

FREE
help yourself!

SUMMER GUIDEBOOK 2022



CHAMPÉRY CHAMPOUSSIN LES CROSETS MORGINS TROISTORRENTS VAL-D'ILLIEZ



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📍 Location 📞 Contact ⌚ Hours 💰 CHF Price (Swiss Francs) 📞 Telephone
🎫 Multi Pass 🍴 Restaurant 📏 KM Distance ➡ Access ⌚ Duration 🔥 Difficulty
⬆ Ascent ⬇ Descent 🔄 Route (loop trail or return by same trail)



WELCOME

REGION DENTS DU MIDI

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

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

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

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

OUR 6 RESORT-VILLAGES

Champéry (1,050 m)



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

Champoussin (1,580 m)

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

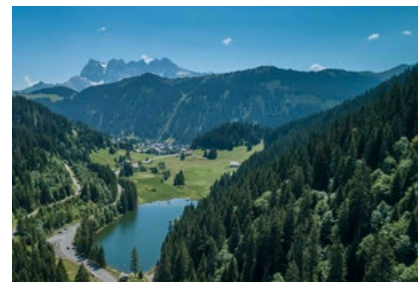


Les Crosets (1,700 m)



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

Morgins (1,330 m)

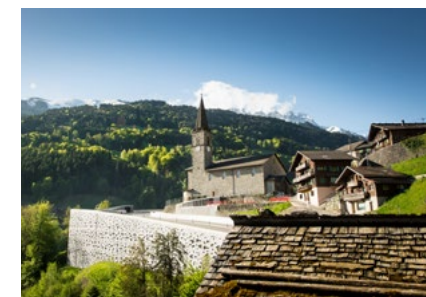


The last Swiss stop on the road to France and the gateway to the Val d'Abondance, Morgins is a vital link between the Swiss and French territories of the Portes du Soleil.

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

Troistorrents (770 m)

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



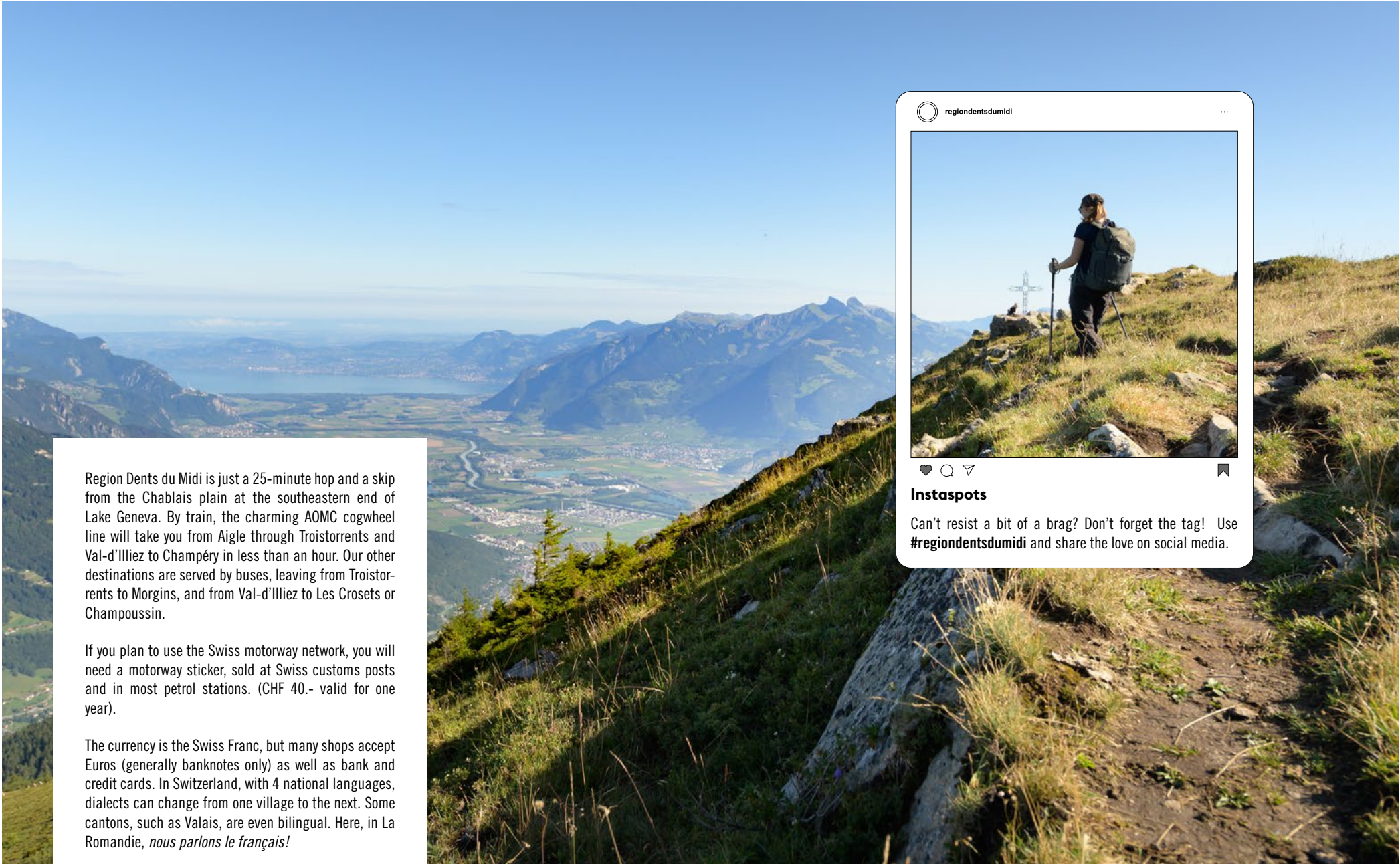
Val-d'Illeiez (950 m)



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

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

VISITING THE REGION?



Region Dents du Midi is just a 25-minute hop and a skip from the Chablais plain at the southeastern end of Lake Geneva. By train, the charming AOMC cogwheel line will take you from Aigle through Troistorrents and Val-d'Illeiez to Champéry in less than an hour. Our other destinations are served by buses, leaving from Troistorrents to Morgins, and from Val-d'Illeiez to Les Crosets or Champoussin.

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

The currency is the Swiss Franc, but many shops accept Euros (generally banknotes only) as well as bank and credit cards. In Switzerland, with 4 national languages, dialects can change from one village to the next. Some cantons, such as Valais, are even bilingual. Here, in La Romandie, *nous parlons le français!*

regionentsdumidi
...

Instaspots

Can't resist a bit of a brag? Don't forget the tag! Use **#regionentsdumidi** and share the love on social media.

WANDERLUST

HIKING & TRAIL RUNNING

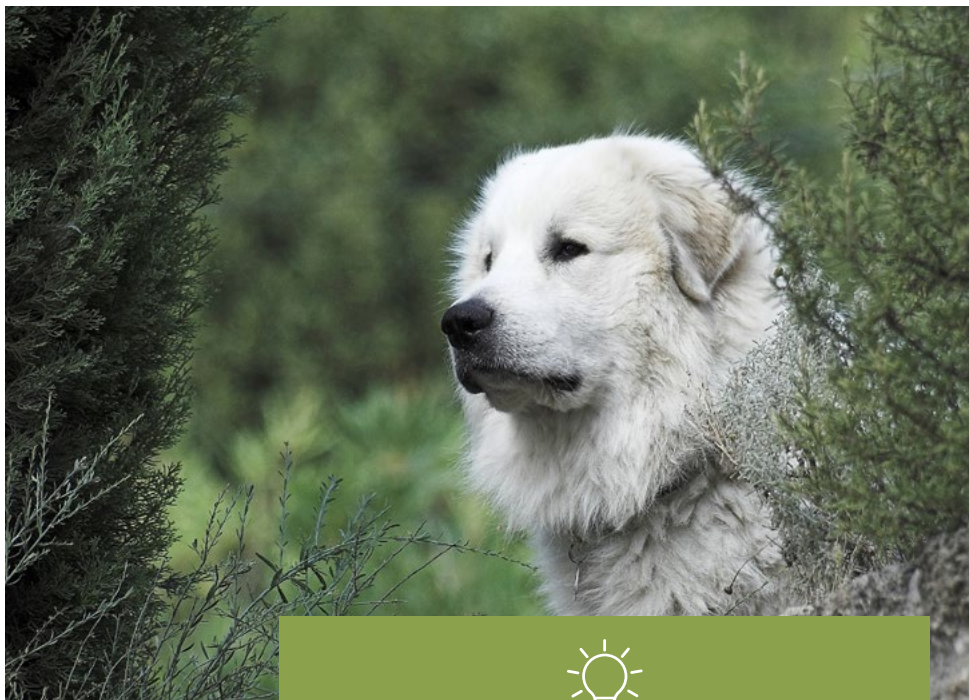
Forget about tiptoeing through the tulips! When exploring the Alps on foot, you can dabble your toes in a frigid lake, laze in the dappled shade of a forest glen, ramble through flowering pastures, scramble up steep mountainsides and wander through the wilderness to your heart's content.

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

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

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

LIVESTOCK GUARD DOGS



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

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

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

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

For more information

cpt-ch.ch

protectiondestroupeaux.ch

MULTI-DAY HIKING TOURS

The GR5

KM 2,600
 ⌚ 90 - 105 days
 🔥 difficult



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

gr5.fr

The Tour des Dents Blanches

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

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

tour-dentsblanches.com

The Tour des Dents du Midi

KM 46
 ⌚ 3 - 4 days
 🔥 difficult
 △ 3,350 m ▽ 3,350 m



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

dentsdumidi.ch

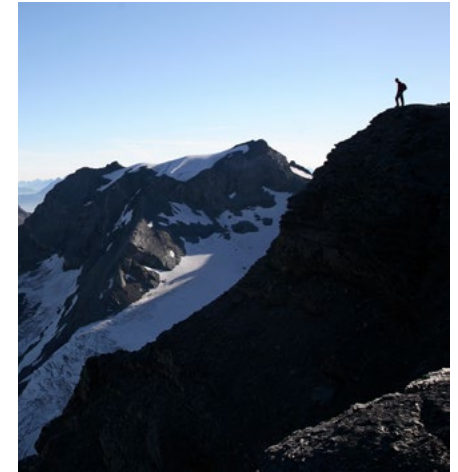


The Tour du Ruan

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

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

tourduruan.com



INTERPRETIVE TRAILS

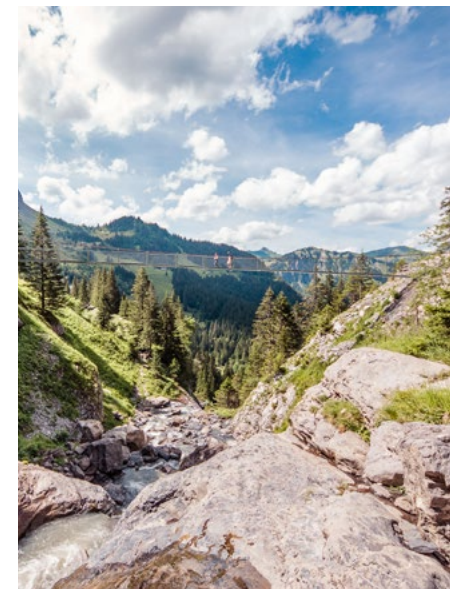
Belle Etoile Alpine Suspension Bridge

📍 Champéry
 KM 9
 ⌚ 3h30
 🔥 medium
 △ 580 m ▽ 580 m

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

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

passerelle-belle-etoile.ch



Smugglers' Trail

📍 **Champéry (Barme)**

KM 1.9 - 9.6

🕒 1h - 3h30 (varies by trail)

🔥 easy to medium

△ 60 / 710 m ▽ 60 / 710 m



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

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

The Water Trail →

📍 **Champéry | Val-d'Illiez
Troistorrents | Monthey**

KM 20.2

🕒 5h40 one-way (return by train)

🔥 easy to medium

△ 540 m ▽ 1,160 m

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



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

The Oratory Trail

📍 **Champéry**

KM 22.4

🕒 7h10

🔥 medium

△ 1,150 m ▽ 1,150 m

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

Rainbow Waters ↻

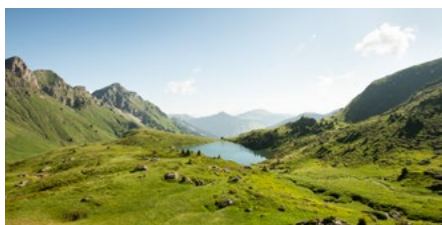
📍 **Morgins**

KM 16.6

🕒 5h25

🔥 medium

△ 870 m ▽ 870 m



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

lescouleursdeleau.ch

Antème Lakes Trail ↻

📍 **Val-d'Illiez**

KM 1.8

🕒 0h40

🔥 easy (but difficult access, see page 33)

△ 100 m ▽ 100 m



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

The Bee Trail →

📍 **Morgins**

KM 10

🕒 3h

🔥 medium

△ 270 m ▽ 270 m

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

The Bridges Trail →

📍 **Morgins**

KM 4.6

🕒 1h15

🔥 easy

△ 130 m ▽ 130 m



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

Culture Trails ↻

📍 **Troistorrents**

KM 4.4 - 6.8 (varies by trail)

🕒 1h30 - 2h30

🔥 easy

△ 160-500 m ▽ 160-500 m

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

OUR FAVOURITE HIKES

The Croix de l'Aiguille ↻

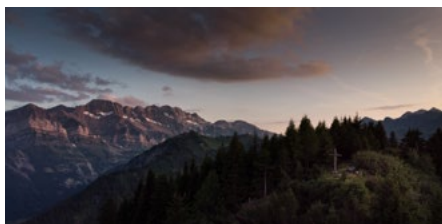
📍 Champoussin | Les Crosets

KM 5.2

🕒 1h50 (from Frâchette)

🔥 medium

△ 330 m ▽ 330 m



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

The Galerie Défago ↻

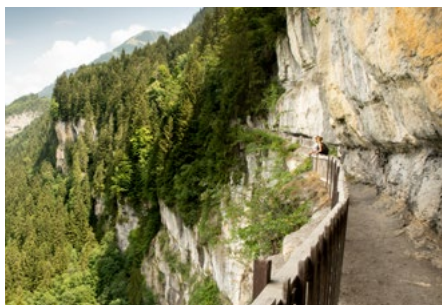
📍 Champéry

KM 5.7

🕒 2h

🔥 easy

△ 260 m ▽ 260 m



Sur Crête ↻

📍 Val-d'Illiez

KM 8.1

🕒 3h30

🔥 medium

△ 660 m ▽ 660 m



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

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

The Pont du Diable ↻

📍 Troistorrents

KM 2

🕒 1:00

🔥 medium

△ 180 m ▽ 180 m



This easy, family-friendly loop crosses the Vièze River Gorge twice - just perfect for hot summer days. From Troistorrents, head down a steep path through lush vegetation, following the sound of the cascading river to the Devil's Bridge. Built in 1936, this iconic stone bridge allows you to cross over to the hamlet of Chenarlier. From here, follow the trail to the new suspension footbridge (185 m long, 75 m high) to return to Troistorrents.

Savolaire ↻

📍 Morgins

KM 6.5

🕒 2h

🔥 medium

△ 340 m ▽ 340 m

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

Scan for itineraries



Guides: see page 138
Additional hikes in Wild Spaces, page 30



RUNNING

Parcours VITA

📍 **Champéry | Morgins**

🗨️ Region Dents du Midi tourist offices

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



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

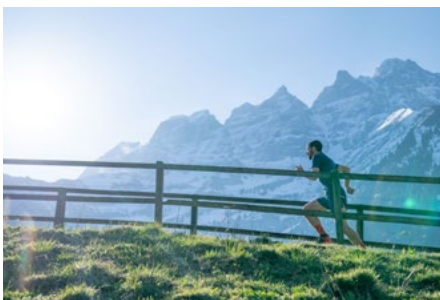
regiondentsdumidi.ch

Trail Running

📍 **Portes du Soleil**

- > more than 400 km
- > 54 marked itineraries
- > 21 lifts
- > free smartphone app Portes du Soleil Summer

✅ Multi Pass



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

rddm.ch/trail



ORIENTEERING

📍 **Region Dents du Midi**

🗨️ Region Dents du Midi tourist offices

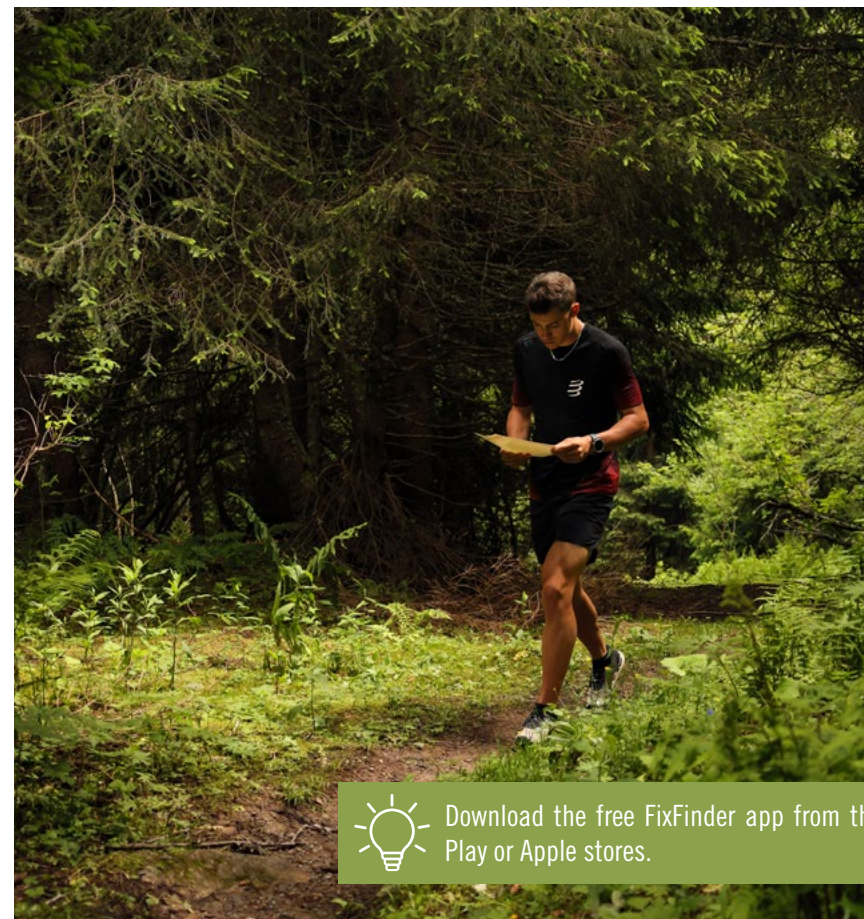
CHF 10.- orienteering map
50.- orienteering maps for all 6 routes.

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

✅ Multi Pass

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

regiondentsdumidi.ch



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

WANDERLUST



CYCLING & E-BIKING

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

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

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

DOWNHILL

World Cup Trail

📍 Champéry

KM 2.3

🔥 expert

▽ 680 m



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

La Tobogane Trail

📍 Morgins

KM 2.4

🔥 medium

▽ 490 m



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

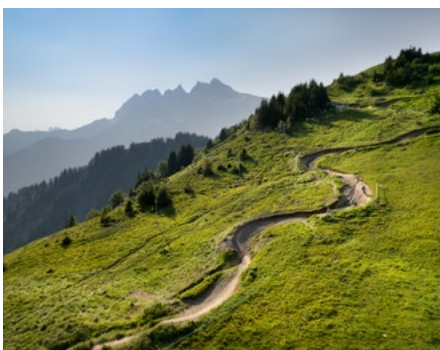
Les Crosets Trail

📍 Les Crosets

KM 1.4

🔥 difficult

▽ 255 m



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

MTB

UCI Enduro Trail

📍 Les Crosets

KM 15

🕒 2h

🔥 medium

△ 540 m ▽ 540 m



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

They Valley Trail

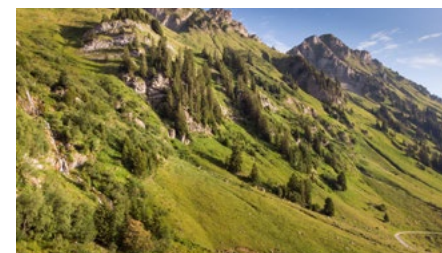
📍 Morgins

KM 11.8

🕒 2h

🔥 medium

△ 400 m ▽ 400 m



This bucolic itinerary runs parallel to the Vièze River, through the sunny pastureland nestled in the They Valley - a veritable alpine paradise dotted with stunning waterfalls and striking black Hérens cows.

PUMPTRACK

📍 Champéry (Grand Paradis)

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



Bike shops: see page 139

Bike guides: see page 138

E-BIKE

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

Le Grand8

📍 **Champéry | Champoussin
Les Crosets | Morgins**

KM 48

🔥 medium

△ 1,090 m ▽ 2,040 m

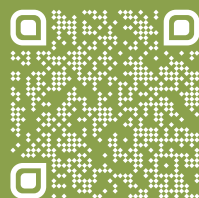
Up-trip on the cable car from Champéry to La Croix de Culet.

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

regiondentsdumidi.ch



More biking information



Download the free
smartphone app 'Portes
du Soleil Summer'



ROAD CYCLING

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

Monthey - Chenarlier - Champéry

KM 18.4

△ 740 m ▽ 70 m

Champéry - Sur Cou -
Col de Champoussin

KM 8.8

△ 590 m ▽ 30 m

Val-d'Illeiez - Col de Champoussin

KM 8.8

△ 650 m ▽ 10 m

Troistorrents - Pas de Morgins

KM 11.5

△ 640 m ▽ 10 m

Morgins - Chanso - Portes de Culet

KM 7.9

△ 570 m ▽ 40 m

Valais Vélo Tour (étape 8)
Verbier - Champéry

KM 105

△ 2,710 m ▽ 3,150 m

Valais Vélo Tour (étape 9)
Champéry - Le Bouveret

KM 56

△ 1,130 m ▽ 1,780 m



Our Bike Map can be purchased in Re-
gion Dents du Midi tourist offices and is
available on regiondentsdumidi.ch



WILD SPACES

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

Hans Christian Anderson

LAKES

Le Lac Vert

- 📍 **Les Crosets**
- 🚶 on the spot
- 🚲 on foot | by bike | with lifts
- 🕒 on foot from Les Crosets
↔ 3h15 ⬆ 580 m
- on foot from La Croix de Culet
↔ 3h30 ⬆ 620 m



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

Le Lac de Soi

- 📍 **Val-d'Illiez**
- 🚶 7 km
- 🚲 on foot
- 🕒 from Plan Soi (Route des Rives)
↔ 5h ⬆ 1,100 m

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

Le Lac de Morgins

- 📍 **Morgins**
- 🚶 1 km
- 🚲 on foot | by bike | by car
- 🕒 on foot
↔ 1h ⬆ 60 m



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



Les Lacs d'Antène

- 📍 **Val-d'Illiez**
- 🚶 on the spot
- 🚲 on foot
- 🕒 from Tière (Val-d'Illiez)
↔ 4h ⬆ 900 m
- from La Frêche (Champéry)
↔ 4h20 ⬆ 900 m
- from La Lui (Champéry)
↔ 4h45 ⬆ 1,000 m

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



SPRINGS

La Source de Rumières

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



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

L'Eau Rouge

- 📍 **Morgins**
- 🚶 0.5 km
- 🚲 on foot | by bike | by car
- 🕒 on foot from the entry to the They Valley
↔ 0h25 ⬆ 30 m

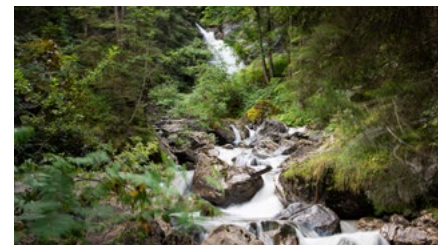


Morgins' famous 'Red Waters' got their name from the ferruginous water which springs here, colouring this part of the Vièze River brilliant orange and deep ochre. As early as 1820, travellers from far and wide began to flock to the spring to take the waters for health reasons, launching Morgins' fame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

WATERFALLS

Cascade de la Saufla

- 📍 **Champéry**
- 📏 0.8 km
- ➡ on foot
- 🕒 from Grand Paradis
↔ 0h50 ⚡ 100 m



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

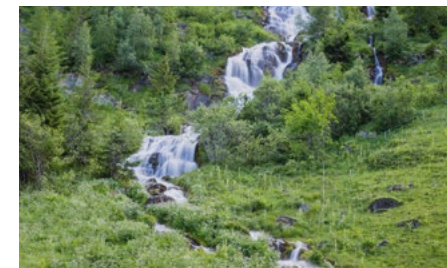
Cascade de Frassenaye

- 📍 **Val-d'Illiez**
- 📏 2.5 km
- ➡ on foot
- 🕒 on foot from Plan Soi (Les Rives Road)
↔ 0h15 ⚡ 50 m

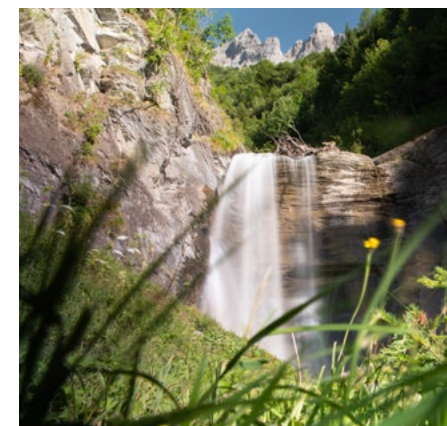
Located on the path to the Lac de Soi, this tumultuous waterfall is one of the most noticeable cascades in the Dents du Midi. Just a short hike from the Route des Rives, this waterfall provides a majestic spectacle and a cool destination on a hot summer day.

Les Fontaines Blanches

- 📍 **Morgins**
- 📏 1.3 km
- ➡ on foot | by bike | by car
- 🕒 on foot from the They Road
↔ 0h30 ⚡ 100 m



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



PEAKS

La Haute Cime (3,257 m)

- 📍 **Val-d'Illeiez**
- 🚶 4 km
- ➡ on foot
- 🕒 from Champéry
↔ 12h ⬆ 2,600 m



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

La Croix de Culet (1,963 m)

- 📍 **Champéry**
- 🚶 on the spot
- ➡ on foot | with lifts
- 🕒 on foot from Champéry
↔ 5h ⬆ 1,000 m
- on foot from Les Crosets
↔ 2h ⬆ 350 m

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

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

- 📍 **Champoussin**
- 🚶 3.6 km
- ➡ on foot | by bike
- 🕒 on foot from Champoussin
↻ 3h45 ⬆ 650 m
- on foot from Les Crosets
↔ 2h30 ⬆ 500 m



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

**La Pointe des Mossettes** (2,277 m)

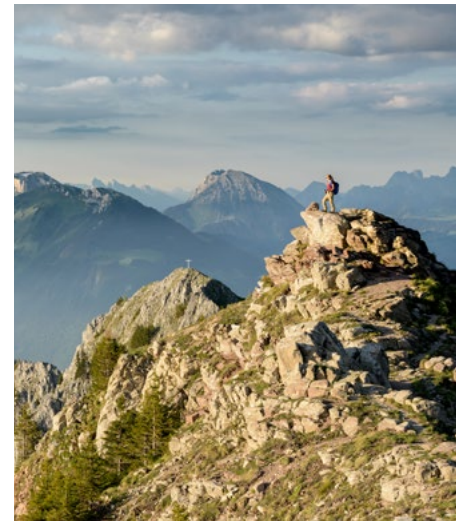
- 📍 **Les Crosets**
- 🚶 on the spot
- ➡ on foot | by bike | with lifts
- 🕒 on foot from Les Crosets
↔ 3h15 ⬆ 600 m

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

**La Pointe de Bellevue** (2,041 m)

- 📍 **Morgins**
- 🚶 4 km
- ➡ on foot
- 🕒 on foot from Morgins
↔ 3h45 ⬆ 750 m
- on foot from Chanso
↔ 2h30 ⬆ 500 m

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



La Cime de l'Est
2718 m

La Forteresse
2704 m

La Cathédrale
2704 m

L'Écran
2714 m

La Dent Jaune
2786 m

Les Dents
2710 m

La Haute Cime
2725 m

LES DENTS DU MIDI

Tour d'Anthem
2761 m

Dent de la Chaux
2782 m

Dent de Rossélan
2755 m

L'Église
2707 m

Le Dôme
2738 m

Tour Sallière
2720 m

Grand Ruin
2759 m

Petit Ruin
2787 m

Mur des Rosses
2732 m

Dent de Bonanaz
2750 m

Col de Barne
2738 m

Tête à Vincent
2748 m

Dent de Barne
2758 m

Cornu à Tourner
2738 m

Fenêtre Dents Blanches
2700 m

Dent des Six Verrays
2702 m

Pointe Bourdillon
2713 m

Dent de Signal
2727 m

Preuille Dent
2700 m

Pointe des Chamais
2700 m

Cornu au Taureau
2738 m

LES DENTS BLANCHES

Col de Coeur
1702 m

A person wearing an orange helmet and a red shirt is ziplining over a lush green mountain landscape. The background features dense evergreen forests, rolling hills, and distant snow-capped mountains under a clear blue sky. The person is seen from behind, suspended on a zipline cable, with their hands gripping the handle. The foreground is filled with tall, golden-brown grass.

***COME ONE,
COME ALL***

STAR ATTRACTIONS

Meant to be shared and highly addictive, escape games will tickle your imagination and whisk you away for fantastic adventures. You and your friends will need to keep your wits about you to solve the puzzles and avoid the traps!

Our famous Multi Pass offers mountains of free, unlimited activities and super discounts. This is your golden ticket to a maximum of Portes du Soleil summer fun!

Region Dents du Midi Explor Games®

- 📍 **Champéry | Champoussin
Les Crosets | Morgins**
- 🗨 **Region Dents du Midi tourist offices**
- 🕒 **> E-bike version (summer): 3 itineraries
with different difficulty levels**
**> Walking version (summer & winter):
1 easy itinerary**
- CHF **free smartphone app RDDM Explor Games®
15.- per map (for 1 - 5 players)**
- 🕒 **Multi Pass**

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

regiondentsdumidi.ch



La Malédiction de l'Eau Rouge

- 📍 **Morgins** reservations required
- 🗨 **Region Dents du Midi tourist offices**
- 🕒 **Dates & times online**
- CHF **Minimum 4 participants**
4-10 people: CHF 30.- / person
11 - 30 people: 25.- / person
- 📞 **+41 (0)24 477 23 61**

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

regiondentsdumidi.ch



The Multi Pass is your golden ticket to 60 unlimited, free activities during your stay in the Portes du Soleil. Starting on June 11th, just say 'Multi Pass' and your wish is our command!

With the Multi Pass, it's free to:

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

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

Offers

• THE OVERNIGHTER MULTI PASS

For overnight stays in Region Dents du Midi from June 11th to November 1st, the Multi Pass is totally free! Just ask your host.

• THE 1-DAY MULTI PASS

Day tripping? Up till September 11th, you may purchase a Multi Pass for just CHF 13.- from the lift company to get the most out of your visit. (Free for children under 5).

• THE SEASON MULTI PASS

If the Portes du Soleil is your summer stomping grounds, you'll want the season pass for CHF 90.-! You'll enjoy free and reduced-price activities throughout Region Dents du Midi until November 1st.



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



Multi Pass activities



***COME ONE
COME ALL***

THE FAVOURITES

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

OUTDOOR POOLS

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

📍	Champéry
🗨️	Palladium de Champéry
🕒	detailed opening hours on the website
CHF	adult > 7.- child > 5.-
☎️	+41 (0)24 479 05 05
🎫	Multi Pass

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

approximately 28°

palladiumdechampery.ch

📍	Morgins
🗨️	Installations de Sport et Loisirs de Morgins
🕒	25.06.2022 - 21.08.2022 09:00 - 19:00 (depending on weather)
CHF	adult > 5.- child > 3.-
☎️	+41 (0)24 477 19 92
🎫	Multi Pass

Pool size is 25 m by 12,5 m.

between 22 and 25°C

morgins-loisirs.ch

MINIGOLF

📍	Morgins
🗨️	New Crystal Bar
🕒	May - November > 09:00 - 19:00
CHF	adult > 5.- child (5 - 16 yrs) > 3.-
☎️	+41 (0)24 477 41 98
🎫	Multi Pass

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

regiondentsdumidi.ch



OUTDOOR TENNIS

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

📍	Champéry
🗨️	Palladium de Champéry
🕒	26.05.2022 to mid-October (depending on weather) weekdays > 08:00 - 20:00 weekends > 08:00 - 19:00
CHF	30.- / hour
☎️	+41 (0)24 479 05 05
🎫	Multi Pass

3 clay outdoor courts

palladiumdechampery.ch

📍	Morgins
🗨️	Centre sportif
🕒	09:00 - 21:00 daily, (21:00 last time slot with reservations 24h in advance)

📍	Val-d'Illiez
🗨️	Buvette des Tennis
🕒	08:00 - 21:00
CHF	20.- / per court
☎️	+41 (0)24 477 21 13
🎫	Multi Pass

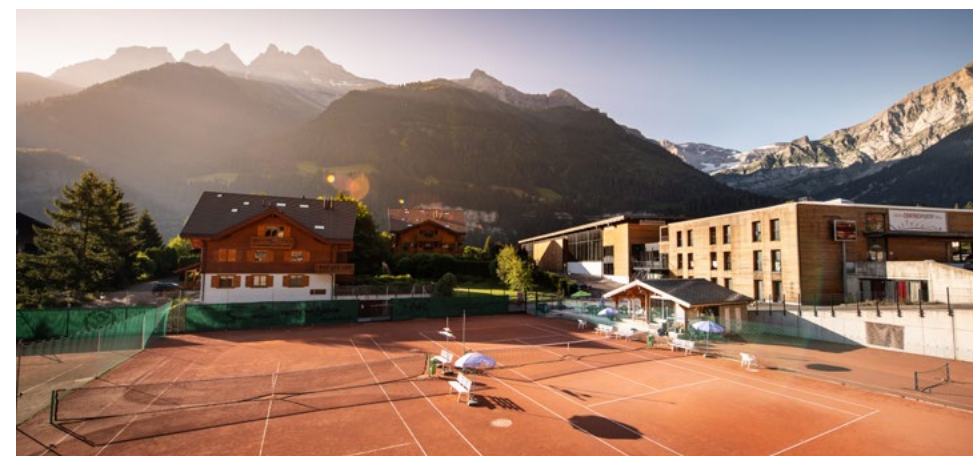
2 clay outdoor courts

tcvaldilliez.ch

CHF	22.- / hour
☎️	+41 (0)24 477 19 92
🎫	Multi Pass

2 clay outdoor courts

morgins-loisirs.ch



PÉTANQUE

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

📍 **Champéry**
 💬 Cantine des Rives
 ☎ +41 (0)24 479 11 71

lesrives.ch

📍 **Champéry**
 💬 Chalet Rosalie
 ☎ +41 (0)24 479 14 84

chalet-rosalie.ch

📍 **Champéry**
 💬 Cantine sur Coux
 ☎ +41 (0)24 479 10 44

cantinesurcoux.net

📍 **Champoussin**
 💬 Couvert de Frâchette
 ☎ +41 (0)24 476 87 87

illiez.ch

📍 **Champoussin**
 💬 Parc Aventure Point Sud
 ☎ +41 (0)79 928 25 63

point-sud.ch

📍 **Les Crosets**
 💬 Crêperie
 ☎ +41 (0)79 931 38 37

regiondentsdumidi.ch

📍 **Morgins**
 💬 Buvette de Savolaire
 ☎ +41 (0)24 477 11 14

restaurant-buvette-savolaire.ch

📍 **Morgins**
 💬 Chez Jan
 ☎ +41 (0)24 477 11 93

chezjan.com

📍 **Morgins**
 💬 New Crystal Bar
 ☎ +41 (0)24 477 41 98

regiondentsdumidi.ch

📍 **Morgins**
 💬 Centre sportif
 ☎ +41 (0)24 477 19 92

morgins-loisirs.ch

📍 **Val-d'Illiez**
 💬 Buvette des Tennis
 ☎ +41 (0)24 477 21 13

restaurantdestennis.ch

📍 **Val-d'Illiez**
 💬 Peanut Lodge & Winstub
 ☎ +41 (0)24 477 86 96

peanutlodge.com

VOLVO



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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



A person wearing a helmet and climbing gear is rappelling down a steep, craggy rock face. To the right of the climber, a powerful waterfall cascades down the cliff, creating a large spray of white water. The scene is set in a lush, green forest with tall trees in the background. The overall atmosphere is one of adventure and natural beauty.

***COME ONE
COME ALL***

THRILL SEEKERS

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

TREETOP ROPES COURSE

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

Champéry

Organic Adventure Park

- May & June: Saturdays & Sundays 10:00 - 18:00
- July & August: open 7/7 09:00 - 19:00
- September: Saturdays & Sundays 10:00 - 18:00
- October: open 7/7 > 13:00 - 18:00

- CHF
- > 16+ yrs: 36.-
 - > 11 - 15 yrs: 26.-
 - > 6 - 10 yrs & 1m10: 21.-
 - > 3 - 5 yrs: 16.-

No card payments.

+41 (0)79 757 56 28

Multi Pass

organicadventurepark.ch

Champoussin

Parc Aventure Point Sud

- June – September: Mondays - Fridays 10:00 - 18:00 Saturdays & Sundays 10:00 - 19:00
- May & October: open with reservations

- CHF
- > 18+ yrs: 34.-
 - > 14 - 17 yrs: 24.-
 - > 8 - 13 yrs: 18.-
 - > 4 - 7 yrs: 12.-
 - > under 4: 5.-

+41 (0)79 928 25 63

Multi Pass

point-sud.ch



Downhill Scooters

reservations required

Champéry

Trott en Stock

Hours & reservations online

- CHF
- > 1h30 (cable car ride up & 1 trip down): adult > 39.- child (8 - 15 yrs) > 33.-
 - > 3h (2 cable car rides up & 2 trips down): adult > 67.- child (8 - 15 yrs) > 55.-

+41 (0)79 136 27 09

Multi Pass



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

swissrideactivity.ch

Déval'kart

reservations required

Morgins

Joël Rey-Mermet

daily, on request, Depending on ground conditions

- CHF
- > 4 - 5 karts: 30 min > 120.- | 1h > 200.-
 - > 10 karts: 30 min > 200.- | 1h > 350.-
 - > 15 karts: 1h > 450.-
- Children minimum 1.35 m

+41 (0)79 224 73 19

Multi Pass



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

regiondentsdumidi.ch

Bubble Football

reservations required

Morgins

Ludo Gfeller

CHF on request

+41 (0)79 516 60 79

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

regiondentsdumidi.ch

Electric Scooters

- 📍 **Morgins**
- 💬 Team des loups du Val de They
- 🕒 Hours & reservations online
- CHF Guided outings (min. 2 people)
 - › Discovery (~1h)
12 yrs + › 80.- (no meal)
 - › Sporty (~3h):
adult › 150.- (meal included)
- 👤 Multi Pass

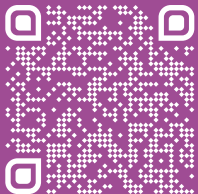


Get off the beaten path with a ride on an all-terrain electric scooter! Choose from several different circuits, explore the region and enjoy a delicious alpine meal!

loups.agenda.ch



In July & August,
enjoy our package offer
with a gourmet pit stop!



Electric All-terrain Vehicle

- 📍 **Les Crosets**
- 💬 Rando E-motion
- 🕒 Hours & reservations online
- CHF › Single-seater › 80.-/hour and 60.-/additional hour
 - › Tandem › 110.-/hour and 60.-/additional hour
 - › 20-minute session › 40.-/pers. (without reservations depending on availability)
 - › Personalised programme on request
- ☎ +41 (0)77 440 08 32

Behind the wheel of a single-seater or along for the ride in a tandem, you'll experience the mountains in a whole new way thanks to this offroad vehicle of the future! Activity suitable for people with reduced mobility.

rando-e-motion.ch



Axe Throwing

reservations
required

- 📍 **Champoussin**
- 💬 Chez Gaby 1670
- 🕒 10:00 - 18:00
- CHF 16 yrs and up › 15.- (min. 3 people)
- ☎ +41 (0)24 477 22 22
- 👤 Multi Pass



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

chezgaby1670.ch



Archery

reservations
required

- 📍 **Morgins**
- 💬 Joël Rey-Mermet
- 🕒 on request, depending on weather conditions
- CHF adult › 20.- | child (from 8 yrs) › 15.-
- ☎ +41 (0)79 224 73 19
- 👤 Multi Pass

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

regiondentsdumidi.ch

PARAGLIDING

reservations
required

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



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

parafly.ch

📍	Region Dents du Midi Depending on weather conditions
🗨️	Basile Marclay
CHF	Tandem flight: from 100.- to 160.- depending on distance flown
📞	+41 (0)79 638 24 31

📍	Region Dents du Midi Depending on weather conditions
🗨️	Albert Caillet-Bois
CHF	Tandem flight: from 120.- to 180.- depending on distance flown
📞	+41 (0)79 452 05 19

acbfly.com

📍	Region Dents du Midi Depending on weather conditions
🗨️	Val d'Illeir - Gaëtan Avanthay
CHF	Tandem flight: from 120.- to 200.- depending on distance flown
📞	+41 (0)79 431 26 61

valdillair.com

Rock Climbing

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

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

regiondentsdumidi.ch

Canyoning

reservations
required

📍	Champéry
🗨️	Fred Soustre
🕒	on request
CHF	from 90.-
📞	+41 (0)79 710 37 69



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

Via Ferrata

📍	Champéry Val-d'Illeir
🗨️	Region Dents du Midi tourist offices
CHF	unrestricted access
📞	+41 (0)24 479 05 50



460 m long, with an elevation gain of 140 m and a 75° inclination at times, the Via Ferrata de Tière crisscrosses the Tière River Gorge twice over suspension bridges.

regiondentsdumidi.ch

Go With a Guide

reservations
required

📍	Region Dents du Midi
🗨️	Montagne Expérience
CHF	on request
📞	+41 (0)79 637 70 37
🕒	Multi Pass

For many, the mountains inspire a visceral need to explore, to challenge oneself, to climb the peak 'because it's there'. But where to start? What to bring? Inexperience is not only dangerous, it can be deadly. A mountain guide is the key that unlocks the austere and unforgiving high alpine environment. Alternately one step ahead of you or right by your side, pushing you to go farther or encouraging you in moments of fatigue, the relationship between guide and client is a special and unique one. From their base camp right here at the foot of the Dents du Midi, our guides lead summit hikes or heliskiing trips as well as ice climbing, mountaineering or ski touring excursions, both close to home or world-wide.

guides-champery.ch

A detailed photograph of a bird of prey, possibly a Common Buzzard, perched on a mossy rock in a lush forest. The bird has dark brown upperparts and a lighter, barred underbelly. It is looking towards the right. The background is filled with green foliage and a small stream flows over rocks in the lower right corner.

***COME ONE,
COME ALL***

EXPECT THE UNEXPECTED

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

HUSKY ACTIVITIES

reservations
required



Husky Hiking

📍 Morgins

🗨 Team des loups du Val de They

🕒 Hours & reservations online only

- CHF** > Discovery Tour (~1h)
adult > 80.- | child (7 - 14 yrs) > 30.-
- > Gourmet Tour (~3h)
adult > 120.- | child (10 - 14 yrs) > 50.-
Enjoy a gourmet aperitif featuring local products.
- > Lakeside Tour (~5h) For good walkers
adult > 180.- | child (10 - 14 yrs) > 80.-
- > Enjoy an aperitif with a view of the Dents du Midi and a delicious meal at the Corbeau Hut.

🔄 Multi Pass

Harness yourself to a furry companion with a comfortable belt and attached leash- your trusty husky guide will pull you uphill, taking all the hard work out of the outing!

loups.agenda.ch

Husky Scooters

📍 Morgins

🗨 Team des loups du Val de They

🕒 Hours & reservations online only

- CHF** approx 1h30
min 2 people - max 4 people
80.- / person 12+ yrs



After a little training and a crash-course in theory, you'll try your hand at driving an all-terrain scooter towed by a sled dog team.

loups.agenda.ch

A RAPTOR'S-EYE VIEW

reservations
required

Take Flight Hike

📍 Morgins

🗨 La Petite Volerie

- 🕒 > June, September, & October : Saturdays & Sundays > 09:30 - 12:00
- > July & August : Tuesdays & Thursdays > 09:30 - 12:00, Sundays 13:00 - 15:30
- > Duration : 2h30 (8+ yrs)
- Cancelled in case of inclement weather.

CHF 1 - 12 people > 50.-/ person

☎ +41 (0)79 761 08 88

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

regiondentsdumidi.ch

30' Intense

📍 Morgins

🗨 La Petite Volerie

- 🕒 > July & August: Tuesdays & Thursdays > 14:00 - 16:00 | Saturdays > 10:00-12:00
- > Duration : 30 min (8+ yrs)
- Cancelled in case of inclement weather.

CHF 1 - 4 people > 50.-/ 30 minutes

☎ +41 (0)79 761 08 88

Join us in the forest for a 30-minute introduction to falconry, including bird-handling theory and an exhilarating, hands-on hawking experience. There's nothing quite like holding a hawk on your glove, setting it free, then watching it soar, swoop, and dive before it returns to land on your glove.

regiondentsdumidi.ch

Visit the Petite Volerie

📍 Morgins

🗨 La Petite Volerie

- 🕒 > daily from May - February
(hours on request)
- > duration 45 min
- activity maintained in all weather

CHF 2 - 10 people > 15.-/ person
under 4 yrs > free

☎ +41 (0)79 761 08 88

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

regiondentsdumidi.ch



HORSEBACK RIDING

reservations
required

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

Champéry

Centre Equestre de Champéry

CHF adult > 45.- / hour
child (- 14 yrs) > 40.- / hour

+41 (0)79 429 60 20

regiondentsdumidi.ch

Morgins

Ranch de Morgins

09:00 - 17:00 daily

CHF 50 min. > 45.- | 2h > 80.- | 3h > 120.-

+41 (0)79 608 10 16

ranch-morgins.ch

CARRIAGE RIDES

reservations
required

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

Champéry

Centre Equestre de Champéry

With reservations

CHF 50.- ½ heure / person (max. 4 people)

+41 (0)79 429 60 20

regiondentsdumidi.ch

Champéry | Champoussin Les Crosets | Val-d'Illiez

Irénée Caillet-Bois

on request

CHF on request

+41 (0)79 673 54 14

regiondentsdumidi.ch

Morgins

Ranch de Morgins

09:00 - 17:00 daily

CHF 160.- / hour (max. 5 adults)

+41 (0)79 608 10 16

ranch-morgins.ch

FISHING

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

Champéry

Chalet Rosalie (pond fishing)

Opening hours same as Chalet Rosalie

CHF > CHF 24.- per kg of trout

> fishing pole rental
(bait & fish cleaning included) :
1 pole > 5.- | 3 poles > 10.-

> daily fishing permit :
2.- per family or group

+41 (0)79 577 87 54

chalet-rosalie.ch

Les Crosets - Lac Vert

Refuge de Chésery

Opening hours same as Refuge de Chésery

CHF 27.- + 2.- cantonal tax

+41 (0)79 725 68 20

lacvert.ch



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



KIDS RULE

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

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

FURRY FRIENDS

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

Relais Panoramique

Les Crosets

July - September
during restaurant opening hours

+41 (0)24 479 34 12



Your children can spend the day getting friendly with the chickens, goats, pigs, sheep, alpacas, donkeys and ponies in our animal park - while the grown-ups enjoy cold drinks and delicious local specialties on our sunny restaurant terrace.

relais-crosets.com

Marmot Park

Champoussin

Chez Gaby 1670

daily

CHF free

+41 (0)24 477 22 22



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

chezgaby1670.ch

PONY RIDES

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

Champéry

Centre Equestre de Champéry

CHF 20-minute tour
 › accompanied by parents › 15.-
 › accompanied by the Centre › 20.-

+41 (0)79 429 60 20

regiondentsdumidi.ch

Les Crosets

Relais Panoramique

July - September
during restaurant opening hours

+41 (0)24 479 34 12

relais-crosets.com

Morgins

Ranch de Morgins

09:00 - 17:00 daily

CHF accompanied by parents :
 › 10 min › 10.-
 › 30 min › 25.-
 › 1h › 35.-
 accompanied by the Ranch :
 › 10 min › 15.-
 › 30 min › 35.-
 › 1h › 45.-

+41 (0)79 608 10 16

ranch-morgins.ch

A DAY AT THE STABLES

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

Champéry

Centre Equestre de Champéry

please reserve

CHF 1 h for 1 - 5 children › 30.- / child

+41 (0)79 429 60 20

regiondentsdumidi.ch

Morgins

Ranch de Morgins

› Year-round: introduction to ponies/
horses for groups of 10+ children (2h)
 › July - August: Wednesdays 09:00 - 10:30
A Morning at the Ranch

CHF Group activity (reservations at the ranch):
 › 2 children per horse/pony › 30.-/child
 › 3 children per horse/pony › 25.-/child
 Morning at the Ranch (reservations via
rddm.ch): › child (5-14 yrs) › 15.-

+41 (0)79 608 10 16

ranch-morgins.ch



FUN & GAMES

Dents du Midi
Tourist Train

📍	Champéry
🗨️	Region Dents du Midi tourist offices
🕒	0h15 - 1h30, depending on the itinerary
CHF	free
☎️	+41 (0)24 479 05 50
🔄	Multi Pass

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

regiondentsdumidi.ch



Hike to a restaurant, then catch a ride home! It's child's play to combine a ride on the little train with your day's itinerary.

Our handy timetable is available at the tourist offices.



Fun Park

📍	Champéry Les Crosets Morgins
🗨️	Region Dents du Midi tourist offices
🕒	13:00 - 18:00 › 09.07 - 24.07 › Les Crosets (lift company car park) › 26.07 - 07.08 › Champéry (school playground) › 09.08 - 21.08 › Morgins (Sports Centre)
CHF	5.- (parental supervision required)
☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins) +41 (0)24 477 20 77 (Val-d'Illiciez)
🔄	Multi Pass

The Fun Park- our famous child-friendly bouncy play zone- might just be your kids' favourite part of summer!

regiondentsdumidi.ch



Pumptrack : see page 27

Playgrounds

📍	Champéry Morgins Troistorrents
🗨️	Region Dents du Midi tourist offices
CHF	unrestricted access
☎️	+41 (0)24 479 05 50 (Champéry) +41 (0)24 477 23 61 (Morgins)



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

regiondentsdumidi.ch

AQUATIC ACTIVITIES

reservations
required

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

Baby Swimmers

- 📍 **Champéry**
- 🗨 **Palladium de Champéry**
- 🕒 **Saturday mornings 20.08 -05.11.2022**
- 💰 **CHF Per trimester only > 200.- for 12 lessons (includes entry for 1 child and 1 adult).**
- ☎ **+41 (0)24 479 05 05**

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

palladiumdechampery.ch



Swimming Lessons

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



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

palladiumdechampery.ch

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

Group lessons		
8 semi-private lessons / 0h30	8 small group lessons 0h30	Week-long course, mornings during school holidays
165.- / child	140.- / child	260.- / child
during school holidays Mondays - Fridays 17:00 & 18:00 (times on request outside of these time periods)		

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 babysitters who would be happy to take over for a while, just scan the QR Code below!



Our babysitters



SUMMER CAMPS

reservations
required

Summer Camp

Champéry

Palladium de Champéry

04.07-12.08.2022
 04-08.07: Space Explorer
 11-15.07: Climbing the Walls
 18-22.07: Cycling Champs
 25-29.07: Koh Lanta Survivor
 01-15.08: Under the Big Top
 08-12.08: Mission Green Planet

+41 24 479 05 05

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

palladiumdechampery.ch

Kids Bike Camp

Champéry

Ride Switzerland

11-15.07 | 01-05.08.2022

+41 (0)79 501 37 08

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

rideswitzerland.com



Intro to Climbing & Via Ferrata

Champéry

Region Dents du Midi tourist offices

04-05.07 | 02-03.08.2022

+41 (0)24 479 05 50

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

regiondentsdumidi.ch

International Summer Camp

Champéry

Ecole Nouvelle de la Suisse Romande

26.06-30.07.2022 (1 - 5 weeks available)

+41 (0)21 654 65 00

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

ensr-summer.ch

DH Kids' Camp

Champéry

Ride Switzerland

11-15.07 | 01-05.08.2022

+41 (0)79 501 37 08

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

rideswitzerland.com

Swim Camps

Champéry

Palladium de Champéry

27.06-01.08.2022
 (1 week, Mondays - Fridays)

+41 24 479 05 05

palladiumdechampery.ch

Pony Camps

Champéry

Centre Equestre de Champéry

04-08.07 | 11-15.07 | 18-22.07
 25-29.07 | 01-05.08 | 08-12.08
 10-14.10 | 17-21.10.2022

+41 (0)79 429 60 20

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

regiondentsdumidi.ch

Archery Basics & Campfire Picnic

Morgins

ESS Morgins

06.07 | 20.07 | 03.08.2022 (1 afternoon)

+41 (0)24 477 29 49

You'll work up an appetite with an introductory archery course on our 18-target trail, then roast sausages and marshmallows over a crackling campfire.

ess-morgins.ch

Bike Academy

Morgins

ESS Morgins

04-07.07 | 18-21.07 | 01-04.08.2022
 (3 mornings)

+41 (0)24 477 29 49

Young riders will learn to handle their mountain bikes - braking, turning, passing obstacles, and making small jumps - in a fun, supervised environment.

ess-morgins.ch

A Week at the Ranch

Morgins

Ranch de Morgins

04-08.07 | 11-15.07
 01-05.08 | 08-12.08.2022

+41 (0)79 608 10 16

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

ranch-morgins.ch

Evazion Summer Camps

Champéry | Morgins

Evazion

Morgins : 04.07-20.08
 (Mondays - Saturdays)
 Champéry : 08-13.08 | 15-20.08.2022

+41 (0)24 471 33 33

› Morgins
 My First Camp / Speed'Camp / Multisports
 YouTuber & Sports / E-Sport & Real-Life Sports/
 Horse Riding
 › Champéry
 Sports & Exploration / Climbing & Nature / Arts &
 Leisure / Magic / Dance / Horse Riding

evazion.ch



INDOORS

REST & RELAXATION

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

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

SPAS

reservations
required

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

Champéry

Hôtel National Resort & Spa

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

CHF adult (18+ yrs) > 35.-

+41 (0)24 479 11 30

Jacuzzi, hammam, sauna, massages, outdoor pool heated to 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

CHF > adult (16+ yrs) > 38.-
> 10:00 - 16:00 > 28.- (discounted entry)

+41 (0)24 479 58 58

Multi Pass

Jaccuzzi, hammam, sauna, cold water pool, Kniepp hydrotherapy, disinfectant foot bath, flotation pool, massages.

beausejour.ch

Morgins

Helvetia Hotel

16:00 - 19:00 (last entry)

CHF adult / child > 15.-

+41 (0)24 565 18 75

Jacuzzi, sauna, hammam.

helvetiahotel.ch



THERMAL BATHS

Val-d'Illeiez

Thermes Parc

Temporarily closed

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

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



YOGA

reservations
required

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



Yoga teachers: see page 137



Massage therapists: see pages 136-137

Massages

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

FASTING CURES & HIKES

reservations
required

📍 Champoussin | Val-d'Illiez

🗨 Centre Interlude Bien-Être

CHF depending on programme
and accommodation

☎ +41 (0)44 586 58 60

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

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

interludiebenetre.ch

📍 Morgins

🗨 Jeûne & Nature

🗨 Dates online

CHF On request

☎ +41 76 416 22 08

Joëlle Rey invites you to try a change of pace with a restorative 'Fasting and Nature' retreat. From your home base in a quaint, rustic chalet, you'll enjoy walks, stretching, gentle yoga, and relaxing free time.

jeuneravecjoelle.ch



INDOOR POOL

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

📍 Champéry

🗨 Palladium de Champéry

🕒 detailed opening hours on the website

CHF adult > 7.- | child > 5.-

☎ +41 (0)24 479 05 05

🕒 Multi Pass

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

Approx. 28°C

palladiumdechampery.ch



AQUABIKE & AQUAGYM

reservations
required

📍 Champéry

🗨 Palladium de Champéry

🕒 Aquabike

> Tuesdays 18:30 - 19:15

> Fridays 10:30 - 11:15

Aquagym

> Mondays & Thursdays 18:00 - 18:45

CHF Aquabike

> adult / child : 25.- per session

Aquagym

> adult / child : 17.- per session

☎ +41 (0)24 479 05 05

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

palladiumdechampery.ch



A wide-angle photograph of an indoor tennis court. The court has a bright blue surface with white boundary lines. In the foreground, three children are seen from behind, standing on the court. The child on the left is wearing a light grey shirt and shorts, and is in the middle of a backhand swing. The child in the middle is wearing a grey shirt and black shorts. The child on the right is wearing a grey shirt and a green skirt. In the background, another child is visible on the opposite side of the net. The court is enclosed in a large wooden structure with a high, vaulted ceiling supported by numerous wooden beams. Large windows on the right side of the building allow natural light to enter. Various banners and signs are visible along the back wall, including one for 'RAIFFEISEN' and another for 'AGENCE IMMOBILIERE'.

INDOORS

UNDER COVER

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

Escape Room

reservations
required

📍	Champéry
🗨️	Trapgame Champéry Sàrl
🕒	09:30 - 00:00 Tuesdays – Sundays
CHF	price per person: 2 people > 55.-/pers. 3 people > 50.-/pers. 4 people > 45.-/pers. 5 people > 40.-/pers. 6 people > 35.-/pers. free for kids under 7
☎️	+41 (0)24 565 03 24
✅	Multi Pass



Locked in a themed room with a group of friends or family, you will have to work as a team to solve a series of puzzles and find your way out in under an hour. If you like intrigue and adventure, history, and mystery, you'll love the Trapgame! Choose from 3 different experiences, in French or English, age 7 and up.

trapgame-champéry.ch

Treasure Hunt

reservations
required

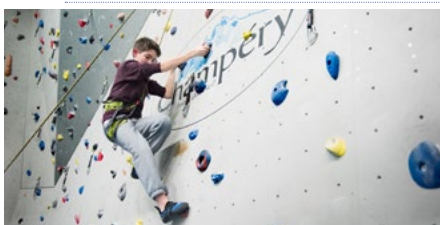
📍	Champéry
🗨️	Palladium de Champéry
🕒	daily
CHF	adult : 29.- / 19.- child (7 - 15 yrs) : 20.- / 15.- (with / without the water adventure)
☎️	+41 (0)24 479 05 05

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

palladiumdechampéry.ch

Indoor Climbing Wall

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



The eye-catching indoor climbing wall at the Palladium in Champéry is 9.5 metres at its highest point and offers a surface of 260 m², 1,600 holds and some 50 routes ranging from an easy 4a to a gnarly 8a. Please note that our climbing wall is not a bouldering room. We do not have a monitor on site or an automatic belay system. Introductory climbing workshops are available with reservations at least 72 hours in advance.

palladiumdechampéry.ch

Ice Skating

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

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

palladiumdechampéry.ch

Indoor Tennis

reservations
required

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

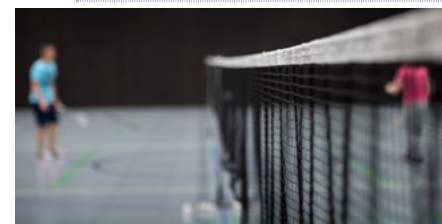
2 synthetic courts. Tennis is a great way to improve your speed and agility. Keep your eye on the ball and channel your inner Roger!

morgins-loisirs.ch

Badminton

reservations
required

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



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

palladiumdechampéry.ch

FITNESS

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

📍	Champéry
🗨️	Palladium de Champéry
🕒	detailed opening hours on the website
CHF	15.- (16+ yrs)
☎️	+41 (0)24 479 05 05
✅	Multi Pass

palladiumdechampéry.ch

📍	Morgins
🗨️	Oxygen Morgins
🕒	07:00 - 21:00 Mondays - Saturdays
CHF	prices online (depending on the chosen service)
☎️	+41 (0)79 261 23 31

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

oxygenmorgins.ch

GYMNASIUMS

reservations
required

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

Champéry

Palladium de Champéry

CHF 60.- / hour

+41 (0)24 479 05 05

palladiumdechampery.ch

Morgins

Region Dents du Midi tourist offices

CHF on request

+41 (0)24 477 23 61

troistorrents.ch

Troistorrents

Troistorrents Municipal Administration

CHF on request

+41 (0)24 476 80 10

troistorrents.ch

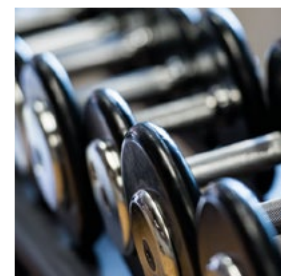
Val-d'Illiez

Val-d'Illiez Municipal Administration

CHF on request

+41 (0)24 476 87 87

illiez.ch



CENTRE SPORTIF ET CULTUREL



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

OUR ROOTS

KNOW-HOW

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

Bell Foundry

reservations
required

📍 Champéry

🗨️ Hugues Perrin

🕒 on request

CHF adult > 10.- | child > free

☎️ +41 (0)79 435 92 39



Champéry's bell-foundry was established in 1870 by Isaac Perrin. Over the following century and a half, the foundry was handed down to Jean-Denis Perrin and then to his son Hugues. One of the last foundries in Switzerland, the Perrins have helped preserve this ancient craft and created a Champérolain tradition.

fonderiechampéry.wixsite.com/perrin

Carillon Concert

reservations
required

📍 Morgins

🗨️ François Donnet

🕒 > Thursdays & Fridays > afternoons

> Saturdays > all-day

☎️ +41 (0)79 310 95 61

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

carillondemorgins.ch

Watchmaking Workshop

📍 Champéry

reservations
required

🗨️ Hors du Temps

🕒 year-round with reservations

CHF > 350.- / ½ day

> 500.- / ½ day (with watch movement to keep)

> starting at 1,300.- (includes : coffee & croissants, lunch in a local restaurant, and the watch movement, casing and bracelet of your choice to take home)

☎️ +41 (0)24 479 10 63

Master the passage of time, if only for a moment! Take a seat at the workbench, disassemble, then reassemble a mechanical watch movement and learn how it works. Then, put together your own, personalised watch.

boutiquehorsdutemps.ch



All year round, the Carillon plays melodies at

09:55, 11:05, 11:55, 12:05,
13:05, 16:05, 17:05

Wild Fondue & Raclette

📍 Region Dents du Midi

reservations
required

🗨️ Region Dents du Midi tourist offices

🕒 18.06.2022 - 01.10.2022

Reservations online until 12 pm the day before.

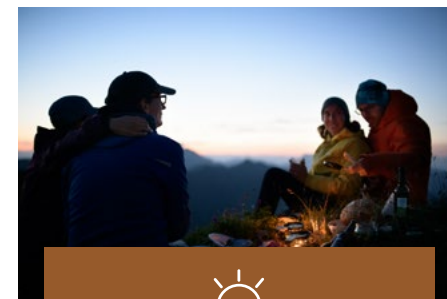
CHF > CHF 25.- with wine or beer

> CHF 22.- non-alcoholic drinks
(min. 2 people)

☎️ +41 (0)24 477 20 77

Enjoy lunch with a view in Region Dents du Midi! We'll provide you with the fixings for a deliciously cheesy picnic in the idyllic setting of your choice. Just grab your pack and set off for your favourite viewpoint.

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.

Slow Food®
Travel

RÉGION
DENTS DU MIDI

The Slow Food network showcases local products and short circuits. For more than a year now, RDDM and member partners have been offering activities, special breakfasts, and packages aimed at promoting our culinary heritage.



VALLÉE D'ILLIEZ AGRICULTURAL SOCIETY (SAVI)

La Cavage

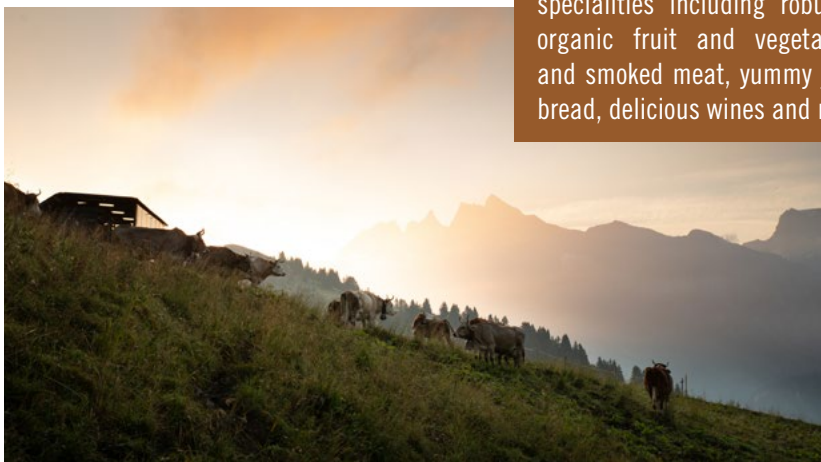
📍 Troistorrents

☎ +41 (0)24 477 35 40



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

lacavage.ch



Terroir & Tradition

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

Named after the traditional wooden basket farmers carried on their backs, the La Cavage 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 specialities including robust cheeses, organic fruit and vegetables, cured and smoked meat, yummy jams, crusty bread, delicious wines and more!





OUR ROOTS

ALPINE ACTIVITIES

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

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

CHEESE-MAKING DEMONSTRATIONS

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

Champéry reservations required

Chalet Le Pont

04.07.2022 - 26.09.2022
› Mondays 09:30 - 12:00

CHF adult › 25.- | child (12 - 16 yrs) › 20.-
under 12 free (must be accompanied by an adult)

+41 (0)24 479 05 50

regiondentsdumidi.ch

Champoussin

La Ferme à Gaby

June - September
› daily at 09:15

CHF free

+41 (0)24 477 30 88

lafermeagaby.ch

Morgins reservations required

Fromagerie de Tovassière (Sassex)

June - August
› Tuesdays 07:45 - 09:45
Call for reservations at least 2 days ahead.

CHF With / without tasting:
› adult › 10.- / 5.-
› child under 12 › 5.- / free
(must be accompanied by an adult)
Cash payments only.

+41 (0)24 477 46 57

tovassiere.com



LIFE ON A FARM

reservations required

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

Champéry

Ferme de l'Alpage du Pont
Ferme de l'Alpage des Traverses

03.06.2022 - 31.08.2022
› Mondays, Wednesdays & Fridays from 15:00

CHF 10.- (everyone age 4+)

+41 (0)24 479 05 50

regiondentsdumidi.ch



MILKING THE GOATS

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

Champoussin

La Ferme à Gaby

June - September
› daily at 16:30

CHF free

+41 (0)24 477 30 88

lafermeagaby.ch



This quaint, historic chalet now houses a museum, with displays of tools and objects that preserve the daily life and traditions of yesteryear in these high mountain pastures.



OUR ROOTS

HISTORY & TRADITION

Tall tales and unbelievable-but-true legends abound in the Illiez Valley! Thanks to the tireless devotion of heritage associations, our past is ever present. Find out more about the architectural, geographic and cultural legacy left by our ancestors, from the singsong rhythm of the valley dialect, to the larger-than-life 'Gros Bellet' who instigated the revolution of 1790, to the daring smugglers who crisscrossed our alpine valleys in the dead of night...

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

Guided Village Tour

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



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

regiondentsdumidi.ch

Val d'Illiez Vernacular

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

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

Intéresseint et l'aya pas gran tein!

regiondentsdumidi.ch

Vieux Moulins de la Tine

📍	Troistorrents
🗨️	Les Vieux Moulins de la Tine
🕒	Unscheduled visits (without reservations or guided tour) May, June, September : 14:00 - 17:00 Sundays July & August : Wednesdays - Saturdays - Sundays 14:00 - 17:00 guided tours for groups of 10 or more people (reservations required, year-round)
CHF	adults (16 +) > 12.- seniors > 10.- child (6 - 15 yrs) > 6.- under 5 free Group prices & guided tours on request.
📞	+41 (0)24 477 12 27 (during visiting hours)
👍	Multi Pass



An historic monument, this meticulously reconstructed watermill clings higgledy piggledy to the abrupt sides of the Tine River Gorge and is particularly striking when lit up at night. 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 explore the workshops and exhibitions, stooping to pass through the doorway into the tiny miller's cottage, you can almost hear the creaking of the millwheel and imagine yourself in the shoes of our hard-working ancestors.

vimoti.ch

Vieux Greniers

📍	Val-d'Illiez	reservations required
🗨️	Fondation du Patrimoine de Val-d'Illiez	
🕒	on request	
CHF	free	
📞	+41 (0)79 878 61 24	

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

regiondentsdumidi.ch



COMMUNITY BREAD OVENS

reservations required

Propéraz Bread Oven

📍	Troistorrents
🗨️	Association du Four à Pain de Propéraz
🕒	consult baking dates at properaz.ch (or on request)
CHF	free
📞	+41 (0)79 454 58 90



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

properaz.ch

Collaire Bread Oven

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



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

asfpc.ch

A large, weathered stone cross stands prominently on a grassy hill. In the foreground, there is a wooden fence made of horizontal and vertical slats. The background features a vast mountain landscape with green slopes, dense forests, and distant peaks under a blue sky with scattered white clouds. The sun is shining from the upper right, creating a lens flare effect.

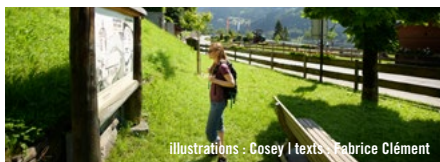
OUR ROOTS

CULTURE

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

Open-Air Museum

📍	Champéry
🗨️	Region Dents du Midi tourist office
🕒	unrestricted access
CHF	free
☎️	+41 (0)24 479 05 50



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

LIBRARIES

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

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

troistorrents.ch

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

admin-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 bank holidays) : > Wednesdays > 09:00 - 11:00 > Fridays > 17:00 - 19:00 Closed 28.06 - 25.07.2022
CHF	10.- one-time contribution 50.- deposit per book for occasional check-outs (deposit returned with book return)
☎️	+41 (0)24 476 87 61

illiez.ch

EXHIBITIONS

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

Espace Raiffeisen

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

regiondentsdumidi.ch

Vieux Greniers

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

regiondentsdumidi.ch

La Treille

📍	Troistorrents
🗨️	Municipality of 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 page 128

OUR ROOTS

SACRED STRUCTURES

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

CHURCHES, CHAPELS & BELLS

Champéry Bell Tower

- 📍 **Champéry**
- 🗨 Illiez Valley parish
- 🕒 unrestricted access
- ☎ +41 (0)24 477 11 13



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

paroisses-illiez.ch

Saint Maurice Church

- 📍 **Val-d'Illeiez**
- 🗨 Illiez Valley parish
- 🕒 unrestricted access
- ☎ +41 (0)24 477 11 13



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

paroisses-illiez.ch

Champoussin Chapel

- 📍 **Champoussin**
- 🗨 Patrick Claret
- 🕒 unrestricted access
- ☎ +41 (0)24 477 40 27



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

Carillon pour la Paix

- 📍 **Morgins**
- 🗨 François Donnet
- 🕒 unrestricted access
- ☎ +41 (0)79 310 95 61



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

carillondemorgins.ch

Notre-Dame de l'Assomption Church

- 📍 **Morgins**
- 🗨 Illiez Valley parish
- 🕒 unrestricted access
- ☎ +41 (0)24 477 11 13



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

paroisses-illiez.ch

SOUND & LIGHT TOUR

Saint Théodule Church

- 📍 **Champéry**
- 🗨 Illiez Valley parish
- 🕒 unrestricted access (visits not allowed during Mass)
- CHF free
- ☎ +41 (0)24 477 11 13

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

paroisses-illiez.ch

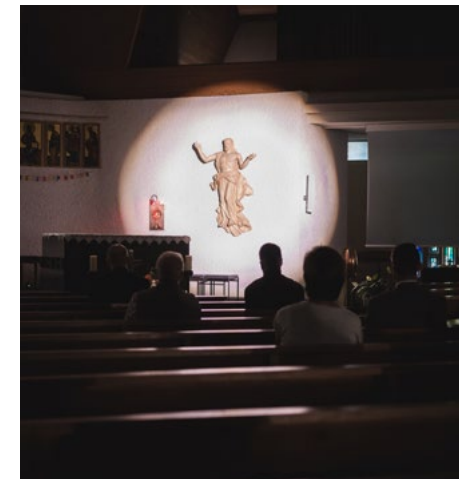
Saint Marie-Madeleine Church

- 📍 **Troistorrents**
- 🗨 Illiez Valley parish
- 🕒 unrestricted access
- ☎ +41 (0)24 477 11 13



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

paroisses-illiez.ch



USEFUL INFORMATION

LIFT TICKETS



Swiss Area

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

CHAMPÉRY CABLE CAR

ADULT +16	CHILD 6-15 YRS
12.-	6.-

Group : 10 paying tickets = 1 free ticket

CHAIRLIFTS

CROSETS 8, MOSSETTES, FOILLEUSE

ADULT +16	CHILD 6-15 YRS
12.-	6.-

Portes du Soleil
(Switzerland & France)

- 21 lifts
- MTB transportation included

TICKET WINDOW

	ADULT	CHILD	JUNIOR SENIOR
5 hours	30.-	23.-	27.-
1 day	37.-	28.-	33.-
2 days	59.-	44.-	53.-
3 days	81.-	61.-	73.-
4 days	104.-	78.-	94.-
5 days	126.-	95.-	113.-
6 days	148.-	111.-	133.-
6 days n-c*	160.-	120.-	144.-
7 days	167.-	125.-	150.-
8 days	183.-	137.-	165.-
season	370.-	278.-	333.-

ONLINE (PDS.CH.CH)

ADULT	CHILD	JUNIOR SENIOR
26.-	20.-	23.-
33.-	25.-	30.-
53.-	40.-	48.-
73.-	55.-	66.-
92.-	69.-	83.-
112.-	84.-	101.-
132.-	99.-	119.-
-	-	-
149.-	112.-	134.-
163.-	122.-	147.-
330.-	248.-	297.-

Portes du Soleil prices valid 24.06 - 28.08.2022. Outside these dates: -15%.
Obligatory chip card > CHF 4.- (non-refundable but reusable).

DURATION

5 hours > valid from the 1st passage

NC > not consecutive

AGE CATEGORIES (ID documents required)

Adult > 26 - 64 yrs Senior > 65+ yrs

Junior > 16 - 25 yrs Child > 5 - 15 yrs

Children under 5 must be in possession of a ticket, issued free of charge with proof of age.

GROUPS

(packages of the same duration and with single payment)

4 or more people:

> Pass group: -10%, 4 or more consecutive days

8 or more people, only with reservations 24h in advance (cannot be combined with other reductions):

> 8 to 20 people: -10% at the cash desk, 5 hours - 8 days

> 21 or more people: -15% at the cash desk, 5 hours - 8 days



Free access on lifts for pedestrians with Multi Passes
(does not apply to bikers) : see page 43

LIFT TIMETABLE

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

26.05.2022 - 19.06.2022 (+ 27.05 + 06.06 + 16-17.06.2022)	weekends	08:45 - 16:45, every 60 minutes*
20.06.2022 - 23.06.2022	daily	08:45 - 16:45, every 60 minutes*
24.06.2022 - 28.08.2022	daily	08:45 - 17:15, every 30 minutes**
29.08.2022 - 19.09.2022	daily	08:45 - 16:45, every 60 minutes*
20.09.2022 - 14.10.2022	weekends	08:45 - 16:45, every 60 minutes*
15.10.2022 - 01.11.2022	daily	08:45 - 16:45, every 60 minutes*

In case of high traffic : * every 30 minutes | ** every 15 minutes

LES CROSETS | CROSETS 8 CHAIRLIFT

24.06.2022 - 28.08.2022	daily	09:00 - 16:45
29.08.2022 - 18.09.2022 (+ 19.09.2022)	weekends	09:00 - 16:45

LES CROSETS | MOSSETTES CHAIRLIFT

24.06.2022 - 28.08.2022	daily	09:00 - 16:45
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MORGINS | FOILLEUSE CHAIRLIFT

26.05.2022 - 23.06.2022 (+ 27.05 + 06.06 + 16-17.06.2022)	weekends	09:00 - 16:45
24.06.2022 - 28.08.2022	daily	09:00 - 16:45
29.08.2022 - 02.10.2022 (+ 19.09.2022)	weekends	09:00 - 16:45

PORTES DU SOLEIL | FRANCE

Lifts open non-stop from June 24th until August 28th, 2022.
After this date, please consult timetables at portedusoleil.com



LES PORTES DU SOLEIL IN SUMMER



GETTING HERE

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

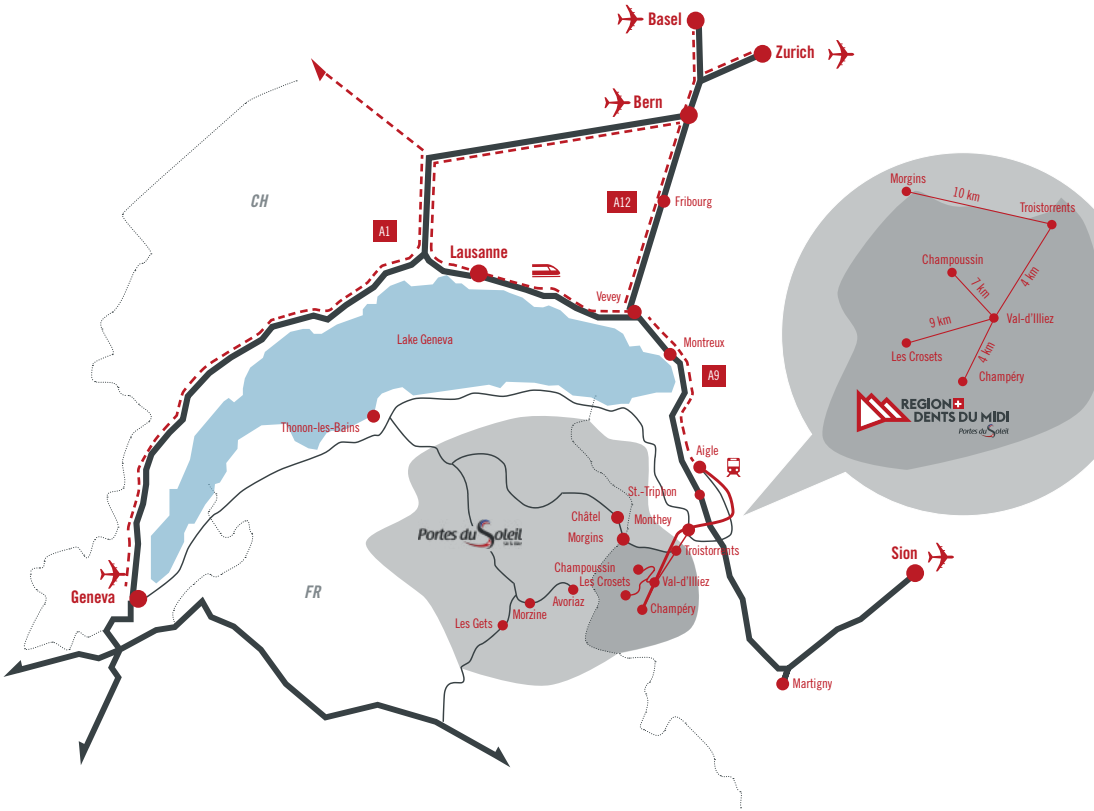
by car

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

by train

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

Just past the town of Monthey, the cogwheel slides into gear and you begin the winding climb up into the Illiez Valley.



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

MOBILITY

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



Dents du Midi Tourist Train (see page 68)

📍 **Champéry**

👤 19 passengers / wagon

🕒 0h20

CHF free

✅ Multi Pass

Champéry - Barme shuttle

📍 **Champéry**

👤 20 passengers

🕒 0h35

CHF 10.- return | 5.- one-way

✅ Multi Pass

Collombey - Troistorrents - Morgins bus

📍 **Troistorrents | Morgins**

👤 50 passengers

🕒 0h30

CHF 12.80 (6.40 with ½ price train pass)

✅ Multi Pass

Val-d'Illiez – Champoussin bus

📍 **Val-d'Illiez | Champoussin**

👤 50 passengers

🕒 0h35

CHF 7.60 (3.80 with ½ price train pass)

✅ Multi Pass

Val-d'Illiez - Les Crosets bus

📍 **Val-d'Illiez | Les Crosets**

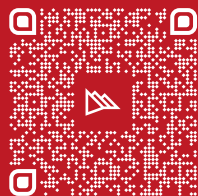
👤 50 passengers

🕒 0h35

CHF 6.- (3.- with ½ price train pass)

✅ Multi Pass

Download the
timetables here.



Votre partenaire
mobilité

ADOPTEZ
LA MOBILITÉ
DOUCE POUR
VOS LOISIRS !

Retrouvez nos offres sur

www.tpc.ch

STAYING OVER

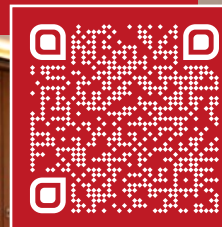
Make yourself at home...

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

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



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





	WHAT'S ON THE MENU	ATMOSPHERE	SERVICES
	Chesse fondue		
	Raclette		
	Coûtes au fromage		
	Local products		
	Meat fondues		
	Grilled meat		
	Pasta		
	Röstis		
	Pizzas		
	Fish		
	Burgers		
	Sandwiches		
	Crêpes		
	Vegetarian dishes		
	Take-away		
	Catering service		
	Traditional		
	Gourmet cuisine		
	Tearoom		
	Bar		
	Nightclub		
	Live concerts		
	Après-ski		
	Billards		
	Darts		
	Table football		
	Sports events broadcasting		
	Disabled access		
	High chair		
	Nappy changing table		
	Outdoor playground		

A 20x20 grid of dots on a light gray background, representing a sparse matrix. The dots are arranged in a pattern that is mostly diagonal, with some off-diagonal elements, suggesting a sparse matrix structure. The dots are small black circles.

Question	Answer
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DVD film La Vallée de l'Illeiz

25.-



hiking map

5.-



bike map

5.-

beanie

20.-
black



cap

20.-
black



lip balm

3.-



tote bag

3.-



wood logo keychain

3.-

backpack

29.-



silicon flask

10.-



SUMMER & AUTUMN 2022 HIGHLIGHTS

Our full activities programme is available online or in our local shops and tourist offices.

ALL SUMMER LONG:

02.07 - 30.08 (Tuesdays & Saturdays):
Accro zzzzzique | Champéry

08.07 - 02.09 (Fridays):
Jazz & Wine | Champéry

14.07 - 18.08 (Thursdays):
La Tournée des Terrasses | Region Dents du Midi

JUNE

02 - 04.06 Rallye du Chablais | Region Dents du Midi

04.06 Conference « Les Dents du Midi » | Champéry
Flower market | Morgins

05.06 Fête du Tour | Region Dents du Midi

11.06 Brass band Giron des Musiques de la Vallée
d'Illiez | Morgins

16.06 Fête Dieu in the Vallée d'Illiez | Val-d'Illiez

24 - 26.06 Pass'Portes du Soleil MTB | Portes du Soleil

29.06 - 03.07 Swiss Peaks Trail stage | Region Dents du Midi

JULY

02 - 03.07 Châtel Chablais Léman cycle race | Portes du
Soleil

09.07 Festijoux | Champéry

13.07 Children's theatre | Champoussin

16.07 Rue Gourmande | Champéry
Morgins market | Morgins

17.07 Flea market | Champéry
Journées des Artistes | Troistorrents

20.07 Children's theatre | Morgins

23.07 Flea market | Champéry
Morgins market | Morgins

27.07 Children's theatre | Val-d'Illiez

29 - 30.07 Fête du Village | Val-d'Illiez

30.07 Champéry- Llandudno twinning celebration |
Champéry
Morgins market | Morgins

31.07 Flea market | Champéry
Children's theatre | Morgins

AUGUST

01.08 Children's theatre | Champéry

02.08 Flute concert | Morgins

03.08 Children's theatre | Morgins

06.08 Treasure hunt | Champéry
Fête du « petit » bois | Champoussin
Marché Morginois | Morgins

07.08 Flea market | Champéry

09 - 10.08 Helvetia Circus | Morgins

10.08 Children's theatre | Champéry

11.08 Raiffeisen Rhône FM Tour | Champéry

13.08 Children's theatre concert | Champéry
Color Run | Champéry
Health & Plants fair | Morgins

13 - 14.08 Vintage Motors Expo | Les Crosets

14.08 Fête des Vieux Costumes | Champéry

15.08 Mid-summer festival | Region Dents du Midi

20.08 Flea market | Champéry
30th annual livestock fair | Les Crosets
Riverside gourmet walk | Morgins

21.08 Flea market | Champéry

27.08 Festijoux | Champéry
Grimpée de Culet vertical race | Champéry

SEPTEMBER

02 - 04.09 Passage Alpine | Region Dents du Midi

03.09 Fête du Pain | Troistorrents
Departure Swiss Peaks Marathon | Morgins

OCTOBER

01.10 Grand Braderie flea market | Champéry

15.10 Round the World | Troistorrents
Folk night | Val-d'Illiez
E-bike gourmet tour | Region Dents du Midi

29.10 Champéry 1830 folk group 125th anniversary
party | Champéry

FUN PARK

The Funpark, your youngsters' favourite bouncy
play area, is back for summer, hooray!

09.07 - 24.07 Les Crosets

26.07 - 07.08 Champéry

09.08 - 21.08 Morgins

10.07

Tour de France | Stage 9: Aigle > Châtel Portes du Soleil

The 9th stage of the Tour de France – the world's most watched and broadcasted cycling event – will be making a detour through Switzerland this year, with stage 9 passing through Troistorrents and Morgins on their way to the finish line in neighbouring Châtel. Stakes will be high as peloton leaders jockey for an advantage on the day's final climb from Monthey to the Pas de Morgins pass! Information at letour.fr or rddm.ch

31.07 - 01.08

Swiss National Day

Region Dents du Midi pulls out all the stops to celebrate Swiss National Day! Join us in the festooned village streets for folk music and dancing, delicious regional specialities, parades, fireworks and signal fires lit on surrounding mountain peaks. Programme and information at rddm.ch

31.07 - 14.08

Rencontres Musicales Sur les traces de Bach

Internationally renowned orchestras and musicians interpret sublimely beautiful works by Johann Sebastian Bach – with a little Beethoven, Brahms, Vivaldi, and more for good measure! Programme and ticketing at rencontres-musicales.ch

27.08 - 04.09

Swiss Peaks Trail

The Swiss Peaks Trail is one of the longest, most challenging trails in Europe. The event encompasses 6 different itineraries, including the gruelling '360' – 367 kilometres to be exact, crossing the Canton of Valais from the glaciers of Oberwald to Lake Geneva with over 26,000 D+ and D-.

09.09 - 11.09

Bike & Sound Festival

The raddest event of the summer, Bike & Sound is a totally harmonious mash-up of two flagship summertime activities – biking and music – in the spectacular Swiss Alps! Programme and information at bikeandsoundfestival.ch

17.09

Dents du Midi Trail

Established in 1967, in the traces of what was once a Swiss Army troop-training exercise, this is the oldest mountain race in Europe. Year after year, nearly 800 runners gather to share this legendary challenge that skims over the winding trails and superlative alpine landscapes of the Dents du Midi massif. Information at ddmtrail.ch

13.10 - 16.10

Curling Masters

A veritable mecca for the sport of curling, the Champéry Palladium welcomes the world's top curling teams for the annual curling masters, a triple-knockout event that is part of the World Curling Tour. Information at curling-masters.ch



Show your true colours with a Tour de France signature yellow t-shirt, for sale in the Champéry, Val-d'Illiez, and Morgins tourist offices! CHF 15.-



Subject to modification. For up-to-the-moment information, go to rddm.ch!

EXHIBITIONS (PAINTINGS)

Bertrand Perrin

📍 Champéry | Espace Raiffeisen

📅 06.05.2022 - 22.05.2022
Tuesday - Sunday
10:00 - 12:00 & 14:30 - 19:00
Vernissage : 07.05.2022 > 15:00

bertrandperrin.com

Salvatore Masconi

📍 Champéry | Espace Raiffeisen

📅 17.06.2022 - 03.07.2022
Tuesday > 15:00 - 18:00
Friday, Saturday, Sunday
15:00 - 18:30
Vernissage : 18.06.2022 > 18:00

Patrice Quinche

📍 Champéry | Espace Raiffeisen

📅 08.07.2022 - 24.07.2022
Daily > 16:00 - 19:00
or by appointment at 078 676 19 36
Vernissage : 09.07.2022 > 17:00

Michel Kozück

📍 Troistorrents | Galerie de la Tine

📅 19.07.2022 - 10.09.2022
Tuesday - Sunday > 14:30 - 18:30
Vernissage : 19.07.2022 > 17:00

latine-galerie.com

Florence Vernerey

📍 Champéry | Espace Raiffeisen

📅 29.07.2022 - 14.08.2022
daily > 11:00 - 12:30 & 16:30 - 18:30
Vernissage : 30.07.2022 > 17:30

Marianne Monnier-Koenig

📍 Champéry | Espace Raiffeisen

📅 19.08.2022 - 04.09.2022
Wednesday, Friday, Saturday, Sunday
14:00 - 18:00
or by appointment at 024 463 42 43

monnier-koenig.ch

Etienne Claret (photos)

📍 Troistorrents | Chalet de la Treille

📅 11.11.2022 - 25.11.2022
Conference with the photographer : 19.11



Galleries: see page 103



Our full activities programme is available online or in our local shops and tourist offices.

OCTOBER 15TH

Balade Gourmande

BIKE & E-BIKE



AUTUMN FLAVOURS

WILD GAME & BRISOLEE



EASY ITINERARY

REGISTRATIONS AT RDDM.CH

THROUGHOUT THE SEASONS

AUTUMN

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

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

THROUGHOUT THE SEASONS

WINTER

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

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

L'ACCENT SUISSE DES PORTES DU SOLEIL

LES PORTES DU SOLEIL IN WINTER



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

BAKERY PASTRIES		
Boulangerie Michellod Partenaire	+41 27 743 63 50	Champéry
La Gourmandise Champérolaine	+41 24 565 11 84	Champéry
Au Beau Réveil Sàrl	+41 24 477 11 84	Morgins
La Mascotte	+41 24 477 28 75	Val-d'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
Volg	+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 Sàrl	+41 79 623 55 55	Morgins
Morgins Maxi Service Sàrl	+41 79 297 11 71	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
Fontana Chris Services	+41 79 343 71 88	Val-d'Illiez
Nançois Simon	+41 79 483 64 16	Val-d'Illiez

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

EARTH MOVING SNOWPLOWING TRANSPORT CIVIL ENGINEERING		
Avanthay Simon	+41 79 758 10 05	Champéry
Decurtins François	+41 79 441 62 66	Champéry
Gex-Fabry Transport	+41 79 219 48 05	Champéry

Ulysee Avanthay et Fils	+41 79 606 14 25	Champéry
Valvièze Construction SA	+41 79 347 13 13	Champéry
Bernard Torrent SA	+41 24 471 46 87	Collombey
Borloz Transport Sàrl	+41 79 622 08 13	Les Crosets
Trombert Dominique Transports	+41 24 479 16 48	Les Crosets
Raymond Rithner SA	+41 24 473 73 53	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Monay Transneige & Auto Mecanic Sàrl	+41 79 301 33 33	Morgins
Renevier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Michaud & Mariaux SA	+41 24 471 73 55	Troistorrents
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'Illiez
Dubosson Eric	+41 79 412 25 58	Val-d'Illiez
Ecœur Terrassements SA	+41 79 347 30 03	Val-d'Illiez
Granger Multiservices Sàrl	+41 79 449 54 34	Val-d'Illiez
Patrick Transports Sàrl	+41 24 479 26 24	Val-d'Illiez
Traxa SA	+41 79 583 01 07	Val-d'Illiez
Trombert Entretien paysagiste	+41 79 107 07 44	Val-d'Illiez
Vieux SA	+41 76 488 98 85	Val-d'Illiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illiez

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

BELL FOUNDRY		
Perrin Hugues	+41 79 435 92 39	Champéry

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

BODY SHOP		
Garage de Champéry	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey
Monay Transneige & Auto Mecanic Sàrl	+41 79 301 33 33	Morgins
Garage St-Christophe	+41 24 477 18 64	Troistorrents
Garage de la Vallée	+41 79 232 54 53	Val-d'Illiez
La Mascotte	+41 24 477 28 75	Val-d'Illiez

BEAUTY & WELL-BEING		
BEAUTICIAN		
Institut Colibri	+41 79 530 75 64	Morgins
Natur'time	+41 79 671 16 62	Val-d'Illiez

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

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

FITNESS		
Oxygen Morgins	+41 79 261 23 31	Morgins

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 Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Frédéric Jakubczak Ostéopathe	+41 24 477 16 10	Morgins
Institut Colibri	+41 79 530 75 64	Morgins
Morgins Zen	+41 76 416 22 08	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
A Ton Aura	+41 79 175 02 81	Val-d'Illiez
Aux Mains Sages	+41 76 526 66 18	Val-d'Illiez
Enery Rebutologie	+41 79 561 47 15	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		
Domtille Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga Yasmine Lomazzi	+41 79 449 61 14	Champéry
Kundalini Yoga Isabelle Portnrer	+41 76 822 15 61	Champéry
YogAlps Evelyne Rey-Bellet	+41 79 774 87 46	Val-d'Illiez

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

SHOPS		
DECORATION FURNITURE FURNISHINGS HOME STAGING SOUVENIRS		
Hors du Temps	+41 24 479 10 63	Champéry
La Loggia	+41 24 479 24 64	Champéry
Bdesign & Bonbonnière	+41 79 453 04 33	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
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 Sàrl	+41 79 750 56 04	Champéry
Perrin Architecture Sàrl	+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
Hydrotec	+41 78 879 19 20	Val-d'Illiez

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

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

HEATING PLUMBING		
A&D Berthoud Sàrl	+41 79 244 36 64	Champéry
F. Avanthay SA	+41 24 471 41 04	Monthey
Gollut Hydrotec Sàrl	+41 24 477 49 02	Morgins
Ansermoz Pascal	+41 79 273 98 68	Val-d'Illiez
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illiez
Perrin Luc Sàrl	+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 Sàrl EPF	+41 79 750 56 04	Champéry

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

CLEANING		
Morgins Tout Tip Top Sàrl	+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 Sàrl	+41 79 419 30 19	Morgins
Gillioz Peinture Sàrl	+41 79 355 48 18	Morgins
A-A déco	+41 79 969 55 55	Val-d'Illiez
MIB 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
Renievier Maçonnerie et Dénéigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 24 477 32 75	Val-d'Illiez
Gähler Renovation Sàrl	+41 79 303 50 75	Val-d'Illiez
La Pierre dans tous ses états	+41 79 353 24 03	Val-d'Illiez
Perrin Denis	+41 79 502 24 34	Val-d'Illiez
Perrin Laurent	+41 79 219 51 15	Val-d'Illiez
Perrin Raphaël	+41 24 477 24 70	Val-d'Illiez

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

GARAGE DOORS I VENTILATION		
Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve

REAL ESTATE PROMOTION		
Bâtiment Innovation Gérance SA	+41 79 200 52 75	Val-d'Illiez
GexIlliez	+41 78 836 90 03	Val-d'Illiez
LauGibât	+41 79 282 29 73	Val-d'Illiez
Logipro	+41 78 848 15 79	Val-d'Illiez

WATER DAMAGE		
Technica Air Assèchement	+41 79 514 97 27	Val-d'Illiez

ART GALERIES		
Espace Raiffeisen	+41 79 278 26 22	Champéry
Galerie de la Tine	+41 79 621 43 72	Troistorrents

CHILD CARE		
BABYSITTER I CHILD MINDER CF. TOURIST OFFICES		

GUIDES		
MOUNTAIN LEADERS		
Delavy Etienne	+41 79 690 15 24	Champéry
Dubosson Loïc	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie	+41 79 316 80 10	Champéry
Rohrer Benjamin	+41 79 452 98 21	Champéry
TRAIL GUIDE		
BeeHeidi	+41 27 565 44 40	Val-d'Illiez

MOUNTAIN GUIDES OFFICE		
Montagne Expérience	+41 79 637 70 37	Champéry

CANYONING GUIDE		
Soustre Fred	+41 79 710 37 69	Champéry

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 79 435 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'Illiez

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
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'Illiez
LauGimmo SA	+41 79 940 67 75	Val-d'Illiez
Mountain River	+41 78 666 91 20	Val-d'Illiez
The River Pearl	+41 76 393 55 36	Val-d'Illiez

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

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

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

GUEST ROOMS I B&B		
Chalet de l'Atelier	+41 24 479 11 26	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
La Rose des Vents ***	+41 79 212 70 89	Val-d'Illiez

GITE		
Buvette de Bonavau	+41 78 823 33 98	Champéry
Cantine de Barnmaz	+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)		Les Crosets
Refuge de Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 79 963 75 82	Morgins
4* HOTELS		
Le White ****	+41 24 479 04 04	Champéry
National Resort & SPA ****	+41 24 479 11 30	Champéry
3* HOTELS		
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	+41 24 479 25 80	Les Crosets

HOTEL		
Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Pension Souvenir	+41 24 479 13 40	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Refuge du Chaudron	+41 79 906 18 38	Champéry
Auberge Chez Gaby 1670	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
L'Étable	+41 24 565 65 55	Les Crosets
La Télécabine	+41 24 565 05 90	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets
Refuge Le 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'Illiez

GROUP ACCOMMODATIONS		
Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 22 755 58 93	Champéry
Chalet du Ski-Club de Rolle	+41 79 342 41 15	Champéry
Chalet Ganesha	+41 79 408 94 38	Champéry
Chalet Joimont	+41 21 922 72 06	Champéry
Chalet Joli Nid	+41 79 574 75 95	Champéry

Chalet ONU	+41 24 479 16 01	Champéry
Ecole Nouvelle Alpina SA	+41 24 479 11 17	Champéry
Pension Souvenir	+41 24 479 13 40	Champéry
Chalet UMV	+41 76 372 53 63	Les Crosets
Chalet La Cergnat	+41 24 477 34 51	Morgins
Chalet les Planoz	+41 24 477 11 45	Morgins
Le Victoria	+41 24 477 60 32	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illiez

APARTMENT HOTEL		
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry

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

CLOTHING I ACCESSORIES I EQUIPMENT RENTALS		
Berra Sports	+41 24 479 13 90	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Borgeat Boutique (hiver)	+41 78 809 15 84	Champéry
Gonnet Sports (hiver)	+41 24 479 11 77	Champéry
Holiday Sports	+41 24 479 15 26	Champéry
Trott en Stock	+41 79 136 27 09	Champéry
Alpitude (hiver)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
RS Equipement Sàrl	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins

RELIGIOUS		
Eglise catholique	+41 24 477 11 13	Champéry Morgins Troistorrents Val-d'Illiez
Paroisse protestante	+41 24 471 48 28	Monthey

HEALTH – EMERGENCY		
EMERGENCY NUMBERS		
Police	117	
Pompiers	118	
Urgences médicales	144	
Ambulances Clerc SA	+41 24 471 62 63	Monthey

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

DOCTOR		
Cabinet médical de Champéry	+41 24 479 20 05	Champéry
Médecin de garde	+41 900 14 40 33	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'Illiez	+41 24 477 35 11	Val-d'Illiez

PHARMACY		
Pharmacieplus de Troistorrents	+41 24 477 28 20	Troistorrents
Pharmacie des Cîmes	+41 24 477 12 75	Val-d'Illiez

POLICE		
Police Intercommunale des Dents du Midi (PIDM)	+41 24 479 09 18	Champéry

SERVICES

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

COMMUNICATION PUBLISHING PRINTING		
Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Imprimerie Montfort	+41 24 471 21 63	Monthey
Impression RMS Vidéo	+41 24 477 50 71	Val-d'Illicz
Nisada Communication	+41 24 477 21 57	Val-d'Illicz

INSURANCE		
Baloise Assurances	+41 76 325 10 09	Champéry
Helvetia Assurances	+41 79 271 85 61	Morgins

DRIVING SCHOOL		
Pascal Avanthay	+41 78 878 55 55	Champéry

LAWYER NOTARY		
Etude Fernand Mariétan	+41 24 475 70 60	Monthey

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

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'Illicz

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'Illicz

RACE TIMING		
Datatiming	+41 79 449 78 24	Val-d'Illicz

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

WASTE DISPOSAL CENTRES		
Ecopoints à Champéry	+41 24 479 09 09	Champéry
Ecopoints à Morgins et à Troistorrents	+41 24 476 80 10	Troistorrents
Ecopoints à Champoussin, Les Crosets et Val-d'Illicz	+41 24 476 87 87	Val-d'Illicz

ELECTRONICS & APPLIANCES		
Fijitechnic	+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'Illicz
Fid'Illicz	+41 24 477 24 79	Val-d'Illicz
Fiduciaire de la Tour	+41 26 919 65 10	Val-d'Illicz

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'Illicz

SECRETARIAL SERVICES & MANAGEMENT		
Bureau Altitude	+41 79 606 09 44	Morgins

LAUNDROMAT		
C'est du Propre	+41 79 301 14 08	Champéry
Alpage Immo Service Location	+41 24 477 26 82	Champoussin
Conciergerie Générale - Blanchisserie	+41 79 371 02 86	Champoussin
Blanchiclean	+41 76 446 16 23	Morgins
Val-Time	+41 78 897 53 30	Val-d'Illicz

RECREATONAL VEHICLE RENTALS		
MaxiLoc Sàrl	+41 79 512 29 36	Botterens
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey

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'Illicz	+41 24 477 20 77	Val-d'Illicz

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'Illicz

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'Illicz

TAXI		
Taxi de Champéry	+41 79 430 15 15	Champéry
Taxi Denis	+41 79 309 64 67	Troistorrents
Taxi de la Vallée	+41 79 632 70 93	Val-d'Illicz

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'Illicz

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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REGION DENTS DU MIDI
TOURIST OFFICES

CHAMPÉRY

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

MORGINS I TROISTORRENTS

Route du Village 6
1875 Morgins
+41 24 477 23 61

VAL-D'ILLIEZ I LES CROSETS
CHAMPOUSSIN

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

