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Adventure Women 40 & Up Trip To The

# VIA ALPINA & SWITZERLAND



DestinationU

Epic Luxury Hiking Gals Trip  
August 3-10, 2024

# DestinationU

## Via Alpina Luxury Hiking Trip

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### Highlights

The Via Alpina is an epic and one of the most beautiful hiking routes in Europe with million-dollar views. We have partnered with amazing local guides to customize a trip that is just for our group in some of the most scenic routes in the Bernese Oberland to make one of the most challenging routes accessible and fun. Mighty waterfalls, beautiful mountains and the glossy Oeschinensee lake are all a part of the trip. Every night we will retreat to our own upscale spa hotels for lovely daily pampering, gourmet meals, signature cocktails and pools surrounded by high peaks. This is a trip for no makeup, good gear (that we will set you up with) and a TON of unforgettable memories and photos!

- Hike the Swiss Alps with a customized route of the marvelous trails and witness the quintessential Alpine gems, from the cow-dotted pastures and cowbell sounds to the high peaks, rushing waterfalls and spectacular lakes.

### Good Fitness & High Activity Level

This is a customized trip for us women in our 40s and up to be able to access an epic and typically difficult hike in the Swiss Alps. Although we've made significant modifications, this is a special trip and good physical fitness (for our age) is required. After making a deposit, we will meet via Zoom to discuss & ensure this trip is right for you and if not, your deposit will be fully refunded per the policies detailed.

We recommend at least 200 minutes of aerobic activity per week (at a level that gets your heart beating faster) and being able to walk up to 8 hours at 2 miles per hour at sea level to feel good along the route.

For the health of all participants, please note this is a smoke free trip and participants who violate this policy will not be allowed to stay in the tour and no refunds will be provided for any unused activities.

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## Via Alpina Luxury Hiking Trip

### Itinerary

Saturday, August 3	Fly overnight to Geneva or Zurich (if not arriving a few days early)
Sunday, August 4	Arrive in Lenk, Switzerland, by 4pm local time Group & Guide Meetup and week overview & Briefing Dinner
Monday, August 5	Day Acclimation Hike (up to 4 hours locally) in Lenk area
Tuesday, August 6	Hike from Lenk to Adelboden, surrounded by the Bernese Oberland
Wednesday, August 7	Hike from Adelboden to Kandersteg (up to 8 hours), on the northern side of the Bernese Alps
Thursday, August 8	Hiking to the Oeschinensee (Oeschinen Lake) - a Unesco World Heritage Site
Friday, August 9	Transfer from Kandersteg to Grindewald, Hike from Grindelwald to Wengen and Train from Wengen to Spiez
Saturday, August 10	Final Group Breakfast & Departures

Each night allows for time in the 4 & 5\* luxury restaurant and hotel, with the option to book your spa massage or facials (additional expense).

We try to stay on the original itinerary but will make changes to optimize the route with the weather conditions.

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## Via Alpina Luxury Hiking Trip

### Why Go With Us?

DestinationU is the ONLY community to focus on and host adventure trips created BY women 40 & up FOR women 40 and up! Wendy creates customized, amazing private trips & events specifically for women over 40 in small groups that are makeup and judgment free, so we are more relaxed, making connections and making more fun memories when trying something new.

You don't have to worry about keeping up with a 22 year old or learn a new skill in a group of Super Athletes - just get ready to go after YOUR fun with a group of fun women ready to cheer you on!



### What's It Like?

Wendy is a master at finding and putting together activities that are fun and sometimes challenging but all tailored for us adventure gals over 40. All you have to do is follow the recommended packing lists and show up!

The homework is done for you - all the great sites & activities are brought together to get the most out of every destination. You'll have a specific itinerary and discuss individually & in the group zoom planning to further customize and tailor our trip to ensure everyone is comfortable and enjoys the experience to the fullest.

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### Accommodations

We will be staying in upscale Swiss 4 & 5\* spa hotels to get pampered and indulge in the luxury spas and delicious Swiss cuisine after traversing some of the Via Alpina's most scenic routes in the mesmerizing Switzerland. Each evening allows you to close each night with a gourmet meal, signature cocktail and dip in a pool surrounded by high peaks.

All rooms in the booking price are single and private. Contact us to discuss a discount for a double or shared hotel room options and please note that we do not match up people to share hotel rooms.

### Transportation

The tour includes all ground transportation from the starting hotel in Lenk through the final departure breakfast in Spiez. We will help you arrange your train or transport to and from the tour to the airports and train stations and if the group is interested, we can set up a private group shuttle from Geneva to Lenk and/or another private group shuttle to take us to Zurich or the best transportation hub for your next stop after the hike ends.

Flying to Europe or into Geneva

- Book a flight into GVA (Geneva, Switzerland) or your other pre-tour European town early.
- International flights from the US land throughout the day but if you're flying the night before our meet up, you will need you to land in Geneva before 11:00am local time to arrive in Lenk by 4:00 pm.
- Ideally, please plan your departure after 2pm local time on Saturday, August 10, to provide sufficient check in time.
- Additional hotel days are available - consult with Wendy to coordinate.

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## Via Alpina Luxury Hiking Trip

### Pricing

Price for this tour is \$6,455 with early registration discounts on our website.

Price Includes:

- Accommodations based on single occupancy - your private room in 4 & 5\* hotels. Spa amenities include use of hot tub & pool.
- Luggage transport throughout the duration of the tour (limited to 1 bag)
- All ground transportation for the duration of the tour from Lenk to Spiez
- Private Guides for all listed activities and fees for gondola and other specialty transfers within the duration of the tour
- All meals for the duration of the tour - breakfasts & dinners at the hotels and picnics on hiking days
- Water for bottle refills (we recommend bringing an empty bottle)
- Packing and prep guide and planning calls with the Guides

Price Does NOT Include:

- Airfare to and from Europe
- Personal drinks (alcoholic beverages) and snacks
- Spa optional treatments (i.e. massage, facials, etc)
- Cost of travel insurance, nor hospitalization or evacuation
- Gratuities and items purchased for personal use
- Optional activities or additional nights lodging

### Payment Policy

The trip is limited to 6 participants. A deposit is due at the time of registration by 3/31/2024 to secure a spot on the trip with exact amounts detailed on the website. The remaining balance of the full cost of the trip is due by 4/4/2024, and not paying the balance due will result in a cancellation of your reservation & loss of all monies deposited.

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## Via Alpina Luxury Hiking Trip

### Cancellation Policy & Refunds

This trip requires an individual brief zoom meetup to review the hiking requirements and ensure it aligns with your activity & trip expectations. If you decide the trip is not a good match at that time, and it's before the below deadlines, you will be refunded the full deposit amount.

If you cancel for ANY reason other than Extraordinary Circumstances (see additional policy below), you must submit in writing (email to [wendy@destinationu.net](mailto:wendy@destinationu.net)) by 11:59pm EST on the following dates to receive \_\_\_ % of the total trip fees:

- Cancel by 11:59pm EST on 03/31/2024, you'll receive a 50% refund of monies paid to DestinationU to date.
- Cancel after 03/31/2024, we hope you understand we will be unable to recover the fees for your tour and that you will receive no refund.

If you need to end your trip early after your arrival, we will be unable to secure a refund (full or partial) for any unused services.

Extraordinary Circumstances:

If the package is cancelled by you or us due to extraordinary circumstances, you will pay no cancellation fees, and no extra compensation will be paid.

Extraordinary circumstances may include but are not limited to, warfare, acts of terrorism, significant risks to human health such as the outbreak of severe disease at the travel destination, or natural disasters such as floods, earthquakes, volcanic eruptions, or weather conditions which make it impossible to travel safely to the tour destination.

Travel Insurance:

We encourage you to consider purchasing trip cancellation insurance to cover emergency situations. We are happy to provide more information on companies that provide travel insurance.

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## Via Alpina Luxury Hiking Trip

### Are You Ready?!

## We Cannot WAIT To Join You on This Adventure!

We are so excited you are considering this trip and we'd love to have you in our amazing community of fun adventure women 40 & Up!

There are always a limited number of spots as we are a specialty, small private group tours kind of place, so to hold your spot for this or any of our trips & events, sign up with a deposit at [destinationu.net/tripsandmeetups](https://destinationu.net/tripsandmeetups) and get ready to GO!!

Our Inspiring Your Next Members have exclusive access to these trips, along with much more!

- Exclusive Private & Customized Trips, Tours & Meetup Events
- Private Facebook Group to Connect with Other Adventure Women
- Trusted Travel & Adventure Recommendations for us and by us
- Discounts on Activities, Resources & Gear
- Access to Exclusive Adventure Concierge Personal Service
- Masterclasses & Virtual Community Gatherings
- Ability to Promote Your Business, Service or Online Store
- Searchable Member Portal of our Activities & Experiences



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