

TAKE ON THE GREAT OUTDOORS...

ALPINE GOLD

DofE

France-Switzerland-Italy
Expedition



OUTLOOK
ADVENTURES
SCOTLAND

Discover Alpine trekking at its finest! Visit 3 countries; take part in an Adventurous Trek on parts of the Tour du Mont Blanc or TMB which is one of the most popular long-distance walks in Europe. It circles the Mont Blanc massif with 10 kilometres (6.2mi) of ascent/descent and mountain passes through parts of France, Switzerland and Italy.

**EXPEDITION:
ALPINE GOLD
BRIEF.....**

○----->

WELCOME

The purpose of this brief is to introduce your expedition opportunity. It will give you a feel for the destination and the type of activities that you will be involved in. We've even thrown in a few interesting facts! We hope this brief snapshot will leave you feeling inspired and wanting more!



HIGHLIGHTS



- Completing your DofE trek in the spectacular Alps Mountains
- Expedition from France to Switzerland to Italy!
- See the Alps Highest Mountain – Mont Blanc
- Trek on the Tour de Mont Blanc
- R&R in the Alpine Chamonix Valley

Alps - DofE

Open Expedition



AT A GLANCE

Physical Rating	Moderate to challenging
Culture Shock	Eye opening – Experience Alpine Trekking and stunning scenery
Altitude	Up to 2537m
Visa	Not required for British nationals

FACTS AND FIGURES



	RELIGION/S	Catholic, Protestant
	CULTURAL OR HISTORICAL INTEREST	Alpine regions are ethnically diverse with an incredibly rich, varied history due to its unique geographical location
	LANGUAGES	Swiss, French, Italian
	GEOGRAPHY	Mountainous terrain, Alpine Valleys, Mont Blanc Massive
	CLIMATE	Hot and dry in the summer, cooler at night. Snow & Ice in the winter.



YOUR EXPEDITION OBJECTIVES



This page details the objectives of your expedition; these are the areas around which your expedition will focus such as adventurous activities, projects and destination highlights.



DE The Duke of Edinburgh's Award

Experience a once in a lifetime opportunity and complete the expedition section of your Gold DofE Award in the rugged Alpine mountains of France, Switzerland & Italy! Our itinerary has been carefully chosen to ensure you meet all of the '20 conditions' set by the DofE, all in the spectacular scenery and fascinating culture of the Mont Blanc massive.

Your trek can take you through the more remote valleys of the Tour De Mont Blanc, journeying through high mountain passes, by mountain lakes and mountain huts. The team will carry their own equipment and cook for themselves. The Leader Team will support with remote supervision of the DofE team.

Starting in Chamonix in France, finish 4 days later... Courmayeur in Italy.

Once complete, head back to enjoy the sights and sounds of Chamonix Mont-Blanc. The bustling village has a fantastic mix of traditional Alpine culture, Olympic venue history and modern shops & restaurants all under the beaming Alpine sunshine.



DE Additional objectives

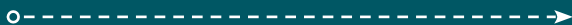
The DofE Expedition team can choose to add additional objectives onto their itinerary which could include:

- Spend Additional days in the region.
- Aiguille du Midi cable car to 3,466m and 'Step into the Void.'
- Outdoor Swimming Pool, 130m covered toboggan

Alps DofE



YOUR ITINERARY



Your expedition will be carefully handcrafted by destination managers at Outlook Adventures to ensure you get the maximum out of your expedition and the destination you are travelling to.

 Day 1	Depart the UK and arrive in Switzerland, Geneva. Travel to Chamonix to stay in a Trekking Hostel or Camp. You begin to see the stunning views of the jagged ridges of the Alpine Mountains.
 Day 2	Spend the day in the Chamonix Valley refreshing your skills ahead of your DofE trek whilst acclimatising to the Alpine altitude.
 Day 3-6	Over the next four days you will complete your Gold DofE Assessment Trek, under the assessment of the leader team. You will be totally self-sufficient carrying all necessary equipment, camping, cooking on stoves and trekking your own route through France, Switzerland & Italy!
 Day 7-8	Return to Chamonix Mont Blanc. Spend your last day venturing for those last minute souvenirs and enjoy a celebratory meal as a team before leaving for the UK.
	Once back home, you'll be bursting with stories and photos to keep family and friends entertained for hours! Don't forget to keep the experience alive by using your pictures, videos and best stories for putting together your Expedition Presentation.
	Deliver your Expedition 'Aim' Presentation at your school.

ADDITIONAL ITINERARY



Rest & Relaxation after your mighty Expedition



- The DofE Expedition team can choose the itinerary to include a trip on the Aiguille du Midi cable car to 3,466m height. 'Step Into The Void' glass chamber offers stunning views !

- Outdoor 25m swimming pool, amusement pool with waterfall, river rapids, water jets and massages, 130m covered toboggan, solarium, solarium, jacuzzi, sauna.



OUR SAFETY



British Standards Institution (BSI) BS 8848

Outlook Adventures Scotland is fully compliant to the British Standards Institution (BSI) BS 8848: A specification for adventurous activities, expeditions, visits and fieldwork outside the UK. This stipulates that one person or organisation is identified as the 'expedition organiser' and takes responsibility for all aspects of the trip including safety. Outlook's compliance to BS 8848 is your guarantee that when we use outside suppliers for any aspect of our expeditions - such as transport, accommodation or a specific activity - that they also follow the strict requirements of the standard.



Outlook Adventures are licenced by the (UK Health & Safety Executive) 'Adventure Activities Licensing Authority' (AALA) to provide outdoor adventure activities to young people under the age of 18 years.



Outlook Adventures are an 'Approved Activity Provider' (AAP) for the Duke of Edinburgh's Award, licensed for the following types of expeditions:

- Foot
 - Bike
 - Boat
 - Overseas
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Our Emergency Communications Kit

In-country mobiles - 2 x Mobile phones (local sim cards) which are used as the first means of communication.

Satellite Phone - The satellite phone is for emergency use, in situations where no other form of communication is available.

Emergency Satellite Beacon - The satellite beacon is for emergency use only. Once activated a GPS position is sent to the Expedition Operations room.