

ENDLESS SUMMER FUN EVENTS AND ACTIVITIES JUNE TO SEPTEMBER 2022

CHAMPÉRY CHAMPOUSSIN LES CROSETS MORGINS TROISTORRENTS VAL-D'ILLIEZ

Customer satisfaction

survey:

Your opinion counts!

CHILDREN

9, 39	Mini Cro-Magnons
12, 13, 25, 31	Fun Park
19, 25, 31	Young Shredders DH Workshop
11, 35	Making Druid Potions
11, 17, 21, 25, 29, 33, 34, 35	A Morning on the Ranch
16, 17, 21, 25, 27, 28, 29, 33	Childrens' Theatre
9, 15, 19, 23, 28, 31	Summer Camp
11, 21, 29	Archery Basics & Campfire Picnic
9, 19, 28	Swiss Cycling Academy 4 Kids

SPORTS & HIKING

18, 38	Summit Hike Haute Cime, 3,257 m
23	Summit Hike Tete de Chalin
8	Region Dents du Midi Orienteering Course
9, 29	Intro to Climbing & Via Ferrata
27, 37	Summit Hike Petit Ruan 2,847 m

13, 34 Revitalise your Life Yoga & Hiking Escapade

f Animations - Région Dents du Midi	f Bénévoles - Région Dents du Midi
Auxiliaries & Volunteers $\cdot event@rddm.ch$	

Prices indicted in Swiss Francs. This programme is subject to modification. For up-to-date information, go to rddm.ch.

Join us!

WALPINE ACTIVITIES

15, 30	Livestock Guard Dogs in Action
7, 11, 13, 17, 18,	Life on the Farm & Fresh Churned
19, 21, 25, 27, 29,	Butter
30, 31, 33, 35, 37,	
38, 39	
13, 18, 21, 27, 30,	Milking Cows & Raclette Tasting
33, 37, 38, 40	
9, 15, 19, 23, 28,	Visit an Alpine Dairy
31, 34, 37, 39, 40,	
41, 43	

GAMES & ADVENTURE

8	Region Dents du Midi Orienteering Course
11	Escape Life Morgins
17, 29	Murder Party
22	Explor Games ®: La Renaissance de L'aquaroche
25, 33	Region Dents du Midi Survivor

🕂 FAUNA & FLORA

38, 41	Mushroom Hunting
19, 23, 27, 30, 34	Brunch in The Alps & Beautiful Birds of Prey
43	The Belling of the Stag
41	Alpine Creams & Balms
11, 25, 29, 31, 35, 37	Husky Hike & Aperitif
18, 30	From Picking to Plate
34, 35	Nature in your Medicine Cabinet
13, 34	Griffon Vulture & Winchat Watching
13, 38	Here's to your Health!
18	Yoga & Flora Workshop

WELL-BEING

- 41 Alpine Creams & Balms
- 34, 35 Nature in your Medicine Cabinet
- 18 Yoga & Flora Workshop
- **13, 34** Revitalise your Life Yoga & Hiking Escapade
- 7, 23, 27, 37 Sunrise Yoga & Brunch

T GASTRONOMY

38, 41	Mushroom Hunting
19, 23, 27, 30, 34	Brunch in The Alps & Beautiful Birds of Prey
7, 34, 41	Fabulous Fondue
39, 40, 41	Homemade Salee de La Vallee
18, 30	From Picking to Plate
18, 30, 41	Hypnosis & Wine Tasting
40	Chocolate Story – From Cocoa Bean to Bar
13, 38	Here's to your Health!
18	Yoga & Flora Workshop
7, 23, 27, 37	Sunrise Yoga & Brunch

Region Dents du Midi is a BRIC partner! Most of the activities offered in this brochure are senior-friendly.

Accessible Tourism:

In partnership with the Access4all Association, Region Dents du Midi offers adaptable activities accessible to all people. +41 24 477 13 15 or event@rddm.ch



AGROTOURISM INTERNATIONAL

Region Dents du Midi has joined forces with Slow Food Travel, the global movement that promotes responsible consumption and production from agriculture respectful of both people and the environment. This partnership will showcase and safeguard our valley's ancestral pastoral traditions and our unique terroir through a variety of activities and experiences.

Slow Food activities are highlighted throughout the brochure. Just look for the 🎯



Flavours as big as the great outdoors!



from CHF 22.- per person

18.06 - 01.10.2022

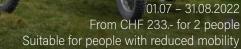
Experience the mountains in the ride of the future!



REGION + DENTS DU MIDI

Portes du Solei







LA TOURNEE **HERRASSES**

☐ THURSDAYS FROM 14.07 TO 18.08 ♪



Portes du Soleil

28 TUESDAY

TLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4 **O**ly



30 THURSDAY

WLIFE ON THE FARM & FRESH CHURNED BUTTER

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Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4 **M**y



JULY

2 SATURDAY

🕹 🖀 SUNRISE YOGA & BRUNCH

Start your day in inner peace and harmony with nature with a high-altitude sunrise voga session. After an energising practice to welcome the day, we'll take the time to enjoy a delicious breakfast in an alpine pasture.

Champéry tourist office · 8h30 › 11h45 adult: 50.child (12-15 yrs must be accompanied by an adult): 40.-

TABULOUS FONDUE

Florian Bear, the fondue world champion, will teach you the secrets to making this quintessential Swiss dish. Treat your family and impress your friends with your flair for fondue!

Frâchette shelter Champoussin · 17h › 20h Single price (12+ vrs): 30.-(children under 15 must be accompanied by an adult)



REGION DENTS DU MIDI ORIENTEERING COURSE

THE SPORT THAT COMBINES MENTAL AND PHYSICAL FORCE



• 6 DIFFERENT ITINERARIES THROUGHOUT THE REGION

• ALL LEVELS, FROM BEGINNER TO EXPERT





DOWNLOAD THE APP HERE



JULY

3 SUNDAY

EMINI CRO-MAGNONS

Ever wondered what life was like in prehistoric times? This activity takes curious explorers back into the enigmatic, ancient past. For this activity, we'll build a cabin, learn to make a fire, and shape wooden bows just like the first humans might have done.

Morgins tourist office · 14h > 17h Single price (6-12 yrs): 15.-

4 MONDAY

EXAMP SPACE EXPLORER

Who didn't want to be an astronaut as a child? This week, your youngsters will set off for the furthest reaches of the solar systemexploring the universe, studying planets, and playing out-of-thisworld games. Summer camps make learning feel like fun and are a great way to build friendships, experience adventures, and create memories that last a lifetime!

Palladium Champéry Little ones 9h > 12h · Big kids » 9h > 16h Little ones prices (3-6 yrs) : 150.- (week) Big kids prices (5-10 yrs) : 300.- (week)

04 - 08.07. Lunch option: 55.- extra. The Palladium restaurant provides a healthy lunch, or your child can bring their own picnic. Discount for siblings: 15% on the youngest child's camp and 15% from the 2nd week of registration.

NITRO TO CLIMBING & VIA FERRATA

If the summer holidays have you climbing the walls, then this workshop is just the thing! Over two days, your certified mountain guide will take you to new heights as you cover the basics of rock climbing and Via Ferrata.

Champéry tourist office · 9h › 12h or 14h › 17h (04 - 05.07) Single price (12+ yrs, minimum 1m50) : 100.-

WVISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry \cdot 9h30 \rightarrow 12h

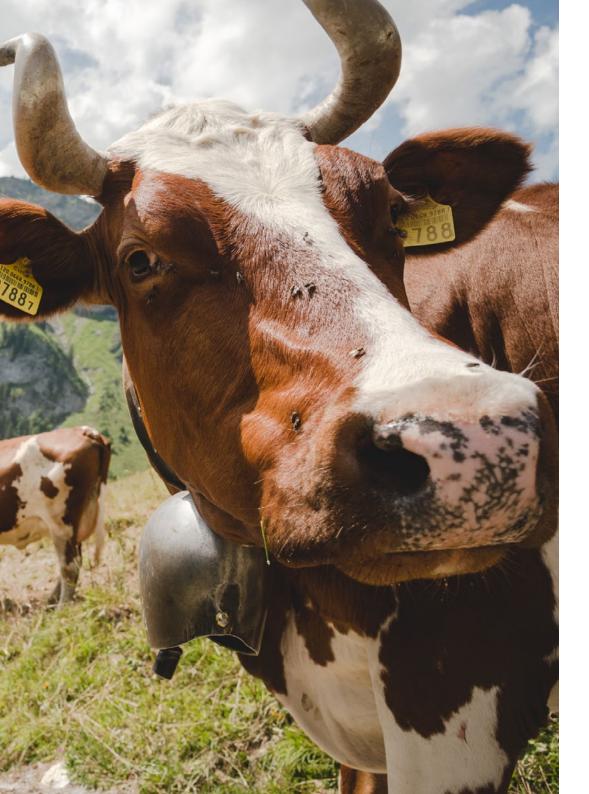
adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12

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EVALUATE: SWISS CYCLING ACADEMY 4 KIDS

This 3-morning mountain-biking workshop for kids will turn your young riders into shredders in no time! Accompanied by experienced bike monitors, your young riders will learn to handle their mountain bikes - braking, turning, passing obstacles, and making small jumps- in a fun, supervised environment.

Salle de la Jeur Morgins · 9h30 › 12h (Monday, Tuesday & Thursday) Single price (6-12 yrs) : 149.- (for 3 days) Required experience: must be able to ride a bicycle on flat ground



JULY

5 TUESDAY

🔍 ቭ HUSKY HIKE & APERITIF

Harnessed to you by a comfortable belt and lead, your trusty husky guide will pull you along Morgins' beautiful Bridges Trail. On the way, you'll stop for a delicious aperitif featuring local specialities.

Opposite the Ranch de Morgins \cdot 10h > 13h

adult: 80.-

child (10-15 yrs must be accompanied by an adult) : 60.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

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Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4 $\,$

Oy

6 WEDNESDAY

O A MORNING ON THE RANCH

After a morning at the Ranch, tending to simple tasks like brushing the horses and preparing them for a ride, your children will be on their way to becoming an expert horse whisperer! Young horse lovers will jump at this unique chance to learn more about life in the stables.

Ranch de Morgins · 9h > 10h30 Single price (5-14 yrs) : 15.-

EXAMPLE 2 MAKING DRUID POTIONS

Your young adventurers will plunge deep into the forest in search of the secret ingredients for a druid's famous magic potion. Luckily, our friends the elves have left a series of clues to follow on a puzzle-filled adventure that explores the riches of nature.

Frâchette shelter Champoussin • 14h > 16h Single price (6-12 yrs) : 15.-

CARCHERY BASICS & CAMPFIRE PICNIC

A real-life Robin Hood and William Tell adventure! In small groups accompanied by a monitor, your merry boys and girls will work up an appetite with an introductory archery course on our 18-target trail, then roast Swiss cervelat sausages and marshmallows over a crackling campfire.

Téléski du Géant Morgins • 14h • 18h Single price (8-14 yrs) : 55.-

Secape Life Morgins

Part escape game and part treasure hunt, this challenging activity will tickle your fancy for adventure. Your mission, should you choose to accept, is to seek out 4 totems erected somewhere in the region and lift the curse that has been cast on the village of Morgins and its famous Eau Rouge Spring!

Centre sportif Morgins I reservations at rddm.ch Appropriate for 6+ yrs accompanied by an adult. CHF 30.- per person for groups of 4 - 10 people CHF 25.- per person for groups of 11 - 30 people Free for children under 12





9 – 24 July Les Crosets lift company car park

26 July – 7 August Champéry school playground

9 – 21 August Morgins sports centre

13h - 18h





regiondentsdumidi.ch



7THURSDAY

9 FUN PARK

No 'boreds' allowed! Region Dents du Midi's fabulous Fun Park is back for the summer, with fun and games galore, mini golf, an airbag and even an ariel ropes course for all your little Tarzans and Janes.

Lift company car park Les Crosets · 13h › 18h (09 - 24.07) Single price (3-15 yrs): 5.-Free with the Multi Pass

WLIFE ON THE FARM & FRESH CHURNED BUTTER

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Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

Oy

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins · 16h › 20h

30-45 min walk from the car park (signs will indicate the way) adult : 30.-

child (7-12 yrs must be accompanied by an adult) : 20.-

8 FRIDAY

A THERE'S TO YOUR HEALTH!

Accompanied by an herbalist and mountain leader, today's gentle hike will regale you with anecdotes and information on the infinite uses and goodness of wild plants. With the day's harvest, you'll concoct some delicious natural drinks to savour with or without alcohol for a naturally healthy aperitif.

Alpage de la Chaux Morgins · 8h30 › 12h

adult: 40.child (8-15 yrs must be accompanied by an adult) : 20.-

9 SATURDAY

TREVITALISE YOUR LIFE YOGA AND HIKING ESCAPADE

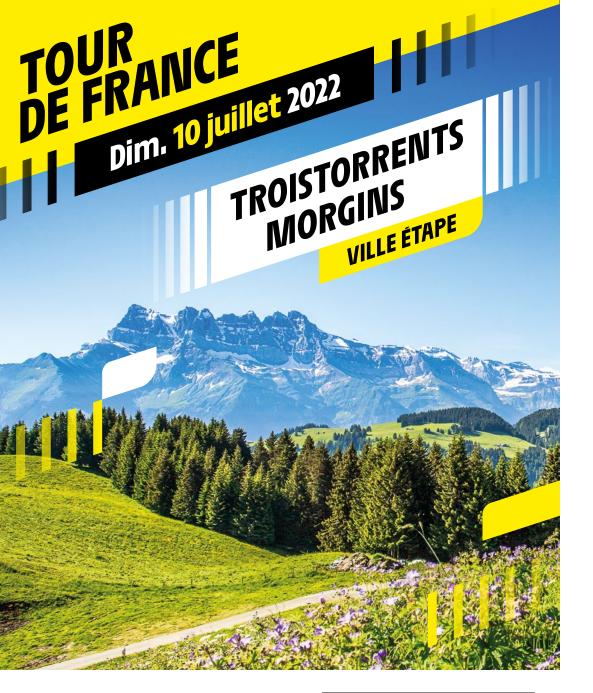
Escape into nature for an idyllic and rejuvenating weekend of hiking, yoga, and restful nights in a quiet mountain hut.

Grand Paradis car park Champéry \cdot 9h > 12h (the next day) Single price (14+ yrs): 200.-

🞢 GRIFFON VULTURE & WINCHAT WATCHING

From the whimsical Whinchat to the majestic Griffon Vulture, this guided outing is for the birds! With the help of an enthusiastic local ornithologist, you might just catch a rare glimpse of these elusive, endangered birds that summer here in the Pre-Alps.

Champéry tourist office · 13h › 17h30 adult : 20.child (8-15 yrs must be accompanied by an adult): 10.-Lift ticket is not included in the price of the activity.





JULY

WLIVESTOCK GUARD DOGS IN ACTION

Given the presence of predatory animals in the Alps, many shepherds and farmers use guard dogs to protect their livestock. These dogs live with the herds and have an instinctive urge to protect them from any exterior threat, including humans. Nicolas, a certified mountain leader, will teach you how to react when you come across a *Patou* (or Pyrenean Mountain Dog).

Champéry tourist office \cdot 13h > 18h

adult : 35.child (10-15 vrs must be accompanied by an adult) : 20.-

MONDAY

E KIDS BIKE CAMP

Accompanied by experienced monitors, young bikers will improve their trail-riding technique, gain confidence, and learn the basics of bike mechanics.

Grand Paradis shelter Champéry · 9h › 12h

Single price (6-14 yrs) : 240.- (5 days) · 60.- (per half day) 11 - 15.07. 15.- discount on the weekly price for members of the Illiez Bike Club.

OH KIDS CAMP

Coached by an expert, this week-long camp will teach young riders to shred like the pros, while making sure they learn safe riding habits from the get-go on trails adapted to their skill level. Ride, have fun, then ride some more!

Grand Paradis shelter Champéry - 10h > 16h Single price (10-16 yrs) : 500.- (week) 11 - 15.07: 20.- discount on the weekly price for members of the Illiez Bike Club.

E SUMMER CAMP CLIMBING THE WALLS

Do you feel like your little Spidermen spend their holidays climbing the walls? This week your children will defy gravity to their heart's content, climbing indoors and outdoors and assimilating the rules of climbing safety. Summer camps make learning feel like fun and are a great way to build friendships, experience adventures, and create memories that last a lifetime!

Palladium Champéry

Little ones 9h > 12h - Big kids » 9h > 16h Little ones prices (3-6 yrs) : 150.- (week) Big kids prices (5-10 yrs) : 300.- (week)

11 - 15.07. Lunch option: 55.- extra. The Palladium restaurant provides a healthy lunch, or your child can bring their own picnic. Discount for siblings: 15% on the youngest child's camp and 15% from the 2nd week of registration.

VISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12

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CHILDREN'S CHILDREN'S THEATRE

13.07

Les Bambinbamboules

13h30 • Artistic workshop 16h00 • Childrens' Theatre Frâchette shelter Champoussin

20.07

Le Petit Cirque de Bohème 16h30 · Morgins village square

27.07

Kim et Nina, tout un voyag pour se comprendre 16h30 · Val-d'Illiez gymnasium



On refait le Monde 17h00 · Morgins village square

01.08 (REE On refait le Monde

16h00 • Champéry church square

03.08

Le Voleur de Doudous

16h30 • Morgins village square

10.08

Ecolo-Groumpf

16h30 • Champéry church square

13.08

de Champéry

Childrens' Musical Theatre Papa Bach!

15h00 • Champéry catholic church 6-12 yrs • Organised by Rencontres Musicales

JULY

12 TUESDAY

₩ LIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.- Free for children under 4 $\,$

Oy

MURDER PARTY

There's a murderer at large in Region Dents du Midi! Will you and your friends and family be our Sherlock Holmes to the rescue and help us find out who dunnit?

Salle de la Jeur Morgins - 17h > 19h30 adult: 35.child (13-15 yrs): 25.-Groups of 4 people: 110.-

13 WEDNESDAY

e A MORNING ON THE RANCH

After a morning at the Ranch, tending to simple tasks like brushing the horses and preparing them for a ride, your children will be on their way to becoming an expert horse whisperer! Young horse lovers will jump at this unique chance to learn more about life in the stables.

Ranch de Morgins · 9h > 10h30 Single price (5-14 yrs) : 15.-

OCHILDRENS' THEATRE - BAMBINBAMBOULE

This afternoon, your children take centre stage! This creative and musical and workshop encourages your little ones to choose the theme, write the lyrics, and plan the staging for an unforgettable concert the whole family can enjoy together!

Val-d'Illiez gymnasium · **13h30** » **17h** Single price (3-10 yrs) : 10.- (for the workshop) *Free entry to the show*



3 - 10 yrs

10.-

14 THURSDAY

🔍 SUMMIT HIKE HAUTE CIME, 3,257 M

Follow an experienced guide to the very pinnacle of the Dents du Midi - the formidable Haute Cime. From the windswept summit of the region's highest peak, you'll enjoy breathtaking, bird's-eye views over the French and Swiss Alps. On the way, you'll spend a restful night in one of our most iconic mountain huts.

Champéry tourist office · 13h45 > 16h (the next day) Single price (15+ yrs): 190.-

Must be in good physical shape.

TLIFE ON THE FARM & FRESH CHURNED BUTTER

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Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.- Free for children under 4 $\,$



WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins · 16h › 20h

30-45 min walk from the car park (signs will indicate the way) adult: 30.child (7-12 yrs must be accompanied by an adult) : 20.-

★ LA TOURNÉE DES TERRASSES

Here at the foot of the Dents du Midi for this summer's Tournée des Terrasses, you'll find a shady terrace, chilled drinks and a live-music happy hour featuring artists from all over Switzerland performing country, jazz, pop, and more.

Times & places at rddm.ch

Free entry (food & drinks available for purchase)

15 FRIDAY

ቭ 🖀 FROM PICKING TO PLATE 🗌

Set off into the great outdoors and learn to recognise edible wild plants, then try your hand at a delicious new recipe using your freshly gathered ingredients.

Grand Paradis shelter Champéry · 9h30 › 14h30 adult: 60.-

child (12-15 yrs must be accompanied by an adult) : 40.-

6 SATURDAY

🛓 🖈 🖀 YOGA & FLORA WORKSHOP

Take a day to reconnect - with Nature and with yourself! We'll start the day by resetting body and mind with yoga, meditation, and sound relaxation exercises. Afterwards, we'll explore the goodness of the great outdoors, first picking, then cooking and eating a delicious selection of local edible plants.

Val-d'Illiez tourist office · 9h > 16h Single price (12+ yrs): 140.-

THYPNOSIS & WINE TASTING

This is wine-tasting with a twist, like nothing you've ever experienced before! Ghislaine Crittin, from the Vieux Pressoir winery invites you to discover how hypnosis can add a whole new dimension to wine tasting, awakening your senses to the subtleties and complexities of fine wines

Tir aux Pigeons shelter Morgins • **11h** • **12h30** Single price (18+ yrs) : 45.-

7 SUNDAY

A T BRUNCH IN THE ALPS & BEAUTIFUL BIRDS OF PREY

Join Caroline at La Petite Volerie for an unforgettable experience with her beautiful birds of prey. On a gentle hike through the nearby forest, Caroline will regale you with fascinating anecdotes while you observe the birds' incredible in-flight acrobatics. When you've worked up an appetite, you'll sit down to a delicious brunch featuring local delicacies and a spectacular mountain panorama.

La Petite Volerie Morgins · 7h › 10h30

adult: 70.child (8-14 vrs must be accompanied by an adult): 50.-



SUMMER CAMP CYCLING CHAMPS

Young riders will practice their skills on two wheels, learning road safety, agility, bike handling, and playing bike games. Summer camps make learning feel like fun and are a great way to build friendships, experience adventures, and create memories that last a lifetime!

Palladium Champéry Little ones 9h > 12h - Big kids » 9h > 16h Little ones prices (3-6 yrs) : 150.- (week)

Big kids prices (5-10 yrs) : 300.- (week)

18 - 22.07. Lunch option: 55.- extra. The Palladium restaurant provides a healthy lunch, or your child can bring their own picnic. Discount for siblings: 15% on the youngest child's camp and 15% from the 2nd week of registration.

E SWISS CYCLING ACADEMY 4 KIDS

This 3-morning mountain-biking workshop for kids will turn your young riders into shredders in no time! Accompanied by experienced bike monitors, your young riders will learn to handle their mountain bikes - braking, turning, passing obstacles, and making small jumps- in a fun, supervised environment.

Salle de la Jeur Morgins · 9h30 › 12h (Monday, Tuesday & Thursday)

Single price (6-12 yrs) : 149.- (for 3 days) Required experience: must be able to ride a bicycle on flat ground

WVISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12

Oy

19 TUESDAY

E YOUNG SHREDDERS DH WORKSHOP

Send your kids off for a fun-filled day of shredding in the Morgins Bikepark and make sure they learn great riding habits from the getgo! A certified 'Youth & Sport' guide will provide important tips while the riders cut their teeth on the beginner DH trails.

Morgins tourist office · 10h > 16h Single price (10-16 yrs) : 70.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

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Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

Oy



20 WEDNESDAY

e A MORNING ON THE RANCH

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Ranch de Morgins · 9h > 10h30 Single price (5-14 yrs) : 15.-

• ARCHERY BASICS & CAMPFIRE PICNIC

A real-life Robin Hood and William Tell adventure! In small groups accompanied by a monitor, your merry boys and girls will work up an appetite with an introductory archery course on our 18-target trail, then roast Swiss cervelat sausages and marshmallows over a crackling campfire.

Téléski du Géant Morgins · 14h › 18h Single price (8-14 yrs) : 55.-

CHILDRENS' THEATRE LE PETIT CIRQUE DE BOHÈME

Gigi the contortionist, also known as 'Gumby', has more than one trick up her sleeve! She'll keep audience members of all ages spellbound right up to the grande finale with acrobatics, juggling, balancing, comedy and more...

Morgins village square or Salle de la Jeur Morgins 16h30 > about 17h15 Single price (3-10 yrs): 10.-Free for accompanying parents

21 THURSDAY

WLIFE ON THE FARM & FRESH CHURNED BUTTER

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Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

<u>Oy</u>

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins \cdot 16h > 20h

30-45 min walk from the car park (signs will indicate the way) adult : 30.child (7-12 yrs must be accompanied by an adult) : 20.-

child (7-12 yrs must be accompanied by an adult) : 20.-

t LA TOURNÉE DES TERRASSES

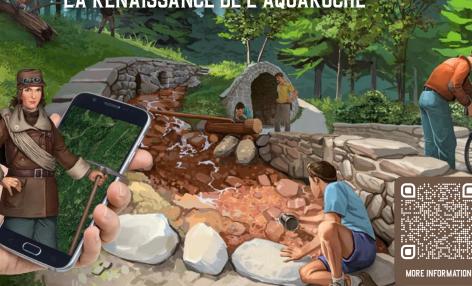
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Times & places at rddm.ch Free entry (food & drinks available for purchase)



TREASURE HUNT 3 E-BIKE ITINERARIES 1 PEDESTRIAN ITINERARY

LA RENAISSANCE DE L'AQUAROCHE



JULY

22 FRIDAY

🔍 SUMMIT HIKE TETE DE CHALIN

This challenging hike is well worth the effort, with a mind-blowing view over the Dents du Midi from the very foot of the Cime de l'Est. From here the panorama extends over aerial ridges and as far as the eye can see over the Vaud Alps.

Coop Pronto Collombey · **7h** › **16h** Single price (15+ yrs) : 80.-*Must be in good physical shape.*

23 SATURDAY

🛓 宮 SUNRISE YOGA & BRUNCH

Start your day in inner peace and harmony with nature with a high-altitude sunrise yoga session. After an energising practice to welcome the day, we'll take the time to enjoy a delicious breakfast in an alpine pasture.

Morgins tourist office - 8h30 > 11h45 adult: 50.child (12-15 yrs must be accompanied by an adult): 40.-

24 SUNDAY

A 2 BRUNCH IN THE ALPS & BEAUTIFUL BIRDS OF PREY

Join Caroline at La Petite Volerie for an unforgettable experience with her beautiful birds of prey. On a gentle hike through the nearby forest, Caroline will regale you with fascinating anecdotes while you observe the birds' incredible in-flight acrobatics. When you've worked up an appetite, you'll sit down to a delicious brunch featuring local delicacies and a spectacular mountain panorama.

La Petite Volerie Morgins \cdot 7h > 10h30

adult: 70.child (8-14 yrs must be accompanied by an adult): 50.-

25 MONDAY

EXAMP SURVIVOR

Summer camps make learning feel like fun and are a great way to build friendships, experience adventures, and create memories that last a lifetime! This week, just like in the famous Survivor game on TV, your children will build confidence by facing a series of challenges – orienteering, puzzle solving, bravery, cooperation and more!

Palladium Champéry

Little ones 9h > 12h - Big kids » 9h > 16h Little ones prices (3-6 yrs) : 150.- (week) Big kids prices (5-10 yrs) : 300.- (week)

25 - 29.07. Lunch option: 55.- extra. The Palladium restaurant provides a healthy lunch, or your child can bring their own picnic. Discount for siblings: 15% on the youngest child's camp and 15% from the 2nd week of registration.

VISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry \cdot 9h30 > 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12







RENCONTRES MUSICALES DE CHAMPÉRY

In the Footsteps of BACH

23rd EDITION

31 JULY

> 14 AUGUST

REGIONE DENTS DU MIDI Portes du Soleit

Reservations at rddm.ch/rmc Information at

www.rencontres-musicales.ch

JULY

26 TUESDAY

EVALUATE SHREDDERS DH WORKSHOP

Send your kids off for a fun-filled day of shredding in the Morgins Bikepark and make sure they learn great riding habits from the getgo! A certified 'Youth & Sport' monitor will provide important tips while the riders cut their teeth on the beginner DH trails.

Morgins tourist office • 10h > 16h Single price (10-16 yrs) : 70.-

🖈 🥄 HUSKY HIKE & APERITIF

Harnessed to you by a comfortable belt and lead, your trusty husky guide will pull you along Morgins' beautiful Bridges Trail. Along the way, you'll stop for a delicious aperitif featuring local specialities.

Opposite the Ranch de Morgins · 10h > 13h adult : 80.child (10-15 yrs must be accompanied by an adult) : 60.-

Oy

9 FUN PARK

No 'boreds' allowed! Region Dents du Midi's fabulous Fun Park is back for the summer, with fun and games galore, mini golf, an airbag and even an ariel ropes course for all your little Tarzans and Janes.

Champéry school playground - 13h > 18h (26.07 - 07.08) Single price (3-15 yrs): 5.-Free with the Multi Pass \fbox

TLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

Oy

27 WEDNESDAY

e A MORNING ON THE RANCH

After a morning at the Ranch, tending to simple tasks like brushing the horses and preparing them for a ride, your children will be on their way to becoming an expert horse whisperer! Young horse lovers will jump at this unique chance to learn more about life in the stables.

Ranch de Morgins · 9h > 10h30 Single price (5-14 yrs) : 15.-

REGION DENTS DU MIDI SURVIVOR

Island adventure, Hard Idol, the Perch, Buggin' out... does any of this sound familiar? This summer, Region Dents du Midi is putting on its own Survivor challenge! You and your teammates will face challenges inspired by the famous TV show — so get ready to test your precision, coordination, balance, team spirit, and... your stomach!

Chapelle des Crosets \cdot 15h $^{>}$ 17h

adult: 35.child (12-15 yrs): 25.-Teams of 4 people : 110.-

CHILDRENS' THEATRE KIM & NINA, TOUT UN VOYAGE POUR SE COMPRENDRE (A VOYAGE TOWARDS UNDERSTANDING)

Our two heroines, Kim and Nina, can't understand each other, because they don't speak the same language. Nevertheless, they set off on an epic journey in search of Babel the magician, who is the only person who can help them communicate and understand one another. This enthralling adventure explores different cultures, captivating audience members of all ages through music, songs and emotions.

Val-d'Illiez gymnasium • 16h30 > 17h30 Single price (3-10 yrs) : 10.-Free for accompanying parents



July 31st + August 1st

Fireworks + Folklore groups + Children's shows Concerts + Parades + ...and more!

28 THURSDAY

SUMMIT HIKE PETIT RUAN 2,847 M

There's nothing little about Le Petit Ruan! This day-long guided hike will give you a taste of everything - from easy forest trails to alpine scree to glaciers. This bountiful alpine adventure will end with a well-earned night at the iconic Susanfe hut.

Champéry tourist office · 5h30 > 16h (the next day) Single price (18+ yrs) : 190.-

₩ LIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

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WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins · 16h › 20h

30-45 min walk from the car park (signs will indicate the way) adult : 30.child (7-12 vrs must be accompanied by an adult) : 20.-

<u> ()</u>

★ LA TOURNÉE DES TERRASSES

Here at the foot of the Dents du Midi for this summer's Tournée des Terrasses, you'll find a shady terrace, chilled drinks and a live-music happy hour featuring artists from all over Switzerland performing country, jazz, pop, and more.

Times & places at rddm.ch Free entry (food & drinks available for purchase)

30 SATURDAY

🛓 🕈 SUNRISE YOGA & BRUNCH

Start your day in inner peace and harmony with nature with a high-altitude sunrise yoga session. After an energising practice to welcome the day, we'll take the time to enjoy a delicious breakfast in an alpine pasture.

Val-d'Illiez tourist office · 8h30 › 11h45 adult: 50.-

child (12-15 yrs must be accompanied by an adult): 40.-

31 SUNDAY

A BRUNCH IN THE ALPS & BEAUTIFUL BIRDS OF PREY

Join Caroline at La Petite Volerie for an unforgettable experience with her beautiful birds of prey. On a gentle hike through the nearby forest, Caroline will regale you with fascinating anecdotes while you observe the birds' incredible in-flight acrobatics. When you've worked up an appetite, you'll sit down to a delicious brunch featuring local delicacies and a spectacular mountain panorama.

La Petite Volerie Morgins · 7h › 10h30

adult: 70.child (8-14 yrs must be accompanied by an adult): 50.-

CHILDRENS' THEATRE - ON REFAIT LE MONDE !

With fun songs, a festive atmosphere, and an interactive show, Xavier Stubbe encourages his young audience to use humour to challenge some of the issues we encounter in our daily lives. This live concert will inspire the whole family with a boost of positive energy!

Morgins village square · 17h › 18h Free entry





AUGUST

MONDAY

E SWISS CYCLING ACADEMY 4 KIDS

This 3-morning mountain-biking workshop for kids will turn your young riders into shredders in no time! Accompanied by experienced bike monitors, your young riders will learn to handle their mountain bikes - braking, turning, passing obstacles, and making small jumps- in a fun, supervised environment.

Salle de la Jeur Morgins · 9h30 › 12h (Monday, Tuesday & Thursday)

Single price (6-12 yrs) : 149.- (for 3 days)

Required experience: must be able to ride a bicycle on flat ground

EXIDS BIKE CAMP

Accompanied by experienced monitors, young bikers will improve their trail-riding technique, gain confidence, and learn the basics of bike mechanics.

Grand Paradis shelter Champéry · 9h > 12h Single price (6-14 yrs) : 240.- (5 days) · 60.- (per half day) 01 - 05.08.15.- discount on the weekly orice for members of the Illiez Bike Club.

OH KIDS CAMP

Coached by an expert, this week-long camp will teach young riders to shred like the pros, while making sure they learn safe riding habits from the get-go on trails adapted to their skill level. Ride, have fun, then ride some more!

Grand Paradis shelter Champéry \cdot 10h > 16h

Single price (10-16 yrs) : 500.- (week)

01 - 05.08. 20.- discount on the weekly price for members of the Illiez Bike Club.

SUMMER CAMP UNDER THE BIG TOP

Summer camps make learning feel like fun and are a great way to build friendships, experience adventures, and create memories that last a lifetime! This week, we're off to join the circus, with juggling, acrobatics, corporeal expression, balancing games and more!

Palladium Champéry

Little ones 9h > 12h - Big kids » 9h > 16h Little ones prices (3-6 vrs) : 150.- (week)

Big kids prices (5-10 yrs) : 300.- (week)

01 - 05.08. Lunch option: 55.- extra. The Palladium restaurant provides a healthy lunch, or your child can bring their own picnic. Discount for siblings: 15% on the youngest child's camp and 15% from the 2nd week of registration.

WVISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h adult: 25.-

child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12

<u>Oy</u>

CHILDRENS' THEATRE ON REFAIT LE MONDE !

With fun songs, a festive atmosphere, and an interactive show, Xavier Stubbe encourages his young audience to use humour to challenge some of the issues we encounter in our daily lives. This live concert will inspire the whole family with a boost of positive energy!

Champéry village square · 16h · 17h Free entry

2 TUESDAY

NITRO TO CLIMBING & VIA FERRATA

If the summer holidays have you climbing the walls, then this workshop is just the thing! Over two days, your certified mountain guide will take you to new heights as you cover the basics of rock climbing and Via Ferrata.

Champéry tourist office \cdot 9h > 12h or 14h > 17h (two-day workshop)

Single price (12+ yrs, minimum 1m50) : 100.

Normality Hike & APERITIF

Harnessed to you by a comfortable belt and lead, your trusty husky guide will pull you along Morgins' beautiful Bridges Trail. On the way, you'll stop for a delicious aperitif featuring local specialities.

Opposite the Ranch de Morgins \cdot 10h > 13h

adult : 80.child (10-15 vrs must be accompanied by an adult) : 60.-

₩ LIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

6

MURDER PARTY

There's a murderer at large in Region Dents du Midi! Will you and your friends and family be our Sherlock Holmes to the rescue and help us find out who dunnit?

Palladium Champéry · 17h › 19h30

adult: 35.child (13-15 yrs): 25.-Groups of 4 people: 110.-

3 WEDNESDAY

e A MORNING ON THE RANCH

After a morning at the Ranch, tending to simple tasks like brushing the horses and preparing them for a ride, your children will be on their way to becoming an expert horse whisperer! Young horse lovers will jump at this unique chance to learn more about life in the stables.

Ranch de Morgins · 9h > 10h30 Single price (5-14 yrs) : 15.-

E ARCHERY BASICS & CAMPFIRE PICNIC

A real-life Robin Hood and William Tell adventure! In small groups accompanied by a monitor, your merry boys and girls will work up an appetite with an introductory archery course on our 18-target trail, then roast Swiss cervelat sausages and marshmallows over a crackling campfire.

Téléski du Géant Morgins · 14h › 18h Single price (8-14 yrs) : 55.-

CHILDRENS' THEATRE LE VOLEUR DE DOUDOUS

Join us, along with Colonel Mustard, a musician, and a storyteller from the magic land of the 'mini-avengers' for a real detective story! Will the audience unmask the scoundrel who has been stealing baby comforters? This interactive, fun, and suspenseful show will thrill the whole family!

Morgins village square · 16h30 › 17h15 Single price (3-10 yrs): 10.-

AUGUST

4 THURSDAY

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

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Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins · 16h › 20h

30-45 min walk from the car park (signs will indicate the way) adult: 30.child (7-12 yrs must be accompanied by an adult) : 20.-

★ LA TOURNÉE DES TERRASSES

Here at the foot of the Dents du Midi for this summer's Tournée des Terrasses, you'll find a shady terrace, chilled drinks and a live-music happy hour featuring artists from all over Switzerland performing country, jazz, pop, and more.

Times & places at rddm.ch

Free entry (food & drinks available for purchase)

5 FRIDAY

A TROM PICKING TO PLATE

Set off into the great outdoors and learn to recognise edible wild plants, then try your hand at a delicious new recipe using your freshly gathered ingredients.

Culet car park Morgins · 9h30 > 14h30 adult: 60.-

child (12-15 yrs must be accompanied by an adult) : 40.-



30

6 SATURDAY

THYPNOSIS & WINE TASTING

This is wine-tasting with a twist, like nothing you've ever experienced before! Ghislaine Crittin, from the Vieux Pressoir winery invites you to discover how hypnosis can add a whole new dimension to wine tasting, awakening your senses to the subtleties and complexities of fine wines.

Tir aux Pigeons shelter Morgins • 11h > 12h30 Single price (18+ yrs) : 45.-

7 SUNDAY

A 2 BRUNCH IN THE ALPS & Beautiful Birds of Prey

Join Caroline at La Petite Volerie for an unforgettable experience with her beautiful birds of prey. On a gentle hike through the nearby forest, Caroline will regale you with fascinating anecdotes while you observe the birds' incredible in-flight acrobatics. When you've worked up an appetite, you'll sit down to a delicious brunch featuring local delicacies and a spectacular mountain panorama.

La Petite Volerie Morgins · 7h · 10h30 adult: 70.-

child (8-14 yrs must be accompanied by an adult): 50.-

WLIVESTOCK GUARD DOGS IN ACTION

Given the presence of predatory animals in the Alps, many shepherds and farmers use guard dogs to protect their livestock. These dogs live with the herds and have an instinctive urge to protect them from any exterior threat, including humans. Nicolas, a certified mountain leader, will teach you how to react when you come across a Patou (or Pyrenean Mountain Dog).

Champéry tourist office · 13h › 18h adult · 35 -

child (10-15 vrs must be accompanied by an adult) : 20.-

8 MONDAY

E SUMMER CAMP MISSION GREEN PLANET

Saving planet Earth starts today! This week, through treasure hunts and sorting and recycling games, we'll be taking a good look at the importance of everyday ecology – all the little things we can do to help our planet stay green. Summer camps make learning feel like fun and are a great way to build friendships, experience adventures, and create memories that last a lifetime!

Palladium Champéry

Little ones 9h > 12h · Big kids » 9h > 16h Little ones prices (3-6 yrs) : 150.- (week) Big kids prices (5-10 yrs) : 300.- (week)

08 - 12.08. Lunch option: 55.- extra. The Palladium restaurant provides a healthy lunch, or your child can bring their own picnic. Discount for siblings: 15% on the youngest child's camp and 15% from the 2nd week of registration.

WVISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.-

child (12-15 yrs must be accompanied by an adult) : 20.- Free for children under 12 $\,$

6

9 TUESDAY

🔍 ቭ HUSKY HIKE & APERITIF

Harnessed to you by a comfortable belt and lead, your trusty husky guide will pull you along Morgins' beautiful Bridges Trail. Along the way, you'll stop for a delicious aperitif featuring local specialities.

Opposite the Ranch de Morgins \cdot 10h > 13h

adult: 80.-

child (10-15 yrs must be accompanied by an adult) : 60.-

e Young shredders dh workshop

Send your kids off for a fun-filled day of shredding in the Morgins Bikepark and make sure they learn great riding habits from the getgo! A certified 'Youth & Sport' monitor will provide important tips while the riders cut their teeth on the beginner DH trails.

Morgins tourist office • **10h** > **16h** Single price (10-16 yrs) : 70.-

9 FUN PARK

No 'boreds' allowed! Region Dents du Midi's fabulous Fun Park is back for the summer, with fun and games galore, mini golf, an airbag and even an ariel ropes course for all your little Tarzans and Janes.

Centre sportif Morgins \cdot 13h \cdot 18h (26.07 - 07.08) Single price (3-15 yrs): 5.-Free with the Multi Pass \swarrow

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under $\mathbf{4}$





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O WEDNESDAY

e A MORNING ON THE RANCH

After a morning at the Ranch, tending to simple tasks like brushing the horses and preparing them for a ride, your children will be on their way to becoming an expert horse whisperer! Young horse lovers will jump at this unique chance to learn more about life in the stables.

Ranch de Morgins · 9h › 10h30 Single price (5-14 yrs) : 15.-

CHILDRENS' THEATRE - ECOLO-GROUMPF

The famous - but long-forgotten - 'Ecolo-Groumpf' lived in a magical land and was an imaginative creature with some big environmental ideas. This musical tale retraces his story with colourful, motorized sets and catchy songs for an original, funny, and, above all, captivating show!

Champéry church square · 16h30 › 17h15 Single price (3-10 yrs) : 10.-

II THURSDAY

REGION DENTS DU MIDI SURVIVOR

Island adventure, Hard Idol, the Perch, Buggin' out... does any of this sound familiar? This summer, Region Dents du Midi is putting on its own Survivor challenge! You and your teammates will face challenges inspired by the famous TV show — so get ready to test your precision, coordination, balance, team spirit, and... your stomach!

Chapelle de Champoussin- 15h > 17h adult: 35.child (12-15 yrs): 25.-Teams of 4 people: 110.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

Oy

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins · 16h › 20h

30-45 min walk from the car park (signs will indicate the way) adult: 30.child (7-12 yrs must be accompanied by an adult) : 20.-

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★ LA TOURNÉE DES TERRASSES

Here at the foot of the Dents du Midi for this summer's Tournée des Terrasses, you'll find a shady terrace, chilled drinks and a live-music happy hour featuring artists from all over Switzerland performing country, jazz, pop, and more.

Times & places at rddm.ch

Free entry (food & drinks available for purchase)

12 FRIDAY

🚖 ቭ NATURE IN YOUR MEDICINE CABINET

Let Mother Nature do what she does best – take care of you! Today, you'll try your hand at making a variety of natural remedies to stock your household medicine chest.

Frâchette shelter Champoussin \cdot 13h > 17h

adult: 40.child (12-15 yrs must be accompanied by an adult) : 25.-

13 SATURDAY

TREVITALISE YOUR LIFE YOGA AND HIKING ESCAPADE

Escape into nature for an idyllic and rejuvenating weekend of hiking yoga, and restful nights in a quiet mountain hut.!

Morgins tourist office · 9h > 12h (the next day) Single price (14+ yrs): 200.-

CHILDRENS' MUSICAL THEATRE - PAPA BACH !

Told from the viewpoint of Jean-Sébastien Bach's children, this musical show teaches young audiences about this extraordinary musical family. Packed with seven harpsichords, eleven string instruments, and a small *épinette* (a French string instrument of the zither family) - the Bach household was a beehive of activity and music!

Champéry catholic church \cdot 15h

Single price (6-12 yrs): 10.-

Free for accompanying parents

Organised by les Rencontres Musicales Champéry.

TABULOUS FONDUE

Florian Bear, the fondue world champion, will teach you the secrets to making this quintessential Swiss dish. Treat your family and impress your friends with your flair for fondue!

Frâchette shelter Champoussin - 17h > 20h Single price (12+ yrs): 30.-(children under 15 must be accompanied by an adult)

4 SUNDAY

2 BRUNCH IN THE ALPS & BEAUTIFUL BIRDS OF PREY

Join Caroline at La Petite Volerie for an unforgettable experience with her beautiful birds of prey. On a gentle hike through the nearby forest, Caroline will regale you with fascinating anecdotes while you observe the birds' incredible in-flight acrobatics. When you've worked up an appetite, you'll sit down to a delicious brunch featuring local delicacies and a spectacular mountain panorama.

La Petite Volerie Morgins · 7h · 10h30 adult: 70.-

child (8-14 yrs must be accompanied by an adult): 50.-

A GRIFFON VULTURE & WINCHAT WATCHING

From the whimsical Whinchat to the majestic Griffon Vulture, this guided outing is for the birds! With the help of an enthusiastic local ornithologist, you might just catch a rare glimpse of these elusive, endangered birds that summer here in the Pre-Alps.

Lift company car park Les Crosets \cdot 13h30 > 17h30

adult: 20.child (8-15 yrs must be accompanied by an adult) : 10.-Lift ticket is not included in the price of the activity.

15 MONDAY

VISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12



16 TUESDAY

🖈 🔍 HUSKY HIKE & APERITIF

Harnessed to you by a comfortable belt and lead, your trusty husky guide will pull you along Morgins' beautiful Bridges Trail. Along the way, you'll stop for a delicious aperitif featuring local specialities.

Opposite the Ranch de Morgins \cdot 10h > 13h adult \cdot 80 -

child (10-15 yrs must be accompanied by an adult) : 60.-

EXAMPLE 1 MAKING DRUID POTIONS

Your young adventurers will plunge deep into the forest in search of the secret ingredients for a druid's famous magic potion. Luckily, our friends the elves have left a series of clues to follow on a puzzle-filled adventure that explores the riches of nature.

L'Étable aux Crosets · 15h > 17h Single price (6-12 yrs) : 15.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry \cdot 15h $_{2}$ 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4



17 WEDNESDAY

e A MORNING ON THE RANCH

After a morning at the Ranch, tending to simple tasks like brushing the horses and preparing them for a ride, your children will be on their way to becoming an expert horse whisperer! Young horse lovers will jump at this unique chance to learn more about life in the stables.

Ranch de Morgins · 9h > 10h30 Single price (5-14 yrs) : 15.-

🚖 🛋 NATURE IN YOUR MEDICINE CABINET

Let Mother Nature do what she does best – take care of you! Today, you'll try your hand at making a variety of natural remedies to stock your household medicine chest.

Frâchette shelter Champoussin • 13h • 17h adult: 40.child (12-15 vrs must be accompanied by an adult): 25.-

GOUTS MORGINS D/II THEY VALLEY TERROIR

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FOODIES HUNGRY FOODIES 8 STANDS



AUGUST

18 THURSDAY

SUMMIT HIKE PETIT RUAN 2.847 M

There's nothing little about Le Petit Ruan! This day-long guided hike will give you a taste of everything - from easy forest trails to alpine scree to glaciers. This bountiful alpine adventure will end with a well-earned night at the iconic Susanfe hut.

Champéry tourist office · 5h30 › 16h (the next day) Single price (18+ yrs) : 190.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins · 16h › 20h

30-45 min walk from the car park (signs will indicate the way) adult- 30 -

child (7-12 vrs must be accompanied by an adult) : 20.-OU

T LA TOURNÉE DES TERRASSES

Here at the foot of the Dents du Midi for this summer's Tournée des Terrasses, vou'll find a shady terrace, chilled drinks and a live-music happy hour featuring artists from all over Switzerland performing country, jazz, pop, and more.

Times & places at rddm.ch Free entry (food & drinks available for purchase)

20 SATURDAY

T SUNRISE YOGA & BRUNCH

Start your day in inner peace and harmony with nature with a high-altitude sunrise voga session. After an energising practice to welcome the day, we'll take the time to enjoy a delicious breakfast in an alpine pasture.

Val-d'Illiez tourist office · 8h30 › 11h45

adult 50 child (12-15 vrs must be accompanied by an adult): 40.-

22 MONDAY

WVISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12



23 TUESDAY

A SHIISKY HIKE & APERITIE

Harnessed to you by a comfortable belt and lead, your trusty husky guide will pull you along Morgins' beautiful Bridges Trail. Along the way, you'll stop for a delicious aperitif featuring local specialities.

Opposite the Ranch de Morgins · 10h › 13h

adult: 80.child (10-15 yrs must be accompanied by an adult): 60.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4 **O**





GOURMET HIKE

25 THURSDAY

SUMMIT HIKE LA HAUTE CIME, 3,257 M

Follow an experienced guide to the very pinnacle of the Dents du Midi - the formidable Haute Cime. From the windswept summit of the region's highest peak, you'll enjoy breathtaking, bird's-eye views over the French and Swiss Alps. On the way, you'll spend a restful night in one of our most iconic mountain huts.

Champéry tourist office · 13h45 > 16h (the next day) Single price (15+ yrs) : 190.-*Must be in good physical shape.*

₩ LIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h · 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Portes de Culet Morgins \cdot 16h > 20h

30-45 min walk from the car park (signs will indicate the way) adult: 30.child (7-12 yrs must be accompanied by an adult) : 20.-



26 FRIDAY

ቭ 🖀 HERE'S TO YOUR HEALTH!

Accompanied by an herbalist and mountain leader, today's gentle hike will regale you with anecdotes and information on the infinite uses and goodness of wild plants. With the day's harvest, you'll concoct some delicious natural drinks to savour with or without alcohol for a naturally healthy aperitif.

Alpage de la Chaux de Morgins · 8h30 > 12h adult: 40.child (8-15 vrs must be accompanied by an adult) : 20.-

27 SATURDAY

A T MUSHROOM HUNTING

Set off into the forest in the company of an expert mycologist. You'll learn the basics of mycology and discover the secrets to finding the best mushrooms, then finish up in Le Ferrage alpine restaurant for a tasting of some of your delicious finds.

Morgins tourist office · 9h > 14h30 adult· 50 -

child (7-15 yrs must be accompanied by an adult) : 30.-



28 SUNDAY

EMINI CRO-MAGNONS

Ever wondered what life was like in prehistoric times? This activity takes curious explorers back into the enigmatic, ancient past. For this activity, we'll build a cabin, learn to make a fire, and shape wooden bows just like the first humans might have done.

Morgins tourist office · **14h** > **17h** Single price (6-12 yrs): 15.-

29 MONDAY

VISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.- child (12-15 yrs must be accompanied by an adult) : 20.- Free for children under 12



30 TUESDAY

THOMEMADE SALEE DE LA VALLEE

One of the Illiez Valley's oldest and best loved specialities is the moreish cinnamon sugar pie called the Salée. (This, paradoxically, translates to 'salty'!) Every family here has its own secret variation and today's workshop will teach you to make your own.

Cavagne de Troistorrents • 15h > 17h Single price (18+ yrs): 20.-

WLIFE ON THE FARM & FRESH CHURNED BUTTER

Welcome to the Berra Family farm, where you'll roll up your sleeves and experience an age-old alpine tradition - churning fresh butter. When you're done, we'll treat you to a delicious snack of warm chocolate cake and a frosty glass of milk. It's the simple pleasures in life that make all the difference!

Berra Farm Champéry · 15h › 17h30

Single price (children under 15 must be accompanied by an adult): 10.-Free for children under 4





SEPTEMBER

THURSDAY

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Alpage de Tovarres Morgins · 16h › 20h

adult: 30.child (7-12 yrs must be accompanied by an adult) : 20.-

Oy

5 MONDAY

🐨 VISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12



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6 TUESDAY

THOMEMADE SALEE DE LA VALLEE

One of the Illiez Valley's oldest and best loved specialities is the moreish cinnamon sugar pie called the Salée. (This, paradoxically, translates to 'salty'!) Every family here has its own secret variation and today's workshop will teach you to make your own.

Cavagne de Troistorrents · 15h > 17h Single price (18+ yrs): 20.-

8 THURSDAY

WILKING COWS & RACLETTE TASTING

Pull on your coveralls and spend the afternoon being an alpine dairy hand. When you've milked the cows and worked up a hearty appetite, we'll treat you to a delicious snack of authentic Raclette cheese.

Alpage de Tovarres Morgins - 16h > 20h adult: 30.child (7-12 yrs must be accompanied by an adult) : 20.-

6	Y	
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9 FRIDAY

The chocolate story from cocoa bean to bar

At the end of today's workshop, you'll know everything there is to know about the world's most delicious substance – chocolate! Between tasting and hands-on creating, you'll listen to exciting stories about the origin and history of different cocoa varieties. The workshop will end with the creation of your very own chocolate speciality to take home as a delicious souvenir.

Gîte Alpage la Chaux Troistorrents · 14h > 17h Single price (12+ yrs): 70.-

Oy

♣ ₼ ALPINE CREAMS & BALMS

Reconnect with time-tested traditions and take care of your family with these deliciously aromatic balms and creams! Using organic ingredients and plant-infused oils, you'll create your own preparations to take home.

Cantine sur Coux Champéry · 16h › 18h adult: 35.-

child (8+ yrs must be accompanied by an adult) : 20.-

TABULOUS FONDUE

Florian Bear, the fondue world champion, will teach you the secrets to making this quintessential Swiss dish. Treat your family and impress your friends with your flair for fondue!

Frâchette shelter Champoussin \cdot 17h > 20h

Single price (12+ yrs): 30.-(children under 15 must be accompanied by an adult)



SEPTEMBER

IO SATURDAY

🛪 🖀 MUSHROOM HUNTING

Set off into the forest in the company of an expert mycologist. You'll learn the basics of mycology and discover the secrets to finding the best mushrooms, then finish up in Le Ferrage alpine restaurant for a tasting of some of your delicious finds.

Grand Paradis shelter Champéry \cdot 9h > 14h30

adult: 50.child (7-15 yrs must be accompanied by an adult) : 30.-



VISIT AN ALPINE DAIRY

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Chalet Le Pont Champéry · 9h30 › 12h adult: 25.-

child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12



13TUESDAY

THOMEMADE SALÉE DE LA VALLÉE D'ILLIEZ

One of the Illiez Valley's oldest and best loved specialities is the moreish cinnamon sugar pie called the Salée. (This, paradoxically, translates to 'salty'!) Every family here has its own secret variation and today's workshop will teach you to make your own.

Cavagne de Troistorrents - 15h - 17h Single price (18+ yrs): 20.-

Oy

17 SATURDAY

THYPNOSIS & WINE TASTING

This is wine-tasting with a twist, like nothing you've ever experienced before! Ghislaine Crittin, from the Vieux Pressoir winery invites you to discover how hypnosis can add a whole new dimension to wine tasting, awakening your senses to the subtleties and complexities of fine wines.

Grand Paradis shelter Champéry · 11h > 12h30 Single price (18+ yrs) : 45.-



SEPTEMBER

19 MONDAY

VISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

Chalet Le Pont Champéry · 9h30 › 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12



26 MONDAY

WVISIT AN ALPINE DAIRY

Visit the Gex-Fabry and Granger family farm and learn why their Raclette AOP 'Dents du Midi 30' is so unique. Explore the mix of tradition and modernity that regulates cheesemaking in our alpine pastures and taste some delicious local specialities!

CChalet Le Pont Champéry \cdot 9h30 $^{\scriptscriptstyle >}$ 12h

adult: 25.child (12-15 yrs must be accompanied by an adult) : 20.-Free for children under 12



1 & 2 OCTOBER

THE BELLING OF THE STAG

Follow your guide on a twilight ramble through the Soi nature preserve and feel the thrill as the autumn forest comes alive and the mountainsides echo with the thundering cries of the stags' mating calls.

Champéry tourist office • 17h • 21h30 adult: 35.child (6-15 yrs must be accompanied by an adult) : 20.-



SAVE THE DATE 9 > 11 SEPT. 2022

EVENTS CALENDAR

HERE AT HOME

16.06	Illiez Valley Fête Dieu
24-26.06	Pass'Portes du Soleil MTB
29.06-03.07	Swiss Peaks Trail stage
02-03.07	Châtel Chablais Leman Race
09.07	Festijeux
09-24.07	Fun Park Val-d'Illiez
10.07	Tour de France (Aigle-Châtel)
16.07	Rue Gourmande
6+23+30.07, 06.08	Morgins Markets
17.07	Flea market Artists' Day
23.07	Flea market
26.07-07.08	Fun Park Champéry
29-30.07	Val-d'Illiez Village Fête
30.07	Champéry - Llandudno twinning celebration
31.07	Swiss National Day Eve
31.07-14.08	Rencontres Musicales Champéry

02.07-30.08 · Tuesdays & Saturdays Accro zzzzique CANCELLED

08.07-02.09 · Fridays Jazz & Wine

14.07 - 18.08 · Tuesdays La Tournée des Terrasses

Fridays Les P'tits Marchés Bio de la Perrole

01.08	Swiss National Day
02.08	Flute concert
06.08	Treasure hunt 'Petit bois' Festival CANCELLED
07.08	Flea market CANCELLED
09-10.08	Cirque Helvetia
09-21.08	Fun Park Morgins
11.08	Raiffeisen Rhône FM Tour
13.08	Rainbow Run Health & Plants Fair
13-14.08	Vintage Motors Expo
14.08	Vieux Costumes Fête
15.08	Midsummer Festival
20.08	30 th annual Livestock Fair Riverside Gourmet Ramble Flea market
27.08	Jeux m'éclate Grimpée d'Culet
27.08-04.09	Swiss Peaks Trail
02.09-04.09	Passage Alpine
03.09	Swiss Peaks Marathon departure Bread Festival
09-11.09	Bike & Sound
17.09	Dents du Midi Trail
01.10	Grande Braderie flea market Champéry
13-16.10	Curling Masters
15.10	Around the World E-bike Balade Gourmande Folklore Evening
29.10	125 th anniversary celebration of Champéry 1830
11-12.11	Champéry Film Festival
19.11	Etienne Claret conference

EVENTS CALENDAR

Markets Wednesdays - Châtel & Monthey Sundays - Abondance

MONTHEY

01-31.07	Le Mirage
10.07	Hey ! Ca roule à Monthey
20+27.07	Les Terrassées
06.08-04.09	Folk Apéritifs
20.08	Fartisâna
21.08	La Montheysanne race
03+10.08	Les Terrassées

TORGON

06.08	Balade Gourmande
20.08	Mouflon Festival

CHÂTEL

CHAIEL	
02-03.07	Châtel Chablais Léman Race
10.07	Tour de France arrival stage
14.07	Bastille Day
17-20.07	Châtel Return to Childhood
07.08	Saint Laurent
12-14.08	Coupe de France de VTT
21.08	44 ^{ème} Belle Dimanche
02-04.09	Alpine Châtel Show
11.09	La Montée du Morclan race
17-18.09	5 th Montée Historique de Châtel

VALLEE D'AULPS

24.07	Tréchau'fête
06.08	Les Feux du Lac
07.08	Bee & Honey festival

LA CHAPELLE D'ABONDANCE

17.07	Balade Gourmande
30-31.07	Book Festival
07.08	Forester Festival

ABONDANCE

16-17.07	Painting Festival & Competition
31.07	Sport & Nature in Abondance
06-07.08	Beer & Cheese festival
02.10	Autumn Fair

AVORIAZ

TORIAL	
09-10.07	Avoriaz Yoga Festival
14-17.07	Harley Days
21.07	Fête de la montagne
31.07	Savoie Mont Blanc Freestyle Tour By FISE
18.08	Fête de la montagne
06.08	Hauts Forts Trail
20-27.08	Dance Festival

LES GETS

09-10.07	DH Kids Cup
16-17.07	40 Years of Mechanical Music
24-26.06	Pass'Portes du Soleil MTB salon
23-24.07	Les Gets Trail
01-06.08	Lounge Music Festival
06-07.08	Trial 4x4
24-28.08	World Championships MTB UCI
10-11.09	Alambike

MORZINE

02-03.07	Spartan Race
14-17.07	Harley Days
11-12.07	Tour de France
18-22.07	Morzine in Nature
24.07	Adopte 1 Col - pass closed for cyclists
06.08	Hauts Forts Trail
27.08	Morzine-Montriond Triathlon
09-10.09	Mont Blanc – Morzine Rally

This programme is subject to modification. For up-to-date information, go to rddm.ch













1 SUMMER PASS FOR MORE **THAN 60** ACTIVITIES*!









*Free when you stay in Region Dents du Midi, from the first night: 60 free activities + 60 reduced-price activities, For more information, go to regiondentsdumidi.ch. Offer valid until November 1st, 202. See conditions online.





from Troistorrents



tennis courts



Fun Park

Vieux Moulins de la Tine

Minigolf







Lifts for hikers & walkers

MTB & E-bike rentals

AND MUCH, MUCH MORE

Spa – Beau Séjour Hotel

Indoor climbing wall



Champéry tourist train



Paragliding



SEE ALL OUR ACTIVITIES AT RDDM.CH/MULTIPASS

Explor Games ® by E-Bike

2 treetop ropes courses





info@rddm.ch · regiondentsdumidi.ch



REGION DENTS DU MIDI TOURIST OFFICES

CHAMPÉRY

Rue du Village 54 1874 Champéry +41 24 479 5 50

MORGINS I TROISTORRENTS Route du Village 6 1875 Morgins

+41 24 477 23 61

VAL-D'ILLIEZ I LES CROSETS CHAMPOUSSIN

Place du Village 5 1873 Val-d'Illiez +41 24 477 20 77











