



Discover spectacular alpine scenery on foot this spring & summer Programme April–August 2020

If you'd like to experience more than just the path at your feet. Combine healthy physical exercise with discovery of an inspiring natural environment. Or simply switch off from day-to-day stresses and enjoy the calm of mountain scenery in the company of like-minded people... Then join me for a **guided hike**. I look forward to sharing my passion for the Swiss mountains with you!

Reserve the dates

Saturday 11 April: Aigle–Panex–Ollon**. Vineyards, spring woodland and wide views of the Alps.

Sunday 26 April: Around Romainmôtier*/**. Nozon gorge, Dard waterfall + Romainmôtier and its Romanesque abbey church. Optional choral concert in the abbey at end of afternoon.

Saturday 16 May: Jaunbach gorge & Gruyères*/**. Rock galleries, wooden walkways, waterfalls + medieval village of Gruyères with its famous castle.

Sunday 24 May: Les Pléiades circuit*. Wide meadows of fragrant narcissi + exploration of Tenasses marshes.

Saturday 6 June: Dailley Gorge & Grand Tête**. Spectacular gorge with steep walkways, forest, wide Valais views.

Saturday 13 June (preparation Thur 11 June evening): Introduction to alpine flora (*mini-course*). Flower morphology, adaptations to the alpine environment, basics of classification and identification & flora walk for practice/discovery.

Sunday 14 June (preparation Wed 10 June evening): Safe hiking: refresh your planning and orientation skills! (*mini-course*) How to plan a hike, read a map, and use a compass and altimeter for orientation.

Saturday 18 July: Birgisch–Foggenhorn–Belalp****. Panoramic peak, views of Aletsch glacier and Valais 4000-ers.

Sunday 30 August: Evolène – Col de Torrent – Barrage de Moiry****. Challenging climb rewarded with wonderful views of towards the Moiry glacier, the Zinalrothorn, Dent Blanche and other Valais peaks.

Levels of difficulty (1–4*) are explained on my [website](#). All hikes accessible by public transport.

Sign-up and costs

Please contact me via my [website](#) or by e-mail to sign up; deadline 20.00 on the Thursday beforehand. Costs: 50 fr. per person, except for Alpine flora and Orientation mini-courses 135 fr. per person.

And turn to the next page for a glimpse of what awaits you...



Sarah Clark

Mountain Leader, Swiss Mountain Guides Association

Accompagnatrice en Montagne, ASGM

Wanderleiterin, SBV

48 chemin de Champ-Rond

1010 Lausanne, Switzerland

079 342 7826

sarah@swiss-alpine-hiking.ch

www.swiss-alpine-hiking.ch



