

SUMMER GUIDEBOOK 2023



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- 📍 Location
- 🗨️ Contact
- 🕒 Hours
- 📞 Phone
- 🍴 Restaurant
- 📏 KM Distance
- ➡️ Access
- 🕒 Duration
- 🔥 Difficulty
- ⬆️ Ascent
- ⬆️ Descent
- 🔄 Route (loop trail or return by same trail)
- 🎫 Multi Pass
- 💰 Price (Swiss Francs)
- 👥 # of people



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 hillsides 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 Sol.

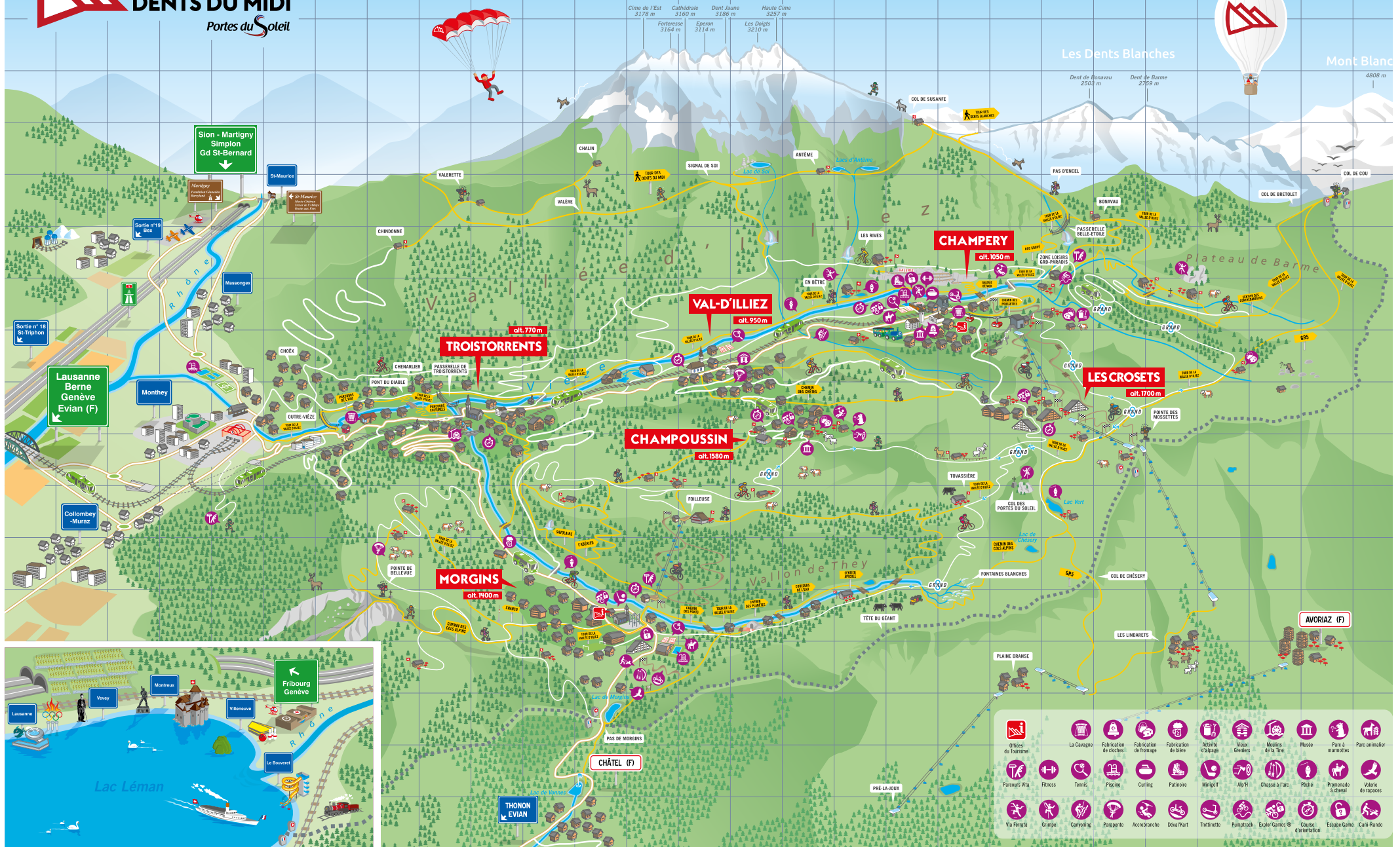
Les Dents du Midi

Cime de l'Est 3178 m
Cathédrale 3160 m
Forteresse 3164 m
Dent Jaume 3186 m
Epaule 3114 m
Les Doygs 3257 m
Haute Cime 3270 m

Les Dents Blanches

Dent de Bonnavau 2503 m
Dent de Barne 2759 m

Mont Blanc 4808 m



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'Illiciez to Champéry in less than an hour. Our other destinations are served by buses, leaving from Troistorrents to Morgins, and from Val-d'Illiciez 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!*

YOUR OPINION COUNTS

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

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

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

**A 3-NIGHT STAY FOR 2 PEOPLE
INCLUDING ACCOMMODATION AND MULTI PASS**
(valid summer 2024)

Good luck, and thank you for your important contribution!

Region Dents du Midi SA



WANDERLUST

A wide-angle photograph of a mountain valley. In the foreground, a group of five hikers is walking along a grassy slope. The middle ground shows a winding road that snakes through the valley. In the background, there are large, rugged mountains under a clear sky. The overall scene is bright and sunny, suggesting a clear day in a high-altitude environment.

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 and shady forests to sparkling alpine lakes 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 huts offer food, drink, and 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, ignore him - he will soon return to his flock.
- If you are running or walking, slow down and avoid sudden movements. Never provoke the dogs by waving your hands or a stick.
- If you are riding a bike, get off and walk next to it.
- Never feed or attempt to pet the dogs.
- Avoid nighttime hikes. At night, guard dogs are particularly protective.

We strongly discourage hiking with dogs in areas where guard dogs are present. Guard dogs will perceive other dogs as a threat and react accordingly.

Rules to remember when hiking with dogs:

- Your dog should always be on a lead.
- Never try to cross through a herd of livestock with your dog.
- Go around any herds you encounter, leaving as wide a berth as possible.
- If there is a confrontation between your dog and a guard dog, let go of your dog's lead. They will quickly establish a hierarchy.
- If you feel your safety is at risk, turn and go back the way you came.

For more information

- > protectiondestroupeaux.ch
- > cpt-ch.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 ↻

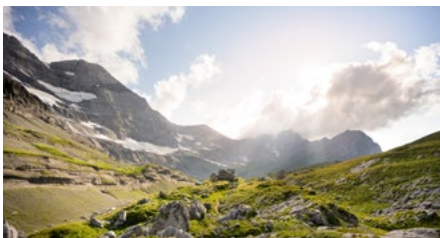
KM	45		
🕒	3 - 5 days		
🔥	difficult		
△	4,200 m	▽	4,200 m

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 Massif 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 ↻

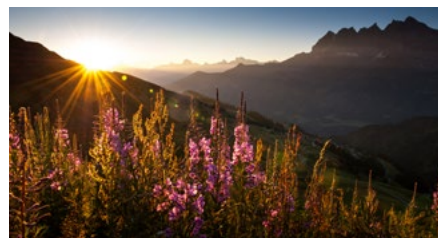
KM	67		
🕒	4 - 5 days		
🔥	difficult		
△	4,780 m	▽	4,780 m

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

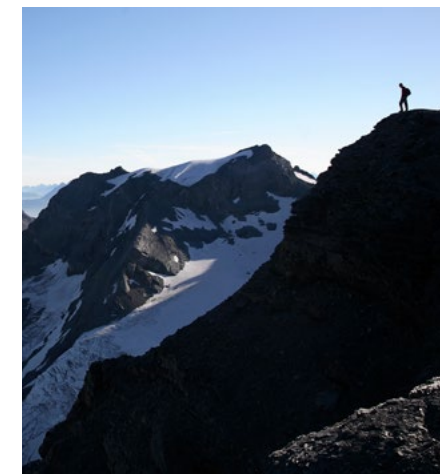
Tour de la Vallée d'Illiez ↻

KM	66		
🕒	3 - 5 days		
🔥	moderate		
△	3,780 m	▽	3,780 m



The Tour de la Vallée d'Illiez is a comprehensive hiking tour of the Illiez Valley, showcasing iconic landmarks like the Dents du Midi and Dents Blanches Mountains, as well as the Portes du Soleil, Col de Cou, Col de Bretolet, and Chavanette passes. Passing through a diverse range of natural landscapes, bustling villages, and quaint hamlets, this tour provides ample opportunity to interact with the local population and experience our region's legendary charm and hospitality.

regiondentsdumidi.ch



Tour des Portes du Soleil ↻

KM	110		
🕒	7 days		
🔥	difficult		
△	6,800 m	▽	6,800 m



The vast Les Portes du Soleil recreational area, comprising no less than 14 alpine resort villages, takes its name from the symbolic Portes du Soleil Pass near the Franco-Swiss border. This trail leads up hill and down dale through mountain pastures, crisscrossing the border multiple times between the French Haute-Savoie and Swiss Valais.

portesdusoleil.com

INTERPRETIVE TRAILS

Belle Etoile Alpine Suspension Bridge

📍 Champéry

KM 9

🕒 3h30

🔥 moderate

△ 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 Bonnavu pastures on the Dents du Midi trail.

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

passerelle-belle-etoile.ch

The Water Trail →

📍 Champéry | Val-d'Illiez
Troistorrents | Monthey

KM 20.2

🕒 5h40 one-way (return by train)

🔥 easy to moderate

△ 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.*

Smugglers' Trail

📍 Champéry (Barme)

KM 1.9 - 9.6

🕒 1h - 3h30 (varies by trail)

🔥 easy to moderate

△ 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 Oratory Trail →

📍 Champéry

KM 22.4

🕒 7h10

🔥 moderate

△ 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.

Antème Lakes Trail

📍 Val-d'Illiez

KM 10

🕒 4h (hike to lakes & back)
+ 0h40 (lake trail)

🔥 difficult (see page 33)

△ 1,000 m ▽ 1,000 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.*

Culture Trails

📍 Troistorrents

KM 4.4 - 6.8 (varies by trail)

🕒 1h30 - 2h30

🔥 easy

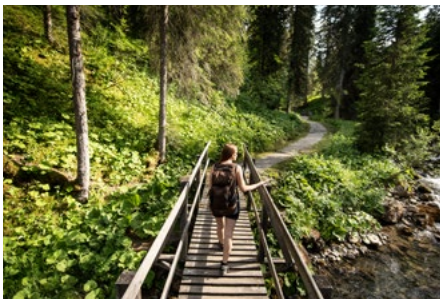
△ 160-500 m ▽ 160-500 m

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.



The Bridges Trail ↗

📍	Morgins		
KM	4.6		
🕒	1h15		
🔥	easy		
△	130 m	▽	130 m



The Bridges Trail leapfrogs back and forth over the bubbling Vièze River in Morgins. Crossing 32 little bridges along the way, this walk in the woods uniquely fun and perfectly refreshing. (*Summer 2023, the Buvette de They will be closed for renovation.*)

The Bee Trail ↗

📍	Morgins		
KM	10		
🕒	3h		
🔥	moderate		
△	270 m	▽	270 m

This path delves into the intriguing world of bees. 20 explanatory signs describe bee life, hive organisation 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.

Rainbow Waters ↻

📍	Morgins		
KM	16.6		
🕒	5h15		
🔥	moderate		
△	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

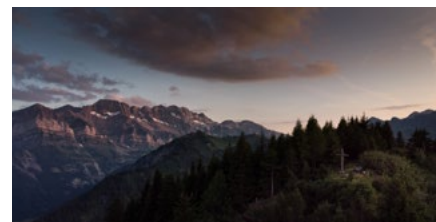


Pick up our free Interpretive Trails brochure at our tourist offices or view it online at regiondentsdumidi.ch.

OUR FAVOURITE HIKES

The Croix de l'Aiguille ↻

📍	Champoussin Les Crosets		
KM	5.2		
🕒	1h50 (from Frâchette)		
🔥	moderate		
△	330 m	▽	330 m



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

Sur Crête ↻

📍	Val-d'Illiez		
KM	8.1		
🕒	3h30		
🔥	moderate		
△	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.

The Galerie Défago ↻

📍	Champéry		
KM	5.7		
🕒	2h		
🔥	easy		
△	260 m	▽	260 m



An historic hiking trail, the Galerie Défago is one of the region's most popular walks. Etched into the vertiginous cliff face opposite Champéry, this secured hiking trail offers panoramic views over the quaint village of Champéry and down the beautiful Illiez Valley, with the soaring church bell towers of Val-d'Illiez and Troistorrens 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

🕒 1h

🔥 moderate

⬆️ 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

🔥 moderate

⬆️ 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 more hiking itineraries



In Switzerland, use the Switzerland Mobility and SwissTopo Apps for hiking maps and itineraries!



Guides: see page 136
Additional hikes in Wild Spaces, page 30



Wildlife Observation Post

Situated just below the Lapisa Alpage, this outlook point is equipped with binoculars for observing wildlife from a safe distance. Don't forget to scan the skies as well - you might be lucky enough to spy a rare bearded vulture circling lazily on the alpine currents.

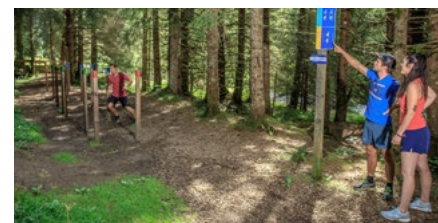
RUNNING

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
- > 46 marked itineraries
- > 20 lifts

✔️ 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!

regiondentsdumidi.ch/trail

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 World Cup Trail.

Les Crosets Trail

📍 Les Crosets

KM 1.4

🔥 difficult

▽ 255 m



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

MTB

UCI Enduro Trail

📍 Les Crosets

KM 15

🕒 2h

🔥 moderate

△ 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

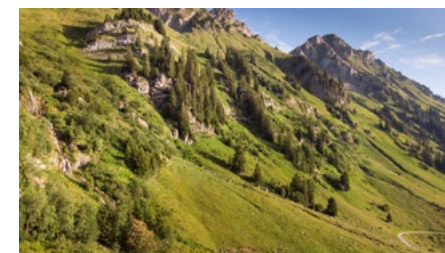
📍 Morgins

KM 11.8

🕒 2h

🔥 moderate

△ 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.

ENDURO

Bonavau Trail

📍 Morgins

KM 18.5

🔥 moderate

△ 760 m ▽ 760 m

This summer, you'll have to pedal up the forest road to La Foilleuse under your own steam! But the reward - a brand-new enduro route via Pertuis Chétrain and Bonavau - is well worth the effort! *(Take care - this is a shared biker-hiker trail.)*



Due to construction of the new Foilleuse lift, the DH runs in Morgins will be closed for the 2023 summer season.

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 137
Bike guides: see page 136

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 (Bosch chargers & plug sockets) along the way.

Le Grand8

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

KM 48

🔥 moderate

△ 1,150 m ▽ 2,040 m

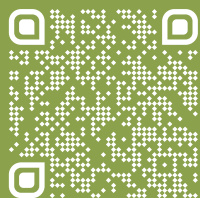
Up-trip on the cable car from Champéry to La Croix de Culet.

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 Illiez Valley, 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



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'Illiez 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'Illiez - 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 Region 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'Illeiez

🚰 7 km

🚶 on foot

🕒 from Plan Soi (Route des Rives)
↔ 5h ⚡ 1,100 m

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

Le Lac de Morgins

📍 Morgins

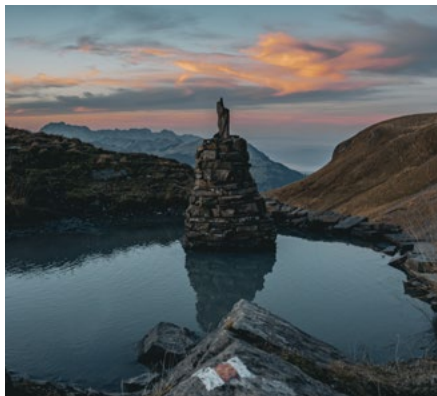
🚰 1 km

🚶 on foot | by bike | by car

🕒 on foot
↔ 1h ⚡ 60 m



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



Les Lacs d'Antème

📍 Val-d'Illeiez

🚰 on the spot

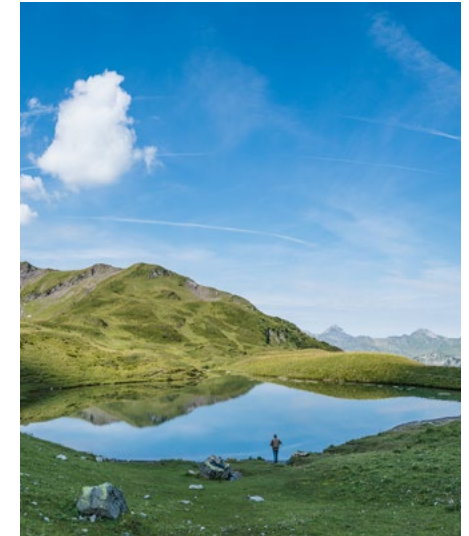
🚶 on foot

🕒 from Tière (Val-d'Illeiez)
↔ 4h ⚡ 900 m

from La Frâche (Champéry)
🕒 4h20 ⚡ 900m

from La Lui (Champéry)
↔ 4h45 ⚡ 1,000 m

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



SPRINGS

La Source de Rumières

📍 Champéry

🚰 0.5 km

🚶 on foot | by bike | by car
with public transportation

🕒 0h10 from the village centre



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

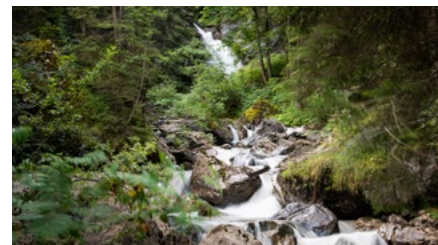


Morgins' famous 'Red Waters' got their name from the ferruginous water which springs here, colouring this part of the Vièze River brilliant orange and deep ochre. As early as 1820, travellers from far and wide began to flock to the spring to take the waters for health reasons, launching Morgins' fame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

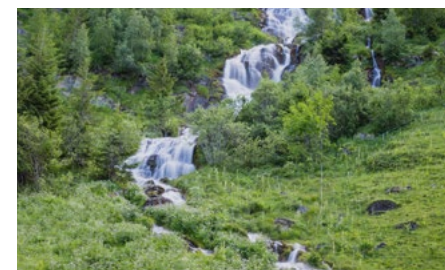
Cascade de Frassenaye

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

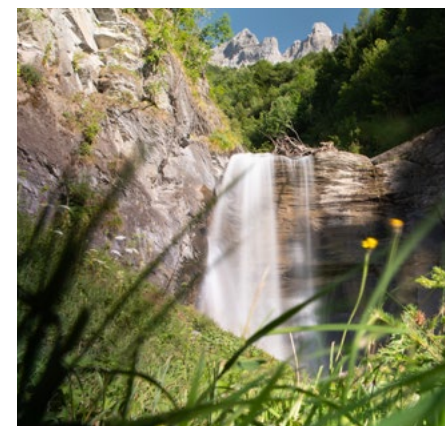
Located on the path to the Lac de Soi, this tumultuous waterfall is one of the most noticeable cascades in the Dents du Midi. Just a short hike from the Route des Rives, this waterfall provides a majestic spectacle and a cool destination on a hot summer day.

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. A nearby detour will take you to the Fontaines Jaunes waterfalls as well.



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

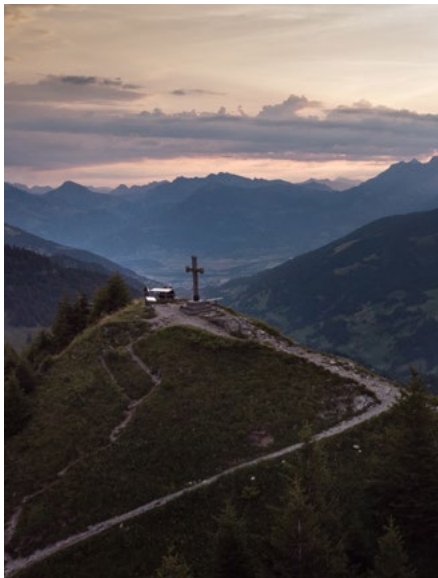
From the Croix de Culet, just above the famous Champéry-Planachaux cable car arrival station, the panorama of surrounding summits is quite simply awe-inspiring. In one fell swoop, you'll get a bird's eye view of the Dents du Midi and Dents Blanches, the Ruan Glacier, the Col de Cou Pass, the Portes du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

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

- 📍 Champoussin
- 🚶 3.6 km
- ➡ on foot
- 🕒 on foot from Champoussin
↻ 3h45 ⚡ 650 m
- on foot from Les Crosets
↔ 2h30 ⚡ 500 m



The breathtaking view from this panoramic 'Pointe' halfway between Champoussin and Les Crosets includes the Dents du Midi, the Swiss Portes du Soleil, and the Vaud Alps.

**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

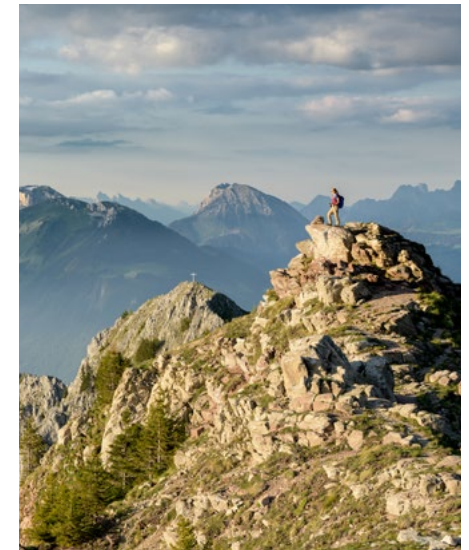
The highest point in the Swiss Portes du Soleil, this burly summit straddles the Franco-Swiss border. For a truly international experience, ride the 4-man chairlift from the summit down in the direction of Avoriaz. You'll sit down in Switzerland and stand up in France!

**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 sentinel over Morgins, the Pointe de Bellevue is a rocky summit with never-ending 360° views. A summit table at the top displays one of the Alps' most spectacular panoramas - including the Chablais and Jura Alps, the Dents du Midi, the Grand Combin, Lake Geneva, and the icy bulk of Mont Blanc.



- La Cime de l'Est
3116 m
- La Forteresse
3104 m
- La Cathédrale
3104 m
- L'Écran
3114 m
- La Dent Jaune
3186 m
- Les Doigts
3216 m
- La Haute Cime
3257 m

LES DENTS DU MIDI

- Tour d'Antheim
2911 m
- Dent de la Chaux
2787 m
- Dent de Rossélan
2619 m
- L'Église
3077 m
- Le Dôme
3138 m
- Tour Saillière
3220 m

- Grand Ruin
3059 m
- Petit Ruin
2847 m
- Mur des Rosses
2932 m
- Dent de Bonnavent
2503 m
- Col de Barne
2382 m
- Tête à Vincent
2448 m

- Dent de Barne
2759 m
- Corne à Tourmier
2738 m
- Fenêtre Dents Blanches
2605 m
- Dent des Six Verneys
2682 m
- Pointe Bourdillon
2713 m
- Dent de Signal
2727 m
- Première Dent
2706 m
- Pointe des Chamais
2596 m
- Corne au Taureau
2630 m

LES DENTS BLANCHES

- Col de Coar
1922 m



*COME ONE,
COME ALL*

STAR ATTRACTIONS

With our famous Multi Pass and a vast network of lifts open in the summer, Les Portes du Soleil offers limitless opportunities for exploration. Enjoy mountains of free and unlimited activities and take advantage of super discounts to make the most of your summer!

Meant to be shared and highly addictive, escape games will tickle your imagination and whisk you away on fantastic adventures.

LIFT TICKETS



Swiss Area

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

CHAMPÉRY CABLE CAR

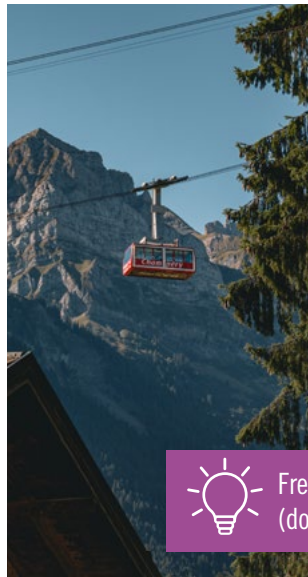
ADULT +16	CHILD 5-15 YRS
14.-	10.-

CHAIRLIFTS CROSETS 8 & MOSSETTES

ADULT +16	CHILD 5-15 YRS
12.-	9.-

GROUP

10 paying tickets = 1 free



Free access on lifts for pedestrians with Multi Passes (does not apply to bikers) : see page 47



Portes du Soleil (Switzerland & France)

- 20 lifts
- MTB transportation included

TICKET WINDOW

	ADULT	CHILD	JUNIOR SENIOR	ONLINE (PDS-CH.CH)		
	ADULT	CHILD	JUNIOR SENIOR	ADULT	CHILD	JUNIOR SENIOR
5 hours	38.-	29.-	34.-	34.-	26.-	31.-
1 day	42.-	32.-	38.-	38.-	29.-	34.-
2 days	80.-	60.-	72.-	72.-	54.-	65.-
3 days	120.-	90.-	108.-	108.-	81.-	97.-
4 days	150.-	113.-	135.-	135.-	101.-	122.-
5 days	187.-	140.-	168.-	169.-	127.-	152.-
5 x 1 day	210.-	160.-	190.-	190.-	145.-	170.-
6 days	214.-	161.-	193.-	194.-	146.-	175.-
7 days	250.-	188.-	225.-	226.-	170.-	203.-
8 days	286.-	215.-	257.-	258.-	194.-	232.-
10 days	315.-	236.-	284.-	285.-	214.-	257.-
13 days	410.-	308.-	369.-	371.-	278.-	334.-
season	447.-	355.-	402.-	447.-	355.-	402.-

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

DURATION

5 hours > valid from the 1st passage

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

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

18.05 - 21.05 + 27.05 - 29.05.2023	weekends & holidays	08:45 - 16:45, every 30 minutes
03.06 - 04.06 + 08.06 - 11.06.2023 + 17.06 - 18.06.2023		
23.06.2023 - 27.08.2023	daily	08:45 - 17:15, every 30 minutes
28.08.2023 - 29.10.2023	daily	08:45 - 16:45, every 30 minutes

LES CROSETS | CROSETS 8 CHAIRLIFT

23.06.2023 - 27.08.2023	daily	08:45 - 16:45
28.08.2023 - 29.10.2023 (+ 18.09.2023)	weekends	08:45 - 16:45

LES CROSETS | MOSSETTES CHAIRLIFT

23.06.2023 - 27.08.2023	daily	08:45 - 16:45
28.08.2023 - 17.09.2023 (+ 18.09.2023)	weekends	08:45 - 16:45

MORGINS | FOILLEUSE CHAIRLIFT

Closed summer 2023 for construction of a new gondola lift.

PORTES DU SOLEIL | FRANCE

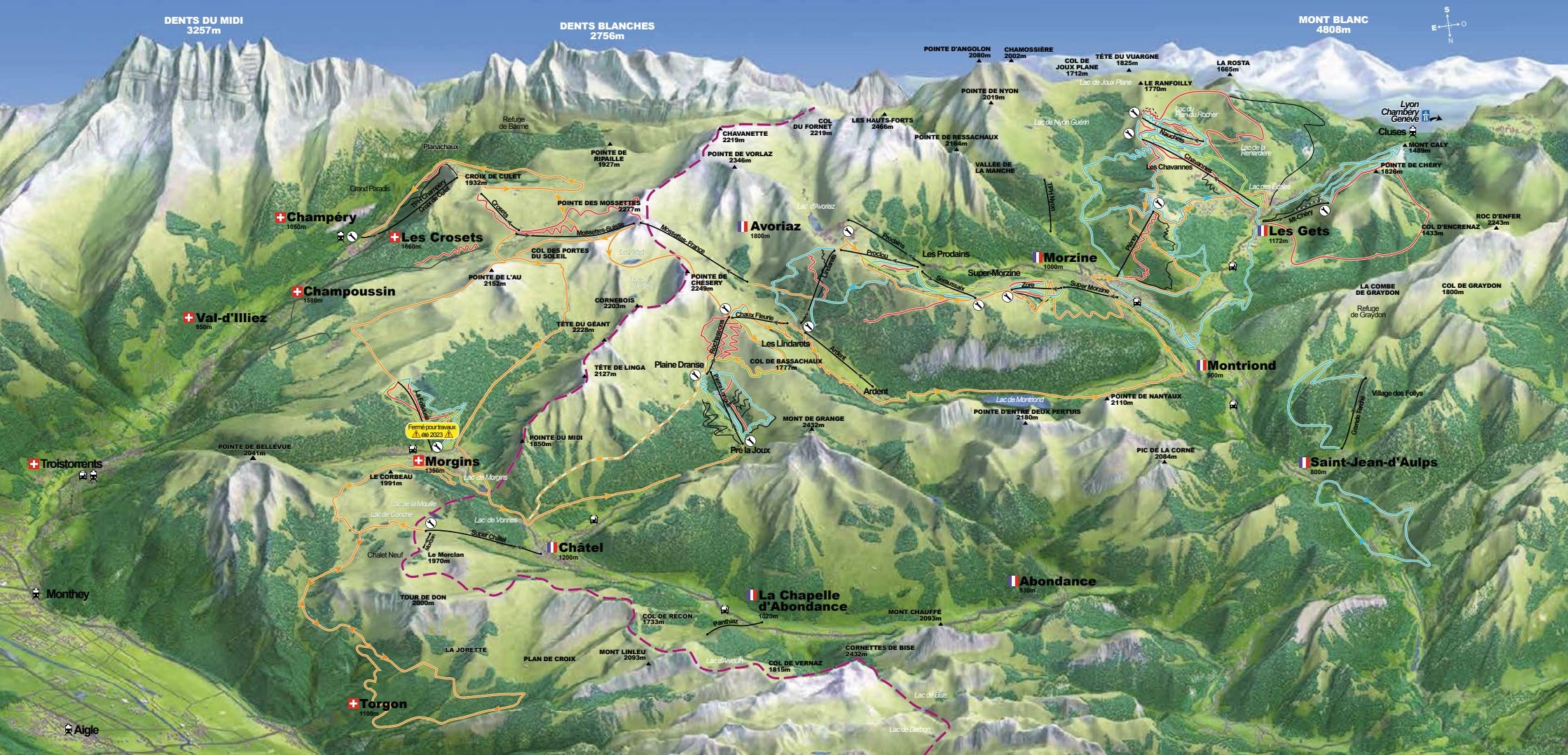
Lifts open non-stop from June 23rd until August 27th, 2023.
After this date, please consult timetables at portedusoleil.com



LES PORTES DU SOLEIL IN SUMMER

Portes du Soleil

Ski & Bike



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
-  free smartphone app RDDM Explor Games® 15.- per map (for 1 - 5 players)
-  +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)
-  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
-  Minimum 4 paying participants
> 4 - 10 people: 35.-/person
> 11 - 24 people: 30.-/person
Free for children under 12
-  +41 (0)24 477 23 61
-  Multi Pass

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

regiondentsdumidi.ch

ORIENTEERING

-  **Region Dents du Midi**
-  Region Dents du Midi tourist offices
-  Download the free FixFinder app.
10.- orienteering map
50.- orienteering maps for all 6 routes
-  +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)
-  Multi Pass

Head out for adventure on one of our 6 orienteering courses! Guided by a 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



The Multi Pass is your golden ticket to 60 unlimited, free activities and 60 more discounted activities throughout Les Portes du Soleil (Switzerland & France) between June 10th and September 10th, 2023.

The OVERNIGHTER and SEASON Multi Passes are valid from May 18th to October 29th, 2023. (subject to service providers' availability and opening times and dates, and subject to sales conditions in force).

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

- **Are you staying overnight in Region Dents du Midi ?**

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

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

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

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

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

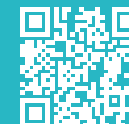


Look for the Multi Pass badges throughout this guide for your free or discounted activities.



Multi Pass activities

More information on conditions here:



Obligatory chip card > CHF 3.- (non-refundable but reusable).

**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
- 💰 adult > 7.- | child > 5.-
- ☎️ +41 (0)24 479 05 05
- 🎫 Multi Pass

This verdant oasis nestled against a backdrop of the Dents du Midi and Dents Blanches Mountains features a 30 m pool and a paddling pool for the little ones. Water temp approx. 28°C.

palladiumdechampery.ch

- 📍 **Morgins**
- 🗨️ Centre Sportif
- 🕒 24.06-27.08.2023
09:00 - 19:00 (depending on weather)
- 💰 adult > 5.- | child > 3.-
- ☎️ +41 (0)24 477 19 92
- 🎫 Multi Pass

Pool dimensions are 25 m by 12,5 m and water temp is approximately 22° - 25°C.

morgins-loisirs.ch

MINIGOLF

- 📍 **Morgins**
- 🗨️ New Crystal Bar (open in July)
Morgins tourist office (mid May - June*)
- 🕒 Mid May - end October > 09:00 - 19:00
(*18:00)
- 💰 adult > 5.- | child (5 - 16 yrs) > 3.-
- ☎️ +41 (0)24 477 41 98 (New Crystal Bar)
+41 (0)24 477 23 61 (tourist office)
- 🎫 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
- 🕒 May to October (depending on weather)
weekdays > 08:00 - 20:00
weekends > 08:00 - 19:00
- 💰 30.- / hour
- ☎️ +41 (0)24 479 05 05
- 🎫 Multi Pass

3 clay outdoor courts

palladiumdechampery.ch

- 📍 **Morgins**
- 🗨️ Centre Sportif
- 🕒 09:00 - 21:00 daily
(reservations recommended)

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

2 clay outdoor courts

tcvaldilliez.ch

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

2 clay outdoor courts

morgins-loisirs.ch



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
Restaurant Chez Gaby 1670
+41 (0)24 477 22 22

chezgaby1670.ch

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

restaurant-buvette-savolaire.ch

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

chezjan.com

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

regiondentsdumidi.ch

Morgins
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 (indoor)
+41 (0)24 477 86 96

peanutlodge.com



V O L V O



+ VOLVO SWISS PREMIUM®
SERVICE GRATUIT PENDANT 10 ANS/150 000 KM
GARANTIE COMPLÈTE PENDANT 5 ANS/150 000 KM

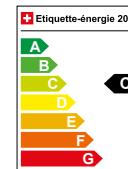
Sa seule modération, c'est son prix.

La Volvo XC60 XCENTRIC avec des détails noirs au design sportif – disponible à un prix spécial pour une période limitée.

À PARTIR DE **CHF 537.-/MOIS**

www.volvocars-partner.ch/maillard/fr/volvo-offre/xc60-xcentric

Volvo XC60 Recharge XCENTRIC, 350 ch/257 kW. Prix catalogue CHF 92'270.- moins prime XCENTRIC CHF 21'320.- = CHF 70'950.-. Mensualité CHF 537.-. Une offre de Volvo Car Financial Services by BANK-now SA. 1er grand acompte de leasing 20 %, durée 48 mois, 10 000 km/an. Intérêt nominal 3.9 %, intérêt effectif 3.97 %. Valeur résiduelle selon les directives de Volvo Car Financial Services (BANK-now SA). Ces valeurs résiduelles sont indicatives et peuvent différer des valeurs résiduelles des concessionnaires Volvo. Aucune caution n'est requise. Assurance casco obligatoire non comprise. L'octroi d'un crédit est interdit s'il occasionne un surendettement du consommateur (art. 3 LCD). Consommation de carburant en l/100 km: 1.0–1.3 l, Consommation d'électricité en kWh/100 km: 19.0–21.2 kWh, Emissions de CO₂: 22–30 g/km. Catégorie d'efficacité énergétique: C. 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. Offre valable jusqu'à révocation ou dans la limite des stocks disponibles.



MAILLARD MONTHEY SA

1870 Monthey
Routes des llettes 3

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

**COME ONE
COME ALL**

THRILL SEEKERS

The Alps are an unparalleled amusement park engineered by Mother Nature herself. And in 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
- 🕒 > April - June & September - October : opening hours online
> 24.06 - 20.08.2023 : daily > 09:00 - 19:00
- 🍽️ > 16+ yrs: 36.-
> 11 - 15 yrs: 26.-
> 6 - 10 yrs & 1m10: 21.-*
> 3 - 5 yrs: 16.-*
*children must be accompanied by an adult (max 2 children/ adult). Cash only please.
- ☎️ +41 (0)79 757 56 28
- 🎫 Multi Pass

organicadventurepark.ch

- 📍 **Champoussin**
- 🗨️ Parc Aventure Point Sud
- 🕒 > 2023 opening dates to be announced
- ☎️ +41 (0)24 479 05 50 (tourist office)
- 🎫 Multi Pass

regiondentsdumidi.ch



Downhill Scooters

reservations required

- 📍 **Champéry**
- 🗨️ Trott en Stock
- 🕒 Hours & reservations online
- 🍽️ > 1h30 (cable car ride up & 1 trip down) : adult > 40.-
child (8 - 15 yrs) > 34.-
> 3h (2 cable car rides up & 2 trips down) : adult > 69.-
child (8 - 15 yrs) > 57.-
> Group prices on request.
- ☎️ +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, 24h in advance
Depending on ground conditions
- 🍽️ > 4 - 5 karts : 30 min > 120.- | 1h > 200.-
> 10 karts : 30 min > 200.- | 1h > 350.-
> 15 karts : 1h > 450.-
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
- 🍽️ 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**
- 💬 **Alpes'Huskies**
- 🕒 **Hours & reservations online**
- 🍽️ **Guided outings (min. 2 people)**
 - > Discovery (~1h)
16 yrs + > 80.- (no meal)
 - > Sporty (~2h30 / 3h):
16 + yrs > 150.- (without meal) or
180.- (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!

huskies.agenda.ch



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



Electric All-terrain Vehicle

- 📍 **Champoussin**
- 💬 **Rando E-motion**
- 🕒 **Hours & reservations online**
- 🍽️ **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**
- 🔒 **Multi Pass**

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**
- 🕒 **End of June - mid October > 10:00 - 18:00**
- 🍽️ **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**
- 🕒 **Daily with reservations at least 24 hours in advance and depending on weather conditions.**
- 🍽️ **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 these bullseyes! In the Géant Forest you'll find a 2.5-kilometre-long itinerary with 18 targets representing different native animals.

regiondtsdumidi.ch

Tir au Pigeon

reservations required

- 📍 **Morgins**
- 💬 **Philippe Landois**
- 🕒 **May - August : Tuesdays & Fridays > from 5 pm | Sundays > from 10 am**
- 🍽️ **1st ammunition box with shotgun > 30.- Additional boxes > 23.-**
- ☎️ **+41 (0)79 221 17 54**
- 🔒 **Multi Pass**

Tir au Pigeon is a fun sport that involves shooting at flying targets known as clay pigeons. Our activity is accessible to beginner and advanced shooters alike from age 12. An on-site expert will provide important safety advice.

regiondtsdumidi.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
- 🕒 on request
- 📦 Tandem flight: from 80.- to 180.- depending on distance flown
Initiation: 160.-/day material included
Training – Advanced training – Wing rental
- 📞 +41 (0)79 435 26 17
- 🔑 Multi Pass

parafly.ch

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

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

acbfly.com

- 📍 **Region Dents du Midi**
Depending on weather conditions
- 🗨️ Val d'illiair - Gaëtan Avanthay
- 🕒 on request
- 📦 Tandem flight: from 120.- to 200.- depending on distance flown
Training
- 📞 +41 (0)79 431 26 61
- 🔑 Multi Pass

valdilliair.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
- Val-d'Illicz**
Play (boulder)
- 📦 unrestricted access
- 📞 +41 (0)24 479 05 50

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

regiondentsdumidi.ch

Canyoning

reservations required

- 📍 **Champéry**
- 🗨️ Fred Soustre
- 🕒 on request
- 📦 from 110.-
- 📞 +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!

regiondentsdumidi.ch

Via Ferrata

- 📍 **Champéry | Val-d'Illicz**
- 🗨️ Region Dents du Midi tourist offices
- 📦 unrestricted access (equipment rentals available in sports shops and at Expérience Champéry)
- 📞 +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
- 📦 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-champéry.ch

*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**
- 🗨️ **Alpes'Huskies**
- 🕒 **Hours & reservations online only**
- 📅
 - > Discovery Tour (~1h)
14+ yrs > 80.- | child (7 - 13 yrs) > 30.-
 - > Gourmet Tour (~3h)
14+ yrs > 120.- | child (7 - 13 yrs) > 50.-
Enjoy a gourmet aperitif featuring local products.
 - > Lakeside Tour (~5h)
For good walkers, on request for groups of 4 or more
14+ yrs > 180.- | child (10 - 13 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!

huskies.agenda.ch

Cani'Kart Aventure

- 📍 **Champéry**
- 🗨️ **Alpes'Huskies**
- 🕒 **Hours & reservations online only**
- 📅
 - Activity approximately 1h :
 - > Family package > 200.- (max. 2 adults & 2 children under 12)
 - > Romantic or group packages on request.

Learn about the sport of mushing and go for a ride in a husky kart (4-wheel buggy) pulled by a powerful team of 8 to 10 huskies. This is a fun and educational group activity to share with friends or family!

huskies.agenda.ch

Husky Scooters

- 📍 **Champéry**
- 🗨️ **Alpes'Huskies**
- 🕒 **On request only**
- 📅
 - approx 1h
 - min 2 people - max 4 people
 - 14 + yrs > 100.- | child (7 - 13 yrs) > 60.-



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.

huskies.agenda.ch

A RAPTOR'S-EYE VIEW

reservations
required

Raptor Rapture Discovery Activity

- 📍 **Morgins**
- 🗨️ **La Petite Volerie**
- 🕒
 - > April, May, October, November : Tuesdays & Thursdays > 10:30 | Saturdays > 8:45 & 10:30
 - > June - September : Tuesdays & Thursdays > 13:30 | Saturdays > 8:45 et 10:30
 - > Duration : 1h15
Indoor activity, easy access.
- 📅
 - 2 - 10 people > 25.-/person
- ☎️
 - +41 (0)79 761 08 88

Join us for a behind-the-scenes tour of the aviary and a meet-and-greet with some beautiful birds of prey. You'll even have a chance to observe two species of bird up close - a magnificent Harris Hawk and the world's largest owl, the incredible Great Grey Owl.

la-petite-volerie.agenda.ch



Falconry Encounter

- 📍 **Morgins**
- 🗨️ **La Petite Volerie**
- 🕒
 - > June - mid October : Tuesdays, Thursdays & Sundays > 09:30
 - > Duration : approx. 2h (8 + yrs, children under 15 must be accompanied by an adult). The walk may be on steep terrain.
 - > Activity cancelled in inclement weather but may be replaced by the Discovery activity.
- 📅
 - 2 - 12 people > 50.-/person
- ☎️
 - +41 (0)79 761 08 88

Experience the exhilaration of falconry! This activity takes place in the forest, where you'll have a chance to don a falconer's glove and get up close and personal with one of our magnificent Harris Hawks. Observe the birds' aerial acrobatics and marvel as they soar, swoop, and dive playfully during their daily routine. This rare and unforgettable experience is an immersive, hands-on group activity that will provide you with an insider's knowledge of the fascinating world of raptors.

la-petite-volerie.agenda.ch

HORSEBACK RIDING

reservations
required

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

Champéry

Centre équestre de Champéry

adult : 1h > 50.- | 3h > 130.- | 6h > 190.-
child (- 15 yrs) : 1h > 45.- | 3h > 120.- | 6h > 150.-

+41 (0)79 429 60 20



regiondentsdumidi.ch

Morgins

Ranch de Morgins

09:00 - 17:00 daily

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

single price 130.- / 45 min (max. 4 people)

+41 (0)79 429 60 20

regiondentsdumidi.ch

Morgins

Ranch de Morgins

09:00 - 17:00 daily

160.- / hour (max. 5 adults)

+41 (0)79 608 10 16

ranch-morgins.ch

Val-d'Illiez

Irénée Caillet-Bois

on request

on request, depending on the itinerary

+41 (0)79 673 54 14

regiondentsdumidi.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 on our website
chalet-rosalie.ch

> CHF 25.- 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 Chéséry

Opening hours same as Refuge de Chéséry

25.- + 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).





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!

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!

reservations required

reservations required

📍 **Champéry**

🗨 Centre Equestre de Champéry

🕒 20-minute tour
 > accompanied by parents > 15.-
 > accompanied by the Centre > 20.-

☎ +41 (0)79 429 60 20



regiondentsdumidi.ch

📍 **Morgins**

🗨 Ranch de Morgins

🕒 09:00 - 17:00 daily

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

☎ +41 (0)79 608 10 16



ranch-morgins.ch

A DAY AT THE STABLES

reservations required

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

📍 **Champéry**

🗨 Centre Equestre de Champéry

🕒 please reserve

🕒 horse / pony
 1 hour > 35.-/person

☎ +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

🕒 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

MARMOT PARK

📍 **Champoussin**

🗨 Chez Gaby 1670

🕒 daily

🕒 free

☎ +41 (0)24 477 22 22

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

chezgaby1670.ch



Pumptrack : see page 27

FUN & GAMES

Dents du Midi Tourist Train

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

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

regiondentsdumidi.ch







Hike to a restaurant, then catch a ride home! It's a 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.



Playgrounds

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

-  **Morgins**
-  Centre Sportif
-  June - early November > 09:00 - 19:00 (depending on the weather)
-  Free
-  +41 (0)24 477 19 92
-  Multi Pass

A brand-new street racket & street basketball court will provide hours of fun all summer long. Equipment will be loaned by the Sports Centre on request.

morgins-loisirs.ch

Fun Park

-  **Champéry | Les Crosets | Morgins**
-  Region Dents du Midi tourist offices
-  13:00 - 18:00
 - > 01.07 - 15.07.2023 > Les Crosets (lift company car park)
 - > 17.07 - 29.07.2023 > Champéry (Palladium)
 - > 31.07 - 13.08.2023 > Morgins (Sports Centre)
-  Entry (with a supervising adult) :
Les Crosets > child > 5.-
Champéry > child > 5.-* | adult > 7.-*
Morgins > child > 3.-*
*fee includes pool entry
-  +41 (0)24 479 05 50 (Champéry - Les Crosets)
+41 (0)24 477 23 61 (Morgins)
-  Multi Pass



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

regiondentsdumidi.ch



Our babysitters

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 !

SUMMER CAMPS

reservations
required

Summer Camp

📍	Champéry
🗨️	Palladium de Champéry
🕒	03.07 - 07.08.2023 Online registration only 03 - 07.07 : Nature Adventurers 10 - 14.07 : Balancing Act 17 - 21.07 : Bike Buddies 24 - 28.07 : Junior Explorers 31.07 - 04.08 : Treasure Hunt 07 - 11.08 : Campfire Crew
☎️	+41 (0)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
🕒	10 - 14.07 31.07 - 04.08.2023
☎️	+41 (0)79 501 37 08

This camp is for young riders aged 6 to 14 who want to improve their mountain biking technique, gain confidence and learn the basics of bike mechanics under the careful supervision of our certified J+S (youth and sports) monitors.

rideswitzerland.com



Pony Camps

📍	Champéry
🗨️	Centre Equestre de Champéry
🕒	03 - 07.07 10 - 14.07 17 - 21.07 24 - 28.07 31.07 - 04.08 07 - 11.08 16 - 20.10 23 - 27.10.2023
☎️	+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. 5+ yrs

regiondentsdumidi.ch

International Summer Camp

📍	Champéry
🗨️	Ecole Nouvelle de la Suisse Romande
🕒	02.07 - 05.08.2023 (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
🕒	10 - 14.07 31.07 - 04.08.2023
☎️	+41 (0)79 501 37 08

This 5-day MTB camp is for all young riders with a need for speed and a basic mastery of mountain trails. Your kids will learn to shred like the pros on trails appropriate for their skill level, while learning safe riding habits from certified J+S (youth and sports) monitors.

rideswitzerland.com

Mini Musher Summer Camp

📍	Champéry
🗨️	Alpes'Huskies
🕒	10-14.07.2023 > 09:00 - 16:00
☎️	Online registration only

This à la carte mushing camp for kids aged 10-16 offers a variety of exciting summer activities. In addition to plenty of playtime with the dogs, your mini mushers can experience husky hiking, husky scooters, and husky karting. The afternoons will be reserved for entertaining, educational workshops.

huskies.agenda.ch

Evazion Summer Camps

📍	Champéry Morgins
🗨️	Evazion
🕒	Morgins : 03.07 - 12.08 (Mondays - Saturdays) Champéry : 07 - 12.08 14 - 19.08.2023
☎️	+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

A Week at the Ranch

📍	Morgins
🗨️	Ranch de Morgins
🕒	03 - 07.07 10 - 14.07 07 - 11.08 14 - 18.08.2023
☎️	+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

Archery Basics & Campfire Picnic

📍	Morgins
🗨️	ESS Morgins
🕒	12.07 26.07 09.08.2023 (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
🕒	10 - 13.07 24 - 27.07 07 - 10.08.2023 (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

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-fulfillment is by cultivating the tricky art of letting go.

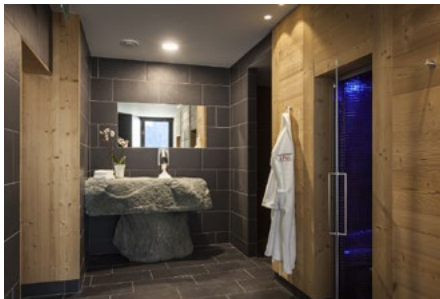
Give yourself up to the simple pleasures in life, unplug, and let yourself be pampered by expert masseurs, soak your cares away in a tranquil spa or try a new, holistic, practice like yoga or a fasting cure. We promise, it does a body good!

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.

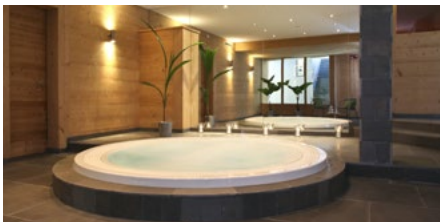
-  **Champéry**
-  Hôtel National Resort & Spa
-  10:00 - 20:00 (with reservations for adults not staying at the hotel)
-  adult (18+ yrs) > 35.-
-  +41 (0)24 479 11 30



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

lenational.ch

-  **Morgins**
-  Helvetia Hotel
-  16:00 - 19:00 (last entry)
-  adult > 20.- | child > 15.-
-  +41 (0)24 565 18 75



Jacuzzi, sauna, hammam.







helvetiahotel.ch

-  **Champéry**
-  Boutique Hôtel Beau-Séjour & Spa
-  Spa Nuage: 10:00 - 19:00, guests not staying at the hotel must reserve
-  > Spa : adult (from age 16 if accompanied by an adult) > 38.-
> Massage (reservations required 24h in advance) : 50 minutes > 120.-
-  +41 (0)24 479 58 58
-  Multi Pass



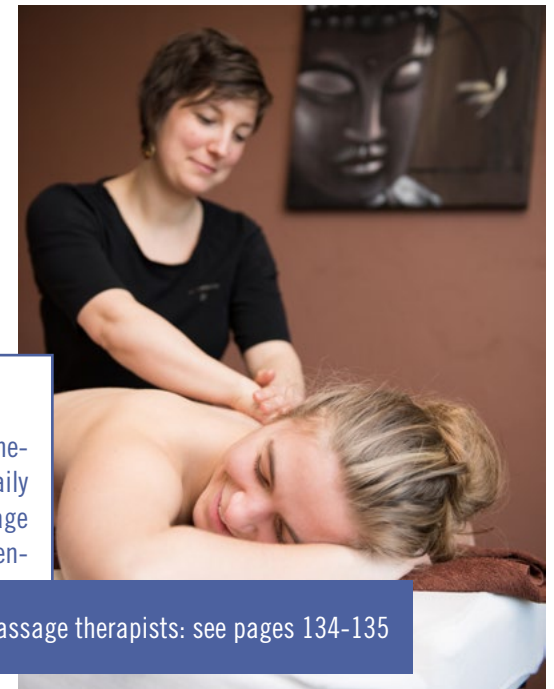
Jaccuzzi, hammam, sauna, cold water pool, Kniepp hydrotherapy, disinfectant foot bath, flotation pool, massages.

beausejour.ch

-  **Champoussin**
-  Chez Gaby 1670
-  09:00 - 20:00
-  Min. 2 people :
30 min. > 16.-/person
1h > 25.-/person
(10+ yrs)
-  +41 (0)24 477 22 22
-  Multi Pass

Nordic hot tub (outdoor)

chezgaby1670.ch



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.



Massage therapists: see pages 134-135

FASTING CURES & HIKES

reservations
required

Champoussin | Val-d'Illiez

Centre Interlude Bien-Être

depending on programme
and accommodation

+41 (0)44 586 58 60

Our fasting, juice, and detox cures - accompanied by hiking, yoga, jacuzzi, sauna, hammam, swimming, and massages - are the ultimate wellness holiday in beautiful Champoussin. Under our expert supervision, you'll learn the art and science of fasting for vitality and longevity. The stay includes cosy accommodation in rooms or suites.

interludiebenetre.ch

Morgins

Jeûne & Nature

Dates online

on request

+41 (0)76 416 22 08

Joëlle Rey welcomes you to her lovely alpine chalet for a change of pace and a restorative 'Fasting and Nature' retreat. In small groups of 2 to 4 people, you will partake in a fresh juice liquid fast accompanied by gentle walks and awakening movements. The relaxed pace and abundant free time will encourage introspection, mindfulness, and a profound reconnection with nature.

jeuneravecjoelle.ch

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 135

INDOOR POOL

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

Champéry

Palladium de Champéry

detailed opening hours on the website

adult > 7.- | child > 5.-

+41 (0)24 479 05 05

Multi Pass

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

Approx. 28°C

palladiumdechampery.ch



AQUABIKE & AQUAGYM

reservations
required

Champéry

Palladium de Champéry

Aquabike

> Tuesdays > evenings

> Fridays > 10:30 - 11:15

Aquagym

> Mondays & Thursdays > evenings

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



INDOORS

UNDER COVER

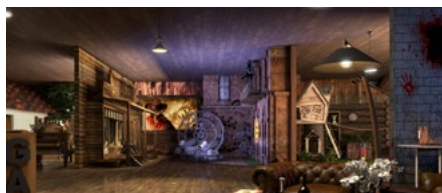
Weather, Schmeather! With plenty of fun to be had indoors, there's no raining on this parade. Make an indoor playdate and get a workout, blow off some steam or just kick back and relax.



Escape Room

reservations required

- 📍 **Champéry**
- 🗨️ Trapgame Champéry Sàrl
- 🕒 09:30 - 00:00 Tuesdays – Sundays
- 🍽️ price per person:
2 people > 65.-/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-champery.ch

Treasure Hunt

reservations required

- 📍 **Champéry**
- 🗨️ Palladium de Champéry
- 🕒 Daily (reservations 48 hours in advance)
- 🍽️ 16+ yrs > 29.- / 19.-
child (7 - 15 yrs) > 20.- / 15.-
(with / without the water adventure)
- ☎️ +41 (0)24 479 05 05

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

palladiumdechampery.ch

Indoor Climbing Wall

- 📍 **Champéry**
- 🗨️ Palladium de Champéry
- 🕒 detailed opening hours on the website
- 🍽️ 16+ yrs > 12.- | child > 8.-
equipment rental : harness > 3.- | climbing shoes > 5.- | carabiner + smart belay device > 4.-
- ☎️ +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.

palladiumdechampery.ch

Ice Skating

- 📍 **Champéry**
- 🗨️ Palladium de Champéry
- 🕒 detailed opening hours on the website
- 🍽️ 16+ yrs > 7.- | child > 5.-
skate rental > 5.-/person
- ☎️ +41 (0)24 479 05 05

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

palladiumdechampery.ch

Indoor Tennis

reservations required

- 📍 **Morgins**
- 🗨️ Centre sportif
- 🕒 09:00 - 22:00 daily
(reservations recommended)
- 🍽️ 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
- 🕒 detailed opening hours on the website
- 🍽️ 25.-/hour (equipment included)
- ☎️ +41 (0)24 479 05 05



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

palladiumdechampery.ch

FITNESS

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

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

palladiumdechampery.ch

- 📍 **Morgins**
- 🗨️ Oxygen Morgins
- 🕒 07:00 - 21:00 Mondays - Saturdays
- 🍽️ 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
70.- / hour
+41 (0)24 479 05 05

palladiumdechampery.ch

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

troistorrents.ch

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

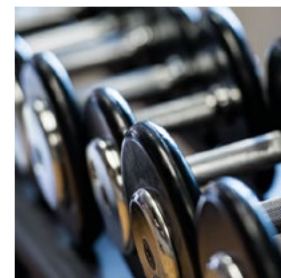
troistorrents.ch



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

illeiez.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
- 🍽️ 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.

fonderiechampery.wixsite.com/perrin

Carillon Concert

reservations required

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

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

regiondentsdumidi.ch

Watchmaking Workshop

reservations required

- 📍 **Champéry**
- 🗨️ Hors du Temps
- 🕒 year-round with reservations
- 🍽️ > 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

reservations required

- 📍 **Region Dents du Midi**
- 🗨️ Region Dents du Midi tourist offices
- 🕒 17.06.2023 - 30.09.2023
Reservations online until 12 pm the day before.
- 🍽️ > CHF 25.- with wine or beer
> CHF 22.- non-alcoholic drinks (min. 2 people)
- ☎️ +41 (0)24 479 05 50 (Champéry)
+41 (0)24 477 23 61 (Morgins)

Enjoying a delightful fondue or raclette with your loved ones in the idyllic setting of your choice is as easy as picking up your ready-made picnic pack and heading for the hills! This is the perfect way to savor your favorite Swiss speciality - in the fresh air and the great outdoors, with stunning panoramic views as far as the eye can see.

regiondentsdumidi.ch



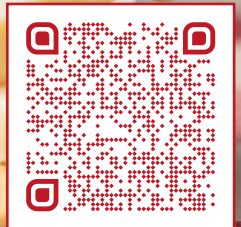
7Peaks Craft Brewery in Morgins

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.



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 Cavagne

Troistorrents

+41 (0)24 477 35 40



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

lacavagne.ch



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 Cavagne shops are your one-stop emporiums for everything homemade, farm-fresh and locally sourced. The two shops, one in Troistorrents, the other in Champéry, overflow with delectable specialities including robust cheeses, organic fruit and vegetables, cured and smoked meat, yummy jams, crusty bread, delicious wines and more!



Le Goût sincère





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

03.07.2023 - 25.09.2023
 > Mondays 09:30 - 12:00

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

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.

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
 +41 (0)79 447 24 52

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

01.06.2023 - 31.08.2023
 > Tuesdays & Thursdays from 15:00

11.- (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

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	
🍷	100.- (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	
🍷	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
🕒	Visits (without reservations and without a guide) › May 28th - October 1st : Sundays › 10:00 - 17:00* › July 1st - August 31st : Wednesdays › 09:00 - 17:00* Saturdays & Sundays › 10:00 - 17:00* *last entry 16h30

Guided tours only with reservations

🍷	adults (16 +) › 12.- seniors/students › 10.- child (6 - 15 yrs) › 6.- under 5 free Prices for groups of 10 or more and guided tours on request
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☎️	+41 (0)24 477 12 27 (during visiting hours)
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✔️ Multi Pass



Starting in summer 2023, a new audio tour will be available to accompany your visit to the Old Mill. 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	
🍷	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)
🍷	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
🍷	free
☎️	+41 (0)79 316 41 61

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

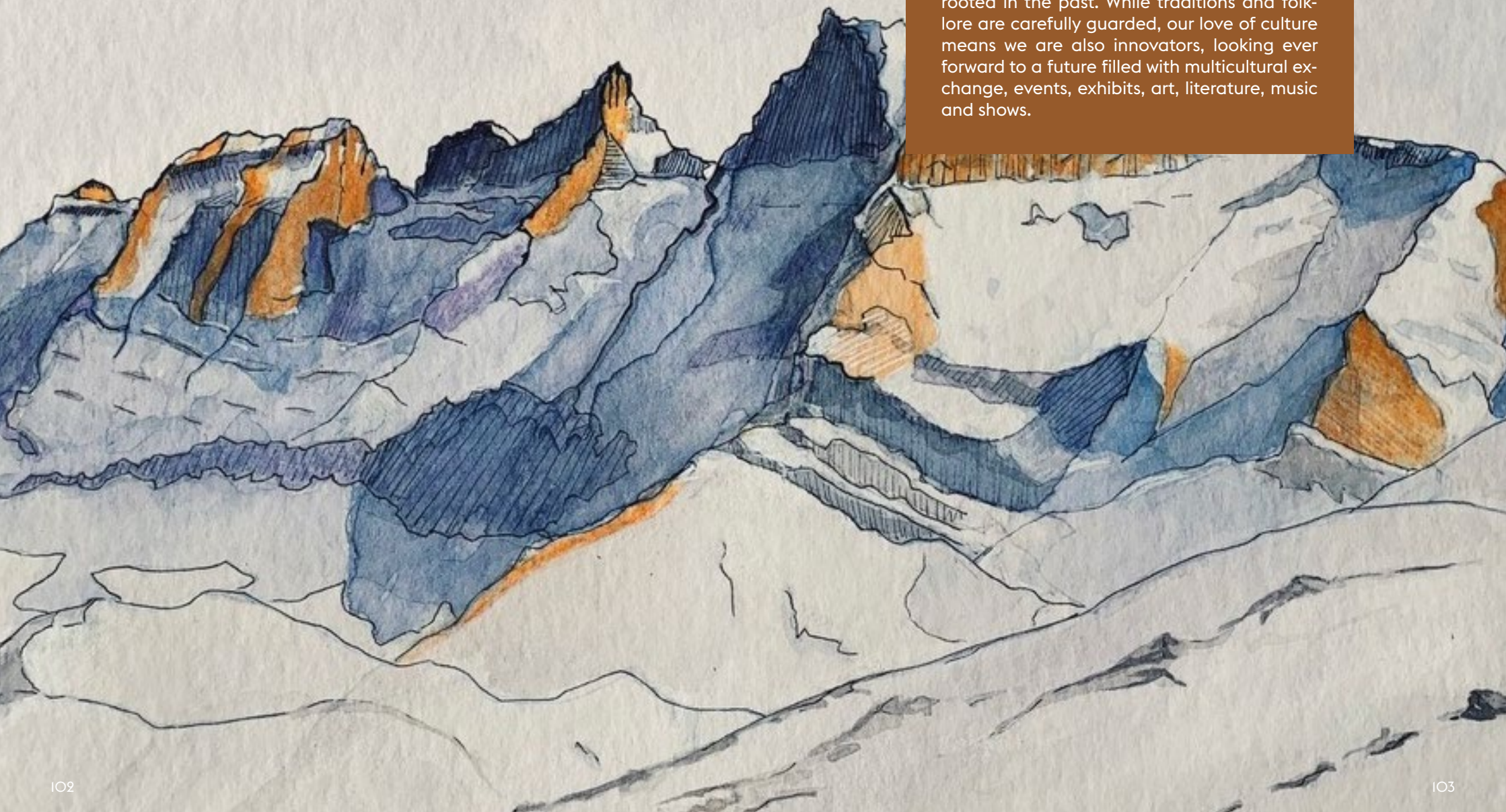
asfpc.ch



OUR ROOTS

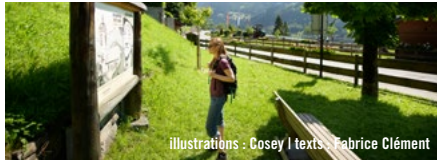
CULTURE

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
-  free
-  +41 (0)24 479 05 50








illustrations - Cosey | texts - Fabrice Clément






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

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

admin-champery.ch

-  **Val-d'Illicz**
-  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 24.06 - 24.07.2023
-  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

-  **Troistorrents**
-  Bibliothèque de Troistorrents
-  > Tuesdays > 09:00 - 11:30 | 16:00 - 17:30
> Wednesdays > 14:00 - 17:30
> Thursdays > 16:00 - 19:00
> Fridays > 16:00 - 17:30
- during school holidays
(except bank holidays) :
> Tuesdays > 09:00 - 11:30
> Thursdays > 16:00 - 19:00
-  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

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

regiondentsdumidi.ch

Brindusa Burrows Art

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

brindusaburrows.art

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 126

OUR ROOTS

SACRED STRUCTURES

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

CHURCHES, CHAPELS & BELLS

Champéry Bell Tower

-  **Champéry**
-  Paroisse de Champéry
-  Open to the public (exterior)
-  +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**
-  Paroisse de Val-d'Illeiez
-  Open to the public
-  +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 steepled roof surmounted by a Lombardy-style arrow. When the church was renovated in 1967, a sundial with the inscription *Carpe Diem* was added to the tower.

paroisses-illiez.ch

Champoussin Chapel

-  **Champoussin**
-  Patrick Claret
-  Open to the public
-  +41 (0)76 522 42 73



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

Carillon pour la Paix

-  **Morgins**
-  François Donnet
-  Open to the public
-  +41 (0)79 310 95 61



Built in 2000, 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.

regiondentsdumidi.ch

Notre-Dame de l'Assomption Church

-  **Morgins**
-  Paroisse de Troistorrents-Morgins
-  Open to the public
-  +41 (0)24 477 11 13



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

paroisses-illiez.ch

Saint Marie-Madeleine Church

-  **Troistorrents**
-  Paroisse de Troistorrents-Morgins
-  Open to the public
-  +41 (0)24 477 11 13



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

paroisses-illiez.ch

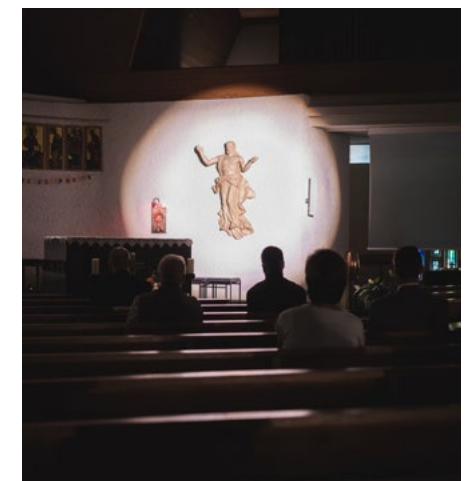
SOUND & LIGHT TOUR

Saint Théodule Church

-  **Champéry**
-  Paroisse de Champéry
-  Open to the public (except during services)
-  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



USEFUL INFORMATION



GETTING HERE

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

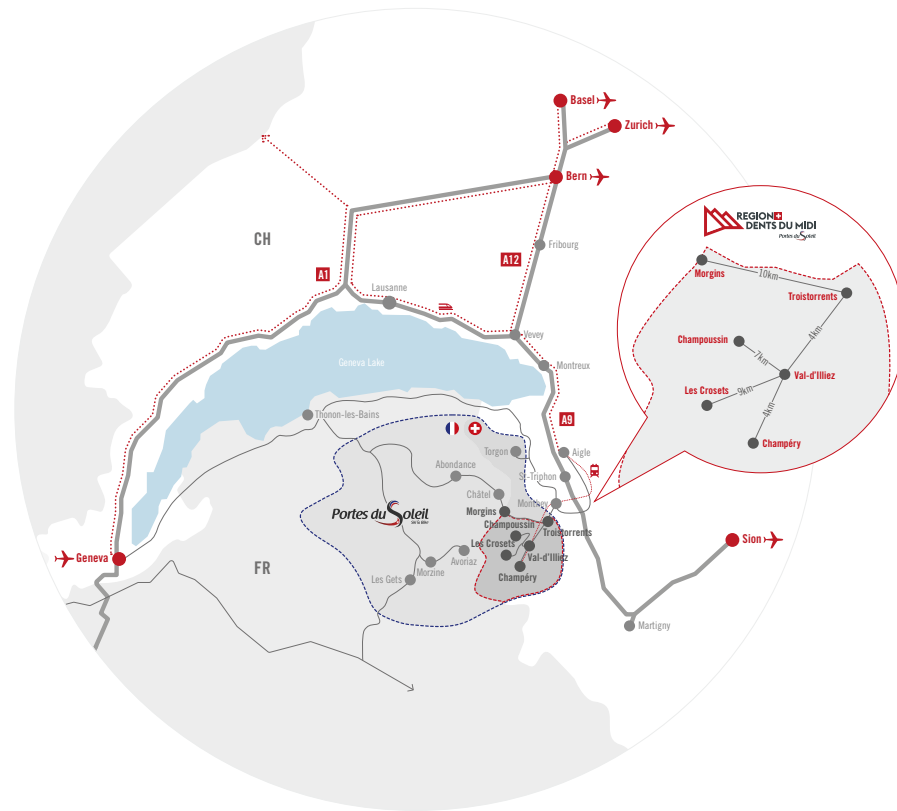
by car









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

MOBILITY

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



Dents du Midi Tourist Train
(see page 72)

📍 Champéry

🚶 19 passengers / wagon

🕒 0h20

🎫 free

🔄 Multi Pass

Champéry - Barme shuttle

📍 Champéry

🚶 20 passengers

🕒 0h35

🎫 10.- return | 5.- one-way

🔄 Multi Pass

Collombey - Troistorrents - Morgins bus

📍 Troistorrents | Morgins

🚶 50 passengers

🕒 0h30

🎫 9.- (4.50 with ½ price train pass)

🔄 Multi Pass

Val-d'Illicz - Champoussin bus

📍 Val-d'Illicz | Champoussin

🚶 50 passengers

🕒 0h35

🎫 7.60 (3.80 with ½ price train pass)

🔄 Multi Pass

Val-d'Illicz - Les Crosets bus

📍 Val-d'Illicz | Les Crosets

🚶 50 passengers

🕒 0h35

🎫 6.- (3.- with ½ price train pass)

🔄 Multi Pass

Download the timetables here.



Votre partenaire mobilité

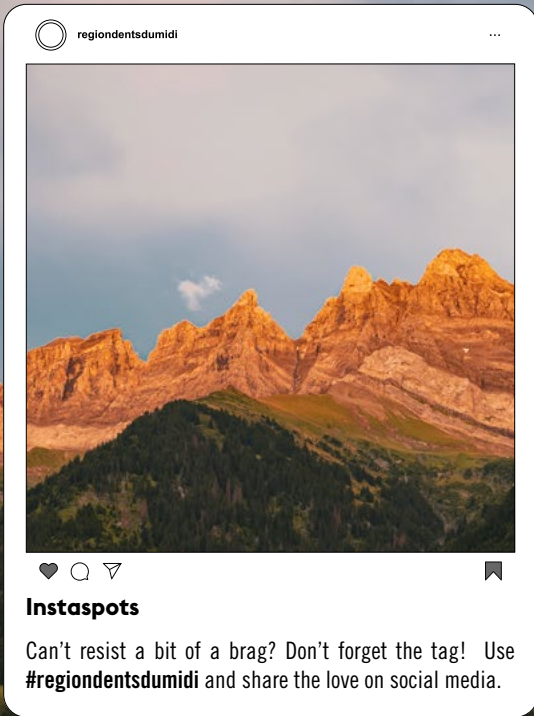


ADOPTEZ LA MOBILITÉ DOUCE POUR VOS LOISIRS!

Grâce aux TPC, découvrez 9 lieux insolites en Valais

www.tpc.ch/111lieux



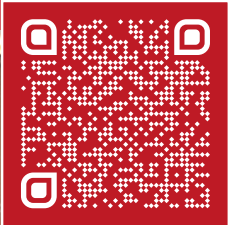


STAYING OVER

- 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!





beanie 20.-



keychain 5.-



cap 20.-



dvd 25.-



hiking map 5.-



backpack 29.-



tote bag 5.-



silicon flask 10.-



bike map 5.-

 Available in our tourist offices or online !



#regiondentsdumidi

SUMMER & AUTUMN 2023 HIGHLIGHTS

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

MAY

- 20** La Monthey d'Illeiez | Val-d'Illeiez
Clean-Up Tour | Champoussin
Swiss Mill Day | Troistorrents
- 21** Grain Festival | Troistorrents
Clean-Up Tour | Morgins
- 26-28** Lower Valais Music Festival | Champéry
- 27** Concert « Long Live The Queen » | Champéry

JUNE

- 01-03** Rallye du Chablais | Région Dents du Midi
- 03** Flower Market | Morgins
Romandy Music Festival | Val-d'Illeiez
- 04** Cleaning Day par Ski Valais | Les Crosets
- 08** Illeiez Valley Corpus Christi Day | Champéry
- 09** Concert | Campagnoli (Polyphonies and Corsican songs) | Val-d'Illeiez
- 23-25** Pass'Portes du Soleil | Portes du Soleil

JULY

- 5** Rencontre livresque by Libre comme l'Art
Champoussin
- 12** Rencontre livresque by Libre comme l'Art
Champéry
- 15** Morgins Market | Morgins
The Black'All Day Festival | Morgins
- 22** Morgins Market | Morgins
- 22-23** Barme Alpen Air | Champéry
Châtel Chablais Léman Race | Portes du Soleil
- 28-29** Village Festival | Val-d'Illeiez
- 29** Sentier de la Bière | Val-d'Illeiez
Morgins Market | Morgins
- 31** Swiss National Day Eve | Morgins
- 31.07-14.08** Rencontres Musicales | Champéry

AUGUST

- 01.08** Swiss National Day | Région Dents du Midi
- 05** Wine-tasting Festival | Champéry
Morgins Market | Morgins
- 12** Plant-based Health Fair | Morgins
Rainbow Run | Champéry
- 12-13** Cantonal Wrestling Festival | Morgins
Vintage Motors Expo | Les Crosets
- 16** Rencontre livresque by Libre comme l'Art
Morgins
- 19** Gourmet Riverside Ramble | Morgins
Livestock Fair | Les Crosets
- 23** Rencontre livresque by Libre comme l'Art
Les Crosets
- 26** Bread Festival & Bread Lovers' Gourmet Walk
Troistorrents
Grimpée d'Culet | Champéry

SEPTEMBER

- 03-10** SwissPeaks Trail | Région Dents du Midi
- 09** SwissPeaks 70k Race | Val-d'Illeiez
- 09** SwissPeaks Marathon | Morgins
- 08-09** Bike & Sound Festival | Champéry
- 09-10** Bike & Sound Downhill Cup | Les Crosets
- 16** Trail des Dents du Midi | Champéry

OCTOBER

- 14** Gourmet E-bike Adventure | Région Dents du Midi
- 21** Folk Soirée | Val-d'Illeiez
- 27-29** Raclette World Championships | Morgins

NOVEMBER

- 04** Adventure for All Festival | Troistorrents
- 10-11** Champéry Film Festival | Champéry

ALL SUMMER LONG:

- 07.07 - 01.09**
(Fridays) :
Jazz & Wine | Champéry
- 08.07 - 19.08**
(Saturdays) :
Champéry anime sa rue | Champéry
- 05.04 - 25.10**
(Wednesdays) :
Le P'tit marché Bio de La Perrole | Champéry

FUN PARK

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

- 01.07 - 15.07** Les Crosets **17.07 - 29.07** Champéry
- 31.07 - 13.08** Morgins

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 regiondentsdumidi.ch

31.07 - 14.08

Rencontres Musicales *Brahms & Beyond*

Internationally renowned orchestras and musicians interpret sublimely beautiful works by Johannes Brahms - accompanied by Mozart, Dvorák, and Schumann (Clara that is) for good measure! Programme and ticketing at rencontres-musicales.ch

12.08 - 13.08

Cantonal Wrestling Festival

Get ready to rumble at the 98th Cantonal Wrestling Festival! The festival will be held in Morgins and hosted by the Troistorrents-Morgins wrestling club, who are celebrating their 40th anniversary this year. Festivities will kick off at the Salle de la Jeur on August 12th. The next day, over a hundred fierce wrestlers from the Canton of Valais and beyond will go head-to-head for the coveted championship title. Don't miss this epic event!

03.09 - 10.09

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-. A marathon race will leave from Morgins and a 70 km race will set off from Val-d'Illeiez.

08.09 - 09.09

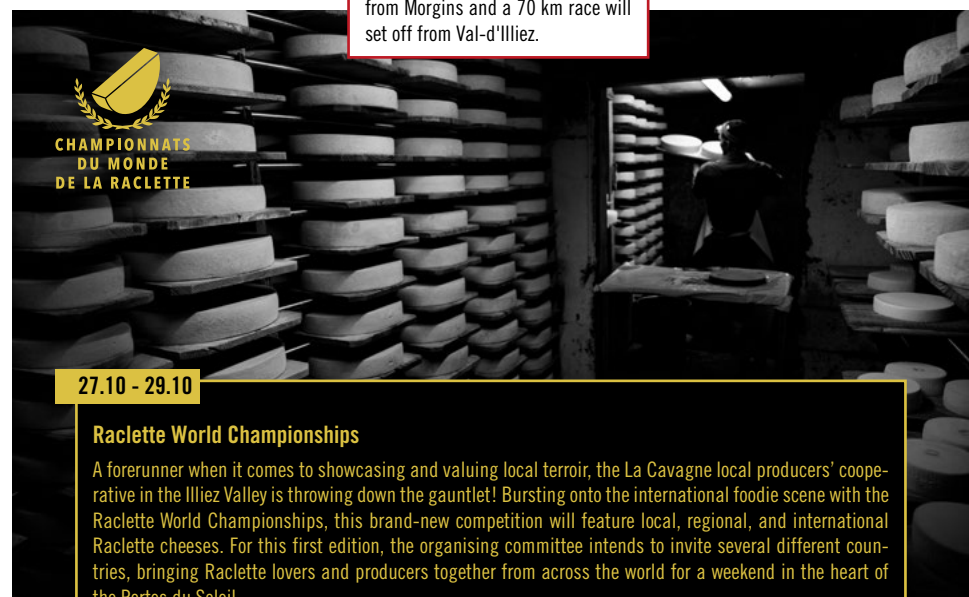
Bike & Sound Festival

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

16.09

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



27.10 - 29.10

Raclette World Championships

A forerunner when it comes to showcasing and valuing local terroir, the La Cavagne local producers' cooperative in the Illeiez Valley is throwing down the gauntlet! Bursting onto the international foodie scene with the Raclette World Championships, this brand-new competition will feature local, regional, and international Raclette cheeses. For this first edition, the organising committee intends to invite several different countries, bringing Raclette lovers and producers together from across the world for a weekend in the heart of the Portes du Soleil.

EXHIBITIONS

Pierre-Marie Gabioud

(photography)

📍 Champéry | Espace Raiffeisen

📅 18.05.2023 - 27.05.2023
(18, 20, 21, 24, 26, 27.05)
17:00 - 19:00

Vernissage : 18.05.2023 > 18:00

Robert Hainard

📍 Troistorrens | Chalet de la Treille

📅 26.05.2023 - 02.07.2023
Tuesday - Sunday > 14:30 - 18:30

Mana Huberdeau

(paintings)

📍 Champéry | Espace Raiffeisen

📅 02.06.2023 - 18.06.2023
Tuesday - Friday > 14:30 - 18:30
Saturday - Sunday > 14:00 - 19:30

Vernissage : 03.06.2023 > 18:00

Jean Perrin

(paintings)

📍 Champéry | Espace Raiffeisen

📅 23.06.2023 - 09.07.2023
Friday - Sunday > 16:00 - 19:00
By appointment +41 (0)79 528 31 43

Vernissage : 24.06.2023 > 18:00

perrinjean.com

Patrimoine Champérolain

📍 Champéry | Espace Raiffeisen

📅 14.07.2023 - 27.08.2023

Ghislaine De Nul

(photography)

📍 Champéry | Espace Raiffeisen

📅 01.09.2023 - 17.09.2023
Friday - Saturday > 15:00 - 19:00
Sunday > 11:00 - 13:00 & 15:00 - 19:00
By appointment +41 (0)79 574 98 00

Vernissage : 02.09.2023 > 18:00

ghislainedenul.com

Delphine Belkiri

(paintings)

📍 Champéry | Espace Raiffeisen

📅 22.09.2023 - 08.10.2023
Daily > 10:00 - 13:00 & 15:00 - 18:00

Vernissage : 23.09.2023 > 18:00

Arun Rey

(paintings)

📍 Champéry | Espace Raiffeisen

📅 13.10.2023 - 29.10.2023
Thursday - Sunday > 15:00 - 19:00

Vernissage : 14.10.2023



You'll find our fully-updated calendar online at regiondentsdumidi.ch



Galleries : see page 105

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 the season for 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!

LAND OF ADVENTURE

CHAMPÉRY · LES CROSETS · MORGINS · CHAMPOUSSIN · TROISTORRENTS · VAL D'ILLIEZ

FOOD

BUTCHER

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

BAKERY | PASTRIES

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

FINE FOOD | TERROIR

La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 79 347 46 39	Champéry
Le Cochon dans la Vigne	+41 24 479 11 26	Champéry
La Cavagne	+41 24 477 35 40	Troistorrents

GROCERIES

13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
Le Caveau des Dents du Midi	+41 24 477 62 13	Champoussin
Alimentation des Crosets	+41 24 565 00 22	Les Crosets
Intermarché	+41 24 477 24 24	Morgins
Voig	+41 24 477 31 03	Morgins
Chez Azalée	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illicz

FRESH TROUT

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

TREES

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

CONCIERGE SERVICE

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

LANDSCAPING

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

EARTH MOVING | SNOWPLOWING | TRANSPORT

CIVIL ENGINEERING

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

Valvièze Construction SA	+41 79 347 13 13	Champéry
Bernard Torrent SA	+41 24 471 46 87	Collombey
Borloz Transport Sàrl	+41 79 622 08 13	Les Crosets
Trombert Dominique Transports	+41 24 479 16 48	Les Crosets
Raymond Rithner SA	+41 24 473 73 53	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Monay Transneige & Auto Mecanic Sàrl	+41 79 301 33 33	Morgins
Renavier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Michaud & Mariaux SA	+41 24 471 73 55	Troistorrents
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'Illicz
Dubosson Eric	+41 79 412 25 58	Val-d'Illicz
Ecœur Terrassements SA	+41 24 477 17 29	Val-d'Illicz
Granger Multiservices Sàrl	+41 79 449 54 34	Val-d'Illicz
Patrick Transports Sàrl	+41 24 479 26 24	Val-d'Illicz
Traxa SA	+41 79 583 01 07	Val-d'Illicz
Trombert Entretien paysagiste	+41 79 107 07 44	Val-d'Illicz
Vieux SA	+41 76 488 98 85	Val-d'Illicz
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illicz

ARTISANS

WATCHES | JEWELRY

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

BELL FOUNDRY

Perrin Hugues	+41 79 435 92 39	Champéry
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AUTOMOBILE

BODY SHOP

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

GARAGE & PETROL STATION

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

BEAUTY & WELL-BEING

BEAUTICIAN

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

HAIR

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

SPORTS CENTRE

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

FITNESS

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

Au 7e. Sens	+41 79 351 44 00	Champéry
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Aurélia Abhervé	+41 78 779 66 87	Champéry
HormeSpa Hotel National Resort SPA	+41 24 479 11 30	Champéry
Meunier Roxane, massages thérapeutiques	+41 79 811 30 80	Champéry
Physiothérapie de la Vallée	+41 24 477 29 80	Champéry
SPA Alpin Suisse - Beau Séjour	+41 24 479 58 58	Champéry
Tajji 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'Illicz Champéry

Aux Mains Sages	+41 76 526 66 18	Val-d'Illicz
Eney Rebutologie	+41 79 561 47 15	Val-d'Illicz
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'Illicz
Reboutage Concept, Jean-Paul Stilmant	+41 79 737 60 88	Val-d'Illicz

YOGA INSTRUCTORS

Domtite Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga Yasmine Lomazzi	+41 79 449 61 14	Champéry
Kundalini Yoga Isabelle Portner	+41 76 822 15 61	Champéry
AYA Yoga Experience	+41 79 397 67 70	Morgins
YogAlps Evelyne Rey-Bellet	+41 79 774 87 46	Val-d'Illicz

FASTING CURES

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

SHOPS

DECORATION | FURNITURE

FURNISHINGS | HOME STAGING | SOUVENIRS

Hors du Temps	+41 24 479 10 63	Champéry
La Loggia	+41 24 479 24 64	Champéry
Boutique « Il était une fois »	+41 24 477 26 03	Morgins
WABI Design	+41 79 229 24 38	Morgins

CLOTHING | FASHION

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

KIOSK | NEWS

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

SEMINAR – CONFERENCE – BUSINESS EVENTS

SEMINAR | CONFERENCE | BUSINESS EVENTS

Palladium de Champéry	+41 24 479 05 05	Champéry
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LESSONS

SKI SCHOOLS

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

École Suisse de Ski & Snowboard	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 624 50 60	Val-d'Illicz

INDEPENDENT SKI INSTRUCTOR

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

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

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

TENNIS INSTRUCTOR

Comby Emilien	+41 79 826 97 53	Champéry
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BUILDING TRADES

ARCHITECT

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

ENGINEER

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

TILER

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

CARPENTER | ROOFER | TINSMITH

Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illicz
Dubosson Patrick Ferblanterie	+41 79 388 25 73	Val-d'Illicz
ERM Charpente-Toiture	+41 78 266 98 98	Val-d'Illicz
Lehmann Eric	+41 79 508 01 91	Val-d'Illicz
Perrin Yannick	+41 78 724 46 07	Val-d'Illicz

HEATING | PLUMBING

A&D Berthoud Sàrl	+41 79 244 36 64	Champéry
Gollut Hydrotec Sàrl	+41 24 477 49 02	Morgins
Ansermoz Pascal	+41 79 273 98 68	Val-d'Illicz
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illicz
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illicz

HEATING OIL TANKS

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

Borgeaud Parquet	+41 79 310 96 14	Champéry
Ma Déco - Taverney Marion	+41 79 589 88 79	Champéry
Studio François Nantermod	+41 79 750 56 04	Champéry

ELECTRICIAN

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

CLEANING

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

PAINT & PLASTER

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

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

MASONRY & BUILDING

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

CARPENTER | CABINET MAKER

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

GARAGE DOORS | VENTILATION

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

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

CONSTRUCTION MANAGEMENT

MVG Services	+41 76 393 68 31	Champéry
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WATER DAMAGE

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

Espace Raiffeisen	+41 79 192 02 60	Champéry
Galerie de la Tine	+41 79 621 43 72	Troistorrents
Brindusa Burrows Art	+41 76 453 03 10	Val-d'Illiciez

CHILD CARE

BABYSITTER 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'Illiciez
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GUIDES OFFICE

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

CANYONING GUIDE

Soustre Fred	+41 79 710 37 69	Champéry
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MOUNTAIN GUIDES

Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 302 02 59	Champéry
Ostrini Jean-Marc	+41 79 643 90 59	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Rey-Bellet Fernand	+41 79 435 03 94	Champéry
Richard Jean-Claude	+41 77 410 40 06	Champéry
Richard Yannick	+41 76 583 51 69	Champéry

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 29 06	Morgins
Bike Thrills	+41 79 737 73 41	Val-d'Illiciez

ACCOMMODATION

ESTATE AGENTS

Avanthay&Partners SA	+41 24 479 14 44	Champéry
Dents du Midi Immobilier Sàrl	+41 24 479 19 59	Champéry
MDK Immobilier/Fiduciaire SA	+41 24 479 17 77	Champéry
The Lodge by Mrs Miggins	+41 24 494 44 24	Champéry
Alpage immo Location Service	+41 24 477 26 82	Champoussin
Ambiance Locations Services	+41 79 381 82 24	Champoussin
Champoussin Rentals	+41 24 525 33 33	Champoussin
GF Immobilier	+41 24 477 28 27	Champoussin
Immobilier des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Valgestimmo	+41 79 672 15 67	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immo Sàrl	+41 79 800 54 50	Val-d'Illiciez
LauGimmo SA	+41 24 477 12 34	Val-d'Illiciez
Mountain River Resort	+41 79 238 77 15	Val-d'Illiciez
The River Pearl	+41 76 393 55 36	Val-d'Illiciez

BACKPACKER HOSTEL

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

MOUNTAIN HUTS

Cabane de Susanfe (CAS)	+41 24 479 16 46	Champéry
Refuge de Culet	+41 24 477 24 21	Morgins
Cabane d'Anthème	+41 79 473 71 40	Val-d'Illiciez

CAMPGROUND

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

GUEST ROOMS | B&B

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

GITE

Buvette de Bonavau	+41 78 823 33 98	Champéry
Cantine de Barnaz	+41 24 479 11 63	Champéry
Cantine des Dents Blanches	+41 24 479 12 12	Champéry
Refuge Lapisa	+41 24 479 36 43	Champéry
Refuge de Chéséry	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins

4* HOTELS

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

3* HOTELS

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

HOTEL

Chalet le Chamois (seminars)	+41 24 479 01 01	Champéry
Châteauform le Chalet (seminars)	+41 24 479 01 01	Champéry
Guest House du Grand-Paradis	+41 24 479 11 67	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
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 Marcheuson	+41 24 479 22 40	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Mountain Lodge	+41 24 479 25 80	Les Crosets
Portes du Soleil	+41 24 479 11 84	Les Crosets
Whitepod Resorts SA	+41 24 471 38 38	Les Giettes
Chez Jan	+41 24 477 11 43	Morgins
Helvetia Hotel	+41 24 565 18 75	Morgins
Auberge de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Peanut Mountain Lodge & Winstub	+41 24 477 86 96	Val-d'Illiciez

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 78 865 25 58	Champéry
Chalet Jolimont	+41 21 922 72 06	Champéry
Chalet Joli Nid	+41 79 622 52 42	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Ecole Nouvelle Alpina SA	+41 24 479 11 17	Champéry

Pension Souvenir	+41 24 479 13 40	Champéry
Chalet UMW	+41 76 372 53 63	Les Crosets
Chalet La Cergnat	+41 24 477 34 51	Morgins
Chalet les Planoz	+41 24 477 11 45	Morgins
Chalet Neuf	+41 24 477 12 96	Morgins
Club La Forêt	+41 79 413 60 56	Morgins
Le Victoria	+41 24 477 60 32	Morgins
Chalet St-Joseph	+41 79 303 44 64	Val-d'Illiciez

APARTMENT HOTEL

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

BIKE RENTALS

BikeShop Scott Champéry	+41 79 916 43 52	Champéry
Le Vélociste - E-Bike Swiss Rental	+41 79 801 81 66	Champéry
Bike Pro Shop powered by Snowline 2	+41 24 477 29 06	Morgins
J&J Sport Rent	+41 24 477 22 06	Morgins

CLOTHING | ACCESSORIES | EQUIPMENT RENTALS

Berra Sports	+41 24 479 13 90	Champéry
Borgeat Sports	+41 24 479 16 17	Champéry
Borgeat Boutique (winter)	+41 78 809 15 84	Champéry
Gonnet Sports (winter)	+41 24 479 11 77	Champéry
Holiday Sports	+41 24 479 15 26	Champéry
Trott en Stock (summer)	+41 79 136 27 09	Champéry
Alpitude (winter)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports (winter)	+41 24 479 19 70	Les Crosets
Michel Sports Sàrl	+41 24 479 16 39	Les Crosets
Buttner Sport	+41 79 615 16 34	Morgins
J&J Sport Rent	+41 24 477 22 06	Morgins
Snowline	+41 24 477 29 06	Morgins

RELIGIOUS

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

HEALTH – EMERGENCY

EMERGENCY NUMBERS

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

HOSPITAL

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

Cabinet médical de Champéry	+41 24 479 20 05	Champéry
Permanence médicale HRC	+41 58 773 11 46	Monthey
Cabinet médical de Troistorrents	+41 24 477 47 47	Troistorrents
Centre médical du val d'Illiciez	+41 24 477 35 11	Val-d'Illiciez
On-call doctor (*2.-/min.)	+41 900 14 40 33*	Valais

PHARMACY

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

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'Illeiez	+41 24 476 87 87	Val-d'Illeiez

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'Illeiez
Nisada Communication	+41 24 477 21 57	Val-d'Illeiez

INSURANCE		
Bâloise Assurances	+41 76 325 10 09 +41 79 777 81 66	Champéry Morgins
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 +41 848 765 765	Champéry Troistorrents
Banque Raiffeisen Point cash	+41 24 476 80 90 +41 24 476 87 38 +41 24 476 87 38 +41 24 476 80 70	Champéry Morgins Troistorrents Val-d'Illeiez
Automat Euronet ATM		Les Crosets

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'Illeiez

OFFICE & IT		
Duplirix 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'Illeiez

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

MUSHROOM CONTROLLER		
Maret François	+41 79 304 72 33	Monthey

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

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

ELECTRONICS & APPLIANCES		
Füitechnic	+41 24 479 14 66 +41 79 637 33 42	Champéry Monthey

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

GAME WARDEN		
Mariéthoz Serge	+41 79 355 39 11	Sion

PROPANE GAS REFILLS & EXCHANGES		
Berthoud Dominique	+41 79 244 36 64	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illeiez

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'Illeiez

RECREATIONAL VEHICLE RENTALS		
Garage Maillard Monthey SA	+41 24 471 65 75	Monthey

TOURIST OFFICES		
Region Dents du Midi tourist offices	+41 24 479 05 50 +41 24 477 23 61	Champéry Morgins
Virtual info point Val-d'Illeiez Station		Val-d'Illeiez

POST OFFICE		
13* Pam	+41 27 743 63 50	Champéry
Magasin Volg	+41 24 477 31 03	Morgins
La Poste	+41 848 88 88 88	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illeiez

SKI LIFTS		
Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry

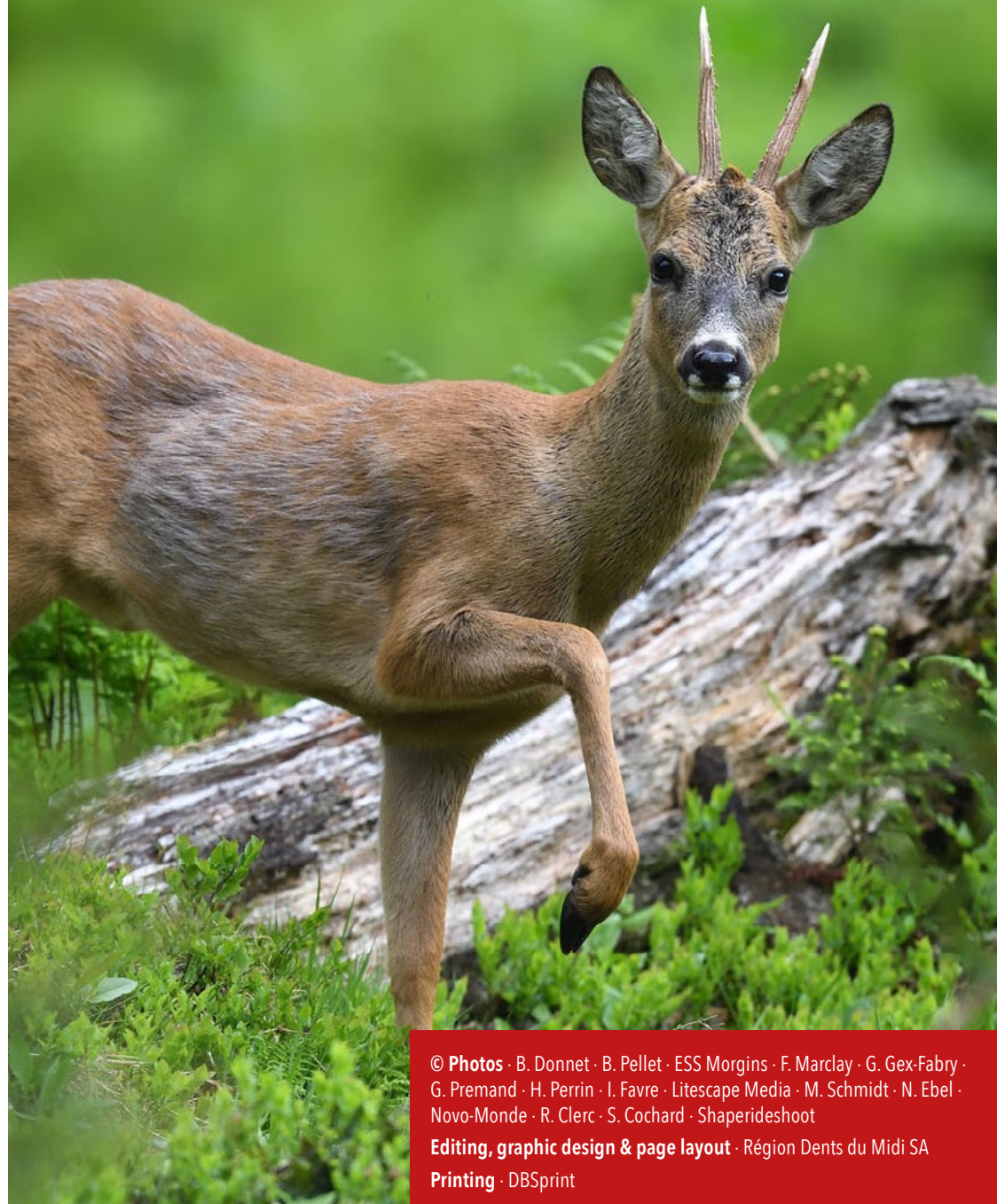
ALARM SYSTEMS		
Mapco Sécurité sàrl	+41 24 477 46 76	Val-d'Illeiez

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'Illeiez

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'Illeiez

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
Sélection Comby Vins	+41 79 288 79 87	Morgins
T-Bacchus	+41 79 933 18 35	Morgins



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 Editing, graphic design & page layout · Région Dents du Midi SA
 Printing · DBSprint



#regiondentsdumidi

info@rddm.ch | regiondentsdumidi.ch

**REGION DENTS DU MIDI
TOURIST OFFICES**

CHAMPÉRY

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

MORGINS / TROISTORRENTS

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

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

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

