



WalkingWomen – French Alps Winter Multi Activity, 07 –14 January 2017 (Sat – Sat)

Holiday Details

This new holiday offers a week of winter adventure in the French Haute-Alpes with an opportunity to try various winter activities in a stunning location. The week comprises: 1 day of Nordic ski touring taking us off piste into the glorious mountains; a day of cross-country skiing on well groomed tracks, a day of exhilarating dog-sledging and a splendid 2 day snowshoeing trek staying overnight in an isolated mountain gite high in the heart of the Ecrins National Park. There will also be a free day where you can relax or perhaps try your hand at France's only via ferrata (not included) – an adrenalin filled excursion. All equipment is provided along with a local mountain leader with expert knowledge. If you fancy trying some new winter activities then this is the holiday for you. Join us for a truly memorable week in a spectacular location.



For our holiday we stay at the wonderful Les 5 Saisons perched high in the Freissinières Valley, known for its hospitality and delicious home cooking. Our stay includes all meals with tea and cakes after our day out and wine with the evening meal. The rustic feel is enhanced by the open fire in the dining room. A sauna is available to help relax those tired muscles after a day in the mountains. It's the perfect place to return to after a day of activities!

Price includes: Full board accommodation, airport transfer at certain times, all equipment hire, specialist guide /training. Single rooms available if you book early - £15 per night supplement

Not included: flights

Flight to Turin is not included – We believe that this gives maximum flexibility and the best chance of getting a good price as well as the option to extend your stay. Flights must fit with the transfers below otherwise you will be responsible for your own transfer. To find suitable flights try www.skyscanner.net

Easyjet from London Gatwick

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
07/01/2017	EZY8377	London Gatwick	UK	05:40	07:40	10:30	Turin	Italy
14/01/2017	EZY8378	Turin	Italy	09:05	11:05	11:55	London Gatwick	UK

Jet2 from Manchester

WalkingWomen Limited

Tel: 0114 241 2774 Email: queries@walkingwomen.com Website: www.walkingwomen.com
 Bookings/Enquiries: Scotia Works, Leadmill Road, Sheffield S1 4SE
 Registered Address: 112 Sandgate Drive, Kippax, Leeds LS25 7QR

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
07/01/2017	LS935	Manchester	UK	06:05	08:05	11:20	Turin	Italy
14/01/2017	LS936	Turin	Italy	10:05	12:05	13:20	Manchester	UK

Meeting up arrangements

There will be one transfer meeting the above flights. Transfer time is around 2 hours 15 minutes. You will be met by your guide at Turin arrivals. She will be holding up a WalkingWomen sign. More detailed meeting up instructions will be sent out about 2 weeks before the holiday.

Foreign currency

France's currency is the Euro. There will be ATM machines at the airport, or it might be easier to bring Euros with you. You will need cash for all drinks from the bar and at places we stop for refreshment along the way; also of course postcards, presents, & souvenirs etc.

What to bring

The most important thing to bear in mind with winter activities is the need to keep warm. It is hard to predict just how cold it will be, and you will get warm as you ski. So extra layers are the best strategy - to put on when you stop or if the day is very cold.

- Warm waterproof anorak and ski trousers.** Please note, however that you don't need special ski clothing for this holiday. Your winter walking gear will be fine.
- Gaiters** – if you are using your winter walking gear
- 2 warm fleeces at least** – one to wear and one spare for during a stop.
- Warm socks** – walking socks will do, plus spare pairs.
- Warm waterproof gloves** – and preferably a spare pair to change into should one pair get wet from the snow.
- Warm hat** – the ones with flaps are great for also keeping the cold from your ears.
- Scarf/neck warmer**
- Long sleeved tops** - polar neck ski tops or long sleeved walking tops (wicking/non-cotton. A Merino wool top is a very good investment)
- Medium sized daypack** – to carry extra fleeces, flask or water & other bits and pieces.
- Water flask and/or thermos** – After breakfast we can ask the accommodation to provide everyone with some hot water for a thermos, so it's a good idea for people to bring some packet soups or tea bags if they want to make a warm drink. You may also want to drink water while out so bring a water flask/bottle (if you are a Platypus user, note that Platypus also sell a thermal tube cover to prevent freezing).
- Sunglasses, high factor sun cream and lip protection**
- Flight reference number, passport, & this info sheet**

And of course, casual clothes for the evening, slippers, trainers or comfortable shoes to use in and around the hotel

Non-essential but they may be important to you:

Camera & spare battery or charger, mobile & charger, plug adaptor, swimsuit for the sauna, travel kettle and tea bags. Zinc Oxide tape to prevent blisters - and Compeed in case you get them!

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