



## MOUNTAIN BIKING IN CHAMONIX

Chamonix's reputation as a **home of the 'steeps'** applies itself to the summer months too, when passionate bikers from all over the world come to tackle the technical terrain that the area has to offer. The 15 mile long valley provides five different resorts with varying gradients and trail quality.

There is the possibility of riding the lifts, putting your suspension to the test, and lapping the downhill terrain in fully armoured 'tenue'. **Brevent and Flegere** are both open to bikers in the summer, and offer free flowing prairie style routes, which quickly turn into steep and rocky single track through the forest, back down to the valley floor. The new Plan Praz bubble enables a speedy lift up to the start of your ride.

The **Grands Montets** cabin in Argentiere takes you up to an altitude of 1972m. From here you can revel in 800m of undisturbed descent through the winding paths to the village of Le Lavancher. At the head of the valley lies the resort of **La Tour**, a favourite amongst the local biking community, where the paths are groomed and the descents are smooth. At the foot of the valley, the Prarion lift in Les Houches offers access to similar terrain. In the summer months these resorts are buzzing with riders of all abilities, enjoying the **long summer days** and sharing in a common passion.

Alternatively, if **'earning your turns'** is more your scene, Chamonix will not disappoint. There are countless heart pumping trails which wind up through the forest, and which are interspersed with sections of exhilarating downhill. The 'enduro' style riding fits perfectly on these undulating trails, and the **jaw dropping scenery** is ideal to take your mind off the leg burn!

For the true keen beans the challenge of the **Tour de Mont Blanc** on a mountain bike provides a chance to indulge in a week of pure riding around some of the most stunning terrain - sleeping in hostels on the way.

Here at Adventure Base we specialise in providing **totally flexible breaks**. All our chalets are geared towards biking weeks, with hoses for cleaning down after muddy rides, and plenty of storage space for all the necessary equipment. We are all passionate about the valley and its trails and can provide you with all the information you need to get the most out of your holiday. In addition we can add on any **extras** that might just perfect the week, such as ad hoc **guiding**, or in house **catering**, maybe a full body sports **massage**, or **bike shuttles** to the runs that aren't accessible by lift.

### 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 bikers from 13<sup>th</sup> June until 13<sup>th</sup> September 2009.

**Bike hire:** From 25 € per day    **Ad Hoc guiding:** Half day 40€, full day 70€

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

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

