

## **Snowshou Hiking**

<b>Duration:</b>	<b>1 days (8.30am – 6pm)</b>
<b>Level of difficulty:</b>	<b>Easy</b>
<b>Real hiking time:</b>	<b>3.5 hours</b>
<b>Total hiking distance in km:</b>	<b>8 km</b>
<b>Altitude at startpoint:</b>	<b>1500m (depending on the snow situation)</b>
<b>Highest altitude:</b>	<b>1900m (depending on the snow situation)</b>
<b>Difference in altitude by hiking:</b>	<b>200m</b>
<b>Age restriction:</b>	<b>6 -69</b>
<b>Other restrictions:</b>	<b>Not eligible for people with heart problems or asthma</b>
<b>Necessary experience and skills:</b>	<b>Body condition for hikes up to 3.5 hours, experience in hiking,</b>
<b>Accident insurance available:</b>	<b>Yes</b>
<b>Min – Max number of participants:</b>	<b>1 -12</b>
<b>Season:</b>	<b>June – September</b>
<b>Allocated equipment:</b>	<b>Snowshoues, tekking sticks, gaiters.</b>
<b>The tour includes:</b>	<b>Transportation, bi- or trilingual tour guide, equipment, and lunch box</b>
<b>Not included:</b>	<b>Personal clothing, extra insurance.</b>
<b>You should bring:</b>	<b>Sturdy shoes, comfortable hiking clothes, gloves, sun glasses, head gear, sun cream, water, passport, high spirits</b> <b>Important: Don't forget your sun glasses</b>
<b>Basic rules for a successful tour:</b>	<b>Follow the instructions of the tour guide</b> <b>Never leave the group</b> <b>Don't hesitate to ask your guide in case of doubt</b> <b>High spirits for a nice and relaxing day in the nature</b>