



A G E N D A
From 25.09.21 to 02.10.21

EVENTS

From 05.07.21 to 31.10.21

> **Tour du Val de Bagnes with Timmy**

📍 Place centrale du Châble, Le Châble

Unable to organise the legendary Tour du Val de Bagnes relay race, the Val de Bagnes Development Society is providing the opportunity to complete the race using the MSO Timmy app which allows competitors to measure their performance against other runners.



☎ +41 27 775 38 70

<https://www.tourduvaldebagnes.ch>

From 01.09.21 to 06.10.21

> **Teen Fit Module 1.**

📍 Alp'Sports Thérapies SA, Le Châble

Let off steam at a young age !

☎ +41 27 776 15 94

www.ast-sa.ch



25.09.21

> **Bagnes Capitale de la Raclette**

🕒 10am-0am

📍 Arène de Probé, Le Châble

A unique event celebrating local produce – and raclette in particular – has been held at the end of September each year since 2004: Bagnes Capitale de la Raclette.

☎ +41 79 388 68 74

<https://www.bagnesraclette.ch>



PARTNERS ACTIVITIES

Sundays from 20.06.21 to 26.09.21

> **Mountain Yoga**

🕒 10.15am-11.15am Sunday

📍 Ice Cube, Verbier

👥 Max. 5 persons

For all levels, the teacher will adapt her class according to the students' needs.

☎ +41 27 775 38 88



Wednesdays from 08.09.21 to 06.10.21

> **Outdoor Training**

🕒 7.30pm-8.30pm Wednesday

📍 Alp'Sports Thérapies SA, Le Châble

Discover outdoor sport

☎ +41 27 776 15 94

www.ast-sa.ch



Thursdays from 09.09.21 to 30.09.21

> **Pilates Basics**

🕒 7.30pm-8.30pm Thursday

📍 Alp'Sports Thérapies SA, Le Châble

Gain, deep muscles and posture !

☎ +41 27 776 15 94

www.ast-sa.ch



Wednesdays from 15.09.21 to 20.10.21

> **PhysioYoga**

🕒 9am-10am Wednesday

📍 c/o Alp Sports Thérapies SA, Le Châble

PhysioYoga for your articulation problems

☎ +41 27 776 15 94

www.ast-sa.ch



29.09.21

> **Pilates workshop: self-massage and accessories**

🕒 7.30pm-9.30pm

📍 c/o Alp Sports Thérapies SA, Le Châble

With simple gestures, do yourself good. Learn how to relax your muscles, evacuate daily tensions and facilitate sports recovery.

☎ -41 27 776 15 94

www.ast-sa.ch



EXHIBITIONS

From 25.09.21 to 10.10.21

> **Collective exhibition Bagn'Art**

🕒 2pm-6pm except Monday, Tuesday

📍 Espace St-Marc, Le Châble, Le Châble

Exhibition of artists and craftsmen of the Bagn'Art Association

☎ +33 (0)79 858 41 55

<https://bagnart.com/>



©Lisa Greve

TOURIST OFFICE'S ACTIVITIES

Online reservations required, deadline indicated on the website www.verbier.ch

Tuesdays

> Themed walk - Bella botanica Verbier 

🕒 9am-12.30pm Tuesday

📍 Office du tourisme de Verbier, Verbier

👤 From 5 years old

👥 Min. 4 persons / Max. 10 persons

Learn to look at plants in a new manner! We may have the possibility to make a 'wild' snack or learn which plant to use to help us when we hurt ourselves when out in the wild.

☎ +41 27 775 38 88



> Discovery of downhill mountain biking 

🕒 1pm-4pm Tuesday

📍 Médran, Verbier

👤 From 12 years old

👥 Min. 1 persons / Max. 5 persons

Test a downhill mountain-biking with advice from a pro!

☎ +41 27 775 38 88



Wednesdays

> Via Ferrata in Mauvoisin 

🕒 8.45am-1.15pm Wednesday

📍 Médran, Verbier

👤 From 8 years old

👥 Min. 4 persons / Max. 6 persons

Discover Via Ferrata with a mountain guide.

☎ +41 27 775 38 88



> Photography course for smartphones 

🕒 9am-1pm Wednesday - The course is not held on September 15th and 22nd 2021

📍 Rue de Médran 2, Verbier

👤 From 13 years old

👥 Min. 1 persons / Max. 6 persons

In these introductory lessons, you'll receive information and helpful tips as you capture the spectacularly beautiful landscapes of Verbier and the surrounding area on your smartphone.

☎ +41 27 775 38 88



> Go rock-climbing at Madzeria 

🕒 1.20pm-6pm Wednesday

📍 Médran, Verbier

👤 From 8 years old

👥 Min. 4 persons / Max. 6 persons



First steps in climbing in the sumptuous setting of the Haut Val de Bagnes.

☎ +41 27 775 38 88

Thursdays

> Themed walk - "What if I were a squirrel?" 

🕒 1pm-4.30pm Thursday

📍 Office du tourisme de Verbier, Verbier

👤 From 10 years old

👥 Min. 4 persons / Max. 10 persons

"What if I were a squirrel? Searching for traces of the wild animals that populate the forests around Verbier.

☎ +41 27 775 38 88



Fridays

> Introduction to golf 

🕒 10am-11am Friday

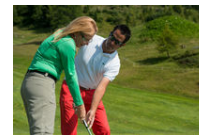
📍 Driving Range - Carrefour, Verbier

👤 From 10 years old

👥 Min. 1 persons / Max. 8 persons

Have you ever held a golf club before? Take your first swings with a professional golfer as your coach.

☎ +41 27 775 38 88



Saturdays

> Cookery workshop for children 

🕒 4pm-5pm Saturday

📍 Mountain Thyme, Verbier

👤 From 7 to 11 years old

👥 Min. 1 persons / Max. 12 persons

Come along and have fun learning to cook a delicious dish in our kitchen - perfectly adapted for kids !

☎ +41 27 775 38 88

