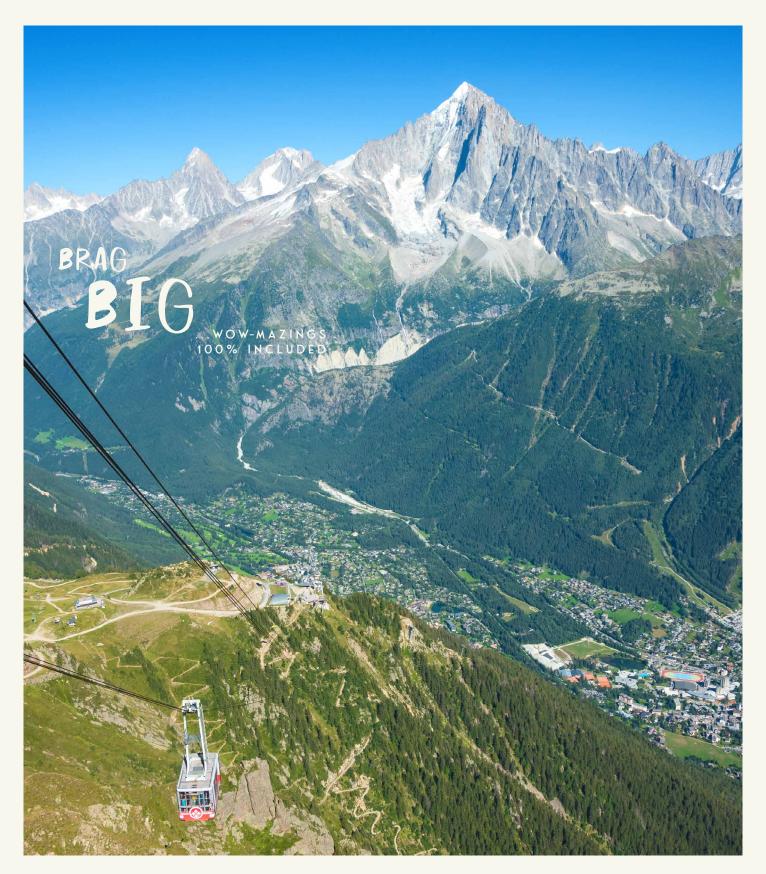
## MONT BLANC HIGHLIGHTS

FRANCE-SWITZERLAND-ITALY



WALKING IS ONLY PART OF THE ADVENTURE



## Prepare yourself for wow-mazing on our Mont Blanc Highlights and European Alps pack free walk

Our 8-day Mont Blanc Highlights pack-free guided walk in the European Alps offers the opportunity to see the best of the Mont Blanc 'white mountain' region.

Mont Blanc is the highest mountain in the Alps and Western Europe. It's also one of Europe's most popular alpine walks covering the highlights of the Tour du Mont Blanc.

Beginning in France, you will see all that the Mont Blanc region has to offer: the French glaciers and Mer de Glace ("Sea of Ice"), the sheer cliff faces on the Italian side of the mountains, and the beautiful green pastures and idyllic rolling valleys in Switzerland.

Enjoy the breathtaking scenery whilst only carrying a small day-pack and staying in beautiful boutique apline-style accommodation.

Each day is flexible, allowing our guests to opt-out of any day's walking and travel with our host guide to explore the local towns.



# BRAG BIG ...WOW-MAZINGS 100% INCLUDED

We carefully design our walking experience to add 'Wow" factors to every tour. These additional activities will enrich your tour and provide a walking experience that you couldn't create on your own, allowing you to reach remote areas that you normally couldn't get to in a day. On our Mont Blanc and Alps highlights pack free walk, you'll have the opportunity of an included wow-mazing experience you'll want to brag big about to everyone who'll listen to you!

## CABLE CAR EXPERIENCE

On day 7, you'll experience the sheer height of the alps. After our walk, we will rest our legs and enjoy the majestic views going back down into Chamonix, either via the Plan Praz or Le Flegere cablecar.

This ride offers a panoramic view of the Chamonix Valley including a breathtaking view of Mont Blanc, as we descend from above 2000 feet.



## Here's what is included in your Mont Blanc Highlights and European Alps 8 day pack free guided walk

When you walk with Life's An Adventure you can be sure that our aim is to deliver a tour beyond your expectations. We believe our tours offer exceptional value for money, with all the creature comforts you are after.

When comparing other tours in this region, be sure you check that you don't you have to carry your own gear, you don't have to camp, and that your accommodation is not a long distance from where you are walking.

This is a Pack Free walk – so you'll carry as little as your water and camera each day, because we take your overnight bags for you to your accommodation.

Enjoy our genuine all-inclusive tour with no hidden extras.

### WALKING TOUR INCLUSIONS

- Pack Free fully supported walk with no heavy packs to carry.
- 3 nights at La Folie Douce Chamonix, France or similar (stays at the start and end of the tour).
- 1 night at Chalet Hotel La Chemenaz, France or similar.
- 1 night at Hotel L'Autantic, France or similar.
- 1 night at Chalet Svizzero, Italy or similar.
- 1 night at Hôtel du Glacier, Switzerland or similar.
- 6 x lunches.
- 7 x superb dinners every evening featuring local produce.
- Complimentary wines with evening meals.
- 7 x breakfasts.
- Professional and passionate guides.
- Luggage transported to your accommodation each day.
- Flexible walking options or sightseeing each day.

## **NOTES**

The Tour Mont Blanc is an exceptionally popular hike – and for good reason. However, this can occasionally mean that accommodation can become overbooked or full. Whilst the hotels mentioned in the brochure will always be first sought, sometimes unforeseen circumstances can result in alternate accommodation being necessary.

Also, the Alps are an extreme environment. While your guide will always attempt to follow the walk's itinerary, their primary concern is your safety. Hence, there is the possibility, due to dangerous weather conditions, that different hikes and/or routes may have to be taken than those outlined in the daily walking itinerary.

# Walking is only part of the adventure - there's also the fabulous local produce, wines and accommodation you'll experience too as included 'wows'.

Mealtime is a special time on tour. Not only does it provide the opportunity to get to know your fellow travellers in a relaxed environment, it also allows you to sample regional specialities.

After a day of hiking the trails, you'll be treated to some of the best classical local French, Italian and Swiss dining experiences in the alps at your accommodation, with each having its own restaurant. They pride themselves on seasonal ingredient specialities (plus some secret localised family recipes) and also offering some of the finest local cheeses and wines. If you love your food and wine, you'll love this walk!









## Enjoy a true alpine experience with 3 and 4 star chalet and hotel stays

A highlight of your tour will be the stunning alpine stays. In each region we walk, we have handpicked the best accommodation in each area, to ensure we give a wow-mazing experience for our guests – such as the Hotel Chalet Svizzero. Straight from a postcard, this fabulous chalet is the perfect place to soak in the view sipping an aperitif after you day's walk.



## LA FOLIE DOUCE CHAMONIX (OR SIMILAR)

Situated right in the heart of Chomonix, France,
La Folie Douce is at once vibrant and relaxed, catering
for all different age ranges and tastes – it's a true
microcosm of the travellers who come to Mont Blanc.
Live music and entertainment is played nearly every
night. There is also a fitness and well-being centre, and
different summer activities each week.



## CHALET HOTEL LE CHEMENAZ (OR SIMILAR)

Le Chemenaz is a gorgeous, family owned, 40 room chalet in France. All the spacious rooms come with a large bay window, sun lounged and are sound-proofed with traditional beautiful timber panelled walls. Relax in the pool and day-spa after your day's walking. The restaurant, La Trabla, prides itself on its delectable, traditional and Savoy-style menu, with some secret localilsed family recipes – giving you all the energy you will need for the next day's walk.



## HOTEL L'UTANTIC (OR SIMILAR)

Hotel L'Auntantic in Bourg Saint Maurice, France, is a charming hotel that offers comfort and tranquility. The rooms are simply decorated and feature a wooden or wrought iron bed, as well as an ensuite. There's an indoor pool, garden, terrace and bar to relax in after your day's walk before dinner.



## CHALET SVIZZERO (OR SIMILAR)

Located centrally in Courmayeur Italy, Hotel Chalet Svizzero features panoramic terraces, cosy lounges and a wellness centre with a hot tub, hammam and sauna. Your room includes free internet, a tv and balcony. Each room is individually designed and furnished with antique wood and other natural materials. A buffet breakfast is available each morning in the dining room. The restaurant serves Aosta Valley specialities made using seasonal ingredients and some of the finest local cheeses and wines.



## HOTEL DU GLACIER (OR SIMILAR)

This is a traditional Swiss hotel that dates back over 100 years. The hotel offers well furnished and spacious rooms and apartments. The hotel includes a number of facilities and activities such as tennis, biking, and hiking as well as a restaurant and bar. In summer the terrace and garden offer panoramic views of the surrounding mountains.













## DAY ONE

## ARRIVE IN CHAMONIX (FRANCE)



## **GETTING THERE**

Guests will need to organise their own flights to Geneva, Switzerland (nearest airport to Chamonix, France) the day prior to the tour.

## SUGGESTED PRE-TOUR ACCOMMODATION

Aparthotel Adagio Genève Mont-Blanc in Geneva near the airport (Switzerland) or La Folie Douce in Chamonix (France).

## DAY ONE

## ARRIVE IN CHAMONIX (FRANCE)

## WALK ITINERARY

Make your own way to the hotel La Folie Douce in Chamonix, the picturesque French town at the base of Mont Blanc (the highest summit in the Alps), near the borders of Switzerland and Italy.

Today is free for you to explore the town and its amazing mountain surroundings.

Year-round, cable cars take visitors up to several nearby peaks with panoramic views, including Aiguille du Midi above the town, and Pointe Helbronner, across vast glacier fields on the Italian border.

The old city is a delightful maze of small streets with pastel-painted building and shops some selling lace, as this town was once famed for its lacemaking.

Tonight join your group for dinner in the hotel for a briefing to go over the trip. Enjoy some delicious regional food served with French wine.

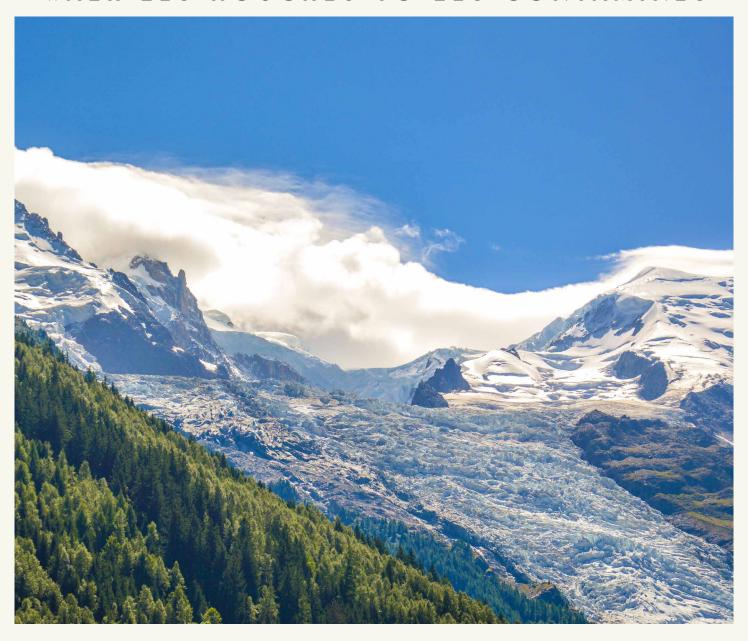








## TRANSFER TO LES HOUCHES WALK LES HOUCHES TO LES CONTAMINES





**WALK SNAPSHOT** 

DISTANCE: 18 kms

HOURS: 7 hours with breaks

ELEVATION: Ascent 1500M - Descent 1300m

GRADE: Moderate to difficult

FITNESS: Good

## DAY TWO

## TRANSFER TO LES HOUCHES WALK LES HOUCHES TO LES CONTAMINES

### WALK ITINERARY

After a delicious breakfast we'll drive a short distance to the start of our walk at Les Houches.

From here we begin our ascent, climbing the grassy slopes through interspersed fir and birch forests, before passing along the foot of the Bionnassay Glacier.

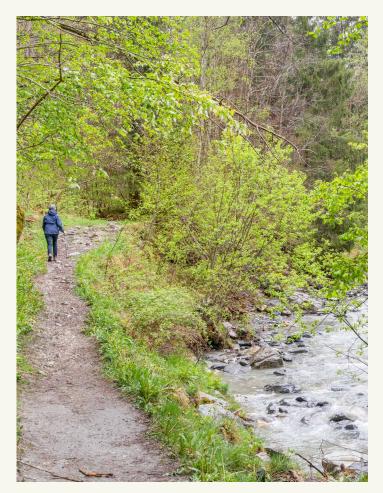
Crossing a suspension bridge over the glacial-fed Bionnassay Torrent, we climb up again into the mountains to the Col de Trigot, then switch-back down to the Chalets de Miage.

From here it is just one more brief climb before we descend into Val Montjoie.

At the end of our walk, we will be transferred to our hotel for the night at Chalet Hotel La Chemenaz or similar.

Tonight we enjoy dinner at the hotel featuring fresh regional produce and wines.



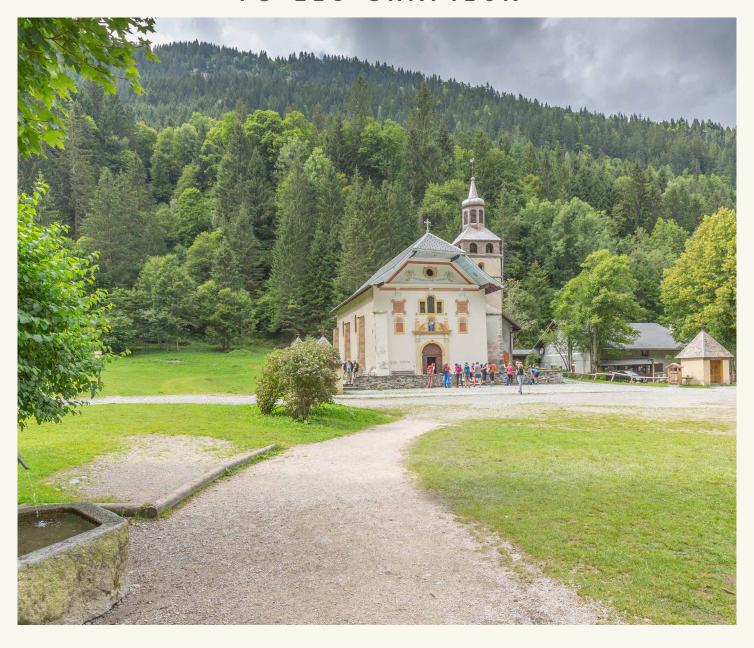






## DAY THREE

## WALK LES CONTAMINES TO LES CHAPIEUX



Ø

WALK SNAPSHOT

DISTANCE: 18.5 kms

HOURS: 7 hours with breaks

Ascent 1300M - Descent 950m

GRADE: Moderate to difficult

FITNESS: Good

ELEVATION:

## DAY THREE

## WALK LES CONTAMINES TO LES CHAPIEUX

### WALK ITINERARY

The morning begins with an slow easy climb up Val Montjoie, crossing the glacial waters of the Torrent le Bon Nant, before the rolling green pastures bring us to the beautiful little Notre Dame de la Gorge, with its baroque-Savoyard architecture.

After a brief stop, we begin our steep climb into the mountains, following an old Roman road that traversed the Alps.

The forest grows thick as we climb, eventually bringing us back out onto the flat meadow of Refuge de la Balme.

We then climb up and over the highest point for the day – the awe-inspiring Col de la Croix du Bonhomme – before dropping back down into the valley of Les Chapieux.

At the end of our walk we will be transferred to our hotel for the night at Hotel L'Autantic or similar. Tonight we enjoy dinner at the hotel featuring fresh regional produce and wines.









## DAY FOUR

## WALK FROM LES CHAPIEUX TO COURMAYEUR (ITALY)





WALK SNAPSHOT

DISTANCE: 16 kms

HOURS: 6 hours with breaks
ELEVATION: Ascent 850M - Descent 900m

GRADE: Moderate to difficult

FITNESS: Good

## DAY FOUR

## WALK FROM LES CHAPIEUX TO COURMAYEUR (ITALY)

### WALK ITINERARY

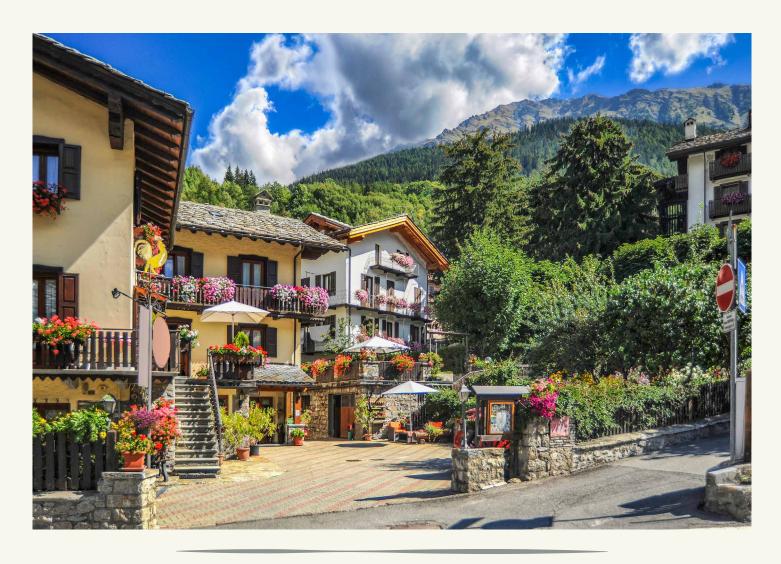
After breakfast a brief transfer will bring us to the Vallée des Glaciers, whereupon we will begin the day's hike, crossing over from France into Italy.

The morning will be a steady and easy climb up Col de la Saigne, where we can stand between the two countries.

From the Col, we have a long, easy descent down into La Visaille.

Once reaching La Visaille a vehicle transfer will take us to Courmayeur, where we'll have the rest of the afternoon to peruse the beautiful Italian town at leisure, framed by the breathtaking backdrop of Mont Blanc itself.

Our hotel for the night is at Chalet Svizzero or similar. Tonight we enjoy dinner at the hotel featuring fresh regional produce and wines.



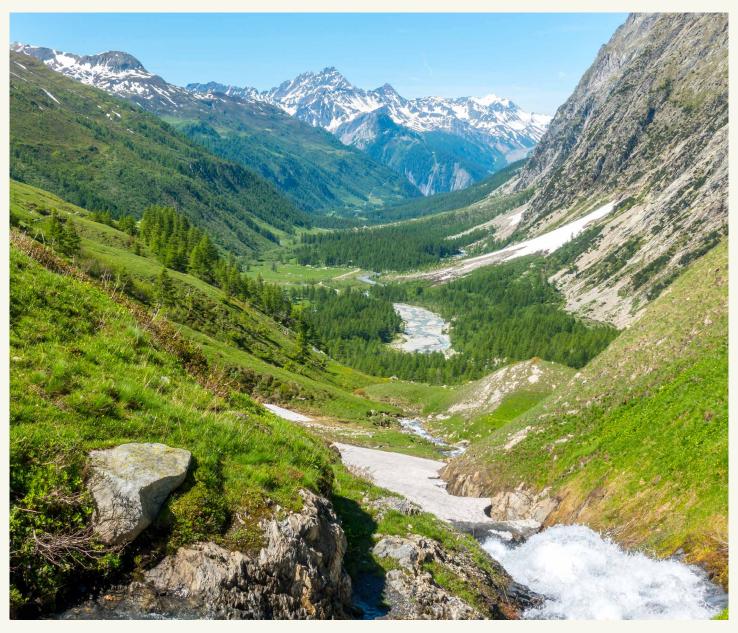






## DAY FIVE

## WALK ITALIAN VAL FERRET TO FERRET (SWITZERLAND)



 $\bigcirc$ 

WALK SNAPSHOT

DISTANCE: 20 km

HOURS: 7 hours with breaks

ELEVATION: Ascent 900M - Descent 950m

GRADE: Moderate to difficult

FITNESS: Good

## DAY FIVE

## WALK ITALIAN VAL FERRET TO FERRET (SWITZERLAND)

### WALK ITINERARY

After breakfast we'll hop aboard a bus and take a brief transfer to Arnouvaz, where we will begin our walk.

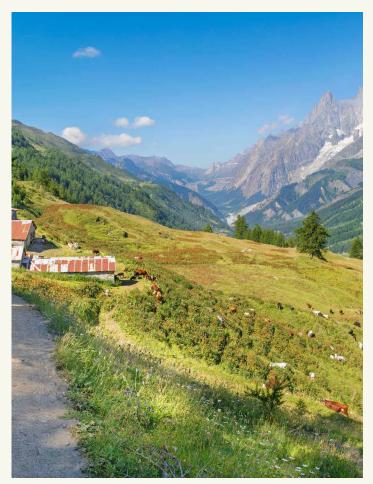
A short climb will bring us to Refugio Elena, after which we will begin the more arduous and rewarding trek up to the pass between the two countries.

Crossing over the high pass of Grand Col Ferret brings us into Switzerland, where we steadily descend Val Ferret into the humble and exquisitely beautiful town of La Fouly.

Our hotel for the night is at Hôtel du Glacier or similar.

Tonight we enjoy dinner at the hotel featuring fresh regional produce and wines.









## TRANSFER LA FOULY TO TRIENT WALK TO ARGENTIERE (FRANCE)





WALK SNAPSHOT

DISTANCE: 13 kms

HOURS: 6 hours with breaks

ELEVATION: Ascent 1050M - Descent 1800m

GRADE: Moderate to difficult

FITNESS: Good

## DAY SIX

## TRANSFER LA FOULY TO TRIENT WALK TO ARGENTIERE (FRANCE)

### WALK ITINERARY

After breakfast a short drive brings us to the hamlet of Trient after which our day's hiking adventure begins.

We begin with a slow and easy climb past the stable of Les Herbagères, ascending up to the high mountain pass of Col de Balme.

Here we stand on the intersection of Switzerland and France and can see back down into the beautiful Chamonix Valley.

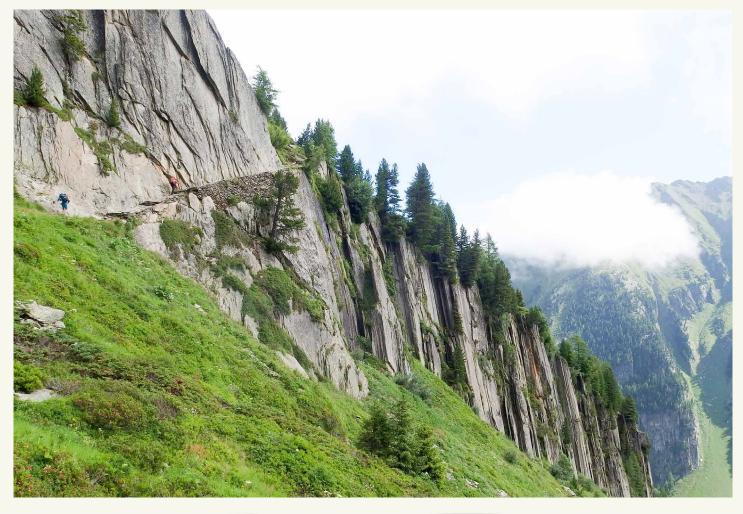
From here it is an easy decent down to the village of Argentière, with spectacular views of Mont Blanc itself jutting enigmatically across the horizon.

Our hotel for the next two nights is back at La Folie Douce Chamonix or similar. Tonight we enjoy dinner at the hotel featuring fresh regional produce and wines.



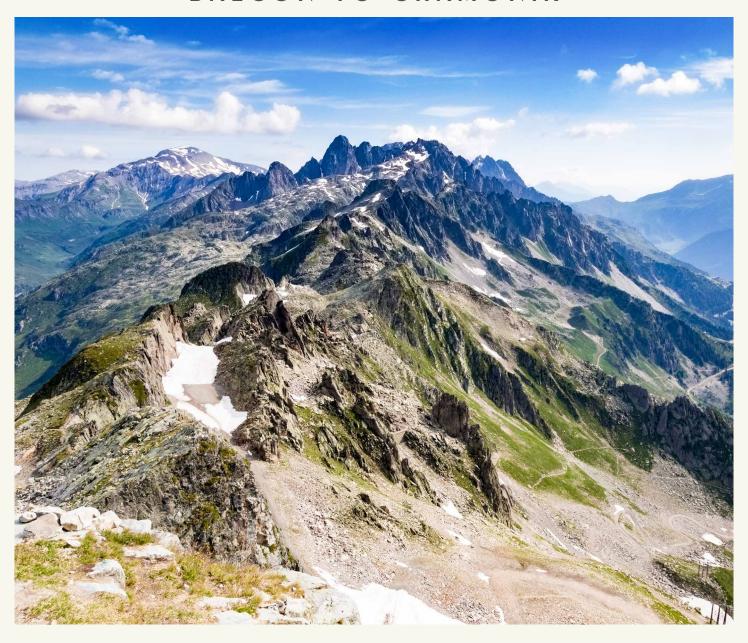






## DAY SEVEN

## WALK ARGENTIERE TO GRAND BALCON TO CHAMONIX





WALK SNAPSHOT

DISTANCE: 13 kms

HOURS: 5 hours with breaks

ELEVATION: Ascent 1000M - Descent 500m

GRADE: Moderate to difficult

FITNESS: Good

## DAY SEVEN

## WALK ARGENTIERE TO GRAND BALCON TO CHAMONIX

### WALK ITINERARY

The Grand Balcon Sud walk showcases the most spectacular views above the Chamonix Valley with magnificent panoramic sights of the Mont Blanc mountain range opposite!

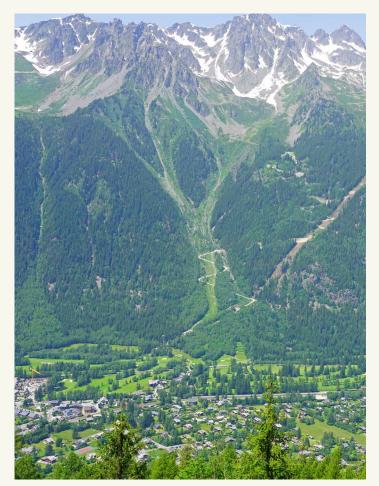
It is a relatively easy and scenic walk... after the initial climb up.

This is a fantastic way to end our Mont Blanc hiking adventure. If we're lucky, we may see wild ibex along the way!

As the day draws on we will descend back down into Chamonix, either via the Plan Praz or Le Flegere cablecar, depending on the group's desires.

At night we will all reconvene for drinks, dinner to celebrate this fabulous journey.









## BOOK YOUR MONT BLANC HIGHLIGHTS PACK FREE WALK TODAY

## **DEPARTURE DATES - JULY TO AUGUST SEASON**

Each year we will run a few tours from July to August. Please note, if you are booking three months or less before departure – we will need to confirm accommodation with our suppliers is still available and an alternative of similar standard may be offered instead. The real time availability can be checked on our website below or call our office on (O2) 9975 4553.

## PRIVATE GROUPS

Groups of 8 or more can select a departure date of their choice. We advise booking as early as possible as dates fill up quickly. Ask us about Group Pricing.

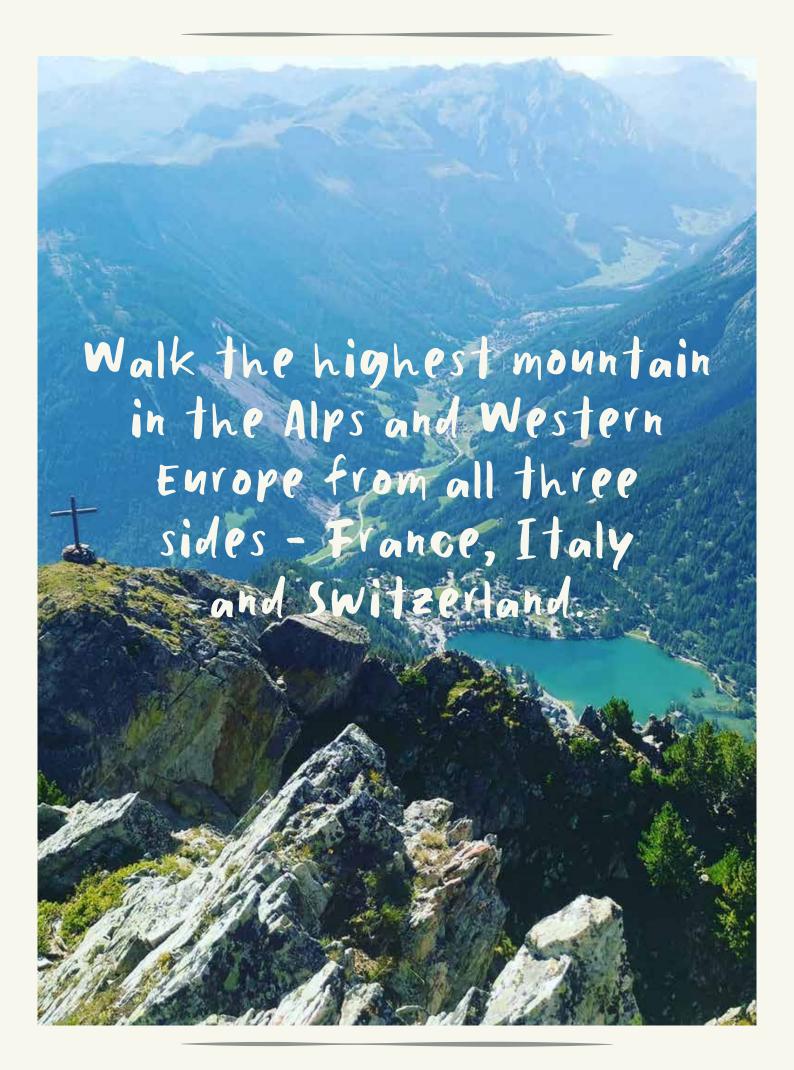
### INTERNATIONAL FLIGHTS

Please note your tour price does not include flights to / from the countries visited. We offer our clients a service to book their international flights and any other travel plans during their holiday. If you would like our Flights Specialist to organise these requirements, please email us at flights@lifesanadventure.com.au with your requirements.

FOR AVAILABLE DEPARTURE DATES, SPECIAL OFFERS, PRICES AND BOOKINGS
FOR THIS WALK CLICK HERE FOR... WWW.WOWMAZINGWALKS.COM.AU

GOT QUESTIONS? WE'LL ANSWER THEM.
CALL US ON (02) 9975 4553 OR EMAIL: walks@lifesanadventure.com.au







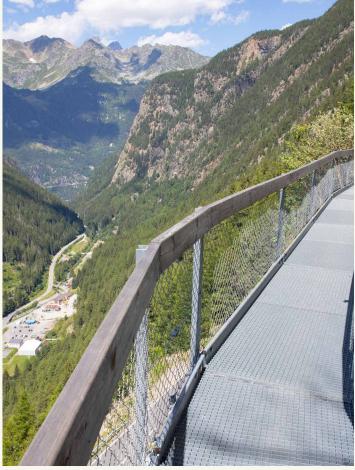


















































## BOOK YOUR MONT BLANC HIGHLIGHTS PACK FREE WALK TODAY

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# WHAT MAKES US 'WOW-MAZING' DIFFERENT? TAKE A LOOK.

LIFE'S AN ADVENTURE GIVES
YOU PACK FREE GUIDED WALKING
TOURS WITH OUR UNIQUE
WOW-MAZING INCLUSIONS LIKE...

... WILDERNESS CRUISES
TO REMOTE LOCATIONS - CHOPPER
FLIGHTS OVER STUNNING SCENERY
- MEETING LOCAL CHEFS AND
WINE MAKERS - DELICIOUS
PADDOCK TO PLATE DINING
- LOCALLY SOURCED WINES
- FLEXIBLE FITNESS WALKING
OPTIONS - FABULOUS BOUTIQUE
ACCOMMODATION - SURPRISE
& DELIGHT EXPERIENCES + MORE.

## BOOK AND WALK WITH CONFIDENCE.

## PERSONALISED TOURS

Our tours are curated to be personal and intimate with a maximum group size of 12-16 guests. However, if you'd like to have a bigger group, contact us for more details.

## **CEO GUIDES**

Our guides are CEOs – Chief Experience Officers – and their passion is to give you a world-class walk. We pride ourselves on employing a talented team of passionate CEOs who all have a passion for their tour. They're committed to your safety and have a genuine desire to provide an enriching, immersive and wow-mazing walking experience.

## 21 TOURISM AWARDS

We don't mean to boast but it is awesome to be recognised for having tours that people love walking on. We've won 21 Tourism Awards of Excellence including the Qantas Australian Tourism Award for Australia's Best Adventure Company. Awards are great, but our biggest accolade which we value even more, is that our clients come back and travel with us time and time again.

## **GENUINE ALL-INCLUSIVE**

Our walking tours are all genuinely all-inclusive – so once you pay for your tour there are no hidden extras. During your evening meals, you won't need to put your hand in your pocket to pay for wine as it's included in the price of the tour and if you tour has a stunning scenic chopper flight or eco wildlife cruise – it's 100% part of your tour package. What's more – there are No Credit Cards fees.

## **FLEXIWALK**

Our FlexiWalk is a new optional Add-On that allows guests to cancel their tour last minute and not be penalised. Exclusively designed by Life's An Adventure, this product gives our guests certainty in a time of uncertainty.

# LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

Life' An Adventure commitment to sustainability ensures our guests enjoy, appreciate and learn the importance of preserving and protecting the landscapes we visit and its inhabitants. The ethos of our walking holidays across Australia is to minimise our footprint, working towards a leave no trace outcome and emphasing the elements of conservation in all elements of operations across the business.

We are firmly against businesses that disturb our National Parks by the construction of buildings and structures. On all tours we utlilise existing accommodation close to the trails, which not only support these local accommodation providers, but also minimises our impact on the environment.

We also support local communities by buying local produce, working closely with local businesses such as cruise companies, chefs, wineries and small local cafes with the same environmental ethos as us, as well as hiring local guides.



## **ECO TOURISM ACCREDITATION**

We hold Eco Tourism Accreditation with EcoTourism Australia, this accreditation is given to ecologically sustainable tourism companies with a primary focus on experiencing natural areas that foster environmental and cultural understanding, appreciation and conservations.



## GREEN GUARDIAN PROGRAM

Our project is working with PWS, Birdlife Tasmania and the Department's Resource Management and Conservation Branch. Whilst walking along the wild and remote beaches in Tasmania, we will identify a number of threatened and vulnerable shorebird and migratory shorebird species. This important work will aid in assessing shorebird populations and habitat quality, both of which have been seriously affected by human activity. The vital information collected will be uploaded into the Department's Natural Values Atlas where it will assist in improving conservation outcomes, planning. Life's An Adventure has partnered with the Tasmanian Parks and Wildlife Service to promote environmental conservation through the Green Guardian program. As part of the Green Guardian program, our guests are given conservation volunteer opportunities during their walks and decision making.

# LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR



## **OUTDOORS PEOPLE FOR CLIMATE**

Life's An Adventure supports 'Outdoors People for Climate' who are a grassroots community of people who love, live, and work in the Australian outdoors. Climate change and other ecological stressors are causing irreversible damage to the wild places we love and will make it progressively harder for Australians to access the outdoors. Outdoors People for Climate are here to add to the growing call for meaningful, ambitious, and rapid political and business leadership on climate change in Australia. It is time for Australians to come together, listen to the science, take action, promote solutions and support positive change for people, the planet, and the outdoors. It's clear: when nature thrives, people thrive. What's more, individuals, communities, and governments already possess the solutions needed to tackle the climate crisis and in turn create a better future, but we must act urgently.



# LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

## CONSERVATION OF OUR ENVIRONMENT

Our walks are all in stunning natural areas, and we want them to be there for future generations to enjoy.

So on our tours we're super considerate and follow a few simple rules to minimise any environmental damage on our wow-mazing walk experiences for you to follow.

When Walking...

Stay on the track, even if it's rough or muddy. Walking on the track edges and cutting corners on steep, zigzagging tracks increases erosion and visual scarring.

Tread softly, choosing your footwear for the terrain. Often you will only need to wear lightweight walking boots or even running shoes.

If there are no tracks, spread out rather than follow each other's footsteps. A plant will be more likely to recover if walked ononce than if stomped on by the whole party.

Appreciate and respect the local wildlife. Walk as quietly as possible. This reduces the likelihood of disturbing wildlife and increases the chances of seeing it.

Carry all rubbish with you. Even discarded organic litter such as apple cores or orange skin adds nutrients to the soil which can aid the spread of weeds.

Only use toothpaste and soap if you're at least 50m from any waterways, to prevent harm to fish and other wildlife.

Please don't feed native animals – it can damage their health and make them dependent on campers for food. The wrong food can cause birds to lay eggs with weak shells that break before the young can develop. Find out more about how feeding native animals can affect them, their behaviour and you.

No damage or removal of native plant species.

No removal of shells from beaches, coastal areas or inland middens.

Try to leave everything as you found it. Don't disturb historic places, Aboriginal sites, plants, animals or bush-rock.

## LET'S INTRODUCE OURSELVES

## THE LIFE'S AN ADVENTURE PACK-FREE STORY

Life's An Adventure Company Director Mark Norek was born and bred in Tasmania, and has a passion hiking ever since he was president of his high school bushwalking club. Mark started walking with his wife Vicki and to get her to walk more often he would add the finer things in life to the walk so that she would come along and do it more often... such as footbaths, bottles of wine and her favourite liqueur Bailey's for her!

This translated some 12 years ago into starting a business called Life's an Adventure where the goal is to make every walk a more enjoyable experience for all and taking heavy packs out of the equation – and hence we added the tag-line to our logo 'The Pack-free Walking Experience'

They also wanted to offer the best accommodation and fine dining in the area as we currently do on our Three Capes walking tour. They then added to that wow factors to reach more remote areas by helicopter or boat.

Mark and Vicki have carefully designed all our tours to give good value and quality in Pack Free walk, so you carry as little as your camera, water and raincoat (if required). Our guides are all passionate and are incredibly sociable and proud of their state, and this comes through with their guidance through the area.

Enjoy the walk, and feel free to share your photos with us of your memorable experience.



## **CONTACT US**

CALL US: 02 9975 4553

TOUR ENQUIRIES: walks@lifesanadventure.com.au

MON-FRI: 9:00 am - 5:00 pm SAT-SUN: CLOSED

HEAD OFFICE: SHOP 7, 1306 PITTWATER ROAD, NARRABEEN NSW 2101

FOR OUR SIGNATURE TOURS WEBSITE - WWW.WOWMAZINGWALKS.COM.AU

FOR MORE THAN 90 DIFFERENT TOURS VISIT - WWW.LIFESANADVENTURE.COM.AU



IMAGE CREDITS: MANY PHOTOS IN THIS BROCHURE HAVE BEEN SUPPLIED BY THE TOUR'S ACCOMMODAITON PROVIDERS.