Hiking the Dolomites with Outdoor Action,
July 10-18, 2020

Princeton Journeys and Outdoor Action are pleased to offer active travelers the chance to be dazzled by the monumental beauty of Italy's Dolomites, with majestic pinnacles, pillars, spires, and rock faces that change color at different points throughout the day. Alongside Outdoor Action Director Rick Curtis ’79, hike from north to south - in Austria and Italy - covering all the must-see sites of this magnificent range, including the most famous peaks: Schlern, Sella, Drei Zinnen (Tre Cime de Lavaredo), and Marmolada. Daily challenging hikes take in forests, surreal rock formations, glacial lakes, and high alpine meadows. Enjoy picnic lunches at charming rifugi with stunning backdrops, and unwind back at comfortable hotels.

This is a rigorous program designed for very experienced hikers. Daily elevation gain and loss varies up to 3,200 feet and at elevations up to 10,334 feet above sea level. Daily hikes typically range from 5-7 hours, typically over 5-8 miles per day. You will be led by highly skilled local mountain guides who will show you the best of the Dolomites, from mountain passes to wineries. This itinerary combines challenging hikes and scenic drives plus free time to explore charming villages and towns along the way.
ABOUT OUR PRINCETON JOURNEYS HOST

Rick Curtis ’79 has been the Director of the Outdoor Action Program at Princeton for the past thirty-six years. During that time the program has grown significantly with over 600 first year students and 200 student trip leaders participating in the annual Frosh Trip outdoor orientation program. Rick is an experienced backpacker, backcountry skier, and kayaker and is author of The Backpacker’s Field Manual, a best-selling book on hiking and backpacking. Rick has led numerous Outdoor Action alumni trips over the past thirty years. Most recently, he participated in the successful 2012 Annapurna Sanctuary Trek in Nepal, the 2016 Torres del Paine Trek in Patagonia and the 2018 Trek of Mont Blanc.

ITINERARY AT A GLANCE:
The letters in parentheses denote the meals provided that day: B=breakfast; L=lunch; D=dinner

DAY-1: ARRIVE IN INNSBRUCK, AUSTRIA
Arrive in Innsbruck, Austria’s capital of the Alps, with towering mountains looming above. There is one scheduled group transfer to the hotel at 12:30PM. Explore the medieval part of town on your own or take a nap after your flight. This evening, gather at 7pm for a brief orientation with your Princeton Host and guide, followed by a welcome dinner at the hotel.
Meals: D

DAY-2: WARM-UP HIKE THROUGH PRAGSER WILDSEE
This morning head south and cross the border into Italy, taking a winding road to the trailhead, which leads to the world-famous Pragser Wildsee (4,901’), also known in Italian as Lago di Braies. Acclimatize to higher altitudes slowly on this half-day hike. Upon reaching Pragser Wildsee, break for a picnic lunch near the lake, and then begin climbing through the forest to Pragser Kaser. Tonight stay in the very heart of the Dolomites, 6 km away from the village of Sexten. Our hotel sits exactly on the former border between Italy and Austria prior to 1919.
Activity: 4–5 hours/5 miles hiking with 1,650’ elevation gain & loss
Meals: B, L, D

DAY-3: HIKE BELOW THE FACE OF DREI ZINNEN (TRE CIME DI LAVAREDO)
Today features a challenging hike just below the face of Drei Zinnen, the Three Peaks of the Dolomites, known
as Tre Cime di Lavaredo in Italian. Start in Fischleintal (at 4,770 feet) and hike to the end of the picturesque valley, (4,593’). Follow the Riezental along creeks, gorges and rock spires up to the world famous “Drei Zinnen Hütte” (7,890’) which opens to magnificent views of the peaks. After lunch, visit old tunnels and ruins from World War One before continuing for another two hours to our waiting bus at Rifugio Auronzo. Transfer to Cortina to enjoy free time to stroll the town, known for its master woodworking and world-class skiing, and unwind over a five-course dinner.
Activity: 6 hours/8 miles hiking with 3,132' elevation gain & 480' elevation loss
Meals: B, L, D

DAY-4: EXPLORE THE TRAILS OF CORTINA D’AMPEZZO
Spend the day exploring the trails surrounding Cortina d’Ampezzo, famous home of the 1956 Winter Olympics. Take a short transfer to the trailhead at 5,577 feet. After climbing gently uphill for about 90 minutes, reach a mountain hut in a scenic location where you can break for some soup and superb vistas. Continue climbing uphill to Passo Giau, a mountain pass at 7,545 feet; stop for a drink in the sun to take in the beauty. The vehicle awaits at the pass, for the transfer back to Cortina.
Activity: 6 hours/8 miles hiking with 2,624' elevation gain & 1,758' elevation loss
Meals: B, L, D

DAY-5: HIKE THE CINQUE TORRI
This morning, transfer to the bottom of another famous rock formation in the area — the Cinque Torri. At the Rifugio Bai de Dones take the chairlift to the Rifugio Scoiattoli (7,398’). Start a remarkable circuit of the Cinque Torri and enjoy a trail up to the peak of Nuvolau (8,445’). After lunch at the Rifugio Averau, continue towards the Passo Falzarego, where you can learn more about WWI at the open-air museum. Late this afternoon, transfer back to Cortina for overnight.
Activity: 6 hours/6.5 miles hiking with 1,010' elevation gain & 3,111' elevation loss
Meals: B, L, D
DAY-6: SUMMIT PIZ BOÈ
Get an early start today and take the gondola up from the Passo Pordoi (7,355') to the Sass Pordoi (9,186'). From here, climb (weather permitting) to the summit of Piz Boe (10,334') on a rocky trail with some scrambling. With majestic views all around, have lunch at the mountain hut before continuing the downhill hike back to the Passo Pordoi. Hop into the vehicle here and continue to the hotel in Welschnhofen. Enjoy the luxurious spa or take a stroll through town, situated at the base of the Rosengarten Mountains.
Activity: 6 hours/5 miles hiking with 1,148' elevation gain & 2,979' elevation loss
Meals: B, L, D

DAY-7: TRAVERSE THE MIGHTY ROSENGARTEN ROTWAND
Start with a short walk to the gondola, which whisks you up to the Kolner Hutte at 7,316 feet. Begin the hiking circuit around the Rotwand with a rather challenging start - scramble up the short but steep ascent to Passo Coronelle (8,628'), and then the Cigolade Pass (8,372') before continuing to the Rotwand Hutte for lunch. Head back to the Kolner hut traversing along the base of the mighty and challenging alpine wall of Rotwand. Finish the last hike and return to the hotel.
Activity: 6 hours/8.5 miles hiking with 2,700' elevation gain & loss
Meals: B, L, D

DAY-8: VISIT "OTZI THE ICEMAN" IN BOZEN
Leave the higher alpine areas and drive to Bozen, the capital of South Tyrol, passing impressive canyons and alpine villages along the way. Spend the day strolling Bozen's historic center, shopping for souvenirs and visiting Mr. Otzi, the famous Iceman on display at the South Tyrol Museum of Archaeology. Otzi lived around 5300 years ago and is Europe's oldest-known human mummy. Taste fine wines at a local winery, before regrouping for a special farewell dinner back in Innsbruck.
Meals: B, L, D

DAY-9: DEPART FROM INNSBRUCK
Bid your fellow trekkers a warm Aufweidersehen before transferring to the airport in Innsbruck for your flight home. Departures and landings in this idyllic region are some of the most spectacular in the world.
Meals: B
Program Rate: $5,395 per person double occupancy.

All prices are based on double occupancy. If you are traveling alone we will do our best to match you with a roommate of the same gender (when available). Participation in this program is limited to the first 24 registrants and single supplements are not available.

Included in price:
• Expert leadership from experienced adventure guides
• Eight nights’ accommodation in standard to 4-star accommodations that combine modern luxury, classical design, and top-notch amenities with convenient access to historic town centers and outdoor activities.
• Meals as noted in the daily itinerary
• Drinking water during all excursions; Water, coffee, tea at all meals
• 1 glass of wine or beer at dinner
• All tips and gratuities for support staff, including adventure guide(s)
• All group entrance fees, activities, and ground transportation
• Arrival and departure day group airport transfers

Not included in price:
• International airfare, any airport taxes, or excess baggage charges
• Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
• Airport transfers if arriving outside of the group transfer

Please Note: Your personal equipment should not weigh more than 50 pounds as your main bag will be transported between hotels in our vans. All participants should be prepared to carry a daypack to carry raingear, camera, water and lunch. A recommended packing list will be provided upon receipt of registration.
REGISTRATION FORM, Hiking the Dolomites with Outdoor Action, July 10-18, 2020:

Please fax your credit card information to: 609-258-5561. For more information, contact the Princeton Journeys team at journeys@princeton.edu or 609-258-8686.

Contact Information:

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Accommodations:

- [ ] Double Room (One Bed)
- [ ] Twin Room (Two Beds)
- [ ] I am a single traveler willing to share a room with another traveler of the same gender. I understand that if a roommate is not found by the final payment deadline, I am responsible for paying a single supplement of $800.

Payment:

- [ ] Please charge my deposit of $_____________ ($1,000 per person) for _____ place(s) on Hiking the Dolomites with Outdoor Action to my
  - [ ] Visa
  - [ ] Mastercard
  - [ ] American Express

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Signatures:

Do you have experience hiking up to 8 miles over 7 hours at higher elevations? [ ] Yes [ ] No

- [ ] I/We have read the terms and conditions on the following page and understand and agree with them as stated herein.

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TERMS & CONDITIONS, Hiking the Dolomites with Outdoor Action, July 10-18, 2020:

Activity Level: This is a strenuous trip designed for very experienced hikers. Daily elevation gain and loss varies up to 3,200 feet and at elevations up to 10,334 feet above sea level. Daily hikes typically range from 5-7 hours, typically over 5-8 miles per day. Guests must be fit enough for high alpine trekking and have experience on rocky, uneven terrain, potentially with areas of exposure. It may be necessary to use your hands to steady yourself in places, either ascending or descending. However, there is no technical equipment required such as ropes or crampons.

Disclaimers:
- This trip requires a minimum of 15 travelers in order to operate. Please do not book any nonrefundable flights until your Adventure Coordinator has informed you that your departure is confirmed.
- Once we receive your registration, a Regional Specialist will contact you to discuss your previous hiking experience, answer your itinerary questions, and complete your payment.
- After we receive your deposit, we will provide you with detailed pre-trip information including a packing list, statement of account, and travel protection information. We will also send you a link to access and complete the required forms including a Release from Liability, Assumption of Risk and Binding Arbitration Clause form which is required for participation.
- We will provide you with rendezvous instructions and final trip details approximately three weeks prior to trip departure.
- All participants will be required to sign a supplemental release from liability, assumption of risk, and binding arbitration clause in order to participate.

Payments
Due at time of reservation: $1,000 per person. Due 95 days prior to departure: Balance. All payments must be made by Visa, MasterCard, or American Express. Prices are in US Dollars, and all payments must be made in US Dollars.

Cancellation Policy
At the time we receive written notice that you must cancel your trip, the following fees will apply:
- More than 95 days prior to trip departure: Deposit is nonrefundable.
- 61-94 days prior to departure: 50% of program cost.
- 60 days or less to departure: 100% of program cost.

We strongly recommend that you purchase Travel and Trip Interruption Insurance to protect yourself against cancellation penalties.

Princeton University, through the Office of Alumni Affairs and Princeton Journeys, is pleased to provide this service of facilitating travel opportunities for its Alumni and Friends. The Office of Alumni Affairs strives to work with the best tour operators to make available interesting and enriching travel opportunities for the Princeton family. Please note that the University does not conduct tours, nor does it act as an agent for guests interested in tours. Princeton Journeys acts as a facilitator with tour operators, with whom tour participants make arrangements for completing travel, and is pleased to act as a liaison with tour operators should you have any questions or concerns that may arise before, during, or after your tour. Princeton Journeys encourages you to familiarize yourself thoroughly with the tour operator’s cancellation and refund policies, and also to investigate available services such as trip cancellation insurance. The University is not responsible for changes to trips or travel arrangements or for losses or additional expenses resulting from travel.