



TRAIL RUNNING IN CHAMONIX

Chamonix is well known as the epicentre of mountaineering and winter activities but a growing community in this beautiful valley are finding passion and satisfaction in a less marketed sport - that of trail running. The wild yet accessible terrain around the town of Chamonix offers countless options for high altitude training. The simplicity of trail running around this stunning mountain range brings a feeling of independence, freedom and balance. The paths etched into the mountains around Chamonix are numerous and well maintained all the way up to the snow line.

Running in Chamonix can be anything from gentle jogging on flat trails through to some of the steepest climbs imaginable – great training! The trails wind through forests and fields, gently undulating on a mixture of rocky and earthy ground. The stunning panorama does wonders for your soul, as well as your body and mind! The exceptional light captured by these forceful mountains in the early morning or late afternoon create a truly magical feeling.

Popular routes circle the valley providing lower altitude warm up runs to get acclimatised. You have the choice of accessing the dramatic terrain via the lifts, or, for the more courageous, a series of switch back paths network up and down the valley from town.

We couldn't talk about trail running in Chamonix without mentioning the incredible Ultra Trail which takes place at the end of August. Approximately 166 km and 9 400 m of + altitude change, covering three countries and taking contestants a maximum of 46 hrs, this is the daddy of all runs! Chamonix comes alive during this weekend, and even if the idea of it makes you weak at the knees, it is an experience in itself watching the athletes arrive back into Chamonix after their unbelievable journey. In addition, Chamonix is home to the famous Marathon and half marathon (cross) de Mont Blanc – taking place in late June.

Here at Adventure Base we specialise in providing totally flexible breaks. All our chalets are located within easy access of the mountain trails, and close to lifts that will give you altitude access within minutes. We are all passionate about the valley and our team of keen runners 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 in house catering, full body sports massages, in house biomechanical assessments and training plans or shuttles to the trails that aren't accessible by cable car.

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.

Biomechanical assessment: From €200 (ask for more details and a quote)

Physiotherapy / Sports massage: From €60 per hour

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

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

