

## FAQ's

### TRAVEL & CHECK IN

Fly to: Geneva airport (GVA) OR Zurich airport

Train: Geneva airport to Le Châble (direction 'Brig' with 1 change at Martigny, very small station & train for Le Châble leaves from platform 50) OR train options available from Zurich airport too, please check link below:

For train tickets you can pre book here: <https://www.sbb.ch/en/home.html> Download the SBB app for easier use on your journey and for buying tickets also.

Guests are welcomed to the chalet between 4pm-6pm (transfers between this time window from Le Châble to the chalet in Verbier) and departure is by 10am. However if you arrive early or stay late this can sometimes be accommodated too and we can also suggest things for you to do.

### WHAT IS THE WEATHER LIKE & HOW HOT DOES IT GET?

The weather in Verbier during the summertime is usually dry, warm and sunny ☀️. Average temperature is 27°, which means you can be hiking high up in the mountains in a t-shirt and shorts. It can rain occasionally, but luckily the weather changes fast in the mountains so it doesn't usually last too long. Below is a comprehensive packing list with some key items not to forget.

### WHAT TO PACK? (Layers are the secret)

- Trainers with good grip (ideally trail specific trainers) or hiking boots (if you prefer more ankle support) WORN IN.
- Enough workout wear to sustain the weeks long retreat (washing facilities normally provided in chalet)
- Shorts, leggings and exercise tops
- Warm leggings or lightweight trousers (for hikes and cosy yoga sessions)
- Long sleeved warm fleece or shell top
- Good lightweight waterproof jacket
- Warm jacket/down puffer
- Comfy lounge wear for relaxing in the evenings
- High protection sunscreen for face and body, sun hat, sunglasses
- Small 15-20 litre rucksack for carrying food, water and extra clothing for the day (some camel backs will have room for extra clothing and will also be sufficient)

- Bikini/swimsuit, light swim towel (thin quick dry type if you'll want to dip in any of the lakes), flip flops (optional), waterproof phone case (optional if wanting to take on paddleboards)
- Water bottle (min. 750ml)
- Walking poles (optional & available to rent)
- Any medication you may need plus painkillers, compeed blister plasters etc.
- Adaptors for Swiss plugs (3 pin, or 2 pin work)
- Swiss Francs (CHF) cash for drinks at mountain cabanes (although most do accept cards)

### **CAN I COME ON MY OWN? & HOW BIG IS THE GROUP?**

Yes of course, it's the perfect retreat for travelling solo, as well as with a friend or partner! The retreat caters for small groups of 5-8 women, from all nationalities and life stages. It's a lovely coming together of like-minded women. A perfect retreat for making lifelong connections and friendships.

### **WHAT IS THE FOOD LIKE?**

The private chef creates an exceptional menu using fresh local ingredients. Mostly focused around a vegetarian & vegan menu, that is predominantly gluten & sugar free. With some small meat, egg & fish additions too. Nourishing your bodies with natural, quality ingredients. No processed foods, sugars or additives. Dietaries and allergies are accommodated and portion size can be tailored if so desired.

3 healthy & nutritious meals each day.

Alcoholic drinks are not provided in the chalet, but the bars and restaurants in town are not restricted ;-)

Eat together in a relaxed social environment both in the chalet and up the mountain for incredibly scenic picnics.

Healthy snacks are provided on certain days too.

Plus unlimited teas, coffee & infused water.

### **WHAT FITNESS LEVEL DO I NEED TO BE? / HOW HARD IS THE FITNESS TRAINING?**

This is not a high tempo fitness retreat, so an average base level of fitness is fine, however the mountains do offer up their own challenges.. Altitude (you sleep at 1400m) and climbing on hikes. Already integrating some form of exercise and movement into your weekly routines is

important. Verbier is situated at 1500m so a base level of cardio fitness is recommended and will help in the altitude. You ideally will be able to sustain a steady day long hike (roughly 5-6hrs, 16km and 800m of elevation) with breaks. There are no specific running sessions, other than short sprints in some fitness circuits.

Other sessions i.e. yoga & fitness circuits using weights, will be tailored as much as possible for individuals, especially if any injuries.

### **IF I HAVE AN INJURY, CAN I STILL ATTEND?**

We encourage our clients to listen to their bodies and not push through any pain, in case it leads to injury or makes a niggle worse. In most cases we are able to tailor programmes to account for minor injuries but we do insist you fill out a personal medical form prior to arrival so we are aware and consult your doctor if unsure.

### **IS THERE TIME TO RELAX, AND WHAT CAN I DO THEN?**

Yes, active recovery sessions and full recovery sessions are planned each day and an important part of the week. You can choose to read, sunbathe, have a nap, explore Verbier town, have a massage or go for a paragliding flight (highly recommended by everyone!).

Encouragement is there to participate in all the activities as planned in the week's programme. However if you wish to skip a certain session this is absolutely fine :-)

### **ARE TOWELS PROVIDED?**

Yes is the short answer, both bath and hand towels. You are also gifted mini REN toiletries.

### **IS THERE WIFI?**

Yes, high speed wifi is provided in the chalet.

### **IS SMOKING ALLOWED?**

No, there is a no tolerance policy towards smoking in or on the chalet grounds.