



# SEASONAL STAFF GUIDEBOOK



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## WELCOME

Welcome to a brand-new winter season in beautiful Region Dents du Midi. We're thrilled that you've chosen to join our team! We believe that the success of a destination hinges on its employees. Every player in the tourism industry is part of one big team with one common goal: putting customer satisfaction first.

To achieve this goal, it's crucial we move forward together with dedication, professionalism, and impeccable customer service. You are now a valuable ambassador for the whole region.

To get you up to speed, we've printed this handy little guidebook chock full of insider tips and info on our region. We hope it's helpful as you settle in and start feeling like a 'local'.

And now, with no further ado, we wish you an excellent season. Don't hesitate to stop by for a chat if you have any other questions.

Region Dents du Midi tourist offices

'Coming together is the beginning. Keeping together is progress. Working together is success.'  
**Henry Ford**



# WHO ARE WE?

## REGION DENTS DU MIDI SA (RDDM)

Region Dents du Midi SA is an independent tourism services and destination management company, oriented towards meeting the needs and expectations of our partners and clients in efficient and innovative ways. Mandated by the Illiez Valley municipalities (Champéry, Troistorrents, and Val-d'Illiez) and key local stakeholders, RDDM SA operates within the destination, but also promotes the region nationally and

internationally, creating added value for the local economy.

Establishing Region Dents du Midi as a tourist destination serves two main goals. First, it aligns with the Canton of Valais' strategy to modernise regional tourism operations. Second, it underlines our conviction that a collaborative effort is the optimal approach for tourism in the Illiez Valley.

## REGION DENTS DU MIDI SA MISSIONS

- ▶ Spearhead and coordinate tourist information and hospitality in the valley.
- ▶ Ensure the communication, promotion, and sales of tourist products throughout the valley.
- ▶ Create and manage a website and online booking platform (accommodations, products, and services).
- ▶ Foster an environment that encourages continuous improvement of the quality of our services.
- ▶ Guarantee an attractive entertainment schedule and support the organisation of major events.

## OUR 6 RESORT VILLAGES

Region Dents du Midi is made up of 6 charming villages perched high in the Swiss Alps. Nestled along the spectacular Illiez Valley, these villages form the Swiss half of Les Portes du Soleil, the world's largest international ski area.

This vast, natural playground covers some 600 km of sublime ski slopes, wooded glades, and enchanting fir forests. No matter the season, this is a place of long-cherished traditions, authentic terroir, exhilarating peaks, and inspiring views, where the border between France and Switzerland has all but disappeared and your backyard stretches as far as the eye can see.

### Champoussin (1,580 m)

58 Val-d'Illiens & Val-d'Illiennes \* live here



Champoussin is a peaceful village, cradled in a sweeping arc of alpine peaks with an awe-inspiring view over the Dents du Midi. The south-facing hillsides trap the sunshine while wide boulevards with gently rolling slopes provide the perfect topography for beginner skiers and families.

### Les Crosets (1,600 m)

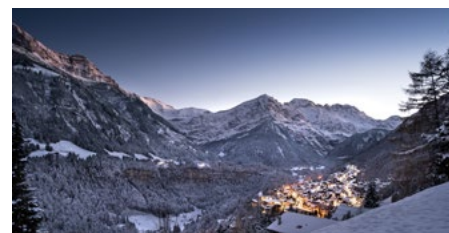
83 Val-d'Illiens & Val-d'Illiennes \* live here



A bustling hotspot on the Swiss side of the Portes du Soleil and a hub for direct connections to the other resorts, Les Crosets is the ideal jumping-off point for ski-in ski-out holidays. When the lifts on your doorstep whirr into action, you'll be the first to hit the slopes!

### Champéry (1,050 m)

1,407 Champérolains & Champérolaines live here



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!

### Troistorrents (770 m)

4,128 Chorgues live here



The gateway to the Val d'Illiez, Troistorrents covers a territory of more than 37 km<sup>2</sup> and includes several small hamlets. A testimony to our rich architectural heritage, the village is dominated by the stately Church of Saint Mary Magdalene, which overlooks a mighty stone bridge and an ancient mill—dating from 1401—built into the harrowing river gorge below.

### Morgins (1,330 m)

887 Morginois & Morginoises \*\* live here



The last stop on the road to France and the doorstep to the Val d'Abondance, Morgins is a vital link between the Swiss and French territories of the Portes du Soleil. Home to long, scenic ski runs through fir forests and the Rando Parc, our official ski touring training ground, Morgins offers a relaxed snowsports vibe in ruggedly alpine surroundings.

### Val-d'Illiez (950 m)

2,035 Val-d'Illiens & Val-d'Illiennes \* live here



Nestled in the heart of the valley that bears its name, the village of Val-d'Illiez has long been a stronghold of agrarian traditions. On one side of the valley road, the church's soaring bell tower stands guard under the protective shadow of the Dents du Midi. On the other side, cafés, restaurants, and two ancient granaries—recently converted into a pint-sized museum—serve as living proof of the importance of farming and commerce in this tightly knit community.

\* Les Crosets and Champoussin are hamlets within the municipality of Val-d'Illiez.

\*\*Morgins is part of the municipality of Troistorrents.



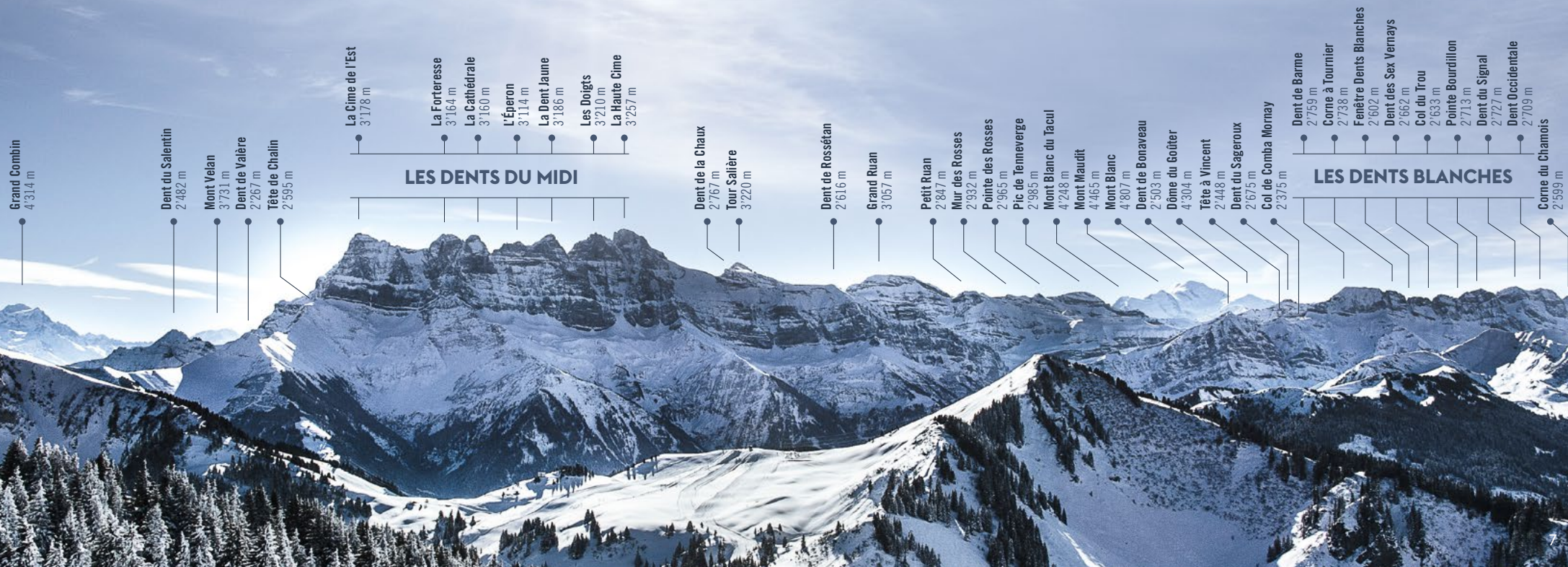
## LES DENTS DU MIDI

The 7 vertiginous summits of this alpine massif are all over 3,000 metres high. Dominated by the Haute Cime (3,257 m), they are our ever-present guardians and have been an iconic local landmark since time immemorial.

In 2018, they inspired a stylised new logo, thus becoming the symbol of the newly formed Region Dents du Midi tourist destination.

One of the oldest hiking tours in the Canton of Valais, the Tour des Dents du Midi was inaugurated in 1972. Adventurous nature lovers can circumnavigate the iconic mountain range in two, three, or four days, enjoying the stark contrasts in landscape between the glacial peaks and the verdant alpine meadows.

A veritable paradise on earth, the Dents du Midi's shady forests, steep rocky mountainsides, rivers, lakes, and glaciers are home to countless species of flora and fauna. Keep a watchful eye out for chamois, ibex, marmots, and ptarmigans and, if you're lucky, you might even spy a rare Bearded Vulture or its 'bald' cousin, the Griffon Vulture.





# GOOD TO KNOW



## MUNICIPAL ADMINISTRATIONS

	Rue du Village 46 - CP 54 1874 Champéry - +41 (0)24 479 09 09 commune@champery.ch	Rte des Crosets 2 1873 Val-d'Illiez - +41 (0)24 476 87 87 administration@illiez.ch	Place du Village 1 - CP 65 1872 Troistorrents - +41 (0)24 476 80 10 administration@troistorrents.ch
<b>Monday</b>	08h30 - 11h30	08h00 - 10h00	08h00 - 10h00
<b>Tuesday</b>	16h00 - 18h30	07h00 - 10h00	14h00 - 18h30
<b>Wednesday</b>	closed	15h00 - 18h00 (the day before a holiday: 17h00)	08h00 - 10h00 / 14h00 - 17h00
<b>Thursday</b>	08h30 - 11h30	08h00 - 10h00	08h00 - 10h00
<b>Friday</b>	08h30 - 11h30	by appointment	by appointment

## ARRIVALS & DEPARTURES

Most Swiss municipalities require you to visit their administrative offices in person to announce your departure or arrival. You must do this and complete the administrative procedures within the official 14-day deadline.

### Residence Permit for Non-European Union Members

Employment of people from non-EU countries is only allowed in exceptional circumstances. The rule is that the employee must present a unique profile for a job that cannot be filled by a person from Switzerland or from one of EU and EFTA (European Free Trade Association) member countries.

### Residence Permit for European Union Members

Anyone wishing to apply for a residence permit must contact the municipal administration 15 days before starting employment.

## MONEY, MONEY, MONEY

The official currency in Switzerland is the Swiss Franc (CHF), but you'll find that many places happily accept Euros too. Considered a 'safe' currency, the Franc is highly sought after, especially in times of financial fluctuation or crisis. The strength and dependability of the Swiss Franc reflects Switzerland's thriving economy and stable political and economic scene.



CHF 10.-



CHF 20.-



CHF 50.-



CHF 100.-



CHF 200.-



CHF 1'000.-



CHF 5.-



CHF 2.-



CHF 1.-



50 centimes



20 centimes



10 centimes



5 centimes

## PHONE & WIFI



Dialing prefix for calls to **Switzerland** : +41

Key prefixes for calls **abroad**:

Germany: +49  
Belgium: +32  
France: +33  
Great Britain: +44  
Netherlands: +31



Free Wi-Fi is available at the Region Dents du Midi tourist offices, the Champéry Palladium, and Morgins sports centre.

## COWORKING SPOTS



**In Champéry** (Hôtel Suisse):

- > Room with 5 workstations accessible 24h/24 & 7/7.
- > Information & reservations 024 479 07 07 or by email at [info@hotelsuissechampéry.ch](mailto:info@hotelsuissechampéry.ch)

**In Troistorrents** (Espace Coworking de la Gare):

- > Meeting rooms & equipped workstations
- > Information & reservations at 076 589 43 55 or at [ecg3torrents.ch](http://ecg3torrents.ch)



# WHERE TO GO FOR INFO?



## REGION DENTS DU MIDI TOURIST OFFICES

## VIRTUAL INFO POINTS



### Champéry

Rue du village 54  
+41 (0)24 479 05 50  
[champéry@rddm.ch](mailto:champéry@rddm.ch)



### Morgins

Route du village 6  
+41 (0)24 477 23 61  
[morgins@rddm.ch](mailto:morgins@rddm.ch)



Val-d'Illeiez - train station  
Champoussin - L'Antre d'Eux  
[valdilliez@rddm.ch](mailto:valdilliez@rddm.ch)

## IMPORTING MERCHANDISE / CUSTOMS

The key factor for importing goods without being taxed is the total value of the transported products, including alcohol and tobacco. Once the amount exceeds CHF 150.-, VAT is applied to the total value of the goods. For some items, quantitative allowances must also be considered. If the predefined allowances for alcohol, tobacco, meat, and other products are exceeded, the goods must go through customs.

Per  
person &  
per day:

**CHF 300.-**



**5L.**

**250**



**1L.**

**1KG**



Click to find all our brochures online!

### RDDM INFO

Published twice-yearly (June & December) and distributed to every Illiez Valley household and mailed to all second-home owners, this little booklet delivers the latest news and updates from the destination.

### WINTER & SUMMER GUIDEBOOK

This biannual publication (winter/summer) provides a wealth of information on the current season. Look for it in French, German, and English at Region Dents du Midi tourist offices and businesses.

### 4 IN 1 WINTER ACTIVITIES MAP

This handy little map compiled by RDDM features snowshoe trails, hiking routes, ski touring itineraries, and cross-country ski tracks for the entire region on a single map. Each featured route includes an elevation profile and all relevant information. Retail price: CHF 5.-

### EVENTS & ENTERTAINMENT PROGRAMME

RDDM prints several event programs during the winter season. These programs are available in French, German, and English at Region Dents du Midi tourist offices and businesses.

### FACEBOOK 'ANIMATIONS' PAGE

The 'Animations Région Dents du Midi' page lists all the events happening in the region. If your employer is hosting a concert, a fun activity, or even serving complimentary hot mulled wine, you might suggest they share the details on the Facebook page to keep clients informed.

### WEATHER, WEBCAMS & THE SNOW REPORT

Boy, if we had a penny for every time a client asks 'What's the weather like up top?' or 'When is it going to snow?'.... Stay up-to-date by checking the snow and weather reports and local webcams and next time someone asks, you'll know exactly what to say!



### VAL-D'ILLIEZ & CHAMPOUSSIN VIRTUAL INFO POINTS

As new technologies evolve and consumer habits change, we owe it to our customers to stay ahead of the game. Our virtual info points are conveniently located, unmanned offices, with a touch screen that allows direct video calls to our friendly tourism advisors. The conversation happens face-to-face, as if the client were physically present in a traditional info point.

### NEWSLETTER

Our online newsletters will keep you up to date with events, important dates, and insider tips. We would be delighted to add you to our list! To subscribe, simply fill out the form available at [rddm.ch/newsletter](http://rddm.ch/newsletter)

### Sign up WHATSAPP

This free message service will keep you in the know via the WhatsApp messaging app.

### WEBSITE

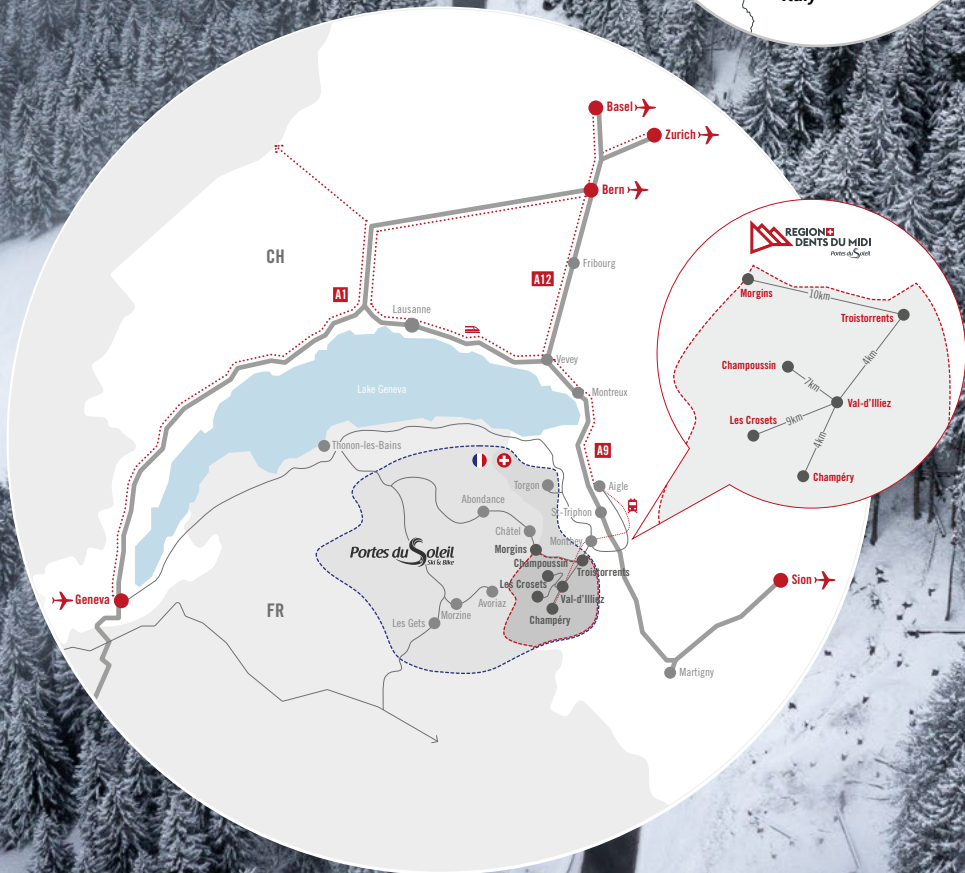
Visit our website at [regiondentsdumidi.ch](http://regiondentsdumidi.ch) ([rddm.ch](http://rddm.ch)) for any information you might need about our destination. Events, special offers, insider tips, entertainment, news... it's all online!

### SOCIALS

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 online community. And don't forget to spread the word by tagging #regiondentsdumidi on Instagram!

 Région Dents du Midi  @RegionDentsDuMidi  @RegDentsDuMidi  
 Région Dents du Midi  Région Dents du Midi SA  @regiondentsdumidi #regiondentsdumidi

# MOBILITY & ACCESS



## GETTING HERE

### By car

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

### By train

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

<b>Bâle</b>	4:00	217 km	2:20
<b>Berne</b>	3:00	124 km	1:30
<b>Genève</b>	2:30	128 km	1:20
<b>Lausanne</b>	1:35	65 km	1:00
<b>Lyon</b>	4:30	275 km	3:10
<b>Milan</b>	6:00	296 km	4:00
<b>Neuchâtel</b>	2:30	133 km	1:30
<b>Paris</b>	6:40	577 km	6:15
<b>Vevey</b>	1:30	35 km	0:40
<b>Montreux</b>	1:20	26 km	0:30
<b>Sion</b>	2:00	55 km	0:40
<b>Zürich</b>	4:15	238 km	2:30

## PUBLIC TRANSPORTATION

An efficient network of shuttles, buses and trains connect the villages in Region Dents du Midi and provide access to a variety of sites.

The AOMC regional train (Aigle - Ollon - Monthey - Champéry) trip from Aigle to Champéry takes less than an hour. The TPC busses (Transports Publics du Chablais) connect to Morgins from Collombey or Troistorrents, and to Les Crosets and Champoussin from Val-d'Illicz.

<b>Val-d'Illicz - Champoussin</b>	<b>Val-d'Illicz - Les Crosets</b>	<b>Troistorrents - Morgins</b>
20 min.	30 min.	15 min.

Public transportation timetable

## FREE SHUTTLES

Free ski shuttles operate during lift hours in Morgins and Champéry.

### CHAMPÉRY

Cable car - Grand Paradis (approximately every 20 min)

Cable car - Rumières (approximately every 40 min)

Petit Train des Dents du Midi (village circuit - approximately every 20 min)

### MORGINS

Navette Morgins (Approximately every 20 or 40 min depending on the season)

## PARKINGS

Close to the lifts and village centres, our conveniently located parking areas make hitting the slopes a breeze. Free zones may vary depending on the season. Parking locations are clearly marked on the various village maps available for free at our tourist offices.



## WINTER TYRES

While there's no legal obligation in Switzerland to equip your car with winter tyres, drivers are required to maintain control of their vehicle at all times. In the event of an accident, if your car is not winter equipped, your liability will be closely examined and evaluated. Your insurance may reduce coverage or even take legal action for negligence. Therefore, it is strongly advised to fit winter tyres on your car and have snow chains on hand.

Where can I buy chains?

- **Champéry** Garage de Champéry
- **Morgins** Bar des Portes du Soleil
- **Troistorrents** Garage Saint-Christophe
- **Val-d'Iliez** Garage de la Vallée

## MOTORWAY TOLL STICKER

If you want to use the Swiss highway network, your car must display a special sticker, called a *vignette*. This applies to both motor vehicles and trailers (those not subject to the heavy goods vehicle fee). The vignette costs CHF 40 and is valid from December 1st, 2024, to January 31st, 2026 (available starting December 1st at customs and post offices, gas stations, garages, and select retail stores). Starting December 1st, 2023, you can also purchase a virtual vignette online at [e-vignette.ch](https://www.e-vignette.ch).



# WASTE MANAGEMENT

## TAXED BIN BAGS

To comply with current federal waste management legislation, the Valais Romand introduced the pay-per-bag tax on January 1st, 2018. Since then, official taxed bin bags are the only bags permitted for household waste. This system ensures that everyone pays according to the amount of waste they generate. Mandated in 1996 through a revision of the Federal Law on Environmental Protection, the 'polluter-pays' principle has gradually been implemented across all Swiss cantons.

## ECOPOINTS & RECYCLING

You can drop your household bin bags at waste collection points in our villages called eco-points. You can also recycle glass, aluminium, PET (plastic bottles), paper, batteries, and food waste.

## FOOD WASTE

The valley municipalities are part of the 'Gastro-Vert©' food waste collection network. To participate, you must request an access card from your municipal administration. This card allows you to open the special brown bins and drop off your compostable bags of food waste.

## WASTE COLLECTION CENTRES

Residents and second-home owners (taxpayers) are allowed to deposit materials at their municipal waste disposal centre. This includes bulky items that don't belong with household waste in the eco-points.

WASTE COLLECTION CENTRES		
Champéry	Troistorrents	Val-d'Illeiez
<b>Monday</b> 10h00 - 12h00	<b>01.04 - 31.10</b> <b>Tuesday</b>	<b>Tuesday</b>
<b>Wednesday</b> 14h00 - 17h00	<b>Wednesday</b>	<b>Thursday</b> 15h00 - 18h00
<b>Saturday</b> 10h00 - 12h00 15h00 - 17h00	<b>Thursday</b> 13h30 - 17h00	<b>Saturday</b> 09h00 - 12h00 13h00 - 16h00
	<b>01.11 - 31.03</b> <b>Tuesday</b> <b>Wednesday</b> <b>Thursday</b> 13h30 - 17h00	
	<b>Saturday</b> 08h00 - 12h00	

17 L  
CHF 0.95

35 L  
CHF 1.91

60 L  
CHF 3.41

110 L  
CHF 6.22

Price per bin bag, VAT included - Ask for your taxed bags at grocery store check-out counters.

## EVERY WASTE HAS A HAPPY PLACE

The 13 symbols below are also printed on the taxed bag. They represent waste that doesn't belong in the bin bag with general household waste and should be disposed of in designated areas.



### CARDBOARD / PAPER

- > Ecopoints
- > Waste Collection Centre



### GREEN WASTE

- > Waste Collection Centre
- > Designated containers



### GLASS

- > Ecopoints
- > Waste Collection Centre



### TEXTILES

- > Waste Collection Centre



### PET

- > Ecopoints
- > Point of sale
- > Waste Collection Centre



### MEDICINES & TOXIC PRODUCTS

- > Point of sale
- > Waste Collection Centre



### PLASTICS

- > Point of sale
- > Waste Collection Centre



### PILES

- > Ecopoints
- > Point of sale
- > Waste Collection Centre



### TIN CANS

- > Point of sale
- > Waste Collection Centre



### LIGHTBULBS & FLUORESCENT TUBES

- > Point of sale
- > Waste Collection Centre



### ALUMINIUM / ALUMINIUM CANS

- > Ecopoints
- > Point of sale
- > Waste Collection Centre



### APPLIANCES

- > Point of sale
- > Waste Collection Centre



### OILS

- > Waste Collection Centre



## The TAR, advance fee for recycling funding.

Today, when we purchase most electronic devices, we all pay an advance recycling fee (TAR). This allows us to return it to the place of purchase once the item reaches the end of its life. This ensures proper recycling procedures (dismantling, material sorting, recycling, etc.).



# LIFTS

600 KM SLOPES | 208 LIFTS



## GETTING YOUR LIFT PASS

The easiest and cheapest option to purchase your lift pass is online at [pds-ch.ch](https://pds-ch.ch), but you can also buy a lift pass in person at the lift company ticket windows.

## OPENING DATE:

21st Decembre 2024\*

## CLOSING DATES:

Champoussin – Morgins  
7th April 2024

Champéry – Les Crosets  
14th April 2024

\* Some lifts may open early, depending on snow conditions.

## PEDESTRIAN

		ADULT (16+ YRS)			CHILD (5-15 YRS)		
		↑	↑↓	Season	↑	↑↓	Season
<b>Champéry</b>	🚡 Champéry	17.-	24.-	272.-	13.-	18.-	208.-
	🚡 Grand Paradis*	-	24.-	-	-	18.-	-
<b>Les Crosets</b>	🚡 Mossettes	-	18.-	-	-	14.-	-
<b>Champoussin</b>	🚡 Aiguille des Champeys**	11.-	-	176.-	8.-	-	132.-
<b>Morgins</b>	🚡 Morgins	17.-	24.-	272.-	13.-	18.-	208.-
	🚡 Corbeau	12.-	17.-	180.-	9.-	13.-	135.-

\*Circular ticket valid on the Grand Paradis & Planachaux chairlifts (up trip) & the Champéry cable car (descent)  
\*\*For paragliders on skis only.

## NO LIMITS – JUST EPIC ADVENTURES

Stretching from the icy bulk of Mont Blanc in France to the iconic Dents du Midi massif in Switzerland, Les Portes du Soleil was the first ski area to unlock access to two countries and 12 resorts with one handy pass. In this vast natural playground at the foot of the Alps, adventure knows no limits and the great outdoors is truly great!



CHAMPÉRY · VAL-D'ILLIEZ – LES CROSETS  
CHAMPOUSSIN · MORGINS · TORGON



ABONDANCE · AVORIAZ · CHÂTEL · LA CHAPELLE  
D'ABONDANCE · LES GETS · MONTRIOND  
MORZINE-AVORIAZ · ST JEAN D'AULPS





DENTS DU MIDI  
3257m

DENTS BLANCHES  
2756m

MONT BLANC  
4810m

Champéry  
1037-2146m

Les Crosets  
1670-2277m

Avoriaz  
1180-2466m

Les Gets  
1172-2002m

Champoussin  
1890-2150m

Morgins  
1360-2000m

Châtel  
1200-2100m

La Chapelle  
d'Abondance  
1100-2000m

Abondance  
930m - 1700m

Morzine  
1000-2466m

Montriond  
900-2277m

Saint-Jean-d'Aulps  
1000-2200m

Torgon  
1100-2300m

Le Grammont  
2172m

Mont Linlieu  
2065m

Mont Chauffé  
2093m

Lac Léman (Lake of Geneva)



# HEALTH EMERGENCY RESCUE



## AIR-GLACIERS

Rescue card for 1 person  
CHF 35.- (valid 12 months)

Air-Glaciers provides first aid & rescue, passenger flights, and aerial work with helicopters. Our expert and highly skilled team has a long track record of successful interventions in a variety of complex situations. Most notably, we have top-notch equipment and decades of experience in medical services and first aid. Our services include:

- > Coverage of rescue expenses
- > Ski first aid & rescue
  - > First aid & rescue for accidents of all kinds: at home, at work, on the road, in the mountains, etc
  - > Emergency situations like premature childbirth or other life-threatening illnesses
  - > Third-party expenses reimbursed
- > Third-party expenses reimbursed
  - > Air Zermatt, Rega intervention covered
  - > Ambulance services including ambulance transport to the nearest hospital (1x per year)
- > Evacuation flights in case of danger
- > Repatriation from abroad in case of illness or accident
- > Search & rescue flights for missing persons (see conditions at [air-glaciers.ch](http://air-glaciers.ch))

	Medical centre Champéry	+41 (0)24 479 20 05
	Medical centre Troistorrents	+41 (0)24 477 47 47
	Medical centre Val-d'Illicz	+41 (0)24 477 35 11
	On-call medicine Chablais in Monthey	+41 (0)58 773 11 46
	First aid station Champéry - Les Crosets	+41 (0)24 479 10 55
	First aid station Morgins	+41 (0)24 479 10 55
	Police	117
	Fire	118
	Ambulance & mountain rescue service	144
	Inter-municipal Police	+41 (0)24 479 09 18
	Pharmacieplus Troistorrents	+41 (0)24 477 28 20
	Pharmacie des Cimes Val-d'Illicz	+41 (0)24 477 12 75
	Chablais dental clinic	+41 (0)24 481 49 49
	Riviera-Chablais Vaud-Valais hospital	+41 (0)58 773 21 12
	Martigny Hospital	+41 (0)27 603 90 00
	Sion Hospital	+41 (0)27 603 40 00



## SUPPORT LOCAL BUSINESSES

In today's economy, with stiff competition from online shopping and retail outlets, keeping a small local business afloat in a tourist destination isn't always easy. In Region Dents du Midi, we're lucky to have numerous artisans and merchants that offer a variety of services and high-quality regional products.

In return, residents and visitors both play an important role in supporting these valued local businesses—promoting job stability, sustainability, and economic prosperity our region. You'll find the complete list of artisans and merchants on pages 44 to 47 of this booklet.





# REGIONAL CULINARY SPECIALITIES

## ★ LA SALÉE DE LA VALLÉE ★

There's nothing 'salty' about this moreish cinnamon pie...

### Ingredients (for 5 people):

#### Pastry base:

- 300 g flour
- 140 g softened butter
- 30 g sugar
- 1 teaspoon salt (5 g)
- 1 lemon zest
- 1 egg
- 1 dl warm milk
- 10 g baker's yeast

#### Preparation of pastry base:

Sift the flour into a bowl, create a well, then pour in a mixture of the yeast and a little lukewarm milk. Add the remaining lukewarm milk, the egg, sugar, softened butter, salt, and lemon zest. Mix until combined. Knead the dough until it becomes smooth and elastic, then place it in a lightly oiled bowl. Cover with a damp cloth and let it rise at room temperature for 2 hours. The dough should double in volume.

#### Sugar crumble topping:

Mix the flour, sugar, and cinnamon. Add the cubed butter and crumble the mixture.

#### Sugar crumble topping:

- 250 g flour
- 150 g sugar
- 15 g ground cinnamon
- 100 g butter, cut into cubes
- 150 g de cold butter in slices
- Fendant (white wine)

#### Assembling the pie:

Roll out the dough and place it in a tart pan. Trim excess dough with a rolling pin and prick the bottom of the tart with a fork. Spread the sugar crumble mixture over the dough, pressing the edges well, and levelling the surface. Cover with sliced butter and bake for 45 minutes at 180°C. After 30 minutes of baking, sprinkle the pie with Fendant and return to the oven. Allow to cool slightly and serve warm or cold.

## ★ L'ASSIETTE VALAISANNE ★

### Ingredients:

- Viande séchée (Swiss dry cured beef)
- Jambon cru (Swiss dry cured ham, or Prosciutto)
- Lard sec (dry cured bacon)
- Sliced dried sausage
- Valais rye bread
- Raclette cheese

### Preparation:

Thinly slice the cured meats & cut the sausage into rounds. Cut the cheese into wedges. Arrange the ingredients on a plate or platter and garnish the with little pickles and cocktail onions. Serve with rye bread and fresh butter on the side.

## ★ SOUPE AU PLAT ★

### Ingredients (for 6 – 8 people):

- 500 g chopped onions
- 2 l beef bouillon
- 8-12 slices of day-old bread
- 350 g of hard Valais cheese, grated
- Salt & pepper
- Thyme (optional)
- 1 bay leaf (optional)

### Preparation:

Heat the oven to 180-200 °C.

In a large pot or oven-proof casserole dish, sauté the onions in the butter, without browning the onions. When they become translucent, remove 2/3.

Add a layer of bread on top of the remaining onions, then a layer of cheese. Arrange and alternate layers of onions, bread, and cheese until you've used up all the ingredients, finishing with a layer of cheese. Save a bit of cheese for gratinating the soup.

Pour the hot beef broth over the layers in the pot, pressing down with a skimmer to saturate all the layers. Add the thyme and the bay leaf, salt and pepper to taste. Cover the pot and bake the soup in the oven for 20-30 minutes.

Remove the lid, add the remaining cheese and gratinate the whole dish for 10-15 minutes. Serve immediately, with a dollop of whipped cream.

## ★ FONDUE AU FROMAGE ★

### Ingredients (for 4 people):

- 1 clove garlic
- 3.5 dl dry white wine
- 800 g locally produced fondue cheese mix
- 600 à 800 g 'mi-blanc' bread (bread made with a mix of white and whole wheat flour) cut into 2-3 cm bite-sized cubes
- Kirsch (optional), pepper

### Preparation:

Crush the garlic clove and rub it around the inside of the fondue pot

Add the cheese and wine, and heat on low, stirring constantly. Once the cheese has melted, add the Kirsch (optional) and pepper to taste.

When the mix is nearly boiling and creamy, light the flame in the stand and set the fondue pot on top. Stab a bread chunk with your fondue fork and give it a good stir in the fondue, to fully coat each piece of bread and to keep the fondue from burning.

## ★ CROÛTE AU FROMAGE ★

The quintessential Swiss cheese on toast...

### Ingredients (for 4 people):

- 4 slices mi-blanc bread
- 8 slices cooked ham
- 600 g Raclette cheese
- 1 dl Fondant du Valais
- Pepper, sweet paprika

### Preparation:

Cut the bread into 8 slices. Using 4 ovenproof plates, place 2 slices of bread on each and drizzle with a little wine.

Arrange the ham slices on top. Cut the cheese into 12 slices and layer them on the bread.

Season with pepper and paprika to taste. Bake in an oven preheated to 220 °C for about 10 minutes until crusty and bubbling.

## ★ LA RACLETTE ★

### Ingredients (for 8 people):

- ½ wheel of PDO Raclette du Valais (about 2.4 - 2.5 kg)
- 1.6 kg Raclette potatoes
- Little pickles
- Cocktail onions

### Preparation:

Place the half-wheel of Raclette in the Raclette grill. Keep the cheese at least 6 centimetres underneath the heating element.

When the surface of the cheese melts, tilt the cheese away from you and scrape the melted layer onto a preheated plate with a knife. Serve with one potato and garnish with pickles and onions.

# WELCOMING CLIENTS WITH A SMILE

## THE ART OF MAKING CUSTOMERS FEEL AT HOME

First impressions play a crucial role in whether a customer chooses to return to a destination. The way you greet your client will set the tone for their whole visit and keep them coming back year after year. Overall, it's a key factor in building a loyal customer base and driving business growth.

★  
First impressions count

★  
Magic words

Welcome, relaxation, accessible, cosy, unique, comfort, well-being, enjoyment

★  
Put yourself in your client's shoes





# HANDLING COMPLAINTS WITH CARE

Why do customers complain? The obvious answer is that customers complain for an objective reason—like bad service, or a substandard product. But often a complaint is rooted in something deeper and more subjective—they want to be heard. The complaint might ostensibly be about slow service, cold food, a lost reservation. But whatever the problem, whether it seems trivial or justified, your client wants to feel that their opinion matters, that they matter.

From the offhand remark to the infuriated client, you must be able to identify a problem and find a solution. In the age of social media, a customer is much more likely to leave a negative comment than a positive one, so it's a good rule of thumb to never let a dissatisfied customer leave without at least listening to the complaint and offering a solution.

This means you need to be a problem-solver, but more importantly, you need to address your client's desire to be heard with care and tact.



Practice active listening



Try to see the client's point of view



Choose your words carefully

## WHY DO CUSTOMERS COMPLAIN?

- › It is important to try to understand why a customer complains.
- › Every customer has their own unique reason for complaining.
- › Understanding the specific reason for each complaint is crucial for effective resolution.

### Objective Reasons

- › Substandard product
- › Inadequate service

### Subjective Reasons

- › Because their expectations are not met,
- › Because venting feels good,
- › Because the squeaky wheel gets the oil.

## HOW TO FIX THINGS FAST

- › Attend to one customer at a time, finding a private area to talk with the unhappy client.
- › Clear your mind of personal emotions and opinions that hinder your receptiveness to the customer.
- › Be sincere – the customer is and you should be too.
- › Give the customer time to express themselves—don't interrupt.
- › Practice active listening—confirm you understand the problem by restating what the customer says.
- › Pay attention—maintain eye contact with the customer.
- › Express your sincere regret for the customer's negative experience in clear, straightforward terms.

## WHAT THE CLIENT REALLY WANTS

- › To be heard, and have their feelings taken seriously,
- › To be treated with respect,
- › For the responsible party to acknowledge their fault and be held accountable,
- › Resolution—to know that the issue will not happen again,
- › To see you taking immediate action,
- › Compensation or redress for the inconvenience.

## WHAT NOT TO DO

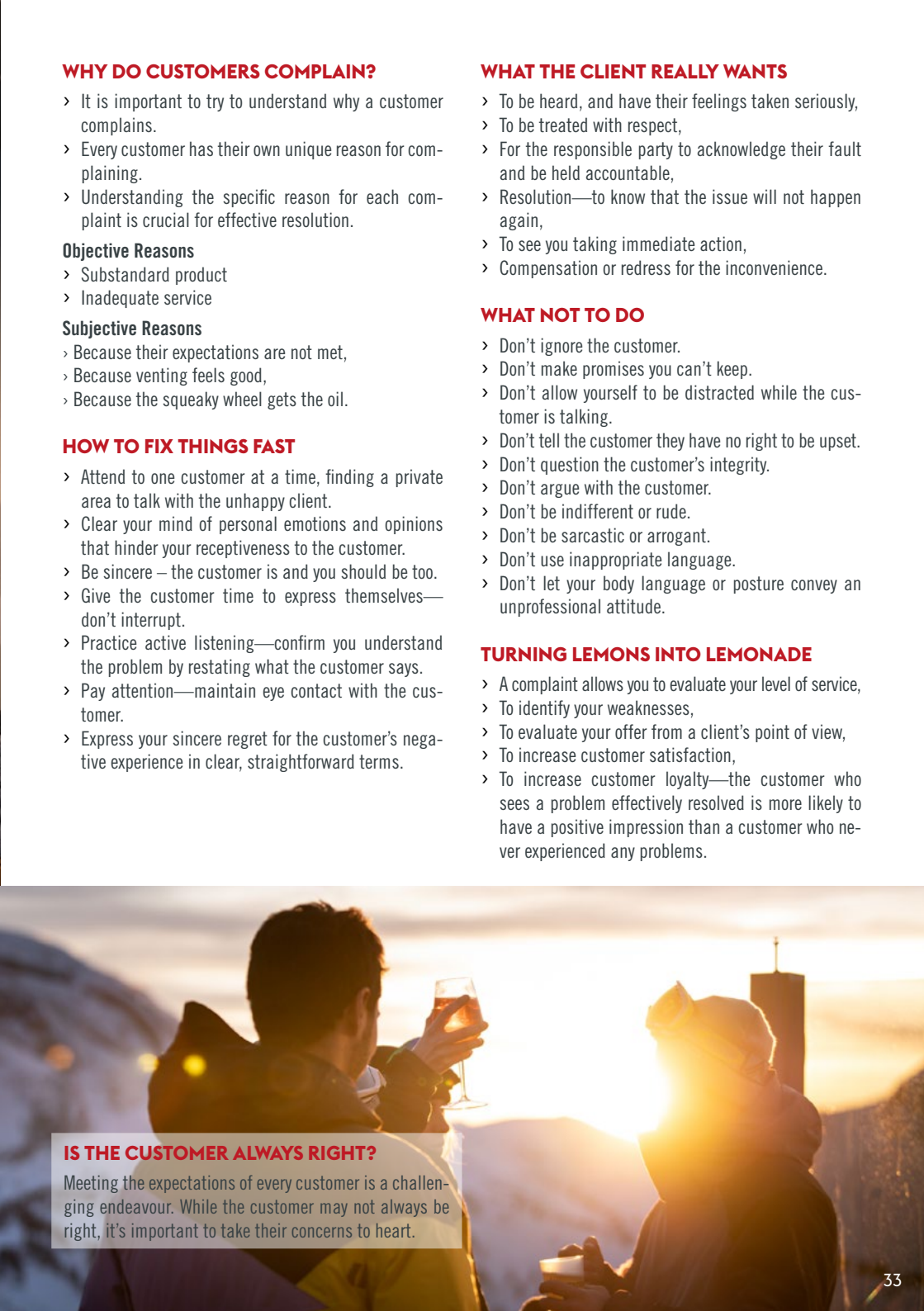
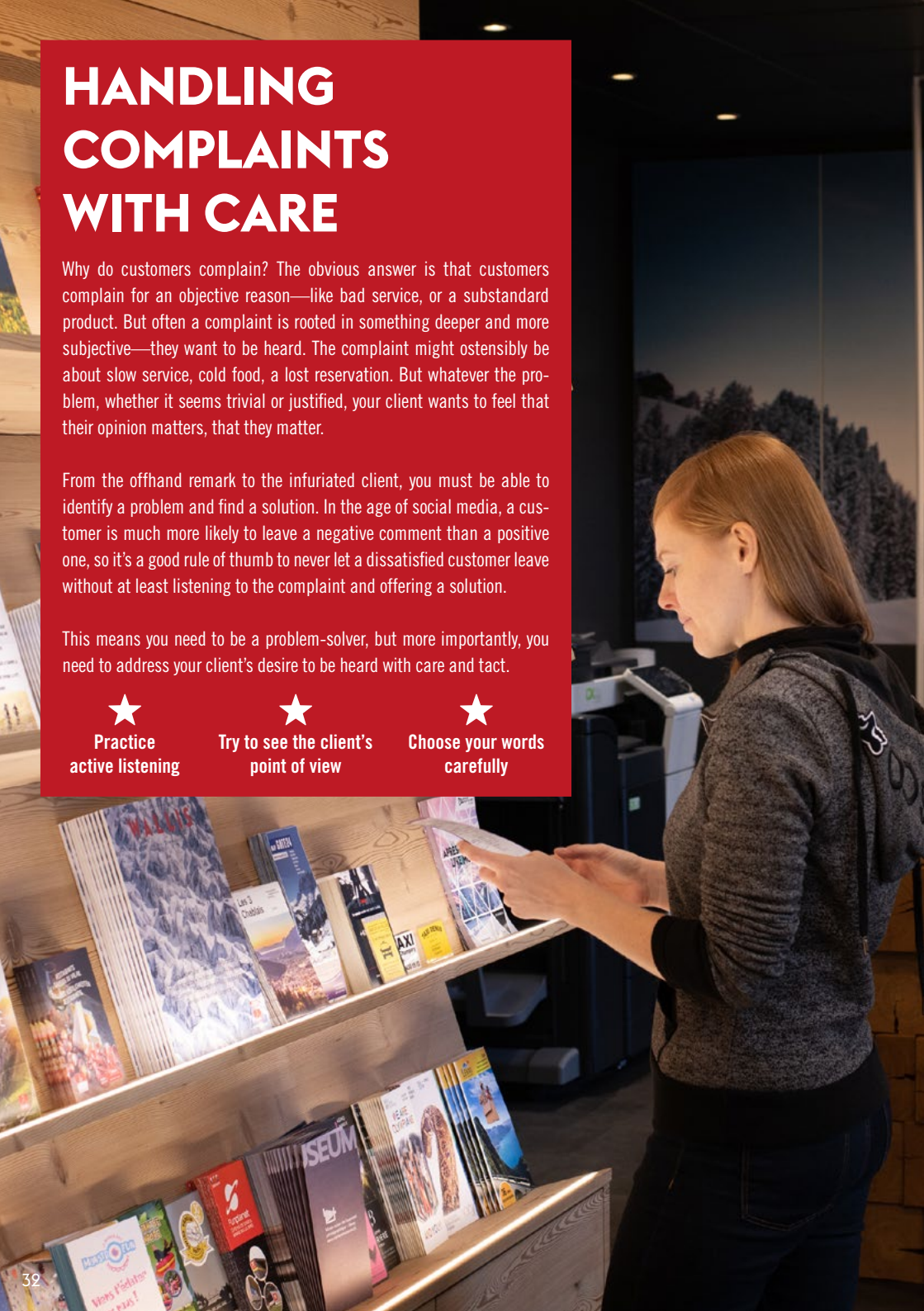
- › Don't ignore the customer.
- › Don't make promises you can't keep.
- › Don't allow yourself to be distracted while the customer is talking.
- › Don't tell the customer they have no right to be upset.
- › Don't question the customer's integrity.
- › Don't argue with the customer.
- › Don't be indifferent or rude.
- › Don't be sarcastic or arrogant.
- › Don't use inappropriate language.
- › Don't let your body language or posture convey an unprofessional attitude.

## TURNING LEMONS INTO LEMONADE

- › A complaint allows you to evaluate your level of service,
- › To identify your weaknesses,
- › To evaluate your offer from a client's point of view,
- › To increase customer satisfaction,
- › To increase customer loyalty—the customer who sees a problem effectively resolved is more likely to have a positive impression than a customer who never experienced any problems.

## IS THE CUSTOMER ALWAYS RIGHT?

Meeting the expectations of every customer is a challenging endeavour. While the customer may not always be right, it's important to take their concerns to heart.





## EVEN MINOR COMPLAINTS CAN SNOWBALL INTO A CRISIS IF YOU DON'T TAKE THEM SERIOUSLY!

### HANDLING COMPLAINTS LIKE A PRO

#### Be a problem-solver

Many unhappy clients go away angry and never come back. Now that you have a client who has taken the time to complain, this is your chance to change that dynamic and create a positive outcome. Here's how...

- › If you have a very upset client, the first thing to do is to find a quiet place to sit down and talk privately. Then, let them have their say, while you demonstrate active listening by rephrasing some of their concerns.
- › Don't hesitate to ask questions to understand all the details of the conflict; this will help you find a better solution.
- › Next, offer your sincere apologies for their inconvenience. You represent the company, so it's not a personal apology but one from the company.
- › Propose multiple solutions and let the client choose which option suits them. Be careful not to make any promises you can't keep!
- › Implement an action plan—tell the client exactly how you're going to follow through.
- › Follow up on the situation. Once the issue is corrected, check back to make sure everything is okay.

#### Try these solutions

- › Overbooking: suggest a complimentary coffee or drink and ask the client to be patient while you reserve a room in an equivalent establishment (with any additional costs covered by you).
- › Table reservation error: offer an equivalent alternative with a gesture of goodwill.
- › Slow service: suggest making up for lost time during the rest of the service with extra attention.
- › A mistaken order or an error concerning hygiene, presentation, freshness, or cooking: offer to replace the dish immediately.
- › Cold food: Offer to reheat the food without altering the quality. Otherwise, replace immediately.
- › Corked wine: Replace the wine or offer a glass of a good-quality alternative.
- › Equipment quality: With your superior's approval, offer a discount on the rental amount.

In all cases, a gesture of goodwill can have a huge impact. A free coffee, a drink on the house, or a small discount won't break your budget, but it will make all the difference to customer satisfaction.

A well-handled complaint makes for a great story—people just love to tell their friends about something that went wrong and how they got you to fix it! By handling a complaint well, you can promote your business and increase customer loyalty.



My meat isn't cooked enough!

Don't you know that lamb is supposed to be pink?

#### Don't shame your customer

This attitude will only make the situations worse. Most customers don't want to complain and many choose to suffer in silence. Don't make them feel bad for voicing their concern.

The lift passes are way too expensive!

Well, this is one of the cheapest ski areas in Switzerland, in terms of value for price.

#### Don't argue with your customer

It doesn't matter who is right—the goal is to find a solution.

My skis aren't waxed right.

Oh, that's my colleague's fault. He's not really a ski technician.

#### Don't shift the blame

This doesn't solve the customer's problem and you make your company look bad to boot.

This ski lesson really didn't help me at all.

Well it's too late now and I have to leave for another lesson.

#### Don't be flippant or indifferent

An 'I don't care' attitude will only make things worse.

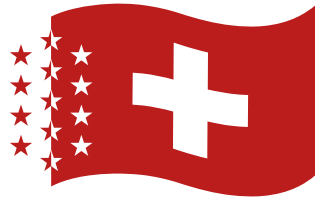
This hotel has the worst service!

Well, I've been in the business for 10 years, I think I know what I'm doing.

#### Don't be defensive

The customer's complaint isn't targeted at you specifically, so don't take it personally.





## WE SPEAK SUISSE ROMAND

### ADIEU !

Hello, but also goodbye

### ÇA JOUE !

“That works for me!”

### FAITES SEULEMENT !

Go ahead, be my guest!

### S’ENCOUBLER

Trip

### LA JAQUETTE

A cardigan, NOT a jacket!

### LA PANOSSE

A floor mop

### LE BANCOMAT

A cash machine

### LE CHENI

A mess

### LE CORNET

A plastic bag, or an ice cream cone

### LE FOEHN

A hair dryer, or a warm wind

### LE LINGE

A bath towel

### LE NATEL

A cell phone

### LE PETIT-DÉJEUNER OU LE DÉJEUNER

Breakfast

### LE DÎNER

Lunch—definitely not dinner!

### LE SOUPER

Dinner

### SEPTANTE

Seventy

### HUITANTE

Eighty

### NONANTE

Ninety

### SANTÉ !

“Bless you”, when someone sneezes, or “Cheers”, when raising a glass for a toast.

### SANS AUTRE

With no further ado

### TOUT DE BON !

Like “Have a good one”, a casual way to say goodbye.

## VALAISAN EXPRESSIONS

Here are a few colourful expressions commonly used in our region:

### ★ T’as où les vignes ?

Valaisans not living in the mountains might ask “Where are your vines?” Since winegrowing is an historic and economically important activity in Valais, this expression allows two Valaisans to situate each other geographically—and dynastically.

### ★ T’as où les vaches ?

“Where do you keep your cows?”  
The alpine version of ‘T’as où les vignes’.

### ★ T’es le fils à qui ?

Literally, “Whose son are you” or figuratively, “Which family do you belong to”. In small villages with large families that often have several branches, it helps to know which branch of a particular family a person belongs to. This might be a follow-up question to “T’as où les vaches”.

### ★ T’cheu l’équipe ici ! On boit une ou bien ?

“Hey, the gang’s all here! Are we having a drink or what?”

### ★ Regarde-voir aller suici (celui-ci) !

This expression, adopted from our French neighbours, has 3 verbs in a row. Literally “Looky see what that person is doing!”

### ★ Un ballon

Not a ball, but a unit of measurement for 1 decilitre of wine. “T’en mets deux”, or “Give me two”, is commonly used to order 2 decilitres of wine.

### ★ On part en piste ou quoi ?

Careful! This is the prelude to an epic night of partying! Hydrate accordingly...

### ★ Je te fous une gifle avec une pelle à neige !

Imma slap you with a snow shovel! No explanation needed.

### ★ En bas... / En haut...

We often refer to a place in terms of altitude, relative to where we live. So a resident of Val-d’Illiez might say “Down in Monthey” and “Up in Morgins”, and also “Up in Sion”, which is at a lower altitude, but further ‘up’ the Rhone and the Valais.

### ★ ..., ou quoi ? / ..., ou bien ?

90% of Valaisan sentences end with this rhetorical uptick that basically means, “Dontcha think?”

### ★ Tu vois comment ?

A rhetorical “See what I mean?”

### ★ Ça va le chalet ou bien ?

Expression used by Valaisans living in the mountains to say, “Are you nuts?”

### ★ En haut dessus, en bas dessous

Contrary to what one might think, this pleonastic expression is not at all equivalent to ‘up above’ or ‘down below’. Indeed, the expression ‘en haut dessus’ means ‘on the upper floor’ and similarly, ‘en bas dessous’ means ‘on the lower floor’.

### ★ Beau pays, mais sec !

“Pretty country, but dry!” A guest would use this expression to indicate to their host that their wine glass is empty, or worse, that they are still waiting to be served!

### ★ Une heure de temps

We Valaisans aren’t afraid of a pleonasm. This common expression means “An hour of time”.

### ★ Eh mais la cramine / Eh mais la tchaffe

It’s freezing! / It’s so hot! (La tchaffe can also mean mud or sloppy melty snow.)

### ★ Ença / Enlà ?

Over here / over there

### ★ Suici doit pas avoir la lumière à tous les étages.

The person whose “lights aren’t on on every floor”, is not the sharpest knife in the drawer...

### ★ Tcho bonne !

Rooted most likely in the Italian ‘ciao’, this simple, efficient salutation says it all—Best regards, take care, see you soon in good health!

# KEY FIGURES

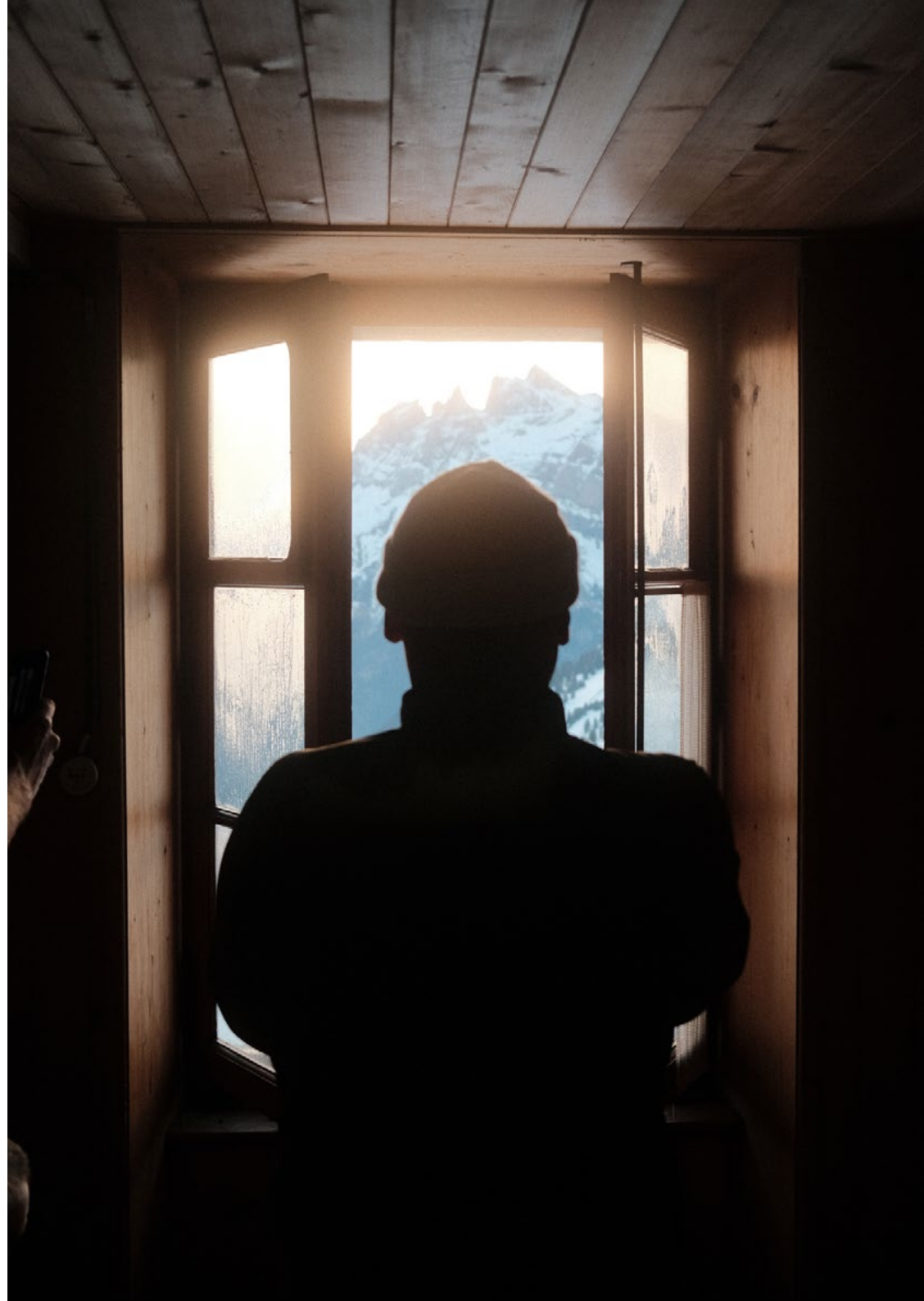


Region Dents du Midi   
 Portes du Soleil 



## 20 WINTER BUCKET LIST IDEAS

- Ski the Portes du Soleil all day long without taking the same run twice.
- Swing by the Rivella Fun Zone and clock your speed at the Speedcheck or defy the twists and turns on the Boardercross.
- Check out the colossal bumps on the Swiss Wall - either on skis or from the chairlift, if you prefer a bird's-eye view.
- Bust a move in your ski boots at the Rock the Pistes Festival or join an après-ski dance-off at a slopeside bar.
- Snowshoe your way to serenity on marked trails off the beaten path; keep your eyes peeled for hidden animal tracks along the way!
- Feel the magic in a moonlight ski tour at Morgins' Rando-Parc or at the Grand-Paradis cross-country ski trail.
- Flex your muscles and finesse your technique at an intro curling session - sweep that ice like a pro!
- Get friendly with some four-legged companions - mush with huskies, ride the ponies, or snuggle up in a one-horse open sleigh!
- Indulge in some 'me time' at a luxurious spa or unwind in a steaming outdoor nordic bath with mountain views.
- Fire up your neurons and crack the codes in our indoor or outdoor Escape Game challenges.
- Hop aboard our alpine cogwheel train for a scenic journey through the Illiez Valley's stunning, snow-kissed landscapes.
- Strike a pose at the iconic Grand Tour of Switzerland photo spot at the Foilleuse summit in Morgins.
- Sink your teeth into a delectable slice of Salée, a traditional cinnamon sugar pie unique to the Illiez Valley.
- Sip and savour a delicious glass of Valais wine or a pint of craft beer from 7Peaks Brewery.
- Soar to new heights on the Champéry cable car, Morgins gondola, or Mossettes chairlift at Les Crosets to soak up panoramic views of the Dents du Midi and Dents Blanches (no skis required!).
- Take the iron-rich waters at the Eau Rouge spring on the beautiful Bridges Trail.
- Cozy up to a gorgeously gooey raclette or fondue, served up in a quaint mountaintop restaurant.
- Feel the wind beneath your wings on a thrilling paragliding flight.
- Learn the names of the seven summits of the Dents du Midi and name-drop like a local.
- Glide, twirl, or stumble with flair at the local ice rink - because every winter athlete starts somewhere!



# CALENDAR 2024-2025

## December

- 01-24 Advent Windows · Champéry | Troistorrents-Morgins
- 05 Evening Get-Together – Let's Talk About... · Troistorrents
- 08 Saint Nicholas' Day · Val-d'Illeiz
- 13-14 C'est l'Hiver ! Morgins Festival 20th edition · Morgins
- 15 World Ice Skating Day · Champéry
- 21 Opening Season Party · Champéry
- 21-27 Fun Park · Val-d'Illeiz
- 22 Christmas Market · Champoussin  
Echo de la Montagne Christmas Concert · Champéry
- 23 Rencontres Musicales - Christmas Carols with the Levedy Ensemble · Champéry
- 24 Meet Father Christmas · Region Dents du Midi
- 25 Santa on the Slopes · Region Dents du Midi
- 26-28 Fairyland Fantasy – Winter Wonderland · Region Dents du Midi
- 27 Art Champéry – art auction · Champéry  
Foilieuse Vertical Race – Swiss Skimo Championships · Morgins  
Rencontres Musicales – La Schola de Sion Vocal Ensemble · Champéry
- 28 Spectacle on Ice · Champéry
- 29-31 Fun Park · Morgins
- 30 Fairyland Fantasy · Champoussin  
Comedy showcase – At Your Service ! · Val-d'Illeiz
- 31 New Year's Eve · Region Dents du Midi  
Ice Disco · Champéry

## January

- 01-05 Fun Park · Morgins
- 02-04 Fairyland Fantasy – Astro Diva · Region Dents du Midi
- 17-19 Theatre – Knock First ! · Val-d'Illeiz
- 22-24 Welsh Alpine Championships · Champéry-Les Crosets
- 24-26 Theatre – Knock First ! · Val-d'Illeiz
- 25 En Pistes avec le Nouvelliste ski day · Morgins
- 31.01 Theatre – Knock First ! · Val-d'Illeiz  
-01.02

## February

- 02 Freestyle Romand Tour · Les Crosets
- 08 Grand Prix Migros · Les Crosets  
Children's Theatre – Gazelle's Special Day · Troistorrents
- 09 Migros Ski Day · Les Crosets
- 15 En Pistes avec le Nouvelliste ski day · Les Crosets
- 28.02 Carnaboum · Val-d'Illeiz  
-04.03

## March

- 01 Children's Carnaval · Champéry
- 01-09 Fun Park · Champéry
- 02-08 Ski Mountaineering World Championships · Morgins
- 04 Children's Carnaval · Morgins
- 07-09 Planach'Festival · Champéry
- 08 Sledge Race · Champoussin  
Art Workshops · Troistorrents
- 16-22 Rock The Pistes Festival · Portes du Soleil
- 29 Banked Slalom · Les Crosets
- 29-30 Ski for Haïti 2025 · Les Crosets

## April

- 07-12 Maxi-Rires Comedy Festival · Champéry
- 12 Aventure for Everyone Festival · Troistorrents
- 26 Champéry Hockey Club Centennial Tournament · Champéry

## May

- 10 Écho de la Montagne Annual Concert · Champéry
- 17 The Monthey d'Illeiz footrace · Val-d'Illeiz
- 24 Corsican Music Concert · Val-d'Illeiz
- 31 Champéry Hockey Club Centennial Gala Dinner · Champéry

## Fairyland Fantasy

These captivating street spectacles showcase music, choreography, and poetic artistry – lighting up the night with whimsy and magic. One of our most popular events, this is an enchanting evening for spectators of all ages!

- ▶ 26.12.2024 · Champéry
- ▶ 27.12.2024 · Les Crosets
- ▶ 28.12.2024 · Morgins
- ▶ 02.01.2025 · Champoussin
- ▶ 03.01.2025 · Morgins
- ▶ 04.01.2025 · Champéry
- ▶ regionentsdumidi.ch

## ISMF World Championships Region Dents du Midi

Morgins welcomes back the world's best ski mountaineers! This March, Region Dents du Midi will host the thrilling Ski Mountaineering World Championships. In the build-up to the Olympics, this event promises to be even more exciting than the events we held for the 2008 World Championships and the World Cup races in 2022 and 2023.

- ▶ 02-08.03.2025
- ▶ rddmworldcup.ch

## Welsh Alpine Championships

This wintertime favourite is where the decades-long friendship between Region Dents du Midi and the land of the iconic red dragon got its start. Drawing young skiers from Wales, but also from Scotland, England, Switzerland, and around the world to Champéry – Les Crosets, this is a week-long event culminating in slalom and giant slalom races with a convivial, fair play attitude.

- ▶ 22-24.01.2025
- ▶ regionentsdumidi.ch

## Rock the Pistes Festival

Rock The Pistes Festival is an unforgettable, high-altitude, open-air concert series. The week features 5 mega concerts set right on the iconic Portes du Soleil ski slopes and dozens more après concerts in the villages to keep the party going once the pistes close.

- ▶ 16-22.03.2025
- ▶ rockthepistes.com

## Grand Prix Migros & Migros Ski Day

Les Crosets is set to host two major family-friendly events in early February 2025. The weekend kicks off Saturday with the Grand Prix Migros, the fifth leg of the world's largest kid's ski race, for kids ages 8 to 16. Sunday, the whole family can ski together at the Migros Ski Day—winter's ultimate family event, featuring fun races, loads of games, and fantastic prizes up for grabs!

- ▶ 08-09.02.2025
- ▶ regionentsdumidi.ch

## Maxi-Rires Festival

For one, side-splitting week, the crème de la comedy crème will meet up in Champéry to show off their best punchlines and cleverest witticisms. The laid-back, convivial atmosphere of this ultra-cool comedy festival is proof that laughter is truly the best medicine.

- ▶ 07-12.04.2025
- ▶ maxi-rires.ch

Programme subject to change. The full, updated events calendar is available on our website, and in local shops and tourist offices.



## Save the dates ! Spring, summer, & autumn 2025

- ▶ 07-08.06.2025  
50th Giron de la Vallée d'Illeiz brass band festival · Val-d'Illeiz
- ▶ 27-29.06.2025  
Pass'Portes du Soleil · Portes du Soleil
- ▶ 31.07-14.08.2025  
Rencontres Musicales · Champéry
- ▶ 02-07.09.2025  
UCI 2025 Mountain Bike World Championships (downhill) · Champéry
- ▶ 24-26.10.2025  
Raclette World Championships · Morgins





FOOD		
<b>Butcher</b>		
Boucherie Gex-Collet	+41 79 280 13 87	Val-d'Illeiez
<b>Bakery   Pastries</b>		
Michellod Boulangerie Tea Room	+41 24 479 16 86	Champéry
Au Beau Réveil Sàrl	+41 24 477 11 84	Morgins
La Boulan'tine	+41 24 477 30 30	Troistorrents
La Mascotte	+41 24 477 28 75	Val-d'Illeiez
<b>Fine food   Terroir</b>		
La Cavagne 1874	+41 24 479 17 54	Champéry
Le Chalet des Saveurs	+41 79 347 46 39	Champéry
La Cavagne	+41 24 477 35 40	Troistorrents
<b>Groceries</b>		
13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
L'Ancre d'Eux	+41 24 477 62 13	Champoussin
Edelweiss Market Morgins	+41 24 477 24 24	Morgins
Volg	+41 24 477 31 03	Morgins
Chez Azalée	+41 24 477 47 41	Troistorrents
13* Pam	+41 27 743 63 60	Val-d'Illeiez
<b>Fresh trout</b>		
Chalet Rosalie	+41 79 577 87 54	Champéry

LANDSCAPING – GARDENING – MAINTENANCE		
<b>Trees</b>		
Service forestier de Troistorrents	+41 24 477 18 86	Troistorrents
Triage Forestier des Dents du Midi	+41 24 477 51 81	Val-d'Illeiez
<b>Concierge service</b>		
Conciergerie Générale - Blanchisserie	+41 79 371 02 86	Champoussin
Da Silva Luis	+41 76 234 14 78	Les Crosets
Bonnie & Clean	+41 76 415 06 37	Monthey
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Morgins Tout Tip Top Sàrl	+41 79 283 33 13	Morgins
Fontana Chris Services	+41 79 343 71 88	Val-d'Illeiez
Nançoz Simon	+41 79 483 64 16	Val-d'Illeiez

LANDSCAPING		
Gex-Collet Jeremie	+41 78 625 72 82	Champéry
Green Team	+41 79 206 90 53	Champéry
Mountain Garden	+41 78 809 15 84	Champéry
Chalet Full Service Sàrl	+41 79 623 55 55	Morgins
Illeiez Aménagements Sàrl	+41 79 549 77 90	Val-d'Illeiez
L'Horizon Vert	+41 79 522 72 05	Val-d'Illeiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illeiez
<b>Earth moving   Snowplowing   Transport   Civil engineering</b>		
A. Simon Terrassements	+41 79 758 10 05	Champéry
Decurtins François	+41 79 441 62 66	Champéry
Gex-Fabry SA	+41 24 479 12 21	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
Patrick Transports Sàrl	+41 24 479 26 24	Les Crosets

Trombert Dominique Transports	+41 79 301 24 16	Les Crosets
Michaud & Mariaux SA	+41 24 471 73 55	Monthey
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
Renewier maçonnerie et déneigement	+41 79 688 33 60	Morgins
Anselme Perrin & Fils Sàrl	+41 79 261 87 15	Val-d'Illeiez
Dubosson Eric	+41 79 412 25 58	Val-d'Illeiez
Ecœur Terrassements SA	+41 24 477 17 29	Val-d'Illeiez
Gähler Matériaux Sàrl	+41 79 303 50 75	Val-d'Illeiez
Granger Multiservices Sàrl	+41 79 449 54 34	Val-d'Illeiez
Traxa SA	+41 79 583 01 07	Val-d'Illeiez
Trombert Entretien paysagiste	+41 79 107 07 44	Val-d'Illeiez
Vieux SA	+41 76 488 98 85	Val-d'Illeiez
Wälti terrassement paysagisme Sàrl	+41 78 829 40 45	Val-d'Illeiez

ARTISANS		
<b>Watches   Jewelry</b>		
Caillet-Bois Arnold	+41 24 471 24 62	Val-d'Illeiez
L'Horlogère Rosalie Vuilleumier	+41 78 890 45 89	Val-d'Illeiez
<b>Bell foundry</b>		
Perrin Hugues	+41 79 435 92 39	Champéry

AUTOMOBILE		
<b>Auto body shop</b>		
Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry
<b>Garage   Petrol station</b>		
Garage de Champéry Sàrl	+41 24 566 76 77	Champéry
Jubin Frères	+41 79 435 03 94	Champéry
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'Illeiez
La Mascotte	+41 24 477 28 75	Val-d'Illeiez

BEAUTY & WELL-BEING		
<b>Beautician</b>		
Institut Colibri	+41 79 530 75 64	Morgins
Natur'time	+41 79 671 16 62	Val-d'Illeiez
<b>Hair</b>		
Sarah Coiffure	+41 24 479 15 03	Champéry
Studio R Coiffure	+41 24 479 34 28	Champéry
Studio 1875	+41 79 606 72 02	Morgins
K-rey	+41 24 477 20 46	Val-d'Illeiez

<b>Sports centre</b>		
Palladium de Champéry	+41 24 479 05 05	Champéry
Centre sportif de Morgins	+41 24 477 19 92	Morgins

<b>Fitness</b>		
Palladium de Champéry	+41 24 479 05 05	Champéry
Oxygen Morgins	+41 79 261 23 31	Morgins

Massage   Physiotherapy   Osteopathy   Kinesiology   Naturopathy		
A Ton Aura	+41 79 175 02 81	Champéry
Au 7e. Sens	+41 79 351 44 00	Champéry
Aurélia Massage	+41 78 779 66 87	Champéry
Avanthay Ferreira Physiothérapeutes	+41 79 540 47 33	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
Taiji Quan Luc Défago	+41 79 632 40 58	Champéry
YogAlps & Massage   Evelyne Rey-Bellet	+41 79 774 87 46	Champéry
Institut Colibri	+41 79 530 75 64	Morgins
Morgins Zen	+41 76 416 22 08	Morgins
Oxygen Morgins	+41 79 261 23 31	Morgins
Aux Mains Sages	+41 76 526 66 18	Val-d'Illeiez
Enerj Rebutologie	+41 79 561 47 15	Val-d'Illeiez
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'Illeiez

<b>Yoga instructors</b>		
Domitille Yoga	+41 79 606 49 34	Champéry
Fleur de Yoga   Yasmine Lomazzi	+41 79 449 61 14	Champéry
Isabelle Kundalini Yoga   Isabelle Portner	+41 76 822 15 61	Champéry
AYA Yoga Experience	+41 79 397 67 70	Morgins
YogAlps & Massage   Evelyne Rey-Bellet	+41 79 774 87 46	Val-d'Illeiez

SHOPS		
<b>Decoration   Furniture   Furnishings   Home staging   Souvenirs</b>		
La Loggia	+41 24 479 24 64	Champéry
Boutique « Il était une fois »	+41 24 477 26 03	Morgins
<b>Clothing   Fashion</b>		
Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 24 479 23 57	Champéry
Ose !	+41 79 643 15 38	Val-d'Illeiez
<b>Kiosk   News</b>		
13* Pam	+41 27 743 63 50	Champéry
Kiosque de Champéry	+41 24 479 40 63	Champéry
Kiosque de Morgins	+41 79 794 56 80	Morgins
La Mascotte	+41 24 477 28 75	Val-d'Illeiez

SEMINAR – CONFERENCE – CORPORATE EVENTS		
<b>Seminar   Conference   Corporate events</b>		
Palladium de Champéry	+41 24 479 05 05	Champéry

LESSONS		
<b>Ski schools</b>		
École Suisse de Ski	+41 24 479 16 15	Champéry
Experience Snowsports School	+41 79 814 15 75	Champéry
Ze Snow School	+41 24 479 18 74	Champéry
École Suisse de Ski	+41 24 477 29 00	Champoussin
École Suisse de Ski	+41 24 479 14 01	Les Crosets
École de Ski Internationale M3S	+41 24 477 77 17	Morgins
École Suisse de Ski	+41 24 477 29 49	Morgins
SnowPros Ski School	+41 78 624 50 60	Val-d'Illeiez

<b>Independent ski instructor</b>		
Morgins Snowsports, Bret Marshall	+41 79 271 72 49	Morgins

<b>Paragliding</b>		
Fly Away	+41 79 435 26 17	Val-d'Illeiez
Val d'illiair	+41 79 431 26 61	Val-d'Illeiez
<b>Skating school</b>		
Skating School of Switzerland	+41 24 552 10 77	Champéry
<b>Tennis instructor</b>		
Comby Emilien	+41 79 826 97 53	Champéry

BUILDING TRADES		
<b>Architect</b>		
Studio François Nantermod	+41 79 750 56 04	Champéry
Wettstein Architectes SA	+41 22 990 04 40	Champéry
Perrin Architecture Sàrl	+41 24 477 34 35	Val-d'Illeiez
S'Tox SA	+41 79 891 00 10	Val-d'Illeiez
Voiron Denis	+41 79 542 58 24	Val-d'Illeiez
<b>Engineer</b>		
Jean-Michel Vuadens SA	+41 24 472 36 16	Monthey
Hydrotec	+41 78 879 19 20	Val-d'Illeiez
<b>Tile</b>		
Procéram Sàrl	+41 27 322 21 20	Monthey
Magic Carrelage	+41 76 784 14 51	Val-d'Illeiez

<b>Carpenter   Roofer   Tinsmith</b>		
Oberhauser ferblanterie couverture Sàrl	+41 79 471 79 45	Champéry
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illeiez
Dubosson Patrick Ferblanterie	+41 79 388 25 73	Val-d'Illeiez
ERM Charpente-Toiture	+41 79 920 49 17	Val-d'Illeiez
Lehmann Eric	+41 79 508 01 91	Val-d'Illeiez
Perrin Yannick	+41 78 724 46 07	Val-d'Illeiez

<b>Heating   Plumbing</b>		
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'Illeiez
Blanchut et Monnet Sàrl	+41 79 243 75 02	Val-d'Illeiez
Perrin Luc Sàrl	+41 79 957 06 15	Val-d'Illeiez

<b>Heating oil tanks</b>		
Citernit SA	+41 24 477 21 70	Troistorrents
<b>Construction management &amp; services</b>		
MVG Services SA	+41 76 393 68 31	Champéry

<b>Decoration   Flooring   Curtains</b>		
Borgeaud Déco Sàrl	+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

<b>Electrician</b>		
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'Illeiez



Cleaning		
Bonnie & Clean	+41 76 415 06 37	Monthey
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'Illicz
MIB Peinture	+41 79 548 89 75	Val-d'Illicz
Masonry   Building		
Bernard Torrent SA	+41 24 471 46 87	Collombey
Carraux-Moret Construction SA	+41 24 472 70 80	Collombey
Reverier Maçonnerie et Déneigement	+41 79 688 33 60	Morgins
Borrat-Besson Marc Maçonnerie	+41 24 477 32 75	Val-d'Illicz
Gähler Renovation Sàrl	+41 79 303 50 75	Val-d'Illicz
La Pierre dans tous ses états	+41 79 353 24 03	Val-d'Illicz
Perrin Denis	+41 79 502 24 34	Val-d'Illicz
Perrin Laurent	+41 79 219 51 15	Val-d'Illicz
Perrin Raphaël	+41 24 477 24 70	Val-d'Illicz
Vieux SA	+41 76 488 98 85	Val-d'Illicz
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
Nissille Menuiserie SA	+41 24 471 37 27	Massongex
DM Bois SA	+41 24 471 64 83	St-Maurice
DuboBois Sàrl	+41 79 707 86 68	Troistorrents
Alain Avanthay Sàrl	+41 79 310 80 37	Val-d'Illicz
Avanthay SA	+41 24 477 16 44	Val-d'Illicz
Borloz Bernard	+41 24 477 14 27	Val-d'Illicz
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illicz
Gavillet Marc	+41 79 742 54 93	Val-d'Illicz
Gex-Fabry Menuiserie Charpente Sàrl	+41 24 477 11 30	Val-d'Illicz
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illicz
Guérin Michel	+41 24 477 20 08	Val-d'Illicz
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illicz
Garage doors   Ventilation		
Metal Assistance Montage SA	+41 21 960 42 30	Villeneuve
Real estate promotion		
Bâtiment Innovation Gérance SA	+41 79 200 52 75	Val-d'Illicz
GexIllicz	+41 78 836 90 03	Val-d'Illicz
Logipro	+41 78 848 15 79	Val-d'Illicz
Martin Baugenossenschaft	+41 24 477 32 87	Val-d'Illicz
Water damage		
Technica Air Assèchement	+41 79 514 97 27	Val-d'Illicz

#### 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'Illicz

#### CHILD CARE

Babysitter see Tourist Offices

#### GUIDES & MOUNTAIN LEADERS

Mountain leaders		
Dubosson Loïc	+41 79 578 60 57	Champéry
Nemeth-Défago Nathalie	+41 79 316 80 10	Champéry
Wiltshire Lloyd	+41 79 814 15 75	Champéry
Zorzi Nathalie	+41 79 202 18 35	Champéry
Delavy Etienne	+41 79 690 15 24	Mex
Besson Guillaume - Nature en Conscience	+41 76 235 82 05	Morgins

#### Mountain guides office

Experience 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

Baudet Jean-Patrick	+41 79 785 55 83	Champéry
Bueche Grégory	+41 79 707 62 08	Champéry
Défago Luc	+41 79 302 02 59	Champéry
Pochon Jacky	+41 79 637 70 37	Champéry
Richard Yannick	+41 76 583 51 69	Champéry

#### Biking guides

Bikeshop Le Vélociste   E-bike Swiss Rental	+41 79 801 81 66	Champéry
Experience Bike School Champéry	+41 79 814 15 75	Champéry
Ride Switzerland	+41 79 501 37 08	Champéry
Ecole Suisse de VTT Sàrl	+41 22 366 15 16	Les Crosets
Bike Pro Shop powered by Snowline 2	+41 24 477 29 06	Morgins

#### 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
Texier Immobilier - Swiss Alps	+41 76 565 66 37	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
GF Immobilier	+41 24 477 28 27	Champoussin
Immobilière des Crosets	+41 24 479 18 93	Les Crosets
IM Mossettes Sàrl	+41 79 286 74 10	Les Crosets
Maytain Sàrl	+41 24 477 24 21	Morgins
Morgins Immo	+41 24 477 22 40	Morgins
Mountain Plus	+41 79 465 66 51	Morgins
DP Immob Sàrl	+41 79 800 54 50	Val-d'Illicz
La Rocaille Sàrl	+41 79 238 12 45	Val-d'Illicz
Mountain River Resort	+41 79 238 77 15	Val-d'Illicz
The River Pearl	+41 76 393 55 36	Val-d'Illicz

#### Backpacker hostel

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

#### Mountain huts

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

#### Campground

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

#### Guest room | B&B

Chalet de l'Atelier	+41 24 479 11 26	Champéry
Chalet Rochaz	+41 79 762 24 32	Champéry
La Ferme à Gaby	+41 24 477 30 88	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
La Rose des Vents	+41 79 212 70 89	Val-d'Illicz

#### Gîte

Buvette de Bonavau	+41 78 245 21 25	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 Chésery	+41 79 725 68 20	Les Crosets
Chalet Chanso	+41 24 477 12 39	Morgins

#### 4\* Hotel

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

#### 3\* Hotel

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

#### Hotel

Chalet le Chamois (séminaires)	+41 24 479 01 01	Champéry
Châteauform le Chalet (séminaires)	+41 24 479 01 01	Champéry
Guest House du Grand-Paradis	+41 24 479 11 67	Champéry
Le Chaudron	+41 24 479 03 00	Champéry
Le Palladium	+41 24 479 05 05	Champéry
Plein Ciel	+41 24 479 28 38	Champéry
Auberger Chez Gaby 1670	+41 24 477 22 22	Champoussin
Champoussin Lodge	+41 24 476 83 00	Champoussin
Alp Art Hotel	+41 24 420 11 76	Collombey
L'Étable	+41 24 565 65 55	Les Crosets
Le Marchesoun	+41 24 479 22 40	Les Crosets
Le Relais Panoramique	+41 24 479 34 12	Les Crosets
Montriond Lodge	+41 77 472 78 57	Les Crosets
Mountain Lodge	+41 24 479 25 80	Les Crosets
Portes du Soleil		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
Auberger de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Peanut Mountain Lodge	+41 24 477 86 96	Val-d'Illicz

#### Group accommodation

Auberger-Chalet La Nouvelle Alpina	+41 24 479 11 17	Champéry
Cabane de Planachaux	+41 79 173 66 72	Champéry
Chalet d'En Haut	+41 22 306 07 60	Champéry
Chalet du Collège Moderne	+41 24 479 10 35	Champéry
Chalet du Ski-Club de Rolle	+41 24 479 12 97	Champéry
Chalet Ganesha	+41 78 865 25 58	Champéry
Chalet Joimont	+41 76 569 73 52	Champéry
Chalet Joli Nid	+41 79 622 52 42	Champéry
Chalet ONU	+41 24 479 16 01	Champéry
Chalet Souvenir	+41 24 552 10 77	Champéry

Chalet UMW	+41 76 372 53 63	Les Crosets
Chalet Beau-Site	+41 79 784 51 88	Morgins
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'Illicz

#### Apartment hotel

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

##### Bike rentals

Bikeshop Le Vélociste   E-bike Swiss Rental	+41 79 801 81 66	Champéry
Experience Champéry	+41 79 814 15 75	Champéry
Bike Pro Shop powered by Snowline 2	+41 24 477 29 06	Morgins
J&J Sport Rent & Vente	+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 (hiver)	+41 78 809 15 84	Champéry
Gonnet Sports (hiver)	+41 24 479 11 77	Champéry
Holiday Sport	+41 24 479 15 26	Champéry
Le Vélociste	+41 79 801 81 66	Champéry
Alpitude (hiver)	+41 24 565 60 20	Champoussin
Michel Sports Sàrl	+41 24 477 13 11	Champoussin
Chamois Sports (hiver)	+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 & Vente	+41 24 477 13 34	Morgins
Snowline	+41 24 477 29 06	Morgins

#### RELIGIOUS

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

#### HEALTH & EMERGENCY

##### Emergency numbers

Police	117
Fire	118
Emergency	144

##### Hospital

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

Champéry medical centre	+41 24 479 20 05	Champéry
Medical permanence RC Hosp.	+41 58 773 11 46	Monthey
Troistorrents medical centre	+41 24 477 47 47	Troistorrents
Val-d'Illicz medical centre	+41 24 477 35 11	Val-d'Illicz
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'Illicz

**Police**

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

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

**Communication | Publishing | Printing**

Agence Let's Talk!	+41 78 908 98 31	Champéry
Big Mama Communication	+41 76 240 96 97	Champéry
Centre Rhodanien d'Impression	+41 27 721 88 12	Martigny
Imprimerie Montfort	+41 24 471 21 63	Monthey
Impression RMS Vidéo	+41 24 477 50 71	Val-d'Illicz
M-krea marketing & graphisme	+41 78 658 88 43	Val-d'Illicz
Nisada Communication	+41 24 477 21 57	Val-d'Illicz

**Insurance**

Bâloise Assurances	+41 79 567 28 57	Champéry
Bâloise Assurances	+41 79 777 81 66	Morgins
Helvetia Assurances	+41 79 271 85 61	Morgins

**Driving school**

Pascal Avanthay	+41 78 878 55 55	Champéry
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**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'Illicz
L'Antre d'Eux   Point cash	+41 24 477 62 13	Champoussin
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'Illicz

**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'Illicz

**Race timing**

Datatiming	+41 79 449 78 24	Val-d'Illicz
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**Mushroom controller**

Maret François	+41 79 304 72 33	Monthey
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**Ski lockers**

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

**Waste disposal centres**

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

**Electronics | Appliances**

Fijitechnic	+41 24 479 14 66 +41 24 565 50 50	Champéry Monthey
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**Financial services | Condominium management**

Künzle SA	+41 24 473 73 05	Monthey
Fid' Cime	+41 79 549 97 81	Val-d'Illicz
Fid' illicz	+41 24 477 24 79	Val-d'Illicz

**Game warden**

Bourban Christophe	+41 79 355 39 11	Sion
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**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'Illicz

**Secretarial & management services**

Bureau Altitude	+41 79 606 09 44	Morgins
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**Laundromat**

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

**Tourist offices**

Region Dents du Midi tourist offices	+41 24 479 05 50 +41 24 477 23 61	Champéry Morgins
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Virtual info point at L'Antre D'Eux Virtual info point at the train station		Champoussin Val-d'Illicz
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**Post offices**

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'Illicz

**Ski lifts**

Portes du Soleil Suisse SA	+41 24 479 02 00	Champéry
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**Sound | Lighting | Stage**

SceneMobile SA	+41 79 953 11 39	Morgins
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**Alarm systems**

Mapco Sécurité Sàrl	+41 24 477 46 76	Val-d'Illicz
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**Taxi**

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

**Group transportation | Excursions | Transfers**

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

**WINE – BEER – SPIRITS****Sales points**

La Petite Cave du Chablais	+41 24 471 44 21	Collombey
7Peaks Brasserie Sàrl	+41 24 565 18 72	Morgins
Sélection Comby Vins	+41 79 288 79 87	Morgins
T-Bacchus	+41 79 933 18 35	Morgins







**#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**

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

**VIRTUAL INFORMATION POINTS**

**VAL-D'ILLIEZ**

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

**CHAMPOUSSIN**

Bar & Shop L'Antre D'Eux  
1873 Champoussin  
valdilliez@rddm.ch

