



WALKING & TREKKING AROUND CHAMONIX

Walking and trekking in the Chamonix Valley is second to none. Surrounded by some of Europe's most stunning peaks and the snow-capped Mont Blanc, walkers have the choice of a huge range of trails from which to enjoy the spectacular views.

From mellow valley-level routes, following fast flowing streams, day and overnight walks, right through to some challenging multi-day mountain treks - the Chamonix Valley has something for everyone.

Take a relaxed hike along the Balcons Nord and Sud that run from Les Houches to Argentiere. Pack a picnic for one of the circular day routes around the picturesque Lacs Blancs and Noirs - spotting the wildlife in the protected Aiguiles Rouges en route.

Or save your legs, make use of the lifts and enjoy the breathtaking Mont Blanc views from Les Houches - surely one of the best panoramas in the valley. Alternatively, you can take the train to Montanvers, explore the heart of the Mer de Glace ice caves, then walk back to Plan d'Aiguille, admiring the glacial landscape and dramatic rocky peaks towering overhead.

For more experienced hill walkers, there's a whole world of opportunity to explore further afield, using Chamonix as a base. If you're looking to really get away into the high mountains, you can embark on a more challenging project with a 7 to 10 day trek - or part of! Both the multi day Walker's Haute Route and Tour de Mont Blanc start and end in Chamonix.

The Haute Route is a high altitude trek, staying in mountain huts. Leaving from Mont Blanc in Chamonix, you'll travel over high altitude passes, to the Matterhorn in Zermatt. Alternatively, the Tour de Mont Blanc is a 7 to 10 day trek, that begins and ends in Chamonix and does a full circle around Mont Blanc - starting in France and passing through Italy and Switzerland en route.

Here at Adventure Base, our team includes qualified International Mountain Leaders, who can help you plan routes or guide your treks. Feel free to pick our brains for ideas - we can put together an itinerary based on your hill walking experience, answer your general questions, or arrange the guides and logistics (driving, huts etc) for longer treks such as the Tour de Mont Blanc or Haute Route. Drop us a line for more information!

PRICES & DATES:

Accommodation: Chalet or Apartment accommodation, starting from just €20 pp / night. See <http://www.adventurebase.com/sun/accommodation>

Dates: Any - from mid May to mid Sept. Any number of nights. Lifts are open for climbers from 13th June until 13th September 2009.

Walking guiding: Full day (up to 6 walkers with qualified IML guide) 250€

Crag & airport transfers: 20 € in Chamonix valley, €60 pp return to Geneva

Caterina: <http://www.adventurebase.com/snow/services/catered>

