TECHNICAL SHEET

BETWEEN LAKE GENEVA AND MONT-BLANC

Family trek with donkeys

Reference · 53

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Refuge & hotel	**2/4 ★★☆☆**	**775 €**

Come and discover the Chablais region, between Lake Geneva and Mont Blanc, a UNESCO World Geopark, its beautiful mountain pastures and all the stories they tell. Sleep in a trapper's camp, hunt for marmots (just to observe them, not to eat them!), hike to a pass or a small summit, make a herbarium or even a water mill! And to complete the adventure, spend one last night far from civilization, in a refuge nestled in the heart of the mountains! Donkeys are with us all the way. Faithful companions, they carry our picnics, let themselves be brushed, led by the bridle or cuddled, they are the children's best friends.

You will love

- The donkey, children's companion
- Animal spotting: marmots, chamois, mouflons...
- Superb scenery, especially on the Mont-Blanc massif
- Creation of a herbarium and water mills
- Encounters with mountain farmers
- Two adventurous nights in a trapper camp
- One night in a refuge, in complete immersion in the heart of the mountains

Day-by-day itinerary

DAY 1

Meet Sunday at 2:30pm infront of the Post Office in Morzine.

COL DE L'ENCRENAZ - MOUTAIN PASTURE OF FORON

After a short briefing, start off on an easy hike to get used to the donkeys... learn to lead them, give some gentle coaxing and kind cuddles. Cross the Dérêches Park and climb up towards the Montriond Lake along the local river La Dranse. Swimming and nautical activities possible on the lake. Or an extra hike to reach the Ardent waterfall. Night in a hotel near the lake in a Canadian atmosphere.

2 hour walk / Elevation: +100m

DAY 2

COL DU FORON - COL DE LA BOLIRE

The day starts with a "hello" to Pierrot, always ready to tell a story about his life in the pastures with his herd. Climb to the Col du Foron (1832m), with the donkeys where we can see numerous chamois and marmots in this corner of paradise. Arrive at the Col du Foron and the brave mountaineers can climb to the summit of the Pointe de Chalune at 2116m with its superb views of the whole of the Chablais mountain range and Lake Geneva. Descend via Chalet Blanc and the Col de la Bolire. Return for a second night to our hunter style basecamp.

4.5 hour walk / Elevation: +/- 550m

1.5 hour walk / Elevation: +/-220m to Pointe de Chalune

DAY 3

COL DE LA BASSE - LES PRAZ - LAC DES MINES D'OR

It's time to reach our new playground. Climb to the Col de la Basse for a final view of the Roc d'Enfer and Mont Blanc. Descend through the mountain pastures of Les Praz and Côte d'Arbroz, before returning to the Vallée de la Manche after a short transfer to the Lac des Mines d'Or.

Settle into your hostel for two nights, facing the mysterious Terres Maudites...

4.30 hour walk / Elevation: +/- 350 m

DAY 4

SMUGGLING TO THE COL DE COUX

A big day! Depart early with the donkeys towards the farm at Freterolles to watch Louis-Paul making cheese, local tomme de Savoie and goats cheese. For those who don't like the smell of cheese you may drink a coffee (or a glass of local white wine!) in the farmhouse bar whilst you wait. We continue on to the Col de Coux at 1920m the French Swiss border rich in historic tales of smuggling, clandestine crossings, gold prospectors and a route for migrating birds... Descend through mountain pastures amongst local Abondance breed cows. Second night in the gîte at Lac des Mines d'Or.
5 hour walk / Elevation: +/-530m

DAY 5

COL DE LA GOLÈSE - REFUGE DE BOSTAN

Our budding adventurers set off on foot from the gîte, with our donkeys, for a final night in the heart of the mountains! We climb through forest and pastures to the Col de la Golèse. The landscape changes as the Dents d'Oddaz range emerges like the crest of a huge sleeping prehistoric animal... a short traverse, a last little climb to reach the refuge, nestled against the animal's side, and the discovery of the Lapiaz can begin. Overnight at the Bostan refuge, in the magical atmosphere of a late day far from civilisation!
4.30 hour walk / Elevation: +580m /- 210 m

DAY 6

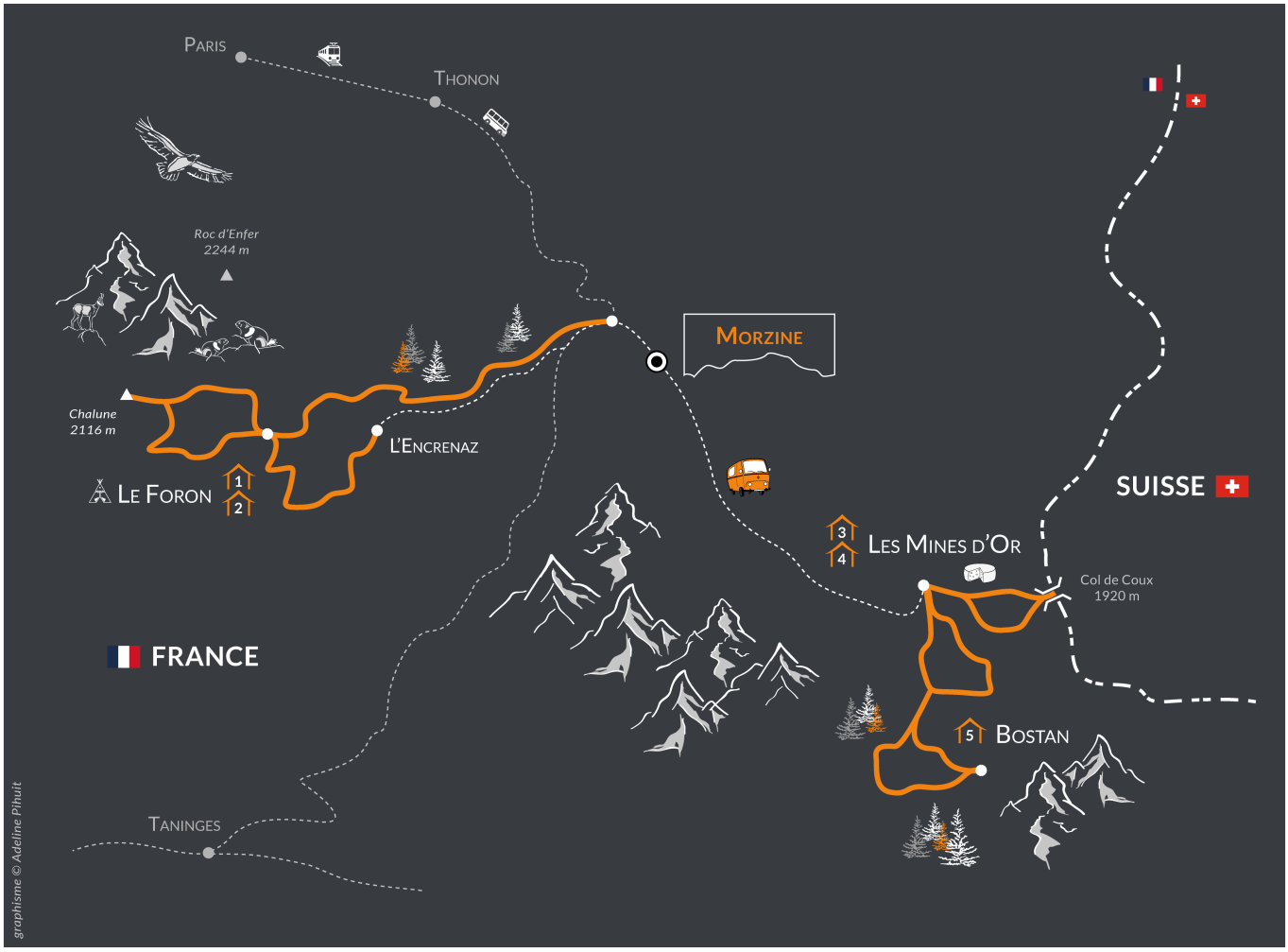
VALLON DE CHARDONNIERE - MORZINE

From the refuge, traverse to the Bostan ridge and then descend to the Chardonnière mountain pasture, at the foot of the majestic Terres Maudites. Picnic by the stream (very useful for making dams and other water mills). Return to Les Mines d'Or along the footpaths and short transfer to Morzine.
4.5 hour walk / Elevation: +150m -510m

End point Friday at 4:00pm in Morzine.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc. (depending on the natural conditions and the fitness of the group).

Personalised tour available, please ask.



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Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

DEPARTURES AND PRICES

Adult : **935 euros**
Teenager (12-15 years) : **850 euros**
Child (6-11 years) : **775 euros**

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified mountain leader;
- All meals including picnic lunch and snacks during the day;
- Accommodation in tents, gîtes or refuges, shower tokens in accomodation if required;
- Daily luggage transfer between accommodation by the donkeys and b us transfers.

The price does not include:

- Personal expenses (drinks, etc...), touristic visits;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL **

Elevation: +/- 500m average per day.
Walking time: 4 to 5 hours average per day.
Type of trek: Accessible to children aged 6 and over, with flexible, adaptable itineraries. Easy hikes of 6 to 8 km maximum per day.
Please find the description of the levels by clicking here: Level of difficulty

GUIDING

Your trip is organized in a group of 6 to 14 people under the responsibility of a guide. A qualified professional, he or she is the guarantor of the smooth running of the trip, the activities and the exploration of the environment. The mountain guide leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker.
As a thank you, it's usual to tip your guide at the end of your hike. It's not obligatory, but much appreciated.

GET YOUR IMAGINATION WORKING

The Chablais mountains are particularly suited to the discovery of the alpine environment:
- Typical farmed mountain pastures watched over by shepherds;
- Easily reached mountain summits;
- Wildlife in abundance that we can observe with binoculars and spot their tracks;
- Large panorama of the Alps, ideal to learn about geography and geology (if you feel like it!);
- Historic region full of tales of smuggling, gold prospectors, shepherds secrets and more...

We have designed this program with children in mind but also so you may enjoy this experience with them.

TRAVELLING WITH A DONKEY

Donkeys are your children's companions. They motivate them to walk alongside them, carry the day's picnics, let themselves be brushed, led by the bridle or cuddled. They can carry tired young hikers on their backs (children weighing up to 40 kg), terrain permitting. A donkey walks at around 4km/h and is not a great sporting performer, but with a little firmness and a lot of affection, you'll soon make it your hiking companion. 3 to 4 children are allowed one donkey each.
The donkey is docile, placid and gentle, but has its own character. They can be unpredictable, so you need to remain vigilant at all times. During the hike, any child carried is the full responsibility of the adult responsible for the child. You are therefore required to have insurance.

ACCOMMODATION

2 nights camping (tents and mattresses provided, *bring your own sleeping bag) ;
2 nights in family rooms for 2 to 4 people in a gîte or hotel ;
1 night in dormitory for 12 persons in refuge, without shower
The "hunter" style basecamp is as comfortable as possible whilst keeping close to nature: communal mess tent with dining table

and wood stove, family tents for the night with thick sleeping mats, fire pit area for the barbecue, compost toilet. No running water.

MEALS

Breakfast and dinner are provided in each accommodation or prepared together at the camp. During the two nights in the bivouac, meals are prepared together and the dishes are washed together using water from the nearby spring. It's a collective living space that provides a break from the usual rhythm of life and requires everyone to get involved.
Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.
Please inform us about your food allergies and special diets **at the time of booking.** We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

IGN 3528ET Morzine (1/25 000) GROUPE

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 2:30pm in front of the Post Office in Morzine, with your luggage and ready to start walking. If you come with your car, you can also be collected from the free Le Nantégué car park (1150 route de la Plagne 74110 Morzine) **at 2.45pm** (Please notice us about your way to access to Morzine.)

BY TRAIN
Timetables must be checked on www.oui.sncf

BY BUS VIA THONON OR CLUSES
www.sat-leman/ligne-91-thonon-morzine

BY CAR
Take the A40 motorway to Cluses, then direction Morzine/Avoriaz (les Portes du Soleil), follow Taninges, Les Gets to arrive in Morzine. Free parking Le Nantégué (1150 route de la Plagne 74110 Morzine).

End point Friday at 4:00pm in Morzine.

ACCOMMODATION BEFORE AND AFTER

Hôtel Alpen Roc : +33 (0) 50 75 75 43
Chalet Manava B&B : +33 (0)4 50 75 60 85
Tourist Office Morzine: + 33 (0)4 50 74 72 72
www.morzine-avoriaz.com

TO CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Doudoune
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in crantées
- A pair of plastic 'Croc' type shoes to play in the water.
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches (0,4 ~ 0,5L)
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase - **Extra sleeping bag for the bivouac**
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks. For children, a small backpack of 15 litres to carry a waterproof jacket and waterbottle.

LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag with all your possessions inside, no heavier than 10kg per person** . Your luggage is carried everyday by a driver and will be transported between accommodation.
Luggage which is too big and too heavy won't be accepted by the drivers, think about their backs!
If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.

YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE

On night 5, your luggage won't be delivered at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):
- small toilet bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

You can gather your belongings in a waterproof bag (furnished) which will be transported by the donkeys.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**BETWEEN LAKE GENEVA AND MONT-BLANC**
Number of days	**6**
Insurance	
Trip price	**775 €**
Estimated deposit (30%)	**232,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

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