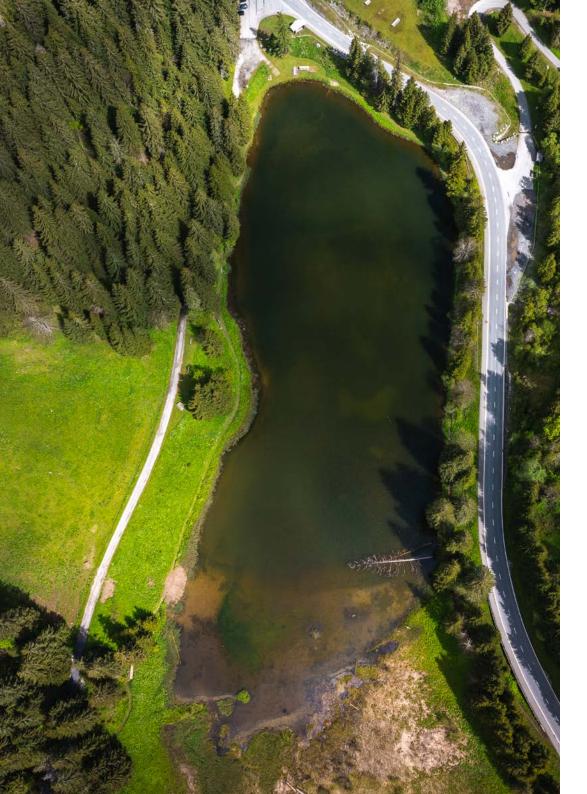




# SUMMER GUIDEBOOK 2025

 $Champ\'{e}ry + Champoussin + Les Crosets + Morgins + Troistorrents + Val-d'Illiez$ 



# Contents

## **5** WELCOME

- 5 Region Dents du Midi
- 6 Our 6 Resort Villages

## **13** WANDERLUST

- 13 Hiking & Trail Running
- 25 Cycling & E-biking

## **31** WILD SPACES

- 32 Lakes, Waterfalls & Springs
- 36 Peaks
- 38 Panorama

## **41** COME ONE, COME ALL

- 42 Lifts & Multi Pass
- 49 The Favourites
- 55 Thrill Seekers
- 63 Expect the Unexpected

## **69** KIDS RULE

- 70 Furry Friends
- 72 Fun & Games
- 74 Summer Camps

## 77 INDOORS

- 77 Rest & Relaxation
- 83 Under Cover

## 89 OUR ROOTS

- 89 Alpine Activities
- 95 History & Tradition
- 101 Culture
- 105 Sacred Structures

# 109 USEFUL INFORMATION

- 110 Getting Here & Mobility
- 113 Nearby
- 115 Accommodation
- 116 Restaurants & Bars
- 120 Shop

# SUMMER & FALL 2025 CALENDAR

# 128 THROUGHOUT THE SEASONS

- 128 Autumn
- 129 Winter
- 133 PHONE BOOK



## > WELCOME

# Region Dents du Midi

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

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

Traditions, heritage and terroir—like the burnished wood of our cosy chalets—are a testament to the authenticity of our villages.

— The Dents du Midi massif

# **OUR 6 RESORT-VILLAGES**

## **1 Champéry** (1,050 m)

One of the oldest tourist destinations in Switzerland, Champéry is also the first Olympic village in Valais, having hosted the curling events for the Youth Olympic Games in January 2020. 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 m and into the vast Portes du Soleil in under 5 minutes.

On foot, by bike or on horseback, this is your base camp for the great outdoors!

## **3 Les Crosets** (1.700 m)

Home to our renowned bike park, Les Crosets is a hub for direct connections to the other Swiss and French resorts. There's something wonderful in every direction, from pristine alpine lakes to soaring peaks to authentic mountain restaurants and traditional alpages.

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

## **5 Troistorrents** (770 m)

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

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

## **© Champoussin** (1,580 m)

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

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

## **Morgins** (1,330 m)

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

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

## **6 Val-d'Illiez** (950 m)

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

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



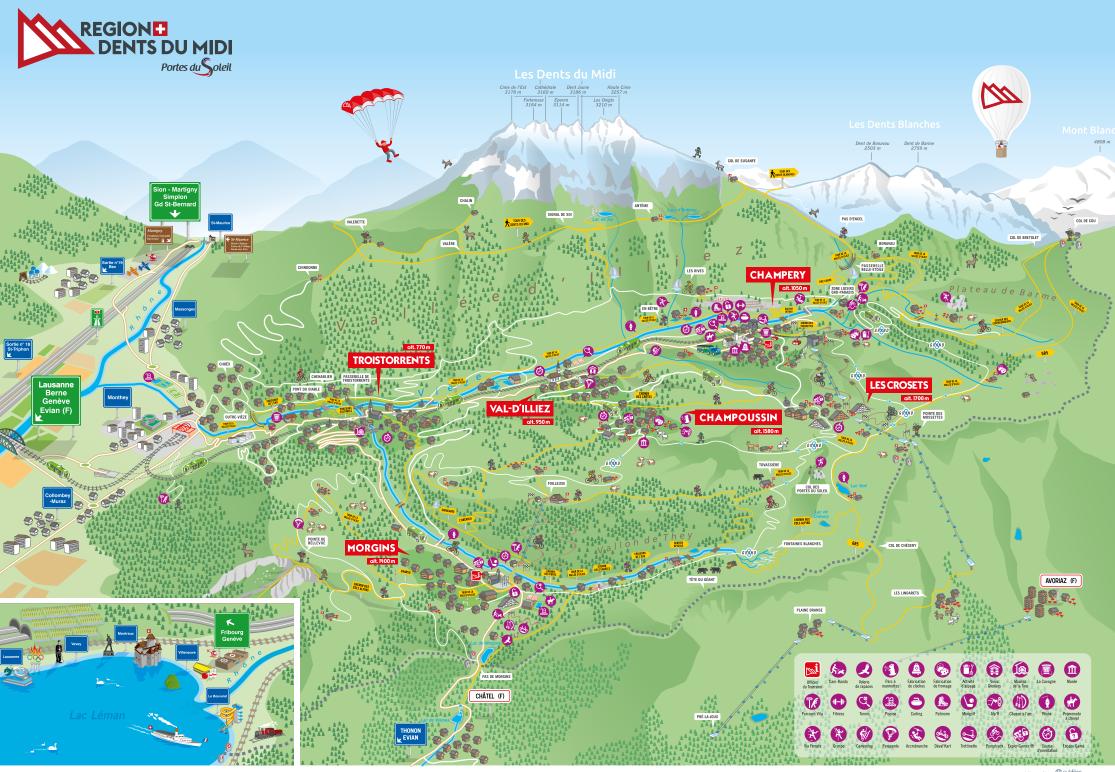


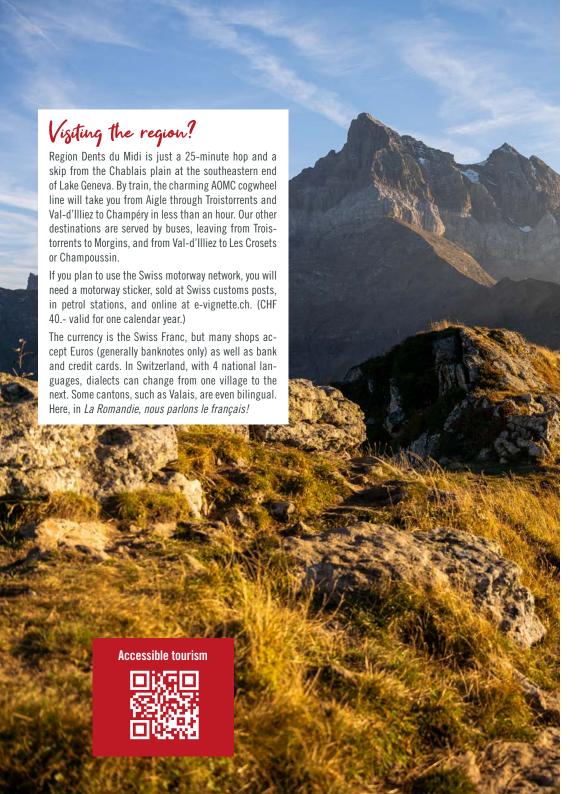






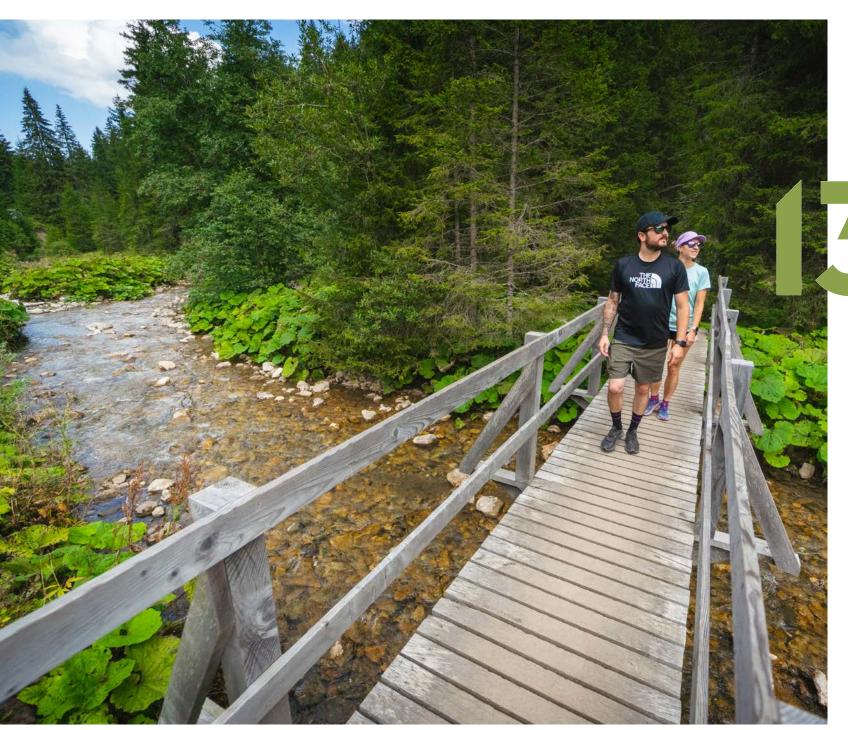






# **REGION DENTS DU MIDI BUCKET LIST**

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



## > WANDERLUST

# Hiking & Trail running

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

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

— The Bridges Trail

# LIVESTOCK GUARD DOGS

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

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

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

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

Rules to remember when hiking with dogs:

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

# **MULTI-DAY HIKING TOURS**

#### The GR5 →

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

- Distance: 2.600 km
- ▶ Hiking time: 90 105 days
- ▶ Difficult
- ▶ gr5.fr

### The Tour des Dents Blanches

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

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

### The Tour des Dents du Midi 🗘

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

- ▶ Distance: 46 km
- ▶ Hiking time: 3 4 days
- ▶ Elevation gain: 3.350 m D+/-
- ▶ Difficult
- dentsdumidi.ch







### The Tour du Ruan 🗘

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

- ▶ Distance: 67 km
- ▶ Hiking time: 4 5 days
- ▶ Elevation gain: 4,780 m D+/-
- ▶ Difficult
- tourduruan.com

## The Tour de la Vallée d'Illiez 💍

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

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

### The Tour des Portes du Soleil 💍

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

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





# INTERPRETIVE TRAILS

### The Belle Etoile Alpine Suspension Bridge Champéry 💍

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

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

- Distance: 9 km
- ▶ Hiking time: 3h30
- ▶ Elevation gain: 580 m D+/-
- Moderate
- passerelle-belle-etoile.ch

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

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

- ▶ Distance- 20 km
- ▶ Hiking time: 5h40 (return by train)
- ▶ Elevation gain: 540 m D+ / 1,160 m D-
- ▶ Easy to Moderate

### The Smugglers' Trail · Champéry (Barme)

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

Distance: 2 - 10 km

► Hiking time: 1h - 3h30 (varies by trail)

▶ Elevation gain: 60 - 710 m D+/-

▶ Easy to Moderate

## The Oratory Trail · Champéry 💍

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

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

## The 'Légende de Frâchette' Trail · Champoussin 💍

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

- Distance: 6 km
- ▶ Hiking time: 2h30
- ▶ Elevation gain: 360 m D+/-
- ▶ Easy to Moderate
- villagefeerique.com





### The Bridges Trail · Morgins <

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

- Distance: 4.5 km
- ▶ Hiking time: 1h15
- ▶ Elevation gain: 130 m D+/-
- ▶ Easy

### The Bee Trail ⋅ Morgins **Հ**

This trail offers a fascinating peek into the secret life of bees. Along the banks of the Vièze, 20 signs explain how a hive works, what beekeepers do, and why bees matter. The walk ends at the queen fertilisation station in Tovassière, home to the hardy Buckfast variety. On your way back, follow the Planetary Trail along the alpine road—or detour via Fécon. Check out the new augmented reality game for the Bee Trail on p. 46.

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

## The Rainbow Waters Trail · Morgins 🔿

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

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

### Culture Trails · Troistorrents

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

- ▶ Distance: 4.5 7 km (varies by trail)
- ▶ Hiking time: 1h30 2h30
- ▶ Elevation gain: 160 m 500 m D+/-
- Easy

# **OUR FAVOURITE HIKES**

### Galerie Défago · Champéry 💍

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

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

### Croix de l'Aiguille · Champoussin | Les Crosets 💍

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

- Distance: 5 km
- ► Hiking time: 2h (from Frâchette)
- ▶ Elevation gain: 330 m D+/-
- Moderate

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

### Sur Crête · Val-d'Illiez

Eye-to-eye with the Dents du Midi and flanked by the Dents Blanches mountain ridge, this hike passes by a charming picnic area and proceeds along a ridge which, in addition to providing gorgeous views of the Illiez Valley, always offers a refreshing breeze on a hot day.

- ▶ Distance: 8 km
- ▶ Hiking time: 3h30
- ▶ Elevation gain: 730 m D+/-
- Moderate

### Le Pont du Diable · Troistorrents 🔿

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

- ▶ Distance: 2 km
- ▶ Hiking time: 1h
- ▶ Elevation gain: 180 m D+/-
- Moderate

## Savolaire · Morgins 💍

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

- ▶ Distance: 6.5 km
- ▶ Hiking time: 2h
- ▶ Elevation gain: 340 m D+/-
- Moderate





## Wildlife Observation Post (in summer)

Situated just below the Lapisa Alpage, this outlook point is equipped with binoculars for observing wildlife from a safe be lucky enough to spy a rare bearded vulture circling lazily on the alpine currents.



# **RUNNING**

### Parcours VITA · Champéry | Morgins

Invented in Switzerland in the 1960's, a VITA fitness trail is based on the concept that outdoor exercise is good for body and soul. Made up of a series of exercise stations along a forest path, this is a cost-effective, fun, and healthy way to get fit, whether you're looking to spend quality time with your family or training for an Ironman.

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

### Trail Running · Portes du Soleil

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

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







## → WANDERLUST

# Cycling & e-biking

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

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

- MTB in Region Dents du Midi

# **DOWNHILL**

### World Cup Trail · Champéry

Riders in the know have just one word for this trail—STEEP. Overshoot a corner and you'll land in the next trail segment! Not for the faint-hearted, this legendary track serves up gnarly terrain, big drops, and jaw-dropping lines for a serious hit of adrenaline.

- ▶ Distance: 2 km
- ▶ Elevation gain: 680 m D-
- Expert

### La Tobogane Trail · Morgins

A local rider once described this trail, accessed from the top of the Morgins gondola, as an endless series of 'dreamy vert berms'. With a mix of smooth passages, tricky root sections, gut-clenching jumps, and those famous banked turns, this is one trail you'll never want to stop riding.

- Distance: 2.5 km
- ▶ Elevation gain: 490 m D-
- Moderate

#### Les Crosets Trail · Les Crosets

Accessed effortlessly by chairlift, this downhill trail is steep in places and has more twists and turns than a Hollywood blockbuster.

- Distance: 1.5 km
- ▶ Elevation gain: 255 m D-
- ▶ Difficult



# **MTB**

### Parcours UCI · Les Crosets

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

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

### Bonavau Trail · Morgins

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

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

### They Valley Trail · Morgins

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

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

### **Pumptrack · Champéry (Grand Paradis)**

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







# **E-BIKE**

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

### Le Grand 8

### Champéry | Champoussin | Les Crosets | Morgins

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

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

### More biking information



# **ROAD CYCLING**

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

### Monthey - Chenarlier - Champéry

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

### Champéry - Sur Cou - Col de Champoussin

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

### Val-d'Illiez - Col de Champoussin

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

### Troistorrents - Pas de Morgins

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

### Morgins - Chanso - Portes de Culet

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

### Valais Vélo Tour (stage 8) Verbier - Champéry

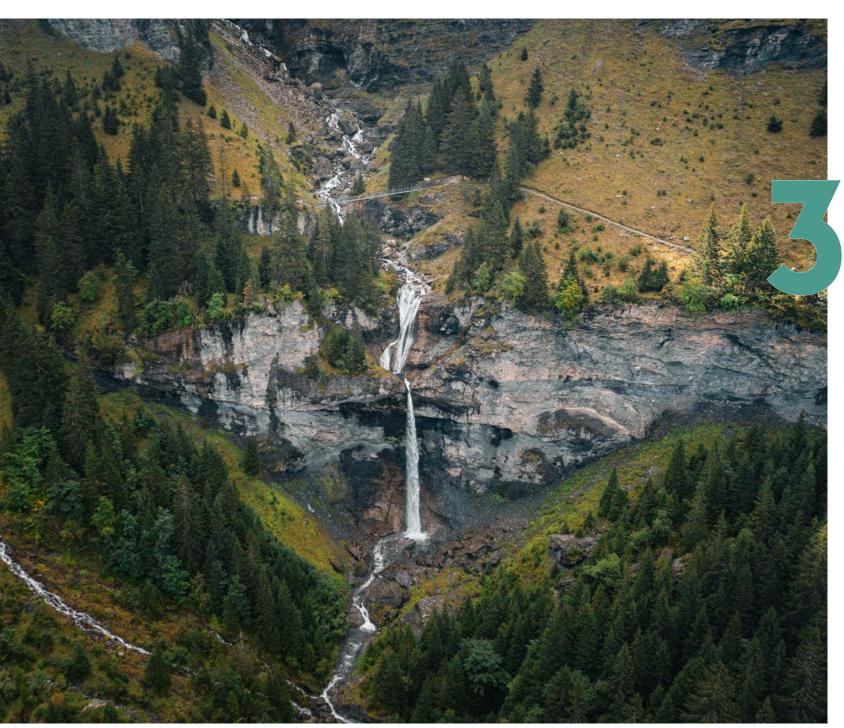
- ▶ Distance: 105 km
- ▶ Elevation gain: 2,710 m D+ / 3,150 m D-

### Valais Vélo Tour (stage 9) Champéry - Le Bouveret

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







— Passage between Rossétan and Bonavau

## > WILD SPACES

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

# **LAKES**

### Lac Vert - Les Crosets

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

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

### Lac de Morgins · Morgins

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

- ► Access: on foot I by bike I by car
- ▶ Hiking time: 1h <del>→</del>
- ► Elevation gain: 60 m D+/-
- ▶ Food & drink · 1 km

### Lacs d'Antème · Val-d'Illiez

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

- Access: on foot
- Hiking time:
- · from Tière (Val-d'Illiez): 4h
- · from La Frâche (Champéry): 4h20 🗘
- · from La Lui (Champéry): 4h45
- ▶ Elevation gain:
- · from Tière: 900 m D+/-
- · from La Frâche: 900 m D+/-
- · from La Lui: 1 000 m D+/-
- ▶ Food & drink: on site

#### Lac de Soi · Val-d'Illiez

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

- Access: on foot from Plan Soi (Les Rives road)
- ▶ Hiking time: 5h <del>→</del>
- ▶ Elevation gain: 1,100 m D+/-
- ▶ Food & drink 7 km

# **SPRINGS**

### La Source de Rumières · Champéry

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

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

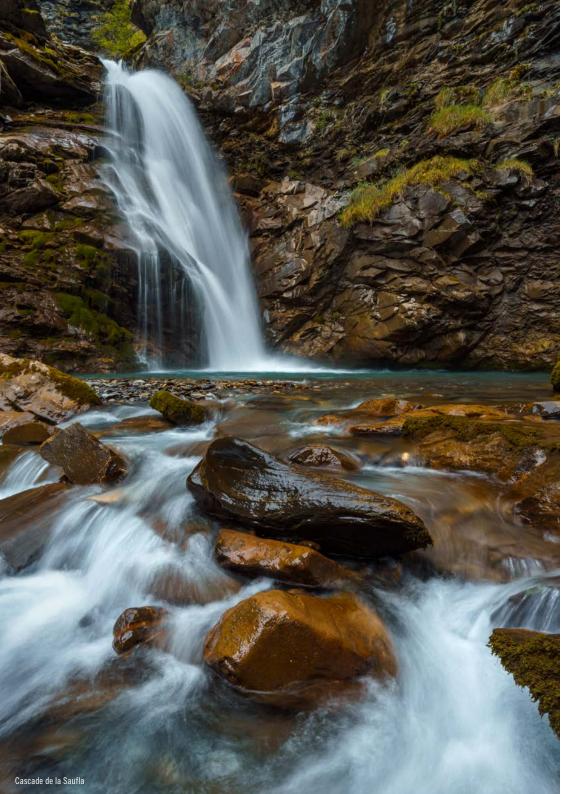
## L'Eau Rouge · Morgins

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

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







# **WATERFALLS**

### Cascade de la Saufla · Champéry

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

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

### Cascade de Frassenaye · Val-d'Illiez

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

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

### Les Fontaines Blanches · Morgins

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

- ▶ Access: on foot I by bike I by car
- ▶ Hiking time: 30 min. from the They Road <del></del>
- ▶ Elevation gain: 100 m D+/-
- ▶ Food & drink: 1.3 km



# **PEAKS**

### Croix de Culet (1.963 m) · Champéry

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

- Access: on foot I with lifts
- Hiking time:
- · from Champéry: 5h 🖚
- · from Les Crosets: 2h 같
- ▶ Elevation gain:
- · from Champéry: 1,000 m D+/-
- · from Les Crosets: 350 m D+/-
- ▶ Food & drink: on site

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

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

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

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

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

- Access: on foot
- ▶ Hiking time: 12h from Champéry <del>→</del>
- ▶ Elevation gain: 2.600 m D+/-
- ▶ Food & drink 4 km

### La Pointe de l'Au (2.152 m) · Champoussin

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

- Access: on foot
- Hiking time:
- · from Champoussin: 3h45
- from Les Crosets: 2h30 <del>\*</del>
- ▶ Elevation gain:
- · from Champoussin: 650 m D+/-
- · from Les Crosets: 500 m D+/-
- ▶ Food & drink: 3.5 km

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

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

- Access: on foot
- Hiking time:
- · from Morgins village: 3h45
- · from Chanso: 2h30 🖚
- ▶ Elevation gain:
- · from Morgins village: 750 m D+/-
- · from Chanso: 500 m D+/-
- ▶ Food & drink: 4 km













## > COME ONE, COME ALL

# Star Attractions

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

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

— Champéry's main street

# **LIFT TICKETS**

### **Swiss Area**

- MTB transportation included
- ▶ 5 lifts

### Champéry cable car or Morgins gondola

	adult	child	junior senior
1	14	10	12
1	24	18	22

### Crosets 8 chairlift or Mossettes chairlift

	+16	cniia
<b>1</b>	12	9

### Portes du Soleil (Switzerland & France)

- MTB transportation included
- ▶ 25 lifts

## ticket window internet (pds-ch.ch)

	adult	child	junior senior	adult	child	junior senior
5 hours	37	28	34	34	26	31
1 day	44	33	40	40	30	36
2 days	81	61	73	74	56	67
3 days	123	92	111	112	84	101
4 days	154	116	139	140	105	126
5 days	194	145	174	176	132	158
5 x 1 day	220	165	200	200	150	180
6 days	220	165	198	200	150	180
7 days	257	193	232	234	176	211
8 days	294	220	264	267	200	240
9 days	307	230	276	279	209	251
10 days	319	239	287	290	218	261
11 days	351	263	316	319	239	287
12 days	382	286	344	347	260	312
13 days	414	310	372	376	282	338
season	438	329	394	438	329	394

Obligatory chip card > CHF 4.- (non-refundable but reusable).

5 hours > valid from the 1" passage Age categories (10 documents required) Adult > 26 - 64 yrs - Senior > 65 + yrs Junior > 16 - 25 yrs - Child > 5 - 15 yrs Children under 5 must be in possession of a ticket, issued free of charge with proof of age.

### Friends & Family

4+ people paying > approx. -10% for 4+ consecutive days.

#### Groups

Purchasing same duration tickets with one single payment > rates on request.





# LIFT TIMETABLE

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

### Champéry - Croix de Culet I cable car

29.05 - 01.06	weekends & holidays (including 30.05)	every 30 minutes	08:45 - 16:45*		
07.06 - 09.06	weekends & holidays	every 30 minutes	08:45 - 16:45*		
14.06 - 15.06	weekends	every 30 minutes	08:45 - 16:45*		
19.06 - 26.06	daily	every 30 minutes	08:45 - 16:45***		
27.06 - 07.09	daily	every 30 minutes	08:45 - 17:15**		
08.09 - 26.10	daily	every 30 minutes	08:45 - 16:45***		

#### Champéry | Grand Paradis chairlift · mountain bikes only (no pedestrian access)

11.07 - 17.08	daily	09:00 - 16:45

### Les Crosets | Crosets 8 chairlift

27.06 - 07.09	daily	09:00 - 16:45
08.09 - 22.09	daily	09:00 - 16:30
23.09 - 26.10	weekends	09:00 - 16:30

### Les Crosets | Mossettes chairlift

27.06 - 24.08	daily	09.00 - 16.45

### Morgins I Foilleuse gondola

before June 26 <sup>th</sup>	to be confimed	› pds-ch.ch
27.06 - 26.10	daily	09:00 - 16:20

\* 08:45 · 09:00 · 09:30

· non-stop every :00 & :30 · 16:00 · 16:30 · 16:45

\*\* 08:45 · 09:00 · 09:30

· non-stop every :00 & :30 · 16:00 · 16:30 · 17:00 · 17:15

\*\*\* Mondays – Fridays, no service at 13:00

#### Portes du Soleil I France

Lifts open non-stop 27 June – 24 August 2025. Outside these dates, see portedusoleil.com





The Multi Pass is your golden ticket to 70 unlimited, free activities and 90 more discounted activities throughout Les Portes du Soleil (Switzerland & France) between May 29th and November 2nd, 2025.

Subject to applicable sales conditions and the availability and opening hours of service providers.

## With the Multi Pass, it's free to:

- Get up high with chairlifts open in summer (pedestrians only & excluding the Champéry cable car and Morgins gondola: 30% discount with a valid Multi Pass\*)
- Cool down in village pools and lakes
- Work up a sweat on the tennis courts
- Hang tight at an indoor climbing wall
- · Go for a hole-in-one with a game of mini golf
- Cultivate your artistic side at museums and historical sites
- Take a ride with public transport and cute tourist trains

In addition to this mountain of free fun, you'll also enjoy great discounts on tons of other activities, like treetop ropes courses, escape games, bike rentals, Spa access, and more!

## **Offers**

- Are you staying overnight in Region Dents du Midi? The Overnighter Multi Pass is free for the duration of your visit! Just ask your host.
- Are you a second-home owner in Region Dents du

The Season Multi Pass is provided free in return for payment of your annual tourist tax.

 Are you a resident of Region Dents du Midi or day-tripping here?

The Multi Pass costs just CHF 18.- for the day or CHF 120.- for an adult season pass and CHF 95.- for juniors aged 5 - 25. The Multi Pass is free for kids under 5

Prices depend on type of accomodation,

## Buzzbee vs Mordax game · Morgins

(Currently only in French.) This brand-new augmented reality adventure in the great outdoors is fun for the whole family and perfect for kids aged 8 to 12. Team up with Buzzbee and experience a day in the life of a busy worker bee. But watch out... Mordax, the fearsome Asian hornet, is lurking nearby and ready to challenge you every step of the way!

- ► Easy riverside trail > 10 km <
- ▶ Buzzbee vs Mordax download > 25.- per family (6 people)
- ► +41 (0)24 477 23 61 · escapelife.ch Société d'Apiculture de Monthey

\*The extension allows pedestrians with a valid Multi Pass free and unlimited use of the Champéry cable car and the Morgins gondola throughout their respective operating periods.

see regiondentsdumidi.ch/multipass

Look for 'Multi Pass activity' to spot free or discounted activities. Full details at:



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

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

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



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

- Download the FixFinder app for free Orienteering map free
- Multi Pass activity
- ► +41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins) · regiondentsdumidi.ch Region Dents du Midi tourist offices







49

> COME ONE, COME ALL

# The Favourites

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

# **OUTDOOR POOLS**

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

### Palladium · Champéry

This verdant oasis nestled against a backdrop of the Dents du Midi and Dents Blanches Mountains features a 30 m pool and a paddling pool for the little ones. Water temp is ~ 28°C.

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

### Centre sportif · Morgins

Pool dimensions are 25 m by 12,5 m and water temp is ~ 22° - 25°C.

- **21** 06 31 08 2025
- > 09:00 19:00 (depending on weather)
- ▶ Adult > 5.- | Child > 3.-
- Multi Pass activity
- ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch

# **MINIGOLF**



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

- ► Mid May 2 November
- > 09:00 12:00 & 13:30 18:00 (last start 17:00)
- ▶ Adult > 5.- | Child (5 16 yrs) > 3.-
- Multi Pass activity
- ► +41 (0)24 477 23 61 · regiondentsdumidi.ch Region Dents du Midi tourist offices



# **OUTDOOR TENNIS**

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

### Champéry

3 clay outdoor courts

- May October (depending on weather)
- Weekday > 08:00 20:00
- · Week-end > 08:00 19:00
- Price: 30.- / hour (court)
- Multi Pass activity
- ► +41 (0)24 479 05 05 · palladiumdechampery.ch Palladium de Champéry

### Val-d'Illiez

2 clay outdoor courts

- ► Mid April mid October (depending on weather) > 08:00 - 21:00
- ▶ Price: 20.- / hour (court), booking at reservation.tcvaldilliez.ch
- Multi Pass activity
- ► +41 (0)24 477 21 13 · tcvaldilliez.ch Buvette des Tennis

### **Morgins**

2 artificial clay outdoor courts

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

# **PÉTANQUE**

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

### Champéry

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

### **Morgins**

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

### Champoussin

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

### Val-d'Illiez

- ► Buvette des Tennis +41 (0)24 477 21 13 · restaurantdestennis.ch
- ▶ Peanut Mountain Lodge (only for groups with reservation. Indoor) +41 (0)24 477 86 96 · peanutlodge.com

Pétanque courts at restaurants are for customers only.











> COME ONE, COME ALL

# Thrill Seekers

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

# Treetop ropes course · Champéry

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

- Opening:
- May June & September October: opening hours online
- 28.06 17.08.2025: daily > 09:00 - 19:00
- Prices:
- · Adult (16+ yrs) > 39.-
- · Teen (11 15 yrs) > 29.-
- · Junior (6 10 yrs) > 24.-\*
- · Kids (3 5 yrs) > 19.-\*
- \*children and juniors must be accompanied into the trees by an adult (max 2 children / adult)
- Multi Pass activity
- ► +41 (0)79 757 56 28 · organicadventurepark.ch Organic Adventure Park

### Bubble Football · Morgins 13

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

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

### Downhill Scooters · Champéry 13

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

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

### Déval'kart · Morgins ₪

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

- Daily with reservation 24 hours in advance and depending on ground conditions.
- Prices.
- · 4 karts or less: 30 min. > 130.- | 1h > 200.-
- · 5 karts: 30 min. > 140.- | 1h > 220.-
- · 10 karts: 30 min. > 235.- | 1h > 380.-
- · 15 karts: 30 min. › 320.- | 1h › 520.-Minimum height 1.35 m
- Multi Pass activity
- ► +41 (0)79 224 73 19 · regiondentsdumidi.ch Joël Rey-Mermet





## Archery · Morgins ₪

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

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

### Axe Throwing · Champoussin 🖪

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

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

### Tir au Pigeon · Morgins □

Open to beginners and experienced shooters aged 12 and up, clay pigeon shooting is a challenging and engaging activity that combines skill, timing, and hand-eye coordination. A friendly expert will guide you through safety and share tips to help you hit your mark.

- ▶ Reopening in July 2025, subject to completion of renovation work.
- ▶ Prices:
- · 1st ammunition box with shotgun > 30.-
- · additional boxes > 23.-
- Multi Pass activity
- ► +41 (0)79 221 17 54 (Philippe)
- +41 (0)79 353 89 37 (Charly) · regiondentsdumidi.ch



# **PARAGLIDING**

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

### Fly Away · Region Dents du Midi

Depending on weather conditions

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

## Champéry Parapente · Region Dents du Midi 🖪

Depending on weather conditions

- ▶ Prices:
- · Tandem flight in summer > 160.-
- · Tandem flight in winter > 140.-
- · Photo & video supplement > 30.-
- ► +41 (0)79 638 24 31 · regiondentsdumidi.ch Basile Marclay

### ACBfly · Region Dents du Midi 13

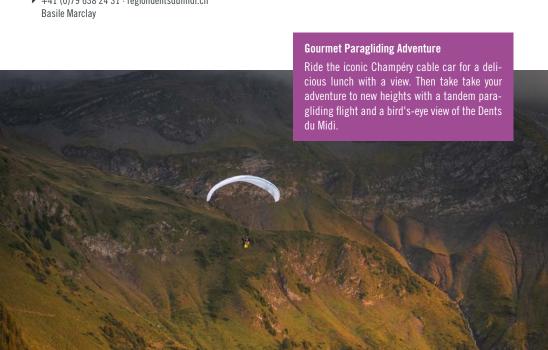
Depending on weather conditions

- ▶ Tandem flight > 120.- to 180.- depending on distance
- +41 (0)79 452 05 19 Albert Caillet-Bois

### Val d'illiair • Region Dents du Midi ☑

Depending on weather conditions

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





### Rock Climbing · Region Dents du Midi

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

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

### Canvoning · Champéry 🖪

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

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

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

460 m long, with an elevation gain of 140 m and a 75° inclination at times, the Via Ferrata de Tière crisscrosses the Tière River Gorge twice over suspension bridges.

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

### Go With a Guide · Region Dents du Midi

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

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

- Prices on request
- Multi Pass activity
- ▶ +41 (0)79 637 70 37 · guides-champery.ch Montagne Expérience



3

 $\rightarrow$  come one, come all

Expect The Unexpected

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

# **HUSKY ACTIVITIES**

### Husky Hiking · Champéry | Morgins 13

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

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

### Family Nature Escapade · Champéry □

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

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

### Mushing' Expérience · Champéry 13

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

- Opening hours and booking online only
- Prices:
- Activity takes ~ 1h:
   Family package > 350.- (max. 2 adults <90kg & 2 children under 10)</li>
- · Additional prices online
- Multi Pass activity
- ► +41 (0)78 664 61 61 · huskies.agenda.ch Alpes'Huskies

## Husky Scooters · Champéry

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

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

### Kennel Visit · Champéry

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



# A RAPTOR'S-EYE VIEW

## Raptor Rapture Discovery Activity ⋅ Morgins □

Join us for a behind-the-scenes tour of the aviary and a meet-and-greet with some beautiful birds of prey. You'll even have a chance to observe two species of bird up close—a magnificent Harris Hawk and the world's largest owl, the incredible Great Grey Owl.

- ► April, May, October, November:
- Tuesdays & Thursdays > 10:30 | Saturdays > 08:45 & 10:30
- June September:
- Tuesdays & Thursdays > 13:30 | Saturdays > 08:45
   & 10:30
- · Activity duration: 1h15 (7+ yrs)
- · Indoor activity, easy access
- · Programme subject to modification
- Prices:
- 4 10 people > 25.-/person
- → +41 (0)79 761 08 88 · la-petite-volerie.agenda.ch (online booking only)
  La Petite Volerie

### Falconry Encounter • Col de Morgins □

Experience the exhilaration of falconry! This activity takes place in the forest, where you'll have a chance to don a falconer's glove and get up close and personal with one of our magnificent Harris Hawks. Observe the birds' aerial acrobatics and marvel as they soar, swoop, and dive playfully during their daily routine. This rare and unforgetable experience is an immersive, hands-on group activity that will provide you with an insider's knowledge of the fascinating world of raptors.

- June mid October: Tuesdays, Thursdays & Sundays > 09.30
- Duration: ~ 2h (8+ yrs, children under 15 must be accompanied by an adult).
- · The walk may be on steep terrain.
- · Programme subject to modification
- Activity cancelled in inclement weather but may be replaced by the Discovery Activity.
- Prices:
- 4 12 people > 50.-/person
- +41 (0)79 761 08 88 · la-petite-volerie.agenda.ch (online booking only)
   La Petite Volerie

66 | Come one, come all | Expect the Unexpected | 67

# **MARMOT WATCH**

### Chez Gaby 1670 · Champoussin

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

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



# **FISHING**

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

### Chalet Rosalie (pond fishing) · Champéry

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

### Lac Vert - Les Crosets

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



# **CARRIAGE RIDES**

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

### Centre Équestre · Champéry 🖪

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

### Ranch · Morgins 🖪

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

### Irénée Caillet-Bois · Val-d'Illiez 🖪

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

# HORSEBACK RIDING

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

### Centre Équestre · Champéry 🖪

- Prices:
  - · Adult: 1h > 50.- | 3h > 130.- | 6h max > 190.-
  - · Child (under 14 yrs): 1h > 45.- | 3h > 120.-
  - Private lessons, lunging (30 min.):
     Adult > 39.- | Child > 36.-
- ► +41 (0)79 429 60 20 · regiondentsdumidi.ch

### Ranch · Morgins 🖪

- ▶ Daily > 09:00 17:00
- Price per person:
- · 1 person: 1h > 90.- | 2h > 160.- | 3h > 240.-
- · 2 people: 1h > 65.- | 2h > 120.- | 3h > 180.-
- · 3+ people: 1h > 55.- | 2h > 100.- | 3h > 150.-
- Group or private lessons, lunging or jumping on request.
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch





## > KIDS RULE

Region Dents du Midi is a vast playground for families and a hands-on outdoor museum for discovering, creating, growing, thinking, and having fun. Pony rides, playgrounds, a tourist train, summer camps; there's no shortage of activities to keep your little ones busy as beavers!

# A DAY AT THE STABLES

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

## Centre Équestre · Champéry 🖪

- Year-round with reservation
- ▶ 1 5 people: 1h > 35.-/person
- ► +41 (0)79 429 60 20 · regiondentsdumidi.ch

### Ranch · Morgins 🖪

- Year-round: introduction to ponies/horses for groups of 10+ children
- ▶ July August: Wednesdays 09:00 - 10:30 A Morning at the Ranch
- · Group activity (reservation at the ranch): 2 children per horse/pony > 30.-/child 3 children per horse/pony > 25.-/child
- · Morning at the Ranch (reservation via regiondentsdumidi.ch): Child (5-14 yrs) > 15.-
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch

# **PONY RIDES**

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

## Centre Équestre · Champéry □

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

### Ranch · Morgins 🖪

- ▶ Daily > 09:00 17:00
- Prices:
- · accompanied by parents: 10 min. > 10.- | 30 min. > 25.- | 1h > 35.-
- · accompanied by the Ranch: 10 min. > 15.- | 30 min. > 35.- | 1h > 45.-
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch







## **FUN**

#### Dents du Midi Tourist Train · Champéry

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

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

#### Lil' Riders mini e-Bike Circuit · Champéry

Your little shredders will love learning to cycle safely on our new inflatable track right by the cable car plaza. Designed for kids aged 4 and up, this course helps build balance and develop early riding skills—all while having a blast!

- ▶ Price: 10 minutes > 15.-
- ▶ +41 (0)79 801 81 66 · levelociste.ch

#### **Playgrounds**

#### Champéry | Morgins | Troistorrents | Val-d'Illiez

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

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

#### Fun Park · Champéry | Champoussin | Morgins

The Fun Park- our famous child-friendly bouncy play zonemight just be your kids' favourite part of summer!

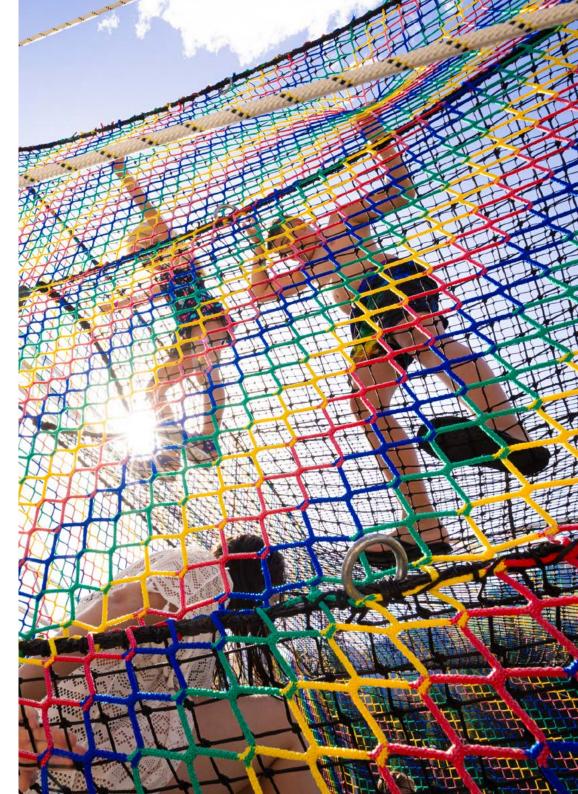
- Subject to weather conditions:
- · 5 17 July 2025 > 10:00 18:30 Champéry (Palladium)
- · 22 27 July 2025 > 13:00 18:00 Champoussin (Frâchette shelter)
- · 29 July 10 August > 09:00 19:00 Morgins (sports centre)
- Entry (with a supervising adult):
- · Champoussin > Child > 5.-
- · Champéry > Child > 5.-\* | Adult > 7.-\*
- · Morgins > Child > 3.-\* | Adult > 5.-\* \*fee includes pool entry
- Multi Pass activity
- ► +41 (0)24 479 05 50 (Champéry Champoussin) +41 (0)24 477 23 61 (Morgins) · regiondentsdumidi.ch Region Dents du Midi tourist offices

#### Street Sports Zone · Morgins

Borrow some free gear from the Sports Centre and let loose on the street racket or basketball courts. This urban playground stays open all summer for non-stop fun!

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





## **SUMMER CAMPS**

#### Palladium Summer camp · Champéry 13

Discover a new theme each week, with a mix of fun and educational activities!

- **1**4.07-08.08.2025
- · 14-18.07: Bikes
- · 21-25.07: Space Explorers
- · 22-26.07: Treasure Hunt
- · 28-01.08: Koh Lanta Survivor
- · 04-08.08: Rolling & Sliding
- Online registration only
- ► +41 (0)24 479 05 05 · palladiumdechampery.ch

#### Summer Camp · Champéry 🖪

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

- ▶ 29.06-26.07.2025 (1 - 4 weeks available)
- +41 (0)21 654 65 00 · ensr-summer.ch École Nouvelle de la Suisse romande

#### DH Kids Camp · Champéry B

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

- **▶** 14-18.07 · 28.07-01.08.2025
- → +41 (0)79 501 37 08 · rideswitzerland.com Bike School Champéry

#### Kids Bike Camp · Champéry Champéry

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

- **▶** 14-18.07 · 28.07-01.08.2025
- ► +41 (0)79 501 37 08 · rideswitzerland.com Bike School Champéry

#### Pony Camp · Champéry <sup>□</sup>

Join us for a week of playtime with the ponies! The week includes lessons, games, pony care and rides around the village. 5+ yrs

- ➤ 30.06-04.07 · 07-11.07 · 14-18.07 21-25.07 · 28.07-01.08 · 04-08.08 11-15.08 · 13-17.10 · 20-24.10.2025
- ► +41 (0)79 429 60 20 · regiondentsdumidi.ch Centre équestre de Champéry

#### Mushing'Aventure Camp · Champéry Champéry

A husky holiday like no other! At this all-in-one mushing camp for kids aged 8 to 16, young adventurers will team up with sled dogs for a week of husky hiking, scooter rides, and karting fun. Afternoons are packed with outdoor adventures like trout fishing, paragliding, treetop ropes courses, and treasure hunts. Evenings wind down with cosy overnights at Le Petit Baroudeur.

- **▶** 07-11.07 · 21-25.07.2025
- Online registration only
- ► +41 (0)78 664 61 61 · huskies.agenda.ch Alpes'Huskies

#### Evazion Summer Camps · Champéry | Morgins 12

Morgins: My First Camp  $\cdot$  DIY  $\cdot$  Multi-activities  $\cdot$  Pony  $\cdot$  Multisports  $\cdot$  Horse Riding

Champéry: Speed'camp · X'Treme · Sports & Exploration · Climbing & Nature · Multi-activities · Multisports · Pony · Adventure · Dance · Horse Riding

- Morgins: 30.06-26.07 · 04-16.08.2025 (Mondays - Saturdays)
- · Champéry: 30.06-26.07 · 04-16.08.2025
- ► +41 (0)24 471 33 33 · evazion.ch Evazion

#### A Week at the Ranch · Morgins 13

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

- ▶ 07-11 07 · 04-08 08 · 11-15 08 2025
- ► +41 (0)79 608 10 16 · ranch-morgins.ch Ranch de Morgins

#### Archery Basics & Campfire Picnic ⋅ Morgins □

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

- ▶ 09.07 · 23.07 · 06.08 · 22.10.2025 (1 afternoon)
- ► +41 (0)24 477 29 49 · ess-morgins.ch ESS Morgins

#### Bike Academy · Morgins 13

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

- 07-11.07 · 21-25.07 · 04-08.08 · 20-24.10.2025
   (Monday, Tuesday, Thursday & Friday mornings)
- ► +41 (0)24 477 29 49 · ess-morgins.ch ESS Morgins



#### **Babysitters**

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





> INDOOR

# Rest & Relaxation

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

## **SPAS**

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

#### Hôtel National Resort & Spa · Champéry 13

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

- **▶** 10:00 20:00 (with reservation for adults not staying at the hotel)
- Prices:
- · Spa, 14+ yrs > 39.-
- · Brunch & Spa Morning > 59.-
- ▶ +41 (0)24 479 11 30 · lenational.ch

#### Chez Gaby 1670 · Champoussin <sup>□</sup>

Outdoor Nordic hot tub 38°C.

- ▶ 09:00 18:00
- ▶ Min. 2 people (10+ yrs):
- · 30 min. > 18.-/pers.
- · 50 min. > 26.-/pers.
- Multi Pass activity
- ► +41 (0)24 477 22 22 · chezgaby1670.ch

#### Boutique Hôtel Beau-Séjour & Spa · Champéry B

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

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

#### Helvetia Hotel · Morgins B

Sauna, hammam, jacuzzi.

- On request > 16:00 19:00
- ▶ Price > 20.-
- ► +41 (0)24 565 18 75 · helvetiahotel.ch

## MASSAGES R

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

# **YOGA** R

This ancient mental and physical practice is a path to physical well-being and spiritual enlightenment. As a well-known yogi once said: 'it's not about touching your toes, it's about what you learn on the way down'.











# **INDOOR POOL**

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

#### Palladium · Champéry

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

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

# **SWIMMING LESSONS**

#### Palladium · Champéry ®

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

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

# **AQUABIKE**

#### Palladium · Champéry

This is a great cardiovascular workout that minimises the impacts and shocks that can put strain on your muscles and joints.

- ▶ Tuesdays > 18:45 Fridays > 10:30
- Adult > 25.- per session
- ► +41 (0)24 479 05 05 · palladiumdechampery.ch

# **AQUAGYM**

#### Palladium · Champéry 🖪

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

- ► Mondays & Thursdays > 19:00
- Adult > 18.- per session
- ► +41 (0)24 479 05 05 · palladiumdechampery.ch









3

### > INDOORS

# Under cover

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

#### Escape Room · Champéry

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

- ▶ Daily > 09:30 00:00
- Prices:
- · 2 people > 67.-/pers.
- 3 people > 52.-/pers.
- · 4 people > 47.-/pers.
- · 5 people > 42.-/pers.
- · 6 people > 37.-/pers.
- free for kids under 7
- Multi Pass activity
- ▶ +41 (0)24 565 03 24 · trapgame-champery.ch Trapgame Champéry Sàrl

#### Treasure Hunt · Champéry ©

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

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

#### Boulingrin · Champéry 13

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

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

#### Indoor Climbing Wall · Champéry

The eye-catching indoor climbing wall at the Palladium in Champéry is 9.5 metres at its highest point and offers a surface of 260 m<sup>2</sup>, 1,600 holds and some 50 routes ranging from an easy 4a to a gnarly 8a. Please note that our climbing wall is not a bouldering room. We do not have a monitor on site or an automatic belay system. Introductory climbing workshops are available with reservation at least 72 hours in advance.

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

#### Ice Skating · Champéry

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

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

#### Badminton · Champéry 13

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

- Depending on gymnasium availability
- ▶ 25.- / hour for 1 court
- ► +41 (0)24 479 05 05 · palladiumdechampery.ch Palladium de Champery

#### Indoor Tennis · Morgins 🖪

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

- ► Daily > 09:00 22:00 (reservation recommended)
- ▶ 39.- / hour
- Multi Pass activity
- ► +41 (0)24 477 19 92 · morgins-loisirs.ch Centre sportif





## **FITNESS**

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

#### Palladium · Champéry

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

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

#### Oxvgen Morgins · Morgins ©

Semi-private fitness classes and private coaching: TRX, body shine, weight training, Pilates, cardio boxing, abs and glutes, gentle gym, functional training...

- ► Mondays Saturdays > 08:00 21:00
- Prices online
- ▶ Gym and equiment rental > 40.- / hour
- ► +41 (0)79 261 23 31 · oxygenmorgins.ch

# **GYMNASIUMS**

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

#### Champéry 🖪

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

#### Morgins 12

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

#### Troistorrents

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

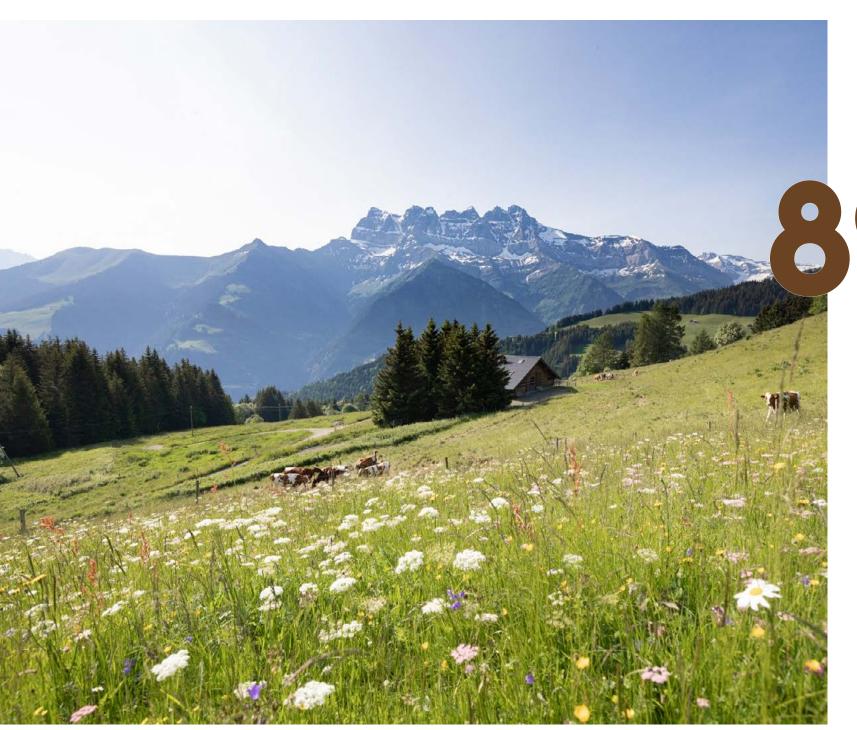
#### Val-d'Illiez ₪

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



Des activités 4 saisons toute l'année!





> OUR ROOTS

# Alpine Activities

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

— Fresh air and cowbells in the high pastures

90 | Our Roots Alpine Activities | 91

## CHEESE-MAKING DEMONSTRATIONS

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

#### Chalet Le Pont · Champéry

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

#### La Ferme à Gaby · Champoussin

- ▶ Check online information
- ▶ Free
- ▶ +41 (0)24 477 30 88 · lafermeagaby.ch

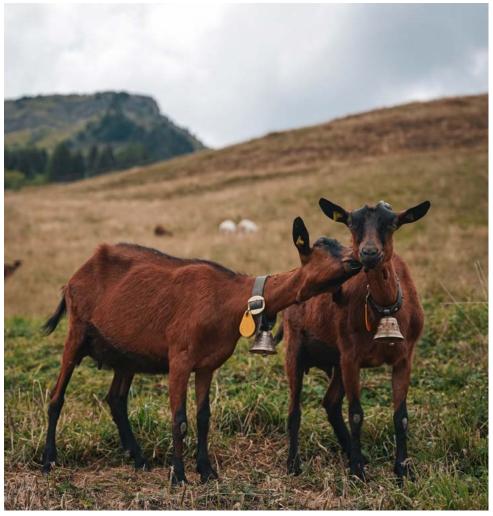
#### Fromagerie de Tovassière (Sassex) · Morgins 🖪

- ▶ Mid June July > Thursdays 07:45 09:45
- ► Reservation regiondentsdumidi.ch
- Prices:
- Adult
- · With tasting > 10.-
- · Without tasting > 5.-

Child (-12 yrs must be accompanied by an adult)

- · With tasting > 5.-
- · Without tasting > free
- ► +41 (0)24 477 46 57 / +41 (0)79 447 24 52 tovassiere.com





#### Milking the Goats · Champoussin

Gaby's Farm is home to a herd of 30 adorable Swiss Chamois Coloured Goats that gambol happily in grassy pastures all summer long. Playful and friendly, these sweet nannies don't seem to mind the many human visitors that flock to the barn for a show at milking time.

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

#### The Little Alpine Museum · Champoussin

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

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

# **ILLIEZ VALLEY AGRICULTURAL SOCIETY**



#### La Cavagne · Troistorrents

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

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

▶ +41 (0)24 477 35 40 · lacavagne.ch

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



RÉGION DENTS DU MIDI

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







> OUR ROOTS

# History & Tradition

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



#### Vieux Moulins de la Tine · Troistorrents

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

- Visits (without reservation and without a guide)
- May 31 September 28:
   Sundays > 10:00 17:00\*
- July 1 August 31:
   Wednesdays, Saturdays & Sundays > 10:00 17:00\*
   \*last entry 16:00
- ► Guided tours only with reservation
- ▶ Prices:
  - · 16+ › 12.- | seniors/students › 10.-Child (4 - 15 yrs) › 6.- | under 3 free
- · Prices for groups of 10 or more and guided tours on request
- Multi Pass activity
- vimoti.ch

#### Guided Village Tour · Champéry □

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

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

#### Vieux Greniers · Val-d'Illiez

Rural Switzerland is dotted with miniature chalets called *mazots* or *greniers*, used long ago by farming families to store their Sunday clothes and military equipment. Two of these buildings were renovated to house exhibitions and events. The current exhibition spotlights the Illiez Valley Militia and the crucial role citizen-soldiers played in the region through the centuries.

- Opening: May 2025 May 2026
   Saturdays > 14:00 17:00
   (or on request for groups)
- Free
- ► +41 (0)79 878 61 24 · patrimoine-illiez.ch Fondation du Patrimoine de Val-d'Illiez

#### Val d'Illiez Vernacular · Val-d'Illiez ©

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

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



#### Bell Foundry · Champéry

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

- Year-round on request
- ▶ 10.- I Child free
- **▶** +41 (0)79 435 92 39 fonderiechampery.wixsite.com/perrin **Hugues Perrin**

#### Carillon Concert · Morgins @

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

- Mondays Saturdays
- ▶ +41 (0)79 310 95 61 · regiondentsdumidi.ch François Donnet

#### Watchmaking Workshop · Val-d'Illiez

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

- Year round with booking
- ▶ Prices·
- · 250.- ½ day
- · starting at CHF 1,400.- (price includes coffee and croissants, lunch, and assembly of your pre-selected watch—yours to take home.)
- ▶ +41 (0)78 890 45 89 · initiation-horlogere.ch L'Horlogère, Vuilleumier

# **COMMUNITY BREAD OVENS**

#### Propéraz Bread Oven · Troistorrents ©

The Propéraz bread oven, built in 1663, is a precious vestige of a time when different districts of the village had their own bread ovens. The ovens were used several times a year to bake large batches of bread for village inhabitants and passing guests.

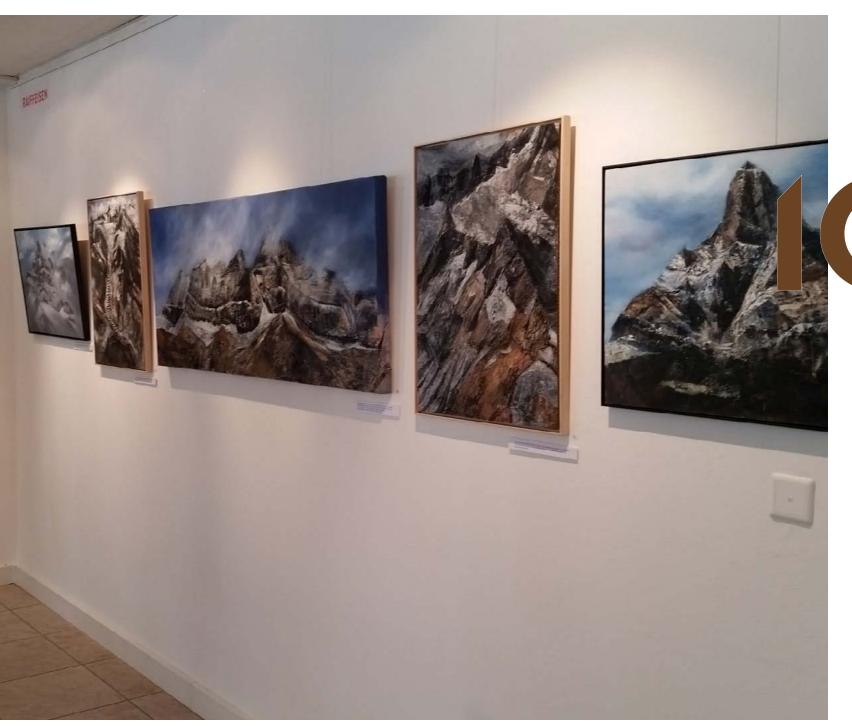
- ► Consult baking dates at properaz.ch
- ▶ +41 (0)79 454 58 90 · properaz.ch Association du Four à Pain de Propéraz

#### Collaire Bread Oven - Troistorrents @

The Collaire bread oven was built around 1435. This is where the bread was baked for the Troistorrents church congregation, especially during the feast of the Pentecost. Newly renovated by a private association, you can now taste a delicious piece of history!

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





> OUR ROOTS

# Culture

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

102 | Our Roots

#### Open-Air Museum · Champéry

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

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



Illustrations: Cosey | Texts: Fabrice Clément

## **LIBRARIES**

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

#### Champéry

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

#### La Truffe Savante · Val-d'Illiez

- Openings:
- · Tuesday > 15:00 17:00
- · Wednesday > 09:00 11:00
- · Friday > 17:00 19:00

During school holidays (except bank holidays)

- · Wednesday > 09:00 11:00
- · Friday > 17:00 19:00

Closed 20.06 - 23.07.2025

- Prices:
- · 10.- one-time contribution
- 50.- deposit per book for occasional check-outs (deposit returned with book return)
- ▶ +41 (0)24 476 87 61 · illiez.ch

#### **Troistorrents**

- ▶ Openings:
- Tuesday > 09:00 11:30 | 16:00 17:30
- · Wednesday > 14:00 17:30
- · Thursday > 16:00 19:00
- · Friday > 16:00 17:30

During school holidays (except bank holidays):

- · Tuesday > 09:00 11:30
- · Thursday > 16:00 19:00
- ▶ Prices:
- · 10.- one-time contribution
- 50.- deposit per book for occasional check-outs (deposit returned with book return)
- ▶ +41 (0)24 477 47 50 · troistorrents.ch

# **EXHIBITIONS**

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

#### Espace Raiffeisen · Champéry

► +41 (0)24 479 05 50 · regiondentsdumidi.ch Region Dents du Midi tourist offices

#### La Treille · Troistorrents

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

#### Brindusa Burrows Art · Val-d'Illiez

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

#### Vieux Greniers · Val-d'Illiez

► +41 (0)79 878 61 24 · patrimoine-illiez.ch





5

> OUR ROOTS

# Sacred Structures

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

# CHURCHES, CHAPELS & BELLS

#### Champéry Bell Tower · Champéry

Dating back to 1726 and classified a historical monument since 1964, Champéry's iconic bell tower culminates in a unique, arched stone structure that is adorned with a lantern. Legend has it that the construction was inspired by the shape of a ducal crown following a visit by a popular Duke of Savoie

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

#### 3 Saint Marie-Madeleine Church · Troistorrents

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

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

#### **⑤** Notre-Dame de l'Assomption Church ⋅ Morgins

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

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

#### Chapel · Champoussin

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

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

#### ■ Saint Maurice Church · Val-d'Illiez

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

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

#### **⑥** Carillon pour la Paix · Morgins

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

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

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











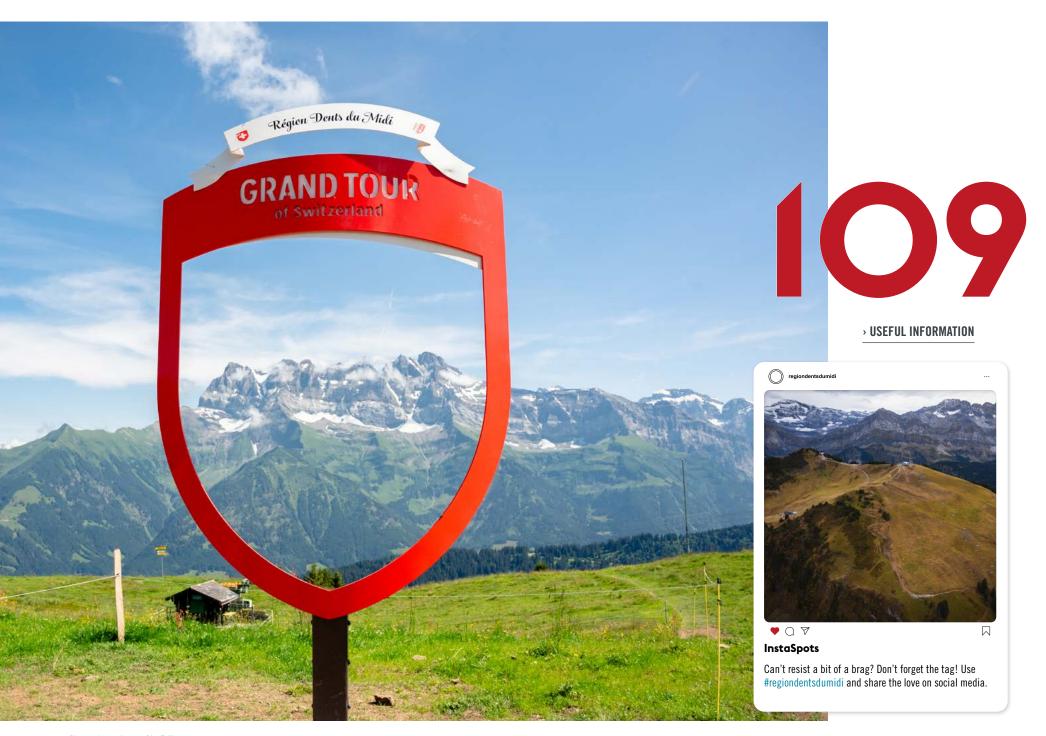
## SOUND & LIGHT TOUR



#### Saint Théodule Church · Champéry

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

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



# **GETTING HERE**

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

#### by train

The emblematic Swiss Federal Railways (CFF/SBB) provide fast, efficient connections from Geneva and Sion airports and major European cities via Lausanne or Brig to the nearby town of Aigle. From Aigle, transfer to the AOMC cogwheel train (Aigle – Ollon – Monthey – Champéry) for a scenic trip over the Rhone River and into the Canton of Valais.

Just past the town of Monthey, the cogwheel slides into gear and you begin the winding climb up into the Illiez Valley.

#### 🚘 by car

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

## **MOBILITY**

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

#### Dents du Midi Tourist Train · Champéry

- Duration: 20 minutes (see p. 72)
- Free
- Multi Pass activity

#### Barme shuttle · Champéry

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

#### Bus Collombey\* - Troistorrents\*\* - Morgins

- Duration: 15 minutes\*\*
- ▶ Price: 7.20 (3.60 with ½ price train pass)\*\*
- ▶ Multi Pass activity\*\*

Bus/train connection at the following stops:

- \* Collombey-gare/Collombey-village
- \*\* Troistorrents train station or La Tine/Route de Morgins

#### Bus Val-d'Illiez - Champoussin

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

#### Bus Val-d'Illiez - Les Crosets

- Duration: 35 minutes
- ▶ Price: 6.40 (3.20 with ½ price train pass)
- Multi Pass activity

Download the timetables here



# France Germany France Azed Azed Azed France Region Dents du Midi Sau Italy

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

# **NEARBY...**

#### **Rhone Plain**

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

#### Les Portes du Soleil

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

\*Discounted tickets sold at Champéry & Morgins tourist offices.



# **STAYING OVER**

Make yourself at home...

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

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

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

116 | Useful Information

#### Restaurants, Bars & Nightclubs | 117

# **RESTAURANTS, BARS & NIGHTCLUBS**

+41 24 479 36 43

+41 79 329 10 28

+41 24 565 10 08

+41 24 479 07 07

+41 77 520 50 24

+41 24 479 16 46

+41 24 479 30 95

+41 24 479 11 63

+41 24 479 12 12

+41 24 479 11 71

+41 24 479 10 44

+41 24 479 16 42

+41 24 479 12 55

+41 24 440 00 24

+41 24 479 11 67

+41 24 479 15 32

+41 79 720 39 21

+41 76 230 42 55

+41 79 720 39 21

+41 24 479 23 34

+41 24 479 12 55

+41 24 479 28 38

+41 24 479 04 05

+41 24 479 11 26

+41 24 479 11 26

+41 79 967 18 74

+41 24 479 03 00

+41 24 479 20 98

+41 24 479 35 55

+41 24 479 23 34

+41 24 479 15 12

+41 24 479 15 48

+41 24 479 19 74

+41 24 479 08 88

+41 79 691 07 00

+41 24 479 11 30

+41 24 476 83 00

+41 24 477 22 22

+41 24 477 30 88

+41 24 477 62 13

+41 78 245 21 25 bonavau.ch +41 79 577 87 54

lapisa.ch

athome-champery.ch

1 Le Bar des Guides

chalet-rosalie.ch

lesjonguilles.ch

cantine-barmaz.com

cantinesurcoux.net

chalet-des-saveurs.ch

experiencechampery.ch

O blackout.1874

1 La Crêperie Champéry

o barlacrevasse\_1874

restaurant-coquoz.ch

lechaudron-champery.ch

palladiumdechampery.ch

vieuxchaletchampery.ch

chateauform.com

champoussinlodge.ch

chezgaby1670.ch

lafermeagaby.ch

lantredeux.ch

lenational.ch

+41 24 479 16 86 boulangerie-michellod.co

+41 24 565 04 26 Restaurant Le Virage

lefarinetchampery.ch

legueullhi.ch

♠ Le Toupin

lacroixdeculet.ch

pleinciel.com

lewhite.ch

lenord.ch

houseparadis.ch

alta1874.ch

restaurant-coquoz.ch

cantine-dentsblanches.c

susanfe.ch

Champéry Alpage Lapisa

At'Home

Bar des Guides

Black Bar 1874

Ruvette de Ronavau

Cabane de Susanfe

Café les Jonquilles

Cantine de Barmaz

Cantine des Rives

Cantine Sur Coux

Expérience Champéry

Le Blackout yourte bar

La Crêperie de Champéry

Chez Coquoz

Chez Joe

L'Alta

La Crevasse

La Croix de Culet

Le Bar-lounge du Nord

Le Bistrot. du Palladium

Les Clavets Alpine Club

Lounge-Bar Hotel National Resort

Michellod Champéry Tea Room

La Petite Table

Le Café du Nord

Le Centre

Le Chaudror

Le Farinet

Le Gueullhi

Le R.E.D.

Le Toupin

Le Vieux-Chalet

Les Marmottes

Champoussin Champoussin Lodge

Chez Gaby 1670

La Ferme à Gaby

L'Antre D'Eux

Le Virage

Le 42

Buvette du Chalet Rosalie

Cantine des Dents Blanches

Chalet des Saveurs, le Bistrot

Guest House du Grand Paradis

La Pointe Hôtel Restaurant Plein Ciel

Apic Eat Bar Take Away

			son		Sit	па-
	Sum	mer	Wir	iter	tio	on
	Lunch	Dinner	Lunch	Dinner	In the resort	In the mountains / On the slopes
	•	•	٠			•
				,		
	۰					
	•	•		,		•
	۰					
	•	•				•
	۰	•	•	۰	٠	
	•	•				•
om		•				•
	•	•			•	
	۰	۰	۰	۰		•
	•		۰		۰	
	۰		•			٠
	•	•	•	۰	۰	
	۰	•	۰	۰	۰	
		۰			۰	
	۰	٠	۰	٠	۰	
				•	•	0
у	۰	•	•	۰	۰	
		•		۰	۰	
			۰	۰		۰
			•			•
	۰	•	۰	•		۰
		•		•	۰	
				•	•	
	•	•	•		۰	
	-		•	•	۰	
	•		•	•		•
	•	•		•	•	
	•		•			
1	•		•			9
		•	•			
						,
	•				,	
			•			
om	•					
2111						
		•		0	•	
		•				•
	•		•			
	۰	•	•			

							Wha	t's on	the n	nenu									Atn	nosph	ere					Serv	ices			
Cheese fondue	Raclette	Croûtes au fromage	Local products	Meat fondues	Grilled meat	Pasta	Rösti	Pizzas	Fish	Burgers	Sandwiches	Crêpes	Vegetarian dishes	Take-away	Catering service	Traditional	Gourmet cuisine	Tearoom	Bar	Nightclub	Live concerts	Après-ski	Billards	Darts	Table football	Sports events broadcasting	Accessible	High chair	Nappy changing table	Outdoor playground
•		•	•							•	۰				,	•					•						۰			_
										•			•								•	•	•	•	•	•		•		
																			•	•	•	•		٠		•				
						,	,			,	•								۰	٠					•					
•		•	•				,				•		٠		,	•			,						•		•	•	•	
•			•										•			•														
•			•		•						٠		•	۰				۰	٠		•	•				۰	•	•	•	•
•		•				,	,			,		•		,	,	•			,									•		•
•	•	•	•	•	•	•										۰												۰	•	
•	۰	٠	•			•	٠				٠		٠	•	۰	•		•									•	٠	٠	٠
٠					•				•	•	•		٠				•											٠	•	٠
		,	•			,	,			0			•	•	,				,											
																		•	•			0				•	•	•		•
			•					•	•				٠	٠							•							•	•	
	•		•	ļ			,				•								•			0								
			,				,					•		•	,									•	•					
٠			•	•	•	•	•		•	•	٠		٠		۰				٠		•	•					٠	٠	٠	٠
						•		•		•	•																			
•	•	•	•			•			•				•			•			•			•	•					•		
	İ						,												۰		•			٠						
•	•	•	۰				۰						•			۰					•	•						•		
•	-	•	•			•			•	•	•		•	•		•			•			•				•		•	•	
			,	•	•	•	,	•	•					•					۰					٠	٠		٠			
•		•	•	•		•	•	•		•	•		•	•		•			•		•	•				•	•	•	•	
•			•	•		•		•		•			•	•		•		•	٠						•	•	•	•		
•		•	•			•				•						•			,											
•		,	•	•			,		•				•		•	•	٠		•		•							۰	•	
•		•	•							0			•			•												۰		
			•															•	•								۰	•	•	
	l			İ							9								•											
•			•	•			,		•	•		•	•	•			•		•		•	•	۰	•	•	•	۰	•		
•	٠	•	•	•		•	۰			•	•	•	•			•		•	•		•	٠				•	•	٠	٠	٠
	•		•								•	•		•				•	•		•	•				•	•	•	•	٠
•			•	•	•	•	•	•		•	•		•	•	•	•			•		•	•				•	•	۰	•	•

			Sun	Sea imer		nter	Sit	on
			oun					
			Lunch	Dinner	Lunch	Dinner	In the resort	
Les Crosets				,		,	,	,
Bar des Neiges	+41 79 672 15 67	B&B Rey-Bellet et Bar des Neiges			۰		۰	ļ
Buvette Chez Yoyo et Jibi	+41 24 479 30 45	① Chez Yoyo et Jibi		ļ	•	,	,	-
Chez Nelly	+41 24 565 60 06	cheznelly.ch	٠	۰	۰	۰	۰	
Cookie Café Mossettes	+41 24 479 12 19	cookie-cafe.com	•					
La Crêperie des Crosets	+41 79 931 38 37		۰	۰	۰	۰	۰	
Le "J" Steakhouse des Crosets	+41 24 565 65 55	jsteakhouse.ch	•	•	•	•	•	
Le Caveau des Crosets	+41 78 760 53 57	caveaulive.ch			•			
Le Mountain Lodge	+41 24 479 25 80	lemountainlodge.ch		•	•		•	
Refuge de Chésery - Lac vert	+41 79 725 68 20	lacvert.ch	•	۰				
Refuge Le Marcheuson	+41 24 479 22 40	lemarcheuson.ch			•			***************************************
Relais Panoramique	+41 24 479 34 12	crosets-relais.ch			•	•		Ī
The Telecabine	+41 77 267 31 66	hotels.cloudbeds.com/reservation/4CGyOh	•					
Morgins								
Au Beau-Réveil	+41 24 477 11 84	au-beau-reveil-boulangerie.ch	•		۰		•	
Au 17 - La Buvette	+41 24 477 12 42	au17labuvette.ch	•	•	۰	•	٠	*
Bar des Portes du Soleil	+41 79 475 11 89			•				
Buvette de Savolaire	+41 24 477 11 14	restaurant-buvette-savolaire.ch	•					1
Chalet Chanso	+41 24 477 12 39	chaletchanso.ch			•			
Chalet Neuf	+41 24 477 12 96	restochaletneuf.ch			۰		,	
Gîte d'alpage La Chaux	+41 79 899 15 74	la-chaux.ch			•			
La Foilleuse	+41 24 476 83 24	a lafoilleuse2025						
La Pive	+41 24 477 12 08	S latoricusce 2020						
Le Centre Sportif	+41 24 477 12 08	morgins-loisirs.ch						,
Le Corbeau	+41 79 417 37 50	Refuge du Corbeau Morgins						
Le Di.vins	+41 24 477 33 03	divins.ch						
	+41 24 477 12 21	leferrage.ch						
Le Ferrage		-						
Les Bochasses	+41 24 477 22 21	lesbochasses.ch						
Les Fontaines Blanches	+41 24 477 13 42	fontaines-blanches.ch	•	•	•	•	•	
Meat'hic Grill	+41 24 477 10 33	meathicgrill.ch	•	•	•	•	۰	
Restaurant agritourisme du Vieux They	+41 79 261 35 09	Restaurant agritourisme Du Vieux They	•	•	•	•		
Restaurant d'alpage Tovassière	+41 24 477 46 57	tovassiere.com	•	•				
SAF club	+41 78 264 08 27	Saf Club Morgins				•	•	
Tazza	+41 78 302 00 96	bartazza.com	•	•	۰	•	,	
T-Bacchus	+41 79 933 18 35	T-Bacchus 1875	•	•	•	•	۰	
T-Bar	+41 24 477 87 86	<b>1</b> T-Bar		•	•	•	۰	-
T-Là Pizzeria	+41 24 477 50 80	1 T-Là Restaurant pizzeria	•	•	•	•	•	
Troistorrents					_			1
A la Pizz'	+41 24 477 10 64	• A la pizz' Troistorrents	•	•	•	•	۰	
Auberge de la Bourgeoisie	+41 24 477 24 04	aubergebourgeoisie.ch	•	•	•	•	•	-
Restaurant Helvetia	+41 24 477 63 95	Helvetia Helvetia	•	•	•	•	۰	
La Boulan'Tine	+41 24 477 30 30	laboulantine.ch	٠		۰		۰	-
Relais de la Thiésaz	+41 24 477 18 28	thiesaz.ch	•	•	•	•	•	
Val-d'Illiez								
Cabane d'Anthème	+41 79 473 71 40	antheme.ch	•	•				
Culture(s) Café	+41 24 477 14 14	cultures-vs.ch	•	•	•	•	۰	
La Bergerie des Bains	+41 79 238 77 15	mountain-river-resort.ch		•		•	۰	
La Mascotte	+41 24 477 28 75	1 La Mascotte	•		۰		۰	
Le Communal	+41 24 477 86 96	peanutlodge.com		•	•		•	
Restaurant des Tennis	+41 24 477 21 13	restaurantdestennis.ch				1		ľ

							Wha	ıt's on	the r	nenu									Atr	nosph	ere					Serv	rices			
Cheese fondue	Raclette	Croûtes au fromage	Local products	Meat fondues	Grilled meat	Pasta	Rösti	Pizzas	Fish	Burgers	Sandwiches	Crêpes	Vegetarian dishes	Take-away	Catering service	Traditional	Gourmet cuisine	Tearoom	Bar	Nightclub	Live concerts	Après-ski	Billards	Darts	Table football	Sports events broadcasting	Accessible	High chair	Nappy changing table	Outdoor playground
_					•						•								•		•	•				•				_
•	•	•	•			•	•				•			•		•												•		
٠	٠	•	•	•	٠	•	•	•	۰	•			٠	•		•			•			٠					٠	٠		
			•					•		۰	•		•							ļ					۰			•	•	
•	•		•	•	•				•	•	•	•	•	•	•	•		•	•			•				•	•	•	•	
-														•						-	•	•								
•	•	•			•		,		•	•	•		•	•	,	•		•	•		•	•	•	•			•	•		
۰		•	•										•	•		۰												۰	٠	
•	•		•	•		۰				•	•		•	•					•			•	•		•					
	•	•	•	•	•	•	•	-					•			•		•	•	1	•	•					٠	٠	•	٠
•	•					•	•	•		•	•		•	•					•			•			•	•				
														•															•	
٠		•				•			•	•			•	•				•		1	•	•				•			۰	
																			•			•				•				
•	•	•	۰								۰					•												۰		•
0	•	•	•	•		,	,				,	,			,	۰			•				,	,	•		,	۰		
۰		•	٠	•					•	•	۰		•			•			•							•		۰		•
•	•		•		•		•		•		•		•	•		•			•		•					•	•	•	•	
	•								•							٠		•								•				
														•	,							•	,			•			•	٠
	•	•	•							•			•	•		•			•			•							•	
٠			•	۰	۰				۰	•			۰	•		۰			•					۰				۰	۰	
•	•	•	•		•			į					•			•					•							•	•	•
۰	•	•	•			•	•			•	۰	۰	•	•		•		•	•		•	•				•	•	•	۰	٠
0		•	•	•	•	•	•		•	,	,		•	•	,	•		,	,		•	•	,	,			•	•	•	
		•		•																						•			•	•
۰	•	•	•													•					•									٠
								İ												•						•				
			•								,		۰					•	•		۰	•								
	•			•						•	۰		•	•	۰				•		•	•		۰		•		۰	•	
			۰	٠						•	٠		•	•	•				•		٠	•		۰		•		۰		٠
		l	•			•		•	•				•	•		•			•	į	l					9		•		
						•		•					•	•																
								1	•				•	,			•										•	•	٠	
			•	•		•			•							۰														
			٠						-		۰			•	۰			•												
•			•	•	•											•			•									•	•	
•		•					•				0																			
						•			•				•	•				•	•		•	•				•			٠	٠
	۰		•						•				٠						•							•	•	•	•	•
			ļ			,	,				٠				٠			•	۰	į							٠	٠		
							,	,	•		,		•		,						,		,	,						•
			•	l				•	•				•	•		į.				1							۰	•	۰	۰

# SHOP







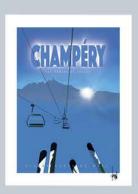


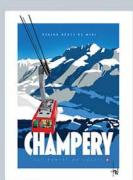


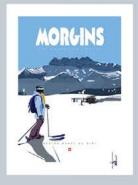




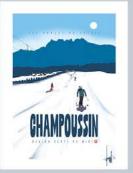














122 | Calendar Calendar | 123

## SUMMER & FALL 2025 CALENDAR

#### Mav

- 24 Vieux They Inalpe · Morgins Propéraz communal bread oven 10th anniversary · Troistorrents
- 31 Hockey Club Centennial | Gala Dinner Champéry Old Mill Festival · Troistorrents

#### June

- 01 Vieux They The Big Swiss Shindig · Morgins Old Mill Festival - Troistorrents
- 05 Let's Talk... · Champéry
- 05-07 Rallye du Chablais · Region Dents du Midi
- 06-08 Troistorrents Football Club centennial Troistorrents
- 07 Red Bull Downtime Opening Bike Park · Champéry
- 07-08 50th Giron Vallée d'Illiez music association · Val-d'Illiez
  - 08 Dual VTT Slalom M3S · Morgins
- 13-15 Friendship Tournament · Troistorrents
  - 19 Corpus Christi · Val-d'Illiez
  - 21 Buzzbee augmented reality game inauguration · Morgins
- 21-22 Châtel Chablais Léman cycling race · Portes du Soleil
- 27-29 Pass'Portes du Soleil MTB · Portes du Soleil
  - 30 The Ultimates Chablais

#### July

01-06 The Ultimates · Chablais

LONG

- 11 Culture on Tour « Iris and Me » · Champéry
- 12 Gourmet Ramble Chorgue · Troistorrents
- 19 Wooden Games Day · Champéry Lumberiack Festival · Morgins
- 23 Oratory Walk Champéry · Champéry
- 25-26 Val-d'Illiez Village Festival · Val-d'Illiez
  - 26 Flea Market · Champéry Illiez Valley music school concert · Troistorrents Beer-tasting Trail · Val-d'Illiez
  - 31 Rencontres Musicales Champéry 26th edition · Champéry Swiss National Day Eve · Morgins

#### August

- 01 Diane & Swiss National Day · Region Dents du Midi **02-14** Rencontres Musicales Champéry 26<sup>th</sup> edition · Champéry
  - 09 Wine Festival · Champéry Chablais Brass Band Day · Champéry
- 09-10 Vintage Motors Expo · Les Crosets
- 10 Plant-based Health Fair · Morgins
- 12-13 Helvetia Circus · Morgins
- 15 Hockey Club Centennial I Gala match HC Bienne - HC Genève-Servette · Champéry
- 16 Rainbow Run · Champéry Riverside Gourmet Ramble · Morgins
- 17 Fête des Vieux Costumes · Champéry
- 20-22 HC Champéry 100th | Dents du Midi Cup · Champéry
- 23 Treasure Hunt · Champéry Livestock Fair · Les Crosets
- 29 Open-air Cinema · Troistorrents
- 30 Grimpée d'Culet vertical trail race · Champéry
- **30-31** Para d'Illiez paragliding competition · Champéry Vieux They Raclette Festival · Morgins

#### September

- 04-07 UCI 2025 Mountain Bike World Championships Downhill
- 06 Swiss Peaks Trail ultra-trail · Region Dents du Midi
- 20 Dents du Midi Trail · Champéry
- 24 Valiant GP kids' DH bike cup · Morgins
- 27 Gourmet E-Bike Tour Region Dents du Midi

#### October

- 18 Echo de la Montagne fundraising dinner · Champéry Val-d'Illiez 1830 folk evening · Val-d'Illiez
- 24-26 Raclette World Championships · Morgins

#### November

- 13-15 Champéry Film Festival · Champéry
- **14-30** Dilemme sur Planches theatre production · Troistorrents
- 23 Bingo · Val-d'Illiez

26.06.16, 23, 30.07 & 07, 21.08 > Crochetan Mobile · Region Dents du Midi (see p. 123)

# **ALL SUMMER**

11.06-15.10 > La Perrole farm market · Champéry **04.07-29.08** (Fridays except 01.08) > Jazz & Wine · Champéry **05.07-10.08** > Fun Park · Region Dents du Midi (see p. 72) **12, 26.07 & 02, 09.08** > Morgins market · Morgins

#### The Mont Blanc Affair

- ▶ 26.06
- ▶ 16 23 30 07
- **▶** 07, 21.08

Sit back, soak up the view, and relive one of mountaineering's greatest tragedies—a gripping tale brought to life in an audio dramatisation created with the Crochetan Theatre in Monthey.

On select dates this summer, just pop on your headphones and settle into a cosy seat on one of our most spectacular alpine restaurant terraces.

#### **Lumberjack Competition**

▶ 19.07

Tiiiiiiiiimber! Watch the woodchips fly and hear the chainsaws roar in Morgins as the woodcutting competition returns for a full day of log-slingin' action. Expect fierce contests, rip-roaring wood-splitting demos, heavy-duty forestry machines in action, and plenty of fun for your little saplings. With food stalls, bars, and a buzzing alpine vibe, it's shaping up to be a real tree-t1

#### **Swiss National Day**

**▶** 31.07-01.08

Hooray, it's Swiss Day!! As always, Region Dents du Midi pulls out all the stopsvillages festooned from top to bottom. costumed dancing groups, concerts, the famous 1st of August torchlight parade, signal fires on the mountaintops, illuminated paragliders, and more!

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



#### Rencontres Musicales

31 07-14 08

Pack your bags for a viaggio musicale! This summer, the Rencontres Musicales takes you on a 'Voyage to Italy', to celebrate the vibrant passion of Italian classical music. Let yourself be swept away by extraordinary musicians and stirring performances in the stunning alpine setting at the foot of the Dents du Midi.

rencontres-musicales.ch

#### **Vintage Motors Expo**

▶ 09-10.08

Not just for greasemonkeys and petrolheads, this is a cruise down memory lane with over a hundred vintage cars, motorcycles, and other mechanical treasures on display! Les Crosets is gearing up and ready to rumble with this ultimate vintage auto event!

vintagemotorsexpo.ch

#### Champéry Hockey Club 100th

- ▶ 15.08 · gala match HC Bienne vs HC Genève-Servette
- ▶ 20-22.08 · Dents du Midi Cup

2025 marks a century of HC Champéry's legacy on the ice. Founded in 1925 in the heart of the Dents du Midi, this is the oldest club in Valais. To mark this milestone, the club has lined up a year's-worth of events, including gala matches with national teams, meet-and-greets with club legends, exhibitions tracing the history of hockey in the valley, and plenty of surprises for fans of this thrilling sport!

moiu.mchc-pds.ch

#### 2025 UCI MTB Downhill World **Championships**

▶ 04-07.09

This summer. Champéry will be host village for the World Champs' supremely spectacular Downhill event! Follow the racing on giant screens in Grand Paradis and soak up the event village ambiance with spectacular trial shows, adrenaline-pumping workshops, electrifying concerts, and all-round family fun.

valais2025.ch

#### Dents du Midi Trail

▶ 20.09

One of the oldest mountain races in Europe, this famous trail race began as an alpine marathon over 40 years ago. Every year, hundreds of runners gather to share in this legendary challenge that skims over the winding trails and superlative landscapes of the Dents du Midi Massif.

ddmtrail.ch

#### 2<sup>nd</sup> annual Raclette World **Championships**

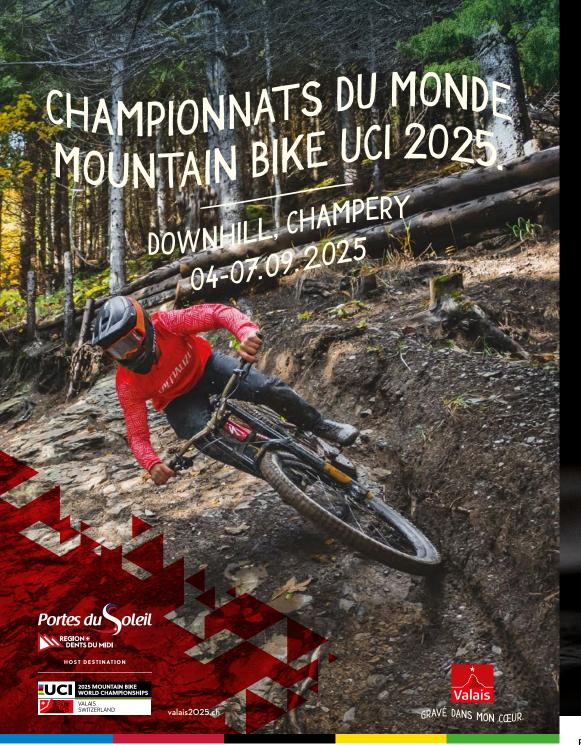
**24-26.10** 

Cheese lovers, rejoice! This mouthwatering showdown brings together Raclette producers from near and far, all competing for the ultimate crown. Step into the judging hall to see the action up close. sample gooey goodness from across the region, and dive into hands-on workshops and tastings that celebrate alpine flavours and traditions. With live music and a buzzing festival vibe, this flagship event serves up fun by the plateful!

racletteworldchamps.com









# RACLETTE WORLD CHAMPIONSHIPS



24-26.10.2025

MORGINS

racletteworldchamps.com











































## **EXHIBITIONS**

#### Illiez Valley Militia

- May 2025 May 2026
   Saturdays > 14:00 17:00
   By appointment +41 (0)79 878 61 24
- ▶ Vieux Greniers · Val-d'Illiez patrimoine-illiez.ch

#### Marcel Imsand (Photography)

- ► 17-25.05.2025 17, 21, 23, 24, 25.05 > 17:00 - 19:00
- ▶ Vernissage: 17.05.2025 > 18:00

18.05 > 10:30 - 12:00

► Espace Raiffeisen · Champéry

#### **HC Champéry Centennial**

- **•** 04-15.06.2025
- Espace Raiffeisen · Champéry moju.mchc-pds.ch

# **Brian Walker & Manon Jaquerod** (Wildlife photography & Stained glass)

- 20.06-06.07.2025
   Wednesday Friday > 16:00 19:00
   Saturday > 10:00 19:00
   Sunday > 10:00 17:00
   By appointment +41 (0)79 790 22 93
- ▶ Vernissage: 21.06.2025 > 18:00
- ► Espace Raiffeisen · Champéry

#### Patrimoine Champérolain

- **12.07-31.08.2025**
- ► Espace Raiffeisen · Champéry patrimoinechamperolain.ch

#### **Marcin Bawiec**

(Photography)

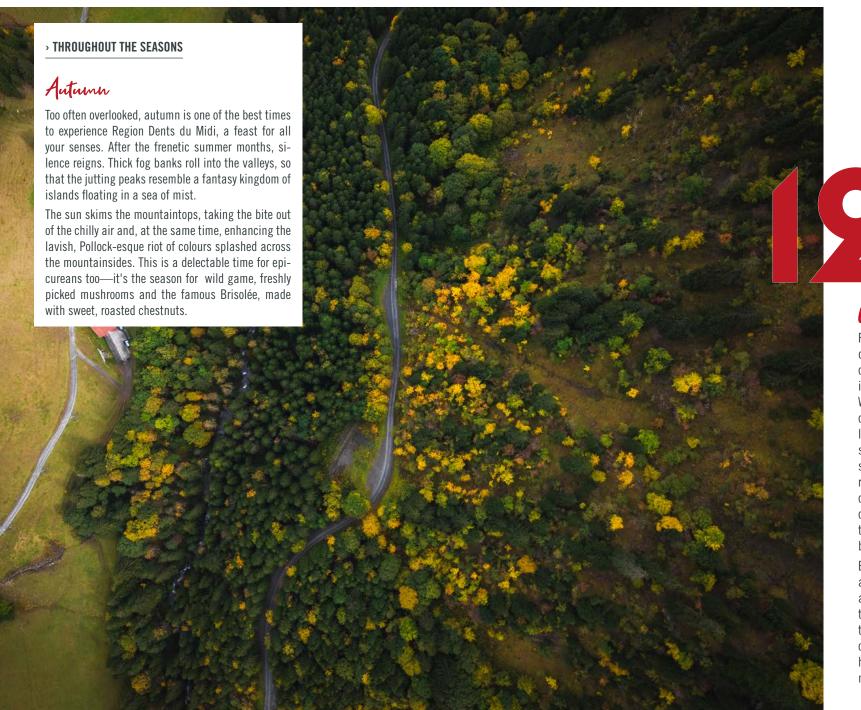
- ► 12-28.09.2025 Friday - Sunday > 11:00 - 18:00
- ► Vernissage: 13.09.2025 > 18:00
- ► Espace Raiffeisen · Champéry

#### **Brindusa Burrows**

(Paintings sculptures, audiovisuals)

- ► 20.09-12.10.2025 Friday - Sunday > 15:00 - 19:00
- Vernissage: 20.09.2025 > 17:00
   Guided tour: 03.10.2025 > 14:00
   Finishing work: 03.10.2025 > 16:30
- Chalet de la Treille · Troistorrents brindusaburrows.art



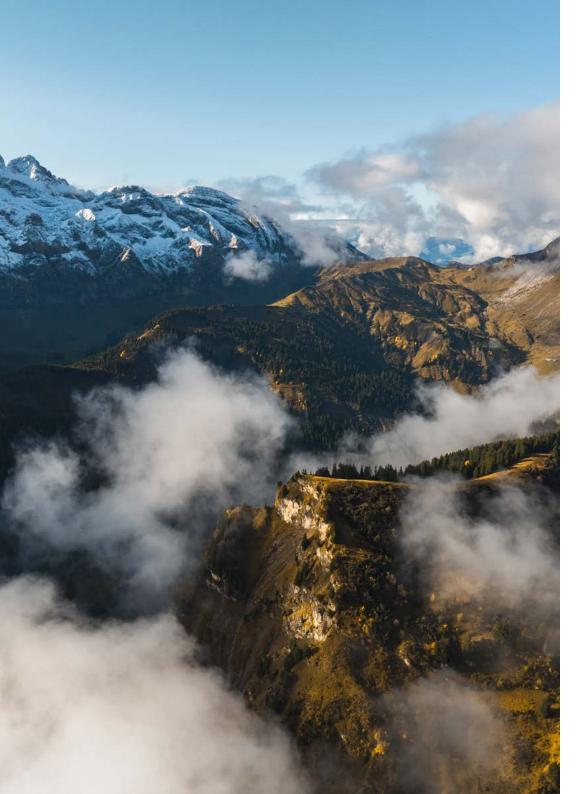


# Winter

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

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





Butcher		
Boucherie Gex-Collet	+41 79 280 13 87	Val-d'Illiez
	1 11 70 200 10 07	701 0 11102
Bakery I Pastries Michellod Boulangerie Tea Room	+41 24 479 16 86	Champéry
Au Beau Réveil Sàrl	+41 24 477 11 84	Morgins
Au Beau Reveil Sail La Boulan'tine	+41 24 477 11 84	Troistorrents
La Mascotte	+41 24 477 28 75	Val-d'Illiez
La Mascotte	+41 24 4// 20 / 3	vai-u iiilez
Fine food I Terroir		
La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 79 347 46 39	Champéry
La Cavagne	+41 24 477 35 40	Troistorrents
Les Saveurs des Dents-du-Midi	+41 79 480 22 30	Troistorrents
Groceries		
13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
L'Antre d'Eux & E-shop	+41 24 477 62 13	Champoussin
Edelweiss Market Morgins	+41 24 477 24 24	Morgins
Volg	+41 24 477 31 03	Morgins
Chez Azalée	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez
Fresh trout		
Chalet Rosalie	+41 79 577 87 54	Champéry
LANDCCADING CADDE	NING MAINTENANCE	
LANDSCAPING — GARDEI	NING - MAINTENANCE	
Trees		
Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 24 477 51 81	Val-d'Illiez
Concierge service		
Black Diamond Concierge	+41 77 218 58 45	Champéry
SMB conciergerie et entretien d'immeubles	+41 78 644 20 80	Champéry
Conciergerie Générale - Blanchisserie	+41 79 371 02 86	Champoussin
Da Silva Luis	+41 76 234 14 78	Les Crosets
Bonnie & Clean	+41 76 415 06 37	Monthey
01-1-4 5-11 01 01-1	41 70 000 55 55	
Cualet Full Service Sau	+41 79 623 55 55	Morgins
	+41 79 623 55 55	Morgins Morgins
Morgins Tout Tip Top Sàrl		
Morgins Tout Tip Top Sàrl <b>Landscaping</b>		
Morgins Tout Tip Top Sàrl <b>Landscaping</b> Gex-Collet Jeremie	+41 79 283 33 13	Morgins
Chalet Full Service Sàrl Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden	+41 79 283 33 13	Morgins Champéry
Morgins Tout Tip Top Sàrl Landscaping Gex-Collet Jeremie Green Team Mountain Garden	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53	Morgins  Champéry Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team  Mountain Garden  Chalet Full Service Sàrl	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84	Morgins  Champéry Champéry Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team  Mountain Garden Chalet Full Service Sàrl  Illiez Aménagements Sàrl	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55	Morgins  Champéry Champéry Champéry Morgins
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team  Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team  Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Wälti terrassement paysagisme Sàrl	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team  Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Wälti terrassement paysagisme Sàrl  Earth moving I Snowplowing I Transport I C	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45 ivil engineering	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez Val-d'Illiez
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Wälti terrassement paysagisme Sàrl  Earth moving I Snowplowing I Transport I C A. Simon Terrassements	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45 iivil engineering +41 79 758 10 05	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Wälti terrassement paysagisme Sàrl  Earth moving I Snowplowing I Transport I C A. Simon Terrassements Decurtins François	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 555 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45 ivil engineering +41 79 758 10 05 +41 79 441 62 66	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez Champéry Champéry Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Wälti terrassement paysagisme Sàrl  Earth moving I Snowplowing I Transport I C A. Simon Terrassements Decurtins François Transports Gex-Fabry	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45 ivil engineering +41 79 758 10 05 +41 79 441 62 66 +41 79 219 48 05	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez  Champéry Champéry Champéry Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Walt terrassement paysagisme Sàrl  Earth moving   Snowplowing   Transport   CA A. Simon Terrassements Decurtins François Transports Gex-Fabry Ulysse Avanthay et Fils	+41 79 283 33 13  +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45  ivid engineering +41 79 758 10 05 +41 79 441 62 66 +41 79 219 48 05 +41 79 606 14 25	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Wälti terrassement paysagisme Sàrl  Earth moving   Snowplowing   Transport   C A. Simon Terrassements Decurtins François Transports Gex-Fabry Ulysse Avanthay et Fils Valvièze Construction SA	+41 79 283 33 13 +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 79 758 10 05 +41 79 441 62 66 +41 79 219 48 05 +41 79 606 14 25 +41 79 606 14 25 +41 79 347 13 13	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry Champéry Champéry
Morgins Tout Tip Top Sàrl  Landscaping Gex-Collet Jeremie Green Team Mountain Garden Chalet Full Service Sàrl Illiez Aménagements Sàrl L'Horizon Vert Walt terrassement paysagisme Sàrl  Earth moving   Snowplowing   Transport   CA A. Simon Terrassements Decurtins François Transports Gex-Fabry Ulysse Avanthay et Fils	+41 79 283 33 13  +41 78 625 72 82 +41 79 206 90 53 +41 78 809 15 84 +41 79 623 55 55 +41 79 549 77 90 +41 79 522 72 05 +41 78 829 40 45  ivid engineering +41 79 758 10 05 +41 79 441 62 66 +41 79 219 48 05 +41 79 606 14 25	Morgins  Champéry Champéry Champéry Morgins Val-d'Illiez Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry

Watches I Jewelry	. 41 24 471 24 62	Vol. d'Illioz
Al	RTISANS	
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez
Vieux SA	+41 76 488 98 85	Val-d'Illiez
Trombert Entretien paysagiste	+41 79 107 07 44	Val-d'Illiez
Traxa SA	+41 79 583 01 07	Val-d'Illiez
Granger Multiservices Sàrl	+41 79 449 54 34	Val-d'Illiez
Gähler Matériaux Sàrl	+41 79 303 50 75	Val-d'Illiez
Ecœur Terrassements SA	+41 24 477 17 29	Val-d'Illiez
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'Illiez
Renevier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Monay Transneige & Auto Mecanic Sàrl	+41 79 301 33 33	Morgins
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Raymond Rithner SA	+41 24 473 73 53	Monthey
Michaud & Mariaux SA	+41 24 471 73 55	Monthey
Trombert Dominique Transports	+41 79 301 24 16	Les Crosets

+41 24 471 24 62	Val-d'Illiez								
+41 78 890 45 89	Val-d'Illiez								
+41 79 435 92 39	Champéry								
AUTOMOBILE									
	+41 78 890 45 89								

Auto body shop		
Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry
Carrosserie Udressy	+41 24 475 70 70	Troistorrents
Garage   Petrol station		
Garage de Champéry Sàrl	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
Garage Udressy	+41 24 472 15 77	Collombey
Monay Transneige & Auto Mecanic Sàrl	+41 79 301 33 33	Morgins
Garage St-Christophe	+41 24 477 18 64	Troistorrents
Garage de la Vallée	+41 79 232 54 53	Val-d'Illiez
La Mascotte	+41 24 477 28 75	Val-d'Illiez

BEAL	JTY & WELL-BEING	
Beautician		
Institut Colibri	+41 79 530 75 64	Morgins
Natur'time	+41 79 671 16 62	Val-d'Illiez
Hair		
Sarah Coiffure	+41 24 479 15 03	Champéry
Studio R Coiffure	+41 24 479 34 28	Champéry
Studio 1875	+41 79 606 72 02	Morgins
K-rey	+41 24 477 20 46	Val-d'Illiez
Sports centre		
Palladium de Champéry	+41 24 479 05 05	Champéry
Centre sportif de Morgins	+41 24 477 19 92	Morgins
Fitness		
Palladium de Champéry	+41 24 479 05 05	Champéry
Oxygen Morgins	+41 79 261 23 31	Morgins

134 | Phone Book | 135

Massage   Physiotherapy   Osteopathy   Ki		
A Ton Aura	+41 79 175 02 81	Champéry
Au 7e. Sens	+41 79 351 44 00 +41 78 779 66 87	Champéry
Aurélia Massage		Champéry
Avanthay Ferreira Physiothérapeutes	+41 79 540 47 33	Champéry
HormeSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Meunier Roxane, massages thérapeutiques	+41 79 811 30 80 +41 24 477 29 80	Champéry
Physiothérapie de la Vallée		Champéry
SPA Alpin Suisse - Beau Séjour	+41 24 479 58 58	Champéry
Taiji Quan Luc Défago - Acunpuncture	+41 79 632 40 58	Champéry
YogAlps & Massage I Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Institut Colibri	+41 79 530 75 64	Morgins
Morgins Zen	+41 76 416 22 08	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
Aux Mains Sages	+41 76 526 66 18	Val-d'Illiez
Enery Reboutologie	+41 79 561 47 15	Val-d'Illiez
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'Illiez
Sukha Ayurveda	+41 77 526 75 50	Val-d'Illiez
Yoga instructors		
Domitille Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga I Yasmine Lomazzi	+41 79 449 61 14	Champéry
IsaKelle Kundalini Yoga I Isabelle Portner	+41 76 822 15 61	Champéry
AYA Yoga Experience	+41 79 397 67 70	Morgins
YogAlps & Massage   Evelyne Rey-Bellet	+41 79 774 87 46	Val-d'Illiez
CHO	DC.	
SHO		
Decoration   Furniture   Furnishings   Hon	+41 24 479 24 64	01
La Loggia Boutique « Il était une fois »	+41 24 477 26 03	Champéry Morgins
·	+41 24 4// 20 03	IWUI giiis
Clothing I Fashion		
Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 77 408 25 99	Champéry
Ose!	+41 79 643 15 38	Val-d'Illiez
Kiosk I News		
	+41 27 743 63 50	Champéry
13* Pam	+41 27 743 63 50 +41 24 479 40 63	Champéry Champéry
Kiosk I News 13* Pam Kiosque de Champéry Kiosque de Morgins		
13* Pam Kiosque de Champéry Kiosque de Morgins	+41 24 479 40 63	Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75	Champéry Morgins
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte CORPORAT	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75	Champéry Morgins
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75	Champéry Morgins Val-d'Illiez
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT  Seminar   Conference   Corporate events Palladium de Champéry	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b>	Champéry Morgins Val-d'Illiez Champéry
13* Pam  Kiosque de Champéry  Kiosque de Morgins  La Mascotte  CORPORAT  Seminar I Conference I Corporate events  Palladium de Champéry  Châteauform Le Chalet	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 01 01	Champéry Morgins Val-d'Illiez Champéry Champéry
13* Pam  Kiosque de Champéry  Kiosque de Morgins  La Mascotte  CORPORAT  Seminar I Conference I Corporate events  Palladium de Champéry  Châteauform Le Chalet	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b>	Champéry Morgins Val-d'Illiez Champéry
13* Pam  Kiosque de Champéry  Kiosque de Morgins  La Mascotte  CORPORAT  Seminar I Conference I Corporate events  Palladium de Champéry  Châteauform Le Chalet	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 E EVENTS +41 24 479 05 05 +41 24 479 07 07	Champéry Morgins Val-d'Illiez Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 E EVENTS +41 24 479 05 05 +41 24 479 07 07	Champéry Morgins Val-d'Illiez Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 E EVENTS  +41 24 479 05 05 +41 24 479 07 07 ONS	Champéry Morgins Val-d'Illiez Champéry Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar   Conference   Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 E EVENTS +41 24 479 01 01 +41 24 479 07 07 ONS +41 24 479 16 15	Champéry Morgins Val-d'Illiez  Champéry Champéry Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT  Seminar   Conference   Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 07 07 <b>ONS</b> +41 24 479 16 15 +41 79 814 15 75	Champéry Morgins Val-d'Illiez Champéry Champéry Champéry Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School Ze Snow School	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 07 07  ONS  +41 24 479 16 15 +41 79 814 15 75 +41 24 479 18 74	Champéry Morgins Val-d'Illiez Champéry Champéry Champéry Champéry Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar   Conference   Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School Ze Snow School École Suisse de Ski	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 07 07 <b>ONS</b> +41 24 479 16 15 +41 79 814 15 75 +41 24 479 18 74 +41 24 477 29 00	Champéry Morgins Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAI Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School Ze Snow School École Suisse de Ski École Suisse de Ski École Suisse de Ski	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 E EVENTS  +41 24 479 05 05 +41 24 479 07 07  ONS  +41 24 479 16 15 +41 79 814 15 75 +41 24 479 18 74 +41 24 477 29 00 +41 24 479 14 01	Champéry Morgins Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School Ze Snow School École Suisse de Ski École Suisse de Ski École Suisse de Ski École de Ski Internationale M3S	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 07 07 <b>ONS</b> +41 24 479 16 15 +41 79 814 15 75 +41 24 479 18 74 +41 24 479 19 00 +41 24 477 9 00 +41 24 477 9 10 +41 24 477 77 17	Champéry Morgins Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champoussin Les Crosets Morgins
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School Že Snow School École Suisse de Ski École Suisse de Ski École Suisse de Ski École de Ski Internationale M3S École Suisse de Ski	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 07 07 <b>ONS</b> +41 24 479 16 15 +41 79 814 15 75 +41 24 479 18 74 +41 24 477 29 00 +41 24 477 77 17 +41 24 477 79 49	Champéry Morgins Val-d'Illiez  Champéry
13* Pam Kiosque de Champéry Kiosque de Morgins La Mascotte  CORPORAT Seminar I Conference I Corporate events Palladium de Champéry Châteauform Le Chalet Hôtel Suisse  LESS Ski schools École Suisse de Ski Experience Champéry Snowsports School Ze Snow School École Suisse de Ski École Suisse de Ski École Suisse de Ski École de Ski Internationale M3S	+41 24 479 40 63 +41 79 794 56 80 +41 24 477 28 75 <b>E EVENTS</b> +41 24 479 05 05 +41 24 479 07 07 <b>ONS</b> +41 24 479 16 15 +41 79 814 15 75 +41 24 479 18 74 +41 24 479 19 00 +41 24 477 9 00 +41 24 477 9 10 +41 24 477 77 17	Champéry Morgins Val-d'Illiez  Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champéry Champoussin Les Crosets Morgins

ndependent ski instructor			Masonry I Bui
Morgins Snowsports, Bret Marshall	+41 79 271 72 49	Morgins	Bernard Torren
Paragliding			Carraux-Moret
Fly Away	+41 79 435 26 17	Val-d'Illiez	Renevier Maço
/al d'illiair	+41 79 431 26 61	Val-d'Illiez	Borrat-Besson
Skating school			Gähler Renova La Pierre dans
Skating School of Switzerland	+41 24 552 10 77	Champéry	Perrin Denis
	111210021077	onampony	Perrin Laurent
Tennis instructor	44 70 000 07 50		Vieux SA
Comby Emilien	+41 79 826 97 53	Champéry	Carpenter I C
BUILDI	NG TRADES		Bois Etc.
Architect			Froidevaux Sài
Studio François Nantermod	+41 79 750 56 04	Champéry	Marclay Philip
Nettstein Architectes SA	+41 22 990 04 40	Champéry	Nissille Menui
Perrin Architecture Sàrl	+41 24 477 34 35	Val-d'Illiez	DM Bois SA
S'Tox SA	+41 79 891 00 10	Val-d'Illiez	DuboBois Sàrl
Engineer			Alain Avantha
lean-Michel Vuadens SA	+41 24 472 36 16	Monthey	Avanthay SA
Hydrotec	+41 78 879 19 20	Val-d'Illiez	Es-Borrat et A
			Gavillet Marc
Carpenter   Roofer   Tinsmith	. 41 70 471 70 45	01	Gex-Fabry Mer
Oberhauser ferblanterie couverture Sàrl Blanchut et Monnet Sàrl	+41 79 471 79 45 +41 79 243 75 02	Champéry Val-d'Illiez	Guérin Menuis
ERM Charpente-Toiture	+41 79 920 49 17	Val-d'Illiez	Perrin Joël La (
ehmann Eric	+41 79 508 01 91	Val-d'Illiez	Garage doors
	+41 /9 308 01 91	vai-u iiilez	Metal Assistar
Heating I Plumbing N&D Berthoud Sàrl	+41 79 244 36 64	Champán	Real estate p
Gollut Hydrotec Sàrl	+41 24 477 49 02	Champéry Morgins	GexIlliez
Ansermoz Pascal	+41 79 273 98 68	Val-d'Illiez	Logipro
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illiez	Martin Bauger
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illiez	Water damag
	141733070010	var a micz	Technica Air A
Construction management & services WVG Services SA	+41 76 393 68 31	Champéry	
	14170 030 00 01	onumpery	E
Decoration   Flooring   Curtains Borgeaud Déco Sàrl	+41 79 310 96 14	Champéry	Espace Raiffei
Ma Déco - Taverney Marion	+41 79 589 88 79	Champéry	Brindusa Burn
Studio François Nantermod	+41 79 750 56 04	Champéry	
*	1417370000	Onumpery	Babysitter se
Electrician BG Electricité SA	+41 79 426 35 16	Champéry	busysitter so
Grau Electricité SA	+41 24 471 80 80	Monthey	
Electricité M.U.D. Sàrl	+41 24 477 33 22	Troistorrents	Mountain lead
	T41 Z4 4// 33 ZZ	HOISTOILEHTS	Dubosson Loïc
Cleaning			Nemeth-Défag
Bonnie & Clean	+41 76 415 06 37	Monthey	Wiltshire Lloyd
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins	Zorzi Nathalie
Paint   Plaster			Besson Guilla
.'Hoste Peinture	+41 79 213 66 20	Champéry	Mountain guid
Colombara SA	+41 24 471 29 32	Monthey	Experience Ch
Gaspoz Peinture Sàrl	+41 79 419 30 19	Morgins	Montagne Exp
Gillioz Peinture Sàrl	+41 79 355 48 18	Morgins	
			Canyoning gu

Masonry   Building	41.04.471.40.07	0.111
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 Maçonnerie	+41 24 477 32 75	Val-d'Illiez
Gähler Renovation Sàrl La Pierre dans tous ses états	+41 79 303 50 75 +41 79 353 24 03	Val-d'Illiez Val-d'Illiez
Perrin Denis	+41 79 502 24 34	Val-d'Illiez
Perrin Laurent	+41 79 502 24 34	Val-d'Illiez
Vieux SA	+41 79 219 51 15	Val-d'Illiez
	+41 /0 400 90 00	var-u iiilez
Carpenter   Cabinet maker		
Bois Etc.	+41 79 653 45 40	Champéry
Froidevaux Sàrl	+41 79 369 18 87	Champéry
Marclay Philippe	+41 79 290 70 43	Champéry
Nissille Menuiserie SA	+41 24 471 37 27	Massongex
DM Bois SA	+41 24 471 64 83	St-Maurice
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illiez
Avanthay SA	+41 24 477 16 44	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 24 477 11 30	Val-d'Illiez
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illiez
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illiez
Garage doors I Ventilation		
Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve
Real estate promotion		
GexIlliez	+41 78 836 90 03	Val-d'Illiez
Logipro	+41 78 848 15 79	Val-d'Illiez
Martin Baugenossenschaft	+41 24 477 32 87	Val-d'Illiez
Water damage Technica Air Assèchement	+41 79 514 97 27	Val-d'Illiez
lechnica air assechement	+41 /9 514 9/ 2/	vai-d illiez
ART GALL	FRIES	
Espace Raiffeisen	+41 79 192 02 60	Champéry
Brindusa Burrows Art	+41 76 453 03 10	Val-d'Illiez
Simulate Barrono Inc	1 11 70 100 00 10	
CHILD C	ARE	
	ARE	
Babysitter see Tourist Offices		
Babysitter see Tourist Offices		
Babysitter see Tourist Offices  GUIDES & MOUNT		Champéry
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders	TAIN LEADERS	Champéry Champéry
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loïc	TAIN LEADERS +41 79 578 60 57	
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loïc  Nemeth-Défago Nathalie	TAIN LEADERS +41 79 578 60 57 +41 79 316 80 10	Champéry
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loïc  Nemeth-Défago Nathalie  Wiltshire Lloyd	+41 79 578 60 57 +41 79 316 80 10 +41 79 814 15 75	Champéry Champéry
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loïc  Nemeth-Défago Nathalie  Wiltshire Lloyd  Zorzi Nathalie  Besson Guillaume - Nature en Conscience	+41 79 578 60 57 +41 79 316 80 10 +41 79 814 15 75 +41 79 202 18 35	Champéry Champéry Champéry
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loïc  Nemeth-Défago Nathalie  Wiltshire Lloyd  Zorzi Nathalie  Besson Guillaume - Nature en Conscience  Mountain guides office	+41 79 578 60 57 +41 79 316 80 10 +41 79 814 15 75 +41 79 202 18 35	Champéry Champéry Champéry Morgins
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loic  Nemeth-Défago Nathalie  Wiltshire Lloyd  Zorzi Nathalie  Besson Guillaume - Nature en Conscience  Mountain guides office  Experience Champéry	+41 79 578 60 57 +41 79 316 80 10 +41 79 314 15 75 +41 79 202 18 35 +41 76 235 82 05 +41 79 814 15 75	Champéry Champéry Champéry Morgins
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loïc  Nemeth-Défago Nathalie  Wiltshire Lloyd  Zorzi Nathalie  Besson Guillaume - Nature en Conscience  Mountain guides office  Experience Champéry  Montagne Expérience	+41 79 578 60 57 +41 79 316 80 10 +41 79 814 15 75 +41 79 202 18 35 +41 76 235 82 05	Champéry Champéry Champéry Morgins
Babysitter see Tourist Offices  GUIDES & MOUNT  Mountain leaders  Dubosson Loic  Nemeth-Défago Nathalie  Wiltshire Lloyd  Zorzi Nathalie  Besson Guillaume - Nature en Conscience  Mountain guides office  Experience Champéry	+41 79 578 60 57 +41 79 316 80 10 +41 79 314 15 75 +41 79 202 18 35 +41 76 235 82 05 +41 79 814 15 75	Champéry Champéry Champéry Morgins

Mountain guides Baudet Jean-Patrick	+41 79 785 55 83	Champéry
Borgeaud Stéphane	+41 79 446 16 78	Champéry
Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 302 02 59	Champéry
Mendes de Leon Xavier	+41 79 156 80 97	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Richard Yannick	+41 76 583 51 69	Champéry
Biking guides	14170 000 01 03	onumpery
Bikeshop Le Vélociste I E-bike Swiss Rental	+41 79 801 81 66	Champéry
Experience Champéry	+41 79 814 15 75	Champéry
Ride Switzerland	+41 79 501 37 08	Champéry
Ecole Suisse de VTT Sàrl	+41 22 366 15 16	Les Crosets
Bike Pro Shop powered by Snowline 2	+41 24 477 29 06	Morgins
ACCOMMO	DATION	
Estate agents		
Avanthay&Partners SA	+41 24 479 14 44	Champéry
Black Diamond Concierge	+41 77 218 59 45	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
Texier Immobilier - Swiss Alps	+41 76 565 66 37	Champéry
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
Alpage Immo Location Service	+41 24 477 26 82	Champoussin
Ambiance Locations Services	+41 79 381 82 24	Champoussin
GF Immobilier	+41 24 477 28 27	Champoussin
Immobilière des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illiez
La Rocaille Sàrl	+41 79 238 12 45	Val-d'Illiez
Mountain River Resort	+41 79 238 77 15	Val-d'Illiez
The River Pearl	+41 76 393 55 36	Val-d'Illiez
Backpacker hostel	11170 000 00 00	rai a mioc
Le Petit Baroudeur	+41 24 479 14 07	Champéry
Freeride Hostel	+41 79 415 67 89	Les Crosets
Mountain huts		
Cabane de Susanfe (CAS)	+41 24 479 16 46	Champéry
Refuge de Culet	+41 24 477 24 21	Morgins
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illiez
Campground	14 04 170 40	
Camping du Grand Paradis ***	+41 24 479 19 90	Champéry
Camping de Morgins ***	+41 24 477 19 92	Morgins
Guest room I B&B	. 41 70 450 47 66	Chan-f-
Alpine Retreats	+41 79 450 47 69	Champéry
Chalet de l'Atelier	+41 24 479 11 26	Champéry
Chalet Rochaz	+41 79 762 24 32	Champéry
La Ferme à Gaby	+41 24 477 30 88	Champoussin
B&B Chalet Rey-Bellet	+41 79 672 15 67	Les Crosets
B&B Au 17 - La Buvette	+41 24 477 12 42	Morgins
B&B Chalet Suisse	+41 24 477 39 67	Morgins
Le Castor	+41 79 237 89 87	Morgins
La Rose des Vents	+41 79 212 70 89	Val-d'Illiez

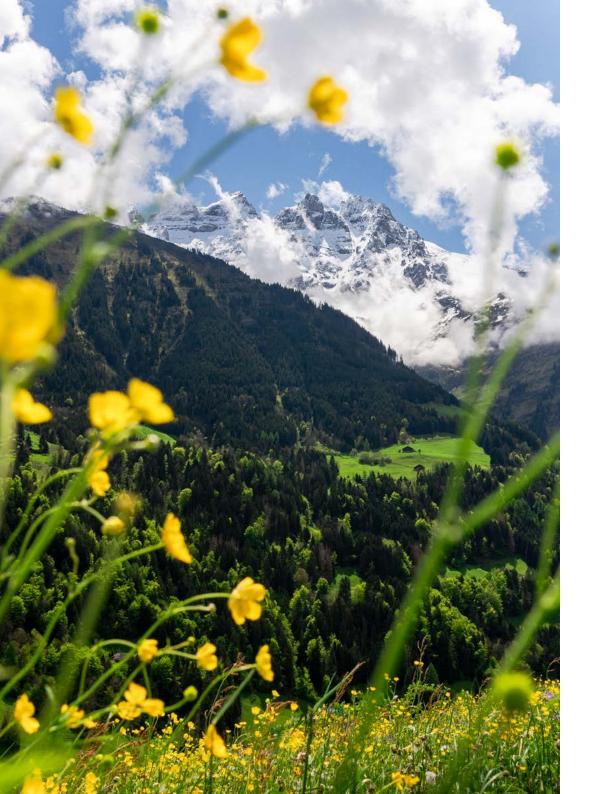
136 | Phone Book | 137

Gite		
Buvette de Bonavau	+41 78 245 21 25	Champéry
Cantine de Barmaz	+41 24 479 11 63	Champéry
Cantine des Dents Blanches	+41 24 479 12 12	Champéry
Refuge Lapisa	+41 24 479 36 43	Champéry
Refuge de Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins
4* Hotel Le White ****	. 41 04 470 04 04	01
National Resort & SPA ****	+41 24 479 04 04 +41 24 479 11 30	Champéry Champéry
	+41 24 479 11 30	Gliallipery
<b>3* Hotel</b> Boutique Hôtel Beau-Séjour & SPA ***S	+41 24 479 58 58	Champéry
Suisse ***	+41 24 479 07 07	Champéry
	111211700707	onumpory
Hotel Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Guest House du Grand Paradis	+41 24 479 11 67	Champéry
Le Chaudron	+41 24 479 03 00	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Auberge Chez Gaby 1670	+41 24 477 22 22	Champouss
Champoussin Lodge	+41 24 476 83 00	Champouss
Alp Art Hotel	+41 24 420 11 76	Collombey
L'Etable	+41 24 565 65 55	Les Crosets
Le Marcheuson	+41 24 479 22 40	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Montriond Lodge	+41 77 472 78 57	Les Crosets
Mountain Lodge	+41 24 479 25 80	Les Crosets
The Télécabine	+41 77 267 31 66	Les Crosets
Chez Jan	+41 24 477 11 43	Morgins
Helvetia Hotel	+41 24 565 18 75	Morgins
Auberge de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Peanut Mountain Lodge	+41 24 477 86 96	Val-d'Illiez
Group accommodation		
Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 22 755 58 93	Champéry
Chalet du Ski-Club de Rolle	+41 24 479 12 97	Champéry
Chalet Ganesha	+41 78 865 25 58	Champéry
Chalet Jolimont	+41 76 569 73 52	Champéry
Chalet Joli Nid Chalet ONU	+41 79 622 52 42	Champéry
	+41 24 479 16 01	Champéry
Chalet Souvenir	+41 24 552 10 77	Champéry
La Nouvelle Alpina Chalet UMV	+41 24 479 11 17 +41 76 372 53 63	Champéry Les Crosets
Chalet Beau-Site	+41 79 784 51 88	Morgins
Chalet La Cergnat	+41 24 477 34 51	Morgins
Chalet Les Mélèzes et L'Arolle	+41 22 751 97 24	Morgins
Chalet Les Planoz	+41 24 477 11 45	Morgins
Chalet Neuf	+41 24 477 12 96	Morgins
Club La Forêt	+41 79 413 60 56	Morgins
Le Victoria	+41 24 477 60 32	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illiez
Apartment hotel		
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry

SPURIS	SHOPS	
Bike rentals   Repairs		
Le Vélociste Bikeshop	+41 79 801 81 66	Champéry
Experience Champéry	+41 79 814 15 75	Champéry
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins
J&J Sport Rent & Vente	+41 24 477 22 06	Morgins
BikeWithU - L'Atelier du vélo	+41 24 477 22 11	Val-d'Illiez
Clothing   Accessories   Equipment rental	s	
Berra Sports	+41 24 479 13 90	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Borgeat Boutique (hiver)	+41 78 809 15 84	Champéry
Gonnet Sports (hiver)	+41 24 479 11 77	Champéry
Holiday Sport	+41 24 479 15 26	Champéry
Le Vélociste	+41 79 801 81 66	Champéry
Alpitude (hiver)	+41 24 565 60 20	Champoussi
Michel Sports Sàrl	+41 24 477 13 11	Champoussi
Chamois Sports (hiver)	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
Atelier du sport - Buttner Factory	+41 79 615 16 34	Morgins
J&J Sport Rent & Vente	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins
RELIG Catholic churches	+41 24 477 11 13	Champéry
Protestant parish	+41 24 471 48 28	Morgins Troistorrents Val-d'Illiez Monthey
Protestant parish  HEALTH & E		Troistorrents Val-d'Illiez
HEALTH & E		Troistorrents Val-d'Illiez
•		Troistorrents Val-d'Illiez
HEALTH & El	MERGENCY	Troistorrents Val-d'Illiez
HEALTH & El Emergency numbers Police	MERGENCY 117	Troistorrents Val-d'Illiez
HEALTH & E Emergency numbers Police Fire	117 118	Troistorrents Val-d'Illiez
HEALTH & E Emergency numbers Police Fire Emergency Emergency (CH & UE)	117 118 144	Troistorrents Val-d'Illiez
HEALTH & EL  Emergency numbers  Police  Fire  Emergency	117 118 144	Troistorrents Val-d'Illiez
HEALTH & E Emergency numbers Police Fire Emergency Emergency Emergency (CH & UE) Hospital	117 118 144 112	Troistorrents Val-d'Illiez Monthey
HEALTH & E  Emergency numbers  Police  Fire  Emergency  Emergency (CH & UE)  Hospital  Höpital Riviera-Chablais (adults & children)	117 118 144 112	Troistorrents Val-d'Illiez Monthey
HEALTH & E Emergency numbers Police Fire Emergency Emergency Emergency (CH & UE) Hospital Höpital Riviera-Chablais (adults & children) Doctor	117 118 144 112 +41 58 773 21 12	Troistorrents Val-d'Illiez Monthey
HEALTH & EI  Emergency numbers  Police Fire Emergency Emergency (CH & UE)  Hospital Höpital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry
HEALTH & EI  Emergency numbers  Police Fire Emergency Emergency (CH & UE)  Hospital Höpital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry Permanence médicale HRC	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05 +41 58 773 11 46	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry Monthey
HEALTH & E  Emergency numbers  Police  Emergency  Emergency (CH & UE)  Hospital  Höpital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry  Permanence médicale HRC  Cabinet médical de Troistorrents	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05 +41 58 773 31 46 +41 24 477 47 47	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry Monthey Troistorrents
HEALTH & E  Emergency numbers  Police  Fire  Emergency (CH & UE)  Hospital  Höpital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry  Permanence médicale HRC  Cabinet médical du Troistorrents  Centre médical du val d'Illiez	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05 +41 58 773 11 46 +41 24 477 47 +41 24 477 35 11	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry Monthey Troistorrents Val-d'Illiez
HEALTH & EI  Emergency numbers  Police Fire Emergency Emergency (CH & UE)  Hospital Höpital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry Permanence médicale HRC  Cabinet médical du val d'Illiez  Médecin de garde (*2/min.)	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05 +41 58 773 11 46 +41 24 477 47 +41 24 477 35 11	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry Monthey Troistorrents Val-d'Illiez
HEALTH & E  Emergency numbers  Police  Fire  Emergency  Emergency (CH & UE)  Hospital  Höpital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry  Permanence médicale HRC  Cabinet médical du Troistorrents  Centre médical du val d'Illiez  Médecin de garde (*2/min.)  Pharmacy	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05 +41 58 773 11 46 +41 24 477 47 47 +41 24 477 35 11 +41 900 14 40 33*	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry Monthey Troistorrents Val-d'Illiez Valais
HEALTH & E  Emergency numbers  Police  Fire  Emergency (CH & UE)  Hospital  Hopital Riviera-Chablais (adults & children)  Doctor  Cabinet médical de Champéry  Permanence médicale HRC  Cabinet médical de Troistorrents  Centre médical du val d'Illiez  Médecin de garde (*2/min.)  Pharmacy  Pharmacieplus de Troistorrents	117 118 144 112 +41 58 773 21 12 +41 24 479 20 05 +41 58 773 11 46 +41 24 477 47 47 +41 24 477 35 11 +41 900 14 40 33*	Troistorrents Val-d'Illiez Monthey  Rennaz  Champéry Monthey Troistorrents Val-d'Illiez Valais

SERV	IULS	
Municipal administration		
Commune de Champéry	+41 24 479 09 09	Champéry
Commune de Troistorrents	+41 24 476 80 10	Troistorrents
Commune de Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez
Communication   Publishing   Printing		
Agence Let's Talk!	+41 78 908 98 31	Champéry
Big Mama Communication	+41 76 240 96 97	Champéry
Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Imprimerie Montfort	+41 24 471 21 63	Monthey
Impression RMS Vidéo	+41 24 477 50 71	Val-d'Illiez
M-krea marketing & graphisme	+41 78 658 88 43	Val-d'Illiez
Nisada Communication	+41 24 477 21 57	Val-d'Illiez
Insurance		
Bâloise Assurances	+41 79 777 81 66	Morgins
Helvetia Assurances	+41 79 271 85 61	Morgins
Driving school		
Pascal Avanthay	+41 78 878 55 55	Champéry
Bank		
Banque cantonale du Valais I Point cash	+41 848 765 765	Champéry
	+41 848 765 765	Troistorrents
Banque Raiffeisen I Point cash	+41 24 476 80 90	Champéry
	+41 24 476 87 38 +41 24 476 87 38	Morgins
	+41 24 476 80 70	Troistorrents Val-d'Illiez
L'Antre d'Eux   Point cash	+41 24 477 62 13	Champoussi
Automat Euronet ATM	141 24 477 02 10	Les Crosets
Firewood		
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Bellon Samuel	+41 79 611 70 76	Troistorrents
Triage forestier de Troistorrents	+41 79 278 38 43	Troistorrents
Triage forestier des Dents du Midi	+41 79 357 19 45	Champéry
		Val-d'Illiez
Office   IT		
Duplirex Espace Bureautique SA	+41 24 473 40 80	Monthey
Axius SA	+41 58 317 18 18	Sion
Perrin Computers	+41 79 928 22 00	Val-d'Illiez
Race timing		
Datatiming	+41 79 449 78 24	Val-d'Illiez
Mushroom controller		
Maret François	+41 79 304 72 33	Monthey
Ski lockers		
Téléphérique de Champéry	+41 24 479 02 00	Champéry
Télécabine de Morgins	+41 24 479 02 00	Morgins
Ski Box Morgins	+41 79 435 22 40	Morgins
Waste disposal centres		
Ecopoints à Champéry	+41 24 479 09 09	Champéry
Ecopoints à Morgins et à Troistorrents	+41 24 476 80 10	Troistorrents
Ecopoints à Champoussin, Les Crosets et Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez
Flacturation		
Electronics		
FiJitechnic	+41 24 479 14 66 +41 24 565 50 50	Champéry Monthey

Künzle SA	+41 24 473 73 05	Monthey
Fid'Cime	+41 79 549 97 81	Val-d'Illiez
Fid'illiez	+41 24 477 24 79	Val-d'Illiez
Game warden		
Bourban Christophe	+41 79 355 39 11	Sion
Propane gas refills & exchanges		
Berthoud Dominique	+41 79 244 36 64	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illiez
Laundromat		
C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Service Location	+41 24 477 26 82	Champoussin
Conciergerie Générale - Blanchisserie	+41 79 371 02 86	Champoussin
Val-Time	+41 78 897 53 30	Val-d'Illiez
Tourist offices		
Region Dents du Midi tourist offices	+41 24 479 05 50	Champéry
Michael Info and at 118 1 DIF	+41 24 477 23 61	Morgins
Virtual info point at L'Antre D'Eux Virtual info point at the train station		Champoussin Val-d'Illiez
Post offices		
13* Pam	+41 27 743 63 50	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Poste	+41 848 88 88 88	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez
Ski lifts		
Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry
Sound   Lighting   Stage		
SceneMobile SA	+41 79 953 11 39	Morgins
Alarm systems		
Mapco Sécurité Sàrl	+41 24 477 46 76	Val-d'Illiez
Taxi		
Taxi de Champéry	+41 79 430 15 15	Champéry
Taxi Denis	+41 79 309 64 67	Troistorrents
Taxi de la Vallée	+41 79 632 70 93	Val-d'Illiez
Group transportation   Excursions   Tran		
Les Cars Bernard	+41 24 472 70 20	Monthey
Transports Publics du Chablais	+41 24 468 03 30	Monthey
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 79 355 80 81	Val-d'Illiez
WINE - BE	ER – SPIRITS	
Sales points		
La Petite Cave du Chablais	+41 24 471 44 21	Collombey
Sélection Comby Vins	+41 79 288 79 87	Morgins
T-Bacchus	+41 79 933 18 35	Morgins













#### **Events & Activities brochure**

#### Maps

- ▶ Hiking
- ▶ Trail running
- Bikepark
- ▶ E-Biking
- ▶ Road cycling

#### Guidebooks

- ▶ Summer
- Winter

#### **Accommodation brochure**

#### Village maps

- Champéry
- ▶ Champoussin
- Les Crosets
- Morgins
- ▶ Val-d'Illiez

© Photos · A. Santovecchio · EVOQ · F. Marclay · F. Rocco · G. Gex-Fabry G. Premand · H. Perrin · L. Rodriguez · N. Ebel · S. Cochard Editing, graphic design & page layout · Region Dents du Midi SA





#### #regiondentsdumidi

info@rddm.ch | regiondentsdumidi.ch

#### REGION DENTS DU MIDI TOURIST OFFICES

#### CHAMPÉRY

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

#### **MORGINS**

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

#### VIRTUAL INFORMATION POINT

#### VAL-D'ILLIEZ

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

#### CHAMPOUSSIN

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















