

FREE
help yourself!

WINTER GUIDEBOOK

2020 – 2021



CHAMPÉRY CHAMPOUSSIN LES CROSETS MORGINS TROISTORRENTS VAL-D'ILLIEZ



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WELCOME

Important | COVID-19

As this brochure goes to print, the coming winter season is still rife with uncertainty. Any information provided in the following pages will be subject to guidelines and/or regulations issued by the Swiss Confederation and the Canton of Valais (find up-to-date information at www.ofsp-coronavirus.ch).

Please check with service providers when planning your activities!

*Thank you for your
support and understanding!
Région Dents du Midi SA*

Région Dents du Midi

Région Dents du Midi is made up of 6 charming villages perched high in the Swiss Alps near the south-eastern end of Lake Geneva. Nestled along the spectacular Val d'Illiez, these villages form the Swiss half of Les Portes du Soleil, the world's largest international ski area.

From the moment the first frosting of snow dusts the peaks of the Dents du Midi, a thrill of anticipation shivers through the whole valley. Winter brings stark landscapes and dramatic contrasts, from the icy bulk of Mont Blanc to the graceful sweep of Lake Geneva, from the hushed mystery of frozen backcountry to the panoramic, no-holds-barred experience of over 600 kilometres of state-of-the-art groomed ski slopes.

No matter the season, this is a place of long-cherished traditions and authentic terroir, exhilarating peaks and inspiring views, where the border between France and Switzerland has all but disappeared and your backyard stretches as far as the eye can see.

6 RESORT VILLAGES FOR ONE 'RÉGION'

Champéry (1050 m)

Champéry's first tourists arrived in the 1850's, making this one of the oldest tourist destinations in Switzerland.

Quaint, yet resolutely modern, the picturesque main street still has 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 an altitude of 2,000 metres and into the vast Portes du Soleil ski area in under 5 minutes.



Champoussin (1580 m)



Champoussin is a peaceful village, cradled in a sweeping arc of alpine peaks with a full-frontal view over the Dents du Midi.

The south-facing hillsides trap the sunshine while wide boulevards with gently rolling slopes provide the perfect topography for beginner skiers and families.

Les Crosets (1700 m)

A bustling hotspot on the Swiss side of the Portes du Soleil and a hub for direct connections to the other Swiss and French resorts, Les Crosets is the ideal jumping-off point for ski-in ski-out holidays.

When the sun rises over a perfect layer of fresh snow and the lifts on your doorstep whirr into action, be the first to hit the slopes!



Morgins (1400 m)

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

Home to long, scenic ski runs through piney forests and the Rando Parc, the region's official ski touring training ground, Morgins offers a relaxed snowsports vibe in ruggedly alpine surroundings.



Troistorrents (770 m)

The gateway to the Val d'Illeiez, Troistorrents covers a territory of more than 37 square kilometres and includes several small hamlets.

At the centre of all this, the stately Church of Saint Mary Magdalene sits imposingly on a rocky promontory, overlooking a mighty stone bridge and an ancient mill, dating from 1401, built into the harrowing river gorge below. These sites, and others, are testimony to the region's rich architectural heritage.



Val-d'Illeiez (950 m)

Nestled in the heart of the valley that bears its name, the village of Val-d'Illeiez has long been a stronghold of agrarian traditions. On one side of the road, the church's soaring bell tower stands guard under the protective shadow of the Dents du Midi.

On the other side, two ancient granaries, recently converted into a pint-sized museum, are living proof of the importance of farming and commerce in this tightly knit community.



First Time Here?



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

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

The local currency is the Swiss Franc, but many shops accept Euros (generally banknotes only) as well as bank and credit cards. In Switzerland, with 4 national languages, dialects can change from one village to the next. Some cantons, such as Valais, are even bilingual. Here, in Romandy, *nous parlons le français!*



Insta Spots

Can't help a bit of a brag? Don't forget the tag! Use #regiondentsdumidi and share the love on social media.



A bright sun shining over a snowy mountain landscape. In the foreground, three people are skiing or snowboarding down a slope. The person on the left is wearing a blue jacket and red pants. The person in the middle is wearing a blue jacket and green pants. The person on the right is wearing a yellow jacket and red pants. They are all wearing backpacks. In the background, there are more skiers and snowboarders on the slopes, and a ski lift is visible. The sky is clear and blue.

SNOWSPORTS GALORE

Ski & Snowboard

Blanketed in snow, the Portes du Soleil are yours for the conquering! One, hands-free lift pass means you can hit the slopes all day and never take the same route twice, finding something new and wonderful around every bend.

With more than 286 pistes covering 600 km of terrain, skiers and snowboarders can gain confidence on gentle, family-friendly boulevards, explore endless trails winding through silent winter forests or test their mettle on some of the world's most challenging black pistes.

OUR FAVOURITE SLOPES

Ripaille – Grand Paradis

📍 Champéry
 km 10
 ● Red slope



The longest piste in the Portes du Soleil, Ripaille – Grand Paradis is an enchanting ski run that skims the foothills of the mighty Dents Blanches mountains, spanning an endless variety of landscapes along the way.

At the start (1,820m), two charming restaurants provide the perfect stopping points for a quick pick-me-up. The wide, groomed slopes then give way to rolling bumps and a thigh-burning schuss before the run levels out onto a wonderland path through silent, snow-covered forests, all the way to Grand Paradis (1,055m).

Sépaya

📍 Champoussin
 km 1.5
 ● Blue Slope



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

Chavanette

📍 Champéry | Les Crosets
 km 1
 ● Expert (ungroomed slope)



The infamous “Swiss Wall” ranks among the world’s toughest ski slopes. With a 331m drop over the 1-kilometre slope and a dizzying 37° angle, too steep for snow grooming machines, the bumps at the top regularly attain 2 metres in height, the size of a Volkswagen Beetle!

Didier Défago

📍 Morgins
 km 2
 ● Black Slope



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

LIFT PASS PRICES 2020 - 2021

Portes du Soleil ski area (Switzerland & France)
209 ski lifts

Web prices

	Adult	Child	Youth Student Senior
5h	55.-	41.-	50.-
1 day	61.-	46.-	55.-
2 days	117.-	88.-	105.-
3 days	166.-	125.-	149.-
4 days	214.-	161.-	193.-
5 days	260.-	195.-	234.-
5 days NC*	305.-	230.-	275.-
6 days	305.-	229.-	275.-
7 days	344.-	258.-	310.-
8 days	380.-	285.-	342.-
9 days	414.-	311.-	373.-
10 days	443.-	332.-	399.-
11 days	472.-	354.-	425.-
12 days	497.-	373.-	447.-
13 days	522.-	392.-	470.-
Season	1068.-	801.-	961.-
½ season	605.-	454.-	545.-

Ticket window prices

	Adult	Child	Youth Student Senior
5h	60.-	45.-	54.-
1 day	67.-	50.-	60.-
2 days	128.-	96.-	115.-
3 days	182.-	137.-	164.-
4 days	235.-	176.-	212.-
5 days	285.-	214.-	257.-
5 days NC*	335.-	250.-	300.-
6 days	335.-	251.-	302.-
7 days	378.-	284.-	340.-
8 days	417.-	313.-	375.-
9 days	455.-	341.-	410.-
10 days	487.-	365.-	438.-
11 days	518.-	389.-	466.-
12 days	546.-	410.-	491.-
13 days	573.-	430.-	516.-
Season	1068.-	801.-	961.-
½ season	605.-	454.-	545.-

Super Senior (age 75 +): 24.-/day or 230.- season

*NC = non consecutive

Prices are in Swiss Francs and may be subject to change depending on the Euro exchange rate

Good to Know

Easy, advantageous & free! With the Portes du Soleil loyalty program, each lift pass purchase earns soleils, which can be exchanged for a free ski day. To participate, sign up at www.portesdusoleil.com.

Get the best
lift pass prices
online at
skipass-pds-ch.ch!

LIFT PASS PRICES 2020 - 2021

Champéry, Les Crosets, Champoussin, Morgins ski area (Switzerland) | 37 lifts

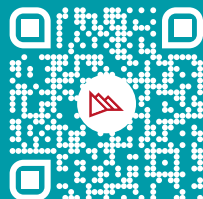
	Web prices			Ticket window prices		
	Adult	Child	Youth Student Senior	Adult	Child	Youth Student Senior
5h	50.-	35.-	45.-	54.-	38.-	49.-
From 11 am	50.-	35.-	45.-	54.-	38.-	49.-
From 1:30 pm	44.-	31.-	40.-	48.-	34.-	43.-
1 day	55.-	39.-	50.-	60.-	42.-	54.-
5 days NC*	275.-	195.-	250.-	300.-	210.-	270.-
Season	850.-	595.-	765.-	850.-	595.-	765.-
50 pts	-	-	-	51.-	36.-	46.-
100 pts	-	-	-	102.-	72.-	92.-

*NC = non-consecutive days
2 or more consecutive days: Portes du Soleil lift pass
Prices communicated in CHF



Good to Know

Skip the lift lines and purchase your lift passes online! Go to



- **MANDATORY LIFT PASS CARD:** CHF 4.- (non-refundable but reusable).
- **FAMILY PRICE:** -10 % minimum 4 paying lift passes (father, mother + unmarried children up to 19 yrs, or 24 yrs for students or apprentices). The lift passes must be purchased at the same time and for the same duration, but the ski area may be different. ID cards mandatory. Family price is available on passes from 5 hours – 3 days and on season passes except the season pre-sale.
- **CHILD (5 – 15 YRS):** kids under 5 must carry a free lift pass, available with an adult lift pass or with lessons.
- **GROUP PASS:** 10 % discount on web or ticket window prices for passes (4 - 15 consecutive days) for groups of 4 people or more (one payment).

- **5H PASS:** 5 consecutive hours, valid from first passage through a lift.
- **ADULT:** 20 - 64 yrs.
- **YOUTH:** 16 - 19 yrs.
- **STUDENT:** 20 - 24 yrs with valid student id card.
- **SENIOR:** 65 - 74 yrs.
- **SUPER SENIOR:** 75 yrs and up, CHF 24.- per day with photo ID.
- **1/2 SEASON PASS:** from Feb 6th, 2021.
- Photo mandatory for lift passes 8 days or more / 15% discount from April 3rd, 2021 on.

SPECIAL OFFERS



Duo Trio Offer

FROM 6 DAYS PORTES DU SOLEIL

- ➔ Simultaneous purchase of 2 adult 6-day (or more) lift passes online: CHF 16.- discount.
- ➔ Simultaneous purchase of 3 adult 6-day (or more) lift passes online: CHF 27.- discount.
- ➔ Offer valid online only, not valid March 14th - 21st, 2021.

Flash Sale

1 DAY PORTES DU SOLEIL ONLINE ONLY!

- ➔ Tuesdays and Thursdays, -30% on Portes du Soleil lift passes! 5.01.2021 – 04.02.2021, 09.03.2021 – 11.03.2021 and 23.03.2021 till the end of the season.
- ➔ Lift passes will go on sale (online only) the Friday before.
- ➔ Offer limited to 100 passes per day and 1 purchase per person.
- ➔ offer valid only on published adult price.

Spring Skiing

KIDS SKI FREE FROM 5 DAYS ON

- ➔ 1 free child pass (under 12) with purchase of 1 adult Portes du Soleil pass. Valid for 5-day passes purchased from 03.04.2021 on.
- ➔ This offer is cumable with Early Booking.
- ➔ On sale online and at ticket windows.

Train & Ski

HIT THE SLOPES BY TRAIN

- ➔ Travel for free on the Corbier – Collombey – Monthey – Champéry – Morgins – Les Crosets – Champoussin route with purchase of a 5-hour to 15-day lift pass at Monthey-Ville station.
- ➔ This offer is also available at the lift company ticket windows with proof of a SKI PASS ticket purchased from the ticket machines or from a conductor.
- ➔ Holders of a season lift pass may purchase a free-travel sticker for the same journey for CHF 68.- (CHF 48.- for children and CHF 58.- for juniors). Go to the Champéry-Les Crosets lift ticket windows or the Monthey-Ville train station for more information and purchase.

LIFTS OPEN TO PEDESTRIANS

		Adults from 16 yrs			Child 5 to 15 yrs		
		↑	↑↓	Season	↑	↑↓	Season
Champéry	 Champéry*	15.–	20.–	220.–	7.50	10.–	110.–
	 Grand Paradis**	–	20.–	–	–	10.–	–
Champoussin	 Aiguille des Champeys***	11.–	–	169.–	8.–	–	118.–
Les Crosets	 Mossettes	–	20.–	–	–	10.–	–
Morgins	 Foilleuse	13.–	17.–	200.–	9.–	12.–	140.–
	 Corbeau	11.–	15.–	169.–	8.–	10.50	118.–

* Child from 6 to 15 yrs

** Pass for the Grand Paradis and Planachaux chairlifts and the Champéry cable car. (Up-rides only)

*** For paragliders only

Good to Know

Paragliders Pass: valid for ascents only on the Champéry - Croix de Culet cable car, the Grand Paradis chairlift and the Planachaux chairlift

CHF 30.–
per day

CHAMPÉRY CABLE CAR SCHEDULE

	from 12.12.2020 to 18.12.2020	from 19.12.2020 to 05.02.2021	from 06.02.2021 to 11.04.2021
Monday	09:00 – 16:00	08:30 – 17:15	08:30 – 17:30
Tuesday	09:00 – 16:00	08:30 – 17:15	08:30 – 17:30
Wednesday	09:00 – 16:00	08:30 – 17:15	08:30 – 17:30
Thursday	09:00 – 16:00	08:30 – 17:15	08:30 – 17:30
Friday	09:00 – 16:00	08:30 – 21:00	08:30 – 21:00
Saturday	09:00 – 16:00	08:30 – 21:00	08:30 – 21:00
Sunday	09:00 – 16:00	08:30 – 17:15	08:30 – 17:30

TICKET WINDOW OPENING TIMES

Subject to the opening of the facilities.

Champéry	Cable car ticket offices	08:00 – 17:00
	Grand Paradis ticket offices	08:15 – 14:30
Champoussin	Champoussin ticket offices	08:15 – 15:00*
Les Crosets	Les Crosets ticket offices	08:00 – 17:00
Morgins	La Foilleuse ticket offices	08:15 – 16:30
	Le Corbeau ticket offices	08:30 – 15:00*

* Closes at 4:30 p.m. during school holidays



600 km
ski terrain



286
ski slopes



30
groomed areas: snowpark,
ski cross...



280 km
cross-country



360 km
snowshoe trails



100 km
winter walking trails



Lac Léman

Evian-les-Bains

Dir. Thonon
Genève

SKI SCHOOLS

reservations
required

📍 Champéry
 🗨️ École Suisse de Ski & Snowboard (ESS)
 📞 +41 (0)24 479 16 15
 📞 +41 (0)79 212 26 42


www.esschampéry.ch

📍 Champéry
 🗨️ Red Carpet
 📞 +41 (0)79 814 15 75


www.redcarpet.ch

📍 Champéry
 🗨️ Snow Attitude
 📞 +41 (0)79 136 27 09


www.swissrideactivity.ch

📍 Champoussin
 🗨️ Funschool | École Suisse de Ski & Snowboard (ESS)
 📞 +41 (0)24 477 29 00


www.funschool.ch

📍 Les Crosets
 🗨️ Funschool | École Suisse de Ski & Snowboard (ESS)
 📞 +41 (0)24 479 14 01


www.funschool.ch

📍 Morgins
 🗨️ École Suisse de Ski (ESS)
 📞 +41 (0)24 477 29 49


www.ess-morgins.ch

📍 Morgins
 🗨️ M3S | École de Ski Internationale (ESI)
 📞 +41 (0)24 477 77 17


www.m3s.ch

📍 Val-d'Ille
 🗨️ Snow Pros Ski School
 📞 +41 (0)78 624 50 60


www.snow-pros.ski

Good to Know

Equipment rentals, ARVA/DVA & probe: p. 133 (sports shops) | Snow report & road conditions: +41(0)24 479 02 11.

Superpark

📍 Les Crosets
 🗨️ Télé Champéry-Crosets Portes du Soleil SA
 🕒 Open during ski area hours
 CHF Adult / child > 36.- per day
 📞 +41 (0)24 479 02 00



The iconic Superpark, set right in the heart of Les Crosets and accessible in mere minutes with one of the fastest lifts in Switzerland, has been the designated stomping grounds for freestyle skiers and snowboarders since 1998.

www.superpark.ch

Avalanche Rescue Training Centre

📍 Les Crosets
 🗨️ Télé Champéry-Crosets Portes du Soleil SA
 🕒 Open during ski area hours
 CHF Adult / child > accessible with valid lift pass
 📞 +41 (0)24 479 02 00



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

www.pds-ch.ch

NIGHT SKIING

Night skiing is a magical way to experience the mountains and a great way to get in a few slopes after a long day at work.

	Champéry Les Crosets	Champoussin	Morgins
DATES	Every Friday and Saturday from 26.12.2020 to 14.03.2021	Thursdays 18.02.2021 25.02.2021 04.03.2021	Wednesdays 30.12.2020 17.02.2021 24.02.2021 03.03.2021
HOURS	Non-stop until 8:00 p.m. (last return in cable car at 9:00 p.m.)	Non-stop until 8:00 p.m.	Non-stop until 8:00 p.m.
CHF	Adult › 30.- Child › 25.-	Single price › 15.-	Adult › 25.- Child › 18.-
LIFTS OPEN	Champéry cable car Planachaux chair lift Les Crosets chair lift	Sépaya drag lift	Foilleuse chair lift
SLOPES OPEN	3 slopes	1 slope	1 slope
CONTACT	+41 (0)24 479 02 00 www.pds-ch.ch		

Good to Know

- › Subject to weather conditions.
- › Tickets from 15:00 available for Champéry – Les Crosets – Champoussin – Morgins ski areas
- › Tickets from 11:00 and 13:30 pm plus day and season passes are valid.
- › Child 5 – 15

Y FONDUE'SKI SOUS LES ÉTOILES

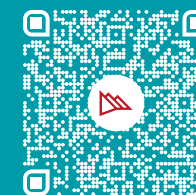
Skip the stress of homeward-bound traffic jams and enjoy a moonlight ski and a restorative dinner before hitting the road! The Portes du Soleil Suisse ski lifts, the Transports Publics du Chablais and Région Dents du Midi have concocted a delicious solution to the harried weekend commute that can spoil a perfect day faster than you can say schuss!

Fridays & Saturdays 26.12.2020 – 14.03.2021 Offer includes:

- ➔ **Round-trip train from Monthey-Ville station ↔ Champéry station** (arrival at the cable car) | from 15:00 (last departure from Champéry at 22:26)
- ➔ **Night skiing lift pass** Champéry-Les Crosets (15:00 – 20:00)
- ➔ **Fondue or Croûte au Fromage** with one drink included

Variations on the offer available for season pass holders or CFF train pass holders.

Information & reservations:



TRAIN +
NIGHT SKIING
+ DINNER FOR
CHF 49.90!





Ski Touring

Earn your turns! Ski touring is a demanding sport but the rewards: endless, wide-open spaces and untouched powder, are well worth the effort.

Equipped with synthetic 'skins' that stick to the bottom of your skis, you're free to explore up-hill and down, as far as you can ski.

Rando-Parc

📍	Morgins
🗨️	Office du Tourisme de Région Dents du Midi
🕒	1:30 – 2:30 depending on the trail
CHF	Adult / child › free
🔄	• 3 tracks • 3 tracks • 1 track (alternate routes available on certain trails)
📏	from 529 m to 766 m
📞	+41 (0)24 477 23 61

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

www.regiondentsdumidi.ch

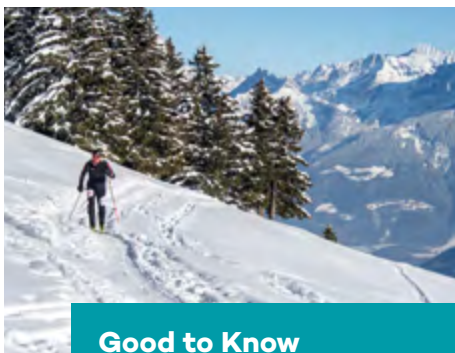


MOVEMENT CHALLENGE

The MOVEMENT TRACKS Challenge is this year's hottest 'rando' activity. Rando Parc users can download a mobile app for timing individual performance. You can even pit yourself (virtually) against champions like Thibe Deseyn, Yannick Ecoeur and Kilian Granger. The MOVEMENT TRACKS are marked, safe skimo itineraries. These have been imported into Strava to create segments. The challenge takes place on the 'Black Track' section, and our local athletes have established reference times. A sign at the Rando Parc entrance provides all the information you'll need to start your own Rando Parc Challenge!

How to participate?

1. Install the Strava App.
2. Sign up for the Movement Club.
3. Head for the segment departure point, activate your GPS and start Strava.
4. Ski the trail and try to beat our champions!
5. When you're done, register your time on the Movement Tracks Challenge page.



Good to Know

With over 50 million users in 195 countries all over the globe, Strava is THE social networking tool for athletes. Users can share their activities, outings, races and training sessions, follow their friends and share their results when the sufferfest is done!

Ski Touring 101

📍	Morgins
🗨️	Office du Tourisme de Région Dents du Midi
CHF	Adult / child › free
📞	+41 (0)24 477 23 61



Building on the success of the Rando Parc, Région Dents du Midi is proud to present a ski touring tutorial trail.

Along the route, explanatory panels will demonstrate the necessary skill sets for ski touring like 'skins on' or 'skins off', portage, kick turns and the proper way to use your avalanche rescue equipment. You can even access explanatory videos with a QR code.

www.regiondentsdumidi.ch

Good to Know

- Weather and snow conditions in the Alps can change in the blink of an eye. Before you head out, check with our mountain guides (see page 104) for information on mountain safety, avalanche danger, weather forecasts and itineraries. Be realistic about your skill level and never underestimate nature!
- Equipment rental : see p. 133 (sports shops) | Mountain guides : see p. 132.
- Région Dents du Midi and Movement refuse all responsibility in case of accident.

La Foilleuse Vertical by Night

📍	Morgins
🗨️	Office du Tourisme de Région Dents du Midi
🕒	Every Friday of the winter season (depending on snow conditions) › 17:00 – 21:00
CHF	Adult / child › free
📞	+41 (0)24 477 23 61



If the idea of an uphill hike on skis by moonlight sounds like fun, then the Foilleuse Vertical is for you!

The Là Ô restaurant stays open late for the occasion, and the climb up is totally safe since the piste is kept free of grooming machines. It's an otherworldly experience, especially on full moon nights!

www.regiondentsdumidi.ch



Cross Country Skiing

In winter, the Val d'Illeiez is transformed into a frozen fairyland. Blanketed in pristine powder, alpine pastures dazzle with a million glittering crystals while dark forests slumber under weighty pillows of snow.

Champéry and Morgins' cross country ski trails allow you to enjoy this wintertime landscape at its best.

NORDIC SKI CENTRES

Grand Paradis

📍	Champéry
💬	Office du Tourisme de Région Dents du Midi
🕒	Daily, depending on snow conditions
CHF	Adult/child (12 yrs +) › 10.- (1-day pass)
KM	5 km skating 5 km classic
📞	+41 (0)24 479 05 50

www.regiondentsdumidi.ch

Vallon de They
Lac de Morgins
Savolaire

📍	Morgins
💬	Office du Tourisme de Région Dents du Midi
🕒	08:30 – 16:30
CHF	Adult/child › 10.- (1-day pass)
KM	16 km skating 20 km classic
📞	+41 (0)24 477 23 61

www.regiondentsdumidi.ch

Good to Know

A 3 km segment of the Grand Paradis ski trail, just outside of Champéry, is illuminated nightly until 21H00. The Morgins Lake Trail can be used at night on request. Perfect for a moonlight spin after work!

- Equipment rental: see p. 133 (sports shops)
- Cross country ski passes sold in Région Dents du Midi tourist offices, at the Champéry Palladium or in the Morgins sports centre.





Snowshoe Hiking

Ever heard the expression «the journey is more important than the destination»? It's a good motto to live by, and the perfect description of snowshoeing. Whether you're feeling contemplative or sporty, a snowshoe hike is the best way to experience the breathtaking beauty of nature, just off the beaten path.

Away from the crowds, yet never alone, as evidenced by delicate tracks crisscrossing the snowy trail, nibbled pinecones here and there and the warm lights of a mountain hut beckoning temptingly in the distance. If you're quiet and patient, you might be lucky enough to spy a few timid creatures in their winter habitat. You will, however, always find a warm refuge from your winter wanderings, offering tasty regional specialties or a steaming mug of something smelling delectably of cinnamon and spice, perhaps even a crackling fire to warm your toes.

OUR FAVOURITE TRAILS

Vièze

📍 Champéry

km 3

🕒 1h30

🚶 Easy

📏 165 m



This relatively short loop follows the wooded banks of the rushing Vièze River, a tributary of the Rhone with its source in the Dents du Midi massif. This is the perfect place to observe and track some shy forest creatures.

Ü Yeu Tsalé –
Les Bochasses

📍 Champoussin

km 5 – 7 depending on the itinerary

🕒 2h – 3h depending on the itinerary

🚶 Medium / difficult

📏 270 m – 500 m depending on the itinerary



Treat yourself to a little bit of everything! This trail leads from pleasant riverbanks to hillsides with panoramic views over the Rhone valley and the Vaudoise Alps, passing by mountain huts with delicious refreshments along the way.

Good to Know

Hiking trail maps are available at the tourist offices or downloaded from www.regiondentsdumidi.ch



Crettex Borney

📍 Les Crosets

km 5

🕒 2h15

🚶 Medium

📏 300 m



Setting off from the busy hub of Les Crosets, this itinerary wends its way up through the lovely hamlet of chalets called Crettex Borney. En route, stop by the Relais Panoramique restaurant, where you can cosy up to a delicious Swiss Rösti and enjoy one of the region's most spectacular views of our beloved Dents du Midi.

Chemin des Ponts

📍 Morgins

km 4,5

🕒 2h

🚶 Easy

📏 120 m



The 'Bridges Trail' is a wonderful, family-friendly trail that leapfrogs back and forth over the gurgling Vièze river in the quiet They Valley. Along the way, visit the fascinating Eau Rouge spring, where the iron-rich waters have coloured the riverbed bright orange.



Winter Walks

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

OUR FAVOURITE TRAILS

Chemin des Poussettes

📍 Champéry

km 3,6

🕒 1h

🚶 Easy

📏 100 m



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

Good to Know

Trail maps are available at the tourist offices or downloaded from

www.regiondentsdumidi.ch

Pas de Morgins Le Corbeau

📍 Morgins

km 8

🕒 3h

🚶 Medium

📏 270 m



The Pas de Morgins is one of the most important alpine passes linking Switzerland and France. This walk starts on the narrow road to les Têtes, then follows a forest road to the place called Corbeau. From here, the view of the Dents du Midi, the Dents Blanches and the Vaudois Alps is nothing short of glorious.

Cultural Trails

📍 Troistorrents

km Depending on the itinerary

🕒 1:30 – 2:30 depending on the itinerary

🚶 Easy

📏 100 m

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





TAKE COVER

Ice Sports

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

SKATING RINKS

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

Indoor Skating Rink

📍	Champéry
🗨️	Palladium de Champéry
🕒	Detailed opening hours online
CHF	Adult entry › 6.- Child entry › 4.- Skate rental › 5.- (adult) Skate rental › 3.- (child)
📞	+41 (0)24 479 05 05

www.palladiumdechampéry.ch

Outdoor Rinks (Covered - 180m²)

📍	Morgins
🗨️	Maxime Monny
🕒	› 18.12.2020 – 06.01.2021 & 13.02.2021 – 21.02.2021 › daily 10:00 – 20:00* › 07.01.2021 – 12.02.2021 & 22.02.2021 – 28.02.2021 › Wednesdays 13:00 – 20:00 › Thursdays & Fridays 16:00 – 20:00 › Saturdays & Sundays 10:00 – 20:00 (rinks reserved for hockey practice 13:00 – 14:00 & 19:00 – 20:00)
CHF	Adult/child › free Skate rental › 5.-
📞	+41 (0)79 933 18 35

www.regiondentsdumidi.ch

INFO COVID-19
The dates and times of the ice rink will depend on changes in health restrictions imposed by our authorities. This information is regularly updated on our website.

Good to Know

The Palladium is a National Ice Sports Centre, home to the European Curling Centre, but that's not the half of it. With state-of-the-art sports and conference infrastructures adapted to businesses, elite athletes and day-trippers, this is the perfect venue for training camps, conferences, company outings, birthday parties and even weddings!



CURLING

reservations
required

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

Curling Workshop

📍	Champéry
🗨️	Palladium de Champéry
CHF	Private lessons or groups up to 5 people › on request 6 – 50 people › 40.-/pers. for 2h
📞	+41 (0)24 479 05 05

www.palladiumdechampéry.ch

Good to Know

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





Rest & Relaxation

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

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

SPAS

reservations
required

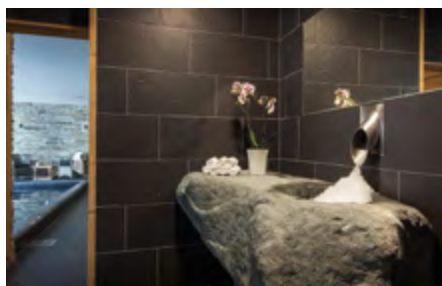
Winter can be hard on a body, especially for those of us who don't hibernate. Here in Région Dents du Midi we've got a surprisingly simple secret to surviving the cold; hot water and a rejuvenating massage! So, peel off those woolly layers, slip on a fluffy robe and treat yourself to an oasis of relaxation.

Champéry
 Boutique Hôtel Beau-Séjour & Spa
 High season > 10:00 – 20:30
 Low season > 16:00 – 19:00 or by reservation
CHF Adult (+ 16 yrs) > 38.-
 Discounted entry from 10:00 to 16:00 > 28.-
 +41 (0)24 479 58 58

Facilities: Hammam, sauna, Jacuzzi, cold water pool, Kneipp Weg, disinfectant foot bath, floatation pool.

www.beausejour.ch

Champéry
 Hôtel National Resort & SPA
 10:00 – 20:00
CHF + 18 yrs > 35.-
 +41 (0)24 479 11 30



Facilities: Jacuzzi, sensory shower, hammam, sauna, massages, heated outdoor pool 27°C. Reservations required for guests not staying at the hotel.

www.lenational.ch

Champoussin
 Champoussin Lodge
 Closed for people outside the hotel until further notice
CHF On request
 +41 (0)24 476 83 00

Hammam, sauna, massages.

www.champoussinlodge.ch

Morgins
 Helvetia Hotel
 16:00 – 19:00 (last entry)
CHF Adult / child > 15.-
 +41 (0)24 565 18 75

Sauna, hammam, jacuzzi.

www.helvetiahotel.ch

Massages

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

Good to Know

Find our masseurs on page 131.

THERMAL BATHS

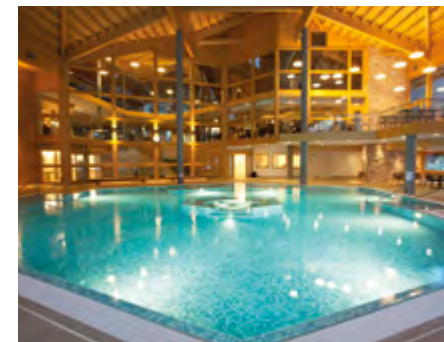
Thermes Parc

Val-d'Illiez
 Temporarily closed

Welling up from deep under the Dents du Midi and rich in calcium, sulphur and magnesium, the waters captured at the Val-d'Illiez thermal baths are a fountain of health and relaxation. While the mineral rich waters may not be certifiably miraculous, they are celebrated far and wide for their healing and soothing properties.

An outdoor pool and thermal river steam invitingly in the frosty winter garden while, indoors, a second pool features massage jets, a whirlpool jacuzzi and swan-neck waterfalls.

Facilities: thermal river, indoor and outdoor pools, spa (sauna, hammam, tyarium), massages & treatments.



YOGA

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



Good to Know

Find yoga instructors on page 131.

INDOOR POOLS

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



	Champéry
	Palladium de Champéry
	Opening hours online
CHF	Adult › 6.- Child › 4.-
	28°C / 30°C Saturday mornings for Baby Swimmers
	+41 (0)24 479 05 05

4 swimming lanes, semi-Olympic pool, paddling pool, 4 diving boards.

www.palladiumdechampery.ch

	Champoussin
	Champoussin Lodge
	Closed until further notice
CHF	On request
	Approximately 29°C
	+41 (0)24 476 83 00

Bassin 6 m x 14 m.

www.champoussinlodge.ch

AQUATIC ACTIVITIES

reservations
required

	Champéry
	Palladium de Champéry
	› Aquabike: Tuesday › 18:45 – 19:30 Fridays › 10:45 – 11:30
	› Aquagym: Mondays & Thursdays › 19:00 – 19:45
CHF	› Aquabike: adult / youth › 25.- per course › Aquagym: adult / youth › 17.- per course
	+41 (0)24 479 05 05

Looking for wintertime fun off-piste? Just add water and choose from a wide range of poolside activities.

www.palladiumdechampery.ch

CENTRE SPORTIF ET CULTUREL



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



Indoor Activities

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

Escape Room

reservations
required

📍	Champéry
📞	Trapgame Champéry Sàrl
🕒	Tuesdays – Sundays › 10:00 – 00:00
CHF	Adult / child (-7 yrs free): 2 people › 50.-/pers. 3 people › 45.-/pers. 4 people › 40.-/pers. 5 people › 35.-/pers. 6 people › 30.-/pers.
📞	+41 (0)24 565 03 24



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

www.trapgame-champéry.ch

Sport Climbing

📍	Champéry
📞	Palladium de Champéry
🕒	Opening hours online
CHF	Adult (16 + yrs) › 12.- child › 8.- (excluding material)
📞	+41 (0)24 479 05 05



The climbing wall at the Palladium Sports Centre offers a surface of 260 m², 9.5 metres high and covered with over 1,600 holds. 50 pitches range from an easy 4a to a challenging 8a.

www.palladiumdechampéry.ch

Indoor Tennis

reservations
required

📍	Morgins
📞	Centre sportif de Morgins
🕒	Daily › 09:00 – 22:00 (reserve 24 hours in advance)
CHF	Adult / child › 36.-/hour
📞	+41 (0)24 477 19 92



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

www.morgins-loisirs.ch

Badminton

reservations
required

📍	Champéry
📞	Palladium de Champéry
🕒	Daily
CHF	Adult / child › 20.-/hour + 5.- equipment rental
📞	+41 (0)24 479 05 05



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

www.palladiumdechampéry.ch

Bubble Foot

reservations
required

📍	Morgins
📞	Ludo Gfeller
CHF	On request
📞	+41 (0)79 516 60 79

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, then watch them bounce right up and come back for more.

www.regiondentsdumidi.ch

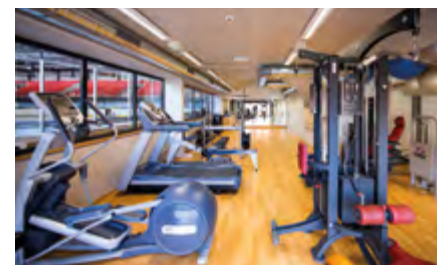


FITNESS

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.

📍	Champéry
📞	Palladium de Champéry
🕒	Opening hours online
CHF	Adult (16 + yrs) › 15.-
📞	+41 (0)24 479 05 05

www.palladiumdechampéry.ch



📍	Champoussin
📞	Champoussin Lodge
🕒	Closed for people outside the hotel until further notice
CHF	On request
📞	+41 (0)24 476 83 00

www.champoussinlodge.ch

📍	Morgins
📞	Oxygen Morgins
CHF	Prices online (depending on the chosen service)
📞	+41 (0)79 261 23 31

Making fitness fun! (private and group sports lessons, gentle gym, trail running preparation, outdoor circuit training, etc.).

www.facebook.com/oxygenmorgins

GYMNASIUMS

reservations
required

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

📍 Champéry
 🗨️ Palladium de Champéry
 CHF On request
 📞 +41 (0)24 479 05 05

www.palladiumdechampery.ch

📍 Morgins
 🗨️ Office du Tourisme de Région Dents du Midi
 CHF On request
 📞 +41 (0)24 477 23 61

www.regiondentsdumidi.ch

📍 Troistorrents
 🗨️ Administration communale de Troistorrents
 CHF On request
 📞 +41 (0)24 476 80 10

www.troistorrents.ch

📍 Val-d'Ille
 🗨️ Administration communale de Val-d'Ille
 CHF On request
 📞 +41 (0)24 476 87 87

www.ille.ch



TREASURE HUNT

reservations
required

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

📍 Champéry
 🗨️ Palladium de Champéry
 🕒 Daily
 CHF > Adult > 29.- (or 19.- without the water adventure)
 > Child (7 – 15 yrs) > 20.-
 (or 15.- without the water adventure)
 📞 +41 (0)24 479 05 05

www.palladiumdechampery.ch





***COME ONE,
COME ALL***

Expect the Unexpected

Extraordinary moments call for extraordinary activities. Whether you're looking for the perfect 'quality time' family activity, an unforgettably romantic tete-a-tete or a fun-for-everyone day with your pals, we've got just the thing.

Husky Hikes

reservations
required

- 📍 Morgins
- 💬 Team des loups du Val de They
- 🕒 On request
- CHF** > ≈ 1h tour: adult > 150.- for 2 people (50.-/extra adult | 40.-/extra child age 10 – 14 yrs).
> ≈ 3h tour: adult > 90.- | child (10 – 14 yrs) > 50.- (1 glass of mulled wine, fondue & tea included).
- 📞 +41 (0)78 664 61 61



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

www.desloupsduvaldethey.ch

Husky Karting

reservations
required

- 📍 Morgins
- 💬 Team des loups du Val de They
- 🕒 On request
- 🕒 30 minutes
- CHF** Fixed price for 4 people > 200.- (12 yrs +)
- 📞 +41 (0)78 664 61 61

New this winter! Take a spin on a husky-powered go-kart, equipped with Fatbike tires.

www.desloupsduvaldethey.ch

Sled Dogs

reservations
required

- 📍 Morgins
- 💬 Team des loups du Val de They
- 🕒 On request
- CHF** Fixed price for 4 people > 200.- (30 minutes)
Fixed price for 6 people > 350.- (60 minutes)
Sleigh driving > 200.-/pers. (30 minutes)
- 📞 +41 (0)78 664 61 61



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

www.desloupsduvaldethey.ch

Ski Joëring

reservations
required

- 📍 Morgins
- 💬 Team des loups du Val de They
- 🕒 On request
- CHF** Fixed price for 1 – 2 people > 200.- (50.- /per extra participant)
- 📞 +41 (0)78 664 61 61

This is a fun activity that has its roots in an ancient Norwegian sport called ski joëring, in which skiers are pulled at breakneck speeds behind horses. After a brief introductory workshop with your guide Violaine and depending on your level of cross-country skiing and your knowledge of dog sports, you'll soon be dashing through the snow, on skis, pulled by a trusty husky!

www.desloupsduvaldethey.ch

- 📍 Morgins
- 💬 Ranch de Morgins
- 🕒 On request
- CHF** On request
- 📞 +41 (0)79 606 10 16

Originating in Norway, this is a fun sport for guests of all ages where skiers are pulled behind horses. A ski helmet is required for this activity.

www.ranch-morgins.ch

Déval'kart

reservations
required

- 📍 Morgins
- 💬 Joël Rey-Mermet
- 🕒 From 17:00 on
- CHF** On request
- 📞 +41 (0)79 224 73 19

Hurdle down the slopes on a 4x4 go-kart! At the bottom, just hook your kart onto the drag lift and head back up for endless hours of fun.

www.regiondentsdumidi.ch

Fasting Cures

reservations
required

- 📍 Champoussin | Val-d'Illiez
- 💬 Centre Interlude Bien-Être
- CHF** Depending on the programme and accommodation chosen
- 📞 +41 (0)44 586 58 60



Supervised fasting programs are a breath of fresh air for body and spirit. Research indicates benefits may include weight loss, increased metabolism, detoxification via autophagy, improved health and vitality, and perhaps even a prolonged lifespan. Interlude is now offering a new package in Champoussin.

www.interlubebienetre.ch

Trout Fishing

reservations
required

- 📍 Champéry
- 🗨️ Chalet Rosalie
- CHF** › Adult/child › 24.-/kg of trout
› Fishing pole rental (bait and fish cleaning included)
1 pole › 5.- | 3 poles › 10.-
› Daily fishing permit › 2.-/family or group
- 📞 +41 (0)79 577 87 54

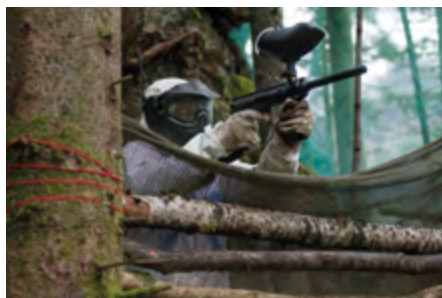
All it takes is a snippet of patience and a smidgen of perseverance. When you feel that first, thrilling tug on the line, you're hooked, and that's no fish tale...

www.chalet-rosalie.ch

Paintball

reservations
required

- 📍 Les Crosets
- 🗨️ Le Marchéuson
- CHF** Adult/child › 30.- per person for 2h play
& 200 paintballs
- 📞 +41 (0)24 479 22 40



Armed with a paintball launcher, you must invade and conquer the enemy team's territory using only your wits, teamwork and whatever camouflage you can find.

www.lemarchéuson.ch

Axe Throwing

reservations
required

- 📍 Champoussin
- 🗨️ Chez Gaby 1670
- 🕒 On request
- CHF** Fixed price for adults 16 yrs + › 15.-
- 📞 +41 (0)24 477 22 22

Ready, steady, hurl! You probably don't want to try this at home, but when it's done correctly axe throwing is a multi-faceted learning experience, combining concentration, precision and strength.

www.chezgaby1670.ch

Visite de la Petite Volerie

reservations
required

- 📍 Morgins
- 🗨️ La Petite Volerie
- 🕒 Tous les mardis et vendredis › 17:00 – 17:45
- CHF** 15.- (gratuit pour les – de 4 ans)
- 📞 +41 (0)79 761 08 88

A passionate falconer, Caroline invites you to visit her 'Little Aviary' for a rare and unforgettable birding experience. After showing you round the aviary and explaining its ins and outs, Caroline will introduce you to her beautiful birds of prey. You'll even get to meet one up close, as it perches on her gloved arm.

www.regiondentsdumidi.ch





Your Fill of Thrills

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

Yooner Sledging reservations required

- 📍 Champéry
- 🗨️ Swiss Ride Activity
- 🕒 Fridays and Saturdays from 17:30
- CHF** Adult / child (7 yrs +) › 35.-
Night sledging session & fondue › 60.-
- 📞 +41 (0)79 136 27 09



A Yooner sledge has a raised bucket seat, mounted with a shock absorber on a ski. Seated comfortably 20 cm off the snow in this light and incredibly user-friendly sledge, adults and kids alike will be carving like pros in minutes!

www.swissrideactivity.ch

Ice Climbing reservations required

- 📍 Champéry | Morgins | Val-d'Illiez
- 🗨️ Montagne Expérience
- 🕒 On request
- CHF** › Adult / child › 580.- 1–2 people
› 3 people › 310.-/pers.
- 📞 +41 (0)79 239 87 19



Equipped with ice axes and crampons, climbers ascend frozen rivers and waterfalls. Ice climbing is a challenging sport that is at its best when winter is at its coldest.

www.guides-champéry.ch

TREETOP ADVENTURE COURSE reservations required

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

- 📍 Champéry
- 🗨️ Organic Adventure Park
- 🕒 On request
- CHF** Child (3 – 5 yrs) › 15.-
Youth (6 – 10 yrs and 1m10+) › 20.-
Junior (11 – 15 yrs) › 25.-
Adult › 35.-
Night-time entry with fondue › price on request
- 📞 +41 (0)79 757 56 28

www.organicadventurepark.ch

- 📍 Champoussin
- 🗨️ Parc Aventure Point Sud
- 🕒 Depending on weather conditions (for groups of 10+ people)
- CHF** Child (6 – 13 yrs) › 15.-
Junior (14 – 17 yrs) › 21.-
Adult › 32.-
- 📞 +41 (0)79 928 25 63

www.point-sud.ch

Mountain Guides reservations required

- 📍 Champéry | Champoussin | Les Crosets
Morgins | Val-d'Illiez
- 🗨️ Montagne Expérience
- CHF** On request
- 📞 +41 (0)79 239 87 19

For many, the mountains inspire a visceral need to explore, to challenge oneself, to climb the peak “because it's there”. But where to start? What to bring? Inexperience is not only dangerous, it can be deadly. A mountain guide is the key that unlocks the austere and unforgiving high alpine environment. Alternately one step ahead of you or right by your side, pushing you to go farther or

encouraging you in moments of fatigue, the relationship between guide and client is a special and unique one, a bond forged of shared experience and the knowledge that each is responsible for the life and safety of the other.

From their 'base camp' right here at the foot of the Dents du Midi, our guides lead summit hikes or heliskiing trips as well as ice climbing, mountaineering or ski touring excursions, both close to home or world-wide.

www.guides-champéry.ch

PARAGLIDING reservations required

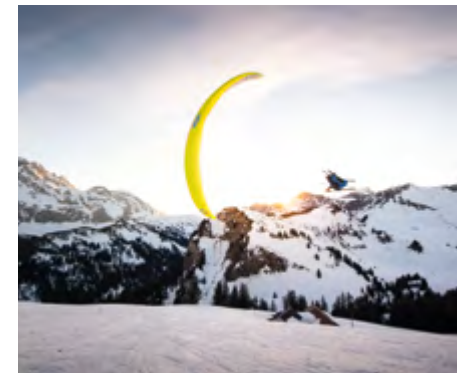
Enjoy a bird's eye view of the Alps and experience the incomparable thrill of flying with a tandem paragliding flight. This is the perfect way to get up up and away!

- 📍 Val-d'Illiez
- 🗨️ École Fly Away Sport & Loisirs
- 🚩 Champoussin, Les Crosets, Champéry or Morgins
- 🕒 Depending on weather conditions
- CHF** 70.- to 160.- depending on distance of descent
- 📞 +41 (0)79 435 26 17

www.parafly.ch

- 📍 Val-d'Illiez | Champéry
- 🗨️ Albert Caillet-Bois
- 🕒 Depending on weather conditions
- CHF** 120.- to 180.-
- 📞 +41 (0)79 452 05 19

www.acbfly.com





Horsing Around

A sport for some, a hobby for others, horseback riding is a unique way to get in touch with nature, thanks to the symbiotic relationship between a rider and her trusty steed.

On horseback, a rider can access wild spaces that might otherwise prove inaccessible, especially during the breathtakingly beautiful yet formidable conditions of an alpine winter. In addition to the activities listed below, local stables offer riding lessons during school holidays (dates and information on www.regiondentsdumidi.ch).

HORSEBACK RIDING

reservations
required

Set off on horseback through snow-laden forests for an old-timey adventure reminiscent of Lewis and Clark's great expedition into the wilderness.



📍 Champéry
 🗨 Centre équestre de Champéry
 🕒 Depending on weather conditions
CHF Adult › 40.-/hour | Child (-14 yrs) › 35.-/hour
 📞 +41 (0)79 429 60 20

www.regiondentsdumidi.ch

📍 Morgins
 🗨 Ranch de Morgins
 🕒 Depending on weather conditions
CHF Adult/child 50 minutes › 35.-
 2h ride › 60.- | 3h ride › 90.-
 📞 +41 (0)79 608 10 16

www.ranch-morgins.ch

PONY RIDES

reservations
required

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



📍 Champéry
 🗨 Centre équestre de Champéry
 🕒 Depending on weather conditions
CHF Child › 15.-per 20 minute tour accompanied by a guide
 › 10.-per 20 minute tour accompanied by the parents
 📞 +41 (0)79 429 60 20

www.regiondentsdumidi.ch

📍 Morgins
 🗨 Ranch de Morgins
 🕒 Depending on weather conditions
CHF Child › 10 minutes: 10.-
 › 30 minutes: 20.-
 › 60 minutes: 30.-
 📞 +41 (0)79 608 10 16

www.ranch-morgins.ch

CARRIAGE RIDES

reservations
required

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?



- Champéry
- Centre équestre de Champéry
- Depending on snow conditions
- CHF** Adult/child › on request
- +41 (0)79 429 60 20

www.regiondentsdumidi.ch

- Champéry | Champoussin | Les Crosets | Val-d'Illeiez
- Irénée Caillet-Bois
- Depending on snow conditions
- CHF** Adult/child › on request
- +41 (0)79 673 54 14

www.regiondentsdumidi.ch

SLEIGH RIDES

reservations
required

- Champéry | Champoussin | Les Crosets | Val-d'Illeiez
- Irénée Caillet-Bois
- Depending on snow conditions
- CHF** Adult/child › on request
- +41 (0)79 673 54 14

www.regiondentsdumidi.ch

- Morgins
- Ranch de Morgins
- Depending on snow conditions
- CHF** Fixed-price for 4 people › 75.- one-way
100.- return trip
- +41 (0)79 608 10 16

www.ranch-morgins.ch

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



LIFE IN THE STABLES

reservations
required

Young horse lovers will jump at this unique chance to learn more about horses and barn safety, feeding, shoeing, and taking care of the furry residents at our stables for the day. The friendly, safe, relaxed atmosphere will help develop horsemanship skills and build personal confidence along the way.



- Champéry
- Centre équestre de Champéry
- 09:00 – 12:00 | 14:00 – 17:00
- CHF** › 1 – 2 children › 30.-/child
› 3 – 5 children › 22.-/child
- +41 (0)79 429 60 20

www.regiondentsdumidi.ch

- Morgins
- Ranch de Morgins
- Daily (from 10 children)
- CHF** › 2 children per horse or pony › 20.-/child
› 3 children per horse or pony › 15.-/child
- +41 (0)79 608 10 16

www.ranch-morgins.ch

A young girl with brown hair is smiling and playing in a snowy field. She is wearing a red knit beanie with a pom-pom, a red knit scarf with tassels, and a light pink puffer jacket. She is reaching out with her hands towards the camera, holding a large pile of snow. The background is a soft-focus winter scene with snow-covered trees and falling snowflakes.

KIDS RULE

KIDS CLUBS

reservations
required

A Kids Club is a safe, child-friendly space, decorated with jolly animal characters on hoops and tunnels that little skiers can use to navigate in around and through as they learn the rudiments of skiing on a gentle slope. Children gain skill and confidence, adopting the right reflexes from an early age while using their imaginations, so that learning feels like play and comes just as naturally.

Kids Club



📍	Champéry
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	09:30 – 16:30
CHF	Half-day › 70.- 5 x consecutive half-days › 280.- 5 x non consecutive half-days › 300.- 1 day with lunch › 140.-
📞	+41 (0)24 479 16 15

www.esschampéry.ch

📍	Champonnissin
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	Thursdays – Sundays › 13:45 – 16:00 Fridays › 09:45 – 15:30
CHF	Half-day › 55.- 7 x half-days › 230.- (lunch together, each child must bring their own lunch)
📞	+41 (0)24 477 29 00

www.funschool.ch

📍	Les Crosets
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	Sunday › 14:00 – 16:15 Monday to Thursday › 09:45 – 12:00 Friday › 09:45 – 15:30
CHF	Half-day › 55.- 7 x half-days › 230.- (lunch together, each child must bring their own lunch)
📞	+41 (0)24 479 14 01

www.funschool.ch

Snowli

📍	Morgins
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	Sundays – Fridays › 10:00 – 12:00
CHF	6 days › 220.-
📞	+41 (0)24 477 29 49

www.ess-morgins.ch


M3S Mini Club

📍	Morgins
🗨️	M3S École de Ski Internationale (ESI)
🕒	Daily › 09:45 – 12:00 13:45 – 16:00
CHF	Half-day › 45.- 6 x half-days › 240.- with 15 minute snack break
📞	+41 (0)24 477 77 17

www.snowline.ch


OUTDOOR ACTIVITIES

Treasure Hunt

📍	Les Crosets
🗨️	Office du Tourisme de Région Dents du Midi
🕒	Free access
CHF	Free
📞	+41 (0)24 477 20 77

Spend a fun afternoon with Chips & Holly! Simply download the mobile application from the first of 10 interactive educational signboards located throughout Les Crosets and head out on a treasure hunting mission that will teach you more about the resort and our region.

www.regiondentsdumidi.ch

Playgrounds

📍	Champéry Troistorrents
🗨️	Offices du Tourisme de Région Dents du Midi
CHF	Free
📞	+41 (0)24 479 05 50 ou +41 (0)24 477 23 61



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

www.regiondentsdumidi.ch

INDOOR ACTIVITIES

RDDM Fun Park

📍	Champéry Morgins Val-d'Illeiez
🗨️	Offices du Tourisme de Région Dents du Midi
🕒	10:00 – 19:00 Val-d'Illeiez › 21.12.2020 – 26.12.2020 Morgins › 28.12.2020 – 02.01.2021 Morgins › 13.02.2021 – 20.02.2021 Champéry › 22.02.2021 – 28.02.2021
CHF	Free entry (children must be supervised by parents)
📞	+41 (0)24 479 05 50 ou +41 (0)24 477 23 61 ou +41 (0)24 477 20 77





www.regiondentsdumidi.ch


Seeing double? Not at all! This year, we're offering two versions of the RDDM Fun Park for twice the fun. Choose between the Wild Wild West and the Bright Lights, Big City ambiance of vintage 1960's Manhattan. Both parks offer bouncy castles and activities galore...

AQUATIC ACTIVITIES

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



Aquatic Obstacle Course

-  Champéry
-  Palladium de Champéry
-  Sundays › 10:00 – 12:30
- CHF** children 1 – 14 yrs (the youngest children are under their parents' responsibility) › 10.-
-  +41 (0)24 479 05 05



Sunday mornings, the pool transforms into a play area where children of all ages can gather for some good, clean fun!

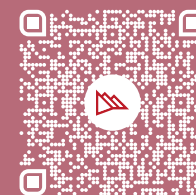
www.palladiumdechampéry.ch

	Private lessons		
CHF	1 x 30 min. 33.-	5 x 30 min. 155.-	11 x 30 min. 330.-
	Reservations required		
	Group lessons		
CHF	Semi-private 165.-/child 8 lessons 30 min.	Small group 140.-/child 8 lessons 30 min.	Week-long course during school holidays 50.-/child
	During school holidays › Mondays – Fridays 17:00 & 18:00 (times on request outside of school holidays)		

BABYSITTERS

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

Our babysitters



Baby Swimmers reservations required

-  Champéry
-  Palladium de Champéry
-  Saturdays › 10:00 – 11:00
(course will take place with 2 or more participants)
- CHF** › Family ticket › 25.- (including 2 adults)
› Multi-entry card › 200.- (11 sessions)
-  +41 (0)24 479 05 05



Baby swimming fosters early childhood development while teaching a vital skill. At the Palladium, we go the extra mile to create a friendly, safe, and relaxed environment for parents accompanied by their children 4 months and up, heating the pool to 30° and providing plenty of colourful pool toys and floaters.

www.palladiumdechampéry.ch

Swimming Lessons reservations required

-  Champéry
-  Palladium de Champéry
-  +41 (0)24 479 05 05

Make a splash! Whether the goal is learning to swim or perfecting stroke technique (butterfly, backstroke, breaststroke, crawl), our qualified instructors make swimming lessons feel like child's play.

www.palladiumdechampéry.ch



OUR ROOTS RUN DEEP

Culture

History has left us with a rich and multi-faceted heritage, shaped by centuries-old customs and rural traditions. We are profoundly attached to our land and terroir and take great pride in this strong local identity. Hardy and hard-working, we are also fun-loving and fiercely unconventional, with a deep appreciation of art, music, and culture as evidenced by performances, concerts, and exhibitions throughout the year.

Open-Air Museum

📍	Champéry
💬	Office du Tourisme de Région Dents du Midi
🕒	Daily
CHF	Free access
📞	+41 (0)24 479 05 50

This graphic-novel retrospective of village life in the 19th century features Gustin, a fictitious Champérolain who leaves home as a lad to become a mercenary in Napoleon's army. In 1863, after a 50-year absence, Gustin returns to a village that has changed dramatically.

www.regiondentsdumidi.ch



Drawings: Cosey | Texts: Fabrice Clément

LIBRARIES

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

Bibliothèque de Champéry

📍	Champéry
🕒	Fridays › 09:30 – 11:30 Wednesdays & Saturdays › 15:30 – 17:30
CHF	10.- one-time contribution 50.- deposit per book for occasional check-outs
📞	+41 (0)24 479 10 18

www.admin-champery.ch

Bibliothèque de Troistorrents

📍	Troistorrents
🕒	Tuesdays › 09:00 – 11:30 16:00 – 17:30 Wednesdays › 14:00 – 17:30 Thursdays › 16:00 – 17:30 Fridays › 16:00 – 19:00 During school holidays › Tuesdays 09:00 – 11:00 Fridays › 16:00 – 18:30 (except holidays)
CHF	10.- one-time contribution 50.- deposit per book for occasional check-outs
📞	+41 (0)24 477 47 50

www.troistorrents.ch

La Truffe Savante

📍	Val-d'Illiez
🕒	Tuesdays › 15:00 – 17:00 Wednesdays › 09:00 – 11:00 Friday › 17:00 – 19:00 During school holidays › Fridays 16:00 – 19:00 (except holidays)
CHF	10.- one-time contribution 50.- deposit per book for occasional check-outs (deposit restituted with book return)
📞	+41 (0)24 476 87 61

www.illiez.ch



ART GALLERIES

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 resent their work and mingle with visitors!

Espace Raiffeisen

📍	Champéry
💬	Office du Tourisme de Région Dents du Midi
📞	+41 (0)24 479 05 50

www.regiondentsdumidi.ch

La Treille

📍	Troistorrents
💬	Commune de Troistorrents
📞	+41 (0)24 476 80 10

www.troistorrents.ch

Galerie de la Tine

📍	Troistorrents
💬	Gérald Lange
📞	+41 (0)79 621 43 72

www.latine-galerie.com

Vieux Greniers

📍	Val-d'Illiez
💬	Association du Patrimoine de Val-d'Illiez
📞	+41 (0)79 194 03 68

www.regiondentsdumidi.ch





History & Tradition

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

Guided Tours

reservations
required

📍 Champéry
 🗨️ Fondation du Patrimoine Champérolain
 CHF 50.- (min. 6 people – max. 20 people)
 📞 +41 (0)79 786 70 14



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

www.regiondentsdumidi.ch

Val d'Illiez Vernacular

reservations
required

📍 Val-d'Illiez
 🗨️ Fondation du Patrimoine de Val-d'Illiez
 🕒 every 2nd Thursday of the month from 17:00 on (subject to modification)
 CHF Free
 📞 +41 (0)78 885 83 05



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

www.regiondentsdumidi.ch

Old Mill on the Tine

reservations
required

📍 Troistorrents
 🗨️ André Defago
 🕒 Group visits with reservations from 10 or more people
 CHF Adult > 10.- | Senior > 8.-
 Child (6 – 15 yrs) > 6.- | 5 and under > free
 📞 +41 (0)79 226 33 16



Classified as an historic monument, and particularly striking when lit up at night, this meticulously reconstructed mill clings higgledy piggledy to the craggy sides of the Tine River Gorge.

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 stoop 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. The 'Sawmill' covered area may be rented for events.

www.vimoti.ch

Propéraz Bread Oven

📍 Troistorrents
 🗨️ Association du Four à Pain de Propéraz
 🕒 Baking dates online at www.properaz.ch
 📞 +41 (0)78 862 45 50



The Propéraz community bread oven, built in 1663, is a relic of the time when different areas of a village used a shared bread oven. This oven was used several times a year to bake large batches of bread for villagers and passing guests.

www.properaz.ch

Collaire Bread Oven

📍 Troistorrents
 🗨️ Association de Sauvegarde du Four à Pain de Collaire
 🕒 On request
 📞 +41 (0)79 316 41 61



The Collaire bread oven was likely built around 1435. This is where the bread was baked for the Troistorrents church congregation, especially during the feast of the Pentecost. Today a private association is in the process of restoring this historic building.

www.asfpc.ch

Vieux Greniers Museum

reservations
required

📍 Val-d'Illiez
 🗨️ Fondation du Patrimoine de Val-d'Illiez
 🕒 On request
 CHF Free
 📞 +41 (0)79 194 03 68



Rural Switzerland is dotted with picturesque miniature chalets called mazots, which were used long ago by families who lived on farms far out of town to store their Sunday clothes and military equipment. Today, two of these quaint buildings have been renovated to house exhibitions and cultural events.

www.regiondentsdumidi.ch



Sacred Structures

Winter is a good time to visit our churches and chapels, if only to seek the soothing glow of light through stained glass and the warmth of spiritual energy.

Once inside, let yourself be captivated by the solemnity and artistry of the holy places that play such an integral part of life in this region.

CHURCHES, CHAPELS AND CARILLONS

Champéry Bell Tower

📍	Champéry
🗨️	Paroisses du Val d'Illicz
🕒	Free access
CHF	Free
📞	+41 (0)24 477 11 13



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

www.paroisses-illiez.ch

Champoussin Chapel

📍	Champoussin
🗨️	Patrick Claret
🕒	Free access
CHF	Free
📞	+41 (0)24 477 40 27



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

Carillon de la Paix

📍	Morgins
🗨️	François Donnet
CHF	Free
📞	+41 (0)79 310 95 61



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

www.carillondemorgins.ch

Morgins Church

📍	Morgins
🗨️	Paroisses du Val d'Illicz
CHF	Free
📞	+41 (0)24 477 11 13

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

Saint Marie-Madeleine Church

📍	Troistorrents
🗨️	Paroisses du Val d'Illicz
CHF	Free
📞	+41 (0)24 477 11 13



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

www.paroisses-illiez.ch

Saint Maurice Church

📍	Val-d'Illicz
🗨️	Paroisses du Val d'Illicz
CHF	Free
📞	+41 (0)24 477 11 13



Dating back to 1697, the existing structure is the third church built on this site. The elegant bell tower 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.

www.paroisses-illiez.ch

SOUND & LIGHT

Saint-Théodule Church

📍	Champéry
🗨️	Paroisses du Val d'Illicz
🕒	Free access (visit not available during mass)
CHF	Free
📞	+41 (0)24 477 11 13

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

www.paroisses-illiez.ch





Know-How

The Val d'Illeiez has a long history of traditional craftsmanship; our ancestral techniques have been carefully preserved and transmitted from generation to generation. Revisit the days of yore at an old grain mill, a communal bread oven, a traditional bell foundry.

7Peaks Brewery reservations required

- 📍 Morgins
- 👤 Corinne Reymond Collins
- 🕒 Groups of 8 or more, with reservations, subject to availability
- CHF 25.-/pers.
- 📞 +41 (0)24 565 18 72



Named in honour of our iconic Dents du Midi mountain range, the 7 Peaks craft brewery produces a distinctive brew for each of the 7 summits, plus an assortment of limited-edition and special occasion beers.

www.7peaksbrasserie.ch

Traditional Bell Foundry reservations required

- 📍 Champéry
- 👤 Hugues Perrin
- 🕒 On request
- CHF Adult > 10.- | Child > free
- 📞 +41 (0)79 435 92 39



Jean-Denis Perrin and his son Hugues are some of the last traditional bell-founders in Switzerland. Their distinctive bells are cast with a metal alloy made from an ancestral recipe, using twenty different moulds that have been passed down over 9 generations of bellfounders.

www.fonderiechampéry.wixsite.com/perrin

Carillon Concert reservations required

- 📍 Morgins
- 👤 François Donnet
- 🕒 Wednesdays & Thursdays > afternoons
Weekends > all-day
- 📞 +41 (0)79 310 95 61



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.

www.carillondemorgins.ch

Watchmaking Workshop reservations required

- 📍 Champéry
- 👤 Rosalie Vuilleumier
- 🕒 08:00 – 12:00 &/or 13:30 – 17:00 (year-round)
- CHF ½ day > 350.-
½ day (watch movement to take home) > 450.-
Full day (depending on the type of watch chosen)
> starting at 1'200.-
- 📞 +41 (0)78 890 45 89



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.

www.lhorlogere.com

Life on a Farm reservations required

- 📍 Champéry
- 👤 Office du Tourisme de Région Dents du Midi
- 🕒 Mondays – Fridays > from 16:00
(reservations online at www.rddm.ch)
- CHF Adult / child (4 yrs +) > 10.-
- 📞 +41 (0)24 479 05 50

Help Valérie and her family bring in the herd, milk the cows, scatter feed for the rabbits and chickens and participate in the daily tasks of running a working farm.

www.regiondentsdumidi.ch



A wide-angle photograph of a snowy mountain landscape. In the foreground, a smooth, snow-covered slope leads down towards a dense forest of evergreen trees. The middle ground shows a valley filled with more trees, with a small cluster of buildings visible in the distance. The background features majestic, snow-capped mountain peaks under a bright blue sky with scattered white clouds. A large, bright sun is positioned in the upper left corner, casting a soft glow over the scene. The text "BE IN THE KNOW" is written in a bold, white, sans-serif font, slanted slightly to the right, and positioned in the upper right quadrant of the image.

BE IN THE KNOW

Grand Combin
4314 m

Dent du Salentin
2482 m

Mont Velan
3731 m

Dent de Valère
2267 m

Tête de Chalin
2595 m

La Cime de l'Est
3178 m

LES DENTS DU MIDI

La Forteresse
3164 m

La Cathédrale
3160 m

L'Éperon
3114 m

La Dent Jaune
3186 m

Les Doigts
3210 m

La Haute Cime
3257 m

Dent de la Chaux
2767 m

Tour Salière
3220 m

Dent de Rossétan
2616 m

Grand Ruan
3057 m

Petit Ruan
2847 m

Mur des Rosses
2932 m

Pointe des Rosses
2965 m

Pic de Tenneverge
2985 m

Mont Blanc du Tacul
4248 m

Mont Maudit
4465 m

Mont Blanc
4807 m

Dent de Bonaveau
2503 m

Dôme du Gôûter
4304 m

Tête à Vincent
2448 m

Dent du Sageroux
2675 m

Col de Comba Mornay
2375 m

Dent de Barne
2759 m

Corne à Tournier
2738 m

Fenêtre Dents Blanches
2602 m

Dent des Sex Vernays
2662 m

Col du Trou
2633 m

Pointe Bourdillon
2713 m

Dent du Signal
2727 m

Dent Occidentale
2709 m

Corne du Chamois
2599 m

WINTER ACTIVITIES HIGHLIGHTS

With a well-earned reputation for being 'bon vivants', the inhabitants of the Val d'Illeaz are fun-loving people who know how to turn almost any opportunity into a celebration. From neighbourhood get-togethers to regional festivals and world-class events, we jump at the chance to celebrate the friendships that unite us and forge the strength of our community.

NEW

Skimo Tour

13.12.2020

This season try out ski touring thanks to the Skimo Tour trailer. For free, we will equip you from head to toe, so you can discover the joys of ski touring for a few moments.

Opening of Morgins Skating Rink

18.12.2020

Morgins Christmas Tour

19.12.2020



NEW

Twinkle Town

From 21.12 until

31.12.2020 included

May your holiday be merry and bright!

This winter, the villages of Champéry, Champoussin, Les Crosets and Morgins will take turns lighting up the cold winter nights with a thousand magical fairy lights. Stroll the light trail through each village in the lead-up to a sparkling, spectacular year-end celebration.

NEW

RDDM Wild West Fun Park

(see page 75)

From 21.12.2020 until 02.01.2021 included

Whoopie ti yi yo, git along little dogies! C'mon down to the RDDM Wild West Fun Park for a rodeo ride on our mechanical bull plus a bonanza of other cowboy-themed activities!

La Foilleuse Vertical Race

26.12.2020



NEW

Région Dents du Midi First Tracks

27.12.2020

Nab first tracks at sunrise and work up an appetite for a delicious alpine breakfast before the crowds arrive!

This unforgettable activity requires no registration ahead of time: all you have to do is show up on time for the early lift opening. You'll get in an hour's worth of skiing on freshly groomed slopes, watch the sun rise over the Dents du Midi, then tuck into a delicious breakfast.

Morgins Yannick Ecœur Trophy

09.01.2021

NEW

Mountain Film Session

15.01, 22.01 & 29.01.2021

Riverside Gourmet Walk

23.01.2021

Nighttime Skimo Race

29.01.2021

Carnaval Celebrations

From 12.02 until 16.02 2021 included

NEW

RDDM Fun Park 'New York 1960' (see p. 75)

From 13.02.2021 until 27.02.2021 included

Slip on your shades, climb into your Cadillac and hit the road for New York in the Sixties! Meet up with Marilyn and Elvis and live the American Dream for a day in a vintage American-diner style RDDM fun park. You'll find games, fun activities, bouncy castles and more!

Sledge Race

06.03.2021

Harry's Ride For Research

27.03.2021



Banked by Movement

06 & 07.03.2021

#enpistes

27.03.2021

Waterslide

03.04.2021

Easter Egg Hunt

05.04.2021

Find the full and updated programme on



COVID-19 INFO
Depending on the evolution of sanitary restrictions announced by our federal authorities, certain events may or may not take place as planned. This information will be regularly updated on our website www.rddm.ch.

EXHIBITIONS

VERNISSAGE

18.12.2020 FROM 17:00

France Schmid (painting) & Colette Hayoz (sculpture)

18.12.2020 au 10.01.2021

📍 Champéry (Espace Raiffeisen)
 🕒 10:00 – 12:00 | 16:00 – 18:30 or on request
 +41 (0)79 730 65 74 or +41 (0)79 358 34 65
www.france-schmid.ch | www.colette-hayoz.ch

VERNISSAGE

16.01.2021 FROM 16:00 TO 19:00

Daniel J. Yeomans (painting)

16.01.2021 to 31.01.2021

📍 Champéry (Espace Raiffeisen)
 🕒 Thursday › 16:00 – 19:00
 Friday & Saturday › 14:00 – 19:00
 Sunday › 11:00 – 16:00
www.danieljamesyeomans.com

VERNISSAGE

05.02.2021 DÈS 18:00

Nicolas Girod (pastels and ink)

05.02.2021 to 21.02.2021

📍 Champéry (Espace Raiffeisen)
 🕒 Daily › 17:00 – 19:00

VERNISSAGE

02.03.2021 FROM 18:30

Ynna Dat (painting)

26.02.2021 au 14.03.2021

📍 Champéry (Espace Raiffeisen)
 🕒 Daily › 11:00 – 18:00
www.ynnadat.com

VERNISSAGE

19.03.2021 FROM 11:00

Nicolas Lottefier (painting)

19.03.2021 to 11.04.2021

📍 Champéry (Espace Raiffeisen)
 🕒 Wednesday and Saturday › 13:00 – 19:00
www.regiondentsdumidi.ch

**200 ANS DU TOURISME
À MORGINS****(photos and period documents)**

19.12.2020 to 03.01.2021

📍 Morgins (Salle de l'Eau Rouge)
 🕒 depending on La Pive restaurant opening
www.regiondentsdumidi.ch

LA VALLÉE DE L'ILLIEZ.

Un film en sept regards croisés



&

AYNK
Productions Sarl

présentent:

un film co-réalisé par Yannick BACHER et Julien ROSERENS, avec la participation de Camillia, Fabienne, Louis, Raphy, Vincent, Vivi et Yannick. Directeur de la photo Julien ROSERENS, montage Thomas DELGADO, mixage son Stéphane CHAPPELLE, producteur délégué Horde Sarl. Avec le soutien de nombreux donateurs et des principaux partenaires:



Retrouvez toutes les informations sur les dates de projection et le teaser du film directement sur le site internet: lavalleedelilliez.ch

WINTERTIME ACTIVITIES (FROM DECEMBER 2020 TO JANUARY 2021)

As was the case during summer and autumn, health and safety restrictions for this winter season will require us to be imaginative and adaptable as federal and cantonal measures evolve. In that spirit, Région Dents du Midi proudly presents an all-new winter programme with activities targeted to small groups. Our aim is to highlight the riches of nature and the beauty of the landscapes that surround us whilst keeping everyone safe and healthy.

December										January									
1										1	2	13	15	22					
2										1	10	16	21	22	24	34			
3										34	35								
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20	10	18								15	16								
21	1	2	3	11	30					27									
22	1	5	7	11	20	28				17	22								
23	1	11	15	16	29	32	37			14	16	22							
24	1	11	13							30									
25	1	2	4	13															
26	1	13	16	22	24	29	33												
27	9	10	13	23	29					15	16								
28	1	2	3	9	11	13	19	21	30	27	28								
29	1	6	8	9	11	13	20	25	30	17	22								
30	1	11	13	14	16	21	22	32	36	16	22								
31	1	11	13																

Good to Know

Considering the sanitary situation that is likely to evolve, the winter animations for the months of February and March 2021 can be found in our next brochure or consulted on our website www.rddm.ch.

Sincere thanks to our many service partners for their collaboration on this extensive new programme. Their expertise is your guarantee of a truly unique, unforgettable experience.

This programme is subject to modification. Check our website www.rddm.ch for regular programme updates.

CHILDREN		
Fun	1	Fun Park – Christmas in the Wild West
	2	Winter Laser Game
Workshops	3	Holiday Decorations Workshop
	4	Christmas Stones Workshop
	5	Christmas Cookies Workshop
	6	Holiday Figurines Workshop
	7	Sketching Workshop
Shows	8	Circus Workshop
	9	Children's show « La Fabrik sonore »
Treasure hunts	10	Little Adventurers
	❄	Chip's & Holly's treasure hunt

WINTER MAGIC		
Christmas Village	11	Twinkle Town
	12	Morgins Christmas Tour
	13	Christmas at the Hameau
Huskies	14	Husky Hike & Raclette
Ice Rink	15	Husky Hike & Fondue
	16	Ice Disco

CULTURE & TRADITIONS		
Movie Theatre	17	Mountain Film Session
Workshops	18	Homemade Christmas Candle Workshop
	19	Painting Workshop: Dents du Midi in the Snow
	20	Winter Photography Workshop
	21	Watchmaking Workshop
Lights	❄	Illumination of the Carillon pour la Paix

SKIING		
Downhill	22	Night Skiing
	23	Région Dents du Midi First Tracks
Freestyle	24	Freestyle Coaching Day with Laurent De Martin

WINTER SPORTS		
Snowshoes & Hiking	25	Snowshoe Hike & Spruce Tip Toffee Workshop
	26	Winter Fauna Snowshoe Hike
	27	Snowshoe Hike & Fondue
	28	Fondue & Torchlight Hike
Trail	29	Trail Running on Snow 101
	30	Ski touring introduction with a professional guide
	31	Ski mountaineering introduction with our local champion, Yannick Ecoeur
	❄	Movement Tracks Challenge
Ski Touring		Ski Touring 101

WELL-BEING		
Workshops, Plant collecting & walks	32	Christmas spices and essential oils soap workshop
	33	Walk, wild plant collecting and pine syrup making
	34	Protective winter balms and creams workshop
	35	It Smells Like Christmas!
	36	Create your own natural winter cosmetics
	37	Sweet Treats

❄ These activities take place daily.



Accommodation

Make yourself at home...





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

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

Good to Know

Accommodation packages, special offers and insider tips are available online at www.regiondentsdumidi.ch. For more information or personalized offers go to



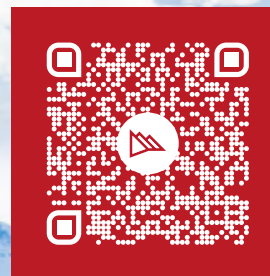
Cafés & Restaurants				SEASON		SITUATION	WHAT'S ON THE MENU																				WHAT'S ON THE MENU				RATINGS		GOOD TO KNOW				SERVICES																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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				Lunch	Dinner	Lunch	Dinner	In the resort	In the mountains / on the slopes	Cheese fondue	Bûchettes	Crêpes au fromage	Local products	Heat treatments	Grilled meat	Pasta	Risotto	Pizzas																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										</

* Ouvert aussi le matin

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BOUTIQUE

Get it while it's hot! Cool clothing, tempting goodies and handy items, all stamped with the exclusive RDDM logo; find what you need for sale at the tourist offices or in our online store!



WINDBREAKER

CHF 29.-

Grey & blue



BEANIE

CHF 20.-

Black or white



TRUCKER HAT

CHF 15.-

Black or white

MOUSEPAD

CHF 10.-

Black or white



T-SHIRT

CHF 29.-

White



NECKWARMER

CHF 10.-

Black or white



GYM BAG

CHF 10.-

Black or white



BACKPACK

CHF 49.-

Navy



KEY STRAP LANYARD

CHF 5.-

Black / white / red



T-SHIRT

CHF 29.-

Pink



GETTING HERE

Just a Hop and a Skip to Région Dents du Midi...

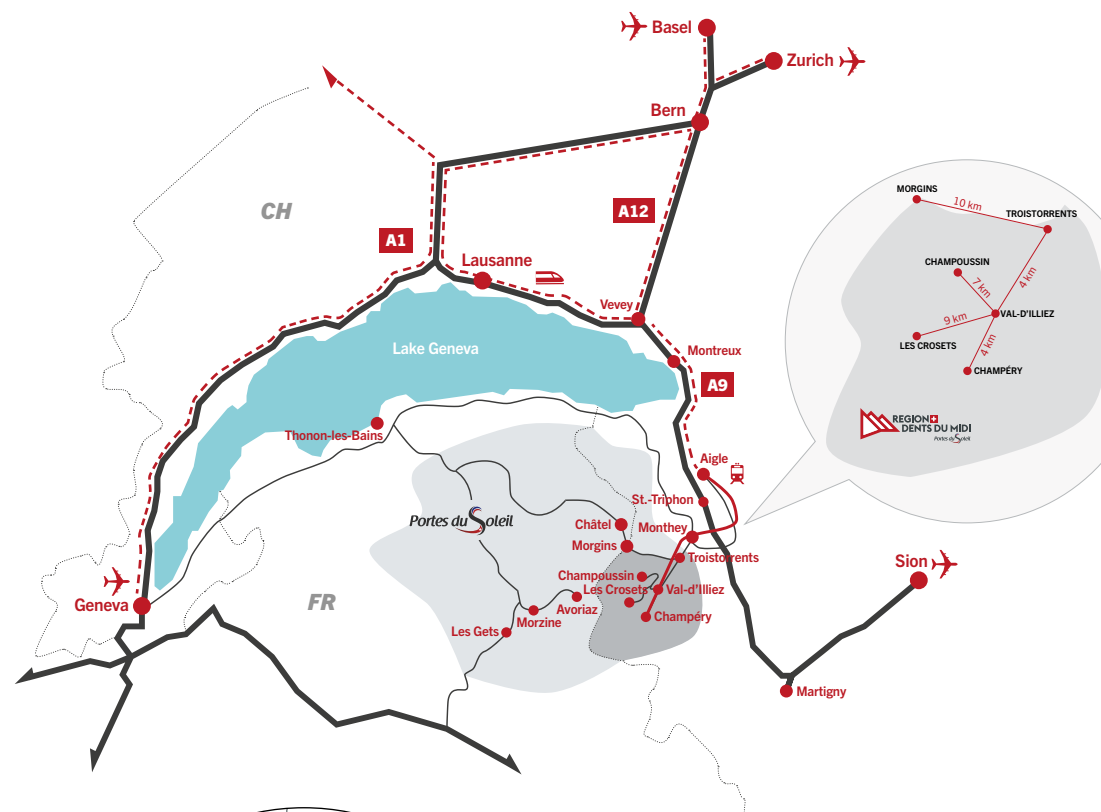
By Car

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

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 Brigue to the nearby town of Aigle.

From Aigle, transfer to the AOMC cogwheel train (Aigle – Ollon – Monthey – Champéry) for a scenic trip from the Canton of Vaud over the Rhone River and into the Canton of Valais. Just past the town of Monthey, the cogwheel slides into gear and you begin the winding climb up into the Val d'Illiez.



From Sion airport

🚗 56 km > 45 min. | 🚆 about 1h40

From Geneva airport

🚗 120 km > 1h20 | 🚆 about 2h30

From Basel airport

🚗 217 km > 2h20 | 🚆 about 4h

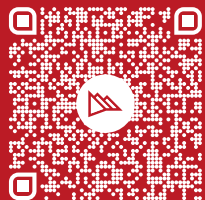
From Zurich airport

🚗 238 km > 2h30 | 🚆 about 4h20

MOBILITY

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

Timetables to download



Rumières ski shuttle

📍 Champéry

CHF Free

👤 20

🕒 16 minutes

Petit Train
des Dents du Midi

📍 Champéry

CHF Free

👤 19 places per wagon

🕒 20 minutes

Bus Val-d'Illiez –
Les Crosets

📍 Val-d'Illiez | Les Crosets

CHF Adult/child > 6.- (3.- for ½ price pass)

👤 50

🕒 35 minutes

Bus Troistorrents –
Morgins

📍 Troistorrents | Morgins

CHF Adult/child > 7.60 (3.80 for ½ price pass)

👤 50

🕒 20 minutes

Bus Val-d'Illiez –
Champoussin

📍 Val-d'Illiez | Champoussin

CHF Adult/child > 7.60 (3.80 for ½ price pass)

👤 50

🕒 35 minutes



Votre partenaire
mobilité

AVEC LE TRAIN
AU PIED
DES PISTES.

Monthey – Champéry en 30 minutes
chaque **demi-heure!** *

À l'achat de votre forfait de ski à la gare de Monthey-Ville,
circulez librement sur le trajet Corbier – Collombey – Monthey –
Champéry – Morgins – Les Crosets – Champoussin

Plus d'infos sur www.tpc.ch



* Trains supplémentaires à la demi-heure entre Monthey et Champéry durant les vacances scolaires de Noël et tous les week-ends du 19 décembre 2020 au 28 février 2021, excepté le 25 décembre 2020 et le 1er janvier 2021.





***TO EVERY
SEASON...***

NOUVELLE MÊMES ÉMOTIONS SAISON

Spring

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

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

OUVERTURE MAI 2021 SAISON ÉTÉ

Summer

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

With 23 chairlifts open in the summer and safe in the knowledge that you'll always find a mountain hut somewhere along the path, you never have to worry about being home in time for dinner! Our mountain refuges offer food and drink and welcome shelter and are often a destination in themselves. There's no better way to hike the Alps than by travelling from cabin to cabin, spending the nights tucked snugly under a fluffy duvet after a hearty meal in the company of your fellow travellers.

MULTI PASS



The Multi Pass is your golden ticket to more than 60 free, unlimited activities and 50 more reduced-price activities throughout the 12 Portes du Soleil resort villages. From June to September, we've got mountains of fun in store for you!

What can you do with your Multi Pass:

- Go the distance, with 23 chairlifts open in summer for walkers.
- Cool down, in village pools and lakes.
- Work up a sweat, on the tennis courts.
- Hang tight, at an indoor climbing wall.
- Go par for the course, with a game of mini golf.
- Cultivate your artistic side, at museums and historical sites.
- Ride for free, on public transportation and cute tourist trains.

In addition to all the free stuff, the Multi Pass offers discounts on treetop adventure courses, clay pigeon shooting, downhill scooters, bike rentals, paragliding flights and more!

Multi Pass offers *depending on 2021 Multi Pass prices

→ THE OVERNIGHTER MULTI PASS

When you stay overnight in the Val d'Illiez, **the Multi Pass is totally free!** Just ask your host... Second-home owners are also entitled to a number of season Multi Passes (1 Multi Pass per 17 sq metres).

→ 1-DAY MULTI PASS

Day-tripping in the area? Buy a one-day Multi Pass for just CHF 11.-* and get the most out of your visit. (Kids under 5 are free.)

→ SEASON MULTI PASS

If the Portes du Soleil is your summer stomping grounds, purchase the season pass for CHF 85.-.



More information



BIKING

In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this vast playground becomes a biking paradise, for downhill, cross-country & enduro bikers, electric bikers and road cyclists alike. Our vast area offers over 1,000 kilometres of marked trails and 23 chairlifts to help you on your way.

With the village as your jumping-off point, you can choose from an infinite variety of biking trails close by or higher up in the surrounding mountains. Pedal out to explore winding roads and distant passes, use the chairlifts to access scenic single tracks in bucolic alpine meadows or spend the day shredding our gnarliest downhill trails. Along

the way, you'll find some 400 authentic, weather-worn alpine chalets, 10 crystalline mountain lakes and countless breathtaking panoramas!

Key Figures

- ➔ 600 km of marked trails
- ➔ 350 km of electric bike trails (Grand8)
- ➔ 1 hands-free pass for 23 chairlifts
- ➔ 50 shaped downhill trails
- ➔ 5 bike parks
- ➔ 2 pumptracks
- ➔ Trial and cross-country circuits



The Trophée des Alpes



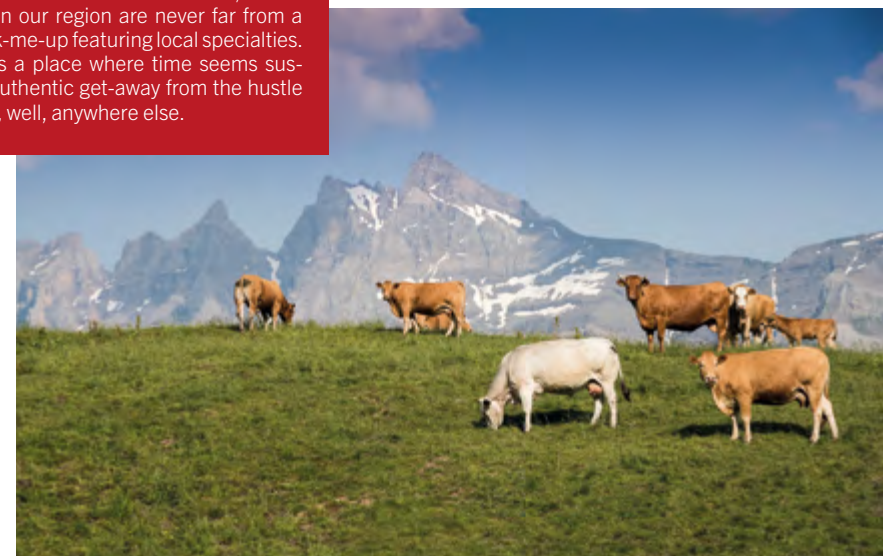
This is a challenge for epicureans and nature-lovers alike! Pick up a participation brochure and set off to visit as many refuges and restaurants as you can over the course of the summer. There is no set route to follow, no finish line and no purchase necessary! Just choose a new destination for each outing, maybe hitch a ride on a chairlift, then ask for your stickers when you pay your bill at a participating restaurant. The more places you visit, the more you win!



The Alpes

Dedicated primarily to high mountain farming, the alpages are rolling swaths of pastureland carved out of the forests for grazing livestock. Each alpage is a unique ecosystem, with its own topography, flora, fauna and the mark of the family who has farmed the land.

Thanks to an ancient network of trails, hikers and cyclists in our region are never far from a delicious pick-me-up featuring local specialties. The Alpage is a place where time seems suspended, an authentic get-away from the hustle and bustle of, well, anywhere else.





Autumn

Too often overlooked, autumn is one of the best times to experience Région Dents du Midi, a feast for all your senses. After the frenetic summer months, silence reigns supreme. 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 tops of the mountains, taking the bite out of the chilly air and enhancing the vibrant, Pollock-esque colours splashed lavishly across the mountainsides. This is a delectable time for epicureans too; the season of wild game, freshly picked mushrooms and the famous Brisolée, made with sweet, roasted chestnuts.

TOGETHER AND UNITED

COVID-19: We all play our part so we can keep enjoying the mountain.

In accordance with the regulations and measures established to fight the COVID-19 pandemic (COVID-19 regulations)

published on June 19th 2020 (updated on November 20th 2020, regular updates depending on decisions from the government and the Valais canton)



A shared responsibility

Resort staff and visitors all play their part in preserving other people's health.



Hydroalcoholic gel available



Face masks respecting OFSP recommendations to be worn when indicated



Disinfection of contact areas, surfaces and equipment



Minimum 1.5m distance or appropriate separation between tables



Download the SocialPass app
Fill in your details
Your smartphone is ready for use

Public transport

- › Face mask mandatory on platforms and in busses
- › Disinfection of contact areas and surfaces

Your accommodation* and tourist offices

- › Face mask mandatory in shared and closed spaces
- › Disinfection of contact areas and surfaces
- › Hydroalcoholic gel available

*applies to hotels and holiday accommodation

Ski schools

- › The face mask is mandatory on all lifts (including chairlifts, button lifts, and magic carpets in beginner areas) and at meeting points (start and end of the lesson) for the instructor and children aged 12 and over.
- › Disinfection of equipment
- › Public spaces in the buildings
- › Face mask mandatory (12 years old and over)
- › Hydroalcoholic gel available
- › Disinfection of contact areas and surfaces

Ski lifts

- › Face mask mandatory on all lifts (including chairlifts, button lifts, magic carpets and waiting lines)

Shops

- › Face mask mandatory
- › Hydroalcoholic gel available
- › Disinfection of contact areas and surfaces

Sports shops

- › Face mask mandatory
- › Disinfection of rented equipment
- › Hydroalcoholic gel available
- › Disinfection of contact areas and surfaces

Bars & restaurants

All restaurants and bars, excepting takeaway services, are temporarily closed until December 13th, 2020.

- › Minimum 1.5m distance or appropriate separation between tables
- › Face mask mandatory (except when sitting at the table)
- › Hydroalcoholic gel available
- › Disinfection of contact areas and surfaces
- › Guest tracking via SocialPass app



info@rddm.ch
regiondentsdumidi.ch

Phone Book

FOOD

BUTCHER		
Boucherie Chapelay	+41 24 479 13 52	Champéry
Boucherie Gex-Collet	+41 79 280 13 87	Val-d'lliez

BAKERY PASTRIES		
Boulangerie Michellod Partenaire	+41 27 743 63 50	Champéry
La Gourmandise Champérolaine	+41 24 565 11 84	Champéry
Au Beau Réveil Sàrl	+41 24 477 11 84	Morgins
La Mascotte	+41 24 477 28 75	Val-d'lliez

FINE FOOD TERROIR		
La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 24 479 16 42	Champéry
La Cavagne	+41 24 477 35 40	Troistorrents

GROCERIES		
13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
Le Caveau des Dents du Midi	+41 24 477 62 13	Champoussin
Alimentation du Hameau	+41 24 565 00 22	Les Crosets
Intermarché	+41 24 477 24 24	Morgins
Voig	+41 24 477 31 03	Morgins
Chez Azalée	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'lliez

FRESH TROUT		
Chalet Rosalie	+41 24 479 14 84	
	+41 79 577 87 54	Champéry

LANDSCAPING – GARDENING – MAINTENANCE

TREES		
Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 24 477 51 81	
	+41 79 357 19 45	Val-d'lliez

CONCIERGE SERVICE		
Gonnet Jean-Pierre	+41 79 413 45 60	Champéry
Les Glâteuls	+41 24 479 18 85	Champéry
Blanchisserie Champoussin	+41 24 477 29 34	Champoussin
Da Silva Luis	+41 76 234 14 78	Les Crosets
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
Gonnet & Fils Sàrl	+41 79 291 53 00	Troistorrents
Nancoz Simon	+41 79 483 64 16	Val-d'lliez

LANDSCAPING		
Green Team	+41 79 231 88 55	
	+41 79 206 90 53	Champéry
Mountain Garden	+41 78 809 15 84	Champéry
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Illiez Aménagements Sàrl	+41 79 549 77 90	Val-d'lliez

EARTH MOVING SNOWPLOWING TRANSPORT CIVIL ENGINEERING		
Avanthay Simon	+41 79 758 10 05	Champéry
Decurtins François	+41 79 441 62 66	Champéry
Gex-Fabry Transport	+41 24 479 12 21	
	+41 79 219 48 05	Champéry
Ulysse Avanthay et Fils	+41 24 479 14 20	
	+41 79 606 14 25	Champéry

Bernard Torrent SA	+41 24 471 46 87	
	+41 79 455 87 06	Collombey
Borloz Transport Sàrl	+41 24 479 31 38	
	+41 79 622 08 13	Les Crosets
Trombert Dominique Transports	+41 24 479 16 48	
	+41 79 301 24 16	Les Crosets
Michaud & Mariaux SA	+41 24 471 73 55	Troistorrents
Raymond Rithner SA	+41 24 473 73 53	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Renevier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Transneige & Automécanic Monay Sàrl	+41 79 301 33 33	Morgins
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'lliez
Dubosson Eric	+41 79 412 25 58	Val-d'lliez
Ecœur Terrassements SA	+41 79 347 30 03	Val-d'lliez
Granger Multiservice Sàrl	+41 79 449 54 34	Val-d'lliez
Patrick Transports Sàrl	+41 24 479 26 24	Val-d'lliez
Traxa SA	+41 79 583 01 07	Val-d'lliez

ARTISANS

WATCHES JEWELRY		
L'Horlogère	+41 78 890 45 89	Champéry
Caillet-Bois Arnold	+41 24 471 24 62	Val-d'lliez

INTERIOR DECORATION		
Ma Déco	+41 79 589 88 79	Champéry

BELL FOUNDRY		
Perrin Hugues	+41 79 435 92 39	Champéry

AUTOMOBILE

BODY SHOP		
Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry

GARAGE PETROL STATION		
Garage de Champéry	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
Garage Maillard	+41 24 471 65 75	Monthey
Automécanic Monay Sàrl	+41 79 301 44 44	Morgins
Garage St-Christophe	+41 24 477 18 64	Troistorrents
La Mascotte	+41 24 477 28 75	Val-d'lliez

BEAUTY & WELL-BEING

BEAUTICIAN		
Institut Colibri	+41 79 530 75 64	Morgins
Natur'time	+41 79 671 16 62	Val-d'lliez

HAIR		
Sarah Coiffure	+41 24 479 15 03	Champéry
Studio R Coiffure	+41 76 778 34 31	Champéry
Célia coiffure	+41 79 913 93 16	Morgins
Coiffure Française	+41 24 477 20 46	Val-d'lliez
Miroir Dis-Moi	+41 24 477 15 14	Val-d'lliez

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

FITNESS		
Oxygen Morgins	+41 79 261 23 31	Morgins

MASSAGE PHYSIOTHERAPY OSTEOPATHY NATUROPATHY		
Au 7e. Sens	+41 79 351 44 00	Champéry
Aurélia Abhervé	+41 78 779 66 87	Champéry
HormeSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Physiothérapie de la Vallée	+41 24 477 29 80	Champéry
Taiji Quan Luc Défago	+41 79 632 40 58	Champéry
YogAlps Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Aux Mains Sages	+41 79 256 71 87	Champoussin
	+41 76 526 66 18	Les Crosets
		Val-d'lliez

Frédéric Jakubczak Ostéopathe	+41 24 477 16 10	Morgins
Institut Colibri	+41 79 530 75 64	Morgins
Morgins Zen	+41 76 416 22 08	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
A Ton Aura	+41 79 175 02 81	Val-d'lliez
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'lliez
Reboutage Concept, Jean-Paul Stilmant	+41 79 737 60 88	Val-d'lliez

YOGA INSTRUCTORS		
Dornitille Yoga	+41 79 606 49 34	Champéry
Kundalini Yoga Isabelle Portner	+41 76 822 15 61	Champéry
Fleur de Yoga Yasmine Lomazzi	+41 79 449 61 14	Champéry
YogAlps Evelyne Rey-Bellet	+41 79 774 87 46	Val-d'lliez

FASTING CURES		
Centre Interlude Bien-Être	+41 76 340 93 83	Val-d'lliez

SHOPS

FURNITURE CLOTHING SOUVENIRS		
Industri'Elles	+41 78 891 23 24	Champéry
Bdesign fashion	+41 79 471 37 50	Morgins

DECORATION		
Bdesign	+41 79 471 37 50	Morgins
Boutique « Il était une fois »	+41 24 477 26 03	Morgins

INTERIOR DECORATION FURNISHINGS HOME STAGING		
La Loggia	+41 24 479 24 64	Champéry

FASHION		
Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 24 479 23 57	Champéry

KIOSK NEWS		
13* Pam	+41 27 743 63 50	Champéry
La Mascotte	+41 24 477 28 75	Val-d'lliez

SEMINAR – CONFERENCE – BUSINESS EVENTS

SEMINAR CONFERENCE BUSINESS EVENTS		
Palladium de Champéry	+41 24 479 05 05	Champéry

PUBLISHING – COMMUNICATION

PRINTING		
Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Imprimerie Montfort	+41 24 471 21 63	Monthey

COMMUNICATIONS AGENCY GRAPHIC DESIGNER		
Nisada Communication	+41 24 477 21 57	Val-d'lliez
Impression RMS Vidéo	+41 24 477 50 71	Val-d'lliez
Catbuilder	+41 22 548 00 86	Monthey

LESSONS

SKI SCHOOLS		
Ecole Suisse de Ski & Snowboard	+41 24 479 16 15	
	+41 79 212 26 42	Champéry

Red Carpet	+41 79 814 15 75	Champéry
Snow Attitude	+41 79 136 27 09	Champéry
École Suisse de Ski & Snowboard	+41 24 477 29 00	Champoussin
École Suisse de Ski & Snowboard	+41 24 479 14 01	Les Crosets
École de Ski Internationale M3S	+41 24 477 77 17	Morgins
École Suisse de Ski & Snowboard	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 624 50 60	Val-d'lliez

INDEPENDENT SKI INSTRUCTOR		
Morgins Snowsports, Bret Marshall	+41 79 271 72 49	Morgins

SKATING SCHOOL		
Stéphane Lambiel Skating School of Switzerland		Champéry

LANGUAGES		
Cours d'espagnol Jovita	+41 79 456 25 31	Morgins

PADDLE		
Attitude Paddle, Alexandre Bernd	+41 79 698 68 50	Morgins

TENNIS PROFESSOR		
Coulon Igor	+41 79 412 68 60	Champéry

BUILDING TRADES

ARCHITECT		
Atelier d'Architecture PA Felli SA	+41 24 472 83 51	Champéry
Madeleine Architectes Sàrl	+41 79 750 56 04	Champéry
Perrin Architecture Sàrl	+41 79 192 85 22	Val-d'lliez
S'Tox SA	+41 79 891 00 10	Val-d'lliez
Voirol Denis	+41 79 542 58 24	Val-d'lliez

ENGINEER		
Hydrotec	+41 78 879 19 20	Val-d'lliez
nco-ing SA	+41 24 477 44 44	Monthey
Jean-Michel Vuadens SA	+41 24 472 36 16	Monthey

TILER		
Procéram Sàrl	+41 79 798 36 63	Monthey
Magic Carrelage	+41 76 784 14 51	Val-d'lliez

CARPENTER ROOFER TINSMITH		
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'lliez
Dubosson Patrick Ferblanterie	+41 79 388 25 73	Val-d'lliez
ERM Charpente-Toiture	+41 79 920 49 17	Val-d'lliez
Lehmann Eric	+41 79 508 01 91	Val-d'lliez
Perrin Rémy	+41 79 347 09 18	Val-d'lliez

HEAT PLUMBING		
A&D Berthoud Sàrl	+41 24 479 32 25	
	+41 79 244 36 64	Champéry
F. Avanthay SA	+41 24 471 41 04	Monthey
Gollut Hydrotech Sàrl	+41 24 477 49 02	Morgins
Ansermoz Pascal	+41 79 273 98 68	Val-d'lliez
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'lliez
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'lliez

HEATING OIL TANKS		
Citernit SA	+41 24 477 21 70	Troistorrents

DECORATION FLOORING CURTAINS		
Borgeaud Parquet	+41 79 310 96 14	Champéry

ELECTRICIAN		
3G Electricité SA	+41 24 479 30 02	
	+41 79 426 35 16	Champéry
A+ Electricité Sàrl	+41 79 887 77 49	Champéry
Grau Electricité SA	+41 24 471 80 80	Monthey
M.U.D. Sàrl	+41 24 477 33 22	
	+41 79 507 97 08	Troistorrents
Electrocime SA	+41 24 477 19 50	Val-d'lliez

CLEANING		
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 79 615 75 52	
	+41 79 419 30 19	Morgins
Gillioz Peinture Sàrl	+41 79 355 48 18	Morgins
Innovation Peinture	+41 76 768 43 88	Val-d'Illiez
MIB Peinture	+41 79 548 89 75	Val-d'Illiez

MASONRY & BUILDING		
Vieux SA	+41 76 488 98 85	Champéry
	+41 24 477 34 86	Val-d'Illiez
Bernard Torrent SA	+41 24 471 46 87	Collombey
Carraux-Moret Construction SA	+41 24 472 70 80	Collombey
Renevier Maçonnerie et Déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc	+41 79 449 15 22	Val-d'Illiez
Gähler Renovation Sàrl	+41 79 303 50 75	Val-d'Illiez
Perrin Denis	+41 79 502 24 34	Val-d'Illiez
Perrin Laurent	+41 79 219 51 15	Val-d'Illiez
Perrin Raphaël	+41 24 477 24 70	Val-d'Illiez

CARPENTER CABINET MAKER		
Bois Etc.	+41 79 653 45 40	
	+41 79 273 59 36	Champéry
Froidevaux Sàrl	+41 79 369 18 87	Champéry
Marcclay Laurent	+41 24 479 34 79	Champéry
Marcclay Philippe	+41 79 290 70 43	Champéry
Menuiserie Nissille SA	+41 24 471 37 27	Massongex
DM Bois SA	+41 24 471 64 83	Troistorrents
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illiez
Avanthay SA	+41 79 776 19 19	Val-d'Illiez
Borloz Bernard	+41 79 202 10 47	Val-d'Illiez
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illiez
Gavillet Marc	+41 79 742 54 93	Val-d'Illiez
Gex-Fabry Menuiserie Charpente Sàrl	+41 79 675 09 07	Val-d'Illiez
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illiez
Guérin Michel	+41 24 477 20 08	Val-d'Illiez
Marcclay Steve	+41 79 234 99 40	Val-d'Illiez
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illiez
Schönbett Hervé	+41 79 658 41 52	Val-d'Illiez

GARAGE DOORS VENTILATION		
Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve

REAL ESTATE PROMOTION		
GexIlliez	+41 79 285 31 48	Val-d'Illiez
Logipro	+41 78 848 15 79	Val-d'Illiez

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

ART GALERIES		
Espace Raiffeisen	+41 79 278 26 22	Champéry
Galerie de la Tine	+41 79 621 43 72	Troistorrents

CHILD CARE		
BABYSITTER CHILD MINDER	cf. Offices du Tourisme	

MUNICIPAL DAY CARE		
Le Parachute	+41 24 477 60 64	Troistorrents
La Chocolatine	+41 24 476 87 66	Val-d'Illiez

GUIDES & ACCOMPAGNATEURS EN MONTAGNE		
HIKING GUIDES		
Dardenne Annick	+41 79 508 01 49	Champéry
Delavy Etienne	+41 79 690 15 24	Champéry

Dubosson Loïc	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie	+41 79 316 80 10	Champéry
Rohrer Benjamin	+41 79 452 98 21	Champéry
Tordeur Jean-Luc	+41 76 543 71 30	Champéry

TRAIL GUIDE		
BeeHeidi	+41 27 565 44 40	Val-d'Illiez

GUIDE OFFICE		
Montagne Expérience	+41 79 637 70 37	Champéry

CANYONING GUIDE		
Soustre Fred	+41 79 710 37 69	Champéry

MOUNTAIN GUIDE		
Bueche Grégory	+41 79 707 62 08	Champéry
Caloz Hubert	+41 79 239 87 19	Champéry
Défago Luc	+41 79 212 26 42	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Rey-Bellet Fernand	+41 79 435 03 94	Champéry
Richard Jean-Claude	+41 77 410 40 06	Champéry

BIKING GUIDES		
E-Bike Swiss Rental	+41 79 801 81 66	Champéry
Ride Switzerland	+41 79 501 37 08	Champéry
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins
Bike Thrills	+41 79 737 73 41	Val-d'Illiez

ACCOMMODATION		
ESTATE AGENTS		
Avanthay&Partners SA	+41 24 479 14 44	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
Alpage immo Location Service	+41 24 477 26 82	Champoussin
GF Immobilier	+41 24 477 28 27	Champoussin
Swiss Mountain Holidays	+41 79 830 57 66	Champoussin
Immobilière des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Trombert Anne-Marie	+41 79 507 80 87	Les Crosets
Valgestimmo	+41 79 672 15 67	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immob Sàrl	+41 24 477 24 34	Val-d'Illiez
Ymerconcept	+41 79 684 02 54	Val-d'Illiez

BACKPACKER HOSTEL		
Le Petit Baroudeur	+41 24 479 14 07	Champéry
Freeride Hostel	+41 79 192 66 76	Les Crosets

MOUNTAIN HUTS		
Cabane de Susaŋfe (CAS)	+41 24 479 16 46	
	+41 79 478 57 30	Champéry
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illiez

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

GUEST ROOMS B&B		
Chalet de l'Atelier ****	+41 78 758 20 04	Champéry
Chez Ruth ***	+41 76 470 51 35	Champéry
La Ferme à Gaby	+41 24 477 30 88	Champoussin
Le Poussin	+41 24 477 17 88	Champoussin
Le Virage	+41 24 565 04 26	Champoussin
B&B Chalet Rey-Bellet	+41 79 672 15 67	Les Crosets
Chalet Cergnat	+41 24 477 34 51	Morgins
Chalet Suisse B&B	+41 24 477 39 67	Morgins
Le Castor	+41 79 244 50 52	Morgins
Les Fontaines Blanches	+41 24 477 13 42	Morgins

Chalet Ingas	+41 76 430 36 46	Troistorrents
Yûva ***	+41 79 486 47 87	Troistorrents
La Rose des Vents ***	+41 79 212 70 89	Val-d'Illiez
Le Riad des Neiges	+41 79 957 85 58	Val-d'Illiez

GUEST HOUSE		
Guest House du Grand Paradis	+41 24 479 11 67	Champéry

GITE		
Buvette de Bonaveau	+41 79 205 50 23	Champéry
Cantine de Barmaz	+41 24 479 11 63	
	+41 76 438 11 64	Champéry

Cantine des Dents Blanches	+41 24 479 12 12	
	+41 79 917 31 60	Champéry

Refuge Lapisa	+41 24 479 36 43	
	+41 79 516 45 33	Champéry
Gîte Rural de Chaupalin	+41 77 269 88 48	Les Crosets
Refuge de Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins

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

3* HOTELS		
Beau-Séjour ***	+41 24 479 58 58	Champéry
Suisse ***	+41 24 479 07 07	Champéry

HOTEL LABEL 'SWISS LODGE'		
Le Palladium	+41 24 479 05 05	Champéry
La Télécabine	+41 24 565 05 90	Les Crosets
Montriond	+41 24 565 06 03	Les Crosets
Mountain Lodge	+41 24 479 25 80	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets

HOTEL		
Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Les Alpes	+41 24 479 12 22	Champéry
Pension Souvenir	+41 24 479 13 40	
	+41 79 634 20 00	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Auberge Chez Gaby	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
L'Etable	+41 24 565 65 55	Les Crosets
Refuge Le Marcheson	+41 24 479 22 40	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	+41 24 477 29 31	Val-d'Illiez

GROUP ACCOMMODATIONS		
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 Ganesha	+41 24 479 26 20	Champéry
Chalet du Ski-Club de Rolle	+41 79 342 41 15	Champéry
Chalet Jolimont	+41 21 922 72 06	
	+41 79 298 06 12	Champéry
Chalet Joli Nid	+41 79 622 52 42	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Ecole Nouvelle Alpina SA	+41 24 479 11 17	
	+41 79 244 38 82	Champéry
Pension Souvenir	+41 24 479 13 40	
	+41 79 634 20 00	Champéry
Chalet UMV	+41 76 372 53 63	Les Crosets
Chalet les Planoz	+41 24 477 11 45	Morgins

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

SPORTS SHOPS		
BIKE RENTALS		
E-Bike Swiss Rental	+41 79 801 81 66	Champéry
Bikeshop	+41 79 916 43 52	Champéry
Point Sud Location	+41 79 928 25 63	Champoussin
Hôtel des Portes du Soleil	+41 24 479 11 84	Les Crosets
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins
RS Equipement Sàrl	+41 24 477 22 06	Morgins

CLOTHING ACCESSORIES EQUIPMENT RENTALS		
Berra Sports	+41 24 479 13 90	
	+41 79 372 83 33	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Gonnet Sports (hiver)	+41 24 479 11 77	Champéry
Holiday Sports	+41 24 479 15 26	Champéry
Alpitude (hiver)	+41 24 565 60 20	Champoussin
Peak Performance &		
Patagonia Shop (hiver)	+41 78 809 15 84	Champéry
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports (hiver)	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
RS Equipement Sàrl	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins

RELIGIOUS		
Eglise catholique	+41 24 477 11 13	Champéry
Eglise catholique	+41 24 477 11 13	Morgins
Eglise catholique	+41 24 477 11 13	Troistorrents
Eglise catholique	+41 24 477 11 13	Val-d'Illiez
Paroisse protestante	+41 24 471 48 28	Monthey

HEALTH - EMERGENCY		
EMERGENCY NUMBERS		
Police	117	
Pompiers	118	
Organisation cantonale VS des secours	144	
Ambulances Clerc SA	+41 24 471 62 63	Monthey

DENTIST		
Vionnet Jean-Luc	+41 24 471 42 03	Monthey

HOSPITAL		
Hôpital pour mères et enfants	+41 58 773 21 12	Rennaz
Hôpital pour adultes	+41 58 773 21 12	Rennaz

DOCTOR		
Cabinet médical de Champéry	+41 24 479 20 05	Champéry
Médecin de garde	+41 900 14 40 33	Monthey
Cabinet médical de Troistorrents	+41 24 477 47 47	Troistorrents
Centre médical du val d'Illiez	+41 24 477 35 11	
	+41 76 822 35 80	Val-d'Illiez

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

POLICE		
Police Intercommunale		
des Dents du Midi (PIDM)	+41 24 479 09 18	Champéry

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'Illeiez	+41 24 476 87 87	Val-d'Illeiez

INSURANCE

Bâloise Assurances	+41 76 325 10 09	Champéry
Helvetia Assurances	+41 79 271 85 61	Morgins
Helvetia Assurances	+41 79 449 44 35	Val-d'Illeiez

DRIVING SCHOOL

Pascal Avanthay	+41 78 878 55 55	Champéry
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LAWYER | NOTARY

Etude Fernand Mariétan	+41 24 475 70 60	Monthey
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BANK

Banque cantonale du Valais Point cash	+41 848 765 765	Champéry
Banque Raiffeisen Point cash	+41 24 476 80 90	Champéry
Banque cantonale du Valais Point cash	+41 848 765 765	Les Crosets
Banque cantonale du Valais Point cash	+41 848 765 765	Morgins
Banque Raiffeisen Point cash	+41 24 476 87 38	Morgins
Banque cantonale du Valais Point cash	+41 848 765 765	Troistorrents
Banque Raiffeisen Point cash	+41 24 476 87 38	Troistorrents
Banque Raiffeisen Point cash	+41 24 476 80 70	Val-d'Illeiez

FIREWOOD

Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Bellon Samuel	+41 79 611 70 76	Troistorrents
Triage forestier des Dents du Midi	+41 24 477 51 81	Champéry
	+41 79 357 19 45	Val-d'Illeiez
Triage forestier de Troistorrents	+41 79 278 38 43	Troistorrents

OFFICE & IT

ATS Capital SA	+41 79 672 13 01	Val-d'Illeiez
Duplirex Espace Bureautique SA	+41 24 473 40 80	Monthey
Axiux SA	+41 58 317 18 18	Sion

RACE TIMING

Datatiming	+41 79 449 78 24	Val-d'Illeiez
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SKI LOCKERS

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

MYCOLOGY EXPERT

Tordeur Jean-Luc	+41 76 543 71 30	Troistorrents
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WASTE DISPOSAL CENTRES

Déchetterie de Champéry	+41 24 479 09 09	Champéry
Déchetterie de Troistorrents	+41 24 477 18 70	Troistorrents
Déchetterie de Val-d'Illeiez	+41 24 476 87 87	Val-d'Illeiez

ELECTRONICS & APPLIANCES

FIJitechnic	+41 24 565 50 50	Champéry
	+41 24 479 14 66	Monthey
Laurent Gex-Fabry Sàrl	+41 24 477 12 73	Val-d'Illeiez

ACCOUNTING & CONDOMINIUM MANAGEMENT

Fid'Illeiez	+41 24 477 24 79	Val-d'Illeiez
Fiduciaire de la Tour	+41 26 919 65 10	Val-d'Illeiez

Fid'Cime	+41 79 549 97 81	Val-d'Illeiez
Künzle SA	+41 24 473 73 05	Monthey

GAME WARDEN

Mariéthoz Serge	+41 79 355 39 11	Sion
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PROPANE GAS REFILLS & EXCHANGES

Berthoud Dominique	+41 79 244 36 64	Champéry
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GESTION ET SECRÉTARIAT

Bureau Altitude	+41 79 606 09 44	Morgins
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LAUNDROMAT

C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Service Location	+41 24 477 26 82	Champoussin
Blanchisserie Champoussin	+41 79 549 37 68	Champoussin
Le Flocon	+41 79 283 33 13	Morgins
Val-Time	+41 24 477 23 56	Val-d'Illeiez

TOURIST OFFICES

Office du Tourisme de Champéry	+41 24 479 05 50	Champéry
Office du Tourisme de Morgins	+41 24 477 23 61	Morgins
Office du Tourisme de Val-d'Illeiez	+41 24 477 20 77	Val-d'Illeiez

POST OFFICE

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

SKI LIFTS

Télé Champéry Crosets		
Portes du Soleil SA	+41 24 479 02 00	Champéry
Portes du Soleil Suisse SA	+41 24 476 83 10	Morgins

ALARM SYSTEMS

Mapco Sécurité sàrl	+41 24 477 46 76	Val-d'Illeiez
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TAXI

Taxi de Champéry	+41 79 430 15 15	Champéry
Taxi City	+41 79 210 41 41	Monthey
M3T Service Taxi	+41 79 283 33 13	Morgins
Taxi Denis	+41 79 309 64 67	Troistorrents
Taxi de la Vallée	+41 79 632 70 93	Val-d'Illeiez

GROUP TRANSPORT | EXCURSIONS | TRANSFERS

Closillon Tours SA	+41 24 471 20 24	Monthey
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 79 355 80 81	Val-d'Illeiez

WINE - BEER - SPIRITS

SALES

La Petite Cave du Chablais	+41 24 471 44 21	Collombey
Brasserie de bières artisanales		
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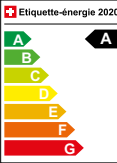
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* L'autonomie peut varier entre les cycles de conduite WLTP et EPA et les conditions réelles. Chiffres définis d'après nos objectifs préliminaires. En attente de la certification finale du véhicule. Exemple : Volvo XC40 Recharge Pure Electric P8 AWD. Consommation moyenne d'électricité : 22 kWh/100 km, émissions de CO₂ : 0 g/km. Catégorie d'efficacité énergétique : A. Volvo Swiss Premium® avec service gratuit pendant 10 ans/150 000 kilomètres, garantie constructeur pendant 5 ans/150 000 kilomètres et réparations pour cause d'usure pendant 3 ans/150 000 kilomètres (au premier des termes échus). Valable uniquement chez les concessionnaires participants. Le modèle présenté dispose évent. d'options proposées contre supplément.







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