# Wild Women On Top Alps to the Mediterranean

## Trip Details

**Trip Name:** Wild Women On Top Alps to the Mediterranean  
**Trip Code:** WWU  
**Trip Duration:** 14 Days  
**Grade:** Moderate to Challenging - 4  
**Activity:** Guided Walk  
**Accommodation:** 6 nights in mountain refuges, 3 nights hotel (Paris, Bourg St Maurice, Piedmont) and 4 nights in villa in Levanto  
**Date Details:** 2015 | 28 Aug - 10 Sep

### Highlights
- Trekking the trails around Italy's highest mountain, the Gran Paradiso  
- Trek through stunning alpine scenery in Italy's first National Park  
- View ibex and chamois as you walk  
- Stay in atmospheric mountain refuges/gites-hostels with superb views and hearty cuisine  
- Experience the breathtaking coastal scenery of the UNESCO listed Cinque Terre National Park  
- Enjoy the quiet trails high above the iconic villages and discover the 'secret spots' of the Cinque Terre  
- Stay in the seaside town of Levanto  
- Taste a range of culinary treats and the famous wines of Piedmont and Liguria  
- Enjoy the many Wild Women On Top magic moments  
- Trip escorted by Wild Women On Top Coach

## Trip Cost

<table>
<thead>
<tr>
<th>Joining Paris</th>
<th>$5690</th>
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All prices are per person.  
DN1 - 11-12 passengers: $5290

the trip

Join Wild Women On Top on this diverse journey through northern Italy combining a trek around the stunning and remote Gran Paradiso, the highest mountain in Italy, with coastal walks and ‘secret spots’ of the UNESCO World Heritage Cinque Terre National Park on the Ligurian Coast. Joining in Paris the adventure begins with a train trip to the alpine town of Bourg St Maurice, where your IML guide will meet with the group. The focus of our walk is within Italy’s first national park, Parco Nazionale Gran Paradiso, so declared by King Victor Emmanuel III in 1922 in the tradition of his grandfather who had named it a Royal Game Reserve in 1856 to protect the ibex and chamois populations. As a direct result of this decree, encounters with these animals occur daily in the Park, in the valleys and high on alpine passes. With much of the stunning Gran Paradiso walk over 2000m (up to a maximum altitude of 3152m), it is not surprising that the scenery is exceptional with views to Mont Blanc, Monte Rosa and the Matterhorn ranges from the high passes and lookouts encountered. Rugged valleys carpeted in wildflowers, rocky snow covered passes and glacial lakes are typical of this alpine paradise. At night the hosts of the rifugi (mountain refuges) welcome you with good quality mountain cuisine and a dining room brimming with atmosphere. From the heights of the Alps we head to the food lovers Piedmont region for a night to sample the renowned Barolo wines before continuing our journey to Levanto and the Cinque Terre. The Cinque Terre, or ‘five lands’, is a stunning coastal area consisting of very steep rugged hillsides, which plunge dramatically into the sea. Quite unexpectedly, and against all odds, five vibrant fishing villages cling to these hillsides just above the sea. The coastline, the villages, and the hillsides that envelope them are all part of the Cinque Terre National Park and have been awarded UNESCO World Heritage status. With your Guide you will head up hillsides and away from the main tourist paths through forests and vineyards and enjoying spectacular views to discover some of the Cinque Terre’s best kept secrets.

We hope you can join Wild Women On Top on this Italian adventure!

wild women on top team benefits

Wild Women On Top Adventures: Team Benefits & Bonuses 2015

When you join a Wild Women On Top Adventure, you become part of an incredible team. Your enjoyment will depend on the fitness, mental tuffness and emotional tuffness of EVERY team member. The whole is much greater than the sum of the parts!

Wild Women On Top Adventures are unique mind, body, spirit experiences, which support you in the wilderness and help empower you to take on extraordinary challenges with a group of likeminded women. You will need to prepare for your adventure and we will show you how, every step of the way.

BEFORE you book your Wild Women On Top Adventure, check out these benefits & bonuses:

1. Please Join Our Tribe: So we can help you have more fun, simply purchase an online Adventure Membership OR 3 months (minimum) Trek Training (Sydney only). Go to www.wildwomenontop.com to join. Note: Bookings will not be confirmed until this condition is met.

2. Please get fit & remain injury free: The fitter you are, the more fun you’ll have. We recommend Trek Training at least twice a week, including Interval training, endurance training and trip specific technical training. Alternate this with cross training such as swimming, bike riding, indoor rock climbing, rock scrambling and/or yoga. Your Trip Coach may also suggest additional trip specific activities. If you’re an online Adventure Member “How to Prepare for World Class Treks” by Di Westaway is your trainer.

3. To ensure you’re really prepared: Your Trip Coach may host a complimentary team personalized gear briefing (shopping). For extra motivation to help you get super fit (Sydney only) book a spot in one of our Trip/ Trek Training sessions. www.wildwomenontop.com.

4. So you have more fun with your team: Your Trip Coach will organize a team trekking assessment. You’ll meet the girls and get great tips and personal feedback so you’re fabulously prepared for your adventure. (If you can’t attend the assessment, your Coach will supervise a remote assessment to be completed before the team assessment date. If you fail the assessment and a personalized supplementary assessment, you will not be eligible for the trip and will be subject to the costs incurred according to World Expeditions cancellation policy.)

5. So that we all have a great adventure: Please read & support our Golden Rules (see www.wildwomenontop.com)
6. To ensure you have the adventure of your dreams: Please take responsibility for providing feedback to your coach before and during your adventure so she can assist you in resolving any issues you have immediately.

7. Your Wild Women On Top Coach will support & unite your team with empowering passion, guidance & tips and share our Traditions & culture. However the Coach is NOT the guide, navigator or first aider. A local expert guide will take this role.

8. In some extreme environments, including at high altitude, your Coach might get sick and be unable to support your individual needs. It is your responsibility to seek assistance from the World Expeditions guides in this instance.

9. You must commit to the World Expeditions payment schedule.

10. Expect the unexpected. We provide wilderness experiences, and **** sometimes happens. Remember, “Magic happens when you step outside your comfort zone”.

Wild Women On Top reserves the right to amend these requirements at any time –

**Itinerary at a Glance**

**Day 1**  
Friday 28 August - Arrive Paris

**Day 2**  
Saturday 29 August - Train to Bourg St Maurice

**Day 3**  
Sunday 30 August - Bourg St Maurice, commence your Gran Paradiso adventure (4hrs)

**Day 4**  
Monday 31 August - Cross border into Italy via the Col du Mont (8hrs)

**Day 5**  
Tuesday 1 September - A stunning traverse of the flanks of the Grande Rousse (5hrs)

**Day 6**  
Wed 2 Sept - Ascend permanently snow covered Col du Bassac (5hrs)

**Day 7**  
Thurs 3 Sept - A sustained ascent to Col Basei then via glacier Basei (5hrs)

**Day 8**  
Friday 4 Sept - Descend to the historic Rifugio Vittorio Emmanuele II (2732m) (5hrs)

**Day 9**  
Saturday 5 Sept - Descend to roadhead then transfer to Alba (4hrs)

**Day 10**  
Sunday 6 Sept - Walk in Langhe region vineyards [4-5 hrs], transfer to Levanto

**Day 11**  
Monday 7 Sept - Cinque Terre coastal walk - Monterosso to Riomaggiore (4-5 hrs)

**Day 12**  
Tuesday 8 Sept - Portofino Natural Park and San Fruttuoso Abbey (5.5 hrs)

**Day 13**  
Wednesday 9 Sept - The Poets Gulf, from Riomaggiore to Portovenere (5 hrs)

**Day 14**  
Thursday 10 Sept - Trip concludes

**Detailed Itinerary**

Note: The heading for each day’s description below shows the approximate time it will take to complete the walk for someone of average to good fitness and the altitude gain/loss. The planned itinerary can be affected by mountain weather and trail conditions.

**Day 1**  
Friday 28 August - Arrive Paris

On arrival into Paris, make your own way to the hotel (details will be provided in your final documents). Enjoy an evening at leisure in this beautiful city.

Meals: NIL
**DAY 2**  Saturday 29 August - Train to Bourg St Maurice

Today we depart on a morning train from Paris to Bourg St Maurice, the last major town before the Alps in the Tarentaise Valley. The train journey will take between 5-6 hours depending on the schedule (not yet released) and is likely to involve one or two changes. On arrival you will make your own way to the hotel. The evening is at leisure. Overnight hotel in Bourg St Maurice.

meals: B

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**DAY 3**  Sunday 30 August - Bourg St Maurice, commence your Gran Paradiso adventure (4hrs)

You will meet your IML trekking guide this morning and transfer to Ste Foy en Tarentaise, a pretty ski town in the heart of the French Alps. It is close to here that we begin our walk up the Tarentaise Valley past verdant green pastures and grazing animals to our overnight refuge, Refuge de l’Archeboc (2030m). The refuge is set amongst the pastures with lovely views to the surrounding peaks. Shower available. (+600m)

meals: B,L,D

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**DAY 4**  Monday 31 August - Cross border into Italy via the Col du Mont (6hrs)

After breakfast, we ascend the Col du Mont (2636m), marking our departure from the Vanoise National Park (and France) and into the Gran Paradiso National Park and Italy. The ascent is sustained yet the views from the pass are breathtaking to Pointe d’Archeboc (3272m) in the south and Becca du Lac (3405m) in the north. Long descent to the refuge for overnight accommodation. Overnight Refuge de l’Epée (2370m). Shower available. (+1200m, -850m)

meals: B,L,D

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**DAY 5**  Tuesday 1 September - A stunning traverse of the flanks of the Grande Rousse (5hrs)

A great day trekking in Italy with views of the stunning Grande Rousse (3607m) (resembling a leaning Matterhorn). The walk from the refuge takes you through marshlands and farmlands, to woods of Larch trees beneath which you may find the pink alpenrose and some bilberry shrubs. Soon you reach a trail junction at 1850m from which you head south along the Dora di Valgrisenche (small river) to ascend to Refuge Bezzi (2283m) (solar heated free showers). (+700m, -1350m)

meals: B,L,D

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**DAY 6**  Wed 2 Sept - Ascend permanently snow covered Col du Bassac (5hrs)

A rewarding day today if the weather is good. Ascending a rocky path awash with wildflowers and with small waterfalls on the side of the trail. On the ascent to the pass you may need to cross small streams. The valley opens out as you near the pass and there are stunning views of the alps to the north including the distant Mont Blanc. Soon you reach the narrow saddle of Col Bassac Dére (3082m) with its awesome view of the Ghiacciaio di Glairettaz which is an enormous expanse of ice filling the valley, to the west the Grande Sassière and to the east the sweeping view from the Gran Paradiso to the Grivola in the northeast. It is possible to ascend further up to the Becca della Traversère (3337m) depending on weather conditions and group fitness. Descending switchbacks and past the Lago Goletta, you continue down through a rocky landscape with possible sightings of Ibex. Cross a small stone bridge before you ascend to the spartan refuge Benevolo (2285m) which makes up for in the food what it lacks in facilities (no shower). (+800m, -750m)

meals: B,L,D
DAY 7  Thurs 3 Sept - A sustained ascent to Col Basei then via glacier Basei (5hrs)

The morning is the best time to view the towering Granita Parei (or Great Wall) which is lit up with the sun. The focus of the day is the Col Basei (3176m). Ascending up the valley, the views of the Val di Rhêmes improve, whilst chamois may be seen in the surrounding pastures. The terrain becomes rockier as you ascend higher altitudes, with many rests required. From the Col della Nivoletta (3130m) there are fabulous views of Gran Paradiso and Ciarforon and the lakes around Col del Nivolet. The path is exposed and you need to be sure footed as you ascend a short distance to the Col Basei at the foot of Punta Basei. This is the highest point of the walk. The descent from the pass takes you over the snow covered Ghiacciaio Basei glacier, to a rocky route that eventually turns into a trail. Passing by Lago Leytaz you descend further to reach Rifugio Savoya (2534m). Shower available (+700m, -500m)
meals: B,L,D

DAY 8  Friday 4 Sept - Descend to the historic Rifugio Vittorio Emmanuele II (2732m) (5hrs)

Descend along the valley of Piano del Nivolet dominated by Mont Taou Blanc and Punta Basei where small glaciers and snowy peaks are the norm. Entering a new valley you ascend to Gran Collet Pass (2832m) which has views of Gran Paradiso and on the descent from the pass, clear views of Ciarforon, Tresenta and the glistening metal roof of Rifugio Vittorio Emmanuele II. From Pont you ascend from the valley floor up a wide landscape to the Rifugio. The distinctive barrel shaped Rifugio Vittorio Emmanuelle II was established in 1884 and the original small hut is still used as an annex. On the surrounding ridges you may spot ibex while chamois will almost certainly be grazing on nearby pastures.
Shower available.(+700m, -500m)
meals: B,L,D

DAY 9  Saturday 5 Sept - Descend to roadhead then transfer to Alba (4hrs)

On the last day of our trek, we follow an undulating trail through a rocky valley (with more descents than ascents), crossing over alpine streams to a wooden bridge. We may detour to Rifugio Chabod (2750m), before continuing our descent past chamois and ibex and through larch forest to the Alpe de Lavassey farm at 2194m. The final stage is through farm land to the roadhead at Pravieux (1871m). Transfer to Pont Valsavarenche where you will meet your vehicle for your transfer to the charming medieval town of Alba, famous for its well preserved historical centre with watchtowers, in the Italian region of Piedmont. On arrival you will meet your Guide for the next 5 days, have a briefing and enjoy a dinner with a menu typical of the Piedmont region. Overnight in Hotel**** in Alba.
meals: B,L,D

DAY 10  Sunday 6 Sept - Walk in Langhe region vineyards (4-5 hrs ), transfer to Levanto

After breakfast, transfer to Castiglione Falletto (10 min). The Langhe region is famous for its vineyards, medieval hamlets, river and forests. A gentler hike today has been arranged to discover elegant villages, ancient watchtowers, small churches and tiny squares. We visit the village of Barolo where we can sample one of Italy’s finest wines. Following our hike we transfer (private transfer approx 2 hr 45 min) to the Mediterranean sea in the stunning Liguria Region. Dinner in restaurant and overnight in Villa Levanto, gateway of the Cinque Terre National Park.
meals: B,L,D
**DAY 11  Monday 7 Sept - Cinque Terre coastal walk - Monterosso to Riomaggiore (4-5 hrs)**

Today will be an unforgettable day in the UNESCO listed Cinque Terre National Park. This morning we take a short train ride to Monterosso (5 min), the first village of the “Cinque Terre National Park”. We will visit the elegant historical centre and the “Capuchin Monastery”. Following the narrow typical Ligurian streets and stairs, we will begin our hike through olive trees and terraced vineyards. The landscape on the Mediterranean is fabulous and the perfume and the colours of the typical vegetation is intoxicating. A stop in the colourful fisherman village of Vernazza, discovering the viewpoint at the fortified hamlet of Corniglia and concluding our day’s hike walking between the last two villages of Manarola and Riomaggiore along the “Via dell’Amore” completes the walk between the full five villages of the Cinque Terre. In Manarola we will have the opportunity to visit the Sciacchettra Wine Museum before taking a 10 minute train ride back to Levanto, where we will enjoy a bit of wine tasting in a local Cantina. Overnight in Villa in Levanto.

meals: B,L

**DAY 12  Tuesday 8 Sept - Portofino Natural Park and San Fruttuoso Abbey (5.5 hrs)**

This morning we take the train to Camogli (approx 50 mins), a small Italian fishing village with a strong maritime history. From Camogli, we begin our steep descent to the picturesque Abbey of San Fruttuoso, set on a stunning inlet overlooking the luminescent blue sea. After a wander through the Abbey we will have a refreshing swim before walking through a forest of oaks, Mediterranean flowers and terraces of olive trees to the village of Portofino, considered one of the most charming sea villages of Italy. We will then take a ferry to Santa Margherita (20 minutes) where we can admire the dramatic and wild cliffs sloping down to the sea. From Santa Margherita we will take the train back to Levanto (50 mins). We will enjoy a seafood dinner in a typical local restaurant. Overnight in Villa in Levanto.

meals: B,L,D

**DAY 13  Wednesday 9 Sept - The Poets Gulf, from Riomaggiore to Portovenere (5 hrs)**

This morning we will take the train to Riomaggiore (20 min), the last village of the Cinque Terre. From here we start climbing toward the “Madonna di Montenero Sanctuary”, one of several holy places followed by pilgrims for centuries. We then walk on to the mountain village of Campiglia before descending to the UNESCO World Heritage listed Portovenere, a beautiful and lively seaside village with an impressive fortress which faces out to sea. It is easy to imagine stories of pirates and sieges while wandering the steeply cobbled stoned streets between the Church of St Peter, the town and the port. After some time to explore winding medieval streets, we will take the boat back to Manarola (40 min) and train to Levanto (15 min). Our final dinner will be in a local restaurant with regional dishes. Overnight in Villa in Levanto.

meals: B,L,D

**DAY 14  Thursday 10 Sept - Trip concludes**

This morning we take the train to Milan via Sestri Levante (3 hours) where our adventure concludes.

meals: B

**inclusions**

- 13 breakfasts, 11 lunches, 10 dinners (does not include drinks) – While on the Gran Paradiso trek continental breakfasts are served and usually consist of breads, jams, coffee, tea and juices. Lunch is picnic style. Dinner will consist of 2 or 3 courses which include regional specialties. On the Cinque Terre, breakfasts, lunches and dinners are included on most days - ie, continental bio breakfasts perfect for hikers, picnic style lunches and dinners at local restaurants where you will sample a variety of regional cuisine.

- One night in Paris in a 3 star hotel

- One night pre trek in Bourg St Maurice in a 3 star hotel
6 nights accommodation in mountain refuges in dormitory style multishare accommodation (Gran Paradiso)
1 night in Hotel**** in Alba with continental breakfast
4 nights in villa in Levanto with continental breakfast included
Train Paris to Bourg St Maurice and Levanto to Milan
Luggage transfer by mule – 7kg limit (Gran Paradiso)
Experienced mountain guide on Gran Paradiso Trek
Private transfer to Piedmont and Levanto
All activities and entrance fees as outlined in the itinerary for Cinque Terre
Train travel as outlined in Cinque Terre
Experienced local English Speaking Guide on Cinque Terre (joining you at end of your Gran Paradiso Trek)
WWOT Assessment Walk Fee
Trip escorted by Wild Women On Top

items not included
- Drinks
- Items of a personal nature and storage of luggage
- Transfers not noted as included
- Travel insurance
- Arrival and departure airport transfers
- Transfer to/from train stations in Paris and Milan
- Other meals not noted as included in the program
- International flights to/from Europe

getting there
BY AIR
As the trip begins in Paris and ends in Milan, there are numerous connections to these airports from Australia. Arrival and departure transfers are not included however we will advise you on shuttle services or train services between the city and airport.

trip grading
The Gran Paradiso trip is graded moderate to challenging and includes daily walks of up to 6 hours with ascents of up to 1200m in a day. There are some stages during the walk with steep uphill, descents, and at times sections of the trail will require care. The accent is on keeping a steady pace with time to stop and take photos (subject to weather conditions). You will need a good level of fitness to participate fully in this adventure. It is considered suitable for experienced walkers only. Some passes are permanently snow covered and the snow may be quite deep which makes the trip more challenging. There is also a glacier crossing. At any time during summer, weather conditions may be variable and you should be prepared for all conditions including snow, ice, strong sun and extreme winds.

As with all our moderate to challenging programs, we expect participants to be regular outdoors people, enjoying aerobic sport around three or four times a week over some period of time. Preferably this has been a long term interest but if not, you have set a program of fitness preparation with at least three months lead in time to your trip. The fitter you are for your trip, the more of a holiday it will be. Activities as close to the actual activity on your trip are the best training; in this instance walking with and without a pack. This builds leg strength, aerobic capacity and confidence in your ability to travel comfortably with a pack for extended periods. At the same time, you are also comfortable with the layers you like to wear and footwear.

Our Cinque Terre program is graded moderate. There are some difficult sections and short ascents on rough surfaces. Hotter days will make the walks more demanding though usually a swim is possible at the end or during the walk.
trip organisation
On our Gran Paradiso Trek our trusted mules spare you the worry of carrying your own belongings. There is a 7 kg maximum for the bags and any excess will be refused, so make sure you weigh it beforehand. Lunches are picnic style and the guide will split the lunch supplies between the group members to carry during the day. The trip begins in Bourg St Maurice and we will confirm the meeting place with you on booking or at least 2 months before the departure date. Excess luggage can be stored at your pre-accommodation hotel for transfer to you at the end of your trek (a lock on your bag will be required). Whilst on the Cinque Terre, you will carry only a day pack, venturing out from your accommodation base in Levanto each day.

joining instructions
The group will meet at the arrival hotel in Paris with dinner at leisure to absorb the sights and sounds of this magical city. In the company of your Wild Women on Top escort you will take a train to Bourg St Maurice the following morning. On Day 3 you will meet with your International Mountain Leader (IML) trek guide for the Gran Paradiso trek. He/she will most likely be a native French speaker but will communicate with the group in English. IML guides undertake extensive training to achieve their qualification. Your safety in the mountains is their number one priority. At the end of the trek you will meet with your driver, who will take you to your hotel in Alba. In Alba, you will meet your next tour leader, who will accompany you through Piedmont and the Cinque Terre. He/she is qualified to guide walking trips in Italy and will offer a fabulous insight into the regions you are visiting. Your guide will leave you in Levanto/Sestri Levante, from where you take the train to Milan.

accommodation
DURING TOUR
On the Gran Paradiso Trek accommodation is on a full board basis starting from lunch on the first day of your trek and finishing at lunch on the last day of your trek. The mountain huts that you stay in are dormitory style mixed sex rooms with shared bathrooms and usually (but not always) with showers. While on the Cinque Terre the group will be accommodated in a twinshare rooms in a villa/B & B in Levanto, at the gateway to the Cinque Terre National Park. The accommodation is well located near the centre of town and 5 minutes walk to the beach and train station. For the three nights in hotels (Paris, Bourg St Maurice and Alba you will be accommodated in twinshare rooms (we will match you with one other person).

fast facts
COUNTRIES VISITED
France & Italy

VISAS
Visas not required for citizens of Australia, Britain, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries. Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.
CLIMATE

The walking season in the European Alps is short – from mid June to mid September and many of the mountain refuges are closed outside this time. In winter parts of the trail are transformed into world class ski runs, evidenced by the comprehensive network of cablecars or téléfériques. Bearing in mind that much of the route is at altitudes of over 2000m, the temperatures can vary significantly. Please note at the beginning of the season you may experience snow and therefore the walking can be harder and slippery underfoot. Temperatures in summer range from around 6 degrees Celsius to 20 degrees Celsius during the day. Afternoon thunderstorms are quite common. At the higher elevations it is important to dress with layers as cold winds and possible snow falls can happen even in summer. On the Cinque Terre Italian summers are hot. From late June to September, highs of 35 degrees Celsius are common. Spring and autumn are the nicest times of year, though rainfall in November can be heavy. Specifically, April to early June and September to October are the most pleasant months to walk. Average daytime highs are around 20-25 degrees Celsius.

MIN GROUP SIZE 8
MAX GROUP SIZE 16

SPECIALIST GEAR REQUIRED Wet weather gear, sunscreen, walking boots, warm clothes, day pack and sun hat – walking sticks are recommended. A comprehensive gear list is provided in the pre-departure information provided on booking.

how to book

To book a Wild Women On Top trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function, details of which will be provided at the time of the trip launch with Wild Women On Top. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main trip.

Important: You must be a financial member of Wild Women On Top to join this tour. Please go to WWW.WILDWOMENONTOP.COM, ring 0434 027 912 or email admin@wildwomenontop.com for more details on training and memberships.

airfares

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote. Our staff are committed to providing the best airfare we can for Wild Women On Top Members. Should you find a cheaper fare elsewhere, please let our staff know, and if we are able to book this fare, we will. Many thanks.

e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.utracks.com or contact our office.

IMPORTANT NOTE

“EXPECT THE UNEXPECTED”. WILD WOMEN ON TOP ITINERARIES CAN CHANGE AT ANY TIME, DEPENDING ON LOCAL CONDITIONS, GROUP REQUIREMENTS AND WEATHER.
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