

SUSTAINABLE & GOURMET EXPERIENCES

SLOW FOOD COMMUNITY - ASSOCIATION OF SARREYER FARMERS & ARTISANS

Eat well, clean and fair is the motto of Switzerland's first Slow Food community, launched a year ago thanks to the hard work of Sarreyer's farmers and artisans. The Slow Food Travel initiative has since been joined by the Vollèges community bread oven group, a new member of this movement created to bring together consumers, producers and other ambassadors dedicated to the art of eating, and to promote food that is respectful of the earth, animals and humans, all in the spirit of sharing.

www.sarreyer-decouvertes.ch



SLOW FOOD PACKAGE - WELLNESS & HEALTHY EATING BREAK

A weekend of well-being and healthy eating. Head for Chemin-Dessus in the hills above Martigny and drop off your luggage at the Hotel Beau-Site. The programme starts with a foraging workshop run by Olivier, the hotel's chef, followed by a cookery class dedicated to lacto-fermentation (fermenting foods), and yoga and meditation to conclude this first day. The following morning, you are taken to the Col du Lein to discover the art of cheese and curd making, followed by a short hike to the Crevasse to enjoy the breathtaking panorama. Finally, a last meal made with regional produce and it's time to get back on the train!

Dates: 30 June–1 July and 1–2 September

Rates: CHF 395 per person / CHF 55 single room supplement

www.slowfood.ch/fr/travel/a-chemin-et-au-col-du-lein



SLOW FOOD PACKAGE - BAGNARD TRADITIONS

A taste of yesteryear! Meet at Sembrancher station on Saturday morning, where you will be taken to Vollèges to start kneading dough in a bread-making workshop, learning how it is prepared and then baking it in the village communal oven. As the dough rises, you have time to make a quick visit to the craft brewery. After a delicious meal of regional specialities, with your stomach full and the bread baked, it's time to head for Le Châble to spend a night in a hotel. On Sunday morning, you visit Sarreyer to find out more about the work of the first Slow Food Community in Switzerland, and meet some of their members. The village druids will teach us about medicinal plants and distilling techniques, while kids have fun making their own chocolate. The tour ends with a meal at the Mont-Fort Café, the community restaurant which only serves products from local artisans.

Dates: 10–11 July 2021

Rates: CHF 520 per person / CHF 75 single room supplement (children's rates on request)

www.slowfood.ch/fr/travel/traditions-bagnardes



FROM THE MILL TO THE GARDEN

Every Thursday during the summer, the Verbier - Val de Bagnes Tourist Office invites you to discover the treasures of a protected mountain village, by walking through the village of Sarreyer along the «bread path». On this one-day tour, you get to visit the mill, find out more about its operation and history as told by local enthusiasts before enjoying a «terroir» (regional) plate at the Café Mont-Fort, and finally meeting a grower of both cultivated and wild medicinal plants, in a garden on the edge of the village.

Dates: Every Thursday from 24 June to 26 August 9 am to 4.30 pm

Prices: Free and reserved for VIP Pass holders only

www.verbier.ch/summer/inside/inspiration/du-moulin-au-jardin



AMBASSADORS' CORNER: ALPINE FLAVOURS WITH MAUDE BESSE

When a freerider from the Bagnes region, who is passionate about their land and culture, meets a heritage guide, the result is a tasty, delicious moment that they gladly share on a hike along the Bisse des Ravines. To the sound of the water flowing in the bisse, discover local «spices» from edelweiss, thyme, lemon balm and mint to liven up your picnic.

Dates: 18 July, 9 and 20 August, 5 September from 10 am–3 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 25.-

www.verbier.ch/summer/offers/saveurs-des-alpes-avec-maude-besse-bruson-en-summer-3141024

COOKERY LESSON WITH A MICHELIN-STARRED CHEF

Attention foodies! Every Monday during the summer, Sebastiano Lombardi, Michelin-starred chef of the Relais & Châteaux Le Chalet d'Adrien, opens his kitchen doors for a few lucky gourmets to join his brigade for a lesson. On the menu: preparing a dish under the guidance of the Chef and a dessert with Ramon Goñi Perez, Head Pastry Chef, before tasting the meal accompanied by a glass of wine selected by Le Chalet d'Adrien's sommelier.

Dates: Every Monday from 5 July to 6 September 5–6 pm

4 people per cookery class,
2 people per pastry class

Price: Free and reserved for VIP Pass holders only

www.verbier.ch/summer/offers/en-cuisine-avec-le-chef-etoile-sebastiano-lombardi-verbier-station-en-summer-2993870



THE DEVORE MOVEMENT

DEVORE is a movement that promotes a more resilient food system by helping local authorities and restaurants move towards more sustainable production practices. Set up by two friends from Bagnes, what started as an Instagram account first became a catering service and then Coos, an agency of change. With the latter, Tora and Maéva work closely with the industry as consultants to promote more sustainable practices and facilitate change at all levels of the ecosystem. From there, the Devore initiative was born in Bagnes, the home of the two friends. Devore is, at the same time, a movement, a study and also a forum to help mobilise the population around the future of food and in doing so, contribute to a better understanding of the issue.

A forum on the theme of agritourism takes place on 22 October with workshops, round tables, debates and speakers from Switzerland and abroad. In early September, the Terre Haute culinary event will also be held, focussing on regional food with a 100% Valaisan menu prepared by local chefs.

www.devore.ch