

Pyrenees Traverse

Ref # FRPT

Europe, France

Cycling tour on the tracks of the famous Tour de France, visiting the unique Pyrenees Mountains, a self guided road bike trip for an incredible sensation of freedom and adventure.



TRIP SUMMARY

About France

France is the most visited country in the world, for it's chic, it's charm, it's "je ne sais quoi"! Very varied landscapes, customs, traditions and characteristics over an area a little bigger than twice the size of Colorado.

About the Adventure

During the famous Tour de France bike race, the riders cross the two biggest mountain ranges in France: The Alps and the Pyrenees. This route offers the achievement of fully crossing the Pyrenees to join the Mediterranean Sea and the Atlantic Ocean.

Itinerary

- **Day 1/** Arrival Toulouse, transfer to Collioure (Mediterranean sea)
- **Day 2/** Collioure - Prades, 2 passes
- **Day 3/** Prades - Ax les Thermes, 4 passes
- **Day 4/** Ax les Thermes - Castillon-en-Couserans, 2 passes
- **Day 5/** Castillon-en-Couserans - Arreau, 3 passes
- **Day 6/** Arreau - Luz Saint Sauveur, 2 passes (with Tourmalet)
- **Day 7/** Luz Saint Sauveur - Lescun, 4 passes (with Aubisque)
- **Day 8/** Lescun - Saint Jean Pied de Port, 5 passes
- **Day 9/** Saint Jean Pied de Port - Saint Jean de Luz - Toulouse, 3 passes
- **Day 10/** Transfer Toulouse airport, end of the stay.

Highlights:

- A myth-like itinerary achievable on two different scales of difficulty
- The ascent of the "big Pyrenean passes": Tourmalet, Aubisque...
- Fantastic panoramas on the overall mountain range.
- Alternation of small and discreet roads with the "myth-like" ones that carry a name.
- The option of bringing along non-cyclist friends or family with whom you can meet up with every evening at the end of each "stage".



Road Biking

Level: 1 2 3 4 5 6 

Duration: 10 days

Group size: 4 to 12 persons

Available Dates and Costs:

06/04/2009 - 06/13/2009 \$3780
09/03/2009 - 09/12/2009 \$3780

Services + :

Arrive Sooner - Stay Longer
Single Supplement

What's included:

- Meeting/assisting at the airport
- Support vehicle and driver at your disposal
- Accommodation: all nights in charming hotels***, based on double occupancy
- Full board, from your evening meal on Day 1 through breakfast on Day 10
- Transportation of luggage from one accommodation to another
- Planned transfers, a vehicle reserved for the group
- A detailed Road Book itinerary.

DETAILED ITINERARY

About France

The Adventure

During the famous "Tour de France" bike race, the riders cross the two biggest mountain ranges in France: The Alps and the Pyrenees. This route offers the achievement of fully crossing the Pyrenees to join the Mediterranean Sea and the Atlantic Ocean.

We alternate between well know passes (they got their reputation through the Tour de France) and the lesser known passes, all in order to discover, in depth, the Pyrenees massif.

Towards the end, a superb sequence of small passes in the "Basque Country" lead us to the Ocean....

From the Oriental Pyrenees to the Occidental Pyrenees, a large variety of scenery awaits us: the Mediterranean vegetation foothills of the Albères, the dense forests of Ariège, the sharp peaks of the Hauts-Pyrénées, the green mountains of the Basque Country ...



Itinerary

ITINERARY LEVEL 2

Day 1/ Welcome to Toulouse - transfer and night in Collioure

Reception at the Toulouse airport and at the end of the afternoon, minivan transfer with the entire group to Collioure, at the edge of the Mediterranean Sea (approximately 2 H 30).

Depending on our arrival time in Toulouse, visit of the historic district with its maze of narrow alleys.

Settle in and night at a 3 star Hotel.

Day 2/ Collioure - Prades

Passes of the day

- Xatard pass (2,467 feet)
- Col Palomere (3,399 feet)

Highlights

- Fishing port and the Collioure castle
- the small winding roads of the Albères foothills
- Small passes for warming up our legs, surrounded by the smells of the

Lodging

Every night in a *** charming hotel, typical of the Pyrenees, based on double occupancy.

The names of accommodations (hotels, lodges, etc...) when they are indicated, are only indicative. Depending on availability, accommodations (hotels/Lodges, etc...) may be replaced by another equivalent type.

It is possible that accommodations may change without prior notice due to a number of factors.

Food and Beverages

"L'art de la table"

This trip is also an opportunity to discover the famous French gastronomy, especially the specialties of south west France. Breakfasts are varied and hearty (usually in the form of a buffet), and dinners combine traditional French dishes with "carbs" to assist in all of your efforts.

For lunch, we offer 3 options based on your preferences:

* A picnic to carry along in a small backpack. It contains an individual salad (salad prepared with a starch/carb to aid in your efforts, and vegetables), along with sides of salami, cheese and fruit. This picnic can be carried in a small backpack or a handlebar bag.

* "Racing food" for those "allergic" to backpacks: energy bars, dried fruit.

* No lunch organized by Mountain World Travel in order for you to be free to stop where you want to eat (restaurant, snack, food is purchased en route (bakeries, grocery stores ...) which allows for yourself to manage the content of your lunch.

We pay particular attention to the quality and variety of your diet by keeping in mind that it must be suited to all of your physical activity.



Southern Mediterranean vegetation.
Altitude gain: approximately 3,937 feet
Total distance: approximately 62 miles
Night in a 3 star Hotel.

Day 3/ Prades - Ax les Thermes

Passes of the day

- Jau pass (4,941 feet)
- Garavel pass (4,121 feet)
- Moulis pass (3,606 feet)
- Paiheres Harbor (6,565 feet)

Highlights

- Visit of Mosset, ranked among the most beautiful villages in France.
 - The forests of Jau Pass....they can almost make us "forget" the Mediterranean....
 - Ascent of the Pailhères pass, one of the most beautiful in our entire trip....
- Altitude gain: approximately 8,858 feet
Total distance: approximately 56 miles
Night in a 3 star Hotel.

Day 4/ Ax les Thermes - Castillon-en-Couserans

Passes of the day

- Agnes pass (5,151 feet)
- La Core pass (5,233 feet)

Highlights

- Breathtaking landscape of the Agnes Pass, including the enchanting scenery of Lers pond.
 - In the early "laces" of the La Core pass descent, beautiful vistas of the valley.
- Altitude gain: approximately 6,562 feet
Total distance: approximately 62 miles
Night in a 3 star Hotel.

Day 5/ Castillon-en-Couserans - Arreau

Passes of the day

- Porte d'Aspet pass (3,507 feet)
- Mente pass (4,426 feet)
- Peyressourde pass (5,148 feet)

Highlights

- Three myth-like passes of the Tour de France are on the agenda ...
 - The country side of Mente pass
 - The beautiful village of Saint Béat.
 - At the foot of the Porte d'Aspet pass, racer Fabio Casartelli's monument in homage.
- Altitude gain : approximately 7,874 feet
Total distance : approximately 53 miles
Night in a 3 star Hotel.

Luggage Tips

Backpacking

« Daily belongings » should be reduced to a minimum. Anything you do not need during the day is routed by our assisting vehicle.

Luggage

All luggage must be divided into 2 bags: 1 backpack and 1 travel bag:

1 / backpack

This is the bag that you use every day while pedaling, if you choose to take along a picnic (see "food" paragraph). The bag should not be too large (maximum 30 liters). It will contain: your picnic lunch, your snack food, your camera, waterproof clothes and spare ones, your sun glasses ...

2 / travel bag

This is the bag to be transported from one accommodation to another by vehicle. It will contain belongings that you will not use during the day. You will recollect it at each evening's stop.

Staff

A driver (English speaking).

Transportation

In the morning, the driver of the assisting vehicle directly carries the luggage from one accommodation to another and then he goes back, in general, to the foot of the last difficult portion of the day. He is then available to help the group or just a participant in the event of a natural or mechanical problem.

This driver is equipped with a mobile phone and can be reached at any time of the day and is entirely available for the group. He is also available for spending time with you: breakfast, dinner, visits, etc.



Day 6/ Arreau - Luz Saint Sauveur

Passes of the day

- Aspin pass (4,885 feet)
- Tourmalet pass (6,939 feet)

Highlights

-The Tourmalet: culmination point of our traverse. Beautiful view of the sharp surrounding peaks....

- Few kilometers, but BIG altitude gain!

Altitude gain: approximately 7,218 feet

Total distance: approximately 37 miles

Night in a 3 star Hotel.

Day 7/ Luz Saint Sauveur - Lescun

Passes of the day

- Borderes pass (3,793 feet)
- Soulor pass (4,803 feet)
- Aubisque pass (5,607 feet)
- Marie-Blanche (3,396 feet)

Highlights

- from the Aubisque pass, breathtaking panorama onto the Gourette bowl

- night in the idyllic mountain area of Lescun

Altitude gain: approximately 8,858 feet

Total distance: approximately 71 miles

Night in a 3 star Hotel.

Day 8/ Lescun - Saint Jean Pied de Port

Passes of the day

- Bouezou pass (3,310 feet)
- Labbays pass (4,432 feet)
- Soudet pass (5,052 feet)
- Bagargui pass (4,327 feet)
- Burdincurutcheta pass (3,724 feet)

Highlights

- To start the day, a beautiful sequence of small passes ,close to each other, through the "Basque Country", Bouezou, Labbays, Soudet and Suscousse before tackling the famous Baguargui pass.

- The lake and the Iraty chalets: ideal for a short break!

- The ramparts and citadel of Saint-Jean-Pied Port, the ancient capital of Basse-Navarre.

Altitude gain: approximately 7,218 feet

Total distance: approximately 62 miles

Night in a 3 star Hotel.

Day 9/ Saint Jean Pied de Port - Saint Jean de Luz - Toulouse

Passes of the day

- Ispéguy pass (2,205 feet)
- Puerto de Otxondo (1,870 feet)



- Saint Ignace (554 feet)

Highlights

- an almost unheard of traverse in the Pays Basque, especially "created" by a local insider (thanks, Herve, for your insight on this nearly unknown pass!) and, of course, the arrival of the sea!

Altitude gain: approximately 3,281 feet

Total distance: approximately 50 miles

Lunch on the edge of the Atlantic Ocean, then transfer to Toulouse in the afternoon (about 3 hours). Overnight hotel in Toulouse. Possibility of visiting the beautiful historic district of Toulouse in the evening.

Night in a 3 star Hotel.

Day 10/ Transfer to the airport

According to your flight schedule, transfer to Toulouse airport for your flight back home.

ITINERARY LEVEL 3

Day 1/ Welcome to Toulouse – transfer and night in Collioure

Reception at the Toulouse airport and at the end of the afternoon, minivan transfer with the entire group to Collioure, at the edge of the Mediterranean Sea (approximately 2 H 30).

Depending on our arrival time in Toulouse, visit of the historic district with its maze of narrow alleys.

Settle in and night at a 3 star Hotel.

Day 2/ Collioure – Prades

Passes of the day

- la Brousse pass (2,822 feet)

- Xatard pass (2,467 feet)

- Col Palomere (3,399 feet)

Highlights

- Fishing port and the Collioure castle

- the small winding roads of the Albères foothills

- Small passes for warming up our legs, surrounded by the smells of the Southern Mediterranean vegetation.

Altitude gain: approximately 6,234 feet

Total distance: approximately 80 miles

Night in a 3 star Hotel.

Day 3/ Prades - Ax les Thermes

Passes of the day

- Jau pass (4,941 feet)

- Garavel pass (4,121 feet)

- Moulis pass (3,606 feet)

- Paiheres Harbor (6,565 feet)



- Chioula pass (4,695 feet)

Highlights

- Visit of Mosset, ranked among the most beautiful villages in France.
- The forests of Jau Pass....they can almost make us “forget” the Mediterranean....
- Ascent of the Pailhères pass, one of the most beautiful in our entire trip....
- Panoramic views on Ariege from the Chioula pass (version 3)

Altitude gain: approximately 10,170 feet

Total distance: approximately 68 miles

Night in a 3 star Hotel.

Day 4/ Ax les Thermes – Castillon-en-Couserans

Passes of the day

- Agnes pass (5,151 feet)
- Atrape pass (3,645 feet)
- La Core pass (5,233 feet)

Highlights

- Breathtaking landscape of the Agnes Pass, including the enchanting scenery of Lers pond.
- In the early “laces” of the La Core pass descent, beautiful vistas of the valley.

Altitude gain: approximately 7,710 feet

Total distance: approximately 87 miles

Night in a 3 star Hotel.

Day 5/ Castillon-en-Couserans – Arreau

Passes of the day

- Porte d’Aspet pass (3,507 feet)
- Mente pass (4,426 feet)
- Portillon pass (4,242 feet)
- Peyressourde pass (5,148 feet)

Highlights

- Four myth-like passes are on the agenda
- The country side of Mente pass
- The beautiful village of Saint B at.
- At the foot of the Porte d’Aspet pass the monument in homage of the racer Fabio Casartelli.

Altitude gain: approximately 9,843 feet

Total distance: approximately 68 miles

Night in a 3 star Hotel.

Day 6/ Arreau - Luz Saint Sauveur

Passes of the day

- Aspin pass (4,885 feet)
- Tourmalet pass (6,939 feet)
- Boucharo Harbor (7,448 feet)

Highlights



-The Tourmalet: culmination point of our traverse. Beautiful view of the sharp surrounding peaks....

- Few kilometers, but BIG altitude gain!
- Gavarnie and its famous bowl
- Boucharo Harbor's "high mountain" ambiance.

Altitude gain: approximately 12,139 feet

Total distance: approximately 81 miles

Night in a 3 star Hotel.

Day 7/ Luz Saint Sauveur - Lescun

Passes of the day

- Borderes pass (3,793 feet)
- Soulor pass (4,803 feet)
- Aubisque pass (5,607 feet)
- Marie-Blanque (3,396 feet)

Highlights

- from the Aubisque pass, breathtaking panorama onto the Gourette bowl
- night in the idyllic mountain area of Lescun

Altitude gain: approximately 8,858 feet

Total distance: approximately 71 miles

Night in a 3 star Hotel.

Day 8/ Lescun - Saint Jean Pied de Port

Passes of the day

- Bouezou pass (3,310 feet)
- Labbays pass (4,432 feet)
- Soudet pass (5,052 feet)
- Pierre Saint Martin pass (5,774 feet)
- Larrau Harbor (5,161 feet)
- Bagargui pass (4,327 feet)
- Burdincurutcheta pass (3,724 feet)

Highlights

- To start the day, a beautiful sequence of small passes ,close to each other, Before leaving for a superb excursion in the Spanish Pyrenees (la Pierre Saint Martin pass and Larrau Harbor)
- The lake and the Iraty chalets: ideal for a short break!
- The ramparts and citadel of Saint-Jean-Pied Port, the ancient capital of Basse-Navarre.

Altitude gain: approximately 10,171 feet

Total distance: approximately 81 miles

Night in a 3 star Hotel.

Day 9/ Saint Jean Pied de Port - Saint Jean de Luz - Toulouse

Passes of the day

- Ispéguy pass (2,205 feet)
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- Saint Ignace (554 feet)



Highlights

- an almost unheard of traverse in the Pays Basque, especially "created" by a local insider (thanks, Herve, for your insight on this nearly unknown pass!) and, of course, the arrival of the sea!

Altitude gain: approximately 3,281 feet

Total distance: approximately 50 miles

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Night in a 3 star Hotel.

Day 10/ Transfer to the airport

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Itinerary Notes

The "Road Book"

The detailed "Road Book" itinerary will be sent to you 3 weeks before departure.

It contains:

- Colored map copies with the route highlighted,
- Description and details of each crossroad along the route
- General information on the places crossed: tourist sites, possible visits along the way, bars, shops bicycle shops ...

While the group of cyclists sleep in the same hotel, everyone is free to ride alone or with others, since each rider has their own travel diary. Each participant organizes their day in their own way (departure time, stops throughout the day, rhythm, etc.).

Type Difficulty rating

ROAD BIKING 2

Distance: 50 to 71 miles per day, depending on the elevation gain.

Elevation gain: up to 8,850 feet accumulated throughout the day

You are: someone who engages in road biking year round, at least once a week on average.

This trip also exists in a Level 3 version. The accommodations are the same but the itinerary from one accommodation to another is different. Each morning, depending on your physical ability, you can either choose the Level 2 or the Level 3 itinerary.

ROAD BIKING 3

Distance: 71 to 87 miles per day, depending on the elevation gain.

Elevation gain: up to 12,139 feet accumulated throughout the day cumulated during a day

You are: someone who trains and is in good physical condition, being accustomed to riding more than 60 miles at a time.



**MOUNTAIN
WORLD TRAVEL**

- The riding distance schedules are given only as an estimate.
- For different reasons involving trip organization, daily schedules and planned altitude gains (ascent or descent) may be modified without any prior notice.

Additional Information

The morning: breakfast enjoyed at the hotel, collect your picnic lunch or snacks and you can mount your ride!

The day: with your "Road Book" in your pocket, you ride all the way up to your evening accommodation where your baggage awaits you. Full details of accommodation are listed in the logbook. The driver of the assisting vehicle is available throughout the whole day.

Evening: Dinner with all participants.

Although we are an experienced adventure travel company doing our best to respect the itinerary schedule as presented on this detailed itinerary, there is always the possibility that we may need to modify it for different reasons beyond our control. Please read the Registration Conditions: Terms and Booking conditions – Limitations of Liability.

IMPORTANT INFORMATION

Services +

Arrive Sooner - Stay Longer

Mountain World Travel circuits are provided with the following services:

- "Rendez-Vous" at the airport on Day 1, welcome and transfer to hotel
- Airport transfer on last day

For numerous reasons, one may want to arrive sooner for a trip or stay longer.

Perhaps, you wish to explore the city of arrival/departure more thoroughly, you may decide to arrive a day or two earlier and/or extend your trip after the tour and then return later.

Mountain World Travel is at your disposition for:

- helping you to book extra nights in any arrival or departure towns
- handling your airport-hotel transfer (private vehicle)

Extra nights

Price/person/night, \$, (double occupancy room)	BB	HB	Single
Toulouse, 3 star hotel	100	125	80

BB (Bed & Breakfast): night and breakfast

HB (Half Board): dinner, night and breakfast

FB (Full Board): dinner, night and breakfast, lunch

Double occupancy room: you have two people sharing a room (you must register together).

Single: supplement for a single room, which is mandatory if you register alone.

This service is subject to availability at the time of your reservation.

Airport transfer

Price/person/transfer, \$	1	2	3
Toulouse, one way, private taxi	80	40	27

You only need to specify your desired arrival/departure dates and the requested services at the time of your registration.

In the event that you do arrive sooner or stay longer, the meeting or separation with your group occurs at the arrival or departure hotels specified to you on your confirmation.

Single Supplement

What's Not Included

- International flights in/out Toulouse
- Possibility of renting a bike
- All services mentioned in extensions / options
- Personal medical & Travel Insurance
- All items not expressly mentioned in "What's included".

Extra Costs

- Drinks (except mineral water)
- Personal expenses.
- Tips for driver/guide
- All items not expressly mentioned in "What's included".

Equipment

List of equipment to be placed in your travel bag on the day of departure

For your head

- A cap or other head protection against the sun,
- A hat or sweat band
- A bike helmet

For your upper body

- 2 types of long underwear
- Warm shirt or sweat shirt
- A fleece
- A wind stopper (raincoat)

For your legs

- One (or two) good quality biking shorts with chamois leather (avoid triathlon pants).
- Long-legged biking pants
- Sweat pants
- A swimsuit

For your feet

- A pair of biking shoes
- A pair of shoes suitable for the evenings
- Sandals (not mandatory, but rather nice to put on during breaks.....)
- Sport socks

Mountain World Travel trips are based on double occupancy rooms/double occupancy tents.

When you are booking a trip alone, you will share a room/tent with another person from the group (regrouping males together, and females together). However, for your convenience, on most of our destinations, you can choose to upgrade your lodging on all of the nights of your trip by choosing an individual room/tent.

Single Supplement (*): \$850 for the entire trip (**)

* Subject to availability at the time of booking.

Rent a bike

It is possible to rent a bike for the sum of \$330.
Be sure to include your height on your booking form.

Air Travel

As airfare is NOT included in our adventures, please check if your trip is "a guaranteed departure" before confirming your own airline travel arrangements. You can check your trip status at the website Mountain World Travel or contact the Mountain World Travel office at 1 888-MWT-TREK (698-8735).

Our preferred airlines to fly to Toulouse, France:

- Skyteam (Delta, Northwest, Continental, Air France - KLM), operates daily flights from anywhere in the States to Toulouse, through Amsterdam or Paris.
- StarAlliance (United, Lufthansa) operates daily flights from anywhere in the States to Toulouse, through Frankfurt or Munich
- Oneworld (American, British) operates daily flights from anywhere in the States to Toulouse, through London.



Foreign-Entry Requirements

Formalities for US, Canada, Australia, NZ passport travelers: a valid passport; US citizens are admitted to France for up to 90 days.

US citizens, please check with US Government Travel Entry Exit Requirements

For other nationalities, please contact the French and Swiss embassies in

For your bike

- Developments tailored to the mountains: ask your vendor cycle, as the right choice depends on your hardware and your level of fitness.
- 2 tubes or alternative hoses
- A box of patches + glue patches
- Alternative skid brakes (unless you go with new runners)
- 1 rear derailleur cable + 1 rear brake cable
- Lubricant for chain and derailleur
- 1 pump
- A small repair kit for conventional mechanical problems.

Other

- A pair of special bike gloves
- A lock
- A dop-kit
- Shorts
- 2 bike bottles 1 liter (or camel back)
- A few plastic bags to protect your belongings
- A small individual pharmacy, sunscreen (face and lips); band aids + double skin; aspirin; Ear plugs, plus your personal medications.



your country.

Health and First Aid

Vaccines

No vaccine is obligatory. We advise you, however, to be up date for traditional vaccinations: Diphtheria - Tetanus - Poliomyelitis, Typhoid fever. Vaccination against hepatitis A and B is recommended.

Health hazards

- Heat: protect your eyes and your skin against the sun, as it is more intense with altitude.
- Cold: plan on packing protective clothing against the cold (jackets, fleece, gloves, hat), especially in relevance to the activity.
- Dehydration: drink and nourish yourself sufficiently and correctly throughout the effort.
- Small wounds: blisters, tendonitis...bring along band aids, an antiseptic and another cream for muscle aches. They will take up a bit of room, but well worth the space.
- Altitude sickness: can be felt at around 8,000 feet and above and can come on quickly (after just one night spent in altitude). Hard to predict and varies completely from one person to another. Good hydration is necessary, progressive altitude acclimatization and Aspirin can all help in preventing the unpleasant side effects of altitude sickness.

ABOUT FRANCE

Country

France is the most visited country in the world. It has everything that you could ever want to see on your adventure travel holidays: romantic villages, good beaches, more monuments than any other country, lovely nature and incredible mountain scenery. France is also a very pleasant place to stay. It has haute cuisine, great wines and people enjoy their lives. The South with its lovely nature, good food, roman ruins and of course the Riviera draws a lot of visitors every year. The Provence is dotted with pleasant bucolic charming villages.

French Alps are great for skiing in winter and hiking in summer. The Alps French mountain range stretch out to four "departments", from north to south, on a total surface of 10,255 square miles: Haute-Savoy, Savoy, Isere and the Hautes-Alpes.

Haute-Savoy: the frontier of Italy and Switzerland, with Chamonix and its glaciers at its heart. Chamonix is the alpinism and hiking capital which surrounds Mont Blanc in the Aravis mountain range and in the Aiguilles Rouges or Dents-Blanches natural reserves. Our circuits are designed to exceed French borders and to travel from one country to another (Switzerland, Italy), discovering different cultures.

Savoy: from the Préalpes of the Bauges region to the Vanoise national park, at the very end of Tarentaise, while passing by the Maurienne valley, an ensemble of singular mountains where the limestone of the Prealpes (at an average altitude lower than 7,000 feet) contrast with the high summits of Vanoise, such as the Grande-Casse which culminates at 12,638 feet. Savoy is land rich in tradition and farming at the junction of Maurienne and Tarentaise.

Isere: the high plateaus of Vercors and their natural reserves, Chartreuse and its splendid fir plantations constitute the richness of the French Préalpes. Lesser known mountain ranges, Belledonne and the Roussets, mark the transition with the South and with Savoy in the north.

Hautes-Alpes: at the foot of the Ecrins, while slipping towards Provence, tumultuous rivers run. It is also the meeting point of authentic, wild valleys, not far from Italy: Queyras, Ubaye, the valley of Névache.

And so our trips will lead you from Europe highest peak, the Mont Blanc (15,780 feet) down to the Mediterranean Sea, you just have to choose which one suit your needs and desire.

Highlights

- Our French partner established in the Alps for more than 30 years, cooperate with Mountain World Travel based in Colorado USA to conceive and organize adventure travel trips all over the alpine mountain range. At the head of the organization, Mountain World Travel is surrounded by mountain travel specialists to answer your requests as precisely as possible.
- A network of mountain leaders, guides and professional logistic specialists for each mountain range.
- A complete offering of guided treks, biking trips etc... from the Northern Alps to the Southern ones, for you to take off to with your friends, family or by yourself to join in on a group.
- Mountain climbing is also our specialty: for good walkers and sportsmen athletes who wish to experience intense moments in the mountains while practicing climbing and trekking the glaciers.

Profile

- **Population** 64 millions habitants
- **Surface** 260,558 square miles
- **Capital** Paris
- **Main Cities** Lyon, Marseille, Toulouse, Bordeaux
- **Peaks** Mont Blanc (15,780 feet)
- **National Parks** Vanoise, Ecrins, Mercantour
- **Official Language** French
- **Religion** Catholicism
- **Head of State** Nicolas Sarkozy
- **Political Status** Unitary Semi-Presidential Republic
- **Time Shift**
<http://www.worldtimezone.com/utc/utc.html>

Respect of Customs and Habits



Climate

Climate in the Alps

Weather changes quickly in the Alps, an aspect to be taken seriously while choosing and organizing your trek. All on the same day, depending on the altitude, you can profit from splendid sun and summer temperatures, but also undergo icy temperatures and snowstorms. As paradoxical as that may seem, this unforeseeable climatic change is also one of the Alps' assets.

The relief has a major impact on the changing weather conditions from one area to another and, at the same time, also impacts the landscapes on these massifs and the organization of life in these areas (social, cultural and economic). The mountains, according to their altitude, have the capacity to retain the clouds and to force precipitations in certain valleys and to preserve them in others. As a consequence, you will cross verdant valleys and others that are drier. You will encounter astonishing microclimates which protect plant species and remarkable animals.

The northern and the Eastern Alps region, where the most beautiful glaciers are located, is an area with the most amount of precipitation. Here run splendid rivers, torrents which transport the glacial waters and carry rocks along. For example, Beaufortain is recognized as being one of the most "sprinkled" mountain range of the Alps. These generous rains lend to its very unique characteristics, as it is in its lush mountain pastures where the traditional Beaufort cheese is manufactured, a cheese of great fame!

The Southern Alps, under the influence of the Mediterranean, in general offer a softer climate, a more mineral universe, increasingly remarkable as one approaches Provence. The regional natural reserve of Queyras is a good example of these sunny mountains where you can breathe in the freshness which is diffused by a forest of larch. With each area having such distinct characteristics, diversity is a major driving force for those wishing to voyage to the Alps: an area to be discovered non-stop and without having "d  j   vu" impressions.

Weather

Be prepared....abrupt changes in temperature during an excursion are always possible. When you leave for the mountains, it is imperative that you carry a back pack with a minimum of equipment to protect yourself against cold and sun. Your guide is a good adviser, but before leaving, we suggest that you read all of the information on our "Trip Details" page.

The French are truly notorious when it comes to their rules and regulations regarding their food. Most French chefs will take umbrage if you add condiments to a dish before even tasting it and it is also considered as being a grave insult if you ask for ketchup. This is because you are basically then telling the chef that their cooking is unsatisfactory, and it is unnecessary to add any flavoring to meals in France for the most part anyway because they are usually so well prepared.

Some Advice

Nearly all restaurants include tax and a 15 percent service charge (service compris) in their prices. If a meal or service has been particularly good, leaving additional change is customary, as is leaving the small change from your bill when you pay in cash. In hotels, tip porters per bag and chambermaids per day. Taxi drivers should be tipped 10-15 percent of the fare.

U.S. residents who stay in France less than six months can get a refund of the value-added tax (TVA, in France) on purchases of 200    or more. Ask stores to complete a TVA refund form, then submit them to customs upon your departure. Refunds from 13% to 19.6% will be credited to your credit card or mailed to you within a few months.

French shops are usually open weekdays from 8:30 am to 7:00 pm but they will be close for an hour or two at lunchtime.

US electrical devices are not compatible with French-Italian-Swiss electrical plugs. We recommend that you carry an adapter, because the plugs are



Temperatures

Average temperatures (day maximum/night minimum) in Fahrenheit degrees:

	Jan	Feb	March	April	May	June
Paris	43/34	45/34	51/38	57/42	64/49	70/54
Marseille	51/37	53/38	58/42	63/47	70/54	78/61
Chamonix	39/23	45/27	50/27	59/37	64/43	72/48
	July	August	Sept	Oct	Nov	Dec
Paris	75/58	75/57	69/52	59/46	49/39	45/36
Marseille	84/66	83/65	77/60	68/52	58/44	53/38
Chamonix	72/48	70/48	70/45	59/36	49/32	39/23

Currencies

The currency is the Euros (€).

Which currency to bring and where to exchange it?

We advise you to carry dollars in small increments that you can exchange with no problem in main cities. Credit card payment is widespread. There are ATM machines in all the cities and even the small ones, most take Visa and Master Card. ATMs often offer the best exchange rates.

Travel Warnings

As an organizer of worldwide trips, Mountain World Travel is concerned for our guest's safety and security. We always keep ourselves up to date with current travel warnings and always consider the government's safety advice while organizing and preparing our different trips.

We recommend that participants consult the security instructions distributed by government authorities and the traveling recommendations made by government officials; available on websites specific for each country.

US citizens, please check with: US department of State

Our Story

It all began back in 1995 when Grisha UIAGM / IFMGA professional mountain guide, based in Chamonix France, began to work part-time for the French Allibert-Trekking adventure travel tour operator. During this time, Grisha led some Allibert-Trekking clients, to the summit of Mont Blanc, Mont Rose etc... and was sent all over the world for climbing, expedition and technical trekking trips. A great relationship has since emerged between Grisha, his wife Catherine and the Allibert-Trekking travel team which led Grisha to make a proposition to them. The proposition was to create adventure travel trips adapted to the American and Anglo-Saxon clientele. Hence, in 2007, a partnership was created. Established as Mountain World

220/230 volts in most Europe.

Safeguarding the Environment

French Alps mountain ranges, where we would all like to happen upon ibex around each turn; therefore, we need to make sure not to scare them away from their original habitat. The marmot is always nearby, but this does not give us a reason to feed them. Don't get too close to the animals even to photograph them! What a delight to discover hidden Edelweiss or the ground covered with spring Gentians (famous local flower): leave them on the ground....it is better to take a photo of them than to pick them!

In the Alps, you are never really far from a valley. It is not very complicated difficult to return all of your trash down there. This is not the responsibility of the hut's guard.

Our stays often take you along to discover National parks and Reserves: they are protected and regulated spaces.

We all prefer a respected and preserved environment. We all need to be attentive to this!



**MOUNTAIN
WORLD TRAVEL**

Travel, the company takes roots in Aspen, Colorado where Grisha and Catherine, now play and work. The two came to Aspen, 15 years ago from Chamonix, France, when they first fell in love with the area. They began their days here as ski instructors, with Grisha also working as a mountain guide and a tandem paragliding flight pilot.

Responsible Approach

For a long time, our French partner and Mountain World Travel has functioned in a very responsible manner throughout the world including, of course, in the Alps.

1993: restoration of Saint-Christophe-in-Oisans mill (helping the Oisans of Saint-Christophe association).

2003, 2004, and 2005: Cleaning off Mount Sauveur in Mercantour with Mountain Wilderness and the National Park of Mercantour.

Since 2004: Since 3 years: we do not forget the region where our main office is based and it's regional natural reserve by organizing, each year, an operation of maintenance and cleaning off the paths of "The Reserve des Hauts de Chartreuse" (Savoy-Isere) in partnership with the park, the reserve and the association holding the same name. In 2007, this event will be held in Chartreuse, around the Mount Granier (mountain in the neighborhood).

Some Useful Words

The spoken language in France is French. English is spoken by those in tourism related work. Learning some French keywords will enable you to gain the respect of your interlocutors and to facilitate your exchanges with French people.

Do not hesitate to use the following expressions:

Hello: *bonjour*

How are you: *comment allez-vous?*

Thanks: *merci*

Please: *s'il vous plait*

Goodbye: *au revoir*

You can ask your guide how to pronounce these key words; your voyage will only be richer by your attempting to speak the local language! And smile, it is often the best means of having good contacts!

HOW TO BOOK

To realize your dreams, we offer several ways to book your future trip:

From the website: www.mountainworldtravel.com

On the internet, discover our destinations and make your choice, book and pay your trip on line. Prepare for departure

Advantages

- A fast reservation 24 h/24 and 7/7.
- A payment 100% protected.

To register yourselves:

- Select your trip
- Click on "Book a Trip".
- Check for availability
- Specify the number of participants, last names and first names as written on passport, address, phone numbers and e-mail addresses... .
- Select any additional Extensions and/or "Services +"
- Sign up for travel insurance and cancellation insurance
- Agree to the booking conditions and the limitations of liability
- Bank routing number or credit card number necessary for 30% down payment for registration.
- Money orders also accepted.
- You will automatically receive an invoice with an acknowledgment of your payment, which will be charged after validation of your file by an adventure travel adviser
- 90 days before departure, payment of the balance due

By e-mail: info@mountainworldtravel.com

and one of our adventure travel advisers will respond to you and will guide you through the booking process

By calling or faxing us at:

Toll Free Number 1-888-MWT-TREK (1-888-698-8735)

Advantages

Our travel advisers will be happy to answer all of your questions;

- will insure you that this trip is sure to go;
- will give you all of the explanations that you need,
- will check availability of your desired individual lodging, extensions, extra services etc
- will insure you of the cost
- will book your space



**MOUNTAIN
WORLD TRAVEL**

By postal mail:

Mountain World Travel
PO BOX 1264
ASPEN COLORADO 81612 – USA

Ready to pack your bags? Nothing simpler than registering by mail:

- you just have to send us your booking form,
- accompanied by your 30% down payment.

You will receive:

- the confirmation of your registration;
- the invoice; the formalities file (obtaining visa if necessary, etc...)
- and 90 days before the departure, we ask for you to pay the remaining balance of your trip.

Ready ? Go !

Last minute preparations before our Rendez-vous at the airport: To get ready, consult the detailed itinerary, in particular the necessary medical and administrative formalities and the list of necessary equipment. Don't forget to stay in shape!

In the 15 days preceding your trip, you will receive a convocation specifying:

- the place and time of the Rendez-vous
- the appointment with your guide.

We wish you a very happy trip on the trails of the world!

Questions, call custom Toll Free 1-888-MWT-TREK (1-888-698-8735)
E-mail: info@mountainworldtravel.com

Mountain World Travel

PO Box 1264, Aspen, CO 81612, USA

1-970-544-9255 • info@mountainworldtravel.com • www.mountainworldtravel.com