

PRESS KIT SUMMER 2021

VERBIER 

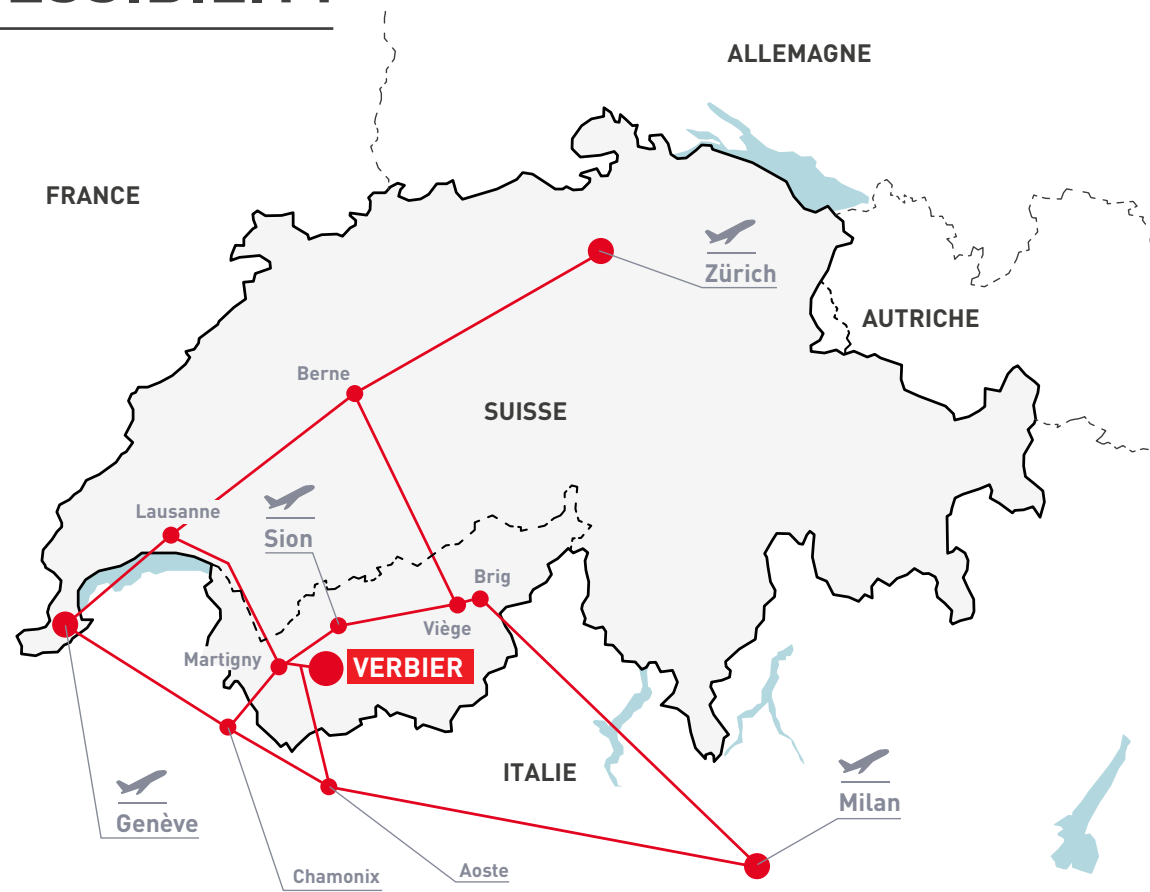
VAL DE BAGNES - LA TZOU MAZ



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LOCATION & ACCESSIBILITY



	Train	Plane	Car		Train	Plane	Car
SION	1:30		0:45	COPENHAGUE	2:10		15:30
GENÈVE	2:30		1:50	OSLO	2:30		
ZÜRICH	3:30		3:15	BRUXELLES	8:00	1:15	8:30
PARIS	6:30	1:05	7:00	ANVERS	8:20		8:50
LILLE	8:00	1:20	8:00	LONDRES	9:00	1:35	11:00
LYON	5:45		3:30	LIVERPOOL	1:50		14:30
NICE	1:00		5:30	MANCHESTER	1:50		14:15
STOCKHOLM	2:45			EDIMBOURG	2:15		17:15

LIFT OPENING DATES

Le Châble - Verbier - Les Ruinettes (including access to the Verbier Bike Park): open continuously from 19 June to 31 October.

Links between Les Ruinettes (2,220m) and Mont-Fort (3,330m): open continuously 3 July-29 August and then weekends only until 20 September.

www.verbier.ch/summer/lifts/lift-opening-hours-summer-2020

VERBIER, VAL DE BAGNES LA TZOUMAZ

An even bigger playground!

The new Val de Bagnes destination - formed by merging the communes of Vollèges and Verbier - Val de Bagnes - La Tzoumaz - offers visitors even more with 300 km² of fun and adventure across six charming, yet varied locations. Sporty, relaxing, traditional, stylish, natural, friendly and extreme - experience a heady mix of feel-good emotions and excitement in the heart of the Valais.

Cultural Le Châble, cosmopolitan Verbier, wild Upper Val de Bagnes, authentic Bruson, discreet Vollèges or family-friendly La Tzoumaz: each has a unique quality that you can use as a starting point for your immersion in the Pays des Bagnes!

And you can enjoy our wide open spaces any number of ways. Mountain bikers (e-bike, cross-country, downhill or enduro) have a vast choice of more than 800 km of trails. On foot, walkers have access to more than 500 km of paths, and trail runners can choose one of 21 marked routes. Microadventures or extended stays, meditation or adrenaline, long holidays or short breaks... There's something for everyone of any age.

A lively, dynamic destination, our heart beats to the rhythm of our summer events calendar: the Verbier and Palp Festivals for music lovers; the Trail Verbier St-Bernard, the Tour des Stations and the Spartan Race for top athletes; the E-Bike Festival and Inspire Yoga Festival for nature lovers.

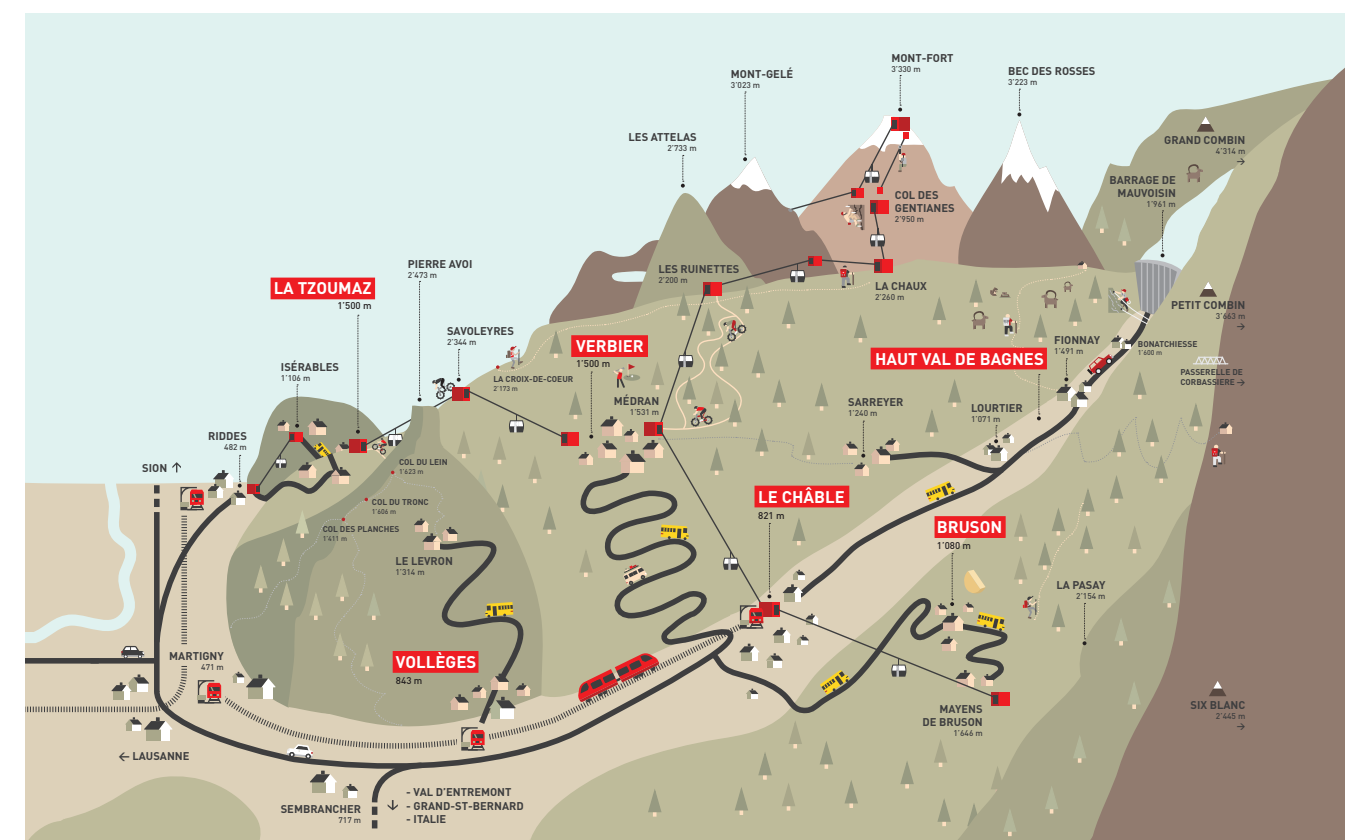
COVID friendly

This summer, connecting with nature and the great outdoors has become everyone's top priority. Through the Clean & Safe concept supported by Switzerland Tourism, the whole resort complies with all the health guidelines to make your stay as safe and comfortable as possible - see our commitments below. And because every guest plays an equally important role, Verbier has created a visitors' charter that highlights the key actions we ask you to take.

www.verbier.ch/summer/inside/useful-info/information-about-the-health-situation-covid-19

KEY FIGURES

- 21 marked trail running routes
- 17 km of downhill mountain biking (8 trails) in Verbier Bikepark
- 3'330 m highest point at Mont-Fort
- 6 mountain huts
- 12 bike-friendly hotels
- 500 km of hiking trails
- 9 ski lifts open in summer
- 800 km of mountain bike trails
- 1'400 m of zipline (130 km/h)





VIP PASS +

This summer, for a memorable holiday that won't break the bank, the Verbier Infinite Playground Pass returns with a special 2021 version. The VIP Pass is the key to a free holiday for anyone staying at least one night in the region and paying the tourist tax. It gives free or discounted access to **more than 100 activities**.

DATES VALID:
1 June–31 October 2021

ALL INFORMATION ON:
www.verbier.ch/summer/vip-pass

TRANSPORT

- Pedestrian access included on a selection of ski lifts
- Post bus trips included in the area of the Val de Bagnes (including Vollèges) and La Tzoumaz - Isérables. Bike transport included (upon reservation)
- 50% off a selection of bike packages (directly at the Téléréverbier ticket office on presentation of the VIP Pass)
- New: pedestrian access included on the Le Châble - Bruson cabin from July 17 to August 15, and on the Fionnay - Cabane Brunet shuttle bus
- New: free transport for pedestrians and bikes on the le Châble - Sembrancher train

ACTIVITIES FROM THE VERBIER - VAL DE BAGNES TOURIST OFFICE

- Discover the world of horses
- Cooking lessons with the Michelin-starred chef Sebastiano Lombardi
- Relaxation at sunset
- The history of soapstone
- Tasting local Valais wines with gourmet snacks
- Brunch at the Sery mountain pasture
- Themed walk - Bella botanica, Verbier



- Themed walk - Bella botanica, Bruson
- Discovery of Downhill mountain biking
- Via Ferrata at the Mauvoisin gorge
- Discover climbing in Madzeria
- Mobile phone photography course
- Guided tour of Verbier-Village
- E-bike and yoga with Emilien Badoux
- From the mill to the garden
- Themed walk - Hydrology in the mountains: life around water
- Themed walk - What if I were a squirrel?
- Introduction to golf
- Visit of the First Track Lab
- From cows to cheese

- From mines to mountain pastures
- Visit of the village of Champsec and the soapstone house
- Thematic walk - Once upon a time... Raclette
- Cooking workshop for children
- 'Less is more' - stay (2 days stay)
- 'Col de Mille', a mythical route in the footsteps of Ludo May
- Sunrise and local flavours with Emily Vaudan
- Coffee ride on a road bike with Arnaud



- Gasser
- Race day with Jérôme Caroli
- Enduro adventure with Yann Rausis
- Climbing at the Pierre Avoi with Xavier de Le Rue
- Flavours of the Alps with Maude Besse
- Introduction to Raclette with Eddy Baillifard
- Discovering local mushrooms
- The energies of nature
- Vegetable colouring workshop
- In the footsteps of a lumberjack
- E-bike Art Tours of Verbier 3-D Sculpture Park

ACTIVITIES FROM THE LA TZOUMAZ TOURIST OFFICE

- Walk and manufacture of wild cosmetics
- Deer bellowing
- Mushroom picking
- Picking and tasting of plants
- Discovery of canyoning
- Introduction to climbing
- Kids activity - Cooking workshop
- Kids activity - Handicraft workshop
- Kids activity - Art workshop
- Kids activity - Games workshop
- Kids activity - Modelling clay and slime workshop
- Observation of fauna and flora
- Gourmet walk

SPORTS AND LEISURE

- Golf des Esserts Verbier
- Golf des Moulins Verbier
- La Tzoumaz Tennis
- The Centre La Tzoumaz
- Wake-Valais.ch St-Gingolph
- Aerial Walkway Verbier
- Minigolf Verbier
- Trampoline Verbier
- Outdoor swimming pool Verbier
- Indoor swimming pool Mondzeu Verbier
- Kids Days ESS Verbier

CULTURE, HERITAGE AND GASTRONOMY

- Bagnes Museum
- Heritage house: Saw and Mill of Sarreyer
- Heritage house: Maison des glaciers Lourtier
- Heritage house: Maison de la Pierre Ollaire Champsec
- Heritage house: Forge Oreiller in Villette
- Heritage house: Ancienne Demeure in Villette
- Municipal library Le Châble
- Ludothèque Le Châble
- Verbier Library
- Barryland Martigny
- Pierre Gianadda Foundation Martigny
- Cellar of Sion
- Jardin Flore-Alpe Champex-Lac

EVENTS

- Solaris Playground → 11 concerts, 2 masterclasses, 1 film screening
- Fondation du Verbier Festival: 17 concerts
- Verbier E-Bike Festival: Verbier E-bike Weekends - Gourmet Ride & Discovery Ride
- PALP FESTIVAL: Electroclette & gastronomic experience
- WHOLEYCOW: Mountain Yoga
- Verbier Triathlon: Women's triathlon days





COSMOPOLITAN VERBIER

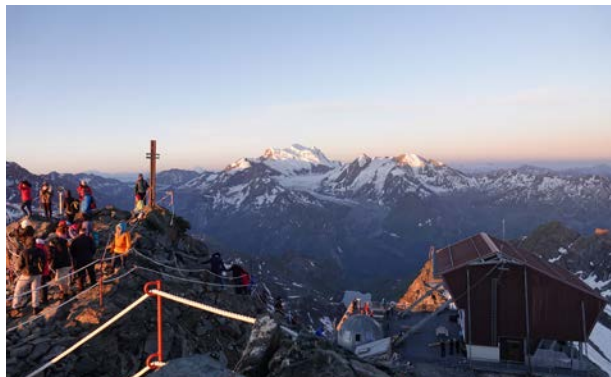
An Alpine village with undeniable mountain charm, Verbier perfectly combines outdoor sports, a family atmosphere and exceptional services.

The most cosmopolitan of the Valais resorts, it spreads out over a vast sunny plateau with breath-taking views of the most famous Alpine peaks. While the resort is known for its hospitality and the variety of sports on offer, Verbier also attracts holidaymakers with a wide range of other activities. From music festivals - classical, electro or rock - and events dedicated to relatively new disciplines such as the E-Bike Festival, from Verbier Bike Park to golf courses, local or global flavours, Verbier offers a mix of active, cultural, gastronomic and relaxing holidays in a majestic setting.

Don't miss MONT-FORT, THE HIGHEST PEAK IN THE 4 VALLEYS

Head up to Mont-Fort at an altitude of 3,300 m on a succession of cable cars and gondolas from La Tzoumaz, Verbier and Nendaz. This is an experience not-to-be-missed! The air is pure and the 360-degree panorama breath-taking. From the viewing platform, gaze out towards the Matterhorn, the Dent d'Hérens, the Grand Combin, the Mont-Blanc and 100 other summits. Watch the sunrise, have a go at via cordata or via ferrata, join a yoga session, zipwire or tuck into a fondue: Mont-Fort offers a world of possibilities.

www.verbier.ch/summer/inside/destinations/must-see-places/mont-fort



Hiking suggestion PIERRE AVOI

This rocky peak, one of the most iconic symbols of central Valais, is easily identifiable from the Rhone valley. Despite its name meaning pointed - from the patois «avouè» - it is more angular, an almost rectangular shape set against an azure background reaching a height of 2,473 m. Peaks like this never fail to impress. The majestic Pierre Avoi keeps watch over the area. A fantastic viewpoint, it overlooks Verbier, the Val de Bagnes, La Tzoumaz and the Rhône Valley, and commands a breathtaking view of Mont-Blanc and the Grand Combin. Reached easily on foot, with or without using the ski lifts from Verbier or La Tzoumaz to Savoleyres, the last few metres are via ladders. And while the Pierre Avoi is highly regarded by hikers, it is also a big draw for rock climbers.

Allow 2.5 hrs for 6-km loop: Croix de Coeur - Savoleyres - Pierre Avoi - Croix de Coeur

www.verbier.ch/summer/offers/croix-de-coeur-verbier-station-en-summer-2794111



Spotlight: GOLF

With two 18-hole golf courses, Verbier rolls out its green carpet for swingers from May to November. The Les Esserts course at par 69, 4,857 m long, is known for its technicality, fairways and wide open greens, where golfers are inspired by the mountainous backdrop of the Combins, Rogneux and Mont-Blanc ranges. Created around natural obstacles, numerous streams and the relief - the course was designed to be a pleasant, accessible walk for golfers of all ages. More accessible however, thanks to its location in the centre of the resort and because of the course itself (18-hole, par 54 Pitch & Putt), the Moulins golf course is ideal for players of any level who want to improve their technique.

Green Fees:
between CHF 70 and CHF 100 depending on the period

An introduction to golf is offered free of charge to VIP Pass holders every Friday from 4 June to 29 October from 10 to 11 am on the Driving Range

Other VIP Pass advantages: 20% reduction on Les Moulins Pitch & Putt course (open to everyone); 20% reduction on the Esserts course (open only to players with a handicap or course authorisation)

www.verbiergolfclub.ch



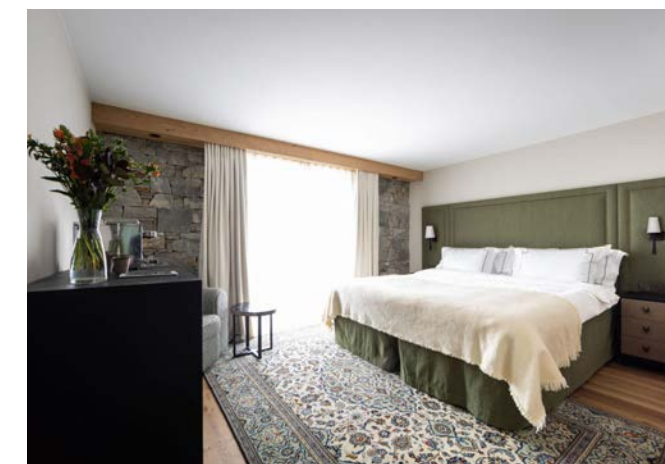
Local culture GUIDED TOUR OF VERBIER VILLAGE

Do you know what Verbier was like before it became an internationally renowned resort? To find out, head to the narrow streets of Verbier Village for the start of the tour. Here, the barns, the communal oven and the mill give the impression of a self-sufficient society. However, a century ago, this was a community that welcomed its first tourists with open arms, actively developed hotel-boarding houses and installed its first ski lifts, all while maintaining its connection to the land and the Hérens cows.

Dates: Every Wednesday from 7 July to 25 August, 4-5.30 pm

Prices: Free for VIP Pass holders / or Adult: CHF 20, Child (7-12 years): CHF 10

www.verbier.ch/summer/offers/visite-guidee-de-verbier-village-verbier-station-en-summer-2994461



Accommodation HOTEL DE VERBIER ****

Firmly established on the main square, Verbier's oldest family-run hotel has recently been updated and welcomes guests with a friendly atmosphere, combining mountain style and art deco touches, mixing tradition and modernity. The 29 rooms guarantee comfort with quality bedding, exceptional views of the mountain and most have a balcony. On the wellness side, a spa, gym, hammam, whirlpool, sauna and massage rooms complete the picture. Next to the hotel, a trattoria, a cocktail bar and a deli offer places for Verbier's eclectic population to meet, while the village shops, restaurants and sports facilities are all less than a minute from the hotel's doors.

Rates: from CHF 300 for a night in a deluxe and CHF 631 for a night in a grand deluxe room.

www.hoteldeverbier.com

CULTURAL LE CHÂBLE

Sitting at a crossroads, Le Châble is a peaceful haven where you can enjoy life at a traditional pace. The capital of the Bagnes commune, Le Châble is linked to Verbier and Bruson by gondolas, which depart from next to the train station. Traditional customs play an important part in the hearts of locals, who keep them alive through a number of popular festivals, including «Bagnes, capital of raclette», the flagship event for the region. It's held every year at the contemporary Espace Saint-Marc event centre, which also has an outdoor playground and an urban sports area with a skate park, pump track and dirt jumps.

www.verbier.ch/summer/inside/destinations/tourist-destinations/le-chable

Don't miss BAGNES MUSEUM & ITS LATEST EXHIBITION «DRÔLES DE RIRES» (FUNNY LAUGHTER)

As custodian of Alpine heritage for the world, the Musée de Bagnes offers a varied programme. Throughout the year, its temporary exhibitions present the work of regional artists, explore themes specific to the Alpine region or feature contemporary works. Until September 12, 2021, the exhibition «Drôles de rires» - or Funny Laughter - brightens up the walls of the old parish church. Commonly associated with fun and happiness, laughter turns out to be mystifying and puzzling when you think about it. Far from being triggered only by humour and jokes, it creeps in everywhere without warning. Beyond the mouth movements, muffled sniggers and noisy outbursts, the exhibition explores laughter in the context of the mountains where, in all seriousness, it affects the relationships, conversations and habits that give meaning to the territory.

www.museedebagnes.ch

Walking suggestion TOUR DES VILLAGES

As the name suggests, this picturesque, fairly easy, 21-km route passes through the valley villages and allows time for several breaks to explore. Admire the landscape from the Vernays chapel; visit the saw and mill, and have a quick drink in the ruelle des Fontaines in Sarreyer; check out the Bisse des Ravines lined with impressive sculptures and stop on its terrace to enjoy a picnic break with Verbier as a backdrop; Lourtier; Champsec; and finally end the loop on a tasty note in Bruson by visiting the Brusonette grocery shop to stock up on all the essential local products.

Restaurants along the route include: Le Café du Mont-Fort in Sarreyer, La Raclett'house chez Eddy or Le Carrefour (for speciality burgers) in Bruson, as well as various restaurants in Le Châble

www.verbier.ch/summer/offers/tour-des-villages-le-chable-en-summer-2794004



Spotlight FIRST TRACK LAB

Capable of producing prototype skis and snowboards in just a few hours, First Track Lab's research and development team brings innovation to board sports for all the brands it works with. Curious visitors from the age of 7 up can go behind the scenes of the manufacturing process by visiting the workshop. During this one-hour tour, Thibaut reveals the processes and secrets of our winter playthings.

Dates: Every Friday from 2 July to 24 September from 4–5 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 20

www.verbier.ch/summer/offers/visite-du-first-track-lab-le-chable-en-summer-3141014



Local culture ANCIENNE DEMEURE

Under the guidance of André Fellay, head of the collection and caretaker of the Ancienne Demeure, visitors are taken back in time to discover the domestic environment of a 19th-century Alpine peasant family. The tour takes you into a three-storey family home with modest wood-clad rooms and a fire-blackened kitchen. From one room to the next, through low doorways and up the narrow stairs, this forgotten daily life is revealed through the objects on display: a rack for rye bread, a loom, a shoemaker's chair, an interesting drawer-bed, traditional hats, and more.

Dates: Every Friday in July and August from 2–6 pm. On other days and during the rest of the year, visits on demand

Prices: Free for VIP Pass holders / or Adult: CHF 5 / Free until 18 y.o

www.museedebagnes.ch/les-maisons-sauvages-du-val-de-bagnes/ancienne-demeure



Accommodation HOTEL A LARZE

This small family hotel clad in larch wood, a 5-minute walk from Le Châble train station, provides an at-home feeling but with the added bonus of service. In a simple, welcoming atmosphere, the 10 comfy, double rooms share a reading room with fireplace and cosy TV corner. On the ground floor, feast on a hearty breakfast in the bright dining room or out on the terrace, with your feet on the grass. On the wellness side, the sanarium provides a well-deserved break after a good day of hiking

Rates: from CHF 140–180 per night, including breakfast

www.alarze.ch

WILD UPPER VAL DE BAGNES

The picturesque villages of the Upper Val de Bagnes are a favourite destination for nature lovers and travellers looking for authenticity. Follow the Dranse de Bagnes river, and you'll come across villages with titling names: Lourtier, Flonny, Sarreyer and Bonatchiesse - all little corners of paradise where you can forget time and indulge in slow food. A hidden treasure, the preserved natural area of the Upper Val de Bagnes is protected in the Federal Landscape Inventory. The exceptionally rich landscape demands respect and a degree of humility from hikers. Ibex, chamois, bearded vultures as well as red frogs and butterflies all call this remote, wild place home. And at the end of the valley, where the road ends, is the majestic Mauvoisin dam, the last trace of civilisation before you get to Italy.

www.verbier.ch/summer/inside/destinations/tourist-destinations/upper-val-de-bagnes

Don't miss MAUVOISIN DAM

The walk to Lake Mauvoisin - a turquoise blue expanse nestled in a spectacular Alpine panorama - is well worth the detour. The 250-metre-high concrete giant of the same name is the highest arch dam in Europe. Built between 1951 and 1958 in the heart of the protected natural area of the Upper Val de Bagnes, it literally overlooks the Val de Bagnes and generates 1,000 GWh of electricity per year. Inside, an educational trail winds through an old gallery and takes visitors upwards. It explains how electricity is generated and tells the story of the dam's construction. At the top, the magic continues with a photo exhibition, and a breathtaking view of the lake, waterfalls, mountains and valleys as far as the eye can see.

www.verbier.ch/summer/inside/destinations/must-see-places/mauvoisin-dam



Hiking suggestion TOUR DE BEC DE SERY VIA THE PASSERELLE DE CORBASSIÈRE

Start from the Cabane Brunet mountain hut and head towards the Col des Avouillons pass. The first section of the climb is fairly gentle and takes you through the "Pron Sery," a peaceful, bucolic spot where rivers and streams flow. Tough in places, the path continues to the Col des Avouillons where the views of the Corbassière glacier and the Combins massif reward your efforts. Once you reach the pass, the trail leads you down to the foot of the glacier where the famous 190-metre long Corbassière footbridge crosses the moraine. Return via La Maye, using the Sery footbridge, before heading back to the start at Cabane Brunet where you can enjoy a delicious apple pie, the undisputed speciality of the house!

Itinerary: 9.5-km loop, Duration 4.5 hrs, 650 m D+/D-

New this summer: Thanks to the VIP PASS - free shuttle from Fionnay to the Cabane Brunet from July 15 to August 15

www.verbier.ch/summer/offers/tour-du-bec-de-sery-lourtier-en-summer-2794073



Spotlight VIA FERRATA OF THE GORGES DE MAUVOISIN

Downstream from the Mauvoisin dam and overlooking the deep gorges carved out by the Dranse, the Gorges de Mauvoisin via ferrata is divided into 2 sections so anyone can have a go on the cables and monkey bridges. The first section, «Saxifrage» is suitable for beginners and children from 8 years old. The second section, «Tichodrome» on the other hand, demands a high level of fitness and a certain amount of confidence in the void, as the commitment is much greater. For experienced climbers, the two parts can be linked together. Learn more about via ferrata in safety by taking part in an introductory session with a mountain guide on the first section.

Dates: Every Wednesday from 7 July to 29 September from 8.45 am–1.15 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 100

www.verbier.ch/summer/offers/via-ferrata-des-gorges-de-mauvoisin-mauvoisin-en-summer-2788121



Local culture SHEPHERDS' HUTS & OLD VAULTED STABLES

Shepherds' huts (*îtres*) and vaulted stables (*écuries*) dot the landscape on the pastures of the Val de Bagnes at an altitude of between 1,800 and 2,500 m. More than 600 buildings have been recorded and the presence of humans on these sites has been documented back to the Mesolithic period. About 30 of these buildings have been restored using the original dry stone technique. The Association ArcAre has also been working since 2013 to protect and revive this mountain heritage. Find out more on walking tours such as the Tour des Ecuries du Crêt and Vasevay or the Tour du Lac de Mauvoisin via the Giétrô and Lia stables.



Accommodation CABANE DE CHANRION

In an isolated and unspoilt spot at an altitude of 2,462 m near Lake Mauvoisin, the Cabane de Chanrion mountain hut blends in perfectly with the landscape. Recently renovated and extended, the refuge has comfortable dorms, modern bathrooms and a bright dining room, while the large windows highlight the outside as the main feature of the décor. In short, the hut is a chic eco-friendly lodging with simple, yet modern comforts. A simple menu of local products with contemporary touches and a superb wine cellar await the gourmet visitor. As for activities, the surrounding peaks tempt mountaineers, singletracks challenge mountain bikers, several itineraries attract hikers, and there are grand walking tours for adventure lovers, such as the legendary Haute-Route or the Tour des Combins.

Capacity reduced to 47 beds during COVID, (normally 59 beds). Reservations required

Dates: Daily from 14 June–17 October

Rates: half board adult: CHF 45 / child up to 9 years: CHF 35.

www.chanrion.ch

AUTHENTIC BRUSON

On the hills high above the Val de Bagnes, Bruson is a charming mountain village with stone and wood chalets, and 400 or so permanent residents. It provides visitors with a calm, authentic Alpine setting. Here, life is closely linked to agriculture and a new local, community-based economy has been developed. The annual Palp Festival - which brings together contemporary music, art and traditions - takes place in Bruson and runs a grocery shop called La Brusonette. Near the beginning of the Bisse des Ravines trail, Eddy Baillifard, the Swiss ambassador for Raclette - or 'Mr Raclette' himself - serves his famous cheese dishes year-round. And to top it all off, marked paths and enduro trails criss-cross the surrounding area much to the delight of walkers and mountain bikers.

www.verbier.ch/summer/inside/destinations/tourist-destinations/bruson

Don't miss IN DREAMS EXHIBITION - PALP FESTIVAL

With a theme of In Dreams (or Dans les Rêves), the PALP Festival summer art exhibition takes place throughout the village of Bruson from 12 June to 5 September 2021. This large-scale exhibition showcases 100 illustrations representing the dreams of Bruson's villagers, created with the collaboration of Swiss, French and Belgian artists (draughtsmen, illustrators, graphic designers, tattoo artists, architects, etc.). This artistic and human project subtly highlights the issues and realities of contemporary life in an Alpine village.

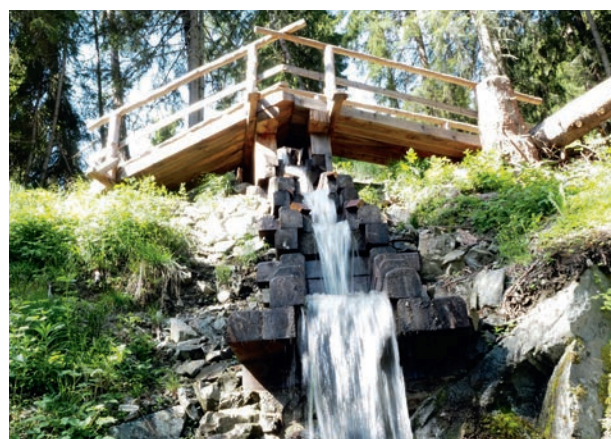
www.palpfestival.ch/en/evenements/inthedreams



Walking suggestion BISSE DES RAVINES

In full flow from mid-May to mid-October, the Bisse des Ravines trail takes walkers high above the village of Bruson through flower-filled meadows and larch forests. Typical features of the Valais mountain landscape, bisses are ancient irrigation channels that carried water from glaciers and Alpine springs to the lowlands. The paths that run alongside these mute witnesses to our recent past are now pleasant walks. A fairly easy loop, this 2-hour family trail starts in Bruson at an altitude of around 1,000 m. After an initial climb to warm up the limbs, the route follows a gentle slope along the bisse, which flows alternately through metal or wooden structures or along the ground. At 1,300 m, where the bisse starts to take in water, a pretty waterfall gushes down under the gaze of a wood-carved wolf.

www.verbier.ch/summer/inside/destinations/must-see-places/bisse-des-ravines



Spotlight CHARLOTTE, A MARMOT LIKE NO OTHER!

Dotted across five trails in different parts of the Valais, Charlotte the marmot introduces the younger generation (children aged 6 to 12) to the unique features of the Alpine landscape and heritage. Kids are invited to look at their surroundings in a different way and to understand scientific issues based on their own ideas and experiences. From the La Côt car park in Les Mayens de Bruson, Charlotte takes families with their questionnaires on the Chemin de la Mine trail, helping them explore this new route which leads to the entrance of an old lead mine.

Ten checkpoints are spread over a 2-km route (4-km round trip). Leaflets are available at the start of the trail and the answers can be found at the Raclett'House



Local culture THE ART OF RACLETTE WITH EDDY BAILLIFARD

Legend has it that on a cold day, a shepherd put their cheese a little too close to the fire. They ate the melted cheese anyway, and were hooked. Raclette was born! The method has since been developed and perfected to the point where it has become an art that maestro Eddy Baillifard teaches. Once the theory is out of the way - the origins of raclette, the tools used and techniques needed to scrape well - it is time to put into practice all the valuable advice Eddy offers. A short sharp flick with the back of the knife, and that's it! Once the move has been mastered, the long-awaited moment comes: eating! Full and satisfied, it's time to head home with pride, having added a new string to your bow with a scraper's certificate to prove it.

Dates: 15, 22 and 29 July, 19 and 26 August, 2 September and 28 October from 9 am-1 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 80

www.verbier.ch/summer/inside/inspiration/raclette-for-beginners-course-by-eddy-baillifard



Accommodation CABANE DE MILLE

On the hills high above the commune of Liddes at 2,473 m, the caretakers of Cabane de Mille mountain hut - Natacha and Lucien Darbellay - pamper hikers who are passing through. With 59 beds divided into 7 dorms, comfortable bathrooms, a bright dining room and a terrace facing the Combins and Vêlan massifs, walkers enjoy a comfortable break in this refuge, which is energy self-sufficient. And to refuel, a menu of revitalising dishes and a selection of excellent Valaisan wines are on offer.

Dates: Open 19 June to mid-September

Rates: half board adult: CHF 68 / child 11-15 years: CHF 44

www.cabanedemille.ch

DISCREET VOLLÈGES

Gateway to the Val de Bagnes, the village of Vollèges is firmly attached to its traditions. Built around its 500-year-old bell tower, Vollèges is the capital of the only wine-producing commune in the region. Down one side flows a raging mountain stream, the Merdenson, which then runs into the Dranse de Bagnes. Keeping alive with ancient customs, Vollèges has a traditional bread oven built at the beginning of the 20th century which is a focal point for village gatherings. The Atelier des Terroirs produces local specialities such as the «Fratze» sausage. As well as the extremely popular Beer Walk, organised every summer along the small village streets, the commune of Vollèges also offers beautiful walks towards the Col du Tronc or La Crevasse.

www.verbier.ch/summer/inside/destinations/tourist-destinations/volleges

Don't miss FROM COW TO CHEESE

Every Friday morning, Sophie shares her passion and day-to-day life during a visit to the Etiez cheese dairy. All the secrets of raclette cheese, Vollèges tomme, Armanay and many other products from the Etiez cheese dairy are revealed, with a product tasting before heading to the Tronc mountain pasture to meet the Hérens cows.

Dates: Every Friday from 26 June to 27 August from 8.30 am–1.30 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 15.

www.verbier.ch/summer/offers/de-la-vache-au-fromage-verbier-station-en-summer-3141022



Walking suggestion THE MINES TRAIL & MONT CHEMIN

Overlooking Martigny, Mont-Chemin (1,808 m), with all the qualities of a hill, is home to fascinating flora and lush vegetation. Beneath its surface, the geologically rich subsoil contains at least 150 identified minerals. To help uncover the mysteries of this site, Kobold - the mine dwarf - guides walkers on a winding path through larch forests and alpine meadows with magnificent views of the surrounding peaks and the Rhône valley. As well as 11 display panels along the way, discover abandoned tunnel entrances from which iron has been extracted for 15 centuries, and more recently, in the 20th century, lead, silver and fluorite. Get ready to venture into the tunnels, equipped with a headtorch and helmet.

The 4.3-km loop is easily accessible starting from the Col des Planches (about 1 hr 30 mins)

Don't miss the weekly event «From the mines to the mountain pastures», a guided tour of the Mont-Chemin mine followed by alpine cheese tasting

Prices: Free for VIP PASS holders / or Adults: CHF 20 / Children (6-12 years): CHF 10 / Free for children under 6 years

www.verbier.ch/summer/offers/sentier-des-mines-volleges-en-summer-2794105



Spotlight: ALPINE PASTURES AND REFRESHMENT BARS

A must-visit! Alpage du Lein, Col des Planches, Alpage du Tronc - these enchanting Alpine pastures and their buvettes (cafes) have given the Entremonts Valley its reputation. These humble spots bring together both locals and visitors for simple yet tasty pleasures. Comfortably surrounded by nature

and lulled by the sound of the Hérens cowbells, you can enjoy homemade products and typical local dishes (cheese, cured meat, croûte au fromage, assiette Valaisanne) in a friendly atmosphere. There's only one thing to do: ENJOY!



Local culture HÉRENS COWS

In their attractive black coats, Hérens cows are the pride of their owners and the people of the Valais. Every summer, these «ladies» fight to decide which cow will be crowned queen of the mountain pasture. This natural phenomenon is typical and instinctive of the breed and has given rise to regional queen fights that attract numerous breeders and passionate spectators from the Valais, the Aosta Valley and the Mont Blanc region.



Accommodation HOTEL BEAU-SITE IN CHEMIN-DESSUS

For nearly 110 years, the Hotel Beau-Site has been welcoming visitors to its idyllic setting on the hills above the Rhone Valley, a few kilometres from Martigny train station. This historic and eco-friendly building has 13 rooms offering total peace and quiet with old-fashioned charm. In the restaurant, chefs use organic, local and/or fairtrade ingredients to prepare vegetarian dishes, which you can enjoy on the terrace with a panoramic view of the Trient massif, the Catogne and the Grand Chavalard. Whether you prefer to stroll through the surrounding forests or go on a challenging hike up to the Pierre Avoi, the choice of itineraries from the Beau-Site are endless. And all year round, yoga retreats, tai chi courses and meditation weekends are on offer making it the perfect place to (re)connect with yourself.

Rates: Valid all year round (overnight stay including breakfast): Single room CHF 110 / room for 2 persons CHF 140 to 150 / room for 3 or 4 persons CHF 170 to 190

Half board: CHF 30/person

www.chemin.ch

FAMILY-FRIENDLY LA TZOUMAZ

On the northern slopes of Verbier overlooking the Rhône valley, the village of La Tzoumaz, formerly known as «Mayens-de-Riddes” comes from the word «tzoumer» in Valaisan dialect, or the place where you rest. Mountain bikers, e-bikers and downhill enthusiasts get their adrenalin pumping with both easy and advanced trails, leaving from the top of the Savoleyres gondola lift or in the hills of Vallon d’Arbi at more than 2,300 m altitude. Hiking routes, mountain scooters and numerous family walks and sports complete the offer. In this little corner of paradise overlooking the valleys, family-friendly activities in nature take centre stage.

www.verbier.ch/summer/inside/destinations/tourist-destinations/la-tzoumaz

Don't miss ESPACE NATURE

A little slice of heaven in the forest at La Tzoumaz, Espace Nature has been designed to make connecting with nature entertaining. With playful experiences and discoveries for all five senses, games and agility tests in the mountain stream, a walk alongside the famous Bisse de Saxon irrigation channel, exhibitions on the region's birds and other animals, and a friendly cafe where you can tuck into local produce as you gaze out at the beautiful landscape, it's the perfect place to stimulate body and mind while also having fun. Observation towers on stilts, playgrounds and picnic areas complete the package. The sensory trail is accessible to wheelchairs and buggies so everyone can enjoy the experience.

www.verbier.ch/summer/inside/destinations/must-see-places/espace-nature



Hiking suggestion VALLON D'ARBI

There are some places far from civilisation, that seem untouched by humans, where you can reconnect with nature and disappear into the landscape. The Vallon d’Arbi - or Chassoure - is one such location. Inaccessible by car, this idyllic valley hidden in the hills above La Tzoumaz is home to a rich and abundant wildlife. The river Fare flows from the Lac des Vaux and the Lac Rogneux through the centre of the valley, carving out its bed until it reaches the plains where it joins the river Rhône. The historic Bisse de Saxon irrigation channel also runs through here. So it's hardly surprising that numerous animals have taken up residence on the slopes. Whether you walk along the Short or Grand Tour of the Vallon d’Arbi, the Sentier du Fou or the Grand Tour of Lac des Vaux, you'll be in for a real treat at every turn.

www.verbier.ch/summer/inside/destinations/must-see-places/vallon-darbi

Spotlight GOURMET WILD PLANT FORAGING

Mountain plants look and smell gorgeous, but some taste amazing too. This is a unique opportunity to spend time foraging and tasting wild plants. Starting with a 2-hour walk, accessible to everyone, a mountain guide takes hikers around the slopes of La Tzoumaz. During the hike, you'll get to know which plants are edible and gather a few along the way. Back at the Maison de la Forêt, hikers become cooks and prepare an aperitif made with their foraged harvest, enjoying it together in a relaxed setting.

Dates: Every Saturday from 19 June to 28 August from 9.30 am to 12.30 am

Prices: VIP pass holders: -50% reduction/ or CHF 45 from 16 years old, CHF 15 from 6 years old, free for children under 6 years old

www.verbier.ch/summer/offers/cueillette-et-degustation-de-plantes-la-tzoumaz-en-summer-3089224



Local culture MAISON DE LA FORÊT

At the entrance to the Espace Nature, in the Forest House (Maison de la Forêt), two exhibitions await families this summer. One, «Animals of the Forest», allows you to discover, touch and listen to the calls of several local species of birds and mammals that inhabit the woods.

The other, «Symphony of wood», takes a look at wood that is destined to become musical instruments. Photographs, a violin maker's workshop and tools, musical instruments and information panels make up this travelling «museum,» both an important artistic work and an introduction to one of the many uses of wood.

Free admission

www.verbier.ch/summer/offers/maison-de-la-foret-la-tzoumaz-en-summer-2788202



Accommodation T-RESORT

Opposite the Tzoumaz—Savoleyres cable car station, the T-resort residence, clad entirely in wood, offers four floors of 3* standard and 3* superior apartments. Each spacious unit is furnished and can accommodate from 2 to 10 people. At the bottom of the building is a bar, mountain guide office, sports shop and grocery/supermarket.

Rates (example): 1 week (Sat–Sat) in August - apt 1 room for 2 adults 2 children: CHF 886/week

www.t-resort.ch

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

MICRO-ADVENTURES & UNUSUAL ACCOMMODATION

36 HOURS OF TOTAL NATURE IMMERSION

Head for the Upper Val de Bagnes where you can disconnect for a whole weekend in harmony with the elements and your surroundings. On day one, you set out on a 7-hour walk around Lake Mauvoisin carrying only the basics. During the hike, discover the natural history of the area through geological traces left by the glaciers, while foraging for edible plants that will be used for dinner. Once you've set up the bivouac and eaten your meal, enjoy a restorative night under the stars before doing it all again the next day. Once you've packed up the tents and laced up your shoes, the journey continues onto an Alpine pasture where you find out more about mountain pastures and their traditions. A two-day adventure where you can take it easy and connect with nature simply by watching, listening, breathing and sharing.

Total route: 25 km with 1,600 m D+

Equipment required: Backpack, hiking shoes, suitable clothing (warm clothes for the evening, down jacket, windbreaker, hat, underwear and spare t-shirt), compact sleeping bag, sunglasses, cap, sun cream, headlamp + Picnic lunch for the 2 days and water bottle with drink for the first day

Equipment provided: Breakfast & evening meal (local products, milk from the mountain pasture, homemade bread) and water

Dates: 19–20 July, 27–28 July and 9–10 August from 9.15 am–4.10 pm

Rates: Free for VIP Pass holders / or Adult / Child: CHF 100

www.verbier.ch/summer/inside/inspiration/less-is-more-holiday



ROOM WITH A VIEW AT 3,330 M

Sleep under the stars with a unique panorama stretching from the Matterhorn to Mont Blanc, overlooking the glaciers and dams, all in an accessible and safe environment. This is what it feels like to camp out under the stars at 3,330 m on the summit of Mont-Fort. At both sunset and sunrise, the view of the peaks is breathtaking. The open-air «room», equipped with high-quality feather mattresses and sleeping bags, is on the Mont-Fort platform.

Prices: CHF 598 for 2 persons. Price includes: gondola and cable car rides, breakfast and evening meal, and activities (sunrise yoga, campfire, film screening, via ferrata guide)

The heated Igloo Restaurant is accessible at all times (with toilets and electricity) so that guests can warm up or shelter in case of bad weather.

www.verbier.ch/summer/offers/bivouac-mille-etoiles-au-mont-fort-verbier-station-en-summer-2894260

A NIGHT IN THE TREES

An evening around a campfire followed by a night under the stars comfortably suspended in a tent among the trees, then waking up to the warmth of the first rays of the sun, all alone in the beauty of nature: this is a unique summer experience for families, couples or friends on the hills above the village of Levron. You can reach the camp in less than five minutes on foot, or take a longer route if you're feeling more athletic.

Tents are equipped with duvets and soft cushions, and are suspended between the trees at a height of about 1 m to ensure comfort and safety. The site has tables and chairs, a firepit, toilets and a trunk filled with everything you might need for your stay (food, drinks, barbecue/stove, coffee pot, pans, cutlery, candles, lamps, blankets).

Rates: CHF 210 for 2 people, including breakfast

www.arbocamp.ch

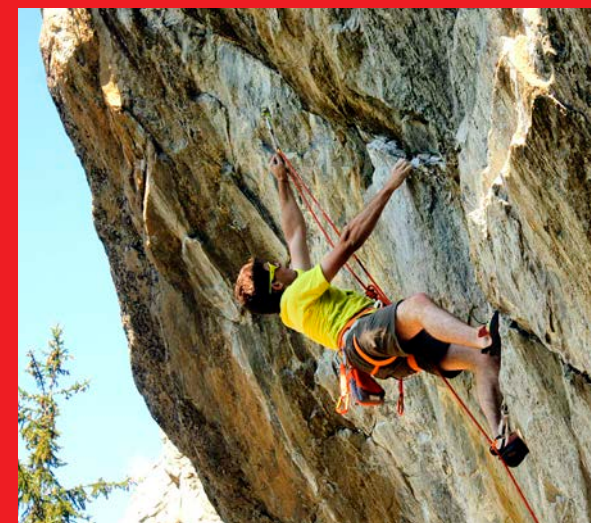
AMBASSADORS' CORNER: ON THE ROCK FACE WITH XAVIER DE LE RUE

This summer, both beginner and more experienced climbers can share a morning with Xavier de Le Rue, a true «mountainman» and former freeride champion. Head for the Pierre Avoi, a majestic viewpoint reaching 2,473 m and dominating Verbier, the Val de Bagnes, La Tzoumaz and the Rhone Valley, with a breathtaking view of Mont Blanc and the Grand Combin. Whether you lead or follow, Xavier's sage advice will help you tame this rocky peak and make progress with total confidence.

Dates: Tuesday 6 July, Friday 16 July & Tuesday 24 August from 8.45 am –2 pm

Meeting point: Savoleyres (Chalet d'Adrien), ascent by cable car and then approx 1-hour walk to the foot of the Pierre Avoi. Return on foot via Savoleyres to take the gondola back to the resort around 2 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 80



TRY OUT VIA CORDATA

Similar to via ferrata, via cordata combines hiking, climbing and mountaineering - the difference is that you are roped up together the entire time. Starting from Les Gentianes, the Via Cordata du Mont-Fort (3,330 m) offers a series of rock climbing and hiking sections on the Tortin and Mont-Fort glaciers.

Prices: From CHF 230 per person based on a group of 3 people

www.verbier.ch/summer/offers/via-cordata-verbier-station-en-summer-2841878

MONT 4 ZIPLINE: THE HIGHEST ZIP LINE IN EUROPE

With speeds of 130 km/h over a distance of 1.4 km and with a drop of 383 m, the figures alone are enough to make you feel dizzy. This gigantic challenge tests out the bravest on a zipline leaving from Mont-Fort (3,330m) and flying over the Tortin glacier all summer from July to September.

Prices with a 1-day 4 Vallées pass: Adult CHF 75, Youth and Seniors CHF 64, Child CHF 36

www.easyverbier.com/en/mont-4-zipline



FIRST NIGHT IN A MOUNTAIN HUT

On the shores of Lake Louvie at 2,250m, in the heart of a nature reserve where ibex, marmots and chamois roam, this charming Swiss Alpine hut is an ideal pitstop before heading off on the Chamois Trail. For a longer stay, the refuge has two double rooms as well as 54 beds in the dormitory. The picture postcard setting of the emerald green lake reflecting the surrounding peaks and the multicoloured floral carpet of mountain pastures is a popular setting for photographers.

A 4-hour walk from Verbier or 2 hours from Fionnay

Rates: CHF 75/adult in dormitory; CHF 85/adult in private room, CHF 45/child (< 16 years), CHF 30/child (< 10 years), evening meal & breakfast included

www.louvie.ch

RECONNECTING WITH YOURSELF & NATURE

AWARENESS WEEKEND IN LOUVIE

From Fionnay, the climb begins with only the sound of footsteps and breathing towards the Louvie plateau with its lake, hut and panorama where the Grand Combin sits majestically. Once you've slipped off your shoes, soak up the peacefulness of the place under the good care of Claudia, the hut's caretaker, before a sunset yoga session with Amélie at the end of the day. The next morning begins with chakra opening at dawn at the top of the Grand Combin. A few hours of walking among the ibex follow, before reaching the Mont-Fort hut where Daniel, who has been the hut's caretaker for 40 years, welcomes the day's pilgrims for lunch.

Day 1: 2-hr walk + Yoga
Day 2: Yoga + 4.5-hr walk

Dates: 12–13 July, 26–27 July and 28–29 July

Price: CHF 190 for 2 days all inclusive
(Maximum 8 people)

www.louvie.ch



VITALITY STAY AT THE CHALET D'ADRIEN

Relax in the mountains with this two-day (one-night) «Vitality» treatment in the 5-star comfort of the Chalet d'Adrien and recuperate with a pleasant hike in the heart of nature. As well as an overnight stay in a room with a balcony and view of the mountains, you'll receive a 50-minute Nuxe Détente Rêve de Miel massage for two, access to the Nuxe spa, a gentle hike and a «lightness of taste» dinner prepared by Chef Sebastiano Lombardi.

Rates: Two people CHF 720 in a double room

www.chalet-adrien.ch



AMBASSADORS' CORNER: E-BIKE YOGA WITH EMILIEN BADOUX

Professional snowboarder, world freeride champion and yoga teacher, Emilien Badoux has come up with the ultimate activity to combine discovering the region and getting back to basics. Starting from the Place Blanche in Verbier, the tour takes the beautiful Route du Soleil leading to the pretty village of Sarreyer, nestled on a sunny hillside in the Haut Val de Bagnes. With battery assistance, cycle up the road to the Mayens de Sarreyer. On arrival at La Chaux, your efforts are rewarded - the panorama is breathtaking. In these beautiful surroundings, Emilien guides a yoga session, before you jump back into the saddle to rejoin the winding roads of La Chaux, where he follows up with a short meditation session. Relaxed and calm, it's time for a picnic with the rest of your group. Energised by this sociable experience, head back to Verbier, where the adventure comes to an end.

Dates: Every Thursday from 24 June to 26 August, from 1–6 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 60

www.verbier.ch/summer/inside/inspiration/e-bike-yoga-with-emilien-badoux-summer



SUN SALUTATION AT 3,330 M

Starting with a dawn wake-up call, head to the 3,300m summit of Mont Fort for a quiet spot of contemplation. The sky changes so many vibrant colours before the first rays of sunshine appear slowly revealing the silhouettes of the surrounding mountains: the Matterhorn, Grand Combin, Mont Blanc. To fully appreciate this spectacle, join the outdoor yoga class at altitude. This magical moment runs every Thursday and some Saturdays in summer. Breakfast at the Gentianes Igloo is included in the package. The pass is then valid for all facilities throughout the day.

Dates: Every Saturday from 10 July to 21 August, Thursdays 22 July, 5 and 12 August, from 4.30 am to 8 am

Prices: Sunrise (all day cable car access) + continental breakfast + yoga = CHF 89 adult - CHF 79 youth / senior - CHF 59 child

www.easyverbier.com/en/lever-soleil-ete

SUNDOWN RELAXATION

Every Monday from 7 to 8 pm, the Verbier - Val de Bagnes Tourist Office invites you to an outdoor relaxation session. After a few stretching and breathing exercises on mats in the centre of the village, you will be guided in a deep relaxation for body and mind. A perfect way to end the day and start the week.

Dates: Every Monday from 28 June to 13 September, from 7pm–8pm

Prices: Free activity for VIP Pass holders / or Adult (from 16 years old): CHF 20

www.verbier.ch/summer/offers/relaxation-aux-dernieres-lueurs-du-jour-verbier-station-en-summer-3141006

THE ENERGY OF NATURE

Spend the day connecting with the healing energies of nature in the region of the Col du Lein, on the hills of Levrone. For our ancestors, trees were blessed with beneficial powers, where the spirits of the forest dwelt. They favoured harvests, the fertility of women, they brought rain and sunshine and were in contact with the gods. The cup stones of the Lein Pass remain a mystery, but the energy they give off is very real. The programme includes meditation, exercise, inner journey work, sharing, re-searching energy, relaxation, laughter and good humour.

Dates: Sundays 11 July, 8 and 15 August, from 9 am–4 pm

Cancelled in case of bad weather

For 16 years old & above



«BELLA BOTANICA» THEMED WALK

Every Tuesday, meet in Bruson to discover the greatest secrets of small plants during a botanical walk. Some have unusual flavours, others have healing properties, some are rare, but all deserve to be admired and protected. The walk lasts about 2 1/2 hours, level of difficulty: easy.

Dates: Every Tuesday from 20 July to 10 August, from 9 am–12.30 pm

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

100% NATURAL COSMETICS WORKSHOP

Valérie Henriot knows all the plants of her mountains by heart. Passionate and captivating, she shares her knowledge in the space of an afternoon during a cosmetic workshop. As a herbalist for the day, you get to wander around the area near the Maison de la Forêt in La Tzoumaz gathering the precious flowers that make up the ingredients to then create homemade lipsticks and deodorant, and 100% natural balm to fight against cold!

Min. 5 people Max. 10 people

Prices: VIP Pass holders: - 50% reduction (Adult: CHF 25 / Child: CHF 12) / or Adult: CHF 50/ Child (6-15 years): CHF 25 / Free for children under 6 years old

www.verbier.ch/summer/offers/balade-et-fabrication-de-cosmetique-sauvage-la-tzoumaz-en-summer-3095900/



WITH YOUR FAMILY

EQUINE THERAPY FOR KIDS

A morning where children are introduced to the world of horses, their care, how to bond with them, and learn responsibility and commitment to their new mounts. Available for ages 10 and up at the Paddock du Châble.

Dates: Every Monday from 5 July to 30 August, from 9 am–12 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 20



A DAY IN THE LIFE OF A CHEESE MAKER

Discover the secret of how artisanal tomme cheese is made – a one-of-a-kind experience in the region. The cheese workshop is offered by Marc, who took on the reins of the Verbier dairy from his father. Thanks to Marc's expertise and passion for his work, you'll have no trouble at all stepping into the shoes of an apprentice cheesemaker. Each workstation has its own cooking pot, which you'll use to make your own Bagnes tomme. You'll follow the production process from A to Z, benefitting from Marc's explanations at each step along the way. While the cheese drips into the mould, you'll get a chance to try some of the dairy's other cheeses, such as Vieux Bagnes, Tomme and other house specialities. At the end of the workshop, you can take home your hand-made tomme or leave it to mature in the dairy.

Dates: Every Monday from 5 July to 13 September from 4.30 pm–6.30 pm

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

LET'S GET COOKING, KIDS!

Every week, on Saturday afternoons, children are invited to the Mountain Thyme kitchen in Verbier to learn how to cook tasty dishes that they can recreate at home. On the menu: vegetarian chilli and guacamole, pizza, spaghetti and meatballs, bean tacos, chicken fajitas, duck sushi, Thai curry. The specially designed workshop is in an adapted kitchen - the perfect recipe to stimulate young taste buds while potentially influencing future careers.

Dates: Every Saturday from 26 June to 09 October 2021 from 4–5 pm

Prices: Free for VIP Pass holders / or Child (7-11 years): CHF 30



PAINTING WITH NATURE

Because life is more beautiful in colour, the Tourist Office offers budding artists a painting workshop where they will learn to create their own colour palette from various plants before giving free rein to their inspiration by applying it in watercolour on various materials. Available for ages 7 and up at the Atelier Terre Colorée in the village of Le Châble.

Dates: Wednesdays 7 and 14 July and 4, 11 and 18 August from 9.30 am–5 pm

Prices: Free for VIP Pass holders / or Adult from 13 years old: CHF 130 / Child (7 to 12 years old): CHF 100

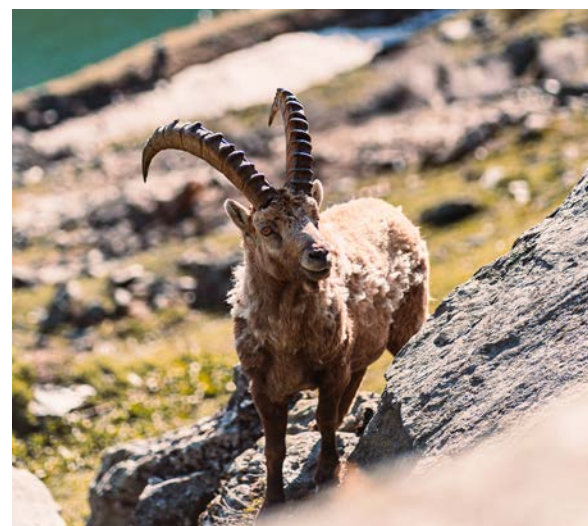
WILDLIFE WATCHING & PLANT SPOTTING

Spend a summer morning walking the paths of the Vallon d'Arbi with your family and watch large and small mammals, birds and spot the flora of the region with a mountain guide, followed by a short talk during which wood, jaws and other discoveries will be introduced, passed around and explained. Meet at the Place du Marteau in La Tzoumaz.

Dates: Saturday 26 June, Friday 2 July, Saturday 21 August, from 8am–11am

Prices: VIP pass holders CHF 20 / or Adult / Child CHF 35

www.verbier.ch/summer/offers/observation-de-la-faune-et-de-la-flore-la-tzoumaz-en-summer-3095894



ON THE TRAIL OF CÉLESTIN THE IBEX

Discovering the secrets of our mountains and glaciers is child's play with Célestin the Ibex.

Head out on this children's treasure trail with 15 check-points along an easy 3-km walking route.

Pick up a map of the route from Verbier tourist office, where the loop starts and finishes. Children can collect a small gift at the end.

Free activity

Recommended for 6 years and older



SCOOTER ALL THE WAY!

Fitted with brakes and shock absorbers, all-terrain scooters appeal to everyone looking for a bit of fun. For a safe, varied route, the trail linking Savoleyres to La Tzoumaz offers a view of the Rhône valley between mountain roads and forest.

Hire a scooter from either La Tzoumaz or Savoleyres ski lifts

Last outing at 4 pm

Prices: CHF 25 (including scooter hire and pass)

www.verbier.ch/summer/offers/trottinettes-savoleyres-la-tzoumaz-la-tzoumaz-en-summer-2788312



CYCLING PARADISE

A PROTECTED CYCLING AREA

Val de Bagnes is the ideal base for cyclists who like to get a bit of a sweat on. Discover the surrounding villages at your own pace on a number of itineraries. And for the more energetic, tackle some of the legendary mountain passes in the region, such as Grand Saint-Bernard or Forclaz. Whichever route you choose, bike rides are a charming way to soak up the magic of the region and its exceptional natural setting.



AMBASSADOR'S CORNER: COFFEE RIDE WITH ARNAUD GASSER

«When we set off early in the morning, we head out on the roads by bike...». The Coffee Ride, a new trend among cyclists, is a bike ride broken up by coffee breaks in various bistros along the route. This summer, join Arnaud Gasser (Swiss ski mountaineering team champion in 2019) as he leads the pack on the roads around Val de Bagnes. This is an ideal combo where you can combine effort with comfort, while discovering new routes and local restaurants.

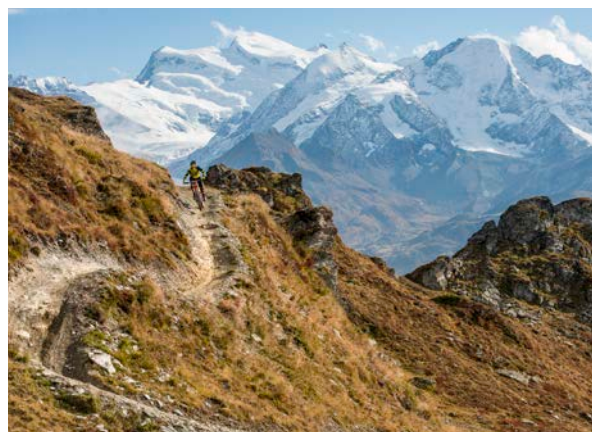
Dates: 12 July, 6 and 20 August, from 9 am–1 pm

Prices: Free for VIP Pass holders / or Adult / Child CHF 20

Bike hire not included

A DREAM BIKE PARK

With a renowned bike park and more than 800 km of trails and mountain roads, Verbier is known as one of the mountain bike capitals of Switzerland and one of the best in Europe. Constantly evolving, Verbier Bikepark now has 8 different trails with unique landscapes, ranging from beginner to competition level, between Les Fontanets (2,475 m), Verbier (1,500 m) and the side of La Tzoumaz - 17 km of pure adrenalin!



DOWNHILL MOUNTAIN BIKING WITH A PROFESSIONAL

Every Tuesday afternoon, sports enthusiasts looking for a new challenge can get to grips with downhill mountain biking thanks to expert advice from a professional! Once you've got the hang of it, simply enjoy the region's trails and tracks, practice the basics (braking, position, etc.) and let your adrenalin flow!

Dates: Every Tuesday from June 29 to October 19 from 1–4 pm

Free activity for VIP Pass holders including bike rental, bikepass, accompaniment with a guide and a drink

Prices: CHF 50 Adult / Child

ENDURO KINGDOM

The 25 enduro mountain biking itineraries of all levels (easy - intermediate - difficult) promise to be a delightful mix of rolling terrain, technical sections and switch-backs. With 220 km of pure pleasure, you can tour the Val de Bagnes and La Tzoumaz on trails renowned for their exceptional landscapes and their playfulness. They link up with ski lifts, bus stops, restaurants and the most beautiful viewpoints in the valley.

AMBASSADORS' CORNER: FOLLOWING THE TRACKS OF LUDO MAY

This summer, champion and renowned enduro bike rider, Ludo May, invites you to join him on a mountain bike tour introducing you to the beauty of the wild landscapes around Bruson.

The day starts with a 1,000-m climb up to the Col de Mille. Your calves burn, your breath becomes short, but the beauty of the breathtaking view of the Mont-Blanc massif soon makes you forget this vertiginous ascent. At the Cabane de Mille, you have time to recover with a delicious meal. Then it's back to Le Châble, some 1,600 m below!

And on the way down this fabulous descent, Ludo shares his top tips on how to tackle it at its best. Stopping at the Goli de Servay lake on the way, the more adventurous can cool off in the 8°C water - and so the day comes to a gentle close.

Dates: 21 July, 4 and 18 August, from 9.20 am–4 pm

Prices: Free for VIP Pass holders / or Adult / Child: CHF 40

Bike hire not included

www.verbier.ch/summer/inside/inspiration/the-col-de-mille-an-iconic-itinerary-in-the-tracks-of-ludo-may



AN E-BIKERS' DREAM DESTINATION

The electric bike - or e-bike - is the star of the show in summer in Verbier, and is a refreshing way to discover the charms of the Val de Bagnes either in gentle mode with your family, sporty mode by setting off on the Tour du Mont-Fort, or discovery mode during an e-biking weekend. With a range of 50 to 100 km depending on the pedal speed, the e-bike opens up a whole world of possibilities. Verbier, a leader in the development of the sport, has 11 recharging stations for e-bikes spread throughout the Val de Bagnes. These free charging points are in the middle of nature and at altitude on the main «trail junctions» - key routes in the area. And to share the fun with all the family, you can hire a bike trailer for kids aged 5 to 10 years to sit in safely and enjoy the ride.

Prices: E-bike hire from CHF 55 per half day

Don't miss: Rando Gourmande (Gourmet Trail) & two Discovery Trails from Verbier E-Bike Week-Ends

Dates: From Thursday to Sunday from 19 June to 19 September 2021 (and from Wednesday to Sunday during July and August)

Prices: Free for VIP Pass holders / Discovery Trails: CHF 39 / Rando Gourmande: CHF 69 / E-bike rental supplement : CHF 60

www.verbierbikeweekends.com/en

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



LOCAL PERSONALITIES

PARAGLIDING

Yael Margelisch / @yaelmargelisch
30 years old / resident of Verbier

- Holder of 3 world records
- Runner-up, Paragliding World Cup, 2019
- 11 World Cup podiums including 2 wins
- 3rd place, European Championships, 2018
- Participant, Red Bull X-Alps, 2021



TRAIL RUNNING

Emily Vaudan / @demy_trail
37 years old / resident of Le Châble



- 3rd place, Swisspeaks 360, 2020 (trail running)
- 1st place, Alpiniski, Salvan-Les Marécottes, 2020
- 1st place, Patrouille des Glaciers, 2018
- 1st place, Trail Verbier St. Bernard, 2017

GOLF

Léo Andeer / @leo_andeer



- 22 years old / resident of Verbier
- Turned pro, November 2020
- 21st place, Qualification for Alps Tour 2021 (full card)

BIKE

Ludo May / @ludo_may
32 years old / resident of Le Châble



- 2nd place, Kingdom Enduro (Lesotho), 2019
- 1st place, Trans Costa Rica, 2017
- Creator of the YouTube video series «Ludo and his bike» (Ludo et son vélo)

Jérôme Caroli / @jerome_caroli
25 years old / resident of Le Châble

- 12th place, Red Bull Hardline, 2018
- 1st place, Helvetica Cup, 2016
- Swiss Junior U17 Champion



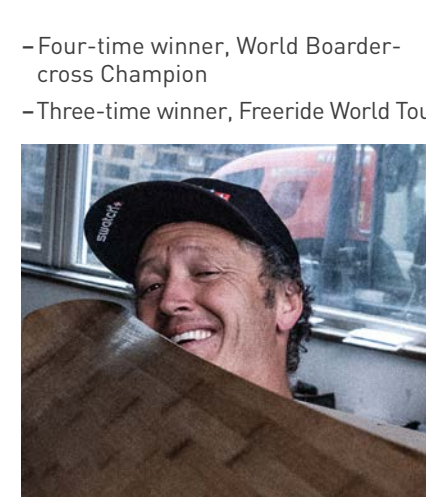
Loris Michellod / @loris_michellod
22 years old / resident of Verbier



- Swiss U17 Champion, Downhill Mountain Bike
- Member of the Swiss Downhill Team for 5 years

FREERIDE

Xavier de Le Rue / @xavierdelerue
41 years old / resident of Verbier

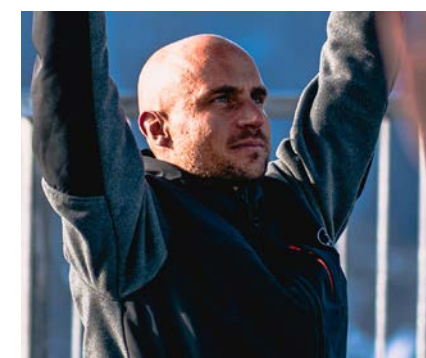


- Four-time winner, World Boarder-cross Champion
- Three-time winner, Freeride World Tour

Géraldine Fasnacht / @geraldinefasnacht
40 years old / resident of Verbier



- Three-time winner, Xtreme Verbier, 2002, 2003, 2009
- 11 international freeride titles



Emilien Badoux / @emilien_badoux
38 years old / resident of Champsec

- Winner, Men's Snowboard Freeride World Tour, 2014
- Runner-up, Xtreme Verbier, 2015

ALPINE SKIING

Luc Roduit / @luc_roduit
19 years old / resident of Versegères

- Youth Olympic Games 2020 (Lausanne): silver medal in special slalom, bronze medal in giant slalom and super-G

Justin Murisier / @justin_murisier
29 years old / resident of Prarreyer



- 8th place, Alpine combined, World Championship in Cortina d'Ampezzo (Italy), 2021
- 3rd place, Giant slalom, World Cup in Alta Badia (Italy), 2020
- 7th place, Giant slalom, World Cup ranking, 2018

SKI MOUNTAINEERING



Arnaud Gasser / @gasser_arnaud
25 years old / resident of Verbier

- Triple Swiss Champion: Sprint, Vertical & Team Race, 2018-2019
- 2nd place, Sprint, U23 World Cup in Madonna di Campiglio (Italy), 2018
- 5th place, Sprint, U23 World Championships, Villars, 2019
- 4th place, Individual, U23 World Cup, Bischofshofen (Austria), 2019

EVENTS

Verbier-Val de Bagnes-La Tzoumaz is delighted to host a number of different events during the summer season. However, depending on how the health situation unfolds, these events are still subject to change.

More information on: www.verbier.ch/events

Solaris
(date TBA)
<https://polarisfestival.tv>

Trail Verbier St-Bernard
3–4 July 2021
www.trailvsb.ch

Verbier Festival
16–31 July 2021
www.verbierfestival.com

Verbier Triathlon
24–25 July 2021
www.123cross.com

Tour des Stations
7 August 2021
www.tourdesstations.ch

Rocklette
7–15 August 2021
www.palpfestival.ch

Jumping international
12–22 August 2021
www.verbier-cso.com

Verbier E-bike Festival
12–15 August 2021
www.verbierbikefestival.com

Electroclette
21–22 August 2021
www.palpfestival.ch

Grand Raid
20–21 August 2021
www.grand-raid-bcvs.ch

Verbier Open (tennis)
23–29 August 2021
www.verbieropen.ch

Inspire Yoga festival
28–29 August 2021
www.inspireyogafestival.com

Terre Haute
4 September 2021
en.devore.ch/terre-haute-2021

CHA CHA CHA Trail
11–12 September 2021
www.chachacharun.com

Spartan Race & European Championships
18–19 September 2021
www.spartanrace.ch

Bagnes Capitale de la Raclette
24 September 2021
www.bagnesraclette.ch



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