

ENGLISH

#CransMontana #GrandeurNature



# GRANDEUR NATURE

CRANS MONTANA   
*Absolutely*

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



# FREE WEEKLY GET-TOGETHERS

**FREE\*** | GUIDED ACTIVITIES | FROM 22.12.2018 TO 6.1.2019 – FROM 9.2.2019 TO 10.03.2019

MONDAY

## Husky hiking

Hike in tandem with husky dogs

**Aminona** | Espace Grandeur Nature parking lot | 9.30am - 10.45am and 10.45am - midday  
Sturdy footwear essential

WEDNESDAY

## Nordic walking and natural fitness

A sporty and dynamic hike

**Crans** | Alex Sport | 1.30pm - 3.30pm  
(Nearest equipment hire: Ski/hiking poles - Alex Sport)

THURSDAY

## Snowshoe hike

An excursion in harmony with nature

**Aminona** | Espace Grandeur Nature | 10am - midday  
Sturdy footwear essential  
(Nearest equipment hire: Snowshoes - Zermatten Sport Aminona)

FRIDAY

## Night-time snowshoe hike

Magic under the moonlight and mulled wine tasting

**Crans** | Alex Sport | 6pm - 8pm  
(Nearest equipment hire: Snowshoes - Alex Sport)

SATURDAY

## Winter yoga walk

The peak of relaxation and well-being

**Lake Moubra** | Restaurant La Plage | 10am - midday  
Sturdy footwear essential

**FREE\*** | GUIDED ACTIVITY | FROM 22.12.2018 TO 31.3.2019

SUNDAY

## Introduction to ski touring

Make your first strides in ski skins with professional coaching

**Signal** | Après-ski bar | 10am - midday  
(Equipment hire: [www.crans-montana.ch/en/randoparc/location](http://www.crans-montana.ch/en/randoparc/location))

## Spend a night in a mountain hut!

**Colombire Hamlet** | [www.colombire.ch](http://www.colombire.ch) | +41 79 220 35 94  
**Cabane de la Tièche** | [www.cabane-tieche.ch](http://www.cabane-tieche.ch) | +41 79 221 00 68  
**Cabane des Violettes** | [www.cabanesdesviolettes.ch](http://www.cabanesdesviolettes.ch) | +41 27 481 39 19



## Discover our 14 marked ski touring trails,

designed in collaboration with Séverine Pont Combe, ski-mountaineering champion and Crans-Montana ambassador.  
[www.crans-montana.ch/en/randoparc](http://www.crans-montana.ch/en/randoparc)

**\*Free, but must be reserved by 6pm the evening before: +41 848 22 10 12 (winter gear essential: sturdy footwear, gloves, hat, warm clothes, etc.)**  
Activities take place in all weather conditions and regardless of the number of participants. Crans-Montana Tourism & Congress does not accept any liability in the event of an accident. Each participant must have accident insurance. Parents must supervise their children and take responsibility for their children's actions.