

PRESS KIT

THE DENTS DU MIDI OUR ICONIC PEAKS

Forteresse 3164m
Eperon 3114m
Les Doigts 3205m & 3210m
Cime de l'Est 3178m
Cathédrale 3160m
Dent Jaune 3186m
Haute Cime 3257m



A BREATHTAKING PANORAMA IN THE HEART OF NATURE!

Region Dents du Midi encompasses 6 charming villages nestled in the spectacular Illiez Valley in the Canton of Valais. Perched high in the Swiss Alps and part of the vast Portes du Soleil recreational area, our natural playground offers endless possibilities. Winter or summer, you'll find activities, entertainment, events, sports, restaurants—from quaint mountain *cantines* to gourmet dining—and even a national ice sports centre. At the risk of sounding cliché, there really IS something for everyone at the foot of the Dents du Midi!



INTERNATIONAL RECREATIONAL AREA

Portes du Soleil
Ski & Bike

Les Portes du Soleil regroups 12 resorts in Switzerland and France, making this the largest international ski area in the world! A winter sports lover's paradise, Les Portes du Soleil is equally thrilling in summer, boasting an expansive network of hiking and biking trails.

> portesdusoleil.com

1 REGION > 6 RESORT-VILLAGES



Champéry



Champoussin



Les Crosets



Morgins



Troistorrents



Val-d'Illicz



WINTER

Portes du  Soleil
Ski & Bike



600km

pistes

228km

x-country
ski trails

209

lifts

307

marked runs

90

on-piste
restaurants

12

resorts

30

groomed areas

(snowparks,
boarder-cross
& ski-cross)



SCOPE FOR ADVENTURE

Catering to beginners and seasoned skiers alike, the Champéry – Les Crosets – Champoussin – Morgins ski area sprawls across a vast array of slopes. Choose from gentle, family-friendly boulevards, challenging runs like the iconic Chavannette mogul field known as the 'Swiss Wall', and long, winding trails like the scenic Ripaille – Grand-Paradis or Didier Defago run, named after our Olympic champion.

Meanwhile, in Region Dents du Midi, the joys of winter unfold in countless ways beyond the ski slopes. 150 km of snowshoe trails traverse pristine landscapes off the beaten track, the Morgins Rando-Parc offers 7 itineraries for ski tourers seeking adventure, and various on-ice activities invite you to enjoy the season's charm!

TOP TIPS FOR WINTER



Information & prices

SKIPASS-PDS-CH.CH

SKI TOURING

When you earn your turns, 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 uphill and down, as far as you can ski.

SNOWSHOE HIKING

Whether you’re feeling contemplative or sporty, this is the best way to experience the breathtaking beauty of the Dents du Midi, just off the beaten path. On snowshoes, the journey is more important than the destination!

CROSS-COUNTRY SKIING

Winter transforms the Illiez Valley into a frozen fairyland where dark forests slumber under weighty pillows of powder and alpine pastures dazzle with a million glittering crystals. Champéry and Morgins’ cross-country ski trails show off this dramatic landscape at its best.

ICE SPORTS

For chilly thrills and ice-citing adventures in Region Dents du Midi, the multitude of textures, shapes and terrains created by frozen water provide an endless source of inspiration for the winter sports lover!

PISTE MAP



Lac Léman (Lake Geneva)

SUMMER



Portes du  Soleil
Ski & Bike



800km

hiking trails

600km

MTB trails

80

shaped MTB trails

75

shaped DH trails

50

trail running
itineraries

+35

e-bike itineraries

30

alpine restaurants

24

lifts

12

resorts



ESCAPE TO ADVENTURE

The Alps are an unparalleled amusement park engineered by Mother Nature herself. By air, by land, by water, on two wheels, on horseback, harnessed to a rock wall, or suspended from the treetops, adventure in the mountains never comes by half measures! Out here the great outdoors is truly great and it's all yours for the exploring.

BONS PLANS ÉTÉ



The Portes du Soleil Multi Pass provides mountains of summer fun! Enjoy unlimited access to 70 activities and discounts on 100 more across Switzerland and France and watch how Les Portes du Soleil transforms the Alps into your own personal playground. Whether you're flying solo, adventuring with a partner, or bringing the whole gang, the adventure never ends!

Exclusive to Region Dents du Midi

The Multi Pass is yours from your very first night in one of our charming villages!

E-BIKING

Especially designed to take on rugged, alpine terrain, these environmentally friendly bikes effortlessly eat up the gruelling climbs and skim over the bumps on the way back down. With rentals available at local sports shops, 350 km of marked e-bike trails, and battery charging relay points at strategic locations, the mountains have never been so accessible!

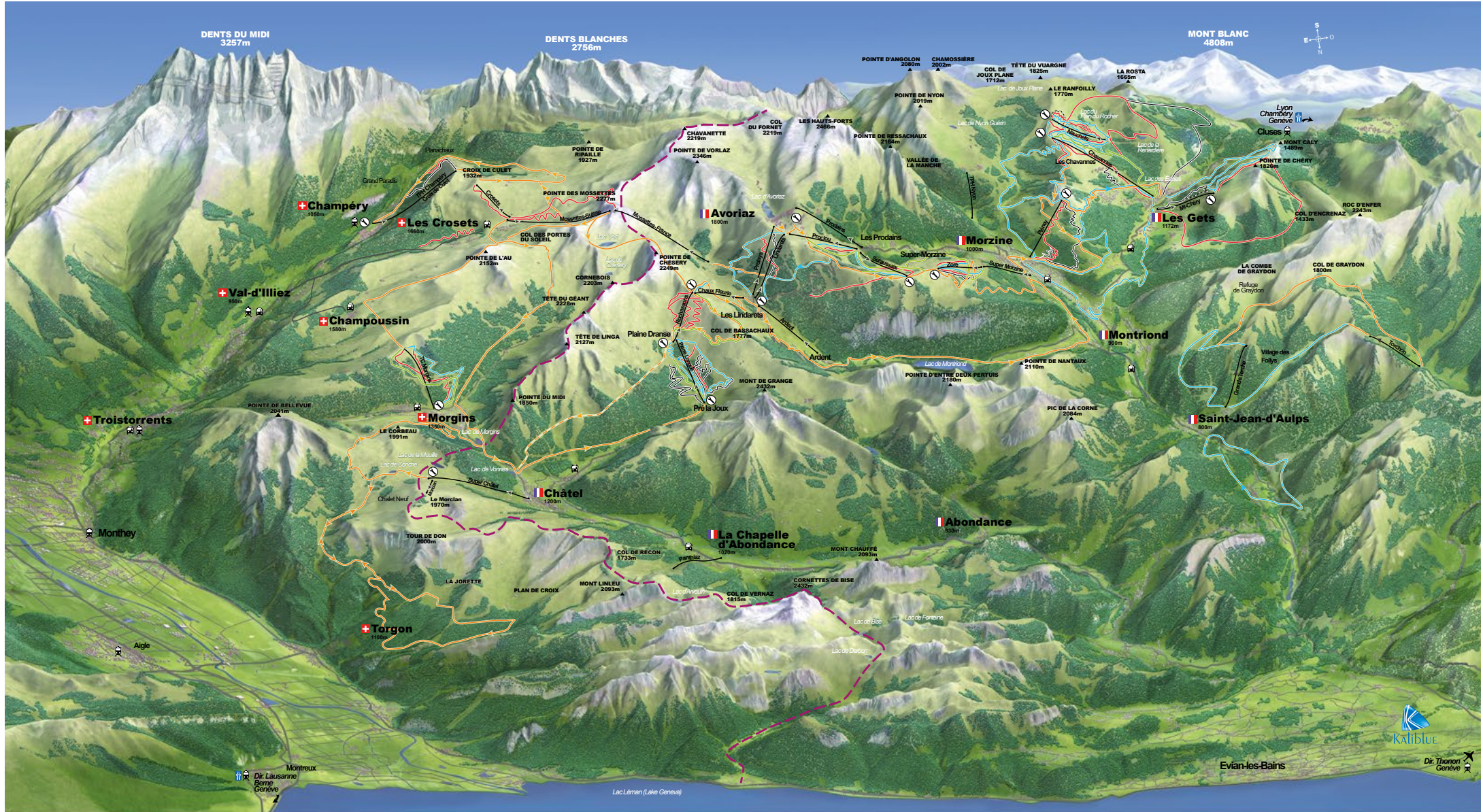
TOUR DES DENTS DU MIDI

The legendary Tour des Dents du Midi is the pioneer of Valais walking tours. Inaugurated in 1972, it gained fame as one of the first alpine marathons - held annually for nearly 40 years! Today, non-marathon runners generally take a few days to complete the tour, organising stopovers at quaint mountain huts for rest, refreshments, and a restorative night's sleep along the way.

ORIENTEERING

Region Dents du Midi's six orienteering courses cater to people of all ages and abilities. Using a free mobile app, participants scan QR codes at different points to mark positions and record times. This is an excellent challenge for improving map-reading skills and a delightful activity to share with family or friends.

TRAIL MAP



OUR PARTNERS



switzerland
Member



LAND OF CHARACTER

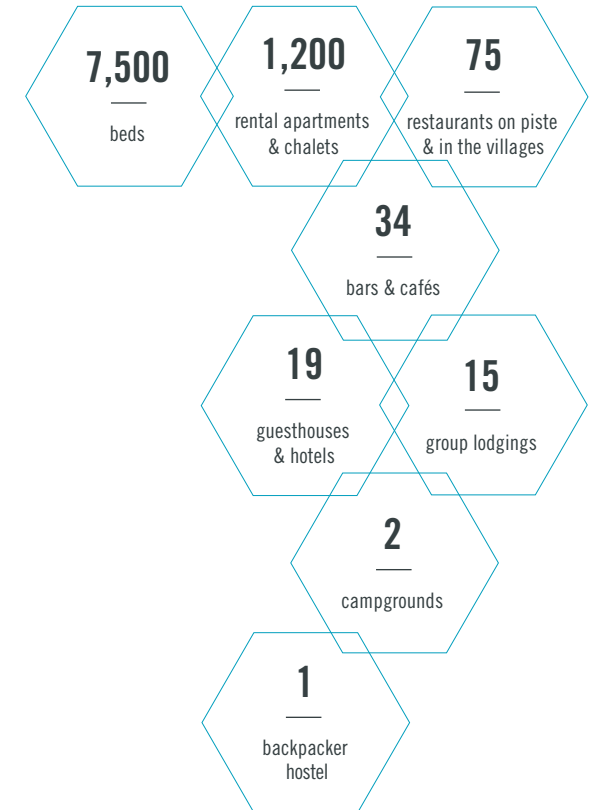
History has left us with a rich and multi-faceted heritage, from traditional lore passed down through the generations to rural customs upheld since time immemorial. Thanks to the hardy folk of the Val d'Illicez, who proudly maintain centuries-old traditions and customs, our past is ever-present.

From picturesque village streets to the rustic high-mountain refuges we call cantines, we welcome neighbours, visitors, and weary travellers with hearty simplicity and authentic conviviality.

ACCOMMODATION & DINING



ACCOMMODATION & DINING



A YEAR-ROUND DESTINATION

Whatever you're looking for, we can help you find it!



Browse the full events
schedule at
regiondentsdumidi.ch

PORTES DU SOLEIL EVENTS

ROCK THE PISTES FESTIVAL

Switzerland's coolest high-altitude, open-air music festival rocks the ski slopes of Les Portes du Soleil every spring.

28'000 festival-goers

50 off-piste concerts in the villages

5 on-piste concerts > 13h30

2 countries > Switzerland & France

2 days on-piste treasure hunt

> rockthepistes.com

PASS' PORTES du Soleil MTB

An unforgettable mountain biking circuit spanning altitudes from 1,000 to 2,450 meters, exploring the vast reaches of Les Portes du Soleil.

80km itinerary

15 lifts

8 'terroir' refreshment stations

2 countries > Switzerland & France

> passportesdusoleil.com

THE DENTS DU MIDI





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