



The guides' tips

Hiking trips

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CHOOSE THE RIGHT BOOKING OPTION

In a group formula, you are paired with individuals you may not know, and your specific needs and expectations may differ from those of other participants. In the private booking option, you'll be with a group you've formed, and we'll tailor your trip to align perfectly with your preferences.

HAVE A PROPER PREPARATION

Maintain your fitness throughout the year by walking (15 km, ideally with elevation gain) or engaging in a sports activity (1 to 1.5 hours) at least once a week. If this routine exceeds your physical capabilities, we recommend opting for a trip that does not exceed three days. In any case, be aware that the weight of your backpack and the altitude can influence your usual physical condition.

USE YOUR BACKPACK PROPERLY

The weather conditions in the mountains are unpredictable and harsh. The equipment list is designed to help you carry the essentials while limiting the weight of your backpack. It is crucial to assess the weight/comfort ratio to find the best compromise. Use a backpack specifically designed for hiking and tailored to your morphology. Distribute the contents wisely to balance the weight of the backpack and avoid chafing.

STAY DRY AT ALL TIMES

In general, layering multiple lightweight coats is better than wearing one heavy piece of clothing to regulate your body temperature effectively. Even if your backpack is equipped with a rain cover, always make sure to store your belongings in a waterproof bag. Avoid cotton clothing and opt for synthetic technical textiles or merino wool, which are warmer and dry quickly.

WALK IN THE RIGHT SHOES

Opt for high-top shoes with Vibram soles for better stability and support. If you are using shoes different from your usual ones, make sure they fit well, and take the time to break them in before the start of your trip. Avoid moisture in your shoes as much as possible, as it can cause blisters. Make sure to let them dry at the end of each day. An additional tip is to apply talcum powder to your feet and inside your shoes every morning.

GET A GOOD NIGHT'S SLEEP

A multi-day hike is demanding on the body; good sleep is the key to a successful trip. Earplugs are essential to reduce potential noises. Make sure to drink an adequate amount of water to limit headaches; prioritize water over alcohol. Always leave a window slightly open to allow fresh air in and prevent overheating during the night. If there are any issues with the accommodation, please inform us.

ENJOY THE SIMPLICITY

We are here to guide you through an exceptional experience in the heart of nature. Accommodations will likely be more rustic than what you are accustomed to. Kindly consider that mountain hiking involves a certain sense of simplicity.