

# Social Activities

Saturday, September 15, 2007 2:30-5pm

## Walk

The walk will depart at 2:30pm from the conference center in les Diablerets and will not involve strenuous physical effort. This is really a "social" activity in fresh air, looking at the surrounding mountains and enjoying the landscape. The number of participants is not limited and the total time of the activity will be around 2 hours.

**Equipment:** good walking shoes  
**Cost:** free  
**Difficulty:** easy  
**Contact & Guide:** Tonia Rihs  
[tonia.rihs@medecine.unige.ch](mailto:tonia.rihs@medecine.unige.ch)  
**Meeting point:** in front of the conference center at 2:30pm



## Canyoning

This will be a canyoning tour in the surroundings of les Diablerets led by qualified tour guides from Mountain Evasion. You will not need any specific canyoning experience but should not be afraid to jump into pools and swim in mountain water at times. Adequate equipment will be provided. This would be the opportunity for your very first canyoning experience. It would also be a way to explore some remote places that are not otherwise accessible and beautiful! If you would be interested in participating, please pre-register by e-mail before July 31<sup>st</sup> as we will have to communicate the numbers to the guide. As places are currently limited to 10 participants, it will be on a first come first serve basis.

**Equipment:** will be provided  
**Cost:** around 90 Swiss Francs  
**Difficulty:** Moderate  
**Contact:** Tonia Rihs [tonia.rihs@medecine.unige.ch](mailto:tonia.rihs@medecine.unige.ch)  
**Guide:** from Mountain Evasion  
**Meeting point:** TBA at 2pm

## Ride the Alpine Coaster at the top of Glacier 3000



If you're a thrill seeker, come ride the newly opened Alpine Coaster! If you enjoy roller coasters and heights you'll love this new ride that opened this past May. The coaster, with the highest set of luge rails in the world, is 1000 meters long with 10 turns (one of 520 degrees!), 6 waves, 3 jumps and 2 bridges, all with an exceptional view of the surrounding mountains. Weather permitting, we'll be leaving on the 14:05 Postbus to start our journey to the top of Glacier 3000.

**Equipment:** appropriate cold weather clothing  
**Cost:** around 75 francs (Postbus fare; cable car:57 francs; 6 francs/coaster ride)  
**Difficulty:** easy  
**Contact & Guide:** Carolyn Sacco [carolyn.sacco@unil.ch](mailto:carolyn.sacco@unil.ch)  
**Meeting point:** Postbus stop at 2pm, the bus leaves at 2:05pm, don't be late!





LEMANIC

# FOOT2007

## Diablerets-Switzerland

Enjoy a different kind of (relaxed) competition with your fellow students, post-docs, and PI's. Depending on the number of people interested, either one big game or a small tournament will be planned. Don't forget your sport shoes – and all your dribbles and tricks! The game is open to both genders and all ages.

**Equipment:** appropriate sports clothing and shoes

**Cost:** free

**Difficulty:** easy

**Contact:** Pierre Mégevand [pierre.megevand@medecine.unige.ch](mailto:pierre.megevand@medecine.unige.ch)

**Meeting point:** football field in front of the conference center

