

A scenic view of the Dolomite mountains with a village in the foreground. The mountains are rugged and rocky, with some snow patches. The village is nestled in a valley, surrounded by green hills and trees. The sky is blue with some clouds.

The Daring Dolomite Challenge

September 18 - 26, 2022

Piu' Forte del Parkinson

Kiliman



Kilimanjaro, Africa 2011



Base Camp of Everest 2016



ABRA SALKANTAY
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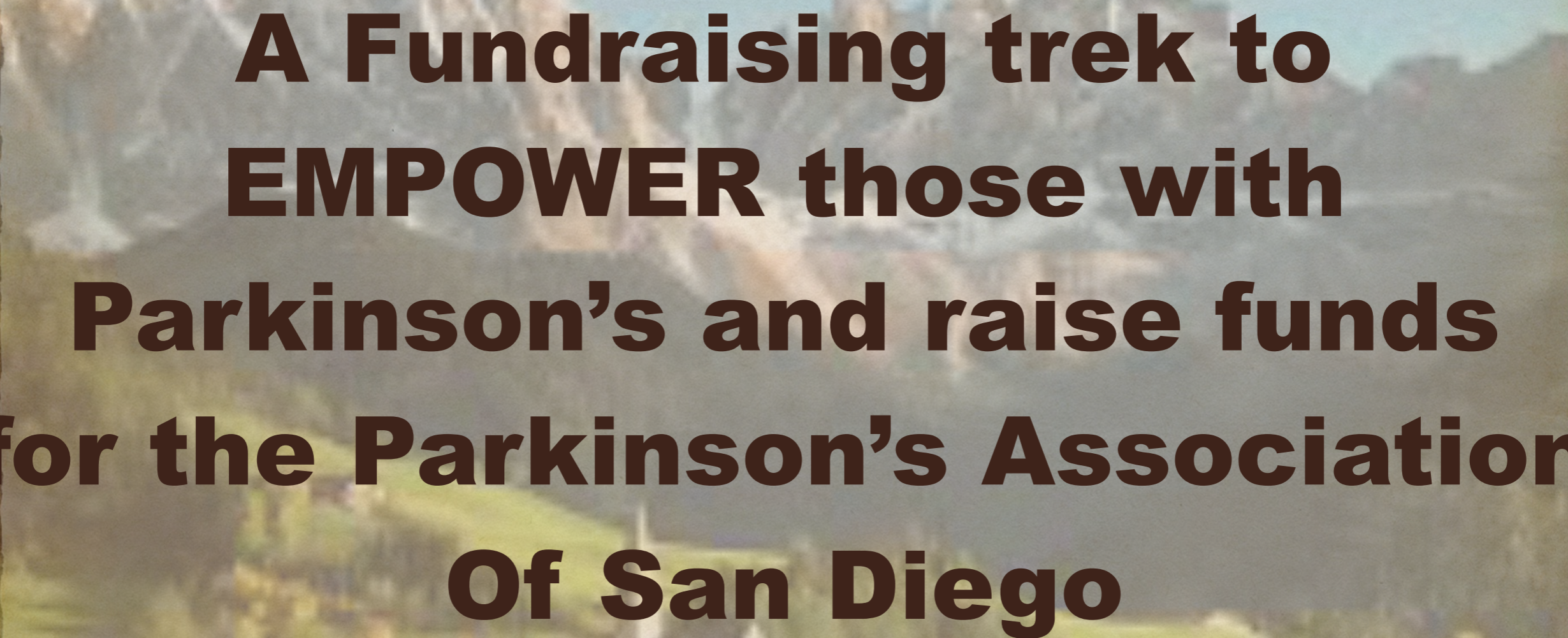
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SUMMIT FOR
STEM CELL
VICTORY OVER PARKINSON'S

Salkantay Trek, Machupicchu 2016



Camino de Santiago, Spain 2018

A scenic landscape photograph with a mountain range in the background and a small village in the foreground. The text is overlaid on the image.

**A Fundraising trek to
EMPOWER those with
Parkinson's and raise funds
for the Parkinson's Association
Of San Diego**

The background of the slide is a soft-focus landscape painting. It depicts a majestic mountain range with rugged peaks under a pale, hazy sky. In the foreground, a lush green valley is visible, with a small cluster of buildings, including a prominent white church with a steeple, nestled among trees. The overall tone is peaceful and inspiring, complementing the theme of the text.

Goals and Expectations

To climb beyond our perception of physical limitation.

To inspire others to set their own personal summits and go beyond their personal expectations.

To be a part of our fundraising effort to raise funds for our local organization that keeps those with Parkinson's ACTIVE, KNOWLEDGEABLE and SUPPORTED.

To become educational ambassadors to friends, family and colleagues about the Parkinson's Association of San Diego.

Costs to consider

Length of trip: 9 days, 8 nights.

**Land cost: ~\$1900.97 USD with
20% deposit \$352.40 USD ASAP!**

Roundtrip flight to Italy: ~\$1000

Travel insurance: ~\$200

**If you decide to cancel someone on the waiting list can
“buy” your deposit from you.**

Balance due 60 days prior to departure.

The background of the slide is a scenic photograph of a mountain range. In the foreground, there is a small town with several buildings, including a prominent white church with a tall steeple. The town is nestled in a valley with green fields. In the background, there are high, rugged mountains with some snow or light-colored rock patches. The sky is a pale blue. The entire slide has a torn paper edge effect.

Land Costs Include:

- **Transportation to and from airport in Venice, Italy.**
- **Welcome and farewell dinner.**
- **Transporting your SMALL suitcase from one refugio to the next or one town to the next.**
- **All refugios and small hotels during the adventure.**
- **Breakfast and dinners (all lunches you are on your own).**
- **Guides (one English speaking guide for every 8 hikers).**

Land Costs Do Not Include:

- **International round trip airfare**
- **Lunches while hiking**
- **Personal gear**
- **Excess baggage charges and airport taxes**
- **Personal Items (gifts, etc)**
- **Alcoholic beverages and bottled drinks**
- **Any expense incurred in the event of early departure (evac fees, transport, extra hotel nights, etc.)**
- **Trip cancellation insurance**
- **Charges incurred as a result of delays beyond the control of Dolomite Trek company**

Rainfall in and around Cortina, Italy

Safari File Edit View History Bookmarks Window Help

dolomitetreks.com

AOL Mail (11) Search results - summit4stemcell... Inbox (2) - sherrieg071@gmail.co... DolomiteTreks - Weather in the D... iphone 11 pro covers - Google Se... Amazon.com Thanks You

+39 349 3179002 +39 380 6498638 info@dolomitetreks.com

dolomite Treks

HOME WHO WE ARE TREK THE DOLOMITES PICK AND MIX WHEN TO COME GETTING HERE

°C °F

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
average temperatures (°F)	23.0	26.4	34.0	41.9	49.5	56.1	59.7	57.7	53.6	44.4	34.2	27.1
minimum temperatures (°F)	14.7	17.2	24.6	32.0	39.4	45.1	48.2	47.5	43.2	35.4	27.0	19.8
maximum temperatures (°F)	31.5	35.6	43.3	52.0	59.5	67.1	71.2	68.2	64.2	53.4	41.5	34.5

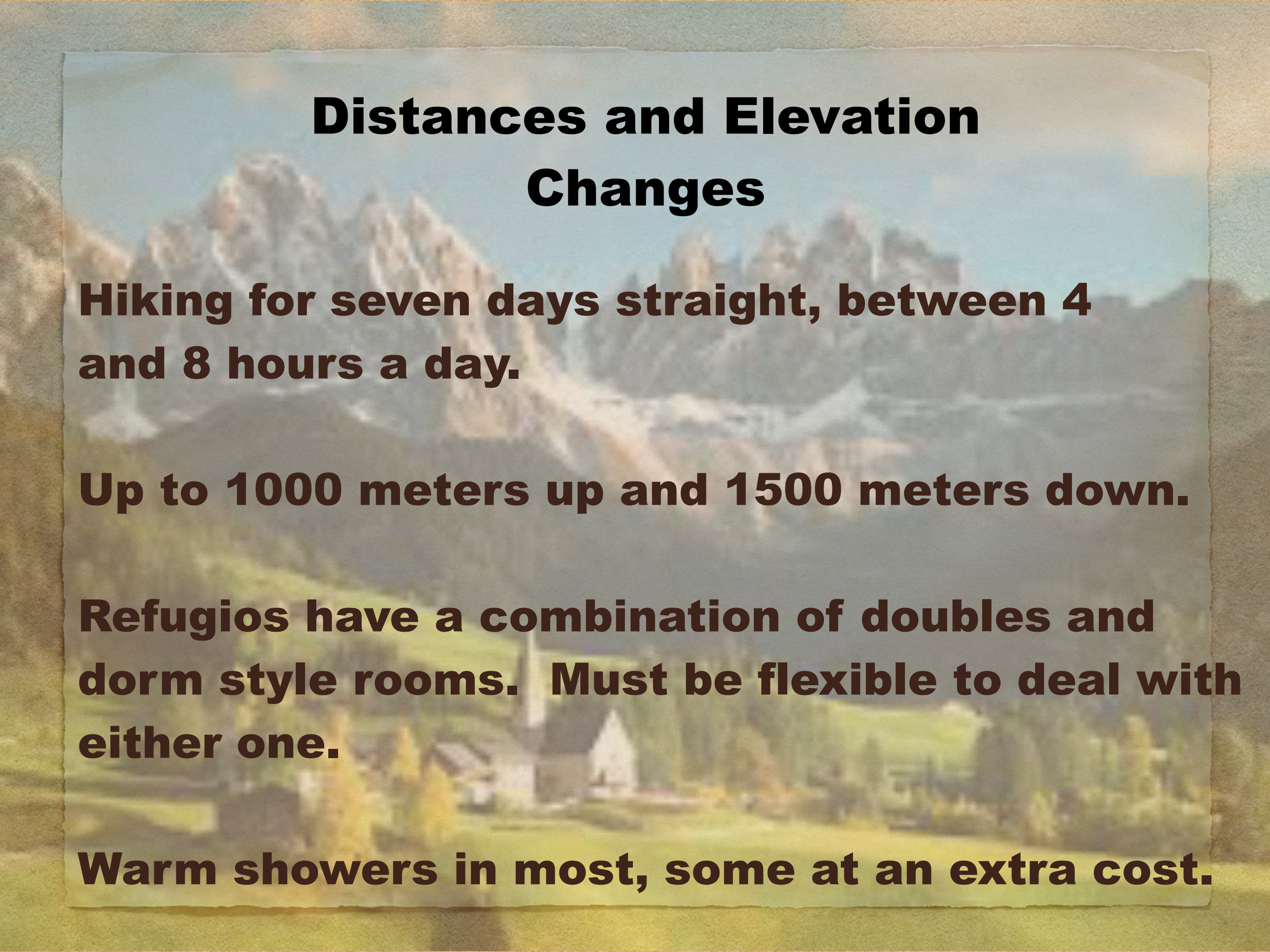
Rainfall

	Jan	Febr	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
rainfall (mm)	32	35	32	52	82	104	121	113	80	67	65	33

Things to bear in mind

PICK AND MIX mid-June to early July is the best time for flower lovers with the full range of Alpine flowers in bloom. If it is a particular flower you want to see, please contact us to find out when your best chance of seeing it is;

SLIDE 6 OF 6

The background image is a scenic landscape. In the foreground, there is a valley with green fields and some small buildings, possibly a village or farmstead. In the middle ground, there are rolling hills and more fields. In the background, a range of rugged, rocky mountains rises against a clear blue sky. The mountains have some snow or light-colored rock patches. The overall scene is bright and clear, suggesting a sunny day.

Distances and Elevation Changes

Hiking for seven days straight, between 4 and 8 hours a day.

Up to 1000 meters up and 1500 meters down.

Refugios have a combination of doubles and dorm style rooms. Must be flexible to deal with either one.

Warm showers in most, some at an extra cost.

Training

- **KICK OFF HIKE: April 2022 (TBA)**
- **Hiking schedule will be distributed in April, 2022.**
- **Group hikes will be in around southern CA.**
- **Start small and build up to long endurance hikes.**
- **Every 3 weeks initially then increase frequency.**
- **Hike on your own as well!!!**

Fundraising

- **\$2000 obligation per person or \$4000 per couple.**
- **Reach out to family, friends and colleagues and ask if they will support the cause for which you're climbing.**
- **Corporate sponsors or company matches.**
- **Emphasize that all funds raised will go to research not to your climb!**
- **Get the word out through social media, facebook, etc.**
- **Money raised will go to Parkinson's research and a Parkinson's organization.**
- **All donations are tax deductible.**

Travel Insurance

Q: What's the difference between Travel Insurance and Travel Medical Insurance?

A: Travel Insurance insures your financial investment in your trip. It covers such things as the cost of lost baggage and cancelled flights, but it may or may not cover costs of medical attention you may need while abroad.

A: Travel Medical Insurance covers costs of medical attention you may need while overseas (check with your insurance carrier).

Lisa Graham is the contact person about travel insurance.



DISCOVERING THE DOLOMITES ON FOOT

Small group and self-guided walking holidays

Sherrie Gould – guided – 11 to 19 September 2022 – group 1, 15 pax

A 9-day, 8 night trip starting and finishing in Cortina d'Ampezzo (including the spectacular Tre Cime Circuit) and walking through some of the most dramatic mountain scenery in the Dolomites, across high plateau and past classic Dolomite craggy peaks, pinnacles and pristine lakes on accessible paths. 5-8 hours a day. Accommodation is in four high mountain refuges (dormitories and some private rooms), one at 2700 metres, and a hotel in Cortina d'Ampezzo. Included: accommodation including breakfast and dinner (excluding drinks), 2 guides, luggage transfers, transfers to/from airport and on days 2, 3 and 8. No lunches or drinks included.

Day 1 – 11 September - Arrive Cortina – stay Hotel Cortina, 2 nights, D.

Day 2 – 12 September - Cortina-Malga Ra Stua - walk directly out of Cortina initially through its hamlets and then uphill on forest paths (cable car option) before emerging on an ultra-panoramic levelish wide gravel track with pretty views down to Cortina and of its mountains and then upping and downing past the dramatic Fanes waterfalls to Malga Ra Stua refuge. 900 metres up, 400 down 7 hrs+. Shuttle back to Hotel Cortina, BD.

Day 3 – 13 September - Malga Ra Stua - Sennes – shuttle to Malga Ra Stua - a beautiful 5 hour walk up to and around the Sennes high plateau past pristine mountain lakes and through unusual geological features and pastures with an initial sharp up and then further ups and downs on the plateau. 8-900 metres of up. Sleep Rifugio Sennes (dormitories, shared bathrooms), BD.

Day 4 – 14 September - Sennes-Fanes – an initial down on wide gravel roads and then up to the unusual Fanes plateau with spectacular and varied views on mountain footpaths and wide gravel tracks (600 metres up, 5-6 hours). Sleep Rifugio Fanes (private rooms + some dormitory beds, shared bathrooms), BD.

Day 5 – 15 September - Fanes-Lagazuoi - after initially continuing along the Fanes plateau past pristine mountain lakes, a sharp up takes you to the breathtaking austere Lagazuoi plateau at 2700 metres surrounded by some of the most famous peaks in the Dolomite to the dramatically situated Lagazuoi refuge (1000 metres up, 7 hours +). Sleep Rifugio Lagazuoi (dormitories, shared bathrooms), BD.

Day 6 – 16 September - Lagazuoi-Averau – continue across the dramatic Lagazuoi plateau and traverse the Tofana mountain range before a descent and a beautiful panoramic up as far as Averau Refuge initially on a beautiful green pasture path and then on rocky terrain for 400 metres or so of up (6+ hrs, 800 metres of down, 600 metres up). Sleep Rifugio Averau (private rooms + a few dormitory beds, shared bathrooms), BD.

Day 7 – 17 September - Averau-Cortina – an extremely attractive and varied walk starting with downhill paths to Passo Giau and then highly panoramic short ups and downs over two mountain passes and beautiful open mountain meadows to Croda da Lago lake and refuge and a descent through the forests and hamlets of Cortina (8 hours+, 400 metres up and 1500 down). Sleep Hotel Cortina, BD, 2 nights.

Day 8 – 18 September - Tre Cime circuit – (shuttle) an exceptionally panoramic circuit walk around the most famous peaks in the Dolomites at over 2300 metres all the way, on narrow mountain footpaths and gravel tracks with short ups and downs throughout, approx. 400 metres of up and down, 4-5 hrs, BD.

Day 9 – 19 September - Leave Cortina, B.

Meals included as listed above: B=breakfast, D=dinner (drinks excluded)



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DISCOVERING THE DOLOMITES ON FOOT

Small group and self-guided walking holidays

Sherrie Gould – guided – 11 to 19 September 2022 – group 2, 15 pax

A 9-day, 8 night trip starting and finishing in Cortina d'Ampezzo (including the spectacular Tre Cime Circuit) and walking through some of the most dramatic mountain scenery in the Dolomites across high plateau and past classic Dolomite craggy peaks, pinnacles and pristine lakes on accessible paths. 5-8 hours a day. Accommodation is in four high mountain refuges (dormitories and private rooms), one at 2700 metres, and a hotel in Cortina d'Ampezzo. Included: accommodation including breakfast and dinner (excluding drinks), 2 guides, luggage transfers, transfers to/from airport and on days 2, 3 and 4. No lunches or drinks included.

Day 1 – 11 Sept - Arrive Cortina – Hotel Cortina, 3 nights, D.

Day 2 – 12 Sept - Tre Cime circuit – (shuttle) an exceptionally panoramic circuit walk around the most famous peaks in the Dolomites at over 2300 metres all the way, on narrow mountain footpaths and gravel tracks with short ups and downs throughout, approx. 400 metres of up and down, 4-5 hrs, BD.

Day 3 – 13 Sept - Cortina-Malga Ra Stua - walk directly out of Cortina initially through its hamlets and then uphill on forest paths (cable car option) before emerging on an ultra-panoramic levelish wide gravel track with pretty views down to Cortina and of its mountains and then upping and downing past the dramatic Fanes waterfalls to Malga Ra Stua refuge. 900 metres up, 400 down 7 hrs+. Shuttle back to Hotel Cortina, BD.

Day 4 – 14 Sept - Malga Ra Stua - Sennes – shuttle to Malga Ra Stua - a beautiful 5 hour walk up to and around the Sennes high plateau past pristine mountain lakes and through unusual geological features and pastures with an initial sharp up and then further ups and downs on the plateau. 8-900 metres of up. Sleep Rifugio Sennes (dormitories, shared bathrooms), BD.

Day 5 – 15 Sept - Sennes-Fanes – an initial down on wide gravel roads and then up to the unusual Fanes plateau with spectacular and varied views on mountain footpaths and wide gravel tracks (600 metres up, 5-6 hours). Sleep Rifugio Fanes (private rooms + some dormitory beds, shared bathrooms), BD.

Day 6 – 16 Sept - Fanes-Lagazuoi - after initially continuing along the Fanes plateau past pristine mountain lakes, a sharp up takes you to the breathtaking austere Lagazuoi plateau at 2700 metres surrounded by some of the most famous peaks in the Dolomite to the dramatically situated Lagazuoi refuge (1000 metres up, 7 hours +). Sleep Rifugio Lagazuoi (private rooms, shared bathrooms), BD.

Day 7 – 17 Sept - Lagazuoi-Averau – continue across the dramatic Lagazuoi plateau and traverse the Tofana mountain range before a descent and a beautiful panoramic up as far as Averau Refuge, initially on a beautiful green pasture path and then on rocky terrain for 400 metres or so of up. (6+ hrs, 800 metres of down, 600 metres up). Sleep Rifugio Averau (private rooms + a few dormitory beds, shared bathrooms), BD.

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Day 9 – 19 Sept - Leave Cortina, B.

Meals included as listed above: B=breakfast, D=dinner (excluding drinks)




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A scenic photograph of a mountain valley. In the foreground, there is a green field with a few small trees. In the middle ground, a small village with a prominent white church with a tall steeple is visible. The background features a range of jagged, rocky mountain peaks under a blue sky with some clouds. The photograph has a slightly aged, vintage feel.

As the Refugios can not accommodate large groups of people our group of 30 will be divided in half.
Every hiker will hike the same circuit but
in opposite directions

Training and Trekking Release of Liability Form

PERMISSION TO PARTICIPATE, RELEASE OF LIABILITY AND RELEASE FOR EMERGENCY CARE

Hiking will take place in the local hills and mountains of Southern California in order to train for the Summit4StemCell trip to Spain scheduled for departure on October 5, 2020. THESE ACTIVITIES INVOLVE INHERENT RISK THAT CAN RESULT IN DAMAGE TO PROPERTY, BODILY INJURY AND EVEN DEATH. PARTICIPATION IN THESE ACTIVITIES IS VOLUNTARY, AND MUST BE UNDERTAKEN AT YOUR OWN RISK.

All hikers MUST sign the following statement to release Sherrie Gould, the Scripps Clinic Medical Group, The Parkinson's Association of San Diego, Jeff Seckendorf and Snaproll Films, Scripps Health, or any persons within these organizations from responsibility or liability in the event of accident, fall or other medical condition resulting from participation in these training activities.

I agree to indemnify, hold harmless, release and forever discharge Sherrie Gould, The Scripps Clinic Medical Group, Scripps Health, or The Parkinson's Association of San Diego or volunteer hiking assistants, or any agents associated with this training or fundraising endeavor from any claims which I or my heirs, or any other persons acting on my behalf have or may have against them, including any accident, injury, bodily harm, death, damage, loss of property, or other consequences that arise directly or indirectly from the participation in The Parkinson's Association of San Diego training activities.

By signing below I am allowing and giving my full permission for any photograph or video of myself as it pertains to our summit4stemcell project to be shared with the public.

I have read and understand the waiver and release. I agree that this release and waiver shall be construed broadly to provide a release to the maximum extent permissible under applicable law.

Participant name (print) _____ Date _____

Participant (signature) _____ Date _____ \

I hereby authorize an emergency service agency, physician or dentist to administer whatever medical care in their professional opinion is necessary for the hiker in the event of fall or injury.

CONTACT & EMERGENCY INFORMATION

Home phone # _____

Alt. phone # _____

Other Emergency Contact _____ Ph _____

EMAIL ADDRESS _____

MEDICAL INFO: Allergies or medical condition that may create an emergency

Physician's name _____ PH _____