



Dents-du-Midi Circuit Offer

Individual «Sporting» Offer

Unaccompanied Hike for free spirits



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

Date : *From the end of June to
September 2019*
Duration : *4 days of hiking
3 nights*
Departure : *Champéry*

SUMMARY

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1. General Information

“Yearning for nature? This is a dream come true!”

This is the motto of the legendary Dents-du-Midi Trail, one of the first multi-day hiking itineraries in the Valais.

Go at your own pace, following the trail markers. Stop whenever and wherever you like for a snack. Be awestruck by the breath-taking alpine vistas. Stay overnight in warm and welcoming lodges.

The Dents-du-Midi Circuit ‘Sporting’ Offer is a loop which leaves from Champéry in which the daily walking times (without breaks) vary from 5 to 8 hours. This circuit is aimed at the experienced and trained hiker, used to mountain walking trails. The culminating point is the climb to the top of the Haute Cime which, at 3 257m., is the highest summit of the Dents-du-Midi range.

You may also decide to prolong your stay by spending an additional night or nights in the lodges along the way, in order to enjoy some of the great variations on the circuit (information on <https://www.dentsdumidi.ch/en/alternatives/>).

The Trail

Approximately 45km long, the trail circumnavigates the majestic peaks of the Dents-du-Midi mountain range, at altitudes ranging from 1000m and 2500m. On this well-maintained and clearly-marked trail, you will have the time to look around and admire the seven impressive summits of the ridge, crystal clear waterfalls and gurgling streams, typical alpine chalets nestled in idyllic mountain pastures, sparkling alpine lakes, glaciers clinging to craggy mountainsides and an abundance of alpine wildlife and flora. The trail up the Haute Cime is a rugged scramble up a steep, almost lunar, landscape but the amazing views are well worth the effort!

The Backpack

Not all the lodges 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, we have provided a list of things not to forget on www.dentsdumidi.ch/en/equipment.

The Accommodations

Spending one or more nights in a hut or a mountain lodge 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? Our partner, Le Petit Baroudeur (www.lebaroudeur.ch) would be delighted to welcome you. Located just near the Champéry train station, this is the ideal jumping-off point!

The trailhead - Champéry

Champéry www.regiondentsdumidi.ch can be reached:

- **By train :**
Timetables and ticket prices: www.cff.ch.
- **By car :**
 - Leave the A9 motorway at exit 18 "St-Triphon vers Pas-de-Morgins/Portes du Soleil"
 - Follow signs to Portes-du-Soleil/Pas-de-Morgins at the first roundabout
 - Continue straight on at the second roundabout
 - At the 3rd roundabout, take the tunnel at the 2nd exit and follow signs to Champéry.



Inclusions and Validity Period

- 3 nights in huts/mountain lodges
- Full board, not including 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.



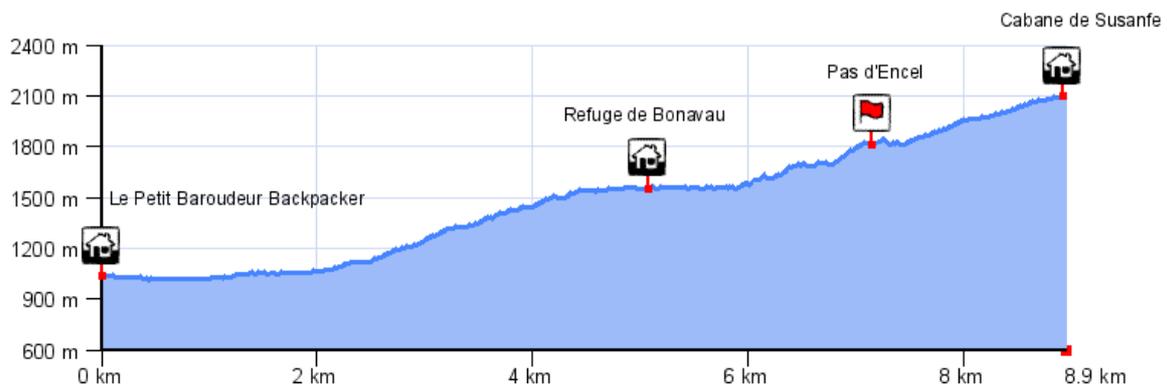
2. Route

1st day : Champéry – Cabane de Susanfe

Between 4 and 5 hours walking time

From Champéry, walk up to Grand Paradis. From there, follow signs in the direction of Bonnavau. The path climbs through the forest to the mountain pasture of Bonnavau. Food is available at the Bonnavau hut. Steep, rocky slopes overhang the path which continues through deep gorges to the Pas d'Encel, alongside the Dent de Bonnavau. This rocky passage has been equipped with chains to make it easier (take care if you are prone to vertigo). A footbridge then crosses the Saufla stream, bringing you to the Susanfe cirque, closed off on the southern side by Mont Ruan with its suspended glacier and the Tour Salière. A little higher, the iconic Susanfe Hut awaits you for an overnight stay.

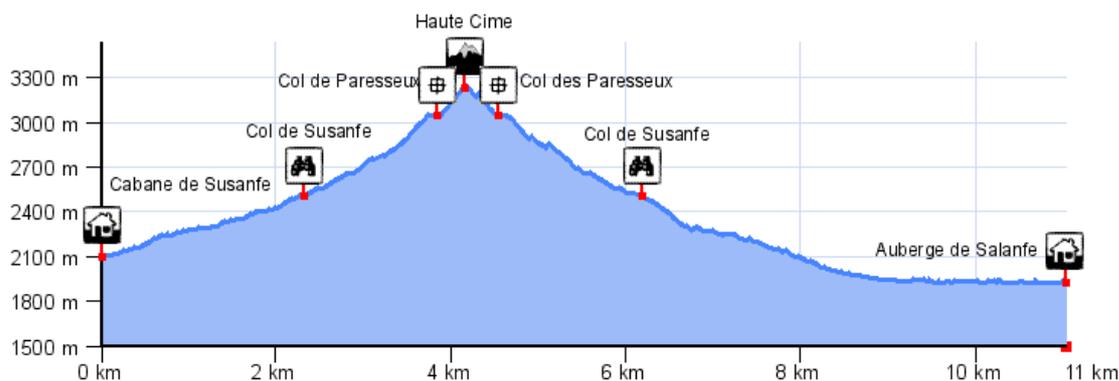
Hut Info: the evening meal is served at 6.30pm / no showers / indoor slippers provided / sleep sack highly recommended www.susanfe.ch



2nd day: Cabane de Susanfe – Haute Cime – Auberge de Salanfe
Between 5 and 6.5 hours walking time

From the hut, the trail continues on to the highest point of the circuit, the Susanfe Pass (2 494m.), a wide plateau with a rocky, lunar landscape between the Haute Cime and the Tour Salière. Through the Pass, the Salanfe Valley is visible with Lake Salanfe glittering like a jewel between the Dents-du-Midi, Luisin and the Tour Salière. On the horizon are the Valaisan Alps. This pass is the starting point for the climb to the summit of the Haute Cime (3 257m.), the highest peak of the Dents-du-Midi. The trail is rocky and barren with a steeply rising slope, best suited to well-equipped hikers who are accustomed to high altitude trails. The view at the top is well worth the effort, however, with a 360° panorama over the Swiss and French Alps! The descent follows the same trail. When you arrive back down at the pass, take the opposite slope and then descend 300m to a ledge and cliff which has been equipped with chains to make the going easier. At the beginning of season, when there is still snow, it is preferable to take the trail known as the Winter Path "Chemin d'hiver" along the gully. The trails come together in Lanvouisset. The trail then leads down to the lake and along it to arrive at the Auberge de Salanfe (1 952m.).

Hut Info: the evening meal is served at 19h00 / showers available / indoor slippers provided / sleep sack highly recommended www.salanfe.ch



3rd day: Auberge de Salanfe – Centre Sportif des Jeurs or Auberge de Chindonne

Between 6 and 8 hours walking time

The trail passes behind the Auberge and climbs to the Jorat Pass (2 210m.), a picturesque spot between the Dent du Salantin and the Gagneries Virgin. There is a magnificent view over the Salanfe valley and, on the other side, across the Chablais region bordering Lake Geneva. From the pass, the path descends sharply but the trail is good and winds its way down to the Saint-Barthélémy stream (in heavy rain, this stream may be difficult to cross). The forest road on the left bank leads to Mex (1 118m.) where food is served at the Armailli Inn www.armailli.ch. The trail then carries on through the beautiful forests of Orgières and Seintanère. Two small bridges lead across the Mauvoisin stream, which the trail will cross again higher up. The trail then reaches the mountain pasture of Fahy (1 269m.) with its magnificent waterfalls, a wild place which stays deliciously cool in summer. The trail then leads into the Cleusey forest and winds its way up to Chalet à Bagnes (1 531m.), which offers yet another splendid viewpoint. The trail continues to the Centre Sportif des Jeurs (1 560 m.) or 10 minutes later at the Auberge de Chindonne (1 604 m.).

Hut Info: The evening meal is served at 6:30pm / showers available / sleep sac recommended

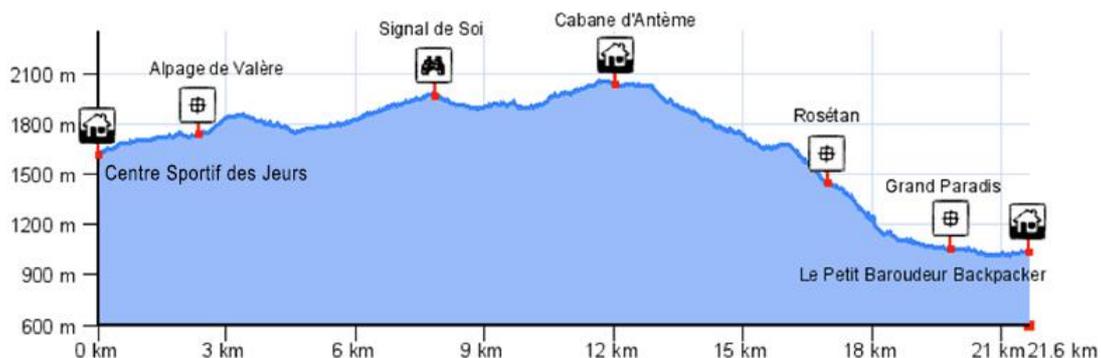
- chindonne.ch
- www.dentsdumidi.ch/en/accomodation/centre-sportif-des-jeurs



4th day : Centre Sportif des Jeurs or Auberge de Chindonne – Champéry

Between 6.5 and 8 hours walking time

From the Centre Sportif des Jeurs or Chindonne, follow the 'Alpage' trail which leads up to the pastures of Valerette and Valère. The route then passes through by the pretty Majedo clearing to reach the Chalin cirque, a wild place where you will perhaps be lucky enough to hear the belling of a stag in autumn. The trail then climbs up to Signal de Soi (2 054m.). The magnificent panorama from here stretches from the Cou Pass in the Fribourg Prealps, over the Jura and across to the mountains of Haute Savoie in France, taking in some of the Valaisan Alps along the way. A further climb is required to reach the two small lakes at Antème (2 035m.), but this verdant haven of peace and calm, nestled in a valley and surrounded by the ridges of Selaire and the Dent de la Chaux is well worth the effort. The Antème Hut provides food and is situated just below the lakes, at 2 037m. From here, the trail descends to the Metecoui Chalet and on to the small Saufla Valley via the Rossetan pasture (1 650m.) From here, follow signs to Champéry via Roc Coupé, on the right bank of the Saufla River. You will eventually find yourself on the trail you took on the first day to reach Grand Paradis and then Champéry (1 055m).



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.editions-mpa.ch).

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

3. Prices and Reservations

Prices

Offer

Adult	CHF 234.-
Child aged 10-16	CHF 175.-

Supplements

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

Adult	+ CHF 75.-
Child aged 10-16	+ CHF 58.-

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

Adult	+ CHF 30.-
Child aged 10-16	+ CHF 22.-

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

Adult	+ CHF 30.-
Child aged 10-16	+ CHF 30.-

Before or after the circuit, you can stay at

*Le Petit Baroudeur in Champéry – Accommodation and breakfast
(WITHOUT EVENING MEAL)*

Adult	+ CHF 42.-
Child aged 10-16	+ CHF 32.-
Picnic lunch	+ CHF 15.-

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 Champéry 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 make a reservation, please use the online form:

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

The Champéry Tourist Office looks forward to you assisting you with your enquiry or reservation.

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