

# Press kit

Summer 2022





# 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 foot-paths: 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 3,330 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!

**Baptiste Constantin, director of Nendaz Tourisme**  
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## ACCESS

# Coming to Nendaz




-  Exit 'Sion-Ouest' on the A9 motorway at 15 km
-  Sion Railway and Bus Station at 15 km  
More than 20 buses every day between Sion and Haute-Nendaz
-  Land in Geneva, Zurich, Milan, Basel, Bern or Sion



### SHUTTLE BUSES

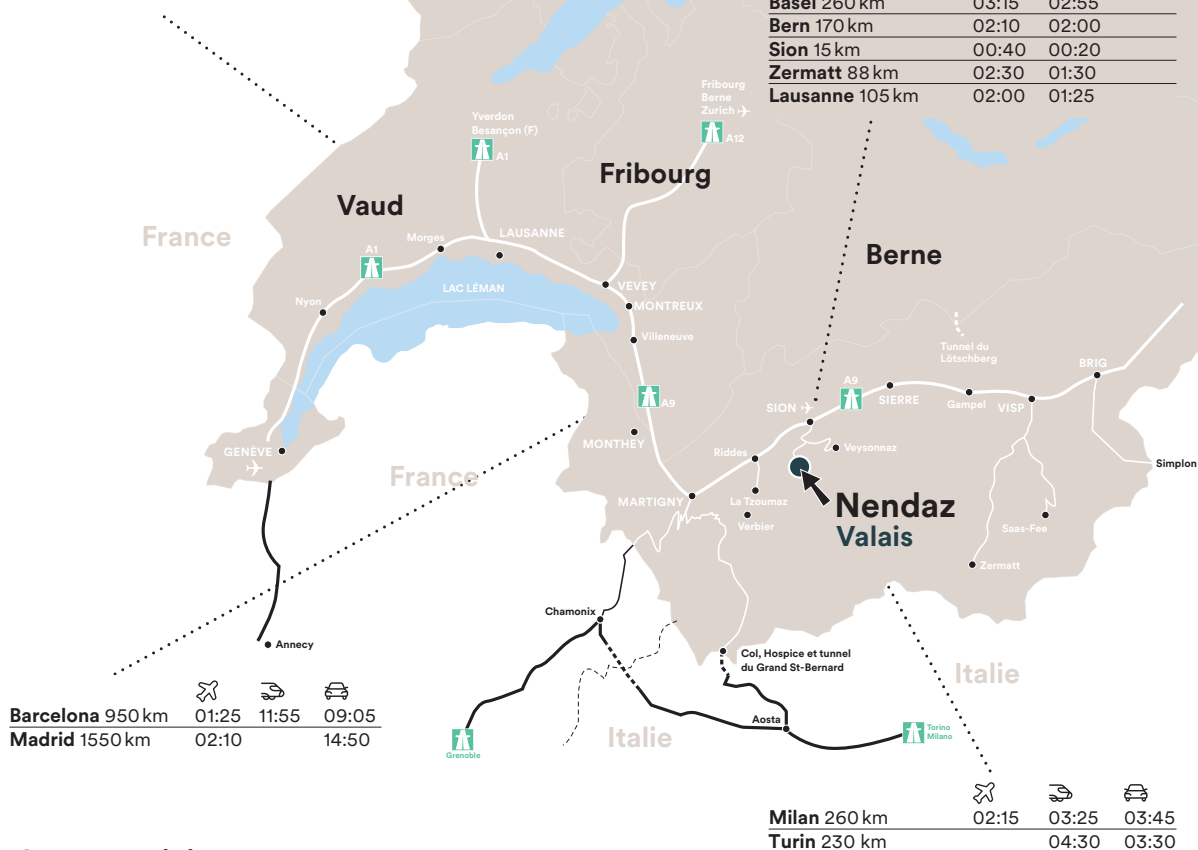
Shuttle buses are available for quick and easy access to numerous walks in the heart of nature. One takes walkers from Haute-Nendaz to Veysonnaz from the 14th of May to the 30th of October. The other takes walkers to Siviez on days when the lifts are in operation (shuttle bus or Carpostal).

[www.nendaz.ch/shuttlebus](http://www.nendaz.ch/shuttlebus)  
[www.sbb.ch/en](http://www.sbb.ch/en)

			
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

			
Helsinki 2521 km	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
Frankfurt 580 km	01:20	06:10	05:45

		
Geneva 172 km	02:10	02:00
Zurich 289 km	03:10	03:20
Basel 260 km	03:15	02:55
Bern 170 km	02:10	02:00
Sion 15 km	00:40	00:20
Zermatt 88 km	02:30	01:30
Lausanne 105 km	02:00	01:25



## A great idea

### Combined train and lift special offer

The CFF and NV Remontées mécaniques have joined forces to offer you a package to reach Tracouet at 2,200 metres above sea level at a very attractive price. At the top, there is a restaurant and a playground for those who just want to enjoy the view and the fresh mountain air! From there, there are also many walks such as the panoramic path for families or towards the Dent de Nendaz for the more athletic.

## SOME KEY FIGURES

# In short, Nendaz is...

### A municipality with

- A territory of 85.9 km<sup>2</sup> between 492 and 3,336 metres above sea level
- 17 villages
- A holiday resort, Haute-Nendaz, of 22,830 beds
- A population of 6,752 inhabitants over the whole municipality
- A population of over 2,000 habitants all-year-round in Haute-Nendaz.

### Holiday accommodation

- Hotels and guest houses: 320 beds
- Group accommodation: 340 beds
- Holiday apartments and chalets: 22,000 beds (of which 6,000 are rented)
- Mountain cabins: 90 beds
- B&B: 80 beds.

### CHARACTERISTICS OF THE DESTINATION

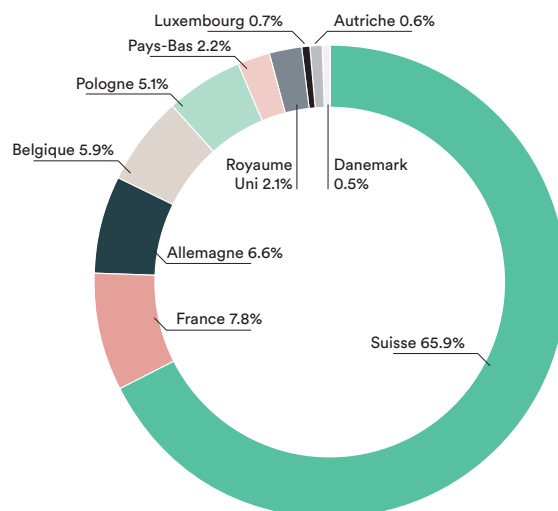
More than 3 out of 4 commercial overnight stays are in chalets and holiday apartments. It should be noted that for this category, Nendaz Tourisme only considers the overnight stays made through rental agencies. However, many overnight stays are also made in holiday homes, either by their owners who are very loyal to Nendaz, or by weekly or seasonal guests.

### Results from the tourist trade\*

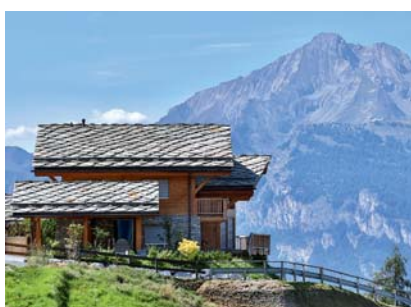
- +1.5% of commercial overnight stays
- Top-5 months which generated over-night stays:
  - 1) February
  - 2) July
  - 3) December
  - 4) January
  - 5) August
- 57% in winter, 32% in summer and 11% in autumn.

### Where our guests come from (commercial overnight stays)\*

Before the pandemic, Nendaz had guests from over 70 different countries. The last touristic year 2020-2021 was strongly impacted by the Covid-19 situation, and this number decreased to 48. The following graph shows the top-10 countries which generated over-night stays. These 10 countries represent over 97% of the total commercial overnight stays.



\* For the tourist year from 01.11.20 to 31.10.21







STORY

## A footpath with stunning views





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**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!**

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 2,200 metres in altitude, we enjoy the cool breeze, a relief from the stifling heat of the valley.

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 1,600 and 2,400 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 their 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 from 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.



## HIKING

# Endless hiking possibilities

There are countless trails to explore the many facets of Nendaz. They lead hikers across meadows and through forests, up to the mountain tops or along the «bisses».



250 km  
of marked footpaths

8

bisses

9

themed footpaths



## A great idea

### Pass Altitude

The Pass Altitude gives free access to the ski lifts of Nendaz and Veysonnaz for a choice of 3 to 12 days. It also entitles the holder to more than 200 francs worth of discounts from shops in the resort and from activity providers in the central Valais. It is valid throughout the summer, so the holder can choose which dates to use it. During the summer season, 5 lifts are in operation to take our guests to stunning viewpoints.

from 69.–



## Our top favourite

### Nendaz Trekking

Nendaz Trekking is a «full package» walking tour. It offers hikers the opportunity to spend 3 or 4 days in the heart of the mountains between Nendaz and Veysonnaz. Everything is included in the package: overnight stays in mountain cabins (two or three depending on the option chosen), full board (three breakfasts, three picnics and three evening meals, without drinks), a shuttle bus transfer, a 1:25,000 topographical map of the 4 Vallées per tour and a route logbook.

from 180.–



[www.nendaz.ch/hiking](http://www.nendaz.ch/hiking)  
[www.nendaz.ch/mountainlifts](http://www.nendaz.ch/mountainlifts)  
[www.passaltitude.ch](http://www.passaltitude.ch)  
[www.nendaz.ch/trekking](http://www.nendaz.ch/trekking)



# To the most beautiful scenery



### **Lac du Grand Désert**

From the Cleuson dam, which alone is worth the visit with its stunning turquoise water, experienced hikers continue their trek to the Grand Désert lake at 2,600 metres above sea level. Here the vegetation becomes more and more scarce as the landscape gradually changes to a mineral world that is truly unique.

### **Dent de Nendaz**

The Dent de Nendaz is relatively easy to reach. It allows everyone to experience the satisfaction of reaching a real summit (2,462 metres). From Tracouet, which can be reached by gondola, a signposted mountain path takes less than an hour to climb. The effort is largely rewarded by the stunning panoramic view of the Lac Noir at the foot of the mountain, over the Alps opposite as well as the Rhone Valley below.

### **The Jardin japonais (Japanese Gardens)**

The Jardin japonais (Japanese Garden), contrary to what its name might suggest, is an entirely natural site. Man's hand had nothing to do with it, but one might think so, as Mother Nature has created a masterpiece here, with alpine plants and streams meandering between the rocks. This place inspires a feeling of well-being and serenity.

## Bisse country



### A testimony to our history

Nendaz boasts eight bisses, which represent a unique network of 98 km. Dug out of the ground, cut into or suspended from rock faces between 1435 and 1876, they bear witness to the history of the Nendards and their struggle to combat drought. Although the water of Nendaz has been bottled on a large scale since 1947, it has, for much longer, been diverted via the bisses to crops, particularly raspberries and apricots. Today, the bisses still fulfil this primary function of irrigation; six of them have water flowing within their banks every year during the summer months.



### Pleasant walks

Situated between 700 and 2,300 metres above sea level, the Bisses are a delight for walkers of all ages. The paths along them are popular walks along the water because they are traffic free, are relatively flat and are often shady.



### A smart option

#### Bisses Delights **NEW**

With Bisses Delights, the hiker takes the shuttle bus to Veysonnaz and then returns to Nendaz along two bisses stopping half way to enjoy a 3-course menu featuring local delicacies in the charming hamlet of Planchouet.

**98 km**  
de bisses



[www.nendaz.ch/bisses](http://www.nendaz.ch/bisses)  
[www.nendaz.ch/bissesdelights](http://www.nendaz.ch/bissesdelights)



## 👨👩👧👦 Children's paradise

Hi, my name is **CHEESY**. I'm Nendaz's mascot and I would like to take you on a tour of my village where families love to spend their holidays. Here, both children and adults find plenty to do and enjoy unforgettable experiences together. No wonder Nendaz has been awarded the **Family Destination label**.



4  
family  
themed  
footpaths

4  
treasure  
hunts

3  
mountain bike  
itineraries  
especially  
adapted to  
families

4  
walks accessible  
to push-chairs



8  
picnic  
places

6  
play areas

1  
outdoor  
swimming pool

1  
children's zone  
at the Spa  
des Bisses

1  
pumptrack

2  
climbing tower

2  
tennis  
courts

### Activities

- Cheesy's workshops
- Waking up the marmots
- Climbing the tower
- Archery
- An Initiation to circus skills
- Biscuit making
- Kickboard (mountain scooter) descent
- Life on the mountain pastures
- Visit to the Cleuson Dam
- Night of stars
- Gathering and tasting out in the nature.

### Services

- P'tit Bec day care centre: it looks after little holiday makers on a half-day or full-day basis
- List of baby-sitters: it is updated regularly by Nendaz Tourisme and is available at the Tourist Information Office or online
- Visitors' games library: it lends games for free, on request at Nendaz Tourisme.



## FAMILIES

### A great idea

#### Family mountain package

This special package allows you to enjoy a family holiday and explore the region of Nendaz at an unbeatable price. It includes 7 nights in a studio, apartment or chalet, unlimited access to the Nendaz and Veysonnaz ski lifts for six days, an excursion to Mont-Fort at 3,330 m above sea level as well as free or reduced prices on various summer activities and services.



from 649.–



### Our top favourite

#### Cheesy's village

Cheesy opens from the 16th of July to the 15th of August an area dedicated to children on the plaine des Ecluses in Haute-Nendaz. Here children can enjoy bouncy castles, trampolines and little tree top adventure courses. It's the perfect place to let off some steam, climb, jump and above all have great fun!



[www.nendaz.ch/family](http://www.nendaz.ch/family)  
[www.nendaz.ch/cheesy](http://www.nendaz.ch/cheesy)  
[www.nendaz.ch/montagneenfamille](http://www.nendaz.ch/montagneenfamille)  
[www.nendaz.ch/villagecheesy](http://www.nendaz.ch/villagecheesy)



# Have fun while hiking

## Fun themed footpaths

They are a great way to go for a hike, have fun and learn more about the region. Several of them are especially designed for children:

- The **Hérens cow path**: How do we make cheese? Why do the cows wear bells? And why do the Hérens cow fight? This 4 km (downhill) themed foot-path is fun and educational while answering these questions and many others through six games. A pure delight for the children.
- The **panoramic path**: A 2.3 km walk at Tracouet with fun modules, educational information post, a picnic place, a photo point and above all, as its name implies, stunning panoramic views!
- The **barefoot path**: After passing over troughs filled with sand, wood shavings, pebbles, pine cones, mosses, pine needles and logs to introduce walkers to this new experience, you are invited to go for a short 2.4 km barefoot walk along the riverbank.
- The **sculpture path**: The walker meets the animals of our mountains immortalized in wood by the sculptor Raphaël Pasche.

## Treasure hunts

With their adventure logbook, which can be collected from Nendaz Tourism or downloaded online in hand, children can explore the region's trails and solve the riddles before returning to the Tourist Information Office to claim a small reward. This summer, 4 new treasure hunts are on offer, all free of charge.



[www.nendaz.ch/thematicpaths](http://www.nendaz.ch/thematicpaths)







STORY  
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

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**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 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!**

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.

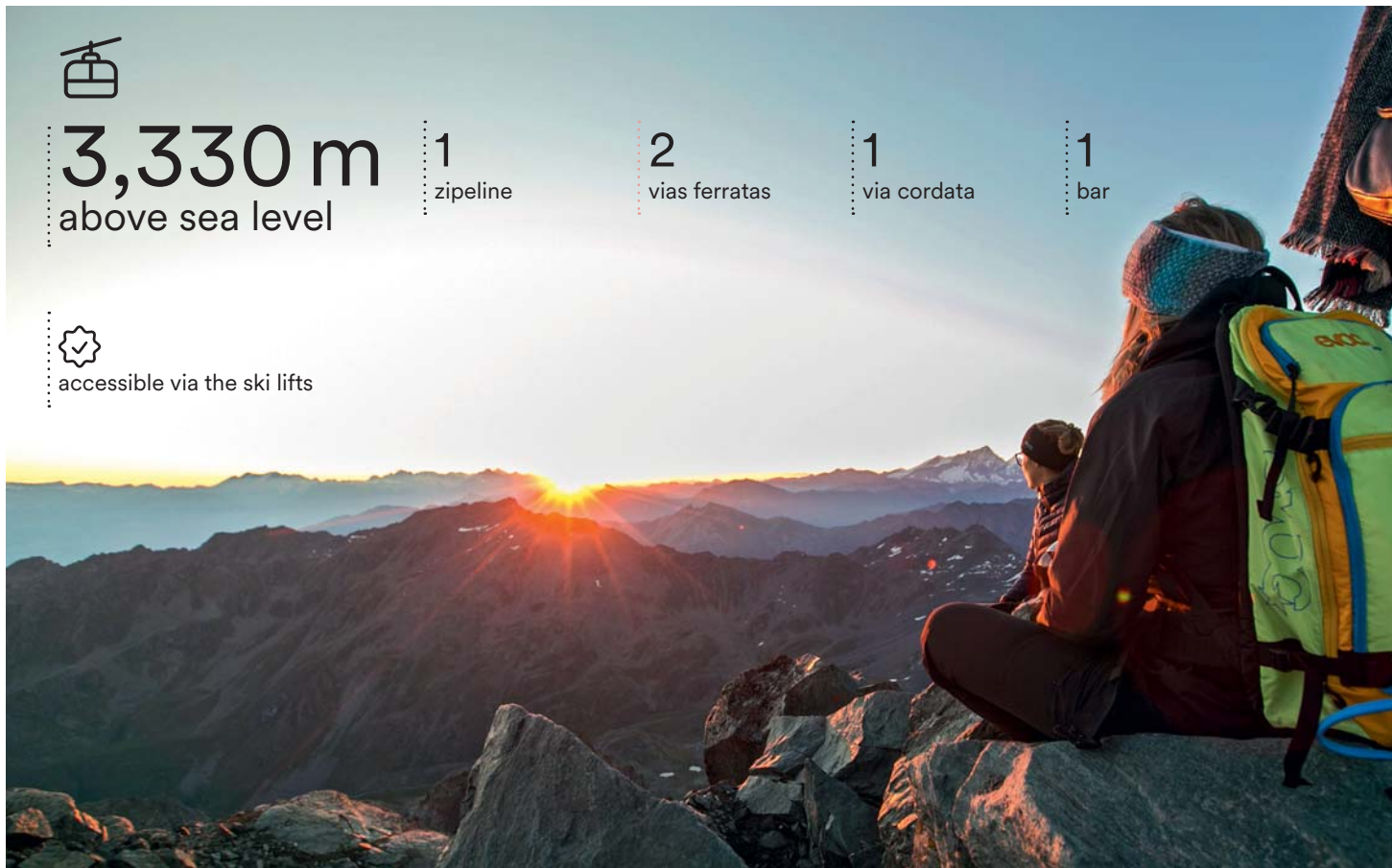
So here we are, on a pleasant loop of about 5 kilometres, punctuated by stops to observe the marmots and to listen to Yvette's very informative explanations. As I hope that you too will be able to enjoy this experience, I don't want to give away too much. She shared loads of very interesting information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



## The Mont-Fort experience



3,330 m  
above sea level

1

zipeline

2

vias ferratas

1

via cordata

1

bar



accessible via the ski lifts

### An incredible panoramic view

In a high mountain setting worthy of a postcard, the 360-degree panoramic view overlooks dozens of mountain peaks, including the most beautiful and illustrious of the Alps such as the Matterhorn, Mont Blanc, the Grand Combin and the Dent d'Hérens. The Mont-Fort is not reserved exclusively to the more physically active, as it can be reached by ski lift from Siviez.



### Our top favourites

#### The highest zipline in the world

With a top speed of more than 100 km/h and a departure at 3,300 m above sea level this zip line is truly unique! Departing from the emblematic Mont-Fort and soaring 1.4 km over a glacier with a drop of 323 metres. Great thrills guaranteed!

#### Sunrise at the Mont-Fort

To witness the first rays of the sun at 3,330 m above sea level is a breathtaking experience that rewards those who are brave enough to get out of bed before dawn.



[www.nendaz.ch/montfort](http://www.nendaz.ch/montfort)  
[www.nendaz.ch/mont4zipline](http://www.nendaz.ch/mont4zipline)  
[www.nendaz.ch/sunrise](http://www.nendaz.ch/sunrise)



# Extensive training opportunities

## A wide choice of itineraries

Everybody can enjoy trail running in Nendaz at their own pace, on easy routes for the uninitiated and on demanding routes for the more experienced. The itineraries, which can be found via the Nendaz Veysonnaz Outdoor application, have varying levels of difficulty, both in terms of length (from 5.9km to 70 km) and in terms of altitude difference (from 472 m to 3,590 m).



### THE EVENT

27.08.22: Nendaz Trail



[www.nendaztrail.ch](http://www.nendaztrail.ch)



14  
itineraries

1  
application

1  
challenge



## A great idea

### Sunset trail running

The activity begins with a guided trail run to the summit of the Dent de Nendaz. Once the summit is reached at 2,462m above sea level, participants can enjoy a delicious fondue while admiring a spectacular sunset over the Alps.

### Dynafit trail running outing

Every Sunday morning in July and August, a guided trail running outing is organized by some of the trail running enthusiasts who designed the Nendaz trails and who are happy to share their advice and useful tips.



## Our top favourite



### The Dent challenge

Who will be the fastest this summer to reach the Dent de Nendaz? The route starts at the edge of the Lac Noir in Tracouet and is relatively short (about 1km) but intense (a 285 m climb). To participate, all you have to do is register your running time on the Strava application. The participant with the fastest time receives a prize, as does one lucky draw winner.



[www.nendaz.ch/trail](http://www.nendaz.ch/trail)

# Get on your (e-)bike!

Riding on mountain trails or along forest paths, going beyond your limits or simply getting away from it all, everything is possible! The development of electric bikes has made our routes, which for the most part are quite steep, accessible to a much larger number of mountain bikers. In addition to this, the ski lifts are equipped to transport bikes, allowing them to reach the summits with little effort if they wish.



## EVENTS

06.08.22: Tour of the resorts  
11-14.08.22: Verbier E-bike Festival by Nendaz  
20.08.22: Grand Raid BCVS



[www.tourdesstations.ch](http://www.tourdesstations.ch)  
[www.verbierbikefestival.com](http://www.verbierbikefestival.com)  
[www.grand-raid-bcvs.ch](http://www.grand-raid-bcvs.ch)



200 km  
of marked tracks

12  
itineraries

3  
family  
itineraries



## A great idea

### Nendaz Ebike Tour

This three-day e-bike tour is available in two versions, one for beginners (60 km/2,453 m ascent) and the other for the more experienced riders (85 km/3,462 m ascent). The more advanced riders can choose to do it on a non-electric mountain bike. Everyone can enjoy exploring the region of Nendaz, Siviez, Iséables and Veyonnaz across breathtaking landscapes. Included in the offer are two nights in the mountains, full board (without drinks), a logbook and a tasting session of local products. Optional extras include e-bike rental, luggage transfer and technical assistance.

from 230.–



## Our top favourite

### Tour of the Mont-Fort

The Tour du Mont-Fort offers the possibility in one day to get close to the highest point of the ski domain while pedaling over rock fields, through pastures and Larch forests and generally exploring the heights of Nendaz, Verbier and La Tzoumaz.



[www.nendaz.ch/MTB](http://www.nendaz.ch/MTB)



# Relaxation and well-being

## Spa des Bisses

Designed on two levels and covering 2,200 m<sup>2</sup>, this space dedicated to water reminds us of the natural and alpine setting of the region, with a bisse running through it. Everything invites you to relax: jacuzzi, outdoor swimming pool, hammam, saunas, salt cave, ice cave, Kneipp course, children's area, flotation pool, counter-current swimming pool, fitness centre, treatment rooms and two private spas.

1  
spa

7  
beauty  
and massage  
salons



## Great ideas

### Zen Altitude

Zen Altitude is the promise of two days of relaxation, self-connection and a return to the essence of nature. Participants share yoga classes, meditation, energy dances, a sensory walk in the forest and a moment of relaxation at the spa.

 from 275.–

### Hiking & Spa

Access throughout the day to the lifts as well as to the Spa des Bisses.

 from 59.–



## Our top favourite

### Forest bathing

Originating from an ancestral Japanese practice, forest bathing is a form of preventive medicine that invites participants to take a contemplative walk, to meditate, and to connect with their true nature. They are open to all. This group activity also offers a time for exchange and creativity. Children accompanied by an adult are welcome.



[www.nendaz.ch/spa](http://www.nendaz.ch/spa)



# Alphorn Capital

In the past it was used to herd cattle and to communicate from one valley to another, but today the alphorn has become an instrument in its own right! A true love story links Nendaz to this instrument.



## THE EVENT

22-24.07.22: Valais Drink Pure Alphorn Festival



[www.nendazcordesalpes.ch/en](http://www.nendazcordesalpes.ch/en)

### Valais Drink Pure Alphorn Festival

The Valais Drink Pure International Alphorn Festival in Nendaz, is:

- an official competition with a unique blind jury approach
- an OFF competition that shows this instrument in a new light thanks to contemporary pieces
- the traditional grand parade
- concerts and folk group performances
- two country dances
- some a massed band gathering gathering over 150 musicians in a picture postcard Alpine setting.

#### In short:

a genuinely festive event dedicated to folklore and traditions.

### A sound that echoes here and beyond

The Nendaz Alphorn group, composed of 14 musicians, performs at numerous events in Nendaz. The quartet, on the other hand, is a true ambassador for Nendaz and regularly promotes the destination both in Switzerland and abroad.



## Our top favourite

### Initiation to the Alphorn

Everyone can learn to play the Alphorn in Nendaz, under the guidance of experienced musicians. There are discovery courses (2 hours) to learn more about its history, its manufacture and to succeed in producing a first sound, two-day introductory courses to play your first notes and five-day advanced courses for more accomplished players.



[www.nendaz.ch/alphorn](http://www.nendaz.ch/alphorn)



# Our local heritage

## In the Déserteur's footsteps

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 homeless man in fear of the police, hiding between Nendaz and the Val d'Hérens, until his death in 1871. A thematic footpath retraces his story along a walk between Haute-Nendaz, Basse-Nendaz and Sacletse.



## The Hérens cow

Hardy and adapted to our climate, the Hérens cows are excellent walkers who are able to move easily in difficult terrain. They fight by instinct to establish a hierarchy within the herd. Every spring, when they go up to the mountain pastures, they fight each other horn to horn. This natural aptitude has given rise to the organization of « combats de reines » which designates the « queen » of the herd.

## Le Nind'Art

Located in the heart of the village of Haute-Nendaz, the Nind'Art is a space dedicated to the culture and heritage of Nendaz. Throughout the year, exhibitions and events are held here.

## Our top favourite

### Escape Life

Amidst some unexpected and unusual places, some of which are usually closed to the public, players, working in teams, solve the riddles. The seven signs of the Apocalypse and the paintings of the Deserter, an emblematic character of Nendaz's history, help them to complete their mission. A fun and original way to explore the old quarters of the village and the hidden treasures of Nendaz.

  
[www.nendaz.ch/heritage](http://www.nendaz.ch/heritage)  
[www.nendaz.ch/escapelife](http://www.nendaz.ch/escapelife)





STORY

## Life on the mountain pastures







”

**The visit is therefore based on his schedule; he shares his daily life with us.**

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 am and has already done almost half a day's work.

After about 30 to 40 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 fulfill, namely the production of

about eight cheeses and 20 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 15 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 30 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 am, 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!



## Gourmet Outings



**35**  
restaurants

**6**  
mountain  
restaurants open  
throughout  
the summer

**1**  
Gault & Millau  
award-winning  
restaurant

### A great idea

#### **Rando'Miam**

This easy hike along the bisse de Chervé leads walkers from Veysonnaz to Siviez with three gourmet breaks (starter, main course and dessert/coffee). Everything is included: the food, the bus transfer from Nendaz to Veysonnaz and then from Siviez to Nendaz as well as the gondola ride up and the chairlift ride down. An e-bike version is also available.

### Our top favourites

#### **Evening walk and raclette** **NEW**

During this original activity, Anita offers you a guided evening walk to explore the beauties of the surrounding nature and a delicious wood-fire raclette in a magical setting in the heart of a larch forest.

#### **Local products**

Two fruits are the stars of the region: the apricot and the raspberry. They are made into jam, syrup, alcohol and other colourful and tasty products! Other specialties such as honey, dried meats and cheese are also made in Nendaz.



[www.nendaz.ch/restaurants](http://www.nendaz.ch/restaurants)



# Amazing colours and delicious flavours

Walks in stunning autumn surroundings. Some places are really worth (re)discovering during the autumn, when nature is glowing in its autumn colours.

### The multi-century old Larch trees of Balavaux

Balavaux is a wooded pasture, located in the region of Iséables, which is home to around 100 cows every summer. This mountain pasture has about 250 Larch trees, some of which have reached the venerable age of 1000 years. These centuries-old trees radiate strength and serenity. Among them is even the largest in Europe, known as the « King of Balavaux », with a circumference of 11.8 metres. The best season to relax among the Larch trees is undoubtedly autumn. Indeed, before losing all its needles in winter, this coniferous tree glows with a thousand golden and orange hues in October. An itinerary departing from the top of Tracouet (gondola open every day until the 30th of October) leads hikers to Balavaux before taking the Saxon bisse which leads to the peaceful Pra da Dzeu clearing and then returning to the resort.

### The bisse de Chervé and the Cleuson Dam

The Bisse de Chervé is the highest of the Bisses in the region, with a route entirely over 2,200 metres above sea level. Although the water no longer flows there, some buildings still bear witness to the titanic work carried out to dig this canal linking Cleuson to the Thyon mountain pastures, the construction of which was intended to allow irrigation. Suggestion : take the chairlift from Siviez to Combatseline (open in autumn from Thursday to Sunday), then follow the bisse de Chervé towards the Cleuson dam, where you can enjoy a breathtaking view. Located at 2,187 metres above sea level, its wall stands in the middle of a stunning Alpine setting. Its lake has an exceptional turquoise colour due to the refraction of light on the silts.



## AUTUMN



### Our top favourite

#### Autumn flavours

Autumn also brings its share of culinary treats, with two specialities making their appearance on the menus of many restaurants in the region:

- Game: tasty game meat with its traditional accompaniment such as spätzlis, red cabbage, apples with cranberry jam, pears cooked in wine, caramelized chestnuts...
- The brisolée: a traditional dish from the Valais consisting of roasted sweet chestnuts accompanied by local dried meats and mountain pasture cheeses, rye bread spread with butter, as well as local fresh fruit (grapes, apples and pears) and a glass of white wine.





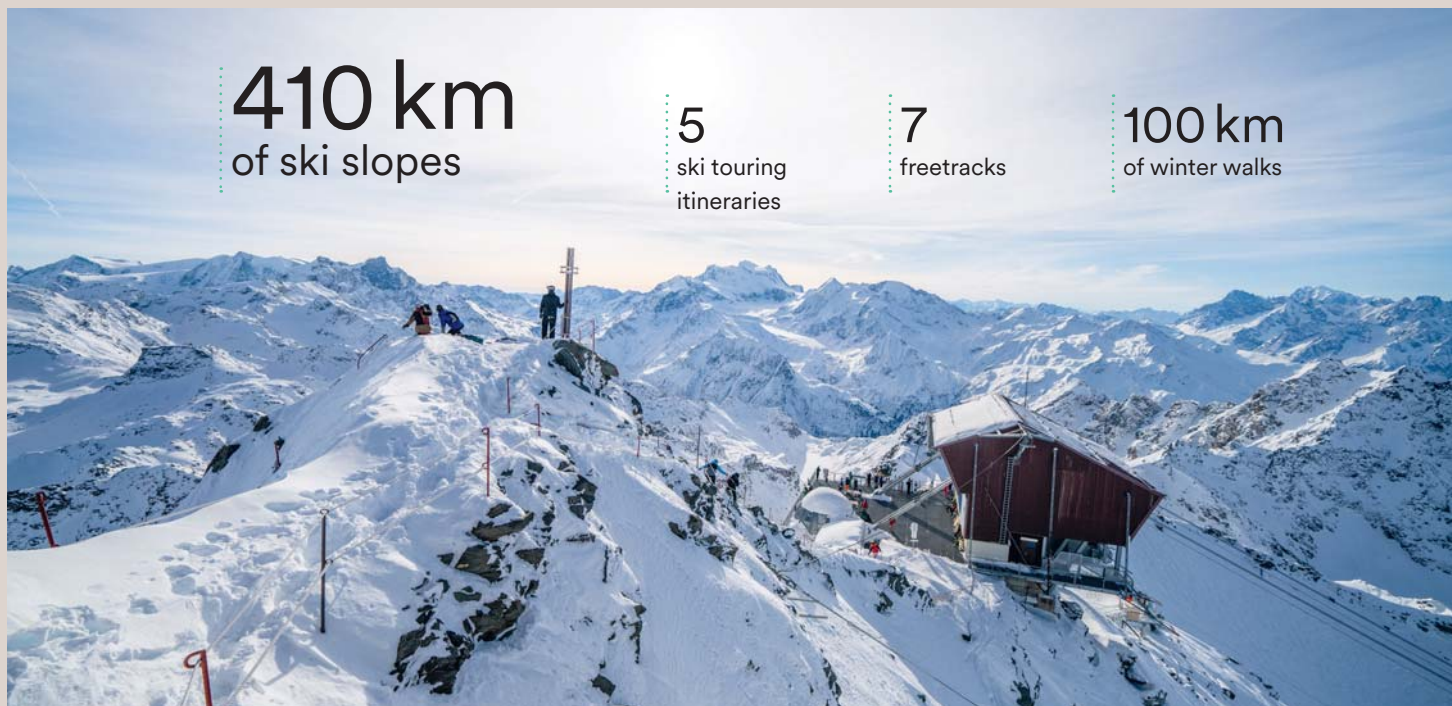
# Nendaz under a blanket of snow

**410 km**  
of ski slopes

**5**  
ski touring  
itineraries

**7**  
freetracks

**100 km**  
of winter walks



**2**  
cross-country  
skiing tracks

**7**  
snowshoe hikes

**3**  
snow gardens

**2**  
sledging lopes

**2**  
treasure hunts

**1**  
ice-rink

## The largest ski domain in Switzerland

Nendaz is located in the heart of one of the largest ski areas in Europe, the 4 Vallées. Over 400 km of slopes situated between 1,300 and 3,330 metres above sea level await snow sports enthusiasts. Good snow conditions are guaranteed from December to April.

## Mad Mount Hotel **NEW**

A new 3\*SUP lifestyle hotel with 28 rooms and 116 beds is to be inaugurated during the winter. It is strategically located near the gondola departure station in Haute-Nendaz. Both in summer and in winter, it will be a place where guests can recharge their batteries after a day of sport in the mountains. The hotel features a restaurant, a bar, a terrace and a spa reserved for guests. Combining comfort, modernity, ecology and harmony with nature, it also provides charging stations for mountain bikes and electric cars, ski lockers and a bike storage area.



## A great idea

### Ski Touring Initiation

This all-inclusive offer with equipment rental (touring skis and boots) combined with an instructor at the Movement track in Tortin is specially designed for anyone over 16 years who wishes to try ski touring for the first time.



[www.nendaz.ch/ski](http://www.nendaz.ch/ski)  
[www.nendaz.ch/osezleskiderando](http://www.nendaz.ch/osezleskiderando)

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## Summer press trip à la carte

We look forward to welcoming you and preparing a personalized stay based on the themes of your choice. Here are some examples to inspire you:

- The bisses, walks along the water's edge in the footsteps of our ancestors
- Nendaz Trekking: hiking in the heart of the mountains from cabin to cabin
- Mountain bike tour of the Mont-Fort
- A thrilling experience on the Mont-Fort at 3,330 m above sea level (zipline, via ferrata, via cordata)
- Back to tradition with a visit to the water mill and the historical quarters of the village, a local produce tasting session, an initiation to the Alphorn, etc.
- Initiation to trail running accompanied by local trail running enthusiasts.

## Find us online

- [www.nendaz.ch](http://www.nendaz.ch)
- [www.facebook.com/Nendaz.ch](https://www.facebook.com/Nendaz.ch)
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