

FURTHER INFORMATION



THE ALPS TREK

This breath taking charity trek covers 45 km through the Mont Blanc region of the Alps. Join us and be part of our amazing European challenge team and witness just how beautiful the Alps can be!

Just a hop away from the UK lies the beauty of the Alps mountain range. Only five days in total, this charity challenge is ideal for those with less time to take away from home. One magnificent highlight of this challenge is that we will visit through 3 countries in just 3 days – France, Italy and Switzerland!

Our charity trek will certainly challenge us with lots of ascents and descents, but the rewards are the pleasure of seeing the most spectacular views this part of Europe has to offer – from stunning cliffs to gorgeous waterfalls running from glaciers!

“BELIEVE YOU CAN”



THE ALPS TREK



CONTENTS

Page 2: Contents, introduction and financial protection.

Page 3: About Global Adventure Challenges, minimum numbers and responsible tourism.

Page 4: A few notes on Mont Blanc, useful tips and currency.

Page 5: Climate, temperature & humidity, snakes & bugs and health & vaccinations

Page 6: Safety & security, passport & visa and travel insurance.

Page 7: Flights, luggage and extending your stay.

Page 8: Accommodation, toilet & washing facilities and telephone & Wi-Fi.

Page 9: Other costs that you need to budget for and tipping.

Page 10: Difficulty & terrain, challenge grading and training tips.

Page 11: Support on your challenge and food, water & refreshment stops.

Page 12: Detailed challenge information.

INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change including the accommodation details noted within this document and the facilities available.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.



THE ALPS TREK

ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising

event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 13.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.



RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



THE ALPS TREK

A FEW NOTES ON MONT BLANC

With just under a 2 hour flight from the UK to Geneva, this long weekend challenge in the Mont Blanc region of the Alps will see you travel through 3 countries in 3 days.

Mont Blanc or Monte Bianco (Italian), meaning "White Mountain", is the highest mountain in the Alps. It rises 4,810.45 m (15,782 ft) above sea level and is ranked 11th in the world in topographic prominence. It is also sometimes known as La Dame Blanche (French for "the White Lady") or Il Bianco (Italian for "the White One").

The mountain lies in a range called the Graian Alps, between the regions of Aosta Valley, Italy, and Haute-Savoie, France. The location of the summit is on the watershed line between the valleys of Ferret and Veny in Italy and the valleys of Montjoie and Arve in France.

The three towns and their communes which surround Mont Blanc are Courmayeur in Aosta Valley, Italy, and both Saint-Gervais-les-Bains and Chamonix in Haute-Savoie, France — the latter being the site of the first Winter Olympics. A cable car ascends and crosses the mountain range from Courmayeur to Chamonix, through the Col Du Geant. Begun in 1957 and completed in 1965, the 11.6 km

(7¼ mi) Mont Blanc Tunnel runs beneath the mountain between these two countries and is one of the major trans-Alpine transport routes.

USEFUL TIPS

English	Italian	French
Yes	Si	Oui
No	No	Pas
Please	Per favore	S'il vous plaît
Thank you	Grazie	Merci
Hello	Ciao	Bonjour
Bye/See you	Arrivederci	Bye / Rendez-vous
I'm looking for...	Sto cercando...	Je recherche ...
Where is...?	Dove è ...?	Où est ...?
How much is ...?	Quanto costa?	Combien coûte ...
Does anyone here speak English?	C'e qualcuno che parla inglese?	Est-ce que quelqu'un ici parle anglais?
Toilets	Bagni	Toilettes
Men	Uomi	Hommes
Women	Donne	Femmes



CURRENCY

The unit of currency is the Euro. There is approximately Euro 1.10 to £1 GBP. Cash can also be exchanged in banks or associated currency exchangers (English notes only). We suggest you take cash with you on the trek itself as some of the overnights stops are really small towns and credit card facilities are very scarce.



THE ALPS TREK

CLIMATE, TEMPERATURE & HUMIDITY

The climate in the region is influenced greatly by your location height therefore the temperatures can vary widely during this trek. The higher we go the colder and wetter it becomes and at a certain point towards the summit of Mont Blanc all precipitation is snow. The months of May, June, July, August & September tend to have the nice weather with good average temperatures.

Month	Average Max Temp (F)	Average Min Temp (F)	Average Max Rain Fall (mm)
Jan	36	3	140
Feb	37	5	153
Mar	46	9	243
Apr	54	10	102
May	61	21	305
Jun	68	25	262
Jul	72	28	240
Aug	72	30	118
Sep	64	25	113
Oct	55	19	78
Nov	45	9	235
Dec	37	5	4

*The temperatures and rainfall measurements stated above are for Chamonix.

SNAKES & BUGS

There are snakes and spiders that inhabit the area, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!

HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history.**



Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 64 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend you use a high factor sunscreen and re-apply regularly.

THE ALPS TREK



SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

Credit card for emergencies – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

UK citizens do not need to acquire a visa to enter any countries visited on the challenge. For other nationalities please contact the appropriate Embassy.

TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply for it are enclosed in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



THE ALPS TREK

FLIGHTS

Flights normally depart from the UK early in the morning and will arrive back into the UK late afternoon / early evening. Your flying time will be approximately 1.5 hours on both the outbound and inbound leg.

Your exact flight details will be confirmed in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and be in economy class. If you would like us to look into upgrading you to a different class please contact our Customer Care team at customer.care@globaladventurechallenges.com or call us on 01244 676454.

LUGGAGE

You will need a large soft holdall/rucksack for your main luggage which will be transported by vehicle to your hotel.

We recommend that your main piece of luggage weighs no more than 15kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camel bac to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.



EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at customer.care@globaladventurechallenges.com or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.



THE ALPS TREK

ACCOMMODATION

We will use a mixture of both hotels and mountain refuges on this challenge. The hotels are clean and comfortable, the mountain refuge will be dormitory style accommodation, and will be much more basic than what you are used to in the UK. The mountain refuge does have some hotel style rooms but we use the dormitory to ensure we have the same standard of accommodation for the entire group and after all it is a charity challenge not a holiday!

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at customer.care@globaladventurechallenges.com if you would like the cost of a single supplement.

Please note single accommodation is not possible at the mountain refuge.

Accommodation details given further on in the challenge itinerary section of this document are strictly subject to change. This includes the facilities and services available on each night.

TOILET & WASHING FACILITIES

When staying in hotels most will have en-suite washing facilities.

During the day whilst trekking, it may be necessary to use 'the great outdoors'. Please bury everything before you leave. It is a good idea to carry a small amount of tissue in a plastic bag in your daypack every day, but please dispose of this appropriately - take matches or a lighter to burn the paper when possible or use 'nappy sacks' and dispose of when you reach a bin. Please keep the region beautiful!

Remember to wash hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.



TELEPHONE & WI-FI

Telephone and Wi-Fi are readily available in Geneva and other major towns or cities we stop at. But due to the type of terrain in the areas we trek through mobile telephone signals can be patchy and will decrease significantly, obviously this varies with the terrain. Please don't rely on being able to use your mobile phone as coverage will be poor to non-existent for significant parts of the challenge.

Wi-Fi – will also be very limited along the route and more information can be found on Wi-Fi availability at the hotels and camps we stop at later in this document.

There will be the opportunity to charge electrical items at hotels so make sure you bring the appropriate travel adapter for the region.

In certain hotels the electrical sockets have a particular shape which do not accept standard international plug adapters. Please check that your adapter fits the below socket.



THE ALPS TREK

OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Travel insurance	£37
Spending money	£150 - £200
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach.

Average costs - A few examples of average costs in Chamonix would be - €1.20 to €1.50 for coffee, €2.50 to €3 for half a pint of beer and €8 to 10 for a sandwich and drink.

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

TIPPING

Tipping your crew is appropriate, customary and always appreciated. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. We recommend around of around £15 - £20 from each person but this does depend on your budget, and what you feel is appropriate.



THE ALPS TREK



DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 2 (Tough).

Trekking for 3 consecutive days and covering approximately 45 km our route will certainly challenge us with lots of ascents and descents walking on varied terrain including forest paths and mountain trails.

Although the distance covered is not huge, you will be trekking for approximately 7 hours on the second and third days of the actual trek.

As mentioned previously this itinerary has been designed to maximise our chances of success, it is worth remembering it is not a race and one top tip you should follow is to trek at a slow steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

TOUGH

A 'Tough' trek features more demanding activities and the days are generally longer and harder than a challenge graded as 'challenging'!

The challenge is likely to involve considerable amounts of facilities that we aren't accustomed to in the UK.

The weather can be more unpredictable on these challenges.

Please contact the office and speak to the team if you are in ANY doubt regarding your suitability for one the challenge events.

TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential in order to complete these challenges and prior fitness preparation is a MUST! It is important that you are fit enough to complete the challenge.

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Tough' and we strongly recommend training for this challenge.

Our training tips include:

- Train in the hills and in particular, on short, steep sections. Lots of step training will also prove to be of massive benefit. If you haven't experienced aching feet then we suggest you probably haven't trained for long enough.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.



THE ALPS TREK

SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK and knowledgeable and experienced local professional mountain guides to look after us.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour Outdoor First Aid qualified.

FOOD, WATER & REFRESHMENT STOPS

All meals will be provided on the challenge from dinner on Day 1 to breakfast on Day 5.

You will have a chance to try the best in French and Italian cuisine with a little bit of Swiss cheese and chocolate on the side!

All dietary requirements can be catered for so long as we know in advance.

We don't have scheduled rest stops but we can stop at any time for water and snacks. Rest stops will be whenever needed and depend on the dynamics of the group.

We will need to drink between 4 and 6 litres per day and will need to have enough containers for up to 4 litres during the day's trek.

We recommend you bring some of your own snacks. Tracker bars and fruit sweets such as jelly babies are ideal to give you an extra boost when you find the going tough.



THE ALPS TREK



DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK to Geneva	Approx. 1 hour, 30 minute transfer to our hotel.	Hotel Mercure Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes	Dinner	N/A	N/A	<ul style="list-style-type: none"> Upon arrival in Geneva we transfer to our hotel in Chamonix. Tonight we will meet our local guide(s) for the challenge. We will also have a briefing about the challenge ahead.
Day 2: Val Ferret to La Fouly	Approx. 1 hour transfer to the start of our trek.	Hotel Edelweiss (refuge) Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Tough	Distance Trekked: 15km Trekking time: 7 hours Height gain: 893 metres	<ul style="list-style-type: none"> In the morning we transfer to our start point the head of Val Ferret. We immediately ascend along the back wall of the valley to our highest point of the day - Grand Col Ferret (2,537m). The views are breathtaking – waterfalls tumbling from glaciers and long distance view to Italy. We then descend to the Swiss village of La Fouly. Our accommodation tonight will be dormitory style.
Day 3: La Fouly to Champex	N/A	Hotel Splendide Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Challenging	Distance Trekked: 15km Trekking time: 6 hours Height gain: 548 metres	<ul style="list-style-type: none"> A slightly easier day as we follow the Swiss part of Val Ferret to Champex The trail will take us through traditional Swiss villages and across open meadows. The views on the trek today are outstanding. Champex is a lovely little town and we should have the opportunity at the end of the day to visit the town and lake.
Day 4: Champex to Col de la Forclaz	Approx. 1 hour transfer from finish to Chamonix	Hotel Mercure Mobile phone reception: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Tough	Distance Trekked: 16-19km Trekking time: 8 - 9 hours Height gain: 1,209 metres	<ul style="list-style-type: none"> An early morning start and we ascend immediately as we trek around the Fenetre d'Arpette (2,665m). We will finish our challenge at either Col de la Forclaz or at Trient. Our toughest day of the challenge but an amazing end to our adventure! Tonight we celebrate our achievements in Chamonix.
Day 5: Depart Geneva to UK	1 hour 30 minute transfer to Geneva	N/A	Breakfast	N/A	N/A	<ul style="list-style-type: none"> After breakfast we have a few hours to explore Chamonix before transferring to Geneva for our afternoon flight back to the UK.

