

CHALET HOTEL L'EAU VIVE 73590 SAINT NICOLAS LA CHAPELLE - FRANCE

Site : www.hotel-eauvive.com Tel : 033.4.79.31.60.46 Email : infos@hotel-eauvive.com
N°Siret :479 397 283 000 17 N° TVA intracommunautaire :FR21479397283

TECHNICAL INFORMATION - summer / winter Walking holidays -For groups and individuals

HOW TO GET HERE ?

- **By CAR** : From the north : A40 motorway - up to Sallanches (20 kms) then take the RN 212 road towards Megève, Flumet and Saint-Nicolas. From the south : A43 motorway up to Albertville (23 Kms) then take the road towards Ugine and Flumet through the "Gorges de l'Arly" (St Nicolas is 2 kms before Flumet). Carte Michelin n° 74
- **By TRAIN** : Albertville SNCF railway station. From there, there is a regular bus service to Flumet (about 9 € one way), where we can pick you up if you ask us in advance. You can ask us for the detailed bus times.

THE MEALS are generally served at one guest table, in a friendly and relaxed atmosphere. But if you prefer a private table, it is possible too, if you ask for it.

During the walk,; individual packed lunch or lunch at the hotel according to the weather conditions

On your departure day, a small packed lunch can be asked (free).

MASSAGE and HEALTH CENTRE is independant from the hotel, but in the same building. It provides individual and personalized cares.

Caution: some of the treatments are demanding and are not suitable with a walking programme. Anyway you have to book in advance on : (33)4 79 31 88 14 (only french spoken !)

THE WALKS are led by Erick, who is a qualified mountain leader. In case of more than 15 people, a second group is organized, with a second qualified mountain leader.

- Requested level: good physical condition or regular walkers.
- Different choices of level is given :
 - Soft: about 400 meters climbing per day.
 - Average: between 500 and 700 meters climbing per day.
 - Hard : between 600 and 900 meters climbing per day.
- Altitude of the walks: between 1 000 to 2 500 metres high. (3 000 to 7 500 feet)
- Children must be over 12 years old.
- The programme of the walks is gradual and adapted to the average level of the group.
- The usual stay last 7 days, for 5 days walking and 1 day off, but you can order your own program !
- One resting day is planned during the week, when a visit to a place of interest can be suggested (except on high season).
- The possible tickets for visits, museums or the use of chaiflifts are at your charge.
- Packed lunches are provided during the walks, but according to the weather conditions we may return to the hotel for lunch.
- We provide transport to get to the starting points of the walks.
- A minimum of 5 people is requested to organize the entire walking programme.

- The "package" system (hotel + walks + meals) involves that no money back can be claimed for any unused service for personal reasons.
- Walking map : I.G.N. : TOP 25 n°3531 OT

EQUIPMENT

Because good equipment will at a great extent contribute to the success of your holiday, we allow ourselves to give you the following advices:

CLOTHES

- 1 pair of waterproof walking boots - Several pairs of walking socks
- 1 light and waterproof walking trousers + some shorts
- 1 pair of gaiters (only if you have some) - 1 waterproof mountain coat or anorak.
- 1 or 2 sweaters - 1 swimming costume + 1 swimming towel (you can enjoy the neighbouring small lake in Flumet or to a summer swimming pool located 300 m away from the hotel)

OTHER EQUIPMENT

- 1 cap or hat + sunglasses - 1 water bottle (minimum 1.5 litre)
- 1 rucksack (30 to 35 litres) -1 pair of poles
- Personal medecine kit

PROVIDED EQUIPMENT

- 1 pair of walking poles (In winter only, to rent in summer!)

GROUPS

Our hotel provides 14 rooms + a gîte

We can receive groups with a discount price from 6 to 25 people.

You can choose your own program and the ... of your stay

HOW TO RESERVE

1/ Get in touch with us in order to know our availabilities and do an optional booking.

2/ Confirm with 30% deposit of the total amount of the stay + the filled up booking form.

3/ Your stay is confirmed when we have received your deposit and sent you our confirmation letter

INSURANCE DURING THE WALKS

The walks are led by qualified and certified mountain leaders. We are covered by a professional responsibility insurance, but still each guest is supposed to have a personal insurance in case of a damage caused to someone else.

Your subscription to our walking programme means you agree with the price, with this technical information, and with our selling conditions.

CANCELLATION INSURANCE

Cancellations and no show will be ruled by the following selling conditions.

We deeply recommend you to subscribe to our « cancellation insurance », which costs **3 %** of your stay. If your credit card includes cancellation insurance, you can also pay your stay with it!

For any further information, please do not hesitate to ask us, by E.mail or by telephone
See you soon in our mountains! ! !