



# ADVENTURE TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE

**Hiking & Natural Wonders:  
Dresden to Prague  
September 13-26, 2019  
AT# 1909**



Come and join us to explore the wonders of the National Park of Saxon Switzerland in Germany and Czech Republic, as well as the cultural and historic cities of Dresden and Prague.

If you are looking for holiday by the sea between Dresden and Prague, you are about 100 million years late!

Elbe Sandstone Mountains – actually this common term for **Saxon-Bohemian Switzerland** is misleading. To some it may look like a mountain range. In reality it is the bed of a Cretaceous sea - 100 million years old. After the sea drained off, up to 600 m of strong sand layers remained. Over millions of years this superstructure has been deeply fissured. The Elbe and its tributaries ate through it and smoothed it out.

We'll start our adventure in Dresden with a city tour and two night stay to help overcome our jet lag. Then we'll travel by historic steamship down the Elbe River as it winds its way through the National Park to our base for seven nights, Bad Schandau. From there we'll do some day hikes and explore several areas of the National Park. After our seven nights in the area, we'll travel by train to Prague, a truly magnificent city. There we'll explore the castle and immerse ourselves in the local history. A day trip to the UNESCO site of Cesky Krumlov will complete our adventure.



Dresden is perfectly linked with the international transit network, and can be reached from every direction by rail, car or air. In terms of geographical size, Dresden is Germany's fourth-largest city after Berlin, Hamburg and Cologne. The city stretches out on both sides of the Elbe River and is embedded in the foothills of the East Erzgebirge Mountains and the Elbe Sandstone Mountains. The 383-meter Triebenberg Mountain is Dresden's highest point, and is located in the Schoenfeld highlands. The Elbe River snakes its way through the city with a length of 30 kilometers. Nine bridges provide crossing points throughout the city. With 62 percent of its area covered by forest and green space, Dresden is one of the greenest cities in Europe and is considered a city of art and

culture.

A typical feature of the Elbe Sandstone Mountains is the lack of water. The sponge effect of the porous stone causes water to quickly drain away leaving dry stream beds. There are also interesting features in the area's land use history; there are old castles on the cliffs, mountain inns, mills and weirs, the Saxon form of the alpine farm, an individual dialect and so much more!! The scenery is amazing, come and explore it with us.

Prague, City of a Hundred Spires, a UNESCO monument and one of the most beautiful cities in the world. Get to know it in person!

The Old Town Hall with the famous [Prague Astronomical Clock](#). The winding lanes of the [Jewish Quarter](#), which you know from the novels of Franz Kafka, steeped in the legend of the Golem. Cafes enticing you to come and have a seat, boutiques and **sight-seeing cruises on the Vltava**. The Gothic [Charles Bridge](#) and [Church of St. Nicholas](#) in the Lesser Town, the most beautiful Baroque church in Prague. The [Palace Gardens](#) set away from the bustle of the city, [Petrín](#) with a lookout tower reminiscent of a small Eiffel Tower and [Prague Castle](#) ... Each of Prague's districts has its own characteristic atmosphere and unique charm.

When you arrive in Český Krumlov, you will be captivated at first glance by the monumental panorama of the chateau here, which rises above the picturesque renaissance architecture of the adjacent little town. Taking a walk through the historical centre will, thanks to its inimitable medieval character, leave you in no doubt as to why Český Krumlov is one of the gems included on the UNESCO list.

**Detailed Itinerary:**

Although we may have a hike planned, anyone can take a day off at any time during the trip as long as it is not a "transfer day". However, any of these activities would be at "participants own risk".

**Day 1- Sept 13, 2019**

Depart USA on overnight flight to Dresden

**Day 2 – Sept 14, 2019**

Arrival day in Dresden and guided walking tour of the city

Upon your arrival to Dresden transfer to our hotel at your convenience. Relax and get over jet leg or wander along the streets of ancient Dresden. Early evening meeting prior to group dinner.

Overnight: Dresden

Meals: - Welcome Dinner at local restaurant

Hike/walk: 2-3h walking tour of Dresden

**Day 3 – Sept 15, 2019**

**Tour of select Dresden museums and sights**

Today we'll utilize our individual Dresden Museum Pass to access some museums and visit some sights not seen yesterday. Participants will have the option of using their DMP to visit the sights that most appeal to them rather than staying with the group.

Overnight: Dresden

Meals: - Breakfast, dinner

Hike/walk: 2-6h walking tour of Dresden museums (optional)

**Day 4 – Sept 16, 2019**

Transfer to Bad Schandau



This morning we leave Dresden via a historic steamship to travel down the Elbe River and make our way to Bad Schandau which will be our base for the next 7 nights. After arrival at our hotel we'll set out to explore our "home away from home" for the next 7 nights!

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk:

#### **Day 5 – Sept 17, 2019**

##### **Saxon-Switzerland National Park Hike – Zur Barbarine**

Today we'll travel by train a short distance to the beautiful town of Königstein which will be the starting point for today's hike. We walk from the train station in Königstein to Sandsteinhöhle Diebskeller. Not far from it we go to the prominent Pfaffenstein (1427') and then up to the Tafelberge Gohrisch (1469') and Papstein (1480'). Afterwards we walk past Kleinhennersdorf and on to the train station in Bad Schandau and back to our hotel. With the Pfaffenstein, the Gohrisch, the Papstein and the Barbarine we experience four of the most famous rocks of Saxon Switzerland. Depending upon conditions, we may opt to shorten the hike by only going to the first peak and then returning to Königstein to explore the castle and the village!

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk: 10.9 miles with 2100' of elevation gain/descent if the entire hike is done from Königstein all the way back to Bad Schandau (Duration about 6 hours of hiking)



#### **Day 6 – Sept 18, 2019**

##### **Saxon-Switzerland National Park Hike – Wanderung von Königstein über den Lilienstein nach Kurort Rathen**

From the fortress town of Königstein the trail goes up to the distinctive Tafelberg, the Lilienstein. After a short climb, a great view opens up over large parts of Saxon Switzerland. On an idyllic trail through the forest, the hike leads to the health resort of Rathen and the Amselsee lake.

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk: 7 miles with 1500' of elevation gain/descent with 3 hour duration of hiking

#### **Day 7 – Sept 19, 2019**

##### **Saxon-Switzerland National Park Hike – Panoramawanderweg: von**

##### **Saupsdorf nach Altendorf**

Today's hike involves taking a bus from Bad Schandau to Saupsdorf so that we can travel the Panoramawanderweg in a mostly downhill direction and for ease of returning to the hotel with fantastic views along the way! Impressive views of the Winterberg massif, the Schrammsteinkette or the area of the Affensteine dominate over this approximately 11.2 miles long route which is well graded. At the most beautiful places, benches and tables invite you to rest. Anyone who goes this way can count on an unforgettable landscape experience

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk: 11.2 miles with about 2000' of elevation gain. Duration about 5 hours of hiking

#### **Day 8 – Sept 20, 2019**

##### **Saxon-Switzerland National Park Hike – Schmilka-Wintergerg-Kuhstall-Lichtenhainer Wasserfall**

Today we take a train to Schmilka and start our hike from there. We'll hike north from there to a scenic waterfall and then take a bus or tram ride back to Bad Schandau.

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk: 7 miles with about 2100' of elevation gain. Duration about 4 hours of hiking

#### **Day 9 – Sept 21, 2019**

##### **Saxon-Switzerland National Park Hike – Auf den Grossen Zschirnstein**

Today's hike is a loop hike starting and ending in Kleingießhübel.

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk: 6.7 miles with about 1200' of elevation gain. Duration about 4 hours of hiking

#### **Day 10 – Sept 22, 2019**

##### **Saxon-Bohemia National Park Hike – Through the Kamnitz gorge to the Prebischtor rock arch in Czech Republic**

Today we travel by train to the border of the Czech Republic for the start of our loop hike to a scenic rock arch featured in many photographs of the area.

Overnight: Bad Schandau  
Meals: breakfast, dinner  
Hike/walk: 11.3 miles with about 1200' of elevation gain. Duration about 5 ¼ hours of hiking



**Day 11 – Sept 23, 2019**  
**Transfer to Prague by train**

Today we'll bid farewell the Saxon Switzerland National Park and board a local train for the transfer to Prague and the next stage of our adventure. We'll have a guided tour of the city in the afternoon and then settle in to our hotel.

Overnight: Prague  
Meals: breakfast, dinner  
Hike/walk: 2-3 hour guided walking tour of Prague

**Day 12 – Sept 24, 2019**  
**Excursion to Cesky Krumlov**

Today we'll have a guided excursion to the UNESCO World Heritage city of Cesky Krumlov south of Prague. This area has a beautiful castle, well preserved houses and is renowned for its scenery..

Overnight: Prague  
Meals: breakfast, dinner  
Hike/walk: 2-3 hour guided tour of the town as well as tour of the castle

**Day 13 – Sept 25, 2019**  
**Free Day to explore Prague and the surrounding area on your own before our farewell dinner tonight**

Overnight: [Prague](#)  
Meals: breakfast, farewell dinner  
Hike/walk: none planned

**Day 14 – Sept 26, 2019**  
**Fly home to USA at your leisure**

Meals: breakfast

**Leaders' right to change itinerary:**

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

**Price includes:**

- 12 overnight in 3\* hotels
- All breakfasts and 12 dinners
- Welcome and Farewell dinners plus other dinners as noted in itinerary
- All group land transportation
- Ferry tickets and steamship transportation
- Guided tours of Dresden and Prague
- Dresden Museum card
- Dresden 1 day transportation card
- 7 Day Travel Card in Saxon National Park
- Steamship cruise down Elbe River from Dresden to Bad Schandau
- Medical Evacuation Insurance
- AMC Adventure Travel Program Fee
- Luggage Tag
- Costs for 2 AMC tour leaders (accommodation, entrance tickets, transfers)

**Price does not include:**

- Lunches as noted in itinerary
- Travel Insurance
- Flights to/from Dresden/Prague
- Items of a personal nature



- Beverages other than tap water at included dinners
- Tips for local guides

#### Required Gear:

Gortex (or equivalent) rain jacket & pants  
 Wide brimmed hat for sun protection  
 Sunglasses  
 Sunscreen  
 Camelbak or bottles sufficient to hold at least 2 liters of water  
 Personal first aid kit  
 Fleece or down jacket  
 Polypro, polyester, nylon or coolmax tops and pants for hiking; NO COTTON!  
 Trail shoes or boots; NO SNEAKERS or CROSS TRAINERS  
 Hiking socks  
 Warm hat and gloves  
 Electrolyte powder, tablets, gel or “gummy blocks”  
 Pack with waist strap/belt sufficiently large to carry all of the above items plus your lunch, camera and personal items



AMC Adventure Travel trips are led by volunteers on a non-profit basis. Any monies left over after trip expenses are covered will be refunded to the participants. As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group’s experience. We expect you to participate as part of a group and abide by the leaders’ decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. **Leaders have provided a list in this prospectus of the required gear. In the interests of group safety, trip leaders retain the right to deny participation in any hike if participants are not properly equipped.**

#### SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, by boat, or on a bike. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites and possible exposure to Lyme disease, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves. The mountains are similar to the White Mountains of NH in that it can snow at the higher elevations during any month of the year. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants’ understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

#### RESERVING A PLACE AND PAYMENT SCHEDULE:



The land cost of the trip is \$3,132, plus estimated airfare of \$900-1400. To reserve your place, please contact the trip leader or co leader for an application, the Confidential Medical Form and the Acknowledgment & Assumption of Risks & Release and Indemnity Agreement, then send to the leader these forms along with deposit of **\$1000.00** made out to: **Appalachian Mountain Club (AMC)**. \$200.00 of this initial \$1000.00 deposit is a non-refundable administration fee. Once we receive your application and other forms and have approved you for the trip, we’ll send you additional information on the trip, including planned hikes, equipment lists, and travel tips. The maximum number of participants is 16, so apply early to reserve your place.

The cost of the trip is based on price quotes given in the fall of 2017. Our cost estimates are conservative, and so a trip refund is more likely than a price increase. Note that we will use your deposits to lock in the price quotes as early as possible.

Airfare is not included in the cost of the trip. It is impossible to predict prices a year in advance. For this trip we estimate a range of \$900-1400. Sometimes there are bargains, depending on the airline and when you book, or you may want to use frequent flier miles. You should note that the

trip begins on a Friday. You may wish to arrive early and/or stay later to have more time in the area. We will give participants a time and place to meet the group. Please do not book a flight before conferring with the leaders, who need to coordinate arrivals.

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip fee includes emergency medical and evacuation insurance coverage, as required by the AMC. This insurance does not cover travel delay, interruption, cancellation, or baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested; the AMC has a recommended vendor whose material will be sent to you if your application is accepted.



Any unspent funds resulting from negotiating better rates than planned for lodging, local transportation, etc. will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included.

#### **Application and Payments**

To apply, you must request, complete, and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form, enclosing a deposit (check made out to AMC) of \$1000. All materials can be downloaded from our website: [ginetteandannaamctrips.weebly.com](http://ginetteandannaamctrips.weebly.com) and should be sent to the trip leader at:

Ginette Beaudoin

66 Graham Street

Biddeford, ME 04005

The application materials are available by e-mail request to the leaders at [annatp12@gmail.com](mailto:annatp12@gmail.com) and [ginette4000@yahoo.com](mailto:ginette4000@yahoo.com) or they can be downloaded from our website: <http://ginetteandannaamctrips.weebly.com>

You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match.

The second payment of \$1000 is due by January 1<sup>st</sup>, 2019 and should be sent to trip leader

The final balance of \$1132 is due by June 1<sup>st</sup>, 2019 and should be sent to trip leader

Deposit checks from wait-listed applicants will not be cashed until we accept them AND they confirm continued interest. Please make payments by check payable to the Appalachian Mountain Club (AMC).

#### **Cancellation Policy**

Cancellation must be in writing and post marked prior to dates listed below:

Prior to Sept 1, 2018- All money returned except \$200 Nonrefundable portion

After Sept 1, 2018-Cancellation fee is \$200 plus any additional money necessary to keep the trip cost from increasing and creating a greater expense to other trip participants. The cancellation fee will be limited to \$200, IF a qualified replacement can be found by the trip leaders. We will establish a waiting list. If you cancel and are not replaced, you will forfeit the \$200 plus the per capita expenses already incurred and any other unpaid expenses for which the trip cannot obtain a refund. Your cancellation shall not raise the cost of the trip to any of the participants or the leaders. You may forfeit the entire trip fee. Flight tickets once purchased become your property and are generally non-refundable. We strongly recommend that you purchase travel insurance. Information on a company recommended by the AMC will be sent to you. Trip insurance is recommended, since an illness, accident or death in the family can interfere with your plans. Trip insurance can be obtained through your travel agent or the leaders will provide you with a brochure/information of a company recommended by AMC.

#### **Experience and Risks**

To fully enjoy this trip, you should be in good physical condition and able to hike/ski a minimum of 4-5 hours per day. You should have recent hiking experience. Trails in the Saxon Bohemia National Park can be exposed and steep; footing may be irregular. You also need to be able to carry your luggage to and from the vans/hotels and possibly up the stairs of our hotels. Other than raingear, hiking boots, daypack and water bottles, no special equipment is needed.

#### **Group Size and Communication**

We expect a group size of 16-20 persons, including the 2 leaders. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. We are good communicators and will try very hard to keep everyone well informed. We will be using email as our primary source of communication.

**YOUR LEADERS:**

LEADER: GINETTE BEAUDOIN



Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She led an Austrain Alps adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead the same trip with Terry Peters in July 2009 with 19 participants. She has also lead Adventure travel trips to Yosemite national Park, Peru, Minnesota, Tuscany, Dolomites, Patagonia, Bolivia, Spain, Australia and New Zealand for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

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CO-LEADER: ANNA PANSZCZYK



Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to Austria, Azores, Yosemite National Park, Minnesota, Peru, Patagonia, Bolivia, Easter Island, Australia, New Zealand and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

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We look forward to hearing from you.

Ginette Beaudoin and Anna Pansczyk