



### LEGEND

- Cross-country skiing tracks
- Distance by the kilometer
- Snowshoe routes
- Snow hiking trails
- Loop, direction of circulation advisable
- Ski lifts
- Viewpoint, remarkable site
- Train
- Gondola
- Sled runs
- Restauration
- Accomodation
- Pool and wellness
- Camping
- Alpine skiing
- Ice rink
- Bus stop
- Train stop
- ATM
- Tourist Office
- Parking

### SOME RECOMMENDATIONS

Please have consideration for all those who use these pistes, and pay attention to the piste markers!

**SECURITY**  
 Check the weather forecast and the piste report before setting out, and ensure you are well equipped for all conditions. Don't over estimate your ability. Stay on the marked trails! Follow safety advice (closed pistes, avalanche risk). Once you set out on the trails, cross-country skiing or tobogganing, you do so at your own risk. We are not liable in the case of accident, straying off the trails or problems caused by natural events beyond our control.

**PROTECTION OF THE ENVIRONNEMENT**  
 Together, let's protect the mountain environment! In order to respect the flora and fauna:  
 - Keep your dog on a lead. Clean up after them using waste bags, disposing of it in one of the bins provided.  
 - Don't leave rubbish behind you.  
 - Pocket ashtrays are available in the Villars Tourist Office.  
 - Careful and efficient map use reduces paper waste.  
 - Use public transport when possible to access the mountain.

**CROSS-COUNTRY SKIING**  
 Cross-country ski passes are on sale in our Tourist Offices, at 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. 'Four legged friends' are not allowed onto cross-country ski pistes.

Train tickets and the Liberty Pass are sold at the BVB train station

### INFORMATION

<b>Tourist Offices :</b>	
Gryon	T. +41 (0)24 498 00 00
Villars	T. +41 (0)24 495 32 32
Bex	T. +41 (0)24 463 30 80
<b>Snow Information</b>	<a href="http://www.villars-diablerets.ch">www.villars-diablerets.ch</a>
<b>Bulletin Avalanches</b>	<a href="http://www.slf.ch">www.slf.ch</a>
<b>Weather forecast</b>	162
<b>Emergencies</b>	112
<b>Rega</b>	1414

Please respect the security recommendations, closures due to avalanche risks and to stay on the marked trails.

## SNOW-SHOE ROUTES



### 1 BRETAYE - VILLARS

Take the train from Villars to Bretaye. Leave Bretaye in the direction of Les Bouquetins following the ski piste downhill for a few hundred metres. From Les Bouquetins take the trail through the forest which brings you to the Col de Soud. Cross the rail tracks and follow the trail up into the forest and along the ridge. The hike ends at the Domaine de la Forêt, which is just a few minutes walk from the centre of Villars.

Bretaye - Col de Soud - Villars 5,5km 2h00 +89m/-543m →

### 2 LE GOLF - ENSEX

Take the train from Villars to Bretaye and get off at the Golf train stop (3rd stop). Head towards the Golf Club 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 snowshoe route and that you are sharing the track with cross country skiers and walkers!

Le Golf - Ensex 4.8km 2h00 +243m/-206m →

### 3 LES ECOVETS - LA TRUCHE

From the Les Ecovets parking walk up to the right into the forest, continuing through the open fields towards La Truche. On arrival at La Truche you then walk downhill through fields and back to your departure point.

Les Ecovets - La Truche 5.7km 2h30 +336m/-336m ↻

### 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 pistes. 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 piste. Return to Villars along the cross-country ski piste arriving in Rocheigrises just above the centre of Villars.

Combe du Scex - Taveyanne	3km	2h00	+154m/-81m →
Taveyanne - La Verneyre	3.5km	2h00	+41m/-267m →
La Verneyre - Rocheigrises	3km	1h15	+12m/-112m →

### 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 Chavonnes Lake. Be careful as you cross the ski pistes! Continue into the forest close to the restaurant at the Chavonnes Lake, 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 6.1km 2h00 +216m/-216m ↻

### VI CIRCUIT AROUND BRETAYE LAKE

Take the train from Villars to Bretaye. On arrival at Bretaye set off towards the Restaurant du Lac and follow the route through the nearby chalets towards the Bretaye lake. On completing the trail return by the same route.

Around the Lake of Bretaye 30min 1.7km +50/-50m ↻

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

Take the Barboleuse gondola up to Les Chaux. On arrival head to the left and carefully cross the ski piste. At the start of the cross-country ski piste follow the track that goes down into the forest. Then follow signs for Luissalet and walk through the Taveyanne hamlet. Come back along the same trail for 2km and follow the Chemin des Raies until you reach the ski piste. Carefully cross the 4 ski pistes and head up to the ridge on the left. The final part of the route takes you into the forest and then downhill to the parking area. (You can return on the Gryon bus from the Combe du Scex bus stop.)

Les Chaux - Taveyanne	3km	1h30	+78m/-192m →
Taveyanne - Combe du Scex	3.6km	2h00	+81m/-154m →

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

Take the Barboleuse gondola up to Les Chaux. On the other side of the arrival station take the trail towards the Fracherets ski lift and on towards Frience. Be careful crossing the ski piste! Continue on the trail towards Solalex, and then downhill to the Ernets parking. From there walk up along the road in the direction of Alpe des Chaux, crossing the road before continuing on a forest track. Return to Barboleuse along the main road.

Les Chaux – Frience – Barboleuse 5km 2h30 +28m/-543m →

### 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 7km 2h30 +222m/-222 m ↔

### 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 rubbish tip 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 1km 1h00 +25m/-23m ↻

## CROSS COUNTRY SKIING



### ● 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	easy	1km	+/-28m
Cergnement circuit	easy	3km	+/-110m
Cergnement–Solalex–Cergnement	medium, advanced	7km	+/- 218m
Solalex circuit	medium	3km	+/-144m

### ● FRIENCE AREA

South facing in the heart of Alpes des Chaux, facing the imposing Massif d'Argentine, with an extended view over the Rhone valley. To be appreciated alone or with your family, and right next door to the Frience snow park.

Loop of Frience easy 1km

### ● ROCHE GRISE - 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	medium	9km	+245m/-245m
Les Chaux - Coufin	medium	3.8km	+1/-239m
Le Golf - La Plâne	easy	2.4km	+27m/-154km
Les Frasses - Coufin	easy	5.1km	+161m/-6m
Roche Grise - Col de la Croix	medium-advanced	7km	+427m/-8m
La Plâne - Coufin	facile	1.9km	+63m/-28m

### ● 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 7km of pistes in total, prepared for classic and skating styles, and suitable for all levels. Cross-country skiing is also possible at night with a floodlit 2.5km piste available. The village Les Plans-sur-Bex is at 7km from Bex, it's accessible by car or by postal bus.

## SLEDGE RUNS



### ● FRIENCE AREA

EASY/MEDIUM

Accessible by the Gryon navette bus (Frience stop) or by car with parking at Golèze or Frience. Toboggan run and beginner ski piste with magic carpet ski lift; some free facilities, animations, drinks and snack bar – sledge rental on site.

### ● COL DE SOUD - VILLARS

MEDIUM 2.5KM

Take the train Villars - Bretaye, getting off at the Col de Soud. From the train stop, cross the tracks and walk down to your right. Follow the road up to the left by the forest until you reach the start of the toboggan piste. The sledging run takes you back to Rocheigrises, just behind Villars town centre. Train tickets or Liberty Pass on sale at the train station in Villars. Sledge rental : sport shops.

### ● VILLARS FUN PARK

EASY/MEDIUM

Walk up from Villars town centre or walk across from the Rocheigrises parking (Sport Centre parking). The magic carpet lift effortlessly whisks you back up the slope. Fun snow sports for all ages. Sledge rental : sport shops.

## SNOW HIKES



### ● THE ARGENTINE BALCONY

Magnificent star shaped walk, split into three sections, for a beginner to moderate level hike between Frience – Les Ernets – La Poreyre and Cergnement-Solalex, surrounded by the panoramic vista of the Argentine Massif, with the Muveran Massif in the background.

Frience - La Poreyre (Les Ernets)	1km	30min	+62m/-9m
Les Ernets - La Poreyre (Frience)	1km	1h	+248m
La Poreyre - Solalex/Cergnement	4 km	1h30	+87m/-167m

### ● 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 7km 2h30 +222m/-222m

### AT THE HEART OF THE SKI AREA

### ● BETWEEN ALPE DES CHAUX (SCEX VALLEY), 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.

Combe du Scex - Sodoleuvre - Les Frasses 4km 2h00 +328m/-125m

### ● LES ROCHEGRISSES (VILLARS) – LA VERNEYRE – GOLF

This is a hike of moderate difficulty, starting on the outskirts of Villars, encompassing beautiful panoramic views, notably towards the Dents du Midi and the Grand Muveran mountains.

Rocheigrises - La Verneyre	3km	1h30	+112m/-12m
La Verneyre - Le Golf	4km	2h	+221m/-42m