



SUMMER ACTIVITIES AT THE LODGE

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, YOGA, ROCK CLIMBING, TENNIS, PARA GLIDING, MOUNTAIN SCOOTERS...WE COULD GO ON!



ACTIVITIES AND EXCURSIONS IN VERBIER AND FURTHER AFIELD

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 the Verbier Festival, which showcases some of the world's top classical musicians, with concert events taking place all around the area over a 2 week period in July - August.

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, take advantage of the lift service which operates from the beginning of July to mid September. 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.

Hiking

It doesn't get more Swiss than a mountain hike, however, a day's walking in the mountains doesn't have to be steep and difficult. We are lucky to have a stream that runs across the middle of the mountain called 'the Bisse'. Originally used to take fresh water from the glacier at Mont Fort to the village of Levron, it is now maintained for walkers and is totally flat for the majority of the walk. There are several different options to make the walk more substantial, and depending on your start point, it can be either a 45 minute walk, or a 4 hour hike, with everything in between. There are also several mountain restaurants for a refreshing glass of water, or wine! If you would like something a bit more challenging there are several options ranging from a 3 hour hike with a swim in a mountain lake, to a full day's 7 hour difficult hike - again, with all options in between. We can either talk you through the walk on a map, and point you in the right direction, or organise a guide for the day.





Mountain scooters

A fleet of 'Arapaho' mountain Scooters is kept by Télé-Verbier, the lift operators, and you can do a lap from the top of Ruinettes down to Médran which is a short walk from The Lodge. The run takes 20 minutes on average.

Paragliding

Why not take to the sky and see the spectacular sites Verbier from the air? 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.



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.

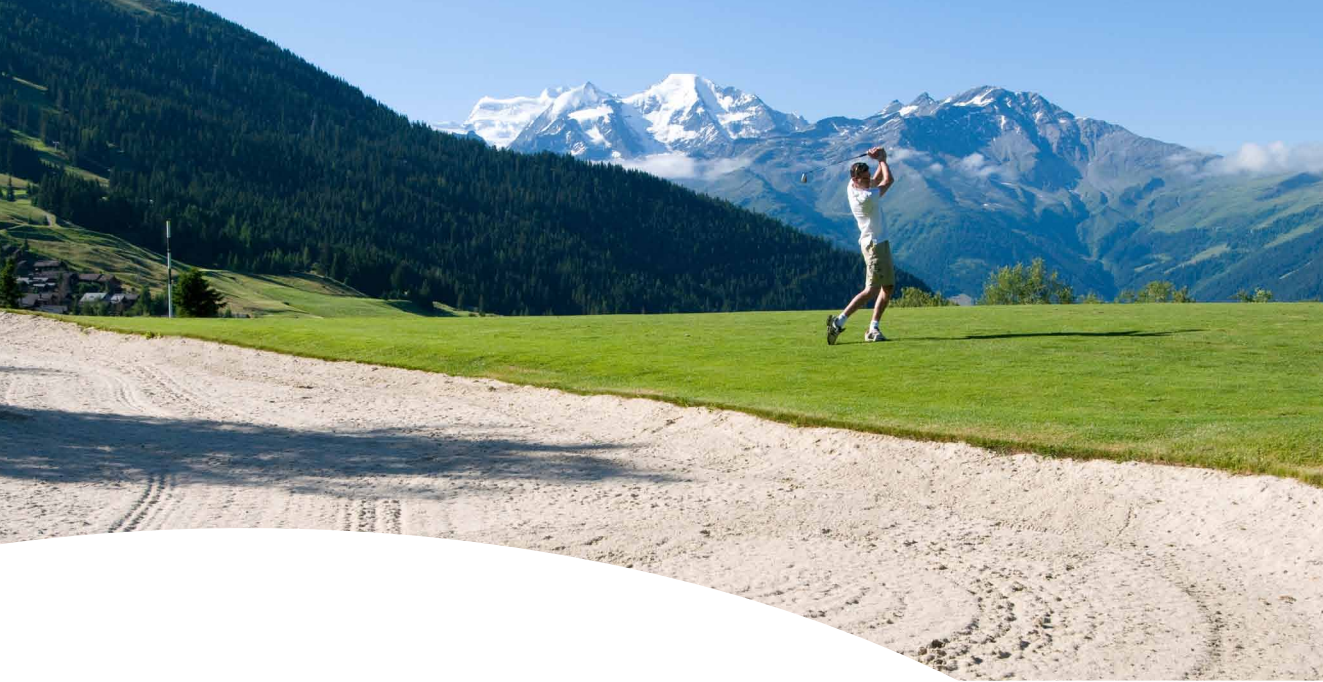
Tennis

Whether you're looking for group or individual lessons, our tennis coach can prepare a tennis programme for any skill level, and we will have racquets and balls to lend to guests.

Yoga

Where better to relax, and heal than the fresh mountain air? There are several mountain top locations for yoga practice and classes can be held outdoors or in The Lodge. A great combination is a gentle hike with a session of yoga up on the mountain.





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.

VERBIER GOLF COURSE

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

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

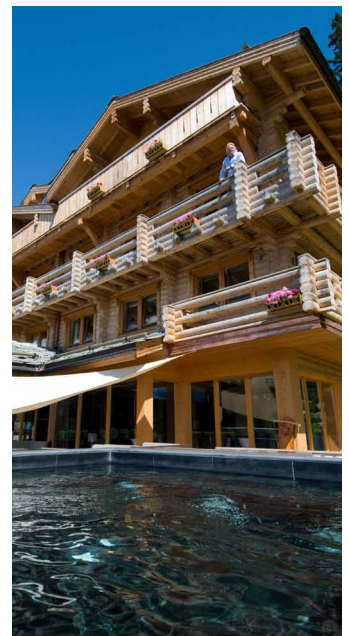
www.en.evianroyalresort.com

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.

SION GOLF COURSE

www.golfclubSION.ch

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



GOLF DE CHAMONIX MONT BLANC

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.



Excursions and Day Trips

FOR FAMILIES, OR ADVENTUROUS COUPLES WHO ARE IN THE REGION FOR A LONGER STAY, WE WOULD RECOMMEND HIRING A CAR AT GENEVA AIRPORT, AND MAKING THE MOST OF THE VALAIS AREA. DRIVING IN SWITZERLAND IS VERY EASY, AND THE FREEWAYS ARE VERY WELL MAINTAINED, WITH LITTLE TRAFFIC. HAVING YOUR OWN CAR ALLOWS YOU THE FREEDOM TO EXPERIENCE THE FOLLOWING DAYS AWAY FROM THE VILLA GE.

WINE TASTING

There are many vineyards very near Verbier and Swiss wine is a well kept and closely guarded secret. Try some to find out why! We can either organise a tasting at The Lodge, or a trip to the wineries down the valley. Why not take a day out to learn about how the wine is made and enjoy a tasting or two?!

MONASTERY AT GRAND ST BERNARD

On the way to Italy at the top of the Col de Grand St Bernard sits a monastery built by the monks to shelter weary travellers. The dogs of the same name are also bred here, and in season, which is typically June to September the puppies are out and about. You can take a tour of the dog enclosures and monastery.

MAUVOISIN DAM

At the very end of the Val de Bagnes sits an amazing lake and dam wall. The wall itself is an impressive 250m high, and you can walk the perimeter of the lake, which is around a 3 hour trip. Or you can take a picnic and enjoy the views from the top of the wall. The drive there and back takes around an hour, and you pass through some amazingly picturesque villages and river scenes.

UNDERGROUND CAVE

Sierra just outside Sion is home to Europe's biggest underground lake. You board a boat and the guide points out the main features of the cave and its discovery in the 1940s. It is over 300m long and 20 wide and the tour lasts around half an hour.

ITALY OR CHAMONIX DAY TRIPS

We have several maps and personal favourite spots in Chamonix, France or Aosta, Italy. Whether it's the old town, small delicatessens and history of Aosta, or the Mont Blanc, rock climbing and Aiguilles de Midi in Chamonix, each is just an hour's drive away over the respective borders, and is a great way to spend a day exploring another town, and country. Don't forget your Passport and Euros!

ADVENTURE PARK

Ropes, swings, tree ladders and leaps of faith! Built in the forests just outside Sion, this incredibly laid out Adventure Park is not just for kids!



ACTIVITIES AT THE LODGE

SPA

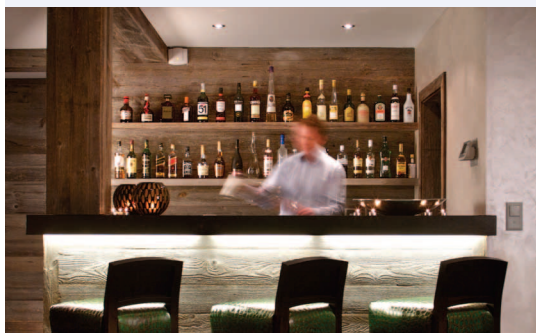
After an active day skiing or snowboarding in the mountains, why not relax your muscles and unwind with a treatment in the spa in the capable hands of our resident beauty therapist? Treatments are not included in the normal rates and are priced in Swiss Francs.

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 with Netflix and Apple TV and a music system to keep you entertained.

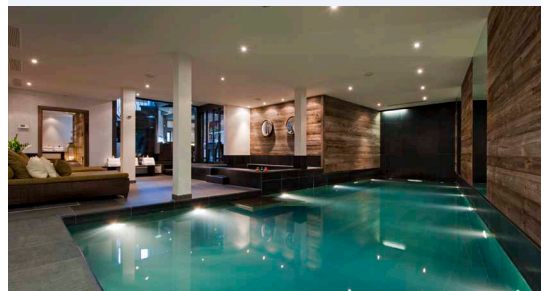
PARTY AREA

It's 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 while you enjoy a few drinks from the bar.



INDOOR POOL AND HOT TUBS

Relax those aching muscles in the indoor or outdoor hot tubs 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 great company. Toast marshmallows on the log fire or sink into large comfy sofas with a nice cup of hot chocolate before bed... or even something stronger if you like!

EVENINGS OUT IN VERBIER

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