

Press kit

Summer 2021



Edito

Nendaz the right choice!

While, in winter, Nendaz is appreciated for its 400 km of ski runs in the heart of the 4 Vallées ski domain, during the summer our holiday destination attracts nature lovers, who enjoy the beautiful landscapes on foot, by mountain bike or simply via the gondolas! Its **eight bisses**, former irrigation channels of which 6 still have water flowing within their banks, constitute very enjoyable shady waterside walks with very little variation in altitude. In total, **250 km of hiking trails** are proposed between the old village, the mountain pastures, forests, rockeries, mid and high altitude mountain footpaths: enough to keep everybody happy! Several lifts function during the summer giving even more possibilities to reach the summits and offering numerous opportunities to admire the incredible views. If you can remember only one, it would have to be **the Mont-Fort** at 3'300 metres in altitude with its breathtaking panoramic view over the Alps and especially over the Matterhorn and the Mont-Blanc. Mountain bike lovers can also enjoy the region thanks to its **200 km of marked Mountain Bike itineraries**. With the arrival of the **electric mountain bike**, these tours are now accessible to everybody. Let the food lovers remain reassured, the **35 restaurants and bars** of the region will awaken your taste buds and quench your thirst. Families will feel at home: everything has been prepared to **satisfy parents and children alike**, from the day-care centre to the play areas without forgetting the treasure hunts and a varied entertainments program. Nendaz is a holiday resort of human size, warm and welcoming with a rich sense of local authenticity. Between tasting local products, discovering the art of Alphorn blowing, our guests are invited to take part in our region's **traditions**. In addition to this, they can **make the most of quality infrastructures**, with shops, chemists and a medical centre open all year. Get ready, set... go and discover!

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Table of contents

4	Close to you
6	What's new?
7	In a few figures
8	Top events
10	Breathtaking scenery
11	The Mont-Fort - 3'300 metres above sea level
12	An infinite number of hikes
13	Themed paths
14	Family Paradise
16	Family experience: The Panoramic path
17	Mountain biking for all
18	Fill up on activities
20	A summer full of surprises
21	Outdoor experience with nature: Life of the marmots
22	A rich heritage
23	Cultural experience: Life on the mountain pastures
24	The capital of the alphorn
25	The art of living
26	Your winter in Nendaz
27	Contacts



Close to you

Helsinki 2521km	✈️	04:45
Copenhagen 1370 km		02:00
Oslo 1994 km		04:15
Stockholm 2045 km		04:45

Munich 600 km	✈️	01:10	🚗	07:00	🚗	07:00
Francfort 580 km		01:20		06:10		05:45

Paris 639 km	✈️	01:05	🚗	05:50	🚗	06:50
Brussels 825 km		01:15		08:35		08:15
Amsterdam 995 km		01:35		10:10		09:35
London 990 km		01:30		10:50		10:50

Geneva 172 km	🚗	02:10	🚗	02:00
Zurich 289 km		03:10		03:20
Basel 260 km		03:15		02:55
Berne 170 km		02:10		02:00
Milan 210 km		03:25		03:45
Sion 15 km		00:40		00:20
Chamonix 81 km		02:45		01:35
Zermatt 88 km		02:30		01:30
Lausanne 105 km		02:00		01:25

France

Vaud

Fribourg

Berne

France

Nendaz
Valais

Italy

Barcelona 950 km	✈️	01:25	🚗	11:55	🚗	09:05
Madrid 1550 km		02:10		14:50		

Milan 260 km	✈️	02:15	🚗	03:25	🚗	03:45
Turin 230 km				04:30		03:30



Access



Landing at the airports of Geneva, Zurich, Milan, Basel, Bern and Sion then train trip and bus up to Nendaz



Arrival at the station of Sion, linked with all regions of Switzerland and all European capitals, then bus trip up to Nendaz.
Timetable on www.cff.ch



Motorway A9 exit «Sion-Ouest» only 15 km from Nendaz

Shuttle buses

Shuttle buses are available to quickly and easily access numerous walks in the heart of beautiful natural surroundings.

They link Haute-Nendaz to:

- Siviez* (from the 15th of May to the 31st October)
- Veysonnaz (from the 15th of May to the 31st October)

* shuttle or CarPostal (public transport) depending on dates

A great tip

The Easy Card

The Easy Card provides access to guests in Nendaz to all public transport in the Valais, for a total of 1100 km of roads! It also offers a discount of 50% on over 40 activities, including the summer shuttle buses and archery lessons in Nendaz.

Links

www.cff.ch

www.carpostal.ch



What's new?



Hérens cow path

Do you know how cheese is made? Have you ever tried milking by hand, as in the early days? Do you know why cows fight each other or what their bells are for? The Hérens cow path, fun and educational, offers answers to all these questions through 6 games dotted around the Tortin mountain pasture and allows you to learn more about the region's emblematic breed of cattle. The 6-kilometre-long walk is designed for families and is scheduled to open in the summer of 2021.

The « Déserteur » path

Charles-Frédéric Brun, nicknamed the « Déserteur », arrived in Nendaz in the middle of the 19th century. He traded his colourful paintings for meals. He lived as a vagrant in fear of the police, hiding between Nendaz and the Val d'Hérens, until his death in 1871. To mark the 150th anniversary of his death, a thematic trail dedicated to him was inaugurated in June 2021, retracing the history of this legendary figure in the history of Nendaz through a walk between Haute-Nendaz, Basse-Nendaz and Sacletse.

The CUBE

The CUBE is a unique opportunity to spend a timeless night away from it all, alone in the heart of the mountains overlooking the valley. This mobile, autonomous, and modern room created by local craftsmen grouped together within the Bureau des Métiers, is being set up in Combatseline at 2000 metres above sea level from the 19th of June to the 19th of September 2021. The package includes overnight accommodation on a half-board basis with tourist tax included, chairlift rides, an activity on the mountain pasture, electric bike hire and a Mercedes 4x4 EQA test drive.

Extended operation of the ski lifts








One of our priorities is the continuous enhancement of the summer and autumn tourist offer. This is why Nendaz is proposing to extend, by 32 days, the opening of the lifts between Siviez and Combatseline and Haute-Nendaz and Tracouet this summer!

Ebike Weekend








Have you already tried riding an e-bike? Our special offer is the perfect opportunity to (re)try it. On Saturday morning, on your arrival, you can drop off your luggage, pick up a picnic and get equipped for your e-bike tour. You can then ride the routes of your choice all day long at your own pace. You can then enjoy a delicious meal in the evening and a wine and local produce tasting session the next day.

In a few figures

Provenance of the owners of secondary residences

	75%	Switzerland
	7%	United Kingdom
	6%	Belgium
	4%	France
	3%	Germany
	2.5%	The Netherlands
	3%	Others

Provenance of rental guests and hotel guests (hosted in professional accommodation)

	62.4%	Switzerland
	8.9%	Belgium
	6.7%	Germany
	5.7%	The Netherlands
	4.6%	France
	4.0%	United Kingdom
	7.7%	Others

* for the last touristic year, from 01.11.19 to 31.10.20



In short, Nendaz is...

Altitude:
between 492 and 3336 m

A tourist resort,
Haute-Nendaz,
with more than **22 000 beds**

A region
of **fifteen villages**

6752 inhabitants
in the entire municipality

2075 inhabitants
all year round at Haute-Nendaz



Lodgings

Hotels and inns	320 beds
Group lodgings	340 beds
Flats and chalets	22 000 beds (of which 6000 rental)
Cabins	90 beds
B&B	80 beds

Particularity of the destination

It has few hotels. The great majority of overnight stays are spent in secondary residences, either by their owners, very faithful to Nendaz, or by weekly or seasonal tenants. For this reason, the overnight stays are difficult to estimate since they do not necessarily pass through agencies.



Touristic results*

+9.5% commercial overnight stays (in business accommodation such as hotels, guest houses, bed and breakfasts, group accommodation and rental agencies)

-64.5% of overnight stays in March and -92% in April due to the Covid-19 pandemic

+43.5% of overnight stays between the 1st of June and the 30th of September

Breakdown of overnight stays by season

56.9% in winter, 31.7% in summer and 11.4% in autumn

* for the last touristic year, from 01.11.19 to 31.10.20

Top events

Subject to the evolution of the coronavirus pandemic and related health guidelines

Exhibition of wildlife photographs along the bisses **NEW**

June to October

Photographs, printed on canvas measuring approximately three metres by three metres, are exhibited in the forest along a path that runs between the Bisse du Milieu and the Bisse Vieux. They were taken by local wildlife photographers. A treasure hunt for children is also organised along this path.

Hiking Evening

26th June 2021

Walkers are invited to put on their hiking boots at sunset to explore the surrounding nature in the moonlight. The walk is guided and accompanied by a bite to eat and stories by the fire.



Peppiland

From the 16th of June to the 4th of July 2021

This travelling bouncy castle park provides great fun for the kids. 2000 m² to have fun, jump and run!

Clean-Up Tour **NEW**

4th July 2021

In partnership with the NGO Summit Foundation, a waste collection operation is being set up in the Nendaz and Siviez ski domains.

Nendaz's summer markets

Cancelled due to the Covid-19 pandemic

Throughout the summer, on Wednesday, the streets of Nendaz get moving: stalls, entertainment, local produce and crafts.

Sunrise at the Mont-Fort

10th, 17th, 22nd, 24th and 31st July,
5th, 7th, 12th, 14th and 21st August 2021

Witnessing the sun rising at 3330 metres above sea level, with a view over the most emblematic peaks of the Alps (Matterhorn, Mont-Blanc, Dent Blanche, etc.) is a truly special and fulfilling moment.

Diamonds in the Sky

16th and 30th July, 20th and 27th August 2021

Experience a magical moment in the mountains, combining all-you-can-eat raclette from the Valais and star gazing in the company of astronomy enthusiasts.

Classical guitar Festival

16th, 23rd and 30th July, 6th and 13th August 2021

Concerts by international virtuosos are proposed in the intimate setting of a beautiful mountain chapel with exceptional acoustics.

Valais Drink Pure Alphorn Festival

24th and 25th July 2021

This year, due to the pandemic, the festival is concentrating on what made its essence at its beginning: the alphorn competition.

National Day

1st August 2021

Come and celebrate the Swiss National Day in the mountains.

Tour of the Resorts

7th August 2021

The event stands out by proposing a unique challenge that cannot be found anywhere else in the world: to confront the same variation in altitude as those climbing Mount Everest in a single day! This road bike race linking the region's resorts offers three routes that meet the specifications of the Marmotte Granfondo Series (with distances of 242 km, 133 km, 74 km or 34 km and 8'848 mD+, 4'700 mD+, 2'850 mD+ or 1'950 mD+).



A night of shooting stars

12th August 2021

In a preserved natural setting, far from the lights of the resort, observe the shooting stars with a team of astronomy enthusiasts and enjoy a delicious meal at the Chalet des Alpes in Prarion.

Verbier E-Bike Festival by Nendaz

12th, 13th, 14th and 15th August 2021

Nendaz is participating in this event with two discovery courses of which one is a gourmet hike and the other a new mystery tour to be explored via a fun game.

Grand Raid

21st August 2021

The Grand Raid BCVS is a mountain bike race from Verbier to Grimentz (125 km and 5000 m of variation in altitude). Three other optional departures, are given along the way, one of them in Nendaz.

Nendaz Trail

28th August 2021

The Nendaz Trail proposes to runners and walkers alike, three circuits, of 16 km, 30 km and 70 km, departing from Haute-Nendaz. The race crosses four surrounding districts: Nendaz, Isérables, Hérémente and Vex. It offers the participants breathtaking scenery.

Rallye international du Valais

21st, 22nd and 23rd October 2021

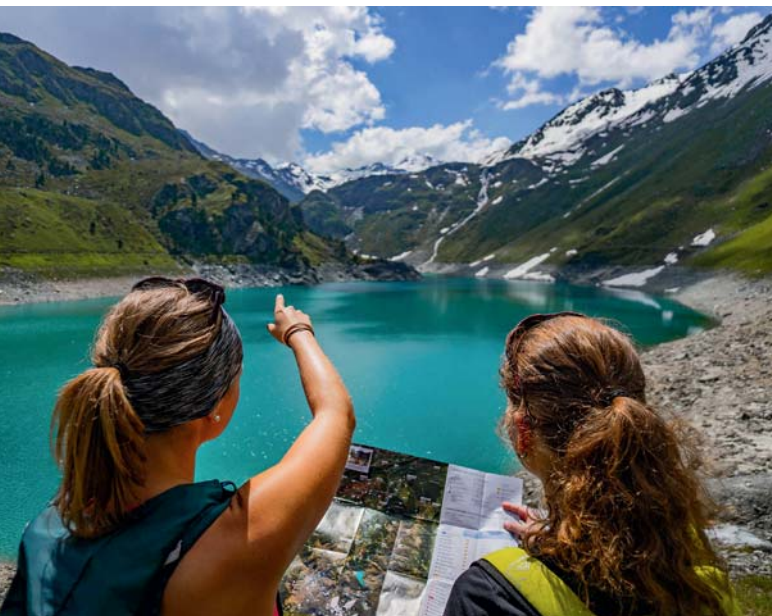
The « Rallye international du Valais » is back for its 61st edition which promises to be rich in emotions and to be a great sporting moment. It will be in Nendaz on the 22nd of October.

[Link](#)

www.nendaz.ch/agenda

Breathtaking scenery

During a stay in Nendaz, there are exceptional places not to be missed because of their panoramic views, the serenity that emanates from them and, simply, the spectacle offered by the natural surroundings. Here is a far from exhaustive overview.



Tracouet / Dent de Nendaz

Tracouet, at an altitude of 2200 m, is easily accessible by gondola. Starting point for many walks, this enchantingly decorated site is worth a visit in itself with its breathtaking panoramic view over the Rhone Valley, its mountain lake, its restaurant and its play area for your children's enjoyment. A word of advice for the more motivated: climb a little higher up the Dent de Nendaz which overlooks Tracouet.

Cleuson / Lac du Grand Désert

The Cleuson dam is an excellent destination for walks, thanks in particular to its turquoise waters. On the banks of the Cleuson lake, at an altitude of about 2200 m, is the charming little chapel of St-Barthélémy, the highest in the municipality. The view from there is stunning. The more sporty visitors walk along the Cleuson lake, continue among a mountain path before arriving at the Grand Désert lake in the heart of exotic mineral surroundings.

Le Jardin japonais (the Japanese garden)

The Jardin japonais, so named for its similarity to a landscaped garden, is a pure delight to hikers. This magnificent site, entirely natural and unique in the region, has a specific ecosystem. The water that flows through countless meanders makes it a popular spot for families.

The Larch trees of Balavaux

The Balavaux mountain pastures, located on the municipality of Isérables, has over 250 larch trees between 300 and 1000 years old, some of which are among the largest in Europe. One of them, with a circumference of 14,6 metres, may hold first place! The best time to discover them is in autumn, when they wear their gowns of golden light.

A great tip

Pass Altitude

This 3 to 12 day «à la carte» pass, valid throughout the summer season, gives you access to the lift network of Nendaz and Veysonnaz at a discounted fee.
www.passaltitude.ch



Links

www.nendaz.ch/passaltitude
www.nendaz.ch/excursions

The Mont-Fort – 3'300 metres above sea level

Imagine yourself at 3300 m above sea level with a stunning view over the most beautiful summits of the Alps. An incredible outing to which you can add a dose of adrenaline thanks to various activities.

An amazing panoramic view

From Mont-Fort, at an altitude of 3'300 metres, you can enjoy a 360° panoramic view of the most prestigious mountains in the Alps, from the Matterhorn to Mont Blanc and the Grand Combin. A perfect picture postcard setting!

Easy access

In summer as in winter, Mont-Fort is easily accessible from Siviez, via the Tortin chairlift and the Gentianes and Mont-Fort cable cars.

The zipline

With a top speed of over 100 kilometres per hour and a departure at 3'300 metres above sea level this zipline is one of a kind! You launch yourself from the legendary Mont-Fort towards the Col des Gentianes, flying over the Tortin glacier over a distance of 1.4 kilometres and a difference in altitude of 323 metres. A thrilling experience guaranteed!



2 Via Ferratas

Two Via Ferratas, of two different levels of difficulty, leaving from Les Gentianes and reaching over 3000 metres above sea level, guaranteeing an incredible thrill.

1 Via Cordata

The Via Cordata is a mix of hiking, climbing, and mountaineering. Anchor points make it easier to progress up the face and help points provide assistance in the more technical passages. This route is recommended for experienced climbers and those in good physical condition accompanied by a guide.

The Igloo

On the menu, a variety of quick dishes, including the highest fondue in Europe, which you can enjoy while taking in the stunning view. Don't hesitate to order the house speciality: the Swiss Rock Café, composed of apricot liqueur, cane sugar, espresso, and whipped cream.

A great favourite

Sunrise at the Mont-Fort

Witnessing the appearance of the first rays of sunlight from the summit of Mont-Fort: a spectacular sight that is richly rewarding for those who have been bold enough to get out of bed before dawn. For those who wish to prolong the pleasure, a yoga class is also offered.

An infinite number of hikes

Nendaz offers 250 km of marked footpaths, through meadows and forests, to the summits or along the bisses. This diversity of landscapes and levels of difficulty will satisfy everyone's desires.

In the villages

- **Ecluses-Bermouche**: a tour of the resort with a passage towards the Antenna view point.
- **The old village**: come and discover the narrow lanes, the ancient barns and fodder stores, the chapel of Saint-Michel built in the XVth century or the Moulin du Tsâblo (water mill).
- **Siviez – picnic places**: a short walk along the river Printse which leads you to a spot, equipped with tables and BBQs, the perfect place to spend a summer's day.
- **Antenne – Dzoc d'En Bas**: a walk just a few steps away from the resort but with the advantage of being surrounded by nature.
- **Walk around several villages**: a loop through several villages in the district including Saclentse and Basse-Nendaz.



Along the bisses

Nendaz boasts eight bisses, which represents a unique network. Dug into the ground, carved out of or suspended from the rock face between 1453 and 1860, they bear witness to the people from Nendaz's struggle against drought and are of great importance to our history. Six of them still have water flowing between their banks and still fulfil their primary function which was to irrigate the orchards and fields of crops. Located between 800 and 2200 metres above sea level, they are a delight to hikers of all ages: the paths which run along them are popular waterside walks, exempt of traffic, very little inclined, shady and rich in panoramic views.

In the mountains

- **Lac du Grand Désert**: a hike for experienced hikers that takes walkers to this charming mountain lake at the foot of the Rosablanche in an atypical mineral setting.
- **Dent de Nendaz**: from Tracouet, a hike that leads you to this summit which is relatively accessible to anyone who is sure-footed and not prone to vertigo.
- **Col des Gentianes**: a demanding hike with a 1600 m variation in altitude through some of the most breathtaking alpine scenery.



A great tip

Nendaz Trekking

Nendaz Trekking, is a «package» walking tour. Of a total length of 53km with a daily walking time (without breaks) of between 3h30 and 6h20, it offers the hiker a 3-day or 4-day tour in the heart of the mountains between Nendaz and Veysonnaz. It is intended for the average hiker (no technical difficulty) who has had some training.

Themed paths



Sculpture path

Walkers encounter animals from our mountains sculpted out of wood by the sculptor Raphaël Pache.

Panoramic path

This easy walk departing from Tracouet is equipped with fun modules, educational information posts and a photo point.

Along the glacier path

This hike leaves from the Saint-Laurent mountain cabin and leads you to the foot of the glacier of the Grand Désert. Three different routes are proposed of varying difficulties. This themed path created by the Arpettaz ski club, aims to raise awareness of the glacier's spectacular retreat thanks to posts showing how its location has changed over the past decades. It also wishes to encourage walkers to continue further into the mountains beyond the Cleuson lake, in a safe and secure setting.

Herens cow path NEW

Do you know how we make cheese? Have you ever tried to milk a cow by hand, like they used to do? Do you know why this breed of cow fights and why they wear bells? The fun and educational Herens cow path, proposes through 6 games dotted around the Tortin pasture the answers to all these questions and to learn more about this region's emblematic breed of cow. With its distance of 6 kilometres, it is fully recommended to families.

Pine cone path

This nature trail boasts educational information posts telling walkers all about various biotopes crossed and passes by beautiful natural sites well worth the detour such as the pond at Sofleu, the bisse de Saxon, the rock field of Dzerjonna, the meadow of Pra da Dzeu without forgetting the gouille d'Ouché marsh.

Barefoot path

After taking your shoes off and crossing a box of sand, wood chips, pebbles, pine cones, moss, pine needles and logs to initiate you to this new experience, you can now continue this walk barefoot.

Themed path following in the footsteps of the « Déserteur » NEW

Charles-Frédéric Brun, nicknamed the « Déserteur », arrived in Nendaz in the middle of the 19th century. He traded colourful painting for food. He lived homeless in fear of being caught by the police, and remained hidden between Nendaz and the Val d'Hérens, until he died in 1871. To mark the 150th anniversary of his passing, a themed path, inaugurated in June 2021, retraces the story of this emblematic character as part of Nendaz's history with a walk between Haute-Nendaz, Basse-Nendaz and Saclentse.



Links

www.nendaz.ch/randonnees
www.nendaz.ch/bisses

Family Paradise

Hi! My name's **CHEESY**. I am Nendaz's mascot and I would like to show you my village where families love spending their holidays. Here, both children and adults can find exactly what they're looking for and enjoy unforgettable experiences. It is not surprising that Nendaz has been awarded the Family Destination label!



CHEESY'S Village

I am opening from the 17th of July to the 15th of August a zone on the plaine des Ecluses 100% dedicated to children. I'm sure you love bouncing, pedalling and climbing, am I right? Come and enjoy, free of charge, trampolines, a short tree-top adventure, go-carts and a bouncy castle.

CHEESY'S workshops

I organize arts and crafts workshops throughout the summer where children can show off all their creative talents.

Treasure hunt

With your adventure logbook in hand, set off and explore the region's walking paths and solve the riddles which will help you learn more about me. This summer, 5 new free treasure hunts are waiting for you! Once your mission is completed, you can collect your reward.





👍 **A great deal!**

Sens'ational Family

This special offer, proposed with or without accommodation, gives both parents and children alike the opportunity to explore Nendaz through their five senses.

Every day from Monday to Friday, there's a new adventure in store!

🌀 **And there's more...**

If you like swimming

outdoor swimming pool and children's play area in the Spa des Bisses

If you enjoy walking and exploring

7 themed paths (see page 13), of which a special one dedicated to my friends the Hérens cows!

If it's Mum and Dad who enjoy walking

4 pushchair friendly walks are also available

If you enjoy cycling

3 mountain bike tracks especially adapted to families and a pumptrack

If you love having fun

3 play areas, numerous activities for the whole family (Alphorn, archery, circus art, cheese making, etc.; see page 20) and a games library

If your parents are looking for childcare

day-care centre and a list of babysitters



All about **CHEESY**

A young Hérens heifer, **CHEESY** loves the company of children during the numerous events and activities. Official Mascot of Nendaz, she comes down from the mountain pastures especially to spend time with them and share unforgettable experiences.

🔗 **Useful links**

www.nendaz.ch/famille

Family experience

The Panoramic path



Walking boots for some and a good pair of trainers for the others, a fleece, a water bottle and a little snack in the rucksack: here we were ready to discover the Panoramic Path at Tracouet! With my two daughters and one of their friends we meet up with a friend of mine and her two boys. For children aged between 3 and 8 years, the ride up in the gondola is already a fun experience in itself. They jostle each other for the best place on the bench or for the best viewpoint by the window as we leave the resort behind. As we arrive at 2200 metres in altitude, we enjoy the cool breeze, a relief from the lowland's stifling heat.

What a great surprise for the children: slides, swings, a fire-engine and a trampoline and a great surprise for the parents: a restaurant with a pretty terrace from where you can keep an eye on the kids. But how do you convince the little ones to go for a walk when this place is so much fun? The promise of an ice cream and a long playtime on the way back is enough to make them decide.

There they are rushing off to the starting gate. They love running from one yellow signpost to the next. Who will get there first! After a few moments, they slow down a little as this first climb is a little steep.

First stop next to a giant pinecone. The little ones hurry to climb on top of it. Then, having let off some steam, they pay close attention to the information post which presents the speckled nutcracker and the surrounding pine trees, which grow in number in this region, at between 1600 and 2400 metres in altitude. What's the link between this tree and this bird? You can find out during your next walk in Tracouet.

We set off once again along a winding path. «Mummy, it's a little scary here, I feel a little dizzy!», Gwenaëlle calls out to me. The path is very safe but the incredible view over the Rhone Valley is impressive, like a breathtaking balcony over the Alps.

The next post is amidst the avalanche protection barriers. I ask the children if they know what these huge structures are. «Are they turnstiles for the mountain goats?» asks one. «A work of art?» asks another. «Look, they aren't all the same!», exclaims a third showing his talent in observation. While explaining what these barriers are for, we take this opportunity to make them aware of the dangers of the mountain.

After a few more minutes of effort, we take a break on the panoramic viewing platform; a kind of wooden sofa on which there's enough space to seat the five children and two mums! «I can see grandma's house», cries out Mathilde. We admire the view, take a sip of water and we're off once again!

A little further on, with the help of an information post indicating the names of the mountain summits, we look for the peaks mentioned in the immensity of the scenery before us.

One more last effort and we reach the highest point of this walk. Here we can test our balance. While the little ones show their agility along the wooden beams, mum's hand is still welcome on the slackline.

After a few metres down the Dent ski slope, which we enjoy discovering on this summer's day, they have a new opportunity to let off some steam while jumping from one log to another. That's when we spot a picnic area below, which is just in time because all this fresh mountain air has opened our appetites!

The walk ends on the banks of the black lake at Tracouet. An information post presents the amphibians living here. But seeing is much more fun than reading: what could be more fun than watching tadpoles swimming in the pond and trying to spot a newt!

We then join the popular play area and offer the little hikers their promised ice cream which they enjoy in the sun, comfortably seated on the deckchairs provided.

This 1,8 km loop takes about 45 minutes of actual walking time. By taking our time and allowing the children to have fun on the various modules, we did it in about 2 hours.

Mountain biking for all

Mountain bikers can enjoy around 200 km of marked tracks of varying levels. From the peaks to the valley floor, they can explore the natural diversity of the region.

The electric mountain bike

Most of our routes include significant variation in altitude. While for a long time they were reserved for trained and experienced riders, the electric mountain bike success has greatly democratized them.

Cycling at the heart of events

- The Tour des Stations (7th of August 2021): A cycling race which offers various courses linking the resorts of the region proposing a unique challenge that cannot be found anywhere else in the world: to confront the same variation in altitude as those climbing Mount Everest in a single day!
- Verbier E-bike Festival by Nendaz (from August 12th to 15th 2021): a week-end where the e-bike is king
- The Grand Raid (21st of August 2021): mountain bike race of 125 km and a variation in altitude of 5000 m between Verbier and Grimentz via Nendaz



Pumptrack

Free of charge and fun, the pumptrack is open to all. This loop of about 50 metres connects bumps and raised turns. It can be ridden by mountain bike of course, but also on a skateboard, rollerblades or scooter.

A great tip

Via the mountain lift network

This summer, five lifts are open in Nendaz. All equipped to carry bikes. This service is offered free of charge to all pedestrian ticket holders.

Absolute favorite

Tour of the Mont Fort

The tour of the Mont-Fort offers the opportunity to discover the legendary highest point of the ski domain while pedaling through scree, pastures and larch forests and of course enjoying the heights of Nendaz, Verbier and La Tzoumaz.



Fill up on activities

In need of rest and relaxation? In search of a thrilling experience? Looking for an active holiday? The choice is yours!



Relaxation and well-being

- Spa des bisses: 2200 m² of pure zen space in both alpine and contemporary decor: indoor and outdoor pool, saunas, hammams, treatment rooms, etc.
- Outdoor swimming pool: a bird's eye view over the Rhone Valley and water constantly heated at 25°
- 1 acupuncture practice
- 7 massage and beauty institutions
- 2 podiatrists



Escape Life (only in French)

This team adventure leads you to discover the hidden treasures of Nendaz! In the heart of remote places, some of which are usually closed to the public, look for clues and solve puzzles. The seven signs of the Apocalypse and the painting of the « Déserteur », the emblematic character of the history of Nendaz will help you carry out your mission.

14 trail running itineraries

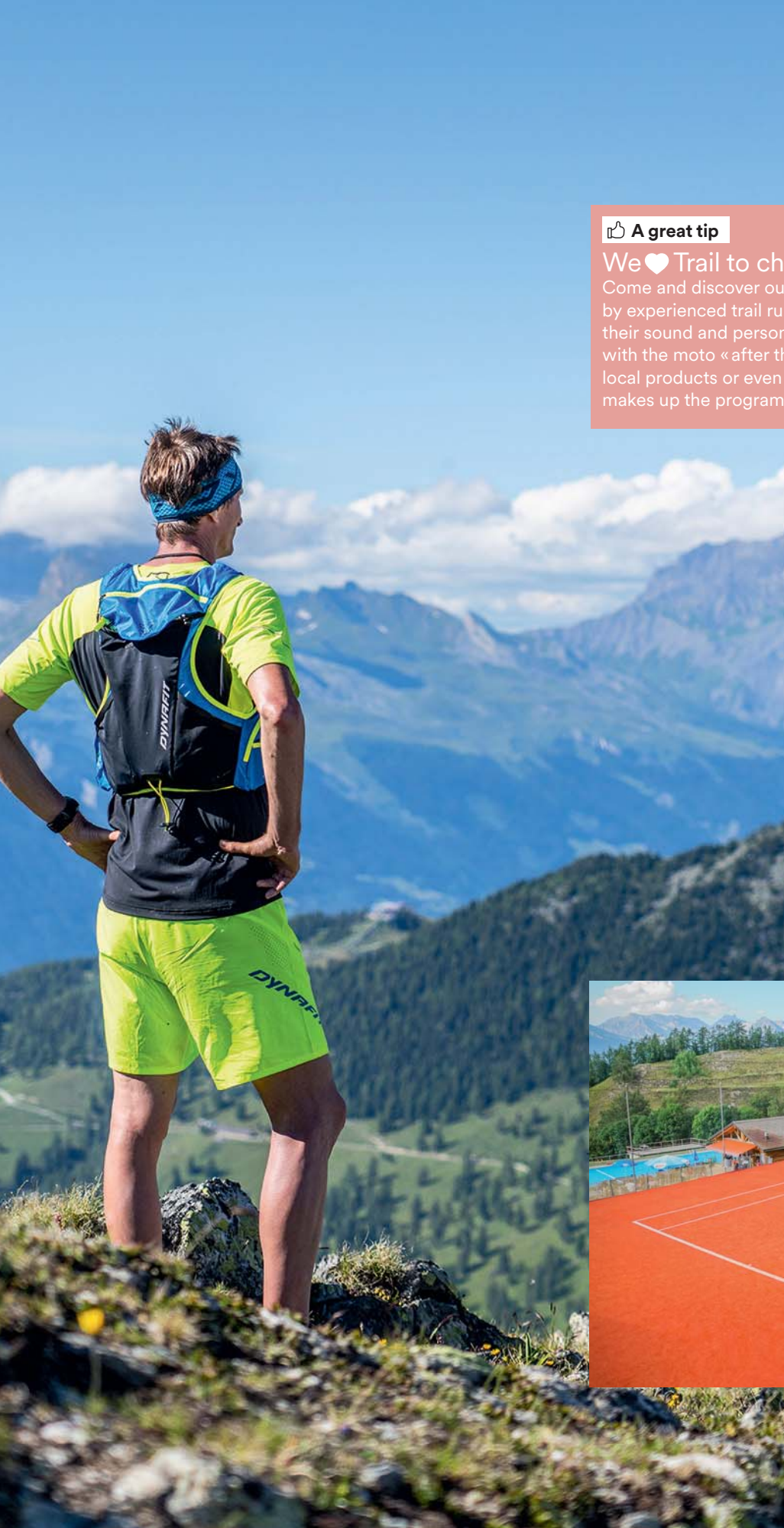
From Haute-Nendaz, from Siviez and from Veysonnaz, everyone can take part in trail running at their own pace, on easy courses for the beginner or on more demanding ones for the advanced trail runner. The routes present various levels of difficulty, both in terms of length (from 5,9 km to 70 km) and in variation in altitude (from 472 m to 3590 m).

A great tip

Zen Altitude

Zen Altitude, is the promise of a weekend of relaxation, inner re-connection and a return to nature. Participants share yoga classes, meditation sessions, energizing dances, a sensory awakening walk in the forest and a moment of relaxation at the spa.





A great tip

We ♥ Trail to challenge one's limitations

Come and discover our trail running itineraries accompanied by experienced trail running athletes, benefiting from their sound and personalized advice, and, in accordance with the motto «after the effort, the reward», enjoying some local products or even relaxing in the Spa des Bisses, makes up the program for these training weekends.

Other fun and sporting activities

- Tennis
- Artificial ice-rink
- Pétanque
- Beach-volley
- Table tennis
- Climbing wall
- Basket-ball
- Football
- Archery
- Parcours Vita (running course with exercise posts)
- Fitness centre
- Slackline
- Scooter descent
- Paragliding
- Via Cordata
- Via Ferrata



Links

www.nendaz.ch/swimmingpool
www.nendaz.ch/spa
www.nendaz.ch/paragliding
www.nendaz.ch/trail

A summer full of surprises

What can make your stay unique? Certainly to experience new activities while having fun. Nendaz Tourism has a very varied programme of activities which, depending on the interests of our guests, changes from year to year.



Especially for families

- Mountain bike agility (from 6 years)
- Biscuit making workshop (from 5 years)
- Archery (from 6 years)
- Robin Hood activity (from 5 years)
- Initiation to circus art (from 5 years)
- **CHEESY** workshop (from 3 years)
- Climbing (from 5 years)
- Treasure Hunts (all public)



For sporty guests

- Guided E-bike tour (from 16 years)
- Kick-board (scooter) descent (from 10 years)
- Trail running training weekends (from 18 years)



For nature and cultural heritage enthusiasts

- Wine tasting (from 18 years)
- Visit of the old quarters of the village (all public)
- Initiation to the Alphorn (from 8 years)
- Life on the mountain pastures (all public)
- Guided walk among the Larch trees of Balavaux (all public)
- Picking and tasting of wildflowers and plants (all public)
- Life of the marmots (all public)
- Rando-raclette (from 6 years)
- Visit of the Cleuson dam (from 6 years)
- Escape Life (from 12 years)
- Forest bathing (all public)

* subject to change

Outdoor experience with nature

Life of the marmots



If you want to see marmots, you have the choice of either getting up very early in the morning or waiting until the end of the day. In between, they take a very long nap out of sight. So the only time you might be lucky enough to see them is during their two daily feeding times. I arrive in Siviez at 4pm, with my 7-year-old daughter, and we are both impatient to discover the marmots. With a small group of about fifteen people, we follow Yvette, a mid-mountain guide.

«Here the marmots live in the wild, in their natural habitat. We are going to go for a little walk on the Tortin mountain pasture. On the way, I will tell you about how these mammals live throughout the year. And above all, we'll try to see some! «Although she cannot guarantee that we will spot any because this site is not a wildlife park, she is very confident because it is home to many individuals that are used to seeing hikers passing by in summer.» They no longer run away at the slightest noise, but remain wild, nevertheless. It is out of the question to approach them too closely, so a little advice: remember to take binoculars (if you don't have any, Yvette always takes two or three pairs with her, which she is happy to lend). And to put all the odds on your side, avoid shouting or running.

So here we are, on a pleasant loop of about 5 kilometres, punctuated by stops to observe the marmots and to listen to Yvette's very informative explanations. As I hope that you too will be able to enjoy this experience, I don't want to give away too much. She shared loads of very interesting information with us!

Did you know that marmots do not have the same number of claws on their front and back paws? That their calls have specific meanings? That in winter they go to the toilet together? That they have one burrow for winter and another for summer? We learned a lot more about these small mammals and about the surrounding flora. It was also the perfect opportunity to ask all our questions!

There remains the main concern we had before our departure: will we be able to see any marmots? Yes, and more like ten of them than just one! On several occasions, they did us the pleasure of showing themselves and we could even admire two babies, marmot pups, towards the end of our walk. Born in mid-June, they make their first outing two or three weeks later. It was such a joy to be lucky enough to spot them!



A rich heritage

The inhabitants of Nendaz are very attached to their traditions and their local products, as witnessed by the vitality of the « Association pour la sauvegarde du patrimoine nendard » (ASPN) and by that which groups the producers of the region called « Les Bienfaits de la Printse », as well as the very active presence of local societies such as the folklore groups and the bands.



The Herens breed of cattle

Sturdy and adapted to our climate, the Hérens cow is an excellent walker that can handle difficult terrain with ease. They are mainly found in the Valais and Val d'Aoste. They fight by instinct in order to establish a hierarchy with their fellow cows. Every spring, when they go up to the mountain pastures, they fight each other fiercely, head to head and horn to horn.

Le Nind'Art

Located in the heart of the village of Haute-Nendaz, the Nind'Art is a surface dedicated to the culture and heritage of Nendaz. All year round, exhibitions and entertainments take possession of the place.



www.nendaz.ch/patrimoine

Le Moulin du Tsâblo

At the end of the 19th century, not less than twelve water mills were turning at Nendaz, amongst which that of the Tsâblo. The route de Nendaz, constructed in 1925, passed very close to its façades: it was therefore dismantled, little by little, at that moment, permanently stopped in 1935 and demolished in 1984, during the correction of this same road. It was then reconstructed identically, following a traditional procedure, in 2002 thanks to the ASPN and to various sponsors.

Typical villages

Nendaz stretches from the Rhône valley to the mountains and is spread out into 17 villages and hamlets. Among others, there are:

- The old village of Haute-Nendaz: a pedestrian itinerary offers you the discovery of constructions of days gone by, between traditional houses, barns and old granaries.
- Basse-Nendaz: the seat of the municipality, the narrow streets of which have kept its old world charm.
- Planchouet: several bisses and walks converge toward this little hamlet which, in addition to welcoming walkers in its two restaurants, is home to the most charming chapel imaginable, nestled in the heart of the larch trees. It has lost count of the number of marriages celebrated within!

Local products

At Nendaz, two kinds of fruit are stars: the apricot and the raspberry. They are largely cultivated there because the climate is favourable to them. They then become available as jam, syrup, alcohol and various other colourful products!



Cultural experience

Life on the mountain pastures

Life on the mountain pastures begins early in the morning. This is the first lesson learned by my two daughters (5 and 2 years) and myself when at 7:30 am we meet in front of the Tourist Information Office to organize the carpooling for our outing. And again, when we arrive at Balavaux, where the day began quite a few hours before. The cheesemaker has been up since 4 o'clock in the morning and has already done almost half a day's work.

After about thirty to forty minutes travelling time, the group enjoys a few moments of the enchanting setting enhanced by the first rays of sunshine over the Alps. Then, it is the discovery of the dairy with its tank, large sink, its buckets, molds and its pipe to hose down the floor.

The cheesemaker gives us some explanations while continuing his tasks with practiced gestures. His morning is timed to the last detail. He has a mission to fulfil, namely the production of about eight cheeses and twenty tommes (cream cheeses), with a procedure of tasks to be carried out in a precise order over a given period of time. The visit is therefore based on his schedule; he shares his daily life with us.

When we arrive, he is busy curdling the milk: using an instrument called a curd slice, he cuts the milk which has been transformed into curd beforehand, into firm cubes which will later be formed into cheese. This operation takes about fifteen minutes.

This is then stirred and heated gradually to 39° in 35 minutes, a semi-automatic operation that allows the cheesemaker to give us his full attention. We then visit the cellar and its 800 cheeses that have to be brushed and turned over every day. A short tour also through the mountain pastures where about thirty cows graze peacefully: they have already given about 200 litres of milk. Their cowshed, which we also discover, has been cleaned and is ready to welcome them once again in the evening. The cheesemaker then suggests we taste the «sérac», made from the whey. If at 8 o'clock in the morning, I'm usually ready for bread and jam, in this context, I'm quite happy to have a taste.

He then takes the cheese out of the heating pot: to do so, he uses a simple strainer which retains the solid curds while letting the whey run back into the pot. This ancestral procedure has been made physically easier with the help of an automatic pulley. The contents of the strainer are then poured into molds to form the cheeses.

Finally, it's time for breakfast. A short walk leads us to the Balavaux cabin with its pretty red shutters and breathtaking views. A warm welcome and a wonderful breakfast spread on the table gets our mouths watering. To finish a perfect morning outing, the terrace invites us for a spot of sunbathing: so off with our jackets as we enjoy an absolutely wonderful relaxing moment on the terrace deckchairs!



The capital of the alphorn

In summer as in winter, the Alphorn resonates at Nendaz within the framework of a multitude of events. It was used in the past to gather in the cattle and to communicate from one valley to another. But, today, virtuoso players have made it an instrument in its own right!



Ambassador players

The Alphorn group of Nendaz, composed of 14 players, performs in the framework of a great many events for the greater pleasure of the guests as for the locals. Real ambassador, the quartet regularly promotes the destination as much in Switzerland as in other countries. It cooperates actively with Nendaz Tourisme, Valais/Wallis Promotion and Switzerland Tourism.

Did you know ?

- Approximately 4000 players in Switzerland and 150 in the Valais of whom 17 at Nendaz
- About 80 hours of work to construct one by hand
- Most often made from fir but belongs to the brass family
- A standard length of about 3.5 metres (record of the longest: 47 metres): the shorter it is, the harder it is to play.

The highlights

- Valais Drink Pure Festival of Alphorns: for three days it unites near 200 players, among the best in the world. To attend it is to immerse oneself in a world of folklore and of traditions. Next edition from July 23rd to 25th 2021.
- « Come and play the Alphorn »: a two-hour activity offered every week, during which everyone can learn more about this fascinating instrument and attempt to play a note.
- Introductory lessons and advanced training: courses of two to five days are organised regularly with experienced music teachers.
- Exhibition: 20 years of the Alphorn Festival: to celebrate this anniversary, the Valais Drink Pure Festival is organizing an exhibition telling its story at Nind'Art from the 16th of July to the 8th of August 2021

The art of living

Gourmet pleasures

Epicureans find what they're looking for in Nendaz thanks to around 35 restaurants with diversified menus. Typical dishes of the Valais occupy an important place. Italian, French, Mexican cuisines and exquisite gastronomy will equally satisfy everyone's taste-buds.

Till the end of the night

The reputation of night life in Nendaz is well established. Our guests are invited to profit from the atmosphere of « Nendaz by night » to relax in a pleasant setting, to taste a regional aperitif, share a happy moment with friends or to sway on the dance floor.

13 bars and a night club offer quite different atmospheres, from lounge to wild after-ski, not to mention the places for tasting wines and good food.



Link

www.nendaz.ch/restaurants

In figures



35
restaurants



2
Gault & Millau
award-winning restaurants



13
high-altitude restaurants



5
tea-rooms



13
bars and pubs



1
night club



A great tip

Rando'Miam

This easy walk along the bisse de Chervé leads you from Veysonnaz to Siviez with three gourmet stops on the way (starter, main dish and dessert/coffee). All inclusive: the food, the transport by bus from Nendaz to Veysonnaz then from Siviez to Nendaz as well as the gondola ride up from Veysonnaz and the chairlift down to Siviez.

NEW New in 2021: Rando'Miam can also be enjoyed on an e-bike.

Your winter in Nendaz

Between skiing, hiking and sporting events or festivities, winter is magical in Nendaz. Escape into the natural surroundings or dance the night away in one of the clubs, you don't need to choose!

Over 400 km of ski runs

Nendaz is located in the heart of one of the biggest ski domains in Europe, the 4 Vallées. There are over 400 km of runs awaiting winter sports lovers between 1300 and 3330 metres in altitude. Ideal snow conditions are guaranteed throughout the domain from December to April.

A thousand ways to get moving

Winter in Nendaz, is also :

- 100 km of marked winter walks
- 7 snowshoe hiking trails
- 2 cross-country ski tracks
- 4 ski touring itineraries for a total of 15 km
- 3 sledging runs



Plenty of events*

- The Beginning, 4th of December
- The Big Winter Opening, 18th-19th of December
- Full moon skiing, 18th of December, 22nd January, 12th February and 19th March
- Christmas songs, 23rd of December
- Children's Christmas, 25th of December
- Children's Magic Show, 28th of December
- New Year's Eve, 31st of December
- Nendaz Freeride, from 25th of February to 9th of March
- Carnival of Nendaz, 1st of March
- Snow Tournament, 12th of March
- Grand Prix Migros (children's ski race), 19th of March
- Mud Day Winter Edition, 2nd of April
- Nendaz Snow Vibes Festival & Waterslide, 16th of April
- Easter egg hunt, 17th of April

* subject to change



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Made to measure summer press trips

The marketing/communication department of Nendaz Tourisme would be extremely happy to welcome you to Nendaz.

We can prepare a personalized stay according to your needs and your choice of theme. Here are a few ideas:

- The bisses, along the water's edge in the heart of the region's heritage
- Nendaz Trekking : mountain hiking from cabin to cabin
- Mountain biking around Mont-Fort
- Return to traditions with a visit to the water mill, the old village, tasting of local products, initiation to the alphorn, etc.
- Introduction to trail running accompanied by passionate trail runners
- etc.

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