

Adventure Base: Individual Holidays For Busy Solo Travellers

We have finally twigged! There are so many solo travellers out there, busy keeping up with high stress jobs, sparing a few minutes to dream about fresh powder turns but never having the time to actually book a holiday - let alone organise a group of friends to go with. Adventure Base has come up with a plan!

'Simply Solo': Forget the stigma you may have of sad and lonely singles holidays, our trips are fun, classy, and aimed at busy people, not friendless ones! Solo travellers are welcome any time, but we're also running 2 specialist weeks this winter: **17 to 23rd Jan and 7 to 14th March 2010.**

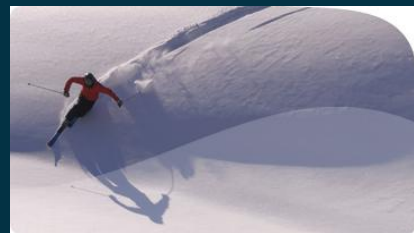
You'll be staying in our trio of Chamonix centre chalets, just a stumble away from the town's bars and restaurants, and a short bus ride to the slopes. Viper, Slider and Iceman have a total capacity of 28 and are ideally located for a fun packed week.

ps. You can be as independent or as involved as you choose!

Itinerary:

SUN: Your Adventure Base transfer will pick you up from Geneva airport at 1600 and bring you back to our Top Gun Chalets in central Chamonix. (Please book your flights to land before 16H00) Our staff will help you with ski hire, deliver your lift passes, show you into your accommodation and go through the week's plans. An intro three course meal will give you the opportunity to meet the rest of the crew, and plan your ski week.

MON-SAT: Our staff will have a delicious fresh breakfast of croissants, pastries, fresh bread, yogurts, cereals, eggs, tea, coffee, juices ready for you in the mornings. Packed lunches in your bag, and it's time to hit the slopes! There will be a 9.30am shuttle every morning that will do a lap of the resorts, dropping off everyone at their preferred location. There is something for everyone in Chamonix, from easy terrain at Le Tour, to steep skiing at Grand Montets. At 4pm the Adventure Base shuttle will do the rounds and drop you back to the chalet. There is plenty of public transport in the valley, so if you miss the AB shuttle, or if you would like to be a little more independent, the opportunity is there. The evening meal will be served at 7.30 in the chalets, depending on numbers we will try and get everyone to eat together in the larger chalet. A three-course 'Deliciously Easy' meal, including wine, will send you to bed feeling truly satisfied.



MON: 5pm - Apres ski at Chambre 9. Seeing is believing at Chamonix's busiest après bar – with the best band in town! It's a great way to break the ice! Either grab a lift down with the shuttle, or walk over in your own time.

TUE: 5pm - Post skiing yoga and relaxation. This will take place in Viper and is optional. Our local yoga teacher has plenty of experience working in ski resorts and knows exactly how to soothe aching ski muscles! You don't have to join in, but we can guarantee you it will help with your performance.

WED: 5pm - Talk on Big Mountain skiing. Our in house team will present their recent ascent of Manasalu and describe the experience of skiing an 8000m peak. Talk subject may be changed!

THUR: Courmayeur day trip - On Thursday the Adventure Base shuttle will be heading over to Courmayeur to experience some Italian snow. The mini bus will be leaving the Chalets at 9.30, and returning after a bit of Italian après ski at 1800. Sandwiches are available, but if anyone is interested they can be substituted with a pizza lunch on the slopes of Courmayeur (highly recommended!). The chalet staff will have Wednesday night off, but will be happy to book you a table in a local restaurant.

FRI: 5pm - Post skiing yoga and relaxation – you know it's good for you! Again you don't have to join in, but bear with us, you'll finish up feeling great.

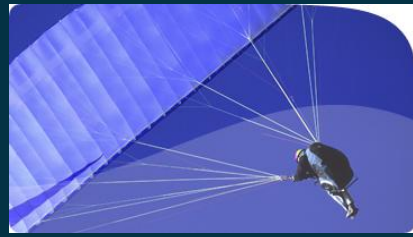
SAT: 5pm - Apres-ski in The Rhododendrons bar, le praz. A great bar, fantastic vibe, live music and lots of fun! Finish the week off on a high! The train stop is right next door if you want to escape back to the chalet- otherwise- the AB shuttle will be bringing everyone back at 7.30 for dinner.

SUN : Adventure Base shuttle return clients to Geneva leaving resort at 11.00 AM (please book your flights after 13H30)

Our aim is to provide a flexible itinerary that you can dip in and out of, according to your desires and energy levels. We try to remain as flexible as possible with shuttle and meal times, but operate a majority rule basis!

In addition to accommodation, transport and catering, we can also book your lift passes, mountain guides or ski instructors, as well as organising trips further afield if the group is keen.

Price: NOW JUST €645 - includes twin share accommodation in one of our Chamonix centre chalets, full catering including wine, return airport transfers, in resort transfers, day trip to Courmayeur, two group yoga lessons, a talk on ski mountaineering / other.
Dates for 2010: 17-23 Jan and 7-14 March 2010



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