

# **WORLD BOUND ITALY**

**August 06-26 2023**

## **DAY-BY-DAY PROGRAM**

### **Sunday, August 06 | Canada – Italy (Venice)**

After arriving at the Venice airport, we will transfer together by public transit to our hostel accommodation. There, we will relax and get to know each other with a Welcome Briefing and introduction to the program. Dinner will be purchased and independently, using the hostel kitchen.

*Overnight: dormitory for exclusive use in hostel with private bathroom*

### **Monday, August 07 | Welcome to Venice**

After a buffet breakfast, we will spend our first full day together getting to know Venice. This will be a 'free day' of exploration through Venice's iconic canals and historic centre. Lunch will be prepared and packed in advance, and dinner will be self-prepared.

*Overnight: dormitory for exclusive use in hostel with private bathroom*

### **Tuesday, August 08 | Exploring Venice**

Our final day in Venice begins with a buffet breakfast. After that, we head back out into a more familiar environment. As we continue to explore the 'City of Canals' we will consider the impacts of climate change on this ancient city, and what it means for the future of its citizens and visitors. Lunch will be prepared and packed in advance, and dinner will be self-prepared.

*Overnight: dormitory for exclusive use in hostel with private bathroom*

### **Wednesday, August 09 | Venice–Bolzano**

Up early, we will eat a quick buffet breakfast before travelling to Bolzano by public transport. This travel day will be planned entirely by the students, verifying the ideal route and the public transportation connections needed to reach our destination.

After finding our way to Bolzano, we will drop our gear in the hostel accommodation. In the late afternoon, we will take a stroll to discover the most intriguing corners of Bolzano's historic city center; such as Piazza Walther, Piazza delle Erbe, the Portici, and Piazza del Grano.

Then we will visit [the South Tyrol Archaeological Museum](#), which documents the history of this region from the Paleolithic period to the Carolingian era. In addition to exhibiting original finds, reconstructions, and multimedia stations, the museum houses one of the oldest mummies in the world (dating back to over 5000 years ago) known as Ötzi the Iceman. After a full day, we will return to prepare dinner using the hostel kitchen.

*Accommodation: triple/four-bedded rooms with private bathroom*



**Thursday, August 10 | Hiking tour in the Dolomites : Alpe di Siusi**

Today, our breakfast will be served by the hut, as will our packed lunch. We will depart toward the Denti di Terrarossa across the beautiful [Siciliar-Catinaccio Natural Park](#), a region renowned for its unique geology. After leaving the green pastures of Alpe di Tires, we will enter the heart of the Catinaccio Massif and follow the trail up to the Passo Principe hut that is nestled in the rocky environment of the Dolomites. After arriving at the Passo Principe hut, we will be served a delicious, hearty dinner.

*Ascent +720m / Descent -570m. Distance: 10km. Time: 4h30*

*Accommodation: dorms with shared bathroom*



**Friday, August 11 | Hiking tour in the Dolomites: Denti di Terrarossa**

Served breakfast and pick up of the packed lunch prepared by the hut.

Departure in the direction of the Denti di Terrarossa which can be reached by crossing the beautiful Siciliar-Catinaccio Natural Park. Leaving the green pastures of Alpe di Tires, you enter the heart of the Catinaccio and the trail continues up to the Passo Principe hut surrounded by the rocky environment of the Dolomites.

Arrival at Passo Principe hut. Served dinner at the hut.

*Ascent +720m / Descent -570m. Distance: 10km. Time: 4h30*

*Accommodation: dorms with shared bathroom*



### **Saturday, August 12 | Hiking tour in the Dolomites: Torri del Vajolet**

Waking early, we will eat breakfast at the hut and pick up our packed lunches. From the hut, we will wander into the wild gorges of the Rosengarten, an enormous petrified coral reef. On this trail we will pass in front of the Vajolet Towers, a set of pinnacles that rank among the symbols of the Dolomites par excellence. In the early afternoon, we will leave the rocky terrain and enter the forested Carezza region. Here we will see the woodland that was overwhelmed by the Vaia storm in 2018. In the woods of the Val d'Ega alone, around 1,000 hectares of land were uprooted (roughly 1,300 football pitches). About 500,000 cubic meters of wood fell to the ground, which is roughly equivalent to the volume occupied by 12,000 buses.

After spending time learning and reflecting about the role of climate change in extreme weather events, we will return to Bolzano by public transport. At our hostel accommodation, we will prepare dinner before getting a good night's sleep.

Ascent +520m / Descent -980m. Distance: 10km. Time: 4h30

*Accommodation: triple/four-bedded rooms with private bathroom*



### **Sunday, August 13 | Bolzano – Trento – Val di Sole**

At our Bolzano hostel, we will eat a buffet breakfast and preparation packed lunches for the day. Then, we will take public transportation to Trento for a guided tour of [MUSE](#), a museum that uses interactive exhibits and multimedia installations to allow visitors to discover Alpine nature and the evolution of life on Earth. The MUSE exhibits focus especially on the themes of landscape, the effects of climate change, and the evolution of the man-environment relationship.

After exploring the MUSE, we will travel to Mezzana, using the local train, and then to Val di Peio by bus. Along the way, we will make a short stop to do some laundry. Our final destination will be a hotel for groups of travellers, run by Salesians, where we will enjoy a hearty dinner and stay for the night.

*Accommodation: multiple bedrooms with private bathroom*



### **Monday, August 14 | Peio : Caseificio Turnario and Medicinal Herbs**

Following a comfortable sleep, we will share a buffet breakfast and pick up the packed lunch prepared by the hotel. After breakfast, we will meet our Mountain Leader and hike along forestry roads up to Peio Paese, the highest town in Trentino. Here, we will visit the last operating Caseificio Turnario (cheese factory) in the region. We will learn about the processing of cow and goat milk, as well as how raw milk cheeses are made, such as the typical Casolet – a Slow Food product.

In the afternoon, we will visit the Casanova biocertified farm, dedicated to the cultivation of alpine plants for herbal and cosmetic use. We will learn about traditional ways of using the local ecosystem for medicine and cosmetics. After a day of adventure, we will return to the hotel and share the day's experiences through a group debrief. Once again, we will eat dinner at the hotel.

*Accommodation: multiple bedrooms with private bathroom*



### **Tuesday, August 15 | Malga Talè**

We will have our final buffet breakfast with the Salesians, before picking up our packed lunches and departing. The first part of the day will be dedicated to cultural exchange activities within the group, sharing our unique insights about our experiences so far.

In the afternoon, we will plan our meals for the following days, and purchase the food, before meeting with the Mountain Leader. Then, we will hike along forestry roads to reach the rustic Malga Talè. At Malga Talè, we will spend some time meeting with locals and deepening our understanding of the local Alpine culture.

In the evening, we will set up our tents and then prepare dinner at the alpine dairy.

*Accommodation: tents camping*



### **Wednesday, August 16 | Malga Talè – Solo Immersion**

Today we will undertake World Bound's iconic "24h" hours solo immersion, where adventurers will spend an extended period alone and immersed in nature. The adventurers will dismantle their tents by 8am and spend the day staying isolated in their own space until late afternoon. The organization will provide the companions with a single meal to be delivered to the children throughout the day. This experience offers a powerful moment of reflection, allowing everyone to think about what they have experienced and how they have changed.

In the afternoon, we will return to the Silesian hotel for dinner and our final night before we venture into Stelvio National Park.

*Accommodation: multiple bedrooms with private bathroom*

### **Thursday, August 17 | Hiking in the Stelvio National Park – at the Foot of the Ortles Cevedale Peaks**

After a buffet breakfast, we will pick up our packed lunches and head out to meet with our Alpine Guide who will guide us through the [Stelvio National Park](#), the largest nature reserve in Italy. From here, we depart towards the Cevedale hut, climbing along the course of the Noce Bianco River until we reach the Vedretta de la Mare, at the foot of the towering Ortles Cevedale peaks. Along the way, we will keep an eye out for this region's thriving wildlife, such as ibexes and golden eagles. After several hours of hiking, we will reach the Cevedale Hut, where we will be served dinner and settle in for the night.

Ascent +830m / Descent -40m. Distance: 7km. Time: 3h30

*Accommodation: dorms with shared bathroom*



### Friday, August 18 | Hiking in the Stelvio National Park – Crossing of the Careser Glacier

Up early, we will have breakfast and pick up the packed lunch prepared by the hut. Then, we depart to cross a plateau, dotted with alpine lakes, to reach the eastern limit of [the Careser Glacier](#). The longest-monitored glacier in the Italian Alps – classified as one of the World Glacier Monitoring Service's essential 'reference glaciers' – the Careser Glacier is an incredibly important witness to the dramatic extent of the glacial retreat due to climate change.

After learning about climate change-caused glacial retreat, we will continue onward to the Dorigoni hut. Here, we will meet with the local hut manager to learn about life in the high mountains and the evolution of outdoor tourism over the last few decades. Then, we will eat dinner and go to bed.

Ascent +520m / Descent -680m. Distance: 11km. Time: 5h30m

*Accommodation: dorms with shared bathroom*



### Saturday, August 19 | Hiking in the Stelvio National Park – Val Maleda

In the morning, we will be served breakfast and a packed lunch prepared by the hut. We will then head out on a pleasant excursion, hiking leisurely among the seasonal rhododendrons and spotting local wildlife, like marmots. Before too long, we will arrive at Malga Maleda, an alpine dairy. We will have a free afternoon to spend in nature before eating dinner with our hosts in the alpine dairy. Then, it's off to bed so we are well-rested for a day of farmwork and learning.

Ascent +164m / Descent -560m. Distance: 7km. Time: 3h30

*Accommodation: dorms with shared bathroom*



### **Sunday, August 20 | Malga Maleda – Shepherd's Life**

After a hearty breakfast served at the hut, we will spend the day participating in life in an alpine dairy. This includes looking after the animals, as well as potentially assisting with milking and milk processing. During this time, we will learn about what it takes to produce animal products in a sustainable and ethical manner. Following a day of hard, valuable work, we will have dinner at the alpine dairy before heading off to sleep.

*Accommodation: dorms with shared bathroom*

### **Monday, August 21 | Malga Maleda – Garda Lake**

After receiving our final breakfast and packed lunch, and saying goodbye to our friends at Malga Maleda, we will begin our descent into Val di Rabbi. Once we reach the bottom, we will take private transportation to Riva del Garda. At Riva del Garda, we will meet with our Alpine Guide before continuing on to our scenic campsite. Here we will set up our tents as the Alpine Guides prepare us a dinner under the stars.

Ascent +170m / Descent -850m. Distance: 7km. Time: 4h

*Accommodation: tent camping*



### **Tuesday, August 22 | Riva del Garda – Bike Tour**

In the morning, we will collaborate with the Alpine Guides to make breakfast and a packed lunch. After that, we will spend the morning taking a leisurely bike tour of the stunning surrounding area. Then, in the afternoon, we will participate in some technical biking lessons before testing our newfound skill on selected mountain trails.

We will follow our biking adventure with dinner at the Windvalley Center at Lago di Cavedine. Then we return to our campsite for some well-earned rest.

*Accommodation: tent camping*



### **Wednesday, August 23 | Riva del Garda – Canoeing and Canyoning**

After breakfast at the Windvalley Center, we will head out onto Cadevine Lake for a morning canoe tour. We will return to the Windvalley Center and refuel with a nutritious lunch. Then, in the afternoon, we will go on a canyoning adventure, alternating between natural waterslides and adrenaline-pumping dives.

In the evening, we will take private transportation to the Arco Camping Zoo where we will set up our tents and have dinner at the campsite restaurant.

*Accommodation: tent camping*



### **Thursday, August 24 | Riva del Garda – Free Day**

After eating breakfast at the campsite and preparing a packed lunch, we will have a free day to explore the popular lakeside town of [Riva del Garda](#). Wander through the town admiring the beautiful architecture, or relax beside the glittering Lago di Garda, the choice is yours! After a day of relaxation, we will meet in the evening for dinner at the campsite restaurant.

*Accommodation: tent camping*





### **Friday, August 25 | Return to Venice**

Today we will eat our final campsite breakfast, before preparing a packed lunch. Then, we will say farewell to the mountains we have called our home for the last two weeks and return to Venice via public transportation. After checking into our hostel accommodation, we will eat our last dinner together and share our memories, our insights, and feelings as we look back on the incredible adventure we have had together. This is a moment for celebration and reflection, as each of us compares who we were at the beginning of this experience to who we have become.

*Accommodation: multiple bedrooms with shared bathroom*

### **Saturday, August 26 | Homeward Bound**

After a night of celebration, we will share our final breakfast together. After that, we will head to the Venice airport and bid a fond farewell to the lifelong friends and mentors we have made during this time. Then, it's off to Canada, with newfound knowledge, skills, and perspectives to bring back to our lives back home.

Until next time!