



MONT BLANC CIRCUIT

FOR
CONTINUING MEDICAL EDUCATION



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TRIP SUMMARY

One of the classic treks of the world! In this trip you will be hiking and sampling the flavors and cultures of the 3 different countries that share the massif: France, Italy and Switzerland. The trek is dominated by spectacular views of the highest peaks in the Alps, Mt. Blanc being the highest mountain in Western Europe reaching 4,810 m (15,781 ft). You'll be trekking on ancient pack animal routes, over high passes (maximum elevation 8,760'), and through small villages and alpine pastures. Each night you will stay in either charming mountain inns or simple but welcoming hotels.

The tour of Mont Blanc is a 11-day trip with 9 days of hiking (5 – 7 hrs. per day with an elevation gain of between 2,000ft. – 3,000ft. per day). This is a strenuous trip for fit, active people. A “must do” for every mountain hiker! This beautiful walking country with clear, clean air, dark pine forests, gleaming glaciers and soaring rocky peaks is absolutely breathtaking!

TRIP SPECIFICS

Included in price:

- Hotel accommodations (half-board)
- A qualified guide
- All meals (Continental breakfast, picnic lunches & dinner), except for dinner on Days 2, 6 & 9
- Group transfer from and to the airport
- All transport during the trip including any cable cars

Not included in price:

- Airfare
- Breakfast & Lunch on Day 1
- Dinner on Days 2, 6 & 9
- Any drinks with the meals
- Non-group airport transfers
- Travel and cancellation insurance

Our Guides

All the guides are members of the Compagnie des Guides de Chamonix - the oldest and biggest guide company in the world. They are fully accredited with professional certificates obtained through the French government - Ministry of Sport. They are always enthusiastic and pleased to share their knowledge of the local area and their passion for adventure and the outdoors.

Accommodations

The price is based upon 2 people sharing a room. Those requesting single accommodation will be charged extra but their availability is restricted to only 2 people. Hotels and simple mountain inns are used. Some are three star hotels with en-suite facilities. Some are more basic than others with fewer facilities. One of the hotels has no in room facilities – they are located down the hallway. Please note that hotel/lodging selections can change to similar quality options, based on availability.

Meals

The evening meals are set meals, not a la carte. Breakfast is continental style with fruit juice and cereals. Picnics are self-made from a selection of goodies bought each day - meats, cheese, fresh fruit and salad. Cereal and chocolate bars are provided as energy snacks. Don't hesitate to tell us if you have any special dietary needs and we will try to accommodate you.

ITINERARY SNAPSHOT

(Meals included: B=Breakfast, L=Lunch, D=Dinner)

Day 1	Group transfer from Geneva Airport at 2:00 PM to your hotel in Chamonix. Group briefing before welcome dinner. (D)
Day 2	Train ride up to Montenvert to see the Mer de Glace with stunning views of the glacier and the surrounding summits. We continue the ascent to Point Vue to appreciate this wonderful view. Descend to Chamonix. Dinner on your own. Hike time: 5 hrs. (B+L)
Day 3	Hike below the tumbling Bionnassay Glacier. Walk through the thickly wooded hillside to the charming small town of Les Contamines where we will overnight. Hike time: 6 hrs. (B+L+D)
Day 4	Today we have a long ascent! Truly a mountain day on a variety of trails. We spend the night in the simple but welcoming Auberge La Nova at Les Chapieux. Hike time: 7 hours. (B+L+D)
Day 5	We transfer to the end of the "Vallee des Glaciers," then enjoy a relatively easy hike over the Col de la Seigne (8,245'), where Mt. Blanc re-appears, and down into Italy. Transfer to our hotel in Courmayeur. Hike time: 6 hours. (B+L+D)
Day 6	One of the finest views of the impressive south flanks of the Massif. A steep ascent to the refuge Bertone for a well earned drink and then continue the trek. Descent to the Val Ferret to transfer to our hotel. Hike time: 7 hours. (B+L)
Day 7	Today we enter Switzerland. We explore the scenic village of La Fouly (5,280'), located beneath the Glacier de l'A Neuve. Then transfer to small resort of Champex. Hike time: 6 hours. (B+L+D)
Day 8	Hike through woodland, traverse a forest trail and then begin a steep uphill to reveal a delightful path along alpine pastures with great views. Descend and transfer to Argentiere. Hike time: 6 hours. (B+L+D)
Day 9	Hike the Posettes and Tete Balme in the Chamonix Valley, enjoying majestic views of Mont Blanc. Hike time: 6 hours. (B+L)
Day 10	Trek and steep climb around Chamonix Valley. The views just get better and better! We take the cable car down into the Chamonix Valley and transfer to our hotel. Hike time: 6 hours. (B+L+D)
Day 11	Group transfer from Chamonix to Geneva airport will leave between 7:30 or 8:00 AM. Please book your flight to leave no earlier than noon, to ensure ample time before boarding.

DETAILED ITINERARY

Day 1: Airport transfer

The group will transfer from Geneva Airport to your hotel in Chamonix at 2pm. You have the afternoon to recover or discover Chamonix. There's a group briefing before our welcome dinner at 6:30pm.

*** If you wish to arrive early or your flight is delayed you will have to arrange your own transport.

- Showtrain is the transport we use. Tel: 0033 (0) 450475100 – www.showtrain.com
- Chamexpress Tel: 0033 (0) 45054 7372 - www.chamexpress.com
- Equally there are a whole host of companies on the Internet.
- Search Google for Airport Transfers Geneva – Chamonix.

People arriving early could take a bus (every 10 – 15mins) into town to look around Geneva, see the lake, the fountain.....

Day 2: Mer de Glace

On our first day's begins with a train ride up to Montenver to see the Mer de Glace with stunning views of the glacier and the surrounding summits. We continue the ascent to Point Vue to appreciate this wonderful view. Descent is by cable car to Chamonix. Dinner on your own. Hiking time 5hrs. Ascent 2,400ft.

Day 3: Voza to Les Contamines

We have a short transfer to the trailhead before going up to Bellevue (5,500'). Continue hiking down below the tumbling Bionnassay Glacier, traversing a small suspension bridge before a scenic lunch at the Chalets de Miage (5,115'). After a short ascent we walk down through the thickly wooded hillside to the charming small town of Les Contamines (3,829'). Hiking time 6 hrs. Ascent: 1850ft. Descent: 2,900ft. Dinner and overnight at hotel in Les Contamines (3,700').

Day 4: Savoie and Beaufortain

After a short drive, we hike up an old Roman road to the Plan des Dames, then make a long ascent to the Col du Bonhomme (7,641') and Croix du Bonhomme (8,100') for lunch. This is a long ascent! Truly a mountain day on a variety of trails. In the afternoon, we hike downhill on a grassy trail to Les Chapieux (5,500'). Hiking time 7 hrs. Ascent: 4,000ft. Descent: 2500ft. We spend the night in the simple but welcoming Auberge La Nova at Les Chapieux.

Day 5: Into Italy

We transfer to the end of the "Vallee des Glaciers," then enjoy a relatively easy hike over the Col de la Seigne (8,245') where the Mt. Blanc re-appears and down into Italy to Lac Combal and Visaille. Transfer from Val Veny to Courmayeur to our hotel for the night. Hiking time 6hrs. Ascent: 2,000ft. Descent: 2,000ft.

Day 6: Mont Saxe

Today we take in one of the finest views of the impressive south flanks of the Massif. The cliffs rise

up to over 10,000ft. above the valley. We have a steep ascent to the refuge Bertone for a well-earned drink. The steep ascent continues to the summit ridge of Mont Saxe with uninterrupted views of the summits between the Mt. Blanc to Les Grandes Jorasses. We enjoy a picnic with this unforgettable view before us. Descent to the Val Ferret and transfer to our hotel. Ascent: 3,000ft. Descent: 2450 ft. Walking time 7 hrs.

Day 7: Into Switzerland

After a transfer, we walk up a nice trail past the spectacular "Glacier de Pre-de-Bar." Cross the Grand Col Ferret (8,300') to enter Switzerland, and descend to the scenic village of La Fouly (5,280') located beneath the Glacier de l'A Neuve. From here we take a short transfer to the small resort of Champex. Hiking time 6 hrs. Ascent: 2,200ft. Descent: 2400ft.

Day 8: Alpine pastures

We hike from the hotel through woodlands and down to Champex d'en Bas. After a traverse along a forest trail we finally begin the uphill! It is very steep in places but is over quickly to reveal a delightful path along alpine pastures with great views of Martigny, the Rhone Valley and the Valais. After lunch we have a descent and a transfer to our hotel for the evening, which is located in the small village of Argentiere, at the top of the Chamonix Valley. Ascent: 2,000ft. Descent: 1800ft. 6 hrs hiking.

Day 9: Over the Smuggler's Route to France

Hike up over the Col de Balme (7,188') through high pastures and dairy farms, and back into the Chamonix Valley. Majestic views of Mont Blanc reappear as we hike over the Col. A second short ascent takes us to a small summit Les Posettes before a gradual descent into the forest followed by a short transfer to Argentiere. Hiking time is 6 hrs. Ascent: 2,800ft. Descent: 2100ft.

Day 10: The Chamonix Valley

From the Col des Montets we start with a steep climb, which gradually brings us along the traverse of the Grand Balcon below the 'Red Needles'. The views just get better and better as we wind our way along and above the Chamonix Valley. Weather permitting, we'll make a detour to scenic Lac Blanc (7,716') before rejoining the Grand Balcon route. From La Flegere (6,158') we take the cable car down into the Chamonix Valley and transfer to our hotel. Hiking time 6hrs. Ascent: 2,800ft. Descent: 1000ft. Farewell dinner in a local restaurant.

Day 11: Airport transfer.

Important Note: Group transfer from Chamonix to Geneva scheduled between 7:30-8:00 AM. Please book flights home to depart at 12:00 PM or later, to ensure ample time prior to boarding your flight.

VISAS AND PASSPORTS

Passports: U.S. citizens are required to have a passport valid 6 months after your travel dates begin. If you hold a passport from another country, it is your responsibility to check with your embassy for details.

Visa: A visa is not required for U.S. citizens.

FLIGHTS AND AIRPORTS

You are responsible for booking your international & domestic flights. If you do not have a travel agent, you may contact Mountain Destinations to help you find flights.

Mountain Destination
888-995-3088
trish@thetravelstation.com

Flying in...

The tour officially begins at the Geneva airport - the closest airport to Chamonix - just one hour on a fast easy road.

There are many direct flights from the US to Geneva (airport code: GVA) that are reasonably priced. It is often cheaper to take direct flights to London with any large carrier and take a smaller carrier to mainland Europe. You can often get UK - GVA flights with EasyJet for less than \$100 if booked in advance. With a little planning ahead, most US - Europe flights "can" be found for around \$1000 or less (coach/economy) so keep on searching!

There will be a **group** transfer from the Geneva airport at 2PM. If you wish to arrive early or your flight is delayed you will have to arrange your own transport.

- Showtrain is the transport we use. Tel: 0033 (0) 450475100 – www.showtrain.com
- Chamexpress Tel: 0033 (0) 45054 7372 - www.chamexpress.com
- Equally there are a whole host of companies on the Internet.
 - Search Google for Airport Transfers Geneva – Chamonix.

Flying out...

There will be a **group** transfer to Geneva airport on Day 11. If you choose to stay longer you must arrange your own transport to the airport.

EQUIPMENT INFORMATION

Equipment Notes

Your personal equipment should not weigh more than 40 pounds and all clothing should be quick drying and made of synthetics. Warmth and comfort are the main objectives with this outline. Weather conditions can vary considerably in the Alps. It's important to dress in layers so that you can maintain a comfortable body temperature no matter what Mother Nature may have in store. The inner layer should move perspiration outside, where it can evaporate. The intermediate layer should insulate while the outside layer should act as a barrier to wind and rain. Please try to limit yourself to one portable bag since it will be transported from lodge to lodge.

Rain Gear

Rain is a possibility so be sure to pack some rain gear — both tops and bottoms. A jacket is the most important item to keep your torso warm and dry. We also recommend rain pants. The jacket and pants should be compact enough to fit easily into your daypack.

Pile or Fleece

The best we've found is 200-weight Polar Plus, which is used by a variety of companies. This fabric is warm, dries quickly and is not excessively bulky. It can be found in many different styles and colors.

Hiking Clothes

Choose lightweight, synthetic fabrics that breathe well for warm weather walking. Whatever you choose, be sure you have comfortable freedom of movement, especially for uphill and downhill walking.

Footwear for Hiking and Walking

This is a hiking tour. The importance of good footwear cannot be overstated. What may seem like a good shoe at home could leave you with sore feet on your trip. Given that our trails are often gravelly, or sometimes muddy, you need a good walking boot with a firm sole, good ankle support and a degree of water resistance. It's now easy to find a "hybrid" walking boot, which combines the lightweight, ventilated features of a shoe with the support and durability of a boot. If you buy new walking shoes or boots for the trip, make sure you break them in well before you go.

Socks

Bring at least one pair for each day unless you want to wash them out each night. We recommend synthetic/wool blend as these tend to draw the perspiration from the foot and will keep your feet warm, even when wet. It may be a good idea to bring along some additional items such as foot powder, cushioned pads and/or bandages to place inside your footwear-just in case. Another worthwhile product is something called Spenco 2nd Skin®, which provides cushioned comfort with an antiseptic for blistered and sore feet. Many people find a product called moleskin gives them great relief from blisters. The guides carry a blister kit as part of their first-aid supplies.

Day Packs

Bring a daypack that holds approximately 20-35 liters to carry raingear, camera and water bottles, lunch. You will carry your own water on the hikes. Some days you may have to carry water for the whole day and other days you may have a chance of filling up throughout the hike. You will be also prepare your own lunch each morning from a buffet and carry it on your day pack.

Sun Protection

Since you will be spending a good portion of your day outside, we recommend you bring skin protection cream with an appropriate SPF. Sun visors or baseball caps can also be helpful.

Some Extras

- Binoculars: Many people like to have a pair for those great vistas or for bird or animal watching.
- Compass: A fun thing to have for the avid map reader. We carry a full set of topographical maps on the trip.
- Pedometer: For the insatiably curious, those who must know exactly how far they've walked each day, though they tend to be fiddly and somewhat inaccurate. Better yet, check out Highgear's new wrist-top computers that give time, temperature, compass, altimeter and barometer readings.

TIP: wear your rain jacket, boots and use your day pack as a cabin bag. If your luggage is delayed or worse still, lost, you have the basics to hike! Also carry with you a photo-copy of you passport.

PACKING LIST

- Sturdy Boots with ankle support
- Gaiters (good for the mud!)
- Backpack big enough for your daily requirements
- Plastic bag big enough to line your backpack against the rain
- Rain jacket and trousers
- Fleece type pullover
- Polypropylene shirts to wick away the sweat
- Socks
- Gloves
- Penknife
- Camera gear
- Water-bottle
- Hat for the sun and sun glasses
- Hiking/walking sticks - Ski poles
- Sunscreen
- Shorts for hiking in
- Long pants for hiking in
- Casual evening clothes
- Toilet bag
- Personal medicines (bring in your carry-on)
- Anti-mosquito cream/spray
- 1 Travel bag
- Anything else you think that you need

MONEY MATTERS

Currency

France and Italy use the Euro while Switzerland still uses Francs. You can exchange money at all banks, but be aware that European banking hours are somewhat limited and usually closed on weekends. There is always a transaction fee. You'll get the best rate by using your debit card in a cash machine, of which you will find several in the resorts.

Confirm with your bank (or credit card company) that your card will work in Europe and alert them that you'll be making withdrawals while traveling. Otherwise, the bank might freeze your card if it detects unusual spending patterns.

Exchanging money at the local tourist offices or your hotel front desk is also possible, but you will not receive a very good rate. It is also a good idea to take some currency from your own country as backup.

For the current exchange rates check the following website: <http://www.fxtop.com/>

Credit Cards

Credit cards work fine throughout Europe, although you'll need to pay hefty interest charges on your purchases.

Don't count on charging everything with your bankcard; many merchants require a minimum purchase of about \$30. Visa and MasterCard are more widely accepted than American Express.

Traveler's checks

You can also consider bringing travelers checks. Bring more than enough for emergencies. Most hotels and stores will take them. Denominations of \$20 US are easiest to deal with.

Tipping

This is a rough guideline to try and help you work out how much you should tip. Tipping is, of course, entirely voluntary and how much you give depends on how you feel about the service received. Hotel staff porters usually receive \$1 per bag, taxi drivers usually receive \$1 to \$5 per day. In restaurants, 10% to 15% is the norm. Typically, you should designate 10-15% of the land cost of the trip for tips. For example, a \$4000 trip would mean \$400 in tips.

Spending Money

Make sure to bring enough money for personal spending. Remember to have money available for the following:

- Breakfast & Lunch on Day 1, Dinner on Day 2, meals on last day depending what time you leave.
- Alcohol (for the meals that are included, you will need to pay for your own alcohol)
- Gifts, souvenirs
- Tipping
- Airport taxes

FITNESS

Preparations for the hike

To enjoy your vacation you need to be in good condition. Don't leave it to the last minute. A few months before your trip use the stairs, not the elevator, and start a walking or running program with plenty of stretching. You should visit your doctor for a check-up and tell him or her your plans. Make sure you tell your guide if you have a medical condition or are taking any medications. Psychological condition is also important! The well being of the group sometimes demands tolerance and a lot of humor from the participants. Think about this before your trip and, 'Let yourself go!' This will help you to appreciate better those special moments. It is also possible that the weather can be a little capricious: unfortunately we cannot guarantee good weather. Don't get demoralized by a bit of rain or a bit of bad weather - it is also part of the experience and can even add a little charm.

Depending upon conditions, whatever they may be, the guide may change the itinerary.

TRAVEL PRACTICALITIES

Jet Lag Precautions

*France is 9 hour ahead of Western United States and 6 hours ahead of the US East coast. When you cross several time zones to reach your destination, you often lose many hours of regular sleep. On arrival, your body then must suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue, often compounded by insomnia and restlessness, irritability, and vague disorientation. You cannot totally avoid jet lag but you can minimize it. Here's how:

- Start your trip well rested. Try to begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before and during your flight.
- Drink plenty of water and/or fruit juice while flying.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Trip insurance

Bio Bio Expeditions recommends that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, contact Travelex Insurance Services at 800-228-9792 and reference location number 05-8655. Travelex Insurance Services, Inc CA Agency License #0D10209. Travel Insurance is underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276. 55Y.

Water

Some of the best mineral water in the world comes from the Alps and we recommend that you bring a water bottle/camel pack to keep with you at all times. Nevertheless, bottled water is popular and can be ordered at all restaurants. Hydration while hiking at altitude is extremely important and we will encourage you to drink enough fluids throughout the days.

Weather

It is an alpine climate with brusque changes of weather – snow, gales, rain and heat waves can be expected at any time. Temperatures can vary 70F to 50F and could even get down to freezing temperatures. In short, you will need everything in your backpack for every eventuality. Layering is the best practice.

Prescriptions

If you currently take prescription medications, be sure to have a plentiful supply and also the doctor's written prescription in case you need a refill. It is best to carry medications in your carry-on bag in

case of lost luggage. Also, if you wear prescription glasses or contacts, we advise that you bring along a spare set.

Voltage

Electrical voltage in Europe is 220 V at 50 Hz, much higher than in the US. If you are taking electrical appliances (laptops, shavers, hairdryers, ect.) you may want to purchase a converter and an adapter plug to suit the sockets in Europe.

Hiking and the environment

Wildlife in the mountains is extremely fragile and not suited to the presence of litter. Many people are aware of the environmental problems, but not all. There is a great divide between theory and practice. Certainly a responsible attitude is needed in this respect. Take care to carry your rubbish away with you: paper, plastic bags, wrappings, and even “biodegradables” such as apple cores – they do not belong there.....To deposit them in the appropriate way. Bring a plastic bag to take toilet paper out with you. In short, “LEAVE ONLY YOUR FOOTPRINTS”.

Telephones

There are two different kinds of public phones in use, one operated with coins, the other with phone cards, available at post offices, or newsstands. Making international calls from hotels can be very pricey, ask for alternatives such as international calling cards at local newsstands or post offices. The best times to call are usually during the weekend and late in the evening, when the tariffs are a little lower.

 Country Code for France: +33

 Country Code for Italy: ++39

 Country Code for Switzerland: ++41

For calls to the US dial: 001 plus the area code and the local number.

ABOUT THE ALPS

The Alps is the name for one of the great mountain range systems of Europe, stretching from Austria and Slovenia in the east, through Italy, Switzerland, Liechtenstein and Germany, France in the west. The highest mountain in the Alps is Mont Blanc, at 4,810m (15,774ft), on the French Italian border.

- The Alps are generally divided into the Western Alps and the Eastern Alps.
- The division is along the line between Lake Constance and Lake Como, following the Rhine.
- The Western Alps are higher, but their central chain is shorter and curved, they are located in France, Italy and Switzerland.
- The Eastern Alps belong to Austria, Germany, Liechtenstein, Slovenia and Switzerland.
- The highest peak of the Eastern Alps is the Piz Bernina at 4,053m (13,294ft).

Switzerland

Switzerland is THE alpine country in Europe. It has some of the best infrastructure of all European countries. This allows us to connect many beautiful hikes to week-long or even longer trips without getting tired of the scenery, the delicious food and the camaraderie that still exists in alpine villages.

Italy

The Italian Alps are not as frequented as Switzerland and France, and therefore have kept many of their customs and local dialects.

Wildlife is still abundant, the Gran Paradiso National Park is one of the worlds' first National Parks and is teeming with ibex and mountain goats.

The South Tyrol region of Italy (which was Austrian before the first World War) combines the best of the two worlds: teutonic precision with Italian hospitality.

The limestone cliffs of the Dolomites stand sentinel above ancient villages and high alpine pastures. Sunsets burn red in these towering pillars of rock, formed millions of years ago from marine sediment.

France

The French Alps offer some of the most spectacular and impressive hiking in the world. The Mont Blanc is the highest peak in the Alps, and the views of the Mont Blanc range are impressive.

Languages

Since we are going to be traveling through 3 different countries you will also hear 3 different languages. But don't worry - English is widely spoken and our guides are at least bilingual.

Wildlife

Many different species of animals live in the mountains. Most of the mammals are herbivores such as chamois, mountain hares and marmots, although a few foxes and lynx (very rare) can be found. There are a limited variety of birds but the sight of a royal eagle or a bearded vulture, with over 2m wingspans is a real reward for any ornithologist. Reptiles such as snakes and lizards enjoy sunbathing on the warm rocks. Little affected by the reduced oxygen levels, many insects live at high altitudes, in particular, butterflies.

Plant Life

From the bottom of the valleys to the highest peaks, a wide range of vegetation can be found. Deciduous trees low down, with spruce and larch a bit higher and finally conifers. Above 2500m only a few hardy bushes survive, but algae can be found right up to the highest points.

In spring and summer a large variety of flowers can be appreciated in the forests and mountain pastures.

Geology

The French Alps cover about 35 000 km² of the western Alpine chain. They form an arc from Lake Geneva to the Mediterranean, 350 km long with an average width of 100 km. The highest point is the Mt-Blanc at 4807m (15 770ft). The average altitude is 1100m.

The characteristics of these young (everything's relative!) mountains are strongly defined by the pinnacles, needles, enclosed valleys and long glaciers. An extraordinary variety of rocks and minerals can be found, particularly in the massif. Intense erosion, often assisted by man, continues to expose mineralogical treasures.

Amateur mineralogists will find crystallized minerals, sedimentary rocks with fossils, volcanic and metamorphic rocks.

RECOMMENDED READING

History of Mountaineering and Hiking in the Alps

- Killing of Dragons by Fergus Fleming
- Scrambles amongst the Alps by Edward Whymper

Alpine Flora

- Alpine Flowers of Britain and Europe by Christopher Grey-Wilson, Marjorie Blamey

TRAVEL RESOURCES

Information about the Alps:

www.alpseurope.com

www.thealps.com

www.chamonix.net

Country Information:

France: <http://us.franceguide.com/>

Italy: <http://www.italiantourism.com/>

Switzerland: <http://www.myswitzerland.com>

Clothing / Gear

www.patagonia.com - Expedition clothing.

www.rei.com - Expedition gear and clothing.

www.mountainhardwear.com - Tents, sleeping bags, expeditions wear.

www.exofficio.com - Lightweight travel clothes - Great for Safaris!

www.eaglecreek.com - Excellent travel gear and packing tips from the experts

www.cameraworld.com - The best prices on camera and video gear!

www.nrsweb.com - Anything you could ever want for the river.

Health

www.cdc.gov/travel/index.htm - All the latest recommendations on vaccination and important information on health concerns worldwide.

Passport and Embassy Information

www.travel.state.gov/passport_services.html - How to get a passport fast! - List of Embassies worldwide.

Weather

www.weather.com - Find out the weather anywhere in the world!

Travel Warnings

www.travel.state.gov/travel_warnings.html - State department warnings for overseas travelers.

