



# Nendaz Trekking

Tour of the Val de Nendaz





## General information

Spend your nights in the heart of the mountains, in cabins situated in the middle of idyllic sites between Veysonnaz and Nendaz. Let yourself be amazed by majestic landscapes, sleep in friendly lodges, walk at your own rhythm and stop on the way for a little snack.

The effective length of the daily walks (without stops) varies between 03:30 and 06:00 hours (average time). This tour is aimed at the average but physically fit hiker (little technical difficulties). It is pleasant, accessible to families with children from the age of eight and can be done from July to mid-September depending on the weather conditions.

For a guided hike, contact the office of guides and tourist accompanists for mid-mountain areas, and request a personalised offer ([www.guidesvalais.com](http://www.guidesvalais.com)).

Participants are also invited to share their experiences and photos on Instagram [#nendaztrekking](https://www.instagram.com/nendaztrekking) and [@nendazswitzerland](https://www.instagram.com/nendazswitzerland).

## The path

The total length being about 40 kilometres (short trek) or 53 kilometres (long trek), it meanders along marked paths from cabin to cabin between Veysonnaz and Nendaz.

Download your trail:

### Short trek



Link: [l.ead.me/bakutq](https://l.ead.me/bakutq)

### Long trek



Link: [l.ead.me/bc2Sc2](https://l.ead.me/bc2Sc2)



## Benefits and validity

- 2 or 3 nights in a cabin (dormitory), tourist tax included
- Full board without drinks (2/3 breakfasts, 2/3 picnics and 2/3 evening meals). Think of bringing your picnic for the 1st day!
- 1 trip by shuttle bus from Nendaz to Veysonnaz
- 1 topographical map 1:25'000 of the 4 Vallées per reservation and 1 route book

The package is valid every day **from June 30<sup>th</sup> to September 9<sup>th</sup> 2023** depending on the mountain cabins' availability.

## The backpack

In order to benefit fully from your hike and not forget anything, we suggest a list of equipment which could be useful to you during your stay in the mountains.

### Basic equipment

- Backpack + waterproof cover for it
- Silk bag + pillow case -> **mandatory**
- Hiking poles
- Pocket torch or headlamp (*with charged batteries*)
- Sunglasses
- Mini first-aid kit (*not forgetting a product against blisters*)
- Hygiene kit teeth, body, sun cream, lip balm
- Absorbant towel for the shower
- Handkerchiefs and toilet paper
- Earplugs against noise
- Bag for picnics
- Water flask, thermos or water bag
- Cereal bars or little snacks

### Clothes

- Hiking boots (*in good condition and with a good profiled tread*)
- Lightweight trousers
- Sport T-shirt
- Warm clothes (*down jacket or fleece*)
- Wet weather clothes (*be careful as the weather can change very quickly in the mountains!*)
- A change of socks and underwear
- Hat or cap

### Various

- Photo camera
- ID papers
- Money in cash
- Charged mobile phone
- Spare battery or/and solar charger
- A few plastic bags to protect your belongings in case of rain



= > *This list is just informative. Each person should adapt it according to his/her own needs.*

## The cabins

Spending a night in a mountain cabin is a unique and unforgettable experience. The wardens and their staff look forward to welcoming you on your visit.

1<sup>st</sup> night: **cabane d'Essertze** (Val d'Hérens)

- [www.essertze.ch](http://www.essertze.ch)
- +41 79 368 96 08
- Open from June 24<sup>th</sup> to September 10<sup>th</sup> 2023



2<sup>nd</sup> night: **cabane Saint-Laurent**

- [www.cabanestlaurent.ch](http://www.cabanestlaurent.ch)
- +41 79 765 21 49
- Open from June 24<sup>th</sup> to September 18<sup>th</sup> 2023



3<sup>rd</sup> night (long trek): **cabane de Balavaux**

- [www.cabanebalavaux.com](http://www.cabanebalavaux.com)
- +41 27 306 52 88
- Open from June 10<sup>th</sup> to October 31<sup>st</sup> 2023



## Useful numbers

Note the useful telephone numbers:

- Emergency number (*intended for people who had an accident or are in distress*): 144
- Nendaz Tourisme: +41 27 289 55 89
- Veysonnaz Tourisme: +41 27 207 10 53

## Opening of the lifts

**Lift of « Les Mayens » in Veysonnaz**

09:00 – 16:30

- Open every day from June 24<sup>th</sup> to August 20<sup>th</sup> 2023

**Lift of « Tracouet » in Nendaz**

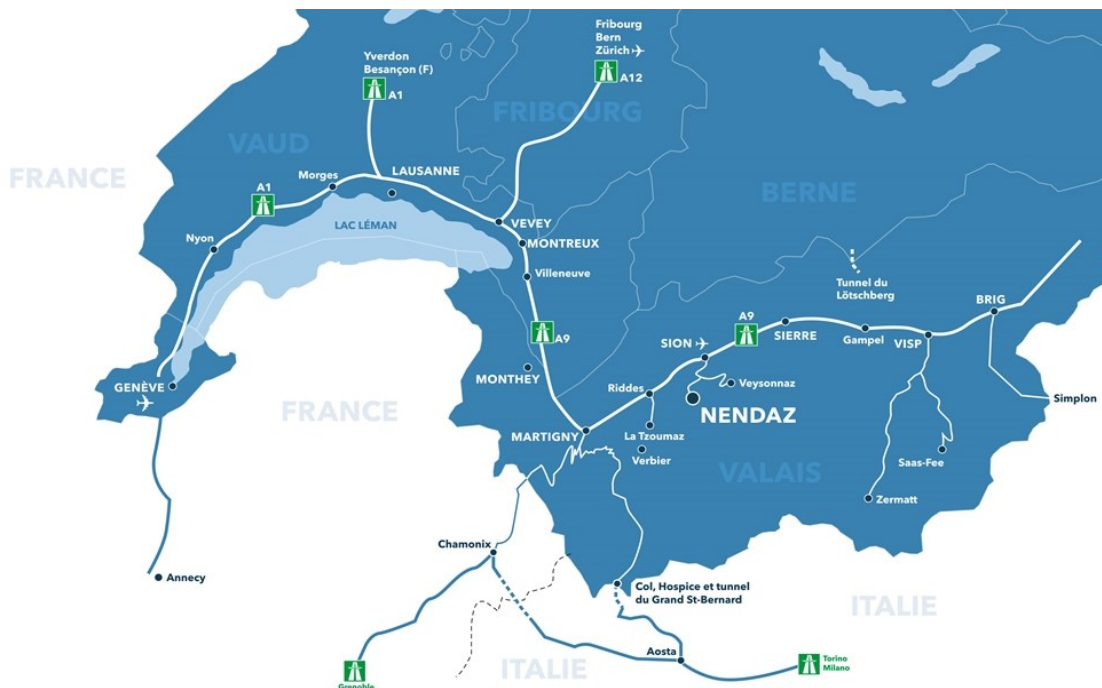
09:00 – 16:30

- Open at the weekend from June 3<sup>rd</sup> to June 18<sup>th</sup> 2023
- Open every day from June 24<sup>th</sup> to October 29<sup>th</sup> 2023

## Departure point Nendaz

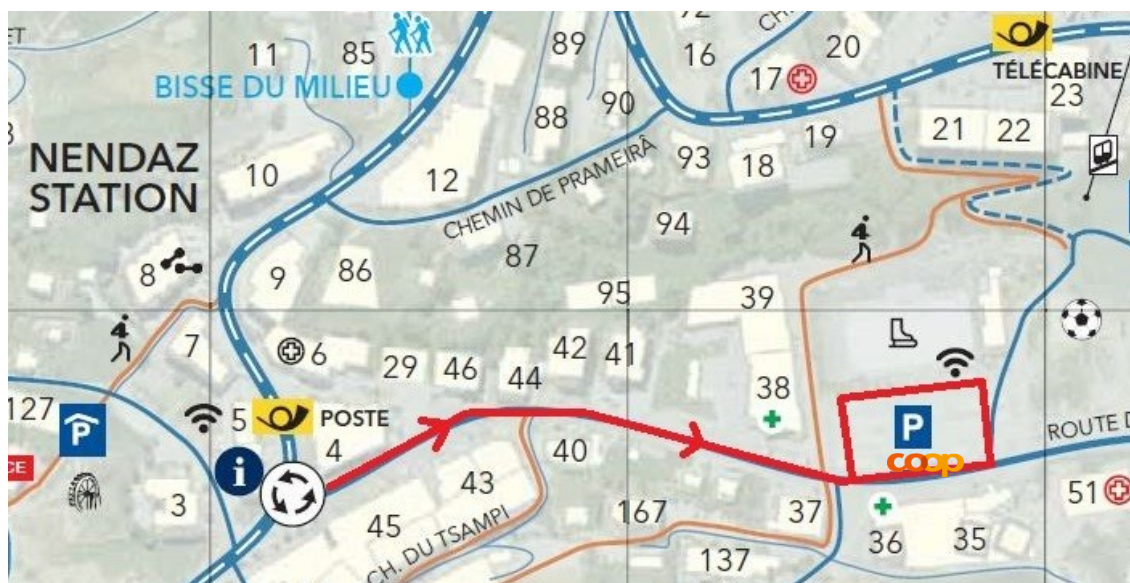
### Access to Nendaz

- By train and bus: arrival at the railway station of Sion. Post buses regularly serve Nendaz from the station of Sion. Consult the timetables and tariffs on [www.cff.ch](http://www.cff.ch).
- By car: Nendaz is situated at 15 kilometres from a motorway exit, at only 20 minutes by road from the town of Sion. Take the motorway A9 as far as the exit Sion Ouest/Nendaz. The direction « Nendaz » is then indicated on the signposts.



### Parking

- It is possible to park free of charge for several days at the car park next « Pré de la patinoire », located in the centre of the resort (1<sup>st</sup> exit at the roundabout of Haute-Nendaz, then turn left after the Coop).



<b>Hiking trip</b>	Haute-Nendaz - Veysonnaz - cabane d'Essertze
<b>Distance</b>	10.5 kilometres
<b>Duration</b>	estimated walking time 04:30 (02:00 with ascent by telecabine)
<b>Changes in altitude</b>	+1'073 metres   -240 metres

### Description

Please present yourself to the tourist Information office in Nendaz on arrival in the resort in order to receive your documents and recommendations (at the latest at 08:30 on the day you begin your trek). The trip from Nendaz to Veysonnaz is made by shuttle bus. Be on time, the shuttle doesn't wait for those who are late!

Your hike begins in front of the tourist office of Veysonnaz. Walk uphill towards Thyon 2'000 via a beautiful footpath which crosses the Magrappé forest until you reach a place named Les Combes before reaching the plateau of Thyon. From Thyon, set out towards the Gouilles d'Essertze – Grande Dixence. The path becomes more and more wild before reaching the Gouilles d'Essertze (mountain lakes at 2'343 metres) where you then finally descend towards the Essertze Mountain Cabin at 2'191 metres in altitude where you will spend your first night.

In 1989, the Ski Club Hérémençia began work renovating old, deserted mountain pasture chalets to transform them into a comfortable mountain cabin and thus took part in the conservation of Hérémençie's heritage. The cabin has been welcoming hikers and mountain enthusiasts since 1995. Throughout the summer, the cabin is taken care of by volunteers.

To avoid the height difference of the climb, you have the possibility of taking the telecabine des Mayens, departing from Veysonnaz. From the summit of the telecabine, 02:00 hours' walking will suffice to reach the cabin.

### 1<sup>st</sup> night cabane d'Essertze (2'191 metres)

Information: the evening meal is served at 19:00 | Slippers available | only accepts payment by cash | electricity available (not in the dormitory) | no shower | dogs permitted (not in the dormitory)



Link: [lead.me/bas2nt](https://lead.me/bas2nt)



<b>Hiking trip</b>	cabane d'Essertze - cabane Saint-Laurent
<b>Distance</b>	14.5 kilometres
<b>Duration</b>	estimated walking time 05:00
<b>Changes in altitude</b>	+689 metres   -409 metres

### Description

Leave the cabin towards the Gouilles d'Essertze (mountain lakes). When you reach the lakes, follow the path on your left which runs along these little lakes. The path begins to gently go uphill before leading you to a cross which marks the summit of the Mont Rouge (2'491 metres). Admire the incredible panoramic view before coming downhill to reach the mountain restaurant Les Chottes (2'209 metres) where you can stop for a drink. Continue for 10 minutes until you reach the Combyre-Meina mountain pastures where the famous raclette cheese is produced from mid-July.

At the restaurant at Combatseline (2'238 metres), enjoy the surrounding scenery laid out before you. Continue along the Bisse de Chervé which constitutes a spectacular mountain path with a sumptuous view over the Cleuson dam. Be careful, the path is narrow in some places. From the bridge at the end of the Cleuson lake, and after a 40-minute ascent you will reach the Saint-Laurent Mountain Cabin where you will spend your second night.

Perched at 2'490 metres above sea level, the Saint-Laurent Mountain Cabin was built in 1968 by members of the Ski Club Arpettaz (Nendaz). Once a meeting place for friends of the club and a summer training camp for young skiers of Nendaz, the cabin is now an essential stopover for nature enthusiasts. Its authentic and rustic style will certainly surprise you. The mountain atmosphere that reigns there offers you a unique and unforgettable experience. Younes, the caretaker, and his staff will give you a warm welcome.

If you still have time and energy, the Grand Désert Lake (2'642 metres) is 30 minutes on foot above the cabin. This lake is included on the "Along the Glacier" educational tour inaugurated in 2020. Departing from the Saint-Laurent Cabin, it forms a three-hour hiking circuit, composed of eight information posts accessible to all.

### 2<sup>nd</sup> night cabane Saint-Laurent (2'490 metres)

Information: the evening meal is served at 19:00 | slippers available | only accepts payment by cash or Twint | electricity available from 19:00 to 20:00 (not in the dormitory) | shower available CHF 5 | dogs permitted (not in the dormitory)



Link: [l.ead.me/bas2o7](https://lead.me/bas2o7)



<b>Hiking trip</b>	cabane Saint-Laurent - Haute-Nendaz
<b>Distance</b>	15.4 kilometres
<b>Duration</b>	estimated walking time 04:30
<b>Changes in altitude</b>	+130 metres   -1'273 metres

### Description

Walk along the turquoise waters of Cleuson Lake (2'186 metres) and cross the dam. On the banks of the lake, this is the highest and most ancient standing chapel in the commune. The chapel Saint-Barthélémy overlooks the Valley of Nendaz and the panoramic view extends as far as the chain of the Bernese Alps. The exact date of its construction is unknown, but a document of 1447, signed by the bishop of Sion, mentions that 40 days of indulgence would be accorded to whomever gave alms in favour of the chapel, which leads one to presume that the edifice is prior to that date. Before the construction of the dam, it was situated in the valley of Cleuson, on the right bank, slightly uphill. Built of wood, it was renovated on several occasions, the last time in 1888. In 1951, the men working on the dam constructed a new stone chapel at the present site.

Go down towards Siviez by a small footpath in the forest. From its source, follow the Bisse de Saxon to the Cabane du Boulâ before reaching the village of Haute-Nendaz (1'350 metres).

The Bisse de Saxon is partially supplied with water and extends from Siviez to Saxon, a village located in the Rhone Valley, making it the longest bisse in the Valais with its 32 kilometres.

### Arrival Haute-Nendaz (1'365 metres)



Link: [lead.me/bc0Q8K](https://lead.me/bc0Q8K)



<b>Hiking trip</b>	cabane Saint-Laurent - Tracouet - Haute-Nendaz
<b>Distance</b>	13.6 kilometres (descent by telecabine) and 19.6 kilometres (descent by foot)
<b>Duration</b>	estimated walking time 05:30 (descent by telecabine) and 07:30 (descent by foot)
<b>Changes in altitude</b>	+789 metres   -1'070 metres (descent by telecabine) and +775 metres   -1'918 metres (descent by foot)

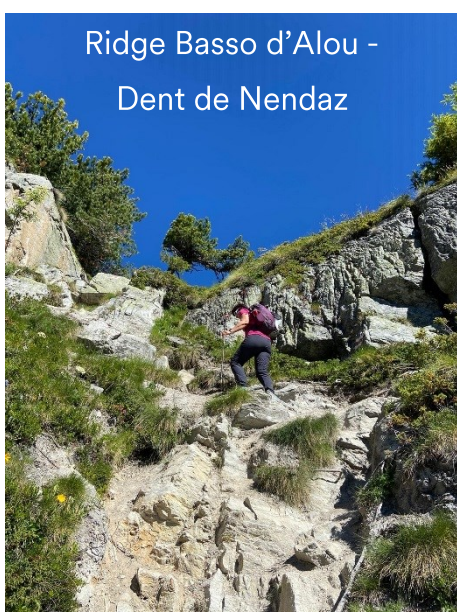
### Description

Walk along the turquoise waters of Cleuson Lake (2'186 metres), cross the dam and go down towards Siviez by a small footpath in the forest. When you arrive before the Tortin pastures, walk uphill towards Basso d'Alou and reach Tracouet by following the ridge to the legendary Dent de Nendaz (2'463 metres). From the summit, enjoy the panoramic view over the lac Noir, the Alpes and the Rhone Valley.

At Tracouet (2'200 metres), you can stop for a break at the restaurant before continuing down to the village of Haute-Nendaz via the gondola or on foot.

**Beware!** The ridge between Basso d'Alou and the Dent de Nendaz includes some fairly technical passages, of which one especially equipped with metallic steps. It is not recommended for hikers with little or no training. In this case, prefer the return to Haute-Nendaz via the bisse de Saxon (page 7).

### Arrival Haute-Nendaz (1'365 metres)



Alternative Tracouet  
with descent  
by telecabine



Link: [lead.me/bc0Rbx](https://lead.me/bc0Rbx)

Alternative Tracouet  
with descent  
by foot



Link: [lead.me/bc3RB6](https://lead.me/bc3RB6)

**Hiking trip** cabane Saint-Laurent - cabane de Balavaux

**Distance** 14.5 kilometres

**Duration** estimated walking time 06:00

**Changes in altitude** +757 metres | -1'190 metres

### Description

Walk along the turquoise waters of Cleuson Lake (2'186 metres), cross the dam and go down towards Siviez by a small footpath in the forest. When you arrive before the Tortin pastures, walk uphill towards Basso d'Alou and reach Tracouet by following the ridge to the legendary Dent de Nendaz (2'463 metres). From the summit, enjoy the panoramic view over the lac Noir, the Alpes and the Rhone Valley. At Tracouet (2'200 metres), you can stop for a break at the restaurant before continuing downhill to the Balavaux pastures where the raclette cheese is made throughout the summer. The Balavaux cabin is located near to the mountain dairy at 2'038 metres above sea level.

The building of the cabin began in 1973 and was mostly carried out by volunteers. Belonging to the Ski Club of Iséables, it now accommodates guests with its showers, its kitchen as well as its sun-drenched terrace offering a panoramic view over the largest Larch trees of Europe.

**Beware !** The ridge between Basso d'Alou and the Dent de Nendaz includes some fairly technical passages, of which one especially equipped with metallic steps. It is not recommended for hikers with little or no training. If this is the case, there is an alternative route by going directly to the Balavaux pastures from Basso d'Alou.

### 3<sup>rd</sup> night cabane de Balavaux (2'038 metres)

Information: the evening meal is served at 18:30 | slippers available | accepts payment by cash and by card or Twint | electricity available | showers available | dogs not permitted

Hiking trip Basso d'Alou

Dent de Nendaz



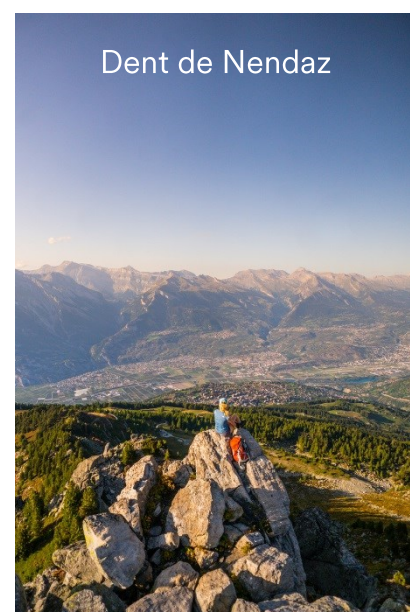
Link: [lead.me/bas2oV](https://lead.me/bas2oV)

Alternative Basso d'Alou

Balavaux pastures



Link: [lead.me/bb3s4e](https://lead.me/bb3s4e)



Dent de Nendaz

<b>Hiking trip</b>	cabane de Balavaux - Haute-Nendaz
<b>Distance</b>	14.4 kilometres
<b>Duration</b>	estimated walking time 03:30
<b>Changes in altitude</b>	+149 metres   -871 metres

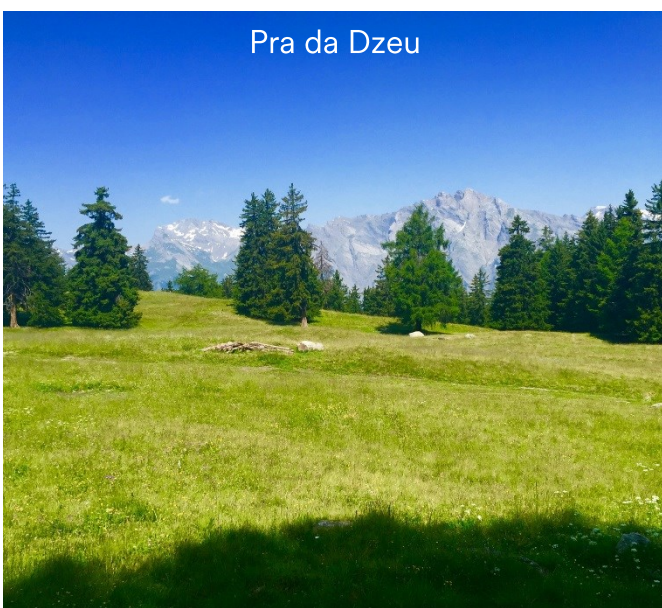
### Description

Admire the Larch trees of the Balavaux pastures which include over 250 trees aged between 300 and 800 years of which some are classed among the biggest in Europe. You can buy some sérac (fresh cheese) from the pasture opposite the Balavaux Cabin.

From Prarion, follow the Bisse de Saxon, the longest bisse in the Valais with its 32 kilometres. Follow the bisse until you reach the 'Pra da Dzeu' meadow or, to lengthen your hike, until you reach the guardian of the bisse's cabin 'Le Boulâ' before descending to Haute-Nendaz.

Pra da Dzeu is dialect for 'close to the forest'. This magical place brings, in both summer and winter, peace and serenity to walkers.

### Arrival Haute-Nendaz (1'365 metres)



Link: [lead.me/bas2pD](https://lead.me/bas2pD)

## Recommendations

Mountain trails sometimes cross areas where the path is not obvious, go up steep slopes, are sometimes very narrow or partly exposed. These trails are reserved for hikers with a good level of physical fitness which are both sure footed and aware of the dangers linked to mountain hiking. The appropriate equipment as well as thorough preparation and evaluation are indispensable. In order to enjoy your hike in safe conditions and with respect for the surrounding nature, please respect the following recommendations:

- Follow the signposts
- Always close gates and fences behind you
- Rest regularly and drink often
- If there is a risk of a storm, leave early. Thunderstorms usually occur at the end of the day.
- When you experience bad weather: either turn back or find some shelter
- In the case of difficulty, do not take any risks, do not insist and turn back
- Protect the surrounding nature and respect the notices in protected sites
- Keep your dog on a leash in order to respect other hikers and the wildlife.

Further information is available on [www.suisserando.ch](http://www.suisserando.ch).

## Prices and reservation

### Prices

Adult (from 14 years old)  
Child (8-13 years old)

### Short trek

CHF 180  
CHF 120

### Prices

Adult (from 14 years old)  
Child (8-13 years old)

### Long trek

CHF 270  
CHF 190

### Reservation

To reserve your stay, please use the online form: [www.nendaz.ch/trekking](http://www.nendaz.ch/trekking). A contract is concluded with the acceptance of the reservation by Nendaz Tourisme.

You can pay by debit or credit card, by bank transfer or directly at reception in Nendaz Tourisme. Be careful: no reservation will be confirmed until the package is paid for in full.



## Terms and conditions

### Reservation

Online reservation under <https://www.nendaz.ch/en/Z13421/nendaz-trekking>

No minimum number of participants required.

### Change of reservation

- Any modification must be announced at the latest 48 hours before departure to the responsible body
- Modifications of dates are possible according to the availabilities of the hosts
- In case of absence of the client on the day of departure, no reimbursement will be paid and the tour can not be replaced.

### Price

- Package prices are confirmed at the conclusion of the contract. The prices quoted are per person, in Swiss Franc, in a dormitory, VAT and tourist taxes included
- *Payment is obligatory by bank deposit, by debit from your credit card or directly at the reception desk of the tourist office*
- Bank or credit card charges are at the client's expense
- Total payment of the reservation must be effected at the latest 30 days before departure. If the reservation is made later, the payment must be made immediately
- No departure will be tolerated without payment in advance.

### Cancellation

#### **By the client**

- In case of bad weather, the participants alone decide whether to maintain or cancel their tour
- In case of illness, the client informs the organizer at least 48 hours in advance and is required to transmit a valid certificate in order to be reimbursed
- If a cancellation happens during the tour, the client gets in contact with the reserved cabins and with the organiser.

#### **Cancellation fees**

- In case of cancellation before departure, the following costs are charged : 10% up to 2 days before departure, 50% 1 day before departure, 100% the day of departure
- In the case where a or several mountain cabins are unexpectedly closed, the amount corresponding to an overnight stay including full board will be refunded

### Insurance

Cancellation insurance is recommended. It is not included in the price of the package.

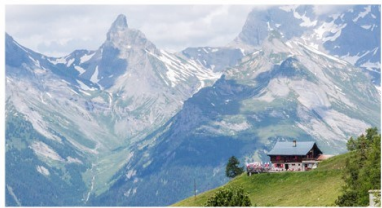
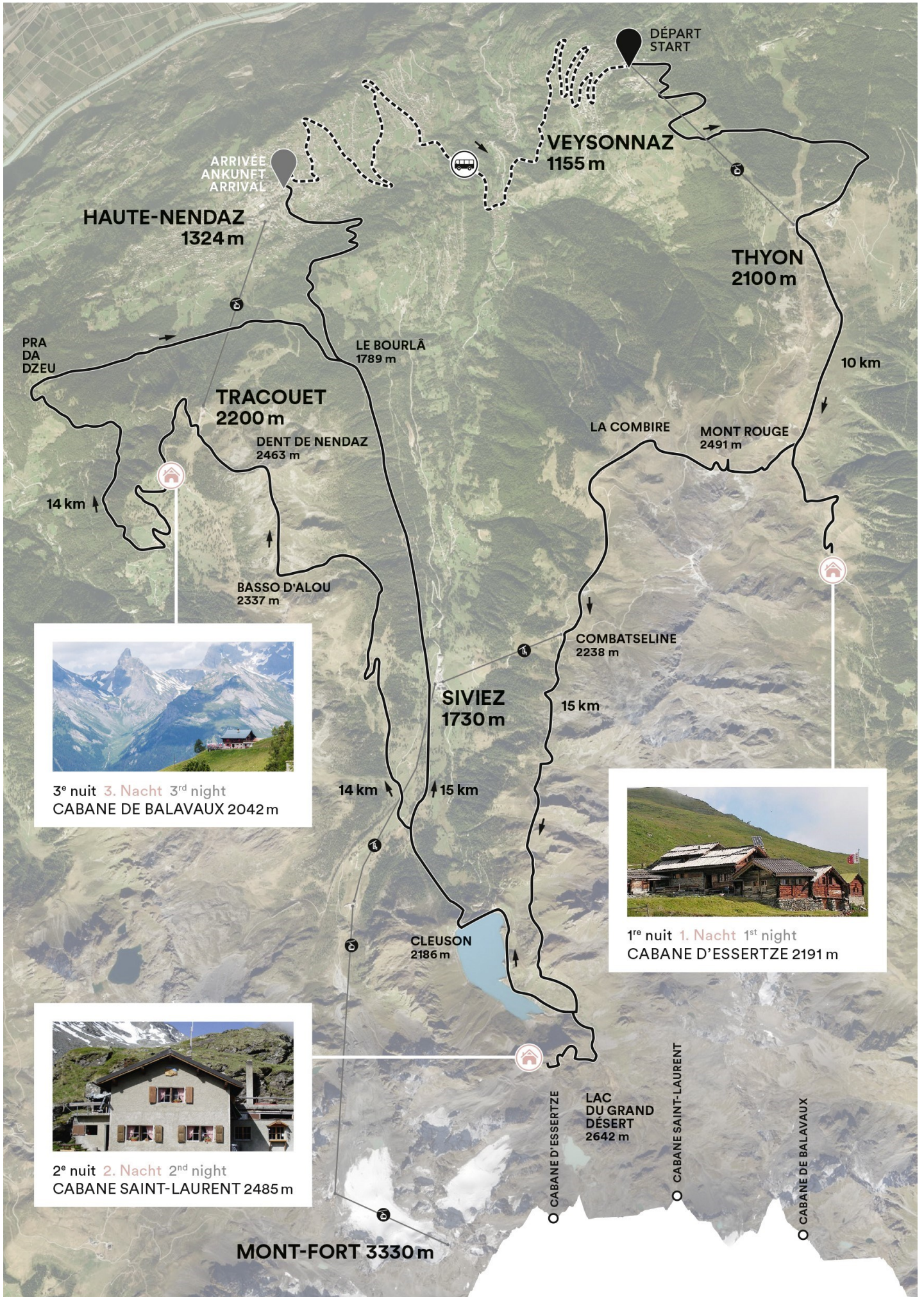
### Responsibility

The shuttle bus Nendaz – Veysonnaz doesn't wait for those who are late.

The organizers decline all responsibility in case of accident, damage or theft during the stay.

**This hike requires a good level of physical fitness, regular practice of mountain hiking and appropriate equipment.**

**Each participant is responsible for being informed about the weather forecast and conditions before his departure.**



3<sup>e</sup> nuit 3. Nacht 3<sup>rd</sup> night  
CABANE DE BALAVAUZ 2042 m



1<sup>re</sup> nuit 1. Nacht 1<sup>st</sup> night  
CABANE D'ESSERTZE 2191 m



2<sup>e</sup> nuit 2. Nacht 2<sup>nd</sup> night  
CABANE SAINT-LAURENT 2485 m