

Hotel Seelaus and Seelaus Tours presents

Ultimate summer

**Spend a week exploring the Italian Alpine region known as the Dolomites
Activities and options are designed to appeal to all ages and abilities**

You will be based for 6 nights/7days at our family owned and operated alpine resort. You will be located in the heart of Alpe di Siusi, a short walk to trail heads and lifts.

This is a sample of tour scheduling. We customize each tour based on the interests of the group, the weather, tour dates, and local events.

Day 1 Arrival at Hotel SeelAus. Join your group and hosts for a welcome drink and orientation.

This evening enjoy a five course feast with your fellow travelers. You may want to end your first evening in the Italian Alps with a look at the beautiful night sky, or cap it off with taste of the local drink.

Day 2 Enjoy the breads, cereals, fruit, and yogurt of the Sud Tirol, Alto Adige, as well as Regional meats and cheeses from the breakfast buffet. This morning we will depart from our home base for the village of Castelrotto. After an orientation walk of the village you will have free time to enjoy the shops and sites of the village. Lunch is on your own with suggestions from your coordinator. We will then meet and leave the village on foot for a walk through the hills above Castelrotto, stopping for photo ops at the onion dome church of St. Valentine. Descending into the village of Seis we will make a coffee break (strudel optional). Those who wish can return to our hotel to enjoy the Spa or continue on to the hilltop castle ruins before returning home. Another fabulous dinner awaits guests this evening. After dinner there will be a short meeting to discuss tomorrow's options.

Day 3 After breakfast we will depart for an open air museum celebrating the traditions of the Trentino-Alto Adige region dating to the middle ages. You will then have free time in the village of Brunico for exploration and lunch. On our journey homewards, having our own transportation gives us the freedom to make a surprise stop or two to enjoy a beautiful view or to pop into a small village for a quick coffee and a peek at a centuries old church. We will return to our hotel where you can relax with an aperitivo or enjoy the spa before dinner tonight. After dinner join your friends and family in the bar for an evening

with a
local musician.

Day 4 This morning we will be departing after breakfast for a taste of the Grand Dolomiti, the

Famous roadway through the high passes of the Alps, separating Italy and Austria. We'll be stopping at vistas for photography on our way to the Passo Pordoi. We'll Ascend by cable car to the highest peak where you are free to explore and then join everyone

For lunch in the mountain hut. On our descent, we'll make time for a stop to watch a

Local wood carver demonstrates his skill, practicing a centuries old art form in this region.

Dinner with your family and friends tonight. After dinner a short meeting to describe your

Options for tomorrow.

Day 5 This is the day you plan. After breakfast your coordinator will lead a walk in the high

meadows for those wanting to enjoy a moderate hike. You may choose a more challenging

hike to the Schlern *5-6hrs, There are infinite possibilities for walking and hiking on well-

marked trails and your coordinator will help you design your own. Lunch can be ordered from the hotel or you can enjoy a lunch at one of the many huts open to hungry hikers.

We can also put you in touch with local companies if you would like to hang/glide, ride horses, enjoy a buggy ride or enjoy a round of golf. This evening join us for a complementary after dinner drink in the bar to share adventures and good company

Day 6 Castles and Wine. Today we will visit the town of Bolzano with its beautiful Tyrolean Architecture and culture. Included in the visit will be entrance and headsets for the Museum

Of the Sud Tirol which houses Otzi, the 5000 year old iceman, uncovered on the Italian/Austrian border. Our visit will continue with tours of a local vineyard, wine tasting,

and of course a castle or two. This evening we will celebrate our final dinner together.

You may choose to join your coordinator in the bar after dinner to coordinate your departure

plans for tomorrow. If you extending your stay or traveling on, we can help you coordinate you plans

Day 7 After breakfast departures for those leaving today.

10 Day Tour Option

Day 7 After a free morning to hike or simply sleep in, we'll learn the secrets of the most famous

dessert in the Region; Apple Strudel. Under the guidance of an experienced chef, you will experience hands-on the techniques and variations used, as you prepare this incredible dish. This evening join us for an appetivo before dinner when the featured dessert will be Strudel!

Day 8 Today we will head out to a surprise location where your guide will accompany you on a walk.

Afterwards, we ll enjoy lunch at a mountain hutte. Options will be available for those wanting a more challenging hike. This afternoon you may choose to enjoy a dip in the spa pool or a soak in the Jacuzzi before dinner

Day 9 We re in search of markets and festivals today. Depending on the dates of your tour, we'll find

a local celebration and/or market to experience local tradition and culture, or, we'll find a unique way to experience the volatile history of the region, perhaps by going underground to learn about the history of mining or visiting a mountain peak to understand how warfare in the Dolomites shaped the Region. (Activity will be decided based on availability and group interests.)

Day 10 After breakfast departures for those leaving today