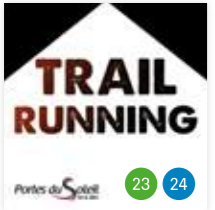


LÉGENDE LEGEND

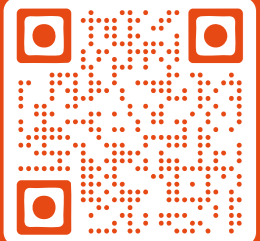
- Facile / Easy
- Moyen / Medium
- Difficile / Hard
- Parcours non balisé / Unmarked route
- Expert & Skyrun / Expert and Skyrun
- Parcours non balisé, présentant des sections techniques et potentiellement à risques / Unmarked route, with demanding technical features and potential risks
- Kilomètre Vertical / Vertical Kilomètre
- Variante / Alternative
- Liaison / Link
- Itinéraire des bords de Dranse (ouvert aux piétons, poussettes et cyclistes) / Dranse banks itinerary (open to pedestrians baby carriages and cyclists)
- Remontée mécanique accessible aux piétons / Pedestrian-accessible mountain lift
- Forfait obligatoire / Lift pass mandatory

Station française / French resort
Station suisse / Swiss resort
Office de Tourisme / Tourist office
Point de vue / Viewpoint
Parking / Parking
Refuge / Shelter
Point d'eau / Water

1 km
1 : 62 000
conception : L.C. LATTURE
Mai 2026



PARCOURS TRAIL ROUTES



RETROUVEZ LE DÉTAIL DES PARCOURS !
Find out more about the routes!



PROFITER
EXPLORER
DÉCOUVRIR

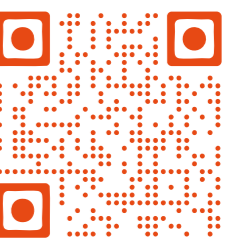
1 PASS ÉTÉ
+70 FAÇONS DE S'AMUSER!

PLAN GÉNÉRAL PORTES DU SOLEIL



TRAIL RUNNING RÉGION DENTS DU MIDI

HORAIRES & INFOS SCHEDULES & INFORMATION



Horaires des offices de tourisme et des remontées mécaniques
Hours of operation for tourist offices and mountain lift.

SECOURS RESCUE SERVICES

112 +144
112 from France/144 from Switzerland

SOYEZ VIGILANT ! BE CAREFUL !

- RESTEZ SUR LES SENTIERS QUI VOUS SONT DESTINÉS**
Stay on the marked trails
- NE PRENEZ PAS DE RACCOURCIS**
Don't take shortcuts
- RESPECTEZ LES PROPRIÉTÉS PRIVÉES, LES PÂTURAGES, LES ANIMAUX ET PENSEZ À REFERMER LES CLÔTURES.**
Please respect private property, pastures, and animals, and remember to close any gates behind you.
- EN CAS D'ACCIDENT, PORTEZ ASSISTANCE ET PRÉVENEZ LES SECOURS.**
In the event of an accident, provide assistance and call for help.

CERTAINS CHEMINS TRAVERSENT DES PÂTURAGES. LES CHIENS DE PROTECTION GARDENT LEUR TROUPEAU.

GARDER VOS DISTANCES
Occasionally trails travel through pastures. Guardian dogs watch the herd. **KEEP YOUR DISTANCE**

Document informatif | CONCEPTION Portes du Soleil | CRÉATEUR PHOTO TOUO

photo-tesaco.fr

ZOOM RÉGION DENTS DU MIDI



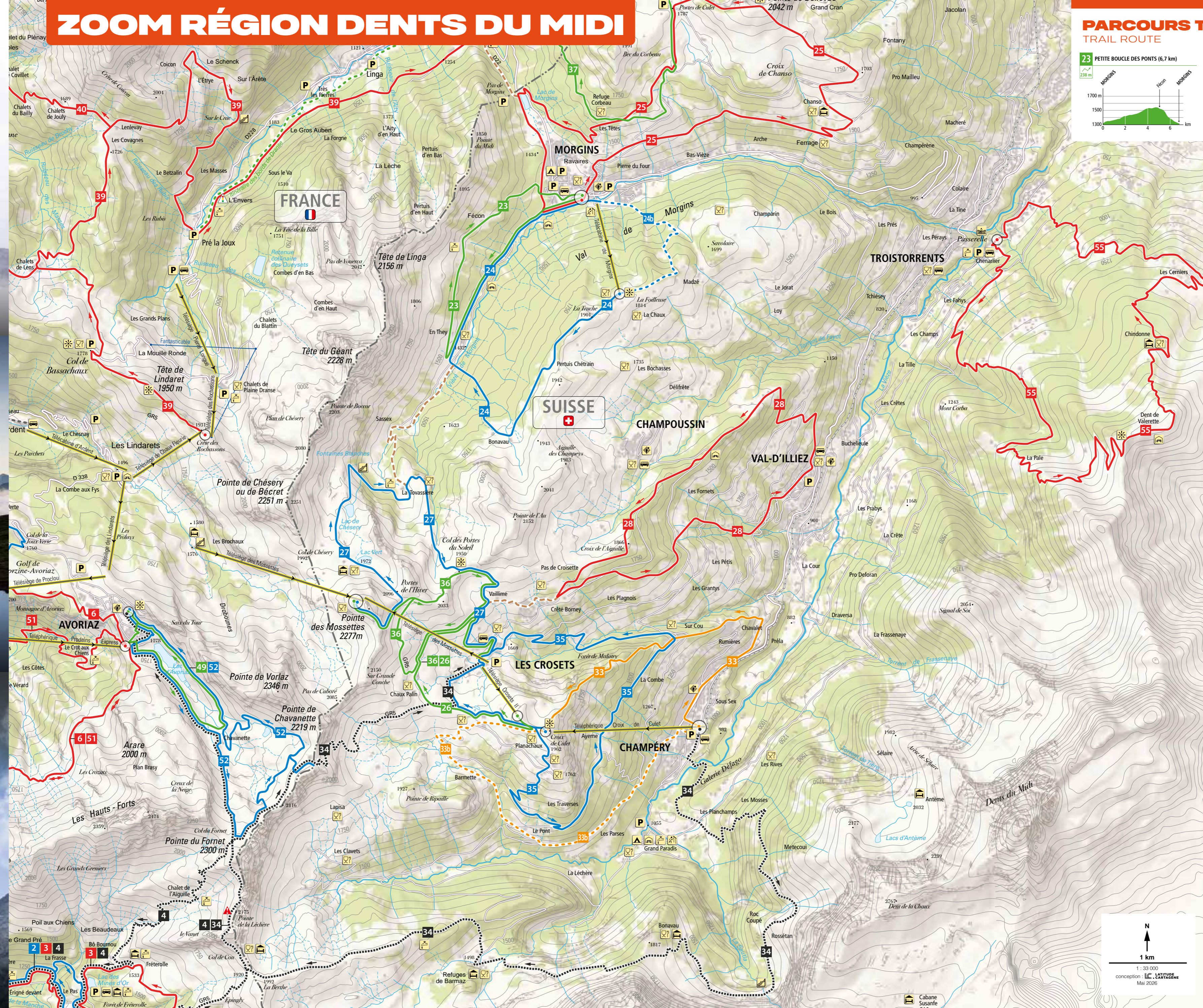
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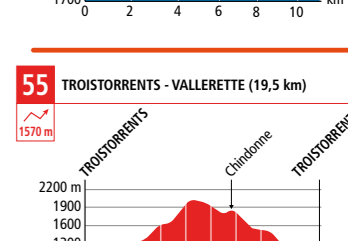
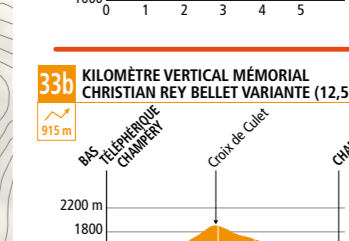
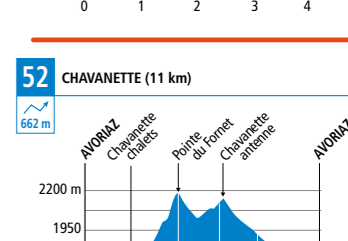
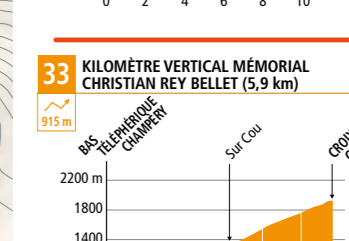
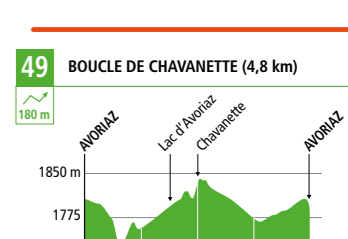
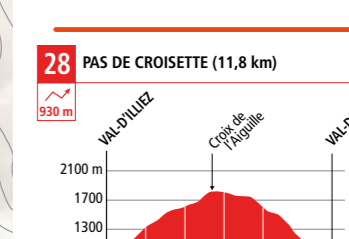
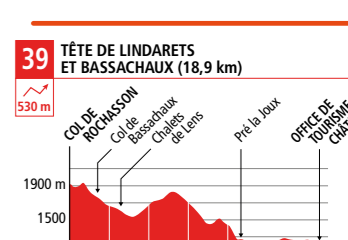
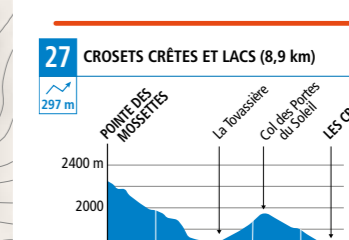
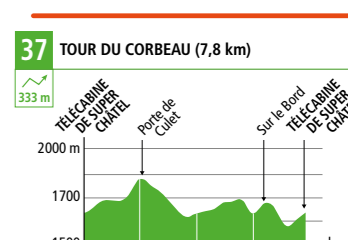
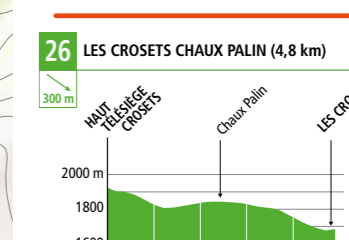
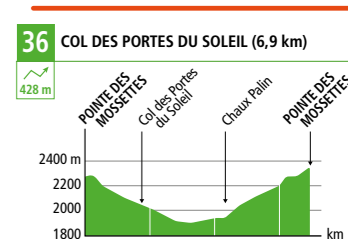
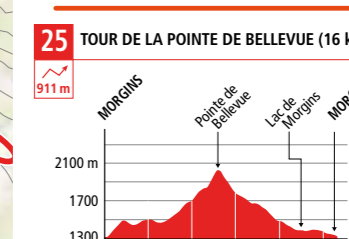
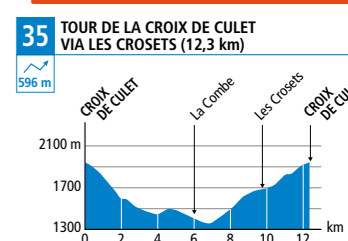
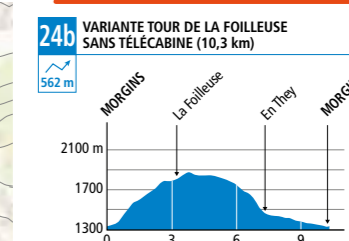
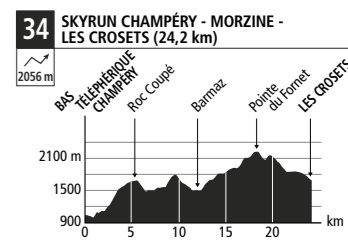
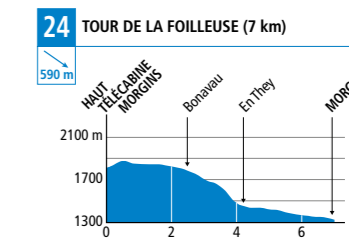
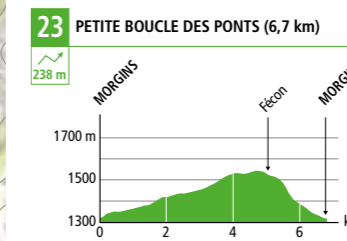
swisspeaks.ch



ddmtrail.ch

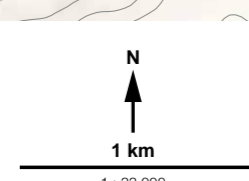


PARCOURS TRAIL TRAIL ROUTE



LÉGENDE LEGEND

- Facile / Easy
- Moyen / Medium
- Difficile / Hard
- Expert & Skyrun / Expert and Skyrun
- Parcours non balisé, présentant des sections techniques et potentiellement à risques / Unmarked route, with demanding technical features and potential risks
- Variante de parcours / Alternative
- Itinéraire de liaison / Link
- Remontée mécanique / Mountain lift
- Forfait obligatoire / Lift pass mandatory
- Aire de pique-nique couverte / Covered picnic area
- Arrêt de bus / Bus stop
- Camping / Camping
- Parcours non balisé, présentant des sections techniques et potentiellement à risques / Unmarked route, with demanding technical features and potential risks
- Cascade / Waterfall
- Office de Tourisme / Tourist office
- Parcours de santé / Fitness trail
- Départ de parcours / Starting point
- Point d'eau / Water
- Parking / Car park
- Point de vue / Viewpoint
- Refuge / Mountain hut
- Restaurant d'altitude / Altitude restaurant



1 : 33 000
conception : L.C. EXARTAGÈNE
Mai 2026