



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Trekking the Spectacular Italian Dolomites

August 31st, 2019 — September, 14th, 2019

Trip # 1920



Trip Overview

WELCOME

We are glad that you are interested in this exciting trip! Please read the information carefully, and then contact us if you have specific questions about this trip: Dave Allen 603-727-2566; david.eric.allen@gmail.com or Steve Cohen 617-997-6861; scohen1234@gmail.com.

TRIP SUMMARY

The Dolomites are located in the northeast corner of Italy, near the border with Austria. The soaring spires and spectacular peaks of this World Heritage site provide the playground for this incredible trek. We will hike the classic Alta Via (Italian for high route) 1. We will traverse massive gray limestone towers and find tranquility in lush green valleys along our 68 mile route. We will stay in charming *rifugios* (mountain huts) and enjoy true Italian fare and hospitality.

Beyond the incredible mountain landscapes that will greet us every day, this trip has two special features. At the trip's outset we visit the beautiful mountain town of Cortina, home to a number historical sites and museums. Later on we cross the frontlines of the enormous, but now mainly forgotten, World War I conflict between Italy and Austria. We descend through a long tunnel constructed to protect soldiers carrying supplies during the harsh winter weather and explore fortifications preserved in an open-air museum.

PARTICIPANT PROFILE

You should enjoy traveling and be comfortable in areas which are unfamiliar to you. We will be in closer quarters than you are used to at home. You should make it a priority to help others on the trip and contribute to them having a great time. If you do that, we guarantee that you will have a great time.

This is a strenuous hike geared towards the outdoors adventurer. Since breakfast, dinner and lodging are provided we will be traveling light, with backpacks in the range of twenty-five pounds or less fully loaded. You should have at least intermediate to advanced hiking skills and be able to carry a day pack with enough gear to keep you safe in the mountains.

We will hike for 11 consecutive days and trek about six miles per day, with an average altitude gain of about 2,000 feet per day. We will hike at elevations between 5,000 and 9,000 feet. While no technical climbing is required, there are areas with narrow trails bordered by steep drop-offs. For more specific information about the kind of experience we are looking for, please read about Experience and Risks on page 6.

CONTENTS

Trip Overview.....	2
Destination & Itinerary.....	3,4
Trip Logistics.....	5
The Fine Print.....	6
Additional Information.....	7
Trip Leadership.....	8

READING LIST

“[Trekking in the Dolomites](#)” by Gillian Price provides an excellent description of our hiking route.

If you only have time to read one book about the importance of the Dolomites during World War I, read “[The White War](#)” by Mark Thompson. It puts the war and the ground we will traverse in historical context.

If you have more time and interest try these two books as well: “[A Soldier on the Southern Front](#)” and the “[The Sardinian Brigade](#)” both by Emilio Lussu.

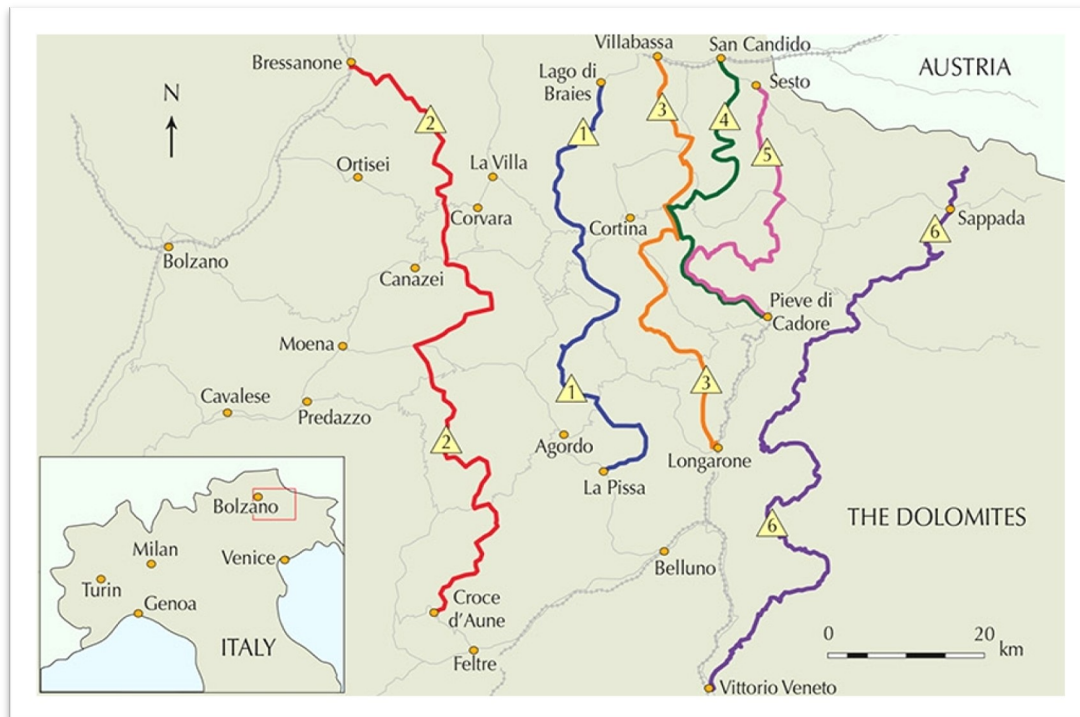


Destination

THE DOLOMITES

“They are unlike any other mountains, and are to be seen nowhere else among the Alps. They arrest the attention by the singularity and picturesqueness of their forms, by their sharp peaks and horns, sometimes rising up in pinnacles and obelisks, at others extending in serrated ridges, teathed like the jaw of an alligator.”

John Murray
1840



There are six designated hiking routes through the Dolomites. Our destination is the classic Alta Via 1 route shown in **blue** in the map above.



Trip Itinerary

DETAILED ITINERARY

Upon arriving in Europe, we travel to Cortina where we will explore this city of Tyrolean architecture. We will spend one night and visit a collection of museums focused on paleontology, art and mountaineering. From there, we travel to the lovely lakeside town of Lago di Braies from which we will begin our trek. Our trek with a few minor exceptions follows the route laid out in the Cicerone guidebook “[Trekking in the Dolomites](#)” by Gillian Price. Upon completion of the trek, we take a bus to Belluno and a train to Padua to spend a final night there. The following day we return to the US. The Venice international airport is less than one hour away by public transportation.

DAY/DATE	ACTIVITIES/DESTINATIONS
0 - Saturday, Aug. 31st	Depart US for Europe (Venice, Italy), overnight on airplane
1 - Sunday, Sept. 1st	Arrive in Europe, travel to Cortina, stay the night
2 - Monday, Sept. 2nd	Tour Cortina, travel to Lago di Braies, stay the night
3 - Tuesday, Sept. 3rd	Begin trek, hike to Rif. Peredue, 14.3 km, +926 m /-893 m, 5.5 hours book time
4 - Wednesday, Sept. 4th	Hike to Rifugio Scotoni, 15.8 km, +938 m/-498 m, 6 hours book time
5 - Thursday, Sept. 5th	Hike to Rifugio Lagazuoi, 5.4 km, +688 m /-0 m, 3 hours book time
6 - Friday, Sept. 6th	Descend the World War I tunnel and explore military fortifications near Cinque Torri, hike to Rifugio Scoiatolli, 7.5 km, +330 m/-750 m, 5 hours book time
7 - Saturday, Sept. 7th	Hike to Rifugio Staulanza, 17 km, +400 m/-800 m, 6.8 hours book time
8 - Sunday, Sept. 8th	Hike to Rifugio Coldai, 5 km, +520 m/-150 m, 2.2 hours book time
9 - Monday, Sept. 9th	Hike to Rifugio Vazzoler, 10 km, +380 m/-800 m, 3.7 hours book time
10 - Tuesday, Sept. 10th	Hike to Rifugio San Sabastiano, 11 km, +600 m, -680 m, 4 hours book time
11 - Wednesday, Sept. 11th	Hike to Rifugio Pramperet, 11 km, +550 m, -530 m, 3.5 hours book time
12 - Thursday, Sept. 12th	Hike to Rifugio Pian de Fontana, 7 km, +540 m/-760 m, 3 hours book time
13 - Friday, Sept. 13th	Hike to La Pissa, 13 km, +120 m/-1300 m, book time 3.8 hours, bus to Belluno, train to Padua, stay the night
14 - Saturday, Sept. 14th	Fly back to US

All distance & elevation information are approximate based on representative maps. The leaders reserve the right to change the itinerary for reasons such as weather, trail conditions, availability of accommodations, group preference, etc.



Trip Logistics

GROUP SIZE

A minimum of 10 and a maximum of 12, including leaders. A waiting list will be established if more than 12 people apply for the excursion.

ACCOMMODATIONS

We will be staying at hostels and small hotels in Cortina, Lago di Braies, and Padua. While on the trek we will be staying in rifugios (mountain huts). Blankets and pillows will be provided but participants must bring a sleep sack to be used instead of sheets. Accommodations are typically in a bunkroom with shared bathrooms. Showers may not always be available.

MEALS

Breakfasts, generally continental style, and hearty dinners are provided with the hut accommodations. In town two dinners will be paid for by the trip (welcome dinner, farewell dinner), but lunches are on your own. On the trek, you may buy food for lunch from the rifugios the night before or we may stop along the way at other rifugios and buy food.

TRIP PRICE

Price is \$2,650 per person shared occupancy for AMC members. Non-members can join for \$50, and get the same price. Deposit of \$1,000 is due with application. Balance of \$1,650 is due by 1 April 2019.

Trip price includes:

- Thirteen nights of lodging.
- Breakfast, dinner and a reasonable dinner beverage allowance for the entire trip, starting with dinner on September 1st, 2019 through breakfast on September 14th, 2019.
- Transport as a scheduled part of the itinerary.
- Emergency medical & evac. insurance coverage.

Trip price does not include:

- Airfare. The trip leaders will provide guidance as needed and will facilitate group travel. At this time, we estimate the cost for a round trip ticket between the US East Coast and Europe will be in the range of \$1,000.
- Lunches & incidental expenses.
- Transport between arrival airport & trip start.
- Transport between end of trip & departure airport.
- Insurance for travel delay, interruption, cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

The final trip price will be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase.



The Fine Print

REGISTRATION

We expect a group size of 10 people, including the 2 leaders. This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip.

To apply, you must download, complete, and submit the [Application Documents](#) which consist of: application, confidential medical form, acknowledgement and assumption of risk and release form, and supplemental medical Questionnaire (optional). These documents, along with a check for \$1,000 payable to the Appalachian Mountain Club should be sent to Stephen Cohen, 2802 Arbor Drive #2 Madison, WI 53711.

You will not be accepted and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from wait-listed applicants will not be cashed until a spot is available, the application is accepted and the applicant confirms continued interest.

PARTICIPANT CANCELTION POLICY

Cancellation will not be allowed to raise the cost to the other participants or to the leaders. The minimum cancellation fee is \$200 once the trip has been declared a go. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration & cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant.

TRIP CANCELTION POLICY

In the unlikely event that the trip is cancelled, everything you have paid to AMC for this trip will be refunded in full. Participants are responsible for their own airline tickets & other external expenses. Most airlines no longer give refunds for cancellations; instead, they issue coupons for a future trip with an administrative charge and an expiration date. Trip cancellation insurance is advised—policy information will be supplied to all participants.

DISCLOSURE

AMC Adventure Travel trips are run on a nonprofit basis. Leaders are not compensated except for their travel and administrative costs associated with the trip. A program fee is assessed toward AMC Adventure Travel program and administrative expenses.

Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience with us. Please do not be offended by our questions.



Additional Information

EXPERIENCE & RISKS

Climbing high mountain passes is physically very demanding. Most of our travels will be between 5,000'–9,000'. Although these elevations should not be high enough for properly conditioned people to contract acute mountain sickness, the combination of physical exertion & slightly lower oxygen levels require that we pace ourselves and pay attention to proper nutrition and hydration.

A typical day will have us waking up at 6:30 and on the trail by 8:00. We may pass other huts along the way and indulge some local fare as a lunchtime snack. We aim to arrive at our destination by 16:30 each afternoon. Almost all huts & hotels have showers. The meals are hearty Italian country cuisine. Vegetarian options are limited. All lodges serve beer or wine. Dinner is at 18:30 or 19:00. Most people are in bed by 21:00–22:00.

People wishing to participate in this trip must have previous hiking and backpacking experience, at the intermediate level or higher. Several of the days are long and strenuous. You need to be prepared to commit yourself to keeping in shape between the time you sign up for the trip to the time you depart on it.

When you participate in this activity, you should be prepared both physically and mentally, and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety—you are.

Nonetheless, it may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of group or individual safety. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Weather is likely to be temperate & sunny, although there is always a possibility of some precipitation. That said, mountain climate is unpredictable and can range from 30–80°F. Snow can fall in every month of the year.

A detailed packing list will be provided to participants at a later date.

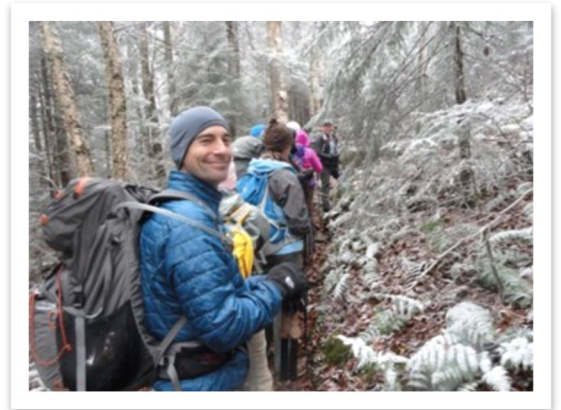


TRIP LEADERS

Since 2012 **Steve Cohen** has been an active AMC Adventure Travel leader. He has planned and led sixteen hiking/ trekking-oriented Adventure Travel trips to such destinations the Haute Route (from Chamonix, France to Zermatt, Switzerland), the Alta Via II through the Italian Dolomites, the tour of the Jungfrau region (Switzerland), Patagonia, the high mountains huts of Austria, etc. He lived in Europe for four years and is fluent in both French and German, a language spoken by most people living in the Dolomites. Steve is chair of Adventure Travel.



David Allen leads three season hikes for the Excursions Committee of the AMC New Hampshire Chapter. He specializes in peak bagging day trips, longer hut to hut adventures and telling bad jokes. David has summited all 67 of New England's 4000 foot peaks and hiked the Long Trail from Massachusetts to Canada. During his professional career he has worked for several outdoor service organizations including the Nature Conservancy of Hawai'i and Outward Bound. David's personal travels have taken him to destinations in the United States, Europe, Asia, Polynesia, Australia, and the Caribbean. This will be David's third AMC Adventure Travel trip.



Join us on this great adventure in one of the most beautiful regions of the world!