

## FIND YOUR FEET DOLOMITII & VENICE GONE RUNNING TOUR

### Part 1: Meeting the crew 😊

#### Accommodation:

Airport Hotel near Milan Malpensa International Airport  
Twin rooms including Italian buffet breakfast

This hotel is a short journey from Milan Malpensa and a quiet place to spend the night recovering from travel. It will form the meeting point for the group on Day 1 and is included in the cost of the trip. There is a free shuttle bus from the airport to the hotel.

- **DAY 1**

Arrival: At your own leisure (Milan Malpensa is the main international airport in Milan). Once you arrival there is a free shuttle bus to the hotel from the airport (3.6km journey). Dinner will be as a group (or at own expense if you arrive late). The restaurant at the hotel is famous for its Italian cuisine. There is also an amazing gelato shop just down the street!

- **DAY 2**

Meet together for breakfast at 7:00am. Check out of accommodation by 9:00am then depart for Riva del Garda

### Part 3: Trail Running, Sunshine, Swimming & Shopping at Riva del Garda

#### Accommodation:

Boutique Italian Villa  
Riva del Garda

Riva del Garda is famous for its vast lake, watersports, hiking & mountain biking trails, Italian cuisine and boutique shopping. This will be our home for 2 nights whilst we explore the trails in the surrounding mountain foothills overlooking the lake. The accommodation will be traditional Italian-style with beautiful views.

After our runs there will be plenty of time to enjoy Riva del Garda and the surrounding region. There will also be a priority of lying in a patch of sunshine by the lake and practicing our resting skills!

- **DAY 2**

The morning will be spent travelling to our accommodation. After lunch we will head out for an explore from our villa. This will be a gentle run to ease us into the tour.

- **DAY 3**

A great day for a longer trail run (up to 3-4hrs of trail running and fast-packing) in the hills surrounding Limone sul Garda followed by relaxing by the lake, shopping or eating gelato.

- **DAY 4**

Checkout of our accommodation and depart for Passo Pordoi in the northern region of the Italian Dolomites

## Part 2: Altitude Training & running amok in the Dolomites

### Accommodation:

Hotel Savoia

Passo Pordoi, Dolomites (2239m)

Twin rooms including half board (breakfast & dinner)

Pordoi is a pass in the Dolomites Alps, located between the Sella group in the north and the Marmolada group in the south. The pass is at an altitude of 2,239 m, and the road crossing the pass connects Arabba with Canazei. With only a handful of dwellings on the pass, this is a rare gem. Even Alberto Contador knows this! He uses the Hotel Savoia and surrounding regions as his altitude-training base before the Tour de France. The hotel is a family run business with: luxurious bedrooms; a recovery spa & sauna; delicious, healthy meals; marmot calls waking you up in the morning; and views to die for. This is a place you will never want to leave!

- **DAY 4**

Twin rooms with the beautiful white linen, cozy ambiance and views out across the mountains. You will be so removed from the world you will begin to fully unwind. Easy run introduction to the Dolomite Mountains. Dinner will be a delicious, local Italian affair

- **DAY 5**

Start the day with an optional dawn run then a buffet Italian breakfast. The day's run will be a long run from our accommodation to view the Marmolada Group (approx. 18-20km) followed by an afternoon of sightseeing & leisure.

- **DAY 6**  
Start the day with an optional dawn run then a buffet Italian breakfast. The day's run will be a long run in the Dolomites and summit a mountain or two 😊 Afternoon of sightseeing & leisure will of course happen afterwards.
- **DAY 7**  
After a sneaky morning mission and a final hearty mountain breakfast we will checkout of our accommodation and make the 3hr journey to Venice Marco Polo Airport.

### Part 3: Let's explore Venice!

#### Accommodation:

Venetian-style villa all to ourselves

- **DAY 7**  
After travelling to Marco-Polo Airport we will leave the car and travel via water taxi to our accommodation in Venice. This afternoon you will have your own space to explore Venice at a walk. It is a wonderful city to poke around, finding all the back alleys, cafes, artistic shops, cathedrals and museums. You may even like to explore on the water via the water taxis. We will then regroup for our final dinner together, ensuring there are lots of celebrations and more gelato 😊

### Part 4: Saying goodbye 😞

- **DAY 8**  
After finding some breakfast near to our hotel it will be time to say goodbye. You can either choose to catch a water taxi back to Marco Polo Airport or wheel your luggage through the streets (over cobbled stones & scenic bridges) back to the train station (this is the easiest way back to Milan Malpensa Airport should you wish to depart from here). All return flights must be booked after 2pm to allow enough time for transit back to the airport.

**COST: \$2990 (incl. GST)**

Tour includes: All accommodation; on-ground transport; expert coaching & guiding; minimum 3 dinners; minimum 4 breakfasts; water taxi transit in Venice

Tour excludes: Airfares; travel insurance; some meals; gondola tickets

Please note, this trip is strictly limited to 7 guests and will book quickly