



Tour:

SUMMIT & SOUL THE DOLOMITES EXPERIENCE

Destination:

The Italian Alps, Italy

Itinerary:

10-days / 9-nights total trip

SUMMIT & SOUL: THE DOLOMITES EXPERIENCE				
Cortina d'Ampezzo, Belluno / Italian Alps, Italy				
Day	Meals	Morning	Afternoon	Evening
1		Travel overnight to Europe		
2	D	Arrive Venice, Italy; transfer to Cortina d'Ampezzo and check into your hotel	Gear Check & Guides Briefing: Goals, Grades, Safety Systems, Movement Coaching	Welcome Dinner
3	B, L	Dolomites Crag Day 1 Climbing: Local Coaching & Supervision		Dinner on Own / Free Time
4	B, L, D	Dolomites Crag Day 2 Climbing with Advanced Skills Coaching (Movement, Efficiency, Clipping & Rope Management; tailored to group)		Italian Cooking Class with Local Wine & Cheese Tasting
5	B, D	Bulluno: Canyoning, Mountaineering & Mountain Biking Day		Group Dinner
6	B, L	Via Ferrata Climb: WW1 Historical (Grades B / C) & Advanced / Steep (Grade D)		Dinner on Own / Free Time
7	B, L, D	Multi-Pitch Climb Day (UIAA IV to VI)		Group Dinner
8	B	Dolomites Crag Day 3 Climbing	Transfer to Venice, Italy; Hotel Check-In; Refresh; Dinner on Own	
9	B, D	Guided Venice Tour with Doge's Palace & St Mark's Basilica	Free Time for Venice Exploration; Water Taxi included	Italy Farewell Dinner
10		Travel to Venice International Airport; return flight to USA		



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



A Message From Our Team

At Hammock Expeditions, we believe adventure should wake you up - mind, body, and spirit. Every journey we design is crafted with purpose, built to push your limits, spark connection, and immerse you in the wild beauty of a place. Our trips blend challenge with culture, skill with story, and the kind of moments that stay with you long after you're home.

Whether you're climbing limestone towers, crossing mountain passes, or exploring a new corner of the world, we're here to create experiences that feel intentional, exhilarating, and deeply human.

— Michele & the Hammock Expeditions Team

Why Travel With Hammock Expeditions

Adventure travelers choose us because we design programs that are **expertly organized, authentic, and crafted for real exploration**. We obsess over the details - logistics, safety, pacing, local partnerships - so you can focus on the climb, the trail, the moment, and the joy of being fully present.

Our guides are seasoned professionals, our itineraries are built with intention, and our support is constant. You get the freedom to adventure boldly, knowing the foundation beneath you is solid.

What Sets Us Apart

- ❖ **Purpose-Built Adventures** — Every itinerary is designed to challenge, inspire, and connect you with the landscape and its people.
- ❖ **Safety, Structure & Professionalism** — Vetted guides, clear communication, and 24-hour support mean you can push your limits with confidence.
- ❖ **Hands-On, High-Impact Experiences** — Climbing, canyoning, trekking, skill-building, cultural immersion - we create moments that feel alive and unforgettable.
- ❖ **Traveler-Centered Design** — We balance intensity with rest, structure with flexibility, and challenge with comfort. You get adventure without chaos.
- ❖ **A Team That Lives Adventure** — We're climbers, trekkers, planners, and explorers who care deeply about meaningful travel. Your goals become our goals.

Our Commitment to You

When you travel with Hammock Expeditions, you gain a partner who understands the rhythm of adventure - the preparation, the anticipation, the challenge, and the reward. We're here to support your journey, elevate your experience, and deliver a trip you'll talk about for years.

We can't wait to adventure with you.

Michele, Christina, Izzy, Dana, Taylor, and the Team



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com





Summit & Soul: The Dolomites Experience

Cortina d'Ampezzo, Belluno / Italian Alps, Italy

Climb beyond the ordinary in Italy's majestic Dolomites, where limestone towers meet timeless culture. This immersive journey blends technical adventure with refined local experiences - from multi-pitch ascents and alpine coaching to cooking classes and Venice. Designed for passionate explorers, Summit & Soul celebrates the art of movement, connection, and discovery - a true ascent of both body and spirit.

Day 1 – Travel Overnight to Europe

Meals en route on flight

Begin your journey to Italy's alpine heart. Settle in for your overnight flight and prepare for the week ahead - a balance of challenge, culture, and camaraderie.

Day 2 – Hello Italy!

Breakfast in flight, lunch on own, Group Dinner included

After arriving in Venice, Italy, we'll transfer to our hotel in Cortina d'Ampezzo. After checking in, we'll meet our guides and have our Welcome, Safety & Orientation Briefing before getting refreshed and having a fabulous Welcome Dinner. Today's discussions will include goals and expectations, grades, safety systems and movement coaching from a climb standpoint. Other topics include a general international travel overview and a very warm welcome!



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



The Dolomites: A Legendary Landscape for Climbers

Rising in pale, jagged towers above northern Italy, the Dolomites are one of the most iconic mountain ranges on Earth - a UNESCO World Heritage Site shaped by time, tectonics, and the dreams of generations of climbers. Their unique limestone creates sweeping faces, sharp ridgelines, and dramatic spires that feel almost sculpted for movement. Since the early 20th century, the Dolomites have been a proving ground for pioneers like Emilio Comici and Reinhold Messner, whose bold ascents helped define modern alpinism. Today, these mountains remain a living museum of climbing history, where classic routes meet contemporary challenges and every summit carries a story.

Why the Dolomites Are a World-Class Climbing Destination

The Dolomites are considered one of the top climbing destinations in the world because they offer something few ranges can match: immense variety, unmatched beauty, and a deep cultural connection to the sport. Climbers can move from long, elegant multi-pitch lines to technical crags, airy via ferrata routes, and historic alpine walls - all within a single valley. The rock is grippy, expressive, and endlessly interesting, making every pitch feel like a conversation with the mountain. Add in Italy's mountain hospitality, rich alpine culture, and the sheer concentration of world-renowned routes, and you get a destination where adventure feels both elevated and effortless. **For climbers seeking challenge, heritage, and breathtaking scenery, the Dolomites are simply unparalleled.**



Day 3 – Dolomites Crag Day 1

Breakfast & lunch included; dinner on own

Your first climbing day in the Dolomites sets the tone for the entire adventure - a blend of exhilaration, focus, and that unmistakable alpine magic. As you step onto the limestone for the first time, you'll feel why these mountains are legendary: the rock is textured and expressive, the routes are elegant, and every move invites you deeper into the rhythm of the climb. Under the guidance of expert local instructors (example: 22 climbers = 4 local mountain guides), you'll warm up on classic Dolomites lines that build confidence, refine technique, and reconnect you with the joy of movement. It's the perfect introduction to the vertical world you'll be exploring all week.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Safety is woven into every moment of the day. Your guides will walk you through local systems, route etiquette, and the unique characteristics of Dolomite limestone, ensuring you feel grounded and supported before you ever leave the ground. Expect clear communication, thoughtful pacing, and coaching that meets you exactly where you are - whether you're rediscovering your flow or pushing toward new grades. By the end of the session, you'll be fully tuned into the terrain, your team, and the adventure ahead. It's the kind of first day that leaves you energized, capable, and hungry for more.

This evening, dinner is on your own to enjoy Italy with new friends, or rest and relax at your own pace!

Day 4 – Dolomites Crag Day 2

Breakfast, lunch & dinner included

Your second day on the rock is where everything starts to click. With the confidence and familiarity you built yesterday, you'll move into routes that challenge your balance, footwork, and mental flow. The Dolomite limestone reveals its personality - pockets, edges, and expressive features that reward precision and creativity. Under the guidance of expert local instructors (example: 22 climbers = 4 local mountain guides), you'll refine technique, sharpen efficiency, and feel yourself settling into the rhythm of climbing in one of the most iconic ranges on Earth. It's a day designed to elevate your skills while keeping the joy of movement front and center.

Safety remains the backbone of the experience. Your guides will reinforce best practices for clipping, communication, route reading, and rope management, ensuring every climber feels supported as the grades progress. Expect thoughtful pacing, clear instruction, and coaching tailored to your comfort level. Whether you're pushing into new terrain or savoring the flow of familiar movement, you'll climb with confidence, clarity, and a team that's fully invested in your success.

As the sun dips behind the spires, you'll trade chalk bags for aprons and step into an evening of Italian culinary immersion. A local chef will lead you through regional dishes, fresh ingredients, and the art of cooking in the Dolomites - complete with wine, laughter, and the warmth of shared accomplishment. It's the perfect balance to a day of adventure: a relaxed, flavorful celebration of culture, connection, and the simple joy of gathering around a table after time spent on the mountain.

Day 5 – Mountain Adventure in Canyoning, Mountaineering & Biking

Breakfast & dinner included; lunch on own

Day 5 is designed to show you the Dolomites from every angle - above, below, and across. You'll start the morning stepping into the cool, sculpted world of canyoning, moving through narrow gorges carved by centuries of rushing water. Expect a thrilling mix of rappels, slides, and crystal-clear pools, all guided by seasoned professionals who know these canyons like home. It's an exhilarating way to experience the raw geology of the region, where every turn reveals a new pocket of beauty and challenge. The pace is adventurous but intentional, giving you space to savor the terrain while staying fully supported.

From there, the day shifts into alpine exploration as you transition to mountaineering and mountain biking. You'll traverse high-country trails, cross ridgelines with sweeping views, and ride through meadows and forests that feel straight out of a storybook. The Dolomites are famous for their varied terrain, and today you get to experience that diversity firsthand - moving from water to rock to trail in a single unforgettable arc. Guides will



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



set a pace that keeps the group energized and comfortable, offering coaching, encouragement, and clear communication throughout each activity.

Safety remains the anchor of the day. Every element - canyoning, mountaineering, and biking - is led by certified local experts who prioritize secure systems, proper equipment, and thoughtful route selection. You'll be briefed before each segment, supported during every transition, and encouraged to move at a pace that feels right for you. It's a day built for adventure but grounded in professionalism and care. By evening, you'll feel the satisfying fatigue that comes from exploring the mountains in all their forms - and the deep sense of accomplishment that only a multi-sport alpine day can deliver.

Day 6 – Via Ferrata Climb

Breakfast & lunch included; dinner on own

Today you step onto one of the Dolomites' most legendary experiences: the Via Ferrata. These protected climbing routes were originally built during World War I, allowing soldiers to move across exposed ridgelines and steep faces with speed and security. Now, they offer modern adventurers a rare opportunity - to ascend dramatic alpine terrain using fixed cables, ladders, and iron rungs while surrounded by sweeping views that feel almost unreal. It's a thrilling blend of history and movement, where every step connects you to the climbers and mountaineers who shaped this region's legacy.

Your guides will lead you along a route tailored to the group's comfort and skill level, from classic Grade B/C paths with airy exposure to more advanced Grade D lines that offer steeper, more technical sections. The experience is exhilarating but grounded in professionalism: before you clip into the first cable, you'll receive a full safety briefing covering harness systems, proper clipping technique, pacing, and communication. Throughout the climb, guides maintain clear oversight, ensuring every participant feels secure, supported, and confident as they navigate the terrain.

The reward is extraordinary. As you traverse ledges, climb iron ladders, and move across high alpine walls, the Dolomites open up around you - jagged peaks, deep valleys, and the unmistakable glow of limestone catching the sun. It's the kind of adventure that leaves you breathless in the best way, blending physical challenge with the awe of standing in a place where history and nature collide. By the time you return to Cortina, you'll carry not just the satisfaction of the climb, but the story of having walked one of the world's most iconic alpine routes.

Day 7 – Multi-Pitch Climb

Breakfast, lunch & dinner included

Today you step into the full alpine experience: a multi-pitch climb on the legendary limestone walls of the Dolomites. This is where the range reveals its true scale - sweeping faces, dramatic exposure, and elegant lines that rise pitch after pitch toward the sky. With the confidence you've built all week, you'll move into longer, more sustained routes graded UIAA IV–VI, chosen specifically to match the group's ability and comfort level. Each pitch offers its own rhythm: delicate footwork, thoughtful movement, and the quiet thrill of gaining height in one of the most iconic climbing destinations on Earth.

Your guides will lead with precision and care, managing anchors, belays, pacing, and route-finding so you can focus fully on the climb. Before leaving the ground, you'll receive a detailed briefing on multi-pitch systems - communication, transitions, stance management, and efficient movement - ensuring every climber feels grounded and prepared. Throughout the ascent, guides maintain clear oversight and steady support, creating



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



an environment where challenge and safety work hand in hand. It's a day designed to stretch your skills while keeping you secure, confident, and connected to your team. One mountain guide is paired to every two climbers for safety today.

As you rise higher, the world opens around you: jagged spires glowing in the sun, deep valleys carved by centuries of weather, and the unmistakable feeling of being exactly where you're meant to be. Topping out on a Dolomites multi-pitch is more than a physical achievement - it's a moment of perspective, pride, and pure alpine magic. By the time you return to Cortina for a well-earned group dinner, you'll carry the satisfaction of a climb that will stay with you for years.

Day 8 – Final Crag Climb & off to Venice!

Breakfast included; lunch & dinner on own

Your final climbing day in the Dolomites is all about savoring the experience - the rock, the movement, the confidence you've built, and the connection to these iconic mountains. With two full crag days and a multi-pitch ascent behind you, today's routes feel familiar yet still full of possibility. You'll revisit favorite lines, try new challenges, and enjoy the easy rhythm that comes from knowing the terrain and trusting your team. The limestone feels different now - not just a surface to climb, but a place you've come to understand. It's a rewarding, celebratory session that lets you close out your Dolomites climbing chapter on a high note.

Guides will keep the day relaxed but intentional, focusing on flow, fun, and safe movement. Expect supportive coaching, thoughtful pacing, and a final reinforcement of the skills you've developed throughout the week. Whether you choose to push into a new grade or simply enjoy the pleasure of moving on beautiful rock, you'll climb with confidence and clarity. It's the perfect way to wrap up your time in the vertical world before shifting into the cultural beauty of Venice.

After lunch, you'll say goodbye to Cortina and begin your scenic transfer to Venice. The drive winds through alpine valleys and rolling foothills before opening into the lagoon - a dramatic shift from rugged peaks to shimmering water. Upon arrival, you'll check into your hotel and enjoy a relaxed evening exploring the canals, wandering the narrow streets, or settling into a quiet café. Dinner is on your own tonight, giving you the freedom to choose your perfect Venetian welcome. It's a gentle, elegant transition from adventure to artistry - and a beautiful way to begin the final chapter of your journey.

Day 9 – Venice Exploration & Farewell Dinner

Breakfast & farewell dinner included; lunch on own

Your final full day in Italy begins with an immersive walking tour through the heart of Venice - a city unlike anywhere else in the world. Led by a local expert, you'll wind through narrow alleyways, cross stone bridges, and explore hidden squares as you learn how this floating city rose from a lagoon to become a center of art, trade, and maritime power. Along the way, you'll visit **Doge's Palace**, the former seat of Venetian leadership, where grand halls, intricate frescoes, and centuries of history reveal the city's political and cultural legacy. It's a rich, atmospheric introduction to Venice that blends storytelling, architecture, and the magic of simply wandering.

After the guided portion of the day, you'll receive admission tickets to **St. Mark's Basilica**, allowing you to enter at your own pace. Because wait times can vary, this flexible, self-guided approach lets you explore the basilica's mosaics, marble, and Byzantine artistry whenever it fits your rhythm. The rest of the afternoon is yours to enjoy



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Venice however you choose - glide along the Grand Canal by water taxi, browse artisan shops, cruise to stunning Morano to explore blown glass, sip espresso in a quiet campo, or lose yourself in the maze of bridges and walkways that make this city unforgettable. It's a gentle, reflective contrast to your week in the mountains.

As evening settles over the lagoon, the group gathers for a **farewell dinner** - a warm, celebratory meal honoring the journey you've shared. Expect incredible food and the kind of conversation that only happens after days of adventure. It's the perfect closing chapter before tomorrow's departure.

Day 10 – Departure Day

All meals on own / en flight today (dependent upon flight times)

After a final Venetian morning - quiet canals, soft light, and the gentle rhythm of the city waking up - it's time to begin your journey home. Enjoy breakfast at the hotel, take one last stroll through the narrow streets, or savor a final espresso before your scheduled transfer to the airport. Whether you're heading straight home or continuing your travels, you leave Italy with new skills, new stories, and the unforgettable memories of a week spent climbing, exploring, and connecting in one of the most iconic mountain ranges in the world.

Our team will ensure your departure is smooth, organized, and stress-free. As you board your flight, you carry not just the experience of the Dolomites and Venice, but the confidence, camaraderie, and sense of accomplishment that come from a true adventure. We're honored you chose to travel with us and we can't wait to welcome you back on your next Hammock Expeditions journey.

Arrivederci, Italia!

Thank you for adventuring with us! We can't wait to welcome you on your next Summit journey.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



SUMMIT & SOUL

THE DOLOMITES EXPERIENCE

Minimum Booking Numbers: 20 paying passengers

What's Included:

- ✓ Roundtrip international flights to Venice, Italy
- ✓ 8-nights' accommodation in Italy: 6-nights in Cortina, 2-nights Venice
- ✓ Italy airport transfers and local transfers via coach/shuttle
- ✓ Group meals as shown in the itinerary: 7 breakfasts, 4 lunches & 5 dinners
- ✓ Climb inclusions:
 - 2.5-days Dolomite Crag (days 3, 4 & 8)
 - 1-day Via Ferrata
 - 1-day Multi-Pitch
- ✓ All equipment
- ✓ Local Mountain Guide team
 - 2.5-days Dolomite Crag = 1 Guide to every 5-6 climbers
 - 1-day Via Ferrata = 1 Guide to every 5-6 climbers
 - 1-day Multi-Pitch = 1 Guide to every 2 climbers
- ✓ Mountain Adventure with Canyoning, Mountaineering & Mountain Biking (diving suit, helmet and harness provided)
- ✓ Venice Guided Tour with Doge's Palace included
- ✓ Admission to St. Mark's Basilica
- ✓ Personal Tour Director
- ✓ 24-hour emergency cover

What's Not Included:

- ⊗ Fully comprehensive insurance (**mandatory**; available during registration)
- ⊗ Baggage costs, pay directly to airline if required (one bag meeting specified dimensions/weight is generally included on international journeys)
- ⊗ Baggage handling - everyone should be able to pull / load their own bag
- ⊗ Transfers to/from home airport
- ⊗ Any meals, snacks or beverages other than the ones states as "included" on the itinerary
- ⊗ Meal selections other than ones provided for the entire group (we are generally able to cater for allergy conditions, vegetarians, halal and in some cases vegan)
- ⊗ Alcoholic beverages (pay on own)
- ⊗ Cost of personal passports, visas or visa waiver fees
- ⊗ Cost of inoculations or medication required for travel
- ⊗ Sightseeing / Entertainment / Transport not shown in Itinerary
- ⊗ Hotel incidental deposits & bills – mini-bar, movies, etc.
- ⊗ Gratuities – drivers, hotel services, local guides, tour director
- ⊗ Credit card fees if individuals wish to pay via credit card instead of ACH
- ⊗ Additional taxes, fuel surcharges or fees levied by governments / suppliers

As always, our staff are always available to you to answer any questions you may have regarding programming.
If we may serve you in any way, please do not hesitate to contact us.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com

