



# Italy Hiking: The Dolomites

June 15<sup>th</sup> -24<sup>th</sup> , 2027

With OLLI CSU and Susan Atkinson

# Our meeting will cover:

1

Why Italy

2

A bit about EF  
Adventures

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The Itinerary

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What's included

5

Pricing & How to  
book

# Your travel partner: EF Adventures

A division of Education First

# Why travel matters



# EF's global presence

**50,000+**

employees

**120+**

countries with an EF presence

**55+**

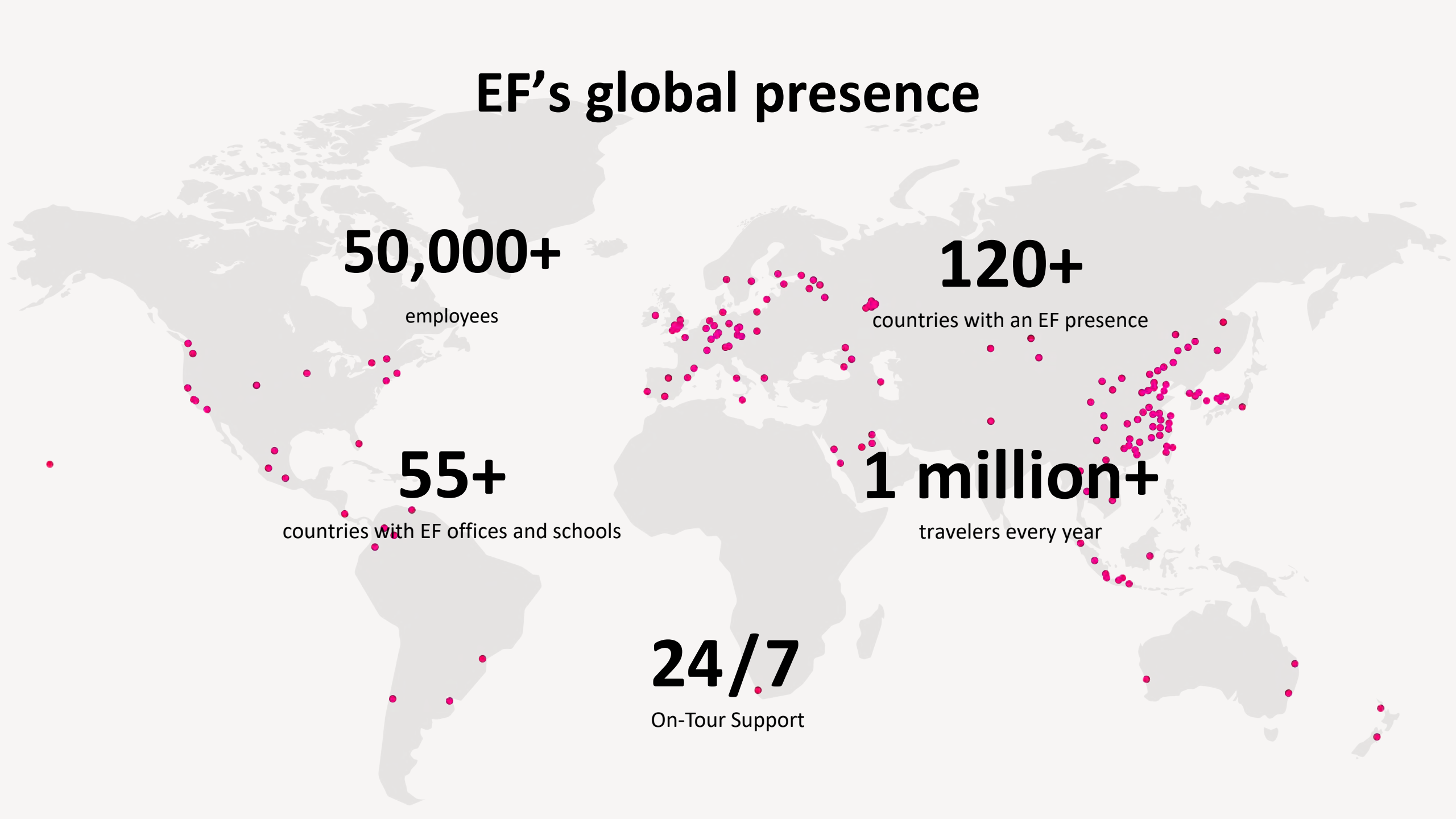
countries with EF offices and schools

**1 million+**

travelers every year

**24/7**

On-Tour Support



A wide-angle landscape photograph of a mountain valley. In the foreground, a dirt trail winds along the edge of a large, calm lake. Two hikers are walking on the trail: a woman in a green jacket and black shorts using trekking poles, and a man in a green shirt and blue shorts with a backpack. The middle ground shows rolling green hills with scattered trees and a small figure of a hiker further up the trail. The background features rugged, rocky mountain peaks under a blue sky with scattered white clouds.

For the active traveler who wants  
to experience the world



ADVENTURES

# EF Adventures handles the details



Authentic local cuisine



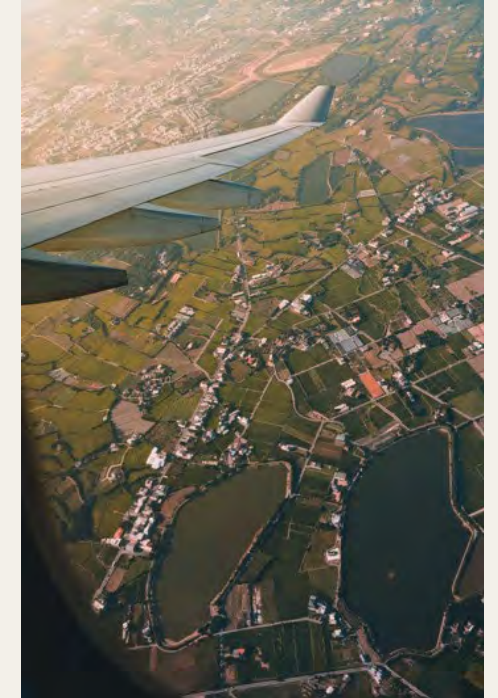
Guided Adventure tours



Handpicked hotels



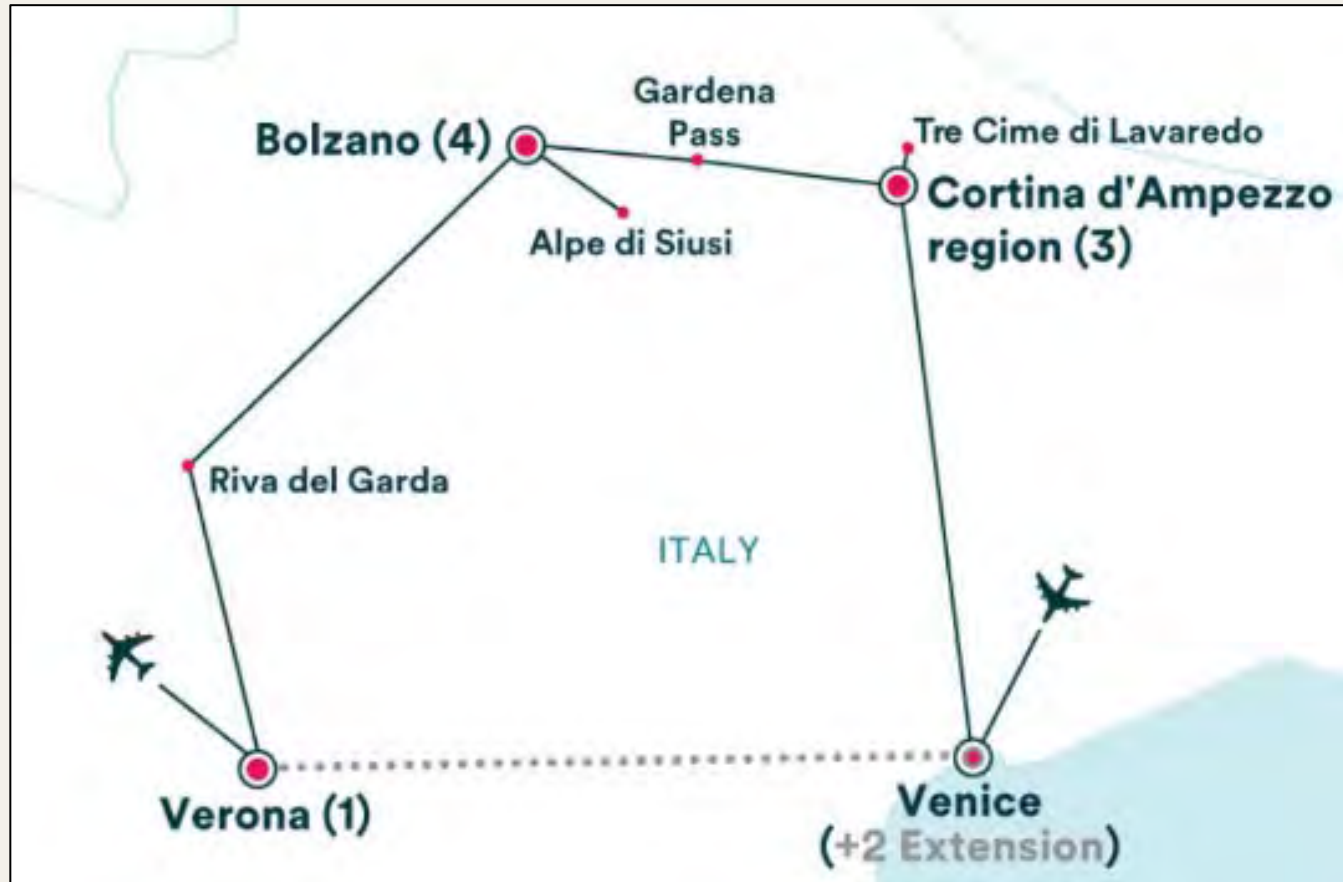
Personalized flight options



Expert  
Tour  
Directors



## Our Tour: June 15th – 24<sup>th</sup> , 2027



- Tour Length:
  - 10 days (including flights)
  - 12 days (with extension)
- Overnights:
  - 3 nts Cortina d'Ampezzo Region
  - 4 nts Bolzano
  - 1 nt Verona
  - 2 nts Venice (*Optional Extension*)

Private Trip for OLLI CSU



## What's included

- 8 nights in handpicked hotels
- Private bus for local transfers
- 8 breakfasts, 3 lunches & 1 dinners
- An expert Italian Tour Director
- Local licensed guides for select hikes
- Cable car/chairlift/gondola tickets for hikes, when applicable
- Select guided sightseeing tour
- 24/7 on-tour support
- An in-house Customer Experience Team

# Flight to Venice → 1 Night

## Day 1: Fly to Venice

Your first day (and night) are spent flying across the ocean to Italy. As you cross time zones, close your eyes and picture the rugged peaks and serene lakes of the Dolomites. And don't forget to get up and stretch your legs once in a while—you're going to want them fresh!



# Cortina d'Ampezzo region → 3 Nights

## Day 2: Arrival in Venice & travel to Cortina d'Ampezzo region

Ψ Included meal: Welcome dinner

The adventure truly begins when you touch down at the Venice airport. From there, a scenic bus ride will take you to your first stop in the Dolomites, the Cortina d'Ampezzo region. Often referred to as simply "Cortina", this region in northern Italy will instantly win you over with its striking mountain views and charming historic center.

### Today's Highlights

- Meet an EF representative at the airport.
- Transfer 3 hours to your hotel in the Cortina d'Ampezzo region.
- Raise a glass of beer or wine while you get to know your fellow hikers and Tour Director during a Welcome Orientation.
- Enjoy a Welcome Dinner to continue bonding with the group.

*Note: Transfer from the airport to the hotel is only available to travelers who book round-trip flights with EF Adventures.*



# Cortina d'Ampezzo region → 3 Nights

## Day 3: Cinque Torri hike & Cortina d'Ampezzo walking tour

Ψ Included meal: Breakfast

One-part majestic hike, one-part open-air museum—Cinque Torri is calling. During World War I, the Dolomite front was a battleground between the Italian and Austro-Hungarian forces, and Cinque Torri was right in the middle of the conflict. Starting in Cortina d'Ampezzo, you'll take a cable car to Rifugio Scoiattoli, where your hike begins. You'll pass WWI trenches and observation towers as you loop around the five iconic rock formations, stopping at a mountain rifugio for lunch before riding the cable car back down. After your hike and history lesson, your Tour Director leads a walking tour of Cortina d'Ampezzo.

### Today's Adventure

#### Cinque Torri Hike

- **Physical intensity:** 3 out of 5
- **Distance:** 3.7 miles
- **Elevation change:** 1,526 ft gain

#### Today's Highlights

- Navigate through WWI relics on your Cinque Torri hike.
- Join your Tour Director for a walking tour of Cortina d'Ampezzo.
- Walk through Piazza Venezia and admire the 18th-century Basilica Minore dei Santi Filippo e Giacomo, Cortina's iconic parish church.



# Cortina d'Ampezzo region → 3 Nights

## Day 4: Tre Cime di Lavaredo hike & free evening in Cortina d'Ampezzo

Ψϣ Included meal: Breakfast

One thing's for sure when hiking in the Dolomites: your jaw will hit the ground way more than usual. Today, you'll hike around the stunning Tre Cime di Lavaredo—"Three Peaks of Lavaredo" (Cima Piccola, Cima Grande, and Cima Ovest)—towering limestone spires that define the Dolomites skyline. Before heading out, your local guide will walk you through the day's route details, and you'll make a quick supermarket stop to stock up on snacks or lunch before driving up to Rifugio Auronzo. From there, a wide gravel trail leads east with the three iconic towers rising to your left, descending gently past a wayside chapel to Rifugio Lavaredo before ascending to Forcella Lavaredo—a dramatic ridge with sweeping Dolomites panoramas and the sheer north faces of the Tre Cime looming overhead. Those on the shorter route retrace their steps back to Rifugio Auronzo, while those continuing push on to the Cadini di Misurina viewpoint at 8,037 ft—one of the finest panoramas in the entire region. Throughout the hike, grab lunch at a rifugio along the route or break out your own picnic. Afterward, journey back to the hotel before heading into Cortina d'Ampezzo for a free evening of exploring and dinner at one of your Tour Director's recommended spots.

## Today's Adventure

### Tre Cime di Lavaredo hike

- **Option A:** 2.8 miles, 528 ft gain
  - **Physical intensity:** 1 out of 5
- **Option B:** 5 miles, 1,224 ft gain
  - **Physical intensity:** 2 out of 5



## Today's Highlights

- Follow your local guide on the Tre Cime di Lavaredo hike, taking in the iconic limestone spires of Cima Piccola, Cima Grande, and Cima Ovest.
- Ascend to Forcella Lavaredo for sweeping panoramic views across the Dolomites.
- Opt to extend the hike to the Cadini di Misurina viewpoint for one of the most spectacular vistas in the region.
- Fuel up with a picnic lunch or stop in at one of the rifugios along the route.
- Enjoy a free evening in Cortina d'Ampezzo—explore the town and sit down to dinner at one of your Tour Director's recommended restaurants.

# Bolzano → 4 Nights

## Day 5: Lagazuoi Summit Wander, Gardena Pass, farmhouse lunch & sightseeing tour of Bolzano

Ψϣ Included meals: Breakfast, Lunch

Your time in Cortina is up—but the journey to Bolzano is anything but ordinary. The morning kicks off with a Tour Director-led wander along the Lagazuoi Summit, where sweeping views of the surrounding peaks set the tone, before the bus winds through the iconic Gardena Pass for a geology walk against one of the Dolomites' most spectacular backdrops: the Sella Group to the south, the Cir Peaks to the north, the Sassolungo to the west, and the peaks of Val Badia to the east. By afternoon, you'll be trading mountain air for medieval streets as a local guide leads you through Bolzano's storied old town—a city where Italian warmth and Austrian tradition have been colliding for centuries.



### Today's Adventure

#### Lagazuoi Summit Wander

- **Physical intensity:** 1 out of 5
- **Distance:** 0.8 miles
- **Elevation change:** 171 ft gain

#### Gardena Pass Geology Walk

- **Physical intensity:** 1 out of 5
- **Distance:** 0.9 miles
- **Elevation change:** 30 ft gain, 659 ft loss

### Today's Highlights

- Wander the Lagazuoi Summit with your Tour Director, soaking in panoramic Dolomite views.
- Take a geology walk along the Gardena Pass, framed by four distinct mountain groups on all sides.
- Sit down to a fresh, farm-to-table 2-course lunch at Costamula Restaurant, a property with centuries of farming history.
- Explore Bolzano's medieval old town on a local guide-led walking tour, taking in Piazza Walther, the Duomo, Via Laubengasse, and its iconic Erker windows.
- Come face-to-face with Otzi the "ice man" at the South Tyrol Museum of Archeology.

# Bolzano → 4 Nights

## Day 6: Hiking in Alpe di Siusi & optional Novacella Abbey wine tasting with dinner

ΨΨ Included meal: Breakfast

Today is all about soaking in the vast landscapes of the Dolomites from Europe's largest high-altitude alpine meadow. After a quick orientation from your local guide covering the day's route and logistics, you'll hop on a bus ride to the Mont Seuc cable car—your gateway up to the legendary Alpe di Siusi at approximately 6,000 feet. From there, the trail unfolds across open, emerald grasslands framed by the dramatic spires of the Dolomites, where centuries-old alpine farming traditions carry on against a backdrop of soaring peaks. Early on, you'll pass the rustic Schgaguler Schwaige—a weathered mountain hut that's been a waypoint for shepherds and travelers for generations—before continuing through wildflower-strewn meadows toward Radlauer Schwaige, where the sound of cowbells and the scent of fresh hay set the scene. The iconic Sassolungo massif dominates the horizon to the south, while the distinctive pyramid of Plattkofel (Sasso Piatto) completes a panorama that makes Alpe di Siusi one of the most photographed landscapes in the Alps. A highlight of the day is a stop at Saltner Schwaige, where you'll settle in for a picnic featuring the flavors of South Tyrol—local speck, salami, cured meats, and regional cheeses—all enjoyed with those endless green meadows and limestone giants as your backdrop. The hike concludes at the Zur Sonne - Al Sole cable car, where the bus will be waiting for the ride back to the hotel. Cap the evening with the optional Novacella Abbey wine tasting and dinner.



### Novacella Abbey wine tasting & dinner

From \$155 per person

[See details](#)

## Today's adventure

### Alpe di Siusi hike

- **Distance:** 3.2 miles
- **Elevation change:** 666 ft gain
- **Physical intensity:** 1 out of 5



## Today's highlights

- Ride the Mont Seuc cable car up to Alpe di Siusi, Europe's largest high-altitude alpine meadow.
- Wander across emerald grasslands with sweeping views of the Sassolungo massif and Plattkofel (Sasso Piatto).
- Stop at Saltner Schwaige for a picnic featuring local South Tyrolean specialties.
- Opt for the Novacella Abbey wine tasting and dinner to round out the evening.

# Bolzano → 4 Nights

## Day 7: Kronplatz museums, plateau walk & lunch

🍴 Included meals: Breakfast, Lunch

Few peaks in South Tyrol deliver quite like Kronplatz (Plan de Corones)—and today, you'll experience it from every angle. After a bus ride from Bolzano, the Kronplatz cable car whisks you up to 7,441 ft, where the angular, modernist form of the Messner Mountain Museum Corones—designed by legendary architect Zaha Hadid—rises dramatically from the summit plateau. Dedicated to the history of traditional mountaineering and the legacy of Reinhold Messner himself, the museum frames the great mountain walls of the Dolomites and the Alps through a unique cultural lens, with panoramic views stretching from the Lienz Dolomites in the east to the Ortler in the west. After the museum, your Tour Director leads a gentle loop around the broad summit ridge—a 360-degree panorama unfolds with every step, from the jagged Dolomite spires to the south to the crystalline Zillertal Alps stretching toward Austria in the north, with the Puster Valley ribboning far below. Next up is LUMEN, the museum of mountain photography spanning four floors of historic imagery, digital innovation, and spectacular temporary exhibitions—a fascinating complement to the morning's mountaineering history. In between, sit down to a 2-course lunch at a local restaurant atop Kronplatz, with some of the most breathtaking views in all of South Tyrol as your dining backdrop. The cable car then brings you back down for the ride to Bolzano, where the evening is yours.

### Today's Adventure

#### Kronplatz Plateau walk

- **Distance:** 1 mile
- **Elevation change:** 158 ft gain
- **Physical intensity:** 1 out of 5



### Today's Highlights

- Ride the Kronplatz cable car up to 7,441 ft and explore the Messner Mountain Museum Corones, housed in a striking Zaha Hadid-designed building on the summit plateau.
- Walk the broad Kronplatz ridge for 360-degree views spanning the Dolomites, the Zillertal Alps, and the Puster Valley far below.
- Visit LUMEN, the museum of mountain photography, for four floors of historic and contemporary alpine imagery.
- Sit down to an included lunch at a local restaurant atop Kronplatz—the views are hard to beat.
- Enjoy a free evening back in Bolzano to explore and find dinner on your own.

# Bolzano → 4 Nights

## Day 8: Runkelstein Castle, Talfer Gorge walk & Seceda Ridgeline hike

Ψ Included meal: Breakfast

Today packs in a little bit of everything the South Tyrol region does best—medieval history, dramatic gorges, and ridgeline views that stop you in your tracks. Your local guide kicks things off with a quick orientation before a short bus ride to Runkelstein Castle, a 14th-century fortress perched above the narrow Talvera River valley. A guided tour leads you through the castle's remarkably well-preserved frescoes depicting the daily life of medieval nobles, before your Tour Director takes you along the panoramic Oswalt Promenade—a scenic walkway with sweeping views of Castle Maretsch, Klebenstein Castle, the Druso tower, the city of Bolzano, and the surrounding Dolomites. From there, the path drops into the Talfer Gorge, where the river has carved through solid rock to create a dramatic corridor of stone and rushing water. Wooden walkways and footbridges bring you up close to the turquoise-green current below and moss-covered walls above—a hidden side of South Tyrol that feels worlds away from the valley above. Then it's a scenic bus ride to Seggiovia Fermeda, where the Fermeda cable car whisks you up to the iconic Seceda ridgeline at over 8,100 ft. The knife-edge crest plunges dramatically into Val Gardena below, with the jagged Odle Group rising like a row of stone teeth against the sky—one of the most photographed panoramas in the entire Dolomites. After taking it all in, the cable car brings you back down for the ride to Bolzano, where the evening is yours to explore.

### Today's adventure

#### Talfer Gorge walk

- **Distance:** 1.5 miles
- **Elevation change:** 10 ft gain
- **Physical intensity:** 1 out of 5

#### Seceda Ridgeline hike

- **Distance:** 1.2 miles
- **Elevation change:** 377 ft gain
- **Physical intensity:** 1 out of 5

### Today's highlights

- Hike up (or take one of the flatter trails) to the Seceda Ridgeline and feast your eyes on the remarkable Fermeda Towers, a series of sharp, needle-like peaks that form part of the ridgeline.
- Take a lunch break at a mountain rifugio with the Dolomites as your backdrop.
- Enjoy a free evening to explore, relax, and dine at your leisure.



# Verona → 1 Night

## Day 9: Sentiero del Ponale hike, Valpolicella Vineyard farewell dinner & travel to Verona

Ψ Included meals: Breakfast, Farewell lunch, Wine tasting

A stunning cliffside trail and a celebrated wine region make for a near-perfect final full day in northern Italy. After a bus ride from the hotel, your Tour Director leads you on the Sentiero del Ponale—one of the most beautiful historical panoramic roads in Europe, originally built in the second half of the 19th century and now reserved exclusively for hikers and cyclists. Starting in the center of Riva del Garda, the trail climbs steadily along cliffsides carved directly into the rock, winding through short tunnels hewn from limestone that frame new perspectives on the turquoise waters of Lake Garda below with every turn. At the turnaround point, pause to take in the beautiful bay at the entrance of the Valle di Ledro before retracing your steps, the changing light offering fresh angles on the lake and surrounding peaks. From there, the bus continues on to Valpolicella—one of Italy's most celebrated wine regions—where a leisurely walk through vineyards and olive groves sets the scene for a farewell lunch at a local winery. A winery expert guides you through tastings of Ripasso, Amarone, and Recioto alongside a 3-course spread of local cheeses, torte salate (savory pies), and focaccia—a fitting send-off before the ride into Verona.



### Today's Adventure

#### Sentiero del Ponale loop hike

- **Distance:** 4 miles
- **Elevation change:** 558 ft gain
- **Physical intensity:** 2 out of 5

#### Valpolicella Vineyard walk

- **Distance:** Less than 1 mile
- **Physical intensity:** 1 out of 5

### Today's Highlights

- Hike the Sentiero del Ponale, a historic cliffside trail carved into the rock above the turquoise waters of Lake Garda.
- Wind through short rock-hewn tunnels, each one framing a new panoramic view of the lake and surrounding peaks.
- Pause at the Valle di Ledro viewpoint to take in the sweeping bay below before retracing your steps.
- Stroll through Valpolicella's vineyards and olive groves on a guided walk with your Tour Director.
- Sit down to a multi-course farewell lunch at a local winery, paired with tastings of Ripasso, Amarone, and Recioto.

# Venice Extension → 2 Nights

## Day 10: Venice via Prosecco Region

Ψϣ Included meals: Breakfast, Wine tasting

Prosecco country deserves more than a passing glance—and a stop in the province of Treviso, the heartland of Prosecco production, on the way to Venice makes for a memorable detour. Step inside 17th-century wine cellars to learn how Prosecco is crafted, from hand-harvested glera grapes to the meticulous fermentation process that gives each bottle its signature effervescence. A guided tasting of three distinct Proseccos follows—from the delicate floral notes of brut to the fruit-forward elegance of extra dry and the soft sweetness of dry—before sitting down to a light lunch at a rustic osteria, where regional dishes pair beautifully with the crisp local wines.

### Today's Highlights

- Tour 17th-century wine cellars and discover how Prosecco goes from hand-harvested glera grapes to bottle.
- Sample three distinct Proseccos, each with its own personality—brut, extra dry, and dry.
- Sit down to a light lunch at a rustic osteria, paired with the region's signature sparkling whites.



# Venice Extension → 2 Nights + Departure

## Day 11: Sightseeing tour of Venice & optional Islands of the Venetian Lagoon

Ψφ Included meal: Breakfast

Venice needs no introduction—but experiencing it firsthand is something else entirely. Your Tour Director and local guide lead you through the city's labyrinthine canals, elegant bridges, and ornate Gothic and Renaissance architecture, with St. Mark's Square serving as a dazzling centerpiece. Marvel at the grandeur of St. Mark's Basilica before taking in the stately Doge's Palace—a Venetian Gothic masterpiece built in 1340 that served as both the residence of the Doge and the seat of the Venetian government. Nearby, the Bridge of Sighs (Ponte dei Sospiri), built in 1600 to connect the palace to a prison across the canal, is one of the city's most iconic landmarks. Round out the morning with a glassblowing demonstration, where artisans keep the Venetian tradition alive using the distinctive millefiori technique to fuse tiny glass rods into intricate patterns. The afternoon is yours to explore at your own pace—or set sail on the optional excursion to the islands of Torcello, where Venice was first settled, and the colorful fishing village of Burano. Come evening, raise a glass with your fellow adventurers at a farewell drink to celebrate the journey.

### Today's Highlights

- Explore Venice on a guided tour led by your Tour Director and local guide, taking in St. Mark's Square, St. Mark's Basilica, and the Doge's Palace.
- Cross the Bridge of Sighs and discover the story behind one of Venice's most iconic landmarks.
- Watch a live glassblowing demonstration featuring the intricate millefiori technique.
- Spend a free afternoon wandering Venice's canals and bridges at your own pace.
- Opt to sail out to the islands of Torcello and Burano for a colorful afternoon on the lagoon.
- Toast to friendship and unforgettable memories at a farewell drink with your group.



### Islands of the Venetian Lagoon: Burano & Torcello

From \$139 per person

[See details](#)

## Day 12: Fly home

Board your overnight flight to Italy and get ready for a few enchanting days in Venice before your hiking adventure begins.

# Optional Excursions

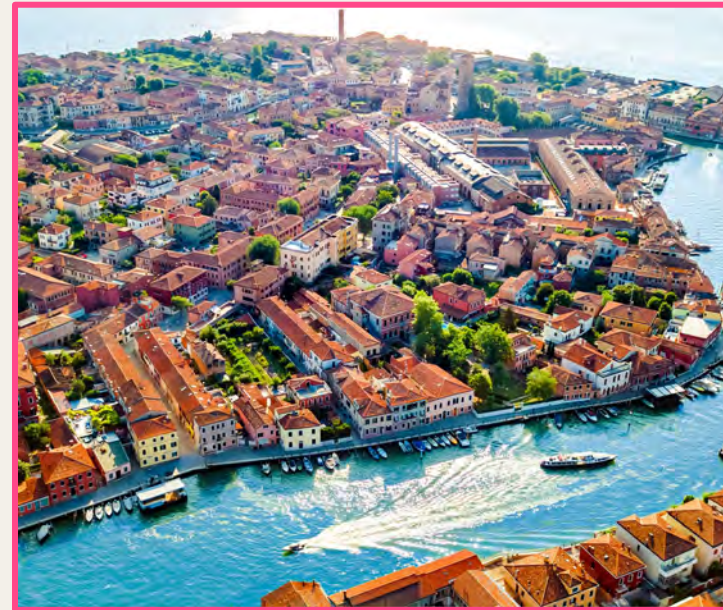
## Novacella Abbey Wine Tasting & Dinner

\$155 (Day 6)



## Islands of the Venetian Lagoon: Burano & Torcello

\$139 (Day 11)



**\*Offered on Extension\***

# Your travel coverage options

## Two coverage options:

1. Trip Protection\* (\$489 - \$589)
2. Basic Trip Protection (\$389 - \$489)

Each plan provides you with coverage for:

- Tour cancelation and interruption
- Baggage and personal effects
- Travel and baggage delay
- Accident and sickness

*\*When you add our Trip Protection plan within three days of enrolling on tour, you'll receive:*

- *Pre-Existing Condition Waiver*
- *AnyReason Protection*

# EF Adventures Flight Packages



## Easy monthly payments

No need to pay for airfare all at once—spread the cost over time with AutoPay, our interest-free monthly installment plan, or defer until your final payment is due.



## Included transfers

You'll get an airport pickup at your destination as well as drop-off on your tour's standard arrival and departure days.



## Major international airlines

We only book round-trip flights on established international airlines. You won't find yourself on a no-frills airline.



## Locked-in price

Say goodbye to tracking flights online for months! We guarantee a flight itinerary option at the price you see when adding your airfare package.



## Booking flexibility

Customize your flight with flight upgrades and routing requests. Plus, if we make changes to your tour itinerary that impact flights, we'll rebook them for you.



## 24-hour on-tour support

Need advice about how to handle flight changes? Our On-Tour Support Team is available around the clock.



## Travel documents

### Passport

When traveling internationally, U.S. and Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.



## What you're responsible for

- Tips - anticipate the equivalent of \$15USD–\$20 USD per day.
- Some meals - this is your time to explore! Plus, your Tour Director will always be there to suggest restaurants, cafes, and bars.
- Room service, spa services or additional amenities.
- Daily spending money – think free time activities and souvenirs.
- Fees for additional or overweight baggage - we all love a souvenir (or two) so be prepared to pay for any extra weight.

# Flexible payment options

## Pay in full at enrollment

- Pay your balance in full upon enrollment
- Accepted payment methods: Visa, Mastercard, or Debit.

## Enroll in AutoPay

- **\$150 deposit**
- Select a monthly date for payments to be automatically deducted from your bank account
- Accepted payment methods: checking account or debit card

## Pay manually

- **\$500 deposit**
- **+ Cost of (optional) insurance**
- **Final Payment Date: April 6, 2027**
- Accepted payment methods: Visa, Mastercard, or Debit.

# Reserve Thursday and you'll pay:

## Double Occupancy:

\$5,719 per person without flights (or)

**\$7,705** per person - flights from DEN

*(Other Gateways are also available  
for departure if you prefer to a different airport!)*

## Single Occupancy: **\$1,009**

\$6,728 per person without flights (or)

**\$8,714** per person with flights out of DEN

**\*\* limited number of single rooms: (6)\*\***

## Highly Recommended:

Trip Protection Insurance: \$389-\$589

**2 Night Extension to Venice: \$1,169**



**22  
Spots!**

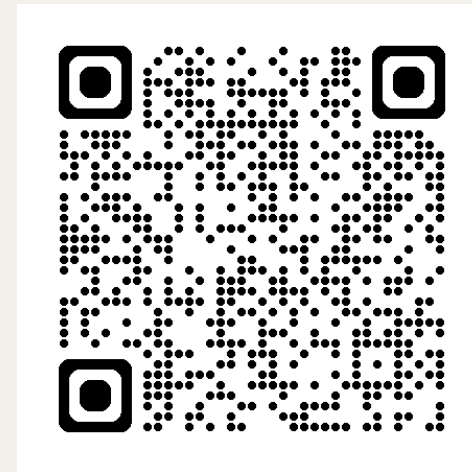
**\$150  
Discount  
through  
June 4<sup>th</sup>**



**Reserve your spot Thursday at 9  
AM MST!**

**Call: 1-800-206-9836**

or enroll online (website shared after the meeting)



**Enrollment opens 9am Thursday!**