



# exodus

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## Trip Notes

### CROSS-COUNTRY SKIING: DOBBIACO

**Trip Code:** CXD  
**Countries:** Austria, Italy  
**Amended:** July 2010  
**Edition No:** ACR 1 2010-11  
**Validity:** 01 Dec 2010 - 01 May 2011

**ADULT GROUP**

**MULTI GRADE**



#### HIGHLIGHTS

- Excellent track skiing in the spectacular northern Dolomites
- Multigrade or single grade skiing available for all abilities
- Well maintained snow-sure trails
- Comfortable family-run hotel in picturesque Dobbiaco
- All departures guaranteed

#### SUMMARY

Over the years, Dobbiaco has become our most popular centre - and justifiably so. This lively, picturesque town is set at 1200m amid the unique scenery of the Dolomites, where sheer limestone walls are topped by improbable pinnacles of yellow, pink or bright red rock. This region of Alta Pusteria is close to the Austrian border and has an interesting combination of both Italian and Austrian influences. The local languages are both Italian and German, the traditional cuisine features elements of both cultures and the region's towns and villages have both Italian and German names (Dobbiaco becomes Toblach in German).

By day we follow ski tracks deep into the heart of the Dolomites, and in the evening we enjoy the comfort of our hotel, owned and run for many years by the welcoming Tschurtschenthaler family.



#### Exodus and cross-country skiing

In May 2007, Exodus joined forces with Waymark Holidays, the UK's premier operator of cross-country skiing holidays. We believe our combined expertise now brings you the most comprehensive range of cross-country skiing options available. Our selection of trips covers all ranges of abilities, from complete beginners to real Nordic enthusiasts. Waymark has over 30 years experience in providing first class cross-country holidays for a clientele of dedicated skiers. Exodus are very pleased to be able to build on that history and will continue to offer the best cross-country holidays for those who share the joy of exploring on skis.

Waymark are four times winners of the Guardian Observer Travel Awards for best ski company in 2002, 2003, 2006 and 2007.

#### Winter Walking Dobbiaco

Don't forget that our winter walking trip to Dobbiaco also stays at Hotel Tschurtschenthaler (see Trip Code CID for details), hence it is possible for two people to share a room but enjoy different activities.

#### IS THIS TRIP FOR YOU?

##### Activity Details

Cross-country skiing or Nordic skiing is becoming one of the most popular winter sports. Using longer, thinner and lighter skis than downhill with bindings that let you lift your heel, we explore the winter landscapes away from the confines of the alpine pistes. Most cross-country skiing is undertaken on prepared tracks (loipe) and exhilarating days are spent skiing quickly over flat ground and up and down hills.

At Dobbiaco, we offer four grades of skiing with levels ranging from beginners to intermediate and advanced. On most dates there are two leaders offering two different grades, and some dates have one leader with one cross-country skiing grade and one leader running our Winter Walking trip (see tour code CID for details).

Please check the grade of skiing that applies to your selected week via our website:

[www.exodus.co.uk/holidays/cxd/dates-prices](http://www.exodus.co.uk/holidays/cxd/dates-prices)

##### Your Safety

All active winter holidays involve some element of risk, from something as normal as slipping on icy pavements, to the possibility of injuries sustained as a result of the activities themselves. While we do all we can to minimize any dangers, participants must be prepared to accept some risk as part of the holiday.



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On the first few days of a beginner's cross-country skiing course your instructor will choose the trails and terrain carefully, and will avoid steep slopes, however, even on the flat you should expect to fall over. Unlike downhill skiing, where falls can happen at speed, most cross-country falls happen at slow speeds or from an almost static position, and cause no injury. Although it is very rare, some falls do lead to injury, in the worst cases this may include broken bones. Overall cross-country skiing is a safe sport to take part in, if properly instructed.

**Grade 1 Beginners** Recommended for beginners or those who feel the need to improve basic techniques. We teach you the essentials and explore gently undulating terrain. All or most skiing is on prepared tracks. More experienced skiers are welcome, but please be aware



that the pace will be set for the beginners. Towards the end of the holiday you might ski 10-15km or more a day, at a gentle pace.

**Grade 2 Intermediates and confident beginners** A mix of flat and hillier terrain for those who have enjoyed a Grade 1 holiday, grasped the snowplough and now want to improve technique. We ski a little more quickly and over more challenging terrain than on a grade 1 trip. Acceptable for newcomers to cross-country skiing, but you should be very fit and have experience of other sports that develop balance - ice skating, roller-skating or downhill skiing.

**Grade 2+ Intermediates** (unsuitable for beginners) On these holidays there is not enough flat terrain for us to accept beginners. Suitable for clients who have done a couple of weeks with us, have developed their snowplough and can cope fairly confidently with undulating tracks.

**Grade 3 Advanced** Choose this level if you can tackle 'ups and down's competently, manage a controlled snowplough descent, and if you want to ski at a lively pace. You should be able to get up swiftly and easily by yourself after a fall. The mix of track and off-track skiing varies depending on local snow conditions.

#### Alpine Skiing Information

Many ski areas are easily accessible from Dobbiaco, including Plan de Corones and Cortina D'Ampezzo, each offering a wide selection of alpine skiing possibilities. Only a 10-minute bus journey away, San Candido and Versciaco have 53km of downhill slopes for all skiing levels. Alpine skis can be hired in Dobbiaco for approximately €20 per day. For more information about the alpine skiing in this area visit [www.dolomitisuperski.com](http://www.dolomitisuperski.com)

Although we give information on the alpine skiing in our winter resorts, our leaders are not alpine instructors and may only be able to give limited advice about the facilities / conditions.

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## JOINING THE TRIP IN LONDON

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### 8 days, normally depart London Sat, return Sat

Trips departing 19 & 26 December 2010 operate Sunday to Sunday

#### Itinerary Start

The group flight from London is a daytime flight departing on Day 1 of the itinerary below.

#### Flights from London

We normally use the scheduled services of Thomson Airways (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

#### UK Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports that are more flexible and convenient than if booked separately. Please contact our sales team for details.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1½ hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

#### Airport transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus have booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office if you are unsure whether or not a transfer is included.

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## JOINING THE TRIP IN DOBBIACO

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### 8 days, normally start Dobbiaco Sat, end Dobbiaco Sat

#### Itinerary Start

Your trip normally starts at our hotel in Dobbiaco in the evening of Day 1 of the itinerary described below. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.



#### Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

Private transfers from Innsbruck, Venice and Verona airports are available on request.

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## LAND ONLY ITINERARY

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The entries in bold at the end of each day indicate the meals included (B=Breakfast, L=Lunch, D=Dinner).

### Day 1 Start Dobbiaco (D)

### Days 2/7 Cross-country skiing

We prefer not to specify in advance where we will ski each day. This is to enhance the flexibility and adapt to weather and snow conditions and to some extent the ability of each group. When choosing routes, the leader's priority will be to take in a variety of scenery and to ensure that participants become better and more confident skiers as the week progresses.

### Examples of skiing options:

Along the wide valley floor east and west of Dobbiaco there is easy skiing for many kilometres - great for beginners. A little more challenging is the track that leads south to Cortina d'Ampezzo, a memorable route among spectacular mountains, passing under the triple rock buttresses of the imposing Tre Cime di Lavaredo. The Sexten and Prags valleys offer a choice of undulating routes in typical Dolomites scenery, with a welcoming cafe for a lunch stop. To the south the high Platzwiese plateau has some superb routes at about 2000m. Many of the area's cross-country skiing tracks are prepared for skating technique as well as for classic style. Grade 3 groups will spend most of their time on the tracks but will occasionally follow untracked routes in the Sexten valley.

On most dates, we offer two grades of skiing with two leaders. For weeks with only one grade of skiing, we operate a week of walking instead - see our Winter Walking: Dobbiaco trip notes (CID) for details. **(B,D)**

### Day 8 End Dobbiaco (B)

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## ACCOMMODATION

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Situated in the centre of Dobbiaco, the 3-star Hotel Tschurtschenthaler is an attractive building, traditionally styled but with the advantages of a small indoor heated swimming pool, a sauna, and a beauty treatment room where you can enjoy massages, pedicures and manicures (treatments not included - on request basis). After dinner you can relax in the lounge or go through to the bar for a drink with the locals. Single, double and twin-bedded rooms all have shower, WC, hairdryers and are comfortably furnished. Please note that the hotel does not accept credit cards.

### Upgrades

Superior rooms offer more spacious accommodation and are available for a supplement of £60-£155 per person, depending on departure. In order to guarantee availability, please inform Exodus on booking and note this is payable before departure.

### Single Accommodation:

Single rooms are available with a supplement of £110 per person (subject to availability).



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## FOOD & TRANSPORT

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### Food

All breakfast and evening meals are included in this trip. An ample buffet breakfast prepares us for the exertions of the day ahead. The excellent evening meals draw equally on Italian and Austrian traditions.

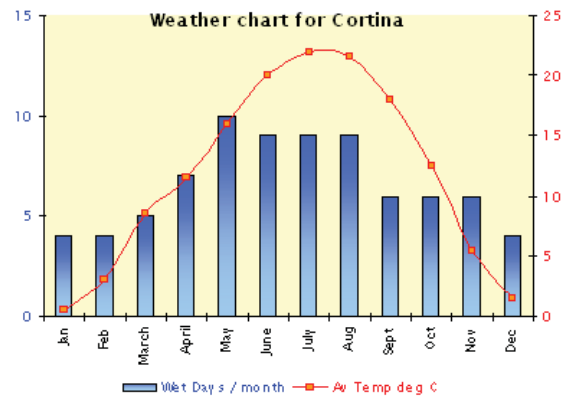
### Transport

Airport transfers are carried out by private bus and may be shared with other tours in the area. Due to our flexible itineraries, we prefer our clients to pay directly for any local transport that is used as part of the skiing itinerary. The costs can vary each week depending on local conditions and which group make-up but we expect to spend approximately €15 on local transport as part of the skiing itinerary.

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## WEATHER

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Dobbiaco is situated at 1200m and at this height snow can lie from December to mid-March, with fresh snowfalls at any time. Average daytime temperatures in winter are around -5°C, though they can fall as low as -15°C with approximately 8 to 10 hours of daylight. At all times of the winter you can hope for periods of clear bright weather and in February and March it can become surprisingly warm in the sun. Equally, at all times you need to be ready for the occasional stormy day.

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## RESPONSIBLE TOURISM

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Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

Recent awards for our work on Responsible Tourism

British Travel Awards: Environmentally Responsible Tourism Company.

Responsible Travel Awards: Best Tour Operator.

BA Tourism for Tomorrow Awards: Highly Commended.

For full details of our Responsible Tourism Policy please visit:

[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

**Responsible tourism and cross-country skiing**



Our cross-country skiing holidays in general avoid large alpine ski areas, and are less dependent on snow cannons, graded pistes and ski lifts, creating significantly less environmental impact than alpine skiing holidays. Journeys further afield aim to utilise public transport and the local economy benefits from our groups purchasing lunches and supplies directly.

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## PRACTICAL INFORMATION

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### Passports and Visas

Most nationalities, including British, require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Certain European nationalities may be able to travel within Europe on their national identity card. Check carefully with the relevant authorities if you intend to do this.

#### Austria

UK passport holders do not require a visa for Austria.

#### Italy

UK passport holders do not require a visa for Italy.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For assistance with obtaining visas please call Travcour on 020 7223 5295 or visit their website: <http://www.travcour.com/exodus>

### Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no specific health risks on this trip.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your GP or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

**Nomad Travel Clinics** are experts in preparing people for travel, providing expert advice on vaccinations, anti-malarial and staying healthy whilst overseas. We have arranged a special 10% discount for Exodus passengers on any vaccinations that you may require. For information visit the community section of our website or click on this link [www.nomadtravel.co.uk/exodus](http://www.nomadtravel.co.uk/exodus).

For additional information please visit: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

### Insurance - are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit [www.exodus.co.uk/about-exodus/travel-insurance](http://www.exodus.co.uk/about-exodus/travel-insurance)

### Local Time

GMT +1 hour in Italy.

### Group, Staff and Support

The group will generally be between 7 and 26 people. There will be a UK leader and drivers and local guides where needed.

Our leaders are experienced ski enthusiasts, keen to impart their knowledge and skills. Instruction is included at all levels - naturally beginners weeks feature a large element of instruction to get you started. Those who ski at an advanced grade will enjoy the

combination of longer tours with some on-the-ground tuition as and when required.

The minimum age of clients on this trip is 14 years. Please note that children aged 16 or 17 years of age must be accompanied by (and share accommodation with) a parent or legal guardian.



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## MONEY MATTERS

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### Exodus and Local Payments

There is no local payment on this holiday. Exodus no longer uses local payments to cover part of the cost of the holiday.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus continues to offer the best balance between value for money and operational quality.

### Currency Information

The national currency of Italy and Austria is the Euro (EUR), with an exchange rate of 1.18 to the UK£ and 0.8 to the US\$.

Exchange rates are correct at the time of publication.

### Commission Free Holiday Currency

For your commission free holiday currency, pre loaded cash cards and travellers cheques delivered directly to your door at very competitive rates, visit us on [www.currency-express.com/exodus](http://www.currency-express.com/exodus) and receive free delivery on orders over £300.

### ATM availability/Credit Card Acceptance/Travellers cheques

ATM facilities are available at the banks in Dobbiaco and most shops accept credit cards. Travellers Cheques are no longer widely recognised in this area and therefore cash is generally easier.

### Extra Expenses and Spending Money

For meals not included we suggest around €8-12 per lunch.

We expect to spend approximately €15 on local transport as part of the skiing itinerary.

Cross-country ski hire is available locally from €38 per person.

### Optional Excursions (approximate costs, depending on group sizes)

Self guided snowshoeing - Snowshoes can be hired free of charge from the hotel (subject to availability).

Downhill skiing at Alta Pusteria ski area: allow around €26-30 per day for a local ski pass or €40-60 for Cortina D'Ampezzo and Plan de Corones. And €20-35 for ski equipment, depending on whether you choose to hire in Dobbiaco or near the slopes of Cortina D'Ampezzo. Day trip to see the remains of Oetzi the famous 'ice-man' in Bolzano: allow around €35 for travel and €10 for entry.

## WHAT TO TAKE

### Essential Equipment and Clothing

This should be read in conjunction with our 'What to Pack' section in your Travel Advice booklet (sent when you book).

#### You will need the following:

A large bum-bag and / or small rucksack to carry the items you will need during the day. It is more comfortable to ski without a backpack, but we suggest you take both to give you the option to choose on a daily basis. This would need to fit a large capacity water bottle and/or thermos flask.

#### Outdoor/winter clothing:

Waterproof jacket

waterproof trousers (ideally a breathable fabric)

warm fleece (2 thin fleeces are better than one thick one)

warm hat (which covers the ears) and gloves (ideally a thin pair and a thick pair)

A good quality base layer is essential.

In the Alps and Dolomites occasionally we experience unseasonably warm days, where T-shirts, lightweight trousers and light fleeces are all that's required. Sturdy waterproof walking boots (if you want to try snowshoeing or similar).

#### Equipment:

cross-country skis, boots and poles are not included but are reserved with our local supplier and should be paid for locally (€38 per person). Please advise your height, weight and shoe size when booking, so we can have the right skis and boots available for you. If you wish to bring your own skis, please advise one of our sales consultants as soon as possible. This must be added to your reservation otherwise the airline may charge you on check-in for the extra luggage.

#### Other items:

sunglasses and high factor sun cream

trainers/comfortable shoes for the evenings

swimsuit (for swimming pool).

Much of the equipment mentioned above is available at very competitive prices from Nomad: Exodus clients receive a 15% discount. Please visit [www.nomadtravel.co.uk/exodus](http://www.nomadtravel.co.uk/exodus)

### Baggage and Baggage Allowance

Exodus kitbags are available for purchase at £25, which includes postage, packing and VAT. If, for any reason the kitbag is returned to Exodus, additional postage costs will be charged. Kitbags are available within the UK only.

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage. As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check [www.baa.com](http://www.baa.com) and/or the airline's website for the latest information prior to your departure.

In the unlikely event of any of your luggage being misplaced or damaged, a Property Irregularity Report (PIR) must be filed with the appropriate airline if you subsequently wish to make a claim against the airline or on your travel insurance. This must be done at the airport where your baggage arrived, or should have arrived.

#### Maps:

The recommended map for Dobbiaco is Kompass Wanderkarte 1:50,000 sheet 57. Loipe maps are available locally in D

## JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Compass Cafe you'll need to join My Exodus. It's free, registration is simple and easy... so what are you waiting for?

<http://www.exodus.co.uk/community>

## IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at [www.exodus.co.uk/about-exodus/essential-information?](http://www.exodus.co.uk/about-exodus/essential-information?)

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

*Prices and exchange rates were correct at the time of publication. The most up-to-date prices can be found on the Exodus website.*

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## HOW TO BOOK YOUR TRIP

- 1. Check availability** Go online to check availability, or contact us by phone or email.
- 2. Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.
- 3. Complete your booking and payment** When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

**Book with confidence** Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

