

# Ski Traverse of the Jura

Trip Code: JST

Version: JST Ski Traverse of the Jura



WINTER



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Ski 132 km of prepared trails through a magical landscape of rolling hills
- Experience the beauty of a quiet and tranquil corner of Switzerland
- Stay in characterful gites and hotels with wonderfully welcoming hosts
- Experience both the Grande Traversée du Jura (or GTJ) in France and Trans Jura Swiss.
- Luggage transfers included, allowing you to enjoy the trails with no heavy bags

## AT A GLANCE

- 6 days Cross-Country Skiing
- Max Altitude 1500m
- 132km on prepared trails,
- Join at Les Rousses France

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Dinners
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The Jura Mountains are one of the least explored pockets of the Alps. If it is peace, tranquility and a true taste of authentic mountain life you seek then look no further! Known colloquially as 'le pays qui respire' (the country with breathing space), the inhabitants take immense pride in their local produce and the Trans Jura is not only great cross country skiing but also a memorable feast for all the senses. This holiday starts in Les Rousses, France and ends 132kms later in Giron. The ski route, which was first completed in 1976, crosses the *Haut-Jura* regional park and is mostly along prepared, pressed tracks.

Unlike the jagged peaks of the Alps, the landscape is more Nordic and rolling and each day we aim to cover 17 - 30kms of the trail, carrying only our daypacks, arriving at our overnight hotel or gite to find our luggage waiting for us. Despite the area attracting skiers from around the world, it's not unusual to ski all day without seeing anyone else. This is a unique trip and a true journey on skis, where the enigmatic landscapes will captivate and reward even the most seasoned of traveller.

### Ski Hire Available

Cross country skiing equipment, which in this case means classic skis with skins (not skates or waxables), NNN boots and poles, can be hired at the start of the traverse. The equipment is all good quality and well maintained. The total ski hire for the week is 150 Euros per person (this includes the cost of returning the equipment to the hire shop at the end of the trip). Fishscale skis are also possible to rent for 20 Euros less. We ask that you make your payment directly to the guide in cash Euros.

### Is this holiday for you?

At 132 kms, the Swiss Jura Traverse is a long, sustained journey across remote, undulating and hilly terrain and is only suitable for those who have previous cross-country ski or nordic ski touring experience. Distances covered will vary from 17 to 30kms per day, on a combination of mainly groomed but some unpressed trails also. Skiers should have good knowledge of cross-country techniques (they must have fully mastered the snow plough) and be of good fitness. Technique coaching will be included, but you should be able to ski for 6 to 8 hours each day.

Note that your guide will try to fulfil the itinerary, but this is dependent on weather/snow and track conditions. We run this tour at the time of year when snow is most reliable and the tracks are well-maintained. In the event of bad weather or poor snow conditions, alternative skiing will be arranged visiting the highest Nordic ski areas locally, offering comparative distances each day where possible.

# Itinerary

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## DAY 1

### Meet at the group hotel in Les Rousses.

Meet at the hotel in the small French ski town of Les Rousses, close to Morez and Morbier famous for watch and clock making. Les Rousses is easily reached from Geneva Airport by taking the train to La Cure. There are free shuttle buses from La Cure Railway Station to the to Les Rousses or a taxi can be arranged (for an additional cost). Les Rousses has ATM's, outdoor shop, post office, supermarket and pharmacy, for any last minute purchases. Our guide will meet us at our accommodation in the afternoon to assist with organising any ski hire

Meals: **D**



**Accommodation**  
Hotel

## DAY 2

### Climb above the Col de la Givrine to Pralets (1300m) and up to the Col du Marchairuz (1447m)

We begin our Trans Jura journey with a short transfer to Col de la Givrine where we don our skis. We ski through true Nordic terrain, rolling along the ridge at around 1300m elevation to the meadows of Pralets where we can stop to eat our picnic lunch. From Pralets we continue along the ridge and make a final climb to our overnight accommodation at a hotel on the Col du Marchairuz at 1447m.

Meals: **B D**



**Accommodation**  
Hotel



**Ascent**  
460M



**Descent**  
230M



**Time**  
6 hrs skiing



**Distance**  
21KM

## DAY 3

### Ski to Pont (1100m) via the Col du Mollendruz (1200m).

Most of our skiing today is through open countryside on trails linking the high Summer pastures below Mont Tendre (1678m).. We stop for lunch at the 'Refuge Bon Accueil' an old railway carriage which has

been converted to provide an unusual mountain refuge at 1500m. After lunch we descend to the Col Mollendraz (1200m). We transfer by taxi down to the Lac de Joux and the village of Pont (1100m) where we check into our nearby accommodation.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 340M		<b>Descent</b> 700M		<b>Time</b> 6 hrs skiing		<b>Distance</b> 17KM
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#### DAY 4

### Lac de Joux to Chapelle des Bois.

Our journey today takes us first by taxi from the Lac de Joux back over the Swiss border into France to resume our ski. We will now ski along the French Grande Traversée du Jura (or GTJ) for the next four days. This 142km (89 miles) long-distance ski trail was first completed in 1978 and is nearly all on prepared, pressed tracks. From Chez Liadet, our starting point, fabulous pine woods and past summer meadows link us first to Pre Poncet for lunch. From here we pick up the route of the world famous Transjurassienne ski race. Thousands of skiers from across the world congregate each February here in France to attempt events which takes place over two days. As we enter the Combe des Cives, the terrain angle eases for an enjoyable ski to a well earned cake stop and wood turners at the Chalet Anges. Another hour or so brings us to Chappelle des Bois and our accommodation for the night.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 390M		<b>Descent</b> 370M		<b>Distance</b> 27KM
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#### DAY 5

### Chapelle des Bois to Les Rousses.

Chapelle des Bois in the Haut Jura boasts first class ski trails, and we quite often pass practising race teams here. We take to the trails once more today and initially ski towards Bellefontaine before starting to climb into the Forêt Risoux - home to the famous wood needed to make the stradavarius violins. Once our main climb is complete, we can stop at the Chalet Gaillard for a hot drink before skiing the well pressed trails all the way to Les Rousses for a second night in this delightful ski town. We aim to finish a little earlier today so there will be time to visit the local town for souvenirs, ski equipment or tea and cake. Or for those with energy to spare there's 220km's (138 miles) of pressed ski trails to explore!

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 345M		<b>Descent</b> 385M		<b>Distance</b> 17KM
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**DAY 6****Les Rousses to Lajoux.**

We leave Les Rousses and cross the meadows towards Premanon, the home to the French National Nordic Ski School and where several Olympic champions have come from. We enter the woods here to another popular ski location, often visited by many ski teams, the Forêt du Massacre. The forest houses some of the oldest fir trees in France and is named after an ancient battle in the area. Some first class skiing awaits, and on a clear day a view of the Alps. Our high point for the day is in the heart of the forest at chalet 'La Frasse', where we can enjoy a well earned coffee and cake stop before our rolling descent to the delightful village of Lajoux. We transfer from Lajoux to Gex for our overnight.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 425M		<b>Descent</b> 340M		<b>Distance</b> 19KM
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**DAY 7****Le Manon to Giron.**

Our final day, and one of the toughest to complete our 132km (81 mile) traverse. We transfer back to Lajoux and ski towards the Bellecombe or 'beautiful bowl', which impressively lives up to its name. This open pasture winds it's way alongside the Haute Jura chain and limestone crest. We have plenty of opportunities for stops along the way, and after a series of ups and downs we reach a small gite for coffee and crepes just under the Cret au Merle at 1448m (4749ft). To complete this fantastic journey we make a gradual descent through the forest to the trail end at Giron, where a vin chaud and celebratory meal awaits!

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 665M		<b>Descent</b> 740M		<b>Distance</b> 30KM
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**DAY 8****Departure day. A single timed transfer to Geneva airport is provided.**

KE group package services end after breakfast. A single timed transfer to Geneva Airport, via the train station at Bellegarde (for those travelling on by train) is included.

Meals: **B**

# Holiday Information

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## What's Included

- Nordic Ski Instructor who is also an International Mountain Leader with the relevant qualifications required for that country
- All accommodation as described
- Meals as detailed in the Meal Plan
- Baggage transfers on each day

## What's not Included

- Travel insurance
- Airport transfers
- Some meals as detailed in the Meal Plan
- Jura ski pass - approximately 18CHF and 30 Euros
- Equipment hire
- Miscellaneous personal expenses - drinks and souvenirs etc.



## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Getting to Les Rousses:

The Jura is easily reached by road, rail or air. The easiest way to arrive to Les Rousses is by rail to La Cure, just 3km away. The nearest airport is Geneva which is just under 90 minutes by rail - you need to change once at Nyon. Once in La Cure local buses or a taxi can be arranged to Les Rousses.

For train information please use the [www.sbb.ch](http://www.sbb.ch) website for rail times/prices. The rail ticket includes municipal travel around Geneva if you have time to spare. Advanced bookings are not necessary but tickets can work out cheaper when bought online in advance. For further details and a map on how to reach the resort please refer to the Les Rousses Tourist Office.

There are 'navette' (free bus stops) at La Cure station several times throughout the day for Les Rousses, so early arrivals may want to make use of this. It is free for those staying in the area, so don't be surprised to not have to pay. Take it in the direction of Les Rousses making your way to the Tourist Office (labelled OT on the bus timetable) it's only 5 mins on the bus but saves a 3km snowy walk along quite a busy road. If you arrive after 18:10 you will need to arrange for a taxi. Taxis are not always readily available but can be booked in advance with Taxi Grand Val tel: 0033 (0) 3 84 60 89 45. The charge for a private taxi from La Cure to Les Rousses is about 15-20 Euros depending on the arrival time.

#### Departure

On your departure day Giron is a village approximately 40 minutes drive away from Bellegarde-sur-Valserine, a mainline TGV train station, and 1h15 from Geneva Airport. We will arrange and include ONE group transfer from Giron to Geneva Airport via Bellegarde. We aim to leave our accommodation at 08h15 and arrive at Geneva airport for 09h45. To make use of this service please ensure onward flights correspond with this arrival time.

### Meal Plan

All meals except lunches are included in your holiday price. You will need to purchase lunch and snacks for each day. These can easily be bought locally. We recommend an allowance of about CHF30 per day for lunches, snack food and soft drinks. Tap water in Switzerland and France is drinkable.

## Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

Continental breakfasts are provided - cereals, fruit juice, tea and coffee, bread and a variety of spreads including jam, honey and Nutella, for example. Lunches will normally be picnics bought from our overnight accommodation, bakeries or local cafes. Please feel free to bring additional hill snacks from home. At each of the overnight stops, a full 3-course dinner will be served, usually a soup dish, followed by some wholesome local speciality and a dessert.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

Your accommodation on your arrival day is in Les Rousses, France. The Traverse of the Swiss Jura passes through sparsely populated territory and accommodation choices, especially for groups, are very limited. Accommodation will be on a half-board basis at a mixture of small hotels and french style gites. Facilities at each night stop will vary. Rooms will be twin-share, mostly with ensuite facilities but it is possible that some nights there you will share a bathroom.

The term gite originally meant quite simply a form of shelter, but today they are very comfortable and characterful accommodation. Gites are generally old farmworkers' cottages or converted outbuildings and barns. They are part of the adventure!

## Group Leader & Support Staff

The group will be led by a Nordic Ski Instructor who is also an International Mountain Leader with the relevant qualifications required for that country.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.



## Spending Money

CHF250 to 300 should be sufficient to cover your miscellaneous expenses including lunches, drinks and any other personal outgoings. You will also need some euros for your evening in Les Rousses at the beginning of the trek (30 - 40 Euros are recommended). If you intend to hire ski equipment you will also need about 150 Euros. The ski passes are approximately 18 CHF and 30 Euros for the week.

There are several ATMs in Geneva Airport and en route.

## Guidance on Tipping

It is OK to tip your guide if you wish to thank him or her. We recommend that any tips be given by the group as a whole rather than as individuals.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

You will only need to carry a daysack on the ski days and your main baggage will be transferred every day between accommodation points. Luggage will be mainly transported in cars and small vans so we would ask that you keep both size and weight of luggage to a respectable limit of around 12 kg (and only one bag per person). It is worth noting that you will be required to carry your own bag up and down from your accommodation every day; luggage with wheels can be useful for this holiday.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The unit of currency in Switzerland is the Swiss Franc.

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a cross-country ski trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime in the 6 to 8 week period leading up to your trip. Running, cycling, indoor rowing machines and swimming are excellent cross training methods for developing endurance. Nordic walking or the cross trainer machine are also excellent ways to imitate the arm action needed for cross-country skiing and help to build up arm and shoulder strength. Cross-country skiing is excellent cross training for other sports and as a low-impact exercise is a great way to improve your fitness.

## Climate

The temperatures that we can expect to encounter during the day will be in the range minus - 15 to 2°C, though it can feel much warmer than this in the reflected sunlight high on the slopes away from the forest. In the evening temperatures will drop well below freezing levels. January to March is statistically the time of most snow in the Jura but mountainous areas do generate their own weather systems and variations cannot be ruled out.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Switzerland - Lonely Planet

- Guides Burgundy Jura - Michelin Green Guide The official GTJ guide (currently only available in French) can be purchased from your guide for around 12 euros

## Maps

### Doubs, Jura

Michelin Local Maps

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. Note: winter cycling clothing is excellent apparel for cross-country skiing.

### You should bring the following items:

- Approach shoes / Snow boots or walking shoes
- Rucksack - 25 to 30 litres maximum\*\*
- Waterproof jacket
- Waterproof overtrousers. Sallopettes are not needed.
- Thermal baselayer - leggings
- Thermal top - long sleeved
- Thin fleece top - long sleeved
- Thermal gloves

- Warm and waterproof gloves or mittens
- Warm hat
- Sunhat
- Scarf or buff for neck
- Warm socks (like walking socks but not too thick or long like alpine ski socks)
- Gaiters
- Comfortable underwear/sports bras for ladies (not wired)
- Water container (1 litre) NB. Drinks tubes and bottles stowed on the outside of your rucksack usually freeze in winter (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Small flask
- Toilet paper and small pack of hand wipes
- Waterproof bag for documents
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Slippers / sandals for your overnight accommodation
- Clothing for use in hotels/chalets
- Sheet sleeping bag (usually only needed for 1 night)
- Ear plugs (especially if you are not the one snoring)

- Lightweight pack towel
- Swimming costume – for sauna available in some accommodation
- Basic First Aid Kit consisting of: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite).

## **Cross Country Ski Equipment\***

- Cross-country ski boots\*
- Cross-country skis\*
- Ski poles\*
- Ski Tie\*

## **The following items are optional:**

- Extra pair of warm mittens
- Head/ear band
- Waistcoat – fleece or wind stopper
- Camera, media, spare batteries
- Repair kit – (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

## **\* Notes**

\*\*On this tour you will only need to carry a daysack whilst skiing. Ideally this should be large enough to stow any warm and bulky clothing which you may want to shed as you warm up. It must also have ski loops or ties with an extra couple of bungee cords or a ski tie/strap to enable you to strap your skis to your daysack in case you need to walk for periods of time.



## Skis:

Cross country skiing equipment, which in this case means classic skis with skins (not skates or waxables), NNN boots and poles, can be hired at the start of the traverse. The equipment is all good quality and well maintained. The total ski hire for the week is 150 Euros per person (this includes the cost of returning the equipment to the hire shop at the end of the trip). Fishscale skis are also possible to rent for 20 Euros less. We ask that you make your payment directly to the guide in cash Euros.

**Ski Hire.** Cross country skiing equipment, which includes fishscale classic skis (not skates or waxables), Saloman (or similar) boots and bindings, and poles, can be hired locally at the start of the traverse. The cost of equipment hire is about €150 for the week (this includes the cost of returning the equipment to the hire shop at the end of the trek). You will make your payment direct to the guide (cash only). All equipment hire must be arranged in advance, as it will be necessary to pre-order correct sizes. Please contact our office if you wish to arrange equipment hire. We will need to know your height, weight, normal shoe size (you must give us your everyday shoe size and not your personal adjustment for wearing boots) and the measurement of your height up to your armpits (for ski pole hire). The guide will accompany clients to the hire shop and at the end of the traverse, will collect any hire equipment and organise its return.

*Please note you will be liable for any damage caused to the specialist equipment due to negligence.*

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[-> Find out more](#)

## Land Only Information

The dates above are for the LAND ONLY itinerary, joining at the group hotel in Les Rousses. The nearest airport is Geneva, and we recommend you take the train directly from the airport to La Cure which is just 3km from Les Rousses. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Geneva. These include Easyjet who have flights from London, Manchester, Liverpool & Glasgow and Jet 2 who have flights from Manchester, Leeds Bradford, Birmingham & Belfast. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

# Why Choose KE

## Why KE

The best way to enjoy the perfect landscapes and cross-country skiing conditions that the Jura offers is on one of our small guided groups. You'll be skiing stress-free in a group of no more than 7, led along the traverse by our expert guides as you experience the best of the Jura Mountains.

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change