

Meals (restaurant):

- Breakfast: 7.45-8.45
- Lunch: 12.30
- Dinner: 7.30

Bar (opening hours):

- After lunch
- After dinner, till very very late.

Drinks:

- Coffee and tea are free, both at the bar and during the breaks
- A jug or bottle of wine (one per table of 6) is offered at dinner. Extra bottles of wine can be purchased at the restaurant
- Beer (only at the bar) and other beverages can be purchased:
 - drinks in the main building (1EUR/can): settle the bill with the secretariat at the end of your stay.
 - drinks at the bar (restaurant): pay for your drink at the end of the evening.

Picnic box: Instead of lunch you can opt for a picnic box. In this case place your order with the restaurant at least 24h in advance.

Want to skip meal occasionally? If you plan to skip lunch or dinner, please let us know!

Laundry service:

There are washing machines and dryers in Alpens, Chardonnet and Aster chalets. Use freely. Powder is also free.

Sport activities:

Mountain activities are at your own risk!

Before any hike or climb, please:

- put a note in the log book by the pigeon holes and include the names of the participants, approximate itinerary and schedule (approximate time when you will be back).
- Write down your (mobile) phone number.
- Inform one of the organisers.

You can borrow some mountain bikes from the Centre, see the wiki.

Emergency numbers:

- * Emanuele (FR, whatsapp): +33 7 68 22 86 21
- Emanuele (IT): +39 351 602 7223
- * Cedric (FR): +33 6 69 71 72 18
- * Patrick Mendes (caretaker, only for serious problems): +33 6 78 98 52 40