



WINTER ACTIVITIES IN VERBIER

Long synonymous with skiing royalty (and sometimes with visits from real royalty), Verbier is part of the four valleys, a renowned skiing area in the Swiss Alps. Although skiing is traditionally what you expect to find when you visit, there are loads of other activities to get your teeth into.

Need some help organising your activities?

The Lodge has a full time Activities Coordinator, Gareth, who will be in charge of organising all activities and excursions while you're with us. He 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.

Skiing in the 4 Valleys – The four valleys, starting in Verbier, stretch all the way into Nendaz, passing through Veysonnaz, Thyon, and La Tzoumaz, to the furthest point in Les Masses and also include Bruson. All of these resorts can be accessed with a single ski-lift pass, offering the avid skier over 400km of pistes, and probably more again off piste – making it one of the largest skiable areas in the Alps.

Skiing and Snowboarding in Verbier - The ski area around Verbier includes 195km of marked pistes of all standards and of every exposure divided over the sectors of Les Ruinettes, Les Attelas, Savoleyres, Bruson and within the resort. The artificial snow-making system of Les Attelas at 2,730m all the way down to Verbier at 1,500m enables not only a descent directly into The Lodge, but an extended ski season from November right up until the end of April. You can take advantage of the 38 lifts which are amongst the most modern in the world, including the Funispace, a 30 person enclosed cable car and a newly upgraded 125 person jumbo from Tortin to Gentianes.

Beginners - Two nursery slopes lie in the centre of the resort, ideal for starting out or getting back into the swing of things if you haven't been skiing for a while. Les Esserts has 1 button lift and 2 magic carpets, and is situated immediately next to a restaurant with a terrace. This is a prime site for beginners with families, with access to the longest magic carpet in Switzerland. Le Rouge has a T-bar to enable more confident beginners after their first stage on Les Esserts to attempt a more advanced slope. When you are ready to venture up the mountain, the areas of Savoleyres, Lac des Vaux and La Chaux offer a number of easy blue runs, to moderate red runs.

Intermediate - There are hundreds of more challenging red and black runs which make up the Four Valleys, and it is possible to do a day trip exploring them all. These runs are serviced by the main Médran lift, only a short walk or drive from The Lodge, rising to Les Ruinettes, where the 'Funispace' to Attelas and Lac des Vaux and the 'La Chaux Express' to La Chaux await you. There are some Verbier classics here, and the ski area really opens up, leading you from La Chaux to Col des Gentianes and from Lac des Vaux into Chassoure – Tortin and beyond. With one of the most famous bump runs in the world - Tortin waiting for you.

Advanced - Verbier is renowned for having some of the best off-piste and itinerary runs around so there will be plenty to keep the more adventurous skiers amused. The peak of Mont Fort in the middle of the range, at an altitude of 3,330m, is the tallest in the four Valleys. You can also discover mountains of Mt Gele, with itinerary only skiing, the legendary backside of Mont Fort – 'stairway to heaven', Creblet and Bec de



Rosses, where Verbier hosts the annual 'Freeride World Tour' stage of the pro-skiing competition. **NB:** Off-piste is not normally covered by ski insurance, so please check with your insurance company before leaving on holiday! Itinerary runs are patrolled and marked but are un-pisted runs, so are generally covered by insurance, but it is definitely worth a phone call to your insurance company before you leave. For off piste skiing or boarding, you will need to ski with either a qualified mountain guide or a fully qualified Swiss 'ski patent' holder.

Heli-Skiing - For the advanced skiers in your party we can organise heli-skiing trips. This is definitely away to get the adrenaline pumping and get away from the crowds! Your guide will meet you on the morning at The Lodge and discuss the plan and route. It could be a descent all the way from the top of Petit Combin to Fionnay, covering over 2,400m of vertical, or a couple of drops on the Glacier de Trient. After the route is planned, you leave The Lodge for your personal helicopter, waiting for you in Le Châble. From there you are whisked away from the hustle and bustle of Verbier, and when you step out the helicopter at the top, the adventure begins! As the sounds of the rotor blades fade away, take a minute to soak in the peace, beauty, and un-tracked snow before you! Whatever happens, it will be a truly unforgettable experience. **Rates for this experience are available on request.**

THE LODGE SKI EXPERIENCE

At the lodge we have hand picked our own skilled team of professional ski instructors: Alex, Rachel and Maria - each with a personal touch. They will make your Lodge experience a truly unforgettable holiday, with the best week's skiing of your life. If you need extra instructors we can call European Snowsport, our ski school partner, and organise more.

Beginners - Learn at your own pace and comfort with our extremely patient and understanding instructors. We'll give you the skills to enjoy the mountain and most importantly have some fun!

All Terrain Clinics - Designed to help you move around the mountain with complete confidence and control knowing you can cope with anything that comes your way. You'll work on being able to slow down or speed up at will, control your speed on steeper terrain, plus you'll learn how to cope with a fresh fall of snow, handle crowded slopes and narrow paths.

Piste Performance Clinic - Learn how to get the most out of your skis. Experience the g-forces of carving. Be inspired to experiment on the piste and enjoy the corduroy¹ like never before!

Bumps - In our mogul clinic we'll teach you the knowledge and skills needed for the bumps whilst on-piste, and then we'll apply them in the bumps, allowing you to tackle mogul slopes with confidence and control.

Video feedback and analysis - There is also the opportunity to see yourself on video and receive in-depth analysis on your performance. We will sit down in front of the big screen with a warm hot chocolate or cold beer and talk you through the day's exercises and give personal feedback from the footage. What better souvenir than a video of yourself shredding the mountains to show to your friends? **Prices are available on request.**

¹ Ski speak for freshly groomed snow!

Adventure - For you thrill seekers out there looking to go beyond the normal ski trip, we can arrange heli-skiing, ski touring, ice climbing or day trips to Chamonix to ski the Vallée Blanche, or why not do a trip to Italy to ski over for lunch? Guides can be booked on arrival for these adventure trips and will be weather dependant. **Rates for this experience are available on request.**

EQUIPMENT HIRE:

	Skis & Poles	Snowboard	Ski/Board Boots
1 day	CHF 50	CHF 50	CHF 19
2 day	CHF 90	CHF 90	CHF 36
3 day	CHF 115	CHF 115	CHF 47
4 day	CHF 140	CHF 140	CHF 58
5 day	CHF 165	CHF 165	CHF 69
6 day	CHF 190	CHF 190	CHF 80
7 day	CHF 215	CHF 215	CHF 91

Juniors are charged CHF110 to hire skis, boots and poles for 6 days

Children are charged CHF69 to hire skis, boots and poles for 6 days

LIFT PASSES:

A six-day pass for the 4 Valleys costs CHF 343. This allows access from Verbier, including Bruson and Savoleyres all the way over to Les Masses. The Verbier only pass allows access to the beginner slopes including Lac des Vaux, La Chaux, Savoleyres and Bruson. The Lodge will arrange ski passes in house by booking online once you get here.

	4 Valleys	Verbier only
1 day	CHF 66	CHF 60
2 day	CHF 129	CHF 117
3 day	CHF 187	CHF 171
4 day	CHF 243	CHF 222
5 day	CHF 294	CHF 271
6 day	CHF 343	CHF 317
7 day	CHF 389	CHF 361

NB: Insurance is an extra CHF 4 per adult per day

SKI / SNOWBOARD LESSON PRICES:

Beginner to Intermediate skiers (maximum of 6 per lesson; prices are per instructor, per day)

Private Full-day lesson	CHF 520	Flexible timing; usually 9am-4pm
Private Half-day lesson	CHF 285	9am – 12pm or 1pm – 4pm
2 Hours	CHF 215	Timing is flexible
6 Full-day lessons	CHF 3120	Flexible timing; usually 9am-4pm

Group Lessons (Maximum of 6 per group, non-Lodge guests will be in the lesson)

5 Morning lessons	CHF 340	9am – 12pm Monday – Friday
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Intermediate to Expert skiers (1 to 6 people - 4 optimum, prices per instructor)

Private Full-day lesson

CHF 520 Timing is flexible

6 Full-day lessons

CHF 3120 Flexible timing; usually 9am-4pm

NB: Hire of avalanche safety pack not included around CHF 50 extra.

The Lodge private clinics (4 people, prices are per instructor)

Lodge Full day clinic

CHF 520 Timing is flexible

Something for the non-skiers

For non-skiers, Verbier has plenty to offer including a great selection of shops and boutiques. When you are worn out from shopping you can meet up with skiing members of your party for lunch at a number of beautifully located restaurants reached on foot, or alternatively, one of The Lodge team will drive you. Any number of other activities such as sledging, swimming, ice skating, and squash is available. Alternatively, relax and unwind in the comfort of The Lodge with a spa treatment from Kathryn our in house beauty therapist.

Snowshoeing - If you can walk, you can go snowshoeing. It's easy to do, it doesn't require a lot of special techniques, and the fun begins as soon as you put the snowshoes on! You can choose between a casual hike through the woods or a steep climb up the mountain. A great option is to walk up to lunch where the skiers have skied to, and you can walk to on snow shoes, getting you some fresh mountain air, and catching up on the morning news. It also allows you to go places where skiers can't! ***The Lodge has snowshoes in house as well as walking poles. A walking guide for 3 hours costs CHF 200 or CHF 350 for a full day.***

Paragliding - 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. ***Tandem flights are CHF 190 and for an extra CHF 50, you get a souvenir CD with pictures and film of your flight on.***

Sledging - It's not just for kids! Although you may need the fearlessness of an 8 year old if you're going to give the 10km run in Savoleyres a go! Of all the activities in Verbier, this is probably the one where you're most likely to pick up some bruises – it wouldn't be a bad idea to bring a crash helmet! ***Each sledge costs CHF 10 to hire for the evening and sledging is at your own risk.***

Husky Sled Rides – Fancy sitting back and taking in the stunning mountain scenery whilst a pack of 10 dogs guides you from Les Ruinettes to La Chauv and back again? Well, book in for a husky ride! ***Husky rides can be booked for any time of day, any day of the week, as long as the lifts are running. The ride lasts around 30 minutes and costs CHF 120***

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.