



Tour of Monte Rosa

July 25 – August 2, 2022 (9 days)

Join trip leader Cathy Ann Taylor on one of the best long-distance hikes in the world—the **Tour of Monte Rosa, a circuit of the huge, many-summitted massif of Monte Rosa (15,203’)**. Known as “the Queen of the Alps,” Monte Rosa is the second highest peak in western Europe and a journey in this rarified realm immerses you in jaw-dropping alpine scenery you’ll never forget. You’ll hike below towering alpine peaks, cross lofty passes, amble through mountain meadows brightened by wildflowers, discover old mountain villages, see ibex and golden eagles, and even hike on a glacier (no previous mountaineering experience needed!). Our adventure begins in Saas-Fee, Switzerland, a renowned Swiss resort, takes us into Italy along timeworn paths, and brings us back into Switzerland, ending at the iconic storybook village of Zermatt, set right below the mighty Matterhorn. This is a tough but utterly rewarding journey. Accommodations are in delightful inns where we are welcomed like family. Laurent Langoisseur, a longtime resident of Chamonix, France, will co-lead with Cathy Ann—they’ve been leading trips together since 2003!

TRIP DETAILS

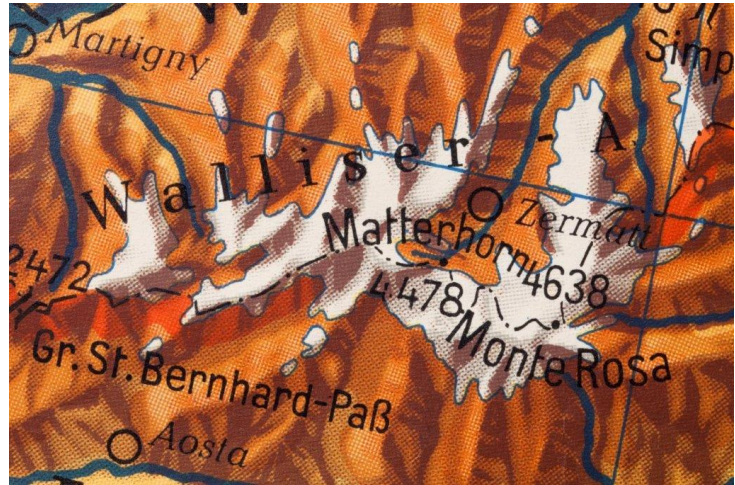
Strenuous ▶ 7 days strenuous hiking; 8 nights hotels and inns

ITINERARY

(You will need to leave the U.S. or Mexico on July 24 in order to arrive in Geneva on July 25.)

Day 1, July 25 ▶ Arrive in Geneva – Saas-Fee

Arrive at the Geneva airport, Switzerland (we recommend you arrive by 12:00 p.m. to have enough time to go through customs and immigration). You will be met at 1:00 p.m. for a group transfer by minibus to the charming resort town of Saas-Fee (6,004'), surrounded by a magnificent amphitheatre of 4,000-meter snow-capped peaks and their glaciers. In the late afternoon, we'll gather for a trip briefing, followed by a "welcome" dinner. Overnight at the centrally located Hotel Dom. (3 hours driving)
D... Hotel Dom



Day 2, July 26 ▶ Saas-Fee – Acclimatization Hike

There's plenty of adventure to be had in Saas-Fee, often referred to as the "Pearl of the Alps." It's the gateway to more than 200 miles of trails, and a hiker's paradise. Today we'll explore our surroundings on a relatively easy hike. We follow a balcony trail that leads high above tree line and faces the glaciers of Saas-Fee. We'll see edelweiss lining the trail, and as we descend, we enter the



forest to cross a suspension bridge to reach Saas Allmagell, the last village of the Saastal (the valley of Saas-Fee). A gentle climb brings us up to our hotel. Time permitting, you may be able to explore a bit of the village, which has a car-free city center and picturesque old wooden chalets and granaries. Overnight at hotel Dom. Hiking Details: Flexible options
B,L,D...Hotel Dom

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Day 3, July 27 ▶ Saas-Fee – Staffa/Macugnaga

We head to Stausee Mattmark, a beautiful reservoir at the top of the Saas Valley surrounded by four glaciers, including the Allalin and the Schwarzberg, and many attendant waterfalls. Following a path alongside the lake (it's rugged in places but doesn't have any exposure), we reach the original "Walser Trail" that takes us over rocky outcrops to Monte Moro Pass (9,500'), one of the highest passes of the Monte Rosa tour. The Walsers were feudal serfs of German origin who migrated to the Italian Alps centuries ago to seek their freedom. They settled in the high valleys around Monte Rosa and were able to maintain their language, culture, and traditions. This trail is historically an important border crossing, as it lies on the Swiss-Italian border, and it was also a route for smugglers. With a last glance at Switzerland, we cross the pass and enter the Piemonte region of Italy, and set our eyes on the majestic east wall of Monte Rosa, a sheer 6,000-foot rock wall at the head of Valle Anzasca. If the weather is on our side we will have lunch at the top near the Golden Madonna and then continue to the Rifugio Oberto-Maroli where we enjoy an Italian coffee before our long descent to the delightful village of Staffa/Macugnaga (4,354'). (This hike can be shortened by taking the local tram.) We'll have time to meander through town.

Overnight at Zumstein Hotel, with its lovely views of the mountains. (4.5 hours hiking, maximum elevation gain of 2,294')

B,L,D...Zumstein Hotel

Day 4, July 28 ▶ Staffa/Macugnaga – Alagna Valsesia

We have a long hike today, so we'll get a very early start. From the trailhead in Borca (3,980'), we start with an uphill hike on a mule path to the entrance of Valle Quarazza, once a mining site and still relatively unfrequented by hikers. A level path brings us past the "Lago delle Fate" (Fairies Lake) and among beautiful woods, brooks, and waterfalls ("La Pissa") to merge onto a trail that takes us up to La Piana (5,371'). From here it's a 3½-hour uphill hike to Passo del Turlo (8,981') on a rocky path built by the Italian army a century ago. Keep an eye out for ibexes, chamois, and marmots!



After lunch at the pass (weather permitting), we head down toward Alagna Valsesia (3,903'), the starting point for the many climbers who attempt the summits of the Monte Rosa massif. As we hike, we'll see pastures with German names, testimony to the Walser settlements, and enjoy views of the spectacular summits of Corno Nero (14,392'), Punta Parrot (14,772'), and Punta Gnifetti (15,165'). Our hike ends at a parking lot where a taxi drops us farther down into Alagna Valsesia. Overnight at the comfortable Hotel Monterosa, right in the middle of town. (8.5-9 hours hiking, maximum elevation gain of 5,001', elevation loss of 5,078', 18 mi)

B,L,D...Hotel Monterosa

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Day 5, July 29 ▶ Alagna Valsesia – Gressoney-La-Trinité

We have two hiking options today, with the second one being longer and involving more elevation gain.

Option 1: We take a gondola to Alpe di Pianalunga (6,743') and start our hike, ascending through fields of wildflowers. Near the Sasso del Diavolo (the “devil’s stone”), our trail becomes steeper and rockier and eventually leads to the Colle d’Olen (9,594'), the highest pass of the tour. If we’re lucky, we may see groups of ibexes grazing right below the pass. We stop for lunch near the pass, then head downhill into Alpe Gabiet (7,682'), set beside the lake carrying the same name, and through Pizzo Jolanda (7,459'), and down into Gressoney-La-Trinité (5,327'), home to the Walser Cultural Center. Today we'll leave the Piemonte region of Piemonte and enter the craggy ridges and cols of Italy’s dramatic Val d’Aosta, an Italian region extremely rich in culture, history, and cuisine. (6 hours hiking, elevation gain of 2,851', elevation loss of 4,265')

Option 2: Crossing the village, we begin climbing through the forest and then along a lovely meadow to a Walser-style hamlet. From here we head to another village past streams, woods, and meadows. Reaching the tree line, we begin a steep climb, taking a break for lunch along the way. In the afternoon, we cross a ridge to join the original trail near the Sasso del Diavolo and hike all the way to the tram station to avoid descending the old ski run (this saves us time, too). We get off at Gabiet (as in Option 1) and continue with the same hike, or go all the way to the bottom and drive back to our hotel. (7 hours hiking, 6,000' elevation gain, 3,800' elevation loss)

B,L,D...Jolanda Hotel

Day 6, July 30 ▶ Gressoney-La-Trinité – Champoluc

Hiking right from our hotel, a steep mule path brings us from the Gressoney Valley to the ancient Walser village of Alpenzu Grande, believed to be in existence since 1200. From here we climb steadily uphill through lush green pastures and past old farmhouses to Alpe Loage Superiore. Our trail becomes even steeper and we scramble over scree terrain to Colle del Pinter (9,247'). We take time out to enjoy our picnic lunch and the glorious views of Mont Blanc, the Grand Combin, and the Dent d’Hèren—some of the giants of the Alps. More spectacular mountain vistas open up as we descend into the Walser hamlet of Cuneaz. The Italian side of the Matterhorn (known as Monte Cervino to Italians), the Breithorn, and the high peaks of the Monte Rosa massif—Pollux, Zwillinge and Castor, blanketed in perennial snows and glaciers—come into full view. We head down into the quaint town of Champoluc in the glacier-carved Val d’Ayas, an alpine paradise of streams and small villages surrounded by forests of spruce, pine, and larch. Champoluc is famous for its thermal springs (the town’s swimming pool is naturally heated to 95-104 degrees). Overnight at Hotel Castor, set right in the heart of Champoluc, at the foot of the Monte Rosa massif. (8 hours hiking, 4,585' of elevation gain, 3,680' of elevation loss)

B,L,D...Hotel Castor

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Day 7, July 31 ▶ Champoluc – Valtournenche

A short transfer takes us to Alpe di Nana Alta (7,306'). Our hike brings us along a dirt road to the Rifugio Grand Tournalin, and then we take an alpine trail that leads to Col de Nana (9,241'). On our way up and at the Col we may have a chance to observe groups of chamois or ibexes. We descend slightly from the pass and skirt the mountains to Colle di Croux where we begin our descent toward Valtournenche, all the while enjoying views of the Matterhorn and adjacent peaks. We pass summer pastures and the hamlet of Cheneil, where we can stop for a refreshing drink before we embark on the final steep descent through the woods into Valtournenche (4,998'), one of the most popular winter and summer resorts in the Val d'Aosta region. Overnight in Valtournenche. (6.5 hours hiking, elevation gain 2,935', elevation loss 4,243')

B,L,D...Hotel Tourist

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Day 8, August 1 ▶ Valtournenche – Zermatt

Today is perhaps the most spectacular of our trip! A quick transfer (15 minutes) brings us to Breuil-Cervinia, a popular winter and summer ski resort on the Italian side of the Matterhorn. From here we take a 45-minute gondola and tram ride to Plateau Rosa (11,588'), a spectacular panoramic point in the midst of the glaciated peaks of the Monte Rosa massif. Here we meet a local licensed glacier guide who will take us on our thrilling journey down the Theodul Glacier to Trockener Stegg. Italian and Swiss laws require that commercial groups hire a local, certified mountaineering guide for any glacier crossings. This is a non-technical hike, and as we descend toward Zermatt, we will admire amazing views of the Matterhorn, arguably the world's most easily recognizable peak. The giant massif, with its regal summits and cascading glaciers, graces us with one last spectacular view before we bid it farewell. Once we arrive at Trockener Steg (9,787'), we leave the glacier guide and descend on trails to Furi (6,207') where we catch a tram into the storybook village of Zermatt, right at the foot of the Matterhorn. The rest of the day is yours to relax and explore Zermatt on your own. This evening, we gather for a festive farewell dinner and recap the events of the last week. Overnight in Zermatt. (Theodul Glacier descent—1.5 hours hiking; Trockener Stegg to Furi—1.5 hours hiking, with an elevation loss of 5,381')

B,L,D...Hotel Butterfly

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Day 9, August 2 ▶ Depart Zermatt – Geneva

After breakfast, we transfer to the Geneva airport for departure on homeward-bound flights. Please schedule your homeward bound flights after 1:00 p.m. (3 hours driving)

B...

LAND COST

\$6695 per person (12-14 members)

\$6995 per person (9-11 members)

\$7395 per person (7-8 members)

\$750 single supplement (note – the hotels in the Alps do not like to give singles)

Rates quoted are per person, based on sharing double accommodations.

*Should you choose to pay with credit card there will be a service charge of 3.5%, the fee we incur from the bank.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases due to fuel increases, costs of services or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

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LAND COST INCLUDES...

- Expert leadership
- Additional guides as necessary
- Accommodations in hotels and inns, based on double occupancy
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Local group transfers by bus or cable car
- Luggage transfers throughout trip
- Ground transportation
- Airport transfers one group transfer on Day 1 and Day 9
- Wine at dinner

LAND COST DOES NOT INCLUDE...

International airfare to Geneva and return; individual transfers for early arrivals or late departures; meals not noted on the itinerary; trip insurance (we urge you purchase trip insurance which includes trip cancellation & emergency evacuation insurance); optional tipping to the trip leader, local guide, and guide/driver; excess baggage charges; cost of medical immunizations; Covid – 19 testing; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation25% of land cost
120 days prior to departure25% of land cost
90 days prior to departure.....Balance

CANCELLATION FEE SCHEDULE

From time of reservation
until 90 days prior to departure25% of land cost
89-60 days prior to departure.....50% of land cost
59 days or fewer prior to departure.....100% of land cost

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

TRIP LEADERS



Cathy Ann Taylor, a high altitude trekking & cultural guide for the last 32 years will be leading his trip. Cathy Ann has trekked all over Nepal, Tibet, India and Bhutan, with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps (Tour du Mont Blanc—six times, Tour of Monte Rosa, The Haute Route, Gran Paradiso, Scotland—three times, and the Dolomites—two times), the Georgian Caucasus—four times, South America (18 trips in Peru, 4 in

Patagonia), and Uganda & Rwanda—five times. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of nineteen remote village children, all of whom are in boarding school in Nepal or in universities in India, Nepal, and the United States. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Prevention Partners and has participated in sixteen expeditions, including Mount McKinley, Mount Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer. Cat’s special trekking program, Sacred Treks, benefits Breast Cancer Prevention Partners (formerly the Breast Cancer Fund). Past trips include Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, Cordillera Blanca, and Annapurna Sanctuary treks (she has raised \$1,400,000 to date!). Cathy Ann has also been active in the American Himalayan Foundation and has helped raised \$20,000 for their STOP Girl Trafficking project. She has also raised over \$15,000 for Lama Pasang’s Himalayan Children’s Care Home which houses 87 children from Mustang. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann is also involved in fundraising for the National MS Society and in 2020 raised over \$37,000 for the organization. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi.

Laurent Langoisseur, a resident of Chamonix of well over 30 years, will be co-leading this trip with Cathy Ann. Laurent has a passion for mountains and nature. His engaging company complements the wonderful scenery and his knowledge of the flora, fauna, and geology are unmatched. Laurent is a comic, a terrific athlete and hiker, and overall great human being. He is a ski patrol monitor during the winter. You will be in great hands with him at the helm every step of the

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way. Cathy Ann and Laurent have guided many trips together since 2003.

PHYSICAL EXPECTATIONS

You should be an experienced hiker in good physical condition. This trip is rated strenuous, as you will be hiking five to eight hours a day on trails with some steep ascents and descents—up to 4,000 feet on some days. The hike on the Theodul Glacier is non-technical and does not require any special mountaineering skills. For physical preparation, we recommend regular cardiovascular exercise for one hour at least 4-5 times a week. We suggest stair climbing, running, and mountain biking on hills, squats, and lunges or elliptical or treadmill training in the gym. And, of course, the best way to train for a trek is to go hiking! We recommend you get out on the trails at least once or twice a week. Wear your boots and daypack and pick some trails with hills so you can strengthen your leg muscles and build up your stamina. We believe other important pre-requisites are a spirit of adventure and a positive attitude.

TRAVEL DOCUMENTS

You will need a passport, valid for at least six months beyond the date of completion of the trip. No visas are required for this trip for US citizens (please check for Mexican citizens). There may be a need for a negative Covid – 19 test 72 hours prior to arrival and/or a vaccination certificate. Note—it's a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Extra passport photos can also be helpful to have just in case.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Geneva by 12:00 p.m. on Day 1. Many travelers elect to use their “frequent flyer” miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

MEDICAL MATTERS

Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit, pain killers, and allergy medicines if you are prone to allergic reactions (especially epipens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications.

MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, and the like (most of your meals are included in the cost of the trip). Depending on how much of a shopper you are, \$500 should be plenty for incidentals and souvenirs. You should bring an additional amount for gratuities to the leaders, and driver. At least US \$350 per guest is recommended for each of the trip leaders and at least \$150 per guest for the driver. You can present your gratuities to your leaders and driver individually.

The currency of Switzerland is the Swiss Franc, while the currency of Italy is the Euro. Though Switzerland does accept the Euro, change will be given back in Swiss Francs. You will want to check the current rate of exchange just before traveling when planning how much cash to bring with you. We suggest you withdraw a small amount of money from an ATM in either Geneva or Saas-Fee before the trek begins (the money will be given in Swiss francs). Remember that 4 nights of the trip are in Switzerland and 4 are in Italy so don't get too many Swiss francs. In Italy the Euro will be used. Credit cards will be accepted at some of the hotels.

WEATHER & CLIMATE

As in most mountain environments, the weather in the Alps can be unpredictable, so each day on the trail you need to be prepared for a variety of weather conditions: hot sun, windy rainstorms—even the possibility of light snow. (The Monte Rosa region is notorious for its microclimates—there can be full sun in one valley, and cloudbursts in another.) For that reason you will carry your raingear and jacket in your daypack every day, even if the morning starts out bright and hot. Dressing in layers that can be adjusted to suit the prevailing conditions is highly recommended.

WHILE ON THE TRIP

Our accommodations are the best available nearest to the trails we take each day. Located in mountain or valley villages, they are generally small simple inns or hotels. They have a homey atmosphere and serve delicious food that is reflective of the particular region. We are confident you will enjoy the experience.

INCIDENTALS

Laundry: You will not really have time to have your laundry done during the hike. You can hand wash a few items and hang them to dry in your room. Synthetic, quick drying fabrics are best (see the equipment list).

Electricity: Italy and Switzerland are on the 220V system. Sockets are usually the round two-pin variety, but they vary. If you are planning to use something like a hairdryer, electric shaver, camera battery, or phone charger, bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

Time Zones: Italy and Switzerland are Greenwich Mean Time plus one hour. That means that Geneva is six hours ahead of New York and nine hours ahead of California.

Communications: While we discourage the use of cell phones on our trip, we can't deny the fact that you may want to be in touch with your friends or family. Please be sensitive to the needs of others and use them in the privacy of your room. Contact your cell phone service about international coverage.

WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carryon luggage.

Luggage

- Duffel bag, large enough to hold your hiking and city clothes. It should have a full-length zipper (for easy access) and be sturdy. Wheeled duffels are OK to bring, but hard-shelled suitcases are not advisable (they are difficult to load compactly in the vans).
- Daypack with a capacity of about 2,800-3,200 cubic inches, with a good padded waist belt. It can double as your carryon bag.*
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

*Remember, you must carry a warm layer and rain gear with you every day on the trail, as well as your picnic lunch, 2 liters of water, sunscreen, warm hat, gloves, camera, and cover for daypack in case of rain. Be sure your daypack is large enough!

Clothing Notes

You should be prepared for very unpredictable weather. Bring comfortable clothing that will protect you from cold and possibly wet weather. Synthetic fabrics (such as polypropylene, capilene, or wool) are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Cotton garments are not good in cold or wet mountain conditions.

When layering, your innermost layer should be a synthetic T-shirt or long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic fleece jacket, and a good quality wind/rain parka and over-pants.

We haven't included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage.

Underwear

- Regular underwear. Synthetics are easier to wash and dry.
- Thermal underwear (lightweight), top and bottom. (In case of unseasonable cool weather)

Socks

- Casual socks (synthetic for easy washing and drying) that are suitable for your walking (not hiking) shoes.
- Lightweight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners—optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts (in case we have some hot, sunny days on trek).
- Shirts for non-hiking activities.

Pants

- Full-length synthetic hiking pants.
- Synthetic hiking shorts.
- Casual pants or skirts for non-hiking activities.

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece or thinsulate.
- Rain/wind parka (must fit over bulky clothing).
- Rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Light-weight gloves (wool or fleece).
- Waterproof daypack cover (most new packs have them built in).
- Gaiters (optional)—can come in handy if crossing snowfields or scree. Ankle gaiters OK.

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat
- Bandana. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Please break new boots in well before the trip.

- Medium-weight hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots must be waterproofed, well broken in, and suitable for prolonged walking on rocks.
- Comfortable walking shoes to wear while in towns.

Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof. Bring 2 and mark them with your name or initials as several people may have the same bottle.
- Hiking poles—highly recommended. These are essential to relieve the impact on your knees during long downhill; they are also useful on uphill. Practice with them before the trip.
- Toiletry kit—soap, toothbrush, etc.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Toilet paper and a Ziploc bag (for stops along the trail).
- Personal medical kit, including blister protection.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/UVB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small padlocks or combination locks for your duffels.
- Heavyweight plastic garbage bag to help keep the contents of your daypack dry during hikes.

Optional Travel Accessories

- Camera and plenty of memory cards, and extra batteries.
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Swiss Army-type pocket knife.
- Powdered electrolyte mixes for your water.
- Your favorite trail snacks or supplements, especially if you have dietary restrictions.
- Reading and writing material.
- Swimsuit (there are spas & saunas at some of our accommodations along the way).
- Sit upon pad for trailside stops.

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