



## MOUNTAIN ESCAPE: EFFORT, NATURE, AND A WELL-DESERVED FONDUE!

### FOREST ROUTE (PRACONDU):

Embark on a unique ski touring experience from La Péroua to Tracouet, passing through the beautiful clearing of Pra da Dzeu. This route leads you through a dense forest to a vast snowy meadow, offering a peaceful and magical atmosphere.

The climb continues up to Tracouet, at 2,200 meters above sea level, where a breathtaking view over the Rhône plain awaits you. This exceptional panorama rewards your efforts and invites you to pause and take it all in.

For lunch, enjoy a delicious traditional fondue. Reinvigorated, you'll then begin your descent on well-maintained slopes, ensuring a safe and enjoyable experience.

**This tour is perfect for nature lovers who want to combine physical effort, the discovery of enchanting landscapes, and culinary delights.**



#### Ski touring



Around **4.2km**



Duration: **4h00\***



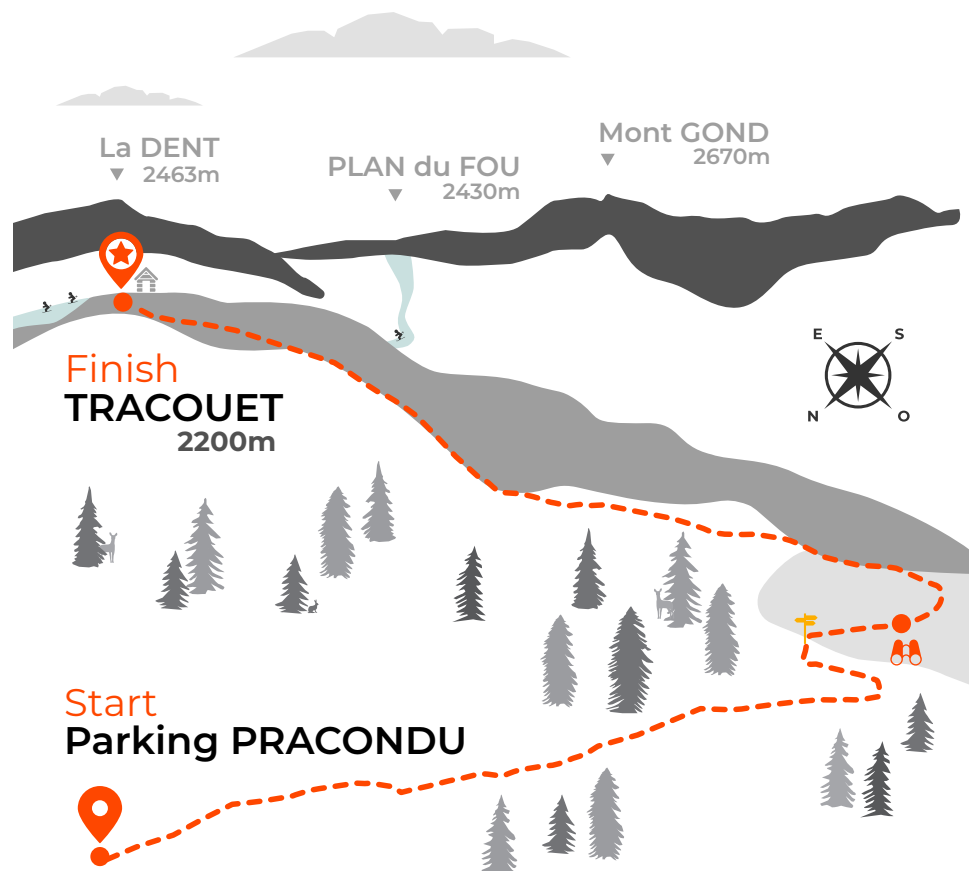
**+732m**



Difficulty:  
**3/5 Intermediate**



Ski level:  
Able to descend a **red slope** with parallel turns



*\*The route will be adapted depending on conditions.*



## OUTING PROGRAM:



**SCHEDULE:** Meet at 9:00 a.m. on Route de Pracondu, dressed in ski gear with the required equipment.



**START :** We will begin our ascent with a beautiful climb through the forest on a gentle slope.



**THE TOUR:** Around 10:15 a.m., we'll reach Pra da Dzeu, an idyllic meadow offering peace and serenity. The route continues with a steady climb, sometimes alongside the ski slope with a few steeper sections, before rejoining more natural trails.

The final part of the route leads us through the last spruces up to the summit of Tracouet.



**THE VIEW AT THE SUMMIT:** We'll reach the summit at 2,200 meters, where a stunning view over the Rhône plain awaits us.



**LUNCH BREAK:** A one-hour break is planned to enjoy a traditional fondue while taking in the exceptional panorama.



**THE DESCENT:** We'll descend either via the Jean-Pierre slope or the Alpage slope, depending on conditions and group preferences.



**RETURN:** We expect to return to the starting point around 2:00 p.m., enriched by this unique mountain experience.

*For any questions, we're at your full disposal. Contact us!*

## HIGHLIGHTS:

**09:00 a.m.**

Pracondu parking lot

**~12:30 p.m.**

Lunch break

**2:00 p.m.**

Return to Nendaz cable car

## EQUIPMENT CHECKLIST:

- AVY BAG (shovel, probe, beacon)\*
- Ski touring skis + climbing skins
- Ski touring boots
- Touring poles
- Pants, jacket, gloves, helmet

- Sunglasses
- Bring a change of clothes
- Sunscreen
- Thermos / Snacks

*\*Complete pack available for rent at ESS for 20CHF*



**YOUR NEXT ADVENTURE STARTS NOW!**  
Scan to start.

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