



# www.tracks-and-trails.com

*Updated with the latest status of our trips on: 12<sup>th</sup> July 2017*

**BOOK WITH CONFIDENCE - No surcharge guarantee**

## TRIP STATUS EXPLAINED

**Places Available:** Trip available for booking — you can check with us to see the minimum number required to run the trip

**Trip Guaranteed:** Guaranteed to take place with spaces available

**Limited Availability:** Only a few places left!

**Trip Full:** Very popular and now fully booked: check other dates or ask about custom dates

**Location:** Refers to the area visited or the town that you meet the group in

## - SUMMER TRIP PLANNER 2017 -

### Trail Running

Enjoy the Swiss, French and Italian Alps while benefiting from healthy exercise and pure alpine air.

<b>Trip</b>	<b>Trip Code</b>	<b>Dates</b>	<b>Location</b>	<b>Level</b>	<b>Price</b>	<b>Trip Status</b>
Trail Running Camp	ATR 2 17	15 – 22 Jul 17	Chamonix	Moderate	£1395	<b>Trip Guaranteed</b>
Trail Running Camp	ATR 3 17	12 – 19 Aug 17	Chamonix	Moderate	£1395	<b>Trip Guaranteed</b>
Trail Running Camp	ATR 4 17	9 – 16 Sep 17	Chamonix	Moderate	£1395	<b>Places Available</b>
Mont Blanc Ultra Trail	UTR 3 16	26 Aug – 2 Sep 17	Chamonix	Advanced	£1345	<b>Places Available</b>
Mont Blanc Ultra Trail	CCC 3 16	29 Aug – 2 Sep 17	Courmayeur	Advanced	£895	<b>Places Available</b>

Trail Run the Dolomites	AVR 3 17	2 – 9 Sep 17	Italy	Moderate	£1455	<b>2 More to Guarantee Places Available</b>
Trail Run the Dolomites	AVR 4 17	9 – 16 Sep 17	Italy	Moderate	£1455	
Trans Jura Trail	JUR 3 17	3 – 9 Sep 17	French Jura	Difficult	£1245	<b>Places Available</b>
Trans Verdon Run	TVR 4 17	9 – 16 Sep 17	Provence	Difficult	£1295	<b>Places Available</b>
Trans Verdon Run	TVR 5 17	16 – 23 Sep 17	Provence	Difficult	£1295	<b>Places Available</b>
Trans Verdon Run	TVR 6 17	23 Sep – 30 Sep 17	Provence	Difficult	£1295	<b>Places Available</b>

## Walking Holidays

Holidays in the Alps enjoying famous classic treks, ranging from day walks to longer hikes such as the world famous Tour du Mont Blanc and Haute Route from Chamonix to Zermatt - we've something to suit every taste.

<b>Trip</b>	<b>Trip Code</b>	<b>Dates</b>	<b>Location</b>	<b>Level</b>	<b>Price</b>	<b>Trip Status</b>
Italian Dolomites High Route	AVD1 17	15 – 22 Jul 17	Italy	Difficult	£1395	<b>Trip Guaranteed Places Available 3 More to Guarantee Places Available</b>
Italian Dolomites High Route	AVD2 17	22 – 29 Jul 17	Italy	Difficult	£1395	
Italian Dolomites High Route	AVD3 17	2 – 9 Sep 17	Italy	Difficult	£1395	
Italian Dolomites High Route	AVD4 17	9 – 16 Sep 17	Italy	Difficult	£1395	
Corsica GR20 Trek	LCG1 17	9 – 23 Jul 17	Corsica	Demanding	£2645	<b>Places Available 2 More to Guarantee 1 More to Guarantee</b>
Corsica GR20 Trek	LCG2 17	23 Jul – 6 Aug 17	Corsica	Demanding	£2645	
Corsica GR20 Trek	LCG3 17	3 – 17 Sep 17	Corsica	Demanding	£2645	
Wild Tuscany	WTI4 17	9 – 16 Sep 17	Tuscany	Difficult	£1245	<b>Trip Full Places Available 3 More to Guarantee Places Available</b>
Wild Tuscany	WTI5 17	16 – 23 Sep 17	Tuscany	Difficult	£1245	
Wild Tuscany	WTI6 17	23 - 30 Sep 17	Tuscany	Difficult	£1245	
Wild Tuscany	WTI7 17	30 Sep – 7 Oct 17	Tuscany	Difficult	£1245	
Verdon Gorge & GR4	VER4 17	9 – 16 Sep 17	Provence	Difficult	£1195	<b>Places Available Places Available Places Available</b>
Verdon Gorge & GR4	VER5 17	16 – 23 Sep 17	Provence	Difficult	£1195	
Verdon Gorge & GR4	VER6 17	23 Sep – 30 Sep 17	Provence	Difficult	£1195	
Mallorca: Serra de Tramuntana	MAL3 17	9 -18 Sept 17	Spain	Difficult	£1545	<b>Places Available Places Available</b>
Mallorca: Serra de Tramuntana	MAL4 17	23 Sep – 2 Oct 17	Spain	Difficult	£1545	
Tour du Mont Blanc Highlights	MBH4 17	5 - 13 Aug 17	Chamonix	Difficult	£1495	<b>Places Available Trip Guaranteed Places Available</b>
Tour du Mont Blanc Highlights	MBH5 17	26 Aug– 3 Sep 17	Chamonix	Difficult	£1495	
Tour du Mont Blanc Highlights	MBH6 17	9 - 17 Sep 17	Chamonix	Difficult	£1495	

Classic Tour du Mont Blanc	CTM3 17	29 Jul - 9 Aug 17	Chamonix	Demanding	£1945	Places Available
Classic Tour du Mont Blanc	CTM4 17	19 - 30 Aug 17	Chamonix	Demanding	£1945	Places Available
Classic Tour du Mont Blanc	CTM5 17	2 - 13 Sep 17	Chamonix	Demanding	£1945	Trip Full
Haute Route Highlights	HRH3 17	5 - 13 Aug 17	Switzerland	Demanding	£1595	Trip Guaranteed
Haute Route Highlights	HRH4 17	19 - 27 Aug 17	Switzerland	Demanding	£1595	Places Available
Haute Route Highlights	HRH5 17	2 - 10 Sep 17	Switzerland	Demanding	£1595	Places Available
Haute Route Highlights	HRH6 17	16 - 24 Sep 17	Switzerland	Demanding	£1595	3 More to Guarantee
Classic Haute Route	CHR3 17	29 Aug - 10 Sep 17	Switzerland	Demanding	£2195	3 More to Guarantee
Tour des Combins	TDC2 17	13 - 20 Aug 17	Switz/Italy	Demanding	£1095	Places Available
Tour des Combins	TDC3 17	10 - 17 Sep 17	Switz/Italy	Demanding	£1095	Places Available
Tour del Gran Paradiso	TGP1 17	29 Jul - 6 Aug 17	Italy	Demanding	£1245	Places Available
Tour del Gran Paradiso	TGP2 17	19 - 27 Aug 17	Italy	Demanding	£1245	Limited Availability (3)
Tour de Monte Rosa	TMR2 17	10 - 20 Aug 17	Switz/Italy	Demanding	£1295	Trip Full
Tour de Monte Rosa	TMR3 17	24 Aug - 3 Sept 17	Switz/Italy	Demanding	£1295	Trip Guaranteed
Tour de Monte Rosa	TMR4 17	3 - 13 Sept 17	Switz/Italy	Demanding	£1295	2 More to Guarantee

## Family Holidays in the Alps

Visit the mountains as a family and create long lasting memories. Trek to a mountain refuge, raft alpine rivers or try rock climbing amongst famous peaks.

Trip	Trip Code	Dates	Location	Level	Price	Trip Status
Family Tour du Mont Blanc	FMB2 17	22- 29 Jul 17	Chamonix	Difficult	£1095	Places Available
Family Tour du Mont Blanc	FMB3 17	12 - 19 Aug 17	Chamonix	Difficult	£1095	Places Available
Family Tour du Mont Blanc	FMB4 17	26 Aug - 2 Sep 17	Chamonix	Difficult	£1095	Places Available
Family Adventure	FCH2 17	29 Jul - 5 Aug 17	Chamonix	Moderate	£995	Places Available
Family Adventure	FCH3 17	5 - 12 Aug 17	Chamonix	Moderate	£995	Places Available
Family Adventure	FCH4 17	19 - 26 Aug 17	Chamonix	Moderate	£995	Places Available

# - WINTER TRIP PLANNER 2017/2018 -

## Snowshoeing

Join us this winter and enjoy fabulous snowshoeing in Chamonix, or try one of our explorer trips to Italy or Switzerland.

<b>Trip</b>	<b>Trip Code</b>	<b>Dates</b>	<b>Location</b>	<b>Level</b>	<b>Price</b>	<b>Trip Status</b>
Snowshoe Long Weekend	SEB1 18	6 – 10 Jan 18	Chamonix	Introductory	£695	<b>Places Available</b>
Snowshoe Long Weekend	SEB2 18	13 – 17 Jan 18	Chamonix	Introductory	£695	<b>Places Available</b>
Snowshoe Long Weekend	SEB3 18	3 – 7 Feb 18	Chamonix	Introductory	£695	<b>Places Available</b>
Snowshoe Long Weekend	SEB4 18	17 – 21 Feb 18	Chamonix	Introductory	£695	<b>Places Available</b>
Snowshoe Long Weekend	SEB5 18	24 – 28 Feb 18	Chamonix	Introductory	£695	<b>Places Available</b>
Snowshoe Long Weekend	SEB6 18	3 – 7 Mar 18	Chamonix	Introductory	£695	<b>Places Available</b>
Italian Dolomites Snowshoe	IDS1 18	27 Jan – 3 Feb 18	Italy	Intermediate	£1295	<b>Places Available</b>
Italian Dolomites Snowshoe	IDS2 18	24 Feb – 3 Mar 18	Italy	Intermediate	£1295	<b>Places Available</b>
Italian Dolomites Snowshoe	IDS3 18	3 – 10 Mar 18	Italy	Intermediate	£1295	<b>2 More to Guarantee</b>
Chamonix Snowshoe	MBS1 18	27 Jan – 3 Feb 18	Chamonix	Intermediate	£1195	<b>Places Available</b>
Chamonix Snowshoe	MBS2 18	3 – 10 Feb 18	Chamonix	Intermediate	£1195	<b>Places Available</b>
Chamonix Snowshoe	MBS3 18	24 Feb – 3 Mar 18	Chamonix	Intermediate	£1195	<b>Places Available</b>
Névache Snowshoe	NEV1 18	13- 20 Jan 18	France	Introductory	£1195	<b>Places Available</b>
Névache Snowshoe	NEV2 18	27 Jan – 3 Feb 18	France	Introductory	£1195	<b>Places Available</b>
Névache Snowshoe	NEV3 18	24 Feb – 3 Mar 18	France	Introductory	£1195	<b>Places Available</b>
Névache Snowshoe	NEV4 18	10 – 17 Mar 18	France	Introductory	£1195	<b>Places Available</b>
Samoëns Snowshoe	SAM1 18	6 – 13 Jan 18	France	Intermediate	£1295	<b>Places Available</b>
Samoëns Snowshoe	SAM2 18	20 – 27 Jan 18	France	Intermediate	£1295	<b>Places Available</b>
Samoëns Snowshoe	SAM3 18	10 – 17 Feb 18	France	Intermediate	£1295	<b>Places Available</b>
Samoëns Snowshoe	SAM4 18	3 – 10 Mar 18	France	Intermediate	£1295	<b>Places Available</b>
Queyras Snowshoe	QUY1 18	13 – 20 Jan 18	France	Intermediate	£1295	<b>Places Available</b>
Queyras Snowshoe	QUY2 18	27 Jan – 3 Feb 18	France	Intermediate	£1295	<b>Places Available</b>
Queyras Snowshoe	QUY3 18	17 – 24 Feb 18	France	Intermediate	£1295	<b>Places Available</b>
Queyras Snowshoe	QUY4 18	3 – 10 Mar 18	France	Intermediate	£1295	<b>Places Available</b>

Traverse of the Chablais	STC1 18	13 – 20 Jan 18	France	Intermediate	£1295	<b>2 More to Guarantee</b>
Traverse of the Chablais	STC2 18	27 Jan – 3 Feb 18	France	Intermediate	£1295	<b>Places Available</b>
Traverse of the Chablais	STC3 18	10 – 17 Feb 18	France	Intermediate	£1295	<b>Places Available</b>
Traverse of the Chablais	STC4 18	24 Feb – 3 Mar 18	France	Intermediate	£1295	<b>3 More to Guarantee</b>

## Cross Country Skiing

Cross Country Skiing is often called Nordic Skiing and is one and the same! Cross country skiing gives a great sense of freedom and with ski tracks in a variety of terrains and locations it's a fabulous way to experience the Alps or Norway.

<b>Trip</b>	<b>Trip Code</b>	<b>Dates</b>	<b>Location</b>	<b>Level</b>	<b>Price</b>	<b>Trip Status</b>
Italian Ski Breaks	ISW1 18	10 – 14 Jan 18	Italy	Introductory	£845	<b>Places Available</b>
Italian Ski Breaks	ISW2 18	17 – 21 Jan 18	Italy	Introductory	£845	<b>Places Available</b>
Italian Ski Breaks	ISW3 18	7 – 11 Feb 18	Italy	Introductory	£845	<b>Places Available</b>
Italian Ski Breaks	ISW4 18	21 – 25 Feb 18	Italy	Introductory	£845	<b>Places Available</b>
Italian Ski Breaks	ISW5 18	28 Feb – 4 Mar 18	Italy	Introductory	£845	<b>Places Available</b>
Italian Ski Breaks	ISW6 18	7 – 11 Mar 18	Italy	Introductory	£845	<b>Places Available</b>
Skate Ski Breaks	SKS1 Inter 18	24 – 28 Jan 18	Italy	Intermediate	£775	<b>Places Available</b>
Skate Ski Breaks	SKS2 Intro 18	7 – 11 Feb 18	Italy	Introductory	£775	<b>Places Available</b>
Skate Ski Breaks	SKS3 Inter 18	14 – 18 Feb 18	Italy	Intermediate	£775	<b>Places Available</b>
Skate Ski Breaks	SKS4 Intro 18	28 Feb – 4 Mar 18	Italy	Introductory	£775	<b>Places Available</b>
Swiss Alps: XC Skiing	SXC1 18 Intro Plus	13 – 19 Jan 18	Switzerland	Intro Plus	£1295	<b>Places Available</b>
Swiss Alps: XC Skiing	SXC2 18 Intro Plus	3 – 9 Feb 18	Switzerland	Intro Plus	£1295	<b>Places Available</b>
Swiss Alps: XC Skiing	SXC3 18 Intro Plus	3 – 9 Mar 18	Switzerland	Intro Plus	£1295	<b>Places Available</b>
Dolomites Ski Highlights	DSH1 18	27 Jan – 3 Feb 18	Italy	Intermediate	£1345	<b>Places Available</b>
Dolomites Ski Highlights	DSH2 18	17 – 24 Feb 18	Italy	Intermediate	£1345	<b>Places Available</b>
Traverse of the Black Forest	SBF1 18	5 – 11 Feb 18	Germany	Intermediate	£1495	<b>Places Available</b>
Traverse of the Black Forest	SBF2 18	11 – 17 Feb 18	Germany	Intermediate	£1495	<b>Places Available</b>
Grand Traverse of the Jura	GTJ1 18	20 – 27 Jan 18	France	Advanced	£1695	<b>Places Available</b>
Grand Traverse of the Jura	GTJ2 18	3 – 10 Feb 18	France	Advanced	£1695	<b>Places Available</b>
Trans Jura Swiss	TJS1 18	20 – 27 Jan 18	Switzerland	Advanced Plus	£1795	<b>Places Available</b>
Trans Jura Swiss	TJS2 18	3 – 10 Feb 18	Switzerland	Advanced Plus	£1795	<b>Places Available</b>
Trans Jura Swiss	TJS3 18	17 – 24 Feb 18	Switzerland	Advanced Plus	£1795	<b>Places Available</b>

Trans Jura Swiss	TJS4 18	24 Feb – 3 Mar 18	Switzerland	Advanced Plus	£1795	Places Available
Sweden's Vasaloppet Tour	VAS1 18	11 – 18 Mar 18	Sweden	Intermediate	£1645	Places Available
Nordic in Norway: Venabu	VEN1 Intro 18	27 Dec 17 – 3 Jan 18	Norway	Intro/Intermediate	£1495	2 More To Guarantee Trip Guaranteed Places Available Places Available
Nordic in Norway: Venabu	VEN2 Inter 18	27 Dec 17 – 3 Jan 18	Norway	Intro/Intermediate	£1495	
Nordic in Norway: Venabu	VEN3 Intro 18	3 – 10 Mar 18	Norway	Intro/Intermediate	£1495	
Nordic in Norway: Venabu	VEN4 Inter 18	10 – 17 Mar 18	Norway	Intro/Intermediate	£1495	
The Peer Gynt Trail	PEG1 18	18 – 25 Feb 18	Norway	Intermediate	£1595	Places Available
The Peer Gynt Trail	PEG2 18	11 – 18 Mar 18	Norway	Intermediate	£1595	Places Available
The Peer Gynt Trail	PEG3 18	25 Mar – 1 Apr 18	Norway	Intermediate	£1595	Places Available
The Trolls Trail	TRT1 18	18 – 25 Mar 18	Norway	Advanced Plus	£1595	Places Available
The Trolls Trail	TRT2 18	1 – 8 Apr 18	Norway	Advanced Plus	£1595	Places Available

## CUSTOMISED INDIVIDUAL AND GROUP BOOKINGS

Tracks and Trails also arrange tailor-made holidays for private groups. For more details on any of our scheduled departures or to organise a personalised holiday, please contact us:

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+44 (0) 20 8144 6442 (United Kingdom)

[www.tracks-and-trails.com](http://www.tracks-and-trails.com)

If you are ready to **make a booking**, please go to our [booking form](#)

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### Registered Address:

Tracks and Trails Ltd is an English Limited company with our Registered Office at 2 Watford Mount, New Mills, Derbyshire SK22 1AR, UK.

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