




## MORZINE PANORAMA


An authentic mountain... between Lemman and Mont Blanc !




Morzine is well known for its ski resort but is also part of a wider mountain range at the limits of Mont Blanc massif. The label "Géopark", awarded by Unesco in 2012, recognises the treasures of this area: wildlife, geology, history, human heritage, gastronomy, flora...

We'll discover some surprising landscapes during beautiful easy hikes. In the evening, a warm and cosy 3\*hotel awaits us.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Hotel \*\*\*

 Level : \*\*

 From : 920€

### You will like

- Easy hikes in a stunning mountain range
- Discover the cultural and human heritage
- Wildlife, flora and geological treasures of the Haut-Chablais
- A comfortable 3\*hotel with swimming pool, spa and tempting dessert buffet
- The village of Morzine and its entertainment

# The route

## Day 1

Meet Sunday at 6:00pm at your hotel in Morzine for a presentation with your guide.

## Day 2

### COL LA BASSE AND COL RATTI (1905m)

An amazing panorama for the first day hiking overlooking the Mont-Blanc range. A flexible hike with different possibilities to get to know the group.

3 to 4 hour walk / Elevation: between +350 to +600m / -250 to -500m

## Day 3

### LA CHAILLA RIDGES AND GOLESE PASS

Crossing old pastures, this hike brings us to a ridge (1837m) which offers a "postcard view" all over the Dent Blanche massif and one of the major Geopark spot : the "Rouleau de Bostan". Going back via the Golèse refuge.

4.5 hour walk / Elevation: +/- 530m

## Day 4

### BISE AND DARBON LAKE

Shift of valley to observe ibex between the Bise high limestone cliffs. Picnic at the edge of the emerald Darbon Lake.

5 hour walk / Elevation: +/- 620m

## Day 5

### PASS OR PEAK OF CHALUNE

Departure from the Foron pasture, between chamois and marmots that we can observe in the near distance. Going up to the Chalune pass and on to the summit (2116m) for those who wish. Going back via the Bolire pass through the pastures.

4.5 to 5.5 hour walk / Elevation: between +/- 640m and +/- 760m

## Day 6

### COL DE COUX AND FARM VISIT

Between smuggling and migration, Col de Coux (1920m) is full of stories... without forgetting the view over the Swiss mountains. Going back via the Freterolles farm to visit their cheese production where you can buy some local cheese.

4 hour walk / Elevation: +/- 520m

## Day 7

End point Saturday morning after breakfast.

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.

# The trip

## LEVEL \*\*\*

Elevation: +/- 400 to 700m approximately per day.

Walking time: 3 to 5 hours per day depending on the group.

Type of trek: this tour is not technically difficult.

According to the group's fitness level, some higher level variations are possible.

The tour with one hotel only allows you to have rest day during the week at any point.

## GUIDING

Number in a group between 6 and 14 people guided by a qualified professional mountain leader.

## ACCOMMODATION

6 nights in a 3-star hotel in twin/double bedroom. Single supplement: 160€ for the week (depending on availability).

Located 500m from the centre of Morzine, this hotel offers all the comfort for a week of sports and relaxation: a large living room with warming wood fire, spa with sauna, jacuzzi, indoor heated pool and a cosy bar. The hotel is also a food lovers heaven with a large menu of local dishes.

The village centre is within easy walking distance with a large selection of shops and an outdoor ice-rink. Weekly cultural events include: a visit to the sawmills in Morzine old town, the slatamines or the local cheese makers producing tomme, reblochon and abondance. Morzine also offers a lively après-ski nightlife with wine bars, pubs, open air djs, clubs....

## MEALS

Breakfast and dinner are provided at your hotel.

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

*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 Top 25 - 3528 ET Morzine and 3530 ET Samoëns

## Practical information

### ACCESS TO DEPARTURE POINT

**Meet Sunday at 6pm at the hotel in the center of Morzine.**

#### BY TRAIN

Inbound: depart from Paris Gare de Lyon, to Thonon. Then bus from Thonon to Morzine with [BUS Y91](#). 10 minutes walk (or free village bus) to the hotel.

Return: depart from Morzine by bus to Thonon. Then train from Thonon to Paris Gare de Lyon.

*Book your train online on the [SNCF website](#).*

#### BY CAR

Take the A40 motorway to Cluses, then direction Morzine/Avoriaz (les Portes du Soleil), follow Taninges, Les Gets to arrive in Morzine.

#### CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: [blablacar](#), [laroueverte](#), [roulezmalin](#)

**End point Saturday around 09:30am after breakfast at the hotel.**

### ACCOMMODATION BEFORE AND AFTER

Hôtel Alpen Roc 0033 (0)4 50 75 75 43

[Morzine](#) Tourist Office: +33 (0)4 50 74 72 72

### INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

### 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**

## Dates & prices

From 16/06/24 to 22/06/24	Guaranteed departure	960 €
From 23/06/24 to 29/06/24	Open departure	960 €
From 30/06/24 to 06/07/24	Open departure	960 €
From 07/07/24 to 13/07/24	Full	960 €
From 14/07/24 to 20/07/24	Guaranteed departure	960 €
From 21/07/24 to 27/07/24	Guaranteed departure	960 €
From 28/07/24 to 03/08/24	Guaranteed departure	960 €
From 04/08/24 to 10/08/24	Guaranteed departure	960 €
From 11/08/24 to 17/08/24	Guaranteed departure	960 €
From 18/08/24 to 24/08/24	Guaranteed departure	960 €
From 25/08/24 to 31/08/24	Open departure	960 €
From 01/09/24 to 07/09/24	Guaranteed departure	960 €
From 08/09/24 to 14/09/24	Open departure	920 €

## THE PRICE

### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and snacks during the day;
- Accommodation in hotel, access to the spa, swimming pool and sports facilities at the hotel and daily transport to the departure point.

### The price does not include:

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

Single supplement: 160€ for the week

**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.

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](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  
62 Passage du Nant Devant  
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:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE