

## **Travel Details and Itinerary**

### **Travel Details**

#### **Outbound – Saturday 18th May 2019**

10.00hrs Coach departs Balfron High School – please arrive from 09.30 hrs to allow luggage to be loaded and prompt departure.

23.15hrs UK time, ferry departs Dover

#### **Sunday 19<sup>th</sup> May 2019**

01.45hrs French time, ferry arrives Calais

13.00hrs Coach arrives Les Mosses

#### **Inbound – Thursday 23<sup>rd</sup> May 2019**

15.30hrs Coach departs Les Mosses

#### **Friday 24<sup>th</sup> May 2017**

04.35hrs French time, ferry departs Calais

16.30hrs Coach arrives at Balfron High School

### **Accommodation Information**

Name: Les Fontaines Hotel, Les Mosses, Switzerland

Tel: Tel: (0041) 24 491 16 31 Alternative emergency contact 0044 7434257116 (Mr Youens' Mobile)

Contact at hotel: Nicolas

Board Basis: Full Board (Breakfast, Packed Lunch and Evening meal) Soap and towels provided.

#### **Sunday 19<sup>th</sup> May**

After checking into hotel pupils will walk into the village to complete the Settlement Study Unit

#### **Monday 20<sup>th</sup> May**

Visit to Gruyères for an audio guided tour of La Maison du Gruyère Cheese Factory and then onto Broc for an English guided tour of the Nestle Chocolate Factory.

Free time in the afternoon for sightseeing and shopping in Montreux.

#### **Tuesday 21<sup>st</sup> May**

Visit to Emosson – using the three rail systems we will go up to the summit of the dam at 1,965 m. It is the second largest reservoir in Switzerland.

Aquaparc le Bouveret - this is the one of the largest waterparks in Switzerland

#### **Wednesday 22<sup>nd</sup> May**

Col de la Forclaz

This will be a 2 hour walk which takes us along a well-defined path towards the snout of the Glacier du Trient.

Packed lunch and free time in Chamonix

Le Train du Montenvers to the Mer de Glace

The Mer de Glace is the second largest glacier in the Alps approximately 15km long, 1500m wide and nearly 400m deep in places. It moves approximately 45m every year and is currently retreating. The

Montenvers Mer de Glace steep cog railway leaves from the valley floor in Chamonix and will take us to an elevation of 1800m through some spectacular scenery.

Lavey-Les Bains – Switzerland's hottest thermal waters – one indoor and two outdoor pools.

### **Thursday 23<sup>rd</sup> May**

Walk to Lac Lioson – opportunity to view a classic example of a corrie basin.

Depart Les Mosses approx. 15.30 hrs for return journey. Arrive in Balfron approx. 16.30 hrs on Friday 24th – pupils will be able to update you on arrival time enroute.

**Rules** – boys and girls are on separate floors in the hotel. There should be no boys in girls' rooms and no girls in boys' rooms. There are plenty of communal areas to meet in both hotels and outside in the village.

**Food** – Each day there will be a breakfast (bread, cereal, juice), pack lunch (sandwiches which we make ourselves, juice, biscuits, fruit) and an evening meal which varies each day. Anyone with dietary requirements – I have passed this onto the company but it would be helpful if you reminded the hotel when we arrive – they are very helpful and accommodating. Drinks apart from water are not included in the meals. Pupils will need enough food/money to get food for the coach journey. First meal provided is the evening meal on Sunday when we arrive.

### **Safety**

When in the village and out on visits pupils are encouraged to go off and explore. Always in groups of four or more. I will give out my mobile number as an emergency contact whilst we are away. Be aware of the main road going through the village.

In Chamonix there are lots of shops with knives and air pistols. You are not allowed to buy knives or air pistols – any found will be confiscated. There are also tattoo and piercing studios in Montreux. Under no circumstances should pupils go into these studios.

**Spending Money** – £70-80. £20 in sterling, £20 in euros and remainder in Swiss Francs. This is only a recommended amount. Pupils look after their own money but can use the safe in the hotel if they want.

**Electrical items** – devices are all allowed on the bus. Pupils are responsible for their own possessions and please note that lost items are not covered under the insurance policy. Pupils will not have access to Wifi in the hotel but the Balfron High School Twitter account will be updated regularly and there is good mobile phone coverage in Les Mosses.

To save room on the coach it would be preferable for pupils to share hairdryers, straighteners etc.

### **EQUIPMENT LIST:**

- Summer clothing (shorts and t-shirts) for when the sun is shining.
- Something warm (trousers and fleece) for when we are out walking.
- Waterproof jacket in case it rains.
- Sensible shoes/trainers NOT pumps or sandals as we will be out walking for most of the days. Walking boots are optional but not necessary.
- Sun cream is very important. Sunhat optional.
- A water bottle which can be filled at the hotel each day (tap water is fine to drink).
- A rucksack to put the above items in (not shoulder bag).
- Packed lunch box for sandwiches.
- Pillow/blanket to keep warm and comfy on the coach.
- Towel and swim wear for the Aquaparc and hot springs.

**Luggage** – One small rucksack for day trips and one medium sized bag for the hold.