



SERVICE GUIDE

Mont-Fort Swiss Lodge: +41 (0)79 853 40 87
Emergency number: 144

EVERY ACCOMMODATION HAS ITS OWN RULES – THESE ARE OURS

Check-in:

Reception is open from 5:30 p.m. to 7 p.m. Outside of these hours, please call **+41 (0)79 853 40 87** to arrange an arrival time.

Check-out:

Rooms must be vacated by 10 a.m. on the day of departure.

Breakfast:

The breakfast buffet is available from 7:30 a.m. to 9:30 a.m. in the dining room on the first floor (self-service).

Services:

- Free Wi-Fi
- You can find a vending machine for drinks and snacks at the entrance to the dining room.
- Please ask at reception for a(n):
 - Alarm clock
 - Hairdryer
 - Travel cot
 - Extra blanket
 - Adapter
 - Umbrella
 - We require a CHF 10 deposit for each item.
 - Set with toothpaste and toothbrush (CHF 3)
 - Safe at reception
- Drinkable tap water
- The books and games provided are also intended for the entertainment of future guests. Please enjoy them with due care and return everything to its rightful place.

Car park:

Parking in the car park is prohibited from midnight until 6 a.m. There is a free long-stay car park (P4) two minutes' walk away. Your vehicle must be parked in the “*longue durée*” (*long-stay*) car park.

Mont-Fort Swiss Lodge does not accept any responsibility for fines incurred.

Not permitted:

Smoking is not permitted anywhere in the building.

No pets allowed.

Shoes must be kept inside rooms.

Miscellaneous:

Please respect your neighbours by conducting yourself appropriately in the common rooms and when returning at night. All misconduct will be duly punished.

We require a deposit of CHF 40 for the entrance badge to the main entrances and ski room. This will be returned at the end of your stay.

The building access code is 3223.

Emergency numbers:

In case of emergency:

- 144 (Ambulance)
- 117 (Police)
- 118 (Fire brigade)
- 112 (Emergency)

Breakfast menu

Your choice of hot beverages

Coffee, cappuccino, hot chocolate, variety of teas

Selection of cold drinks

Cold milk, orange juice, still mineral water

Selection of breads

Pain Paillasse, wholemeal breads, toast

Jams, honey, spread, butter

Cheese and cooked ham

Choice of cereals

Rice Krispies[®], Corn Flakes[®] and muesli

Selection of yoghurts

Fresh fruit



Selecta snacks and drinks

| | |
|-----------------------------|----------|
| Paprika crisps | CHF 2.00 |
| Plain crisps | CHF 2.00 |
| Peanuts | CHF 1.50 |
| Cereal bar | CHF 2.00 |
| Chocolate biscuit | CHF 1.80 |
| Snickers | CHF 1.50 |
| M&M'S® | CHF 1.50 |
| Cailler® milk chocolate bar | CHF 2.50 |
| Twix® | CHF 1.50 |
| Apricot tartlet | CHF 2.50 |
| Chocolate tartlet | CHF 2.50 |
| Haribo® Happy Cola | CHF 2.50 |
| Sparkling mineral water | CHF 3.50 |
| Still mineral water | CHF 3.50 |
| Lemon iced tea | CHF 3.50 |
| Coca-Cola® | CHF 3.50 |
| Sprite | CHF 3.50 |
| Peach iced tea | CHF 3.50 |
| Fanta® | CHF 3.50 |
| Orange juice | CHF 3.50 |
| Chocolate-flavoured drink | CHF 3.50 |
| Coca-Cola® Zero | CHF 3.50 |
| Multivitamin juice | CHF 3.50 |

In case of emergency

1. Remain calm → 2. Think → 3. Act



Raise the alarm

| | | | |
|------------------------|------------|----------------------------------|-------------|
| Medical assistance | 144 | Rega (air rescue) | 1414 |
| Police | 117 | Fire brigade | 118 |
| European emergency no. | 112 | Toxicological information centre | 145 |

Closest doctor Bruchez Gilbert +41 (0)27 776 25 15

Closest hospital Hôpital de Martigny +41 (0)27 603 90 00

On-duty doctor in Valais +41 (0)900 144 033

Who is raising the alarm (name)?

What has happened?

When did the accident occur?

Where are the injured people, where is the fire?

How many people are injured?

Other dangers, hazardous substances?

My telephone number?



Accident

1. **Secure the area, protect yourself**

2. **Raise the alarm ☎ 144**

3. **Give first aid**

Control bleeding, put unconscious individuals in recovery position, resuscitate unconscious individuals **if not** breathing normally:

C: Cardiac massage (circulation)

A: Clear airways (airways)

B: Artificial respiration (breathing)

D: Defibrillation

4. **Inform the paramedics**

Location(s) of first-aid equipment:

Mont-Fort Swiss Lodge reception



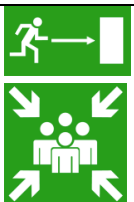
Fire

1. **Alert** the fire brigade ☎ **118**

2. **Take shelter and help others to do so**

3. **Close** windows and doors

4. **Inform** the fire brigade personnel, **extinguish** the fire



Evacuation

1. **Warn people** in danger and make them evacuate

2. Leave buildings via **stairs**

3. Gather at the **assembly point**

Assembly point

Car park next to Altis and Kiosk