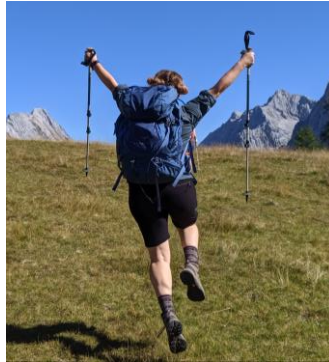




TRAIL FIT CLUB 2020



Weekly Circuit Training

- ✓ Circuit sessions designed specifically to build strength and stamina needed for long hiking days and carrying extra weight - giving you more energy on the mountain, increasing stability and your recovery rate.
- ✓ Fun training sessions with a great bunch of international ladies.



Circuit training- Mondays
17:45 – 18:45

NEW: During the time of closures due to Corona circuits will be delivered LIVE online.

Registration [HERE](#)

www.evolvefitness.de

Monthly Guided Hike

- ✓ Further build your fitness levels and confidence to hike longer distances and ascents in Alpine terrain
- ✓ Explore and discover more about the mountain environment
- ✓ Extend your outdoor hiking skills to prepare for further outdoor adventures in the Alps.

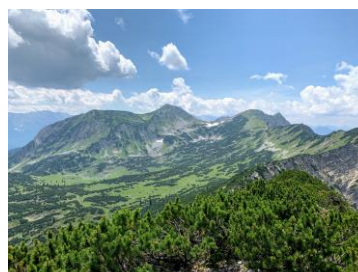


Traveling to and from hikes:

Travel via public transport from Hauptbahnhof - organised via group in WhatsApp chat.

Hut Tours

- ✓ Get further off the beaten track and experience the Alpine mountain culture in overnight stays in traditional mountain refuges
- ✓ Sense of accomplishment as you reach the peak of each hut tour!



ABOUT US



four elements
challenge, explore, discover

We are passionate about the power of the outdoors and fitness on personal well-being! We believe that this combination of regular fitness training and active days in the mountains is the perfect way to achieve and sustain overall fitness and health- both physically and mentally. The company of like-minded international ladies is the icing on the cake!



Danielle Curzadd
Fitness trainer, Evolve Fitness

Originally from Texas, USA Danielle is a passionate skier and hiker who in between her full-time work as a personal trainer, likes to get outdoors and into the mountains at every opportunity. There's no hiding from Danielle in a circuit- it is sure to be fun and you will feel your efforts.



Ceri Temple
Hiking guide, 4elements

A British/ German outdoor enthusiast, who has spent years working and playing in the Alps. Ceri has a passion for mountain sports, experience in winter and summer mountaineering and is a certified Alpine hiking guide, as well as ski instructor and outdoor educator. She always manages to find something to make a tour special.

Dates 2020

Circuits @ Evolve Fitness	Day Hikes	Hut Tour
March 30 April 6, 20, 27, May 4, 11, 18, 25 June 1, 8, 15, 22, 29 July 6, 13, 20, 27 Aug 10, 17, 24, 31 Sep 7, 14, 21, 28 Oct 3	<ul style="list-style-type: none"> • 19th April • 17th May • 13th June • 19th July • 9th August • 11th October 	4 th – 5 th July, Estergebirge (2 days, 1 night) 19 th - 20 th September, Allgäu (2days, 1 night)

Prices

*Earlybird offer valid on bookings until Fri 27th March

Hikes & Hut Tours April – October 2020
Day hike €45/ hike
Two day hut tour €210/ tour
Full Hike & Tour package €690 650* Earlybird until 27.03.2020

Included:

- ✓ 6 guided **day hikes**
- ✓ 2 guided **two-day hut tours** including overnight stay in mountain huts (where possible in 4-6 bed rooms), plus breakfast and dinner
- ✓ Resources (Equipment lists, maps etc) for hikes
- ✓ Access to group facebook and whatsapp group and tour photo albums.

Not included (please ask if you need any advice):

- Lunches, snacks on tours
- Drinks
- Personal insurance (travel cancellation insurance and personal accident insurance)
- Travel to/from tour start/end points

[**BOOK NOW**](#)

Circuits – [BOOK DIRECT WITH EVOLVE FITNESS](#)

Online live training - €7.50/ session

Payment details – Hikes & Tours

BOOK NOW & PAY LATER

Due to the Corona situation we have changed our terms so that you can book your tour **WITHOUT** any payment until the tour is **GUARANTEED** to go through according to travel advice of the relevant authorities. For more information please see our [website](#).

Hiking group sizes: Min: 6. Max: 8

N.B. For the hikes we keep numbers low to provide a good quality experience and friendly atmosphere.