

UP HILL & DOWN DALE



TOUR DES COMBINS – 6 DAYS - HIKING

Straddling Switzerland and Italy, the Tour des Combins offers six days of alpine hiking around the Massif des Combins (4,314 m)! Less frequented than its neighbour, the Tour du Mont Blanc, but just as breathtaking, the route is dotted with contrasting landscapes, close to the high mountains. Approaching 3,000 m, this demanding and sporty trek takes experienced hikers from hut to hut, through five valleys of varying charm. Green pastures, footbridges, glaciers, mountain passes, famous landmarks and extraordinary landscapes make up the loop, inspiring hikers to keep going on this journey of discovery.

Day 1: Bourg-Saint-Pierre → Cabane de Mille:
12 km / 4h30 / Ascent 1,132 m / Descent 290 m

Day 2: Cabane de Mille → Cabane Panossière:
15 km / 5h30 / Ascent 1,064 m / Descent 900 m

Day 3: Cabane Panossière → Cabane Chanrion:
18 km / 6h30 / Ascent 1,111 m / Descent 1278 m

Day 4: Cabane Chanrion → Cabane Letey:
23 km / 7h50 / Ascent 1,135 m / Descent 1170 m

Day 5: Cabane Letey → Saint-Rhémy:
15 km / 5h15 / Ascent 464 m / Descent 1,135 m

Day 6: Saint-Rhémy → Bourg-Saint-Pierre:
18 km / 6h30 / Ascent 1,107 m / Descent 1,091 m

www.tourdescombins.ch



TOUR OF THE VAL DE BAGNES – 5 DAYS – HIKING

This five-day itinerary immerses hikers in an alpine setting with a backdrop of the Combins, Vêlan and Mont-Blanc massifs. The 90-km journey is suitable for both trail runners and hikers, and crosses mountain passes, including the Col des Otanes, the highest point of the tour at 2,846 m, spends restful nights in the renowned huts of the valley (Chanrion, Brunet, Mont-Fort and FXB Panossière), and passes by impressive sites such as the Corbassière glacier, the Mauvoisin dam, the Louvie lake, the Col des Mines. All these ingredients are sure to make this trek a highlight in every hiker's calendar.

Total: 90 km / 32h / Ascent 6,400 m / Descent 6,400 m

Day 1: Le Châble - Cabane du Mont-Fort:
19.8 km / 8h20 / Ascent 2249 m / Descent 622 m

Day 2: Cabane Mont Fort - Mauvoisin:
19.2 km / 7h40 / Ascent 1320 m / Descent 1933 m

Day 3: Mauvoisin - Cabane Chanrion:
10.6 km / 3h40 / Ascent 906 m / Descent 284 m

Day 4: Cabane Chanrion - Cabane Panossière:
18.8 km / 7h50 / Ascent 1,663 m / Descent 1,497 m

Day 5: Cabane Panossière - Le Châble:
28.8 km / 9h20 / Ascent 1,027 m / Descent 2,831 m

www.verbier.ch/summer/offers/tour-du-val-de-bagnes-verbier-en-summer-2794084



A WEEKEND AROUND MONT-FORT – 2 DAYS - E-BIKE

This itinerary is a great way to discover the area, and even more fun with an e-bike. It all starts with an ascent from the centre of Verbier to the Mont-Fort hut, high up on a ridge at 2,456 m. After spending the night in the hut, there are two alternatives: one for cycling enthusiasts who prefer to use as few lifts as possible, and the other for those who want to save their batteries. In both cases, the Tour du Mont-Fort is waiting for them on a trail that connects the resorts of the 4 Valleys - Verbier, La Tzoumaz and Nendaz - crossing a range of landscapes, from the Rhone valley to the glaciers, passing through forests and mountain pastures. The highest point on the route, the Col des Gentianes (2,900 m) is only accessible by cable car but allows visitors the option to reach the summit of Mont-Blanc with its panoramic view from the Matterhorn to Mont-Blanc. A beautiful gentle descent to Verbier completes the weekend.

Day 1: Verbier → Cabane Mont-Fort par les Shlerondes:
13.7 km / Ascent 1,230 m / Descent 300 m

Day 2: Tour du Mont-Fort Pro Rider:
63 km / Ascent 1,485 m / Descent 3,963 m

www.verbier.ch/summer/offers/tour-du-mont-fort-pro-rid-er-verbier-en-summer-2794037



CABANE CHANRION – 2 DAYS – E-BIKE

The best way to discover the wilderness is on a bike. Starting at the foot of the Mauvoisin dam, head to the top of the highest arch dam in Europe for a magnificent view of the Val de Bagnes below. A few more pedal strokes are all that's required to get through the tunnels dug into the mountain before emerging into the light above the majestic Lake Mauvoisin. At the end of the lake, one last climb reaches the highly acclaimed mountain hut, the Cabane Chanrion (2,462 m). Perched on a plateau at the intersection of several high valleys and surrounded by glaciers and mountain lakes, the hut offers a much-needed refuge. A charging point is available here for e-bikes. After an overnight stay in the hut, which was renovated in 2020, visitors can hike in the surrounding area or ride back down to the valley.

Itinerary of 29 km round trip / 4h20 / Ascent 1,080 m

www.verbier.ch/summer/offers/barrage-de-mauvoisin-mauvoisin-en-summer-2794087



VAL DE BAGNES MOUNTAIN HUTS – 3 DAYS – HIKING

Six mountain huts are dotted throughout the Val de Bagnes. This itinerary takes you to half of them in three days on a route that is as varied as it is spectacular. Taking the shuttle bus to the Cabane Brunet, the first day begins with the ascent of the Col des Avouillons (2,649 m) overlooking the tongue of the Corbassière glacier and ends at the Cabane de Panossière, which sits on the moraine of the same glacier, facing the Massif des Combins. On the second day, another pass, that of the Col des Otanes (2,845 m), then a descent to the top of Lake Mauvoisin, before reaching the Cabane Chanrion hut, at the very bottom of the Val de Bagnes. On the last day, return to the valley via the other side of Lac de Mauvoisin, finishing at the foot of the dam where the buses leave for Le Châble.

Total: 35.2 km / Ascent 2,293 m / Descent 2,553 m / 13h

Day 1: Cabane Brunet – Cabane Panossière
7.4 km / Ascent 922 m / Descent 396 m / 3h30

Day 2: Cabane Panossière – Cabane Chanrion
17.2 km / Ascent 1,089 m / Descent 1,251 m / 6h20

Day 3: Cabane Chanrion – Barrage de Mauvoisin
10.6 km / Ascent 282 m / Descent 906 m / 3h10

www.verbier.ch/cabanes-de-montagne

