



Discover spectacular alpine scenery on foot this spring

Programme April–June 2019

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 spring. I look forward to sharing my passion for the Swiss mountains with you!

Reserve the dates

Saturday 6 April: Saxon–Charrat**. Orchards of pink apricot blossom, spectacular yellow adonis, Valais views.

Saturday 13 April: L'Isle–Croy*. Wide views of the Alps + Romainmôtier and its Romanesque abbey church.

Sunday 28 April: Fully–Les Follatères circuit*/**. Fully vineyards, spring flowers and Follatères nature reserve.

Sunday 19 May: Les Pléiades circuit*. Wide meadows of narcissi and exploration of Tenasses marshes.

Sunday 2 June: Eggerberg–Mund–Brig***. Rare flora, long views of Alps & Rhône valley, picturesque villages.

Saturday 22 June (preparation Thur 20 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 23 June (preparation Wed 19 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.

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...



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



