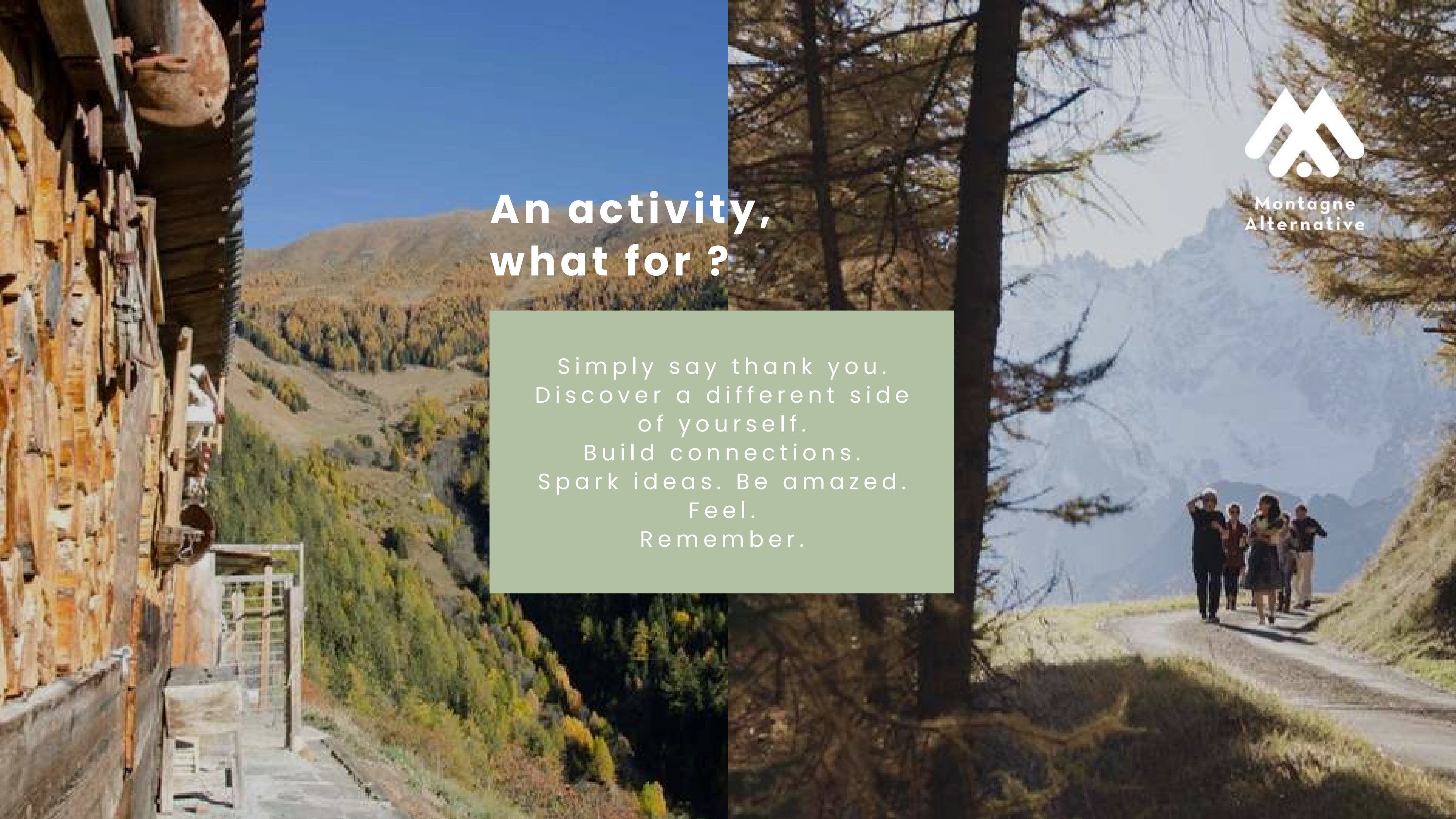




Montagne
Alternative

Activities





An activity, what for ?

Simply say thank you.
Discover a different side
of yourself.
Build connections.
Spark ideas. Be amazed.
Feel.
Remember.



Montagne
Alternative



Natural getaway

pages 4 to 9

Hiking, fondue in the great outdoors, a picnic-style aperitif, Commeire Lanta...



Traditions of Entremont

pages 10 to 13

Raclette at Carnotzet, an introduction to wine tasting, a tour of the Orsières dairy...



Relaxation break

pages 14 to 17

Sound therapy with Tibetan singing bowls, yoga, massages...



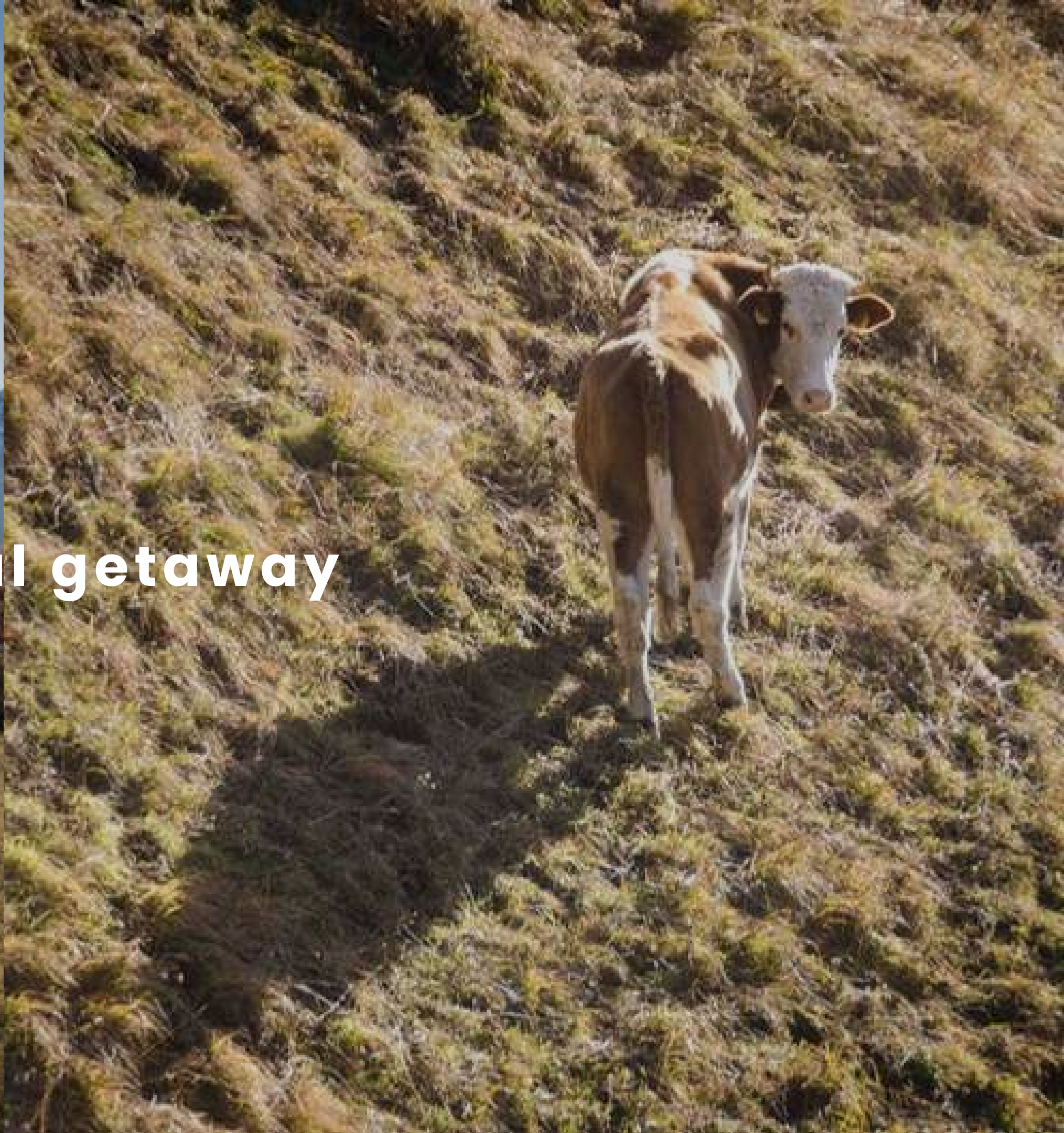
Create together

pages 18 to 20

Cooking workshop, plants for natural remedies, igloo building...



Natural getaway





NATURAL GETAWAY

Summer hike



2h00 -
3h00



April to
november



Montagne
Alternative



6 people
minimum

Led by Marie, choose from several activities: birdwatching at dawn, hikes along the Commeire ridges, exploring the region's flora and fauna, and, for the more active, the Chemin des Crêtes trail between the Val de Bagnes and the Val d'Entremont.

Marie invites you to experience winter in a different way, on foot or on snowshoes, depending on snow conditions:

animal tracks, snow science, how flora and fauna adapt to winter... choose your favorite theme!



2h00 -
3h00



Winter,
depending on
snow conditions



Montagne
Alternative



6 people
minimum



Winter hike



NATURAL GETAWAY

Wild fondue



According to
your
preferences



All year
round



Montagne
Alternative



4 people
minimum

A truly indulgent team-building activity: learn how to make your own fondue near Commeire, at lunchtime or in the evening!

Be sure to wear warm clothes in the winter...

A unique experience to discover the Nepalese winter alongside yaks, these wild and imposing animals that will set the pace of the hike.

Warning: a complete change of scenery guaranteed!



2h00 – 3h00



Winter,
depending on
snow conditions



La Fouly



6 to 20
people



Walk with the yaks



NATURAL GETAWAY

Commeire Lanta



2h00 -
3h00



From may to
october



Montagne
Alternative



10 people
minimum

An activity combining challenges that require teamwork, coordination, balance, and precision... Unusual adventures, fun guaranteed! No physical fitness required, just a touch of craziness, coordination, and balance will do.

Night hikes with professional observation equipment: a magical experience for your team around Commeire, with the option to add an outdoor fondue to this activity, any time of year.



2h00 -
3h00



All year round



Montagne
Alternative



8 people
minimum

Walk with the stars



NATURAL GETAWAY

E-Bike



½ day



From May to
October



Montagne
Alternative



4 people
minimum

Discover the St. Bernard region from a different perspective by bike! Suitable for all skill levels, you'll ride through the mountains and Alpine valleys, it's sure to be an exciting experience!

After gathering wild plants to taste during a hike through the alpine pastures, it's time for some comfort: preparing and tasting appetizers, accompanied by drinks made from these plants.



3 hours
(1/2 day)



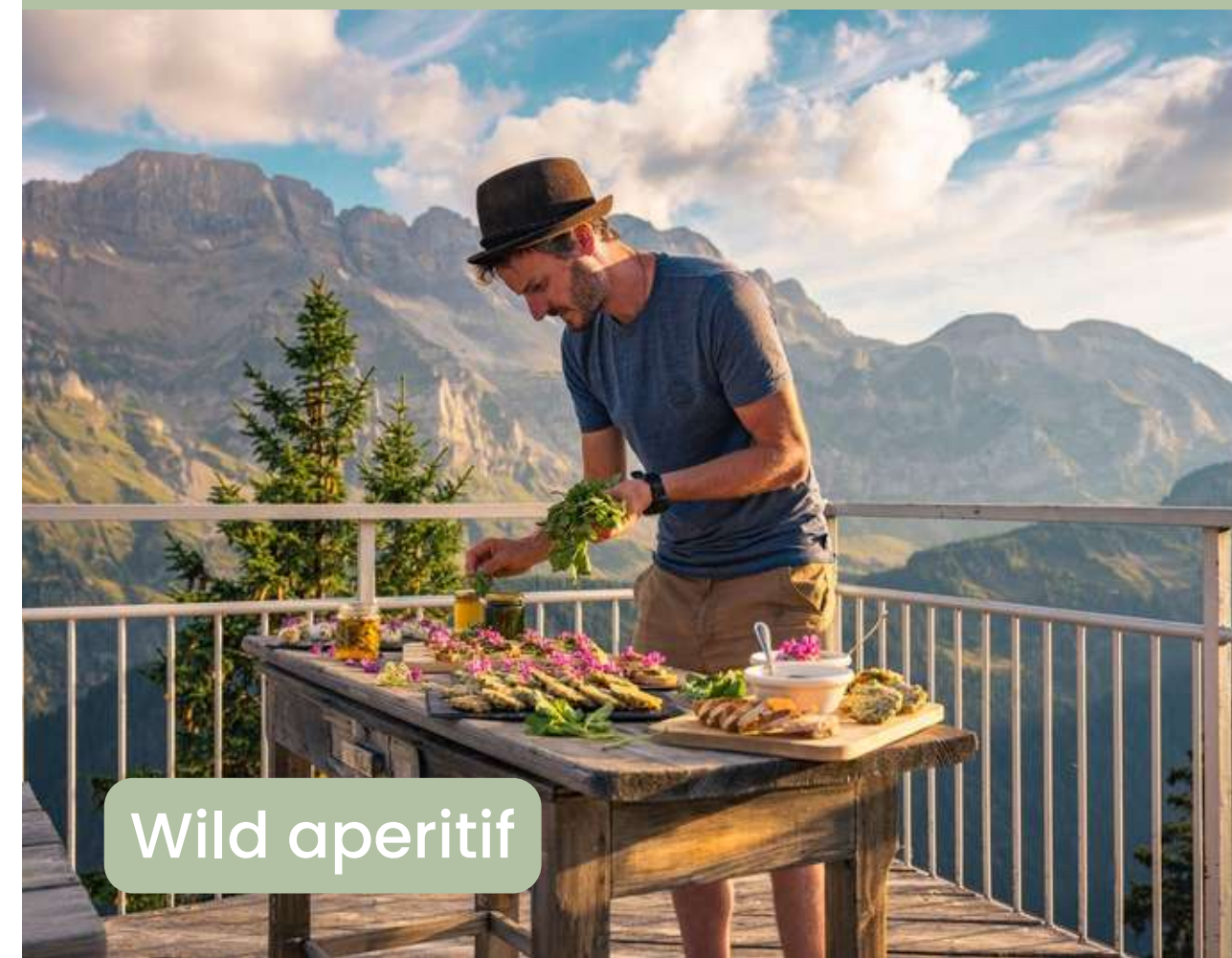
From May to
October



Montagne
Alternative



10 people
minimum



Wild aperitif



NATURAL GETAWAY

"Flavor" adventure



Approx.
2h30



All year
round



Montagne
Alternative



10 people
minimum

Armed with a roadbook, the teams set off on a route filled with puzzles and fun challenges. Their mission: to rediscover the path to flavor by using observation, critical thinking, and teamwork. Each stop is an invitation to explore the local culture.

Dotted with winding paths that meander through rocky outcrops and small bridges spanning the ponds, the century-old botanical garden in Champex-Lac features more than 4,000 plant species from around the world set against a unique panoramic backdrop. It's a sight to behold!



3 hours
(1/2 day)



From May
to October



Champex-Lac



8 people
minimum



Tour of the Champex-Lac Botanical Garden

Traditions of Entremont



Montagne
Alternative





TRADITIONS OF ENTREMONT

Carnotzet Raclette



Evening
meal



All year
round



Montagne
Alternative



Between 3 and
16 people

Accompanied by the quirky anecdotes of our local star, Meinrad, served up with his irresistible good humor, come enjoy a raclette in a traditional Carnotzet in the heart of the hamlet of Commeire for a true immersion in Valaisan customs!

Immerse yourself in the atmosphere of Valais through the sounds of the alphorn. Your participants will have the chance to listen to and discover the secrets of this iconic instrument during a convivial experience rooted in Valais traditions.



approx. 1h30



All year
round



Montagne
Alternative



6 people
minimum



Traditional Cor des Alpes music



TRADITIONS OF ENTREMONT

Tour of the Orsières dairy



1h30 –
2h00



All year
round



Orsières



4 people
minimum

Raclette is a cheese whose traditional recipe has been passed down from generation to generation in the alpine pastures and village cheese dairies.

After discovering the secrets of its production, receive your “raclette scraper” certificate during a tasting!

You don't have to be an expert to enjoy a good wine! Learn how to observe, smell, and taste, glass in hand. Grape varieties, aromas, food and wine pairings... let's demystify the secrets of winemaking together in a friendly and relaxed atmosphere.



1h30
approx.



From April to
October



Montagne
Alternative



8 people
minimum

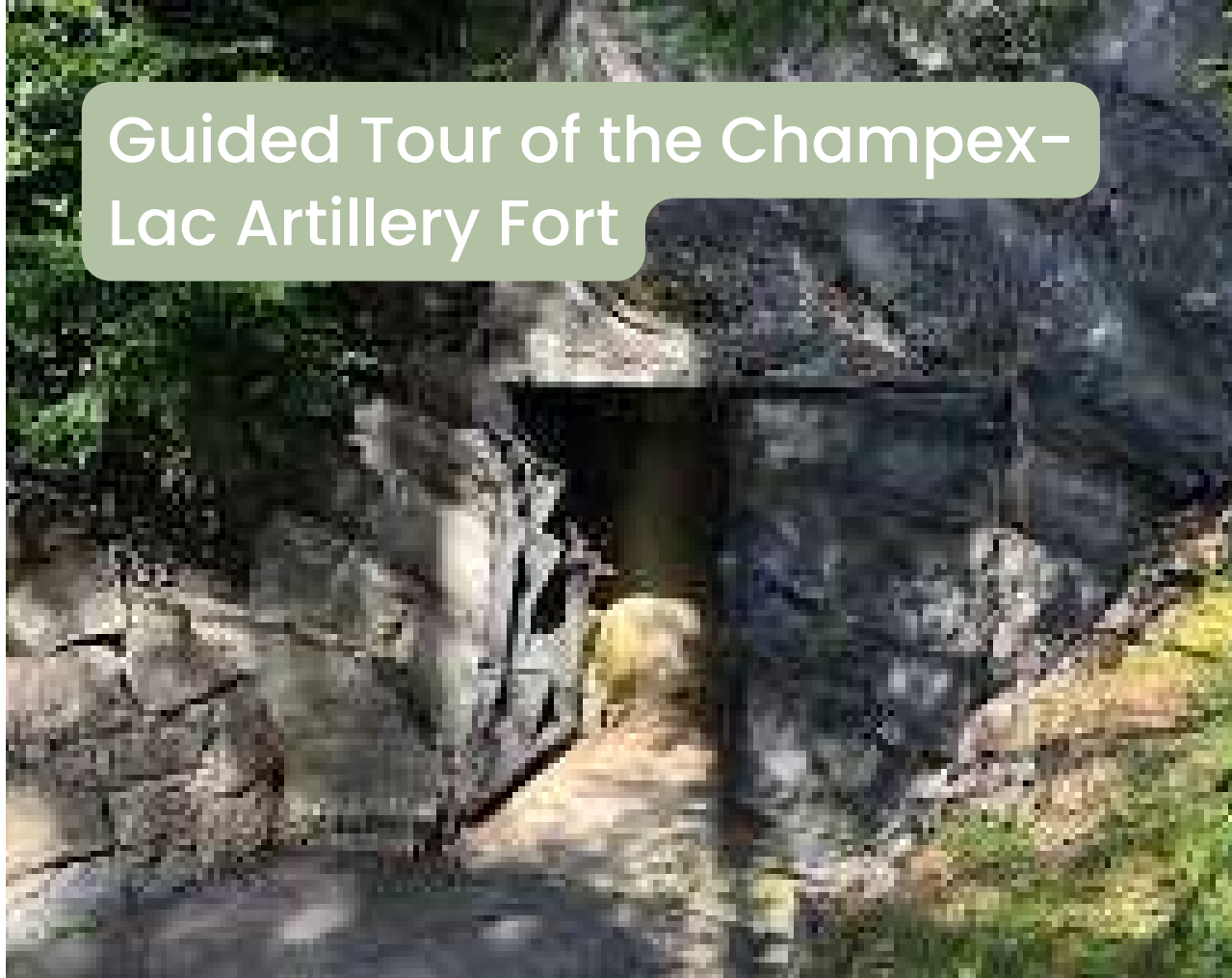


Wine Tasting Workshop



TRADITIONS OF ENTREMONT

Guided Tour of the Champex-Lac Artillery Fort



Approx. 1h30



From May
to November



Champex-Lac



4 people.
minimum

Completely invisible from the outside, come discover the fascinating world of the Champex-Lac Fort: over 600 meters of tunnels classified as "top secret" until 1999!

No need to cross the valley to find fortresses! The hamlet of Commeire also had a military fortification along the St. Bernard route to prevent any invasion. It's smaller, but just as rich in history!



approx. 1h30



All year
round



Commeire



10 people
minimum



Guided Tour of the Commeire Artillery Fort



Relaxation break



**Montagne
Alternative**



RELAXATION BREAK



Massage



30min to
1h00



All year
round



Montagne
Alternative



2 people
simultaneously

A timeless escape into relaxation, where your body unwinds completely while your mind recharges in the heart of the mountains.

Discover a variety of options with our specialist!

Sound relaxation is a moment of relaxation guided by the vibrations of Tibetan singing bowls, in a calm, serene, and soothing setting that promotes physical relaxation and mental calm.



1h00
approx.



All year
round



Montagne
Alternative



15 people
maximum



Sound relaxation



RELAXATION BREAK

Yoga session



Approx. 1h00



All year
round



Montagne
Alternative



18 people
maximum

The yoga session takes place indoors or outdoors, in a peaceful setting, offering a moment of self-reflection that combines movement, breathing, and relaxation. Suitable for all levels, and all necessary equipment is provided on site.

No matter the season or the weather, set out on an adventurous ride pulled by competition-level Huskies! You'll definitely earn your cuddle afterward, the perfect blend of relaxation and physical activity.



Approx. 1h30



All year
round



Montagne
Alternative



5 people
minimum



Husky-hike



RELAXATION BREAK

Morning Stretching Routine



1h00 approx..



All year round



Montagne Alternative



4 people minimum

The morning workout is a dynamic session open to everyone, perfect for getting your body moving first thing in the morning. With a mix of gentle movements, stretches, and mobility exercises, this session helps you start your day with energy.

The art of relaxation in Valais. Enjoy a wellness area featuring over 1,600 m² of pools, with thermal water that's the hottest in Switzerland! Renovated in 2025, the sauna and steam room area will help soothe your body and mind.



3 hours
(1/2 day)



All year round



Lavey-les-Bains



No limitation



Bains de Lavey



Creating as a team



**Montagne
Alternative**



CREATING AS A TEAM

From Plants to Natural Remedies



Approx.
1h30



From May
to October



Montagne
Alternative



10 people
minimum

Are you looking for an activity that will bring a touch of comfort to your team? During this workshop, discover how to make various natural skincare products and cosmetics using wild plants to enhance your home medicine cabinet.

You'll create a menu featuring spontaneous and original recipes made with local herbs and flavors. The workshop focuses on team building and honing various cooking techniques to prepare a healthy, gourmet meal to share.



2h00 approx +
meal time



All year
round



Montagne
Alternative



10 people
minimum



Cooking Workshop

Chocolate Workshop



1h30 approx.



All year round



Montagne Alternative



10 people minimum

Make and taste! After exploring the different flavors of chocolate and creating a custom chocolate bar as a team, it will be time for a tasting session with explanations about chocolate production.

Top Chef, Bartender Edition! Just like on the TV show, each team creates a cocktail within a time limit. It's your turn!



between 1h and 1h30



All year round



Montagne Alternative



15 people minimum



Cocktail challenge

A scenic mountain landscape featuring a calm lake in the foreground, a waterfall cascading down a rocky cliff in the middle ground, and misty, forested mountains in the background under a clear blue sky. The foreground is filled with green grass and small white flowers.

do other ideas come to mind?
Contact us!

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