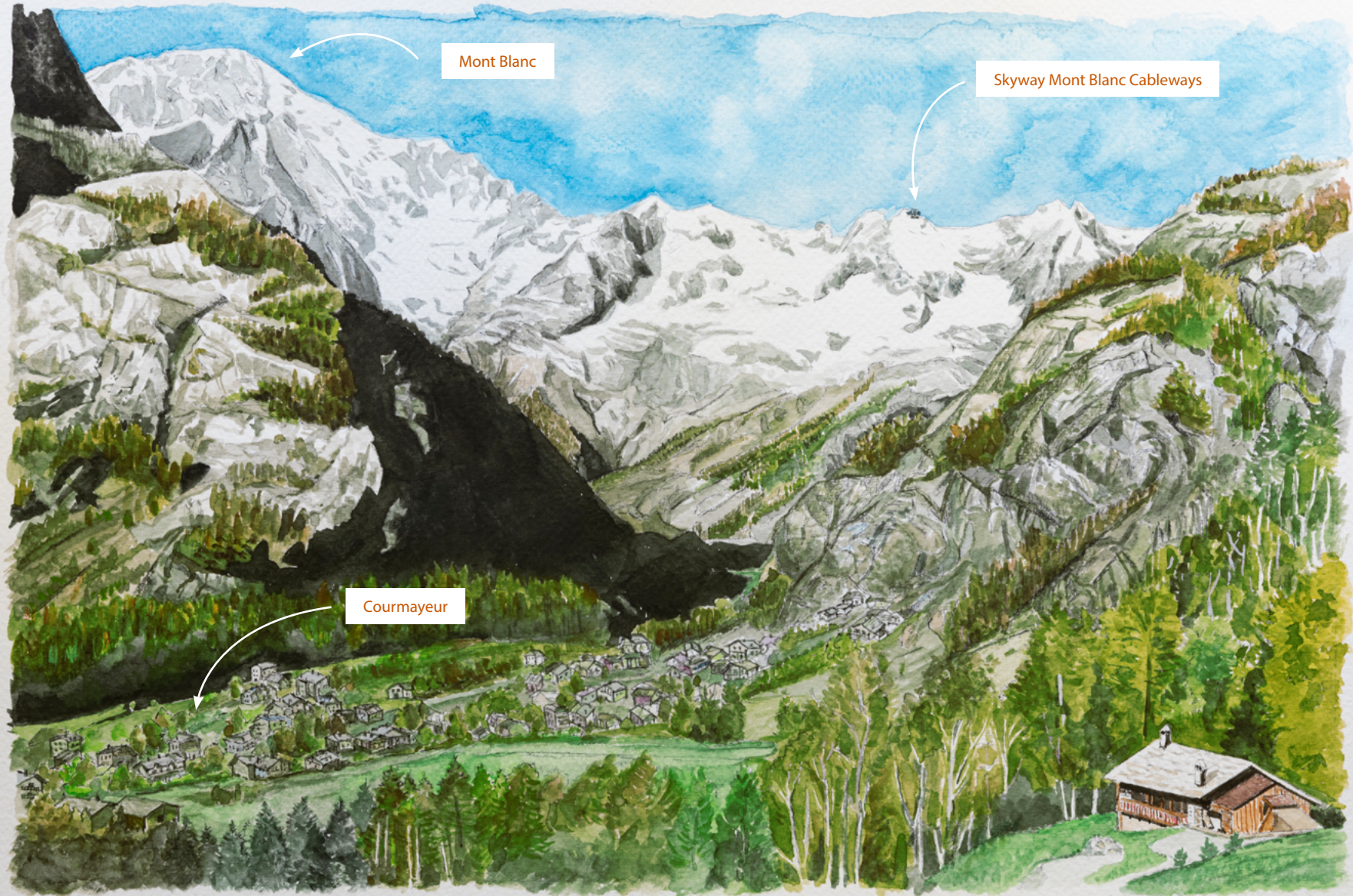




MONT BLANC

AOSTA VALLEY

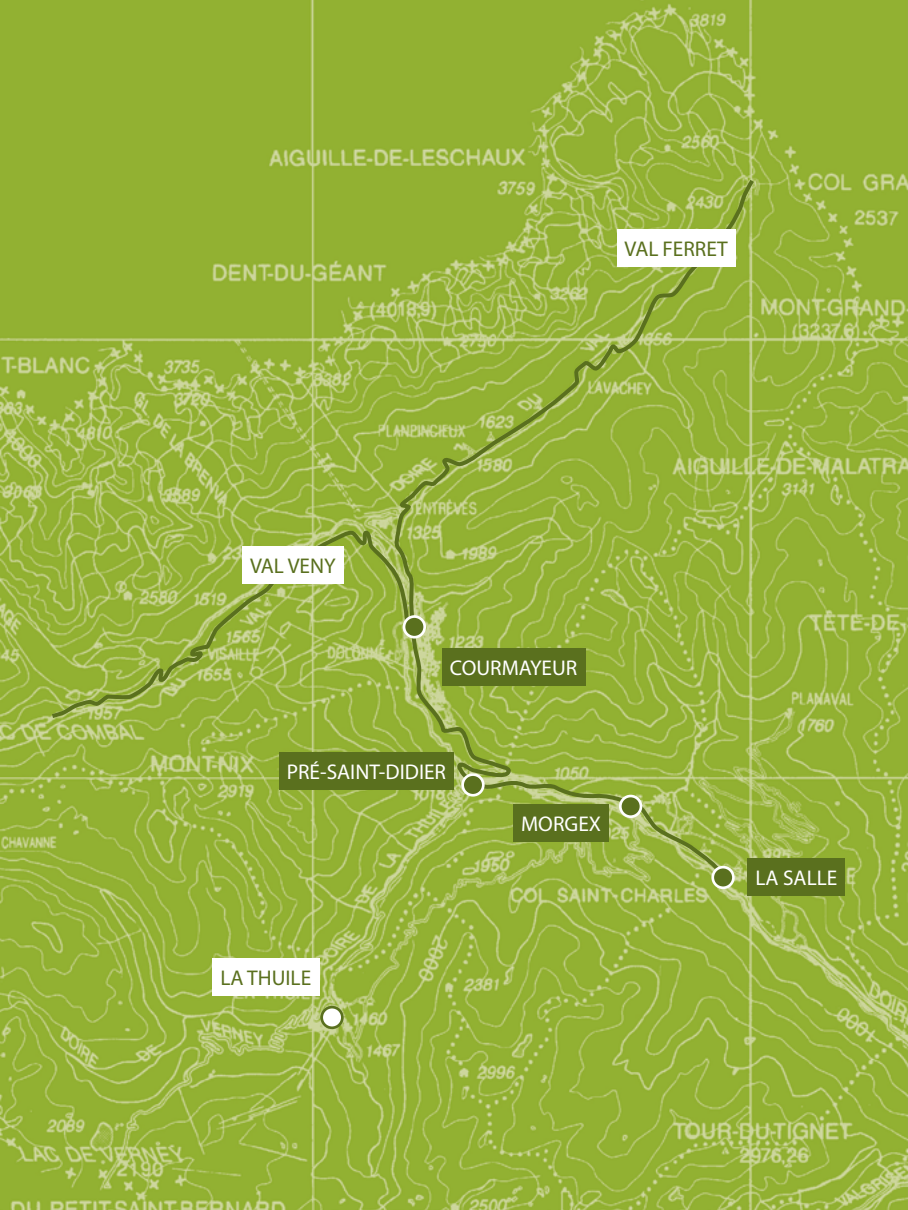




Mont Blanc

Skyway Mont Blanc Cableways

Courmayeur



MONT BLANC

THE RISING OF THE GIANT

Millions of years ago, a titan in a pearly ice cloak - Mont Blanc - tore through the bowels of the Earth, reached up to the sky and grasped a handful of stars. Their golden dust fell upon mountains and created sapphire lakes, silvery streams, emerald forests and crystal flowers.

Then the giant splayed his huge hands and, with his touch, formed beautiful otherworldly valleys, while his tears gave rise to sparkling rivers and alabaster glaciers. Thus, one of the most amazing places in the Alps came into being: the Mont Blanc Valley.

Find full updated information on sites of interest (opening times, details, initiatives...) by visiting www.lovevda.it »



VERTIGO OF A VERTICAL VALLEY

The Mont Blanc Valley is a fascinating land.

It's a place full of contrasts, where social life, shopping and gourmet cuisine encounter traditional mountain flavours, folklore and local handicraft.

Strolling though the centre of Courmayeur is like being in a mini version of a buzzing, cosmopolitan city full of fashionable boutiques and high-class entertainment, yet you just have to lift your gaze to remember that beyond the houses and shops a realm of genuine astonishment and pure wonder opens up.

It's a territory ruled by Mont Blanc, ever-present, standing tiptoe amongst ice spires and rock pinnacles, tickling the vaporous patches of sky with its perennially pristine white fingers.

Many people have attempted to scale those peaks from which gush springs of crystal clear water, and many continue to do so today, accompanied by the oldest mountain guide society in Italy. This association has written the history of mountaineering and bound its name to legendary ascents throughout the world.

Here in fact, the bond between man and the mountains is felt more strongly than anywhere, to the point of challenging the laws of physics in order to construct a gem of engineering - the Skyway. This is one of the most remarkable cableways on earth, capable of carrying passengers above 3,000 metres, close to Europe's highest peak. From this height, the view sweeps over castles, luxuriant gardens, roaring waterfalls, but also pearly lakes, verdant nature reserves and a seemingly unending golf course.

In winter ski runs trace outlines on white expanses, while in summer hiking trails and mountain bike tracks command. The Mont Blanc Valley has truly everything, even a bunker where thousands of wheels of cheese are ripened, a tower of books and a thermal spa itinerary immersed in snow. You can even find the most heroic native wine variety that ever existed growing at unreachable altitudes, not to mention astonishing crops of spicy saffron.

Believe me, it's for these reasons that this extraordinary place will forever leave you speechless!

Bonjour, I'm Claudine, your guide!

Welcome to my hut! Come in before you get soaked!

You certainly got caught in a downpour... Luckily you can shelter here. Did you know there's nothing more magical than sleeping in a mountain hut?

Wake in the morning embraced by deep mountain silence, snuggle down in your sleeping bag and look out of the window at the starlit sky.



There are numerous huts in the Mont Blanc Valley, each one run by a manager who both administers the facility and deals with guests who need a place to sleep at high altitude. In the Aosta Valley it's necessary to follow a specialised training course to become a hut manager.

Go ahead, help yourself, there's always polenta and wine at my table!

By the way, I'm Claudine and I'll guide you on a tour of the Mont Blanc Valley. Living on the summit of the world, who could be better than me to show you the wonders of this incredible valley nestling between earth and sky?

ALPINE HUTS



Claudine
your guide



La Salle



NOT TO BE MISSED

SKYWAY, THERMAL SPA, SHOPPING
IN VIA ROMA, BALCONY OVER MONT
BLANC, DOWNHILL SKIING
AND CROSS-COUNTRY SKIING



NOT TO BE MISSED

SKYWAY

A REFUGE ON TOP OF THE SKY

Mont Blanc – the highest mountain in Europe. Standing at 4,810 metres, it's one of the giants of the world and being up there is an overwhelming feeling. Don't forget though that climbing involves fatigue, sacrifice and training... so what if that sounds too much for you?

Well, that's precisely why Skyway was conceived. The panoramic cableway with rotating cabins conveniently takes you to 3,466 metres. From here the view sweeps over sharp peaks, perennial snowfields, patches of cloud and sparkling glaciers. If that's not enough, then step inside the stopping stations where you'll find bars, restaurants, bookshops and those rare treasures – mountain crystals.



« Ascent to Punta Helbronner
Mont Blanc

THERMAL SPA

WATER CARESSES AND OTHERWORLDLY PLEASURES



Imagine a waterfall of warm water showering your shoulders, massaging them delicately, soothing away tension. Your muscles relax while soaking in frothy bubbles, listening to ancestral music that evokes the sun and cool summer breeze.

Open your eyes and before you unfolds an infinite spectacle made up of gleaming peaks and glimmers of sky: the mountains. That's right, because you're outdoors, soaking in thermal baths and all you have to do is enjoy hours of carefree delight: steam baths, saunas, sensory pools and tasty buffets.

QC Terme »
Pré-Saint-Didier





NOT TO BE MISSED

SHOPPING IN VIA ROMA

HIGH FASHION AMONG HIGH MOUNTAINS

Picture a quaint mountain village and what will spring to mind is a handful of shops selling cheese, woollen sweaters and camping accessories.



Well, get ready to dispel that myth because Courmayeur has such a wide choice of shops that you'll spend entire days crazily shopping amongst international designer labels, luxury brands, famous restaurants, perfume boutiques and latest fashion garments.

Of course you can also find local handicraft and traditional foodstuffs.

Courmayeur is recognised as the Aosta Valley's fashion capital – and it'll only take you an afternoon's shopping to discover why.

« Via Roma
Courmayeur

BALCONY OVER MONT BLANC

POSTCARDS FROM HEAVEN

It's held to be one of the most stunning walks in all Italy. Don't you think that's a bit over the top? After all, what's so special about walking around one of the Seven Summits of the World along a path that resembles a natural balcony and allows your gaze to caress sharp rock spires, voracious giant's teeth and endless oceans of ice, in a triumph of jade forests?



This terrace overlooks the Mont Blanc range and is peppered with bright meadows, rainbows of Alpine flowers and wild animals roaming freely. What's the big deal?

Mont Blanc »
Courmayeur





NOT TO BE MISSED

DOWNHILL SKIING AND CROSS-COUNTRY SKIING

AT THE PEAK OF THE MOUNTAINS AND FUN

If the mountain is a roof then the descent is a slow, rapid slide down its white slates of cloud that glitter with snow. Why not try swooping down from the roof that overlooks the Alps – Mont Blanc - rather than from any ordinary one?



This is what would happen: you'd have the choice of 100 km of groomed runs and off-piste tracks that are easily reachable by cable car and gondola and which are suitable for skilled skiers or first-time beginners. Vertical runs that disappear into lush woods and broad curves, along a dizzying lift of rocks leading to the top of the world...

« Freeride
Toula Courmayeur



Morgex vineyards

A DAY, A WEEKEND, A WEEK

HOW TO ORGANISE YOUR VISIT

With so much to see and do in the Mont Blanc Valley the temptation to stay a few days longer is almost irresistible.

Where to go? What to see? Here's some advice on how to get the most out of your holiday and turn it into a genuine travel itinerary. You can customize the recommended itineraries - feel free to include or remove any visits according to your time schedule, interests and spur-of-the-moment decisions!

24
HOURS

1 day

48
HOURS

2 days

168
HOURS

1 week

Town entrance »
Pré-Saint-Didier



RECOMMENDED VISITS

MONT BLANC
IN ONE DAY

DAY ONE

1 Skyway

You can't say you've been to Courmayeur if you haven't been on the Skyway: while ascending to the dizzying heights of Punta Helbronner, a stone's throw from Mont Blanc, two glazed cabins rotate to give an all-round 360° view.

2 High-altitude lunch at 3,466 m

Get ready to eat at Bistrot Panoramic, looking out over the boundless sky and Europe's highest peaks.

4 Shopping in via Roma

The top Italian designer brands await you in Courmayeur town centre for a frenetic shopping spree.

3 Visit to the village of Entrèves

Don't miss a trip to this marvellous village with a splendid view over the giant of the Alps.

5 Visit to Duca degli Abruzzi Museum

A stop at this fascinating museum is a must: discover the accomplishments of Italy's oldest Alpine guide association.



RECOMMENDED VISITS

MONT BLANC
IN A WEEKEND

DAY TWO

1

Live the vineyard
experience

Plan your tour early of the vineyards and wine cellars where Blanc de Morgex et La Salle are produced, then enjoy a suggestive walk among the rows of vines and terraces, discovering some of the most "heroic" grape varieties of the Alps, which grow at nearly 1,200 metres.

What better way to round off this experience than a wine-tasting at one of the neighbouring wine cellars, accompanied by samples of local products?



1

2



2

Pré-Saint-Didier
Thermal Spa

After a full immersion experience into wine and its territory, and after a walk among the dry-stone terraces, unwind at Pré-Saint-Didier Spa.

Here, in this unique, elegant setting, enjoy a special experience that becomes magical the moment you sink into the warm thermal waters in full view of Mont Blanc.



MONT BLANC IN A WEEK

5 MORE DAYS

1

Nature

Wondrous sights and marvels

Lake Arpy (1A), Orrido Skywalk (1B).

2

Outdoors / summer

The proud beauty of the mountains

Val Ferret Alpine huts (2A), Val Vény Alpine huts (2B), Lake of Chécrouit (2C), Lake Miage (2D), La Suche (Tirecorne) (2E), Belvedere d'Arpy (2F), Tzanta Merla (2G), Lenteny waterfall (2H).

3

Culture and traditions

A glimpse of bygone life

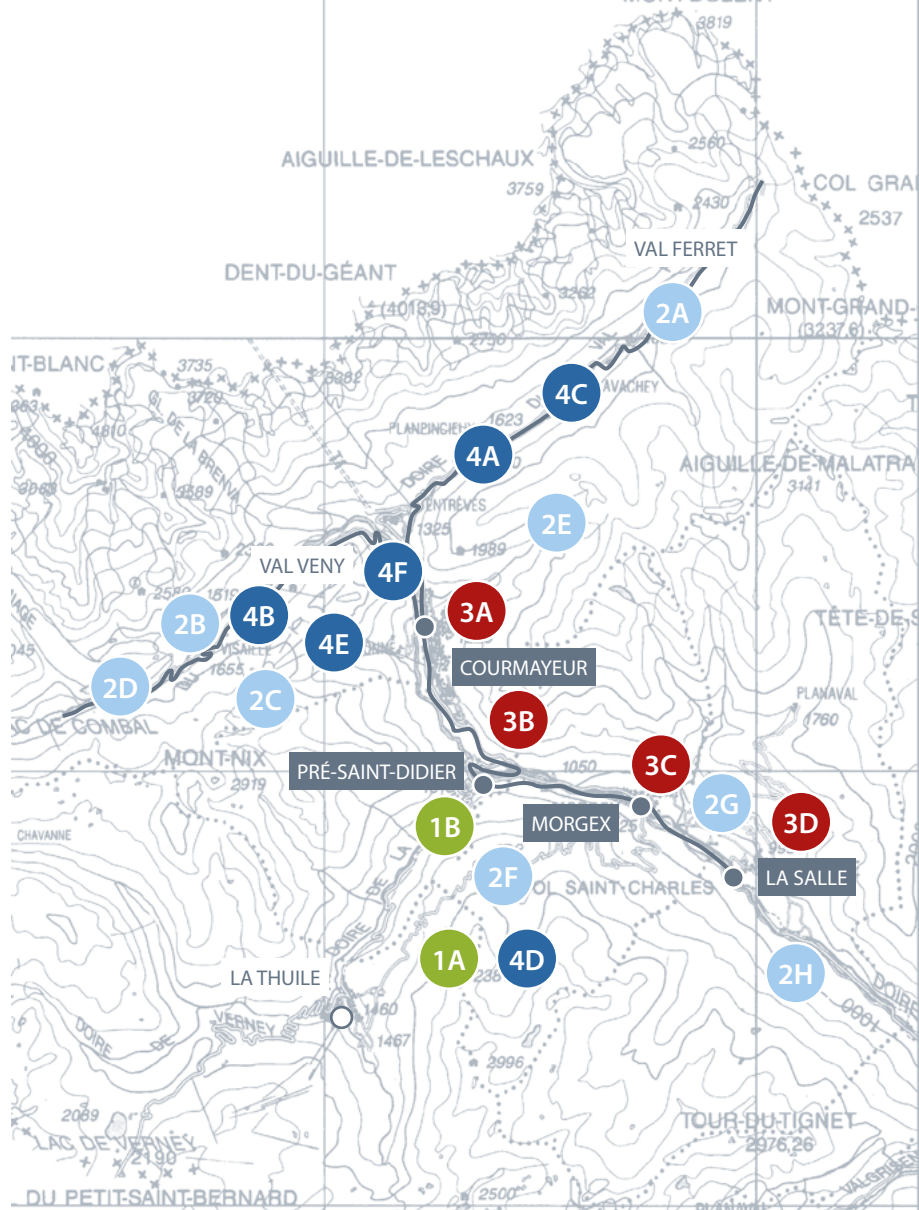
Tor culture Courmayeur (3A), village of Verrand (3B), Torre de l'Archet (3C), Maison Plassier (3D).

4

Outdoor / winter

The irresistible appeal of snow

Snowshoe outings (4A), dog sledding (4B), cross-country skiing in Val Ferret (4C), cross-country skiing at Arpy (4D), downhill skiing (4E), heli skiing (4F).





Courmayeur and the Grandes Jorasses

THEMATIC FOCUS

NATURE, OUTDOOR, FOOD AND WINE,
CULTURE AND TRADITIONS,
CHILDREN AND FAMILIES



UNSPOILT SITES

AMONG FLAKES OF IMMORTAL SPLENDOUR

Wherever you turn your gaze in the Mont Blanc Valley, you'll find the sharp silhouette of the mountains. A cathedral of spires pirouette up to the sky, pointed peaks resemble sharp teeth ready to sink into the pure white clouds.

Even though your eyes always tend to drift towards those dizzying upward lines, a little below lie other wonders that deserve your attention. An explosion of genuine Alpine beauty awaits you with enchanted lakes, nature reserves brimming with charm, romantic waterfalls and exciting pony treks between the sky and the earth...

Val Veny »
Courmayeur



ORRIDO SKYWALK

This panoramic walkway is suspended over the Dora di Verney gorge, at a height of 160 metres and among rushing waterfalls and rugged forests. Thrilling!

PRÉ-SAINT-DIDIER



SIDE VALLEYS VENY AND FERRET

Ice tongues have sculpted their shapes. Alpine lakes have bloomed at their feet. And a bright green mantle has swathed them: they are the valleys of Mont Blanc.

COURMAYEUR



MARAIS NATURE RESERVE

Mallards and moorhens plunge into this turquoise blue body of water edged by reed beds, willows and buttercups. It hosts a rare wood of white alder trees.

LA SALLE & MORGEX



LAKE ARPY

This liquid gem taking on blue, azure and celestial hues is set in a crown of white diamonds: the mountains.

MORGEX



LENTENY WATERFALL

Even a video recording of this waterfall conveys the pleasant feeling of water spray on your skin, cooling your brow. Imagine what it's like in real life...

LA SALLE



TZANTA MERLA

This is a charming family-friendly walk with amusing wooden gnomes, toadstools and animals.

LA SALLE

PURE ENERGY

A MOUNTAIN MASSIF OFFERING MASSIVE THRILLS

The first thing that springs to mind when speaking about outdoor mountains pursuits is obviously skiing. However, you'll be surprised to discover there are countless other sports, some truly surprising.

For example, did you know that you can play golf or cycle on the snowy slopes of the most admired rocky giant of the Alps? Or drive a team of sled dogs, or even zigzag across the ice in a roaring kart? If you want more, then why not try a helicopter ride or fly a paraglider? That's just a start - the list of options is long...

Ascent to ridge »
Sperone Brenva



MOUNTAIN BIKING AND E-BIKING

200 km of trails forming part of the legendary Tour of Mont Blanc meander between Italy, Switzerland and France. If you prefer a shorter itinerary, then put your bike on the ski lift and enjoy excursions with unique vistas.

COURMAYEUR



ALPINE SWIMMING POOL

Imagine bathing in a heated pool at 1,700 metres surrounded by boundless meadows – a small blue lake closed within an immense green ocean...

COURMAYEUR

GOLF

Nine holes, each one more suggestive than the last, on a grassy carpet that unfurls amongst mountain streams, woodlands and breathtaking views. The noble Mont Blanc and Grandes Jorasses peaks watch silently, discreetly... they are your spectators.

COURMAYEUR



MOUNTAINEERING AND TREKKING

The history of mountaineering has been written amongst these summits. You've got the choice of hikes, via ferratas, treks to bivouacs and huts led by guides from one of the oldest associations in the world.

M.B.VALLEY



WHITE WATER RAFTING - CANYONING

It's like a bucking horse made of water that's impossible to tame. Here, among roaring rapids and unexplored mountain torrents you're sure of a rollercoaster of thrills.

PRÉ-ST-DIDIER & MORGEX

HORSE RIDING

A soft snort, an impatient pawing, a soft mane: in the Mont Blanc Valley both wild horse rides and tame pony treks await you.

COURMAYEUR & LA SALLE

OFF-PISTE AND HELI-SKIING

The helicopter lands on glittering expanses of virgin snow just waiting to be carved. If you're a fan of off-piste skiing then this is your freeriding paradise; iconic descents include La Vallée Blanche and Toula.

COURMAYEUR



SNOWPARK

Beginner? Expert? Whatever your level, you'll have great fun jumping and jibbing on the rails at Courmayeur snowpark!

COURMAYEUR



SNOW BIKE AND FAT BIKE

What if I told you there are bikes that have skis instead of wheels? Or even mountain bikes to go cycling on snow? Get ready to experience this new way of getting downhill!

COURMAYEUR



DOG SLEDDING

If you've always dreamt of driving a dog sled team and exploring snowy trails and icy forests, then now's your chance!

COURMAYEUR



CROSS-COUNTRY SKIING

Want to know a secret? At Planpincieux and Arpy the winter enjoys drawing snow loops that vanish amidst tapered mountains and mysterious forests.

COURMAYEUR E MORGEZ



A SNOW TRAIL RESERVED FOR PEDESTRIANS

Who says that snow is only for skiing? In Val Ferret and at Arpy there are two suggestive trails through pristine countryside. Pure magic!

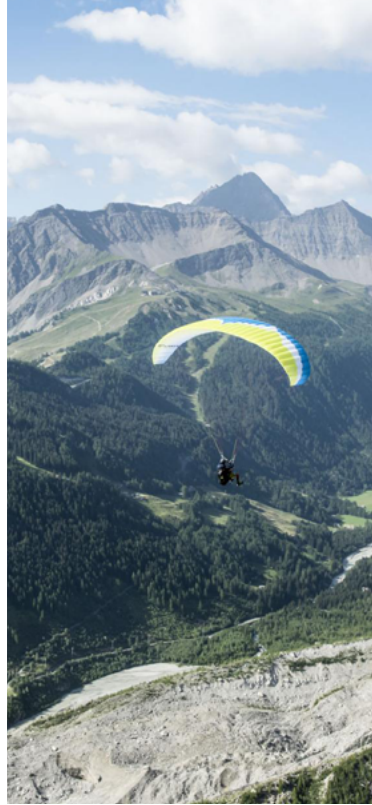
M.B VALLEY



PARAGLIDING

Rock stacks and granite cliffs emerge from an ocean of white storm – are you ready to see the Mont Blanc Valley from above?

M.B. VALLEY



KART TRACK

If you enjoy the roar of engines then the kart track is perfect for you. Try skidding around this 1,500-metre circuit that's open both in winter and summer.

COURMAYEUR



PANORAMIC HELICOPTER FLIGHTS

A panoramic helicopter flight is generally an experience that leaves you speechless – now try to imagine flying over the highest peak in Europe...

COURMAYEUR

OTHER SPORTS ACTIVITIES

If you like to get fit or try new sports while on holiday, then you'll find an infinity of sporting pursuits to experiment in the Mont Blanc Valley.

MONT BLANC



DELICIOUS INSPIRATION

DESIRE FOR FLAVOUR

There are many (positive) peculiarities about the Mont Blanc Valley, but one of them is unbeatable – the food.

When reflecting on the mountains the last thing that comes to mind is exotic saffron. Or even gentle hillsides where mild temperatures are ideal for growing generous and sunny vines.

Even mentioning fish farms sounds a bit strange, doesn't it? After all, the sea is three hundred kilometres away. This valley also stands out for its kaleidoscopic range of food and wine. As you'll see, some things are truly surprising...

Polenta concia »
Courmayeur Mont Blanc



THE HIGHEST WHITE IN EUROPE

A native wine variety grown at 1,200 metres. A “heroic” wine that doesn’t fear snow or ice, and which internalises all the purest aromas of the Alps.

MORGEX & LA SALLE



MONT BLANC SAFFRON

Mountain saffron? No, it’s not a modern invention but part of local farming history: get ready to try it in a restaurant dish or as a unique relaxing tea!

COURMAYEUR & MORGEX



MONT BLANC WATER

Courmayeur was once known worldwide for its waters rather than as a ski resort. Not only is the water uncontaminated and delightful but contains extraordinary curative properties...

COURMAYEUR & MORGEX



MORGEX SALMON TROUT

MORGEX

Yes, even in the mountains you can treat yourself to an exquisite fish supper. Morgex has its own salmon trout farm – delicious when deglazed in white wine.



FONTINA

PRÉ-SAINT-DIDIER

It’s impossible to visit the Aosta Valley without tasting Fontina – the local cheese par excellence. In Pré-Saint-Didier there is a historical store shed containing no less than 13,000 wheels.



LO CREICHEN OF MORGEX (CEREALS)

MORGEX

This sweet bread served with whipped cream and forest fruits originates from traditional methods of processing grain; it’s baked in the village bread oven and a must to try!

HISTORY ROLLS ON

THE TREE OF TIME

If Mont Blanc were a colossal tree it would have icy fronds and mighty rock branches.

And what about its roots? They would sink below the mountaineering feats that have marked the destiny of Italian Alpine guides – those heroic figures who have spread the allure of climbing to all parts of the world.

But the Mont Blanc Valley's past also comprises castles and towers, libraries and exotic fragrances, ancient Celtic traditions and the joyful tinkling of comic characters frolicking at village festivals...

Traditional Costumes »
Courmayeur



SAUSSUREA ALPINE BOTANICAL GARDEN

This garden is an Alpine oasis where your eyes fill with multicoloured wonders and you inhale the weightless fragrance of mountain flowers whose life is fleeting.

COURMAYEUR



CASTLES AND TOWERS

MORGEX & LA SALLE

One is solid, robust and crammed with books and comics, while the other is slender and soaring, and stands guard over castle ruins: these are the towers Archet and Châteland.



NOTRE DAME DE LA GUERISON SHRINE

This is both a holy and a captivatingly beautiful site, where you can hear the whispered echoing of miraculous healing and statues that have survived the chilly advancement of ice.

COURMAYEUR

MAISON PLASSIER

Thousands of paintings, hundreds of drawings and a host of furnishings ornate the rooms of this house-museum, creating an eclectic art collection.

LA SALLE



DUCA DEGLI ABRUZZI ALPINE MUSEUM

COURMAYEUR

Even museums can be adventurous. Especially if they recount tales of world-wide expeditions and the daring feats of Italy's most famous guides.



LÉ BEUFFON AND LA BADOCHÉ

M.B.VALLEY

Listen to the tinkling of bells, the swish of colourful ribbons: the beuffon frolics through the streets of Courmayeur to celebrate the start of Carnival, while cheerful folk dances enliven the Badoche on the patron saint's day.

NO ADULTS ALLOWED

ADVENTURES FOR THE LITTLE ONES

Not only the mountains reach great heights in the Mont Blanc Valley but also entertainment! How could it be different when here you can find Italy's largest tree adventure park.

With suspension bridges hanging in the void, rope ladders and zip-lines whizzing down hair-raising precipices, it's difficult to contain your excitement. Then, what if we told you there's a reading park full of word games, areas for climbing or spinning around on your skateboard or practising bike tricks, your holiday here should last at least a year ... you'll suggest that to Mum, won't you?

Children at the park »
Val Ferret



INDOOR CLIMBING

Would you like to scuttle up trees like a squirrel? And on rocks? Courmayeur has an awesome climbing gym that's open even on rainy days!

COURMAYEUR



ADVENTURE PARK AND FUN PARK

M.B VALLEY

Ready to cross the ravine on the highest and longest zip line in Europe? It's in Italy's top adventure park. If you prefer trampolines and inflatables then take a visit to Dolonne! Don't miss the Fun Park if you're seeking new thrills!



SKYWAY KIDS

COURMAYEUR

At 2,173 metres there's a playground where little explorers can sail on rafts, climb and learn masses about the mountains!



READING PARK

A tree house, a rattling wagon, a maze... there are a thousand different places to sit and read – Morgex park is a reader's paradise!

MORGEX

SKATE AND BIKE PARK

If you're a two or four-wheel devotee, then you can't miss Morgex skate park nor La Salle and Courmayeur bike parks with their ramps, obstacles ... pure adrenaline!

M.B VALLEY

PAINTBALL

COURMAYEUR

A battle to the last shot of paint, fought amidst forts, trenches and leafy boltholes – will you manage to capture the flag without getting hit by enemy fire?

IN THE RIGHT PLACE AT THE RIGHT TIME

Get ready to make an extraordinary holiday
even more out of the ordinary...



CELTICA

A forest in the heart of the mountains transforms into a stage for one of the wildest Celtic festivals ever; events include concerts, parades, dancing and workshops.

JULY

LO MATSON

At this outdoor farmers' market you can discover traditional products and delicious locally sourced produce.

SEPTEMBER



TOR DES GEANTS

The toughest trail run in the world: athletes from all over the world compete in this race covering 350 km and with 24,000 metres elevation gain to become part of a legend.

SEPTEMBER



WELCOME WINTER

A purely magical show to celebrate the arrival of winter. The Christmas tree lights and decorations are officially switched on amidst music and live events.

DECEMBER

Valle d'Aosta
EVENTS

Download the app!





Dawn over Mont Blanc

AIGUILLE-DE-LESCHAUX

VAL FERRET

DENT-DU-GÉANT

COL GRAND-FERRET

VAL VENY

COURMAYEUR

PRÉ-SAINT-DIDIER

MORGEX

LA SALLE

LITTLE SAINT BERNARD PASS

A crossroads of wayfarers, warriors and merchants, this Alpine pass connecting Italy and France is an extremely important place of transit and fascinating blend of history and nature.

LITTLE SAINT BERNARD PASS



ROMAN AND MEDIEVAL AOSTA

The pulsing heart of the Aosta Valley enraptures with its remains steeped in timeless charm: imposing stone walls, thousand-year-old theatres, medieval towers...



COGNE: PEARL OF THE ALPS

A delightful valley at the foot of Gran Paradiso mountain, this is the homeland of cross-country skiing and traditional local cuisine. The town is immersed in the unspoilt nature of Italy's oldest national park.

AOSTA

COGNE

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Valle D'Aosta



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