



Discover spectacular alpine scenery on foot this summer

Single-day hikes, April–August 2018

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** this summer. I look forward to sharing my passion for the Swiss mountains with you!

Reserve the dates

Sunday 15 April: Around Romainmôtier*/** and Renaissance concert. Spring hike via Nozon gorge and Dard waterfall, finishing with optional concert in Romainmôtier with its famous Romanesque abbey church.

Sunday 29 April: Niremонт**. Circuit via forest, open pastures and the protected peat bog "Les Mauvaises Places"; panorama from the wide peak towards the Moléson close by, the Chablais, Mont Blanc and the Jura..

Saturday 26 May: Les Pléiades circuit*. Meadows of sweet-smelling narcissi + exploration of Tenasses marshes.

Saturday 2 June (preparation Thurs 31 May 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 9 June (preparation Thurs 7 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 10 June: Creux du Van circuit**/***. Breathtaking natural rock cirque + ibex and rich flora.

Saturday 18 August: Above Randa: the world's longest pedestrian suspension bridge!*** Larch forests, vertiginous 494-m long traverse across suspension bridge high above the Zermatt valley, Europa Hut.

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 125 fr. per person.

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



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