



Welcome to our Spring newsletter.

Once again the snow has melted and the lifts are closed, but we are already giving plenty of thought to next winter and how we can offer the best possible holidays for our usual competitive prices. We are now taking bookings for season 07/08 with some peak weeks still available at the time of writing. Give us a call now and benefit from an early-booking discount. If you haven't booked your summer holidays yet we may be able to tempt you with one of the great value packages below!

Whatever you are doing and wherever you are going this summer we wish you well and hope hear from you soon!

*Andy & Sylvie*



## SOMETHING FOR EVERYONE THIS SUMMER

Chalet L'Etoile des Vents will be open for the first time this summer offering total flexibility in dates and board basis, and at prices much lower than our winter prices. One person in every five goes free on catered stays all summer.

We have also put together some great value packages to suit all tastes in the hope of tempting people away from the beach and into the mountains. The quoted prices are inclusive of airport transfers, accommodation, catering and the itinerary activities:

### TESTOSTERONE WEEK!

Not for the faint-hearted.  
This package will test your limits!!

- 6 nights
- 6 adventure activities for adrenalin junkies
- Over 12s only
- **Just £450 Per person**

### RAMBLERS PACKAGE

Explore this beautiful area with the services of a mountain guide.

- 6 nights
- Guided walks for 5 days
- Over 12s only
- **Just £450 per person**

4 night breaks also available at just £350 per person (3 days walking)

### FAMILY FUN WEEKS

A week packed with activities at a price that won't break the bank.

- 7 nights
- 10 fun activities including tobogganing, karting, donkey trekking, ice-skating and much more!
- **Just £410 per adult and £295 per child**

### THE SAVOY EXPLORER

A short-break to discover the culture and history of the Savoy.

- 4 nights
- Fully escorted day trips by private minibus
- Groups of 5 - 8
- **Just £275 per person**

**Full details of all packages at [www.hostsavoie.com](http://www.hostsavoie.com)**

## IMPROVE YOUR FITNESS – THE GENTLE WAY!

The Portes du Soleil is becoming an increasingly popular location for the sport of 'Nordic Walking', a highly effective way to lose weight and boost cardio-vascular fitness levels with less effort than many other sports. It started in Finland in 1997 but over the past decade the craze has spread around the world and it is estimated that over 7 million people are now involved. Nordic Walking involves the application of force on special poles with every stride, combining the fitness effects of normal walking with the total-body exercise of cross-country skiing. It is thought that Nordic Walkers use 90% of their muscles and as a result their oxygen consumption increases by 60% and calorie consumption by at least 20%. We can't vouch for its effectiveness as yet but fingers crossed that after a few summer Nordic walking sessions we will be entering the 07/08 ski season fitter than ever before! If you fancy trying Nordic Walking we can arrange a guide to lead you through the Portes du Soleil.

## NEW SELF-CATERED OPTION

We are pleased to announce that we have secured a fantastic self-catered chalet for the 07/08 ski season, sleeping up to 14 people in 6 rooms. Chalet Le Clos Richard is modern and spacious and will make an ideal holiday retreat for people who like tranquillity and spectacular scenery. At 4 kilometres outside Morzine the chalet is far enough up the Vallee de la Manche to be peaceful and relaxing, and yet it is still only 10 minutes drive from the access lifts to the worlds largest interlinked ski area. More details can be found on our website [www.hostsavoie.co.uk](http://www.hostsavoie.co.uk)



### CHOCOLATE FLAPJACKS

225g. Butter  
85g. Caster Sugar  
2 Tbs. Maple Syrup  
340g. Porridge Oats  
1/4 tsp. Salt  
115g Dark Chocolate

- 1) Set the oven to 180 degrees C.
- 2) Grease the baking tin, or ideally line it with greaseproof paper.
- 3) Put the butter, sugar and maple syrup in a large pan and melt over low heat. (Can also be done in the microwave to save time!)
- 4) Add the oats and salt to the butter mixture and combine everything well.
- 5) Tip the mixture into the baking tray and press down firmly with the back of a spoon.
- 6) Bake for 20-30 minutes until golden brown.
- 7) Cut the flapjacks into squares whilst warm and leave them to cool in the tin.
- 8) Melt the chocolate in a bowl and stand over boiling water. Stir the chocolate as it melts until it forms a smooth chocolate sauce.
- 9) Dip each piece of flapjack into the melted chocolate and then set it on a wire rack until the chocolate sets.

We now accept card payments from the following card types. Please note that due to banking charges there will be a card payment fee of 3% on every transaction.

