

## Provence Mountain Biking

Ref # FRPM

### Europe, France

A real poem of vibrant colors, unusual reliefs and sweet smells along this mountain bike journey in one of the most beautiful parts of Provence and Southern France.



## 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

The whole atmosphere of Provence, with its scrublands, its vineyards and orchards, its dry stones and its lavender fields ...

We carry out our loop in one of the most beautiful parts of Provence, that of the Luberon. We carry out the full traverse over the mountain ridges of the Petit Luberon and the Grand Luberon that allow us to savor the richness of this region: very playful trails in the woods, vegetation in the south, lavender, vines, small traditional stone villages...

A true poem, punctuated by a providential valley of ochre sand, with the nickname "Little Provencal Colorado." Lace rock and fairytale chimneys, in the style of Bryce Canyon....

The last two days of this circuit allows also to ride in the mountains of the Vaucluse, passing by such villages as Murs and Gordes.

### Itinerary

- **Day 1/** Arrival Marseille
- **Day 2/** Cavailon - Cheval Blanc : mountains of the "Petit Lubéron"
- **Day 3/** Cheval Blanc - Bonnieux : really beautiful villages of Oppède le Vieux and Bonnieux
- **Day 4/** Bonnieux - Sivergues (typical village) : cliffs of Buoux
- **Day 5/** Sivergues - Viens (hilltop village) : Mourre Nègre ridges, Carluc Priory

### Highlights:

- A superb loop offering a very complete discovery of one of the most beautiful regions of France: Provence.
- The smells of Provence and the authenticity of the stone villages of the Luberon and the Vaucluse ... The "softness France"!
- Discover the "small Provencal Colorado"....



### Mtn. Biking

Level: 1 2 3 4 5 6 

**Duration:** 9 days

**Group size:** 4 to 12 persons

### Available Dates and Costs:

05/22/2009 - 05/30/2009	\$2825
07/03/2009 - 07/11/2009	\$2825
09/20/2009 - 09/28/2009	\$2825

### Services + :

Arrive Sooner - Stay Longer  
Single Supplement

### What's included:

- Meeting/assisting at the airport
- English speaking, Mountain World Travel certified, all terrain, French mountain biking guide
- Accommodation: 2 nights in \*\*\* hotels, 6 nights in \*\* hotels and nights in "Charming Bed and Breakfast", based on double occupancy
- Full board, from your evening meal on Day 1 through breakfast on Day 9, mineral water included
- Transportation of luggage from one accommodation to another
- Planned transfers, a vehicle reserved for the group.



## MOUNTAIN WORLD TRAVEL

- **Day 6/** Viens - Rustrel : Oppedette canyons, "small provencal Colorado"
- **Day 7/** Rustrel - Murs : Saint Saturnin d'Apt, hilltop village, Monts of Vaucluse
- **Day 8/** Murs - Cavaillon - Marseille: Gordes, one the most beautiful villages of France
- **Day 9/** Transfer airport for flight home.

## DETAILED ITINERARY

### About France The Adventure

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### Itinerary

Day 1/ Welcome in Marseille

Arrival at Marseille Airport, welcome and transfer to the hotel. Presentation of the course of our stay; assembly and organization of mountain bikes; first tests. Night at \*\*\* hotel.

Day 2/ Marseille - Cavaillon - Cheval Blanc

Transfer Marseille-Cavaillon mini-bus (about 1 hour).

Mountain Bike departure from Cavaillon. Down to the mountainous backbone of the "Petit Luberon" which we discover by its western combe. A gentle leg warm up on our first single tracks surrounded by the Provençal aromas: vineyards, orchards, forests of oak and boxwood ... Viewpoints on the Alpilles mountain range, the Dentelles de Montmirail and Ventoux, an isolated mountain, which is sometimes climbed during the famous "Tour de France" bike race.

Night at \*\*\* hotel.

Distance : approx. 19 miles - Ascent: 1,968 feet

Day 3/ Cheval Blanc - Bonnieux

Continuing along the northern flank of the Petit Luberon, on paths and roads which merge into the multiple bowls of this long ridge. Riding through

### Lodging

- A 3 star hotel in Marseille  
- A 2 star hotel or in charming Bed and Breakfast, depending upon availability.

We favor typical Provençal accommodations with traditional stone walls, hand made natural plasters and Provençal decor that is renowned around the world.

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"

All dinners and breakfasts at place of lodging. At lunch, we will take along picnic lunches carried by back-pack. We pay very careful attention to the quality and the variety of our food products. All along our trip, we buy, whenever possible, fresh local products.

Our accompanying team is quite ingenious when creating their varied and appetizing salads!

- Lunch: cold picnics (salad, cheese and fruit)

- Morning and evening: at the hotel, bed and breakfast or in the refuge (copious supper, warm and well balanced and a complete breakfast)

- "Salty" and sweet snacks: (cereal bars, dried fruit)

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.

### Luggage Tips

picturesque villages located on the slopes of rocky combes. Maubec, Oppède Le Vieux, Ménerbes, Lacoste ... Arrival at the superb village of Bonnieux, built on the steep hillsides. Discovery of the centenary Cedar trees of Bonnieux, small steep alleys...  
Night in a hotel or bed and breakfast.  
Distance: approx. 25 miles . Ascent: 2,625 feet

#### Day 4/ Bonnieux - Sivergues

Through the forests of oaks, we discover the typical single tracks of the Luberon. The plateau is reached; we arrive at the impressive cliffs of Buoux. A few stops allow us to observe climbers in the middle of their rock climbing route. We then head to Buoux valley where we find ourselves at the foot of the cliff, carved and colored. We climb up.... up to the small stone village of Sivergues, while passing by typical houses built against the rock. At the top of the last climb, our accomodation opens its arms...  
Night in a hotel or Bed and Breakfast.  
Distance: approx. 28 miles. Ascent : 2,461 feet

#### Day 5/ Sivergues - Viens

Ascent and short morning transport of bikes to reach the crest of Mourre Nègre. Ride along the round, rolling ridge of the highest peak of the Luberon (3,691 feet). 360 ° panorama from the Ecrins mountain range down to the sea, through the Alpilles, the Mont Ventoux, the Dentelles de Montmirail ...  
Technical descent towards Céreste. Through vineyards and orchards, we then reach the Carluc Priory, dating from the fourteenth century. Much further, we see the hilltop village of Viens, the end point of our day.  
Night in a hotel or Bed and Breakfast.  
Distance: approx. 25 miles. Ascent: 3,280 feet

#### Day 6/ Viens - Rustrel

En route to the famous Oppedette gorges from which we will have a beautiful view. Through forests, vineyards and fields of lavender, we are left to one of the highlights of our tour: "Little Provencal Colorado". We will "taste" the famous small trails on this soft and warm ochre land ...  
One of the most beautiful days of our week is filled with canyon and ochre colored sparkling trails. Fun, just fun!  
Night in a hotel or Bed and Breakfast.  
Distance: approx. 25 miles. Ascent: 1,640 feet - Descent: 2,297 feet

#### Day 7/ Rustrel - Murs

We leave Rustrel towards more secretive ochre. Short tour on foot in a very small, deep, ochre valley. Then journey through the oaks to Saint Saturnin d'Apt, a hilltop village of Provence, with its typical plaza: fountain, plantain trees, terrace bar ...  
We are then in the Monts du Vaucluse. Cedars and oaks guide us to the small village of Murs where time seems to stand still ...  
Night in a hotel or Bed and Breakfast.

#### 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**

- English speaking, Mountain World Travel certified, all terrain, French mountain biking guide.

#### **Transportation**

In the morning, the driver of the assisting vehicle directly carries the luggage from one accommodation to another.



Distance: approx. 28 miles. Ascent: 1,476 feet - Descent: 1,640 feet

**Day 8/ Murs - Cavaillon - Marseille**

At the heart of the Vaucluse mountains ... Passage in Gordes, one of the most typical villages of France, with its calades (essentially a cobblestone road), its castle, its stone. Bories (stone shack), old roads, where carts have left their marks for eternity, bring us back to modern society; and the railway station in Cavaillon. We finish our loop, the song of the cicadas still resonating in our heads....

Transfer Cavaillon - Marseille (about 1 hour). Settle in at the hotel and visit of Marseille (the harbor and its famous "Cannebiere" district).

Night at \*\*\* hotel

Distance: approx. 25 miles. Ascent: 984 feet - Descent: 1,640 feet

**Day 9/ Transfer to Marseille Provence airport**

Transfer to Marseille airport for your flight home.

### **Itinerary Notes**

Type Difficulty rating MOUNTAIN BIKING 3

Distance: 28 to 44 miles per day

Elevation gain: up to 6,500 feet per day

You are: someone who has a regular exercise regime and youmountain bike at least once a week for about 6 months out of the year. You also engage in another endurance sport during the "off-season".

Type of terrain encountered: narrow trails including breaks or obstacles that can not be avoided, with some very steep passages

Necessary technical expertise: you ride with precision and safety, controlling your braking. You know how to approach steep passages, choosing an ideal pathway at a very slow speed, crossing over small barriers. You know your limits on committed crossings.

- 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**

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
Aix en Provence (or Cavaillon) area, 3 star hotel (Bourelly, or similar)	110	125	90

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
Aix en Provence (or Cavaillon) - Marseille, one way, private taxi	100	50	33

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.

#### What's Not Included

- International flights in/out Marseille
- Bike rental, if needed
- 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

## Single Supplement

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 (\*): \$800 for the entire trip

\* Subject to availability at the time of booking.

## Rent a bike

It is possible to rent a mountain bike with suspension for \$ 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 Marseille Provence

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

For your bike

- Gears tailored to the mountains: ask your bike vendor, 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 own personal medications.

## Equipment provided by Mountain World Travel

- First Aid kit
- Mountain Bike repair kit.



**MOUNTAIN  
WORLD TRAVEL**

US citizens, please check with the US Government Travel Entry Exit Requirements France  
For other nationalities, please contact the French embassy in your country.

### **Health and First Aid**

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.

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



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](http://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](mailto: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](mailto:info@mountainworldtravel.com)

**Mountain World Travel**

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