



MAP LEGEND

- Cross-country skiing track
- Distance (km)
- Snowshoeing track
- Winter hike trail
- Sentier ski de randonnée
- Loop, recommended direction
- Circuit de Coufin (cross-country skiing): Follow the signs with a red dot. Possible in both directions.
- Ski lift
- Train
- Viewpoint, remarkable site
- Gondola
- Sledge run
- Restaurant
- Accommodation
- Camping
- Sports shop
- Alpine skiing
- Bus stop
- Train stop
- Tourist Office
- Parking
- Public Toilets
- Aid station

SOME RECOMMENDATIONS

SECURITY
The times given are from SuissMobile. These timings are for guidance only and may vary depending on weather conditions and your physical fitness. The Nordic routes can only be used during the opening periods of the ski lifts (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 overestimate your physical abilities. We decline all responsibility in case of an accident, disorientation or problems caused by the forces of nature. Make sure to have appropriate equipment. For safety on shared trails, pedestrians must stay on the left and cross-country skiers on the right going uphill (the opposite applies when going downhill).

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.

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 ensure you can continue to enjoy these routes with your companions, we remind you of the importance of picking up your dog's droppings, keeping them on a leash and always being in control of your dog.

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 the Relais Fermier at Les Plans sur Bex.
Travel ticket are sold at the BVB train station and at the Gryon, Villars and Bex tourist offices.

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 www.alpesvaudoises.ch
Avalanche Bulletin www.slf.ch
Emergencies 112 / 144
Rega 1414



QR code to scan for winter activities openings

2025-2026 edition

SNOWSHOEING
WINTER WALK
SLEDGING
CROSS-COUNTRY SKIING
SKI TOURING



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 the terrace of 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, so stay on the walkers' side to the right while descending.

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 Taveyenne 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. It is also possible to descend from the Chaux gondola's arrival point down to Taveyenne.

Combe du Scex - Taveyenne E-M 3,5km 1h35 +140m/-70m →
 Taveyenne - 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 ↻

VA 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.

Circuit around Bretaye Lake 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 Taveyenne, 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 Taveyenne. 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 - Taveyenne M 3km 1h30 +74m/-196m →
 Taveyenne - Combe du Scex E-M 3,5km 1h25 +70m/-140m →

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

As you leave the gondola building, go around it to the left. After crossing the arrival of the ski lift (crossbow), continue as far as the hut and then carefully cross the slopes. Go down to the right at tree level, then enter the forest on the left to join the ski run down to Frieence. Follow the ridge along the edge of the piste and then descend to the right towards the forest. Descend to the right until you reach the Frieence parking lot, cross it carefully, and continue downhill to the small hamlet and the sledge runs towards Solalex/La Poreyre. Walk alongside the frozen lake, past the curtain of trees and on to the chalet. Leave the track, then descend to the right and follow the wooded path to Les Ernets car park. Go 50m up the road, then cross over and go down the track on the left. Enter the forest, cross a stream and continue until you pass behind a large log cabin. Go down the road for 50m, then up to the right, towards the edge of the forest, through the curtain of trees, then down. Go past the chalets, over the small bridge and join the road that will take you back to Barboleuse.

Les Chaux - Frieence - Barboleuse E-M 4,9km 2h15 +37m/-601m →
 Frieence - Barboleuse E 4km 1h45 +42m/-391m →

8 CERGNEMENT - SOLALEX - CERGNEMENT

Follow the road from the Cergnement parking to the Cergnement snack bar/creperie. Continue on to the bridge, then turn up to the left towards the «Benjaminne». 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 ↻
 Cergnement 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, Frieence is ideal for families and individuals. The loop is close to the Frieence winter recreation area.

Loop of Frieence 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 Taveyenne, 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 Grand Muveran mountain, 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 TPC 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.

Frieence - La Poreyre E 1,2km 30min +17m/-101m →
 Les Ernets - La Poreyre (Frieence) 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 ↔

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 Frieence, where you will discover an incredible mountain panorama. From Frieence, there is the option of descending towards Les Ernets (via la Poreyre) or Cergnement (via Solalex or directly) to reach Barboleuse. Sticks recommended.

Les Chaux - Frieence 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 Buvette de la Verneyre, 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 can also be done in the downhill direction. For the more athletic, once you reach La Verneyre, you can continue up to the summit of the Col de la Croix, staying on your left, and then descend by the same route.

Les Rochegrises - La Verneyre E 3,5km 1h10 +122m/-5m →
 La Verneyre - Le Golf M 3,3km 1h15 +215m/-27m →
 La Verneyre - Col de la Croix M-A 3,8km 1h35 +345m →

7 BRETAYE - LAC DES CHAVONNES - BRETAYE

Hop on the train from Villars to Bretaye. Upon arrival, head towards the Hôtel du Lac, and let yourself be guided to the picturesque Lac de Bretaye. Continue your walk through charming chalets towards the peaceful Lac des Chavonnes. Please note, you will cross a ski slope, so remain vigilant. Once you reach the restaurant of the same name, turn back to return to Bretaye and complete this delightful alpine escape.

Bretaye - Lac des Chavonnes - Bretaye E 3,2km 1h10 +132m/-132m ↔

SLEDGE RUNS

5 FRIENCE AREA

EASY/MEDIUM/ADVANCED — 200m
 Access by bus from Gryon (Frieence stop) or by car, parking at Golèze or Frieence. Tobogganing and ski runs with a conveyor belt, free installation. Sleds and bobsleds for hire on site.

1 COL DE SOUD - VILLARS

MEDIUM — 1.6 km
 Access by train Villars - Bretaye, stop Col de Soud. Upon exiting the train, follow the road in front of you at the edge of the forest. A sign will guide you towards the sledging run. 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.

5 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.

NIGHT SKI TOURING

Every Tuesday evening in Villars, from 4:45 p.m. to 9:45 p.m. (last descent), two ski touring routes are open from the gondola lift up to Roc d'Orsay. At the top, Rocco Cantina and the Maison de Montagne welcome you for a well-deserved break before your descent. Please check the route's opening status before heading out.

SKI TOURING

The 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 ski patrollers on the ski touring trails at any time. Skiers should descend via the marked ski slopes and only during the ski area's official opening hours.

1 VILLARS - CHAUX-RONDE

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. Continue as far as Bretaye. Turn right before the Bretaye-Chaux-Ronde ski lift and carry on to the top of it. According to snow conditions, intermediate starting points are possible at Col de Soud, the Golf, Bouquetins, or Bretaye.

Rochegrises - Golf - Bretaye - Chaux-Ronde M-A 5,4km 2h45 +633m →

2 LAC NOIR - PETIT CHAMOSSAIRE

Start your route from the Lac Noir – Petit Chamossaire chairlift. Follow it for a few meters until you reach the winter hiking trail. Take the trail to your left and continue until you exit the forest. After crossing the ski slope, turn left up the slope and make your way through the forest until you reach a flatter section. Carefully cross to the other side of the ski slope and follow the route that leads to the summit, skirting around it on the right.

Lac Noir – Petit Chamossaire M-A 1,67km 1h30 +298m →

3 COMBE D'ORSAY – GRAND CHAMOSSAIRE

Take the Roc d'Orsay gondola. Once at the top, follow the slope leading to the start of the Combe d'Orsay ski lift. Then climb onto the forest road behind the ski lift and stay on the route that runs alongside the installation. At Roc d'Orsay, cross the ski lift line with care, watching out for skiers and lift poles. Turn left to climb to the summit of Grand Chamossaire.

Combe d'Orsay – Grand Chamossaire M-A 1,29km 1h30 +303m →

4 FRIENCE - LES CHAUX

From the car park at the top (Refuge de Frieence), 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 Fracherets ski lift, then the arrival is on your left above the Chaux gondola.

Frieence – 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 Sodoleuvre chairlift.

Les Chaux - La Croix des Chaux M-A 1,2km 45min +222m →

6 LES FRASSES - COMBE DU SCEX - 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. Intermediate starting points are possible at la Combe du Scex (shuttle bus, parking 800m away)

Les Frasses - Les Chaux M 2,6km 1h40 +410m →
 Combe du Scex - Les Chaux E-M 1,1km 35min +165m →

NORDIC
ACTIVITIES



Photo: Olivier Fatzer

ALPES-AUVERGNE
VILLARS-GRYON
BEX

