

ALPS 2018

TrekCo Alps Trip for Teachers July 2018

Dates

Depart from Cardinal Newman
Weds 25th July 2018 at
10.00a.m.

Arrive in Ailefroide Thursday
26th July p.m.

Activities Friday 27th - Tuesday
31st July inclusive

Depart Ailefroide Wednesday
1st August a.m.; arrive
Newman approx midnight

Location

Ailefroide, Pelvoux, Hautes-
Alpes, France

Activities

rock climbing
abseiling
hiking
canyoning
whitewater rafting
via ferrata,
swimming
camping.



Ailefroide

This area is the centre for our activities in the French Alps for several reasons. It has all the advantages of a high alpine region with mountains up to 4,000m (approx. 13,000 ft) and spectacular scenery of glaciers, alpine meadows and waterfalls.

The Village

Ailefroide is at the head of a valley which in winter is a ski resort, but in the summer it is known as a principal centre for mountaineering. It is located in the Ecrins Massif not far from Briancon, and the climate in summer is generally hot and sunny with cool nights.





Food

On the teacher trip we'll be providing:

Breakfast – this will be cereals, bread/jam/marmalade, tea, coffee – help yourself. cereals, bread/jam/marmalade, tea, coffee – help yourself.

Packed lunch – Bread, cheese, pate, salad, cereal bar, crisps – usually in a coolbox for everyone to help themselves at lunchtime.

We aren't providing **evening meals**. Unfortunately we aren't set up on this occasion for catering for a group. However there are good restaurants in the village as well as a pizza van. Good food isn't hard to find in France!

The village of Ailefroide is surrounded by the campsite, which is set in pine forest on the valley floor. There are full facilities on site and the village has a small number of shops and cafés.

Daily Routine

Activities each day commence at 10.00 am and continue until 6.00 - 7.00 pm. This later start and finish enables us to make best use of the local facilities and fit in with the routine of the campsite. There is a full briefing every morning to tell you what you will need for the day, activity arrangements and any other information.

Activities and rest - The nature of the activities, along with the climate, can be very tiring so specific rest periods are built into the programme at a lake only 40 minutes away.

Daily Schedule - In general we will tell you each morning what the activities for the day will be. Activities here are extremely weather dependent, and although the weather is usually excellent we can't be certain, so we won't confirm activities until each morning.



Camping, activities and other information

TrekCo will provide your tent – if you would rather use your own that's fine but please tell us on the attached information form to save us taking one for you too. Please note that you'll still need a sleeping bag and mat (these are on the kit list below). Everyone gets their own individual tent unless you say you're sharing with someone else on the info form.

There are good, free hot showers on the campsite although facilities are not luxurious!

Equipment

We will also provide all specialist equipment. This includes:

- Climbing harness and helmet (used for climbing, via ferrata and canyoning)
- Rock boots
- Wetsuit
- Via ferrata safety kit
- All technical gear on activities

However, again if you have these you are welcome to use your own; please tell us on the form so we don't duplicate the kit unnecessarily.

Activities

As mentioned these can vary, so please be flexible. You wouldn't want to be on a via ferrata cable in a thunderstorm! We'll be doing:

- Via Ferrata
- Rock Climbing
- Abseiling
- Canyoning
- Mountain Hike
- Whitewater rafting

If you want to swap activities, opt out of an activity etc please ask us well in advance just in case there are some operational points of which you are not aware.

Whitewater rafting

We include an 18km whitewater rafting trip in this visit for free. This activity is the only one contracted out to a French company, who we have used for years and are certified. If, after sampling rafting, you are keen to try a harder trip, we can arrange a grade 4/5 trip at the end of the week. However you will be asked to pay for this; it's usually around €40-45. We'll ask you after the first raft trip.



Admin and paperwork

Deposit

Although this is a free trip, we ask you for a £50 deposit to secure a place. A lot of organisation goes into this very specialist trip, and if people don't arrive this is very disappointing – so when you arrive we'll give you your £50 back. If you don't arrive, we'll take it to the bar and spend it along with everyone who did turn up. We hope you think this is fair. The deposit will not be returned under any circumstances to anyone who isn't in Ailefroide! **Please pay your deposit via Paypal to: trekco.office@gmail.com asap** Remember - if you haven't paid a deposit, you're not actually on the trip, so please pay soon to help us get organised..

Please note that if you have to cancel you will have to claim your monies paid from your travel insurance - no matter how unfortunate the reason, we can't act as an insurer and will need to cover our costs for this subsidised trip! This includes both the £50 deposit and the £200 if you are using the minibus.

Transport

The main thing we don't include in this trip is transport. You'll need to make arrangements to arrive in Ailefroide on the arrival day for your trip, and leave on the morning after activities finish.

You do need to have transport to get around to the activities, most of which are a drive away so you'll need a car – please plan for this. We don't have minibuses available in Ailefroide to transport people around.

Minibus

In 2018 we are organising a bus for Cardinal Newman staff. This will leave the day after the end of term - i.e. Weds 25th July 2018 - at 10.00a.m. from the lower car park. The drive will include an overnight stop, sleeping out at the services for a bit of an adventure. You'll arrive on Thursday and take part in activities Friday, Sat, Sun, Mon, Tues. return journey is on Weds 1st August, and you will arrive very late that evening (about or just after midnight). The cost of this is subsidised because Newman have organised so many trips with us for 20 years, and will be £200 per person (actual cost to us just under £300)- the bus will run if we get enough people. We may open this bus to teachers from other schools if there are empty seats, as we are offering a teacher trip to all schools, but you'll get first option so please decide now and don't leave it until it's too late! You will need to pay the £200, plus your £50 returnable (once you're in Ailefroide) deposit, straight away to book a place. The £200 is not returnable; we'll be booking a bus and turning others away on the basis of your booking so we need to be sure you are coming.

If you would like to use the minibus but don't want to come back as you perhaps want to continue your holiday in France, that's fine. Please let us know in advance. The cost is still the same, as our costs are still the same.

Directions – you can easily Google Ailefroide, but once in the village you'll notice it is in a narrow valley and the whole village is surrounded by the huge campsite. Please park by the campsite office (don't try to register, they'll only get confused), our site is just behind the office building. We will come out and give you a parking barrier pass and show you where your tents are. Please note this is different to the pre-2016 site if you have been before!

Insurance

You will need to have holiday insurance which covers the above activities, and it must cover helicopter rescue. In the Alps helicopter evacuation is the norm, and you will be billed at least €4-5,000. Mountain rescue is not free, it is provided by the police and they charge! The best policy can be found via the British Mountaineering Council at:

www.thebmc.co.uk and you need 'Alpine and Ski'.

Unfortunately if you don't have a policy which covers rescue, we won't be able to take you on any activities – so please bring evidence of your policy with you.

Money

Bank Arrangements - There is no bank or cash machine in Ailefroide but journeys to the activity locations take us past the bank, so just be careful to have enough money for a few days at a time. Cash is best obtained with credit cards or travellers' prepaid currency cards from cash machines. Don't forget that the second, optional rafting trip needs to be paid for should you choose to take part (most people do!) - so keep aside £30 or so for that purpose.

Safe Deposit Box

There isn't one. We bury valuables under a rock - foolproof.

Food allergies and other medical information

Please fill out the medical and disclaimer form and send it to us (scanned/photo is fine) before the trip. If you have any medical condition which might affect you in any way, we need to know. If you have food allergies this will be taken into account, but as we won't be cooking meals it is mainly breakfast/lunch type items that we will be concerned about. We don't have electricity on site so facilities are basic, and our choices are limited so please take that into account.

Paperwork

Passport
Cash or credit cards
Medical/Disclaimer and Trip Info Form (beforehand)

EHIC (Euro Health Insurance) card
Insurance policy

Photography

We take photos of activities, and might use these photos for our website or other publicity. We never use unflattering photos, don't worry! This is Lucy, formerly of Cardinal Newman, on a previous trip.



Kit List

Small Rucksack for day hikes

Sleeping bag - Night temperatures feel low so make it a good one.

Sleeping mat

Clothes:

Walking boots or shoes

Waterproof jacket and trousers

Jumpers - Fleece

Shirts Shorts, Trousers

Hat (for sun)

Gloves (for cold)

Other shoes (including trainers for canyoning & rafting)

Swimming gear for lake and water activities

Washkit etc.

Towel and beach towel

Talcum powder/foot powder

Moisturiser

SUN BLOCK as much as you like!

Lip salve, Deodorant

Other items

Sharp knife, fork, spoon

Plate Mug

2 big water bottles (1 litre) or a larger 2-3 litre 'Platypus' type bottle

Torch, plus spare batteries/bulbs (headtorch is much better) Camera

2 or 3 metres cord/string

Sunglasses

Binliners

Watch

Kit list notes

Some of these items might seem odd or superfluous. For example, extra string - if you're on a via ferrata and want to take photos, you'll have limited manoeuvrability and awkward access to your camera - it's always best to tie it on.

Headtorch - if you don't have one, please think about it. It's so much easier to use a torch if your hands are free and finding your way around the campsite at night without tripping on boulders can be useful.

Bring old trainers and baggy old shorts for canyoning. Why? Bum sliding destroys wetsuits. Also canyons destroy trainers. We've seen new trainers last 2 hours...

Top tip: Bring a rubber plug that you can buy in hardware shops because French campsites never have any plugs in the washbasins

French Contact Address

Camping Ailefroide, Pelvoux, 05340 France

Tel: 0033 4-92-23-32-00

Please don't use the French contact number except in the case of an Emergency. This is a large campsite which surrounds the whole village and there is no guarantee that anyone in the office will speak English.

Emergency only number 07966 275226 (Steve Ranger)

There is reasonable mobile reception throughout Ailefroide, but it's not strong enough for data.

Our contact details

Trekking Company Ltd, Cranford House, Kingston Road, Lewes, BN7 3NB.

Tel: 01273 487509 website: www.trekco.com email: info@trekco.com



Medical and Assumption of Risk Form

Name of Participant _____ Date of Birth _____

Your Home address for correspondence:

Assumption of Risk - Please read this before you sign!

I am aware that during the course, guided trip or any other activity that I am participating in under the guidance of the Trekking Company that certain dangers and risks do exist and may occur, including but not limited to the hazards of travelling in mountainous terrain, accident or illness in remote places without medical facilities, travel by car or other conveyance, the forces of nature and those arising out of the rigours required of such activities. Knowing of these risks, dangers and rigours required of said activities, I certify that I am fully capable of participating in these activities.

I will follow the instructions of Trekking Company staff for the duration of the course whilst under tuition and accept and act upon their decisions regarding any matter pertaining to safety or the organisation of the activities. Excepting these periods I release the Trekking Company and any of its staff of any and all responsibility or liability of any nature for bodily injury, death, loss of property or expenses incurred.

I have read, understand and accept the terms and conditions stated herein and also the cancellation and refund policy and acknowledge that this agreement shall be binding. I am over 18 years of age.

Medical Details

Doctor's Name and Address _____

Your National Health Number: _____

Do you suffer from any known medical condition or phobias? (if so, please describe)

Any known allergies (penicillin, plaster, insect bites etc):

Please indicate any other information overleaf

Please include any possibly relevant information including symptoms, treatments and medication (if you are not sure, please tell us anyway) and remember that you will be taking part in strenuous physical activities.

Please use the reverse of the sheet as needed

Signature _____ Date _____

Alps Trip Information Form

Please note this is trip information only and will be used for no other purpose whatsoever

Please send this form to steve@trekco.com or post to us as soon as possible

Your name

Home Address

Date of Birth

Mobile number whilst on the trip

Email (personal preferably)

Emergency Contact/Next of Kin: name, relationship and telephone number:

Equipment:

Tent

I need/don't need a tent from TrekCo. (Please circle)

(Optional): I will be sharing with:

Personal kit

I need a: Wetsuit size:

Rock boots size:

Helmet

Harness

(please circle the items you need)