

## Alpine Trek - 3 Countries, 5 days

This is a challenging trek and involves covering up to 20km and 8 hours of walking a day, we will be ascending over mountain passes in excess of 2600m so a good level of fitness is required. That said, we will be travelling at a pace suitable for the group so don't be put off if you're concerned that you'll be left behind!

We will visit the famous mountain valleys of Chamonix, Val Ferret and Val D'Aosta; each with its own different style and atmosphere.

Along the route there will be plenty of time to take in the scenery, stunning majestic peaks of Mont Blanc, Aiguille du Tour, Mont Dolent and the Grandes Jorasses; amazing glaciers and look at the many varieties of alpine plant and wildlife along the way.

During the trek we will be staying in comfortable mountain huts, where breakfast, lunch and dinner will be provided. This is a hut to hut route and therefore minimal amount of kit is needed, a 30 litre daypack would be more than sufficient.



### Day 1

Fly into Geneva, transfer into the Chamonix valley, plenty of time to explore Chamonix and the views of Mont Blanc from the statue of Balme showing Saussure the route to the summit.

(Depending on arrival time, clients will need to source lunch and dinner)

### Day 2

Start out on the trail, with a chair lift onto the mountain, before heading across into Switzerland. We then begin the climb across the Col d'Arpette at 2665m - being the highest col crossing on the trek. We then descend into the Swiss town of Champex for dinner and overnight accommodation.

(Clients will need to source a packed lunch, however breakfast and dinner is provided)

### Day 3

Continuing along the Grand Randonee Tour du Mont Blanc, into the valley of Val Ferret - we head south to La Fouly and views of Mont Dolent and the Saleina glacier. We overnight at our mountain hut in La Fouly through the untouched scenery of timber chalets, hay barns and traditional alpine farming unaffected by the tourism of the bigger valleys.

(breakfast, lunch and dinner provided)

### Day 4

We leave La Fouly and climb over the Col Ferret at 2537m into Italy.

From the col we can view the entire Italian side of the Mont Blanc massif, stunning views of the Grandes Jorasses and Pre de Bar glacier and into the valley of Val D'Asota.

Transfer from Italy back to Chamonix to spend the remainder of the time as you wish.

(Breakfast, lunch and dinner provided)



### Day 5

Depending on flight times, more time to explore Chamonix and last minute photos before transferring back to Geneva.

(Breakfast provided)



### Cost -

The price of the trek is £600, to which a deposit of £300 is required at the time of booking and the final payment required no later than 6 weeks before the start of the trek. This price is based on dormitory style accommodation. Other accommodation options are available, such as twin rooms which will carry an additional cost.

## Frequently Asked Questions

### ***'Are flights included?'***

Unfortunately we cannot provide flights. Further information regarding preferred flights will be released at a later date. These will be based on trying to keep the total amount of travelling time to be kept to a minimum vs cost.

### ***'How much money will I need to bring with me?'***

Any additional drinks and snacks are at the clients expense, around £200 worth would be more than sufficient.

### ***'Will I have to carry all my belongings along the route?'***

No, there will be the option of leaving non essential luggage at the hotel. You will be required to carry a daysack with your personal items and spare clothing, such as waterproofs etc.

### ***'What if I have special dietary needs?'***

We can cater for vegetarians and people who are wheat intolerant. Advance notice would be needed so we can arrange meals in advance.

### ***'What's included?'***

- Airport transfers
- 2 nights accommodation (hotel based shared rooms - B&B)
- In country transport
- 2 nights mountain hut style accommodation
- Food as indicated as above
- Enhanced First aid provision
- Qualified International Mountain Leaders

### ***'What's excluded?'***

- Flights
- Personal insurance
- Inoculations and personal medication
- Personal spending money
- Meals whilst travelling (airports, etc)
- Personal trekking equipment (clothing, poles, sleeping bag, etc) - equipment hire available.

## **How to book / Terms**

Places on the expedition are on a first come first served basis - places are confirmed once we have received either the deposit or payment in full.

All payments will be acknowledged by either an email or telephone call to confirm safe receipt. Please do not book flights until we have verified that the trek will be taking place. This will be done with plenty of notice.

If you are unsuccessful in obtaining a place on this trip we will maintain a reserve list. Should for whatever reason we cancel the expedition you will be given a full refund including deposit (i.e. minimum numbers not reached, etc).

Payment – an immediate non - refundable (if you decide not to attend the expedition) deposit of £300 is required.

Payment terms on agreement between you and Aspire2Summit

The remainder of the balance is due no later than 6 weeks prior to the commencement of the trek  
Please check that your passport is valid for a further 6 months beyond the return date of the expedition.

Once we have confirmed your booking, we will send out a combined medical / consent form and also a provisional kit list.

We will keep you updated with any changes or developments should they occur.

Should you have any further questions or would like to clarify any points, please feel free to either email us at [contact@aspire2summit.com](mailto:contact@aspire2summit.com) or give either of us a ring –

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