
THE GOOD STORES

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THE CONSEQUENCE OF THE CRISIS

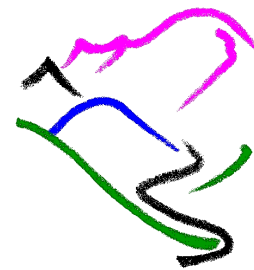
I will not teach you something new when I say that the financial crisis also has an impact in the domain of hiking. In fact, since a couple of months, I notice that the demand for guided tours has dropped.

But do not worry, I will not start a litany of laments.

The reduction in demand also allows me to go wandering to new places on my own. Not that I was missing lonely hiking tours. But I did not had the time in the past years to go for discovering new places. It was therefore quite difficult for me to renew the range of the tours that I was proposing. This should change in the coming years. You will notice it when looking at the programme, that some of the tours are entirely new, such as the stay in the Valley of the Minerals. I have also re planned some stays such as the one in the Valley of the Painters. As a proof of this fact, I invite you to check for the descriptions on the website.



Destination



Montagne

Since 1996

Programme 2010

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WINTER 2009-2010 SCHEDULE

All detailed descriptions are linked from the schedule part of the website

<http://www.destination-montagne.ch>

No.	Date	Season	Destination	Duration	Altitude gain	Difficulty	Region	Price CHF	Price EUR
1.2010	10 Jan 2010	Winter	The hut of Dôle	3h30	400m	WT1	Jura of Vaud, Saint-Cergue	70	47
2.2010	16 Jan 2010	Winter	Pointe d'Ardens	4h30	750m	WT3	Haut Chablais, Abondance	70	47
3.2010	28 Jan 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
4.2010	29 Jan 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
5.2010	30 Jan 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
6.2010	31 Jan 2010	Winter	Mont Roux passing by Oujon	3h	350m	WT1	Jura of Vaud, Saint-Cergue	70	47
7.2010	6 Feb 2010	Winter	Pierre du Moëllé	3h30	700m	WT1	Prealps of Vaud, le Sépey	70	47
8.2010	12 to 15 Feb 2010	Winter	The valley of the painters with snowshoes	up to 5h	up to 900m	WT2	Piemonte, Domodossola	730	444
9.2010	27 Feb 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
10.2010	28 Feb 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
11.2010	7 Mar 2010	Winter	Suchet	4h30	900m	WT1	Jura of Vaud, Baulmes	70	47
12.2010	13 to 14 Mar 2010	Winter	A night at the Grand Saint-Bernard's hospice	up to 4h	up to 600m	WT3	Alps of Valais, Martigny	200	135
13.2010	28 Mar 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
14.2010	29 Mar 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
15.2010	30 Mar 2010	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
16.2010	11 Apr 2010	Winter	Montagne de la Loriaz	4h30	800m	WT3	Range of Mont Blanc, Vallorcine	70	47
17.2010	17 Apr 2010	Winter	Plans de Bovine	4h30	800m	WT3	Alps of Valais, Martigny	70	47

PRICES, TERMS AND CONDITIONS

The prices are given in CHF (Swiss Francs) and Euros. Only the fees for an adult are printed. A rebate of approximately 10% is offered to students, apprentices and pensioners. In order to get more information, please have a look at the website.

For all tours, following terms and conditions apply:

The group size for the tour is set to a minimum of 6 persons and to a maximum of 12 persons. The registrations are taken in the incoming order. The registrations are taken at the latest 72 hours before start for 1 or 2 days tours and 2 weeks for trekkings. The registration form is included in the program.

For 1 day tours, the amount is due the day of the outing. In all other cases, a 30% advance is required at registration. The registration is accepted at receipt of the advance.

As an extra, it is possible to take out a cancellation costs insurance. The price of it depends of the price of the trip as well as its duration. The price is mentioned in the description of the tour. The cancellation costs insurance must be asked for at enrollment. Competent jurisdiction is based in Geneva.

The meeting point is usually at the P+R of Bernex.

The price includes:

Summer tours

The fee, for 2 days tours, the half board lodging and for 4 days on tours, the full board lodging and the transportation during the tour. (Beverages not included). Special conditions related to tours lasting longer than two days are provided in the descriptions found on the Internet.

Snowshoes tours

The fee, the rental of a pair of snowshoes, the rental of avalanche prevention equipment and for tours lasting longer than one day, the half board lodging and the transportation during the tour. (Beverages not included). Special conditions related to tours lasting longer than two days are provided in the descriptions found on the Internet.

In all cases, all other expenses are charged to the participants. In particular, travel expense from the P+R of Bernex to the start of the tour is not included in the price.

In case of transportation by organiser, following rates are applicable:

CHF 5.- per covered 50Km (Example: Bernex-Samoëns: 77.2Km. Round trip: 154.4Km. Rate: Sfr 15.-)

The rates are provided in the descriptions that can be found on the Internet.

The participants are asked to check that they are equipped appropriately. In particular they are asked to carry warm clothing and hiking shoes. One should remember that in the mountains, the conditions can change from an intense sun (sunglasses, cap, sun cream, ...) to winter conditions (wind-stopper, polar fleece, rain protection, ...) within hours. The participants are kindly asked to check that they are correctly insured against accidents.

The organiser reserves the rights to modify the itinerary or the destination, without providing any explanation.

The walking duration is calculated on a basis of 4,2 Km/h flat and between 250m and 300m height difference an hour ascending. At this speeds even a less trained person can hike without being out of breath.

WINTER 2010-2011 SCHEDULE

All detailed descriptions are linked from the schedule part of the website

<http://www.destination-montagne.ch>

No.	Date	Season	Destination	Duration	Altitude gain	Difficulty	Region	Price CHF	Price EUR
47.2	28.11.10	Winter	Pointe de Poêle Chaud	3h30	550m	WT1	Jura of Vaud, Saint-Cergue	70	47
48.2	05.12.10	Winter	Pointe de Sur Cou	4h30	650m	WT2	Haute Savoie, la Roche sur Foron	70	47
49.2	19.12.10	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
50.2	20.12.10	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5
51.2	21.12.10	Evening	With snowshoes at full moon (St. Cergue)	2h	200m	WT1	Jura of Vaud, Saint-Cergue	35	23.5

Nordic Walking evening sessions

Nordic Walking is a physical activity that has its roots back to the end of last world war in Finland. The goal back then was to perform a cross-country skiing similar physical activity during months where there was no snow.

This activity has evolved since then to interest a broad population. This results from the recent discovery about the benefit from this activity to the organism. One does not have to think however that one has to overcome one's abilities. But to have a physical activity adapted to oneself abilities. Nordic Walking is perfectly adapted to that kind of requirement.

As in 2009, we will organise Nordic Walking tours.

These will take place on following Thursday evenings: 15 Apr 2010, 22 Apr 2010, 29 Apr 2010, 6 May 2010, 20 May 2010, 3 Jun 2010, 10 Jun 2010, 17 Jun 2010, 24 Jun 2010, 1 Jul 2010, 29 Jul 2010, 19 Aug 2010, 2 Sep 2010, 16 Sep 2010, 23 Sep 2010, 30 Sep 2010, 7 Oct 2010, 14 Oct 2010 and 21 Oct 2010.

These courses will be held around Bernex.

These "Qualitop" courses are reimbursed by some complementary insurance.

The price is CHF 20.- for an adult.

You can call +41 22 757 67 57 for more information, or have a look at the web site.

Scale of difficulty

For snowshoes tours, you will find the scale on the following Internet page:

http://www.sac-cas.ch/fileadmin/pdf/Skalen/08_Echelle_CAS_cotation_courses_raquettes.pdf

For hiking tours, the scale is on the following Internet page:

http://www.sac-cas.ch/fileadmin/pdf/Ausbildung/Merkblaetter/Cotation_CAS_des_randonn_es_.pdf

SUMMER 2010 SCHEDULE

All detailed descriptions are linked from the schedule part of the website

<http://www.destination-montagne.ch>

No.	Date	Season	Destination	Duration	Altitude gain	Difficulty	Region	Price CHF	Price EUR
18.2010	25 Apr 2010	Summer	The path of the Toblerones	4h45	500m	T1	Jura of Vaud, Bassins	60	40
19.2010	1 May 2010	Summer	Chavardon, a citadel?	4h30	700m	T3	Basin of Geneva, Salève	60	40
20.2010	9 May 2010	Summer	Crêt du Nû	5h	300m	T1	Range of Bugey, Bellegarde	60	40
21.2010	13 to 16 May 2010	Summer	The valley of the painters	up to 8h	up to 1400m	T2-T3	Piemonte, Domodossola	650	435
22.2010	22 May 2010	Summer	Crossing of Jaman pass	5h	800m	T1	Prealps of Vaud, Montreux	60	40
23.2010	24 to 27 May 2010	Summer	The marvelous spots of Ticino	up to 8h	up to 1400m	T2	Ticino, Valle Maggia	740	493
24.2010	30 May 2010	Summer	Mont de l'Arpille	4h	850m	T2	Alps of Valais, Martigny	60	40
25.2010	5 Jun 2010	Summer	Pas de Cheville	4h	600m	T2	Prealps of Vaud, Gryon	60	40
26.2010	13 Jun 2010	Summer	Grammont	6h	1200m	T2	Chablais of Valais, Vouvy	60	40
27.2010	19 to 20 Jun 2010	Summer	The bisces around Visp	up to 6h	up to 800m	T3	Alps of Valais, Visp	250	165
28.2010	26 Jun 2010	Evening	The hiking night	4h30	600m	T1	Jura of Vaud, Saint-George	60	40
29.2010	3 Jul 2010	Summer	The Bisse of Torrent Neuf	4h	350m	T3	Alps of Valais, Savièse	60	40
30.2010	5 to 9 Jul 2010	Summer	Across Swiss National Park	up to 7h	up to 1000m	T2	Lower Engadin, Zernez	1000	670
31.2010	15 to 18 Jul 2010	Summer	The valley of the minerals	up to 7h	up to 1100m	T3	Alps of Valais, Binn	740	493
32.2010	21 to 25 Jul 2010	Summer	The Via Sbrinz	up to 7h	up to 1300m	T2	Central Switzerland, Engelberg	925	617
33.2010	14 to 15 Aug 2010	Summer	The bisces around Visp	up to 6h	up to 800m	T3	Alps of Valais, Visp	250	165
34.2010	22 to 28 Aug 2010	Summer	Around Mont Blanc the easy way	up to 7h	up to 1400m	T2	Range of Mont Blanc	1100	650
35.2010	4 to 5 Sep 2010	Summer	Between Valais and Berner Oberland	up to 6h	up to 900m	T2-T3	Bernese Alps, Lenk	250	165
36.2010	9 to 12 Sep 2010	Summer	The valley of the painters	up to 8h	up to 1400m	T2-T3	Piemonte, Domodossola	650	435
37.2010	18 Sep 2010	Summer	Around Grand Chavalard	6h	1050m	T2-T3	Prealps of Vaud, Ovronnaz	60	40
38.2010	26 Sep 2010	Summer	Crossing Môtiers - Ste-Croix	5h30	1100m	T1	Jura of Vaud, Val de Travers	60	40
39.2010	2 Oct 2010	Summer	Trient et les diligences	6h	1050m	T1	Alps of Valais, Martigny	60	40
40.2010	9 to 10 Oct 2010	Summer	In the Emmental	up to 5h30	up to 700m	T1-T2	Emmental, Trubschachen	250	165
41.2010	17 Oct 2010	Summer	Crossing St-George - St-Cergue	6h	900m	T1	Jura of Vaud, Saint-George	60	40
42.2010	23 Oct 2010	Summer	The dam of the Joux Verte	6h30	1150m	T2	Prealps of Vaud, Aigle	60	40
43.2010	31 Oct 2010	Summer	The Grand Balcon Nord	7h	1150m	T2	Range of Mont Blanc, Chamonix	60	40
44.2010	6 Nov 2010	Summer	Les Alpettes	5h	750m	T1	Prealps of Fribourg, Sem-sales	60	40
45.2010	14 Nov 2010	Summer	Dent de Vaulion	3h	500m	T1	Jura of Vaud, Le Pont	60	40
46.2010	20 Nov 2010	Summer	The Alp of Savaliène	5h	750m	T2	Chablais of Valais, Torgon	60	40

REGISTRATION FORM

First name: _____

Last name: _____

Address: _____

Phone: _____ (home)

_____ (office)

Yes, I'd like to enroll for the Tours no.

Date _____

Firm _____

Enclosed, I send my payment of Swiss francs: _____

Post account No. 12-87819-2

Registration form (one per person) to be copied or detached and faxed or sent to:

Charles LEHMANN

10, ch. de Calabry

1233 Bernex

Phone: +41 (0) 22 757 67 57

Fax: +41 (0) 22 757 67 58

Mobile: +41 (0) 79 629 02 62

E-Mail: lehmann.charles@destination-montagne.ch

Internet: <http://www.destination-montagne.ch>

REGISTRATION FORM

First name: _____

Last name: _____

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