

Are you up for it? (that's 4158m up)

Take part in an adventure you'll remember for the rest of your life.

Join the breathingspace Taste of the Eiger Challenge and you'll be in the Alps, climbing two major 4000m peaks and experiencing just a taste of the North Face of the Eiger.

This year, we will be taking small groups of enthusiasts on four-day breaks, on what promises to be one of the most exciting challenges of your life.

Led by local guides, we'll come face to face with the Eiger's North Face on the Via Ferrata, a network of cables and

ladders giving you a real taste of one of the Alps' ultimate tests. We'll be summiting Mönch and Jungfrau with an overnight stay in the Mönch hut. And when we've finished we'll have time for some serious celebrations.

The challenge is organised by breathingspace, one of the UK's leading outdoor activity experts.

The Taste of the Eiger challenge offers you the chance to raise money for the charity of your choice, or just for the personal sense of

achievement. If you have a reasonable level of fitness and a desire to climb something more challenging than the tube station escalators, find out more at the website.



The breathingspace **Taste of the Eiger** Challenge

Spring : Free training weekend in Wales

Day 1: Fly to Zurich.

North Face of Eiger Via Ferrata.
Stay at 1000m.

Day 2: Climb Mönch 4107m.
Overnight in Mönch hut

Day 3: Climb Jungfrau 4158.
Return to Grindelwald. Celebrate!

Day 4: Return to UK

Please note that we are, of course, reliant on the weather

For more information, go to:

www.breathingspacedevelopment.co.uk/breakout.html

Or call 08453 880037

breathingspace

