SERVICE GUIDE

Mont-Fort Swiss Lodge: +41 (0)27 775 33 73
Emergency number: 144

EVERY ACCOMMODATION HAS ITS OWN RULES – THESE ARE OURS

Check-in:

Reception is open from 4 p.m. to 6 p.m. Outside of these hours, please call **+41 (0)27 775 33 73** 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.
- The ski/bike room is located at the top of the stairs on the right and can be opened with the room's badge.

Opening/closing of the room

The badge issued at check-in enables you to open the door to your room.
To open the door, press the badge once; to lock the room, press the badge a second time.

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