

**1** **Chemin du lac de Taney.** 219  
Vouvry

**Route**  
Mixx (Vevrad) - Prêlagine - Taney - Col de Taney - Mixx (La Flax)

Difficulty	Ascent	Restaurants and public transport
medium	635 m	Mixx (Vevrad) Taney Mixx (La Flax)
Descent	565 m	

Difficulty: medium  
Ascent: 635 m  
Descent: 565 m  
Route length: 8.6 km  
Estimated time: 3.15 h

**2** **Sentier des Alpes.**  
Torgon

**Route**  
Jorvett (Jorvett) - Eusin - La Croix - Châillon - Recon - Concha - Drawers - Torgon (Jorvett)

Difficulty	Ascent	Restaurants and public transport
easy	714 m	Torgon (Jorvett) Recon
Descent	714 m	

Difficulty: easy  
Ascent: 714 m  
Descent: 714 m  
Route length: 13.6 km  
Estimated time: 4.42 h

**3** **Sentier des gorges de la Vièze.**  
Monthey

**Route**  
Monthey - Passerelle des Gorges de la Vièze - Massillon - Choix - Monthey

Difficulty	Ascent	Restaurants and public transport
easy	311 m	Monthey Choix
Descent	311 m	

Difficulty: easy  
Ascent: 311 m  
Descent: 311 m  
Route length: 6.2 km  
Estimated time: 2 h

**4** **Galerie Défago.**  
Champéry

**Route**  
Champéry - Viège - Les Rives - Tâire - La Frâche - Prêla - La Cour - Val d'Illiez

Difficulty	Ascent	Restaurants and public transport
easy	454 m	Champéry Les Rives La Cour Val d'Illiez
Descent	560 m	

Difficulty: easy  
Ascent: 454 m  
Descent: 560 m  
Route length: 8.3 km  
Estimated time: 2.51 h

**5** **Plateau de Vérossaz.**  
Saint-Maurice

**Route**  
Saint-Maurice - Les Cases - Bassays - Vérossaz (Aussy) - La Dœy - Daviaz - La grille aux Fées - Vers chez Combes - Château de Saint-Maurice - Saint-Maurice

Difficulty	Ascent	Restaurants and public transport
easy	465 m	Saint-Maurice Les Cases Vérossaz (Aussy) La Dœy Daviaz
Descent	465 m	

Difficulty: easy  
Ascent: 465 m  
Descent: 465 m  
Route length: 9.1 km  
Estimated time: 3 h

**6** **Sentier de Salanfe.**  
Salvan - Les Marécottes

**Route**  
Van d'en Haut - Salanfe - Les Ottans - Salanfe - Van d'en Haut

Difficulty	Ascent	Restaurants and public transport
difficult	623 m	Van d'en Haut Salanfe
Descent	623 m	

Difficulty: difficult  
Ascent: 623 m  
Descent: 623 m  
Route length: 13 km  
Estimated time: 6.00 h

**7** **Sentier géologique du Vieux-Esson.**  
Finhaut

**Route**  
Esson (d'été) - Vieux-Esson (d'été) - Fossilised footprints - Esson (d'été)

Difficulty	Ascent	Restaurants and public transport
difficult	788 m	Esson (d'été) Vieux-Esson (d'été)
Descent	788 m	

Difficulty: difficult  
Ascent: 788 m  
Descent: 788 m  
Route length: 12.3 km  
Estimated time: 5.00 h

**8** **Sentier du Balcon du Mont-Blanc.** 218  
Finhaut

**Route**  
Finhaut (station) - Tête de la Boffa - Fenestral - Col de la Gueulaz - Esson (d'été) - Six Jour

Difficulty	Ascent	Restaurants and public transport
medium	741 m	Finhaut (station) Esson (station)
Descent	2 m	

Difficulty: medium  
Ascent: 741 m  
Descent: 2 m  
Route length: 8.4 km  
Estimated time: 3.30 h

**9** **Chemin du vignoble (stage 1).** 36  
Branson - Saillon

**Route**  
Branson (Bret d'Albin) - Branson - Vers l'Eglise (Fuly) - Châtagnier - Sand - Mazembroz - Saillon

Difficulty	Ascent	Restaurants and public transport
medium	223 m	Branson (Pont du Rhône) Vers l'Eglise (Fuly) Châtagnier Sand Mazembroz
Descent	176 m	

Difficulty: medium  
Ascent: 223 m  
Descent: 176 m  
Route length: 12 km  
Estimated time: 3.30 h

**10** **Tour du Grand Chavalard.** 220  
Oronnax - Leytron

**Route**  
Jorasse - Petit Dré - Col de Fenestral - Fenestral (Cabane) - Sorniot (Lac du Fuly) - L'Ené - Lui d'Aug - Jorasse

Difficulty	Ascent	Restaurants and public transport
medium	895 m	Jorasse Fenestral (Cabane) Sorniot (Lac du Fuly) Lui d'Aug
Descent	895 m	

Difficulty: medium  
Ascent: 895 m  
Descent: 895 m  
Route length: 15.7 km  
Estimated time: 5 h

**11** **Cabanes d'Orny et du Trient.**  
Champex-Lac

**Route**  
La Brea - Cabane d'Orny - Cabane du Trient - Cabane d'Orny - La Brea

Difficulty	Ascent	Restaurants and public transport
difficult	983 m	La Brea Cabane d'Orny Cabane du Trient
Descent	983 m	

Difficulty: difficult  
Ascent: 983 m  
Descent: 983 m  
Route length: 13.4 km  
Estimated time: 5.29 h

**12** **Cols du Grand-St-Bernard.** 210  
Grand-St-Bernard

**Route**  
Col du Grand-St-Bernard - Col des Chevaux - Col des Bastions - Lacs de Fenêtre - Fenêtre de Ferret - Col du Grand-St-Bernard

Difficulty	Ascent	Restaurants and public transport
difficult	950 m	Col du Grand-St-Bernard
Descent	950 m	

Difficulty: difficult  
Ascent: 950 m  
Descent: 950 m  
Route length: 11.7 km  
Estimated time: 4.45 h

**13** **Chemin des villages et hameaux d'Entremont.** 219  
Liddes - Vichères

**Route**  
Liddes - Chandonne - Coemire - La Rosière - Chamolle (St-Ovin) - La Douay

Difficulty	Ascent	Restaurants and public transport
easy	405 m	Liddes Coemire La Douay
Descent	910 m	

Difficulty: easy  
Ascent: 405 m  
Descent: 910 m  
Route length: 13.9 km  
Estimated time: 4.00 h

**14** **Passerelle à Farinet.**  
Saillon

**Route**  
Saillon (Place à Farinet) - Saillon (Bourg) - Passerelle à Farinet - Montagnon - Product - Les Moulins (Gorges de la Salentia) - Saillon (Place à Farinet)

Difficulty	Ascent	Restaurants and public transport
easy	559 m	Saillon (Place à Farinet) Saillon (Bourg) Montagnon Product
Descent	559 m	

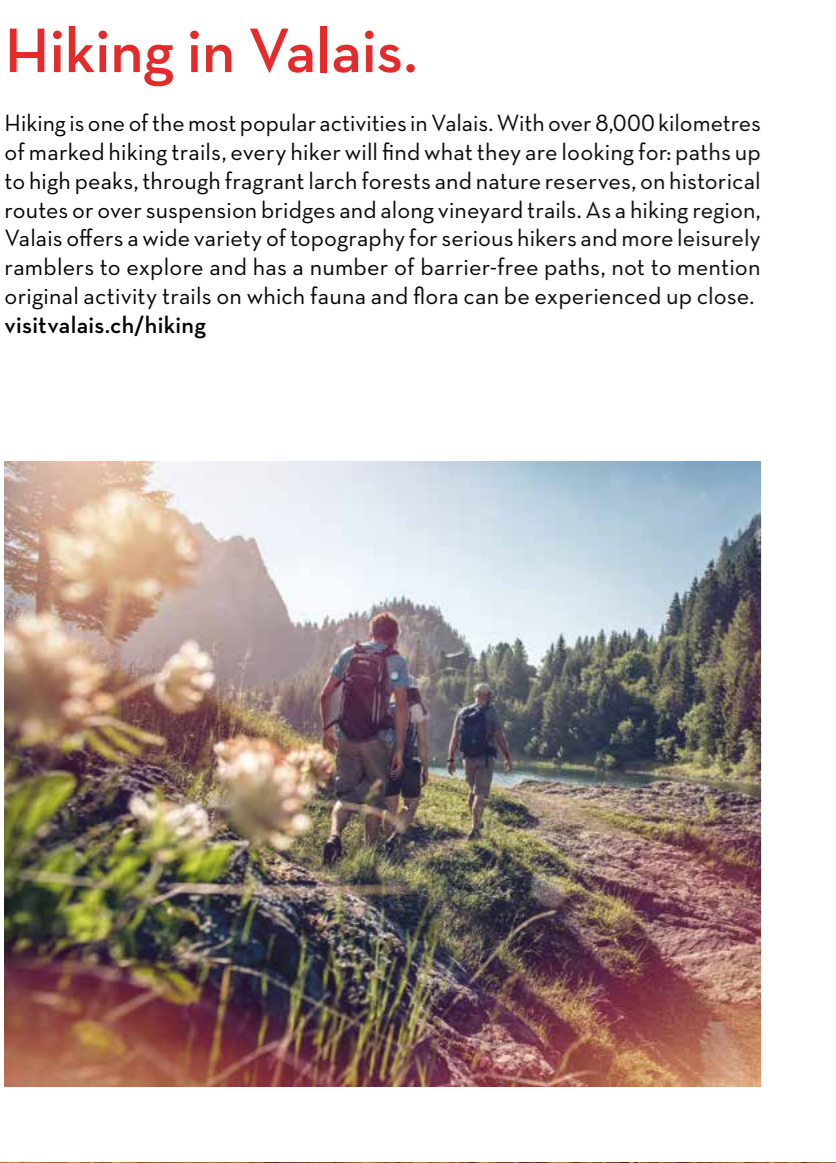
Difficulty: easy  
Ascent: 559 m  
Descent: 559 m  
Route length: 7.9 km  
Estimated time: 2.30 h

**15** **De Savoyères au lac des Vaux.**  
La Toumaz

**Route**  
La Toumaz (parc) - Savoyères - Col de la Croix de Coeur - Col des Mines - Chassoure au Arbi - Les Pontets - Bisse de Saxon - Le Marteau - Maison de la Forêt - La Toumaz

Difficulty	Ascent	Restaurants and public transport
medium	381 m	La Toumaz Savoyères Col de la Croix de Coeur
Descent	1197 m	

Difficulty: medium  
Ascent: 381 m  
Descent: 1197 m  
Route length: 14.1 km  
Estimated time: 4.30 h



**Hiking in Valais.**

Hiking is one of the most popular activities in Valais. With over 8,000 kilometres of marked hiking trails, every hiker will find what they are looking for: paths up to high peaks, through fragrant larch forests and nature reserves, on historical routes or over suspension bridges and along vineyard trails. As a hiking region, Valais offers a wide variety of topography for serious hikers and more leisurely ramblers to explore and has a number of barrier-free paths, not to mention original activity trails on which fauna and flora can be experienced up close.

visitvalais.ch/hiking

Recommended Season: unavailable, possible, optimal

Key: 1 53 Hiking trail

Legend:  
 - Catering facilities  
 - Cable Car  
 - Train  
 - Bus  
 - Shop for local products

Legend:  
 - Motorway  
 - Main road  
 - Regional main route

Legend:  
 - Railway / Funicular / Cable car / Chairlift (operating in summer)  
 - Sion Airport

**16** **Mélèzes de Balavaud.**  
Nendaz

**Route**  
Tracouet (Hauts-Nendaz grotto) - Lac Noir - Alpage Balavaux (tableaux) - Bisse de Saxon - Pra de Dœu - Haute-Nendaz

Difficulty	Ascent	Restaurants and public transport
easy	41 m	Tracouet Cabane de Balavaux Chalet des Alpes (Paroiss)
Descent	911 m	

Difficulty: easy  
Ascent: 41 m  
Descent: 911 m  
Route length: 13.8 km  
Estimated time: 3.45 h

**17** **Sentier des Chamois.**  
Verrier

**Route**  
La Chau - Col Termin - Plan de Gola - Louvie (Lac) - Fionnay

Difficulty	Ascent	Restaurants and public transport
difficult	765 m	La Chau Louvie (Cabane) Fionnay
Descent	1535 m	

Difficulty: difficult  
Ascent: 765 m  
Descent: 1535 m  
Route length: 13 km  
Estimated time: 5.30 h

**18** **Tour de l'éboulement des Diablerets.**  
Les Coteaux du Soleil

**Route**  
Derborence - La Godéy (été) - Forêt d'Ecorcha - Derborence

Difficulty	Ascent	Restaurants and public transport
easy	340 m	Derborence La Godéy
Descent	340 m	

Difficulty: easy  
Ascent: 340 m  
Descent: 340 m  
Route length: 6.6 km  
Estimated time: 2.15 h

**19** **Col du Sanetsch.**  
Les Coteaux du Soleil

**Route**  
Tanfeuron - Cabane de Parochet - Col du Sanetsch

Difficulty	Ascent	Restaurants and public transport
difficult	535 m	Tanfeuron Cabane de Parochet Col du Sanetsch
Descent	390 m	

Difficulty: difficult  
Ascent: 535 m  
Descent: 390 m  
Route length: 9.8 km  
Estimated time: 3.30 h

**20** **Dam de Cleuson.**  
Nendaz

**Route**  
Combatelaine (Sivez) - Chervé - Cleuson (La Guillie) - Cleuson (Sivez) - Ouché - Sivez

Difficulty	Ascent	Restaurants and public transport
medium	123 m	Combatelaine Sivez
Descent	634 m	

Difficulty: medium  
Ascent: 123 m  
Descent: 634 m  
Route length: 11.6 km  
Estimated time: 3.40 h

**21** **Sentier des Bouquetins.**  
Val d'Hérens

**Route**  
Dience (été) - La Barma - Col des Roux - Cabane de Prafruri - Dience (été)

Difficulty	Ascent	Restaurants and public transport
medium	600 m	Dience (été) Cabane de Prafruri
Descent	600 m	

Difficulty: medium  
Ascent: 600 m  
Descent: 600 m  
Route length: 8.4 km  
Estimated time: 3.30 h

22 **Chemin d'Ossona.**  
Vernamiège **275**

**Route**  
Les Orsax (Vernamiège) - La Margueronne - Grand Savanne - Ossona - Passerelle d'Ossona - La Luette

**Difficulty**  
 ▲ medium  
 ↔ 7.7 km  
 ⌚ 2:36 h  
 ∇ vertigo

**Ascent** ↗ 280 m

**Restaurants and public transport**

Les Prises (Vernamiège)  
Ossona  
La Luette

**Descent** ↘ 451 m

23 **Sentier Panorama 4000.**  
Crans-Montana **224**

**Route**  
Cry d'Er - Les Violettes - Delt Mont Bonvin - Mardeschon - Mont-Bonvin - Bisse du Tsittoret - Cave du Sex - Aminona

**Difficulty**  
 ▲ difficult  
 ↔ 13.4 km  
 ⌚ 4:30 h

**Ascent** ↗ 400 m

**Restaurants and public transport**

Cry d'Er  
Les Violettes  
Aminona

**Descent** ↘ 1155 m

24 **Grand bisse d'Ayent.**  
Anzère **213**

**Route**  
Anzère - La Go - La Brune - Tsalan d'Ayent - Tsalan d'Arbaz - Dué - Serin - Les Rousses - Ravouéné - Les Grilles - Anzère

**Difficulty**  
 ▲ medium  
 ↔ 16.8 km  
 ⌚ 5 h

**Ascent** ↗ 695 m

**Restaurants and public transport**

Anzère  
Tsalan d'Ayent  
Tsalan d'Arbaz

**Descent** ↘ 695 m

25 **Chemin des villages d'Évolène.**  
Évolène **214**

**Route**  
Évolène - Les Hautdères - La Forclaz - La Sage - Villa - Evolène

**Difficulty**  
 ▲ easy  
 ↔ 11.1 km  
 ⌚ 3:45 h

**Ascent** ↗ 545 m

**Restaurants and public transport**

Évolène  
Les Hautdères  
La Forclaz  
La Sage  
Villa

**Descent** ↘ 545 m

26 **Chemin du vallon de Réchy.**  
Vercoirin **217**

**Route**  
Crêt du Midi - Le Tsartsay - L'Ar du Tsan - La gouille de Potoc - Le Louché (air) - L'Ar du Tsan - Crêt du Midi

**Difficulty**  
 ▲ medium  
 ↔ 15 km  
 ⌚ 5 h

**Ascent** ↗ 710 m

**Restaurants and public transport**

Crêt du Midi

**Descent** ↘ 710 m

27 **Tour du lac de Moiry.**  
Grimentz **221**

**Route**  
Moiry (air) - Réta d'Aug de Châteaupré - Cabane de Moiry - Lac du Glacier - Gros Lapec - Moiry (air)

**Difficulty**  
 ▲ medium  
 ↔ 13.7 km  
 ⌚ 4:45 h

**Ascent** ↗ 618 m

**Restaurants and public transport**

Moiry (air)  
Cabane de Moiry  
Lac du Glacier

**Descent** ↘ 618 m

28 **Rando des cinq 4000.**  
St-Luc **224**

**Route**  
Tignousa (St-Luc) - Hôtel Weisshorn - Barneusa (Zinal) - Liréc - Zinal

**Difficulty**  
 ▲ medium  
 ↔ 16.2 km  
 ⌚ 5 h

**Ascent** ↗ 525 m

**Restaurants and public transport**

Tignousa  
Hôtel Weisshorn  
Zinal

**Descent** ↘ 1040 m

29 **Sentier viticole / Rebweg.**  
Sierra-Salgesch **224**

**Route**  
Salgesch - Chivrau (Vevyrd) - Veyras - Muraz - Sierra

**Difficulty**  
 ▲ easy  
 ↔ 7.5 km  
 ⌚ 2 h

**Ascent** ↗ 190 m

**Restaurants and public transport**

Salgesch  
Veyras  
Muraz  
Sierra

**Descent** ↘ 230 m

30 **À travers la Raspille**  
Leukerbad **187**

**Route**  
Inden (Rarner (air)) - Taschinerli (Vaduz) - Varen (Isen) - Varneralp - La Propria - Miège

**Difficulty**  
 ▲ medium  
 ↔ 10.7 km  
 ⌚ 3:15 h  
 ∇ vertigo

**Ascent** ↗ 244 m

**Restaurants and public transport**

Inden  
Varen  
Miège

**Descent** ↘ 680 m

31 **From the Gemmi Pass to the Lämmeren mountain refuge.**  
Leukerbad **187**

**Route**  
Gemmipass - Lämmerenhütte - Lämmerensee - Gemmipass

**Difficulty**  
 ▲ easy  
 ↔ 10 km  
 ⌚ 3:15 h

**Ascent** ↗ 460 m

**Restaurants and public transport**

Gemmipass  
Lämmerenhütte

**Descent** ↘ 460 m

32 **Restipass.**  
Leukerbad **187**

**Route**  
Rinderhütte - Wyssa See - Restipass - Restalp - Kummenalp - Stafel - Lauchernalp

**Difficulty**  
 ▲ difficult  
 ↔ 14.4 km  
 ⌚ 4:35 h

**Ascent** ↗ 705 m

**Restaurants and public transport**

Rinderhütte  
Restalp  
Kummenalp  
Stafel  
Lauchernalp

**Descent** ↘ 1040 m

33 **Leuker Sonnenberge.**  
Gampel-Bratsch-Jeizinen **187**

**Route**  
Jeizinen - Erschmatt - Pont du Diable - Brentjong - Leuk (air)

**Difficulty**  
 ▲ easy  
 ↔ 11.6 km  
 ⌚ 3:30 h

**Ascent** ↗ 230 m

**Restaurants and public transport**

Jeizinen  
Erschmatt  
Leuk-Stadt  
Leuk

**Descent** ↘ 1125 m

34 **Bhutanbrücke.**  
Turtmann **187**

**Route**  
Unterems - Bhutanbrücke - Susten - Leuk

**Difficulty**  
 ▲ easy  
 ↔ 10.5 km  
 ⌚ 3:15 h  
 ∇ vertigo

**Ascent** ↗ 335 m

**Restaurants and public transport**

Unterems  
Susten  
Leuk

**Descent** ↘ 705 m

35 **Turtmantaler Aussichtsweg.**  
Turtmantal **185**

**Route**  
Gruben/Meiden - Turtmansee dams - Gruben/Meiden

**Difficulty**  
 ▲ difficult  
 ↔ 12.7 km  
 ⌚ 6:30 h

**Ascent** ↗ 719 m

**Restaurants and public transport**

Gruben/Meiden

**Descent** ↘ 719 m

36 **Jolischlucht gorges.**  
Raron-Niedergesteln **185**

**Route**  
Raron - Lötschberger - Bietschbach (air) - Rarnerkumme (Rarner) - Jolischlucht gorges - Stägerli (air) - Niedergesteln

**Difficulty**  
 ▲ medium  
 ↔ 8.7 km  
 ⌚ 3:12 h  
 ∇ vertigo

**Ascent** ↗ 462 m

**Restaurants and public transport**

Raron  
Rarnerkumme  
Niedergesteln

**Descent** ↘ 458 m

37 **Fafleralp-Rundweg.**  
Lötchental **182**

**Route**  
Fafleralp - Guggistafel - Anehütte - Grundsee - Fafleralp

**Difficulty**  
 ▲ medium  
 ↔ 10.1 km  
 ⌚ 3:40 h

**Ascent** ↗ 610 m

**Restaurants and public transport**

Fafleralp  
Anehütte

**Descent** ↘ 610 m

38 **Moosalp Panoramaweg.**  
Moosalprejon **191**

**Route**  
Hindalalp (Châle Brunne) - Büncheralp - Ledi - Beltmatte - Brenntattseuse - Boningersee - Stand - Moosalp

**Difficulty**  
 ▲ easy  
 ↔ 6.8 km  
 ⌚ 2:05 h

**Ascent** ↗ 110 m

**Restaurants and public transport**

Moosalp (Châle Brunne)

**Descent** ↘ 790 m

39 **Höhenweg Schalb - Jungu.**  
Grächen-St.Niklaus **191**

**Route**  
Schalb - Obri Äbi - Undri Lager - Jungu

**Difficulty**  
 ▲ medium  
 ↔ 7 km  
 ⌚ 2:50 h

**Ascent** ↗ 477 m

**Restaurants and public transport**

Schalb  
Jungu

**Descent** ↘ 431 m

40 **Edelweiss Trail (Höhbalm).**  
Zermatt **191**

**Route**  
Zermatt - Alterhaupt - Trift - Höhbalmen - Arbenbach - Zmutt - Zermatt

**Difficulty**  
 ▲ difficult  
 ↔ 20.7 km  
 ⌚ 7:30 h

**Ascent** ↗ 1261 m

**Restaurants and public transport**

Zermatt  
Alterhaupt  
Zmutt

**Descent** ↘ 1261 m

41 **Heidnisch Tossu.**  
Grächen-St.Niklaus **191**

**Route**  
Hannigalp - Chlainu Furgge - Stafel - Heidnisch Tossu - Lowitzig - Z'Seew - Grächen

**Difficulty**  
 ▲ medium  
 ↔ 7.6 km  
 ⌚ 2:50 h

**Ascent** ↗ 381 m

**Restaurants and public transport**

Hannigalp  
Z'Seew  
Grächen

**Descent** ↘ 884 m

42 **Gibidumpass.**  
Staldenried-Gspon **191**

**Route**  
Giw - Gibidumpass - Säddli - Häuschbiel - Gspon

**Difficulty**  
 ▲ easy  
 ↔ 13 km  
 ⌚ 3:30 h

**Ascent** ↗ 530 m

**Restaurants and public transport**

Giw  
Gspon

**Descent** ↘ 600 m

43 **Lötschberger Südrampe.**  
Eggerberg **191**

**Route**  
Eggerberg - Lalden (air) - Gardemuseum - Naters - Brig

**Difficulty**  
 ▲ easy  
 ↔ 10.4 km  
 ⌚ 3:30 h

**Ascent** ↗ 460 m

**Restaurants and public transport**

Eggerberg  
Gardemuseum  
Brig

**Descent** ↘ 650 m

44 **Gemsweg.**  
Saas-Fee **183**

**Route**  
Saas-Fee - Längflue - Spielboden - Gletschergröta - Gletschersee - Saas-Fee

**Difficulty**  
 ▲ medium  
 ↔ 9.7 km  
 ⌚ 3:07 h

**Ascent** ↗ 588 m

**Restaurants and public transport**

Längflue  
Spielboden  
Gletschergröta  
Saas-Fee

**Descent** ↘ 588 m

45 **Höhenweg Almagelleralp.**  
Saas-Grund **191**

**Route**  
Kreuzboden - Almagelleralp - Furggstalden - Saas-Almagell

**Difficulty**  
 ▲ easy  
 ↔ 10.1 km  
 ⌚ 3:15 h  
 ∇ vertigo

**Ascent** ↗ 202 m

**Restaurants and public transport**

Kreuzboden  
Almagelleralp  
Furggstalden  
Saas-Almagell

**Descent** ↘ 931 m

46 **Stockalperweg - Gondoschlucht.**  
Simplonpass **191**

**Route**  
Simplon Dorf - Gabi - Alte Kaserne - Gondo

**Difficulty**  
 ▲ easy  
 ↔ 9 km  
 ⌚ 3:00 h

**Ascent** ↗ 120 m

**Restaurants and public transport**

Simplon Dorf  
Gabi  
Alte Kaserne  
Gondo

**Descent** ↘ 745 m

47 **Bortelhütte.**  
Rosswald **191**

**Route**  
Rosswald - Stafel - Bortelhütte - Berisal

**Difficulty**  
 ▲ medium  
 ↔ 10.8 km  
 ⌚ 3:45 h

**Ascent** ↗ 415 m

**Restaurants and public transport**

Rosswald  
Bortelhütte  
Berisal

**Descent** ↘ 713 m

48 **Hängebrücke Belalp - Riederalp.**  
Blatten-Belalp-Naters **191**

**Route**  
Belalp - Aletschbord - Aletschji - Suspension footbridge - Riederfurka - Riederalp (air)

**Difficulty**  
 ▲ medium  
 ↔ 11.5 km  
 ⌚ 5:00 h  
 ∇ vertigo

**Ascent** ↗ 604 m

**Restaurants and public transport**

Belalp  
Aletschbord  
Riederfurka  
Riederalp (air)

**Descent** ↘ 782 m

49 **Bettmerhorn / Hängebrücke Aspi-Titter.**  
Bettmeralp **191**

**Route**  
Bettmerhorn - Bati Chumma - Märgjelen (Gletscherstube) - Burghütte - Suspension footbridge - Obble - Riied - Gasse - Bellwald

**Difficulty**  
 ▲ medium  
 ↔ 19.4 km  
 ⌚ 6:55 h  
 ∇ vertigo

**Ascent** ↗ 635 m

**Restaurants and public transport**

Bettmerhorn  
Märgjelen (Gletscherstube)  
Burghütte  
Bellwald

**Descent** ↘ 1726 m

50 **Twingischlucht.**  
Binn **191**

**Route**  
Binn - Steinmatten - Blatt - Binna - Grengiols - Betten

**Difficulty**  
 ▲ easy  
 ↔ 13 km  
 ⌚ 3:30 h

**Ascent** ↗ 150 m

**Restaurants and public transport**

Binn  
Grengiols  
Betten

**Descent** ↘ 715 m

51 **Chäserstatt.**  
Ernen **191**

**Route**  
Ernen - Niederärer Chäller - Chäserstatt - Mühlbach - Goms Bridge - Fürgangen

**Difficulty**  
 ▲ medium  
 ↔ 13.3 km  
 ⌚ 5:10 h  
 ∇ vertigo

**Ascent** ↗ 971 m

**Restaurants and public transport**

Ernen  
Chäserstatt  
Mühlbach  
Fürgangen

**Descent** ↘ 965 m

52 **Brudelhorn.**  
Münster **191**

**Route**  
Ladstafel - Diselsee - Brudelhorn - Münster

**Difficulty**  
 ▲ difficult  
 ↔ 14.5 km  
 ⌚ 6 h

**Ascent** ↗ 980 m

**Restaurants and public transport**

Münster

**Descent** ↘ 1540 m

53 **Gommer Höhenweg.**  
Oberwald-Münster **184**

**Route**  
Oberwald - Nessel - Münster

**Difficulty**  
 ▲ medium  
 ↔ 11.9 km  
 ⌚ 4:00 h

**Ascent** ↗ 549 m

**Restaurants and public transport**

Oberwald  
Münster

**Descent** ↘ 545 m