**The Alps Trek | GAC Brochures**

[**gac-brochures.com**/brochures/alps-trek](https://gac-brochures.com/brochures/alps-trek/?charity=7585)

Approx. Distance: **45km approx.**

Challenge Grading: **Tough (2)**

Challenge Duration: **5 Days**

Challenge Location: **France, Switzerland & Italy**

**Challenge Highlights:**

* Take in unbeatable views of cliffs and waterfalls
* Explore the picturesque Mont Blanc region
* Trek through traditional Swiss villages
* Ideal challenge for those with limited time available!

**The Challenge**

Just a hop away from the UK lies the beauty of the Alps mountain range. Only five days in total, this charity challenge is ideal for those with less time to take away from home.

Our charity trek will certainly challenge us with lots of ups and downs, but the rewards are the pleasure of seeing the most spectacular views this part of Europe has to offer – from stunning cliffs, to gorgeous waterfalls running from glaciers!

**Challenge Itinerary**

Day 1 - Depart UK

We depart the UK on our flight to Geneva, Switzerland. Upon arrival we transfer to our hotel Chamonix, France.

Day 2 - Chamonix to La Fouly

After breakfast we trek straight from our hotel to the ‘Planpraz’ cable car up to 2,000m. The trail from here is mainly a traverse, so it’s a perfect gentle start for the first day.

Today may be considered the most spectacular day of the trip as we experience breath-taking panoramas of the “Tour du Mont Blanc”, with views on the Mont Blanc massif & glaciers throughout the day. We later arrive in the village of Le Buet, where we meet our transfer which takes us to La Fouly in Switzerland for overnight.

**Trekking distance – approx. 14km / 6 hours**

Day 3 - La Fouly to Champex

A slightly easier day as we trek to Champex-Lac. The trail will gradually descend through the wooded valley of the Drase de Ferret river to the village of Issert. From here we will continue our trek through forests and meadows – the views on the trek today are outstanding.

Champex-Lac is a lovely little town and we may have the opportunity at the end of the day to visit the town and lake before we take a transfer to Trient.

**Trekking distance – approx. 14km / 6 hours**

Day 4 - Trient to Chamonix

In the morning we begin our trek from our hotel in Trient. After a brief walk along the valley we will begin to climb a zig-zag trail through the trees before emerging into open grounds. The trail then climbs further to the stunning Col de Balme (2,191m), which marks the border between Switzerland and France. After some short undulations to Col des Posettes where we will enjoy a unique panorama of Chamonix.

We descend to Chamonix using the south balcony to arrive at our hotel where we can toast our achievement at the celebratory meal this evening.

Our toughest day of the challenge but an amazing end to our adventure!

**Trekking distance – approx. 15km / 7 hours**

Day 5 - Depart Geneva

Depending on flight times, after breakfast we may have a few hours to explore Chamonix before transferring to Geneva for our afternoon flight back to the UK.

Please note this is a complex itinerary and subject to change, including the timings and distances detailed. Mountain weather conditions, the group’s ability and other factors outside our control can impact on the schedule set out in this brochure.

**Challenge Inclusions**

What's Included

**Before Your Challenge**

* Your own personalised account hub that houses all your challenge support information to ensure you are fully prepared for your challenge
* Support documents to aid your preparation including but not limited to further information about your challenge, detailed challenge itinerary, kit lists, training plan/schedule, fundraising advice
* Discount vouchers with affiliate partners such as Nomad Travel
* A dedicated Customer Care team supports each participant from registration and is always on hand to answer queries
* Financial Protection
* Risk Management including but not limited to challenge specific risk assessments, emergency management plans and medical screening.

**On Your Challenge**

* Return flights from London to Geneva
* All transfers per the itinerary including to and from the in-country airport
* 4 nights accommodation – 2 nights hotel accommodation, twin share with private bathroom, 2 nights hostel accommodation, same sex, dormitory style rooms. Hotels will have a local category rating of 2 stars.
* All meals on the trek, starting with dinner on Day 1 through to breakfast on Day 5, including a celebratory evening meal in Chamonix on Day 4
* Fantastic, experienced Local English-speaking guide/s
* Global Adventure Challenges leader from the UK
* Comprehensive first aid/medical kits
* Challenge Medal
* GAC 24 hour emergency on call team

What's Not Included

* Travel insurance
* Tips and gratuities
* Alcoholic drinks
* If applicable, visa and associated costs
* Personal trekking kit (trekking boots, poles, etc)
* **Please note that for bespoke challenges, inclusions and exclusions may differ**

**Frequently Asked Questions**

**I’m interested... What do I do now?**

You can register online below – payment of the registration fee is due at time of booking. All payment options and costs are explained below.

Once your registration is received we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

**Is this trip for me?**

Absolutely! The trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 14 – 17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

**How fit do I need to be?**

This trek has been graded as Tough (2) on our challenge grading scale, and is designed to be challenging but achievable by anyone, as long as you fitness train beforehand. Remember, you are trekking for 3 consecutive days, covering approximately 46km – the fitter you are, the more you will enjoy this challenge. Training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our training weekends – it’s a great opportunity for you to meet our team and fellow participants!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

**What is the challenge grading scheme?**

All our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

**Do I need specialist kit?**

We will supply you with a kit list of what to
take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

**Do I have to carry my own luggage?**

No – all you will need is a small day pack while trekking to carry items such as a camera, sunscreen, energy snacks, waterproofs, warm clothing etc.

**Food Matters...**

All meals will be provided from dinner on Day 1 through to breakfast on Day 5. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

**What support is there on the challenge?**

There will be a strong support team with a professional local and Global Adventure Challenges leader and a full, comprehensive first aid kit will be taken.

**Can I stay in France after the challenge?**

Yes you can, but this is subject to us being able to amend your booking from our flights inclusive package to our ground only package. For further information on how our ground only packages work, please visit our [guide to ground only challenges](https://www.globaladventurechallenges.com/journal/your-guide-ground-only-challenges).

If you have already registered and would like to request a change to our ground only package, please contact customer.care@globaladventurechallenges.com.

**What happens if I get tired?**

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops.

**How do I go about raising the sponsorship?**

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

**Dates and Costs**

**Payment Option A - Minimum Sponsorship**

This option means the challenge balance of your event cost is met through raising a minimum sponsorship for a charity of your choice.

Step 1 – To join the challenge you pay the non-refundable registration fee directly to us and commit to raising the minimum sponsorship shown on the challenge page.

Step 2 – Start fundraising and send your sponsorship money to your chosen charity as you raise it. Your charity will most likely keep a log of monies you are sending in.

Step 3 – 80% of your minimum sponsorship must be received by your charity no later than 9 weeks before departure. If you have raised the required amount, your charity would then be in a position to pay the challenge balance, which is never more than 50% of the minimum sponsorship figure.

Step 4 – The remaining 20% of your minimum sponsorship should be sent to your charity no later than 6 weeks following your return after the challenge. Some charities may request you send this 20% to them before the challenge takes place – your charity will guide you further on this.

**Payment Option B - Self-Funding**

This option enables you to fund the entire challenge yourself, which means you do not have to commit to raising a set sponsorship. Although no fundraising is required, we do strongly encourage you to support a charity of your choice and raise as much as you possibly can.

Step 1 – You pay the non-refundable registration fee to us, in order to join the challenge.

Step 2 – Prior to your departure, you will receive an invoice to pay the challenge balance as shown on the respective challenge page.

Step 3 – The challenge balance invoice is to be paid no later than 9 weeks before departure.