

ALL-YEAR ROUND ACTIVITIES

Outdoor activities & Bike School



Day-by-day & Summer Camps
Ski School + Incentives



MULTI-SPORTS DAY-BY-DAY CAMPS **3**

Easy Club 3 to 6 years old

Junior Club 6 to 12 years old

Outdoor programs designed for children for half a day – morning or afternoon and full day sessions.

BIKING DAY-BY-DAY CAMPS **5**

MTB Freeriding from 7 years old

DH Performance from 10 years old

Exclusive group programs dedicated to mountain biking (MTB) and downhill biking (DH) such as tour, single track runs and techniques (braking, balance, trajectory, etc.).

SUMMER CAMPS WITH ACCOMMODATION **8**

7 days / 6 nights full board camps dedicated to both multi-sports and biking (MTB or DH) activities.

BIKE SCHOOL & RENTAL **9**

DH, MTB, E-BIKING, XC, Enduro & Road bike

Private lessons, discovery tours and coaching for all cycling disciplines.

CLASSIC SPORTS & ADRENALINE PROGRAMS **12**

Mountaineering, canyoning, hiking, fishing, archery, tennis, swimming, etc.

A wide range of activities in classic sports or specific to the mountains are offered, for all levels of adrenaline and fitness.



+ Group lessons + day-by-day + multi-sports camps

+ Easy Club
3 – 6 years old

+ Junior Club
6 – 12 years old

Easy Club & Junior Club programs

EASY CLUB → 3-6 years old

	morning		afternoon
MON	Squirrel feeding	Lunch*	Forest walk & Pedal boat
TUE	2-3-4 wheeled bikes & scooters	Italian Pasta*	Child scooter tour
WED	Forest Walk & Nature observation	BBQ*	Small wooden shed building
THU	Outdoor Art Painting	Pizza*	Easy scavenger Hunt
FRI	Easy Archery	Ham-burger*	First step how to fish
SAT	Gondola ride in altitude	Picnic meal by SMS*	Marmots observation
SUN	2-3-4 wheeled bikes & scooters	Italian Pasta*	2-3-4 wheeled bikes & scooters

Full day

* All meals for day programs are included

JUNIOR CLUB → 6-12 years old

	morning		afternoon
	Stand-up Paddle	Lunch*	Stand-up Paddle
	Biking technique & tour	Italian Pasta*	Biking technique & tour
	How to build a wooden shed	BBQ*	How to build a wooden shed
	Roller-blading	Pizza*	Scavenger Hunt
	Archery	Ham-burger*	Fishing
	Gondola ride in altitude	Picnic meal by SMS*	Marmots observation
	Biking technique & tour	Italian Pasta*	Biking technique & tour

Full day

* All meals for day programs are included

Schedule and price

→ day by day easy club & junior club

		Easy Club		Junior Club	
Morning 🕒 09:45 – 12:15		price /course		price /course	
5 successive courses Monday to Friday		CHF	40.–	CHF	50.–
Non successive course(s)		CHF	43.–	CHF	55.–
15 non successive courses		CHF	38.–	CHF	48.–
Weekend Pack (SAT + SUN)	price for 2 days	CHF	79.–	CHF	98.–

Afternoon 🕒 13:45 – 16:00

5 successive courses Monday to Friday		CHF	50.–	CHF	60.–
Non successive course(s)		CHF	55.–	CHF	65.–
15 non successive courses		CHF	48.–	CHF	58.–
Weekend Pack (SAT + SUN)	price for 2 days	CHF	98.–	CHF	118.–

Full day – lunch included 🕒 09:45 – 16:00

5 successive courses Monday to Friday		CHF	90.–	CHF	90.–
Non successive course(s)		CHF	105.–	CHF	105.–
15 non successive courses		CHF	85.–	CHF	85.–
Weekend Pack (SAT + SUN)	price for 2 days	CHF	176.–	CHF	176.–

A photograph of three mountain bikers on a dirt trail. The biker in the foreground is wearing a red and white helmet, orange and black jersey, and green goggles. The two bikers behind are wearing black and orange jerseys and helmets. They are on a dirt trail with a rocky hillside in the background. A wooden signpost is visible on the left.

+ Group lessons day by day biking camp

+ MTB Freeride
7 – 12 years old

+ DH Performance
10 – 16 years old

MTB Freeride & DH Performance programs

MTB Freeride 7 – 12 years old

All aspect of the mountain biking (MTB) discipline as:

Discovery tours
Pump-track
Technique
Balance on the bike
Downhill / Single tracks introduction
Jumps
Obstacles crossing
Game on 2 wheels
Go easy on the brakes
Float over rocks & roots
Scavenger hunt by bike
Burn through turns
Master the basic
Front wheel lift
Use all the gear

DH Performance 10 – 16 years old

All aspect of the downhill biking (DH) discipline as:

Single tracks DH runs
Braking
Technique
Correction video
Balance on the bike
Body displacement
Jumps
Float over rocks & roots
Set your suspension
Speed through the trajectory
Look where you want to go
Master the basic
Learn the wheelies
Maintain momentum
Technical workshop

 All meals for day programs are included

Schedule and price

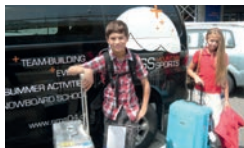
→ day by day MTB Freeride & DH Performance

	MTB Freeride		DH Performance	
	Price with instructor	Price with instructor + MTB bike + protection set	Price with instructor	Price with instructor + DH bike + protection set
Morning 🕒 09:45 – 12:15				
5 successive courses MON to FRI	CHF 50.–	CHF 68.–	CHF 50.–	CHF 90.–
Non successive course(s)	CHF 55.–	CHF 76.–	CHF 55.–	CHF 95.–
15 non successive courses	CHF 48.–	CHF 65.–	CHF 48.–	CHF 85.–
Weekend Pack (SAT + SUN) <small>price for 2 days</small>	CHF 98.–	CHF 125.–	CHF 98.–	CHF 165.–
Afternoon 🕒 13:45 – 16:00				
5 successive courses MON to FRI	CHF 60.–	CHF 78.–	CHF 60.–	CHF 100.–
Non successive course(s)	CHF 65.–	CHF 85.–	CHF 65.–	CHF 110.–
15 non successive courses	CHF 58.–	CHF 75.–	CHF 58.–	CHF 90.–
Weekend Pack (SAT + SUN) <small>price for 2 days</small>	CHF 118.–	CHF 155.–	CHF 118.–	CHF 180.–
Full day – lunch included 🕒 09:45 – 16:00				
5 successive courses MON to FRI	CHF 90.–	CHF 110.–	CHF 90.–	CHF 140.–
Non successive course(s)	CHF 105.–	CHF 120.–	CHF 105.–	CHF 165.–
15 non successive courses	CHF 85.–	CHF 100.–	CHF 85.–	CHF 135.–
Weekend Pack (SAT + SUN) <small>price for 2 days</small>	CHF 175.–	CHF 210.–	CHF 175.–	CHF 275.–

+ Summer Camps with accommodation

- + **MULTI-SPORTS**
from 7 years old
- + **MTB Freeride**
from 7 years old
- + **DH Performance**
from 10 years old

SUMMER CAMPS with accommodation



from CHF 1165.– / session*

* 15% discount on booking of the 2nd session

Multi-Sports camps full board accommodation

Summer camps offering multiple outdoor activities organized in the mountain environment.

+ 35 hours of outdoor programmes: archery, fishing, BBQ, roller-blading, stand-up paddle, wooden shed construction, biking tour, marmots observation, etc.

from 7 years old

MTB Freeride bike camps full board accommodation

Camps dedicated to MTB mountainbiking enthusiasts under the coaching of instructors.

+ 35 hours of freeride biking: single track introduction, technique, tours and video analysis.

For all levels from 'beginner' to 'expert'.

from 7 years old



Full Downhill bike camps full board accommodation

Camps dedicated to DH (downhill) bike enthusiasts under the coaching of instructors/pro-riders.

+ 35 hours of DH single track runs, technique, video analysis and workshop.

For all levels from 'beginner' to 'expert'.

from 10 years old



+ Bike school & shop

+ private courses
rental & repair

+ DH
MTB
E-Bike
Road bike
Skyver



Private package

→ prices with/without bikes

Price with instructor
+ DH Bike + protection set

DH – downhill

		1 pax	2 pax	3 pax	4 pax
1.5 hours of private course	CHF	135.–	97.–	85.–	79.–
2.0 hours of private course	CHF	176.–	126.–	111.–	104.–
2.5 hours of private course	CHF	215.–	152.–	135.–	128.–
Additional hour beyond 2.5 hours	CHF	84.–	60.–	53.–	50.–

+ MTB Bike + protection set

E-BIKE

		1 pax	2 pax	3 pax	4 pax
1.5 hours of private course	CHF	125.–	80.–	68.–	62.–
2.0 hours of private course	CHF	160.–	105.–	90.–	80.–
Additional hour beyond 2.0 hours	CHF	78.–	52.–	43.–	38.–

with MTB or Scooter + helmet

MTB / SKYVER

		1 pax	2 pax	3 pax	4 pax
1.5 hours of private course	CHF	130.–	90.–	75.–	70.–
2.0 hours of private course	CHF	170.–	115.–	100.–	90.–
Additional hour beyond 2.0 hours	CHF	85.–	55.–	50.–	45.–

HOW-TO-BIKE dedicated to young child

Transition from 4 to 2 wheels

PRO SUPERVISION / ENDURANCE COACHING

X-country mtb/ road bike / enduro

with your own bike

		1 pax	2 pax	3 pax	4 pax
CHF		105.–	60.–	45.–	38.–
CHF		140.–	80.–	60.–	50.–
CHF		175.–	100.–	75.–	64.–
CHF		65.–	35.–	28.–	25.–

with your own bike

		1 pax	2 pax	3 pax	4 pax
CHF		105.–	60.–	45.–	38.–
CHF		140.–	80.–	60.–	50.–
CHF		65.–	35.–	28.–	25.–

with your own bike

		1 pax	2 pax	3 pax	4 pax
CHF		105.–	60.–	45.–	38.–
CHF		140.–	80.–	60.–	50.–
CHF		65.–	35.–	28.–	25.–

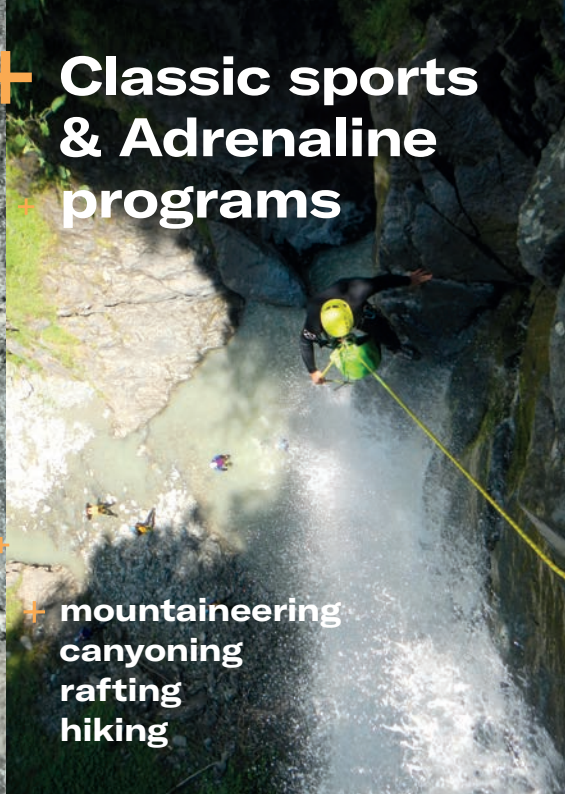
CHF 65.– /hrs

CHF 70.– /hrs Bike(s)+helmet incl.

CHF 100.– /hrs + CHF 30.–/add. pax



+ Classic sports & Adrenaline programs



**+ mountaineering
canyoning
rafting
hiking**

Classic Sports & Adrenaline programs

Price per pax

Classic		1 pax	2 pax	3 pax	4 pax
Swimming*	CHF	70.-			
Tennis*	CHF	70.-	40.-	30.-	25.-
Fishing*	CHF	80.-	45.-	35.-	30.-
Archery	CHF	95.-	55.-	40.-	35.-

Skyver		1 pax	2 pax	3 pax	4 pax
1.5 hrs of rock Skyver Descent **	CHF	125.-	80.-	66.-	60.-
2 hrs of rock Skyver Descent **	CHF	160.-	105.-	90.-	75.-
Skyver Descent to Sierre ***	CHF	170.-	120.-	85.-	75.-

Mountaineering / Hiking		1 pax	2 pax	3 pax	4 pax
3.0 hours of rock climbing	CHF	420.-	230.-	165.-	135.-
Full day of mountaineering / climbing	CHF	640.-	345.-	245.-	195.-
2.0 hours of hiking	CHF	160.-	90.-	65.-	55.-
3.0 hours of hiking	CHF	210.-	120.-	90.-	75.-
Full day of hiking	CHF	425.-	220.-	163.-	135.-

Canyoning / Rafting / Scenic flight

Discovery canyoning (3 hrs)	CHF	140.- / pax
Integral canyoning (3.5 hrs)	CHF	160.- / pax
Rafting	CHF	115.- / pax
Helicopter Scenic Flight	from CHF	250.- / pax
Paragliding tandem Flight	from CHF	160.- / pax

Happy Hours private courses:
2 hrs pack 16:15-18:15

	1 pax	2 pax	3 pax	4 pax
CHF	125.-			
CHF	125.-	73.-	55.-	45.-
CHF	150.-	80.-	65.-	55.-
CHF	125.-	73.-	55.-	45.-

Happy Hours private courses:
2 hrs pack 16:15-18:15

	2 pax	3 pax	4 pax
CHF	65.-	49.-	40.-



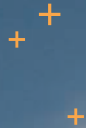
* entry fees – court rental –
fishing license not included.

** dh scooter + protection set included /
lift pass not included.

*** dh scooter + protection set included /
funicular pass not included.

**** group program / funicular pass
not included.

+ All-year round activities



Ski & Snowboard school
Private lessons – adults & children
Group lessons – 5 children per class only
Freeride skiing
Off the trace programs

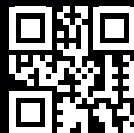
We look forward to seeing you on snow next winter



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SPORTS

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