



## **SUMMER SEASON – THINGS TO DO AT THE LODGE**

### **The Virgin Touch Spa**

After an active day hiking or biking in the mountains, why not relax your muscles and unwind with a treatment in the Virgin Touch Spa in the capable hands of our resident beauty therapist. Treatments are not included in the normal rates and are priced in Swiss Francs. A price list can be found in the Spa. You can book an appointment by talking to our Beauty Therapist or our Reservations Team.

### **Gym**

Need a little more stamina? Visit the gym and workout on the treadmill, bike, cross-trainer and free weights station and afterwards relax those muscles on the stretching mats. We've even got a plasma screen TV, DVD player and music system to keep you entertained.

### **Indoor pool and Jacuzzi**

Relax those aching muscles in the 12-person Jacuzzi after a day out – it's heaven! Or just refresh yourself with a dip in our 9m heated indoor pool.

### **Steam room**

If you want to relax at the end of the day you can let off some steam in our steam room. It's also a great way to purify your skin.

### **Dining/lounge areas**

There's no better way to enjoy a meal than to gather around our large dining table for some good food and good company. After dinner you can toast a few marshmallows on the log fire or sink into large comfy sofas with a nice cup of hot chocolate before bed... or something even stronger if you like!

### **Party area**

It's certainly time to let your hair down in the party room! You can shoot some pool or dance the night away to thumping tunes all underneath a twinkling disco ball. If you want to take it easy we can pop on a film for you and your friends or family and enjoy a few drinks from the bar.



## ACTIVITIES AND EXCURSIONS

Everyone knows that Verbier is a fantastic resort in winter, but did you know about all the great things to do in summer? There's golf, mountain biking, hiking, rock climbing, tennis, horse riding, fishing, rafting, quad biking...we could go on! Here are just a few of our suggestions.



### **Need some help organising your activities?**

The Lodge has a full time Activities Coordinator who will be in charge of organising all activities and excursions while you're with us. They will be able to explain all the different options and to advise you on the best combination of things to do for your entire party.

### **Evenings out in Verbier**

Verbier town boasts all sorts of restaurants – over 40 at last count – ranging from the simple to the stylish. As tastes and menus change constantly, ask us for our recommendations.

### **Festivals**

Did you know during the summer months Verbier hosts some fabulous festivals? In July alone there are several, including the Verbier Beach Volleyball tournament, which brings a beach-side atmosphere to the mountains. There's also the Verbier Festival, which showcases some of the world's top classical musicians, with concert events taking place all around the area. There's even a 4x4 Salon featuring the latest in off-road vehicle design, including demonstrations and cross-country circuits.



### **Mountain Biking**

Verbier is home to the legendary Grand Raid Cristalp, stages of the Tour de Suisse and the Swiss downhill championships. With hundreds of kilometres of biking trails ranging in terrain and gradient there is something for every level of mountain biker.

If it is the downhill adrenaline rush you are after without the effort of the uphill climb, then take advantage of the lift service which operates from the beginning of July to mid September. Alternatively, use our driver service to drop you and your bikes as high as Les Ruinettes (2250m, 700m above Verbier resort). A day on the mountain with your bikes doesn't have to be extreme; it can be the ideal activity for all the family to enjoy. We can organise bike hire for you – just ask a member of staff. ***Bike hire starts from CHF 45 per bike per day. Guides can be arranged for 1 to 8 people, with prices for a full day starting from CHF 100 per person.***





### **Paragliding (also available in winter)**

Why not take to the sky and see the spectacular sites of The Matterhorn in one direction and Mont Blanc in the other? Take a tandem flight where you can sit back and enjoy the experience, or take a course and go solo. If you would like to book a flight please let the team know and we will arrange this for you. **Each flight costs CHF 170. A course is available in summer to learn how to fly solo and costs GBP 450 for the five day session.**

### **Wine tasting**

There are many vineyards very near Verbier – why not take a day out to learn about how the wine is made and enjoy a tasting or two!

### **Verbier Sports Centre (Centre Sportif)**

If you've still got a bit of free time and fancy a more energetic swim, the Verbier Sports Centre is only a few minutes drive from The Lodge. Besides a 25m indoor pool, other facilities include: squash courts, a sauna, a professional ice rink and wellness classes.

### **Rock Climbing**

There are many rock-climbing areas in the Bagnes Valley, suitable for beginners and advanced climbers. These include Pierre Avoi, La Barme, Madzeria (near Mauvoisin), Sembrancher and La Fouly. The staff at The Lodge will be more than happy to arrange climbing excursions for you. **A full day's guide/instructor costs CHF 520.**

### **Tennis**

Paul Allen, our co-GM, is a qualified Lawn Tennis Association (LTA) coach and has taught professionally all over the world (including at Necker Island). Whether you're looking for group or individual lessons, Paul can prepare a tennis programme for any skill level, and we will have racquets and balls to lend to guests. **Hourly rates for lessons are available on request.**

### **Walking and Hiking**

For the hikers in the group there are more than 400km of signposted hiking trails around Verbier and across the Bagnes Valley where you can experience the incredible natural beauty of this sun-soaked plateau. Ask us about organising a guided tour of the area; we can arrange treks for all levels of ability. **A full day's guide costs CHF 520.**



## Golf Courses

You're really spoiled for choice when it comes to golf courses in the area, and most of the courses are within one hour's drive from The Lodge. **Green fees and cart hire costs will vary according to the season and the course. Golfers must have a maximum handicap of 36 and be able to produce a certificate if required. Please ask us for prices.**



### **Verbier Golf Course** – [www.verbiergolf.com](http://www.verbiergolf.com)

Situated only a 5 minute drive from The Lodge, this par 69 18-hole course is built at an altitude of 1600m, and each hole has fantastic views over the surrounding mountain ranges. Despite the gradients, the walk around the course is physically very enjoyable.

### **Severiano Ballesteros Course** –

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

Arguably the finest golf course in the Alps! Matching the splendour of the over 4000m peaks facing it, this par 71 18-hole course hosts the annual Omega European Masters, one of the continent's most prestigious tournaments. This challenging course is a one hour drive from The Lodge.

### **Évian Masters Golf Club** – [www.en.evianroyalresort.com](http://www.en.evianroyalresort.com)

This par 72 18-hole course and casino combination lies at the foot of the Alps on the southern bank of Lake Geneva. The course hosts several professional events during the year and boasts breathtaking views over the nearby peaks. Driving time to the Évian Masters is about one hour.

### **Golf de Chamonix Mont Blanc** – [www.golfdechamonix.com](http://www.golfdechamonix.com)

An outstanding par 72 18-hole course set between Mont Blanc and Les Aiguilles Rouges at the bottom of a glacial valley. This course is famous for its cleverly placed water and sand traps! Travel time by car is about one hour along a mountain road with some great photo opportunities.

### **Sion Golf Course** – [www.golfclubsion.ch](http://www.golfclubsion.ch)

Only 45 minutes away by car, this 18-hole course has a par of 70 and is surrounded by mountain peaks.

