

ALPEXPLORE Technical sheet: Day hike to mountain peak 2300 – 3000 m



Choice of summit: to be discussed according to weather and terrain conditions, required physical fitness and hiking techniques, and potential risks.

Departure: between 8 am and 9:30 am, depending on the hike and the conditions. Transport to the place of departure and arrival is organized by yourself.

This AlpeXploration

We hike to one of the mountain peaks in the area. Along the way we also explore the fauna, flora and the surrounding landscape.

- Rating of physical effort: fairly difficult to difficult*
- 4-8 hours hiking, 6-10 hours in total
- Distance 10 – 20 km
- Elevation gain 400 – 1500 m up and down
- Some possible summits in the Arvan chain: Crey Aigue (2329m), Casse Massion (2428m), Mont Falcon (2625m), Pointe d'Emy (2793m), Cime de la Valette (2858m), Grand Chible (2932m), Cime des Torches (2958m), Dôme de la Cochette (3041m), ...

Required equipment

- Sturdy hiking/mountaineering boots
- Provide clothing for all circumstances (3 layers, incl. windproof and waterproof top layer)
- Sunglasses, sun cream, cap or hat, gloves, beanie
- Backpack with sufficient water (min. 2L), picnic and snacks (e.g energy bars, dried fruit and/or nuts)
- Trekking poles recommended (and binoculars)
- Personal medication

Please discuss any chronic conditions in advance so we can take this into account in terms of objective and pace of the hike.

* according to FFRandonnée

Price and conditions

For a day hike with a group of 3 or more people: 60 euros pp. Children < 16 get a price reduction. If you are solo or two persons, please contact us to see if you can join another group.

The price includes preparation and guidance by the mountain leader, and must be paid in advance. The primary objective is to experience a mountain hike in a safe and informative way. Our ambition is to reach the mountain peak, but this is not guaranteed. Depending on your safety and that of the group, the mountain leader may modify or cancel the hike. This could be influenced by e.g. the weather, the condition of the terrain, the physical fitness and/or the equipment of the participants. If the hike is canceled before the start, the payment of the mountain leader will also be cancelled. A person who does not follow the instructions of the mountain leader during the hike places him/herself outside of the group and the responsibility of the mountain leader.

Contact ALPEXPLORE. Stefan Pype, Mobile FR +33 787 470 698, email contact@alpexplore.eu

Personal registration

Name:

First name:

Planned AlpeXploration:

Date

Place

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Signature