



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Hidden Austria, Bavaria & The Magical Dolomites

HIKING & LOW ACTIVITY OPTION TOUR / 9 Nights – 10 Days

(1 night Munich, 1 night Innsbruck, 2 nights Selva, 1 night Rifugio, 2 nights Cortina, 2 nights Salzburg)



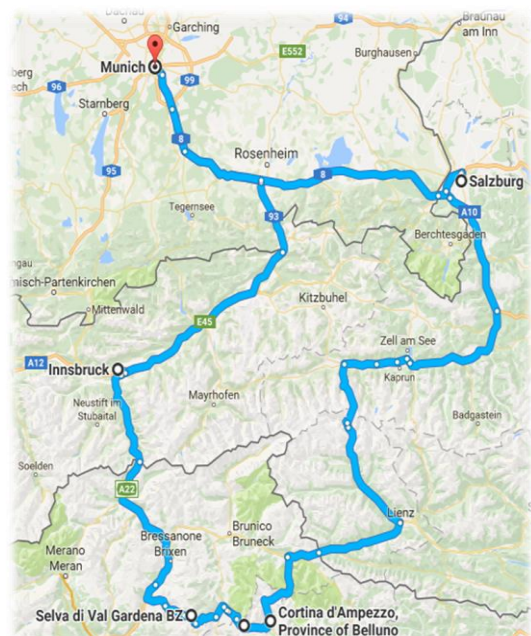
ABOUT THIS TOUR

The European Alps, in particular the South Tyrol region of Italy is simply mesmerizing. This tour is a wonderful circuit of discovery! Starting in Munich, the Bavarian capital, we venture south through Austria and explore the enchanting Italian Dolomite landscapes that have captured the imaginations of film makers and adventure seekers alike. With visits to Innsbruck, Val Gardena, Cortina and Salzburg we get up close and personal with

nature, history and diverse mountain cultures. Declared a UNESCO site for its pristine topography, the Dolomites and its unique infrastructure of cable cars and gondolas allows us to penetrate its core and take us to high vistas without expending too much energy. For those who savor light hikes in varied alpine scenery and sun-bathed pastures, you will be inspired on this tour. Join us on this special journey to the Eastern Alps and northern Italy. Taste for yourself the varied gastronomical delights of this multicultural region or simply relax on a mountain terrace overlooking the jagged summits of the Tyrol whilst sipping a cold beer! Adventurebug welcomes you on our personally designed tour of the Eastern Alps and the Dolomites of Italy.

TOUR HIGHLIGHTS

- Customized for you. This is a special light hiking and / or cultural discovery tour that can be low active too!
- Use of summer chair lifts and gondolas to bring us high into the Alps for incredible views.
- Charming family run 3 & 4 star hotels throughout.
- A unique 1 night stay in the famous Rifugio Lagazoui mountain hut with sweeping views across the Tyrol range.
- Well balanced day hikes and cultural visits to suit all levels of travelers.
- Tasty local dinners provided (all but 1 included).
- A circular route that captures the best of the region by way of a private coach.
- A free self-explore day to soak up the alpine vibes!
- A visit to wonderful Salzburg, Austria & Munich, Bavaria with guided tours of their unique highlights.





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GENERAL ITINERARY

DAY 1 - Munich Arrival and Greeting Day (1 night) / Dinner included



Meet group at our tour hotel this morning for an introduction and meet / greet session. This afternoon we take a guided walking visit of Munich's historic central district. Munich, Bavaria's capital, is home to centuries-old buildings and numerous museums. The city is known for its annual Oktoberfest celebration and its beer halls, including the famed Hofbräuhaus, founded in 1589. In the Altstadt (Old Town), central Marienplatz square contains landmarks such as Neo-Gothic Neues Rathaus (town hall), with a popular glockenspiel show that chimes and re-enacts stories from the 16th century. This evening we'll have a group welcome dinner. Hotel 4 Star (TBA).

DAY 2 - Panoramic Drive to Innsbruck, Austria (1 night) / Breakfast included



After breakfast we depart in our private bus for Austria. Our scenic 2 hour bus journey takes us through Bavaria's historic foothills of the beautiful Alps where we'll stop to admire the sheer beauty on route. Innsbruck is a magnificent alpine city with a deep heritage in all things Austrian – especially their love for the Alps! We'll tour the wonderful old city with a local specialist and take time to visit the open parks, river paths and more, allowing us to stretch our legs and breath the wonderful mountain air! Tonight we'll stay at a 4 star central based hotel (TBA) and you are free to source out dinner locally. * As an option today, you can ride the gondola of Innsbruck to a

high viewing station. (not included but this can be arranged for after our guided tour of the city).

DAY 3 - Selva de Val Gardena – Dolomites, South Tyrol, Italy / Breakfast & Dinner included

This morning our wonderful 1.5 hour drive brings us to the heart of the Dolomites Mountain Range of Northern Italy. Our destination in the Dolomites is Selva (Val Gardena), where we stay 2 nights in a comfortable family run hotel in the town centre. The natural surroundings of the limestone Dolomites are breath taking and we will explore on foot this amazing countryside in its splendour. A light hike or stroll will be offered after arrival perhaps taking one of the Gondolas to a high point for an afternoon stroll (included). Hotel 3 Star (TBA), Dinner included.

DAY 4 - Selva de Val Gardena - Hiking Champinoi / Breakfast & Picnic lunch included



A special day to explore the Val Gardena region on foot as we take a short local bus ride to Santa Christina village and then a cable car up to Rif Col Raiser (6,913 ft), from here we hike a wonderful trail to Rif Firenze Regensburger (6,683 ft) and you can walk back down to Selva – about 3-4 hours total hiking. Alternatively you can use the gondola for up and down and enjoy the café terraces, museum and easy flat strolls at the top! A picnic lunch is provided today and hiking boots and poles are recommended for the hikers and the level of difficulty is easy to moderate.



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DAY 5 - Lagazuoi Rifugio (1 night) / Breakfast, Picnic lunch & Dinner included



This morning we transfer by private bus (1 hour) to the eastern part of the Tyrol Dolomites and Passo Falzarego from where we take a scenic cable car to the famous Lagazuoi Rifugio (9,029 ft). Here we stay in this high Dolomite refuge and enjoy the alpine environments of this special UNESCO World Heritage Site for both beauty and its WW1 history. From our lodge we have access to the most beautiful hiking paths of the Dolomites. The lodge itself is more simple than a hotel and private rooms are available but limited so some flexibility from our group is required – this is an amazing adventure! The lodge has a wonderful terrace

looking over the mountains and a sauna (for an additional fee). Upon arrival, we'll explore the famous WW1 tunnels, museums and walk the extraordinary footpaths (easy) that outline Lagazuoi's history! All meals included today. Lodgings: Rifugio Lagazuoi (mountain refuge) <http://www.rifugiolagazuoi.com/indexUK.php>

DAY 6 - Cortina (2 nights) / Breakfast & Picnic Lunch today



Today we leave our high alpine environment for the lively tourist resort of Cortina (Cortina D'Ampezzo). We can hike down the historic WW1 path to meet the bus (2.5 hours / easy) or you can cable car right from the Rifugio. Cortina, One of North East Italy's most sought after adventure destinations, Cortina provides a refreshing stop on our tour and a chance to savour the delights of Italy itself – shopping, fine dining, ample wines and beautiful, natural

surroundings. Famous for hosting the 1956 Winter Olympics as well as a number of James Bond film locations, we'll have 2 nights in Cortina to discover why it appeals to all walks of life! There is also a very good WWI museum in Cortina. Time and weather permitting we hope to ride the Gondola up one of Cortina's 2 high alpine view points – leaving you free the rest of the day to self explore Cortina's pretty town center. Hotel 4 star town center (TBA).

DAY 7 - Cortina – FREE EXPLORATION DAY / Breakfast only today

Today there are no planned activities and you can choose to relax and explore more of Cortina's pretty village culture and environments such as taking a Gondola to a high view point, riding the local bus to Lake Misurina (30 min) to stroll around this pretty alpine lake. This evening dinner is not included – leaving you the chance to sample a local restaurant choice of your own, the Italian cuisine here is considered the best in Italy's north!

DAY 8 - Salzburg (2 nights) Transfer from Italy / Breakfast and Dinner included

After breakfast we transfer by private bus (4 hours) to the world renown Austrian city of Salzburg. Famous for its Baroque and medieval architecture in the The Altstadt (historic quarter), Salzburg immediately triggers ones imagination due in part to the legacies of Mozart (he was born here), The Sound of Music film and a number of ornate palaces including the Hohensalzburg Castle. After arrival this afternoon, you are free to self explore around the central historic quarter (close to where our hotel is located). This might be a good time to visit Mozart's home as the following day we'll be touring the city with a local guide. Tonight the group will dine together in or near the hotel. (Hotel 3 star TBA).



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DAY 9 - Salzburg – Guided tour / Breakfast and dinner included



Today a local specialist will take us around Salzburg's main highlights which may include the following: • The University of Salzburg and the churchyard of St. Peter • The Kapitelplatz, Residenzplatz and Alter Markt, in the city's Old Town • The 17th-century Salzburg Cathedral, built in the Baroque style • Pass through scenery from the beloved film "The Sound of Music" • Take the funicular to the hilltop Hohensalzburg Fortress, one of Europe's largest medieval castles. Lunch is not included today but there will be options during the

guided tour for this. This evening will be our group farewell dinner in Salzburg's enchanting city center.

DAY 10 - Departure from Munich / Breakfast only included

This morning after breakfast we transfer direct to Munich airport (by private bus). Please note, this transfer is 2 hours approximately and there will be only one vehicle for the group. The time of departure from Salzburg depends on the group's departure time(s) from Munich. If you are unable to take the group transfer, other modes of transfers (including private airport shuttles), and public transport is available at your own expense. Breakfast only included today.

WHAT TO EXPECT

This trip can be enjoyed by just about anyone with a reasonable level of fitness and for those taking the hiking option – a little hiking experience will help. The average hiking day is approximately 2 - 5 miles and we will try accommodating to 2 groups of hiking abilities each day (*short and long hike options*). Trail conditions are varied and may be stony trails in National Parks and hard packed cattle driving routes. Good hiking shoes or ankle supporting boots and hiking poles are recommended - this is hilly countryside yet we'll take it easy – taking our time to enjoy the views and observe any wildlife on route. The use of cable cars and gondolas will enhance our experience and bring us to the high points so we won't have to gain altitude by hiking and we ALWAYS provide the option to ride the gondola back down the mountain! Weather wise, due to proximity to the Alps in the non-winter season, some rain showers and winds may occur but are generally short lived. Expect mild temperatures of up to 75 F in the day and nightly lows in the mid 50's.

MODES OF TRANSPORT

- On foot
- Chartered bus for all longer transfers
- Local bus where applicable
- Gondolas and Chair Lifts



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DINNERS & NON INCLUDED MEALS Some meals are not included on our tour (*please refer to itinerary*). We feel you'll benefit from getting out and discovering the local cuisine. So when a meal is not included, it's a great opportunity to try something new. Your guide will offer tips on where to get the best meal, or you might decide to dine out as a group and experience the fun together. We provide picnic lunches during most hiking days (as per itinerary), and this usually consists of the group carrying items of fresh food or a personal lunch pack during the day.

INSURANCE You are required to have travel & comprehensive health insurance before taking part on this tour. We strongly recommend cancellation insurance as well as normal coverage for emergency health and medical issues.

RESPONSIBLE TRAVEL Adventurebug's *Responsible Travel Ethos* is at the heart of everything we do, from getting the basics right like respecting local cultures and the environment, to initiating projects in the Developing World that make positive contributions to communities, to volunteer efforts on a wide range of projects. At some point during our journey, we may share some of the projects associated with his work in tourism and social entrepreneurial stewardship.

CUSTOMS AND CULTURE The Alps region and northern Italy is central to modern Europe and has a wide distribution of wealth and in some cases, poverty. From our perspective (tourists), we still see the better side of the region and the trappings of success. Italy remains a safe, welcoming country and very hospitable to travellers from abroad. Remember, travelling is about new experiences and do not expect the same level of personal service nor speed of delivery that you may be accustomed to at home. Be patient and respect the fact that life in the region moves at a different pace. You will appreciate your journey more so and feel accomplished by adapting better.

SPECIAL DIETARY NEEDS / MEDICATIONS Vegetarian diets can generally be accommodated to with ease, but don't be surprised if fish is offered to you! Italy remains an old world mentality in many places. Special diets such as gluten free (celiac) and lactose intolerance can still be a challenge to source out in some places so we recommend you bring supplements from home just in case. Medicines and glasses / contacts subscriptions we recommend you bring from home as resources can be very scarce in the small mountain villages.

EMERGENCY CONTACT INFORMATION

In the case of a genuine emergency, your local operator, Adventurebug can be reached as follows:

ADVENTUREBUG OFFICE	+ 34 952 894 308
Matt Butler (Guide)	+ 34 635 817 819
Julie Butler (Office Manager)	+ 34 692 451 362