



VAL-D'ILLIEZ / CHAMPÉRY
CHAMPOUSSIN / LES CROSETS



SNOWSHOE TRAILS




WINTER WALKING TRAILS

SNOWSHOE TRAILS
100 KM

WINTER
WALKING TRAILS
35 KM





The Illiez Valley is crisscrossed with more than 100 km of snowshoe trails and 35 km of marked winter hiking paths. This hand guide offers suggestions for the best winter rambles through forests, meadows and villages for families and experienced sports lovers alike. Along the way, take a moment to sample the rich diversity of our local «terroir» at one of the region's many mountain refuges, inns and restaurants.





ICON GLOSSARY



SNOWSHOE TRAILS



Champoussin



Les Crosets



Val-d'Illiez



Champéry

↻ Round Trip

⌚ Loop

Difficulty

* Easy ** Medium *** High

Elevation

↗ Elevation gain ↘ loss



WINTER WALKING TRAILS



Champéry



Val-d'Illiez

↻ Round Trip

⌚ Loop

Difficulty

* Easy ** Medium *** High

Elevation

↗ Elevation gain ↘ loss

SUMMARY



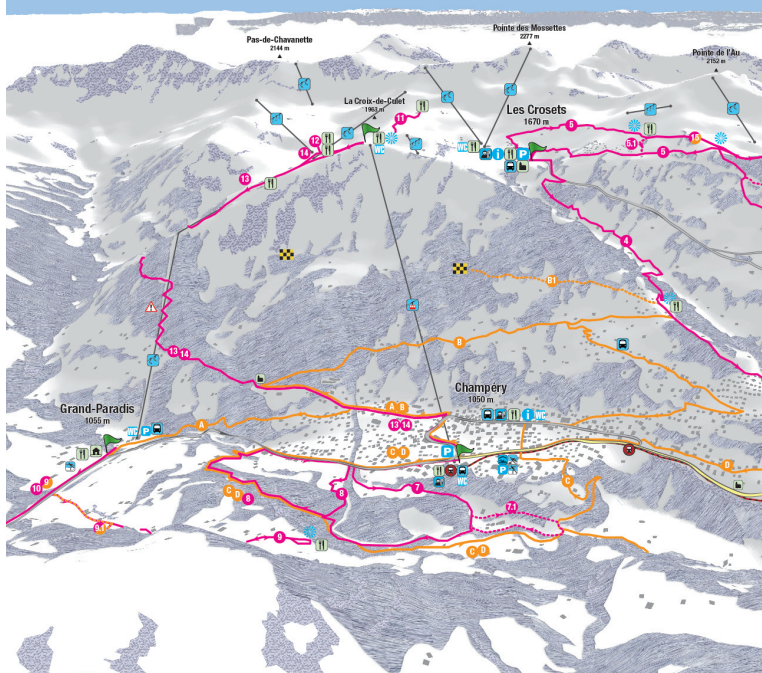
2	Editorial
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To access the detailed maps,
please scan the QR Code at the start of the trail
or in the guide.

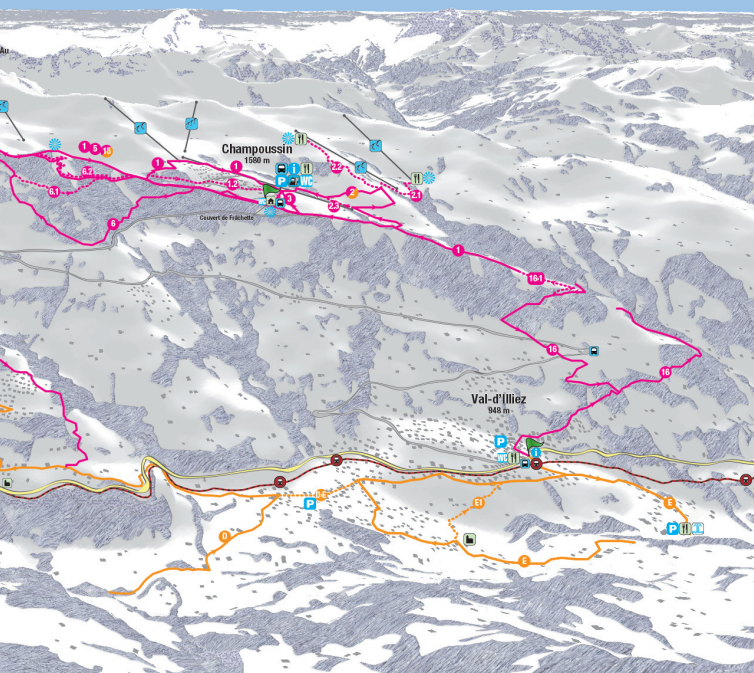
	Snowshoe trail
	Snowshoe trail Alternative
	Winter walking trail
	Winter walking trail Alternative
	Primary road
	Secondary road
	Railway
	Departure (point)

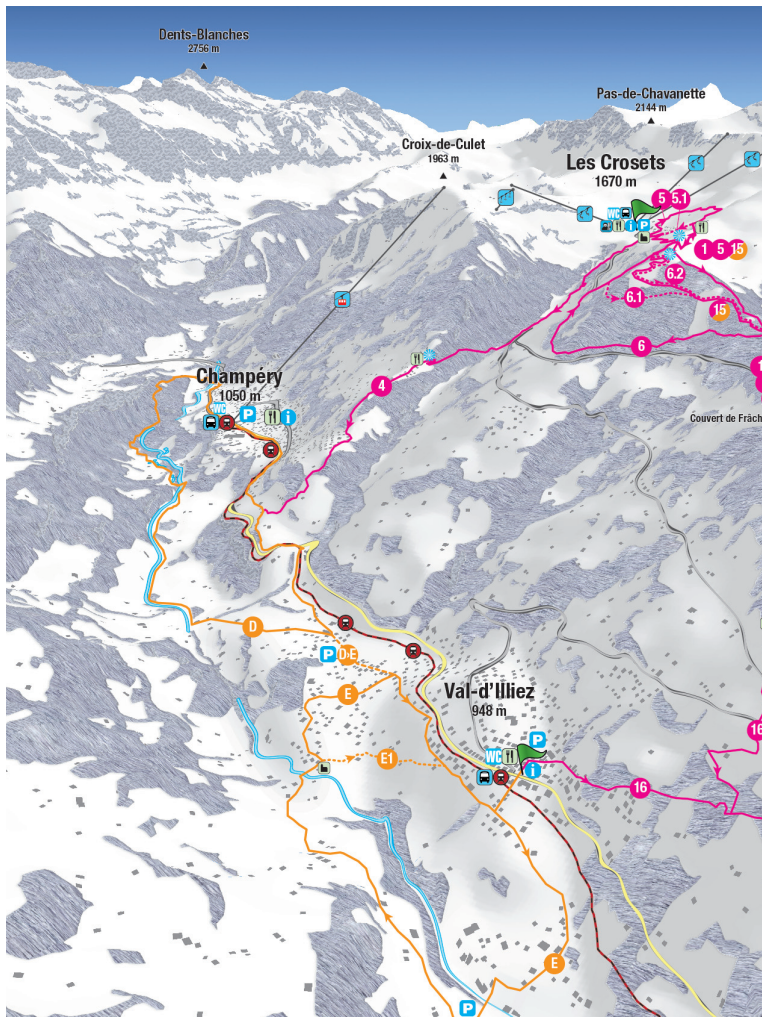
	Arrival
	Tourist office
	Train
	Bus/ shuttle bus
	Cable-car
	Chairlift
	Ski lift
	Parking (area)
	Covered picnic area

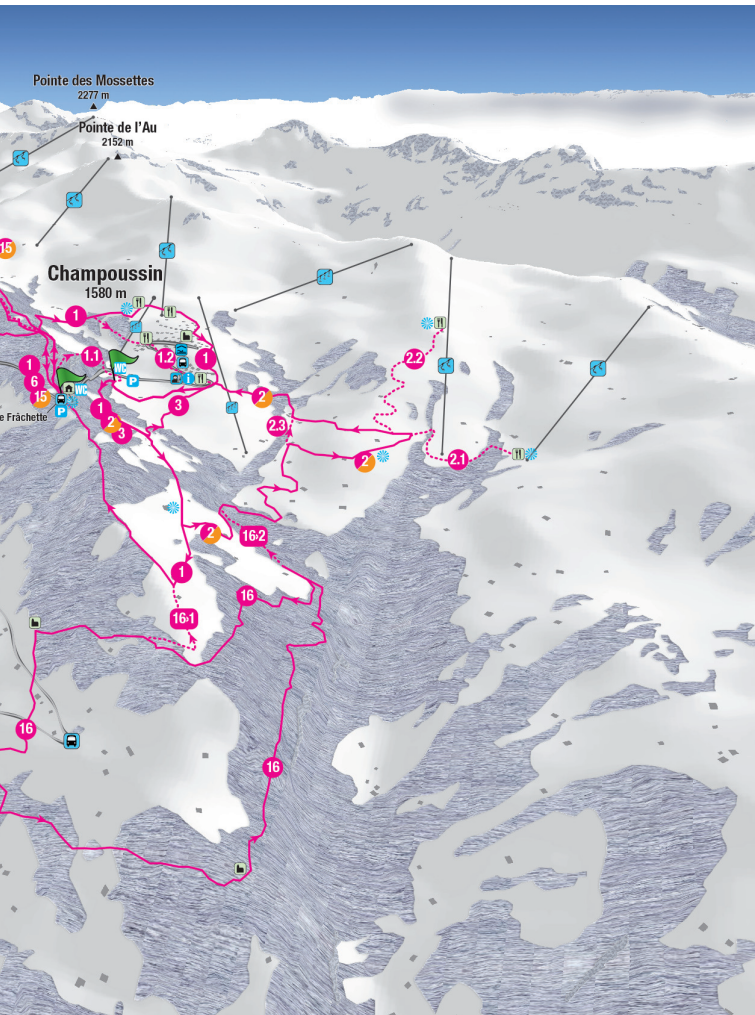


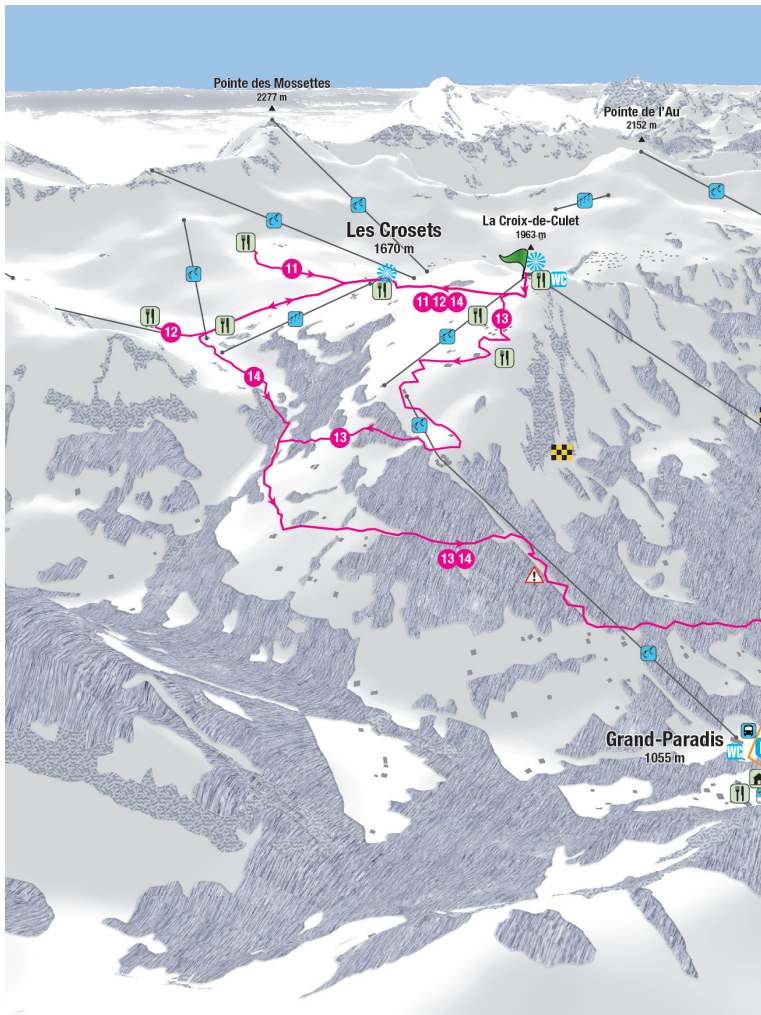
	Restaurant
	WC
	Viewpoint / Panorama
	Avalanche danger
	Chapel
	Cross country skiing
	Indoor pool
	Thermal baths
	Sports shops

	Curling
	Ice-skating
	Locality
	Steep path
	Caution skiers
	Mountains
	Duration









Pointe des Mossettes
2277 m

Pointe de l'Au
2152 m

Les Crosets
1670 m

La Croix-de-Culet
1963 m

Grand-Paradis
1055 m

12

14

11

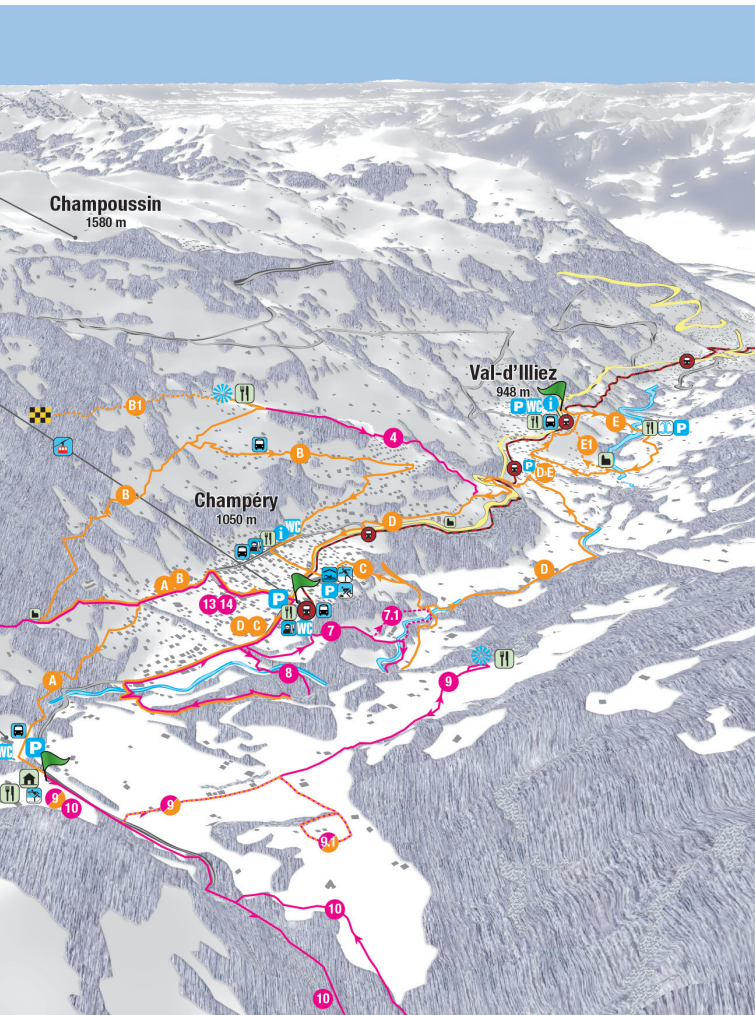
12

14

13

13

14



Champoussin
1580 m

Val-d'Illeiz
948 m

Champéry
1050 m



CHAMPOUSSIN – FRÂCHETTE

1 Primary trail ↻ CHAMPOUSSIN via chez Gaby

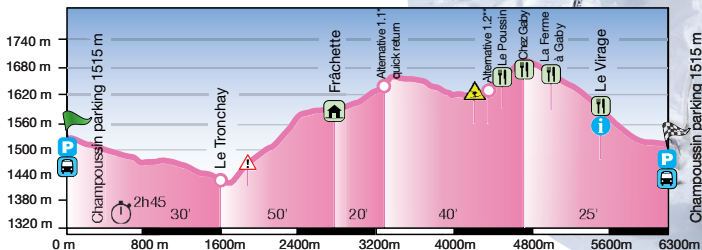
Duration **2h45**
Distance **6.3km**
Difficulty * *
Elevation ↗**420m** | ↘**420m**
Departure point **Champoussin parking 1515m**
Arrival point **Same**

1.2 Trail (Alternative) ↻ CHAMPOUSSIN (...) via le Poussin

Duration **2h30**
Distance **6km**
Difficulty * *
Elevation ↗**350m** | ↘**350m**
Departure point **Champoussin parking 1515m**
Arrival point **Same**

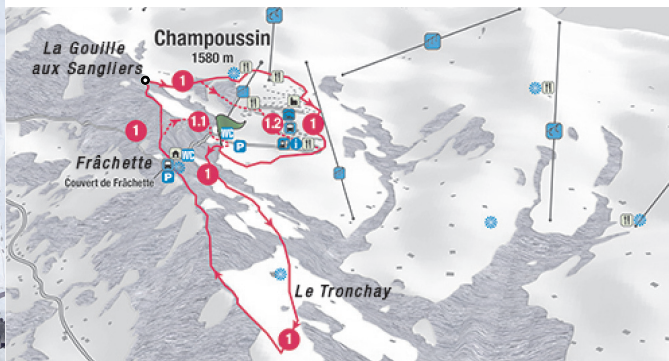
1.1 Trail (Alternative) ↻ CHAMPOUSSIN (...) quick return

Duration **1h45**
Distance **4.1km**
Difficulty * *
Elevation ↗**280m** | ↘**280m**
Departure point **Champoussin parking 1515m**
Arrival point **Same**



1 DELICIOUS CHAMPOUSSIN

This hike offers magnificent views, alternately traversing silent forests and snowy fields. Departing from the large car park at the entrance to Champoussin, cross the bridge and follow the river to the right. Walk along the hillside, taking in the spectacular views of the Rhone valley and the Vaudoise Alps along the way. Continue on and up to the right, following a relatively steep but lovely path leading to Frâchette, where you will find a covered picnic area, a WC and one of the region's best viewpoints of the Dents du Midi mountain range. Leaving Frâchette, walk along the ridge to the right; from here, you can turn right and take a path, with more breathtaking views, that lead back to the Champoussin parking lot (approx. 20 min). Alternatively, continue along the ridge to the picturesquely-named Gouille aux Sangliers, or Boars' Pond. Turn right and descend towards Champoussin, crossing a second wooden bridge and a ski slope. From here, you can head up the slope to the «Chez Gaby Restaurant», or to the «Le Poussin Restaurant» on the hillside. Return to the car park by skirting the edges of the Champoussin ski slopes.





CHAMPOUSSIN – U YEÛ TSALE – LES BOCHASSES



2 Primary trail ↻ CHAMPOUSSIN loop

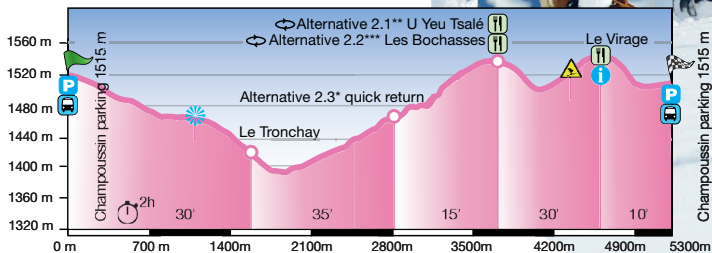
Duration 2h
Distance 5.3km
Difficulty * *
Elevation ↗270m | ↘270m
Departure point **Champoussin parking 1515m**
Arrival point **Same**

2.2 Trail (Alternative) ↻ CHAMPOUSSIN – (...) *via les Bochasses*

Duration 3h
Distance 7.3km
Difficulty * * *
Elevation ↗500m | ↘500m
Departure point **Champoussin parking 1515m**
Arrival point **Same**

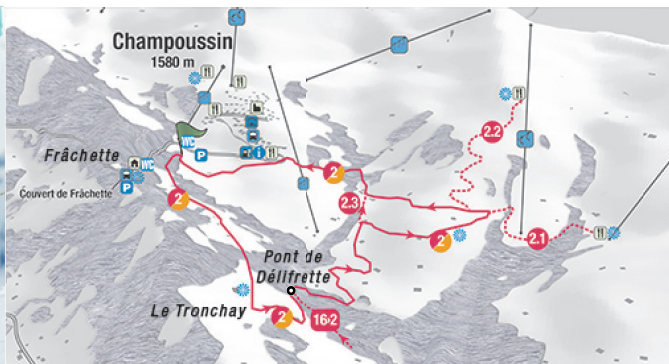
2.1 Trail (Alternative) ↻ CHAMPOUSSIN – (...) *via U Yeü Tsalé*

Duration 2h30
Distance 6.5km
Difficulty * *
Elevation ↗350m | ↘350m
Departure point **Champoussin parking 1515m**
Arrival point **Same**



2 AUTHENTICITY

This is a pleasant walk along a wide, well-groomed trail (except for the access to the «Bochasses Restaurant»). Leaving from the large car park at the entrance to Champoussin, cross the bridge over the river and follow the river to the right. Walk along the hillside, taking in the spectacular views of the Rhone valley and the Vaudoise Alps along the way. At the site called «Tronchay», head downhill, over the Délifrette Bridge and along the road. At the fork in the road, you can either turn right and climb uphill for a lovely meal in a local restaurant, or go straight and head back towards Champoussin. The «U Yeu Tsalé Restaurant» is accessed by passing to the right, under the chairlift departure station. The «Bochasses Restaurant» can be reached by going up the slightly steeper slope on the left.



The return to Champoussin follows a pleasant trail with a magnificent view of the valley. This path is also accessible to pedestrians.



CHAMPOUSSIN ECOTRACE

3 Primary trail CHAMPOUSSIN ECOTRACE

Duration **1h**

Distance **1.7km**

Difficulty **✳**

Elevation **↗100m | ↘100m**

Departure point **Champoussin parking 1515m**

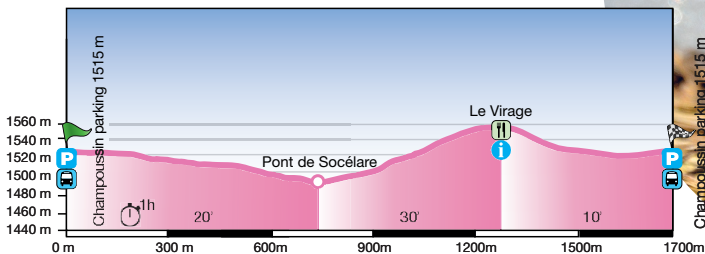
Arrivée **Same**

GAME

While hiking, look for the letter on each sign.

Then put the letters together to name a well-known alpine flower.

--	--	--	--	--	--	--	--	--



3 A FAMILY AFFAIR

Become a tracker for the day! This easy trail, suitable for families with children, follows the traces of our shy forest creatures. Departing from the large car park at the entrance to Champoussin, follow the signs for paths 1 and 2 for about 500 meters, then turn left and cross the river over the Socélare Bridge. Climb through snowy fields by following the information boards along the way, heading towards the «Virage Restaurant» and then back down towards the starting point. This walk is also a treasure hunt; look out for the letters on each panel and have fun putting them in order to find the name of a well-known alpine flower.





FRÂCHETTE - CROIX DE L'AIGUILLE



6 Primary trail ↻ FRÂCHETTE - CROIX DE L'AIGUILLE

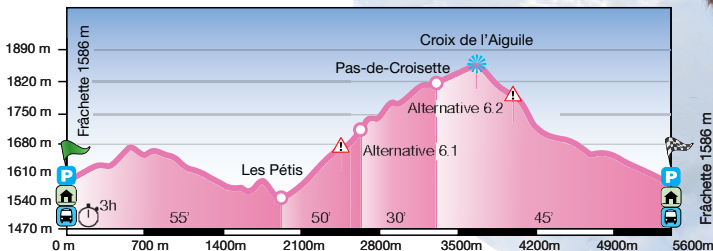
Duration 3h
Distance 5.6km
Difficulty * * *
Elevation ↗500m | ↘500m
Departure point Frâchette 1586m
Arrival point Same

6.2 Trail (Alternative) ↻ (...) *via trail n° 15*

Duration 3h
Distance 6km
Difficulty * *
Elevation ↗450m | ↘450m
Departure point Frâchette 1586m
Arrival point Same

6.1 Trail (Alternative) ↻ (...) *via the road*

Duration 2h15
Distance 5.1km
Difficulty * *
Elevation ↗380m | ↘380m
Departure point Frâchette 1586m
Arrival point Same





6 NOT FOR THE FAINT OF HEART

This is a long, gorgeous scenic trail that traverses several forests and follows a ridgeline, offering incredible views of Champoussin and the Rhone Valley. The trail leaves from the Frâchette covered picnic area on the road to Champoussin. Take the path along the ridgeline towards the Croix de l'Aiguille until you get to the Gouille aux Sangliers. At the intersection, turn left and walk down through the forest to a place called Pétis. From here, walk uphill, along the edge of the Plagnois Forest until you reach the road. Upon leaving the forest, you can take option «6 by road» and return to Frâchette (approx. 40 min). Otherwise, continue the climb to the Pas de Croisette. From here, you can follow the path along the ridge, a slightly technical but beautiful stretch, or take the Röstis Trail n° 15 back down to Frâchette.



THE RÖSTIS TRAIL

15 Primary trail ⇄

RÖSTIS TRAIL

Duration **2h30**

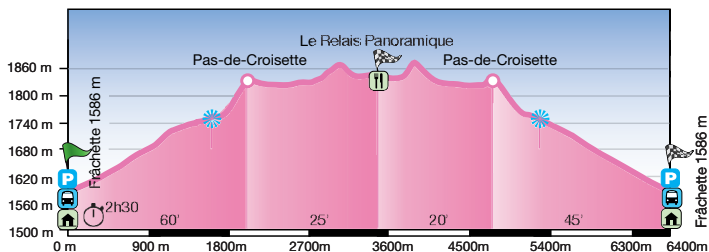
Distance **6.4km**

Difficulty **✳✳**

Elevation **↗420m | ↘420m**

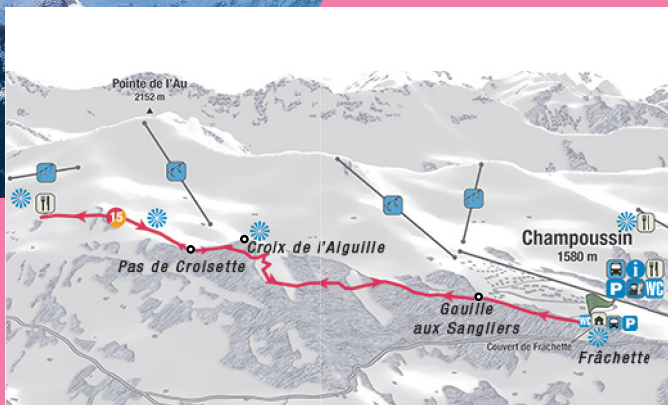
Departure point **Frâchette 1586m**

Arrival point **Same**



15 A PANORAMIC PROMENADE

This clever trail, dotted with information panels, will teach you a little bit about one of Switzerland's most famous dish : Rösti ! Leaving from the Frâchette covered picnic area, walk along a wide, well-groomed path towards the Croix de l'Aiguille. After a few curves in the path, you will reach a site called Pas de Croisette. From there, continue through the forest and you will arrive at The «Relais Panoramic Restaurant», a great place to taste an authentic Rösti ! The return is via the same route. This path is also accessible to pedestrians.





LES CROSETS – SUR COU

4 Primary trail ⇄ LES CROSETS – CHAVALET

Duration **4h45**
Distance **10km**
Difficulty *******
Elevation **↘850m | ↗850m**
Departure point **Chapel parking Les Crosets 1663m**
Arrival point **Same**

4.2 Trail (Alternative) ↘ LES CROSETS – CHAVALET

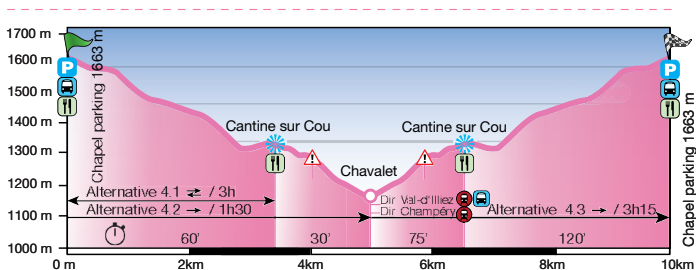
Duration **1h30**
Distance **5km**
Difficulty ******
Elevation **↘750m | ↗100m**
Departure point **Chapel parking Les Crosets 1663m**
Arrival point **Same**

4.1 Trail (Alternative) ⇄ LES CROSETS – SUR COU

Duration **3h**
Distance **6.7km**
Difficulty ******
Elevation **↘500m | ↗500m**
Departure point **Chapel parking Les Crosets 1663m**
Arrival point **Same**

4.3 Trail (Alternative) ↗ CHAVALET – LES CROSETS

Duration **3h15**
Distance **5km**
Difficulty ******
Elevation **↗750m | ↘100m**
Departure point **Chavalet 1051m**
Arrival point **Chapel parking Les Crosets 1663m**





4 AFTER EFFORT COMES COMFORT

This trail offers spectacular views of the Dents du Midi and Dents Blanches mountain ranges. Leaving from the chapel at the entrance to Les Crosets, walk about 300 metres along the snowbank on the side of the road in the direction Val-d'Illiez. Turn right in the direction of the Cantine Sur Cou. Follow the path that winds through the forest, looking out for quaint alpine chalets, typical of the Illiez Valley, along the way. Cross the Poijeur Bridge over the Chavalet River and continue along a pleasant path through the snowy forest to the «Cantine Sur Cou». From here you can turn around and head back on the same path (approx. 2:00), or continue on to the site called Chavalet. This trail can be rather steep in places. At the end of snowshoe trail, you can retrace your steps (approx. 3:30), continue on to Champéry by road (approx. 15min) or head to Val-d'Illiez by a pedestrian path (approx. 45min). To get back to Les Crosets from Champéry or Val d'Illiez, take public transport; the AOMC train from Champéry to Val d'Illiez and the postal bus from Val-d'Illiez to Les Crosets.



LES CROSETS – CRÊTÉ-BORNEY



5 Primary trail ↻ LES CROSETS – CRÊTÉ-BORNEY

Duration **2h15**

Distance **5km**

Difficulty ******

Elevation **↗300m | ↘300m**

Departure point **Chapel parking Les Crosets 1663m**

Arrival point **Same**

5.1 Trail (Alternative) ↻ (...) **quick return**

Duration **1h40**

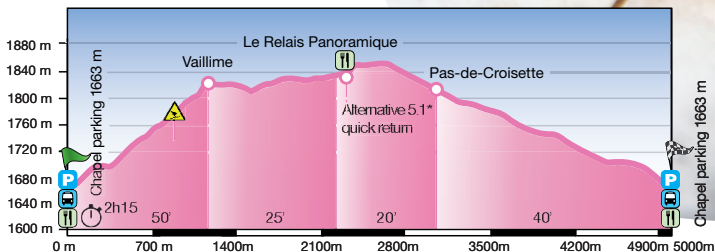
Distance **3.8km**

Difficulty ******

Elevation **↗250m | ↘250m**

Departure point **Chapel parking Les Crosets 1663m**

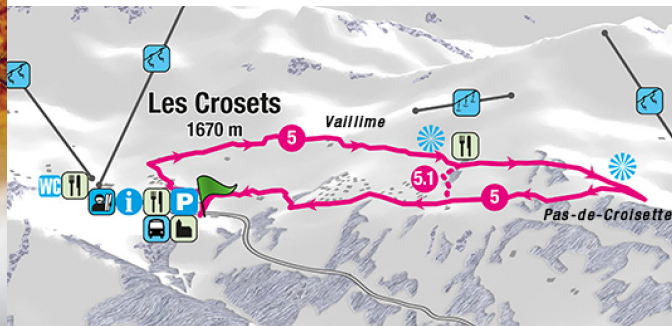
Arrival point **Same**



5 DISCOVER LES CROSETS

This is a lovely trail that traverses the upper part of Les Crosets, and the hamlet of Crété Borney. The trail leaves from the chapel at the entrance to Les Crosets. Walk uphill along the edge of the ski slope to the road, then head left through a residential area of chalets for about 300 meters. Turn right and go up a pretty path along the ski slopes. Take a moment to admire the Dents du Midi and the ski area as you walk towards a site called Vaillime. Continue slightly to the left in the direction of the «Relais Panoramic Restaurant». From the restaurant, you can either go straight back to the resort on a groomed path or take a longer route through the forest towards Champoussin. At a place called Croisette, turn right and go down to the road to reach Les Crosets.

Do not take this path when the ski slopes are closed.





VAL-D'ILLIEZ – CHAMPOUSSIN

16 Primary trail ↻

VAL-D'ILLIEZ

Duration **2h45**

Distance **6.5km**

Difficulty * *

Elevation ↗**550m** | ↘**550m**

Departure point **Place
du Village Val-d'Illiez 950m**

Arrival point **Same**

16>1 Trail (Alternative) ↻

VAL-D'ILLIEZ

(...) *via Frâchette*

Duration **4h30**

Distance **9.7km**

Difficulty * * *

Elevation ↗**850m** | ↘**850m**

Departure point **Place
du Village Val-d'Illiez 950m**

Arrival point **Same**

16>2 Trail (Alternative) ↻

VAL-D'ILLIEZ

(...) *via U Yeu Tsalé*

Duration **5h**

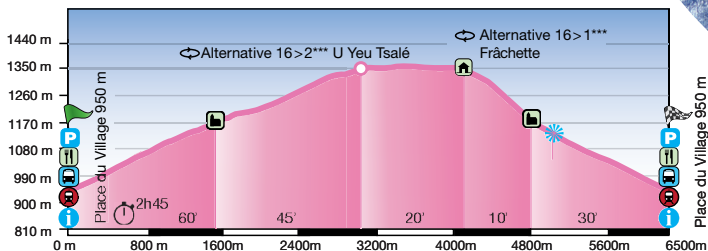
Distance **11.8km**

Difficulty * * *

Elevation ↗**900m** | ↘**900m**

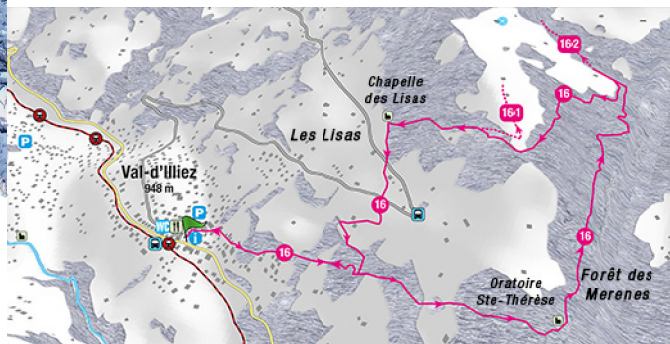
Departure point **Place
du Village Val-d'Illiez 950m**

Arrival point **Same**



16 A PASTORAL RAMBLE

This is a mid-altitude trail through beautiful forests with breathtaking views of the Illiez Valley and the Dents du Midi mountain range. The trail leaves from the village square of Val-d'Illiez, in front of the tourist office. Climb the hill between the historic «mazots», which look like miniature chalets. Turn right onto Route de la Carrière towards Champoussin and follow a scenic path through the forest lined by lovely stone walls that date from the early 20th century; you will pass by an oratory dedicated to St. Therese on the way. Continue uphill on the Délifrette road for about 300 meters. From here you can continue straight on to join Snowshoe Trail No. 2 which leads to the quaint «U Yeü Tsalé Restaurant» (approx. metres 1:15). Otherwise, turn left to follow a hillside path through the forest. At the crossroads, turn right and climb to reach Snowshoe Trail No. 1 which leads to the Frâchette covered picnic area (approx. 1 h). To go directly back down to the village, turn left in front of the Lisas Chapel. Cross the Les Crosets road twice and continue down a nice path that will take you back to Val-d'Illiez.





CHAMPÉRY – SOUS SCEX

7 Primary trail ↻ CHAMPÉRY – SOUS SCEX

Duration **1h20**

Distance **2.9km**

Difficulty ✳

Elevation ↗**130m** | ↘**130m**

Departure point **Cable-car lower station 1035m**

Arrival point **Same**

7.1 Trail (Alternative) ↻ (...) **short easy loop**

Duration **20min.**

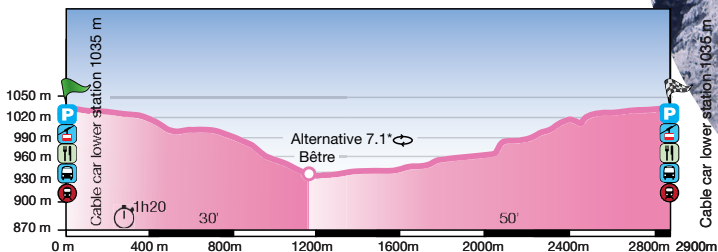
Distance **800m**

Difficulty ✳

Elevation ↗**35m** | ↘**25m**

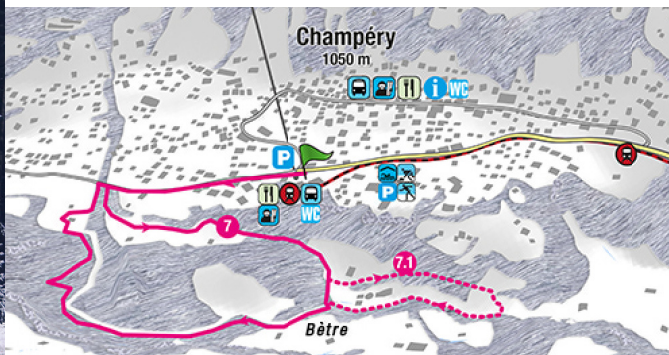
Departure point **Sous Scex 924m**

Arrival point **Same**



7 WATERWAYS

The Bètre trail leaves from Champéry, starting at the marked footpath located about 500m from the train station and cable-car. A relatively short loop that passes through the forest and along the banks of the Vièze River, this is a great place to observe the local forest wildlife just a stone's throw from Champéry. The way back follows a lovely path that rises to meet the road to the cable-car.





CHAMPÉRY – VIÈZE

8 Primary trail ↻ CHAMPÉRY – VIÈZE

Duration **1h30**

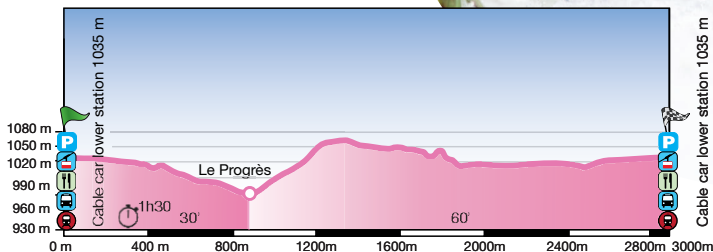
Distance **3km**

Difficulty ✳

Elevation ↗**165m** | ↘**165m**

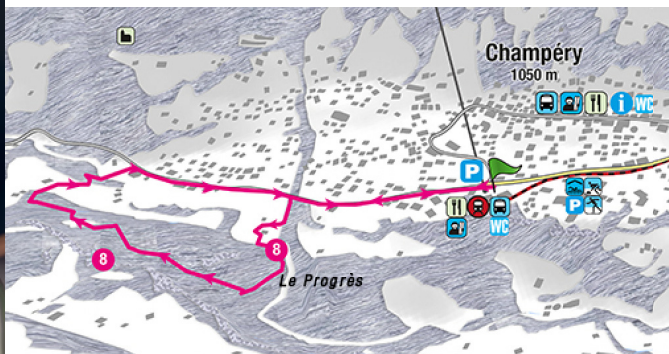
Departure point **Cable-car
lower station 1035m**

Arrival point **Same**



8 WATERWAYS. WITH A CHALLENGE

The Vièze trail leaves from the Champéry cable-car. Walk 500m in the direction of Grand Paradis, then turn right to pass under the bridge, heading downhill in the direction of the Vièze River. Turn right and walk along the river through a lovely forested area. For the return journey, walk along the main road back to Champéry or retrace your steps on the same path.





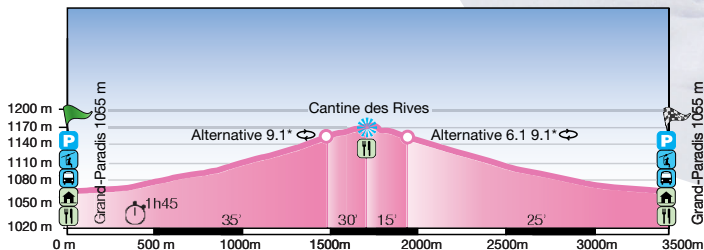
GRAND-PARADIS – LES RIVES

9 Primary trail ↔ GRAND-PARADIS – LES RIVES

Duration **1h45**
 Distance **3.5km**
 Difficulty ✳
 Elevation ↗**150m** | ↘**150m**
 Departure point **Grand-Paradis 1055m**
 Arrival point **Same**

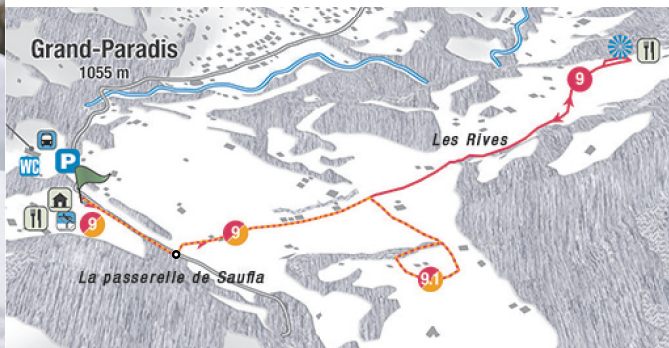
9.1 Trail (Alternative) ↻ (...) *short easy loop*

Duration **15min.**
 Distance **800m**
 Difficulty ✳
 Elevation ↗**50m** | ↘**50m**
 Departure point **Rives Road 1128m**
 Arrival point **Same**



9 A WALK ON THE WILD SIDE

This route will take you to the area called Les Rives, across the valley from Champéry. This is Champéry's «wild side», where the only signs of civilisation are one narrow road and a few isolated chalets. From the Grand Paradis covered picnic area, follow the road for 100m towards the fitness trail, then cross the bridge over the Saufla River. Follow the trail, crossing a field before meeting up with the Rives Road. Follow the road to the lovely «Cantine des Rives Restaurant», then continue along the trail that loops around the large field next to the restaurant and retrace your steps back to Grand Paradis. If you're lucky, and very quiet, you might even catch a glimpse of some elusive roe deer along the way. This trail is also open to hikers.





GRAND-PARADIS – LA LUI

10 Primary trail GRAND-PARADIS – LA LUI

Duration **1h**

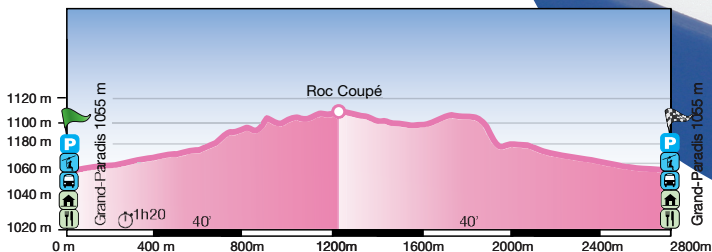
Distance **2.8km**

Difficulty **✳**

Elevation **↗100m | ↘100m**

Departure point **Grand-Paradis 1055m**

Arrival point **Same**



10 OUTDOOR FUN

From the Grand Paradis picnic area, walk 200m along the river and then turn right into the forest, towards the Parcours Vita fitness trail. At the intersection, follow the path left in the direction of La Lui before taking the trail (stay right) that climbs upwards in the direction of Roc Coupé. From here, go back down along the forest trail, through a large clearing and across a small bridge to join the path you started on.





CROIX-DE-CULET – CHAUX PALIN



11 Primary trail ⇄ CROIX-DE-CULET – CHAUX PALIN

Duration 2h

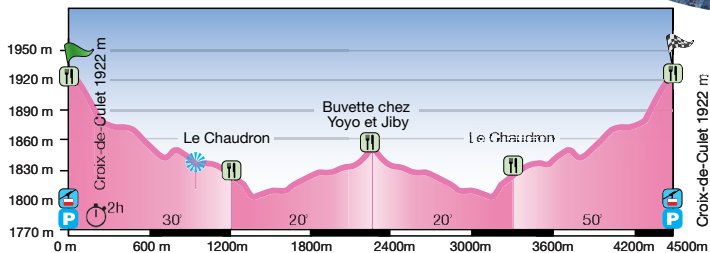
Distance 4.5km

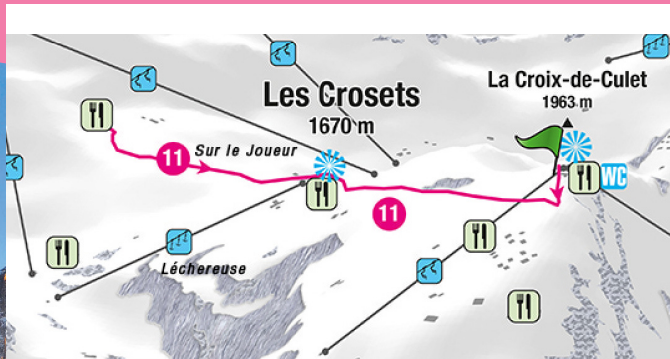
Difficulty ※

Elevation ↗230m | ↘230m

Departure point Croix-de-Culet 1922m

Arrival point Same





11 SPORT AND TRADITION

From the Croix de Culet, walk downhill towards «Coquoz Restaurant», then turn right across the flank of the Planachaux hillside. At the «Chaudron Restaurant», the path continues straight on to a place called «Sur le Joueur». At the fork in the path, stay to your right. Just below a small mountain restaurant called «Yoyo et Jiby», a splendid panorama opens up, with the Ruan Massif (3220m) and the Dents du Midi (3257m) and Dents Blanches (2760m) mountain ranges spread out before you in all their snow-capped glory. The trail then continues to the Chaux Palin Restaurant, overlooking the Crosets Valley. The way back follows the path back up to the Croix de Culet.



CROIX-DE-CULET – LÉCHEREUSE



12 Primary trail ⇄

CROIX-DE-CULET – LÉCHEREUSE

Duration **2h15**

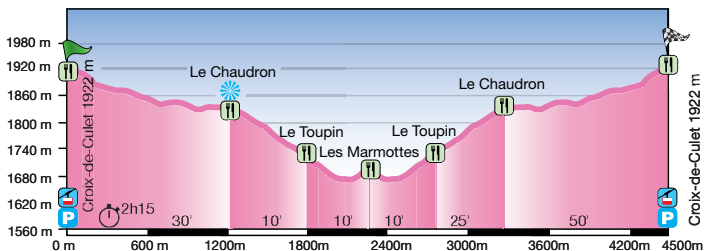
Distance **4.5km**

Difficulty **✳**

Elevation **↗320m | ↘320m**

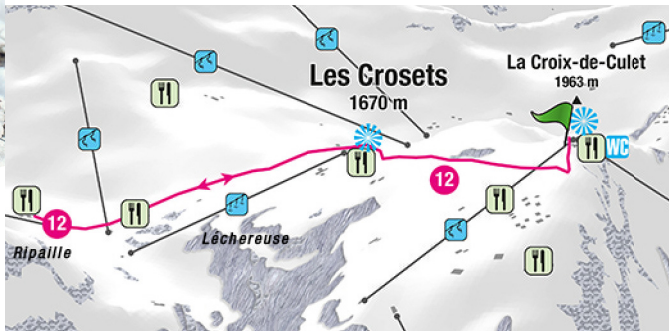
Departure point **Croix-de-Culet 1922m**

Arrival point **Same**



12. AN EPICUREAN ADVENTURE

From the Croix de Culet, walk downhill towards Planachaux, then turn right towards the «Chaudron Restaurant». Turn left and head downhill towards the area called Léchereuse. The view from here overlooks the Ripaille ski slope and the infamous Chavanette slope, otherwise known as «The Swiss Wall». At the «Toupin Restaurant», the trail continues and you will see your destination, the quaint mountain restaurant called «Les Marmottes». Follow the sign-posted trail in a loop back to Champéry.





CROIX-DE-CULET – CHAMPÉRY



13 Primary trail ↔

CROIX-DE-CULET – CHAMPÉRY

Duration **6h15**

Distance **13.6km**

Difficulty *** (*)

Elevation ↘**1155m** | ↗**1155m**

Departure point **Croix-de-Culet**
1922m

Arrival point **Same**

13.2 Trail (Alternative) ↗

CHAMPÉRY – CROIX-DE-CULET

Duration **4h15**

Distance **6.8km**

Difficulty *** (*)

Elevation ↗**1020m** | ↘**135m**

Departure point **Cable-car**
lower station **1035m**

Arrival point **Croix-de-Culet**
1922m

13.1 Trail (Alternative) ↘

CROIX-DE-CULET – CHAMPÉRY

Duration **2h**

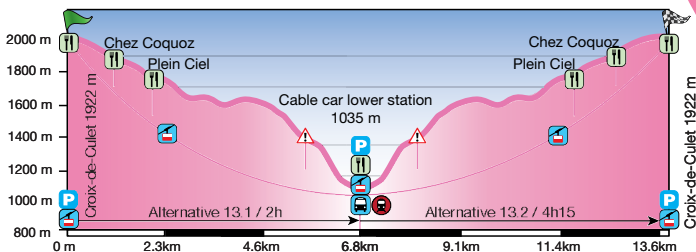
Distance **6.8km**

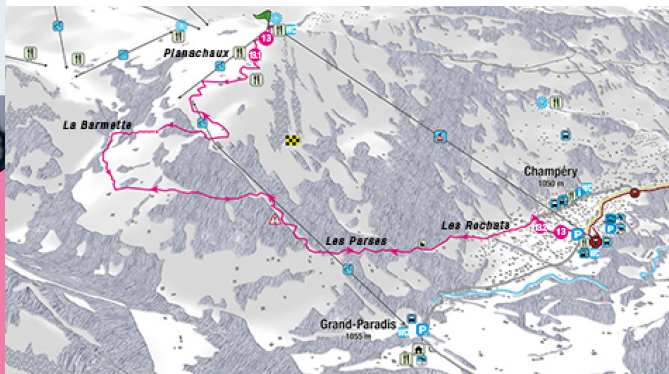
Difficulty ** (*)

Elevation ↗**135m** | ↘**1020m**

Departure point **Croix-de-Culet**
1922m

Arrival point **Cable-car**
lower station **1035m**





13 UP HILL AND DOWN-DALE

From the top of the cable-car, take the path to the left of the chairlift and walk downhill alongside the Planachaux ski slope. Just past Coquoz Restaurant, take the path into the forest near the bottom station of the Planachaux chairlift and the top of the Grand Paradis chairlift. Turn left and follow the road to the curve in the Grand Paradis chairlift. Admiring the spectacular panorama of the Ruan Massif and the Dents du Midi and Dents Blanches mountain ranges before you, continue on your way, following the sign posts for trail n° 13. At the junction of trails n° 13 and n° 14, on the Barmette path, continue to the Chalet du Pont. 200m further on, under the Grand Paradis chairlift, leave the forest by a steep path and take the Parses Road. From here, take off your snowshoes and follow the Rochats path to your right. Take the pedestrian path back to the village.



CROIX-DE-CULET – LÉCHEREUSE – CHAMPÉRY



14 Primary trail ↔

CROIX-DE-CULET – CHAMPÉRY

Duration **6h15**

Distance **14.2km**

Difficulty ***(*)

Elevation ↘**1150m** | ↗**1150m**

Departure point **Croix-de-Culet**
1922m

Arrival point **Same**

14.2 Trail (Alternative) ↗

CHAMPÉRY – LÉCHEREUSE – CROIX-DE-CULET

Duration **4h15**

Distance **7.1km**

Difficulty***(*)

Elevation ↗**1020m** | ↘**130m**

Departure point **Cable-car**
lower station1035m

Arrival point **Croix-de-Culet**
1922m

14.1 Trail (Alternative) ↘

CROIX-DE-CULET – LÉCHEREUSE – CHAMPÉRY

Duration **2h**

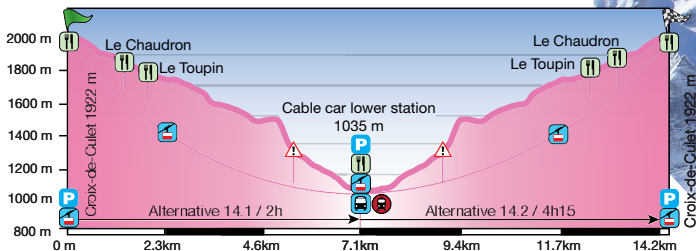
Distance **7.1km**

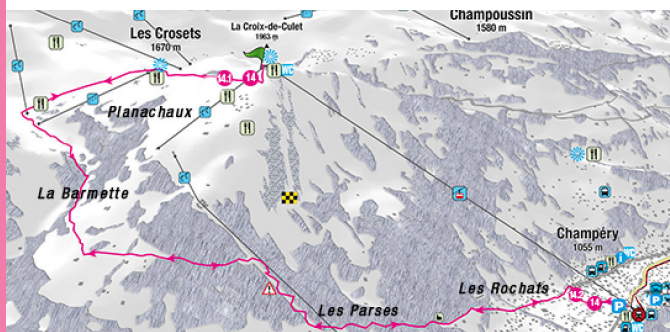
Difficulty**(*)

Elevation ↗**130m** | ↘**1020m**

Departure point **Croix-de-Culet**

Arrival point **Cable-car**
lower station 1035m





14 A FEAST FOR YOUR EYES

From the Croix de Culet, walk downhill towards «Coquoz Restaurant», then turn right across the flank of the Planachaux hillside towards the «Chaudron Restaurant». Turning left, you will see the Ripaille ski slope and the infamous Chavanette slope, one of the steepest slopes in the world. Continue on to the «Toupin Restaurant» and follow the sign-posts for trail n° 14 to the departure station of the Léchereuse ski lift. From here, follow the Seumon River to the Chalet du Pont. Continue on, a little more than 200m, to the line of the Grand Paradis chairlift. Leave the forest on a steep path and take the Parses road. From here, take off your snowshoes and follow the Rochats path to your right. Take the pedestrian path back to the village.

LES DENTS DU MIDI

● La Cime de l'Est – 3178m

● La Forteresse – 3164m

● La Cathédrale – 3160m

● L'Éperon – 3114m

● La Dent Jaune – 3186m

● Les Doigts – 3210m

● La Haute Cime – 3257m





● Mont-Blanc – 4810m

●
MASSIF DES DENTS BLANCHES



CHAMPÉRY – CHEMIN DES POUSSETTES



A A Primary trail

CHAMPÉRY – CHEMIN DES POUSSETTES

Duration **1h**

Distance **2.2km**

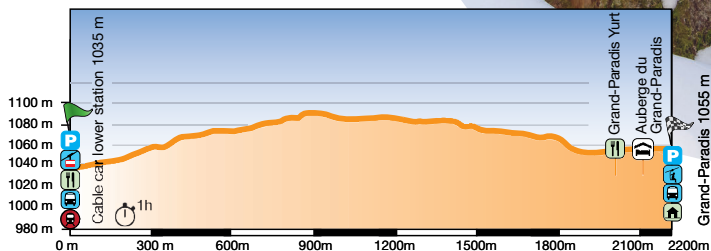
Difficulty **✳**

Elevation **↗130m | ↘110m**

Departure point **Cable-car**

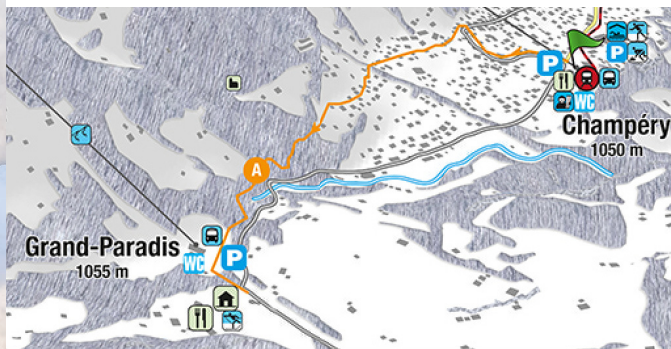
lower station 1035m

Arrival point **Grand-Paradis 1055m**



A FOR BIG AND SMALL

Leaving from the Champéry cable-car and finishing in a winter wonderland at Grand Paradis, this trail is a lovely ramble along the Chemin des Poussettes, perfect for families with young children. For the way back, retrace your steps on the same path or take the Grand Paradis shuttle bus. Alternatively, take the Grand Paradis – Planachaux – Croix de Culet chairlifts and then come down via the Champéry cable-car.





CHAMPÉRY – RUMIÈRES – SUR COU

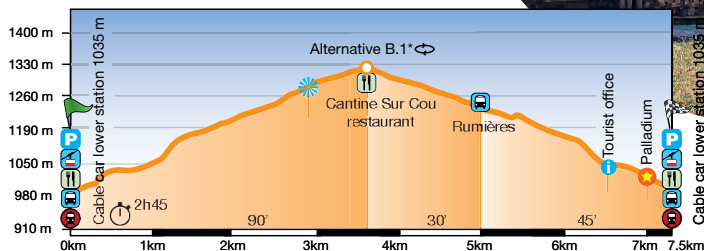


B Primary trail ↻ CHAMPÉRY – RUMIÈRES – SUR COU

Duration **2h45**
Distance **7.5km**
Difficulty *** ***
Elevation **↗450m | ↘450m**
Departure point **Cable-car
lower station 1035m**
Arrival point **Same**

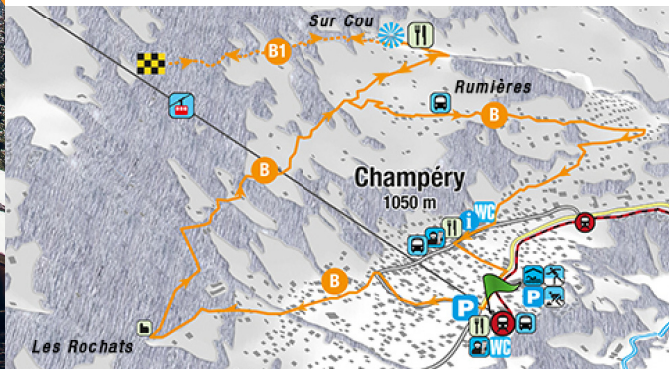
B.1 Trail (Alternative) ↻ (...) *Hike on the Ayerne trail*

Duration **50min.**
Distance **2.3km**
Difficulty *****
Elevation **↗150m | ↘150m**
Departure point **Sur Cou 1369m**
Arrival point **Same**



B DISCOVER CHAMPÉRY

This trail leaves from the cable-car and follows the road to Planachaux. At Les Rochats, you will see an oratory. Turn right and follow the road to the «Cantine Sur Cou Restaurant». From here, you will have a splendid view of the Dents du Midi mountain range. To return, take the road that traverses the Rumières residential area or take the Rumières shuttle bus.





CHAMPÉRY – PROGRÈS – SOUS SCEX – CHAMPÉRY



C Primary trail CHAMPÉRY – PROGRÈS – SOUS SCEX – CHAMPÉRY

Duration **1h30**

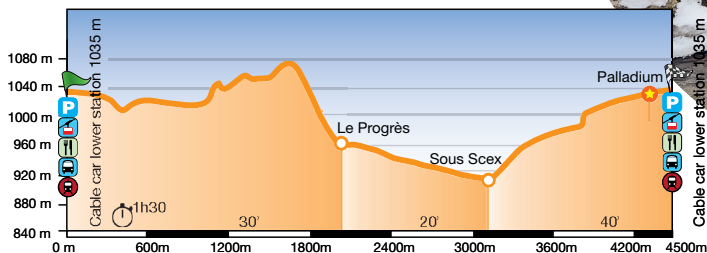
Distance **4.5km**

Difficulty **✳**

Elevation **↗230m | ↘230m**

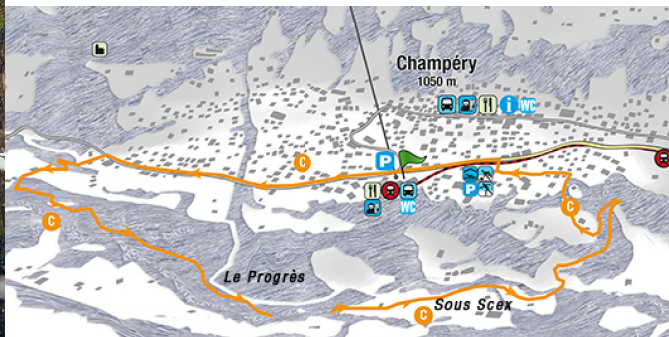
Departure point **Cable-car lower station 1035m**

Arrival point **Same**



C BY THE RIVERSIDE

Leaving from the Champéry cable-car, follow the main road towards Grand Paradis. 500m past the cable-car, turn right to pass under the bridge and down towards the Vièze River. The path winds through the forest and past a series of trout ponds. At Sous Scex, cross the old stone bridge and climb back up towards Champéry.





CHAMPÉRY – PROGRÈS – SOUS SCEX – LA COUR – CHAVALET – CHAMPÉRY



D Primary trail ↻

CHAMPÉRY – PROGRÈS – SOUS SCEX – LA COUR – CHAVALET – CHAMPÉRY

Duration 2h30

Distance 8.1km

Difficulty **

Elevation ↗330m | ↘330m

Departure point Cable-car lower station 1035m

Arrival point Same

D>E Trail (Alternative)

(...) *link with the trail E / Val-d'Illiez*

Duration 30min.

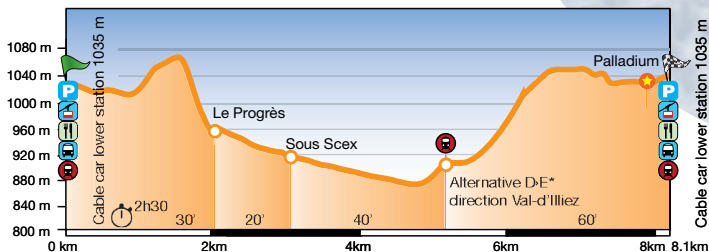
Distance 1.5km

Difficulty *

Elevation ↗85m | ↘30m

Departure point La Cour 900m

Arrival point Place du Village Val-d'Illiez 950m



D OVER THE RIVER AND THROUGH THE WOODS

Leaving from the Champéry cable-car, follow the main road 500m towards Grand Paradis. Turn right to pass under the bridge and down towards the Vièze River. The path winds through the forest and past a series of trout ponds. From Sous Scex, cross the old stone bridge and continue along the river to the next bridge. Watch out; at times the paths can be icy! Continue in the direction of Val d'Illiez. When you arrive at the old sawmill, turn left and head back towards Champéry.

The return trip to Champéry may also be made by train from the La Cour train station (check the AOMC schedules)





THERMAL BATHS TRAIL

E Primary trail ↻ THERMAL BATHS TRAIL

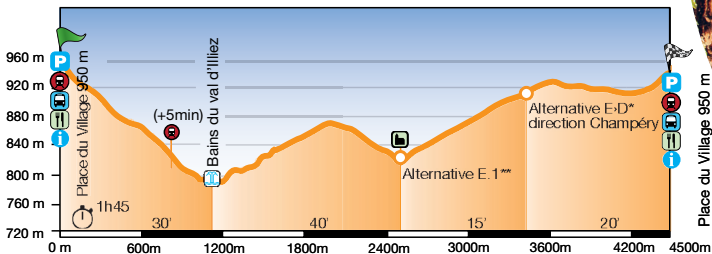
Duration **1h45**
 Distance **4.5km**
 Difficulty *
 Elevation ↗260m | ↘260m
 Departure point **Place du Village**
Val-d'Illiez 950m
 Arrival point **Same**

E>D Trail (Alternative) (...) link with the trail D – Champéry

Duration **60 min.**
 Distance **3.3km**
 Difficulty *
 Elevation ↗200m | ↘60m
 Departure point **En Play 900m**
 Arrival point **Cable-car
lower station 1020m**

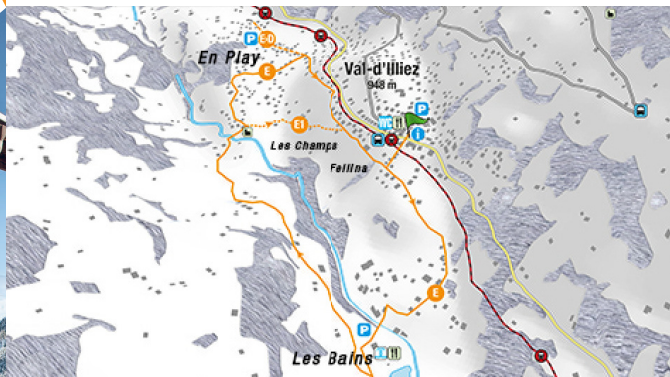
E.1 Trail (Alternative) ↻ (...) through the Route des Champs

Duration **1h30**
 Distance **3.8km**
 Difficulty * *
 Elevation ↗260m | ↘260m
 Departure point **Place du Village**
Val-d'Illiez 950m
 Arrival point **Same**



5 DISCOVER VAL D'ILLIEZ & THE THERMAL BATHS

This winter ramble leaves from the village of Val-d'Illiez. From the town square, walk downhill towards the church and follow the narrow road that winds through a residential area of quaint Val-d'Illiez chalets until you reach the Thermes Parc thermal bathing complex. From here, climb the opposite hillside through the pastures, following the path downhill to cross over the Vièze River. To return to the village, you have two options. Take the path that branches to the right and go up the steep «Sentier des Champs» path, but be careful, the route may be icy. Otherwise, continue straight on past the chalets, following the «Play» and «Fellina» roads.





SIGNPOSTING

Look for the pink markers along the trail. Maps and information panels can be found at important intersections.

ITINERARIES

For detailed maps, scan the QR Code in this guide, on our website at www.ski-and-bike.ch or at the trailhead departure point.

SECURITY

These itineraries are not always groomed and are not patrolled. **Use these trails at your own risk. Prepare your outing carefully and make sure you have an alternative plan in case of emergency.** Snowshoeing in the mountains means that you need to respect certain rules for your own safety.

CONDITIONS AND PREPARATIONS

- **Check the forecast** before you leave. In the mountains, the weather can change dramatically in the blink of an eye! Sun, heat, wind, rain, fog, snow, cold; if you want to brave the elements, you have to account for all of them.
- Avalanche danger is real: **Keep to open, marked trails.**
- **Never go hiking alone!**
- Before you leave, **tell someone where you're going** and don't forget to **let them know what time you plan to be back.**
- **Map out your itinerary** before you leave.
- Make sure you **choose an appropriate itinerary**, adapted to your ability and level of fitness.
- Indicated walking times are **approximate**.
- Public transportation timetables (bus, train, ski lifts) can be found on our website at www.ski-and-bike.ch



CHOOSE APPROPRIATE EQUIPMENT

- Wear *sturdy, waterproof* walking shoes or boots with *good tread* on the soles. *Hiking gaiters* will protect you from the snow.
- Wind chill factor can make it feel 5° to 10° colder than it really is. *Layered clothing* will help you protect against the cold. Don't forget to bring *a hat, gloves* and *sunglasses*.
- Carry a *backpack* with *snacks* and *warm drinks*.
- It's also a good idea to bring a *first aid kit*, a *survival blanket* and a *cell phone*.

RECOMMENDATIONS

RESPECT OTHERS !

- Be careful not to damage any *enclosures* for animals and respect *private property*.
- Cross-country ski tracks are reserved for skiers.
Please stay on the appropriate trails.

ALONG THE WAY...

- *Keep an eye on the time.* Allow enough time for the return trip and don't over-tax yourself.
- *Stay on the marked trails* and respect the safety markings !





PRESERVE NATURE

- Respect the rules and regulations that apply to ***protected natural zones***. These wilderness areas are essential to effective cohabitation between people and animals.
- ***Stay on the marked trails***; they are designed to minimize the impact of hikers on the local environment.
- ***Pack your waste out with you***. Don't leave anything behind you that might pollute the environment and harm the local plants and animals.
- ***Don't smoke***. If you must smoke, take your cigarette butts with you !
- ***Don't pick the plants***, especially if you don't know what they are. Some of the plants are protected species and picking them may contribute to their eradication from the area and an irreversible change in the local ecosystem.
- ***Don't walk through young forest regrowth areas***. The renewal of the forest is essential to the alpine ecosystem.
- ***Respect the wild animals***. Don't forget that you are just passing through ; they live here all year round !



MORGINS AND ITS SURROUNDINGS

The resorts of Morgins and the Abondance Valley offer more than 80 kilometers of trails, all marked and groomed in order to discover the nature's beauty and glory during the winter months.

www.morgins.ch

VAL-D'ILLIEZ – LES CROSETS – CHAMPOUSSIN TOURISM AND CHAMPÉRY TOURISM WOULD LIKE TO THANK ALL THE PEOPLE WHO CONTRIBUTED TO THE SUCCESS OF THESE GUIDES.

Commune de Val-d'Illiez
Commune de Champéry

—
Leslie Dubosson
Bertrand Perrin
Fabrice Perrin
Guy Rouiller

© Photography

Val-d'Illiez – Les Crosets – Champoussin Tourisme / Champéry Tourisme
Jean-Baptiste Bieuville / Hubert Caloz / Christian Perret / Guy Rouiller

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Spirale Communication visuelle, Monthey



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3.-



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- 118** Firefighters
- 144** Ambulance
- 144** Mountain rescue
- 163** Road info
- 162** MeteoSwiss



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— Val-d'Illeiez —
Les Crosets - Champoussin

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