



Site Visit to Courmayeur – 25th September 2019

Catherine Cosby of Mountains 4 All made a return visit to Courmayeur

Courmayeur Mont Blanc and Mountains 4 All are quickly establishing a great partnership to promote the region as a destination for all – Inclusive, Accessible, and Well-being are all the elements that make up a truly wonderful life-enhancing holiday or short-break from the day-to-day routine of everyday life.

I had a great morning in **Courmayeur** on Wednesday discovering both new activities and experiences that the resort offers – including wheelchair curling! – and, finally realising the dream of exploring the famous SkyWay!! An enormous thank you to Claudine from the Press department of Courmayeur Tourist Office www.courmayeurmontblanc.it , Denise Toldo from Gran Baita (Alpissima Hotel Group), and Maria from SkyWay www.montebianco.com for my incredible morning!

To be honest Italy is always a magnet for me and I am very confident that as we discover more about this magical place, that more and more of you will have truly life-empowering experiences there! It is not just the enjoyment of what one can do, along with the delicious food and coffee, but also the warm welcome that is such a 'selling point' of Courmayeur!

Portfolio of Mountain Experiences

Just to remind everyone that this unique and ever-expanding Portfolio of Information on mountain experiences – ski resorts, ski and winter activities, places to stay, places to enjoy food and drink, spa and well-ness, summer activities, mountain guides, yoga, health and retreats..... Is at the core of our work and with over 12 years of research and personal visits, it is helping more and more people enjoy the life-empowering benefits of the alps and mountains world-wide.

Winter Season Update for Courmayeur - Curling and Exploring the Italian Monte Bianco

I discovered that Courmayeur is the training ground for the Aosta Wheelchair Curling team so any budding curlers amongst this winter's visitors can give it a go!

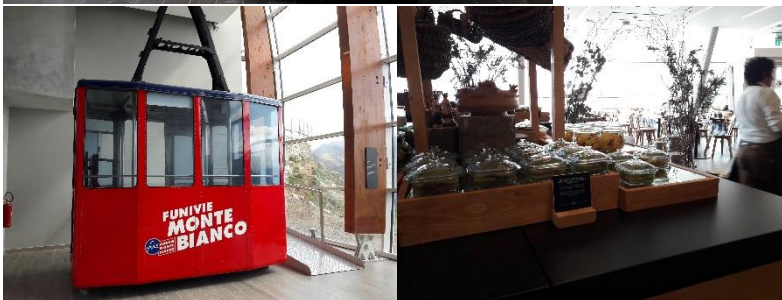
SKYWAY – accessible and inclusive

There is certainly every reason to explore the SkyWay www.montebianco.com and enjoying some truly spectacular views and experiences – gorgeously delicious food; a museum telling the history of the original gondola and the work that has gone into building the new one; wide open spaces; a book shop with comfortable chairs to relax and dive into the world of the Alpiniste and skier; a fabulous gift shop, and terraces from which one can photograph or just absorb the totally magnificent views of the Monte Bianco or Mont Blanc or as the locals say 'The Peak'!



Look down on the skiers starting their Vallée Blanche ski run having just got to the top of the Aiguille du Midi...

It is a place oozing history, mountain life, and perhaps with the crystals to be found in abundance, a rather magical and healing place....



And, from the early summer to the end of September, spend relaxing moments wandering around the new and totally fabulous Alpine Garden – wheelchair accessible it is a magnificent example of how beautiful nature is and it is a remarkable place to de-stress, relax and take time to reflect... The dedication of the team from SkyWay is wonderful and they are doing everything to make their experience totally inclusive and accessible for everyone!

There is more to do to make it fully inclusive and accessible i.e. so that those who have a sensory impairment are totally catered for but, my impression is that SkyWay are and will do all they can to make this a reality!



The SkyWay is a must-do experience throughout the year not just in the winter months! Thank you Maria and your Team!

Visit www.montebianco.com

Inclusive and Accessible Places to Stay

The Gran Baita is truly a wonderful place and very welcoming for those who are in a wheelchair. It is worth noting that the Sales and Marketing Director for Alpissima Hotels is herself has family with Multiple Sclerosis so she is understanding of the needs of those who may need some assistance or help during their stay. We are working closely together to try to ensure that the needs of future guests are met to ensure that people can have an inclusive and accessible stay.

Mountains 4 All is fortunate to have Snow-Wise, an excellent ski company from the UK, as a partner member and they can help arrange your holiday. www.snow-wise.com

For more information on any of the above locations, or for Courmayeur itself as destination and ski resort for an inclusive, accessible, and well-being holiday – trip, please contact your winter and ski trip to Courmayeur. www.snow-wise.com

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