

Exclusive trip to Fontainebleau (France) - June 17th–20th 2011



Left. The Palais de Fontainebleau
Right. Michelle White bouldering
Bottom Right. B&B Accommodation

Treat yourself to this relaxing three day adventure where you will receive First Class, Low Ratio Coaching, and Guidance for all levels of climbing.

Overview

Fontainebleau is situated about an hour's drive south of Paris and is often described as the best bouldering area in Europe, and possibly the world. In a magical woodland setting the sandstone rock here is of the finest quality. Guided 'circuits' are marked by colour coded grades for every level of climbing. We will focus on coaching good climbing technique, and you will improve your stamina in no time after just a couple of days on this trip.

Travel

Mini-bus travel will be provided from Groombridge (we can pick you up if you live en-route) and you will be chauffeured to our destination.

Accommodation

We will be staying in recommended Bed and Breakfast accommodation (with a TV and en-suite WC with each room!) close to the climbing area.

Food

Breakfast will be provided at the B&B, and we will provide packed lunches while we are out on the crags. There will be plenty of choice for your evening meals, as we will be staying close to the town of Fontainebleau.

Equipment

Minimal climbing gear is required for climbing in Font, but you will need to bring your climbing shoes (we may be able to lend you some if you don't have your own, please let me know your size) and a chalk bag if you have one; we will lend one if not. We will supply guide books, bouldering safety mats and ropes where necessary.

Please contact Sarah to book or to ask any questions you may have regarding this trip:-
by email or telephone, 01892 860670

