



Free
help yourself

SUMMER GUIDEBOOK 2026



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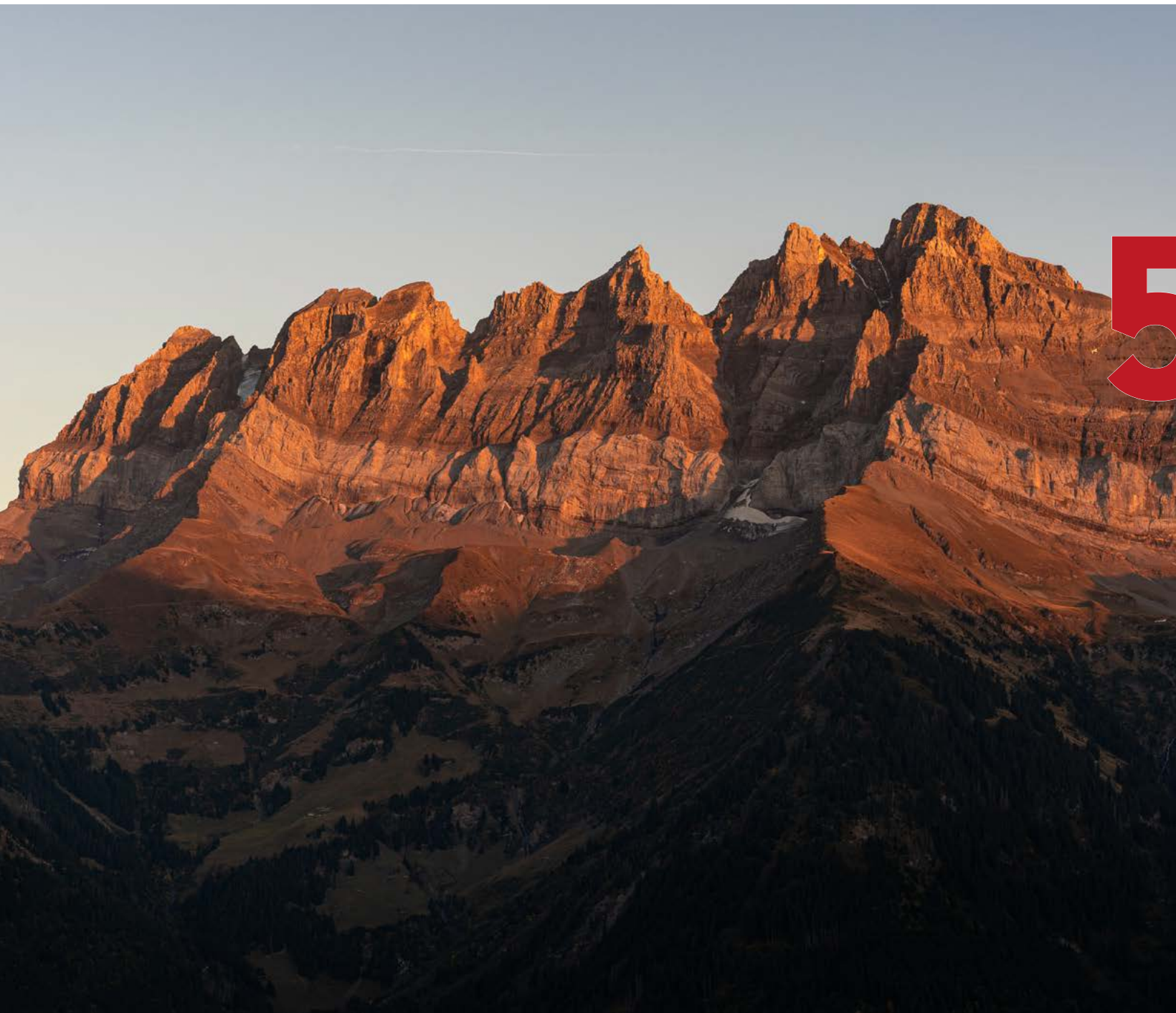
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> WELCOME

Region Dents du Midi

Region Dents du Midi is made up of 6 charming villages perched high in the Swiss Alps. Nestled along the lush green Illiez Valley, this is the gateway to Les Portes du Soleil, a vast alpine playground where nature steals the show.

The seven soaring summits of the Dents du Midi, visible from the Illiez Valley all the way to Lake Geneva, draw the eye and stir the imagination. In summer, their snowy mantle melts away, revealing hillsides that beckon with a tempting array of alpine activities, from hiking and biking to just kicking back and daydreaming.

Traditions, heritage and terroir—like the bur-nished wood of our cosy chalets—are a testa-ment to the authenticity of our villages.

OUR 6 RESORT-VILLAGES

1 Champéry (1,050 m)

One of the oldest tourist destinations in Switzerland, Champéry has been enchanting visitors for centuries. Quaint yet resolutely modern, the lively main street — lined with centuries-old chalets, shops and restaurants — retains all the authentic charm of yesteryear, while the village's iconic red-and-white cable car is a model of Swiss efficiency, whisking you away to 2,000 m and into the vast Portes du Soleil in under 5 minutes. In October 2025, Champéry was awarded the coveted 'Most Beautiful Villages in Switzerland' label by the Best Swiss Villages association — official recognition of what visitors have known for years.

3 Les Crosets (1,700 m)

Home to our renowned bike park, Les Crosets is a hub for direct connections to the other Swiss and French resorts. Perched at 1,700 m, it's the highest of our six villages — and has the views to show for it. There's something wonderful in every direction, from pristine alpine lakes to soaring peaks to authentic mountain restaurants and traditional alpages.

Just step outside, choose a trail, and Les Portes du Soleil is yours for the taking!

5 Troistorrents (770 m)

Troistorrents marks the entrance to the Val d'Illiciez, covering a sprawling territory of more than 37 km² and including several small hamlets.

At the centre of all this, the splendid Church of St. Mary Magdalene dominates a rocky promontory; a testimony to the rich architectural heritage found here in the largest of the valley's villages. Just below the church, the precipitous Tine River Gorge houses a meticulously executed replica of an ancient mill dating back to 1401. Downriver, you'll find the intriguingly named Devil's Bridge, accessible by a winding pathway that follows the Vièze River Gorge.

2 Champoussin (1,580 m)

Surrounded by soaring peaks, Champoussin is known for its exceptional vistas, including a dramatic, front and centre view of the Dents du Midi. Peaceful and down-to-earth, this is the perfect place to stop, smell the flowers and get to know the marmots, goats, and other friendly locals.

Dotted with wetlands, Champoussin's lush pastures and south-facing hillsides catch and collect every last ray of sun. Here, nature is omnipresent, and life feels unrushed.

4 Morgins (1,330 m)

The last Swiss stop on the road to France and the gateway to the Val d'Abondance, Morgins is a vital link between the Swiss and French territories of the Portes du Soleil.

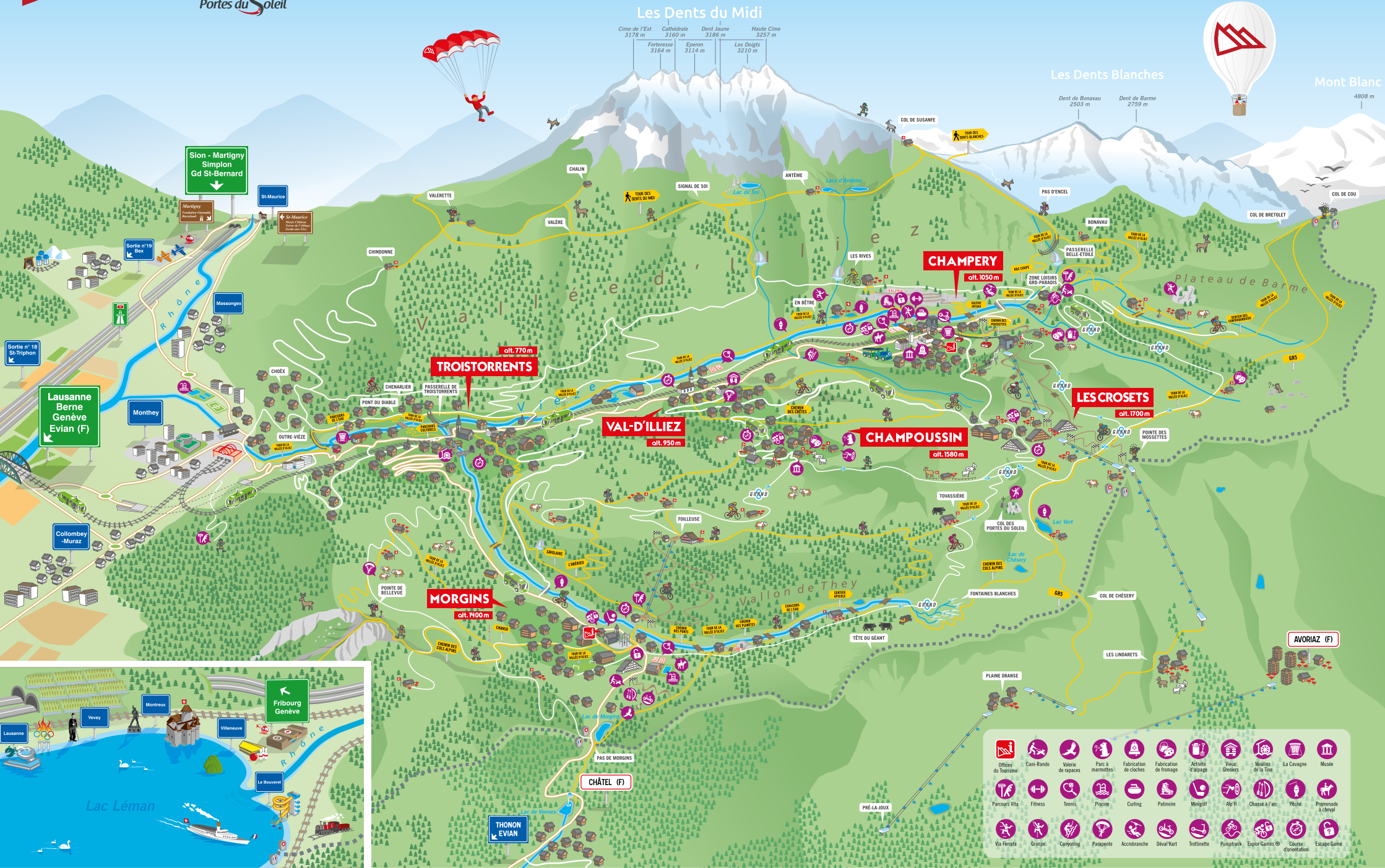
In Morgins you notice the elements: the pungent, earthy tang of dense spruce forests, the oxygen-charged air or the striking orange rocks in an iron-rich stream. Water is everywhere, from bubbling forest brooks to cascading waterfalls to a tree-lined lakeside. This is an idyllic place, perfect for outings where rest and reverie go hand in hand.

6 Val-d'Illiciez (950 m)

Located in the heart of the valley that bears its name, the village of Val-d'Illiciez has been a stronghold of agrarian traditions since time immemorial. Two ancient granaries, recently converted into a pint-sized museum, are living proof of the importance of farming and trade in this tightly knit community.

In summer, this is the jumping-off point for three of our loveliest alpine lakes, the twin Lacs d'Antème and the magical Lac de Soi.





Les Dents du Midi

Cime de l'Est 3178 m
Cathédrale 3160 m
Dent Jaune 3196 m
Haute Cime 3297 m
Fortassez 3164 m
Eparon 3114 m
Les Doigts 3210 m

Les Dents Blanches

Dent de Bonnavu 2503 m
Dent de Barne 2759 m

Mont Blanc

4808 m

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Visiting the region?

Region Dents du Midi is just a 25-minute hop and a skip from the Chablais plain at the southeastern end of Lake Geneva. By train, the charming AOMC cogwheel line will take you from Aigle through Troistorrens and Val-d'Illeiez to Champéry in less than an hour. Our other destinations are served by buses, leaving from Troistorrens to Morgins, and from Val-d'Illeiez to 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 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 *La Romandie*, *nous parlons le français!*

Accessible tourism



REGION DENTS DU MIDI BUCKET LIST

- Go for a spin on the Champéry cable car, the Morgins gondola, or the Mossettes chairlift in Les Crosets—and soak up stunning views of the Dents du Midi and Dents Blanches mountains.
- Say 'cheese!' as you tuck into a raclette or fondue at an alpine restaurant.
- Dip your toes in the icy waters of Lac Vert.
- Explore the smugglers' secret trails in the bucolic Barme valley.
- Savor the sweetness of the Illeiez Valley's famous 'Salty Pie'.
- Hang out with a husky or hobnob with a hawk.
- Embark on an epic adventure with the legendary Tour des Dents du Midi.
- Trip-trap over the vertiginous Belle-Etoile alpine footbridge.
- Travel back in time at the Old Mill on the Tine.
- Marvel at the magnificent panorama from the Pointe de Bellevue.
- Catch an authentic cheese-making demonstration at an alpine dairy.
- Take the ferruginous waters at the Eau Rouge spring on the Bridges Trail.
- Zip up the slopes on an electric bike for an (almost) sweat-free summit push.
- Flash your Illeiez Card for mountains of free and discounted activities.
- Soar to new heights on a paragliding flight or a treetop adventure course.
- Capture a cute marmot... on camera.
- Spend a lazy afternoon in a poolside paradise.
- Climb aboard a cogwheel train for a whistle-stop tour of the Illeiez Valley.
- Admire the afterglow on the Dents du Midi.
- Wet your whistle with a mountain thirst quencher from the Twenty Six craft beer brewery.



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> WANDERLUST

Hiking & Trail running

Forget tiptoeing through the tulips! Up here, you can splash through icy streams, lounge by a limpid lake, skip along a ridgeline, scramble to a summit—unless you're stopped in your tracks, gobsmacked by the view. From the gentle sway of flower-filled meadows to the stark drama of craggy peaks, the contrasts are wild—and totally wondrous.

Whether you ride the lifts or head out under your own steam, every trail leads somewhere magical. Around each bend: a centuries-old alpine hut or a traditional chalet with its steep, bellows roof, perfect for a refreshing pick-me-up. Guzzle a cold drink, tuck into a plate of local cheese, or stay the night and never mind getting home in time for dinner!

LIVESTOCK GUARD DOGS

Given the presence of predatory animals such as lynx and wolves in the Alps, many farmers use guard dogs to protect their herds of livestock. These dogs live with the herds and have an instinctive urge to safeguard them from any exterior threat, including humans. Their protective behaviour manifests with an aggressive attitude and powerful barking which will continue until the perceived threat is at an acceptable distance. The intent is not necessarily to attack but to dissuade.

Here are a few useful tips to keep in mind when you come across a herd with a guard dog:

- ▶ Stay calm and move slowly so the dog will realise you are not a threat to its herd.
- ▶ Avoid disturbing the herd. Keep your distance and, if possible, bypass the animals entirely.
- ▶ If the guard dog follows you, ignore him—he will soon return to his flock.
- ▶ If you are running or walking, slow down and avoid sudden movements. Never provoke the dogs by waving your hands or a stick.
- ▶ If you are riding a bike, get off and walk next to it.
- ▶ Never feed or attempt to pet the dogs.
- ▶ Avoid nighttime hikes. At night, guard dogs are particularly protective.

We strongly discourage hiking with dogs in areas where guard dogs are present. Guard dogs will perceive other dogs as a threat and react accordingly.

Rules to remember when hiking with dogs:

- ▶ Your dog should always be on a lead.
- ▶ Never try to cross through a herd of livestock with your dog.
- ▶ Go around any herds you encounter, leaving as wide a berth as possible.
- ▶ If there is a confrontation between your dog and a guard dog, let go of your dog's lead. They will quickly establish a hierarchy.
- ▶ If you feel your safety is at risk, turn and go back the way you came.

For more information

- > cpt-ch.ch
- > protectiondestroupeaux.ch



Interactive map
of guarded herds



MULTI-DAY HIKING TOURS

The GR5 →

Linking the North Sea to the Mediterranean, the GR5 extends over a staggering 2,600 km straight through the heart of Europe, traversing Holland, Belgium, Luxembourg, Switzerland, and France. This legendary itinerary, known as the Grande Traversée des Alpes, is the most famous long-distance hike in the world.

- ▶ Distance: 2,600 km
- ▶ Hiking time: 90 - 105 days
- ▶ Difficult
- ▶ gr5.fr

The Tour des Dents Blanches ↻

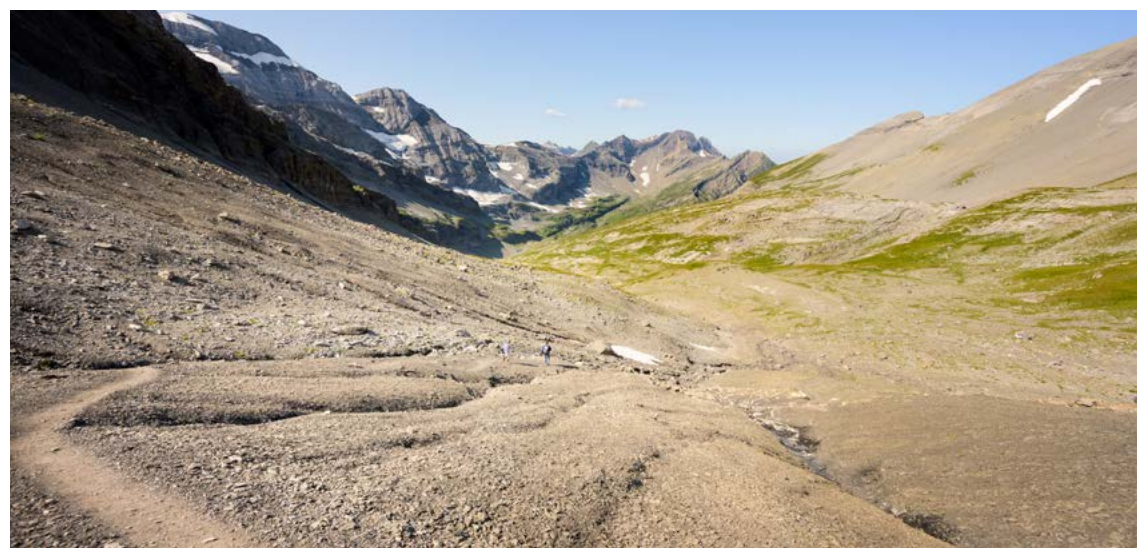
Leapfrogging over the border separating the French Haute-Savoie from the Swiss Valais and circumnavigating a 2-kilometre-long segment of the Giffre Massif, this multi-day hike appeals to mountaineers, history buffs and nature-lovers alike. With deliciously challenging topography and a wealth of wildlife, the Dents Blanches are also redolent with lore and legend, home to the legendary *contrebandiers* of old.

- ▶ Distance: 45 km
- ▶ Hiking time: 3 - 5 days
- ▶ Elevation gain: 4,200
- ▶ Difficult
- ▶ tour-dentsblanches.com

The Tour des Dents du Midi ↻

The rugged, 3-kilometre-long silhouette of the Dents du Midi Massif dominates the Illiez and the Rhone valleys with 7 jagged summits, all over 3,000 metres high. One of the oldest hiking trails in Valais, this tour offers the best of the Alps, from exuberant, flower-filled meadows to dense forests to the stark majesty of glacier-scraped peaks.

- ▶ Distance: 46 km
- ▶ Hiking time: 3 - 4 days
- ▶ Elevation gain: 3,350 m D+/-
- ▶ Difficult
- ▶ dentsdumidi.ch



The Tour du Ruan ↻

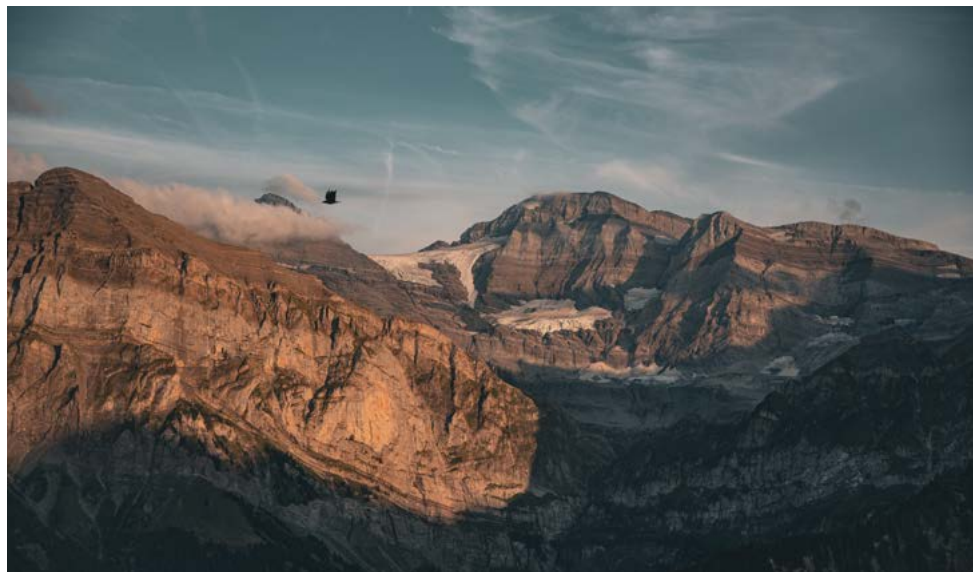
Perched in the Alps between Haute-Savoie and Valais, this hiking tour is a mix of high-mountain trails and gentler footpaths. Along the way, you'll enjoy spectacular views of the Bernese Alps, the Rhône plain, the Valais Alps, the Mont Blanc Massif, the Chablais and the Jura. One highlight of the route is a stretch with around 800 fossilised dinosaur tracks—over 230 million years old!

- ▶ Distance: 62 km
- ▶ Hiking time: 4 - 5 days
- ▶ Elevation gain: 5,500 m D+/-
- ▶ Difficult
- ▶ tourduuan.com

The Tour de la Vallée d'Illiez ↻

The Tour de la Vallée d'Illiez winds its way past iconic peaks and passes—Dents du Midi, Dents Blanches, Col de Cou, Bretolet, Chavanette and the legendary Portes du Soleil. This rich, varied route takes you from wild landscapes to lived-in places, linking remote trails with lively villages and quiet hamlets where you'll catch glimpses of local life and soak up the region's warm welcome.

- ▶ Distance: 66 km
- ▶ Hiking time: 3 - 5 days
- ▶ Elevation gain: 3,780 m D+/-
- ▶ Moderate
- ▶ regiondentsdumidi.ch



The Tour des Portes du Soleil ↻

The iconic Portes du Soleil Pass above Les Crosets lends its name to this vast alpine playground shared by 14 mountain villages. The trail weaves through flower-filled pastures and hops the border more than once—now in Haute-Savoie, now in Valais.

- ▶ Distance: 110 km
- ▶ Hiking time: 7 days
- ▶ Elevation gain: 6,700 m D+/-
- ▶ Difficult
- ▶ portesdusoleil.com



INTERPRETIVE TRAILS

The Belle Etoile Alpine Suspension Bridge Champéry ↻

This graceful alpine footbridge is 55 metres long and hangs 25 metres above the Saufila River, facilitating a treacherous passage between the Rossétan and Bonavau pastures on the Dents du Midi trail.

Five educational panels explore glacial retreat, geology, hydrology, hydroelectricity, and groundwater.

- ▶ Distance: 9 km
- ▶ Hiking time: 3h30
- ▶ Elevation gain: 600 m D+/-
- ▶ Moderate
- ▶ passerelle-belle-etoile.ch

The Water Trail → Champéry | Val-d'Illiez | Troistorrents | Monthey

The name Val d'Illiez comes from an old expression in the ancient dialect, Vau de Lie, meaning Valley of Water. This trail follows the flow of the rivers, streams, waterfalls, and springs that feed into the Vièze River between Champéry and Monthey. You will explore the vital role water plays here and the numerous ways we use it and protect it. *Easily accessed by public transport, this trail can be done in stages thanks to train stops along the way.*

- ▶ Distance: 20 km
- ▶ Hiking time: 6h (return by train)
- ▶ Elevation gain: 600 m D+ / 1,250 m D-
- ▶ Easy to Moderate

The Smugglers' Trail - Champéry (Barme)

Follow Séraphin the Smuggler and learn about his life, his chalet, and his beloved mountains. He will enthral you with the stories, secrets, and a few lively anecdotes about our legendary contrebandiers. This trail system is made up of 4 different routes of varying length and difficulty.

- ▶ Distance: 2 - 10 km
- ▶ Hiking time: 1h - 3h30 (varies by trail)
- ▶ Elevation gain: 60 - 710 m D+/-
- ▶ Easy to Moderate

The Oratory Trail - Champéry

This captivating ramble takes you by several small stone monuments placed here and there along the roadsides. Built by our ancestors to implore divine protection, or in fulfilment of a vow, these miniature chapels are an integral part of our landscape and heritage and a gentle invitation to peaceful reflection.

- ▶ Distance: 22.5 km
- ▶ Hiking time: 7h
- ▶ Elevation gain: 1,150 m D+/-
- ▶ Moderate

The 'Légende de Frâchette' Trail - Champoussin

Delve into a captivating fairy tale, dreamed up in the collective imagination of the Illiez Valley schoolchildren. This interpretive trail for families features Frâchette, a brave young girl who sets out for adventure through an enchanted forest. Interpretive panels along the route showcase the region's rich flora and fauna and provide a delightful challenge for adventurous explorers of all ages. Look for the brochure in Champoussin shops.

- ▶ Distance: 6 km
- ▶ Hiking time: 2h30
- ▶ Elevation gain: 390 m D+/-
- ▶ Easy to Moderate
- ▶ villagefeerique.com



The Bridges Trail - Morgins

The Bridges Trail leapfrogs back and forth over the burbling Vièze River in Morgins. Crossing 32 little bridges along the way, this walk in the woods uniquely fun and perfectly refreshing.

- ▶ Distance: 5 km
- ▶ Hiking time: 1h30
- ▶ Elevation gain: 130 m D+/-
- ▶ Easy

The Bee Trail - Morgins

This trail offers a fascinating peek into the secret life of bees. Along the banks of the Vièze, 20 signs explain how a hive works, what beekeepers do, and why bees matter. The walk ends at the queen fertilisation station in Tovassière, home to the hardy Buckfast variety. On your way back, follow the Planetary Trail along the alpine road—or detour via Fécon. Check out the new augmented reality game for the Bee Trail on p. 47.

- ▶ Distance: 10 km
- ▶ Hiking time: 2h45
- ▶ Elevation gain: 300 m D+/-
- ▶ Moderate

The Rainbow Waters Trail - Morgins

Heading upriver from Morgins to the Portes du Soleil Pass, you'll see that the water changes colour; alternately red, blue, yellow, white, and green! Along the way, 9 educational panels explain where these colours come from and how water and minerals interact.

- ▶ Distance: 16 km
- ▶ Hiking time: 5h15
- ▶ Elevation gain: 830 m D+/-
- ▶ Difficult
- ▶ lescouleursdeleau.ch

Culture Trails - Troistorrents

Troistorrents' 4 cultural trails showcase the rich architectural heritage found here in the largest of the valley's villages. You'll pass by an old mill, clamber through torturous river gorges, visit romantic oratories and chapels, and perhaps even tiptoe over the intriguingly named Devil's Bridge.

- ▶ Distance: 4.5 - 7 km (varies by trail)
- ▶ Hiking time: 1h30 - 2h30
- ▶ Elevation gain: 160 m - 550 m D+/-
- ▶ Easy to Moderate



OUR FAVOURITE HIKES

Galerie Défago · Champéry

The Galerie Défago is a historic and much-loved trail, carved into the sheer cliffs opposite Champéry. This secure path offers sweeping views over the village and the lush Illiez Valley, with the church spires of Val-d'Illiez and Troistorrents rising in the distance. However you choose to walk it, you'll find welcoming mountain cafés and restaurants along the way—perfect for a well-earned break.

- ▶ Distance: 6 km
- ▶ Hiking time: 2h
- ▶ Elevation gain: 260 m D+/-
- ▶ Easy

Croix de l'Aiguille · Champoussin | Les Crossets

This rocky promontory halfway between Les Crossets and Champoussin offers panoramic views over the whole Illiez Valley.

- ▶ Distance: 5 km
- ▶ Hiking time: 2h (from Frâchette)
- ▶ Elevation gain: 320 m D+/-
- ▶ Easy

Find route descriptions and downloadable maps online. For GPS guidance, the free Swisstopo app is your ideal trail companion!



Sur Crête · Val-d'Illiez

With the Dents du Midi and Dents Blanches firmly in your sights, the climb to the chalets of Sur Crête is as inspiring as the final, panoramic views are rewarding. The descent through the Merenes forest is deeply restorative — cool air and dappled light filtering through quiet clearings in the trees.

- ▶ Distance: 6.5 km
- ▶ Hiking time: 2h30
- ▶ Elevation gain: 500 m D+/-
- ▶ Moderate

Le Pont du Diable · Troistorrents

This easy, family-friendly loop crosses the Vièze River Gorge twice—just perfect for hot summer days. From Troistorrents, head down a steep path through lush vegetation, following the sound of the cascading river to the Devil's Bridge. Built in 1936, this iconic stone bridge allows you to cross over to the hamlet of Chenarlier. From here, follow the trail to the suspension footbridge (185 m long, 75 m high) to return to Troistorrents.

- ▶ Distance: 2 km
- ▶ Hiking time: 1h15
- ▶ Elevation gain: 240 m D+/-
- ▶ Easy

Savolaire · Morgins

Perched above the village of Morgins, in full view of the Dents du Midi, the Vaud Alps and the Rhone Valley, this easy hike traverses sunny meadows and sheltered forest paths. This is the heartland of traditional Valaisan life.

- ▶ Distance: 6.5 km
- ▶ Hiking time: 2h15
- ▶ Elevation gain: 350 m D+/-
- ▶ Moderate



Wildlife Observation Post (in summer)

Situated just below the Lapisa Alpage, this outlook point is equipped with binoculars for observing wildlife from a safe distance. Don't forget to scan the skies as well—you might be lucky enough to spy a rare bearded vulture circling lazily on the alpine currents.



RUNNING

Parcours VITA · Champéry | Morgins

Swap the gym for the great outdoors on the VITA fitness trail. Run from station to station through the forest, building mobility, strength and endurance in the fresh mountain air.

- ▶ +41 (0)24 479 05 50 (Champéry)
- +41 (0)24 477 23 61 (Morgins)
- Region Dents du Midi tourist offices

Trail Running · Portes du Soleil

Trail running is, quite simply, cross-country distance running on rugged terrain. With over 470 km of marked trails and chairlifts to link the itineraries, this is the perfect playground for beginner and expert 'trailers' alike. Take off for adventure—the Alps are yours for the conquering!

- ▶ + 470 km trails
- ▶ 45 marked itineraries
- ▶ 25 lifts
- ▶ Illiez Card & Multi Pass activity
- ▶ regiondentsdumidi.ch/trail





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> WANDERLUST

Cycling & e-biking

In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this is Europe's biggest bike park! Over 600 km of marked trails cover an endless network of mellow backcountry roads, sinuous singletracks, formidable mountain passes, or gnarly downhill bike park runs. With a little help from an electric mountain bike or by catching a ride on one of the chairlifts open in summer, you can really head for the hills and eat up the miles.

Along the way, you'll find over 400 delightful chalets, countless sparkling mountain lakes and an unlimited number of breathtakingly beautiful panoramic vistas!

DOWNHILL

The Champéry–Les Crosets–Morgins bike park is a bucket-list stomping ground for downhill devotees. The domain serves up a variety of trails — fast sections, technical sequences, roots, rocks and 'dreamy vert berms' — to keep even the most seasoned shredder's adrenaline pumping. The legendary World Cup trail at Champéry, known for its gut-clenching steepness and gnarly terrain, perfectly embodies the DNA of the whole domain: intense, authentic and totally addictive.

Champéry - Les Crosets Area

- ▶ 6 trails:
 - World Cup, Chevreuil, Crosets, Grand-Conche, Loquet, Sundance
- ▶ Moderate to expert

Morgins Area

- ▶ 4 trails:
 - Tobogane, Madzé, Çarigole, Quatreans
- ▶ Moderate to difficult

MTB

Parcours UCI - Les Crosets

Enduro biking can be described as 'enduring' the uphill climb so that you can enjoy a maximum of downhill rides. This itinerary between Les Crosets and Champoussin offers a little of both, for a satisfyingly rewarding stomp through pastures and over rushing streams, with a view of the Dents du Midi.

- ▶ Distance: 15 km
- ▶ Elevation gain: 540 m D+/-
- ▶ Duration: 2h
- ▶ Moderate

Bonavau Trail - Morgins

You'll feel the burn pedalling to the top of the Foilleuse by the forest road, but the gain is well worth the pain! The view of the Dents du Midi is simply spectacular and the enduro trail via Pertuis Chétrain and Bonavau is one heck of a ride! *(Take care, this is a shared biker-hiker trail.)*

- ▶ Distance: 18.5 km
- ▶ Elevation gain: 760 m D+/-
- ▶ Moderate

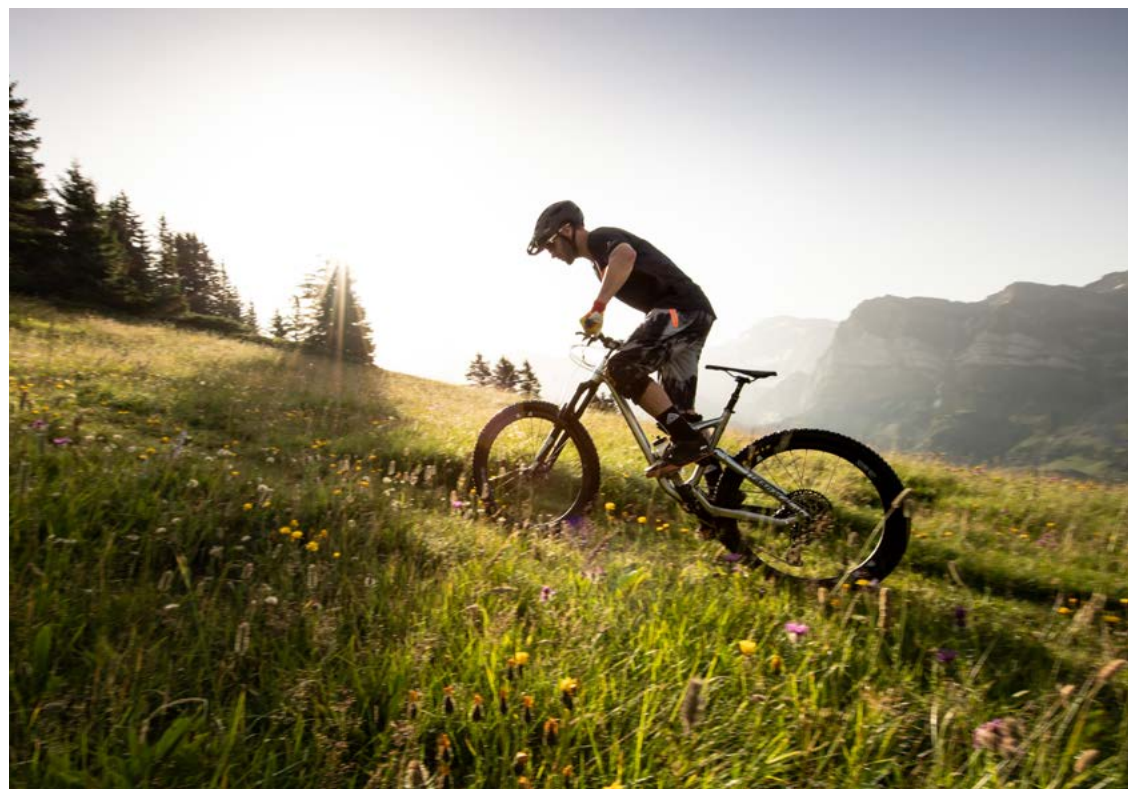
They Valley Trail - Morgins

This bucolic itinerary runs parallel to the Vièze River, through the sunny pastureland nestled in the They Valley—a veritable alpine paradise dotted with stunning waterfalls and striking black Hérens cows.

- ▶ Distance: 12 km
- ▶ Elevation gain: 400 m D+/-
- ▶ Duration: 2h
- ▶ Easy

Pumptrack - Champéry (Grand Paradis)

A pumptrack is a looping trail of bumps and banked turns that provide hours of fun and allow beginner and expert bikers alike to improve their technique and gain confidence. *From mid May to mid October.*



E-BIKE

E-biking is an eco-friendly way to explore the Alps with a minimum of sweat and effort. In the Portes du Soleil you'll find more than 350 km of marked trails, with battery charging stations (Bosch chargers & plug sockets) along the way.

Le Grand 8 Champéry | Champoussin | Les Crosets | Morgins

In French jargon, a Grand 8 is roller-coaster. This looping ride will take you up hill and down dale and through 4 villages of the Illiez Valley, hitting the sweet spot between fun and hard work. Battery charging stations throughout the area will keep you going even on the longest rides.

- ▶ Distance: 48 km
- ▶ Elevation gain: 1,100 m D+ / 2,040 m D- (With an up-trip on the Champéry cable car)
- ▶ Moderate
- ▶ regiondentsdumidi.ch

More biking information



ROAD CYCLING

Region Dents du Midi and the city of Monthey have joined forces to create an official network of road cycling routes. These itineraries wend their way along back roads through Choëx, Troistorrents, Val-d'Illiez and Champéry before heading towards the passes in Champoussin and Morgins.

Monthey - Chenarlier - Champéry

- ▶ Distance: 18.5 km
- ▶ Elevation gain: 740 m D+ / 70 m D-

Champéry - Sur Cou - Col de Champoussin

- ▶ Distance: 9 km
- ▶ Elevation gain: 590 m D+ / 30 m D-

Val-d'Illiez - Col de Champoussin

- ▶ Distance: 9 km
- ▶ Elevation gain: 650 m D+ / 10 m D-

Troistorrents - Pas de Morgins

- ▶ Distance: 11.5 km
- ▶ Elevation gain: 640 m D+ / 10 m D-

Morgins - Chanso - Portes de Culet

- ▶ Distance: 8 km
- ▶ Elevation gain: 570 m D+ / 40 m D-

Valais Vélo Tour (stage 8) Verbier - Champéry

- ▶ Distance: 105 km
- ▶ Elevation gain: 2,710 m D+ / 3,150 m D-

Valais Vélo Tour (stage 9) Champéry - Le Bouveret

- ▶ Distance: 56 km
- ▶ Elevation gain: 1,130 m D+ / 1,780 m D-



Bike / MTB / E-Bike map available at tourist offices or online at regiondentsdumidi.ch





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> WILD SPACES

'Just living is not enough. One must have sunshine, freedom, and a little flower.'

Hans Christian Anderson

LAKES

Lac Vert · Les Crosets

Just a stone's throw from the French border and the Portes du Soleil Pass which gave this area its name, this placid, green-tinted lake is one of the Portes du Soleil's loveliest natural sites and a great fishing hole.

- ▶ Access: on foot | by bike | with lifts
- ▶ Hiking time:
 - from Les Crosets: 3h15 ↻
 - from Croix de Culet: 3h30 ↔
- ▶ Elevation gain:
 - from Les Crosets: 580 m D+/-
 - from Croix de Culet: 620 m D+/-
- ▶ Food & drink: on site

Lac de Morgins · Morgins

This peaceful lake is more than just a perfect spot for a summer picnic, it is also one of the region's most important biotopes and a vital wetlands preserve. The Lac de Morgins is listed in the federal inventory of amphibian reproductive zones.

- ▶ Access: on foot | by bike | by car
- ▶ Hiking time: 1h ↔
- ▶ Elevation gain: 60 m D+/-
- ▶ Food & drink: 1.5 km

SPRINGS

La Source de Rumières · Champéry

Built in 1900, the Rumières Spring has earned an almost mythical reputation over the past century. Even today, people come from far and wide to fill up on water that—magical powers or not—is undeniably refreshing.

- ▶ Access: on foot | by bike | by car | with public transport
- ▶ Hiking time: 10 min. from the village centre
- ▶ Food & drink: 500 m

Lacs d'Antème · Val-d'Illicz

Perched at the foot of the northwest face of the Haute Cime and flanked by the soaring limestone walls of a natural amphitheatre, these two pristine glacial lakes invite weary hikers to stop a while and contemplate the awesome beauty of the Alps.

- ▶ Access: on foot
- ▶ Hiking time:
 - from Tière (Val-d'Illicz): 4h45 ↻
 - from La Frâche (Champéry): 4h45 ↻
 - from Grand-Paradis (Champéry): 5h15 ↔
- ▶ Elevation gain:
 - from Tière: 900 m D+/-
 - from La Frâche: 900 m D+/-
 - from Grand-Paradis: 1,040 m D+/-
- ▶ Food & drink: on site

Lac de Soi · Val-d'Illicz

The aquamarine jewel in the Dents du Midi's crown, this crystalline alpine lake is set in an improbable labyrinth of stone artwork, as if surrounded by the ruins of a fairy tale civilization. The strenuous hike is well worth the glorious surprise that awaits you here!

- ▶ Access: on foot from Plan Soi (Les Rives road)
- ▶ Hiking time: 5h15 ↔
- ▶ Elevation gain: 1,100 m D+/-

L'Eau Rouge · Morgins

Morgins' famous 'Red Waters' get their name from the iron-rich spring that stains this stretch of the Vièze River a brilliant orange and deep ochre. As early as 1820, travellers came from far and wide to 'take the waters', putting Morgins on the map as a destination for health and well-being.

- ▶ Access: on foot | by bike
- ▶ Hiking time: 25 min. from the entry to the They Valley ↔
- ▶ Elevation gain: 30 m D+/-
- ▶ Food & drink: 500 m



WATERFALLS

Cascade de la Saufla - Champéry

Saufla, a word in our local dialect meaning 'breath', refers to a constant breeze created by the torrential swirls of this river as it tumbles 600 metres down the mountains and through abrupt gorges before crashing to a halt in a majestic waterfall near Grand Paradis.

- ▶ Access: on foot
- ▶ Hiking time: 50 min. from Grand Paradis ↔
- ▶ Elevation gain: 100 m D+/-
- ▶ Food & drink: 1 km

Cascade de Frassenaye - Val-d'Illicz

Located on the path to the Lac de Soi, this tumultuous waterfall is one of the most noticeable cascades in the Dents du Midi. Just a short hike from the Route des Rives, this waterfall provides a majestic spectacle and a cool destination on a hot summer day.

- ▶ Access: on foot
- ▶ Hiking time: 15 min. from Plan Soi (Les Rives road) ↔
- ▶ Elevation gain: 50 m D+/-
- ▶ Food & drink: 2.5 km

Les Fontaines Blanches - Morgins

These powerful waterfalls gush straight out of a cliff face in the pastoral They Valley at an altitude of 1,700 metres. This natural phenomenon occurs when groundwaters overflow out of a network of galleries eroded deep inside the limestone cliffs over the centuries by filtering rainwater. A nearby detour will take you to the Fontaines Jaunes waterfalls as well.

- ▶ Access: on foot | by bike
- ▶ Hiking time: 30 min. from the They Road ↔
- ▶ Elevation gain: 100 m D+/-
- ▶ Food & drink: 1.5 km



PEAKS

La Croix de Culet (1,963 m) · Champéry

From the Croix de Culet, above the Champéry-Planachaux cable car arrival station, the panorama of surrounding summits is quite simply awe-inspiring. In one fell swoop, you'll get a bird's eye view of the Dents du Midi and Dents Blanches, the Ruan Glacier, the Col de Cou Pass, the Portes du Soleil Pass, the Illiez Valley and the Rhône Plain.

- ▶ Access: on foot | with lifts
- ▶ Hiking time:
 - from Champéry: 5h ↔
 - from Les Crosets: 2h ↻
- ▶ Elevation gain:
 - from Champéry: 1,000 m D+/-
 - from Les Crosets: 330 m D+/-
- ▶ Food & drink: on site

La Pointe des Mossettes (2,277 m) · Les Crosets

The highest point in the Swiss Portes du Soleil, this burly summit straddles the Franco-Swiss border. For a truly international experience, ride the 4-man chairlift from the summit down in the direction of Avoriaz. You'll sit down in Switzerland and stand up in France!

- ▶ Access: on foot | by bike | with lifts
- ▶ Hiking time: 3h15 from Les Crosets ↻
- ▶ Elevation gain: 600 m D+/-
- ▶ Food & drink: on site

La Haute Cime (3,257 m) · Val-d'Illiez

The Haute Cime reigns unchallenged as King of the Mountains in Region Dents du Midi. Often summited as part of a two-day hike, this climb is truly a once-in-a-lifetime experience.

- ▶ Access: on foot
- ▶ Hiking time: 12h from Champéry ↔
- ▶ Elevation gain: 2,500 m D+/-
- ▶ Food & drink: 4 km

La Pointe de l'Au (2,152 m) · Champoussin

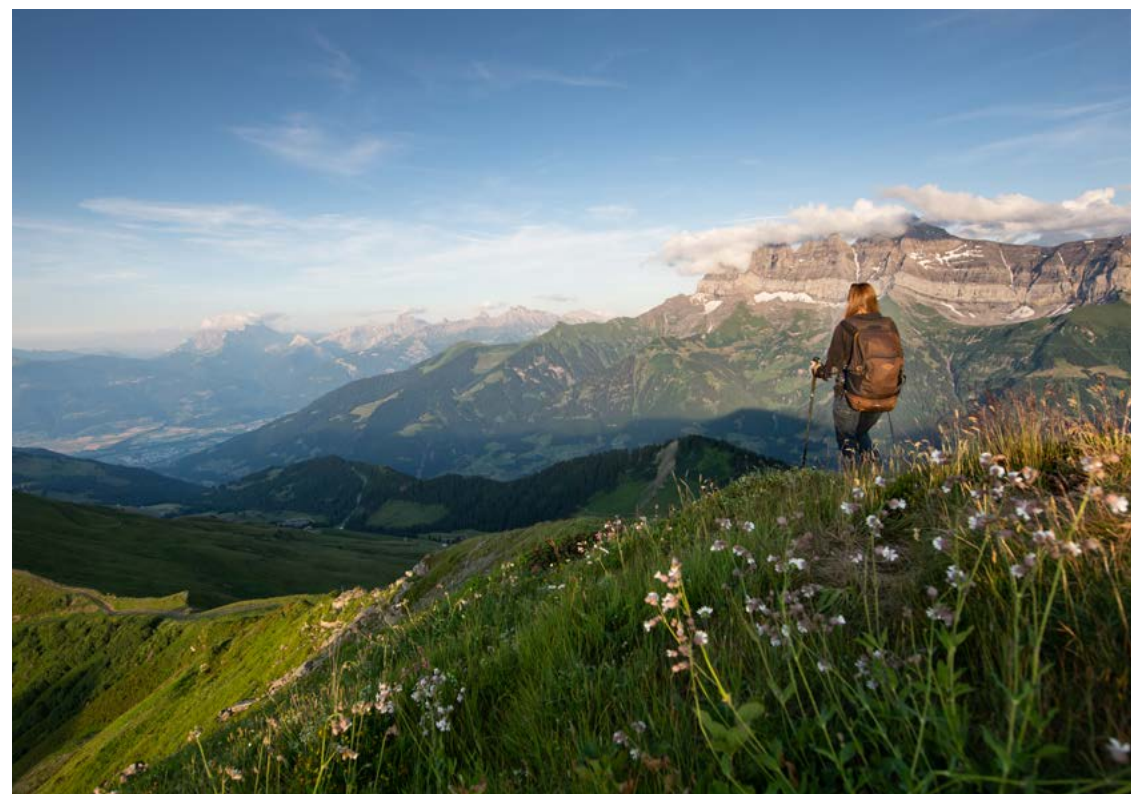
The breathtaking view from this panoramic 'Pointe' halfway between Champoussin and Les Crosets includes the Dents du Midi, the Swiss Portes du Soleil, and the Vaud Alps.

- ▶ Access: on foot
- ▶ Hiking time:
 - from Champoussin: 3h30 ↻
 - from Les Crosets: 2h30 ↔
- ▶ Elevation gain:
 - from Champoussin: 600 m D+/-
 - from Les Crosets: 500 m D+/-
- ▶ Food & drink: 3.5 km

La Pointe de Bellevue (2,041 m) · Morgins

Standing sentinel over Morgins, the Pointe de Bellevue is a rocky summit with never-ending 360° views. A summit table at the top displays one of the Alps' most spectacular panoramas—including the Chablais and Jura Alps, the Dents du Midi, the Grand Combin, Lake Geneva, and the icy bulk of Mont Blanc.

- ▶ Access: on foot
- ▶ Hiking time:
 - from Morgins village: 3h45 ↔
 - from Chanso: 2h30 ↔
- ▶ Elevation gain:
 - from Morgins village: 750 m D+/-
 - from Chanso: 500 m D+/-
- ▶ Food & drink: 3 km





Tête de Chain 2595

Cime de l'Est 3178

La Forteresse 3164

La Cathédrale 3160

L'Eperon 3114

Dent Jaune 3186

Les Doigts 3210

Haute Cime 3257

LES DENTS DU MIDI

Tinderray 2134

L'Eglise 2767

Tour Salière 3220

Dent de la Chaux 2616

Dent de Rossetan 2616

Grand Mont Ruan 3057

Petit Ruan 2845

Pic de Tenneverge 2989

Le Buet 3098

Mont Blanc 4805

Dent de Bonnavau 2503

Mont Sagerou 2674

Croix de Barne 2756

Dent du Signal 1962

Corne du Taureau 2727

Aiguille des Champeys 2630

LES DENTS BLANCHES



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> COME ONE, COME ALL

Star Attractions

With the Illiez Card in hand and a vast summer lift network, Les Portes du Soleil is your gateway to endless alpine adventures. Enjoy mountains of free activities and deep discounts to help you make the most of your summer.

And for a change of pace, dive into one of our wildly fun escape games. Designed to be shared—and seriously addictive—they'll tickle your imagination and whisk you away on a whirlwind of mystery and make-believe.

LIFT TICKETS

Swiss Area

- ▶ MTB transportation included
- ▶ 4 lifts

Champéry cable car or Morgins gondola

	adult	child	junior senior
↑	14.-	10.-	12.-
↑↓	24.-	18.-	22.-

Crosets 8 chairlift or Mossettes chairlift

	adult +16	child
↑	12.-	9.-
↑↓		

Walkers (bikes excluded) with an:

- ▶ **Illiez Card:**
 - Swiss area (4 lifts)
 - Day pass > 15.-
 - with an annual Illiez Card : summer pass > 50.-
- ▶ **Multi Pass:**
 - Swiss & French area
 - Day pass > 18.-
 - Summer pass > 120.-/adult 95.-/child

Crosets + Mossettes lifts > included
 Champéry cable car & Morgins gondola
 > -30%

Portes du Soleil (Switzerland & France)

- ▶ MTB transportation included
- ▶ 25 lifts

ticket window

	adult	child	junior senior
5 hours	41.-	31.-	37.-
1 day	45.-	34.-	41.-
2 days	86.-	65.-	77.-
3 days	128.-	96.-	115.-
4 days	162.-	122.-	146.-
5 days	203.-	152.-	183.-
5 x 1 day	225.-	170.-	205.-
6 days	230.-	173.-	207.-
7 days	268.-	201.-	241.-
8 days	306.-	230.-	275.-
9 days	324.-	243.-	292.-
10 days	338.-	254.-	304.-
11 days	371.-	278.-	334.-
12 days	405.-	304.-	365.-
13 days	439.-	329.-	395.-
season	447.-	335.-	402.-

internet (pds-ch.ch)

	adult	child	junior senior
5 hours	37.-	28.-	33.-
1 day	41.-	31.-	37.-
2 days	78.-	59.-	70.-
3 days	117.-	88.-	105.-
4 days	148.-	111.-	133.-
5 days	185.-	139.-	167.-
5 x 1 day	205.-	155.-	185.-
6 days	209.-	157.-	188.-
7 days	244.-	183.-	220.-
8 days	279.-	209.-	251.-
9 days	295.-	221.-	266.-
10 days	308.-	231.-	277.-
11 days	338.-	254.-	304.-
12 days	369.-	277.-	332.-
13 days	400.-	300.-	360.-
season	447.-	335.-	402.-

Obligatory chip card > CHF 5.- (non-refundable but reusable).

Duration

5 hours > valid from the 1st passage

Age categories (ID documents required)

Adult > 26 - 64 yrs · Senior > 65+ yrs
 Junior > 16 - 25 yrs · Child > 5 - 15 yrs
 Children under 5 must be in possession of a ticket, issued free of charge with proof of age.

Family / Group

(same duration, single payment):
 > From 4 paying persons (Pass Tribu) > approx -10%, from 4 consecutive days
 > Groups of 13 or more > prices on request



LIFT TIMETABLE

All hours are subject to modification. In case of inclement weather, schedules may be reduced, and/or installations closed for safety.

Champéry - Croix de Culet | cable car

First run at 08:45, then 09:00, then every 30 minutes until 16:30 (last run at 16:45, or 17:15 depending on the season)

14.05 - 14.06	weekends + 14, 15, 25.05 + 4, 5.06	08:45 - 16:45
20.06 - 25.06	daily	08:45 - 16:45
26.06 - 30.08	daily	08:45 - 17:15
31.08 - 21.09	daily	08:45 - 16:45
26.09 - 04.10	weekends	08:45 - 16:45
10.10 - 25.10	daily	08:45 - 16:45

Morgins | Foilleuse gondola

01.07 - 30.08	daily	08:45 - 17:15
31.08 - 21.09	daily	08:45 - 16:45
26.09 - 04.10	weekends	08:45 - 16:45
10.10 - 25.10	daily	08:45 - 16:45

Les Crosets | Crosets 8 chairlift

26.06 - 30.08	daily	09:00 - 16:45
05.09 - 20.09	weekends + 21.09	09:00 - 16:45
26.09 - 25.10	weekends	09:00 - 16:20

Les Crosets | Mossettes chairlift

26.06 - 30.08	daily	09:00 - 16:45
05.09 - 20.09	weekends + 21.09	09:00 - 16:45

Portes du Soleil | France

Lifts open non-stop 26 June – 30 August 2026. Outside these dates, see portessusoleil.com





DENTS DU MIDI
3257m

DENTS BLANCHES
2756m

MONT BLANC
4808m

POINTE PERCÉE
2763m

+ Champéry
1050m

+ Les Crosets
1680m

+ Avoriaz
1800m

+ Morzine
1000m

+ Les Gets
1172m

+ Champoussin
1580m

+ Morgins
1350m

+ La Chapelle
d'Abondance
1020m

+ Abondance
930m

+ Morzine
1000m

+ Saint-Jean-d'Aulps
800m

+ Torgon
1100m

+ Mont Linleu
2095m

+ Cornettes de Bise
2432m

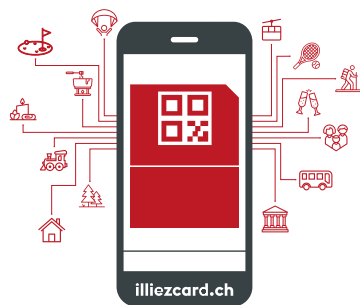
+ Mont Chauffé
2085m

+ Pic de la Corne
2084m

Loc Léman (Lake Geneva)

Evian-les-Bains

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, discover new experiences — cultural, sporting, gastronomic or simply restorative — and savour every moment.

Valid year-round, the Illiez Card unlocks activities for every season. Fully digital and always in your pocket, just flash your QR code and you're good to go.

With the Illiez Card, it's free* to:

- > Take a dip in a village pool
- > Work up a sweat on the tennis courts
- > Hang tight at an indoor climbing wall
- > Go for a hole-in-one with a game of minigolf
- > Take in a concert or a play
- > Cultivate your artistic side at museums and historical sites
- > Take a ride with public transport and cute tourist

* Depending on conditions, benefits may differ for visiting guests, second-home owners, and residents.

And that's not all! On top of all these free activities, the Illiez Card provides attractive discounts on a wide selection of activities: lifts, dog sledding, high ropes courses, escape games, bike hire, spas... plus exclusive perks with selected local businesses.

If you want to make the most of the French side of the Portes du Soleil, the Illiez Card gives you 10% off the Multi Pass:

- > day pass CHF 16.20 (flat rate)
- > season pass CHF 108.-/adult or 85.50/child

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 after May 2027 onwards).
- > **New to the area? Recently settled in Champéry, Val-d'Illiez, Troistorrents, Monthey or Colombey-Muraz?**
Your Illiez Card is complimentary for your first year, valid for twelve months from your date of registration with the residents' office.

ESCAPE GAMES

Orienteering - Region Dents du Midi

Head out for adventure on one of our 6 orienteering courses! Guided by a mobile app, you'll scan different QR codes along the way to check off positions and validate times. This is an excellent challenge for improving map-reading skills but, above all, it's a fun experience for participants of all levels to share with family or friends.

- > Download the FixFinder app for free
Orienteering map free available at the tourist office or online
- > +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins) · regiondentsdumidi.ch
Region Dents du Midi tourist offices

Buzzbee vs Mordax game - Morgins

This augmented reality romp in the great outdoors is fun for the whole family and perfect for kids aged 8 to 12. Team up with Buzzbee and experience a day in the life of a busy worker bee. But watch out... Mordax, the fearsome Asian hornet, is lurking nearby and is plotting to foil you at every turn!

- > Easy riverside trail > 10 km ↔
- > Buzzbee vs Mordax download > 25.- per family (6 people)
Game also available in English
- > Illiez Card activity
- > +41 (0)24 477 23 61 · escapelife.ch
Société d'Apiculture de Monthey

Region Dents du Midi Explor Games® Champéry | Champoussin | Les Crosets | Morgins

Hop on your e-bike, hit the trails, climb the mountains, and stay out of the traps! This immersive adventure game is part orienteering course and part outdoor escape game. Guided by a mobile app, participants quest for clues in an imaginary world across Region Dents du Midi. An unforgettable experience to enjoy with your family, colleagues, or friends!

- > E-bike version (summer): 3 itineraries
Walking version (summer & winter):
1 easy itinerary
- > Free smartphone app RDDM Explor Games®
· 10.- per map (for 1 - 5 players) available at the tourist office
· Purchase 2 maps and get the 3rd for free!
- > Illiez Card & Multi Pass activity
- > +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins) · regiondentsdumidi.ch
Region Dents du Midi tourist offices





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> COME ONE, COME ALL

The Favourites

Turquoise pools, red clay tennis courts and gleaming silver petanque balls; in Region Dents du Midi, summer comes in glorious technicolour! So slip on your shades and get ready to be tickled pink by some fun in the sun.

OUTDOOR POOLS

When summer heats up the Alps, nothing beats a dip in the pool to cool down. Add a monumental mountain backdrop, velvety green lawns, and colourful parasols, and you might just think you've landed in the mythical valley of Shangri-La.

Palladium - Champéry

This verdant oasis nestled against a backdrop of the Dents du Midi and Dents Blanches Mountains features a 30 m pool and a paddling pool for the little ones. Water temp is ~ 27°C.

- ▶ Detailed opening hours on the website
- ▶ Adult > 8.- | Child > 6.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch

Centre sportif - Morgins

Pool dimensions are 22 m by 12 m and water temp is ~ 22° - 25°C.

- ▶ 27.06 - 30.08.2026
 - > 09:00 - 19:00 (depending on weather)
- ▶ Adult > 6.- | Child > 4.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch



MINIGOLF



Morgins

Whether it's date night with your sweetheart or an outing with friends and family, everyone loves a friendly round of minigolf (12 holes).

- ▶ Mid May - 1 November (depending on weather)
 - > 09:00 - 12:00 & 13:30 - 18:00 (last start 17:00)
- ▶ Adult > 5.- | Child (5 - 16 yrs) > 3.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 477 23 61 · regiondentsdumidi.ch
Region Dents du Midi tourist offices

OUTDOOR TENNIS

Tennis is a great workout and a fun way to improve your speed, agility, and reactivity. Keep your eye on the ball and channel your inner Roger!

Champéry ^{🇨🇭}

- 3 clay outdoor courts
 - ▶ Weekdays > 08:00 - 20:00
 - ▶ Weekends > 08:00 - 19:00
 - ▶ Price: 30.- / hour (court)
 - ▶ Illiez Card & Multi Pass activity
 - ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch
Palladium de Champéry

Val-d'Illiez ^{🇨🇭}

- 2 clay outdoor courts
 - ▶ Mid April - mid October (depending on weather)
 - > 08:00 - 21:00
 - ▶ Price: 20.- / hour (court), booking at reservation.tcvaldilliez.ch
 - ▶ Illiez Card & Multi Pass activity
 - ▶ tcvaldilliez.ch

Morgins

- 2 artificial clay outdoor courts
 - ▶ Mid May - end October (depending on weather)
 - > 09:00 - 21:00 daily
 - (except 20:00 from 27.06 - 30.08.2026)
 - ▶ Reservation recommended. Illiez Card & Multi Pass holders may book by phone, but no earlier than 24 hours in advance.
 - ▶ Price: 26.- / hour (court)
 - ▶ Illiez Card & Multi Pass activity
 - ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch
Centre Sportif

PÉTANQUE

Do you shoot or do you point? Either way, there's no need to go all the way to Provence for a friendly game of French Boules! In many Region Dents du Midi restaurants, you can enjoy the perfect combination of a cool drink on a sunny terrace and a rousing game of pétanque.

Champéry

- ▶ Cantine des Rives
+41 (0)24 479 11 71 · lesrives.ch
- ▶ Cantine sur Coux
+41 (0)24 479 10 44 · cantinesurcoux.net
- ▶ Chalet Rosalie
+41 (0)24 479 14 84 · chalet-rosalie.ch

Morgins

- ▶ Buvette de Savoiaire
+41 (0)24 477 11 14 · restaurant-buvette-savoiaire.ch
- ▶ Centre Sportif
+41 (0)24 477 19 92 · morgins-loisirs.ch
- ▶ Chez Jan
+41 (0)24 477 11 43 · chezjan.com
- ▶ Tazza Bar
+41 (0)78 302 00 96 · bartazza.com

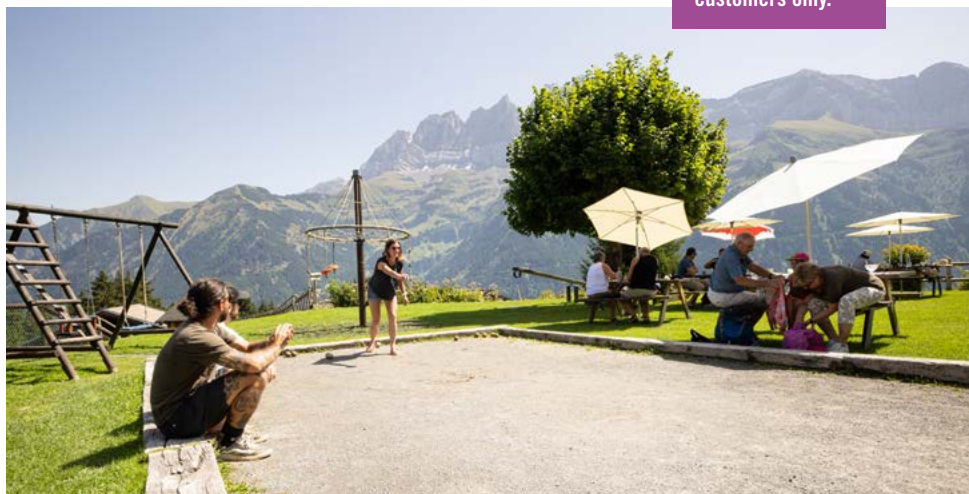
Champoussin

- ▶ Frâchette Shelter
+41 (0)24 476 87 87 · illiez.ch
- ▶ Restaurant Chez Gaby 1670
+41 (0)24 477 22 22 · chezgaby1670.ch

Val-d'Illiez

- ▶ Buvette des Tennis
+41 (0)24 477 21 13 · restaurantdestennis.ch

Pétanque courts at
restaurants are for
customers only.



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> COME ONE, COME ALL

Thrill Seekers

The Alps are an unparalleled amusement park engineered by Mother Nature herself. And in Region Dents du Midi, where craggy peaks and rushing rivers replace roller coasters and water slides, leisure activities are legion. Out here the great outdoors is truly great and it's all yours for the exploring.

Treetop ropes course - Champéry

Nature and adventure go hand-in-hand, especially in a treetop ropes course. Explore the forest canopy on a high-flying network of rope bridges, wooden walkways, and soaring zip lines.

- ▶ Opening:
 - May - June & September - October: opening hours online
 - 27.06 - 23.08.2026: daily > 09:00 - 19:00
- ▶ Prices:
 - Adult (16+ yrs) > 39.-
 - Teen (11 - 15 yrs) > 29.-
 - Junior (6 - 10 yrs) > 24.-*
 - Kids (3 - 5 yrs) > 19.-*

*children and juniors must be accompanied into the trees by an adult (max 2 children / adult)
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 757 56 28 · organicadventurepark.ch
Organic Adventure Park

Bubble Football - Morgins

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!

- ▶ Price: on request
- ▶ +41 (0)79 516 60 79 · regiondentsdumidi.ch
Ludo Gfeller

Downhill Scooters - Champéry

Equipped with suspension and disc brakes, downhill scooters are a thrilling activity for all ages and the perfect means of transportation for exploring rugged hillsides.

- ▶ Same as cable car timetable
- ▶ Prices:
 - 1h30 (1 run) > 26.-
 - 3h (2 runs) > 50.-
 - ½ day > 60.-
 - 1 day > 80.-
 - cable car lift ticket > extra
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 801 81 66 · levelociste.ch
Vélociste bike shop

Déval'kart - Morgins

Hurdle down the slope on a motorless 4x4 go-kart rigged especially for rugged mountain terrain! At the bottom, just hook your kart onto the ski lift and head back up for endless hours of fun.

- ▶ Daily by reservation 24 hours in advance and depending on ground conditions and weather. Children taller than 1m35
- ▶ Prices:
 - 5 karts: 30 min. > 150.- | 1h > 220.-
 - 10 karts: 30 min. > 250.- | 1h > 400.-
 - 15 karts: 30 min. > 340.- | 1h > 600.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 224 73 19 · regiondentsdumidi.ch
Joël Rey-Mermet



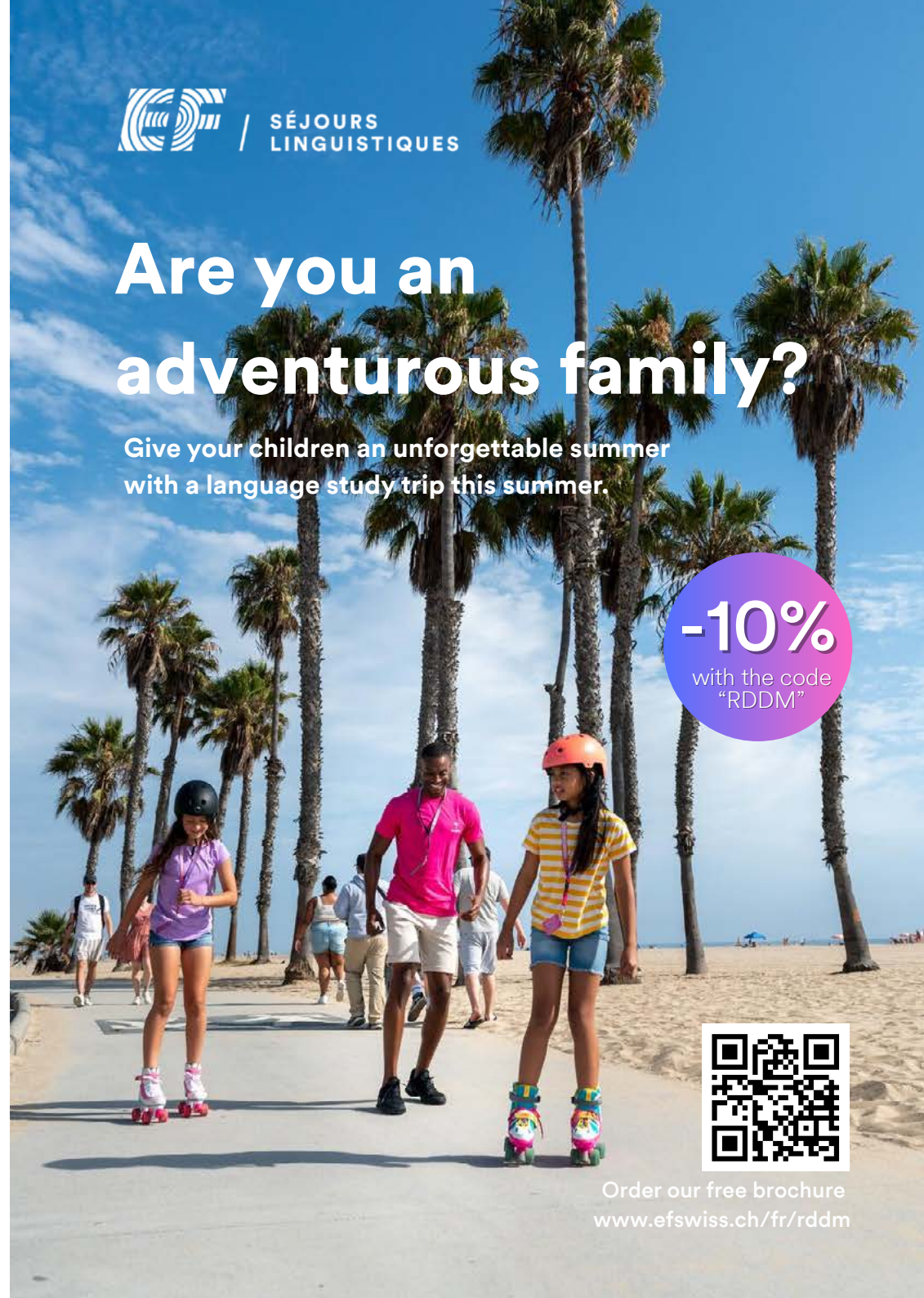
Are you an adventurous family?

Give your children an unforgettable summer with a language study trip this summer.

-10%
with the code
"RDDM"



Order our free brochure
www.efswiss.ch/fr/rddm



Archery · Morgins ^{CH}

William Tell's famous 'apple shot' is one of Switzerland's favourite folk tales. Fortunately, no one's life hinges on you hitting these bullseyes! In the Géant Forest you'll find a 2.5-kilometre-long itinerary with 18 targets representing different native animals.

- ▶ Daily by reservation at least 24 hours in advance and depending on weather conditions. 8+ yrs
- ▶ Prices:
 - Adult > 25.-
 - Child (8-15 yrs) > 18.-
 - Group > discount for 10+ people
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 224 73 19 · regiondentsdumidi.ch
Joël Rey-Mermet

Axe Throwing · Champoussin ^{CH}

Here's a sharp idea! You probably don't want to try this at home, but when it's done correctly axe throwing is a multifaceted learning experience, combining concentration, precision, and strength!

- ▶ End June - mid October > 15:00 - 17:00
- ▶ 16+ yrs > 15.- (min. 3 people)
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 477 22 22 · chezgaby1670.ch
Chez Gaby 1670

Tir au Pigeon · Morgins ^{CH}

Open to beginners and experienced shooters, clay pigeon shooting is a challenging and engaging activity that combines skill, timing, and hand-eye coordination. A friendly expert will guide will provide a security briefing. (12+ yrs).

- ▶ Reopening in June 2026, subject to completion of renovation work.
- ▶ Prices:
 - 1st ammunition box with shotgun > 30.-
 - additional boxes > 23.-
- ▶ +41 (0)79 353 89 37 · regiondentsdumidi.ch



PARAGLIDING

Want a bird's-eye view of the Alps and the thrill of trying something new? A half-day or full-day tandem paragliding flight is a great way to get up, up, and away.

Fly Away - Region Dents du Midi

Depending on weather conditions

- ▶ Prices:
 - Tandem flight › 100.- to 180.- depending on distance flown
 - Initiation › 160.-/day material included
- ▶ Training – Advanced training – Wing rental
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 435 26 17 · parafly.ch
École de parapente Val-d'Illiez

Champéry Parapente - Region Dents du Midi

Depending on weather conditions

- ▶ Prices:
 - Tandem flight › 160.-
 - Photo & video supplement › 30.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 638 24 31 · regiondentsdumidi.ch
Basile Marclay

ACBfly - Region Dents du Midi

Depending on weather conditions

- ▶ Tandem flight › 120.- to 180.- depending on distance flown
- ▶ +41 (0)79 452 05 19 · regiondentsdumidi.ch
Albert Cailliet-Bois

Val d'illiaz - Region Dents du Midi

Depending on weather conditions

- ▶ Prices:
 - Tandem flight › 120.- to 200.- depending on distance flown
 - Training › on request
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 431 26 61 (Gaëtan)
+41 (0)79 716 04 06 (Julien) · valdilliaz.com
Gaëtan Avanthay & Julien Blanc

Gourmet Paragliding Adventure

Ride the iconic Champéry cable car for a delicious lunch with a view. Then take take your adventure to new heights with a tandem paragliding flight and a bird's-eye view of the Dents du Midi.



Rock Climbing - Region Dents du Midi

Outdoor rock climbing, indoor sport climbing, bouldering, Via Ferrata... we get our kicks on the rocks!

- ▶ Sites:
 - Champéry: Rocher de Barne, Galerie Défago, Pic d'Ayerne, Col de Cou
 - Les Crosets: Pierre à Cornieule, Col des Portes du Soleil
 - Morgins: Dronnaire, Scex du lac
 - Val-d'Illiez: Play (boulder)
- ▶ Unrestricted access
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch
Region Dents du Midi tourist offices

Canyoning - Champéry

Rocky gorges, swirling pools and plunging waterfalls... The rivers that have shaped our valley over the centuries are an invitation to exploration as you walk, slide, scramble and abseil your way through some of nature's most dramatic and elemental scenery!

- ▶ Price: from 110.-
- ▶ +41 (0)79 710 37 69 · regiondentsdumidi.ch
Fred Soustre

Via ferrata de Tière - Champéry | Val-d'Illiez

460 m long, with an elevation gain of 125 m and a 75° inclination at times, the Via Ferrata de Tière crisscrosses the Tière River Gorge twice over suspension bridges.

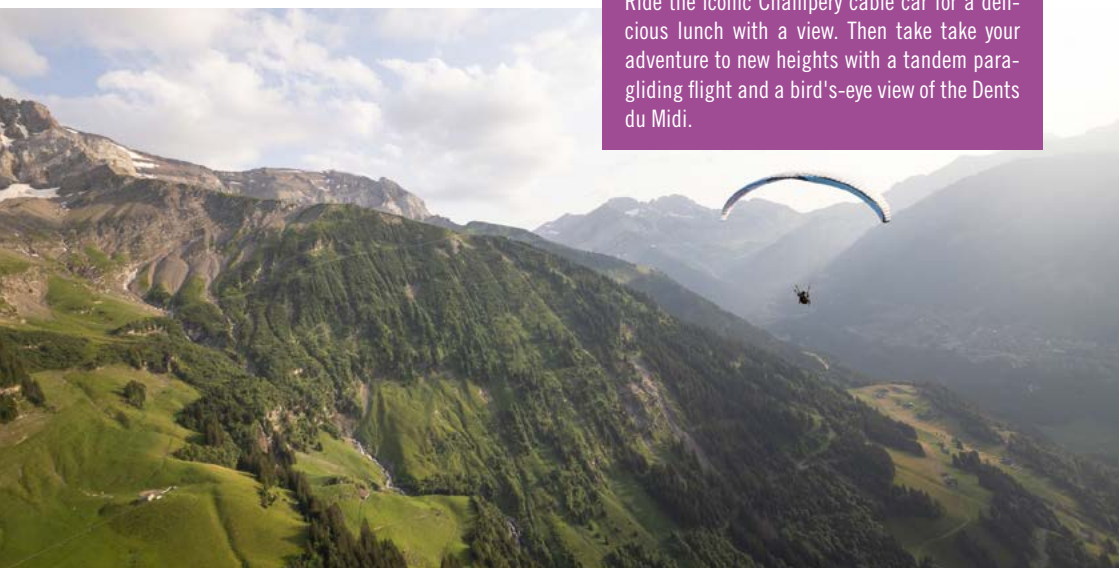
- ▶ Unrestricted access (equipment rentals available in Champéry's sports shops)
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch
Region Dents du Midi tourist offices

Go With a Guide - Region Dents du Midi

A mountain guide unlocks the austere, sometimes unforgiving alpine environment—helping you reach places you'd never dare go alone. From heli-skiing to high summits, gentle hikes to rugged climbs, our guides offer unforgettable adventures across the Dents du Midi, Chablais, Valais, and beyond.

They lead the way—or keep step beside you—gauging when to push, pause, and turn challenge into triumph. The guide-client bond is special: forged on the trail, tested on the climb, and strengthened with every step. Whether sweating through a tough ascent or catching your breath at the summit, what you'll remember most is the feeling of doing it together.

- ▶ Prices on request
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)79 637 70 37 · guides-champéry.ch
Guides & Accompagnateurs Dents du Midi





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> COME ONE, COME ALL

Expect The Unexpected

Extraordinary moments make for extra-special memories. Here, at the foot of the Dents du Midi, we specialise in unique activities and exceptional experiences!

HUSKY ACTIVITIES

Husky Hiking · Champéry | Morgins [📍]

Harness yourself to a furry companion with a comfortable belt and attached leash — your trusty husky guide will pull you uphill, taking all the hard work out of the outing!

- ▶ Hours & reservation online only
- ▶ Prices:
 - Discovery Tour (~1h)
 - 14+ yrs > 80.-
 - Child (7 - 13 yrs) > 30.-
 - Gourmet Tour (~3h) with a gourmet aperitif featuring local specialties
 - 14+ yrs > 120.-
 - Child (7 - 13 yrs) > 50.-
 - Lakeside Tour (~5h) Tuck in to a delicious meal at the Corbeau Hut. For good walkers, and groups of 4 or more.
 - 14+ yrs > 150.-
 - Child (10 - 13 yrs) > 80.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch
Alpes'Huskies

Family Nature Escapade · Champéry [📍]

Set off on a unique summer adventure for the whole family! Hike to the Sauffa Waterfall with a husky by your side, then swing by the Organic Adventure Park for some treetop fun and games.

- ▶ Hours & reservation online only
- ▶ Family package (6+ yrs) > 300.- (max. 2 adults & 2 children under 14)
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch
Alpes'Huskies

Mushing' Expérience · Champéry [📍]

Spend a magical moment with our magnificent huskies! Learn the basics of mushing, go for a spin in a kart driven by a pro musher, then stick around for cuddles and photos with the dogs.

- ▶ Hours & reservation online
- ▶ Prices:
 - Activity takes ~ 1h:
 - Family package > 350.- (max. 2 adults under 90kg & 2 children under 10)
 - Additional prices online
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch
Alpes'Huskies

Husky Scooters · Champéry [📍]

After a little training and a crash-course in theory, you'll try your hand at driving an all-terrain scooter towed by a sled dog team.

- ▶ Prices:
 - Activity lasts ~ 2h: min. 2 people - max. 4 people.
 - 14+ yrs > 180.-
 - Child (7 - 13 yrs) > 90.-
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch
Alpes'Huskies

Kennel Visit · Champéry [📍]

- ▶ Hours & reservation online only
- ▶ Prices (1h activity):
 - Adult > 30.-
 - Child (age 17 and under) > 18.-
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch
Alpes'Huskies

A RAPTOR'S-EYE VIEW

Raptor Rapture Discovery Activity · Morgins [📍]

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 — the largest owl 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

Falconry Encounter · Col de Morgins [📍]

Deep in the forest, slip on a falconer's glove and invite one of our Harris hawks to land on your arm. Watch in wonder as your bird swoops and soars effortlessly among the treetops, then delve into the art of falconry — its tools, its techniques, and its secrets — in a small-group setting. A memorable, hands-on, close-up encounter with one of nature's most thrilling hunters.

- ▶ June - mid October:
 - Duration: approx. 2h (8+ yrs)
 - Max. 12 people > 50.- per person
- ▶ July - August (Thursdays):
 - Also available in a condensed version: 'Raptor Encounter'
 - Duration: 45 mins. > 25.- per person
- ▶ la-petite-volerie.agenda.ch (online reservation only)
La Petite Volerie



Guided Hawk Walk · Morgins [📍]

Set off on a peaceful forest walk in the company of one of our Harris hawks, as she flies free from tree to tree alongside the group. Participants will also have the chance to call her over and invite her to land on their arm.

- ▶ May - November, subject to online availability
 - Duration: approx. 1h15 (8+ yrs)
- ▶ Price: 35.- per person
- ▶ la-petite-volerie.agenda.ch

MARMOT WATCH

Chez Gaby 1670 · Champoussin

For years, a family of marmots has made its home in our garden. On a quiet day, you might just spot one peeking out of its burrow—or basking in the sun, living its best life.

- ▶ free
- ▶ +41 (0)24 477 22 22 · chezgaby1670.ch



FISHING

All it takes is a snippet of patience and a smidgen of perseverance. When you feel that first, thrilling tug on the line, you'll be hooked too!

Chalet Rosalie (pond fishing) · Champéry

- ▶ Opening hours on our website chalet-rosalie.ch
- ▶ Prices:
 - 25.- / kg of trout
 - fishing pole rental (bait & fish cleaning included):
 - 1 pole > 5.- | 3 poles > 10.-
 - daily fishing permit: 2.- / per family or group
- ▶ +41 (0)79 577 87 54 · chalet-rosalie.ch

Lac Vert · Les Crosets

- ▶ Opening hours same as Refuge de Chésery
- ▶ Price: 27.- incl. 2.- cantonal tax
- ▶ +41 (0)79 725 68 20 · lacvert.ch



Fishing is also possible in countless rivers and mountain lakes (fishing permits on sale at Region Dents du Midi tourist offices and at epeche.apps.vs.ch/shop). At Chalet Rosalie, you can even have your catch cooked up on the spot for a delicious, al fresco meal on the terrace. (booking recommended).

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 [📍]

- ▶ On request
- ▶ Single price max. 4 people: 45 min. > 130.-
- ▶ +41 (0)79 429 60 20 · regiondentsdumidi.ch

Irénée Caillet-Bois · Val-d'Illiez [📍]

- ▶ On request, depending on the itinerary
- ▶ +41 (0)79 673 54 14 · regiondentsdumidi.ch

Ranch · Morgins [📍]

- ▶ Daily > 09:00 - 17:00
- ▶ Single price max. 5 adults: 160.- / hour
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch

HORSEBACK RIDING

Set off for a different kind of alpine trekking adventure; on horseback! Explore shady forests and sunny mountain pastures by day and enjoy the cosy welcome of mountain huts by night, all in the easygoing company of your trusty mount.

Centre Équestre · Champéry [📍]

- ▶ 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 (0)79 429 60 20 · regiondentsdumidi.ch

Ranch · Morgins [📍]

- ▶ Daily > 09:00 - 17:00
- ▶ 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 (0)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. Pony rides, playgrounds, a tourist train, summer camps; there's no shortage of activities to keep your little ones busy as beavers!

A DAY AT 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 [📍]

- ▶ Year-round by reservation. 6+ yrs
- ▶ 1h > 35.-/person
- ▶ +41 (0)79 429 60 20 · regionentsdumidi.ch

Ranch - Morgins [📍]

- ▶ Year-round: introduction to ponies/horses for groups of 10+ children (2h)
- ▶ July - August: Wednesdays 09:00 - 10:30 A Morning at the Ranch
- ▶ Prices:
 - Group activity (reservation at the ranch):
2 children per horse/pony > 30.-/child
3 children per horse/pony > 25.-/child
 - Morning at the Ranch (reservation via regionentsdumidi.ch):
Child (5-14 yrs) > 20.-
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch

PONY RIDES

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

Centre Équestre - Champéry [📍]

- ▶ Prices:
 - accompanied by parents: 20 min. > 15.-
 - accompanied by the Centre: 20 min. > 20.-
- ▶ +41 (0)79 429 60 20 · regionentsdumidi.ch

Ranch - Morgins [📍]

- ▶ 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 (0)79 608 10 16 · ranch-morgins.ch



FUN

Dents du Midi Tourist Train - Champéry

Sit back and enjoy the ride! All summer long, our adorable tourist train carries happy riders on three leisurely itineraries. Chug past historic alpine chalets in the lovely main street; head across the valley to the Cantine des Rives, with its stunning views over the Illiez Valley; or climb up into the hills to the Cantine Sur Coux, with its bucolic, flowery garden, and panoramic views of the Dents du Midi.

- ▶ Duration: 0h15 - 1h30, depending on the itinerary ; the timetable is available at local tourist offices or online
- ▶ Free
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch
Region Dents du Midi tourist offices

Playgrounds

Champéry | Morgins | Troistorrents | Val-d'Illiez

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

- ▶ Unrestricted access
- ▶ +41 (0)24 479 05 50 (Champéry - Val-d'Illiez)
+41 (0)24 477 23 61 (Morgins - Troistorrents)

Pumptrack - Champéry

A pumptrack is a looping trail of bumps and banked turns that provide hours of fun and allow beginner and expert bikers alike to improve their technique and gain confidence. *From mid May - mid October.*

- ▶ Unlimited access (except during events)
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch
Region Dents du Midi tourist offices



Escape Adventure: 'On the Smugglers' Trail' Champéry

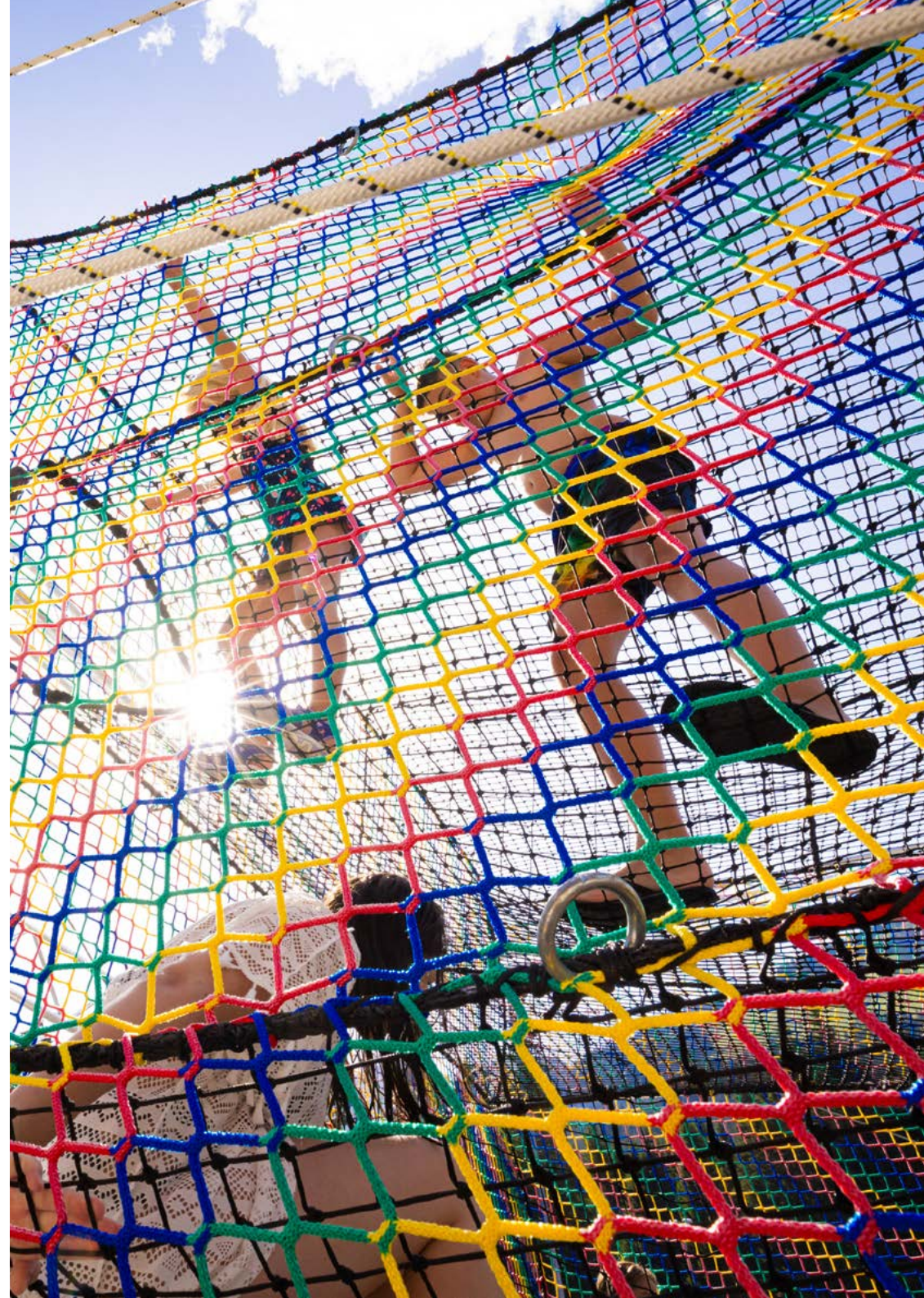
Join Édouard and Marguerite, two young smugglers from Champéry, and help them crack a mystery that will take you on a fantastical journey through the village. Escape Adventure combines the best of an escape room and a scavenger hunt — a magic formula that will have the whole family hooked from the very 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
- ▶ Price (5 - 12 yrs, with supervision):
· 1 player > 10.- | 2 players > 15.- | 3 players > 19.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 479 05 50 · escape-aventure.ch
Region Dents du Midi tourist office

Street Sports Zone - Morgins

Fancy a game of pétanque? Or grab some free gear from the Sports Centre and try your hand at street racket or street basketball. For the little ones, the play structure is available all summer long!

- ▶ June - early November > 09:00 - 19:00 (depending on weather)
- ▶ Low season > Free
High season > included with pool entry fee
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch
Centre Sportif



SUMMER CAMPS

Palladium Summer camp - Champéry ^{🇨🇭}

This year's camp themes — Forest Friends, Climbing Stars, Bikes & Fun, and Rolling & Sliding — will keep your little ones learning and laughing all week long. Find all the details on our website.

- ▶ 06.07-07.08.2026
- ▶ Online registration only
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch

Summer Camp - Champéry ^{🇨🇭}

Meet other young people from all over the world and participate in sports and games, excursions and adventures, or even French/English language courses.

- ▶ 28.06-18.07.2026
(1 - 3 weeks available)
- ▶ +41 (0)21 654 65 00 · ensr-summer.ch
École Nouvelle de la Suisse romande

DH Kids Camp - Champéry ^{🇨🇭}

This 5-day MTB camp is for all young riders with a need for speed and a basic mastery of mountain trails. Your kids will learn to shred like the pros on trails appropriate for their skill level, while learning safe riding habits from certified J+S (youth and sports) monitors.

- ▶ 13-17.07 · 27-31.07.2026
- ▶ +41 (0)79 501 37 08 · rideswitzerland.com
Bike School Champéry

Kids Bike Camp - Champéry ^{🇨🇭}

This camp is for young riders aged 6 to 14 who want to improve their mountain biking technique, gain confidence and learn the basics of bike mechanics under the careful supervision of our certified J+S (youth and sports) monitors.

- ▶ 13-17.07 · 27-31.07.2026
- ▶ +41 (0)79 501 37 08 · rideswitzerland.com
Bike School Champéry

Pony Camp - Champéry ^{🇨🇭}

Join us for a week of playtime with the ponies! The week includes lessons, games, pony care and rides around the village.

- ▶ Pony (6-10 yrs)
20-24.07 · 27-31.07 · 03-07.08 · 12-16.10.2026
- ▶ Horse (11-15 yrs)
06-10.07 · 13-17.07 · 10-14.08 · 19-23.10.2026
- ▶ Prices :
1 morning (9h-12h) › 55.- | 5 mornings › 250.-
- ▶ +41 (0)79 429 60 20 · regiondentsdumidi.ch
Centre équestre de Champéry

Mushing'Aventure Camp - Champéry ^{🇨🇭}

A husky holiday like no other! At this all-in-one mushing camp for kids aged 8 to 16, young adventurers will team up with sled dogs for a week of husky hiking, scooter rides, and karting fun. Afternoons are packed with outdoor adventures like trout fishing, paragliding, workshops, treetop ropes courses... Accommodations in tents, meals included.

- ▶ 06-10.07 · 13-17.07.2026
- ▶ Online registration only
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch
Alpes'Huskies

Evazion Summer Camps - Champéry | Morgins ^{🇨🇭}

Pick your theme and come join the fun: Nature Makers · Horse Riding · My First Camp · Multi-activities · English Club · Adventure · Ponies · Multisports · Speed Camp · X'Treme.

- ▶ 29.06-15.08.2026 (Monday - Saturday)
- ▶ +41 (0)24 471 33 33 · evazion.ch
Evazion

A Week at the Ranch - Morgins ^{🇨🇭}

Young horse lovers will jump at the chance to spend a whole week riding, grooming, and learning to care for their equestrian friends.

- ▶ 13-17.07 · 03-07.08 · 10-14.08.2026
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch
Ranch de Morgins

MTB Workshops - Morgins ^{🇨🇭}

Designed for riders aged 8 to 14, our mountain bike camps offer a fun, structured introduction to MTB — teaching technique, building confidence and maximising fun.

- ▶ 20-24.07 · 27-31.07 · 03-07.08 · 10-14.08.2026
(Monday, Tuesday, Thursday and Friday mornings)
- ▶ +41 (0)24 477 77 17 · m3s.ch
ESI Morgins

Archery Basics & Campfire Picnic - Morgins ^{🇨🇭}

You'll work up an appetite with an introductory archery course on our 18-target trail, then roast sausages and marshmallows over a crackling campfire.

- ▶ 22.07 · 29.07 · 05.08 · 21.10.2026
(Wednesdays 14:00-18:00)
- ▶ +41 (0)24 477 29 49 · ess-morgins.ch
ESS Morgins

Bike Academy - Morgins ^{🇨🇭}

Young riders will learn to handle their mountain bikes — braking, turning, passing obstacles, and making small jumps — in a fun, supervised environment.

- ▶ 20-24.07 · 27-31.07 · 03-07.08 · 19-23.10.2026
(Monday, Tuesday, Thursday & Friday mornings)
- ▶ +41 (0)24 477 29 49 · ess-morgins.ch
ESS Morgins



Babysitters

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



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> INDOOR

Rest & Relaxation

Forget the to-do list, follow your bliss, and soak up the simple pleasures. Whether you're floating in a sun-warmed pool, surrendering to expert hands in a local spa, or breathing deep on a yoga mat surrounded by mountain views, it all does a body good—inside and out.

SPAS

Escape the stress of everyday life and treat yourself to a healing holiday, where relaxation, serenity and selfcare are the order of the day. You're guaranteed to leave feeling refreshed and rejuvenated, bright-eyed, and rosy-cheeked.

Hôtel National Resort & Spa - Champéry [®]

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 Morning > 59.-
- ▶ +41 (0)24 479 11 30 · lenational.ch

Boutique Hôtel Beau-Séjour & Spa - Champéry [®]

Jacuzzi, hammam, sauna, cold water pool, Kniepp hydrotherapy, disinfectant foot bath, flotation pool. Massages by appointment.

- ▶ Spa Nuage > 10:00 - 19:00
(by reservation for adults not staying at the hotel)
- ▶ Prices:
 - Spa > 38.-
(from 16+ if accompanied by an adult)
 - Massage 50 min. > 130.-
(reservation required 24h in advance)
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 479 58 58 · beausejour.ch

MASSAGES [®]

Let the expert hands of our massage therapists help you work out the kinks of daily life. Tailored to meet your needs, massage can bring you profound relaxation, strength, healing, or vitality.

Massage therapists > p. 134
Yoga teachers > p. 134

Chez Gaby 1670 - Champoussin [®]

Outdoor Nordic hot tub 38°C.

- ▶ 09:00 - 18:00
- ▶ Min. 2 people (14+ yrs):
 - 30 mins. > 18.-/pers.
 - 50 mins. > 26.-/pers.
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 477 22 22 · chezgaby1670.ch

Champoussin Lodge - Champoussin [®]

Heated indoor pool 27-29°C (14 m x 6 m), sauna, hammam, jacuzzi.

- ▶ 10:00 - 18:00
- ▶ Prices:
 - Adult > 24.- (bathrobe & slippers > 5.-)
 - Child (must be supervised) > 12.-
 - Weekly or seasonal pass > on request
- ▶ +41 (0)24 476 83 00 · champoussinlodge.ch

Helvetia Hotel - Morgins [®]

Sauna, hammam, jacuzzi.

- ▶ On request > 16:00 - 21:00
- ▶ Price > 20.-
- ▶ Illiez Card activity
- ▶ +41 (0)24 565 18 75 · helvetiahotel.ch

YOGA [®]

This ancient mental and physical practice is 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'.



INDOOR POOL

Stormy weather raining on your parade? Not to worry! Our indoor pool provides hours of splashy fun for everyone!

Palladium · Champéry

Our semi-Olympic 25 m pool has 4 lanes, 4 diving blocks, and a separate kiddie paddling pool. ~ 27°C

- ▶ Detailed opening hours on the website
- ▶ Prices:
 - Adult › 8.-
 - Child › 6.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch

SWIMMING LESSONS

Palladium · Champéry [📍]

Whether the goal is learning to swim or perfecting stroke technique (butterfly, backstroke, breaststroke, crawl), the Champéry Sports Club instructors provide private and group swimming lessons that feel like child's play.

- ▶ Prices online
- ▶ +41 (0)76 756 37 91 · cschampery.ch
Club des Sports de Champéry

AQUABIKE & AQUAFITNESS

Palladium · Champéry [📍]

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
(18:00 27.06 - 31.08.2026)
 - Adult › 18.- session
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch





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> INDOORS

Under cover

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.

Escape Room - Champéry [📍]

Locked in a themed room with a group of friends or family, you will have to work as a team to solve a series of puzzles and find your way out in under an hour. If you like intrigue and adventure, history, and mystery, you'll love the Trapgame! Choose from 3 different experiences, in French or English, age 7 and up.

- ▶ Daily > 09:30 - 00:00
- ▶ Group session 2 - 6 people:
 - Weekdays > 225.-
 - Weekends > 235.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 565 03 24 · trapgame-champéry.ch
Trapgame Champéry Sàrl

Treasure Hunt - Champéry [📍]

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 a water adventure.

- ▶ Daily (reservation 48 hours in advance)
- ▶ Prices:
 - 16+ yrs
 - with / without the water adventure > 29.-/19.-
 - Child (7 - 15 yrs)
 - with / without the water adventure > 20.-/15.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
Palladium de Champéry

Boulingrin - Champéry [📍]

This fun activity is a cross between petanque and curling. The quirky name is a Frenchification of the English 'bowling green'!

- ▶ June - August
- ▶ Prices (1h30):
 - 2 - 8 players per lane
 - Adult > 12.-
 - Child > 6.-
 - Family (2 adults + 2 children) > 30.-
 - Free for children under 6
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
Palladium de Champéry

Indoor Climbing Wall - Champéry

The eye-catching indoor climbing wall at the Palladium in Champéry is 9.5 metres at its highest point and offers a surface of 260 m², 1,600 holds and some 50 routes ranging from an easy 4a to a gnarly 8a. Please note that our climbing wall is not a bouldering room. We do not have a monitor on site or an automatic belay system. Introductory climbing workshops are available with reservation at least 72 hours in advance.

- ▶ Detailed opening hours on the website
- ▶ Prices: 16+ yrs > 12.- | Child > 8.-
- ▶ Equipment rental:
 - harness > 3.- | climbing shoes > 5.-
 - carabiner + Smart > 4.-
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
Palladium de Champéry

Ice Skating - Champéry

From pirouettes to hockey stops to gliding arm-in-arm with your sweetheart, ice-skating is one of those feel-good pastimes loved by people of all ages.

- ▶ Detailed opening hours on the website
- ▶ Prices: 16+ yrs > 7.- | Child > 5.-
 - skate rental > 5.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
Palladium de Champéry

Badminton - Champéry [📍]

Watch the birdie! Considered the world's fastest racket sport, badminton is surprisingly challenging and endlessly fun. It's also a great way to get in a good sweat after a hard day at work.

- ▶ Times subject to gymnasium availability.
- ▶ 25.- / hour for 1 (rackets and birdie included)
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
Palladium de Champéry

Pickleball - Champéry [📍]

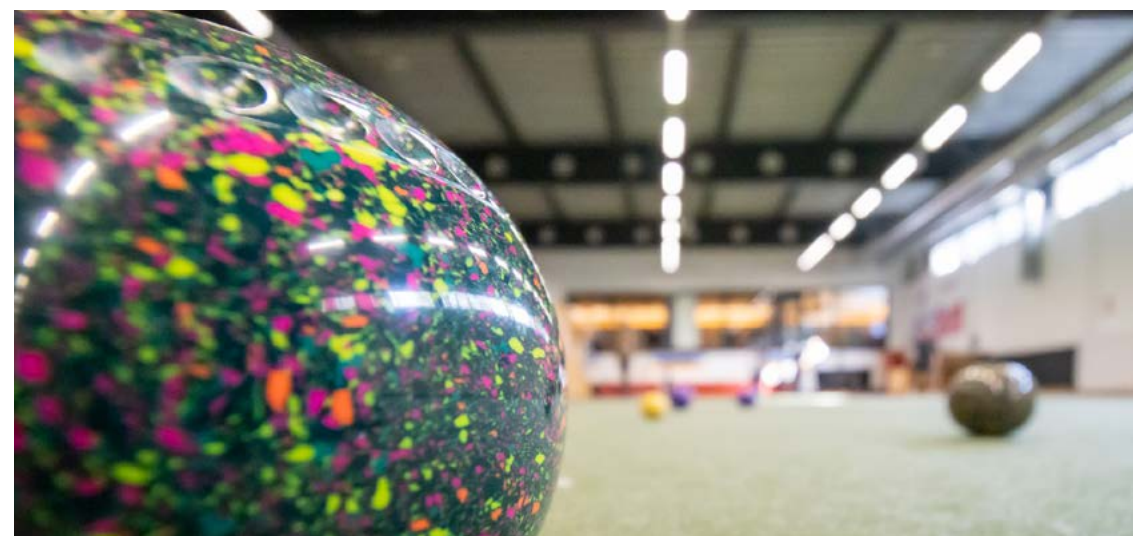
Pickleball is an addictively fun and accessible racket sport for players of all levels. A blend of tennis, padel, badminton and table tennis, it can be played singles or doubles using a solid paddle and a perforated plastic ball.

- ▶ Times subject to gymnasium availability
- ▶ 25.- / hour (rackets and balls included)
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
Palladium de Champéry

Indoor Tennis - Morgins [📍]

2 synthetic courts. Tennis is a great way to improve your speed and agility. Keep your eye on the ball and channel your inner Roger!

- ▶ Daily > 08:00 - 21:00 (20.00 27.06 - 30.08.2026)
Reservation recommended
- ▶ 39.- / hour
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch
Centre sportif



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 weights.

- ▶ Detailed opening hours on the website
- ▶ 15.- (16+ yrs)
- ▶ Illiez Card & Multi Pass activity
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch

Champoussin Lodge · Champoussin

- ▶ 10:00 - 21:00
- ▶ From 15.- (children must be supervised)
- ▶ +41 (0)24 476 83 00 · champoussinlodge.ch

GYMNASIUMS

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

Champéry

- ▶ Prices & availability on request
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch
Palladium de Champéry

Morgins

- ▶ Prices & availability on request
- ▶ +41 (0)24 477 23 61 · troistorrents.ch
Region Dents du Midi tourist offices

Oxygen Morgins · Morgins

Small-group fitness classes (Pilates, seniors' gym, full body, strength & mobility, nature training...), private coaching, personal training, lymphatic drainage.

- ▶ Programme & prices online
- ▶ +41 (0)79 261 23 31 · oxygenmorgins.ch

Troistorrents

- ▶ Prices & availability on request
- ▶ +41 (0)24 476 80 10 · troistorrents.ch
Administration communale de Troistorrents

Val-d'Illiez

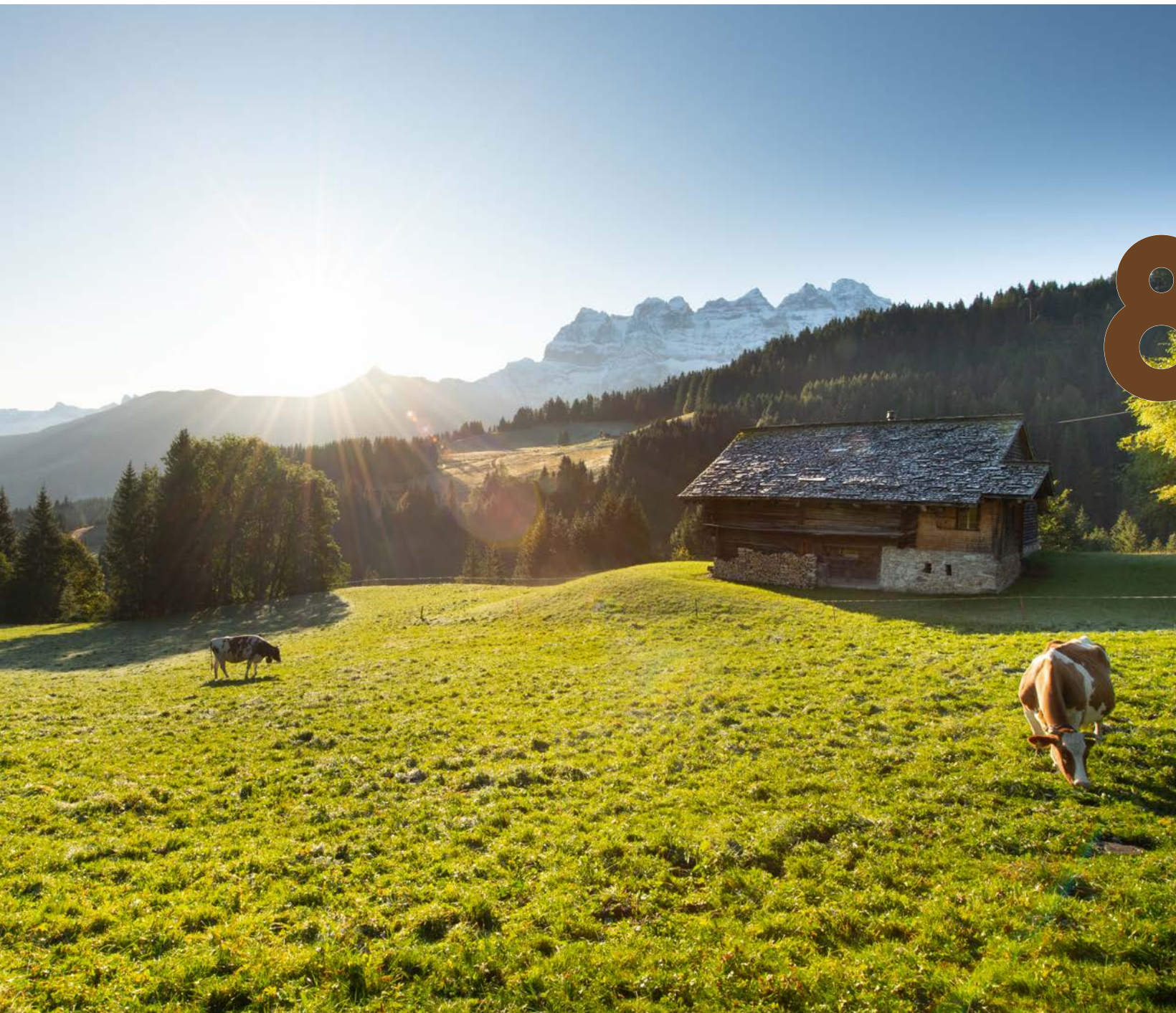
- ▶ Prices & availability on request
- ▶ +41 (0)24 476 87 87 · illiez.ch
Administration communale de Val-d'Illiez



Des activités 4 saisons **toute l'année !**



www.palladiumdechampery.ch
palladium@champery.ch - +41 24 479 05 05



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› OUR ROOTS

Alpine Activities

High up in the hills of Region Dents du Midi, the rhythm of rural life lives on. Ancient know-how, stunning scenery, and a rich variety of alpine flora come together in a landscape shaped by tradition. Cows, sheep, and goats still graze these peaceful pastures, where you'll stumble across old mountain huts known as cantines that serve drinks and local specialities in a hearty simplicity. Some still serve the local farming community—and all make the perfect setting for a refreshing break, a taste of local life, and a bite of something delicious.

CHEESE-MAKING DEMONSTRATIONS

From sweetly scented sunny pastures to your table, get an in-depth look at one of the Illiez Valley's most important economic activities and see how our famous alpine cheeses are made!

Chalet Le Pont · Champéry

- ▶ June - end September between 09:30 - 11:00 (subject to modification)
- ▶ Free
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch

La Ferme à Gaby · Champoussin

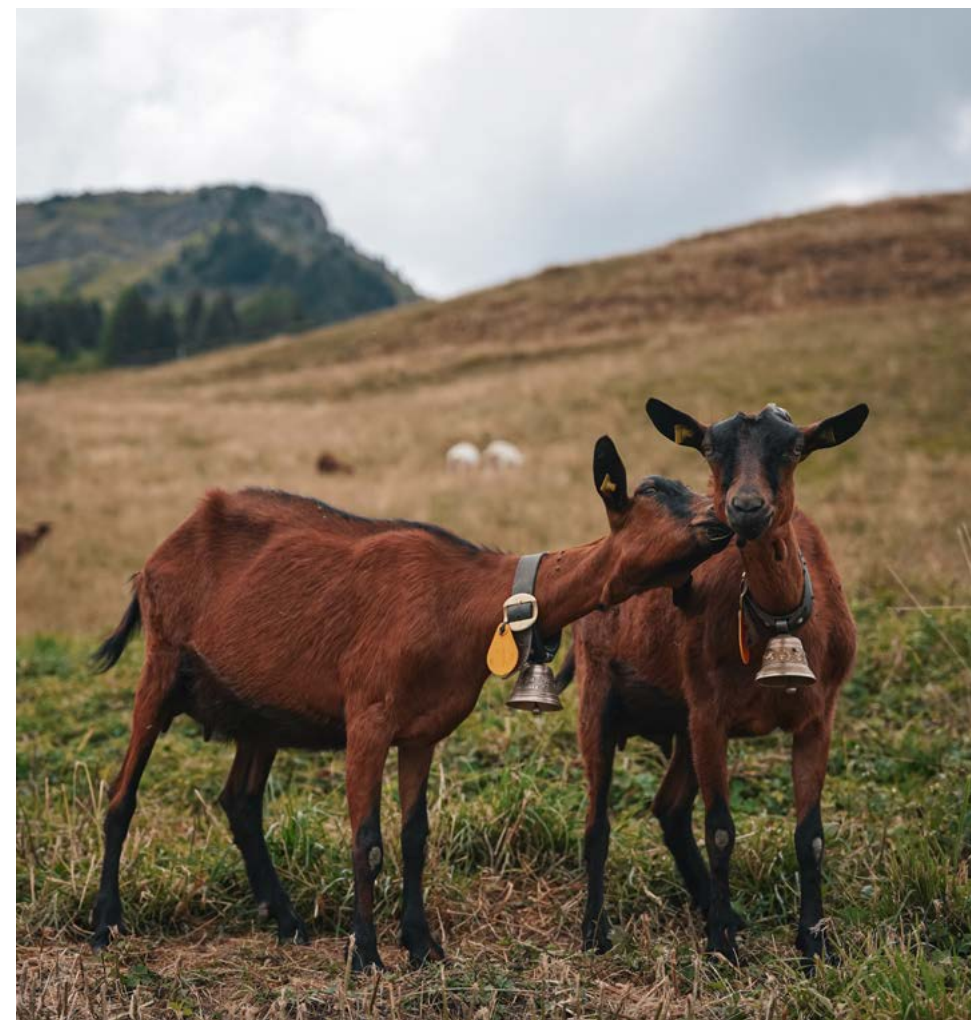
- ▶ June - September › daily at about 09:30
- ▶ Free
- ▶ +41 (0)24 477 30 88 · lafermeagaby.ch

Fromagerie de Tovassière (Sassex) · Morgins

- ▶ Mid June - July › Wednesdays & Thursdays 07:45 - 09:30
- ▶ Reservation regiondentsdumidi.ch. Additional dates available on request directly from the provider.
- ▶ Prices:
 - Adult
 - With tasting › 10.-
 - Without tasting › 5.-
 - Child (-12 yrs must be accompanied by an adult)
 - With tasting › 5.-
 - Without tasting › free
- ▶ +41 (0)24 477 46 57 / +41 (0)79 447 24 52 tovassiere.com

Terroir & Tradition

From blue ribbons to gold medals and the highly prized Protected Destination Origin label, our region boasts a panoply of products 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 typicity and quality of these goods.



Milking the Goats · Champoussin

Gaby's Farm is home to a herd of 50 adorable Swiss Chamois Coloured Goats that gambol happily in grassy pastures all summer long. Playful and friendly, these sweet nannies don't seem to mind the many human visitors that flock to the barn for a show at milking time.

- ▶ June - September › daily about 16:15
- ▶ Free
- ▶ +41 (0)24 477 30 88 · lafermeagaby.ch
La Ferme à Gaby

The Little Alpine Museum · Champoussin

The Ferme à Gaby, a quaint, historic farm, also houses a museum with displays of tools and objects that recall the daily life and traditions of yesteryear.

- ▶ Open during shop hours
- ▶ Free
- ▶ +41 (0)24 477 30 88 · lafermeagaby.ch
La Ferme à Gaby

ILLIEZ VALLEY AGRICULTURAL SOCIETY



La Cavagne · Troistorrents

Active throughout the valley, SAVI is the champion of all things agricultural. Notably, the organisation was pivotal in building a cheese maturing cellar adjoining the Cavagne in Troistorrents to streamline the work intensive 'ripening' stages and simplify the farm to table process. Holding some 16,000 cheese wheels, the cellar is carefully watched over by a state-of-the-art robotic system.

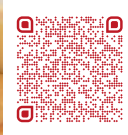
The Espace du Terroir reception area welcomes groups for meetings, food tastings and other events intended to promote regional agriculture and the products that are an integral part of the alpine economy.

▶ +41 (0)24 477 35 40 - lacavagne.ch

Named after the traditional wooden basket farmers carried on their backs, the La Cavagne shops are your one-stop emporiums for everything homemade, farm-fresh and locally sourced. The two shops, one in Troistorrents, the other in Champéry, overflow with delectable specialties including robust cheeses, organic fruit and vegetables, cured and smoked meat, yummy jams, crusty bread, delicious wines and more!



The Slow Food network curates eco-friendly experiences that spotlight on regional produce. Here in Region Dents du Midi, our local partners have teamed up to serve up delicious breakfasts and hands-on activities that celebrate our rich culinary heritage.



Le Goût sincère

Discover our local delicacies





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> OUR ROOTS

History & Tradition

From picturesque village streets to tales of daring smugglers scratching out a living on the Franco-Swiss border, Region Dents du Midi brims with stories from days of yore. Discover wild tales of the Lower Valais uprising in 1790 led by the larger-than-life local rebel called Gros Bellet, and dive into a distant past brought to life through the dedicated work of local heritage associations.



Vieux Moulins de la Tine · Troistorrents

An historic monument, this meticulously reconstructed watermill clings higgledy piggledy to the abrupt sides of the Tine River Gorge and is particularly striking when lit up at night. The original buildings dated back to 1401 and once housed a grain mill, a linen fulling workshop, a press, a forge, a sawmill, and a carpentry shop. As you explore the workshops and exhibitions, stooping to pass through the doorway into the tiny miller's cottage, you can almost hear the creaking of the millwheel and imagine yourself in the shoes of our hard-working ancestors. (Self-guided audio tour available.)

- ▶ Visits (without reservation and without a guide)
 - May 16 - September 30
Saturdays & Sundays > 10:00 - 17:00*
 - July 1 - August 31:
Wednesdays, Thursdays, Saturdays & Sundays
> 10:00 - 17:00*
*last entry 16:00
- ▶ Guided tours only by reservation
- ▶ Prices:
 - 16+ > 12.- | seniors/students > 10.-
Child (4 - 15 yrs) > 6.- | under 3 free
 - Prices for groups of 10 or more and guided tours on request
- ▶ Illiez Card & Multi Pass activity
- ▶ vimoti.ch

Guided Village Tour · Champéry

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

- ▶ Price: 100.- (min. 6 people - max. 20 people)
- ▶ +41 (0)79 219 23 67 · regiondentsdumidi.ch
Fondation du Patrimoine Champérolain

Vieux Greniers · Val-d'Illicz

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 exhibit, 'Bygone Days in Val-d'Illicz', takes us back to a time when the village's shops buzzed with life and the village square was a place where people gathered to share simple pleasures. These spaces tell a story — one of everyday life in a bygone era, steeped in tradition and neighbourly warmth.

- ▶ 4 June 2026 - May 2027
> Saturdays > 14:00 - 18:00 (by request for groups)
- ▶ Free
- ▶ +41 (0)79 878 61 24 · patrimoine-illiez.ch
Fondation du Patrimoine de Val-d'Illicz

Val d'Illicz Vernacular · Val-d'Illicz

With a melodic sing-song rhythm and an accent thick enough to coat a spoon, the patois unique to the Illicz Valley is characteristic for its wealth of words and syntactic particularities. *Intéresseint et l'ava pas gran tein!*

- ▶ Dates on request
- ▶ Free
- ▶ +41 (0)78 885 83 05 · patrimoine-illiez.ch
Fondation du Patrimoine de Val-d'Illicz



COMMUNITY BREAD OVENS

Propéraz Bread Oven - Troistorrents ^{CH}

The Propéraz bread oven, built in 1663, is a relic of our bygone days when different districts of the village shared a communal bread oven. Since its renovation in 2015, the oven is fired up several times a year — filling the village with the irresistible smell of freshly baked bread and bringing history to life for locals and visitors alike.

- ▶ Consult baking dates at properaz.ch
- ▶ +41 (0)79 210 81 20 · properaz.ch
Association du Four à Pain de Propéraz

Collaire Bread Oven - Troistorrents ^{CH}

Built around 1435, the Collaire bread oven is an integral part of Valaisan heritage — protected by Patrimoine Suisse since 1964 and listed as an historic monument since 1977. This is where the whole community baked their bread, a tradition that brought the neighbourhood together for centuries. This survivor of a bygone era underwent full restoration in 2018 and continues the tradition of communal baking dates.

- ▶ Consult baking dates at asfpc.ch
- ▶ +41 (0)79 316 41 61 · asfpc.ch
Association de Sauvegarde du Four à Pain de Collaire

Bell Foundry - Champéry ^{CH}

Champéry's bell-foundry was established in 1870 by Isaac Perrin. Over the following century and a half, the foundry was handed down to Jean-Denis Perrin and then to his son Hugues. One of the last foundries in Switzerland, the Perrins have helped preserve this ancient craft and created a Champérolain tradition.

- ▶ Year-round by reservation
- ▶ 10.- | Child free
- ▶ +41 (0)79 435 92 39
fonderiechampery.wixsite.com/perrin
Hugues Perrin

Carillon Concert - Morgins ^{CH}

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 (0)79 310 95 61 · carillondemorgins.ch
François Donnet

Watchmaking Workshop - Val-d'Illiez ^{CH}

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 1,400.- (includes coffee & croissants, lunch, and the assembly of your chosen watch — movement, dial, hands, case, and bracelet—to take home).
- ▶ +41 (0)78 890 45 89 · lhorlogere.com
Atelier-boutique L'Horlogère, Rosalie Vuilleumier





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> OUR ROOTS

Culture

We 'locals' 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 comic artist Cosey—bring to life the dramatic changes that shaped the village at a pivotal point in its history.



- ▶ Accessible daily
- ▶ Free
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch
Region Dents du Midi tourist offices

LIBRARIES

The love of literature transcends cultural, social, and generational barriers. Our libraries unite residents and passing visitors alike over the shared joy of discovering a good book.

Champéry

- ▶ Openings:
 - Friday > 09:30 - 11:30
 - Wednesday & Saturday > 15:30 - 17:30
- ▶ Prices:
 - 10.- one-time contribution
 - 50.- deposit per book for occasional check-outs (deposit returned with book return)
- ▶ +41 (0)24 479 10 18 · admin-champery.ch

Val-d'Illiez

- ▶ Openings:
 - Tuesday > 15:00 - 17:00
 - Wednesday > 09:00 - 11:00
 - Friday > 17:00 - 19:00
- During school holidays (except bank holidays)
 - Wednesday > 09:00 - 11:00
 - Friday > 17:00 - 19:00
- Closed 24.06 - 29.07.2026
- ▶ Prices:
 - 10.- one-time contribution
 - 50.- deposit per book for occasional check-outs (deposit returned with book return)
- ▶ +41 (0)24 476 87 61 · illiez.ch

Troistorrents

- ▶ Openings:
 - Tuesday > 09:00 - 11:30 | 16:00 - 17:30
 - Wednesday > 14:00 - 17:30
 - Thursday > 16:00 - 19:00
 - Friday > 16:00 - 17:30
- During school holidays (except bank holidays):
 - Tuesday > 09:00 - 11:30
 - Thursday > 16:00 - 19:00
- ▶ Prices:
 - 10.- one-time contribution
 - 50.- deposit per book for occasional check-outs (deposit returned with book return)
- ▶ +41 (0)24 477 47 50 · troistorrents.ch

EXHIBITIONS

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 (0)24 479 05 50 · regiondentsdumidi.ch
Region Dents du Midi tourist offices

Brindusa Burrows Art · Val-d'Illiez

- ▶ +41 (0)76 453 03 10 · brindusaburrows.art

La Treille · Troistorrents

- ▶ +41 (0)24 476 80 10 · troistorrents.ch
Commune de Troistorrents

Vieux Greniers · Val-d'Illiez

- ▶ +41 (0)79 878 61 24 · patrimoine-illiez.ch
Fondation du Patrimoine de Val-d'Illiez





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> OUR ROOTS

Sacred Structures

Summer is a great time to seek deliverance from the heat in the cool tranquility of our churches and chapels. Places of quiet refection, every nook and cranny, carved pillar or delicately worked stained glass window has a symbolic dimension. From the sanctuary to the nave, from the transept to the choir, understanding the language of these monuments will allow you to travel back in time and in history.

CHURCHES, CHAPELS & BELLS

1 Champéry Bell Tower · Champéry

Dating back to 1726 and classified a historical monument since 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 popular Duke of Savoie...

- ▶ Open to the public (exterior)
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch
Paroisse de Champéry

3 Saint Marie-Madeleine Church · Troistorrents

Dating back to 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's stained-glass windows by Auguste Rody and Bruno Gherri-Moro.

- ▶ Open to the public
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch
Paroisse de Troistorrents-Morgins

5 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 symbolises the effort to spread peace throughout the world.

- ▶ Open to the public
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch
Paroisse de Troistorrents-Morgins

2 Chapel · Champoussin

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

- ▶ Open to the public
- ▶ +41 (0)76 522 42 73 · Patrick Claret · paroisses-illiez.ch
Paroisse de Val-d'Illiez

4 Saint Maurice Church · Val-d'Illiez

The existing structure, built in 1697, is the third on this site in the centre of Val-d'Illiez. The church is remarkable for its graceful, 40-foot bell tower which ends in a distinctive steeped roof surmounted by a Lombardy-style arrow. When the church was renovated in 1967, a sundial with the inscription *Carpe Diem* was added to the tower.

- ▶ Open to the public
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch
Paroisse de Val-d'Illiez

6 Carillon pour la Paix · Morgins

Built in 2000, this original open-air musical instrument chimes a different melody approximately every hour. The carillon counts 25 bells, the largest of which (Christ Gloire) was blessed by His Holiness Pope John Paul II himself. The central globe, encircled by a ring of people holding hands, was designed by artist André Bucher to represent peace and solidarity throughout the world.

- ▶ Open to the public (exterior)
- ▶ +41 (0)79 310 95 61 · carillondemorgins.ch
François Donnet

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



SOUND & LIGHT TOUR

7 Saint Théodule Church · Champéry

Discover 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.

- ▶ Free (closed during services)
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch
Paroisse de Champéry



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> USEFUL INFORMATION

regionentsdumidi

InstaSpots

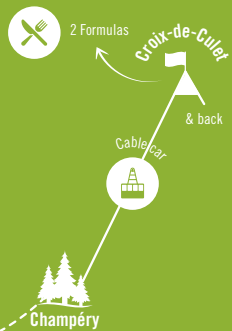
Can't resist a bit of a brag? Don't forget the tag! Use [#regionentsdumidi](#) and share the love on social media.



Lunch with a View by Train

A feast for all
your senses!

FROM **45.- CHF***
 > train
 > cable car
 > 20.- voucher for
 the Croix de Culet
 restaurant*



GETTING HERE

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

by train

The emblematic 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 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 15 minutes from the St-Triphon exit off the A9 motorway. An important part of the Swiss national motorway network, the A9 serves western Switzerland and provides a direct link to the major European motorway axes.

MOBILITY

An efficient network of shuttles, buses and trains connect our villages and provide access to a variety of sites.

Dents du Midi Tourist Train - Champéry

- ▶ Duration: 20 minutes (see p. 72)
- ▶ Free
- ▶ Illiez Card & Multi Pass activity

Bus Val-d'Illiez - Champoussin

- ▶ Duration: 20 minutes
- ▶ Price: 7.80 (3.90 with ½ price train pass)
- ▶ Illiez Card activity

Barme shuttle - Champéry

- ▶ 20 places
- ▶ Duration: 35 minutes
- ▶ Price: 14.- round trip | 7.- one way
- ▶ Illiez Card & Multi Pass activity

Bus Val-d'Illiez - Les Crosets

- ▶ Duration: 25-35 minutes
- ▶ Price: 6.40 (3.20 with ½ price train pass)
- ▶ Illiez Card activity

Bus Collombey* - Troistorrents** - Morgins

- ▶ Duration: 15 minutes**
- ▶ Price: 7.20 (3.60 with ½ price train pass)**
- ▶ Illiez Card activity

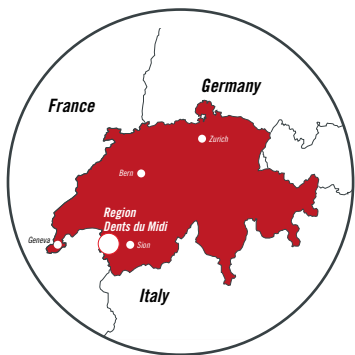
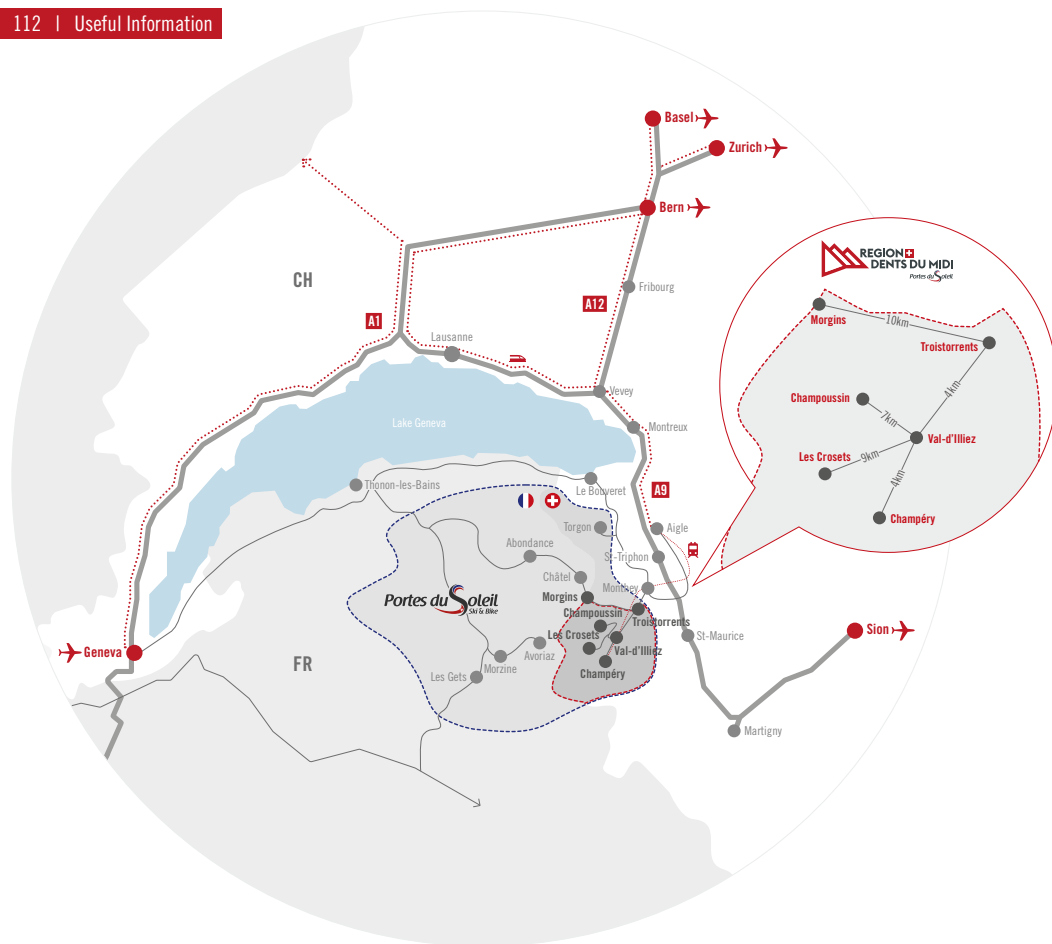
Bus/train connection at the following stops:

* Collombey-gare/Collombey-village

** Troistorrents train station or La Tine/Route de Morgins

Download
the timetables
here





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

NEARBY...

Rhone Plain

- ▶ Wednesday morning market
Monthey > 5 km
- ▶ Crochetan theatre
Monthey > 5 km
- ▶ Xstream Park
Collombey > 6 km
- ▶ Abbey
St-Maurice > 12 km
- ▶ Salt mines
Bex > 14 km
- ▶ Aigle castle & Wine museum
Aigle > 15 km
- ▶ Labyrinthe Aventure
Evionnaz > 20 km
- ▶ Aquaparc & Swiss Vapeur Parc
Le Bouveret > 23 km
- ▶ Chillon castle & Le Fort
Montreux-Veytaux > 26 km
- ▶ Fondation Gianadda museum
Martigny > 31 km
- ▶ Chaplin's World
Corsier-sur-Vevey > 36 km

Les Portes du Soleil

- ▶ Fantasticable & Summer sledge
Châtel > 15 km
- ▶ Cheesemaking cooperative & Via ferrata
Chapelle d'Abondance > 20 km
- ▶ Escape game & Geocaching
Torgon > 23 km
- ▶ Abbey & Maison du Fromage
Abondance > 25 km
- ▶ Rafting & Le Monde de Jacquotte
Morzine > 58 km
- ▶ Mechanical music museum & Golf
Les Gets > 63 km
- ▶ Golf & Slip 'n Slide
Avoriaz > 70 km





STAYING OVER

Make yourself at home...

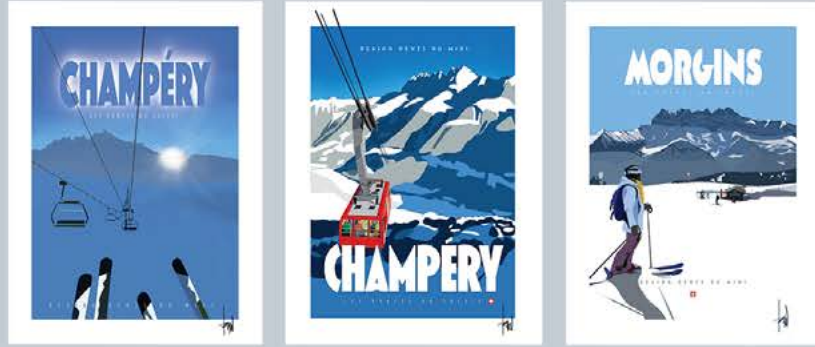
- ... in a hotel if you need a relaxing getaway and a good night's sleep,
- ... in a backpacker hostel if you're looking for unbeatable prices and friendly company,
- ... in an apartment or chalet if you prefer cosy home-away-from-home independence,
- ... in a guest house or B&B if you like to feel as 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!

Visit our website at regiondentsdumidi.ch for package offers, special deals, and an efficient online booking system. Also, don't hesitate to contact us for more help or a tailor-made offer!



SHOP



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



Poster 128x43 cm 25.-



5.-



20.-



89.-



Small 47.-
Large 76.-



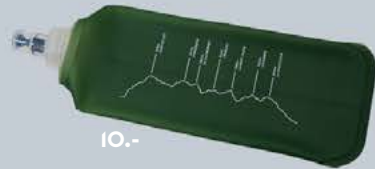
10.-



39.-



25.-



10.-



20.-



50.-



49.-



89.-

Texorio et Région Dents du Midi,
un partenariat qui roule !



TEXORIO

Conception d'objets
et de textiles durables.

Agence créative par l'objet
Rue de la Drague 18
1950 Sion



SUMMER & AUTUMN 2026 CALENDAR

May

- 02 Echo de la Montagne village band annual concert · Champéry
- 06 Tour du Chablais race · Morgins
- 07 Let's Talk... Love · Troistorrents
- 09 Flea Market · Champéry
Le Bon Vieux Temps annual soirée · Troistorrents
- 16-17 Old Mill Festival · Troistorrents
- 17 Clean-up Tour · Champoussin
- 20 Giron du Rhone | Dents du Midi Hill Climb Race · Val-d'Illeiez
- 23 Monthey d'Illeiez trail race · Val-d'Illeiez
- 27 Globetrotter Evening · Troistorrents
- 28-30 Rallye du Chablais · Région Dents du Midi
- 30 Vieux They Inalpe · Morgins
Flower Market · Morgins
- 30-31 Dance Workshop Production · Troistorrents

June

- 04 Corpus Christi · Champéry
Let's Talk... · Troistorrents
- 06 Boum Tschak Theatre · Troistorrents
- 12 *Echappées Belles* film screening · Champéry
- 13 51st Illeiez Valley Giron music festival · Morgins
- 21 Chez Gaby 1670 50th anniversary · Champoussin
- 26-28 Pass'Portes du Soleil · Portes du Soleil

July

- 04 Harry's Ride & Cheese Cup · Morgins
- 04-05 Cycloportive Portes du Soleil · Portes du Soleil
- 11 Chorgue Gourmet Ramble · Troistorrents
- 11-18 Swiss Orienteering Week (SOW) 2026 · Portes du Soleil
- 18-19 Barme Alpen Air · Champéry
- 24-25 Village Festival · Val-d'Illeiez
- 25 Beer Tasting Trail · Val-d'Illeiez
- 30 *Village Scenes - Extras* improv theatre · Champéry
- 31 27th Rencontres Musicales · Champéry
Swiss National Day Eve · Morgins

August

- 01 Swiss National Day · Région Dents du Midi
- 02-14 27th Rencontres Musicales · Champéry
- 06-07 *Tree of Light* Ice Show · Champéry
- 08 Wine Festival · Champéry
Eau Fil de l'Art · Morgins
Plant-based Health Fair · Morgins
- 08-09 Vintage Motors Expo · Les Crosets
- 13 *Village Scenes - Extras* improv theatre · Champéry
- 15 Red Bull Downtime Region Dents du Midi · Les Crosets
L'Helvétique village band aperitif concert · Morgins
- 20-23 Swiss Lawn Bowls Championships · Champéry
- 22 Livestock Fair · Les Crosets
- 29 Grimpée de Culet trail race · Champéry
- 29-30 Vieux They Raclette Festival · Morgins
- 30 Tour du Léman Junior · Morgins
Village Scenes - Extras improv theatre · Champéry

September

- 05 Swiss Peaks Trail · Morgins & Val-d'Illeiez
- 12 Artists' Day & Merit Awards Ceremony · Troistorrents
- 19 Dents du Midi Trail · Champéry
- 23 Valiant GP · Morgins
- 26 Gourmet E-bike Ride · Champoussin
Vieux Moulins de la Tine Foundation 40th anniversary · Troistorrents

October

- 01 Let's Talk... · Troistorrents
- 02-04 Alpine Challenge · Champéry
- 03 Echo des Torrents 40th anniversary dinner dance · Troistorrents
- 10 Chante Vièze choir event · Morgins
- 11 Swap Meet · Troistorrents
- 17 Folklore Evening · Val-d'Illeiez
- 25 Bike Park Closing Day · Morgins

November

- 07 La Caecilia annual concert · Troistorrents
- 12 Soirée Nuit de la Glisse · Champéry
- 12-14 Champéry Film Festival · Champéry
- 21 Romandy Freestyle Wrestling Championship · Troistorrents
- 21-22 Christmas Market · Troistorrents

ALL SUMMER
LONG

17.06-08.10 (Wednesdays) > La Perrole farm market · Champéry
10.07-28.08 (Fridays, except 31 Jul) > Jazz & Wine · Champéry
18, 25.07 & 02.08 > Morgins Market · Morgins
09.07-14.08 > Crochetan Mobile *Theatre L'Être aux Sommets* · Région Dents du Midi

Pass'Portes du Soleil

▶ 26-28.06

This iconic, weekend-long mountain bike event spanning Les Portes du Soleil is an action-packed adventure with high-altitude thrills, jaw-dropping scenery and convivial sportsmanship all rolled into one. Pick your poison — mountain bike, e-MTB, gravel or hiker itineraries — and make sure your favourite rider buddies save the date!

passportesdusoleil.com**Cyclo sportive Portes du Soleil**

▶ 04-05.07

This year, Champéry will be hosting the start of the thrilling Cyclo sportive des Portes du Soleil — a breakneck challenge that pushes the limits of endurance far beyond the borders of Region Dents du Midi. From the Chablais region in the Cantons of Valais and Vaud to the French Haute-Savoie, every village, every bend and every refreshment stop brings a taste of our legendary hospitality and passion for cycling. Sublime landscapes, majestic summits, riders and spectators united by the thrill of the race — this is one you won't want to miss!

cyclo sportive-portesdusoleil.com**Crochetan Mobile
L'Être aux sommets**▶ 09, 10, 16, 17, 23, 24.07
▶ 05, 06, 12, 14.08

Set off on a hilariously zany, totally off-beat inner adventure fuelled by personal development mantras. Created in collaboration with the Crochetan theatre in Monthey, this one-of-a-kind musical theatre production will come to life on our mountain hut terraces this summer.

regiondentsdumidi.ch**Barme Alpen Air**

▶ 18-19.07

Once every three years, the Barme valley comes alive with the sound of accordions, double bass and alphorns — and this summer, the party is back. A joyous, all-in celebration of everything that makes Alpine heritage so rich and so worth preserving — virtuoso folk musicians, stirring choral singing, swirling traditional costumes, and tables groaning with local food and drink. The whole community turns out, and the magic is infectious.

bergex.ch/barmealpenair**Village Scenes - Extras
open-air theatre**▶ 30.07
▶ 13, 30.08

On a film set, five strangers find themselves waiting... and waiting. Laughter, secrets, and simmering rivalries bubble to the surface in this tender, funny and surprisingly moving piece of improvisational theatre, performed in the heart of the villages of Champéry, Troistorrens and Val-d'Illeiez. A thoroughly human comedy that flips the script and finally gives the extras their two minutes of fame.

scenesdevillages.ch**Rencontres Musicales**

▶ 31.07-14.08

Now in its 27th year, the Rencontres Musicales continues to shine a spotlight on Swiss talent and the next generation of classical musicians, alongside some of the world's great international performers. This year's programme is a treat for the connoisseur and the curious alike — hidden gems of the classical repertoire, too long overlooked, presented alongside beloved masterworks that never fail to inspire.

rencontres-musicales.ch**Swiss Orienteering Week (SOW)
2026 Portes du Soleil**

▶ 11-18.07

Straddling the border between Switzerland and France, this year's Swiss Orienteering Week takes place in Morgins and Châtel for a truly unique international adventure. Just as the Portes du Soleil domain knows no borders, neither will the orienteer — and that spirit of boundless exploration is at the very heart of the event.

swiss-o-week.ch**Plant-based Health Fair**

▶ 08.08

This breath-of-fresh fair in Morgins is an immersive celebration of the natural world, with expert talks, guided walks, hands-on workshops and a nature scavenger hunt for the little ones. Browse the artisanal plant market, sit down to a mouthwatering meal made from local and foraged ingredients, and leave feeling like a sapling in spring. For the epicurious and the nature-besotted alike.

salonsante.ch**Swiss National Holiday**

▶ 31.07-01.08

Hooray, it's Swiss Day! As always, Region Dents du Midi pulls out all the stops — villages festooned from top to bottom, costumed dancing groups, concerts, village parades, signal fires on the mountaintops, and more!

regiondentsdumidi.ch**Vintage Motors Expo**

▶ 08-09.08

Not just for greasemonkeys and petrolheads, this is a cruise down memory lane with over a hundred vintage cars, motorcycles, and other tinkered treasures on display. Les Crosets is ready to rumble!

vintagemotorsexpo.ch**Dents du Midi Trail**

▶ 19.09

One of the oldest mountain marathons in Europe, this famous trail race is a legendary challenge that skims over the winding trails and superlative landscapes of the Dents du Midi Massif.

ddmtrail.ch**Ice Show - Tree of Light**

▶ 06-07.08

At the heart of the 27th Rencontres Musicales is a spellbinding mix of music and artistry on ice. Internationally acclaimed pianist Beatrice Berrut and legendary two-time world champion figure skater Stéphane Lambiel join forces with the world's finest skaters at the Palladium de Champéry.

rencontres-musicales.ch**Livestock Fair**

▶ 22.08

Now in its 34th edition, this iconic event is a true celebration of alpine tradition, passed down through the ages. Farmers from across the region proudly showcase their finest bovine beauties—amidst folk music, artisan stands, children's games, a colourful procession, and a grand evening barn dance.

regiondentsdumidi.ch**Gourmet E-bike Ride**

▶ 26.09

Saddle up for a delicious autumn escapade and whet your appetite with the alpine landscapes of Champoussin, the Dents du Midi, and Dents Blanches. This 30-kilometre e-bike route is accessible to all and peppered with gourmet stops showcasing the region's finest specialties, excellent Valaisan wines, and local fruit juices.

regiondentsdumidi.ch

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





SAVE
THE DATE

15.08.26
LES CROSETS

redbull.com/downtime

EXHIBITIONS

Bygone Days in Val-d'Illiez

- ▶ 4 June 2026 - May 2027
Saturday › 14:00 - 18:00
By appointment +41 (0)79 878 61 24
- ▶ Vieux Greniers · Val-d'Illiez
patrimoine-illiez.ch

Nicole Dayen Schütz & Christophe Schaer

(Decoupage & Wood sculptures)

- ▶ 15-31.05.2026
Wednesday - Sunday › 14:00 - 18:00
Monday 25.05.2026 › 14:00 - 18:00
By appointment +41 (0)79 937 91 01
- ▶ Vernissage: 16.05.2026 › 18:00
- ▶ Espace Raiffeisen · Champéry

Laurence Delley

(Wildlife photography)

- ▶ 05-21.06.2026
Thursday & Friday › 16:00 - 19:00
Saturday & Sunday › 11:00 - 18:00
By appointment +41 (0)79 629 18 49
- ▶ Vernissage: 06.06.2026 › 18:00
- ▶ Espace Raiffeisen · Champéry

Bertrand Perrin

(Paintings)

- ▶ 26.06-12.07.2026
Monday - Friday › 15:00 - 19:00
Saturday & Sunday › 10:00 - 12:00 & 15:00 - 19:00
- ▶ Vernissage: 27.06.2026 › 18:00
- ▶ Espace Raiffeisen · Champéry

Olivier Gilliéron

(Wildlife photography)

- ▶ 17-26.07.2026
Monday - Friday › 16:00 - 20:00
Saturday & Sunday › 14:00 - 18:00
By appointment +41 (0)77 419 15 03
- ▶ Vernissage: 18.07.2026 › 18:00
- ▶ Espace Raiffeisen · Champéry

Florence Vernery

(Watercolours)

- ▶ 31.07-09.08.2026
Monday - Sunday › 11:00 - 12:30 & 17:00 - 19:00
Vernissage: 02.08.2026 › 18:00
- ▶ Espace Raiffeisen · Champéry

Ana Peeters

(Paintings)

- ▶ 14-30.08.2026
Wednesday, Thursday & Friday › 13:00 - 19:00
Saturday & Sunday › 10:00 - 18:00
By appointment +41 (0)79 201 97 74
- ▶ Vernissage: 15.08.2026 › 18:00
- ▶ Espace Raiffeisen · Champéry

> THROUGHOUT THE SEASONS

Autumn

Too often overlooked, autumn is one of the best times to experience Region Dents du Midi, a feast for all your senses. After the frenetic summer months, silence reigns. Thick fog banks roll into the valleys, so that the jutting peaks resemble a fantasy kingdom of islands floating in a sea of mist.

The sun skims the mountaintops, taking the bite out of the chilly air and, at the same time, enhancing the lavish, Pollock-esque riot of colours splashed across the mountainsides. This is a delectable time for epicureans too—it's the season for wild game, freshly picked mushrooms and the famous Brisolée, made with sweet, roasted chestnuts.

129

Winter

From the moment the first frosting of snow dusts the tips of the Dents du Midi, a thrill of excitement shivers through the Illiez Valley in anticipation of the coming winter season. With more than 300 slopes and a vast 600 km of terrain in Les Portes du Soeil, it's not hard to understand our collective obsession with winter sports. Skiers and snowboarders can choose from long, winding ski slopes, like the bucolic Ripaille – Grand Paradis run, or the Didier Defago run, named after our own Olympic champion, or test their mettle on perilous black pistes like the infamous, vertiginous mogul field at the top of Chavanette, better known as the Swiss Wall.

But in the Illiez Valley, the joys of winter come in a multitude of experiences and the ski slopes are just the beginning. 150 km of snowshoe trails explore silent winter landscapes far from the madding crowds, not to mention cross-country skiing, ski touring, invigorating winter hikes, ice-climbing, curling and oh so much more!



les encrés MONTFORT

créateur d'imprimés depuis 1921

Food

Butcher

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

Michellod Boulangerie Tea Room	+41 24 479 16 86	Champéry
Au Beau Réveil Sàrl	+41 24 477 11 84	Morgins
La Boulangerie	+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 (self avec Pass)	+41 77 425 28 82	Les Crosets
Edelweiss Market Morgins	+41 24 477 24 24	Morgins
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
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Landscaping – Gardening – Maintenance

Trees

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 service

Black Diamond Concierge	+41 79 154 86 16	Champéry
SMB conciergerie et entretien d'immeubles	+41 78 644 20 80	Champéry
Conciergerie Générale - Blanchisserie	+41 79 371 02 86	Champoussin
Conciergerie du Hameau	+41 76 234 14 78	Les Crosets
Bonnie & Clean Services	+41 76 415 06 37	Morgins
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Tout Tip 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 | Snowplowing | 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
Bernard Torrent SA	+41 24 471 46 87	Collombey

Food

Borloz Transport Sàrl	+41 79 622 08 13	Les Crosets
Patrick Transports Sàrl	+41 24 479 26 24	Les Crosets
Trombert Dominique Transports	+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
Renavier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	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
Granger Multiservices Sàrl	+41 79 449 54 34	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 76 488 98 85	Val-d'Illiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez

Artisans

Watches | Jewelry

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

Bell foundry

Perrin Hugues	+41 79 435 92 39	Champéry
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Automobiles

Auto body shop

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

Garage | Petrol station

Garage de Champéry Sàrl	+41 24 566 76 77	Champéry
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 & Well-being

Beautician

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

Hair

Sarah Coiffure	+41 24 479 15 03	Champéry
Studio R Coiffure	+41 24 479 34 28	Champéry
Studio 1875	+41 79 606 72 02	Morgins
K-rey	+41 24 477 20 46	Val-d'Illiez

Sports centre

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

Fitness

Palladium de Champéry	+41 24 479 05 05	Champéry
Champoussin Lodge	+41 24 476 83 00	Champoussin
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

SPA Alpin Suisse - 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
Institut Colibri	+41 79 530 75 64	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
A Ton Aura	+41 79 175 02 81	Val-d'Illeiez
Aux Mains Sages	+41 76 526 66 18	Val-d'Illeiez
Caroline Perrin - Massages, Ortho-Bionomy	+41 76 321 95 84	Val-d'Illeiez
EnerY Rebutologie	+41 79 561 47 15	Val-d'Illeiez
Sukha Ayurveda	+41 77 526 65 50	Val-d'Illeiez
Totem Nutrition	+41 79 866 96 28	Val-d'Illeiez

Yoga instructors

Domitille Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga Yasmine Lomazzi	+41 79 449 61 14	Champéry
IsaKelle Kundalini Yoga Isabelle Portner	+41 76 822 15 61	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**

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'Illeiez

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'Illeiez

Kiosk | News

I3* Pam	+41 27 743 63 50	Champéry
A'pic Bar Tabac Presse	+41 24 565 05 00	Champéry
Kiosque de Morgins	+41 79 794 56 80	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illeiez

Corporate Events**Seminar | Conference | Corporate events**

Châteauform Le Chalet	+41 24 479 01 01	Champéry
Hôtel Suisse	+41 24 479 07 07	Champéry
Palladium de 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 24 479 18 74	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 78 624 50 60	Val-d'Illeiez

Independent ski instructor

Morgins Snowsports, Bret Marshall	+41 79 271 72 49	Morgins
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Paragliding

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

Skating school

Skating School of Switzerland	+41 24 552 10 77	Champéry
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Tennis instructor

Comby Emilien	+41 79 826 97 53	Champéry
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Building Trades**Architect**

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'Illeiez
S'Tox SA	+41 79 891 00 10	Val-d'Illeiez

Engineer

Jean-Michel Vuadens SA	+41 24 472 36 16	Monthey
Hydrotec Cyril Marclay	+41 78 879 19 20	Val-d'Illeiez

Carpenter | Roofer | Tinsmith

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

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'Illeiez
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illeiez
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illeiez
Perrin Rémy	+41 79 347 09 18	Val-d'Illeiez
Samuel Gillibert Sàrl	+41 77 431 85 35	Val-d'Illeiez

Construction management & services

MVG Services SA	+41 76 393 68 31	Champéry
IMMOG2B Sàrl - Boeuf Jean-Alexandre	+41 79 903 14 72	Val-d'Illeiez

Decoration | Flooring | Curtains

Avanthay&Partner (home staging)	+41 24 479 14 44	Champéry
Ma Déco - Tavernier 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

Electrician

3G Electricité SA	+41 79 426 35 16	Champéry
Grau Electricité 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

Paint | Plaster

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
Renavier Maçonnerie et Déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 24 477 32 75	Val-d'Illeiez
Carraux-Moret Construction SA	+41 24 472 70 80	Val-d'Illeiez
GR Matériaux Sàrl	+41 79 303 50 75	Val-d'Illeiez
La Pierre dans tous ses états	+41 79 353 24 03	Val-d'Illeiez
Laurent Perrin Maçonnerie Sàrl	+41 79 219 51 15	Val-d'Illeiez
Perrin Denis	+41 79 502 24 34	Val-d'Illeiez
Vieux SA	+41 76 488 98 85	Val-d'Illeiez

Carpenter | Cabinet maker

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'Illeiez
Avanthay SA	+41 24 477 16 44	Val-d'Illeiez
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illeiez
Gavillet Marc	+41 79 742 54 93	Val-d'Illeiez
Gex-Fabry Menuiserie Charpente Sàrl	+41 24 477 11 30	Val-d'Illeiez
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illeiez
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illeiez

Real estate promotion

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

Water damage

Technica Air Assèchement	+41 79 514 97 27	Val-d'Illeiez
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Art Galleries

Espace Raiffeisen	+41 79 192 02 60	Champéry
Brindusa Burrows Art	+41 76 453 03 10	Val-d'Illeiez

Child Care**Babysitter see Tourist Offices****Guides & Mountain Leaders****Mountain Leaders**

Dubosson Loic	+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 guide

Soustre Fred	+41 79 710 37 69	Champéry
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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
Ecole 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	+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
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illeiez
Home2C	+41 79 940 67 75	Val-d'Illeiez
La Rocaille Sàrl	+41 79 238 12 45	Val-d'Illeiez
Mountain River Resort	+41 79 238 77 15	Val-d'Illeiez
The River Pearl	+41 76 393 55 36	Val-d'Illeiez

Campground

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

Meditation centre

Chalet Ganesha	+41 78 865 25 58	Champéry
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Guest room | B&B

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'Illeiez

Mountain hut | Gîte

Cabane de Susanfe (CAS)	+41 24 479 16 46	Champéry
Cantine de Barnaz	+41 24 479 11 63	Champéry
Refuge de Bonavau	+41 78 245 21 25	Champéry
Refuge Lapisa	+41 24 479 36 43	Champéry
Gîte de Chaux-Palin		Les Crosets
Refuge de Chéséry	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins
Gîte d'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* Hotel

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

3* Hotel

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

Hotel

Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Guest House du Grand Paradis	+41 24 479 11 67	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 Marchéuson	+41 24 479 22 40	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	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
Auberge de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Le Communal		Val-d'Illiez

Group accommodation | Backpackers

Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 76 365 44 10	Champéry
Chalet du Ski-Club de Rolle	+41 24 479 12 97	Champéry
Chalet Ganessa	+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
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
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
Chalet Neuf	+41 24 477 12 96	Morgins
Club La Forêt	+41 79 413 60 56	Morgins
Le Victoria	+41 24 477 60 32	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
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Sports shops**Bike rentals | Repairs**

Le Vélociste Bikeshop	+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 (hiver)	+41 78 809 15 84	Champéry
Gonnet Sports (hiver)	+41 24 479 11 77	Champéry
Holiday Sport	+41 24 479 15 26	Champéry
Le Vélociste	+41 79 801 81 66	Champéry
Alpitude (hiver)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports (hiver)	+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 & UE)	112

Hospital

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

Cabinet médical de Champéry	+41 24 479 20 05	Champéry
Permanence médicale du Chablais	+41 58 773 11 46	Monthey
Centre médical du Val d'Illiez	+41 24 477 35 11	Val-d'Illiez
Urgences médicales non vitales	+41 848 200 300	Valais

Pharmacy

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
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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
Click 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
Nisada Communication DRD Sàrl	+41 24 477 21 57	Val-d'Illiez
RMS Vidéo-Photo Sàrl	+41 24 477 50 71	Val-d'Illiez

Insurance

Helvetia Assurance	+41 58 280 89 11	Monthey
Baloise Assurances	+41 79 777 81 66	Morgins

Driving school

Pascal Avanthay	+41 78 878 55 55	Champéry
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Bank

Banque cantonale du Valais Point cash	+41 848 765 765	Champéry Troistorrents
	+41 848 765 765	Troistorrents
Banque Raiffeisen Point cash	+41 24 476 87 38	Champéry Morgins
	+41 24 476 87 38	Troistorrents
	+41 24 476 87 38	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
Triage 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

Datating	+41 79 449 78 24	Val-d'Illiez
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Mushroom controller

Maret François	+41 79 304 72 33	Monthey
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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

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

Electronics

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

Financial services | Condominium management | Notary

Künzle SA	+41 24 473 73 05	Monthey
Samuel Cipolla Etude 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
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Propane gas refills & exchanges

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

Laundromat

C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Service Location	+41 24 477 26 82	Champoussin
Conciergerie Générale - Blanchisserie	+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	Champéry
	+41 24 477 23 61	Morgins

Virtual info point at L'Antre D'Eux		Champoussin
Virtual info point at the train station		Val-d'Illiez

Post offices

13* Pam	+41 27 743 63 50	Champéry
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

Ski lifts

Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry
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Sound | Lighting | Stage

SceneMobile SA	+41 79 953 11 39	Morgins
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Alarm systems

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

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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- Champoussin
- Les Crosets
- Morgins
- Val-d'Illicz



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#regiondentsdumidi

info@rddm.ch | regiondentsdumidi.ch

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

Virtual Information Points

Val-d'Illeiez

AOMC train station · 1873 Val-d'Illeiez
valdilliez@rddm.ch

Champoussin

Bar & Shop L'Antre D'Eux · 1873 Champoussin
valdilliez@rddm.ch



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