

# WINTER GUIDEBOOK

## 2023-2024



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brochures online!



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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'Illiez, these villages form the Swiss half of Les Portes du Soleil, the world's largest international ski area.

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

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

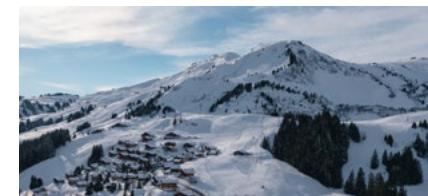
**6 RESORT VILLAGES****Champéry (1'050 m)**

One of the oldest tourist destinations in Switzerland, Champéry is also the first Olympic village in Valais, having hosted the curling events for the Youth Olympic Games in January 2020. Quaint, yet resolutely modern, the picturesque main street still has all the authentic charm of yesteryear while the village's iconic red-and-white cable car is a model of Swiss efficiency, whisking you away to an altitude of 2,000 m and into the vast Portes du Soleil in under 5 minutes!

**Champoussin (1'580 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 (1'700 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 (1'330 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'Illiez, 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'Illiez (950 m)**

Nestled in the heart of the valley that bears its name, the village of Val-d'Illiez 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'Illiez to Champéry in less than an hour. Our other destinations are served by busses, leaving from Troistorrents for Morgins, and from Val-d'Illiez for Les Crosets or Champoussin.

If you plan to use the Swiss motorway network, you will need a motorway sticker, sold at Swiss customs posts, in petrol stations, and online at e-vignette.ch. (CHF 40.- valid for one calendar 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!*



# ***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 300 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 2023 - 2024

Portes du Soleil opening: Saturday 16.12.2023  
 End of season closures:  
 › Champoussin - Morgins : Sunday 07.04.2024  
 › Champéry - Les Crosets : Sunday 14.04.2024

**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	69.-	52.-	62.-	63.-	47.-	57.-
1 day	77.-	58.-	69.-	70.-	53.-	63.-
2 days	146.-	110.-	131.-	133.-	100.-	120.-
3 days	219.-	164.-	197.-	200.-	150.-	180.-
4 days	274.-	206.-	247.-	249.-	187.-	224.-
5 days	343.-	257.-	309.-	312.-	234.-	281.-
5 x 1 day	385.-	290.-	345.-	350.-	265.-	315.-
6 days	393.-	295.-	354.-	357.-	268.-	321.-
7 days	458.-	344.-	412.-	417.-	313.-	375.-
8 days	524.-	393.-	472.-	476.-	357.-	428.-
9 days	589.-	442.-	530.-	536.-	402.-	482.-
10 days	616.-	462.-	554.-	560.-	420.-	504.-
11 days	635.-	476.-	572.-	616.-	462.-	554.-
12 days	693.-	520.-	624.-	672.-	504.-	605.-
13 days	751.-	563.-	676.-	728.-	546.-	655.-
Season	1176.-	882.-	1058.-	1176.-	882.-	1058.-
½ Season from 10.02	647.-	485.-	582.-	647.-	485.-	582.-

**Champéry, Les Crosets, Champoussin, Morgins ski area (Switzerland)**  
 100 km of slopes - 33 lifts

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
5 hours	62.-	47.-	56.-	57.-	43.-	51.-
from 11:00	62.-	47.-	56.-	57.-	43.-	51.-
from 13:30	55.-	41.-	50.-	50.-	38.-	45.-
1 day	69.-	52.-	62.-	63.-	47.-	57.-
5 x 1 day	345.-	260.-	310.-	315.-	235.-	285.-
Season	941.-	659.-	847.-	941.-	659.-	847.-
50 pts	58.-	44.-	52.-	58.-	44.-	52.-
100 pts	116.-	88.-	104.-	116.-	88.-	104.-

Prices are in CHF and subject to modification. Ticket windows and lift operating hours online at [pds-ch.ch](http://pds-ch.ch).



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



### MiniPass Champéry - Les Crosets

Champéry + Planchaux + Baby Planachaix  
 + Crosets + Hameau + Chapelle

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
from 11:00	43.-	32.-	39.-	40.-	30.-	36.-
from 13:30	38.-	29.-	34.-	35.-	26.-	32.-
1 day	48.-	36.-	43.-	44.-	33.-	40.-

### MiniPass Morgins

Morgins + Truche + Gourtet + rolling carpet

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
from 11:00	38.-	29.-	34.-	34.-	26.-	31.-
from 13:30	34.-	26.-	31.-	30.-	23.-	27.-
1 day	42.-	32.-	38.-	38.-	29.-	34.-

### DURATION

5 hours > valid from the 1st lift passage

½ Season > from 10.02.2024

-15 % > from 30.03.2024

### AGE CATEGORIES (proof of ID required)

Adult > 26 - 64 yrs

Senior > 65 - 74 yrs

Super senior > 75 + yrs (CHF 26.-/day, CHF 260.-/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](http://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****Promo Days****1 DAY PORTES DU SOLEIL ONLINE ONLY!**

Tuesdays & Thursdays, -20% on Portes du Soleil adult lift pass! 06.01.2024 - 09.02.2024, 09.03.2024 - 14.03.2024 & 26.03.2024 till the end of the season.

- › Online purchase only at pds-ch.ch, 2 weeks in advance.

**Spring Skiing****1 FREE CHILD LIFT PASS FOR 5 DAYS OR MORE STARTING 30.03.2024**

- › 1 free child under 12 (born in or after 2012) pass with any purchase of an adult pass in the Portes du Soleil from 5 days.
- › On sale online at pds-ch.ch and at ticket windows.

**Ski & Sleep****15% DISCOUNT ON ACCOMMODATION AND LIFT PASSES!**

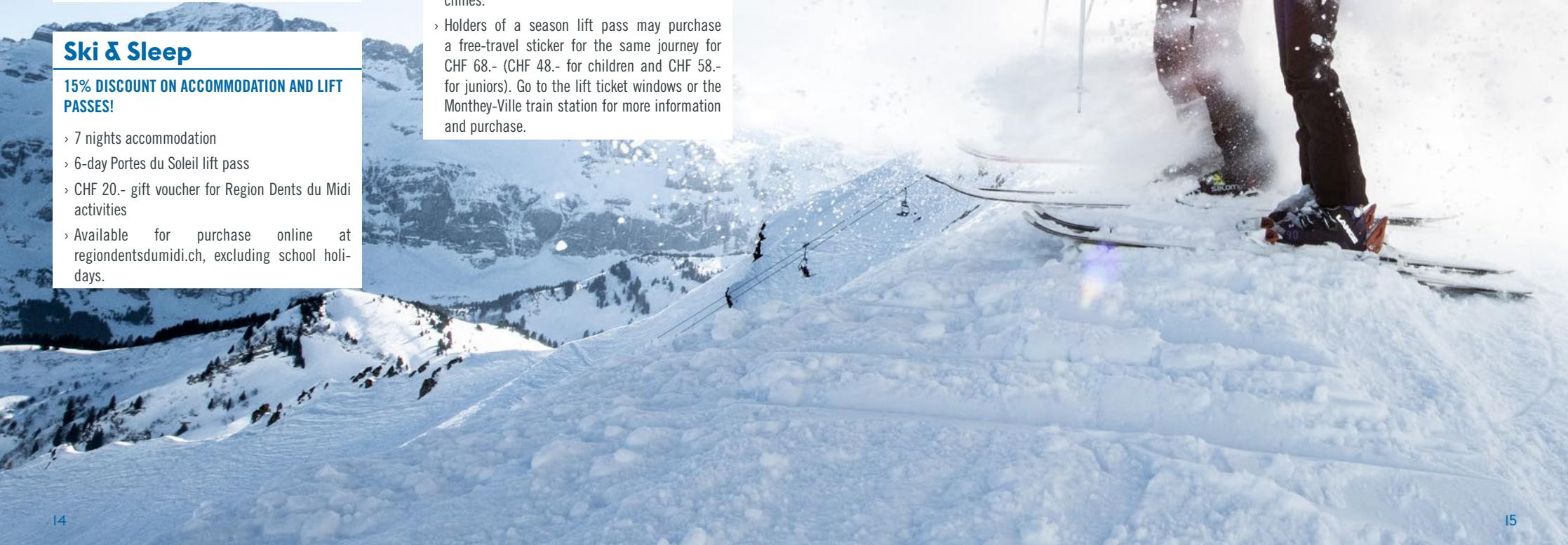
- › 7 nights accommodation
- › 6-day Portes du Soleil lift pass
- › CHF 20.- gift voucher for Region Dents du Midi activities
- › Available for purchase online at [regiondentsdumidi.ch](http://regiondentsdumidi.ch), excluding school holidays.

**Rock the Pistes Festival****7-DAY PASS FROM 17 - 23.03.2024 FOR THE PRICE OF A 6-DAY PASS**

- › Available for purchase online at [pds-ch.ch](http://pds-ch.ch) and at the ticket windows until March 17th, 2024.

**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	17.-	24.-	272.-	13.-	18.-	208.-
	Grand-Paradis*	-	24.-	-	-	18.-	-
Les Crosets	Mossettes	-	18.-	-	-	14.-	-
Champoussin	Aiguille des Champeys**	11.-	-	176.-	8.-	-	132.-
Morgins	Morgins	17.-	24.-	272.-	13.-	18.-	208.-
	Corbeau	12.-	17.-	180.-	9.-	13.-	135.-

\*Circular ticket valid for the Grand Paradis & Planachaux chairlifts (up-trip) and the Champéry cable car (return)

\*\*For paragliders only

 Paraglider Pass: valid on the Champéry - Croix de Culet cable car, the Grand Paradis chairlift and the Planachaux chairlift : CHF 36.- per day (ascents only)



## 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), two charming on-piste restaurants provide 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.

Find out more about the 7 most iconic Swiss slopes in Les Portes du Soleil



## 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
- Per day, ticket windows / internet :
  - Adult > 48.- / 44.-
  - Youth > 43.- / 40.-
  - Child > 36.- / 33.-
 (Champéry cable car - Planachaux & Crosets 8 chairlifts)
- +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.

[pds-ch.ch](http://pds-ch.ch)

### NEW THIS SEASON

#### > Fabulous Foilleuse

Morgins just leveled up with a brand-new gondola! Starting December 2023, hop into one of the cozy 10-person cabins for faster, easier access to incredible views from La Foilleuse.

## Rivella Fun Zone

- Champoussin | Morgins
- Portes du Soleil Suisse SA
- Subject to slope opening
- Free access with a valid pass (Bochasses chairlift)
- +41 (0)24 479 02 00



Test your skills on the Boardercross and try to beat your best time on the Rivella Speed Check (don't forget to smile for the photo when you cross the finish line!). The Rivella Fun Zone is fun for everyone!

[pds-ch.ch](http://pds-ch.ch)

#### > More fun on Mossettes

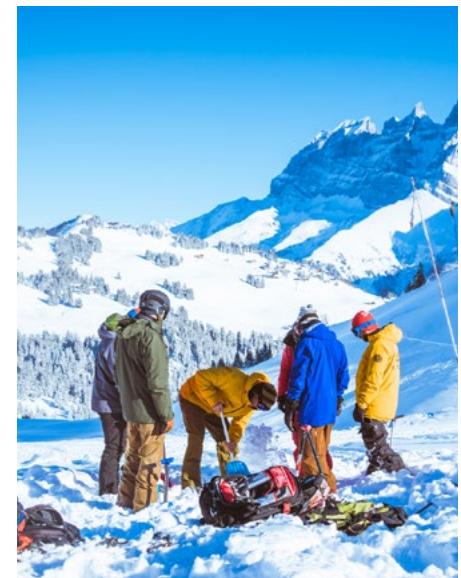
We've made some modifications to the legendary Mossettes piste in Les Crosets. A wider, mellower slope at the top will improve conditions for beginners heading towards Champoussin or Morgins.

## 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](http://pds-ch.ch)



### 7 Portes du Soleil Day-Tripping Tours

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.

1. Viva le Fun Tour
2. Swiss Bliss
3. Let's Gets to Morzine
4. Torgon Powder Hounds
5. Experts Only
6. Franco-Swiss Unlimited
7. Portes du Soleil Ski Safari



reservations  
required

## SKI SCHOOLS

**Champéry**

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

[esschampery.ch](http://esschampery.ch)**Champéry**

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

[redcarpet.ch](http://redcarpet.ch)**Champéry**

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

[swissrideactivity.ch](http://swissrideactivity.ch)**Champéry**

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

[zesnowschool.com](http://zesnowschool.com)**Champéry**

- PDS Snowsport
- +41 (0)79 662 52 47

[pdssnowsport.com](http://pdssnowsport.com)**Champoussin**

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

[ess-lescrosets-champoussin.ch](http://ess-lescrosets-champoussin.ch)**Les Crosets**

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

[ess-lescrosets-champoussin.ch](http://ess-lescrosets-champoussin.ch)**Morgins**

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

[ess-morgins.ch](http://ess-morgins.ch)**Morgins**

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

[m3s.ch](http://m3s.ch)**Val-d'Illiez**

- Snow Pros Ski School
- +41 (0)78 624 50 60

[snow-pros.ski](http://snow-pros.ski)Ski equipment rentals:  
see p. 125 (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 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 welcoming 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.

### Crettet-Bornex

📍 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 Bornex. En route, stop by the Relais Panoramique restaurant, where you can cosy up to a delicious Swiss Rösti and enjoy one of the area's most spectacular views of our beloved Dents du Midi.

### Ü Yeu Tsalé - Les Bochasses

📍 Champoussin

KM 4.7 - 7 (depending on the itinerary)

⌚ 2h15 - 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. *The Buvette de They will be closed for renovations this winter.*

### Wild Fondue & Raclette

📍 Region Dents du Midi reservations required

💬 Region Dents du Midi tourist offices

⌚ 23.12.2023 - 31.03.2024

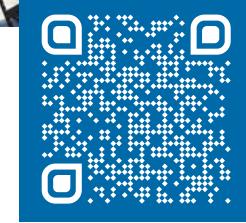
Reservations online until 12 pm the day before.

➢ 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)

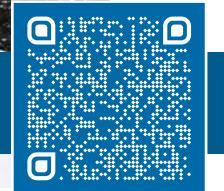


Want to know the best way to eat out in the mountains? Let Region Dents du Midi do the work! Just strap on your snowshoes or click into your rando skis and pick up a ready-made picnic bag with everything you need to enjoy a perfect alpine lunch with a perfect alpine view.

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)



Hiking trail maps are available for sale at the tourist offices or on our website at [regiondentsdumidi.ch](http://regiondentsdumidi.ch)



# 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 Poussettes

📍 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

⌚ 2h30

🔥 Medium

△ 300 m ▽ 300 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 on our website at [regiondentsdumidi.ch](http://regiondentsdumidi.ch)



# ***SNOWSPORTS***



## **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](http://regiondentsdumidi.ch)



Scan for detailed itineraries and information on trail openings & closures.



## Ski Touring 101

	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](http://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!
- > Région Dents du Midi SA declines all responsibility in case of accident.



Equipment rental: see p. 125 (sports shops)  
Mountain guides: see p. 124

## 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



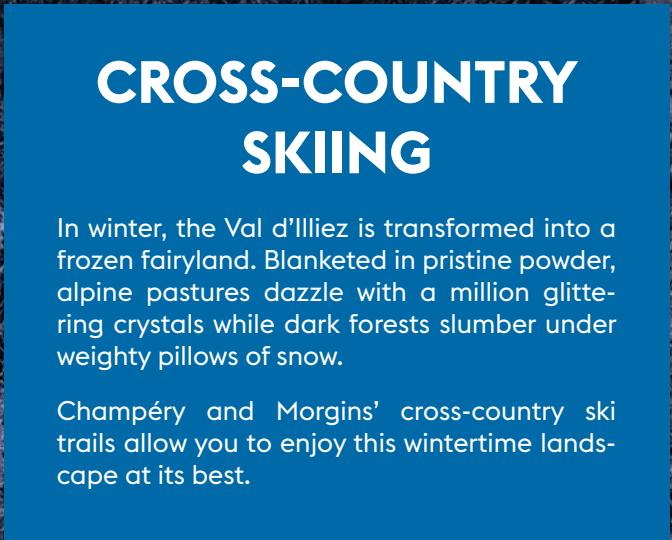
If the idea of an uphill hike on skis by moonlight sounds like fun, then the Foilleuse Vertical is for you!

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

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)



# **SNOWSPORTS**



# **CROSS-COUNTRY SKIING**

In winter, the Val d'Illiez 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
- ⌚ Cross-country ski passes for sale:  
Day pass > adult / child (12+ yrs) >  
> 10.- at the tourist office and Palladium  
in Champéry  
> 12.- on romandieskidefund.ch
- 📞 +41 (0)24 479 05 50

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

### Lac de Morgins Circuit

- 📍 Morgins
- 💬 Region Dents du Midi tourist offices
- 🕒 Daily, subject to snow conditions
- KM 1.3 skating | 1.3 classic
- ⌚ Free for winter 2023-2024
- 📞 +41 (0)24 477 23 61

[regiondentsdumidi.ch](http://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. 125 (sports shops)



## **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](http://palladiumdechampery.ch)



A state-of-the-art sports centre with conference-hosting infrastructures adapted to businesses, elite athletes, and day trippers alike - the Champéry Palladium is the perfect venue for training camps, seminars, company outings, and parties.

### Outdoor Rink (covered - 250m²)

- Morgins
- Centre sportif
- 08.12.2023 - 07.04.2024
  - > Wednesdays 12:00 - 20:00
  - > Thursdays & Fridays 15:30 - 20:00
  - > Saturdays & Sundays 12:00 - 20:00
- During school holidays:  
(23.12.2023 - 07.01.2024 &  
10.02.2024 - 10.03.2024)
  - > 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.
- Entry fee > adult / child > 3.-
- Skate rental & entry fee > 5.-
- Spectators > free entry
- +41 (0)24 477 19 92

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

## CURLING

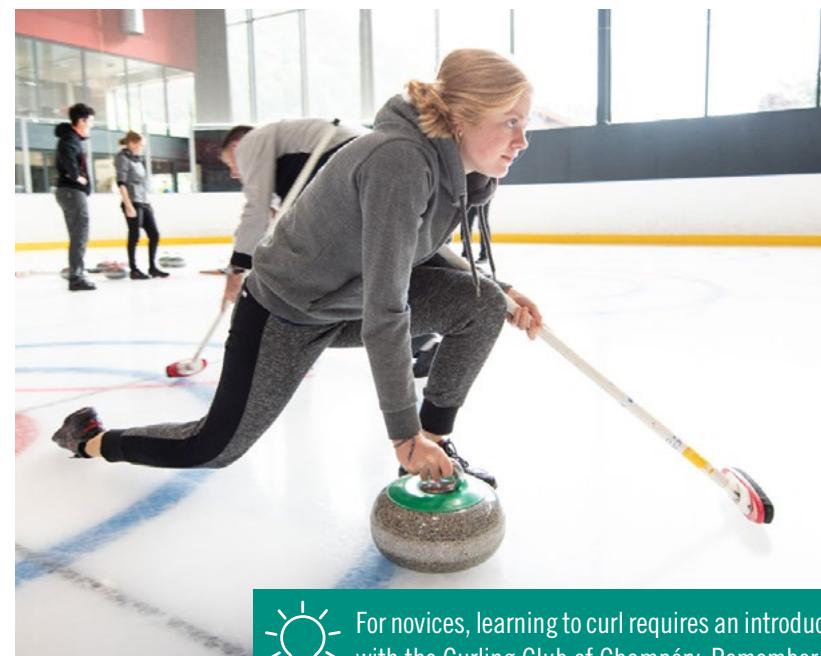
reservations required

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
  - > Introductory workshop, aperitif, Chablaisienne fondue. 6+ people > 99.-/person
- +41 (0)24 479 05 05

[palladiumdechampery.ch](http://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 &amp; Spa

10:00 - 20:00 (with reservations for adults not staying at the hotel)

Adult (14 + yrs) &gt; 35.-

+41 (0)24 479 11 30



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

[national.ch](http://national.ch)

## Champéry

Boutique Hôtel Beau-Séjour &amp; Spa

10:00 - 19:00

Adult (or from 16 yrs if accompanied by an adult)

&gt; Regular rate &gt; 38.-

&gt; Reduced rate (10:00 - 14:30) &gt; 28.-

+41 (0)24 479 58 58



Jacuzzi, hammam, sauna, bassin d'eau froide, parcours Kneipp, bassin de flottaison, pédiluves, douche tropicale, douche écossaise, salle de repos, massages sur réservation.

[beausejour.ch](http://beausejour.ch)

46

## Champoussin

Chez Gaby 1670

09:00 - 18:00

 Min. 2 people :  
30 min. > 18.-/person  
50 min. > 26.-/person  
(10+ yrs)

+41 (0)24 477 22 22



Nordic bath (outdoor) 38°C

[chezgaby1670.ch](http://chezgaby1670.ch)

## Morgins

Helvetia Hotel

16:00 - 19:00 (dernière entrée)

adult &gt; 20.- | child (5 - 16 yrs) &gt; 15.-

+41 (0)24 565 18 75



Sauna, hammam, jacuzzi.

[helvetiahotel.ch](http://helvetiahotel.ch)

## FASTING &amp; HIKING CURES

reservations required

## Morgins

Jeûne &amp; Nature

Dates online

On request

+41 (0)76 416 22 08



## Massages



Find our masseurs on p. 122-123

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.

## 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. 123



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## 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](http://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](http://palladiumdechampery.ch)

# CENTRE SPORTIF ET CULTUREL



+41 24 479 05 05 – [palladium@champery.ch](mailto:palladium@champery.ch) – [www.palladiumdechampery.ch](http://www.palladiumdechampery.ch)

A photograph of a person climbing an indoor rock wall. The climber is wearing a dark t-shirt, grey pants, and a harness with orange accents. They are using red, yellow, and blue holds to ascend a grey wall with a grid of small circular holes. The perspective is from below, looking up at the climber.

## 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
- 16+ yrs > 12.- | child > 8.- equipment rental : harness > 3.- | climbing shoes > 5.- carabiner + smart belay device > 4.-
- +41 (0)24 479 05 05



The climbing wall at the Palladium Sports Centre offers a surface of 260 m<sup>2</sup>, 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](http://palladiumdechampery.ch)

## Badminton

- Champéry reservations required
- Palladium de Champéry
- Depending on the availability of the multi-purpose gymnasium.
- 25.-/hour (equipment included)
- +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](http://palladiumdechampery.ch)

## Escape room

- Champéry reservations required
- Trapgame Champéry Sàrl
- 09:30 - 00:00 daily
- 2 people > 65.-/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](http://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](http://palladiumdechampery.ch)

## Indoor Tennis

- Morgins reservations required
- Centre sportif
- Daily > 09:00 - 22:00 (reservations recommended)
- 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](http://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](http://palladiumdechampery.ch)

reservations required

### Morgins

- 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](http://oxygenmorgins.ch)

## GYMNASIUMS

reservations  
required

Our multipurpose gyms 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](http://palladiumdechampery.ch)

## Morgins

- Region Dents du Midi tourist offices
- On request
- +41 (0)24 477 23 61

[troistorrents.ch](http://troistorrents.ch)

## Troistorrents

- Troistorrents municipal administration
- On request
- +41 (0)24 476 80 10

[troistorrents.ch](http://troistorrents.ch)

## Val-d'Illiez

- Val-d'Illiez municipal administration
- On request
- +41 (0)24 476 87 87

[illiez.ch](http://illiez.ch)



BPM

**Ce sont les petites choses  
qui comptent le plus.**

La nouvelle Volvo EX30 100% électrique.

Notre plus petit SUV impressionne par son intérieur haut de gamme en matériaux recyclés, sa faible empreinte CO<sub>2</sub> et ses systèmes d'assistance innovants. Ce sont souvent dans les plus petites choses que réside la grandeur.

Volvo EX30, E60 Twin, Electric, 428 ch/315 kW. Consommation moyenne d'électricité: 16.3 kWh/100 km, Emissions de CO<sub>2</sub>: 0 g/km, Catégorie d'efficacité énergétique: A.

**MAILLARD MONTHEY SA**  
[www.maillard-monthey.ch](http://www.maillard-monthey.ch)

1870 Monthey  
Routes des Ilettes 3  
Tél. 024-471 65 75

Auto Gsponer AG Visp  
Atlas Automobiles SA Martigny  
**Maillard Monthey SA**  
Garage de la Gare Vevey SA



**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.-

📞 +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](http://huskies.agenda.ch)**HANGING OUT WITH HUSKIES**reservations  
required**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) &gt; 250.-

› Mushing Experience (1h): package 2 adults + 2 children (2 - 12 yrs) &gt; 350.-

› Sled Driving initiation (1h):  
min 2 people (8+ yrs) > 150.-/pers› RomantiK Tour (1h30):  
package 2 adults > 490.-› Baby Park (2h):  
child (3 - 7 yrs) > 80.-

📞 +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](http://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](http://ranch-morgins.ch)**BEAUTIFUL BIRDS OF PREY AVIARY VISIT**reservations  
required**Morgins**

📍 La Petite Volerie

🕒 › May to February: Tuesdays, Thursdays, and weekends (reservation required via online calendar)

› May to November: meet one of our beautiful Harris's hawks.

Indoor activity (but not heated)

› Duration: approx. 1 hour

⌚ 2 - 10 people > 25.- / person  
(Not recommended for children under 6.)

📞 +41 (0)79 761 08 88

During a unique and unforgettable experience at the 'Little Aviary', you'll meet Igor, our handsome hawk owl. He might even perch gently on your gloved arm while you learn about these fascinating birds (who are diurnal and nocturnal) and the ways in which a falconer interacts with them.

[la-petite-volerie.agenda.ch](http://la-petite-volerie.agenda.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](http://regiondentsdumidi.ch)

## Orienteering

- Region Dents du Midi
- Region Dents du Midi tourist offices
- The itineraries in Champéry, Val-d'Illiez, 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 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](http://regiondentsdumidi.ch)

## Bubble Football

- Champéry reservations required
- Ludo Gfeller
- 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](http://regiondentsdumidi.ch)

## Trout Fishing

- Champéry reservations required
- Chalet Rosalie (pond fishing)
- See website for opening hours
- › 25.-/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...

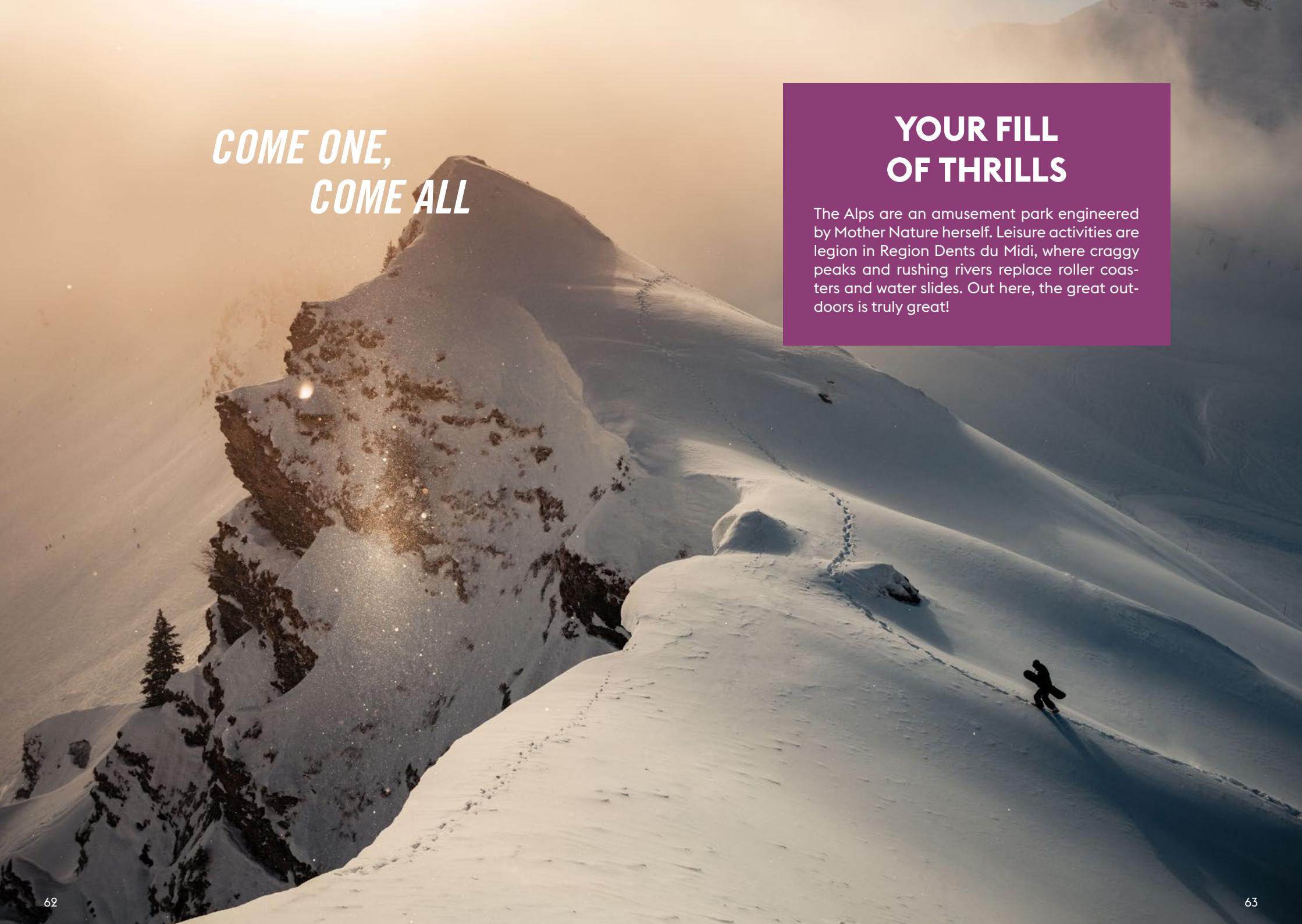
[chalet-rosalie.ch](http://chalet-rosalie.ch)

## Déval'kart

- Morgins reservations required
- Joël Rey-Mermet
- From 17:00 on, on request, 24h in advance  
Depending on ground conditions
- › 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](http://regiondentsdumidi.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
- Ecole de parapente Champoussin à Val-d'Illiez Fly Away
- On request
- > Tandem flight: from 100.- to 180.- depending on distance flown  
-> Initiation: 160.-/day material included  
-> Training – Advanced training – Wing rental
- +41 (0)79 435 26 17

[parafly.ch](http://parafly.ch)**Region Dents du Midi**

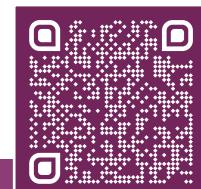
- Depending on weather conditions
- Basile Marclay
- On request
- > Tandem flight: winter > 120.- | summer > 140.-  
-> Optional supplement for photos & videos > 30.-
- +41 (0)79 638 24 31

[regiondentsdumidi.ch](http://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](http://acbfly.com)**Region Dents du Midi**

- Depending on weather conditions
- Valdilliair  
Gaëtan Avanthay & Julien Blanc
- On request
- > Tandem flight: from 120.- to 200.- depending on distance flown  
-> Training : price on request
- +41 (0)79 431 26 61 (Gaëtan)  
+41 (0)79 716 04 06 (Julien)

[valdilliair.com](http://valdilliair.com)**A Gourmet Paragliding Initiation is a feast for all your senses!**

Enjoy a bird's-eye view of the Dents du Midi on a tandem paragliding flight with Basile Marclay - one of our athlete ambassadors - and tuck into a delicious lunch at the summit of the Croix de Culet (Champéry).

**Go With a Guide****reservations required****Region Dents du Midi**

- Montagne Expérience
- On request
- +41 (0)79 637 70 37

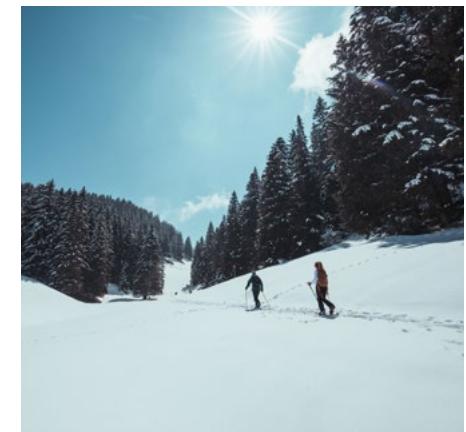
A mountain guide is the key that unlocks the austere and unforgiving high alpine environment. Alternately one step ahead of you or right by your side, pushing you to go farther or encouraging you in moments of fatigue, the relationship between guide and client is a special and unique one, a bond forged 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](http://guides-champery.ch)**Accrobranche****reservations required****Champéry**

- Organic Adventure Park
- In winter: for groups on request. Open for Easter holidays depending on the weather.
- > Adult (16+yrs) > 37.-  
> Teen (11 to 15 yrs) > 27.-  
> Junior (6 to 10 yrs) > 22.-\*  
> Kids (3 to 5 yrs) > 17.-\*

\*Juniors and Kids must be accompanied by an adult in the trees (max. 2 children/adult).

- +41 (0)79 757 56 28



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.

[organicadventurepark.ch](http://organicadventurepark.ch)

# **COME ONE, COME ALL**



## **HORSING AROUND**

A sport for some, a hobby for others, horse-back 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](http://regiondents-dumidi.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](http://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](http://ranch-morgins.ch)**CARRIAGE RIDES****reservations required**

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

**Champéry**

Centre équestre de Champéry

Depending on snow conditions, with reservations 24 hrs in advance.

Single price for maximum 4 people  
45 min. › 130.-

+41 (0)79 429 60 20

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)**Champéry | Champoussin | Les Crosets**

Irénée Caillet-Bois

Subject to snow conditions

On request

+41 (0)79 673 54 14

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)**HORSEBACK RIDING****reservations required**

Explore the wintry backcountry on horseback and revel in the pristine tranquility of frozen landscapes, where the only sound is the rhythmic crunch of hooves on snow and the gentle whicker of your trusty steed.

**Champéry**

Centre équestre de Champéry

Subject to weather conditions

Adult : 1h > 50.- | 3h > 130.- | 6h max > 190.-  
Child (under 14 yrs) : 1h > 45.-  
3h > 120.- | 6h max > 160.-  
Private lessons, lunging (30 min.):  
› Adult > 39.- | Child > 36.-

+41 (0)79 429 60 20

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)**Morgins**

Ranch de Morgins

Subject to weather conditions

Price per person:  
1 person: 1h > 90.- | 2h > 160.- | 3h > 240.-  
2 people: 1h > 65.- | 2h > 120.- | 3h > 180.-  
3+ people: 1h > 45.- | 2h > 80.- | 3h > 120.-  
Group or private lessons, lunging or jumping on request.

+41 (0)79 608 10 16

[ranch-morgins.ch](http://ranch-morgins.ch)

**PONY RIDES**reservations  
required

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

**Champéry**

Centre équestre de Champéry

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](http://regiondentsdumidi.ch)**Morgins**

Ranch de Morgins

Subject to weather conditions

Accompanied by parents:

- > 10 min. > 10.-
- > 30 min. > 25.-
- > 1h > 35.-

Accompanied by the Ranch:

- > 10 min. > 15.-
- > 30 min. > 35.-
- > 1h > 45.-

+41 (0)79 608 10 16

[ranch-morgins.ch](http://ranch-morgins.ch)**LIFE IN THE STABLES**reservations  
required

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

**Champéry**

Centre équestre de Champéry

On request

For 1h :

- > 1-5 people > 35.- /person

+41 (0)79 429 60 20

[regiondentsdumidi.ch](http://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](http://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
- > ½ day > 75.-
- > 5x ½ days (consecutive) > 300.-
- > 5x ½ days (non-consecutive) > 320.-
- +41 (0)24 479 16 15


[esschampery.ch](http://esschampery.ch)
**Les Crosets**

- École Suisse de Ski & Snowboard (ESS)
- > Sundays > 13:40 - 15:40
- > Mondays - Fridays > 09:10 - 11:10
- > ½ day > 60.-
- > 6x ½ days > 230.-
- +41 (0)24 479 14 01

[ess-lescrosets-champoussin.ch](http://ess-lescrosets-champoussin.ch)
**Champoussin**

- École Suisse de Ski & Snowboard (ESS)
- > Sundays > 13:30 - 15:30
- > Mondays - Fridays > 13:15 - 15:15
- > ½ day > 60.-
- > 6x ½ days > 230.-
- +41 (0)24 477 29 00


[ess-lescrosets-champoussin.ch](http://ess-lescrosets-champoussin.ch)
**Morgins**

- M3S | École de Ski Internationale (ESI)
- Daily (weekends & school holidays)
- > 09:45 - 12:00 (mini-club)
- For children age 3 - 6 ans, lessons take place at the sports centre.
- > ½ day > 45.-
- > 6x ½ days (Sundays - Fridays) > 240.-
- +41 (0)24 477 77 17


[m3s.ch](http://m3s.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](http://ess-morgins.ch)

## OUTDOOR ACTIVITIES

### Playgrounds

- Champéry | Troistorrents | Val-d'Illiez
- 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](http://regiondentsdumidi.ch)

### 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 Champéry, next to the Grand Paradis chairlift (ungroomed slope).

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

## INDOOR ACTIVITIES

### Fun Park

- Champéry | Morgins | Val-d'Illiez
- Region Dents du Midi tourist offices
- 15:00 - 18:00
  - › Morgins (Salle de la Jeux)  
23.12.2023 - 29.12.2023
  - › Val-d'Illiez (gymnasium)  
31.12.2023 - 06.01.2024
  - › Champéry (Palladium)  
10.02.2024 - 18.02.2024
- Free (5-14 yrs, children must be supervised by parents)
- +41 (0)24 479 05 50 (Champéry - Val-d'Illiez)  
+41 (0)24 477 23 61 (Morgins)



## AQUATIC ACTIVITIES

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

### Aquatic Obstacle Course

- Champéry
- Palladium de Champéry
- Sundays > 10:00 - 12:30
- 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](http://palladiumdechampery.ch)

### Swimming Lessons

reservations required

- Champéry
- Palladium de Champéry
- Prices on our website
- +41 (0)76 756 37 91



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.

[cschampery.ch](http://cschampery.ch)



### Babysitters

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



## ***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'Illiez 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, 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
- 📞 Hugues Perrin
- ⌚ On request
- ⌚ Adult > 10.- | Child > free
- 📞 +41 (0)79 435 92 39

reservations required



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](http://fonderiechampery.wixsite.com/perrin)

## Carillon Concert

- 📍 Morgins
- 📞 François Donnet
- ⌚ Mondays - Saturdays
- 📞 +41 (0)79 310 95 61

reservations required

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](http://regiondentsdumidi.ch)

## Watchmaking Workshop

- 📍 Champéry
- 💬 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

reservations required

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](http://boutiquehorsdutemps.ch)



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



## 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.



## 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.



RÉGION  
DENTS DU MIDI

The Slow Food network organises ecotourism experiences that showcase local products. For more than two years now, RDDM and member partners have been offering activities, special breakfasts, and packages aimed at promoting our culinary heritage.





## Life on a farm

- 📍 Champéry
- 📞 Region Dents du Midi tourist offices
- ⌚ Mondays - Fridays : from 16:30  
(reservations online at [rddm.ch](http://rddm.ch))
- ⌚ 11.- (4+ yrs)
- 📞 +41 (0)24 479 05 50

reservations required

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](http://regiondentsdumidi.ch)



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

### La Cavagne

- 📍 Troistorrents
- 📞 +41 (0)24 477 35 40

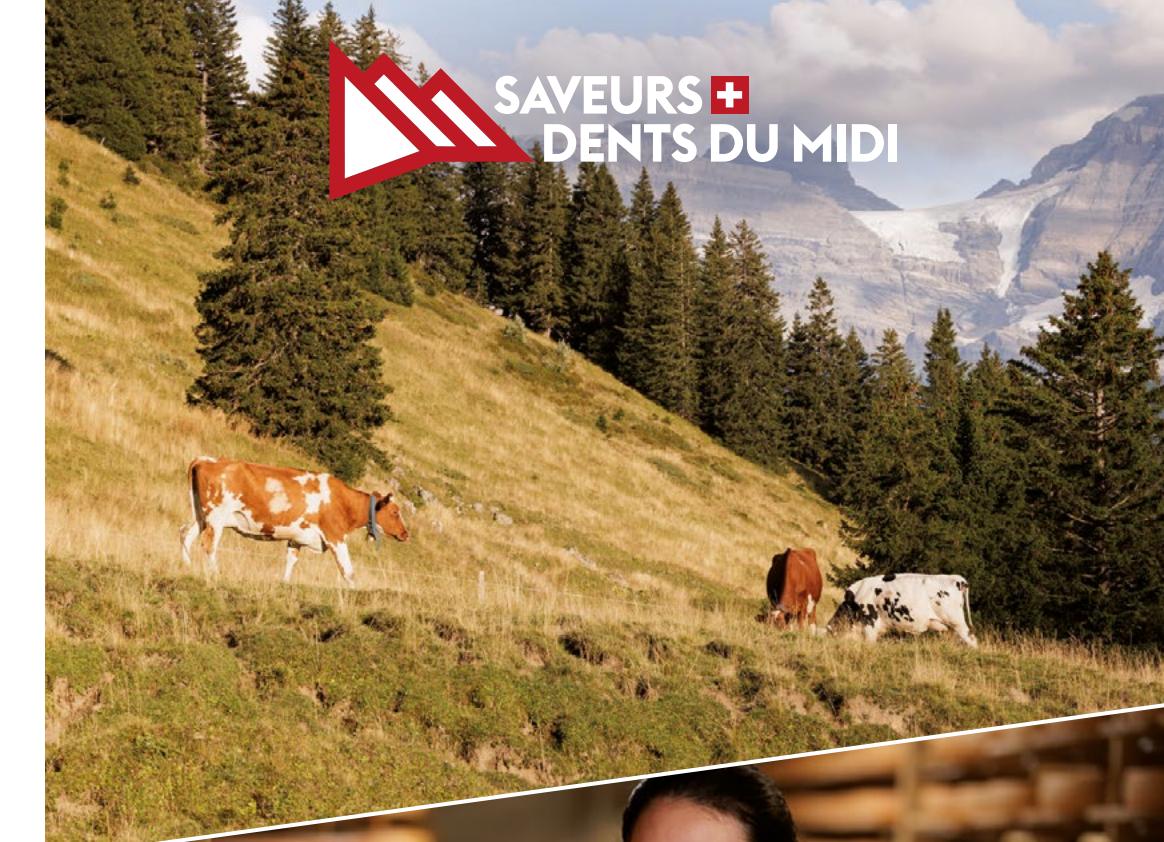


In an effort to centralise and streamline the labour-intensive cheese ripening process, and to create a better farm to market sales platform for producers, the Cavagne shop in Troistorrents recently completed a new building project. This state-of-the-art cellar can hold 16,000 raclette cheeses, carefully watched over by an automated system. The extension also includes a reception area for meetings, food tastings and other events to promote local produce.

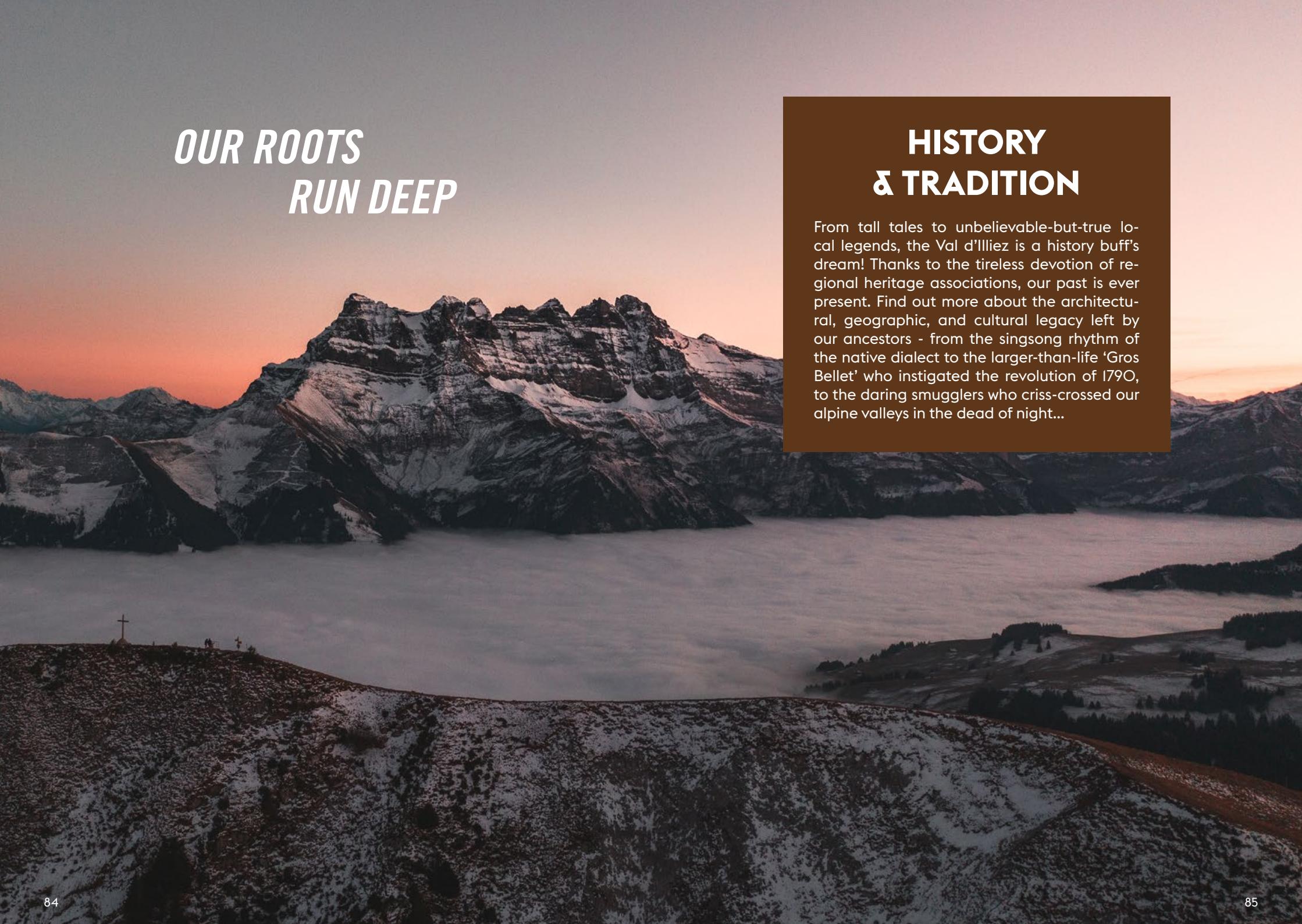
[lacavagne.ch](http://lacavagne.ch)



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'Illiez 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 Champérolin
- 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 de la Dent du Midi and the spine-chilling legend of the Devil and our iconic church bell tower...

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

**Ferme à Gaby in Champoussin**

A charming little museum upstairs retraces alpine life in the old days. The tools and objects you see here all tell fascinating stories of how our ancestors lived and worked.

**Vieux Greniers Museum**

- Val-d'Illiez reservations required
- Fondation du Patrimoine de Val-d'Illiez
- 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](http://regiondentsdumidi.ch)

**Val d'Illiez Vernacular**

- Val-d'Illiez reservations required
- Fondation du Patrimoine de Val-d'Illiez
- Every 2<sup>nd</sup> 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'Illiez patois is characteristic for its wealth of words and syntactic particularities. *'Intéresseint et l'aya pas gran tein!'*

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

**COMMUNAL BREAD OVENS**

- reservations required

**Propéraz Bread Oven**

- Troistorrents
- Association du Four à Pain de Propéraz
- Baking dates online at [properaz.ch](http://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](http://properaz.ch)

**Collaire Bread Oven**

- Troistorrents
- Association de Sauvegarde du Four à Pain de Collaire
- Baking dates online at [asfpc.ch](http://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](http://asfpc.ch)





## ***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.

## Open-Air Museum

- Champéry
- Region Dents du Midi tourist offices
- Daily
- Free access
- +41 (0)24 479 05 50



illustrations : Cosey | texts : Fabrice Clément

This graphic-novel retrospective of village life in the 19<sup>th</sup> 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](http://admin-champery.ch)

- Val-d'Illiez
- 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](http://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](http://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](http://regiondentsdumidi.ch)

### Vieux Greniers

- Val-d'Illiez
- Association du Patrimoine de Val-d'Illiez
- +41 (0)79 878 61 24

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

### Brindusa Burrows Art

- Val-d'Illiez
- Brindusa Burrows
- +41 (0)76 453 03 10

[brindusaburrows.art](http://brindusaburrows.art)



Exhibitions: see p. 114



### La Treille

- Troistorrents
- Commune de Troistorrents
- +41 (0)24 476 80 10

[troistorrents.ch](http://troistorrents.ch)

### Galerie de la Tine

- Troistorrents
- Gérald Lange
- +41 (0)79 621 43 72

[latine-galerie.com](http://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](http://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](http://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](http://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](http://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 Gherri-Moro.

[paroisses-illiez.ch](http://paroisses-illiez.ch)

## SOUND & LIGHT

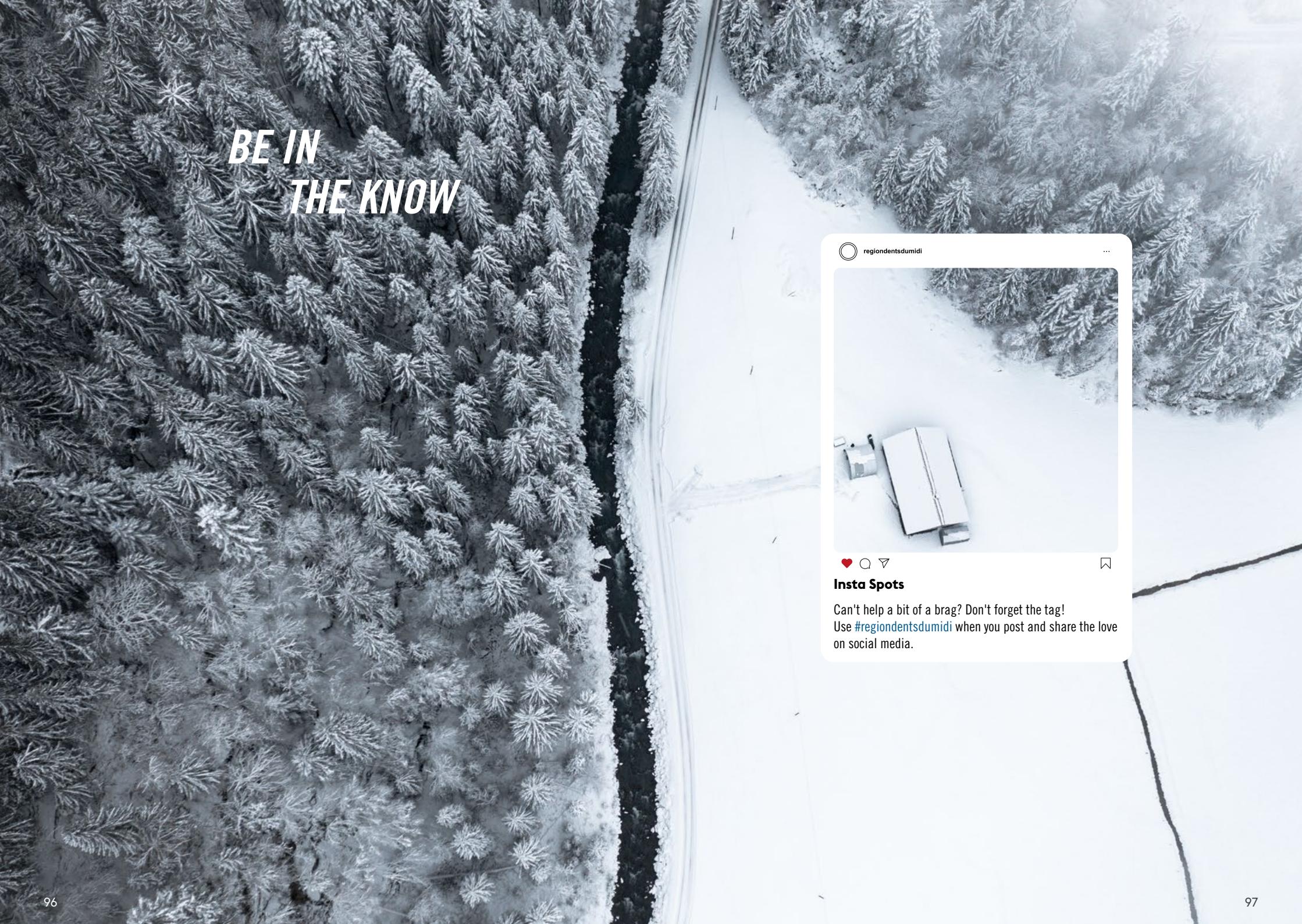
### Saint Théodule Church

- 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](http://paroisses-illiez.ch)

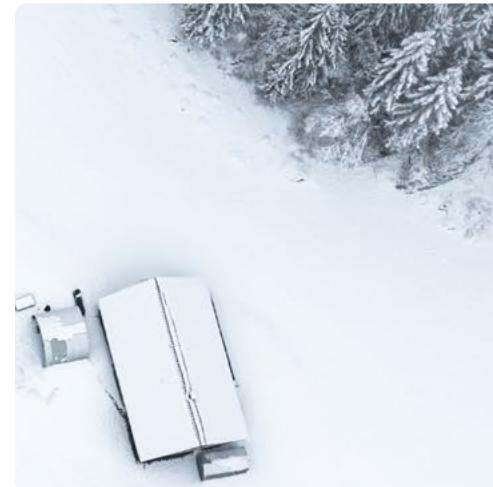




**BE IN  
THE KNOW**



regiondentsdumidi



#### Insta Spots

Can't help a bit of a brag? Don't forget the tag!  
Use [#regiondentsdumidi](#) when you post and share the love  
on social media.



Grand Combin  
4314 m  
Dent du Salentin  
2482 m  
Mont Velan  
3731 m  
Dent de Valère  
2267 m  
Tête de Chalain  
2595 m

La Cime de l'Est  
3178 m

## LES DENTS DU MIDI

La Forteresse  
3164 m  
La Cathédrale  
3160 m  
l'Éperon  
3114 m  
La Dent jaune  
3186 m  
Les Doigts  
3210 m  
La Haute Cime  
3257 m

Dent de la Chaux  
2767 m  
Tour Salière  
3220 m

Dent de Rosséstan  
2616 m  
Grand Ruan  
3057 m

Petit Ruan  
2847 m  
Mur des Rosses  
2932 m  
Pointe des Rosses  
2965 m  
Pic de Tenneverte  
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 Barre  
2759 m  
Corne à Tournier  
2738 m

Fenêtre Dents Blanches  
2602 m  
Dent des Six Vernays  
2662 m  
Col du Trou  
2633 m  
Pointe Bourdillon  
2713 m  
Dent du Signal  
2727 m  
Dent Occidentale  
2709 m  
Corne du Chamois  
2599 m

## GETTING HERE

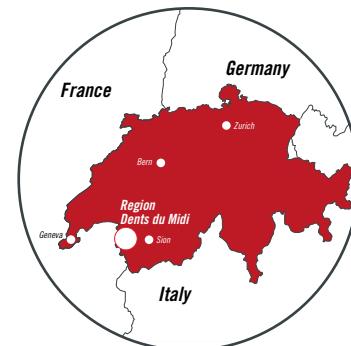
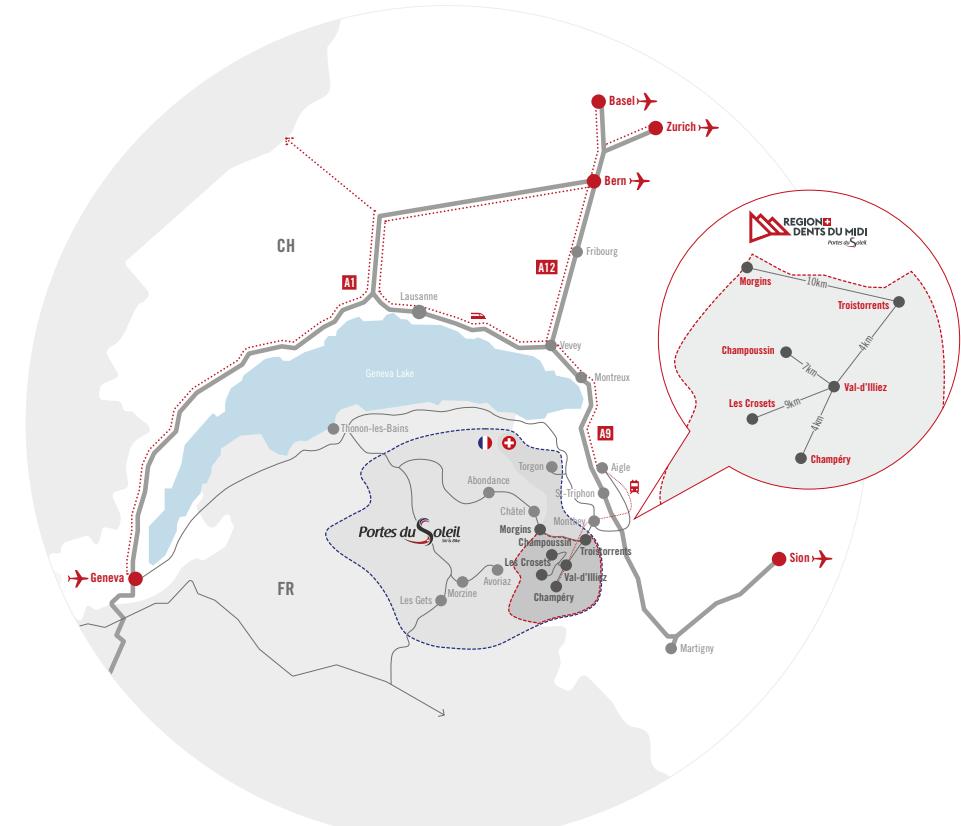
### JUST A HOP AND A SKIP TO REGION DENTS DU MIDI...

#### By Car

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

#### By Train

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



Basel	4:00	217 km	2:20
Bern	3:00	124 km	1:30
Geneva	2:30	128 km	1:20
Lausanne	1:35	65 km	1:00
Lyon	4:30	275 km	3:10
Milan	6:00	296 km	4:00
Montreux	1:22	26 km	0:32
Neuchâtel	2:30	133 km	1:30
Paris	6:40	577 km	6:15
Sion	2:00	55 km	0:40
Vevey	1:29	35 km	0:37
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.



### Dents du Midi Little Tourist Train

	Champéry
	19 per wagon
	0h20
	Free

### Rumières Shuttle

	Champéry
	20
	0h16
	Free

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

	Troistorrents   Morgins
	50
	0h17
	7.20.- (3.60 with ½ price pass)

Bus/ train connections at:

\* Collombey centre/Collombey-Muraz

\*\* Troistorrents train station or La Tine/Route de Morgins

### Bus Val-d'Illiez - Champoussin

	Val-d'Illiez   Champoussin
	50
	0h35
	7.80 (3.90 with ½ price pass)

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

	Val-d'Illiez   Les Crosets
	50
	0h35
	6.40 (3.20 with ½ price pass)



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

#### Timetable



# AVEC LE TRAIN AU PIED DES PISTES.

Monthevy – Champéry en 30 minutes  
chaque **demi-heure!**\*

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

Plus d'infos sur [www.tpc.ch](http://www.tpc.ch)

\* Trains supplémentaires à la demi-heure entre Monthevy 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](http://tpc.ch/horaire) ou sur l'app «TPC Mobile»





## ACCOMMODATION

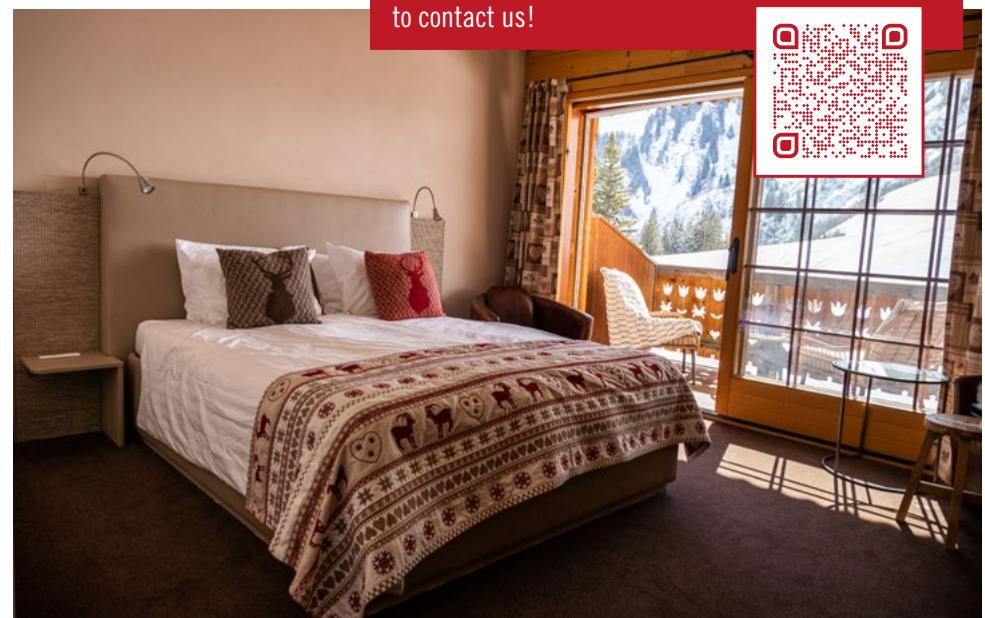
Make yourself at home...

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](http://regiondentsdumidi.ch). For more help or for a tailor-made offer, don't hesitate to contact us!



## RESTAURANTS, BARS & NIGHTCLUBS



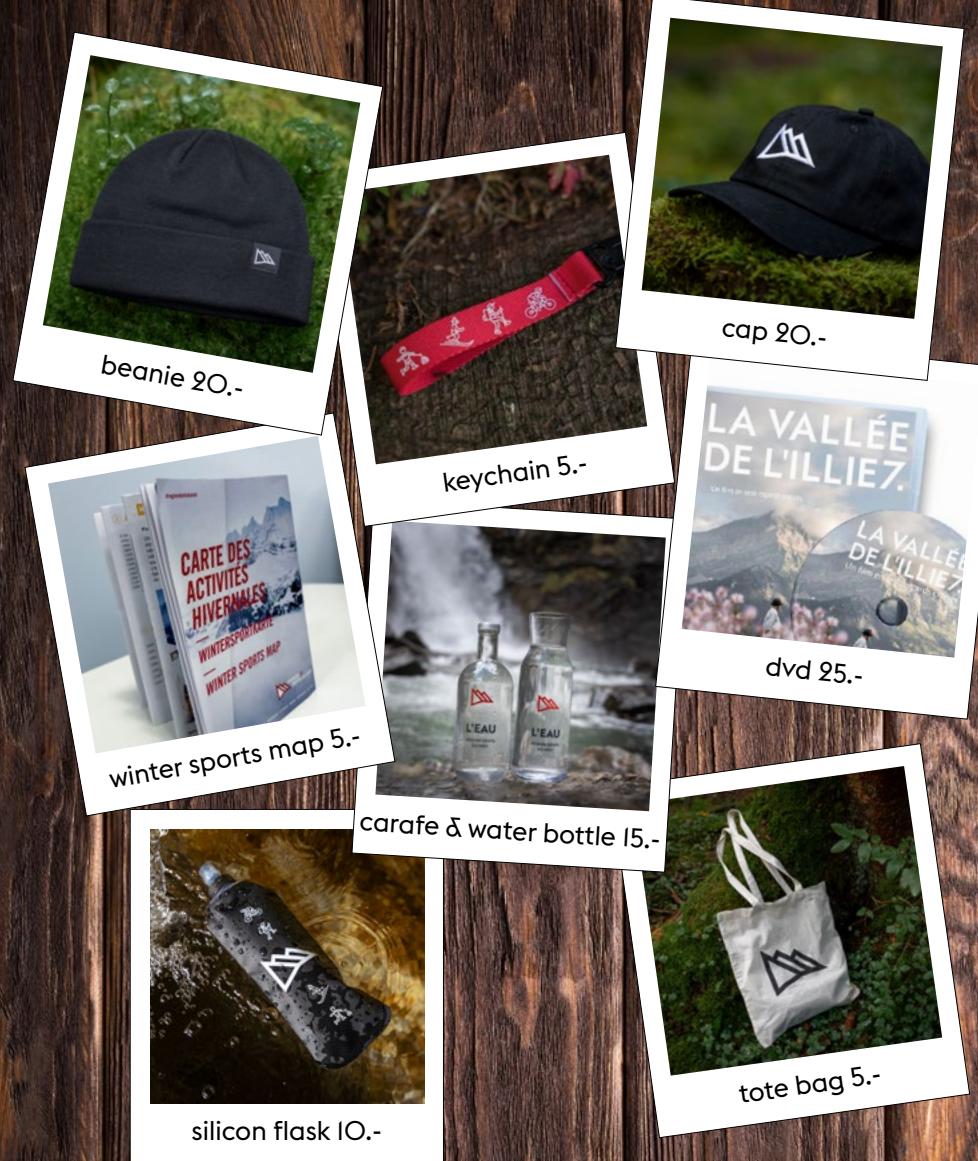
					SEASON		SITUATION	
					SUMMER	WINTER		
Alpage Lapisa	+41 24 479 36 43	lapisa.ch	Champéry	•	•	•	•	50 100
Apic Eat Bar Take Away	+41 79 329 10 28		Champéry	•	•	•	•	40 20
At'Home	+41 24 565 10 08	athome-champery.ch	Champéry	•	•	•	•	0
Bar des Guides	+41 24 479 07 07	facebook.com/BarDesGuides	Champéry	•	•	•	•	60
Bar Le Clocher	+41 77 269 74 14	leclocher.ch	Champéry	•	•	•	•	24 80
Buvette de Bonavau	+41 78 245 21 25	refugedebonavau.weebly.com	Champéry	•	•	•	•	0 30
Buvette de Chavannette	+41 79 725 91 68		Champéry	•	•	•	•	
Buvette du Chalet Rosalie	+41 79 577 87 54	chalet-rosalie.ch	Champéry	•	•	•	•	
Cabane de Susanfe	+41 24 479 16 46	susanfe.ch	Champéry	•	•	•	•	70 20
Café les Jonquilles*	+41 24 479 30 95		Champéry	•	•	•	•	
Cantine de Barmaz	+41 24 479 11 63	cantine-barmaz.com	Champéry	•	•	•	•	70 120
Cantine des Dents Blanches	+41 24 479 12 12	cantine-dentsblanches.com	Champéry	•	•	•	•	50 80
Cantine des Rives	+41 24 479 11 71	lesrives.ch	Champéry	•	•	•	•	
Cantine Sur Coux	+41 24 479 10 44	cantinesurcoux.net	Champéry	•	•	•	•	40 60
Chalet des Saveurs, le Bistrot	+41 24 479 16 42	chalet-des-saveurs.ch	Champéry	•	•	•	•	22 9
Chez Coquoz	+41 24 479 12 55	restaurant-coquoz.ch	Champéry	•	•	•	•	80 80
Chez Joe	+41 24 479 18 00	facebook.com/ChezJoeBurgers	Champéry	•	•	•	•	
Guest House Coffee Bar	+41 24 479 11 67	houseparadis.ch	Champéry	•	•	•	•	60 60
L'Alta	+41 24 479 15 32	alta1874.ch	Champéry	•	•	•	•	70 40
Le Bistrot des Reines	+41 24 479 17 00	bistrotdesreineschampery.ch	Champéry	•	•	•	•	140 50
Le Blackout yourte bar	+41 79 720 39 21	instagram.com/barlacrevasse	Champéry	•	•	•	•	50 150
La Crêperie de Champéry	+41 76 230 42 55	facebook.com/pg/lacreperiechampery	Champéry	•	•	•	•	7
La Crevasse	+41 79 720 39 21	instagram.com/barlacrevasse	Champéry	•	•	•	•	100
La Croix de Culet	+41 24 479 23 34	lacroixdeculet.ch	Champéry	•	•	•	•	110 150
La Gourmandise Champérolaine*	+41 24 565 11 84	facebook.com/gourmandise.champerolaine.3	Champéry	•	•	•	•	26 16
La Petite Table	+41 24 479 12 55	restaurant-coquoz.ch	Champéry	•	•	•	•	120 120
La Pointe	+41 24 479 28 38	pleinclair.com	Champéry	•	•	•	•	40 40
Le 42	+41 24 479 04 05	lewhite.ch	Champéry	•	•	•	•	42 10
Le Bar-lounge du Nord	+41 24 479 11 26	lenord.ch	Champéry	•	•	•	•	40
Le Café du Nord	+41 24 479 11 26	lenord.ch	Champéry	•	•	•	•	115 50
Le Farinet	+41 24 479 20 98	lefarinetchampery.ch	Champéry	•	•	•	•	
Le Gueullhi	+41 24 479 35 55	legueullhi.ch	Champéry	•	•	•	•	100 60
Le R.E.D.	+41 24 479 23 34	lacroixdeculet.ch	Champéry	•	•	•	•	80 600
Le Bistrot du Palladium	+41 24 479 15 12	palladiumdechampery.ch	Champéry	•	•	•	•	80 30
Le Rooftop du White	+41 24 479 04 04	lewhite.ch	Champéry	•	•	•	•	0 50
Le Toupin	+41 24 479 15 48		Champéry	•	•	•	•	70 120
Le Vieux-Chalet	+41 24 479 19 74	vieuxchaletchampery.ch	Champéry	•	•	•	•	65 40
Les Marmottes	+41 79 691 07 00	restaurant-les-marmottes.ch	Champéry	•	•	•	•	60 100
Lounge-Bar Hotel National Resort	+41 24 479 11 30	lenational.ch	Champéry	•	•	•	•	25 50
Refuge le Chaudron	+41 24 479 03 00	refugelechaudron-champery.ch	Champéry	•	•	•	•	120 200
Champoussin Lodge	+41 24 476 83 00	champoussinlodge.ch	Champoussin	•	•	•	•	80 50
Chez Gaby 1670	+41 24 477 22 22	chezgaby1670.ch	Champoussin	•	•	•	•	160 120
La Ferme à Gaby	+41 24 477 30 88	lafermegaby.ch	Champoussin	•	•	•	•	20 50
L'Antre D'Eux	+41 24 477 62 13	lantredoux.ch	Champoussin	•	•	•	•	
Le Virage	+41 24 565 04 26	restolevage.ch	Champoussin	•	•	•	•	80 80

\*also open in the morning

		WHAT'S ON THE MENU												
		ATMOSPHERE			SERVICES									
Cheese fondue	Raclette	Croutes au fromage	Local products	Meat fondue	Grilled meat	Pasta	Rosti	Pizzas	Fish	Burgers	Sandwiches	Crêpes	Vegetarian dishes	Tearoom
														Bar
														Nightclub
														Live concerts
														Après-ski
														Billiards
														Darts
														Table football
														Sports events broadcasting
														Accessible
														High chair
														Nappy changing table
														Outdoor playground



Bar des Neiges	+41 79 672 15 67	Facebook: B&B Rey-Bellet et Bar des Neiges facebook.com/chezyojetjibi	Les Crosets	•	•	•	•	•	40	80
Buvette Chez Yoyo et Jibi	+41 24 479 30 45	cheznelly.ch	Les Crosets	•	•	•	•	•	70	150
Chez Nelly	+41 24 479 12 95	cookie-cafe.com	Les Crosets	•	•	•	•	•	60	80
Cookie Café Mossettes	+41 24 479 12 19	facebook: Crêperie La Cabane à Sucre Les Crosets	Les Crosets	•	•	•	•	•	200	200
Crêperie La Cabane à Sucre	+41 79 931 38 37	hotel-etable.ch	Les Crosets	•	•	•	•	•	45	15
Le "J" Steakhouse des Crosets	+41 24 565 65 55	facebook.com/caveaudescrosets	Les Crosets	•	•	•	•	•	70	25
Le Caveau des Crosets	+41 78 760 53 57	lemountainlodge.ch	Les Crosets	•	•	•	•	•	60	40
Le Mountain Lodge	+41 24 479 25 80	hotel-pds.ch	Les Crosets	•	•	•	•	•	60	
Les Portes du Soleil	+41 24 479 11 84	lacvert.ch	Les Crosets	•	•	•	•	•	150	120
Refuge de Chésery	+41 79 725 68 20	lemarcheuseon.ch	Les Crosets	•	•	•	•	•	24	70
Refuge Le Marcheuseon	+41 24 479 22 40	crosets-relais.ch	Les Crosets	•	•	•	•	•	70	100
Relais Panoramique	+41 24 479 34 12	au-beau-reveil-boulangerie.ch	Morgins	•	•	•	•	•	150	60
Au Beau-Réveil*	+41 24 477 11 84	Bar des Portes du Soleil	Morgins	•	•	•	•	•	18	26
Brasserie 7Peaks	+41 24 565 18 72	7peaksbrasserie.ch	Morgins	•	•	•	•	•	30	30
Buvette de Savolaire	+41 24 477 11 14	restaurant-buvette-savolaire.ch	Morgins	•	•	•	•	•	30	40
Chalet Chanso	+41 79 963 75 82	chaletchanso.ch	Morgins	•	•	•	•	•	35	60
Chalet Neuf	+41 24 477 12 96	restochaletneuf.ch	Morgins	•	•	•	•	•	72	140
Gîte Alpage La Chaux	+41 79 899 15 74	la-chaux.ch	Morgins	•	•	•	•	•	70	110
Là Ô	+41 24 476 83 24	la-o.ch	Morgins	•	•	•	•	•	150	200
La Pive	+41 24 477 12 08	facebook.com/lapivemorginschezisa	Morgins	•	•	•	•	•	60	50
Le Centre Sportif	+41 24 477 19 92	morgins-loisirs.ch	Morgins	•	•	•	•	•	28	50
Le Corbeau	+41 79 417 37 50	facebook.com/Refuge-du-Corbeau-Morgins	Morgins	•	•	•	•	•	40	60
Le Di.vins	+41 24 477 33 03	divins.ch	Morgins	•	•	•	•	•	80	30
Le Ferrage	+41 24 477 12 21	leferrage.ch	Morgins	•	•	•	•	•	50	110
Les Bochasses	+41 24 477 22 21	lesbochasses.ch	Morgins	•	•	•	•	•	100	120
Les Fontaines Blanches	+41 24 477 13 42	fontaines-blanches.ch	Morgins	•	•	•	•	•	100	30
Meat' hic Grill	+41 24 477 10 33	meathicgrill.ch	Morgins	•	•	•	•	•	40	20
Restaurant d'alpage Tovassière	+41 24 477 46 57	tovassiere.com	Morgins	•	•	•	•	•	80	150
SAF club	+41 79 933 18 35	facebook.com/SafClubMorgins	Morgins	•	•	•	•	•	200	
T-Bacchus	+41 79 933 18 35	facebook.com/tbacchus1875	Morgins	•	•	•	•	•	25	80
T-Bar	+41 24 477 87 86	facebook.com/tbarmorgins	Morgins	•	•	•	•	•	50	25
T-Là Pizzeria	+41 24 477 50 80	facebook: T-Là Restaurant pizzeria	Morgins	•	•	•	•	•	70	10
U Yeü Tsalé	+41 24 477 32 55	uyeutsale.ch	Morgins	•	•	•	•	•	40	70
A la Pizz'	+41 24 477 10 64	facebook: A la pizz' Troistorrents	Troistorrents	•	•	•	•	•		
Auberge de la Bourgeoisie	+41 24 477 24 04	aubergebourgeoise.ch	Troistorrents	•	•	•	•	•	60	30
Restaurant Helvetia	+41 24 477 63 95	facebook.com/HelvetiaTroistorrents	Troistorrents	•	•	•	•	•	100	30
La Boulan'Tine*	+41 24 477 30 30	laboulanline.ch	Troistorrents	•	•	•	•	•		
La Cavagne Bar du Terroir	+41 77 474 91 09	lacavagne.ch	Troistorrents	•	•	•	•	•	40	15
Relais de la Thiésaz	+41 24 477 18 28	thiesaz.ch	Troistorrents	•	•	•	•	•	70	20
Cabane d'Anthème	+41 79 473 71 40	antheme.ch	Val-d'Illiez	•	•	•	•	•	30	40
Culture(s) Café	+41 24 477 14 14	cultures-vs.ch	Val-d'Illiez	•	•	•	•	•	130	20
La Mascotte*	+41 24 477 28 75	facebook: La Mascotte	Val-d'Illiez	•	•	•	•	•	55	25
Le Charly's	+41 79 321 85 93	facebook: Charly's	Val-d'Illiez	•	•	•	•	•	100	20
Peanut Lodge & Winstub	+41 24 477 86 96	peanutlodge.com	Val-d'Illiez	•	•	•	•	•	75	20
Restaurant La Bergerie des Bains	+41 24 477 29 31	labergeriedesbains.ch	Val-d'Illiez	•	•	•	•	•	100	100
Restaurant des Tennis	+41 24 477 21 13	restaurantdes tennis.ch	Val-d'Illiez	•	•	•	•	•	45	70



# ROCK THE PISTES FESTIVAL

17→23  
MARS  
2024



Available in our tourist offices or online !

Portes du Soleil  
Ski & Bike

## WINTER HIGHLIGHTS

### NOVEMBER

- 10-11** Champéry Film Festival | Champéry
- 11** Troistorrents-Morgins ski club 60th anniversary dinner show | Troistorrents
- 24** Maxi-Rires dinner show | Champéry
- 25-26** Christmas market | Troistorrents

### DECEMBRER

- 01-24** Advent windows | Champéry | Troistorrents-Morgins
- 02** 75mm Production film screening | Morgins
- 07** Storytelling Soirée | Morgins
- 08** Skating rink opening night | Morgins
- 09** Christmas tree market | Champéry  
C'est l'Hiver! Morgins Festival | Morgins
- 10** Saint Nicholas' Day | Val-d'Illiez
- 15** Winter movie night | Troistorrents  
Tennis club 50th anniversary | Morgins
- 16** HC Portes du Soleil supporter's dinner | Champéry  
RED season opening - Etienne De Crécy | Champéry  
Echo de la Montagne Christmas concert | Champéry
- 20** Enchanted Ramble - Sociocultural service & Pro Senectute | Val-d'Illiez
- 23-29** Fun Park | Morgins
- 24** Meet Father Christmas | Region Dents du Midi
- 25** Santa on Skis | Region Dents du Midi
- 26-30** Art Champéry | Champéry
- 27-29** Fairyland Fantasy | Region Dents du Midi
- 28** Spectacle on Ice | Champéry
- 29** Foilleuse Vertical Race | Morgins
- 31** New Year's Eve | Region Dents du Midi  
Fun Park | Val-d'Illiez

### JANUARY

- 01-06** Fun Park | Val-d'Illiez
- 03-05** Fairyland Fantasy | Region Dents du Midi
- 05** Literary Encounters – crime fiction | Champéry
- 12-28** La Comédillienne Theatre | Val-d'Illiez
- 13** Morgins Yannick Ecoeur Trophy | Morgins
- 20** Gourmet Ramble | Morgins
- 21** Winter Panathlon Family Games | Champéry
- 26-30** Welsh Alpine Championships | Champéry-Les Crosets

### FEBRUARY

- 03** Grand Prix Migros | Les Crosets
- 09-13** Carnaboum | Val-d'Illiez
- 10** Children's Carnaval | Champéry  
En Pistes avec Le Nouvelliste | Les Crosets
- 10-18** Fun Park | Champéry
- 13** Children's Carnaval | Morgins, Val-d'Illiez
- 14-16** Fairyland Fantasy | Region Dents du Midi

### MARCH

- 16** 52 Minutes live from Maxi-Rires | Champéry
- 16-23** Maxi-Rires Festival | Champéry
- 17-23** Rock the Pistes Festival | Portes du Soleil
- 23** Echo de la Vallée annual concert | Val-d'Illiez
- 30** Chô Rock Festival | Morgins
- 30-31** Banked Slalom | Les Crosets
- 31** Golden Egg Hunt | Region Dents du Midi  
Morgins Jazz Rock | Morgins

### APRIL

- 01** Golden Egg Hunt | Region Dents du Midi
- 06** The Line | Les Crosets  
Bike & Sound - Wheels on Snow | Les Crosets  
Harry's Ride for Research | Morgins
- 20** Echo de la Montagne annual concert | Champéry

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



**27-29.12 / 03-05.01 / 14-16.02**

### Fairyland Fantasy

These captivating street spectacles showcase music, choreography, and poetic artistry - lighting up the night with whimsy and magic. One of our most popular events, this is an enchanting evening for spectators of all ages!

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

**20.01**

### Gourmet Ramble

Epi-curious foodies will love this delicious adventure! Set off on a moonlit snowshoe trek through the stunning Vallon de They, indulging in delectable Morgnois specialities at stops along the way.

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

**26-30.01**

### Welsh Alpine Championships

This wintertime favourite is where the decades-long friendship between Region Dents du Midi and the land of the iconic red dragon began. Drawing young skiers from Wales, but also from Scotland, England, Switzerland, and around the world to Champéry – Les Crosets, this is a week-long event culminating in slalom and giant slalom races with a convivial, fair-play attitude.

[regiondentsdumidi.ch](http://regiondentsdumidi.ch)

**17-23.03**

### 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 comedy festival is proof that laughter is truly the best medicine.

[maxi-ries.ch](http://maxi-ries.ch)



### Save the dates !

- 02-03.06**  
Illiez Valley Music Festival | Troistorrents
- 28-30.06**  
Pass'Portes du Soleil | Portes du Soleil
- 31.07-14.08**  
Rencontres Musicales | Champéry
- 09-11.08**  
European MTB Championships 2024 - Downhill | Region Dents du Midi
- 06-08.09**  
Bike & Sound Festival | Champéry



## EXHIBITIONS

### Hélène Gueury

(photography)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 01.12.2023 - 17.12.2023  
Monday - Friday > 16:00 - 19:00  
Saturday - Sunday > 11:00 - 13:00 &  
15:00 - 19:00  
By appointment +41 (0)77 475 17 26  
Vernissage : 02.12.2023 > 18:00

[helenegueury.com](http://helenegueury.com)

### Michèle Pruvost

(paintings)

- 📍 Champéry | Hôtel National Resort & SPA
- ⌚ 01.12.2023 - 31.03.2024  
Daily > 09:00 - 21:00  
Vernissage : 09.12.2023 > 18:00

### France Schmid

(paintings)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 22.12.2023 - 07.01.2024  
Daily > 14:00 - 18:00  
Vernissage : 23.12.2023 > 18:00

[france-schmid.ch](http://france-schmid.ch)

### Pierre de St Léonard

(drawings)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 12.01.2024 - 28.01.2024  
Thursday - Saturday > 16:00 - 19:00  
Sunday > 11:00 - 13:00 & 16:00 - 19:00  
By appointment +41 (0)79 304 34 30  
Vernissage : 13.01.2024 > 18:00

### Danny Touw

(digital paintings)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 02.02.2024 - 18.02.2024  
Monday - Friday > 16:00 - 20:00  
Saturday - Sunday > 12:00 - 20:00  
By appointment +41 (0)79 330 49 67  
Vernissage : 03.02.2024 > 18:00

[touw.com](http://touw.com)

### Evelyne Nantermod

(paintings)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 23.02.2024 - 10.03.2024  
Wednesday > 17:00 - 20:00  
Friday - Sunday > 14:00 - 19:00  
By appointment +41 (0)79 506 57 48  
Vernissage : 24.02.2024 > 18:00

### Zdenek Brich

(paintings)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 15.03.2024 - 31.03.2024  
Daily > 17:00 - 19:00  
Vernissage : 16.03.2024 > 18:00

### Pierre Payn

(drawings)

- 📍 Champéry | Espace Raiffeisen
- ⌚ 05.04.2024 - 21.04.2024  
Friday - Sunday > 14:00 - 18:30  
By appointment +41 (0)78 861 96 55  
Vernissage : 06.04.2024 > 18:00



Art galleries: see p. 91


**16 → 23 MARS 2024**
**MICHEL BOUJENAH • BODDER  
BRIGITTE ROSSET & MARC DONNET-MONAY  
JOSEPH GORGONI • CHANTAL LADESOU  
AHMED SYLLA • MAXIME GASTEUIL  
DAVID CASTELLO LOPEZ • MANU PAYET • JARRY**

**Maxi rire(s):**  
**Champéry festival**  
FESTIVAL D'HUMOUR  
INTERNATIONAL

Jean-René Germainier  
VINS DU VALAISCommune  
de Champéry

BCVS

LOTERIE  
ROMANDEBLÉ  
À BLÉ

TPC



SKYNIGHT



Nove FM

canal 91

# **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!



## **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 70 unlimited, free activities and 70 more discounted activities throughout Les Portes du Soleil (Switzerland & France) from June to September.**

The OVERNIGHTER and SEASON Multi Passes are valid from mid-May to end of October. (*subject to service providers' availability and opening times and dates, and subject to sales conditions in force*).

## 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\*

- Are you staying overnight in Region Dents du Midi ?

The Overnighter Multi Pass is free for the duration of your visit! Just ask your host.

- Are you a second-home owner in Region Dents du Midi ?

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

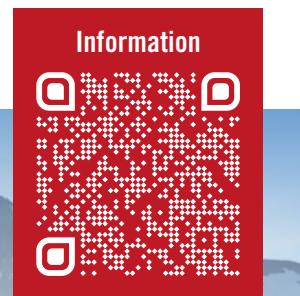
- Are you a resident of Region Dents du Midi or day-tripping here ?

The Multi Pass costs just CHF 15.-\* for the day or CHF 99.-\* for an adult season pass and CHF 77.-\* for juniors aged 5 - 25. The Multi Pass is free for kids under 5.

## CYCLING & MOUNTAIN BIKING

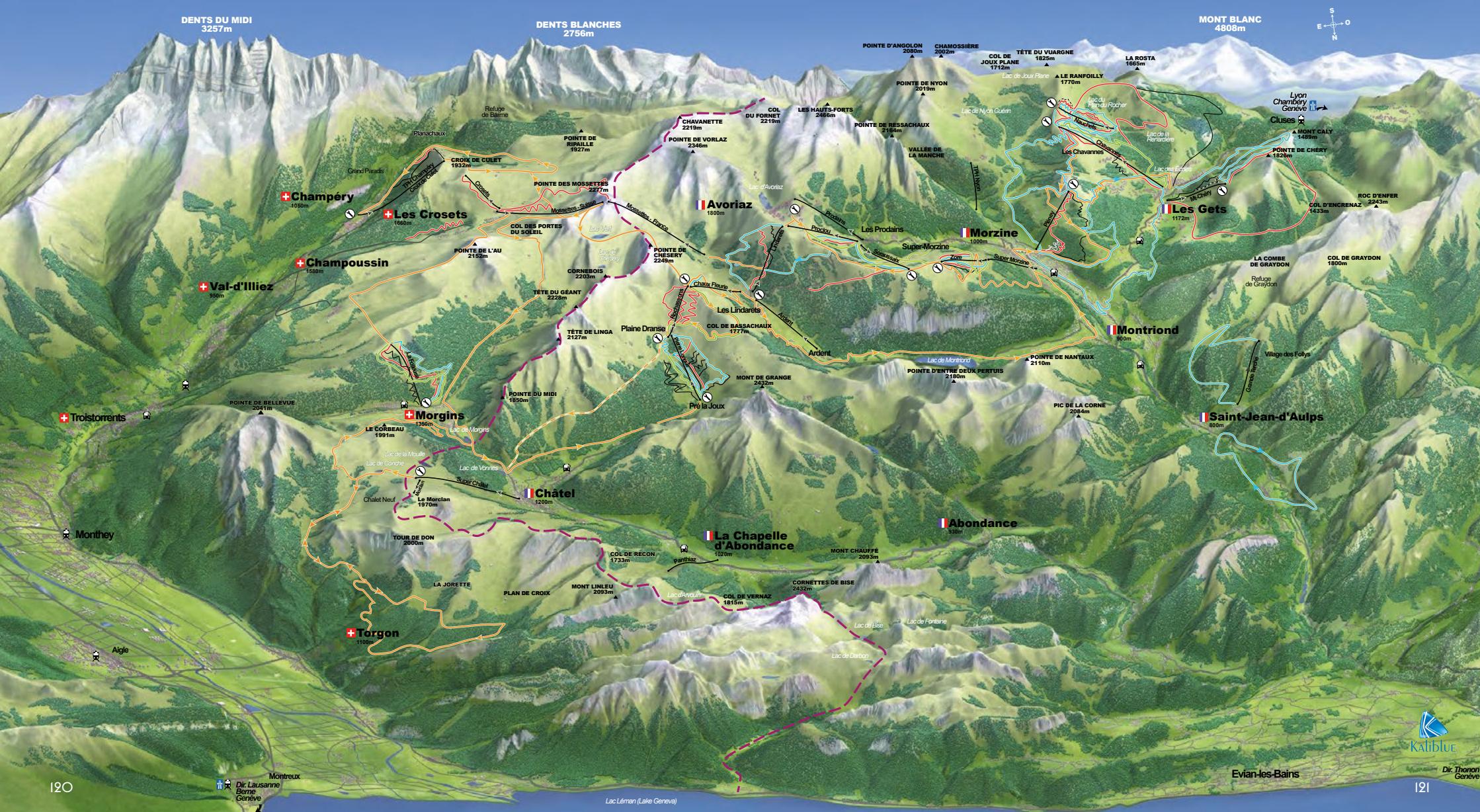
In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this vast playground transforms into Europe's largest bike park with some 600 km of marked trails for downhill, cross-country and enduro bikers, e-bikers and road cyclists alike!

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



\* Rates for 2023. Subject to change for 2024.  
Obligatory chip card > CHF 3.- (non-refundable but reusable).

# LES PORTES DU SOLEIL IN SUMMER



## FOOD

### BUTCHER

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

### BAKERY | PASTRIES

Boulangerie Michelod 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 Boulang'tine	+41 24 477 30 30	Troistorrents
La Mascotte	+41 24 477 28 75	Val-d'Illiez

### FINE FOOD | TERROIR

La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 79 347 46 39	Champéry
La Cavagne	+41 24 477 35 40	Troistorrents

### GROCERIES

13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
L'Antre D'eux	+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 Azalee	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez

### FRESH TROUT

Chalet Rosalie	+41 79 577 87 54	Champéry
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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'Illiez

### CONCIERGE SERVICE

Gonnet Jean-Pierre	+41 79 413 45 60	Champéry
Nelly 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
Bonnie Clean Services	+41 76 415 06 37	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
Fontana Chris Services	+41 79 343 71 88	Val-d'Illiez
Nançoz Simon	+41 79 483 64 16	Val-d'Illiez

### 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
Illiez Aménagements Sàrl	+41 79 549 77 90	Val-d'Illiez
L'Horizon Vert	+41 79 522 72 05	Val-d'Illiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez

## EARTH MOVING | SNOWPLOVING | TRANSPORT CIVIL ENGINEERING

Anvanthay 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

## FOOD

### BORLOZ

Borloz Transport Sàrl	+41 79 622 08 13	Les Crosets
Trombert Dominique Transports	+41 79 301 24 16	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
Renevier 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'Illiez
Dubosson Eric	+41 79 412 25 58	Val-d'Illiez
Ecoeur Terrassements SA	+41 24 477 17 29	Val-d'Illiez
Granger Multiservices Sàrl	+41 79 449 54 34	Val-d'Illiez
Patrick Transports Sàrl	+41 24 479 26 24	Val-d'Illiez
Traxa SA	+41 79 583 01 07	Val-d'Illiez
Trombert Entretien paysagiste	+41 79 107 07 44	Val-d'Illiez
Vieux SA	+41 76 488 98 85	Val-d'Illiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez

## ARTISANS

### WATCHES | JEWELRY

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

### 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'Illiez
La Mascotte	+41 24 477 28 75	Val-d'Illiez

## BEAUTY & WELL-BEING

### BEAUTICIAN

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

### HAIR

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

### SPORTS CENTRE

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

### FITNESS

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
Meunier Roxane, massages thérapeutiques	+41 79 811 30 80	Champéry

## FOOD

### PHYSIOTHERAPIE

Physiothérapie de la Vallée	+41 24 477 29 80	Champéry
SPA Alpin Suisse - Beau Séjour	+41 24 479 58 58	Champéry
Taiji Quan Luc Défago	+41 79 632 40 58	Champéry
Thomas Jean-Jacques, magnétisme, pendule	+41 79 125 48 91	Champéry
YogAlps I Evelyne Rey-Bellet	+41 79 774 87 46	Champéry

### INSTITUT COLIBRI

Institut Colibri	+41 79 530 75 64	Morgins
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### INSTITUT COMBY

Institut Comby	+41 79 826 97 53	Champéry
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### INSTITUT DOMITILLE

Institut Domitille	+41 76 526 66 18	Val-d'Illiez
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### INSTITUT ENERY

Institut Enery	+41 79 561 47 15	Val-d'Illiez
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### INSTITUT PHYSIOTHERAPIE

Institut Physiotherapie	+41 24 477 29 80	Val-d'Illiez
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### INSTITUT REBOUTOL

Institut Reboutol	+41 79 737 60 88	Val-d'Illiez
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### INSTITUT YOGA

Institut Yoga	+41 79 606 49 34	Champéry
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### INSTITUT YOGALPS

Institut Yogalps	+41 79 774 87 46	Val-d'Illiez
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### INSTITUT ZONE

Institut Zone	+41 79 244 36 64	Champéry
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### INSTITUT ZONE</h3

Gilioz Peinture Sàrl	+41 79 355 48 18	Morgins
A-A déco	+41 79 969 55 55	Val-d'Illiez
MIB Peinture	+41 79 548 89 75	Val-d'Illiez
<b>MASONRY &amp; BUILDING</b>		
Bernard Torrent SA	+41 24 471 46 87	Collombey
Carraux-Moret Construction SA	+41 24 472 70 80	Collombey
Renevier Maçonnerie et Déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 24 477 32 75	Val-d'Illiez
Gähler Renovation Sàrl	+41 79 303 50 75	Val-d'Illiez
La Pierre dans tous ses états	+41 79 353 24 03	Val-d'Illiez
Perrin Denis	+41 79 502 24 34	Val-d'Illiez
Perrin Laurent	+41 79 219 51 15	Val-d'Illiez
Perrin Raphaël	+41 24 477 24 70	Val-d'Illiez
Vieux SA	+41 76 488 98 85	Val-d'Illiez
<b>CARPENTER I CABINET MAKER</b>		
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
DM Bois SA	+41 24 471 64 83	Troistorrents
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illiez
Avanthay SA	+41 24 477 16 44	Val-d'Illiez
Borloz Bernard	+41 24 477 14 27	Val-d'Illiez
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illiez
Gavillet Marc	+41 79 742 54 93	Val-d'Illiez
Gex-Fabry Menuiserie Charpente Sàrl	+41 79 675 09 07	Val-d'Illiez
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illiez
Guérin Michel	+41 24 477 20 08	Val-d'Illiez
Marclay Steve	+41 79 234 99 40	Val-d'Illiez
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illiez
<b>GARAGE DOORS I VENTILATION</b>		
Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve
<b>REAL ESTATE PROMOTION</b>		
Bâtiment Innovation Gérance SA	+41 79 200 52 75	Val-d'Illiez
GexIlliez	+41 78 836 90 03	Val-d'Illiez
LauGibât	+41 79 282 29 73	Val-d'Illiez
Logipro	+41 78 848 15 79	Val-d'Illiez
<b>SERVICES &amp; CONSTRUCTION MANAGEMENT</b>		
MVG Services	+41 76 393 68 31	Champéry
<b>WATER DAMAGE</b>		
Technica Air Assèchement	+41 79 514 97 27	Val-d'Illiez
<b>ART GALERIES</b>		
Espace Raiffeisen	+41 79 192 02 60	Champéry
Galerie de la Tine	+41 79 621 43 72	Troistorrents
Brindusa Burrows Art	+41 76 453 03 10	Val-d'Illiez
<b>CHILD CARE</b>		
<b>BABYSITTER SEE TOURIST OFFICES</b>		
<b>GUIDES</b>		
<b>MOUNTAIN LEADERS</b>		
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
Besson Guillaume - Nature en Conscience	+41 76 235 82 05	Morgins
<b>TRAIL GUIDE</b>		
BeeHeidi	+41 27 565 44 40	Val-d'Illiez
<b>MOUNTAIN GUIDES OFFICE</b>		
Expérience Champéry	+41 79 814 15 75	Champéry
Montagne Expérience	+41 79 637 70 37	Champéry
<b>CANYONING GUIDE</b>		
Soustre Fred	+41 79 710 37 69	Champéry
<b>MOUNTAIN GUIDES</b>		
Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 302 02 59	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
<b>BIKING GUIDES</b>		
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 29 06	Morgins
Bike Thrills	+41 79 737 73 41	Val-d'Illiez
<b>ACCOMMODATION</b>		
<b>ESTATE AGENTS</b>		
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
GF Immobilier	+41 24 477 28 27	Champoussin
Immobilière des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illiez
LauGimmo SA	+41 24 477 12 34	Val-d'Illiez
Mountain River Resort	+41 79 238 77 15	Val-d'Illiez
The River Pearl	+41 76 393 55 36	Val-d'Illiez
<b>BACKPACKER HOSTEL</b>		
Le Petit Baroudeur	+41 24 479 14 07	Champéry
Freeride Hostel	+41 79 415 67 89	Les Crosets
<b>MOUNTAIN HUTS</b>		
Cabane de Susanne (CAS)	+41 24 479 16 46	Champéry
Refuge de Culet	+41 24 477 24 21	Morgins
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illiez
<b>CAMPGROUND</b>		
Camping du Grand Paradis ***	+41 24 479 19 90	Champéry
Camping de Morgins ***	+41 24 477 19 92	Morgins

<b>GUEST ROOMS I B&amp;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'Illiez
<b>GITE</b>		
Buvette de Bonavau	+41 78 245 21 25	Champéry
Cantine de Barmaz	+41 24 479 11 63	Champéry
Cantine des Dents Blanches	+41 24 479 12 12	Champéry
Refuge Lapisa	+41 24 479 36 43	Champéry
Refuge de Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins
<b>4* HOTELS</b>		
Le White ***	+41 24 479 04 04	Champéry
National Resort & SPA ***	+41 24 479 11 30	Champéry
<b>3* HOTELS</b>		
Boutique Hôtel Beau-Séjour & SPA ***	+41 24 479 58 58	Champéry
Suisse ***	+41 24 479 07 07	Champéry
<b>HOTEL</b>		
Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteaumfor le Chalet (séminaires)	+41 24 479 01 01	Champéry
Guest House du Grand-Paradis	+41 24 479 11 67	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Refuge le Chaudron	+41 24 479 03 00	Champéry
Auberge Chez Gaby 1670	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
Alp Art Hotel	+41 24 420 11 76	Collombey
L'Etable	+41 24 565 65 55	Les Crosets
Le Marcheupon	+41 24 479 22 40	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Montriond Lodge	+41 78 666 91 20	Les Crosets
Mountain Lodge	+41 24 479 25 80	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets
Whitepod Resorts SA	+41 24 471 38 38	Les Giettes
Chez Jan	+41 24 477 11 43	Morgins
Helvetia Hotel	+41 24 565 18 75	Morgins
Auberge de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Peanut Mountain Lodge & Winstub	+41 24 477 86 96	Val-d'Illiez
<b>GROUP ACCOMMODATIONS</b>		
Auberge-Chalet La Nouvelle Alpina	+41 24 479 11 17	Champéry
Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 22 755 58 93	Champéry
Chalet du Ski-Club de Rolle	+41 24 479 12 97	Champéry
Chalet Ganesh	+41 78 865 25 58	Champéry
Chalet Jolimont	+41 76 569 73 52	Champéry
Chalet Joli Nid	+41 79 622 52 42	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Pension Souvenir	+41 24 552 10 77	Champéry

<b>CHALET UMV</b>		
Chalet Beau-Site	+41 79 784 51 88	Morgins
Chalet La Cergnat	+41 24 477 34 51	Morgins
Chalet les Planoz	+41 24 477 11 45	Morgins
Chalet Neuf	+41 24 477 12 96	Morgins
Club La Forêt	+41 79 413 60 56	Morgins
Le Victoria	+41 24 477 60 32	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illiez
<b>APARTMENT HOTEL</b>		
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
<b>SPORTS SHOPS</b>		
<b>BIKE RENTALS</b>		
J&J Sport Bike Shop Scott	+41 79 916 43 52	Champéry
Le Vélociste - E-Bike Swiss Rental	+41 79 801 81 66	Champéry
Bike Pro Shop powered by Snowline 2	+41 24 477 29 06	Morgins
J&J Sport Rent	+41 24 477 13 34	Morgins
<b>CLOTHING I ACCESSORIES I EQUIPMENT RENTALS</b>		
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
Altitude (hiver)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports (hiver)	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
Buttner Sport	+41 79 615 16 34	Morgins
J&J Sport Rent & Vente	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins
<b>RELIGIOUS</b>		
Églises catholiques	+41 24 477 11 13	Champéry
		Morgins
		Troistorrents
		Val-d'Illiez
Paroisse protestante	+41 24 471 48 28	Monthey
<b>HEALTH - EMERGENCY</b>		
<b>EMERGENCY NUMBERS</b>		
Police	117	
Fire	118	
Emergency	144	
<b>HOSPITAL</b>		
Riviera-Chablais Hospital (adults & children)	+41 58 773 21 12	Rennaz
<b>DOCTOR</b>		
Champéry medical centre	+41 24 479 20 05	Champéry
Medical permanence RC Hosp.	+41 58 773 11 46	Monthey
Troistorrents medical centre	+41 24 477 47 47	Troistorrents
Val-d'Illiez medical centre	+41 24 477 35 11	Val-d'Illiez
On-call doctor (*2.-./min.)	+41 900 14 40 33*	Valais
<b>PHARMACY</b>		
Pharmacieplus de Troistorrents	+41 24 477 28 20	Troistorrents
Pharmacie des Cimes	+41 24 477 12 75	Val-d'Illiez
<b>POLICE</b>		
Police Intercommunale des Dents du Midi	+41 24 479 09 18	Champéry
(PIDM)		

SERVICES		
<b>MUNICIPAL ADMINISTRATION</b>		
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
<b>COMMUNICATION   PUBLISHING   PRINTING</b>		
Big Mama Communication	+41 76 240 96 97	Champéry
Let's Talk	+41 78 908 98 31	Champéry
Oh! à la Bouche	+41 79 192 02 64	Champéry
Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Imprimerie Montfort	+41 24 471 21 63	Monthe
Publitoo	+41 24 565 25 73	Troistorrents
Impression RMS Vidéo	+41 24 477 50 71	Val-d'Illiez
Nisada Communication	+41 24 477 21 57	Val-d'Illiez
<b>INSURANCE</b>		
Baloise Assurances	+41 79 567 28 57	Champéry
Baloise Assurances	+41 79 777 81 66	Morgins
Helvetia Assurances	+41 79 271 85 61	Morgins
<b>DRIVING SCHOOL</b>		
Pascal Avanthay	+41 78 878 55 55	Champéry
<b>LAWYER   NOTARY</b>		
Etude Fernand Mariétan	+41 24 475 70 60	Monthe
<b>BANK</b>		
Banque cantonale du Valais   Point cash	+41 848 765 765 +41 848 765 765	Champéry Troistorrents
Banque Raiffeisen   Point cash	+41 24 476 80 90 +41 24 476 87 38 +41 24 476 87 38 +41 24 476 80 70	Champéry Morgins Troistorrents Val-d'Illiez
Automat Euronet ATM		Les Crosets
<b>FIREWOOD</b>		
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Bellon Samuel	+41 79 611 70 76	Troistorrents
Triage forestier de Troistorrents	+41 79 278 38 43	Troistorrents
Triage forestier des Dents du Midi	+41 79 357 19 45	Champéry Val-d'Illiez
<b>OFFICE &amp; IT</b>		
Duplrex Espace Bureautique SA	+41 24 473 40 80	Monthe
Axius SA	+41 58 317 18 18	Sion
ATS Capital SA	+41 79 672 13 01	Val-d'Illiez
<b>CHRONOMÉTRAGE</b>		
Datatiming	+41 79 449 78 24	Val-d'Illiez
<b>RACE TIMING</b>		
Maret François	+41 79 304 72 33	Monthe
<b>SKI LOCKERS</b>		
Téléphérique de Champéry	+41 24 479 02 00	Champéry
Télécabine de Morgins	+41 24 479 02 00	Morgins
Ski Box Morgins	+41 79 435 22 40	Morgins
<b>WASTE DISPOSAL CENTRES</b>		
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		
FiJitechnic	+41 24 479 14 66 +41 79 637 33 42	Champéry Monthe
<b>FINANCIAL SERVICES &amp; CONDOMINIUM MANAGEMENT</b>		
Künzle SA	+41 24 473 73 05	Monthe
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
<b>GAME WARDEN</b>		
Bourban Christophe	+41 79 355 39 11	Sion
<b>PROPANE GAS REFILLS &amp; EXCHANGES</b>		
Berthoud Dominique	+41 79 244 36 64	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illiez
<b>SECRETARIAL SERVICES &amp; MANAGEMENT</b>		
Bureau Altitude	+41 79 606 09 44	Morgins
<b>LAUNDROMAT</b>		
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
<b>RECREATIONAL VEHICLE RENTALS</b>		
Garage Maillard Monthe SA	+41 24 471 65 75	Monthe
<b>TOURIST OFFICES</b>		
Region Dents du Midi tourist offices	+41 24 479 05 50 +41 24 477 23 61	Champéry Morgins
Virtual info point at L'Antre D'Eux		Champoussin
Virtual info point at the train station		Val-d'Illiez
<b>POST OFFICE</b>		
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
<b>SKI LIFTS</b>		
Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry
<b>ALARM SYSTEMS</b>		
Mapco Sécurité sàrl	+41 24 477 46 76	Val-d'Illiez
<b>TAXI</b>		
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
<b>GROUP TRANSPORT   EXCURSIONS   TRANSFERS</b>		
Les Cars Bernard	+41 24 472 70 20	Monthe
Transports Publics du Chablais	+41 24 468 03 30	Monthe
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 24 477 48 27	Val-d'Illiez
<b>WINE – BEER – SPIRITS</b>		
<b>SALES POINTS</b>		
La Petite Cave du Chablais	+41 24 471 44 21	Collombey
7Peaks Brasserie Sàrl	+41 24 565 18 72	Morgins
Sélection Comby Vins	+41 79 288 79 87	Morgins
T-Bacchus	+41 79 933 18 35	Morgins



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## **REGION DENTS DU MIDI TOURIST OFFICES**

### **CHAMPERY**

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

### **MORGINS**

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

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### **VIRTUAL INFORMATION POINT**

### **VAL-D'ILLIEZ**

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

### **CHAMPOUSSIN**

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

