



CLOUD 9 ADVENTURE



Emma Jack
Trip Planner
Cloud 9 Adventure

+44 208 144 8102

info@cloud9adventure.com

<https://www.cloud9adventure.com>



The Stevenson Trail

- Follow Robert Louis Stevenson's 1878 route across the Cévennes National Park
- Enjoy one of the most unspoilt and little known multi-day treks in Europe
- Get away from it all with 2 weeks off the beaten track, deep in rural France
- Stay in authentic, local auberges and experience real hospitality and regional food
- Visit 2 UNESCO world heritage sites, Le Puy-en-Velay and the Cévennes
- Fully qualified and expert International Mountain Leader
- Grade 5: Moderate

Robert Louis Stevenson is the celebrated Scottish novelist and poet, who was born in Edinburgh in 1850. Most famous for writing 'Treasure Island' and 'Strange Case of Dr Jekyll and Mr Hyde', Stevenson was also a keen travel writer. He penned 'Travels with a Donkey in the Cévennes' to celebrate the epic 156 mile (251km) journey he made on foot in 1878 from Monastier sur Gazeille to St Jean du Gard. Still in his 20s when he made the journey, the heartbroken Stevenson took the trip to help him get over an unsuitable love affair with a married, American lady.

This trek follows his footsteps, staying in charming auberges and enjoying regional cuisine and local wines. Each day, our luggage will be transported to our next accommodation, making our version of this trip a considerably easier-going one. We'll explore the local trails and enjoy some spectacular views of the Cévennes mountains and National Park. Indulging in nothing more complicated than walking, nature, good food and a relaxed atmosphere make this little known, historic route a truly unforgettable journey.

Trip Summary

Day 1 Arrive Le Puy en Velay

Arrive in Le Puy-en-Velay - Le Puy

Stay in Le Regina Hotel - Le Regina

Day 2 St Martin de Fugères to Le Bouchet St Nicolas

Trek from St Martin de Fugères to Le Bouchet St Nicolas - Le Bouchet-Saint-Nicolas

Gite La Retirade, Le Bouchet-Saint-Nicolas - Gite La Retirade, Le Bouchet-Saint-Nicolas

Day 3 Le Bouchet St Nicolas to Pradelle

Trek from Le Bouchet St Nicolas to Pradelle or Langogne - Langogne, Pradelles

Hotel l'Arche, Pradelles - Hôtel L'Arche

Hotel de la Poste, Langogne - Hôtel de La Poste Langogne

Day 4 Langogne to Cheylard l'Evêque

Trek from Langogne to Cheylard l'Evêque - Cheylard-l'Évêque

Refuge de Moure - Refuge De Moure

Day 5 Cheylard l'Évêque to La Bastide Puylaurent

Trek from Cheylard l'Évêque to La Bastide Puylaurent - La Bastide-Puylaurent

Hotel La Grand Halt, La Bastide Puylaurent - Hotel La Grand Halt

Day 6 La Bastide Puylaurent to Chasserades

Trek from La Bastide Puylaurent to Chasserades - Chasseradès

Hotel des Sources, Chasserades - Hotel des Sources

Day 7 Chasserades to Le Bleymard

Trek from Chasserades to Le Bleymard - Le Bleymard

Hotel La Remise, Le Bleymard - Hotel La Remise, Le Bleymard

Day 8 Le Bleymard to Finiels

Trek from Le Bleymard to Finiels - Finiels

Maison Victoire, Finiels - Maison Victoire, Finiels

Auberge des Cévennes, Pont du Montvert - Auberge des Cévennes, Pont du Montvert

Day 9 Finiels to Florac

Trek from to Finiels to Florac - Florac

Les Tables de la Fontaine, Florac - Les Tables de la Fontaine, Florac

La Lozerette, Cocures - La Lozerette

Day 10 Florac to Cassagnas

Trek from Florac to Cassagnas - Cassagnas

Le Mimentois, Cassagnas - Le Mimentois, Cassagnas

Les Délices du Sud, Cauvel - Les Délices du Sud

Day 11 Cassagnas to St Etienne Valley Française

Trek from Cassagnas to St Etienne Vallée-Française - Saint-Étienne-Vallée-Française

Day 12 St Etienne Valley Française to St Jean du Gard

Trek from St Etienne Valley Française to St Jean du Gard - Saint-Jean-du-Gard

Hotel Les Bellugues, St Jean du Gard - Hotel Les Bellugues, St Jean du Gard

Day 13 Depart St Jean du Gard

Depart St Jean du Gard

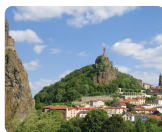
Day 1 Arrive Le Puy en Velay



Arrive in Le Puy-en-Velay

Our Stephenson's trail route starts in the UNESCO World Heritage Site of Le Puy-en-Velay. Entering this well-preserved medieval town is like taking a giant leap back in time: it's easy to believe that nothing much has changed in the last 1000 years. The landscape is dominated by the three 'puys', towering volcanic 'plugs', each of which has an impressive church or statue built on its summit. St Michel's chapel, the Cathedral and an immense Statue of Mary overlook the town.

Winding cobbled streets, narrow passageways and a jumble of old buildings make Le Puy-en-Velay a delight to explore. The region retains its traditional artisan trades and the boutique shops are full of local wares including handmade lace.



Le Puy

Le Puy, Auvergne-Rhône-Alpes, FR, 43000



Stay in Le Regina Hotel



Le Regina

34 Boulevard Maréchal-Fayolle, Le Puy-en-Velay, Auvergne, FR, 43000
+33 4 71 09 14 71

Day 2 St Martin de Fugères to Le Bouchet St Nicolas



Trek from St Martin de Fugères to Le Bouchet St Nicolas

We begin our route with a short transfer to the trail head at St Martin de Fugères. From here, we begin walking on easy trails that take us up and across the gorge of the Loire river at the village of Goudet. This small village is dominated by the 13th century [Château de Beaufort](#), which was abandoned in 1789 after the French revolution. After a stop to explore and enjoy our picnic lunch, we're back on the trail for a steady ascent to the volcanic plateau that overlooks the village. The landscape up here is dominated by dramatic, black soil, punctuated only by the green fields of puy lentils, that this region is famous for. We'll pass through several hamlets until we reach today's destination of Le Bouchet Saint Nicolas.

Distance: 15 km / 9.5 miles

Ascent: 460m / 1509ft

Descent: 175m / 574ft

Accommodation: Auberge

Meals: Breakfast and Dinner



Le Bouchet-Saint-Nicolas

Le Bouchet-Saint-Nicolas, Auvergne-Rhône-Alpes, FR, 43510



Gite La Retirade, Le Bouchet-Saint-Nicolas

Gite La Retirade is a charming but modest auberge owned by the Villeseche family. Dinner will be a delicious home-cooked meal, served in the auberge, using produce from their own farm.

There just 2 double rooms, and the rest are small dorms of 7 people. We may use some rooms in neighbouring houses for more comfort.



Gite La Retirade, Le Bouchet-Saint-Nicolas

Le Bouchet-Saint-Nicolas, Auvergne-Rhône-Alpes, FR, 43510
+334 71 02 57 09

Day 3 Le Bouchet St Nicolas to Pradelle



Trek from Le Bouchet St Nicolas to Pradelle or Langogne

Leaving our charming gîte after breakfast, today's trek has two route options. It takes us first through the village of Arquejoul, which is notable for its impressive railway viaduct. From here, we follow a steep trail down to the bottom of the ravine and back up the other side to the market town of Landos. At this point, we have the option of adding a detour to reach the Rocher de la Fagette. This short climb is well worth it for the impressive views of the surrounding terrain and the ancient volcanic landscape. Our final destination for the day is the beautiful medieval village of Pradelle. We normally stay in the village itself but accommodation can be limited, so if there are no beds available for our group, we may trek a few kilometres further to the larger town of Langogne. This will add 4km to our day. Both hotel options are listed below.

Distance: 21 or 25 km / 13 or 17 miles

Ascent: 315m / 1033ft

Descent: 575m / 1886ft

Accommodation: Hotel

Meals: Breakfast and Dinner



Langogne

Langogne, Languedoc-Roussillon-Midi-Pyrénées, FR, 48300



Pradelles

Pradelles, Auvergne-Rhône-Alpes, FR, 43420



Hotel l'Arche, Pradelles



Hôtel L'Arche

33 Avenue du Puy, Pradelles, Auvergne-Rhône-Alpes, FR, 43420



Hotel de la Poste, Langogne



Hôtel de La Poste Langogne

13 Avenue du Maréchal Foch, Langogne, Occitanie, FR, 48300

Day 4 Langogne to Cheylard l'Evêque



Trek from Langogne to Cheylard l'Evêque

Today's route takes us deeper into the unspoilt Gévaudan countryside that this region is so well known for. We follow a section of the route that Robert Louis Stevenson made famous when he got horribly lost, which hopefully won't happen to us! The trail meanders through dense forests, hopping over a network of small streams, and crossing ancient bridges en route. We then climb up to the village of Saint Flour de Mercoire (1049m) and through the Mercoire forest until we reach the village of Sagne-Rousse. The final part of our journey follows an ancient track as far as the isolated hamlet of Cheylard L'Eveque, which is where we'll spend the night. Our accommodation is in a rustic and friendly auberge, where home-made dinners are served on long, communal tables and we'll have the chance to swap tales and tips with other walkers.

Distance: 16 or 22.2 km / 10 or 13.8 miles

Ascent: 320m / 1050ft

Descent: 150m / 492ft

Accommodation: Auberge

Meals: Breakfast and Dinner



Cheylard-l'Évêque

Cheylard-l'Évêque, Occitanie, FR, 48300



Refuge de Moure



Refuge De Moure

Cheyhard l'Évêque Village, Cheyhard-l'Évêque, Occitanie, FR, 48300

Day 5 Cheyhard l'Évêque to La Bastide Puylaurent



Trek from Cheyhard l'Évêque to La Bastide Puylaurent

Our route today is one of the prettiest parts of the Stevenson Trail. Following the valley that leads out of the village, the trail takes us up and over rolling hills and through a network of woodland paths. When the trees open up, stunning views of the distant Cévennes Mountains will reveal themselves, giving us plenty of photo opportunities and reasons to pause and take in the scenery. From here we pick up an old medieval mule track that leads into the Allier valley, which marks the border between Languedoc-Roussillon and the Ardeche 'departement'. Our trek takes us through the village of Laveyrune before heading on to our final destination for the day, the hamlet of Bastide Puylaurent. Run by a lovely couple, this simple hotel offers a warm welcome and regional speciality dinner.

Distance: 17 km / 10.5 miles

Ascent: 240m / 787ft

Descent: 380m / 1247ft

Accommodation: Hotel

Meals: Breakfast and Dinner



La Bastide-Puylaurent

La Bastide-Puylaurent, Occitanie, FR, 48250



Hotel La Grand Halt, La Bastide Puylaurent



Hotel La Grand Halt

La Bastide-Puylaurent, Occitanie, FR, 48250

Day 6 La Bastide Puylaurent to Chasserades



Trek from La Bastide Puylaurent to Chasserades

Leaving La Bastide Puylaurent, we head higher into the surrounding hills, following Robert Louis Stevenson's footsteps into some of the most remote and impressive countryside of the trail. We'll start on a hill top track with sensational views of the Cévennes Mountains, before we reach our first pause at La Mourade (1308m), where we'll have time to enjoy a drink and snack while we take in the panorama. Descending back down, our journey then traverses the Forêt domaniale de la Gardille as far as the hamlet of Chabalier. Our final resting point for the night is in Chasserades, where Robert Louis Stevenson stayed in 1878. Our hotel is simple but modern and comfortable.

Distance: 12 km / 7.5 miles

Ascent: 330m / 1082ft

Descent: 160m / 525ft

Accommodation: Hotel

Meals: Breakfast and Dinner



Chasseradès

Chasseradès, Occitanie, FR, 48250



Hotel des Sources, Chasserades



Hotel des Sources

Chasseradès, Occitanie, FR, 48250

Day 7 Chasserades to Le Bleymard



Trek from Chasserades to Le Bleymard

We leave Chasserades and trek towards Mirandol, a small village with a big (30m) railway viaduct that crosses the valley. Noted for its traditional architecture and distinctive roof tiles, the village itself is a sleepy hamlet. From here, our trek becomes more challenging as it now takes an upward turn. We tackle the first big climb of the trip, trekking upwards through the forested Goulet Massif to an excellent viewing point. La Bleymard (1413m) is our final destination for the day. This village is nestled by the source of the Lot River and marks the gateway to the Cévennes National Park. Since 1 January 2017, it has been merged into the new commune Mont Lozère et Goulet. Arriving at our hotel, we'll have time to enjoy a relaxing drink on the terrace before dinner - the food here is always delicious!

Distance: 16.1 km / 10.5 miles

Ascent: 0m / 0ft

Descent: 310m / 1017ft

Accommodation: Hotel

Meals: Breakfast and Dinner



Le Bleymard

Le Bleymard, Occitanie, FR, 48190



Hotel La Remise, Le Bleymard



Hotel La Remise, Le Bleymard

Le Bleymard, Occitanie, FR, 48190

Day 8 Le Bleymard to Finiels



Trek from Le Bleymard to Finiels

Our trek today is marked with Montjoies (standing stones) to guide us in the right direction. As we cover ground and head deeper into the hills, we'll be treated to beautiful panoramas as the Cévennes open up before us. Budding photographers will be delighted with today's route; full of photo opportunities with great foreground and background interest to frame your shots. The final section of the route is a steep descent on a rough track, which brings us to the mountain village of Finiels, which is located in the heart of the Cévennes national park. If the group is small we might stay in a lovely B&B in Finiels itself. If the group size is larger, we'll trek a little further to stay in Le Pont de Montvert.

Distance: 14 km / 8.6 miles

Ascent: 630m / 2067ft

Descent: 824m / 2703ft

Accommodation: B&B / Auberge

Meals: Breakfast and Dinner



Finiels

Le Pont-de-Montvert, Occitanie, FR, 48220



Maison Victoire, Finiels



Maison Victoire, Finiels

Le Pont-de-Montvert, Occitanie, FR, 48220
33 4 66 45 84 36



Auberge des Cévennes, Pont du Montvert



Auberge des Cévennes, Pont du Montvert

9 Voie Communale la Placette, Le Pont-de-Montvert, Occitanie, FR, 48220

Day 9 Finiels to Florac



Trek from to Finiels to Florac

If we stayed in Finiels, we'll take a short transfer to the trailhead at Le Pont de Montvert. If we stayed in Le Pont de Montvert, we'll enjoy starting our walk straight out of the door. Our route today is the longest on the trip, but well worth the extra time on our feet as the trail underfoot and the surrounding mountains really do provide the perfect day's trekking! We walk through the very heart of the Cévennes mountains, on a more hilly trail than previous days. Each summit will offer us a chance to pause for breath and take in the views. We normally stay overnight in an historic B&B in the attractive town of Florac. If we want to shorten the route, there is also the option to head off the trail a little earlier and stay in Cocures.

Distance: 23.3 or 27.3 km / 14.5 or 17 miles

Ascent: 545m / 1788ft

Descent: 875m / 2871ft

Accommodation: B&B

Meals: Breakfast and Dinner



Florac

Florac, Occitanie, FR, 48400



Les Tables de la Fontaine, Florac



Les Tables de la Fontaine, Florac

31 Rue du Therond, Florac, Occitanie, FR, 48400



La Lozerette, Cocures



La Lozerette

Cocures Village, Cocurès, Occitanie, FR, 48400

Day 10 Florac to Cassagnas



Trek from Florac to Cassagnas

Staying high in the mountainous terrain, our trail today starts with a technical ascent and narrow, balcony paths. We'll need to keep our eyes on the ground as well as looking up at the majestic red rocks of the Mimenti Valley. Once we reach the village of Saint Julien D'Arpaon, which is overlooked by its ancient Chateau, the landscape changes. From here, we follow a pretty gorge along a disused railway track, which makes our afternoon a much easier walk! If accommodation is available, we stay in the village of Cassagnas, a natural break point on the trail. However, if there are no beds available, we have the option of continuing another 5km along the track to Cauvel.

Distance: 17.4 or 22.9 km / 11.5 or 14.2 miles

Ascent: 200m / 656ft

Descent: 50m / 164ft

Accommodation: Auberge / B&B

Meals: Breakfast and Dinner



Cassagnas

Cassagnas, Occitanie, FR, 48400



Le Mimentois, Cassagnas



Le Mimentois, Cassagnas

Le Serre, Cassagnas, Occitanie, FR, 48400



Les Délices du Sud, Cauvel



Les Délices du Sud

Les Blacheyrets, Rivières, Occitanie, FR, 30430

Day 11 Cassagnas to St Etienne Valley Française



Trek from Cassagnas to St Etienne Vallée-Française

Heading back onto the trails after breakfast, our day begins with a shady walk through the Camisards forests, which loops around the peak of Mount Mars (1162m). Nicely warmed up, it's time to start an easy climb, up to La Plan de Fontmort. Here, the trail may get busier as we intersect with other major hiking routes, all heading to the Col de la Pierre Plantee (891m). Marked by the last standing stone, our journey is starting to wind down. We connect with an ancient mule track which leads us through chestnut groves and down to the valley floor. From here, we trek the final section of our day, an easy walk to St Etienne Vallée Française. Our accommodation is a friendly B&B - La Dinierola - with dinner arranged in a local village restaurant.

Distance: 22.5 km / 14 miles

Ascent: 320m / 1050ft

Descent: 710m / 2329ft

Accommodation: B&B

Meals: Breakfast and Dinner



Saint-Étienne-Vallée-Française

Saint-Étienne-Vallée-Française, Occitanie, FR, 48330

Day 12 St Etienne Valley Française to St Jean du Gard



Trek from St Etienne Valley Française to St Jean du Gard

Our final day on the trail starts with a long climb to the Col de Saint Pierre (597m) and Signal de Saint Pierre (695). The effort is well worth it as we enjoy full 360 degree views of the Cévennes Mountains and the route we've just taken. We'll have plenty of time for photos and refreshments before we start the downhill trail to a pretty little village called Pied de Cote. Once we reach the valley floor, we'll follow the Gardon river path until we arrive at an ancient stone bridge which leads into the town of St Jean du Gard. This marks the end of a fantastic two week trek. We'll stay our final night here in a charming auberge with a pool, where we'll have time to relax and unwind. In the evening, we'll enjoy a celebratory team dinner in one of the local restaurants.

Distance: 12.5 km / 7.8 miles

Ascent: 350m / 1148ft

Descent: 410m / 1345ft

Accommodation: Auberge

Meals: Breakfast

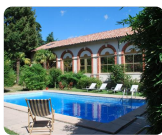


Saint-Jean-du-Gard

Saint-Jean-du-Gard, Occitanie, FR, 30270



Hotel Les Bellugues, St Jean du Gard



Hotel Les Bellugues, St Jean du Gard

13 Rue Pellet de la Lozère, Saint-Jean-du-Gard, Occitanie, FR, 30270

Day 13 Depart St Jean du Gard



Depart St Jean du Gard

Our trip finishes after breakfast.

Le Puy, Nimes, Lyon or Paris are all central hubs that are within relatively easy reach of St Jean du Gard.

Trip Information & Documents



What's Included:

- All accommodation (12 nights) in B&B's, auberges, a refuge and small hotels
- All meals as listed in the itinerary (12 breakfasts and most evening meals, depending on which hotels we are in)
- Daily luggage transfers
- All transfers, trains and lifts / cable cars as mentioned in the itinerary
- Fully qualified and expert International Mountain Leader



Not Included:

- Flights
- Transfers from the airport to and from the start and end of the trek
- Personal drinks and snacks
- Lunches
- Evening meals in any hotel or B&B that doesn't offer half-board (there are usually 2 places that don't offer a meal)
- Any transport, accommodation or additional expenses not mentioned in the itinerary or due to a participant not being able to complete the trek
- Travel / mountain rescue insurance
- Tips



Stevenson Trail Travel Arrangements

- **IMPORTANT: Please do not book your flights or transport until we have confirmed to you via email that the trip is guaranteed to run.**
- [Lyon Airport](#) is the closest airport to Le Puy en Velay.
- From the airport there is a fast train link (30 mins) to the main train station Gare de Lyon Part-Dieu and from here you can take a TGV train to Le Puy en Valey (via Saint Etienne Châteaureux).
- The train takes around 2.5 hours.
- For more information on train times and schedules please visit the [SNCF](#) website.
- It is also possible to reach Le Puy from Nimes, Clermont Ferrand and Montpellier.
- We will meet in the hotel on the first day at 18:00, so please make sure you arrive in plenty of time to check in and be ready to meet your guide and the rest of the group. It is worth arriving earlier in the day to allow time to explore Puy en Valey.
- For your return journey from St Jean du Gard, it's possible to take a shuttle bus (50 euros per person) and retrace your steps from Puy en Valey. The van leaves at 13:30 and arrives in Le Puy at 17:15.
- Alternatively, there are public buses from St Jean du Gard to Nimes, where you can connect with a train to Lyon, Lille or Paris. There are 5 buses per day and the journey takes approximately 1.5 hours.
- You can book your bus ticket online at [Edgard Transport](#).



Stevenson Trail - What to Expect

The trekking

The trekking on the Stevenson's Trail is graded 6: moderate. The terrain is relatively flat, with some short, steep climbs but some of the days are long and we cover over 20 km. We trek between 4 and 8 hours per day. The paths are mostly well established tracks and old mule trails that are easy underfoot. However, there are some sections of the route that are more technical or narrow, and may be loose underfoot. This trip is open to everyone who has a good base level of fitness, hill walking experience and the endurance to sustain 12 back to back days of trekking.

Accommodation

We have hand picked local auberges, B&Bs and small hotels that are all family-owned and comfortable. Each of our accommodations will offer us an authentic and warm welcome and we should expect delicious home-cooked food, cosy charm and simple living. Accommodation is mostly on a twin-share basis and if you are travelling on your own, we will pair you up with another member of the same sex. Single rooms may also be available for a supplement - please just ask at the time of booking. As we are staying in small, village hotels, there may be several quad or dorm rooms.

Food

All breakfasts and 10 dinners are included. Each night we tend to eat in the hotel where we are staying, and we will experience fantastic local food, full of fresh ingredients and rich flavours. Lunches are not included but can be ordered at each auberge / hotel (this must be booked 2-3 nights in advance, which your guide will help coordinate). Alternatively, we can stop in villages that we pass to pick up picnic lunches en route. Breakfasts are excellent and usually consist of tea, coffee and a buffet of breads, jams, fruit, cold meats and cereal. Dinners are usually home-cooked meals, made with local ingredients. There is not usually a choice but a vegetarian option is available if ordered in advance. Please do let us know as early as possible if you have any dietary requirements. This trip is one of our favourites for its local cuisine - expect to eat very well!

Luggage delivery

Luggage is delivered each day to our next day's accommodation. Please bring 1 piece of luggage to transport, weighing up to 15 kg.

Money and Tipping

The currency in France is Euros. There are cash machines in Lyon airport, as well as in several villages en route. We recommend a budget of around Euros 300-350 to cover all your personal expenses but it does depend on how much you eat during the day and how many coffees, beers and wines you consume. It would be possible to be more frugal if you wanted, and obviously easy to spend more! Some hotels and cafés take cards, but not all of them, so you'll need to bring some cash.

When we have a sit-down lunch or on the two evenings that dinners are not included, we normally round up the amount to leave a tip, but only if the service has been good! Please also remember to bring a credit card in the event of a medical problem or injury, meaning you cannot complete the trek.

Tipping your guide is the accepted way of saying thank you for good service. But do remember that tipping is voluntary and should only be done if you were pleased or delighted with the service. The amount is entirely up to you. Our staff are all paid fairly.

Weather

Spring and autumn in southern France are simply stunning. From April to June, wild flowers are in bloom and the mountains have a fresh and alive feel to them. In September and October, we'll enjoy rapidly changing autumn colours and light. September is our favourite month to complete this trek as the weather is usually very stable and the late summer temperatures are normally warm in the daytime (20-28°C) but cool in the evening. The villages at this time of year have a lazy end of summer feel to them. July and August are both busy and hot! In the winter months it's possible to complete this route, but we would expect snow on some of the peaks and less stable weather with high potential for rain or snow.

Electric Supply and Plug - France

The electric supply in France is a standard European 2-pin so you are likely to need an adaptor for your electronic items. There are usually some plug sockets available in mountain huts but they are limited. Bringing a separate booster charger for your phone may be a good solution.

Summer Kit List - Guided Groups with Luggage Delivery

Essential items :

- **Rucksack** – approx. 30-40L - for you to carry each day

- **Kit bag or suitcase** - for your main luggage to be transported. Max 15 kg and 1 per person (extra bags may incur a supplement).
- **Hiking boots** – you need to have a pair of waterproof hiking boots with ankle support and a good sole. Hiking trainers are okay for some days, but would not be appropriate in really bad weather, on rougher terrain, or when there is snow, so if you are thinking of bringing hiking shoes or trainers, you'll need boots in addition to those for the more rugged days. Sandals are not appropriate for mountain walking so please do not bring these for trekking.
- **Waterproof jacket and trousers** – both essential items, should be as light as possible (not insulated: your other layers should provide the insulation). Please ensure that you do not need to remove your walking boots in order to put on your waterproof trousers.
- **Socks**
- **Underwear**
- **Trekking trousers** – bring something lightweight.
- **Shorts**
- **T-shirts** – wicking t-shirts are better than cotton as they are lighter and dry faster.
- **Mid layer** - fleece jacket is good
- **Warm jacket** – We recommend bringing a lightweight synthetic belay jacket (eg. Rab Photon / Arcteryx Atom / Patagonia Nano) – just in case it gets cold. Remember, you are carrying this in your rucksack so it should be as light as possible. You don't normally need to bring a down jacket because it won't be much use if it gets wet.
- **Warm hat** - lightweight woolly hat is fine
- **Gloves** - we recommend bringing 2-3 pairs. A light liner pair are good for most of the trip. Then a pair of waterproof gloves such as Seal Skinz can be very useful in bad weather. And a warmer pair of gloves can be essential if it snows.
- **Sun Hat**
- **Sunglasses**
- **Suncream** (small bottle to save weight)
- **Lip protection** (with sun screen)
- **Water bottles / camelback** – you should have the capacity to carry at least 2 litres of water, but on very hot days you could need 3L.
- **Walking poles** – These often go in the “optional” section, but if there is snow, they are essential.
- **Sheet sleeping bag** – only needed for any nights in a mountain refuge (duvets or blankets are provided). Silk is best, it's lighter than cotton.
- **Travel towel** – again, only needed for the mountain refuges – the hotels provide towels.
- **Wash kit** – Bring whatever you like for wash kit - but for any refuge nights where you have to carry it, small bottles will be perfect: you would normally just take a toothbrush, travel size toothpaste, mini contact lens solution if applicable, a couple of wet wipes and a tiny travel soap.
- **Head torch** – just a lightweight torch, such as a Petzl Tikka / Zipka is fine for this trip.
- **Plastic bags / dry sacks** to keep essentials dry.
- **Passport** – to be carried whilst trekking. Make sure you keep it dry.
- **Cash** – for packed lunches and any drinks whilst on the trip
- **Credit card** - for emergencies
- **Basic first aid kit** – your leader will carry a large first aid kit, but you should bring a small first aid kit containing plasters, blister treatment, painkillers & diarrhea treatment (rehydration sachets & immodium)

Optional items:

- **Thermal base layer**
- **Long johns / thermal leggings**
- **Buff** – can be useful for extra warmth if it's cold, or sun protection for your neck on a hot day
- **Camera**
- **Book**
- **Lightweight sandals / flip flops** – whilst these are usually provided at the mountain refuges, they aren't provided in the hotels, so it's really nice to have footwear to change into in the evening
- **Hiking Trainers** – it can be nice to give your feet a break from your walking boots on some days. Your leader can advise on which days this might be suitable, and if you are thinking of doing this, your shoes must be suitable for trekking in!

- **Mobile phone** – there is phone reception for the majority of the trip. It is a good idea to have a phone in case of emergency or if you need to leave the group for any reason.
- **Umbrella**
- **Earplugs**
- **Snacks** – not essential as we do go past shops most days so you can top up your supply of snacks fairly regularly
- **Antibacterial handwash**
- **Insect repellent**
- **Swimwear** - some of the hotels have a swimming pool, spa or sauna
- **Boot dryers** - not many places in the Alps have drying rooms, so since I discovered these, I don't go anywhere without them: <https://www.sidas.com/en/products/204-drywarmer.html>
- **Travel kettle, mug & tea bags / coffee** - it is unusual for hotels in continental Europe to provide tea and coffee-making facilities in the rooms
- **External battery pack** - for charging your phone in a hut
- **Flask** - we do try to have regular tea and coffee stops, but a flask can be a comfort on bad weather days

A note about the kit:

Most of the time the weather is warm, usually fairly stable, and most people don't need too much extra kit to see them through the trip.

However, **you must bring all of the items on our essential list**. At least once per summer we experience unseasonal conditions that really do make every item on the above list essential. **If you do not have the correct kit, you can put yourself and others at risk of hypothermia**, and our guide may ask you to leave the trip until you have purchased the necessary kit.

Every year we experience unseasonal snow at least once. It can also rain very heavily and temperatures can go from being in the mid 30s celcius (96 F) one week, to below zero (32 F) the next.

So, if it rains, you *will* need waterproof jackets AND trousers, and will be glad of several pairs of gloves. If it snows, you *will* need decent hiking boots (NOT hiking trainers), walking poles, warm clothes and warm hat and gloves. It's also essential that you can put your waterproof trousers on without removing your boots.

It is also possible to experience several weeks of heatwave at a time - if this happens, you will likely get through numerous sachets of rehydration salts and will need to be carrying 3-4L of water, and a sun hat will be absolutely essential.

Note that this is not meant to alarm you - most of the time we enjoy stable weather and are in shorts and t-shirts - we just want to make sure that your trip isn't ruined if you come unprepared - we'd far rather you have extra kit and don't need it, than the other way round.

General Information

Responsible Travel

We care about the places we visit, and our philosophy is simple: that each and every one of our trips has a positive impact on the local community and environment. We use family-run hotels, rifugi and restaurants in order to support the local communities. And it's a small step but we also recommend carbon off-setting – it's just over £2 for a return flight to Innsbruck. Visit www.climatecare.org.

Adventure Travel

Please note that we specialise in Adventure Travel, the nature of which means that we cannot always follow our itinerary for a variety of reasons. All of our holidays can be subject to unexpected changes and you should be prepared to be flexible to accommodate these where necessary.

We update our itineraries on a regular basis to take into account such things as changes to trekking routes and the conditions of footpaths, but it is not always possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. If during your holiday the itinerary is affected by immediate or local circumstances, the leader will make any changes that are necessary.

As a reputable tour operator, Cloud 9 Adventure supports the British Foreign & Commonwealth Office "Know Before You Go" campaign to enable British citizens to prepare for their journeys overseas, and we recommend that all our clients take a look at the FCO Travel Advice for their chosen destination on the official FCO website www.fco.gov.uk. North Americans can also check out the US Department of State website: www.travel.state.gov for essential travel advice and tips.



Cloud 9 Adventure treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss alternatives. We use a local operator with office support to book our accommodation and our expert team monitor the conditions regularly to ensure that our trips are run safely, and are on hand to help if we need to change arrangements.

Group Size and Holiday Status

For each of our group adventures, there is a minimum number of participants required in order for the trip to go ahead. Once the minimum number is reached, the trip status will change from "Available" to "Guaranteed". In order to achieve minimum numbers, we run the trips in conjunction with several other small companies. We find that this means almost all of our trips become "Guaranteed". We are a small company with a high level of customer service, and we make sure that we only run trips in conjunction with companies who share our ethos. We know them well and have worked with them for years, and only use leaders who we know and trust to do an excellent job. We steer clear of large groups and cap our group size at 10 people for this trip, where many of the larger operators take up to 16 people.