

FREE SHUTTLE BUSES (From 15 July to 20 August 2017)

Violettes | Barzette | Clairière | Aminona | Bif. Cave du Sex | Bif. rte des Alpages | Colombire | Plumachit



Departure from Violettes:

9:20, 9:50, 10:20, 10:50, 11:20, 11:50, 13:50, 14:20, 14:50, 15:20, 15:50, 16:20, 16:50

Departure from Plumachit:

9:35, 10:05, 10:35, 11:05, 11:35, 13:35, 14:05, 14:35, 15:05, 15:35, 16:05, 16:35, 17:05



Shuttle bus with bike rack. The bus stops on request. Please indicate if you want the bus to stop.
Subject to change without notice. Please refer to the SMC timetables for connections.
Montana station: +41 27 481 23 48 - Sierre station: +41 27 455 15 72 - www.cie-smc.ch.

MAP



- Hiking in Switzerland
- Footpath
- Bus route with stop
- Cabane de la Tièche
- Cave du Sex
- Espace Grandeur Nature
- Mayen de la Cure
- Plumachit
- Relais de Colombire
- Alp settlement
- Cheese Dairy Demonstration
- Campfire
- Place of interest
- Waterfall
- Vantage point
- Parking

ENGLISH



#CransMontana #GrandeurNature



GRANDEUR NATURE AMINONA

CRANS MONTANA

Absolutely

www.crans-montana.ch

WEEKLY GET-TOGETHERS (from 15 July to 20 August 2017)

Guided Activities FREE*	
MONDAY	Trail running - introduction and coaching Learn the basics and get advice on how to improve your performance 9.30am - 11.30am Espace Grandeur Nature
TUESDAY	Woodcarving workshop Learn how to whittle wood with a knife and make attractive objects to take home 2.15pm - 4.15pm Hameau de Colombire <small>(for 8 years old and over)</small>
WEDNESDAY	Build your own hut Become an adventurer and build your own shelter with advice from the foresters 10.15am - 12.15pm Hameau de Colombire <small>(for 10 years old and over)</small>
THURSDAY	How is cheese made? Discover the secrets of cheese-making and taste each stage in the process 2.15pm - 3.15pm Hameau de Colombire <small>(No reservation required)</small>
FRIDAY	Hiking, foraging and tasting wild plants Gather the ingredients to prepare your very own wild tartar 9.45am - 12.45pm Hameau de Colombire
SATURDAY	Hike & Yoga Relaxation and well-being are the name of the game 10.15am - 12.15pm Hameau de Colombire <small>(from 22 July 2017)</small>
SUNDAY	Walking with horses Let Mimi and Mira guide the way 9.30am - 11.30am Espace Grandeur Nature

* Free but reservation necessary: +41 0848 22 10 12 (sturdy footwear essential for all activities)

Each participant must have their own insurance covering accidents, repatriation and mountain rescue. Crans-Montana Tourism and Congress, the Hameau de Colombire and partners accept no liability whatsoever for any accidents. Parents are responsible for their children. All disputes involving Grandeur Nature are subject to Swiss law.

SPORTING AND CULTURAL ACTIVITIES

Eco-museum

Guided tour of the mayens and on the trail of the wolf: every weekend from 27 May to 1 October and every day from 15 July to 3 September, 10am to 5pm, or by prior arrangement. **Woodcarving workshop (advanced):** 9 and 16 August (full-day/half-day; small charge). **Themed and activity hikes**
+41 79 880 87 88 - www.colombire.ch

Hiking

Don't miss out on the three Tièche waterfalls, the Bisse du Tsitorret, the peak of the Petit Mont Bonvin, the Chemin du Soleil walking path towards Leukerbad, and the Pichiour waterfall.

Waterfall Adventure

Adventure course at 2,000m in altitude in the Tièche gorges. Rope and suspension bridges, zip wires, introduction to rappelling and the via ferrata. Duration: 4h. Emotion and adventure. Leaves mornings and afternoons.
+41 27 480 10 10 - www.adrenatur.ch

Trail Running

Tackle the 4 new trail running routes. If you're a beginner or would like to improve your performance, don't miss out on the free introduction. **What trail shouldn't be missed? The Trail des Patrouilleurs on 30 September 2017** www.traildespatrouilleurs.ch
www.crans-montana.ch/Trail

RESTAURANTS

Espace Grandeur Nature - Aminona

Café/bar with terrace, Valais specialities, grocery store.
From 15 July to 20 August, **9am to 6.30pm**. Closed on Mondays. Evenings: for groups, by prior arrangement.
+41 79 408 75 73

Le Relais de Colombire

From 1 to 30 June and 4 September to 15 October, **10am to 5pm**. Closed on Mondays. Open daily from 1 July to 3 September, **10am to 6pm**. Evenings: by prior arrangement for groups of 10 or more. Every Thursday from 20 July to 17 August, "**Les Jeudis Ensoleillés**": wine tasting, raclette, traditional dishes and music.
+41 79 220 35 94 - www.colombire.ch

Cabane de la Tièche

Open every day and every evening. Caretaker 24h/day
+41 79 221 00 68 - www.cabane-tieche.ch

Mayen de la Cure

From 3 June to 1 November, **9am to 6pm**. Closed on Tuesdays throughout June and October. Evenings: by prior arrangement for groups of 8 or more. Every Sunday, "**Fête à la campagne**": roast suckling pig, accordion music and children's activities. **New! Come and see the alpacas**
+41 27 481 04 98 - www.mayen-de-la-cure.com

Plumachit

From mid-June to mid-October, every day, **9am to 8pm**
+41 27 481 25 32

Cave du Sex

From 1 June to mid-October, every day, **10am to 6.30pm**. Evenings: by prior arrangement.
+41 76 526 57 95