

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## ITALY

# Hiking, Villages, and Culture in the Dolomites



June 13 - 22, 2024



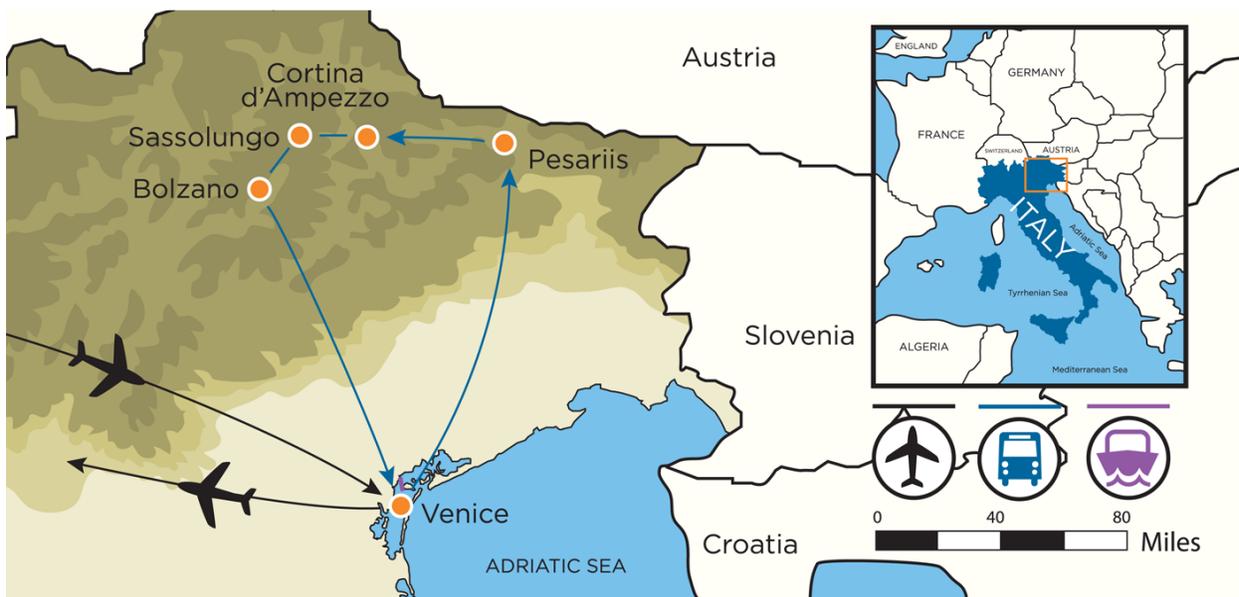
# ITALY

## Hiking, Villages, and Culture in the Dolomites

### TRIP HIGHLIGHTS

- ▶ Enjoy making and tasting delicious homemade Italian cooking with local families
- ▶ Explore tiny villages and farms set high in the Dolomite mountains among green fields and great drifts of summer flowers
- ▶ Hike to the Tre Cime, looping around the three most majestic peaks of the Dolomites
- ▶ View the 5,000 year old iceman, Ötzi

### TRIP ROUTE



## ITALY

# Hiking, Villages, and Culture in the Dolomites

### QUICK VIEW ITINERARY

- Day 1 arrive in Venice, explore Pesariis and the Museum of Clocks, welcome dinner
- Day 2 experience a cooking class, easy afternoon hike
- Day 3 7-8 hours hiking to the top of Mount Coglians, lunch at a mountain hut
- Day 4 visit a harpsichord workshop, enjoy lunch in a local home, drive to Cortina d'Ampezzo
- Day 5 4-5 hours hiking the Tre Cime Loop, star-gazing at an astronomical observatory
- Day 6 cable car ride, via ferrata class, 4-5 hours hiking, sleep in an alpine hut
- Day 7 2-3 hours hiking, afternoon to explore Bolzano
- Day 8 explore Bolzano, including the Cathedral and the archaeological museum
- Day 9 drive to Venice, afternoon tour of the city, farewell dinner
- Day 10 depart Italy

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$6,995

Optional Single Accommodations: \$1,200



# ITALY

## Hiking, Villages, and Culture in the Dolomites



your adventure  
in depth

DAY 1  
Thursday  
6/13/24

### Arrive in Pesariis

Welcome to Italy! The Dolomites are a region of unparalleled beauty and inspiration, well-known for its tiny villages and farms set high in the mountains among green fields and great drifts of summer flowers. Though the picturesque villages are secluded and far apart, the quality of life is as legendary as its alpine hikes, pure mountain air, and photogenic views of the world.

During your adventure, you'll get to know your expert Italian guide who will lead you and help you imagine life on the mountainside, far above the beautiful valleys below. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Venice, Italy (VCE) before 11:00AM today.

#### Pick-up and Transfer

You will be picked up at the Venice airport by your guide. Start your journey across the countryside, learning about the region from your guide, and learn more about the intrepid women in your group on this two-and-a-half-hour drive.

#### Walk in Pesariis

Head out for a walking orientation of Pesariis, known as the town of the clocks.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore the Dolomites! Savor the recipes made from local ingredients.

Accommodations  
Farmhouse Sot la  
Napa  
Meals Included  
dinner

# ITALY

## Hiking, Villages, and Culture in the Dolomites

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your adventure  
in depth

DAY 2  
Friday  
6/14/24

### Pesariis

Pesariis is an authentic and charming mountain hamlet. Every corner of the village has its own public clock! In 1725, the first clock company in Pesariis was founded; Solari made wall-mounted clocks, bell tower clocks, water and striking clocks, pendulum clocks, and even sun dials.

#### Cooking Class

Take a cooking class with a local woman and her daughters. This will be a journey through time - the kitchen has a lot of history, and the recipes have been handed down from generation to generation. Enjoy the creations you've made for lunch with your new AdventureWomen friends.

#### Stretch Your Legs

This afternoon, head out on a gentle hike towards Stavoli di Orias. You'll hike for about an hour and a half, which will get you ready for tomorrow's hike! Imagine life here high on the mountainside as you feast your eyes on the green Italian valleys far below. (Hiking time 2.5 hours, 500' elevation gain)

#### Dinner

Enjoy dinner on your own this evening.

Accommodations  
Farmhouse Sot la  
Napa  
Meals Included  
breakfast, lunch

# ITALY

## Hiking, Villages, and Culture in the Dolomites



your adventure  
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DAY 3  
Saturday  
6/15/24

### Pesariis

At over 9,000 feet, Mount Coglians is the highest peak of the Friuli Venezia Giulia Region. The views from the peak are glorious, and span from Austria across the whole Dolomites and Carnic Alps. Get to know the other women on your trip as you hike up this imposing mountain.

#### Drive to the Trailhead

Head out early to start the hour-long drive to the trailhead of Mount Coglians.

#### Hike Mount Coglians

Start your hike to the peak of Mount Coglians. The path will start in pine woods, and as you near the peak, it will open up into pastures. (Total hiking time 7-8 hours, 4,700' elevation gain)

#### Lunch at the Marinelli Hut

After enjoying the view at the top of Mount Coglians, descend 2,300 feet in about an hour and a half to the Marinelli Hut, where you will have lunch. The hut is famous for its cuisine, and a delicious stop after your morning's accomplishment.

#### Head Back to Pesariis

Continue your descent after lunch. You'll hike another 2,400 feet down in about an hour and a half. Drive back to Pesariis.

#### Dinner on Your Own

Have dinner on your own this evening.

#### Hiking Information

Total hiking for the day will be 7-8 hours with 4,700' elevation gain.

Accommodations  
Farmhouse Sot la Napa  
Meals Included  
breakfast, lunch

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DAY 4  
Sunday  
6/16/24

### Pesariis to Cortina d'Ampezzo

Cortina d'Ampezzo, commonly known as Cortina, is a town in the heart of the Dolomites. It is actually best known as a winter destination; people flock to Cortina to ski! It hosted the winter Olympics in 1956 and was the set for the filming of *The Pink Panther*, which premiered in 1963. Cortina is the perfect base for you to explore the beautiful world of immense vertical walls, green mountain pastures, and stunning trails.

#### Harpsichord Workshop

Meet two harpsichord makers at a local workshop. Learn about all of the stages of harpsichord construction, starting with the selection of wood and finally learning about the decorations they choose.

#### Lunch

Join a local family for lunch in their home - a typical alpine chalet. The couple hosting you are remarkable; the woman is a fabulous cook, and her husband is a sommelier, so you will have an opportunity to learn about food and wine pairings.

#### Cortina D'Ampezzo

After lunch, drive for two hours to Cortina d'Ampezzo. Enjoy a walk through the narrow local streets to help you learn your way around town.

#### Dinner

You'll have some free time to explore and have dinner on your own in Cortina d'Ampezzo.

Accommodations  
Hotel de la Poste

Meals Included  
breakfast, lunch

# ITALY

## Hiking, Villages, and Culture in the Dolomites



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DAY 5  
Monday  
6/17/24

### Cortina d'Ampezzo

The Tre Cime, or “Three Peaks”, are the famous landmark of the Dolomites. The white dolomite and the green meadows and forests shape the local landscape. The peaks formed part of the border between Italy and Austria until 1919, and now they lie on the border between the Italian provinces of South Tyrol and Belluno. Interestingly, they are still part of the linguistic boundary between German-speaking and Italian-speaking majorities.

#### Hike the Tre Cime

After a 45-minute drive, start your hike of the Tre Cime Loop. The hike is on moderate terrain and will take you around some of the most panoramic spots in the Dolomites over four or five hours. Enjoy a picnic lunch along the way. (Hiking time 4-5 hours, 500' elevation gain)

#### Afternoon on Your Own

Take the afternoon to explore Cortina on your own. Do some shopping, spend some time at a café, indulge in a glass of wine with your new friends, or just relax at your lovely hotel.

#### Dinner

Enjoy dinner with your group this evening.

#### Helmut Ullrich Astronomical Observatory

If you have the energy, after dinner head to the Helmut Ullrich Astronomical Observatory. This experience is unforgettable. Soak in the panoramic view of the stars and planets under a natural cupola at an elevation of almost 6,000 feet.

Accommodations  
Hotel de la Poste

Meals Included  
breakfast, lunch,  
dinner

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DAY 6  
Tuesday  
6/18/24

### Cortina d'Ampezzo to Sasso Piatto

Sassolungo is a concentration of spiers, rocky terraces, and perfectly vertical natural bell towers that suddenly emerge from the pastures below. The mountain massif was originally a coral reef!

#### Pack an Overnight Bag

Pack just a few things into an overnight bag for today; you'll leave your main luggage behind as you overnight in a mountain hut!

#### Cable Car Ride

Drive about two hours to Pian de Frataces. Take the cable car to an amazing natural terrace that takes you through a fir and larch forest dotted with typical wooden huts and barns.

#### Via Ferrata Class

For those who are interested, you can embrace the challenge of trying a Via Ferrata, a protected climbing route, as part of a class with a professional guide. A Via Ferrata is a trail built with a steel cable rail fixed to the rock, metal steps, ladders, suspension bridges, and zip wires. Learn to traverse and climb like a pro!

#### Lunch at Des Alpes Hut

Enjoy a fortifying lunch at a mountain hut.

#### Afternoon Hike

Hike on a panoramic path along the plateau, and reach the Sasso Piatto hut, where your group will spend the night. Spend some time before dinner swapping stories about your adventures on the Via Ferrata this afternoon! (Total hiking time 4-5 hours, 2,300' elevation gain)

Accommodations  
Sasso Piatto Hut

Meals Included  
breakfast, lunch,  
dinner

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## Hiking, Villages, and Culture in the Dolomites



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DAY 7  
Wednesday  
6/19/24

### Sasso Piatto to Bolzano

The mountains of the Dolomites are dotted with many small dairy farms where you can taste a wide array of different locally produced cheeses. The delicious cheese selection, when paired with the spectacular panoramic views, is truly a feast for the senses.

#### Breakfast at a Mountain Farm

Wake up early today and visit a nearby mountain cheese farm where you will share the experience of the morning milking alongside local shepherds and learn about the process of artisanal cheese making. Enjoy a delicious, fresh breakfast before continuing down to the valley.

#### Hike to Campitello di Fassa

Walk across alpine pastures and then through forests down to the charming village of Campitello di Fassa. Enjoy lunch on your own. Taste some of the regional specialties - canederli, goulash, and strudel! (Hiking time 2-3 hours, mostly flat)

#### Afternoon to Explore

Explore the lovely town of Bolzano on your own this afternoon. Stretch your legs, poke around in some local shops, or just sit and enjoy a coffee.

#### Dinner

Have dinner as a group this evening.

Accommodations  
Parkhotel Laurin

Meals Included  
breakfast, dinner

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DAY 8  
Thursday  
6/20/24

### Bolzano

Bolzano is the vibrant capital of Trentino Alto Adige, a charming city with a blend of German and Mediterranean traditions. Both cultures are visible in its architecture. In 2014, Bolzano was voted as the Italian city with the best quality of life. Explore it a bit and see if you agree!

**Explore Bolzano** Explore Bolzano on foot with a guide, learning about the town center, visiting the local cathedral with its Gothic bell tower, and the Piazza Walther, home to characteristic wooden houses with amazingly detailed decorations.

**Visit the Archaeological Museum** After lunch on your own, visit the local archaeological museum, where you can explore the exhibits. The main attraction here is Ötzi, the mummy of a 5,000-year-old man found in the Similaun glacier near the Italian-Austrian border.

**Dinner** Head back to Bolzano where you can try a small local restaurant for dinner on your own with a few of your new friends!

Accommodations  
Parkhotel Laurin

Meals Included  
breakfast

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## Hiking, Villages, and Culture in the Dolomites



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DAY 9  
Friday  
6/21/24

### Bolzano to Venice

With a history that dates to 400 A.D., Venice is a multi-layered tale of maritime intrigue and trade, of unique traditions and festivals, and of an astounding heritage of art and architecture. Over the centuries, the 118 individual islands were connected by the more than 400 bridges crossing 177 canals. The Grand Canal flows through its heart, crossed by only four of those bridges. Gondolas still ply the waterways, joined by vaporetti, water taxis, and private yachts.

**Drive to Venice** Say goodbye to Bolzano as you start the final leg of your journey, a three-hour drive to Venice.

**Lunch** Check in to your hotel and then enjoy lunch on your own in Venice.

**Tessiture Bevilacqua** Walk from the hotel to the famous Piazza San Marco on a guided tour of the city. and then take the Vaporetto to Tessiture Bevilacqua. Enjoy a private visit to the fabric workshop to see the third generation of women producing these precious fabrics, which are shipped to the most important royal houses of the world.

**Farewell Dinner** Enjoy a delicious farewell dinner. The mountain views, the villages, the fresh air, the people – everyone in your group may have different “favorite moments” but you can all agree that hiking through the Dolomites was made all the better in the company of women.

Accommodations  
Palazzo Barocci

Meals Included  
breakfast, dinner

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DAY 10  
Saturday  
6/22/24

### Depart Venice

Depart Italy this morning, leaving with wonderful memories of an exceptional trip.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

#### Departure Information

Depart Venice, Italy (VCE) any time after 2:00PM today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

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your adventure  
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### Accommodation Details

#### Farmhouse Sot la Napa

Farmhouse Sot la Napa is in a home built in the 1600s that has been lovingly restored, turning it into a welcoming mountain farmhouse. Enjoy staying in the comfortable rooms and dine in the on-site restaurant which has original frescos and local stone floors and hosts a typical “fogolar” (open fireplace).

Amenities: Soap, shampoo, hair dryer; electricity. The Wifi does not work well here.

#### Hotel de la Poste

The Hotel de la Poste was built in 1835 as a refreshment stop for postal coaches. It has been owned by the same family for generations, and each room has a small story to tell. The attention to detail is evident, from the combination of warm colors to precious woods, which have always been the true essence of the “Posta”, a Historical Site of Italy.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

#### Sasso Piatto Hut

The Sasso Piatto Hut boasts beautiful 360° views of the Dolomite peaks of Sassopiatto, Marmolada, Sass Pordoi, Sciliar, among others. Here at 7,500 feet, a paradise opens up to you: surrounding the hut is Europe’s largest Alpine pasture, where calves and sheep graze. The views of the Dolomites are stunning, the mountain air is clear, the natural landscape fascinating, and the peace and quiet is refreshing. Plan to bring your own toiletries and be off the grid for a night!

Amenities: Electricity

#### Parkhotel Laurin

The Parkhotel Laurin is centrally located in Bolzano, a wonderful town in the Dolomites. With hand crafted furnishings, spacious bathrooms of Carrara marble, and decorative frescos of King Laurin, the Parkhotel is the perfect place to relax and appreciate the artistic beauty of Italy.

Amenities: Soap, shampoo, electricity; air conditioning, Wifi

#### Palazzo Barocci

The Palazzo Barocci is a historic building every bit as beautiful and atmospheric as you’d expect a former Venetian palace to be. The hotel enjoys a prime location in the city, overlooking the Rialto Bridge and the Grand Canal, and is the perfect base from which to discover the city’s charms.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Professional, English-speaking guide throughout the trip
- ▶ All gratuities except head guide and support guide

### Not Included:

- ▶ International airfare to and from Italy
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for head guide and support guide

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## Hiking, Villages, and Culture in the Dolomites

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a