Beginning and ending in Chamonix, France, site of the first winter Olympics in 1924, we will enjoy four days of hiking and three days of exploring the local environs with the freedom to choose your own optional activities in each location. Free days can include hiking, biking, white water rafting, or relaxing in local spas. We will spend a total of five nights in Chamonix, a beautiful alpine town known for its skiing and local food specialties, and three nights in Courmayeur, a charming mountain town just across the Italian border. When transiting between the two towns, we travel by private coach through the Mont Blanc Tunnel.

Mont Blanc itself is the highest peak in the Alps at 15,766 feet, and though we do not summit the peak, we will have spectacular views of Mont Blanc on all of our hikes.

Included in the cost: three star hotels (double rooms); breakfasts in hotel each day; four dinners; travel medical and accident insurance; four lectures; guided hikes; private coach transportation between sites. If you would like a single room, the additional cost is $359 and the number of singles is limited.

Dr. Anthony Bull is Associate Professor and Chair of the Department of Human Biology and Kinesiology at Colorado College, a certified exercise physiologist and Strength and Conditioning Specialist. He earned his PhD in exercise physiology from the University of Nebraska in Lincoln and his Bachelor’s in Business Administration at Nebraska Wesleyan.

In the classroom, Dr. Bull is passionate about teaching students the science of how their bodies work as they participate in various activities and dispelling the myths so often promoted by tradition and social media.

Find the full itinerary here: http://tinyurl.com/CCMontBlanc

For questions about this trip, contact Inger Bull at (ibull@coloradocollege.edu).