

High Alpine Llama Trekking to the Schneeberg and Seven Lakes



Highlights

- A spectacular tour through remote, stunning and less-trodden trails at the foot of the Stubai Alps in South Tyrol
- Trek with your own llama- their relaxed and empathetic nature make them perfect hiking companions
- Staying in mountain refuges in spectacular locations
- Accompanied by Andy aka The Llama Whisperer and Hiking Guide, Ceri Temple



Friday 14th – Sunday 16th August 2020

Meeting point: Maiern/ Ridnaun

DAY 1: Maiern (1410m) - Knappendorf St. Martin (2350m)

DAY 2: Knappendorf St. Martin (2350m) – Grohmannhütte (2250m)

DAY 3: Grohmannhütte (2250m) – Maiern (1410m)

Tour time: Approx 5- 6 hrs per day at a relaxed pace



Activity level requirements

Previous hiking experience, steady footing, fitness for walking 7 hours at a relaxed pace with around 1000m ascent per day.

EARLY BIRD PRICE

€495/person

6 SPACES ONLY

Valid until 1st March 2020

Included:

- ✓ 3 days personalised guided hike with German and English speaking mountain guides.
- ✓ 2 nights half board (board, dinner & breakfast) in shared rooms (1 night: 2-4 bed/ 1 night: 8 bed dorm) in mountain huts
- ✓ A personal llama companion who will also carry your load.
- ✓ Pre-tour information package (including local information, packing & travel guide)
- ✓ Tour photo album

Optional extras- available for booking on request:

- Travel to/from start/end point
- Pre or post tour accommodation





Confirmation and payment:

- Price €525
- Confirmation via email to: info@4elements.eu
- 20% deposit due upon booking.
- Booking confirmation, certificate of bond insurance and payment information will be sent on upon registration.



YOUR GUIDES

Andy Prossliner

A native of the South Tyrol, Andy has been trekking in the Dolomites for the last 45 years. In 2010 he started training his first llamas for high alpine trekking and has been trekking with them ever since.

Walking with a llama, a relaxed and carefree animal, you immediately forget the fast pace of the modern world and step into the flow of the journey, rediscovering a sense of inner peace.

Accompanied by Andy and his wonderful "boys" we get to explore and appreciate the mountain kingdom of the South Tyrol in a truly unique way.



Ceri Temple

A British outdoor enthusiast who has spent years working and playing in Bavaria, the Alps and the Dolomites. Ceri has a passion for mountain sports, experience in winter and summer mountaineering and is a certified Alpine hiking guide, as well as ski instructor and outdoor educator. Ceri met the llamas three years ago and it was love at first sight! She loves their individual personalities and seeing the rapport that her guests develop with their llama during the tour.

Summer multi-day hut tour packing list

- Waterproof hiking boots with ankle support and good profile
- Waterproofs (Jacket and trousers)
- One pair of long hiking trousers/ zip-off trousers
- 2 pairs hiking socks
- 1 Long sleeved shirt/ T-shirt (synthetic or merino wool/ quick-drying)
- 1-2 T-shirts (synthetic or merino wool/ quick-drying)
- Fleece, extra warm layer or soft shell jacket
- Underwear
- Gloves and hat
- Sun protection (Sunglasses, sunhat, sun cream, lip salve)
- A hard-wearing drinking bottle/ thermos/ hydration pack (2l)
- Headlamp/ torch
- First aid set and personal medication
- Mobile phone and charger
- Hut sleeping bag
- Wash kit and small towel
- Hut shoes/ slippers
- Snacks
- Personal insurance details (please ensure that your insurance covers you for alpine activities- if you need advice in this area- get in touch!)

Mountain refuge accommodation – What to expect!

During our tour we stay in mountain refuges in stunning and fairly remote locations.

All rooms are comfortable but basic- warm blankets and pillows are provided- it is a requirement to bring your own sleeping bag liner.

Where we can, we sleep in private rooms (2-4 bed rooms) – the second night will be in a dorm of 8 beds- the whole capacity of the hut!

Water and electricity at these altitudes is also limited. Certain huts will have hot showers available for a small charge.

Being in Italy, you can expect to get a delicious and hearty meal, good wine and coffee despite the remote locations!

4elements UG (Haftungsbeschränkt)

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