



4<sup>th</sup> - 12<sup>th</sup> September 2010

# The SuperAlp! <sup>4</sup>

Experience and live sustainable mobility across the Alps



PROGRAM September 2010

- 4<sup>th</sup> MONACO/MC > PEILLON/F
- 5<sup>th</sup> PEILLON/F > PONTECHIANALE/I
- 6<sup>th</sup> PONTECHIANALE/I > REFUGE DU VISO/F (2.460 m)
- 7<sup>th</sup> REFUGE DU VISO/F (2.460 m) > PIAN DEL RE/I > OSTANA/I > TORINO/I
- 8<sup>th</sup> TORINO/I > BRENO/I
- 9<sup>th</sup> BRENO/I > ADAMELLO > CIMEGO/I
- 10<sup>th</sup> CIMEGO/I > INNSBRUCK/A > BERCHTESGADEN/D
- 11<sup>th</sup> BERCHTESGADEN/D > LUNZ AM SEE/A
- 12<sup>th</sup> LUNZ AM SEE/A > MARIBOR/SLO

depa y comelfo

# **SOME INFORMATION BEFORE LEAVING TO PARTICIPATE TO SUPERALP!**

## **3<sup>rd</sup> SEPTEMBER 2010**

For those travelling alone, the meeting point is the **Hotel Victoria in Roquebrune-Cap-Martin**:

### **Hotel Victoria**

7 Promenade du Cap  
06190 Roquebrune-Cap-Martin  
France  
Tél: + 33 4 93 35 65 90  
Fax: + 33 4 92 28 27 02

For the others, as already agreed, the minibus will stop in Verona Porta Nuova (railways station - 16 o'clock) and in Alessandria (highway exit – 19 o'clock), reaching Hotel Victoria around 22 o'clock.

## **4<sup>th</sup> SEPTEMBER 2010**

SuperAlp will start from the Palais square of Monaco.

09.00: Transfer from the hotel

10.00: Meeting with his Majesty Prince Albert II and kick off of Superalp

11.00: Press conference

12.10: Trekking starts

Important: full trekking equipment needed!

## **DO NOT FORGET WHAT YOU NEED – LUGGAGE AND EQUIPMENT**

### **LUGGAGE:**

A support minibus will be following the whole crossing, transporting the luggage. It is highly recommended to reduce the size of the luggage to the minimum. The minibus carries the luggage from hotel to hotel: during the day we will be carrying in our own rucksacks only the essential equipment for each day.

**IMPORTANT:** 6<sup>th</sup> to 7<sup>th</sup> September (overnight stay at the Viso hut: the minibus will not be there obviously. See equipment for more details.

**EQUIPMENT:**

We will travel mostly by train, bus, bicycle and by foot. It is therefore indispensable that participants take appropriate equipment and also suitable clothing for the walks along mountain paths.

**Please be aware that the crossing includes three days of trekking (5<sup>th</sup> and 6<sup>th</sup> September – 9<sup>th</sup> September) and an overnight stay in a mountain hut on 5<sup>th</sup> September ( 2,460m height).**

**NEEDED:**

- Mountain or trekking shoes – must be warm, strong enough and waterproof (possible short crossing on snow fields)
- Warm but light clothes (temperature might vary from 0°C to 25°C)
- Socks
- Trekking trousers
- Wind stopper/wind jacket
- Shirts/pullover or fleece
- Sufficient underwear
- Light gloves and cap
- Sunglasses
- Walking sticks (optional)
- Rucksack
- Water bottle
- Passport or ID card
- Hut sleeping bag (it is also possible to buy it in the hut)
- Light with battery (mountain huts usually have no electricity)

**CONTACT:**

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