

# Chamonix Running Camp

Trip Code: ATR

Version:



TRAIL RUNNING



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Explore the stunning trails of the Chamonix Valley
- Expert advice throughout the week
- Learn (or improve) skills for running up and down hills and navigation
- Beautiful accommodation with swimming pool and spa

## AT A GLANCE

- 6 days running,
- Join at Chamonix

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Our week long camp is a trail runners dream holiday. Spectacular scenery of snowy peaks, glaciers and granite spires. Each day of the holiday is designed to improve your form, confidence and efficiency to run in the mountains whilst exploring and having fun along the way. At the end of each day relax and soak up the Alpine environment in our mountain hotel perfectly situated in Chamonix town centre.

## Is this holiday for you?

This holiday is suited to regular runners who love the freedom of getting out and exploring new places. If you can comfortably run for 1 hour 30 or 15kms (9.5 miles) and are looking to develop your mountain running experience and skills then this trail camp is for you.

# Itinerary

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Version:

## Holiday Information

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### What's Included

An experienced professional leader,  
All accommodation as described,  
Meals as described in the Meal Plan,  
Mountain railway and valley transport (not airport transfers),

### What's not Included

Travel insurance,  
Tips for local staff,  
Airport transfers,  
Some meals as described in the Meal Plan,  
Miscellaneous personal expenses

### Joining Arrangements & Transfers

You should arrange to meet the group Hotel, Chamonix on Day 1. The welcome meeting will be at approximately 19:00 followed by the evening meal, so you should aim to be there for this time.

For clients arriving by air, the easiest way to get to Chamonix is to fly to Geneva Airport and make use of an airport transfer service. We recommend Mountaindropoffs.

Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Please find more information here:

<http://www.mountaindropoffs.com/en/home/>

### Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

## **Accommodation**

For this holiday we aim to use the Hotel le Refuge des Aiglons, where we will stay for all seven nights. The hotel has a spacious lounge, fitness studio, cocktail bar and restaurant that has access the pool and terrace. After a day in the mountains hotel guests have free access to the Deep Nature Spa. Free slippers and bath robes are provided.

This holiday is based on two people sharing a bedroom, if you are booking as a single traveller you will share with someone of the same gender. A single room is available for a supplementary fee, but these can be in short supply and require early booking.

## **Group Leader & Support Staff**

The trail running guide will be a fully qualified and experienced International Mountain Leader.

Any extra classes/sessions, such as yoga, will be run by appropriately qualified professionals.

## **Meal plan**

All meals are included, apart from lunches, from dinner on Day 1 to breakfast on Day 7.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Currency

The currency for part or all of this holiday is the Euro.

### Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

### Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

## Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

# Equipment Information

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## Equipment List

### Equipment

- Trail running shoes - for a variety of trails
- Running poles - highly recommended for long climbing and mixed terrain
- Running pack/vest - maximum 10 litres, ideally with a chest and waist strip. Test your pack for comfort once full
- Rucksack cover/liner/bags - to keep contents dry
- Water - container 1 litre/2 x soft flasks

### Clothing

**You must be able to cover yourself with 3 full layers on your upper body and 2 full layers on your legs**

- Waterproof jacket with hood - waterproof and breathable membrane designed for mountain use
- Waterproof over trousers
- Mid length tights and long socks or long running tights to cover the legs completely
- Thermal top - long sleeves
- Thin fleece/lightweight down jacket

- Running shorts/skort
- Breathable t-shirt/vest
- Warm hat
- Ear/headband
- Baseball cap/sun hat
- Gloves - 1 thick pair & 1 thin pair
- Running socks
- Recovery socks/compression socks - optional
- Scarf/buff for neck
- Fleece/wind stopper waistcoat - optional

### **Comfort**

- Lip salve
- Sunscreen
- Sunglasses - essential
- Tissues/Toilet paper - biodegradable bags to dispose of rubbish
- Snacks - running food such as bars/gels/energy drinks/trail mix/recovery drinks etc

### **Personal First Aid**

- Personal Medication - if required
- Space blanket

- Blister plasters
- Normal plasters
- Blister tape eg Strappal
- Pain relief/anti-inflammatories
- Glucose tablets
- 2 x Re-hydration sachets
- A few throat lozenges
- Anti-chaffing cream/Vaseline
- Antiseptic cream/spray
- Bandage/Knee support - recommended

### **Documentation**

- Cash - Euros
- Credit card
- Passport
- Waterproof bag for documents
- Mountain Rescue Insurance - compulsory

### **Additional Items**

- Camera
- Phone that will function in the countries you are visiting



- Clothing for use in accommodation
- Clothing for any classes - such as yoga/stretching
- Slippers for use in accommodation
- Swimwear for pool/hot tubs if available
- Ear plugs - recommended if room sharing
- Head torch - also useful when sharing a room
- Maps can be bought locally - not essential
- Heart rate monitor - optional
- GPS watch/phone to track your route - if owned
- Toiletries: soap/shower gel as not all accommodations supply this
- Book/notepad & pencil for talks

We suggest you look at the [Ultra Trail Du Mont Blanc](#) website, 'Runners' section for further advice on:

- weight saving ideas
- how to waterproof your kit
- ideal trail shoes for the route
- nutrition advice

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

# Why Choose KE

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## Why KE

With expert local knowledge, this holiday has been created to make the most of this incredible area. Along with the incredible views and wonderful trails, you also get advise and information about everything from running techniques to nutrition, navigation and equipment. All from our beautiful accommodation in the Chamonix valley.

**Please Note** This document was downloaded on 21/11/2024 and the trip is subject to change