

RDDM INFO

THE REGION DENTS DU MIDI JOURNAL

CHAMPÉRY CHAMPOUSSIN LES CROSETS MORGINS TROISTORRENTS VAL-D'ILLIEZ



> Die deutsche Version dieser Broschüre ist online auf unserer Internetseite erhältlich



> Une version française de cette brochure est disponible dans les offices du tourisme



EDITORIAL

Region Dents du Midi, May 2023

Dear Friends,

It's time to welcome you for another summer season and, as usual, there are so many exciting developments to discuss! I could talk about our new WhatsApp info service, the many summer camps organised throughout the region, the Col de Cou border outpost renovation, the new Foilleuse cable car in Morgins, the autumn extension for the Multi Pass in Region Dents du Midi, or an exciting partnership with Monthey's Crochetan Theatre for outdoor productions of Chekhov's famous comedy 'The Bear'. I could—but you'll find all this and more in the following pages or at regiondentsdumidi.ch.

The fact is, I just can't wait to tell you about one very special event we have planned for this autumn! A totally new and unique (and absolutely self-evident) festival which will bring together a worldwide community of agriculturalists, foodies, and tourists for a magnificent celebration of everything we do best here—tradition, terroir, and gastronomy. For a few days in October, Morgins will become the epicentre of the Raclette universe as local and international cheesemakers gather to compete in the first-ever Raclette World Championships!

While we firmly believe in the superiority of our local Raclette, we are thrilled to have the chance to prove it at a world-class event, led by a panel of international cheese experts and professionals. They have a serious task at hand! That said, the event will also include plenty of fun—with a multitude of festivities to celebrate this iconic product that lends prestige to our entire region, canton, and country.

We sincerely hope you'll join us in Morgins from October 27th to the 29th. In the meantime, happy reading and best wishes for a fantastic summer and autumn in 2023.

Henri-Pierre Galletti
President, Region Dents du Midi SA

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WHAT'S NEW



Champéry



AN APP FOR THE ALPAGES

Region Dents du Midi is proud to be a founding member of a pilot project aimed at facilitating the work of farmers who keep herds of livestock in the high alpine pastures and mitigating human conflicts with livestock guard dogs. This project, supported by the Canton of Valais, utilises a new generation of tracking collars and an App specially designed by the Franco-Swiss startup Alpes-éco.



With the tracking collar and a mobile phone, the farmer can easily designate the area in which his herd is grazing. This information will automatically be transferred to Region Dents du Midi and integrated into the interactive walking map on our website. This revolutionary system means that hikers will be able to more precisely identify the sectors protected by guard dogs and to adapt their itinerary accordingly. We anticipate that this App will be a valuable tool for farmers and shepherds as well, as it allows them to always locate their guard dog, but also offers numerous functionalities for day-to-day herd management.



ALL SYSTEMS GO FOR THE NEW BORDER POST

At long last, the renovation project for the old border guard post at the Col de Cou Pass (see RDDM Info No. 6) is underway. The project will be supervised by the Association de la Cabane du Cou, which includes members of the French and Swiss municipalities of Champéry, Morzine and Samoëns. Architect François Nantermod was commissioned to transform the long-closed outpost into a flagship four-season refuge that will set the bar for comfort and energy self-sufficiency.



The preliminary plans, presented to town hall meetings in Champéry and Morzine, have garnered the support of the Canton of Valais, various environmental organisations, and locals alike. It is worth noting that the dimensions, equipment, and capacity (30 beds) were designed in keeping with Swiss Alpine Club recommendations. Construction work will be carried out over 2 summer seasons, with a grand opening to the public planned for winter 2024-2025.



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.



Panorama from Pointe de Bellevue (Morgins)



CHAMPÉRY SPORTS & WELLNESS PROJECT PALLADIUM 2025

The exciting Palladium 2025 project was unveiled at a public information session in November 2022. Spurred by the pressing need to replace the sports centre's two ageing swimming pools, this ambitious preliminary proposal includes a complete renovation of the Palladium, coupled with the creation of a brand-new 4* hotel & wellness complex—the ultimate goal being sustainable, four-season economic development with repercussions for the entire region.

Following the initial presentation and the many exchanges that have followed, the project appears convincing—both in terms of content (the need to modernise the Palladium's infrastructure and improve its energy efficiency while increasing Champéry's hotel capacity) as well as in terms of form (aesthetics and integration of the building into the surrounding environment).

Over the coming months, stakeholders will continue to follow the project closely as it develops. By the end of the year, the Municipal Council will present an investment and budget plan extending over the 5 years following the project's implementation.



NEW WHATSAPP INFO SERVICE

Subscribe to Region Dents du Midi's new information service via WhatsApp and receive all the latest local news and tourist information! This replacement for the previous SMS info service allows us to send links, photos, and even videos.

Sign up for our new 'WhatsApp Info' service on your web browser at: rddm.link/whatsapp



LIFTS

A welcome change after the frenetic hustle and bustle of the summer season, autumn heralds bright, beautiful days, flamboyant colours, delicious flavours, and the welcome return of 'sweater weather'. To encourage four-season tourism—and in hopes that you will squeeze every last drop of goodness from this glorious season—RDDM SA and the Portes du Soleil Suisse SA lift company are once again (for the 4th consecutive year) teaming up to co-finance extended lift openings well into autumn.

Mossettes Chairlift (Les Crosets)

LIFT OPENINGS SUMMER AND AUTUMN 2023

Subject to modification. In case of inclement weather, hours may be reduced, or lifts closed for safety purposes.

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 portesdusoleil.com



Follow the work in progress on Morgins' new cable car on social media or scan the code below.



LIFT PASS PRICES SUMMER AND AUTUMN 2023



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



Portes du Soleil (Switzerland & France)

- 20 lifts
- MTB transportation included

TICKET WINDOW

	ADULT	CHILD	JUNIOR SENIOR
5 hours	38.-	29.-	34.-
1 day	42.-	32.-	38.-
2 days	80.-	60.-	72.-
3 days	120.-	90.-	108.-
4 days	150.-	113.-	135.-
5 days	187.-	140.-	168.-
5 x 1 day	210.-	160.-	190.-
6 days	214.-	161.-	193.-
7 days	250.-	188.-	225.-
8 days	286.-	215.-	257.-
10 days	315.-	236.-	284.-
13 days	410.-	308.-	369.-
season	447.-	355.-	402.-

ONLINE (PDS-CH.CH)

	ADULT	CHILD	JUNIOR SENIOR
5 hours	34.-	26.-	31.-
1 day	38.-	29.-	34.-
2 days	72.-	54.-	65.-
3 days	108.-	81.-	97.-
4 days	135.-	101.-	122.-
5 days	169.-	127.-	152.-
5 x 1 day	190.-	145.-	170.-
6 days	194.-	146.-	175.-
7 days	226.-	170.-	203.-
8 days	258.-	194.-	232.-
10 days	285.-	214.-	257.-
13 days	371.-	278.-	334.-
season	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.

SPECIAL OFFERS FOR WINTER 2023/2024

Adult Season Pass = Free Child Season Pass

- > Child season pass -12 yrs (born after 01.01.2012) free with purchase of an adult Portes du Soleil pass (26-64 yrs) (Winter 2023/2024) : **CHF 912.- / CHF 821.-*** (*permanent residents) until 30.09.2023.
- > Year pass (Summer 2023 + Winter 2023/2024) **CHF 1'207.-**

The adult must be one of the child's parents.

Noncumulative with other offers (Flash & private sales etc.)

Borderpass

For skiers under age 26 (born after 01.01.1998)

- > Portes du Soleil season pass (Winter 2023/2024) **CHF 448.- / CHF 403.-*** (*permanent residents) until 30.09.2023
- > Year pass Portes du Soleil (Summer 2023 + Winter 2023/2024) **CHF 591.-**

Forfait Super Senior

- > For skiers age 75 and up. Portes du Soleil season pass for **CHF 260.-**



PRESEASON LIFT PASS SALE WINTER 2023/2024

Individuals	Price until 30.09.2023	01.10 - 15.11.2023
5 - 11 yrs (BorderPass)	448.- / 403.-*	530.-
12 - 25 yrs (BorderPass)	448.- / 403.-*	530.-
26 - 64 yrs (Adult)	912.- / 821.-*	1'027.-
65 - 74 yrs (Senior)	821.- / 739.-*	924.-
75 - 99 yrs (Super senior)	260.-	260.-

Families	Price until 30.09.2023	01.10 - 15.11.2023
1 adult + 1 child (-12 yrs)	912.- + 0.-** 821.-* + 0.-**	1'027.- + 0.-**
1 adult + 1 child (12+ yrs)	912.- + 448.- 821.-* + 403.-*	1'027.- + 530.-
1 adult + 1 child (-12 yrs) + 1 child (12+ yrs)	912.- + 0.-** + 448.- 821.-* + 0.-** + 403.-*	1'027.- + 0.-** + 530.-

*Permanent resident (until 30.09.2023): official tax residence in Valais or in the municipalities of Aigle, Bex, Corbeyer, Gryon, Lavey, Morcles, Leysin, Ollon, Ormont, and Yverne (with proof of residence at time of purchase.)

**To obtain the free child pass, the adult must be one of the child's parents.

The age category is determined by the buyer's age on the 01.01.2023

Closing dates	
Champoussin & Morgins	Sunday, April 7th 2024
Champéry & Les Crosets	Sunday, April 14th 2024



With purchase of a season or yearly Portes du Soleil lift pass, you will receive:

- > 5 coupons for winter 2022/2023 day passes + 1 coupon for a summer 2023 day pass in the 4 Vallées recreational area.
- > 5 coupons for winter 2022/2023 day passes + 1 coupon for a summer 2023 day pass valid in Aletsch Arena

Get the best price on your season pass by purchasing it online before September 30th

MARKETING, PRODUCTS & COMMUNICATION



RECAP OF THE HEAVENTS TRADE FAIR IN CANNES

From March 28th to 30th, Region Dents du Midi attended the Heavents trade fair in Cannes. Dedicated to corporate travel and MICE (Meetings, Incentive, Conferences & Exhibitions), this event is a key part of our development strategy, as it allows us to extend our network by dynamically and proactively promoting our region for the lucrative MICE market. This is especially important now, as the industry hits its full recovery stride.

Accompanying stakeholders from the Hameau des Crosets, which includes the Hôtel L'Étable and the Mountain Lodge, our team met with numerous companies and event agencies that organise seminars and corporate stays throughout Europe. Our goal: to put Region Dents du Midi Region firmly on the map as a frontrunner for MICE destinations and showcase our unique offer of hotels, seminar rooms, outdoor activities, and incomparable natural heritage. To accomplish this, we offered tailor-made solutions to the 'Top Deciders' present at the trade show.

Filming at the Lac de Soi (Val-d'Illiez)



RDDM FILM OFFICE

Over the past months, our local film production office has been keeping busy, offering personalised assistance for film shoots in the region, most recently for the Swiss radio and television broadcasting organisation RTS. Two episodes of a series called 'Bouffe d'Air Frais' – a punny title for a show about eating clean and rough in the great outdoors—were filmed in the region. Additionally, fans of the hugely popular comedy show '52 Minutes' will have recognised the Portes du Soleil lift company in a chuckle-worthy short feature about a piste-grooming crew and their snowbashing machines called 'Dame de Nuit'.



MEDIA & FAM TRIPS WINTER 2022 - 2023

Over the 2022-2023 winter season, Region Dents du Midi organised and hosted a total of 10 media-trip operations across our destination. In partnership with Valais Wallis Promotion, Matterhorn Region and Switzerland Tourism, we held 4 press trips (for media reports), 3 production trips (for content creation) and 3 Fam Trips (try-it-before-you-buy-it discovery trips for tour operators). These operations are instrumental for marketing and promoting our destination—not just to the local market, but for neighbouring markets like Benelux, Great Britain, Germany and France, and as far away as Southeast Asia and North America. By presenting our destination to journalists, content producers, and tour operators directly, we maximise our media impact and improve our destination's referencing as it is passed on and marketed by these entities.



MULTI PASS – THE SUMMER DISCOUNT CARD THAT'S PERFECT FOR AUTUMN

Your summer's golden ticket to mountains of free and discounted activities works in the autumn too! The Multi Pass unlocks more than 60 free, unlimited activities and 60 more discounted activities throughout the Portes du Soleil from June 10th to September 10th, 2023. With free pedestrian access to lifts and public transportation throughout the area, the Multi Pass will help you get up, up, and away!

- › **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. Don't forget, in Region Dents du Midi, the season Multi Pass is valid all the way through till October 29th, 2023!*

* Subject to service providers' availability and opening times and dates, and to sales conditions in force.



Multi Pass
activities

ACTIVITIES & EVENTS



Ask for the full activities brochure in local shops and tourist offices or visit our website at regiondentsdumidi.ch

HIGHLIGHTS SUMMER & AUTUMN 2023

Rencontres Livresques by Libre comme l'Art

Get lost in a good book! This bookmobile encourages a love of literature with free workshops for children as well as meet-and-greets with authors.

05.07 Champoussin
12.07 Champéry
16.08 Morgins
23.08 Les Crosets

Crochetan Mobile Theatre

The Crochetan Theatre in Monthey is taking art to the great outdoors, and you're invited to join in – for free! On five occasions during the months of July and August, you can see Chekhov's famous play 'The Bear' with Chloé Zuferey, Philippe Soltermann and Blaise Carron on an alpine terrace.

13.07 Champoussin
21.07 Champéry
27.07 - 03.08 - 10.08 Morgins

Hutlife Concert Tour

For this unique, itinerant concert series, musicians ramble from refuge to refuge with their instruments on their backs—bringing world music to the alpine mountain huts. This is your chance to set off for adventure and an unforgettable moment of music and camaraderie followed by a restorative night in an authentic *Swiss cabane*!

25.07 Val-d'Illiez
26.07 · 31.07 · 10.08 Champéry

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 specialties, 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, one of the most important musicians of the romantic period. This festival will feature Brahms, accompanied by Mozart, Dvorák, and Schumann (Clara that is) for good measure! Programme and ticketing at rencontres-musicales.ch

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 Troistorrens-Morgins wrestling club, who are celebrating their 40th anniversary this year. Festivities will kick off at the Salle de la Jeunesse 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!

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

27.10 - 29.10

Raclette World Championships

Morgins and Region Dents du Midi invite you to the first-ever Raclette World Championships! This unique event will gather the creme-de-la-creme of local and foreign producers of this emblematic Valais speciality. For more information, go to page 17.

We need you!

The success and seamless operation of events organised throughout the year is due in large part to the indispensable help of an army of volunteers. Join our team and be part of something meaningful!



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
02	Concert du Chœur NC Vox Val-d'Illeiez
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
10	Concert Émile & Images Troistorrents
23-25	Pass'Portes du Soleil Portes du Soleil

JULY

05	Rencontre Livresque by Libre comme l'Art Champoussin
12	Rencontre Livresque by Libre comme l'Art Champéry
15	The Black'All Day Festival Morgins
21	Pool Party - C'est l'Hiver Summer Vibe Morgins
22-23	Barne Alpen Air Champéry Châtel Chablais Léman Race Portes du Soleil
28-29	Village festival Val-d'Illeiez
29	Beer-tasting trail Val-d'Illeiez
30	Flute concert Morgins
31	Swiss National Day Eve Morgins
31.07 - 14.08	Rencontres Musicales Champéry

ALL SUMMER LONG		
05.04 - 25.10	Wednesdays	The La Perrole organic market Champéry
01.07 - 15.07	daily	Fun Park Les Crosets
07.07 - 01.09	Fridays	Jazz & Wine Champéry
08.07 - 19.08	Saturdays	Champéry street fair Champéry
15.07 - 05.08	Saturdays	Morgins' markets Morgins
17.07 - 29.07	daily	Fun Park Champéry
20.07 - 17.08	Thursdays	Pool Party Champéry
31.07 - 13.08	daily	Fun Park Morgins

AUGUST

01	Swiss National Day Région Dents du Midi
05	Wine-tasting Festival Champéry
12	Plant-based Health Fair Morgins Rainbow Run Champéry
12-13	Vintage Motors Expo Les Crosets
13	Cantonal Wrestling Festival Morgins
15-16	Cirque Helvetia Morgins
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-themed trail Troistorrents Grimpée d'Culet Champéry

SEPTEMBER

03-10	Swiss Peaks Trail Région Dents du Midi
08-09	Bike & Sound Champéry
09	SwissPeaks 70 km start Val-d'Illeiez SwissPeaks Marathon start Morgins
09-10	Bike & Sound Downhill Cup Les Crosets
16	Dents du Midi Trail Champéry

OCTOBER

14	Gourmet E-bike Adventure Les Crosets
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

EXHIBITIONS

26.05 - 02.07	Robert Hainard - peinture « Autour du Chamois » Chalet de la Treille - Troistorrents Bibliothèque Oeuvres réalisées par les élèves de l'EiVi en lien avec le travail de Robert Hainard
02.06 - 18.06	Mana Huberdeau - peinture « Versants pluriels » Espace Raiffeisen - Champéry Vernissage : 03.06 > 18h
17.06 - 16.09	Robert Hainard - gravures et bronzes Galerie de la Tine - Troistorrents
23.06 - 09.07	Jean Perrin - peinture techniques mixtes « La nature autrement » Espace Raiffeisen - Champéry Vernissage : 24.06 > 18h

14.07 - 27.08	Patrimoine Champérolain « La naissance des sports à Champéry » Espace Raiffeisen - Champéry
01.09 - 17.09	Ghislaine De Nul - photographies « Images d'Afrique et d'ailleurs : l'œil d'une voyageuse photographe » Espace Raiffeisen - Champéry Vernissage le 02.09 > 18h
22.09 - 08.10	Delphine Belkiri - peinture « Mouvement art et couleur » Espace Raiffeisen - Champéry Vernissage le 23.09 > 18h
13.10 - 29.10	Arun Rey - peinture « Retour aux sources » Espace Raiffeisen - Champéry Vernissage : 14.10 > 18h



Join our team
of volunteers!

Aline Dubosson
Volunteer coordinator
079 693 64 73
racletteworldchamps.com



CHAMPIONNATS DU MONDE DE LA RACLETTE

From October 27th to 29th, 2023, the village of Morgins and Region Dents du Midi will host a world-premier event - the Raclette World Championships! Join us, and the creme-de-la-creme of local and foreign producers, to celebrate this emblematic Valais speciality.

A forerunner when it comes to showcasing and valuing local terroir, the La Cavigne local producers' cooperative in the Illeiez Valley has thrown 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.

Aiming for a festive and friendly atmosphere, the World Championships will nevertheless have the serious task of crowning the best cheeses in the following categories: raw milk Raclettes, raw alpine milk Raclettes, and pasteurised milk Raclettes. The jury responsible for scoring the competing cheeses will be made up of Raclette professionals, restaurateurs, and the general public (drawn from a group registered in advance).

Throughout the weekend, Morgins will also host a pop-up Raclette Village, including some twenty alpine stands. The World Championships will therefore not only be a cheese competition, but also a convivial occasion to showcase and promote the Valais' most iconic dish!

Summer camps

📍	Champéry
🗨	Palladium
🕒	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 équestre 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

Summer camp

📍	Champéry
🗨	École Nouvelle de la Suisse romande
🕒	02.07 - 05.08.2023 (1 - 5 weeks, your choice)
📞	+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

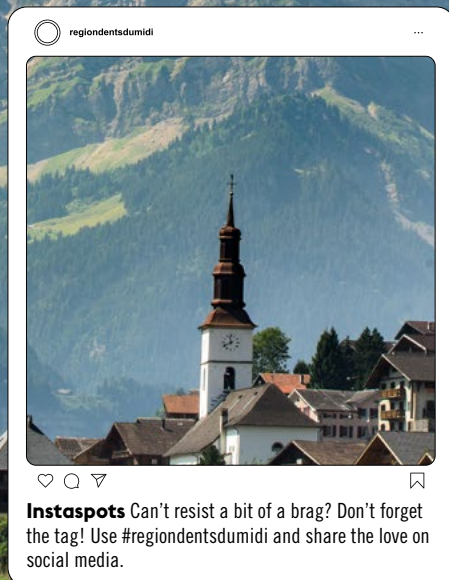
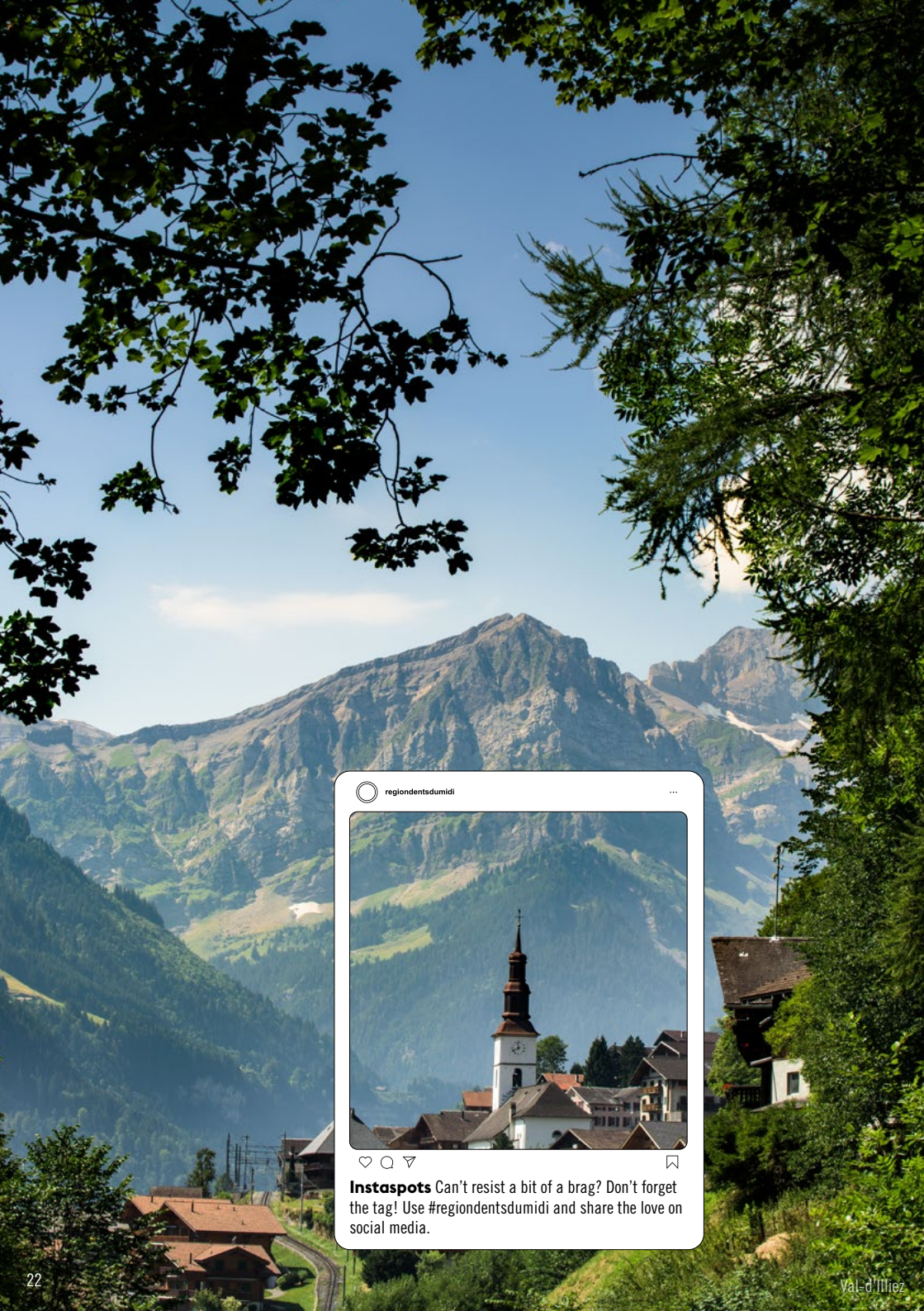
📍	Morgins
🗨	ESS Morgins
🕒	10 - 13.07 24 - 27.07 07 - 10.08.2023 (3 mornings)
📞	+41 (0)24 477 29 49

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

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MISCELLANEOUS





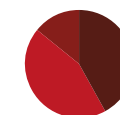
RDDM INFO DIGITAL, WHAT DO YOU THINK?

In the latest edition of RDDM Info, as part of our ongoing commitment to excellence, we created two surveys to collect your valuable feedback. First, we asked what you thought about the RDDM Info, and whether we should turn this magazine into a digital publication, stopping the printed paper version in an attempt to eliminate unnecessary paper waste. Although the response rate was low, which regrettably limits the possibility of drawing a representative conclusion, we wholeheartedly appreciate and thank all of you who took the time to share your thoughts.

Available in French for the printed, paper version and online for the English and German versions, the RDDM Info received an average score (out of a possible 10 points) of:

- > 8.25/10 on the overall impression of the brochure
- > 8.05/10 on the relevance of the content

In response to the main question, aimed at defining public interest in publishing the RDDM Info in digital version only:



Do you think that an online version of the RDDM Info translated into 3 languages on our website is sufficient?

● 44% Yes ● 42% No
● 14% I don't know

Survey results show a real interest in maintaining a paper version of the RDDM Info (42%). Given this, we have decided to continue the current concept of 2 annual paper magazines with translated English and German versions online.



RENTING YOUR HOME—YES, NO, MAYBE SO?

Recognising the logistical challenges of property rentals, RDDM SA sponsored this second survey, aimed at identifying the requirements and expectations of landlords who are either interested in renting out their properties or awaiting improved rental management solutions before proceeding.

Interestingly, our results show that the services provided currently by estate agencies fully meet your needs and expectations. Therefore, if you are interested in renting out your property or in need of management services, we suggest you contact your local estate agency without further ado.

The data suggests keen interest in the following services:

- > Client reception
- > Key pick-up and return
- > Deposits management
- > Reservations and contracts management
- > Payment follow-up
- > Cleaning service

SPOTLIGHT ON MARGAUX MENDES DE LEON A RISING STAR IN SKI MOUNTAINEERING

As part of our ongoing efforts to support up-and-coming young talents, Region Dents du Midi is proud to present Margaux Mendes de Leon, a recent addition to our team of sponsored athletes.

Look for other athlete profiles in coming editions of the RDDM Info.

Interview with Margaux, a young Champérolaine and avid skier, who qualified for the Swiss Junior Ski Mountaineering Team in 2022.



Ruedi Flück - Movement Skis

How did you get hooked on ski mountaineering?

When I was younger, I skied with the Champéry Ski Club competition group. My passion for touring came later, with my family, then with the Monthey Swiss Alpine Club. That was good fun, but I was missing something. I wanted to go further, higher, faster! Thanks to Killian Granger and Tobias Donnet, two of Region Dents du Midi's sponsored athletes, I discovered Mountain Performance — a ski mountaineering club that 'trains future champions'. I went for a trial training session wearing my big ski boots and baggy clothes and found myself in a sea of skinny skis and spandex suits! Fast forward 5 years, and here I am on the Swiss Junior Team.

How much time do you spend on your sport in a week?

I have weekly programmes with a variety of strength training, speed, technical, and endurance workouts. I spend about 9 to 12 hours a week training — alone, with friends or family, or with the Swiss Team.

What do training sessions with the National Team look like and where do they take place?

The National Team trains at week-long camps in different places in Switzerland (Tenero, Andermatt, Zermatt...). With the Mountain Performance team, we train every Saturday from August and October somewhere in the Valais. The programmes are varied, with a lot of running and road cycling. As soon as the snow arrives, we hit the slopes in Verbier on our 'matchsticks' (skis < 900gr)!

Where do you find the motivation to keep up with your sport along with school, work, and a social life?

I won't deny it—being a teenager, an apprentice, and an athlete is hard! Going to work, spending hours in public transportation, training in the evenings and on the weekends no matter the weather—not to mention doing homework and trying to make time for a social life—takes a lot of determination. (And some very understanding friends who don't get mad that you're never around!)

To tell the truth, there are a lot of days when I struggle to find motivation. So for me, motivation is less important than determination. You have to set goals for yourself and keep them, even when you're not motivated! Fortunately, I have an amazing network of friends, family, and teammates I can lean on when I need to.

Do you have a hero? Someone who inspires your career as an athlete?

My Swiss Team teammates! It is just incredibly motivating and inspiring to see how hard they work, and the efforts and sacrifices they make on a daily basis.

What is your favourite place to 'get away from it all'?

It's a little cliché, but I have to say the mountains. Not just any mountains, though – it has to be my mountains! The Dents du Midi and Dents Blanches are my source of tranquility, inspiration, motivation, and pure joy.

What are your short-term goals or prospects?

For the moment, I'm focussing on next season – and it promises to be a tough one! I'll be moving up into my first year in the U20 category, so the challenge is exponential. I would like to stay in the top 5 worldwide, but I'll just have to take each race as it comes – an opportunity to learn, to progress – and go further, higher, faster every time.

What is your favourite memory from this season?

This year was full of highlights. I had my first appearances on the international circuit with several World Cup stages, my first World Championships, and the amazing European Youth Olympic Festival in Italy. There was my first international podium, plenty of type 2 fun with my teammates, and an incredible letter of support accompanied by a generous donation from a few kind Champérolains. Taken together, these memories are an unforgettable mix of triumph and pride, doubts, hard work, and some harder life lessons.



Florent Delaloye - Alpine Photography/GAS



Sunset on Grand Ruan

STAY IN TOUCH

Region Dents du Midi's annual management report for 2022 will be available online, under the section 'About Us' by the end of June.



WEBSITE
regiondentsdumidi.ch
FOR HOSTS
logeur.regiondentsdumidi.ch



CLIENT & PARTNER NEWSLETTERS
2x/month
RDDM regularly sends out electronic newsletters with current events, calendars, and handy tips. We love to make sure you're kept up to date! To sign up, just scan the QR code and fill out the form.



RDDM INFO
A bi-annual publication sent to letterboxes in the Illiez Valley and to all second-home owners.



REGION DENTS DU MIDI TOURIST OFFICES
Champéry & Morgins
Val-d'Illiez (virtual information point)



SOCIAL MEDIA
Social media and social networks play an essential role in RDDM's relationship with its clients. They allow us to stay in touch with our worldwide family, relay news, and distribute our breathtaking images and video content. They are also an important means of getting instant feedback from our followers. If you haven't already, please join our worldwide online community on Facebook, Instagram, and Twitter. And don't forget to spread the word by tagging #regiondentsdumidi on Instagram!

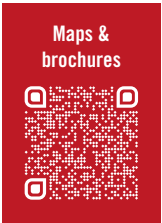


WHATSAPP INFO SERVICE



GENERAL MAILINGS

-  Région Dents du Midi
-  @RegDentsDuMidi
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REGION DENTS DU MIDI GIF
Create gifs for Instagram celebrating your favourite destination



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