

Bond & Beyond Travel

Global Hiking — 7■Day Signature Itineraries

Designed for Trail Time, Summit Smiles & Safe Adventure

Hike the world—your way. These curated 7■day programs balance iconic trails with recovery time, local flavor, and smart logistics. Difficulty can be tailored from easy scenic walks to challenging summit days.

Duration: 7 Days | **Focus:** Hiking & Nature | **Updated:** August 20, 2025

Safety Notes: Weather can change rapidly. We arrange local, certified guides for advanced routes and manage permits, shuttles, start times, and contingency plans.

Greece (Athens, Meteora & Santorini)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Athens • Evening warm■up hike on Mount Lycabettus (short, paved paths).

Day 2: Hymettus or Parnitha National Park • Pine forest trail • Picnic with Acropolis views.

Day 3: Train to Kalambaka • Meteora monastery steps & balcony viewpoints hike.

Day 4: Meteora sunrise trail • Move to Santorini • Sunset walk from Imerovigli.

Day 5: Classic Fira–Oia Caldera Trail (10–12 km) • Cliffside eateries en route.

Day 6: Akrotiri headland coastal paths • Beach recovery dip.

Day 7: Easy village loop • Depart.

Italy (Dolomites & Cinque Terre)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Milan/Verona → Dolomites • Short alpine meadow walk near Alpe di Siusi.

Day 2: Tre Cime di Lavaredo loop (moderate) • Rifugio lunch.

Day 3: Seceda ridgeline views • Optional Via Ferrata intro (guided).

Day 4: Transfer to Cinque Terre • Sunset coastal stairs between Vernazza and Monterosso.

Day 5: Cinque Terre National Park trail day (park pass) • Swim coves to recover.

Day 6: Portofino Regional Park cliff walk • Gelato cooldown.

Day 7: Easy harbor promenade • Depart.

Dubai, UAE (Hajar Mountains Base)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Dubai • Evening marina boardwalk shakeout.

Day 2: Hatta Wadi Hub hikes • Dam viewpoints & wadi boulders (seasonal heat checks).

Day 3: Wadi Shawka pools & ridgelines (pre■dawn start) • Optional scramble.

Day 4: Al Qudra desert track walk • Sunset dunes & stargazing.

Day 5: Ras Al Khaimah day trip • Jebel Jais terrace walks & stair climbs.

Day 6: Coastal corniche walk + SUP recovery • Free evening.

Day 7: Beach sunrise stroll • Depart.

New Zealand (Tongariro & Queenstown)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Auckland → Taup■ • Lakeside leg■looseners.

Day 2: Tongariro Alpine Crossing (weather permitting, guided; shuttle logistics).

Day 3: Fly to Queenstown • Lake Wakatipu shore walk.

Day 4: Ben Lomond track to saddle (or summit for advanced) • Panoramic views.

Day 5: Routeburn Track day section from Glenorchy • Beech forest & falls.

Day 6: Queenstown Hill loop • Winery recovery stop.

Day 7: Arrowtown river trail amble • Depart.

Bali, Indonesia (Ubud & East Bali)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive • Campuhan Ridge warm■up walk • Evening market stroll.

Day 2: Sunrise Mount Batur hike (guided, headlamps) • Hot spring soak.

Day 3: Rice terrace paths (Tegalalang) • Village-to-temple stairways.

Day 4: Sidemen valley trails • Craft hamlet visits.

Day 5: Waterfall hikes (Tukad Cepung or Tegenungan) • Jungle steps caution.

Day 6: Uluwatu clifftop walk • Beach recovery.

Day 7: Easy oceanside promenade • Depart.

Vietnam (Sapa & Central Coast)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Hanoi → overnight train/drive to Sapa • Short town loop.

Day 2: Terraced rice field trek (Cat Cat & Y Linh Ho) • Village homestay lunch.

Day 3: Fansipan cable to upper paths (optional summit for advanced) • Return Hanoi.

Day 4: Fly to Da Nang • Marble Mountains stair climbs & caves.

Day 5: Hai Van coastal ridge walk • Transfer to Hoi An.

Day 6: Cam Thanh countryside lanes & beach dunes at An Bang.

Day 7: Sunrise shoreline walk • Depart.

Turkey (Cappadocia & Lycian Way)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Istanbul → Cappadocia • Valley sunset walk (Rose/Red Valley).

Day 2: Love Valley to Göreme loop • Fairy chimney viewpoints.

Day 3: Ihlara Valley riverside trek • Cave churches.

Day 4: Fly to Dalaman • Lycian Way day section near Fethiye & Ölüdeniz.

Day 5: Kayaköy to Ölüdeniz coastal traverse • Swim stop.

Day 6: Butterfly Valley viewpoint hike • Patara dunes stroll.

Day 7: Easy harbor path • Depart.

Portugal (Lisbon, Sintra & Algarve)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Lisbon • Miradouro steps & Alfama lanes.

Day 2: Sintra forest & castle circuit (Pena–Moorish Castle) • Mossy trails.

Day 3: Cabo da Roca cliffs walk • Guincho dunes boardwalk.

Day 4: Train to Algarve • Boardwalks in Alvor wetlands.

Day 5: Seven Hanging Valleys Trail (Benagil–Marinha) • Sea cave overlooks.

Day 6: Ponta da Piedade coastal paths • Lagos old town loop.

Day 7: Cafe stroll & azulejo alleys • Depart.

Kenya (Rift Valley & Nairobi Hills)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Nairobi • Karura Forest trails warm■up.

Day 2: Ngong Hills ridge hike • City and savannah vistas.

Day 3: Mount Longonot crater rim circuit (moderate to strenuous).

Day 4: Hell's Gate National Park gorge walk • Optional cycling sections.

Day 5: Crescent Island wildlife walk on Lake Naivasha.

Day 6: Aberdare foothills waterfall hike (seasonal conditions).

Day 7: Nairobi Arboretum cooldown • Depart.

France (Chamonix & Provence/Calanques)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Geneva → Chamonix • River promenade to Les Bois.

Day 2: Lac Blanc via Flégère (larch forests & granite bowls).

Day 3: Aiguille du Midi viewpoint • Plan de l'Aiguille to Montenvers traverse.

Day 4: Train to Marseille • Calanques National Park cliff paths (Cassis).

Day 5: Calanque d'En-Vau viewpoint hike • Pebble cove swim.

Day 6: Provence hilltown steps & vineyard lanes (Gordes/Roussillon).

Day 7: Seaside promenade • Depart.

South Africa (Cape Town & Winelands)

Highlights

• Iconic trails • Scenic viewpoints • Culture & cuisine • Optional guided upgrades • Recovery dips & easy days

7■Day Outline

Day 1: Arrive Cape Town • Sea Point Promenade shakeout.

Day 2: Table Mountain via Platteklip Gorge (strenuous, weather dependent).

Day 3: Lion's Head loop or Kloof Corner • Sunset views.

Day 4: Cape Point trails (Dias Beach steps & lighthouse paths).

Day 5: Jonkershoek Panorama or Swartboskloof (Stellenbosch) • Fynbos & falls.

Day 6: Constantia Greenbelt & Cecilia Forest • Wine farm stroll.

Day 7: Woodstock–Waterfront art walk cooldown • Depart.

What's Typically Included

- Daily breakfast; select trail lunches or picnics
- Private transfers to trailheads where required
- Expert route notes; GPS files on request
- Permits/park passes coordination (where applicable)
- Optional certified mountain/trek guides for advanced routes

Gear & Fitness Guidance

- Packing list tailored to climate and terrain
- Hydration, sun, and heat/cold management plans
- Graded difficulty options and acclimatization pacing

Bond & Beyond Travel — Adventure Concierge

Email: hello@bondandbeyond.travel | WhatsApp: +[Your Number] | Instagram: [@bondandbeyondtravel](https://www.instagram.com/bondandbeyondtravel)

Ready to tailor hotels, guides, and trail difficulty to your travelers? We'll refine once dates and fitness levels are confirmed.