

2020 Italy Dolomite Trek (Tentative Itinerary)

Dates	Destination	Activities	Comments
Sat Sept 19	Verona/Trento	Arrive to Verona airport (VRN) no later than 10:30 am Group transfer to historical center of Verona Afternoon free to see Verona Transfer to Trento	Group pick up 11:30 am at Verona airport (D) Overnight hotel Trento
Sun Sept 20	Trento	Orientation Meeting in AM Field trip with refugee community Visit Buonconsiglio castle	(B, L, D) Overnight hotel Trento
Mon Sept 21	Trento	Work Day	(B, L) Overnight hotel Trento
Tue Sept 22	Trento	Finish projects Wine tour of local vineyard Pre-trek meeting with guides Pack	(B, L) Overnight hotel Trento
Wed Sept 23	Trek Day 1 Catinaccio – Rosengarten group, from Rifugio Paolina to Rifugio Principe	Depart hotel 8:00 am for Passo Carezza Take cable car to start of trek. This day is dedicated to traversing the Rosengarten group to Rifugio Principe, a typical refugio in high elevation (2600 m.). Time: 6 hrs, Elevation gain: 3280 ft (1000 m)	Private transfer to start of trek (B, D) Overnight Rifugio Principe
Thur Sept 24	Trek Day 2 Sassolungo – Langkofel group, from Rifugio Principe to Rifugio Friedrich August	From Rifugio Principe, we cross over the Antermoja big peak of the south side. The panoramas are beautiful from here. We continue along the famous Freidrich August path almost to the Sella Pass where we overnight in the Rifugio Friedrich August. Time: 6-7 hrs, Elevation gain:3600 ft (1100 m)	(B, D) Overnight Rifugio Friedrich August
Fri Sept 25	Trek Day 3 Sella group, from Rifugio Friedrich August to Rifugio Kostner	We will traverse the Sella group: the “fulcrum of the Dolomites”. We’ll transfer a short distance by taxi and take the cablecar to the main peak (Piz Boé 3200m.). This is the largest panoramic point of the Dolomites. Then we climb down on the other side to the amazing Rifugio Kostner. Time: 6 hrs, Elevation: 3600 ft (1100 m)	(B, L, D) Overnight Rifugio Kostner
Sat Sept 26	Trek Day 4 Fanes group, from Rifugio Kostner to Rifugio Lagazuoi	We will pass from the Central Dolomites to the Eastern Dolomites this day. This is not or only a pure geographic definition, but we will see the change of the geological structures of the groups that we will traverse in this long day. We will traverse the front line of World War 1 and follow it along bunkers and trenches. We will climb to Rifugio Lagazuoi where we will spend the night (2835 m.). Time: 8 hrs, Elevation: 3280 ft (1000 m)	(B, D) Overnight Rifugio Lagazuoi

Sun Sept 27	Trek Day 5 Tofane group, from Rifugio Lagazuoi to Cortina	This day is dedicated to the great panoramic views of the Eastern Dolomites along the paths that follow the front line of WW1 through tunnels carved out of the mountainside. It will be like walking through a museum of history. A nice downhill will take us to the famous Cortina d'Ampezzo where we will spend the night and say goodbye to our guides. Time: 6 hrs, Elevation loss: 5100 ft (1552 m)	(B, L, D) Overnight hotel in Cortina
Mon Sept 28	Trek Day 6 Sesto group, Tre Cime di Lavaredo	We will take a local bus to Rifugio Auronzo where we will start our hike to Tre Cime di Lavaredo. We will stop for lunch and to admire the views from Rifugio Locatelli before completing a loop around Tre Cime. Time: 3.5 hrs, Distance: 6 mi (10 km)	(B, D) Overnight hotel in Cortina
Tue Sept 29	Venice	Depart 9:00 am to Venice airport. Drop off those flying home. Free day to explore Venice or Bologna Late evening flight to Naples Transfer to hotel	Departure for those doing Dolomite portion only of trip. Will arrive to airport by 11:00 (B) Overnight hotel in Naples

2020 Amalfi Coast Trek (Optional)

Wed Sept 30	Naples/Ravello/Amalfi	Depart hotel in morning and transfer to the small town of Ravello perched high above the sea. Explore Ravello and have lunch together overlooking the sea. Visit the gardens of Villa Ciambrone. Hike down the stairs to Amalfi Hiking Time: 1 hour	Private transfer to Ravello (B, L) Overnight hotel in Amalfi
Thur Oct 1	Amalfi to Conca dei Marini to Marina di Praia	In the morning take a local bus to San Michelle church. There will be a lot of stairs to climb up and descend down as we make our way to Santa Rosa Convent in Conca dei Marini. Enjoy a refreshment there while you relax in their garden taking in the incredible view. Finish the descent to the beach and stop for lunch and relaxation. Take a short boat ride to Marina di Praia where there is a small beach in an amazing setting. Walk along the short path along the water's edge. Take a private boat back to Amalfi along the coast Hiking Time: 2.5 hrs,	(B, L) Overnight hotel in Amalfi

