



Holidays beyond the postcard...

Gran Paradiso National Park - Cogne
8 DAYS / 7 NIGHTS - WALKING – GWC – rev 2
From Monday 4th to Monday 11th of June 2012

Mon. 4th June: ARRIVAL.

Pick up at Geneva airport, at the arrival time of the Aer Lingus flight Dublin to Geneva and transfer to Cogne.

Cogne lies at the confluence of the rivers Valnontey and Grand'Eyvia some 1534 meters above sea level. It is, therefore, an ideal point to base yourself for discovering the Gran Paradiso National Park. The wide green valley meadow of Sant'Orso is a real sun trap. It is also unusual to find such an open space at this altitude.

Transfer to your 3 star hotel "hotel du Grand Paradis" in Cogne. This hotel offers nice rooms, a jacuzzi and Spa, a restaurant and a bar and is ideally located right in the centre of Cogne.

Every day you will have a choice of two walks (A and B) one led by Vincent and the other led by a GWC leader. Depending on numbers coming (greater than 30), a second mountain leader will be appointed to lead a C walk.

Dinner included.

Tue. 5th June: GUIDED WALK – Discover the area.

For this first day, you will enjoy a loop walk on a south face, starting from the hotel that overlooks at Cogne, the valley and Gran Paradiso National Park.

In 1856, the king Vittorio Emanuele III created a conservation area to protect the ibex that was about to be extinct. Then in 1922, the area was extended and the first Italian National park was officially created.

On Today's walk, you will explore the very nice village of Gimillan.

A walk: Gimillan and Arpisson 756 m ascent – 17 km distance

B walk: Gimillan and Molère 356 m ascent – 15 km distance

Breakfast – Picnic Lunch – Dinner included

Wed. 6th June: GUIDED WALK – Urtier valley .

Today's you will discover the beautiful Urtier valley Est from Cogne. This will be the day to see waterfalls and lakes and in particular the lake Loie. You will also see some fine views over Mount Blanc.

A walk: Loie Lake Loop walk 1040 m ascent – 17 km distance

B walk: Loie Lake up and back 646 m ascent – 12 km distance

Breakfast – Picnic Lunch included / Dinner not included.

Thu. 7th June: GUIDED WALK Walk from Gimillan

After a short transfer, this walk will bring us to a valley from where the view of the whole Gran Paradiso is magnificent.

A walk: Tsaplana 900 m ascent – 12 km distance

B walk: Money Lake 780 m ascent – 14 km distance

Breakfast – Picnic Lunch – Dinner included.



Cogne - Gran Paradiso



Hotel du Grand Paradis



Hiking Gran Paradiso



Gimillan



Choose a Gelato

Contact us



Tel: +33 4 92 46 97 21



contact@franceoutdoors.com
 www.franceoutdoors.com

Fri. 8th June: FREE DAY in Cogne.

Spend the day in Cogne at your own pace, visit the shops around, the house Gerard Dayne to discover the local architecture, the Gran Paradiso National Park house (Foundation Paradis) in Cogne, the Iron mine museum or the fabulous Gran Paradiso National Park botanic garden . You can also sample some of the local food and in particular the local gelato!

Breakfast included / Picnic lunch and Dinner not included.

On option in cogne : Via Ferrata, Rafting, Paragliding tandem flight.

Sat. 9th June: GUIDED WALK – Valsavarenche valley.

Today we will take the bus to Valsavarenche the heart of the national park and a great place to observe the majestic glaciers. This walk will lead us to the main starting point of the Gran Paradiso ascent, Vittorio Emanuele hut (2734m) but it is also a very nice hike in itself. From here, it is possible to complete a loop walk to Chabot hut.

A walk: Chabot / Emanuele huts 1065 m ascent – 16 km distance

B walk: Emanuele hut 776 m ascent – 12 km distance

Breakfast – Picnic Lunch – Dinner included.

On option: Gran Paradiso Ascent day1.

Meeting with your mountain guide at the hotel in the morning, you will join the Vittorio Emanuele hut at a gentle pace to keep your strength for Day 2. Night in the hut.

Sun. 10th June: GUIDED WALK – “Bois des Sylvenoire”

Today you will walk from the hotel and explore the north face of the valley near the ski resort, and Montseuc peak. Really nice views of Cogne.

A walk: Montseuc peak loop walk 820 m ascent – 21 km distance

B walk: Montseuc 820 m ascent – 16 km distance

Breakfast – Picnic Lunch – Dinner included.

On option: Gran Paradiso Ascent day2.

Today, you will climb the Gran Paradiso (4061m), through glaciers and rocky parts in one of the most splendid part of the Italian Alps. Never technical, this is a great introduction to 4000m peaks

Back to the hotel for the evening.

Mon. 11th June: FAREWELL!

Spend the morning at your own pace in Cogne before a transfer to Geneva airport to match the flight Aer Lingus Geneva to Dublin.

Breakfast included / Picnic Lunch not included.



Hotel du Grand Paradis



Loie Lake



Vittorio Emanuel Hut



Cogne



Testa Dil Valmontey

Contact us



Tel: +33 4 92 46 97 21



contact@franceoutdoors.com
www.franceoutdoors.com

Price

Gran Paradiso walking holiday	Price per person €
Price per person:	€ 590
Supplement single room per day in Cogne.	€ 17
Supplement Gran Paradiso Ascent (3 people minimum)	€ 250

THIS TRIP INCLUDES:

- One European mountain leader for the week to lead one of the 2 walks.
- Depending on numbers coming (greater than 30), a second mountain leader will be appointed to lead a C walk.
- All maps, GPS point will be given to a GWC leader in charge of the other walk.
- Geneva airport pick up and drop off. Transports during the trip.
- 7 nights in the hotel du Grand Paradis based on two people sharing.
- 7 breakfasts, 5 dinners, 5 picnic lunches.
- Option Gran Paradiso includes, full board in the hut Vittorio Emanuele, mountain guide for the ascent and transfer from the valley to Cogne on Sunday 10th of June. We can also lend crampons, ice axes and harnesses. A good pair of hiking boots (leather, semi rigid sole) is sufficient. But you are welcome to bring your own equipment.

THIS TRIP DOES NOT INCLUDE:

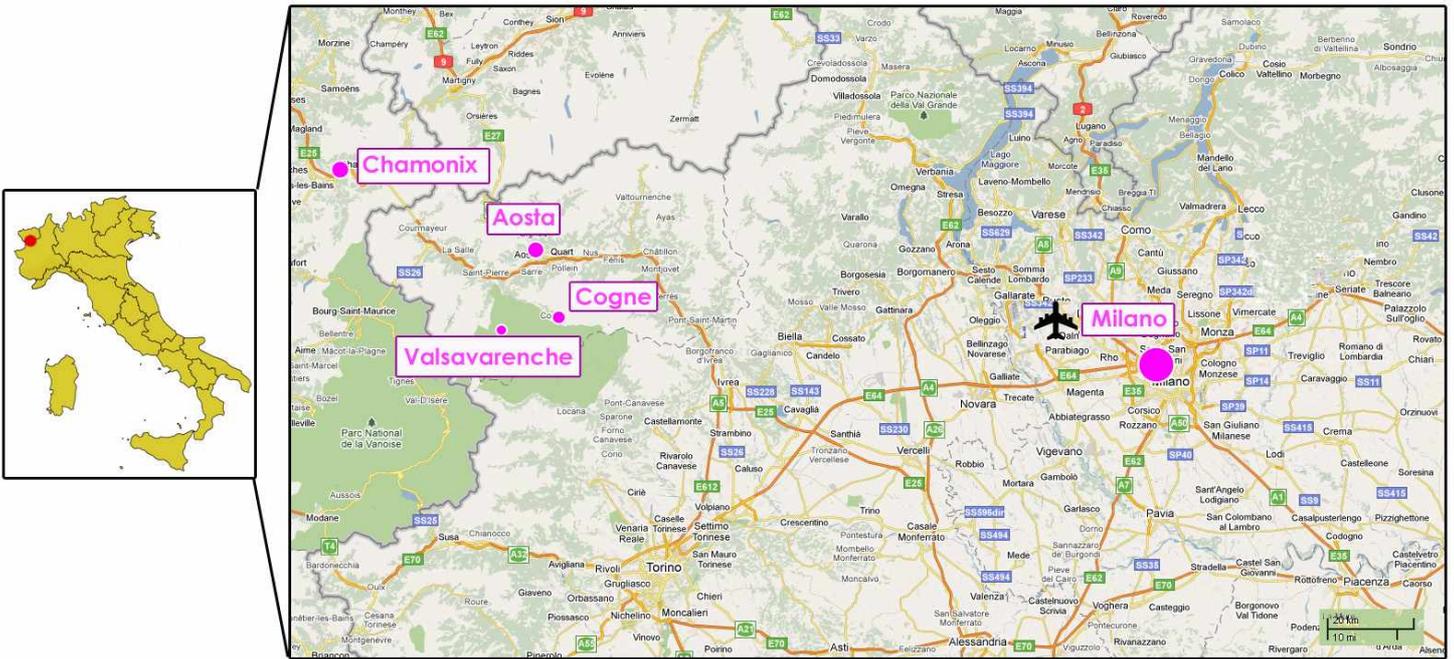
- Individual insurance.
- Beverages.
- Flights from and to Ireland.
- Beverages.
- All extras not included in the itinerary pages 1 & 2 or mentioned as optional.
- 2 picnic lunches and 2 dinners.

NOTES:

- France Outdoors reserve the right to cancel a day if the weather does not permit the practice of walking in safe conditions. In this event an alternative walk or a visit of interest will be offered.
- All walks can be extended (or reduced) if the group wishes to walk further (or less) than on the itinerary originally planned.



Maps and Airports



Daily public bus between Geneva airport and Aosta and Aosta to Cogné
 If you need any help to organize special transfer, just contact us.

Check list and Notes

NOTES:

- Physical Demand rating: This trip is rated as Moderate to Challenging. This depends on the type of activity you will choose during the week and if the walks are extended or not.
- Moderate: This means it includes hiking and other activities that require only an moderate level of fitness to enjoy (ie being able to walk 6 hours maximum including breaks, less than 500 m climb).
- Challenging: This means it includes hiking and other activities that require a good level of fitness to enjoy (ie 9 hours walk maximum including lunch time and couple of breaks), with around 1000m ascent and 15km of distance maximum.
- The accommodation is rated as Comfort: This means all rooms are en suite, the hotel has solid reputation for cleanness and food quality.
- France Outdoors reserves the right to cancel a day if the weather does not permit the practice of walking in safe conditions. In this event an alternative walk or a visit of interest will be offered.
- All walks can be extended (or reduced) if the group wishes to walk further (or less) than on the itinerary originally planned.
- Anyone under 18 years old must be accompanied by a legal guardian.

CHECK LIST:

- Walking boots.
- Water proof gears.
- Waterproof jacket breathable.
- Fleece jacket.
- Micro fleece and mountain tee shirts, if possible avoid cotton tee-shirts.
- Hat and cap, bandanna could be helpful.
- Scarf.
- Gloves.
- Shorts and swimwear.
- Rucksack 30 Litres mini.
- Sun protection, eye protection.
- Don't forget your own medication (if any).
- Water Bottle camel pack 1,5 litre minimum.
- Walking sticks.





Holidays beyond the postcard...

Booking Form – Megeve – GWC - 1/4

Payment:

Deposit of € 200 per person should be transferred before end of February 2012.

Once you transfer the deposit you will receive a receipt and the invoice for the balance of payment.

Balance should be transferred no later than 30 days prior to start date.

All optional activities (except supplement single room) are payable on site.

Please make payment using:

- Bank transfer, no extra cost if you ask for a regular transfer - around 5 days (not a fast transfer for which you have to pay), don't forget to mention your name to France Outdoors to the following banks details:
Bank Name: CREDIT AGRICOLE, Caisse regionale ALPES PROVENCE
BIC: AGRIFRPP813
IBAN: FR76 1130 6000 6280 8909 0300 069
- Credit card over the phone (€10 extra per pers.), ring France Outdoors, we will call you back immediately.
- On line, email us to request this option (Supplement €10 per person to cover Bank fees), we will send you back a link to pay on line on our bank secure system.

Send Booking form To:

Please remember to fill in (page 8) and sign off (page 9) this Booking Form, and send to:

-France Outdoors; Le Village; 05190 Breziers, France.

-Or send by email a scanned version of the signed document to contact@franceoutdoors.com

-Or send by fax at 00 (33) 95 66 63 841

Cancellation Policy:

All cancellations must be remitted in writing. Cancellations received 30 days prior to tour or more will be subject to a €200 administration fee. For cancellations received less than 30 days prior to tour date, full tour costs will be assessed. We strongly recommend the purchase of Trip Cancellation Insurance as this is the only way you will receive a full refund if your trip has been paid for in full. See VHI for trip insurance.

No refunds will be made for a cancellation during the course of the tour, nor for unused portions of the trip, nor for any changes, upgrades, adjustments made during the course of a tour. Exceptions to this cancellation policy cannot be made for any reason. Non-payment of your trip balance by the due date will be considered a cancellation, and your space will be offered to the next person on our waiting list.

Level of walks

Following the itinerary proposed, there will be a choice between two levels walks, led by 1 qualified international mountain leaders. The other walk will be led by a GWC leader.

B walk: The difficulty level will be of 10 km and 650 metres maximum and up to 4 to 6 hours walk.

A walk: The difficulty level will be of 15 km and 1300 metres maximum and up to 8 hours walk.

Depending on numbers coming (greater than 30), a second mountain leader will be appointed to lead a C walk.

Sharing

The accommodation is based on double occupancy.

If you want to share with someone specific please send your booking forms together.



Holidays beyond the postcard...

Booking Form – Cogne – GWC – 2/4

Flight details

This package does not include flights, but the airport transfer will be organised to match Dublin to Geneva Aer Lingus flight.

Flight delays, cancellation and insurance

Unfortunately flight delays and cancellation have become more commonplace and apart from the obvious inconvenience of the delayed arrival at your destination, they can cause ongoing operational problems with your holiday arrangements. Depending on the circumstances the airline may make alternative arrangements at no extra cost, but additional costs may well be involved in the form of onward flight arrangements, transfers and accommodation. It is important that your travel insurance covers you against these and in order to facilitate your claim for any delays etc, it is your responsibility to collect all relevant documentation from the airline in order to process the claim correctly and speedily.

Flight timings, routes and schedule changes:

Please note that the airline and flight times shown here may be subject to change. Unfortunately, airlines change their schedules regularly; we cannot be held responsible for any changes after booking date but will advise you of the revised times in the event that this would happen. If the flight times or departure airport are crucial to your arrangements we advise you to call us and confirm the most recent flight information before making any other arrangements.

Insurance – Are you adequately covered?

It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate).

If you come from another EU country please remember to bring your E111 with you.

You must be sure that you are covered for any activities that you intend to take part in.

Prior to departure, it is also your responsibility to make sure you are adequately fit and with a health condition compatible with the practice of hiking / snowshoeing.

We will request the details of your insurance phone number and policy number at the start of the trip as well as an emergency contact number.

Any Questions?

Contact Vincent Lamy, from France Outdoors, vincent@franceoutdoors.com



Holidays beyond the postcard...

Booking Form – Cogne - GWC - 3/4

Price: €590 per person for the week exc. Flights.

Supplement Single €17 per day.

Deadline for deposit end of February 2012.

The package includes 7 nights accommodation in the "hotel du Grand Paradis" in Cogne , all breakfasts included, 5 picnic lunches and 5 evening meals included, guided walks, transports during the trip and to and from the airport.

Mobile number (Participant 1): _____

Address (Participant 1): _____

Trip Dates: From _____ to _____

Flight details all participants: _____

Participant 1: First name and surname as per passport:	Title: (Mr, Mrs, Ms)	Email address:	Sup single Yes / No	Gran Paradiso Ascent Yes / No
Participant 2 (if applicable): First name and surname as per passport.	Email address :			
Participant 3 (if applicable): First name and surname as per passport.	Email address :			
Participant 4 (if applicable): First name and surname as per passport.	Email address :			

Total number of participants:	
Grand total (package, supplement single, supplement Gran Paradiso ascent) €:	
Grand total Deposit (€200) * (number of participants) €:	



Holidays beyond the postcard...

Booking Form – Cogne - GWC - 4/4

Terms and Conditions: I have read the itinerary pages 1 to 5 and accept France Outdoors document terms and conditions page 6 et 7.

Name (participant 1): _____

Signature (participant 1): _____

Date: _____

Name (participant 2- if applicable): _____

Signature (participant 2): _____

Date: _____

Name (participant 3- if applicable): _____

Signature (participant 3): _____

Date: _____

Name (participant 4- if applicable): _____

Signature (participant 4): _____

Date: _____