



Extreme Mountain Sports Retreat

Six days: to focus on boosting your adrenalin levels

Located in the picturesque village of San Cassiano in the heart of the Dolomites Mountain Range, a Unesco World Heritage site, Rosa Alpina's Extreme Mountain Sports Retreat offers six demanding days of physical activity for seasoned experts. With professional guides accompanying every excursion, guests can enjoy high-altitude uphill Skyrunning to Via Ferrata climbs and two days incorporating jogging, climbing and mountain biking. This retreat has been created to experience region's renowned yet challenging mountainous terrain.

Including six night's accommodation, all meals, a daily massage and expert guides, amidst the spectacular Alpine scenery surrounding the hotel, the retreat will maximise time spent outdoors.

The Extreme Mountain Sports Retreat is valid for new bookings only, subject to availability, and cannot be combined with any other exclusive. Bookings are to be made through Rosa Alpina directly. A full penalty will be applied for cancellations less than 60 nights prior to arrival.



Extreme Mountain Sports Retreat

The Retreat Programme

Arrival Day:

6.30pm: Welcome cocktail to meet the other participants and guides
Presentation of the programme
Dinner

Day 2: Sky Running

7am - 7.30am: Morning Limber-Up (yoga, Pilates, stretching)
7.30am - 8.30am: Breakfast
8.50am: Meet for start of the day
9am - 3pm: *Sky Running is a challenge unlike any other. Incorporating running up and down different routes with inclines from over 6% to sections of 30%. Full concentration and good balance is required and it helps to be quick footed. An amazing adrenalin boost - your legs might not thank you, but you'll be rewarded by the most spectacular scenery.*
3.30pm - 7.30pm 60-minute Alpine Herb Muscle Relief Massage (suggested treatment)
8pm: Dinner

Day 3: Via Ferrata

7am - 7.30am: Morning Limber-Up (yoga, Pilates, stretching)
7.30am - 8.30am: Breakfast
8.50am: Meet for start of the day
9am - 3pm: *Invented centuries ago, here in the Dolomites, a Via Ferrata ('iron road') is a series of cables and ladder rungs, fixed to the rock face to enable the ascent of steep mountain routes. The climbs and drops can be an adrenaline ride, but Via Ferratas also offer an opportunity to get up close to the fascinating geology of the terrain. Grades vary from easy to difficult.*
3.30pm - 7.30pm 60-minute Thai Massage (suggested treatment)
8pm: Dinner

Day 4: Triathlon

7am - 7.30am: Morning Limber-Up (yoga, Pilates, stretching)
7.30am - 8.30am: Breakfast
8.50am: Meet for start of the day
9am - 3pm: *Combine your skills from the two previous days and add the third mountain sport discipline, mountain biking, with a Mountain Sports Triathlon. Jump on your bike and ride 3.6 kilometres (50 metres up and 150 metres down), jump off and slip into your harness to climb the Via Ferrata les Cordes which is moderately difficult and offers great views. Run to your bike for 8 kilometres (340 metres up and 600 metres down) and finally ride your bike back to the Rosa Alpina 3.6 kilometres (150 metres up and 50 metres down)*
3.30pm - 7.30pm 60-minute Hot Stone Massage (suggested treatment)
8pm: Dinner

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The Retreat Programme

Day 5: Sunrise Hike

3.55am:

Meet for start of the day

4.00am:

Departure

One hour hike to the top of Sass de Stria (Witches Rock). The name is based on an ancient local legend that told of witches living on the grassy slopes around the summit. The name also derives from the shape of this mountain: the east face also resembles a witches hat. Enjoy a stunning 360° view whilst the rising sun lights each of the peaks around you one after another. Discover the Marmolada also known as the Queen of the Dolomites. A light breakfast will be served at the peak. Descend from Sass de Stria and continue to hike along the crest of Settsass to the baita Prè Ístì. A barbeque prepared by the Rosa Alpina team will reward all efforts. In late afternoon hike back to San Cassiano

3pm – 7.30pm

60-minute Shiatsu Massage (suggested treatment)

8pm:

Dinner

Day 6: Triathlon

7am – 7.30am:

Morning Limber-Up (yoga, Pilates, stretching)

7.30am – 8.30am:

Breakfast

8.50am:

Meet for start of the day

9am – 3pm:

Your final day and another Mountain sports triathlon. Jump on your bike and ride 13.3 kilometres (670 metres up and 115 metres down), jump off and slip into your harness for a three-hour climb of the Via Ferrata IDegli Alpini to the top of Col dei Bos which is difficult. Run to your bike for 3.7 kilometres (60 metres up and 500 metres down) and finally ride you bike 3.6 kilometres (13.3 kilometres (115 metres up and 670 metres down) back to Rosa Alpina

3.30pm – 7.30pm

60-minute Alpine Herb Muscle Relief Massage (suggested treatment)

7pm:

Farewell aperitif with the guides

8pm:

Celebratory Dinner at St. Hubertus ***

Departure Day:

Breakfast and guest departure

Rosa Alpina, Italy

Saturday 12 – Friday 18 June 2021

Saturday 28 August – Friday 3 September 2021

- *The Extreme Mountain Sports Retreat includes: all of the above, plus six night's accommodation and full board meals, excluding beverages*
- *Guests must take out their own 'Extreme Sports' insurance and provide certification, and sign waiver, one week prior to arrival*
- *On confirmation of booking and prior to arrival, participants will be provided with concise questionnaire containing questions advising of chronic health conditions, food allergies and preferences, recent surgeries and injuries, thus allowing us to prepare in our understanding of the participants fitness levels. This must be completed prior to arrival*