

ENGLISH



#CransMontana #GrandeurNature

GRANDEUR NATURE



CRANS MONTANA 
Absolutely

www.crans-montana.ch/en/grandeurnature



WEEKLY GET-TOGETHERS **FREE**

GUIDED ACTIVITIES | FROM 13.7.2019 TO 25.8.2019

MONDAY

Build your own hut*

Build your own adventurer's shelter under the guidance of the foresters

Arnouva | Terminus of the free cable car | 10am to 12 noon

TUESDAY

Woodcarving workshop*

Learn how to whittle wood with a knife and make your own attractive pieces

Colombire Hamlet | 2.15pm to 4.15pm

WEDNESDAY

Walking with horses*

Let Argas and Nuit guide you along this hike

Lake Moubra | Departure of the Vita Parcours trail | 10am to 12 noon

THURSDAY

Cheesemaking*

Discover the secrets of cheesemaking and enjoy a tasting

Colombire Hamlet | 2.15pm to 3.15pm

FRIDAY

Hiking, foraging and witch's soup*

Gather the ingredients to prepare a delicious soup

Colombire Hamlet | 9.45am to 12.45pm

SATURDAY

Yoga Hike*

A hike combining relaxation and well-being

Lake Moubra | Departure of the Vita Parcours trail | 10am to 12 noon

SUNDAY

Nordic walking and natural fitness*

Reinvigorate yourself and get a breath of fresh air

Lake Moubra | Departure of the Vita Parcours trail | 10am to 12 noon

Equipment needed: hiking poles | Also every Tuesday morning www.crans-montana.ch/en/rando

***Free, but must be reserved by 5pm the evening before: +41 848 22 10 12**

Each participant must have their own insurance covering accidents, repatriation and mountain rescue. Crans-Montana Tourism & Congress and the guides do not accept any liability in the event of an accident. The partner is responsible for the activity. The client is responsible for the hike. Parents are responsible for their children.

All disputes involving Grandeur Nature are subject to Swiss law.

Frequent free shuttle buses "Violettes-Aminona-Plumachit": www.cie-smc.ch

EVENTS

Night hiking | 13.7.2019

Hiking and storytelling in the Aminona region. Registration: www.nuitrando.ch

Geological Soundwalk | 28.9.2019

A unique and immersive musical experience in the Tièche valley. Registration: www.thierrybasset.ch