



# VALLEYS IN BLOOM

APRIL 26<sup>TH</sup> TO 29<sup>TH</sup> 2019  
4 - 6 PARTICIPANTS

**FOUR-DAY** photography workshop amidst the splendour of the Swiss Alps, complete with comfortable accommodation in a charming little family-run hotel in the heart of Val de Bagnes.

## WORKSHOP SUMMARY

Springtime in the Swiss Alps is a time of rebirth and renewal. As the days get longer and temperatures begin to soar, lush green pastures replace winters' dull browns, bringing the valleys to life again, providing stark contrast with the surrounding snow clad peaks. And to complete this colourful palette, an endless array of wildflowers seems to appear out of nowhere, competing for the limelight with the fruit trees, also in bloom. It is a beautiful time of year... during which photographic inspiration abounds!

## WORKSHOP PROGRAMME

### Day 1: April 26<sup>th</sup> 2019

- 9:30 A.M. – Martigny train station pick-up  
(trains coming from Geneva arrive at 9:12 A.M. & 9:39 A.M.)  
If driving, please arrive at Hotel A Lârze by 10 A.M.
- Mid-morning – Meet and greet followed by theory session  
(getting to know your camera, light and composition fundamentals)
- Lunch
- Afternoon – field photography outing  
(destination TBC closer to the date, in function of the bloom)
- Apéro (participants select their best photos of the day)
- Dinner
- Group photo presentations



### Day 2: April 27<sup>th</sup> 2019

- 9 A.M. – excursion to the Rhône valley (Charrat – Adonis trail, Saxon – apricot orchards in bloom, Martigny – magnolias in bloom, etc – picnic lunch on-site)
- 2 P.M. – Return to Hotel A Lârze
- Afternoon – Photoshop & Lightroom editing session
- Apéro (participants select their best photos of the day)
- Dinner
- Group photo presentations

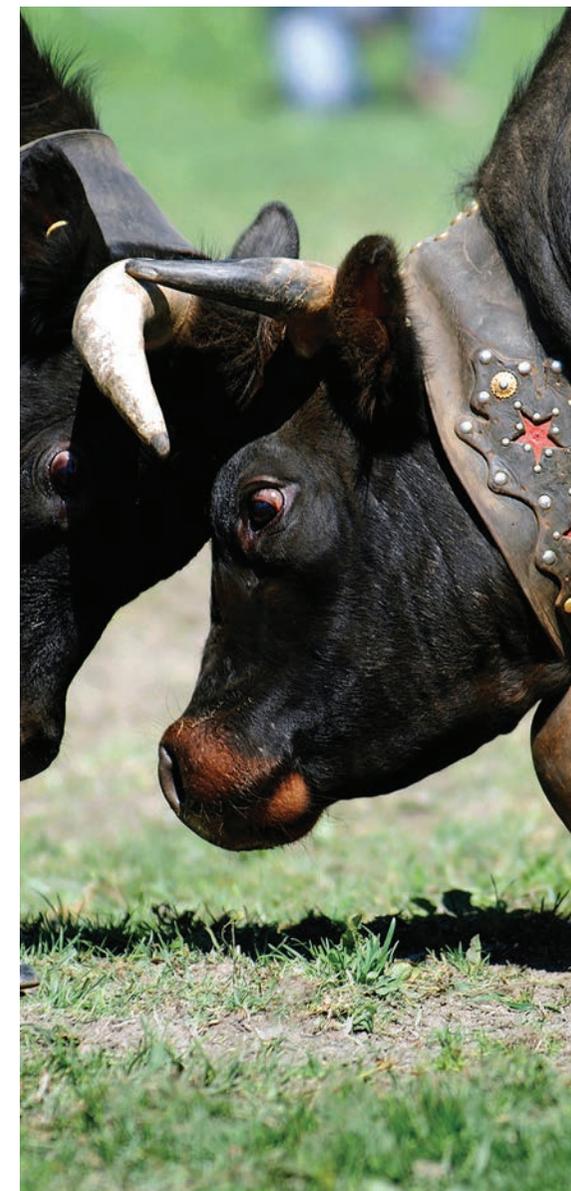
### Day 3: April 28<sup>th</sup> 2019

- 8:30 A.M. – Day excursion to Val d'Hérens (Évolène, Les Haudères & La Sage architecture, valley blossoms, pyramides d'Euseigne, etc – picnic lunch on-site)
- 2 P.M. – 'Combats de Reines' in Évolène (action photo workshop: shooting the cow fights)
- 6 P.M. – Return to Hotel A Lârze
- Apéro (participants select their best photos of the day)
- Dinner
- Group photo presentations

### Day 4: April 29<sup>th</sup> 2019

- 9 A.M. – Morning excursion to a neighbouring valley (destination TBC closer to the date, in function of the bloom – picnic lunch on-site)
- 2 P.M. – Return to Hotel A Lârze
- Workshop round-up & final photo presentations
- 4 P.M. – Departure

*Please note: The above-mentioned programme is intended as a rough guideline only, and is subject to changes without advance notice, depending on weather conditions and/or unforeseen circumstances.*



## TUTOR

Sébastien Albert, professional photographer - [www.trobophoto.com](http://www.trobophoto.com)

Unconditional lover of the mountain lifestyle, Sébastien Albert came to the Swiss Alps over 20 years ago, and decided to make Verbier his home after being seduced by its majestic beauty.

Through countless outings over the years, this Canadian photographer has made it his personal mission to immortalize the remarkable landscapes of the region encompassing Verbier, and as a result, his work and the beauty of Verbier's region have become synonymous.

Both outgoing and enthusiastic, Sébastien is keen to share his passion for photography and knowledge of the area, and help you acquire the necessary photographic skills to better capture the images you desire.

## WORKSHOP LOCATION

Perfect, not only for its sheer beauty but also its strategic location, the Val de Bagnes will serve as our home base during this workshop. Situated within close proximity of the Rhône Valley and a good number of side valleys (each one offering a distinct charm), we will have more than ample locations where to venture in search of photographic inspiration!

## WORKSHOP ACCOMMODATION

Participants will stay at Hotel A Lârze, a charming little family-run hotel in the village of Le Châble, in the heart of Val de Bagnes. This magnificent establishment is comprised of ten cozy rooms, newly built in a sleek, mountain style design, giving guests the impression of being at the chalet. Upon arrival, one can immediately feel the owner's passionate spirit, reflected in the individual attention paid to each and every guest. At Hotel A Lârze, prepare to be pampered!



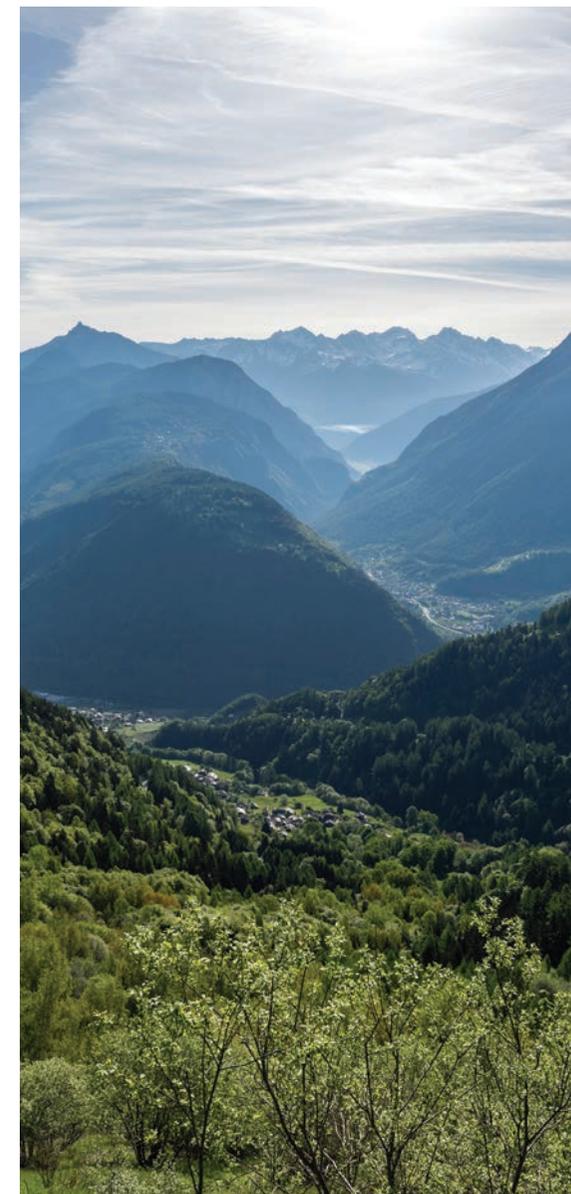
## WORKSHOP DESCRIPTION

During our time together, formal classroom tuition will be kept to a minimum; emphasis will be put on time spent outdoors, putting theory into practice, gaining as much 'hands-on' experience as possible.

With Nature as our primary subject, the workshop will focus on the colours and contrasts, and shapes & textures found within this rural, mountainous landscape. Along the way, we will turn our viewfinders towards apple, cherry, pear or even apricot blossoms, as well as numerous species of early season wildflowers, and take in wider views of the valleys, which will become our 'classroom'. Working with available light and using creative composition, we will develop our skills at capturing beautiful and interesting, well-balanced. Furthermore, small groups of no more than six participants will ensure that everyone receives individual attention.

On April 26<sup>th</sup>, following an introductory theory lesson where topics such as the fundamental basics of light and composition, as well as 'how your camera works as a light-measuring device' will be addressed, a field outing is planned in order to put theory into practice.

In the morning of April 27<sup>th</sup>, we will set off for the Rhône valley and make our way to Charrat in order to shoot the Adonis, a beautiful and rare yellow flower, found only in this particular area of Switzerland. We shall then continue towards Saxon and its apricot orchards, before making our way back to Martigny to capture the town's magnificent magnolia trees in bloom. Returning to the peace and tranquility of Hotel A Lârze's comfortable communal spaces, and delve deeper into the world of image post-processing, during a Lightroom & Photoshop editing session.



An excursion to the Val d'Hérens will take place on April 28<sup>th</sup>. There, we will discover the historical villages of Évolène, Les Haudères and La Sage, and take a stroll through their narrow streets & alleyways to better shoot the buildings' unique and interesting architecture. We shall also take time to stop along the way to capture the beauty of this valley in bloom, and have a closer look at the pyramides d'Eusigne. And as if that weren't enough, part of our afternoon will be spent in the village of Évolène, witnessing and shooting the action of the much-anticipated spectacle of the 'Combats de Reines': a yearly tradition not to be missed!

On our final day together, we will venture to one of the many nearby valleys, and turn our lenses towards the beauty of its 'rebirth', before returning to the hotel for the workshop's final photo presentations.

During our time together, we will explore the following topics:

## 1. THE CAMERA AS A LIGHT-MEASURING DEVICE

*Understanding how your camera works & the correlation between its various components.*

- Shutter Speed;
- Apertures and F-stops;
- ISO sensitivity;
- Focal Length;
- Exposure Reciprocity (combination of shutter speed & aperture: the reciprocity rule);
- Subject Motion (field exercises: 'freeze' or 'blur' your subject by using various speeds – e.g. cows in action at the 'Combats de Reines');
- Depth of Field (close-up photography field exercises using blossoms and wildflowers).



## 2. COMPOSITION

*Applying general rules to create well-balanced images with strong visual impact.*

- Focal Point (pinpointing & isolating the main subject(s));
- Rule of Thirds (understanding what it is & how to put it to good use);
- Simplicity (presenting a clear message by keeping the composition simple);
- Leading Lines (creating energy & movement in the image: graceful curves and/or dynamic diagonals);
- Repetition (looking out for repetition of shapes & textures: creating rhythm & motion with patterns).

## 3. POST-PROCESSING & PHOTO EDITING

*Learning the fundamental basics of Lightroom in order to further 'enhance' your images.*

- Image cropping & re-sizing;
- Level adjustments;
- Colour corrections;
- Photo 'clean-up' using the Clone Stamp tool;
- Using layers effectively;
- Preparing files for print.

We will also discuss general camera modes (exposure & focus), talk about the white balance, learn to understand histograms and try to touch on any other aspect of the camera controls (individually, as required per each participant/camera make).

At the end of each day, you will be able to download and select your favourite images to share and discuss with your group and tutor. During this exercise, conducted in an informal atmosphere, the tutor and other participants will highlight the qualities of the photographs presented, as well as offer constructive feedback.



## PRE-REQUISITES

This four-day workshop involves daily walks and/or short hikes, at altitudes ranging between 800m – 2'000m. While we shall always be travelling on well-travelled marked paths, it is advisable for participants to enjoy walking, and be reasonably fit. If unsure about your level of fitness and ability to participate, please enquire at [info@trobophoto.com](mailto:info@trobophoto.com).

Basic knowledge of how your camera works is definitely a plus, but not entirely necessary, as we will touch on this matter during the workshop. Understanding how a computer works and knowing how to successfully transfer and sort your photos is also a bonus, yet again, not mandatory for participating in this workshop.

## PRICE

1'259 CHF all-inclusive package (based on a minimum of 4 participants, double occupancy room\*) \*single room supplement = 50 CHF/night

### Which includes:

- 4 days professional photography tuition
- Full-day excursion to Val d'Hérens
- Half-day excursions to the Rhône valley & other nearby valleys
- 3 nights accommodation at Hotel A Lârze
- Breakfasts
- Packed lunches
- Apéro
- Evening meals
- Wine & Refreshments
- Wifi
- Transport



## WHAT TO BRING

- Digital SLR camera with lenses covering the range from wide-angle to tele-zoom, otherwise, a 'trans-standard' zoom could suffice;

Or

- Digital 'bridge' camera (compact cameras are also a possibility, but not recommended because most do not offer 'manual mode' flexibility. If unsure about your equipment, please enquire at info@trobophoto.com);
- Memory card(s) (compatible for your camera - 2 GB minimum);
- Camera manual (ideal but not necessary);
- Charger and/or spare batteries;
- Tripod (optional);
- Appropriate clothing: long-sleeved layers, windproof & waterproof jacket, (for cooler temperatures & possibly wet and windy weather);
- Good walking shoes;
- Walking poles (optional);
- Pen and notebook to take notes;
- Sun protection (hat, glasses, lotion, etc.);
- Water bottle (big enough for field outings);
- Laptop (Mac or PC) (ideal but not necessary);
- Card reader and/or computer transfer wires (format must be compatible with your camera);
- USB memory stick - 1GB minimum (practical but not necessary);
- All other personal effects you think necessary for your long weekend stay.

*In case of doubt regarding any of the above-mentioned points, please do not hesitate to contact us at [info@trobophoto.com](mailto:info@trobophoto.com).*

