



Austria, Italy & Slovenia Alpe Adria Hiking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

[Austria, Italy & Slovenia Alpe Adria Hiking](#) Trip Planner for 2026

Activity Level 3: You should be comfortable hiking 7-10 miles per day over 4-8 hours. We find that the best route runs North to South, and it is good to know that this results in more challenging hikes occurring at the start of the adventure. Average daily elevation gains are about 1,600 feet per day with the most single day gain being around 3,500' (Day 3). Trails are typically single track and it is best to expect sections that may be rocky, slippery and steep. The highest elevation we reach is Monte Lussari at 5,872 feet. Weather conditions can change quickly which can impact the overall challenge as well.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



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Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in **Salzburg, Austria** (airport code **SZG**) any time on **Day 0**. This is because your trip begins on the morning on Day 1. We recommend that you book your pre-trip hotel night at the **Sheraton Grand Salzburg** where the group will meet the next morning. You will need to transfer to your hotel on your own.

The group meeting time is **9:00 am** on **Day 1** in the lobby of the **Sheraton Grand Salzburg**. We recommend grabbing breakfast prior to meeting your group. **Please be sure to read your Final Details** that will be sent to you about three weeks prior to departure, as they will include the most up-to-date information on transfers and orientation.

Consider your first day's activities: After meeting your group and guides, set off on a 2 hour drive to the start of your first hike. There will be an opportunity for a snack prior to beginning the hike and lunch will be held in the middle of the hike. Please come dressed for activity and with your day bag ready.

DEPARTURE: You can schedule your departing flight from **Trieste, Italy** (airport code **TRS**) after **12:00 pm noon on Day 9**.

After breakfast on Day 9, one group transfer is provided to the Trieste airport, arriving at about 10:00 am.

Traveling on to Venice?

There are multiple options if you are looking to travel to Venice or have elected to fly out of the Venice airport (VCE). If you have chosen the latter, we would encourage a late afternoon or evening flight while taking into account full consideration for your travel time and any potential delays that may occur.

You can arrange a **direct transfer** from the Savoia Excelsior Palace. **They request a minimum of a weeks advance notice** to do so. Your guide can help you at the start of the trip if you don't schedule it before departure. Prices may vary based on group size, luggage and travel time but at the time of writing this, a car for up to 3 people with luggage from the hotel to VCE was around 360 euros.

There is **bus service** from central Trieste as well as the Trieste airport to VCE. Times and prices can be checked at [Flixbus'](https://www.flixbus.com) website.

Train travel is an option between the two cities but is not as convenient for reaching the Venice airport. Times and prices can be checked at [trenitalia](https://www.trenitalia.com).

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Extending Your Stay

If you are arriving early to Salzburg there are many hotel options for all preferences. We will meet in the lobby of the [Sheraton Grand Salzburg](#) the morning of our first day for a briefing before departing the city.

If you are staying in Trieste after your trip, we recommend our group hotel, the [Savoia Excelsior Palace](#) or the [Fovrm Boutique Hotel](#) (July 7th departure). For reservations, please contact the hotels directly. When you check in, simply notify the concierge that you are with the MT Sobek group, so that they can try to assign you to the same room.

Passports and Visas

Passports

US citizens need a passport to enter Austria, Italy and Slovenia.

If you don't have a passport, apply for one now because the process can be lengthy. If you do have a passport, check the expiration date. Most countries require that your passport be valid for at least six months beyond the date you complete your trip and contain at least one blank page for each country you plan to visit. For more information, visit [Department of State US Passports](#).

Minors Traveling

If a minor is not accompanied by all parents or legal guardians, we strongly urge the parent/legal guardian who is traveling to carry a notarized document from all guardians granting approval for the minor to travel outside their country or state of residence. Air carriers and local authorities do request such documentation from time to time. Similarly, if the minor is traveling with their sole parent or guardian, he or she is recommended to carry notarized documentation of such.

Visas

US citizens do not need a visa for stays up to 90 days. Citizens of other countries should check with their local embassy for entry requirements.

On Your Trip

Accommodations

Our carefully crafted itineraries include excellent accommodations across the globe. Please refer to your [itinerary](#) and Final Details for the accommodations on your adventure. In general, we use the nicest hotels available, but due to the remote nature of the area we're visiting, some of our lodging may be simple, and both rooms and beds may be smaller than you are accustomed to.

Communications

Wi-Fi is available at most hotels and is generally free. If you plan to use your cell phone from home, be sure to check with your provider regarding international rates and access.

Electronics

Austria, Slovenia and Italy are on the 220-240V system. Check the voltage on your personal electronics chargers to determine if you need a voltage converter.

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- Austria uses Type F outlets
- Slovenia uses Type F outlets
- Italy uses Type F and Type L outlets

A good resource to see images of plug types is www.power-plugs-sockets.com. There are electric outlets at every accommodation, so you can charge your personal electronics every night. Keep in mind that while your hotels will usually have a safe in your room, they often are not big enough to store a laptop or tablet.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

A Note about Gluten-free Diets

While we are able to accommodate most diets on this trip, please be advised that a gluten-free diet is fairly challenging to accommodate in Austria with much variety, and requires some advanced planning. Therefore, we ask that you request gluten-free meals on this trip only if you have Celiac disease.

Beer is a popular beverage in Austria, and is traditionally made with barley, hops, yeast, and/or wheat. Barley and wheat are grains that have gluten, and therefore if you are gluten-free, we recommend that you select an alternate celebratory beverage at the end of your hikes each day.

BREAKFASTS: All breakfasts are buffets at the hotel featuring cereals, rye and whole grain breads, yogurt, fruit, muesli, regional pastries, cheese, and cold cuts. Juices, coffee and tea are included.

LUNCHES: Lunches will be a combination of both restaurants and picnic lunches prepared by your guides. Typically, a variety of local and fresh vegetables, breads, cheeses, fruits and meats will be available.

DINNERS: Dinners are served at the hotel or a nearby restaurant and are usually three courses. Local and fresh fish, vegetables and a variety of meats will be highlighted. Sample local specialties such as wiener schnitzel and goulash in Austria, jota stew in Slovenia, and pasta dishes in Italy.

ALCOHOL: A limited amount of beer and wine selected by your guides is included with dinners. Additional alcohol is available for purchase.

Money

Your land cost includes most major expenses of the trip. We recommend budgeting **\$600-800** for personal expenses such as souvenirs, laundry, and optional tips to your guides.

The currency of Austria, Slovenia, and Italy is the Euro. Check out www.xe.com for current exchange rates.

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You will want to exchange your cash, or withdraw money from an ATM, at the first available opportunity when you arrive in Salzburg. You should exchange money only with authorized banks, bureau de change, or at hotels. Be sure to get receipts, which are essential for converting currency back into US Dollars at the end of the trip.

MasterCard and Visa are widely accepted. Cash can be obtained from a multitude of ATMs accessible along the way. Make sure that your PIN number will work internationally, and let your bank know you will be traveling. Some financial institutions will deactivate your ATM card if they notice unusual activity on your card, including transactions made overseas.

Tipping Guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work, care and expertise. The amount we recommend that you tip may vary based on factors such as the length of the trip, the expectations and level of service, as well as cultural considerations. What you decide to tip should be based on your overall satisfaction.

Your trip is supported by one MT Sobek Guide for every 8 guests. Tips for additional taxi/transfer drivers, guides, restaurant, and hotel staff are included in your trip price.

- On this international adventure, we recommend tipping each of your Guides the equivalent of \$100-200 per guide, per participant, in local currency.

Our local team is unable to accept gratuities paid by apps (Venmo, Zelle, PayPal, etc.), checks, or credit card. We recommend bringing local currency with you, or visiting an ATM machine at the airport or in town upon arrival to the trip, to obtain cash.

Remember that tipping is always optional, and is sincerely appreciated.

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Packing List

LUGGAGE

- ☐ Soft-sided wheeled duffel or suitcase
- ☐ Daypack with 25-35 liter capacity
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Long-sleeved, lightweight shirts
- ☐ Short-sleeved T-shirts (synthetic, wicking fabric)
- ☐ Full-length hiking pants (synthetic, wicking fabric)
- ☐ Swimsuit (optional)
- ☐ Smart casual clothes for the farewell dinner

OUTERWEAR

- ☐ Lightweight sweater or fleece jacket
- ☐ Waterproof, breathable rain jacket with hood
- ☐ Waterproof, breathable rain pants
- ☐ Gloves for chilly/damp mornings and wet conditions
- ☐ Warm hat
- ☐ Sun hat with wide brim or baseball cap

FOOTWEAR

- ☐ Comfortable walking shoes
- ☐ Hiking boots (high ankle, waterproof)
- ☐ Appropriate shoes for dinners (optional)
- ☐ Socks

TRAVEL ACCESSORIES

- ☐ Hiking poles
- ☐ Reusable water bottle(s) or backpack hydration system (recommended minimum: 2 liter total capacity)
- ☐ Camera, charger, and memory
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection with SPF
- ☐ Hand sanitizer

OPTIONAL TRAVEL ACCESSORIES

- ☐ Travel umbrella
- ☐ Binoculars
- ☐ Ace bandage or brace
- ☐ Small Ziploc bags or stuff sacks
- ☐ Travel packet of laundry detergent
- ☐ Reading and writing material
- ☐ Face masks

Our packing list is based on feedback we've received from our staff, guests and guides. Weather conditions may vary. Please use this as a guideline and if you have questions feel free to reach out to your Adventure Coordinator.

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Please give us a call toll-free at 888-MTSOBK (687 6235)

Packing Notes

Packing for Weather

When trekking in any mountainous area, each day you need to be prepared for full sun, wind, rain, or clear skies, at any time during the season. Rain and wind can lower the temperature significantly and quickly. In July, the weather is warmest and the days are long and bright. September is a bit cooler but still ideal for hiking. During the day, temperatures typically range between 60° to 80° F, although in case of wet or windy weather, temperatures can drop into the 40s or lower depending on elevation.

TEMPERATURE (°F) - AVERAGE LOWS & HIGHS

June

Salzburg, Austria: 53/73

Millstatt, Austria: 55/64

Trieste, Italy: 65/79

July

Salzburg, Austria: 58/77

Millstatt, Austria: 57/76

Trieste, Italy: 69/83

September

Salzburg, Austria: 50/68

Millstatt, Austria: 50/66

Trieste, Italy: 63/75

Clothing Notes

Dressing in layers is the key to staying comfortable throughout the day. Your outermost layer should keep you warm and dry, such as a waterproof, breathable rain jacket and rain pants, and even a fleece jacket/warm layer as necessary. It is acceptable to wear clean hiking pants and a shirt to dinner every evening.

We suggest that you layer with synthetic clothing. Synthetic fabrics are the most effective barriers against cold and wet weather conditions. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and wool/synthetic blends are also suitable. We strongly discourage the use of cotton garments in cold or wet mountain conditions. On hot, sunny days cotton is perfectly acceptable, but you should always have synthetic or wool/synthetic layers with you, in case the weather changes.

Daypack

Each day you'll carry with you in your daypack a fleece jacket and a rain shell, even if it is sunny when you wake up. You will also carry your lunch, drinking water, sunscreen, hat, rain pants, camera, and your trekking poles, when you are not using them. We recommend bringing a rain cover for your daypack. Please choose your daypack wisely!

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Footwear

Choosing your hiking boots is one of the most important decisions you will make when preparing for this trip. You will need properly fitting sturdy, medium-weight, waterproof hiking boots with good lug soles. Many people prefer to hike in low-ankle trail shoes. These are acceptable for some hikes, but you will also need to bring a pair of high-ankle boots for rocky terrain, or in case weather conditions require additional traction or support. If you're buying new boots, be sure to completely break them in prior to the trip. To choose the right hiking boots, please look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

Laundry

Laundry service is offered at some hotels for an additional charge. Check with the front desk for fees and availability. You can also hand-wash a few items in your room and hang them up to dry. We recommend bringing a travel clothesline and small packet of detergent for this purpose.

Health & Training

Prior to traveling, and before beginning any training regimen, please confer with your physician or local healthcare provider. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](#) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

Please remember that MT Sobek is not a medical authority and can only provide general information, which may not be accurate by the time you travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate health information for use by your guides — especially in the event of a medical emergency. Your guides are responsible for the safety of all trip members, and they may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you have to leave the trip. Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing your hands regularly, especially before eating. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

MOTION SICKNESS

Roads may be uneven, narrow, winding, and bumpy. If you are susceptible to motion sickness, consult with your doctor to discuss possible remedies that may be appropriate for you.

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Tips for Getting in Shape

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

You'll want to get outside multiple times a week with back-to-back days of activity. Start out gradually and increase your aerobic training to 4 to 5 times each week, 40 to 60 minutes at a time. Go for full day hikes at least once a week to start. Your heart will thank you on those uphill!

Remember to take breaks! Over-training can lead to stress fractures, pulled tendons, or worse. Take a rest every few weeks and also back off training a couple of weeks prior to departure.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly recommend** purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick?
- What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

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General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities. Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in the majority of MT Sobek accommodations.

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