

An outing to the Espace Nature

Enjoy a day out in the mountains in the Espace Nature of La Tzoumaz. There are three main activities on offer, plus lots of other ways to get in touch with nature and spend a special moment or two.



Sentier des Sens – 1,5 km

Follow the easy, scenic trail of the Sentier des Sens, and discover the essence of the forest through games and activities centred on the five senses.

With the 5 Senses Quiz booklet, young visitors can have fun exploring the trail in the company of Squizy the squirrel.



Maison de la Forêt

Take a break at the Maison de la Forêt. If you have the time, stop and sample the local produce on offer at the **café** or venture into the **exhibition rooms** to meet some of the creatures of the forest.



Les Défis de la Rivière

For the adventurous, fun is to be had at the Défis de la Rivière play area. Wake up your senses and test your agility alongside the bracingly cold waters of the mountain stream!

And more!

- a playground at the Maison de la Forêt
- The Crayon Vert trail to try out your drawing skills in the open air
- Picnic areas in the forest
- A walk along the Bisse de Saxon irrigation channel

Lots of things to enjoy on your day out in La Tzoumaz. Why not plan several visits and explore the region?

To make the most of your trip, visit the Tourist Office for information.

Practical information

Opening

In summer (May - October): open daily.

In winter (December - April): on weekends and during the school holidays.

Further details at www.latzoumaz.ch

Visit the Espace Nature



By public transport, take the post bus to the stop “La Tzoumaz, Maison de la Forêt” (summer only).

By car, on arriving at La Tzoumaz, follow the signs to “Espace Nature” as far as the visitor car park.

Information

www.latzoumaz.ch
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English



Maison de la Forêt

Sentier des Sens

Défis de la Rivière

LA TZOUMAZ
VERBIER - 4 VALLÉES



The Espace Nature at a glance

 The path from the **Maison de la Forêt** to the **Table des Belges** is suitable for pushchairs and wheelchairs. For the **Sentier des Sens**, take the downhill path starting from **Le Marteau**.



Sentier des Sens

This 1.5-km trail goes uphill from the **Maison de la Forêt**, or downhill from **Le Marteau**.



An hour and a half of fun and discovery.



Access to the Défis de la Rivière

- from the Maison de la Forêt, via the Sentier des Sens: 45 min.
- from the Maison de la Forêt, via the shortcut: 25 min.
- from Le Marteau car park: 15 min.

