



## Discover spectacular alpine scenery on foot this summer

### Programme May–September 2017

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

- ✳️ **Saturday 13 May:** Around Caux\* (2 half-days). Narcissus discovery, lake views & tasting of regional specialities.
- ✳️ **Sunday 14 May:** Mont-Pèlerin\*. Gentle circuit, sweet-smelling narcissi, rich forest & views from Mont Chesau.
- ✳️ **Saturday 20 May:** Les Pléiades circuit\*. Wide meadows of narcissi and exploration of Tenasses marshes.
- ✳️ **Sunday 21 May:** Blonay–Belvédère–Les Avants\*\*. Climb to panoramic viewpoint; walk down past narcissus fields
- Sunday 4 June:** Creux du Van circuit\*\*/\*\*\*. Breathtaking natural rock cirque + ibex and rich flora.
- Saturday 17 June (preparation Wed 14 June evening):** Introduction to alpine flora (*mini-course*).
- Sunday 25 June (preparation Thurs 15 June evening):** Safe hiking: refresh your planning and orientation skills! (*mini-course*).
- Sunday 2 July:** Illhorn & Schwarzhorn\*\*\*\*. Two peaks, views of the 4000ers & geologically interesting Illgraben.
- Saturday 30 September:** Gastlosen circuit\*\*/\*\*\*. Long views; jagged limestone cliffs; flowers, marmots, chamois.

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

#### Sign-up and costs

✳️ Hikes are part of the “Narcissi in bloom” programme of the Association Narcisses Riviera, supported by tourist taxes and Montreux-Vevey Tourist Office. Guided in French, except 13 May p.m. in English. Costs: 35 fr. for a full day; 20 fr. for a half-day. Advance reservation through [Montreux-Vevey Tourisme](#).

For all other hikes, 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 120 fr. per person.

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



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