



**Tour:** **LEADERSHIP & ADVENTURE SPORT**  
**Destination:** Belluno & the Italian Dolomites + Venice, Italy  
**Specialization:** Leadership Training, Rock Climbing, Canyoning, Mountain Biking, Hiking & Alpine Waterways  
**Itinerary:** 8-days / 7-nights total trip  
**Available Dates:** **May through September**

## LEADERSHIP & ADVENTURE SPORT IN THE ITALIAN ALPS

### The Dolomites - Belluno, Veneto, Italy

| Day    | Morning                                                             | Afternoon                    | Evening                                                                                                                       |
|--------|---------------------------------------------------------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 1 Sat  | Overnight flight to Venice, Italy                                   |                              |                                                                                                                               |
| 2 Sun  | Arrive Italy, clear customs, transfer to Belluno, Veneto            | Ice-breaker Walk & Wild Swim | Welcome, Safety & Orientation<br>Hotel Dinner<br>Presentation - How we Learn, Nervous System & Resilience                     |
| 3 Mon  | Introduction to Via Ferrata - Climbing Training in the Italian Alps |                              | Hotel Dinner<br>Presentation - Personal Risk                                                                                  |
| 4 Tues | Dolomite Rock Climbing                                              | Canyoning & Mountaineering   | Hotel Dinner<br>Relaxed Evening                                                                                               |
| 5 Wed  | Mountain Biking in the Italian Alps                                 |                              | Presentation - Your Sleep<br>Hotel Dinner<br>Presentation - Habits of Highly Effective People                                 |
| 6 Thur | Via Ferrata - Climbing in the Italian Alps                          |                              | Hotel Dinner<br>Presentation - Leading Others, Trust, Leadership Styles                                                       |
| 7 Fri  | Summary Review & Personal Action Plan                               | Farewell Walk & Wild Swim    | Transfer to Venice, Italy<br>Guided Venice Tour with Doge's Palace & St Mark's Basilica<br>Local Dinner<br>Venice Exploration |
| 8 Sat  | Water Taxi to Airport; Return Flight Home                           |                              |                                                                                                                               |



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be "variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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## A week-long leadership course in the Italian dolomites, combining outdoor activities with evening discussions and presentations on leadership and wellbeing.

### Day 1

Meals in flight

Groups will initiate their travel to Italy, generally arriving in the morning of day 2. Get ready for an amazing week! Airport check-in is 3-hours prior to flight departure. Ready, set, go!



Dependent upon your air carrier, meals will most likely be included with your ticketing. Please ask us for verification once ticketed. Please also explore luggage limitations and carry-on requirements prior to meeting at the airport.

### Day 2

Breakfast in flight; lunch on own, dinner included

Upon your arrival in Venice, groups will clear Customs & Immigrations and then transfer to our hotel located in the Dolomites, about a 2-hour transfer from Venice International Airport. After check-in, we'll have our Welcome, Safety & Orientation Meeting and then get started on our action-packed itinerary straight away. Please understand, we do not automatically include lunch on this day as flight arrival times can vary widely. Please budget for lunch on your own today.



Draped across northeast Italy near the Austrian border, the Dolomites exemplify an otherworldly kind of Alpine beauty: sinuous ribbons of pristine pavement snake up and out of view, moody skies shroud jagged pink and gray spires, and clanging cowbells echo across meadows, larch forests, and secluded chalets. At the end the World War I, Italy annexed the province from the Austro-Hungarian Empire, making this limestone massif a mélange of cultures and a time capsule from the early 20th century.



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As one of the most impressive mountain ranges in the world, the Dolomites are made up of 2,700 square miles of rocky crags in northeastern Italy. The region is home to a mix of cultures and languages which can be seen in the architecture and the local cuisine. The German and Italian influence combine to make some of the best pasta and pastries in Europe. Medieval towns, historic castles, and churches dot the mountainsides, and the region is considered home to some of the grandest mountaineering, climbing and biking in all of Italy. While these mountains may bring to mind steep climbs and rigorous terrain, there is truly a path for everyone in this stunning landscape.

**Sample Hotel – Hotel Principe** – Groups are based in a classic Italian alpine inn located the province of Belluno, Veneto, Italy, near the Torre di Valgrande. The Torre di Valgrande is an imposing great tower of dolomia lying north of the highest summits on the mighty Civetta Northern branch, one of the outstanding groups of the Dolomites. We stay in a traditional Alpine-style hotel which has a classic décor and warm wooden furniture. A full breakfast is provided along with a buffet of local cheeses, cold meats and cakes. The hotel has a delightful restaurant that serves dishes from Veneto and international cuisine, all of which are included. We can adjust for anyone with special dietary needs. Students generally sleep 2 to 3 in a room in single beds; staff sleep in individual rooms.



This afternoon we'll kick off our week with an ice-breaker and a 'Walk & Wild Swim'. Get ready for refreshing cold glacier water to awaken the senses!

In the evening, we'll have our first amazing Italian dinner followed by a presentation.

**Evening Leadership Presentation** - How we learn, our bodies, our nervous system, and our resilience.

### **Day 3**

Breakfast, lunch & dinner included

Rise and shine Italy! Today we learn all about Via Ferrata!

**Via Ferrata** - Via ferrata combines rock scrambling with dramatic rock faces, cliffs and gorges – promising incredible views and a fun physical challenge. A “via ferrata” translates as “iron path” in English. It refers to metal rungs, ladders or permanently fixed safety wire as a means of crossing otherwise tricky and steep rocky terrain. If you love a vertical track and thrive in usual situations, you'll love exploring via ferrata courses. It's one of the best sports to get into if you're looking for something a bit different and a little more invigorating than a standard hill walk, but not quite as technical as pure climbing.



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Consisting of metal ladders and thick wires positioned strategically over rock faces, via ferrata courses require a certain level of fitness and a head for heights, but generally speaking, no prior experience is required. Wearing a harness with two cow's tails (ropes with carabiners attached), you secure yourself safely to explore the course. By remaining attached to the wires at all times, you can take on challenging terrain and you'll never fall far even if you slip. Wire bridges can add a bit of excitement too, giving you the chance to traverse over gorges or get from one mountain to another.

The origins of via ferratas can be traced as far back as the mid-19<sup>th</sup> Century, but they became prominent during the First World War when the Italian Army used them as a means of getting troops across inaccessible mountain locations in the Alps. Shortly after this, via ferratas rose to popularity for other purposes. The Limestone areas of the Alps saw the first routes still in use today as via ferratas. And over the decades, via ferrata has developed into a sport in its own right with courses all over the Alps as well as other parts of the world.

In the evening, we'll have dinner in our hotel followed by a presentation.

**Evening Leadership Presentation** – Risk: identification, assessment, impact, balance.

#### Day 4

Breakfast, lunch & dinner included

Hello Dolomites! This morning our focus will be on rock climbing, with the afternoon spent on canyoning and mountaineering exercises.

**Rock Climbing** – Gear up and get ready for an amazing morning! With our trained guides we'll explore incredible surfaces as we head for the summit. Rock climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance along with mental control. Our course directors are there to help us every step of the way as we scale the mountain, learn about climbing techniques, specialized equipment, and the proper mindset needed for success.



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**Canyoning** - Canyoning is a type of mountaineering, mostly navigating down a fast-flowing mountain stream in a gorge, that involves using a variety of techniques including walking, scrambling, climbing, jumping, abseiling and swimming. The canyon itself is a natural gorge that has been carved out of the mountainside by a water current. They are usually quite steep, with dramatic cliff drops on both sides and a number of waterfalls to encounter along the way. Some waterfalls form natural toboggans, which are natural slides where people can go down with minimal effort and a lot of fun! Others involve abseiling or can be jumped.



This evening we'll have dinner in our hotel followed by a relaxed evening. Perhaps a game or just a quiet night with downtime to play catch up with all the activities!

### **Day 5**

Breakfast, lunch & dinner included

Rise and shine Italy! Today we're in for fun as we explore the region on mountain bikes!

**Mountain Biking** – Get kitted out and embrace the mountain terrain on two wheels. Our guide and course directors will ensure we're set up for success to see and explore amazing landscapes for every ability level.

**"With striking geography, thousands of miles of trails and incredible views, the Dolomites range in northeast Italy is a mountain bike paradise that should be on every rider's bucket list. No other mountain range in the Alps is as spectacular for riding as the Dolomites."** – Red Bull



**Afternoon Leadership Presentation** – Sleep: the value of, and how to achieve better sleep.

In the evening, we'll have dinner in our hotel followed by a presentation.

**Evening Leadership Presentation** – The habits of highly effective people.



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## Day 6

Breakfast, lunch & dinner included

Good morning Dolomites! Today we'll spend working Via Ferrata. Get ready for an amazing journey as you scale the incredible Dolomites!

In the evening, we'll have dinner in our hotel followed by a presentation.

**Evening Leadership Presentation** – Leading others, trust, leadership styles.



## Day 7

Breakfast & dinner included; lunch on own

Rise and shine Italy! We'll get packed up this morning and ready to move out. First though, our final presentation.

**Summary Review & Personal Action Plan** – How will you put what you've learned this week into action? How will you use your achievements to motivate your future plans? Writing out your thoughts will help you cultivate an action plan that you can measure and use as a leader.

Our final activity will be to revisit the **"Walk & Wild Swim."** Afterwards, we'll transfer to Venice. Lunch will be on our own today as we will be in transit.

**Venice** – Venice, gateway to the Orient, is one of the few cities in the world that can be truly described as unique. Over an extraordinarily long period, the city was embellished with monuments of rare splendor that today make it a tourist attraction like none other in the entire world...



Venice makes you a believer in fairy tales. Cars are banned, so the only way to get around the 1,500-year-old city is by foot or by water. From these vantage points, you'll be awed by its magical beauty! La Serenissima, 'the most serene one', is filled with palaces and art, fine shopping and excellent food. Relax in Saint Marks Square, visit the basilica, have an Italian Ice and wander the alleyways and bridges. Venice is the capital of the region Veneto, and has a population of approximately 265,000. Venice has been known by many names including the 'City of Water,' 'City of Bridges,' and 'The City of Light.' It is considered by many to be one of the most beautiful cities in the world.



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The city stretches across 118 small islands in the marshy Venetian Lagoon along the Adriatic Sea in northeast Italy. The saltwater lagoon stretches along the shoreline between the mouths of the Po (south) and the Piave (north) Rivers. The Venetian Republic was a major maritime power during the Middle Ages and Renaissance, and a staging area for the Crusades and the Battle of Lepanto, as well as a very important center of commerce (especially silk, grain and spice trade) and art in the 13th century up to the end of the 17th century.

Upon arrival in Venice, we'll get checked in and drop our bags, then have an amazing walking tour to introduce us to this enchanted area.

**Venice – Guided Walking Tour** – After making your way to St. Mark's Square to meet our guide, we'll be entertained with a guided walking tour with a professional Venetian Guide. Learn about the history and see the sights including the Bridge of Sighs, St. Mark's Basilica, Doge's Palace, Rialto Bridge and the Grand Canal. Enjoy!

This evening is our last night. We'll have a local dinner and then kick back and enjoy Venice, watching the boats cruise the canal. If you would like, we suggest two additional activities if time permits (advance booking only, at extra cost).

Option 1 - **Venetian Mask Making Workshop** – Expert craftsman share the secrets of how to decorate a traditional mask. Choosing from models, the workshop explores how to create and make the masks, different techniques and materials and also reviews the significance of the carnival masks in the years of the Republic of Venice, including the bauta mask, perhaps the most famous and recognizable of all Venetian masks!

Option 2 - **The Vivaldi Four Seasons Concert** - Hear Antonio Vivaldi's magnificent 'Four Seasons' performed by Venice's acclaimed I Musici Veneziani. The 1.5-hour show will whisk you back to 18th-century Venice, with performers dressed in traditional Venetian costumes and a spectacular setting in the exclusive Salone Capitolare at the Scuola Grande di San Teodoro. The well-known orchestra is comprised of virtuosic musicians. The orchestra is joined in concert by operatic soloists from all over the world. The musicians perform in typical 18th century Venetian costume, enhancing the concert's festive atmosphere. A wonderful way to make music a part of your visit to Venice.

### Day 8

Breakfast included but dependent upon departure time

It's time to travel home! Today we'll start to say goodbye to this beautiful city and stunning country, taking away memories that will last a lifetime! We'll board our water taxi and it's off to the airport for our return trip home.

## Buon viaggio! Addio!



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## Our Summit Achievements Course Directors

### Duncan Hardy

Duncan is a professional leadership and adventure consultant with a passion for developing others and teaching the importance of achieving personal wellbeing.

As a former British Royal Marines Officer he served for 24 years before moving into education in 2012. In addition to orchestrating Summit Achievements courses, Duncan is a Deputy Head at Berkhamsted School in the United Kingdom, responsible for driving the development of leadership and adventurous activities. His drive and strategic planning has helped Berkhamsted School to be recognized externally as a place that offers excellent leadership development and a leader in outdoor education.



During his military career, Duncan served across the world in a variety of command appointments within the Royal Marines, the United Nations, NATO and the Foreign and Commonwealth Office. He has operational experience from Northern Ireland, Bosnia, Afghanistan, Pakistan and a variety of other operations in support of UK counter drugs/terrorism. As a Lieutenant Colonel, he spent eighteen months as the senior spokesman for the Royal Navy and Royal Marines Media at the Royal Navy Headquarters, followed by three years in Belgium at the Headquarters of NATO. His final tour of duty was at the Defense Academy as a member of the Directing Staff on the Advanced Command and Staff Course.

Duncan is a qualified Mountain Leader and rock climbing instructor. He holds a Masters (Kings) in Defense Studies/International relations and has a Level 7 Diploma in Strategic Management and Leadership. His experiences and knowledge qualify him to work with individuals on leadership skills such as emotional intelligence, communication, managing risk, dealing with conflict and developing resilience. Duncan delivers leadership education weekly with young people and is passionate about his work.

He is happily married to Rachael, another keen outdoor enthusiast, and they have two grown children. His sports and hobbies include anything that requires the use of a rucksack, climbing rope, survival knife, diving fins, or ideally all of them at once!

### Nigel Parker

Nigel is a degree-qualified UK teacher who has spent the majority of his working life creating and running safe and successful school and youth travel companies. This journey has seen him working around the globe, discovering and creating exciting new and unique experiences for young people.

Nigel's experience in starting up, developing and managing international travel companies gives guests unique first-hand insight into leadership, which Nigel will be sharing on courses.

In his spare time, Nigel is an avid scuba diver, angler, runner, foodie and an overall lover of life and culture. He has seen the world in his travels and brings insight into cultural and educational components from a world view.



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## The Leadership Elements

Having read the bios of Duncan and Nigel, you will appreciate that this is not a regular school trip. This course has been handcrafted by Duncan Hardy with leadership elements explored and discussed each evening. These sessions are based on Duncan's work with senior military commanders, NATO personnel and developing leaders in the international armed forces. Duncan has blended these leadership tactics into the needs of top private educational schools across Europe who are committed to developing future leaders.

To maximize the progress and benefits for each individual on the course, the team has skillfully included a range of daily activities designed to develop participant's self-confidence, wellness and decision-making skills. These activity sessions harness the unique setting of the course in the heart of the Italian Dolomites, steeped in history and beauty. No student will be disappointed with the experience. Safety and operating to the highest standards of care are a given on this course. Only qualified instructors with local knowledge are utilized on activities such as the Via Ferrata and canyoning.

The goal of the week is to develop each participant in several areas of leadership while recognizing and understanding the assets they hold within themselves. The evenings leadership sessions build on the experiences participants are challenged with during the week, and utilize new strategies to develop the abilities within themselves, alongside personal limitations.

Our key topics in this area include:

**How we Learn, the Nervous System, Resilience** - Here we explore how the assets we are born with and develop can be utilized to take leadership and positive thinking to the next level.

**Personal Risk** - A fascinating area where we utilize the latest research and principles that equip our participants with a new perspective on how to identify, manage and develop effective strategies in personal risk management.

**Habits of Highly Effective People** - Providing an overview of some of the most famous theories and findings in this field, we go deeper to discuss and explore the most effective strategies in leadership that single out the best leaders.

**Sleep: How and Why** - Research highlights how effective leaders need to understand the critical aspects of sleep and how it affects performance. We explore theories and reflect on how each candidate's individual circumstances can benefit from personal change.

**Leading Others: Trust and Leadership Styles** - The ability to lead others and the effective strategies of achieving this, is a topic essential for developing young leaders. Here we explore the benefits of different interaction strategies to equip leadership candidates with the means of success.

**Summary Review & Personal Action Plan** - The culmination of the week's experience is a written personal action plan unique to every participant. From the team's observations and student experiences, the final morning will be spent reviewing personal goals and creating a path to success. Each student will write a two and a five year action plan with measurable steps for achievement, based on their experience and the course tutor's input. This is a critical final step on the path to successful leadership, personal wellbeing and accountability.



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# LEADERSHIP & ADVENTURE SPORT IN THE ITALIAN ALPS

**Minimum Booking Numbers:**

15 students

**What's Included:**

Roundtrip international flights to Venice, Italy  
6-nights' accommodation: 5-nights Belluno; 1-night Venice  
Airport transfers and transportation to activities  
All breakfasts, 4 lunches, 6 dinners

**Leadership Presentations:**

- How we learn, the nervous system, resilience
- Personal risk
- Habits of highly effective people
- Sleep, how and why
- Leading others, trust, styles
- Summary review & personal action plan

**Dolomites Adventure Sport:**

- Walking / hiking
- Swimming
- Via Ferrata
- Rock Climbing
- Canyoning / Mountaineering
- Mountain Biking

Venice – Guided tour with Doge's Palace & St Mark's Basilica

Personal Tour Ambassador

24-hour emergency service

**What's Not Included:**

Fully comprehensive insurance (mandatory)

Lunches on days 1, 2, 7 & 8

Transfers to/from home airport

Cost of visas, full or collective passports

Cost of inoculations or medication required for travel

Additional Sightseeing / Entertainment options

Hotel incidental deposits & bills – meals, mini-bar items, recreation charges, purchases billed to room, etc.

Any gratuities – coach drivers, Ambassador, local guides

As always, our staff are always available to you to answer any questions you may have regarding programming.  
If we may serve you in any way, please do not hesitate to contact us.



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