

TRAIL & YOGA IN THE "PORTES DU SOLEIL" AREA

6 days to prepare your 2025 summer season



The promise of this trail improvement course?

- Coaches who are 100% available and ready to listen;
- A yoga instructor offering sessions adapted to trail running;
- a 4-star hotel with a SPA and swimming pool;
- all in the heart of the Chablais geopark and the Portes du Soleil ski area.
- 6 days, 6 trail-running sessions, 4 yoga sessions and maximum learning and progress to help you make your trail dreams come true.

In short, the ideal course to prepare for your summer trail running season, while sharing some great moments with other trail enthusiasts!

🕒 6 Days

👤 Guided / with a guide

🚚 Without baggage transportation

🏠 Accommodation : Hotel

🏆 Level : ****

🏠 From : 1095€

You will like

- 110 Kilometers & 8500 meters of positive and negative elevation gain in 6 exceptional days ;
- Advice and support from your guides, trail runners and trail enthusiasts ;
- The optimum comfort of a 4-star hotel : **Le chalet-hôtel la Marmotte, La Tapiaz et Spa**** aux Gets** ;
- Daily transport to the most beautiful trail routes in the Chablais Geopark.

The route

Day 1

Meet at 4pm at the hotel at Les Gets.

BRIEFING – FOOTING TRAIL

After settling in at the hotel and a full presentation of the week's activities, we set off for a short loop of a few kilometers in the forest around the center of Les Gets. A useful jog to loosen up your legs after the travel and check the level of the group. Overnight at the hotel.

Distance: 8km / Elevation: +350 m; -350 m

Briefing for the week: we'd like to stress that each day can be adapted to suit the level of the two groups and that the main objective is to complete a series of outings to build up a constructive trail block for the rest of your season. The distances and gradients announced on the following days are indicative and maximum. **Each day can be varied by approximately -5km and -500m.**

Day 2

LES MINES D'OR – TETE DE BOSTAN

Short transfer to the "Vallée de la Manche" and the pretty "Lac des Mines d'Or" (25min). A first loop with relatively gentle terrain help everyone find their marks and get used to alpine trails. The "Tête de Bostan" (2406m) is the day's target, with its panoramic view over the Dents Blanches massif. From the "Col de Bostan" (on the Swiss border) to the refuge of the same name, the lapiaz (karstic rock formations on the surface) add a little extra technical difficulty. End of the stage via "Col de la Golèse" and Chardonnière.

At the end of the day, Marion will help you recuperate with a gentle 45-minute yoga session.

Distance: 20km / Elevation: +/-1350 m

Day 3

LAKES MONTRIOND AND TAVANEUSE

Short transfer to Montriond Lake (20min). A more challenging day. After a few gentle kilometers along the lake and the river of Montriond, the tricky part begins and continues up to the charming Lake Tavaneuse, nestled in a small cirque at 1806 m altitude. Then, depending on weather conditions, there are several options: tour of 'Roc de Tavaneuse' or its ascent before returning to the starting point. At the end of the day, Marion will help you recover with a gentle 45-minute yoga session.

Distance: 25km / Elevation: +/-2000 m

Day 4

MOUNT CHERY – ASCENT WORK IN THE MORNING – YOGA IN THE AFTERNOON

Departing from the hotel, an uphill session on the slopes of Mont Chéry. After a gentle warm-up and a few intense workouts to wake you up, you're off for a short, dynamic workout on the slopes. The afternoon is dedicated to recovery, thanks in particular to the hotel's SPA area.

In the afternoon, Marion offers an energizing 1-hour yoga session adapted to trail running.

Distance: 10 to 15km / Elevation: +/-650 to +/-1000 m

Day 5

DENT D'OCHE OBJECTIVE!

After a 40min transfer, one of the most charismatic spot on today's agenda: the Dent D'Oche (2221m). Stunning trails, sometimes technical, between alpine pastures and limestone rock, matchless viewpoints over Lake Geneva and the mountains, are great motivations for completing this challenging day. Depending on terrain and weather conditions, an ascent of the Dent d'Oche is also possible. Before your meal, Marion will help you recover with a 30-minute gentle yoga session.

Distance 25km / Elevation: +/-2350 m

Day 6

TOUR OF THE ROC D'ENFER

Short transfer to the "Col de l'Encrenaz" (25min) for a final wild loop around the impressive "Roc d'Enfer" massif. A series of small passes are on the program: Col de la Basse, Col Ratti, Col de Foron... The last major effort of the week is the ascent of Pointe de Chalune (2116m). It offers a 360° panorama of Lake Geneva, the Jura mountains and the Alps. For the more motivated ones, it's possible to run back to the hotel via Mont Chéry.

Distance: 20 km / Elevation: +/-1550 m

Debriefing and end of the trail course in the afternoon at the hotel. The programme has been drawn up according to the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter the course.

The trip

LEVEL ****

Altitude gain: +/- 1400 to 2300m, depending on the route.

Running time: 4 to 7 hours per day.

Physical requirements: excellent physical condition required. Running sessions of 40min to 2h, 3 times a week, regular runs over varied terrain. Experience of trail running required.

PLEASE NOTE: our instructors reserve the right to decide whether or not you can continue the course, depending on your level, your state of tiredness or your ability to keep going. Arrangements will be made for your return to the hotel. This decision may be taken to avoid any major problems, and to ensure everyone's safety during the activity.

GUIDING

Number in a group between 10 and 20 people supervised by a qualified professional mountain leaders. It is common practise to tip your guide at the end of the trek, depending on your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

5 nights in 4-star hotel : **Le chalet-hôtel la Marmotte, La Tapiaz et Spa**** aux Gets** (in triple or quadruple rooms) Located in the centre of the village of Les Gets, this hotel offers all the comforts for a real week of sport and relaxation: large lounge with fireplace, cosy bar, SPA and heated indoor swimming pool... but also gourmet pleasures with a tasty table, varied and well-cooked menus and unmissable Savoyard specialities.

MEALS

Breakfast and dinner are provided in the hotel. Picnics are included and are carefully prepared daily by your mountain leaders. 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 Top 25 - 3528ET Morzine (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 4pm at the hotel at Les Gets.

BY TRAIN

Inbound: depart from Paris Gare de Lyon, to Thonon. Then bus from Thonon to Les Gets with [BUS Y91](#). 5 minutes walk 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 <https://www.oui.sncf/>.

BY CAR

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

CAR-SHARING

Get in touch with people to share a lift! [blablacar](#), [laroueverte](#), [roulezmalin](#)

End point Friday around 4pm at Les Gets.

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

THE PRICE

On request for your own group.

Group of 10 to 20 participants : **strating at €1095 per person in triple or quadruple rooms**

Options:

+€50 per person in a 2-person room (subject to availability)

+€200 in a single room (subject to availability)

Extra night before or after:

+€125 for a single room in B&B

+€85 per person in a shared room for 2 to 4 people (mini 2 people) in B&B

LE PRIX

The price includes:

- Organisation and booking fees, guiding by qualified and insured mountain leaders;
- Full-board meals and snacks during the day;
- Accommodation in a 4-star hotel and tourist tax.

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Cancellation insurance;

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Clothing

- trail shorts
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper and Gore-Tex jacket
- Gore-Tex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Running trail socks
- Running trail 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
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable trail backpack of 10 to 15 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.

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 (inc. 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:

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