



Hiking the best of the Dolomites

July 16 – 24, 2016

The soaring peaks of the Dolomites are among the most staggeringly beautiful in the world, a fairytale setting of alpine meadows, lush forests, tiny lakes, and surreal rock walls and pinnacles that seem to be from another world. Join Cathy Ann Taylor for an exciting hiking journey along mountain trails that lead to rocky summits with glorious views, to quiet valleys where the local Tyrolean culture has remained unchanged for generations, and to mountain inns set miles from the nearest road, where you're welcomed with a slice of strudel and a steaming cappuccino. All along the way, you'll enjoy the warm hospitality of the local people, appreciate the region's fascinating history, and indulge in delicious cuisine—from *polenta ai funghi* to *canerderli*, a farm-style dumpling stuffed with speck (local cured ham). Join us for a truly unforgettable experience!

TRIP DETAILS

Moderate to Strenuous ▶ 7 days hiking; 5 nights hotels and inns, 3 nights rifugios

ITINERARY

(You will need to leave the U.S. one day previous in order to arrive in Innsbruck, Austria, on the day the trip starts.)

Day 1, Jul 16 ▶ Arrive in Bressanone (Brixen), Italy

Arrive in Innsbruck, Austria (we recommend you arrive by 12:00 - 1:00 p.m. to have enough time to go through customs and immigration). You will be met and transferred (at ~ 2:00 p.m.) to your hotel in Bressanone, Italy, just 27 miles south of the Austrian border (a one-hour drive). Bressanone, known as Brixen in German, is set in a lovely valley and flanked by mountains. Lush vineyards produce grapes for excellent white wines, and the valley is famous for its sweet chestnut trees. The 1,100-year-old town has a nearly unchanged medieval center, splendid cathedral and cloisters, and a Baroque castle. Once a stronghold of the Catholic church, it was secularized in the early 1800s and annexed to Austria. Today Bressanone is a center of learning with a university and many other schools, and shares the bishopric with the provincial capital of Bolzano (Bozen). In the evening, we gather for a Welcome Dinner and trip orientation.

D...Hotel in Bressanone

Day 2, Jul 17 ▶ The Chestnut Footpath – Novacella Abbey

Today's hike brings us along part of the famous *Keschtnweg*—the Eisacktal Chestnut Trail (*keschtn* means “chestnut” in the German South Tyrolean dialect). The trail leads through groves of old chestnut trees, mixed forests vibrant with color, and lush green meadows, and offers panoramic views of the Dolomites. As we hike, we'll pass by local farmers offering produce and other regional products for sale. This entire footpath spans 37 miles and crosses the Isarco Valley from Bressanone to Bolzano, but don't worry—today we'll only be tackling the first quarter of the trail

Toward the end of our hike, we reach Sabiona Monastery, perched on a rock spur towering 650 feet above the town of Chiusa. The area around the monastery was initially settled in the Neolithic period and is considered to be one of the most ancient pilgrimage sites of the Tyrol. Today four chapels remain: Chiesa delle Vergini, Cappella delle Grazie, Torre di S. Cassiano, and Chiesa S. Croce. In 1687, the monastery became a Benedictine monastery, inhabited by the nuns of Nonnenberg Abbey in Salzburg; it was elevated to a convent in 1699, and continues to serve as a nunnery today.

After exploring Sabiona, we hike the final 45 minutes down to Chiusa for lunch, then transfer to Novacella Abbey, set in the northernmost wine-growing region in Italy, on the southern side of the Alps. We visit the abbey and its vineyards, and see how the mineral-rich soils, elevation, and cool climate contribute to the intense aromas, flavors, and fruity acidity found in the famous white wines produced here. Return to the hotel in Bressanone for dinner and overnight.

B,L,D...Hotel in Bressanone

Hiking Details: 5 hours hiking, 9 miles, 1,936' ascent, 2,146' descent

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Day 3, Jul 18 ▶ Val di Funes – Adolf Munkel Weg

In the morning, we transfer to our next hotel in Santa Maddalena (4,035') in the Val di Funes. After dropping off our luggage, we continue to Zannes (5,512'), a mountain pasture where our hike on the Adolf Munkel Trail begins. This famous trail lies below the majestic Puez-Geisler/Odle mountain group (9,925'), in the Puez-Odle Natural Park, part of the Dolomite Mountains UNESCO World Heritage Site. It's one of the most spectacular trails in the Dolomites, partly due to the colorful array of plants along the trail. Our hike brings us beneath the imposing north walls of the mountains, along a stream, across alpine meadows, and through shady black forest. These mountains are a symbol of the Val di Funes, and also home to world-renowned mountain climber Reinhold Messner. After lunch at one of the mountain huts beside the trail, we'll follow a loop trail back to Zannes, then transfer back to Santa Maddalena. Time permitting, we can explore the town. Located at 4,393 feet at one end of the Val di Funes, Santa Maddalena has less than 400 inhabitants. Here, at the foot of the Rufen Mountain, sits the church of Santa Maddalena; according to a legend, this is the place where the miraculous image of Santa Maddalena was washed up by the Fopale River. Overnight at hotel.

B,L,D...Hotel in Santa Maddalena

Hiking Details: ~5 hours hiking, 7.4 miles, 984' ascent and descent

Day 4, Jul 19 ▶ Günter Messner Trail – Passo delle Erbe

From Russis Brücke (5,692'), we start our hike on the Günter Messner Trail, named for Günter Messner, brother of mountaineer Reinhold Messner. The brothers were born and grew up in the Val di Funes, and completed their first climbs on the surrounding mountains, quickly establishing themselves among the elite climbers of their day. Their routes through the Dolomites' west faces of Sass de Putia (9,432'), Furchetta (9,925'), and Heiligkreuzkofel (9,538') are still considered among the most difficult of the area. Günther died in 1970 during the brothers' descent from Nanga Parbat, the ninth highest mountain in the world. Our hike brings us to Rifugio Ütia de Börz (6,581'), our home for tonight (your luggage will await you at the rifugio). The rifugio, located in a broad saddle amid beautiful flowered pastures at the foot of the Sass de Putia, began as a small hikers' lodge, but today is a refined 3-star hotel with comfortable rooms decorated in Tyrolean style. Beautiful woodwork, crisp linens, and vistas of the surrounding mountains add to the delight of your experience at this charming hotel. For gourmet lovers, the restaurant at the hotel offers local specialties made from the typical products of the region that highlight the best of Tyrolean cuisine, and desserts include the unforgettable strudel. The restaurant has become somewhat of a meeting point for social gatherings, and meals are served continuously between 11:30 a.m. and 8:00 p.m. Overnight at the rifugio.

B,L,D... Alpin Hotel Passo delle Erbe / Rifugio Ütia de Börz, San Martino in Badia

Hiking Details: ~5 hours hiking, 4.9 miles, 2,625' ascent, 1,968' descent

Day 5, Jul 20 ▶ Putia Massif Loop

Today's hike brings us on an extended loop around the majestic, isolated Sass de Putia, whose pale formations rise from multi-colored rock strata. Starting right from the rifugio, we follow a trail through a forest of Arolla pines, alpenrose, and dwarf mountain pines. In about an hour, we begin ascending a zigzag path among scattered boulders, a trickling stream, and Rhaetian poppies to emerge at Forecella di Putia (7,733'), where we encounter rich yellow buttercups, gentians, and pink mountain thrift. From here, we have the option to ascend to the peak of Sass de Putia (9,432') for

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amazing views of the peaks of Sassolungo-Sassopiatto, Pelmo, Civetta, the Sesto group, and Piz Boè, as well as the snow-capped Austrian Alps (2 hours hiking, 1,640' ascent and descent).

Our trail now descends through pastures that are home to marmots, and we pass scattered old huts used at haymaking time. One of these, Utia Vaciarà (6,644'), has been converted into a rustic eatery with a splendid vista over the Val Badia to Sasso della Croce. After lunch here, we continue hiking upward again, reaching the Göma Pass (6,926'), marked by a crucifix. (The crest we are traversing is an eastern extension of Sass de Putia.) We continue to ascend and descend slightly until we complete our loop hike back at the rifugio. Overnight at the rifugio.

B,L,D... Alpin Hotel Passo delle Erbe / Rifugio Ütia de Börz, San Martino in Badia

Hiking Details: ~5 hours hiking, 10.3 miles, 2,132' ascent and descent

Day 6, Jul 21 ▶ San Vigilio di Marebbe

In the morning, we head to San Vigilio di Marebbe, set in the green and gentle Marebbe hollow (3,940'), a side valley of the Val Badia. Lush coniferous forests, high peaks, and soft, hilly alpine pastures sculpt the landscape. This idyllic mountain village, Al Plan de Mareo, as it is called by locals, has just 1,500 inhabitants. Simple wooden houses are grouped around the Baroque church and its inviting square, far from noisy thoroughfares, on the border of Fanes-Senes-Braies Natural Park. In summer, San Vigilio di Marebbe offers a rich entertainment program that ranges from concerts and Tyrolean folk-festivals to farmers' markets, craft exhibitions, international sports competitions, and even beauty contests! Today's hike first leads to the Rifugio Pederü, situated at the end of a fairytale valley, then ascends the famous long-distance footpath of the Alta Via 1 toward Alpe di Sennes, reaching Rifugio Fodara Vedla (6,447'), set in the heart of the Natural Park of Fanes-Senes-Braies. From here we have a superb view of the Croda Rossa Massif (9,245'), so-called for its blood-red rock colored by the presence of iron oxide. Overnight at the rifugio, with its friendly hosts and excellent food.

B,L,D...Rifugio Fodara Vedla

Hiking Details: ~4-5 hours hiking, 9.1 miles, 3,608' ascent, 1,025' descent

Day 7, Jul 22 ▶ Cortina d'Ampezzo

From Rifugio Fodara Vedla, we hike to the nearby Rifugio Sennes (6,975') and on to Rifugio Malga Ra Stua. Continue hiking to Fiames, known as the "beach" of Cortina d'Ampezzo, and on to Cortina. Cortina d'Ampezzo is a charming alpine resort town surrounded by stunning peaks. Host to the 1956 Winter Olympics, it enjoys a reputation for great skiing in winter, and in the summer attracts hikers and climbers who challenge the rocky faces of the nearby mountains. This stylish town also caters to the high society crowd, offering many year-round social activities, shopping, and fine dining. This afternoon, you'll have time to explore the town, including the pedestrian walkway, the Corso d'Italia, lined with restaurants and cafes, antique shops, art galleries, and boutiques, and its famous bell tower in the town center. Overnight at hotel.

B,L,D...Hotel in Cortina d'Ampezzo

Hiking Details: ~4 hours hiking / 6.6 miles / 1,197' ascent / 3,074' descent

Day 8, Jul 23 ▶ Tre Cime di Lavaredo Loop Hike

The soaring massif of the Tre Cime di Lavaredo is probably the most famous landmark in all the Dolomites. After breakfast, we transfer to Rifugio Auronzo (7,611') and begin our hike. Soon we

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pass a small chapel—Capella degli Alpini—and the Rifugio Lavaredo (7,690'), which sits at the base of the eastern side of Tre Cime di Lavaredo. Along the way we'll admire the spectacular Cadini mountain group to the south, with its rock spires and strangely formed needles. Our hike is along a wide gravel wartime mule track that leads to the Lago di Cengia. A series of steep zigzags leads to a stony amphitheater, at the edge of which stand extensive World War I fortifications. Another 20 minutes brings you to the Forcella Pian di Cengia (8,274') where you can admire the view of the Tre Scarperi mountain range. From here the trail descends steeply for the first stretch, then traverses almost horizontally on a vast scree slope, and finishes with a short climb to the Rifugio Locatelli (7,800'). From here, we hike under the north faces of the Tre Cime di Lavaredo back to the Rifugio Auronzo, completing our scenic loop around Tre Cime. Transfer back to Cortina. For lunch, we'll stop in one of the rifugios, where we can taste local specialties such as *canederli* (a Tyrolean dumpling) and goulash (a beef soup or stew). This evening, we gather for a festive Farewell Dinner. Overnight at hotel.

B,L,D...Hotel in Cortina d'Ampezzo

Hiking Details: ~6 hours hiking, 8 miles, 2,000' ascent and descent. Option to do a shorter hike or the hike in reverse. Simple loop around Tre Cime di Lavaredo: ~4 hours hiking, 5.4 miles, 1,863' ascent and descent

Day 9, Jul 24 ▶ Depart

After breakfast, transfer 1.5 hours to the airport in Venice and depart on homeward-bound flights, or extend your stay in this marvelous city. Please schedule your homeward bound flights after 12:00 p.m.

B...

LAND COST

\$5795 per person (6-7 members)

\$5595 per person (8-10 members)

\$5295 per person (11-14 members)

\$750 Single Supplement – singles where possible (not available in rifugios)

Rates quoted are per person, based on sharing double accommodations.

*Should you choose to pay with credit card there will be a service charge of 3%, the fee we incur from the bank.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases due to fuel increases, costs of services or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

LAND COST INCLUDES...

- o Expert leadership of Cathy Ann Taylor plus a local guide(s)
- o Accommodations in hotels and inns (based on double occupancy), and 3 nights in rifugios
- o Meals as noted (B=Breakfast, L=Lunch, D=Dinner), with wine at Welcome and Farewell Dinners and water, tea, or coffee at lunches
- o Local group transfers

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- o Airport transfers (group transfers only)
- o Luggage transfers to hotels, inns, and rifugios
- o Sitieseeing as noted on the itinerary
- o Map of the area

LAND COST DOES NOT INCLUDE...

International airfare to Innsbruck and return from Venice; individual transfers for early arrivals or late departures; trip insurance (it is compulsory to purchase trip insurance offered by Cattara, which includes trip cancellation insurance); meals not noted on the itinerary; optional tipping to leader and local guides; excess baggage charges; cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

At time of reservation	25% of land cost
120 days prior to departure	25% of land cost
90 days prior to departure	Balance

CANCELLATION FEE SCHEDULE

From time of reservation	
until 90 days prior to departure	25% of land cost
89-60 days prior to departure	50% of land cost
59 days or fewer prior to departure	100% of land cost

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

TRIP LEADER



Cathy Ann Taylor, a high altitude trekking guide for the last 26 years, will be leading this trek. She's trekked all over Nepal, Tibet, India, Bhutan, Peru, and Europe with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of fifteen remote village children, all of whom are in boarding school and one who is about to graduate from University in Australia. She consistently gets rave reviews from members of her groups and has quite a loyal following. Cathy Ann is active in the Breast Cancer Fund and has participated in fifteen expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier,

which helped increase awareness of breast cancer (she alone has raised over \$600,000 for the cause!). Cathy Ann's new program, Sacred Treks, which benefits the Breast Cancer Fund (Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, and Sikkim treks) has raised over \$620,000. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, January 2006, and also received a letter of recognition for her fundraising and environmental work from former Speaker of the House, Nancy Pelosi.

PHYSICAL EXPECTATIONS

You should be an experienced hiker in good physical condition. This trip is rated moderate to strenuous, as you will be hiking four to six hours (five to ten miles) a day on trails with a variety of terrain, including uneven rocky surfaces with some steep ascents and descents. You can count on 1,000-3,600 feet up and down nearly every day, with some ascents and descents more than 3,000 feet. On some days, one or two steeper climbs to spectacular viewpoints are included. Trekking poles are highly recommended.

In addition to fine hotels in villages and cities, we will spend three nights in rifugios (mountain inns). Your luggage will be carried separately to these overnight spots. Depending on the rifugio, we'll have private accommodations in double, triple, or quadruple rooms with either private or shared bathroom.

For physical preparation, we recommend regular cardiovascular exercise for one hour at least 4-5 times a week. We suggest stair climbing, running, and mountain biking on hills, squats, and lunges or elliptical or treadmill training in the gym. And, of course, the best way to train for a trek is to go hiking! We recommend you get out on the trails at least once a week. Wear your boots and daypack and pick some trails with hills so you can strengthen your leg muscles and build up your stamina. We believe other important pre-requisites are a spirit of adventure and a positive attitude.

TRAVEL DOCUMENTS

You will need a passport, valid for at least three months beyond the date of completion of the trip. No visas are required for this trip. Note—it's a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Extra passport photos can also be helpful to have just in case.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Innsbruck by 12:00 - 1:00 p.m. on Day 1. Please schedule your homeward bound flights after 12:00 p.m. on Day 9. Many travelers elect to use their "frequent flyer" miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

MEDICAL MATTERS

Please advise us of any pre-existing medical conditions that may affect your health on the hike (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit, pain killers, and allergy medicines if you are prone to allergic reactions (especially epi-pens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications.

MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, and the like (most of your meals are included in the cost of the trip). Depending on how much of a shopper you are, \$500 should be plenty for incidentals and souvenirs. You should bring an additional amount for gratuities to the leaders, and driver. At least US \$250 per guest is recommended for the trip leader, at least \$125 for the local guide, and we will update you on the driver in the final bulletin (may have a couple for shorter number of days). You can present your gratuities to your leader, guide, and driver(s) individually.

The currency of Italy is the Euro. You will want to check the current rate of exchange just before traveling when planning how much cash to bring with you.

We suggest you withdraw money from an ATM in Innsbruck or Bressanone before the trek begins, as there are few ATMs along the way while hiking. Credit cards, traveler's checks, and US dollars are not generally accepted at the inns outside of these two places, other than Cortina.

WEATHER & CLIMATE

As in most mountain environments, the weather can be unpredictable, so each day on the trail you need to be prepared for a variety of weather conditions: hot sun, windy rainstorms—even the possibility of light snow. For that reason you will carry your raingear and jacket in your daypack every day, even if the morning starts out bright and hot. Dressing in layers that can be adjusted to suit the prevailing conditions is highly recommended.

INCIDENTALS

Laundry: You will not really have time to have your laundry done during the hike. You can hand wash a few items and hang them to dry in your room. Synthetic, quick drying fabrics are best (see the clothing and equipment list).

Electricity: Italy is on the 220V system. Sockets are usually the round two-pin variety, but they vary. If you are planning to use something like a hairdryer, electric shaver, camera battery, or phone charger, bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

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Time Zones: Italy is on Greenwich Mean Time plus one hour. That means that Bressanone and Venice are six hours ahead of New York and nine hours ahead of California.

Communications: While we discourage the use of cell phones on our trip, we can't deny the fact that you may want to be in touch with your friends or family. Please be sensitive to the needs of others and use them in the privacy of your room. Contact your cell phone service about international coverage.

WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carryon luggage.

Luggage

- Duffel bag or soft-sided suitcase, large enough to hold your hiking clothes and gear. It should be sturdy and water-resistant or waterproof. Wheeled duffels are OK to bring, but hard shelled suitcases are not advisable (they are difficult to load compactly in the vans).
- Daypack with a capacity of about 2,000 cubic inches, with a good padded waist belt. It can double as your carryon bag.*
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

*Remember, you must carry your fleece jacket and rain gear with you every day on the trail, as well as 2 liters of water, sunscreen, warm hat, gloves, camera, and cover for daypack in case of rain. Be sure your daypack is large enough!

Clothing Notes

You should be prepared for very unpredictable weather. Bring comfortable clothing that will protect you from cold and possibly wet weather. Synthetic fabrics (such as capilene, or wool) are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. (Cotton garments are not good in cold or wet mountain conditions.)

When layering, your innermost layer should be a synthetic T-shirt or long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic fleece jacket, and/or a good quality Gore-Tex wind/rain parka and over-pants.

We haven't included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage.

Underwear

- Regular underwear. Synthetics are easier to wash and dry.
- Thermal underwear (lightweight), top and bottom.

Socks

- Casual socks (synthetic for easy washing and drying) that are suitable for your walking (not hiking) shoes.
- Mid-weight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners—optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts (in case we have some hot, sunny days on trek).
- Shirts for non-hiking activities.

Pants

- Full-length synthetic hiking pants or synthetic sweat pants.
- Hiking shorts, cotton or synthetic.
- Casual pants or skirts for non-hiking activities.

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece.
- Rain/wind parka (must fit over bulky clothing).
- Rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Gloves or mittens (wool or fleece).
- Waterproof daypack cover.
- Gaiters (optional)—can come in handy if crossing snowfields or scree. Ankle gaiters OK.

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat
- Bandana. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Please break new boots in well before the trip.

- Medium-weight hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots must be waterproofed, well broken in, and suitable for prolonged walking on rocks.
- Comfortable walking shoes to wear while in towns.

Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof. Bring 2 and mark them with your name or initials as several people may have the same bottle.
- Hiking poles—highly recommended. These are essential to relieve the impact on your knees during long downhill; they are also useful on uphill. Practice with them before the trip.
- Toiletry kit—soap, toothbrush, etc. (The rifugios do not provide body soap in the showers.)
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Toilet paper and a Ziploc bag (for stops along the trail).
- Personal medical kit, including blister protection.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/UVB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small padlocks or combination locks for your duffels.
- Heavyweight plastic garbage bag to help keep the contents of your daypack dry during hikes.
- Backpack cover in case of rain (most packs have these built in now).

Optional Travel Accessories

- Camera and plenty of memory cards, and extra batteries.
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Swiss Army-type pocket knife.
- Powdered electrolyte mixes for your water.
- Your favorite trail snacks or supplements, especially if you have dietary restrictions.
- Reading and writing material.
- Swimsuit (there are swimming pools and saunas at some of our accommodations along the way).

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