

## **Aosta & Borge Saint Maurice. Info and booking form**

**The Areas...** The Aosta valley (Italy) is the main transport route through the Alps and has fantastic mountain scenery. It's surrounded by the highest Alpine peaks like Mont Blanc and Monte Rosa and has some of the biggest glaciers in Europe feeding the rivers below, hence still good late summer.

The famous Borge Saint Maurice Vally (France) has a world class Slalom site on the river Isere (Lee Vally was based on this) and has class river sections beyond. Both areas are dam released during the high summer season giving us plenty to go at. You can expect hot sunny days, excellent white water and of course relax with a glass of vino during your holiday with us.

**The Rivers!...** The Dora Baltea is the main river running through the Aosta vally and has multiple sections from grade 2-4+, There is also some fantastic tribs as well like the Grande Eyvia a magnificent high Alpine classic. The Borge St Maurice area (River Isere) also has plenty to go at and is again dam controlled and regular releases during high and late summer. It has one of the best Slalom site in the world with its upper section class 4 and lower section class 3 so great for advanced paddlers and intermediates alike, it also has 2 other river sections after both fantastic grade 3 and 3/4 runs. There are lots to offer the paddler from Big volume dam releases to aqua marine blue technical gorge running. A great trip for the intermediate/advanced paddler. You should be happy on up to class 3+ water and a good reliable WW roll an advantage but not essential.

**Your Instructors** With over 18 years' experience level 5 coach Andy Holt will be accompanying you on your trip along with one of Andy's A-team coaches who already have many years of previous experience on Alpine rivers in Europe. We keep our ration low with no more than 1 to 4 so you will get lots of instructional time and feedback from you instructors.

**Accommodation and Catering** you will be based in the valley of Aosta for 4 days then moving to the Isere catchment for the final 3 days in excellent self-catering accommodation. Each apartment can accommodate up to 10 people and are very comfortable and spacious and has all amenities including two bathrooms. Food and drink is not included in the price of this trip, but the accommodation has a fully equipped kitchen and there are plenty of shops, bars and restaurants close by.

**Dates 11<sup>th</sup> - 18<sup>th</sup> August**

**Typical Itinerary** Arrive under your own steam, accommodation is available from Saturday. You get 6 full days of boating (Sunday to Friday), we leave the following Saturday.

**Cost £650** which includes excellent self-catering accommodation and all guiding and coaching.

We need a minimum of 3 people to run this trip. Places can sell out fast, secure your place by sending your completed booking form and deposit. The outstanding balance must be paid in full 4 weeks prior to the commencement date of the trip.

## Things you need to provide for yourself:

### Transport - Here are some suggestions for travelling

**By Car** Fill your car with paddlers, put the kayaks on top, jump on the ferry (Dover to Calais) then drive down. this is by far the cheapest option it is about 600 miles from Calais to the Aosta valley which should take you about 10 hours if you travel on the motorways you will have to pay motorway tolls and the Mont blanc tunnel fee which will be around 80 euros but this is by far the quickest way, you can avoid the motorways but will probably end up using more fuel and more time. We can also give you contact details of other paddlers on the course so you can arrange to travel together.

**By Air** You can get some fantastic deals nowadays with the low budget airlines (I use Easy jet or Ryan air) some will allow you to take your boat as well but please check with the airline first and get conformation beforehand if any problems when you turn up. The best destination to fly into is Turin or Geneva about 1-2 hour away. Other Airports are Milan.

**Other Useful Information** If you are travelling by car your best route from Calais is head towards Reims then Dijon followed by Geneva and Mont blanc tunnel. (Aosta and the Borge are 1 hour from the Tunnel)

If you are travelling yourself we can put you in touch with others on the trip to possible lift share.

**Personal Insurance** It is essential that you take out proper insurance that covers you for rescue and medical expense as an accident and medical care in the Alps can be very costly. There are a number of specialist insurances you can use who cover kayaking and rescue. There is a number of insurance providers who can be found on the net, a standard 10 day kayaking trip in Europe will cost you about £60.

**Equipment** A good river or creek boat is best for the Alps. You should have good solid footwear, BA and helmet as well. Italy can be super-hot at that time of the year and I found myself in my shorty cag a lot on previous trips; however, you can get the odd colder and rainy days so a decent drycag and warmer layers are advisable as well. A drysuit would be overkill.

### Kit List

Kayak and Paddle	Leisure wear for off the water
Buoyancy Aid	Towel and personal hygiene kit
Helmet	Your insurance details
Spraydeck	Passport and money (euros)
Solid Kayak shoes or boots	Camera (optional)
Personal paddling clothing (underlayers,wetsuit, cag ect)	Sun block and sun glasses
Throw line	The chalet doesn't provide bed linen bring your own if you require it

spare paddle if you have one

Drybags

Long sling or tape (4/5m)

Screwgate Karabiner

River knife

Small first aid kit (optional)

Other safety kit is your choice as myself and my guides carry full safety kits

Maps and Guidebooks White Water south Alps by Peter Knowles

*Gems of the Alps* by Joseph Haas

Maps Briançon I/R IGN map number 35360T scale 1:25 000

**Questions and Answers** please do not hesitate to ring or email me if you require any additional information

## BOOKING FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

TELEPHONE DAY \_\_\_\_\_ EVENING \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ OCCUPATION \_\_\_\_\_

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

\_\_\_\_\_

\_\_\_\_\_

**FEEES** the balance of your course fee is due 4 weeks prior to the start of your course in the meantime you should send your deposit of £150 along with this form. Leaving an outstanding balance of £500 made payable by bank transfer or cheque

THE FULL COURSE FEE IS £650

I have paid my deposit:

online (paypal)       bank transfer       cheque enclosed

Please make all cheques payable to **ANDREW HOLT** or if you wish to pay by Bank transfer please let me know and I will send you the details.

I confirm:

I am fit to take part in the course - I have included any medical conditions or other concerns on the form above

I have read and accept the terms and conditions of booking

I am over 18 years of age

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

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## **TERMS AND CONDITIONS** please read this section carefully before filling in your booking form

Escape to Adventure is a trading name of Andrew Holt.

All courses require a minimum of 3 people to run. Places can only be secured by submitting a completed booking form together with your deposit. We will confirm the course as soon as minimum numbers are met. The full balance is due no less than 4 weeks prior to the course start date.

### Cancellations by the client

All cancellations must be in writing. Once the course is confirmed your deposit is non-refundable. After the course is confirmed we will book accommodation, our own transportation and any additional guides needed for your course. If you cancel after the course is confirmed, we will invoice you for a proportion of the course fee to cover costs we have already incurred. If you cancel 4 weeks or less before the start of the course the full course fee will be payable. We are happy for you to transfer your place on the course to another paddler, provided he/she meets the minimum pre-requisites and pays any outstanding balance due.

### Cancellations by Escape to Adventure

We are fully committed to ensure that your course/activities will actually run, however Escape to Adventure will notify the client if we believe that the course has to be cancelled due to dangerous/unsuitable conditions or other situations beyond our control. Escape to Adventure may cancel the course where numbers fail to reach a workable level. We will give no less than 4 weeks' notice of this. In any situation where the course has to be cancelled by Escape to Adventure we will offer the client a full refund of the course fee paid by the client or an alternative course and date.

### Safety & Insurance

Escape to Adventure only employ fully trained and qualified instructors to undertake the activities we do and we will do our utmost to limit the risk of injury during an activity. However, participation in adventurous sports entails some risk, water sports and adventurous activities are hazardous by nature and participants in such activities must accept that there is some element of risk or injury. Under 18s must be accompanied by a parent or guardian over the age of 18. A reasonable level of physical fitness is needed. Escape to Adventure will not be responsible for loss or damage to clients' own equipment or injury caused by the clients' own equipment being defective. Advice will be given on the suitability of personal equipment before any activities take place.

Pre-requisite paddler experience is put in place for the safety and enjoyment of everyone on the trip. Whilst we do our best to accommodate clients' wishes, our instructors will tailor the itinerary to suit the skills and abilities of the group. Where an individual does not meet the advertised pre-requisite standard we may not allow him/her to paddle some rivers or sections of rivers. Anyone deliberately or recklessly failing to follow our reasonable instructions on the river, or whose behaviour is affecting the safety or enjoyment of the group, may be required to leave the trip.

We emphasize that the course fee only covers arrangement of accommodation, guiding/coaching. All clients must put their own personal insurance in place to cover days lost due to illness or injury, delayed arrival, lost luggage or equipment etc. Clients must ensure their personal insurance includes comprehensive medical cover for the activities to be undertaken.