



HILARY SHARP
TREKKING IN THE ALPS
www.trekkinginthealps.com
hilaryalp@gmail.com

- **NO hidden costs.**
- **Small groups guaranteed.**
- **Expert guiding**
- **All levels catered for.**
- **High summits and hikes**
- **New destinations every year.**

SUMMER CALENDAR 2012



Prices include:

- **organisation**
- **guided trekking,**
- **accommodation (bed, breakfast and dinner)**
- **transport during the holiday,**

Not included:

- **Travel to meeting place**
- **Hill food**
- **Drinks**

- [Rescue Insurance - eg Snowcard](http://www.snowcard.co.uk)
www.snowcard.co.uk

2011 saw Trekking in the Alps celebrate 20 years on the trail. So now we start the next 20 years!! For 2012 I'm offering lots of treks and holidays, some of them established classics some less well known.



2011 saw the launch of my new holidays, the **Creaky Knees Specials** and these were popular and successful so we'll continue in 2012.

There are 3 grades of CKS, based in Switzerland, Italy and Chamonix Mont Blanc, France, one of which is offered this year, the medium grade based in Chamonix Mont Blanc, France.

These trips feature one and two day walks where we get high into the mountains, enjoying the pleasure of hiking uphill, but we minimise the downhills – and you're allowed to limp! These trips are **not just for people with creaky knees** and they are certainly **not age orientated**. They are for everyone who has found that they prefer going uphill, along the flat and on undulating terrain, rather than descents.

CKS trips are 6 days with a day off in the middle to go biking, swimming, visiting the sights, or to take advantage of one of the spectacular cable car rides. We will have a hut overnight on most trips. All info is on the **Creaky Knees Specials PDF** which can be downloaded from my website.

The **Annecy Summits** week also proved to be a wonderful hiking experience in 2011 so it's offered again at the end of June which seems to be the very best time to stay at Annecy Lake – for the hiking, the alpine flowers and all the pleasures of staying lakeside.

In addition there will be some **regular treks** this summer – notably the wonderful **Tour of the Matterhorn**, for which I wrote the guidebook, and the classic and spectacular **Tour of Mont Blanc**.

Where two treks are advertised for the same date, the first one to take bookings is the one that goes.

All treks and holidays are 6 days.

- Trekking in the Alps has a policy of not cancelling trips if it is possible to avoid it.
- Treks and holidays are guaranteed departure with 2 people and price with 4 people. Below 4 people a supplement could be payable, although some trips can go with 3 at the same price. .
- Holidays are graded by smiley face ☺, one being the easiest grade up to three which means a strenuous grade. However, it must be understood that these grades are only guidelines and one person's easy day can be another's hardest day depending on energy levels and perception, regardless of the actual difficulty of that stage of the trek.

Although this is called the Summer Calendar it also includes a **new spring trip in northern Provence in the Drôme region**. The hiking there is amazingly varied, with a plethora of limestone summits and gorges to explore, Provençal villages to discover and the renowned food and drink of the area waiting to be sampled. In the spring this region is at its best – warm but not too hot, lots of sunshine and with all the flowers in bloom. We stay in a comfortable hotel and a very charming auberge. A day off mid-week will allow those who wish to cycle along quiet lanes through sleepy villages, whilst others can visit a Provençal market or just relax.

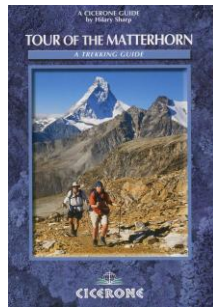
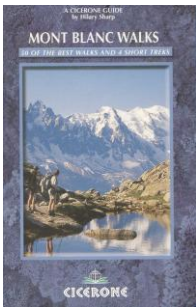
One of my specialities is my **"summits holidays"**. These are 6 day holidays where we are based in a region and we'll go for one and 2 day treks, with a walking summit as objective. In 2012, the **Mont Blanc Region Summits Week is offered**. The summits are non-glaciated, they do not require any technical skills and are not usually pointed and scary. They



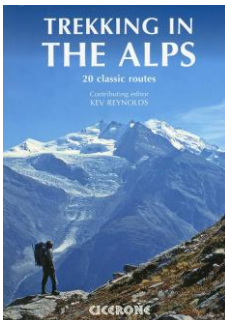
are just really good objectives and provide amazing viewpoints. They are also generally off the beaten trek trails, and, unlike the high glaciated mountains, they are not crowded. We will have some nights in huts and also some nights in the valleys in hotels. Whilst these holidays are not hut to hut treks they provide just as much adventure and allow us to really explore a mountain region without the constraints of a linear trek.



My treks are a product of my knowledge and experience having lived nearly 20 years in the Alps. I have written several guidebooks to the Alps, amongst them:



And contributed extensively to this



THE 2012 SUMMER PROGRAMME

Prices are in Euros because I live in France and most of my costs are in Euros. In addition, the exchange rate has vascillated so much these last few years it's impossible to calculate sterling prices months in advance. I am happy to take payment in sterling at the current rate.

Meet 21/04

New! Provence Hiking 1050€ 😊/ 😊/ 😊 *Confirmed*

6 days: 5 day walks in the stunning region of the Drôme, known for its lavender, olives, wild scenery and charming villages. One day off mid-week for other activities – gentle cycling, sight-seeing or just relaxing. Dinners not included.



New last minute trip!

Meet 16/06

Chamonix Adventures 1180€ ☺☺

A 6 day holiday based from Chamonix. 5 days of hiking in this spectacular valley, using some cable cars for uplift or down. This will be a fabulous early summer week with great scenery and adventurous trails.

Meet 23/06

Anney Summits 1250€ ☺☺

A 6 day holiday with 5 days of hiking the fabulous limestone summits that overlook Anney lake. 1 day mid-week to cycle along the lake, visit the old town or just hang out lake-side.

Meet 30/06

Mont Blanc Region Summits 1150€ ☺/ ☺☺

A 6 day holiday based from Vallorcine, near Chamonix. Our aim is to do 1 and 2 day treks with **non-glaciated trekking summits** as our objectives. These summits will require **NO technical skills** or special equipment. We'll visit the French, Swiss and Italian areas of the Mont Blanc Region. Usually a very popular week!

Meet 06/07

Tour of Mont Blanc 1150€ ☺/ ☺☺ *Confirmed*

7 days, the classic alpine trek going around the fabulously beautiful Mont Blanc massif through France Switzerland and Italy. Unforgettable and unbeatable!

Meet 14/07

Tour of the Matterhorn 1375€ ☺☺/ ☺☺☺ *Confirmed*

This spectacular trek circumnavigates the Matterhorn. The Swiss part coincides with the Chamonix Zermatt route so we'll avoid that. We'll spend 2 days in Zermatt doing a high peak from a mountain hotel then transfer to Arolla and in 4 days hike the remote and beautiful Italian part of the circuit. The final day will include an ascent of the glaciated Breithorn summit, 4164m, if conditions allow – a wonderful finale to the trek.

The cost includes the guided glacier summit plus a guided glacier crossing during the trek.

Meet 04/08

New! Creaky Knees Special Chamonix Mont Blanc 1180€ ☺☺ *Confirmed*

6 days: 5 days of exciting and challenging hiking in the Mont Blanc Region, based at a delightful hotel in Chamonix. The hikes will take us high into the hills around the Mont Blanc massif, with a hut night thrown in. One day mid-week to bike, spa or go up the Aiguille du Midi cable car into the glaciated massif.

Meet 18/08

Tour of Mont Blanc 1150€ ☺/

☺☺ *Confirmed*

7 days, the classic alpine trek going around the fabulously beautiful Mont Blanc massif through France Switzerland and Italy. Unforgettable and unbeatable!

GLACIER WALKING AND SUMMITS; ROCK CLIMBING Jon is offering private guiding. Call or email for available dates

