

# CRANS-MONTANA EXPERIENCES

WINTER EDITION



SIX SENSES

CRANS-MONTANA



## LOSE YOURSELF IN MOUNTAIN LIFE

Discover the beauty of the Swiss Alps all year round in Crans-Montana. Whether you're seeking an adrenaline rush or a relaxing escape, we have something for everyone. Soar through the clouds on a tandem paragliding flight, learn the art of cheese-making in a traditional Mayen, hit the slopes for skiing in winter or biking in summer, or simply unwind after a round of golf. Our Experience team will be pleased to help you make the most of your stay by recommending the best activities to capture the true essence of mountain living.

### **Six Senses Outdoor Adventure Menu:**

Enjoy an optional exclusive Six Senses package, where the experience team will equip you with backpacks, water bottles and a picnic prepared by our chef, for an additional 65.- per person.

For more information, contact our Experiences Team at:

[experiences-cransmontana@sixsenses.com](mailto:experiences-cransmontana@sixsenses.com)



## SKI & SNOWBOARD LESSONS

Experience the thrill of skiing, snowboarding, off-piste, or freeriding in one of the sunniest locations in the Swiss Alps! We've got the perfect instructor for you, whether you're a beginner or aiming to enhance your technique. With 140km of slopes, you'll have plenty of terrain to explore and develop your skills. Our dedicated private instructors are there just for you, providing personalized attention and guidance.

To ensure that you secure your preferred date and time, please contact us in advance to book your private instructor.



From 80.- per hour

From 270.- for half a day

From 500.- for full day

*\*Ski and equipment rental is available at our Alpine Shop*

*\*Lift passes available for purchase at hotel*





## PARAGLIDING

Get ready to experience the ultimate thrill of paragliding over Crans-Montana, where the sky is the limit! You can enjoy a variety of tandem flight options throughout the seasons, including a spectacular sunset flight in winter. During the summer months, soar over the summits and the beautiful vineyards, all the way down to Sierre. We'll ensure that your memorable moments during the flight are captured on camera so you can share and cherish them as a souvenir.



From 190.- to 355.- per person, subject to the itinerary and flight routes

*Six Senses Outdoor Adventure Menu Available*

*\*Additional transportation fees may apply*





## THE SWISS WINTER

Embrace the enchanting Swiss winter as the sun gracefully sets. Follow your guide on a captivating 1.5-hour snowshoe hike, delving deep into the heart of nature. This journey will lead you to a picturesque Swiss hamlet composed of several traditional 'Mayen', Alpine huts historically used for farming and dairy production. One of these charming 'Mayen' huts will become your private shelter for the evening, where your guide will prepare a fondue and warm tea to rekindle your energy. After dinner, weather permitting, embark on a thrilling stargazing session with the hamlet's telescope before enjoying a sled ride back to the starting point.

2-3 person: 599.-

4-6 person: 179.- / person

7-10 person: 149.- / person

*\*Transportation not included*





## RETURN TO THE ROOTS

Unveil the tranquility of nature through a guided dusk walk in the snow. Learn about animal tracks and the forest's nighttime sounds as the skiers leave the slopes. Reconnect with your senses and indulge in the simple pleasures of mountain living. Warm up with a cup of homemade hot chocolate and savor local gingerbread. For a playful twist, opt for the "Shoki" option and follow the paw prints along the way.



From 390.- for 1-5 person

*\*Transportation and snacks included*



## FAT BIKE

Fat biking is all about having a good time and enjoying the slopes before everyone else. For adventure seekers who love mountain biking and snow sports, it's the perfect combination. Experience a thrilling early morning descent down the slopes just before the ski domain opens, riding a special snow bike alongside a guide.



90 minutes private guided experience from 135.-  
25.- per person for the material

*Six Senses Outdoor Adventure Menu Available*

*\*Ski pass is not included*





## SNOWSHOEING

Embrace the natural beauty of Crans-Montana with snowshoeing adventures. Choose from numerous trails for self-guided exploration or opt for guided tours led by experts. Wander at your own pace through pristine landscapes or join certified guides who can share their knowledge of the region's flora and fauna. Tailor your journey to your skill level, from leisurely nature walks to more challenging hikes. You can even enhance your experience with a picnic fondue in nature.



2 hours experience from 320.-

5 hours experience with fondue from 530.-

*\* Transportation included / Material not included*





## SKI-TOURING

Whether you seek adventure, outdoor sports, or a connection with nature, Crans-Montana offers exceptional ski-touring opportunities. Multiple routes are available, suitable for both self-guided tours or those led by certified guides. Enjoy the freedom of self-led tours or enhance your experience with local expertise when guided. Tours can be tailored to varying skill levels, offering leisurely explorations or sportier challenges for an exciting adventure.



Half day experience from 450.-

*Six Senses Outdoor Adventure Menu Available*



*\*Material not included*



## HANG DRUM INITIATION

The Handpan, initially known as the Hang by its creators, is a meticulously crafted musical and percussion instrument with its roots in Switzerland. Renowned for producing uniquely captivating sounds and melodies, it offers a truly special musical experience. Book a private lesson and immerse yourself in the soothing and gentle tones of these instruments, evoking a sense of serenity and well-being. No prior musical or rhythmic knowledge is required to embark on this journey and learn how to play these enchanting instruments.



210.- per group of 1 to 2 guests

300.- per group of 3 to 8 guests

*\*Total of 90 minutes session at the hotel*





## TEA CEREMONY

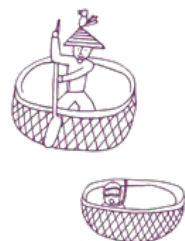
Dive into a unique tea ceremony with a tea master and learn about the health benefits of tea and its history and culture. Enjoy some of the most exclusive tea leaves served in historical ceramic cups. Followed by the tea ceremony, enjoy an optional traditional Chinese meal prepared by the master.

### Tea ceremony and presentation

1h30mins experience / 149.- per person

### Tea ceremony, presentation and traditional meal

3 hours experience / 249.- per person



*\*Subject to availability / min. 10 years old / 24h notice*



## FAMILY FRIENDLY ACTIVITIES IN CRANS MONTANA

- E-scoot
- Snow Island
- Lantern path
- Dog sledding
- Biathlon
- Curling
- Ice skating
- Sledding
- Tennis
- Padel
- Wall Climbing
- Badminton
- Ping Pong
- Bowling
- Billiard



*\*Subject to availability / price upon request*







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