

# Nordic Walking & Spa Weekend

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From: £625 or 750 Euros  
Easy

Join us on our Wellness & Nordic walking weekends. Escape to the mountains to relax, exercise and enjoy healthy eating. The perfect blend to unwind and refresh the body and mind. We base our weekends in the French Alps, and over 3 days enjoy exploring the trails around the Chamonix Valley whilst 'Keeping Fit the Nordic Way!'

Nordic Walking is normal walking made more effective by the use of specifically designed Nordic Walking poles. The technique is easily acquired, the equipment needed is minimal and once hooked it can be taken anywhere! Our guides will teach you the technique and help you improve your fitness all in the luxury of fresh mountain air.

- Burn up to 40% more calories than normal walking, with little stress on the joints
- Strengthen your upper body
- Equipment Included
- Explore mountain trails with views of snow capped mountains
- Healthy eating in our fully catered chalet
- Time to explore Chamonix
- Truly unwind with a visit to our thermal baths
- Option of a 3 or 4 night stay

[Departures](#)  
<iframe width="425" height="350" frameborder="0" scrolling="no" marginheight="0" marginwidth="0" src="http://maps.google.co.uk/maps/ms?hl=en&ie=UTF8&t=h&msa=0&msid=213201162817846344091.0004990ae2c017c00643c&ll=45.937781,6.968079&spn=0.668528,1.167297&z=9&output=embed" ></iframe><br /><small>View <a href="http://maps.google.co.uk/maps/ms?hl=en&ie=UTF8&t=h&msa=0&msid=213201162817846344091.0004990ae2c017c00643c&ll=45.937781,6.968079&spn=0.668528,1.167297&z=9&source=embed" style="color:#0000FF;text-align:left">Wellbeing Weekend in the Alps</a> in a larger map</small>

## Day 1 Arrival in Chamonix

Our chalet is situated within a short walk from the Chamonix town centre - with fantastic views of the summit of Mont Blanc, Western Europe's highest mountain. Your Nordic Walking Instructor/Guide will join you for a welcome drink and evening meal and brief you on the days ahead.

## Day 2 Chamonix Aiguilles

Our accommodation is situated in the heart of the valley where the mountains around you are

brehtaking. We have easy access to numerous well established river side trails where the route choice is endless. It's here that we will take time to learn or refresh ourselves of the Nordic Walking technique.

We will then make use of one of the cable cars to access easy balcony trails in the Aiguilles Rouge nature reserve. These walks have been enjoyed by visitors since Victorian times for those wishing to enjoy views of Mont Blanc and its glaciers.

Before returning to your chalet there will be time to explore Chamonix and enjoy soaking up the essence of the mountaineering capital of the world. Relax with some French café culture.

## Day 3 Monte Bianco & Thermal Baths

Today we will take a short drive through the Mont Blanc tunnel to reach the beautiful and quiet Val Veny valley in Italy. We spend our morning walking through Alpine meadows and pine woods. We enjoy views of several famous 4,000m peaks including the Italian side of Mont Blanc known as 'Monte Bianco'.

The therapeutic benefits of thermal waters have been enjoyed since ancient times and in the afternoon we head to the spa village of Pré St Didier. The spa house is a beautiful old building nestled amongst craggy mountains. We set aside the afternoon to soak up the benefits of the natural hot waters, relax on the sunbeds and enjoy the mountain vistas. Some beauty treatments are included in your entrance and massages are also available. The perfect de-stress! For more details on the spa visit:

[Terme di Pre Saint Didier](#)

## Day 4 Vallorcine

Our last walk takes us towards the Swiss border on the delightful Mont Blanc Express - one of the world's most picturesque train journeys in the world. We are heading for the French village of Vallorcine. Today we enjoy walking through rolling meadows along the 'Chemin des Diligences' - the ancient stage coach route - and then join balcony trails for fabulous views that feature on the famous walk the 'Tour du Mont Blanc'.

If you would like to book a massage today then please let us know so that we can arrange this for you at your accommodation.

## Day 5 Departure Day

Today is departure day and the package finishes after breakfast. Please note that there is the option to have a 3 night stay and leave on the Saturday evening.

# Price: 3 x nights £625/750? OR 4 x nights £695/835?

**Included:** Full board accommodation in an alpine style chalet based on twin rooms (a single room may be available for a supplementary fee). Guide/Instructor fees (we only use Nordic Walking Instructors who are qualified and insured to work in the Alps), pole hire, lunches, transport to and from the walks, 2 cable car rides as part of the itinerary & entry to the thermal baths.

**Not included:** Flights, insurance, transfers, massages and drinks.

## Accommodation

We stay in a beautiful chalet within easy reach of the centre of Chamonix. Our chalet was recently renovated with en suite twin rooms, spacious living and dining area, plus TV lounge, free wifi, and gorgeous garden - where you can enjoy the incredible views of Mont Blanc while relaxing in the hot tub, stretching on the terrace, or sitting in the sun with a cool drink! If you would like to stay on for a few more days then please let us know and we can give advice on the best options.

## Fitness Level and Clothing

We grade this trip at an easy-moderate level. You will need to be able to walk between 3 ? 4 hours per day (including breaks!). If you are unsure of your fitness level or suitability for this trip then please do not hesitate to contact us for further details. Upon booking we will issue you with a kit and clothing list.

## Minimum numbers

This trip will run once a minimum number of 4 clients have booked. We will take a maximum of 10 clients.

## Insurance

Please note that you must have the appropriate insurance for your chosen walking activity. Although we will not be taking difficult paths you must still be covered for helicopter rescue, repatriation and medical costs. With regard to this please be sure you have read the Insurance section in our [Terms and Conditions](#)

# Travel

Chamonix is easily reached from other European & Worldwide destinations by road, rail, coach or plane. For suggested travel links please refer to our Booking & Information pages for further details. Geneva is the closest international airport, only 1 hour 15 minutes away by road, making shared transfers, buses or trains easy to arrange. Please contact us if you need further advise on your specific travel requirements.

[Nordic Walking Fitness Holidays](#)

No



Keep Fit the  
Nordic Way!