REGION DENTS DU MIDI
Portes du Soleil

FREE help yourself



WINTER GUIDEBOOK

2026-2027

Champéry · Champoussin · Les Crosets · Morgins · Troistorrents · Val-d'Illiez



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› WELCOME

Region Dents du Midi

Region Dents du Midi is made up of 6 charming villages, perched high in the Swiss Alps in the Canton of Valais. Nestled along the spectacular Illiez Valley, these villages form the Swiss half of Les Portes du Soleil, the world's largest international ski area.

In winter, a boundless network of some 600 km of groomed slopes transforms the area into a vast playground where the border between France and Switzerland all but disappears, and your backyard stretches as far as the eye can see.

No matter the season, this is a place of long-cherished traditions and authentic terroir, with exhilarating peaks and inspiring views over the Dents du Midi, Dents Blanches, Mont Blanc, and Lake Geneva.

6 RESORT VILLAGES

❶ Champéry (1,050 m)

Nestled at the foot of the Dents du Midi, Champéry is where time-honoured tradition meets a lively, resolutely modern resort. Centuries-old chalets line the picturesque main street, bustling with boutiques and tempting places to eat. Just a stone's throw from there, the iconic red-and-white cable car whisks you up to 2,000 m and into the vast Portes du Soleil in under 5 minutes. No wonder Champéry now ranks among the Most Beautiful Villages of Switzerland!

❷ Champoussin (1,580 m)

Champoussin is a peaceful village, cradled in a sweeping arc of alpine peaks with an awe-inspiring view over the Dents du Midi. The south-facing hillsides trap the sunshine while wide boulevards with gently rolling slopes provide the perfect topography for beginner skiers and families.

❸ Les Crosets (1,700 m)

A bustling hotspot on the Swiss side of the Portes du Soleil and a hub for direct connections to the other Swiss and French resorts, Les Crosets is the ideal jumping-off point for ski-in ski-out holidays. When the sun rises over a perfect layer of fresh snow and the lifts on your doorstep whirr into action, you'll be the first to hit the slopes!

❹ Morgins (1,330 m)

The last stop on the road to France and the doorstep to the Val d'Abondance, Morgins is a vital link between the Swiss and French territories of the Portes du Soleil. Home to long, scenic ski runs through piney forests and the Rando Parc, our official ski touring training ground, Morgins offers a relaxed snowsports vibe in ruggedly alpine surroundings.

❺ Troistorrents (770 m)

The gateway to the Illiez Valley, Troistorrents covers a territory of more than 37 square kilometres and includes several small hamlets. At the centre of all this, the stately Church of Saint Mary Magdalene sits imposingly on a rocky promontory, overlooking a mighty stone bridge and an ancient mill, dating from 1401, built into the harrowing river gorge below. These sites, and others, are testimony to our rich architectural heritage.

❻ Val-d'Illiez (950 m)

Nestled in the heart of the valley that shares its name, Val-d'Illiez has long been a stronghold of agrarian tradition. In the village square, two ancient granaries—now transformed into a tiny museum—offer a glimpse into the past of this close-knit community. Just across the road, the church's graceful bell tower rises proudly under the watchful gaze of the Dents du Midi.













Accessible tourism



Visiting the Region?

Region Dents du Midi is just a hop and a skip from the Chablais Plain at the southeastern end of Lake Geneva, easily accessible by car or public transportation. By train, the charming AOMC regional cogwheel line will take you from Aigle through Troistorrents and Val-d'Illiez to Champéry in less than an hour. Our other destinations are served by buses, leaving from Troistorrents for Morgins, and from Val-d'Illiez for Les Crosets or Champoussin.

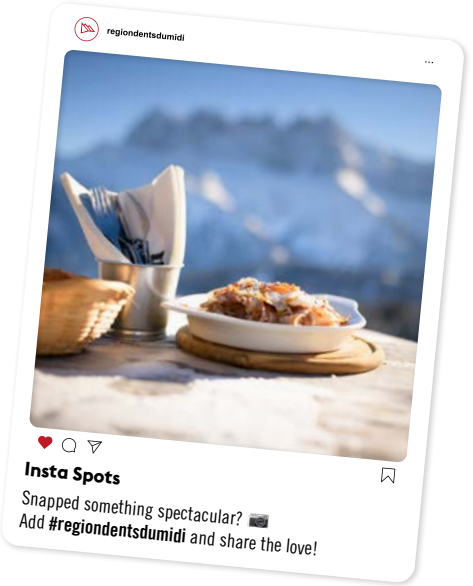
If you plan to use the Swiss motorway network, you will need a motorway sticker, sold at Swiss customs posts, in petrol stations, and online at e-vignette.ch. (CHF 40.- valid for one calendar year.)

The local currency is the Swiss Franc, but many shops accept Euros (generally banknotes only) as well as bank and credit cards.

In Switzerland, with 4 national languages, dialects can change from one village to the next. Some cantons, such as Valais, are even bilingual. Here, in Romandy, *nous parlons le français!*

20 WINTER BUCKET LIST IDEAS

- [ ] Ski the Portes du Soleil all day long without taking the same run twice.
- [ ] Swing by the rivella Fun Zone and clock your speed at the Speedcheck or defy the twists and turns on the Boardercross.
- [ ] Check out the colossal bumps on the Swiss Wall—either on skis or from the chairlift, if you prefer a bird's-eye view.
- [ ] Bust a move in your ski boots at the Rock the Pistes Festival or join an après-ski dance-off at a slopeside bar.
- [ ] Snowshoe your way to serenity on marked trails off the beaten path; keep your eyes peeled for hidden animal tracks along the way!
- [ ] Feel the magic in a moonlight ski tour at Morgins' Rando Parc or at the Grand Paradis cross-country ski trail.
- [ ] Flex your muscles and finesse your technique at an intro curling session—sweep that ice like a pro!
- [ ] Get friendly with some four-legged companions—mush with huskies, ride the ponies, or snuggle up in a one-horse open sleigh!
- [ ] Indulge in some 'me time' at a luxurious spa or unwind in a steaming outdoor Nordic bath with mountain views.
- [ ] Fire up your neurons and crack the codes on our brain-teasing quests.
- [ ] Hop aboard our alpine cogwheel train for a scenic journey through the Illiez Valley's stunning, snow-kissed landscapes.
- [ ] Strike a pose at the iconic Grand Tour of Switzerland photo spot at the Foilleuse summit in Morgins or on the Mossettes chairlift in Les Crosets.
- [ ] Sip and savour a delicious glass of Valais wine or a pint of artisanal, regional craft beer from Twenty Six.
- [ ] Sink your teeth into a delectable slice of salée, a traditional cinnamon sugar pie unique to the Illiez Valley.
- [ ] Soar to new heights on the Champéry cable car, Morgins gondola, or Mossettes chairlift at Les Crosets to soak up panoramic views of the Dents du Midi and Dents Blanches (no skis required!).
- [ ] Take the iron-rich waters at the Eau Rouge spring on the beautiful Bridges Trail.
- [ ] Cosy up to a gorgeously gooey raclette or fondue, served up in a quaint mountaintop restaurant.
- [ ] Feel the wind beneath your wings on a thrilling paragliding flight.
- [ ] Learn the names of the seven summits of the Dents du Midi and name-drop like a local.
- [ ] Glide, twirl, or stumble with flair at the local ice rink—because every winter athlete starts somewhere!





› SNOWSPORTS

Skiing & Snowboarding

Blanketed in snow, Les Portes du Soleil are yours for the conquering! One hands-free lift pass means you can hit the slopes all day and never take the same route twice, finding something new and wonderful around every bend. With more than 300 pistes covering 600 km of terrain, skiers and snowboarders can gain confidence on gentle, family-friendly boulevards, explore endless trails winding through silent winter forests, or test their mettle on some of the world's most challenging black pistes.

LIFT PASS PRICES

Portes du Soleil opening

- Saturday 19.12.2026

Swiss side opening

- full opening: Friday 18.12.2026
- partial: subject to snow conditions (info: pds-ch.ch)

Season end closures

- Champoussin - Morgins: Sunday 04.04.2027
- Champéry - Les Crosets: Sunday 11.04.2027

Portes du Soleil ski area (Switzerland & France)

- 600 km of slopes
- 208 lifts

	Ticket window			Internet (pds-ch.ch)		
	Adult	Child	Junior Senior	Adult	Child	Junior Senior
5 hours	74.-	56.-	67.-	68.-	51.-	61.-
1 day	**82.-**	**62.-**	**74.-**	**75.-**	**56.-**	**68.-**
2 days	156.-	117.-	140.-	143.-	107.-	129.-
3 days	234.-	176.-	211.-	214.-	161.-	193.-
4 days	292.-	219.-	263.-	267.-	200.-	240.-
5 days	365.-	274.-	329.-	334.-	251.-	301.-
6 days	**418.-**	**314.-**	**376.-**	**383.-**	**287.-**	**345.-**
7 days	488.-	366.-	439.-	446.-	335.-	401.-
8 days	558.-	419.-	502.-	510.-	383.-	459.-
9 days	627.-	470.-	564.-	574.-	431.-	517.-
Season	**1176.-**	**882.-**	**1058.-**	**1176.-**	**882.-**	**1058.-**
½ season from 06.02	647.-	485.-	582.-	647.-	485.-	582.-

Champéry, Les Crosets, Champoussin, Morgins ski area (Switzerland)

- 100 km of slopes
- 31 lifts

	Ticket window			Internet (pds-ch.ch)		
	Adult	Child	Junior Senior	Adult	Child	Junior Senior
5 hours	66.-	50.-	59.-	60.-	45.-	54.-
1 day	**73.-**	**55.-**	**66.-**	**67.-**	**50.-**	**60.-**
from 11:00	66.-	50.-	59.-	60.-	45.-	54.-
from 13:30	58.-	44.-	52.-	54.-	41.-	49.-
Season	**941.-**	**659.-**	**847.-**	**941.-**	**659.-**	**847.-**

Prices are in CHF and are subject to change. Ticket window and lift opening hours at pds-ch.ch

Save time and get the best prices when you purchase your lift passes online!

Portes du Soleil loyalty programme

Easy, flexible, and free! With the Portes du Soleil loyalty programme, every lift pass purchase earns you Soleils, which you can exchange for free days on the slopes. To join, simply sign up the next time you buy an online lift pass.



Webcams

Snow Report

DURATION
- **5 hours** › valid from the 1st lift passage
- **½ Season** › from 06.02
- **-15 %** › from 20.03

AGE CATEGORIES except beginner areas (ID required)
- **Adult** › 26 - 64 yrs
- **Senior** › 65 - 74 yrs
- **Super senior** › 75+ yrs (28.-/day, 275.-/season)
- **Junior** › 16 - 25 yrs
- **Child** › 5 - 15 yrs

Children under 5 must be in possession of a pass issued free of charge at one of our points of sale with adequate documentation.

FAMILIES/GROUPS (passes for the same duration and with a single payment) 4 or more paying people:
- › Family: approx. -10% online only, from 5 hours to 3 days (father, mother, children 5-25 yrs)
- › Group pass: approx. -10% online only, from 4 consecutive days

Discount available for groups of 13 or more paying guests, with prior booking at least 24 hours in advance by email at info@pds-ch.ch. (discounts are non-cumulative):
- › 13 - 49 people › approx. -10% at the ticket window, from 5 hours to 15 days
- › 50 people or more › approx. -15% at the ticket window, from 5 hours to 15 days

AXESS smart card mandatory › 5.-
- non-refundable but reusable
- Photo required from 8 days on

For 5-hour to 15-day passes: if you plan to start skiing in Champéry, Les Crosets, Champoussin, or Morgins, the pass must be purchased at the ticket counter of one of these resorts, online at pds-ch.ch, or via one of the Swiss partners (RailAway, Ticketcorner, etc.). Holders of 5-hour to 15-day passes purchased in France must start from a French resort within the Portes du Soleil, or pay a surcharge of 10.- per day per person to activate the pass in Switzerland.

BEGINNER AREAS

Beginner area · Les Crosets

Pass valid for:

- Hameau
- Chapelle rope tow

	from 12 yrs	5-11 yrs
1 day*	15.-	10.-

Beginner area · Morgins

Pass valid for:

- Morgins
- Truche
- Foilleuse magic carpet

	from 12 yrs	5-11 yrs
1 day*	30.-	10.-

Beginner area · Champoussin

Pass valid for:

- Sépaya 1
- Sépaya 2

	from 12 yrs	5-11 yrs
1 day*	22.-	10.-

MiniPass · Champéry - Les Crosets

Pass valid for:

- Champéry
- Planachaux
- Planachaux magic carpet
- Crosets
- Hameau
- Chapelle rope tow

	Adult	Child	Junior Senior
1 day*	48.-	36.-	43.-
from 11:00*	43.-	32.-	39.-
from 13:30*	38.-	29.-	34.-

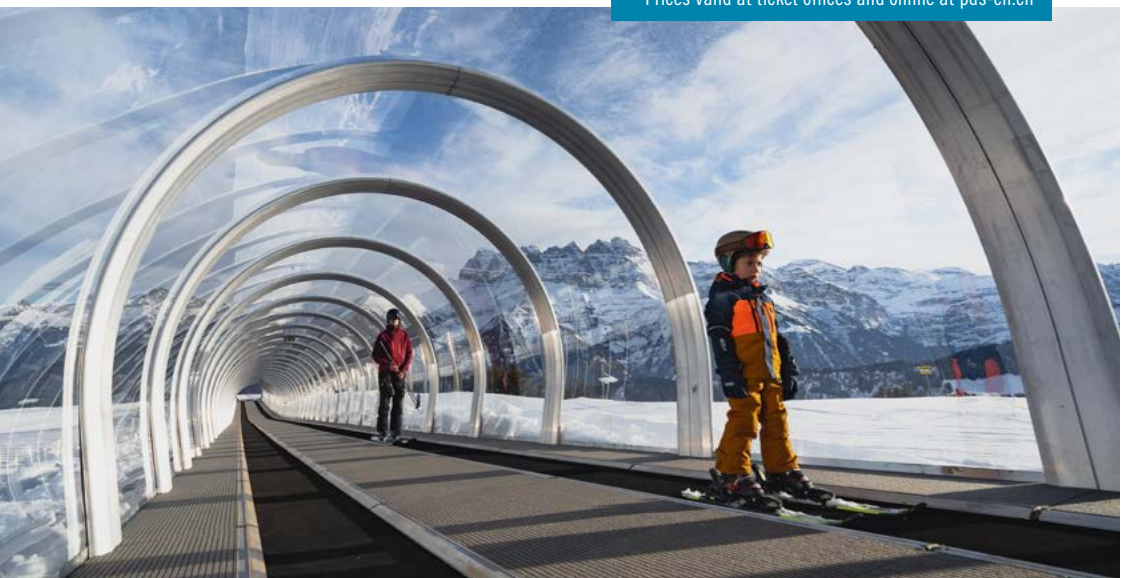
Le Géant & Snowly drag lifts · Morgins

Le Géant ticket window

1 day	24.-	40 points card	24.-
5 hours	21.-	20 points card	15.-
3 hours	18.-		

- Géant › 2 points/passage
  Snowly › 1 point/passage
- Passes for Les Portes du Soleil or 3CM (Champéry, Les Crosets, Champoussin, Morgins) lifts are also valid; the beginner pass is not valid.

*Prices valid at ticket offices and online at pds-ch.ch



SPECIAL OFFERS

Promo Days

Portes du Soleil Adult day pass -20%

- Offer valid on Tuesdays & Thursdays
  · 09.01 - 05.02
  · 06.03 - 13.03
  · 21.03 until season end
- Available online only at portesdusoleil.com, minimum 1 week prior.

Rock the Pistes Festival

Portes du Soleil discounted multi-day pass

- Offer valid from 14-20.03 (or *21.03)
  · 7 days for the price of 4, or
  · 8 days for the price of 5*
- Available online at pds-ch.ch and at ticket windows until 14.03

Glide Pass

Free Child pass for 5+ days starting 20.03

- 1 free Child pass under 12, born in or after 2015 with any purchase of an Adult Portes du Soleil pass for 5+ days.
- Available online at pds-ch.ch and at ticket windows.

Train + Ski

Hit the slopes by train

- Travel for free on the Corbier – Collombey – Monthey – Champéry – Morgins – Les Crosets – Champoussin route with purchase of a 5-hour to 15-day pass at Monthey-Ville station.
- This offer is available online at pds-ch.ch or at the lift ticket windows with proof of a SKI PASS ticket purchased from the train station ticket machines.
- Holders of a season pass may purchase a free-travel sticker for the same journey for 96.- (48.- for children and 72.- for juniors). Go to the lift ticket windows or the Monthey-Ville train station for more information.

Ski & Sleep

Save up to 15% on all-inclusive stays with accommodation and lift passes

- The offer includes:
  · 2 to 7-night stays
  · Portes du Soleil lift pass
  · 1 welcome gift worth 20.- from Region Dents du Midi
- Offer valid daily
  · 04.01 - 05.02
  · 08.03 - 11.04
- Available online at regiondentsdumidi.ch

Night Skiing

When the sun goes down, the fun carries on:

- **Morgins:** every Saturday from 19.12 to 03.04 until 20:30, plus selected Wednesdays during school holidays. Ride the Morgins gondola, the Truche drag lift, and the magic carpet, or grab a bite at the restaurant, open especially for the occasion.
- **Les Crosets:** 4 night-skiing evenings on the programme › check the events calendar at regiondentsdumidi.ch

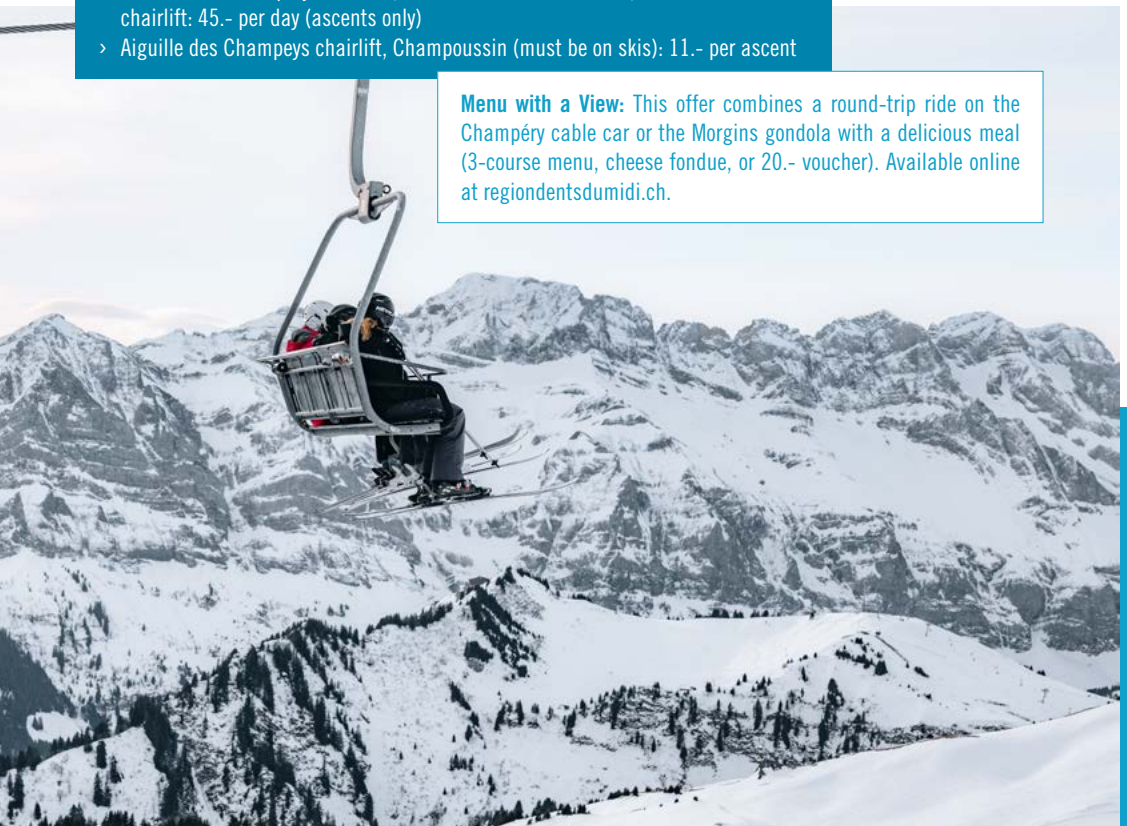
LIFTS OPEN TO PEDESTRIANS

		Adult (16+ yrs)			Child (5 - 15 yrs)			Junior/Senior		
		↑	↑↓	season	↑	↑↓	season	↑	↑↓	season
Champéry	Champéry	17.-	24.-	272.-	13.-	18.-	208.-	15.-	22.-	245.-
	Grand Paradis*	-	24.-	-	-	18.-	-	-	24.-	-
Les Crosets	Mossettes	-	18.-	-	-	14.-	-	-	18.-	-
Morgins	Morgins	17.-	24.-	272.-	13.-	18.-	208.-	15.-	22.-	245.-
	Corbeau	12.-	17.-	180.-	9.-	13.-	135.-	12.-	17.-	180.-

*Circular ticket valid for the Grand Paradis & Planachaux chairlifts (up-trip) and the Champéry cable car (return)

Paraglider Pass:

- valid on the Champéry cable car, the Grand Paradis chairlift, and the Planachaux chairlift: 45.- per day (ascents only)
- Aiguille des Champeys chairlift, Champoussin (must be on skis): 11.- per ascent



Menu with a View: This offer combines a round-trip ride on the Champéry cable car or the Morgins gondola with a delicious meal (3-course menu, cheese fondue, or 20.- voucher). Available online at regiondentsdumidi.ch.

OUR FAVOURITE SLOPES

Ripaille - Grand Paradis · Champéry

The longest piste in Les Portes du Soleil, Ripaille-Grand Paradis is an enchanting ski run that skims the foothills of the mighty Dents Blanches mountains, spanning an endless variety of landscapes along the way. At the start (1,790 m), two charming on-piste restaurants provide the perfect stopping point for a quick pick-me-up or an end-of-day aperitif. The wide, groomed slopes then give way to rolling bumps and a thigh-burning schuss before the run levels out onto a wonderland path through silent, snow-covered forests, all the way to Grand Paradis (1,055 m).

- Length: 10 km
- Red slope

Didier Défago · Morgins

This long, winding piste, named for our very own Olympic gold medallist, Didier Défago, traverses a remote, wooded valley which was previously accessible only to off-piste skiers.

- Length: 2 km
- Black slope

Sépaya · Champoussin

Easily accessible yet sheltered from the swiftly flowing rivers of skiers coursing along the main thoroughfares, Sépaya offers a wide piste with the gentlest of slopes, perfect for beginners or families with young children looking to discover the joys of skiing at their own pace.

- Length: 1.5 km
- Blue slope

Chavanette · Champéry I Les Crosets

The infamous 'Swiss Wall' ranks among the world's toughest ski slopes. With a 331 m drop over the 1-kilometre slope and a dizzying 40° angle, too steep for snow grooming machines, the bumps at the top regularly attain 2 metres in height, the size of a Volkswagen Beetle!

- Length: 1 km
- Expert (ungroomed slope)

Find out more about the 7 most iconic Swiss slopes in Les Portes du Soleil

7 Portes du Soleil Day-Tripping Tours

Twelve resorts, more than 300 pistes and 600 km of terrain—Les Portes du Soleil is so vast it's hard to know where to start! To make the task easier, the Swiss Portes du Soleil lift company and Region Dents du Midi are here to help with seven unmissable one-day tours for the ultimate Franco-Swiss skiing experience.

1. Viva le Fun Tour
2. Swiss Bliss
3. Let's Gets to Morzine
4. Torgon Powder Hounds
5. Experts Only
6. Franco-Swiss Unlimited
7. Portes du Soleil Ski Safari

Snowpark · Les Crosets

Just a few minutes from Les Crosets or the Champéry cable car, the legendary Snowpark provides high-flying fun on jumps and jibs, cheeky kickers, and challenging rails for shredders of all ages and abilities.

- Open during ski area hours and subject to snow conditions
- Lift pass valid for:
  - Champéry
  - Planachaux
  - Crosets 8

	Adult	Child	Junior Senior
1 day*	48.-	36.-	43.-
from 11:00*	43.-	32.-	39.-
from 13:30*	38.-	29.-	34.-

- +41 24 479 02 00 · pds-ch.ch

Avalanche Training Centre · Les Crosets

It's one thing to own an avalanche transceiver (ARVA / DVA) but knowing how to use it in an emergency is another! The Avalanche Training Centre is the perfect place to test your skills and learn to use your rescue equipment correctly.

- Open during ski area hours
- Unlimited access with valid lift pass
- +41 24 479 02 00 · pds-ch.ch

rivella Fun Zone · Champoussin | Morgins

Get your fill of thrills at the rivella Fun Zone in the Bochasses sector near Morgins. At the Speedcheck, race down a specially groomed track and clock your maximum speed. Don't forget to smile as you cross the finish for your souvenir photo! Then, head over to the family-friendly boardercross for a rock and roll ride, specially designed with safety and fun in mind!

- Open during ski area hours
- Unlimited access with valid lift pass
- +41 24 479 02 00 · pds-ch.ch

Strike a pose at the new photo spot at the top of the Mossettes chairlift in Les Crosets!



REGION DENTS DU MIDI
Portes du Soleil

Portes du Soleil
Champéry - Les Crosets
Champoussin - Morgins

rivella FUN ZONE



rivella Speedcheck

› Want to know how fast you can ski?
Race down the rivella Speedcheck on the Bochasses piste and find out.
› Join an end-of-season raffle to win lots of prizes!
› Sign up for free on Skiline for a photo of your run with your speed:

rivella Boardercross

› Challenge your friends on a fun course with bumps, gates, and banked turns!

Free access with a valid lift pass.

All winter, subject to weather conditions.

At the top of the Bochasses chairlift.

SKI SCHOOLS R

École Suisse de Ski (ESS) · Champéry R
- +41 24 479 16 15 or +41 79 212 26 42
  esschampery.ch

Experience Ski & Snowboard School · Champéry R
- +41 24 440 00 24 or +41 79 814 15 75
  experiencechampery.ch

Ze Snow School · Champéry R
- +41 79 757 56 28 · zesnowschool.com

École Suisse de Ski (ESS) · Champoussin R
- +41 24 477 29 00 · ess-lescrosets-champoussin.ch

École Suisse de Ski (ESS) · Les Crosets R
- +41 24 479 14 01 · ess-lescrosets-champoussin.ch

École Suisse de Ski (ESS) · Morgins R
- +41 24 477 29 49 · ess-morgins.ch

M3S | École de Ski Internationale (ESI) · Morgins R
- +41 24 477 77 17 · m3s.ch

SnowPros Ski School · Val-d'Illiez R
- +41 78 351 38 87 · snow-pros.ski

Ski equipment rentals › p. 128 (sports shops)




DENTS DU MIDI
3257m
DENTS BLANCHES
2756m
MONT BLANC
4808m
POINTE D'ANGOLON
2090m
CHAMOSSIÈRE
2002m
LE RANFOILLY
1826m
POINTE PERCÉE
2750 m
POINTE DE NYON
2019m
LES HAUTS-FORTS
2468m
CHAVANETTE
2239m
POINTE DE RESSACHAUX
2184m
LA ROSTA
1885m
LA TURCHE
MONT CALY
1488m
POINTE DE CHÉRY
1826m
ROC D'ENFER
2243m
CROIX DE CULET
1932m
POINTE DE RIPAILLE
1827m
POINTE DE VORLAZ
2346m
VALLÉE DE LA MANCHE
Champéry
1050m
Les Crosets
1880m
POINTE DES MOSSETTES
2277m
POINTE DE CHESERY
2248m
Avoriaz
1800m
Morzine
1000m
Les Gets
1172m
LA COMBE DE GRAYDON
POINTE DE L'AU
2152m
Champoussin
1580m
CORNEBOIS
2203m
TÊTE DU GÉANT
2228m
LA FOILLEUSE
1814m
Montriond
900m
TÊTE DE LINGA
2127m
POINTE DE NANTAUX
2110m
MONT DE GRANGE
2432m
POINTE DU MIDI
1850m
POINTE D'ENTRE DEUX PERTUIS
2380m
PIC DE LA CORNE
2084m
Saint-Jean-d'Aulps
800m
POINTE DE BELLEVUE
2041m
Morgins
1350m
LE CORBEAU
1891m
CRET-BENI
1538m
LA COMBE
1830m
Châtel
1200m
LE MORCLAN
1870m
La Chapelle d'Abondance
1020m
Abondance
930m
TOUR DE DON
2030m
MONT CHAUFFÉ
2093m
MONT LINEU
2093m
CORNETTES DE BISE
2432m
Torgon
1100m
Plan de Croix
Thonon-les-Bains
Evian-les-Bains
Villeneuve



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› SNOWSPORTS

Snowshoe Hiking

The journey is more important than the destination! Whether you're feeling contemplative or sporty, a snowshoe hike is the best way to experience the breathtaking beauty of nature off the beaten path. Away from the crowds, yet never truly alone—as evidenced by tracks crisscrossing the snowy trail, nibbled pinecones here and there and the lights of a mountain hut beckoning in the distance.

Wherever you wander, you'll never be far from a welcoming refuge with a sunny terrace or crackling fire to warm your toes, tasty regional specialities, or a steaming mug of something smelling delectably of cinnamon, spice, and everything nice.

OUR FAVOURITE TRAILS

La Lui · Champéry (Grand Paradis)

This relatively short loop follows the wooded banks of the rushing Saufla River, a tributary of the Vièze, with its source in the Susanfe Valley. This is the perfect place to observe and track some shy forest creatures.

- Distance: 3 km
- Elevation gain: 130 m D+/-
- Hiking time: 1h15
- Difficulty: Easy

Vaillime - Crettet-Bornex · Les Crosets

Setting off from the busy hub of Les Crosets, this itinerary wends its way up through Vaillime and the lovely hamlet of chalets called Crettet-Bornex. Feeling energetic? Extend your walk up to the Pas de Croisette and the Croix de l'Aiguille viewpoint.

- Distance: 5 km
- Elevation gain: 230 m D+/-
- Hiking time: 2h15
- Difficulty: Easy

Frâchette · Champoussin

The Frâchette Legend Trail starts at a lofty 1,600 m, offering sweeping views of the Dents du Midi, the Vaud Alps, and the Rhône Valley. Along the way, you'll enjoy the natural beauty of the alpine landscapes, culminating with postcard-perfect vistas of Champoussin's charming chapel and the promise of a gourmet treat on a sun-drenched terrace.

- Distance: 6 km
- Elevation gain: 370 m D+/-
- Hiking time: 2h45
- Difficulty: Moderate

Croix de Culet - Chaupalin · Champéry

This hike offers stunning views of the Dents du Midi, the Ruan Massif, and the Dents Blanches. Just a stone's throw from the ski slopes, it's also a great route for non-skiers who want to meet up with friends in the ski area. Starting at the top of the Croix de Culet cable car, the trail descends toward Le Chaudron restaurant before gently climbing to the quaint slopeside eatery 'Chez Yoyo & Jibi'.

- Distance: 4.5 km
- Elevation gain: 230 m D+/-
- Hiking time: 2h
- Difficulty: Easy

Family Fun Trail · Champoussin

Embark on a magical adventure, tracing animal tracks through the enchanting snowy landscapes of Champoussin. Add a playful twist to your outing by hunting for letters hidden across nine educational panels, and piece together the name of a famous mountain flower!

- Distance: 1.5 km
- Elevation gain: 100 m D+/-
- Hiking time: 1h
- Difficulty: Easy

Tour de Délifrète · Champoussin

This lovely walk leads to the pretty Tronchey viewpoint. After the short climb, make sure to stop by the Ü Yeü Tsalé mountain restaurant to enjoy the view of the Dents du Midi and the Vaud Alps.

- Distance: 6.5 km
- Elevation gain: 370 m D+/-
- Hiking time: 3h
- Difficulty: Moderate

Equipment rental › p. 128 (sports shops)



Chemin des Ponts · Morgins

In winter, the enchanting Bridges Trail transforms into a frozen wonderland tucked deep within the forest. The path leapfrogs across the bubbling Vièze River, leading further into the serene They Valley. Along the way, stop by the captivating Eau Rouge spring, where the iron-rich waters have painted the riverbed a vivid orange, before continuing on to the cosy Agritourisme du Vieux They restaurant.

- Distance: 4.5 km
- Elevation gain: 120 m D+/-
- Hiking time: 2h
- Difficulty: Easy

Tour de Savolaire · Morgins

This scenic loop trail takes you to an elevation of 1,650m above the village of Morgins. The route sets off on a peaceful forest path before opening onto the Savolaire plateau. Pack a picnic and enjoy a well-deserved break while soaking in the stunning views of the Dents du Midi, the Vaud Alps, and the Rhône Valley below.

- Distance: 6.5 km
- Elevation gain: 350 m D+/-
- Hiking time: 3h
- Difficulty: Moderate

Download our brand-new winter trail map and check out full trail descriptions at regiondentsdumidi.ch.



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› SNOWSPORTS

Winter Walking

The alpine landscape is especially dramatic in winter and there's nothing better than a stroll in the chilly outdoors to whisk away the post-holiday doldrums. Kick off your slippers and step into a wonderland of icy peaks, frozen streams, and welcoming mountain huts.

OUR FAVOURITE TRAILS

Chemin des Poussettes · Champéry

The name of this rambling path translates to the Baby Buggy trail! Families and walkers of all ages will love this idyllic stroll which leads from the quaint centre of Champéry, through a fairy tale forest, to the aptly named Grand Paradis at the foot of the Dents Blanches mountains.

- Distance: 4 km
- Elevation gain: 110 m D+/-
- Hiking time: 1h15
- Difficulty: Easy

Chemin de l'Aiguille · Champoussin I Les Crosets

This lovely trail offers unparalleled views of the Dents du Midi and the Vaud Alps. The high point at the Pas de Croisette provides a panoramic vista over the Dents Blanches massif and the Pointe de l'Au.

- Distance: 7 km
- Elevation gain: 300 m D+/-
- Hiking time: 2h30
- Difficulty: Moderate

Pas de Morgins - Refuge du Corbeau · Morgins

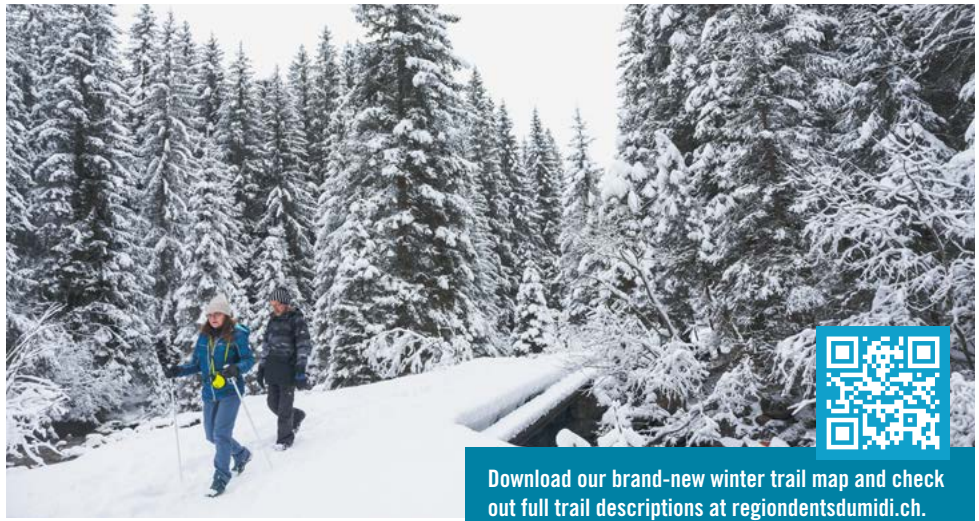
The Pas de Morgins is one of the most important alpine passes linking Switzerland and France. This walk starts on the narrow road to Les Têtes, then follows a forest road to the Corbeau Hut. Along the way, the views shift between Mont de Grange, the Linga ridge, the Dents du Midi and the Grand Muveran.

- Distance: 7.5 km
- Elevation gain: 280 m D+/-
- Hiking time: 2h30
- Difficulty: Moderate

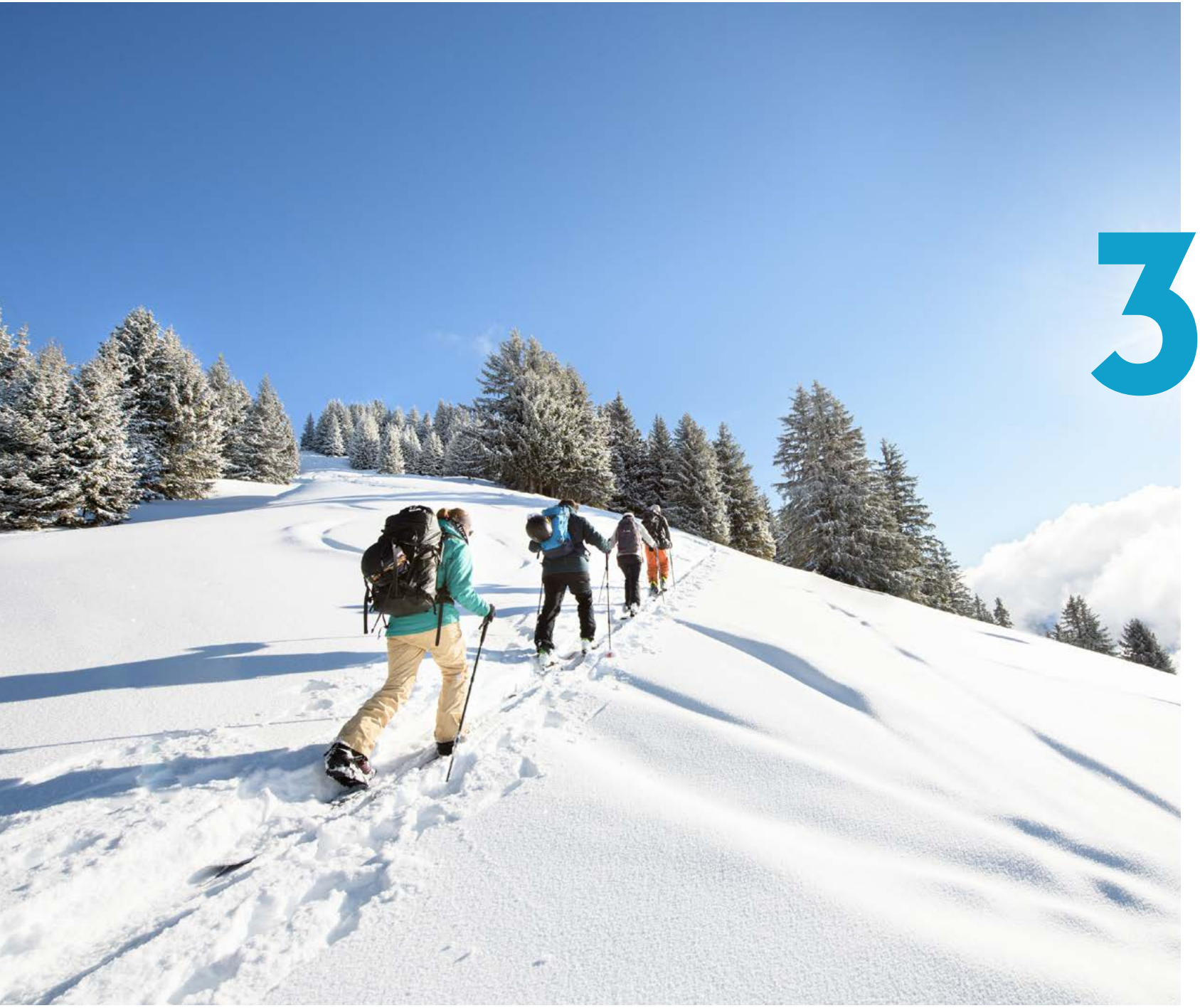
Heritage Trails · Troistorrents

Troistorrents offers four itineraries with a specific focus on culture and history. These routes take you past an old mill, precipitous river gorges, oratories, chapels, and other fascinating landmarks including the Church of Saint Mary Magdalene.

- Distance: 4.5 - 7 km (depending on the itinerary)
- Elevation gain: 160 - 500 m D+/-
- Hiking time: 1h30 - 2h30
- Difficulty: Easy - Moderate
- arventure.net/arcavia/#/app



Download our brand-new winter trail map and check out full trail descriptions at regiondentsdumidi.ch.



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› SNOWSPORTS

Ski Touring

Earn your turns! Ski touring is a demanding sport but the rewards—endless, wide-open spaces and untouched powder—are well worth the effort. Equipped with synthetic ‘skins’ that stick to the bottom of your skis, you’re free to explore uphill and down, as far as you can ski.

Rando Parc · Morgins

The first of its kind in Valais, the innovative Rando Parc in Morgins offers a unique approach to ski touring with a safe training ground for skiers of all levels and better cohabitation between skiers and ski tourers. Our motto is respect for the environment, respect for the mountains and respect for our fellow winter sports lovers.

- Elevation gain: 580 m - 750 m D+ depending on the trail
- Duration: 1h30 - 2h30
- 3 blue slopes
  3 red slopes
  1 black slope
  (alternate routes available on certain trails)
- Free (for safety reasons, open only during the lift operating hours)
- +41 24 477 23 61 · regiondentsdumidi.ch
  Region Dents du Midi tourist offices

La Foilleuse Vertical by Night · Morgins

If the idea of an uphill hike on skis by moonlight sounds like fun, then the Foilleuse Vertical is for you! The Foilleuse restaurant stays open late for the occasion, and the climb up is totally safe since the piste is kept free of grooming machines. It's an otherworldly experience, especially on full moon nights. On other nights, be sure to pack a lamp!

- Fridays during the winter season › 17:00 - 21:30
- Free
- +41 24 477 23 61 · regiondentsdumidi.ch

Scan for detailed itineraries and information on trail openings & closures

Ski Touring 101 · Morgins

Building on the success of the Rando Parc, Region Dents du Midi is proud to present a ski touring tutorial trail. Along the route, explanatory panels will demonstrate the necessary skill sets for ski touring like 'skins on' or 'skins off', portage, kick turns and the proper way to use your avalanche rescue equipment. You can even access explanatory videos with a code.

- Free
- +41 24 477 23 61 · regiondentsdumidi.ch

- Weather and snow conditions in the Alps can change in the blink of an eye. Before you head out, check the weather report and contact our mountain guides for information (avalanche danger, itineraries, etc.)
- Be realistic about your skill level!
- Region Dents du Midi SA declines all responsibility in case of accident.



Mountain guides › p. 127
Equipment rental › p. 128 (sports shops)

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iconiques par
le textile et l'objet.
texorio.ch
rue de la drague 18, 1950 sion



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› SNOWSPORTS

Cross-country Skiing

In winter, the Illiez Valley is transformed into a frozen fairyland. Blanketed in pristine powder, alpine pastures dazzle with a million glittering crystals while dark forests slumber under weighty pillows of snow. Champéry and Morgins' cross-country ski trails allow you to enjoy this wintertime landscape at its best.

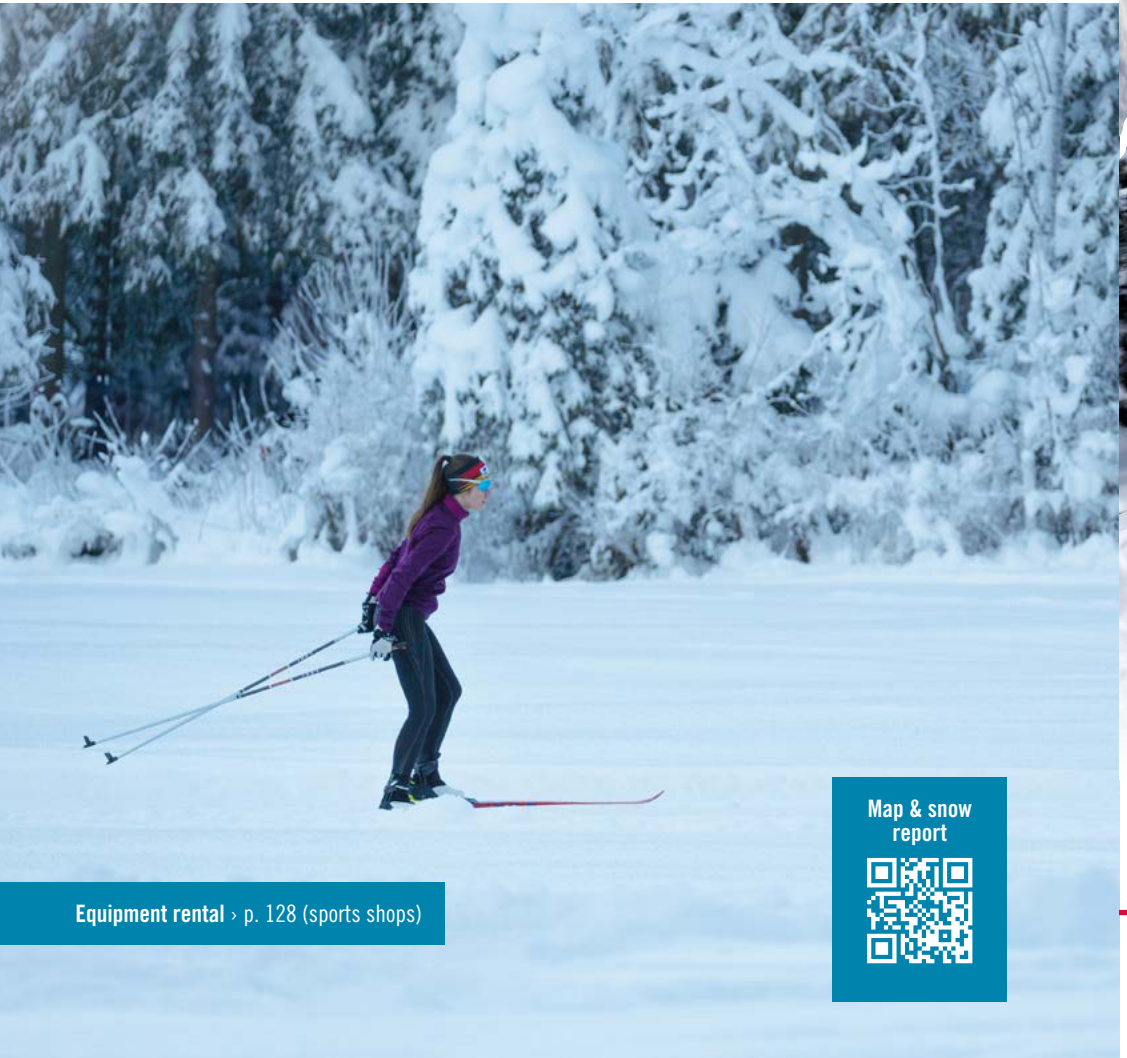
CROSS-COUNTRY SKIING

Grand Paradis Circuit · Champéry

- Distance: 3.5 km skating | 3.5 km classic
- Daily, subject to snow conditions
- Day pass (12+ yrs):
  - 10.- at the Grand Paradis campsite & Palladium Champéry
  - 12.- on romandieskidefond.ch
- +41 24 479 05 50 · regiondentsdumidi.ch

Lac de Morgins Circuit · Morgins

- Distance: 1.3 km skating | 1.3 km classic
- Daily, subject to snow conditions and avalanche risk
- Free
- +41 24 477 23 61 · regiondentsdumidi.ch



Equipment rental › p. 128 (sports shops)

Map & snow report

R.UDRESSY
GARAGE - CARROSSERIE
SUZUKI
Le N°1 des compactes



Avec Suzuki, l'hiver devient une saison de plaisir

Garage - Carrosserie - Centre de vente
Collombey - Troistorrents - 024.472.15.77 - www.udressy.ch

Nos voitures en stock



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› UNDER COVER

Ice Sports

As you might have already guessed, winter sports are a very big deal around here. It shouldn't come as a surprise that we have a whole category of sports and activities dedicated to ice!

SKATING RINKS

From pirouettes to hockey pucks to gliding arm-in-arm with your sweetheart, ice skating is one of those feel-good pastimes loved by people of all ages. Check out the pink cheeks and happy grins!

Palladium · Champéry

- Indoor skating rink (1,800 m²)
- Detailed opening hours online
- Prices:
  - 16+ yrs › 7.-
  - Child › 5.-
  - Skate rental › 5.-
- +41 24 479 05 05 · palladiumdechampery.ch

The Palladium, Champéry's multipurpose sports and events centre, caters to athletes, day trippers, and businesses alike. This is the perfect venue for training camps, leisure activities, seminars, and corporate events.

Centre Sportif · Morgins

- Outdoor rink (covered, 250 m²)
- Opening hours:
  04.12 - 29.03 (except school holidays):
  - Wednesdays › 12:00 - 20:00
  - Thursdays & Fridays › 15:30 - 20:00
  - Saturdays & Sundays › 12:00 - 20:00

  21.12 - 10.01 & 06.02 - 28.02:
  - Daily › 12:00 - 20:00
  - Season pass holders › free access from 09:00 (except Wednesdays)
- Prices:
  - Entry fee › 3.-
  - Skate rental & entry fee › 5.-
  - Spectators › free entry
- Note:
  - Rink reserved for hockey › 19:00 - 20:00 (except Wednesdays & Saturdays)
  - Hockey tournaments › Friday nights
  - Ice Disco › Saturdays 17:00
  - Groups › reservation required
  - Refreshments available on site
- +41 24 477 19 92 · morgins-loisirs.ch

CURLING

Combining strategy, competition and a whole lot of fun, curling is an ice sport that closely resembles the French game of pétanque. Large, polished granite stones are slid down lanes of ice towards a circular target at the far end of the lane.

Curling Workshop · Champéry R

- Prices:
  - Private lessons or groups up to 5 people › Rates on request
  - 6 - 50 people › 40.-/person for 2h
  - Introductory workshop, aperitif, Chablaisienne fondue 6+ people › 99.-/person
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

For novices, learning to curl requires an introductory workshop with the Curling Club of Champéry. Remember to book!







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› UNDER COVER

Rest & Relaxation

While rest and relaxation might not mean the same thing to everyone, one of the universal keys to finding true mind and body rejuvenation is by cultivating the tricky art of letting go.

Letting go and giving in to the simple pleasures in life. Unplugging. Here, it's called *lâcher-prise* and we are experts at helping you learn to let go. Let yourself be pampered by our expert massage therapists, soak your cares away in a tranquil spa or try a new, holistic, practice like yoga or fasting. We promise, it does a body good!

SPAS

Winter can be hard on a body, especially for those of us who don't hibernate. Here in Region Dents du Midi, we've got a surprisingly simple secret to surviving the cold—hot water and a rejuvenating massage! So, peel off those woolly layers, slip on a fluffy robe and treat yourself to an oasis of relaxation.

Hôtel National Resort & Spa · Champéry R

Jacuzzi, hammam, sauna, massages, outdoor pool heated to 27°C.

- 10:00 - 20:00
  (by reservation for adults not staying at the hotel)
- Prices:
  - Spa, 14+ yrs › 39.-
  - Breakfast buffet & spa › 59.-
- +41 24 479 11 30 · lenational.ch

Chez Gaby 1670 · Champoussin R

Outdoor Nordic bath 38°C

- 15:00 - 18:00
- Min 2 people (14+ yrs):
  - 30 min › 18.-/person
  - 50 min › 26.-/person
- +41 24 477 22 22 · chezgaby1670.ch

Boutique Hôtel Beau-Séjour & Spa · Champéry R

Jacuzzi, hammam, sauna, cold-water plunge pool, Kneipp path, flotation pool, foot baths, tropical shower, hot-and-cold shower, relaxation room, massages (by reservation).

- Spa Nuage › 10:00 - 19:00
  (by reservation for adults not staying at the hotel)
- Prices:
  - Spa entry › 38.- (16+ yrs, if accompanied by an adult)
  - 50 min massage › 130.- (reserve at least 24 hours ahead)
- +41 24 479 58 58 · beausejour.ch

Helvetia Hotel · Morgins R

Sauna, hammam, jacuzzi.

- 16:00 - 19:00
- Prices:
  - Adult › 20.-
  - Child (5 - 16 yrs) › 15.-
- +41 24 565 18 75 · helvetiahotel.ch

MASSAGES R

Sometimes you just need a little extra help to work out the kinks and soothe sore muscles. From physiotherapy to acupuncture to the luxury of an après-ski, in-home massage, our massage therapists will do your body good.

YOGA R

Yoga classes are a path to physical well-being and spiritual enlightenment. As a well-known yogi once said, 'It's not about touching your toes, it's about what you learn on the way down'.

Massage therapists › p. 125
Yoga instructors › p. 125











INDOOR POOL

Swim some laps, soak away a hard day on the slopes or let your little ones loose in the paddling pool. Indoor swimming pools are fun for everyone no matter the weather!

Palladium · Champéry

Semi-Olympic pool (25 m), 4 swimming lanes, 4 diving boards, 1 paddling pool. Average temperature 27°C (30°C Saturday mornings for Baby Swimmers).

- Opening hours online
- Prices:
  - Adult › 7.-
  - Child › 5.-
- +41 24 479 05 05 · palladiumdechampery.ch

AQUABIKE & AQUAFITNESS

Palladium · Champéry R

Take a dip and do your body good! Use the fluid resistance of water to exercise efficiently without the risk of shocks, falls, or sprained ankles.

- Aquabike:
  - Tuesdays › 18:45 | Fridays › 10:00
  - Adult › 25.- session
- Aquafitness:
  - Mondays & Thursdays › 19:00
  - Adult › 18.- session
- +41 24 479 05 05 · palladiumdechampery.ch



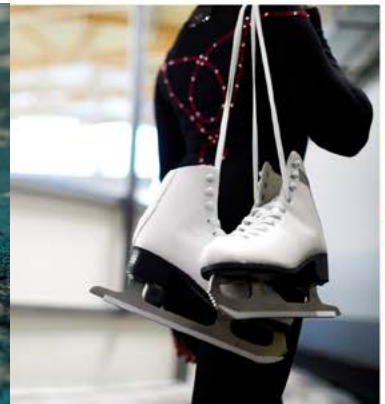


















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› UNDER COVER

Indoor Activities

Weather, Schmeather! With plenty of fun to be had indoors, there's no raining on this parade. Make an indoor playdate and get a workout, blow off some steam or just kick back and relax.

Climbing Wall · Champéry

The climbing wall at the Palladium offers a surface of 260 m2, 9.5 metres high and covered with over 1,600 holds. 50 pitches range from an easy 4a to a challenging 8a. Please note that our climbing wall is not a bouldering room. We do not have an instructor on site or an automatic belay system. Introductory climbing workshops are available by booking at least 72 hours in advance.

- Opening hours online
- Prices:
  - 16+ yrs › 12.-
  - Child › 8.-
- Equipment rental:
  - Harness › 3.-
  - Climbing shoes › 5.-
  - Carabiner + Smart belay device › 4.-
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

Badminton · Champéry R

Keep your eye on the birdie! Considered the world's fastest racket sport, badminton is surprisingly challenging and endlessly fun. It's also a great way to work out the kinks after a busy day.

- Subject to gymnasium availability
- 25.-/hour for 1 court (rackets & shuttlecock included)
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

Pickleball · Champéry R

Pickleball is a playful racket sport anyone can try. Sitting somewhere between tennis, padel, badminton and table tennis, it's played singles or doubles on a badminton-sized court with a solid paddle and a perforated plastic ball.

- Subject to gymnasium availability
- 25.-/hour for 1 court (rackets & balls included)
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

Escape room · Champéry R

Who doesn't like a little escapism? Step into a parallel dimension, locked into a themed room with a group of your friends or family. It takes sharp wits, a keen sense of observation and efficient teamwork to solve a series of puzzles and break free in under an hour.

- Daily › 09:30 - 00:00
  Reservation required
- Prices:
  Session for a group of 2 - 6 people:
  - Weekdays › 225.-
  - Weekends › 235.-
- +41 24 565 03 24 · trapgame-champery.ch
  Trapgame Champéry Sàrl

Treasure Hunt · Champéry R

X marks the spot… You and your teammates will need to work together, solving puzzles and completing physical challenges in an attempt to retrieve the coveted lost treasure of Captain Guillaume le Hardy. Choose from two versions: with or without an aquatic challenge.

- Daily (please reserve 48 hrs in advance)
- Prices:
  16+ yrs
  - With the water adventure › 29.-
  - Without the water adventure › 19.-

  Child (7 - 15 yrs)
  - With the water adventure › 20.-
  - Without the water adventure › 15.-
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

Indoor Tennis · Morgins R

Don't let winter keep you off the court! Our 2 synthetic indoor tennis courts are open year-round so you can channel your inner Roger even when the weather's at its worst!

- Daily › 08:00 - 21:00 (reservation recommended)
- 39.-/hour
- +41 24 477 19 92 · morgins-loisirs.ch
  Centre Sportif Morgins



FITNESS

Fitness training is not just for elite athletes; no matter your age or activity level, regular exercise will improve your overall health and make you a happier person.

Palladium · Champéry

Bicycles, rowing machine, elliptical trainer, 15% incline treadmill, strength machines, bench and free weights.

- Opening hours online
- 15.- (16+ yrs)
- +41 24 479 05 05 · palladiumdechampery.ch

Oxygen Morgins · Morgins R

From group and semi-private classes to personal training and fitness assessments, we cater to every age and ability.

- Programme & prices online
- +41 79 261 23 31 · oxygenmorgins.ch



GYMNASIUMS

Our multipurpose gymnasiums can transform in the blink of an eye from conference centre to reception venue to a fully equipped indoor sports hall. Try your hand at badminton, indoor football, basketball, handball or even tchouk-ball!

Champéry R

- Prices and availability on request
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

Troistorrents R

- Prices and availability on request
- +41 24 476 80 10 · troistorrents.ch
  Troistorrents municipal administration

Morgins R

- Prices and availability on request
- +41 24 477 23 61 · troistorrents.ch
  Region Dents du Midi tourist office

Val-d'Illiez R

- Prices and availability on request
- +41 24 476 87 87 · illiez.ch
  Val-d'Illiez municipal administration



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› COME ONE, COME ALL

Expect the Unexpected

Looking for the perfect quality time family activity, an unforgettably romantic tête-à-tête, or a fun-for-everyone day with your pals? We've got something extraordinary in store for you!

HANGING OUT WITH HUSKIES

Husky Hiking · Champéry | Morgins R

Harnessed to you by a lead and a comfortable belt, your trusty husky guide will pull you uphill, taking all the hard work out of the outing. Fast hikers will have more time to play with the dogs!

- Availability and reservations on our website
- Prices:
  - Discovery Hike (1h)
    - › Morgins, Fridays at 15:00:
      Adult › 60.- | Youth (14 - 17 yrs) › 40.-
      Child (7 - 13 yrs) › 30.- | Small sled (2 - 6 yrs) › 50.-
      Optional pack (headlamp & crampons) › 10.-
  - Discovery Hike with fondue (3h)
    - › Champéry, Fridays at 18:00:
      Adult › 85.- | Youth (14 - 17 yrs) › 75.-
      Child (7 - 13 yrs) › 50.- | Small sled (2 - 6 yrs) › 50.-
      Optional pack (headlamp & crampons) › 10.-
- +41 78 664 61 61 · alpes-huskies.ch
  Alpes'Huskies

Dog Sledding · Champéry R

For a blast straight out of the Far North, try your hand at driving a sled dog team! Mush like a pro in no time with a little help from our magnificent Siberian huskies.

- Availability and reservations on our website
- Prices:
  - Introduction to mushing (1h): Monday - Sunday
    Package (2 adults + 2 children, 2 - 10 yrs) › 350.-
  - Drive your own sled (1h) › 150.-
  - Baby Park (2h) › 28.12 & 11.02, at 14:00
    Child (3 - 7 yrs) › 60.-
- +41 78 664 61 61 · alpes-huskies.ch
  Alpes'Huskies

Kennel Visit · Champéry R

- Availability and reservations on our website
- Prices:
  - › Wednesdays & Sundays › 15:00 (groups on request)
  - Adult › 30.- | Child (7 - 13 yrs) › 18.-
  - Printed photo with a husky › 5.-
- +41 78 664 61 61 · alpes-huskies.ch
  Alpes'Huskies



BEAUTIFUL BIRDS OF PREY AVIARY VISIT



Morgins R

Come face-to-face with one of our spectacular birds of prey for a truly unforgettable encounter. Together we'll learn more about their unique plumage, their razor-sharp senses, and the art of falconry. You'll meet Igor, our magnificent Lapland owl—one of the largest owls in the world! And, from May to mid-October, Raptor, one of our Harris hawks, joins the fun. Watch out—he's a mischievous character with a playful spirit and a mind of his own, and he just might decide to land on your arm!

- Year-round, subject to online availability
  - Duration: 1h15 (7+ yrs)
  - Indoor activity, easy access
  - Programme subject to modification
- Prices: 4 - 10 people › 25.-/person
- la-petite-volerie.agenda.ch (online reservation only)
  La Petite Volerie

SKIJORING

Morgins R

Originating in ancient Norway, this is a fun sport in which guests of all ages are towed on skis or on sledges behind horses. A helmet is required for this activity.

- Times on request
- Price › 80.-
- +41 79 608 10 16 · ranch-morgins.ch
  Ranch de Morgins

QUESTS & ADVENTURES

Region Dents du Midi Explor Games® · Morgins

Hit the trails, climb the mountains, and elude the traps! Guided by a mobile application, this outdoor adventure game criss-crosses the region and transports you into a world full of intrigue and adventure. Part orienteering course and part outdoor escape game, this is an unforgettable experience.

- Walking version (summer & winter): 1 easy itinerary
- Free smartphone app RDDM Explor Games®
  - 10.- per map (for 1 - 5 players)
  - Buy 2 maps and the 3rd is on us!
- +41 24 477 23 61 · regiondentsdumidi.ch
  Region Dents du Midi tourist offices

Bubble Football · Morgins R

Slip into something comfortable, like a giant transparent bubble! Bubble Football is a fun and hysterically funny game where the players wear inflatable bubble suits. Body check your opponents, roll them to the other end of the field; they'll bounce right up and come back for more!

- Prices and times on request
- +41 79 516 60 79 · regiondentsdumidi.ch
  Ludovic Gfeller

Déval'kart · Morgins R

Hurtle down the slope on a 4x4 go-kart! At the bottom, just hook your kart onto the drag lift and head back up.

- From 17:00, by reservation at least 24 hrs in advance
  Subject to ground and weather conditions
- Prices:
  - 5 karts: 30 min › 150.- I 1h › 220.-
  - 10 karts: 30 min › 250.- I 1h › 400.-
  - 15 karts: 30 min › 340.- I 1h › 600.-
    Minimum height 1.35 m
- +41 79 224 73 19 · regiondentsdumidi.ch
  Joël Rey-Mermet

Orienteering · Region Dents du Midi

Head out for adventure on one of our orienteering courses. Using a mobile application, you'll scan different QR codes to check off positions and validate your times. Your map-reading skills will be put to the test, but let's be honest: it's mainly a whole lot of fun!

- The itineraries in Champéry, Val-d'Illiez, and Troistorrents are open in winter. Please note that the Les Crosets and Champoussin tours will be closed for the season.
- Download the FixFinder app for free
  Orienteering map free
- +41 24 479 05 50 (Champéry)
  +41 24 477 23 61 (Morgins) · regiondentsdumidi.ch
  Region Dents du Midi tourist offices

The Gros-Bellet Challenge · Val-d'Illiez

There's gold in them thar hills! The Terra Helvetica Gros-Bellet challenge awaits... With your guide, Naturalix, explore the village and the banks of the Vièze River, crack some riddles, and safeguard the valley's hidden treasures from the ravenous dragon Coupenbrosse. History, heritage, and nature, with a scaly villain thrown in for good measure!

- Distance: 5.3 km
- Elevation gain: 160 m D+/-
- Hiking time: approx 2h
- Free access with the web app
- +41 24 477 23 61 · terra-helvetica.com





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› COME ONE, COME ALL

Your Fill of Thrills

The Alps are an amusement park engineered by Mother Nature herself. Leisure activities are legion in Region Dents du Midi, where craggy peaks and rushing rivers replace roller coasters and water slides. Out here, the great outdoors is truly great!

PARAGLIDING

Enjoy a bird's eye view of the Alps and experience the incomparable thrill of flying with a tandem paragliding flight. This is the perfect way to get up, up, and away!

Fly Away · Region Dents du Midi R

Subject to weather conditions

- Prices:
  - Tandem flight › 100.- to 180.- depending on distance flown
  - Introductory flight › 160.-/day equipment included
  - Training - Advanced training - Wing rental
- +41 79 435 26 17 · parafly.ch
  École de parapente Val-d'Illiez

Champéry Parapente · Region Dents du Midi R

Subject to weather conditions

- Prices:
  - Tandem flight › 160.-
  - Optional extra for photos & videos › 30.-
- +41 79 638 24 31 · regiondentsdumidi.ch
  Basile Marclay

ACBfly · Region Dents du Midi R

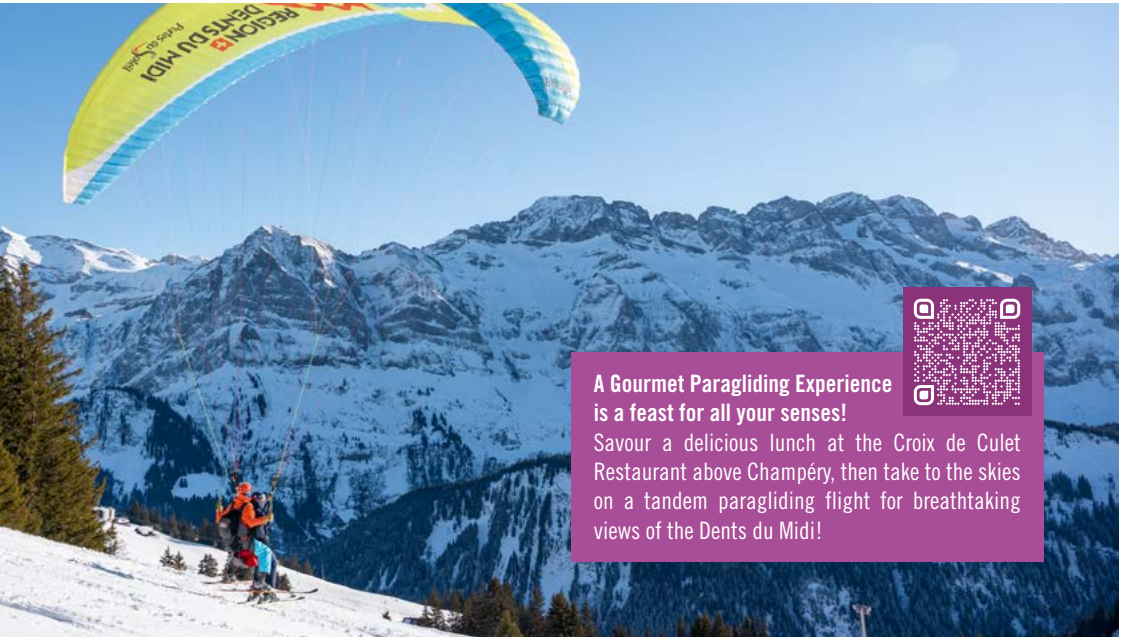
Subject to weather conditions

- Tandem flight › 120.- to 180.- depending on distance flown
- +41 79 452 05 19 · regiondentsdumidi.ch
  Albert Caillet-Bois

Val d'illiair · Region Dents du Midi R

Subject to weather conditions

- Prices:
  - Tandem flight › 150.-
  - Training › price on request
- +41 79 431 26 61 (Gaëtan)
  +41 79 716 04 06 (Julien) · valdilliair.com
  Gaëtan Avanthay & Julien Blanc



A Gourmet Paragliding Experience is a feast for all your senses!
Savour a delicious lunch at the Croix de Culet Restaurant above Champéry, then take to the skies on a tandem paragliding flight for breathtaking views of the Dents du Midi!



Go With a Guide · Region Dents du Midi R

A mountain guide is the key that unlocks the austere and unforgiving high alpine environment. Alternately one step ahead of you or right by your side, pushing you to go farther or encouraging you in moments of fatigue, the relationship between guide and client is a special and unique one, a bond forged of shared experience and the knowledge that each is responsible for the life and safety of the other. From their base camp right here at the foot of the Dents du Midi, our guides lead summit hikes or heliskiing trips as well as ice climbing, mountaineering or ski touring excursions, both close to home or worldwide.

- Prices on request
- +41 79 637 70 37 · guides-champery.ch
  Guides & Accompagnateurs des Dents du Midi

Treetop ropes course · Champéry R

Nature and adventure go together, especially in a treetop ropes course. Defy the laws of gravity, perched high above the forest floor—clinging to rope bridges, scrambling over wooden walkways, and flying through the trees on zip lines.

- In winter: for groups on request. Open for Easter holidays, subject to weather conditions
- Prices:
  - 16+ yrs › 39.-
  - 11 - 15 yrs › 29.-
  - 6 - 10 yrs › 24.-*
  - 3 - 5 yrs › 19.-*
    *children and juniors must be accompanied into the trees by an adult (max 2 children/adult).
  - Cash only please
- +41 79 757 56 28 · organicadventurepark.ch
  Organic Adventure Park



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› COME ONE, COME ALL

Horsing Around

A sport for some, a hobby for others, horseback riding is a unique way to get in touch with nature, thanks to the symbiotic relationship between a rider and her trusty steed. On horseback, a rider can access wild spaces that might otherwise prove inaccessible, especially during the breathtakingly beautiful yet formidable conditions of an alpine winter. In addition to the activities listed in this section, local stables offer riding lessons during school holidays.

CARRIAGE RIDES

Sit back and enjoy the ride! Could there be a better way to enjoy the region's natural beauty than at the slow and steady pace of a horse-drawn carriage?

Centre Équestre · Champéry R

- Subject to snow conditions, by reservation 24 hrs in advance
- Single price for max 4 people: 45 min › 130.-
- +41 79 429 60 20 · regiondentsdumidi.ch

Irénée Caillet-Bois R
Champéry | Champoussin | Les Crosets

- Subject to snow conditions
- Prices and times on request
- +41 79 673 54 14 · regiondentsdumidi.ch

SLEIGH RIDES

Oh, what fun it is to ride in a one-horse open sleigh! Especially when you're gliding effortlessly along among frozen forests and giant snowdrifts in the idyllic Dents du Midi landscape...

Irénée Caillet-Bois R
Champéry | Champoussin | Les Crosets

- Subject to snow conditions
- Prices and times on request
- +41 79 673 54 14 · regiondentsdumidi.ch

Ranch · Morgins R

- Subject to snow conditions
- Fixed-price for max 4 people › 120.- one-way | 160.- return
- +41 79 608 10 16 · ranch-morgins.ch





HORSEBACK RIDING

Explore the wintry backcountry on horseback and revel in the pristine tranquillity of frozen landscapes, where the only sound is the rhythmic crunch of hooves on snow and the gentle whickering of your trusty steed.

Centre Équestre · Champéry R

- Subject to weather conditions
- Prices:
  - Trail ride (15+ yrs): 50.-/hour (max 3h)
  - Private lessons, lunging (30 min):
    Adult › 39.- | Child › 36.-
    10 lessons: Adult › 370.- | Child › 340.-
- +41 79 429 60 20 · regiondentsdumidi.ch

Ranch · Morgins R

- Subject to weather conditions
- Price per person:
  - 1 person: 1h › 90.- | 2h › 160.- | 3h › 240.-
  - 2 people: 1h › 65.- | 2h › 120.- | 3h › 180.-
  - 3 people: 1h › 55.- | 2h › 100.- | 3h › 150.-
  - 4+ people: 1h › 45.- | 2h › 80.- | 3h › 120.-

  Group or private lessons, lunging or jumping on request
- +41 79 608 10 16 · ranch-morgins.ch

PONY RIDES

An all-time-favourite activity with the littlies, riders and ponies take the time to gain each other's confidence before setting off. Your little cavalier will come back prancing with pride and a sense of accomplishment!

Centre Équestre · Champéry R

- Subject to weather conditions
- Prices (20 min):
  - Accompanied by parents › 15.-
  - Accompanied by the Centre › 20.-
- +41 79 429 60 20 · regiondentsdumidi.ch

Ranch · Morgins R

- Subject to weather conditions
  Daily › 09:00 - 17:00
- Prices:
  Accompanied by parents:
  - 10 min › 10.-
  - 30 min › 25.-
  - 1h › 40.-

  Accompanied by the Ranch:
  - 10 min › 15.-
  - 30 min › 35.-
  - 1h › 50.-
- +41 79 608 10 16 · ranch-morgins.ch

LIFE IN THE STABLES

Young horse lovers will jump at this unique chance to experience life in the stables, learning how to brush, care for, bridle, saddle, guide, or ride the horses and ponies—developing horsemanship skills and building confidence along the way.

Centre Équestre · Champéry R

- Year-round by reservation
- 1h › 35.-/person (6+ yrs)
- +41 79 429 60 20 · regiondentsdumidi.ch

Ranch · Morgins R

- Year-round for groups of 10+ children
- Prices for 1h45:
  - 2 children per horse or pony › 30.-/child
  - 3 children per horse or pony › 25.-/child
- +41 79 608 10 16 · ranch-morgins.ch







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› KIDS RULE

Region Dents du Midi is a vast playground for families and a hands-on outdoor museum for discovering, creating, growing, thinking, and having fun. Choose among kids clubs, aquatic activities, ponies, and playgrounds; there's no shortage of activities to keep your little ones as busy as beavers!

KIDS CLUBS

A Kids Club is a safe, child-friendly space, where little skiers can learn the rudiments of skiing on a gentle slope. Children gain skill and confidence, adopting the right reflexes from an early age while using their imaginations, so that learning feels like play and comes just as naturally.

École Suisse de Ski (ESS) · Champéry R

- Daily › 09:30 - 12:30 or 13:30 - 16:30
- Prices:
  - ½ day › 75.-
  - 5x ½ days consecutive › 300.-
- +41 24 479 16 15 · esschampery.ch

École Suisse de Ski (ESS) · Champoussin R

- Sundays - Fridays › 13:30 - 15:30
- Prices:
  - ½ day › 65.-
  - 6x ½ days › 250.-
- +41 24 477 29 00 · ess-lescrosets-champoussin.ch

École Suisse de Ski (ESS) · Les Crosets R

- Sundays › 13:45 - 15:45
  Mondays - Fridays › 10:00 - 12:00
- Prices:
  - ½ day › 65.-
  - 6x ½ days › 250.-
- +41 24 479 14 01 · ess-lescrosets-champoussin.ch

École Suisse de Ski (ESS) · Morgins R

- Sundays - Fridays › 10:00 - 12:00
- Prices: 6x ½ days › 220.- (magic carpet included)
- +41 24 477 29 49 · ess-morgins.ch

M3S | École de Ski Internationale (ESI) · Morgins R

- Daily (weekends & school holidays) › 09:45 - 12:00 (mini-club)
  For children aged 3 - 6, lessons take place at the sports centre.
- Prices:
  - ½ day › 47.-
  - 6x ½ days (Sunday - Friday, only during school holidays) › 249.-
  - 10x ½ days (non-consecutive, throughout the season) › 389.-
- +41 24 477 77 17 · m3s.ch

Babysitters
Much as we love spending quality time with our littlies, sometimes the grown-ups just need a break! For a list of local babysitters who would be happy to take over for a while, just scan the QR code.



OUTDOOR ACTIVITIES

Playgrounds · Champéry | Troistorrents | Val-d'Illiez

Children love the swings, slides and play structures in our village playgrounds. Parents will appreciate the rare opportunity to sit and relax while their lively little ones are hard at play!

- Free
- +41 24 479 05 50 (Champéry - Val-d'Illiez)
  +41 24 477 23 61 (Morgins - Troistorrents)
  regiondentsdumidi.ch

Sledging Hills · Champéry | Morgins

Zero technique required, maximum speed encouraged! Grab your sledge, bob, or 'flying saucer' and head for the sledging zone at Grand Paradis in Champéry, or at the top of the Foilleuse gondola in Morgins, where you can ride the magic carpet for easy laps.

- Subject to snow conditions
- Free, except for the Foilleuse lifts (prices at pds-ch.ch)
- +41 24 479 05 50 (Champéry)
  +41 24 477 23 61 (Morgins) · regiondentsdumidi.ch

On the Smugglers' Trail
Escape Adventure · Champéry

Join Édouard and Marguerite, two young smugglers from Champéry, and help them crack a mystery that will take you on a fantastical journey through the village. Escape Adventure combines the best of an escape room and a scavenger hunt—a magic formula that will have the whole family hooked from the very first clue. Hurry over to the Champéry tourist office to pick up the challenge booklet—the game is afoot!

- Game booklet available at the Champéry tourist office
- Prices (5 - 12 yrs, with supervision):
  - 1 player › 10.- | 2 players › 15.- | 3 players › 19.-
    Each additional player › 8.-
- +41 24 479 05 50 · escape-aventure.ch
  Region Dents du Midi tourist office

Lumia, Guardian of the Elements
Escape Adventure · Morgins

The They Valley is a natural wonderland, with mysterious, dark forests and wild alpine beauty. But lately, something has thrown nature off balance, and Lumia, guardian of the elements, can't set things right on her own. Follow in her footsteps, solve puzzles, and take on challenges to restore harmony to the valley.

- Game booklet available at the Centre Sportif Morgins
- Prices (5 - 12 yrs, with supervision):
  - 1 player › 10.- | 2 players › 15.- | 3 players › 19.-
    Each additional player › 8.-
- +41 24 477 19 92 · escape-aventure.ch

INDOOR ACTIVITIES



Fun Park · Morgins | Val-d'Illiez

Region Dents du Midi's famous kid-friendly play zone is back this winter! With bouncy castles, games, and exciting play structures galore, it's all about fun, laughter, and endless energy.

- Opening hours:
  - Morgins (Salle de la Jeur) › 30.12 - 03.01:
    Wednesday › 13:00 - 18:00
    Thursday - Sunday › 10:30 - 12:00 | 15:00 - 18:00
  - Val-d'Illiez (gymnasium) › 05.01 - 09.01:
    Tuesday › 13:00 - 18:00
    Wednesday - Saturday › 10:30 - 12:00 | 15:00 - 18:00
- Free
  (3 - 12 yrs, children must be supervised by parents)
- +41 24 479 05 50 (Val-d'Illiez)
  +41 24 477 23 61 (Morgins) · regiondentsdumidi.ch
  Region Dents du Midi tourist offices

AQUATIC ACTIVITIES

Looking for some wintertime action off-piste? Just add water! Our aquatic activities encourage children to float, slide and splash at their own pace. Children who are comfortable in water from an early age feel confident, and can dive into a whole new world of fun and healthy activities.

Aquatic Obstacle Course · Champéry

The pool becomes a play area where children of all ages can gather for some good, clean fun!

- Sundays › 10:00 - 12:30
- Children 1 - 14 yrs (the youngest children must be supervised by an adult) › 10.-
- +41 24 479 05 05 · palladiumdechampery.ch
  Palladium Champéry

Swimming Lessons · Champéry R

Make a splash! Whether the goal is learning to stay afloat or perfecting stroke technique, the Champéry Sports Club instructors provide private and group lessons that make learning to swim feel like child's play.

- Prices on our website
- +41 76 756 37 91 · cschampery.ch
  Palladium Champéry



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› OUR ROOTS RUN DEEP

Know-how

History has left us with a rich and multi-faceted heritage, from traditional lore passed down through generations to rural customs upheld since time immemorial. Despite the inroads of tourism and thanks to the hardy folk of the Illiez Valley who proudly maintain a centuries-old savoir-faire, visitors to Region Dents du Midi today can savour our terroir in many ways. Get a taste of our craftsmanship and revisit the days of yore!

Watchmaking Workshop · Val-d'Illiez R

Master the passage of time, if only for a moment! Take a seat at the workbench, disassemble, then reassemble a mechanical watch movement and learn how it works. Then, put together your own, personalised watch.

- Year-round by reservation
- Prices:
  - 250.- ½ day (decreasing rates for multiple people)
  - Starting at 1400.- (includes coffee & croissants, lunch, and the assembly of your chosen watch—movement, dial, hands, case, and bracelet—to take home).
- +41 78 890 45 89 · lhorlogere.com
  Atelier-boutique L'Horlogère, Rosalie Vuilleumier

Carillon Concert · Morgins R

In a masterful demonstration of dexterity and concentration, a carillonneur makes the bells sing in the iconic Morgins Carillon. This is a unique opportunity for visitors to find out more about this atypical musical instrument.

- Mondays - Saturdays
- +41 79 310 95 61 · carillondemorgins.ch
  François Donnet

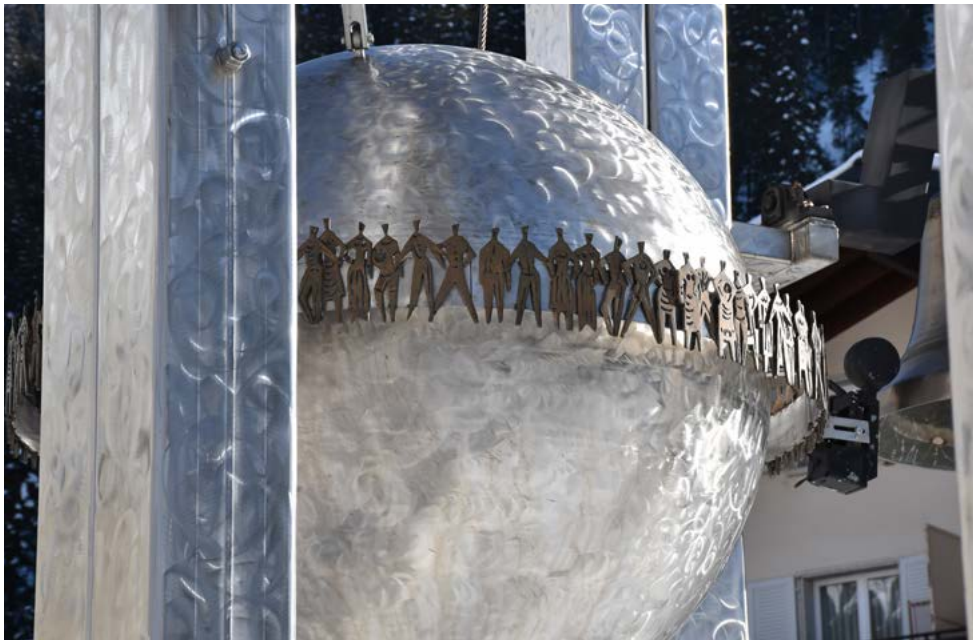
Life on a Farm · Champéry R

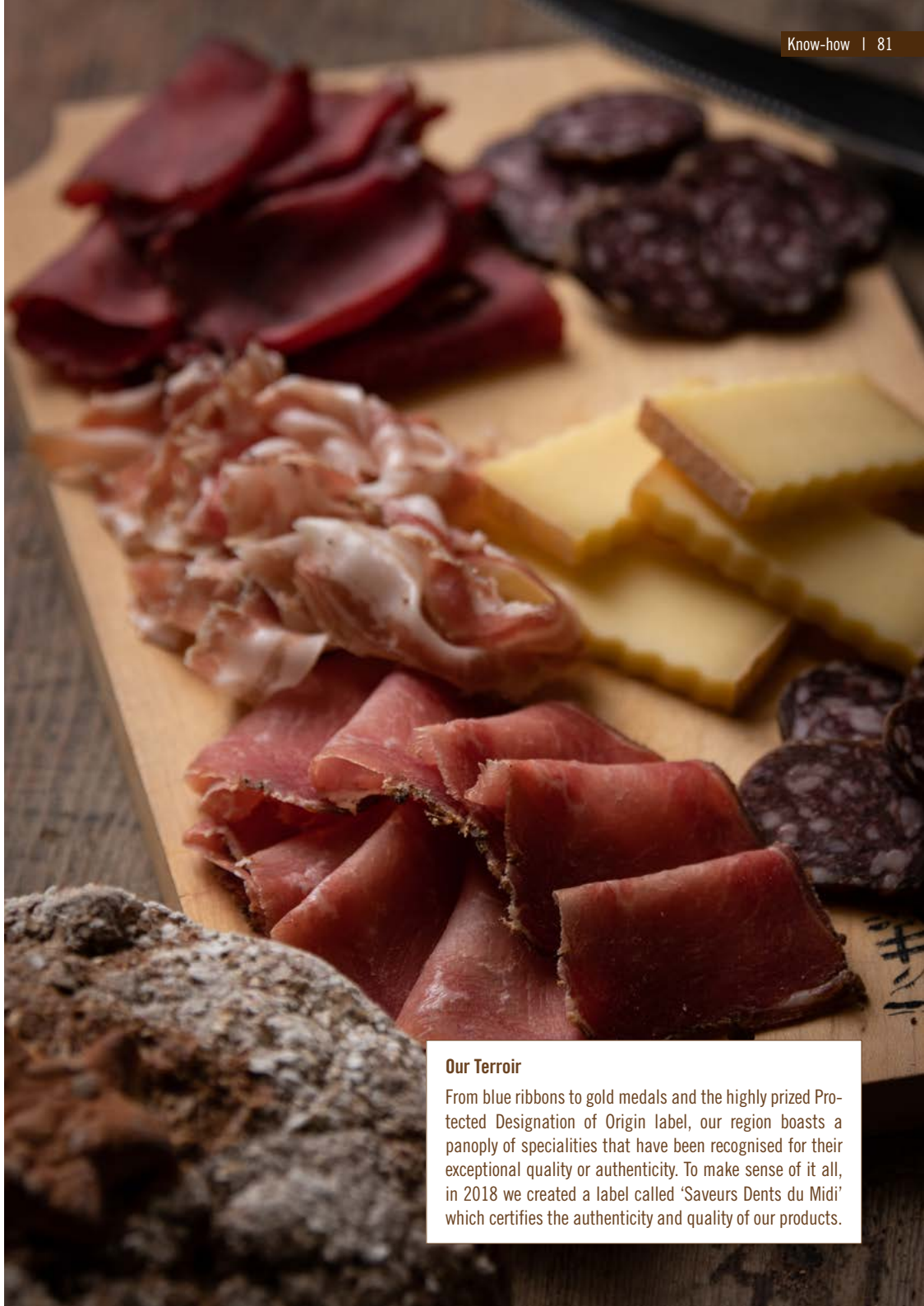
Milking cows, feeding baby calves, and chatting with the chickens—Valérie invites you to experience all this and more during a delightful afternoon on the farm.

- 16.11 - 30.04
  - Mondays - Fridays › from 16:30
    (reservation online at regiondentsdumidi.ch)
- Prices:
  - Adult › 10.-
  - Child (4+ yrs) › 10.-
  - Under 4 yrs › free

  Children under 16 must be accompanied by a paying adult
- +41 24 479 05 50 · regiondentsdumidi.ch
  Region Dents du Midi tourist office

All year round, the Carillon plays melodies at:
09:55 - 11:05 - 11:55 - 12:05
13:05 - 16:05 - 17:05





Our Terroir

From blue ribbons to gold medals and the highly prized Protected Designation of Origin label, our region boasts a panoply of specialities that have been recognised for their exceptional quality or authenticity. To make sense of it all, in 2018 we created a label called 'Saveurs Dents du Midi' which certifies the authenticity and quality of our products.

SOCIÉTÉ D'AGRICULTURE DE LA VALLÉE D'ILLIEZ (SAVI)



La Cavagne · Troistorrents

Deep in the cheese cellar at the Cavagne shop in Troistorrents, some 16,000 raclette wheels are cared for by a state-of-the-art automated system. This innovative technology simplifies the traditionally labour-intensive ripening process and boosts direct-to-market sales opportunities for producers. Next door, the Espace du Terroir welcomes groups of 10 or more for meetings or events, complete with delicious local tastings or a guided tour.

▸ +41 24 477 35 40 · lacavagne.ch

Named for the traditional wooden basket farmers carried on their backs, the Cavagne shops are your one-stop emporiums for everything home-made, farm-fresh, and locally sourced. The two shops, one in Troistorrents, the other in Champéry, overflow with delectable specialities including robust cheeses, fresh fruits and vegetables, cured and smoked meats, yummy jams, crusty breads, delicious wines and more!

Slow Food® Travel | RÉGION DENTS DU MIDI

The Slow Food network creates ecotourism experiences that bring local flavours and traditions to life. Here in Region Dents du Midi, our partners have joined forces to serve up a signature breakfast and immersive activities that showcase our rich culinary heritage.



SAVEURS + DENTS DU MIDI

Le Goût sincère

Discover our local delicacies



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› OUR ROOTS RUN DEEP

History & Tradition

From tall tales to unbelievable-but-true local legends, the Illiez Valley is a history buff's dream! Thanks to the tireless devotion of regional heritage associations, our past is ever present. Find out more about the architectural, geographic, and cultural legacy left by our ancestors—from the sing-song rhythm of the native dialect to the larger-than-life Gros Bellet who instigated the revolution of 1790, to the daring smugglers who criss-crossed our alpine valleys in the dead of night...

Guided Tours · Champéry R

Get the inside story on Champéry with a fascinating tour led by one of the specialists at our Historical Preservation Society. Learn about the glorious bygone days of the Grand Hotel de la Dent du Midi and the spine-chilling legend of the Devil and our iconic church bell tower...

- Price: 100.- (min 6 people - max 20 people)
- +41 79 219 23 67 · regiondentsdumidi.ch
  Fondation du Patrimoine Champérolain

Val d'Illiez Vernacular · Val-d'Illiez R

With a lovely sing-song rhythm and an accent thick enough to cut with a knife, the Illiez Valley patois is characteristic for its wealth of words and syntactic particularities. '*Intéresseint et l'aya pas gran tein!*'

- Dates on request
- Free
- +41 78 885 83 05 · patrimoine-illiez.ch
  Fondation du Patrimoine de Val-d'Illiez

Vieux Greniers Museum · Val-d'Illiez

Rural Switzerland is dotted with miniature chalets called *mazots or greniers*, used long ago by farming families to store their Sunday clothes and military equipment. Two of these buildings were renovated to house exhibitions and events. The current exhibition, 'Bygone Days in Val-d'Illiez', paints a vivid picture of everyday village life in years gone by, from its old-fashioned shops to the square where neighbours gathered to catch up on the latest news. These spaces each tell their own story, steeped in tradition and community spirit.

- 01.11 - 30.10
  · Saturdays › 14:00 - 17:30
  (or on request for groups)
- Free
- +41 79 878 61 24 · patrimoine-illiez.ch
  Fondation du Patrimoine de Val-d'Illiez

The Little Alpine Museum · Champoussin

Located above a farm-to-table shop, this quaint museum retraces alpine life in the old days. The tools and objects you see here all tell fascinating stories of how our ancestors lived and worked.

- Open during shop opening hours
- Free
- +41 24 477 30 88 · lafermeagaby.ch
  La Ferme à Gaby

COMMUNITY BREAD OVENS

Propéraz Bread Oven · Troistorrents R

Built in 1663, the Propéraz bread oven dates from a time when each district of the village shared its own communal oven. Lovingly restored in 2015, it's now fired up several times a year, filling the village with the irresistible smell of freshly baked bread and bringing a slice of history back to life.

- Baking dates online at properaz.ch (or on request)
- +41 79 210 81 20 · properaz.ch
  Association du Four à Pain de Propéraz

Collaire Bread Oven · Troistorrents R

Dating back to around 1435, the Collaire bread oven is a true gem of Valais heritage, protected by Patrimoine Suisse since 1964 and a listed historic monument since 1977. For centuries, the whole neighbourhood gathered here to bake their bread together. Fully restored in 2018, the oven still comes to life on regular baking days, keeping a centuries-old tradition alive and well.

- Baking dates online at asfpc.ch
- +41 79 316 41 61 · asfpc.ch
  Association de Sauvegarde du Four à Pain de Collaire







— Painting by A. Dussaux

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› OUR ROOTS RUN DEEP

Culture

We take great pride in our strong regional identity, but this doesn't mean we're rooted in the past. While traditions and folklore are carefully guarded, our love of culture means we are also innovators, looking ever forward to a future filled with multicultural exchange, events, exhibits, art, literature, music and shows.

Open-Air Museum · Champéry

Step back in time on this interpretive trail and explore key moments from Champéry's history in the 19th and 20th centuries. Illustrated panels—featuring excerpts from *Champéry Été 1863* by renowned graphic artist Cosey—bring to life the dramatic changes that shaped the village at a pivotal point in its history.

- Open daily
- Free
- +41 24 479 05 50 · regiondentsdumidi.ch
  Region Dents du Midi tourist offices



ART GALLERIES & CREATIVE WORKSHOPS

From the clean lines of a modern gallery to the atmospheric charm of a renovated chalet, our exhibition spaces and galleries are convivial places where local and international artists present their work and mingle with visitors!

Espace Raiffeisen · Champéry

- +41 24 479 05 50 · regiondentsdumidi.ch
  Region Dents du Midi tourist offices

Cercle au Carré creative space · Champéry

- +41 79 913 62 13
- cercleaucarre.clubdesk.com

Chalet La Treille · Troistorrents

- +41 24 476 80 10 · troistorrents.ch
  Commune de Troistorrents

Galerie-Studio BB · Val-d'Illiez

- +41 76 453 03 10 · studiobb.ch
  Brindusa Burrows

Exhibitions › p. 114

LIBRARIES

Literature has the power to transcend barriers, whether linguistic, social, cultural, or generational. Our libraries bring village residents and visitors from all over the world together, over a good book.

Champéry

- Opening hours:
  - Fridays › 09:30 - 11:30
  - Wednesdays & Saturdays › 15:30 - 17:30
    Closed 25.12 & 01.01
- Prices:
  - 10.- one-time contribution
  - 50.- security deposit per book for occasional check-outs
- +41 24 479 10 18 · admin-champery.ch

Troistorrents

- Opening hours:
  - Tuesdays › 09:00 - 11:30 I 16:00 - 17:30
  - Wednesdays › 14:00 - 17:30
  - Thursdays › 16:00 - 19:00
  - Fridays › 16:00 - 17:30

  During school holidays (except public holidays):
  - Tuesdays › 09:00 - 11:30
  - Thursdays › 16:00 - 19:00
- Prices:
  - 10.- one-time contribution
  - 50.- security deposit per book for occasional check-outs
- +41 24 477 47 50 · troistorrents.ch

Val-d'Illiez

- Opening hours:
  - Tuesdays › 15:00 - 17:00
  - Wednesdays › 09:00 - 11:00
  - Fridays › 17:00 - 19:00

  During school holidays:
  - Wednesdays › 09:00 - 11:00
  - Fridays › 17:00 - 19:00

  Closed on public holidays and 24.12 - 11.01
- Prices:
  - 10.- one-time contribution
  - 50.- security deposit per book for occasional check-outs
- +41 24 476 87 61 · illiez.ch





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› OUR ROOTS RUN DEEP

Sacred Structures

Winter is a great time to visit our churches and chapels, for the soothing glow of light through stained glass and the warmth of spiritual energy. Once inside, let yourself be captivated by the artistry of the holy places that play an integral part of life in this region—where every detail is symbolic and redolent with our past.

CHURCHES, CHAPELS & CARILLONS

❶ Bell Tower · Champéry

Classified as a historic monument in 1964, Champéry's iconic bell tower culminates in a unique, arched stone structure that is adorned with a lantern. Legend has it that the construction was inspired by the shape of a ducal crown following a visit by a Duke of Savoy...

- Open to the public (exterior)
- +41 24 477 11 13 · paroisses-illiez.ch
  Paroisse de Champéry

❷ Chapel · Champoussin

Inaugurated in 1997 and perched on a grassy promontory with stunning views of the Dents du Midi, this charming chapel boasts one of the region's most sublime settings.

- Open to the public
- +41 76 522 42 73 · Patrick Claret · paroisses-illiez.ch
  Paroisse de Val-d'Illiez

❸ Notre-Dame de l'Assomption Church · Morgins

Dedicated to Our Lady of the Assumption, this Baroque church was built in 1876 and enlarged in 1923. Inside, the choir and vault were painted by J.C. Stierlin. The stained glass windows are by Paul Monnier. Outside, a superb carillon bears a globe symbolizing the effort to spread peace throughout the world.

- Open to the public
- +41 24 477 11 13 · paroisses-illiez.ch
  Paroisse de Troistorrents-Morgins

❹ Carillon pour la Paix · Morgins

Built in 2000 and listed on the official registry of the Carillons of Switzerland, this original instrument's hourly melodies can be heard throughout the valley. The largest bell is called 'Christ Glory' and was blessed by His Holiness Pope John Paul II.

- Open to the public (exterior)
- +41 79 310 95 61 · carillondemorgins.ch
  François Donnet

❺ St Mary Magdalene Church · Troistorrents

Built in 1702 and classified as a cultural landmark, this imposing stone church is remarkable for its soaring, 40-metre-high Gothic bell tower and its graceful baroque altars. Also remarkable are the striking 1960 stained-glass windows by Auguste Rody and Bruno Gherri-Moro.

- Open to the public
- +41 24 477 11 13 · paroisses-illiez.ch
  Paroisse de Troistorrents-Morgins

❻ Saint Maurice Church · Val-d'Illiez

Dating back to 1697, the existing structure is the third church built on this site. The elegant bell tower ends in a distinctive, steepled roof, surmounted by a Lombardy-style spire. When the church was renovated in 1967, a sundial with the inscription *Carpe Diem* was added to the tower.

- Open to the public
- +41 24 477 11 13 · paroisses-illiez.ch
  Paroisse de Val-d'Illiez













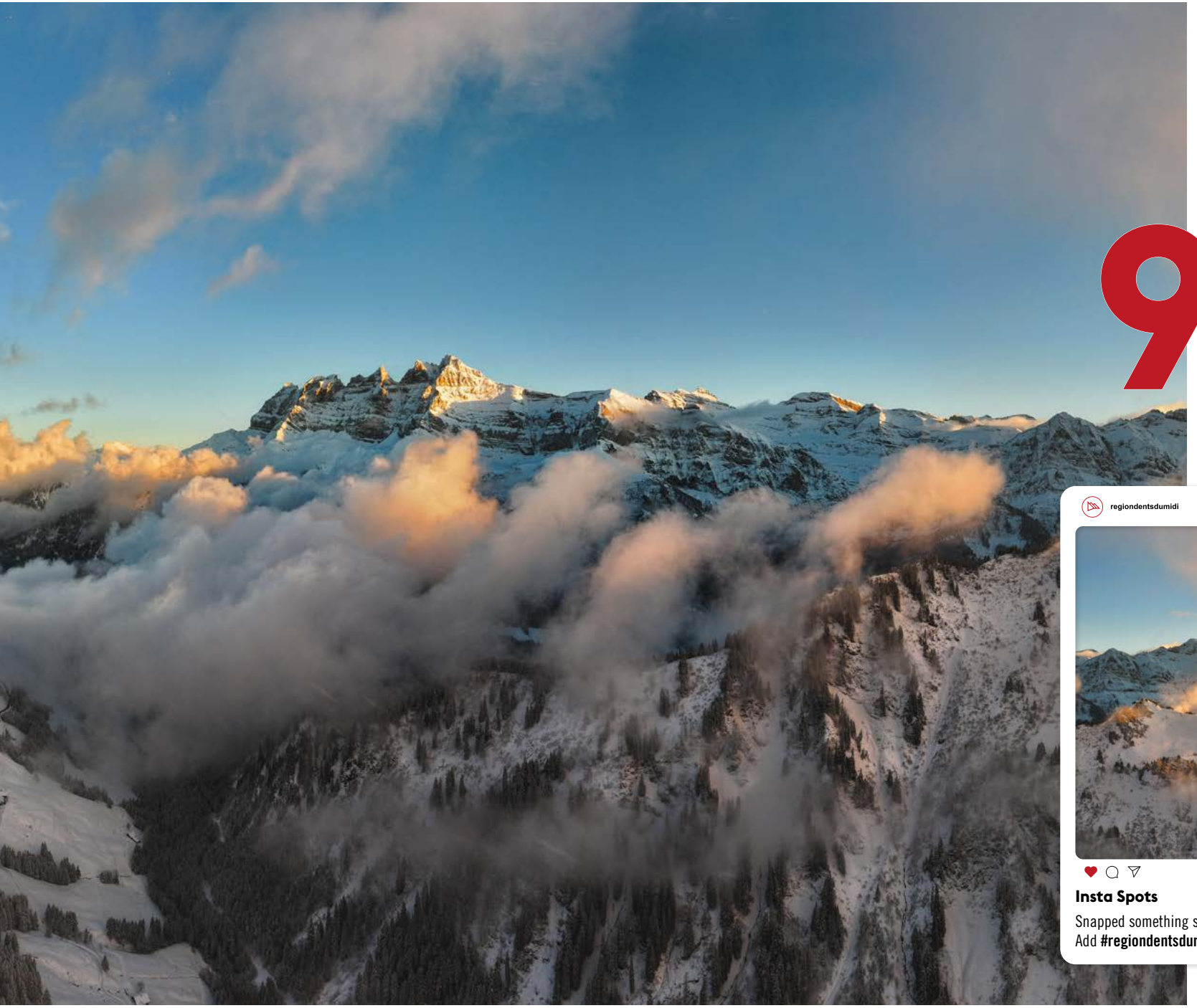
SOUND & LIGHT



Saint Théodule Church · Champéry

Learn about the history, symbols, and artistic works of Champéry's Catholic church with a unique sound and light show. Once inside the church, simply press a button, then follow your eyes and ears as you are guided by lights and audio commentary.

- Open to the public (except services)
- +41 24 477 11 13 · paroisses-illiez.ch
  Paroisse de Champéry



97

› BE IN THE KNOW

regiondentsdumidi



Insta Spots

Snapped something spectacular? 📷
Add **#regiondentsdumidi** and share the love!


Grand Combin
4'314 m
Dent du Salentin
2'482 m
Mont Velan
3'731 m
Dent de Valère
2'267 m
Tête de Chalin
2'595 m
LES DENTS DU MIDI
La Cime de l'Est
3'178 m
La Forteresse
3'164 m
La Cathédrale
3'160 m
L'Éperon
3'114 m
La Dent Jaune
3'186 m
Les Doigts
3'210 m
La Haute Cime
3'257 m
Dent de la Chaux
2'767 m
Tour Salière
3'220 m
Dent de Rossétan
2'616 m
Grand Ruan
3'057 m
Petit Ruan
2'847 m
Mur des Rosses
2'932 m
Pointe des Rosses
2'965 m
Pic de Tenneverge
2'985 m
Mont Blanc du Tacul
4'248 m
Mont Maudit
4'465 m
Mont Blanc
4'808 m
Dent de Bonaveau
2'503 m
Dôme du Goûter
4'304 m
Tête à Vincent
2'448 m
Dent du Sageroux
2'675 m
Col de Comba Mornay
2'375 m
LES DENTS BLANCHES
Dent de Barme
2'759 m
Corne à Tournier
2'738 m
Fenêtre Dents Blanches
2'602 m
Dent des Sex Vernays
2'662 m
Col du Trou
2'633 m
Pointe Bourdillon
2'713 m
Dent du Signal
2'727 m
Dent Occidentale
2'709 m
Corne du Chamois
2'599 m



GETTING HERE

Just a hop and a skip to Region Dents du Midi…

By Train

The iconic Swiss Federal Railways (CFF/ SBB) provide fast, efficient connections from Geneva and Sion airports and major European cities via Lausanne or Brig to the nearby town of Aigle. From Aigle, transfer to the AOMC cogwheel train (Aigle – Ollon – Monthey – Champéry) for a scenic trip from the Canton of Vaud over the Rhone River and into the Canton of Valais. Just past the town of Monthey, the cogwheel slides into gear and you begin the winding climb up into the Illiez Valley.

By Car

The Illiez Valley is just 20 minutes from the St-Triphon exit off the A9 motorway. A direct link to the major European motorway routes and an important part of the Swiss national motorway network, the A9 serves western Switzerland from Vallorbe to Brig, passing by Lausanne, Montreux, and Sion.

MOBILITY

An efficient network of shuttles, buses and trains connects the villages in Region Dents du Midi and provide access to a variety of sites. Visit our website or stop by our tourist offices for a timetable.

Dents du Midi Little Tourist Train · Champéry

- Duration: 20 minutes
- Free

Rumières Shuttle · Champéry

- 20 people
- Duration: 16 minutes
- Free

Bus 61 Monthey* - Troistorrents** - Morgins

- Duration: 15 minutes from Troistorrents
- Price: 7.40 (3.70 with ½ price pass)**

Bus/ train connections at:
*Monthey-Ville AOMC station or Monthey CFF station
** Troistorrents train station or La Tine/Route de Morgins

see conditions at illiezcard.ch

Bus 81 Val-d'Illiez - Champoussin

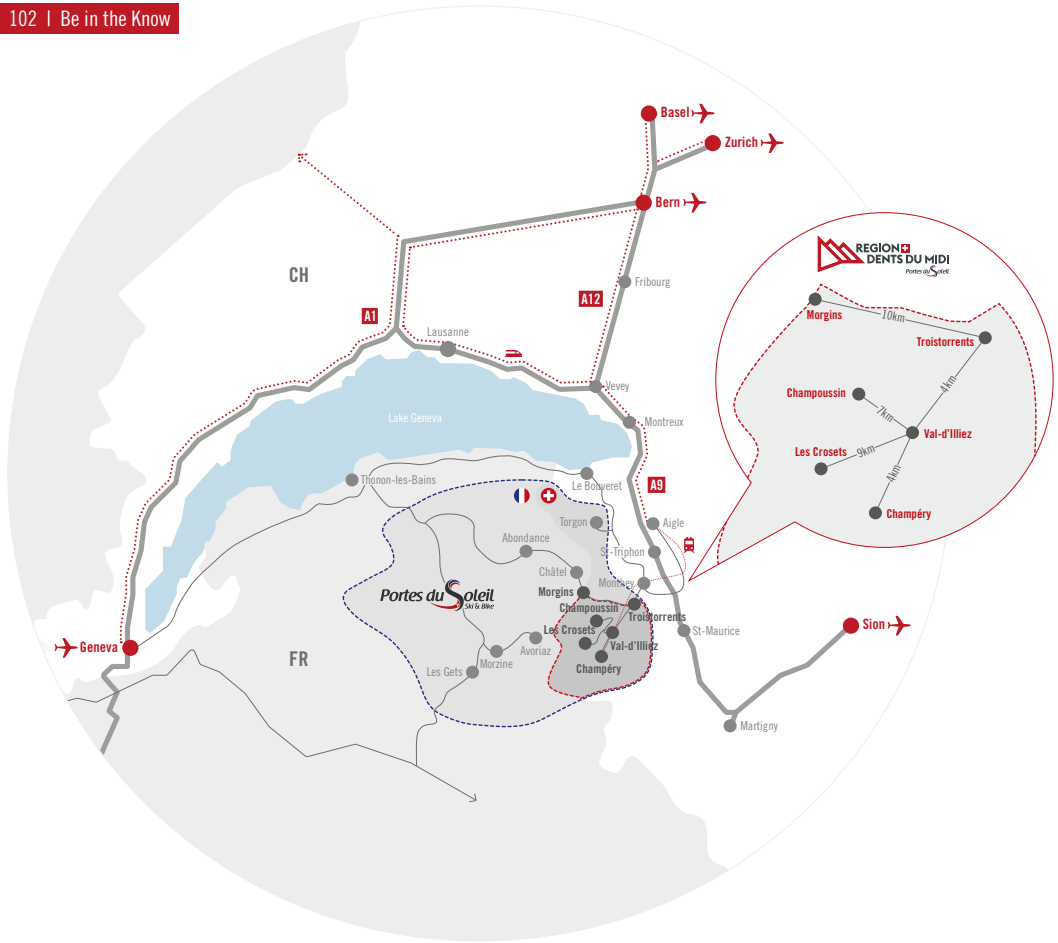
- Duration: 20 minutes
- Price: 8.20 (4.10 with ½ price pass)

Bus 81 Val-d'Illiez - Les Crosets

- Duration: 25-40 minutes
- Price: 6.60 (3.30 with ½ price pass)

Free ski shuttles operate during lift hours in Morgins Village and between the Champéry cable car and Grand Paradis.

Timetable



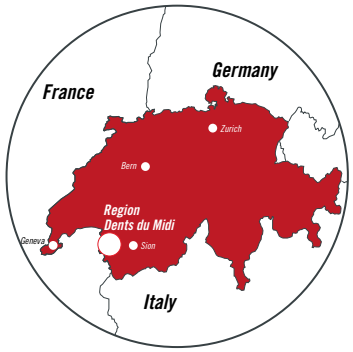
NEARBY...

Rhone plain

- Wednesday market
  Monthey › 5 km
- Crochetan Theatre
  Monthey › 5 km
- Xstream Park
  Collombey › 6 km
- Bex Salt Mines
  Bex › 14 km
- Castle & Wine Museum
  Aigle › 15 km
- Aquaparc
  Le Bouveret › 23 km
- Chillon Castle & Fort
  Montreux-Veytaux › 26 km
- Pierre Gianadda Foundation & Barryland
  Martigny › 31 km
- Chaplin's World
  Corsier-sur-Vevey › 36 km
- Glacier 3000 & Peak Walk
  Les Diablerets (Col du Pillon) › 40 km

Les Portes du Soleil

- Archery & geocaching
  Torgon › 23 km
- Fantasticable & Old Customs House museum
  Châtel › 15 km
- Visit to the Dairy & biathlon
  Chapelle d'Abondance › 20 km
- Abbey & Maison du Fromage
  Abondance › 25 km
- Le Pas de l'Aigle & indoor golf
  Morzine › 58 km
- Mechanical Music Museum
  Les Gets › 63 km
- Ice diving & ice climbing
  Avoriaz › 70 km



Basel	4:00	217 km	2:20
Bern	3:00	124 km	1:30
Geneva	2:30	128 km	1:20
Lausanne	1:35	65 km	1:00
Lyon	4:30	275 km	3:10
Milan	6:00	296 km	4:00
Montreux	1:20	26 km	0:30
Neuchâtel	2:30	133 km	1:30
Paris	6:40	577 km	6:15
Sion	2:00	55 km	0:40
Vevey	1:30	35 km	0:40
Zurich	4:15	238 km	2:30



Illiez CARD



Make the most of every season in Region Dents du Midi and beyond with the Illiez Card. Designed to enrich your stay, it provides access to a wide range of benefits, activities, and discounts with local partners, shops, and services. Wander from village to village, try something new—cultural, sporting, gastronomic, or simply restorative—and savour every moment.

Valid year-round, the Illiez Card unlocks activities for every season. Fully digital, the card works with a quick flash of your QR code.

Your Illiez Card

- **Staying in Region Dents du Midi?**
  Your Illiez Card is included from your very first night and covers the full duration of your stay.
- **A second-home owner in Region Dents du Midi?**
  Your Illiez Card is complimentary, valid for one year from May to April.
- **Under 16 and living and attending school in Region Dents du Midi?**
  Your Illiez Card is complimentary, valid for one year from May to April.
- **A permanent resident of Region Dents du Midi?**
  Your Illiez Card is complimentary from 1 May 2026 to 30 April 2027 (a fee will apply from May 2027).
- **New to the area? Recently settled in Champéry, Val-d'Illiez, Troistorrents, Monthey or Collombey-Muraz?**
  Your Illiez Card is complimentary for your first year, valid for twelve months from your date of registration with the residents' office.









Offers and conditions at illiezcard.ch

ACCOMMODATION

Make yourself at home…
In a hotel if you need a relaxing getaway and a good night's sleep…
In a backpacker hostel if you're looking for unbeatable prices and friendly company…
In an apartment or chalet if you prefer cosy home-away-from-home independence…
In a B&B if you like to feel as if you're visiting old friends…
In group lodgings if you're coming with a crowd of colleagues, best friends, or team-mates…
At the campground if you love sleeping under the stars…
In a rustic mountain hut if you want an authentic alpine experience…

No matter where you want to hang your hat, we have what you need!

Package offers, special deals, and an efficient booking system are available online at regiondentsdumidi.ch. For more help or for a tailor-made offer, don't hesitate to contact us!



RESTAURANTS, BARS & NIGHTCLUBS

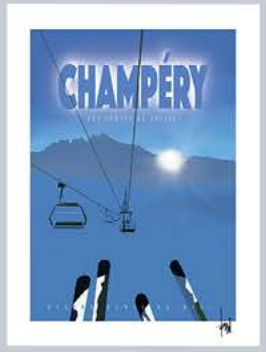
			Season				Situation	
			Summer		Winter			
			Lunch	Dinner	Lunch	Dinner	In the resort	In the mountains / On the slopes
Champéry								
Alpage Lapisa	+41 24 479 36 43	lapisa.ch	•	•	•			•
A'pic Eat Bar Tabac Presse	+33 611 78 60 25		•	•	•	•	•	
At'Home	+41 24 565 10 08	athome-champery.ch	•	•		•	•	
Bar des Guides	+41 24 479 07 07	Le Bar des Guides				•	•	
Black Out La Yourte	+41 79 937 68 46	blackout.1874				•	•	•
Buvette de Bonavau	+41 78 245 21 25	bonavau.ch	•	•				•
Buvette du Chalet Rosalie	+41 79 577 87 54	chalet-rosalie.ch	•				•	
Cabane du Col de Cou	+41 79 837 35 29	cabane-col-de-cou.net	•	•	•	•		•
Café Les Jonquilles	+41 24 479 30 95	lesjonquilles.ch	•	•	•	•	•	
Cantine de Barmaz	+41 24 479 11 63	cantine-barmaz.com	•	•				•
Cantine des Dents Blanches	+41 24 479 12 12	cantine-dentsblanches.com	•	•				•
Cantine des Rives	+41 24 479 11 71	lesrives.ch	•	•			•	
Cantine Sur Coux	+41 24 479 10 44	cantinesurcoux.net	•	•	•	•		•
Chalet des Saveurs, Le Bistrot	+41 79 347 46 39	chalet-des-saveurs.ch	•		•		•	
Chez Coquoz	+41 24 479 12 55	restaurant-coquoz.ch	•		•			•
Chez Joe	+41 24 479 18 00	Chez Joe Burgers	•	•	•	•	•	
L'Alta	+41 24 479 15 32	alta1874.ch	•	•	•	•	•	
La Crêperie de Champéry	+41 76 230 42 55	La Crêperie Champéry	•	•	•	•	•	
La Crevasse	+41 79 720 39 21	barlacrevasse_1874		•		•	•	
La Croix de Culet	+41 24 479 23 34	lacroixdeculet.ch			•	•		•
La Petite Table	+41 24 479 12 55	restaurant-coquoz.ch			•			•
La Pointe Hôtel Restaurant Plein Ciel	+41 24 479 28 38	pleinciel.com			•	•		•
Le 42	+41 24 479 04 05	lewhite.ch		•		•	•	
Le Bar-lounge du Nord	+41 24 479 11 26	lenord.ch				•	•	
Le Bistrot. du Palladium	+41 24 479 15 12	palladiumdechampery.ch	•	•	•	•	•	
Le Café du Nord	+41 24 479 11 26	lenord.ch	•	•	•	•	•	
Le Centre	+41 24 565 18 74	lecentre-champery.ch	•	•	•	•	•	
Le Chaudron 1818	+41 24 479 03 00	lechaudron1818.ch	•	•	•	•	•	•
Le Farinet	+41 24 479 20 98	lefarinetchampery.ch		•		•	•	
Le Gueullhi	+41 24 479 35 55	legueullhi.ch	•	•	•	•	•	
Le R.E.D.	+41 24 479 23 34	lered.ch	•		•			•
Le Toupin	+41 24 479 15 48	Le Toupin			•			•
Le Vieux-Chalet	+41 24 479 19 74	vieuxchaletchampery.ch	•	•	•	•	•	
Les Clavets Alpine Club	+41 24 479 08 88	clavets.ch	•		•			•
Les Marmottes by Châteauform	+41 79 691 07 00	chateauform.com			•			•
Lounge-Bar Hotel National Resort	+41 24 479 11 30	lenational.ch	•	•	•	•	•	
Michellod Boulangerie Tea Room	+41 24 479 16 86	boulangerie-michellod.com	•		•		•	
The Hub	+41 24 440 00 24	experiencechampery.ch	•	•	•	•	•	
Champoussin								
Chez Gaby 1670	+41 24 477 22 22	chezgaby1670.ch	•	•	•	•		•
La Ferme à Gaby	+41 24 477 30 88	lafermeagaby.ch	•		•			•
L'Antre D'Eux	+41 24 477 62 13	lantredeux.ch	•	•	•		•	
Le Virage	+41 24 565 04 26	Restaurant Le Virage	•	•	•	•	•	•

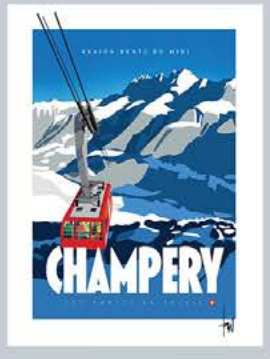
	What's on the menu																		Atmosphere						Services						
	Cheese fondue	Raclette	Croûtes au fromage	Local products	Meat fondues	Grilled meat	Pasta	Rösti	Pizzas	Fish	Burgers	Sandwiches	Crêpes	Vegetarian dishes	Take-away	Catering service	Traditional	Gourmet cuisine	Tearoom	Bar	Nightclub	Live concerts	Après-ski	Billiards	Darts	Table football	Sports events broadcasting	Accessible	High chair	Nappy changing table	Outdoor playground
Champéry																															
Alpage Lapisa	•		•	•							•	•					•					•									
A'pic Eat Bar Tabac Presse																				•											
At'Home				•						•	•			•	•		•			•	•	•	•	•	•	•		•	•		
Bar des Guides				•					•											•	•	•	•		•						
Black Out La Yourte		•		•								•								•			•								
Buvette de Bonavau	•		•	•								•					•												•	•	
Buvette du Chalet Rosalie			•	•						•				•			•										•	•	•	•	
Cabane du Col de Cou	•	•		•										•			•														
Café Les Jonquilles				•								•		•	•				•	•		•	•				•		•	•	
Cantine de Barmaz	•		•	•		•	•							•			•											•	•	•	•
Cantine des Dents Blanches	•		•	•	•	•	•	•			•	•		•			•					•							•		•
Cantine des Rives	•	•	•	•	•	•	•										•												•	•	
Cantine Sur Coux	•	•	•	•			•	•				•		•	•	•	•		•										•	•	•
Chalet des Saveurs, Le Bistrot				•										•	•		•		•	•								•			
Chez Coquoz	•		•	•		•			•	•		•		•			•	•		•									•	•	•
Chez Joe				•							•			•	•																
L'Alta				•			•		•	•				•	•					•		•							•	•	
La Crêperie de Champéry													•		•																
La Crevasse																				•	•	•			•	•	•				
La Croix de Culet	•			•	•	•	•	•		•	•	•		•		•	•			•		•	•					•	•	•	•
La Petite Table							•		•		•	•																			
La Pointe Hôtel Restaurant Plein Ciel	•	•	•	•			•			•	•	•		•			•			•			•	•			•		•		
Le 42	•	•		•		•	•			•				•			•			•									•		
Le Bar-lounge du Nord																				•		•			•						
Le Bistrot. du Palladium	•			•	•		•		•		•			•	•		•		•	•						•	•	•	•		
Le Café du Nord	•	•	•	•				•						•			•					•							•		
Le Centre														•			•			•		•	•				•	•	•		
Le Chaudron 1818	•		•	•	•	•	•				•	•		•	•		•	•		•			•	•			•	•	•	•	•
Le Farinet					•	•	•			•	•				•					•					•	•					
Le Gueullhi	•		•	•	•		•	•	•		•			•	•		•			•		•	•				•	•	•	•	
Le R.E.D.											•	•		•	•					•		•	•				•	•		•	•
Le Toupin	•		•	•			•				•						•														
Le Vieux-Chalet	•			•						•				•			•			•									•	•	
Les Clavets Alpine Club	•			•			•			•				•			•	•		•		•									
Les Marmottes by Châteauform	•		•	•			•	•			•			•			•												•		
Lounge-Bar Hotel National Resort				•															•	•								•	•	•	
Michellod Boulangerie Tea Room				•								•		•	•	•			•	•										•	
The Hub																			•	•		•	•				•		•	•	
Champoussin																															
Chez Gaby 1670	•	•	•	•	•		•	•			•		•	•			•		•	•		•	•				•	•	•	•	•
La Ferme à Gaby	•		•	•								•		•														•			
L'Antre D'Eux		•		•								•	•		•				•	•		•	•				•	•	•	•	•
Le Virage	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•		•	•		•	•		•		•	•	•	•	•

			Season				Situation	
			Summer		Winter			
			Lunch	Dinner	Lunch	Dinner	In the resort	In the mountains / On the slopes
Les Crosets								
Apex 1680		apex1680.com	•	•	•	•	•	•
Bar des Neiges	+41 79 672 15 67	B&B Rey-Bellet et Bar des Neiges			•		•	•
Buvette Chez Yoyo et Jibi	+41 24 479 30 45	Chez Yoyo et Jibi			•			•
Cookie Café Mossettes	+41 24 479 12 19	cookie-cafe.com	•		•			•
La Crêperie des Crosets	+41 79 931 38 37	lacreperiedescrosets.ch	•	•	•	•	•	
Le "J" Steakhouse des Crosets	+41 24 565 65 55	jsteakhouse.ch		•		•	•	•
Le Caveau des Crosets	+41 78 760 53 57	caveaulive.ch			•			•
Le Mountain Lodge	+41 24 479 25 80	lemountainlodge.ch		•	•	•	•	•
Refuge de Chésery - Lac Vert	+41 79 725 68 20	lacvert.ch	•	•				•
Refuge Le Marcheuson	+41 24 479 22 40	refugelemarcheuson.ch			•			•
The Télécabine	+41 77 267 31 66	thetelecabine.ch			•	•	•	•
Morgins								
Au Réveil Enchanté	+41 24 477 11 84	au-beau-reveil-boulangerie.ch	•		•		•	
Au 17 - La Buvette	+41 24 477 12 42	au17labuvette.ch	•	•	•	•	•	
Bar des Portes du Soleil	+41 79 475 11 89		•	•	•	•	•	
Buvette de Savolaire	+41 24 477 11 14	restaurant-buvette-savolaire.ch	•	•				•
Chalet Chanso	+41 24 477 12 39	chaletchanso.ch	•	•	•	•		•
Chalet Neuf	+41 24 477 12 96	chalet.neuf.collombey.muraz	•	•	•	•		•
Chez Jan	+41 24 477 11 43	chezjan.com	•	•	•	•	•	
FF Restaurant	+41 79 251 25 95		•	•	•	•	•	
Gîte Alpage La Chaux	+41 79 899 15 74	la-chaux.ch	•	•	•			•
La Foilleuse	+41 24 565 18 14	lafoilleuse2025	•		•			•
Le Centre Sportif	+41 24 477 19 92	morgins-loisirs.ch	•	•	•	•	•	
Le Corbeau	+41 79 417 37 50	Refuge du Corbeau Morgins	•		•			•
Le Di.vins	+41 24 477 33 03	divins.ch	•	•		•	•	
Le Ferrage	+41 24 477 12 21	leferrage.ch	•	•				•
Les Bochasses	+41 24 477 22 21	lesbochasses.ch	•		•			•
Les Fontaines Blanches	+41 24 477 13 42	fontainesblanches.ch	•	•	•	•	•	
Restaurant agritourisme du Vieux They	+41 79 261 35 09	Restaurant agritourisme Du Vieux They	•	•	•	•		•
SAF Club	+41 79 471 37 50	Saf Club Morgins		•		•	•	
T-Bacchus	+41 24 477 50 80	T-Bacchus 1875	•	•	•	•	•	
T-Là Pizzeria	+41 24 477 50 80	T-Là Restaurant pizzeria	•	•	•	•	•	
Ü Yeü Tsalé	+41 24 477 32 55	Ü Yeü Tsalé	•		•			•
Troistorrents								
À la Pizz'	+41 24 477 10 64	A la pizz' Troistorrents	•	•	•	•	•	
La Boulan'Tine	+41 24 477 30 30	laboulantine.ch	•		•		•	
Le Bussignon Boucherie Traiteur	+41 76 336 60 53		•	•	•	•	•	
Relais de la Thiésaz	+41 24 477 18 28	thiesaz.ch	•	•	•	•	•	
Val-d'Illiez								
Cabane d'Anthème	+41 79 473 71 40	antheme.ch	•	•				•
La Bergerie des Bains	+41 79 238 77 15	la-bergerie-des-bains.ch	•	•	•	•	•	
La Mascotte	+41 24 477 28 75	La Mascotte	•		•		•	
Le Communal	+41 24 565 18 73	communal-valdilliez.ch	•	•	•	•	•	
Restaurant des Tennis "Chez JuJu"	+41 24 477 21 13	restaurantdestennis.ch	•	•			•	

What's on the menu																			Atmosphere						Services						
Cheese fondue	Raclette	Croûtes au fromage	Local products	Meat fondues	Grilled meat	Pasta	Rösti	Pizzas	Fish	Burgers	Sandwiches	Crêpes	Vegetarian dishes	Take-away	Catering service	Traditional	Gourmet cuisine	Tearoom	Bar	Nightclub	Live concerts	Après-ski	Billiards	Darts	Table football	Sports events broadcasting	Accessible	High chair	Nappy changing table	Outdoor playground
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SHOP













Poster 30x40 cm 70.- 50x70 cm 130.- Postcard 3.-



Poster 128x43 cm 25.-

20.-



5.-



39.-





40.-

25.-



20.-



15.-



35.-



49.-



10.-





November

12-14	Champéry Film Festival · Champéry
14	Suze Festival · Val-d'Illiez
20	The World's Highest Cabaret · Champéry
21	Romandy Freestyle Wrestling Championship · Troistorrents
21-22	Christmas Market · Troistorrents
28	Curling Club 75th Anniversary Gala I The Great Illusion of Time · Champéry

December

01-24	Advent Windows · Region Dents du Midi
06	Saint Nicolas' Day I Écho de la Vallée village band · Val-d'Illiez
12	Christmas Tree Sale · Champéry
19	R.E.D Opening Party · Champéry Écho de la Montagne village band Christmas concert · Champéry
20	NC Vox Choir Christmas concert · Morgins
24	Meet Father Christmas · Region Dents du Midi
27	Fairyland Fantasy I Where Sky Meets Light · Morgins
28	Rencontres Musicales holiday concert I Benjamin Herzl, Matthias Bartolomey & Beatrice Berrut · Champéry Culture on Tour I The Droll and the Beautiful · Val-d'Illiez
29	Nuit de la Glisse freeride film event · Morgins Foilleuse Vertical skimo race · Morgins Children's Theatre I Robin and the Forest of Tales · Val-d'Illiez
30-31	Fun Park · Morgins
30	Literary Encounters · Champéry
31	New Year's Eve · Region Dents du Midi

January

01-03	Fun Park · Morgins
03	Fairyland Fantasy I An Evening of Wonders · Champéry
04	Children's Theatre I Calico Jack's Treasure! · Champéry
05-09	Fun Park · Val-d'Illiez
06	Fairyland Fantasy I The Enchanted Slopes · Les Crosets
09	Morgins Yannick Ecoeur Trophy · Morgins
15-30	Theatre I The Assistant · Val-d'Illiez
18-22	Welsh Alpine Championships · Champéry - Les Crosets
27	Let's Talk… · Troistorrents
30	The Wall Duo Race · Champéry

February

05-09	Carnaboum · Val-d'Illiez
06	Children's Carnival · Champéry En Pistes avec le Nouvelliste ski day · Morgins
09	Children's Carnival · Morgins
12	Culture on Tour I Taking a Bow · Champéry
18-22	Olaf's Illuminated Ramble · Morgins
20	En Pistes avec le Nouvelliste ski day · Les Crosets
27	Culture on Tour I Magic Humans · Morgins

March

04-07	Planach'Festival · Champéry
06	Banked Slalom · Les Crosets
13	Swap & Sell · Troistorrents
14-21	Rock the Pistes Festival · Portes du Soleil
20	Union Instrumentale annual concert · Troistorrents
27-29	Easter Egg Hunt · Region Dents du Midi
27	Grand Prix Migros · Les Crosets
28	Migros Ski Day · Les Crosets

April

02-03	Musical I S'Aime la Vie · Champéry
03	R.E.D Closing Party · Champéry Waterslide · Les Crosets
05-10	Maxi-Rires Festival · Champéry
17	Écho de la Montagne annual village band concert · Champéry Chante-Vièze annual choir concert · Troistorrents
24	L'Helvétienne annual village band concert · Morgins

May

01	Au Bon Vieux Temps annual soiree · Troistorrents
22-23	52nd Illiez Valley Giron des Musiques · Champéry

Subject to change. Find the full, updated agenda at regiondentsdumidi.ch.



Fairyland Fantasy

There's something fantastical in the air—can you feel it coming? As eagerly anticipated as the first winter snowfalls, these visual, choreographed spectacles bring a touch of frosty magic to three of our villages: an aerial show in Morgins, an interactive illuminated procession along Champéry's village street, and a nocturnal extravaganza on the slopes of Les Crosets during a night skiing session. Join us for all three enchanting evenings and let yourself be swept away on a cloud of ice and starlight!

- 27.12 · Morgins
- 03.01 · Champéry
- 06.01 · Les Crosets
- regiondentsdumidi.ch

Culture on Tour
The Droll and the Beautiful

Culture on Tour rounds off the year with a rollicking night of comedy, starring Sandrine Viglino, Nathalie Devantay, and FORMA! Put these three comedians on one stage and the sparks fly: expect an offbeat, one-of-a-kind show packed with surprises. Forget the fireworks: these three firecrackers will see out the year with a bang! (Show in French.)

- 28.12 · Val-d'Illiez
- cultureontour.ch

Welsh Alpine Championships
20th Anniversary Edition

This wintertime favourite is where the decades-long friendship between Region Dents du Midi and the land of the iconic red dragon got its start, and this year it celebrates its 20th edition with true Welsh *hwyl*! Drawing skiers from Wales, but also from Scotland, England, Switzerland, and around the world to Champéry - Les Crosets, this is a week-long event culminating in slalom and giant slalom races long known for their friendly, fair-play spirit.

- 18-22.01
- Champéry - Les Crosets
- regiondentsdumidi.ch

Olaf's Illuminated Ramble

As night falls, the They Valley comes aglow with a dazzling new array of twinkling decorations inspired by the film Frozen. This enchanting woodland stroll is a treat for the whole family: entrance is free, you'll have a chance to win fantastic prizes, and you can even meet Olaf himself for a souvenir photo!

- 18-22.02 · Morgins
- regiondentsdumidi.ch

Rock the Pistes Festival

Rock the Pistes Festival is an unforgettable, high-altitude, open-air concert series. The week features mega concerts by international artists set right on the iconic Portes du Soleil ski slopes, and dozens more après concerts in the villages to keep the party going once the pistes close. This year, the festival will last an extra day, so we can all meet up again on Sunday at the top of the Foilleuse in Morgins to rock the mountain one last time!

- 14-21.03 · Portes du Soleil
- rockthepistes.com

Grand Prix Migros & Migros Ski Day

Little skiers, big ambitions! Switzerland's biggest junior ski race comes to Les Crosets for one of the liveliest weekends of the winter. On Saturday, young racers go *tout schuss* for the podium at the Grand Prix Migros. Sunday belongs to families at the Migros Ski Day, with an all-comers race, lunch, entertainment, and more.

- 27.03 · Grand Prix Migros
- 28.03 · Migros Ski Day
- Les Crosets
- gp-migros.ch I migros-ski-day.ch

Maxi-Rires Festival

For one side-splitting week, the crème de la comedy crème will meet up in Champéry to show off their best punchlines and cleverest witticisms. The laid-back, convivial atmosphere of this ultra-cool comedy festival is proof that laughter is truly the best medicine.

- 05-10.04 · Champéry
- maxi-rires.ch

Save the dates! Summer 2027

- 12-13.06: Cyclosportive Portes du Soleil · Portes du Soleil
- 25-27.06: Pass'Portes du Soleil · Portes du Soleil
- 09-11.07: MDS Crazy Loops · Les Crosets
- 30.07: Oesch's die Dritten concert · Morgins
- 31.07-01.08: Swiss National Day Eve celebrations · Region Dents du Midi
- 31.07: Valais Young Swiss Wrestlers' Festival · Morgins
- 01.08: 142nd Swiss Romandy Wrestling Festival · Morgins
- 07-08.08: Vintage Motors Expo · Les Crosets
- 27-29.08: Valais *Jeunesse* youth festival 2027 · Champéry

LOCAL SPORTS CLUBS

3rd League Hockey Matches

- 12.12 · HC Portes du Soleil vs HC Sion II
- 19.12 · HC Portes du Soleil vs HC Martigny II
- 27.12 · HC Portes du Soleil vs AHC Villars 1908 (friendly)
- 30.12 · HC Portes du Soleil vs HC Monthey II
- 05.01 · HC Portes du Soleil vs EHC Raron
- 16.01 · HC Portes du Soleil vs HC Anniviers
- Palladium ice rink · Champéry

Fundraising Dinners

- 07.11 · Ski-club de Val-d'Illiez
- 30.01 · FC Troistorrents
- 06.03 · BBC Troistorrents

ART EXHIBITIONS

Bygone Days in Val-d'Illiez

- 01.11 - 30.10
  Saturdays › 14:00 - 17:30
  By appointment: +41 79 878 61 24
- Vieux Greniers · Val-d'Illiez
  patrimoine-illiez.ch

Yulia Spichak, Gérard Berthoud & Jean-Michel Martenet · Painting, photography, sculpture

- 05.12 - 20.12
  Thursday - Sunday › 15:00 - 19:00
- Vernissage: 05.12
- Chalet La Treille · Troistorrents

Joëlle Trincaz · Painting

- 25.12 - 10.01
  Daily › 16:00 - 19:00
- Vernissage: 25.12 › 18:00
- Espace Raiffeisen · Champéry

Brindusa Burrows · Drawing, printmaking, painting

- 26.12 - 27.12
  Saturday & Sunday › 15:00 - 19:00
- Studio BB · Val-d'Illiez
  brindusaburrows.art

Daniel J. Yeomans · Visual arts

- 15.01 - 31.01
  Wednesday - Friday › 14:00 - 19:00
  Saturday & Sunday › 14:00 - 20:00
- Vernissage: 15.01 › 18:00
- Espace Raiffeisen · Champéry

Vanessa De Angelis · Painting

- 05.02 - 21.02
  Daily › 15:30 - 19:30
  By appointment: +41 78 647 60 69
- Vernissage: 05.02 › 18:00
- Espace Raiffeisen · Champéry

Anne Dussaux · Wildlife painting

- 26.02 - 07.03
  Monday - Saturday › 14:30 - 18:30
  Sunday › 11:00 - 13:00 & 14:30 - 18:30
  By appointment: +33 6 77 84 52 96
- Vernissage: 26.02 › 18:00
- Espace Raiffeisen · Champéry

Claudia Brugnolo-Perrin · Painting

- 12.03 - 28.03
  Tuesday - Friday › 09:30 - 12:00 & 16:00 - 19:30
  Saturday & Sunday › 10:00 - 18:30
- Vernissage: 12.03 › 18:00
- Espace Raiffeisen · Champéry

Art galleries › p. 90



GRAND PRIX MIGROS

swissski

25 JAHRE | ANS



LES CROSETS
27 MARS 2027

Bien plus qu'une simple course de ski –
La plus grande course de ski pour enfants au monde

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Les Crosets
28 mars 2027

migros-ski-day.ch

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MOUNTAIN LAKE PRODUCTIONS

SAVE THE DATE

Maxi Rires 19e

FESTIVAL D'HUMOUR INTERNATIONAL CHAMPÉRY

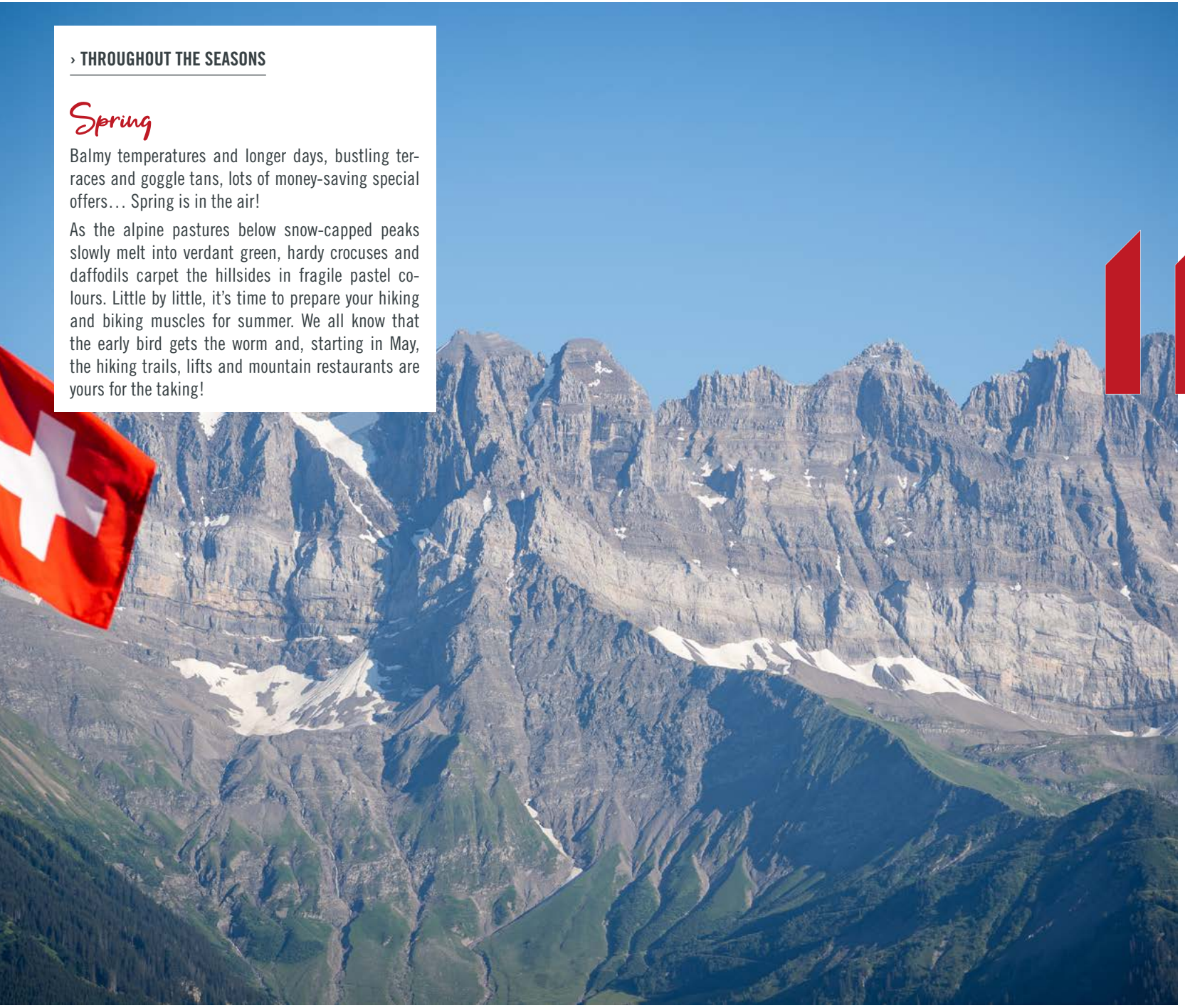
19e ÉDITION
5 > 10 AVRIL 2027



Spring

Balmy temperatures and longer days, bustling terraces and goggle tans, lots of money-saving special offers… Spring is in the air!

As the alpine pastures below snow-capped peaks slowly melt into verdant green, hardy crocuses and daffodils carpet the hillsides in fragile pastel colours. Little by little, it's time to prepare your hiking and biking muscles for summer. We all know that the early bird gets the worm and, starting in May, the hiking trails, lifts and mountain restaurants are yours for the taking!



Summer

If you love our winters, just you wait for the summer! Vast expanses of verdant forests and rugged, snow-capped mountains provide endless scope for imagination and adventure. Head for the hills and dabble your toes in a frigid lake, picnic in a shady forest glen, ramble through flowering pastures, scramble up stony summits and wander the wilderness to your heart's content.

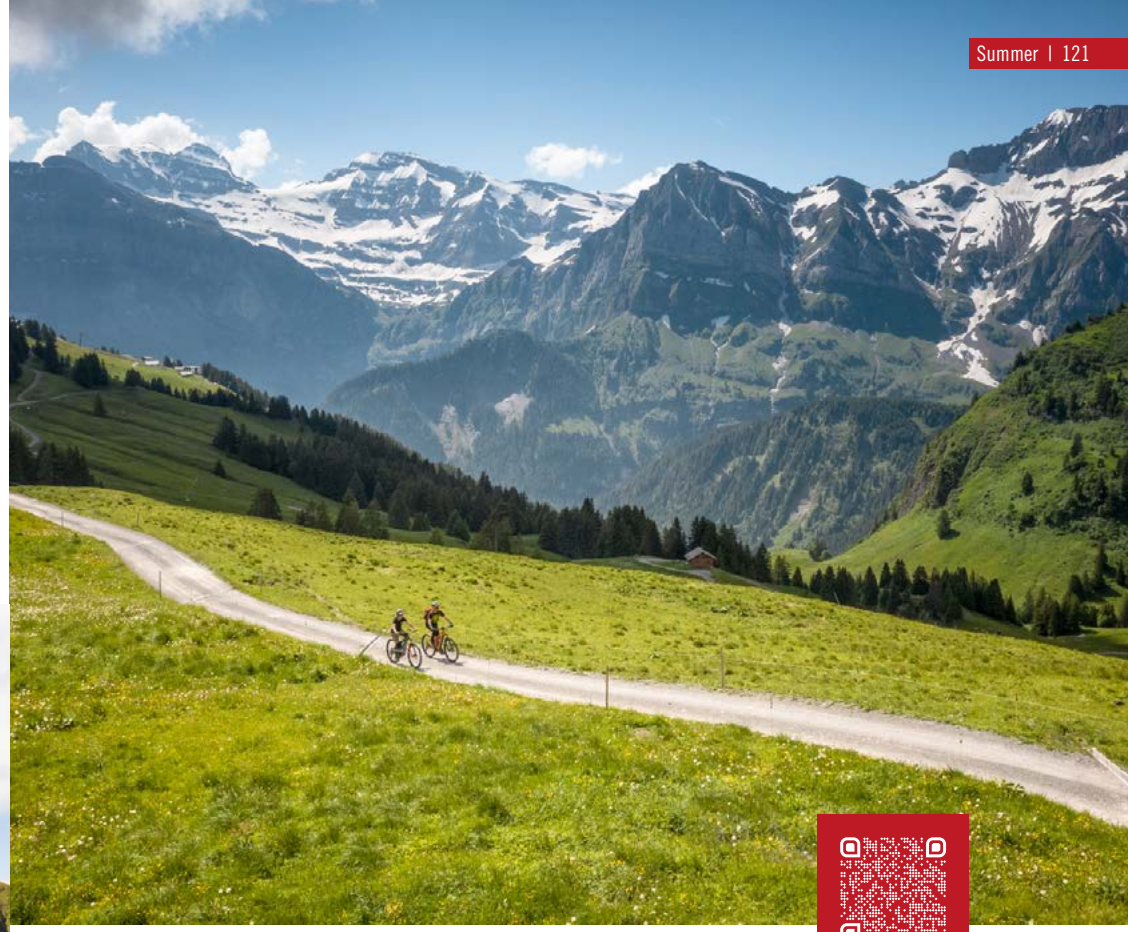
With 20 lifts open in the summer and safe in the knowledge that you'll always find a mountain hut somewhere along the path, you never have to worry about being home in time for dinner! Our mountain refuges offer food and drink and welcome shelter and are often a destination in themselves. There's no better way to hike the Alps than by travelling from cabin to cabin, spending the nights tucked snugly under a fluffy duvet after a hearty meal in the company of your fellow travellers.

HIKING

As the spring sunshine warms the mountainsides, the snowy blanket covering the Dents du Midi begins to melt, revealing over 400 km of marked trails that wind through flower-filled meadows, evergreen forests, and charming villages. Best experienced at a leisurely, human-powered pace, this stunning landscape is rich in breathtaking scenery—majestic peaks, crystal-clear lakes, rushing rivers, dramatic waterfalls, and iconic passes. Whether you're after a gentle stroll, a full-day hike, or a multi-day adventure like the legendary Tour des Dents du Midi, our hiking trails offer the perfect blend of unspoiled nature and cosy comfort at mountain refuges along the way.

› **Heading out?**
Take a look at our favourite suggestions!





CYCLING & MOUNTAIN BIKING

In winter, Les Portes du Soleil is one of the largest ski areas in the world. In summer, this vast playground transforms into Europe's largest bike park with some 600 km of marked trails for downhill, cross-country and enduro bikers, e-bikers and road cyclists alike!

- **› 600 km of MTB trails throughout Les Portes du Soleil**
- **› 5 bike parks between Switzerland and France**
- **› 1 Franco-Swiss lift pass**
- **› 9 downhill (DH) tracks between Champéry, Les Crosets & Morgins**
- **› 11 e-bike routes starting from our resorts**
- **› 6 cyclosportive itineraries throughout Region Dents du Midi**
- **› 5 bike rental shops in the valley**


DENTS DU MIDI
3257m
DENTS BLANCHES
2756m
MONT BLANC
4808m
POINTE PERCÉE
2750 m
POINTE DE NYON
2019m
LES HAUTS-FORTS
2466m
CHAVANETTE
2219m
CROIX DE CULET
1932m
Grand Paradis
Planachaux
POINTE DES MOSSETTES
2277m
Champéry
1050m
Champéry Croix de Culet
Crosets
Les Crosets
1680m
Mossettes-Suisse
Mossettes-France
POINTE DE CHÉSERY
2249m
Avoriaz
1800m
Prodains Express
Les Prodains
Proclou
Séraussaix
Prolays
Lindarets
Les Lindarets
Chaux Fleurie
Ardent
Fantasticable
Rochassons
Plaine Dranse
Pierre Longue
Pré la Joux
MONT DE GRANGE
2432m
Pointe de Nyon
Pointe de Nyon
Morzine
1000m
Super-Morzine
Zore
Super Morzine
Charniaz Express
Viking
Nabor
Pleney
Chavannes
Les Gets
1172m
Pointe
Mt-Chéry
Dir. Cluses, Lyon, Chambéry
MONT CALY
1489m
MONT CHÉRY
1826m
ROC D'ENFER
2243m
LA COMBE DE GRAYDON
Village des Follys
Le Plateau
La Chèvrerie Bellevaux
Grande Terche
Saint-Jean-d'Aulps
800m
Val-d'Illiez
950m
Champoussin
1580m
LA FOILLEUSE
1814m
TÊTE DU GÉANT
2228m
TÊTE DE LINGA
2127m
Morgins
1350m
Morgins
POINTE DU MIDI
1850m
POINTE DE BELLEVUE
2041m
LE CORBEAU
1991m
Troistorrents
Morclan Super Châtel
LE MORCLAN
1970m
Châtel
1200m
La Chapelle d'Abondance
1020m
Abondance
930m
MONT CHAUFFÉ
2093m
POINTE DE NANTAUX
2110m
POINTE D'ENTRE DEUX PERTUIS
2180m
PIC DE LA CORNE
2084m
Montriond
900m
La Jorette
Plan de Croix
CORNETTES DE BISE
2432m
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Food

Butchers

Boucherie Gex-Collet	+41 79 280 13 87	Val-d'Illiez

Bakeries | Patisseries

Michellod Boulangerie Tea Room	+41 24 479 16 86	Champéry
Au Beau Réveil	+41 24 477 11 84	Morgins
La Boulan'Tine	+41 24 477 30 30	Troistorrents
La Mascotte	+41 24 477 28 75	Val-d'Illiez

Fine food | Terroir

La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 79 347 46 39	Champéry
Ma Petite Épicerie 1875	+41 24 477 84 44	Morgins
La Cavagne	+41 24 477 35 40	Troistorrents
Les Saveurs des Dents-du-Midi	+41 79 480 22 30	Troistorrents

Groceries

13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
L'Antre D'Eux	+41 24 477 62 13	Champoussin
Alimentation des Crosets	+41 77 425 28 82	Les Crosets
Edelweiss Market Morgins	+41 24 477 24 24	Morgins
Magasin Volg	+41 24 477 31 03	Morgins
Chez Azalée	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez

Fresh trout

Chalet Rosalie	+41 79 577 87 54	Champéry

Artisans

Watches | Jewellery

Atelier-boutique L'Horlogère, Vuilleumier	+41 78 890 45 89	Val-d'Illiez
Caillet-Bois Arnold	+41 24 471 24 62	Val-d'Illiez

Automobile

Car body repairs

Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry
Carrosserie Udressy	+41 24 475 70 70	Troistorrents

Garages | Petrol stations

Jubin Frères	+41 79 435 03 94	Champéry
Garage Udressy	+41 24 472 15 77	Collombey Troistorrents
Monay Transneige & Auto Mecanic Sàrl	+41 79 623 57 34	Morgins
Garage St-Christophe	+41 24 477 18 64	Troistorrents
Garage de la Vallée	+41 79 232 54 53	Val-d'Illiez
La Mascotte	+41 24 477 28 75	Val-d'Illiez

Beauty · Wellness

Beauticians

Institut Colibri	+41 79 530 75 64	Morgins
Institut l'Écrin - onglerie	+41 78 834 42 33	Val-d'Illiez
Natur'time	+41 79 671 16 62	Val-d'Illiez

Hairdressers

Sarah Coiffure	+41 24 479 15 03	Champéry
Studio R Coiffure	+41 76 778 34 31	Champéry
Studio 1875	+41 79 606 72 02	Morgins
K-rey	+41 24 477 20 46	Val-d'Illiez

Sports centres

Palladium Champéry	+41 24 479 05 05	Champéry
Centre Sportif Morgins	+41 24 477 19 92	Morgins

Fitness

Palladium Champéry	+41 24 479 05 05	Champéry
Oxygen Morgins	+41 79 261 23 31	Morgins

Massage | Physiotherapy | Osteopathy | Kinesiology | Naturopathy

Au 7e Sens	+41 79 351 44 00	Champéry
Avanthay Ferreira Physiothérapeutes	+41 79 540 47 33	Champéry
HormeSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Meunier Roxane, massages thérapeutiques	+41 79 811 30 80	Champéry
Physiothérapie de la Vallée	+41 24 477 29 80	Champéry Val-d'Illiez
Spa Nuage - Boutique Hôtel Beau-Séjour	+41 24 479 58 58	Champéry
Tadasana Massage & Yoga	+41 79 366 55 62	Champéry
Taiji Quan Luc Defago - Acupuncture	+41 79 632 40 58	Champéry
YogAlps & Massage | Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Cabinet d'ostéopathie Frédéric Jakubczak	+41 24 477 16 10	Morgins
HarmonIsa	+41 79 433 06 14	Morgins
Institut Colibri	+41 79 530 75 64	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
À Ton Aura	+41 79 175 02 81	Val-d'Illiez
Aux Mains Sages	+41 76 526 66 18	Val-d'Illiez
Caroline Perrin - Massages, Ortho-Bionomy	+41 76 321 95 84	Val-d'Illiez
Enery Reboutologie	+41 79 561 47 15	Val-d'Illiez
Sukha Ayurveda	+41 77 526 65 50	Val-d'Illiez
Totem Nutrition	+41 79 866 96 28	Val-d'Illiez

Yoga instructors

Domitille Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga | Yasmine Lomazzi	+41 79 449 61 14	Champéry
Tadasana Massage & Yoga	+41 79 366 55 62	Champéry
YogAlps & Massage | Evelyne Rey-Bellet	+41 79 774 87 46	Champéry

Shops

Decoration | Furniture | Furnishings | Home staging | Souvenirs

Black Diamond	+41 79 154 86 16	Champéry
La Loggia	+41 24 479 24 64	Champéry
Boutique « Il était une fois »	+41 24 477 26 03	Morgins
Art Dépôt Sàrl	+41 79 137 30 00	Troistorrents
Nomadessence Sàrl	+33 6 86 34 13 58	Val-d'Illiez

Clothing | Fashion

Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 77 408 25 99	Champéry
Ose !	+41 79 643 15 38	Val-d'Illiez

Kiosks | Newsagents

13* Pam	+41 27 743 63 50	Champéry
A'pic Eat Bar Tabac Presse	+33 6 11 78 60 25	Champéry
Kiosque de Morgins	+41 79 794 56 80	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illiez

Conference centres

Seminars | Conferences | Corporate events

Châteauform Le Chalet	+41 24 479 01 01	Champéry
Hôtel Suisse	+41 24 479 07 07	Champéry
Palladium Champéry	+41 24 479 05 05	Champéry

Lessons

Ski schools

École Suisse de Ski	+41 24 479 16 15	Champéry
Experience Ski & Snowboard School	+41 79 814 15 75	Champéry
Ze Snow School	+41 79 757 56 28	Champéry
École Suisse de Ski	+41 24 477 29 00	Champoussin
École Suisse de Ski	+41 24 479 14 01	Les Crosets
École de Ski Internationale M3S	+41 24 477 77 17	Morgins
École Suisse de Ski	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 351 38 87	Val-d'Illiez

Independent ski instructors

Morgins Snowsports	Bret Marshall	+41 79 271 72 49	Morgins

Paragliding

Fly Away	+41 79 435 26 17	Val-d'Illiez
Val d'illiair	+41 79 431 26 61	Val-d'Illiez

Skating school

Skating School of Switzerland	+41 24 552 10 77	Champéry

Tennis instructors

Comby Emilien	+41 79 826 97 53	Champéry

Building trades

Architects

Studio François Nantermod	+41 24 525 11 73	Champéry
Wettstein Architectes SA	+41 22 990 04 40	Champéry
Perrin Architecture Sàrl	+41 24 477 34 35	Val-d'Illiez
S'Tox SA	+41 79 891 00 10	Val-d'Illiez

Engineers

Jean-Michel Vuadens SA	+41 24 472 36 16	Monthey
Hydrotec Cyril Marclay	+41 24 477 18 59	Val-d'Illiez

Roofers | Tinsmiths

Oberhauser ferblanterie couverture Sàrl	+41 79 471 79 45	Champéry
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illiez
ERM Charpente-Toiture	+41 78 266 98 98	Val-d'Illiez
Lehmann Eric	+41 79 508 01 91	Val-d'Illiez

Heating | Plumbing

A&D Berthoud Sàrl	+41 79 244 36 64	Champéry
Gollut Hydrotec Sàrl	+41 24 477 49 02	Morgins
Ansermoz Pascal	+41 79 273 98 68	Val-d'Illiez
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illiez
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illiez
Samuel Gillabert Sàrl	+41 77 431 85 35	Val-d'Illiez

Construction | Project management

MVG Services SA	+41 76 393 68 31	Champéry
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illiez
IMMOG2B Sàrl - Boeuf Jean-Alexandre	+41 79 903 14 72	Val-d'Illiez

Decoration | Flooring | Curtains

Avanthay&Partners SA (home staging)	+41 24 479 14 44	Champéry
Ma Déco - Taverney Marion	+41 79 589 88 79	Champéry
Studio François Nantermod	+41 24 525 11 73	Champéry
Borgeaud Déco Sàrl	+41 79 310 96 14	Monthey

Electricians

3G Électricité SA	+41 79 426 35 16	Champéry
Grau Électricité SA	+41 24 471 80 80	Monthey
Électricité M.U.D. Sàrl	+41 24 477 33 22	Troistorrents

Cleaning

Black Diamond Concierge	+41 79 154 86 16	Champéry
Bonnie & Clean Services	+41 76 415 06 37	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins

Painting | Plastering

L'Hoste Peinture	+41 79 213 66 20	Champéry
Colombara SA	+41 24 471 29 32	Monthey
Gaspoz Peinture Sàrl	+41 79 419 30 19	Morgins
Gillioz Peinture Sàrl	+41 24 477 48 00	Morgins

Masonry | Building

Bernard Torrent SA	+41 24 471 46 87	Collombey
Michaud et Mariaux SA	+41 24 471 73 55	Monthey
Renevier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 79 449 15 22	Val-d'Illiez
Carraux-Moret Constructions SA	+41 24 472 70 80	Val-d'Illiez
GR Matériaux Sàrl	+41 79 303 50 75	Val-d'Illiez
La Pierre dans tous ses états	+41 79 353 24 03	Val-d'Illiez
Laurent Perrin Maçonnerie Sàrl	+41 79 219 51 15	Val-d'Illiez
Vieux SA	+41 24 477 34 86	Val-d'Illiez

Carpenters | Cabinet makers

Bois Etc.	+41 79 653 45 40	Champéry
Froidevaux Sàrl	+41 79 369 18 87	Champéry
Marclay Philippe	+41 24 479 12 48	Champéry
Nissille Menuiserie SA	+41 24 471 37 27	Massongex
DM Bois SA	+41 24 471 64 83	St-Maurice
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illiez
Es-Borrat et Avanthay SNC	+41 79 447 87 09	Val-d'Illiez
Gavillet Marc	+41 79 742 54 93	Val-d'Illiez
Gex-Fabry Menuiserie Charpente Sàrl	+41 24 477 11 30	Val-d'Illiez
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illiez
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illiez

Property development

Gexlliez	+41 78 836 90 03	Val-d'Illiez
Logipro Sàrl	+41 78 848 15 79	Val-d'Illiez

Water damage restoration

Technica Air Assèchement	+41 79 514 97 27	Val-d'Illiez

Outdoor maintenance & landscaping - Concierge services

Tree services

Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 79 357 19 45	Val-d'Illiez

Concierge services

Black Diamond Concierge	+41 79 154 86 16	Champéry
SMB conciergerie et entretien d'immeubles	+41 78 644 20 80	Champéry
Conciergerie Générale Qestaj Sàrl	+41 79 371 02 86	Champoussin
Conciergerie du Hameau	+41 76 234 14 78	Les Crosets
Noli Vacations	+41 78 677 39 39	Les Crosets
Bonnie & Clean Services	+41 76 415 06 37	Morgins
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
S.G. Green Services Sàrl	+41 79 198 36 95	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins

Landscaping

Gex-Collet Jeremie	+41 78 625 72 82	Champéry
Mountain Garden	+41 78 809 15 84	Champéry
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Illiez Aménagements Sàrl	+41 79 549 77 90	Val-d'Illiez
L'Horizon Vert M&M Sàrl	+41 79 522 72 05	Val-d'Illiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez

Earth moving | Snowploughing | Transport | Civil engineering

A. Simon Terrassements	+41 79 758 10 05	Champéry
Decurtins François	+41 79 441 62 66	Champéry
Transports Gex-Fabry	+41 79 219 48 05	Champéry
Ulysse Avanthay et Fils	+41 79 606 14 25	Champéry
Valvièze Construction SA	+41 79 347 13 13	Champéry
Granger Multiservices Sàrl	+41 79 449 54 34	Champoussin
Bernard Torrent SA	+41 24 471 46 87	Collombey
Borloz Transport Sàrl	+41 79 622 08 13	Les Crosets
Patrick Transports Sàrl	+41 24 479 26 24	Les Crosets
Trombert Dominique Transports SA	+41 79 301 24 16	Les Crosets
Raymond Rithner SA	+41 24 473 73 53	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Monay Transneige & Auto Mecanic Sàrl	+41 79 623 57 34	Morgins
Renevier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'Illiez
Avanthay SA	+41 24 477 16 44	Val-d'Illiez
Didelet Maxime - mécanique	+41 77 410 47 94	Val-d'Illiez
Ecœur Terrassements SA	+41 24 477 17 29	Val-d'Illiez
GR Matériaux Sàrl	+41 79 303 50 75	Val-d'Illiez
Spider Peaks SA	+41 79 583 01 07	Val-d'Illiez
Traxa SA		Val-d'Illiez
Trombert Entretien Paysagiste	+41 79 107 07 44	Val-d'Illiez
Vieux SA	+41 24 477 34 86	Val-d'Illiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez

Art galleries - Creative spaces

Cercle au Carré - creative space	+41 79 913 62 13	Champéry
Espace Raiffeisen	+41 79 192 02 60	Champéry
Chalet La Treille	+41 24 476 80 10	Troistorrents
Galerie-Studio BB	+41 76 453 03 10	Val-d'Illiez

Child care

Babysitter see tourist offices

Guides - Mountain leaders - Nature guides

Mountain leaders | Nature guides

Dubosson Loïc	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie - Les Vagabondes	+41 79 316 80 10	Champéry
Wiltshire Lloyd	+41 79 814 15 75	Champéry
Zorzi Nathalie - Natstream	+41 79 202 18 35	Champéry
Delavy Étienne - Alpanima	+41 79 690 15 24	Mex
Besson Guillaume - Nature en Conscience	+41 76 235 82 05	Morgins

Guide & activity booking services

Experience Champéry	+41 79 814 15 75	Champéry
Guides & Accompagnateurs des Dents du Midi	+41 79 637 70 37	Champéry

Canyoning guides

Soustre Fred	+41 79 710 37 69	Champéry

Mountain guides

Baudet Jean-Patrick	+41 79 785 55 83	Champéry
Borgeaud Stéphane	+41 79 446 16 78	Champéry
Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 302 02 59	Champéry
Marclay Basile	+41 79 638 24 31	Champéry
Mendes de Leon Xavier	+41 79 156 80 97	Champéry
Ostrini Jean-Marc	+41 79 643 90 59	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Richard Yannick	+41 76 583 51 69	Champéry

Biking guides

Bikeshop Le Vélociste	E-bike Swiss Rental	+41 79 801 81 66	Champéry
Experience Champéry	+41 24 440 00 24	Champéry
Ride Switzerland	+41 79 501 37 08	Champéry
École Suisse de VTT Sàrl	+41 22 366 15 16	Les Crosets
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins

Accommodation

Estate agents

Avanthay&Partners SA	+41 24 479 14 44	Champéry
Black Diamond Concierge	+41 79 154 86 16	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
Latitude Champéry	+41 21 547 03 17	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
Texier Immobilier - Swiss Alps	+41 76 565 66 37	Champéry
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
Alpage Immo Location Service	+41 24 477 26 82	Champoussin
Ambiance Locations Services	+41 79 381 82 24	Champoussin
GF Immobilier Sàrl	+41 24 477 28 27	Champoussin
Immobilière des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain River Resort	+41 79 238 77 15	Val-d'Illiez
The River Pearl	+41 76 393 55 36	Val-d'Illiez

Campsites

Camping du Grand Paradis ***	+41 24 479 19 90	Champéry
Camping de Morgins ***	+41 24 477 19 92	Morgins

Yoga centre

Chalet Ganesha	+41 78 865 25 58	Champéry

Bed & breakfast

Alpine Retreats	+41 79 450 47 69	Champéry
Chalet de l'Atelier	+41 24 479 11 26	Champéry
La Chotte du Musher	+41 79 671 74 89	Champéry
La Ferme à Gaby	+41 24 477 30 88	Champoussin
B&B Chalet Rey-Bellet	+41 79 672 15 67	Les Crosets
B&B Au 17 - La Buvette	+41 24 477 12 42	Morgins
B&B Chalet Suisse	+41 24 477 39 67	Morgins
Le Castor	+41 79 237 89 87	Morgins
La Rose des Vents	+41 79 212 70 89	Val-d'Illiez

Mountain huts & refuges

Cabane du Col de Cou	+41 79 837 35 29	Champéry
Cantine de Barmaz	+41 24 479 11 63	Champéry
Cantine des Dents Blanches	+41 24 479 12 12	Champéry
Refuge de Bonavau	+41 78 245 21 25	Champéry
Refuge Lapisa	+41 79 516 45 33	Champéry
Refuge de Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins
Chalet Neuf	+41 24 477 12 96	Morgins
Gîte Alpage La Chaux	+41 79 899 15 74	Morgins
Refuge de Culet	+41 24 477 24 21	Morgins
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illiez

4* Hotels

Le White ****	+41 24 479 04 04	Champéry
National Resort & Spa ****	+41 24 479 11 30	Champéry

3* Hotels

Boutique Hôtel Beau-Séjour & Spa ***S	+41 24 479 58 58	Champéry
Suisse ***	+41 24 479 07 07	Champéry

Hotels

Châteauform Le Chalet (seminars)	+41 24 479 01 01	Champéry
Le Chaudron	+41 24 479 03 00	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Auberge Chez Gaby 1670	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
Alp Art Hotel	+41 24 420 11 76	Collombey
L'Étable	+41 24 565 65 55	Les Crosets
Le Marcheuson	+41 24 479 22 40	Les Crosets
Montriond Lodge	+41 77 472 78 57	Les Crosets
Mountain Lodge	+41 24 479 25 80	Les Crosets
The Télécabine	+41 77 267 31 66	Les Crosets
Chez Jan	+41 24 477 11 43	Morgins
Helvetia Hotel	+41 24 565 18 75	Morgins
Le Communal	+41 24 565 18 73	Val-d'Illiez

Group accommodation & hostels

Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet du Collège Moderne	+41 76 365 44 10	Champéry
Chalet du Ski-Club de Rolle	+41 24 479 12 97	Champéry
Chalet Ganesha	+41 78 865 25 58	Champéry
Chalet Jolimont	+41 76 569 73 52	Champéry
Chalet Joli Nid	+41 79 622 52 42	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Chalet Souvenir	+41 24 552 10 77	Champéry
Guest House du Grand Paradis	+41 24 479 11 67	Champéry
La Nouvelle Alpina	+41 24 479 11 17	Champéry
Le Petit Baroudeur	+41 24 479 14 07	Champéry
Chalet UMV	+41 76 372 53 63	Les Crosets
Freeride Hostel	+41 79 415 67 89	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Chalet La Cergnat	+41 24 477 34 51	Morgins
Chalet Les Mélèzes et L'Arolle	+41 22 751 97 24	Morgins
Chalet Les Planoz	+41 24 477 11 45	Morgins
Club La Forêt	+41 79 413 60 56	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illiez

Apartment hotel

The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry

Sports shops

Bike rentals | Repairs

Bikeshop Le Vélociste	+41 79 801 81 66	Champéry
Experience Champéry	+41 79 814 15 75	Champéry
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins
J&J Sport Rent & Vente	+41 24 477 22 06	Morgins
BikeWithU - L'Atelier du vélo	+41 24 477 22 11	Val-d'Illiez

Clothing | Accessories | Equipment rentals

Berra Sports	+41 24 479 13 90	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Borgeat Boutique (winter)	+41 78 809 15 84	Champéry
Gonnet Sports (winter)	+41 24 479 11 77	Champéry
Holiday Sport	+41 24 479 15 26	Champéry
Bikeshop Le Vélociste	+41 79 801 81 66	Champéry
Alpitude (winter)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports (winter)	+41 24 479 19 70	Les Crosets
Atelier du sport - Buttner Factory	+41 79 615 16 34	Morgins
J&J Sport Rent & Vente	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins

Religious

Catholic churches	+41 24 477 11 13	Champéry Morgins Troistorrents Val-d'Illiez
Protestant parish	+41 24 471 48 28	Monthey

Health - Emergency

Emergency numbers

Police	117
Fire	118
Emergency	144
Emergency (CH & EU)	112

Hospital

Hôpital Riviera-Chablais (adults & children)	+41 58 773 21 12	Rennaz

Doctors

Champéry medical centre	+41 24 479 20 05	Champéry
Walk-in clinic (Riviera-Chablais Hospital)	+41 58 773 11 46	Monthey
Val-d'Illiez medical centre	+41 24 477 35 11	Val-d'Illiez
Non-life-threatening emergencies	+41 848 200 300	Valais

Pharmacies

Pharmacieplus de Troistorrents	+41 24 477 28 20	Troistorrents
Pharmacie des Cimes	+41 24 477 12 75	Val-d'Illiez

Police

Police Intercommunale des Dents du Midi (PIDM)	+41 24 479 09 18	Val-d'Illiez

Services

Municipal administration

Commune de Champéry	+41 24 479 09 09	Champéry
Commune de Troistorrents	+41 24 476 80 10	Troistorrents
Commune de Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez

Communication | Publishing | Printing

Agence Let's Talk!	+41 78 908 98 31	Champéry
Clikz Sàrl Agence média digitale	+41 78 662 64 68	Champéry
Dominik Grejc Design	+41 77 953 75 04	Champéry
Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Imprimerie Montfort	+41 24 471 21 63	Monthey
Texorio - conception d'objets & textiles	+41 27 565 83 75	Sion
RMS Vidéo-Photo Sàrl	+41 24 477 50 71	Val-d'Illiez

Insurance

Helvetia Assurance	+41 58 280 89 11	Monthey
Helvetia Assurance	+41 79 270 42 59	Morgins

Driving schools

Pascal Avanthay	+41 78 878 55 55	Champéry

Banks

Banque Cantonale du Valais	Point cash	+41 848 765 765 +41 848 765 765	Champéry Troistorrents
Banque Raiffeisen	Point cash	+41 24 476 87 38 +41 24 476 87 38 +41 24 476 87 38 +41 24 476 87 38	Champéry Morgins Troistorrents Val-d'Illiez
L'Antre D'Eux	Point cash	+41 24 477 62 13	Champoussin
Automat Euronet ATM			Les Crosets

Firewood

Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Bellon Samuel	+41 79 611 70 76	Troistorrents
Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 79 357 19 45	Champéry Val-d'Illiez

Office | IT

Duplirex Espace Bureautique SA	+41 24 473 40 80	Monthey
Axius SA	+41 58 317 18 18	Sion
Perrin Computers	+41 79 928 22 00	Val-d'Illiez

Race timing

Datatiming	+41 79 449 78 24	Val-d'Illiez

Mushroom inspection

Muriel Terretaz	+41 78 840 61 95	Monthey

Ski lockers

Téléphérique de Champéry	+41 24 479 02 00	Champéry
Ski Box Morgins	+41 79 435 22 40	Morgins
Télécabine de Morgins	+41 24 479 02 00	Morgins

Waste disposal centres

Écopoints à Champéry	+41 24 479 09 09	Champéry
Écopoints à Morgins et Troistorrents	+41 24 476 80 10	Troistorrents
Écopoints à Champoussin, Les Crosets et Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez

Household appliances

FiJitechnic	+41 24 479 14 66 +41 24 565 50 50	Champéry Monthey

Financial services | Property management | Notaries

Künzle SA	+41 24 473 73 05	Monthey
Samuel Cipolla Étude de notaire Sàrl	+41 24 477 13 38	Troistorrents
Fid'illiez	+41 24 477 24 79	Val-d'Illiez

Game warden

Bourban Christophe	+41 79 355 39 11	Sion

Propane gas refills & exchanges

Berthoud Dominique	+41 79 244 36 64	Champéry
Edelweiss Market Morgins	+41 24 477 24 24	Morgins
Magasin Volg	+41 24 477 31 03	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illiez

Laundrettes

C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Location Service	+41 24 477 26 82	Champoussin
Conciergerie Générale Qestaj Sàrl	+41 79 371 02 86	Champoussin
Val-Time	+41 78 897 53 30	Val-d'Illiez

Tourist offices

Region Dents du Midi tourist offices	+41 24 479 05 50 +41 24 477 23 61	Champéry Morgins

Post offices

13* Pam	+41 27 743 63 50	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Poste	+41 848 88 88 88	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez

Lifts

Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry

Sound | Lighting | Stage

SceneMobile SA	+41 79 953 11 39	Morgins

Alarm systems

Mapco Sécurité Sàrl	+41 24 477 46 76	Val-d'Illiez

Taxis

Taxi de Champéry	+41 79 430 15 15	Champéry
Taxi Denis	+41 79 309 64 67	Troistorrents
Taxi de la Vallée	+41 79 632 70 93	Val-d'Illiez

Group transportation | Excursions | Transfers

Les Cars Bernard	+41 24 472 70 20	Collombey
Transports Publics du Chablais	+41 24 468 03 30	Monthey
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 79 355 80 81	Val-d'Illiez

Wine · Beer · Spirits

Sales points

La Petite Cave du Chablais	+41 24 471 44 21	Collombey
Famille Fischli - Artisans du vin	+41 79 282 92 82	Morgins
Sélection Comby Vins	+41 79 288 79 87	Morgins
T-Bacchus	+41 24 477 50 80	Morgins

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  - Morgins
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Portes du Soleil

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Region Dents du Midi
Tourist offices

Champéry
Rue du Village 54 · 1874 Champéry
+41 24 479 05 50 · champery@rddm.ch

Morgins
Route du Village 6 · 1875 Morgins
+41 24 477 23 61 · morgins@rddm.ch

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