

RDDM INFO

THE REGION DENTS DU MIDI JOURNAL

Champéry · Champoussin · Les Crosets · Morgins · Troistorrents · Val-d'Illicz



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



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



EDITORIAL

Region Dents du Midi, June 2024

Alpages, Cantines, and Cabanes: The Val d'Illicz's unique heritage

Recently, as I wandered through another stunning corner of the Valais, surrounded by its majestic 4,000-metre peaks, I couldn't help but notice some surprising differences with my beloved Region Dents du Midi. Sure, the towering mountains caught my eye, but what really grabbed my attention was the way that our rich agricultural heritage and traditional alpine architecture define our tourism scene. If you've ever explored the Portes du Soleil, you'll know what I mean : every corner of this vast playground boasts a cosy alpine eatery or quaint buvette, tucked into traditional chalets or scattered across high-altitude pastures. It's this seamless blend of tradition and tourism that makes our region truly special.

This holds true all year round. In Region Dents du Midi you're never far from a quick pick-me-up with superlative views, be it for a convivial après, a well-earned meal to top off a day in the great outdoors, or a gourmet feast to mark a special occasion. Places like these: the alpages (high grazing pastures), cantines (rustic alpine restaurants), or cabanes (mountain refuges), are an integral part of our heritage and offer visitors and locals an authentic experience like no other.

But as we celebrate over one hundred and fifty years of tourism, it's clear that several of these iconic spots are due for a makeover. We find ourselves confronted with an existential challenge: how do we (re)build and modernise while preserving our past? It's a tough question—one that sparks passionate debates, but one that can usually be resolved amicably over a convivial apéritif !

In the Illicz Valley, we are already seeing some shining examples of successful updates: from the revamped gite-alpages of La Chaux in Morgins, or Lapisa and Le Pont in Champéry, to the all-new Agritourisme du Vieux They in the They Valley. Other exciting projects on the horizon include the iconic Susanfe mountain hut and the old Col de Cou customs outpost.

It's all incredibly heartening, a testament to our visionary spirit that holds space for a treasured past while steering resolutely forward towards the future, unafraid of investing in modernity, aesthetics, and sustainability.

Long live the glorious *belle saison*! We look forward to welcoming you to the mountains this summer.

Henri-Pierre Galletti
President of Region Dents du Midi SA

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WHAT'S NEW



Cabane de Susanfe (above Champéry)



THE CABANE DE SUSANFE : AN AMBITIOUS PROJECT TAKES COMFORT TO NEW HEIGHTS

Built in 1931 by the Yverdon section of the Swiss Alpine Club, the iconic Susanfe hut is about to get a new lease on life. After nearly a century of bravely weathering the elements, the hut will undergo a comprehensive overhaul, modernizing the entire structure. The project will maintain the original stone building but will replace the later annexes and provide more functional spaces better suited for families and hikers.



Six architectural firms were invited to submit their vision for the hut's future, among which Game Martigny's project 'Cabananasplit' project was selected for its practicality and approach to landscaping.

Despite this milestone, it will be a steep climb to the inauguration of the new hut—namely overcoming significant technical and financial challenges. Since initial estimates suggest that the transformation could cost between 2.5 and 3.5 million Swiss francs, the committee's summit push this year will primarily be to secure funding.

In the meantime, Fiona Marclay, the new hutkeeper, and her team are excited to welcome hikers seeking adventure and respite at the 'Cabane du Bonheur'.



THE VALLON DE THEY : WHERE TRADITION AND INNOVATION MEET

A verdant bijou of preserved nature, and one of the jewels in Region Dents du Midi's crown, the Vallon de They is a haven for visitors and nature lovers of all ages. A network of interpretive trails and the famous Bridges Trail that leapfrogs the Vièze River lead you deep into the heart of nature and drop you at the doorstep of the wonderful Cantine de They—just in time for a delicious pick-me-up.

The Bourgeoisie of Monthey, owners of the venerable alpine restaurant, have concocted an ambitious agritourism project to protect and promote the famous alpage. This initiative aims to preserve the region's heritage and landscape while providing a boost to tourism by showcasing traditional agriculture. To this end, the original 1912 structure has undergone a year-long renovation.

Today, the refurbished alpine restaurant boasts 65 seats indoors and a terrace with 120 seats outdoors. It also offers accommodation in a 5-room apartment. The renovation has incorporated photovoltaic panels, pellet heating, and the construction of a mini wastewater treatment plant.

The new managers of the all-new **Agritourisme du Vieux They** will offer a brasserie menu featuring traditional dishes and will once again welcome visitors to the valley for favourite events such as the Inalpe or Raclette Day, which were instigated by Albert Albisser during his 24-year tenure. Join us at this iconic spot for an authentic taste of the region!



LIFTS

Mossettes chairlift (Les Crosets)

OPERATING HOURS FOR SUMMER & AUTUMN 2024

All hours are subject to modification. In case of inclement weather, schedules may be reduced, and/or installations closed for safety.

Champéry - Croix de Culet | cable car

30.05 - 02.06.2024	weekends & holidays	08:45 - 16:45, every 30 minutes
08.06 - 09.06.2024		
15.06 - 27.06.2024	daily	08:45 - 16:45, every 30 minutes*
28.06 - 25.08.2024	daily	08:45 - 17:15, every 30 minutes
26.08 - 16.09.2024	daily	08:45 - 16:45, every 30 minutes*
21.09 - 06.10.2024	weekends	08:45 - 16:45, every 30 minutes*
12.10 - 27.10.2024	daily	08:45 - 16:45, every 30 minutes*

*13:15 weekends only

Les Crosets | Crosets 8 chairlift

28.06 - 25.08.2024	daily	09:00 - 16:45
26.08 - 06.10.2024 (+16.09)	weekends	09:00 - 16:45
12.10 - 27.10.2024	daily	09:00 - 16:45

Les Crosets | Mossettes chairlift

28.06 - 25.08.2024	daily	09:00 - 16:45
26.08 - 15.09.2024 (+16.09)	weekends	09:00 - 16:45

Morgins | Foilleuse gondola

01.07 - 16.09.2024	daily	09:00 - 16:20
21.09 - 06.10.2024	weekends	09:00 - 16:20
12.10 - 27.10.2024	daily	09:00 - 16:20

Portes du Soleil | France

The lifts will be open continuously from June 28 to August 25, 2024. After this date, please check the opening hours at portesdusoleil.com.



Reservoir biotope (Les Crosets)

TARIFS DE L'ÉTÉ & DE L'AUTOMNE 2024



Swiss area

MTB transportation included

Champéry cable car or Morgins gondola

	adult	child	junior senior
↑	14.-	10.-	12.-
↑↓	24.-	18.-	22.-

Crosets 8 chairlift or Mossettes chairlift

	adult +16	child
↑	12.-	9.-
↑↓		



Portes du Soleil (Switzerland & France)

25 lifts / MTB transportation included

ticket window

	adult	child	junior senior
5 hours	37.-	28.-	34.-
1 jour	43.-	32.-	39.-
2 days	80.-	60.-	72.-
3 days	121.-	91.-	109.-
4 days	151.-	113.-	136.-
5 days	189.-	142.-	170.-
5 x 1 day	215.-	160.-	195.-
6 days	215.-	161.-	193.-
7 days	251.-	188.-	226.-
8 days	287.-	215.-	258.-
9 days	299.-	224.-	269.-
10 days	310.-	233.-	279.-
11 days	342.-	257.-	308.-
12 days	373.-	280.-	336.-
13 days	404.-	303.-	363.-
Saison	425.-	319.-	383.-

internet (pds-ch.ch)

	adult	child	junior senior
5 hours	34.-	26.-	31.-
1 jour	39.-	29.-	35.-
2 days	73.-	55.-	66.-
3 days	110.-	83.-	99.-
4 days	137.-	103.-	123.-
5 days	172.-	129.-	155.-
5 x 1 day	195.-	145.-	175.-
6 days	195.-	146.-	176.-
7 days	228.-	171.-	205.-
8 days	261.-	196.-	235.-
9 days	272.-	204.-	245.-
10 days	282.-	212.-	254.-
11 days	311.-	233.-	280.-
12 days	339.-	254.-	305.-
13 days	367.-	275.-	330.-
Saison	425.-	319.-	383.-

Obligatory chip card > CHF 4.- (non-refundable but reusable).
5 hours > valid from the 1st passage

Age categories (ID documents required)

Adult > 26 - 64 yrs · Senior > 65+ yrs · Junior > 16 - 25 yrs · Child > 5 - 15 yrs

Children under 5 must be in possession of a ticket, issued free of charge with proof of age.

Friends & Family: 4+ people paying > -10% for 4+ consecutive days.

Groups: Purchasing same duration tickets with one single payment > rates on request.

SPECIAL DEALS FOR WINTER 2024/2025

Adult Season Pass = Free Child Season Pass

> Child season pass -12 yrs (born after 01.01.2013) free with purchase of an adult Portes du Soleil pass (26-64 yrs) : **CHF 912.-** ou **CHF 821.-***, until 30.09.2024.

> Year pass (Summer 2024 + Winter 2024/2025) **CHF 1'207.-**

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

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

Borderpass

For skiers under age 26 (born after 01.01.1999)

> Portes du Soleil season pass (Winter 2024/2025) **CHF 448.- / CHF 403.-*** (*permanent residents) until 30.09.2024

> Year pass Portes du Soleil (Summer 2024 + Winter 2024/2025) **CHF 591.-**

Super Senior Pass

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

OPENING
DOMAINE PORTES DU SOLEIL
Saturday, December 14th 2024

CLOSING
CHAMPOUSSIN & MORGINS Sunday, April 6th 2025
CHAMPÉRY & LES CROSETS Sunday, April 13th 2025

PRESEASON SALE FOR WINTER 2024/2025

Individuals	Price until 30.09.2024	01.10 - 15.11.2024
5 - 11 yrs > Border Pass	448.- ou 403.-*	530.-
12 - 25 yrs > Border Pass	448.- ou 403.-*	530.-
26 - 64 yrs > Adult	912.- ou 821.-*	1'027.-
65 - 74 yrs > Senior	821.- ou 739.-*	924.-
75 - 99 yrs > Super Senior	260.-	260.-

Families**	Price until 30.09.2024	01.10 - 15.11.2024
1 adult + 1 child (-12 yrs)	912.- + 0.- 821.-* + 0.-	1'027.- + 0.-
1 adult + 1 child (12+ yrs)	912.- + 448.- 821.-* + 403.-*	1'027.- + 530.-
1 adult + 1 child (-12 yrs) + 1 child (12+ yrs)	912.- + 0.- + 448.- 821.-* + 0.- + 403.-*	1'027.- + 0.- + 530.-

*Permanent resident (until 30.09.2024): official tax residence in Valais or in the municipalities of Aigle, Bex, Corbeyrier, Gryon, Lavey, Morcles, Leysin, Ollon, Ormont, and Yvorne (with proof of residence at time of purchase.)

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

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



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

> 5 coupons for winter 2023/2024 day passes + 1 coupon for a summer 2024 day pass in the 4 Vallées recreational area.

> 5 coupons for winter 2023/2024 day passes + 1 coupon for a summer 2024 day pass valid in Aletsch Arena

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

MARKETING, PRODUCTS & COMMUNICATION



SOI : DANCING WITH NATURE

Region Dents du Midi's film office, led by Yannick Ducrot, collaborated on the production of a short contemporary dance film by the NVA & Guests company, directed by Nicole Von Arx.

A dancer and choreographer who has graced stages from Switzerland to New York, Ms. Von Arx chose the mountains as a spectacular backdrop for a panoply of talented Canadian and American dancers: Caitlin Taylor, Claud "CJ" Johnson, Maddy Wright, and Michel Greenberg. Behind the camera is Julien Roserens, who has directed acclaimed films La Vallée de l'Illiez, Shelter, and La Zone.

Available on our YouTube channel, the film is described as an exploration of 'the contrast between the breathtaking beauty of epic landscapes and the vulnerability of being amidst Nature's grandeur'.

Since it has premiered, SOI has been awarded Best Film at the Cultur'Halle Film Festival (2023) held in Geneva, and has been selected for several other prestigious festivals, including the San Francisco Dance Film Festival (2023), FASS Forward (2023), Kinetoscope Film Festival (2023), DANCINEMA (2023), Champéry Film Festival (2023), Covent Garden Film Festival (2024), and Dance On Screen Festival (2023).



Troistorrents suspension bridge



GOOGLE REVIEWS : TELL US HOW WE'RE DOING !

The Region Dents du Midi information agents in Champéry and Morgins are here to help make your visit to our region everything you dreamed of. We strive to provide proactive, innovative service while resolutely maintaining the personalised approach to customer service and warm welcome we have always been known for.

In this quest for excellence, your opinion is invaluable. Your feedback guides our efforts by telling us what we're doing right, what we need to fix, and what you might like to see more of. Not only that—customers trust the opinions of fellow customers, so your comments help others make informed choices.

With that in mind, this summer, we are launching a new product that will make it even easier to let us know how we're doing. When you stop by one of our offices, your information agent will give you a card with a QR code. This code allows you to easily share your experience by leaving a Google Review, at a time that suits you.

We're all ears, so give it to us straight!



MATTERHORN REGION AG

One of the driving forces behind the successful development of tourism in Region Dents du Midi is our partnership with Matterhorn Region SA. 'MRAG' is the commercial arm of Valais/Wallis Promotion, responsible for promoting the Canton of Valais.

This fruitful partnership, in place since 2018, has been instrumental in shaping our tourism landscape. A well-oiled machine for marketing innovation, Matterhorn Region AG helps us to market, distribute, and sell our products and services through B2B (business to business) and B2C (business to customer) channels.

Leveraging their expertise in product management, services, and foreign market operations, we've launched several successful campaigns in our priority markets. From fortifying our presence and opening up new opportunities in Europe to creating bespoke products for far-flung destinations, this collaboration fuels our journey towards excellence.

RDDM SA has recently extended our contract with MRAG for another two years, from 2024-2026. Together, we will continue to push boundaries, craft memorable experiences, and showcase the best Region Dents du Midi has to offer.



CAMILLE BALANCHE : REGION DENTS DU MIDI'S NEWEST AMBASSADOR

In the lead-up to the 2024 mountain biking European Championships and the 2025 World Championships, Region Dents du Midi SA is proud to announce the newest member of our incredible team of athletes and ambassadors. An ambassador for Valais 2025, Camille Balanche will be representing Switzerland at the events in Champéry and is already hard at work promoting these events on the international mountain biking scene.

Since childhood, Camille has been fueled by an insatiable love of sports and a fierce drive to be the best. Originally from La Chaux-de-Fonds, she got her start playing hockey, a sport which took her all the way to the Vancouver Olympic Games. She then focused her boundless energy on higher education, attending the Swiss sports school in Macolin, where she discovered a new passion: mountain biking. She immediately loved the sensation of speed, the connection with nature, and the constant technical challenges. Before long, downhill racing became her poison, with its heady mix of adrenaline, thrills, and challenging technique. And competitions provided the perfect stage for her to push her boundaries.

Camille has been riding professionally since 2020, earning several titles in World Cups and World Championships and showcasing an immense potential.

Awards :



- 2023** Vice World Champion - Fort William, Ecosse
2nd at the World Cup - Lenzerheide (SUI), Leogang (AUT) & Val di Sole (IT)
- 2022** Winner of the Overall World Cup Ranking
- 2021** 3rd at the World Championships - Val di Sole (IT)
1st in the World Cup - Leogang (AUT)
2nd at the World Cup - Snowshoe (USA)
3rd in the World Cup - Les Gets (FR) & Maribor (SLO)
- 2020** World Champion - Leogang (AUT)



Springtime ambiance



Sunset on the Franco-Swiss border (from Bellevue)



Autumn at the Dent de Valerette



Fresh snowfall on Val-d'Illiez



MULTI PASS : SOMETHING NEW IN STORE FOR 2024

Since its inception in 2009 as an initiative by the 10 Franco-Swiss ski lift companies across Les Portes du Soleil, the Multi Pass has been instrumental in doubling the usage of lifts during the summer season. Despite this success, the deliberately generous pricing structure of the Multi Pass has had little impact on our revenues. Meanwhile, energy costs have nearly doubled, and widespread inflation has significantly affected operating costs.

It's worth noting that the original Multi Pass still grants **free access** to other ski lifts such as the **Crossets and Mossettes chairlifts** without additional charge. Additionally, the Illiez Valley schoolchildren will also continue to enjoy free and unlimited access to the cable car and gondola.

Consequently, Portes du Soleil Suisse SA, **our destination's lift company, has decided to modify the Multi Pass categories**, starting this summer.

- The Champéry cable car and the Foilleuse gondola will no longer be included in the Multi Pass. Instead, a **30% discount** will be offered for both single trips and round trips
- **An extension** will be available for the following prices :
 - > CHF 60.- for the season (in addition to the price of the season Multi Pass), for residents and locals.
 - > CHF 30.- for the season for second-home and holiday rental owners.

These optional extensions to the Multi Pass will allow unlimited, free access to the Champéry cable car and Morgins gondola during their respective summer operating periods. In essence, this is a 'season' pass for pedestrians, valid for the two lifts in question.

To obtain this extension, simply pay the amount due at one of the regional tourist offices (Champéry or Morgins) when collecting your Multi Pass. For day-trippers and residents, the Multi Pass and the extension may be purchased at the lift company ticket windows in Champéry, Morgins, or Les Crosets.



Did you know?

- > Region Dents du Midi SA has no decision-making power over the Multi Pass. The product is governed by the 10 Franco-Swiss ski lift companies of the Portes du Soleil and the decision to maintain or remove included services rests solely with the Multi Pass partner providers.
- > The revenues generated by the Multi Pass are pooled and then redistributed among the various Franco-Swiss providers who offer free access to Multi Pass holders each summer. Since the introduction of the Multi Pass in 2009, 20 included activities have been added to the original product, consequently reducing the redistribution allocation for each provider.
- > The amount received by the Portes du Soleil Suisse SA ski lift company when a Multi Pass holder uses a lift is:
 - > CHF 1.94 for the Champéry cable car
 - > CHF 0.63 for the Crossets chairlift
 - > CHF 1.34 for the Mossettes chairlift
 - > CHF 1.15 for the old Foilleuse chairlift
- > Each year, Region Dents du Midi SA invests a substantial part of our budget to provide our second-home owners and accommodation providers with free Multi Passes. The cards we distribute are billed to us at the end of the season (16,687 Multi Passes distributed in 2023).
- > To make the off-season attractive and dynamic, for the past four years, Region Dents du Midi SA has been co-financing the extended autumn lift openings. This means that lifts stay open until the end of October, well-past the mid-September closing date.

[Multi Pass FAQ](#)



BIKE HOTELS : RIDE, SLEEP, REPEAT IN REGION DENTS DU MIDI

Region Dents du Midi has shifted into high gear to cater to cyclists on holiday by creating a support system for the 'Bike Hotel' certification process. This includes administrative aid and financial assistance to help hotels with investments required to obtain the label.

The 'Bike Hotel' label is a certification offered by HotellerieSuisse to support the ever-increasing demand for cycling tourism in Switzerland. Bike Hotels provide their guests with services, amenities, and infrastructure tailored to the needs of two-wheel tourists of all types. Certified accommodations enjoy premium visibility on tourism promotion sites such as Suisse Tourisme, Valais/Wallis Promotion, and Region Dents du Midi SA, appearing at the top of search results for cyclists. This certification also bolsters the appeal of our region and the Portes du Soleil, already a well-known mecca for cyclists, tipping the balance in our favour in the competitive market of cycling destinations.

ENTERTAINMENT & EVENTS



We need you!

Behind the success and seamless execution of our year-round events stands an army of dedicated volunteers. Join our team and be part of something meaningful—your commitment makes all the difference!

2024 SUMMER & AUTUMN HIGHLIGHTS

> 18, 26.07
> 09, 14, 22.08

Crochetan Mobile

This summer, enjoy free outdoor theatre, brought to you by Monthey's famous Crochetan Theater. In July and August, we will be hosting five open-air productions of a comedy entitled 'Nos Fourmis', or 'Our Ants'. Featuring two renowned ant specialists, this play highlights the unexpectedly fun side of a ubiquitous, and sometimes downright pesky little insect...

> 03, 04, 10, 11, 12, 17, 24, 25.07
> 08, 10, 14, 16, 21.08

Hot Culture Summer

Jaw-dropping magic shows, improv, circus, children's theatre and the eagerly anticipated second edition of Crochetan Mobile productions; Region Dents du Midi will be bursting with creativity and fun all summer long.

31.07 – 01.08

Swiss National Day

Hooray, it's Swiss Day!! As always, Region Dents du Midi pulls out all the stops—villages festooned from top to bottom, costumed dancing groups, concerts, the famous 1st of August torchlight parade, signal fires on the mountaintops, illuminated paragliders, and more!

31.07 - 14.08

Rencontres Musicales Champéry 25th anniversary

The intimate setting and unpretentious conviviality of this festival puts classical music centre stage for a truly moving experience! This special 25th anniversary edition revisits the highlights of past festivals with a series of thematic concerts entitled 'Memories and Favorites'. Program and ticketing available at rencontres-musicales.ch

08.08 – 09.08

The Sorcerer's Apprentice Stéphane Lambiel & Beatrice Berrut

To commemorate our 25th anniversary, this year's Rencontres Musicales presents an original masterpiece: The Sorcerer's Apprentice, on ice! Experience it live at the Champéry Palladium, showcasing acclaimed pianist Beatrice Berrut and two-time world champion figure skater Stéphane Lambiel, alongside a stellar cast of skaters, including Japanese sensation Shoma Uno. Information and ticketing available at rencontres-musicales.ch.

09.08 – 11.08

2024 UEC MTB Downhill European Championships

At this summer's European Championships, Champéry will be host village for the supremely spectacular Downhill event! Follow the racing on giant screens in Grand Paradis and soak up the event village ambiance with spectacular trial shows, adrenaline-pumping workshops, electrifying concerts, and all-round family fun. Get all the details at valais2025.ch.

06.09 – 08.09

Bike & Sound Festival

The raddest event of the summer is a totally harmonious mash-up of two flagship activities in the spectacular Swiss Alps! The daytime is all about bikes, with racing, demonstrations, and gnarly activities on two wheels. In the evenings, the party heats up with live concerts and DJs.

08.09

Alpine Gravel Challenge (UCI Gravel World Series)

On Sunday, September 8th 2024, Region Dents du Midi will hold the penultimate qualifying event for the UCI Gravel World Championships. The Alpine Gravel Challenge will be Champéry's debut foray into the exciting world of gravel racing, but the trails promise to be as legendary as the Dents du Midi themselves. Participants can choose between three itineraries, named for the Haute Cime, Forteresse, or Cathédrale mountains. Information and registration at alpine-gravel-challenge.ch.

14.09

Dents du Midi Trail

One of the oldest mountain races in Europe, this famous trail race began as an alpine marathon over 40 years ago. Every year, hundreds of runners gather to share in this legendary challenge that skims over the winding trails and superlative landscapes of the Dents du Midi Massif. Information and registration at ddmtrail.ch

SUMMER HIGHLIGHTS 2024

JUNE

- 22-23** Boulingrin inaugural tournament | Champéry
28-30 Pass'Portes du Soleil | Portes du Soleil

JULY

- 12.07 -06.09** Jazz & Wine* | Champéry (Fridays)
14 Legend of Frâchette theme trail inauguration Champoussin
20 The Black'All Day Festival | Morgins
26-27 Village Festival | Val-d'Illiez
27 Beer-tasting Ramble | Val-d'Illiez
 Closing concert for the Illiez Valley music schools' camp | Champéry
30.07 -04.08 The Ultimates 2024 | Chablais
31 Swiss National Day Eve | Morgins
31.07 -14.08 Rencontres Musicales 25th anniversary | Champéry

AUGUST

- 01** Diane & Swiss National Day | Région Dents du Midi
03 Wine-tasting Festival | Champéry
04 Plant-based Health Fair | Morgins
08-09 The Sorcerer's Apprentice - Stéphane Lambiel & Beatrice Berrut | Champéry
09-11 2024 MTB Downhill European Championships Champéry
15 Vieux Costumes Festival | Champéry
17-18 Vintage Motors Expo | Les Crosets
24 Livestock Fair | Les Crosets
26.08 -08.09 Swiss Peaks Trail | Valais
31 Bread Lovers' Gourmet Walk | Troistorrens
 Grimpee d'Culet vertical footrace | Champéry
 Para d'Illiez paragliding event & competition | Champéry

SEPTEMBER

- 01** Para d'Illiez (testing day) | Champéry
06-08 Bike & Sound Festival | Champéry
07 SwissPeaks 70km | Val-d'Illiez
 SwissPeaks Marathon | Morgins
08 Alpine Gravel Challenge (UCI Gravel World Series) | Champéry
14 Dents du Midi Trail | Champéry
22 Bingo | Val-d'Illiez

MARKETS

- Les mercredis matin **Le P'tit marché bio de la Perrole**
 Café du Nord Champéry
 13, 20, 27.07, 03.08 **Morgins Market**
 Morgins village square

EXHIBITIONS ESPACE RAIFFEISEN CHAMPÉRY

- 14-30.06 **Triptyk Lemanik – Jean-Claude Bolay, Eric Sommer, Gilles Margot**
 05-21.07 **Portraits, mirrors of the soul – Véronique Borgeaud**
 26.07-11.08 **Sous la Dent – Simon Cave**
 16.08-01.09 **Rencontre – Marie Arvan & Laurent Paratte**
 06-22.09 **Souvenirs in miniature – Marius Avanthey**
 27.09-13.10 **Chinese ink & watercolour – Camilo Rivera**

SHOPKEEPERS STREET FAIR ! *

- 06.07 **Waiters' Race**
 20.07 **Jeux m'écâte**
 27.07 **Jumble Sale**
 17.08 **Rainbow Run**
 24.08 **Jeux m'écâte**

«ACCESSIBLE TOURISM»

In partnership with Access4all, Region Dents du Midi offers entertainment adapted to individuals with disabilities.
 Information +41 (0)24 479 05 50 or event@rddm.ch

BRIC SENIORS Region Dents du Midi is a BRIC partner!
 Look for our senior-friendly offers.

*Champéry village street closed to traffic



ABONDANCE

- 13.07** Fireworks & L'Harmonie d'Abondance concert
13-14.07 Festival des Peintres
11-11.08 Fête de la Contrebande
15.09 Fête des Chardons bleus

AVORIAZ

- 06-07.07** Savoie Mont-Blanc Freestyle Tour by FISE
25.07 Fête de l'Artisanat
10.08 Trail des Hauts-Forts
15.08 Fête de l'Artisanat
24-30.08 Avoriaz Danse Festival

CHÂTEL

- ★ **06-07.07** La Fête des Fromages de Savoie
 ★ **14.07** French National Day
20-21.07 Châtel Chablais Léman Race
04.08 La Saint Laurent
18.09 La Belle Dimanche (46th anniversary)

LA CHAPELLE D'ABONDANCE

- 11.08** Lumberjack Fair

LES GETS

- ★ **04-07.07** UCI MTB World Cup
15-19.07 4 Elements Festival
20-21.07 Trail des Gets
21.07 Le musée en Fête
09.08 Rallye Gourmand

MONTHÉY

- 21-22.06** Fête de la Musique
09-10.08 Chablues Festival
25.08 La Monthésanne
13-15.09 UCI Pump Track World Championships Qualifier & Pump Track Valais/Wallis Final

MORZINE

- 05-07.07** Spartan Race
11-14.07 Harley Days
15-19.07 Morzine en pleine nature
22-26.07 Royaume des Marmots
10.08 Trail des Hauts-Forts
05-07.09 Rallye du Mont Blanc

TORGON

- 03.08** Balade Gourmande

VALLÉE D'AULPS

- 22.06** Abbaye Sonic
28.07 3rd Tréchau'fête
03.08 La Fête du Lac
04.08 Fête du Miel et de l'Abeille
14-15.08 Les Médiévaleries

MARKETS

- Wednesdays **Châtel & Monthey**
 Fridays **La Chapelle d'Abondance**
 Sundays **Abondance**



SPOTLIGHT ON MATIS CRETENAND, A YOUNG FREESTYLER FROM TROISTORRENTS

Matis Crettenand's passion for extreme sports has been a driving force since childhood. He discovered freestyle skiing at the age of 9 and honed his skills as a member of the Pro-Style club before advancing to the National Performance Centre in Engelberg (NLZ).

Matis's talent and dedication have earned him a place among the top athletes in his category. He was selected to compete in the Junior World Championships in Leysin in 2022 and in New Zealand in 2023, and he qualified for the European Cup Premium final in Corvatsch, Grisons. His ambitious goal for the 2024/2025 season is to join the 'Challenger' group within Swiss-Ski and secure a top 10 finish in the European rankings.



What sparked your interest in freestyle skiing, and how did your love for the sport evolve?

I have loved extreme sports, which mix risk and thrills, since childhood. When I was younger, I did a lot of trampolines, skateboarding, and freestyle scooting. I also started skiing at a very young age, just for fun, without really knowing anything about freestyle skiing. But I was always trying to jump when I saw bumps or small jumps on the slopes. On a ski day with my mom, when I was 9, I truly discovered freestyle skiing, watching freestylers at the Superpark in Les Crosets. After that day, I found and joined the 'Pro-style' freestyle club in Les Crosets. From the very first training session, I was hooked. I knew that freestyle skiing would become my passion.

You are currently training at the National Performance Centre in Engelberg. How would you describe your experience so far, and what does a typical day look like for you as a student-athlete?

NLZ is an incredible experience both athletically and academically. We have access to gyms, fitness rooms, and dry slopes, which helps us progress rapidly. At school, our teachers are supportive, and we have a variety of courses aimed at preparing us for a variety of different professional careers.

For me, a typical day in Engelberg is divided into two parts: it starts with training from 8:30 to 11:30 am. This means physical preparation, coordination, and trampoline exercises to prepare our tricks. In the afternoons, we go to classes from 3:30 to 5 pm, with an additional study hour in the evenings.

What are the key elements of your daily training routine as a competitive freestyle skier?

There are three main aspects to training. The most crucial for me is the time I can spend on the snow to progress and improve my tricks.

Physical conditioning is also essential. It helps minimize injury risks and maintain peak performance throughout the season.

Finally, practicing coordination, using the trampoline and airbag, makes it easier to perfect tricks before trying them out on the slopes.

What's been your biggest highlight or most unforgettable moment in your career so far?

My most memorable moments have been qualifying for the Junior World Championships in 2022 in Leysin and 2023 in New Zealand, as well as qualifying for the European Cup Premium final in Corvatsch last year. I will never forget these moments.

What messages or values would you like to convey to young folks who look up to you and hope to follow in your footsteps?

Determination and motivation are the keys to achieving your goals. Success in this sport depends on the perseverance and passion you put into it. You can't be afraid to fall, as falls help you progress and refine your technique. I think freestyle skiing is much more than a sport. It's a way of life!

Which freestyle skier inspires you the most and why?

In terms of competition, Birk Ruud from Norway really inspires me because he's super consistent and well-rounded. He's already won tons of awards and is a role model for many freestylers. I also admire Matej Svancer from Austria and Mac Forehand from the USA because they have such unique and distinctive styles on skis.

How do you balance your studies, young adult life, and sports career?

My first year in Engelberg was very demanding. Between school, sports, and learning German, I had to adapt to a heavy workload. Finding balance was a bit difficult at first, but once I found it, things got easier. Right now, my main focus is on sports and my professional future.

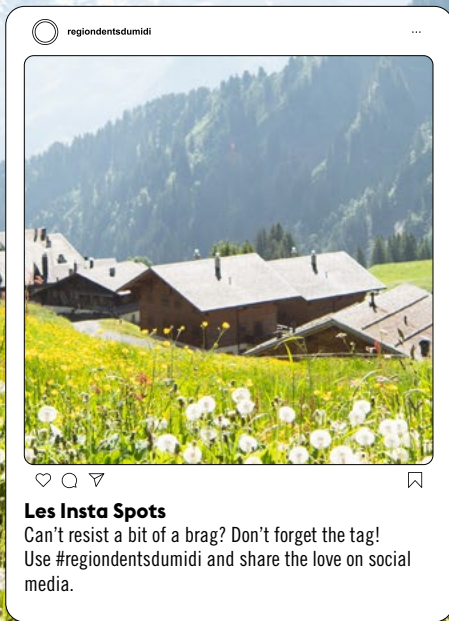


In 2023, you participated in the Junior Freestyle World Championships in New Zealand. What was the most memorable moment for you during this participation?

Having the opportunity to compete on the other side of the world was incredible. Besides the Championships, I got to explore a beautiful country and meet skiers from different backgrounds. Honestly, it was the best sports experience of my life!

What are your sports goals for the upcoming winter season?

My main goal for the 2024-2025 season is to make it into the Swiss-Ski 'Challenger' group, which is the next logical step in my freestyle career. In terms of competitions, I would like to finish in the top 10 in the overall European ranking and gain as much experience as possible on the way.



STAY IN THE KNOW

Region Dents du Midi's 2023 management report will be available on our website in the 'About Us' section from the end of June.



WEBSITE

regiondentsdumidi.ch

FOR HOSTS

logeur.regiondentsdumidi.ch



RDDM INFO

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



TOURIST OFFICES

Champéry & Morgins

VIRTUAL INFORMATION POINTS

Val-d'Illiez (train station) & Champoussin (Antre d'Eux)

INFORMATION KIOSK

Les Crosets (Crosets 8 chairlift)



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REGION-WIDE MAILINGS



PARTNER & CLIENT NEWSLETTERS

2x/month

RDDM regularly sends out electronic newsletters with current events, calendars, and handy tips. We love to make sure you're kept up to date!



SOCIAL MEDIA

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

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