

Snow Shoe Hike & Yoga



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Url: <https://wildyakexpeditions.com/trips/snow-shoe-hike-yoga/>

Duration

1

Max. Altitude

2,000m (6,561ft)

Difficulty

Easy

Group Size

4 to 6 participants

Per Person Cost

USD75

Country

Switzerland

Region

Les Mosses

Prime Activity

Snow shoe hiking

Minor Activity

Yoga

Meals

Lunch

EXPERIENCE

- 1-day experience in the Alps "Women Only"
- Special winter package
- Max 6 participants
- Yoga sessions in the mountain for all levels (no previous yoga experience necessary)
- Snow shoes can be rented from WILD YAK for a good cause

HIGHLIGHTS

- **1 day experience** in the mountain
- Great opportunity to **take some time for you** and **refill your energy**
- **With Andrea Sherpa-Zimmermann (9th Swiss Woman on Mount Everest) & Valerie Horyna (passionate and qualified Yoga teacher)**
- **No need to be a yoga expert**
- **Small group**

Overview

Refill your energy in the Alps!

Tired? Do you need a break in your daily routine? Close your eyes and feel the fresh mountain air!

Let's embark for a one-day energizing day in the mountain with WILD YAK EXPEDITIONS. Let you guide on a warm-up snow shoe tour of 2-3 hours, and enjoy some yoga sessions with Valerie in the invigorating mountain air. Discover the nature in another way.

Get inspired and go back home with a new energy!

Program

Show Detail Itinerary

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Day 01

In the core of the winter wonderland

10am: Individual arrival*. Short briefing of the day before embarking on your day adventure. Let's go!

During our 2-two hour snow shoe hike, we will stop in the middle of the nature for some short energizing yoga sessions. At one point, we will enjoy a well-deserved lunch before hiking back to our starting point with new energy.

4pm: End of the activity with WILD YAK EXPEDITIONS

Contact us for any further information by phone or email. We are happy to advise you further!

**The exact meeting point will be communicated to all participants a few days prior to the event.*

WILD YAK Services

- Organization of your Trip by WILD YAK
- Snow shoe hike with WILD YAK co-founder Andrea Sherpa-Zimmermann, 9th Swiss Women on Mount Everest
- Yoga sessions with Valerie Horyna, a passionate Yoga teacher
- Lunch
- All taxes included

Logistics

WILD YAK EXPEDITIONS' PHILOSOPHY

WILD YAK EXPEDITIONS focuses on security and **quality**. We believe that this is the best way to guarantee **an excellent and relaxed alpine experience**.

In addition, we adapt the group size to the conditions in the mountains in order to guarantee the best security for you and our guide. Hence, we benefit from **greater flexibility** and can **better tailor personal support**.

PERSONAL EQUIPMENT

- Snowshoes
- Comfortable and warm hiking shoes with Vibram soles
- Trekking poles with large washers
- Warm jacket
- Comfortable ski/cross-country pants
- Spare clothes (to change if you have sweated ☐)
- Gloves
- Sun cream and lip stick balm (min. protection factor 30)
- Sunglasses
- Cap / headband / Buff
- Thermos
- Snacks
- Backpack (min. 20 liters)

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