

## CHARACTERISTICS OF THE TRIP

### Available in the following formats :

From 7 days / 6 nights to 2 days / 1 night, during the week or the week-end.

### Period :

From 1st of April to 30th of November.

### Number of persons :

From 6 to 12 persons.

### Distance and difference of level per day :

Average of 25 to 35km and between 500 and 1000 meters of positive difference of level per day. On group's demand (via the pre-register form) or true to our mountain leader's assessment, the difference of level and the distance will be adjusted if necessary.

## LEVEL

For average level to good level bikers. Some technical tracks could be chosen in relation to the assessed technical level of the group.

## LUGGAGE

SUNYDALE manage the transportation of luggage between night residences (around 15kg per person) and everyone carries what is necessary during the day (water, picnic, kway,...) in a small backpack.

## LEADERSHIP

The groups are supervised by State graduated mountain leaders.

The logistic team of SUNYDALE® will also be in the side of the group for the general and technical assistance.

## ACCOMODATION & MEALS

Chalets, inns, hotels, shelters. Individual or common sanitary facilities. Sheets and covers supplied or sleeping bag to be foreseen in certain cases.

In all cases, diner, lunch picnic and breakfast are supplied.

## 2 POSSIBLE ROUTES

### West-East Axis : Epinal-Hohneck for 7 days

- Meeting at the railway station of Epinal the day before at 19h00 or the morning of d-day at 9h00
- 3 days in the forest piedmont : Olima forest, Bouzey lake, croisette d'Hérival, falls of Géhard
- 4 days in the Hautes-Vosges : Haut du Roc, Mérelle observatory, Gérardmer lake, Hohneck, Retournermer lake
- Transfer done from Hautes-Vosges to Epinal after last day lunch.

### North-South Axis : Hautes-Vosges for 7 days

- Meeting at the railway station of Saint-dié des Vosges the day before at 19h00 or the morning of d-day at 9h00
- 7 days in the Hautes-Vosges : the balloons (Tanet, Hohneck, Rainkopf, Grand Ballon, of Alsace,...), the lakes (Perches, Neuweiher, Blanchemer,...) and views on Alsace plain and on the Alpes
- Transfer done from Hautes-Vosges to Saint-dié des Vosges after last day lunch.

Whatever the axis is, for the groups that will have chosen trips of less than 7 days (6 to 2 days), SUNYDALE® will define in accordance with the group which parts of the axis will be done.

This choice will be made after the pre-registration of the group, during the final registration process.

Also, whatever the axis and the duration, SUNYDALE® manages the transportation of the group between railway stations and bike spots.

## ACCESS

Meetings with SUNYDALE® are at railway stations of Epinal, Remiremont or St Dié des Vosges, with regards to the axis of the routes and to the duration, both chosen by the group. Those meetings will be defined during the final registration process.

## INSURANCES

During a registration in a SUNYDALE® stay, the customer is insured only within the framework of the guarantee Civil liability. It is thus necessary to sign in a private capacity an individual guarantee accident and send a copy of it to SUNYDALE®.

## REGISTRATION, CANCELLATION

Complete payment during final registration

### Conditions of Cancellation:

- 30 to 21 days before group's arrival, 30% of total price
- 20 to 10 days before group's arrival, 50% of total price
- 9 days to group's arrival, 100% of total price.

## NECESSARY EQUIPMENT

### During the day :

- A mountain bike adapted to the practice of enduro or X-country
- Clothes for mountain bike practice adapted to the season
- Other clothes according to the season (swimsuits, k-way)
- 1 light backpack for day
- Water gourd(s)
- sun cream
- Minimum of repair materials (at least 2 inner tubes, keys)
- Personal pharmacy for the common small problems (cleaning small wounds, headaches)
- 1 pocketknife
- Toilet paper
- ID card
- Cash allowance

### For evening :

- Extra clothes for the other days
- 1 overnight bag to be confided to the carrier
- 1 sleeping bag
- 1 bath towel and toilet bag
- Flashlight or frontal

## ARRIVING THE DAY BEFORE

### Epinal:

« Etap'Hôtel »

Phone: +33 (0)8 92 68 31 89

« Hôtel Kyriad » ( in front of railway station)

Phone: +33 (0)3 29 82 10 74

### St Dié des Vosges

« Hôtel Ibis »

Phone: +33 (0)3 29 42 24 22

### Remiremont

« Etap'Hôtel »

Phone: +33 (0)8 92 68 30 07

« Hôtel Balladins »

Phone: +33 (0)3 29 26 12 61

If you travel by train, SUNYDALE® will welcome you at the station and will drive you to your hotel.

## IF LAST MINUTE PROBLEM

It is possible to contact SUNYDALE® :  
+33 (0)6.71.90.97.23 or +33(0)6.72.51.25.95