



6 Days

# French Alps

## Tour des Fiz

To quote John Muir, "the mountains are calling and I must go". This is certainly an expedition for those who cannot resist the temptation of the mountains! Explore from new heights and learn about alpine mountain ecosystems, flora & fauna and glaciers. Riding in the highest cable car in the world and hiking over a glacier; this is no ordinary trip to France. It is an authentic backpacking experience as we journey from hut to hut across the ridges of the Alps. Our brief time here will be packed full of activities, adventure, and stunning scenery. It's time to answer the mountains' call.



# Recommended tour itinerary

Day  
1

## Arrive Geneva & begin trekking

Fly from the UK to Geneva, where our local STC Expedition Leader meets us at the airport and together we transfer to Chamonix. Here we find ourselves in a different world, a valley surrounded by snow-capped peaks that pierce the blue sky above them. After a welcome briefing and kit check, we head straight in to the mountains for our exciting alpine adventure and begin trekking!

Day  
2-4

## Hut to hut alpine trek & geography fieldwork

Over the course of the next three days, we trek approx. 4-7 hours, hut to hut, through the stunning north-west region of the Alps. Our circular route, which eventually returns to Chamonix, has been mapped out to showcase a huge variety of geography and geology. We see the curling, crystalline glacier tongue (the lowest end of the glacier), as well as climbing up the ridgeline to view the craggy Aiguilles Rouges massif and the mystical summit of the highest peak in the Alps, Mont Blanc. These locations are ideal for conducting geography fieldwork which can be written up and presented in our mountain refuges each evening.

Formed by the tectonic movement of the African and Eurasian plate and eroded by glaciers and weather, we learn first-hand about the powerful forces that have shaped these limestone landforms over hundreds of millions of years into the landscape that we see today.

Day  
5

## Full day glacier trek

The best view of the mountains is from the air, so our day begins with a panoramic journey on the highest cable car in the world, which will take us up to the summit of Aiguille du Midi at over 3000m! The name of this peak translates to "needle of the midday", which certainly offers an insight into the steep and pointed shape of this mountain! Don't forget to soak in the incredible birds eye view of the looming Mont Blanc peak as well. Back on ground, we venture across to the wintry peak of Pont de Helbronner, where the excitement continues as we step onto the glacier. Kitted out with winter mountain gear including crampons and hiking poles, we follow our specialist guide for a full day hiking on the glacier: a unique and thrilling experience.

Current changes to the climate are significantly contributing to the melting and retreating of the glaciers, which has significant consequences for the mountain environment, as well as large-scale global impacts. During our hike we learn about the geographical wonders of this environment, as well as the challenges they face. Return to Chamonix.

Day  
6

## Explore Chamonix and depart Geneva

We take time this morning to explore Chamonix. Having hosted the first winter Olympics in 1924, Chamonix still draws adventure-lovers from all over the world. After an exhilarating few days, a more relaxed stroll through the quaint town centre, discovering its many cafés and shops may be just what's needed. We may even spot the statue of H B de Saussure, who offered prize money to the first people to climb Mont Blanc, which was achieved, incredibly, in 1786. Afterwards we will head back to Geneva for our return flight back to the UK.



# Further information

## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your educational journey timeline



## Physical journey rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



Culturally, this is the least challenging of the STC's trip grades. English is the native language. Students are likely to find the food, customs and access to services similar to the UK.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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