



Dents-du-Midi Circuit Offer

Individual "Hiker" Offer

Unaccompanied Hike

Dents-du-Midi Association
info@dentsdumidi.ch
www.dentsdumid.ch

Date: *End of June to September 2019*
Duration: *5 days of hiking*
4 nights
Departure: *Mex / Saint-Maurice*

SAINT-MAURICE TOURISM
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1. General information

"Dreaming of nature? It's a nature-lover's dream!"

... this is the motto of the Dents-du-Midi Circuit. Discover one of the first hiking trails in Valais, the legendary Dents-du-Midi circuit.

Go at your own pace, following the signage. Stop when and where you like for a snack. Be surprised by the exceptional views. Stay overnight in charming accommodation.

The Dents-du-Midi Circuit "Hiker" trail is a loop which begins in Mex, a small village above Saint-Maurice. Daily walking time varies from 3 to 5 hours of actual hiking. This circuit is aimed at the average hiker, but one who has some experience of mountain walking trails. You may also decide to prolong your stay by spending an additional night or nights, to enjoy some of the great variations on the circuit (information on www.dentsdumidi.ch/en/alternatives).

The trail

Approximately 45km long, the circuit trail curves in a loop around the majestic peaks of the Dents-du-Midi, at an altitude between 1000m and 2500m. On a well-maintained and clearly-marked trail, you will have the time to look around and admire the impressive sights of the Dents-du-Midi summits, crystal clear waterfalls and streams, typical alpine chalets dotted across mountain pastures, sparkling alpine lakes, glaciers hanging from the mountainside, wildlife and magnificent flowers.

The backpack

Not all the accommodation can be reached by road, which is a good thing! On the other hand, it does mean you will need to carry your belongings and your picnic lunch. For your convenience, there is a list of things not to forget on www.dentsdumidi.ch/en/equipment.

Accommodation

Spending one or more nights in a hut or a mountain inn is an unforgettable experience. Your hosts and their staff look forward to welcoming you on your arrival. The "Mountain Hut Code", published by the Swiss Association of Hut Managers, gives novice visitors all the necessary information on how hut life works (www.cabanes-suisse.ch). You can also find useful information for your stay on <https://www.dentsdumidi.ch/en/accomodation/>.

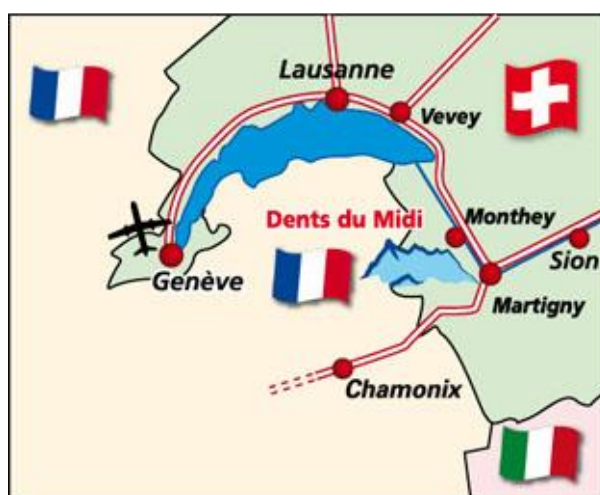
Would you like to start out on the circuit feeling fresh and rested, or would you like to rest up after completing your circuit and before heading home? In Mex, there is the trail lodge

of the Auberge de l'Armailli www.armailli.ch or, in Saint-Maurice, the Dents-du-Midi Hotel www.hotel-restaurant-dent-du-midi.ch - they will all be happy to welcome you.

The starting point - Mex above Saint-Maurice

Mex www.mex-vs.ch , a small village perched on the mountainside, is accessible:

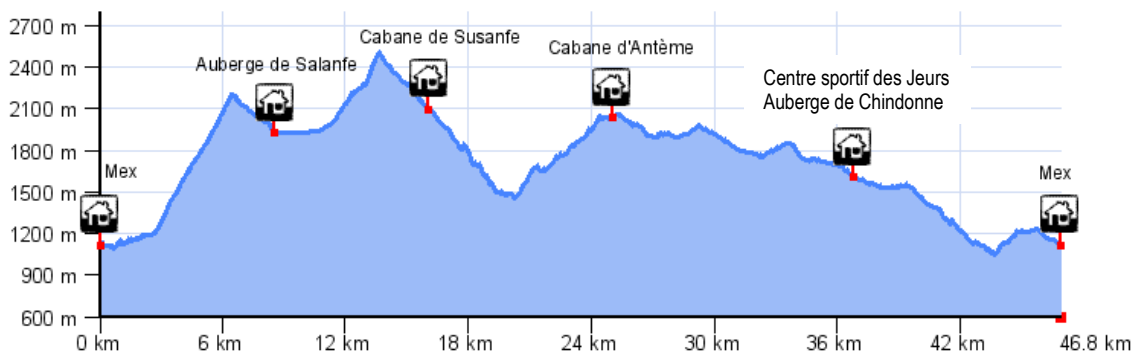
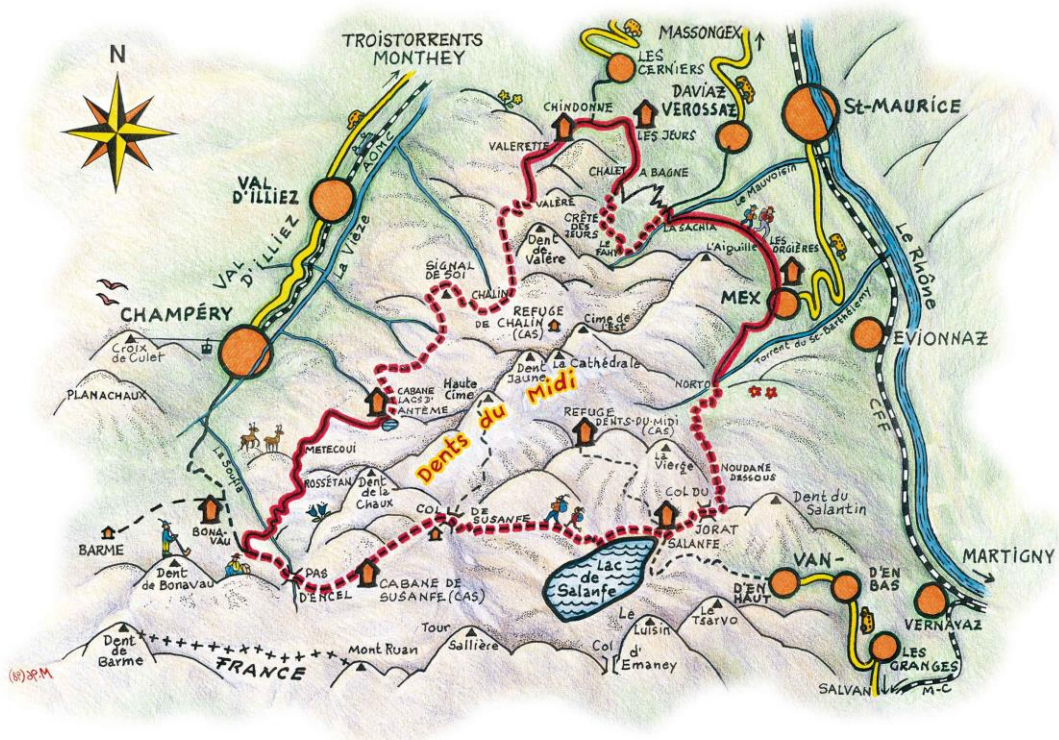
- **In train**, then by **postal bus** from Saint-Maurice station www.saint-maurice.ch .
Timetable and ticket prices: www.sbb.ch/en .
- **By car**, leave the A9 motorway at the Saint-Maurice exit, at the 1st roundabout, follow the direction of Saint-Maurice, that is, the 1st exit; at the 2nd roundabout, take the 3rd exit in the direction of Epinassey/Mex; under the bridge, turn left; then turn right after the petrol station; drive through Epinassey and continue on the road which leads to Mex (be careful, mountain road!); leave your vehicle in the communal carpark.



Inclusions and validity period

- 4 nights in huts/mountain inns
- Full board, minus drinks (4 breakfasts, 4 picnics and 4 evening meals). Don't forget to bring your own picnic lunch for the 1st day!!
- This offer is valid from the end of June to the end of September 2019, subject to snow conditions.

2. The Trail

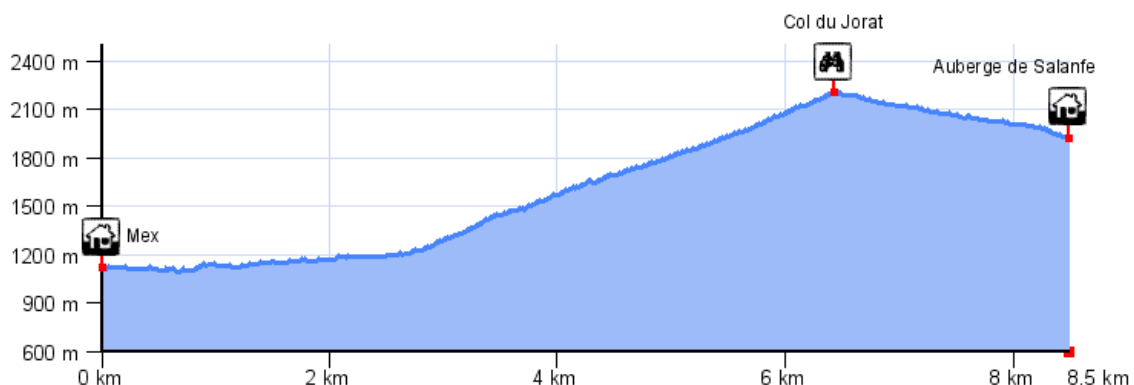


1st day : Mex – Auberge de Salanfe

Between 4 and 5 hours walking time

Leave from Mex (1118 m.), a small village perched on the heights of St-Maurice, follow the forest trail to St. Bartholomew's torrent, cross over the footbridge. In the event of heavy rain, it can be very difficult to cross. Rather steep rise on a wide trail which winds its way up to the Jorat pass (2 210m.). Wonderful point of view between the Dent du Salantin and the Gagneries Virgin onto the open plain of Salanfe, the lake and the dam, encased by the slopes of the Dents-du-Midi, Luisin and the Tour Salliere. Easy descent to the Auberge de Salanfe (1950m.).

Lodge Info: the evening meal is served at 19h00 / shower available / indoor slippers provided / sleeping bag liner highly recommended www.salanfe.ch



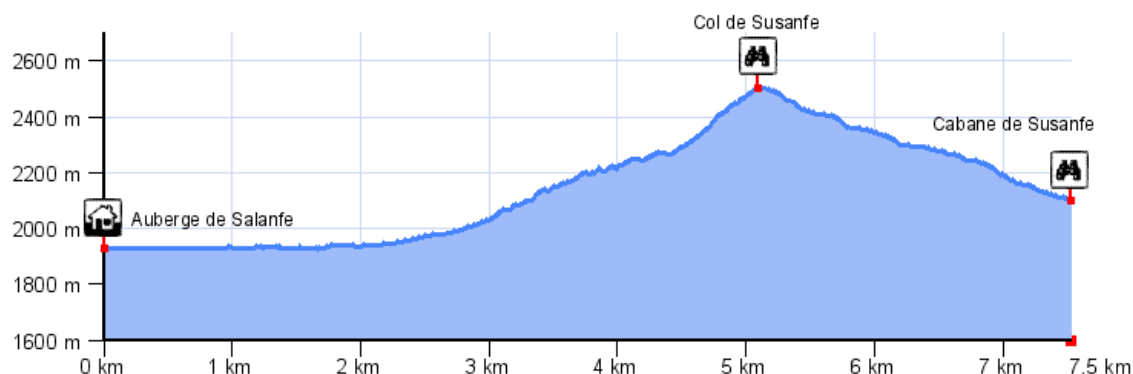
2nd day : Auberge de Salanfe - Cabane de Susanfe

Between 3 and 4 hours walking time

From the Auberge de Salanfe (1950m.), take the alpine pasture track which skirts the lake. Just after the point where the stream enters the lake, take the track which leads up to Lanvouisset. From there, the path climbs gradually to a cliff face where the passage has been equipped with a handrail. At the top, a deserted lunar landscape opens up, leading to Susanfe pass (2494m.). The pass forms a broad cleft between the Haute Cime and the Tour Salliere. This is the highest point on the circuit, from which the path leads down towards the Susanfe Hut (2102m.).

At the beginning of the season there may still be heavy snowfalls, in which case the older route known as the "Winter Way" (Chemin d'hiver) should be used to reach Susanfe pass.

Hut Info: the evening meal is served at 6.30pm / no showers / indoor slippers provided / sleeping bag liner highly recommended www.susanfe.ch

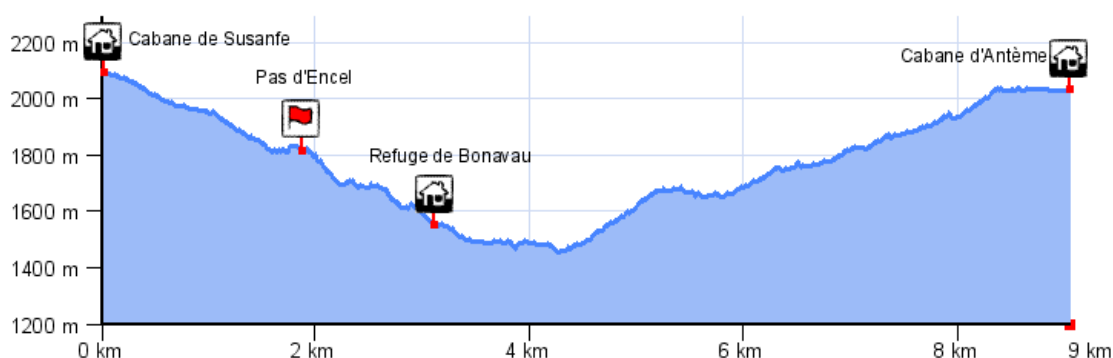


3rd day : Cabane de Susanfe – Cabane d'Anthème

Between 4 and 5 hours walking time

From the Susanfe hut (2 102m.), follow the path which curves around the Susanfe combe, blocked on the south end by Mount Ruan with its suspended glacier and the Tour Salliere (3 218m.). Pass by the Giétroz reservoir to reach the Pas d'Encel, where the path plunges down deep gorges and steep slopes. Handrails have been added to facilitate access in the more difficult sections. Descend towards the Bonavau hut (1 550m.). From the Bonavau hut (1550m.), return approximately 400m in the direction you came to reach the circuit trail via a footbridge over the powerful Saufla torrent. The trail climbs up gradually, going through the Rossetan mountain pasture (1 650m.) and passing by Metecoui chalet (1 775m.). There is a great viewpoint from here over the valley and the magnificent areas of Planachaux, Les Crosets and the Portes du Soleil. A further effort is required to reach the two small lakes at Anteme (2 035m.), but it will be worth it to discover this leafy haven of peace and calm, set on a plain bound by the crest of Selaire and the Dent de la Chaux. The Anthème hut (2 037m.) sits just below.

Hut Info: the evening meal is served at 6.30pm / no showers / indoor slippers provided / sleeping bag liner highly recommended www.antheme.ch

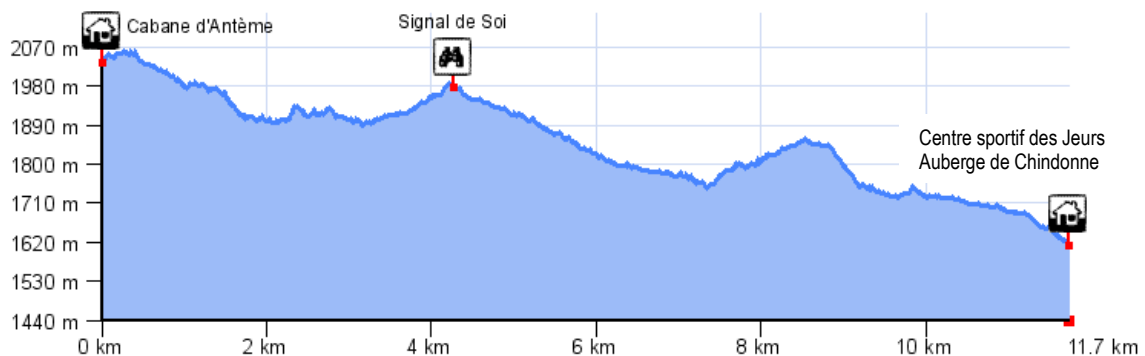


4th day : Cabane d'Anthème – Auberge de Chindonne or Centre Sportif des Jeurs

Between 3.5 and 4.5 hours walking time

From the Anthème hut (2 037m.), the altitude remains similar until Signal de Soi (2 013m.). This passage below the rocks is magnificent, marked by the torrents flowing down from the Soi glacier. With the impressive northern wall of the Dents-du-Midi and the Chalin hanging glacier towering over it, the trail continues across the Chalin basin to reach the pretty Majedo clearing. The trail continues through a coombe where alders to reach the mountain pastures of Valere and Valerette, then carry on to the Auberge de Chindonne (1 604m.) or the Centre Sportif des Jeurs (1 560m.)

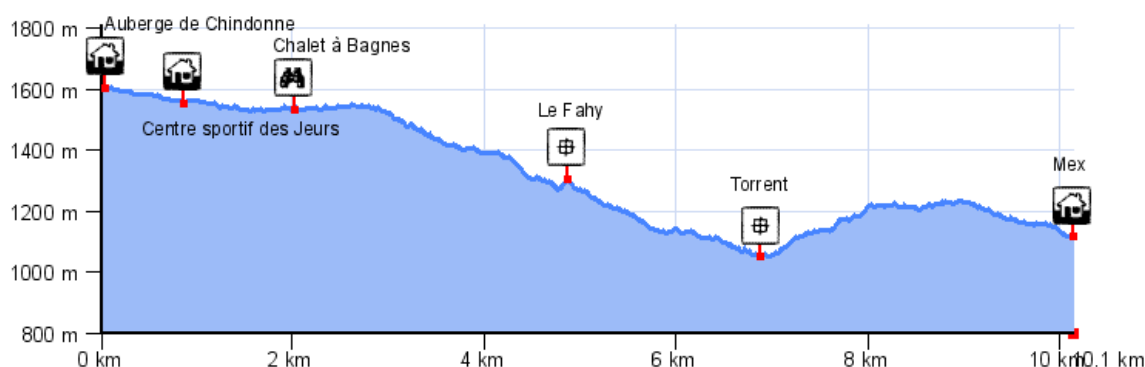
Hut Info: showers / sleeping bag liner required chindonne.ch/ / www.dentsdumidi.ch/en/accommodation/centre-sportif-des-jeurs



5th day : Auberge de Chindonne or Centre Sportif des Jeur - Mex

Between 3.5 and 4.5 hours walking time

From Chindonne mountain pasture (1 604m.) or from Les Jeurs sports centre (1 560m.), follow the trail through the sparse undergrowth as far as Chalet à Bagnes (1 531m.), which offers a fantastic viewpoint. (In the event of heavy rain, the Cleusey torrent cannot be crossed. We strongly advise taking the detour via Chalet à Bagnes - La Sacchia.) The trail then winds its way into the forest of Cleusey and crosses the Mauvoisin torrent before reaching the small mountain pasture of Fahy (1 269m.) nestled at the foot of the spectacular waterfalls cascading over the Trois-Merles crest. A place of wild beauty which offers a cool haven in summer. Leave Fahy on the trail which goes through the forest and crosses the Mauvoisin once again. At this point the trail becomes rocky, continue until a fork in the path. It is possible to reach Vérossaz from here. Leave the road here, cross the Mauvoisin again and walk through the beautiful forests of Seintanère and Orgières to get to Mex (1 118m.)



A Final Piece of Advice...

This hiking trail requires you to be in good physical condition and have some experience of mountain trails. You will need solid climbing boots and adequate equipment in the event of bad weather. All hikers are required to seek current weather information and to enquire about the state of the track before leaving. A walking map is recommended (MPA map: Du Léman aux Dents-du-Midi, 1 : 25 000 - Chablais valaisan, can be ordered from www.edition-mpa.ch).

The organisers decline any responsibility in the event of accidents, damage or theft during the trip.

3. Prices and Reservations

Prices 2019

Offer

Adult	CHF 303.-
Child from 10 to 16 years	CHF 237.-

Supplements

*Additional night in Salanfe, Susanfe, Antheme, Chindonne or Les Jeurs
(half-board with picnic lunch)*

Adult	+ CHF 75.-
Child from 10 to 16 years	+ CHF 58.-

Possibility of staying in a private room at the Auberge de Salanfe (according to availability)

Adult	+ CHF 30.-
Child from 10 to 16 years	+ CHF 22.-

Possibility of staying in a private room at the Auberge de Chindonne or the Centre Sportif des Jeurs (according to availability)

Adult	+ CHF 30.-
Child from 10 to 16 years	+ CHF 30.-

Before or after the hike, possibility of staying at

La Dent du Midi Hotel in Saint-Maurice (half-board without picnic lunch)

Adulte	+ CHF 92.-
Child from 10 to 16 years	+ CHF 62.-
Picnic lunch, supplement	+ CHF 15.-

Auberge de l'Armailli in Mex (half-board without picnic lunch)

Adult	+ CHF 60.-
Child from 10 to 16 years	+ CHF 48.-
Picnic lunch, supplement	+ CHF 12.-

Payment

To the account of the Dents-du-Midi Circuit Association:

IBAN CH03 8060 6000 0016 0279 3

BIC SWIFT: RAIFCH22

Clearing N° (NCB): 80606

Via the secure Paypal system (with the confirmation, you will receive an invoice with a link to make an online payment)

It is also possible to pay by bank transfer or by bank deposit slip (*bulletin de versement*).

30 days before departure/or if closer to departure, as soon as possible

Please note, the offer must be paid for in full before departure

Cancellations

If it's before starting the circuit, with the Saint-Maurice tourist office +41 24.485 40 40.

Cancellation Costs: **up to 2 days before departure, 10%, 1 day before departure, 50%, on the day of the departure, 100%.**

Reservation and Cancellation Conditions:

http://www.dentsdumidi.ch/fichiers/TDM_2019_booking_and_cancellation_conditions.pdf

Reservations

To reserve your stay, please use the online form:

www.dentsdumidi.ch/en/tour-offers/reservation

The Saint-Maurice Tourist Office will be delighted to answer your request.

SAINT-MAURICE TOURISM

Opening hours

Monday to Friday: 9am - 12pm / 2-6 pm

Saturday: 9am - 12pm **in July, August and September**

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