

THE LAND OF TRAIL RUNNING

The Verbier-Val de Bagnes and St-Bernard region is a land of trail runs. The greatest names in the sport have run in world-renowned races here, such as the Ultra Trail du Mont-Blanc (UTMB) and the Trail Verbier- St-Bernard (Trail VSB). With 21 marked routes, the region offers a comprehensive range of trails for both advanced and beginner runners. Discover the land of a thousand faces from majestic glaciers to green pastures where Hérens cows graze, via rivers and impressive dams. Local trail enthusiasts who have both in-depth knowledge of the sport and the region such as Jules-Henri Gabioud, winner of the Tor des Géants in 2011 and second in the PTL in 2019, and Emily Vaudan, third in the X-Alpine du Trail VSB, have designed an outstanding assortment of 415 km of routes with 33,000 m of vertical gain highlighting the region's cultural and natural heritage.

To help plan an outing in this vast region, check out the map or one of the detailed route leaflets available on the tourist office websites of the Verbier/Val de Bagnes and Pays du St-Bernard.

www.verbier.ch/summer/inside/to-do/sports-activities/walks-and-hikes/trail-running



TAILOR-MADE TRAIL OUTINGS

What better way to discover the region than with a local who shares their favourite routes, knowledge of the area and best restaurants along the way? This is the innovative concept behind the startup Beeheidi, who put together tailor-made trail runs just for you. You choose the pace, length and location, and everything else is taken care of.

Prices: 1 hr - CHF 95 / 2 hr - CHF 150/ 3 hr - CHF 205 (CHF 10/additional person, up to 3 people per session)

www.beeheidi.ch



CHA CHA CHA ULTRA TRAIL CAMP

Improve your technique, acclimatise to the altitude and scout out certain sections of the Cha Cha Cha Ultra Trail route taking place from 11 to 12 September on this 3-day training camp which includes daily 10 to 20 km runs, yoga sessions and cold-water swimming to aid recovery. Enjoy Bagnes in all its splendour!

Dates: 18–20 June / 9–11 July / 16–18 July / 30 July–1 August

Limited places

Rates: 3-day camp (Friday–Sunday) - CHF 330* (*excluding accommodation & meals)

www.chachacharun.com



AMBASSADORS' CORNER: SUNRISE WITH A TASTE OF THE LAND WITH EMILY VAUDAN

Emily Vaudan, a seasoned trail runner, knows the Val de Bagnes like the back of her hand and has worn out her shoes on the trails here. This summer, she shares her passion for her home region by taking hikers on the Six Blanc trail to watch a spectacular sunrise.

After an early wake-up call and a taxi ride to the starting point, you hike two hours up to the summit of the Six Blanc, at an altitude of 2,400 m where a delicious breakfast awaits. As you feast on tasty local products in front of the incredible spectacle of the sunrise appearing behind the surrounding peaks, take a moment to capture the memory in your mind.

Dates: Fridays on 30 July and 13 August from 3.45am to 9.30am and 22 October from 5am to 10am

Prices: Free for VIP Pass holders / or Adult / Child: CHF 50

Price includes transport, guiding & breakfast

