Hiking in the Italian Alps
Val Gardena, Italy
AMC Adventure Travel Trip #2053 (2nd Section)
September 17 - 25, 2020

Italy’s Val Gardena is perfectly situated in the heart of the Dolomites, a World UNESCO heritage region and a paradise for those who love nature, outdoor activities, and hiking. With more than 8,000 miles of trails, there is a hiking route for everyone and the area has become a favorite destination for AMC Adventure Travelers. Join us as we explore this special region of Italy!

From our “base camp” at a family-owned 4* hotel in Ortisei, we will enjoy up to six days of hiking on a variety of moderate trails with distances of 6-10 miles, mostly even footing with occasional rocky stretches, and moderate elevation gains as detailed below. Some of our hikes begin at right from the hotel and others are a short distance away via regional transport.

In addition to hiking, there are some sightseeing opportunities, including a visit to Ortisei’s Gherdeina Museum for insight into the region’s geography, history, and culture.

This prospectus should answer most of your questions about our trip. Please read the information carefully and contact us with any questions or to request application materials. Our contact information is at the end of the prospectus. We look forward to adventure traveling with you!
Trip Description
Our trip will be based in Ortisei (elevation 4,035 feet), the main village of Val Gardena in the middle of the Dolomites. We will stay at a 4* hotel located in the center of the village and adjacent to the pedestrian-only zone. We will stay in one location for the full week to maximize our time for exploration while minimizing packing/repacking. We may use the regional transport system—including buses, cable cars, and taxis—to gain access to, or return from, our daily destinations.

Videos to inspire you:
- Click here for a drone video Val Gardena and the types of trails we will be hiking.
- Click here to get a sense of what it feels like to be immersed in the Dolomites.

Breakfasts and dinners will be at our hotel and we will enjoy hearty Tyrolean-Italian cuisine. We will pack food or stop in small hamlets or mountain huts for lunch, depending on each day’s activities.

The trip consists of up to 6 days of hiking in the Val Gardena area. In the event of inclement weather, participants can relax in the hotel’s spa, visit a museum, or explore the local culture.

Throughout our time together we will endeavor to enjoy and understand this wonderful region through the “lens” of AMC’s mission of education, conservation, and appreciation of the natural world.
**Expectations of Participants**

This trip is rated MODERATE for experienced hikers who enjoy an active vacation. **You should be fit enough to walk 9 to 10 miles per day, approximately 6-8 hours per day, for several days in a row carrying a day pack with your personal gear (i.e., rain gear, pack lunch, extra layers, etc.) in all different weather conditions.** Daily elevation gain/loss will range between 1,200’ and 1,600’ and one day is planned to have a **3,600’ descent.**

While the majority of our walking will be on comfortable mountain footpaths, participants should expect to be on rougher trails as well. Participants who have a fear of heights should be aware that some of the trails we plan to walk are accessed via gondolas and cable cars and we will be subject to the attendant exposure involved in the use of such means of transport.

Prior to your acceptance as a participant in this trip, you will be asked to discuss with us your capabilities and experiences. We may also request references to confirm your fitness level and suitability for participating in trip activities. While the leaders will make a reasonable attempt to ensure a good “fit” between the trip and participants, you are ultimately responsible for being aware of the risks involved in the activities and for conducting yourself accordingly. You are ultimately responsible for your own safety.

It may happen on any trip that a participant 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 safety, whether it be of the group...
or of the individual. Illness, injury, lack of proper gear, or fitness are examples of some conditions that might result in an individual being unable to participate in one or more activities. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

This is a group activity and we will be spending many, but not all, hours together. We expect that everyone will pitch in and contribute to helping each other have a great time.

**Planned Itinerary:**

<table>
<thead>
<tr>
<th>Thurs, Sep 17</th>
<th>Depart on an overnight flight to Europe. We recommend a flight to Munich, train to Bolzano, and bus to Ortisei.</th>
<th>Meals included: None</th>
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</thead>
<tbody>
<tr>
<td>Fri, Sep 18</td>
<td>Arrive in Ortisei and check into our hotel. Wander around town or relax at the hotel before meeting the group for dinner.</td>
<td>Meals included: Group Dinner Mileage/Hours: None</td>
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<tr>
<td>Date</td>
<td>Location</td>
<td>Activity Description</td>
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<tr>
<td>Sat, Sep 19</td>
<td><img src="image1.jpg" alt="Image" /></td>
<td>Our first hike will be a “warm-up”. We will take the cable car from S. Cristina to Mastle Pasture and onto Pic Mountain for a 360-degree view of Val Gardena and the Dolomites.</td>
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<tr>
<td>Sun, Sep 20</td>
<td><img src="image2.jpg" alt="Image" /></td>
<td>Alpe di Siusi. We will ride the funicular up from Ortisei to hike on the largest plateau in Europe, with vast rolling meadows and surrounded by the Sciliar Massif.</td>
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<tr>
<td>Mon, Sep 21</td>
<td><img src="image3.jpg" alt="Image" /></td>
<td>Sassolungo Circuit. We will take two lifts from S. Cristina to access this bucket list hike to the Passo Sella and its view over the Alpe di Siusi. A true classic for a memorable day in the Dolomites.</td>
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<tr>
<td>Tues, Sep 22</td>
<td><img src="image4.jpg" alt="Image" /></td>
<td>Free Day to relax, explore the local area, or try a different alpine activity like mountain biking or via ferrata. Although these activities are not included, we can help you find a local guide.</td>
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<td>Wed, Sep 23</td>
<td><img src="image5.jpg" alt="Image" /></td>
<td>Puez-Odle Altopiano. We will use the cable car from Selva to to get to one of the most beautiful routes in the Dolomites that also is known for its abundance of fossils along the trail.</td>
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<td>Thurs, Sep 24</td>
<td>The Rasciesa Ridge. We’ll use the funicular from Ortisei to access the high alpine plateau above Val Gardena for a traverse across the Rasciesa Ridge.</td>
<td>Meals included: Breakfast, Group Dinner</td>
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<td></td>
<td>Mileage/Hours: 9 miles +/-1200’ ~6 hours</td>
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<tr>
<td>Fri, Sep 25</td>
<td>After a last breakfast together, we’ll say goodbye to Val Gardena and begin our journeys home or to further travels in Italy or Central Europe.</td>
<td>Meals included: Breakfast</td>
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<td></td>
<td>Mileage/Hours: None</td>
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While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of group ability, safety, transportation, and unforeseeable circumstances such as weather considerations, natural disasters in the areas to be visited, or recommendations of governmental agencies. Our rest day might shift to adjust for inclement weather. The leaders reserve the right to make such changes as necessary, both before and during the trip.
**What to Expect**

This trip is rated a difficulty of 4: Moderate. Our pace will be moderate so that we may enjoy the scenery and take time to meet the local residents, both 2 and 4 footed, and socialize with each other.

Our accommodations will be at a comfortable 4* hotel. Solo travelers will be paired with a same gender roommate. Single rooms might be available with a “single supplement.”

We will have breakfasts and dinners at our hotel. Lunch plans will be determined based on our days’ activities; we may pack food with us or stop to eat at local mountain huts along our route. Participants with specific dietary requirements should contact the leaders for additional information.

**Weather**

We can expect an even mix of sun and clouds during our trip. The average high/low temperatures in Val Gardena during September are 65/45 degrees. Due to the higher elevation, the temperatures during our hikes will likely be 5 - 10 degrees cooler than in the village.

As always, mountain weather can be unpredictable and below-freezing temperatures and snow, while not common in September, are possible. Suitable insulation layers will be required.

A rain jacket and pants that will fit over other layers will also be required. A pack cover is recommended. See the gear list at end of this prospectus for more information.
**Cost of the Trip**

The trip will cost $1,695 for AMC members, $1,795 for non-members. Included is: seven (7) nights of lodging, seven (7) breakfasts, seven (7) group dinners, up to six (6) hikes, all hiking transfers, and emergency medical and evacuation insurance. A limited number of single rooms (single supplement) may be available at an additional cost.

The cost of lunches, drinks, and incidentals - essentially anything not specifically detailed above, *is not* included in the price. We recommend budgeting $15 - $20 per day for these expenses.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC Adventure Travel excursions and, in accordance with AMC you are subsidizing some of the leaders’ cost. The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price will be adjusted in accordance with the best final arrangements we can make. As with all Adventure Travel Committee excursions, this trip is run on a non-profit basis; any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase.

Your round-trip airfare and land travel to / from Ortisei, which we currently estimate at $975 - $1,275, *is not included*. Leaders will be glad to provide information on suggested flights and train schedules.
**Important Notes:**

The price of the trip is subject to an increase should the value of the US dollar versus the Euro decline significantly from the estimated exchange rate of 1.20Euro to $1.00USD. Conversely, any unspent funds resulting from exchange rates being more favorable than our estimate will be refunded to the participants.

While the trip cost *does* include insurance for medical emergencies and evacuations, it *does not* include insurance for travel delay, interruption or cancellation of the trip, or baggage loss. Purchasing such insurance is strongly suggested. The leaders will send you information to help you purchase this insurance through a preferred AMC vendor or you can purchase through your own preferred vendor. Please note that most of these types of travel insurance require you to purchase the insurance within a certain number of days after booking your trip – once you have received a *formal* acceptance letter, please do not delay in purchasing your insurance if you choose to do so.
How to Proceed

To apply to the trip, email the leaders letting them know that you are interested in receiving the trip application forms. We will send you the application, risk release, and medical forms which you will need to print, complete, sign and return along with the required deposit check of $1,000 made payable to the Appalachian Mountain Club. Send the completed paperwork and deposit to leader Karen Barsanti at the address on the application.

Your official acceptance onto the trip will not happen until the leaders have determined by a telephone conversation with you that you and the trip are a good match. Once you have been officially accepted and the trip has the required number of qualified participants to make the trip ‘a go,’ your check will be deposited and the trip’s cancellation policy will take effect (see below). The rest of the trip fee will be due by April 10, 2020.
Cancellation Policy
Our cancellation policy is based on several considerations. A cancellation may not raise the cost to the other participants or to the leaders. You may cancel without penalty until you have been told affirmatively that the trip will run on schedule as planned. After that date the minimum penalty is $200. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant.

Contact for More Information

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<thead>
<tr>
<th>Samir Patel</th>
<th>John Lisker</th>
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<tr>
<td>14 Fellsmere Ave</td>
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<tr>
<td>Wakefield, MA 01880</td>
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<tr>
<td>978-270-0714</td>
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<tr>
<td><a href="mailto:sam5670@yahoo.com">sam5670@yahoo.com</a></td>
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### The Leaders

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<tr>
<th><strong>Samir Patel, Leader:</strong></th>
<th><img src="image" alt="Samir Patel" /></th>
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<tr>
<td>Samir first became a member of AMC in 1992. He leads for the Boston Chapter’s hiking/backpacking committee. He has traveled to many parts of the world with AMC Adventure Travel, including New Zealand (x2), the Dolomites in Italy, Patagonia, Japan, Mexico, Canadian Rockies, Ireland, Alaska, and many national parks in the U.S. and abroad. He is certified for Wilderness First Aid via NOLS, and CPR via American Red Cross.</td>
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<th><strong>John Lisker, Co Leader:</strong></th>
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Required Gear

Passport and Medical Insurance Card
Backpack (25-30 liters) with waterproof pack cover
2 one-liter water bottles or hydration system
Personal first aid kit with head lamp
Waterproof packable jacket, pants, and overmitts
Wool or Polartec hat, gloves/mittens, and top
Light-weight down or polyester “puffy” jacket with hood
Waterproof hiking boots
Hiking socks, shorts, pants, tees, and long sleeve tops
Wool or synthetic long underwear
Sun protection: hat, sunglasses, lotion, and lip balm
Leisure clothes for travel and hotel
Personal toiletries

Optional Recommendations

Hiking poles (must be in checked bag)
Gaiters (for pebbles and dust, not for snow)
Camera
Binoculars
Ear plugs
Small knife (must be in checked bag)
Compass
Extra shoelaces
Zipper closure plastic bags for packing lunches and snacks
Reading material for breaks in the action
Luggage locks