

The Alps Trek | GAC Brochures

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45km approx.

Approx. Distance

Tough (2)

Challenge Grading

5 Days

Challenge Duration

France, Switzerland & Italy

Challenge Location

Challenge Highlights

Visit 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

This breathtaking adventure takes us through the stunning Mont Blanc region of the Alps! Visiting 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. With plenty

of ups and downs along the way our route will certainly challenge us but we're rewarded with the pleasure of seeing the most incredible views this part of Europe has to offer, from stunning cliffs to gorgeous waterfalls running from glaciers.

Challenge Itinerary

Day 1 - Depart UK

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

Day 2 - Chamonix to La Fouly

In the morning we head out on foot to the cable car and head up to 2,000 metres above sea level to begin our trek. Today our walk will mainly be a traverse with spectacular and breath taking panoramic views of the Tour du Mont Blanc. Throughout the day will have views of the Mont Blanc massif and other glaciers and long-distance views to Italy. Our route will take us to the famous Lac Blanc and Lac des Cheserys. On completion of our days trekking, we arrive in the village of Le Buet where we will then take a transfer to La Fouly.

Trekking distance – approx. 14km / 6 hours

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. Champex-Lac is a lovely little town and we may have the opportunity at the end of the day to visit the town and lake before we take a transfer to Trient.

Trekking distance – approx. 14km / 6 hours

Day 4 - Trient to Chamonix

In the morning we set off from Trient. After a brief walk along the valley we will begin to climb a zig-zag trail through the trees before emerging into open grounds. The trail then climbs further to the stunning Col de Balme (2,191m), which marks the border between Switzerland and France. After some short undulations to Col des Posettes we will descend to Argentiere to finish our trek. Our toughest day of the challenge but an amazing end to our adventure! We will then take a short transfer to Chamonix, where we can toast our achievement at the celebratory meal this evening.

Trekking distance – approx. 15km / 7 hours

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, including the timings and distances detailed. Mountain weather conditions, the group's ability and other factors outside our control can impact on the schedule set out in this brochure.

Challenge Inclusions

What's Included

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

What's Not Included

- Personal trekking kit (trekking boots, poles, etc)
- Personal travel insurance
- Alcoholic drinks
- Tips and gratuities
- **Please note that for bespoke challenges, inclusions and exclusions may differ**

Frequently Asked Questions

I'm interested... What do I do now?

You can register online below – payment of the registration fee is due at time of booking. All payment options and costs are explained below.

Once your registration is received we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

Is this trip for me?

Absolutely! The trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 14 – 17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the 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!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All 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).

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 some waterproofs you do not need any specialist kit.

Do I have to carry my own luggage?

No – all you will need is a small day pack while trekking to carry items such as a camera, sunscreen, energy snacks, waterproofs, warm clothing 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 as long as we know in advance – just fill in the appropriate section on your registration form.

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.

Can I stay in France after the challenge?

Yes you can, but you would need to amend your booking from our flights inclusive package either before or after you have registered to our ground only package. For further information on prices and how our ground only packages work please contact

events@globaladventurechallenges.com.

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 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.