

FIND YOUR FEET IN CHAMONIX, FRANCE

QUICK FACTS

Tour Duration: 7 nights & 8 days

Arrival: Geneva International Airport on Saturday 20th June 2020 (Day Zero).

Departs: Geneva International Airport Hotel @ 10am on Sunday 21st June 2020 (Day One)

Returns: Geneva International Airport @ 2pm on Saturday 27th June 2020

Maximum Group Size: 12 guests

Accommodation: French Chalet Accommodation in Chamonix

Meals: Breakfast & 3 course evening meals including wine

Transport: All on-ground transport provided ex. Geneva International Airport

RUN DETAILS

Minimum Run Duration: 7km/75min

Maximum Run Duration: 25km/4.5hrs

Technical Difficulty: Moderate (trail experience required). Trails vary from smooth to sometimes rocky

Steepness: Flat to very steep mountain slopes.

** Our tours are a holiday involving trail running. Our guides will craft each days' runs to meet your individual needs and en route will frequently stop to soak up the ambience and to take plenty of photos. Therefore, running distances noted in this itinerary can vary to differentiate between guest abilities and make your Find Your Feet Tour a rich experience.*

TOUR HIGHLIGHTS

- Run along smooth alpine 'balconies' under Mt Blanc
- Scale mountain peaks amongst the finest of the French Alps
- Rest in stunning French Chalet accommodation in close proximity to the best outdoor shopping strip in the world and with views to Mt Blanc's glaciers!
- Gondola to the famous Aiguille du Midi at elevation 3842m
- Enjoy fine French cuisine in the company of your new trail running friends

ITINERARY

Part 1: Meeting the Group

DAY ZERO:

- On arrival into Geneva International Airport, take a free airport shuttle to our selected Airport Hotel from outside the front of the international terminal. The hotel's details will be provided closer to the tour's departure date and this night's accommodation IS included in your tour package.

- The official start of our tour will be over breakfast at our Airport Hotel @ 8:00am tomorrow. Therefore, relax and enjoy a good night's sleep before our tour officially begins tomorrow!

DAY 1:

- We will meet our driver & minibus at our Geneva International Airport Hotel @ 10am
- Travel via private minibuses to accommodation in Chamonix (90mins)
- Shorter explore and introduction to the Chamonix trails, before a picnic lunch and explore of the Chamonix village.
- Afterwards, check into our chalet and save our appetites for our first French dining experience.

Part 2: Explore Chamonix & the Alps beyond

DAYS 2 - 7:

Accommodation:

Accommodation will be in a private luxury lodge within walking distance of Chamonix. Rooming will be twin or triple share. The boutique lodge has spectacular views to Mont Blanc, a private Jacuzzi, large balconies, spacious lawns, and a large well-equipped kitchen with a private chef serving us the finest of French cuisine for breakfast, afternoon tea & our 3 course dinner. Dinner service includes wine.

The Trail Runs:

The focus of this tour is exploring the beautiful alpine scenery, natural balconies & forests of Chamonix & the districts beyond. Over the week we will naturally share our knowledge on a wide variety of skills to improve your running ability, trail techniques & general fitness. Our daily runs will be determined based on the group's ability, health & happiness. However, each days run will build on the previous day. Some runs will be shorter with an emphasis on recovery (8-10km) whilst the longest run you may encounter is 20-25km on hillier mountain trails. Most runs will start and finish in Chamonix but we will also travel further afield to explore other areas, including Courmayeur on the Italian side of Mt Blanc. Fitness is important but you do not need to be elite to enjoy and participate in this stunning French Gone Running Tour. Beginners are warmly welcomed and all abilities will be catered for.

Meals:

All meals except lunch will be provided as part of the expense of this Find Your Feet Running Tour. Our meals will be prepared by a local chef who adores cooking with the finest local ingredients. He has a special prowess for desserts! Wine & afternoon tea is included in his hospitality. However, there is a large, fully equipped kitchen and many supermarkets nearby for preparing for our many outdoor picnics. Breakfasts will include a hot selection, fresh croissants & local fruits, whilst dinner will be a three-course meal including wine. Afternoon tea & cakes will be provided whilst we enjoy the views of Mont Blanc from our lodge.

Mandatory Gear:

Runners will be required to bring some essential items with them. A list will be provided on booking. However, this list will include a running vest pack, seam-sealed & hooded rain-jacket and trail running shoes.

Part 3: Saying goodbye

DAY 8:

- After short dawn run to farewell Chamonix we will relax over breakfast, our final chance to reflect on what will have been a remarkable tour!
- Travel via private minibuses back to Geneva International Airport (90mins) for approximately 2pm. Onwards departures via train or air can be organised for this evening.
- Say goodbye :(

COST: \$3595 (incl. GST)

Tour inclusions: Stunning French chalet accommodation; all on-ground transport except gondolas; expert coaching & guiding; all breakfasts, afternoon teas, wine & 3 course dinners; discounts to premium brands at Find Your Feet.

Tour exclusions: Airfares; travel insurance; lunches, snacks and beverages; gondola passes

Please note, this trip is strictly limited to 12 guests and will book quickly