

FREE
help yourself!

SUMMER GUIDEBOOK 2021



CHAMPERY CHAMPOUSSIN LES CROSETS MORGINS TROISTORRENTS VAL-D'ILLIEZ



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WELCOME

IMPORTANT | COVID-19

As this guide goes to print, access to certain services remains uncertain. Please note that the information provided on these pages is subject to future instructions and directives from the Swiss Confederation. Be sure to check with each service provider when planning your day (updated information at ofsp-coronavirus.ch).

Thanks for your understanding!

Région Dents du Midi SA

DENTS DU MIDI REGION

The Dents du Midi Region is made up of 6 charming villages perched high in the Swiss Alps. Nestled along the lush green Illiez Valley, this is the gateway to Les Portes du Soleil, the world's largest international recreational area.

As you arrive here at the foot of the Dents du Midi, we dare you not to stop in your tracks and gaze in wonder. Go ahead, drink it all in, and let the daily worries of life dissipate like early-morning fog on a lake. Live in the moment and let your mind and feet wander.

Visible all the way from Lake Geneva, the seven soaring summits of the Dents du Midi Massif are a beacon to visitors from near and far. Eternal, yet everchanging, these peaks are our benevolent guardians, majestic and mysterious at the same time. In summertime, their mantle of snow melts away and their hillsides beckon with an invitation to a myriad of tempting alpine activities.

No matter where your adventures take you, you'll experience our traditions, heritage and terroir. Like the weather-worn exterior of a snug alpine chalet, they are a testimony to the past we have so carefully preserved, even as we embrace the future.

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

Champoussin (1,580 m)

Surrounded by soaring peaks, Champoussin is known for its exceptional vistas, including a dramatic, front and centre view of the Dents du Midi. Peaceful and down-to-earth, this is the perfect place to stop, smell the flowers and get to know the marmots, goats, and other friendly locals. Dotted with wetlands, Champoussin's lush pastures and south-facing hill-sides catch and collect every last ray of sun. Here, nature is omnipresent, and life feels unrushed.



Les Crosets (1,700 m)



Les Crosets is nestled right at the heart of our bike park and ideally located for direct connections to the other Swiss and French resorts. Just step outside, choose a trail and the Portes du Soleil is yours for the taking! Head for a refreshing getaway on the shores of a pristine alpine lake or enjoy the breeze on the terrace of an authentic mountain restaurant; there's something wonderful in every direction.

Morgins (1,400 m)



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

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

Troistorrents (770 m)

Troistorrents marks the entrance to the Val d'Illiez, covering a sprawling territory of more than 37 km² and including several small hamlets. At the centre of all this, the splendid Church of St. Mary Magdalene dominates a rocky promontory; a testimony to the rich architectural heritage found here in the largest of the valley's villages. Just below the church, the precipitous Tine River Gorge houses a meticulously executed replica of an ancient mill dating back to 1401. Downriver, you'll find the intriguingly named Devil's Bridge, accessible by a winding pathway that follows the Vièze River Gorge.



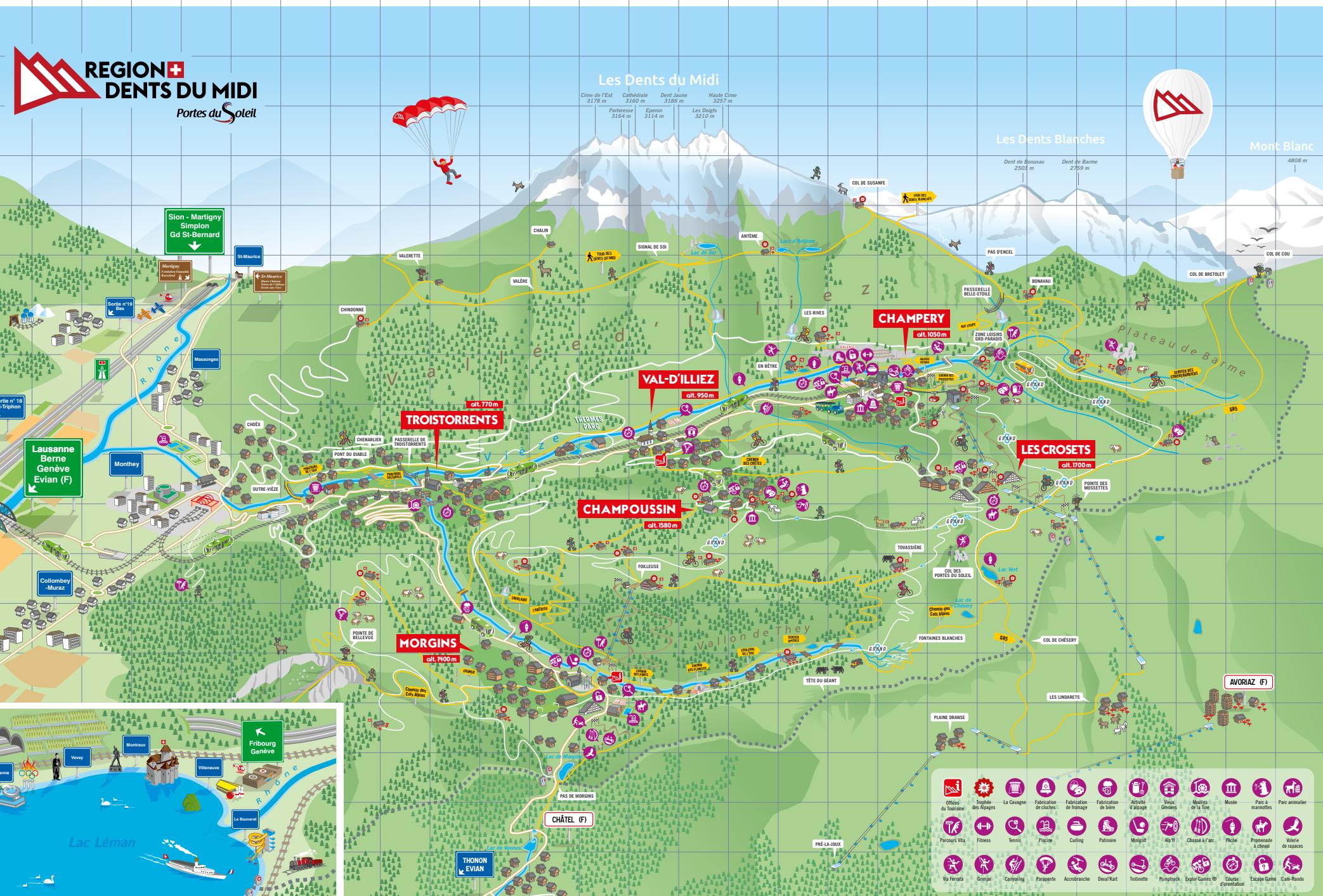
Val-d'Illiez (950 m)



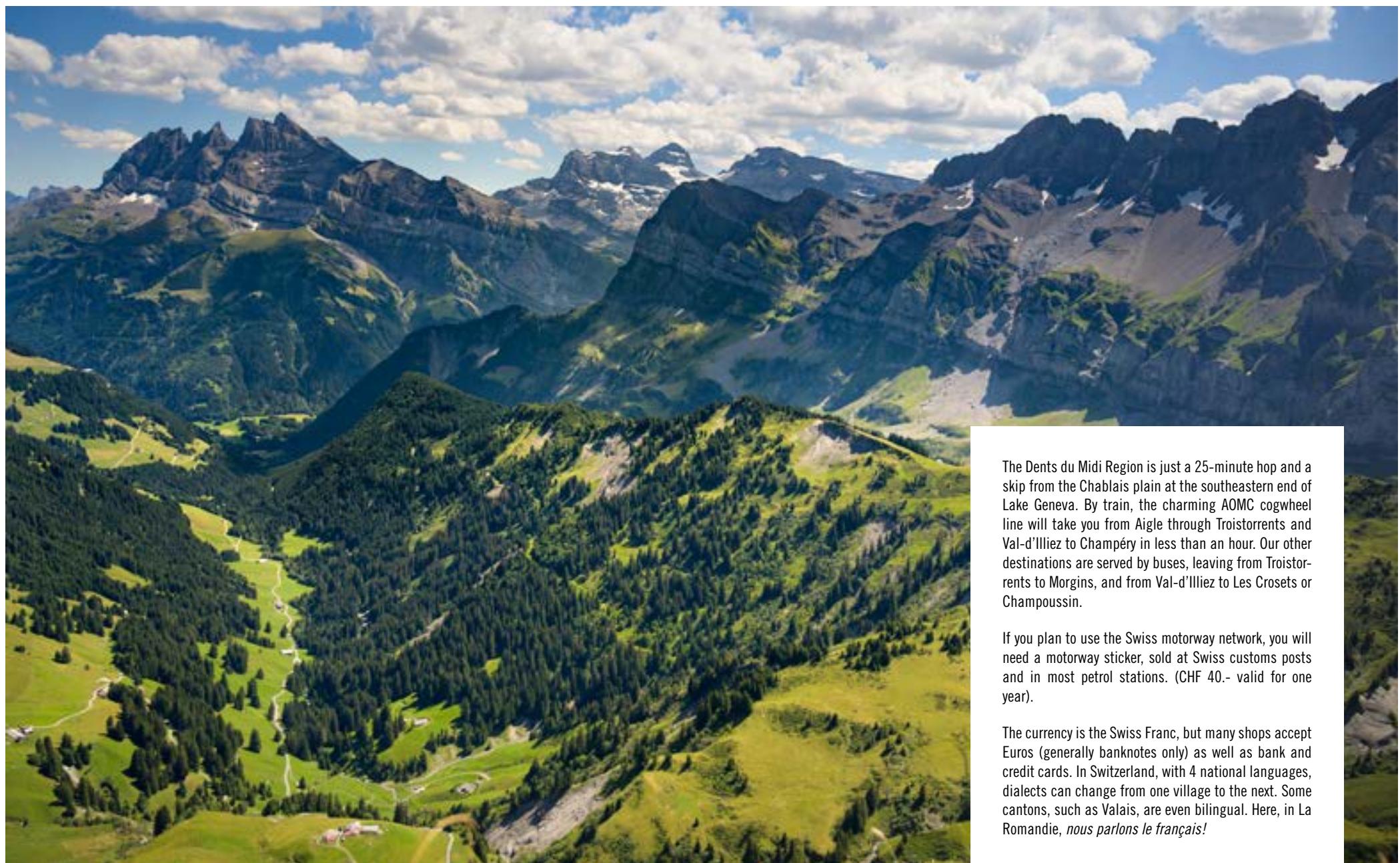
Located in the heart of the valley that bears its name, the village of Val-d'Illiez has been a stronghold of agrarian traditions since time immemorial. Two ancient granaries, recently converted into a pint-sized museum, are living proof of the importance of farming and trade in this tightly knit community.

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

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27



Visiting the region?



The Dents du Midi Region is just a 25-minute hop and a skip from the Chablais plain at the southeastern end of Lake Geneva. By train, the charming AOMC 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 buses, leaving from Troistorrents to Morgins, and from Val-d'Illiez to Les Crosets or Champoussin.

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

The 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 La Romandie, *nous parlons le français!*

WANDERLUST



RAMBLES & HIKES

Forget about tiptoeing through the tulips! When exploring the Alps on foot, you can dabble your toes in a frigid lake, laze in the dappled shade of a forest glen, ramble through flowering pastures, scramble up steep mountainsides and wander through the wilderness to your heart's content.

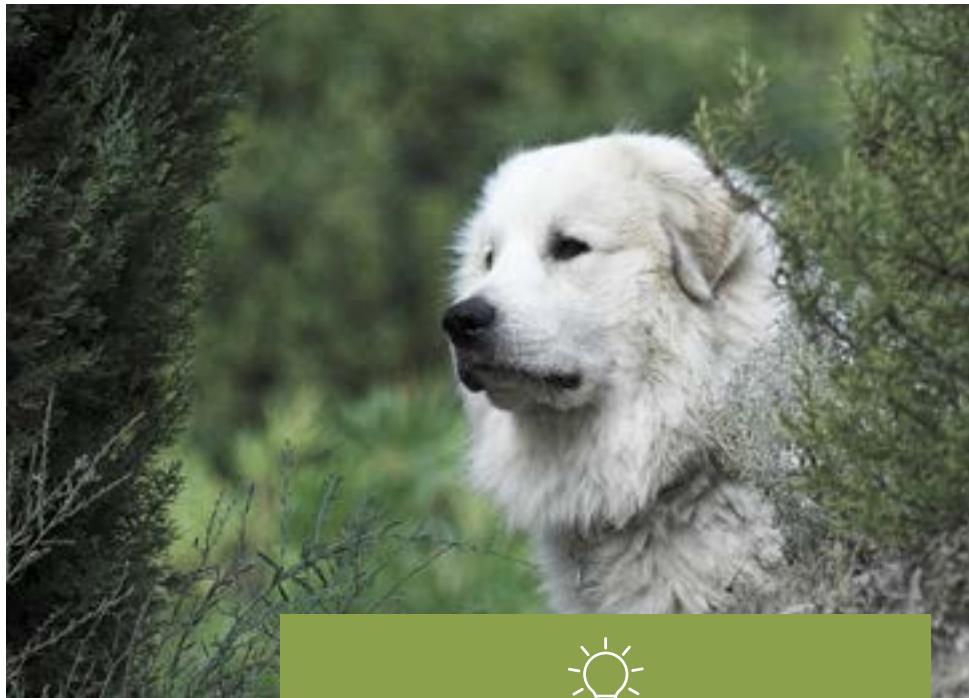
Whether you take the lifts or go under your own steam, every trail is an adventure just waiting to happen! From scented meadows, to sparkling alpine lakes, shady forests, and soaring peaks, Nature is at its best when you're on foot.

Safe in the knowledge that there's always a mountain hut somewhere along the path, you'll never have to worry about being home in time for dinner. Our mountain huts offer food and drink, a 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 travelers.

Before heading out, make sure to get the latest news on trail conditions and weather forecasts. Mountains have inherent natural risks and adequate equipment is strongly recommended even for short walks. Last, but not least, never overestimate your physical abilities!



LIVESTOCK GUARD DOGS



Given the presence of predatory animals such as lynx and wolves in the Alps, many farmers use guard dogs to protect their herds of livestock. These dogs live with the herds and have an instinctive urge to safeguard them from any exterior threat, including humans.

Their protective behaviour manifests with an aggressive attitude and powerful barking which will continue until the perceived threat is at an acceptable distance. The intent is not necessarily to attack but to dissuade.

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

- Stay calm and move slowly so the dog will realise you are not a threat to its herd.
- Avoid disturbing the herd. Keep your distance and, if possible, bypass the animals entirely.
- If the guard dog follows you as you move away, ignore him, he will soon return to his flock.
- If you are riding a bike, get off and walk next to it.
- If you are running or walking, slow down and avoid sudden movements. Never provoke the dogs by waving your hands or a stick.
- Never feed or attempt to pet the dogs.
- Guard dogs will perceive other dogs as a threat and will react accordingly.
- Keep your own dog on a leash.
- If there is a confrontation between your dog and a guard dog, let go of your dog's leash. They will quickly establish a hierarchy.
- Never try to cross through a protected herd with your dog, bypass it.
- If you feel your safety is at risk, stay calm and turn back.
- Avoid nighttime hikes. At night, guard dogs are particularly protective.

For more information
cpt-ch.ch
protectiondestroupeaux.ch

MULTI-DAY HIKING TOURS

The GR5

KM 2,600
⌚ 90 - 105 days
🔥 difficult



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

gr5.fr

The Tour des Dents Blanches

KM 44.4
⌚ 3 - 5 days
🔥 difficult
△ 4,200 m ▽ 4,200 m

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

tour-dentsblanches.com

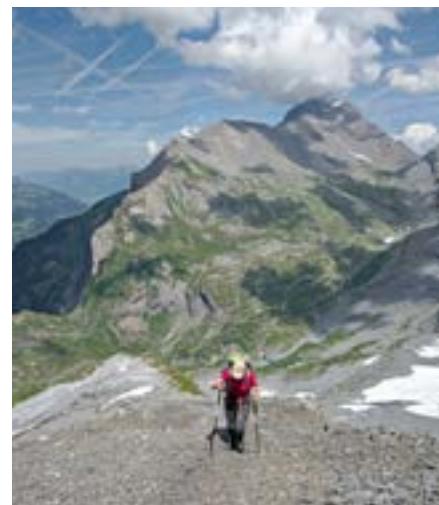
The Tour des Dents du Midi

KM 42.5
⌚ 3 - 4 days
🔥 difficult
△ 3,200 m ▽ 3,200 m



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

dentsdumidi.ch



The Tour du Ruan

KM 67
⌚ 4 - 5 days
🔥 difficult
△ 4,780 m ▽ 4,780 m

Perched in the Alps between the Haute-Savoie and Valais, this hiking tour offers a mix of landscapes between high altitude hiking trails and gentler pedestrian trails. In addition to spectacular panoramas over the Bernese Alps, the Rhone Plain, the Valais Alps, the Mont Blanc Massif, the Chablais and the Jura, this itinerary is famous for a section with about 800 fossilized dinosaur tracks dating back to over 230 million years ago.

tourduruan.com



INTERPRETIVE TRAILS

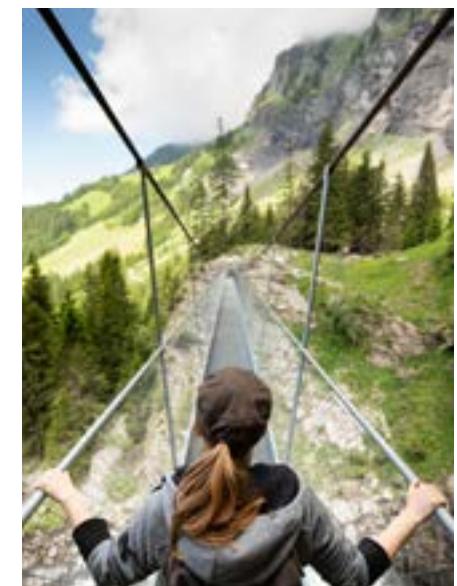
Belle Etoile Alpine Suspension Bridge

📍 Champéry
KM 9
⌚ 3h30
🔥 medium
△ 582 m ▽ 582 m

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

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

passerelle-belle-etoile.ch



Smugglers' Trail

📍 Champéry

KM 1.9 - 9.6

⌚ 1h - 3h30 (varies by trail)

🔥 easy to medium

⚠️ 63 / 710 m ⚠️ 63 / 710 m



Follow Séraphin the Smuggler and learn about his life, his chalet, and his beloved mountains. He will enthrall you with the stories, secrets, and a few lively anecdotes about our legendary contrebandiers.

This trail system is made up of 4 different routes of varying length and difficulty.

The Water Trail →

📍 Champéry | Val-d'Illiez
Troistorrents | Monthey

KM 20.2

⌚ 5h40 one-way (return by train)

🔥 easy to medium

⚠️ 541 m ⚠️ 1,159 m

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



Pick up our free Interpretive Trails brochure at our tourist offices or view it online at rddm.ch

The Oratory Trail

📍 Champéry

KM 22.4

⌚ 7h10

🔥 medium

⚠️ 1,152 m ⚠️ 1,152 m

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

Rainbow Waters ↗

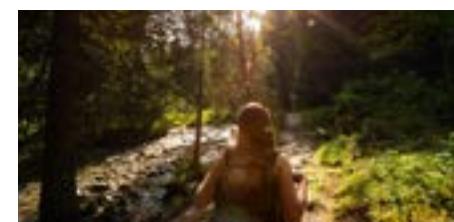
📍 Morgins

KM 16.6

⌚ 5h25

🔥 medium

⚠️ 874 m ⚠️ 874 m



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

lescouleursdeleau.ch

Antème Lakes Trail ↘

📍 Val-d'Illiez

KM 1.8

⌚ 0h40

🔥 easy (but difficult access, see page 33)

⚠️ 100 m ⚠️ 100 m



Nestled at the foot of the Dents du Midi, this educational trail showcases a unique ecosystem which flourishes on the shores of two limpid glacial lakes, in the protective arc of a spectacular limestone cirque. A recorded audio tour provides a wealth of information and a more dynamic approach to experiencing nature in all its glory. *Audio tour recorders are available at the Cabane d'Anthème.*

The Bee Trail ↗

📍 Morgins

KM 10

⌚ 3h

🔥 medium

⚠️ 270 m ⚠️ 270 m

This path delves into the intriguing world of bees. 20 explanatory signs describe bee life, hive organization and a beekeeper's job as you stroll along the banks of the Vièze River, eventually ending up at the fertilization station in Tovassière. It's a bee-utiful way to spend a summer afternoon!

The Bridges Trail ↘

📍 Morgins

KM 4.6

⌚ 1h15

🔥 easy

⚠️ 127 m ⚠️ 127 m

The Bridges Trail leapfrogs back and forth over the burbling Vièze River in Morgins. No less than 32 little bridges, each named after a native flower, make this walk in the woods uniquely fun and perfectly refreshing.

The Alpine Forest Trail ↗

📍 Morgins

KM 3

⌚ 0h45

🔥 easy

⚠️ 125 m ⚠️ 125 m

Step off the beaten path and into the magical environment of an alpine forest. On this pleasant, 3-kilometre-long trail, some 90 different trees or shrubs are signposted and tagged, creating a microcosm of the valley's forest species. We've even included a few brushy relations who, while not native to the valley, have been imported here for educational purposes.

Culture Trails ↗

📍 Troistorrents

KM 4.4 - 6.8 (varies by trail)

⌚ 1h30 - 2h30

🔥 easy

⚠️ 160-500 m ⚠️ 160-500 m

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

OUR FAVOURITE HIKES

The Croix de l'Aiguille ↗

📍 Champoussin | Les Crosets

KM 5.2

⌚ 1h50 (from Frâchette)

🔥 medium

△ 325 m ▽ 325 m



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

Sur Crête ↗

📍 Val-d'Illiez

KM 8.1

⌚ 3h30

🔥 medium

△ 659 m ▽ 659 m



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

The Galerie Défago ↗

📍 Champéry

KM 5.7

⌚ 2h

🔥 easy

△ 257 m ▽ 257 m



An historic hiking trail, the Galerie Défago is one of the region's most popular walks. Etched into the vertiginous cliff face opposite Champéry, this secured hiking trail offers panoramic views over the quaint village of Champéry and down the beautiful Illiez Valley, with the soaring church bell towers of Val-d'Illiez and Troistorrents visible in the distance. Whatever itinerary you choose, you'll find rustic alpine restaurants called *cantines* along the way for a well-deserved rest stop.

The Pont du Diable ↵

📍 Troistorrents

KM 1.2

⌚ 0h30

🔥 medium

△ 100 m ▽ 100 m



From Troistorrents, this shadowy stroll plunges you deep into the tortuous Vièze River Gorge and passes over the mossy stone crossing known as the Devil's Bridge. Will you dare trip trap across this dangerous-sounding structure to get to Chenarlier on the other side?

Savolaire ↗

📍 Morgins

KM 6.5

⌚ 2h

🔥 medium

△ 344 m ▽ 344 m



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



Additional hikes in Wild Spaces,
page 32

ORIENTEERING

- 📍 Région Dents du Midi
- 💬 Région Dents du Midi tourist offices
- CHF 10.- orienteering map
50.- orienteering maps for all 6 routes.
- 📞 +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)
+41 (0)24 477 20 77 (Val-d'Illiez)
- ☑️ Multi Pass

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

regiondentsdumidi.ch



Download the free FixFinder app from the Google Play or Apple stores.

ESCAPE LIFE

reservations required

La Malédiction de l'Eau Rouge

- 📍 Morgins
- 💬 Région Dents du Midi tourist offices
- CHF on request
- 📞 +41 (0)24 477 23 61
- ☑️ Multi Pass

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

regiondentsdumidi.ch

RUNNING

Parcours VITA

- 📍 Champéry | Morgins
- 💬 Région Dents du Midi tourist offices
- 📞 +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)



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

regiondentsdumidi.ch

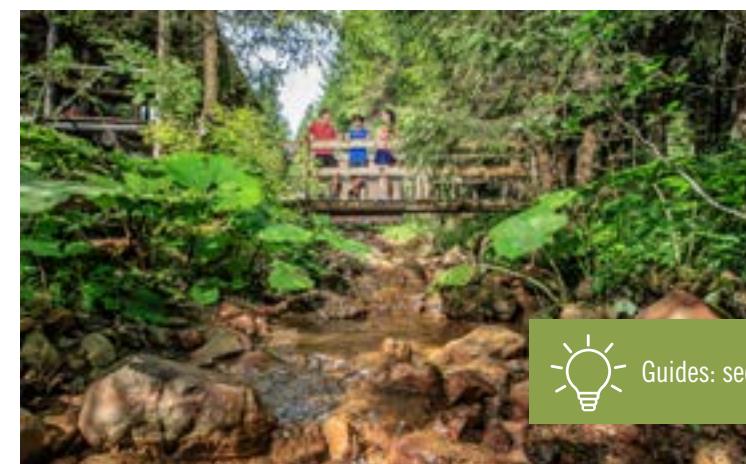
Trail Running

- > more than 400 km
- > 54 permanent marked itineraries
+ GPS tracking
- > free smartphone app Portes du Soleil Summer
- ☑️ Multi Pass



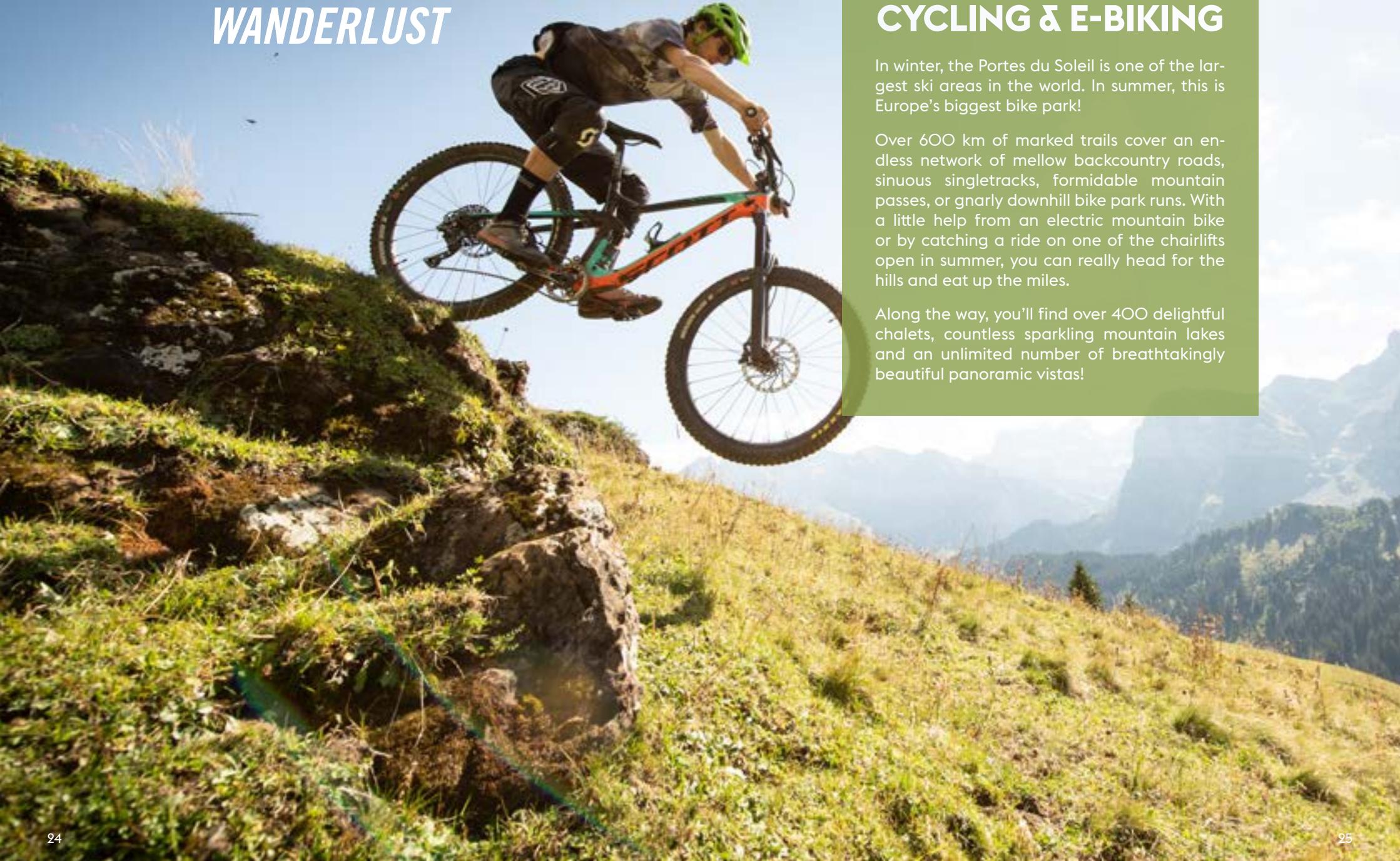
Trail running is, quite simply, cross-country distance running on rugged terrain. With over 400 km of marked trails and chairlifts to link the itineraries, this is the perfect playground for beginner and expert 'trailers' alike. Take off for adventure; the Alps are yours for the conquering!

portesdusoleil.com



Guides: see page 134

WANDERLUST



CYCLING & E-BIKING

In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this is Europe's biggest bike park!

Over 600 km of marked trails cover an endless network of mellow backcountry roads, sinuous singletracks, formidable mountain passes, or gnarly downhill bike park runs. With a little help from an electric mountain bike or by catching a ride on one of the chairlifts open in summer, you can really head for the hills and eat up the miles.

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

DOWNHILL

World Cup Trail

📍	Champéry
KM	2.3
🔥	expert
▽	680 m



Bikers who know their stuff have just one word for this trail: STEEP! In fact, it's so steep that if you cut the corners you'll wind up in the next trail segment. Throw in a couple of heart-stopping jumps and drops and that's all you need to know about the legendary La Dérup' trail.

Les Crosets Trail

📍	Les Crosets
KM	1.4
🔥	difficult
▽	255 m

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

La Tobogane Trail

📍	Morgins
KM	2.4
🔥	medium
▽	490 m



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



The 'Best of Valais with a Guide- Région Dents du Midi' package includes one day with a bike guide and 2 nights' accommodation.

**UCI Enduro Trail**

📍	Les Crosets
KM	15
⌚	2h
🔥	medium
△	540 m
▽	540 m



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

MTB

Vallon de They

📍	Morgins
KM	11.8
⌚	2h
🔥	medium
△	400 m
▽	400 m



This bucolic itinerary runs along the Vièze River and through the sunny pastures of the They Valley, a veritable alpine paradise dotted with stunning waterfalls and striking black Hérens cows.

PUMPTRACK

Champéry (Grand Paradis & village)

Our pumptracks are looping trails of bumps and banked turns that provide hours of fun and allow beginner and expert bikers alike to improve their technique and gain confidence.



bike shops: see page 135
bike guides: see page 134

E-BIKE

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

Le Grand8

📍 Champéry | Champoussin
Les Crosets | Morgins

KM 48

🔥 medium

▲ 1,087 m ▼ 2,037 m

Up-trip on the cable car from Champéry to La Croix de Culet.



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

regiondentsdumidi.ch



Download the free smartphone app
'Portes du Soleil Summer'

Région Dents du Midi Explor Games®

📍 Champéry | Champoussin
Les Crosets | Morgins
(3 itineraries of varying levels)
CHF free smartphone app RDDM Explor Games®
30.- per map (for 1 - 5 players)

☑ Multi Pass

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

regiondentsdumidi.ch



ROAD CYCLING

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

Monthey - Chenarlier - Champéry

KM 18.4

▲ 735 m ▼ 72 m

Champéry - Sur Cou - Col de Champoussin

KM 8.8

▲ 587 m ▼ -34 m

Val-d'Illiez - Col de Champoussin

KM 8.8

▲ 647 m ▼ -4 m

Troistorrents - Pas de Morgins

KM 11.5

▲ 637 m ▼ -11 m

Morgins - Chanso - Portes de Culet

KM 7.9

▲ 567 m ▼ -36 m

Valais Vélo Tour (stage 8): Verbier - Champéry

KM 105

▲ 2,708 m ▼ -3,150 m

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

KM 56

▲ 1,126 m ▼ -1,782 m



Our new Bike Map can be purchased in Région Dents du Midi tourist offices and is available on regiondentsdumidi.ch

WILD SPACES

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

Hans Christian Anderson



LAKES

Le Lac Vert

- Les Crosets**
- on the spot
- on foot | by bike | with lifts
- on foot from Les Crosets
➡ 3h15 ▲ 580 m
- on foot from La Croix de Culet
➡ 3h30 ▲ 620 m



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

Le Lac de Soi

- Val-d'Illiez**
- 7 km
- on foot
- from Plan Soi (Route des Rives)
➡ 5h ▲ 1,100 m

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

Le Lac de Morgins

- Morgins**
- 1 km
- on foot | by bike | by car
- on foot
➡ 1h ▲ 60 m

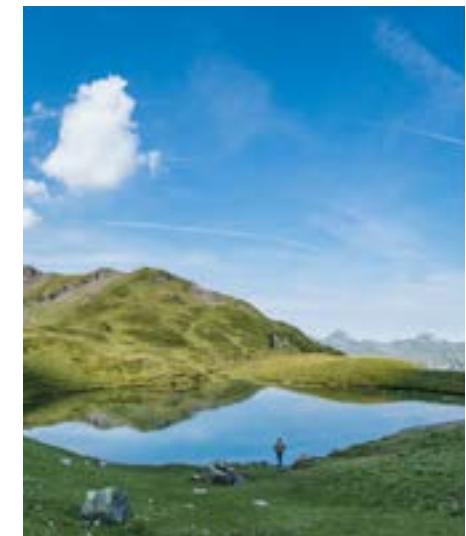


This peaceful lake is more than just a perfect spot for a summer picnic, it is also one of the region's most important biotopes and a vital wetlands preserve. The Lac de Morgins is listed in the federal inventory of amphibian reproductive zones.

**Les Lacs d'Antème**

- Val-d'Illiez**
- on the spot
- on foot
- from Tière (Val-d'Illiez)
➡ 4h ▲ 900 m
- from La Frâche (Champéry)
➡ 4h20 ▲ 900m
- from La Lui (Champéry)
➡ 4h45 ▲ 1,000 m

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



SPRINGS

La Source de Rumières

- Champéry**
- 0.5 km
- on foot | by bike | by car
with public transportation
- 0h15 on foot



Built in 1900, the Rumières Spring has gained a reputation of almost mythical proportions over the past century. Even today, people come from near and far to stock up on the water that is, magical properties aside, undeniably refreshing.



Morgins' famous 'Red Waters' got their name from the ferruginous water which springs here, colouring this part of the Vièze River brilliant orange and deep ochre. As early as 1820, travellers from far and wide began to flock to the spring to 'take the waters' for health reasons, launching Morgins' fame as a destination for health and well-being.

L'Eau Rouge

- Morgins**
- 0.5 km
- on foot | by bike | by car
- on foot from the entry to the Vallon de They
➡ 0h25 ▲ 30 m



WATERFALLS

Cascade de la Saufla

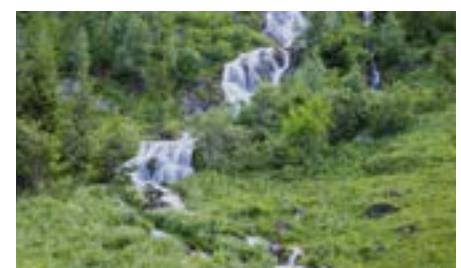
- Champéry
- à 0.8 km
- on foot
- from Grand Paradis
➡ 0h50 ⚛ 100 m



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

Les Fontaines Blanches

- Morgins
- à 1.3 km
- on foot | by bike | by car
- on foot from the They Road
➡ 0h30 ⚛ 100 m

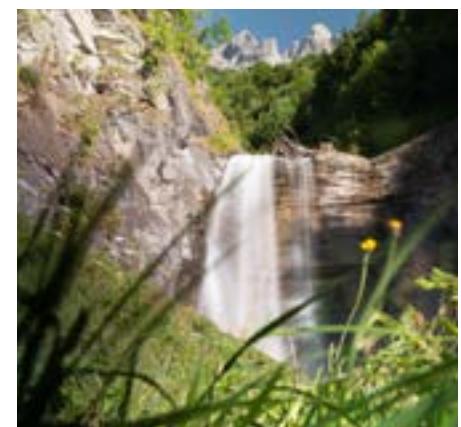


These powerful waterfalls gush straight out of a cliff face in the pastoral They Valley at an altitude of 1,700 metres. This natural phenomenon occurs when groundwaters overflow out of a network of galleries eroded deep inside the limestone cliffs over the centuries by filtering rainwater.

Cascade de Frassenaye

- Val-d'Illiez
- à 2.5 km
- on foot
- on foot from Plan Soi (Route des Rives)
➡ 0h15 ⚛ 50 m

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



PEAKS

La Haute Cime (3,257 m)

	Val-d'Illiez
	4 km
	on foot
	from Champéry ➡ 12h ▲ 2,600 m



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

La Croix de Culet (1,963 m)

	Champéry
	on the spot
	on foot I with lifts
	on foot from Champéry ➡ 5h ▲ 1,000 m

on foot from Les Crosets
➡ 2h ▲ 350 m

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

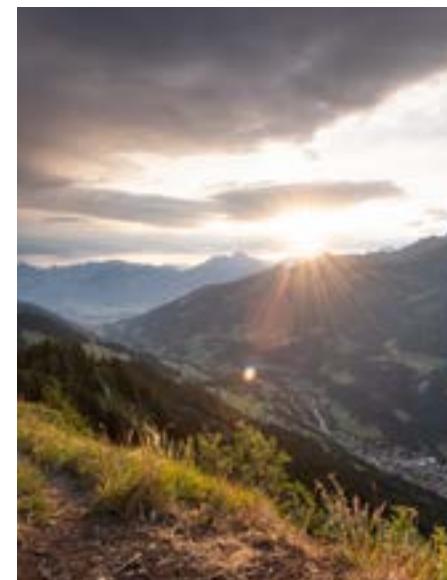
La Pointe de l'Au (2,152 m)

	Champoussin
	3.6 km
	on foot I by bike
	on foot from Champoussin ⌚ 3h45 ▲ 650 m

on foot from Les Crosets
➡ 2h30 ▲ 500 m



This panoramic viewpoint halfway between Champoussin and Les Crosets offers breathtaking views over the Swiss side of the Portes du Soleil.

**La Pointe des Mossettes**

(2,277 m)

Les Crosets

	on the spot
	on foot I by bike I with lifts
	on foot from Les Crosets
	⌚ 3h15 ▲ 600 m

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

**La Pointe de Bellevue**

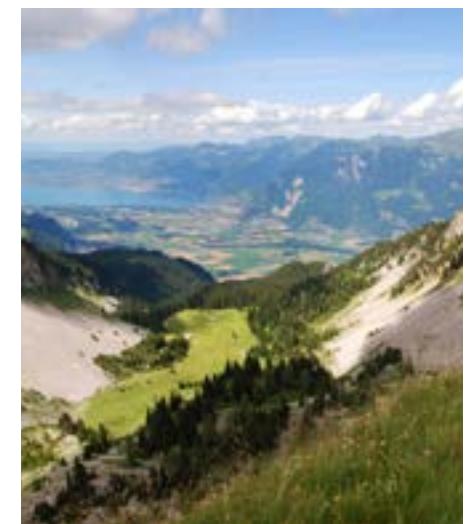
(2,041 m)

Morgins

	4 km
	on foot
	on foot from Morgins ⌚ 3h45 ▲ 750 m

on foot from Chanso
➡ 2h30 ▲ 500 m

Standing guard over Morgins, the Pointe de Bellevue is a rocky summit which offers neverending views over the Jura, the Chablais Alps, Lake Geneva, and even all the way to the icy bulk of Mont Blanc.





*COME ONE,
COME ALL*





The Multi Pass is your golden ticket to 60 unlimited, free activities during your stay in the Portes du Soleil. Starting on June 12th, just say 'Multi Pass' and your wish is our command!

With the Multi Pass, it's free to:

- Get up high with chairlifts open in summer (pedestrians)
- Cool down in village pools and lakes
- Work up a sweat on the tennis courts
- Hang tight at an indoor climbing wall
- Go for a hole-in-one with a game of mini golf
- Cultivate your artistic side at museums and historical sites
- Take a ride with public transport and cute tourist trains

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

Offers

• THE OVERNIGHTER MULTI PASS

For overnight stays in the Dents du Midi Region from June 12th to November 1st, the Multi Pass is totally free! Just ask your host.

• THE 1-DAY MULTI PASS

Day tripping? Up till September 12th, you may purchase a Multi Pass for just CHF 12.- from the lift company to get the most out of your visit. (Free for children under 5).

• THE SEASON MULTI PASS

If the Portes du Soleil is your summer stomping grounds, you'll want the season pass for CHF 85.-! You'll enjoy free and reduced-price activities throughout the Dents du Midi Region until November 1st.



Look for the Multi Pass stickers throughout this guide for your free or discounted activities.



Multi Pass activities



This is a delicious, summer-long challenge for epicureans and nature-lovers alike! To participate, pick up a game card map and set off to visit as many alpine huts and restaurants as you can. There's no set route to follow and no prescribed means of travel. Just choose a new destination for each outing and add a sticker to your card when you get there. You have from June to September to collect your stickers, and the more you play, the better the prizes!



Game card maps are available at Région Dents du Midi tourist offices and in valley shops.

Prizes include a Portes du Soleil 2021-2022 season pass, a CHF 1,000.- gift voucher, a full set of ski equipment, weekend getaways, and more surprises all season long!



**COME ONE
COME ALL**

THE CLASSICS

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

OUTDOOR POOLS

When summer heats up the Alps, there's nothing better than a dip in the pool to chill out! Add a monumental mountain backdrop, velvety green lawns, and colourful parasols and you just might think you've landed in the mythical valley of Shangri-La.

Champéry

Palladium de Champéry

detailed opening hours on the website

adult > 7.- | child > 5.-

+41 (0)24 479 05 05

Multi Pass

Paddling pool with kiddie slide, slip-and-slide on the lawn.

approximately 28°

palladiumdechampery.ch



Morgins

Installations de Sport et Loisirs de Morgins

09:00 - 19:00

adult > 5.- | child > 3.-

+41 (0)24 477 19 92

Multi Pass

Pool size is 25m by 12,5m.
between 22 and 25°C

morgins-loisirs.ch

OUTDOOR TENNIS

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

Champéry

Palladium de Champéry

10.05.2021 – 10.10.2021

weekdays > 08:00 - 20:00

weekends > 08:00 - 19:00

30.- / hour

+41 (0)24 479 05 05

Multi Pass

3 clay outdoor courts

palladiumdechampery.ch

Val-d'Illiez

Buvette des Tennis

08:00 - 21:00

20.- / per court

+41 (0)24 477 21 13

Multi Pass

2 clay outdoor courts

tcvaldilliez.ch

22.- / hour

+41 (0)24 477 19 92

Multi Pass

2 clay outdoor courts

morgins-loisirs.ch

MINIGOLF

Morgins

New Crystal Bar

May to November > 08:00 - 19:00

adult > 5.- | child (5 - 16 yrs) > 3.-

+41 (0)24 477 41 98

Multi Pass

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

regionentsdumidi.ch



PÉTANQUE

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

Champéry

- Cantine des Rives
- +41 (0)24 479 11 71

lesrives.ch

Champéry

- Chalet Rosalie
- +41 (0)24 479 14 84
- +41 (0)79 577 87 54

chalet-rosalie.ch

Champéry

- Cantine sur Coux
- +41 (0)79 358 46 85
- +41 (0)24 479 10 44

cantinesurcoux.net

Champoussin

- Parc Aventure Point Sud
- +41(0)24 477 10 95

point-sud.ch

Morgins

- Buvette de Savolaire
- +41 (0)24 477 11 14

restaurant-buvette-savolaire.ch

Morgins

- Chez Jan
- +41 (0)24 477 11 43

chezjan.com

Morgins

- New Crystal Bar
- +41 (0)24 477 41 98

regiondentsdumidi.ch

Morgins

- Ü Yeu Tsalé
- +41(0)24 477 32 55

uyeutsale.ch

Val-d'Illiez

- Buvette des tennis
- +41 (0)24 477 21 13

restaurantdestennis.ch



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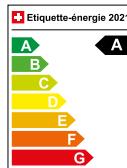
La nouvelle Volvo XC40 Recharge Pure Electric.

Notre premier SUV entièrement électrique.

Profitez du pack zéro souci.
Assurance, service et garantie inclus.

En savoir plus
www.maillard-monthey.ch

Volvo XC40 Recharge Pure Electric P8 AWD. Consommation moyenne d'électricité: 22 kWh/100 km, émissions de CO₂: 0 g/km. Catégorie d'efficacité énergétique: A. Volvo Swiss Premium® avec service gratuit pendant 10 ans/150 000 kilomètres, garantie constructeur pendant 5 ans/150 000 kilomètres et réparations pour cause d'usure pendant 3 ans/150 000 kilomètres (au premier des termes échus). Le modèle présenté dispose évent. d'options proposées contre supplément.



**MAILLARD MONTHEY
SA**

1870 Monthey
Routes des Ilettes 3

Tel. 024-471 65 75
www.maillard-monthey.ch



**COME ONE
COME ALL**

THRILL SEEKERS

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



TREETOP ROPE COURSE

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

Champéry

- ➡ Organic Adventure Park
- ⌚ May & June: Wednesday, Saturday & Sunday 10:00 - 18:00
- ⌚ July & August: open 7/7 09:00 - 19:00
- ⌚ September & October: Wednesday, Saturday & Sunday 10:00 - 18:00
- CHF** › 16 yrs and up : 35.-
› 11 - 15 yrs : 25.-
› 6 - 10 yrs & 1m10 : 20.-
› 3 - 5 yrs : 15.-

No card payments.

+41 (0)79 757 56 28

Multi Pass

organicadventurepark.ch



Champoussin

- ➡ Parc Aventure Point Sud
- ⌚ June – September:
Monday – Friday 10:00 - 18:00
Saturday & Sunday 10:00 - 19:00
- ⌚ October – May: open with reservations
- CHF** › 18 yrs and up : 32.-
› 14 - 17 yrs : 21.-
› 6 - 13 yrs : 15.-
- 📞 +41 (0)79 928 25 63
- ✓ Multi Pass

point-sud.ch

Downhill Scooters

Champéry

reservations required

Trott en Stock

⌚ › 19 June 2021 to 20 September :

09:00 - 17:00 daily

› 29 May 2021 to 18 June & 21 September 2021 to 24 October
09:00 - 17:00 weekends

- CHF** › 1h30 (cable car ride up & 1 trip down) :
adult > 37.-
child (8 - 15 yrs) > 32.-
- › 3h (2 cable car rides up & 2 trips down) :
adult > 65.-
child (8 - 15 yrs) > 55.-

📞 +41 (0)79 136 27 09

✓ Multi Pass



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

swissrideactivity.ch

Bubble Football

Morgins

reservations required

Ludo Gfeller

CHF 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

Axe Throwing

reservations required

Champoussin

Chez Gaby 1670

⌚ 10:00 - 18:00

CHF 16 yrs and up > 15.- (min. 3 people)

📞 +41 (0)24 477 22 22

✓ Multi Pass

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

chezgaby1670.ch

Archery

reservations required

Morgins

Joël Rey-Mermet

⌚ on request, depending on weather conditions

CHF adult > 20.- l child (from 8 yrs) > 15.-

📞 +41 (0)79 224 73 19

✓ Multi Pass



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

regiondentsdumidi.ch

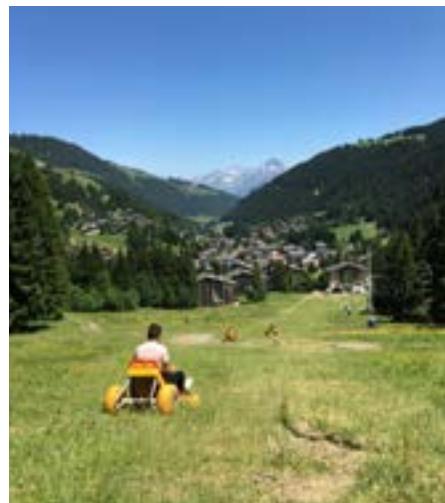
Déval'kart

reservations required

- Morgins
- Joël Rey-Mermet
- daily, on request, starting mid-July
(depending on construction work planned for 2021)
- > 4 - 5 karts : 30 min > 120.- | 1h > 200.-
> 10 karts : 30 min > 200.- | 1h > 350.-
> 15 karts : 1h > 450.-
- +41 (0)79 224 73 19
- Multi Pass

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

regiondentsdumidi.ch



PARAGLIDING

reservations required

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



Val-d'Illiez

Departure from Champoussin, Les Crosets or Champéry, depending on weather conditions

- École Fly Away Sport & Loisirs
- 70.- to 160.- depending on flight length
- +41 (0)79 435 26 17
- Multi Pass

parafly.ch

Val-d'Illiez

Departure from Champoussin, Les Crosets or Champéry, depending on weather conditions

- Albert Caillet-Bois
- 120.- to 180.-
- +41 (0)79 452 05 19

acbfly.com

Rock Climbing

- Champéry
Rocher de Barme, Galerie Défago, Pic d'Ayerne, Col de Cou
- Les Crosets
Pierre à Cornieule, Col des Portes du Soleil
- Morgins
Dronnaire, Scex du lac, Marzolet
- Val-d'Illiez
Play (boulder)
- unrestricted access
- +41 (0)24 479 05 50

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

regiondentsdumidi.ch

Via Ferrata

- Champéry | Val-d'Illiez
- Région Dents du Midi tourist offices
- unrestricted access
- +41 (0)24 479 05 50



460 m long, with an elevation gain of 125 m and a 75° inclination at times, the Via Ferrata de Tière crosses the river gorge twice!

regiondentsdumidi.ch

Canyoning

reservations required

- Champéry
- Fred Soustre
- on request
- from 90.-
- +41 (0)79 710 37 69



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

Go With a Guide

reservations required

- Région Dents du Midi
- Montagne Expérience
- on request
- +41 (0)79 637 70 37

For many, the mountains inspire a visceral need to explore, to challenge oneself, to climb the peak 'because it's there'. But where to start? What to bring? Inexperience is not only dangerous, it can be deadly. 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. 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

A photograph showing two groups of people horseback riding on a dirt path. In the foreground, a person wearing a blue shirt and a black helmet is riding a brown horse away from the camera. Behind them, another rider in a pink shirt is partially visible. Further down the path, another group of riders is visible, including a person in a blue shirt on a white horse. The path is surrounded by dense green trees and foliage.

**COME ONE,
COME ALL**

EXPECT THE UNEXPECTED

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

HUSKY ACTIVITIES**Cani-Rando**

reservations required

- Morgins**
- Team des loups du Val de They**
- on request**
- approx 1h**
adult > 80.- | child (10 - 14 yrs) > 30.-
- +41 (0)78 664 61 61**
- Multi Pass**



Harnessed to your furry companion by a comfortable belt with a leash attached, your trusty husky guide will pull you uphill, taking all the hard work out of the outing

desloupsduvaldethey.ch
Cani-Scooter

reservations required

- Morgins**
- Team des loups du Val de They**
- on request**
- approx 1h30**
80.- / person. 12 yrs and up. max 4 people
- +41 (0)78 664 61 61**

After a short technical presentation, you'll try your hand at driving your very own husky scooter!

desloupsduvaldethey.ch
A RAPTOR'S-EYE VIEW

reservations required

Take Flight Hike

- Morgins**
- La Petite Volerie**
- > daily from mid-May - December**
09:30 - 12:00 (weather dependent)
- > duration 2h30**
- CHF 1 - 10 people > 50.-/ person**
- +41 (0)79 761 08 88**

Get up close and personal with a magnificent bird of prey! This outing will include a tour of the aviary and a gentle stroll through the forest where you can marvel at the aerial acrobatics of a Harris hawk in free flight. (8 yrs and up).

regionentsdumidi.ch
**Visit the Petite Volerie**

- Morgins**
- La Petite Volerie**
- > daily from mid-May - February**
(hours on request)
- > duration 45 min**
- CHF 2 - 10 people > 15.-/ person**
under 4 yrs > free
- +41 (0)79 761 08 88**

A passionate falconer, Caroline invites you to join her for a rare and unforgettable experience. After showing you round the aviary, Caroline will introduce you to her beautiful birds of prey. You'll even observe one up close, perched on her glove.

regionentsdumidi.ch


HORSEBACK RIDING**reservations required**

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

Champéry

- Centre équestre de Champéry
- CHF adult > 40.- / hour
child (- 14 yrs) > 35.- / hour
- +41 (0)79 429 60 20

regionentsdumidi.ch**Morgins**

- Ranch de Morgins
- 09:00 - 17:00 daily
- CHF 2h > 80.- | 3h > 120.-
- +41 (0)79 608 10 16

ranch-morgins.ch**CARRIAGE RIDES****reservations required**

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

Champéry

- Centre équestre de Champéry
- depending on availability
- CHF 50.- / ½ hour
- +41 (0)79 429 60 20

regionentsdumidi.ch**Champéry | Champoussin
Les Crosets | Val-d'Illiez**

- Irénée Caillet-Bois
- on request
- CHF on request
- +41 (0)79 673 54 14

regionentsdumidi.ch**Morgins**

- Ranch de Morgins
- 09:00 - 17:00 daily
- CHF 160.- / hour
- +41 (0)79 608 10 16

ranch-morgins.ch**FISHING**

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

Champéry

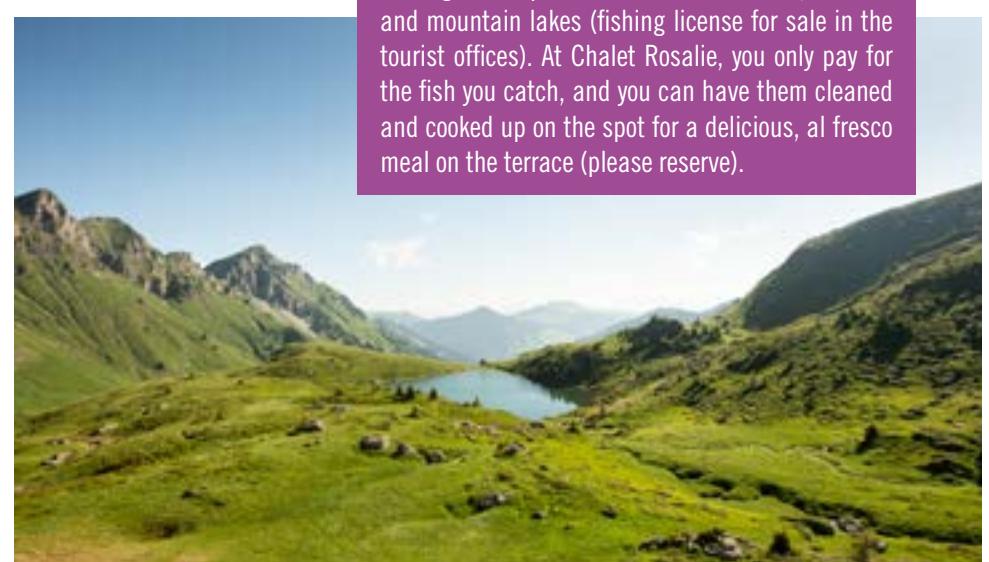
- Chalet Rosalie (pond fishing)
- on request
- CHF 24.- per kg of trout
 - > fishing pole rental (bait & fish cleaning included) :
 - 1 pole > 5.- | 3 pole > 10.-
 - > daily fishing permit :
 - 2.- per family or group
- +41 (0)79 577 87 54

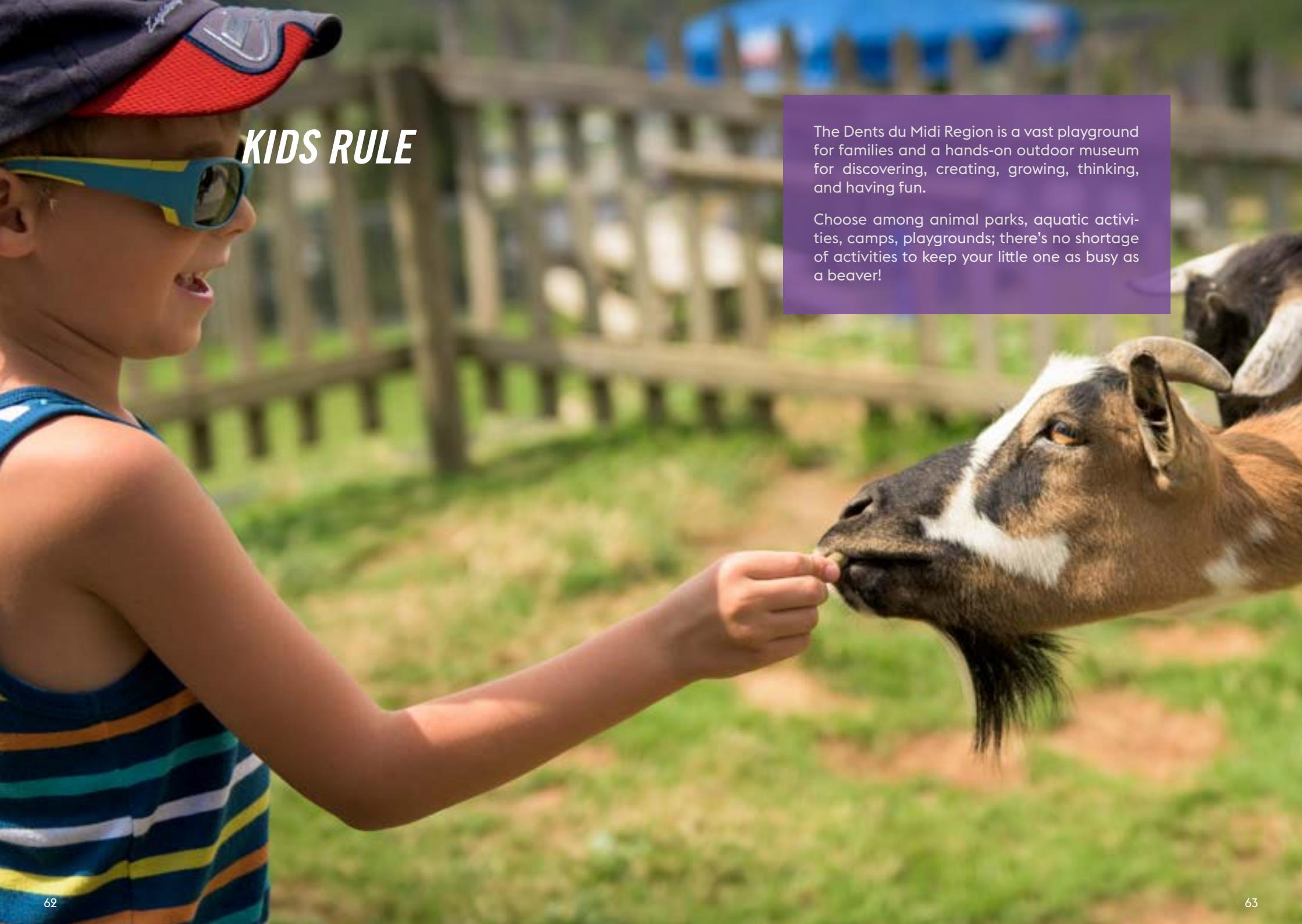
chalet-rosalie.ch**Les Crosets - Lac Vert**

- Refuge de Chésery
- opening hours same as Refuge de Chésery
- CHF 27.- + 2.- cantonal tax
- +41 (0)79 725 68 20

lacvert.ch

Fishing is also possible in countless rivers, streams and mountain lakes (fishing license for sale in the tourist offices). At Chalet Rosalie, you only pay for the fish you catch, and you can have them cleaned and cooked up on the spot for a delicious, al fresco meal on the terrace (please reserve).





KIDS RULE

The Dents du Midi Region is a vast playground for families and a hands-on outdoor museum for discovering, creating, growing, thinking, and having fun.

Choose among animal parks, aquatic activities, camps, playgrounds; there's no shortage of activities to keep your little one as busy as a beaver!

ANIMAL PARKS

The Dents du Midi Region is no one-trick pony when it comes to planning fun activities with furry friends. In fact, we're the cat's meow for getting up close and personal with all creatures great and small...

Relais Panoramique

Les Crosets

- (The petting zoo will be closed due to road-works on the access road for summer and autumn 2021)
- +41 (0)24 479 34 12



Lamas, alpacas, miniature pigs, goats, ponies and more await you at this family friendly mountain restaurant! Feed the animals, take a pony for a ride and enjoy panoramic views of the Dents du Midi.

relais-crosets.com

Visit the Huskies

Morgins

reservations required

- Team des loups du Val de They

With reservations between 16:00 & 17:00

CHF adult > 20.- | child > 5.-

(child must be accompanied by an adult)

+41 (0)78 664 61 61

The magnificent They Valley huskies invite you to visit their kennel and make friends with the famous local 'wolf pack'.

desloupsduvaldethey.ch

Marmot Park

Champoussin

- Chez Gaby 1670
- daily
- CHF free
- +41 (0)24 477 22 22



Excepting Barry the St Bernard, perhaps no other animal is more characteristic of Switzerland than a fat little marmot, hiding behind tufts of grass or lol ling on a sunny rock. This park recreates the natural marmot habitat.

chezgaby1670.ch



PONY RIDES

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

Champéry

reservations required

- Centre équestre de Champéry

- CHF 20-minute tour
 - > accompanied by parents > 10.-
 - > accompanied by the Centre > 15.-
- +41 (0)79 429 60 20

regiondentsdumidi.ch

Les Crosets

- Relais Panoramique

(The petting zoo will be closed due to road-works on the access road for summer and autumn 2021)

+41 (0)24 479 34 12

- Multi Pass

relais-crosets.com

Morgins

reservations required

- Ranch de Morgins

09:00 - 17:00 daily

CHF 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

A DAY AT THE STABLES

reservations required

Horse lovers of all ages will jump at this unique chance to learn more about horses and barn safety, feeding, shoeing, and taking care of the four-legged residents at our stables for the day.

Morgins

- Ranch de Morgins

Year-round (A Morning at the Ranch : July - August | Wednesdays 09:00 - 10:30)

CHF A Morning at the Ranch :

child (5-14 yrs) > 15.-

year-round: on request at the Ranch for groups of 10 children or more (duration : 2h) :

- > 2 children per pony/horse > 30.-/child
- > 3 children per pony/horse > 25.-/child

+41 (0)79 608 10 16

Champéry

- Centre équestre de Champéry

summer & winter

CHF 1 h for 1 – 5 children > 30.- / child

+41 (0)79 429 60 20

regiondentsdumidi.ch

FUN & GAMES

**Dents du Midi
Tourist Train**

Champéry

Région Dents du Midi tourist offices

0h15 - 1h30, depending on the itinerary

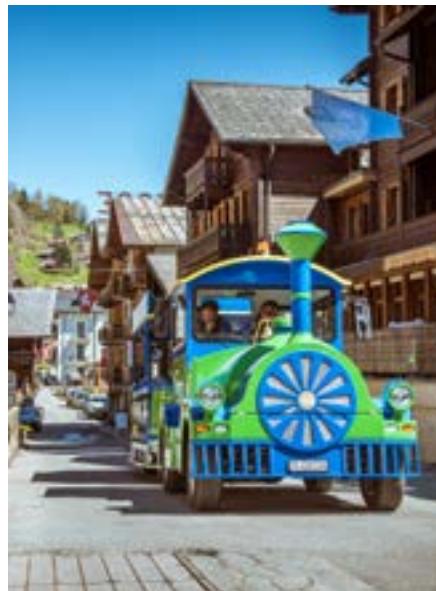
free

+41 (0)24 479 05 50

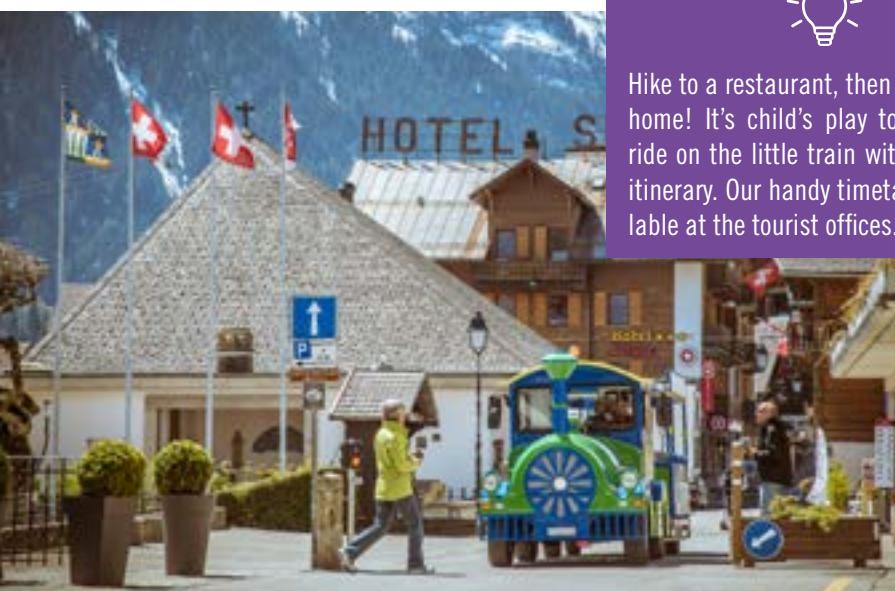
Multi Pass

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

regiondentsdumidi.ch



Hike to a restaurant, then catch a ride home! It's child's play to combine a ride on the little train with your day's itinerary. Our handy timetable is available at the tourist offices.

**Digital Treasure Hunt**

Les Crosets

Région Dents du Midi tourist offices

unrestricted access

+41 (0)24 477 20 77

Spend a fun afternoon with Chips & Holly! Simply download the mobile app from the first of 10 interactive educational signboards located throughout Les Crosets and head out on an information hunting mission that will teach you more about the resort and our region.

regiondentsdumidi.ch

Playgrounds

Champéry | Morgins | Troistorrents

Région Dents du Midi tourist offices

unrestricted access

+41 (0)24 479 05 50 (Champéry)

+41 (0)24 477 23 61 (Morgins)



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

regiondentsdumidi.ch

Fun Park

Champéry | Les Crosets | Morgins

Région Dents du Midi tourist offices

11:00 - 18:00

> 10.07 - 18.07 > Les Crosets
(lift company parking lot)

> 20.07 - 01.08 > Morgins
(Sports Centre)

> 03.08 - 15.08 > Champéry
(Palladium)

5.- (parental supervision required)

+41 (0)24 479 05 50 (Champéry)

+41 (0)24 477 23 61 (Morgins)

+41 (0)24 477 20 77 (Val-d'Illiez)

Multi Pass

regiondentsdumidi.ch



Région Dents du Midi SA is proud to present our all-new Fun Park! A world of games for children with an airbag, bouncy castles, mini-golf, and lots of other fun surprises!

AQUATIC ACTIVITIESreservations
required

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

Baby Swimmers

	Champéry
	Palladium de Champéry
	10:00 - 12:00 Saturdays (course will take place with 2 or more participants)
	> family ticket (including 2 adults) > 25.- > multi-entry card (11 sessions) > 200.-
	+41 (0)24 479 05 05

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

palladiumdechampery.ch

**Swimming Lessons**

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



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

palladiumdechampery.ch

Private lessons (0h30)		
1 session	5 sessions	11 sessions
33.-	155.-	330.-

Group lessons		
8 semi-private lessons / 0h30	8 small group lessons 0h30	Week-long course, mornings during school holidays
165.- / child	140.- / child	260.- / child

during school holidays
Mondays - Fridays 17:00 & 18:00
(times on request outside of these time periods)

BABYSITTERSreservations
required

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



SUMMER CAMPS

reservations
required**Summer Camp**

- 📍 Champéry
- 💬 Palladium
- ⌚ 05.07-13.08.2021
05-09.07 : Les Indiens
12-16.07 : Le cirque
19-23.07 : Koh-Lanta
26-30.07 : Mission planète verte
02-06.08 : Robinson Crusoé
09-13.08 : Explorateur de l'espace
- 📞 +41 24 479 05 05

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

palladiumdechampery.ch

Kids Bike Camp

- 📍 Champéry
- 💬 Ride Switzerland
- ⌚ 12-16.07 | 09-13.08.2021
- 📞 +41 (0)79 501 37 08

Accompanied by experienced bike monitors, young riders will improve their mountain biking technique, gain confidence and learn the basics of bike mechanics.

rideswitzerland.com



SUMMER CAMPS

Contrebandiers Camp

- 📍 Champéry
- 💬 Région Dents du Midi tourist offices
- ⌚ 12-15.07.2021
- 📞 +41 (0)24 479 05 50

Experience life as one of our famous olden days *contrebandiers*! Learn to use a compass, sleep in a tent and don't get caught by the border patrol before the camp is over!

regiondentsdumidi.ch

Intro to Climbing & Via Ferrata

- 📍 Champéry
- 💬 Région Dents du Midi tourist offices
- ⌚ 22-23.06 | 12-13.07 | 02-03.08.2021
- 📞 +41 (0)24 479 05 50

If your kids are climbing the walls this summer, they'll love this rock climbing Via Ferrata camp!

regiondentsdumidi.ch

International Summer Camp

- 📍 Champéry
- 💬 Ecole Nouvelle de la Suisse Romande
- ⌚ 27.06 – 31.07 (1 - 5 weeks available)
- 📞 +41 (0)21 654 65 00

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

ensr-summer.ch

DH Bike Camp

- 📍 Champéry
- 💬 Ride Switzerland
- ⌚ 12-16.07 | 09-13.08.2021
- 📞 +41 (0)79 501 37 08

This week-long camp will teach your kids to shred like the experts, while making sure they learn safe riding habits from the get-go!

rideswitzerland.com

Pony Camps

- 📍 Champéry
- 💬 Centre Equestre de Champéry
- ⌚ 28.06 – 02.07 | 05-09.07 | 12-16.07
19-23.07 | 26-30.07 | 02-06.08
09-13.08 | 18-22.10 | 25-29.10.2021
- 📞 +41 (0)79 429 60 20

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

regiondentsdumidi.ch

Slackline Workshop En Route to the Highline

- 📍 Champéry | Morgins
- 💬 Région Dents du Midi tourist offices
- ⌚ 16-20.08 | 06-10.09.2021
- 📞 +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)

Step out of your comfort zone and try the Highline - you're in good hands with this challenging, but safe workshop!

regiondentsdumidi.ch

Sled Dogs Camp

- 📍 Morgins
- 💬 Team des loups du Val de They
- ⌚ 21-25.06 | 09-13.08 (full)
autumn 2021
- 📞 +41 (0)78 664 61 61

Spend 5 days with the friendly huskies in They for a lifetime of memories! This camp offers plenty of fun activities with the dogs in the mornings, interesting workshops for the afternoons and even a few theme-nights!

desloupsduvaldethey.ch

A Week at the Ranch

- 📍 Morgins
- 💬 Ranch de Morgins
- ⌚ 05-09.07 | 12-16.07 | 02-06.08
09-13.08.2021
- 📞 +41 (0)79 608 10 16

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

ranch-morgins.ch

Evasion Summer Camps

- 📍 Champéry | Morgins
- 💬 Evasion
- ⌚ Morgins : 05.07-21.08 (Monday to Saturday)
Champéry : 02-07.08 | 09-14.08.2021
- 📞 +41 (0)24 471 33 33

> Morgins
My First Camp / Speed'Camp / Multisports
YouTuber & Sports / E-Sport & Real-Life Sports

> Champéry
Sports & Exploration / Climbing & Nature / Arts & Leisure / Magic / Dance / Languages & Sports

evasion.ch

INDOORS



WELLNESS

While rest and relaxation might not mean the same thing to everyone, one of the universal keys to finding inner peace and self-fulfilment is by cultivating the tricky art of letting go.

Give yourself up to the simple pleasures in life, unplug, and let yourself be pampered by expert masseurs, soak your cares away in a tranquil spa or try a new, holistic, practice like yoga or a fasting cure. We promise, it does a body good!

SPAS

reservations required

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

Champéry

Hôtel National Resort & Spa

08:00 - 20:00

CHF 35.- (+18)

+41 (0)24 479 11 30

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

[national.ch](#)**Champéry**

Boutique Hôtel Beau-Séjour & Spa

high season > 10:00 - 20:30

low season > 16:00 - 19:00

or with reservations

CHF > +16 > 38.-

> discounted entry from 10:00 to 16:00 > 28.-

+41 (0)24 479 58 58

 Multi Pass

Jacuzzi, hammam, sauna, cold water pool, Kneipp hydrotherapy, disinfectant foot bath, floatation pool.

[beausejour.ch](#)

Massage therapists: see pages 132-133

Massages

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

SPAS

THERMAL BATHS

Val-d'Illiez

Thermes Parc

Temporarily closed

Things have changed here since the hot springs were discovered in 1946! Today, this modern thermal complex offers indoor pools, outdoor pools, and a lazy river, set in a bucolic alpine garden.

Heated geothermally deep underground to 34°C, the spring waters are rich in sulphur, calcium, and magnesium. While they may not be certifiably miraculous, these waters are celebrated far and wide for their healing and soothing properties.



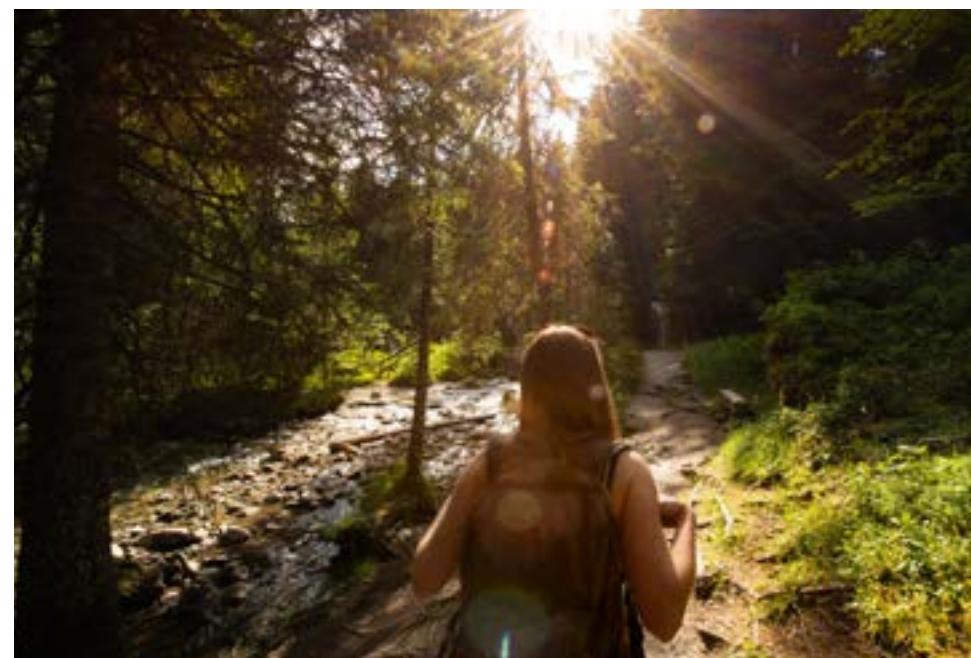
YOGA

reservations required

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



Yoga teachers: see page 133



FASTING CURES

reservations
required

Champoussin | Val-d'Illiez

Centre Interlude Bien-Être
CHF depending on programme
and accommodation

+41 (0)44 586 58 60

Fasting or juice cures combined with hiking, yoga, or Pilates are natural preventive therapies.

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

interludebienetre.ch

INDOOR POOL

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

Champéry

Palladium de Champéry

detailed opening hours on the website

adult > 7.- | child > 5.-

+41 (0)24 479 05 05

Multi Pass

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

Approx. 28°C

palladiumdechampery.ch



AQUABIKE & AQUAGYM

reservations
required

Champéry

Palladium de Champéry

Aquabike
→ Tuesdays 18:30 - 19:15
→ Fridays 10:45 - 11:30

Aquagym
→ Mondays & Thursdays 18:00 - 18:45

Aquabike
→ adult / child : 25.- per session

Aquagym
→ adult / child : 17.- per session

+41 (0)24 479 05 05



Take a dip and choose from a wide range of poolside activities.

palladiumdechampery.ch

A young boy with short brown hair is climbing an indoor rock wall. He is wearing a maroon t-shirt, grey sweatpants, and a lime green and purple harness. He is gripping a blue and red holds with his right hand and a grey hold with his left hand. His legs are bent at the knees, and he is pushing off with his feet. The wall is white with various colored holds (blue, yellow, red, grey) and features a large graphic of the word "champ" with a blue arrow pointing upwards.

INDOORS

UNDER COVER

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

Escape Rooms

reservations required

- Champéry
- Trapgame Champéry Sàrl
- 10:00 - 00:00 Tuesdays – Sundays
- CHF 2 people > 50.- | 3 people > 45.-
4 people > 40.- | 5 people > 35.-
6 people > 30.-
under 7 free
+41 (0)24 565 03 24
- Multi Pass



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

trapgame-champery.ch

Treasure Hunt

reservations required

- Champéry
- Palladium de Champéry
- daily
- CHF adult : 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 a water adventure.

palladiumdechampery.ch

Indoor Climbing Wall

- Champéry
- Palladium de Champéry
- detailed opening hours on the website
- CHF adult (16 +) > 12.- | child > 8.-
(materiel not included)
- +41 (0)24 479 05 05
- Multi Pass

The eye-catching indoor climbing wall at the Palladium in Champéry is 9.5 metres at its highest point and offers a surface of 260 m², 1,600 holds and some 50 routes ranging from an easy 4a to a gnarly 8a.

palladiumdechampery.ch

Ice Skating

- Champéry
- Palladium de Champéry
- detailed opening hours on the website
- CHF adult (16 +) > 6.- | child > 4.-
skate rental : adult > 5.- | child > 3.-
- +41 (0)24 479 05 05



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

palladiumdechampery.ch

Indoor Tennis

reservations required

- Morgins
- Centre sportif
- 09:00 - 22:00 daily
(reservations 24h in advance)
- CHF 36.- / hour
- +41 (0)24 477 19 92
- Multi Pass



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

morgins-loisirs.ch

Badminton

reservations required

- Champéry
- Palladium de Champéry
- daily
- CHF 20.- / hour + 5.- equipment rental
+41 (0)24 479 05 05

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

palladiumdechampery.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
- detailed opening hours on the website
- CHF 15.- (16 yrs and up)
- +41 (0)24 479 05 05
- Multi Pass

palladiumdechampery.ch

reservations required

Morgins

- Oxygen Morgins
- 08:00 - 20:00 Monday - Saturday
- prices online
(depending on the chosen service)
- +41 (0)79 261 23 31

Functional and personal training classes, Pilates, Bodybalance, TRX, easy gym and outdoor group classes.

facebook.com/oxygenmorgins

GYMNASIUMS

reservations
required

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

Champéry

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

palladiumdechampery.ch

Morgins

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

troistorrents.ch

Troistorrents

- Troistorrents Municipal Administration
- on request
- +41 (0)24 476 80 10

troistorrents.ch

GYMNASIUMS

reservations
required**Val-d'Illiez**

- Val-d'Illiez Municipal Administration
- on request
- +41 (0)24 476 87 87

illiez.ch



CENTRE SPORTIF ET CULTUREL



+41 24 479 05 05 – palladium@champery.ch – www.palladiumdechampery.ch



OUR ROOTS

KNOW-HOW

The Val d'Illiez is a haven for traditional craftsmanship and know-how; our ancestral techniques have been honed over centuries. Visit an old mill or a traditional bell foundry or taste some of our local specialities and experience the authentic flavours of our region.

Bell Foundry

- 📍 Champéry
- 💬 Hugues Perrin
- ⌚ on request
- CHF 10.- | child : free
- 📞 +41 (0)79 435 92 39



Jean-Denis Perrin and his son Hugues are some of the last traditional bell-founders in Switzerland. Their distinctive bells are cast with a metal alloy made from an ancestral recipe, using some 80 different moulds that have been passed down over 9 generations of bellfounders.

fonderiechampery.wixsite.com/perrin

Carillon Concert

- 📍 Morgins
- 💬 François Donnet
- ⌚ > Thursdays & Fridays > afternoons
> Saturdays > all-day
- 📞 +41 (0)79 310 95 61

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

carillondemorgins.ch

Watchmaking Workshop

- 📍 Champéry
- 💬 L'Horlogère
- ⌚ year-round with reservations
- CHF > 350.- / ½ day
- > 500.- / ½ day (with watch movement to keep)
- > from 1'300.- full day with lunch (mechanical movement, plus watch case and bracelet of your choice to keep)
- 📞 +41 (0)78 890 45 89

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.

lhorlogere.com

**7Peaks Brewery**

- 📍 Morgins
- 💬 7Peaks Brasserie
- ⌚ groups of 8 or more, with reservations, subject to availability
- CHF 25.- / person
- 📞 +41 (0)24 565 18 72

Named in honour of our iconic Dents du Midi mountain range, the 7Peaks craft brewery produces a distinctive brew for each of the 7 summits, plus an assortment of limited-edition and special occasion beers. During your visit, you will explore the complex creative process behind artisanal brewing and enjoy a convivial tasting in our taproom.

7peaksbrasserie.ch

**Terroir**

From blue ribbons to gold medals and the highly prized Protected Destination Origin label, our region boasts a panoply of products 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 these goods.



La Cavagne

Troistorrents

+41 (0)24 477 35 40



Active throughout the valley, the SAVI is the champion of all things agricultural. One of their recent projects, the construction of a cheese maturing cellar adjoining the Cavagne in Troistorrents, will help to streamline the work intensive 'ripening' stages and simplify the farm to table process. Holding some 18,000 cheese wheels, the cellar is carefully watched over by a state-of-the-art robotic system. At the same time, the Cavagne itself was enlarged to include a brand-new reception area for meetings, food tastings and other events intended to promote regional agriculture and the products that are an integral part of the alpine economy.

lacavagne.ch



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

**SAVEURS +
DENTS DU MIDI**

Le Goût sincère

SAVI
SOCIÉTÉ AGRICOLE
DE LA VALLÉE D'ILLIEZ

OUR ROOTS

A wide-angle photograph of a mountainous landscape. In the foreground, several cows are grazing on a lush green meadow. Behind them, a dense forest of coniferous trees covers a hillside. Further back, majestic mountains rise, their peaks partially obscured by a clear blue sky. The lighting suggests it's either early morning or late afternoon, casting long shadows and highlighting the textures of the rocks and grass.

ALPINE PASTURES

These uncultivated, high-altitude grasslands were hard-won from the thick forests which covered the mountainsides hundreds of years ago. Generations of farming families have brought their herds of hardy sheep, goats, and cattle to spend the summer grazing in the sunshine, helping to keep the forests at bay and, in the process, creating unique ecosystems of plants, wild animals and traditions which vary from one hillside to another.

Nowadays, these once secluded *alpages* have become a destination unto themselves, crisscrossed by an infinite network of hiking trails and dotted with farms offering home-made specialities.

CHEESE-MAKING DEMONSTRATIONS

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

reservations required	
	Champéry
	Alpage Lapisa
	starting in July (closed Fridays)
	adult > 12.- child (6 - 12 yrs) > 10.-
	+41 (0)24 479 36 43 +41 (0)79 516 45 33
	Multi Pass

lapisa.ch

reservations required	
	Champoussin
	La Ferme à Gaby
	9:15 (end of June to September only)
	free
	+41 (0)24 477 30 88

lafermeagaby.ch



LIFE ON A FARM

reservations required

For one enchanting afternoon, you'll roll up your sleeves and help bring in the herd, milk the cows, scatter feed for the rabbits and chickens and participate in the many daily tasks of running an authentic alpine farm.

Champéry

	Ferme de l'Alpage du Pont
	Ferme de l'Alpage des Traverses
	From 15:00
	10.- (everyone age 4+)
	+41 (0)24 479 05 50

regiondentsdumidi.ch



MILKING THE GOATS

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

Champoussin

	La Ferme à Gaby
	16:30 daily
	free
	+41 (0)24 477 30 88

lafermeagaby.ch



OUR ROOTS



HISTORY & TRADITION

Tall tales and unbelievable-but-true legends abound in the Val d'Isère! Thanks to the tireless devotion of 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 valley dialect, to the larger-than-life 'Gros Bellet' who instigated the revolution of 1790, to the daring smugglers who crisscrossed our alpine valleys in the dead of night...

From picturesque village streets to the rustic mountain refuges we call 'cantines', we still welcome visitors, holidaymakers and weary travellers with the same hearty simplicity as in the early days of tourism.



Guided Village Tour

- 📍 Champéry reservations required
- 🗣️ Fondation du Patrimoine Champérôlaine
- CHF 50.- (min. 6 people - max. 20 people)
- 📞 +41 (0)24 479 05 50



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

regiondentsdumidi.ch

Val d'Illiez Vernacular

- 📍 Val-d'Illiez reservations required
- 🗣️ Fondation du Patrimoine de Val-d'Illiez
- ⌚ Every second Thursday of the month at 17:00 (subject to modification)
- CHF free
- 📞 +41 (0)78 885 83 05

With a melodic sing-song rhythm and an accent thick enough to coat a spoon, the Val d' Illiez patois is characteristic for its wealth of words and syntactic particularities.

Intéresseint et l'aya pas gran tein!

regiondentsdumidi.ch

Vieux Moulins de la Tine

- 📍 Troistorrents
- ⌚ Unscheduled visits (without reservations or guided tour)
 - May 1st to September 30th
14:00 - 17:00 Sundays
 - July 1st – August 31st
Wednesdays - Saturdays - Sundays
14:00 - 17:00
 - guided tours for groups of 10 or more people (reservations required, year-round)
- CHF adults (16+) > 10.- | seniors > 8.- | child (6 - 15 yrs) > 6.- | under 5 free
- 📞 +41 (0)79 226 33 16
- ☑ Multi Pass



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

vimoti.ch

Vieux Greniers

- 📍 Val-d'Illiez reservations required
- 🗣️ Fondation du Patrimoine de Val-d' Illiez
- ⌚ on request
- CHF free
- 📞 +41 (0)79 194 03 68

Rural Switzerland is dotted with picturesque miniature chalets called mazots or greniers, 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 lovely buildings have been renovated to house exhibitions and cultural events.

regiondentsdumidi.ch



COMMUNITY BREAD OVENS

reservations required

Propéraz Bread Oven

- 📍 Troistorrents
- 🗣️ Association du Four à Pain de Propéraz
- ⌚ consult baking dates at properaz.ch (or on request)
- CHF free
- 📞 +41 (0)78 862 45 50



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

properaz.ch

Collaire Bread Oven

- 📍 Troistorrents
- 🗣️ Association de Sauvegarde du Four à Pain de Collaire
- ⌚ consult baking dates at asfpc.ch
- CHF free
- 📞 +41 (0)79 316 41 61



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

asfpc.ch



OUR ROOTS

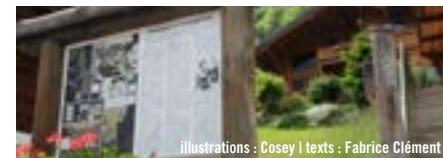
CULTURE

History has left us with a rich and multifaceted 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 centuries-old traditions and customs, visitors to the Dents du Midi Region can experience our Terroir in a multitude of different ways.

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

Open-Air Museum

- Champéry
- Région Dents du Midi tourist office
- unrestricted access
- CHF free
- +41 (0)24 479 05 50



illustrations : Cosey | texts : Fabrice Clément

This graphic-novel retrospective of village life in the 19th century features Gustin, a fictitious Champéro-lain 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

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

- Troistorrents
- Bibliothèque de Troistorrents
- > Tuesdays > 09:00 - 11:30 | 16:00 - 17:30
- > Wednesdays > 14:00 - 17:30
- > Thursdays > 16:00 - 17:30
- > Fridays > 16:00 - 19:00
- during school holidays
(except bank holidays) :
- > Tuesday > 09:00 - 11:00
- > Fridays > 16:00 - 19:00
- CHF 10.- one-time contribution
- 50.- deposit per book for occasional check-outs
(deposit returned with book return)
- +41 (0)24 477 47 50

troistorrents.ch

- Champéry
- Bibliothèque de Champéry
- > Fridays > 09:30 - 11:30
- > Wednesdays & Saturdays > 15:30 - 17:30
- CHF 10.- one-time contribution
- 50.- deposit per book for occasional check-outs
(deposit returned with book return)
- +41 (0)24 479 10 18

admin-champery.ch

- 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 bank holidays) :
- > Wednesdays > 09:00 - 11:00
- > Fridays > 16:00 - 19:00
- CHF 10.- one-time contribution
- 50.- deposit per book for occasional check-outs
(deposit returned with book return)
- +41 (0)24 476 87 61

illiez.ch

EXHIBITIONS

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

Espace Raiffeisen

- Champéry
- Région Dents du Midi tourist offices
- +41 (0)24 479 05 50

regiondentsdumidi.ch

La Treille

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

troistorrents.ch

Vieux Greniers

- Val-d'Illiez
- Association du Patrimoine de Val-d'Illiez
- +41 (0)79 194 03 68

regiondentsdumidi.ch

Galerie de la Tine

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

latine-galerie.com





OUR ROOTS

SACRED STRUCTURES

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

CHURCHES, CHAPELS & BELLS

Champéry Bell Tower

- Champéry
- Paroisses du val d'Illiez
- unrestricted access
- +41 (0)24 477 11 13



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

paroisses-illiez.ch

Saint Maurice Church

- Val-d'Illiez
- Paroisses du val d'Illiez
- unrestricted access
- +41 (0)24 477 11 13



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

paroisses-illiez.ch

Champoussin Chapel

- Champoussin
- Patrick Claret
- unrestricted access
- +41 (0)24 477 40 27



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

Carillon pour la Paix

- Morgins
- François Donnet
- unrestricted access
- +41 (0)79 310 95 61



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

carillondemorgins.ch

Notre-Dame de l'Assomption Church

- Morgins
- Paroisses du val d'Illiez
- unrestricted access
- +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 symbolises the effort to spread peace throughout the world.

paroisses-illiez.ch

Saint Marie-Madeleine Church

- Troistorrents
- Paroisses du val d'Illiez
- unrestricted access
- +41 (0)24 477 11 13



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

paroisses-illiez.ch

SOUND & LIGHT TOUR

Saint Théodule Church

- Champéry
- Paroisses du val d'Illiez
- unrestricted access
(visits not allowed during Mass)
- CHF unrestricted access
- +41 (0)24 477 11 13

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

paroisses-illiez.ch



USEFUL INFORMATION



LIFT TICKETS

Portes du Soleil (Switzerland & France)
21 lifts (MTB transportation included)

TICKET WINDOW**WEB (PDS-CH.CH)**

	INDIVIDUAL			FAMILY			GROUP PASS		
	A	C	JS	A	C	JS	A	C	JS
5 hours	28.-	21.-	25.-	25.-	19.-	23.-			
1 day	35.-	26.-	32.-	32.-	23.-	29.-			
2 days	56.-	42.-	50.-	50.-	38.-	45.-			
3 days	77.-	58.-	69.-	69.-	52.-	62.-			
4 days	98.-	74.-	88.-		88.-	67.-	79.-		
5 days	119.-	89.-	107.-		107.-	80.-	96.-		
6 days	140.-	105.-	126.-		126.-	95.-	113.-		
6 days n-c*	152.-	114.-	137.-		-	-	-		
7 days	158.-	119.-	142.-		142.-	107.-	128.-		
8 days	173.-	130.-	156.-		156.-	117.-	140.-		
9 days	189.-	142.-	170.-		170.-	128.-	153.-		
10 days	200.-	150.-	180.-		180.-	135.-	162.-		
11 days	210.-	158.-	189.-		189.-	142.-	170.-		
12 days	221.-	166.-	199.-		199.-	149.-	179.-		
13 days	228.-	171.-	205.-		205.-	154.-	185.-		
season	340.-	255.-	306.-	293.-	220.-	264.-	-	-	-

Group PASS :

4 people or more, for a duration of 4 to 13 days.

Passes must be for the same duration and paid for together.

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

* n-c > non-consecutive

A > adult

C > child 5 - 15 yrs

J > junior 16 - 19 yrs

S > senior 65 yrs +

Family :

> Minimum 4 paying members of the same family
(parents/children 5-19 yrs, ID required).

> Passes must be for the same duration and paid for together.

Swiss Area

4 lifts (for hikers and bikers)

Single rate (one-way or return) | MTB transportation included

CHAMPERY CABLE CAR

ADULT	CHILD 6-15 YRS
11.-	5.50

½ price pass holders for Swiss CFF/SBB trains
= child price.

CHAIRLIFTS**CROSETS 8, MOSSETTES, FOILLEUSE**

ADULT	CHILD 6-15 YRS
11.-	5.50



Free access on lifts for pedestrians with Multi Passes (see page 42).

LIFT TIMETABLE

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

CHAMPERY - CROIX DE CULET | CABLE CAR

29.05.21 to 20.06.21 (+3-4.06.21)	08:45 - 16:45	weekends, hourly
21.06.21 to 24.06.21	08:45 - 16:45	daily, hourly
25.06.21 to 29.08.21	08:45 - 17:15	daily, every 30 minutes
30.08.21 to 01.11.21	08:45 - 16:45	daily, hourly

In case of high traffic, in order to limit the number of passengers, cable car frequency will be increased.

LES CROSETS | CROSETS 8 CHAIRLIFT

25.06.21 to 29.08.21	09:00 - 16:45	daily
30.08.21 to 08.10.21 (+ 20.09.21)	09:00 - 16:45	weekends
09.10.21 to 01.11.21	09:00 - 16:45	daily

LES CROSETS | MOSSETTES CHAIRLIFT

25.06.21 to 29.08.21	09:00 - 16:45	daily
30.08.21 to 19.09.21 (+ 20.09.21)	09:00 - 16:45	weekends

MORGINS | FOILLEUSE CHAIRLIFT

12.06.21 to 24.06.21	09:00 - 16:45	weekends (depending on viability of MTB trails)
25.06.21 to 20.09.21	09:00 - 16:45	daily

PORTE DU SOLEIL

Lifts open non-stop from June 25th until August 29th, 2021.



LES PORTES DU SOLEIL IN SUMMER





STAYING OVER

Make yourself at home...

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

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



The lodgers bearing this label offer full reimbursement of reservation fees for cancellations due to COVID

(see conditions on regionsdentsdumidi.ch)



Our website will tell you everything you need to know about accommodations, packages, and insider tips! Go to regionsdentsdumidi.ch or contact us directly for a unique, tailor-made offer!



RESTAURANTS, BARS & NIGHTCLUBS



	PHONE	WEBSITE	ADDRESS	CITY	SEASON		SITUATION	CAPACITY
					SUMMER	WINTER		
Alpage Lapisa	+41 24 479 36 43	lapisa.ch	Champéry	Champéry	•	•	In the resort	50 100
At'Home	+41 24 565 10 08	athome-champery.ch	Champéry	Champéry	•	•	In the mountains / On the slopes	40 20
Bar des Guides	+41 24 479 07 07	facebook.com/BarDesGuides	Champéry	Champéry	•	•		
Buvette de Bonaveau	+41 79 205 50 23	refugebonaveau.weebly.com	Champéry	Champéry	•	•		24 80
Buvette de Chavanette	+41 78 266 98 98		Champéry	Champéry	•			0 30
Buvette des Clavets	+41 24 479 30 65	lesrives.ch/clavets	Champéry	Champéry	•			
Buvette du Chalet Rosalie	+41 79 577 87 54	chalet-rosalie.ch	Champéry	Champéry	•			16
Cabane de Susanfe	+41 24 479 16 46	susanfe.ch	Champéry	Champéry	•	•		70 20
Café les Jonquilles*	+41 24 479 30 95		Champéry	Champéry	•	•		
Cantine de Barmaz	+41 24 479 11 63	cantine-barmaz.com	Champéry	Champéry	•	•		70 120
Cantine des Dents Blanches	+41 24 479 12 12	cantine-dentsblanches.com	Champéry	Champéry	•	•		50 80
Cantine des Galeries Défago	+41 79 757 56 28	organicadventurepark.ch	Champéry	Champéry	•			
Cantine des Rives	+41 24 479 11 71	lesrives.ch	Champéry	Champéry	•	•		
Cantine Sur Coux	+41 24 479 10 44	cantinesurcoux.net	Champéry	Champéry	•	•		40 60
Chez Coquoz	+41 24 479 12 55	restaurant-coquoz.ch	Champéry	Champéry	•	•		120 120
Chez Joe	+41 24 479 18 00	facebook.com/ChezJoeBurgers	Champéry	Champéry	•	•		
Guest House du Grand-Paradis	+41 24 479 11 67	houseparadis.ch	Champéry	Champéry	•	•		50 40
Hôtel Plein Ciel	+41 24 479 28 38	pleiniciel.com	Champéry	Champéry	•	•		40 40
L'Alta	+41 24 479 15 32	alta1874.ch	Champéry	Champéry	•	•		70 26
Le Bistrot des Reines	+41 24 479 17 00	bistrotdesreineschampery.ch	Champéry	Champéry	•	•		140 50
La Crêperie de Champéry	+41 76 230 42 55	facebook.com/pg/lacreperiechampery	Champéry	Champéry	•	•		7
La Crevasse	+41 79 720 39 21	facebook.com/lacrevasse	Champéry	Champéry	•	•		
La Croix de Culet	+41 24 479 23 34	lacroixdeculet.ch	Champéry	Champéry	•	•		110 150
La Gourmandise Champérolaine*	+41 24 565 11 84	facebook.com/gourmandise.champerlaine.3	Champéry	Champéry	•	•		26 16
Le 42	+41 79 929 28 93	restaurante42.ch	Champéry	Champéry	•	•		20 10
Le Café du Nord	+41 24 479 11 26	lenord.ch	Champéry	Champéry	•	•		115 50
Le Chaudron			Champéry	Champéry	•			
Le Farinet	+41 24 479 20 98	lefarinetchampery.ch	Champéry	Champéry	•	•		
Le Gueulhi	+41 24 479 35 55	legueulhi.ch	Champéry	Champéry	•	•		100 60
Le Mitchell's	+41 24 479 20 10	facebook.com/Mitchells1874	Champéry	Champéry	•	•		60 20
Le R.E.D.	+41 24 479 23 34	lacroixdeculet.ch	Champéry	Champéry	•	•		80 120
Le Resto du Palladium	+41 24 479 15 12	palladiumdechampery.ch	Champéry	Champéry	•	•		90 30
Le Toupin	+41 24 479 15 48		Champéry	Champéry	•	•		70 120
Le Vieux Chalet	+41 24 479 19 74	vieuxchaletchampery.ch	Champéry	Champéry	•	•		100 40
Les Marmottes	+41 79 691 07 00	restaurant-les-marmottes.ch	Champéry	Champéry	•	•		60 100
Lounge-Bar Hotel National Resort	+41 24 479 11 30	lenational.ch	Champéry	Champéry	•	•		25 50
Mac Coq Self Service	+41 24 479 12 55	restaurant-coquoz.ch	Champéry	Champéry	•	•		120 120
Champoussin Lodge	+41 24 476 83 00	champoussinlodge.ch	Champoussin	Champoussin	•	•		80 50
Chez Gaby 1670	+41 24 477 22 22	chezgaby1670.ch	Champoussin	Champoussin	•	•		160 120
La Ferme à Gaby	+41 24 477 30 88	lafermeagaby.ch	Champoussin	Champoussin	•	•		20 50
Le Caveau des Dents du Midi	+41 24 477 62 13		Champoussin	Champoussin	•	•		35 40
Le Nid	+41 24 477 17 88		Champoussin	Champoussin	•	•		85 20
Le Poussin	+41 24 477 17 88	restaurantlepoussin.ch	Champoussin	Champoussin	•	•		85 100
Le Virage	+41 24 565 04 26	restolevirage.ch	Champoussin	Champoussin	•	•		80 80

* open also in the morning

	WHAT'S ON THE MENU	RATINGS	ATMOSPHERE		SERVICES								
			TEA ROOM	BAR	NIGHTCLUB	LIVE CONCERTS	APRÈS-SKI	BILLIARDS	DARTS	TABLE FOOTBALL	SPORTS EVENTS BROADCASTING	DISABLED ACCESS	HIGH CHAIR
cheese fondue	•												
raclette	•												
croûtes au fromage	•												
local products	•												
meat fondues	•												
grilled meat	•												
pasta	•												
rösti	•												
pizza	•												
fish	•												
burgers	•												
sandwiches	•												
crêpes	•												
vegetarian dishes	•												
vegan dishes	•												
take-away	•												
catering service	•												
traditional	•												
gourmet cuisine	•												
gauff & millau	•												
guide michelin	•												



					SUMMER	WINTER	SITUATION					
					Lunch	Dinner	Lunch	Dinner	In the resort	In the mountains / On the slopes	Indoor capacity	Outdoor capacity
Buvette Chez Yoyo et Jiby	+41 24 479 30 45	facebook.com/chezyooyetjibi	Les Crosets	•	•	•	•	•	•	70	150	
Chalet Montrond	+41 24 565 06 03	chaletmontrond.ch	Les Crosets	•	•	•	•	•	•	50		
Chez Nelly	+41 24 479 12 95	bistrocheznelly.com	Les Crosets	•	•	•	•	•	•	60	80	
Cookie Café Mossettes	+41 24 479 12 19	cookie-cafe.com	Les Crosets	•	•	•	•	•	•	200	200	
Crêperie La Cabane à Sucre	+41 79 931 38 37		Les Crosets	•	•	•	•	•	•	45	15	
Freeride Hostel	+41 79 192 66 76	freeridehostel.ch	Les Crosets	•	•	•	•	•	•			
Gîte Rural de Chaupalin	Closed for renovation		Les Crosets	•	•	•	•	•	•			
La Cuisine de L'Étale	+41 24 565 65 55	hotel-etale.ch	Les Crosets	•	•	•	•	•	•	70	25	
La Télécabine	+41 24 565 05 90	hoteltelecabine.ch	Les Crosets	•	•	•	•	•	•	150	80	
Le Caveau Corinne et Alain Rey-Bellet	+41 78 760 53 57	facebook.com/caveaudescrosets	Les Crosets	•	•	•	•	•	•	60	40	
Le Mountain Lodge	+41 24 479 25 80	lemountainlodge.ch	Les Crosets	•	•	•	•	•	•	60		
Les Portes du Soleil	+41 24 479 11 84	hotel-pds.ch	Les Crosets	•	•	•	•	•	•	100	120	
Refuge de Chésery	+41 79 725 68 20	lacvert.ch	Les Crosets	•	•	•	•	•	•	24	70	
Refuge Le Marcheupon	+41 24 479 22 40	lemarcheupon.ch	Les Crosets	•	•	•	•	•	•	70	100	
Relais Panoramique	Closed (road renovation)		Les Crosets	•	•	•	•	•	•	150	60	
Au Beau-Réveil	+41 24 477 11 84	au-beau-reveil-boulangerie.ch	Morgins	•	•	•	•	•	•	18	26	
Buvette de Savolaire	+41 24 477 11 14	restaurant-buvette-savolaire.ch	Morgins	•	•	•	•	•	•	42	60	
Chalet Chanso	+41 79 963 75 82	chaletchanso.ch	Morgins	•	•	•	•	•	•	35	60	
C-LÀ Pizzeria	+41 24 477 81 71		Morgins	•	•	•	•	•	•	50	15	
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	20	
Le Ferrage	+41 24 477 12 21	leferrage.ch	Morgins	•	•	•	•	•	•	50	110	
Les Bochasses	+41 24 477 22 21	bochasses-ete.ch	Morgins	•	•	•	•	•	•	100	150	
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	
New Crystal Bar	+41 24 477 41 98		Morgins	•	•	•	•	•	•			
Restaurant d'alpage Tovassière	+41 24 477 46 57	tovassiere.com	Morgins	•	•	•	•	•	•	80	150	
T-bar	+41 79 933 18 35	facebook.com/T-Bar	Morgins	•	•	•	•	•	•			
U Yëu Tsalé	+41 24 477 32 55	uyeutsale.ch	Morgins	•	•	•	•	•	•	50	120	
Ze Bar - 7Peaks	+41 24 565 18 72	7peaksbrasserie.ch	Morgins	•	•	•	•	•	•	50		
Relais de la Thiészaz	+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	
La Mascotte	+41 24 477 28 75		Val-d'Illiez	•	•	•	•	•	•	55	25	
Le Charly's	+41 79 321 85 93		Val-d'Illiez	•	•	•	•	•	•	100	20	
Le Communal	+41 24 477 29 31	hotelcommunal.ch	Val-d'Illiez	•	•	•	•	•	•	75	30	
Le Repos Da Giuseppe	+41 24 477 14 14	le-repos-da-giuseppe.business.site	Val-d'Illiez	•	•	•	•	•	•	70	20	
Restaurant des Tennis	+41 24 477 21 13	restaurantdestennis.ch	Val-d'Illiez	•	•	•	•	•	•	45	70	

					SEASON				SITUATION			
					SUMMER	WINTER			In the resort	In the mountains / On the slopes	Indoor capacity	Outdoor capacity
					Lunch	Dinner	Lunch	Dinner	In the resort	In the mountains / On the slopes		
Cheese fondue	•	•	•	•								
Raclettes	•	•	•	•								
Croûtes au fromage	•	•	•	•								
Local products	•	•	•	•								
Meat fondues	•	•	•	•								
Grilled meat	•	•	•	•								
Pasta	•	•	•	•								
Rösti	•	•	•	•								
Pizzas	•	•	•	•								
Fish	•	•	•	•								
Burgers	•	•	•	•								
Sandwichs	•	•	•	•								
Crêpes	•	•	•	•								
Vegetarian dishes	•	•	•	•								
Vegan dishes	•	•	•	•								
Take-away	•	•	•	•								
Catering service	•	•	•	•								
Traditional	•	•	•	•								
Gourmet cuisine	•	•	•	•								
Gault & Millau	•	•	•	•								
Guide Michelin	•	•	•	•								
Tearoom	•	•	•	•								
Bar	•	•	•	•								
Nightclub	•	•	•	•								
Live concerts	•	•	•	•								
Après-ski	•	•	•	•								
Billards	•	•	•	•								
Darts	•	•	•	•								
Table football	•	•	•	•								
Sports events broadcasting	•	•	•	•								
Disabled access	•	•	•	•								
High chair	•	•	•	•								
Nappy changing table	•	•	•	•								
Outdoor playground	•	•	•	•								

SHOP



DVD La Vallée de l'Illiez

25.-



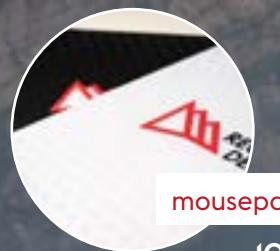
buff

10.-
white or black

trucker hat

15.-

white or black



mousepad

10.-

white or black



COVID mask

10.-
blue or red

COVID neck gaiter

12.-

blue or red

t-shirt

29.-
white

key strap lanyard

5.-

red / white / black



bike map

5.-



hiking map

5.-



gym bag

10.-

white or black



backpack

29.-



cycling jersey

120.-



GETTING HERE

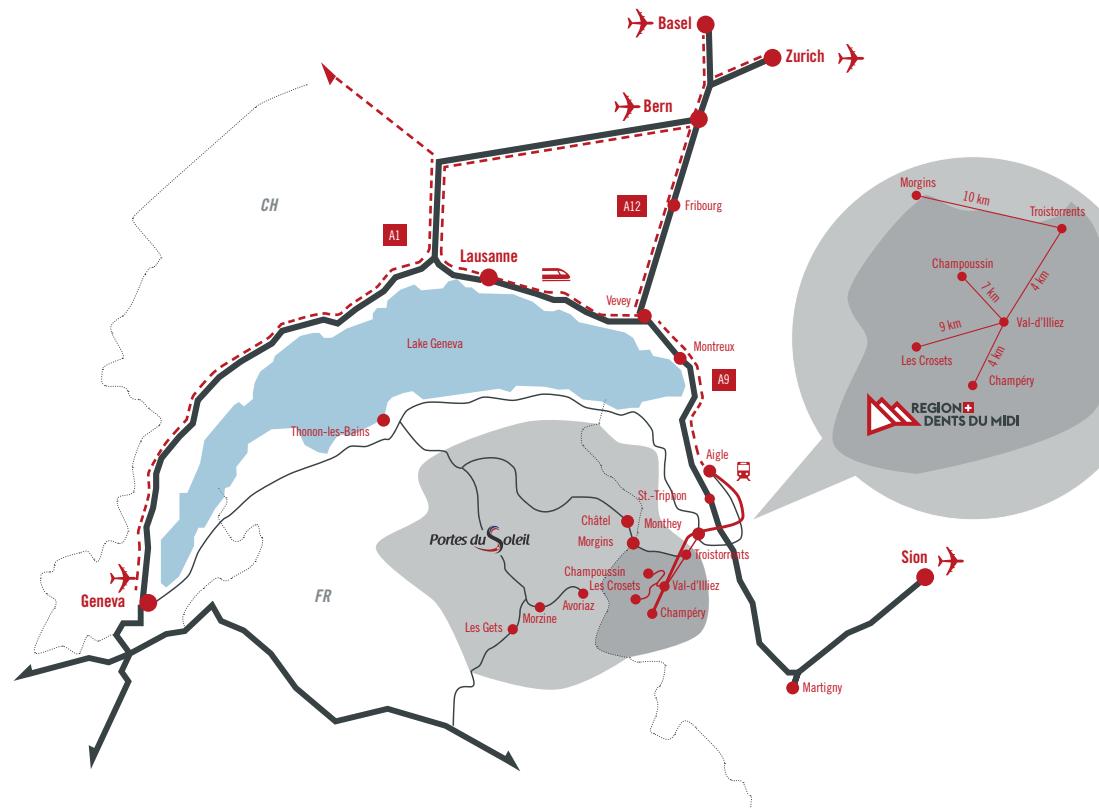
JUST A HOP AND A SKIP TO THE DENTS DU MIDI REGION ...**🚗 by car**

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

🚆 by train

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

Just past the town of Monthey, the cogwheel slides into gear and you begin the winding climb up into the 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
Neuchâtel	2:30	133 km 1:30
Paris	6:40	577 km 6:15
Vevey	1:29	35 km 0:37
Montreux	1:22	26 km 0:32
Sion	2:00	55 km 0:40
Zurich	4:15	238 km 2:30

MOBILITY

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



Dents du Midi Tourist Train (see page 66)

- 📍 Champéry
- 🚌 19 passengers / wagon
- 🕒 0h20
- CHF free
- ✓ Multi Pass

Champéry - Barme shuttle

- 📍 Champéry
- 🚌 20 passengers
- 🕒 0h40
- CHF 10.- return | 5.- one-way
- ✓ Multi Pass

Troistorrents – Morgins bus

- 📍 Troistorrents | Morgins
- 🚌 50 passengers
- 🕒 0h20
- CHF 7.60 (3.80 with ½ price train pass)
- ✓ Multi Pass

Val-d'Illiez – Champoussin bus

- 📍 Val-d'Illiez | Champoussin
- 🚌 50 passengers
- 🕒 0h30
- CHF 7.60 (3.80 with ½ price train pass)
- ✓ Multi Pass

Val-d'Illiez - Les Crosets bus

- 📍 Val-d'Illiez | Les Crosets
- 🚌 50 passengers
- 🕒 0h35
- CHF 6.- (3.- with ½ price train pass)
- ✓ Multi Pass

Download the
timetables here.



ADOPEZ
LA MOBILITÉ
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Retrouvez nos offres sur

[www.tpc.ch](http://www(tpc.ch)

CALENDAR

ACTIVITIES JUNE TO SEPTEMBER 2021

	JUNE	JULY	AUGUST	SEPT.
1		4 22 32 61		57
2		37 50	29 66	4 47 60
3		9 24	11 13 21 32 36 66	43
4		18	12 14 17 20 30 54 55 62	8 44
5		19 29 39	4 7 22 32 53 61	48
6		11 13 32 54	7 38 50 59	33 67
7		12 16 17 30	9 15 24 63	35 67
8		4 22 25 32 61	3 18 48 63	67
9		2 37 41 50	29 39 64 65	4 67
10	4	24 28 51	13 21 32 39 64 65	38 49 67
11		9 18	12 17 30 53 62 64 65	9 44
12		29 64 65 66 68	4 22 32 49 61 64 65	
13		13 16 32 64 65 66 68	5 19 27 37 41 51 64 65	57
14		12 16 17 30 56 64 65 68	24 51 52	35
15	32	4 7 21 22 32 55 61 64 65 68	18 52	30 34
16		7 37 40 50 58 64 65	29 67	4 47 60
17	1 4 32	9 24	11 13 23 32 58 67	58
18	1	18	12 17 19 30 62 67	45
19	9	14 29	4 22 32 47 61 67	14
20		11 13 32 34	2 6 26 37 53 67	57
21		2 12 17 30 54	15 24	35
22	32 66	4 16 21 22 25 32 61	9 10 18	30
23	66	5 38 50 59	33	4
24	1 4 31 32	10 24 28 51 52 63	13 32 34	44 46
25	1 37	3 9 15 52 63	12 17 30 42 62	9 46 59
26		20 29	4 7 22 31 32 49 61	8 46 49
27	9	11 13 32 36 55	7 43	
28	29 40	12 17 30 62	9 24	
29	32	4 16 21 22 31 32 61	18	
30	17 20 56	6 19 40 51	29 50	4
31		24 28 39		

Go to regiondentsdumidi.ch for the complete events and activities calendar.**HIKING & RAMBLES**

- 1 Summit Hike I Dôme de la Tour Sallière (3,220m)
- 2 Nighttime Ramble I Awesome Astronomy
- 3 Gourmet Trail
- 4 After-Work Trail
- 5 At the Foot of the Dents du Midi I Tête de Chalin
- D Région Dents du Midi Orienteering Course
- 6 Summit Hike I Le Petit Ruan (2,847m)
- 7 Summit Hike I La Haute Cime (3,257m)
- 8 Breakfast at Sunrise
- 9 Husky Hike I Lakeside Tour

BIKING & CYCLING

- 10 Moonlight Mountain Biking
- 11 Young Shredders DH Workshop
- 12 Pumptrack Workshop
- 13 E-bike Outing & Alpine Breakfast
- D Cycling Challenge

SLACKLINE

- 14 Slackline Superstars
- 15 Slackline Show

GAMES & ADVENTURES

- D Escape Life Morgins
« La Malédiction de l'Eau Rouge »
- D Région Dents du Midi Explor Games ®
« La Renaissance de l'Aquarache »

KIDS

- 16 Making Druid Potions

- 17 A Morning at the Ranch

- 18 Mini Cro-Magnons

- 19 Marbling Magic

- 20 Plant Hunters

- D Fun Park

- 21 Children's Theatre

- 22 Treetop Bivouac

- 23 T-Shirt Decorating Workshop

- 24 Saturday Forest Funday

- 25 The Secret Life of Insects

- 26 Praiseworthy Painters

- D Chips and Holly - Digital Treasure Hunt

- 27 Homemade Herbariums

ALPAGES & TRADITIONS

- 28 Livestock Guard Dogs in Action
- 29 A Visit to an Alpine Dairy
- 30 Milking Cows & Making Raclette
- 31 On the Smugglers' Trail
- 32 Fresh-Churned Butter

GASTRONOMY

- 33 A Visit to the Butcher Shop
- 34 Exquisite Eclairs
- 35 Homemade Salée de la Vallée
- 36 Oenology Workshop
- 37 Troistorrents' Famous Macarons
- 38 Craft Beers & Local Treats
- 39 Wild Cuisine
- 40 From Picking to Plate
- 41 Wild Apéro
- 42 Wonderful Wild Plants

FAUNA & FLORA

- 43 A Flower by Any Other Name...
- 44 Mushroom Hunting
- 45 Illiez in Technicolour
- 46 The Belling of the Stag
- 47 Dents du Midi Birding
- 48 Griffon Vulture & Whinchat Watching
- 49 Migratory Birds at the Col de Bretolet
- 50 Amazing Amphibians

WELL-BEING

- 51 Sunrise Yoga & Brunch
- 52 Revitalise Your Life I Yoga & Hiking Weekend
- 53 Alpine Creams & Balms
- 54 Surprisingly Sappy
- 55 Bee-utiful Apitherapy
- 56 Nature in Your Medicine Cabinet
- 57 Happy Joints

CULTURE

- 58 Picture Perfect Aperitif
- 59 Perfect Photos
- 60 Painting the Dents du Midi
- 61 La Tournée des Terrasses
- 62 Drive-in I Starlight Cinema

CAMPS & WORKSHOPS

- 63 Reconnaissance Weekend I Trail des Dents du Midi
- 64 Kids Downhill Bike Camp
- 65 Kids Bike Camp
- D Summer Camp
- 66 Intro to Climbing & Via Ferrata
- 67 Intro to Slacklining I First Steps to the Highline
- 68 Young Adventurers Camp

D : Daily

TICKETS &
RESERVATIONS

THROUGHOUT THE SEASONS

AUTUMN

Too often overlooked, autumn is one of the best times to experience the Dents du Midi Region, a feast for all your senses. After the frenetic summer months, silence reigns. Thick fog banks roll into the valleys, so that the jutting peaks resemble a fantasy kingdom of islands floating in a sea of mist.

The sun skims the mountaintops, taking the bite out of the chilly air and, at the same time, enhancing the lavish, Pollock-esque riot of colours splashed across the mountain-sides. This is a delectable time for epicureans too: it's season of wild game, freshly picked mushrooms and the famous Brisolée, made with sweet, roasted chestnuts.



AUTUMN
UNTIL 01.11
OVERTIME

RDDM.CH

Portes du Soleil



THROUGHOUT THE SEASONS

WINTER

From the moment the first frosting of snow dusts the tips of the Dents du Midi, a thrill of excitement shivers through the Val d'Illiez in anticipation of the coming winter season. With more than 286 slopes and a vast 600 km of terrain, it's not hard to understand our collective obsession with winter sports. Skiers and snowboarders can choose from long, winding ski slopes, like the bucolic Ripaille – Grand Paradis run, or the Didier Defago run, named after our own Olympic champion, or test their mettle on perilous black pistes like the infamous, vertiginous mogul field at the top of Chavanette, better known as the Swiss Wall.

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

NEW SEASONS NEW SENSATIONS

LES PORTES DU SOLEIL IN WINTER



FOOD		
BUTCHER		
Boucherie Chapelay	+41 24 479 13 52	Champéry
Boucherie Gex-Collet	+41 79 280 13 87	Val-d'Illiez
BAKERY I 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 Mascotte	+41 24 477 28 75	Val-d'Illiez
FINE FOOD I TERROIR		
La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 24 479 16 42	Champéry
L'Epicerie de Champéry	+41 78 721 03 35	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
Le Caveau des Dents du Midi	+41 24 477 62 13	Champoussin
Alimentation du Hameau	+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 24 479 14 84 +41 79 577 87 54	Champéry
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 +41 79 357 19 45	Val-d'Illiez
CONCIERGE SERVICE		
Gonnet Jean-Pierre	+41 79 413 45 60	Champéry
Les Glaeuls	+41 24 479 18 85	Champéry
TG Eglantine Sàrl	+41 79 210 60 18	Champéry
Blanchisserie Champoussin	+41 24 477 29 34	Champoussin
Da Silva Luis	+41 76 234 14 78	Les Crosets
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
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
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Illiez Aménagements Sàrl	+41 79 549 77 90	Val-d'Illiez
EARTH MOVING I SNOWPLOWING I 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 Anvanthay et Fils	+41 79 606 14 25	Champéry
Bernard Torrent SA	+41 24 471 46 87	Collombey

ARTISANS		
WATCHES I JEWELRY		
L'Horlogère	+41 78 890 45 89	Champéry
Caillet-Bois Arnold	+41 24 471 24 62	Val-d'Illiez
INTERIOR DECORATION		
Ma Déco	+41 79 589 88 79	Champéry
BELL FOUNDRY		
Perrin Hugues	+41 79 435 92 39	Champéry
AUTOMOBILE		
BODY SHOP		
Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry
GARAGE I PETROL STATION		
Garage de Champéry	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
Garage Maillard	+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
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
Coiffure Françoise	+41 24 477 20 46	Val-d'Illiez
SPORTS CENTRE		
Centre sportif 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
MASSAGE I PHYSIOTHERAPY I OSTEOPATHY KINESIOLOGY I NATUROPATHY		
Au 7e. Sens	+41 79 351 44 00	Champéry
Aurélia Abhervé	+41 78 779 66 87	Champéry
HornéSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Physiothérapie de la Vallée	+41 24 477 29 80	Champéry
TAIJI QIGONG I CHI KUNG		
Taiji Quan Luc Défago	+41 79 632 40 58	Champéry
YogAlps I Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Aux Mains Sages	+41 79 256 71 87	Champoussin
Frédéric Jakubczak Ostéopathe	+41 24 477 16 10	Morgins
Institut Colibri	+41 79 530 75 64	Morgins
Morgins Zen	+41 76 416 22 08	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
A Ton Aura	+41 79 175 02 81	Val-d'Illiez
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'Illiez
Reboutage Concept, Jean-Paul Stilmant	+41 79 737 60 88	Val-d'Illiez
YOGA INSTRUCTORS		
Domitille Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga I Yasmine Lomazzi	+41 79 449 61 14	Champéry
Kundalini Yoga I Isabelle Portner	+41 76 822 15 61	Champéry
YogAlps I Evelyne Rey-Bellet	+41 79 774 87 46	Val-d'Illiez
FASTING CURES		
Centre Interlude Bien-Être	+41 76 340 93 83	Val-d'Illiez
SHOPS		
DECORATION I FURNITURE I FURNISHINGS HOME STAGING I SOUVENIRS		
Industri'Elles	+41 78 891 23 24	Champéry
La Loggia	+41 24 479 24 64	Champéry
Bdesign	+41 79 471 37 50	Morgins
Boutique « Il était une fois »	+41 24 477 26 03	Morgins
CLOTHING I FASHION		
Athlân's	+41 24 479 24 80	Champéry
Boutique 74	+41 24 479 23 57	Champéry
Free Wheel	+41 77 269 74 14	Champéry
Bdesign fashion	+41 79 471 37 50	Morgins
Ose !	+41 79 643 15 38	Val-d'Illiez
KIOSK I NEWS		
13* Pam	+41 27 743 63 50	Champéry
La Mascotte	+41 24 477 28 75	Val-d'Illiez
SEMINAR – CONFERENCE – BUSINESS EVENTS		
SEMINAR I CONFERENCE I BUSINESS EVENTS		
Palladium de Champéry	+41 24 479 05 05	Champéry
LESSONS		
SKI SCHOOLS		
Ecole Suisse de Ski & Snowboard	+41 79 212 26 42	Champéry
Red Carpet	+41 79 814 15 75	Champéry
Snow Attitude	+41 79 136 27 09	Champéry
École Suisse de Ski & Snowboard	+41 24 477 29 00	Champoussin
École Suisse de Ski & Snowboard	+41 24 479 14 01	Les Crosets
École de Ski Internationale M3S	+41 24 477 77 17	Morgins
École Suisse de Ski & Snowboard	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 624 50 60	Val-d'Illiez
INDEPENDENT SKI INSTRUCTOR		
Morgins Snowsports, Bret Marshall	+41 79 271 72 49	Morgins
PARAGLIDING		
Fly Away	+41 79 435 26 17	Val-d'Illiez
SKATING SCHOOL		
Stéphane Lambiel	+41 24 552 10 77	Champéry
Skating School of Switzerland		
PADDLE		
Altitude Paddle, Alexandre Bernd	+41 79 698 68 50	Morgins
TENNIS INSTRUCTOR		
Coulon Igor	+41 79 412 68 60	Champéry
BUILDING TRADES		
ARCHITECT		
Atelier d'Architecture PA Felli Sàrl	+41 24 472 83 51	Champéry
Madeleine Architectes Sàrl	+41 79 750 56 04	Champéry
Perrin Architecture Sàrl	+41 79 192 85 22	Val-d'Illiez
S'Tox SA	+41 79 891 00 10	Val-d'Illiez
Voïrol Denis	+41 79 542 58 24	Val-d'Illiez
ENGINEER		
Jean-Michel Vuadens SA	+41 24 472 36 16	Monthey
nco-ing SA	+41 24 477 44 44	Monthey
Hydrotec	+41 78 879 19 20	Val-d'Illiez
TILER		
Procérat Sàrl	+41 79 798 36 63	Monthey
Magic Carrelage	+41 76 784 14 51	Val-d'Illiez
CARPENTER I ROOFER I TINSMITH		
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illiez
Dubosson Patrick Ferblanterie	+41 79 388 25 73	Val-d'Illiez
ERM Charpente-Toiture	+41 79 920 49 17	Val-d'Illiez
Lehmann Eric	+41 79 508 01 91	Val-d'Illiez
Perrin Rémy	+41 79 347 09 18	Val-d'Illiez
HEATING I PLUMBING		
A&D Berthoud Sàrl	+41 79 244 36 64	Champéry
F. Avanthey SA	+41 24 471 41 04	Monthey
Gollut Hydrotech Sàrl	+41 24 477 49 02	Morgins
Ansermoz Pascal	+41 79 273 98 68	Val-d'Illiez
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illiez
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illiez
HEATING OIL TANKS		
Citernit SA	+41 24 477 21 70	Troistorrents
DECORATION I FLOORING I CURTAINS		
Borgeaud Parquet	+41 79 310 96 14	Champéry
ELECTRICIAN		
3G Electricité SA	+41 79 426 35 16	Champéry
A+ Electricité Sàrl	+41 79 887 77 49	Champéry
Grau Electricité SA	+41 24 471 80 80	Monthey
Instalélec Sàrl	+41 78 732 62 34	Muraz
Electricité M.U.D. Sàrl	+41 79 507 97 08	Troistorrents
Electrocime SA	+41 24 477 19 50	Val-d'Illiez
CLEANING		
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
Valpronet Sàrl	+41 76 404 02 08	Troistorrents
SP Nettoyage	+41 79 789 44 38	Val-d'Illiez
PAINT & PLASTER		
L'Hoste Peinture	+41 79 213 66 20	Champéry
Colombara SA	+41 24 471 29 32	Monthey
Gaspoz Peinture Sàrl	+41 79 419 30 19	Morgins
Gillioz Peinture Sàrl	+41 79 355 48 18	Morgins
Innovation Peinture	+41 76 768 43 88	Val-d'Illiez
MIB Peinture	+41 79 548 89 75	Val-d'Illiez

MASONRY & BUILDING		
Vieux SA	+41 76 488 98 85	Champéry
	+41 24 477 34 86	Val-d'Illiez
TRAIL GUIDE		
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 79 449 15 22	Val-d'Illiez
Gähler Renovation Sàrl	+41 79 303 50 75	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
CARPENTER I CABINET MAKER		
Bois Etc.	+41 79 653 45 40	Champéry
Froidevaux Sàrl	+41 79 369 18 87	Champéry
Marclay Laurent	+41 24 479 34 79	Champéry
Marclay Philippe	+41 24 479 12 48	Champéry
Menuiserie Nissile SA	+41 24 471 37 27	Massongex
Fred Lambert Menuiserie	+41 79 560 06 49	Morgins
DM Bois SA	+41 24 471 64 83	Troistorrents
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illiez
Avanthay SA	+41 79 776 19 19	Val-d'Illiez
Borloz Bernard	+41 24 479 31 38	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
Schönbett Hervé	+41 79 658 41 52	Val-d'Illiez
GARAGE DOORS I VENTILATION		
Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve
REAL ESTATE PROMOTION		
Bâtiment Innovation Gérance SA	+41 79 200 52 75	Val-d'Illiez
Gekiliz	+41 79 285 31 48	Val-d'Illiez
Logipro	+41 78 848 15 79	Val-d'Illiez
WATER DAMAGE		
Technica Air Assèchement	+41 79 514 97 27	Val-d'Illiez
ART GALERIES		
Espace Raiffeisen	+41 79 278 26 22	Champéry
Galerie de la Tine	+41 79 621 43 72	Troistorrents
CHILD CARE		
BABYSITTER I CHILD MINDER CF. TOURIST OFFICES		
MUNICIPAL DAY CARE		
Le Parachute	+41 24 477 60 64	Troistorrents
La Chocolatiere	+41 24 476 87 66	Val-d'Illiez
GUIDES		
MOUNTAIN LEADERS		
Delavy Etienne	+41 79 690 15 24	Champéry
Dubosson Loïc	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie	+41 79 316 80 10	Champéry
TRAIL GUIDE		
Rohrer Benjamin	+41 79 452 98 21	Champéry
Tordeur Jean-Luc	+41 76 543 71 30	Champéry
MOUNTAIN GUIDES OFFICE		
BeeHeidi	+41 27 565 44 40	Val-d'Illiez
CANYONING GUIDE		
Montagne Expérience	+41 79 637 70 37	Champéry
MOUNTAIN GUIDES		
Soustre Fréd	+41 79 710 37 69	Champéry
BIKING GUIDES		
Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 212 26 42	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
ACCOMMODATION		
ESTATE AGENTS		
Avanthay&Partners SA	+41 24 479 14 44	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
Alpage immo Location Service	+41 24 477 26 82	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
Trombert Anne-Marie	+41 79 507 80 87	Les Crosets
Valgestimmo	+41 79 672 15 67	Les Crosets
Maytai 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 79 940 67 75	Val-d'Illiez
The River Pearl	+41 76 393 55 36	Val-d'Illiez
BACKPACKER HOSTEL		
Le Petit Baroudeur	+41 24 479 14 07	Champéry
Freeride Hostel	+41 79 415 67 89	Les Crosets
MOUNTAIN HUTS		
Cabane de Susanne (CAS)	+41 24 479 16 46	Champéry
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illiez
CAMPGROUND		
Camping du Grand Paradis ***	+41 24 479 19 90	Champéry
Camping de Morgins ***	+41 24 477 19 92	Morgins
GUEST ROOMS I B&B		
Chalet de l'Atelier ****	+41 78 758 20 04	Champéry
Chez Ruth ***	+41 76 470 51 35	Champéry
La Ferme à Gaby	+41 24 477 30 88	Champoussin
Le Poussin	+41 24 477 17 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 Cergnat	+41 24 477 34 51	Morgins
B&B Chalet Suisse	+41 24 477 39 67	Morgins
Le Castor		
Les Fontaines Blanches	+41 24 477 13 42	Morgins
B&B Helvetia	+41 24 477 63 95	Troistorrents
Chalet Ingas	+41 76 430 36 46	Troistorrents
Yüva ***	+41 79 486 47 87	Troistorrents
La Rose des Vents ***	+41 79 212 70 89	Val-d'Illiez
Le Riad des Neiges	+41 79 957 85 58	Val-d'Illiez
GUEST HOUSE		
Guest House du Grand-Paradis	+41 24 479 11 67	Champéry
GITE		
Buvette de Bonaveau	+41 79 205 50 23	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
Gîte Rural de Chauladin (fermé pour rénovation)	+41 77 269 88 48	Les Crosets
Refuge de Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 79 963 75 82	Morgins
4* HOTELS		
Le White ***	+41 24 479 04 04	Champéry
National Resort & Spa ***	+41 24 479 11 30	Champéry
3* HOTELS		
Beau-Séjour ***	+41 24 479 58 58	Champéry
Suisse ***	+41 24 479 07 07	Champéry
HOTEL LABEL 'SWISS LODGE'		
Le Palladium	+41 24 479 05 05	Champéry
La Télécabine	+41 24 565 05 90	Les Crosets
Montrond	+41 24 565 06 03	Les Crosets
Mountain Lodge	+44 345 127 1750	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets
HOTEL		
Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Pension Souvenir	+41 24 479 13 40	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Auberge Chez Gaby	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
L'Etable	+41 24 565 65 55	Les Crosets
Refuge Le Marcheupon	+41 24 479 22 40	Les Crosets
Whitepod Resorts SA	+41 24 471 38 38	Les Giettes/ Monthe
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
Le Communal	+41 24 477 29 31	Val-d'Illiez
GROUP ACCOMMODATIONS		
Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 76 365 44 10	Champéry
Chalet du Ski-Club de Rolle	+41 79 342 41 15	Champéry
Chalet Ganesh	+41 79 433 43 84	Champéry
Chalet Jolimont	+41 21 922 72 06	Champéry
Chalet Joli Nid	+41 79 622 52 42	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Ecole Nouvelle Alpina SA	+41 24 479 11 17	Champéry
PENSION SOUVENIR		
Chalet UMV	+41 76 372 53 63	Les Crosets
Chalet les Planoz	+41 24 477 11 45	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illiez
APARTMENT HOTEL		
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
SPORTS SHOPS		
BIKE RENTALS		
Bikeshop	+41 79 916 43 52	Champéry
E-Bike Swiss Rental	+41 79 801 81 66	Champéry
Point Sud Location	+41 79 928 25 63	Champoussin
Chamois Sports	+41 24 479 19 70	Les Crosets
Hôtel des Portes du Soleil	+41 24 479 11 84	Les Crosets
Bike Pro Shop powered by Snowline 2	+41 24 477 11 79	Morgins
RS Equipment Sàrl	+41 24 477 22 06	Morgins
CLOTHING I ACCESSORIES I EQUIPMENT RENTALS		
Berra Sports	+41 24 479 13 90	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Gonnet Sports (hiver)	+41 24 479 11 77	Champéry
Holiday Sports	+41 24 479 15 26	Champéry
Peak Performance & Patagonia Shop (hiver)	+41 78 809 15 84	Champéry
Trott en Stock	+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	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
RS Equipment Sàrl	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins
RELIGIOUS		
Eglise catholique	+41 24 477 11 13	Champéry
Eglise catholique	+41 24 477 11 13	Morgins
Eglise catholique	+41 24 477 11 13	Troistorrents
Eglise catholique	+41 24 477 11 13	Val-d'Illiez
Paroisse protestante	+41 24 471 48 28	Monthe
HEALTH - EMERGENCY		
EMERGENCY NUMBERS		
Police	117	
Fire	118	
Ambulance/Rescue services	144	
Ambulances Clerc SA	+41 24 471 62 63	Monthe
DENTIST		
Vionnet Jean-Luc	+41 24 471 42 03	Monthe
HOSPITAL		
Hôpital Riviera-Chablais (adults and child)	+41 58 773 21 12	Rennaz
DOCTOR		
Cabinet médical de Champéry	+41 24 479 20 05	Champéry
Médecin de garde	+41 900 14 40 33	Monthe
Cabinet médical de Troistorrents	+41 24 477 47 47	Troistorrents
Centre médical du val d'Illez	+41 24 477 35 11	Val-d'Illez
	+41 76 822 35 80	
PHARMACY		
Pharmacieplus de Troistorrents	+41 24 477 28 20	Troistorrents
Pharmacie des Cimes	+41 24 477 12 75	Val-d'Illez

POLICE

Police Intercommunale des Dents du Midi (PIDM)	+41 24 479 09 18	Champéry
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SERVICES**MUNICIPAL ADMINISTRATION**

Commune de Champéry	+41 24 479 09 09	Champéry
Commune de Troistorrents	+41 24 476 80 10	Troistorrents
Commune de Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez

COMMUNICATION | PUBLISHING | PRINTING

Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Catbuilder	+41 22 548 00 86	Monthey
Imprimerie Montfort	+41 24 471 21 63	Monthey
Impression RMS Vidéo	+41 24 477 50 71	Val-d'Illiez
Nisada Communication	+41 24 477 21 57	Val-d'Illiez

INSURANCE

Baloise Assurances	+41 76 325 10 09	Champéry
Helvetia Assurances	+41 79 271 85 61	Morgins
Helvetia Assurances	+41 79 449 44 35	Val-d'Illiez

DRIVING SCHOOL

Pascal Avanthay	+41 78 878 55 55	Champéry
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LAWYER | NOTARY

Etude Fernand Mariétan	+41 24 475 70 60	Monthey
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BANK

Banque cantonale du Valais Point cash	+41 848 765 765	Champéry
Banque Raiffeisen Point cash	+41 24 476 80 90	Champéry
Banque cantonale du Valais Point cash	+41 848 765 765	Les Crosets
Banque cantonale du Valais Point cash	+41 848 765 765	Morgins
Banque Raiffeisen Point cash	+41 24 476 87 38	Morgins
Banque cantonale du Valais Point cash	+41 848 765 765	Troistorrents
Banque Raiffeisen Point cash	+41 24 476 87 38	Troistorrents
Banque Raiffeisen Point cash	+41 24 476 80 70	Val-d'Illiez

FIREWOOD

Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Bellon Samuel	+41 79 611 70 76	Troistorrents
Triage forestier de Troistorrents	+41 79 278 38 43	Troistorrents
Triage forestier des Dents du Midi	+41 24 477 51 81	Champéry
	+41 79 357 19 45	Val-d'Illiez

OFFICE & IT

Duplrex Espace Bureautique SA	+41 24 473 40 80	Monthey
Axius SA	+41 58 317 18 18	Sion
ATS Capital SA	+41 79 672 13 01	Val-d'Illiez

RACE TIMING

Datatiming	+41 79 449 78 24	Val-d'Illiez
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SKI LOCKERS

Téléphérique de Champéry	+41 24 479 02 00	Champéry
Ski Box Morgins	+41 79 435 22 40	Morgins

MYCOLOGY EXPERT

Tordre Jean-Luc	+41 76 543 71 30	Troistorrents
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WASTE DISPOSAL CENTRES

Déchetterie de Champéry	+41 24 479 09 09	Champéry
Déchetterie de Troistorrents	+41 24 477 18 70	Troistorrents
Déchetterie de Val-d'Illiez	+41 24 476 87 87	Val-d'Illiez

ELECTRONICS & APPLIANCES

Fujitechnic	+41 24 479 14 66	Champéry
Laurent Gex-Fabry Sàrl	+41 24 477 12 73	Val-d'Illiez

FINANCIAL SERVICES & CONDOMINIUM MANAGEMENT

Künzle SA	+41 24 473 73 05	Monthey
Fid'Cime	+41 79 549 97 81	Val-d'Illiez
Fid'Illiez	+41 24 477 24 79	Val-d'Illiez
Fiduciaire de la Tour	+41 26 919 65 10	Val-d'Illiez

GAME WARDEN

Mariéthoz Serge	+41 79 355 39 11	Sion
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PROPANE GAS REFILLS & EXCHANGES

Berthoud Dominique	+41 79 244 36 64	Champéry
La Mascotte	+41 24 477 28 75	Val-d'Illiez

SECRETARIAL SERVICES & MANAGEMENT

Bureau Altitude	+41 79 606 09 44	Morgins
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LAUNDROMAT

C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Service Location	+41 24 477 26 82	Champoussin
Blanchisserie Champoussin	+41 24 477 29 34	Champoussin
Le Flocon	+41 79 283 33 13	Morgins
Val-Time	+41 24 477 23 56	Val-d'Illiez

RECREATIONAL VEHICLE RENTALS

MaxMiLoc Sàrl	+41 79 512 29 36	Fribourg
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TOURIST OFFICES

Office du Tourisme de Champéry	+41 24 479 05 50	Champéry
Office du Tourisme de Morgins	+41 24 477 23 61	Morgins
Office du Tourisme de Val-d'Illiez	+41 24 477 20 77	Val-d'Illiez

POST OFFICE

13* Pam	+41 27 743 63 50	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Poste	+41 848 88 88 88	Troistorrents
13* Pam	+41 27 743 63 50	Val-d'Illiez

SKI LIFTS

Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry
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ALARM SYSTEMS

Mapco Sécurité sàrl	+41 24 477 46 76	Val-d'Illiez
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TAXI

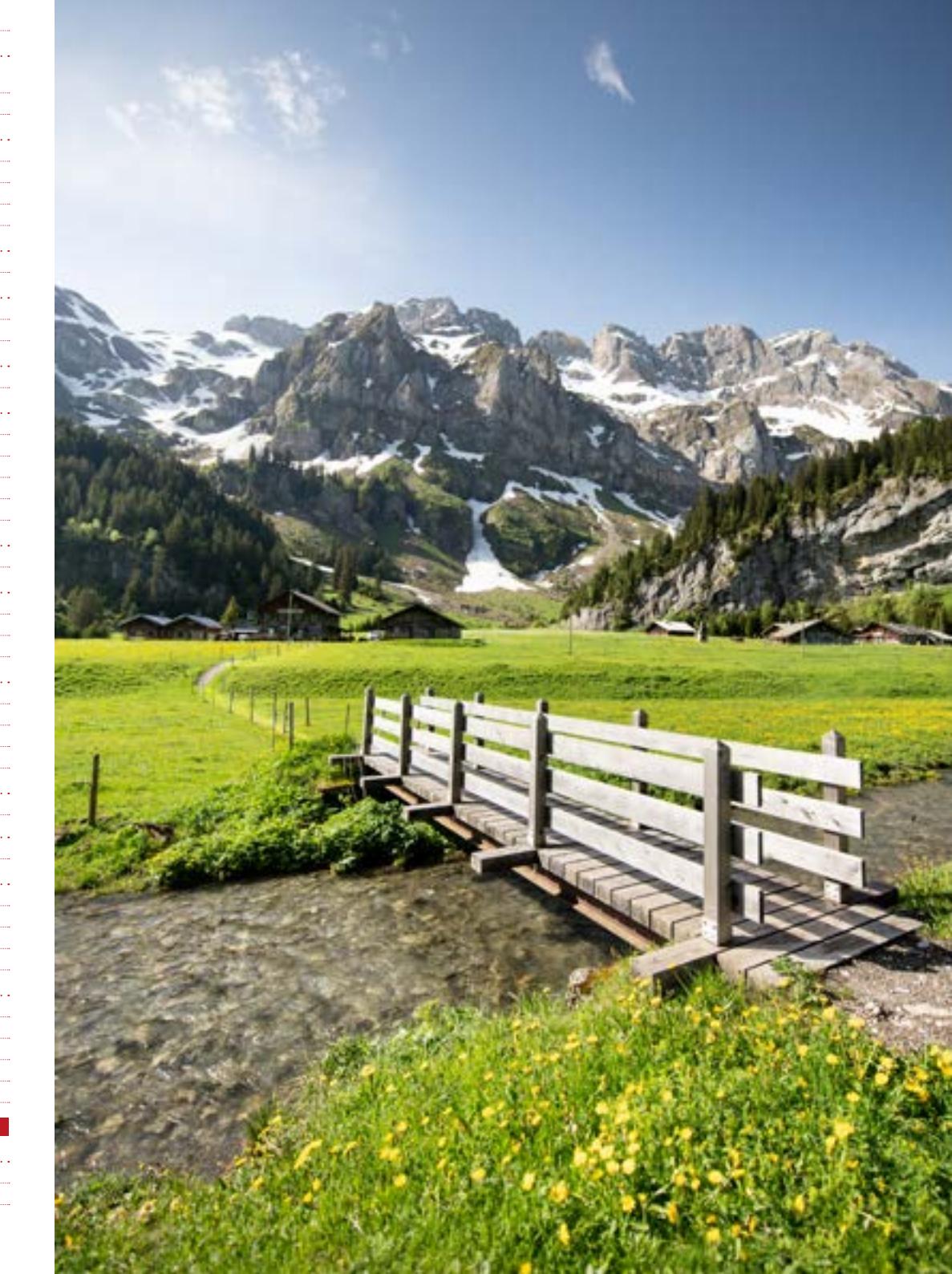
Taxi de Champéry	+41 79 430 15 15	Champéry
M3T Service Taxi	+41 79 283 33 13	Morgins
Taxi Denis	+41 79 309 64 67	Troistorrents
Taxi de la Vallée	+41 79 632 70 93	Val-d'Illiez

GROUP TRANSPORT | EXCURSIONS | TRANSFERS

Closillon Tours SA	+41 24 471 20 24	Monthey
Les Cars Bernard	+41 24 472 70 20	Monthey
Transports Publics du Chablais	+41 24 468 03 30	Monthey
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 79 355 80 81	Val-d'Illiez

WINE – BEER – SPIRITS

SALES POINTS		
La Petite Cave du Chablais	+41 24 471 44 21	Collombey
7Peaks Brasserie Sàrl	+41 24 565 18 72	Morgins





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**RÉGION DENTS DU MIDI
TOURIST OFFICES**

CHAMPERY

Rue du Village 54
1874 Champéry
+41 24 479 05 50

MORGINS I TROISTORRENTS

Route de Bas-Vièze 4
1875 Morgins
+41 24 477 23 61

**VAL-D'ILLIEZ I LES CROSETS
CHAMPOUSSIN**

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

Portes du Soleil

