



TREKKING IN THE ALPS
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2012 TREKKING IN THE ALPS COMES OF AGE – 21ST ANNIVERSARY!



To celebrate this I'm very excited announce the second year of my unique
CREAKY KNEES SPECIALS!

Having spent the last 21 years hiking with people, I've seen lots of folk complain of stiff knees at the end of the day. These are not usually older people, they're people of any age, often very fit people, but their knees have seen a lot of action and are beginning to complain. For "knees", you can also read "hips", "ankles", and even "feet".

For many keen walkers or runners, the descents become an ordeal after a while and I am aware that those people are less likely to feel comfortable signing up for a week of trekking in

a group when they might need more time for the down-hills or they might just need to limp a bit.

Trekking in the Alps is the only company to give those people what they need - Creaky Knees Specials.

Here's the deal:

- Creaky Knees Specials will be 6 day trips, with one day off (or for a different activity) mid way through.
- There will be 3 grades of trip: **hard** (for fitties); **medium** (or aspirant fitties who don't want to feel too knackered) and **gentle** (for older fitties or people who would like a more relaxed trip).
- Each year theCKS week or weeks will take place either in Switzerland, Italy or France. In 2012 there will be a Chamonix based week at Medium grade.
- CKS weeks feature really good walks taking us high into the non-glaciated Alps. We'll aim to do as much uphill as is appropriate for each grade (obviously as much as possible for the hard trip, slightly less for the medium and considerably less for the gentle). There will be some undulating walking and there will inevitably be some downhill. But the horrid downhill will be kept to a minimum, by using lifts and transfers.
- Everyone is allowed to limp.
- We will not discuss aching joints and supplements any more than we usually do, but we'll have a great time hiking in the Alps not dreading the end of the day when we can't bend down to take off our boots.
- The hotels will be of good quality - comfort is key with a bit of pampering thrown in.
- The rest day will feature optional biking, swimming, spa or cable car trip depending on the base.
- I'll try to include a hut night where possible.



So, these trips are for those of you who thought the Alps were no longer your playground. Come and join me in 2021 and I'll show you there is a hiking life without cartilage!!

The Nitty Gritty

Dates

Meet 4/08/12 Chamonix

Price: 1180€ per person – price held from 2011!

Price includes

- 5 days guided hiking

- Organisation and transport for "rest day" activity
- 7 nights accommodation bed, breakfast and dinner (except one night) on shared room basis
- Planned transport, lifts and transfers during the week.

Price doesn't include

- Transport and from meeting point
- Picnics and drinks
- Cost of activity on the "rest day"
- Rescue insurance
- Single supplement

Email me for more details on hilaryalp@gmail.com