

Nendaz and I

Press kit

Summer 2024


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









www.nendaz.ch/shuttlebus
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

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



A great idea

Shuttle buses

The shuttle buses (only on reservation) are organized to quickly and easily access numerous walks in the heart of the surrounding nature. One runs between Haute-Nendaz and Veysonnaz from the 9th of May to the 26th of October (everyday throughout the high season; Tuesdays, Thursdays and Saturdays between seasons). Another shuttle bus runs between Haute-Nendaz and Siviez on the weekend from the 8th of June to the 16th of June as well as from Thursday to Sunday from the 3rd to the 27th of October, the CarPostal ensuring this service throughout the high summer season.

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 18,807 beds
- A population of 7,012 inhabitants over the whole municipality
- A population of over 2,000 habitants all-year-round in Haute-Nendaz.

Holiday accommodation

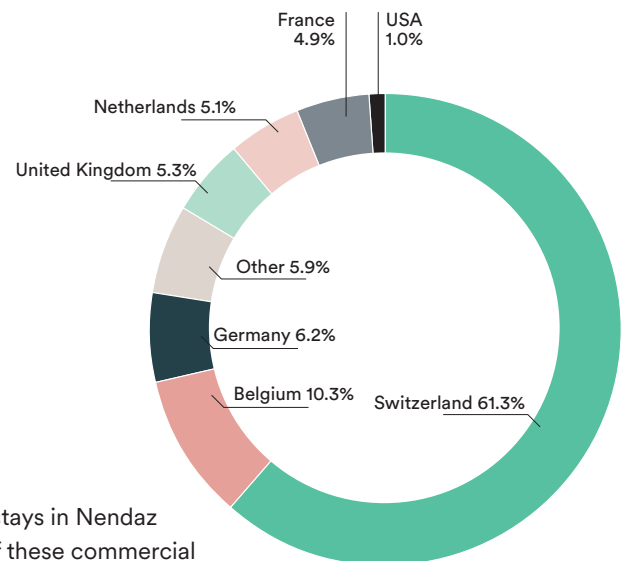
- Hotels and guest houses: 372 beds
- Group accommodation: 320 beds
- Holiday apartments and chalets: 18,000 beds (of which 4,000 are rented)
- Mountain cabins: 25 beds
- B&B: 90 beds.

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*

- Top-6 months which generated overnight stays:
 - 1) February
 - 2) December
 - 3) January
 - 4) July
 - 5) March
 - 6) August
- 64% in winter, 27% in summer and 9% in autumn.



Where our guests come from (commercial overnight stays)*

Guests having generated commercial overnight stays in Nendaz came in 2023 from 73 different countries. 93% 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 01.11.22 to 31.10.23





STORY

Nendaz Trekking





 www.nendaz.ch/trekking

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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.

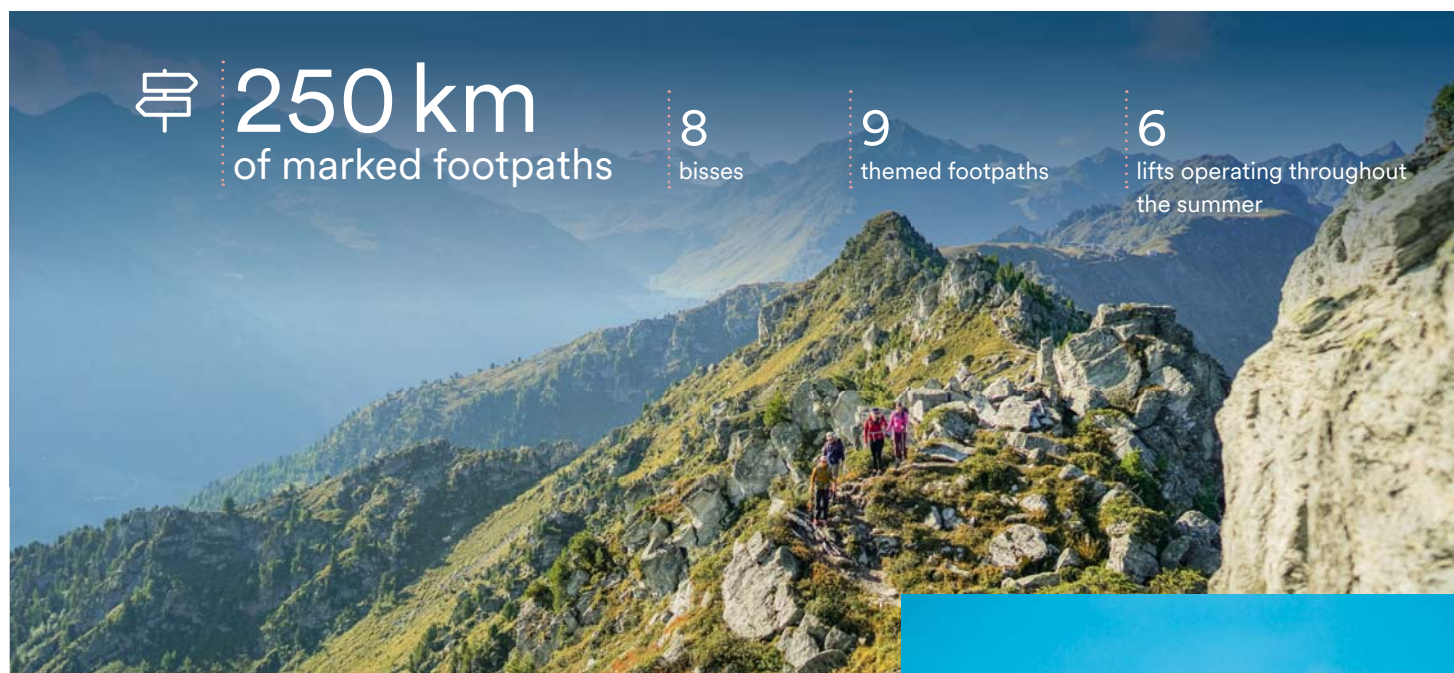
Would you recommend the short version of ‘Nendaz trekking’ to friends?

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.

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».



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 and a route logbook.



from 29th June to 7th September



from 180.—

Dare to climb Rosablanc

Set off to climb the highest mountain in Nendaz: Rosa-blanc, which stands at an impressive 3,336m 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: 11-12/28-29
August: 8-9/17-18/21-22



from 363.—



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.



29th June to 27th October



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.

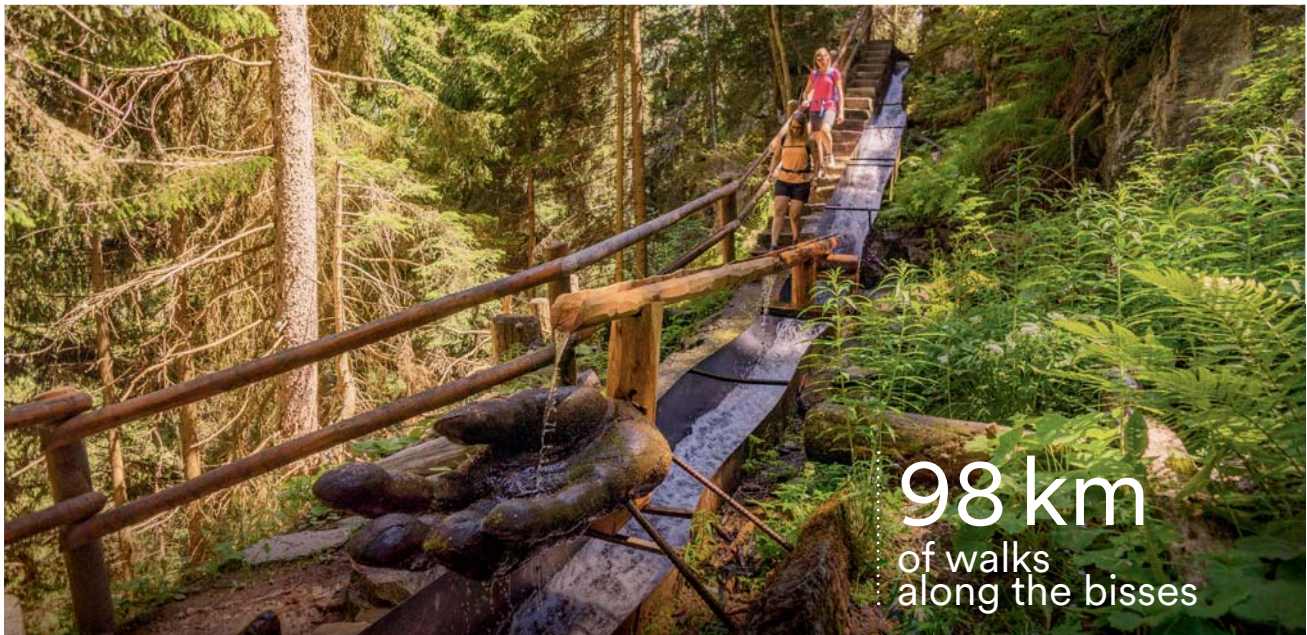
The Jardin Japonais (Japanese Gardens)

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
www.nendaz.ch/rosablanc

In the land of the bisses



98 km
of walks
along the bisses



Great ideas

Bisses Delights

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



from 9th May to 26 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 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.



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

FAMILIES

👨👩👧👦 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 pushchairs

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
- Life of the marmots
- Climbing the towers
- Archery
- Introduction to circus arts
- Biscuits by little chefs
- Kickboard (mountain scooter) descent
- Life on the mountain pastures
- Visit to the Cleuson Dam
- Welcome drink and Alphorn entertainment **NEW**
- Mushroom discovery hike **NEW**
- Raclette on the pasture **NEW**

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
- Pushchair rentals
- Visitors' games library: it lends games for free, on request at Nendaz Tourisme.

FAMILIES

Best Family Deal **NEW**

From 3 family nights in Nendaz, the children receive their 3-day Pass Altitude for only 10 francs! They then have unlimited access to the lifts in Nendaz for 3 whole days and can enjoy numerous free activities!

 from 29th June to 27th October

 10.–



Our top favourites

Cheesy's village

Children are invited to the centre of the resort to have fun, climb and jump. Cheesy is setting up a village for them with a treetop adventure course, climbing wall, bouncy castle, trampolines, clown and mini-disco.

 from 13th July to 18th August

 1 day 10.–/3 days 25.–/6 days 50.–

Treasure hunts

With their adventure logbook, which can be collected from Nendaz Tourisme or downloaded online, 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
www.nendaz.ch/bestfamilydeal

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:

- 1 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!
- 2 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.
- 3 The **sculptures path**: do you know of the devil of Sofleu or the wyvern of Louvie ? All along this footpath, you can meet wooden sculptures representing creatures from our local legends. QR codes placed on each one allow walkers to read their story.



Our top favourite

The Hérens cow path

How is cheese made? Why do cows wear bells? And why do Hérens cows fight? This fun and educational 4-kilometre footpath (downhill) answers these and many other questions via six child-friendly games.



www.nendaz.ch/sentiersthematiques



STORY

Life of the marmots





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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!



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!

The Mont-Fort experience



3,330 m
above sea level

1

zipline

2

vias ferratas

1

via cordata



accessible via the ski lifts

1

bar

1

panoramic
platform

Panoramic platform

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 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
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 Tra-couet 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.



THE EVENT 31.08.24: INALPE DYNAFIT 2.0 TRAIL NEW

Three courses to discover the wonders of the Nendaz region, with Rosablanche as the crowning glory for the more advanced trail runners. A legendary trail running itinerary for the bolder runners and a fun one for those in search of absolute pleasure.



summer.inalpe2-0.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

24.08.24: Grand Raid BCVS

31.08.24: Tour of the resorts

www.tourdesstations.ch
www.grand-raid-bcvs.ch

200 km
of marked tracks

12
itineraries

3
family
itineraries



A great idea

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.



Notre bon plan

Nendaz E-bike Tour

This special offer invites mountain bikers, with or without electric assistance, to embark on a two-day tour in the heart of the mountains. Included: 1 over-night stay in a mountain cabin, a welcome drink, half-board excluding drinks, a picnic on the second day. There is a choice of two routes, one very accessible to discover the region, the other a little more adventurous to push hikers to their limits.



from 21th June to 7th September



from 99.–



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

1
fitness

7
beauty
and massage
salons



Our top favourite

Mad Retreat Hotel **NEW**

Hotel resort consisting of 45 rooms spread over 25 little chalets which have been inspired by the local traditional architecture; all bookings include vegetarian meals, access to the spa and to a range of well-being activities (meditation, yoga, etc.)

- opening planned in summer 2024
- for guests aged 14 and over only



www.nendaz.ch/spa
www.madretreat.ch



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

27-28.07.24: International Alphorn Festival



www.nendaz.ch/alphorn
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 thanks to contemporary pieces
- the traditional grand parade
- concerts and folk group performances
- two country dances
- a massed band gathering over 150 musicians.

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

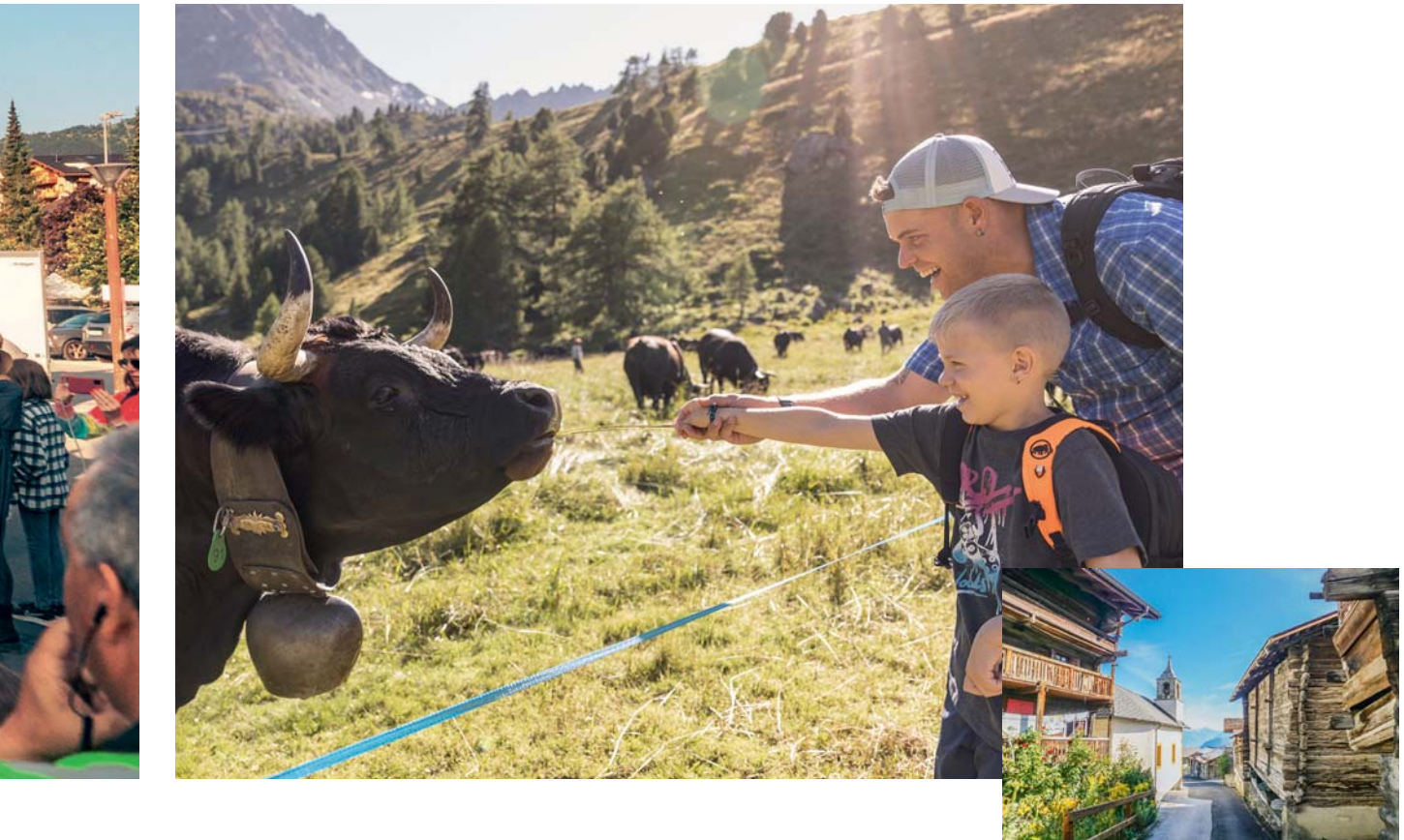
Initiation to the Alphorn

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.

Our local heritage

In the Déserteur's footsteps

Charles-Frédéric Brun, nicknamed the «Deserter», 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.



Our top favourite

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 Nînd'Art

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

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/escapelifelife



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.

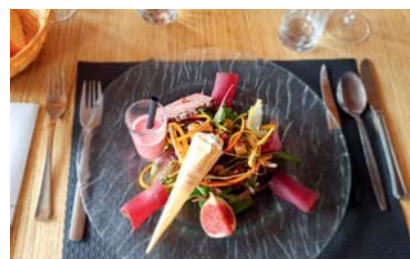
When we arrive, he is busy curdling the milk: using an instrument called a curd slice, he cuts the milk which has been transformed into curd beforehand, into firm cubes which will later be formed into cheese. This operation takes about 15 minutes. This is then stirred and heated gradually to 39° in 35 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



Around **30**
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.

 from 29th June to 25th 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.



www.nendaz.ch/restaurants

www.nendaz.ch/randomiam

Amazing colours and delicious flavours

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

Opening of the Tortin chairlift until the 27th of October*

During the autumn, hikers can use the Tortin chairlift allowing easy access to various easy mountain itineraries such as:

- Le **Jardin Japonais** (the Japanese Gardens) (45 minutes walk) : A peaceful haven that alters its appearance with every season;
- The **Cleuson Dam** (1h walk) : located at 2'187 metres above sea level, the Cleuson dam stands surrounded by stunning Alpine scenery. Its water has an exceptional shade of turquoise due to the refraction of the sunlight on the silts;
- The **Hérens Cow Path** (1h15 walk) : a family outing during which young hikers enjoy themselves while discovering the secrets of the Hérens cow.

* every day from the 29th of June to the 1st of September, weekends from the 7th to the 15th of September, Monday the 16th of September, every day from the 23rd of September to the 27th of October



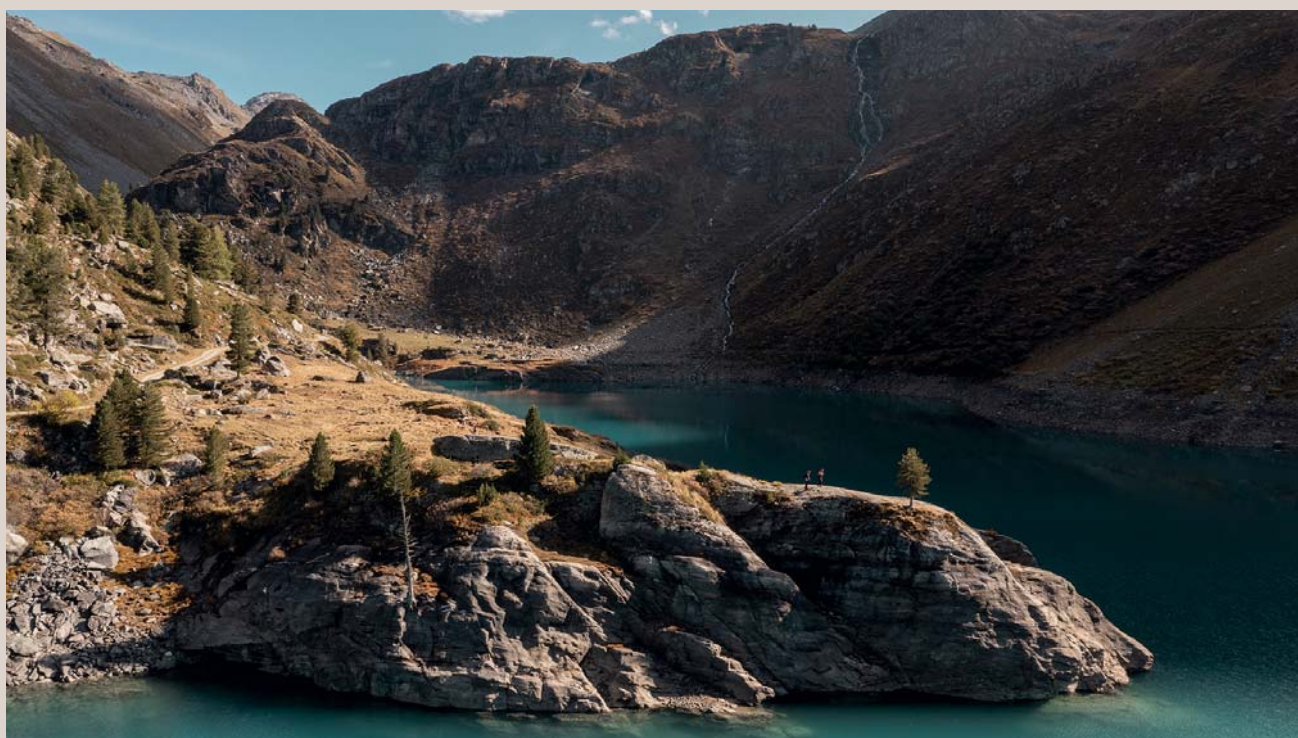
Our top favourite

Mushroom hunting hike

In autumn, it's tempting to pick the mushrooms you come across in the forest. But how do we know which ones are safe to eat? With this 2.5 hour guided tour, participants discover the secrets behind recognizing edible mushrooms.



22nd of August/22nd of September
19th of October



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.



A great deal

Autumn break

This offer proposes an autumn break combining nature and relaxation. It included two overnight stays in a hotel, a round trip on the Combatzeline or Tordin chairlift and a voucher for a meal in one of the mountain restaurants. It's the perfect opportunity to explore the surrounding countryside dressed in its warm while passing a great time around the table enjoying local seasonal specialities.



1st Septembre to 27th October

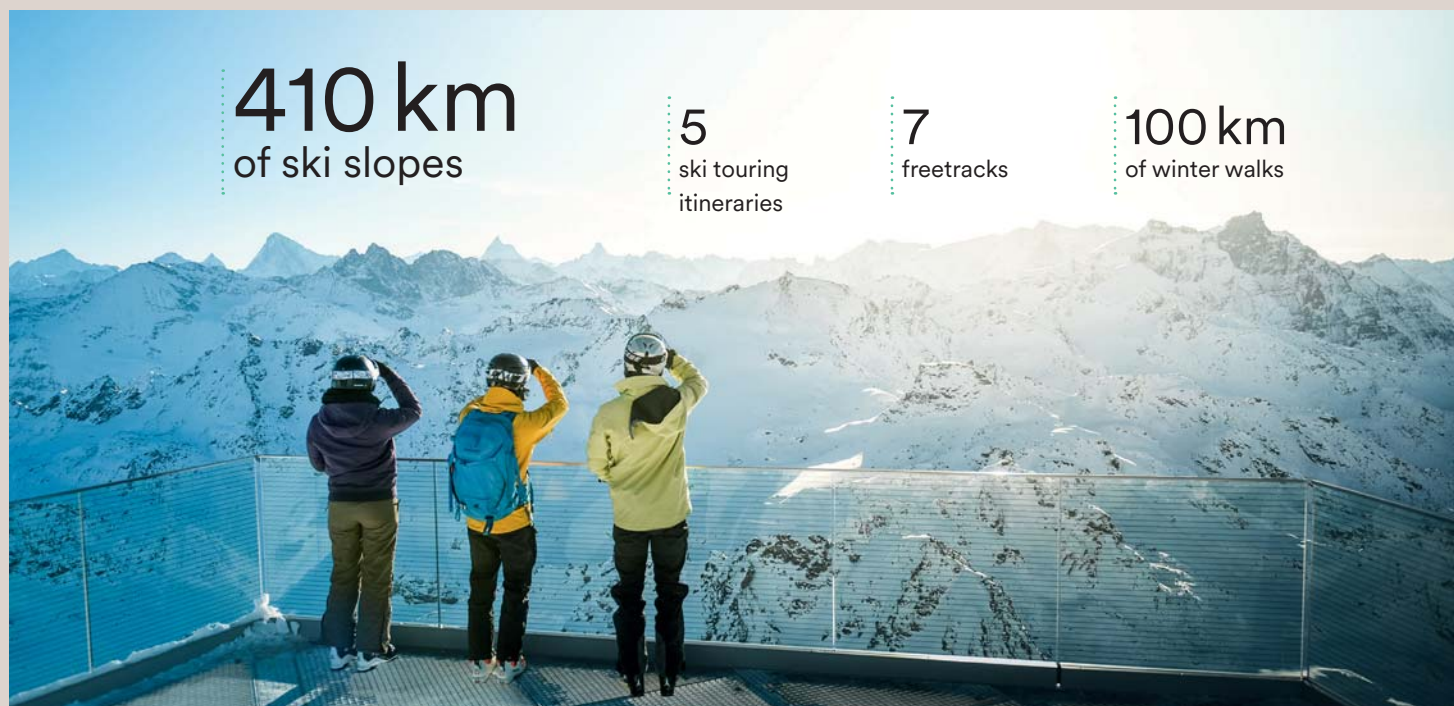


from 326.- for two people



www.nendaz.ch/autumn

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.

Ski&Sleep

This package includes two nights in one of our four charming hotels while spending two full days of pure pleasure on the 220 km of slopes throughout the sector Printse, all this for two people, at an attractive price!



www.nendaz.ch/ski
www.nendaz.ch/osezleskiderando
www.nendaz.ch/skiandsleep

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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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#Nendaz