

Lama Trekking Tour through the Three Peaks of the Dolomites



Highlights

- A magnificent tour through the iconic landscape of the “Tre Cime” Nature Park and UNESCO world heritage site
- 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 2nd – Sunday 4th August 2019

Meeting point: Sexten

DAY 1: Sexten (1310m)– Bülelejochhütte (2528m)

DAY 2: Bülelejochhütte (2528m) – Lavaredohütte (2334m)

DAY 3: Lavaredohütte (2334m) – Sexten (1680m)

Tour time: Approx 5-7 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.

Tour language(s): English & German

SPECIAL OFFER

€559/person

6 SPACES ONLY

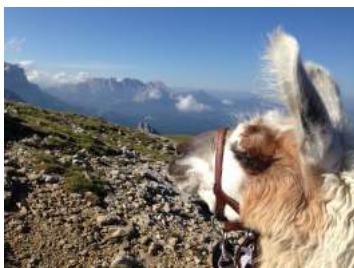
Valid until 1st March 2019

Included:

- ✓ 3 days personalised guided hike with German and English speaking mountain guides.
- ✓ 2 nights half board (board, dinner & breakfast) in shared rooms (2-4 bed) 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:

- Full price €565
- Book Online: <http://bit.ly/Llama19>
- 20% deposit due upon booking.
- Booking confirmation, certificate of bond insurance and payment information will be sent on upon registration.



four elements
challenge, explore, discover



BOOK NOW!

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 llamas we get to explore and appreciate the mountain kingdom of the Dolomites in a truly unique way.



Llama trek packing list

The llamas carry your luggage (within reason!) in their saddle bags. You should have the following:

- 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 (1-2l)
- Headlamp/ torch
- First aid set and personal medication
- Mobile phone and charger
- Hut sleeping bag (Sleeping bag liner)
- 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!)

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. This Dolomites are one of Ceri's absolute favourite area for trekking and she can't wait to share her favourite spots with you.

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. One night is in a shared dorm, the other in a four/ five bed room.

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)

www.4elements.eu

Tel: 015115296237

Email: info@4elements.eu