



SKI AND SNOWBOARD WITH ADVENTURE BASE

When the temperature start to drop and the air turns crisp and fresh, you know its time to start thinking about dusting off your skis and snowboards. When the important task of trying on your entire kit in your living room has been completed, and all is present and correct, the mind starts to wander where and how will the magic moments take place this year. Our Adventure Base team may well be able to help you with that! We have all been skiing and snowboarding in the mountains around Chamonix for years and we love it! We use Evolution 2 as our ski school for those wanting private lessons, ski courses, snowboard courses or the children's PANDA club. The guys and girls at Evo2 are true experts in their field, yet they all still have one priority; to have fun on the mountain. Week long group courses start at €145 or for private tuition rates start from 95€ for two hours. Check out the courses they offer and the prices at www.evolution2-chamonix.com/evo_en_2.html

Out of the five resorts in the Chamonix valley, **Les Houches** provides a gentle tree lined terrain ideal for a docile day. Having said that, once a year les Houches host the down hill Kandahar race of which there is nothing 'docile'! Up above the town of Chamonix lies the resorts of **Brevent and Flégère**. These two resorts are linked and provide miles of piste runs for all levels of skier. They also feed the off piste junkies with unbelievably good terrain, and host the Helly Hansen Freeride competitions. All this with a jaw dropping view of the Mont Blanc massive and a warming sunny south facing aspect. A little further up the valley, near the town of Argentiere, lies what many people claim to be the 'creme de la creme' in resort skiing. **The Grands Montets** is one Big Mountain, where 2000m of decent in one go is quite the norm! Its north facing aspect keeps the snow in great condition and the glaciers surrounding it make it more of a wonderland than a ski resort. The annual 'Boss des Bosses' competition and famous 'Freeride days' end of season parties alone are enough to put this place on the map. **Le Tour** sits at the head of the valley, bordering Switzerland. This resort has something for everyone, from the 'Vormaine' beginner slopes, to incredible terrain stretching into Switzerland. Its views of the entire valley are awe inspiring and with its Swiss feel it provides a slight change to the other resorts.

It would be lacking to talk of a winter in Chamonix without mentioning **après ski!** Come early afternoon the bars start filling up with satisfied sliders, and the rosy cheeks and sparkly eyes tell stories of the day's frolics. Many don't make it past the resort bars, such as the Grand Montets 'Marmetton' bar and the 'Rhodedendrons' at the bottom of Flégère. The ones that do tend to migrate to the Swedish Chambre 9 for live music and table dancing. Wherever your location, you would not be to blame should you find yourself still in your ski clothes at 10 pm!





HIGH MOUNTAINS WITH ADVENTURE BASE

Chamonix is not your average ski resort. It is the motherland of alpinism and big mountain skiing: A mythical destination, surrounded by wild and aesthetic peaks, where people from all over the world aspire to ski. It has carried a 'high intensity' reputation since the pilgrimage of extreme skiers first started in the 60s.

In order to enjoy the true beauty of this valley there is no doubt that hiring a mountain guide is imperative. A guide will not only help to keep you safe in these wild mountains, but will also use his experience and knowledge to get you the best powder, or the perfect rock, for any given time of year. At Adventure Base we work in partnership with Guy Willett and Kenton Cool from Dream Guides. They are both IFMGA and British Mountain Guides - the highest possible qualification, and a legal requirement to guide in the Alps. They have both been climbing, skiing, relaxing and challenging themselves in the mountains for most of their lives. More than anything though, they are simply great fun to hang out with and always lead us to the best conditions around!

For those who are new to the wonders of high mountain skiing a visit to Chamonix is not complete without skiing the world famous Vallee Blanche – probably the most stunning intermediate off piste run in the world. Accessible to any skiers / boarders who have some experience in mixed terrain and snow conditions.

But it doesn't just stop there. Dream Guides provide an array of off-piste clinics and backcountry weeks, intermediate off-piste and perfection clinics to get your skiing up to scratch. If you are keen to venture a little further in the mountains the backcountry courses run as introductory weeks, adventure weeks, and extreme weeks, depending on your standard. These courses start at £595 per week.

For those that are truly hooked, Dream Guides run awe inspiring week long ski tours that take you deep into the French, Swiss and Italian Alps. Chose from the Bernese Oberland in Switzerland, The Grand Paradiso in Italy, or the classic skiers' Haute route from Chamonix to Zermatt These weeks involve true high mountain skiing and unforgettable experiences of alpine huts, starting at £805 for the week.

Other adventure with Dream Guides include skiing off the highest peak in the Alps, ice climbing and winter mountaineering and heli-skiing in Italy or Switzerland. Just ask us for more details.





WINTER ADRENALIN WITH ADVENTURE BASE

There is a plethora of additional adrenalin activities that are available in Chamonix, should a break from skiing and snowboarding be called for.

Evolution 2 provide unforgettable helicopter rides around the peaks of Chamonix. You can fly up to the famous 'Dru' peak and inspect its recent rock fall scar. A little further up the glacier will bring you to the famous cliffs of the 'Grandes Jorasses', or fly over the off-piste itinerary of the 'Vallée Blanche'.

For those who never do things by halves, why not make your way to the top of Mont Blanc, and hover over the Alps' highest peaks for a truly exceptional vista. Flights start at €69 per person for 10 minutes.

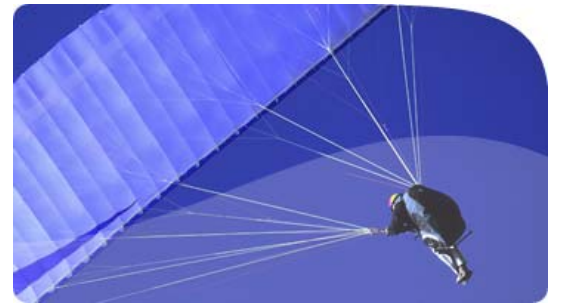
On a clear day in Chamonix, the sky is filled with the multiple coloured wings of dozens of parapentes circling over head. It's hard to resist the temptation of joining them, and we highly recommend that you give in to it! You fly in tandem with fully qualified instructors for an exciting and beautiful way to get breathtaking views. Flights start from €90.

A little adrenalin especially for the children: why not take a ride in a sledge pulled by huskies?! It's even possible to have a go at driving your own sledge. Either way, you will cross beautiful snowy landscapes and experience the thrill of working with huskies. Rides start from €65.

Every full moon of the month, Evo 2 organise a breathtaking descent of the Valley Blanche's off-piste itinerary. After taking the last lift up the Aiguille de Midi and skiing the first section of the route, the groups stop in a mountain refuge for some food and to wait for the sun to go down. The second step is done by moonlight, and is truly breathtaking. The whole trip costs €135 and includes the guiding fee, the dinner in the refuge and the hire of safety equipment.

And it doesn't end there... take a midnight skidoo ride to a rustic Italian hut for dinner, learn how to drive a racing Subaru on ice, join the bob sleigh team!

We can organise your dream holiday by personally crafting a perfect itinerary. Just let us know what you're looking for, or allow us to make suggestions for you. Email us at info@adventurebase.com for more details of prices and availability.





LUXURY & RELAXATION WITH ADVENTURE BASE

We love Chamonix and its adrenalin fuelled ways, but even the most extreme of us crave days off now and then. A bit of Relaxation and Luxury tastes so much sweeter after a heart pumping mountain adventure. That is why the Adventure Base team has taken time to put together the perfect unwinding experience. After all, you are on holiday!

One effective way to unwind involves a short drive to the beautiful natural Spas in Pre St Didier, just through the tunnel into Italy. This little paradise is set in and around an impressive three floor building nestled in the heart of the valley of Aosta. Warm water jets flowing from the mountain are set up in a number of different treatment rooms to massage and invigorate you. There are a number of saunas, Turkish baths and relaxation rooms. The restaurant is filled with healthy juices, light snacks and fruit, all included in the entrance price. The natural healing properties of the water will leave you feeling relaxed and refreshed, ready to tackle the mountain once again! Prices start at € 35 for the day, including robe and slipper rental, beauty products and buffet.

Cha Cha Cha wine bar in Chamonix offer superb wine tasting evenings for only 15€ per person. Their bar, located on the south side of Chamonix, has perfect views of the Mont Blanc - inspiration for your taste buds. They do different themes every night and the selection on offer is very impressive. A short drive down valley takes you to the affluent ski resort of Mégève. Take a horse draw cart around this picturesque village, and enjoy Michelin starred luxury dining in the resort's 2star restaurant, the world re-knownned Flocons de Sel.

Alternatively, why not book a private yoga lesson to stretch out those achy muscles? We have a number of qualified and friendly yoga teachers who would be happy to work with you towards your own personal goals. Or, take your fitness and ski level a step further with a professional biomechanics analysis from a qualified physiotherapist and sports science expert, who can digitally view exactly how you move, and personalise a training plan for you to get the best out of your days on snow. We can also book you a massage in your accommodation - prices generally start at around 40 € for half an hour.

Or just simply enjoy the fine food in the many high class restaurants Chamonix has to offer. We can help you choose what you are after and can book you a table if necessary.

