

Indagare

INSIDER  
JOURNEY

# HIKING IN THE ITALIAN DOLOMITES WITH MELISSA BIGGS BRADLEY

SEPTEMBER 9 – 14, 2024 6 DAYS | 5 NIGHTS



HIKING | OUTDOOR ADVENTURE | WELLNESS

# The Dolomites with Melissa Biggs Bradley

MONDAY, SEPTEMBER 9 – SATURDAY, SEPTEMBER 14, 2024 (5 NIGHTS)

Tucked away in northern Italy, the lovely Gardena Grödnerhof Hotel & Spa offers access to hundreds of miles of trails in the pristine Italian Dolomites. Join Indagare founder Melissa Biggs Bradley in this extraordinary landscape with spectacular views of the Valley of Alta Badia and its jagged peaks, emerald-green meadows and secret pools. Go at your own pace or test your limits on daily hikes led by our favorite expert local guides. Active mornings will be followed by delicious meals at the area's best *rifugios* and time to enjoy the luxuries of Gardena Grödnerhof—including massages, spa treatments and an indoor swimming pool and fitness center.

FROM \$7,700 (PER PERSON, DOUBLE OCCUPANCY); \$9,400 (SINGLE OCCUPANCY)

## HIGHLIGHTS & SPECIAL EXPERIENCES



Cover and this page: Courtesy Indagare

**Explore the awe-inspiring landscapes of the Italian Dolomites, a UNESCO World Heritage Site**, and develop your fitness on daily guided six-mile hikes with Indagare founder Melissa Biggs Bradley and expert local mountaineers.

**Immerse yourself in Northern Italian culture** with delicious meals at traditional mountain lodges (*rifugios*).

**Discover the surroundings of Val Gardena with hikes along its best trails**, including Passo Gardena (to see the crystal-clear Lake Crespèina) and Alpe di Seceda (with stellar views of the Odle mountain peaks).

**Experience luxury lodge Gardena Grödnerhof**, with unlimited access to the pampering spa and fitness facilities.

# About Your Host & More

## HOST



After a successful career as an editor at *Town & Country*, **Melissa Biggs Bradley** founded Indagare in 2007 because she believed that creating a platform for exchange between passionate travelers would allow for more transformative journeys and meaningful global connections. Since then, she has been recognized as a pioneering entrepreneur in the luxury travel space, as well as one of the foremost experts on travel to Africa. She has visited more than 100 countries over the course of her travels, and has led many journeys to the Dolomites over the years. Melissa is also the author of *Safari Style: Exceptional African Camps and Lodges* (Vendome). In the fall of 2022, Melissa was named host of a new radio show and podcast, *Passport to Everywhere*.



Loved our trip! It was such a bonus having Melissa with us—our fearless leader. Hiking was rigorous but a rewarding challenge, especially with delicious lunches and spa treatments to follow. The guides were terrific.”

*A traveler on the 2022 Indagare Journey to the Italian Dolomites with Melissa Biggs Bradley*

## ACCOMMODATIONS

### GARDENA GRÖDNERHOF HOTEL & SPA

A Relais & Château property in the renowned Val Gardena (a UNESCO World Heritage Site), this wellness-focused hotel is across a short pedestrian bridge from the charming town of Ortisei and a stone's throw from the cable car that whisks travelers up into the heart of the Alta Badia ski resort. The star of the show is the nearly 20,000-square-foot spa, with its large indoor pool, outdoor whirlpool, steam baths, relaxation rooms with waterbeds, infrared chairs and six saunas. There are two restaurants on property: The Gardena Restaurant and *Michelin*-starred Anna Stuben.



*From top to bottom: Courtesy Indagare; courtesy Gardena Grödnerhof Hotel & Spa*



Courtesy Indagare

# Itinerary



## DAY 1, SEPT. 9: WELCOME TO THE DOLOMITES

- Upon arrival, transfer to the Gardena Grödnerhof Hotel & Spa for check-in.
- Special welcome dinner with your host, Melissa Biggs Bradley, and fellow travelers

OVERNIGHT: GARDENA GRÖDNERHOF | MEALS: D

## DAY 2, SEPT. 10: RESCIESA HIKE

- Walk to the funicular station to ride up Alpe Resciesa, where you will embark on a spectacular alpine hike with 360-degree views of the Dolomites.
- Lunch at Brogleshütte, a rustic hut on the edge of Puez-Odle Nature Park
- Return to the hotel around 3:00 p.m. for the afternoon and dinner at leisure.

OVERNIGHT: GARDENA GRÖDNERHOF | MEALS: B, L

*Total Distance | Elevation: 6.2-9.3 miles (10-15 kilometers) | 328 feet*

## DAY 3, SEPT. 11: CRESPEINA HIGHLAND

- Transfer to the nearby town of Selva, where you will board the cable car to Passo Gardena. Begin your hike on the Forcella de Ciampei trail towards Lake Crespèina to view its crystal-clear waters.
- Lunch at Rifugio Edelweiss, a wonderful spot to enjoy specialty wines, traditional food and beautiful views of the surrounding mountains.
- Descend to the charming village of Calfosch and return to the hotel by 3:00 p.m.
- After some time to rest, transfer to Badia for a private cooking class in a restored farmhouse. You will learn how to prepare South Tyrol's signature dish, Knödel.

OVERNIGHT: GARDENA GRÖDNERHOF | MEALS: B, L, D

*Total Distance | Elevation: 6.2 miles (10 kilometers) | 1,936 feet*

# Itinerary



## DAY 4, SEPT. 12: VIA FERRATA ROUTES

- *Optional early morning activity:* Transfer to Passo Gardena for a brief and easy hike along a *via ferrata* (a secured mountain trail with cables and ladders) to watch the sunrise.
- After breakfast, transfer to Selva and board the cable car to Passo Gardena for a short hike conquering one or two *via ferrata* routes. Lunch at Jimmi Hut
- Spend the rest of the day rejuvenating at the Gardena Grödnerhof Spa—schedule a spa treatment (*at an additional cost*) and rest at the indoor pool or one of the spa's six saunas.

OVERNIGHT: GARDENA GRÖDNERHOF | MEALS: B, L  
*Total Distance | Elevation: 5.3 miles (8.6 kilometers) | 197 feet*

## DAY 5, SEPT. 13: ALPE DI SECEDA

- Start the morning with a hike to Ortisei's cable car station. Glide up to Alpe di Seceda and take a short walk to the lookout point for unbeatable views of the Odle mountain peaks.
- Embark on a circuit trail to one of the valley's first mountain huts, Rifugio Firenze.
- Stop for a late lunch at Baita Sofie Hütte, which offers savory Tyrolean dishes as well as access to an impressive wine cellar.
- Following lunch, descend back to Ortisei by cable car. The rest of the afternoon is at leisure.
- Tonight, enjoy a special farewell dinner with your host, Melissa, and fellow travelers.

OVERNIGHT: GARDENA GRÖDNERHOF | MEALS: B, L, D  
*Total Distance | Elevation: 5.3 miles (8.6 kilometers) | 197 feet*

## DAY 9, SEPT. 14: DEPARTURE

- Say goodbye to the Dolomites and transfer to the airport for your departure flight home.

\* *Please note that elements of the itinerary may change.*



Courtesy Indagare

“

“I totally get why this is such a beloved Indagare Journey. I loved the combination of stunningly gorgeous scenery, being physically active every day, incredible food and marvelous company.”

“Every hike and every restaurant experience was superb. The guides were lovely and excellent. I really appreciated the variety of landscapes and of restaurant styles, from our gorgeous grilled meat platter to the exquisite beet infused gnocchi!”

“We loved challenging ourselves on the hikes, meeting so many interesting new friends and eating until we couldn’t move—then having to move our bodies down the hill! We laughed like crazy, opened our minds, pushed and fed body and soul and truly had the best trip.”

*Testimonials from travelers on our past Indagare Journeys to the Dolomites*



Courtesy Indagare

## Ready to experience the Italian Dolomites?

Click the link below to reserve your spot:

[BOOK NOW](#)

INDAGARE  
212-988-2611

INDAGARE.COM  
@INDAGARETRAVEL

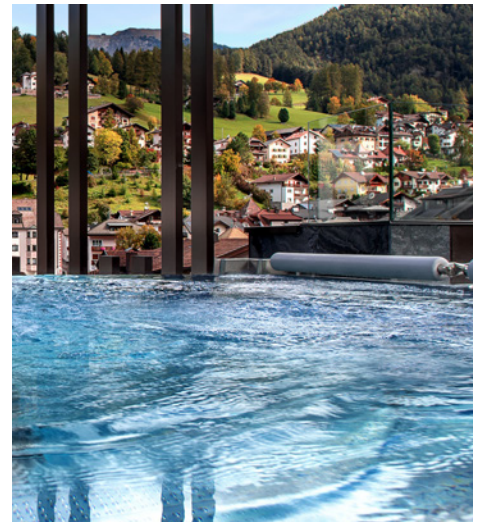


### How you travel matters

At Indagare, we believe that travel can and should have a positive impact on the destinations we visit. We are proud to operate as a 100 percent carbon-neutral company. Through the Indagare Impact Fund, we donate nearly two percent of our annual revenue to carefully vetted initiatives and organizations. Together with our community, we ensure that your trips are helping to positively reshape and sustain the destinations you experience with us. Welcome to the journey.

## Journey Inclusions

- All accommodations as detailed in the itinerary.
- All meals and beverages, as detailed in the itinerary
- All guided touring with certified mountain guides, admission fees and activities, as detailed in the itinerary
- Group transfers throughout to all included activities, in small luxury vehicles
- All gratuities
- Expert guides and drivers, including your host, Melissa Biggs Bradley, and the 24/7 support of Indagare's partners on the ground
- The services of Indagare's expert travel team to plan all trip details and international flights
- 24/7 access to Global Rescue emergency medical, security and evacuation services for the duration of the trip (see p. 8)
- Carbon Neutrality: Offsetting 100 percent of unavoidable emissions, including flights booked through Indagare, through certified carbon projects

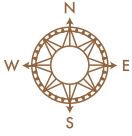


*From left: courtesy Indagare; by Firenze Caluso courtesy Garzetta Dröhenhof*

### JOURNEY EXCLUSIONS

- International air transportation to and from Italy and any visa or border fees
- Airport arrival and departure transfers—please let us know which airport you will fly into to arrange your transfers through the hotel concierge.
- Meals not specified and premium beverages other than those included in the meals
- Optional activities and personal items and expenses
- Trip insurance (highly recommended—please let us know if you would like quotes).
- Custom trip-planning for add-on travel to destinations not included in the Journey is available; please inquire.
- Liability for change in itinerary due to reasons beyond our control (such as flights, cancellations, natural phenomena)

# Know Before You Go: Global Rescue & Trip Insurance



## Complimentary International Global Rescue Services Coverage

To help you travel more safely, responsibly and seamlessly, as part of your signup and registration, **all guests on International Indagare Journeys receive Global Rescue coverage for the dates of their journey as an added benefit.** This means that in the event that an emergency occurs during the trip, guests have access to a variety of services, including medical assistance and evacuation assistance.

### Global Rescue Overview

Global Rescue was founded in 2004 and has five operations centers and offices in five countries, with 200+ medical centers of excellence worldwide and 20,000+ operations globally. Global Rescue operations centers are staffed by experienced nurses, paramedics and military special operations veterans.

*For the duration of any Indagare Journey you have access to:*

- **24/7 medical assistance and advisory services for natural disasters, terror attacks and civil unrest.**
- **Evacuations from the point of injury/illness to home country hospital (at no additional cost)**
- **Travel intelligence services, including alerts and real-time destination reports for 215 countries**

Additional services include: symptom triage, referral to local hospital or clinic, urgent/emergency message relay, telephonic support, health information services, replacement of lost medical supplies & medical triage.

*For more on Global Rescue, go to [globalrescue.com](http://globalrescue.com).*

## Additional Trip Insurance Recommendation

It is important to note that the **Global Rescue coverage that comes with every purchase of an Indagare Journey is not the same as travel or trip insurance**, which—among other features—offers financial protection concerning situations that occur before a trip begins and require a change or cancellation of travel plans. These can include a personal or family illnesses or other unexpected factors such as lost luggage, flight disruption, illnesses or accidents that require emergency medical treatment and/or hospitalization.

So that guests can plan and undertake travel with the minimum possible financial risks, **Indagare also strongly recommends that guests joining Indagare Journeys trips purchase travel insurance to cover their trip(s).** Travel insurance may be obtained from any of a number of providers that specialize in such insurance, and as a courtesy to guests, **Indagare can arrange for a quote for coverage with our preferred providers to be prepared and emailed directly to you at your request.**

*Note: Plans from some providers can be purchased up to 24 hours prior to departure; others require 14 days notice. Indagare recommends opting in to a plan well in advance of your trip. Please be advised that Indagare is not a licensed insurance company or advisor.*