

Nendaz and I

Press kit

Summer 2023


NENDAZ
4 VALLÉES 

Nendaz & I

December 1986. I am only a few days old when Nendaz welcomes me home for the first time. April 2023. I write this editorial while looking out over a picture-perfect panoramic view that I am blessed with every day from the living room of my home in Basse-Nendaz. Between these two dates, 37 years have gone by.

In Nendaz, I took my first step, uttered my first words, learnt to read and to write. I built my first treehouse and got up to my first mischief. I discovered all the joys of riding a bike, of skiing, of ice skating as well as playing football. I made my first friends and met the love of my life. I have almost always been perfectly happy here, but I have, sometimes, also cried with sadness or rage. Over time, Nendaz has seen me grow up, achieve personal and social development and, finally, become the man that I am today.

Today, the fact is that, in Nendaz, I am delighted to live here, feel honoured to work here, am lucky to regularly meet up with my best friends here and enjoy the immeasurable gratitude, with my wife, to be able to raise our children here in the best setting possible. I love spending time here and enjoying the emotions that this beautiful and generous community inspires in me. From the thrill of a ski descent to the peacefulness of a walk along a bisse. From the breathtaking beauty of the sunrise over the Bernese Alps to the effort needed to climb to the top of the Dent de Nendaz. From the sheer rapture of the stunning panoramic views from Mont-Fort to the pleasure of seeing my children having fun on a play area, a trampoline or a pumptrack.

37 years during which an everlasting and undying bond has been created between Nendaz and me.

I am proud to call myself ‘nendard’ and delighted to be actively involved in promoting this holiday destination around the world. An active, mountain-based, family-friendly and authentic destination where diversity is king and where adventures never end.

To you dear guests, dear media or dear «whoever you may be» staying with us, I invite you to discover and explore our beautiful region, heart of the 4 vallées and bisse country, to experience Nendaz on your own or with your family and friends and to forge, as I have, a strong and unique bond between Nendaz and you.

With us, you are always at home away from home. Welcome to Nendaz!

Baptiste Constantin,
Director of Nendaz Tourisme

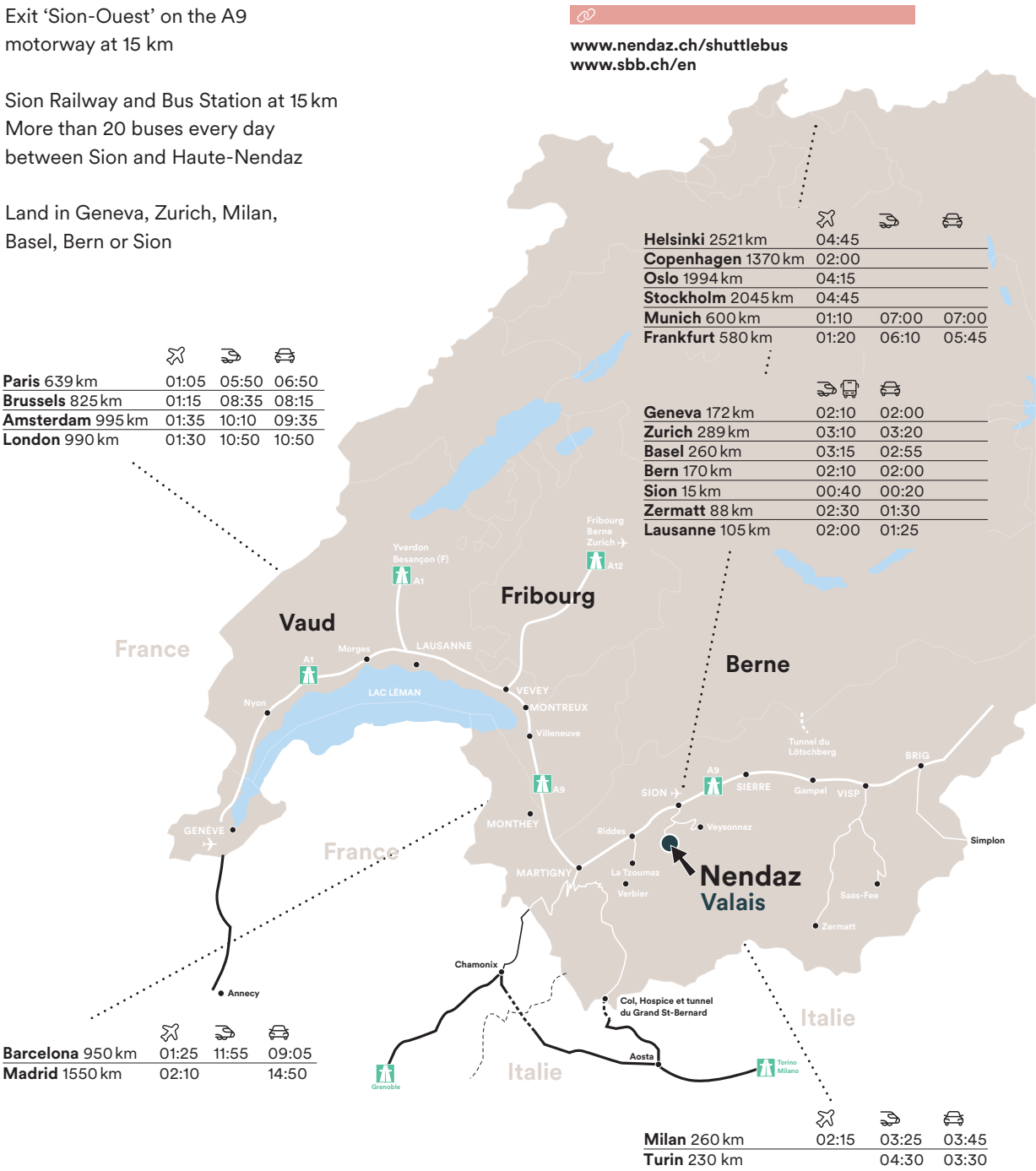


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ACCESS

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



SOME KEY FIGURES

In short, Nendaz is...

- A municipality with
- A territory of 85.9 km² between 492 and 3,336 metres above sea level
 - 17 villages
 - A holiday resort, Haute-Nendaz, of 22,830 beds
 - A population of 6,840 inhabitants over the whole municipality
 - A population of over 2,000 habitants all-year-round in Haute-Nendaz.

Holiday accommodation

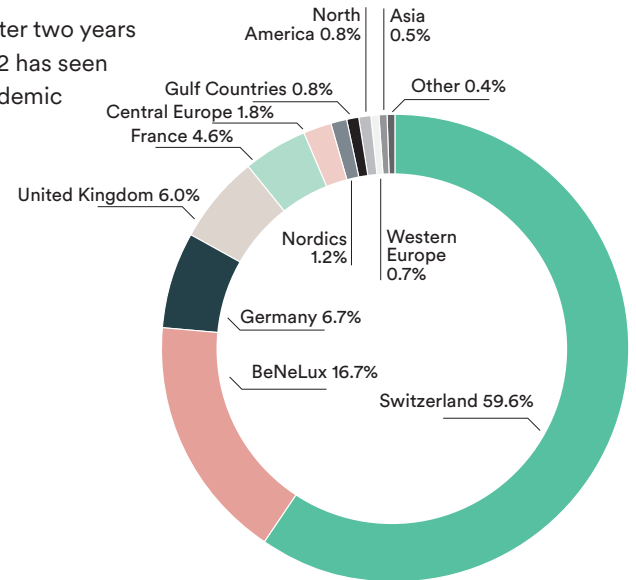
- Hotels and guest houses: 307 beds
- Group accommodation: 440 beds
- Holiday apartments and chalets: 22,000 beds (of which 6,000 are rented)
- Mountain cabins: 65 beds
- B&B: 90 beds.

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*

- +10.1% of commercial overnight stays. After two years seriously impacted by the Covid-19, 2022 has seen a faster than expected return to pre-pandemic levels concerning overnight stays.
- Top-6 months which generated over-night stays:
 - 1) February
 - 2) January
 - 3) March
 - 4) December
 - 5) July
 - 6) August
- 66% in winter, 26% in summer and 8% in autumn.



Where our guests come from (commercial overnight stays)*

Guests having generated commercial overnight stays in Nendaz came in 2022 from 62 different countries. 94% of these commercial overnight stays were, however, generated by the five priority markets in Nendaz Tourisme's marketing strategy, i.e. Switzerland, BeNeLux, Germany, the UK and France.

* For the tourist year from 01.11.21 to 31.10.22

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.



Our top favourite

Mad Mount Hotel **NEW**

This new hotel located in the heart of the resort at a stone's throw away from the gondola opened its doors this winter and is now looking forward to its first summer season. It is an excellent departure point for hikers and mountain bikers and offers a holistic experience with a re-energizing spa, a delicious MADly restaurant and a bar with terrace.





STORY
Nendaz Trekking

”

But it was so worth it. When I arrived at the top of Mont-Rouge, I had tears in my eyes as it was so breathtakingly beautiful.

22-year-old Rita enjoys spending time in the mountains and really appreciates the peace and quiet. She, therefore, allowed herself to be tempted by the adventure of the short version of ‘Nendaz Trekking’ to explore the region in a different way and at her own pace. Convincing her boyfriend to join her took no time at all: he also enjoys natural surroundings, so he didn’t hesitate a single moment at the prospect of three days away from it all. Both him and Rita are used to walking, but usually on short hikes, never more than 4 hours and with little variation in altitude. So, it was also an opportunity to set a small chal-

lenge together. Indeed, the ‘Petit Nendaz Trekking’, is a tour in the summits of about 40 kilometres over three days with two overnight mountain cabin stays and roughly 4,5 to 5 hours walking per day.

On the first day, the young couple set off uphill towards Thyon departing from Veysonnaz very motivated and at a good pace. It is possible to shorten the itinerary by taking the gondola. But Rita and her companion didn’t want to do so: they were eager to follow this challenge in its entirety!

The young woman doesn’t try to hide the fact that, the second day was a little more difficult: again the day begins with an uphill passage: «We took longer than intended and it was a little difficult. But it was so worth it. When I arrived at the top of Mont-Rouge, I had tears in my eyes as it was so breathtakingly beautiful.» The passage along the bisse de Chervé and the turquoise water of the Cleuson dam also amazed her. And the third day, the itinerary was less demanding with a wonderful walk through the forest along the bisse de Saxon. Rita points out that she loves animals. Even if she hadn’t mentioned this, it would be easy to guess: throughout her account, she often comes enthusiastically back to the various encounters she enjoyed with the local fauna: squirrels along the first big climb, marmots which she spotted in the morning and at the end the day, the cows in front of the Es-sertze mountain cabin which made this place even more magical and then, on the last day, the cherry on the cake, some fawns observed in the forest.

🔍 Three questions to Rita

What did you enjoy the most during this experience?

Stopping just a moment to enjoy and listen to true silence. We often said to each other «shhh». I was shocked when I came back to town; I realized that even in my home, there is always some kind of noise. It was also pleasant to completely disconnect, to only use our phones to take photos or videos.

What surprised you most?

I was expecting to see nice views, I had seen a few photos before setting out. But I was, nevertheless surprised by their beauty; it is even more amazing in real life! I was also pleasantly surprised by the number of animal encounters we made along the way.

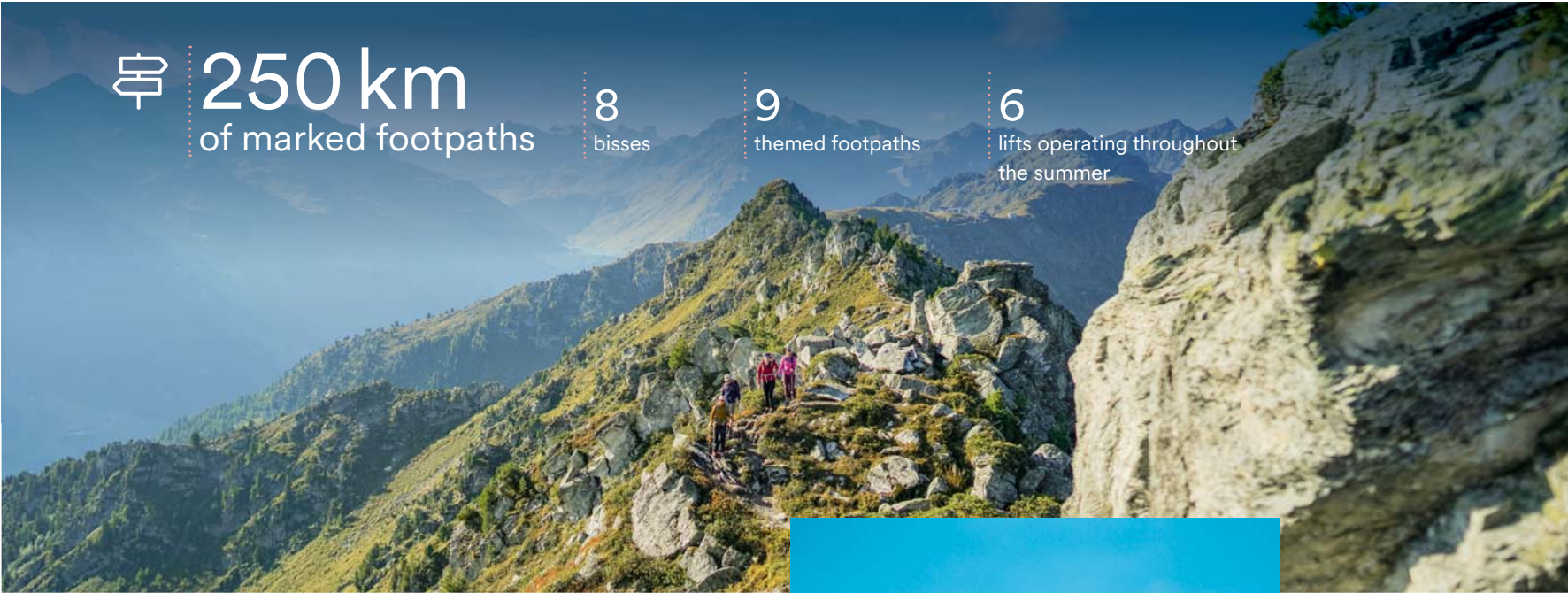
Would you recommend the short version of ‘Nendaz trekking’ to friends?

Yes, of course, without hesitation! I did, in fact, send lots of photos to my brother to encourage him to want to do the same. And with my boyfriend, we have promised ourselves to go walking in the mountains more often so that we can repeat an adventure like this and that next time it would be physically a little easier.



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».



Our top favourites

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, a shuttle bus transfer, a 1:25,000 topographical map of the 4 Vallées per tour and a route logbook.

from 30th June to 9th September

from 180.–

Dare to climb Rosablanche
Set off to climb the highest mountain in Nendaz: Rosa-blanche, which stands at an impressive 3,336 m above sea level. Our package includes equipment hire, one half-board overnight stay in a mountain cabin and the accompaniment of a mountain guide.

Dates July: 15-16/19-20/26-27
August: 9-10/16-17/26-27

from 359.–

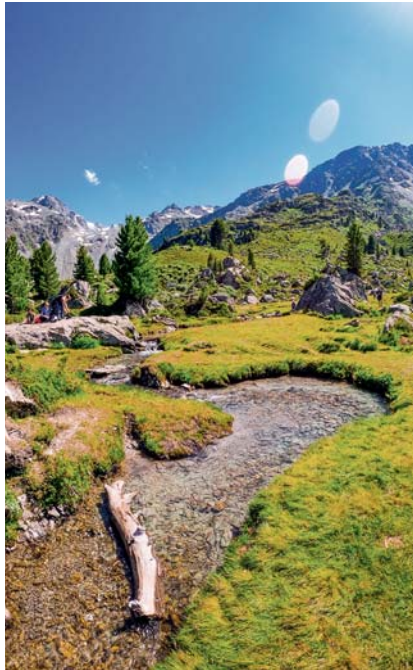


A great idea

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. It is valid throughout the summer, so the holder can choose which dates to use it.

from 79.–

To the most beautiful scenery



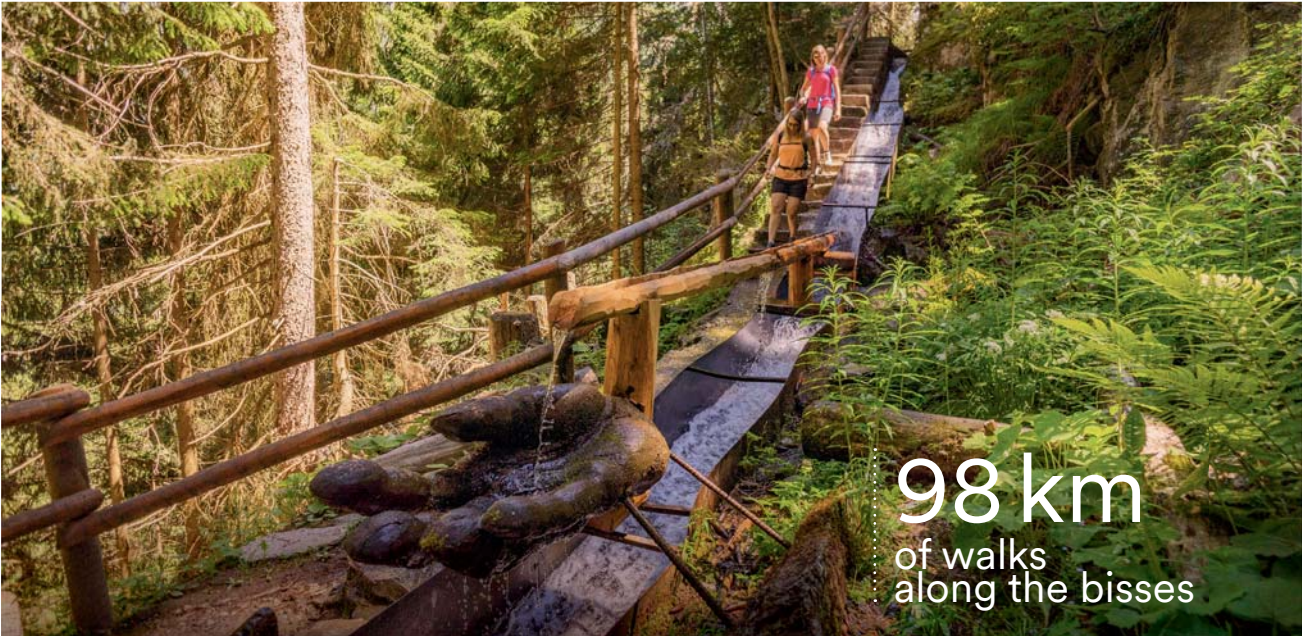
Cleuson Dam and Grand Désert Lake
From the Cleuson dam, which alone is worth the visit with its stunning turquoise water, experienced hikers continue their trek to the Grand Désert lake at 2,600 metres above sea level. Here the vegetation becomes more and more scarce as the landscape gradually changes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

www.nendaz.ch/hiking
www.nendaz.ch/mountainlifts
www.passaltitude.ch
www.nendaz.ch/trekking
www.nendaz.ch/landscapes

Bisse country



Great ideas

Bisses Delights
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.

from 18th May to 29 October

from 49.–

Bisses Shuttle bus
This shuttle bus transports hikers to Veysonnaz, a neighbouring resort, opening new possibilities for walks such as the return to Nendaz via the bisses.

A testimony to our history

Nendaz boasts eight bisses, which represent a unique network of 98km. 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.

www.nendaz.ch/bisses
www.nendaz.ch/bissesdelights
www.nendaz.ch/shuttlebus

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
- 2 tennis courts



- 8 picnic places
- 6 play areas
- 1 outdoor swimming pool
- 1 children's zone at the Spa des Bisses
- 1 pumptrack
- 2 climbing towers

Activities

- **CHEESY'S** workshops
- Waking up the marmots
- Climbing the tower
- Archery
- Pony rides
- An Initiation to circus skills
- Biscuit making
- Kickboard (mountain scooter) descent
- Life on the mountain pastures
- Visit to the Cleuson Dam
- Night of stars
- Initiation to basketball
- 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
- Push-chair rentals
- Visitors' games library: it lends games for free, on request at Nendaz Tourisme.

✓ A great idea

CHEESY'S passport
CHEESY'S passport is offered to all children between the ages of 3 and 10 years staying in Nendaz between the 1st of July to the 3rd of September 2023. The distribution of these passports is carried out by accommodation providers. It gives the holder the possibility to enjoy various advantages, such as a free entry to the swimming pool, a free activity, a postcard, etc.



♥ Our top favourites

CHEESY'S village
Children are invited to the centre of the resort to run, climb and jump. **CHEESY** is preparing a village for them with short treetop adventure courses, bouncy castles, trampolines, clowns, mini-discos and concerts.

📅 from 15th July to 15th August

Treasure hunts
With their adventure logbook, which can be collected from Nendaz Tourisme 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/family
www.nendaz.ch/cheesy
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.

♥ Our top favourite

Sculpture path NEW
This themed walk has been re-vamped with new wooden sculptures representing creatures from local legends. Have you heard about the devil of Sofleu or the vouivre of Louvie? QR-codes placed on each character allows hikers to read all about their story.

www.nendaz.ch/thematicpaths





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: 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!

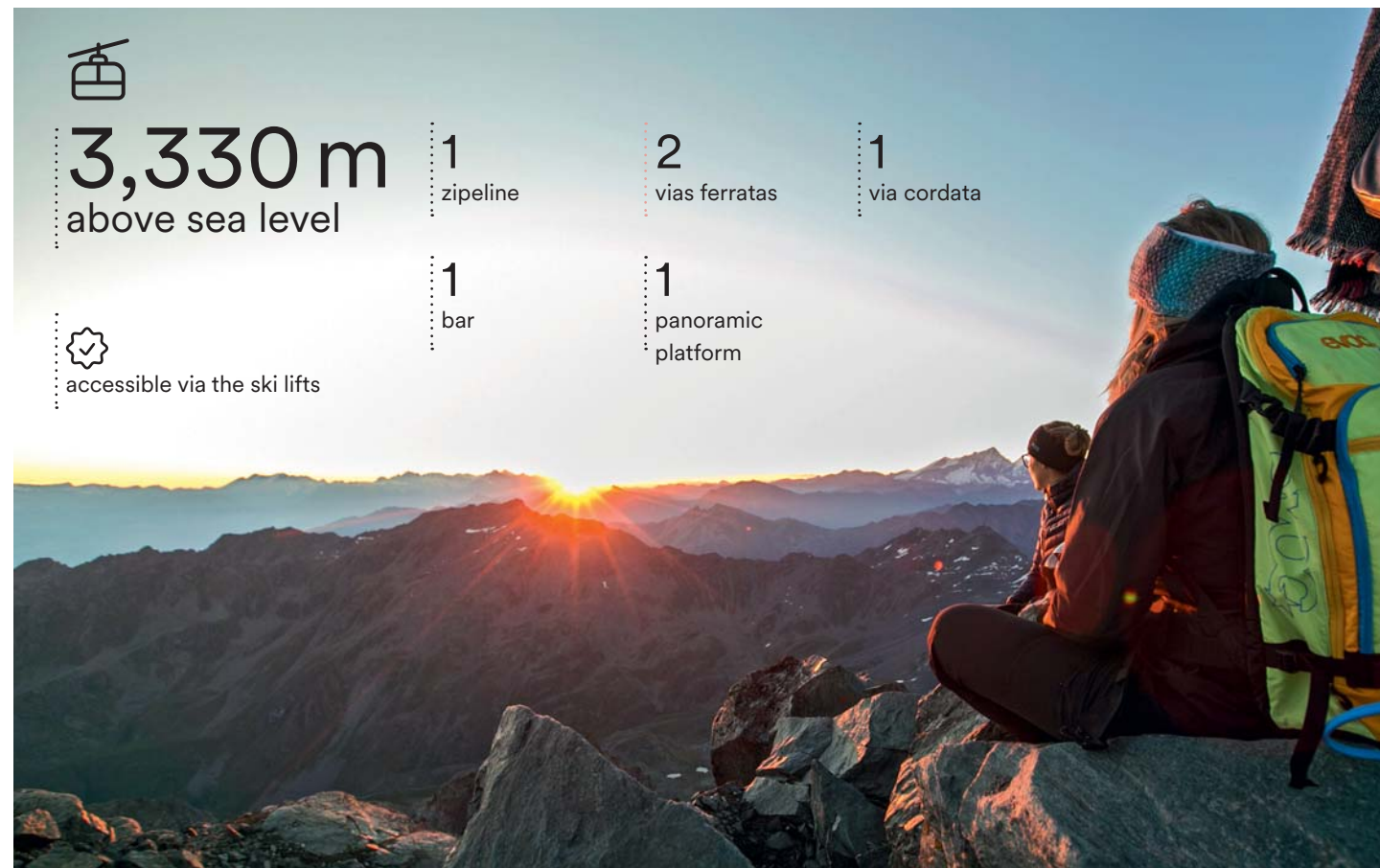
The walk ends on the banks of the black lake at Tracouet. An information post presents the amphibians living here. But seeing is much more fun than reading: what could be more fun than watching tadpoles swimming in the pond and trying to spot a newt!

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.



The Mont-Fort experience



Panoramic platform **NEW**

In a high mountain setting, the 360 degrees panoramic view opens out over several dozens of summits, among which are the most beautiful and amazing summits in the Alps such as the Matterhorn, Mont-Blanc, Grand Combin and Dent d'Hérens. A panoramic platform was inaugurated on the summit of Mont-Fort during winter 2023 so that everyone can safely enjoy this extraordinary view throughout both summer and winter.

Our top favourites

The highest zipline in the world

With a top speed of more than 100 km/h and a departure at 3,330 m above sea level this zipline 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
www.nendaz.ch/mont4zipline
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 5.9 km to 70 km) and in terms of altitude difference (from 472 m to 3,590 m).



18
itineraries

1
application

1
challenge

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 Traouet and is relatively short (about 1 km) 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.



EVENTS 26.08.23: NENDAZ TRAIL

Nendaz Trail's objective is to allow runners to explore the many footpaths in our beautiful region and to offer a variety of routes so that everyone can find a challenge at their level. New in 2023 for its 10th edition: a relay race on the 30 km course.

03.09.23: TROPHÉE DE LA RELIGIEUSE **NEW**

This race can be completed either in «Trail running» mode or in «Walk and Paraglide» mode. It is meant to be fun, with tasting sessions along the way for participants and spectators, as well as a solidarity event, since all profits are donated to an association.



www.nendaztrail.ch
www.la-religieuse.ch
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

05.08.23: Tour of the resorts
10-13.08.23: Verbier E-bike Festival by Nendaz
19.08.23: Grand Raid BCVS

www.tourdesstations.ch
www.verbierbikefestival.com
www.grand-raïd-bcvs.ch



200 km
of marked tracks

12
itineraries

3
family
itineraries



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.



Great ideas

Gourmet E-bike ride

This special women-only package, gives participants the opportunity to explore Nendaz, its heritage and its region, by bike. Guided by a mid-mountain guide, the participants can sample the local flavours of the region along the way, through various tasting sessions.



26th May/16th June/28th July/
25th August/22nd September/6th October



from 155.–

Nendaz E-bike Tour

This package invites mountain bikers, with or without electric assistance, to embark on a 2-day tour in the heart of the mountains. Included in the price: 1 night in the mountains, full board and a tasting session of local products. Optional: E-bike rental, luggage transport and technical assistance. Two routes to choose from: discovery (35 km and a variation in altitude of 1,395 m) or adventure (50 km and a variation in altitude of 2,011 m).



10th June to 14th October



from 125.–

www.nendaz.ch/MTB
www.nendaz.ch/ebiketour

Relaxation and well-being

Spa des Bisses

Designed on two levels and covering 2,200 m², 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



A great idea

Zen Altitude

Zen Altitude is the promise of two days of relaxation, self-connection and a return to the essence of nature. The package includes one night at the MAD Mount Hotel with access to the spa, full board (drinks included), yoga classes, meditation sessions and chakras dance as well as a forest walk to awaken one's senses.



24th-25th June
8th-9th July
2nd-3rd September
14th-15th October



from 300.–


www.nendaz.ch/spa
www.nendaz.ch/zenaltitude



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**
21-23.07.2023: Festival international de cors des alpes

 www.nendazcordesalpes.ch

International Alphorn Festival

The 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 thank to contemporary pieces
- the traditional grand parade
- concerts and folk group performances
- two country dances
- a massed band 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
www.nendazcordesalpes.ch

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 EVENT** NEW
20.08.23: The Queen of the 4 Vallées
Fun festivities and cow fighting to celebrate the 100th anniversary of the cowsheds located on the Tortin plaine.



The Herens 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
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.

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

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.

24th June to 20th August

from 55.-

Our top favourite

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.



6
mountain
restaurants open
throughout
the summer

1
Gault & Millau
award-winning
restaurant

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 29th 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. Located at 2,187 metres above sea level, the wall of the Cleuson dam 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 specialties 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.



www.nendaz.ch/autumn

WINTER

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 slopes

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.



Great ideas

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.

Dine on top

No need to ski to be able to enjoy the summits. The special package «Dine on top» combine a round gondola/chairlift trip and a meal in one of the mountain restaurant.



www.nendaz.ch/ski
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.

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