

PRESS KIT

SUMMER 2026



Welcome to Nendaz

In the heart of the 4 Vallées, Switzerland's largest ski domain, Nendaz offers excellent access in summer to a vast and vibrant mountain landscape, while maintaining its warm, welcoming charm. Here, hikers, mountain bikers and families will find an exceptional playground: over 250 kilometres of marked trails, mountain bike routes and themed trails for all ages, inviting visitors to discover the local natural surroundings and culture in a different way.

In Nendaz, experience the mountains in all their intensity—from exploration to quiet contemplation. The eight famous bisses with their water edge paths, provide accessible and

refreshing walks. Take in the stunning panoramic views, particularly from the Mont-Fort platform (3,330 m above sea level), from where visitors can see over twenty 4000 metre high summits, such as the Matterhorn and Mont Blanc. There's plenty to experience: soaring over a glacier on the world's highest zip line, setting off down the trails of the new Tracouet bike park, or

enjoying the six lifts operating throughout the summer for easy access to the most spectacular viewpoints.

This wealth of experience is part of Nendaz's forward-looking vision. The ski lift company is continuing to invest in order to improve accessibility, the quality of its facilities and visitor comfort, both in summer and winter.

In keeping with this dynamic, Nendaz's local authorities are actively shaping the region's future through a number of major projects: the redevelopment of the resort centre, the expansion of the bike park, the installation of a toboggan run, and last but not least, a feasibility study for a future cable link between the Rhone Valley and the mountains. All these initiatives are designed to enhance the visitor experience and enrich the quality of life for local residents. After all, the best marketing is, above all, having an excellent product.

Lively, welcoming and authentic, Nendaz embraces its unique character: a vibrant destination where sports enthusiasts, families, nature lovers and those who enjoy the finer things in life come together, united by a shared desire to share and fully experience the mountains. With its wide-open spaces and abundant sunshine, adventure and relaxation, Alpine tradition and modernity, it invites visitors to create their own summer memories in the heart of the Alps. Whoever you are and wherever you come from: welcome to Nendaz ! As the local saying so aptly puts it: "ëntchyë no vo îte ëntchyë vo" (here, you're at home).

Baptiste Constantin,
Director of Nendaz Tourisme



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Getting to Nendaz

-  Exit 'Sion-Ouest' from the A9 motorway — 15 km away
-  Sion train station — 15 km away
-  More than 20 buses every day between Sion and Haute-Nendaz
-  Land in Geneva, Zurich, Milan, Basel, Bern or Sion

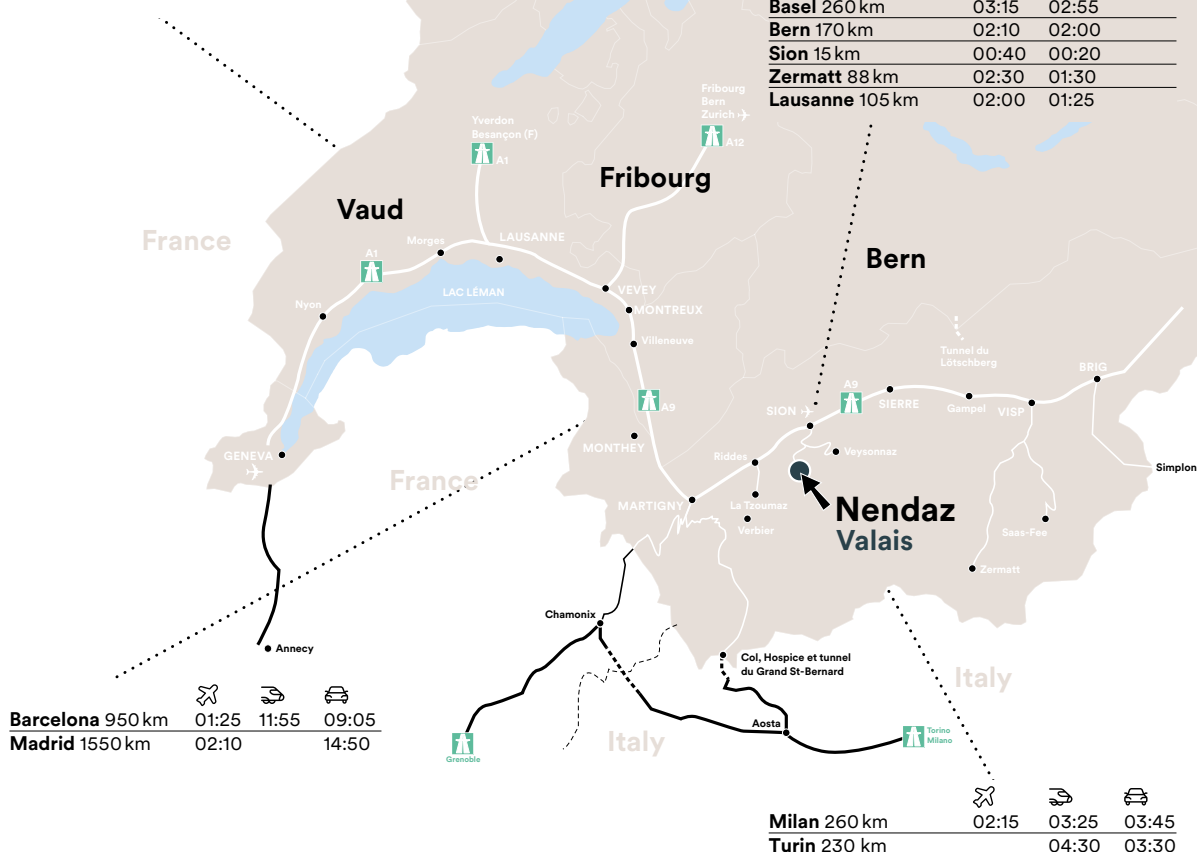


www.nendaz.ch/shuttlebus
www.sbb.ch/en

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	



Shuttle buses

A shuttle service is available (advance booking required) to explore the neighbouring resort of Veysonnaz. It provides access to a range of additional hiking trails, including the Chervé Bisse, which leads to the turquoise waters of the Cleuson dam.

CarPostal also provides a link to Siviez, departure point for numerous hiking trails and the lift network.

 from 27th to 4th October

 from 27th June to 5th September
 (subject to change)

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
- A population of 7,250 inhabitants over the whole municipality
- A population of over 2,100 habitants year-round in Haute-Nendaz.

Holiday accommodation

- Hotels and guest houses: 399 beds
- Group accommodation: 320 beds
- Holiday apartments and chalets: 18,000 beds (4,000 for rent)
- Mountain cabins: 45 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.

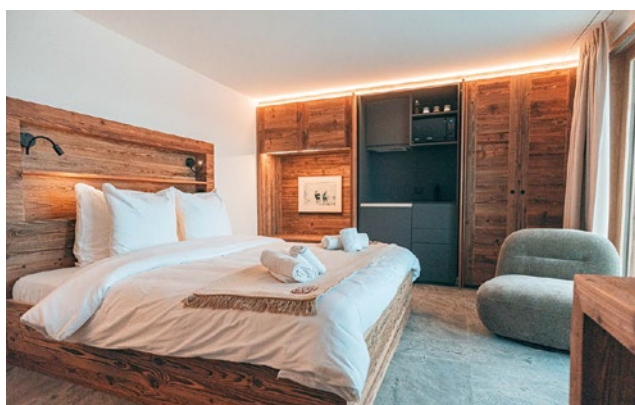
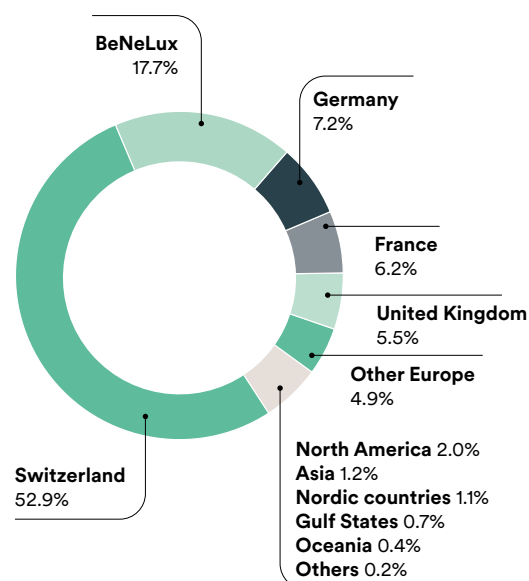
Results from the tourist trade*

- Top 6 months for overnight stays:
1) February 2) December 3) March
4) January 5) July 6) August
- 64.1% in winter, 28.1% in summer and 7.8% in autumn.

Origin of guests (commercial overnight stays)*

In 2025, guests generating paid overnight stays in Nendaz from 80 different countries. However, 89.5% of these commercial overnight stays were 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 01.11.24 to 31.10.25



New accommodation **NEW**

Boutique Hôtel Nînda

This new boutique hotel opened in February 2026 in the Clèves district, just a short distance from the resort and surrounded by nature – the perfect base for hiking and mountain biking. Boutique Hôtel Nînda features 11 rooms, all equipped with kitchenettes, accommodating up to 26 guests. In addition to its rooms, the hotel offers a Mountain Coffee Shop, yoga classes, and a curated programme of workshops and retreats. Dogs are also warmly welcomed, with a dedicated dog-walking service available.



STORY
Nendaz Trekking





 www.nendaz.ch/trekking

”

But it was absolutely worth it. When I reached the summit of Mont Rouge, I had tears in my eyes – it was so breathtakingly beautiful.

At 22, Rita loves the mountains and the peace they offer. That's why she decided to take on the short Nendaz Trekking route—a chance to discover the region from a different perspective, one step at a time.

Convincing her boyfriend to join her didn't take long. He loves the outdoors just as much as she does, so the idea of spending three days immersed in nature was an easy yes.

Although they're both keen hikers, they're more accustomed to shorter walks of up to four hours with only moderate elevation gain. The Petit Nendaz Trekking was therefore the

perfect opportunity to challenge themselves together. The route covers around 40 kilometres over three days, with two nights in mountain huts and around 4½ to 5 hours of hiking each day.

On the first day, the young couple set off from Veysonnaz towards Thyon, full of enthusiasm and energy. Although it's possible to shorten the climb by taking the gondola, neither of them considered it—they were determined to complete the challenge from start to finish.

Rita admits that the second day was the toughest. Once again, the day began with a steady climb.

«It took us longer than we expected, and it was quite demanding. But it was absolutely worth it. When I reached the summit of Mont Rouge, I had tears in my eyes—it was so breathtakingly beautiful.»

She was equally captivated by the section following the Chervé Bisse and the striking turquoise waters of the Cleuson Dam. The third day was gentler, featuring a beautiful forest walk along the Saxon Bisse.

Rita also has a passion for wildlife, and that quickly became clear as she recounted her adventure. Time and again, she enthusiastically described the animals she encountered along the way: squirrels during the first major climb, marmots that appeared in the early morning and late afternoon, the cows grazing outside the Essertze mountain hut that made the setting feel even more magical, and, to top it all off, young deer spotted in the forest on the final day.

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.

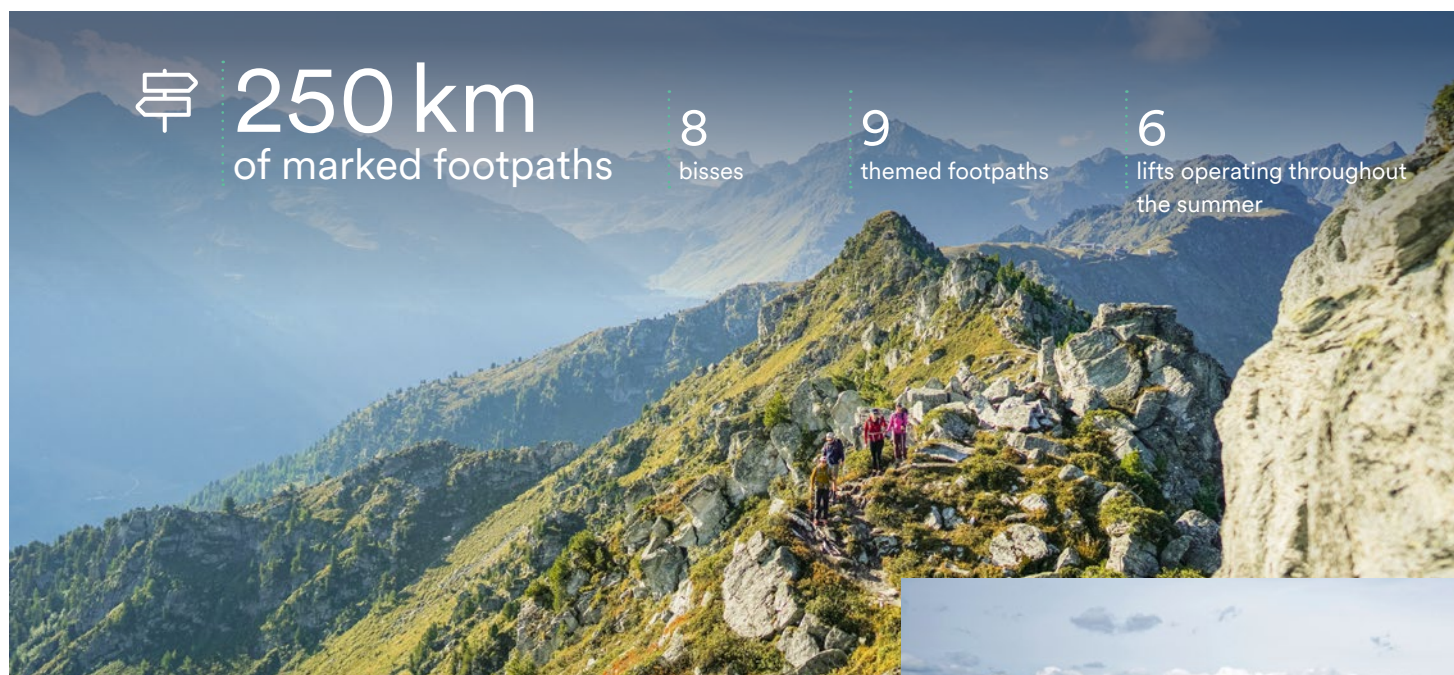
Would you recommend the short version of 'Nendaz trekking' to friends?

Absolutely! I even sent lots of photos to my brother to inspire him to experience it for himself. My boyfriend and I have also promised each other that we'll spend more time hiking in the mountains, so we can enjoy another adventure like this—and be even better prepared for it next time.

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 5th July to 5th September

 from 180.—



Top tip

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.

 27th June to 21st September

 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.

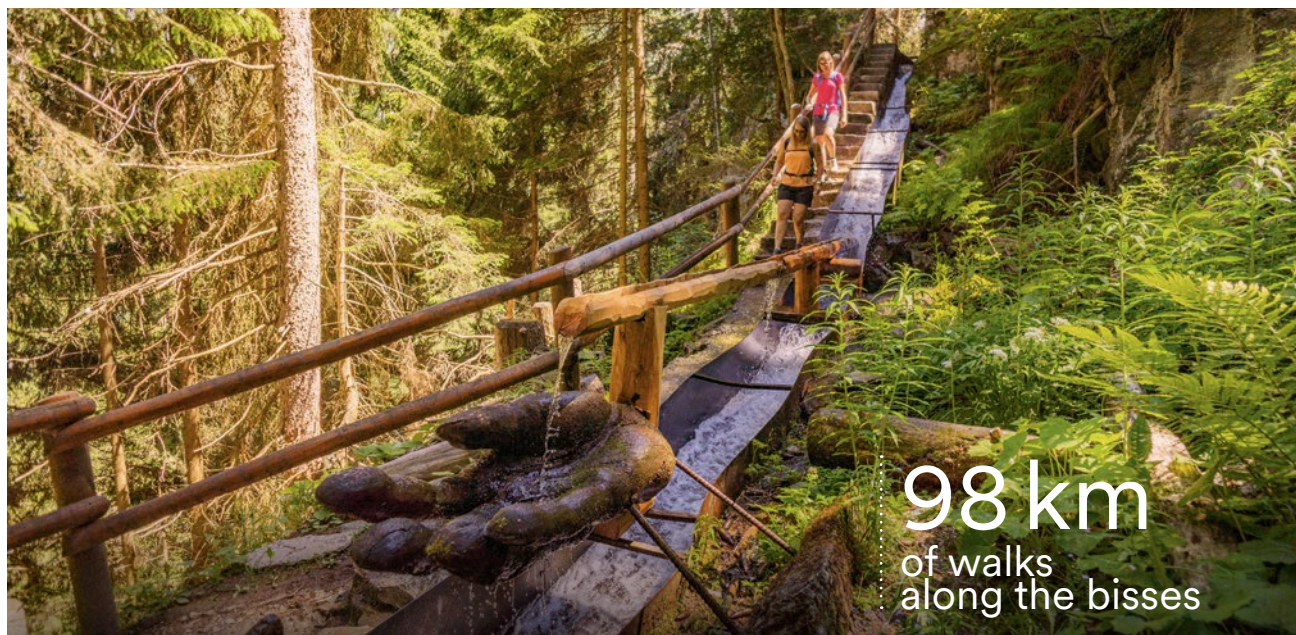
The Jardin Japonais (Japanese Gardens)

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

In the land of 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.



Top tip

Spring and autumn gourmet trail

This 12 kilometre trail, accessible to everybody, follows two emblematic bisses through beautiful spring and autumn landscapes. Throughout the day, three gourmet stops along the way offer delicious breaks dedicated to culinary discovery and sharing. In autumn, a game menu option is available.



from 1st to 26th June 2026
from 24 August to 30 October



from 50.–



www.nendaz.ch/bisses
www.nendaz.ch/randomiam

👨👩👧👦 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.



4

family
themed
footpaths

3

treasure
hunts

3

mountain bike
itineraries
especially
adapted to
families

4

walks accessible
to pushchairs

2

tennis
courts



9

picnic
places

5

play areas

1

outdoor
swimming pool

1

children's zone
at the Spa
des Bisses

1

pumptrack

2

climbing towers

Activities

- Arts & crafts with **Cheesy**
- Exploring the world of small animals
- Life of the marmots
- Climbing the towers
- Archery
- Introduction to circus arts
- Biscuits by little chefs
- Kickboard (mountain scooter) descent
- Life in the alpine pastures
- Visit to the Cleuson Dam
- Welcome drink and Alphorn entertainment
- Mushroom discovery hike
- Raclette in an alpine pasture

Services

- P'tit Bec day-care centre: offers half-day and full-day childcare for young holidaymakers
- List of baby-sitters: updated regularly by Nendaz Tourisme and available at the Tourist Information Office or online
- Pushchair rentals
- Visitors' games library: lends games for free, on request at Nendaz Tourisme.

FAMILIES

Best Family Deal

With a family stay of three nights or more 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 27th June to 23rd August

 10.–



Our top favourite

Cheesy's village

Throughout the summer months, children are invited to the resort centre to climb, jump and have fun. Just a stone's throw from a lovely play area and refreshment stand, our mascot **Cheesy** offers fun activities for even more enjoyment: mini tree-top adventure courses, a balance bike circuit, a bouncy castle and a trampoline. What's more, nearby and free to use: a multi-sports arena, beach volleyball, table tennis, a slackline and lockers with equipment available to borrow (balls, mölkky, table tennis rackets, etc.).

 from 18th July to 16th August

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 riddles before returning to the tourist office to claim a small reward.



www.nendaz.ch/family
www.nendaz.ch/cheesy
www.nendaz.ch/villagecheesy
www.nendaz.ch/bestfamilydeal

Fun on the trails

Fun-filled themed trails

Themed trails offer a fun way for visitors of all ages to play, explore and learn more about the region while out walking. Several of them are especially designed for children:

- 1 The **panoramic path**: A 2.3 km walk at Tracouet with fun modules, educational displays, a picnic area, a photo point and above all, true to its name, spectacular panoramic views.
- 2 The **barefoot path**: Begin by trying out a sensory path filled with sand, wood chips, pebbles, pine cones, moss, pine needles and logs before setting off barefoot on a gentle 2.4 km walk along the riverside.
- 3 The **sculptures path**: Have you ever heard of the Devil of Sofleu or the Wyvern of Louvie? Along this trail, you'll encounter wooden sculptures depicting creatures from local legends. Scan the QR codes beside each sculpture to discover their fascinating stories.



Our top favourite

3 The Hérens cow path

How is cheese made? Why do cows wear bells? And why do Hérens cows battle each other? This fun and interactive 4 km downhill trail answers these questions—and many more—through six playful activities that children are sure to love.



STORY

The life of marmots





If you want to spot 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 tucked in their burrows. 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 excited to set off in search of these charming alpine animals. With a small group of about fifteen people, we follow Yvette, our guide.

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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!

«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, of course, we'll do our best to spot a few!» While she couldn't promise we'd see any—this isn't a wildlife park—Yvette was optimistic. The area is home to a large marmot population, and over the years they've become accustomed to hikers passing through in summer. They remain wild animals, but they're no longer startled by every sound.

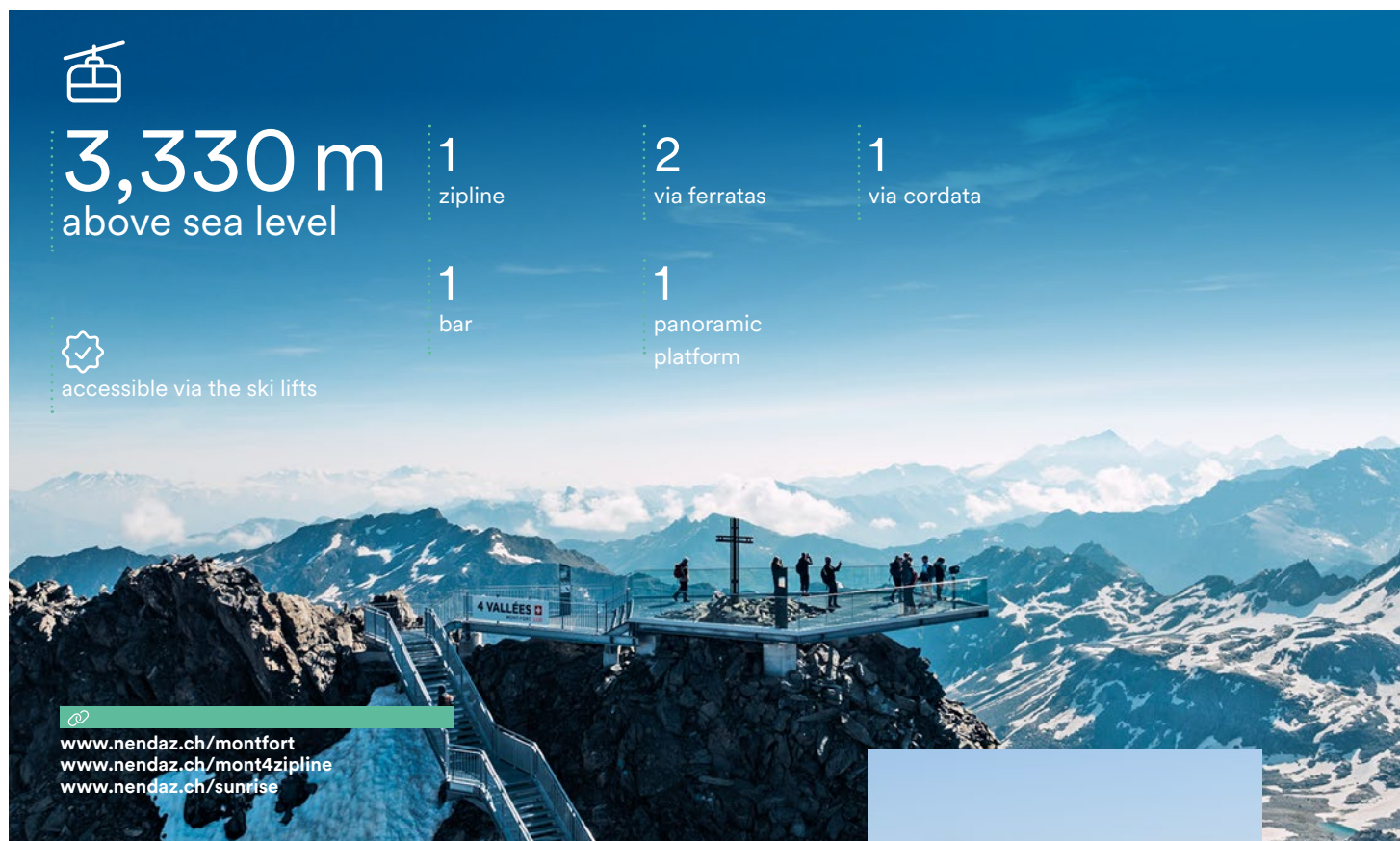
A word of advice: don't get too close. Be sure to bring a pair of binoculars. If you don't have any, Yvette always carries a few spare pairs that she's happy to lend. And if you want to maximise your chances of seeing them, keep your voices down and avoid running.

We set off on a pleasant loop of about 5 kilometres, stopping regularly to observe the marmots and listen to Yvette's fascinating explanations. Since I hope you'll have the chance to experience it for yourself, I won't give too much away—but we learned so many incredible things.

Did you know that marmots have a different number of claws on their front and back paws? That each of their calls has a specific meaning? That they use a communal "toilet" during the winter? Or that they have separate burrows for summer and winter? We discovered all this and much more, not only about these captivating little mammals but also about the alpine flora that surrounds them. It was also the perfect opportunity to ask every question we could think of.

Of course, there was one question we had before setting off: would we actually see any marmots? The answer was a resounding yes. Not just one or two, but around ten! Time and again they popped their heads out of their burrows, delighting us with their curiosity. And towards the end of the walk, we were even lucky enough to spot two baby marmots. Born in mid-June, they emerge from their burrows for the first time just two or three weeks later. It was a truly magical moment.

The Mont-Fort experience



3,330 m
above sea level

accessible via the ski lifts

1
zipline

1
bar

2
via ferratas

1
panoramic
platform

1
via cordata

www.nendaz.ch/montfort
www.nendaz.ch/mont4zipline
www.nendaz.ch/sunrise

Panoramic platform

Set against a spectacular high-alpine backdrop, a breathtaking 360° panorama unfolds, revealing dozens of peaks, including some of the Alps' most iconic summits such as the Matterhorn, Mont Blanc, the Grand Combin and the Dent d'Hérens. A panoramic viewing platform lets visitors enjoy these exceptional views safely in every season, summer and winter alike.



Our top favourites

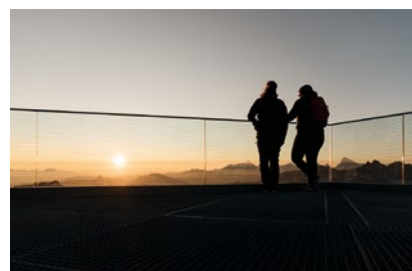
The highest zipline in the world

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

Witnessing the first rays of the sun at 3,330 m above sea level is a breathtaking experience, well worth the early wake-up call.



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 elevation gain (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 Traouet and is relatively short (about 1 km) but intense (with 285 m of elevation gain). 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.



summer.inalpe2-0.ch/
www.nendaz.ch/trail



THE EVENT 29.08.26: INALPE DYNAFIT 2.0 TRAIL

Three routes 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.



Get on your (e-)bike!

Whether you're riding mountain trails or forest tracks, pushing your limits or simply escaping into nature, the possibilities are endless. The rise of electric bikes has made our routes, many of which are quite steep, accessible to a much larger number of mountain bikers. And if you'd rather save your energy, the mountain lifts are equipped to carry bikes, making it easy to reach the summits with minimal effort.



EVENTS

29.08.26: Tour des Stations

22.08.26: Grand Raid BCVS

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

200 km
of MTB and
e-bike routes

12
itineraries

3
family
itineraries

1
flowtrail



Our top favourites

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 pedalling over rock fields, through pastures and larch forests and generally exploring the heights of Nendaz, Verbier and La Tzoumaz.



Flowtrail de Tracouet **NEW**

Nendaz's first flow trail is taking shape in the Tracouet area. Just over a kilometre long, this first section represents almost a third of the final route, which will eventually extend around five kilometres long. Construction will continue throughout the summer to complete this new flagship attraction. Specially designed to ensure a smooth, fun and safe descent, this flowtrail is suitable to mountain bikers of all levels.



Top tip

Nendaz E-bike Tour

This offer invites mountain bikers, with or without electric assistance, to embark on a two-day tour in the heart of the mountains. Included: 1 overnight stay in a mountain cabin, a welcome drink, full-board excluding drinks, a picnic on the second day. There is a choice of two routes, one more accessible route for discovering the region, or an adventure route for those looking to challenge themselves.



from 27th June to 31st August
every day
from 1st September to 18th October
Wednesday to Sunday



from 105.–



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

Relaxation and well-being



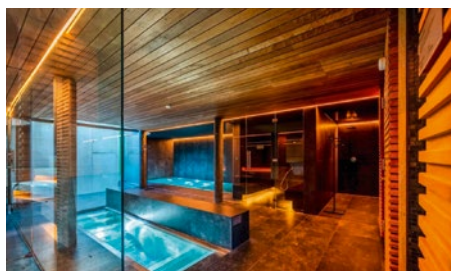
1
public spa

7
massage and
beauty salons

1
fitness centre

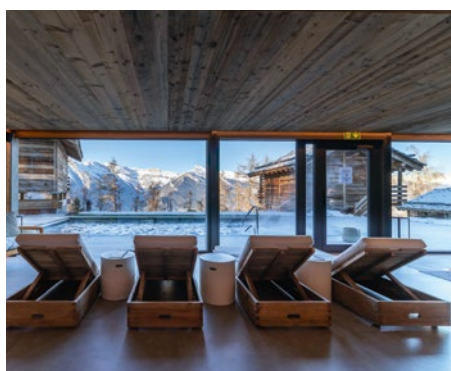
Spa des Bisses

In a contemporary alpine setting, the Spa des Bisses is an invitation to recharge your batteries in a space of 2'200 m². Designed on two levels, this area dedicated to water is reminiscent of the natural environment of the region, with a bisse running through the middle of it. It offers everything you need to enjoy a moment of relaxation: outdoor pool, sauna, jacuzzi, steam bath, salt grotto, ice grotto, Kneipp course, children's area, floating pool, against the current swimming pool, fitness centre, treatment rooms and two private spas with sauna, steam room, jacuzzi and private winter garden. The Spa des Bisses is located in the Nendaz 4 Vallées **** Hotel and is also open to the public.



The MAD Mount Hotel

As well as being ideally located at the foot of the mountain lifts, the MAD Mount offers an all-round experience with a re-energizing spa, restaurant and bar with terrace to ensure guests have the best possible experience. What's more, the hotel is committed to sustainability, and is proud to be one of the first carbon-negative hotels in Switzerland.



MAD Retreat

The MAD Retreat is a haven of peace where relaxation meets the natural surroundings. It promises its guests a resourcing stay with spa, wellness activities (meditation, yoga, etc.) and vegetarian half board. It also allows external guests to participate in certain classes.



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

24-26.07.26: 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 alternative competition showcasing the alphorn through modern and contemporary pieces
- the traditional grand parade
- concerts and folk group performances
- two country dances
- massed alphorn performances bringing together over 150 musicians

In short:

A true celebration of folklore and tradition

A sound that echoes here and beyond

The Nendaz Alphorn group, composed of 12 musicians, performs at numerous events in Nendaz. Acting as true ambassadors for the destination, the group's quartet regularly showcases Nendaz both across Switzerland and abroad.



Our top favourite

Initiation to the Alphorn

Ever wanted to play the alphorn? In Nendaz, everyone can give it a go under the guidance of experienced musicians. There are discovery courses (2 hours) to learn more about its history and craftsmanship 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.



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

The village secrets **NEW**

Ten medallions have been placed around the village of Haute-Nendaz, revealing stories that were once passed down only by word of mouth. This is not a classic tour of the village with factual descriptions of the buildings, but a collection of personal stories shared by those who lived there. Discover what everyday life was like in the past, how tourism first began and many other fascinating insights – all illustrated with archive photos that take you back to the Nendaz of days gone by. Did you know that the granary once served as the villagers' safe? Or what the former Cerisier shop and the Titanic have in common? Scan the Genius Loci medallions to uncover the answers.



www.nendaz.ch/heritage



STORY

Life in the alpine pastures





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Our visit fitted seamlessly into his schedule, giving us an authentic insight into his daily life.

Life on the mountain pastures begins early in the morning. This is the first lesson my two daughters (5 and 2 years old) and I learn when we meet in front of Nendaz Tourisme at 7:30 am 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 a scenic 30- to 45-minute drive, our group pauses to admire the breathtaking surroundings, made even more magical by the first rays of sunlight illuminating the Alps. We then step inside the dairy, where the large copper vat, deep sink, buckets, cheese moulds and hose used to wash the floor offer a glimpse into the daily life of an alpine cheesemaker.

The cheesemaker gives us some explanations while continuing his tasks with practiced gestures. His morning follows a precise routine. Every day, he aims to produce around eight wheels of cheese and about twenty tommes, carrying out each task in a carefully timed sequence. Rather than interrupting his work, our visit fitted seamlessly into his schedule, giving us an authentic insight into his daily life.

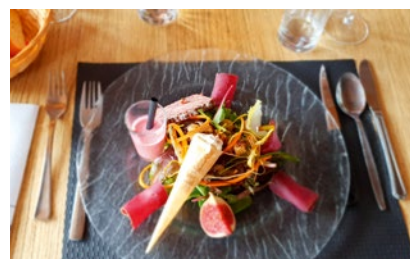
When we arrive, he is cutting the curd. Using a traditional tool known as a curd cutter, he slices the milk—already transformed into curd—into small, firm grains that will eventually become cheese. This takes about 15 minutes. The curds are then stirred and heated gradually to 39° over the course of 35 minutes, a semi-automated process 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. We also wander out to the mountain pastures where around 30 cows graze peacefully: they have already produced about 200 litres of milk. Their cowshed, which we also explore, 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. Normally, toast is my breakfast of choice at eight o'clock in the morning, but in such beautiful surroundings, I happily give it a try.

He then lifts the cheese out of the vat using 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 off the perfect morning outing, we settle onto the sunny terrace. Jackets come off, we stretch out on the deckchairs, and simply relax, soaking up both the sunshine and the peaceful mountain atmosphere.



Gourmet outings



Around **50**
restaurants
and bars

6
mountain
restaurants open
throughout
the summer

2
Gault & Millau
award-winning
restaurants



Top tip

Summer Gourmet Trail

This easy hike along the bisse de Chervé leads walkers from Veysonnaz to Siviez with three gourmet breaks (starter, main course and dessert/coffee). Included: the food, the bus transfer from Nendaz to Veysonnaz as well as the gondola ride up and the chairlift ride down.

 from 27th June to 23th August

 from 75.–



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

The ancient 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 are nearly 1000 years old. These centuries-old trees exude strength and tranquility. Among them stands Europe's largest larch, 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. Before losing all its needles in winter, this coniferous bursts into brilliant shades of gold and orange in October. A hiking trail starts at the top of Tracouet (the gondola operates daily until 29 October), passes through Balavaux, follows the Saxon Bisse to the peaceful Pra da Dzeu clearing and then returns to the resort.



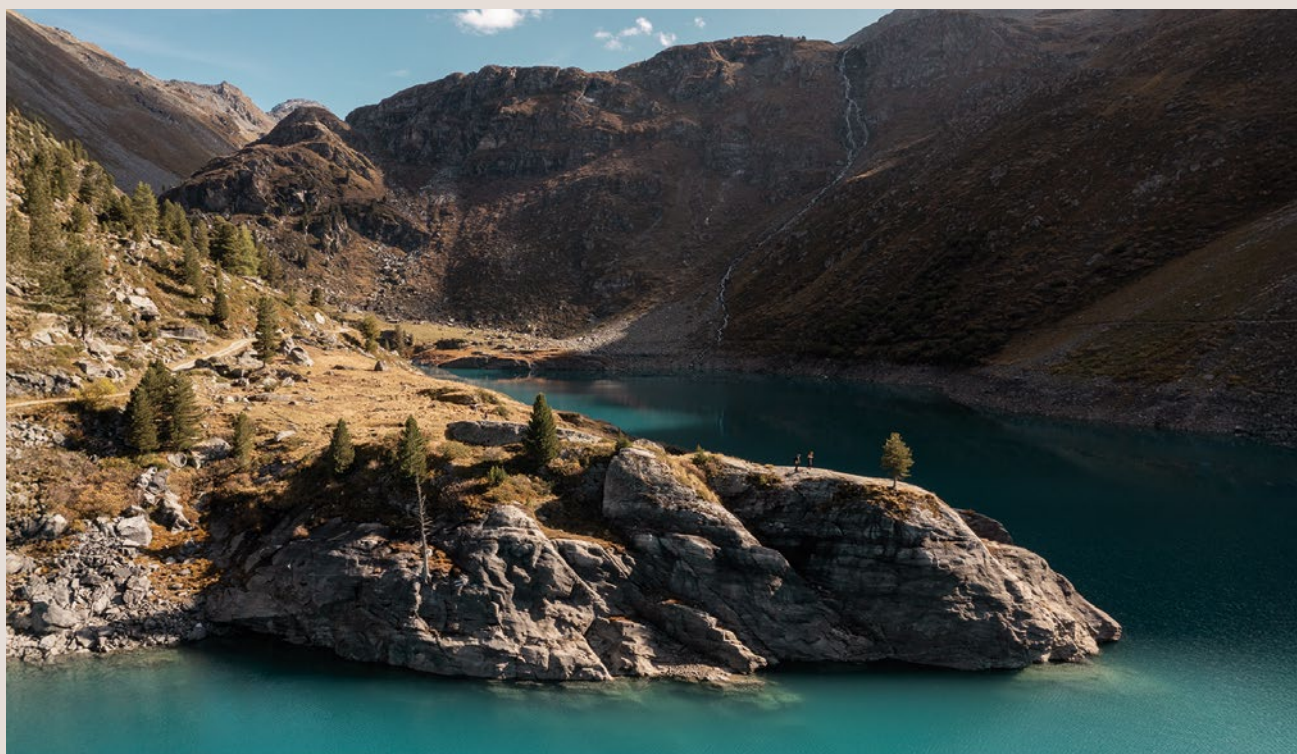
Our top pick

Mushroom discovery 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.



28th August, 6th September,
20th September, 4th October



AUTUMN



Autumn flavours

Autumn also brings a feast for the senses, with two seasonal specialities appearing on the menus of many restaurants in the region:

- Game dishes: Tender, flavourful game served with traditional accompaniments such as spätzli, red cabbage, apples with cranberry jam, pears poached in red wine and caramelised chestnuts.
- The brisolée: a traditional Valais specialty centred around roasted chestnuts enjoyed with local dried meats and cheeses, rye bread spread with butter, as well as local fresh fruit (grapes, apples and pears) and a glass of white wine.

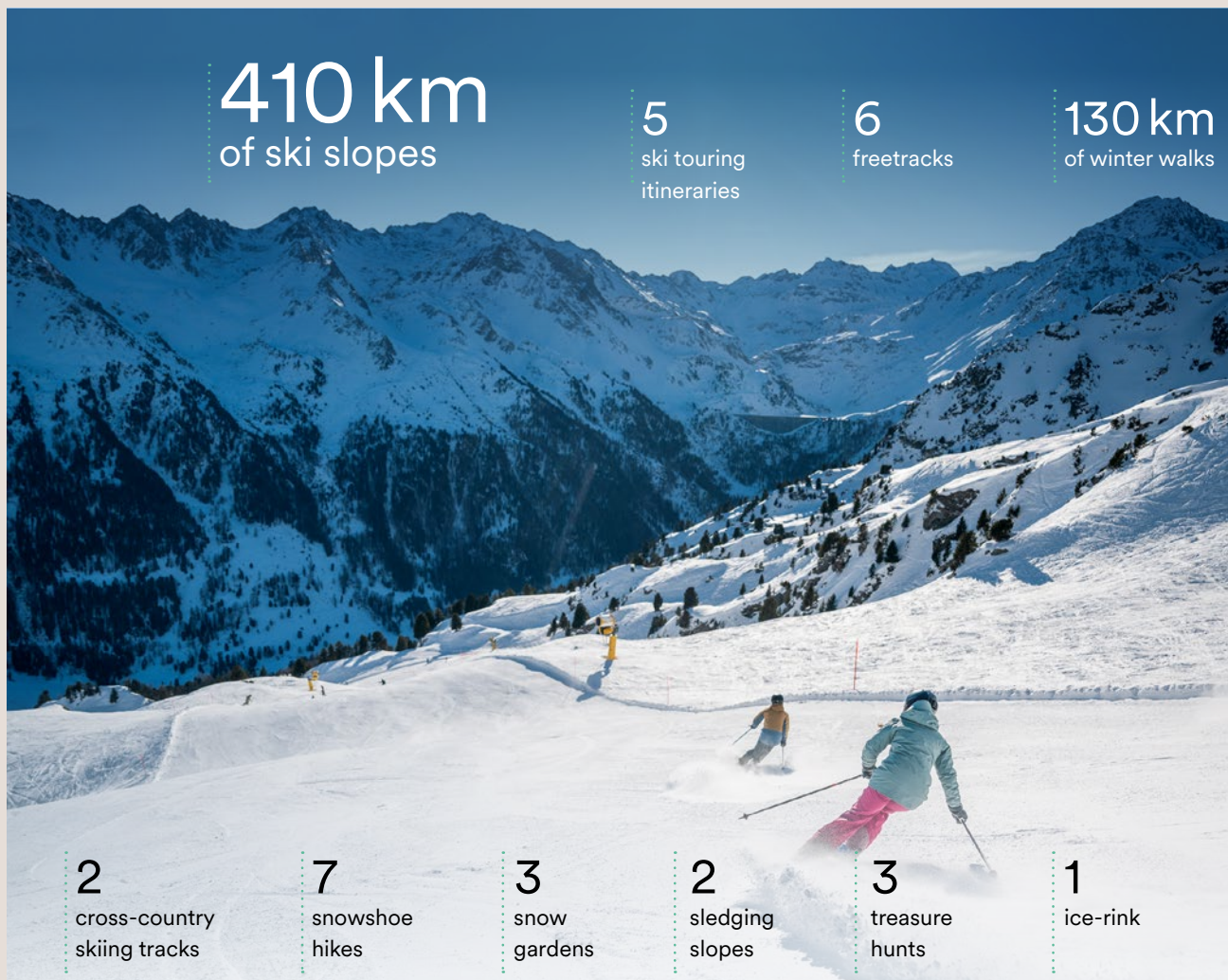
THE EVENT: 20.09.26

Autumn tavolata

The autumn tavolata brings people together around one long shared table, where warm hospitality and seasonal flavours take centre stage. On the menu: a generously stocked brisolée buffet. This gourmet event celebrates local traditions in an authentic mountain setting.



Nendaz under a blanket of snow



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.

And what about the days when you're not skiing?

In Nendaz, winter extends far beyond the slopes. Unwind at the spa, set out on a winter hike or snowshoe adventure through pristine landscapes, glide across the ice to music, race down a sledging run, join a family treasure hunt, try your hand at curling or feel the rush on a spectacular zip line reaching speeds of up to 100 km/h. With so many activities and entertainment options to choose from, unforgettable memories are guaranteed.



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Winter press trip

We look forward to welcoming you and crafting a unique, personalised trip based on the themes of your choice.

A few examples to inspire you:

- Discover the 4 Vallées ski area
- Experience the thrill of freeriding alongside a professional guide
- Immerse yourself in local traditions with a visit to the mill and the old village, a tasting of regional specialties, an introduction to the Alphorn, etc.
- Reconnect with nature on scenic walks, snowshoe hikes and ski touring adventures
- ...and much more.

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