



Italy

THE DOLOMITES TRAVERSE

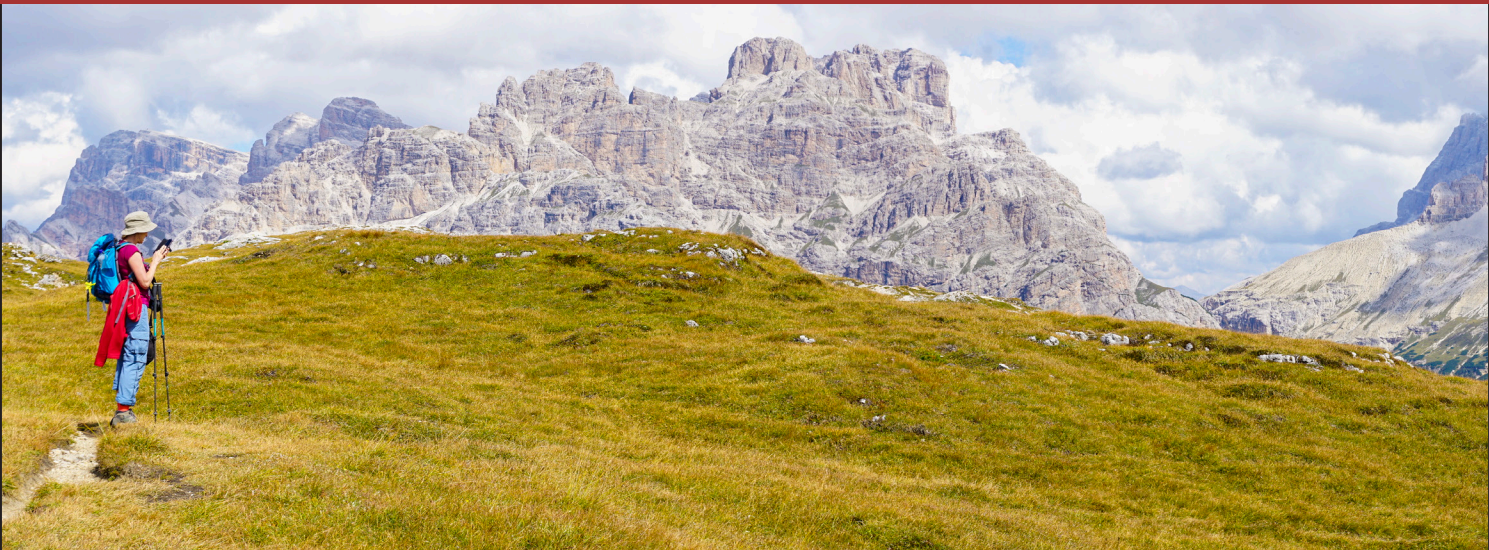
HIKING ADVENTURE | 8 DAYS

June 21-28, 2021

July 18-25, 2021

September 13-20, 2021

TRIP ITINERARY




Boundless
JOURNEYS

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How we deliver

THE WORLD'S GREAT ADVENTURES

A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.

Italy | THE DOLOMITES TRAVERSE

Thank you for your interest in this fantastic journey to Italy's Dolomites. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY

For thousands of years, the Dolomites have been home to the Ladin people. Tracing their roots to the Romans, the Ladin culture is rich in traditions rooted in ancient times. On this magical itinerary, we travel across three of the Ladin valleys on foot—Val Gardena, Alta Badia, and Cortina d'Ampezzo—and some of the Dolomites' most spectacular scenery.

Along the way, we experience the mountainous wonders of the Dolomites as we hike through wild Alpine meadows, deciduous and evergreen forests, and lunar-like terrain in the shadow of soaring peaks and dramatic walls. This rugged mountain landscape alternates with the refined South Tyrolean towns of Ortesei and Corvara, and the Venetian village of Cortina d'Ampezzo. The Dolomites' extensive network of *rifugi*, owned both privately and by the Italian Alpine Club will fuel hikers with delicious, authentic food!

As we are enjoying these mountains, we are also sure to enjoy the Ladin people and the cuisine and crafts of this unique tri-cultural region. We find fanciful intricate woodcraft and meet local artisans as you journey through the valleys. The Ladin language—a Rhaeto-Romance language also referred to as neo-Latin—is officially recognized as a minority language in parts of the Dolomites. In the valleys where we are traveling, most signage is written in Italian, German, and Ladin. You may even learn to speak some Ladin yourself!

HIGHLIGHTS

- Savoring a traditional Ladino feast at a 200-year-old family-run *agriturismo*
- Visiting the Dolomites' highest rifugio for 360-degree views and sobering World War I history via the site of the war's deadliest battle and hiking through the trenches around the Cinque Torri
- Hiking in and above legendary valleys of Val Gardena, Alta Badia, and Cortina d'Ampezzo, while enjoying striking views of Dolomites' highest peaks as we journey south

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TOUR OVERVIEW



THE BASICS

Duration:	8 days / 7 nights
Tour start:	Innsbruck, Austria
Tour end:	Venice, Italy
Accommodations:	3-star inns and hotels
Trip rating:	1 2 3+ 4 5 Easy Strenuous (See page 11 for more information)
Land cost:	\$4,995 per person
Single Supplement:	First single per departure: \$0* Additional: \$365 (*Must reserve at least 120 days ahead)



WHAT'S INCLUDED

Just pack your bags—we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- Expert leadership
- All accommodations
- All meals (except one dinner) and daily hiking snacks
- All activities as noted in the itinerary
- Local wine and beer with included dinners
- All on-tour transportation
- All gratuities except for those for your guide(s) and driver, which are at your discretion
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at 1.800.941.8010 for a referral to our partners who will best fulfill your needs.



ITINERARY AT-A-GLANCE

DAY 1

Travel from Innsbruck to our first Ladin valley, Val Gardena, and enjoy an afternoon cable car ride and hike.

DAY 2

Hike on the largest high altitude Alpine plateau in Europe, the Alpe di Siusi Plateau, around Mount de Bulacia.

DAY 3

Hike to the Cir and Forcella Ciampai passes ending in Corvara, once part of Austria. Traditional Ladino dinner at an agriturismo.

DAY 4

Hike through medieval hamlets to Santa Croce Sanctuary and to Ranch Andrè for a traditional lunch and baked treats.

DAY 5

Learn about World War I history at one of the Dolomite's highest rifugios, then set off on a hike through the valley of Lago Limedo.

DAY 6

Hike to the stunning Cinque Torre (Five Towers) boulders, an iconic image of the Dolomites.

DAY 7

Hike a loop around the Croda da Lago massif over the Col Piombin and Forcella Giau. Enjoy views of Tofana and Lastoi de Formin.

DAY 8

Departure from Venice, Italy.

THE JOURNEY



DAY 1: Val Gardena & Resciesa

Activity Overview: Hiking

Activity Level: Moderate, 1,200' elevation gain/2,312' loss

Activity Length: 4-5 hours, about 7 miles

In the morning, we meet our driver in Innsbruck, Austria, who transfers us to Ortisei, Italy. Here, we meet our hiking guides for our first excursion into the famed Dolomites.

Our drive through the mountains is a great introduction to the incredible scenery of South Tyrol. From Ortisei, we take the cable car to Rifugio Malga Saltner (6,926') to the start of our hike. The trail is predominantly gentle with little elevation change, perfect for getting our hiking legs warmed up for the next few days. We stop for lunch at a rifugio and admire the jagged north faces of the dramatic Odle Group.

Ortisei is dominated by the Rasciesa Peak in Val Gardena. This valley is locally known for skiing and rock climbing as well as its woodcarving tradition, which has flourished here since the 17th century. The flank of the Odle mountain group, aptly named “needles” in Ladin, has been subject to long term erosion, revealing the fascinating earth and rock strata underlining the principal pale dolomite rock. We see an array of geological material including gray chalks dating back 240-250 million years, wine red porphyry from a relatively late volcanic phase, and a blood-red variety of sandstone. In 1968, due to the erosion or perhaps thanks to it, intriguing skeletal fragments emerged, that scientists believe belong to a long extinct porpoise-like ichthyosaurus. The bones are on display at the museum in town, a recommended follow up to our walk.

We continue downhill on a forested trail to the middle cable car station, Mount Seceda (5,545'), from where we have the option to ride the gondola into town or hike down. There is some time to freshen up before our welcome aperitif and dinner off the lively cobblestoned streets of town.

Accommodation: Hotel Sureghes, Ortisei (July, Sept)

Hotel Stetteneck (June)

Meals: L, D

DAY 2: Alpe di Siusi Plateau

Activity Overview: Hiking

Activity Level: Moderate, 1,440' elevation gain/2,132 loss

Activity Length: 4-5 hours, about 8.5 miles

Today, we take the Alpe di Siusi cable car up to hike around Mount de Bulacia and along the footpath to the Goller Kreuz and to the Witches' Benches, two enormous stones of red porphyry located on the western side of the rock.

Alpe di Siusi is the largest high-altitude Alpine plateau in Europe and offers a front row seat to iconic Dolomites landscapes. The Alpe is dominated by an ancient coral reef known as the Sciliar/Schlern Massif. At its base, volcanic intrusions have encouraged lush pasture carpeted with an unbelievable range of wildflowers fed by plentiful natural springs or streams draining off the mountain. One of the most jaw-dropping vistas is the vertical walls of the massif that rise perpendicular in front of us, piercing the sky—simply spectacular! The name of Siusi may signify ‘flow of water’ as in the Schlernblut, a mysterious stream whose flow-level is constant all year round.



On the plateau, we enjoy a loop around Mount de Bulacia, our guides leading us on to the Filln Kreuz, where we can take in the sweeping views of the Gardena Valley and the hamlet of Bulla on the gentle valley side of Ortisei. We then hike down (or choose to take the cable car) into the idyllic scene below to the village of Kompatsch.

We return to Ortisei for a free evening to explore the many restaurants and flavors available in the pedestrian village.

Accommodation: Hotel Sureghes, Ortisei (July, Sept)

Hotel Stetteneck (June)

Meals: B, L

DAY 3: Puez Odle Natural Park

Activity Overview: Hiking

Activity Level: Moderate to strenuous, 1,575' elevation gain/2,133' loss

Activity Length: 4-5 hours, about 6 miles

After a short transfer, we find ourselves in the picturesque town of Selva di Val Gardena nestled among forested slopes and pastureland. The Dantercepies cable car takes us to Passo Gardena (6,955') for our hike amidst the Dolomites' signature rocky terrain to the Passo Cir (8,100') in the heart of the surrounding peaks. Eventually, the trail widens and follows undulating terrain leading us to the Forcella Ciampai Pass (7,760'), where we may pause to take in the stunning 360-degree views. From here, we may choose a longer option from the Passo Cir to the Sass Ciampac (8,770') with even more extensive views.

We descend an incredible switchback trail towards the Alta Badia, stopping at Rifugio Col Pradat for an exquisite lunch

with a jaw-dropping view of the valley. Afterward, a short trail leads to a cable car where we have the option to hop on for a descent to the village of Colfosco or hike down a fairly steep, rocky trail (adding 1,000' descent). Our next two nights are spent in the town of Corvara located in the Alta Badia, or South Tyrol, in the heart of the Dolomites. It is a classic example of a South Tyrolean village and the jumping off point for many visitors to the region.

Before the First World War, this region was part of Austria, and the fusion of Austrian and Italian culture is evidenced in the food, architecture, and language. The local people (called "Ladini") speak Ladino, which is rooted in the Romansh language, one of the four official languages spoken in Switzerland and in northern Italy. The signs in this area are written first in Ladino, then in German, and lastly in Italian—perhaps a testament to the order in which people identify themselves.

Tonight, we're in for a taste of Ladino culture and gastronomic feast as we visit a local agriturismo, Maso Runch, a family-run farm dating to the 18th century. *Buon appetito!*

Accommodation: Hotel Conturines, San Cassiano

Meals: B, L, D

DAY 4: Santa Croce Sanctuary

Activity Overview: Hiking

Activity Level: Moderate, 1,885' elevation gain/1,665 loss

Activity Length: 4-5 hours, about 7.5 miles

After a hearty breakfast, we transfer to the church of San Cassiano to begin our hike to the Santa Croce Sanctuary at the base of the Sasso della Croce. We pass through a number

of closely-knit hamlets with ancient timber farmhouses and barns, known as viles. These small communities are characteristic of Val Badia; in medieval times, they were grouped together for protection, forming self-sufficient units with their own collective oven and water well. The properties have been safeguarded from obsolescence thanks to the deeply-rooted and legal process of the *maso chiuso*—closed farm—introduced in the 6th century, whereby the eldest son is expected to carry on farm activities while other siblings must seek fortune elsewhere.

As our walk wends uphill through pine forest, we have great views of Santa Croce, the mountain groups of Conturines and Sella, and the Val Badia towns of La Villa, San Cassiano, Corvara, Pedraces, and San Leonardo. The sober white church was consecrated in 1484 and the original chapel was built in the 11th century, when a wealthy count of the Val Pusteria withdrew here to meditate in repentance for his harsh treatment of his subjects. He then donated his earthly possessions to the nearby abbey, the badia, hence the name, “Val Badia.”

A charming rifugio here welcomes us for a short break on the panoramic terrace before we continue to the scenic Armentara meadows trail to a typical Ladino shepherd’s house for lunch. Here, we taste local specialties such as turtres (Ladino vegetable pastries), grilled veggies, and homemade cakes. We descend on foot to the town of Valgiareì to meet our private transfer to take us to our hotel.

Accommodation: Hotel Conturines, San Cassiano

Meals: B, L, D

DAY 5: Lagazuoi Massif and Averau

Activity Overview: Hiking

Activity Level: Moderate, 1,300’ elevation gain/850’ loss

Activity Length: 4 hours, about 6 miles

This morning, we start our day at Passo Falzarego (6,906’), where we take the cable car to Rifugio Lagazuoi, one of the highest rifugi in the Dolomites—sitting on the patio feels as though you’re at the edge of the world, with views that stretch for miles on a clear day. We may see Marmolada (10,964’) and Antelao (10,709’), the two highest peaks of the Dolomites.

The tragically famous rock fortress, il Castelletto, stands below us, the setting of incredible battles and harbor of

caves and tunnels where the soldiers of WWI dwelled for months on end. If time allows, we also explore the restored galleries, trenches, and emplacements near the rifugio. So much fighting occurred here that it literally changed the face of the mountain by the end of the war—a permanent and poignant reminder of the deep and lasting wounds of military conflict.

After taking in this incredible scenery and sobering history, we take the return trip via cable car to start our hike, heading south into a beautiful valley. We pass Lago Limeses, and depending on the light, this beautiful little lake has a rich green color and offers beautiful reflections of Monte Averau. Heading up through a rocky canyon toward Forcella Averau, we work up an appetite as we approach Rifugio Averau. This offers the perfect spot for a delicious lunch of perhaps homemade gnocchi and ravioli as the rifugio is well-known for having one of the best restaurants in the Dolomites.

After we fuel up, we set off for the final leg of the day on a rocky traverse with impressive views of Marmolada, Dolomites’ highest peak and only glacier. Our hotel for the next two nights is Rifugio Giau. This classic Alpine accommodation is nestled at the top of Passo Giau and ensures we enjoy some of the most stunning hotel views on the continent.

Accommodation: Rifugio Giau, Passo Giau

Meals: B, L, D

DAY 6: Cinque Torri

Activity Overview: Hiking

Activity Level: Moderate to strenuous, 1,210’ elevation gain/1,223’ loss

Activity Length: 3-4 hours, about 5.5 miles

Our hike today takes us to the breathtaking Cinque Torri (Five Towers) boulders. As we will see, the famous profile isn’t comprised of just five towers—there is also a mass of secondary boulders, fractured towers and peaks sprinkled liberally across the entire area. We enjoy a loop around the towers and the opportunity to learn more about the World War I history in this area with visits to many sites along the route. We hike through restored trenches and explore the rugged dwellings of the soldiers who fought in The Great War.



Along the way, we will likely witness rock climbers scaling the towers on their various faces. We complete our loop around the Cinque Torri and enjoy yet another exquisite lunch where we can kick back at Rifugio Scoiattoli, with balcony seating to the Cinque Torri, before hiking back to Passo Giau by one of the return options. An additional climb to Rifugio Nuvolau may present itself if timing and energy allow, adding two miles and a 1,000' ascent and descent to the hike. Tonight, we enjoy dinner at a renowned local restaurant, DaAurelio, a fine way to top off the day.

Accommodation: Rifugio Giau, Passo Giau

Meals: B, L, D

DAY 7: Croda da Lago Massif

Activity Overview: Hiking

Activity Level: : Moderate, 1,085' elevation gain/3,411' loss

Activity Length: 4-5 hours, about 6.5 miles

Today, we enjoy a beautiful hike around the Croda da Lago Massif (7,335') starting right from the rifugio after breakfast. We begin on the grassy Col Piombin, (a name stemming from past lead mining) and head over the Forcella Giau (7,742') with plenty of ups and downs to make things interesting. Here, the views of the Tofana and Lastoi de Formin are nothing short of inspiring. Sharp ears may hear the peeps of marmots.

The path drops to cross a few streams and then gains up to the earthy saddle of Forcella Ambrizzola (7,470'). We enter the spectacular ragged valley amid the Croda da Lago and Lastoi de Formin range and admire the vistas of these impressive Dolomitic formations. We continue to Rifugio Croda da Lago Palmieri (6,699') for our last delicious Alpine

lunch, overlooking the prominent Tre Cime di Lavaredo and its neighbors towering above the Cortina valley.

We enjoy a more forested descent along babbling brooks to the main road to meet up with our private transfer into Cortina d'Ampezzo, a charming resort town surrounded by stunning peaks and uniquely sheltered from the cold winds of the north, giving it a relatively mild climate year-round. Having hosted the 1956 Winter Olympics, Cortina enjoys a reputation for great skiing but also attracts hikers and climbers in the summer who challenge the rocky faces of the nearby mountains.

Our final dinner together this evening celebrates our adventures in the beautiful Dolomites.

Accommodations: Hotel Cortina, Cortina d'Ampezzo

Meals: B, L, D

DAY 8: Departure

After breakfast and a 2-hour transfer where we can admire the landscape one last time, we bid farewell at the Venice airport.

Meals: B

PLEASE NOTE: *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*

ACCOMMODATIONS



NIGHTS 1 & 2 (JUNE)

Hotel Stetteneck

Ortisei in val Gardena, Italy

Tel +39 0471 79 65 63

Set on the Piazza of Ortisei, this charming hotel with blue shutters and bow windows sits right at the beginning of the pedestrian area of town. The relaxed rooms feature free Wi-Fi, TV, minibar, and room service. There's an elegant restaurant and a cafe/bar with a terrace, as well as a spa with an indoor pool, sauna, and steam bath.



NIGHTS 1 & 2 (JULY, SEPT)

Hotel Sureghes

Ortisei in val Gardena, Italy

Tel +39 0471 796256

This family-run hotel offers a warm and cozy atmosphere with modern furnishings in typical Tyrolean style. Located in the main village of the Ladin Val Gardena, Hotel Sureghes is within a few minutes of the cable car to the Alpe di Siusi, Europe's largest high plateau, as well as the lively village center with numerous cafés and shops.



NIGHTS 3 & 4

Hotel Conturines

San Cassiano, Italy

Tel +39 0471 849464

This charming family-run hotel is located in the peaceful pedestrian zone in the heart of San Cassiano, a traditional Ladin town. A sauna, steam room, and delicious restaurant welcome hikers after their day on the trails.



NIGHTS 5 & 6

Rifugio Giau

Passo Giau, Italy

Tel +39 346 0696745

The Albergo Alpino Passo Giau sits atop the Giau Pass, one of the most beautiful and best known passes in the Dolomites. The nine cozy, en suite double rooms are decorated in traditional Ampezzan style with wooden furniture, with nearly 360° views from their own balcony! Singles may need to share a room at this smaller property only.



NIGHT 7

Hotel Cortina

Cortina d'Ampezzo, Italy

Tel +39 0436 4221

The Hotel Cortina is one of the oldest hotels in the town and has a reputation of providing the best amenities available. Dating to 1870, it has retained all of its traditional Ampezzan charm, while adding modern amenities. It is set in front of Cortina's 19th-century bell tower and offers a fitness center, restaurant, and a terrace bar.

WHAT TO EXPECT



TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. This trip is rated 3+, moderate to strenuous, on a scale of 1-5 (5 being the most strenuous). We hike full days through spectacular mountainous terrain. Most days include long elevation gains and losses ranging from 1,000 to 3,400 feet; hiking duration ranging from three to five hours, and mileage ranging from 5.5 to 8.5 miles. Hiking is at elevations up to 7,470'.

TERRAIN

Trail conditions vary greatly, including a mix of wide dirt paths, hiking trails with rocks and roots, rough, large rocky steps, loose scree, and shallow stream crossings. Uneven terrain underfoot requires agility and stable footing and balance. We request that you bring hiking boots with full ankle support and two trekking poles, which provide comfort, significant stability, and most importantly, enjoyment. Our hikes take us through farmland, forest, rocky open terrain, and over mountain passes. Each hike includes climbing and descending, sometimes steeply. The trails occasionally travel through exposed sections with drop-offs and traverses steep hillsides or on rocky switchbacks, which may pose an issue for those with vertigo or a fear of heights. Feel free to call our office for further details.

PREPARING FOR THIS TRIP

It is imperative that you realistically assess your physical condition with regard to the demands of this trip. The more physically prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in moderate to strenuous aerobic activities

(such as hiking, jogging, or cycling) for at least 45 minutes to one hour 5-6 times a week for at least 6-8 weeks before the trip. Considering this is a moderate to strenuous hiking trip, we encourage you to consider adding longer activities on weekends—hiking in hilly or mountainous terrain is ideal, but longer bike rides or other moderately strenuous activities will also be helpful.

If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability, in addition to as much outdoor hiking as possible (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour, and/or would like to discuss your fitness level and routines relative to requirements for this trip.

A TYPICAL DAY

This trip includes full days on the trail and fairly limited “down” time, however throughout your trip you will experience much Alpine Ladino culture as well, embodied in the experience on the trail, in the charming huts, where we may take a welcome break, and at the hotels. We highly recommend scheduling an extra day or two before or after your trip to rest after your flights, enjoy the cities of Innsbruck or Venice, or wind down after your trip. Each day your guide will brief you the itinerary. In general, you may expect to start the day's hike between 8:30-9 a.m. and arrive at your next hotel between 4 p.m.-5:30 p.m.

WEATHER

The Dolomites are usually warmer and receive less precipitation than the rest of the Alps. However, as in all mountainous areas, the weather can change suddenly and



can vary greatly between regions within the Dolomites. In the summer, from mid-June to early August, days are pleasantly warm with cool nights and the occasional storm. September tends to be clear and fairly warm with good consistent weather through to the middle of October. You can expect a mix of warm, sunny days sometimes punctuated by rainy, cooler weather. You should always be prepared for sudden changes in the weather while you are out on the trail. Keep in mind that elevation gain and loss will also affect the temperature.

AVERAGE TEMPERATURE °F (HIGH/LOW)			
	JUNE	JULY	SEPTEMBER
Val Gardena	58° / 43°	60° / 44°	55° / 42°
Cortina	79° / 63°	82° / 66°	73° / 59°

You may obtain more detailed weather information at www.weatherbase.com.

TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly

recommend purchasing travel insurance with supplemental "Cancel for Any Reason" coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 6-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure, are all part of this shared experience.

DRINKS WITH MEALS

At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink (please review Immunizations & Health Concerns for more information). In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your



bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP's efforts at www.travelersagainstplastic.org.

TRANSPORTATION

While this trip is primarily an town-to-town hiking experience, we do use a variety of transport methods on certain days, including private vans and cable cars.

CUISINE

In the Dolomites, you'll find some of the heartiest and homiest cuisine in all the Alps. The combination of the cultural influences here results in dishes ranging from traditional Italian pastas, polenta, and game meats, to Austrian strudels and sauerkrauts, to Ladin soups, stews, and cakes. The northern valleys, where we will be traveling, pride themselves on delicious breads and thinly sliced speck, made exclusively in the region. There is a variety of memorable wines from the area, as well, both red and white, and several types of grappa. Dietary restrictions may be accommodated with advance notice. Please contact us with any questions.



OUR DOLOMITES TEAM

TRIP MANAGER



Michelle Cournoyer

Originally from Rhode Island, Michelle spent many years guiding cycling tours in Vermont and France before moving into a Destination Manager role. She joined Boundless Journeys in 2014 and her portfolio includes Slovenia, Scotland, the Dolomites, the Haute Route, the Tour du Mont Blanc, and Argentina. Michelle is our office Francophile and speaks fluent French. She is most at home in the mountains (no matter the continent) and runs, skis, hikes, and cycles with her family.

GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.

Karin Pizzinini

Karin was born and raised in the Dolomites and currently resides in Corvara in Alta Badia where she pursues outdoor activities year-round, including telemarking, hiking, rockclimbing, ice climbing, Nordic skiing, and cycling. In addition to being a hiking guide in her beloved Dolomites, Karin is a high school science and chemistry teacher, a yoga teacher, and an art director, making documentaries about Ladin arts and culture. She is fluent in six languages: Italian, German, Ladin, English, French, and Spanish!

Chiara Saldarini

Chiara was born and raised along the southern edge of Lake Como, a city surrounded by lively, magnificent nature. Throughout her youth, Chiara's parents inspired her to look at the world with eyes full of amazement, respect, curiosity, and love. Chiara has a degree in literature from Università Cattolica del Sacro Cuore and left a career in fashion to move to the mountains with "more backpacks than handbags." In Cortina, she found a new life, and she loves to share her knowledge of the region and local culture with guests. For Chiara, "what is important is that you fall in love with the mountains and have unique experiences here."

Claudio Vecellio

Claudio was born, raised, and currently resides in Cortina d'Ampezzo and is keenly aware of how magical a destination this is, a once-in-lifetime location for many mountaineers and hikers. Since he was a child, Claudio hiked the Dolomites with his family and discovered the distinctive traits and outstanding beauty of his mountains. Claudio earned his Master's degree in Environmental Engineering, focusing on the interaction between nature and humanity. In addition to guiding hiking tours, he ski tours, snowshoes, rock and ice climbs, and mountain bikes. Claudio speaks fluent Italian and English, and is eager to pass on his passion for the Dolomites to like-minded travelers.

NEXT STEPS



TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

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As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

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BOUNDLESS BEYOND



RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

WE ARE COMMITTED TO

Making connections. Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

Going local. Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

Respecting people and the environment. We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

HOW YOU CAN HELP

Give back. Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

Learn more. Visit boundlessjourneys.com/responsible-travel to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

Join us. Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at travelersagainstplastic.org.

CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

