 5,000 and 7,000 feet, van support (for luggage or if you wish to skip a day's hike)

We recommend arriving in Verona the night before the trip begins, although it is also easy to get a train in the early morning from either Milan or Venice. Both cities are approximately 1.5 hours by train to Verona.

### DAY 1 VERONA, ITALY / MADONNA DI CAMPIGLIA

Welcome to Italy! We will meet at 9:30 am at the Verona Porta Nuova train station in Verona. (If you are staying at a hotel in Verona the night before the trip begins, please get a taxi from your hotel to the train station to meet the group.) We'll head out into the countryside of Italy's lush and hilly Trento region with the aim of enjoying one of the first "treasures" of the Dolomites: the sparkling wines made in the classic method. We will discover the secrets of this bubbly wine, and enjoy a tasting, followed by lunch. Afterwards, we continue toward the Dolomites, where our destination is Madonna di Campiglio, a village and ski resort surrounded by Adamello-Brenta Nature Park, which include the 9,000-foot-high peaks of the Brenta Dolomites. It lies at about 5,000 feet in a stupendous valley between the Brenta Dolomites and the glaciers of Adamello and Presanella. There will be time for an hour's walk around town on your own before we gather for our Welcome Dinner. Overnight at Cerana Relax Hotel ...LD

Approximate Driving Time: 2.5 hours

### DAY 2 BRENTA DOLOMITES / HIKE TO THE VALLESINELLA WATERFALLS

The Brenta are the westernmost peaks of the Dolomites. Here, lush valleys stretch out below jagged limestone spires, and high alpine plains rise up to meet majestic mountain landscapes. Starting directly from our hotel, we stroll through the village to the trailhead, descending to a forest of fir, larch, and birch along a balcony trail until we reach the first set of waterfalls deep in the valley. We then begin a climb up



to the second set of waterfalls where the trail is comfortably constructed of wooden stairs. We reach the Malga Vallesinella di Sopra, a clearing with a panoramic views of the Spires of the Brenta Dolomites. After a pause for our pack lunch we continue hiking, with a choice of taking a shorter route to the Rifugio Vallesinella for a coffee and then a bus ride back to the hotel, or walking on the forest balcony trail back to the hotel. Overnight at Cerana Relax Hotel...BLD

Approximate Hiking Distance: 7 miles, elevation gain/loss of 850 feet

### DAY 3 SOUTH TYROL / CANYON RIO SASS / LAGO SMERALDO / SIUSI ALLO SCILIAR

Driving north today, it's hard to miss the abundant apple orchards of Val di Non. Like many of the valleys of Trentino Alto Adige, the cultivation of fruit is fundamental to the economy here, and the apples of Val di Non are famous—historical documentation of apple cultivation here dates to the time of Charlemagne! We'll continue from orchards into vineyards as we arrive in charming Fondo, the main village in the upper Val di Non. In Val di Non, our hike bring us into a world of light and dark as we navigate the deep Canyon Rio Sass, an impressive gorge carved by the moving glaciers of the Ice Age. Accompanied by a local canyon guide, we follow metal walkways and staircases suspended in the twists and bends of the canyon, hearing the sound of roaring water

swirling in the steep gorge. We finish the hike at the scenic Lago Smeraldo ("emerald lake") for a lakeside lunch.

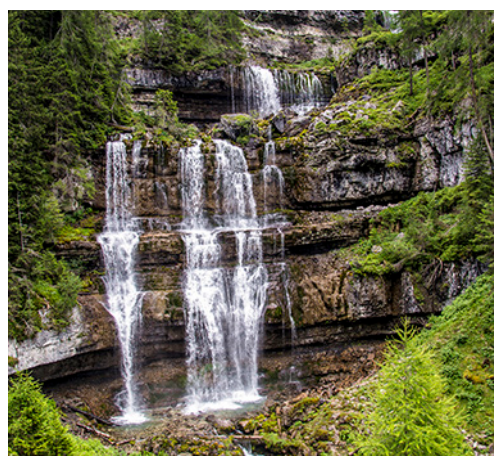
Heading northeast along the wine road, with a possible short wine-tasting stop, we arrive at our destination for the evening, the small village of Siusi allo Sciliar, a typical Tyrolian-style town that will give us the feeling of being in Austria. The town sits just below the large and dramatic rock massif of Sciliar (8,300'), which rises above the Alpe di Siusi. There should be great photo ops as the sun sets and the light plays off the pale rock face. Before dinner, there is free time to enjoy an optional sauna at our spa hotel, and there's a pool to relax in before dinner. You can also arrange for a massage. Overnight at hotel in Siusi...BLD

Approximate Hiking Distance: 3 miles, 2 hours, elevation gain/loss of about 600 steps

Approximate Driving Time: 3 hours

### DAY 4 HIKE THE LARGEST ALPINE PLATEAU IN EUROPE

A gondola ride from town brings up to the unique landscape of the Alpe di Siusi, a high mountain plateau that is a mecca for hikers in summer (and skiers in winter). Recognized as Europe's largest high alpine plateau, it is a World Heritage Site. At its northern edge, high cliffs tower over the Val Gardena, and the great stone peaks of the Sassolungo group





(Sasso Piatto, Sasso Lungo, and Schiller) stand like sentinels. Our unforgettable hike today also gives us a good look at the geology of the Dolomites, with views extending across the Val Gardena and down to the mountain-ringed town of Ortesei. Lunch will be at one of the typical alpine huts established on the plateau, a delicious opportunity to sample the alpine food of the region. The cuisine in these huts can range from soups to polenta, salads, and local wild meats. Also, a dessert not to be missed here is kaiserschmarrn, a sweet, fluffy rum-soaked pancake. We descend back to town by gondola. The late afternoon is for enjoying the sauna and spa or a dip in the pool. This evening, enjoy dinner on your own at one of the local restaurants. Overnight at hotel...BL

**Hiking Details:** Approximately 5 miles on soft dirt trails with some rocky parts, elevation gain/loss 1,355 feet. An easier option is available of 400 feet elevation gain/loss by using an extra gondola and shortening the trail by 1.5 miles.

**Geology of the Dolomites:** The evolution of the dolomitic landscape began at least 250 million years ago. After their uplift from the sea, the Dolomite reliefs were sculpted and molded through millennia by the force of gravity, running water, and ice, all of which made them “the most beautiful work of architecture in the world,” as the architect Le Corbusier once remarked. These shaping activities took place in very different climatic conditions. At least five glaciation

periods, each one followed by inter-glacial phases, have been identified in the Alps. The coldest phases ended some 15,000 years ago when the Alps were buried under a thick icecap from which only the sharpest and highest peaks emerged. During the glacial periods, ice masses completely invaded the main valleys and merged with other ice bodies from the surrounding valleys. The vast heaps of rock debris at the foot of sheer dolomitic cliffs provide the landscape with a moon-like aspect.

## DAY 5 MEDITATION HIKE / LAGO DI FIÉ / PRÖSELS CASTLE

This morning, we'll have a unique hiking experience similar to what the Japanese call “forest bathing,” or shinrin-yoku, which means “bathing” in the forest through our senses. It is a way of simply being in nature, connecting with it through our senses. A local guide will lead us on a walk from the hotel into the forest, with stops for different exercises (mental and physical), a relaxing way to experience nature by hearing the sounds, noticing the scents, inhaling the mountain air, and watching the sunlight playing in the leaves. After about an hour's walk with the guide, we'll continue hiking on our own to Lago di Fié, one of the most attractive lakes in the South Tyrol, perfectly located at the foot of the Sciliar Massif and surrounded by a nature park. We'll have a delightful lunch at the rifugio on the lake.

A short drive brings us to the impressive castle of Prösels,







where we'll have a guided visit. The present Gothic form of the castle, built by the Lords of Fiè, dates back to the times of Maximilian I, Holy Roman Emperor. About 500 years ago, the castle was the scene of witch trials. Today it hosts art exhibits. We'll head back to Siusi for dinner. Overnight at hotel...BLD

Hiking Details: Approximately 4 miles, 3 hours (including stops), elevation gain 300 feet, elevation loss 200 feet  
Driving Details: Approximately 45 minutes

## DAY 6 VAL D'EGA / LAGO DI CAREZZA / HIKING THE LATEMAR LABYRINTH / CORVARA

Our destination this morning is the Dolomites' Val d'Ega, a valley that carves its wild and rocky way up from the city of Bolzano through deep ravines. Along the way, we stop at Lago di Carezza, where the rock spires of the Latemar Massif reflect beautifully into the emerald-green waters of this alpine lake. We then continue to the Passo Costalunga to our trailhead and head into the fantastic Latemar Labyrinth, walking first through forest, then into a lunar landscape. We'll have glorious views of the picture-book Latemar Massif, one of the giants of the Dolomites, as it towers into the sky in front of our eyes in an enchanting maze of pinnacles, needles, and massive blocks of rock. After a pack lunch in the Labyrinth, we'll circle back to our waiting vans.

Our overnight tonight and the next two days is in the town of Corvara, a South Tyrolean gem set in a pretty valley and surrounded by high peaks. Many local people here speak Ladin (a Latin derivative) as well as German and Italian. Overnight at hotel...BLD

Hiking Details: Approximately 5 hours, 5.5 miles, elevation gain/loss of 730 feet  
Driving Details: Approximately 2.5 hours

The South Tyrol in History: In addition to Italian and German, Ladin (Romansch) is spoken in the high valleys of the South Tyrol. The Ladin language owes its origins to 15 BC, when Druso, stepson of the Roman Emperor Augustus, conquered this region. Tiberius sent troops to crush the Celtic resisters in the mountain valleys and some of them stayed behind. Their descendants still retain their ancestral Ladin, an archaic tongue that is a combination of ancient Latin and mountain Celtic. Napoleon was a key player in the story of the South Tyrol, conquering it and placing it under the realm of the Austrian Habsburgs. The Habsburgs ruled until the South Tyrol was returned to Italy at the end of World War I. In 1943, the South Tyrol was occupied by Germany, but was restored to Italian rule in 1945 at the conclusion of World War II. Today the South Tyrol is 70 percent German speaking,





26 percent Italian speaking, and four percent Ladin speaking.

#### DAY 7 COL ALTO / PRALONGIA PLATEAU / SELLA AND MARMOLADA MASSIFS / LUNCH AT CLUB MORITZINO

Right from our hotel, we'll take the gondola up to Col Alto for a lovely stroll in a grand alpine setting called the Pralongia Plateau. From this high plateau, we have a marvelous view including the Sella Massif, the Santa Croce mountains, the spires of the Puez-Odle group, and, of course, the "Queen of the Dolomites," the Marmolada. Vistas of the Sella group include massive terraces, soaring dolomitic towers, and plunging rock walls. The highest peak in the Sella group is Piz Boè (10,400').

We enjoy a special lunch at Club Moritzino, a hotspot for the rich and famous. It overlooks the Badia Valley from its perch at 6,900 feet atop of the Piz La Ila. We'll descend by chairlift to La Villa, a picturesque hamlet at the foot of the Gardenaccia in the Piz La Ila highlands. From here, we can either walk back to the hotel along the river or ride by van for those who would like to enjoy the hotel's spa this afternoon. Dinner is on your own this evening. Overnight at hotel...BL

Hiking Details: Approximately 4-5 hours, 7 miles, elevation gain 650 feet, elevation loss 790 feet

#### DAY 8 VALTA BADIA / SASSO DI SANTA CROCE

We drive to the nearby town of Le Ville to ride the chairlift up past the cliffs of the Sasso della Croce, an impressive massif in the South Tyrol. It is part of the protected Fanes-Senes-Braies Nature Park. The Sasso della Croce massif dominates the landscape above the village of Badia, and its most famous spire is Monte Cavallo (9,527'), one of scenic icons of Alta Badia. Once we're at the top, we begin our hike down to the town of San Cassiano, a tiny village tucked between Italy and Austria. We'll have lunch in town, then return to our hotel with the afternoon free to relax, stroll through town, or indulge in a massage at the hotel's spa. Overnight at hotel... BLD

Hiking Details: Approximately 3 hours, 5 miles, elevation gain 200 feet, elevation loss 1,580 feet

Driving Details: Approximately 25 minutes



## DAY 9 HIKING PUEZ-ODLE NATURE PARK / OTZI, THE ICEMAN

A short drive takes us to a new valley, the Val Gardena, the most Ladin of all valleys in the South Tyrol. We'll ride the cable car up to acclaimed Puez-Odle National Park, which offers geologists and other scientists a well-preserved record of the earth's formation. The park is home to some of the most recognizable peaks and ridgelines in the Dolomites. "Odle" means needles, and today's hike brings us different perspectives of famed saw-toothed spires including Sella, Sasso Lungo, and Sasso Piatto in the Sella group. From a geological perspective, Puez-Odle is particularly interesting since all the rock strata typical for the Dolomites can be found here, including Gröden limestone, Bellerophon strata, and Schlern dolomite as well as Jurassic and Cretaceous rocks. Wildlife includes eagles, chamois, deer, and marmots. Rare alpine plants, such as blue gentian, grow among the steep Dolomite rocks, and the area is known for the large number and variety of wildflowers.

After lunch at a rifugio, we head down by gondola to Santa Cristina and drive to the town of Bolzano. This afternoon, we enjoy a guided visit to Bolzano's small but fascinating museum built to showcase Otzi, the Iceman. Otzi is the Copper Age hunter whose corpse—in an astonishing state of preservation—was found in 1991 by two German hikers at the base of a glacier at 10,000 feet in the Otztal Alps. The

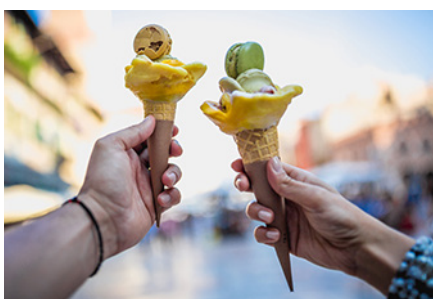
world's oldest and best preserved mummy, Otzi perished in the Alps about 5,300 years ago. He was carrying a bow, arrows, and a dagger, among other items. The extraordinary level of preservation of the artifacts found with and on his body have transformed our understanding of the early dwellers of these mountains. Tonight we'll gather for our festive Farewell Dinner. Overnight at hotel...BLD

Hiking Details: Approximately 4 hours, 5 miles, elevation gain 250 feet, elevation loss 1,500 feet

Driving Details: Approximately 1.75 hours

## DAY 10 VERONA / DEPART

A drive of about two hours brings us back to Verona for drop-off at Porta Nuova train station, where trains depart for Venice, Milan, and elsewhere in Italy...B





# Trip Details

## DATE AND PRICING INFORMATION

### TRIP COST

**Prices are per person, valid through 2024**

\$6495 (11-15 members)

\$6995 (4-10 members)

Single supplement: \$885

*2025 Trip Cost: 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

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

### TRIP COST INCLUDES

- Expert leadership of at least two Wilderness Travel Trip Leaders (and sometimes three, depending on group size)
- Accommodations as noted
- All meals included except 2 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- A glass of wine or beer with dinner
- Land transportation
- Cable cars and other transportation for our scheduled hikes

### TRIP COST DOES NOT INCLUDE

International airfare, any meals not specified after each itinerary day, airport departure taxes, optional cultural events, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessary due to airline schedule changes or other factors, pre-trip expenses of 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](http://www.wildernesstravel.com/insurance)



# Accommodations



## CERANA RELAX HOTEL

*Madonna di Campiglio, Italy*

*Days 1 to 2 (2 nights)*

A 42-room wellness hotel just a stone's throw from the cableway in town, the Cerana Relax is a wonderful family-run accommodation with comfortable rooms perfect for a relaxing night's sleep after a busy day. The food is top notch, from breakfast to the 4-course dinner and great wine list. Spa facilities include massage, sauna, and a hydromassage swimming pool.



## HOTELS IN SIUSI

*Days 3 to 5 (3 nights)*

In Siusi, we stay at one of the following properties.

### HOTEL SCHWARZER ADLER

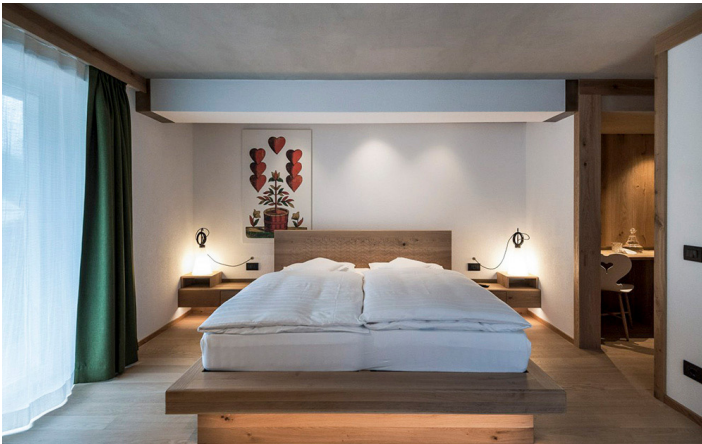
The Schwarzer Adler is small, family-run hotel with personal service, excellent food, and a great location, just a quick walk to the cable car for easy access to hiking. After a great morning on the trail, enjoy the spa and Finnish sauna or head up to the rooftop terrace to savor breathtaking views of Mt. Sciliar. The restaurant serves a top-notch dinner and a plentiful breakfast.



### HOTEL WALDRAST DOLOMITI

This hotel—a lovely retreat in the heart of nature—has been run by the same family for four generations. The cozy guest rooms are comfortably furnished in an alpine style, with wonderful views of the surrounding forest from the rooms' balconies. Wellness facilities include three saunas, indoor and outdoor hot tub, a heated outdoor pool, and a treatment room offering massages, body treatments, wraps, and scrubs.





## HOTELS IN CORVARA IN BADIA

*Days 6 to 8 (3 nights)*

In Corvara in Badia, we stay at one of the following properties.

### POSTA ZIRM HOTEL

Corvara's Kostner family has run this hotel for generations and it has top-notch facilities including spacious rooms with balconies overlooking the mountains, a well-run bar and restaurant, and a first-class spa. The staff is welcoming and helpful. The location can't be beat, with the front of the hotel right on Corvara's main street, and at the rear, the Col Alt gondola, Italy's first chairlift, built by Franz Kostner in the 1930s.



### HOTEL COL ALTO

This traditional alpine-style hotel on the edge of Corvara has been newly renovated, and offers a cozy ambiance in which to relax after an active day of exploring. Spacious and well-appointed guest rooms feature views of the surrounding mountains and hotel amenities include an indoor swimming pool and large wellness center offering a Turkish bath, Finnish sauna, gym, and a variety of soothing spa treatments.



## HOTELS IN BOLZANO

*Day 9 (1 night)*

In Bolzano, we stay at one of the following properties.

### PARKHOTEL LAURIN

The Parkhotel Laurin was built in 1910 as Bolzano's first "grand hotel" and this Art Nouveau gem, still owned by the founding Staffler family, is operated with a blend of Old World splendor and modern comfort. The 100 rooms and suites were completely renovated from 1990 and 1998 and all are decorated with original paintings by 20th century artists. Breakfast is served on the front terrace of the hotel, and dinner is served in a pleasant setting on a garden terrace under a tent canopy.



# Accommodations (cont'd)



## STADT HOTEL CITTA

This elegant hotel, with its antique pink facade and neo-Baroque architecture, has been around since 1913, and was brought back to its historical splendor after a careful renovation in July 2021. It's set right on the plaza, centrally located to many shops, restaurants, and cafes. Guest rooms are clean and comfortable, and feature beautiful herringbone-patterned wooden floors.

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 *Treasures of the Dolomites* webpage and click on "Accommodations."



# 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

Verona Porta Nuova train station, Verona, Italy

**Suggested Date & Time:** Day 1, 9:30 am

**Suggested Airport:** Verona Villafranca Airport (VRN)

You can also fly into Venice (VCE) or Milan (MXP)

**Arrival Notes:** Meet right outside the main entrance to the train station. If you are staying at a hotel in Verona the night before the tour begins, please get a taxi from your hotel to the train station to meet the group.

We recommend arriving in Verona the night before the tour begins, though it is also quite easy to get a train in the morning from either Milan or Venice, both of which are only approximately 1½ hours by train to Verona.

## DEPARTURE

Verona, Italy

**Suggested Airport:** Verona Villafranca Airport (VRN)

**Suggested Date & Time:** Day 10

**Departure Notes:** Drive approximately two hours from our last hotel in Bolzano back to Verona and drop off at Porta Nuova train station, arriving around 10:30 am. From there, you can get a train to Venice, Milan, or elsewhere in Italy, or take a taxi to the Verona Airport (20 minutes) or your hotel if you are planning to overnight in Verona.

You may also find it more convenient to get a train right from Bolzano at whatever time suits you best. Bolzano is on the main train line connecting to Verona, Milan, Venice, and beyond.

## INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Italy. 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 at [www.exitotravel.com](http://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 tickets are purchased, please forward a copy of your email flight confirmation from the airline. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.



# 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 about our Trip Leaders, 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/dolomites-bolzano-walking-hiking-tour/](http://www.wildernesstravel.com/trip/dolomites-bolzano-walking-hiking-tour/)

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## PAOLA STORAI

From a young age, Paola has always been fascinated by nature. She spent her summers between the Mediterranean Sea and in the Apennine Mountains. Paola began guiding in 2010 and has led trips in New Zealand, Iceland, and France. “What I love most about this job is sharing the wonder that planet Earth offers us,” she says. “It’s beautiful to see the amazement in people’s eyes when standing in front of a breathtaking view, sunset, sunrise, or the sighting of wildlife.” When not guiding, Paola tends to her homestead with her husband—they have an organic garden, olive grove, beehives, and have adopted hens and geese in addition to their cat and dog.



## JOANN LANTZ

Originally from Long Island and holding a degree in education from New York University, JoAnn Lantz has lived in Italy since 1988, slowly restoring an old farm house outside of Lucca, learning about the wines of Italy, and continually exploring her adopted home country. Whether she’s leading a hike up to the Rifugio Lagazuoi in the Dolomites or to the top of Monte Solaro on the isle of Capri, she has a gift for bringing out the local charm of each place our journeys visit. “I became a Trip Leader to share the wonders of Italy with others,” she says. “The slowness to change and the depth of history that exists here gives people a chance to reflect on their own lives and see what is truly important.” When not guiding, JoAnn nurtures her small olive grove near Orvieto, pruning the trees, picking the olives, and making olive oil for her own use and as a gift for friends.



## IRENE DE BENEICTIS

Originally from Rome, Irene is a physical therapist specializing in Ayurvedic medicine and also a seasoned WT Trip Leader. Her love of different cultures and languages (she knows seven!), paired with her love for hikes and pilgrimages (she walked the Camino de Santiago...twice) makes her a wonderful traveling companion. Irene’s father is a member of the Italian congregation of St. James, which is responsible for the upkeep of pilgrim trails from Italy into Spain and Jerusalem, and she has also worked as a “hospitalera” (pilgrims’ albergue host) in Italy. Fun fact: Irene wrote a book called Spaghetti and Sauna about the cultural differences between Italy, her home country, and Finland, where she lived for four years.



# What the Trip is Like

## WHAT THE TRIP IS LIKE

This trip is rated Level 3, Moderate, according to our trip grading system. It is an active journey with hikes and walks that can be enjoyed by anyone in reasonably good health who has recent hiking experience. You will need to be comfortable hiking six miles in a day and being on your feet for 3-5 hours a day. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

## TERRAIN

While we've worked hard to find smooth hiking paths with gentle elevation gains, we will experience some rocky and uneven terrain on a few hikes (rocks are what the Dolomites are famous for, after all!). There will also be a bit of elevation gain and loss (roughly 1,750 feet at most, but generally in the mid-hundreds), but at a moderate pace so that all can take their time and enjoy it.

## GETTING IN SHAPE

Although this is not a particularly rigorous trip, we strongly recommend that each participant undertake a preparatory program of physical conditioning. Daily walking or regular hiking, jogging, and stair-climbing are excellent ways to prepare for the trip. Make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in. Altitude is generally not a problem on this trip; our hikes will be at elevations of 7,000 feet or lower. Our 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 higher altitude. Slight headache and sleeplessness are the most common symptoms.

## WEATHER

Temperatures are likely to reach the 60s and 70s during the day, with cooling breezes and occasional rain. At night the temperature will drop quite a bit, depending on the altitude. The months we are offering this trip are the optimal ones, but the weather can be fickle, and it can range from blue skies to cloudy, wet, and cold conditions, making rain gear and warm garments necessary.

## ACCOMMODATIONS

We stay in hotels chosen as much as possible for their ambience and history and for the delightful dining they offer. While the hotels are very comfortable, the guest rooms are not always of uniform size or amenities. Our Trip Leaders try to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole.

## CUISINE

Most evening meals will be taken at our hotels, which often featuring the cuisine the region is noted for. 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. The cuisine of the South Tyrol is a blend of the best of both sides of the Alps. Speck, one of the South Tyrol's famous specialties, is lean pork cured with juniper berries and other herbs, wood-smoked, and aged for months. Polenta is another staple, traditionally cooked in huge copper pots. The region has a plentiful harvest of wild mushrooms, including porcini, chanterelles, and chiodini. Rye flour finds its way into many local dishes, including ravioli alla pusterese, with rye-flour dough, something unheard of elsewhere in Italy. Risottos,

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1				2.5 hours
2		7 miles	+/- 850'	
3	2 hours	3 miles	+/- 600'	3 hours
4		5 miles	+/- 1,355'	
5	3 hours	4 miles	+300'/-200'	45 minutes
6	5 hours	5.5 miles	+/- 730'	2.5 hours
7	4-5 hours	7 miles	+650'/-790'	
8	3 hours	5 miles	+200'/-1,580'	25 minutes
9	4 hours	5 miles	+250'/-1,500'	1.75 hours



# What the Trip is Like (cont'd)

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Verona	41/30	46/33	55/40	63/49	73/55	80/62	84/65	84/65	75/59	63/50	51/40	44/35
Corvara	28/14	33/16	41/23	48/29	57/37	64/43	68/47	66/46	59/40	49/33	37/23	28/16
RAINFALL - INCHES												
Verona	1.4	1.6	2.6	2.8	3.5	3.3	3.6	2.9	2.99	3.9	3.0	2.5
Corvara	1.8	1.6	2.2	2.7	3.5	3.6	4.2	4.0	3.3	3.0	3.5	2.0

stews, and knodel (dumplings) appear on menus, along with typical Mediterranean pastas.

## 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](mailto:europe@wildernesstravel.com).

## 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](http://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](http://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



# Travel Notes







## WILDERNESS TRAVEL HAS BEEN AWARDED:

**Best Travel Specialists in the World:** *Conde 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.



Wilderness Travel

1102 Ninth Street, Berkeley, CA 94710

800-368-2794 • 510-558-2488

www.wildernesstravel.com • info@wildernesstravel.com

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