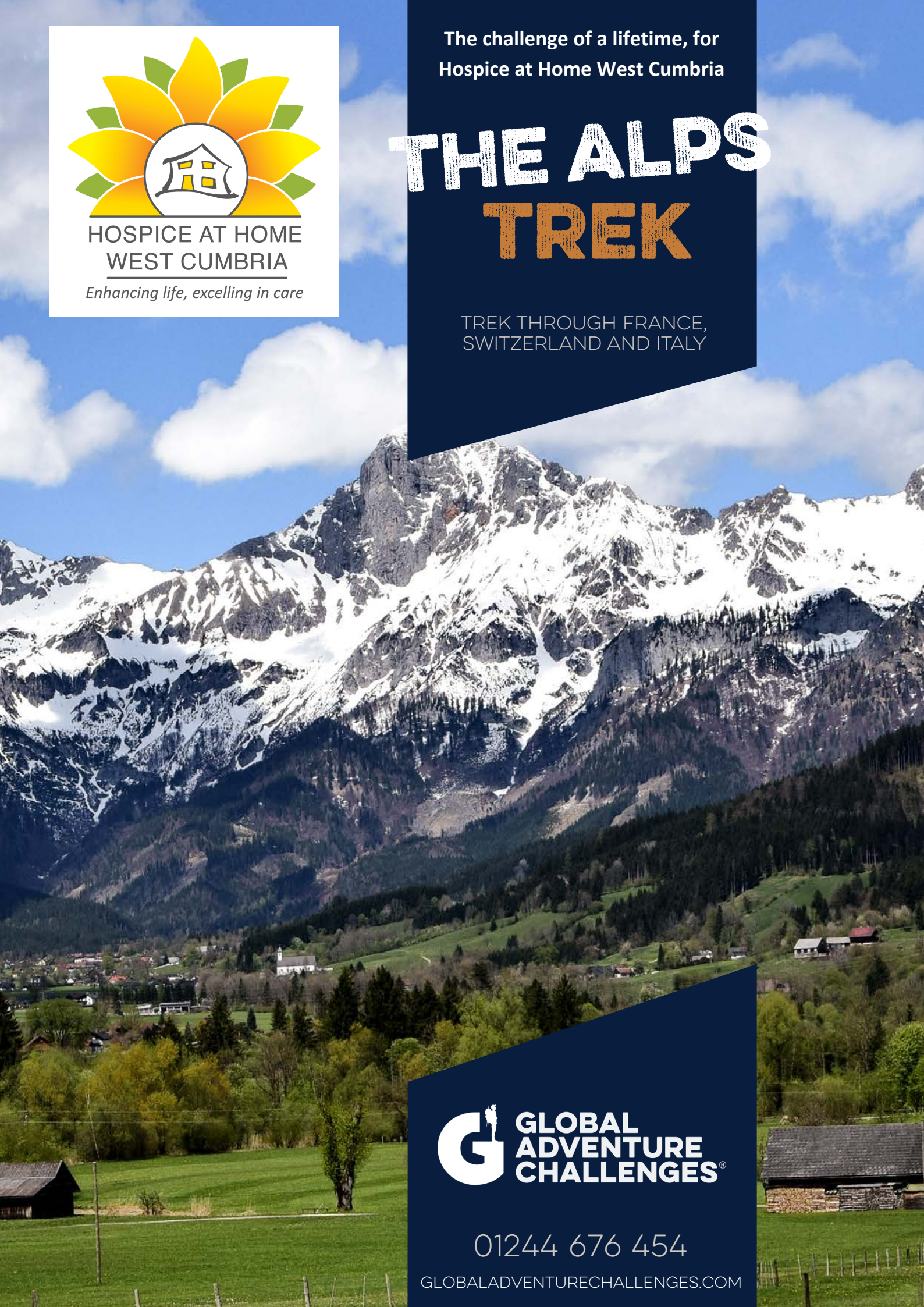

HOSPICE AT HOME
WEST CUMBRIA

Enhancing life, excelling in care

The challenge of a lifetime, for Hospice at Home West Cumbria

THE ALPS TREK

TREK THROUGH FRANCE, SWITZERLAND AND ITALY

GLOBAL ADVENTURE CHALLENGES®

01244 676 454

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KEY INFO

HOSPICE AT HOME WEST CUMBRIA
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Duration:	5 days 19th - 23rd June 2019
Distance:	46 km approx.
Challenge Grade:	Tough 2
Location:	France, Switzerland, Italy

CHALLENGE HIGHLIGHTS

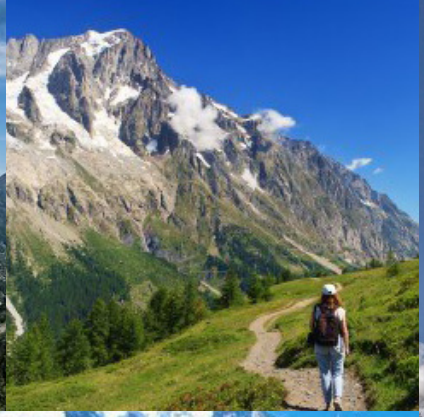
- Trek through three countries in just three days
- Take in unbeatable views of cliffs and waterfalls
- Explore the picturesque Mont Blanc region
- Trek through traditional Swiss villages
- Ideal challenge for those with limited time available!

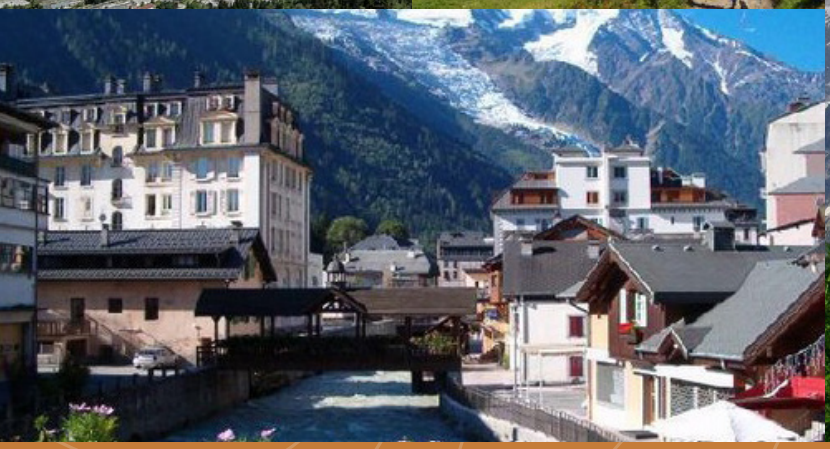
THE CHALLENGE

Trekking through 3 countries in 3 days, this long weekend challenge will open your eyes to the beauty that lies within the Alps mountain range – just under 2 hours away from the UK! Our route will certainly challenge us with lots of ups and downs, but the reward is the pleasure of seeing the most incredible views this part of Europe has to offer – from stunning cliffs, to gorgeous waterfalls running from glaciers.

GET SIGNED UP!

The sooner you register, the sooner you can start training and fundraising. Just head over to **www.globaladventurechallenges.com** to get signed up, and leave your footprints across the Alps!





BREATHTAKING VIEWS, TOWERING CLIFFS AND WATERFALLS. COME TREK THE ALPS AND SUPPORT YOUR FAVORITE CHARITY!

Day 1

Depart UK

We depart the UK to Geneva, Switzerland and transfer to our hotel in Chamonix, France.

Day 2

Val Ferret to La Fouly

Following breakfast we transfer to our start point, the head of Val Ferret. We immediately start to ascend along the back wall of the valley to our highest point of the day – Grand Col Ferret (2,537m). The views from here are simply breathtaking – waterfalls tumbling from crevassed glaciers and the long distance view to Courmayeur in Italy. We descend to the Swiss village of La Fouly for the night.

Trekking distance – approx. 15km

Day 3

La Fouly to Champex

A slightly easier day today, but our legs will still be feeling the previous day's trek! We follow the Swiss part of the Val Ferret to Champex (1,450m). The trail will take us through traditional Swiss villages and across open meadows where we'll see local farmers tending to the land. The views from this part of the trek are outstanding, as you would expect. We eventually reach our accommodation in the charming village of Champex, complete with its own lake.

Trekking distance – approx. 15km

Day 4

Champex to Col de la Forclaz

Today we ascend out of Champex immediately and trek around the Fenetre d'Arpette (2,665m). A very challenging day, but an amazing end to our adventure in the Alps! We descend to our waiting vehicle at Col de la Forclaz (1,526m) and take the transfer back to Chamonix for a night of celebration.

Trekking distance – approx. 16km

Day 5

Depart Geneva

Following breakfast, we take the transfer to Geneva airport for our flight back to the UK.

(Please note, this is a complex itinerary and subject to change)

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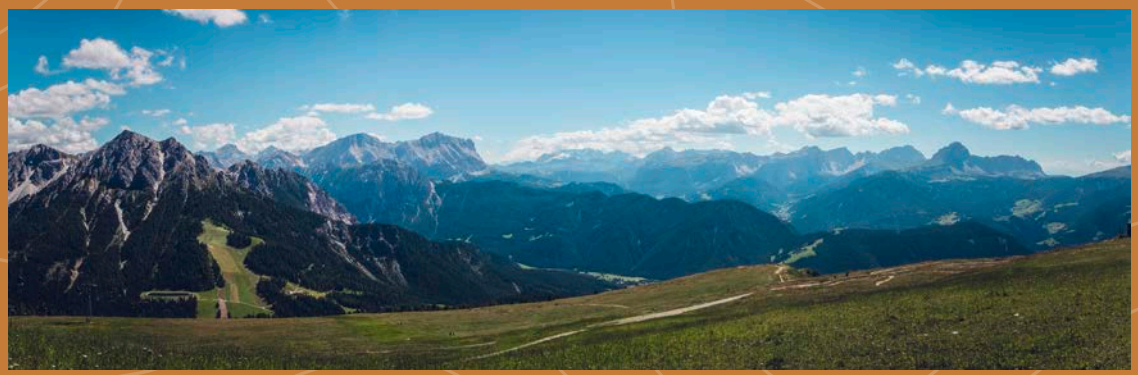

YOUR QUESTIONS ANSWERED...

Is this trip for me?
ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a 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!

What is the challenge grading scheme?
All of 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).

Where will we stay?
We will stay in local hotels and basic mountain refuges – remember this is a challenge! All accommodation will have washing facilities available. We will stay in dormitory style rooms, but this only adds to our adventure!

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 maybe some trekking poles you do not need any specialist kit.

Do I have to carry my own luggage?
No. Your main luggage will be transferred from accommodation to accommodation. You will need to carry a small day pack while trekking to carry items such as a camera, sunscreen, energy snacks, 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 so long as we know in advance – just fill in the appropriate section on your enclosed registration form.

What's included?
- Return flights from London to Geneva
- All accommodation
- Luggage transfers
- Local English-speaking guide/s
- 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
- Global Adventure Challenges leader from the UK
- Comprehensive first aid/medical kit

What's not included?
- Personal travel insurance - this can be taken out through Global Adventure Challenges
- Alcoholic drinks
- Tips and gratuities
- Your personal kit (trekking boots, poles etc.).

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.

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 chosen 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.

I'm interested... what do I do now?
You can register online at www.globaladventurechallenges.com , payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

How much does it cost?
Registration is £199 and you can choose either a self fund option, or a minimum sponsorship option. Take a look at www.globaladventurechallenges.com for full details.

#BELIEVEYOUCAN

REGISTER ONLINE TODAY!

WWW.GLOBALADVENTURECHALLENGES.COM

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To chat to one of the Hospice at Home West Cumbria Fundraising Team call **01900 873173** or email **info@hhwc.org.uk**

Registered Charity No: 1086837