

Friday 30th July – Sunday 1st August 2021



four elements
challenge, explore, discover

Hike Alpine Llama Trekking through the Rosengarten

The Rosengarten, Italian Dolomites

Named the “Rose Garden” according to the Ladin legend of King Laurin’s curse which transformed the Rose Garden into rocks – forgetting about that mystical time of day when the evening pink alpine glow – Alpenglüh (“enrosadira”) transforms the rocks into a rosy spectacle.

The trails around and between these rocks are breath-taking, with new impressions every few steps. The terrain within is rocky, rugged and remote. Conditions where the high alpine survivalist flora and fauna thrive (chamoix, ibex and edelweiss to name a few).

This tour takes us from the Seiseralm – Europe’s largest high alpine plateau and along the trails in a varied and stunning circuit between the most formidable, impressive and iconic peaks of this area. We pass the Antemoia Lake – the only lake in the Rosengarten, as well as the peaks of the Vajolet towers and the iconic Schlern mountain peak.

We stop along the way for refreshments at stunning mountain huts, experiencing the local culture and delicacies.

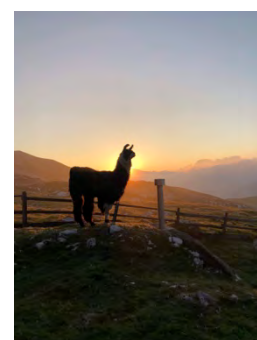
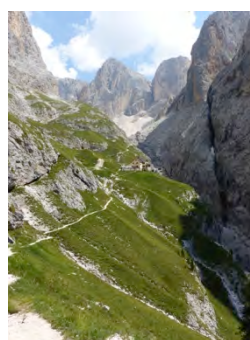


Accommodation – Mountain Refuges

During our tour we stay in two privately run mountain huts-picked for their wonderful majestic settings, as well as tradition and great atmosphere.

Where possible we are in private 2-4 bed rooms for our group. A sumptuous evening dinner is included both nights as well as breakfast in the mornings.

Due to limited water, showers are usually available but cost extra (approx. €3).



Schedule

Start: 9:00, Friday 30th July

Seiseralm

Finish: 16:00, Sunday 1st August

Seiseralm

N.B. Exact meeting point will be provided in the final information two weeks before the tour.

N.B. Timings are approximate and may vary slightly according to local conditions.



Getting There

Nearest airports:

[Airport Innsbruck](#)

[Airport Munich](#)

[Airport Verona](#)

[Airport Milano Bergamo](#)

[Airport Bolzano South Tyrol](#)

We will share contact details with all participants in advance to help coordinate travel.

By car – for those of you coming from Munich, we will share contact details before the tour, to help organise car-pooling.

From the north:

Coming from **Munich** drive to Innsbruck (A12 Inntalautobahn) via Garmisch Partenkirchen and Seefeld. At Innsbruck you follow the motorway A 13 (Brennerautobahn) until you reach the Brennerpass, there the motorway passes into the Italian Brennerautobahn (A22). The first bigger village in South Tyrol is Vipiteno (Sterzing). From Munich expect driving time of approx. 3.5 hrs. N.B. You will need a 10 day vignette (€9) for the A12 in Austria. The toll for the Brenner pass is approx. €9. You can expect a further toll of approx. €6 for the rest of the journey on the motorway.

From south:

If you come from Milan or Venice you have to follow the direction to Verona. There you take the motorway A22 (Brennerautobahn) and reach South Tyrol via Trento. Again you can expect to pay approx €10-20 in tolls.

N.B. Parking at the starting point is €18 for the three day tour.

Pre-tour Accommodation

We have a certain number of rooms on hold for the group at a local Bed & Breakfast for Thursday 30th July.

There we will enjoy a relaxed evening before the tour to get into the South Tyrol atmosphere.

This is approximately 20mins drive by car to our starting point on Friday. Breakfast and local taxes are included in the price below:

- Shared twin room (single-sex) with balcony €60/person
- Single room* with balcony €65/person

*Subject to availability

CONTACT US NOW TO ADD PRE-ACCOMMODATION TO YOUR BOOKING!

EMAIL: ctemple@4elements.eu

If you require post tour accommodation, please let us know and we can send you recommendations!