

Trusted Guide - Vanoise

VANOISE

June 29-July 7 2024

PETER
BLOKLAND

X-PLORE 
WILDERNESS LEARNING
WE ARE NATURE

It is a near-perfect environment for slowing down, connecting, gaining perspective and taking action. Therefore, nature is an excellent place to be. What we gain is memory, wisdom, connection to self and others and objectivity. The insights may be big or small, but with consequences that make life more enjoyable. Join us on an adventure with our trusted guide and tune into a trusting and caring environment in nature.

Join us, Peter Blokland and David Boix, in the Vanoise mountains for a period of nine days, from the June 29 till July 7, 2024.

Peter Blokland

S L O W D O W N

Thinking about previous editions in the Vanoise, we have only fond memories, of ourselves and our participants. It is a particularly beautiful mountain trek without a pre-programmed script. All we ask of you is general fitness and an open mind to receive. Our role as Trusted Guides is to let you experience this trek as independently as possible. You do everything on your own. Together with the other team members. Of course we are there for you. But we don't guide you. You learn to work together with the other participants under special circumstances.

They face the same challenges as you. How you handle those challenges determines the course of the trail. The effect? You experience: awareness, openness, peace, receptivity, clarity, connection and tranquillity. Besides an unforgettable experience in a beautiful setting, you get in touch with your wisdom that inspires you to lead and live from there.

EXPLORE

Created in 1963, the Vanoise Natural Park is the first French national park. Located in the Savoy, between the high valleys of Maurenne and Tarentaise it envelopes high mountains, with 107 peaks culminating at more than 3000 meters, on which many glaciers remain. The park shares a common limit of 14 kilometers with Parco Nazionale, Gran Paradiso.

The two twinned parks constitute one of the largest protected areas in Western Europe, with 1,250 km²! Its heart of 530 km² offers more than 400 marked trails, where you can meet an extraordinarily rich fauna: ibex, stoats, chamois, marmots, golden eagles, bearded vultures, black grouse... The flora is just as exceptional: there are more than 1,700 species, or a third of the flora of France!

EXPLORE



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We will explore on feet the forest-covered hills and ascend mountain peaks. You can expect to walk between 5 and 7 hours a day. During the day walks you will experience a degree of height gain & descent in addition carrying an 10 kilo backpack. During the program we will jump into spontaneous wilderness adventures and embrace new challenges including navigation, living off the land techniques, tracking and others.

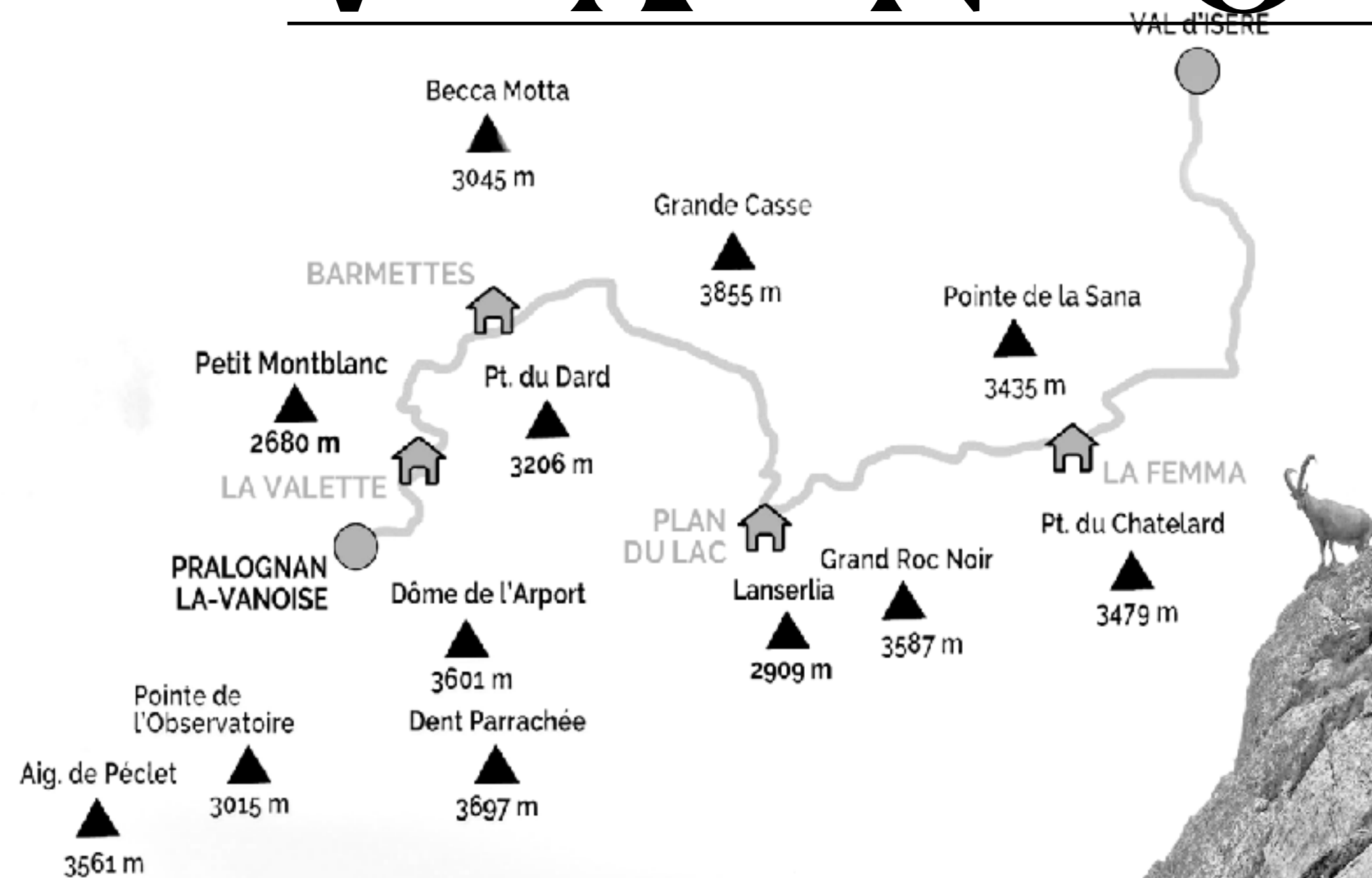
Hill walking is recommendable but not mandatory. Our start and finish is from a comfortable hotel which allows us to dynamically flow into this new plane of possibility before- and fresh-up after the trekking. The rest of the nights we will be sleeping in gites/huts.

C O N N E C T

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Building up and going deeper into what is needed yourself is the focus of the intake and two team meetings before we leave to French. Once immersed in the adventure, you can let your mind and body float in a place almost free of disturbances and observe what comes out of it.

V A N O I S E



Day 1. Arrival at Bourg Saint Maucie-Val d'Isère.

Arrival in the afternoon to Val d'sire and overnight at hotel

Day 2. Val d'isere.

Day hike to acclimatize and get used to the equipment and overnight at hotel.

Day 3. Val d'sire – Refuge de la Femma.

(14 km / A1.000 m / D 600m)

Day 4. Refuge de la Femma – Refuge Plan du Lac

(14 km / A 1.000m / D 600m)

Day 5. Pointe de Lanserlie.

Ascend to Pointe de Lanserlie (2.909 m) and overnight at refuge Plan du Lac.

(12 km / A 583 / D 583)

Day 6. Refuge Plan du Lac – Refuge des Barmettes

(14 km / A 600 m / D 900 m)

Day 7 Refuge des Barmettes – Refuge de la Valette

(9 km / A 1.000 / D 500 m)

Day 8. Refuge de la Valette – Pralognan and taxi to Val d'sire

(9 km / A 50 m / D 1.145 m)

Transport to Val d'Isere and overnight in hotel

Day 9. End of program

PRACTICAL

Preparation, logistics and equipment are an important part of the quality of your experience. Caretaking is at the core of our being. We will be guiding you through the whole pre-travel necessities.

A couple of key points:

- Traveling to Val d'Isère
- Hotel, cabins and food will be organised for you
- During the adventure we sleep in cabins
- Group equipment is offered by us
- Personal equipment is your task. We will support this proces and facilitate all necessary information

G U I D E S

David Boix and Peter Blokland

David and I met during an intensive Arctic guide training course in 2015. We are now eight years on and work together on a regular basis. We give each other space, complement each other where necessary and make each other stronger. My knowledge comes more from business and in recent years working as a guide. David's background is mountain leader. Our connection is x-plore group, Gerard van den Berg and with whom we now organise beautiful Trusted Guide tours in the Arctic region as well as the mountains.

For more information:

Peter Blokland +31 6 55 12 85 01 / info@peterblokland.nl

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INFO@PETERBLOKLAND.NL

WWW.PETERBLOKLAND.NL

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