

CoppaFeel!
breast cancer awareness



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

TOUR DU MONT BLANC
HIGHLIGHTS
FRANCE

Sun 10 Sep - Sat 16 Sep 2023





In aid of CoppaFeel!

10 Sep - 16 Sep 2023

CoppaFeel!
breast cancer awareness

7 DAYS | FRANCE & ITALY | CHALLENGING

On this strenuous challenge in the French Alps you will be trekking through the world-famous Chamonix valley under the shadows of Mont Blanc, Western Europe's tallest mountain. Take the Aiguille du midi cable car to 3842M, this is the closest you can get to Mont Blanc without hiking or climbing. The views are spectacular and you will feel that you are seeing the best the European Alps have to offer. Each of the five treks has been designed to be tough but achievable and will test you both physically and mentally.

Many of the days have long ascents and descents totalling up to 8 hours per day (possibly more) on mountainous terrain and rough paths. To help you throughout and accompanying you each day will be a team of qualified guides and crew to ensure your safety as well as offer advice, encouragement and support.

- Spectacular views of Mont Blanc, Europe's highest mountain.
- Get up close and personal with glaciers at the top of the Aiguille du Midi
- Bag the trekking peak Aiguillette des Posettes (2200m) with wonderful 360-degree views, fractured glaciers and sheer cliffs
- Breath taking and gorgeous panoramas from the Aiguillette des Houches
- Raise vital funds for the work of CoppaFeel!

YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 10 Sep

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Travel from London to Geneva

The day is finally here to meet your fellow trekkers at London Heathrow airport and travel to Geneva. On arrival, you will be greeted by the Charity Challenge team and enjoy a transfer to Chamonix. Once there, you'll be able to relax and enjoy your first team dinner. (D).

Accommodation: Camp

DAY 2 Mon 11 Sep

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Trek to L'Aiguillette des Posettes peak (2220m)(880m up, 820m down)

Today we are walking on the slopes of the Col de Balme from where we will have views back to Mont Blanc as well as into Switzerland. From the small hamlet of Montroc (1380m) we have a short warm-up walk before the trail turns uphill on a steady zigzag path covering an 880m ascent. As the trees thin out, the views get even better and by late morning we reach Aiguillette des Posettes (2220m) This is a peak from where we are rewarded with a panoramic view over the Chamonix Valley, the Aiguille Rouge national park, and around to Switzerland. The path continues down to the Col des Posettes and then on a steady trail to Le Buet. We then return to camp by valley train. 11km / 6-7 hours of walking. (B,L,D).

Accommodation: Camp

DAY 3 Tue 12 Sep

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Lac Blanc and the Grand Balcon Sud (500m up & down)

We take the train to Les Praz and then the gondola to La Flégère (1,860m). From this higher vantage point, we will start a circular walk to Lac Blanc (2352m) that affords excellent views of the whole Mont Blanc massif lying to our south. After spending plenty of time soaking up the panorama, we will then descend to Lacs des Chéserys (1998m) where, on a still day, we will see photogenic views of the mountains reflected in the water. En route there is short ladder section to descend. From here, we descend a little further again onto the Grand Balcon Sud and walk back to the La Flégère. What remains of the afternoon is free to enjoy Chamonix centre before returning to our campsite. 9km/6-7 hours of walking (B.L.D)

Accommodation: Camp

DAY 4 Wed 13 Sep

-

Trek the Grand Balcon Sud (2000m, 750m down)

Our trek for today takes us to Plan Praz (2000m). Start the day by ascending by gondolier and embarking on an undulating balcony path to Flegere. On the opposite side of the valley lies Mont Blanc and the hundreds of peaks, needle sharp spires and glaciers making up the Mont Blanc massif. Enjoy the spectacular views and lunch. In the afternoon start the 750m descent on a steady track before following a forested trail back towards Chamonix. 11km / 7-

8 hours trekking. (B,L,D).

Accommodation: Camp

DAY 5 Thu 14 Sep

-

The Aiguille du midi cable car (3842m) Trek (2317m)

The Aiguille du midi cable car is a huge local attraction and rightly so. From the valley bottom you will ascend in a cable car to 3842m where you will experience unparalleled views over a sea of glaciers, steep cliffs and sharp peaks.

N.B this experience maybe a little daunting for anyone who has an issue with heights . Late morning we will descend to the mid station (2317m) by cable car and follow a beautiful balcony path for approx 4 hours to Montenvers from where we will take a cog rail way to the valley. This is a spectacular day with views you will remember for a life time. 7km / 4 hours trekking. (B,L,D).

Accommodation. Camp

DAY 6 Fri 15 Sep

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Petit Balcon Sud Valley Trek (250m up & down)

Today we transfer to Argentiere and start our valley trek at 1133m. Walk through alpine Forest with spectacular views of Chamonix valley and Mont Blanc Massif along the way. An undulating trek today, passing beautiful cliff faces, pastures, crossing bridges and waterfalls. The trail will be from the North of the Valley following the site of Mont Blanc summit all the way way back into camp. Trek a river trail into Chamonix town before continuing your final 60minute walk into camp to celebrate your achievements. 12km / 6-7 hours of walking. (B,L,D)

Accommodation: Camp

DAY 7 Sat 16 Sep

-

Return from Geneva to London

Proud of having conquered the Highlights of the Tour du Mont Blanc, we transfer back to Geneva for our flight back to London. Saying goodbye to new found friends and trekking partners will be tough, so be sure to exchange contact details before parting ways. (B)

NB

B = Breakfast; L = Lunch; D = Dinner

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

Pay a non-refundable registration fee of £349 when you book and pledge to raise £2,750.00 for CoppaFee!.

This is broken down as follows:

- You are required to raise a minimum sponsorship of £1,345 for CoppaFee! to be received by the charity, 14 weeks before departure date (by 05/06/23).
- Pledge to raise the remainder of the sponsorship target (a further £1,405) within 4 weeks of completing the challenge (by 16/10/2023).
- If you have raised the necessary funds by 05 June, CoppaFee! will then pay the balance of your expedition costs (equal to the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

What's included?

- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Access to training weekends (optional and at additional expense)
- Risk assessment and emergency management planning
- Public liability insurance
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Fundraising advice
- Access to your own password protected account including support materials and training schedules
- Drinking water on challenge days
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- An English speaking first aid trained challenge leader and full local support team
- Full back-up support including first-aid qualified staff and first-aid supplies
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Accommodation during the challenge (usually in twin share)
- A Charity Challenge T-Shirt
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line

What's not included?

- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Tips
- Departure Tax (if applicable)
- Departure Tax (if applicable)

The details

Registration fee in instalments - The first instalment of £200 is due at the time of booking. The second instalment of £149 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

Prices include all known air taxes - We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size - The typical group size is 80 - 120 participants

Optional extras

- Travel insurance
- Business class upgrades*
- Single room supplements*
- Extensions at end of trip*

(*subject to availability)

Travel insurance - Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking [here](#).

Level of difficulty

Highlights of the Tour du Mont Blanc is graded as “challenging” and it will test you both mentally and physically. You should not undertake this challenge without significant training. You can tell your supporters that on your trek you will be:

- Trekking for around 5-8 hours per day.
- Reaching peaks of 2557m.
- Conquering the lower levels of the Alps.

- Taking on mountain trails at height with some steep drops

Typical day

You will wake early in time for breakfast and then make a packed lunch for the day ahead. Hiking will start around 0800hrs. The number of hours spent hiking will depend on the weather conditions (which can be variable) and the size and ability of the group. There will be plenty of refreshment stops, and visits to places of natural beauty and interest. In the evening you will arrive at the campsite where you will have dinner.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Highlights of the Tour du Mont Blanc, there are a couple of important points that you should be aware of:

- The altitude in the Alps – as you will be below 3000m there should not be any altitude problems
- Varied terrain

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently

support.

Flights

You will be flying from London to Geneva. The flight will take approx 1 ½ hours. The airline and routing will be confirmed two months prior to departure. Your flight tickets will be e-mailed to you before departure.

If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Visa

A full passport is required with six months to run from the end of the challenge, but no visa is currently necessary for British Citizens.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking [here](#).

For more travel insurance questions, please refer to our main [FAQs](#) page or for any specific queries, please contact us at bookings@charitychallenge.com.

Vaccinations & Medicines

For up to date vaccination information please check the Travel Health Pro [page](https://travelhealthpro.org.uk/country/81/france): <https://travelhealthpro.org.uk/country/81/france>

The Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required

- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

Climate & Terrain

Climate

Early mornings will feel chilly at first, but warm up considerably as soon as the sun rises. Whilst we have chosen the best seasons for trekking, rain and cloud, and even hail, cannot be ruled out. Night skies are usually clear and starry. As soon as the sun sets, the temperature drops radically and may drop below zero degrees. On the mountain, you will be trekking in very clear air and will need strong UV protection in particular for your skin & eyes. Always be prepared with layers, something warm and waterproofs (coat and trousers) in your day bag.

Terrain The terrain will be varied throughout the trek, from high pastures to mountain ascents. The campsite sits at 1030m and you will be trekking up to 950m in ascent and descent on some days and so walking poles are highly recommended. There are also narrow sections of the trail with steep drop offs so please take this into account if you suffer from vertigo. The highest elevation you will be at is when you take the Aiguille du Midi Cable Car up to 3842m. The highest trekking elevation will be 2220m.

Training

A good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be OK "as long as they train regularly over a period of a few months" leading up to the challenge. Although this is a short European trek, don't be mistaken into thinking it is not challenging as it is! The days are long, and the terrain can be rocky and rough under foot. You will be trekking some steep inclines and will conquer steps along the way. A good physical condition and faith in your own strength are essential. In your Charity Challenge account you will find more comprehensive Fitness Training Notes. You can also look to join one of our [training weekends](#).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the

link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Luggage allowance & Valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt). During the challenge your bags will be transported by vehicle. You will not have to carry your main pack. Whilst we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

Leadership

You will be led by a team of experienced, first aid qualified challenge leaders, all of whom speak English. They will ultimately be responsible for the running of the itinerary and the safety of your group.

Group size

The challenge is intended to be a minimum of 80 people and a maximum of 120 people. The team will be split into smaller groups of 20-25 people. Each group will have a celebrity captain and an experienced, qualified mountain leader and support team.

Clothing & Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg injuries or niggles. Walking poles are an essential piece of Kit, all seasoned hikers will be using them on the mountain. A good sleeping mat and a warm sleeping bag will ensure a decent nights sleep before each days trek. A full kit list for this challenge can be found here, once you book you will have access to kit discounts with our partners Outdoorhire and Cotswold Outdoor.

Accommodation & Toilets

Accommodation

During the challenge, your accommodation will be in 2 person tents.

Toilets

You will have clean toilets and good washing facilities in the campsite. Toilet paper is provided and will be handed out per person for you to carry with you for in camp; however, you should also bring your own supply for during the day whilst in the mountains.

Food & drink

The food will be very filling and nutritious. Breakfast will consist of fruit, cereals and muesli, bread and jams and tea/coffee. Lunches are picnics with meat, cheese, fresh vegetables and fruit, chocolate or cookies. Dinner will be three courses: soup or salad or similar, followed by a main course and desert. Plenty of drinking water will be available to keep you hydrated. You may want to bring some extra snacks, such as tracker bars, nutrirgrains, dried fruits etc. You can buy extra snacks or alcohol at local shops or the camp bar the if you wish. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

NB: On Day 1, only Dinner is included; on Day 6, only Breakfast is included.

Money

Currency: Euros. For up to date currency exchange, go to www.xe.com. You do not need to bring Swiss francs. Please try and exchange Euros in the UK to bring with you.

Cash: There are Euro ATMs available at the airport (but be careful not to withdraw Swiss francs!) and in Chamonix, however we will have limited time to use these so recommend bringing with you from the UK. You will need to bring **cash** on the mountain each day for any snacks, drinks or emergency Gondola rides back down. The Gondola is 17Euros each way if needed to be taken outside of the itinerary.

Credit cards: ATMs and credit/debit cards are generally accepted in most places in Chamonix, cash is needed for drinks and snacks on the mountain. Visa and MasterCard are the most widely accepted and may be used at cash points. In smaller towns, banks do not necessarily have cash points.

Spending money: You will not need a large amount of money during this trip. We recommend that you bring 150-200EURO in cash for emergency Gondola Funds, Drinks on the mountain and the final nights celebrations.

Tips: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. GBP£5 per participant per trekking day and this should be given to the challenge leader at the end of the challenge who will distribute it amongst the local support team. In bars and restaurants tips are very common and are about 10% of the total bill.

Phone & Wi-fi

You should have good phone reception in Chamonix. On trekking days, there will be some phone signal at most points. In the campsite there will be limited access to charging points, due to the size of the group we recommend you bringing a portable powerbank to charge your devices for the week.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking ability. We provide a leader for every 12 participants and they usually lead from the front or middle during the hikes and ensure that you are not left behind. **N.B** If you are unable to complete a day then we will need to take you to the nearest Gondola off the mountain. Please ensure you carry cash on you for this as you will be required to pay for your Gondola off if you depart the trek

early and this will be upto EURO20.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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Any more questions?

Contact us:

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