

## Absolutely

### WINTER

ENGLISH



## A PARADISE FOR SKIERS

With over 140 kilometers of slopes facing south, Crans-Montana ski resort definitely brings sunshine to your holidays. We offer an alternative for everyone, whether you're a beginner or a hardcore skier. Come and challenge yourself in our Olympic half pipe, explore the wilderness of the Aminona area or go for a dog-sledge ride on the Plaine-Morte glacier, the mountain is yours!

Need a break? Cheese raclette at the Cabane des Taules, the gourmet menu of la Cabane des Violettes, or a bistronomic experience on Cry d'Er's panoramic terrace followed by a wild evening in the altitude club - with over 20 restaurants and mountain huts to choose from, we trust you will not go hungry or thirsty.

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



### Cry d'Er Club d'Altitude

Ever clubbed at 2220m above sea level? Cry d'Er Club d'Altitude is the new hot spot you should not miss when in Crans-Montana.

The complex, encompassing a self-service area, a "bistronomic" restaurant and a night-club, offers a unique experience and breathtaking scenery attracting world renown DJ's such as M.A.N.D.Y., The Martinez Brothers and Matthew Jonson.

### Night skiing

A fairytale-like environment for a unique experience; night skiing will change your perspective and heighten sensations.

### Free Access to Arnouva

We offer free access to the Montana-Arnouva gondola, allowing parents to attend their children's first ski classes, and permitting pedestrians to get a breath of fresh air and a much appreciated sunbath while sipping a warm beverage on the Arnouva terrace.

## A VARIETY OF WINTER ACTIVITIES

### Grandeur Nature

The Aminona region has established itself as a paradise for wildlife, with views over the Valais Alps to take your breath away. **Between December and April**, don't miss our free guided weekly activities, such as snowshoe excursions, ski mountaineering, treasure hunts for children, cani-walks with huskies etc.

[www.crans-montana.ch/en/grandeur\\_nature](http://www.crans-montana.ch/en/grandeur_nature)

### Ice sports take place at Ycoor

A wonderful indoor and outdoor ice rink with a total area of 3,000 m<sup>2</sup>, bordered by sunny terraces, provides entertainment in the centre of Crans-Montana. Open every day, families can share fun and joyful moments with each other, as well as training in ice hockey or figure skating, and not forgetting curling, the sport you absolutely have to try in the indoor centre. In winter, there is night ice skating every Saturday night as well as ice discos, shows and competitions.

[www.crans-montana.ch/en/ycoor\\_winter](http://www.crans-montana.ch/en/ycoor_winter)

### The activities of the snow-covered golf course

In winter, the golf course is covered by a beautiful white coat of snow and offers lots of activities for all tastes. This is also where beginners can try skiing thanks to the very gentle slope and magic carpet which will take them back to the top of the run, or one can hurtle down the snowtubing piste at top speed. The Severiano Ballesteros and Jack Nicklaus courses are also very popular for walking. They're accessible to everyone, and several circuits, which can be completed on foot or on snowshoes offer the chance to enjoy wonderful views and take a



break on one of the sunny terraces. 7 km of cross country ski tracks are also available for the sporty.

### Snow Island

Bibi Snow Island, open **from December to April**, is an island of leisure and skiing fun on the famous Severiano Ballesteros golf course! This is a favourite family haunt in winter: snowtubing and a magic carpet for novice skiers and sledgers. Don't miss out on a visit to Bibi's house. Crans-Montana's famous marmot mascot welcomes children of all ages to his home, which is situated on the golf course throughout the winter. Lots

of entertainment and activities such as crafts, games, snow painting, sledge races, snowman competitions and a library corner are available, all under the guidance of Crans-Montana Tourism and Congress staff.

[www.crans-montana.ch/en/snow\\_island](http://www.crans-montana.ch/en/snow_island)

### Nursery for visitors

Awarded the «Family Destination» label, Crans-Montana offers childcare facilities at the Bibi nursery. This nursery, open **from December to March**, offers children different indoor and outdoor entertainment, games and activities all led by professionals.

### A wide Rando Parc for ski touring

Crans-Montana is offering 15 ski touring routes (blue, red and black) with over 40 km of marked and secure paths. Unique in the world, the routes in this gigantic park offer over 8,000 m of height gain. Suitable both for beginners and experts, it includes three introductory level routes, as well as a route called «La X'trême» with a height gain of 3,000 m and four uphill. These ski mountaineering routes have been created in collaboration with Séverine Pont-Combe, ski-mountaineering champion.

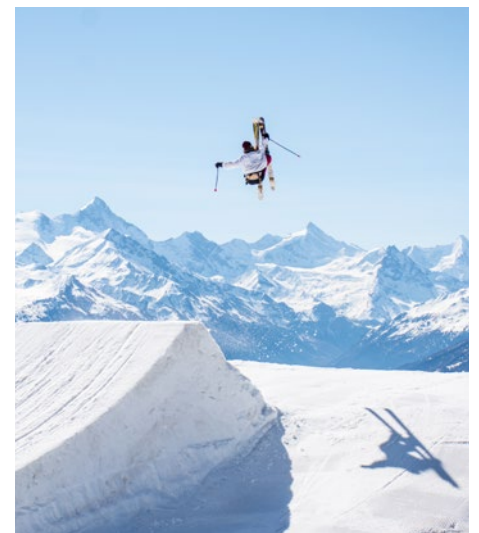
[www.crans-montana.ch/en/randoparc](http://www.crans-montana.ch/en/randoparc)



### Snowpark

Crans-Montana offers two snowparks for different levels located near the Cry d'Er area; the easy snowpark will allow beginners to train safely, while the regular snowpark and its Olympic-standard half pipe will welcome the experienced riders.

[www.crans-montana.ch/en/cma\\_snowpark](http://www.crans-montana.ch/en/cma_snowpark)



## EVENTS

### Crans-Montana Audi FIS ski world cup

The reputation of the demanding Mont-Lachaux piste for ski competitions is already established. Crans-Montana is delighted to be preparing once again this year to host two women's World Cup races. On Saturday **22 February 2020**, the skiers will be racing in the downhill and on Sunday **23 February 2020** the famous Alpine Combined will take place, with a downhill/slalom. Don't miss this legendary event, which will also include great entertainment for spectators who have come to support the athletes. [www.skicm-cransmontana.ch/en](http://www.skicm-cransmontana.ch/en)



### Etoile Bella Lui, an enchanting festival

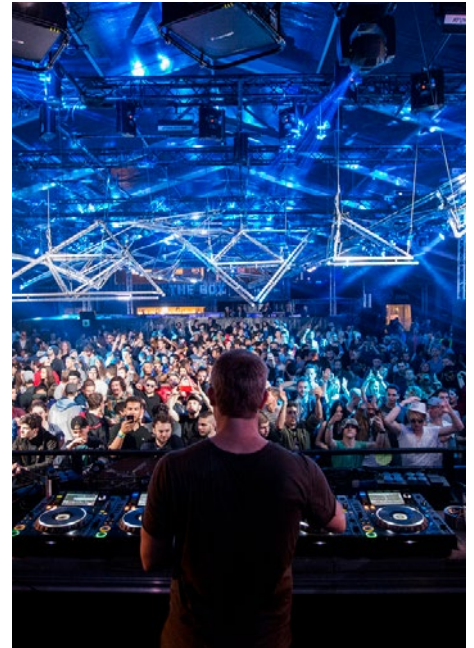
The days are getting shorter, temperatures are dropping, and the first snowflakes are falling. It's the beginning of the most magical of all seasons. The Etoile Bella Lui festival invites you to discover the magic of winter in the heart of Crans-Montana. The festival is based on the story of "The Shepherd and the Bella Lui Star" and honours the magic of winter lights in the mountains. Explore the pristine Nature surrounding the centre of Crans-Montana in a convivial and family spirit, as you walk the Lantern Path between Lake Moubra and Lake Etang Long.

In the snowy streets of the village, winter takes on the delicious flavour of local produce, its taste enhanced by our exceptional chefs, bakers, cheesemakers and winemakers. A central gastronomy area invites you to share an aperitif. Artisans will also be present, specifically in the "Land and Nature" area, which highlights the region's built and cultural heritage. Take time to stroll around and discover their wonderful creations, which will perhaps inspire a few gift ideas for Christmas. Stories, street artists, light shows, a big wheel, figure skating, an illuminated Christmas tree, a visit from Father Christmas; is there a better way to enjoy the holiday season and its magical moments? Know that **from 6 December 2019 until 5 January 2020**, Etoile Bella Lui will illuminate the holiday period in this innovative festival that pays tribute to the magic of winter in the mountains. [www.etoilebellalui.ch/en](http://www.etoilebellalui.ch/en)



### Caprices Festival

The famous Caprices Festival takes place from 16th to 19th February 2020. Aficionados of the Modernity (MDRNTY) events can party to the sounds of the best DJs on the planet in an unbelievable setting at 2,200 m above sea level, right in the middle of the ski area. [www.caprices.ch](http://www.caprices.ch)



### Winter Golf Cup

The Wintergolf Cup in Crans-Montana will take place **from 30th January to 2nd February 2020**. As part of the Wintergolf Cup, which passes through Megève and Val d'Isère, the 9 hole Jack Nicklaus course will welcome golfers of all levels on a snow-covered course. With over 100 years of experience in the world of golf, Crans-Montana is the first destination in French-speaking Switzerland to create a golf tournament on snow. In a friendly and magical atmosphere, on a snowy golf course with exceptional views, golf fans will enjoy a unique experience.

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



# PRINTEMPS



## BIKE DESTINATION

Crans-Montana offers varied biking facilities such as: a bikepark with red and black trails, two North-Shores and Pumptrack; an enduro and cross-country mountain bike map showing tons of maintained trails; over 200km of road cycling routes around Crans-Montana for roadies, 10 of which are designed, tested and approved by Steve Morabito. Several charging stations for electric bikes; Four 3-star hotels designated as Swiss Bike Hotels: Hôtel Elite, Hôtel de la Forêt, Crans Ambassador and the Youth Hostel; Several sports shops dedicated to cycling, biking courses and supervision as well as organized training camps are also available. Everything is easily reached from the plain thanks to the Sierre-Montana funicular which takes bikes at no extra cost. [www.crans-montana.ch/en/bike](http://www.crans-montana.ch/en/bike)



## MOST SPECTACULAR GOLF COURSES IN THE WORLD

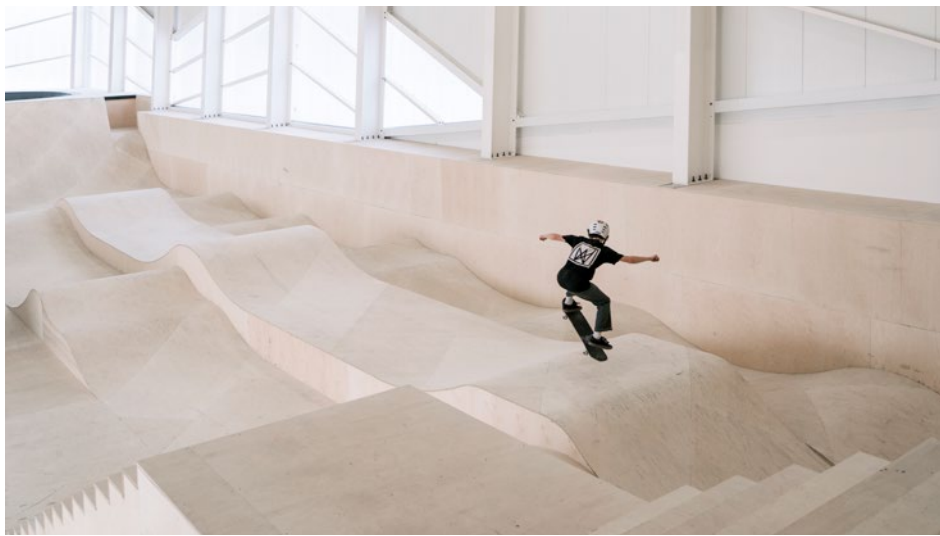
Four golf courses, a breathtaking view, a prestigious golf club, a year-round indoor centre and the famous Omega European Masters. This is what makes Crans-Montana a true paradise for golfers. For over 100 years, the destination has been welcoming guests from all over the world and built up a reputation as a unique golf destination. [www.crans-montana.ch/en/golf](http://www.crans-montana.ch/en/golf)

# SPRING

## HIKING WITH A VIEW

The Crans-Montana region stretches from the Rhone valley to the Plaine Morte Glacier at 3,000 metres in altitude. From picturesque vineyards to green meadows irrigated by the bisses, from proudly traditional villages to small settlements on mountain pastures, from clear mountain lakes to the permanent snow of the glaciers. 320 kilometres of marked hiking paths can be found at every altitude, crossing through a wide variety of natural landscapes, all of which have one thing in common: abundant sunshine and a stunning panorama.

[www.crans-montana.ch/en/hiking\\_summer](http://www.crans-montana.ch/en/hiking_summer)



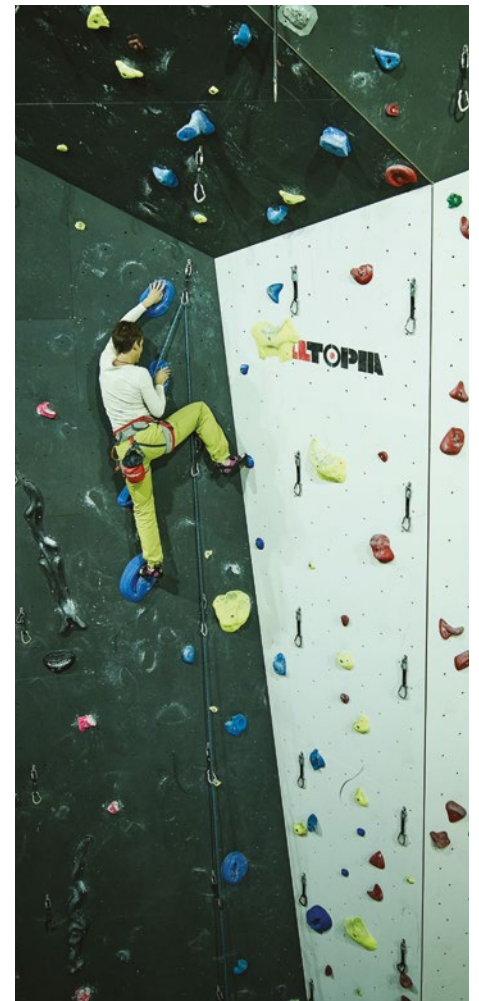
## ALAÏA CHALET

Crans-Montana is already well-known for its parks (snowpark, bikepark and wakepark), but it is continually developing the choice for action sport fans. The latest development is Chalet Alaïa, a veritable shrine to action sports, which opened its doors at the beginning of 2019. High quality infrastructure such as trampolines, indoor ramps, foam pits and bowls mean different sports can be practised year round. Outside, there is a gigantic skatepark which measures around 2,400 m<sup>2</sup>, consisting of a snakerun, pumtrack and a skate plaza and bowl. With over 5,000 m<sup>2</sup> of indoor and outdoor infrastructure, French-speaking Switzerland now boasts the biggest and most complete action sports centre of its kind. [www.alaia.ch/en](http://www.alaia.ch/en)

## AN OASIS OF SPORTS

The Moubra region is ideal for lots of different sports, both open air and indoors. At the Fun Forest park, both little ones and older ones can enjoy adventures in the trees, whilst water lovers can explore the wonderful lake, either swimming, fishing, on a stand-up paddle board, or on a pedalo. Near the lake, the Moubra Centre offers a 500 m<sup>2</sup> climbing wall and a 100 m<sup>2</sup> boulder area. In the same sports centre, you'll find 3 indoor tennis courts and 6 outdoor courts.

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



## GASTRONOMY REACHES THE MOUNTAIN TOPS IN CRANS-MONTANA

In Crans-Montana, whether in the resort or on the pistes, when tastebuds quiver every gourmet will find what they're looking for amongst the huge choice of restaurants which vary from mountain huts to Michelin-starred establishments. Quality local produce, numerous foodie events, passionate craftspeople and chefs illustrate the wealth of gastronomy in our region. Moreover, it is a great joy for Crans-Montana to include, two Michelin-starred establishments: Franck Reynaud's L'Hostellerie du Pas de l'Ours and Pierre Crepaud's LeMontblanc. Thanks to their incredible talent, these two French chefs, who have settled in Valais, sensitively interpret every flavour in our local produce. Although their creations retain a hint of the south, they should naturally be savoured with a fine Valais wine. If exotic cuisine makes your mouth water, you're in the right place. Crans-Montana is an ideal departure point for a gourmet world tour, where every meal can be a change of scenery, whether from Lebanon, Japan or Portugal. And if you're missing raclette or other Valais specialties, there are plenty of mountain huts and restaurants which will be delighted to welcome you for a traditional mountain dish.

[www.crans-montana.ch/en/local\\_gastronomy](http://www.crans-montana.ch/en/local_gastronomy)



## FONDATION OPALE

Through exhibitions, workshops, gatherings and publications, the Fondation Opale intends to install a permanent dialogue between Aboriginal art and contemporary art. Launched in June 2019, the "Before Time Began" exhibition truly launched the Foundation's artistic project, with works from the origins of contemporary Aboriginal art to modern time. This exhibition, to be visited **until 29<sup>th</sup> March 2020**, presents nearly 80 major works, such as ancient artworks from Arnhem Land, paintings from Papunya dating back to the early seventies, and also recent artwork from the APY Lands. [www.fondationopale.ch/en](http://www.fondationopale.ch/en)



## MY EXPLORER CARD

Free cable cars during the summer season, access to the climbing hall, mini golf or the swimming pool, this advantage card, which is given to everyone who pays visitor tax, will enable you to explore Crans-Montana like never before! [www.crans-montana.ch/en/explorercard](http://www.crans-montana.ch/en/explorercard)

## EVENT

### Open wine cellars

**From 30<sup>th</sup> May to 1<sup>st</sup> June 2020**, come and discover the new products of our local wine merchants and share a friendly moment in an exceptional setting in the heart of the vineyards. Free tastings and special shuttles to get home safely.

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



# SUMMER

## GRANDEUR NATURE

The Grandeur Nature space welcomes visitors looking for peace and quiet and revitalisation in the heart of untamed nature, looking out onto an exceptional panorama of mountain peaks and forests. Along an irrigation canal, in the forest or in an open alpine pasture, a network of trails is available for hikers and mountain bikers. Sunny restaurant terraces and mountain huts in the region are ideal for enjoying delicious local specialities in an idyllic setting. Grandeur Nature also offers a programme of organised activities that are free for everyone, including initiation and advanced trail hiking, a wood craftshop, construction of a mountain cabin, cheese making, the gathering and tasting of wild plants, yoga walks and horse trail rides. As for culture, you will enjoy discovering the Colombire Ecomuseum, which offers an insight into life in the Alps as it was many years ago.

[www.crans-montana.ch/en/grandeur\\_nature](http://www.crans-montana.ch/en/grandeur_nature)



## CRANS-MONTANA A FAMILY FAVOURITE

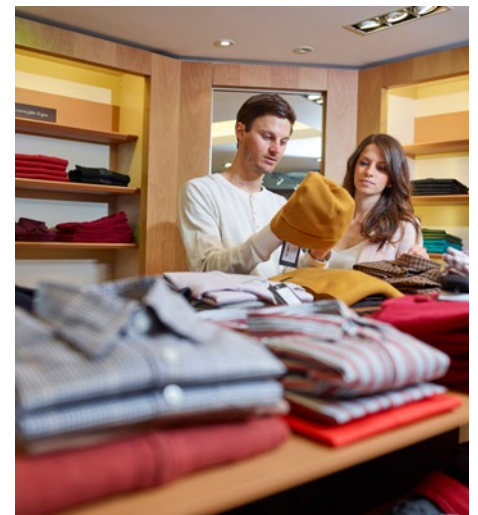
Crans-Montana, certified «Family Destination», is THE ideal family place in the heart of Valais. Young children will not have time to become bored this summer as they can discover Bibi's Gardens. Crans-Montana's favourite marmot has set up house here and welcomes children of all ages for a programme rich in free activities and events **from May to October**. These gardens are a fantastic leisure centre for the entire family with basketball courts and floorball (unihockey), plus ping pong tables, electric cars and a brand new mini-golf course.

Crans-Montana is proud to offer a splendid variety of open-air activities, including pedalo rides and paddle boarding on the lakes, leisure walks with buggies along irrigation canals, playgrounds as well as camps for children, the Fun Forest adventure park in the trees, the Swiss Model Railway Foundation and Bibi's treasure hunt. Adolescents will also find plenty of wonderful things to do, including paintball, a wakeboarding park, beach volleyball, horse riding, a bike park, canyoning adventures, rock climbing, tennis, cinema, bowling, etc. which will leave them with magnificent memories of their holidays in the mountains. [www.crans-montana.ch/en/kids\\_summer](http://www.crans-montana.ch/en/kids_summer)

## BEACH CLUB

To make the most of the summer season, the Beach Club comes back at the Étang Long **from June to August**. Those with energy to burn can take on beach volleyball or cable wakeboarding. Deckchairs, swimming, restaurants and beach bars will be welcomed by visitors seeking rest and relaxation.

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



## BOUTIQUES IN THE HEART OF THE ALPS

Some 120 shops and boutiques will delight shopping fans. Treat yourself in Rue du Prado where you'll find top luxury brands or browse the sport, souvenir, interior design or local produce shop windows. Everyone is sure to find what they are looking for.

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

## EVENTS

### Jumping Longines Crans-Montana

From **9<sup>th</sup> to 12<sup>th</sup> July 2020**, at the Cry d'Er car park, the Jumping Longines Crans-Montana welcomes the best riders for one of the toughest competitions in the international equestrian calendar.

[www.jumpingtoninescransmontana.ch](http://www.jumpingtoninescransmontana.ch)



## TRAIL

**15 routes - 200 km - a total of 15,800 m height gain**

Crans-Montana is offering 15 new signposted trail routes on a network of over 200 km covering the whole region. From 2 km to 55 km long, with a height difference of 300 m to 4,200 m, there is something for all levels and tastes. You can also train on one of the vertical trails or on one of the famous Trail des Patrouilleurs routes.

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



### Tour des Stations

Le Tour des Stations, the «world toughest one day cycling race in D+ /km» comes back for its third edition on **the 8<sup>th</sup> August 2020**. This very special sport challenge, in the heart of Swiss Alps, links together key destinations in central Valais, and is open to all cycling fans. Including 4 routes which range from 50 to 220 km, 2 of which pass through Crans-Montana and its pass, participants will explore breathtaking scenery as they cycle through vineyards, pastures and picturesque villages.

[www.tourdesstations.ch/en](http://www.tourdesstations.ch/en)



### Am Stram Gram: the family festival

The second edition of this family festival is happening **from 17<sup>th</sup> to 19<sup>th</sup> July 2020**. Sporting the "Family Destination" label, Crans-Montana is proud to have created a paradise for children in the mountains. The aim of the festival is to transport children into a world of games and immersive and participative adventures. Whether it's on board a pirate ship, in the middle of a water fight on pedalos, or in a giant kitchen, Am Stram Gram is a place for all those who love games. Three days, nine worlds, some fifteen workshops and lots of shows await you in the resort.

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



## EVENTS

### Omega European Masters

On the amazing Severiano Ballesteros golf course, against an incredible Alpine panorama, the Omega European Masters, one of the most prestigious and competitive golf competitions in Europe, will take place between **27<sup>th</sup> to 30<sup>th</sup> August 2020**. This world-renowned golf competition has seen players such as Spain's Severiano Ballesteros, José Maria Olazabal and Sergio Garcia, Scotland's Colin Montgomerie, South Africa's Ernie Els and Great Britain's Lee Westwood win the much coveted trophy.

[www.omegaeuropeanmasters.com/en](http://www.omegaeuropeanmasters.com/en)



### Cirque au sommet

**In August**, Crans-Montana hosts the Cirque au Sommet, a performance event in a big top. Embark on a journey to explore the enchanting world of modern circus arts in the heart of the Swiss Alps; this is what Cirque au Sommet proposes. An ideal occasion to soak up this universe which is full of dedication and magic in the dream setting that is the Crans-Montana region.

[www.cirqueausommet.ch](http://www.cirqueausommet.ch)



## A REGION OF FIRST-CLASS VINEYARDS

Crans-Montana's fame is well established as a gastronomic destination with two star-rated chefs, high-quality local specialties and a wide range of exotic cuisine. At the same time, Crans-Montana is also a high-quality wine-producing region and wine tourism is growing in importance. The winegrowers also organise many events right in their vineyards to help you discover their world of epicurean pleasures. You can participate in the grape harvests, visit the Château de Vaas, enjoy wine tastings and attend different events to discover the best local wines.

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

### Temps du Cornalin

This event celebrates the Valais' oldest and most prestigious red wine: the Cornalin. Every September, the little hamlet of Flanthey, home of Cornalin, invites the public to a discovery of local wines and regional products.

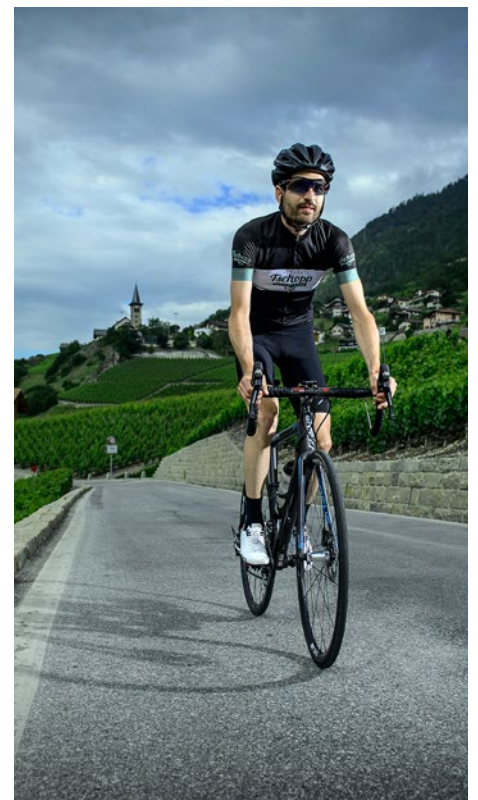
[www.letempsducornalin.ch](http://www.letempsducornalin.ch)



## CRANS-MONTANA, INNOVATIVE SINCE 1893

In 2018, to celebrate the 125<sup>th</sup> anniversary of the destination, 12 giant illuminated letters spelling Crans-Montana have been installed on the banks of Lake Grenon, at the foot of the Hotel du Parc hill, and on the Centenary Path, which links the centre of Montana and Crans. Replicas of these letters will also be found dotted around in natural surroundings, marking 12 of the most beautiful viewpoints in the region. So whilst walking between the valley and the glacier, you'll come across these 12 letters together with a telescope, accompanied by video portraits of local celebrities, whose experiences and anecdotes will teach you even more about a theme closely related to each place.

[www.crans-montana.ch/en/125\\_ans](http://www.crans-montana.ch/en/125_ans)



## ROAD CYCLING

With over 200km of road routes carefully mapped out by a Tour de France regular, Crans-Montana stands out as the Swiss alpine centre for cycling. Steve Morabito, a frequent visitor who is passionate about this area, has designed 10 hugely varied routes for all levels, covering the valley up to the peaks, and even including a mountain pass! The landscape is mind-blowing, including plains, vineyards, historic villages, high plateaus, lakes and mountains.

[www.crans-montana.ch/en/road\\_cycling](http://www.crans-montana.ch/en/road_cycling)



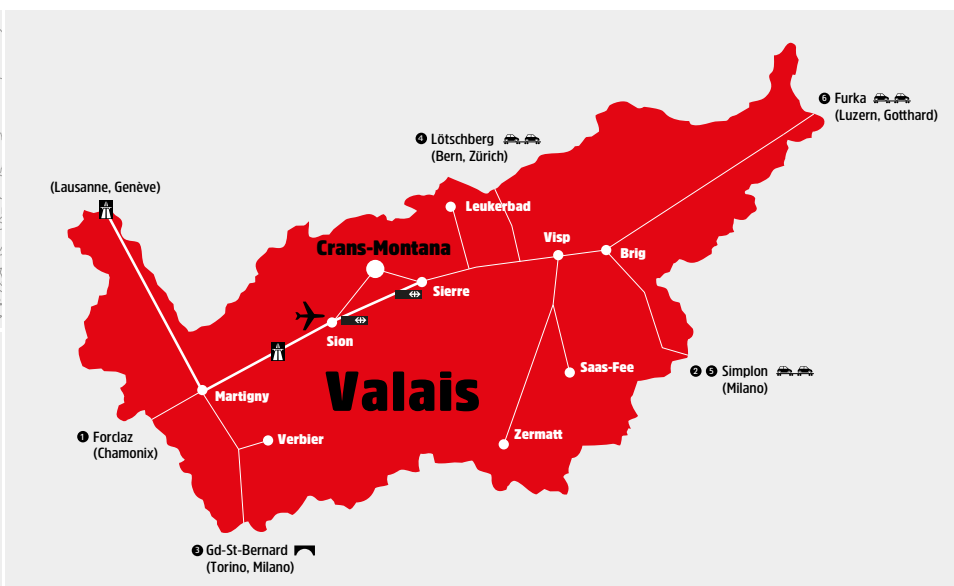
John Wilhelm  
© 2010

# NEED A BREAK?

CRANS MONTANA   
*Absolutely*



# INFORMATION



## BY PLANE

Geneva: 180km  
 Zurich: 300km  
 Milano Malpensa: 220km  
 Sion (regional): 30km

## BY CAR

- > Take the A9 motorway to Sierrre, then head towards Crans-Montana (15km)
- > Over the Forclaz ① and Simplon mountain passes ② and through the Great St Bernard tunnel ③
- > By car-carrying shuttle train through the Lötschberg ④ (Kandersteg-Goppenstein), Simplon ⑤ (Iselle-Brig) and Furka ⑥ (Realp-Oberwald) tunnels

## BY TRAIN [www.cff.ch](http://www.cff.ch)

- > Switzerland: Direct connections from Basel, Bern, Geneva/airport, Lausanne and Zurich/airport (Sierrre station)
- > Europe: Fast connections across the whole European network via Milan or Paris (TGV Lyria) (Sierrre station)

## BY FUNICULAR [www.cie-smc.ch](http://www.cie-smc.ch)

Direct access from Sierrre twice hourly (non-stop: 12 mins / all stops: 20 mins)

## BY BUS [www.cie-smc.ch](http://www.cie-smc.ch) - [www.carpostal.ch](http://www.carpostal.ch)

Sion station: ~45 mins | Sierrre station: ~35 mins

Free shuttle bus service throughout the resort

## BY TAXI

Sion station | Sierrre station



### WEBSITE

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



### APP (CRANS-MONTANA TOURISME)

(AppStore | Google Play)



### NEWSLETTER

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



### MOVIE

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



### INFORMATION

[information@crans-montana.ch](mailto:information@crans-montana.ch)



### PHONE

+41(0)848 22 10 12



### FACEBOOK

[www.facebook.com/cransmontana](http://www.facebook.com/cransmontana)



### YOUTUBE

[www.youtube.com/cransmontanaresort](http://www.youtube.com/cransmontanaresort)



### TWITTER

[www.twitter.com/cransmontana](http://www.twitter.com/cransmontana)



### INSTAGRAM

[www.instagram.com/cransmontana](http://www.instagram.com/cransmontana)