

OUTDOOR RECREATION



One Day Via Ferrata Dolomiti Hike

DATE: Sunday 22 August 2010

PRICE: Just \$50 per person

SIGN-UP DEADLINE: 19 Aug 2010

AGE REQUIREMENTS: 15 years of age

MINIMUM: 5 Persons **MAX:** 10 persons

DESCRIPTION OF THE TRIP:

This One Day Dolomite Hike will take us up among the limestone towers and spires of the Italian Dolomites and will give you access to situations that would otherwise be experienced by the high-elevation climbers only. Experience Via Ferrate first hand otherwise known as the *Iron ways* so called because iron handrails, wire ropes and iron ladders are used in route. These routes will allow walkers of modest climbing ability the chance to experience the big mountain environment. Beware, the trip is not suitable for those without a good head for heights and good physical conditioning is required. We will be trekking 8-10 km. total for a 7-8 hour period. So if you are very fit and have a good head for heights then join us for this extreme Dolomiti high mountain trekking experience.



TRIP PRICE INCLUDES:

Round trip transportation, guide, and equipment to included: Backpack, Via Ferrate kit, protective helmet, climbing harness. You need good trekking shoes & full body rain gear.

BRIEF ITINERARY:

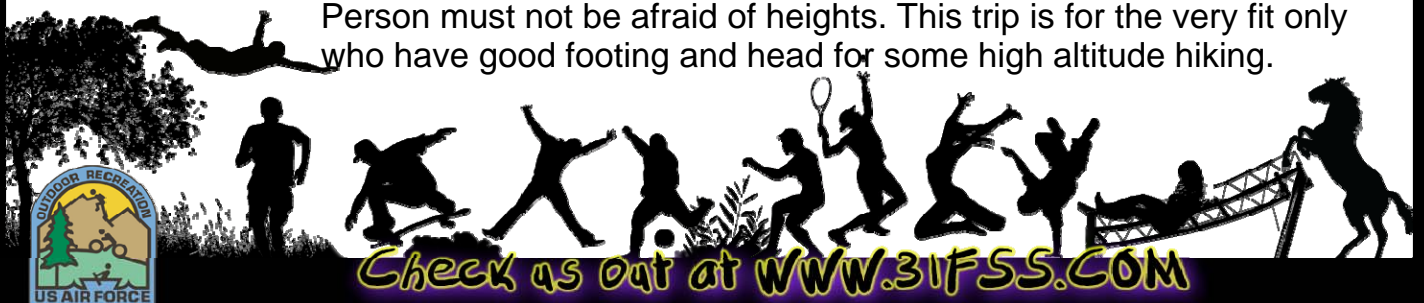
Sunday: 07:30 Depart Outdoor Recreation

10:00 Arrive at the hike start sight 15:30 begin return route

16:30 Arrive back at van. 19:00 Back at ODR and Aviano base

SPECIAL NOTE:

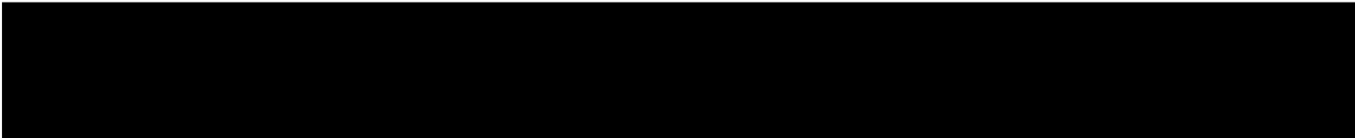
Person must not be afraid of heights. This trip is for the very fit only who have good footing and head for some high altitude hiking.



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Via Foratta



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