

## CHARACTERISTICS OF THE TRIP

*Available in the following formats :*  
4 days / 3 nights or 3 days / 2 nights, during week or week-end.

### *Period :*

Departures from 15th of December to 31st of March

### *Number of persons :*

From 8 to 12 persons.

## LEVEL

For average level sports(wo)men. The level of practice of activities will be adjusted to the group's members.

## TRANSFERS

SUNYDALE® manages the transfers of the group and of luggage between sites when it is necessary. Everyone carries what is necessary during the day (water, picnic,...) in a small backpack.

## LEADERSHIP

The groups are supervised by State graduated mountain leaders or guides.

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

Mountain leaders and guides will just adjust routes or activities in relation to weather conditions.

## ACCESS

Meetings with SUNYDALE® will be decided in relation with the duration of the stay chosen by the group.

## ACCOMODATION & MEALS

Inn and shelter for 2 nights and trapper tent for one night. Sheets and covers supplied in the inn and sleeping bag to be foreseen for the tent and the shelter.

In all cases, diners, lunches, picnics and breakfasts are supplied, during the stay.

## 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 :*

- Clothes adapted to the season (ski or snow trekking clothes)
- For snow-canyoning, its is recommended to bring mountain boots on which crampons can be fixed.
- 1 light backpack for day
- Water gourd(s)
- sun cream
- 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 to be confided to the carrier
- 1 bath towel and toilet bag
- Flashlight or frontal

## ARRIVING THE DAY BEFORE OR EXTENDING THE STAY

### *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