




JURA, BALCONY OF THE ALPS


A star-spangled week in snowshoeing paradise!




With its hilly terrain, windy ridges and deep woods still home to Lynx and Great Grouse, it's hard not to think of the Far North and the forests of the Taiga Mountains when you walk through the snowy combs of the Jura. Between mountain pastures and ski resorts on a human scale, this massif is above all a paradise for hiking and northern activities (snowshoeing, cross-country skiing...).

During a week between France and Switzerland, the various hikes explore the wild and unspoilt corners of this border region, offering exceptional views of the Lake Geneva and the entire Alps. Return every evening to a comfortable hotel with indoor pool and sauna.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Hotel

 Level : **

 From : 890€

You will like

- The discovery of the Jura, a little frequented and wild massif;
- A northern relief perfectly adapted to snowshoes, for hikes accessible to all;
- Spectacular views of the Alps and Lake Geneva;
- A cultural approach to snowshoeing
- A warm and comfortable hotel with sauna (extra charge) and indoor heated pool
- Wildlife sightings in the wilderness.

The route

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

The trip

LEVEL **

Altitude difference: +/- 400 to 650 m following the steps.

Walking time: about 4 hours of walking per day, depending on the level of the group.

Physical level: accessible to all, even to hikers who have never snowshoeing.

Stay in star allowing, if necessary, to rest a day during the stay.

GUIDING

Number of participants between 6 and 8 people supervised by a qualified professional (mountain guide).

ACCOMODATION

In comfortable hotel: 6 nights in rooms for 2 people.

MEALS

Breakfasts and dinners are taken at the hotel.

For lunch, packed meals are prepared by the hotel except for one day in the week when the hot lunch will be taken in a mountain hut.

Practical information

ACCESS TO THE STARTING POINT

Meet Sunday 5th March at 6pm at your hotel in Les Molunes.

BY TRAIN

Go: departure from Gare de Lyon (Paris) at 12:18 pm arrival in Geneva at 3:30 pm.
Then train Geneva - La Cure, departure Geneva at 15:50, change in Nyon and arrival at 17:15.

Return: departure from the Cure at 10:44, arrival in Geneva at 12:00. Train from Geneva at 12:30 to Paris, arrival at 15:42.

The schedules given are indicative and must be checked with SNCF and SBB.
oui.sncf; sbb.ch/

BY CAR

From Paris, join the A6 direction Lyon then A36 (Besancon, Dôle) and A39 towards Grenoble/ Geneva. Exit N°7 Lausanne, Pontarlier, then follow the N83 then N5 towards Poligny, Champagnole, Morbier, Les Rousses and finally Les Molunes.

End of stay saturday around 10am at the hotel after the breakfast.

TO CONTACT US

If you are late, contact the agency at: **+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07**

Dates & prices

THE PRICE

The price includes:

- Organisation and booking fees ;
- Guiding by a qualified and insured mountain leader ;
- All meals including picnic lunch and simple snacks during the day ;
- Accommodation in hotel ;
- Snowshoes, poles and avalanche equipment ;
- Daily transport to the departure point ;
- Taxes.

The price does not include:

- Cancellation Insurance (4.2% of the tour price);
- Personal expenses (drinks, etc...);
- Touristic visits;
- Your return journey from home to the point of departure/end point;
- Airport taxes;
- Other exclusions clearly described within the corresponding technical sheet.

The price is all inclusive from departure to end point.

Equipment and baggage

EQUIPMENT LIST

Material for snowshoeing (snowshoes and poles) is provided. However, if you have your own equipment and would like to use it you are free to do so.

Clothing

- Waterproof ski or winter walking trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)
- Sturdy waterproof walking boots

Other Equipment

- Rucksack minimum 35 litre capacity
- Sunglasses and ski mask
- Sun cream
- Water bottle and Camelback (1.5 litre minimum)
- Knife and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 35 to 40 litres for your avalanche safety equipment (transceiver, shovel and probe), personal belongings for the day (warm clothes, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

HOW TO REGISTER

- By internet: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
180, route du lac
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.

The balance must be paid one month before departure without a reminder from us.

For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE