

# SNOWSHOE AND WELLNESS GETAWAY IN THE MONT BLANC MOUNTAINS

Soft activities and winter hiking



A haven of relaxation and beauty, the Mont Blanc region offers an ideal environment for contemplation and gentle exercise. **Three days to refocus on yourself and appreciate the mountains through hiking and yoga.** The programme also includes a wellness break at the **Mont Blanc thermal SPA.**

🕒 3 Days

👤 Guided / with a guide

🧳 With or without luggage transportation

🏠 Accommodation : Hotel \*\*\*

🦋 Level : \*\*

💰 From : 695€

## You will like

- Snowshoe walks accessible to all, combined with gentle yoga sessions
- Exceptional views of Mont Blanc
- Comfortable, bright accommodation in the center of St-Gervais-les-Bains
- A spa activity for maximum well-being
- A local guide qualified in the practice of yoga

# The route

## Day 1

**Meet at 10am at your accommodation for a debrief with your guide.**

Our walks are chosen to be accessible without any danger for most of the winter. However, the guide may have to modify the programme according to the weather or an exceptional avalanche risk, in order to offer you the best choice for the day (forest outing in the snow, panoramic outing in fine weather, etc.) in complete safety. Walking times and gradients are given as a guide only, and may vary depending on the quality of the snow.

### **MEGÈVE AND THE STASSAZ WATERFALL**

A short minibus transfer (around 20 minutes) takes you to the start of the hike in the small hamlet of La Livraz, where the Megève cross-country ski area is located. It's a gentle, enchanting first day in cold, sparkling snow. We made our way to the impressive frozen Stassaz waterfall, where a group photo was inevitable. The descent is a playful one, as we slalom between snow 'mushrooms' standing on cut logs and small boulders.

Return to the hotel after the return transfer.

4:00 hour walk / Elevation : +/- 400 m

## Day 2

### **PANORAMIC YOGA HIKE ON MONT BLANC FOLLOWED BY A MOMENT OF RELAXATION AT THE ST-GERVAIS THERMAL BATHS**

Short transfer by minibus (approx. 25 minutes) to the family resort of Passy Plaine-Joux, which offers a unique panorama of Mont Blanc, on the way to Lac Vert. This lake is the undisputed natural emblem of Passy and a popular target for photographers. Then it's a short climb to the Châtelet des Ayères, where a yoga break is unavoidable.

Depending on the mood of the group, an additional loop can be made via the Mollays mountain pasture.

4:00 hours walk / Elevation: +/- 400 m

After this second day of sport, what could be better than a moment of relaxation at the thermal baths of St-Gervais-les-bains?

*"The Spa Thermal des Bains du Mont Blanc offers you an exceptional wellness break! Between indoor and outdoor spaces, the Bonnant gorge becomes the setting for an elegant stroll in the heart of a breathtaking environment"*

## Day 3

### **PORCHEREY MOUNTAIN PASTURE LOOP**

From the Plan de la Croix, at an altitude of 1450m, we walk between forest and mountain pasture, facing the Mont Blanc massif, with views of the Aiguille de Bionnassay and the Dômes de Miage. The panorama of the Val Montjoie is dazzling! A few footprints in the snow take us to the Croix de Porcherey, where we enjoy an invigorating yoga session in the great outdoors. After a final convivial picnic, we make our way gently back to the plan de la Croix to round off this rejuvenating weekend.

3 to 4:00 hours walk / Elevation: +/- 250m

**End of stay around 4pm at the accommodation**

# The trip

## LEVEL \*\*

Elevation: +/- 400 depending on the stage.

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

Fitness level: This tour is accessible to everyone, even hikers who have never tried snowshoes before. A good shape is required. Do not hesitate to do some training in the weeks before departure: 2 to 3 hours of walking, at least twice a week, will ensure that you arrive in good shape and enjoy your excursions. If you need a day off, it is possible to stay at the hotel.

## THE SNOW

With climate change in progress, we can no longer be sure of the presence and quality of snow in the mountains, even in the Northern Alps. However, the mountains in winter, even without snowshoes, are still a treasure trove to be discovered. When snowshoes can't be used due to lack of snow, mini-crampons are available to ensure that you can practise in complete safety.

## GUIDING

Number in a group between 6 and 12 people supervised by a qualified professional winter mountain leader, specialist in snow and avalanches.

## ACCOMMODATION

Accommodation in a charming 3-star hotel in the centre of Saint-Gervais-les-Bains. Rooms for 2 people with private bathroom (3 people if there is an odd number of people). Single room supplement on request.

## MEALS

Breakfasts are taken in the hotel and dinners in a restaurant in the centre of Saint-Gervais-les-Bains. For lunch, we take a picnic lunch of hot soup and regional produce.

## MAPS

IGN Top 25 - 3531 ET Saint-Gervais-les-Bains et 3531 OT Megève

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Friday at 10am with your guide at the accommodation.**

### BY TRAIN

Outward journey (Friday): Departure from Gare de Lyon (Paris), arrival at Gare du Fayet (Saint-Gervais-les-Bains). Then bus, departure from Le Fayet station (Saint-Gervais-les-Bains), arrival at Saint-Gervais-les-Bains village centre.  
Return journey (Sunday): Bus to Le Fayet station (Saint-Gervais-les-Bains). Departure from Gare du Fayet (Saint-Gervais-les-Bains), arrival at Gare de Lyon (Paris). Please check your journey with the SNCF.

### BY CAR

A40 motorway to Sallanches/Passy, then exit 21 towards Saint-Gervais-les-Bains. Hotel in the centre of the village of Saint-Gervais-les-Bains (74)

**The tour ends on Sunday around 4pm at the hotel.**

## ACCOMMODATION BEFORE AND AFTER

Extra night before or after your stay (based on a 2-person room): €83 in a B&B (subject to availability).  
[Saint-Gervais-les-Bains](#) tourist office : +33 (0)4 50 47 76 08

## CONTACT US

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

# Dates & prices

**Single supplement (depending on availabilities) : +155€ per person**

## THE PRICE

### Includes :

- Organisation and booking fees ;
- Guiding by a qualified and insured mountain leader ;
- Snowshoes (or mini crampons), poles and avalanche equipment ;
- Two nights accommodation in a hotel\*\*\* in rooms for 2 (3 people if there are an odd number of guests) on a breakfast basis ;
- Meals and snacks: dinners on days 1 and 2, picnics on days 1 to 3 ;
- Access to the Saint Gervais thermal baths on day 2 ;
- Minibus transfers at the start of the hikes.

### Does not includes :

- Cancellation insurance (4,2% of the tour price) ;
- Personal expenses (drinks, etc...) ;
- Touristic visits ;
- Other exclusions clearly described within the corresponding technical sheet.

**The price is all inclusive from departure to end point.**

From 13/12/24 To 15/12/24 **Open departure 695 €**

From 24/01/25 To 26/01/25 **Open departure 695 €**

From 31/01/25 To 02/02/25 **Open departure 695 €**

From 07/03/25 To 09/03/25 **Open departure 695 €**

From 14/03/25 To 16/03/25 **Open departure 695 €**

# Equipment and luggage

## 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. Avalanche safety equipment is also provided (transceiver, shovel and probe).**

### Clothing

- Waterproof ski or winter walking trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- 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
- Cup(s) for soup and coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Identity card or passport
- Swimming costume, clean flip-flops suitable for aquatic areas and towel (for your shower before leaving the spa)

### BACPACK

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, cup and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

## Details

## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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