

ALPEXPLORE Technical sheet: Exploring Alpine forests and meadows



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

Departure: can be at any time of the day, depending on the hike and the weather. Transport to the place of departure and arrival is organized by yourself.

This Alpexploration

This can be a day hike or half day hike. There is extra focus on wildlife and plants that make these ecosystems so unique and valuable.

- Rating of physical effort: fairly easy to fairly difficult*
- For a half day 3 hours hiking, for a day hike 5-6 hours (7-8h in total)
- Distance 3-5 km for half a day, and 7-15 km for a day hike
- Elevation gain 200 – 800m up and down

Required equipment

- Hiking shoes or 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)
- Possible trekking poles 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 group of 3 or more people: 60 euro pp for a day hike, 35 euro pp for half a day. 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. 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