

Alpe d'Huez, France Saturday 25 January – 1 February 2014

Visit: BMFSkiTrip.com Email: events@britmilfit.com Call: 020 7751 9742 ext 3

Total Cost: £830

Deposit: £120 due immediately to secure your place

Balance: £710 due by Friday 16 November 2013

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OVERVIEW

Join your BMF instructors and 26 others for a January break at our exclusively booked BMF chalet in Alpe d'Huez, in the French Alps.

This is a sociable and friendly ski trip which allows you to ski with a group of like-minded people and have fun on and off the piste. Two of our best BMF Instructors will join you on the trip to make sure you have a fantastic time and that you are looking after yourselves, and you are welcome to join in with as many or as few of the activities that they may have up their sleeves for you! Don't worry about signing up on your own, as most people do. We will partner you with another person of a similar age and sex to share a room with.

Alpe d'Huez is a hidden gem in the Alps. It has the 5th largest ski area in France, as well as free access to another ski area just as large, great nightlife, cheaper prices than the bigger, more commercial resorts and 300 days of sun per year! It is known as 'the Island in the Sun' for its south facing slopes and sunny aspect. There are few places to rival Alpe-d'Huez for extent and variety of terrain – there is a huge range of nursery slopes for beginners, as well as many challenging black runs (including the longest piste in the Alps!) for the more advanced skiers and boarders.

The resort itself is lively but not as sprawling and hectic as some of the larger French resorts. There are a good variety of restaurants and bars and your lift pass will also allow you free access to the outdoor swimming pool (heated!), ice rink, night skiing / sledging and free skiing in Les Deux Alpes ski area, a short distance away.

Our comfortable chalet hotel is just 200m from the village, lifts and ski school meeting point. All rooms are twin or triples and as well as our main dining area there is a cosy lounge with an open fire - perfect for enjoying a glass of wine after a day on the slopes!

This ski holiday promises to be one of our best yet!

THE PACKAGE & PRICING

The price per person on this ski trip is £830. This includes the following:

- Flights from London Gatwick to Grenoble (options also available to travel from Birmingham and Manchester for supplement)
- Transfers from Grenoble to Alpe d'Huez by coach (1 ½ hours)
- Accommodation in resort for 7 nights, based on a twin or triple room (doubles also available; please ask)
- Hearty breakfast each day, consisting of cereals, breads, fruit, tea & coffee and two hot options
- Afternoon tea and cakes each day
- Free welcome drinks from BMF on first night
- 3-course dinner on 6 nights (one night we will dine out of the chalet, at an additional cost)
- Unlimited wine each evening during dinner, until coffee
- Special offer of 25% off your lift pass (conditions apply)
- Reduction on ski hire and assistance with organising group ski lessons
- BMF Instructors to run some fun sessions for you if you have the energy, and to ensure you have a great time!
- BMF gift

Not included:

- Lift pass
- Ski or snowboard hire
- Ski or snowboard lessons

ACCOMMODATION

We have exclusively hired a chalet in the centre of 'Les Bergers' area of Alpe d'Huez for BMF. The chalet is comfortable, stylish and practical and was significantly refurbished last season. The communal areas include a traditional Savoyard dining room, and a small sitting room with an open fireplace – perfect to relax in on a quiet night in. There is also a public bar and a compact ski room.

All rooms are twins or triples and have their own bath or shower. The large lounge/dining area has stylish leather seating and an open fireplace, TV and DVD player.



FOOD & DRINK

We know that food is one of the most important things on a ski holiday, and so we are making sure that you won't go hungry!

Each morning you will be served a hearty breakfast, which will consist of cereals, fruit, juices, tea and coffee, fresh bread and jams, and two hot options each day, such as eggs and bacon or sausages and mushrooms. There will, of course, be food suitable for all dietary requirements too.

After your day's skiing you will return to afternoon tea with fresh cakes, and each evening you will be served a three-course dinner in the chalet dining room with unlimited wine for free. The meals are all created by trained and experienced chefs and whilst not haute-cuisine, are ideal for providing you with sufficient energy for the following day's exertions! On the staff day off, there will be no dinner in the chalet but BMF will organise dinner in a local restaurant for the group, which isn't compulsory but you are more than welcome to join. This gives you the chance to try some local specialities such as fondue and raclette.

There is the option for you to purchase packed lunches for the slopes from the chalet.



SKI AREA

Alpe d'Huez ranks alongside some of the Alps 'giants', such as Val d'Isère and La Plagne, for its variety of runs. The majority of the pistes are South-facing which means they have ample sunlight during the day – a blessing on the colder January days.

Beginners are very well catered for in Les Bergers area – right next to our chalet, where there is an excellent range of green runs. Four of the beginner lifts are free, and there is a lower-cost lift pass to progress to that will save money rather than buying a pass for the whole region.

Intermediates have a great selection of runs to choose from, as well as some more advanced runs to progress onto as the week goes on! Every section of the mountain has red runs and there are some more challenging blues to enjoy too.

Advanced skiers and boards can enjoy some fantastic black runs, including the longest run in the Alps – the Sarenne – at 16km. The off-piste possibilities are immense – please note that we strongly recommend hiring a guide to explore the off-piste areas for safety. [Click here](#) for access to the full Alpe d'Huez ski area maps.

One big bonus of the Alpe d'Huez lift pass is that it allows you access to Les Deux Alpes ski area for two days and Serre Chevalier & Montgenèvre area for one day. If you fancy a change of scenery, it is easy to reach these tow resorts by bus, or alternatively, for €65, you can get there by private helicopter!

THE RESORT

Alpe d'Huez is a medium-sized resort with a friendly feel. It is situated on a high, open, sunny plateau so there are plenty of opportunities to enjoy the sun from its many terraces. The resort has a wide variety of restaurants, bars and cafés and there are plenty of other activities offered from resort, including a large sports complex with swimming pool, ice rink and sports facilities (included in your lift pass cost), husky dog rides, helicopter trips and snow shoe hikes.

There's plenty going on at night in Alpe d'Huez, if you're interested in some après-ski action. The Underground in Vieil Alpe has live music most nights and there are several late-night bars that you can party at into the early hours.

You can find out more about the resort by visiting www.alpedhuez.com



GETTING THERE

Your package includes flights from London Gatwick to Grenoble, as well as the coach transfer from Grenoble to Alpe d'Huez, which takes approximately 1 ½ hours. There is also the option to fly from Birmingham (£29 supplement) or Manchester (£39 supplement).

For those of you with onward travel to book, the flight departs London Gatwick at 06:00 on Saturday 25 January, and returns on Saturday 1 February at 10:25. The baggage allocation is 20kg for hold luggage and 5kg for hand luggage.

LIFT PASSES & EQUIPMENT

It is possible for you to purchase your lift passes and equipment in advance. We have arranged a 25% discount on your lift pass which you can take advantage of if you book in sufficient time.

If you need lessons, then we can arrange these for you. We will be setting up lessons with a local ski provider when the 2013 / 2014 ski season starts so we will be in touch with you after you book to arrange this if you are interested. Usually, we arrange morning classes only so that you are free to enjoy your afternoons with others on the slopes, but if you wish to have full day lessons you are welcome to do so.

WHO CAN TAKE PART?

This trip is open to everyone – and not just BMF members. Anyone can come along. Whether you're a beginner or have only skied one or two times before, or if you're an expert looking for off-piste and challenging black runs, you are welcome, and you are very likely to find several others of the same ability as you to hit the slopes with. We always have a range of abilities, and we always have plenty of boarders as well as skiers.

The majority of people come on their own on the trips – they are very sociable and suitable for everyone.



HOW TO BOOK

If you are interested in joining us, we strongly recommend that you put down your deposit as soon as possible. We have a high level of interest in our ski trips and places are offered on a first-come, first-served basis so in order to avoid disappointment, please sign up as soon as you can.

To pay your £120 deposit, please call 020 8600 1657 and speak to Tom Francis, our BMF Booking Agent. Please state that you are part of the BMF group and say you'd like to book on the Alpe d'Huez trip.

Please note that this number should only be used with regard to making your deposit payment and if you have any questions about the trip itself, please call the BMF Events team on 020 7751 9742 ex. 3.

Tom will take your deposit payment from you and you will then need to make your final payment, including your lift passes and any other equipment or flight supplements, by Friday 16 November 2014

You will be contacted by BMF Events to welcome you onto the trip after you have signed up, and you will be able to join the Facebook group to 'meet' others going on the trip. About 3 months before the trip you will get a further email from us with more details about the holiday, but in the meantime, if you do have any questions, please contact the events team on 020 7751 9742 ex. 3, or alternatively email events@britmilfit.com.

FURTHER INFORMATION

If you would like any further information about the trip, please contact the events team on 020 7751 9742 ex. 3, or email events@britmilfit.com