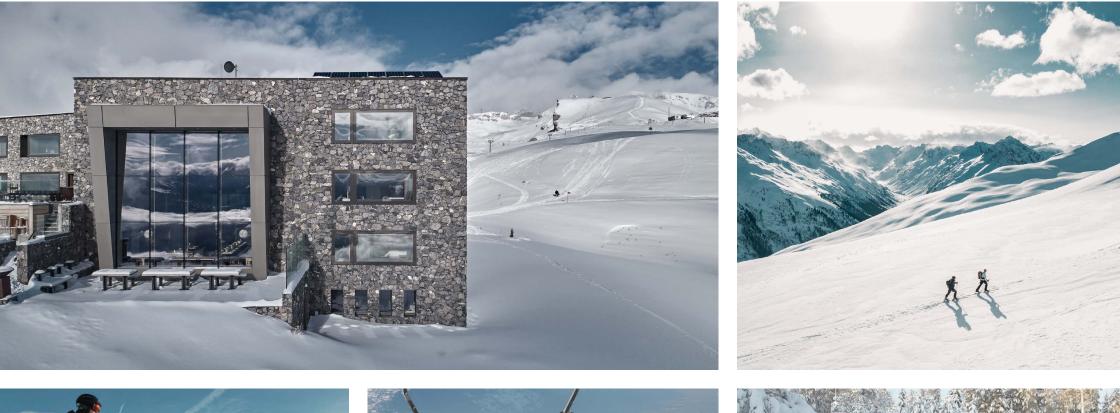


# unforgettable memories to strengthen your team spirit









# ski & snowboard







### freeride session

the Crans-Montana Ski School would be delighted to organise a freeride session for you to discover the best spots in the region.

for experienced skiers only. subject to snow and avalanche conditions!

contact <u>esscrans-montana.ch</u> +41 27 481 14 80 info@esscrans-montana.ch



### where is chetzeron located?

chetzeron is situated on the ski slopes of crans-montana, at an altitude of 2112 m above sea level.

**to get there** take the crans-cry d'er gondola to the summit, then ski down for 3' or walk for 20' to the hotel.

### ski and snowboard

crans-montana offers 140 kilometres of ski runs for all levels. an ideal area for your winter offsites!

### equipment rental

ski rental at the hotel and more equipment at **René Rey Sports** located near the gondola departure station.

contact <u>www.renereysports.ch</u> +41 27 485 25 44

# ski touring

#### our favourite itineraries

**crans - chetzeron** 3h30 | 9,5 km | +633 m | -677 m

**chetzeron - cry d'er** 2h15 | 6,4 km | +399 m | -408 m

**chetzeron - bella lui** 2h15 | 6,4 km | +399 m | -408 m

**arnouva - cry d'er** 2h15 | 6,4 km | +399 m | -408 m

all itineraries download here

#### comments

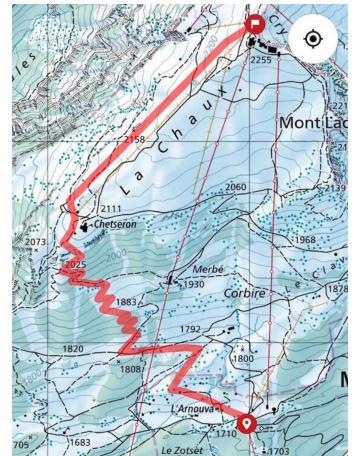
before taking any itinerary, check the tourist office website to see if it's open and safe, and make sure you're properly equipped for mountains!

### ski touring rental

equipment can be rented at **René Rey Sports** located near the gondola departure station.

contact <u>www.renereysports.ch</u> +41 27 485 25 44





### accompanied by a guide

guides from the Crans-Montana Ski School will take you off the beaten track to discover the landscapes of our region. participants from 4 to 16 persons duration approx. 2 hours price 90.- per person included bags, DVAs, shovels, probes, guides meeting point gondola departure station in crans contact esscrans-montana.ch +41 27 481 14 80

info@esscrans-montana.ch



## snowshoe hikes



### our favourite itineraries

**cry d'er - chetzeron** 3h30 | 9,5 km | +633 m | -677 m

**chetzeron - merbé** 2h04 | 4,4 km | +640 m | -29 m

**chetzeron - crans** 1h20 | 4,6 km | -612 m

**chetzeron - arnouva** 1h04 | 3,6 km | -397 m

all itineraries download here

#### comments

before taking any itinerary, check the tourist office website to see if it's open and safe, and make sure you're properly equipped for mountains!





#### snowshoe rental

snowshoes and poles can be hired at the hotel, according to availability!

price 10.- per person per day

#### comments

the shoe size of each participant will be requested at the time of booking.

### accompanied by a guide

for more comfort, let yourself be led by the guides of the **Crans-Montana Ski School.** 

participants from 4 persons
duration approx. 2 hours
price 90.- per person
included guide, bags, DVAs, shovels, probes
departure and arrival points chetzeron
contact esscrans-montana.ch +41 27 481 14 80 info@esscrans-montana.ch



# rescue workers for a day



### a fun & snowy activity!

thanks to a variety of workshops and fun role-playing activities, the instructor of the **Crans-Montana Ski Scool** will teach you how to use an avalanche transceiver.

**the little extra**: end the activity with a drink to share.

an ideal activity to strengthen your team spirit!

participants from 4 to 16 persons
duration approx. 3 hours
location in front of the hotel
price 120.- per person
included DVAs, shovels, probes, aperitif
clothes warm, waterproof and
comfortable, gloves, sunglasses
contact\_esscrans-montana.ch

+41 27 481 14 80 info@esscrans-montana.ch





## moonbike



### electric snow scooter

enjoy a unique, 100% electric activity with your colleagues at the e-scootpark in crans-montana, starting from the top of the gondola.

participants up to 16 persons

duration 1 hour

price coming soon





### the new winter trend

hurtle down the slopes on a fatbike with experienced guides from the **Crans-Montana Ski School.** thanks to this morning activity, you'll have the privilege of enjoying the slopes alone. **participants** from 3 to 5 persons **duration** approx. 2 hours **schedule** before the slopes open **price** 85.- per persons **included** guides, fatbikes, helmets, headlamps **contact** <u>esscrans-montana.ch</u> +41 27 481 14 80, info@esscrans-montana.ch

## yoga class at 2112 m



# awakening of the five elements



### reduce stress and improve concentration

yoga session led by Béatrice, for all levels. **participants** up to 16 persons **time** 1 hour **price** 400.- up to 8 persons

+30.- per additional person

### useful information

the class is given on the swimming pool terrace in fine weather and in our seminar room otherwise.

material we supply the yoga mats

clothes choose comfortable clothes

### meditation and breathing: the perfect duo for wellness

Alyssa, our masseuse, will guide you in the practice of **qi gong** and **meditation** to awaken the elements already ingrained in you. an ideal activity to prepare the body and mind for a day's work.

participants up to 16 persons

time 30 min

price 150.- from 4 to 7 persons 300.- from 8 to 16 persons



# enigma at the top



## macrame workshop



### the puzzle game in the heart of chetzeron

a unique enigma game that will strengthen your communication and team spirit.

participants from 4 to 16 persons		duration 2 hc
price without alcohol	150 from 4 to 7 persons	
	300 from	8 to 16 persons
with alcohol	250 from	4 to 7 persons

4 to 7 persons 450.- from 8 to 16 persons

duration 2 hours

warning: the reward, with or without alcohol, is a surprise not to be shared with participants!

### a creative and meditative activity

led by our marketing manager (des nœuds de liberté), this workshop will learn you the basic knots of this craft. you'll make a plant hanger and go back home with your own creation!

participants from 4 to 10 persons duration 2 hours

price 60.- per person



## wine tasting







**the valais is switzerland's most important wine-growing region**. in a few figures, that means:

> 4,795 hectares of vineyards 80,000 plots 55 grape varieties 50 million kg of grapes per year 370 cellars

our sommelier will invite you to taste traditional valais wines grown in the region. a fun activity for groups! duration 1h or 1h30 (possible from 17.00) discover 5 white wines price 700.- up to 8 persons 1300.- from 9 to 16 persons discover 5 white wines and 3 red wines price 1150.- up to 8 persons 1700.- from 9 to 16 persons