



HEDONISTIC HIKING

FOOD • WINE • WALKING



All-inclusive guided gourmet walking holidays in Italy and beyond...



A group of hikers is seen from behind, standing on a grassy mountain trail. They are looking out over a vast, scenic landscape of snow-capped mountains and green valleys. A large, semi-transparent compass rose is overlaid on the right side of the image, with the letters 'W' and 'E' visible. The overall scene is bright and sunny, with a clear blue sky and scattered white clouds.

Food. Wine.

At Hedonistic Hiking we are passionate about three things: food, wine and walking. We have an unusual lifestyle dividing our time between Italy and Australia and feel very fortunate to be able to call both countries home.

Between us we have been involved in the travel industry for over 35 years and Hedonistic Hiking, since its debut in 2007, has happily gone from strength to strength.

Our walking groups are small, a maximum of 16 people, and made up of friendly, interesting, like-minded travellers from all corners of the world. Whilst the walks range from gentle to more challenging, we always have our support vehicle on hand so that guests can walk as much or as little as they please. The tours are not in any way competitive and everyone is free to walk at their own pace.

A mix of fine dining experiences in a variety of local restaurants, along with gourmet picnic lunches, ensures that we taste the very best food and wine the regions have to offer, enjoying top-quality, locally-sourced produce. Given the beautiful landscapes we explore on foot we like to think that our tours are a true feast for all the senses.

Hedonistic Hiking tours are genuinely all-inclusive and the tour price covers absolutely everything with the exception of your flight: accommodation, lunches and dinners including fabulous wines, all local transportation, entry fees to museums, cookery

Walking

classes, wine tastings, truffle hunts and visits to cheese-makers or chocolatiers. Our guests tell us that our tours represent excellent value and a huge number return time and again.

We are committed to sustainability and take our relationship with the natural environment very seriously. We also believe wholeheartedly in supporting small, local and family-run businesses in the areas where we operate.

We are very excited to be announcing a brand new itinerary for July 2017 in Austria and the Dolomites. This is the first time we have ventured into Austria and the tour will start in Innsbruck. We cross the border into Italy on foot, hike in the beautiful landscape of the Dolomite mountains and finish in Verona.

We design, research and lead all the walks ourselves and we are assisted in Europe by a small team of dedicated colleagues who help to make the tours both enjoyable and memorable. Together we try our utmost to take the best possible care of our guests and believe this is the reason so many people come back to Hedonistic Hiking to walk with us year after year.

We hope to welcome you on a tour soon!

Jackie & Mick Parsons



Visit www.hedonistichiking.com for full details of all tours and for information to help you plan your holiday.





THE ITALIAN LAKES

Lakes, Gardens and Majestic Mountains

8 DAYS 3 - 10 May 2017 | **START:** Milan **FINISH:** Milan | **PRICE:** € 3095 pp | **SING. SUPP:** € 275

Explore three of northern Italy's famous lakes: Como, Maggiore and the lesser-known Lake Orta. All three have magnificent views of the snow-capped peaks of the Italian Alps, making the scenery on this trip particularly spectacular. Two of our hotels are located right on the lake shore with private jetties, so we make the most of exploring the lakes and islands by boat, as well as using cable cars and funiculars to transport us to different areas for walking. We cross into Switzerland to hike near Locarno and see the stunning gardens of Isola Bella and Villa Taranto. A guided visit on the first day to Leonardo da Vinci's "Last Supper" in Milan completes a sensational itinerary for this tour.



HIGHLIGHTS:

- See Leonardo da Vinci's painting of The Last Supper
- Private boat trips on Lakes Como, Maggiore and Orta
- Visits to the gardens of Isola Bella and Villa Taranto



WALKING:

Terrain: Cobbled mule tracks, woodland trails and rugged mountain trails. Significant ascents and descents (up to 800m) on days 3 and 6

Shortest/Longest Day:

7km/4.4 miles: 18km/11.4 miles



ACCOMMODATION:

Hotel Bellavista: Family-run Liberty-style villa above Lake Como

Grand Hotel Majestic: Historic lakeside hotel with a pool in the quiet town of Pallanza on Lake Maggiore

Hotel San Rocco: 4-star lakeside hotel in Orta San Giulio with excellent restaurant



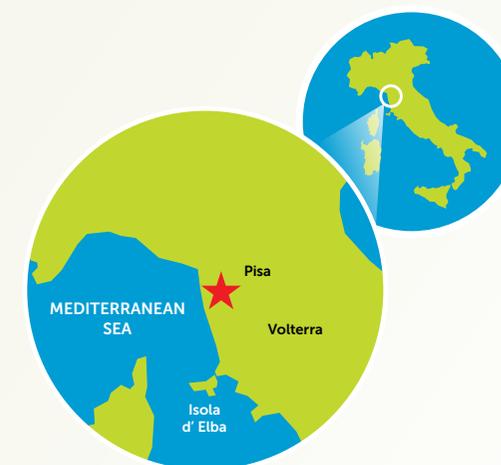


LUCCA, VOLTERRA AND THE ISLAND OF ELBA

Hiking through Tuscan history

9 DAYS 12 - 20 May 2017 | **START:** Pisa **FINISH:** Pisa | **PRICE:** € 3,025 pp | **SING. SUPP:** € 275

This classic Tuscan tour starts in the artistic gem of Lucca - a beautifully preserved city encircled by its Renaissance walls lying just south of the stunning marble mountains of Carrara. We visit Volterra, a timeless hilltop town with Etruscan and Roman history and hike to San Gimignano with its unmistakable skyline of medieval towers. On our way to the beautiful island of Elba we stop in Bolgheri - now one of the most exciting and innovative wine regions in all of Italy. We finish on Elba, hiking to its highest point and exploring its capital city and the villa which was home to its most famous exile - Napoleon Bonaparte.



HIGHLIGHTS:

- Explore a jewel of the Tuscan Archipelago with island hiking
- Learn about the rich culture and history of the towns we visit
- Discover lesser-known but impressive Tuscan wines



WALKING:

Terrain: Strade bianche (gravel roads), woodland tracks and quiet lanes, although Day 3 has more mountainous terrain. The rest of this area of Tuscany is relatively hilly, with some significant ups and downs, but not mountainous

Shortest/Longest Day:

6km/3.7 miles: 18km/11.4 miles



ACCOMMODATION:

San Luca Palace/Palazzo Alexander: Two 4-star converted palazzi just inside the magnificent walls of Lucca

Park Hotel Le Fonti: Situated on the edge of Volterra with pool and stunning views of the Tuscan landscape

Hotel Hermitage: A spectacularly located hotel with private beach, gardens and pools on the gorgeous bay of Biodola





MEDIEVAL UMBRIA

Abbeys and Art in the Apennines

8 DAYS 22 - 29 May 2017 | **START:** Arezzo **FINISH:** Arezzo | **PRICE:** € 2,895 pp | **SING. SUPP:** € 200

This tour starts in Arezzo with a visit to the world-famous fresco cycle by Renaissance artist Piero della Francesca before continuing to a leisurely lunch and olive oil tasting at a family-owned farm near the charming town of Anghiari. We stay in the historic town of Sansepolcro and cross from Tuscany into Umbria over the Apennines with beautiful views across both regions. We follow evocative pilgrim trails, once trodden by St Francis of Assisi, to remote churches, a dramatic fortress and a 13th century Benedictine monastery. We sleep in a beautifully restored abbey and finish the tour with three nights in the heart of the fascinating town of Gubbio, with its Etruscan, Roman and medieval history.



HIGHLIGHTS:

- Outstanding hiking in lesser-known corners of Tuscany and Umbria
- Lunch at an organic olive oil farm
- See world-famous Piero della Francesca paintings



WALKING:

Terrain: Hilly terrain, most walking on dirt roads and woodland tracks. Challenging (optional) final walk on mountain trails

Shortest/Longest Day:

6km/3.7 miles: 18km/11.4 miles



ACCOMMODATION:

Palazzo Magi: 4-star Renaissance palace in centre of Sansepolcro

Abbazia San Faustino: Luxurious country hotel with swimming pool converted from a 13th century abbey

Relais Ducale: 4-star hotel in heart of Gubbio. Formerly the Ducal Palace



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SLOVENIA AND FRIULI

Lakes and Mountains, Waterfalls and Wine

9 DAYS 2 - 10 June 2017 | **START:** Ljubljana **FINISH:** Venice | **PRICE:** € 3,025 pp | **SING. SUPP:** € 200

9 DAYS 14 - 22 Oct 2017 | **START:** Ljubljana **FINISH:** Venice | **PRICE:** € 3,025 pp | **SING. SUPP:** € 200

Slovenia, often referred to as "The Sunny Side of the Alps", is a tiny, beautiful, green country on Italy's north eastern border. After meeting in its capital city we travel to tranquil Lake Bohinj and hike in the stunning Julian Alps. We visit Kobarid on the dazzling turquoise Soca river, a town of great significance during World War 1 and immortalised by Ernest Hemingway in his novel "A Farewell to Arms." Today it is the culinary capital of Slovenia and we dine in two of its finest restaurants. We make the border crossing between Slovenia and Italy on foot to arrive in the Italian region of Friuli, where we explore the excellent vineyards of the Collio hills and the UNESCO World Heritage sites of Cividale and Aquileia.



HIGHLIGHTS:

- Crystal clear lakes and turquoise rivers
- Climb Mount Matajur to cross Italian-Slovene border on foot
- Walk to the Franja Partisan Hospital in the Pasica Gorge



WALKING:

Terrain: Farm tracks and mountain trails. Ascend/descend 300-400m on most days, with an 800m ascent on Day 6. The mountain trails are rocky in places with short sections of exposed terrain on Day 3

Shortest/Longest Day:

6.5km/4.1miles: 10.5km/6.6miles



ACCOMMODATION:

Hotel Jezero: Comfortable lakeside hotel with wonderful views of Lake Bohinj

Hotel Hvala: Family run hotel with outstanding restaurant in Kobarid (Caporetto)

Grand Hotel Entourage: Four-star hotel in historical centre of Gorizia located in a former palace





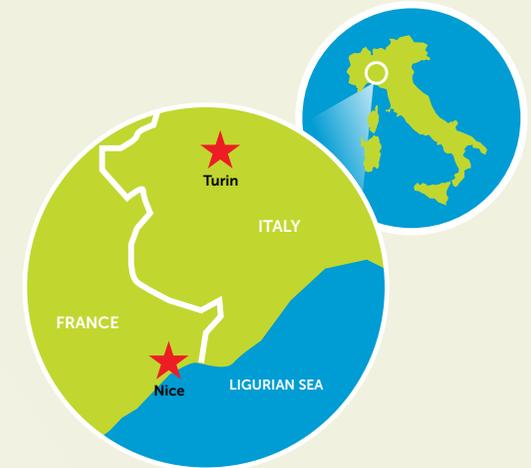
FRANCE AND ITALY

From Provence to Piedmont

9 DAYS 13 - 21 June 2017 | **START:** Nice **FINISH:** Turin | **PRICE:** € 2,995 pp | **SING. SUPP:** € 200

9 DAYS 1 - 9 Sept 2017 | **START:** Nice **FINISH:** Turin | **PRICE:** € 2,995 pp | **SING. SUPP:** € 200

This fabulous itinerary takes us from the South of France to the North of Italy. The tour explores the stunning Mercantour National Park, a short distance from Nice on the Cote d'Azur, before we cross the border between France and Italy to hike in the Maritime Alps. We stay in the small ski resort of Limone Piemonte at 1,000m and finish in the elegant Piedmontese city of Cuneo, where we learn to cook local specialities. The mountain hiking has dramatic and spectacular views of snow-capped peaks, lakes and streams, and carpets of wild flowers in spring. We discover the rich history of this region on foot, with its nineteenth century forts built along the border, attractive historic villages and a delightful remote church with 15th century frescoes.



HIGHLIGHTS:

- Fascinating cross-border culture
- Visit Vicoforte, one of Piedmont's architectural masterpieces
- Fun cooking class in Cuneo



WALKING:

Terrain: Mountain hiking on well-graded alpine trails, rocky in places. Although daily distances are short there is a significant amount of ascent and descent on most days (500m to 800m) so a good level of fitness is required.

Shortest/Longest Day:

6km/3.7 miles: 12km/7.6 miles



ACCOMMODATION:

La Bonne Auberge: A simple, cosy, family-run hotel in the Mercantour National Park

Grand Hotel Principe: A four star hotel nestled high in the ski resort of Limone, with an outdoor pool.

Palazzo Lovera: A four star Renaissance palazzo in the historic centre of Cuneo.



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THE JEWELS OF PIEDMONT

A Celebration of Slow Food

8 DAYS 23 - 30 June 2017 | **START:** Turin **FINISH:** Turin | **PRICE:** € 2,895 pp | **SING. SUPP:** € 200

8 DAYS 25 Oct - 1 Nov 2017 | **START:** Turin **FINISH:** Turin | **PRICE:** € 2,895 pp | **SING. SUPP:** € 200

Piedmont is the birthplace of the global "Slow Food" movement and our tour here celebrates much of this region's world-class produce. We taste the superlative wines of Barolo and Barbaresco, hunt for the legendary white truffle of Alba in the autumn, enjoy creamy risottos and hand made pasta and learn about artisan cheeses. The walking takes us through the immaculate vineyards of the area as well as on more mountainous tracks past glassy alpine lakes and tiny hamlets suspended in time. We visit palaces, castles and monasteries and explore the pivotal history of this prosperous region. Piedmont is recognised throughout Europe for its culinary expertise and we have the chance to dine in some of its most prestigious restaurants.



HIGHLIGHTS:

- Outstanding food and world-class wine
- Truffle hunting in the autumn
- Stunning hikes with backdrop of snow-capped mountains



WALKING:

Terrain: Rolling hills, farm tracks through woods and vineyards. Rugged mountain trail on day 3

Shortest/Longest Day:
6.5km/4.1miles:12km/7.6miles



ACCOMMODATION:

Antico Podere Propano: Very comfortable hotel in a former farm on the edge of the medieval town of Saluzzo, rooms set around a peaceful courtyard

Corte Gondina: Delightful boutique hotel in village of La Morra with pretty garden and pool





THE BEST OF THE ITALIAN ALPS

Hiking in the Shadow of Europe's Highest Mountains

9 DAYS 4 - 12 July 2017 | **START:** Turin **FINISH:** Turin | **PRICE:** € 3,025 pp | **SING. SUPP:** € 275

Visiting the Italian Alps in July is to see them in their very best season. We hike surrounded by spectacular views of the Gran Paradiso, Monte Rosa and Mont Blanc mountain ranges and, although the Val d'Aosta is the smallest region of Italy, it is big on hospitality and delicious French-influenced cuisine. We have a three night stay in exquisite Courmayeur, which sits on the border with France, from where we take a cable car to the "rooftop of Europe" at 3466m for unbeatable views of Mont Blanc. We hike a section of the Tour of Mont Blanc, visit ancient castles and follow in the footsteps of Roman armies, medieval pilgrims and Napoleon Bonaparte. The Gran Paradiso National Park, where we finish, is home to some unique wildlife and, at this time of year, stunning flower-filled alpine meadows.



HIGHLIGHTS:

- The Eighth Wonder of the World - a cable car journey from Courmayeur to the heart of the Mont Blanc Massif at 3466m
- Abundant alpine flowers
- Breathtaking views



WALKING:

Terrain: Mountain hiking on well-graded alpine trails. Although many of the distances are short there is a significant amount (up to 800m) of ascent and descent, notably on days 3,6 and 8

Shortest/Longest Day:

6km/3.7 miles: 11km/7 miles



ACCOMMODATION:

Ad Gallias: Delightful four star hotel in the medieval town of Bard. Excellent restaurant and spa

Cresta del Duc: Four star hotel in wonderful alpine village of Courmayeur. Spa facilities

Hotel Bellevue: Luxurious hotel in the heart of the Gran Paradiso National Park in Cogne. Michelin starred restaurant and outstanding spa and indoor pool



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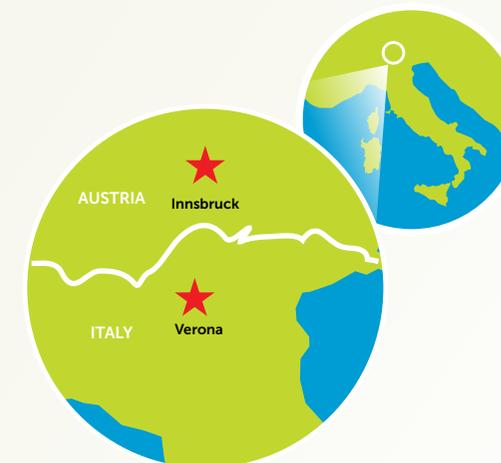
AUSTRIA AND THE DOLOMITES

Splendours of the Austrian and Italian Tyrol

**NEW
TOUR**

9 DAYS 15 - 23 July 2017 | **START:** Innsbruck **FINISH:** Verona | **PRICE:** € 3,025 pp | **SING. SUPP:** € 275

This brand new tour for 2017 starts in Innsbruck and explores the delightful Tyrol landscape of Austria and Italy. We hike in the beautiful Deferegggen valley in the Hohe Tauern National Park with spectacular views of Austria's highest peak, the Grossglockner (3798m). We cross the border from Austria into Italy on foot to hike in the UNESCO World Heritage mountain scenery of the Dolomites and discover the region's captivating Tyrolean hospitality and culture. We have a guided tour of the fascinating museum in Bolzano, which is dedicated to the 5,300 year old Otzi frozen man, before finishing in Verona with its impressive Roman arena and world-famous opera festival.



HIGHLIGHTS:

- UNESCO World Heritage landscape of the Dolomites
- Spectacular alpine hiking
- Fascinating Tyrolean culture in Italy and Austria



WALKING:

Mountain hiking on well-graded alpine trails, rocky in places. Significant ascents and descents every day, from 500m-800m, and 1000m on the final day. A sound level of fitness is required.

Shortest/Longest Day:

11km/7 miles: 19.5km/12.3 miles



ACCOMMODATION:

Gasthof Traube: Typical family-run Tyrolean guesthouse with a traditional "stube" restaurant

Macher's Landhotel: Comfortable family owned hotel with excellent restaurant in the Hohe Tauern National Park. Sauna and steam room

Bad Moos: Four star hotel with pool, extensive spa facilities and stunning mountain views of the Dolomites



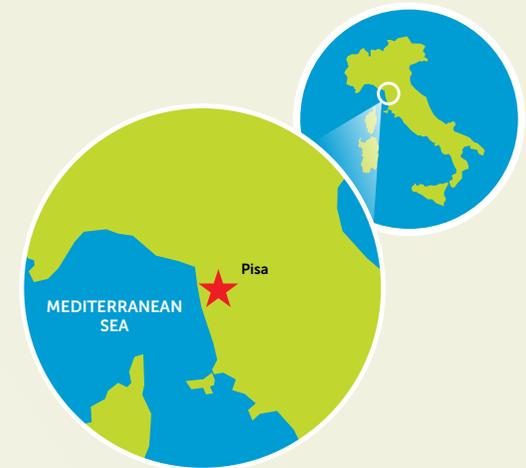


THE PALIO OF SIENA

Italy's Greatest Spectacle

7 DAYS 12 - 18 Aug 2017 | **START:** Pisa **FINISH:** Pisa | **PRICE:** € 2,995 pp | **SING. SUPP:** € 275

The Palio horse race in Siena is one of the most spectacular festivals in Italy. It is the culmination of months of preparation in the city and the Palio itself is a 4-day event. To watch it on TV, read about it in the paper or even stand in the square and watch the race itself is only to scratch the surface of this fabulous tradition. We stay for the whole tour in the very centre of Siena and immerse ourselves in the history, rituals and folklore of this unique event. We witness the horses being selected, visit the private art collection of the city's oldest bank and dine in the streets the night before the race alongside thousands of excited Siennese residents. It is a once-in-a-lifetime experience and truly unforgettable.



HIGHLIGHTS:

- Grandstand seats for the race
- Pre-race *Contrada* dinner in the streets of Siena
- Private visit to a *Contrada* museum



WALKING:

Terrain: Three half-day hikes in rolling countryside outside the city. A lot of city walking

Shortest/Longest Day:
6km/3.7 miles: 9km/5.7 miles



ACCOMMODATION:

Palazzo Ravizza: A charming historic hotel in the heart of the city with fabulous views across the Siennese countryside



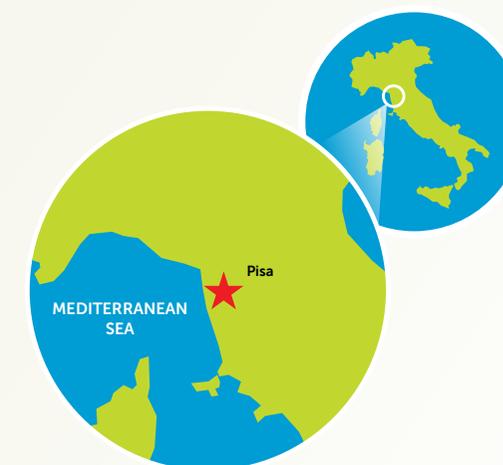


A TUSCAN HARVEST

Chianti, Castles and Tuscan Cooking

8 DAYS 13 - 20 Sept 2017 | **START:** Pisa **FINISH:** Pisa | **PRICE:** € 2,995 pp | **SING. SUPP:** € 295

This is classic Tuscany with the tour celebrating the region's unmistakable landscape, abundant vineyards and strong culinary heritage. The hikes take us off the beaten track to remote castles, formal gardens and the vineyards of Chianti where we meet local winemakers to taste their wines and olive oils. A free day in Siena offers the chance to explore this medieval jewel and see the Piazza del Campo where the world-famous Palio horse-race is run twice each year. We have fun with a local chef making our own pasta in the sixteenth century kitchen of a private country villa and enjoy a variety of fabulous restaurants along the way which showcase the very best of Tuscan cooking and the region's wonderful wines.



HIGHLIGHTS:

- Cooking class with delightful local chef
- Beautiful hiking in classic Tuscan countryside
- Visit to Siena with private guided tour



WALKING:

Terrain: Mostly gentle walking on gravel roads and farm trails. Rolling hills so lots of up and down but no major climbs.

Shortest/Longest Day:

9km/5.7miles: 16km/10.1miles



ACCOMMODATION:

La Suvera: A luxurious five star hotel converted from a former Papal villa with beautiful gardens and pool

Palazzo Leopoldo: Four star hotel, formerly a noble residence, in the heart of the delightful village of Radda-in-Chianti





PARMA, TUSCANY AND THE LIGURIAN SEA

Prosciutto and Parmesan, Pilgrims and Poets

8 DAYS 22 - 29 Sept 2017 | **START:** Parma **FINISH:** Pisa | **PRICE:** € 2,895 pp | **SING. SUPP:** € 200

This tour starts in Parma, the undisputed gastronomic capital of Emilia-Romagna, and home to some of Italy's most iconic gourmet specialities. We also visit the Slow Food town of Borgotaro as it celebrates its annual porcini mushroom fair and tour a local parmesan cheese factory. We hike one of the most beautiful sections of the ancient pilgrim route to Rome, known as the Via Francigena, and discover Tuscany's untouched Lunigiana region. We continue towards the crystal clear waters of the blue Ligurian Sea and the famous "Gulf of Poets" which was immortalised by Lord Byron and the Romantic poets. The final day is free to explore the quaint coastal town of Lerici or take a boat trip across the bay to Portovenere and the charming villages of the Cinque Terre.



HIGHLIGHTS:

- Visit a parmesan cheese producer and learn what it takes to make a wheel of the famous cheese
- Make tracks on one of the prettiest sections of the Via Francigena pilgrim trail, complete with medieval stone bridges
- Lazy day on the coast with boat trip to Portovenere or the Cinque Terre



WALKING:

Terrain: Hilly terrain with some long days interspersed with easier days. Paved pilgrim trails, woodland and farm tracks

Shortest/Longest Day:
5.5km/3.5 miles: 20.5km/13 miles



ACCOMMODATION:

Borgo Casale: Boutique hotel nestled in the Romagna hills, tastefully converted from a 15th century village

Costa d'Orsola Agriturismo: Cosy country hotel near Pontremoli with breathtaking views of the Apennines and the Apuan Alps. Swimming pool

Locanda del Lido: Spectacular four star hotel situated on its own private beach in the lovely town of Lerici



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THE WILDS OF ABRUZZO

Stunning Peaks and Silent Valleys

9 DAYS 3 - 11 Oct 2017 | **START:** Rome **FINISH:** Rome | **PRICE:** € 3,025 pp | **SING. SUPP:** € 250

Lying just a short distance east of Rome the region of Abruzzo is wild, unspoilt and hauntingly beautiful. Our tour here explores all three of its national parks, which abound with wild flowers, chamois, deer, wolves and the rarely seen Marsican bear. We stay in remote villages, perched high on hilltops, surrounded by the majestic peaks of the Apennine mountains. Much of the region feels untouched by modern life and we explore some of its oldest culinary traditions. In October autumn paints the landscape red and gold and the ancient beech forests are at their most stunning. The Abruzzese are extremely warm and hospitable which makes hiking in this part of Italy a truly unforgettable experience.



HIGHLIGHTS:

- Staying in the unique environment of Sextantio Albergo Diffuso
- Hiking in a region where time has stood still
- Cooking class of traditional Abruzzese specialities



WALKING:

Terrain: Hiking at altitudes between between 1100m and 1800m. Mountain trails, woodland and farm tracks. Significant ascents/descents, especially on days 5 and 8

Shortest/Longest Day:
6.5km/4.1miles:17.5km/11miles



ACCOMMODATION:

Sextantio: Amazing concept hotel with rooms scattered through the unspoilt medieval village of Santo Stefano

Hotel San Rocco: Comfortable family-run hotel in the delightful Baroque village of Pescocostanzo

Villa Quintilliani: Liberty-style villa on the edge of the lively town of Pescasseroli



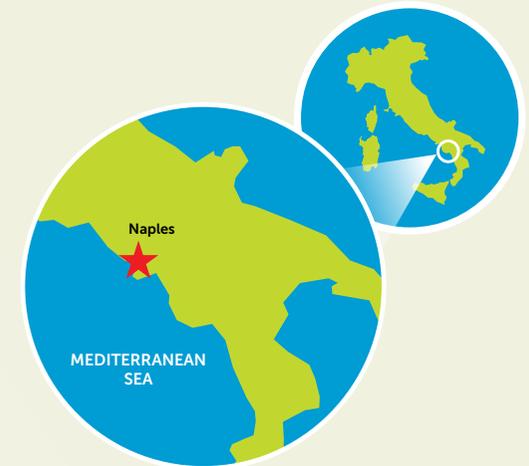


SOUTHERN ITALY

Basilicata: The land where time stood still

9 DAYS 14 - 22 Oct 2017 | **START:** Naples **FINISH:** Naples | **PRICE:** € 2,995 pp | **SING. SUPP:** € 275

This tour explores the undiscovered region of Basilicata in the instep of the foot of Italy. Much of the region is completely untouched by the modern world and time seemingly stands still. We start in the pretty town of Maratea on the west coast before heading inland to the pristine Pollino National Park. Here we stay in a mountain refuge at 1350m for three nights, surrounded by magnificent scenery and nothing but the sights and sounds of the natural world. The final stop of the tour is the unique UNESCO World Heritage city of Matera. We stay in an Albergo Diffuso, or "scattered hotel", with rooms carefully converted from the town's original cave dwellings, each with its own individual features and atmosphere. Our final walk explores the compelling history of this matchless city and the surrounding countryside.



HIGHLIGHTS:

- Sleep in a cave in the UNESCO World Heritage city of Matera
- Hike in the spectacular and untouched Pollino National Park
- Discover spellbinding wonders of this ancient land



WALKING:

Terrain: We walk on mule tracks, forest paths and rugged mountain trails as well as hiking in open pastures. There are some significant ascents and descents on this tour, with some up to 700m.

Shortest/Longest Day:

8km/5 miles: 16.5km/10.4 miles



ACCOMMODATION:

Locanda delle Donne Monache: 4-star hotel in former convent in old town of Maratea with a swimming pool

Rifugio Fasanelli: Comfortable mountain lodge at 1350m with excellent restaurant serving Lucanian specialities such as the "cruschi"

Le Grotte della Cività: Sister hotel to the stunning Sextantio hotel where we stay on our Abruzzo tour, this hotel's rooms are converted from Matera's original cave dwellings



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HEDONISTIC HIKING IN AUSTRALIA

Taster weekends in Victoria

When we spend the months of November to April in Australia we offer a series of taster hiking weekends in Victoria. These are designed to give those who have not travelled with us before a chance to sample our style of holidays and our signature blend of food, wine and walking. They are all based in the High Country and could easily form part of a longer visit to explore other parts of our beautiful region.

In addition we offer bespoke gourmet tours for private groups of 8 or more on the **Great Ocean Walk**. This 100 km trail from Apollo Bay to the Twelve Apostles has become one of Australia's most iconic walks and guests who complete the hike finish with a true sense of achievement. Our fully-guided standard route takes seven days but we can tailor the walk to make a shorter version if required. Contact us early to discuss dates and availability.



Hiking at Falls Creek

3 - 5 March 2017

AUS \$725 per person

Two days of wonderful hiking on the Bogong High Plains, based in Falls Creek which is one of Australia's premier ski resorts. Dinners in the evenings are prepared by Mick using top quality High Country produce and matched with some of the best wines from the region.

Victorian Alps and Vineyards

24 - 26 March 2017

AUS \$725 per person

This weekend offers two days of gourmet hiking through the land which Ned Kelly and his outlaws made famous. Today the King Valley is better known for its wines and we have the chance to meet the Dal Zottos, the first family to plant the prosecco grape in Australia and still at the forefront of its production.

The Highlights of Mount Buffalo

31 March - 3 April 2017

AUS \$945 per person

We have three fantastic days of hiking on trails in Mount Buffalo National Park and through the vineyards of the Ovens Valley, with dinner in two of the best restaurants in Bright. The final night is a sunset picnic on the highest point of Mount Buffalo, with unforgettable views across Victoria's High Country.



Which hike to choose?

The individual tour pages on our website give a detailed description of each itinerary and information about the walking. Below we have attempted to rate the tours in terms of difficulty, taking into account the amount of ascent/descent each day, the type of terrain and the length of each day in time and distance. The weather will also have an effect on the ease/difficulty of the hikes. If you have any concerns about the hiking please do get in touch – we lead the tours ourselves so know the trails first-hand and can give individual advice about which tour we think would suit you best. We like to include some challenging hikes on all the tours but you will find these are balanced with more leisurely days. On all tours we have a support vehicle which meets us at lunch (there are a few exceptions in the mountains when there is no vehicle access and we carry a hike-in picnic) so there is the opportunity to walk a shorter day if required.

Austria and the Dolomites
France and Italy
The Best of the Italian Alps
Southern Italy

- Several ascents/descents in excess of 800m
- Some steep gradients
- Alpine regions where many hikes are at altitudes in excess of 1000m (sometimes significantly so)
- Rugged terrain – rocky mountain trails

The Italian Lakes
Wilds of Abruzzo
Slovenia and Friuli

- A lot of ascent/descent, including one hike in excess of 800m
- Occasionally at altitudes in excess of 1000m
- Some rugged terrain – rocky mountain trails and/or cobbled mule paths

Medieval Umbria
Parma, Tuscany and the Ligurian Sea
Lucca, Volterra and the Island of Elba
Great Ocean Walk

- Distances in excess of 14km most days
- Rugged terrain/beach walking/steps
- Significant amount of up and down each day

The Jewels of Piedmont
The Australian Walking Weekends

- Occasionally at altitudes over 1000m
- Well graded trails
- Many short ups and downs during the day
- At least one very challenging day

A Tuscan Harvest

- Well graded trails, generally easy underfoot
- Rolling hills
- Some days over 15km, punctuated by shorter days

The Palio of Siena

- Ascents/descents up to 250m
- Terrain not challenging
- Half-day hikes (6km-9km)



What will you need to bring?

Footwear

The most important thing is your footwear. We recommend a strong pair of waterproof walking boots with good ankle support, and these could be leather or a more modern lightweight waterproof fabric boot. It is essential to "wear in" your boots before embarking on the full week's walking holiday.

Clothing

The best advice for clothing is to wear layers. Modern high-tec fabrics for shirts and walking trousers are windproof but also very quick drying and two walking shirts in this fabric should be sufficient for a week. On top of the shirt a fleece will keep you warm - especially as temperatures can change swiftly according to altitude and wind chill factors. For hikes in the mountains we recommend a long-sleeved thermal vest/shirt. Walking trousers with zip-off bottoms which become shorts are extremely useful. A good quality waterproof jacket eg Gore-Tex with a hood is essential - the fabric is breathable as well as being watertight. Waterproof over-trousers might also be considered.

Hats and Sunglasses

A broad brimmed hat to shade your face from hot sun is very important and, if you are walking in mountains, you need to bring a fleece or wool hat and gloves. Sunglasses to protect your eyes from the glare are another essential. We have our own range of branded hats and head bands which you can find on our website and buy from us on tour.

Walking Poles

Two strong lightweight poles can greatly improve your stability and reduce wear and tear on your muscles and joints. The best ones are made of carbon fibre but all poles should have comfortable cork handles with adjustable wrist straps. Poles are essential for the mountain hiking days in Abruzzo, Slovenia, Piedmont, Italian Alps, Southern Italy, the Italian Lakes, France and Italy and Austria and the Dolomites - as well as on Australian tours. It is worth noting that Leki makes a compact version of poles to fit the smallest of suitcases.

Day Pack

We recommend a lightweight back pack, with capacity of approximately 20 litres, to hold your water bottle, extra layers of clothing, a camera and sunscreen and insect repellent. The most comfortable ones sit away from your back to allow a flow of air between you and the pack. In all cases it is a good idea to carry a large plastic bag to line the day pack and help to waterproof it, unless your back pack has a built-in waterproof cover.

Water Bottle

We give you BPA-free water bottles on the Italian tours, as this helps to reduce the needless waste of plastic. Other people like to use platypus water carriers worn in the back pack with the drinking tube. If you are joining a tour in Australia you will need to bring your own water bottle.

The Kit List page on our website gives further details.



"there is no bad weather, just inappropriate clothing"

Sir Ranulph Fiennes

All-inclusive guided gourmet walking holidays in Italy and beyond...

MAY 2017	3 - 10 The Italian Lakes	12 - 20 Lucca, Volterra and the Island of Elba	22 - 29 Medieval Umbria	JUNE 2017	2 - 10 Slovenia and Friuli	13 - 21 France and Italy	23 - 30 The Jewels of Piedmont			
	JULY 2017	4 - 12 The Best of the Italian Alps	15 - 23 Austria and the Dolomites		AUGUST 2017	12 - 18 The Palio of Siena	SEPTEMBER 2017	1 - 9 France and Italy	13 - 20 A Tuscan Harvest	22 - 29 Parma, Tuscany and the Ligurian Sea
		OCTOBER 2017	3 - 11 The Wilds of Abruzzo			14 - 22 Southern Italy		14 - 22 Slovenia and Friuli	25 Oct - 1 Nov The Jewels of Piedmont	See website for details of our annual Australian Taster Weekends in March and April



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