



🕒 7 days

👤 Guided / with a guide

🧳 With baggage transport

🏠 Accommodation : Classic or comfort

🏔️ Level : ***

💰 From : 1025€

You will like

The route

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: + 300 to 1400 m approximately per day.

Walking time: 3 to 7 hours per day.

Type of trek: this tour is not technically difficult and is open to children from 12 years.

ACCOMMODATION

6 nights in dormitory

All accommodation offers hot showers.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of a healthy salads and local products.

MAPS

Vanderkarte 1/50000^{ème} Berner Oberlans 5004

Et Gstaad – Adelboden 1/50000^{ème} 5009

Practical information

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 gîtes, refuges and small hotels, shower tokens in accomodation if required ;
- Daily luggage transport between accommodation and bus transfers.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits ;
- Your return journey from home to the point of departure/end point ;
- Airport taxes and other exclusions clearly described within the corresponding technical sheet.

The price is all inclusive from departure to end point.

Equipment and baggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- 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
- 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
- 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 (blankets provided at accommodation)
- 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.

BAGGAGE TRANSPORT

Your baggage will be transported daily between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the the driver to refuges, which access is not always easy! **Luggage which is too big and too heavy won't be accepted by the drivers!**

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.

Details

HOW TO REGISTER

- By internet: <http://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