



Discover spectacular alpine scenery on foot this autumn

Guided hikes, September–November 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 autumn. I look forward to sharing my passion for the Swiss mountains with you!

Reserve the dates

Saturday 16–Monday 18 September: The majestic Aletsch region: from Belalp to Bettmeralp**/***. A long weekend of hiking in the stunning scenery surrounding the largest glacier in the Alps.

Saturday 30 September: Gastlosen circuit**/***. Long views; jagged limestone cliffs; flowers, marmots, chamois.

Saturday 14 October: Piz Chaussy***. Via the turquoise Lac Lioson to the wonderful viewpoint of Pic Chaussy at 2351 m with a 360° panorama of the Alpes Vaudoises and beyond. And maybe some ibex...

Sunday 5 November: Niremont**. Little summit with splendid views: Moléson, lac Léman, Mont Blanc, Jura.

Sunday 12 November: Aigle–Yvorne–Ollon*/**. Gentle trail through vineyards and forest in autumn colours.

Itineraries may vary depending on weather conditions. All accessible by public transport. Group size 6–10.

Physical difficulty:	*	up to 400 m ↑ and ↓	+ up to	4 h of walking/day, excluding breaks
	**	400–800 m	+ up to	5 h
	***	800–1200 m	+ up to	6 h
	****	>1200 m		>6 h

Technical difficulty: T1–T3 (Swiss Alpine Club grading) depends on itinerary; will be announced the week before.

Sign-up and costs

Please use the form on my [website](#) or e-mail (sarah@swiss-alpine-hiking.ch) to sign up for an outing. If you're on my mailing list, you'll receive details in advance, including start time, meeting point, itinerary, level of difficulty, practical checklist and estimated finish time.

Costs: day tours 50 francs per person (excluding transport); Aletsch long weekend 420 francs per person (including: 3 days' guided hikes; 2 nights' dormitory accommodation with half-board; entry to the Pro Natura Center Aletsch).

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



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