ALL-YEAR ROUND ACTIVITIES

Outdoor activities & Bike School

SWISS MOUNTAIN SPORTS

Day-by-day & Summer Camps
Ski School + Incentives

DAY-BY-DAY CAMPS

Outdoor programs designed for children for half a day - morning or afternoon, and full day sessions.

MULTI-SPORTS 3

Easy Club	3 to 6 y/o	Multiple and varied outdoor and sporting activities, tailored
Junior Club	6 to 12 y/o	for each age group. Equipment included.

BIKING 6

MTB Freerid	7 to 12 y/o	Dedicated programs to mountain biking (MTB) and downhill
PH Performance	10 to 16 y/o	biking (DH) such as tour, single track runs and techniques.

BIKE SCHOOL 10

Private courses for adults and children, techniques and discovery tours
DH & Enduro, E-Bike, MTB X-Country and road bikes.

CLASSIC SPORTS & ADRENALINE PROGRAMS 12

Hiking, mountaineering, canyoning, rafting, fishing, archery, swimming, etc.
A whole range of activities in classic sports or specific to the mountains are offered, for all levels of adrenaline and fitness.

BIKE RENTAL & SERVICING 14

E-Bike, MTB Junior and Adults, DH, Enduro, child scooter
Large fleet of rental bikes for children and adults - repairs for all brands.

MULTI-SPORTS camps programs

	EASY CLUB → 3-6 years old			JUNIOR CLUB → 6-12 years old		
	morning		afternoon	morning		afternoon
MON	Squirrel feeding	Lunch*	Forest walk & Pedal boat	Stand-up Paddle	Lunch*	Stand-up Paddle
TUE	2-3-4 wheeled bikes & scooters	Italian Pasta*	Child scooter tour	Biking technique & tour	Italian Pasta*	Biking technique & tour
WED	Forest Walk & Nature observation	BBQ*	Small wooden shed building	How to build a wooden shed	BBQ*	How to build a wooden shed
THU	Outdoor Art Painting	Pizza*	Easy scavenger Hunt	Roller-blading	Pizza*	Scavenger Hunt
FRI	Easy Archery	Ham-burger*	First step how to fish	Archery	Ham-burger*	Fishing
SAT	Gondola ride in altitude	Picnic meal by SMS*	Marmots observation	Gondola ride in altitude	Picnic meal by SMS*	Marmots observation
SUN	2-3-4 wheeled bikes & scooters	Italian Pasta*	2-3-4 wheeled bikes & scooters	Biking technique & tour	Italian Pasta*	Biking technique & tour

all meals for day programs are included

Schedule and price

→ day by day easy club & junior club

	Easy Club	Junior Club
Morning 09:45 – 12:15	price /course	price /course
5 successive courses Monday to Friday	CHF 40.–	CHF 50.–
Non successive course(s)	CHF 46.–	CHF 55.–
15 non successive courses	CHF 38.–	CHF 48.–
Afternoon 13:45 – 16:00		
5 successive courses Monday to Friday	CHF 50.–	CHF 60.–
Non successive course(s)	CHF 55.–	CHF 65.–
15 non successive courses	CHF 48.–	CHF 58.–
Full day – lunch included 09:45 – 16:00		
5 successive courses Monday to Friday	CHF 90.–	CHF 90.–
Non successive course(s)	CHF 105.–	CHF 105.–
15 non successive courses	CHF 85.–	CHF 85.–
2 days weekend courses package		
SAT 09:45 – 16:00 / lunch included + SUN 09:45 – 12:15	CHF 125.–	CHF 125.–

SMS Multi-sports programs

Since the summer of 2004, our Easy Club and Junior Club programs have embodied excellence in children's activities. Carefully designed, they offer a unique immersion in a variety of outdoor activities within an exceptional natural environment. In the heart of the Crans-Montana high plateau, each child develops confidence, independence, and a taste for pushing their limits, all while enjoying an enriching experience alongside other children their age.

SMS Bike School

Since 2006, our cycling school has been a benchmark in Crans-Montana. Drawing on that extensive expertise, we guide clients across all types of terrain and disciplines. Whether you're a beginner or an experienced rider looking to improve, our programs are tailored to all ages and skill levels. This allows you to progress at your own pace in a stimulating environment. Our MTB Freeride and DH Performance classes are especially suited to passionate children for 2-wheels. Bikes and protections are also provided if needed.

Group lessons day by day 7 days a week biking camp

MTB Freeride
7 – 12 years old

DH Performance
10 – 16 years old

Biking Camps programs

Program of the week

MTB Freeride 7 – 12 years old	DH Performance 10 – 16 years old
All aspect of the mountain biking (MTB) discipline as:	**All aspect of the downhill biking (DH) discipline as:**
Discovery tours	Single tracks DH runs
Pump-track	Braking
Technique	Technique
Balance on the bike	Balance on the bike
Single tracks introduction	Body displacement
Jumps	Jumps
Obstacles crossing	Float over rocks & roots
Game on 2 wheels	Set your suspension
Go easy on the brakes	Speed through the trajectory
Float over rocks & roots	Look where you want to go
Master the basic	Master the basic
Use all the gear	Learn the wheelies

all meals for day programs are included

Schedule and price

→ day by day MTB Freeride & DH Performance

	MTB Freeride		DH Performance	
	Price with instructor	Price with instructor and	Price with instructor	Price with instructor and
Morning 09:45 – 12:15				
5 successive courses MON to FRI	CHF 50.–	CHF 65.–	CHF 50.–	CHF 80.–
Non successive course(s)	CHF 55.–	CHF 72.–	CHF 55.–	CHF 90.–
15 non successive courses	CHF 48.–	CHF 65.–	CHF 48.–	CHF 80.–
Afternoon 13:45 – 16:00				
5 successive courses MON to FRI	CHF 60.–	CHF 75.–	CHF 60.–	CHF 90.–
Non successive course(s)	CHF 65.–	CHF 82.–	CHF 65.–	CHF 100.–
15 non successive courses	CHF 58.–	CHF 75.–	CHF 58.–	CHF 90.–
Full day – lunch included 09:45 – 16:00				
5 successive courses MON to FRI	CHF 90.–	CHF 110.–	CHF 90.–	CHF 130.–
Non successive course(s)	CHF 105.–	CHF 128.–	CHF 105.–	CHF 150.–
15 non successive courses	CHF 85.–	CHF 110.–	CHF 85.–	CHF 130.–
2 days weekend courses package				
SAT 09:45 – 16:00 / lunch included + SUN 09:45 – 12:15	CHF 140.–	CHF 175.–	CHF 140.–	CHF 205.–

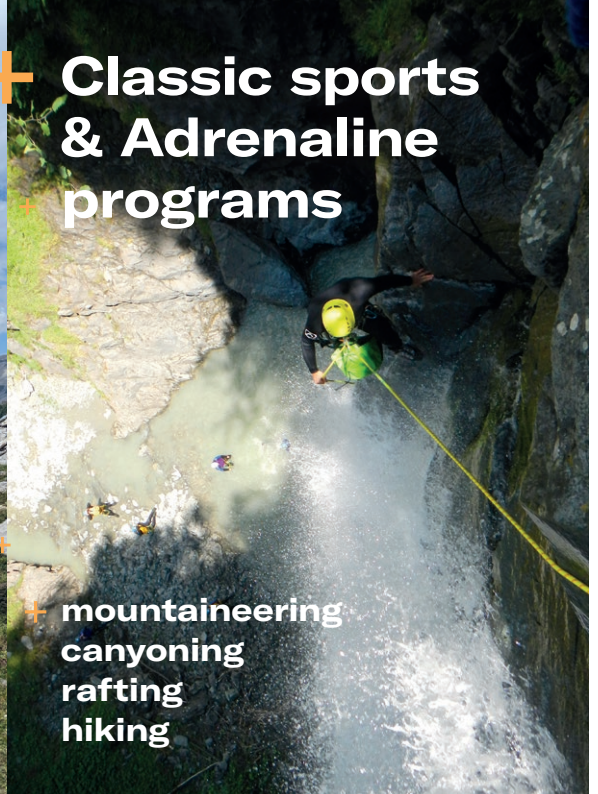
+ Bike school

+ private courses for adults
private courses for children
technique
discovery guided tours

+ DH
MTB
E-Bike
Road bike
Skyver

	Price with instructor only		Price with instructor		
	1 pax	extra.	1 pax up to 24"	1 pax adult size	extra.
MTB X-country					
Price per hour	CHF 70.–	CHF 10.–	CHF 80.–	CHF 85.–	CHF 30.–
3.0 hours pack	CHF 195.–	CHF 30.–	CHF 215.–	CHF 235.–	CHF 85.–
5.0 hours pack	CHF 310.–	CHF 50.–	CHF 330.–	CHF 365.–	CHF 95.–
DH / Enduro*					
2.0 hours pack	CHF 135.–	CHF 20.–		CHF 190.–	CHF 75.–
3.5 hours pack	CHF 225.–	CHF 35.–		CHF 295.–	CHF 100.–
5.0 hours pack	CHF 310.–	CHF 50.–		CHF 395.–	CHF 115.–
E-Bike full suspension					
2.0 hours pack	CHF 135.–	CHF 20.–		CHF 180.–	CHF 75.–
3.5 hours pack	CHF 225.–	CHF 35.–		CHF 275.–	CHF 90.–
5.0 hours pack	CHF 310.–	CHF 50.–		CHF 380.–	CHF 120.–
How-to-bike Dedicated programme to young child, transition from 4 to 2 wheels					
Price per hour	CHF 65.–			CHF 70.–	
Pro Supervision / Endurance coaching Training method for MTB, road bike, enduro					
Price per hour	CHF 100.–	CHF 30.–			
Skyver* scooter descent trip					
Altitude 1700m (1.0 hour)				CHF 80.–	CHF 15.–
Altitude 2200m (2.0 hour)				CHF 155.–	CHF 25.–
To Sierre (16:30 – 18:15)				CHF 120.–	CHF 30.–

* lift / funicular pass required – not included



Classic sports & Adrenaline programs

mountaineering
canyoning
rafting
hiking

Classic Sports & Adrenaline programs

Classic	1 pax		extra.	
Swimming*	CHF	70.–		
Tennis*	CHF	70.–	CHF	10.–
Fishing*	CHF	95.–	CHF	40.–
Archery	CHF	95.–	CHF	40.–

Hiking - mountaineering	1 pax		extra.	
special 16:30 - 18h30 discovery hike	CHF	135.–	CHF	15.–
2.0 hours of hiking	CHF	160.–	CHF	20.–
3.5 hours	CHF	245.–	CHF	35.–
full day of hiking	CHF	430.–	CHF	40.–
full day of mountaineering	CHF	680.–	CHF	50.–

Canyoning - rafting	1 pax	
Discovery canyoning	CHF	160.–
Integral canyoning	CHF	245.–
Rafting	CHF	120.–
Full day rafting	CHF	210.–

* entry fees - court rental - fishing license not included

Bike Rental

& servicing – repairs for all brands

E-BIKE full suspension
BIKE for children
MTB mountain Bike
DH & freeride bikes
JUNIOR DH bikes
ENDURO bikes

Discover a wide range of rental bikes, suitable for children and adults alike, for all your adventures on the resort's mountain bike trails. Take advantage of our specialized workshop dedicated to the maintenance and repair of all bike brands: expertise and passion are guaranteed for quality service.

All-year round activities

We look forward to seeing you on snow next winter

Ski & Snowboard school
Private lessons – adults & children
Group lessons – 5 children per class only

Member of SWISS SNOWSPORTS

SWISS MOUNTAIN SPORTS

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