



ADVENTURE BASE

SPECIALIST TRAIL RUNNING WEEKS

Adventure Base run specialised, all inclusive, trail running weeks for anyone who is keen to immerse themselves in a world of heart rates and foot strides! Whether you're a completely recreational runner, or a serious athlete, the benefits of a concentrated week's training, especially at altitude, is immeasurable.

Our team of experts will be with you daily to monitor your fitness and advise you on ways of improving efficiency and strength. Boost your fitness hugely, both mentally, and physically. Join us and enjoy a week of wholesome leg burning amongst like-minded folk!

Our trail running weeks are timed to coincide with Chamonix's main running events: **The Mont Blanc marathon & Cross (27-28th June)** and **The Ultratrail de Mont Blanc (28-30th August)**. Other dates are also possible.



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

www.adventurebase.com

email: info@adventurebase.com

tel: +33 (0)480 80 60 99



ADVENTURE BASE

RUNNING:

Our trail running weeks are designed for runners of any level to train amongst likeminded people in a focused yet relaxed setting. The price of the holiday includes regular monitoring from our expert team – who include biomechanical experts, physios, yoga and pilates teachers, and dedicated runners - who will help and advice you in your personal quests. Specific itineraries will be suggested but there remains an element of flexibility as we believe the nature of the sport is that of 100% freedom. Evening talks will be held on endurance, stamina optimisation and injury prevention.

FOOD:

The price of your holiday includes full catering throughout the week. The emphasis is on healthy, balanced eating - we are aware of the importance of meals in optimising your performance and therefore focus on providing nutritious, healthy evening meals. Breakfasts will include cereals, fresh fruits, bakery products, yogurts, juices... We provide packed lunches and energy bars but if you have specific products that you know work for you we advice that you bring your own stocks.

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 Bossons. **Chalet Maverick** is perfect for a running base camp, with plenty of room to spread out and easy access to the trails. The garden allows ample room for stretching, and the **sauna or outdoor hot tub** is the perfect location for planning the next day's route. Chalet Maverick is equipped with **TV, DVD, Wifi and Playstation**. A few minutes' bus ride, or a 15 min trail run, will bring you into the heart of the bustling town of Chamonix.

PRICE: €675 (euros) per person.

Includes fully catered luxury accommodation, our team of qualified - and fun! - experts on hand for a total of 5 x 3 hour sessions – including physiotherapists, biomechanical experts, masseurs, yoga and pilates teachers, dedicated runners ... and return transport to & from Geneva.

DATES 2009: 22 – 29th June (cross and marathon de Mont Blanc), 24 – 31st August 09 (Ultratrail de Mont Blanc). 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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