

WILD ITALY

Lakes & Mountains of northern Italy – Milan to Venice via the Italian Dolomites

QUICK FACTS

Tour Duration: 8 nights & 9 days

Departs: Hotel Osteria Della Pista Airport Hotel near Milan Malpensa @ 4pm on Day 1

Returns: Venice Marco Polo International Airport @ 3pm on Day 9

Maximum Group Size: 10 guests

Accommodation: Small Italian-style & family-run guesthouses

Meals: All Breakfasts and 3 dinners included

Transport: All on-ground transport provided ex. Milan Malpensa International Airport.

RUN DETAILS

Minimum Run Duration: 7km/75min

Maximum Run Duration: 22km/4.5hrs

Technical Difficulty: Moderate (trail & hill experience required). Trails vary from smooth to steep & rocky alpine terrain

Steepness: Flat to very steep mountain slopes.

** Our tours are a holiday involving trail running. Our guides will craft each days' runs to meet your individual needs and on route will frequently stop to soak up the ambience and to take plenty of photos. Therefore, running distances noted in this itinerary can vary to differentiate between guest abilities and make your Find Your Feet Tour a rich experience.*

TOUR HIGHLIGHTS

- Reflect down on the turquoise waters of the Italian lake district from a high mountain trail
- Enjoy alpine runs immersed spectacular Italian Dolomites
- Rest in authentic family-run Italian guesthouses in close proximity to the mountain trails
- Enjoy fine Italian cuisine (& even cake for breakfast!) in the company of your new trail running friends
- Return home ready to perform wilder after learning the art of being wilder and playing wilder from Hanny Allston

ITINERARY

Part 1: Meeting the Group

Accommodation:

1 night in a traditional family-run guesthouse in ancient Casorate Sempione. Whilst the hotel is beautifully restored, it is most famous for its restaurant!

Hotel Osteria Della Pista

Via Verbano, 1 21011 Casorate Sempione, Italy

- After arriving at Milan Malpensa Airport you will be able to take a free hotel shuttle bus to our accommodation, a short 10 minute drive away*. For those who arrive in time we will meet in the lobby at approximately 4pm for a gentle introductory trail run in the nearby forest that surrounds the town. On a fine day you will be able to see the mountains looming in the distance, beckoning to us!
- Our tour will then officially begin at 6pm for dinner in the Hotel's magical restaurant. Here you will meet your guides, fellow guests and learn about the adventures ahead.
- We will depart for Lugano after breakfast at our hotel @ 9am on Day 2.
- Travel via private minibuses to our next family-owned accommodation near Lugano (90mins).
- On route to Lugano we will stop at Orta San Giulio where we will conduct a running technique workshop and gentle sight-seeing run. This old, bustling town is set into the side of a picturesque lake where swimming, jetty jumping and gelati await you at the end of your run!
- Enjoy an afternoon relaxing in the shade of the chestnut trees before a traditional Italian dinner* and a long rest. Mountain adventures await!

*NB. If you are arriving into Milan with alternative transport, there is a train station located a short 5-minute walk from Hotel Osteria Della Pista. Therefore, please let us know if you are not arriving by plane to Milan Malpensa Airport. We can help direct you to our hotel.

Part 2: Explore Lugano & beyond

Set into the foothills of the mountains and surrounded by some of the oldest chestnut trees in the region, our chosen hotel is well off the beaten tourist routes. We will be spending two nights at this accommodation as it is the perfect base camp for some mountain adventures.

Accommodation:

2-nights in a family-run guesthouse with a vast buffet breakfast and the best pizza in all of Italy!

Hotel il Castagno
Via Cantonale CP 85, 6939 Mugena, Switzerland

Highlights:

- Ancient chestnut forests, alpine meadows, mountain summits and magical trails
- Turquoise lakes where vineyards & old Italian towns perch
- Explore the cobblestone streets of Lugano

Part 3: Riva del Garda & the hills that made skyrunning famous

Accommodation:

2-nights in Arco, a very traditional Italian town nestled under a historic fortress. Riva del Garda with its vibrant cobblestone streets is a short distance away. Your buffet breakfast will be included whilst dinner will be in one of the many small Italian eateries in the town*.

Garni on the Rock
Vicolo Ere, 6, 38062 Arco TN, Italy

Highlights:

- Explore the famous skyrunning trails carved into the dramatic limestone cliffs
- Discover small churches and shrines nestled into the side of a cliff
- Enjoy the vibrancy of Riva del Garda before returning to our hotel tucked into a sleepy Italian village
- Run a challenging route to Limone where gelati and a spectacular ferry journey home awaits

Part 4: The Dolomites... and Marmots!

Accommodation:

3-nights at another family-run guesthouse with vast vistas out to the surrounding mountains and with buffet breakfasts and dinners to die for!

Hotel Col di Lana

Strada del Pordoi, 132, 38032 Canazei TN, Italy

Highlights:

- Diverse mountain trails, from picture-perfect cliff-lines to alpine meadows complete with shepherds and their sheep
- Delight in the squeals of marmots as they wake you in the morning or cheer you on as you run past
- Scale some of the highest peaks in the region where not a blade of vegetation grows on the barren dolomite landscape
- Sleep at altitude in a region famous for its skyrunning & the training grounds of professional cyclists

Part 3: Saying goodbye

- After a short morning run we say farewell to our Dolomite home and drive down through the mountain valleys onto the plains, finally reaching our farewell destination of Venice's Marco Polo Airport (approximate arrival is mid-afternoon). This would be a great launching destination for Venice should you wish to stay on.
- Say goodbye!

COST: \$3995 (incl. GST)

Tour inclusions: Traditional Italian family-run accommodations; all on-ground vehicle transport; expert coaching, guiding and mentoring; all breakfasts and three dinners; discounts to premium brands at Find Your Feet.

Tour exclusions: Airfares; travel insurance; ferries, local buses and gondolas, five dinners, lunches, snacks and beverages, treatments and massages with Brodie*.

Please note, this trip is strictly limited to 10 guests and will book quickly.

* at own expense