



ADVENTURE BASE

SPECIALIST MOUNTAIN BIKING WEEKS

Adventure Base run specialised, all inclusive, biking holidays for anyone keen to immerse themselves in the world of cogs and cassettes - in one of the most spectacular mountain settings in the world. Staying in one of our Chamonix centre chalets, you're in the perfect spot to explore some of the most adventurous trail riding out there – as well as enjoy good food, great company, and the odd sun-downer in the hot tub!

These week long breaks are ideal for getting you fit and focused on your mountain biking skills. However much experience you already have, there is no doubt that a week tearing up the technical trails in the Chamonix valley will jump start your summer biking.

Come and join our team of dedicated riders, and enjoy a week of wholesome leg burning, heart pumping, mud splattering fun!



SUMMER IN CHAMONIX

Chamonix in summer is undeniably, mind-blowingly, dramatically, stunning. Bordering France, Italy and Switzerland, Chamonix is truly unique - located deep in the valley, surrounded by some of Europe's most spectacular peaks. Prepare to fall in love! Ask anyone who lives here, Chamonix in summer is truly magic - the world's best adventure sports playground.

We don't need to sell it. If you get it, you'll really get it. You'll be back year after year. And if you don't, well, there's some pretty good shopping in town ... As well as a truly cosmopolitan, busy vibe, some fantastic bars, the best range of top quality International and fusion food in the Alps. And only an hour's drive from Geneva.

At Adventure Base, Chamonix is our home, and we love it. If you have a question, just ask! If we haven't done it, tried it, or know the answer, we know someone who does.

Adventure Base – Choose Your Own Adventure
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BIKING:

The price of your holiday includes a qualified **biking guide for 5 days** of the week who will take you to all the hot spots that the valley has to offer. The fun will begin on the Sunday with a warm up ride, followed by 4 days during the week. Our expert biking guide will plan a week of epic riding according to your desires and abilities. Wednesday will be a rest day to allow your body to recuperate and to give you a chance to **explore Chamonix** as a town. There are plenty alternative activities to do in the summer in Chamonix, from cooling swims in the mountain lakes to tree hopping on the aerial adventure parks.

FOOD:

Deliciously Easy catering: The package includes **full catering** week to fuel the cycling furnace. We aim to provide **healthy, energising food** to help you on the hill. Breakfasts include fresh pastries and bread from the local bakery, juices, yogurts, eggs etc. We send you off for the day with a **packed lunch** and welcome you back with a **three course dinner including wine**.

TRANSPORT:

The price of the package also includes a return **transfer to and from Geneva** airport. Once in resort you and your bike will take over the responsibility of transport! Having said that, the chalet is located close to local bars, restaurants and shops, and there is a train and bus stop within throwing distance should you wish to explore the valley in your free time.



ACCOMMODATION:

The base camp for this week is a luxury Chalet in the village of Les Houches. **Chalet Goose** is perfect for a biking base camp, with plenty of storage room and easy access to the trails. The garden allows ample room for performing the necessary tweaks and maintenance on your machinery and the outdoor **hot tub** is the perfect location for a post biking debrief. Chalet Goose is equipped with **TV, DVD, Wifi and Playstation** and is located just a short walk from the village centre. A ten minute bus ride, or a 20 min trail ride, will bring you into the heart of the bustling town of Chamonix.

PRICE: €675 (euros) per person.

Includes fully catered luxury accommodation, a qualified - and fun! - guide for 5 days, and return transport to and from Geneva to Chamonix.

DATES: 27 June – 04 July 09, 01 – 08 August 09

If these dates don't work with your holiday plans, just let us know – we'll do our best to be flexible!

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