



WILD PLANTS

THE MOUNTAIN IN A DIFFERENT LIGHT — THROUGH ITS HIDDEN TREASURES

VALAIS – SWITZERLAND – DAY HIKE

The mountains are full of treasures that often go unnoticed. Over the course of an accessible hike, we take the time to observe, identify and discover the wild plants around us.

With stories, traditional uses and tastings along the way, this day is an invitation to slow down, spark your curiosity and see nature with fresh eyes. A convivial experience blending walking, learning and shared moments in the open air.

DAY PROGRAMME

9h00 — Meeting point, introduction of the group and the day ahead

9h15 — Setting off on the trail, first botanical observations along the way

12h00 — Picnic break in nature, tasting some of the plants we've discovered

13h00 — Back on the trail, deepening our plant identifications

15h30 — Arrival at the end point, time to chat and reflect on the day

16h00 — End of the hike

UPCOMING DATES

26 may — La Tzoumaz

A gentle walk through the alpine meadows of La Tzoumaz, discovering the first plants of spring

14 june — Le Bruson, Verbier (PALP)

As part of the PALP festival, a botanical outing through the flower-filled meadows of Bruson

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INFORMATIONS PRATIQUES

- Led by a trainee mountain guide
- Groupes of 3 to 10 people
- Accessible hike, no botanical experience required
- Tasting of foraged plants included
- Access : bus/train or carpooling
- Technical level 1/4, physical level 1/4 — suitable for everyone

PRICE VARIES BY HIKE