

FREE
Help yourself!

WINTER GUIDEBOOK 2021-2022



CHAMPÉRY CHAMPOUSSIN LES CROSETS MORGINS TROISTORRENTS VAL-D'ILLIEZ



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📍 Location 📞 Contact 🕒 Hours 💰 Price (Swiss Francs)
📞 Phone 📏 KM Distance 🕒 Time
🔥 Difficulty ⬆️ Ascent ⬆️ Descent



WELCOME

RÉGION DENTS DU MIDI

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

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

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

6 RESORT VILLAGES

Champéry (1050 m)



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

Champoussin (1580 m)

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

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



Les Crosets (1700 m)



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

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

Morgins (1400 m)



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

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

Troistorrents (770 m)

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

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



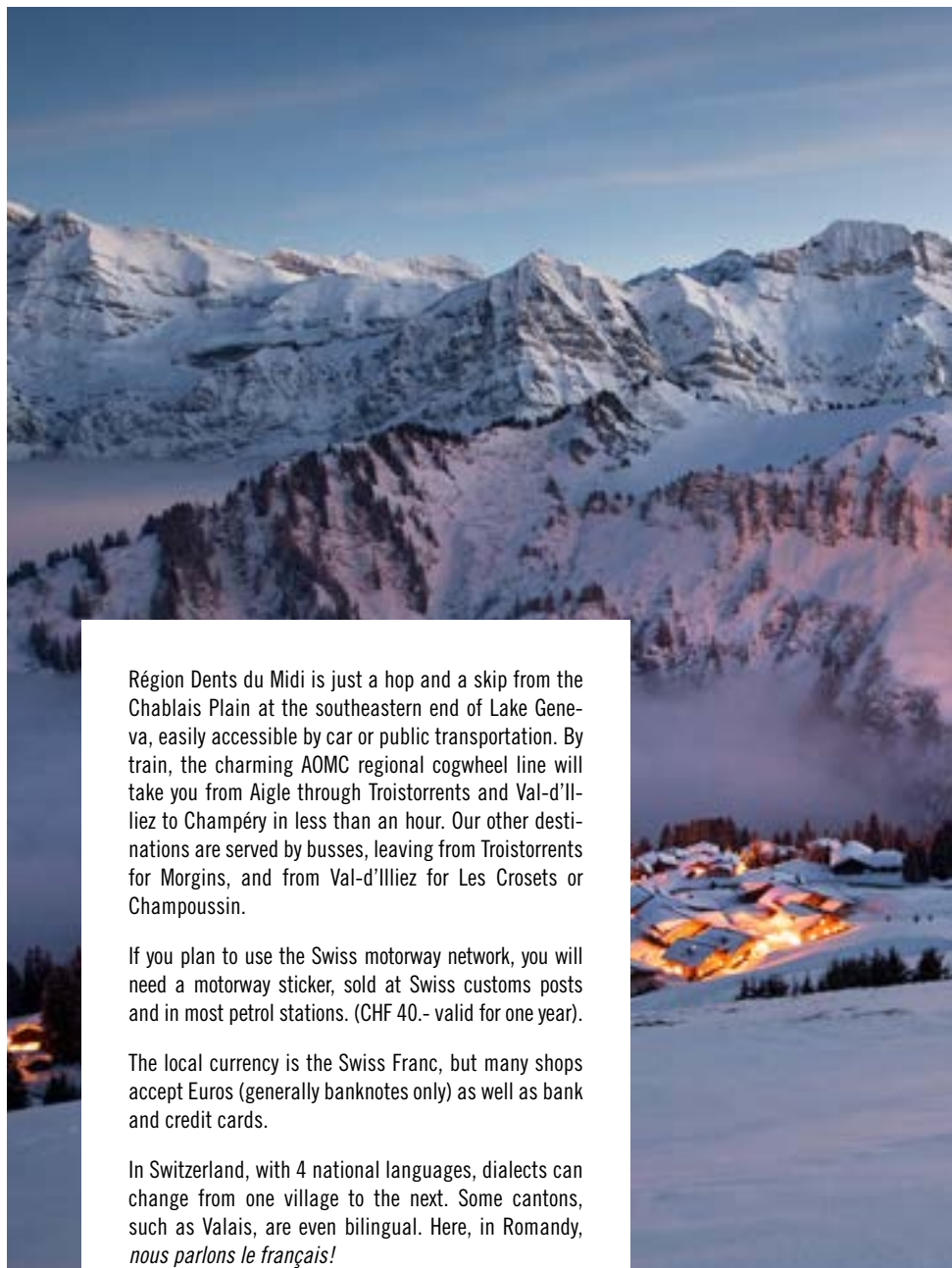
Val-d'Illiez (950 m)



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

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

VISITING THE REGION?



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

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

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

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

YOUR OPINION COUNTS

Customer satisfaction is our absolute priority. In an ongoing effort to guarantee premium service, tailor-made to our customers, Région Dents du Midi will be conducting a customer satisfaction survey throughout the 2021-2022 winter season. Will you help us?

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

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

**A 3-NIGHT STAY FOR 2 PEOPLE
INCLUDING ACCOMMODATION AND SKI PASS**
(valid winter 2022-2023)

Good luck, and thank you for your important contribution!

Région Dents du Midi SA



SNOWSPORTS

SKIING & SNOWBOARDING

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

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

LIFT PASS PRICES 2021 - 2022

Portes du Soleil opening:
End of season closures:

Saturday 18.12.2021
 > Champoussin - Morgins : Sunday 03.04.2022
 > Champéry - Les Crosets : Sunday 10.04.2022

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

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
5 hours	62.-	47.-	56.-	57.-	43.-	51.-
1 day	69.-	52.-	62.-	63.-	47.-	57.-
2 days	132.-	99.-	119.-	120.-	90.-	108.-
3 days	188.-	141.-	169.-	171.-	128.-	154.-
4 days	242.-	182.-	218.-	221.-	166.-	199.-
5 days	294.-	221.-	265.-	268.-	201.-	241.-
5 days NC	345.-	260.-	310.-	315.-	235.-	285.-
6 days	345.-	259.-	311.-	315.-	236.-	284.-
7 days	389.-	292.-	350.-	355.-	266.-	320.-
8 days	430.-	323.-	387.-	392.-	294.-	353.-
9 days	469.-	352.-	422.-	428.-	321.-	385.-
10 days	502.-	377.-	452.-	458.-	344.-	412.-
11 days	533.-	400.-	480.-	487.-	365.-	438.-
12 days	562.-	422.-	506.-	513.-	385.-	462.-
13 days	590.-	443.-	531.-	539.-	404.-	485.-
Season	1131.-	848.-	1018.-	1131.-	848.-	1018.-
½ Season	621.-	466.-	559.-	-	-	-

Prices are in CHF and subject to changes in the euro exchange rate.

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

	TICKET WINDOW			INTERNET (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
5 hours	57.-	40.-	51.-	51.-	36.-	46.-
from 11:00	57.-	40.-	51.-	51.-	36.-	46.-
from 13:30	50.-	35.-	45.-	46.-	32.-	41.-
1 day	63.-	44.-	57.-	57.-	40.-	51.-
5 days NC	315.-	220.-	285.-	285.-	200.-	255.-
Season	850.-	595.-	765.-	850.-	595.-	765.-
50 pts	53.-	37.-	48.-	-	-	-
100 pts	106.-	74.-	96.-	-	-	-



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



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

DURATION

5 hours > valid from the 1st lift passage
 NC > non-consecutive
 ½ Season > from 5.02.2022
 -15 % > from 2.04.2022

AGE CATEGORIES (proof of ID required)

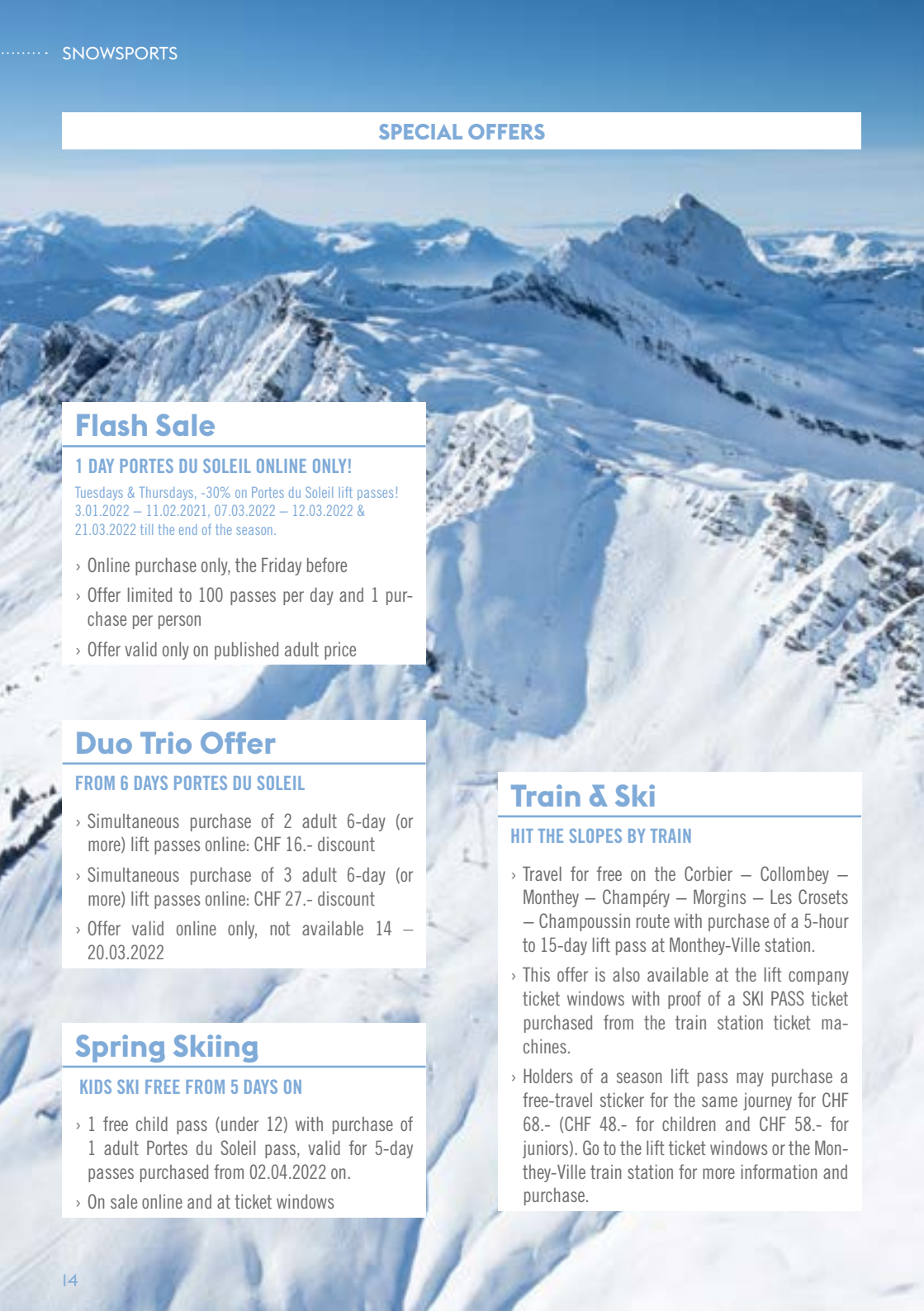
Adult > 20 - 64 yrs
 Senior > 65 - 74 yrs
 Super senior > 75 + yrs (24.-/day, 242.-/season)
 Junior > 16 - 19 yrs
 Child > 5 - 15 yrs

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

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

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

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



SPECIAL OFFERS

Flash Sale

1 DAY PORTES DU SOLEIL ONLINE ONLY!

Tuesdays & Thursdays, -30% on Portes du Soleil lift passes!
3.01.2022 – 11.02.2021, 07.03.2022 – 12.03.2022 &
21.03.2022 till the end of the season.

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

Duo Trio Offer

FROM 6 DAYS PORTES DU SOLEIL

- › Simultaneous purchase of 2 adult 6-day (or more) lift passes online: CHF 16.- discount
- › Simultaneous purchase of 3 adult 6-day (or more) lift passes online: CHF 27.- discount
- › Offer valid online only, not available 14 – 20.03.2022

Spring Skiing

KIDS SKI FREE FROM 5 DAYS ON

- › 1 free child pass (under 12) with purchase of 1 adult Portes du Soleil pass, valid for 5-day passes purchased from 02.04.2022 on.
- › On sale online and at ticket windows

Train & Ski

HIT THE SLOPES BY TRAIN

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

LIFTS OPEN TO PEDESTRIANS

		ADULT (16 + YRS)			CHILD (5 - 15 YRS)		
		⬆	⬆↕	Season	⬆	⬆↕	Season
Champéry	⚡ Champéry*	15.-	20.-	220.-	7.50	10.-	110.-
	⚡ Grand Paradis**	-	20.-	-	-	10.-	-
Les Crosets	⚡ Mossettes	-	20.-	-	-	10.-	-
Champoussin	⚡ Aiguille des Champeys***	11.-	-	169.-	8.-	-	118.-
Morgins	⚡ Foilleuse	13.-	17.-	200.-	9.-	12.-	140.-
	⚡ Corbeau	11.-	15.-	169.-	8.-	10.50	118.-

*Child 6 - 15 yrs
**Circular ticket valid for the Grand Paradis & Planachaux chairlifts and the Champéry cable car
*** For paragliders only

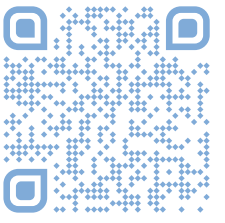


Paraglider Pass: valid on the Champéry - Croix de Culet cable car, the Grand Paradis chairlift and the Planachaux chairlift
CHF 30.- per day (ascents only)

Snow Report



Webcams

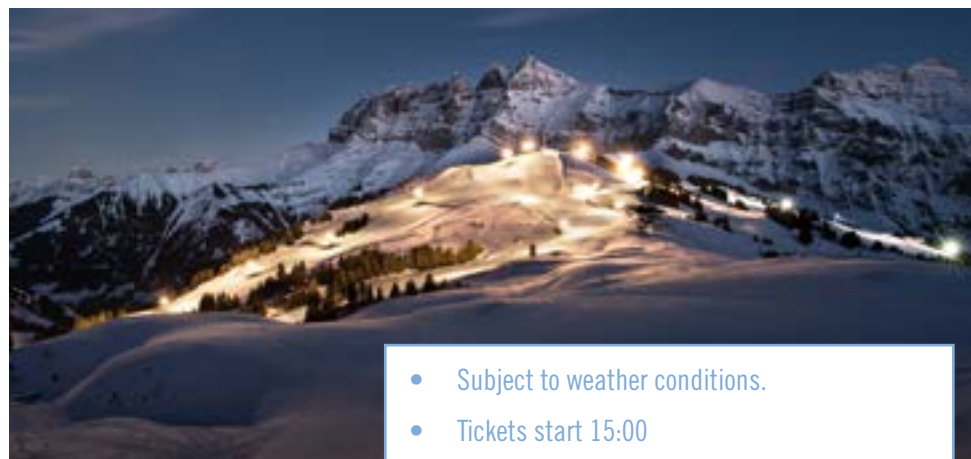




NIGHT SKIING

Night skiing is a magical way to experience the mountains and a great way to get in a few slopes after a long day at work.

📍	Champéry - Les Crosets		Champoussin	Morgins
📅	Wednesdays 22 & 29.12, 05.01, 16 & 23.02, 02.03	Saturdays 19 & 26.02, 05.03	Thursdays 23 & 30.12, 06.01, 17 & 24.02, 03.03	Wednesdays 22 & 29.12, 05.01, 16 & 23.02, 02.03
🕒	Non-stop till 21:00 (last return by cable car at 21:30)	Non-stop till 19:00 (last return by cable car at 19:30)	Non-stop till 20:30	Non-stop till 20:30
💰	Adult > 30.- Child > 25.-		Single price > 15.-	Adult > 25.- Child > 18.-
🚠	Champéry cable car Planachaux chairlift Crosets 8 chairlift Marcheuson drag lift		Sépaya drag lift	Foilleuse chairlift
🎿	4 slopes		1 slope	1 slope
📞	+41 (0)24 479 02 00 pds-ch.ch			



- Subject to weather conditions.
- Tickets start 15:00
- Tickets from 11:00 & 13:30 plus day & season passes are also valid.
- Child 5 – 15 yrs, Adult 16 + yrs

STARLIGHT FONDUE & SKI

We've all experienced that hideous weekend après-ski drive that can spoil a perfect day faster than you can say *schuss*. This delicious offer, concocted by the Portes du Soleil Suisse lifts, the Transports Publics du Chablais and Région Dents du Midi, invites you to skip the stress of homeward-bound traffic jams and enjoy a moonlight ski and a restorative dinner before hitting the road!

22.12.2021 - 05.01.2022

> Wednesdays 15:00 - 21:00 (last return by cable car at 21:30)

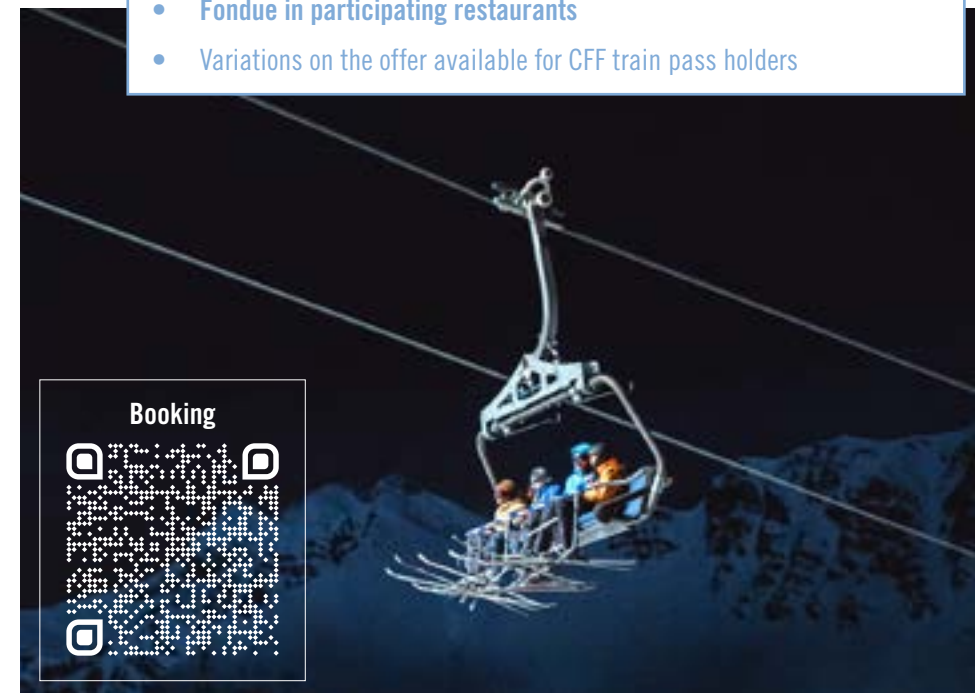
16.02.2022 - 05.03.2022

> Wednesdays 15:00 - 21:00 (last return by cable car at 21:30)

> Saturdays 15:00 - 19:00 (last return by cable car at 19:30)

For each ticket purchased, the offer includes:

- **Round-trip train from Monthey-Ville station ↔ Champéry** (arrival at the cable car) from 15:00
- **Night skiing lift pass** Champéry - Les Crosets from 15:00
- **Fondue in participating restaurants**
- Variations on the offer available for CFF train pass holders



Booking



LIFT OPERATING HOURS

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

CHAMPÉRY - CROIX DE CULET CABLE CAR

	11.12.2021 - 17.12.2021	18.12.2021 - 04.02.2022	05.02.2022 - 10.04.2022
Monday	09:00 - 16:00	08:30 - 17:15	08:30 - 17:30
Tuesday	09:00 - 16:00	08:30 - 17:15	08:30 - 17:30
Wednesday	09:00 - 16:00	08:30 - 17:15*	08:30 - 17:30*
Thursday	09:00 - 16:00	08:30 - 17:15	08:30 - 17:30
Friday	09:00 - 16:00	08:30 - 19:30	08:30 - 19:30
Saturday	09:00 - 16:00	08:30 - 19:30	08:30 - 19:30
Sunday	09:00 - 16:00	08:30 - 17:15	08:30 - 17:30

*21:30 on night skiing evenings. Dates see p. 16

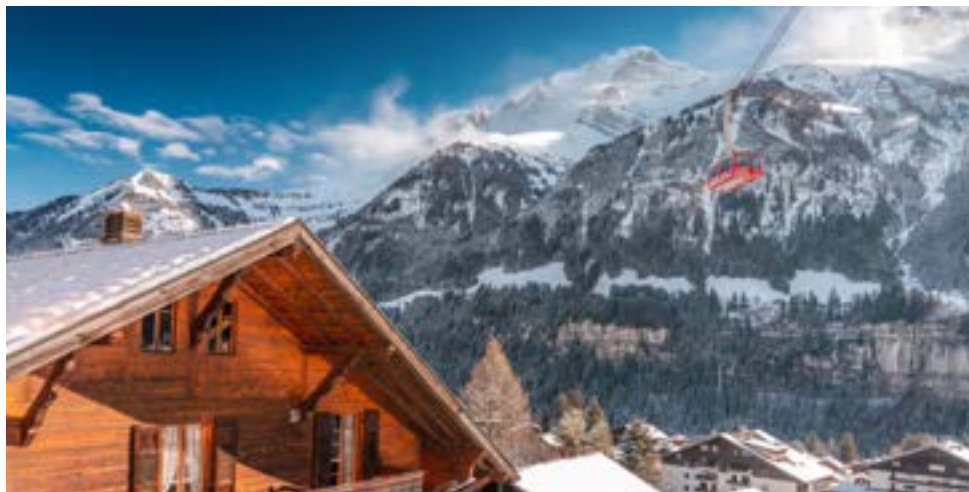
For other ski lifts, please refer to the piste map and the signs at the start of each lift.

TICKET WINDOW OPENING HOURS

Champéry	Cable car	08:00 - 17:00
	Grand Paradis	08:15 - 14:30
Les Crosets	Les Crosets	08:00 - 17:00
Champoussin	Champoussin	08:15 - 15:00*
Morgins	La Foilleuse	08:15 - 16:30
	Le Corbeau	08:45 - 15:00*

Subject to operating hours of installations.

*Closes at 16:30 on weekends and during school holidays.



OUR FAVOURITE SLOPES

Ripaille - Grand Paradis

📍 Champéry

KM 10

🔥 Red slope ●



The longest piste in the Portes du Soleil, Ripaille-Grand Paradis is an enchanting ski run that skims the foothills of the mighty Dents Blanches mountains, spanning an endless variety of landscapes along the way. At the start (1820 m), two charming restaurants provide the perfect stopping points for a quick pick-me-up. The wide, groomed slopes then give way to rolling bumps and a thigh-burning schuss before the run levels out onto a wonderland path through silent, snow-covered forests, all the way to Grand Paradis (1055 m).

Didier Défago

📍 Morgins

KM 2

🔥 Black slope ●



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

Sépaya

📍 Champoussin

KM 1.5

🔥 Blue slope ●



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

Chavanette

📍 Champéry | Les Crosets

KM 1

🔥 Expert (ungroomed slope)



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

Superpark

📍	Les Crosets
🗨️	Portes du Soleil Suisse SA
🕒	Open during ski area hours
💰	Adult > 43.-/day Child > 30.-/day (Unlimited access to Crosets 8 lift, one cable car return trip, and one trip up the Planachaux lift)
☎️	+41 (0)24 479 02 00



The iconic Superpark, set right in the heart of Les Crosets and accessible in mere minutes with one of the fastest lifts in Switzerland, has been the designated stomping grounds for beginner and advanced freestyle riders since 1998.

superpark.ch

Rivella First Track

📍	Région Dents du Midi
🗨️	Portes du Soleil Suisse SA
🕒	02.01.2022 09.01.2022 20.02.2022 27.02.2022 06.03.2022 (Subject to weather conditions)
💰	Adult / Child > free with a valid ski pass (breakfast is extra) : Champéry > Cable car Les Crosets > Crosets 8 & Grand Conche chairlifts Morgins > Foilleuse chairlift

Avalanche Training Center

📍	Les Crosets
🗨️	Portes du Soleil Suisse SA
🕒	Open during ski area hours
💰	Unlimited access with valid lift pass
☎️	+41 (0)24 479 02 00



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

pds-ch.ch

☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins) +41 (0)24 477 20 77 (Val-d'Illeiez)
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Want to nab first tracks at sunrise? Région Dents du Midi rewards earlybird skiers with an unforgettable experience. On certain Sunday mornings, the Foilleuse, Grand Conche and Crosets 8 slopes will open at 07:30. Take a spin on the pristine, freshly groomed slopes, then stop for breakfast in one of our partner restaurants just as everyone else is hitting the lift lines.

SKI SCHOOLS

reservations
required

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

esschampéry.ch

📍	Champéry
🗨️	Red Carpet
☎️	+41 (0)79 814 15 75

redcarpet.ch

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

swissrideactivity.ch

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

zesnowschool.com

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

ess-lescrosets-champoussin.ch

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

ess-lescrosets-champoussin.ch



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

ess-morgins.ch

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

m3s.ch

📍	Val-d'Illeiez
🗨️	Snow Pros Ski School
☎️	+41 (0)78 624 50 60

snow-pros.ski

💡 Ski equipment rentals: p. 129 (sports shops)

LES PORTES DU SOLEIL IN WINTER



A winter scene with a snow-covered forest, a small wooden hut, and a stream with snow-covered rocks.

SNOWSPORTS

SNOWSHOE HIKING

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

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

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

OUR FAVOURITE TRAILS

Vièze

📍 **Champéry**

KM 3.2
⌚ 1h30
🔥 Easy
△ 136 m ▽ 136 m



This relatively short loop follows the wooded banks of the rushing Vièze River, a tributary of the Rhone with its source in the Dents du Midi massif. This is the perfect place to observe and track some shy forest creatures.

Crettex Borney

📍 **Les Crosets**

KM 5
⌚ 2h15
🔥 Medium
△ 220 m ▽ 220 m

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

Ü Yeu Tsalé - Les Bochasses

📍 **Champoussin**

KM 6 - 7 (depending on the itinerary)
⌚ 2h30 - 3h30
🔥 Medium
△ 310 m - 440 m ▽ 310 m - 440 m



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

Chemin des Ponts

📍 **Morgins**

KM 4.5
⌚ 2h
🔥 Easy
△ 120 m ▽ 120 m

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

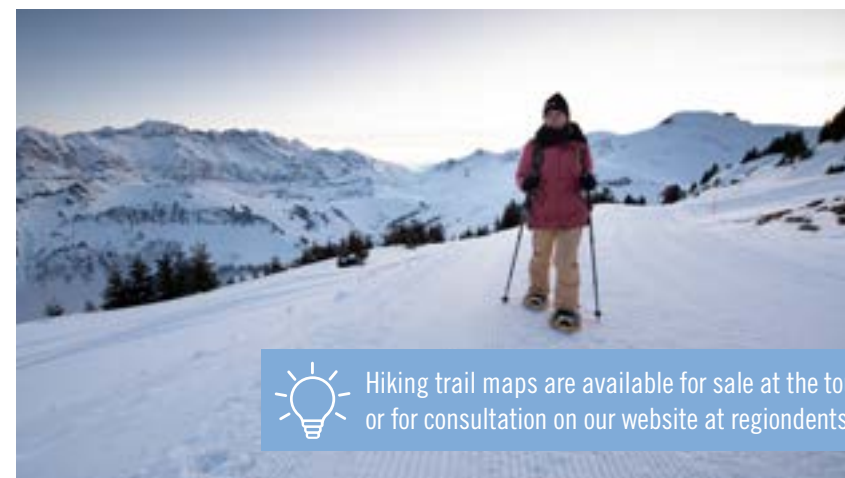
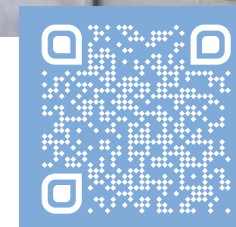
Wild Fondue

reservations required

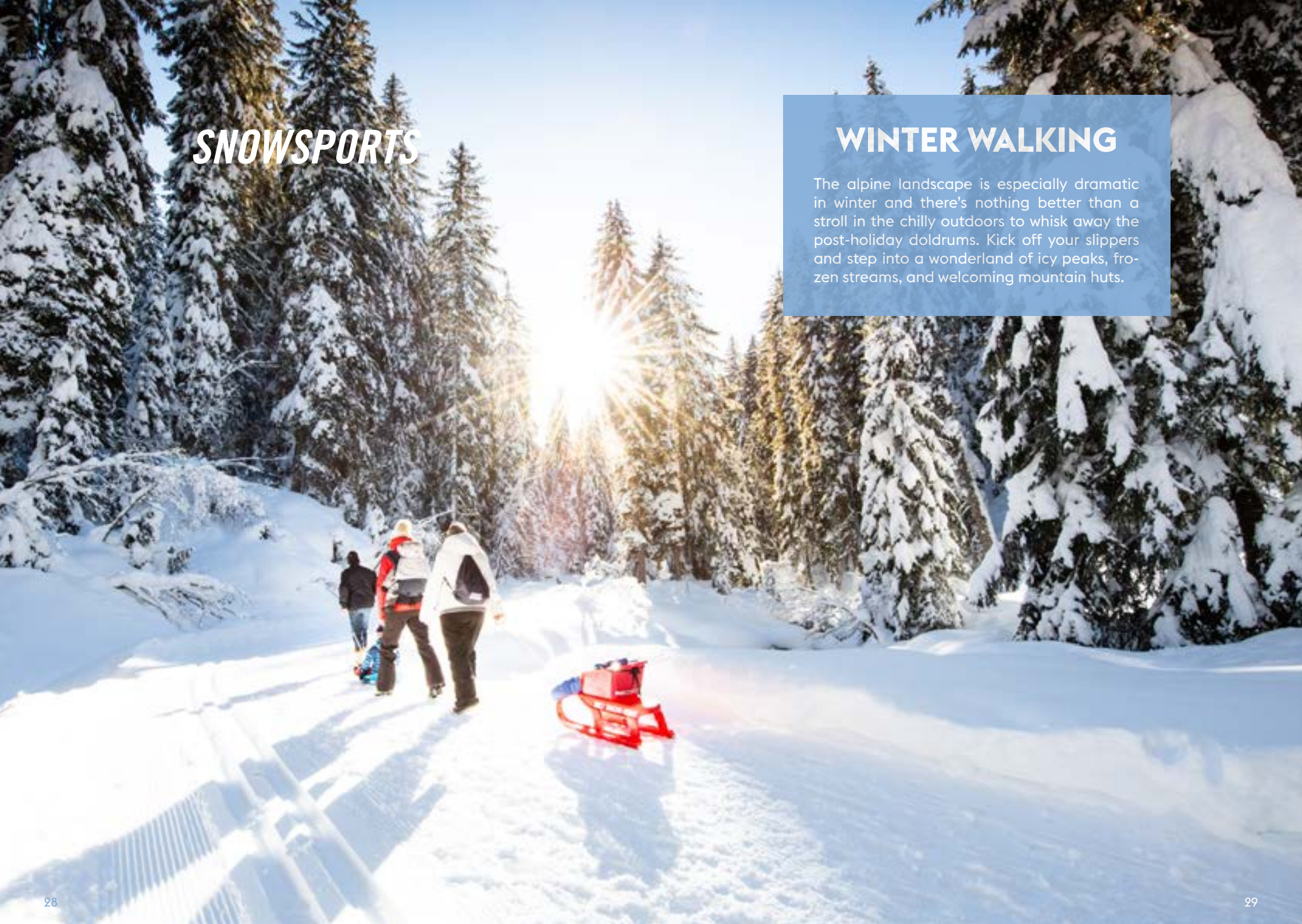
📍 **Région Dents du Midi**
🗨 Office du Tourisme de Région Dents du Midi
⌚ 18.12.2021 - 31.03.2022
Reservations online 3 days in advance
🍽 2 adults > 40.-
4 adults > 73.-
Family (2 adults + 2 children) > 57.-
☎ +41 (0)24 477 20 77

Treat yourself to a private fondue picnic in the great outdoors! Région Dents du Midi will take care of the logistics and send you off with everything you need to prepare a delicious fondue in the idyllic setting of your choice! Just strap on your snowshoes and pick up your picnic bag with a complete kit (fondue pot, stove, cheese, bread, white wine or beer...) and enjoy one of the Alps' best meals with a perfect alpine view.

regiondentsdumidi.ch



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

A wide-angle photograph of a snowy forest path. In the foreground, a red sled sits on the snow. Three people are walking away from the camera down the path. The trees are heavily covered in snow, and the sun is shining brightly from the center, creating a lens flare effect. The overall scene is bright and wintry.

SNOWSPORTS

WINTER WALKING

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

OUR FAVOURITE TRAILS

Le Chemin des Poussettes

📍 **Champéry**

KM 3.6

🕒 1h

🔥 Easy

△ 112 m ▽ 112 m

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

Pas de Morgins - Refuge du Corbeau

📍 **Morgins**

KM 7.8

🕒 2h30

🔥 Medium

△ 280 m ▽ 280 m

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

Chemin de l'Aiguille

📍 **Champoussin**

KM 7

🕒 2h45

🔥 Medium

△ 260 m ▽ 260 m

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

Cultural Trails

📍 **Troistorrents**

KM 4.5 - 7 (depending on the itinerary)

🕒 1h30 - 2h30

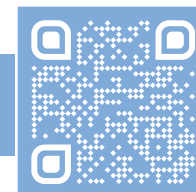
🔥 Easy to Medium

△ 160 m - 500 m ▽ 160 m - 500 m

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



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



SNOWSPORTS

SKI TOURING

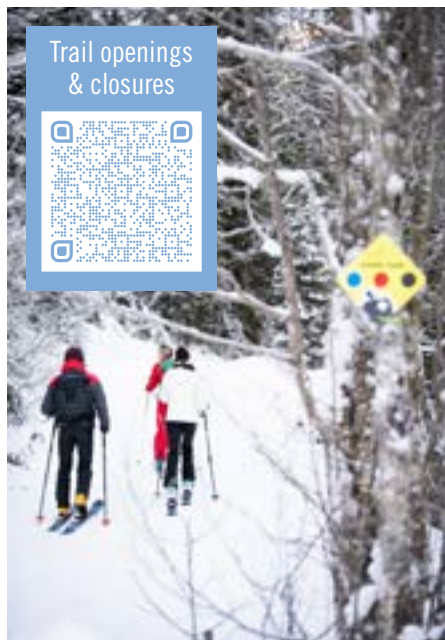
Earn your turns! Ski touring is a demanding sport but the rewards: endless, wide-open spaces and untouched powder, are well worth the effort. Equipped with synthetic 'skins' that stick to the bottom of your skis, you're free to explore up-hill and down, as far as you can ski.

Rando Parc

📍	Morgins
💬	Office du Tourisme de Région Dents du Midi
🕒	1h30 – 2h30 depending on the trail
👤	Adult / Child > free
🔥	3 blue tracks ● 3 red tracks ● 1 black track ● (alternate routes available on certain trails)
⚠️	530 m - 766 m
☎️	+41 (0)24 477 23 61

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

regiondentsdumidi.ch



MOVEMENT CHALLENGE

The MOVEMENT TRACKS Challenge is this year's hottest 'rando' activity. Rando Parc users can download a mobile app for timing individual performance. You can even pit yourself (virtually) against champions like Thibe Deseyn, Yannick Ecoeur and Kilian Granger. The MOVEMENT TRACKS are marked, safe skimo itineraries which have been imported into Strava to create segments. The challenge takes place on the segment 'Movement Tracks Morgins – La Jaune' where our local athletes have established reference times. A sign at the Rando Parc entrance provides all the information you'll need to start your own Rando Parc Challenge!

How to participate?

1. Install the Strava App.
2. Sign up for the Movement Club.
3. Head for the segment departure point, activate your GPS and start Strava.
4. Ski the trail and try to beat our champions!
5. When you're done, register your time on the Movement Tracks Challenge page.



With over 50 million users in 195 countries all over the globe, Strava is THE social networking tool for athletes. Users can share their activities, outings, races, and training sessions, follow their friends and post their results when the sufferfest is done!

Ski Touring IOI

📍	Morgins
💬	Office du Tourisme de Région Dents du Midi
👤	Adult / Child > free
☎️	+41 (0)24 477 23 61



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

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

regiondentsdumidi.ch

La Foilleuse Vertical by Night

📍	Morgins
💬	Office du Tourisme de Région Dents du Midi
🕒	Fridays during the winter season (subject to snow conditions) > 17:00 – 21:30
👤	Adult / Child > free
☎️	+41 (0)24 477 23 61



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

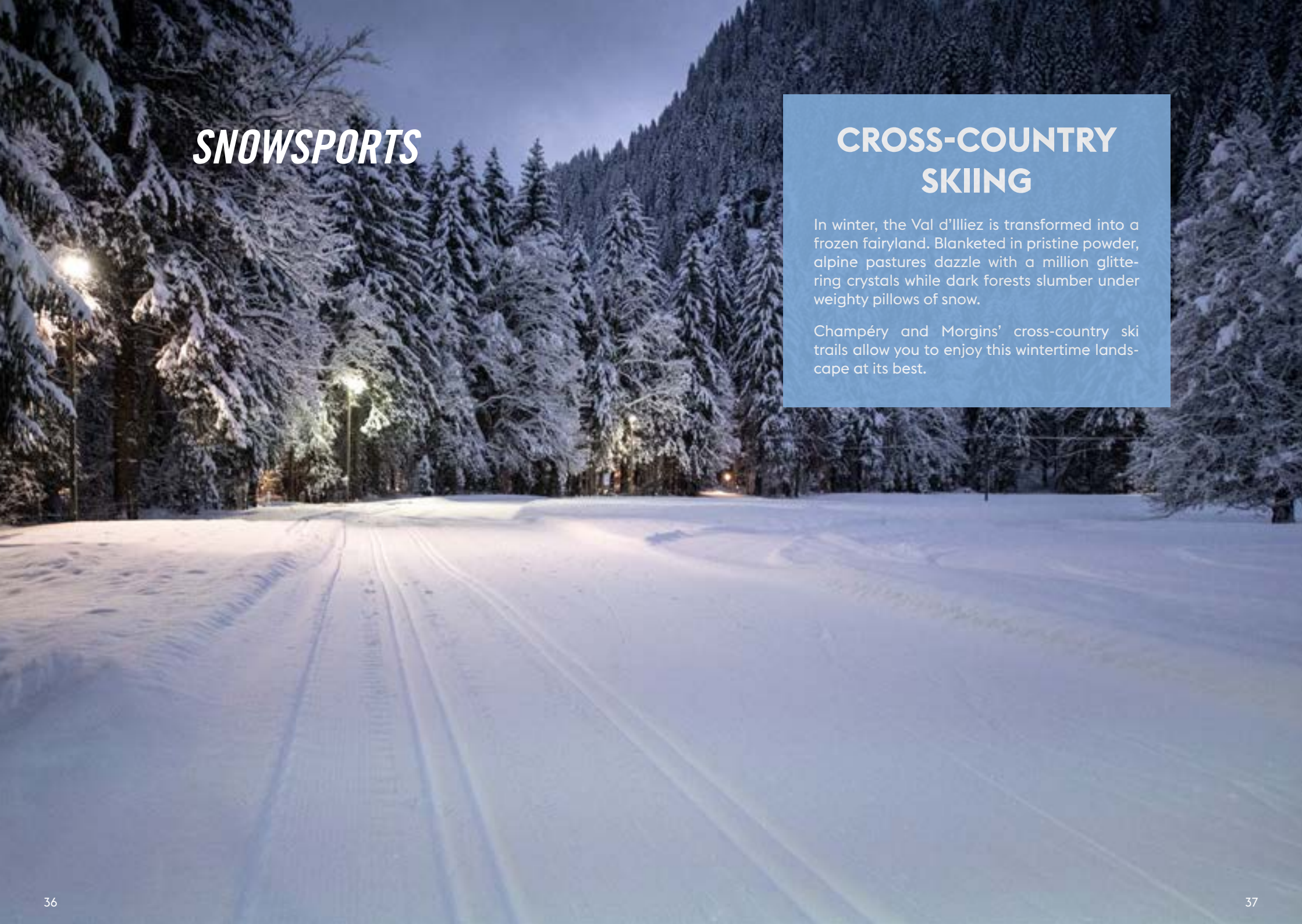
The Là Ô restaurant stays open late for the occasion, and the climb up is totally safe since the piste is kept free of grooming machines. It's an otherworldly experience, especially on full moon nights!

regiondentsdumidi.ch

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



Equipment rental: see p. 129 (sports shops)
Mountain guides: see p. 128



SNOWSPORTS

CROSS-COUNTRY SKIING

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

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

NORDIC SKI CENTRES

Grand Paradis Circuit

📍	Champéry
🗨️	Office du Tourisme de Région Dents du Midi
🕒	Daily, subject to snow conditions
KM	5 skating 5 classic
👤	Adult / Child (12 + yrs) > 10.- (day pass)
☎️	+41 (0)24 479 05 50

regiondentsdumidi.ch

Lac de Morgins Circuit

📍	Morgins
🗨️	Office du Tourisme de Région Dents du Midi
🕒	Daily, subject to snow conditions
KM	5 skating 5 classic
👤	Free access for winter 2021-2022
☎️	+41 (0)24 477 23 61

regiondentsdumidi.ch


A 3-km segment of the Grand Paradis ski trail, just outside of Champéry, is illuminated nightly until 21:00. The Morgins Lake Trail can be used at night on request. Perfect for a moonlight spin after work!

Equipment rental: see p. 129 (sports shops)

Cross-country ski passes sold in Région Dents du Midi tourist offices and at the Champéry Palladium.



UNDER COVER

ICE SPORTS

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

SKATING RINKS

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

Indoor Skating Rink (permanent)

📍 **Champéry**

🗨️ Palladium de Champéry

🕒 Detailed opening hours online

📄 Adult (16 + yrs) > 6.- | Child > 4.-
Skate rental >
CHF Adult > 5.- | Child > 3.-

☎️ +41 (0)24 479 05 05

palladiumdechampery.ch



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

Outdoor Rink (covered - 250m²)

📍 **Morgins**

🗨️ Centre sportif

🕒 20.11.2021 - 23.12.2021
10.01.2022 - 11.02.2022
07.03.2022 - 03.04.2022
> Wednesdays 12:00 - 20:00
> Thursdays & Fridays 15:30 - 20:00
> Saturdays & Sundays 12:00 - 20:00

24.12.2021 - 09.01.2022
12.02.2022 - 06.03.2022
> Daily 10:00 - 20:00
Rink reserved for hockey 19:00 - 20:00.

Private groups with reservations.

Ice Disco > Wednesdays & Saturdays 17:00

📄 Adult / Child > free
Skate rental > 5.-

☎️ +41 (0)24 477 19 92

regiondentsdumidi.ch

CURLING

sur réservation

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

Curling Workshop

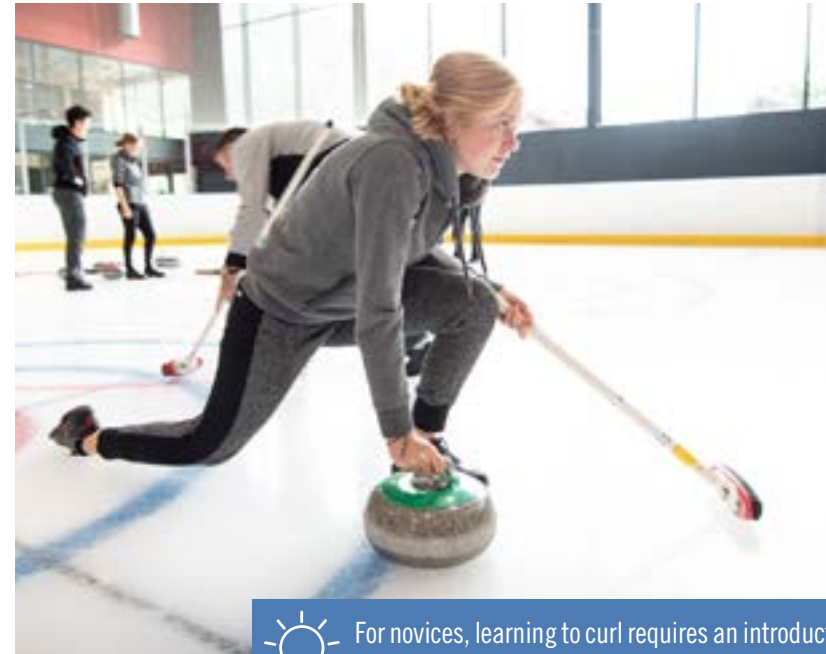
📍 **Champéry**

🗨️ Palladium de Champéry

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

☎️ +41 (0)24 479 05 05

palladiumdechampery.ch



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



UNDER COVER

REST & RELAXATION

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

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

SPAS

reservations
required

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

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

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

lenational.ch

📍	Champéry
🗨️	Boutique Hôtel Beau-Séjour & Spa
🕒	High season > 10:00 – 20:30 Low season > 16:00 – 19:00 or with reservations
💰	Adult (16 + yrs) > 38.- 10:00 - 16:00 > 28.- (discounted entry)
☎️	+41 (0)24 479 58 58

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

beausejour.ch

📍	Champoussin
🗨️	Champoussin Lodge
🕒	Closed until further notice
💰	On request
☎️	+41 (0)24 476 83 00

Hammam, sauna, massages.

champoussinlodge.ch

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

Sauna, hammam, jacuzzi.

helvetiahotel.ch



Find our masseurs on p. 126-127

Massages

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

THERMAL BATHS

📍	Val-d'Illiez
🗨️	Thermes Parc
🕒	Temporarily closed

Welling up from deep under the Dents du Midi and rich in calcium, sulphur, and magnesium, the waters captured at the Val-d'Illiez thermal baths are a fountain of health and relaxation. While the mineral rich waters may not be certifiably miraculous, they are celebrated far and wide for their healing and soothing properties. An outdoor pool and thermal river steam invitingly in the frosty winter garden while, indoors, a second pool features massage jets, a whirlpool jacuzzi and swan-neck waterfalls.

Facilities: thermal river, indoor and outdoor pools, spa (sauna, hammam, tyarium), massages & treatments.



FASTING & HIKING CURES

reservations
required

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.

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

interludebienetre.ch

Yoga

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



Find yoga instructors on p. 127

INDOOR POOLS

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

📍	Champéry
🗨️	Palladium de Champéry
🕒	Opening hours online
💰	Adult > 6.- Child > 4.-
☎️	+41 (0)24 479 05 05

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

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

palladiumdechampery.ch

📍	Champoussin
🗨️	Champoussin Lodge
🕒	Closed until further notice
💰	On request
☎️	+41 (0)24 476 83 00

Approximately 29°C

Pool 6 x 14 m

champoussinlodge.ch

AQUABIKE & AQUAGYM

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



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

palladiumdechampery.ch

CENTRE SPORTIF ET CULTUREL



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

UNDER COVER

INDOOR ACTIVITIES

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

Climbing Wall

📍	Champéry
💬	Palladium de Champéry
🕒	Opening hours online
📄	Adult (16 + yrs) > 12.- Child > 8.- (excluding material)
☎	+41 (0)24 479 05 05



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

palladiumdechampery.ch

Badminton

📍	Champéry	reservations required
💬	Palladium de Champéry	
🕒	Daily	
📄	Adult / Child > 20.-/hour + 5.- equipment rental	
☎	+41 (0)24 479 05 05	

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

palladiumdechampery.ch

Escape room

📍	Champéry	reservations required
💬	Trapgame Champéry Sàrl	
🕒	Tuesdays – Sundays > 10:00 – 00:00	
📄	Adult / Child (-7 yrs free): 2 people > 55.-/pers. 3 people > 50.-/pers. 4 people > 45.-/pers. 5 people > 40.-/pers. 6 people > 35.-/pers.	
☎	+41 (0)24 565 03 24	



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

trapgame-champery.ch

Treasure Hunt

📍	Champéry	reservations required
💬	Palladium de Champéry	
🕒	Daily	
📄	16 + yrs > 29.- / 19.- Child (7 – 15 yrs) > 20.- / 15.- (with / without the water adventure)	
☎	+41 (0)24 479 05 05	

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

palladiumdechampery.ch

Indoor Tennis

📍	Morgins	reservations required
💬	Centre sportif	
🕒	Daily > 09:00 – 22:00 (reservations 24h ahead)	
📄	Adult / Child > 36.- /hour	
☎	+41 (0)24 477 19 92	

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

morgins-loisirs.ch



FITNESS

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

📍	Champéry
💬	Palladium de Champéry
🕒	Opening hours online
📄	Adult (16 + yrs) > 15.-
☎	+41 (0)24 479 05 05

palladiumdechampery.ch

📍	Morgins	reservations required
💬	Oxygen Morgins	
🕒	Mondays – Saturdays > 09:00 – 20:00	
📄	Prices online (depending on the chosen service)	
☎	+41 (0)79 261 23 31	

Pilates, fitness & wellness, personal coaching, indoor & outdoor sports.

oxygenmorgins.ch

GYMNASIUMS

reservations
required

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

Champéry

Palladium de Champéry

60.- /hour

+41 (0)24 479 05 05

palladiumdechampery.ch

Morgins

Office du Tourisme de Région Dents du Midi

On request

+41 (0)24 477 23 61

troistorrents.ch

Troistorrents

Administration communale de Troistorrents

On request

+41 (0)24 476 80 10

troistorrents.ch

Val-d'Illicz

Administration communale de Val-d'Illicz

On request

+41 (0)24 476 87 87

illicz.ch



VOLVO



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GARANTIE COMPLÈTE PENDANT 5 ANS/150 000 KM

La nouvelle Volvo C40 Recharge.

Notre premier crossover complètement électrique.

Découvrez notre interprétation d'un luxe respectueux. Le nouveau crossover complètement électrique à transmission intégrale est en même temps la première Volvo entièrement dépourvue de cuir. Et si jamais vous oubliez votre portable, plus besoin de faire demi-tour. En effet, grâce à Android Automotive OS et Google Assistant, vous êtes connecté à tout moment, même sans smartphone.

AVEC

ASSURANCE,
SERVICE ET GARANTIE

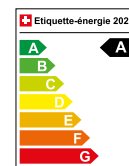
En savoir plus
maillard-monthey.ch

Assurance casco intégrale à seulement CHF 109.-/mois y compris dégat parc et bris de glace PLUS, protection des primes, 5 ans de protection du prix d'achat. Réduction de la franchise pour les réparations dans un garage Volvo. Assurance protection juridique circulation d'Orion incluse pendant un an. Les conditions de notre partenaire Zurich Insurance s'appliquent. Annulation de l'offre d'assurance possible avant la signature du contrat. 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 éventuellement d'options proposées contre supplément.

MAILLARD MONTHÉY SA

1870 Monthey
Routes des llettes 3

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



***COME ONE,
COME ALL***

EXPECT THE UNEXPECTED

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



HANGING OUT WITH HUSKIES

reservations
required

Husky Hiking

📍	Morgins
💬	Team des loups du Val de They
🕒	Opening hours and reservations on our website
💰	> Discovery Tour (1h): Adult >80.- Child (10 - 14 yrs) > 30.- > Fondue Tour (2-3h): Adult >120.- Child (10 - 14 yrs) > 50.- (Includes a welcome drink of mulled wine followed by fondue and hot tea.)
☎	+41 (0)78 664 61 61

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

loups.agenda.ch

Dog Sledding

📍	Morgins
💬	Team des loups du Val de They
🕒	Opening hours and reservations on our website
💰	> Discovery Sled Ride (30 min.): Package 2 adults (+ 2 children 2 - 14 yrs) > 250.- > Experience Mushing (1h): Package 2 adults (+ 2 children 2 - 14 yrs) > 350.- > Sled Driving (30 min.): Adult (16 + yrs) > 200.- > Romantic Tour (1h30): Package 2 adults 490.- > Baby Musher (1h): Child (6 - 8 yrs) > 60.- > Musher Junior (1h30): Child (8 - 12 yrs) 80.-
☎	+41 (0)78 664 61 61

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

loups.agenda.ch



SKI JOËRING

reservations
required

📍	Morgins
💬	Team des loups du Val de They
🕒	On request
💰	Fixed price for 1 – 2 people > 200.- (50.- / per extra participant)
☎	+41 (0)78 664 61 61

This fun, husky activity, similar to ski joëring, will have you dashing through the snow, on skis, pulled by a trusty husky! After a brief introductory workshop with your guide and depending on your level of cross-country skiing of course...

loups.agenda.ch

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

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

ranch-morgins.ch

BEAUTIFUL BIRDS OF PREY AVIARY VISIT

reservations
required

📍	Morgins
💬	La Petite Volerie
🕒	> Daily mid-May - February (opening hours on request) > Activity: 45 min.
💰	2 - 10 people > 15.- / person -4 yrs > free
☎	+41 (0)79 761 08 88

A passionate falconer, Caroline invites you to visit her 'Little Aviary' for a rare and unforgettable birding experience. After showing you round the aviary and explaining its ins and outs, Caroline will introduce you to her beautiful birds of prey. You'll even get to meet one up close, as it perches on her gloved arm. Indoor activity.

regiondentsdumidi.ch



Trout Fishing

reservations required

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

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

chalet-rosalie.ch

Paintball

reservations required

📍	Les Crosets
💬	Le Marcheuson
🕒	On request
🍽️	Adult / Child > 30.- per person with 200 paintballs
☎️	+41 (0)24 479 22 40

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

lemarcheuson.ch

Axe Throwing

reservations required

📍	Champoussin
💬	Chez Gaby 1670
🕒	On request
🍽️	16 + yrs > 15.- (minimum 3 people)
☎️	+41 (0)24 477 22 22



Ready, steady, hurl! You probably don't want to try this at home, but when it's done correctly axe throwing is a multi-faceted learning experience, combining concentration, precision, and strength.

chezgaby1670.ch

Orienteering

📍	Région Dents du Midi
💬	Offices du Tourisme de Région Dents du Midi
🕒	Depending on snow conditions
🍽️	> 10.- orienteering map > 50.- set of 5 orienteering maps
☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins) +41 (0)24 477 20 77 (Val-d'Illiez)

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

regiondentsdumidi.ch



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

Electric ATV rental

reservations required

📍	Champoussin
💬	Rando E-motion
🕒	Opening hours and reservations online
🍽️	Monoplace / Tandem : > 20 min. session > 40.- /person or 140.- /4-person family > Tailor-made programmes on request
☎️	+41 (0)77 440 08 32



Experience the Alps in a whole, new way - aboard an electric Swincar! Suitable for people with reduced mobility, the snowy obstacle course circuit in Champoussin is for one-seater or two-seater vehicles.

rando-e-motion.ch



*COME ONE,
COME ALL*

YOUR FILL OF THRILLS

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

Yooner Sledging

reservations required

📍	Champéry
💬	Swiss Ride Activity
🕒	From 17:30 on night skiing dates (see p. 16)
💰	Adult / Child (7 + yrs) > 35.- Yooner & Fondue night > 60.-
☎	+41 (0)79 136 27 09

A Yooner sledge has a raised bucket seat, mounted with a shock absorber on a ski. Seated comfortably 20 cm off the snow in this light and incredibly user-friendly sledge, adults and kids alike will be carving like pros in minutes!

swissrideactivity.ch

Déval'kart

reservations required

📍	Morgins
💬	Joël Rey-Mermet
🕒	From 17:00 on
💰	> 4 - 5 karts : 30 min. > 120.- 1h > 200.- > 10 karts : 30 min. > 200.- 1h > 350.- > 15 karts : 1h > 450.-
☎	+41 (0)79 224 73 19

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

regiondentsdumidi.ch

Go With a Guide

reservations required

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

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

guides-champéry.ch



PARAGLIDING

reservations required

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

📍	Champéry
💬	Basile Marclay
🕒	Subject to weather conditions
💰	100.- to 160.- depending on distance of descent
☎	+41 (0)79 638 24 31

📍	Val-d'Illiez
💬	Albert Caillet-Bois
🕒	Subject to weather conditions
💰	120.- to 180.- depending on distance of descent
☎	+41 (0)79 452 05 19

acbfly.com

📍	Val-d'Illiez
💬	École Fly Away Sport & Loisirs
🕒	Subject to weather conditions
💰	80.- to 160.- depending on distance of descent
☎	+41 (0)79 435 26 17

parafly.ch

📍	Val-d'Illiez
💬	Val d'Illi'Air - Gaëtan Avanthay
🕒	Subject to weather conditions
💰	120.- to 200.- depending on distance of descent
☎	+41 (0)79 431 26 61

TREETOP ADVENTURE COURSE

reservations required

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

📍	Champéry
💬	Organic Adventure Park
🕒	On request (for groups of 10+ people)
💰	> 16 + yrs > 35.- > 11 - 15 yrs > 25.- > 6 - 10 yrs (1m10+) > 20.- > 3 - 5 yrs > 15.- Evening entry with fondue or raclette (December – March, Tuesdays & Thursdays at 17:00 > price on request
☎	+41 (0)79 757 56 28

organicadventurepark.ch

📍	Chamoussin
💬	Parc Aventure Point Sud
🕒	Subject to weather conditions (for groups of 10+ people)
💰	> 18 + yrs > 32.- > 14 - 17 yrs > 21.- > 6 - 13 yrs > 15.-
☎	+41 (0)79 928 25 63

point-sud.ch



***COME ONE,
COME ALL***

HORSING AROUND

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

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

HORSEBACK RIDING

reservations
required

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

Champéry

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

regiondentsdumidi.ch

Morgins

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

ranch-morgins.ch

SLEIGH RIDES

reservations
required

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

Champéry | Champoussin | Les Crosets Val-d'Illiez

- Irénée Caillet-Bois
- Subject to weather conditions
- On request
- +41 (0)79 673 54 14

regiondentsdumidi.ch

Morgins

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

ranch-morgins.ch

CARRIAGE RIDES

reservations
required

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

Champéry

- Centre équestre de Champéry
- Subject to snow conditions
- On request
- +41 (0)79 429 60 20

regiondentsdumidi.ch

Champéry | Champoussin | Les Crosets Val-d'Illiez

- Irénée Caillet-Bois
- Subject to snow conditions
- On request
- +41 (0)79 673 54 14

regiondentsdumidi.ch

PONY RIDES

reservations
required

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

Champéry

- Centre équestre de Champéry
- Subject to weather conditions
- 20-min. tour
> 15.- accompanied by the parents
> 20.- accompanied by a guide from the Centre
- +41 (0)79 429 60 20



regiondentsdumidi.ch

Morgins

- Ranch de Morgins
- Subject to weather conditions
- Accompanied by the parents:
> 10 min. > 10.-
> 30 min. > 25.-
> 1h > 35.-
- Accompanied by the Ranch:
> 10 min. > 15.-
> 30 min. > 35.-
> 1h > 45.-
- +41 (0)79 608 10 16

ranch-morgins.ch

LIFE IN THE STABLES

reservations
required

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

Champéry

- Centre équestre de Champéry
- 09:00 - 12:00 | 14:00 - 17:00
- For 1h :
> 1 - 2 children > 30.-/child
> 3 - 5 children > 22.-/child
- +41 (0)79 429 60 20

regiondentsdumidi.ch

Morgins

- Ranch de Morgins
- Year-round for groups of 10 + children (activity: 2h)
- > 2 children per horse or pony > 30.-/child
> 3 children per horse or pony > 25.-/child
- +41 (0)79 608 10 16

ranch-morgins.ch

KIDS RULE

Région Dents du Midi is a vast playground for families and a hands-on outdoor museum for discovering, creating, growing, thinking, and having fun. Choose among kids clubs, aquatic activities, ponies, and playgrounds; there's no shortage of activities to keep your little ones as busy as beavers!

KIDS CLUBS

reservations
required

A Kids Club is a safe, child-friendly space, decorated with jolly animal characters on hoops and tunnels that little skiers can use to navigate in around and through as they learn the rudiments of skiing on a gentle slope. Children gain skill and confidence, adopting the right reflexes from an early age while using their imaginations, so that learning feels like play and comes just as naturally.

Champéry

École Suisse de Ski & Snowboard (ESS)

› ½ day 9:30 – 12:30 or 13:30 – 16:30
› day 09:30 – 16:30

› ½ day › 70.-
› 5x ½ days (consecutive) › 280.-
› 5x ½ days (non-consecutive) › 300.-
› 1 day with lunch › 140.-

+41 (0)24 479 16 15

esschampéry.ch

Champoussin

École Suisse de Ski & Snowboard (ESS)

› Sundays › 13:45 – 16:15
› Mondays – Fridays › 13:30 – 16:30

› ½ day › 60.-
› 6x ½ days › 230.-

+41 (0)24 477 29 00

ess-lescrossets-champoussin.ch



Les Crosets

École Suisse de Ski & Snowboard (ESS)

› Sundays › 13:45 – 16:30
› Mondays – Thursdays › 09:10 – 12:00

› ½ day › 60.-
› 6x ½ days › 230.-

+41 (0)24 479 14 01

ess-lescrossets-champoussin.ch

Morgins

École Suisse de Ski & Snowboard (ESS)

Sundays – Fridays › 10:00 – 12:00

› 6x ½ days › 220.-

+41 (0)24 477 29 49

ess-morgins.ch

Morgins

M3S | École de Ski Internationale (ESI)

Daily › 09:45 – 12:00 (Mini Club)

› ½ day › 45.-
› 6x ½ days › 240.-

+41 (0)24 477 77 17

m3s.ch

OUTDOOR ACTIVITIES

Treasure Hunt

Les Crosets

Office du Tourisme de Région Dents du Mid

Free

+41 (0)24 477 20 77

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

regiondentsdumidi.ch

Playgrounds

Champéry | Troistorrents

Office du Tourisme de Région Dents du Mid

Free

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

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

regiondentsdumidi.ch

INDOOR ACTIVITIES

Fun Park

Champéry | Morgins | Val-d'Illiez

Office du Tourisme de Région Dents du Mid

13:00 – 18:00

› Champéry (Palladium) › 24.12.2021 – 01.01.2022 & 13.02.2022 – 18.02.2022

› Morgins (Salle de la Jeur) › 03.01.2022 – 09.01.2022 & 20.02.2022 – 27.02.2022

› Val-d'Illiez (Salle Polyvalente)
16.04.2022 – 23.04.2022

5.- (children must be supervised by parents)

+41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)
+41 (0)24 477 20 77 (Val-d'Illiez)



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

regiondentsdumidi.ch

AQUATIC ACTIVITIES

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

Baby Swimmers

reservations required

- 📍 **Champéry**
- 🗨 **Palladium de Champéry**
- 🕒 **Saturdays > 10:00 - 12:00**
(session confirmed from 2 or more participants)
- 💰 **> Family price (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 accompanied by 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

reservations required

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



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

palladiumdechampery.ch

BABYSITTERS

reservations required

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

Babysitters



Aquatic Obstacle Course

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

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

palladiumdechampery.ch

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

Group lessons		
8 lessons semi-private 30 min. 165.-/child	8 lessons small groups 30 min. 140.-/child	week-long course during school holidays 260.- / child
165.- / child	140.- / child	260.- / child

During school holidays
Mondays – Fridays 17:00 - 18:00
(times on request outside of school holidays)



OUR ROOTS RUN DEEP

KNOW-HOW

The Val d'Illeiez has a long history of traditional craftsmanship; our ancestral techniques have been carefully preserved and transmitted from generation to generation. Revisit the days of yore at an old grain mill, a communal bread oven, a traditional bell foundry.

Traditional Bell Foundry

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



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

fonderiechampéry.wixsite.com/perrin

Carillon Concert

📍	Morgins	reservations required
🗨️	François Donnet	
🕒	Wednesdays & Thursdays > 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	reservations required
🗨️	L'Horlogère	
🕒	Year-round with reservations	
🍽️	> 350.- ½ day > 500.- ½ day (watch movement to take home) > starting at 1,300.- (includes : coffee & croissants, lunch in a local restaurant, and the watch movement, casing and bracelet of your choice to take home)	
☎️	+41 (0)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



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

LIFE ON A FARM

reservations required

📍	Champéry
🗨️	Office du Tourisme de Région Dents du Midi
🕒	Mondays – Fridays > from 16:00 (reservations online at rddm.ch)
🍽️	10.- (4+ yrs)
☎️	+41 (0)24 479 05 50

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

regiondentsdumidi.ch



7Peaks Craft Brewery in Morgins

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

Our Terroir

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



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

La Cavigne

📍 Troistorrents

☎ +41 (0)24 477 35 40



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

lacavagne.ch



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



Le Goût sincère



An aerial photograph of a mountain village in winter. The scene is dominated by snow-covered roofs of wooden houses and steep, snow-laden slopes. The houses are built with dark wood and have light-colored roofs. The surrounding landscape is a mix of snow and dark, rocky terrain. The overall atmosphere is quiet and serene.

OUR ROOTS RUN DEEP

HISTORY & TRADITION

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

Guided Tours

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



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

regiondentsdumidi.ch

Val d'Illiez Vernacular

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

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

regiondentsdumidi.ch

Old Mill on the Tine

📍	Troistorrents	reservations required
🗨️	Les Vieux Moulins de la Tine	
🕒	Group visits with reservations for groups of 10+ people	
📅	Adult (16 + yrs) > 10.- Senior > 8.- Child (6 – 15 yrs) > 6.- 5 and under > free	
☎️	+41 (0)79 226 33 16	



Classified as an historic monument, and particularly striking when lit up at night, this meticulously reconstructed mill clings higgledy piggledy to the craggy 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. The 'Sawmill' covered area may be rented for events.

vimoti.ch

Vieux Greniers Museum

📍	Val-d'Illiez	reservations required
🗨️	Fondation du Patrimoine de Val-d'Illiez	
🕒	On request	
📅	Free	
☎️	+41 (0)79 194 03 68	

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

regiondentsdumidi.ch

COMMUNAL BREAD OVENS

reservations required

Propéraz Bread Oven

📍	Troistorrents
🗨️	Association du Four à Pain de Propéraz
🕒	Baking dates online at properaz.ch (or on request)
☎️	+41 (0)78 862 45 50



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

properaz.ch

Collaire Bread Oven

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

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

asfpc.ch

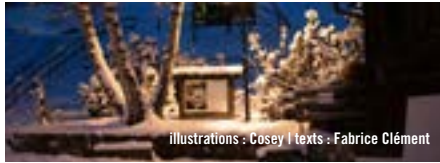
OUR ROOTS RUN DEEP

CULTURE

History has left us with a rich and multi-faceted heritage, shaped by centuries-old customs and rural traditions. We are profoundly attached to our land and terroir and take great pride in this strong local identity. Hardy and hard-working, we are also fun-loving and fiercely unconventional, with a deep appreciation of art, music, and culture as evidenced by performances, concerts, and exhibitions throughout the year.

Open-Air Museum

📍	Champéry
💬	Office du Tourisme de Région Dents du Midi
🕒	Daily
📄	Free access
☎	+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 Champérolain who leaves home as a lad to become a mercenary in Napoleon's army. In 1863, after a 50-year absence, Gustin returns to a village that has changed dramatically.

LIBRARIES

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

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

admin-champéry.ch

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

illeiez.ch

📍	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 official religious or bank holidays) > Tuesdays > 09:00 – 11:30 > Fridays > 16:00 – 19:00
📄	10.- one-time contribution 50.- security deposit per book for occasional check-outs
☎	+41 (0)24 477 47 50

troistorrents.ch

ART GALLERIES

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

Espace Raiffeisen

📍	Champéry
💬	Office du Tourisme de Région Dents du Midi
☎	+41 (0)24 479 05 50

regiondentsdumidi.ch

Vieux Greniers

📍	Val-d'Illeiez
💬	Association du Patrimoine de Val-d'Illeiez
☎	+41 (0)79 194 03 68

regiondentsdumidi.ch

La Treille

📍	Troistorrents
💬	Commune de Troistorrents
☎	+41 (0)24 476 80 10

troistorrents.ch

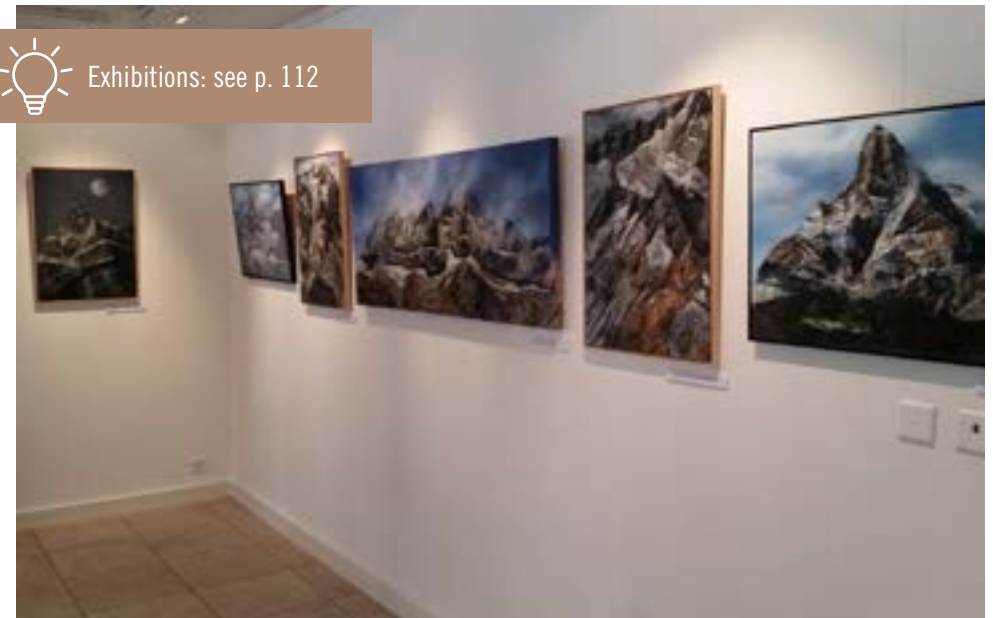
Galerie de la Tine

📍	Troistorrents
💬	Gérald Lange
☎	+41 (0)79 621 43 72

latine-galerie.com



Exhibitions: see p. 112



OUR ROOTS RUN DEEP

SACRED STRUCTURES

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



CHURCHES, CHAPELS & CARILLONS

Champéry Bell Tower

📍	Champéry
🗨️	Paroisses du val d'Illeiez
🕒	Free
☎️	+41 (0)24 477 11 13



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

paroisses-illiez.ch

Saint Maurice Church

📍	Val-d'Illeiez
🗨️	Paroisses du val d'Illeiez
🕒	Free
☎️	+41 (0)24 477 11 13



Dating back to 1697, the existing structure is the third church built on this site. The elegant bell tower ends in a distinctive, 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
🕒	Free
☎️	+41 (0)24 477 40 27



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

Carillon Pour la Paix

📍	Morgins
🗨️	François Donnet
🕒	Free
☎️	+41 (0)79 310 95 61



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

carillondemorgins.ch

Notre Dame de l'Assomption Church

📍	Morgins
🗨️	Paroisses du val d'Illeiez
🕒	Free
☎️	+41 (0)24 477 11 13



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

paroisses-illiez.ch

SOUND & LIGHT

Saint Théodule Church

📍	Champéry
🗨️	Paroisses du val d'Illeiez
🕒	Free (visit not available during mass)
🕒	Free
☎️	+41 (0)24 477 11 13

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

paroisses-illiez.ch

Saint Marie-Madeleine Church

📍	Troistorrents
🗨️	Paroisses du val d'Illeiez
🕒	Free
☎️	+41 (0)24 477 11 13

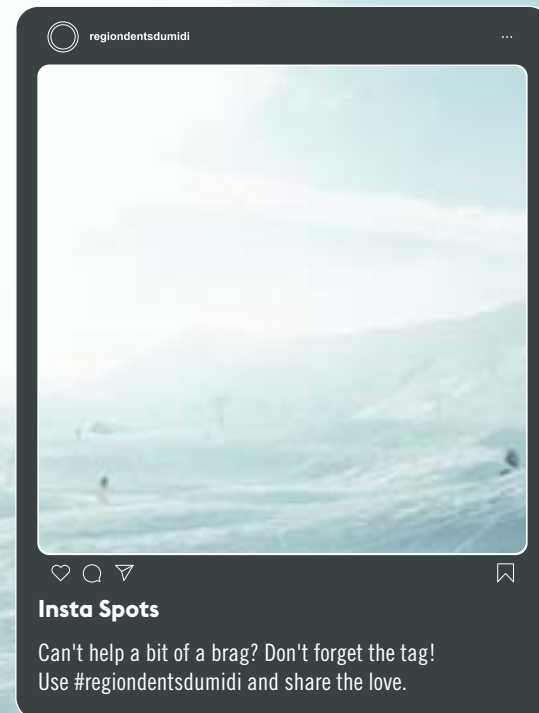


Built in 1702 and classified as a cultural landmark, this imposing stone church is remarkable for its soaring, 40-metre-high gothic bell tower and its graceful baroque altars. Also remarkable are the striking 1960 stained-glass windows by Auguste Rody and Bruno Gherri-Moro.

paroisses-illiez.ch



*BE IN
THE KNOW*



Grand Combin
4'314 m

Dent du Salentin
2'482 m

Mont Velan
3'731 m

Dent de Valère
2'267 m

Tête de Chalin
2'595 m

La Cime de l'Est
3'178 m

LES DENTS DU MIDI

La Forteresse
3'164 m

La Cathédrale
3'160 m

L'Éperon
3'114 m

La Dent Jaune
3'186 m

Les Doigts
3'210 m

La Haute Cime
3'257 m

Dent de la Chaux
2'767 m

Tour Salière
3'220 m

Dent de Rossétan
2'616 m

Grand Ruan
3'057 m

Petit Ruan
2'847 m

Mur des Rosses
2'932 m

Pointe des Rosses
2'965 m

Pic de Tenneverge
2'985 m

Mont Blanc du Tacul
4'248 m

Mont Maudit
4'465 m

Mont Blanc
4'807 m

Dent de Bonaveau
2'503 m

Dôme du Goûter
4'304 m

Tête à Vincent
2'448 m

Dent du Sageroux
2'675 m

Col de Comba Mornay
2'375 m

Dent de Barne
2'759 m

Corne à Tournier
2'738 m

Fenêtre Dents Blanches
2'602 m

Dent des Sex Vernays
2'662 m

Col du Trou
2'633 m

Pointe Bourdillon
2'713 m

Dent du Signal
2'727 m

Dent Occidentale
2'709 m

Corne du Chamois
2'599 m



ACCOMMODATION

Make yourself at home...

In a hotel if you need a relaxing getaway and a good night's sleep...

In a backpacker hostel if you're looking for unbeatable prices and friendly company...

In an apartment or chalet if you prefer cosy home away-from-home independence...

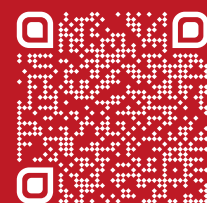
In a B&B if you like to feel as if you're visiting old friends...

In group lodgings if you're coming with a crowd of colleagues, best friends, or team-mates...

At the campground if you love sleeping under the stars...

In a rustic mountain hut if you want an authentic alpine experience...

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



COVID
Conditions

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

(see conditions on regionsdentsdumidi.ch)

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



SEASON

SITUA-

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Alpage Lapisa	+41 24 479 36 43	lapisa.ch	Champéry	•	•	•			•	50	100
At'Home	+41 24 565 10 08	athome-champéry.ch	Champéry	•	•		•	•		40	20
Bar des Guides	+41 24 479 07 07	facebook.com/BarDesGuides	Champéry				•	•			0
Buvette de Bonaveau	+41 78 823 33 98		Champéry	•	•				•	24	80
Buvette de Chavanette	+41 78 266 98 98		Champéry			•			•	0	30
Buvette des Clavets	+41 24 479 30 65	lesrives.ch/clavets	Champéry			•			•		
Buvette du Chalet Rosalie	+41 79 577 87 54	chalet-rosalie.ch	Champéry	•					•	16	
Cabane de Susanfe	+41 24 479 16 46	susanfe.ch	Champéry	•	•				•	70	20
Café les Jonquilles*	+41 24 479 30 95		Champéry	•	•	•	•	•			
Cantine de Barmaz	+41 24 479 11 63	cantine-barmaz.com	Champéry	•	•				•	70	120
Cantine des Dents Blanches	+41 24 479 12 12	cantine-dentsblanches.com	Champéry	•	•				•	50	80
Cantine des Galeries Défago	+41 79 757 56 28	organicadventurepark.ch	Champéry	•	•				•		
Cantine des Rives	+41 24 479 11 71	lesrives.ch	Champéry	•	•	•	•	•			
Cantine Sur Coux	+41 24 479 10 44	cantinesurcoux.net	Champéry	•	•	•	•		•	40	60
Chez Coquoz	+41 24 479 12 55	restaurant-coquoz.ch	Champéry			•	•		•	120	120
Chez Joe	+41 24 479 18 00	facebook.com/ChezJoeBurgers	Champéry	•	•	•	•	•			
Guest House du Grand-Paradis	+41 24 479 11 67	houseparadis.ch	Champéry	•	•	•	•	•	•	60	60
Hôtel Plein Ciel	+41 24 479 28 38	pleinciel.com	Champéry	•	•	•	•			40	40
L'Alta	+41 24 479 15 32	alta1874.ch	Champéry		•	•	•	•		70	40
Le Bistrot des Reines	+41 24 479 17 00	bistrotdesreineschampéry.ch	Champéry	•	•	•	•	•		140	50
La Crêperie de Champéry	+41 76 230 42 55	facebook.com/pg/lacreperiechampéry	Champéry	•	•	•	•	•		7	
La Crevasse	+41 79 720 39 21	facebook.com/lacrevasse	Champéry			•	•	•	•		
La Croix de Culet	+41 24 479 23 34	lacroixdeculet.ch	Champéry	•	•	•	•	•	•	110	150
La Gourmandise Champérolaine*	+41 24 565 11 84	facebook.com/gourmandise.champerolaine.3	Champéry	•	•	•	•	•		26	16
Le 42	+41 79 929 28 93	restaurantle42.ch	Champéry	•	•	•	•	•		20	10
Le Bar-lounge	+41 24 479 11 26	lenord.ch	Champéry				•	•	•	25	
Le Café du Nord	+41 24 479 11 26	lenord.ch	Champéry	•	•	•	•	•		115	50
Le Farinet	+41 24 479 20 98	lefarinetchampéry.ch	Champéry		•	•					
Le Gueulli	+41 24 479 35 55	legeulli.ch	Champéry	•	•	•	•	•		100	60
Le Mitchell's	+41 24 479 20 10	facebook.com/Mitchells1874	Champéry	•	•	•	•	•		60	20
Le R.E.D.	+41 24 479 23 34	lacroixdeculet.ch	Champéry			•			•	80	600
Le Resto du Palladium	+41 24 479 15 12	palladiumdechampéry.ch	Champéry	•	•	•	•	•		90	30
Le Toupin	+41 24 479 15 48		Champéry			•	•		•	70	120
Le Vieux Chalet	+41 24 479 19 74	vieuxchaletchampéry.ch	Champéry	•	•	•	•	•		100	40
Les Marmottes	+41 79 691 07 00	restaurant-les-marmottes.ch	Champéry			•	•		•	60	100
Le White côté bistrot	+41 24 479 04 04	lewhite.ch	Champéry				•	•	•	35	30
Lounge-Bar Hotel National Resort	+41 24 479 11 30	lenational.ch	Champéry	•	•	•				25	50
Mac Coq Self Service	+41 24 479 12 55	restaurant-coquoz.ch	Champéry			•	•		•	120	120
Refuge du Chaudron	+41 79 906 18 38	refugeduchaudron.ch	Champéry			•	•		•		
Champoussin Lodge	+41 24 476 83 00	champoussinlodge.ch	Champoussin	•	•	•	•	•		80	50
Chez Gaby 1670	+41 24 477 22 22	chezgaby1670.ch	Champoussin	•	•	•			•	160	120
La Ferme à Gaby	+41 24 477 30 88	lafermeagaby.ch	Champoussin	•	•	•			•	20	50
Le Caveau des Dents du Midi	+41 24 477 62 13		Champoussin	•	•	•	•	•		35	40
Le Poussin Restaurant et Bar Le Nid	+41 24 477 11 15	restaurant-lepoussin.ch	Champoussin			•	•	•	•	65	80
Le Virage	+41 24 565 04 26	restolevirage.ch	Champoussin	•	•	•	•	•	•	80	80

*also open in the morning

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	SEASON		SITUATION			
	SUMMER	WINTER				
Lunch	•			In the resort	•	Indoor capacity
Dinner	•	•		In the mountains / On the slopes	70	Outdoor capacity
Lunch	•	•			60	
Dinner	•	•			200	
		•			45	
	•					
	•	•			70	25
		•			150	80
	•				60	40
		•			60	
					100	120
	•	•			70	70
		•			•	100
					150	60
	•				18	26
		•			30	30
	•				30	40
	•	•			42	60
	•				35	60
	•	•			50	15
	•				70	110
	•	•			150	200
		•			60	50
		•			28	50
	•				40	60
	•	•			80	20
	•				50	110
	•	•			100	150
	•	•			100	30
	•	•			40	20
	•					
	•	•			80	150
	•				200	
	•	•			25	50
	•	•			50	25
	•	•			90	40
	•	•			90	40
	•	•			40	15
	•	•			70	20
	•	•			30	40
	•	•			55	25
	•	•			100	20
	•	•			70	20
	•	•			75	20
	•	•			45	70

Buvette Chez Yoyo et Jiby	+41 24 479 30 45	facebook.com/chezoyoetjiby	Les Crosets	•	•	•	•	•	•	70	150
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 79 415 67 89	freeridehostel.ch	Les Crosets					•	•		
Gîte Rural de Chaupalin	Fermé pour rénovation		Les Crosets								
La Cuisine de L'Étable	+41 24 565 65 55	hotel-etable.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 Marchéuson	+41 24 479 22 40	lemarcheuson.ch	Les Crosets	•	•	•			•	70	100
Relais Panoramique	+41 24 279 34 12	relais-crosets-ch	Les Crosets	•	•	•	•	•	•	150	60
Au Beau-Réveil	+41 24 477 11 84	au-beau-reveil-boulangerie.ch	Morgins	•	•	•	•	•	•	18	26
Bar des Portes du Soleil	+41 79 475 11 89		Morgins	•	•	•	•	•	•	30	30
Brasserie 7Peaks	+41 24 565 18 72	7peaksbrasserie.ch	Morgins		•	•	•	•	•	30	40
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	leffrage.ch	Morgins	•	•				•	50	110
Les Bochasses	+41 24 477 22 21	lesbochasses.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 Tovassiere	+41 24 477 46 57	tovassiere.com	Morgins	•	•				•	80	150
SAF club	+41 79 933 18 35	facebook.com/SafClubMorgins	Morgins		•		•	•	•	200	
T-Bacchus	+41 79 933 18 35	facebook.com/tbacchus1875	Morgins	•	•	•	•	•	•	25	50
T-Bar	+41 79 933 18 35	facebook.com/T-Bar	Morgins	•	•	•	•	•	•	50	25
U Yeù Tsalé	+41 24 477 32 55	uyeuetsale.ch	Morgins	•	•	•			•	40	70
Auberge de la Bourgeoisie	+41 24 477 24 04	aubergebourgeoisie.ch	Troistorrents	•	•	•	•	•	•	90	40
La Cavagne Espace d'accueil	+41 77 474 91 09	lacavagne.ch	Troistorrents						•	40	15
Relais de la Thiéaz	+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 Repos Da Giuseppe	+41 24 477 14 14	le-repos-da-giuseppe.business.site	Val-d'Illiez	•	•	•	•	•	•	70	20
Peanut Lodge & Winstub	+41 24 477 86 96	peanutlodge.com	Val-d'Illiez	•	•	•	•	•	•	75	20
Restaurant des Tennis	+41 24 477 21 13	restaurantdestennis.ch	Val-d'Illiez	•	•	•			•	45	70

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GETTING HERE

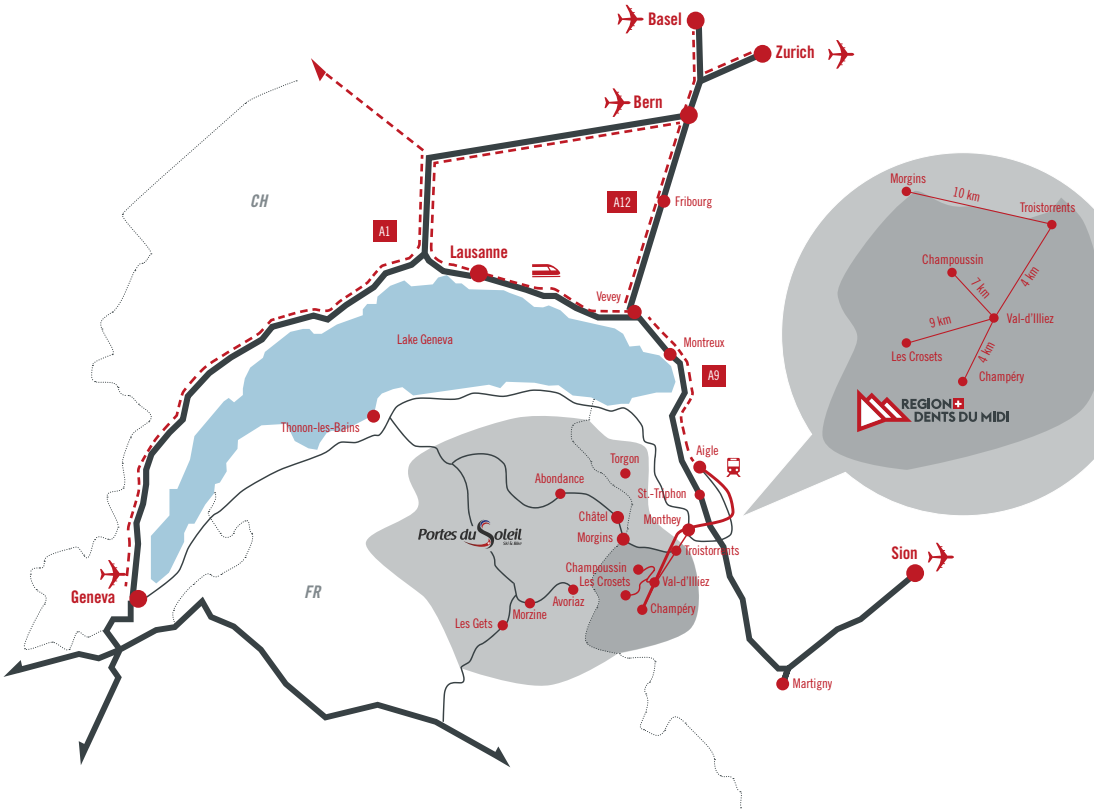
JUST A HOP AND A SKIP TO RÉGION DENTS DU MIDI...

By Car

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

By Train

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



Basel	4:00	217 km 2:20
Bern	3:00	124 km 1:30
Geneva	2:30	128 km 1:20
Lausanne	1:35	65 km 1:00
Lyon	4:30	275 km 3:10
Milan	6:00	296 km 4:00
Neuchâtel	2:30	133 km 1:30
Paris	6:40	577 km 6:15
Vevey	1:29	35 km 0:37
Montreux	1:22	26 km 0:32
Sion	2:00	55 km 0:40
Zurich	4:15	238 km 2:30

MOBILITY

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



Petit train touristique des Dents du Midi

📍	Champéry
👤	19 per wagon
🕒	0h20
💰	Free

Rumières Shuttle

📍	Champéry
👤	20
🕒	0h16
💰	Free

Bus Troistorrents - Morgins

📍	Troistorrents Morgins
👤	50
🕒	0h20
💰	7.60 (3.80 with ½ price pass)

Bus Val-d'Illiez - Champoussin

📍	Val-d'Illiez Champoussin
👤	50
🕒	0h35
💰	7.60 (3.80 with ½ price pass)

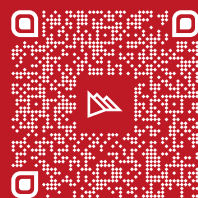
Bus Val-d'Illiez - Les Crosets

📍	Val-d'Illiez Les Crosets
👤	50
🕒	0h35
💰	6.- (3.- with ½ price pass)



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

Timetable



Votre partenaire
mobilité

AVEC LE TRAIN

AU PIED DES PISTES!

Monthey – Champéry en **30 minutes**,
arrivée directe au téléphérique!*

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

www.tpc.ch



* Trains skieurs supplémentaires entre Monthey et Champéry durant la saison d'hiver du 24 décembre 2021 au 6 mars 2022, retrouvez tous les horaires sur l'application «TPC Mobile». Téléchargez notre application sur www.tpc.ch/app

WINTER HIGHLIGHTS

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

Welsh Championships

26 - 28 January 2022



Join us for the 15th annual edition of this local favourite, which draws young competitors from Wales, but also from Scotland, England, Switzerland, and around the world for a week-long event culminating in Slalom and Giant Slalom races with a convivial, fair-play attitude.

regiondentsdumidi.ch

Région Dents du Midi Skimo World Cup

27 - 29 January 2022



Renowned for ski mountaineering and the famous Morgins Rando Park, this year Région Dents du Midi will be hosting a World Cup in Morgins! Some 130 of the world's best ski mountaineering athletes from 15 different nations (both men and women) will vie for the coveted title in two disciplines - namely a sprint race and an individual, long-distance race.

regiondentsdumidi.ch

Rock The Pistes Festival

13 - 19 March 2022



Rock The Pistes Festival is an unforgettable, high-altitude, open-air concert series, set right on the Portes du Soleil ski slopes. The first concerts announced for this year's edition already have us breathless with anticipation...

- > TRUST in Champéry-Les Crosets March 13, 2022
- > Gaëtan Roussel in Châtel March 14, 2022

Morgins will be 'Host Village' - housing press and media organisations, festival partners and, of course, the traditional opening night festivities. With 5 major concerts on the ski slopes and more than 30 après-ski gigs in the resorts, this week-long musical extravaganza is not to be missed!

rockthepistes.com

Maxi-Rires Festival

28 March - 2 April 2022



After a two-year postponement, it's time to get back in the saddle! Mark your calendars for the week of March 28th with The Maxi-Rires Festival 14th annual edition. You won't want to miss special guest stars Gad Elmaleh and Yann Marguet!

maxi-rires.ch



The full activities calendar can be found online, or in local tourist offices and shops.



SAVE THE DATE

The Tour de France is coming to Switzerland! On July 10th, 2022, the Tour will leave from Aigle to climb the famous Pas de Morgins for the last pass on Stage 9 before arriving at the neighbouring town of Châtel.

EXHIBITIONS

Nicolas Girod

(paintings)

📍 Champéry | Espace Raiffeisen

🕒 Daily › 17:30 - 19:00 and by appointment
076 560 61 41

Vernissage: 12.17.2021 › 18:00

gehenne.ch

C.C. Olsommer & François Egli

(painting - sculpture)

📍 Troistorrents | Galerie de la Tine

🕒 17.12.2021 - 19.02.2022
Tuesdays - Sundays › 14:30 - 18:30

Vernissage: 17.12.2021 › 17:00 - 21:00

latine-galerie.com

Olivier Gilliéron

(photography)

📍 Champéry | Espace Raiffeisen

🕒 Wednesdays - Sundays › 15:00 - 19:00

Vernissage: 14.01.2022 › 15:00 - 19:00

imagesdenature.ch

Danny Touw

(painting)

📍 Champéry | Espace Raiffeisen

🕒 Thursdays - Sundays › 16:00 - 20:00
and by appointment 079 330 49 67

Vernissage: 5.02.2022 › 18:00

touw.com

Lucia Bargagli Petrucci

(photography)

📍 Champéry | Espace Raiffeisen

🕒 25.02.22 - 13.03.22
Daily › 17:00 - 19:30

Vernissage: 26.02.2022 › 17:00

Robert Hainard

(engraving - sculpture - bronze)

📍 Troistorrents | Galerie de la Tine

🕒 11.03.2022 - 14.05.2022
Tuesdays - Sundays › 14:30 - 18:30

Vernissage: 11.03.2022 › 17:00 - 21:00

latine-galerie.com

A4 Collective :

Séverine Zufferey, Krista Gerwing,
Catherine Fauconnet & Héliä Aluä

📍 Champéry | Espace Raiffeisen

🕒 25.03.22 - 17.04.22
Fridays - Sundays › 15:00 - 18:30

Vernissage: 25.03.2022 › 18:00



Galleries: see p. 89



THROUGHOUT THE SEASONS

SPRING

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

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



OPENING MAY 2022
BIKEPARK CHAMPÉRY-MORGINS

THROUGHOUT THE SEASONS

SUMMER

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

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

NEW SEASONS
NEW SENSATIONS



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

What can you do with your Multi Pass?

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

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

Multi Pass offers*

• THE OVERNIGHTER MULTI PASS

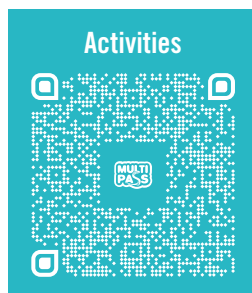
When you stay overnight in the Val d'Illeiez, the Multi Pass is totally free! Just ask your host... Second-home owners are also entitled to a number of season Multi Passes (1 Multi Pass per 17 sq metres).

• 1-DAY MULTI PASS

Day-tripping in the area? Buy a one-day Multi Pass for just CHF 12.-* and get the most out of your visit. (Kids under 5 are free.)

• SEASON MULTI PASS

If the Portes du Soleil is your summer stomping grounds, purchase the season pass for CHF 85.-.



This is a challenge for epicureans and nature- lovers alike! Pick up a participation brochure and set off to visit as many refuges and restaurants as you can over the course of the summer. There is no set route to follow, no finish line and no purchase necessary! Just choose a new destination for each outing, maybe hitch a ride on a chairlift, then ask for your stickers when you pay your bill at a participating restaurant. The more places you visit, the more you can win!

The Alpagnes

Dedicated primarily to high mountain farming, the alpagnes are rolling swaths of pastureland carved out of the forests for grazing livestock. Each is its own unique ecosystem, with characteristic topography, flora, fauna, and the mark of the family who has farmed the land for generations. Thanks to an ancient network of trails, hikers and cyclists in our region are never far from a delicious pick-me-up featuring local specialties.

The alpage is a place where time seems suspended, an authentic get-away from the hustle and bustle of, well, anywhere else.



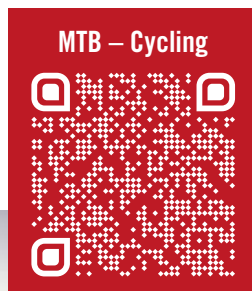
*subject to participation, availability, opening hours and dates of service providers and according to sales conditions in effect.

BIKING

In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this vast playground becomes a biking paradise, for downhill, cross-country & enduro bikers, electric bikers and road cyclists alike. Our vast area offers over 600 km of marked trails and 22 chairlifts to help you on your way.

With the village as your jumping-off point, you can choose from an infinite variety of biking trails close by or higher up in the surrounding mountains. Pedal out to explore winding roads and distant passes, use the chairlifts to access bucolic alpine meadows or spend the day shredding our gnarliest downhill trails. Along the way, you'll find some 400 authentic, weatherworn alpine chalets, 10 crystalline mountain lakes and countless breathtaking panoramas!

- 600 km of marked biking trails
- 5 bike parks
- 1 hands-free Franco-Swiss lift pass
- 8 cyclo sportive itineraries
- 2 pumptracks



LES PORTES DU SOLEIL IN SUMMER



THROUGHOUT THE SEASONS

AUTUMN

Too often overlooked, autumn is one of the best times to experience Région Dents du Midi, a feast for all your senses. After the frenetic summer months, silence reigns supreme. 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 tops of the mountains, taking the bite out of the chilly air and enhancing the vibrant, Pollockesque colours splashed lavishly across the mountainsides. This is a delectable time for epicureans too; the season of wild game, freshly picked mushrooms and the famous Brisolée, made with sweet, roasted chestnuts.



PLAY LONGER

AUTUMN 2022

RDDM.CH



FOOD		
BUTCHER		
Boucherie Chapelay	+41 24 479 13 52	Champéry
Boucherie Gex-Collet	+41 79 280 13 87	Val-d'Illiez
BAKERY PASTRIES		
Boulangerie Michellod Partenaire	+41 27 743 63 50	Champéry
La Gourmandise Champérolaine	+41 24 565 11 84	Champéry
Au Beau Réveil Sarl	+41 24 477 11 84	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illiez
FINE FOOD TERROIR		
La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 24 479 16 42	Champéry
Le Cochon dans la Vigne	+41 24 479 11 26	Champéry
La Bonbonnière	+41 79 453 04 33	Morgins
La Cavagne	+41 24 477 35 40	Troistorrents
GROCERIES		
13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
Le Caveau des Dents du Midi	+41 24 477 62 13	Champoussin
Alimentation du Hameau	+41 24 565 00 22	Les Crosets
Intermarché	+41 24 477 24 24	Morgins
Voig	+41 24 477 31 03	Morgins
Chez Azalée	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illiez
FRESH TROUT		
Chalet Rosalie	+41 79 577 87 54	Champéry

LANDSCAPING – GARDENING – MAINTENANCE		
TREES		
Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 24 477 51 81	Val-d'Illiez

CONCIERGE SERVICE		
Gonnet Jean-Pierre	+41 79 413 45 60	Champéry
Nelly et Laurent Marclay-Granges	+41 79 511 81 08	Champéry
Blanchisserie Champoussin	+41 24 477 29 34	Champoussin
Da Silva Luis	+41 76 234 14 78	Les Crosets
Chalet Full Service Sarl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sarl	+41 79 297 11 71	Morgins
Morgins Tout Tip Top Sarl	+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 Sarl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sarl	+41 79 297 11 71	Morgins
Illiez Aménagements Sarl	+41 79 549 77 90	Val-d'Illiez

EARTH MOVING SNOWPLOWING TRANSPORT CIVIL ENGINEERING		
Avanthey 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 Avanthey et Fils	+41 79 606 14 25	Champéry
Valvièze Construction SA	+41 79 347 13 13	Champéry
Bernard Torrent SA	+41 24 471 46 87	Collombey

Borloz Transport Sarl	+41 79 622 08 13	Les Crosets
Trombert Dominique Transports	+41 24 479 16 48	Les Crosets
Raymond Rithner SA	+41 24 473 73 53	Monthey
Chalet Full Service Sarl	+41 79 623 55 55	Morgins
Monay Transneige & Auto Mecanic Sarl	+41 79 301 33 33	Morgins
Renewier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Michaud & Mariaux SA	+41 24 471 73 55	Troistorrents
Anselme Perrin & Fils Sarl	+41 79 261 87 15	Val-d'Illiez
Dubosson Eric	+41 79 412 25 58	Val-d'Illiez
Ecœur Terrassements SA	+41 79 347 30 03	Val-d'Illiez
Patrick Transports Sarl	+41 24 479 26 24	Val-d'Illiez
Traxa SA	+41 79 583 01 07	Val-d'Illiez
Vieux SA	+41 76 488 98 85	Val-d'Illiez

ARTISANS		
WATCHES JEWELRY		
L'Horlogère	+41 78 890 45 89	Champéry
Caillet-Bois Arnold	+41 24 471 24 62	Val-d'Illiez

BELL FOUNDRY		
Perrin Hugues	+41 79 435 92 39	Champéry

AUTOMOBILES		
BODY SHOP		
Carrosserie des Cimes Sarl	+41 79 253 46 41	Champéry

GARAGE PETROL STATION		
Garage de Champéry	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey
Monay Transneige & Auto Mecanic Sarl	+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 Française	+41 24 477 20 46	Val-d'Illiez

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

FITNESS		
Oxygen Morgins	+41 79 261 23 31	Morgins

MASSAGE PHYSIOTHERAPY OSTEOPATHY KINESIOLOGY NATUROPATHY		
Au 7e. Sens	+41 79 351 44 00	Champéry
Aurélia Abhervé	+41 78 779 66 87	Champéry
HormeSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Physiothérapie de la Vallée	+41 24 477 29 80	Champéry
Taiji Quan Luc Défago	+41 79 632 40 58	Champéry
YogAlps Evelyné Rey-Bellet	+41 79 774 87 46	Champéry
Aux Mains Sages	+41 76 526 66 18	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 Yasmine Lomazzi	+41 79 449 61 14	Champéry
Kundalini Yoga Isabelle Portner	+41 76 822 15 61	Champéry
YogAlps Evelyné 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 FURNITURE FURNISHINGS HOME STAGING SOUVENIRS		
Hors du Temps	+41 24 479 10 63	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 FASHION		
Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 24 479 23 57	Champéry
Free Wheel	+41 77 269 74 14	Champéry
Bdesign fashion	+41 79 471 37 50	Morgins
Ose !	+41 79 643 15 38	Val-d'Illiez

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

SEMINAR – CONFERENCE – BUSINESS EVENTS		
SEMINAR CONFERENCE BUSINESS EVENTS		
Palladium de Champéry	+41 24 479 05 05	Champéry

LESSONS		
SKI SCHOOLS		
École 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
Ze Snow School	+41 24 479 18 74	Champéry
École Suisse de Ski & Snowboard	+41 24 477 29 00	Champoussin
École Suisse de Ski & Snowboard	+41 24 479 14 01	Les Crosets
École de Ski Internationale M3S	+41 24 477 77 17	Morgins
École Suisse de Ski & Snowboard	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 624 50 60	Val-d'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		

TENNIS INSTRUCTOR		
Comby Emilien	+41 79 826 97 53	Champéry
Coulon Igor	+41 79 412 68 60	Champéry

BUILDING TRADES		
ARCHITECT		
Madeleine Architectes Sarl	+41 79 750 56 04	Champéry
Perrin Architecture Sarl	+41 24 477 34 35	Val-d'Illiez
S'Tox SA	+41 79 891 00 10	Val-d'Illiez
Voirol 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		
Procéram Sarl	+41 79 798 36 63	Monthey
Magic Carrelage	+41 76 784 14 51	Val-d'Illiez

CARPENTER ROOFER TINSMITH		
Blanchut et Monnet Sarl	+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 Yannick	+41 78 724 46 07	Val-d'Illiez

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

HEATING OIL TANKS		
Citermit SA	+41 24 477 21 70	Troistorrents

DECORATION FLOORING CURTAINS		
Borgeaud Parquet	+41 79 310 96 14	Champéry
Ma Déco - Taverney Marion	+41 79 589 88 79	Champéry
Madeleine Architecture Sarl EPF	+41 79 750 56 04	Champéry

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

CLEANING		
Morgins Tout Tip Top Sarl	+41 79 283 33 13	Morgins
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 Sarl	+41 79 419 30 19	Morgins
Gillioz Peinture Sarl	+41 79 355 48 18	Morgins
MLB Peinture	+41 79 548 89 75	Val-d'Illiez

MASONRY & BUILDING		
Vieux SA	+41 76 488 98 85	Val-d'Illiez
Bernard Torrent SA	+41 24 471 46 87	Collombey
Carraux-Moret Construction SA	+41 24 472 70 80	Collombey
Renewier Maçonnerie et Déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 24 477 32 75	Val-d'Illiez

Gähler Renovation Sàrl	+41 79 303 50 75	Val-d'Illicz
Perrin Denis	+41 79 502 24 34	Val-d'Illicz
Perrin Laurent	+41 79 219 51 15	Val-d'Illicz
Perrin Raphaël	+41 24 477 24 70	Val-d'Illicz

CARPENTER I CABINET MAKER

Bois Etc.	+41 79 653 45 40	Champéry
Froidevaux Sàrl	+41 79 369 18 87	Champéry
Marcly Laurent	+41 79 235 08 14	Champéry
Marcly Philippe	+41 24 479 12 48	Champéry
Menuiserie Nissille SA	+41 24 471 37 27	Massongex
Fred Lambert Menuiserie	+41 79 560 06 49	Morgins
DM Bois SA	+41 24 471 64 83	Troistorrents
DuboisSàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illicz
Avanthay SA	+41 24 477 16 44	Val-d'Illicz
Borloz Bernard	+41 24 477 14 27	Val-d'Illicz
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illicz
Gavillet Marc	+41 79 742 54 93	Val-d'Illicz
Gex-Fabry Menuiserie Charpente Sàrl	+41 79 675 09 07	Val-d'Illicz
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illicz
Guérin Michel	+41 24 477 20 08	Val-d'Illicz
Marcly Steve	+41 79 234 99 40	Val-d'Illicz
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illicz
Schönbett Hervé	+41 79 658 41 52	Val-d'Illicz

GARAGE DOORS I VENTILATION

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

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

WATER DAMAGE

Technica Air Assèchement	+41 79 514 97 27	Val-d'Illicz
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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 SEE OFFICES DU TOURISME

MUNICIPAL DAY CARE

Les Petits Douaniers	+41 24 479 44 55	Champéry
Le Parachute	+41 24 477 60 64	Troistorrents
La Chocolatine	+41 24 476 87 66	Val-d'Illicz

GUIDES

MOUNTAIN LEADERS

Delavy Etienne	+41 79 690 15 24	Champéry
Dubosson Loic	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie	+41 79 316 80 10	Champéry
Rohrer Benjamin	+41 79 452 98 21	Champéry
Tordeur Jean-Luc	+41 76 543 71 30	Champéry

TRAIL GUIDE

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

Montagne Expérience	+41 79 637 70 37	Champéry
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CANYONING GUIDE

Soustre Fred	+41 79 710 37 69	Champéry
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MOUNTAIN GUIDES

Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 212 26 42	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Rey-Bellet Fernand	+41 79 432 03 94	Champéry
Richard Jean-Claude	+41 77 410 40 06	Champéry

BIKING GUIDES

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

ACCOMMODATION

ESTATE AGENTS

Avanthay&Partners SA	+41 24 479 14 44	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
Alpage immo Location Service	+41 24 477 26 82	Champoussin
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
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illicz
LauGimmo SA	+41 79 940 67 75	Val-d'Illicz
Mountain River	+41 78 666 91 20	Val-d'Illicz
The River Pearl	+41 76 393 55 36	Val-d'Illicz

BACKPACKER HOSTEL

Le Petit Baroudeur	+41 24 479 14 07	Champéry
Freeride Hostel	+41 79 415 67 89	Les Crosets

MOUNTAIN HUTS

Cabane de Susanfe (CAS)	+41 24 479 16 46	Champéry
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illicz

CAMPGROUND

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

GUEST ROOMS 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 Virage	+41 24 565 04 26	Champoussin
B&B Chalet Rey-Bellet	+41 79 542 22 70	Les Crosets
B&B Chalet Suisse	+41 24 477 39 67	Morgins
Le Castor	+41 79 237 89 87	Morgins
Les Fontaines Blanches	+41 24 477 13 42	Morgins

B&B Helvetia	+41 24 477 63 95	Troistorrents
Yûva ***	+41 79 486 47 87	Troistorrents
La Rose des Vents ***	+41 79 212 70 89	Val-d'Illicz

GITE

Buvette de Bonaveau	+41 78 823 33 98	Champéry
Cantine de Barmaz	+41 24 479 11 63	Champéry
Cantine des Dents Blanches	+41 24 479 12 12	Champéry
Refuge Lapisa	+41 24 479 36 43	Champéry
Gîte Rural de Chaupalin (fermé pour rénovation)	+41 77 269 88 48	Les Crosets
Refuge de Chéséry	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 79 963 75 82	Morgins

4* HOTELS

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

3* HOTELS

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

HOTEL LABEL 'SWISS LODGE'

Guest House du Grand-Paradis	+41 24 479 11 67	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Mountain Lodge	+44 345 127 17 50	Les Crosets

HOTEL

Chalet le Chamois (seminars)	+41 24 479 01 01	Champéry
Châteauforn le Chalet (seminars)	+41 24 479 01 01	Champéry
Pension Souvenir	+41 24 479 13 40	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Refuge du Chaudron	+41 79 906 18 38	Champéry
Auberge Chez Gaby	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
L'Étable	+41 24 565 65 55	Les Crosets
La Télécabine	+41 24 565 05 90	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets
Refuge Le Marcheson	+41 24 479 22 40	Les Crosets
Whitepod Resorts SA	+41 24 471 38 38	Les Giettes/ Monthey

Chez Jan	+41 24 477 11 43	Morgins
Helvetia Hotel	+41 24 565 18 75	Morgins
Auberge de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Peanut Lodge & Winstub	+41 24 477 86 96	Val-d'Illicz

GROUP ACCOMMODATIONS

Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 22 755 58 93	Champéry
Chalet du Ski-Club de Rolle	+41 79 342 41 15	Champéry
Chalet Ganesha	+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	+41 24 479 13 40	Champéry
Chalet UMW	+41 76 372 53 63	Les Crosets
Chalet les Planoz	+41 24 477 11 45	Morgins
Le Victoria	+41 24 477 60 32	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illicz

APARTMENT HOTEL

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

BIKE RENTALS

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

CLOTHING I ACCESSORIES I EQUIPMENT RENTALS

Berra Sports	+41 24 479 13 90	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Boutique Borgeat	+41 78 809 15 84	Champéry
Gonnet Sports (winter)	+41 24 479 11 77	Champéry
Holiday Sports	+41 24 479 15 26	Champéry
Trott en Stock	+41 79 136 27 09	Champéry
Alpitude (winter)	+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 Equipement Sàrl	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins

RELIGIOUS

Catholic churches	+41 24 477 11 13	Champéry Morgins Troistorrents Val-d'Illicz
Protestant Parish	+41 24 471 48 28	Monthey

HEALTH – EMERGENCY

EMERGENCY NUMBERS

Police	117	
Fire	118	
Emergency	144	
Ambulances Clerc SA	+41 24 471 62 63	Monthey

HOSPITAL

Hôpital Riviera-Chablais (adults & children)	+41 58 773 21 12	Rennaz
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DOCTOR

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

PHARMACY

Pharmacieplus de Troistorrents	+41 24 477 28 20	Troistorrents
Pharmacie des Cimes	+41 24 477 12 75	Val-d'Illicz

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		
Bâloise Assurances	+41 76 325 10 09	Champéry
Helvetia Assurances	+41 79 271 85 61	Morgins
DRIVING SCHOOL		
Pascal Avanthay	+41 78 878 55 55	Champéry
LAWYER NOTARY		
Etude Fernand Mariétan	+41 24 475 70 60	Monthey
BANK		
Banque cantonale du Valais Point cash	+41 848 765 765	Champéry
Banque Raiffeisen Point cash	+41 24 476 80 90	Champéry
Automat Euronet ATM		Les Crosets
Banque 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 79 357 19 45	Champéry Val-d'Illiez
OFFICE & IT		
Duplirex Espace Bureautique SA	+41 24 473 40 80	Monthey
Axius SA	+41 58 317 18 18	Sion
ATS Capital SA	+41 79 672 13 01	Val-d'Illiez
RACE TIMING		
Datatiming	+41 79 449 78 24	Val-d'Illiez
SKI LOCKERS		
Champéry cable car	+41 24 479 02 00	Champéry
Ski Box Morgins	+41 79 435 22 40	Morgins
MYCOLOGY EXPERT		
Tordeur Jean-Luc	+41 76 543 71 30	Troistorrents
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		
Fùltechnic	+41 24 479 14 66	Champéry
	+41 24 565 50 50	Monthey

FINANCIAL SERVICES & CONDOMINIUM MANAGEMENT		
Künzle SA	+41 24 473 73 05	Monthey
Fid'Cime	+41 79 549 97 81	Val-d'Illiez
Fid'illiez	+41 24 477 24 79	Val-d'Illiez
Fiduciaire de la Tour	+41 26 919 65 10	Val-d'Illiez
GAME WARDEN		
Mariéthoz Serge	+41 79 355 39 11	Sion
PROPANE GAS REFILLS & EXCHANGES		
Berthoud Dominique	+41 79 244 36 64	Champéry
La Mascotte	+41 24 477 28 75	Val-d'Illiez
SECRETARIAL SERVICES & MANAGEMENT		
Bureau Altitude	+41 79 606 09 44	Morgins
LAUNDROMAT		
C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Service Location	+41 24 477 26 82	Champoussin
Blanchisserie Champoussin	+41 24 477 29 34	Champoussin
Blanchiclean	+41 76 446 16 23	Morgins
Val-Time	+41 24 477 23 56	Val-d'Illiez
RECREATONAL VEHICLE RENTALS		
MaxMilLoc Sàrl	+41 79 512 29 36	Fribourg
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
ALARM SYSTEMS		
Mapco Sécurité sàrl	+41 24 477 46 76	Val-d'Illiez
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 79 622 22 24	Monthey
Les Cars Bernard	+41 24 472 70 20	Monthey
Transports Publics du Chablais	+41 24 468 03 30	Monthey
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 24 477 48 27	Val-d'Illiez
WINE – BEER – SPIRITS		
SALES POINTS		
La Petite Cave du Chablais	+41 24 471 44 21	Collombey
7Peaks Brasserie Sàrl	+41 24 565 18 72	Morgins
T-Bacchus	+41 79 933 18 35	Morgins



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**RÉGION DENTS DU MIDI
TOURIST OFFICES**

CHAMPÉRY

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

MORGINS / TROISTORRENTS

Route du Village
1875 Morgins
+41 24 477 23 61

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

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