



## Magical winter landscapes on snow-shoes Programme 2023

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 snow-shoe tour** to explore magical winter landscapes and the secret winter worlds of plants, animals and snow.

### Reserve the dates!

All outings c. 350–1050 m ↑ ↓ and 3.5–5.5 hours of walking, excluding breaks. Start and end points accessible by public transport. Itineraries may vary depending on snow and weather conditions. Group size normally 6–10. For further details and levels of difficulty, please see my website.

**Saturday 7 January:** Pra Cornet\*

**Sunday 8 January:** introduction to snow-shoeing\*, La Givrine or St Cergue

**Saturday 28 January:** Le Chasseron\*\*

**Sunday 5 February:** Col du Mollendruz–Châtel\*, finishing with an optional fondue

**Saturday 11 February:** Lauenen–Trüttlisberg\*\*\*

**Sunday 26 February:** Les Prés d'Albeuve\*/\*\*

**Saturday 4 March:** Blatten–Belalp\*\*\*

### Sign-up and costs

Sign up by e-mail ([sarah@swiss-alpine-hiking.ch](mailto:sarah@swiss-alpine-hiking.ch)) or via my website ([www.swiss-alpine-hiking.ch](http://www.swiss-alpine-hiking.ch)); deadline for day tours 20.00 on the Thursday before the outing. You'll receive details for the day during the week beforehand, including start and finish time, meeting point, itinerary, and practical checklist.

Costs for day tours: 50 francs per person (price excludes transport, equipment and, for 5 Feb, optional fondue).

**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**

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