



LUXURY & RELAXATION WITH ADVENTURE BASE

We love Chamonix and its adrenalin fuelled ways, but even the most extreme of us crave days off now and then. A bit of Relaxation and Luxury tastes so much sweeter after a heart pumping mountain adventure. That is why the Adventure Base team has taken time to put together the perfect unwinding experience. After all, you are on holiday!

One effective way to unwind involves a short drive to the beautiful natural Spas in Pre St Didier, just through the tunnel into Italy. This little paradise is set in and around an impressive three floor building nestled in the heart of the valley of Aosta. Warm water jets flowing from the mountain are set up in a number of different treatment rooms to massage and invigorate you. There are a number of saunas, Turkish baths and relaxation rooms. The restaurant is filled with healthy juices, light snacks and fruit, all included in the entrance price. The natural healing properties of the water will leave you feeling relaxed and refreshed, ready to tackle the mountain once again! Prices start at € 35 for the day, including robe and slipper rental, beauty products and buffet.

Cha Cha Cha wine bar in Chamonix offer superb wine tasting evenings for only 15€ per person. Their bar, located on the south side of Chamonix, has perfect views of the Mont Blanc - inspiration for your taste buds. They do different themes every night and the selection on offer is very impressive. A short drive down the valley takes you to the affluent ski resort of Mégeve. Take a horse draw cart around this picturesque village, and enjoy Michelin starred luxury dining in the resort's 2 star restaurant, the world re-knowned Flocons de Sel.

Alternatively, why not book a private yoga lesson to stretch out those achy muscles? We have a number of qualified and friendly yoga teachers who would be happy to work with you towards your own personal goals. Or, take your fitness and ski level a step further with a professional biomechanics analysis from a qualified physiotherapist and sports science expert, who can digitally view exactly how you move, and personalise a training plan for you to get the best out of your days on snow. We can also book you a massage in your accommodation - prices start at around 40 € for half an hour.

Or just simply enjoy the fine food in the many high class restaurants Chamonix has to offer. We can help you choose what you are after and can book you a table if necessary.

