

Italian Riviera Multi-Sport and Villa Adventure

Rock Climbing, Hiking, Villa Stay, Food Culture, Biking, Vineyards



Sea to Summit Adventures

Join us in the Italian Riviera for ten days of adventure, relaxation, and incredible food. Aerial Boundaries has rented a villa in the Cinque Terre region close by world class climbing, beautiful hiking trails through national park lands, and amongst vineyards and olive orchards, biking on back roads of the Ligurian Alps, all close by the sea and beautiful beaches. Aerial Boundaries combines comfortable shared accommodations, family style breakfasts, and daily tours led by professional guides. Two guides will be available each day to sample the best the area has to offer in rock and via ferrata climbing, hiking along the Alta Via Ligure, biking along country roads, as well as cultural and culinary tours. In the evenings participants will have the option to eat out at one of many recommended restaurants, enjoy a home meal in the kitchen of a local, or join together for a group meal back in the villa. Our goal during the week is to provide everyone the opportunity to enjoy the spectacular countryside, begin to know the local people and culture, and deep relaxation.

Itinerary:

Saturday, October 9th – Arrive at the Levanto train station where you will be picked up by Aerial Boundaries staff and driven to the villa. The afternoon can be spent wandering around town and enjoying the sun at the beach. Meet back at the villa for a family style dinner. (Dinner included)

Sunday, October 10th to Friday October 15th – A hearty breakfast in the morning followed by excursions during each day. These could include:

- Climbing sea-cliff limestone at Muzzerone where there are routes up to seven pitches long.
- Via Ferrata climbing in the Ligurian Alps - routes equipped with cables and iron rungs which allow a climber to ascend and traverse long distances with a basic security system. These are a great way to cover a lot of terrain in an adventurous setting.
- Hiking along the Alta Via Ligure and the Cinque Terre - The Alta Via has been compared to the Appalachian Trail. It traverses the Ligurian Alps in an arc from East to West, from Tuscany to the French border. The Cinque Terre trail connects villages and remote stretches of coastline above the Mediterranean Ocean.
- Winery & orchard visits



- Meals with local farmers and other home chefs - through Italy's unique Home Food program we can arrange meals with local chefs in their homes to be able to sample local tradition foods and recipes, and experience local culture.

Saturday, October 16th - Drop off at the Levanto train station. Continue your adventures in Italy or travel to your city of entry for flights home.



Guides

Christian Santelices believes that experiencing nature first hand has the power to transform people's lives. As a fully certified IFMGA/UIAGM Mountain Guide, professional photographer, public speaker, writer, and community activist, his career has been dedicated to helping facilitate this process. During the summer months you'll find him working in the Tetons as a Chief Guide for [Exum Mountain Guides](#). The rest of the year he teaches avalanche courses, ski guides, and leads custom adventures and corporate community building and leadership development retreats worldwide through Aerial Boundaries. Santelices has led numerous expeditions to Patagonia, Aconcogua, Peru's Cordillera Blanca, the Alps of Switzerland, Italy and France, South Africa, the Pyrenees of Spain, the Atlas Mountains in Morocco, Fiji, Alaska, and México. He has been featured skiing and climbing in numerous film, television and print articles, including two [Warren Miller films](#) (Journey and [Impact](#)).



Sue Muncaster helped establish and acts as Convivium Leader of Slowfood in the Tetons and is a freelance writer and photographer. In 2009 she founded Teton Family Magazine and serves as its editor. Sue is also vice president and co-owner of Aerial Boundaries. Sue's passion for cooking, writing and photography stems from her love of good food eaten with friends and family, traveling the world and seeing the impact of Westernization on traditional cultures, and a vision for a healthier, happier world for her children, Mariela and Nico. Muncaster's professional business experiences include working as a baker, caterer, personal chef and cheesemaker. She spent 15 years guiding international raft, trekking and skiing trips for companies such as Mountain Travel * Sobek. Most importantly, her experiences as an elite athlete, adventurer and coach have taught her how to overcome fear and the value of dedication, drive, and teamwork.



Cost

\$1900 for 6 participants. Cost includes ground transportation beginning and ending in Levanto, lodging based on double occupancy, breakfasts, professional certified mountain guides. Cost does not include airfare, items of a personal nature, tips, drinks, meals outside of breakfast or those specified in the itinerary, or any expenses incurred if a participant leaves the trip early.

Deposit: \$500 deposit per person required to reserve a spot. The balance of trip costs are due 60 days prior to the departure date (July 19th, 2010).

Cancellation policy: Aerial Boundaries will assess a cancellation charge to cover loss of nonrefundable advance payments we have made on your behalf to ground operators and government agencies; communication expenses; and the loss of time that may permit resale of your space. The following cancellation charges will apply:

Nonrefundable cancellation charge of \$150
61-90 days prior to departure: full \$500 deposit
31-60 days prior to departure: 50% of land cost
30 days or less prior to departure: No refund
At or after trip departure: No refund

Trip Insurance

We recommend purchasing trip and evacuation insurance. Go to <http://www.insuremytrip.com/> for more information and to compare companies and plans.

Recommended Reading

Slow Food Revolution: A New Culture for Eating and Living by Carlo Petrini in conversation with Gigi Padovani. “...dedicated to reviving the pleasures of the table. To slow down, to know where one’s food comes from, to preserve the taste of real food--that is the mission.”

Barolo by Matthew Gavin Frank. “After a childhood of microwaved meat and saturated fat, Matthew Gavin Frank go serious about food. His ‘research’ ultimately led him to Barolo, Italy (pop. 646), where, living out of a tent in the garden of a local farmhouse, he resolved to learn about Italian food from the ground up.”