

# EXPLORE!



## Family French Alps Adventure (Lite version)

8 days

France - Trip code FMN

## Family French Alps Adventure (Lite version)

Aside from the incredible mountain and lake views, there are so many things in Tignes to keep everyone in the family busy.

With so many optional activities to choose from included walking, rafting and adventure rope park activities in our week's adventure, combined with some free time to either relax or swim in the chalets pool, we have designed the trip with children (and adults!) in mind. We stay at the Chalet Hotel Rosset in the heart of Tignes-le-Lac which offers a great combination of comfortable accommodation, spacious public areas and scenic views across the lake.

## Trip highlights

### ACCOMMODATION GRADE:

#### Premium

Our premium accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

### TRIP PACE:

#### Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

**GROUP SIZE:**

**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Join trip at Geneva Airport

Join trip at Geneva Airport and transfer to our chalet for the week. Chalet Hotel Rosset is perfectly located to meet any adventure expectations. It is only 100m from the summer sports beach where numerous activities are available and the fantastic Tignes Lake. Built in a traditional style, with attractive wood and stone features, the chalet hotel offers a comfortable standard of accommodation and warm ambience within the communal areas which include a generously sized dining room and breakfast room, a terrace which offers fabulous views across the lake, an indoor swimming pool and en suite rooms with shower or bath.



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Dinner

## DAY 2 - Optional white water rafting with free afternoon

For those that wish to take part in today's optional white water rafting, we will drive to our activity base right next to the Isere River where we don our wet suits and lifejacket to explore this exciting river on our rafts along a 20 km stretch. We take on these exhilarating rapids which will throw your raft onwards as you travel down the body of water and be sure to yell with triumph once through the big rapids. We are guided along one of the most impressive rafting routes in France and will cruise through passages, gorges and even a few fun obstacles which involve jumping, splashing around and swimming tests - 100% fun!. Note, the minimum age to try out this activity is 12 years old. If a family has an 11 year old child, the family would undertake a slightly different rafting trip that starts after the main group would depart. Alternatively, this child can stay at the rafting base for around 45 minutes where they would be supervised and then they would be transferred to a place where they can join the group in the boat for the rest of the trip. The afternoon allows for us to relax at the chalet or try out local walks in the area. On your first full day in Tignes, we will hand out a 'My Tignes Open' card that gives you free access to a host of activities in the valley including tennis, archery, kayaking, stand up paddle boards, trampolining, mini golf, ping pong, squash and use of the municipal 25 meter swimming pool complete with water slides. Many of the water based activities take place in and around a 25 hectare lake which also has a sandy beach area to sit back, relax and take in the mountain scenery. Two activities per day are included with the card.



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 3 - Opportunity to walk in the Vanoise National Park and try your hand at an alpine cooking lesson

There are 55,000 hectares of hiking area in the heart of the preserved wilderness of the Vanoise National Park which forms, together with the Italian du Grand Paradis National Park, the most expansive protected area in Western Europe. Wild animals such as marmots, chamois and ibex are commonly seen in this stunning landscape that will take your breath away! For those that wish to take part in this mornings activity, we start our guided walk from the chalet and trek for around 1 ½ hours to a mountain refuge with a stunning view of the Lac du Chevril Lake. We sample some of the cuisine this area is famous for including local cheeses, dried meats and bread. We walk for an hour back to the main road where we will be picked up by a minibus and taken back to the chalet. The afternoon is free to either walk on further trails or relax by the hotel pool or lake or take part in the host of activities included in the 'My Tignes Open' card.



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 4 - Optional glacier walking

We recommend a truly unique experience, for those that wish to take part in this optional activity we clamp on our crampons and go hiking on the Grande Motte glacier. With breathtaking views and spectacular crevasses, this is an incredible adventure wandering through a dazzling landscape of ice sculptures, ridges and deep crevasses. We catch the free Tignes bus that takes us to the funicular ski lift where we meet the experienced high mountain guide who will escort us onto the glacier and across this ice giant (the walk only requires a basic level of fitness).



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Breakfast & Lunch

## DAY 5 - Free day with optional walks, skiing, canyoning or head to the Go Ape adventure park

Today is free to spend as you wish. There are lots of walks in the area that start from the chalet and include walking up to the famous Aiguille Percee (known as the eye of the needle), or to the Chardonnay lake for a refreshing dip. Other adventurous pursuits include; rock climbing and canyoning (minimum age of 14 years). Alternatively, there is the opportunity to ski on the Grande Motte glacier which is open until the beginning of August with a range of runs for all abilities or take a trip to the medieval town of Annecy which is close by. This afternoon you may wish to try your hand at the local 'Go Ape' high ropes adventure park, a short drive from the chalet, set in the forest of the Solaise area in Val d'Iserre. Try your hand at a selection of high rope obstacles that include challenges such as climbing through a tunnel, over bridges and on wooden walkways which are all among the trees at various heights and difficulties. There is also a range of other included adventures including zip lines that travel through the forest, assault courses and canopy walks with a varying range of difficulties to suit all abilities and ages.



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Free day or optional bike trails

Today is left free to try out mountain biking, an activity that Tignes is famed for in the summer months. Just a short walk to collect

the mountain bikes, we can explore the local area following easy trails through the mountains and occasionally across quiet roads. Mountain bikes and the necessary equipment such as helmets are all provided and the instructor is on hand to provide advice before discovering the trails. The green trails are perfect for beginners, blue trails are designed to improve biking skills, red trails are for regular bike users and black runs for building up the adrenaline!



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Breakfast & Lunch

## DAY 7 - Optional mountain walk and survival techniques

Today, for those that wish to take part, we have our second mountain walking activity along the numerous trails in the Vanoise National Park with classic views of the great alpine peaks as a backdrop. We will walk at a comfortable pace spending time looking at alpine plants and trying to spot mountain wildlife during the 3 hour walk. There is also the opportunity to learn the history of the area from our walking guide. The afternoon offers a twist - we stop off at a wilderness camp where we learn about how to survive in the mountains and the alpine terrain which includes; learning about weather patterns, how to navigate and how to tie various useful knots, make a fire, build a shelter and find water. We return to the chalet by minibus later today.



**Accommodation: Chalet Hotel Rosset** (or similar)



Premium Hotel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Trip ends at Geneva Airport

After breakfast, there is some free time before departing back to Geneva airport where the trip ends.



Meals Provided: Breakfast

# Family information

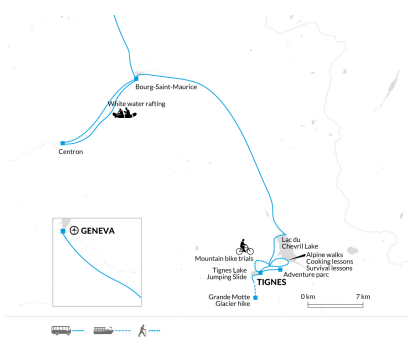
**Explore Family Lite:** This Explore Family holiday 'lite' option has been designed to offer you maximum flexibility; a great value price with the option to pick and choose the activities you want to try. If half the family want to try their hand at white water rafting and the other half want to take it easy, relaxing in the tranquil mountain scenery - no problem, everyone can be accommodated! A full breakdown of the costs of each of the activities suggested on this trip are detailed in the downloadable trip notes - optional excursions section. Please note all activities are paid locally and are in addition to the basic holiday price on this Explore 'lite' family holiday. With so many optional activities to choose from included walking, rafting and adventure rope park activities in our week's adventure, combined with some free time to either relax or swim in the chalets pool, we have designed the trip with children (and adults!) in mind.

All guests are also provided with a 'Tignes Open' card which gives free access to a host of activities including tennis, archery, kayaking, stand up paddle boards, mini golf, ping pong, squash and use of the municipe 25 meter swimming pool with water slides.

**Triple Rooms:** This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

**Minimum age**

11



## Why book this trip

Designed to be a great value, multi activity holiday, our French Alps adventure week has the option of a new challenge each day, all you need is a reasonable level of fitness, sense of adventure and up-for-it attitude, leave the rest to us. All guests are also provided with a 'Tignes Open' card which gives free access to a host of activities including tennis, archery, kayaking, stand up paddle boards, mini golf, ping pong, squash and use of the municipe 25 meter swimming pool with water slides, in addition we offer an adventure activity each day (at additional cost - see the optional excursion section) allowing for maximum flexibility to keep everyone happy!

## What's included?



**Included meals**

- Breakfast: 7
- Lunch: 6
- Dinner: 5



**Transport**

- Bus
- Cable Car



**Trip staff**

- Explore Tour Leader
- Activity Guide(s)
- Cook
- Driver(s)



**Accommodation**

- 7 nights premium hotel

# Trip information

## Country information

### France Holidays & Tours

#### Climate

Across France, from April - August, weather conditions are generally warm and pleasant with moderate rainfall; Autumn temperatures are a bit lower and the winter months (though colder) remain mild. The summer months on the Mediterranean Coast in the south tend to be warmer than the rest of France and have less rainfall, and also more mild winters; freezing conditions are nearly unheard of. The mountainous areas of the Alps, Juros and Pyrenees can be quite different. During summer the morning and evening temperatures are considerably cooler and it becomes much colder in winter with heavy snowfall. Western France, along the English Channel, there can be very strong winds and frequent rain during the winter months Nov - Apr. Wine harvesting takes place in late August/early September.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Catholic

#### Language

French

## Budgeting and packing

### Optional activities

Please note all activities are booked and paid for locally and are in addition to the basic holiday price on this Explore 'lite' family holiday. Prices quoted below are based on 2017 rates, 2018 prices will be updated as soon as they become available. Day 2: White Water rafting on the Isere River €60 per person + transport (approximately €90 each way per vehicle, maximum capacity 8 people) Day 3: Guided mountain walk for 3.5 hours with an experienced mountain guide including a small meal of local cheeses, meats and bread €55 per person Day 4: Glacier Walk €50 per person Day 5: Go-Ape Assault Park €21 per person + transport (approximately €45.00 each way per vehicle, maximum capacity 8 people) Day 6: Mountain biking on various trails €65 per adult and €60 for children Day 7: Mountain survival €25 per person Total cost for all activities €246 per person plus transport costs (dependant on the number of participants) In addition, all guests are provided with a 'My Tignes Open' card that which guests free access to a host of activities in the valley including tennis, archery, kayaking, stand up paddle boards, trampolining, mini golf, ping pong, squash and use of the municipal 25 meter swimming pool complete with water slides. Two activities are offered per day and you are free to use them on any day you prefer.

### Clothing

In spring and summer, lightweight clothing is best during the day plus warmer clothing for colder nights. We also recommend taking a lightweight raincoat and an umbrella.

### Footwear

Comfortable walking shoes and sandals or trainers for relaxing.

### Luggage

20kg

### Luggage: On tour

One main lockable bag (suitcase not recommended) and a daypack.

### Equipment

We recommend taking insect repellent (if travelling in summer), sunscreen, sunglasses and a torch. Most importantly don't forget your camera.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately £20.00 for tips. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

## Country Information

### France Holidays & Tours

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

##### Lunch price

£11

##### Dinner price

£16.00 - 18.00

##### Beer price

£4

##### Water price

£1.3

#### Foreign Exchange

##### Local currency

Euro

##### Recommended Currency For Exchange

Pounds Sterling and US Dollars can only be changed in larger airports with a Bureau de Change. Please change currency into Euros prior to arriving in France.

##### Where To Exchange

Bureau de Change can only be found in major cities and large airports. Many French banks no longer exchange Foreign currency.

##### ATM Availability

In cities and most major towns

##### Credit Card Acceptance

In major restaurants (make sure you have informed your credit card company that you are travelling abroad as some companies will reject payments)

##### Travellers Cheques

Travellers Cheques are no longer commonly accepted and can only be changed in larger airports with a Bureau de Change.

## Transport, Accommodation & Meals

## Transport Information

Bus, Cable Car

## Accommodation notes

### Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The Chalet Hotel Rosset is ideally located in the centre of Tignes-le-Lac and 100 meters from Tigne itself, with panoramic views of both the lake and Tignes and the impressive Grande Motte glacier. The chalet-hotel has a dining room which serves a hearty cooked and continental breakfast and evening meals, a comfy lounge area with a terrace that overlooks the lake and surrounding mountains, an indoor swimming pool and a bar area. There are 21 en-suite bedrooms all decorated to a high standard. As the chalet-hotel is in the centre of the action, a number of the activities will start from the chalet itself and restaurants, gondola lifts, bike trails and bars are also close by. There is Wi-Fi available at the accommodation.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa Information

France: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult the relevant consulate.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

### Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

### Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of



booking.

For more information regarding the Explore Free Transfer click [here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Non refundable permits

## France Holidays & Tours

### Vaccinations

Nothing compulsory. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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