



CLOUD 9 ADVENTURE



Emma Jack
Trip Planner
Cloud 9 Adventure

+44 208 144 8102
info@cloud9adventure.com
<https://www.cloud9adventure.com>



Traverse of the Swiss Jura (Cross Country Skiing)

- An unforgettable 154km cross country ski journey in the magical Swiss Jura.
- 7 day trip, 6 days cross country skiing.
- Explore the 'locals' corners of this famous cross country region.
- Enjoy charming and authentic local accommodation.
- A unique journey, not offered by many operators.
- Luggage transfers included - no heavy bags!
- All breakfasts and evening meals included.
- Fully qualified and expert cross country ski guide: BASI Nordic Ski Instructor / International Mountain Leader.
- Grade 8: Challenging

The Jura mountains are located on the Swiss-French border and are world

famous for their cross country ski tracks. Known locally as 'le pays qui respire' - the country with breathing space, this 7 day traverse explores the less travelled Swiss side, kept secret by the locals. This trip ticks all the boxes for cross country skiers who want to experience peace, tranquility and local mountain gastronomy, well away from the crowds.

The route was first completed in 1976 and takes us on a varied journey, mostly on beautifully pressed tracks, which link rolling ridges with snowy pastures and lovely, forested trails. The Jura is a limestone plateau, located in the shadow of the high Alps, and overlooking the Geneva basin and Neuchatel region. Loosely following the border, most of this 154km trail is on the Swiss side and we'll enjoy charming hospitality in village hotels and authentic auberges. We begin our cross country ski route at the Col de Givrine and finish at the aptly named 'Vue des Alpes', each day covering between 17 and 33kms. Daily luggage delivery means we'll enjoy the luxury of only carrying a small day pack.

Trip Summary

Arrive Les Rousses

Arrive in Les Rousses - Les Rousses

Col de la Givrine to Col du Marchairuz

Cross Country Ski from Col de la Givrine to Col du Marchairuz - Col du Marchairuz

Col du Marchairuz to Pont

Cross Country Ski from Col du Marchairuz to Mollendruz - Lac de Joux

Pont to Metabief

Cross Country Ski from Pont to Metabief - Métabief

Metabief to Les Cernets

Cross Country Ski from Metabief to Les Cernets - Les Cernets

Les Cernets to La Brévine

Cross Country Ski from Les Cernets to La Brévine - La Chaux-du-Milieu

La Brevine to La Vue des Alpes

Cross Country Ski from La Brevine to La Vue des Alpes - La Vue-des-Alpes

Depart La Vue des Alpes

Depart La Vue des Alpes

Arrive Les Rousses



Arrive in Les Rousses

Our group meets at the hotel in Les Rousses, a pretty French resort that is close to the Swiss border and part of the Les Rousses ski area. This forested region is our launch point to the Jura mountains and the area boasts an excellent network of cross country ski trails. It's best known for hosting one of France's most important xc races - the [Transjurassienne](#).

There are good ski rental shops, a tourist office, sports shops, a supermarket, bakeries, a pharmacy and ATMs, so it's a perfect starting point for our trip.

The easiest way to reach Les Rousses is by train from Geneva Airport to La Cure (just 3 km away from Les Rousses), followed by a taxi or bus to reach Les Rousses (see the Travel Information section for further details).

You should aim to arrive in time to organise ski hire, and we normally have an evening briefing before dinner, approximately 18:30.

Accommodation: 3* hotel



Les Rousses

Les Rousses, Bourgogne-Franche-Comté, FR

Col de la Givrine to Col du Marchairuz



Cross Country Ski from Col de la Givrine to Col du Marchairuz

Our 154km cross country ski traverse of the Swiss Jura starts from the Col de la Givrine - a short transfer from our hotel, just over the border in Switzerland.

Note: we buy our ski passes here, and it's useful to have some Swiss Francs as the card machine does not always work here.

From La Givrine, we clip into our skis and head straight into the 'perfect' cross country terrain that this region is so well known for. Our ski route begins by following a rolling ridge line at about 1300m altitude, as far as the meadows of Pralets; an ideal spot for a picnic lunch. After refuelling and photo opportunities, the cross country tracks then continue along the ridge until - with a a bit of the sting in the tail - we make a final climb up to our hotel on the Col du Marchairuz (1447m). After our first day on skis, we'll settle into a lovely hotel, with the option to enjoy a sauna before dinner.

Distance: 21 km / 13 miles

Ascent: 460m / 1509ft

Descent: 230m / 754ft

Approximate cross country skiing time: 6 hours

Accommodation: Hotel



Col du Marchairuz

Gimel, Vaud, CH, 1188

Col du Marchairuz to Pont



Cross Country Ski from Col du Marchairuz to Mollendruz

Today's tracks take us on a journey through traditional cheese country and open meadows, below the peak of Mont Tendre (1678m). Leaving our hotel at the Col du Marchairuz, we cross country ski through beautiful, rolling landscapes as far as our unique lunch spot, 'Refuge Bon Accueil', which is an old railway carriage that has now been turned into a cosy mountain hut. Lunch marks our high point of the day and from here it's a fun descent all the way to the Chalet Mollendruz (for coffee and cake!) before a final push to the Col de Mollendruz. Our accommodation for tonight is a hotel in the village of Pont, situated on the Lac de Joux. A taxi will take us from the col down to our hotel.

Distance: 17 km / 10.5 miles

Ascent: 340m / 1115ft

Descent: 700m / 2296ft

Approximate cross country skiing time: 6 hours

Accommodation: Hotel



Lac de Joux
Vaud, CH

Pont to Metabief



Cross Country Ski from Pont to Metabief

Be ready for an early start, as today is one of this week's longest days on skis. Our route will take us on a historic journey, linking the Swiss and French Jura. We start by joining the trail-head in Pont and cross country skiing towards the village of Charbonnieres, named for being one of the region's most important charcoal producers. The tracks then take an upward turn as we climb up to the Forêt de Risoux, which is where the wood for the world-famous Stradavarius violins comes from. From here, we're quickly back into French terrain and suddenly faced with the challenge of no trail to follow! It's up to us whether we keep our skis on and cut the trail ourselves, or whether we unclip and walk. Either way, it's a short 5km, with the promise of lunch at the end. We'll enjoy a delicious meal at the [Auberge Le Petite Echelle](#), which is a fantastic gem, hidden deep in the woods! Fortunately from here, we're now back on cut tracks, and will enjoy a superb descent below Mont d'Or before a final 7km, on rolling terrain, to Métabief. This small ski town has limited accommodation, so we usually have to take a taxi to a neighbouring village for the night. Métabief has facilities including ATM, bakery, phand some shops, so we'll have an opportunity to stock up on snacks and essentials, if needed.

Distance: 29 km / 18 miles

Ascent: 740m / 2428ft

Descent: 755m / 2477ft

Approximate cross country skiing time: 8 hours

Accommodation: Hotel



Métabief

Métabief, Bourgogne-Franche-Comté, FR, 25370

Metabief to Les Cernets



Cross Country Ski from Metabief to Les Cernets

After a good rest, it's another long, but beautiful, day on skis. Today's route will take us on a network of cross country ski tracks that roughly follow the French-Swiss border. Our focus will be on the beautiful views and varied terrain, not the distance, as we ski past open mountains, farmland and dense forests. The tracks are generally easy-going and we should make quick progress. Lunch is at Les Fourgs, in France, which is right on the border. After a break, we'll enjoy a fun ski on gentle and well maintained trails, as far as the next border crossing. Here, we'll need to take our skis off and walk a short section to customs control at Les Verrieres-des-Joux. Back on skis in the Swiss mountains, we'll make a final 200m climb to the hamlet of Les Cernets, and the welcome sight of tonight's hotel.

Distance: 33 km / 20.5 miles

Ascent: 800m / 2624ft

Descent: 730m / 2395ft

Approximate cross country skiing time: 7 hours

Accommodation: Hotel





Les Cernets

Les Verrières, Neuchâtel, CH, 2126

Les Cernets to La Brévine



Cross Country Ski from Les Cernets to La Brévine

Our legs will all be grateful for a later start this morning, after our two longest days on skis, back to back. Today's route is not only shorter, but also a fabulous experience, as we'll be exploring Les Cernet's first-class cross country ski trails. Home to regular international competitions, this area of Switzerland is well known for cross country skiing and the tracks are meticulously maintained. Our route takes us through a series of small hamlets, farmland and into the heart of the Neuchatel region. Today's final destination is a village called La Brévine, which is known in the area as 'Swiss Siberia' as it once recorded the lowest known temperature in Switzerland: -41.8C.

Distance: 21 km / 13 miles

Ascent: 500m / 1640ft

Descent: 500m / 1640ft

Approximate cross country skiing time: 6 hours

Accommodation: Hotel



La Chaux-du-Milieu

La Chaux-du-Milieu, Canton of Neuchâtel, CH, 2405

La Brevine to La Vue des Alpes



Cross Country Ski from La Brevine to La Vue des Alpes

Today is a day of two halves as we cross two major valleys and clock another 30+ kilometres. Leaving our Swiss hotel in La Brevine early, the first 10km is on well maintained and flat trails as far as the village of La Chaux-du-Milieu. From here, we'll tackle a steady climb, up and over 'La Grande Joux', with its impressive views northwards and into the Val de Morteau in France. After a lunch stop at the [Auberge de Som Martel](#), part two of our day begins. We start with a fun descent through the woods to La Sagne, before crossing the day's second valley and our final 300m ascent to the Col de Tete-de-Ran. This col overlooks La Chaux du Fonds, which is the birthplace of the famous architect, Le Corbusier. From this last summit, it's a gently descending end to our week, as we ski down to the appropriately named La Vue des Alpes. If it's a clear day, we should be rewarded with fantastic views of the Jura range, with an impressive panorama of the Alps in the distance. This is home for our final night and a well deserved celebratory meal.

Distance: 33 km / 20.5 miles

Ascent: 790m / 2592ft

Descent: 540m / 1771ft

Approximate cross country skiing time: 9 hours

Accommodation: Hotel



La Vue-des-Alpes

La Vue-des-Alpes, Fontaines, Neuchâtel, CH, 2052

Depart La Vue des Alpes



Depart La Vue des Alpes

Our trip finishes after breakfast. As transport from La Vue des Alpes is fairly limited, we include a transfer to Neuchatel train station for easier connections to Geneva or Basel airports. We leave La Vue des Alpes at 07:45, and the journey takes around 20 mins.

If your flight is later, it's no problem to take a bus to La Chaux de Fonds for a train connection to Neuchatel and on to Geneva or Basel.

Trip Information & Documents



What's included

- All hotel accommodation (including arrival day and final evening)
- All breakfasts and evening meals
- Fully qualified and expert BASI Nordic Ski Teacher / International Mountain Leader (IML)
- Luggage delivery each day
- All transport in the itinerary (to and from hotel to the trail head) plus fixed time airport transfers



Not Included

- Flights
- Train travel
- Skis and other ski equipment
- Track pass (usually around 45 CHF for the week)
- Personal snacks and drinks
- Any transport, accommodation or additional expenses due to a participant not being able to complete the snowshoe traverse
- Travel / Mountain Rescue insurance
- Tips



Traverse of the Swiss Jura - Travel Arrangements

- **IMPORTANT: Please do not book your flights or transport until we have confirmed to you via email that the trip is guaranteed to run.**
- We will meet at our hotel in Les Rousses in France on the evening of the first day.
- The closest airport is Geneva, Switzerland.
- From the airport, take a train to La Cure (change at Nyon); the train station is located within the airport building and you don't need to book your ticket in advance as it can be bought on-site. The journey is approximately 1 hour 30 minutes.
- From La Cure, you can take a bus or a taxi for the 3km to Les Rousses.
- Please see www.sbb.ch for timetables
- If you are travelling from the UK, you may want to consider taking the train the whole way. Please visit www.raileurope.co.uk for details.
- At the end of the trip, we include a transfer from La Vue des Alpes to Neuchatel railway station, leaving at 07:45. You can take trains from Neuchatel departing after 08:30, for connections to either Geneva or Basel airport.
- If your flight is later, you can take the bus (infrequent) from La Vue des Alpes to La Chaux de Fonds, from where you can take the train to Neuchatel - check www.sbb.ch/en for timings.



Traverse of the Swiss Jura Cross Country Ski - What to Expect

The Cross Country Skiing

This cross country ski trip is Grade 8: Challenging. It is suitable for experienced cross country skiers with good base fitness levels. You need to have enough cross country ski experience to be able to just 'clip in and go'. Technically, you have mastered skiing on varied terrain, can control a snow plough on descents and be able to ski - at a steady tempo (with breaks) - for 6-8 hours per day. We ski at a pace that suits the group, on rolling terrain for up to 35km each day. Overall, the terrain is mostly rolling and flat, which means we can cover ground quite quickly but there are some more technical sections. There are significant ascents each day and a few 'un-pisted' sections where we will have to cut our own track or walk. These are generally low angle and we will be sure to take them at a steady pace. The descents are generally not too steep; fun rather than technical!

Ski Type, Ski Hire and Track Pass

The ideal skis to use for this trip are classic / fish scale style for cross-country (Nordic) skiing. We will not be waxing or using skins. The majority of the skiing will be on prepared trails. Please make sure that your ski boots are comfortable, warm classic style to match your bindings (NNN). Boots with a high ankle are more comfortable for this trip than a racing-style boot. Classic length ski poles (which should sit comfortably under your arm pit once stood on your skis) are also required.

Ski Hire: Cross country skiing equipment, which includes fish scale classic skis (not skates or waxables), Salomon (or similar) boots and bindings, and poles, can be hired locally in Les Rousses at the start of the traverse. The cost of equipment hire is €150 for the week, which includes the cost of returning the kit to the hire shop at the end of the trip. You will make your payment direct to the guide (cash only). Please confirm as far in advance as possible if you would like to arrange equipment hire as we'll need to pre-order the correct sizes. We will need to know your height, weight and normal shoe size (please give us your everyday shoe size and not your personal adjustment for wearing boots). Plus the measurement of your height up to your armpits (for ski pole hire). Your guide will usually accompany you to the hire shop at the start of the trip, and will collect any hire equipment and organise its return at the end.

You will also need to purchase a track pass for the week, to be able to ski on the cross country ski tracks. This is usually approximately 40 CHF for the week and can be purchased from the kiosk at the start. Note that the card machine does not always work here, so it's a good idea to have Swiss francs in cash.

Accommodation

Our route through the Swiss Jura takes us through some very remote mountain villages and accommodation is not always easy to find, especially for groups. So please be prepared for variety! We stay on a half-board basis in small, local hotels, gites and guest houses. While the decor can vary, the hospitality and food is always warm and welcoming. All accommodation is on a twin share basis and single supplements may be available (please let us know well in advance so that we can do our best to arrange a single room). If you're travelling alone, you will be paired to share with another same-sex group member. Most bathrooms are en-suite but there may be some nights with shared facilities.

Food

All breakfasts and dinners are included. Food on this cross country ski trip is excellent; most of our hotels are small and the Jura region takes great pride in its excellent local produce - and wine. Please be aware that there may not be a huge choice, but a vegetarian option will be available (please do confirm this in advance of the trip). Packed lunches are not included but can easily be bought locally, either from the hotel or a nearby bakery or cafe. We recommend a budget of CHF15 to CHF20 per day for lunches, snack food and soft drinks. Tap water in Switzerland and France is drinkable but any other drinks are not included. You can order beer, wine and soft drinks at all the hotels. Breakfasts are continental with coffee, tea, bread, cereal, fruit.

Luggage Delivery

Luggage is delivered each day to our next hotel. Please allow 1 piece of moderately sized luggage per person as our bags are delivered by car or small van, with limited space. Please also bring a day pack to carry anything you need while skiing.

Money and Tipping

All accommodation, breakfasts and evening meals are included in this trip, but please bring additional cash for snacks, drinks and tips. Beer, wine and soft drinks are available in our hotel every night and we usually have a lunch or coffee stop en route each day.

The currency in Switzerland is Swiss Francs and we recommend CHF 250 to 300 to cover your miscellaneous expenses including ski pass (45 CHF), lunches, drinks and any other personal outgoings. You will also need some euros for your evening in Les Rousses at the beginning of the trek (30 - 40 Euros are recommended). If you intend to hire ski equipment you will also need an additional 150 Euros cash. There are several ATMs in Geneva Airport and en route. Please also remember to bring a credit card in the event of a medical problem or injury, meaning you cannot complete the trek.

Tipping: Tipping your guide is the accepted way of saying 'Thank You' for good service. But do remember that tipping is voluntary and should only be done if you were pleased or delighted with the service. The amount is entirely up to you. Our staff are all paid fairly.

Weather

In general, the weather in the Jura is quite stable but temperatures can vary enormously - and throughout the day. It may reach -15°C on cold days, but a spring-like +15°C is also possible. If the sun is shining, we may find ourselves skiing in our base layers and feeling the heat, but if it's windy or snowing, we will need adequate insulating layers, waterproofs and gloves. Staying warm and dry is very important as it can get cold very quickly! Please be prepared for any eventuality and check the kit list at the end of this document.

Electric Supply and Plug

The electricity supply in Switzerland is 220-240V and uses "Type J" electrical sockets with 3 round pins (left-hand picture). This is usually compatible with "Type C" plugs (right-hand picture) – but not always. Sometimes a standard round UK to European adaptor doesn't fit all the sockets as the pins are slightly too wide, and it is a good idea to have at least one small non-circular charger (such as the one on the



right) to ensure compatibility if charging is paramount to you.



General Information

Insurance

It is a condition of booking this holiday that you must be insured against medical and personal accident risks (this must include helicopter rescue and repatriation costs). You may find that your annual multi-trip insurance covers this trip, but you should check that you are covered for trekking up to 3000m. We would also recommend that you take out holiday cancellation insurance, as your deposit is non-refundable. We recommend The BMC www.thebmc.co.uk or Snowcard www.snowcard.co.uk for UK residents, or Travelex www.travelexinsurance.com for US citizens or residents.

We can organise mountain rescue insurance for EU residents for 5€ per day, or 8€ per day for US and the rest of the world. Just let us know if you'd like to add this to your booking.

In addition to travel insurance, UK citizens should also obtain or renew the EHIC card from www.ehic.uk.com. This is not a replacement for insurance but it allows you to be treated on the same basis as a resident of the country you are visiting, and unlike insurance it includes treatment of a pre-existing condition. You would normally have to pay for treatment at the time and then make a claim on return to the UK.

Responsible Travel

We care about the places we visit, and our philosophy is simple: that each and every one of our trips has a positive impact on the local community and environment. We use family-run hotels, gîtes and restaurants in order to support the local communities. And it's a small step but we also recommend carbon off-setting. Visit www.climatecare.org.

Adventure Travel

Please note that we specialise in Adventure Travel, the nature of which means that we cannot always follow our itinerary for a variety of reasons. All of our holidays can be subject to unexpected changes and you should be prepared to be flexible to accommodate these where necessary.

We update our itineraries on a regular basis to take into account such things as changes to trekking routes and the conditions of footpaths, but it is not always possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. If during your holiday the itinerary is affected by immediate or local circumstances, the leader will make any changes that are necessary.

As a reputable tour operator, Cloud 9 Adventure supports the British Foreign & Commonwealth Office “Know Before You Go” campaign to enable British citizens to prepare for their journeys overseas, and we recommend that all our clients take a look at the FCO Travel Advice for their chosen destination on the official FCO website www.fco.gov.uk. North Americans can also check out the US Department of State website: www.travel.state.gov for essential travel advice and tips.

Cloud 9 Adventure treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss alternatives. We have a local office in Chamonix, and our expert team monitor the conditions regularly to ensure that our trips are run safely, and are on hand to help if we need to change arrangements.

Group Size and Holiday Status

For each of our group adventures, there is a minimum number of participants required in order for the trip to go ahead. Once the minimum number is reached, the trip status will change from “Available” to “Guaranteed”. In order to achieve minimum numbers, we run the trips in conjunction with several other small companies. We find that this means almost all of our trips become “Guaranteed”. We are a small company with a high level of customer service, and we make sure that we only run trips in conjunction with companies who share our ethos. We know them well and have worked with them for years, and only use leaders who we know and trust to do an excellent job. We steer clear of large groups and cap our group size at 10 people for summer hiking trips, and 8 people for winter snowshoe or cross country ski trips, whilst many of the larger operators take up to 16 people.

Preparing for your holiday

We have tried to grade the holiday as accurately as we can, with the intention of attracting people of similar abilities to each trip. As a general guideline, if we have described a trek as being tough or challenging, then you need to be fit and capable of the challenge. If you don't arrive in good shape for your trip, then you could be putting yourself and others in danger: if you're taking too long each day, at best it cuts into the time you have to relax and shower before dinner, and at worst, it can be the difference between the whole group being caught in an afternoon storm. As we are as accurate as we can be writing our trip notes, we do tend to be pretty good at making sure that the right people book each trip, but we do require a certain amount of personal responsibility for arriving fit and ready for your trip. We're not on a route-march so we are never expecting to be going too fast - we try to walk at a slow, steady pace, without the need to stop too frequently for rests. If you're worried about this, then please start with one of our easier trips graded Easy or Moderate, and you can build up to a Challenging trip. If you've booked an Extremely Tough trip, then you definitely need to be an experienced and fit hiker, used to long days in the hills.

Rather than hoping your trek will make you fitter (it will definitely help!), it makes a lot of sense to spend some time before your trip getting some additional exercise and preparing properly. The fitter you are, the more enjoyable your trip will be. The best preparation is long day hikes in the run-up to your trip.

We would also recommend that you adopt a weekly exercise regime leading up to your trip. Jogging, circuit training, squash and swimming are good for developing better stamina. Before departure, we also suggest that you try to fit in a number of long hikes in hilly terrain.

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Traverse of the Swiss Jura Cross Country Skiing - Kit List

Essential items :

- **Rucksack** – day pack of approx. 20L - for you to carry each day
- **Kit bag or suitcase** - for your main luggage to be transported. We recommend a moderate sized bag, approximately 12kg; wheels may be useful.
- **Cross country skis, boots and poles** – If you do not have your own kit, this can be hired prior to departure or locally in Norway. Please see notes above regarding ski types; we can help arrange this if you rent locally.
- **Waterproof jacket and trousers** – both essential items (not insulated: your other layers should provide the insulation).
- **Cross country skiing trousers**
- **Base Layers** - tops and bottoms, several sets of breathable layers. Synthetic wicking or merino wool, not cotton - as they will dry quicker.
- **Mid layers** - various weight fleece jackets are good
- **Warm jacket** – We recommend a synthetic down jacket for when it gets cold. Remember, you are carrying this in your rucksack so it should be as light as possible. We prefer synthetic rather than down, as down is not effective if it gets wet.
- **Gloves** (we recommend bringing 2-3 pairs. A lightly insulated or liner pair will be good on warm days. Then a pair of waterproof over-gloves. And another warmer (waterproof) pair of gloves are essential if it snows.
- **Warm hat** (lightweight woolly hat is fine)
- **Sun Hat**
- **Sunglasses** (good quality lenses and side protection are required when skiing)
- **Ski goggles** (required when it is cold or windy)
- **Suncream** (small bottle to save weight)
- **Lip protection** (with sun protection)
- **Water bottles** – you should have the capacity to carry at least 2 litres of water, ideally 3 litres. We recommend nalgene or metal water bottles rather than camel backs as they can freeze / leak in cold temperatures.
- **Headtorch and spare batteries** - a lightweight torch, such as a Petzl Tikka / Zipka is fine for this trip.
- **Casual evening wear and trainers** for the evenings
- **Washbag and toiletries**
- **Basic First Aid Kit** including any regular medications, plasters, pain killers, and blister treatment. Your leader will carry a large first aid kit.

- **Plastic bags / dry sacks** to keep essentials dry.
- **Passport** – to be carried whilst skiing. Make sure you keep it dry.
- **Cash** – for packed lunches and any drinks whilst on the trip

Optional Items:

- **Buff or Headband** – can be useful for extra warmth if it's cold, or to keep your hair / sweat out of your eyes.
- **Camera**
- **Spare laces**
- **Thermos**
- **Book**
- **Mobile phone** – there is phone reception for the majority of the trip. It is a good idea to have a phone in case of emergency or if you need to leave the group for any reason.
- **Earplugs** - especially if you're not the one snoring!
- **Snacks** – not essential as we do go past shops most days so you can top up your supply of snacks fairly regularly
- **Antibacterial handwash**
- **Swimwear** - some of the hotels may have swimming pools or saunas

A note about the kit:

We have put together this kit list after many years of cross country skiing. If we are lucky, we will have a week of stable weather, but the temperatures always vary hugely on a day to day basis in the winter and spring in the mountains. Weather can be varied and extreme, which means that every item on the above 'essentials' list really is essential. If you do not have the correct kit, you can put yourself and others at risk of hypothermia.

If it snows, you *will* need waterproof jackets AND trousers, and will probably be glad of several pairs of gloves. If it's cold and/or windy, warm layers are critical. And when it's sunny (even if the air is cold), you will need a sunhat and sunglasses. Layers are essential as you may feel very hot while moving but then get cold quickly when we stop. If you have any questions about kit, please don't hesitate to ask.