



1-week school leavers' and young adults' course – timetable

Max 10 students

Day zero (Sunday)

Arrive in resort

Evening: Welcome drinks & introduction

Day one (Monday)

AM: Cooking – Nutritious breakfasts

PM: Cheese making or Michelin star cookery demonstration

Day two (Tuesday)

AM: Cooking – Economic & yummy suppers including reducing food waste

PM: Downhill mountain biking

Evening: Tasting Valais wines

Day three (Wednesday)

AM: Cooking – Desserts & sweet treats

PM: Rock-climbing

Day four (Thursday)

AM: Cooking – Plant-based cooking

PM: Food safety & hygiene, including special diets & allergens

Day five (Friday)

AM: Cooking – Baking (including quiche, pie & cake)

PM: Ski & snowboard making demo

Day six (Saturday)

AM: Cooking – Easy show-off food

PM: Aerial walkway

Day seven (Sunday)

AM: Mountain yoga or Flavours of the Alps walk

PM: Depart

Timetable each day

9am – 12pm Cooking

12pm – 1pm lunch & tidying up

Afternoon activities or free time



☎ 0041 (0)27 565 2206

📍 First Floor, Route de la Poste 11,
1936 Verbier CH

✉ info@cookinthealps.com

🌐 www.cookinthealps.com
www.sheppards-pie.ch

Included in Mountain Thyme price

- Cookery classes
- Lunch
- Food safety workshop
- Welcome drinks

Included in Mountain Beds price (optional)

- Accommodation & end of stay cleaning
- Dinners (Sunday-Friday) – Mountain Cuisine ready-meals (Saturday night dinner out not included)

Will also be covered during the course

- Rescuing food that goes wrong
- Cooking for large numbers – last-minute dishes
- Plating up & presentation
- Baking at altitude – fact v fiction
- Sauces, meat resting, chopping skills

Extras that can be arranged

- French language class – useful phrases & vocab (25CHF per hour)
- Avalanche & mountain safety (price tbc)
- Zipline from Mont Fort (75CHF) (10-11.30 in mornings so can only do on Sundays)
- Wild walk with Cherries (price tbc)

VIP pass (free) activities possible

- Cheese-making with Laiterie de Verbier (Mondays 4.30-6.30)
- Chalet Adrian cookery demonstration (Mondays 5-6pm)
- Downhill mountain biking test (Tuesdays 1-4pm)
- Tasting Valais Wines (Tuesdays 5-6pm)
- Rock-climbing at Madzeria (Wednesdays 1.20-6pm)
- First track lab (learn about making skis & snowboards) (Fridays 4-5pm)
- Aerial walkway Verbier (anytime)
- Mountain Yoga (Sundays 10.15-11.15am)
- Flavours of the alps with Maude Besse (Sunday 5th Sept 10-3pm)



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