

SPORT CAMP - Summer 2026 Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>9.30 am – 4.00 pm</u> Mountain bike Acclimatization exercises / advanced training Ycoor Pumptrack / Flow Trail at Moubra Adventure Park or/and Jump training	<u>9.30 am – 4.00 pm</u> Mountain bike Flow Trail Arnouva-Signal Descent to Sierre (Village Trail) Swimming at Lake Géronde Funicular Ride	<u>9.30 am – 4.00 pm</u> Mountain bike Flow Trail Arnouva Wakeboard Water Games at the Long Lake	<u>9.30 am – 4.00 pm</u> Mountain bike Alaïa Chalet Freestyle Descent to Sierre (Village Trail) Pump Track à Sierre Funicular Ride	<u>9.30 am – 4.00 pm</u> Journée DOWNHILL Mountain bike Downhill Trails and Gondolas at Crans Cry d'er Barbecue at Lake Chermignon Downhill Trails and Gondolas at Crans Cry d'er

What to bring: A picnic lunch in a backpack, a bike and appropriate gear, a ski lift pass, and a change of clothes/swimsuit.

Please note: This itinerary is subject to change and will be adjusted based on the participants' skill level and weather conditions.

Activities on rainy days: Ice skating, Bowland (laser tag & bowling), Alaïa Chalet, indoor rock climbing; tennis, badminton...

Terms and Conditions: esscrans-montana.ch