



France Alps GR5 Trekking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

[France Alps GR5 Trekking](#) Trip Planner for 2026

Activity Level 4: On this trip, you will be hiking 6-9 hours a day at elevations below 10,000 feet for multiple days in a row, with up to 3,900 feet of elevation gain and 4,900 feet of elevation loss. The trails can be rocky, muddy and uneven, requiring stamina, excellent balance, and coordination. Be prepared for sustained steep ascents and descents. You need to be in good physical condition to enjoy this experience. Weather can change rapidly and all conditions should be anticipated including heat, cold, heavy rain and even snow. Hiking poles are recommended.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in **Geneva, Switzerland** (airport code **GVA**) **by 1:00 pm on Day 1** of the itinerary. On Day 1, after claiming your luggage and proceeding through arrival customs, meet your driver, holding a MT Sobek sign, in the Arrivals hall for the 90-minute transfer to your hotel in Combloux. **The group will depart for Combloux at 2:00 pm.** If you are in Geneva early, please ensure you arrive with ample time to find your group before the 2:00 pm departure. Your Final Details will include additional information on the group arrival transfer and orientation.

Consider your first day's activities: Day 1, after arriving at the hotel, you have time to explore the village or rest before meeting up with the group and guides for a welcome dinner and orientation.

DEPARTURE: You can schedule your departing flight from **Nice Cote d'Azur Airport, France** (airport code **NCE**) after **12:00 pm** on Day 14. Your trip ends in the morning on Day 14. One scheduled group transfer from our trip hotel to the airport is included, just after breakfast. The transfer takes about 45 minutes.

Extending Your Stay

If you are arriving early to Combloux and need a night to stay before the trip, we recommend our group hotel, the [Hotel Les Ducs De Savoie](#). If you are looking to extend your stay at the end of the trip in Menton, we recommend our group hotel, the [Hotel Riva Art & Spa](#).

Please book your extra nights with the hotel directly. Our groups stay in rooms of varying (but comparable) standards, and we will not know who will be in which room until the final participant list is sent to the hotel 30-days prior. Therefore, it will not be possible to guarantee you will not need to switch rooms on Day 1 of the trip. Your guides will review pre-trip details when confirming rooms with the hotel, and will make every effort to keep you in the same room. When booking your pre-trip hotel, let Reservations know that you are with the tour group arriving on (Date, being Day 1 of your trip).

If you wish to extend your stay prior to the trip in Geneva, we suggest the following hotels:

Central Geneva (15-20 minute taxi ride or train to/from airport):

- [Hotel Royal](#)
- [Hotel Edelweiss](#)

Geneva International Airport:

- [Movenpick Hotel & Casino](#)
- [Holiday Inn Express](#)

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- [Crowne Plaza](#)

Passports and Visas

Passports

US citizens need a passport to enter France and Switzerland.

If you don't have a passport, apply for one now because the process can be lengthy. If you do have a passport, check the expiration date. Most countries require that your passport be valid for at least six months **beyond** the date you complete your trip and contain at least one blank page for each country you plan to visit. For more information, visit [Department of State US Passports](#).

Minors Traveling

If a minor is **not accompanied** by all parents or legal guardians, we strongly urge the parent/legal guardian who is traveling to carry a notarized document from all guardians granting approval for the minor to travel outside his/her country or state of residence. Air carriers and local authorities do request such documentation from time to time. Similarly, if the minor is traveling with his/her sole parent or guardian, he or she is recommended to carry notarized documentation of such.

Visas

US citizens do not need a visa for stays up to 90 days. Citizens of other countries should check with their local embassy for entry requirements for Switzerland and France.

On Your Trip

Accommodations

Our carefully crafted itineraries include hand-picked accommodations across the globe. In each destination we select the best available choice, staying in hotels rather than huts between hiking days. Please refer to your [itinerary](#) and the hotel contact list included in your final trip details for the specific accommodations on your adventure.

Communications

There will be a phone in your guestroom each night. Internet access or WiFi is available at most hotels on this trip. There is generally good cellphone reception throughout this region, even in the mountains. Contact your service provider to determine if your phone will function while abroad and to discuss international rates and fees.

Your guide will have a cellular phone to be used in the event of an emergency or if she/he needs to communicate with any of the services for logistical purposes.

Electronics

France and Switzerland are on the 220-240V system. Check the voltage on your personal electronics chargers to determine if you need a voltage converter. France uses Type E outlets, and Switzerland uses Type J outlets. Please note that the "Europe" adapter (Types E and F) does not work in Switzerland. The "Europe" adapter has 2 prongs that are placed slightly closer together than the similar 2-prong "Switzerland" Type J adapter. Please be sure your adapter specifically says "Switzerland" in the list of applicable countries. A good resource to see images of plug types is www.power-plugs-sockets.com.

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There are electric outlets at every accommodation, so you can charge your personal electronics every night. Keep in mind that while your hotels will usually have a safe in your room, they often are not big enough to store a laptop or tablet.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

Savoyard cuisine, which hails from the French Alps, is famous for its indulgent use of cheese. Similarly to their Swiss counterparts, fondue and raclette showcase melted cheese accompanied by bread, vegetables and meats. The region also boasts a variety of charcuterie, including sausages like diots and saucissons, often paired with mountain wines.

BREAKFASTS: All breakfasts are buffets at the hotel, perhaps featuring croissants or other French pastries, fresh bread with butter and jam, along with cereals, yogurt, fruit, eggs, and cold cuts. Juices, coffee and tea are included.

LUNCHEs: Lunches will be picnics in scenic settings, carried along with you in your day pack. Typically, a variety of fresh and pickled vegetables, fresh baked breads, local cheeses, fruit, and a variety of cured meats will be available to choose from for our picnic lunches.

DINNERS: Dinners are served at the hotel or a nearby restaurant and are usually 3 courses. In France, dinner might include charcuterie, fresh fish, seafood, roast chicken or lamb with vegetable sides and a decadent dessert.

ALCOHOL: A limited amount of beer and wine selected by your guides is included with meals. Additional alcohol is available for purchase.

Money

Your land cost includes most major expenses of the trip. We recommend budgeting **\$600-800** for personal expenses such as meals on your own (dinner on days 8 and 12), souvenirs, laundry, and optional tips to your guides.

In Switzerland the currency is the Swiss Franc; the currency in France is the Euro. Check out www.xe.com for current exchange rates. Day 1 is in Switzerland, and Days 2-14 are in France. You will want to exchange your cash, or withdraw money from an ATM, at the first available opportunity when you arrive in Geneva. Airports generally have good rates and are very convenient. Banks in Switzerland close at 4:30pm on weekdays, and in France they close at 5:00pm. Keep in mind that we may not arrive into town until after closing hours.

Make sure that your PIN number will work internationally, and let your bank know you will be traveling. Most banks will deactivate your card if they notice unusual activity, including transactions made in faraway places.

Tipping Guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work, care and expertise. The amount we recommend that you tip may vary based on factors such as the length of the trip, the expectations and level of service, as well as cultural considerations. What you decide to tip should be based on your overall satisfaction.

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Your trip is supported by at least one MT Sobek Guide for every 7 guests and a Driver Guide. Your support team may have as many as 4 individuals. Tips for additional taxi/transfer drivers, guides, restaurant, and hotel staff are included in your trip price.

- On this international adventure, we recommend tipping each of your Guides the equivalent of \$150-250 per guide in local currency.

Our local team is unable to accept gratuities paid by apps (Venmo, Zelle, PayPal, etc.), checks, or credit card. We recommend bringing local currency with you, or visiting an ATM machine at the airport or in town upon arrival to the trip, to obtain cash.

Remember that tipping is always optional, and is sincerely appreciated.

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Packing List

LUGGAGE

- ☐ Soft-sided wheeled duffel or suitcase
- ☐ Daypack with 25-35 liter capacity
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Long-sleeved, lightweight shirts
- ☐ Short-sleeved T-shirts
- ☐ Full-length pants (synthetic, wicking fabric)
- ☐ Hiking shorts (synthetic, wicking fabric)
- ☐ Swimsuit (optional, for hotel saunas and swimming pools)
- ☐ One set of dressier clothes for the farewell dinner

OUTERWEAR

- ☐ Medium weight sweater or fleece jacket
- ☐ Waterproof, breathable rain jacket with hood
- ☐ Waterproof, breathable rain pants
- ☐ Bandanna and/or neck gaiter (buff)
- ☐ Warm hat
- ☐ Waterproof gloves or mitts

FOOTWEAR

- ☐ High ankle, waterproof hiking boots
- ☐ Comfortable walking shoes
- ☐ Sandals (optional)
- ☐ Warm socks

TRAVEL ACCESSORIES

- ☐ Hiking poles
- ☐ Reusable water bottle(s) or backpack hydration system (recommended 2 liters minimum total capacity)
- ☐ Camera, charger, and memory
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection with SPF
- ☐ Hand sanitizer

OPTIONAL TRAVEL ACCESSORIES

- ☐ Travel umbrella
- ☐ Ace bandage or brace
- ☐ Small Ziploc bags or stuff sacks
- ☐ Travel packet of laundry detergent
- ☐ Reading and writing material
- ☐ Favorite snacks
- ☐ Spare roll-up duffel for souvenirs
- ☐ Face masks

Our packing list is based on feedback we've received from our staff, guests and guides. Weather conditions may vary. Please use this as a guideline and if you have questions feel free to reach out to your Adventure Coordinator.

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Please give us a call at 800-974-0300

Packing Notes

Packing for Weather

While the best season for hiking GR5 is June-September, expect mornings to be cool, typically warming in the afternoons. When trekking in any mountainous area, you need to be prepared for full sun, wind, rainstorms, the possibility of light snow, or clear skies at any time during the season. Rain and wind can lower the temperature significantly and quickly.

During the day, temperatures typically range between 60F and 70F, although if we encounter wet or windy weather, temperatures can drop into the 30-40F range, or lower, especially at the higher elevations and mountain passes.

Clothing Notes

Please be prepared for a variety of weather. Dressing in layers is the key to staying comfortable throughout the day.

Your outermost layer should keep you dry, such as a waterproof, breathable rain jacket and rain pants. Your mid layer should keep you warm, such as a wool pullover or fleece sweater/vest, and hiking pants. Your inner layer should wick moisture, and also act as your warm-weather layer, such as synthetic T-shirts and shorts.

We suggest that you layer with synthetic clothing. Synthetic fabrics are the most effective barriers against cold and wet weather conditions. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and wool/synthetic blends are also suitable. We strongly discourage the use of cotton garments in cold or wet conditions. On hot, sunny days cotton is perfectly acceptable, but you should always have synthetic or wool/synthetic layers with you, in case the weather changes.

You are welcome to bring something dressier, but it is acceptable to wear clean hiking pants and a shirt to dinner every evening.

Daypack

Each day you'll carry with you in your daypack drinking water, sunscreen, camera, hat and your hiking poles, when you are not using them. In case the weather changes, you will also carry a fleece jacket, rain pants and a rain shell, even if it is sunny when you wake up. If a picnic is planned, you'll take a packed lunch.

Many daypacks now come with attached rain covers which can be handy. If your pack does not have a rain cover (usually stowed in the lowest part of the pack) we recommend you purchase one for this trip. Daypacks should be between 25L-35L and have a padded hipbelt and contoured shoulder straps. Please choose your daypack wisely!

Footwear

Choosing your hiking boots is one of the most important decisions you will make when preparing to hike in the Alps. You will need sturdy, medium-weight, waterproof hiking boots with good lug soles. Many people prefer to hike in low-ankle trail shoes. These are acceptable for some hikes, but you will also need to bring a pair of high-ankle boots for rocky terrain, or in case weather conditions require additional traction or support.

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If you're buying new boots, be sure to completely break them in prior to the trip. We always recommend training for your trip in the shoes you plan to wear during the trip. To choose the right hiking boots, look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks or tree roots beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

You may wish to also bring lighter comfortable shoes for when you are not hiking.

Laundry

It is best to assume laundry service is not available on this trip. We recommend bringing a small packet of detergent for hand-washing a few items in your room and hanging items to dry. It may be possible to have some items washed during your two night stays in Roquebiliere (Day 9 & 10) and Menton (Day 12 & 13) but hotels can't always offer this service reliably.

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information — especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

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Tips for Getting in Shape

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

Get outside multiple times a week with back-to-back days of activity. Start out gradually and increase your aerobic training to 4 to 5 times each week, 40 to 60 minutes at a time. Go for full day hikes at least once a week to start. Your heart will thank you on those uphill!

While hiking, carry some extra weight in your daypack, which should have a hip belt and sternum straps. Start with your water, snacks, and the same gear you plan to bring on your trip, which will weigh +/- 10 lbs. Gradually add weight in 2-3 lb increments (such as bags of rice) as you get closer to your trip! Make sure the weight is comfortably placed in your daypack and doesn't stress your back or shoulders. Carrying weight builds muscle and simulates the experience of hiking at a higher altitude.

Remember to take breaks! Over-training can lead to stress fractures, pulled tendons, or worse. Take a rest every few weeks and also back off training a couple of weeks prior to departure.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

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General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities. Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in the majority of MT Sobek accommodations.

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