

CHARACTERISTICS OF THE TRIP

Available in the following formats :

From 4 days / 3 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 :

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 sports(women) from an average to an excellent level. As the sports that the group is going to practice do not require specific technical capabilities, even for MTB, this raid is accessible to all sports(women).

LUGGAGE

SUNYDALE® manages 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

Inns and 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, during the stay.

ROUTES & PROGRAMMES

Routes are defined in relation to the number of days and the level of the group.

The playground is located on the crests, in the valleys and around the glacier lakes :

- West to East : Ballon d'Alsace, Grand Ventron, Rainkopf, Grand Ballon
- North to South : Tête des Faux, Tanet, Hohneck, Grand Ballon

2 different disciplines per day : nordic walking + MTB ; Orientation + Trail ; MTB + Trail ; end of the raid with a relaxing trek.

ACCESS

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

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 a practice in the forest and on rocky trails
- Clothes for mountain bike practice adapted to the season
- Clothes for trekking and trail running 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