

# FREE SHUTTLE BUSES (From 16 June to 21 October 2018)

Violettes | Barzettes | 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](http://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 / Hameau de Colombire
- Alp settlement
- Cheese Dairy Demonstration
- Campfire
- Place of interest
- Waterfall
- Vantage point
- Parking



#CransMontana #GrandeurNature

# GRANDEUR NATURE AMINONA

CRANS MONTANA

*Absolutely*

[www.crans-montana.ch](http://www.crans-montana.ch)



# WEEKLY GET-TOGETHERS (Starting from the Hameau de Colombire)

**FREE\*** | Guided activities | Hameau de Colombire | From 14 July to 19 August 2018

MONDAY

## Nordic walking & Fitness nature

A chance to revitalise yourself

10.15am - 12.15pm

TUESDAY

## Woodcarving workshop

Learn how to whittle wood with a knife and make attractive objects to take home

2.15pm - 4.15pm (aged 8 and above)

WEDNESDAY

## Build your own hut

Become an adventurer and build your own shelter with advice from the foresters

10.15am - 12.15pm (aged 10 and above)

THURSDAY

## How is cheese made?

Discover the secrets of cheese-making and taste each stage in the process

2.15pm - 3.15pm

FRIDAY

## Walking with horses

Let Argas and Nuit guide the way

10.15am - 12.15pm

SATURDAY

## Hike & Yoga

Relaxation and well-being are the name of the game

10.15am - 12.15pm

SUNDAY

## Hiking, foraging and tasting wild plants

Gather the ingredients to prepare your very own wild tartar

9.45am - 12.45pm

**\* Free but reservation necessary: +41 0848 22 10 12** (good footwear is essential for all of the 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 2 June to 30 September and every day from 14 July to 2 September, 10am to 5pm, or on the other days or evenings for groups subject to prior arrangement. **Woodcarving workshop (advanced):** 8 and 17 August (full-day/half-day; small charge). **Themed and activity hikes.**

+41 79 880 87 88 - [www.colombire.ch](http://www.colombire.ch)

## Hiking

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

## Waterfall Adventure

**Thrills and spills at the magnificent Tièche Gorge at an altitude of 2,000 metres.** Rope and suspension bridges and zip wires above the waterfalls. Thrills and spills guaranteed.

Duration 4 hours, starting times: 9am and 2.30pm, min. of 5 people.

+41 27 480 10 10 - [www.adrenatur.ch](http://www.adrenatur.ch)

## Trail running

Discover our trails and an Event not to be missed - the "Trail des Patrouilleurs" on 29 September 2018.

[www.traildespatrouilleurs.ch](http://www.traildespatrouilleurs.ch) - [www.crans-montana.ch/Trail](http://www.crans-montana.ch/Trail)

# RESTAURANTS

## Espace Grandeur Nature - Aminona

Café/bar with terrace, Valais specialities, grocery store. From 16 June to 21 October, **9am to 6.30pm**. Closed on Mondays. Evenings: by prior arrangement.

+41 79 408 75 73

## Le Relais de Colombire

From 1 to 30 June and 3 September to 21 October, **10am to 5pm**. Closed on Mondays. **Open daily** from 1 July to 2 September, **10am to 6pm**. Evenings: by prior arrangement for groups of 10 or more. Every Thursday from 21 July to 18 August, "**Les Jeudis Ensoleillés**": wine tasting, raclette, traditional dishes and music.

+41 79 220 35 94 - [www.colombire.ch](http://www.colombire.ch)

## Cabane de la Tièche

Open every day and every evening. Caretaker 24h/day.

+41 79 221 00 68 - [www.cabanetieche.ch](http://www.cabanetieche.ch)

## Mayen de la Cure

From 1 June to 1 November, **10am to 6.30pm**. Closed on Mondays and Tuesdays throughout June and October. Evenings: by prior arrangement. Sundays from 22 July to 19 August: "**Journée Champêtre**": roast suckling pig and popular music.

+41 27 481 04 98 - [www.mayen-de-la-cure.com](http://www.mayen-de-la-cure.com)

## Plumachit

From mid-June to the end of October, from **9am Every day**. Evenings: by prior arrangement.

+41 27 481 25 32

## Cave du Sex

From June to the end of October, every day, **10am to 6pm**.

+41 76 526 57 95