



ENGRAVED ON MY HEART.

Group media trip – Ski touring in the heart of Valais winter

Destination: Val d'Hérens

Dates: Wednesday 6th to Saturday 9th March 2024 (3 nights, 4 days)

Participants: max. 5 international journalists

Highlights: Immersed in unspoilt, pristine countryside, discover ski touring, accompanied by local guides. On signposted itineraries in the heart of a Rando Park or in the wilderness on your way up to a hut or summit, let yourself be charmed by breathtaking Alpine scenery.

Fitness level: ★ ★ ★ 2 out of 3



www.visitvalais.ch

VALAIS/WALLIS PROMOTION



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Ski touring in Valais.

If you love winter, you'll love Valais! The majestic four-thousanders not only create impressive panorama, they also provide a unique setting in which to experience winter sports. The possibilities are endless and snow is guaranteed. That's because Valais has the highest-altitude ski regions in Switzerland and can therefore offer a unique guarantee of snow on over 2,000 kilometres of pistes.

It is the pure tranquillity, the intimate encounter with nature, that makes ski touring so special. No matter how strenuous the climbs, the subsequent descents through glorious powder snow more than repay every effort. However, anyone wishing to explore these pristine snowscapes away from the marked pistes should do so only in the company of a mountain guide with local knowledge. Valais numbers 450 such guides, ready to lead guests through the winter wonderland with charm and skill, sharing their extensive knowledge along the way.

Valais is home to 45 peaks higher than 4,000 metres, which provide a spectacular backdrop to an incomparable playground for winter sports enthusiasts. This is regularly the setting for ski touring world championships as well as the world's toughest ski touring race, the Patrouille des Glaciers. The discipline of ski touring is enjoying tremendous growth in popularity: ascents across pristine white landscapes and thrilling descents over untouched fields of powder snow promise a boundless sense of freedom. The secured "Touring Tracks", meanwhile, offer the perfect introduction for novices.

Valais is home to 11 ski touring parks - at Les Marécottes, Les Giettes, Vercorin, Verbier, Torgon, St-Luc, Nendaz, Veysonnaz, Morgins, Arolla, and Crans-Montana. This number will no doubt grow in the coming years because ski touring is becoming more and more popular.



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Transport within Switzerland

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- All benefits and services: mystsn.net/areaofvalidity

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Valais

The magnificent natural landscapes of Valais have enchanted visitors for centuries. From the ancient larch forests to the Alpine summits and from the crystal-clear mountain lakes to the abundant flora and fauna, this precious heritage is unrivalled – and has enjoyed increasing protection over the years thanks to an innovative range of initiatives. Renewable energy, environmentally friendly accommodation, programmes to encourage the use of public transport: discover some of the region's sustainability initiatives.

www.visitvalais.ch

@ValaisWallis #Valais #MyWinterInValais

Val d'Hérens

The Val d'Hérens extends from the Rhône Valley near Sion to the foot of a string of snow-capped peaks including the Dent Blanche, Dent d'Hérens, Mont Collon and Mont Blanc de Cheilon. Ancient villages of typical Valais houses perch on the steep slopes.

Mountain-lovers, hikers, adventure enthusiasts and all who enjoy traditions and conviviality are in their element here. The village of Nax occupies a high, sunny balcony at an altitude of 1,286 m in the heart of Valais and enjoys majestic panoramic views. From here, visitors can explore the Val d'Hérens and its many sights, and get to know this land of ancient barns, living traditions, Raclette cheese and Fendant wine. The people of Evolène are particularly proud of their traditions: local women still wear traditional costume to church on Sunday. The region extends all the way to the mountains on the Italian border, framed by sparkling summits that culminate in the region's highest point, the Dent Blanche (4,357m). The idyllic setting – pristine glaciers, the river Borgne flowing through the valley, the majestic summits – makes for an unforgettable holiday backdrop. Photography enthusiasts are in heaven.

www.valdherens.ch

@valdherens #myvaldherens



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Programme of the trip *(Subject to alteration)*

Wednesday, 6th March 2024 – Hello Valais.

16:05 Individual arrival of participants in Arolla.
Bus stop: Arolla, post
Last bus to Arolla leaves Sion at 4.05pm.
For more information, please visit www.sbb.ch.



17 :25 Meeting at the bus stop with **Maxime Dolt** (+41 27 284 40 00) from the Tourist Office and get ready to pick up your rental equipment at the [Bournissen sport](http://www.bournissensports.ch) shop.
Route des Marmottes 2
1986 Arolla
+41 (0)27 283 31 17
www.bournissensports.ch

18 :00 Individual check-in at the [Grand Hôtel & Kurhaus](http://www.grandhotelkurhaus.com), an historic Swiss hotel.
Chemin de la Forêt 6
1986 Arolla
+41 27 283 70 00
reception@grandhotelkurhaus.com
www.grandhotelkurhaus.com



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18 :30 Welcomed aperitif offered by Val d'Hérens Tourist Office and meeting with a representative of Valais/Wallis Promotion.

Presentation of Valais with a quiz.

19 :30 Evening meal at the **hotel restaurant**.

Overnight stay in Arolla.

Thursday, 7th March 2024 - Adventure at the heart of the mountains.

- 08:00 Individual breakfast at the hotel.
- 09 :00 Meeting with **Maxime** in the hotel lobby, get ready with all your material for the day.
- Morning Discover the signposted itineraries with the rando parc [“Les Contemplateurs”](#).

On the heights of Arolla you will discover a breathtaking panorama. From the Aiguille de la Tza to the Vignettes glacier, peaks and seracs are linked to reach the famous Pigne d'Arolla culminating at 3,780m.



- Lunch Lunch at the **Buvette 3000** restaurant (Arolla).
- After-noon Afternoon skiing with the same equipment in the [Espace Dent Blanche area](#).
- 16:00 Return to hotel and individual time.
- 19:00 Dinner at the **hotel restaurant**.
- Overnight stay in Arolla.



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Friday, 8th March 2024 – To the summit.

Individual breakfast at the hotel.

TBC Program of the day will be definite depending on the weather conditions, for sure it will be an itinerary accompanied by a local mountain guide Antoine Brenzikofer.

(+41 79 429 61 89 | brenzik@gmail.com)

Lunch Lunch on your way, please ask the hotel for a lunchbox.

After-noon End of the tour and return of equipment to the **Bournissen sports** shop.

19:00 Dinner (Raclette Party) at the **hotel restaurant**.

Overnight stay in Arolla.




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Saturday, 9th March 2024 – Goodbye Valais.

08:30 Breakfast at the hotel and check-out.

10:00 End of the trip and individual departure of participants.



 VELOS: Réservation de mi-mai à octobre via www.resabike.ch (jusqu'à 16h00 le vendredi pour le week-end)

 Changement



Sion – GVA airport:



Sion – ZHR airport:



 Change (Show on the map)



VALAIS/WALLIS PROMOTION



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Additional information for your publications

www.visitvalais.ch - Official website of Valais/Wallis Promotion with countless ideas for what to do in our region plus news about Valais.

www.myswitzerland.com - Official website of Switzerland Tourism.

Websites of the destinations visited

www.valdherens.ch - Val d'Hérens

Photos of Valais

You will find more than 18,000 pictures of Valais in our photo library, available for editorial use. Please respect copyright.

<https://photos.valais.ch>

Insurance

Participants are responsible for arranging their own insurance.

Arrival and departure

Arrival and departure are organised by Switzerland Tourism.

Social Media

Share your Valais travel experiences with us:

Valais:

Twitter: @valaiswallis - www.twitter.com/valaiswallis

Instagram: @valaiswallis - www.instagram.com/valaiswallis

Facebook: Valais Wallis - www.facebook.com/valaiswallis

@ValaisWallis #Valais #MyWinterInValais

Val d'Hérens:

Twitter: @valdherens - www.twitter.com/valdherens

Instagram: @myvaldherens - www.instagram.com/myvaldherens/

Facebook: Val d'Hérens - www.facebook.com/valdherens

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Contacts for your media trip

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