

XC Skiing in the Italian Alps Toblach-Dobbiaco, Italy

AMC Adventure Travel Trip #2324

February 5-12, 2023



Images in this prospectus are from Dolomiti Nordicski

TRIP OVERVIEW

Toblach-Dobbiaco is Italy's number one cross-country skiing destination with over 200 km of professionally tracked and well-connected cross-country trails for skiers of all abilities.

The region's high altitude, reliable snow, and setting amongst the peaks of the UNESCO World Heritage Dolomites is sure to provide a memorable experience for AMC skiers. To make the most of our experience we are staying in a special 4-star hotel owned by a family of Olympic skiers. The hotel features healthy Tyrolean cuisine, a state-of-the-art wellness center, and a super location next to the "Nordic Arena" for easy access to rentals, service, and local trails.

Throughout our time together we will endeavor to enjoy and understand this wonderful region via the AMC's mission of education, conservation, and appreciation of the natural world.

This trip can be enjoyed on its own or combined with #2325 XC Skiing in the Austrian Alps for a two-week adventure through the Tyrolean Alps.

Planned Itinerary:

	<p>Feb 4 or prior: DEPART USA</p> <p>Depart from the USA on a flight to Europe</p> <p>No meals, accommodation, or activities are provided today.</p>
	<p>Day 1 – Feb 5: ARRIVE IN THE ITALIAN ALPS</p> <p>Arrive in Toblach-Dobbiaco and check into our hotel. Take your first ski right out our front door or relax in the hotel's wellness center before the trip officially begins at 6PM with welcome drinks and dinner.</p> <p><u>Meals included:</u> Welcome Dinner <u>Accommodation:</u> 4* Hotel in Toblach</p>
	<p>Day 2 – Feb 6: TOBLACH-DOBBIACO</p> <p>Our first ski will be a “warm-up” from the Dobbiaco Nordic Arena, a World Cup venue and training center for national Nordic teams. You are welcome to bring your own ski gear or rent from the arena's ski shop.</p> <p><u>Meals included:</u> Breakfast & Dinner <u>Accommodation:</u> 4* Hotel in Toblach</p>
<p><u>Activity:</u> 7km easy route around the Lake of Dobbiaco with 75m elevation gain.</p> <p><i>Need more challenge? Advanced skiers can extend mileage or seek alternate routes with one of the trip leaders.</i></p>	



Feb 7- 11: 3 ZINNEN-DOLOMITI SUPERSKI

Each day we will explore the [3 Zinnen Region](#), with over 200km of trails including the Fiscalina Valley, the high-alpine plateau Prato Piazza, the Tour de Ski route from Dobbiaco to Cortina, and perhaps a border-crossing into Austria via the track network in East Tyrol. Some of these trips will involve a short bus or train transfer. We will stop by the trailside every day for a hot lunch and a chance to warm up.

Meals included: Breakfast & Dinner

Accommodation: 4* Hotel in Toblach

Activity: Each day, we will ski up to 12-16km with an elevation gain of up to 300m and a moving time of up to 4 hours.

Need more challenge? Advanced skiers can extend mileage or seek alternate routes with one of the trip leaders.



FREE DAYS

We will be in a very special location and it's okay to opt-out of xc skiing to take a day trip to Cortina, or try an alternate activity like backcountry skiing or snowshoeing. Although these activities are not included, we can help you find a local guide.

Meals included: Breakfast & Dinner

Accommodation: 4* Hotel in Toblach



Day 8 - Feb 12: DEPARTURE DAY

Today after breakfast we will say goodbye and either continue to other destinations or return to our departure airports.

Meals included: Breakfast only

Accommodation: None provided / Departure day



What to Expect

Difficulty Rating: This trip is rated a difficulty of [Moderate](#). To enjoy this trip, you should be able to ski up to 12-16km or ~4 hours daily for several days in a row. Advanced skiers will have alternate and additional trail options for more challenge. Our pace will be relaxed so that we may enjoy the scenery and we will take breaks in huts along the way to sample local Tyrolean-Italian fare.

Weather: Weather wise, we can expect an even mix of sun and clouds during our trip. The average temperatures during this time are 26-37 degrees. Mountain weather can be unpredictable and cross-country ski apparel including suitable insulation layers will be required. See the gear list at the end of this prospectus for more info.

Meals & Lodging: Our accommodations will be at a traditional Austrian-Italian alpine hotel with ski-in, ski-out access and delicious breakfasts & dinners included. Solo travelers will be paired with a same gender roommate. Single rooms might be available with a “single supplement”.

Participant Expectations: 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.



TRIP PRICE

The trip will cost \$2,495 for AMC members and \$2,595 for non-members. Non-members can join AMC for \$50 by clicking [here](#).

Included in the price: 7 nights of lodging at a 4* wellness hotel, 7 breakfasts, 7 group dinners, local bus & train transport, and emergency medical and evacuation insurance. A limited number of single rooms (single supplement) may be available at an additional cost.

Not included in the price: The cost of ski tickets, rentals, lunches, drinks, and incidentals - essentially anything not specifically detailed above, *is not* included in the price. We recommend budgeting ~\$15/day for lunches, ~\$60/week for ski tickets, and ~\$120/week for ski rentals.

Round-trip airfare (~\$1350) and land travel to / from your airport *is not included* and we will provide information on suggested flights when it is time to book your flights.

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.



How to Proceed

To apply for this trip, email karenbarsantiAMC@gmail.com to let her know that you are interested in receiving the trip application forms.

We will send you the application materials 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.

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.

Your acceptance onto the trip will not happen until the leader(s) have determined by a telephone conversation with you that you and the trip are a good match. Once you have been officially accepted your deposit check will be processed, the trip’s cancellation policy will take effect including a \$300 minimum cancellation fee, and final payment will be due by September 15, 2022.

Terms and Conditions

By booking a trip with us, you agree with the [terms and conditions](#). Please read this information and contact the trip leaders with questions.

Your Trip Leaders



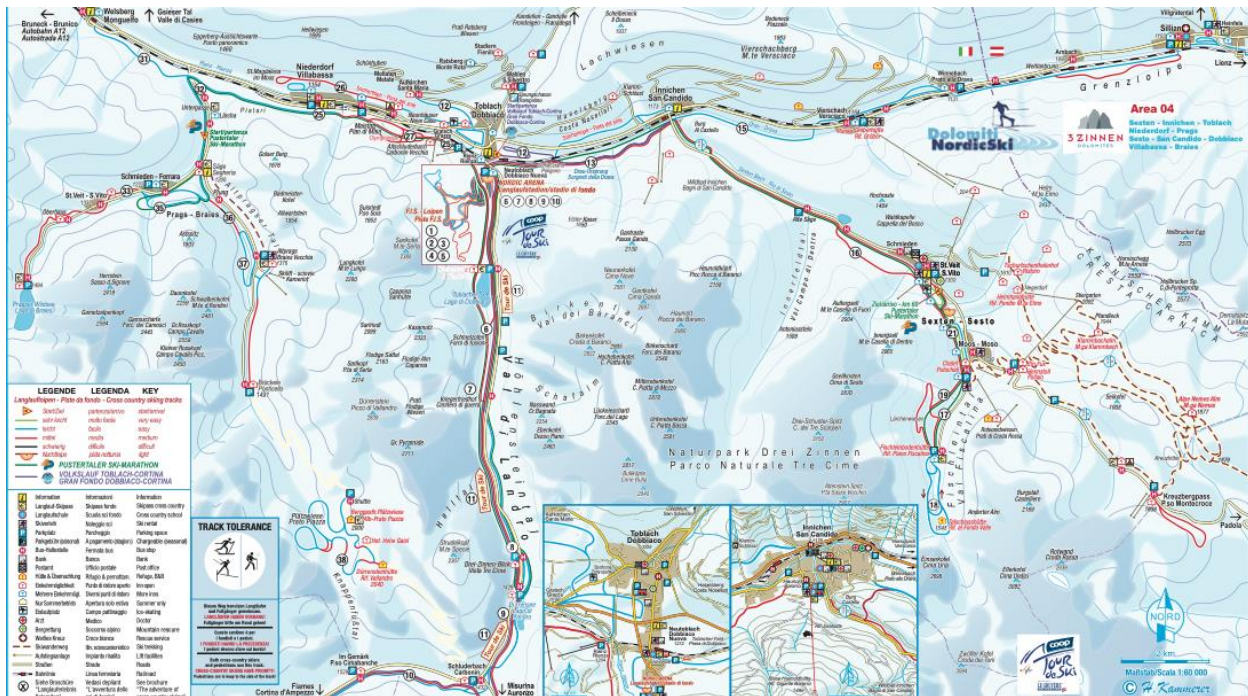
Karen Thurston Barsanti

Karen is a member of the NH Chapter and has led trips for over 15 years for NH Excursions, NH Family Group, August Camp, and Adventure Travel. She is certified by Wilderness Medical Associates International in Wilderness First Aid, AED, and CPR. She is a past Chair of the AMC's NH Chapter and currently serves as Treasurer of AMC's Adventure Travel. Karen has led multiple trips to Europe and enjoys sharing good times and great adventures with fellow club members.



Mike Barry

Mike has been leading outdoor journeys with a variety of organizations since his days as a Boy Scout in 1970's. He has backpacked a few hundred miles of the Appalachian Trail and hiked in the west and Norway. He has been an AMC Adventure Travel leader since 2006 and has led hiking trips to Scotland and Iceland, biking trips to South Africa, Tuscany, and the Czech Republic, and XC ski tours to Norway in addition to several week-long chapter XC ski tours to the club's Maine Lodges in the 100-Mile Wilderness and numerous chapter trips since 1998.



[Click here](#) to explore the 200km of Nordic ski trails online.

Required Gear:

- Passport, Medical Insurance Card, and EU-required Vaccine Credentials
- Backpack (20-25L) with waterproof pack cover
- 2 insulated water bottles
- Personal first aid kit with head lamp
- Outer-layer: xc ski jacket, pants, hat, gloves/mittens
- Base and Mid-Layers: wool or Polartec socks, pants, and tops
- Waterproof hiking boots for walking around town or in case you want to go snowshoeing
- Sun protection: sunglasses, lotion, and lip balm
- Leisure clothes for travel and hotel
- Personal toiletries

Optional Recommendations:

- Ski Gear. *You can rent or bring your own.*
- Gaiters
- Ear plugs for light sleepers
- Ziploc baggies for packing snacks
- Reading materials for breaks in the action
- Luggage locks