



from 01 to 30 April 2024



TUESDAY, April 2nd

O 6 pm-9 pm NIGHT TORCHLIGHT HIKE UNDER THE STARS

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

RESA By reservation at the ESI office.

Adult 25 €, child 14 €. Equipment provided.

WEDNESDAY, April 3rd

① 6.30 pm-10 pm SNOWSHOEING AND TARTIFLETTE OUTING

Nocturnal snowshoeing through the forest offered by the ESF, followed by a convivial meal at the gîte des Tavernes.

○ Devant les bureaux de l'ESF

RESEA

Reservation required no later than noon the day before at the ESF office.

40 € (price includes the loan of equipment, headlamps and the meal at the refuge).

THURSDAY, April 4th

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

○ Devant les bureaux de l'ESI

RESA → By reservation at the ESI office.

Adult 25 €, child 14 €. Equipment provided.

SUNDAY, April 7th

• 3.30 pm-4 pm PRESENTATION OF THE SNOWSHOE PROGRAMME WITH THE ESF

You want to diversify your activity, discover snowshoeing. Presentation of the programme during a convivial moment around a tasting of Beaufort cheese and Savoy wine.

TUESDAY, April 9th

① 6 pm-9 pm NIGHT TORCHLIGHT HIKE UNDER THE STARS

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

RÉSA By reservation at the ESI office. Adult 25 €, child 14 €. Equipment provided.

WEDNESDAY, April 10th

② 6.30 pm-10 pm SNOWSHOEING AND TARTIFLETTE OUTING

Nocturnal snowshoeing through the forest offered by the ESF, followed by a convivial meal at the gîte des Tavernes.

RESEA S. Reservation required no later than noon the day before at the ESF office.

© 40 € (price includes the loan of equipment, headlamps and the meal at the refuge).

THURSDAY, April 11th

Come and balance Yin and Yang, strengthen and nourish your body. A few movements to put the energy in motion. A Taoist meditation to boost vitality and instill inner calm.

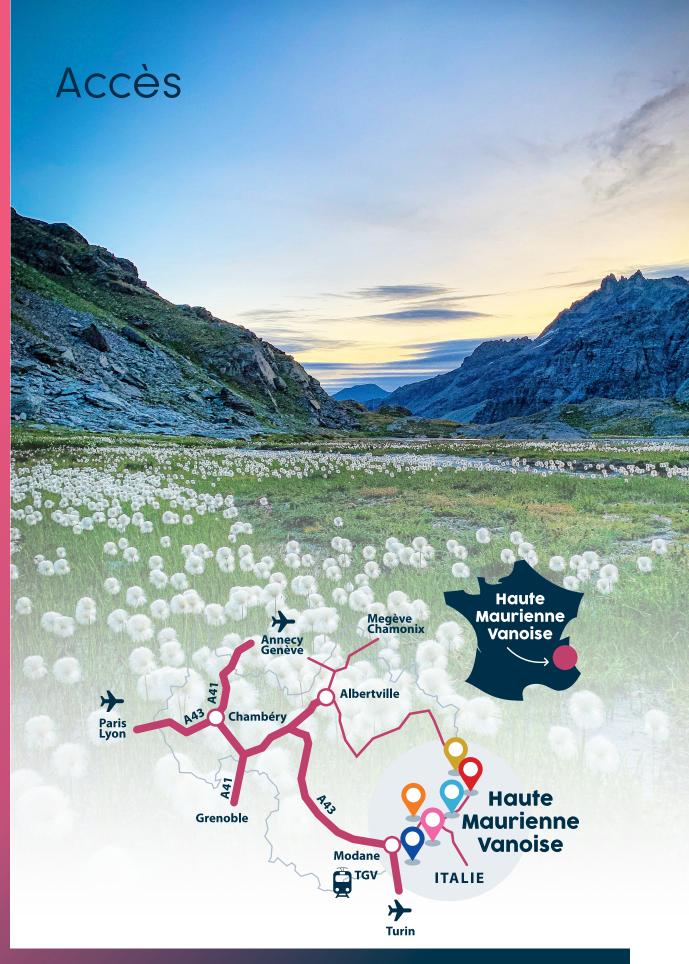
Q Maison du Thabor

RÉSA > Reservation at the Tourist Office © Free of charge.

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○ Devant les bureaux de l'ESI

RESA By reservation at the ESI office. Adult 25 €, child 14 €. Equipment provided.





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