

HIKING JOURNEY

From the Sea to the Summits

FRANCE & SWITZERLAND – DORDOGNE, BURGUNDY, MONT BLANC & THE
SWISS ALPS

16 DAYS



WALKABOUT
GOURMET ADVENTURES

Journey Overview

This beautiful walk begins in the rolling hills of the famous food and wine regions of Dordogne and Burgundy. It then continues east to the foot of Europe's highest mountain Mont Blanc with the "pièce de résistance" being our last 4 nights in the Swiss Alps walking amidst some of the world's finest alpine scenery.

In the Dordogne we spend our time walking through delightful oak forests, past ancient villages and beside the romantic Dordogne River. You will be surprised by the variety of delicious produce from this area - walnuts, foie gras, black truffles, goat cheeses and some excellent wines. The Dordogne has a very colourful history dating back to the Stone Age and today has some of France's best-preserved chateaux.

Onto Burgundy - a land of clustered storybook hamlets, medieval chateaux, world-renowned wines and hot mustards! Our walks here, of course, concentrate on trails through some of the most famous vineyards in the world. We also introduce you to some of the lesser-known regions near Autun which is renowned for its beautiful deciduous forests and a history dating back to Roman times.

Surely one of Europe's most treasured sights are "the alps". There is nothing else in the world quite like them. It is not only the sheer grandeur of the towering peaks but it is the cosiness of the hillside villages, the unforgettable display of alpine wildflowers, the sound of cowbells ringing through the valleys and the sight of a welcoming inn as you round a bend on a mountain trail.

We base ourselves in Chamonix at the foot of Europe's highest mountain - Mont Blanc. With 310 kms of walking tracks, this wonderful alpine area is a walkers' paradise. Here, you also have the opportunity to ride on the world's highest cable car to Aiguille du Midi - 3,842 metres. On a clear day the view is truly unbelievable. You can even catch another cable car across the glacier to Italy for a real cappuccino!

Our final destination is the famous Bernese Oberland in the Swiss Alps where we have chosen the lovely village of Grindelwald as our base. Marvel at the sheer splendour of Europe's most spectacular mountain scenery. Stroll knee deep in alpine wildflowers and journey to the famous Jungfrau Joch on the highest railway in Europe. A walk not to be missed is the classic ridge walk to the Faulhorn, regarded as one of the top 10 in Switzerland. Our walk concludes in Luzern from where there are good train connections in all directions and flight connections from nearby Zurich International Airport.

Journey Schedule

DAY 1

Bordeaux - St. Emilion - Carsac

DAY 2

Sarlat - Carsac

DAY 3

Carsac - Grolejac - Domme

DAY 4

Carsac - Brive - Clermond - Ferrand - Beaune

DAY 5

Meursault - Volnay - Monthelie - Auxey - Duresses - Beaune

DAY 6

Cote D'or - Beaune

DAY 7

Morvan Regional Park - Autun

DAY 8

Beaune - Cluny - Chamonix

DAY 9

Chamonix - Petit Balcon Sued - Chalet Flora

DAY 10

Chamonix - Free Day

DAY 11

Chamonix - Mer De Glace - Grand Balcon Nord

DAY 12

Chamonix - Martigny - Grindelwald

DAY 13

Grindelwald - Holenstein-Mannlichen - Kleine Scheidegg - Brandegg

DAY 14

Free Day

DAY 15

Grindelwald - First - Bachalpsee - Faulhorn - Bussalp - Grindelwald

DAY 16

Grindelwald - Luzern

Journey Itinerary



DAY 1

Bordeaux - St. Emilion – Carsac

We meet at 10.00 a.m. at our pick-up hotel in Bordeaux:

Indigo Bordeaux Centre Chartrons

18 Parvis des Chartrons

33080 BORDEAUX

France

Tel: (+33)5/56017979

Mail: info@indigobordeaux.com

From the city of Bordeaux, we head out towards the renowned vineyards which have made this area famous world-wide. Shortly before reaching Libourne we cross the Dordogne River for the first time.

It is a short drive from here to Saint Emilion, one of Bordeaux's most famous wine villages. It is perched on the Northern slopes of the Dordogne Valley and built in the form of an amphitheatre out of a limestone combe. Among the medieval monuments which characterise this village with its religious background the following are of particular interest: Saint Emilion's Hermitage, the monolithic church hewn out of the rocks, the catacombs, the collegial church and chapels, the town walls and the one time underground stone quarries now abandoned and turned into aging cellars for the St Emilion wines. The local specialities include not only the famous wines but also the macarons still baked according to the recipe of the Ursuline nuns.

After allowing time for lunch and a stroll around this special town we continue into the Dordogne region arriving at our destination in Carsac.

Accommodation is at the beautiful Villa Romaine, which has been entirely restored in Perigordian style. From here you have lovely views over the Dordogne and its cliffs, the forest of the Druids and the water gardens. This evening we meet for our welcome aperitif on the delightful terrace of this beautiful hotel.

 **2 HOURS**

 **CARSAC, DORDOGNE, FRANCE**



DAY 2

Sarlat – Carsac

Today our walk takes us into the medieval market town of Sarlat. Its charm lies in the preservation of the past. In days gone by it was the home of merchants and clerks, during the period before the revolution. Of interest are the Gothic and Renaissance “hotels” and the famous Saturday markets where people are still seen bargaining over poultry, grain, walnuts, foie gras and truffles. Sarlat and the surrounding region are at the heart of French gastronomy.

The rich soil of the Perigord is paradise for growing truffles, Boletus mushrooms, foie gras, duck and goose conserves, pates and delicious regional charcuterie. The people of this area have preserved, through the centuries, a great culinary tradition. We spend the morning wandering through the narrow streets and enjoy nearly a thousand years of unspoiled architecture. Sarlat with its outstanding vestiges has more buildings per square metre classified by the National Trust than any other town in Europe.

After purchasing our picnic lunch we leave the town following a path that takes us up to a high ridge. From here we walk through farming countryside including groves of walnuts and chestnuts. The Dordogne is certainly an important agricultural region and we shall see a multitude of crops and cereals growing plus many farms producing the famous Foie Gras. We break for lunch in a protected valley surrounded by an oak forest. Our trail continues past small hamlets and open countryside before arriving in the village of Carsac for a refreshing drink. From here it is only a short walk back to our hotel.

 **5 HOURS**

 **CARSAC, DORDOGNE, FRANCE**

DAY 3

Carsac - Grolejac - Domme

Today's walk begins directly from our hotel. We follow the walking trail out of the village until we meet the Dordogne River. The Dordogne is one of the largest rivers in France and it is said to be the most beautiful. The variety and charm of the countryside, through which the river flows and the architectural glories that mark its banks, make the valley a popular destination.

The Dordogne begins at the foot of the Sancy, the highest peak in the Massif Central. Swift flowing, it soon leaves the volcanic rocks of Auvergne and flows down towards Beaulieu - here it joins the Cere River. From this point the Dordogne is a great river. Once on the Perigord plateau, the river flows past great castles, washing the base of the rocks on which they stand perched. At Bergerac, the valley widens before reaching the Guyenne Plaines with their vineyards.

At the Ambes Spit, the Dordogne completes its 500km journey as it joins the Garonne. After crossing the river, our path winds through open farmland before entering a thick chestnut forest. We gradually climb up to an open plateau that we traverse before winding down to the town of Domme. It is remarkably situated on a rocky crag, overlooking the Dordogne Valley. The river widens at the foot of Domme and flows through a fertile valley, scattered with villages and farms. It winds its way through carefully cultivated fields of maize, tobacco and cereals against a backdrop of wooded hills.

After allowing time to explore this fascinating medieval hilltop village, we descend to the valley and follow the track beside the river back to our awaiting minibuses.

We make our way back to Carsac and our comfortable hotel where we enjoy another regional gastronomic delight tonight. Perigord is reputed to be one of France's gourmet capitals and is especially renowned for the fresh, locally grown produce that forms the essence of its cuisine. Specialties include such expensive delicacies as truffles, the "love-it or hate-it" paté de foie gras, and confit de canard or confit d'oie.

The local wine is produced mainly around Bergerac in Perigord's south, with equal harvests of red and white wines, both dry and sweet. The best-known red wine is called the Cotes de Bergerac. An excellent sweet vintage is Monbazillac, usually drunk with dessert.

 **5 HOURS**

 **CARSAC, DORDOGNE, FRANCE**



DAY 4

Carsac - Brive – Clermond -Ferrand – Beaune

Today we leave the Dordogne and travel to Brive. From here we continue the N89 to Clermond-Ferrand and then to Nevers.

For the last stretch we follow the D976 and D978 towards Autun and then onto our base just outside of Beaune. Our accommodation is in a former 18th century farm which has been lovingly restored. Relax in the delightful gardens and enjoy the tranquility of this peaceful setting. Burgundy takes pride in its gastronomic bounty. It is not only home to the famous white and red wines but also claims Epicurean fame like andouillette sausages, Dijon mustard, gingerbread and blackcurrant liqueur (indispensable for an authentic Kir). The rugged terrain of the Morvan is famous for its good charcuterie and then of course the Charollais beef cattle which graze on the nearby green hillsides. From the rivers of the Saone and Loire come trout and crayfish and the snails are famous the world over. Burgundy also boasts delicious cheeses like the Epoisses, Saint-Florentin, Soumaintrain, Aizy Centre or the legendary Citeaux, still made today by the monks in the ancient abbey of Citeaux.

MONTAGNY-LES-BEAUNE, BURGUNDY, FRANCE



DAY 5

Meursault - Volnay - Monthelie - Auxey - Duresses – Beaune

This morning we have a short drive to the delightful wine village of Meursault. This little town, dominated by the beautiful Gothic stone spire of its church, is proud of producing both red and white wines of high quality. It owes its name to a valley that clearly divides the Côte de Meursault from the Côte de Beaune. The valley, known as the Rat's Leap is said to have given Meursault its present name. Its white wines, with those of Puligny and Chassagne-Montrachet, are considered by some to be the best white wines in the world. They have a slight taste of hazelnuts and an aroma of ripe grapes which gives freshness to the subtle qualities of taste and bouquet. The cultivation of vines was introduced to the region by the Romans and spread rapidly. In the 12th century, Cistercian monks built up the vineyards, in particular, the famous Clos-Vougeot. From the 18th century, the wine trade began to evolve until in 1878 the phylloxera made its appearance in the "Departement" and within a short time it had completely ravaged all the Burgundy vineyards. Our circuit walk takes us through such famous vineyards as Meursault, Volnay and Auxey-Duresses before we end our day with a wine tasting at the well-known Château Meursault.

 **4 HOURS**

 **MONTAGNY-LES-BEAUNE, BURGUNDY, FRANCE**



DAY 6

Cote D'or – Beaune

This morning we begin with a short walk through the pretty Parc de la Bouzaise. Our trail then takes us directly into the rolling vine-covered hills of the Côte d'Or. Burgundy's vines are grafted onto a kind of rootstock, native to the USA and brought here because it was resistant to the phylloxera beetle which devastated the region's vines during the late 19th century. After traversing the hamlet of Les Coucheries, with fine views over the Beaune Valley, we come to the forest of Montage de Rochetin. On a warm sunny day this is a perfect setting for our picnic lunch. In the afternoon our route returns to the vineyards. These southern slopes produce some of France's most full-bodied red wines. Our walk finishes in the historic centre of Beaune. The rest of the afternoon is free for you to explore this enchanting town at your own leisure. Its primary vocation is the production, aging and sale of fine wines, which makes it one of the best places in all of France for wine tasting. We can recommend the Marché aux Vins where you can sample a large variety of wines (half a dozen whites, the rest reds) and the Patriarche Père et Fils. They have the largest wine cellar in Burgundy and offer samples of 11 wines. One of Burgundy's architectural highlights is Beaune's Flemish-Burgundian Gothic charity hospital, the celebrated Hotel-Dieu des Hospices de Beaune. In an act of undeniable pity, Nicolas Rolin and his wife Guigone de Salins, founded the hospital in 1443 to provide help to the sick and destitute - a role it has filled ever since. In 1971 the medical function was transferred to more modern buildings and a visit gives an excellent idea of the working hospital in the 15th century. Over the years the hospital has acquired, through bequests and donations, 57 hectares of valuable vineyards, enabling it to host the world's most famous wine auction in November each year.

 **3 HOURS**

 **MONTAGNY-LES-BEAUNE, BURGUNDY, FRANCE**

DAY 7

Morvan Regional Park – Autun

This morning we have a delightful drive through the Burgundy countryside to Autun. We begin our walk at the Pierre de Couhard (Rock of Couhard). This 27 metre-high rock is the remains of a pyramid from the Gallo-Roman period that was probably either a tomb or a cenotaph.

Our path takes us along a pretty stream to the Cascade de Brisecou and into the southern part of the romantic Morvan Regional Park. It was created in 1970 and covers an area of 173,000 ha. The most common trees are beech, oak and birch.

Monks from the 10th century onwards already harvested the forests of the Morvan. In the 17th and 18th centuries the wood was floated down to Paris to be used as firewood or converted into charcoal where it was felled. The Morvan still has the reputation of quality wood which has enabled cities like Autun to develop a high quality furniture industry.

We walk up through picturesque wood settings and pass the Croix de la Libération. It was put here in 1945 to commemorate the liberation of Autun. From this granite cross we have a good view of Autun and the surroundings.

We return via narrow, twisting cobblestone streets into the old centre of Autun and have time to discover this ancient city. In the early centuries AD it was one of the most important cities in Roman Gaul. Known then as Augustodunum, its 6 kms of ramparts were topped by 54 towers and pierced by 4 gates. The city also had all the other accoutrements of a Roman metropolis: two theatres, an amphitheatre, a system of aqueducts, a circus, etc.

In the late afternoon we return to our minibuses for the trip back to our hotel on the outskirts of Beaune.

 **4 HOURS**

 **MONTAGNY-LES-BEAUNE, BURGUNDY, FRANCE**

DAY 8

Beaune- Cluny – Chamonix

Though history tells us that all roads lead to Rome, in the Middle Ages they led to Cluny! On our way to Chamonix we have time to explore this historic, small town with its ancient abbey, founded in 910 on the banks of the River Grosne. Before the reconstruction of St Peter's in Rome it was the largest Christian church in the world.

The Order of Cluny was very powerful during the Middle Ages and exercised an immense influence on the religious, intellectual, political and artistic life. From 1798 to 1823 this centre of civilization was ransacked but from the magnificence of what remains one can, nevertheless, get an idea of the former "grandeur" of the basilica.

After lunch we join the A40 and travel via Macon and Bourg-en-Bresse towards Chamonix. Not long, and the mighty mass of Mt Blanc rises before us. It is Western Europe's highest mountain - 4,807 metres. The valley of Chamonix is bounded on one side by this range and on the other side by the Aiguilles Rouges chain. We arrive in our cosy hotel, delightfully situated at the foot of the Aiguille du Midi and close to the centre of the town. From here you have a glorious view towards the peaks of Mount Blanc and the Aiguilles.

In winter, Chamonix is the centre of a bustling ski area. During summer, it is a popular base for alpine activities. In the immediate vicinity there are 310 kms of walking tracks. Before dinner you will have time for a stroll around the delightful village. Enjoy a relaxing aperitif before we walk into the centre of town to enjoy our first delicious meal in Chamonix.

 **4 HOURS**

 **CHAMONIX, MT BLANC, FRANCE**

DAY 9

Chamonix - Petit Balcon Sued - Chalet Flora

After allowing time to buy our picnic, we climb up towards Plan Praz and join the Petit Balcon Sud walking trail which runs right along the side of the Chamonix valley. The views here, towards the Mt Blanc range, are superb.

We stop for morning tea in Chalet de la Flora, a cosy little mountain inn overlooking the Chamonix valley. Our trail continues past "Paradise" and then follows the L'Arve River which winds its way back to our hotel.

Tonight, we visit another atmospheric restaurant in town.

 **5 HOURS**

 **CHAMONIX, MT BLANC, FRANCE**



DAY 10

Chamonix - Free Day

Today you have the opportunity to absorb the true atmosphere of this world-famous alpine region. If the weather conditions are right, you should not miss the opportunity to take the cable car up to Aiguille du Midi at 3,800 metres. One can even continue on another chairlift and cross the glacier to Italy for a cappuccino!

As there is permanent snow and ice cover, it's like being in another world. The views up to Mt Blanc and back down the Chamonix Valley are certainly unforgettable.

Tonight, you are free to choose a restaurant of your choice in Chamonix.

 **5 HOURS**

 **CHAMONIX, MT BLANC, FRANCE**



DAY 11

Chamonix - Mer De Glace - Grand Balcon Nord

We depart from Chamonix railway station and travel up to the Mer de Glace. On rounding the last curve, suddenly the famous panorama of the Sea of Ice appears. La Mer de Glace originates in 3 large glaciers which merge to form its terminal lobe. From the Montenvers station we commence our walk on the Grand Balcon Nord Trail. This great trek skirts the northern flank of the valley of Chamonix. There are wonderful views across to the Aiguilles Rouges Range and of course a “bird’s-eye view” of the village of Chamonix.

At Plan de l’Aiguille we have the option of taking the cable car down to Chamonix or continuing on the mountain trail to the valley floor below.

This evening we enjoy another relaxing pre-dinner drink in the comfortable lounge before we stroll back into the centre of town to enjoy our final dinner in France.

 **5 HOURS**

 **CHAMONIX, MT BLANC, FRANCE**



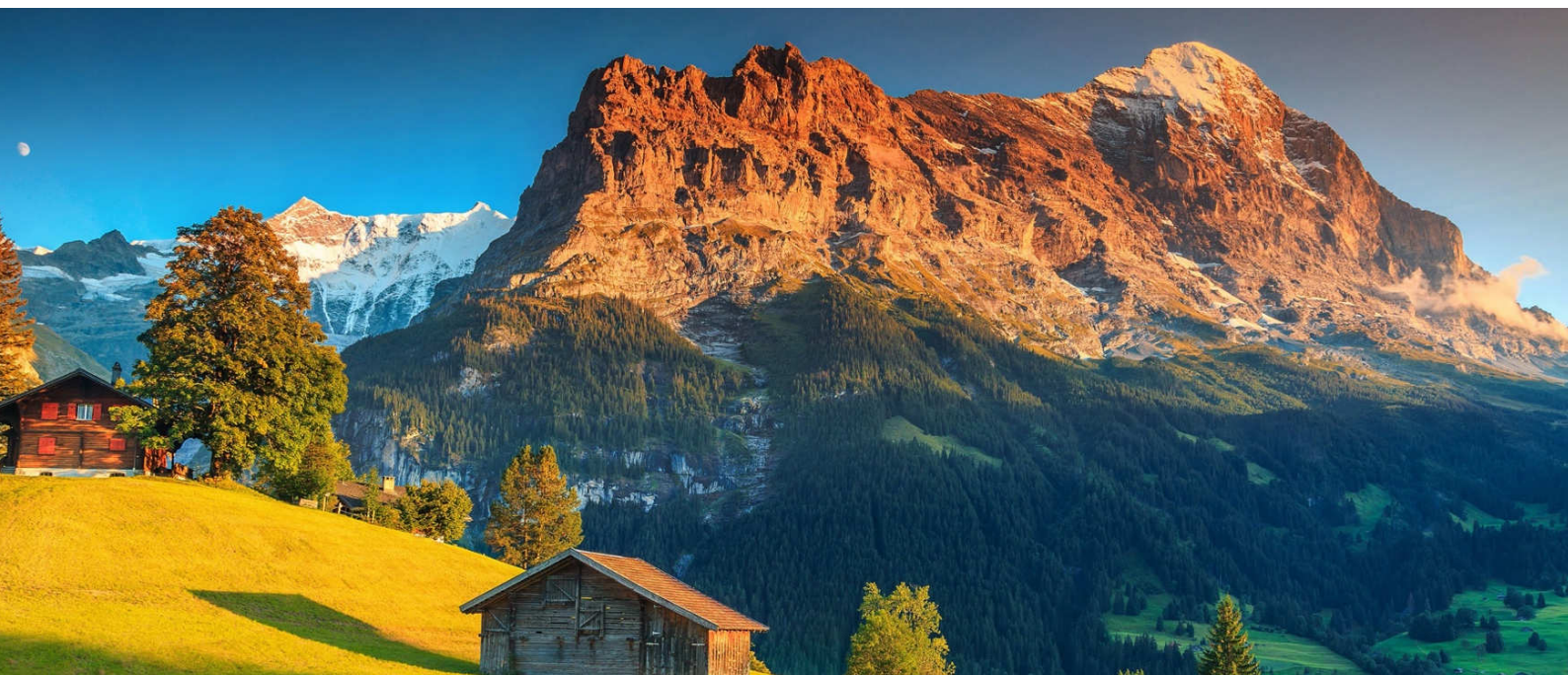
DAY 12

Chamonix - Martigny - Grindelwald

After leaving our charming hotel in Chamonix, we travel up to the Col de la Forclaz where we cross the border into Switzerland. We then descend past our first Swiss vineyards to the ancient Roman town of Martigny. We break for an early lunch at the famous “Movenpick” – a freeway roadhouse with a difference! After lunch our route takes us up into the high alpine meadows near the exclusive resort of Gstaad. We break for a stroll around this “swish” alpine resort. Our route continues through typical Swiss picture-book countryside in to Simmental – famous for its historic and traditional farmhouses. We then descend to the shores of beautiful Lake Thun near Interlaken. From here we get our first glimpse of the mighty Jungfrau. Our journey continues along the Zweiluetschinen Valley to Grindelwald, our base for the next 4 nights. We are now in the valley of the waterfalls at the foot of the Jungfrau Mountain (4,158 metres).

Tonight, we enjoy our pre-dinner drink whilst watching the sun set over Switzerland’s highest peaks. Tonight’s dinner is in the delightful restaurant of our hotel.

GRINDELWALD, BERNESE OBERLAND, SWITZERLAND



DAY 13

Grindlewald - Holenstein-Mannlichen - Kleine Scheidegg – Brandegg

Our walk today begins from our hotel where we follow the lovely meadow path into Grindlewald from where we catch the famous Swiss Postal Bus to Holenstein at an altitude of 1,624 metres. From here we begin our walk through delightful alpine meadows and then along the edge of dark fir forests before getting above the tree line.

Looking to our left we are afforded glorious views towards the Eiger and the Wetterhorn massive. After approximately 2 hours walking we come to Mannlichen at an altitude of 2,222 metres. Here we have a well-earned rest and morning tea in the world famous Mannlichen Hotel.

Now we join the Panorama Path which takes us in 1.5 hours to Kleine Scheidegg. This impressive high alpine path allows us to come face to face with the mighty trio of the Eiger, Moench and the Jungfrau. Looking to our left we have uninterrupted views over Grindlewald and across to Grosse Scheidegg and the jagged teeth of the Wetterhorn. With such beautiful views this is an ideal place to stop for our picnic lunch. At Kleine Scheidegg we have another break.

Keep your eyes open as this is the place to see the mountaineers heading off to scale the mighty North face of the Eiger. From here we begin our walk back down the valley towards Grindlewald. After about 30 minutes walking, we join the Romantic Path. The alpine meadows and pastures are full of wild anemones, buttercups, gentians and alpine roses – a very romantic setting!

At Brandegg we break for afternoon tea and an opportunity to taste the specialty of restaurant Brandegg – apple fritters! There is an option at this point for those wishing to take the train back down to Grindlewald. The walk from here takes about 1.5 hours.

Enjoy another delicious dinner tonight in our hotel.

 **5-6 HOURS**

 **GRINDELWALD, BERNESE OBERLAND, SWITZERLAND**

DAY 14

Free Day

A free day to absorb this wonderful alpine region. You might like to sit on the balcony of our hotel and take in the glorious views up to the Eiger.

Otherwise, you have the opportunity to take the 'cog' railway to Jungfrau Joch (3,454 metres), Europe's highest mountain station.

The small train twists and turns through tunnels and over viaducts providing a succession of glorious views of mountains, valleys and waterfalls. The line took 16 years to build and was opened in 1912. It is still one of the world's railway marvels.

Beyond Kleine Scheidegg there are wonderful views of the Moench (4,099 metres) as well as the treacherous north wall of the Eiger. Shortly after the Eigergletscher station, the train enters the 7km long tunnel through the Eiger and Moench mountains up to Jungfrau Joch (2,865 metres) and Eismeer (3,160 metres).

Enormous windows have been cut into the mountainside where you can stop and peer at the unbelievable views. Once at the summit station you can gaze at an alpine panorama that is one of Europe's wonders.


Those who have been to the Jungfrau might like to take the train to Lauterbrunnen and then continue to the Schilthorn. This mountain peak is also called "Piz Gloria" after the famous James Bond film "On Her Majesty's Secret Service". Its solar powered revolving restaurant is a favourite destination, renowned for its 360-degree panorama. On a clear day you can look out to Mt. Blanc in France, the Black Forest in Germany and there are spectacular views of the Eiger, Moench and Jungfrau.

 **GRINDELWALD, BERNESE OBERLAND, SWITZERLAND**

DAY 15

Grindelwald - First - Bachalbsee - Faulhorn - Bussalp – Grindelwald

Our final walk on our Sea to the Summits tour must surely rate as one of the great walks in the Swiss Alps if not Europe! From our hotel we have a short stroll down to the cable car station from where we take the exhilarating cable-car up to First. This journey alone is a highlight in itself, offering a fascinating view of the alpine countryside around Grindelwald. From the cable car station of First we begin our walk on a delightful path which takes us across alpine meadows, clear mountain streams before arriving at the “chocolate box” alpine lake – Bachalbsee. After a short break we begin our climb up towards Faulhorn. The winding trail takes us over more alpine pastures strewn with a vast array of wildflowers. Arriving at Faulhorn we are rewarded for our efforts with an opportunity for morning tea! This is probably one of the most scenic “morning tea” spots you will ever find. Directly below us we have stunning views towards Lake Brienze – its turquoise blue water glistening in the distance. Having reached our highest point of the day (2,681 metres) we retrace our steps back to the turnoff to Bussalp and continue our route across more alpine meadows until we break for lunch beside a beautiful little alpine stream. From here we have magnificent views back up to Faulhorn and across towards the Lauterbrunnen Valley and above it to the famous Schilthorn. From this point we also have unsurpassable 180-degree views of the Bernese Alps with the central triad of Eiger, Moench and Jungfrau. After our picnic in the meadows our trail leads us down the valley past alpine farms where we may even have the opportunity to see the shepherds making their authentic “alpine” cheese. From here it’s not far until we arrive at the farmhouse café of Bussalp. Savour the view from the terrace while enjoying a refreshing drink as we wait for the Swiss postal bus to arrive and which will take us back to Grindelwald. The trip down the mountain is a highlight in itself as we watch in awe as these skilful bus drivers negotiate their way down the narrow winding road. Back at our hotel we can relax after our day of activities before meeting up for our final celebratory drinks and dinner.

 **5-6 HOURS**

 **GRINDELWALD, BERNESE OBERLAND, SWITZERLAND**

DAY 16

Grindelwald – Luzern

Our last Swiss breakfast before we depart from Grindlewald and the wonderful Jungfrau region.

We travel via Interlaken and then up the Brunig Pass where we stop for a break. From here it is only a 40-minute drive to Luzern. Drop off is at approximately 2.00 p.m. at the:

Boutique Hotel KARL, St. Karliquai 12, 6004 Lucerne, Switzerland

Phone +41 41 410 24 74, Fax +41 41 410 84 14

info@hotel-karl.ch

We would suggest that you spend at least a couple of days to look around this wonderful old city.



Journey Accommodation

Hotel La Villa Romaine

NIGHT 1 - 3



Hotel Le Clos

NIGHT 4 - 7



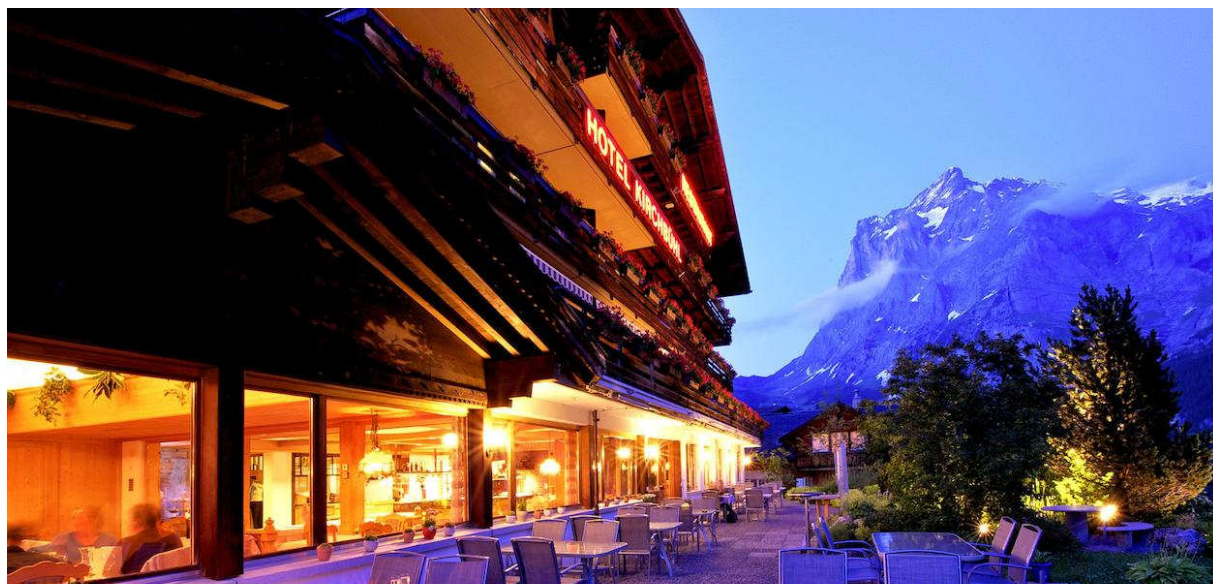
Hotel L'Oustalet

NIGHT 8 - 11



Hotel Kirchbühl Superior

NIGHT 12 - 15



Journey Notes

PRICE INCLUDES

- Experienced guides.
- Pick up at 10.00 a.m. at the **Indigo Bordeaux Centre Chartrons** in Bordeaux on Day 1 and drop off at approximately 2.00 p.m. at the **Boutique Hotel KARL** in Luzern on Day 16.
- Price includes transport between Bordeaux on Day 1 and Luzern on Day 16.
- Twin share accommodation from Day 1 to Day 15, including 15 breakfasts and 13 dinners. Cable cars and mountain rail charges.

NOT INCLUDED IN TRIP COSTS

Transport before and after "The Walk", lunch, 2 evening meals, evening drinks, in-between meal snacks, optional activities on your free days, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Daypack, water bottle, walking boots, waterproof raincoat (Gore-Tex) gloves, woollen hat, sunhat, sunglasses, sun-cream and bathers. We can also recommend telescopic walking sticks and waterproof trousers as being useful.

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

As we are restricted with the amount of luggage we can carry in our vehicles, please ensure that your CASES DO NOT EXCEED 20 KG's per guest!

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath).

Single rooms can usually be arranged for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.

All walks during the 16 Day tour are optional or can be taken in parts. Guests can choose to have more free days than the two already included in the itinerary.

The walking pace on the walks is leisurely. Guests do not have to be experienced, although a good level of fitness is necessary.



Get in touch and book your journey today.

 0461 277 612

 info@walkaboutgourmet.com

Follow the journey.



Quality Practices

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