

Walking & mountain biking holidays

**OUT  
BREAK**  
ADVENTURE HOLIDAYS







“I can’t put into words how much fun Jen and I had last week. It was a fantastic holiday!”

Edward J, Alps 2007



# Welcome to OutBreak Adventure

## Challenging walking & mountain biking holidays

We love sharing our passion for the outdoors and since starting out in 2004, we have always strived to offer challenging experiences to our guests, whether on two feet or two wheels.

However, we recognise that ‘a challenge’ is different for everyone and for that reason we’ve developed a range of holidays and a grading system, to ensure that people of varying abilities can find just the holiday for them.

Regardless of which holiday you choose, you will always find a fun, friendly and professional approach; quality accommodation in the special places that we’ve discovered; and a desire to make your time with us as care free as all holidays should be.

This brochure is designed to give you a taste of what an OutBreak Adventure Holiday is all about. For more detailed information, take a look at our website, or get in touch with us. And with new holidays in exotic locations in the planning, we suggest you subscribe to our monthly newsletter, to be kept informed, which you can do via the website.

Happy holidays!

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**www.outbreak-adventure.co.uk**

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### Walking holidays grading system

Our holidays have different difficulty grades. The grade(s) for each week are detailed on the dates and prices insert and on our website. We use ‘Peaks’ to designate the difficulty level of each holiday:

▲▲ Longest day 5 to 7 hours and ascents up to 900m (3,000ft) – equivalent to climbing Snowdon on the Miner’s Track. Perhaps some scrambling but very limited exposure to heights. You should be used to walking all day, but you don’t need to be especially fit.

▲▲▲ Longest day 7 to 9 hours and ascents up to 1,200m (4,000ft) – equivalent to climbing Snowdon on the Watkin Path. Some scrambling and walking in difficult terrain, including passages equipped with chains and cables. You need to be a fairly regular walker, with a good head for heights.

▲▲▲▲ Longest day 9 to 11 hours and ascents up to 1,500m (5,000ft) – equivalent to climbing Ben Nevis from Fort William. Considerable scrambling, walking in difficult terrain, snow encounters and sustained exposure to height. You need to be a keen, regular walker and fit enough to run 10 kilometres in under an hour.

Note that for all grades, the pace is always leisurely and we stop regularly to admire the views and discuss the environment around us. Within reasonable limits the pace will be adjusted to suit everyone within the group. Contact us to discuss these grades in detail.





# Mountain bike holidays, French Alps

Accompanied & GPS-guided riding

Our lift assisted alpine mountain bike holidays are based in the Grand Massif area of the Haute Savoie, in the French Alps, just next door to our more famous neighbour, the Portes du Soleil. Due to the nature of the terrain, these holidays are aimed at experienced mountain bikers, capable of tackling long, technical descents, who are also willing and able to climb during some epic days in the mountains.

If you enjoy challenging days out, set within an exceptional setting, you'll be in good company. Although you will spend much of each day descending or contouring the mountain sides on varying trail types, with plenty of epic singletrack, we do not classify our holidays as downhill, but rather 'all mountain' or 'extreme XC'.

The Grand Massif area spreads from our base in the lovely Haut Giffre valley, across towards the adjacent Chamonix valley, giving us hundreds of kilometres of mountain bike trails to choose from.

## Accommodation

Accommodation is in one of our charming catered chalets in the beautiful alpine village of Samoëns. To find out more about our accommodation and the region, go to page 8.

## Lift & vehicle assistance

The Grand Massif offers lift assisted riding, providing quick and easy access to the high mountains. However, this doesn't cover every ascent in our vast mountainous playground and you should be prepared to climb on some occasions. We also make use of our vehicles and bespoke bike trailer.

## Accompanied riding

As part of our alpine mountain bike holidays, we offer accompanied riding on five days of the week. As well as being a helpful, friendly face throughout your holiday, our staff allow you to benefit from our local knowledge and to share your experiences with our other like-minded guests. They can also lend a hand with trail-side repairs and will help you get the most out of the area. Group sizes are typically six to eight people.

## GPS-guided riding

We have now made our routes available in GPS format for groups wishing to come and explore this exceptional mountain biking region at their own pace, while tapping into our extensive trail knowledge and logistical support. GPS units are available to rent.

## Bikes & bike hire

We recommend guests bring their own bikes and ensure they are in good working order prior to arrival. We have secure storage, plus maintenance facilities and will support you in keeping your bike in good shape. There are also a wide selection of bikes available to rent locally, at various qualities and prices.



### HOLIDAY PROFILE

Country: **France**  
Region: **Haute Savoie, French Alps**  
Type: **Centre based (chalet)**  
**Accompanied or GPS-guided**  
Duration: **7 or 4 nights**  
Dates: **July to August**  
Prices: **Refer to dates & prices insert**

### Highlights

- + 17km trail, descending 1,700 metres
- + The classic and epic 'Flaine Loop'
- + Endless, natural alpine singletrack
- + Returning to a cool beer at the chalet

### What's included

- + Five days of accompanied riding
- + Local transport as required
- + Quality chalet accommodation
- + Bike storage and maintenance support
- + Breakfast on seven mornings
- + Packed lunch on five days
- + Three course evening meal on six nights
- + Dinner table beer, wine and soft drinks
- + Transfers (at additional cost)

### What's not

- Flights or ferry crossings
- Travel insurance
- Ski lift charges and bike rental
- Dinner on one evening
- Additional activities

### Find out more

[www.outbreak-adventure.co.uk/alpmtb](http://www.outbreak-adventure.co.uk/alpmtb)





## Chalet based walking, French Alps

### Guided & self-guided walking holidays

Our classic chalet based walking holidays combine challenging day walks in the beautiful Haut Giffre valley in the Haute Savoie, with the comfort and conviviality of our superb catered chalet accommodation in the attractive village of Samoëns.

Spend the day exploring this wonderful alpine region, then return to the comfort of our charming catered chalet, to relax and share your day's experiences with our other guests, while we take care of everything else.

### Trails & difficulty

As with all our holidays we aim to offer a challenging experience. We have given these holidays a difficulty grade of either two or three Peaks, depending on the specific week, with both grades available on certain weeks. Refer to the welcome page to find out about our grading system and the dates and prices insert for the grade of specific weeks.

The Haut Giffre valley offers stunning scenery, including views across to the Mont Blanc massif, countless waterfalls in the U-shaped Bout du Monde (End of the World) valley, or the feeling of being on top of the world during the dramatically named Roc d'Enfer (Hell Rock) walk.

### Flora & fauna

Wildlife abounds in the Haut Giffre and the chances are you'll spot Chamois, Alpine Ibex and Marmots. The flora is no less exceptional and we'll see rare orchids, the emblematic Gentian and perhaps also Edelweiss.

### Accommodation

Our flagship catered chalet, La Maison de Fifine, is over 500 years old and full of character and charm. Its rustic feel offers a level of authenticity rarely found in more modern chalets. Our second home-from-home, Chalet Amaryllis, is a beautifully equipped chalet in the heart of Samoëns village. You can find out more about our wonderful hosted accommodation on page 8.

### Guided holidays

On our small group guided walking holidays a typical group size is eight guests and one guide, who is there to ensure that none of the gems of the valley remain unexplored. He is also on hand in the chalet during the evening, to discuss the walks with the group and to provide support, advice and a friendly face.

### Self-guided holidays

For those who prefer a little more independence, our self-guided holidays allow you to take advantage of our logistical support and local knowledge to explore the wonderful Haut Giffre valley at your own pace. We provide route guides and maps (plus optional GPS units), transport and transfers, lovely catered chalet accommodation, advice and support, freeing you up to enjoy your holiday.



### HOLIDAY PROFILE

Country: **France**  
Region: **Haute Savoie, French Alps**  
Type: **Centre based (chalet)**  
**Guided or self-guided**  
Grade: **▲▲ or ▲▲▲**  
(dependant on week, see insert)  
Duration: **7 or 4 nights**  
Dates: **June to September**  
Prices: **Refer to dates & prices insert**

### Highlights

- + Walking to the 'End of the World'
- + Views across to the Mont Blanc massif
- + Returning to fresh tea and cake
- + Sharing stories over dinner

### What's included

- + Five days of guided walking
- + Local transport to and from walks
- + Quality chalet accommodation
- + Breakfast on seven mornings
- + Packed lunch on five days
- + Three course evening meal on six nights
- + Dinner table beer, wine and soft drinks
- + Transfers (at additional cost)

### What's not

- Flights or ferry crossings
- Travel insurance
- Dinner on one evening
- Additional activities

### Find out more

[www.outbreak-adventure.co.uk/alpwalk](http://www.outbreak-adventure.co.uk/alpwalk)





**HOLIDAY PROFILE**

Country: **France**  
Region: **Haute Savoie, French Alps**  
Type: **Guided multi-day treks (Mountain hut and chalet)**  
Grade: **▲▲▲ or ▲▲▲▲**  
(dependant on week, see insert)  
Duration: **7 nights (8 days)**  
Dates: **July to September**  
Prices: **Refer to price list insert**

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**Highlights**

- + Travelling deep into the mountains
- + Starry nights spent high in the mountains
- + Lighter pack than on a seven-day trek
- + Wildlife including Ibex and Vultures

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**What's included**

- + Five days of guided walking
- + Local transport as required
- + Either 3 or 4 nights in catered chalet
- + Either 3 or 4 nights in mountain huts  
(dependant on week, see insert)
- + Breakfast on seven mornings
- + Packed lunch on five days
- + Evening meals on all but one night
- + Transfers (at additional cost)

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**What's not**

- Flights or ferry crossings
- Travel insurance
- Dinner on one evening

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**Find out more**

[www.outbreak-adventure.co.uk/alptrek](http://www.outbreak-adventure.co.uk/alptrek)

# Guided multi-day treks, French Alps

Combining chalet and mountain hut accommodation

New for this year are our multi-day treks, where we combine the best of two worlds; comfortable chalet accommodation and nights out on the mountain. These holidays consist of two multi-day walks where we spend first one, then either two or three nights in mountain huts, depending on the grading for that week.

The first and last nights are spent in chalet accommodation, providing a comfortable beginning and end to your holiday. And between the two treks, we also come back to the village and the luxury of our chalet.

## Trails & difficulty

Our guided multi-day treks are graded either three or four Peaks dependant on the week. Refer to the dates and prices insert to find out the specific grading for each week.

Spending nights in mountain huts allows us to reach further into the high mountains – compared to our day walks – and gives us access to wilder and more untouched terrain. The chances of seeing wildlife also further increase when going deeper into the mountains.

## Guiding & support

These holidays include five days of guided walking, provided by our qualified guide. A typical group size on these treks is eight guests and one guide. Your guide is there to help you access the most beautiful parts of the region and to provide an experienced pair of hands, keeping you safe and providing an insight into the geology and history of this wonderful area, as well as a better

understanding and greater appreciation of the local alpine flora and fauna.

## Accommodation

Chalet Amaryllis is our luxurious base during the nights in Samoëns village. The chalet is situated just off the market square in the village centre and is an ideal place to rest and recharge between the two multi-day treks.

Although located high up in the mountains (at around 2,000 metres altitude), the mountain huts we use are manned by staff, with bedding and meals being provided, meaning you only need to carry a good sized day pack.

## The Haut Giffre

The Haut Giffre valley and its surroundings offers one of the most unspoilt settings in the northern French Alps, with spectacular views of the Mont Blanc massif only a few kilometres away in the adjacent Chamonix valley. In addition, it is blessed with the Sixt-Passy nature reserve, one of the largest in France. Its sheer size and vast span of altitude, from 900 metres up to 3,096 metres, ensures a richness and variety of flora and fauna rarely encountered elsewhere. Find out more about the Haut Giffre on page 8.

# Snowshoeing holidays, French Alps

Wonderful winter walking holidays

Discover the beauty and tranquillity of the French Alps during winter time. Go walking completely off-piste in untracked territory, leaving the crowds and ski stations far behind. Follow animal tracks, admire the natural beauty of frozen waterfalls and gaze on the splendour of the Mont Blanc massif. Snowshoeing is a truly unique experience!

Snowshoes are a lightweight device which attach to your walking boots, spreading your weight across the snow and allowing you to cross snow covered terrain without sinking. Unlike cross-country skiing, snowshoeing requires very little technique and you will quickly feel comfortable and secure on them. Snowshoes allow you to walk quite normally in snow covered terrain and snowshoe walking is only slightly more strenuous than normal mountain walking.

## Trails & difficulty

We have given our snowshoeing holidays a three Peaks grading. As with our walking holidays, we aim to offer a challenging experience to those with a good level of fitness, but you don't need to be super-human and it's not an endurance test.

You can expect to be out on the mountain for up to eight hours a day, although this allows ample time for a leisurely lunch and plenty of rest stops along the way.

Your guide and host will be Gustav, our qualified International Mountain Leader. He will not only guarantee your safety on the mountain, but will make sure that you get the maximum out of your holiday with us.

Although five days of guided snowshoeing are included, you don't have to go out each day. You may decide to take an additional rest day, or spend a day skiing or boarding on the extensive pistes that abound the Grand Massif, which is one of the largest ski areas in Europe.

## Accommodation

Each afternoon you will return to the comfort and hospitality of our wonderful catered chalet, in the village of Samoëns, where you will be able to relax in front of the open fire and enjoy the hospitality of your hosts as well as the company of your fellow guests.

## The Haut Giffre

Samoëns village sits in the wide and open Haut Giffre valley, which forms part of the Grand Massif ski area in the French Alps.

The local geology of our valley – mainly soft rock such as limestone and shale – lends itself to fantastic rock formations, immense U-shaped glacial valleys and horseshoe-shaped cirques, which will be in evidence during our walks.

To find out more about the accommodation and the region, go to page 8.



**HOLIDAY PROFILE**

Country: **France**  
Region: **Haute Savoie, French Alps**  
Type: **Guided, centre based (chalet)**  
Grade: **▲▲▲**  
Duration: **7 nights (8 days)**  
Dates: **March to April**  
Prices: **Refer to price list insert**

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**Highlights**

- + Getting away from the crowded slopes
- + Being amongst snow covered peaks
- + Tea and cake on your return to the chalet
- + Relaxing in the chalet sauna

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**What's included**

- + Five days of guided snowshoeing
- + Local transport as required
- + Quality chalet accommodation
- + Breakfast on seven mornings
- + Packed lunch on five days
- + Three course evening meal on six nights
- + Dinner table beer, wine and soft drinks
- + Snowshoes and poles
- + Transfers (at additional cost)

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**What's not**

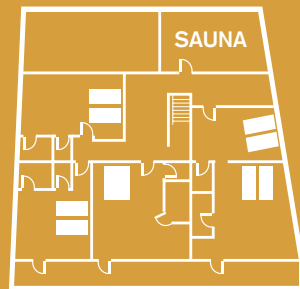
- Flights or ferry crossings
- Travel insurance
- Dinner on one evening
- Note that a ski lift pass is not required

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**Find out more**

[www.outbreak-adventure.co.uk/alpsnow](http://www.outbreak-adventure.co.uk/alpsnow)





# Alpine accommodation

## La Maison de Fifine

Our flagship chalet is La Maison de Fifine, set on a south facing hillside and nestled in a quiet spot, just 400 metres from the centre of Samoëns village.

This 500 year old building has an abundance of character and has been carefully furnished in an authentic style, which is one of the reasons why it has been awarded five stars by the local authority. As well as having six guest rooms, there is also a sauna, spacious living/dining room and gardens.

Three of the bedrooms lead onto the south facing balcony, overlooking the garden and all of the bedrooms have en-suite facilities. Two rooms have one double bed each, three have two singles and one has four singles.

## Chalet Amaryllis

Our second home-from-home is a luxurious chalet sitting just off the market square in the village centre. The main house has five guest bedrooms, all with en-suite facilities and all include a CD/MP3 player and towels.

The dining area is double height and has a huge picture window with views of the surrounding mountains. There are a number of comfy sofas where you can warm yourself by the fire. The large wooden dining table is often the main focus and with all the guests seated together you can be assured of a fun and relaxed atmosphere over dinner.

And what better way to unwind after a hard day on the mountain, than with a drink and a soak in the hot tub, situated on the balcony.

## Cuisine

Our holidays are full board. A one week holiday includes a hearty breakfast each day. We then lay out a range of options for people to make up their own packed lunches on the five activity days.

You will then find tea and cakes waiting for you on your return to the chalet. On all but one evening there will be a sumptuous three course evening meal, including dinner table wine and beer. The cook's rest day will give you the opportunity to try out some local Savoyard specialities in one of the town's restaurants.

Of course we cater for vegetarians or other special dietary requirements, as long as we are informed during the booking process.

# Regional information

Samoëns is the only mountain resort in France to be classed as a conservation village, which has helped it maintain its unique character and a very French feel. Situated in the Haut Giffre valley in the Haute Savoie, it's located in the heart of the French Alps, yet it's just an hour from Geneva. The valley is adjacent to the Chamonix valley, which means that we benefit from stunning views of the Mont Blanc massif.

This mixture of authentic French charm and breathtaking beauty is why we chose this region as the original location for our holidays.

Market day is Wednesday, which is usually a rest day for our staff and guests. This is a perfect opportunity to spend some time exploring the village, which has a variety of bars and restaurants, many offering local Savoyard specialities. You will also find an outdoor swimming pool and a lake within easy walking distance of the chalets.

## Other activities

Samoëns is also a great location for a host of other adventure activities. These can be arranged when you arrive and we will often participate as a group. They include:

- + Canyoning
- + Canoe and kayaking
- + Hydrospeed
- + Paragliding
- + Pony trekking
- + Via ferrata
- + White water rafting

## Getting there

We provide a transfer service for our guests from Geneva airport and train station. For those who wish to drive (about nine hours from Calais), we provide directions in our pre-holiday packs.





# Centre based walking, French Pyrenees

## Spring & autumn walking holidays close to the Mediterranean

Our small group guided Pyrenean walking holidays are based at a beautiful old fruit farm in the Eastern French Pyrenees. Being in the mountains, yet only an hour from the Mediterranean and with the finest weather in France, averaging 300 days of sunshine per year, we have the best of everything.

### Trails & difficulty

These holidays are graded either two or three Peaks, depending on the week. Refer to dates and prices insert for grading of specific weeks. They are designed to be challenging for normal, fit and healthy people.

We have a diverse range of walks available, from coastal to high mountain, which our resident guide and host will explore with our guests. The maximum group size on these holidays is eight guests.

Much of our walking takes place on the Canigou massif, which is our local mountain range and offers a variety of challenges. We also spend a day exploring the coastline, where the Mediterranean meets the foothills of the Pyrenees, close to the Spanish border.

### Guiding & support

Included in the cost of your holiday is five days of guided walking, provided by our qualified guide. He is there to ensure your safety and to provide a wealth of knowledge about the geology and local wildlife, which includes Griffon Vulture, Golden Eagle, Isard and other rare local species.

Our guide is also resident in the farmhouse, along with our hosts, to discuss the day's

walks with the group and to provide support, advice and a friendly face throughout your stay. A typical evening consists of a leisurely dinner, followed by a slideshow of the day's photos in front of the open fire.

### Accommodation

Can Llouquette is an old fruit farm, which has been tastefully converted into comfortable accommodation for up to eight guests. Set in 11 acres of grounds and gardens, it's a haven of peace and tranquillity. Situated in an idyllic location, in the foothills of the famous Mount Canigou, it's about a mile from the nearest village – Montferrer.

### The region

Can Llouquette is located in the Vallespir valley in the French Pyrenean mountains, literally a stone's throw from the Spanish border. It's in the region of Languedoc-Roussillon, which is the most southerly region in France, and with sunshine through the summer and winter averaging over 300 days a year, it is also the sunniest.

Montferrer, our nearest village – deriving its name from the local historic industry of iron mining – is about a mile away. It's a small, picturesque place with a bar and restaurant.



### HOLIDAY PROFILE

Country: **France**  
Region: **Pyrénées-Orientales**  
Type: **Guided, centre based**  
**(converted fruit farm)**  
Grade: **▲▲ or ▲▲▲**  
(dependant on week, see insert)  
Duration: **7 nights (8 days)**  
Dates: **May and October**  
Prices: **Refer to price list insert**

### Highlights

- + Vultures and rare mountain wildlife
- + Lovely Mediterranean weather
- + Walking along rugged coastline
- + Views of the Canigou Massif
- + Wonderful Autumn colours

### What's included

- + Five days of guided walking
- + Local transport to and from walks
- + Converted fruit farm accommodation
- + Breakfast on seven mornings
- + Packed lunch on five days
- + Three course evening meal on six nights
- + Dinner table beer, wine and soft drinks
- + Transfers (at additional cost)

### What's not

- Flights or ferry crossings
- Travel insurance
- Dinner on one evening

### Find out more

[www.outbreak-adventure.co.uk/pyrwalk](http://www.outbreak-adventure.co.uk/pyrwalk)



## Making an enquiry & booking

A ‘Dates & prices’ insert should have been included within this brochure. As well as having dates and prices for all of our holidays, it includes a difficulty grading for each specific week of each holiday. If the insert is missing, check our website for details. And if you would like any advice or to discuss which holiday and grade might best suit you, then do not hesitate to contact us.

If you are interested in making a booking, you can either get in touch by calling or emailing us, to check availability. Or you can send us an enquiry via our website, which contains more detailed information. Simply find the holiday you are interested in, then select the ‘Make an enquiry’ option and complete the simple online form.

We will then respond, confirm availability and provisionally reserve space for you. You then have seven days to confirm the booking by providing a few more details and paying a deposit payment, or full payment if less than eight weeks to the start of the holiday.

On receipt of the payment we will send you a booking confirmation and a copy of our pre-holiday pack, containing a kit list and a range of other useful information.

For lots more information visit

**[www.outbreak-adventure.co.uk](http://www.outbreak-adventure.co.uk)**

### Travelling solo?

A majority of our bookings are from solo travellers and we generally don't charge a single supplement. However, we do ask our single guests to share one of our twin rooms with another single guest of the same sex.

### Travelling with kids?

Due to the challenging nature of our holidays, they are generally not suitable for children under 12 years of age, although we may have special family weeks available. We have a special rate for children between the ages of 12 and 16, based on them sharing a room with their parents.

### Guest gallery & photo credits

All of the photos in this brochure have been taken on our holidays by either staff or guests, whom we'd like to thank. Special thanks go to Andy Lawrence and Gustav, for their contributions. Photos are also posted up after each week of the season in our Guest Gallery, just here; [www.outbreak-adventure.co.uk/guestgallery](http://www.outbreak-adventure.co.uk/guestgallery)

### OutBreak Adventure Holidays

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“The best holidays are little voyages of self discovery where, by leaving behind the dull shores of reality, one can see what lies just over the horizon and return with gifts never found in any departure lounge shopping mall.

My holiday with you was one such and I thank you for it. I have yet to encounter an organisation whose devotion to this ideal was more sincere.”

Laurence W, Pyrenees, 2007



# Win a holiday for two!

In association with Mountain Warehouse – the discount outdoor store – we are offering you the chance to win a fantastic one week walking or mountain bike holiday for two, to either the French Alps or the Pyrenees.

To enter, simply visit our website and complete the online form. Terms and conditions apply, see our website for details.

Enter our competition here:

**[www.outbreak-adventure.co.uk/competition](http://www.outbreak-adventure.co.uk/competition)**



in association with

**MOUNTAIN  
WAREHOUSE**

[www.mountainwarehouse.com](http://www.mountainwarehouse.com)