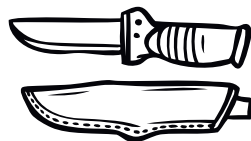


# ADVENTURER'S CHECKLIST

- Back bag  
*For the fondue kit with : bread, cheese, wine (or apple juice), sausage for the aperitif, stove, forks, fondue pot, souvenir glasses, hiking guide and fondue recipe*
- Warm clothes
- Gloves
- Hat
- Jacket
- Waterproof shoes
- Sunglasses and sunscreen **#GETLUCKYWITHWEATHER**
- Hot tea thermos **#SOTHIRSTY**
- Pepper **#MMH**
- Dishes only for adventurers beginners!
- Insulating blanket



## DO YOU NEED ANY EQUIPMENT?

Our Sport Shops can make you happy :

- 📍 **Chabloz Sport** : +41 27 475 16 18 | info@chabloz-sport.ch
- 📍 **Sport 4000** : +41 27 475 13 48 | sport4000@netplus.ch

## ST-LUC TOURIST OFFICE

saint-luc@anniviers.ch | +41 27 476 17 10

### RANDO-FONDUE

+ VALDANNIVIERS.CH



**RANDO-FONDUE**  
ADVENTURE WITH A CAPITAL A.



ENGRAVED ON MY HEART

WINTER

## ST-LUC HÔTEL WEISSHORN 4



12,1 km



760 D+, 642 D-



5h15



Sheltered table in

Gillou d'en Haut



## FORÊT – TIGNOUSA – CHALET BLANC DE ROUA – FORÊT 3



6.1 km



241 D+, 241 D-



2h00



Table near the planet

Saturn



Table near the parking

La Forêt



### AND MORE:

**Foot Trails :** [valdanniviers.ch/en/winter-hiking-trails](http://valdanniviers.ch/en/winter-hiking-trails)  
**Snowshoe Trails :** [valdanniviers.ch/en/snowshoe-trekking](http://valdanniviers.ch/en/snowshoe-trekking)  
**Ski Touring Routes :** [valdanniviers.ch/en/touring](http://valdanniviers.ch/en/touring)

# ADVENTURER'S TUTORIAL

## GOOD TIME FOR A DRINK...



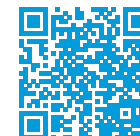
RELAX AND TASTE THE WINE  
AND AN EXCELLENT SAUSAGE  
WHILE MAKING THE FONDUE.

### SETTING UP THIS 5 STAR KITCHEN

- Find a stable place
- Slot the 4 parts of the fondue chasing dish
- Place the fondue pot in the centre of the stove
- Take off the protective film from the gel of the burner
- Place the burner under the fondue pot

**TUTO** HOW TO ASSEMBLE YOUR FONDUE KIT?

[www.valdanniviers.ch/rando-fondue](http://www.valdanniviers.ch/rando-fondue)



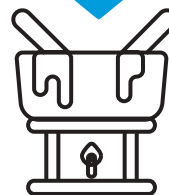
**Hé!**  
KEEP SOME  
WINE FOR THE  
FONDUE.



**MMH!**  
WHAT a  
GOOD  
FONDUE .

### I'M HUNGRY!

- Measure the wine : 3/4 of glass  
= 1 person (7.5 cl)
- Light the gel
- Heat the wine in the pot until it begins  
to simmer
- Place quickly the cheese in the pot and make  
it melt
- Do not stop stirring it
- When ready, enjoy the fondue by dipping into  
the cheese small pieces of cut-up bread



**"LEAVE THE SPOT AS YOU FOUND IT, WITH NO RUBBISH "**