

TOUR OF THE VAL DE NENDAZ
NENDAZ TREKKING



Follow us
www.facebook.com/nendaztrekking
[#nendaztrekking](https://twitter.com/nendaztrekking)

General information

Spend your nights in the heart of the mountains, in cabins situated in the middle of idyllic sites between Veysonnaz and Nendaz. Let yourself be amazed by majestic landscapes, sleep in friendly lodges, walk at your own rhythm and stop on the way for a little snack.

The effective length of the daily walks (without stops) varies between 03:30 and 06:00 hours (average time). This tour is aimed at the average but physically fit hiker (little technical difficulties). It is pleasant, accessible to families with children from the age of eight and can be done from July to mid-September depending on the weather conditions.

For a guided hike, contact the office of guides and tourist accompanists for mid-mountain areas, and request a personalised offer (www.guidesvalais.com).

Follow our Nendaz Trekking Facebook page and receive useful information regularly. Participants are also invited to share their experiences and photos.

- www.facebook.com/nendaztrekking
- #nendaztrekking

The path

The total length being about 40 kilometres (short trek) or 53 kilometres (long trek), it meanders along marked paths from cabin to cabin between Veysonnaz and Nendaz.

Download your trail:

Short trek



Link: lead.me/bakutq

Long trek



Link: lead.me/bc2Sc2



Benefits and validity

- 1 topographical map 1:25'000 of the 4 Vallées per reservation and 1 route book
- 1 trip by shuttle bus from Nendaz to Veysonnaz
- 2 or 3 nights in a cabin (dormitory), tourist tax included
- Full board without drinks (2/3 breakfasts, 2/3 picnics and 2/3 evening meals). Think of bringing your picnic for the 1st day!

The package is valid every day **from June 26th to September 11th 2021** depending on the mountain cabins' availability.

The backpack

In order to benefit fully from your hike and not forget anything, we suggest a list of equipment which could be useful to you during your stay in the mountains.

Basic equipment

- Backpack + waterproof cover for it
- Sleeping bag + pillow case -> **mandatory**
- Hiking poles
- Pocket torch or headlamp (*with charged batteries*)
- Sunglasses
- Face mask and hydroalcoholic gel
- Mini first-aid kit (*not forgetting a product against blisters*)
- Hygiene kit teeth, body, sun cream, lip balm
- Absorbant towel for the shower
- Handkerchiefs and toilet paper
- Earplugs against noise
- Water flask, thermos or water bag
- Cereal bars or little snacks

Clothes

- Hiking boots (*in good condition and with a good profiled tread*)
- Lightweight trousers
- Sport T-shirt
- Warm clothes (*down jacket or fleece*)
- Wet weather clothes (*be careful as the weather can change very quickly in the mountains!*)
- A change of socks and underwear
- Hat or cap

Various

- Photo camera
- ID papers
- Money in cash
- Charged mobile phone
- Spare battery or/and solar charger
- A few plastic bags to protect your belongings in case of rain

= > *This list is just informative. Each person should adapt it according to his/her own needs.*

The cabins

Spending a night in a mountain cabin is a unique and unforgettable experience. The wardens and their staff look forward to welcoming you on your visit.

1st night: **cabane d'Essertze** (Val des Dix)

- www.essertze.ch
- +41 79 368 96 08
- Open from June 26th to September 12th 2021



2nd night: **cabane Saint-Laurent**

- www.cabanestlaurent.ch
- +41 79 229 01 74
- Open from June 26th to September 19th 2021



3rd night (long trek): **cabane de Balavaux**

- www.cabanebalavaux.com
- +41 27 306 52 88
- Open from June 5th to October 17th 2021



Useful numbers

Note the useful telephone numbers:

- Emergency number (*intended for people who had an accident or are in distress*): 144
- Nendaz Tourisme: +41 27 289 55 89
- Veysonnaz Tourisme: +41 27 207 10 53

Opening of the lifts

Lift of « Les Mayens » in Veysonnaz

09:00 - 16:30

- Open every day from June 26th to August 22nd 2021
- Open at the weekend from August 28th to September 19th 2021
- Open on Monday September 20th 2021

Lift of « Tracouet » in Nendaz

09:00 - 16:30

- Open every day from June 19th to October 31st 2021

NV Remontées mécaniques SA - +41 27 289 52 00 - info@nvrn.ch - www.nendaz.ch

Departure point Nendaz

Access to Nendaz

- By train and bus: arrival at the railway station of Sion. Post buses regularly serve Nendaz from the station of Sion. Consult the timetables and tariffs on www.cff.ch.
- By car: Nendaz is situated at 15 kilometres from a motorway exit, at only 20 minutes by road from the town of Sion. Take the motorway A9 as far as the exit Sion Ouest/Nendaz. The direction « Nendaz » is then indicated on the signposts.



Parking

- It is possible to park free of charge for several days at the car park next to the ice-rink, located in the centre of the resort (1st exit at the roundabout of Haute-Nendaz, then turn left after the Coop).



1st day

Hiking trip	Haute-Nendaz - Veysonnaz - cabane d'Essertze
Distance	10.5 kilometres
Duration	estimated walking time 04:30 (02:00 with ascent by telecabine)
Changes in altitude	+1'073 metres -240 metres

Description

Please present yourself to the tourist Information office in Nendaz on arrival in the resort in order to receive your documents and recommendations (at the latest at 09:00 on the day you begin your trek). The trip from Nendaz to Veysonnaz is made by shuttle bus. Be on time, the shuttle doesn't wait for those who are late!

Your hike begins in front of the tourist office of Veysonnaz. Walk uphill towards Thyon 2'000 via a beautiful footpath which crosses the Magrappé forest until you reach a place named Les Combes before reaching the plateau of Thyon. From Thyon, set out towards the Gouilles d'Essertze - Grande Dixence. The path becomes more and more wild before reaching the Gouilles d'Essertze (mountain lakes at 2'343 metres) where you then finally descend towards the Essertze Mountain Cabin at 2'191 metres in altitude where you will spend your first night.

In 1989, the Ski Club Hérémencia began work renovating old, deserted mountain pasture chalets to transform them into a comfortable mountain cabin and thus took part in the conservation of Hérémence's heritage. The cabin has been welcoming hikers and mountain enthusiasts since 1995. Throughout the summer, the cabin is taken care of by volunteers.

To avoid the height difference of the climb, you have the possibility of taking the telecabine des Mayens, departing from Veysonnaz. From the summit of the telecabine, 02:00 hours' walking will suffice to reach the cabin.

1st night cabane d'Essertze (2'191 metres)

Information: the evening meal is served at 19:00 | Slippers available | only accepts payment by cash | electricity available | no shower | dogs permitted



2nd day

Hiking trip	cabane d'Essertze - cabane Saint-Laurent
Distance	14.5 kilometres
Duration	estimated walking time 05:00
Changes in altitude	+689 metres -409 metres

Description

Leave the cabin towards the Gouilles d'Essertze (mountain lakes). When you reach the lakes, follow the path on your left which runs along these little lakes. The path begins to gently go uphill before leading you to a cross which marks the summit of the Mont Rouge (2'491 metres). Admire the incredible panoramic view before coming downhill to reach the mountain restaurant Les Chottes (2'209 metres) where you can stop for a drink. Continue for 10 minutes until you reach the Combyre-Meina mountain pastures where the famous raclette cheese is produced from mid-July.

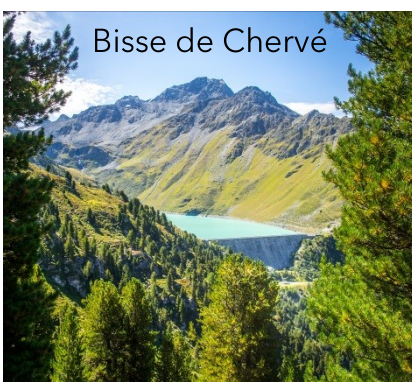
At the restaurant at Combatseline (2'238 metres), enjoy the surrounding scenery laid out before you. Continue along the Bisse de Chervé which constitutes a spectacular mountain path with a sumptuous view over the Cleuson dam. Be careful, the path is narrow in some places. From the bridge at the end of the Cleuson lake, and after a 40-minute ascent you will reach the Saint-Laurent Mountain Cabin where you will spend your second night.

Perched at 2'490 metres above sea level, the Saint-Laurent Mountain Cabin was built in 1968 by members of the Ski Club Arpetta (Nendaz). Once a meeting place for friends of the club and a summer training camp for young skiers of Nendaz, the cabin is now an essential stopover for nature enthusiasts. Its authentic and rustic style will certainly surprise you. The mountain atmosphere that reigns there offers you a unique and unforgettable experience. Younes, the caretaker, and his staff will give you a warm welcome.

If you still have time and energy, the Grand Désert Lake (2'642 metres) is 30 minutes on foot above the cabin. This lake is included on the "Along the Glacier" educational tour inaugurated in 2020. Departing from the Saint-Laurent Cabin, it forms a three-hour hiking circuit, composed of eight information posts accessible to all.

2nd night cabane Saint-Laurent (2'490 metres)

Information: the evening meal is served at 19:00 | slippers available | only accepts payment by cash | electricity available from 19:00 to 20:00 | shower available CHF 5 | dogs permitted



Link: l.lead.me/bas2o7

Hiking trip	cabane Saint-Laurent - Haute-Nendaz
Distance	15.4 kilometres
Duration	estimated walking time 04:30
Changes in altitude	+130 metres -1'273 metres

Description

Walk along the turquoise waters of Cleuson Lake (2'186 metres) and cross the dam. On the banks of the lake, this is the highest and most ancient standing chapel in the commune. The chapel Saint-Barthélémy overlooks the Valley of Nendaz and the panoramic view extends as far as the chain of the Bernese Alps. The exact date of its construction is unknown, but a document of 1447, signed by the bishop of Sion, mentions that 40 days of indulgence would be accorded to whomever gave alms in favour of the chapel, which leads one to presume that the edifice is prior to that date. Before the construction of the dam, it was situated in the valley of Cleuson, on the right bank, slightly uphill. Built of wood, it was renovated on several occasions, the last time in 1888. In 1951, the men working on the dam constructed a new stone chapel at the present site.

Go down towards Siviez by a small footpath in the forest. From its source, follow the Bisse de Saxon to the Cabane du Bourlâ before reaching the village of Haute-Nendaz (1'350 metres).

The Bisse de Saxon is partially supplied with water and extends from Siviez to Saxon, a village located in the Rhone Valley, making it the longest bisse in the Valais with its 32 kilometres.

Arrival Haute-Nendaz (1'365 metres)



Link: lead.me/bc0Q8K



Hiking trip	cabane Saint-Laurent - Tracouet - Haute-Nendaz
Distance	13.6 kilometres (descent by telecabine) and 19.6 kilometres (descent by foot)
Duration	estimated walking time 05:30 (descent by telecabine) and 07:30 (descent by foot)
Changes in altitude	+789 metres -1'070 metres (descent by telecabine) and +775 metres -1'918 metres (descent by foot)

Description

Walk along the turquoise waters of Cleuson Lake (2'186 metres), cross the dam and go down towards Siviez by a small footpath in the forest. When you arrive in the heights of Siviez, walk uphill towards Basso d'Alou and reach Tracouet by following the ridge to the legendary Dent de Nendaz (2'463 metres). From the summit, enjoy the panoramic view over the lac Noir, the Alpes and the Rhone Valley.

At Tracouet (2'200 metres), you can stop for a break at the restaurant before continuing down to the village of Haute-Nendaz via the gondola or on foot.

Beware! The ridge between Basso d'Alou and the Dent de Nendaz includes some fairly technical passages, of which one especially equipped with metallic steps. It is not recommended for hikers with little or no training. In this case, prefer the return to Haute-Nendaz via the bisse de Saxon (page 7).

Arrival Haute-Nendaz (1'365 metres)

Ridge Basso d'Alou - Dent de Nendaz



Alternative Tracouet
with descent
by telecabine



Link: lead.me/bc0Rbx

Alternative Tracouet
with descent
by foot



Link: lead.me/bc3RB6

Hiking trip	cabane Saint-Laurent - cabane de Balavaux
Distance	14.5 kilometres
Duration	estimated walking time 06:00
Changes in altitude	+757 metres -1'190 metres

Description

Walk along the turquoise waters of Cleuson Lake (2'186 metres), cross the dam and go down towards Siviez by a small footpath in the forest. When you arrive in the heights of Siviez, walk uphill towards Basso d'Alou and reach Tracouet by following the ridge to the legendary Dent de Nendaz (2'463 metres). From the summit, enjoy the panoramic view over the lac Noir, the Alpes and the Rhone Valley. At Tracouet (2'200 metres), you can stop for a break at the restaurant before continuing downhill to the Balavaux pastures where the raclette cheese is made throughout the summer. The Balavaux cabin is located near to the mountain dairy at 2'038 metres above sea level.

The building of the cabin began in 1973 and was mostly carried out by volunteers. Belonging to the Ski Club of Iséables, it now accommodates guests with its showers, its kitchen as well as its sun-drenched terrace offering a panoramic view over the largest Larch trees of Europe.

Beware ! The ridge between Basso d'Alou and the Dent de Nendaz includes some fairly technical passages, of which one especially equipped with metallic steps. It is not recommended for hikers with little or no training. If this is the case, there is an alternative route by going directly to the Balavaux pastures from Basso d'Alou.

3rd night cabane de Balavaux (2'038 metres)

Information: the evening meal is served at 18:30 | slippers available | accepts payment by cash and by card | electricity available | showers available | dogs not permitted

Hiking trip Basso d'Alou

Dent de Nendaz



Link: lead.me/bas2oV

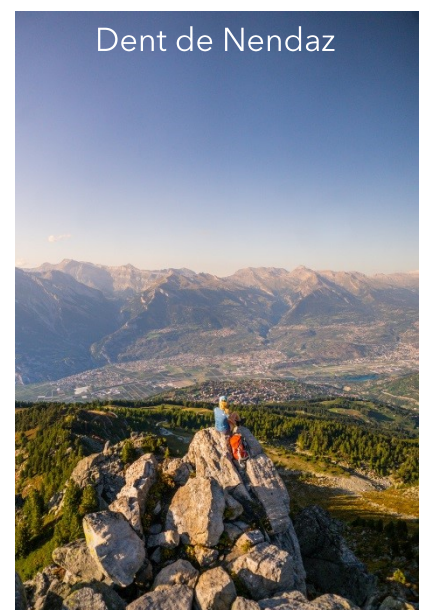
Alternative Basso d'Alou

Balavaux pastures



Link: lead.me/bb3s4e

Dent de Nendaz



4th day

Long trek

Hiking trip	cabane de Balavaux - Haute-Nendaz
Distance	14.4 kilometres
Duration	estimated walking time 03:30
Changes in altitude	+149 metres -871 metres

Description

Admire the Larch trees of the Balavaux pastures which include over 250 trees aged between 300 and 800 years of which some are classed among the biggest in Europe. You can buy some sérac (fresh cheese) from the pasture opposite the Balavaux Cabin.

From Prarion, follow the Bisse de Saxon, the longest bisse in the Valais with its 32 kilometres. Follow the bisse until you reach the 'Pra da Dzeu' meadow or, to lengthen your hike, until you reach the guardian of the bisse's cabin 'Le Bourlâ' before descending to Haute-Nendaz.

Pra da Dzeu is dialect for 'close to the forest'. This magical place brings, in both summer and winter, peace and serenity to walkers.

Arrival Haute-Nendaz (1'365 metres)

Pra da Dzeu



Link: lead.me/bas2pD

Recommendations

Mountain trails sometimes cross areas where the path is not obvious, go up steep slopes, are sometimes very narrow or partly exposed. These trails are reserved for hikers with a good level of physical fitness which are both sure footed and aware of the dangers linked to mountain hiking. The appropriate equipment as well as thorough preparation and evaluation are indispensable. In order to enjoy your hike in safe conditions and with respect for the surrounding nature, please respect the following recommendations:

- Follow the signposts
- Always close gates and fences behind you
- Rest regularly and drink often
- If there is a risk of a storm, leave early. Thunderstorms usually occur at the end of the day.
- When you experience bad weather: either turn back or find some shelter
- In the case of difficulty, do not take any risks, do not insist and turn back
- Protect the surrounding nature and respect the notices in protected sites
- Keep your dog on a leash in order to respect other hikers and the wildlife.

Further information is available on www.suisserando.ch.

Tariffs and reservation

Tariffs	Short trek
Adult (from 14 years old):	CHF 170
Child (8-13 years old):	CHF 120

Tariffs	Long trek
Adult (from 14 years old):	CHF 270
Child (8-13 years old):	CHF 190

Reservation

To reserve your stay, please use the online form: www.nendaz.ch/trekking. A contract is concluded with the acceptance of the reservation by Nendaz Tourisme.

You can pay by debit or credit card, by bank transfer or directly at reception in Nendaz Tourisme. Be careful: no reservation will be confirmed until the package is paid for in full.

Terms and conditions

Reservation

- Package prices are confirmed at the conclusion of the contract. The prices quoted are per person, in Swiss Franc, in a dormitory, VAT and tourist taxes included.
- Inscription and payment is obligatory with a proof of payment, this can be made by debit or credit card or directly at reception Nendaz Tourisme.
- Bank or credit card charges are at the client's expense.
- Total payment of the reservation must be effected at the latest 30 days before departure. If the reservation is made later, the payment must be made immediately.
- No departure will be tolerated without payment in advance.
- No minimum number of participants required.
- The shuttle bus Nendaz - Veysonnaz doesn't wait for those who are late.

Cancellation

By the client

- In case of bad weather, the participants alone decide whether to maintain or cancel their tour.
- In case of illness, the client informs the organizer at least 48 hours in advance and is required to transmit a valid certificate in order to be reimbursed.
- If a cancellation happens during the tour, the client gets in contact with the reserved cabins and with the organiser.

Cancellation fees

- In case of cancellation before departure, the following costs are charged : 10% up to 2 days before departure, 50% 1 day before departure, 100% the day of departure.
- In the case where a or several mountain cabins are unexpectedly closed, the amount corresponding to an overnight stay including full board will be refunded.
- **Special COVID19 Conditions:** on presentation of a positive test or of a proof of quarantine, the trek can be moved to another date free of charge. 10 % of the costs are charged in the case of cancellation.

Change of reservation

- Any modification must be announced at the latest 48 hours before departure to the responsible body.
- Modifications of dates are possible according to the availabilities of the hosts.
- In case of absence of the client on the day of departure, no reimbursement will be paid and the tour can not be replaced.

Insurance

Cancellation insurance is recommended. It is not included in the price of the package.

Responsability

The organizers decline all responsibility in case of accident, damage or theft during the stay.

This hike requires a good level of physical fitness, regular practice of mountain hiking and appropriate equipment.

Each participant is responsible for being informed about the weather forecast and conditions before his departure.

