

CHARACTERISTICS OF THE TRIP

Available in the following formats :

From 2 days / 2 nights to 3 days / 2 nights, during the week or the week-end.

Period :

From 1st of April to 30th of November.

Number of persons :

From 6 to 10 persons.

Runs & difference of level per day :

Depending on the group's ability level and on the weather conditions, you will be able to practice between 5 to 10 DH trails per day, i.e. 2000 to 4000m of negative difference of level per day.

LEVEL

For experienced and agile MTBikers, without being experts of DH practice. After skills tests, the guide will choose the right trails so that each rider can practice in relation to his skills. The guide-instructor will also propose advices to help you enjoy more the trails by riding more safely and more efficiently.

TRANSFERS

SUNYDALE® manages the transportation of riders and bikes for all transfers between the spots and to the tops of slopes & trails.

LEADERSHIP

The groups are supervised by a State graduated MTB guide-instructor, who is member of VARIATION TOUT TERRAIN squad.



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

ACCOMODATION & MEALS

The base camp is a mountain refuge or inn, both warmful and fonctionnal, with common sanitary facilities and dormitories (sleeping bag to be foreseen).

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

PROGRAMMES

3 days - 2 nights :

- day 1 : skills tests, slope of regional DH* race series, enduro trails
- day 2 : enduro trails
- day 3 : enduro trails or permanent slopes in station

2 days - 2 nights : same without day 3

The number of runs that will be done is function of group's ability level and of weather conditions

ACCESS

Meetings with SUNYDALE® are at railway station of Remiremont, or directly at the inn or refuge.

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

MTB stuffs :

- A mountain bike adapted to the practice of enduro or freeride
- Basic protections : MTB helmet, knee pads (if you do not have that stuff, call us and we'll find a solution for you).
- Other recommended protections : elbow pads and body amour.
- Minimum of repair materials (at least 2 inner tubes, keys,...)
- Clothes adapted to the practice and to the season (pants or shorts, long sleeves shirts, long gloves,...)

Other stuffs for the day :

- Other clothes according to the season (swimsuits, k-way)
- 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 sleeping bag
- 1 bath towel and toilet bag
- Flashlight or frontal

ARRIVING THE DAY BEFORE

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