The Dolomites, KG Strong Style

Wednesday, July 28 to Wednesday, August 4, 2027



Photo: Matthias Schroder / Unsplash

What You're Signing Up For

A trip to the Dolomites, KG Strong Style.

Think challenging hikes, incredible mountain views, and the kind of adventure that leaves you feeling stronger and more connected. We'll explore a UNESCO World Heritage Site, share good food and great company, stay in a boutique hotel and rustic rifugio, and have time to rest, recharge, and soak up a little bit of Italy.

A challenge for the body, a reset for the mind, and a chance to experience something unforgettable together.

> Our adventure runs July 28 through August 4, 2027! For those traveling from Philadelphia, plan for an overnight flight on July 27 to arrive in Venice on July 28. We'll share suggested flights and arrival details as those arrangements are confirmed. Please wait for our written departure confirmation before booking nonrefundable travel.

Getting ready together

We'll build toward the trip together with a KG Strong training plan, benchmarks, preparation guidance, and opportunities for group hikes before we leave. The program is for everyone joining, whether or not you're a KG Strong member. If you live outside Philadelphia, you'll have a plan you can follow on your own.

Our week in the Dolomites



Day 1 July 28	**Arrive + head to the Dolomites.** Check in, dinner, sleep, and settle in after the overnight flight.
Day 2 July 29	**Acclimation day.** An easier mountain day, movement, good food, and time to adjust before the hut portion.
Day 3 July 30	**Hike to the first rifugio.** Early start. Carry only what we need for the hut section. Your larger luggage will be sent to the next hotel.
Day 4 July 31	**Hut-to-hut hiking day.** A full day in the mountains, with challenging hiking and incredible alpine scenery.
Day 5 August 1	**Hike out + hotel arrival.** Finish the hut portion and head into the more comfortable hotel portion of the trip.
Day 6 August 2	**Hiking day.** A strong local hike from our hotel base.
Day 7 August 3	**Rest Day.** A chance to slow down and recharge with yoga, mobility, and a free day to explore, relax, or enjoy the spa.
Day 8 August 4	**Travel home.** Our Dolomites adventure comes to an end. Departures throughout the day as everyone begins their journey home.

Photo: Stefano Bazzoli / Unsplash. Photos show the region, not guaranteed itinerary stops.

The details

Included

- **5 nights** in boutique mountain hotels, standard pricing based on double occupancy
- **2 nights** in mountain rifugios / huts, in dormitory-style accommodations with shared bathrooms
- Breakfasts and dinners beginning with dinner on arrival day
- **4 hiking days**, with professional guiding during the hut-to-hut portion
- An acclimation day and a dedicated rest / recovery day
- KG Strong pre-trip training program and preparation guidance
- KG-led yoga, mobility and recovery during the trip
- Coordinated on-trip logistics between accommodations and hiking stages, including the hotel-to-hotel luggage transfer during the hut portion

Departure-day breakfast is not guaranteed because some airport transfers may leave before breakfast is served.

Not included

- Flights to and from Italy
- Transportation between Venice Airport and the Dolomites
- Lunches and trail snacks
- Alcohol and dinner beverages
- Travel insurance
- Single-room upgrades, spa treatments and personal extras

What to expect

Expect early mornings, sustained uphill and downhill hiking on mountain terrain, and several miles of hiking each day, with longer stages possible. You'll carry a small overnight pack during the hut portion. Verified route distances, elevation and altitude will be provided before departure.

The training program will help you prepare. Mountain weather can require safety-related adjustments.

Rooms and roommates

Limited to **12 participants**. Standard hotel pricing is based on **double occupancy**. Limited single-room upgrades may be available for an additional cost. The two hut nights will be dormitory-style, with shared sleeping spaces and bathrooms, including for guests who upgrade at the hotels.

The dates and day-by-day plan are set. We're confirming the specific hotels and huts with our Italian partners.

Coming with someone? Email Erin both names so we know you'd like to room together. Each person should register and pay their own deposit.

Your point of contact

Erin Casey is your main contact before and after registration. Email erin@ekcstrategies.com; she will respond within two business days.

12 participants · hotel double occupancy

Reserve your spot

$4,800
Early bird through November 16, 2026

$5,000
After November 16, 2026

Your **$500 deposit** counts toward the total, not an extra charge. Register and pay your deposit by November 16 to request the early-bird price; you do not need to pay in full. Your deposit is refundable until you have signed the Participant Agreement and KG Strong accepts your booking.

Register + pay your $500 deposit

Three interest-free installments

After written trip confirmation on February 1, you may pay the remaining balance in three equal installments, with no interest or plan fee.

Payment due	Early bird	Regular price
At registration · deposit	$500.00	$500.00
February 15, 2027	$1,433.33	$1,500.00
March 15, 2027	$1,433.33	$1,500.00
April 15, 2027 · final payment	$1,433.34	$1,500.00
Total trip price	**$4,800.00**	**$5,000.00**

Prefer to pay in full? There is no price difference. The remaining balance is due February 15, 2027, after the trip is confirmed.

Go / No-Go: February 1, 2027

We'll confirm by February 1 whether the trip is going ahead. No installment payments are due before then. **Your $500 deposit is nonrefundable if you cancel** a signed and accepted registration, except where required by law. If **KG Strong cancels the trip before departure**, including for insufficient enrollment or other causes, **all payments made to KG Strong for the trip will be refunded**. Independently booked airfare and other outside expenses remain your responsibility, except where required by law.

For later registrations, payments already due are collected at booking. The full balance must be received by April 15, 2027. The attached Participant Agreement contains the cancellation and payment terms. If KG Strong later requires materially changed booking or waiver terms and you decline them within the stated period, KG Strong will refund all your trip payments made to it, including the $500 deposit.

Travel insurance is strongly recommended for mountain hiking, medical care and evacuation, and trip cancellation or interruption. Coverage depends on the policy and is not guaranteed. Please review and sign the attached Participant Agreement. If you pay before signing, your deposit remains provisional and refundable until you sign and KG Strong accepts your booking.

Booking update & hiking estimates

October 20, 2026 | Read with the guide and updated participant agreement.

This update supersedes any inconsistent booking or cancellation summary elsewhere in this guide. The agreement supplies the complete terms.

Your $500 deposit

The deposit is part of the trip price. It remains fully refundable until you receive and accept the essential Trip Details, sign and separately initial the agreement/release, and KG Strong accepts your reservation in writing. Once those steps are complete, the $500 is a nonrefundable minimum if you voluntarily cancel, even when losses are lower, subject to the replacement-booking exception, material-change rights, KG Strong cancellation, and applicable law.

Cancellation timing and replacements

Charges beyond the deposit begin only after BOTH February 1, 2027 and written GO. They are not automatically the unpaid trip balance: they are based on documented net losses and supplier commitments, with all payments credited and no double recovery, capped at your original trip price. If an approved replacement pays at least your original trip price, your trip payments - including the deposit - are refunded less $50 and unavoidable, previously disclosed supplier transfer charges, to the extent lawful.

Payments, refunds and changes

The existing installment dates and prices remain unchanged. If KG Strong cancels before departure, it refunds all payments collected by it or its authorized platforms within 14 calendar days, or sooner if required. This includes the deposit. If no GO/NO-GO decision is issued by February 1, your booking is canceled and refunded unless you expressly agree in writing to an extension. The updated agreement also sets out late-booking payments, missed-payment notice, itemized cancellation accounting and interruption after departure.

Hiking: the current operator proposal

Date	Distance	Climbing / descent	Approx. time
July 30	8 km	800 m ascent	6 hours
July 31	8 km	150 m ascent	4 hours
August 1	5 km	800 m descent	3 hours

These are estimates from the October 8 proposal, not final guide-verified specifications. July 30 and 31 list professional guides. Guiding for August 1 and 2, other route distances/hours, complete ascent/descent figures, sleeping and maximum elevations, and exposed/scrambling/cabled terrain remain to be confirmed. August 2 may use a cable car or an approximately 500 m ascent. Essential specifications must be supplied and accepted before the deposit becomes nonrefundable. Photos illustrate the region, not guaranteed itinerary stops.

Questions, rooming requests and completed agreements: erin@ekcstrategies.com