



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

THE BEST OF ITALY'S DOLOMITES

7 Nights / Hiking & Discovery



ABOUT THIS TOUR

The European Alps, in particular the South Tyrol region of Italy is simply mesmerizing. Starting in Venice, we venture north and explore the enchanting Italian Dolomite landscapes that have captured the imaginations of film makers and adventure seekers alike. With visits to Selva Val Gardena, Mount Lagazoui, Cortina and Venice we get up close and personal with nature, history and a unique mountain culture. 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 diverse 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!

TOUR HIGHLIGHTS

- *Customized for you. This is a special light hiking and cultural discovery tour.*
- *Use of alpine ski chair lifts and gondolas to bring us high into the Alps for the best views!*
- *Exquisite family run Inns throughout.*
- *A unique 1 night stay in the legendary Rifugio Lagazoui hut with sweeping views of the Tyrol.*
- *Well balanced day hikes and cultural visits to suit all levels of adventurers.*
- *Tasty local cuisine provided (as per itinerary).*
- *A circular route that captures the best of the region by way of a private coach.*
- *A visit to wonderful Prosecco Road of northern Italy – and a sample or two of course!*

"...seen from above, landscapes are made up of mountains and watercourses. Just as a transparent model of the human body consists of a framework of bone and a network of arteries, the earth's crust is structured in mountain ridges, river, creeks, and gullies."

- Reinhold Messner (Legendary mountaineer & native son of the Italian Dolomites)



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GENERAL ITINERARY

Tour Begins in Venice (Mestre)

Tour Finishes in Venice (Mestre)

Total Nights – 7 (plus 1 with early arrival option)

3 NIGHTS SELVA VAL GARDENA / 1 NIGHT RIFUGIO LAGAZOUI / 2 NIGHTS CORTINA D´ AMPEZZO / 1 NIGHT VENICE

DAY 1 - Dolomites – Selva de Val Gardena (3 nights) / Breakfast & Dinner included

Early afternoon private bus transfer for the Italian region of the Dolomites, the South Tyrol. The meeting point for our departure will be announced. Our bus journey is between 1.5 to 3.5 hours and we cross through wonderful landscapes of karst limestone and dense forests. Our destination in the Dolomites is Selva (Val Gardena), where we stay 3 nights in a comfortable family run lodge. The natural surroundings of the limestone Dolomites are breathtaking and we will explore on foot this amazing countryside in its summer splendour. Time permitting, A light exploration on foot will be offered after arrival. Hotel 3 Star Linder <https://www.linder.it/>



DAY 2 - Selva de Val Gardena - Hiking Champinoi / Breakfast, Trail lunch & Dinner included

Today we take a cable car to Champinoi (7,398 ft) to where a number of great hiking options can be done with outstanding views of the Tyrol region. Hiking time can range from an easy 2 hours up to 5 and with a possible further gondola extension followed by a local bus shuttle back to Selva. A Trail lunch is provided and hiking boots and poles are recommended to make the most of the day. Same Hotel.



DAY 3 – Selva – Hiking Col Raiser / Breakfast, Trail lunch & Dinner included

Another special day to explore the Val Gardena region on foot as we take a short local bus ride to Santa Christina 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 from this Rifugio we can further explore the landscapes of the Col Raiser – including a hike into the valleys made famous by many mountaineers and explorers. Expect 4 hours minimum hiking time – finishing on a down gradient that is not steep. Options exist to utilize

the cable cars for the hikes (up and down), if you prefer not to walk back down. A Trail lunch is provided for today's explorations. Same hotel.



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DAY 4 - Lagazuoi Rifugio 1 night / Breakfast, Trail 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 (or hike) to the famous Lagazuoi Rifugio (9,029 ft). We stay in this high Dolomite refuge for 1 night and enjoy the alpine environments of this special UNESCO World Heritage Site. From our lodge we have access to the most beautiful hiking paths of the Dolomites. The lodge itself is simpler than a hotel and private rooms are available (with shared baths) so some flexibility from our group is required. The lodge has a wonderful terrace

looking over the mountains and a sauna (for an additional fee). Rifugio Lagazuoi (mountain refuge)

<http://www.rifugiolaqazuoi.com/indexUK.php> (Please note - there are limited private rooms here).

DAY 5 - Lagazuoi Rifugio & Cortina D'Ampezzo / Breakfast, Trail lunch & Dinner included

We spend today exploring more hiking routes from the lodge – including the WWI tunnel network and historic sites. You can choose our morning hike or relax on the panoramic terrace, visit the museum and take time out to enjoy the surroundings. After a trail lunch we'll descend by gondola (or hike) to the Lagazuoi Cable Car Station and transfer (20 min) to Cortina D'Ampezzo – a chic, 50's era ski resort with an eccentric blend of historical elements in the heart of the Dolomites. Our accommodation for the following 2 nights is at the 4 star Park Hotel Franceschi – a luxury family operated ski and adventure lodge in the heart of Cortina and a short walk to the city center.



<http://www.franceschiparkhotel.com/it/home>

DAY 6 - Cortina D'Ampezzo & Mount Tofane Cable Car / Breakfast and Trail lunch included



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, an annual woman's world cup ski race as well as a number of James Bond film locations. There is also a very good WWI museum in Cortina. Today we'll take 3 gondolas to reach one of the Dolomites highest summits, Mount Tofane at 3244



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meters (10,643 feet) followed by (weather and time permitting), an optional visit and 2 hour hike at Lake Miserina near the Austrian border. Tonight, dinner is not included – allowing you an opportunity to sample Cortina’s home grown cuisine ranging from Tyrolian mountain dishes to Italian traditions!

DAY 7 – Return to Venice & The Prosecco Road / Breakfast and Dinner included

This morning we depart the Dolomites and drive towards Venice where we’ll have a vineyard tour specializing in Prosecco – Italy’s cherished sparkling wine. Our entire road journey from Cortina to Venice is approximately 3 hours by private charter bus. We have a one night stay in Mestre – 10 min from Venice in a 4 star hotel (TBA). Lunch is not included today and for our farewell dinner, we’ll dine as a group in a nearby restaurant.



DAY 8 – End of Tour / Departure / Onward travel / Breakfast only included

After breakfast our tour ends and you are free to explore more of this part of Europe or make your way to the airport for the journey home. Transfers are not included however we can make suggestions and/or bookings for your onward connections – Marco Polo airport is only 15 minutes from the hotel. Breakfast is included today.

WHAT TO EXPECT

This trip can be enjoyed by just about anyone with a reasonable level of fitness and with day hiking experience. An average hiking day ranges from 3 - 7 miles and we will try accommodating your hiking abilities each day depending on weather conditions. Hiking altitudes range from 6-8000 feet maximum and only on one sightseeing day (utilizing a Gondola), do we reach 10,643 feet - where we have a short optional hike of 45 minutes at this altitude. Trail conditions are varied and may range from stony trails in National Parks to hard packed cattle droving routes and even parts of alpine ski runs. 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.

MODES OF TRANSPORT

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



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MEALS & BEVERAGES – Most dinners with wine are included and the cuisine is generally Tyrolian (Austrian / Italian) and very tasty! We provide Trail lunches during most hiking days (as per itinerary), and this usually consists carrying a personal lunch pack during the day and of course your own water and any additional snacks of your own.

INSURANCE You are required to have private 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, Adventurebug may share some of the projects associated with his work in tourism, environmental 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. From our perspective (tourists), we see the better side of the region and the trappings of success however Italy is fraught with inequality and levels of wealth can be noticeable. 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