

SKI & SNOWBOARD SCHOOL | BIKE SCHOOL | ALL-YEAR ACTIVITIES & SUMMER CAMPS | TEAM BUILDING & INCENTIVES



SWISS MOUNTAIN  
SPORTS

Route du Parc 3 | 3963 Crans-Montana



## **A QUICK INTRODUCTION TO SWISS MOUNTAIN SPORTS**

Operating in the Valais region of Switzerland and based in Crans-Montana, Swiss Mountain Sports – SMS - is located in one of the most beautiful areas of the Swiss Alps. SMS specializes in all-year provision of carefully-designed sports and outdoor programmes for children, teenagers, adults and corporations. We run highly successful winter ski & snowboard programmes as well as bike school, summer overnight camps, language courses, summer sports, and more.

### **SKI & SNOWBOARD SCHOOL**

Founded in 2004, SMS has built up extensive in ski and snowboard instruction and in a wide range of winter outdoor services, as private lessons and group courses, as well as 'out of the slope' programmes as snowshoeing tours, night sledging / skiing programme + fondue, etc. SMS is an official ski & snowboard school and member of the 'Swiss Snowsports' Ski Schools Federation. SMS incorporates an official guide office offering the services of professional IFMGA guide, a Ski Academy for gap-year courses.

### **BIKE SCHOOL**

In 2006 SMS designed its own Bike School structure for MTB cross-country, Downhill, E-Bike and Road cycling for both group and private coaching, training, and tours. A background in road racing in our youth explains our deep commitment to cycling and from those origins we now have extensive experience on dirt as well as tarmac.

### **SUMMER SPORT SCHOOL**

SMS accesses the beauty and assets of the Rhone Alps all year round, from the lakes to the high passes. We run a wide range of programmes for adults and have been running many day programmes for children since summer 2005, all of these carefully adapted to their skill levels and abilities. These include overnight summer camps as well as day-by-day programmes.

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## WHY CHOOSE US ?

Since our foundation in 2004, we have devoted ourselves to the provision of guiding services and tuition – both on a private and group basis – of the highest quality.

The professional ethos of SMS strongly emphasizes tuition based the most effective and progressive techniques, and on ensuring that learning approaches are carefully adapted to individual needs.

WHATEVER YOUR GOAL OUR SKI/ SNOWBOARD INSTRUCTORS WILL PROVIDE WITH ALL THE TIPS YOU NEED TO IMPROVE AT YOUR OWN PACE - OVER THE DURATION OF THE TUITION THEY WILL HELP YOU PERFECT TECHNIQUES, MAKE CHANGES AND ASSIST YOU IN BECOMING THE SKIER OR RIDER YOU'VE ALWAYS WANTED TO BE.

- We count an experimented, qualified and highly trained open-minded staff.
- We are focused on quality rather than quantity – meeting our client need is central to our strategy : this is underpinned by state-of-the-art approaches to tuition and guidance.

**CANCELLATION** Each kind of both private and group ski/snowboard tuitions are maintained regardless current weather condition - the course is due unless a 24-hour cancellation has been done in advance.

# SKI & SNOWBOARD PRIVATE LESSONS

beginner - intermediaire - expert

- The private lesson is completely tailored to your needs, both ski and snowboard this is one-to-one coaching unless you share an instructor with friends as the same level
- It provides personalized intructions of all ages and abilities - in different languages mainly: French - English - Italian - German - Spanish - Russian - Portuguese.

SWISS  SNOWSPORTS

## Swiss Mountain Sports:

an official ski & snowboard school  
member of the Swiss Ski Schools Federation

# PRIVATE LESSONS

## MORNING PACKAGES

3 hours 'Morning'	09:00 - 12:00 for each additional person
2,5 hours 'Morning'	09:30 - 12:00 for each additional person
2 hours 'Morning'	10:00 - 12:00 for each additional person

## LOW SEASON

CHF 195.- CHF 30.-
CHF 170.- CHF 25.-
CHF 140.- CHF 20.-

## HIGH SEASON

CHF 245.- CHF 35.-
CHF 225.- CHF 35.-
CHF 200.- CHF 30.-

## PER HOUR

1 hour 'Early Bird'	08:45 - 09:45 for each additional person
Rating by hour from	09:00 for each additional person
Rating by hour from	12:00 for each additional person

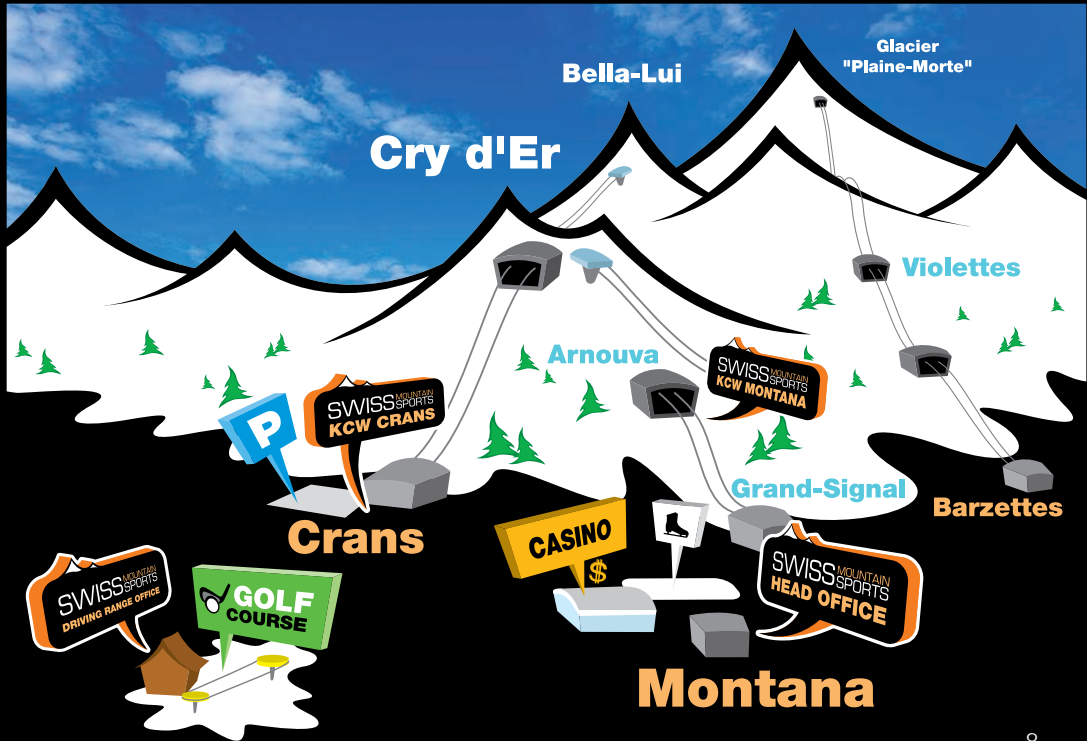
CHF 55.- CHF 10.-
CHF 70.- CHF 10.-
CHF 70.- CHF 10.-

CHF 55.- CHF 10.-
morning package only
CHF 75.- CHF 10.-

## SPECIAL PRIVATE LESSONS

	LOW SEASON	HIGH SEASON
<b>PRIVATE HAPPY HOURS</b> 2 hours pack 14:30 - 16:30		
1 person	CHF 125.-	CHF 136.-
2 persons	CHF 140.-	CHF 158.-
3 persons	CHF 162.-	CHF 174.-
4 persons	CHF 180.-	CHF 196.-
<b>PRIVATE FULL DAY</b>		
1 person	CHF 410.-	CHF 425.-
2 persons	CHF 440.-	CHF 455.-
3 persons	CHF 486.-	CHF 495.-
4 persons	CHF 520.-	CHF 536.-
<b>SKI DISCOVERY DAY - TRIP MAGIC PASS</b>		
Do you have a Magic Pass ? Discover another ski area with our instructors.		
1 to 4 persons with in/return taxi service included	CHF 560.-	CHF 700.-
1 to 4 persons without taxi service	CHF 460.-	CHF 500.-

**ON REQUEST** VIP service +25% on tuition





## GROUP COURSES

3-6 y. old / 6-12 y. old / 12-15 y. old

- each class is limited to 5 children
- classes are open 7 days a week

## FTW CLUB

freeriding - racing - freestyle

- Each children ski and snowboard class is limited to 5 children at all times throughout the season.
- Children are carefully allocated to groups based on age and ability level, to ensure groups in which they feel comfortable and best able to learn.
- Coordinators on slopes check every day the best homogeneity - ability level and ages of classes.
- We propose 2 easy-access meeting points at the base of the Crans-Montana system with parking and quick access to lift + 1 easy access at the diving range of the Golf course of Crans.

BECAUSE OF THE DEMAND OF THE TYPE OF SMALL GROUP LEARNING WHICH WE OFFER, ADVANCE BOOKING IS STRONGLY RECOMMENDED. THIS ENABLES US TO MANAGE THE GROUPS AND TIMES WHICH WILL BEST SUIT YOU AND YOUR CHILDREN

# CHILDREN'S CLINIC

## KIDS CLUB

open 7 days a week - each class is limited from 3 to 5 children

Tom Pouce ski  
Junior ski  
Junior snowboard

3 to 6 years old\*  
6 to 12 years old\*  
6 to 12 years old\*

## TEEN'S CLINIC

open 7 days a week - each class is limited from 3 to 5 children

TC Skiers  
TC Snowboarders

12 to 15 years old\*\*  
12 to 15 years old\*\*

## RACING CLINIC & FREERIDE WORLD TOUR CLUB



Ski Racing Clinic	Race introduction	From level 5
FTW Club - Ski	Freeride / Freestyle / Racing / Avalanche prevention / Video work-shop	From level 5
FTW Club - Snowboard	Freeride / Freestyle / Avalanche prevention / Video work-shop	From level 3

**MEETING POINTS** Kids Club Welcoming of MONTANA - all levels  
Kids Club Welcoming of CRANS - all levels  
Easy Ski Welcoming on GOLF COURSE - only on request and for beginner classes

# CHILDREN'S CLINIC

Rating & Timetable

- Each class is limited from 3 to 5 children
- Open 7 days a week

## Departure from Crans

Parking of Cry d'Err \*\*\*

## Departure from Montana

Middle station of Arnouva \*\*\*

## KIDS CLUB & TEENS' CLINICS

Morning day-by-day course  
from 5 consecutive courses

Afternoon day-by-day course  
from 5 consecutive courses

Full day \* day-by-day course  
from 5 consecutive courses

### PER LESSON

09:20 - 12:15 CHF 105.-  
CHF 95.-

14:15 - 16:45 CHF 85.-  
CHF 80.-

09:20 - 16:45 CHF 145.-  
CHF 135.-

### PER LESSON

10:00 - 12:00 CHF 75.-  
CHF 70.-

14:00 - 16:30 CHF 85.-  
CHF 75.-

10:00 - 16:30 CHF 120.-  
CHF 110.-

## RACING CLINICS / FWT CLUB \*\*

Full day \* day-by-day course  
from 5 consecutive courses

09:20 -16h:45 CHF 195.-  
CHF 185.-

10:00 - 16:30 CHF 160.-  
CHF 150.-

## WELCOMING MEETING PLACES

morning & day classes  
afternoon classes

### KCW CRANS

09:10  
14:05

### KCW MONTANA

09:45  
13:50

\* Lunch included

\*\* Lunch, safety bag (transceiver, shovel and probe) and classroom video analysis included

\*\*\* All ability levels

## SKI / SNOWBOARD COACHING

Swiss Mountain Sports in association with the Freeride World Tour (FWT) has introduced a unique winter program for children from 8 to 16 years old!

		PER LESSON	PER 5-PACK
<b>RACING CLINIC * &amp; FREERIDE WORLD TOUR</b>			
Weekly course	Per day from MON to FRI 10:00 - 16:30 from 5 consecutive 'Full day'	CHF 160.- CHF 150.-	CHF 750.-
Saturday course	10:00 - 16:30	CHF 150.-	CHF 720.-
Weekend course	SAT 10:00 - 16:30 + SUN 10:00 - 12:00	CHF 220.-	CHF 1000.-

Avalanche prevention - Freeride - Freestyle - Racing (GS/SL) - Technique in powder & unprepared snow  
Physical preparation - Video analysis and work-shops

\* Lunch included

\*\* Lunch, safety bag (transceiver, shovel and probe) and classroom video analysis included

## ADULTS FREERIDE SKIING

group & private freeriding programs  
heli-skiing experiences

- Adventurous activities in the mountains have their dangers. However risk can be significantly minimised by making decisions regarding with terrain is safe and enjoyable versus unstable and dangerous. Our IFMGA professional mountain guides are experts in mountain travel and safety.
- Looking for the ultimate skiing or snowboarding experience? Try one a heli-skiing!

## OFF THE TRACES

non-skier programmes

- Throughout the winter, SMS organizes various activities to allow people to explore, experience and enjoy the many faces of Crans-Montana's landscape for non-skier enthusiast.



**Swiss Mountain Sports :**  
An official mountain guide office

# PURE FREERIDE PROGRAMS

SMS Mountain Guides

## HELI-SKIING EXPERIENCES \*\*\*

Wildhorn	declivity 1'500 m
Pigne d'Arolla	declivity 1'700 m
Petit Combin	declivity 2'000 m
Trient	declivity 2'300 m

from CHF 455.-  
from CHF 615.-  
from CHF 630.-  
from CHF 650.-

**PER PERSON \***

## GROUP FREERIDE \*\*

Off-piste day	09:00 - 16:30 Technique in off piste + Avalanche prevention
Freeride day	09:00 - 16:30 + indoor classroom Freeride + Avalanche awareness course

CHF 160.-

CHF 195.-

## PRIVATE FREERIDING \*\*

Off-piste by hour	Technique in powder / unprepared snow + unusual spots for each additional person
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CHF 100.-  
CHF 40,-

## OTHER HELIDROPS ON REQUEST

- \* From 4 persons
- \*\* Safety bag – transceiver + shovel + probe CHF 35.-/day
- \*\*\* Helidrop, IFGMA guide, safety bag – transceiver + shovel + probe & harness + return trip included

## OFF THE TRACES PROGRAMS

### PER LESSON

### SNOWSHOEING \*

Private Trek by hour  
for each additional person

Discovery hike \*\*

17:00 – 18:30

CHF 70.-

CHF 20.-

CHF 40.-

### FUN EXPERIENCES BY NIGHT \*\*

Snowshoeing Tour + Fondue \*\*\*

18:00 – 22:30

CHF 145.-

Ski Torch Descent + Fondue \*\*\*

16:15 – 22:30

CHF 185.-

Snowshoes & Toboggan Descent + Fondue \*\*\*

16:15 – 22:30

CHF 200.-

Traditional Walliser Evening

18:00 – 22:30

CHF 200.-

Snowshoeing – cellar visit – wine tasting & raclette meal

### OTHER PROVISION OF SERVICES

Baby-sitting

Per hour

CHF 24.-

Ski & Snowboard Rental

Special discount

on voucher

Ski Garment Rental

Ski pants & jackets / gloves

on request

\* Snowshoes included | \*\* From 4 persons | \*\*\* Material included (except ski)

## WHY CHOOSE US ?

Since the summer of 2005, we have developed an extensive range of mountain activities and outdoor sports outside the winter months. Whether for children, teenagers and adults, these programs have continued to grow and develop, giving Swiss Mountain Sports a unique place in Crans-Montana in respect of the range of activities offered and the depth of our experience.

Meeting the individual needs of each and every client is at the heart of the SMS ethos. Our team has deep experience in competition and coaching – our constantly evolving and adapting tuitions is based on the most effective and progressive techniques.

WHETHER YOU ARE AN EXPERT FOCUSING ON PERFORMANCE OR A NOVICE WISHING TO ENJOY THE MOUNTAINS, OUR HIGHLY EXPERIENCED AND QUALIFIED STAFF CAN PROVIDE THE RIGHT GUIDANCE AND SUPPORT.

- We count a experimented, qualified and highly trained open-minded staff, among former pro-cyclist.
- We are focused on quality rather than quantity – meeting our client need is central to our strategy: this is underpinned by state-of-the-art approaches to tuition and guidance.

**CANCELLATION** Each kind of activities both private and group are maintained regardless current weather condition - the course is due unless a 24-hour cancellation has been done in advance.



# BIKING SCHOOL

Downhill – Freeride – X-country – Road bike – E-bike

- SMS designed its own bike school structure, highlighting its background in road racing (our youth) and explains our extensive experience and deep commitment to cycling - we have since 2006 continuously improved our coaching methods from our outings with customers in order to be able to quickly correct their technique, endurance or position.
- All our biking packages includes well-maintained and adapted bikes and equipment.
- A one-to-one coaching is completely tailored to your needs: starting out, building up to competition, recovering from injury or refining technique for any type of programmes dedicated to MTB X-Country, Downhill, E-bike and Road cycling, for all ages and abilities.
- Whether individual coaching, adults discovery tours, teens' and kids' group programmes all take into account the ability and fitness of participants.

## MOUNTAIN BIKE (MTB)

### PER HOUR

#### PRIVATE LESSONS \*

How-to-Bike	4-to-2 wheeled bike initiation course dedicated to children	CHF 80.-
Easy Mountain	Biking Discovery Tour for each additional person	CHF 80.- CHF 20.-
X-Country Mountain Biking	Pro Supervision for each additional person	CHF 100.- CHF 30.-
E-Biking	Electric Bike for each additional person from 2nd hour - each additional person	CHF 120.- CHF 80.- CHF 50.-

### PER PERSON \*\*

#### MTB GROUP COURSES \*

Morning	10:00 - 12:00	CHF 55.-
Afternoon	14:00 - 16:30	CHF 55.-
Weekend Biking camp	Trainings with pro cyclists from 2 days of trainings - All-inclusive Full board accommodation	CHF 480.-

\* Guide, biking and helmet included

\*\* From 4 persons

## DOWNHILL (DH)

PER HOUR

### PRIVATE LESSONS \*

Downhill (DH)

for each additional person  
from 2nd hour - each additional person

CHF 150.-  
CHF 120.-  
CHF 85.-

Descent SKYVER

for each additional person

CHF 80.-  
CHF 20.-

### DH GROUP COURSES \*\*/\*\*

Morning

10:00 - 12:00

CHF 100.-

Afternoon

14:00 - 16:30

CHF 100.-

Weekend DH camp

Trainings with pro cyclists  
2 days of trainings - All-inclusive  
Full board accommodation

from CHF 550.-

\* Guide, DH bike, full-face helmet, body armour, knees guards and gloves  
+ indoor video analysis classroom include

\*\* from 4 persons

# BIKE SHOP

Rental - Selling - Repair

## RENTAL

Kids 2- and 4-wheeled bike  
Junior bike  
MTB hard tail  
MTB full suspension  
Freeride / DH bikes  
E-biking  
DH scooter Skyver

from 12" to 18"  
from 20" to 26"

SELLING \* Junior bikes  
MTB  
DH

REPAIR Any brand

## SMS TEAM CLOTHING



CHF 85.-



CHF 98.-



CHF 100.-

# SUMMER KIDS PROGRAMS

day-by-day Kids Programmes  
7 days overnight camps - private lessons

- Our summer activities (...in fact organized throughout the year during the months without snow!) are undoubtedly recognized as references because both of our deep experiences in the supervision of children and the fact that we were the precursors of these programmes, which have evolved every year since their conception in the summer of 2005.
- Our staff is fully experienced and trained to supervise children and programmes, mostly ski instructor in the winter, while a logistics conveyed can intervene at any moment of the day.
- Children are arranged by groups to match age, aspiration, ability, and fitness
- Varied hot meals (for children following 'full day programmes' and '7-days overnight camps'), all materials and passes are included in our group programmes, so the children have nothing else to expect but their own clothing, adapted to weather conditions.
- Whether in a 'private lesson', in our 'day-by-day programs' or in our 'overnight camps', children and teens are constantly supervised, and our instructors, patients, are oriented towards the well-being of children and their safety.

# DAY-BY-DAY PROGRAMS

## Kids & Teens Programs

	<b>EASY CLUB</b> 3 to 6 years old 10:00 - 16:00	<b>JUNIOR CLUB</b> 6 to 12 years old 10:00 - 16:00	<b>DH PERFORMANCE **</b> 12 to 15 years old 10:00 - 16:00
<b>MON</b>	<b>Art &amp; Sport Initiation</b> PAINTING INITIATION TO CLIMBING	<b>New Experiences</b> STAND UP PADDLE CLIMBING	<b>Downhill Bike (DH) *</b>
<b>TUE</b>	<b>SMS Bike School</b> 2, 3 AND 4 WHEELED BIKES & CHILD SCOOTER	<b>SMS Bike School</b> BIKING CHALLENGE	<b>Downhill Bike (DH) *</b>
<b>WED</b>	<b>Fun Day</b> BBQ & PLAY GROUND	<b>Fun Day</b> BBQ & BALL GAMES	<b>Downhill Bike (DH) *</b>
<b>THU</b>	<b>Robin Wood's Day</b> ARCHERY FOR YOUNG CHILDREN NOTTINGHAM FOREST	<b>Day of Balance</b> ROLLER SKATING EXPERIENCE	<b>Downhill Bike (DH) *</b>
<b>FRI</b>	<b>First Forest Discovery</b> FOREST WALK & DRAW ME A FOREST ANIMAL HAMBURGER PARTY LUNCH	<b>Surviving Day</b> HOW TO BUILD A SHED - FISHING - ARCHERY HAMBURGER PARTY LUNCH	<b>Downhill Bike (DH) *</b> HAMBURGER PARTY LUNCH
<b>SAT</b>	<b>Kid Team Game</b> MINI FOOT CHALLENGE & FRISBEE	<b>Team Game</b> FIELD HOCKEY	<b>Downhill Bike (DH) *</b> or Skyver Descent
<b>SUN</b>	<b>Wildlife Observation</b> SQUIRRELS FEEDING WALK MARMOTS OBSERVATION	<b>SMS Bike School</b> BIKING EXCURSION DAY	<b>Downhill Bike (DH) *</b>

\* Full day programme only

\*\* Indoor classroom video analysis included

**Programme:** activities are safe-designed & adapted to child abilities

**Equipment:** materials & passes are included

**Weather:** indoor playroom at disposal

**Lunch:** 3-courses menu is included in full day classes

# DAY-BY-DAY PROGRAMS

Rating & Timetable

	Morning 10:00 - 12:00	Afternoon 13:30 - 16:00	Full day 10:00 - 16:00	End-of-the-day 16:15 - 18:15
<b>EASY / JUNIOR CLUB</b> per session from 5 consecutive sessions	CHF 65.- CHF 60.-	CHF 75.- CHF 65.-	CHF 100.- CHF 90.-	
<b>DH PERFORMANCE</b> per session from 5 consecutive sessions	CHF 90.- CHF 85.-	CHF 110.- CHF 100.-	CHF 150.- CHF 140.-	

<b>END-OF-THE-DAY SPECIALS</b>		
beginner to advanced levels / 16:15 - 18:15		
<b>MON to FRI</b> Climbing - Golf - Ice Skating - Martial Arts (NoKo)	per session from 5 consecutive sessions	CHF 70.- CHF 65.-

<b>LANGUAGE COURSES</b>		FRENCH - ENGLISH - ETC.
Private lesson	Per hour for each additional person	CHF 70.- CHF 10.-
2 hours Group lesson	16:15 - 18:15	CHF 55.-

**MEETING POINTS** SMS head office, 10 minutes before departure of class

# SUMMER CAMPS

## FULL DOWNHILL BIKE CAMPS

7 DAYS | 6 NIGHTS | FROM 12 YEARS OLD

From CHF 790.- / Sessions

- 35 Hours of training & Coaching
- Work-shops and video debriefing classroom
- Any level from beginner to advanced
- Full board accomodation

## SUMMER KIDS CAMPS

7 DAYS | 6 NIGHTS | FROM 7 YEARS OLD

From CHF 790.- / Sessions

- 35 Hours of outdoor programmes
- 6 Hours of language courses in classroom
- 24h/24 Supervision
- Full board accomodation



**CRANS-MONTANA BIKING RESORT**  
**FREERIDING BIKE**  
**DH BIKE**



**ROCK CLIMBING**  
**DISCOVERY GOLF**  
**EXCURSION BIKING AND MUCH MORE**



# OVERNIGHT SUMMER CAMP

Per session 7 day / 8 nights all-inclusive

## PER SESSION

### Multi-Sports Camps \*

7 - 12 years old

Those camps are sport camps with various sport activities as fishing, archery, biking, hiking, compass orientation race, canoeing and regarding special sessions : golf and climbing.

CHF 790.-

### Full DH / DH camps \*\*

13 - 15 years old

Through our DH Camps riders will learn the core, fundamental skills of downhill mountain bike riding.

\*\*\* CHF 790.-

- 6 sessions to choose from early July see on [www.sms04.ch](http://www.sms04.ch) – updated dates
- Full board accommodation included fully equipped mountain hut with dormitories and common places

### Multi-Sports Camps \*

SMS sport camps are a good way to facilitate personal development as individual responsibility, respect and team spirit state of mind. Language courses are included in the daily programme for French or English lessons. All inclusive.

### Full DH / Downhill Camps \*\*

SMS coaches get the rider to understand DH techniques with explanations, demonstrations, drills and then on trail application of the skills, step by step. Our methods allow participants to make progress in descending dedicated technical DH itineraries. \*\*\*All equipment + DH Bike can be rent for an extra CHF 450.-/week.

## MOUNTAIN GUIDES PROGRAMS

- Through our own official office of mountain guides, we propose multitude of treks and hikes in middle- and high-mountain environment tailored to your needs and fitness.

## ADVENTUROUS & CLASSIC SPORTS

swimming – golf – tennis  
fishing – rafting – hen/stage part

- The resort of Crans-Montana not only offers an exceptional panorama but also a multitude of outdoor activities and sports to practice all year long through our services.
- Whether the sports, private tuitions 1 to 1 or up to 4 people from group of friends or family provide personalized instructions for all ages and abilities, while our instructors will provide with all the trips you need to improve at your own pace techniques and skills.

# MOUNTAIN GUIDES PROGRAMS

PER PERSON \*

## MOUNTAIN HIKES

Private trek	Per hour for each additional person	CHF 70.- CHF 10.-
Bisses-discovery Trek *	Bisse du Rho   Bisse du Tsittoret   Bisse de Lens   etc for each additional person	CHF 70.- CHF 10.-
Day-Hike *	Crans-Montana – Loèche-les-Bains + Taxi return	CHF 185.-
Classic 'Haute-Route'	All-Inclusive 4 or 7 day	from CHF 600.-

## CLIMBING & VIA FERRATA \*\*

Full Day Rock Climbing	09:00 - 17:00	CHF 170.-
Half Day Rock Climbing	13:30 - 17:00	CHF 120.-
Indoor Climbing	Per hour	CHF 100.-
Classic Itineraries	Via Ferrata - Half day	CHF 120.-
Epic Routes	Via Ferrata - Full day	CHF 170.-

\* From 4 persons

\*\* Materials included

# ADVENTURE & CLASSIC SPORTS

PER HOUR

## CLASSIC SPORTS \*

Private tuition      Swimming, Golf, Tennis, Archery, Fishing, Hiking  
for each additional person

CHF 70.-  
CHF 10.-

## 2 HOURS HAPPY HOURS PRIVATE LESSON \*

16:15 – 18:15

Any kind of classic sports & language courses

- 1 person
- 2 persons
- 3 persons
- 4 persons

CHF 125.-  
CHF 145.-  
CHF 165.-  
CHF 180.-

## SCENIC FLIGHTS \*\*\*

- Tandem Paragliding
- Tandem Gliding / Delta
- Helicopter on the Alps

PER PERSON

CHF 160.-  
CHF 270.-  
CHF 350.-

\* Entry fees not included

## ADVENTURE & HEN / STAGE PARTY

### PER PERSON

#### RIVER ACTIVITIES \*\*

Rafting ***	Half day	CHF 120.-
Canyoning ***	Half day	CHF 160.-
Hand-Made Raft Construction & Race	Half day	CHF 145.-

#### FUN ACTIVITIES AND HEN/STAGE PARTY \*\*

Raid Adventure	Half day	CHF 145.-
	Full day	CHF 195.-
Extrem Adventure Park	Half day	CHF 100.-
Tailored Olympiads	120 minutes	CHF 100.-
Mountain Paint-Ball	60 minutes	CHF 50.-
Skyver Scooter	120 minutes	CHF 75.-
Summer Ski	Full day	CHF 250.-

\* From 4 persons

\*\* Materials included

\*\*\* Outsourced activities with certified companies only

## INCENTIVE

- corporates programmes
- gastronomy & wellness
- ski weekend
- cellard visits

## TEAM BUILDING

- snowy months programmes
- snow-free months programmes
- themed teambuilding
- communication skills
- event coordinators
- gala evening

## SEMINARS

- lecturers - orators - speakers
- former sport celebrities
- technical staff
- counselling assistance

## SOME OF OUR REFERENCES

**BANK DIVISIONS :** Crédit Suisse - BNP - IAM - Raiffeisen - Postfinance

**PHARMACEUTICAL FIRMS :** Bayer international - Axis - Dental - Uditis - Stryker - Novartis - Drossapharm - Medtronic  
Debiopharm - OMSV - Baxter - Optaros - UCB - Genzyme - Intertek

**INDUSTRY :** Contrinex - Addax Petroleum - Newell - Tetra Pak - Johnson & Johnson - SQLI - Charmilles  
Technologie - Jaeger LeCoultre - Dupont de Nemours - Kyocera - ABO-Storage - Gotec - Canon - Luxottica

**INSURANCES :** La Vaudoise - Symphony SA

**MASS RETAIL & FOOD :** Nestlé - Nestec - Migros - Kronenbourg - Naville - Ricola

**MEDIA & COMMUNICATION :** Swisscom - Radio Television Suisse - Orange - Publigroup - T-System - Sunrise - LTV - Les Pages Jaunes

**TABAC INDUSTRY :** Philip Morris - Japan Tobacco International - BAT

**ORGANIZATION & SCHOOLS :** CIO - UNICEF - LAS - TASIC - CDL - EPFL - EASL

**OTHER DIVISIONS :** CUSMIC - CFF - Louis Vuitton - Suez Environnement - Otis - Luxottica - EA - PriceWaterhouseCoopers

## WHERE TO FIND US ?

### Head Office

Swiss Mountain Sports  
Route du Parc 3  
3963 CRANS-MONTANA

info@sms04.ch  
www.sms04.ch  
Tél + 41 (0)27 480 44 66  
Fax + 41 (0)27 480 44 68

### OPENING HOURS

7 day / week

### Additional areas

#### KCW Montana

Middle station of Grand-Signal - Arnouva lift

#### KCW Crans

Car park of Crans-Cry d'Er gondola's lift

#### SMS Driving Range

In front of the driving range Golf Club Crans

SWISS MOUNTAIN  
SPORTS

Route du Parc 3 | 3963 Crans-Montana



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