



# www.tracks-and-trails.com

*Updated with the latest status of our trips on: 9<sup>th</sup> August 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 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	Places Available
Trail Run the Dolomites	AVR 4 17	9 – 16 Sep 17	Italy	Moderate	£1455	Places Available
Trans Jura Trail	JUR 3 17	3 – 9 Sep 17	French Jura	Difficult	£1245	Places Available
Trans Verdon Run	TVR 4 17	9 – 16 Sep 17	Provence	Difficult	£1295	Places Available
Trans Verdon Run	TVR 5 17	16 – 23 Sep 17	Provence	Difficult	£1295	Places Available
Trans Verdon Run	TVR 6 17	23 Sep – 30 Sep 17	Provence	Difficult	£1295	Places Available

## 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	AVD3 17	2 – 9 Sep 17	Italy	Difficult	£1395	Places Available
Italian Dolomites High Route	AVD4 17	9 – 16 Sep 17	Italy	Difficult	£1395	Places Available
Corsica GR20 Trek	LCG3 17	3 – 17 Sep 17	Corsica	Demanding	£2645	Trip Guaranteed
Wild Tuscany	WTI4 17	9 – 16 Sep 17	Tuscany	Difficult	£1245	Trip Full
Wild Tuscany	WTI5 17	16 – 23 Sep 17	Tuscany	Difficult	£1245	Places Available
Wild Tuscany	WTI6 17	23 - 30 Sep 17	Tuscany	Difficult	£1245	3 More to Guarantee
Wild Tuscany	WTI7 17	30 Sep – 7 Oct 17	Tuscany	Difficult	£1245	Places Available
Verdon Gorge & GR4	VER4 17	9 – 16 Sep 17	Provence	Difficult	£1195	Places Available
Verdon Gorge & GR4	VER5 17	16 – 23 Sep 17	Provence	Difficult	£1195	Places Available
Verdon Gorge & GR4	VER6 17	23 Sep – 30 Sep 17	Provence	Difficult	£1195	Places Available
Mallorca: Serra de Tramuntana	MAL3 17	9 -18 Sept 17	Spain	Difficult	£1545	Places Available
Mallorca: Serra de Tramuntana	MAL4 17	23 Sep – 2 Oct 17	Spain	Difficult	£1545	Places Available
Tour du Mont Blanc Highlights	MBH5 17	26 Aug– 3 Sep 17	Chamonix	Difficult	£1495	Trip Guaranteed
Tour du Mont Blanc Highlights	MBH6 17	9 - 17 Sep 17	Chamonix	Difficult	£1495	Places Available
Tour du Mont Blanc Highlights	MBH7 17	16 - 23 Sep 17	Chamonix	Difficult	£1495	Bookings Coming
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	<b>Trip Guaranteed</b> <b>Places Available</b> <b>Places Available</b> <b>3 More to Guarantee</b>
Haute Route Highlights	HRH4 17	19 - 27 Aug 17	Switzerland	Demanding	£1595	
Haute Route Highlights	HRH5 17	2 - 10 Sep 17	Switzerland	Demanding	£1595	
Haute Route Highlights	HRH6 17	16 - 24 Sep 17	Switzerland	Demanding	£1595	
Classic Haute Route	CHR3 17	29 Aug – 10 Sep 17	Switzerland	Demanding	£2195	<b>3 More to Guarantee</b>
Tour des Combins	TDC2 17	13 – 20 Aug 17	Switz/Italy	Demanding	£1095	<b>Places Available</b>
Tour des Combins	TDC3 17	10 – 17 Sep 17	Switz/Italy	Demanding	£1095	<b>Places Available</b>
Tour del Gran Paradiso	TGP1 17	29 Jul – 6 Aug 17	Italy	Demanding	£1245	<b>Places Available</b>
Tour del Gran Paradiso	TGP2 17	19 – 27 Aug 17	Italy	Demanding	£1245	<b>Limited Availability (3)</b>
Tour de Monte Rosa	TMR2 17	10 – 20 Aug 17	Switz/Italy	Demanding	£1295	<b>Trip Full</b>
Tour de Monte Rosa	TMR3 17	24 Aug – 3 Sept 17	Switz/Italy	Demanding	£1295	<b>Trip Guaranteed</b>
Tour de Monte Rosa	TMR4 17	3 – 13 Sept 17	Switz/Italy	Demanding	£1295	<b>2 More to Guarantee</b>

## 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.

<b>Trip</b>	<b>Trip Code</b>	<b>Dates</b>	<b>Location</b>	<b>Level</b>	<b>Price</b>	<b>Trip Status</b>
Family Tour du Mont Blanc	FMB3 17	12 – 19 Aug 17	Chamonix	Difficult	£1095	<b>Places Available</b>
Family Tour du Mont Blanc	FMB4 17	26 Aug – 2 Sep 17	Chamonix	Difficult	£1095	<b>Places Available</b>
Family Adventure	FCH3 17	5 – 12 Aug 17	Chamonix	Moderate	£995	<b>Places Available</b>
Family Adventure	FCH4 17	19 – 26 Aug 17	Chamonix	Moderate	£995	<b>Places Available</b>

# - 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.

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

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>3 More to Guarantee</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>Trip Guaranteed</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>2 More to Guarantee</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	<b>Places Available</b>

Sweden's Vasaloppet Tour	VAS1 18	11 – 18 Mar 18	Sweden	Intermediate	£1645	<b>3 More to Guarantee</b>
Finnish Russian Frontier	FRF1 18	18 – 24 Mar 18	Finland	Intermediate	£1295	<b>Places Available</b>
Finnish Russian Frontier	FRF1 18	25 – 31 Mar 18	Finland	Intermediate	£1295	<b>Places Available</b>
Nordic in Norway: Venabu	VEN1 Intro 18	27 Dec 17 – 3 Jan 18	Norway	Intro/Intermediate	£1495	<b>Places Available</b>
Nordic in Norway: Venabu	VEN2 Inter 18	27 Dec 17 – 3 Jan 18	Norway	Intro/Intermediate	£1495	<b>Trip Guaranteed</b>
Nordic in Norway: Venabu	VEN3 Intro 18	3 – 10 Mar 18	Norway	Intro/Intermediate	£1495	<b>Places Available</b>
Nordic in Norway: Venabu	VEN4 Inter 18	10 – 17 Mar 18	Norway	Intro/Intermediate	£1495	<b>Places Available</b>
The Peer Gynt Trail	PEG1 18	18 – 25 Feb 18	Norway	Intermediate	£1595	<b>Places Available</b>
The Peer Gynt Trail	PEG2 18	11 – 18 Mar 18	Norway	Intermediate	£1595	<b>Places Available</b>
The Peer Gynt Trail	PEG3 18	25 Mar – 1 Apr 18	Norway	Intermediate	£1595	<b>Places Available</b>
The Trolls Trail	TRT1 18	18 – 25 Mar 18	Norway	Advanced Plus	£1595	<b>Places Available</b>
The Trolls Trail	TRT2 18	1 – 8 Apr 18	Norway	Advanced Plus	£1595	<b>Places Available</b>

## 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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