



## MAP LEGEND

- |                            |  |                            |                |
|----------------------------|--|----------------------------|----------------|
| Cross-country skiing track | Distance (km)  | Viewpoint, remarkable site | Alpine skiing  |
| Snowshoeing track          | Loop, recommended direction  | Gondola                    | Ice rink       |
| Ski touring track          | Ski lift   | Sledge run                 | Bus stop       |
| Winter hike trail          | Train  | Restaurant                 | Train stop     |
| Train                      | Circuit de Couffin : La Plaine - Refuge du Luissalet - Couffin - La Place - Bois des Tines - La Plaine | Accommodation              | Tourist Office |
|                            |  | Pool and wellness          | Parking        |
|                            |  | Camping                    | Public Toilets |
|                            |  | Sports shop                | Aid station    |

## SOME RECOMMENDATIONS

### SECURITY

The time given are from SuisseMobile, they are for guidance only and may vary depending on the weather conditions and your physical condition.  
The Nordic routes can only be used during the opening periods of the ski lifts ([www.tvgd.ch](http://www.tvgd.ch)) under your own responsibility and in good visibility (in case of fog or uncertain weather conditions, do not go on your walk). Do not stray from the marked routes and respect the signposting, diversions and closures.  
Don't over estimate your physical abilities.  
We decline all responsibility in case of an accident, distraction or problems caused by the forces of nature.

### PROTECTION OF THE ENVIRONMENT

Together, let's protect the mountain environment!  
In order to respect the flora and fauna:  
- Don't leave rubbish behind.  
- Careful and efficient map use reduces paper waste.  
- Use public transport when possible to access the mountain.

### THE 4-LEGGED COMPANIONS

- Hiking and snowshoeing are accessible to dogs on a leash.  
- Dogs are not allowed on the cross-country ski tracks and on the ski area.  
To be able to go on these routes for a long time with your companion, we remind you here of the importance of picking up your dog's droppings, keeping him on a leash and being in control of your dog at all times for a good cohabitation.

### CROSS-COUNTRY SKIING

Cross-country ski passes are on sale at our Tourist Offices, Cergnement snack bar (Gryon), sport shops, the Sport Centre in Villars, Café de la Gare in Bex, and at the Relais Fermier at Les Plans sur Bex.

Travel ticket are sold at the BVB train station and at the Gryon Tourist office

## INFORMATION

### Tourist Offices :

Gryon	T. +41 (0)24 498 00 00
Villars	T. +41 (0)24 495 32 32
Bex	T. +41 (0)24 463 30 80

Snow Information	<a href="http://www.alpesvaudoises.ch">www.alpesvaudoises.ch</a>
Avalanche Bulletin	<a href="http://www.slf.ch">www.slf.ch</a>
Emergencies	112 / 144
Rega	1414

QR code to scan for winter activities openings



## SNOWSHOEING TRACKS E = Easy — M = Medium — A = Advanced

### 1 LES BOUQUETINS - VILLARS

Take the train from Villars to Les Bouquetins. At your destination, reach the Maison de Montagne de Bretaye. Go around this building and follow the ridge path and then descends into the forest on two bends. As you leave the forest, cross the railway tracks, then follow them for a while, passing the Auberge du Col de Soud. The last part of your route takes you to a ridge in the forest. The road on the left side is reserved for sledgers.

Take the path in the forest on your right. After this last climb, follow the path that zigzags down to the junction with the railway line. A few more bends and you are in the forest estate. At the end of the path, take off your snowshoes and walk back to the village centre, which is just a few steps away.

Les Bouquetins - Col de Soud - Villars E 4,8km 2h20 +126m/-541m →

### 2 LE GOLF - ENSEX - BOIS DES TINES

Take the train from Villars to Bretaye and get off at the Golf train stop (3rd stop). Head towards the Golf Club Villars Restaurant. You will cross a ski piste, so be careful! Your route then takes you through the charming mountain hamlet of Ensex, and onto the Col de la Croix road. You can choose to return by the same route, or you can walk down the cross-country ski route to Villars. Remember the Col de la Croix route is not a snowshoeing track and that you are sharing the track with cross country skiers and walkers.

Le Golf - Ensex - Bois des Tines M 4.8km 2h15 +254m/-219m →

### 3 LES ECOVETS - LA TRUCHE - LES ECOVETS

From Les Ecovets car park go up the Chemin de la Bergerie, which leads into the forest. At the exit, take the path on the left. After 2 km, turn right towards La Truche. On arrival at La Truche you then walk downhill through fields and back to your departure point.

Les Ecovets - La Truche - Les Ecovets A 5.7km 3h05 +394m/-394m ↻

### 4 COMBE DU SCEX (Alpe des Chaux) - TAVEYANNE - LA VERNEYRE (Villars)

From the Scex valley (at the end of the Alpe des Chaux road) head up through the forest. Then turn downhill to your right and carefully cross the ski slopes. Pass through the Taveyanne hamlet, and walk downhill close to the cross-country ski piste towards La Verneyre. Follow the river and head up again to your right towards the cross-country ski track. Return to Villars along the cross-country ski piste arriving in Rochegrises just above the centre of Villars.

Combe du Scex - Taveyanne	E-M	3.5km	1h35	+140m/-70m	→
Taveyanne - La Verneyre	E-M	3.2km	1h30	+48m/-269m	→
La Verneyre - Les Rochegrises	E	3km	1h	-73m	→

### 5 A CIRCUIT OF THE LAKES

Take the train from Villars to Bretaye. Leave Bretaye and head towards the Hotel du Lac. Continue on towards the Lac des Chavonnes. Be careful as you cross the ski slopes! Continue into the forest close to the restaurant at the Lac des Chavonnes, which leads to Vy Boveyre, then Conche, which is near the Villars-Diablerets link chairlift. Follow the signs for Bretaye to complete your circuit.

Bretaye - Lac des Chavonnes - Conche - Bretaye M 5.6km 2h30 +225m/-225m ↻

### V1 CIRCUIT AROUND BRETAYE LAKE

Take the train from Villars to Bretaye. On arrival at Bretaye set off towards the Hotel du Lac and follow the route through the nearby chalets towards the Lac de Bretaye. Walk around it and return to your starting point.

Bord du Lac de Bretaye E 1.4km 33min +35m/-52m ↻

### 6 LES CHAUX - TAVEYANNE - COMBE DU SCEX (Alpe des Chaux)

After arriving at the top of the cable car, turn left, carefully cross the ski slopes, and pass the Swiss Ski School on the right-hand side; at the start of the cross-country ski track to Taveyanne, enter the forest on the left and head downhill until you reach a forest track. Continue on it for about 200 metres, then turn right and head downhill to Le Luissalet. Head downhill through the forest for about 300 metres. When you reach the junction with another trail, turn right and follow this trail to the Alpine meadows at Taveyanne. Continue onward to the hamlet; head back for about 2 km and then along the hillside (Chemin des Raies) to the ski slope (passing under the chair lift). Carefully cross the 4 ski runs and climb the little knoll to your left. Enter the forest and continue downhill for 100 metres to the car park (option: take the Gryon shuttle down to the Combe du Scex stop).

Les Chaux - Taveyanne	M	3km	1h30	+74m/-196m	→
Taveyanne - Combe du Scex	E-M	3,5km	1h25	+70m/-140m	→

### 7 LES CHAUX - FRIENCE (Alpe des Chaux) - BARBOLEUSE

Go around the arrival building of the cable car by the bottom. (After the arrival of the Fracherets ski lift (cross-bow), continue to the hut. Cross the combe and then go down towards the forest, carefully crossing the 2 ski runs. Go down into the forest on the left to join the ski slope that goes down to the Frience mountain pasture. Follow the ridge along the edge of the piste and then descend to the right into the forest. Turn left and follow the path. From the Frience car park, go down towards the refuge and follow the lake. Follow the path towards Solalex, cross the ridge and continue along the path to the old chalet. Turn right, go down the embankment and follow the path to the car park at Les Ernets, following the path through the line of trees in the forest. Then walk up the road towards Alpe des Chaux for 50m, cross the road, then down the track on the left. Follow the path through the forest and over a small stream. Go behind the large log cabin, follow the road for 50m, then go up to the right, towards the edge of the forest; cross the curtain of trees, then go down along the forest. At the end of the forest, follow the road for 50m, pass between the chalets and go down to the left until you reach the road. Follow this road which joins the main road on the right to Barboleuse.

Les Chaux - Frience - Barboleuse	E-M	4.9km	2h15	+37m/-601m	→
Frience - Barboleuse	E	4km	1h45	+42m/-391m	→

### 8 CERGNEMENT - SOLALEX - CERGNEMENT

Follow the road from the Cergnement parking to the Cergnement snack bar. Continue on to the bridge, then turn up to the left towards the «Benjamine». The track carries on to the right before the bridge, following the river and passing through the forest before arriving at the Solalex Plateau situated at the foot of the Miroir d'Argentine. You may return to your starting point by the same route.

Cergnement - Solalex - Cergnement M 6.2km 2h45 +252m/-252m ↔

### 9 CIRCUIT DES RENARDS

An initiation trail, close to Barboleuse. Follow the Route des Renards opposite Gryon Tourist Office for about 800m. Turn right just past the waste collection center and cross the clearing. Then follow the trail through the forest for 200m. Follow the signs on the circuit to complete the trail.

Circuit des Renards E 1.8km 45min +55m/-34m ↻

## CROSS-COUNTRY SKIING TRACKS

### 1 CERGNEMENT - SOLALEX AREA

There are many different cross-country ski trails between Cergnement and Solalex, ranging from beginners level to advanced level. Pistes are prepared for classic and skating styles with the trails bringing you through the impressive Cergnement valley. The upper part of the trail takes you along the base of the majestic face of the Miroir d'Argentine. A guaranteed alpine experience!

Cergnement introduction circuit	E	1km	+18m/-18m	↻
Cergnemet circuit	E-M	3km	+50m/-50m	↻
Cergnement - Solalex - Cergnement	A	7km	+213m/-213m	↻
Solalex circuit	M	3km	+74m/-74m	↻

### 2 FRIENCE AREA

In the heart of Alpe des Chaux, facing the imposing Massif d'Argentine, Frience is ideal for families and individuals. The loop is close to the Frience winter recreation area.

Loop of Frience E-M 1km +35m/-35m ↻

### 3 LES ROCHEGRISES - COL DE LA CROIX - COUFIN - TAVEYANNE - LES FRASSES AREA

Leaving from Villars or Gryon, our cross-country pistes are prepared for skating or classic styles for moderate level skiers. You can rejoin either the Col de la Croix road or the gondola at Les Chaux by passing through Taveyanne, a beautiful snow covered alpine village lying under the winter snow.

Circuit de Coufin	M-A	9km	+245m/-245m	↻
Les Chaux - Coufin	M	3.8km	+1m/-239m	→
Le Golf - La Plâne	E-M	2.4km	+27m/-154m	→
Les Frasses - Coufin	E	5.1km	+161m/-6m	→
Les Rochegrises - Col de la Croix	A	7km	+427m/-8m	→
La Plâne- Coufin	E	1.9km	+63m/-28m	→

### 4 PLANS-SUR-BEX AREA

At the foot of the Muverans mountains, the cross-country ski piste at Les Plans has a variety of runs through the village and the forest. There are 7 km of pistes in total, prepared for classic and skating styles. Cross-country skiing is also possible at night with a floodlit 2.5km piste available. The village Les Plans-sur-Bex is at 7 km from Bex, it's accessible by car or by postal bus. E-M ↻

### 5 CIRCUIT PLAN MEUNIER

From Rochegrises walk 1.5 km to Plan Meunier where a 500m loop for beginners awaits you.

Circuit Plan Meunier E 0.5km +15m/-15m ↻

## WINTER HIKE TRAILS

### 1 THE ARGENTINE BALCONY

Magnificent trail accessible to all starting from Villars-Rochegrises. Go to the Verneyre refuge, then continue the walk towards the Col de La Croix. You then branch off in the direction of the Golf and pass under the Rasse chairlift. Return to Villars either by train (Golf stop) or by the same route.

This walk in the direction of the descent is also possible.

Frience - La Poreyre	E	1.2km	30min	+17m/-101m	→
Les Ernets - La Poreyre (Frience)	E	1.1km	30min	+105m	→
La Poreyre - Solalex - Cergnement	M	5.7km	1h50	+98m/-301m	→
La Poreyre - Cergnement	E-M	3.2km	1h	+13m/-218m	→

### 2 FROM THE CERGNEMENT VALLEY TO THE SOLALEX PLATEAU

A hike of moderate difficulty, stretching the length of the Cergnement valley before climbing up through the forest towards the Solalex plateau situated at the foot of the Miroir d'Argentine and the Diablerets Massif. Return by the same route.

Cergnement - Solalex - Cergnement M 6.6km 2h15 +215m/-215m ↔

### 3 LES PLANS-SUR-BEX - PONT DE NANT

An Enchantingly peaceful walk accessible to all through the pine forest and up along the snowcovered road from Les Plans-sur-Bex to Pont de Nant. Option to toboggan down.

Plans-sur-Bex - Pont de Nant M 1.4km 40min +159m/-2m →

### AT THE HEART OF THE SKI AREA :

### 4 LES CHAUX - FRIENCE

From Les Chaux, pass underneath the Les Chaux cable car building, then cross the valley and go down to Frience, where you will discover an incredible mountain panorama. From Frience, there is the option of descending towards Les Ernets (via la Poreyre) or Cergnement (via Solalex or directly) to reach Barboleuse.

Les Chaux - Frience E-M 1km 30min +6m/-222m →

### 5 LES CHAUX, SODOLEUVRE AND LES FRASSES

This is a panoramic hike of moderate difficulty, through forest in the heart of the Les Chaux ski area, with magnificent views over the Rhone valley towards the Dents du Midi.

Les Chaux - Combe du Scex (Alpe des Chaux)	E	1.3km	30min	-195m	→
Combe du Scex - Les Frasses via Sodoleuvre	E	3.5km	1h15	+41m/-250m	→
Combe du Scex - Les Frasses direct	E	2km	50min	+36/-240m	→

### 6 LES ROCHEGRISES (VILLARS) - LA VERNEYRE - LE GOLF

Magnificent trail accessible to all starting from Villars-Rochegrises. Go to the Verneyre refuge, then continue the walk towards the Col de La Croix. You then branch off in the direction of the Golf and pass under the Rasse chairlift. Return to Villars either by train (Golf stop) or by the same route. This walk in the direction of the descent is also possible

Les Rochegrises - La Verneyre	E	3.5km	1h10	+122m/-5m	→
La Verneyre - Le Golf	M	3.3km	1h15	+215m/-27m	→

### 7 BRETAYE – LAC DES CHAVONNES - BRETAYE

Take the train from Villars to Bretaye. Leave Bretaye and head towards the Hotel du Lac, then Lac de Bretaye. Continue on towards the Lac des Chavonnes. Be careful as you cross the ski pistes. Once you reach the restaurant you may return to your starting point by the same route.

Bretaye – Lac des Chavonnes - Bretaye E 3.2km 1h10 +132m/-132m ↔

## SLEDGE RUNS

### ● FRIENCE AREA

EASY/MEDIUM/ADVANCED — 200m

Access by bus from Gryon (Frience stop) or by car, parking at Golèze or Frience. Tobogganing and ski runs with a conveyor belt, free installation. Sleds and bobsleds for hire on site.

### 1 COL DE SOUD - VILLARS

MEDIUM — 2.5 km

Access by train Villars - Bretaye, stop Col de Soud. From there, go down to the right, then up to the left along the forest. At the end of the descent, you will reach Villars at the Rochegrises. No sledges for hire on site, hire from sports shops in the resort.

### ● VILLARS FUN PARK (next to the Sport's Centre-Tennis)

EASY — 100m

Access on foot from the centre of Villars or from Rochegrises. A conveyor belt allows you to go up the slope without effort. No sledges for hire on site. Hire in sports shops.

## SKI TOURING

The Dynafit Rando Parc is intended for people who have the necessary technique, physical condition and equipment. The routes are signposted but without security, you use them at your own risk. There are no lifeguards or patrollers on the uphill trails at any time.

### 1 VILLARS - BRETAYE

Take the cross-country ski trail on the road to the Col de la Croix and start the route. After about 1.5 km, turn left and walk up towards the golf course, leaving the Col de Soud on your left. Join the ski slopes shortly before Bretaye.

Les Rochegrises (Villars) - Golf - Bretaye M-A 4.5km 2h15 +471m →

### 2 VILLARS - GRAND CHAMOSSAIRE

Starting from the Chemin des Margueronnes, this route passes through pasture and forest on steep slopes to the Route des Tailles. Continue gently down the road for 1.5 km, then turn left to reach the Roc d'Orsay by passing under the gondola. Once at the Roc d'Orsay, then there are a few hundred metres to the Grand Chamossaire.

Villars - Route des Tailles - Roc d'Orsay - Grand Chamossaire A 3.9km 3h15 +798m →

### 3 VILLARS - ROC D'ORSAY

From Roc d'Orsay cable car, follow the pylons for the first kilometre. Then join the Bouquetins track and follow it briefly, then turn left and join the Route des Tailles. Cross the road and join the Roc d'Orsay.

Villars - les Bouquetins - Roc d'Orsay M-A 3.3km 2h30 +691m →

### 4 FRIENCE - LES CHAUX

From the car park at the top (Refuge de Frience), retrace your steps and go up the snowy path on the right at the beginning of the car park. After a short climb and 2 bends, exit and climb carefully to the left of the edge of the Leurrins piste, then turn left. Go up to the right and at the end of the forest, follow the trees on your right then cross the slopes carefully, go up and around the arrival of the crossbow of the Frache-rets ski lift, then the arrival is on your left above the Chaux gondola.

Frience – Les Chaux E-M 1.2km 45min +227m/-10m →

### 5 LES CHAUX - LA CROIX DES CHAUX

At the arrival of the Chaux gondola go up to the left of the slopes, until the bend. Continue to climb to the right along the piste and pass slightly above the arrival of the Sololeuvre chairlift.

Les Chaux - La Croix des Chaux M-A 1.2km 45min +222m →

### 6 LES FRASSES - LES CHAUX

From the Frasses car park, go up a few metres into the copse, then follow the track which climbs on your right. Before the big chalets, cross the ski slope on the left, then enter the forest. At the end of the forest, go up to the right and follow the sloping track. Cross the ski slope on your right and go up towards the Combe du Scex. Continue, then at the end of the flat, go up along the water reservoir on the left, avoiding the ski slope. From there, go up to the right of the ski run until the start of the ski lift. Cross the start area and then walk along the left side of the lift to the finish. The finish of the course is located near the Chaux gondola.

Les Frasses - Les Chaux M 2.6km 1h40 +410m →