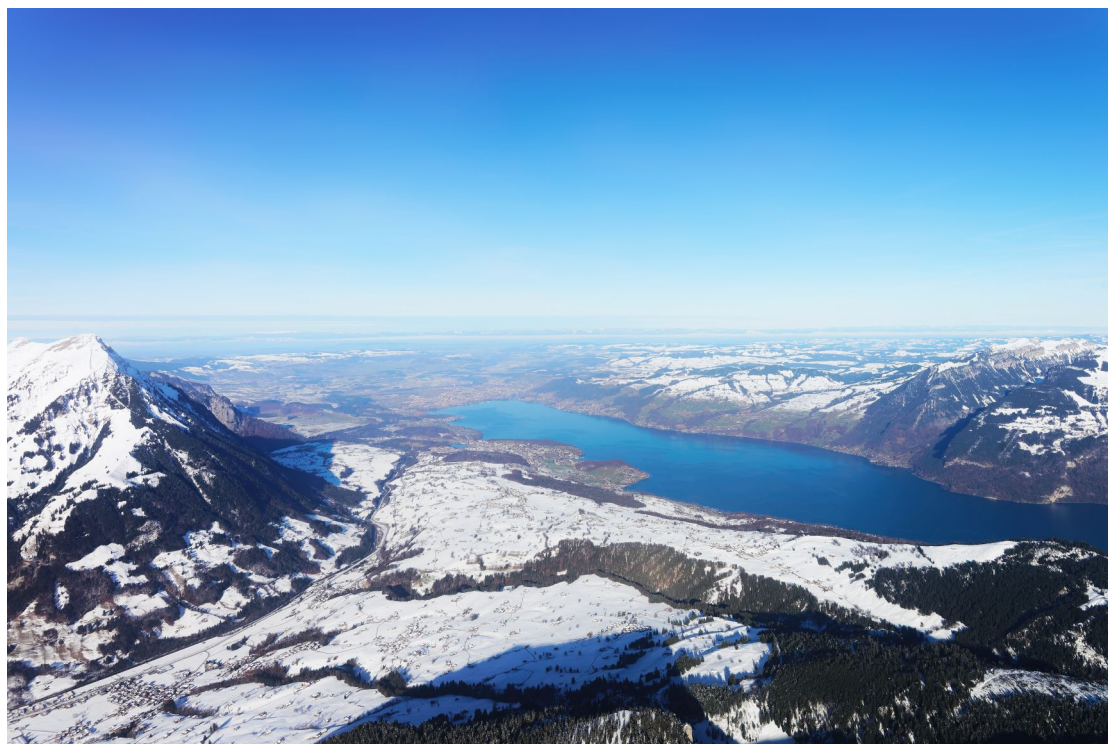


CHRISTMAS AT LAKE THUN



Celebrate christmas with Gay-Aktivreisen!



Would you like to spend Christmas with us in a cozy chalet hotel in the beautiful Swiss mountains above Lake Thun? Depending on the snow conditions, the program includes either moderate snowshoe hikes (also suitable for beginners) or winter hikes.

DATES: 12/22/20 (Arrival) – 12/26/20 (Departure)

NUMBER OF PARTICIPANTS: 5 – 9 guys (may be more)

YOUR GUIDE:



My name is Franz Herger, born in 1967, I am a trained hiking guide, nordic walking instructor and snowshoe hiking guide. I am a member of the AVS (Alpine Club South Tyrol), SNO (Swiss Nordic Fitness Organization) and ESA (Adult Sport Switzerland). I regularly train at these institutions. My next goal is the diploma as a health guide, what counts for me during the hiking weeks: the focus is on fun and joy, culinary enjoyment should not be neglected, the program takes into account the different needs and strengths of the participants, it has enough space for relaxation.

PROGRAM:

12/22: Individual arrival und check in. 16.00 h Walk around the villiage and welcome aperitif. 19.00 h dinner

12/23: Breakfast. Ca 10 h snowshoe hike or winter hike "Brunni Trail", ca 4 – 5 hours walking time / 600 meters altitude. Return to hotel. Wellness in Schwimmbad Aeschi possible. Dinner

12/24: Breakfast. Ca. 10 h snowshoe hike or winter hike in Diemtigtal, ca. 3 – 4 hrs walking time, ca. 400 – 500 meters altitude. Return to hotel. Wellness in Schwimmbad Aeschi possible. Dinner

12/25: Breakfast. Winter hike on "Blume" over Heiligenschwendi with a view to Bernina Alps (in case of clear weather), ca. 3 - 4 hrs walking time, ca. 400 – 500 meters altitude. Return to hotel. Wellness in Schwimmbad Aeschi possible. Dinner

12/26: Breakfast and individual departure

Important: Changes or deviations from the advertised program are possible due to weather changes, unfavorable road conditions, transport difficulties and many other influencing factors. Possible official regulations to prevent Covid 19 can lead to restrictions in the catering and wellness area as well as to changes in the program. The above description only represents the planned program, without guaranteeing the exact process in detail.

PARTICIPATION REQUIREMENTS: The hikes have approx. 4 - 5 hours of pure walking time and up to 600 m of ascent, it should be noted that 600 m ascent of snowshoeing can be more demanding than 600 m of mountain hiking. Nevertheless, this week is absolutely suitable for beginners, as long as you have basic physical fitness. The technique is easy to learn.

ACCOMODATION: Accommodation is in comfortable *** Chalet Hotel Bergblick, Aeschi. Aeschi is located on a terrace above Spiez, at the foot of the Niesen mountain, with a view of Thun, the Justis- and the Kander valley - embedded in gentle mountain meadows and surrounded by impressive mountain peaks.

ITINARY: Spiez is very easy to reach by train, via Basel - Bern - Spiez with direct trains, but also from Zurich - Bern - Spiez with direct trains (possibly not boarding in Bern).

In Spiez there is a bus connection from the train station to Aeschi / Aeschiried (above Spiez with a beautiful view of Lake Thun). The hotel can be reached on foot in about 5 minutes from the bus stop.

EQUIPMENT: Snowshoes & poles can be rented on site for a rental fee. You also need:

- warm and firm winter hiking boots
- warm and windproof trousers and jacket
- winter cap, gloves, neckerchief/scarf
- sun glasses, suncream
- day backpack
- thermos

COSTS:

Included are

- 4 accomodatiins with breakfast and dinner
- hiking guide
- tax
- welcome- und farewell aperitif

The price is 510 Euro per person in double room

Single room supplement is 80 Euro

Not included are your own itinary, local train / bus transfer costs approx. 30 - 50 CHF, meals, refreshments and drinks not mentioned above, entry to Aeschi swimming pool CHF 11 and wellness entry CHF 24, rental fee for snowshoes / sticks, if you don't have your own

SIGN IN AND GENERAL CONDITIONS:

[Please sign in here.](#) After receipt of your registration you will receive a booking confirmation and a security certificate from me. A deposit of 20% of the travel price is due after receipt of the booking confirmation / security certificate, the remaining amount is to be transferred 21 days before the start of the trip.

The prerequisite for holding this week is a minimum number of 5 participants signed in by the registration deadline, 9/9/20

Please contact me for any further questions.

See you soon, Florian

www.gay-aktivreisen.de