



***WINTER  
GUIDEBOOK  
2024-2025***



# Contents

## **5** WELCOME

- 5 Region Dents du Midi
- 6 6 Resort Villages

## **11** SNOWSPORTS

- 11 Skiing & Snowboarding
- 25 Snowshoe Hiking
- 29 Winter Walking
- 33 Ski Touring
- 37 Cross-country Skiing

## **41** UNDER COVER

- 41 Ice Sports
- 45 Rest & Relaxation
- 51 Indoor Activities

## **57** COME ONE, COME ALL

- 57 Expect the Unexpected
- 63 Your Fill of Thrills
- 67 Horsing Around

## **73** KIDS RULE

- 74 Kids Clubs
- 74 Babysitters
- 76 Outdoor | Indoor Activities
- 77 Aquatic Activities

## **79** OUR ROOTS RUN DEEP

- 79 Know-how
- 85 History & Tradition
- 89 Culture
- 93 Sacred Structures

## **97** BE IN THE KNOW

- 98 Panorama
- 101 Getting Here & Getting Around
- 103 Where to Sleep
- 105 Nearby
- 106 Restaurants, Bars & Nightclubs
- 111 Shopping

## **112** CALENDAR 2024-2025

## **118** THROUGHOUT THE SEASONS

- 118 Spring
- 119 Summer

## **125** PHONE BOOK



# 5

## > WELCOME

### *Region Dents du Midi*

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

In winter, a boundless network of some 600 km of groomed slopes transforms the area into a vast playground where the border between France and Switzerland all but disappears, and your backyard stretches as far as the eye can see.

No matter the season, this is a place of long-cherished traditions and authentic terroir, with exhilarating peaks and inspiring views over the Dents du Midi, Dents Blanches, Mont Blanc, and Lake Geneva.

## 6 RESORT VILLAGES

### 1 Champéry (1,050 m)

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

### 3 Les Crosets (1,700 m)

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

### 5 Troistorrents (770 m)

The gateway to the Val d'Illeiez, Troistorrents covers a territory of more than 37 square kilometres and includes several small hamlets. At the centre of all this, the stately Church of Saint Mary Magdalene sits imposingly on a rocky promontory, overlooking a mighty stone bridge and an ancient mill, dating from 1401, built into the harrowing river gorge below. These sites, and others, are testimony to our rich architectural heritage.

### 2 Champoussin (1,580 m)

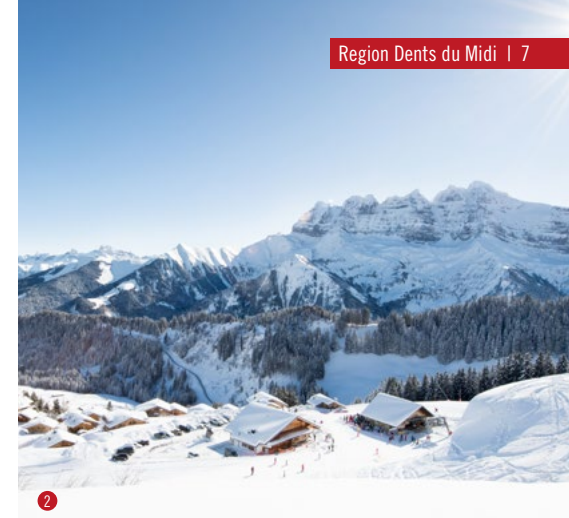
Champoussin is a peaceful village, cradled in a sweeping arc of alpine peaks with an awe-inspiring view over the Dents du Midi. The south-facing hillsides trap the sunshine while wide boulevards with gently rolling slopes provide the perfect topography for beginner skiers and families.

### 4 Morgins (1,330 m)

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

### 6 Val-d'Illeiez (950 m)

Nestled in the heart of the valley that bears its name, the village of Val-d'Illeiez 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.



## Visiting the Region?

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

If you plan to use the Swiss motorway network, you will need a motorway sticker, sold at Swiss customs posts, in petrol stations, and online at [e-vignette.ch](http://e-vignette.ch). (CHF 40.- valid for one calendar year.)

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

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

## 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 Illeiez 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 Illeiez 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!





## › SNOWSPORTS

### *Skiing & Snowboarding*

Blanketed in snow, the Portes du Soleil are yours for the conquering! One, hands-free lift pass means you can hit the slopes all day and never take the same route twice, finding something new and wonderful around every bend. With more than 300 pistes covering 600 km of terrain, skiers and snowboarders can gain confidence on gentle, family-friendly boulevards, explore endless trails winding through silent winter forests, or test their mettle on some of the world's most challenging black pistes.

# LIFT PASS PRICES 2024-2025

Portes du Soleil opening

> Saturday 21.12.2024

Partial opening

> Saturday 14.12.2024 depending on snow conditions

End of season closures

> Champoussin - Morgins : Sunday 06.04.2025

> Champéry - Les Crosets : Sunday 13.04.2025

## Portes du Soleil ski area (Switzerland & France)

- > 600 km of slopes
- > 208 lifts

	Ticket window			Internet (pds-ch.ch)		
	Adult	Child	Junior Senior	Adult	Child	Junior Senior
<b>5 hours</b>	71.-	53.-	64.-	65.-	49.-	59.-
<b>1 day</b>	79.-	59.-	71.-	72.-	54.-	65.-
<b>2 days</b>	150.-	113.-	135.-	137.-	103.-	123.-
<b>3 days</b>	225.-	169.-	203.-	205.-	154.-	185.-
<b>4 days</b>	281.-	211.-	253.-	256.-	192.-	230.-
<b>5 days</b>	352.-	264.-	317.-	320.-	240.-	288.-
<b>5x 1 day</b>	395.-	295.-	355.-	360.-	270.-	325.-
<b>6 days</b>	403.-	302.-	363.-	367.-	275.-	330.-
<b>7 days</b>	470.-	353.-	423.-	428.-	321.-	385.-
<b>8 days</b>	537.-	403.-	483.-	490.-	368.-	441.-
<b>9 days</b>	604.-	453.-	544.-	551.-	413.-	496.-
<b>10 days</b>	632.-	474.-	569.-	576.-	432.-	518.-
<b>11 days</b>	652.-	489.-	587.-	594.-	446.-	535.-
<b>12 days</b>	711.-	533.-	640.-	648.-	486.-	583.-
<b>13 days</b>	770.-	578.-	693.-	702.-	527.-	632.-
<b>14 days</b>	830.-	623.-	747.-	756.-	567.-	680.-
<b>15 days</b>	889.-	667.-	800.-	810.-	608.-	729.-
<b>Season</b>	1176.-	882.-	1058.-	1176.-	882.-	1058.-
<b>½ Season from 08.02</b>	647.-	485.-	582.-	647.-	485.-	582.-

## Champéry, Les Crosets, Champoussin, Morgins ski area (Switzerland)

- > 100 km of slopes
- > 33 lifts

	Ticket window			Internet (pds-ch.ch)		
	Adult	Child	Junior Senior	Adult	Child	Junior Senior
<b>5 hours</b>	64.-	48.-	58.-	59.-	44.-	53.-
<b>from 11:00</b>	64.-	48.-	58.-	59.-	44.-	53.-
<b>from 13:30</b>	57.-	43.-	51.-	52.-	39.-	47.-
<b>1 day</b>	71.-	53.-	64.-	65.-	49.-	59.-
<b>5x 1 day</b>	355.-	265.-	320.-	325.-	245.-	295.-
<b>Season</b>	941.-	659.-	847.-	941.-	659.-	847.-
<b>50 pts</b>	60.-	45.-	54.-	60.-	45.-	54.-
<b>100 pts</b>	120.-	90.-	108.-	120.-	90.-	108.-

Prices are in CHF and are subject to change.  
Ticket window and lift opening hours at pds-ch.ch

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



Easy, flexible, and free! With the Portes du Soleil loyalty program, each lift pass purchase earns *Soleils*, which can be exchanged for a free lift pass. To participate, sign up at [www.skipass-pds-ch.ch/en/my-club-portes-du-soleil-en](http://www.skipass-pds-ch.ch/en/my-club-portes-du-soleil-en).

### MiniPass Champéry - Les Crosets

Pass valid for:

- > Champéry
- > Planachaux
- > Crosets
- > Hameau
- > Chapelle
- > Planachaux magic carpet

	Ticket window			Internet (pds-ch.ch)		
	Adult	Child	Junior Senior	Adult	Child	Junior Senior
<b>from 11:00</b>	44.-	33.-	40.-	41.-	31.-	37.-
<b>from 13:30</b>	39.-	29.-	35.-	36.-	27.-	32.-
<b>1 day</b>	49.-	37.-	44.-	45.-	34.-	41.-

### MiniPass Morgins

Pass valid for:

- > Morgins
- > Truche
- > Foilleuse magic carpet

	Ticket window			Internet (pds-ch.ch)		
	Adult	Child	Junior Senior	Adult	Child	Junior Senior
<b>from 11:00</b>	39.-	29.-	35.-	35.-	26.-	32.-
<b>from 13:30</b>	34.-	26.-	31.-	31.-	23.-	28.-
<b>1 day</b>	43.-	32.-	39.-	39.-	29.-	35.-

### MiniPass Champoussin

- > Sépaya
- 1 free Child pass (-12 yrs) with simultaneous Adult pass purchase (ticket window only)

	Ticket window	
	Adult	Child
<b>from 11:00</b>	32.-	24.-
<b>from 13:30</b>	29.-	22.-
<b>1 day</b>	36.-	27.-

Minipass & Points Cards



#### DURATION

- **5 hours** > valid from the 1st lift passage
- **½ Season** > from 08.02.2025
- **-15 %** > from 29.03.2025

#### AGE CATEGORIES (proof of ID required)

- **Adult** > 26 - 64 yrs
- **Senior** > 65 - 74 yrs
- **Super senior** > 75+ yrs (26.-/day, 260.-/season)
- **Junior** > 16 - 25 yrs
- **Child** > 5 - 15 yrs

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

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

- 4 or more paying people:
- > Family: approx. -10% at ticket windows only, from 5 hours to 3 days (father, mother, children 5-19 yrs)
- > Group pass: approx. -10%, from 4 consecutive days

Discount available for groups of 13 or more paying guests, with prior booking at least 24 hours in advance by email at [info@pds-ch.ch](mailto:info@pds-ch.ch). (discounts are non-cumulative):

- > 13 - 49 people > approx. -10% at the ticket window, from 5 hours to 15 days
- > 50 people or more > approx. -15% at the ticket window, from 5 hours to 15 days

#### AXESS smart card mandatory > 4.-

- non-refundable but reusable
- Photo required from 8 days on

For 5-hour to 15-day passes: if you plan to start skiing in Champéry, Les Crosets, Champoussin, or Morgins, the pass must be purchased at the ticket counter of one of these resorts, online at pds-ch.ch, or via one of the Swiss partners (RailAway, Ticketcorner, etc.). Holders of 5-hour to 15-day passes purchased in France must start from a French resort within the Portes du Soleil, or pay a surcharge to activate the pass in Switzerland.

### La Chapelle drag lift - Les Crosets

- Children up to 12 yrs free
- Children 13+ yrs: 1.- per ride or 12.-/day

**New** : A double magic carpet tunnel lift at the top of La Filleuse in Morgins and a single magic carpet tunnel at Planachaux will improve comfort and safety for beginners of all ages.

## SPECIAL OFFERS

### Promo Days

#### Portes du Soleil Adult day pass -20%

- ▶ Offer valid on Tuesdays and Thursdays
  - 04.01.2025 - 07.02.2025
  - 08.03.2025 - 15.03.2025
  - 23.03.2025 till end of season.
- ▶ Available online only at portesdusoleil.com, minimum 1 week prior.

### Glide Pass

#### Free Child pass for 5+ days starting 29.03.2025

- ▶ 1 free Child pass (-12 yrs, born in or after 2013) with any purchase of an Adult Portes du Soleil pass for 5+ days.
- ▶ Available online at pds-ch.ch and at ticket windows.

### Ski & Sleep

#### All-inclusive stay with hotel and lift passes -15%

- ▶ The offer includes:
  - 7 nights accommodation
  - 6-day Portes du Soleil lift pass
  - 1 welcome gift worth CHF 20.- from Region Dents du Midi
- ▶ Offer excluding school holidays, available online at regiondentsdumidi.ch.

### Le Géant & Snowly drag lifts - Morgins

#### Le Géant ticket window

1 day	24.-	20 points card	16.-
5 hours	21.-	40 points card	24.-
3 hours	18.-		

- ▶ Géant > 2 points/passage
- ▶ Snowly > 1 point/passage
- ▶ Passes for Les Portes du Soleil or 3CM (Champéry, Les Crosets, Champoussin, Morgins) lifts are also valid; the MiniPass is not valid.

### Rock the Pistes Festival

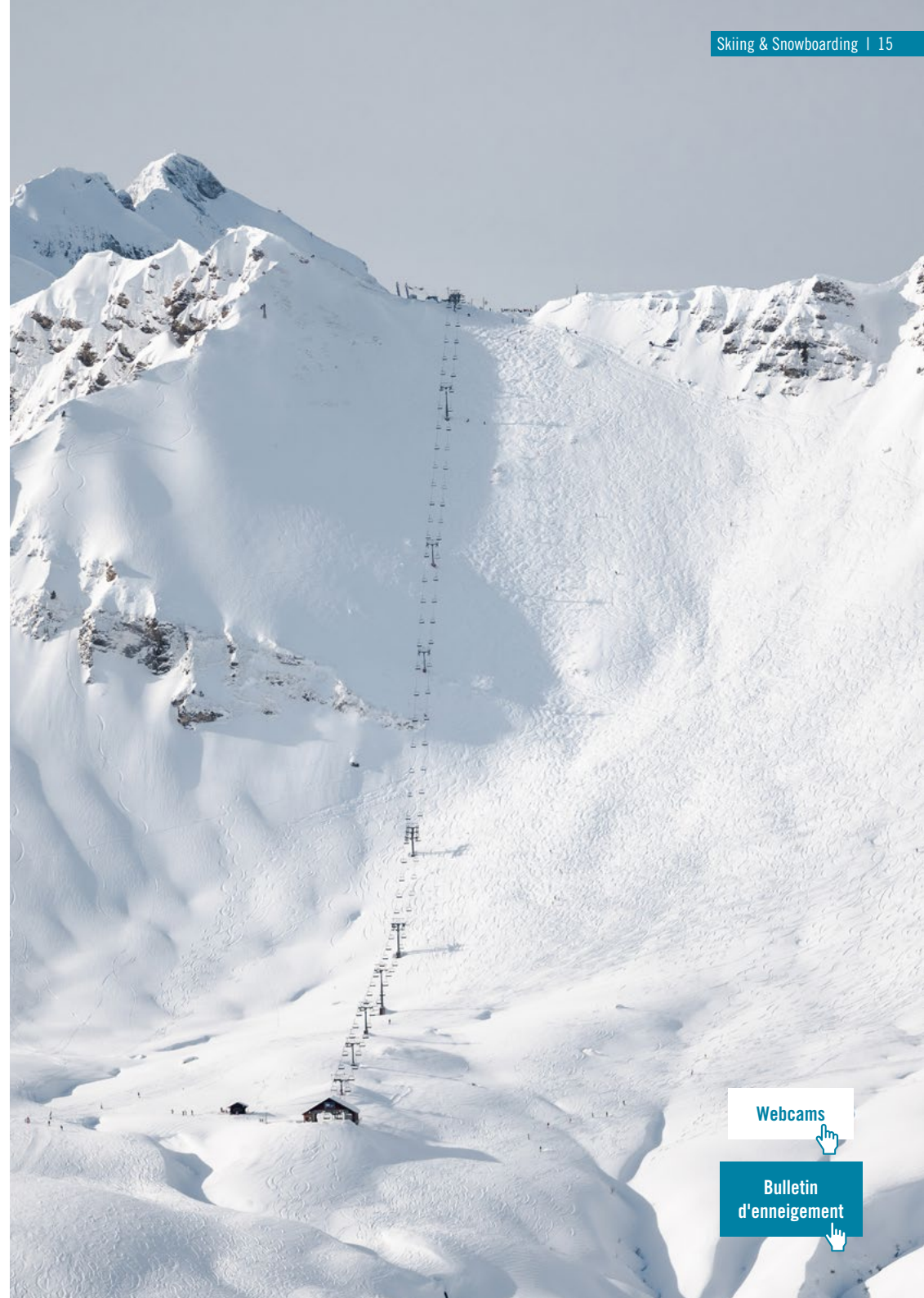
#### Portes du Soleil 7 days for the price of 6

- ▶ Offer valid from 16 - 22.03.2025
- ▶ Available online at pds-ch.ch and at ticket windows until 16.03.2025.

### Train + Ski

#### Hit the Slopes by Train

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



Webcams

Bulletin  
d'enneigement



## LIFTS OPEN TO PEDESTRIANS

		Adult (16+ yrs)			Child (5 - 15 yrs)		
		↑	↑↓	Season	↑	↑↓	Season
Champéry	🏔️ Champéry	17.-	24.-	272.-	13.-	18.-	208.-
	🚠 Grand Paradis*	-	24.-	-	-	18.-	-
Les Crosets	🚠 Mossettes	-	18.-	-	-	14.-	-
Champoussin	🚠 Aiguille des Champeys**	11.-	-	176.-	8.-	-	132.-
Morgins	🚠 Morgins	17.-	24.-	272.-	13.-	18.-	208.-
	🚠 Corbeau	12.-	17.-	180.-	9.-	13.-	135.-

\*Circular ticket valid for the Grand Paradis & Planachaux chairlifts (up-trip) and the Champéry cable car (return)

\*\*For paragliders equipped with skis only.

### Paraglider Pass:

valid on the Champéry - Croix de Culet cable car, the Grand Paradis chairlift and the Planachaux chairlift : 43.- per day (ascents only)

**Menu with a View:** This offer combines a round-trip ride on the Champéry cable car or the Morgins gondola with a delicious, 3-course lunch (or cheese fondue) at the Croix de Culet or Foilleuse restaurants. Available online at [regiondentsdumidi.ch](http://regiondentsdumidi.ch).

## OUR FAVOURITE SLOPES

### Ripaille - Grand-Paradis - Champéry

The longest piste in Les Portes du Soleil, Ripaille-Grand Paradis is an enchanting ski run that skims the foothills of the mighty Dents Blanches mountains, spanning an endless variety of landscapes along the way. At the start (1,790 m), three charming on-piste restaurants provide the perfect stopping point for a quick pick-me-up or an end-of-day aperitif. The wide, groomed slopes then give way to rolling bumps and a thigh-burning schuss before the run levels out onto a wonderland path through silent, snow-covered forests, all the way to Grand Paradis (1,055 m).

- ▶ Length : 10 km
- ▶ Red slope ●

### Didier Défago - Morgins

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

- ▶ Length : 2 km
- ▶ Black slope ●

### Sépaya - Champoussin

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

- ▶ Length : 1.5 km
- ▶ Blue slope ●

### Chavanette - Champéry | Les Crosets

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

- ▶ Length : 1 km
- ▶ Expert (ungroomed slope) ●

Find out more about the 7 most iconic Swiss slopes in Les Portes du Soleil



### 7 Portes du Soleil Day-Tripping Tours

Twelve resorts, more than 300 pistes and 600 km of terrain - Les Portes du Soleil is so vast it's hard to know where to start! To make the task easier, the Swiss Portes du Soleil lift company and Region Dents du Midi are here to help with seven unmissable one-day tours for the ultimate Franco-Swiss skiing experience.

1. Viva le Fun Tour
2. Swiss Bliss
3. Let's Get to Morzine
4. Torgon Powder Hounds
5. Experts Only
6. Franco-Swiss Unlimited
7. Portes du Soleil Ski Safari



### Snowpark - Les Crosets

Just a few minutes from Les Crosets or the Champéry cable car, the legendary Snowpark provides high-flying fun on jumps and jibs, cheeky kickers, and challenging rails for shredders of all ages and abilities.

- ▶ Open during ski area hours and depending on snow conditions
- ▶ Lift pass valid for :
  - Champéry
  - Planachaux
  - Crosets 8

#### Ticket window

Adult	Child	Junior Senior
49.-	37.-	44.-

#### Internet (pds-ch.ch)

Adult	Child	Junior Senior
45.-	34.-	41.-

- ▶ +41 (0)24 479 02 00 · pds-ch.ch

### Rivella Fun Zone - Champoussin | Morgins

Get your fill of thrills at the Rivella Fun Zone in the Bo-chasses sector near Morgins. At the Speedcheck, race down a specially groomed track and clock your maximum speed. Don't forget to smile as you cross the finish for your souvenir photo! Then, head over to the family-friendly boardercross for a for a rock and roll ride, specially designed with safety and fun in mind!

- ▶ Open during ski area hours
- ▶ Unlimited access with valid lift pass
- ▶ +41 (0)24 479 02 00 · pds-ch.ch

### Avalanche Training Center - Les Crosets

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

- ▶ Open during ski area hours
- ▶ Unlimited access with valid lift pass
- ▶ +41 (0)24 479 02 00 · pds-ch.ch



### Rivella Speed Check

- › Want to know how fast you can ski?  
Race down the Rivella Speed Check on the Bo-chasses piste and find out.
- › Join an end-of-season raffle to win lots of prizes!
- › Sign up for free on Skiline for a photo of your run with your speed:



### Rivella Boardercross

- › Challenge your friends on a fun course with bumps, gates, and banked turns!



Free access with  
a valid lift pass.

All winter, depending  
on weather conditions.

At the top of  
the Bo-chasses chairlift.

## SKI SCHOOLS<sup>®</sup>

### École Suisse de Ski (ESS) - Champéry

- ▶ +41 (0)24 479 16 15 or +41 (0)79 212 26 42  
champéry.swisskisschool.ch

### Experience Snow Sports School - Champéry

- ▶ +41 (0)79 814 15 75 · experiencechampéry.ch

### Ze Snow School - Champéry

- ▶ +41 (0)24 479 18 74 · zesnowschool.com

### École Suisse de Ski (ESS) - Champoussin

- ▶ +41 (0)24 477 29 00 · ess-lescrossets-champoussin.ch

### École Suisse de Ski (ESS) - Les Crosets

- ▶ +41 (0)24 479 14 01 · ess-lescrossets-champoussin.ch

### École Suisse de Ski (ESS) - Morgins

- ▶ +41 (0)24 477 29 49 · ess-morgins.ch

### M3S | École de Ski Internationale (ESI) - Morgins

- ▶ +41 (0)24 477 77 17 · m3s.ch

### Snow Pros Ski School - Val-d'Illeiez

- ▶ +41 (0)78 624 50 60 · snow-pros.ski





Lac Léman (Lake of Geneva)



# 25

## › SNOWSPORTS

### *Snowshoe Hiking*

The journey is more important than the destination! Whether you're feeling contemplative or sporty, a snowshoe hike is the best way to experience the breathtaking beauty of nature off the beaten path. Away from the crowds, yet never truly alone - as evidenced by tracks crisscrossing the snowy trail, nibbled pinecones here and there and the lights of a mountain hut beckoning in the distance.

Wherever you wander, you'll never be far from a welcoming refuge with a sunny terrace or crackling fire to warm your toes, tasty regional specialties, or a steaming mug of something smelling delectably of cinnamon, spice, and everything nice.

## OUR FAVOURITE TRAILS

### La Lui - Champéry

This relatively short loop follows the wooded banks of the rushing Saufra River, a tributary of the Vièze, with its source in the Susanfe Valley. This is the perfect place to observe and track some shy forest creatures.

- ▶ Distance : 3 km
- ▶ Elevation gain : 120 m D+/-
- ▶ Hiking time : 1h
- ▶ Easy

### Crettet-Bornex - Les Crosets

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

- ▶ Distance : 5 km
- ▶ Elevation gain : 220 m D+/-
- ▶ Hiking time : 2h15
- ▶ Easy

### Frâchette - Champoussin

The Frâchette Legend Trail starts at a lofty 1,600 m, offering sweeping views of the Dents du Midi, the Vaud Alps, and the Rhône Valley. Along the way, you'll enjoy the natural beauty of the alpine landscapes, culminating with postcard-perfect vistas of Champoussin's charming chapel and the promise of a gourmet treat on a sun-drenched terrace.

- ▶ Distance : 6.5 km
- ▶ Elevation gain : 370 m D+/-
- ▶ Hiking time : 2h45
- ▶ Moderate

### Croix de Culet - Chaupalin - Champéry

This hike offers stunning views of the Dents du Midi, the Ruan Massif, and the Dents Blanches. Just a stone's throw from the ski slopes, it's also a great route for non-skiers who want to meet up with friends in the ski area. Starting at the top of the Croix de Culet cable car, the trail descends toward Le Chaudron restaurant before gently climbing to the quaint slopeside eatery 'Chez Yoyo & Jibi'.

- ▶ Distance : 4.5 km
- ▶ Elevation gain : 220 m D+/-
- ▶ Hiking time : 2h
- ▶ Easy

### Family Fun Trail - Champoussin

Embark on a magical adventure, tracing animal tracks through the enchanting snowy landscapes of Champoussin. Add a playful twist to your outing by hunting for letters hidden across nine educational panels, and piece together the name of a famous mountain flower—fun and discovery await around every turn!

- ▶ Distance : 1.4 km
- ▶ Elevation gain : 100 m D+/-
- ▶ Hiking time : 1h
- ▶ Easy

### Tour de Délifrière - Champoussin

This lovely ramble takes you to Tronchey for a panoramic vista over the Dents du Midi and the Vaud Alps. You will return by climbing back up to Délifrière.

- ▶ Distance : 5.4 km
- ▶ Elevation gain : 280 m D+/-
- ▶ Hiking time : 2h30
- ▶ Moderate



### Chemin des Ponts - Morgins

In winter, the enchanting Bridges Trail transforms into a frozen wonderland tucked deep within the forest. The path leapfrogs across the bubbling Vièze River, leading further into the serene They Valley. Along the way, stop by the captivating Eau Rouge spring, where the iron-rich waters have painted the riverbed a vivid orange, before continuing on to the cosy Agritourisme du Vieux They restaurant.

- ▶ Distance : 4.5 km
- ▶ Elevation gain : 120 m D+/-
- ▶ Hiking time : 2h
- ▶ Easy

### Tour de Savolaire - Morgins

This scenic loop trail takes you to an elevation of 1,650m above the village of Morgins. The route sets off on a peaceful forest path before opening onto the Savolaire plateau. Pack a picnic and enjoy a well-deserved break while soaking in the stunning views of the Dents du Midi, the Vaud Alps, and the Rhône Valley below.

- ▶ Distance : 6.5 km
- ▶ Elevation gain : 340 m D+/-
- ▶ Hiking time : 3h
- ▶ Moderate





# 29

## › SNOWSPORTS

### *Winter Walking*

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



## OUR FAVOURITE TRAILS

### Chemin des Poussettes - Champéry

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

- ▶ Distance : 3.6 km
- ▶ Elevation gain : 110 m D+/-
- ▶ Hiking time : 1h
- ▶ Easy

### Pas de Morgins - Refuge du Corbeau - Morgins

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

- ▶ Distance : 7.8 km
- ▶ Elevation gain : 280 m D+/-
- ▶ Hiking time : 2h30
- ▶ Moderate

### Chemin de l'Aiguille - Champoussin | Les Crosets

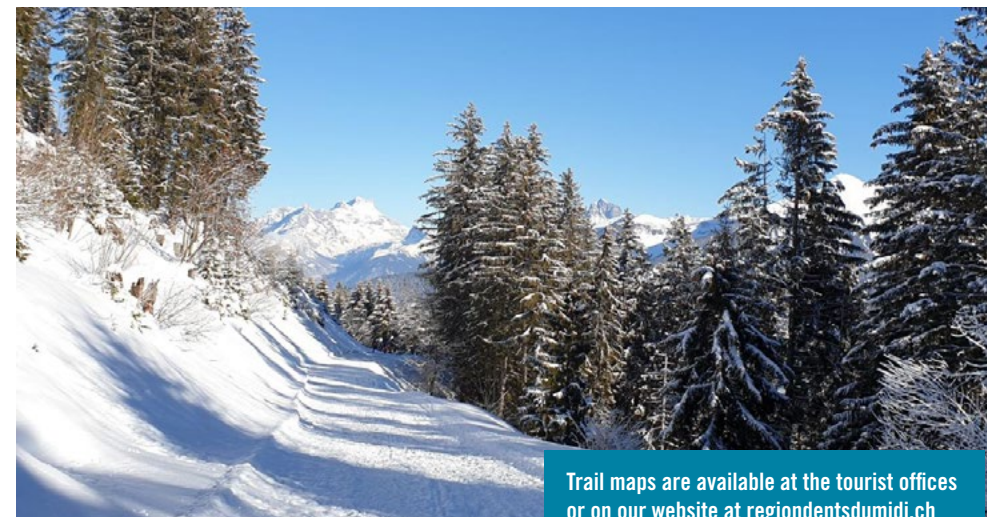
This lovely trail offers unparalleled views of the Dents du Midi and the Vaud Alps. The high point at the Pas de Croisette provides a panoramic vista over the Dents Blanches massif and the Pointe de l'Au.

- ▶ Distance : 7 km
- ▶ Elevation gain : 300 m D+/-
- ▶ Hiking time : 2h30
- ▶ Moderate

### Culture Trails - Troistorrents

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

- ▶ Distance : 4.5 - 7 km (depending on the itinerary)
- ▶ Elevation gain : 160 - 500 m D+/-
- ▶ Hiking time : 1h30 - 2h30
- ▶ Easy - Moderate



Trail maps are available at the tourist offices  
or on our website at [regiondentsdumidi.ch](http://regiondentsdumidi.ch)





# 33

## › SNOWSPORTS

### *Ski Touring*

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



### Rando-Parc · Morgins

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

- ▶ Elevation gain : 580 m - 750 m D+ depending on the trail
- ▶ Duration : 1h30 - 2h30
- ▶ 3 blue slopes ●
- ▶ 3 red slopes ●
- ▶ 1 black slope ●
- (alternate routes available on certain trails)
- ▶ Free (for safety reasons, open only during the lift operating hours)
- ▶ +41 (0)24 477 23 61 · regiondentsdumidi.ch  
Region Dents du Midi tourist offices

### Ski Touring 101 · Morgins

Building on the success of the Rando Parc, Region Dents du Midi is proud to present a ski touring tutorial trail. Along the route, explanatory panels will demonstrate the necessary skill sets for ski touring like 'skins on' or 'skins off', portage, kick turns and the proper way to use your avalanche rescue equipment. You can even access explanatory videos with a QR Code.

- ▶ Free
- ▶ +41 (0)24 477 23 61 · regiondentsdumidi.ch

### La Foilleuse Vertical by Night · Morgins

If the idea of an uphill hike on skis by moonlight sounds like fun, then the Foilleuse Vertical is for you! The Foilleuse restaurant stays open late for the occasion, and the climb up is totally safe since the piste is kept free of grooming machines. It's an otherworldly experience, especially on full moon nights. On other nights, be sure to pack a lamp!

- ▶ Fridays during the winter season > 17:00 - 21:30
- ▶ Free
- ▶ +41 (0)24 477 23 61 · regiondentsdumidi.ch

Scan for detailed itineraries and information on trail openings & closures

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

Equipment rental > p. 128 (sports shops)  
Mountain guides > p. 127



**MORGINS**  
**02.03.25 - 08.03.25**

SUN	02 MARCH	MON	03 MARCH	MAR	04 MARCH
	OPENING CEREMONY		MIXED RELAY		VERTICAL
THU	06 MARCH	FRI	07 MARCH	SAT	08 MARCH
	SPRINT		INDIVIDUAL		TEAM RACE CLOSING CEREMONY



RDDMWORLD CUP.CH





# 37

## › SNOWSPORTS

### *Cross-country Skiing*

In winter, the Illiez Valley is transformed into a frozen fairyland. Blanketed in pristine powder, alpine pastures dazzle with a million glittering crystals while dark forests slumber under weighty pillows of snow. Champéry and Morgins' cross-country ski trails allow you to enjoy this wintertime landscape at its best.



A 3-km segment of the Grand Paradis ski trail is illuminated nightly until 21:00 - perfect for a moonlight spin after work!

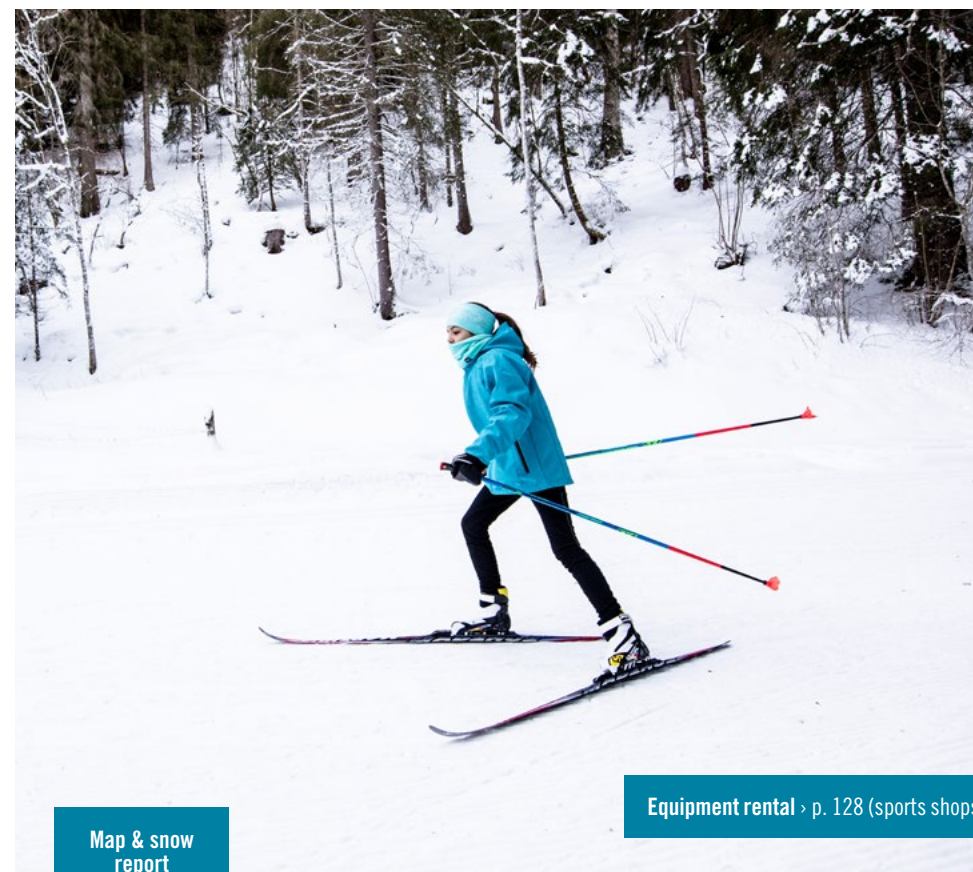
## CROSS-COUNTRY SKIING

### Grand Paradis Circuit - Champéry

- ▶ Distance : 5 km skating | 5 km classic
- ▶ Daily, subject to snow conditions
- ▶ Day pass (12+ yrs) :
  - 10.- at the tourist office and Palladium in Champéry
  - 12.- on romandieskidefond.ch
- ▶ +41 (0)24 479 05 50 - regiondentsdumidi.ch

### Lac de Morgins Circuit - Morgins

- ▶ Distance : 1.3 km skating | 1.3 km classic
- ▶ Daily, subject to snow conditions
- ▶ Free for winter 2024-2025
- ▶ +41 (0)24 477 23 61 - regiondentsdumidi.ch



Map & snow  
report



Equipment rental › p. 128 (sports shops)



# 41

## > UNDER COVER

### *Ice Sports*

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

## SKATING RINKS

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

### Centre sportif - Morgins

- ▶ Outdoor Rink (covered, 250 m<sup>2</sup>)
- ▶ Opening hours:  
07.12.2024 - 06.04.2025 (except school holidays) :
  - Wednesdays > 12:00 - 20:00
  - Thursdays & Fridays > 15:30 - 20:00
  - Saturdays & Sundays > 10:00 - 20:00
- 21.12.2024 - 05.01.2025 & 08.02 - 09.03.2025 :
  - Daily > 10:00 - 20:00
- ▶ Prices:
  - Entry fee > 3.-
  - Skate rental & entry fee > 5.-
  - Spectators > free entry
- ▶ Note:
  - Rink reserved for hockey > 19:00 - 20:00
  - Hockey tournaments > Friday nights
  - Ice Disco > Saturdays 17:00
  - Private groups with reservations
  - Refreshments available on site
- ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch

### Palladium - Champéry

- ▶ Indoor Skating Rink (1,800 m<sup>2</sup>)
- ▶ Detailed opening hours online
- ▶ Prices:
  - From 16 yrs > 7.-
  - Child > 5.-
  - Skate rental > 5.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch

The Palladium, Champéry's multipurpose sports and events centre, caters to athletes, day trippers, and businesses alike. This is the perfect venue for training camps, leisure activities, seminars, and corporate events.



## CURLING<sup>R</sup>

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

### Curling Workshop - Champéry

- ▶ Prices:
  - Private lessons or groups up to 5 people > Rates on request
  - 6 - 50 people > 40.-/person for 2h
  - Introductory workshop, aperitif, Chablaisienne fondue > 6+ people > 99.-/person
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch  
Palladium de Champéry

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





# 45

> UNDER COVER

## *Rest & Relaxation*

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

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

## SPAS <sup>R</sup>

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

### Hôtel National Resort & Spa · Champéry

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

- ▶ 10:00 - 20:00  
(with reservation for adults not staying at the hotel)
- ▶ 14+ yrs > 39.-
- ▶ +41 (0)24 479 11 30 · lenational.ch

### Chez Gaby 1670 · Champoussin

Outdoor nordic bath 38°C

- ▶ 09:00 - 18:00
- ▶ Min. 2 people (10+ yrs) :
  - 30 min. > 18.-/person
  - 50 min. > 26.-/person
- ▶ +41 (0)24 477 22 22 · chezgaby1670.ch

## MASSAGES <sup>R</sup>

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

Massage therapists > p. 126  
Yoga instructors > p. 126

### Boutique Hôtel Beau-Séjour & Spa · Champéry

Jacuzzi, hammam, sauna, cold-water plunge pool, Kneipp path, flotation pool, foot baths, tropical shower, Scottish shower, relaxation room, massages (with reservation).

- ▶ Spa Nuage > 10:00 - 19:00  
(with reservation for adults not staying at the hotel)
- ▶ Prices:
  - Spa entry > 38.- (16+ yrs, if accompanied by an adult)
  - 50 min. massage (reserve at least 24 hours ahead) > 130.-
- ▶ +41 (0)24 479 58 58 · beausejour.ch

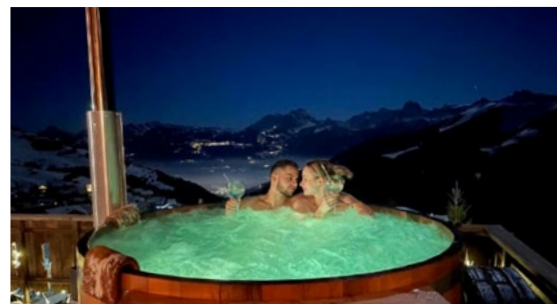
### Helvetia Hotel · Morgins

Sauna, hammam, jacuzzi.

- ▶ On request > 16:00 - 19:00
- ▶ Prices:
  - Adult > 20.-
  - Child (5 - 16 yrs) > 15.-
- ▶ +41 (0)24 565 18 75 · helvetiahotel.ch

## YOGA <sup>R</sup>

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





## INDOOR POOL

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

### Palladium · Champéry

Semi-Olympic pool, 4 swimming lanes, 4 diving boards, 1 paddling pool. Average temperature 27°C (30°C Saturday mornings for Baby Swimmers).

- ▶ Opening hours online
- ▶ Prices:
  - Adult > 7.-
  - Child > 5.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch

## AQUABIKE<sup>®</sup>

### Palladium · Champéry

Dive into the health-boosting benefits of aquatic activities with a wide range of poolside activities.

- ▶ Tuesdays > 18:45
- ▶ Fridays > 10:30
- ▶ Adult > 25.- per class
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch

## AQUAGYM<sup>®</sup>

### Palladium · Champéry

Our lifeguards are all about getting you moving with a splash of good vibes!

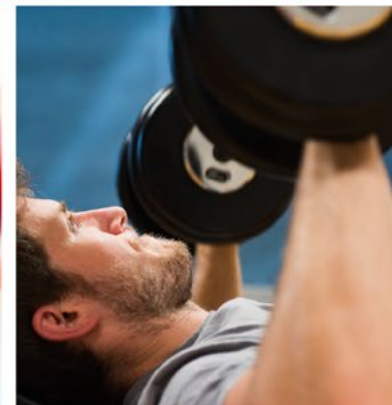
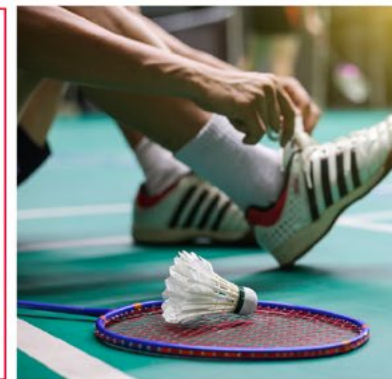
- ▶ Mondays & Thursdays > 19:00
- ▶ Adult > 18.- per class
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch



**DES ACTIVITÉS 4 SAISONS  
TOUTE L'ANNÉE**

**PALLADIUM**  
de Champéry

Centre Sportif et Culturel  
Hôtel et Restaurant  
[www.palladiumdechampery.ch](http://www.palladiumdechampery.ch)





# 51

> UNDER COVER

## *Indoor Activities*

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

### Climbing Wall - Champéry

The climbing wall at the Palladium Sports Centre offers a surface of 260 m<sup>2</sup>, 9.5 metres high and covered with over 1,600 holds. 50 pitches range from an easy 4a to a challenging 8a. Please note that our climbing wall is not a bouldering room. We do not have a monitor on site or an automatic belay system. Introductory climbing workshops are available with reservation at least 72 hours in advance.

- ▶ Opening hours online
- ▶ Prices:
  - 16+ yrs > 12.-
  - Child > 8.-
- ▶ Equipment rental :
  - Harness > 3.-
  - Climbing shoes > 5.-
  - Carabiner + Smart belay device > 4.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch  
Palladium de Champéry

### Badminton - Champéry

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

- ▶ Depending on the availability of the multi-purpose gymnasium.
- ▶ 25.-/hour
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch  
Palladium de Champéry

### Indoor Tennis - Morgins

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

- ▶ Daily > 09:00 - 22:00 (reservation recommended)
- ▶ 36.-/hour
- ▶ +41 (0)24 477 19 92 · morgins-loisirs.ch  
Centre sportif

### Escape room - Champéry

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

- ▶ Daily > 09:30 - 00:00
- ▶ Prices:
  - Groups of 2 > 67.-/person
  - Groups of 3 > 52.-/person
  - Groups of 4 > 47.-/person
  - Groups of 5 > 42.-/person
  - Groups of 6 > 37.-/person
  - Free for children under 7
- ▶ +41 (0)24 565 03 24 · trapgame-champery.ch  
Trapgame Champéry Sàrl

### Treasure Hunt - Champéry

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

- ▶ Daily (please reserve 48 hrs in advance)
- ▶ Prices:
  - 16+ yrs
    - With the water adventure > 29.-
    - Without the water adventure > 19.-
  - Child (7 - 15 yrs)
    - With the water adventure > 20.-
    - Without the water adventure > 15.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch  
Palladium de Champéry



## FITNESS

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

### Palladium - Champéry

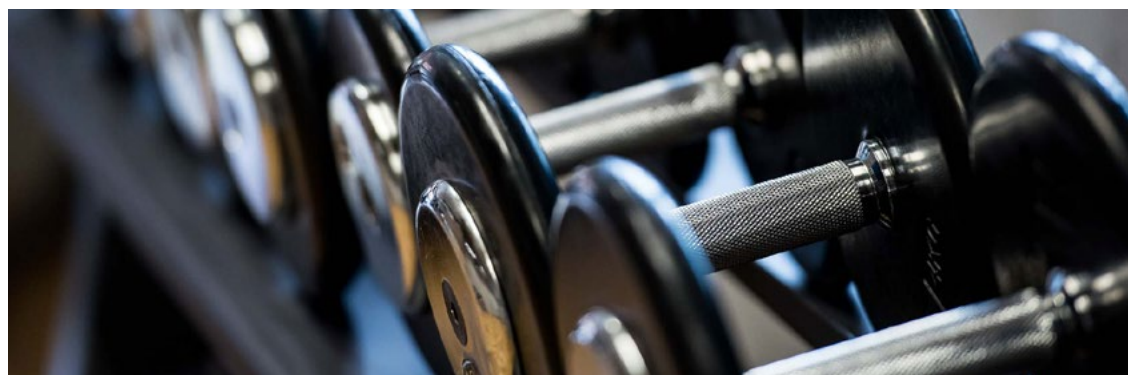
Bicycles, rowing machine, elliptical trainer, 15% incline treadmill, strength machines, bench and free weights.

- ▶ Opening hours online
- ▶ 15.- (16+ yrs)
- ▶ +41 (0)24 479 05 05 · palladiumdechampery.ch

### Oxygen Morgins - Morgins

Semi-private fitness classes and private coaching: TRX, body shine, weight training, Pilates, cardio boxing, abs and glutes, gentle gym, functional training...

- ▶ Mondays - Saturdays > 08:00 - 21:00
- ▶ Prices online
- ▶ Room rental with equipment > 40.-/hour
- ▶ +41 (0)79 261 23 31 · oxygenmorgins.ch



## GYMNASIUMS <sup>®</sup>

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

### Champéry

- ▶ Prices available on request
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch  
Palladium de Champéry

### Troistorrents

- ▶ Prices available on request
- ▶ +41 (0)24 476 80 10 · troistorrents.ch  
Troistorrents municipal administration

### Morgins

- ▶ Prices available on request
- ▶ +41 (0)24 477 23 61 · troistorrents.ch  
Region Dents du Midi tourist office

### Val-d'Illicz

- ▶ Prices available on request
- ▶ +41 (0)24 476 87 87 · illicz.ch  
Val-d'Illicz municipal administration





# 57

> COME ONE, COME ALL

## *Expect the Unexpected*

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

## HANGING OUT WITH HUSKIES<sup>®</sup>

### Husky Hiking - Champéry | Morgins

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

- ▶ Opening hours and reservations on our website
- ▶ Prices:
  - Discovery Tour (1h) :
    - Adult > 80.- | Child (7 - 13 yrs) > 30.-
  - Ramble with fondue at They :
    - Adult > 120.- | Child (7 - 13 yrs) > 50.-
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch  
Alpes'Huskies

### Dog Sledding - Champéry

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

- ▶ Opening hours and reservations on our website
- ▶ Prices:
  - Introduction to mushing (1h) :
    - Package 2 adults + 2 children (2 - 12 yrs) > 350.-
  - RomantiK Tour (1h30) : Package 2 adults > 490.-
  - Baby Park (2h) : Child (3 - 7 yrs) > 80.-
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch  
Alpes'Huskies

### Kennel Visit - Champéry

- ▶ Opening hours and reservations on our website
  - Prices (1h visit):
    - Family package (2 adults + 2 children) > 40.-
- ▶ +41 (0)78 664 61 61 · huskies.agenda.ch  
Alpes'Huskies



## BEAUTIFUL BIRDS OF PREY<sup>®</sup> AVIARY VISIT



### Morgins

During a unique and unforgettable experience at the 'Little Aviary', you'll meet Igor, our handsome hawk owl. He might even perch gently on your gloved arm while you learn about these fascinating birds (who are diurnal and nocturnal) and the ways in which a falconer interacts with them.

- ▶ Opening hours and reservations on our website
- ▶ Indoor activity (but not heated)
  - Duration: approx. 1h
- ▶ 2 - 10 people > 25.-/person  
(Not recommended for children under 6.)
- ▶ +41 (0)79 761 08 88 · la-petite-volerie.agenda.ch  
La Petite Volerie

## SKI JOËRING<sup>®</sup>

### Morgins

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

- ▶ Times on request
- ▶ Price > 80.-
- ▶ +41 (0)79 606 10 16 · ranch-morgins.ch  
Ranch de Morgins



### Region Dents du Midi Explor Games® - Morgins

Hit the trails, climb the mountains, and elude the traps! Guided by a mobile application, this outdoor adventure game criss-crosses the region and transports you into a world full of intrigue and adventure. Part orienteering course and part outdoor escape game, this is an unforgettable experience to share with family or friends.

- ▶ Walking version (summer & winter): 1 easy itinerary
- ▶ Prices:
  - Download the free RDDM Explor Games® App
  - 15.- per map (for 1-5 players)
- ▶ +41 (0)24 477 23 61 · regiondentsdumidi.ch  
Region Dents du Midi tourist offices

### Bubble Football - Morgins

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

- ▶ Prices and times on request
- ▶ +41 (0)79 516 60 79 · regiondentsdumidi.ch  
Ludovic Gfeller

### Orienteering - Region Dents du Midi

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

- ▶ The itineraries in Champéry, Val-d'Illiez, and Troistorrents are open in winter. Please note that the Les Crossets and Champoussin tours will be closed for the season.
- ▶ Prices:
  - Download the free FixFinder App
  - 1 orienteering map > 10.-
  - set of 6 orienteering maps > 50.-
- ▶ +41 (0)24 479 05 50 (Champéry)  
+41 (0)24 477 23 61 (Morgins) · regiondentsdumidi.ch  
Region Dents du Midi tourist offices

### Déval'kart - Morgins

Hurdle down the slope on a 4x4 go-kart! At the bottom, just hook your kart onto the drag lift and head back up.

- ▶ From 17:00 on, on request, 24h in advance  
Depending on ground conditions
- ▶ Prices:
  - 4 - 5 karts : 30 min > 120.- | 1h > 200.-
  - 10 karts : 30 min > 200.- | 1h > 350.-
  - 15 karts : 1h > 450.-
  - Minimum height 1.35 m
- ▶ +41 (0)79 224 73 19 · regiondentsdumidi.ch  
Joël Rey-Mermet



# 63

> COME ONE, COME ALL

## *Your Fill of Thrills*

The Alps are an amusement park engineered by Mother Nature herself. Leisure activities are legion in Region Dents du Midi, where craggy peaks and rushing rivers replace roller coasters and water slides. Out here, the great outdoors is truly great!



## PARAGLIDING <sup>®</sup>

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

### Fly Away - Region Dents du Midi

Depending on weather conditions

- ▶ Prices:
  - Tandem flight > 100.- to 180.- depending on distance flown
  - Initiation > 160.-/day material included
  - Training - Advanced training - Wing rental
- ▶ +41 (0)79 435 26 17 · parafly.ch  
École de parapente Val-d'Illiez

### Basile Marclay - Region Dents du Midi

Depending on weather conditions

- ▶ Prices:
  - Tandem flight in winter > 120.-
  - Tandem flight in summer > 140.-
  - Optional supplement for photos & videos > 30.-
- ▶ +41 (0)79 638 24 31 · regiondentsdumidi.ch

### ACBfly - Region Dents du Midi

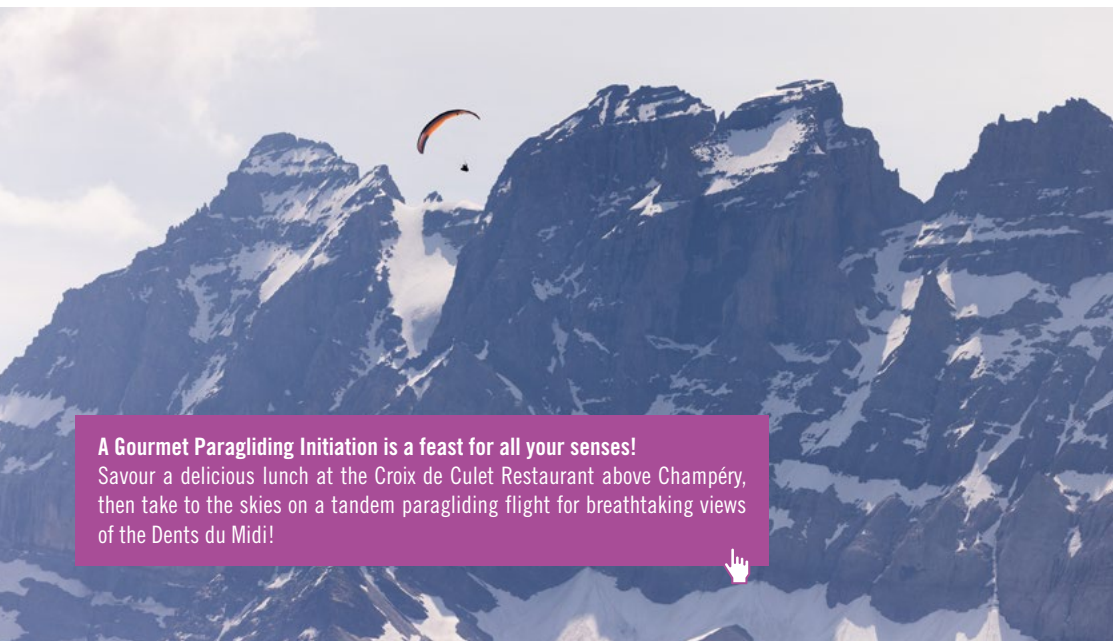
Depending on weather conditions

- ▶ Tandem flight > 120.- to 180.- depending on distance flown
- ▶ +41 (0)79 452 05 19 · acbfly.com  
Albert Caillet-Bois

### Val d'Illiair - Region Dents du Midi

Depending on weather conditions

- ▶ Prices:
  - Tandem flight > 120.- to 200.- depending on distance flown
  - Training > price on request
- ▶ +41 (0)79 431 26 61 (Gaëtan)  
+41 (0)79 716 04 06 (Julien) · valdilliair.com  
Gaëtan Avanthay & Julien Blanc



#### A Gourmet Paragliding Initiation is a feast for all your senses!

Savour a delicious lunch at the Croix de Culet Restaurant above Champéry, then take to the skies on a tandem paragliding flight for breathtaking views of the Dents du Midi!



### Go With a Guide - Region Dents du Midi <sup>®</sup>

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

- ▶ Prices on request
- ▶ +41 (0)79 637 70 37 · guides-champéry.ch  
Montagne Expérience

### Treetop ropes course - Champéry <sup>®</sup>

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

- ▶ In winter: for groups on request. Open for Easter holidays depending on the weather.
- ▶ Prices :
  - 16+ yrs > 37.-
  - 11 - 15 yrs > 27.-
  - 6 - 10 yrs > 22.-\*
  - 3 - 5 yrs > 17.-\*
- \*children and juniors must be accompanied into the trees by an adult (max 2 children/adult).
- Cash only please
- ▶ +41 (0)79 757 56 28 · organicadventurepark.ch  
Organic Adventure Park



# 67

> COME ONE, COME ALL

## *Horsing Around*

A sport for some, a hobby for others, horseback riding is a unique way to get in touch with nature, thanks to the symbiotic relationship between a rider and her trusty steed. On horseback, a rider can access wild spaces that might otherwise prove inaccessible, especially during the breathtakingly beautiful yet formidable conditions of an alpine winter. In addition to the activities listed in this section, local stables offer riding lessons during school holidays (dates and information on [regiondentsumidi.ch](http://regiondentsumidi.ch)).

## CARRIAGE RIDES <sup>R</sup>

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

### Centre équestre - Champéry

- ▶ Subject to snow conditions, with reservation 24 hrs in advance.
- ▶ Single price for maximum 4 people : 45 min. > 130.-
- ▶ +41 (0)79 429 60 20 · regiondentsdumidi.ch

### Irénée Caillet-Bois

#### Champéry | Champoussin | Les Crosets

- ▶ Subject to snow conditions
- ▶ Prices and times on request
- ▶ +41 (0)79 673 54 14 · regiondentsdumidi.ch

## SLEIGH RIDES <sup>R</sup>

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

### Irénée Caillet-Bois

#### Champéry | Champoussin | Les Crosets

- ▶ Subject to snow conditions
- ▶ Prices and times on request
- ▶ +41 (0)79 673 54 14 · regiondentsdumidi.ch

### Ranch - Morgins

- ▶ Subject to snow conditions
- ▶ Fixed-price for 4 people > 120.- one-way | 160.- return
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch



## HORSEBACK RIDING <sup>R</sup>

Explore the wintry backcountry on horseback and revel in the pristine tranquility of frozen landscapes, where the only sound is the rhythmic crunch of hooves on snow and the gentle whickering of your trusty steed.

### Centre équestre - Champéry

- ▶ Subject to weather conditions
- ▶ Prices:
  - Adult : 1h > 50.- | 3h > 130.- | 6h max > 190.-
  - Child (under 14 yrs) : 1h > 45.- | 3h > 120.- | 6h max > 160.-
- Private lessons, lunging (30 min.):
  - Adult > 39.-
  - Child > 36.-
- ▶ +41 (0)79 429 60 20 · regiondentsdumidi.ch

### Ranch - Morgins

- ▶ Subject to weather conditions
- ▶ Price per person:
  - 1 person : 1h > 90.- | 2h > 160.- | 3h > 240.-
  - 2 people : 1h > 65.- | 2h > 120.- | 3h > 180.-
  - 3 people + : 1h > 45.- | 2h > 80.- | 3h > 120.-
- Group or private lessons, lunging or jumping on request.
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch



## PONY RIDES <sup>R</sup>

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

### Centre équestre - Champéry

- ▶ Subject to weather conditions
- ▶ Rates (20 min) :
  - Accompanied by parents > 15.-
  - Accompanied by the Centre > 20.-
- ▶ +41 (0)79 429 60 20 · regiondentsdumidi.ch

### Ranch - Morgins

- ▶ Subject to weather conditions
- Daily > 09:00 - 17:00
- ▶ Prices:
  - Accompanied by parents :
    - 10 min > 10.-
    - 30 min > 25.-
    - 1h > 35.-
  - Accompanied by the Ranch :
    - 10 min > 15.-
    - 30 min > 35.-
    - 1h > 45.-
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch



## LIFE IN THE STABLES <sup>R</sup>

Young horse lovers will jump at this unique chance to experience life in the stables, learning how to brush, care for, bridle, saddle, guide, or ride the horses and ponies - developing horsemanship skills and building confidence along the way.

### Centre équestre - Champéry

- ▶ Prices and times on request
- ▶ 1h for 1-5 people > 35.-/person
- ▶ +41 (0)79 429 60 20 · regiondentsdumidi.ch

### Ranch - Morgins

- ▶ Year-round for groups of 10+ children
- ▶ Rates for 2h :
  - 2 children per horse or pony > 30.-/child
  - 3 children per horse or pony > 25.-/child
- ▶ +41 (0)79 608 10 16 · ranch-morgins.ch





# 73

## > KIDS RULE

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

## KIDS CLUBS <sup>R</sup>

A Kids Club is a safe, child-friendly space, where little skiers can learn the rudiments of skiing on a gentle slope. Children gain skill and confidence, adopting the right reflexes from an early age while using their imaginations, so that learning feels like play and comes just as naturally.

### École Suisse de Ski (ESS) - Champéry

- ▶ 09:30 - 12:30 or 13:30 - 16:30
- ▶ Prices:
  - ½ day > 75.-
  - 5x ½ days consecutive > 300.-
  - 5x ½ days non-consecutive > 320.-
- ▶ +41 (0)24 479 16 15 · [esschampery.ch](http://esschampery.ch)

### École Suisse de Ski (ESS) - Morgins

- ▶ Sundays - Fridays > 10:00 - 12:00
- ▶ Prices: 6x ½ days > 220.-
- ▶ +41 (0)24 477 29 49 · [ess-morgins.ch](http://ess-morgins.ch)

### École Suisse de Ski (ESS) - Champoussin

- ▶ Sundays - Fridays > 13:30 - 15:30
- ▶ Prices:
  - ½ day > 60.-
  - 6x ½ days > 230.-
- ▶ +41 (0)24 477 29 00 · [ess-lescrossets-champoussin.ch](http://ess-lescrossets-champoussin.ch)

### M3S | École de Ski Internationale (ESI) - Morgins

- ▶ Daily (weekends & school holidays) > 09:45 - 12:00 (mini-club)  
For children age 3 - 6, lessons take place at the sports centre.
- ▶ Prices:
  - ½ day > 45.-
  - 6x ½ days (Sunday - Friday, only during school holidays) > 240.-
  - 10x ½ days (non-consecutive, throughout the season) > 370.-
- ▶ +41 (0)24 477 77 17 · [m3s.ch](http://m3s.ch)

### École Suisse de Ski (ESS) - Les Crosets

- ▶ Sundays > 13:45 - 15:45
- ▶ Mondays - Fridays > 10:00 - 12:00
- ▶ Prices:
  - ½ day > 60.-
  - 6x ½ days > 230.-
- ▶ +41 (0)24 479 14 01 · [ess-lescrossets-champoussin.ch](http://ess-lescrossets-champoussin.ch)

#### Babysitters

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



## OUTDOOR ACTIVITIES

### Playgrounds - Champéry | Troistorrents | Val-d'Illiez

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

- ▶ Free
- ▶ +41 (0)24 479 05 50 (Champéry - Val-d'Illiez)
- ▶ +41 (0)24 477 23 61 (Morgins - Troistorrents)
- regionentsdumidi.ch

### Sledging Hills - Champéry | Morgins

Nothing says winter like a day out sledging! Whether you're on a vintage Davos sledge, a flying saucer, or an inflatable pool toy, you can join in the fun near the Géant piste in Morgins or in Grand Paradis, Champéry.

- ▶ Subject to snow conditions
- ▶ Free
- ▶ +41 (0)24 479 05 50 (Champéry)
- ▶ +41 (0)24 477 23 61 (Morgins) · regionentsdumidi.ch

## INDOOR ACTIVITIES



### Fun Park - Champéry | Morgins | Val-d'Illiez

Region Dents du Midi's famous kid-friendly play zone is back this winter! With bouncy castles, games, and exciting play structures galore, it's all about fun, laughter, and endless energy.

- ▶ 10:30 - 12:00 + 15:00 - 18:00 (17:00 on 04.01.2025)
- Val-d'Illiez (gymnasium) > 21.12.2024 - 27.12.2024
- Morgins (Salle de la Jeur) > 29.12.2024 - 05.01.2025
- Champéry (Palladium) > 01.03.2025 - 09.03.2025
- ▶ Free
- (3 - 12 yrs, children must be supervised by parents)
- ▶ +41 (0)24 479 05 50 (Champéry - Val-d'Illiez)
- ▶ +41 (0)24 477 23 61 (Morgins) · regionentsdumidi.ch
- Region Dents du Midi tourist offices

## AQUATIC ACTIVITIES

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

### Aquatic Obstacle Course - Champéry

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

- ▶ Sundays > 10:00 - 12:30
- ▶ Children 1 - 14 yrs (the youngest children are under their parents' responsibility) > 10.-
- ▶ +41 (0)24 479 05 05 · palladiumdechampéry.ch
- Palladium de Champéry

### Swimming Lessons - Champéry

Make a splash! Whether the goal is learning to stay afloat or perfecting stroke technique, the Champéry Sports Club instructors make swimming lessons feel like child's play.

- ▶ Prices on our website
- ▶ +41 (0)76 756 37 91 · cschampéry.ch
- Palladium de Champéry





# 79

## > OUR ROOTS RUN DEEP

### *Know-how*

History has left us with a rich and multi-faceted heritage, from traditional lore passed down through generations to rural customs upheld since time immemorial. Despite the inroads of tourism and thanks to the hardy folk of the Val d'Illeiez who proudly maintain a centuries-old savoir-faire, visitors to Region Dents du Midi today can experience our terroir in a multitude of different ways. Get a taste of our craftsmanship or revisit the days of yore, watch a demonstration at the bell foundry, visit an ancient bread oven or stop for a pint at a state-of-the-art craft brewery.



**Traditional Bell Foundry - Champéry**

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

- ▶ Year-round on request
- ▶ 10.- | Child free
- ▶ +41 (0)79 435 92 39  
fonderiechampery.wixsite.com/perrin  
Hugues Perrin

**Watchmaking Workshop - Val-d'Illiez**

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

- ▶ Year-round with reservation
- ▶ Prices :
  - 250.- ½ day
  - starting at 1,400.- (includes : coffee & croissants, lunch, and the watch movement, casing and bracelet of your choice to take home).
- ▶ +41 (0)78 890 45 89 · initiation-horlogere.ch  
L'Horlogère, Vuilleumier

**Carillon Concert - Morgins**

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

- ▶ Mondays - Saturdays
- ▶ +41 (0)79 310 95 61 · regiondentsdumidi.ch  
François Donnet

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

**Life on a Farm - Champéry**

Milking cows, feeding baby calves, and chatting with the chickens—Valérie invites you to experience all this and more during a delightful afternoon on the farm.

- ▶ 15.11.2024 to end of April 2025
  - Mondays to Fridays > from 16:30  
(reservation online at regiondentsdumidi.ch)
- ▶ Price : 10.- / person (4+ yrs)
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch  
Region Dents du Midi tourist offices

**Our Terroir**

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

**7Peaks Craft Brewery in Morgins**

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



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



## La Cavigne - Troistorrents

Deep in the cheese cellar at the Cavigne shop in Troistorrents, some 16,000 raclette wheels are cared for by a state-of-the-art automated system. This innovative technology simplifies the traditionally labour-intensive ripening process and boosts direct-to-market sales opportunities for producers. Next door, the Espace du Terroir welcomes groups of 10 or more for meetings or events, complete with delicious local tastings or a guided tour.

► +41 (0)24 477 35 40 · lacavigne.ch

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



The Slow Food network creates ecotourism experiences that showcase local products and traditions. For over two years, Région Dents du Midi and its partners have been offering activities and a signature breakfast that celebrate our rich culinary heritage.



Discover our local delicacies





# 85

› OUR ROOTS RUN DEEP

## *History & Tradition*

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

### Guided Tours - Champéry <sup>▣</sup>

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

- ▶ Price : 100.- (min. 6 people - max. 20 people)
- ▶ +41 (0)79 219 23 67 · regiondentsdumidi.ch  
Fondation du Patrimoine Champérolain

### Val d'Illeiez Vernacular - Val-d'Illeiez <sup>▣</sup>

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

- ▶ Dates on request
- ▶ free
- ▶ +41 (0)78 885 83 05 · patrimoine-illeiez.ch  
Fondation du Patrimoine de Val-d'Illeiez

### Vieux Greniers Museum - Val-d'Illeiez

Rural Switzerland is dotted with picturesque miniature chalets called mazots, which were used long ago by families who lived on farms far out of town to store their Sunday clothes and military equipment. Today, two of these quaint buildings have been renovated to house exhibitions and cultural events. Don't miss the new exhibit on *Wood and the Forest*, which traces the evolution of techniques and tools used for timber harvesting and woodworking.

- ▶ Open Saturdays · 14:00 - 17:00  
(or on request for groups)
- ▶ free
- ▶ +41 (0)79 878 61 24 · patrimoine-illeiez.ch  
Fondation du Patrimoine de Val-d'Illeiez

### The Little Alpine Museum - Champoussin

Located above a farm-to-table shop, this quaint museum retraces alpine life in the old days. The tools and objects you see here all tell fascinating stories of how our ancestors lived and worked.

- ▶ Open during shop opening hours
- ▶ Free
- ▶ +41 (0)24 477 30 88 · lafermeagaby.ch  
La Ferme à Gaby

## COMMUNITY BREAD OVENS <sup>▣</sup>

### Propéraz Bread Oven - Troistorrents

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

- ▶ Baking dates online at properaz.ch (or on request)
- ▶ +41 (0)79 454 58 90 · properaz.ch  
Association du Four à Pain de Propéraz

### Collaire Bread Oven - Troistorrents

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

- ▶ Baking dates online at asfpc.ch
- ▶ +41 (0)79 316 41 61 · asfpc.ch  
Association de Sauvegarde du Four à Pain de Collaire





# 89

› OUR ROOTS RUN DEEP

## *Culture*

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

### Open-Air Museum - Champéry

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

- ▶ Open daily
- ▶ free
- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch  
Region Dents du Midi tourist offices



Illustrations : Cosey | Texts : Fabrice Clément

## LIBRARIES

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

### Champéry

- ▶ Opening hours:
  - Fridays > 09:30 - 11:30
  - Wednesdays & Saturdays > 15:30 - 17:30
- ▶ Prices:
  - 10.- one-time contribution
  - 50.- security deposit per book for occasional check-outs
- ▶ +41 (0)24 479 10 18 · admin-champéry.ch

### La Truffe Savante - Val-d'Illicz

- ▶ Opening hours:
  - Tuesdays > 15:00 - 17:00
  - Wednesdays > 09:00 - 11:00
  - Fridays > 17:00 - 19:00
- During school holidays (except official religious or bank holidays & 23.12.2024 - 06.01.2025) :
  - Wednesdays > 09:00 - 11:00
  - Fridays > 17:00 - 19:00
- ▶ Prices:
  - 10.- one-time contribution
  - 50.- security deposit per book for occasional check-outs
- ▶ +41 (0)24 476 87 61 · illiez.ch

### Troistorrents

- ▶ Opening hours:
  - Tuesdays > 09:00 - 11:30 | 16:00 - 17:30
  - Wednesdays > 14:00 - 17:30
  - Thursdays > 16:00 - 19:00
  - Fridays > 16:00 - 17:30
- During school holidays (except official religious holidays):
  - Tuesdays > 09:00 - 11:30
  - Thursdays > 16:00 - 19:00
- ▶ Prices:
  - 10.- one-time contribution
  - 50.- security deposit per book for occasional check-outs
- ▶ +41 (0)24 477 47 50 · troistorrents.ch

## ART GALLERIES

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

### Espace Raiffeisen - Champéry

- ▶ +41 (0)24 479 05 50 · regiondentsdumidi.ch  
Region Dents du Midi tourist offices

### La Treille - Troistorrents

- ▶ +41 (0)24 476 80 10 · troistorrents.ch  
Commune de Troistorrents

### Vieux Greniers - Val-d'Illicz

- ▶ +41 (0)79 878 61 24 · patrimoine-illiez.ch  
Fondation du Patrimoine de Val-d'Illicz

### Galerie de la Tine - Troistorrents

- ▶ +41 (0)79 621 43 72 · latine-galerie.com  
Gérald Lange

### Brindusa Burrows Art - Val-d'Illicz

- ▶ +41 (0)76 453 03 10 · brindusaburrows.art



# 93

› OUR ROOTS RUN DEEP

## *Sacred Structures*

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

## CHURCHES, CHAPELS & CARILLONS

### 1 Bell Tower - Champéry

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

- ▶ Open to the public (exterior)
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch  
Paroisse de Champéry

### 3 Notre-Dame de l'Assomption Church - Morgins

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

- ▶ Open to the public
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch  
Paroisse de Troistorrents-Morgins

### 5 Saint Marie-Madeleine Church - Troistorrents

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

- ▶ Open to the public
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch  
Paroisse de Troistorrents-Morgins

### 2 Chapel - Champoussin

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

- ▶ Open to the public
- ▶ +41 (0)76 522 42 73 · Patrick Claret  
Paroisse de Val-d'Illiez

### 4 Carillon pour la Paix - Morgins

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

- ▶ Open to the public (exterior)
- ▶ +41 (0)79 310 95 61 · regiondentsdumidi.ch  
François Donnet

### 6 Saint Maurice Church - Val-d'Illiez

Dating back to 1697, the existing structure is the third church built on this site. The elegant bell tower ends in a distinctive, steeped roof, surmounted by a Lombardy-style arrow. When the church was renovated in 1967, a sundial with the inscription *Carpe Diem* was added to the tower.

- ▶ Open to the public
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch  
Paroisse de Val-d'Illiez



## SOUND & LIGHT



### Saint Théodule Church - Champéry

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

- ▶ Open to the public (except services)
- ▶ +41 (0)24 477 11 13 · paroisses-illiez.ch  
Paroisse de Champéry





# 97

> BE IN THE KNOW

 regiondentsdumidi





### Insta Spots

Can't help a bit of a brag? Don't forget the tag!  
Use [#regiondentsdumidi](#) when you post and share the love  
on social media.

Grand Combin  
4314 m

Dent du Salentin  
2482 m

Mont Velan  
3731 m

Dent de Valère  
2267 m

Tête de Chalin  
2595 m

La Cime de l'Est  
3178 m

La Forteresse  
3164 m

La Cathédrale  
3160 m

L'Éperon  
3114 m

La Dent Jaune  
3186 m

Les Doigts  
3210 m

La Haute Cime  
3257 m

### LES DENTS DU MIDI

Dent de la Chaux  
2767 m

Tour Salière  
3220 m

Dent de Rossétan  
2616 m

Grand Ruan  
3057 m

Petit Ruan  
2847 m

Mur des Rosses  
2932 m

Pointe des Rosses  
2965 m

Pic de Tenneverge  
2985 m

Mont Blanc du Tacul  
4248 m

Mont Maudit  
4465 m

Mont Blanc  
4807 m

Dent de Bonaveau  
2503 m

Dôme du Goûter  
4304 m

Tête à Vincent  
2448 m

Dent du Sageroux  
2675 m

Col de Comba Mornay  
2375 m

Dent de Barne  
2759 m

Corne à Tournier  
2738 m

Fenêtre Dents Blanches  
2602 m

Dent des Sex Vernays  
2662 m

Col du Trou  
2633 m

Pointe Bourdillon  
2713 m

Dent du Signal  
2727 m

Dent Occidentale  
2709 m

Corne du Chamais  
2599 m

### LES DENTS BLANCHES





Votre partenaire  
mobilité

# ADOPTÉZ LA MOBILITÉ DOUCE POUR VOS LOISIRS

Accès direct au téléphérique  
avec le train AOMC !

Retrouvez tous vos horaires sur :

[www.tpc.ch](http://www.tpc.ch)

## GETTING HERE

Just a Hop And A Skip to Region Dents du Midi...

### 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.

### By Car

The Val d'Illicz 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.

## MOBILITY

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

### Dents du Midi Little Tourist Train - Champéry

- ▶ Duration: 20 minutes
- ▶ Free

### Rumières Shuttle - Champéry

- ▶ 20 people
- ▶ Duration: 16 minutes
- ▶ Free

### Bus Collombey\* - Troistorrents\*\* - Morgins

- ▶ Duration: 15 minutes\*\*
- ▶ Price : 7.20 (3.60 with ½ price pass)\*\*

Bus/ train connections at:  
\* Collombey centre/Collombey-Muraz  
\*\* Troistorrents train station or La Tine/Route de Morgins

### Bus Val-d'Illicz - Champoussin

- ▶ Duration: 20 minutes
- ▶ Price : 7.80 (3.90 with ½ price pass)

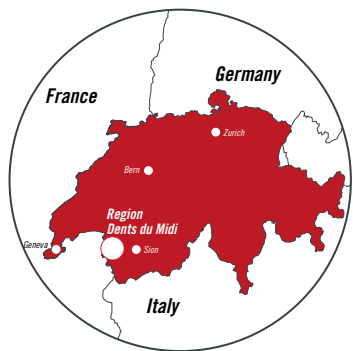
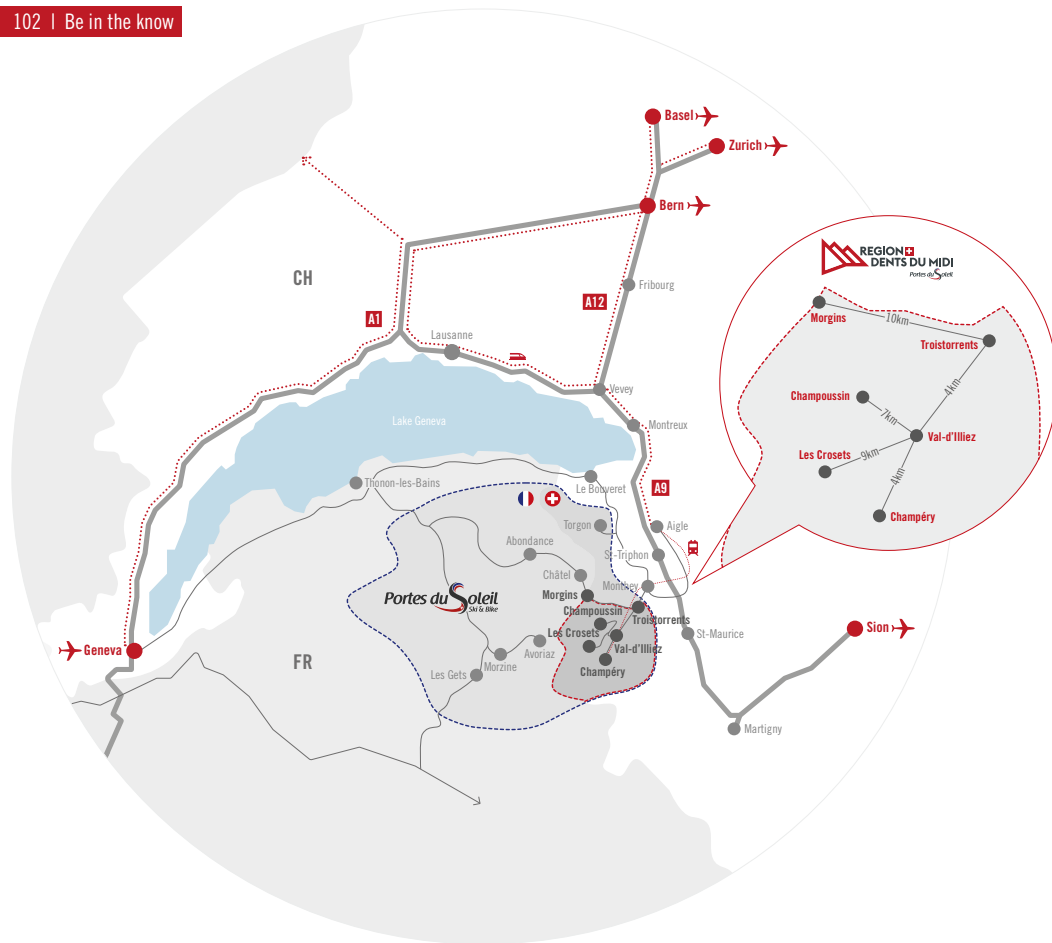
### Bus Val-d'Illicz - Les Crosets

- ▶ Duration: 30 minutes
- ▶ Price : 6.40 (3.20 with ½ price pass)

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

Timetable





		
 <b>Basel</b>	4:00	217 km
 <b>Bern</b>	3:00	124 km
 <b>Geneva</b>	2:30	128 km
<b>Lausanne</b>	1:35	65 km
<b>Lyon</b>	4:30	275 km
 <b>Milan</b>	6:00	296 km
<b>Montreux</b>	1:20	26 km
<b>Neuchâtel</b>	2:30	133 km
<b>Paris</b>	6:40	577 km
 <b>Sion</b>	2:00	55 km
<b>Vevey</b>	1:30	35 km
 <b>Zurich</b>	4:15	238 km

## NEARBY...

### Rhone plain

- ▶ Wednesday market  
Monthey > 5 km
- ▶ Crochetan Theatre  
Monthey > 5 km
- ▶ Bex Salt Mines  
Bex > 14 km
- ▶ Castle & Wine museum  
Aigle > 15 km
- ▶ Aquaparc  
Le Bouveret > 23 km
- ▶ Chillon Castle  
Montreux-Veytaux > 26 km
- ▶ Pierre Gianadda Foundation museum  
Martigny > 31 km
- ▶ Chaplin's World  
Corsier-sur-Vevey > 36 km
- ▶ Glacier 3000 & Peak Walk  
Les Diablerets (Col du Pillon) > 40 km

### Les Portes du Soleil

- ▶ Archery & Geocaching  
Torgon > 23 km
- ▶ Fantasticable & Old Customhouse museum  
Châtel > 15 km
- ▶ Visit to the Dairy & Biathlon  
Chapelle d'Abondance > 20 km
- ▶ Abbey & Maison du Fromage  
Abondance > 25 km
- ▶ Ice diving & Ice climbing  
Avoriaz > 70 km
- ▶ Eagle's Pitch & Indoor golf  
Morzine > 58 km
- ▶ Mechanical Music Museum  
Les Gets > 63 km



## ACCOMMODATION

Make yourself at home...

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

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

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

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

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

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

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

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

Package offers, special deals, and an efficient booking system are available online at [regiondentsdumidi.ch](http://regiondentsdumidi.ch). For more help or for a tailor-made offer, don't hesitate to contact us!









bottle 15.-



keychain 5.-



carafe 15.-



silicon flask 10.-



duffle bag 50.-



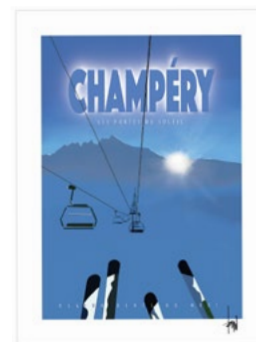
tote bag 5.-



cap 20.-



beanie 20.-



Poster 30x40 cm 70.- 50x70 cm 130.- postcard 3.-



# 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'Illeiez
- 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'Illeiez
- 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'Illeiez
- 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'Illeiez
- 22-24 Welsh Alpine Championships · Champéry-Les Crosets
- 24-26 Theatre – Knock First ! · Val-d'Illeiez
- 25 En Pistes avec le Nouvelliste ski day · Morgins
- 31.01 Theatre – Knock First ! · Val-d'Illeiez
- 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'Illeiez
- 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'Illeiez footrace · Val-d'Illeiez
- 24 Corsican Music Concert · Val-d'Illeiez  
Alpine Pasture Festival in the Vallon de They · Morgins
- 31 Champéry Hockey Club Centennial Gala Dinner · Champéry

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



## 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
- ▶ regiondentsdumidi.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
- ▶ regiondentsdumidi.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
- ▶ regiondentsdumidi.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

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

- ▶ 07-08.06.2025  
50th Giron de la Vallée d'Illeiez brass band festival · Val-d'Illeiez
- ▶ 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



## ART EXHIBITIONS

### Michèle Pruvost

- ▶ 06.12.2024 - 22.12.2024  
Monday - Thursday > 14:00 - 19:00  
Friday - Sunday > 10:00 - 19:00
- ▶ Vernissage : 07.12.2024 > 18:00
- ▶ Espace Raiffeisen - Champéry

### Carlo Pellegrini

- ▶ 13.12.2024 - 01.03.2025  
Tuesday - Sunday > 14:30 - 18:30
- ▶ Vernissage : 13.12.2024 > 17:00
- ▶ Galerie de la Tine - Troistorrents

### Art Champéry

- ▶ 26.12.2024 - 30.12.2024
- ▶ Vernissage : 26.12.2024 > 18:00
- ▶ Art auction: 27.12.2024 > 17:00 Hotel Suisse
- ▶ Centre Paroissial et Culturel - Champéry  
art-champéry.com

### Daniel Galasso

- ▶ 03.01.2025 - 19.01.2025  
Friday, Saturday & Sunday > 11:00 - 19:00  
By appointment +41 79 293 29 84
- ▶ Vernissage : 04.01.2025 > 18:00
- ▶ Espace Raiffeisen - Champéry

### Cloé Liisa Schaller

- ▶ 24.01.2025 - 09.02.2025  
Tuesday > 10:00 - 15:00  
Friday > 13:00 - 18:00  
Saturday & Sunday > 10:00 - 17:00
- ▶ Vernissage : 25.01.2025 > 18:00
- ▶ Espace Raiffeisen - Champéry

### Anne Dussaux

- ▶ 14.02.2025 - 02.03.2025  
Monday - Saturday > 15:30 - 18:30  
Sunday > 11:00 - 13:00 & 15:30 - 18:30  
By appointment +33 6 77 84 52 96
- ▶ Vernissage : 15.02.2025 > 18:00
- ▶ Espace Raiffeisen - Champéry

### Fanny Stehlin

- ▶ 01.03.2025 - 30.03.2025  
Thursday - Sunday > 15:00 - 19:00
- ▶ Chalet de la Treille - Troistorrents  
fanny-stehlin.ch

### Ekaterina Poltorak

- ▶ 07.03.2025 - 23.03.2025  
Monday - Friday > 16:00 - 19:00  
Saturday & Sunday > 12:00 - 19:00
- ▶ Vernissage : 08.03.2025 > 18:00
- ▶ Espace Raiffeisen - Champéry

### Marta Lovisolo

- ▶ 28.03.2025 - 13.04.2025  
Friday > 16:00 - 18:00  
Saturday & Sunday > 10:00 - 13:00 & 16:00 - 18:00
- ▶ Vernissage : 29.03.2025 > 18:00
- ▶ Espace Raiffeisen - Champéry



7-12 AVRIL 2025

ALEXANDRE KOMINEK • MARIE S'INFILTRE • ISSA DOUMBIA  
ELENA NAGAPETYAN • MICHAËL GREGORIO • GUIHOME  
GUILLERMO GUIZ • D'JAL • VÉRONIQUE GALLO  
VIKTOR VINCENT • FRÉDÉRIC RECROSIO

**Maxi Rires**  
17<sup>e</sup>  
FESTIVAL D'HUMOUR  
INTERNATIONAL  
CHAMPÉRY  
#MRF25
























# CHAMPIONNATS DU MONDE MOUNTAIN BIKE UCI 2025.

DOWNHILL, CHAMPERY  
02-07.09.2025

Portes du Soleil

REGION #1  
DENTS DU MIDI

HOST DESTINATION

UCI 2025 MOUNTAIN BIKE  
WORLD CHAMPIONSHIPS

VALAIS  
SWITZERLAND

VALAIS2025.CH



ENGRAVED ON MY HEART.

2<sup>nd</sup> edition

Save your  
place



## RACLETTE WORLD CHAMPIONSHIPS

*Taste. Discover. Savour*

# 24-26.10.2025

## MORGINS

[racletteworldchamps.com](https://racletteworldchamps.com)

MAIN PARTNERS



OFFICIAL PARTNERS





> THROUGHOUT THE SEASONS

## Spring

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

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

# 19

## Summer

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

With 20 chairlifts open in the summer and safe in the knowledge that you'll always find a mountain hut somewhere along the path, you never have to worry about being home in time for dinner! Our mountain refuges offer food and drink and welcome shelter and are often a destination in themselves. There's no better way to hike the Alps than by travelling from cabin to cabin, spending the nights tucked snugly under a fluffy duvet after a hearty meal in the company of your fellow travellers.

## HIKING

As the spring sunshine warms the mountainsides, the snowy blanket covering the Dents du Midi begins to melt, revealing over 400 km of marked trails that wind through flower-filled meadows, evergreen forests, and charming villages. Best experienced at a leisurely, human-powered pace, this stunning landscape is rich in breathtaking scenery—majestic peaks, crystal-clear lakes, rushing rivers, dramatic waterfalls, and iconic passes. Whether you're after a gentle stroll, a full-day hike, or a multi-day adventure like the legendary Dents du Midi tour, our hiking trails offer the perfect blend of unspoiled nature and cosy comfort at mountain refuges along the way.

- › Heading out?  
Take a look at our favourite suggestions!



## CYCLING & MOUNTAIN BIKING

In winter, the Portes du Soleil is one of the largest ski areas in the world. In summer, this vast playground transforms into Europe's largest bike park with some 600 km of marked trails for downhill, cross-country and enduro bikers, e-bikers and road cyclists alike!

- › 600 km of MTB trails throughout Les Portes du Soleil
- › 5 bike parks between Switzerland and France
- › 1 Franco-Swiss lift pass
- › 9 DH tracks between Champéry, Les Crosets & Morgins
- › 12 MTB itineraries starting from our resorts
- › 6 cyclosportive itineraries throughout Region Dents du Midi
- › 5 MTB rental shops in the valley





## FOOD

**Butcher**

Boucherie Gex-Collet	+41 79 280 13 87	Val-d'Illeiez
----------------------	------------------	---------------

**Bakery | Pastries**

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

**Fine food | Terroir**

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

**Groceries**

13* Pam	+41 27 743 63 50	Champéry
Coop Supermarché	+41 24 422 50 40	Champéry
L'Antre 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

**Fresh trout**

Chalet Rosalie	+41 79 577 87 54	Champéry
----------------	------------------	----------

## LANDSCAPING – GARDENING – MAINTENANCE

**Trees**

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

**Conciergerie service**

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

**Earth moving | Snowplowing | Transport | Civil engineering**

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
Renévier 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

**Watches | Jewelry**

Caillet-Bois Arnold	+41 24 471 24 62	Val-d'Illeiez
L'Horlogère Rosalie Vuilleumier	+41 78 890 45 89	Val-d'Illeiez

**Bell foundry**

Perrin Hugues	+41 79 435 92 39	Champéry
---------------	------------------	----------

## AUTOMOBILE

**Auto body shop**

Carrosserie des Cimes Sàrl	+41 79 253 46 41	Champéry
----------------------------	------------------	----------

**Garage | Petrol station**

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 &amp; WELL-BEING

**Beautician**

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

**Hair**

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

**Sports centre**

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

**Fitness**

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   Evelynne 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
Enery Rebutologie	+41 79 561 47 15	Val-d'Illeiez
Physiothérapie de la Vallée	+41 24 477 29 80	Val-d'Illeiez

**Yoga instructors**

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   Evelynne Rey-Bellet	+41 79 774 87 46	Val-d'Illeiez

**SHOPS****Decoration | Furniture | Furnishings | Home staging | Souvenirs**

La Loggia	+41 24 479 24 64	Champéry
Boutique « Il était une fois »	+41 24 477 26 03	Morgins

**Clothing | Fashion**

Athlan's	+41 24 479 24 80	Champéry
Boutique 74	+41 24 479 23 57	Champéry
Ose !	+41 79 643 15 38	Val-d'Illeiez

**Kiosk | News**

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****Seminar | Conference | Corporate events**

Palladium de Champéry	+41 24 479 05 05	Champéry
-----------------------	------------------	----------

**LESSONS****Ski schools**

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

**Independent ski instructor**

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

**Paragliding**

Fly Away	+41 79 435 26 17	Val-d'Illeiez
Val d'Illeiazir	+41 79 431 26 61	Val-d'Illeiez

**Skating school**

Skating School of Switzerland	+41 24 552 10 77	Champéry
-------------------------------	------------------	----------

**Tennis instructor**

Comby Emilien	+41 79 826 97 53	Champéry
---------------	------------------	----------

**BUILDING TRADES****Architect**

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
Voilod Denis	+41 79 542 58 24	Val-d'Illeiez

**Engineer**

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

**Tile**

Procéram Sàrl	+41 27 322 21 20	Monthey
Magic Carrelage	+41 76 784 14 51	Val-d'Illeiez

**Carpenter | Roofer | Tinsmith**

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

**Heating | Plumbing**

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

**Heating oil tanks**

Citernit SA	+41 24 477 21 70	Troistorrents
-------------	------------------	---------------

**Construction management & services**

MVG Services SA	+41 76 393 68 31	Champéry
-----------------	------------------	----------

**Decoration | Flooring | Curtains**

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

**Electrician**

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

**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'Illeiez
MLB Peinture	+41 79 548 89 75	Val-d'Illeiez

**Masonry | Building**

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

**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'Illeiez
Avanthay SA	+41 24 477 16 44	Val-d'Illeiez
Borloz Bernard	+41 24 477 14 27	Val-d'Illeiez
Es-Borrat et Avanthay SNC	+41 24 477 42 33	Val-d'Illeiez
Gavillet Marc	+41 79 742 54 93	Val-d'Illeiez
Gex-Fabry Menuiserie Charpente Sàrl	+41 24 477 11 30	Val-d'Illeiez
Guérin Menuiserie	+41 78 631 95 71	Val-d'Illeiez
Guérin Michel	+41 24 477 20 08	Val-d'Illeiez
Perrin Joël La Castorette	+41 79 435 08 45	Val-d'Illeiez

**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'Illeiez
Gexlliez	+41 78 836 90 03	Val-d'Illeiez
Logipro	+41 78 848 15 79	Val-d'Illeiez
Martin Baugenossenschaft	+41 24 477 32 87	Val-d'Illeiez

**Water damage**

Technica Air Assèchement	+41 79 514 97 27	Val-d'Illeiez
--------------------------	------------------	---------------

**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'Illeiez

**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
--------------	------------------	----------

**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
Immobilier 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 Immo Sàrl	+41 79 800 54 50	Val-d'Illeiez
La Rocaille Sàrl	+41 79 238 12 45	Val-d'Illeiez
Mountain River Resort	+41 79 238 77 15	Val-d'Illeiez
The River Pearl	+41 76 393 55 36	Val-d'Illeiez

**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'Illeiez

**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 Barmaz	+41 24 479 11 63	Champéry
Cantine des Dents Blanches	+41 24 479 12 12	Champéry
Refuge Lapisa	+41 24 479 36 43	Champéry
Refuge de Chéséry	+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
Auberge 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 Marchéuson	+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
Auberge de la Bourgeoisie	+41 24 477 24 04	Troistorrents
Peanut Mountain Lodge	+41 24 477 86 96	Val-d'Illicz

**Group accommodation**

Auberge-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 Ganeshia	+41 78 865 25 58	Champéry
Chalet Jolimont	+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
--------------------------	------------------	----------

**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
Gannet 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
		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
--	------------------	--------

**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
--	------------------	----------

**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
-----------------	------------------	----------

**Bank**

Banque cantonale du Valais   Point cash	+41 848 765 765	Champéry
	+41 848 765 765	Troistorrents
Banque Raiffeisen   Point cash	+41 24 476 80 90	Champéry
	+41 24 476 87 38	Morgins
	+41 24 476 87 38	Troistorrents
	+41 24 476 80 70	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**

Duplirex Espace Bureautique SA	+41 24 473 40 80	Monthey
Axius SA	+41 58 317 18 18	Sion
ATS Capital SA	+41 79 672 13 01	Val-d'Illicz

**Race timing**

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

**Mushroom controller**

Maret François	+41 79 304 72 33	Monthey
----------------	------------------	---------

**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**

Fijitehnic	+41 24 479 14 66	Champéry
	+41 24 565 50 50	Monthey

**Financial services | Condominium management**

Künzle SA	+41 24 473 73 05	Monthey
Fid'Clime	+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
--------------------	------------------	------

**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
-----------------	------------------	---------

**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	Champéry
	+41 24 477 23 61	Morgins

Virtual info point at L'Antre D'Eux  
Virtual info point at the train station

**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
----------------------------	------------------	----------

**Sound | Lighting | Stage**

SceneMobile SA	+41 79 953 11 39	Morgins
----------------	------------------	---------

**Alarm systems**

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

**Taxi**

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

**Group transportation | Excursions | Transfers**

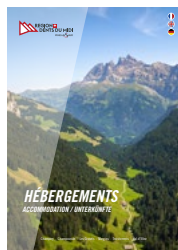
Les Cars Bernard	+41 24 472 70 20	Monthey
Transports Publics du Chablais	+41 24 468 03 30	Monthey
Bellon Transports	+41 79 611 70 76	Troistorrents
Nicolas Excursions	+41 79 355 80 81	Val-d'Illicz

**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



# DOWNLOAD OUR BROCHURES



## Accommodation brochure

---

## Events & Activities brochure

---

## Guidebooks

- ▶ Winter
- ▶ Summer

## Winter sports map

- ▶ Snowshoe trails
- ▶ Winter walking trails
- ▶ X-country ski trails
- ▶ Ski touring tracks

## Piste map

---

## Village maps

- ▶ Champéry
- ▶ Champoussin
- ▶ Les Crosets
- ▶ Morgins
- ▶ Val-d'Illicz

© Photos · A. Baias · A. Pelizzo · B. Donnet · E. Claret · EVOQ  
F. Corocco · F. Marclay · G. Premand · H. Perrin · I. Caillet-Bois · N. Ebel  
Pôle Culturel d'Abondance · S. Cochard · R. Jaccard  
Editing, graphic design & page layout · Region Dents du Midi SA



**#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 POINT**

**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



swi<sup>zerland</sup>  
Member

