



Extreme Rock-Climbing Retreat

Six days: to explore new heights

Thousands of square miles of stunning scenery surround Rosa Alpina, which lies in the valley of San Cassiano overlooked by the magnificent Dolomites. Featuring towering 3,000-meter peaks, imposing vertical limestone walls and dramatic rocky spires, Rosa Alpina's Extreme Rock-Climbing Retreat offers a challenging six days for those with a passion for rock-climbing. With professional mountain guides accompanying every excursion, guests will be assessed according to their ability and will be partnered with a climber of equal experience. Regardless of the level, guests will enjoy demanding climbs on this world-renowned Italian mountain range.

Including six nights' 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 Rock-climbing 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 Rock Climbing Retreat

The Retreat Programme

Arrival Day:

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

Day 2: 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 3: Climbing Class

7am – 7.30am: Morning Limber-Up (yoga, Pilates, stretching)
7.30am – 8.30am: Breakfast
8.50am: Meet for start of the day
9am – 3pm: *Rock climbing is a social activity and a great team building sport as a partner is always required. Each pair will climb 'on belay' - a climbing partner typically applies tension at the other end of the rope whenever the climber is not moving, and removes the tension from the rope whenever the climber needs more rope to continue climbing. When two people start climbing together they learn how each to communicate with each other, read their climbing partner's body language and will encourage and support them throughout the climb. Our climbing experts will assess the skill of each of the guests to provide suitable suggested climbs for the rest of the week.*
3.30pm – 7.30pm: 60-minute Alpine Herb Muscle Relief Massage (suggested treatment)
8pm: Dinner

Contd/.



Extreme Rock Climbing Retreat

The Retreat Programme contd/.

Day 4: Rock Climbing

7am – 7.30am:

Morning Limber-Up (yoga, Pilates, stretching)

7.30am – 8.30am:

Breakfast

8.50am:

Meet for start of the day

9am – 3pm:

Guests will be assessed according to their ability and will be partnered with a climber of equal experience. Each pair will climb a multi-pitch route, within the surrounding areas of San Cassiano, which has been chosen by their private guide, according to their level.

3.30pm – 7.30pm

60-minute Thai Massage (suggested treatment)

8pm:

Dinner

Day 5: Sunrise Hike

3.55am:

Meet for start of the day

4am:

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 Ísti

12noon:

A barbeque prepared by the Rosa Alpina team will reward the morning efforts, followed by an afternoon hike back to San Cassiano

2.30pm – 7.30pm:

60-minute Shiatsu Massage (suggested treatment)

8pm:

Dinner

Day 6: Rock Climbing

7am – 7.30am:

Morning Limber-Up (yoga, Pilates, stretching)

7.30am – 8.30am:

Breakfast

8.50am:

Meet for start of the day

9am – 3pm:

Guests will be assessed according to their ability and will be partnered with a climber of equal experience. Each pair will climb a multi pitch route, within the surrounding areas of San Cassiano, which has been chosen by their private guide, according to their level.

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 ***



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The Retreat Programme contd/.

Departure Day:

Breakfast and guest departure

Rosa Alpina, Italy

Sunday 20 – Saturday 26 June 2021

Sunday 5 – Saturday 11 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*