

# CRANS-MONTANA EXPERIENCES

SUMMER 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.

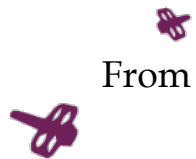
For more information, contact our Experiences Team at:

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



## 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*





## GOLF

Experience the thrill of playing golf where the world's best players compete every year during the famous Omega European Masters. Choose between 9 or 18 holes and enjoy a spectacular view over the Alps as you play.

Our Experience Team can assist you in booking your tee time or reserving a private lesson with a pro player to enhance your game.



Tee time price upon request

50 minutes private lesson for 1 or 2 adults – 120.-

25 minutes private lesson for 1 or 2 adults – 60.-

*\*Additional transportation fees may apply*





## SUNRISE/SUNSET HIKE WITH SWISS MEAL

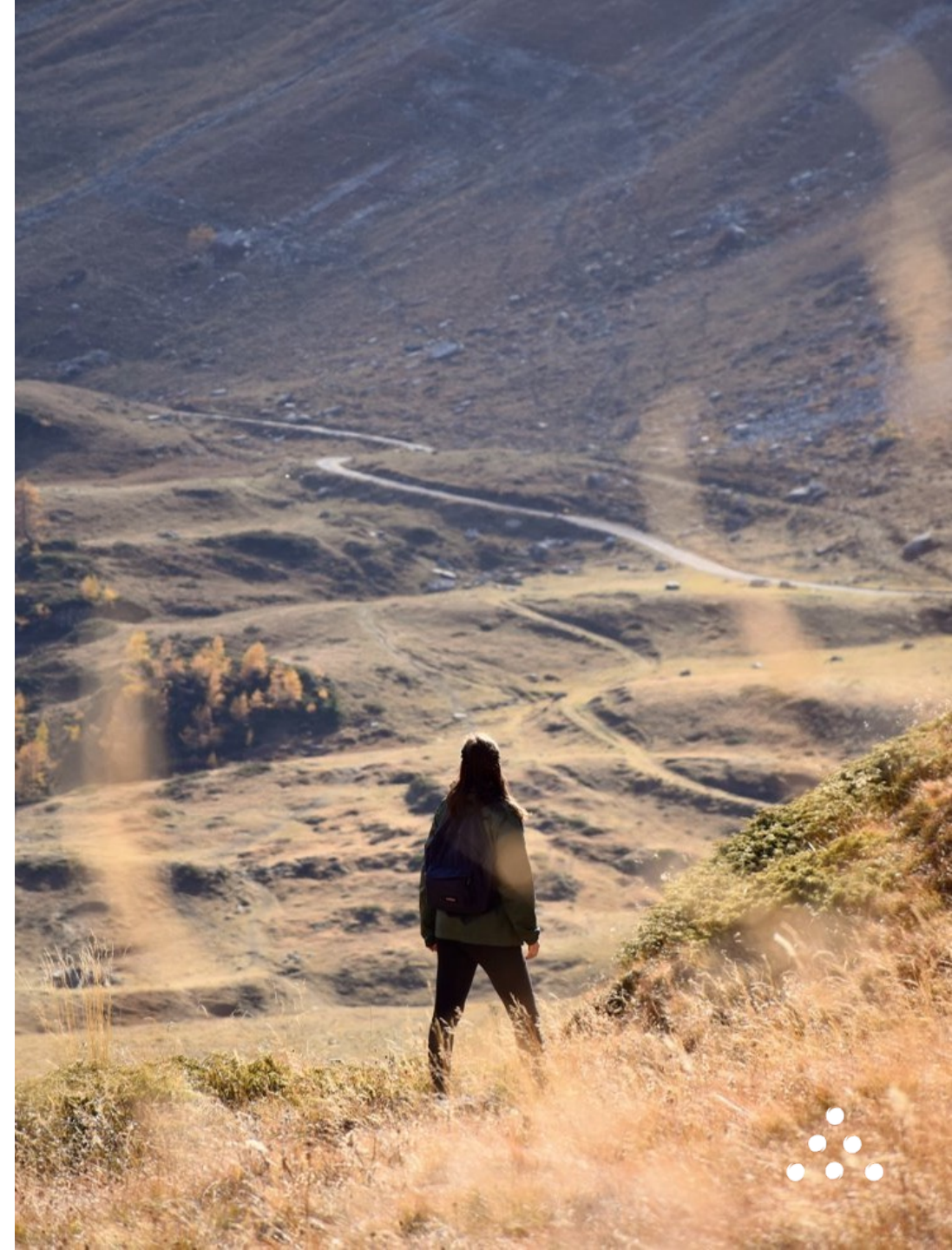
Experience the magic of a Swiss sunrise or sunset with an expert guide by your side as you hike to the summits. Witness the sun at its golden hour and take in the breathtaking panorama. Once you reach the top, enjoy an exclusive picnic in a stunning backdrop, with the choice between a Swiss breakfast in the morning or a cheese fondue in the evening. Whether you prefer to start your day with a serene sunrise or end it with a warm and cozy fondue, this experience is sure to be unforgettable.



1-4 people: 530.- / group

*12.5 kilometers hike – medium to high difficulty*

*Included: roundtrip transportation from the hotel to the hiking place, meal and guide.*





## FOODIE TREK OR TRAIL

Experience the beauty of the alps and loose yourself in an alpine paradise adventure with an expert guide by your side as you hike to the summits. Enjoy a typical Valaisan local aperitif, snacks and warm drinks on non-difficult trails. Whether you have a few hours or an entire day, our Experience Team can provide you with more information about the various hiking trails available.



1-4 people: 390.- / per group

*Included: guide, typical Valaisan aperitif, roundtrip transportation from the hotel, snacks and warm drinks*



## CHEESE MAKING

Immerse yourself in the beauty of nature and discover the secrets of traditional cheesemaking in a charming location. Experience every step of the process, completed entirely by hand using the most traditional methods. While the cheese is resting, take a tour of a beautiful Swiss hamlet and its museum, which offers insight into the local culture and history. Before you leave, don't forget to take home a local “Tomme d'Alpage”, a delicious cheese that captures the unique flavors of the Alps.



From 399.- per group of 2-7 people

Duration: 90 minutes

*Six Senses Outdoor Adventure Menu Available*

*\*Drinks/snacks and transportation not included*





## DAY HIKE ALONG WATER

Explore the stunning alpine landscapes and vibrant colors of the many hiking trails in Crans-Montana. With a knowledgeable local guide, venture off the main paths and follow the streams while learning about the famous Valaisan “bisses”. Soak your feet into the fresh water and enjoy a local picnic. Whether you have a few hours or an entire day, our Experience Team can provide you with more information about the various hiking trails available.



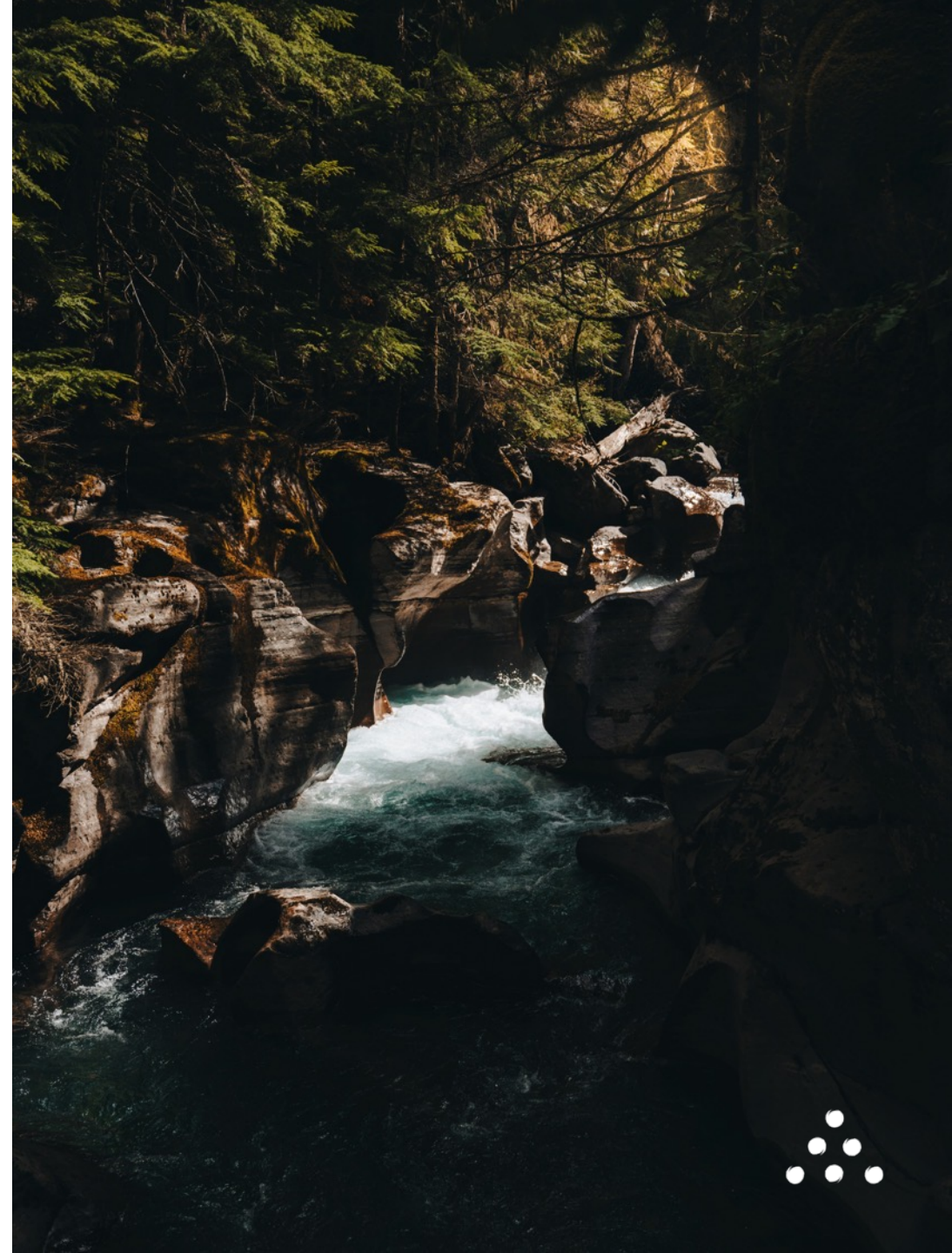
1-4 people: 849.- full day with picnic

5-8 people: 949.- full day with picnic

1-8 people: 599.- half day, morning or afternoon, no picnic

*Six Senses Outdoor Adventure Menu Available*

*\*Drinks and transportation not included*

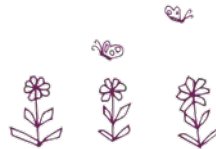




## ON TRACKS OF THE ANIMALS



Explore the stunning alpine landscapes and vibrant colors of the many hiking trails in Crans-Montana. With a knowledgeable local guide, venture off the main paths and follow animal tracks and discover the local flora and fauna. Whether you have a few hours or an entire day, our Experience Team can provide you with more information about the various hiking trails available.



1-8 people: 599.- half day, morning or afternoon, no picnic

*Six Senses Outdoor Adventure Menu Available*

*\*Drinks/snacks and transportation not included*





## BIKING

Whether you are an experienced cyclist or a beginner, Crans-Montana has something for everyone! With a variety of biking options, including downhill, mountain, and E-biking, you can find the perfect fit for your skill level. Crans-Montana offers a total of 181 kilometers of enduro and cross-country tracks, featuring 14 mountain bike routes suitable for all levels. If you're looking to take your cycling skills to the next level, our expert guides can help. Alternatively, you can explore the area at your own pace by biking directly from the hotel.



Price upon request

*Six Senses Outdoor Adventure Menu Available*

*\*Bike rental is available at our Alpine Shop*





## KIDS PROGRAMS - BIKING

### Multi-sports camp (3-6 and 6-12 years old)

Outdoor programs designed for children for half a day (morning or afternoon) and full day sessions. Includes activities such as initiation to biking, squirrel feeding, forest walks and nature observation, easy archery, fishing and more.

### Group lessons biking camp (7-16 years old)

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



Price upon request

*\*All meals for day programs provided*





## E-BIKE ADVENTURE

Discover the stunning landscapes of Crans-Montana and its enchanting surroundings by e-bike, accompanied by a knowledgeable mountain guide. Choose from three distinct routes, each tailored to your biking proficiency. Our expert guide will assist you in honing your skills as you journey through these breathtaking locations.

### Initiation to e-bike

From 295.- for 3 hours tour including private guide and e-bike

### Improve your e-bike skills

From 295.- for 3 hours tour including private guide and e-bike

### Advanced e-bike tour

From 345.- for 4 hours tour including private guide and e-bike

*\*Additional fee per extra person / min. 14 years old / max. 5 people*

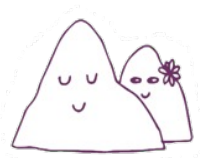
*Six Senses Outdoor Adventure Menu Available*





## HIKING

Explore the stunning alpine landscapes and vibrant colors of the many hiking trails in Crans-Montana. Whether you have a few hours or an entire day, our Experience Team can provide you with more information about the various hiking trails available with a private guide who can take you on an unforgettable journey in the alps to reconnect with your senses.



Price upon request

*Six Senses Outdoor Adventure Menu Available*





## ALPINE FISHING

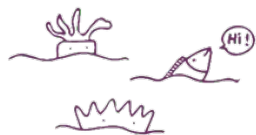
Get lost in the serene alpine lake of Derborence, a unique destination in the middle of the Swiss alps. Hop on a boat and row on a crystal blue natural lake surrounded by abundant forest and breathtaking mountain views.

Our guide will teach you everything about fly fishing technics and accompany you through an unforgettable journey in the wild.

**Full day:** from 437.- for one person, extra 100.- per participant

**Transportation:** 80.- from hotel to Derborence

**License:** 42.- per person



### **Options:**

*50.- for a 45 minutes fly fishing hook making initiation*

*Picnic or alpine restaurant for lunch*





## HIKE AND WINE



Explore a local winery near Sion, where you can enjoy a tasting of three different wines before embarking on a delightful guided hike or biking journey through the picturesque vineyards. Learn about grape cultivation and winemaking along the way, and savor yet another wine sampling. As you continue your journey, take a pause at a traditional “guerite” (guard house) for lunch, where you can choose from two classic Valaisan three-course menus.

### **Hike and wine:**

199.- / person, guide, lunch and wine tasting – 6 hours

### **Bike and wine - min. 16 years old:**

105.- / person, picnic and wine bottle – 4 hours

### **Bike and wine (guided) – min. 16 years old:**

199.- / person, guide, picnic and wine bottle – 4 hours



*\*Upon availability / Transportation 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*



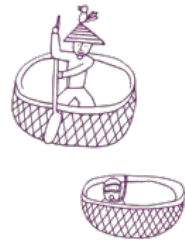


## TEA CEREMONY

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

- Tennis
- Padel
- Wall Climbing
- Badminton
- Ping Pong
- Bowling
- Billiard
- Mini Golf
- Tree Climbing
- Pedalo
- Stand up paddle
- Horse-riding
- Wakeboard
- Skating and Trampoline



*\*Subject to availability / price upon request*







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