



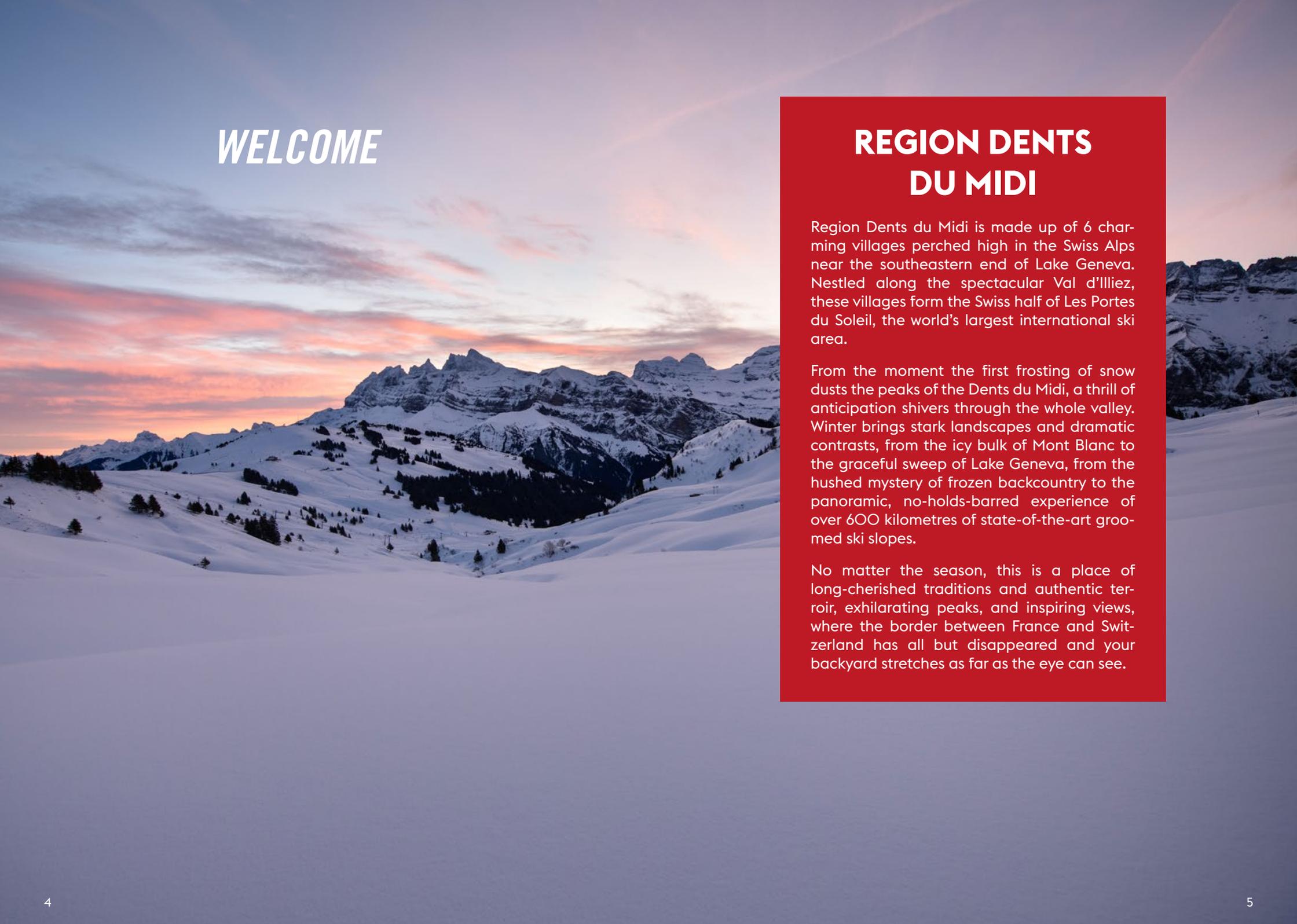
**WINTER
GUIDEBOOK
2022-2023**



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- 📍 Location
- 🗨️ Contact
- 🕒 Hours
- 💰 Price (Swiss Francs)
- 📞 Phone
- 📏 KM Distance
- 🕒 Time
- 🔥 Difficulty
- ⬆️ Ascent
- ⬆️ Descent
- 👥 # of people



WELCOME

REGION DENTS DU MIDI

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

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

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

6 RESORT VILLAGES

Champéry (1050 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!

Champoussin (1580 m)

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

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

**Les Crosets** (1700 m)

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

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

Morgins (1330 m)

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

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

Troistorrents (770 m)

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

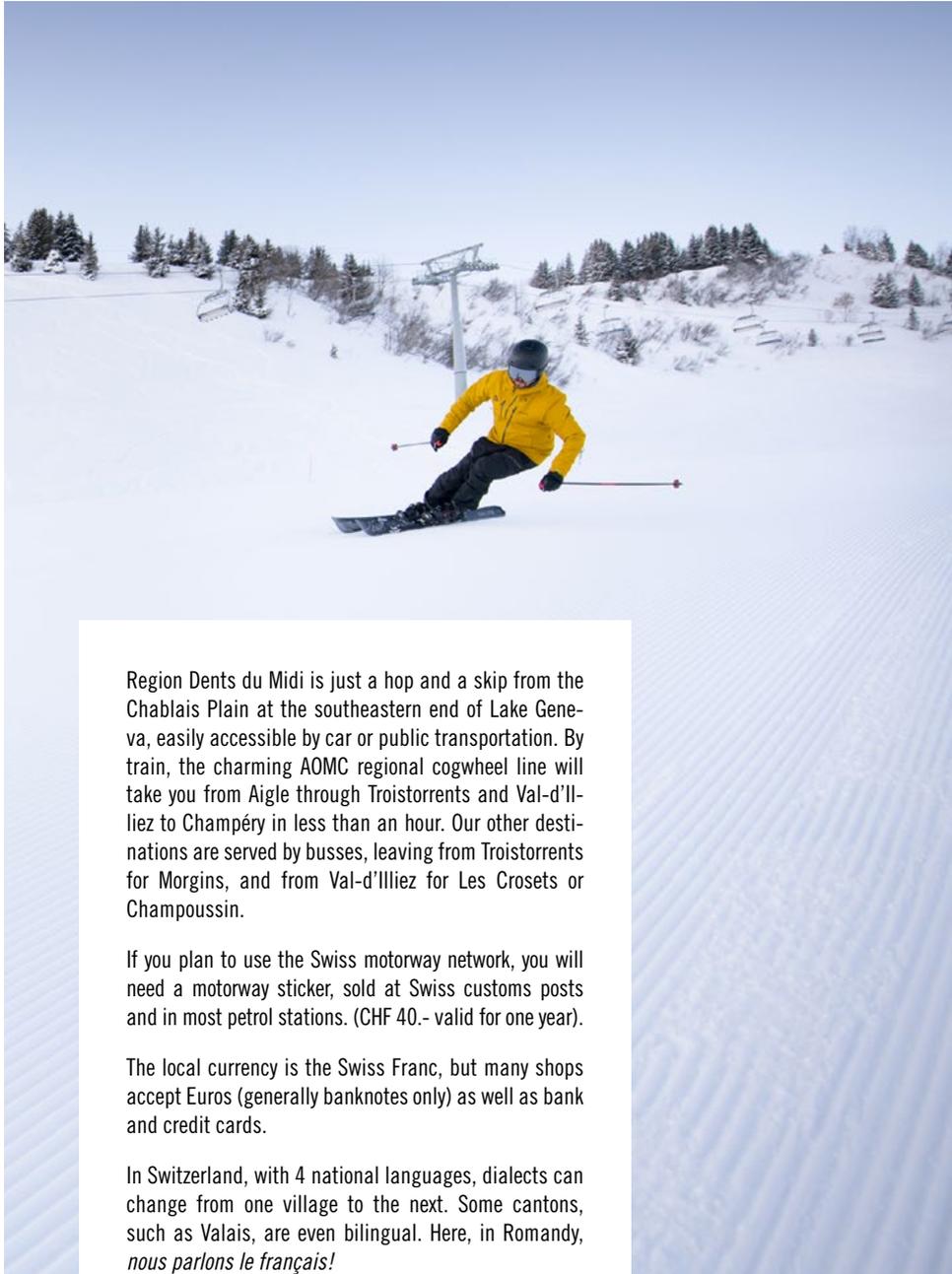
At the centre of all this, the stately Church of Saint Mary Magdalene sits imposingly on a rocky promontory, overlooking a mighty stone bridge and an ancient mill, dating from 1401, built into the harrowing river gorge below. These sites, and others, are testimony to our rich architectural heritage.

**Val-d'Illeiez** (950 m)

Nestled in the heart of the valley that bears its name, the village of Val-d'Illeiez has long been a stronghold of agrarian traditions.

On one side of the road, the church's soaring bell tower stands guard under the protective shadow of the Dents du Midi. On the other side, two ancient granaries, recently converted into a pint-sized museum, are living proof of the importance of farming and commerce in this tightly knit community.

VISITING THE REGION?



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

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

The local currency is the Swiss Franc, but many shops accept Euros (generally banknotes only) as well as bank and credit cards.

In Switzerland, with 4 national languages, dialects can change from one village to the next. Some cantons, such as Valais, are even bilingual. Here, in Romandy, *nous parlons le français!*

YOUR OPINION COUNTS

Customer satisfaction is our absolute priority. In an ongoing effort to guarantee premium service, tailor-made to our customers, Region Dents du Midi will be conducting a customer satisfaction survey throughout the 2022-2023 winter season. Will you help us?

1. Scan the QR Code below or go to rddm.ch/survey-pds
2. Fill in the requested fields
3. Check your email inbox for a questionnaire when you get home

As a thank you, at the end of the season all participants will be entered into a prize drawing for:

**A 3-NIGHT STAY FOR 2 PEOPLE
INCLUDING ACCOMMODATION AND SKI PASS**
(valid winter 2023-2024)

Good luck, and thank you for your important contribution!

Region Dents du Midi SA



SNOWSPORTS

SKIING & SNOWBOARDING

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

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

LIFT PASS PRICES 2022 - 2023

Portes du Soleil opening: Saturday 17.12.2022
 End of season closures:
 › Champoussin - Morgins : Sunday 02.04.2023
 › Champéry - Les Crosets : Monday 10.04.2023

Portes du Soleil ski area (Switzerland & France)
 600 km of slopes - 208 lifts

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
5 hours	64.-	48.-	58.-	59.-	44.-	53.-
1 day	71.-	53.-	64.-	65.-	49.-	59.-
2 days	136.-	102.-	122.-	124.-	93.-	112.-
3 days	193.-	145.-	174.-	177.-	133.-	159.-
4 days	249.-	187.-	224.-	228.-	171.-	205.-
5 days	302.-	227.-	272.-	277.-	208.-	249.-
5 x 1 day	355.-	265.-	320.-	325.-	245.-	295.-
6 days	355.-	266.-	320.-	325.-	244.-	293.-
7 days	400.-	300.-	360.-	367.-	275.-	330.-
8 days	442.-	332.-	398.-	405.-	304.-	365.-
9 days	482.-	362.-	434.-	441.-	331.-	397.-
10 days	516.-	387.-	464.-	473.-	355.-	426.-
11 days	549.-	412.-	494.-	502.-	377.-	452.-
12 days	579.-	434.-	521.-	530.-	398.-	477.-
13 days	607.-	455.-	546.-	556.-	417.-	500.-
Season	1131.-	848.-	1018.-	1131.-	848.-	1018.-
½ Season from 04.02	621.-	466.-	559.-	-	-	-

Champéry, Les Crosets, Champoussin, Morgins ski area (Switzerland)
 100 km of slopes - 35 lifts

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
5 hours	58.-	44.-	52.-	52.-	39.-	47.-
from 11:00	58.-	44.-	52.-	52.-	39.-	47.-
from 13:30	51.-	38.-	46.-	46.-	35.-	41.-
1 day	64.-	48.-	58.-	58.-	44.-	52.-
5 x 1 day	320.-	240.-	290.-	290.-	220.-	260.-
Season	850.-	595.-	765.-	850.-	595.-	765.-
50 pts	54.-	41.-	49.-	-	-	-
100 pts	108.-	82.-	98.-	-	-	-

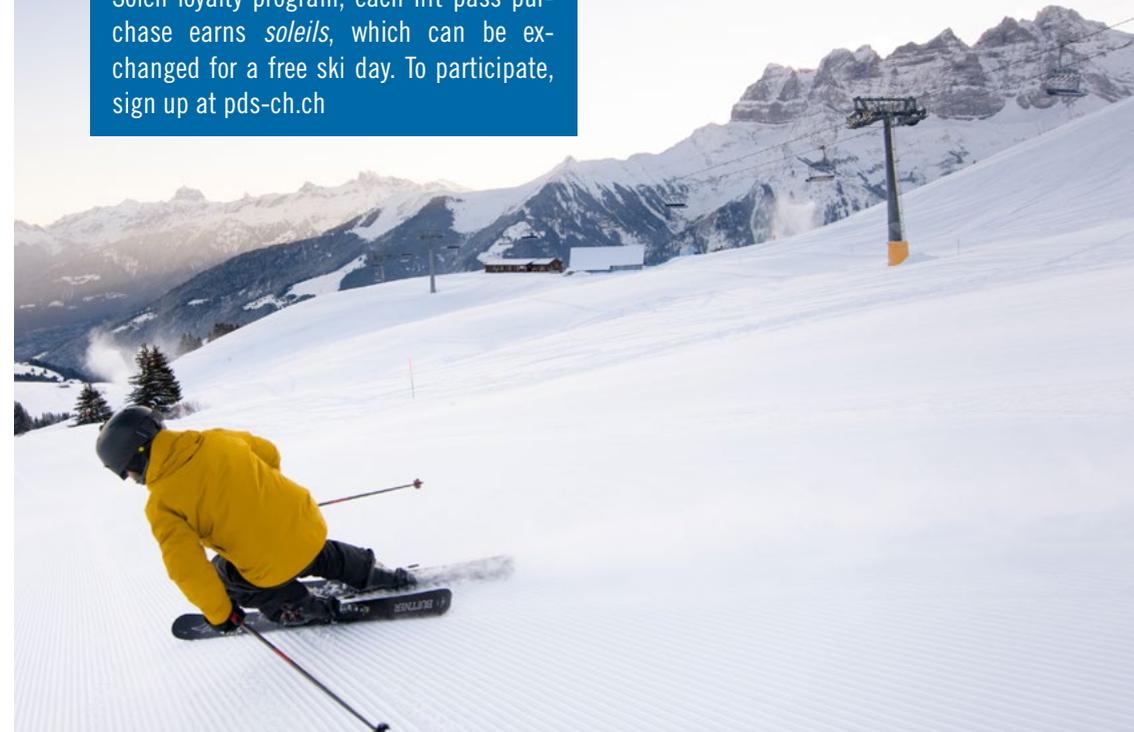
Prices are in CHF and subject to modification. Ticket windows and lift operating hours online at pds-ch.ch.



Save time and get the best prices when you purchase your lift passes online!



Easy, flexible, and free! With the Portes du Soleil loyalty program, each lift pass purchase earns *soleils*, which can be exchanged for a free ski day. To participate, sign up at pds-ch.ch



DURATION

5 hours › valid from the 1st lift passage
 ½ Season › from 04.02.2023
 -15 % › from 01.04.2023

AGE CATEGORIES (proof of ID required)

Adult › 26 - 64 yrs
 Senior › 65 - 74 yrs
 Super senior › 75 + yrs (CHF 24.-/day, CHF 242.-/season)
 Junior › 16 - 25 yrs
 Child › 5 - 15 yrs

Children under 5 must be in possession of a pass issued free of charge at one of our points of sale with adequate documentation.

FAMILIES/ GROUPS (passes for the same duration and with a single payment)

4 or more paying people:
 › Family: -10% at ticket windows only, from 5 hours to 3 days (father, mother, children 5-19 yrs)
 › Group pass: -10%, from 4 consecutive days
 13 or more paying people and only with prior booking 24 hrs in advance (non-cumulative):
 › 13 - 49 people › -10% at the ticket window, from 5 hours to 15 days
 › 50 people or more › -15% at the ticket window, from 5 hours to 15 days

AXESS smart card mandatory › CHF 4.- (non-refundable but reusable) Photo required from 8 days on

5 hours to 15-day passes: if you wish to start from Champéry, Les Crosets, Champoussin, or Morgins, you must purchase your pass in one of the aforementioned resorts or online at skipass-pds-ch.ch. Holders of 5-hour to 15-day passes purchased in France must start from a French resort in the Portes du Soleil.

SPECIAL OFFERS

Flash Sale

1 DAY PORTES DU SOLEIL ONLINE ONLY!

Tuesdays & Thursdays, -30% on Portes du Soleil lift passes!
07.01.2023 - 03.02.2023, 04.03.2023 - 11.03.2023 &
18.03.2023 till the end of the season.

- › Online purchase only from the previous Friday on
- › Offer limited to 100 passes per day and 1 purchase per person
- › Offer valid only on published adult price

Duo Trio Offer

FROM 6 DAYS PORTES DU SOLEIL

- › Simultaneous purchase of 2 adult 6-day (or more) lift passes online: CHF 16.- discount
- › Simultaneous purchase of 3 adult 6-day (or more) lift passes online: CHF 27.- discount
- › Offer valid online only, not available 12-18.03.2023

Ski Pass & Spring Skiing Offers

1 FREE CHILD'S PASS FROM 5 DAYS

Ski pass : 17.12 - 24.12.2022

Spring Skiing : from 01.04.2023 on

- › 1 free child under 12 pass with any purchase of an adult pass in the Portes du Soleil from 5 days.
- › On sale online and at ticket windows.

Train & Ski

HIT THE SLOPES BY TRAIN

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



LIFTS OPEN TO PEDESTRIANS

		ADULT (16 + YRS)			CHILD (5 - 15 YRS)		
		↑	↑↓	Season	↑	↑↓	Season
Champéry	⚡ Champéry*	15.-	22.-	240.-	8.-	11.-	120.-
	⚡ Grand Paradis**	-	22.-	-	-	17.-	-
Les Crosets	⚡ Mossettes	-	18.-	-	-	14.-	-
Champoussin	⚡ Aiguille des Champeys***	11.-	-	170.-	8.-	-	130.-
Morgins	⚡ Foilleuse	13.-	18.-	200.-	10.-	14.-	150.-
	⚡ Corbeau	11.-	16.-	170.-	8.-	12.-	130.-

*Child 6 - 15 yrs

**Circular ticket valid for the Grand Paradis & Planachaux chairlifts and the Champéry cable car

*** For paragliders only



Paraglider Pass: valid on the Champéry - Croix de Culet cable car, the Grand Paradis chairlift and the Planachaux chairlift
CHF 34.- per day (ascents only)

Snow Report



Webcams



OUR FAVOURITE SLOPES

Ripaille - Grand Paradis

📍 **Champéry**

KM 10

🔥 Red slope ●



The longest piste in the Portes du Soleil, Ripaille-Grand Paradis is an enchanting ski run that skims the foothills of the mighty Dents Blanches mountains, spanning an endless variety of landscapes along the way. At the start (1790 m), a charming on-piste restaurant provides the perfect stopping point for a quick pick-me-up or an end-of-day aperitif. The wide, groomed slopes then give way to rolling bumps and a thigh-burning schuss before the run levels out onto a wonderland path through silent, snow-covered forests, all the way to Grand Paradis (1055 m).

Didier Défago

📍 **Morgins**

KM 2

🔥 Black slope ●



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

Sépaya

📍 **Champoussin**

KM 1.5

🔥 Blue slope ●



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

Chavanette

📍 **Champéry | Les Crosets**

KM 1

🔥 Expert (ungroomed slope)



The infamous 'Swiss Wall' ranks among the world's toughest ski slopes. With a 331m drop over the 1-kilometre slope and a dizzying 40° angle, too steep for snow grooming machines, the bumps at the top regularly attain 2 metres in height, the size of a Volkswagen Beetle!

Superpark

📍 **Les Crosets**

🗨 Portes du Soleil Suisse SA

🕒 Open during ski area hours

📄 Adult > 44.-/day
Child > 33.-/day

(Unlimited access to Crosets 8 lift, one cable car return trip, and one trip up the Planachaux lift)

☎ +41 (0)24 479 02 00



Just a few minutes from Les Crosets or the Champéry cable car, the legendary Superpark provides high-flying fun on jumps and jibs, cheeky kickers, and challenging rails for shredders of all ages and abilities.

superpark.ch

Rivella Speed Check

📍 **Champoussin | Morgins**

🗨 Portes du Soleil Suisse SA

🕒 Open during ski area hours

📄 Free with valid lift pass (Bochasses chairlift)

☎ +41 (0)24 479 02 00

Beat the Rivella Speedcheck stopwatch and take home a photo souvenir of your exploit. Don't forget to smile as you cross the finish line!

Avalanche Training Center

📍 **Les Crosets**

🗨 Portes du Soleil Suisse SA

🕒 Open during ski area hours

📄 Unlimited access with valid lift pass

☎ +41 (0)24 479 02 00



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

pds-ch.ch

7 Portes du Soleil Day-Tripping Tours

The ultimate Franco-Suisse experience

Twelve resorts, more than 300 pistes and 600 km of terrain - the Portes du Soleil is so vast it's hard to know where to start! To make the task easier, the Swiss Portes du Soleil lift company and Region Dents du Midi are here to help with seven unmissable one-day tours for the ultimate Franco-Swiss skiing experience.



SKI SCHOOLS

reservations
required

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

esschampéry.ch

Champéry
 Redcarpet Snow Sports School
 +41 (0)79 814 15 75

redcarpet.ch

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

swissrideactivity.ch

Champéry
 Ze Snow School
 +41 (0)24 479 18 74

zesnowschool.com

Champéry
 PDS Snowsport
 +41 (0)41 580 17 39

pdssnowsport.com

Champoussin
 École Suisse de Ski & Snowboard (ESS)
 +41 (0)24 477 29 00

ess-lescrossets-champoussin.ch

Les Crosets
 École Suisse de Ski & Snowboard (ESS)
 +41 (0)24 479 14 01

ess-lescrossets-champoussin.ch

Morgins
 École Suisse de Ski & Snowboard (ESS)
 +41 (0)24 477 29 49

ess-morgins.ch

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

m3s.ch

Val-d'Illicz
 Snow Pros Ski School
 +41 (0)78 624 50 60

snow-pros.ski



Ski equipment rentals:
see p. 121 (sports shops)



LES PORTES DU SOLEIL IN WINTER



SNOWSPORTS

SNOWSHOE HIKING

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

Away from the crowds, yet never alone - as evidenced by delicate tracks crisscrossing the snowy trail, nibbled pinecones here and there and the warm lights of a mountain hut beckoning temptingly in the distance. If you’re quiet and patient, you might be lucky enough to spy a few timid creatures in their winter habitat.

Wherever you go, you’ll always find a warm refuge from your winter wanderings, offering tasty regional specialties or a steaming mug of something smelling delectably of cinnamon and spice, and perhaps even a crackling fire to warm your toes.

OUR FAVOURITE TRAILS

La Lui

📍 Champéry

KM 3

🕒 1h

🔥 Easy

⬆️ 120 m ⬆️ 120 m



This relatively short loop follows the wooded banks of the rushing Saufla River, a tributary of the Vièze, with its source in the Susanfe Valley. This is the perfect place to observe and track some shy forest creatures.

Crettex Borney

📍 Les Crosets

KM 5

🕒 2h15

🔥 Medium

⬆️ 220 m ⬆️ 220 m

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

Ü Yeu Tsalé - Les Bochasses

📍 Champoussin

KM 6 - 7 (depending on the itinerary)

🕒 2h30 - 3h30

🔥 Medium

⬆️ 310 m - 440 m ⬆️ 310 m - 440 m



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

Chemin des Ponts

📍 Morgins

KM 4.5

🕒 2h

🔥 Easy

⬆️ 120 m ⬆️ 120 m

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

Wild Fondue & Raclette

📍 Region Dents du Midi **reservations required**

🗨️ Region Dents du Midi tourist offices

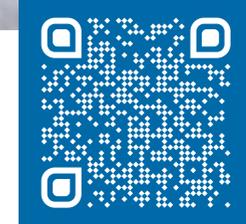
🕒 23.12.2022 - 31.03.2023
Reservations online until 12 pm the day before.

🍷 > 25.- with wine or beer
> 22.- non-alcoholic drinks (min. 2 people)

☎️ +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)

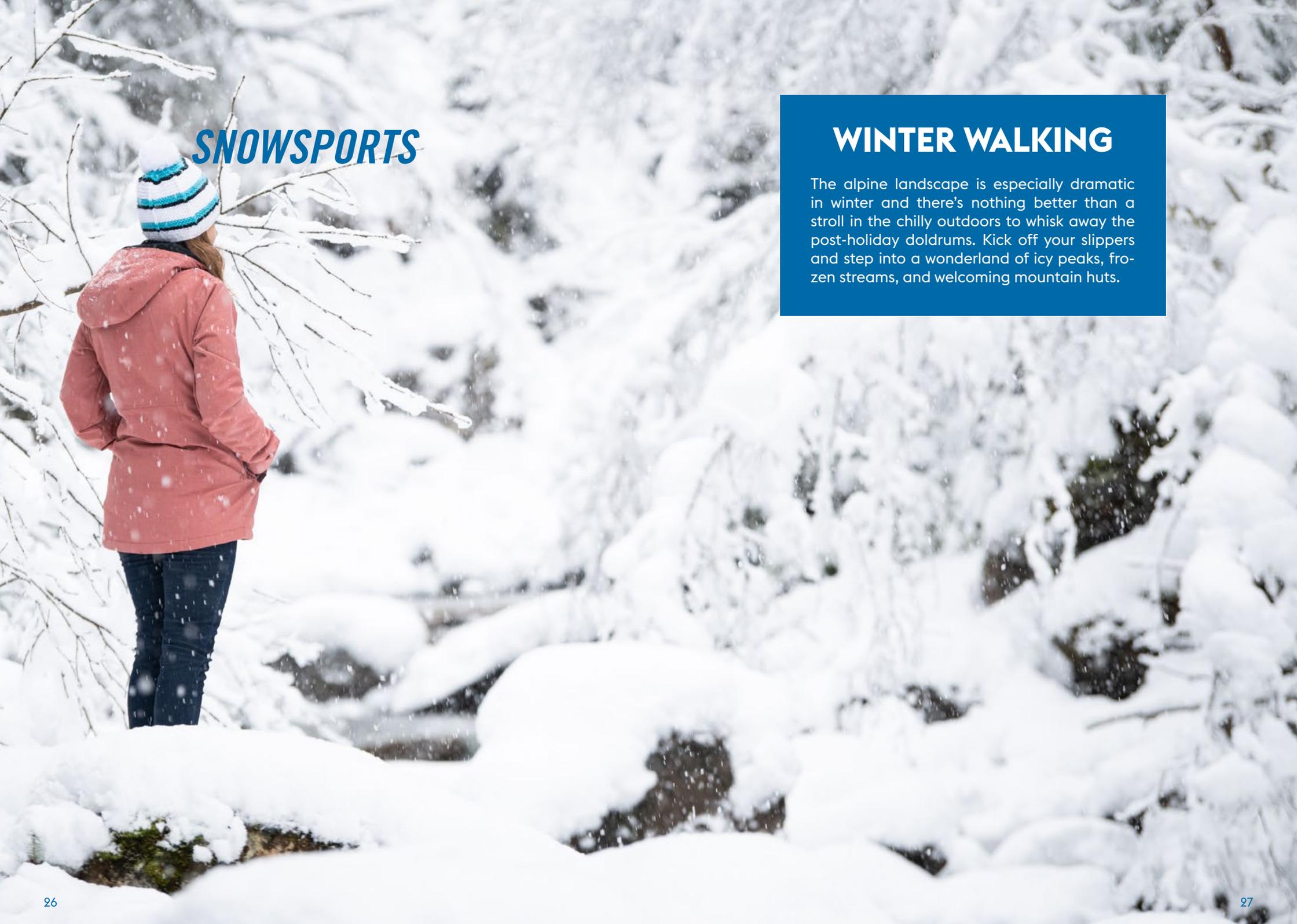
Want to know the best way to eat out in the mountains? Let Region Dents du Midi do the work! Just strap on your snowshoes or click into your rando skis and pick up a ready-made picnic bag with everything you need to enjoy a perfect alpine lunch with a perfect alpine view.

regiondentsdumidi.ch



Hiking trail maps are available for sale at the tourist offices or for consultation on our website at regiondentsdumidi.ch



A person wearing a red jacket and a striped hat stands in a snowy landscape, looking out over a snow-covered area. The scene is filled with snow-covered rocks and branches, creating a serene winter atmosphere.

SNOWSPORTS

WINTER WALKING

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

OUR FAVOURITE TRAILS

Le Chemin des Pousettes

📍 Champéry

KM 3.6

🕒 1h

🔥 Easy

△ 112 m ▽ 112 m

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

Pas de Morgins - Refuge du Corbeau

📍 Morgins

KM 7.8

🕒 2h30

🔥 Medium

△ 280 m ▽ 280 m

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

Chemin de l'Aiguille

📍 Champoussin

KM 7

🕒 2h45

🔥 Medium

△ 260 m ▽ 260 m



This lovely trail offers unparalleled views of the Dents du Midi and the Vaud Alps. The high point at the 'Pas de Croisette' provides panoramic views over the Dents Blanches massif and the Pointe de l'Au.

Cultural Trails

📍 Troistorrents

KM 4.5 - 7 (depending on the itinerary)

🕒 1h30 - 2h30

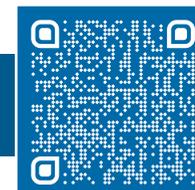
🔥 Easy to Medium

△ 160 m - 500 m ▽ 160 m - 500 m

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



Trail maps are available at the tourist offices or for consultation on our website at regiondentsdumidi.ch





SKI TOURING

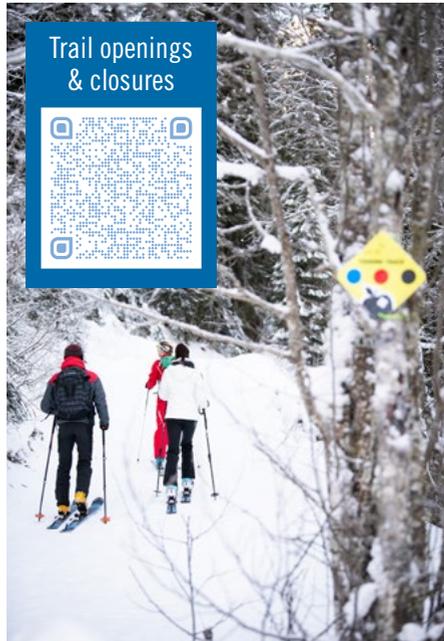
Earn your turns! Ski touring is a demanding sport but the rewards: endless, wide-open spaces and untouched powder, are well worth the effort. Equipped with synthetic 'skins' that stick to the bottom of your skis, you're free to explore up-hill and down, as far as you can ski.

Rando Parc

📍	Morgins
🗨️	Region Dents du Midi tourist offices
🕒	1h30 - 2h30 depending on the trail
🏠	free
🔥	3 blue tracks ● 3 red tracks ● 1 black track ● (alternate routes available on certain trails)
⚠️	530 m - 766 m
☎️	+41 (0)24 477 23 61

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

regiondentsdumidi.ch



MOVEMENT TRACKS CHALLENGE

This winter, Region Dents du Midi invites you to try the MOVEMENT Tracks Challenge on STRAVA! From December 10th, 2022 to January 8th, 2023, you can go head-to-head (virtually) with local athletes like Thibe Deseyn, Kilian Granger, and Yannick Ecoeur on Morgins' Rando Parc's most iconic trail - 'La Jaune'.

How to participate?

1. Install the STRAVA app and join the MOVEMENT SWITZERLAND club.
2. Head for the Rando Parc departure point (Morgins, Place du 6 Août).
3. Activate your GPS, launch STRAVA and start climbing!
4. When you're done, fill in the online form for a chance to win a prize!

movementskis.com/challenge



Region Dents du Midi STRAVA club

Do you love a good challenge? Whether it's on touring skis or road bikes, our regional STRAVA club organises various challenges throughout the year with help from our local professional athletes!



Ski Touring IOI

📍	Morgins
🗨️	Region Dents du Midi tourist offices
🏠	free
☎️	+41 (0)24 477 23 61



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

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

regiondentsdumidi.ch

La Foilleuse Vertical by Night

📍	Morgins
🗨️	Region Dents du Midi tourist offices
🕒	Fridays during the winter season > 17:00 - 21:30
🏠	free
☎️	+41 (0)24 477 23 61



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

The La Ô restaurant stays open late for the occasion, and the climb up is totally safe since the piste is kept free of grooming machines. It's an otherworldly experience, especially on full moon nights. On other nights, be sure to pack a lamp!

regiondentsdumidi.ch

- > Weather and snow conditions in the Alps can change in the blink of an eye. Before you head out, check the weather report and contact our mountain guides for information (avalanche danger, itineraries, etc.)
- > Be realistic about your skill level!
- > Region Dents du Midi and Movement decline all responsibility in case of accident.



Equipment rental: see p. 121 (sports shops)
Mountain guides: see p. 120

SNOWSPORTS

CROSS-COUNTRY SKIING

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

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



NORDIC SKI CENTRES

Grand Paradis Circuit

	Champéry
	Region Dents du Midi tourist offices
	Daily, subject to snow conditions
KM	5 skating 5 classic
	Adult / Child (12 + yrs) > 10.- (day pass)
	+41 (0)24 479 05 50

regiondentsdumidi.ch

Lac de Morgins Circuit

	Morgins
	Region Dents du Midi tourist offices
	Daily, subject to snow conditions
KM	2.6 skating 2.6 classic
	Free for winter 2022-2023
	+41 (0)24 477 23 61

regiondentsdumidi.ch



A 3-km segment of the Grand Paradis ski trail is illuminated nightly until 21:00 - perfect for a moonlight spin after work! (Subject to energy conservation measures.)

Equipment rental: see p. 121 (sports shops)

Cross-country ski passes sold at the Champéry tourist office and Palladium



UNDER COVER

ICE SPORTS

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

SKATING RINKS

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

Indoor Skating Rink (permanent)

Champéry

Palladium de Champéry

Detailed opening hours online

Adult (16 + yrs) > 7.- | Child > 5.-
Skate rental > 5.-

+41 (0)24 479 05 05

palladiumdechampery.ch



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

Outdoor Rink (covered - 250m²)

Morgins

Centre sportif

02.12.2022 - 10.04.2023
> Wednesdays 12:00 - 20:00
> Thursdays & Fridays 15:30 - 20:00
> Saturdays & Sundays 12:00 - 20:00

Except during school holidays:
(24.12.2022 - 08.01.2023 &
04.02.2023 - 05.03.2023)
> Daily 12:00 - 20:00

Rink reserved for hockey 19:00 - 20:00.

Hockey tournaments > Friday nights

Ice Disco > Saturdays 17:00

Private groups with reservations.

Adult / Child > free
Skate rental > 5.-

+41 (0)24 477 19 92

regiondentsdumidi.ch

CURLING

reservations required

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

Curling Workshop

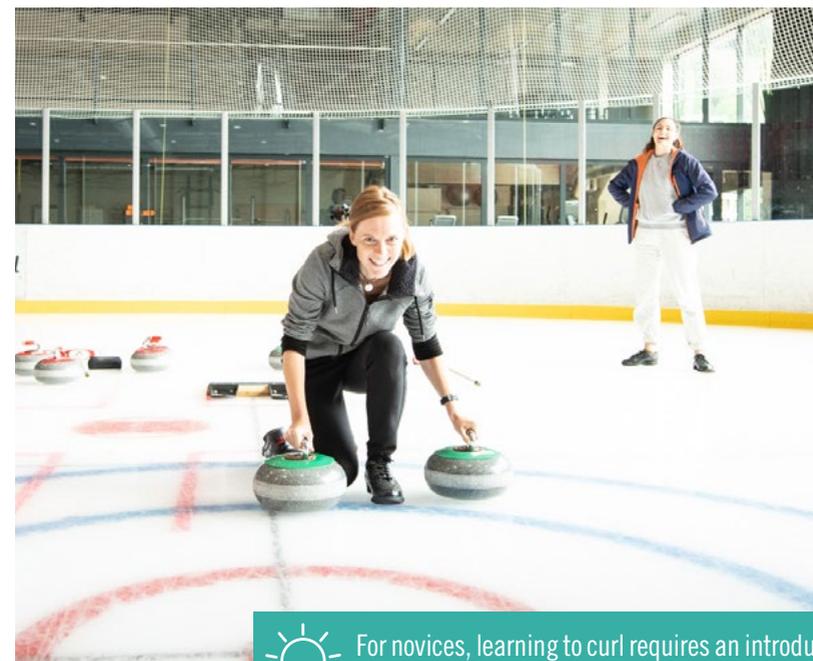
Champéry

Palladium de Champéry

Private lessons or groups up to 5 people >
on request
6 - 50 people > 40.-/pers. for 2h

+41 (0)24 479 05 05

palladiumdechampery.ch



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

UNDER COVER

REST & RELAXATION

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

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

SPAS

reservations required

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

Champéry
Hôtel National Resort & Spa
10:00 - 20:00 (with reservations for adults not staying at the hotel)
Adult (18 + yrs) > 35.-
+41 (0)24 479 11 30

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

lenational.ch

Champéry
Boutique Hôtel Beau-Séjour & Spa
10:00 - 19:00
Adult (16+ yrs accompanied by an adult) > 38.- 10:00 - 14:30 > 28.- (discounted entry)
+41 (0)24 479 58 58

Jacuzzi, hammam, sauna, cold water pool, Kneipp Weg, floatation pool, disinfectant foot baths, tropical shower, Scottish shower, relaxation room, & massages with reservations.

beausejour.ch

Champoussin
Chez Gaby 1670
Daily 09:00 - 20:00
30 min. > 16.- 1h > 25.-
+41 (0)24 477 22 22

Nordic baths (outdoor)

chezgaby1670.ch

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

Sauna, hammam, jacuzzi.

helvetiahotel.ch



Find our masseurs on p. 118-119

Massages

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

FASTING & HIKING CURES

reservations required

Champoussin Val-d'Illiez
Centre Interlude Bien-Être
Dates online
Depending on programme and accommodation chosen
+41 (0)44 586 58 60

Fasting or juice cures combined with hiking, yoga, or Pilates are natural preventive therapies. Under our careful supervision, learn the art and science of fasting for vitality and longevity. Guided by experts in natural medicine and pampered with cosy luxury hotel accommodation ***, you'll have a large heated indoor swimming pool, sauna, hammam, massage room, and fitness room at your disposal.

interludiebenetre.ch

Morgins
Jeûne & Nature
Dates online
On request
+41 (0)76 416 22 08

If you need a change of pace or a rejuvenating cure, Joëlle Rey invites you to try her life-changing Fasting and Nature Retreat. Spend some valuable self-care time cocooning in the snug tranquility of a quaint chalet, surrounded by spectacular nature for a water fast with fresh juice or a green detox. Walks, stretching, gentle yoga, meditation, and outdoor time will keep you occupied, while therapeutic treatments, sound immersion with singing bowls, and free time will help you reset and reconnect with a whole new you.

jeuneravecjoelle.ch

Yoga

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



Find yoga instructors on p. 119



INDOOR POOL

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

-  **Champéry**
-  Palladium de Champéry
-  Opening hours online
-  Adult > 7.- | Child > 5.-
-  +41 (0)24 479 05 05

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

28°C / 30°C Saturday mornings for Baby Swimmers

palladiumdechampery.ch



AQUABIKE & AQUAGYM

reservations
required

-  **Champéry**
-  Palladium de Champéry
-  Aquabike
 - > Tuesdays 18:45 - 19:30
 - > Fridays 10:30 - 11:15
- Aquagym
 - > Mondays & Thursdays 19:00 - 19:45
-  Aquabike
 - > Adult / Child > 25.- per class
- Aquagym
 - > Adult / Child > 17.- per class
-  +41 (0)24 479 05 05



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

palladiumdechampery.ch

CENTRE SPORTIF ET CULTUREL



UNDER COVER

INDOOR ACTIVITIES

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

Climbing Wall

- Champéry**
- Palladium de Champéry
- Opening hours online
- Adult (16 + yrs) > 12.- | Child > 8.- (excluding material)
- +41 (0)24 479 05 05



The climbing wall at the Palladium Sports Centre offers a surface of 260 m², 9.5 metres high and covered with over 1,600 holds. 50 pitches range from an easy 4a to a challenging 8a. 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 reservations at least 72 hours in advance.

palladiumdechampery.ch

Badminton

- Champéry** reservations required
- Palladium de Champéry
- Daily
- 25.-/hour + 5.- equipment rental
- +41 (0)24 479 05 05

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

palladiumdechampery.ch

Escape room

- Champéry** reservations required
- Trapgame Champéry Sàrl
- 09:30 - 00:00 daily
- 2 people > 55.-/pers. 3 people > 50.-/pers. 4 people > 45.-/pers. 5 people > 40.-/pers. 6 people > 35.-/pers. (-7 yrs free)
- +41 (0)24 565 03 24



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

trapgame-champery.ch

Treasure Hunt

- Champéry** reservations required
- Palladium de Champéry
- Daily (please reserve 48 hrs in advance)
- 16 + yrs > 29.- / 19.- Child (7 - 15 yrs) > 20.- / 15.- (with / without the water adventure)
- +41 (0)24 479 05 05

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

palladiumdechampery.ch

Indoor Tennis

- Morgins** reservations required
- Centre sportif
- Daily > 09:00 - 22:00
- 36.- /hour
- +41 (0)24 477 19 92

Don't let winter keep you off the court! Our 2 synthetic indoor tennis courts are open year-round so you can channel your inner Roger even when the weather's at its worst!

morgins-loisirs.ch



FITNESS

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

- Champéry**
- Palladium de Champéry
- Opening hours online
- 15.- (16+ yrs)
- +41 (0)24 479 05 05

palladiumdechampery.ch

- Morgins** reservations required
- Oxygen Morgins
- Mondays - Saturdays > 08:00 - 20:00
- Prices online (depending on the chosen service)
- +41 (0)79 261 23 31

Pilates, BodyTonic, CardioBoxing, Nordic Walking, TRX, Postural Gym, Stretching, BodyShine classes. Indoor or outdoor personalised workouts.

oxygenmorgins.ch

GYMNASIUMS

reservations
required

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

Champéry

Palladium de Champéry

70.- /hour

+41 (0)24 479 05 05

palladiumdechampery.ch

Morgins

Region Dents du Midi tourist offices

On request

+41 (0)24 477 23 61

troistorrents.ch

Troistorrents

Administration communale de Troistorrents

On request

+41 (0)24 476 80 10

troistorrents.ch

Val-d'Illicz

Administration communale de Val-d'Illicz

On request

+41 (0)24 476 87 87

illiez.ch



V O L V O



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En savoir plus maillard-monthey.ch

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Routes des llettes 3

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www.maillard-monthey.ch

***COME ONE,
COME ALL***

EXPECT THE UNEXPECTED

Looking for the perfect 'quality time' family activity, an unforgettably romantic tête-à-tête, or a fun-for-everyone day with your pals? We've got something extraordinary in store for you!

HANGING OUT WITH HUSKIES

reservations required

Husky Hiking

- 📍 **Champéry | Morgins**
- 🗨️ Alpes'Huskies
- 🕒 Opening hours and reservations on our website
- 🍽️ > Discovery Tour (1h):
Adult >80.- | Child (10 - 14 yrs) > 30.-
- > Fondue Tour (2-3h):
Adult >120.- | Child (10 - 14 yrs) > 50.-
(Includes a welcome drink of mulled wine followed by fondue and hot tea.)
- ☎️ +41 (0)78 664 61 61

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

huskies.agenda.ch

Dog Sledding

- 📍 **Champéry**
- 🗨️ Alpes'Huskies
- 🕒 Opening hours and reservations on our website
- 🍽️ > Discovery Sled Ride (30 min): package 2 adults + 2 children (2 - 12 yrs) > 250.-
- > Mushing Experience (1h): package 2 adults + 2 children (2 - 12 yrs) > 350.-
- > Sled Driving initiation (1h):
min 2 people (8+ yrs) > 150.-/pers.
4+ people > 80.-/pers.
- > Sled Driving level 2 (30 min.):
Adult (16+ yrs) > 120.-
4+ people > 60.-/pers.
- > RomantiK Tour (1h30):
package 2 adults > 490.-
- > Baby Park (2h):
child (3 - 7 yrs) > 60.-
- ☎️ +41 (0)78 664 61 61

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

huskies.agenda.ch



SKI JOËRING

reservations required

- 📍 **Morgins**
- 🗨️ Ranch de Morgins
- 🕒 On request
- 🍽️ 80.-
- ☎️ +41 (0)79 606 10 16

Originating in ancient Norway, this is a fun sport in which guests of all ages are towed on skis or on sledges behind horses. A helmet is required for this activity.

ranch-morgins.ch



BEAUTIFUL BIRDS OF PREY AVIARY VISIT

reservations required

- 📍 **Morgins**
- 🗨️ La Petite Volerie
- 🕒 > May - February > Tuesdays, Thursdays, & weekends - only with reservations
An all-weather activity
- > Duration > 45 min.
- 🍽️ 2 - 10 people > 15.- / person
-4 yrs > free
- ☎️ +41 (0)79 761 08 88

Visit the 'Little Aviary' for a rare and unforgettable birding experience. After your tour, you'll get to meet one of our beautiful Harris hawks or even a Great grey owl. This is an indoor activity, so you will not observe the birds in flight, but rather up close and personal, perched on the falconer's gloved arm.

regiondentsdumidi.ch



Region Dents du Midi Explor Games®

- 📍 **Morgins**
- 🗨️ Region Dents du Midi tourist offices
- 🕒 Walking version (summer & winter): 1 easy itinerary
- 📱 Download the free RDDM Explor Games® App
 > 15.- per map (for 1-5 players)
- ☎️ +41 (0)24 477 23 61



Hit the trails, climb the mountains, and elude the traps! Guided by a mobile application, this outdoor adventure game criss-crosses the region and transports you into a world full of intrigue and adventure. Part orienteering course and part outdoor escape game, this is an unforgettable experience to share with family or friends.

regiondentsdumidi.ch

'La malédiction de l'Eau Rouge'

reservations required

- 📍 **Morgins**
- 🗨️ Region Dents du Midi tourist offices
- 🕒 Dates & times online (closed in winter till snow melts)
- 📱 Minimum 4 participants
 > 4-10 people: 30.- / person
 > 11-30 people: 25.- / person
 Free for -12 yrs
- ☎️ +41 (0)24 477 23 61

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

regiondentsdumidi.ch

Déval'kart

reservations required

- 📍 **Morgins**
- 🗨️ Joël Rey-Mermet
- 🕒 From 17:00 on
- 📱 > 4 - 5 karts : 30 min. > 120.- | 1h > 200.-
 > 10 karts : 30 min. > 200.- | 1h > 350.-
 > 15 karts : 1h > 450.-
 Minimum height 1.35 m
- ☎️ +41 (0)79 224 73 19

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

regiondentsdumidi.ch

Bubble Football

reservations required

- 📍 **Champéry**
- 🗨️ Ludo Gfeller
- 🕒 On request
- 📱 On request
- ☎️ +41 (0)79 516 60 79

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

regiondentsdumidi.ch

Trout Fishing

reservations required

- 📍 **Champéry**
- 🗨️ Chalet Rosalie (pond fishing)
- 🕒 On request
- 📱 > 24.-/kg of trout
 > Fishing pole rental (bait and fish cleaning included):
 1 pole > 5.- | 3 poles > 10.-
 > Daily fishing permit:
 2.- / family or group
- ☎️ +41 (0)79 577 87 54

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

chalet-rosalie.ch

Orienteering

- 📍 **Region Dents du Midi**
- 🗨️ Region Dents du Midi tourist offices
- 🕒 The itineraries in Champéry, Val-d'Illeiez, and Troistorrents are open in winter. Please note that the Les Crosets and Champoussin tours will be closed for the season.
- 📱 Download the free FixFinder App
 > 10.- orienteering map
 > 50.- set of 6 orienteering maps
- ☎️ +41 (0)24 479 05 50 (Champéry)
 +41 (0)24 477 23 61 (Morgins)

Head out for adventure on one of our 6 orienteering courses. Using a mobile application, you'll scan different QR Codes to check off positions and validate your times. This is an excellent challenge for your map-reading skills but, above all, it's a fun experience to share with family or friends!

regiondentsdumidi.ch

Paintball

reservations required

- 📍 **Les Crosets**
- 🗨️ Le Marchéon
- 🕒 On request
- 📱 Adult / Child > 35.- per person with 200 paintballs (100 extra paintballs > 15.-)
- ☎️ +41 (0)24 479 22 40

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

lemarcheuson.ch

*COME ONE,
COME ALL*

YOUR FILL OF THRILLS

The Alps are an amusement park engineered by Mother Nature herself. Leisure activities are legion in Region Dents du Midi, where craggy peaks and rushing rivers replace roller coasters and water slides. Out here, the great outdoors is truly great!



PARAGLIDING

reservations required

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

📍	Region Dents du Midi Depending on weather conditions
💬	École Fly Away Sport & Loisirs
🕒	On request
🍽️	Tandem flight: from 80.- to 180.- depending on distance flown Initiation: 160.-/day material included Training – Advanced training – Wing rental
☎️	+41 (0)79 435 26 17

parafly.ch

📍	Region Dents du Midi Depending on weather conditions
💬	Basile Marclay
🕒	On request
🍽️	Tandem flight: from 100.- to 140.- depending on distance flown
☎️	+41 (0)79 638 24 31

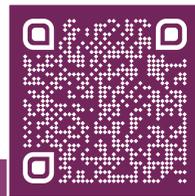
regiondentsdumidi.ch

📍	Region Dents du Midi Depending on weather conditions
💬	Albert Caillet-Bois
🕒	On request
🍽️	Tandem flight: from 120.- to 180.- depending on distance flown
☎️	+41 (0)79 452 05 19

acbfly.com

📍	Region Dents du Midi Depending on weather conditions
💬	Val d'Illi'Air - Gaëtan Avanthay
🕒	On request
🍽️	Tandem flight: from 120.- to 200.- depending on distance flown Training : price on request
☎️	+41 (0)79 431 26 61

valdilliair.com



Gourmet Paragliding Initiation

This unforgettable introduction to paragliding is a feast for all your senses!

You'll start with a bird's-eye view of the region on a tandem paragliding flight with Basile Marclay, one of our athlete ambassadors - and an expert paraglider who flies under a magnificent RDDM logo sail. After landing, you'll ride back up the lifts for lunch with a view at the Croix de Culet restaurant.

Go With a Guide

reservations required

📍	Region Dents du Midi
💬	Montagne Expérience
🕒	On request
☎️	+41 (0)79 637 70 37

A mountain guide is the key that unlocks the austere and unforgiving high alpine environment. Alternately one step ahead of you or right by your side, pushing you to go farther or encouraging you in moments of fatigue, the relationship between guide and client is a special and unique one, a bond forged of shared experience and the knowledge that each is responsible for the life and safety of the other. From their base camp right here at the foot of the Dents du Midi, our guides lead summit hikes or heliskiing trips as well as ice climbing, mountaineering or ski touring excursions, both close to home or world-wide.

guides-champery.ch



TREETOP ADVENTURE COURSE

reservations required

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

📍	Champéry
💬	Organic Adventure Park
🕒	On request (for groups of 10+ people)
🍽️	> 16 + yrs > 36.- > 11 - 15 yrs > 26.- > 6 - 10 yrs* (1m10+) > 21.- > 3 - 5 yrs* > 16.- *must be accompanied by 1 adult, max 2 children per adult
☎️	+41 (0)79 757 56 28

organicadventurepark.ch

📍	Champoussin
💬	Parc Aventure Point Sud
🕒	Subject to weather conditions, on request
🍽️	> 18+ yrs : 34.- > 14 - 17 yrs : 24.- > 8 - 13 yrs : 18.- > 4 - 7 yrs : 12.-
☎️	+41 (0)79 928 25 63

point-sud.ch

***COME ONE,
COME ALL***

HORSING AROUND

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

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



HORSEBACK RIDING

reservations required

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

📍	Champéry
🗨️	Centre équestre de Champéry
🕒	Subject to weather conditions
🍽️	Adult > 45.- /hour Child (-14 yrs) > 40.- /hour
☎️	+41 (0)79 429 60 20

regiondentsdumidi.ch

📍	Morgins
🗨️	Ranch de Morgins
🕒	Subject to weather conditions
🍽️	50 min. > 45.- 2h > 80.- 3h > 120.-
☎️	+41 (0)79 608 10 16

ranch-morgins.ch

SLEIGH RIDES

reservations required

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

📍	Champéry Champoussin Les Crosets
🗨️	Irénée Caillet-Bois
🕒	Subject to snow conditions
🍽️	On request
☎️	+41 (0)79 673 54 14

regiondentsdumidi.ch

📍	Morgins
🗨️	Ranch de Morgins
🕒	Subject to snow conditions
🍽️	Fixed-price for 4 people > 120.- one-way 160.- return
☎️	+41 (0)79 608 10 16

ranch-morgins.ch

CARRIAGE RIDES

reservations required

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

📍	Champéry
🗨️	Centre équestre de Champéry
🕒	Subject to snow conditions
🍽️	On request
☎️	+41 (0)79 429 60 20

regiondentsdumidi.ch

📍	Champéry Champoussin Les Crosets
🗨️	Irénée Caillet-Bois
🕒	Subject to snow conditions
🍽️	On request
☎️	+41 (0)79 673 54 14

regiondentsdumidi.ch

PONY RIDES

reservations required

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

📍	Champéry
🗨️	Centre équestre de Champéry
🕒	Subject to weather conditions
🍽️	Accompanied by parents : > 20 min > 15.- > 40 min > 30.- Accompanied by the Centre : > 20 min > 20.- > 40 min > 40.-

☎️ +41 (0)79 429 60 20



regiondentsdumidi.ch

📍	Morgins
🗨️	Ranch de Morgins
🕒	Subject to weather conditions
🍽️	Accompanied by the 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

LIFE IN THE STABLES

reservations required

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

📍	Champéry
🗨️	Centre équestre de Champéry
🕒	09:00 - 12:00 14:00 - 17:00
🍽️	For 1h : > 1 - 2 children > 30.-/child > 3 - 5 children > 22.-/child

☎️ +41 (0)79 429 60 20

regiondentsdumidi.ch

📍	Morgins
🗨️	Ranch de Morgins
🕒	Year-round for groups of 10+ children (activity: 2h)
🍽️	> 2 children per horse or pony > 30.-/child > 3 children per horse or pony > 25.-/child

☎️ +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. Choose among kids clubs, aquatic activities, ponies, and playgrounds; there's no shortage of activities to keep your little ones as busy as beavers!

KIDS CLUBS

reservations
required

A Kids Club is a safe, child-friendly space, where little skiers can learn the rudiments of skiing on a gentle slope. Children gain skill and confidence, adopting the right reflexes from an early age while using their imaginations, so that learning feels like play and comes just as naturally.

📍	Champéry
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	> ½ day 09:30 - 12:30 or 13:30 - 16:30 > day 09:30 - 16:30
💰	> ½ day > 70.- > 5x ½ days (consecutive) > 280.- > 5x ½ days (non-consecutive) > 300.- > 1 day with lunch > 140.-
☎️	+41 (0)24 479 16 15

esschampéry.ch

📍	Champoussin
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	Sundays - Fridays > 13:00 - 15:00
💰	> ½ day > 60.- > 6x ½ days > 230.-
☎️	+41 (0)24 477 29 00

ess-lescrossets-champoussin.ch



📍	Les Crosets
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	Sundays > 13:10 - 15:10 Mondays - Fridays > 09:30 - 11:30
💰	> ½ day > 60.- > 6x ½ days > 230.-
☎️	+41 (0)24 479 14 01

ess-lescrossets-champoussin.ch

📍	Morgins
🗨️	École Suisse de Ski & Snowboard (ESS)
🕒	Sundays - Fridays > 10:00 - 12:00
💰	6x ½ days > 220.-
☎️	+41 (0)24 477 29 49

ess-morgins.ch

📍	Morgins
🗨️	M3S École de Ski Internationale (ESI)
🕒	Daily (weekends & school holidays) > 09:45 - 12:00
💰	> ½ day > 45.- > 6x ½ days (Sundays - Fridays) > 240.-
☎️	+41 (0)24 477 77 17

m3s.ch

OUTDOOR ACTIVITIES

Sledging Hills

📍	Champéry Morgins
🗨️	Region Dents du Midi tourist offices
🕒	depending on snow conditions
💰	Free
☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins)

Nothing says winter like a day out sledging! Whether you're on a vintage Davos sledge, a flying saucer, or an inflatable pool toy, you can join in the fun near the Géant piste in Morgins or in Grand Paradis in Champéry (ungroomed slope).

regiondentsdumidi.ch

Playgrounds

📍	Champéry Troistorrents Val-d'Illicz
🗨️	Region Dents du Midi tourist offices
💰	Free
☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins)

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

regiondentsdumidi.ch

INDOOR ACTIVITIES

Fun Park

📍	Champéry Morgins Val-d'Illicz
🗨️	Region Dents du Midi tourist offices
🕒	13:00 - 18:00 > Morgins (Salle de la Jeur) 24.12.2022 - 30.12.2022 (except 25.12) > Val-d'Illicz (gymnasium) 31.12.2022 - 07.01.2023 > Champéry (Palladium) 18.02.2023 - 26.02.2023
💰	Free (children must be supervised by parents)
☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins)



Region Dents du Midi's ephemeral Fun Park is back, with games, bouncy castles and more! It might just be the best part of your winter holidays...

regiondentsdumidi.ch

AQUATIC ACTIVITIES

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

Baby Swimmers

reservations required

-  **Champéry**
-  Palladium de Champéry
-  > Saturday mornings
> Time slots by age group
-  > Entry includes 1 child + 1 parent
> Trimester (12 sessions) > 200.-
-  +41 (0)24 479 05 05

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

palladiumdechampery.ch

Swimming Lessons

reservations required

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



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

palladiumdechampery.ch

Aquatic Obstacle Course

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

The pool becomes a play area where children of all ages can gather for some good, clean fun!

palladiumdechampery.ch

Private lessons (30 min.)		
1 lesson	5 lessons	11 lessons
33.-	155.-	330.-

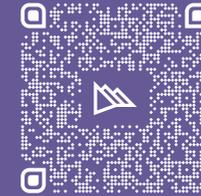
Group lessons		
8 lessons semi-private 30 min.	8 lessons small groups 30 min.	week-long course during school holidays
165.- / child	140.- / child	260.- / child
During school holidays Mondays - Fridays 17:00 - 18:00 (times on request outside of school holidays)		

BABYSITTERS

reservations required

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

Babysitters



A photograph of a charcuterie board on a wooden cutting board. The board is filled with various cured meats, including slices of salami, prosciutto, and speck, along with several slices of yellow cheese. In the background, a woven basket contains a loaf of bread and a white cloth. The lighting is warm and focused on the food.

OUR ROOTS RUN DEEP

KNOW-HOW

History has left us with a rich and multi-faceted heritage, from traditional lore passed down through generations to rural customs upheld since time immemorial. Despite the inroads of tourism and thanks to the hardy folk of the Val d'Illeiz who proudly maintain a centuries-old savoir-faire, visitors to Region Dents du Midi today can experience our terroir in a multitude of different ways. Get a taste of our craftsmanship or revisit the days of yore – help out on a farm, watch a demonstration at the bell foundry, visit an ancient bread oven or stop for a pint at a state-of-the-art craft brewery.

Traditional Bell Foundry

- 📍 **Champéry** reservations required
- 🗨️ Hugues Perrin
- 🕒 On request
- 🍽️ Adult > 10.- | Child > free
- ☎️ +41 (0)79 435 92 39



Established in 1870 by Isaac Perrin, then passed to his son, Jean-Denis Perrin, and his grandson Hugues afterwards, this bastion of artistry in Champéry represents one of the last traditional foundries in Switzerland.

fonderiechampery.wixsite.com/perrin

Carillon Concert

- 📍 **Morgins** reservations required
- 🗨️ François Donnet
- 🕒 Mondays - Saturdays
- ☎️ +41 (0)79 310 95 61

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

regiondentsdumidi.ch

Watchmaking Workshop

- 📍 **Champéry** reservations required
- 🗨️ Hors du Temps
- 🕒 Year-round with reservations
- 🍽️ > 350.- ½ day
> 500.- ½ day (watch movement to take home)
> starting at 1,300.- (includes : coffee & croissants, lunch in a local restaurant, and the watch movement, casing and bracelet of your choice to take home)
- ☎️ +41 (0)24 479 10 63

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.

boutiquehorsdutemps.ch



All year round, the Carillon plays melodies at 09:55, 11:05, 11:55, 12:05, 13:05, 16:05, 17:05

LIFE ON A FARM

reservations required

- 📍 **Champéry**
- 🗨️ Region Dents du Midi tourist offices
- 🕒 Mondays - Fridays > from 16:00 (reservations online at rddm.ch)
- 🍽️ 10.- (4+ yrs)
- ☎️ +41 (0)24 479 05 50

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

regiondentsdumidi.ch



7Peaks Craft Brewery in Morgins

Swing by this great local brewery and take a virtual tour of the region by sampling one of the 7 delicious beers named for the 7 iconic peaks of the Dents du Midi range.

Our Terroir

From blue ribbons to gold medals and the highly prized Protected Designation of Origin label, our region boasts a panoply of specialities that have been recognized for their exceptional quality or authenticity. To make sense of it all, in 2018 we created a label called 'Saveurs Dents du Midi' which certifies the typicity and quality of our products.



SOCIÉTÉ D'AGRICULTURE DE LA VALLÉE D'ILLIEZ (SAVI)

La Cavagne

Troistorrents

+41 (0)24 477 35 40



In an effort to centralise and streamline the labour-intensive cheese ripening process, and to create a better farm to market sales platform for producers, the Cavagne shop in Troistorrents recently completed a new building project. This state-of-the-art cellar can hold 18,000 raclette cheeses, carefully watched over by an automated system. The extension also includes a reception area for meetings, food tastings and other events to promote local produce.

lacavagne.ch



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



Le Goût sincère



OUR ROOTS RUN DEEP

HISTORY & TRADITION

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

Guided Tours

- 📍 **Champéry** reservations required
- 🗨️ Fondation du Patrimoine Champérolain
- 📄 100.- (min. 6 people - max. 20 people)
- ☎️ +41 (0)79 221 71 38



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

regiondentsdumidi.ch

Vieux Greniers Museum

- 📍 **Val-d'Illicz** reservations required
- 🗨️ Fondation du Patrimoine de Val-d'Illicz
- 🕒 On request
- 📄 Free
- ☎️ +41 (0)79 878 61 24

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

regiondentsdumidi.ch

Val d'Illicz Vernacular

- 📍 **Val-d'Illicz** reservations required
- 🗨️ Fondation du Patrimoine de Val-d'Illicz
- 🕒 Every 2nd Thursday of the month from 17:00 on (subject to modification)
- 📄 Free
- ☎️ +41 (0)78 885 83 05

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

regiondentsdumidi.ch

COMMUNAL BREAD OVENS

reservations required

Propéraz Bread Oven

- 📍 **Troistorrents**
- 🗨️ Association du Four à Pain de Propéraz
- 🕒 Baking dates online at properaz.ch (or on request)
- ☎️ +41 (0)79 454 58 90



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

properaz.ch

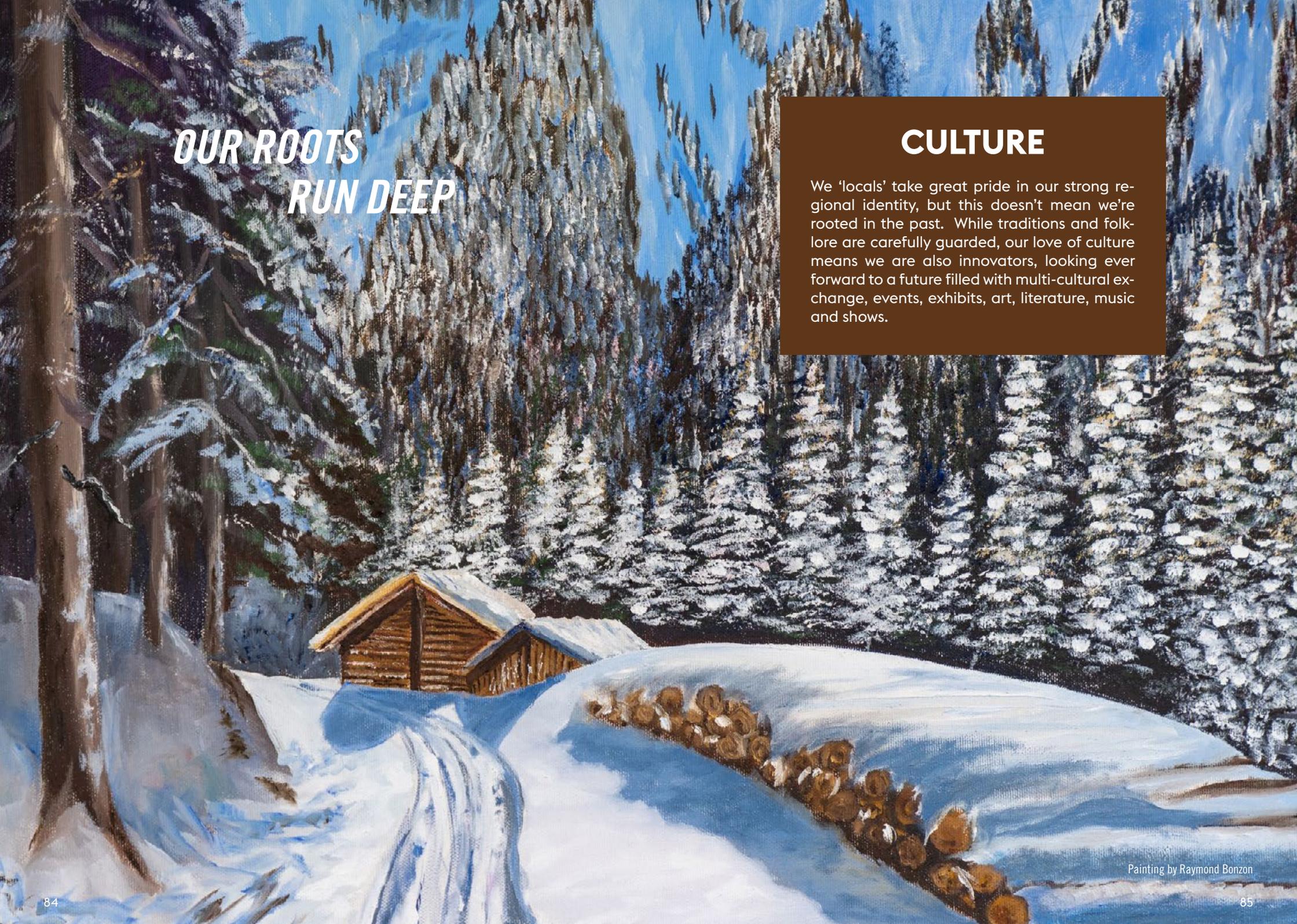
Collaire Bread Oven

- 📍 **Troistorrents**
- 🗨️ Association de Sauvegarde du Four à Pain de Collaire
- 🕒 Baking dates online at asfpc.ch
- ☎️ +41 (0)79 316 41 61

The Collaire bread oven was likely built around 1435. This is where the bread was baked for the Troistorrents church congregation, especially during the feast of the Pentecost. Now that the oven has been renovated, the association looks forward to continuing the tradition of sharing fresh-baked bread with the community!

asfpc.ch



A detailed oil painting of a winter mountain scene. In the foreground, a large stack of cut logs is piled on a snow-covered slope. To the left, a log cabin with a snow-laden roof sits on a gentle slope. The background is dominated by a dense forest of tall, snow-covered evergreen trees under a clear blue sky. The overall style is realistic with visible brushstrokes and a rich color palette of blues, whites, and browns.

OUR ROOTS RUN DEEP

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 multi-cultural exchange, events, exhibits, art, literature, music and shows.

Painting by Raymond Bonzon

Open-Air Museum

- 📍 **Champéry**
- 🗨️ Region Dents du Midi tourist offices
- 🕒 Daily
- 📄 Free access
- ☎️ +41 (0)24 479 05 50



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

LIBRARIES

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

- 📍 **Champéry**
- 🗨️ Bibliothèque de Champéry
- 🕒 > Fridays > 09:30 - 11:30
> Wednesdays & Saturdays > 15:30 - 17:30
- 📄 10.- one-time contribution
50.- security deposit per book for occasional check-outs
- ☎️ +41 (0)24 479 10 18

admin-champery.ch

- 📍 **Val-d'Illeiez**
- 🗨️ La Truffe Savante
- 🕒 > Tuesdays > 15:00 - 17:00
> Wednesdays > 09:00 - 11:00
> Fridays > 17:00 - 19:00
During school holidays
(except official religious or bank holidays)
> Wednesdays > 09:00 - 11:00
> Fridays > 17:00 - 19:00
- 📄 10.- one-time contribution
50.- security deposit per book for occasional check-outs
- ☎️ +41 (0)24 476 87 61

illiez.ch

- 📍 **Troistorrents**
- 🗨️ Bibliothèque de Troistorrents
- 🕒 > Tuesdays > 09:00 - 11:30 | 16:00 - 17:30
> Wednesdays > 14:00 - 17:30
> Thursdays > 16:00 - 19:00
> Fridays > 16:00 - 17:30
During school holidays
(except official religious or bank holidays)
> Tuesdays > 09:00 - 11:30
> Thursdays > 16:00 - 19:00
- 📄 10.- one-time contribution
50.- security deposit per book for occasional check-outs
- ☎️ +41 (0)24 477 47 50

troistorrents.ch

ART GALLERIES

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

Espace Raiffeisen

- 📍 **Champéry**
- 🗨️ Region Dents du Midi tourist offices
- ☎️ +41 (0)24 479 05 50

regiondentsdumidi.ch

Vieux Greniers

- 📍 **Val-d'Illeiez**
- 🗨️ Association du Patrimoine de Val-d'Illeiez
- ☎️ +41 (0)79 878 61 24

regiondentsdumidi.ch

La Treille

- 📍 **Troistorrents**
- 🗨️ Commune de Troistorrents
- ☎️ +41 (0)24 476 80 10

troistorrents.ch

Galerie de la Tine

- 📍 **Troistorrents**
- 🗨️ Gérald Lange
- ☎️ +41 (0)79 621 43 72

latine-galerie.com



OUR ROOTS RUN DEEP

SACRED STRUCTURES

Winter is a great time to visit our churches and chapels, for the soothing glow of light through stained glass and the warmth of spiritual energy. Once inside, let yourself be captivated by the artistry of the holy places that play an integral part of life in this region - where every detail is symbolic and redolent with our past.



CHURCHES, CHAPELS & CARILLONS

Champéry Bell Tower

- 📍 Champéry
- 🗨️ Paroisse de Champéry
- 🕒 Open to the public (exterior)
- ☎️ +41 (0)24 477 11 13



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

paroisses-illiez.ch

Saint Maurice Church

- 📍 Val-d'Illiez
- 🗨️ Paroisse de Val-d'Illiez
- 🕒 Open to the public
- ☎️ +41 (0)24 477 11 13



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

paroisses-illiez.ch

Champoussin Chapel

- 📍 Champoussin
- 🗨️ Patrick Claret
- 🕒 Open to the public
- ☎️ +41 (0)76 522 42 73



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

Carillon Pour la Paix

- 📍 Morgins
- 🗨️ François Donnet
- 🕒 Open to the public
- ☎️ +41 (0)79 310 95 61



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

regiondentsdumidi.ch

Notre Dame de l'Assomption Church

- 📍 Morgins
- 🗨️ Paroisse de Troistorrents-Morgins
- 🕒 Open to the public
- ☎️ +41 (0)24 477 11 13



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

paroisses-illiez.ch

Saint Marie-Madeleine Church

- 📍 Troistorrents
- 🗨️ Paroisse de Troistorrents-Morgins
- 🕒 Open to the public
- ☎️ +41 (0)24 477 11 13



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

paroisses-illiez.ch

SOUND & LIGHT

Saint Théodule Church

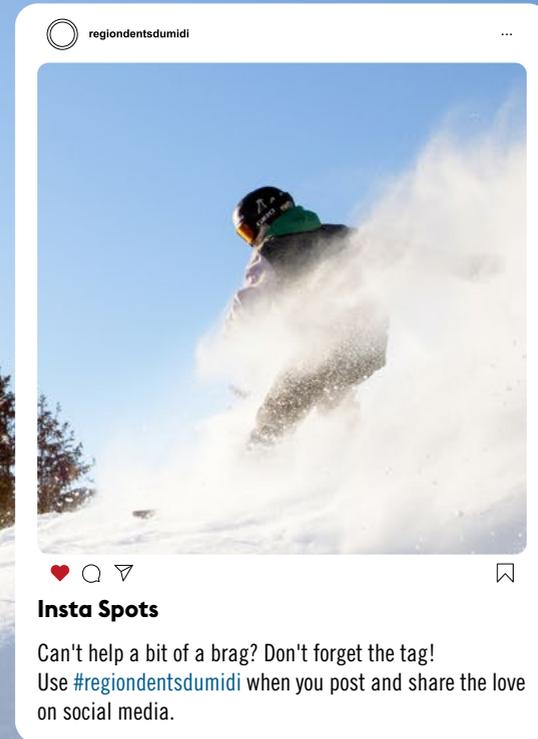
- 📍 Champéry
- 🗨️ Paroisse de Champéry
- 🕒 Open to the public (except services)
- 🍷 Free
- ☎️ +41 (0)24 477 11 13

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

paroisses-illiez.ch



BE IN THE KNOW





Grand Combin
4314 m

Dent du Salentin
2482 m

Mont Velan
3731 m

Dent de Valère
2267 m

Tête de Chalin
2595 m

La Cime de l'Est
3178 m

La Forteresse
3164 m

La Cathédrale
3160 m

L'Éperon
3114 m

La Dent Jaune
3186 m

Les Doigts
3210 m

La Haute Cime
3257 m

LES DENTS DU MIDI

Dent de la Chaux
2767 m

Tour Salière
3220 m

Dent de Rossétan
2616 m

Grand Ruan
3057 m

Petit Ruan
2847 m

Mur des Rosses
2932 m

Pointe des Rosses
2965 m

Pic de Tenneverge
2985 m

Mont Blanc du Tacul
4248 m

Mont Maudit
4465 m

Mont Blanc
4807 m

Dent de Bonaveau
2503 m

Dôme du Goûter
4304 m

Tête à Vincent
2448 m

Dent du Sageroux
2675 m

Col de Comba Mornay
2375 m

Dent de Barne
2759 m

Corne à Tournier
2738 m

Fenêtre Dents Blanches
2602 m

Dent des Sex Vernays
2662 m

Col du Trou
2633 m

Pointe Bourdillon
2713 m

Dent du Signal
2727 m

Dent Occidentale
2709 m

Corne du Chamais
2599 m

GETTING HERE

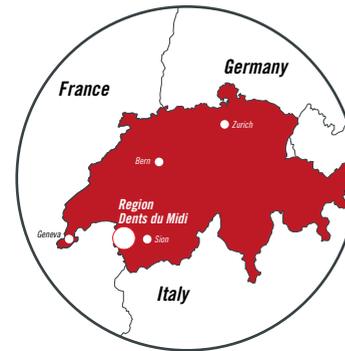
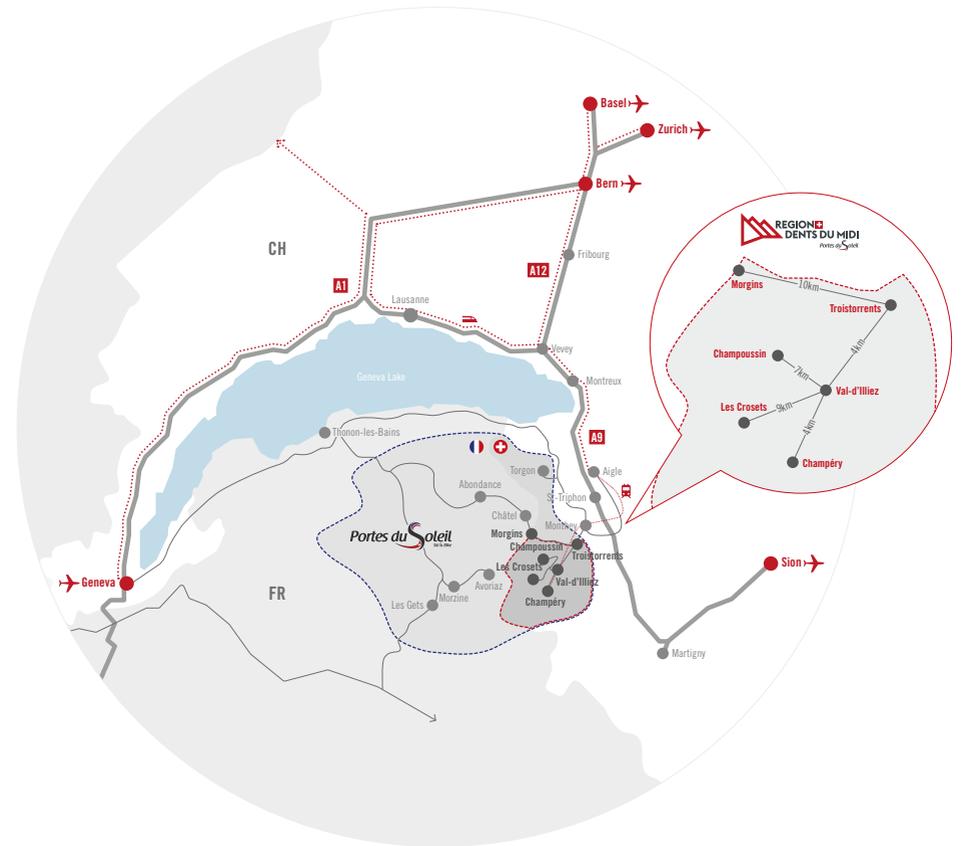
JUST A HOP AND A SKIP TO REGION DENTS DU MIDI...

By Car

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

By Train

The emblematic Swiss Federal Railways (CFF/ SBB) provide fast, efficient connections from Geneva and Sion airports and major European cities via Lausanne or Brigue to the nearby town of Aigle. From Aigle, transfer to the AOMC cogwheel train (Aigle – Ollon – Monthey – Champéry) for a scenic trip from the Canton of Vaud over the Rhone River and into the Canton of Valais. Just past the town of Monthey, the cogwheel slides into gear and you begin the winding climb up into the Val d'Illeiez.



			
 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
Neuchâtel	2:30	133 km	1:30
Paris	6:40	577 km	6:15
Vevey	1:29	35 km	0:37
Montreux	1:22	26 km	0:32
 Sion	2:00	55 km	0:40
 Zurich	4:15	238 km	2:30

MOBILITY

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



Petit train touristique des Dents du Midi

📍 Champéry

👤 19 per wagon

🕒 0h20

🎫 Free

Rumières Shuttle

📍 Champéry

👤 20

🕒 0h16

🎫 Free

Bus Collombey* - Troistorrents** - Morgins

📍 Troistorrents | Morgins

👤 50

🕒 0h30

🎫 9.- (4.50 with ½ price pass)

Bus/ train connections at:

* Collombey centre/Collombey-Muraz

** Troistorrents La Tine/Route de Morgins

Bus Val-d'Illeiez - Champoussin

📍 Val-d'Illeiez | Champoussin

👤 50

🕒 0h35

🎫 7.60 (3.80 with ½ price pass)

Bus Val-d'Illeiez - Les Crosets

📍 Val-d'Illeiez | Les Crosets

👤 50

🕒 0h35

🎫 6.- (3.- with ½ price pass)



Free ski shuttles operate during lift hours in Morgins Village and between the Champéry cable car and Grand Paradis.

Timetable



Votre partenaire mobilité

AVEC LE TRAIN AU PIED DES PISTES.

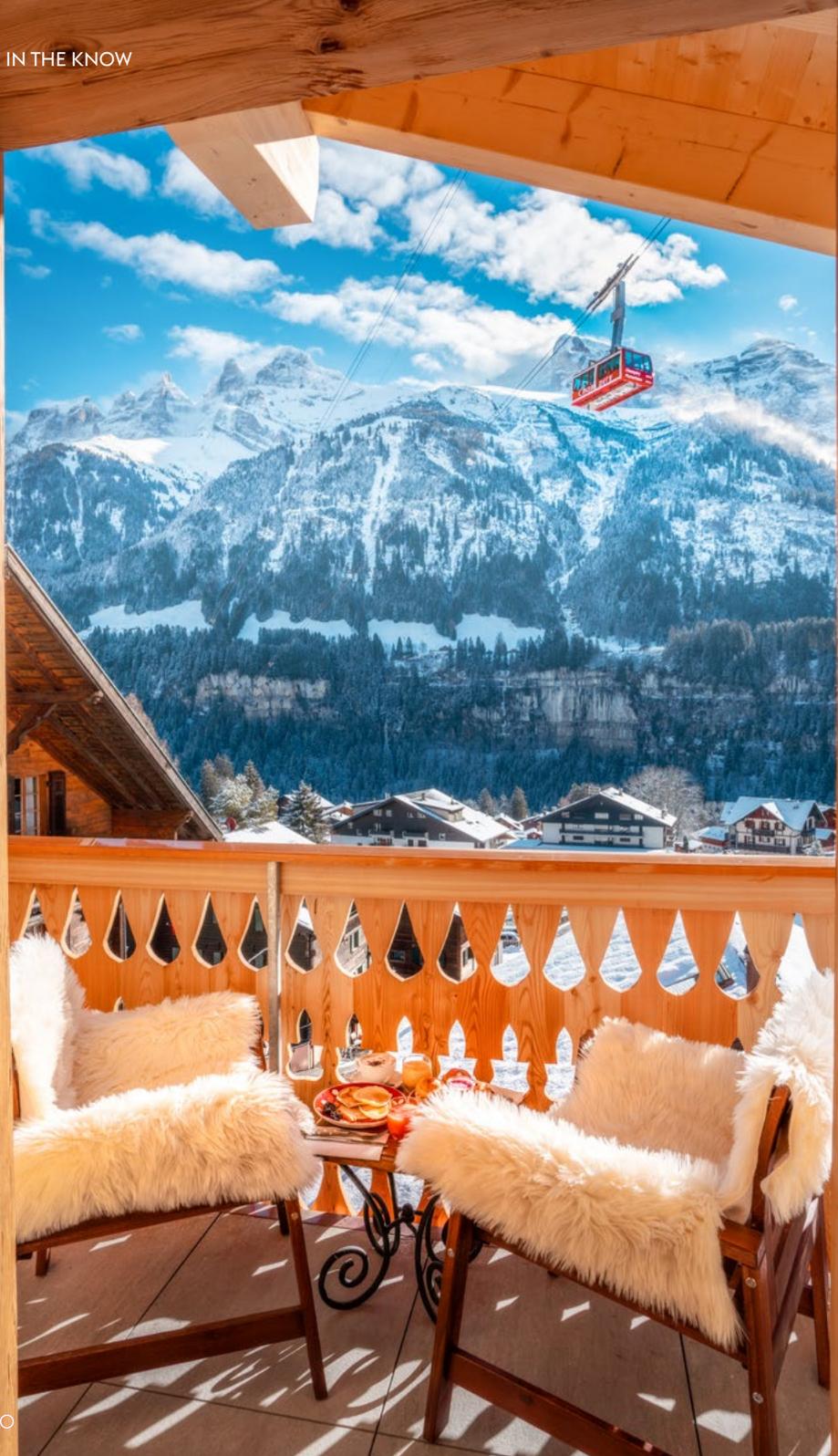
Monthey – Champéry en 30 minutes chaque **demi-heure!***

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

Plus d'infos sur www.tpc.ch

* Trains supplémentaires à la demi-heure entre Monthey et Champéry durant les vacances scolaires de Noël et tous les week-ends de la saison d'hiver.
Plus d'infos sur tpc.ch/horaire ou sur l'app «TPC Mobile»





ACCOMMODATION

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

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

Package offers, special deals, and an efficient booking system are available online at regiondentsdumidi.ch. For more help or for a tailor-made offer, don't hesitate to contact us!





beanie 20.-



keychain 5.-



cap 20.-



dvd 25.-



winter sports map 5.-



backpack 29.-



silicon flask 10.-



tote bag 5.-



Available in our tourist offices or online !

WINTER HIGHLIGHTS

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

NOVEMBER

- 11-12.11 Champéry Film Festival | Champéry
- 19.11 Conference Étienne Claret | Troistorrents
- 27.11 Conference Roland Clerc | Champéry

DECEMBER

- 03-04.12 Advent Market | Troistorrents
- 04.12 Saint Nicolas | Val-d'Illeiez
Écho de la Vallée Advent Concert | Val-d'Illeiez
- 07.12 Storytelling Soirée | Morgins
- 10.12 C'est l'Hiver ! Festival | Morgins
- 17-18.12 Christmas Market | Morgins
- 17.12 L'Helvétienne brass band Christmas Concert | Morgins
- 18.12 Écho de la Montagne Christmas Concert | Champéry
La Parenthèse En'Chantée Horizon Choir Concert | Morgins
- 26-30.12 Art Champéry | Champéry
- 24-30.12 Fun Park | Morgins (except 25.12)
- 24.12 Meet Father Christmas | Region Dents du Midi
- 25.12 Father Christmas Hits the Slopes | Region Dents du Midi
- 28.12 Foilleuse Vertical Race | Morgins
- 28-30.12 Fairyland Fantasy | Region Dents du Midi
- 30.12 Ice Show | Champéry
- 31.12 New Year's Eve | Region Dents du Midi
- 31.12-07.01 Fun Park | Val-d'Illeiez

JANUARY

- 07.01 En Pistes with the Nouvelliste | Morgins
- 08.01 Grand Prix Migros | Les Crosets
- 11-14.01 RDDM World Cup | Morgins
- 23-27.01 Welsh Alpine Ski Championship | Les Crosets
- 27.01 Ski Alpi Champéry | Champéry
- 28.01 Migros Ski Day | Champoussin

FEBRUARY

- 05.02 Panathlon Family Games | Champéry
- 11.02 Movement Golden Apple Tracks | Morgins
- 15-17.02 Fairyland Fantasy | Region Dents du Midi
- 18.02 Champéry Carnaval | Champéry
- 18-21.02 Val-d'Illeiez Carnaval | Val-d'Illeiez
- 18-26.02 Fun Park | Champéry
- 21.02 Morgins Carnaval | Morgins

MARCH

- 10-12.03 Rock the Pistes OFF Concerts | Champéry
- 12-18.03 Rock The Pistes Festival | Portes du Soleil
- 16-18.03 Rock the Pistes OFF Concerts | Morgins
- 25.03 Harry's Ride | Morgins
- 27.03-01.04 Maxi-Rires Festival | Champéry

APRIL

- 01.04 Banked Slalom | Les Crosets
- 08.04 En Pistes with the Nouvelliste | Les Crosets
Bike & Sound Winter Festival | Les Crosets
- 09.04 Easter Ski-Bunny Hits the Slopes | Region Dents du Midi
- 20.04 Troistorrents roundabout inauguration | Troistorrents
- 22.04 Écho de la Montagne annual concert | Champéry

11-14.01

RDDM World Cup

Region Dents du Midi and Morgins are once again proud to be hosting three events for a Ski Mountaineering World Cup event - a vertical race, a sprint race, and a long-distance race. Over 130 athletes from some 15 nations will vie for the podiums at the only event organised in Switzerland this winter.
regiondentsdumidi.ch

23-27.01

Welsh Alpine Championship

This wintertime favourite draws young competitors from Wales, but also from Scotland, England, Switzerland, and around the world for a week-long event culminating in Slalom and Giant Slalom races with a convivial, fair-play attitude.
regiondentsdumidi.ch

12-18.03

Rock the Pistes Festival

Rock The Pistes Festival is an unforgettable, high-altitude, open-air concert series, with 5 concerts set right on the iconic Portes du Soleil ski slopes and dozens more après concerts in the villages.
rockthepistes.com

27.03-01.04

Maxi-Rires Festival

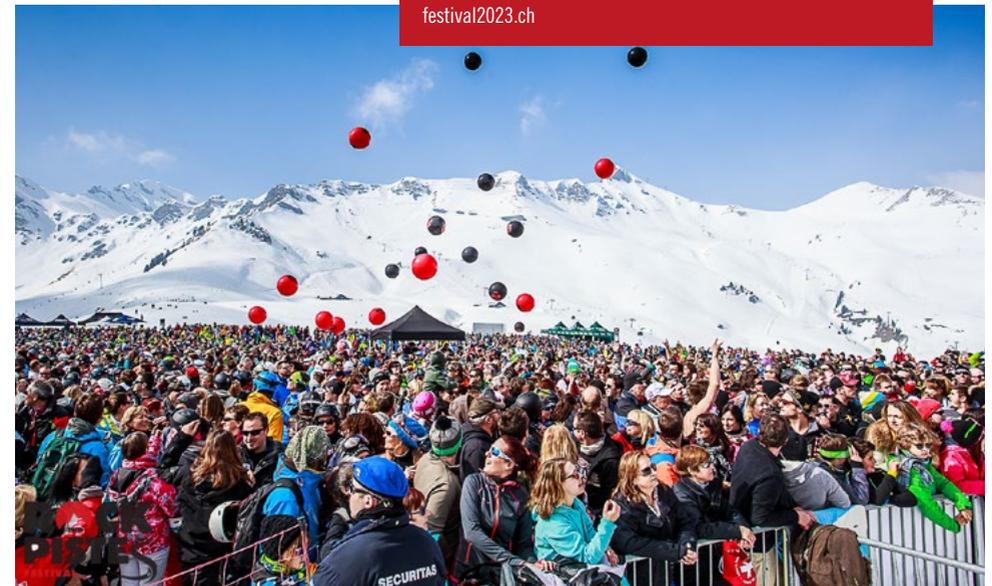
For one, side-splitting week, the crème de la comedy crème will meet up in Champéry to show off their best punchlines and cleverest witticisms. The laid-back, convivial atmosphere of this ultra-cool, high-altitude comedy festival is proof that laughter is truly the best medicine.
maxi-rires.ch



Save the date !

The Bas-Valais Music Festival is coming back to Champéry!

From May 26th to the 28th, the hills will be alive with a joyous cacophony of brass, wind, percussion instruments, and drums from some 1,000 musicians and no less than 22 Lower Valais music societies. On the programme, a marching band contest, on-stage concerts, ensemble pieces, and a live show by the world's greatest Queen tribute band! 'Long Live the Queen' will rock you just like the originals!
festival2023.ch



Program subject to change. The full, updated events calendar is available on our website, and in local shops and tourist offices.



EXHIBITIONS

Charles Jones Way & Jean-Joseph Geisser

(paintings)

📍 Troistorrents | Galerie de la Tine

🕒 December 2022 - mid-January 2023
Tuesdays - Sundays > 14:30 - 18:30

latine-galerie.com

Claudia Brugnolo

(paintings)

📍 Champéry | Espace Raiffeisen

🕒 09.12.2022 - 25.12.2022
Mondays, Wednesdays, Sundays > 10:00 - 12:00 & 16:00 - 19:00
Fridays > 18:30 - 20:00
Saturdays > 16:00 - 19:00
Vernissage : 10.12.2022 > 18:00

Raymond Bonzon

(paintings)

📍 Champéry | Espace Raiffeisen

🕒 30.12.2022 - 22.01.2023
Daily > 16:00 - 18:30
Vernissage : 30.12.2022 > 13:00

Angelo Garbo

(paintings)

📍 Champéry | Espace Raiffeisen

🕒 27.01.2023 - 12.02.2023
Daily > 16:00 - 18:30
By appointment 076 428 85 38
Vernissage : 28.01.2023 > 18:00

Anne Dussaux

(paintings)

📍 Champéry | Espace Raiffeisen

🕒 17.02.2023 - 05.03.2023
Daily > 16:00 - 19:00
Sundays > 11:00 - 13:00 & 16:00 - 19:00
By appointment 0033 6 77 84 52 96
Vernissage : 18.02.2023 > 18:00

Ropiane

(paintings)

📍 Champéry | Espace Raiffeisen

🕒 10.03.2023 - 26.03.2023
Fridays - Sundays > 15:00 - 19:00
Vernissage : 11.03.2023 > 18:00

Natacha De Santignac

(photography)

📍 Champéry | Espace Raiffeisen

🕒 31.03.2023 - 16.04.2023
Fridays - Sundays > 14:00 - 18:00
By appointment 076 421 55 80
Vernissage : 01.04.2023 > 18:00

kaleidoscopes.ch

Robert Hainard

(engravings - sculptures - bronze)

📍 Troistorrents | Galerie de la Tine

🕒 March - April 2023
Tuesdays - Sundays > 14:30 - 18:30

latine-galerie.com



Art galleries: see p. 87

Maxi rires:

Champéry Festival

27 MARS
> 1^{ER} AVRIL 2023
15 ANS DE RIRE À CHAMPÉRY

THROUGHOUT THE SEASONS

SPRING

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

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

THROUGHOUT THE SEASONS

SUMMER

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

With 22 chairlifts open in the summer and safe in the knowledge that you'll always find a mountain hut somewhere along the path, you never have to worry about being home in time for dinner! Our mountain refuges offer food and drink and welcome shelter and are often a destination in themselves. There's no better way to hike the Alps than by travelling from cabin to cabin, spending the nights tucked snugly under a fluffy duvet after a hearty meal in the company of your fellow travellers.



The Multi Pass is your golden ticket to more than 60 free, unlimited activities and 50 more reduced-price activities throughout Les Portes du Soleil. From June 10th to November 1st, we've got mountains of fun in store for you!

What can you do with your Multi Pass?

- Go the distance, with 22 chairlifts open in summer for walkers.
- Cool down, in village pools and lakes.
- Work up a sweat, on the tennis courts.
- Hang tight, at an indoor climbing wall.
- Go par for the course, with a game of mini golf.
- Cultivate your artistic side, at museums and historical sites.
- Ride for free, on public transportation and cute tourist trains.

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

Multi Pass offers*

• THE OVERNIGHTER MULTI PASS

When you stay overnight in the Val d'Illeiez, the Multi Pass is totally free! Just ask your host...

• 1-DAY MULTI PASS

Day-tripping in the area? Buy a one-day Multi Pass for just CHF 13.-* and get the most out of your visit. (Kids under 5 are free.)

• SEASON MULTI PASS

If the Portes du Soleil is your summer stomping grounds, purchase the season pass for CHF 90.-.

CYCLING & MOUNTAIN BIKING

In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this vast playground transforms into Europe's largest bike park with some 600 km of marked trails for downhill (DH), cross-country and enduro bikers, e-bikers and road cyclists alike!

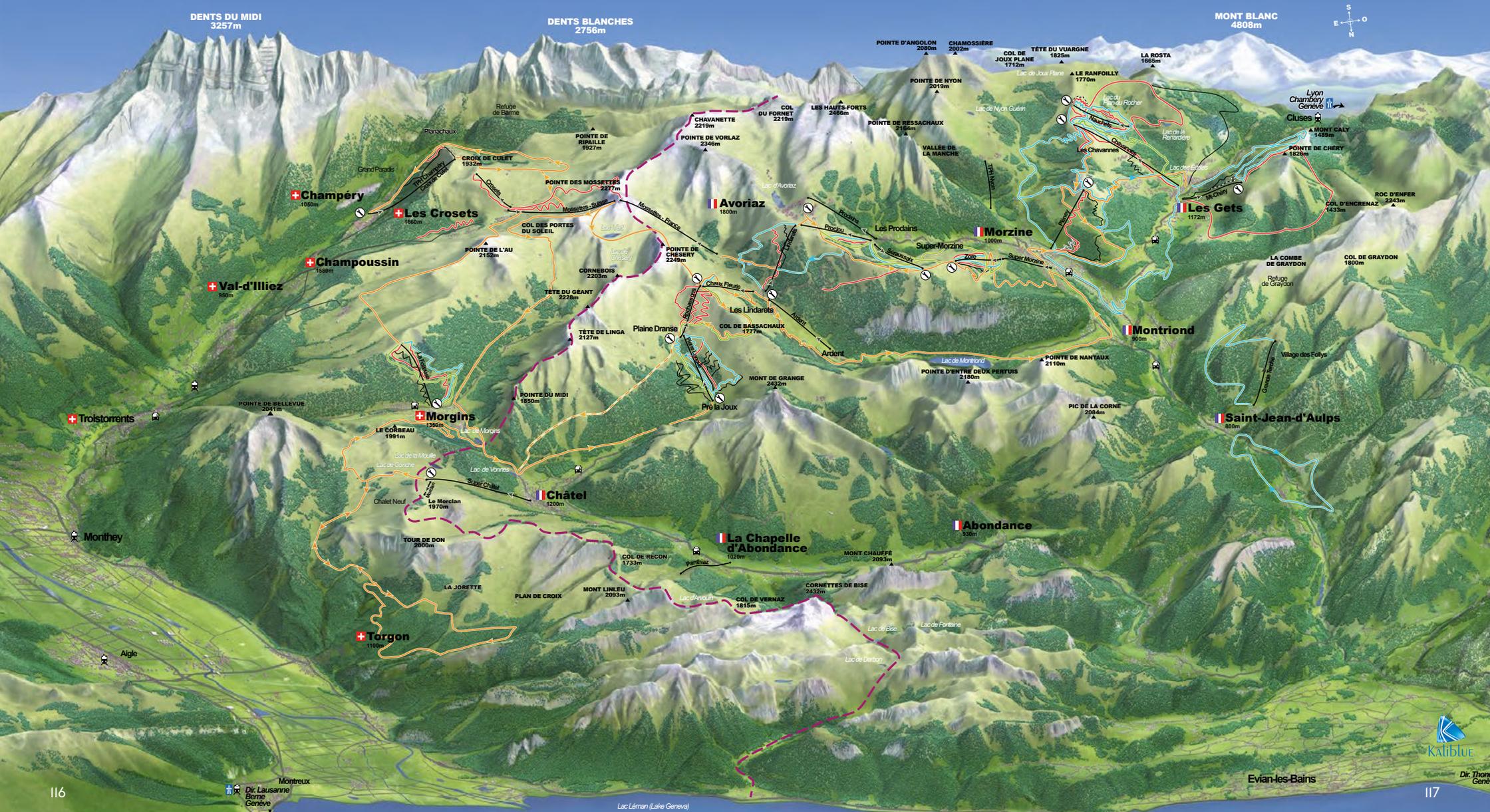
- 600 km of MTB trails throughout Les Portes du Soleil
- 5 bike parks between Switzerland and France
- 1 Franco-Swiss lift pass
- 11 DH tracks between Champéry, Les Crosets & Morgins
- 12 MTB itineraries starting from our resorts
- 8 cyclo sportive itineraries throughout Region Dents du Midi
- 6 MTB rental shops in the valley

Information



*subject to participation, availability, opening hours and dates of service providers and according to sales conditions in effect as of June 2023

LES PORTES DU SOLEIL IN SUMMER



DENTS DU MIDI
3257m

DENTS BLANCHES
2756m

MONT BLANC
4808m



+ Champéry
1050m

+ Les Crosets
1600m

+ Val-d'Illeiez
350m

+ Champoussin
1580m

FR Avoriaz
1000m

FR Morzine
1000m

FR Les Gets
1172m

FR Montriond
900m

FR Saint-Jean-d'Aulps
800m

FR Abondance
930m

FR La Chapelle d'Abondance
1020m

+ Morgins
1350m

FR Châtel
1200m

+ Tignes
1100m

FOOD

BUTCHER		
Boucherie Chapelay	+41 24 479 13 52	Champéry

BAKERY | PASTRIES

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

FINE FOOD | TERROIR

La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 24 479 16 42	Champéry
Le Cochon dans la Vigne	+41 24 479 11 26	Champéry
La Bonbonnière	+41 79 453 04 33	Morgins
La Cavagne	+41 24 477 35 40	Troistorrents

GROCERIES

13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
Le Caveau des Dents du Midi	+41 24 477 62 13	Champoussin
Alimentation des Crosets	+41 24 565 00 22	Les Crosets
Intermarché	+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'Illicz

FRESH TROUT

Chalet Rosalie	+41 79 577 87 54	Champéry
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LANDSCAPING – GARDENING – MAINTENANCE

TREES		
Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 24 477 51 81	Val-d'Illicz

CONCIERGE SERVICE

Gonnet Jean-Pierre	+41 79 413 45 60	Champéry
Nelly et Laurent Marclay-Granges	+41 79 511 81 08	Champéry
Blanchisserie Champoussin	+41 24 477 29 34	Champoussin
Da Silva Luis	+41 76 234 14 78	Les Crosets
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
Fontana Chris Services	+41 79 343 71 88	Val-d'Illicz
Nançois Simon	+41 79 483 64 16	Val-d'Illicz

LANDSCAPING

Green Team	+41 79 231 88 55	Champéry
Mountain Garden	+41 78 809 15 84	Champéry
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Illicz Aménagements Sàrl	+41 79 549 77 90	Val-d'Illicz
L'Horizon Vert	+41 79 522 72 05	Val-d'Illicz
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illicz

EARTH MOVING | SNOWPLOWING | TRANSPORT CIVIL ENGINEERING

Avanthay Simon	+41 79 758 10 05	Champéry
Decurtins François	+41 79 441 62 66	Champéry
Gex-Fabry Transport	+41 79 219 48 05	Champéry
Ulysse Avanthay et Fils	+41 79 606 14 25	Champéry
Valvièze Construction SA	+41 79 347 13 13	Champéry

Bernard Torrent SA	+41 24 471 46 87	Collombey
Borloz Transport Sàrl	+41 79 622 08 13	Les Crosets
Trombert Dominique Transports	+41 24 479 16 48	Les Crosets
Raymond Rithner SA	+41 24 473 73 53	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Monay Transneige & Auto Mecanic Sàrl	+41 79 301 33 33	Morgins
Renavier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Michaud & Mariaux SA	+41 24 471 73 55	Troistorrents
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'Illicz
Dubosson Eric	+41 79 412 25 58	Val-d'Illicz
Ècœur Terrassements SA	+41 79 347 30 03	Val-d'Illicz
Granger Multiservices Sàrl	+41 79 449 54 34	Val-d'Illicz
Patrick Transports Sàrl	+41 24 479 26 24	Val-d'Illicz
Traxa SA	+41 79 583 01 07	Val-d'Illicz
Trombert Entretien paysagiste	+41 79 107 07 44	Val-d'Illicz
Vieux SA	+41 76 488 98 85	Val-d'Illicz
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illicz

ARTISANS

WATCHES | JEWELRY

Hors du Temps	+41 24 479 10 63	Champéry
Caillet-Bois Arnold	+41 24 471 24 62	Val-d'Illicz

BELL FOUNDRY

Perrin Hugues	+41 79 435 92 39	Champéry
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AUTOMOBILES

BODY SHOP

Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey

GARAGE | PETROL STATION

Garage de Champéry	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey
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'Illicz
La Mascotte	+41 24 477 28 75	Val-d'Illicz

BEAUTY & WELL-BEING

BEAUTICIAN

Institut Colibri	+41 79 530 75 64	Morgins
Natur'ime	+41 79 671 16 62	Val-d'Illicz

HAIR

Sarah Coiffure	+41 24 479 15 03	Champéry
Studio R Coiffure	+41 76 778 34 31	Champéry
Célia coiffure	+41 79 913 93 16	Morgins
K-rey	+41 24 477 20 46	Val-d'Illicz

SPORTS CENTRE

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

FITNESS

Oxygen Morgins	+41 79 261 23 31	Morgins
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MASSAGE | PHYSIOTHERAPY | OSTEOPATHY KINESIOLOGY | NATUROPATHY

Au 7e. Sens	+41 79 351 44 00	Champéry
Aurélia Abhervé	+41 78 779 66 87	Champéry

HormeSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Physiothérapie de la Vallée	+41 24 477 29 80	Champéry
Tajiri Quan Luc Défago	+41 79 632 40 58	Champéry
YogAlps I Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Frédéric Jakubczak Ostéopathe	+41 24 477 16 10	Morgins
Institut Colibri	+41 79 530 75 64	Morgins
Morgins Zen	+41 76 416 22 08	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
A Ton Aura	+41 79 175 02 81	Val-d'Illicz
Aux Mains Sages	+41 76 526 66 18	Val-d'Illicz
Enery Rebutologie	+41 79 561 47 15	Val-d'Illicz
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'Illicz
Rebutage Concept, Jean-Paul Stilmant	+41 79 737 60 88	Val-d'Illicz

YOGA INSTRUCTORS

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

FASTING CURES

Centre Interlude Bien-Être	+41 76 340 93 83	Champoussin
Jeûne et Nature	+41 76 416 22 08	Morgins

SHOPS

DECORATION | FURNITURE | FURNISHINGS HOME STAGING | SOUVENIRS

Hors du Temps	+41 24 479 10 63	Champéry
La Loggia	+41 24 479 24 64	Champéry
Boutique « Il était une fois »	+41 24 477 26 03	Morgins
La Bonbonnière	+41 79 453 04 33	Morgins

CLOTHING | FASHION

Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 24 479 23 57	Champéry
Free Wheel	+41 77 269 74 14	Champéry
Ose !	+41 79 643 15 38	Val-d'Illicz

KIOSK | NEWS

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

SEMINAR – CONFERENCE – BUSINESS EVENTS

SEMINAR | CONFERENCE | BUSINESS EVENTS

Palladium de Champéry	+41 24 479 05 05	Champéry
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LESSONS

SKI SCHOOLS

École Suisse de Ski & Snowboard	+41 79 212 26 42	Champéry
PDS Snowsport	+41 41 580 17 39	Champéry
Redcarpet Swiss Snow Sport School	+41 79 814 15 75	Champéry
Snow Attitude	+41 79 136 27 09	Champéry
Ze Snow School	+41 24 479 18 74	Champéry
École Suisse de Ski & Snowboard	+41 24 477 29 00	Champoussin
École Suisse de Ski & Snowboard	+41 24 479 14 01	Les Crosets
École de Ski Internationale M3S	+41 24 477 77 17	Morgins
École Suisse de Ski & Snowboard	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 624 50 60	Val-d'Illicz

INDEPENDENT SKI INSTRUCTOR

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

Fly Away	+41 79 435 26 17	Val-d'Illicz
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SKATING SCHOOL

Stéphane Lambiel	+41 24 552 10 77	Champéry
Skating School of Switzerland		

TENNIS INSTRUCTOR

Comby Emilien	+41 79 826 97 53	Champéry
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BUILDING TRADES

ARCHITECT

Madeleine Architectes Sàrl	+41 79 750 56 04	Champéry
Perrin Architecture Sàrl	+41 24 477 34 35	Val-d'Illicz
S'Tox SA	+41 79 891 00 10	Val-d'Illicz
Voiron Denis	+41 79 542 58 24	Val-d'Illicz

ENGINEER

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

TILER

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

CARPENTER | ROOFER | TINSMITH

Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illicz
Dubosson Patrick Ferblanterie	+41 79 388 25 73	Val-d'Illicz
ERM Charpente-Toiture	+41 79 920 49 17	Val-d'Illicz
Lehmann Eric	+41 79 508 01 91	Val-d'Illicz
Perrin Yannick	+41 78 724 46 07	Val-d'Illicz

HEATING | PLUMBING

A&D Berthoud Sàrl	+41 79 244 36 64	Champéry
F. Avanthey SA	+41 24 471 41 04	Monthey
Gollut Hydrotec Sàrl	+41 24 477 49 02	Morgins
Ansermoz Pascal	+41 79 273 98 68	Val-d'Illicz
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illicz
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illicz
Perrin Rémy	+41 24 477 20 86	Val-d'Illicz

HEATING OIL TANKS

Citermit SA	+41 24 477 21 70	Troistorrents
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DECORATION | FLOORING | CURTAINS

Borgeaud Parquet	+41 79 310 96 14	Champéry
Ma Déco - Tavernier Marion	+41 79 589 88 79	Champéry
Madeleine Architecture Sàrl EPF	+41 79 750 56 04	Champéry

ELECTRICIAN

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

CLEANING

Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
SP Nettoyage	+41 79 789 44 38	Val-d'Illicz

PAINT & PLASTER

L'Hoste Peinture	+41 79 213 66 20	Champéry
Colombara SA	+41 24 471 29 32	Monthey

Gaspoz Peinture Sàrl	+41 79 419 30 19	Morgins
Gillioz Peinture Sàrl	+41 79 355 48 18	Morgins
A-A déco	+41 79 969 55 55	Val-d'Illicz
MIB Peinture	+41 79 548 89 75	Val-d'Illicz

MASONRY & BUILDING

Bernard Torrent SA	+41 24 471 46 87	Collombey
Carraux-Moret Construction SA	+41 24 472 70 80	Collombey
Renевier Maçonnerie et Déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 24 477 32 75	Val-d'Illicz
Gähler Renovation Sàrl	+41 79 303 50 75	Val-d'Illicz
La Pierre dans tous ses états	+41 79 353 24 03	Val-d'Illicz
Perrin Denis	+41 79 502 24 34	Val-d'Illicz
Perrin Laurent	+41 79 219 51 15	Val-d'Illicz
Perrin Raphaël	+41 24 477 24 70	Val-d'Illicz
Vieux SA	+41 76 488 98 85	Val-d'Illicz

CARPENTER | CABINET MAKER

Bois Etc.	+41 79 653 45 40	Champéry
Froidevaux Sàrl	+41 79 369 18 87	Champéry
Marclay Laurent	+41 79 235 08 14	Champéry
Marclay Philippe	+41 79 290 70 43	Champéry
Menuiserie Nissille SA	+41 24 471 37 27	Massongex
Fred Lambert Menuiserie	+41 79 560 06 49	Morgins
DM Bois SA	+41 24 471 64 83	Troistorrents
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illicz
Avanthay SA	+41 24 477 16 44	Val-d'Illicz
Borloz Bernard	+41 24 477 14 27	Val-d'Illicz
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illicz
Gavillet Marc	+41 79 742 54 93	Val-d'Illicz
Gex-Fabry Menuiserie Charpente Sàrl	+41 79 675 09 07	Val-d'Illicz
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illicz
Guérin Michel	+41 24 477 20 08	Val-d'Illicz
Marclay Steve	+41 79 234 99 40	Val-d'Illicz
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illicz

GARAGE DOORS | VENTILATION

Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve
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REAL ESTATE PROMOTION

Bâtiment Innovation Gérance SA	+41 79 200 52 75	Val-d'Illicz
GexIllicz	+41 78 836 90 03	Val-d'Illicz
LauGibât	+41 79 282 29 73	Val-d'Illicz
Logipro	+41 78 848 15 79	Val-d'Illicz

SERVICES & CONSTRUCTION MANAGEMENT

MVG Services	+41 76 393 68 31	Champéry
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WATER DAMAGE

Technica Air Assèchement	+41 79 514 97 27	Val-d'Illicz
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ART GALERIES

Espace Raiffeisen	+41 79 192 02 60	Champéry
Galerie de la Tine	+41 79 621 43 72	Troistorrents

CHILD CARE

BABYSITTER CF. OFFICES DU TOURISME

GUIDES

MOUNTAIN LEADERS

Delavy Etienne	+41 79 690 15 24	Champéry
Dubosson Loïc	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie	+41 79 316 80 10	Champéry
Rohrer Benjamin	+41 79 452 98 21	Champéry

TRAIL GUIDE

BeeHeidi	+41 27 565 44 40	Val-d'Illicz
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MOUNTAIN GUIDES OFFICE

Expérience Champéry	+41 79 814 15 75	Champéry
Montagne Expérience	+41 79 637 70 37	Champéry

CANYONING GUIDE

Soustre Fred	+41 79 710 37 69	Champéry
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MOUNTAIN GUIDES

Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 212 26 42	Champéry
Ostrini Jean-Marc	+41 79 643 90 59	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Rey-Bellet Fernand	+41 79 435 03 94	Champéry
Richard Jean-Claude	+41 77 410 40 06	Champéry
Richard Yannick	+41 76 583 51 69	Champéry

BIKING GUIDES

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

ACCOMMODATION

ESTATE AGENTS

Avanthay&Partners SA	+41 24 479 14 44	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
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
Champoussin Rentals	+41 24 525 33 33	Champoussin
GF Immobilier	+41 24 477 28 27	Champoussin
Immobilier des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Valgestimmo	+41 79 672 15 67	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illicz
LauGimmo SA	+41 79 940 67 75	Val-d'Illicz
Mountain River	+41 78 666 91 20	Val-d'Illicz
The River Pearl	+41 76 393 55 36	Val-d'Illicz

BACKPACKER HOSTEL

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'Illicz

CAMPGROUND

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

GUEST ROOMS | B&B

Chalet de l'Atelier	+41 24 479 11 26	Champéry
La Ferme à Gaby	+41 24 477 30 88	Champoussin
Le Virage	+41 24 565 04 26	Champoussin
B&B Chalet Rey-Bellet	+41 79 672 15 67	Les Crosets
B&B Chalet Suisse	+41 24 477 39 67	Morgins
Le Castor	+41 79 237 89 87	Morgins
Les Fontaines Blanches	+41 24 477 13 42	Morgins
B&B Helvetia	+41 24 477 63 95	Troistorrents
La Rose des Vents ***	+41 79 212 70 89	Val-d'Illicz

GITE

Buvette de Bonavau	+41 78 823 33 98	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 79 963 75 82	Morgins

4* HOTELS

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

3* HOTELS

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

HOTEL LABEL 'SWISS LODGE'

Guest House du Grand-Paradis	+41 24 479 11 67	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Mountain Lodge	+41 24 479 25 80	Les Crosets

HOTEL

Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Pension Souvenir	+41 24 479 13 40	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Refuge Le Chaudron	+41 76 634 67 81	Champéry
Auberge Chez Gaby 1670	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
L'Étable	+41 24 565 65 55	Les Crosets
La Télécabine	+41 24 565 05 90	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets
Refuge Le Marcheuson	+41 24 479 22 40	Les Crosets
Whitepod Resorts SA	+41 24 471 38 38	Les Giettes Monthey
Chez Jan	+41 24 477 11 43	Morgins
Helvetia Hotel	+41 24 565 18 75	Morgins
Auberge de la Bourgeoise	+41 24 477 24 04	Troistorrents
Peanut Lodge & Winstub	+41 24 477 86 96	Val-d'Illicz

GROUP ACCOMMODATIONS

Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 22 755 58 93	Champéry
Chalet du Ski-Club de Rolle	+41 79 342 41 15	Champéry
Chalet Ganeshha	+41 79 408 94 38	Champéry

Chalet Jolimont	+41 21 922 72 06	Champéry
Chalet Joli Nid	+41 79 574 75 95	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Ecole Nouvelle Alpina SA	+41 24 479 11 17	Champéry
Pension Souvenir	+41 24 479 13 40	Champéry
Chalet UMW	+41 76 372 53 63	Les Crosets
Chalet La Cergnat	+41 24 477 34 51	Morgins
Chalet les Planoz	+41 24 477 11 45	Morgins
Le Victoria	+41 24 477 60 32	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illicz

APARTMENT HOTEL

The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
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SPORTS SHOPS

BIKE RENTALS

Bike Shop Scott	+41 79 916 43 52	Champéry
Le Vélociste - E-Bike Swiss Rental	+41 79 801 81 66	Champéry
Point Sud Location	+41 79 928 25 63	Champoussin
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins
RS Equipement Sàrl	+41 24 477 22 06	Morgins

CLOTHING | ACCESSORIES | EQUIPMENT RENTALS

Berra Sports	+41 24 479 13 90	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 Sports	+41 24 479 15 26	Champéry
Trott en Stock (été)	+41 79 136 27 09	Champéry
Alpitude (hiver)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
Buttner Sport	+41 79 615 16 34	Morgins
RS Equipement Sàrl	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins

RELIGIOUS

Eglises catholiques	+41 24 477 11 13	Champéry Morgins Troistorrents Val-d'Illicz
Pairie protestante	+41 24 471 48 28	Monthey

HEALTH – EMERGENCY

EMERGENCY NUMBERS

Police	117	
Fire	118	
Emergency	144	
Ambulance	+41 24 471 62 63	Monthey

HOSPITAL

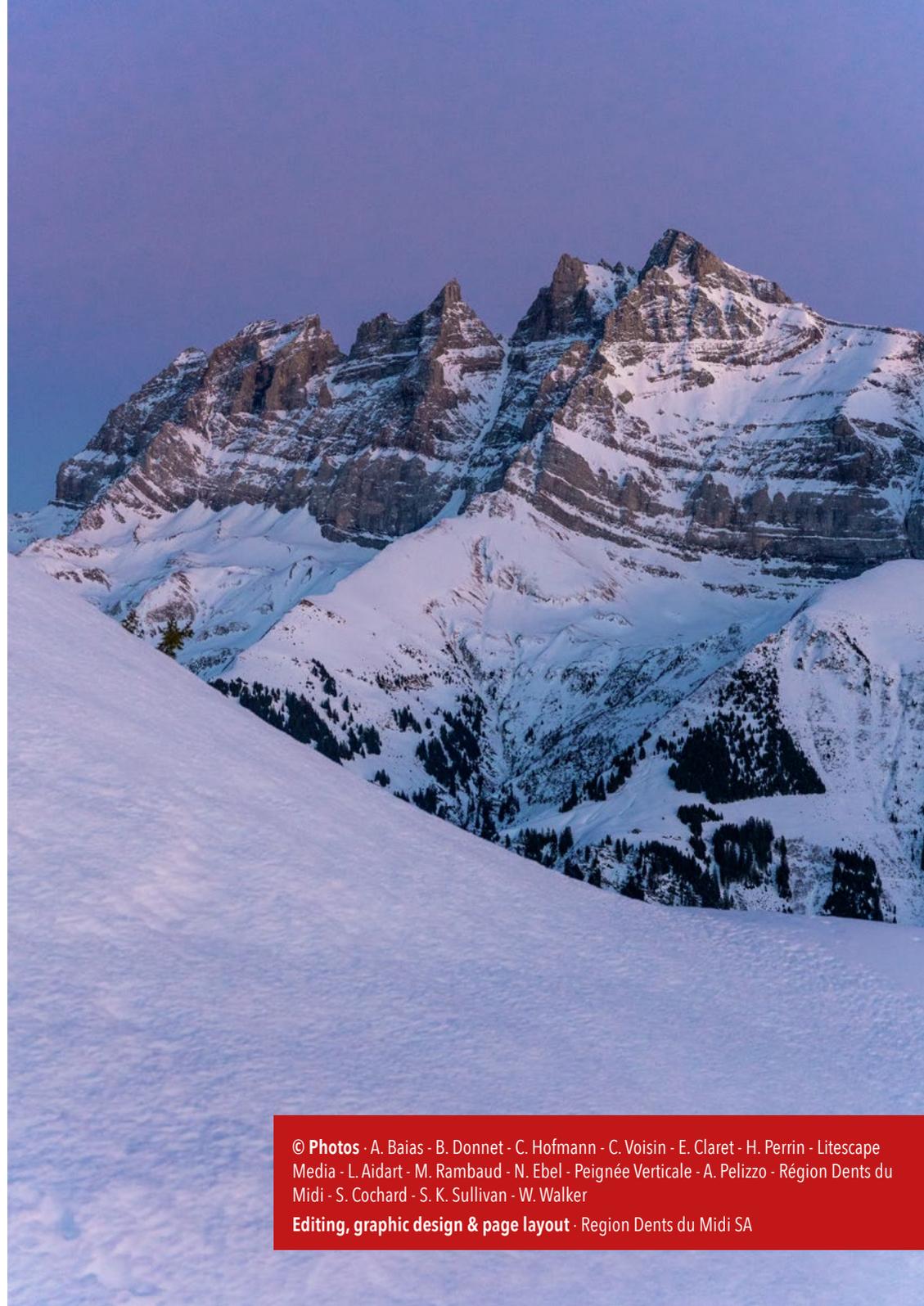
Hôpital Riviera-Chablais (adultes et enfants)	+41 58 773 21 12	Rennaz
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DOCTOR

Cabinet médical de Champéry	+41 24 479 20 05	Champéry
Médecin de garde	+41 900 14 40 33	Monthey
Permanence médicale HRC	+41 58 773 11 46	Monthey
Cabinet médical de Troistorrents	+41 24 477 47 47	Troistorrents
Centre médical du val d'Illicz	+41 24 477 35 11	Val-d'Illicz

PHARMACY		
Pharmacieplus de Troistorrents	+41 24 477 28 20	Troistorrents
Pharmacie des Cimes	+41 24 477 12 75	Val-d'Illiez
POLICE		
Police Intercommunale des Dents du Midi (PIDM)	+41 24 479 09 18	Champéry
SERVICES		
MUNICIPAL ADMINISTRATION		
Commune de Champéry	+41 24 479 09 09	Champéry
Commune de Troistorrents	+41 24 476 80 10	Troistorrents
Commune de Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez
COMMUNICATION PUBLISHING PRINTING		
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
Nisada Communication	+41 24 477 21 57	Val-d'Illiez
INSURANCE		
Bâloise Assurances	+41 76 325 10 09	Champéry
Helvetia Assurances	+41 79 271 85 61	Morgins
DRIVING SCHOOL		
Pascal Avanthay	+41 78 878 55 55	Champéry
LAWYER NOTARY		
Etude Fernand Mariétan	+41 24 475 70 60	Monthey
BANK		
Banque cantonale du Valais Point cash	+41 848 765 765	Champéry
Banque Raiffeisen Point cash	+41 24 476 80 90	Champéry
Automat Euronet ATM		Les Crosets
Banque Raiffeisen Point cash	+41 24 476 87 38	Morgins
Banque cantonale du Valais Point cash	+41 848 765 765	Troistorrents
Banque Raiffeisen Point cash	+41 24 476 87 38	Troistorrents
FIREWOOD		
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Bellon Samuel	+41 79 611 70 76	Troistorrents
Triège forestier de Troistorrents	+41 79 278 38 43	Troistorrents
Triège 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
ATS Capital SA	+41 79 672 13 01	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
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
ELECTRONICS & APPLIANCES		
Filitechnic	+41 24 479 14 66 +41 24 565 50 50	Champéry Monthey
FINANCIAL SERVICES & CONDOMINIUM MANAGEMENT		
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
Fiduciaire de la Tour	+41 26 919 65 10	Val-d'Illiez
GAME WARDEN		
Mariétoz Serge	+41 79 355 39 11	Sion
PROPANE GAS REFILLS & EXCHANGES		
Berthoud Dominique	+41 79 244 36 64	Champéry
La Mascotte	+41 24 477 28 75	Val-d'Illiez
SECRETARIAL SERVICES & MANAGEMENT		
Bureau Altitude	+41 79 606 09 44	Morgins
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
Blanchiclean	+41 76 446 16 23	Morgins
Val-Time	+41 78 897 53 30	Val-d'Illiez
RECREATIONAL VEHICLE RENTALS		
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey
TOURIST OFFICES		
Region Dents du Midi tourist offices	+41 24 479 05 50 +41 24 477 23 61	Champéry Morgins
Virtual info point Val-d'Illiez Station		Val-d'Illiez
POST OFFICE		
13* Pam	+41 27 743 63 50	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Poste	+41 848 88 88 88	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez
SKI LIFTS		
Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry
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 TRANSPORT EXCURSIONS TRANSFERS		
Closillon Tours SA	+41 79 622 22 24	Monthey
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 24 477 48 27	Val-d'Illiez
WINE – BEER – SPIRITS		
SALES POINTS		
La Petite Cave du Chablais	+41 24 471 44 21	Collombey
7Peaks Brasserie Sàrl	+41 24 565 18 72	Morgins
T-Bacchus	+41 79 933 18 35	Morgins



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 Editing, graphic design & page layout · Region Dents du Midi SA



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info@rddm.ch | regiondentsdumidi.ch

**REGION DENTS DU MIDI
TOURIST OFFICES**

CHAMPÉRY

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

MORGINS / TROISTORRENTS

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

**VIRTUAL INFORMATION POINT
VAL-D'ILLIEZ / LES GROSETS / CHAMPOUSSIN**

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

