



100/ANS
1926 ★ 2026 THE RED LEGEND

 esscrans-montana.ch

SUMMER
2026

1

Crans Office

Route des téléphériques 26
CH-3963 Crans-Montana



9 am - 3:30 pm

**2**

Montana Office

Route des Arolles 2
CH-3963 Crans-Montana



9 am - 12 pm
2 pm - 5 pm

**3 Zerodix**

+41 (0)27 481 00 90

4 Merbé

+41 (0)27 485 89 84

5 Chetzeron

+41 (0)27 485 08 00

6 Cry d'Er

+41 (0)27 485 89 85

7 Arnouva

+41 (0)27 485 89 86

**SOS CMA**

+41 (0)27 485 89 10

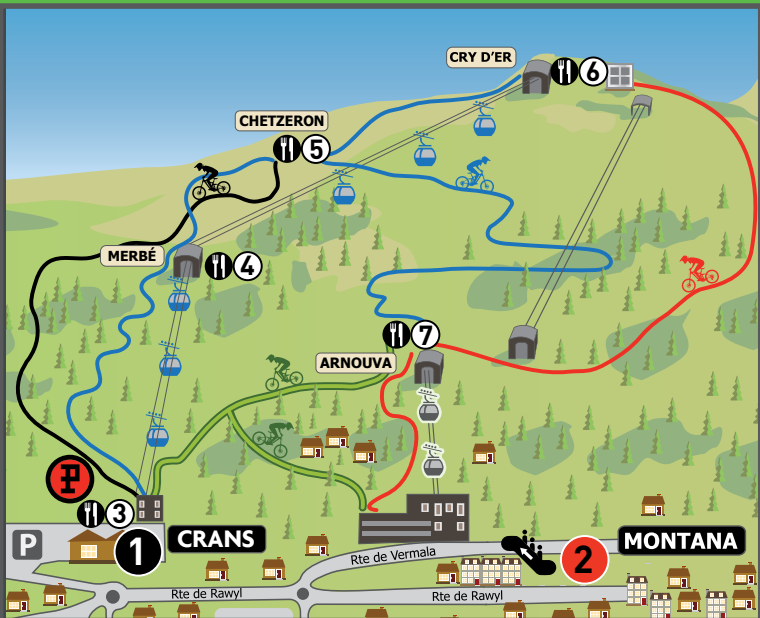
CHAMPS-ÉLISÉES
CRANS MONTANA
Absolutely

+41 (0)848 22 10 12

**Cable car timetable**

www.mycma.ch

**BIKE**
SCHOOL**KIDS**
CAMP**GUIDE**
OFFICE



Trails



- Arnouva - Crans | Arnouva - Montana
- Cry d'Er - Grans
- Mont-Lachaux Downhill
- Chetzeron Downhill

Meeting Point
Crans Office

1 BIKE

BOUL
DROU

Meeting Point
Montana Office

2 KIDS

CAMP

MOUNTAIN GUIDE



Welcome to the realm of high mountains and pristine, untouched spaces. Our team of mountain guides and leaders is at your service, summer and winter.

Climbing – Mountaineering – Via Ferrata – Canyoning.



GROUP ACTIVITIES

Min : 

Glacier Stroll

Age  +10

Accompanied by our mountain guides, roped up and wearing crampons, discover the Plaine Morte glacier.

Family discount from 3 people: 10%

Thursday
Morning  3H



CHF 100.-

Included:
Guide and
safety
equipment

Adventure Hike

Age  +10

Canyon and rock climbing routes with ab-seiling, led by a guide, in the Les Violettes area.

Family discount from 3 people: 10%

Thursday
Afternoon  3H



To bring:
Ski Pass



MOUNTAIN GUIDE



INDIVIDUAL ACTIVITIES



High Mountain Guide

 1 Day	Age	 CHF 700.-	+ CHF 50.-  extra
 ½ Day	+6	 CHF 450.-	+ CHF 40.-  extra
Medium Mountain Guide (Hiking Guide)			
 1 Day	Age	 CHF 450.-	+ CHF 40.-  extra
 ½ Day	+6	 CHF 290.-	+ CHF 30.-  extra

»» Price may vary depending on the chosen summit.



MINI CAMP



Creative Mountain Activities & Discoveries

Nature workshops (hut building, Alpine flora and fauna observation, etc.), themed forest walks (following squirrel tracks, discovering pastures and cows...), treasure hunts, team games, and outdoor balance games.

1 Morning  CHF 50.-

Min   

5 Mornings  CHF 200.-

Age

3-6



9:45 am
to 12:45 pm



Mon-Fri

What to bring: Backpack, water bottle, sturdy shoes, appropriate clothing for the weather

Meeting
Point

2

Montana
Office



All-inclusive Recreational Activities

Amusement parks, skatepark & trampolines, a day at the farm, swimming pool, ropes course, pony riding, water games, Alaïa, Plaine Morte glacier, Les Îles in Sion, and more...

1 Day

 CHF 150.-

Min : 

5 Days

 CHF 595.-

(Lunch Included)

What to bring: Sportswear and sturdy shoes suited to the weather; swimsuit and towel for specific activities.

Age

6-11



10 am
to 4:15 pm



7/7

Meeting
Point



Montana
Office



SPORT CAMP



Mountain bike-oriented sports activities

Freestyle at Alaïa, wakeboarding, games around Lake Moubra, ropes course...

1 Day

CHF 110.-

Min : 3 people

5 days

CHF 445.-

Family discount for 3 or more people

CHF 395.-

What to bring: Picnic in a backpack, water bottle, suitable bike and equipment, lift pass.

Age

8-12



9:30 am
to 4 pm



Mon-Fri

Meeting
Point

2

Montana
Office



BIKE CAMP



Are you a mountain bike enthusiast looking for a challenge?

This camp is made for you. You will ride in the best spots of Crans-Montana, where our coaches will challenge you in various MTB disciplines (DH, Enduro, Trial...). Get ready for action-packed, technical, and fun-filled days designed to take your skills to the next level.

1 Day

 CHF 110.-

Min : 

5 Days

 CHF 445.-

Family discount for 3 or more people

CHF 395.-

What to bring: Picnic in a backpack,
water bottle, suitable bike and equipment,
lift pass.

Age

10-16



9:30 am
to 4 pm



Mon-Fri

Meeting
Point

2

Montana
Office



E-BIKE



Included :



+



+



 1 Hour

Age

 CHF 95.-

+ CHF 40.-  extra

 1 Day

+16

 CHF 480.-

+ CHF 105.-  extra

Guide only :



CHF 65.- x 1 Hour

+ CHF 10.- x  extra

CHF 390.- x 1 Day

+ CHF 40.- x  extra

Whatever your fitness level, set off on an E-bike adventure.

From the valley to the mountains, come and discover our region's stunning landscapes and the unique thrills of electric biking.



DOWNHILL



Included :



+



+



+

protect



1 Hour

Age



CHF 95.-

+ CHF 40.-  extra



1 Day

+6



CHF 480.-

+ CHF 105.-  extra

Guide only :



CHF 65.- x 1 Hour

+ CHF 10.- x  extra

CHF 390.- x 1 Day

+ CHF 40.- x  extra

Looking for an adrenaline rush? Come and try downhill mountain biking for the first time or sharpen your skills on the various tracks of Crans-Montana. Our instructors will give you the best tips to perfect your "drifts" or land your first "whips."



ENDURO & CROSS COUNTRY

Included :



+



+



1 Hour

Age



CHF 85.-

+ CHF 30.- extra



1 Day

+6



CHF 450.-

+ CHF 90.- extra

**Guide
only :**



CHF 65.- x 1 Hour

+ CHF 10.- x extra

CHF 390.- x 1 Day

+ CHF 40.- x extra

Make the most of the best single trails in the Central Valais region. This endless playground, stretching from altitudes of 3,000 to 500 meters, offers incredible routes to tackle either by pedal power or with the help of local transport.





100/ANS
1926 ★ 2026 THE RED LEGEND

See you next winter



SKI
SCHOOL

BOARD
SCHOOL

GUIDE
OFFICE

YOUR LEVEL



You cycle occasionally and want to discover mountain biking.



You cycle regularly and want to improve your mountain biking skills.



You have mountain biked before and are comfortable handling simple obstacles (berms, small jumps).



You mountain bike regularly and are comfortable on all types of terrain.



YOUR LEVEL



Basic Levels



Marmotte



Chamois



Bouquetin

"Pro" Levels



**Bouquetin Pro
Trail**



**Bouquetin Pro
Bikepark**



**Bouquetin Pro
Pumptrack**

See more details >

MAIN SPONSORS

PORSCHE

Centre Porsche Sierre

Ω
OMEGA

BARNES

INTERNATIONAL REALTY



MAMMUT
S W I S S 1 8 6 2

ESS
CRANS-MONTANA

Route des Arolles 2
CH-3963 Crans-Montana
Tél. +41(0) 27 481 14 80
info@esscrans-montana.ch

