

HOLIDAY MAP

VALAIS

170 top attractions ENGRAVED ON MY HEART.

- This map shows only a selection of attractions. Tourist information centres will be happy to give further advice.
- NATURAL SITES**
- 1 Binnal regional nature park B9
 - 2 Great Aletsch Glacier B8
 - 3 Sun terrace, Rosswald C8
 - 4 UNESCO World Heritage Swiss Alps Jungfrau-Aletsch B8
 - 5 Aletsch Forest nature reserve B8
 - 6 Baltschiederl nature reserve B7
 - 7 Europe's highest vineyards, Vaspertermen C7
 - 8 Grundberg-Almagellertal nature reserve D7
 - 9 Cultural trail, Turtmann C6
 - 10 Thermal canyon walk, Leukerbad B6
 - 11 Plyn-Finges regional nature park C6
 - 12 Vallon de Réchy nature reserve C5
 - 13 Euseigne earth pyramids C4
 - 14 Torrent-Neuf irrigation channel, Savèze C4
 - 15 Irrigation channels, Nendaz C4
 - 16 Haut Val de Bagnes nature reserve D3
 - 17 Derborence nature reserve C5
 - 18 Les Follières nature reserve, Fully D2
 - 19 Lac de Taney nature reserve, Vouvré B1
- SUMMER SKIING**
- 1 Summer ski area, Saas-Fee D7
 - 2 Matterhorn Glacier Paradise, Zermatt E6

- THERMAL SPAS**
- 1 Breiten-Mörel B8
 - 2 Brigerbad C7
 - 3 Leukerbad Terme, Walliser Alpenherme & Spa, Volkshelbad, Leukerbad B5
 - 4 Bains d'Ovronnaz C3
 - 5 Bains de Saillon D3
 - 6 Bains de Lavey C2
 - 7 Thèmes Parc, Val d'Illeaz C2
- VIA FERRATAS**
- 1 Eggishorn, Fiesch B8
 - 2 Aletsch, Belalp B8
 - 3 Gabi, Simplon C8
 - 4 Baltschiederl, Ausserberg B7
 - 5 Jäghorn, Saas-Grund D8
 - 6 Gorge alpine, Saas-Fee D7
 - 7 Pittaghorn, Saas-Fee D7
 - 8 Bietschallbrücke, Ausserberg C7
 - 9 Schweifne, Zermatt D6
 - 10 Gomerschlucht, Zermatt D6
 - 11 Gemmi, Leukerbad B6
 - 12 Daubenhorn, Leukerbad B5
 - 13 Moiry, Grimentz D5
 - 14 Evolène D5
 - 15 Belvédère, Nax/Mont-Noble C4
 - 16 Saxifrage et Tichodrome, Madzeria/Mauvoisin D4
 - 17 Via Farietta, Saillon C3
 - 18 Tière, Champéry C1

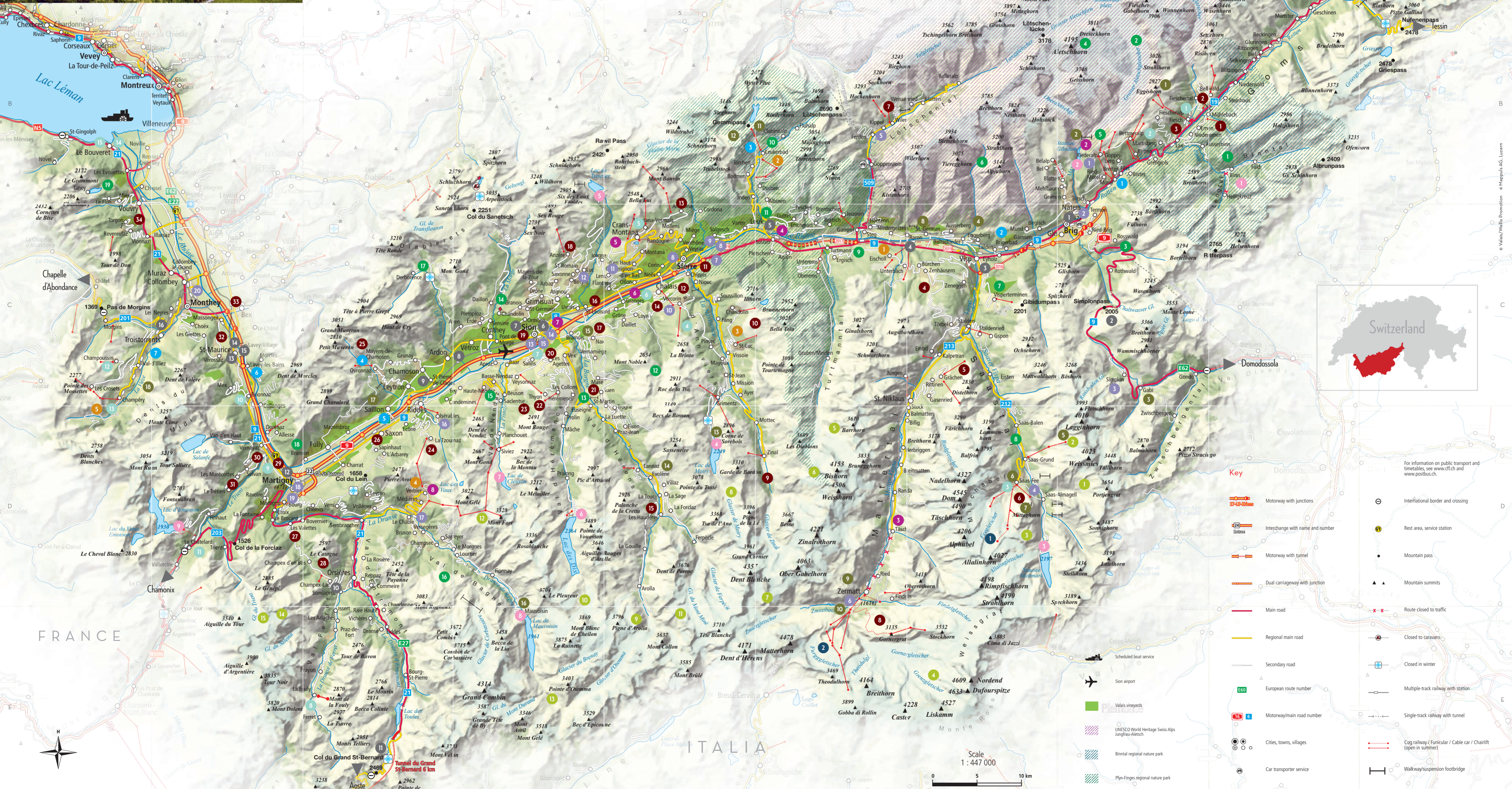
- ADVENTURE/AMUSEMENT PARKS**
- 1 Rope park, Fiesch B8
 - 2 Adventure course, Bettmeralp B8
 - 3 Rope park, Saas-Fee D7
 - 4 Adventure forest, Vercorin C5
 - 5 La Moubra Fun Forest, Crans-Montana C5
 - 6 Happyland, Granges / Sierre C5
 - 7 Rope park, Domaines des lles, Sion C4
 - 8 Tree-top canopy, La Fouly E3
 - 9 Western City, Martigny D2
 - 10 Labyrinth Adventure, Evionnaz C2
 - 11 Vertic'Alp, Emosson D2
 - 12 Point Sud adventure park, Champoussin C1
 - 13 Dahu rope park, Champéry D1
 - 14 Aquaparc, Le Bouveret B1
 - 15 Swiss Vapeur Parc, Le Bouveret B1
- LEISURE**
- 1 Muskodorf, Ernen B9
 - 2 Duallly & Dualski - adaptive sports, Bellwald B8
 - 3 Aletsch animal park, Fiesch B8
 - 4 360° panoramic hike, Moosalp-Stand C7
 - 5 Fairy-tale gondola & family park, Grächen C7
 - 6 Mittelalpin ice pavilion, Saas-Fee D7
 - 7 Lauchernalp alpine pastures, Wilder B6
 - 8 Gomergrat railway, Zermatt E6
 - 9 Copper mine, Zinal D6
 - 10 FXB astronomical observatory, St-Luc C5
 - 11 Lac de Géronde lido, Sierre C5
 - 12 Arche des Crétillons, Chalais C5

- ADVENTURE/AMUSEMENT PARKS**
- 13 Hamlet of Colombier, Crans-Montana B5
 - 14 Mini-golf course (9 holes), Vercorin C5
 - 15 Geology centre, Les Haudères D5
 - 16 Underground lake, St-Leonard C4
 - 17 Swin Golf course, Nax/Mont-Noble C4
 - 18 Spa & wellness centre, Anzère C4
 - 19 Friday market, Sion C4
 - 20 RealFly, Sion C4
 - 21 Osona agritourism centre, St-Martin C4
 - 22 Hikes with huskies, Thyon C4
 - 23 Disc golf course (9 holes), Veysnozaz D4
 - 24 Mountain restaurant, La Loutze, Ovronnaz C3
 - 25 Vertic-Halle, Saxon D3
 - 26 Durand gorges, Bovier D2
 - 27 Botanical garden, Champex-Lac D3
 - 28 Windsurfing, Le Rosal lake, Martigny D2
 - 29 Trient gorges, Vernayaz D2
 - 30 Zoo, Les Marécottes D2
 - 31 Faires Cave, St-Maurice C2
 - 32 Salt mines, Bex C2
 - 33 Archery trail with 20 targets, Torgon C1
- DOWNHILL MOUNTAIN BIKE TRAILS**
- 1 Eischoll-Niedergesteln C6
 - 2 Flowtrail, Lèche-le-Bains B6
 - 3 St-Luc C5
 - 4 Verbier D3
 - 5 Champéry D1

- MOUNTAIN HUTS**
- 1 Almagell D8
 - 2 Weissmies D8
 - 3 Britannia D7
 - 4 Monte Rosa E7
 - 5 Turtmann & Barhorn D6
 - 6 Traucit D6
 - 7 Schönbiel D6
 - 8 Moiry D5
 - 9 Vignettes E4
 - 10 Dix D4
 - 11 Bertol E4
 - 12 Mont-Fort D4
 - 13 Chamion E4
 - 14 Orny E2
 - 15 Trient E2
- GOLF COURSES**
- 1 Obergoms A10
 - 2 Riederalp B8
 - 3 Matterhorn, Zermatt D6
 - 4 Leuk-Susten C5
 - 5 Crans-Montana C5
 - 6 Sierre C5
 - 7 Sion C4
 - 8 Verbier D3

- DAM VISITS**
- 1 Heiligkreuz B9
 - 2 Gbidum B8
 - 3 Mattmark D7
 - 4 Moiry D5
 - 5 Teuээр B4
 - 6 Grande-Désance D4
 - 7 Cleuson D4
 - 8 Mauvoisin E4
 - 9 Emosson D2
- MUSEUMS**
- 1 Aletsch Pro Natura centre, Riederalp B8
 - 2 La Caverna, Naters C8
 - 3 Sion ecomuseum C8
 - 4 Saas museum, Saas-Fee D7
 - 5 Lotschental museum, Kippel B6
 - 6 Matterhorn museum, Zermatt D6
 - 7 Rainer Maria Rilke foundation, Sierre C5
 - 8 Wine museum, Sierre - Salgesch C5
 - 9 Oksommer museum, Verraz C5
 - 10 Edouard Vallet foundation, Vercorin C5

- HERITAGE**
- 1 Stockcar castle, Brig C8
 - 2 Simplon hospice C8
 - 3 Three Kings church, Vesp C7
 - 4 Castle church and final home of Rainer Maria Rilke, Raron C7
 - 5 Castle, Leuk C6
 - 6 Castles of Valère & Tourbillon, Sion C4
 - 7 Old Town, Sion C4
 - 8 Gallo-Roman remains, Ardon C4
 - 9 Romanesque church, St-Pierre-de-Clages C3
 - 10 Artillery fort, Champex-Lac D3
 - 11 Gt St Bernard hospice, kennels & museum E3
 - 12 La Bâtiaz castle, Martigny D2
 - 13 Abbey & treasure, St-Maurice C2
 - 14 Castle, St-Maurice C2
 - 15 Historic forts, St-Maurice C2
 - 16 La Tine waterfalls, Troistorrens C2



- Key**
- Motorway with junctions
 - Interchange with name and number
 - Motorway with tunnel
 - Dual carriageway with junction
 - Main road
 - Regional main road
 - Secondary road
 - European route number
 - Motorway/main road number
 - Cities, towns, villages
 - Car transporter service
 - International border and crossing
 - Rest area, service station
 - Mountain pass
 - Mountain summits
 - Route closed to traffic
 - Closed to caravans
 - Closed in winter
 - Multiple-track railway with station
 - Single-track railway with tunnel
 - Cog railway / Funicular / Cable car / Chairlift (open in summer)
 - Walkway/suspension footbridge

Scale 1 : 447 000

For information on public transport and timetables, see www.ctcf.ch and www.post.ch

Valais is the loveliest time of the year.

Welcome to Valais: the majestic Rhône valley and its picturesque side valleys, framed by 45 peaks above 4,000 metres, blessed with 300 days of sunshine a year. Our Valais is a land of living traditions and pioneering innovation, fertile plenty and pristine wilderness, vibrant cultural life and tranquil nature.

Pure summer pleasure

Fragrant forests, sparkling glaciers, rocky pinnacles, alpine lakes, colourful orchards, flower-filled meadows, cascading streams: nature has been generous to Valais. Cycle routes, footpaths and mountain bike trails criss-cross the ever-changing landscape. Explore wherever your heart takes you, and create your own personal map of summer holiday memories among the Alps' most magnificent summits.

Winter of sparkling delights

Welcome to winter sports perfection! You'll find snow-sure ski areas rising to nearly 4,000 metres, 2,800 km of marked pistes, scintillating scenery and a choice of top-class destinations to suit every taste - from world-famous resorts to hidden gems.



Emisson reservoir

World of wellbeing and relaxation

Nowhere will you feel as close to the towering peaks draped with glaciers as in Valais. Pure mountain air makes for scintillating vistas by day and star-filled skies by night. Boundless horizons, pristine nature and blissful tranquility refresh body and soul. From deep under the mountains, mineral-rich waters emerge at hot springs that supply thermal baths and stylish spas throughout Valais, promising total relaxation. Experience the pure energy of the Alps in a uniquely uplifting setting: you'll feel on top of the world.

visitvalais.ch/wellbeing



Leukerbad

Wealth of history and culture

The strategic Rhône valley has been a place of encounter for millennia; a colourful history has bequeathed Valais a rich heritage. Well-preserved castles and palaces, priceless art collections and fascinating museums feature alongside a wealth of living customs and traditions. The region has attracted countless artists and writers over the centuries, and today boasts a rich cultural life; a packed calendar of festivals reflects the region's creative energy.

Boundless freedom

The dramatic landscape of spectacular gorges, mighty rivers of ice and breathtaking vistas offers an unrivalled playground for adventure-seekers. Paragliding, high-altitude hikes, glacier treks, adventure rope courses through the treetops, via ferratas (fixed-cable climbs), pedestrian footbridges over giddy ravines: there are challenges to suit everyone. Test your limits, boost your athletic performance or simply enjoy a blast of adrenalin: high thrills are guaranteed.

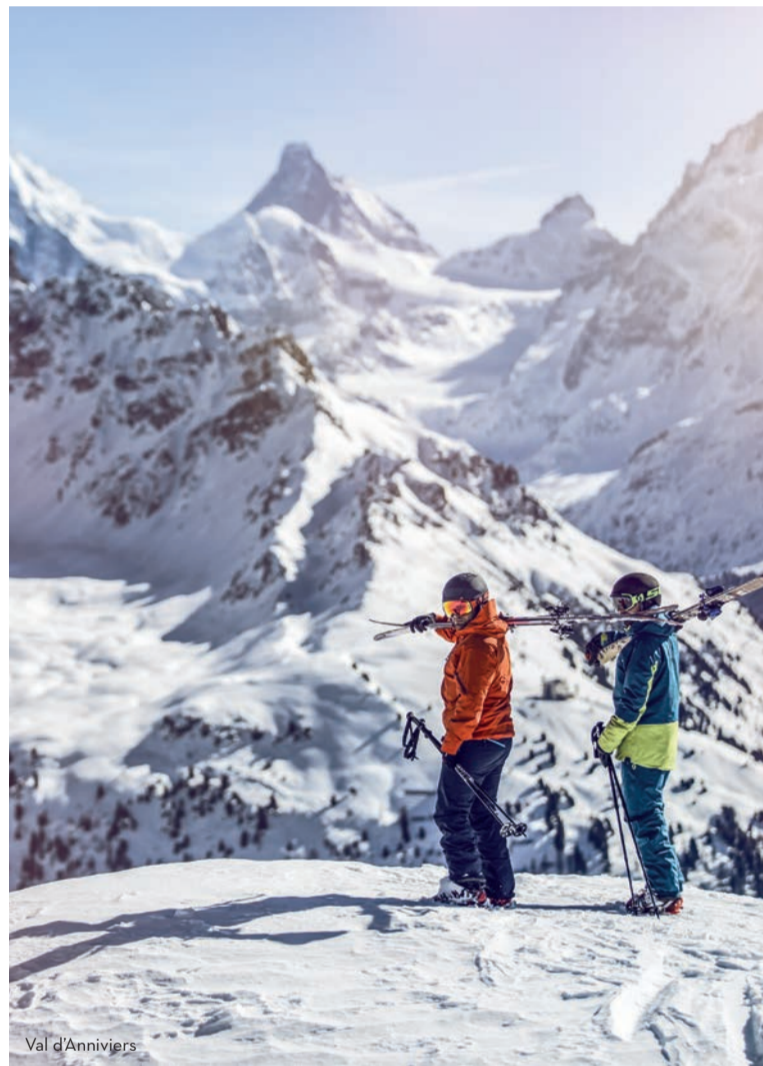


Great Aletsch Glacier and Eggishorn



Where the cows are queens

Proud and determined, hardy and feisty, the cows of the Hérens breed are an apt symbol of Valais as well as a focal point of traditional local culture. By natural instinct, these stocky beasts lock horns to establish a hierarchy in the herd. At organised cow fights, the animals skirmish in pairs until one is crowned queen. These popular events are a highlight of the Valais calendar, not to be missed.



Val d'Anniviers



Bisse du Teittoret

Summer trails to happiness

Discover the endless variety of the natural landscapes of Valais as you explore the region's superb trail network. About 8,000 km of marked and well-maintained footpaths extend to every corner of Valais from the lowland woods to the sunny peaks, taking in natural parks and vineyards, "bisse" waterways and historic villages. The cycle routes and mountain bike trails are just as impressive - leading along idyllic alpine lakeshores and frothing mountain streams, across high ridges and along the foot of towering cliffs. Downhill mountain bike runs provide the ultimate thrill for adrenalin addicts.



Bisses: life-giving waterways of Valais

The "bisses" of Valais are irrigation channels constructed up to 700 years ago to carry water from the glaciers to the meadows, vineyards and orchards. The gentle waterways follow the contours of the landscape; in many places, the builders used astonishing ingenuity to carry the water over gullies and across cliff faces. Today, footpaths along these bisses offer family-friendly walks with gorgeous views and a delightful bubbling soundtrack. visitvalais.ch/bisses



Sion

Hospitality at the highest level

The holiday choice in Valais is vast, but everywhere guests find the same emphasis on quality. The welcome is as warm at the luxury hotels as at the mountain cabins for hikers and ski tourers among the high peaks. From world-class ski areas to spectacular alpine golf courses, from UNESCO-protected landscapes to state-of-the-art leisure complexes, and from award-winning gourmet restaurants to cosy chalets, you'll find all the ingredients for the ideal holiday escape.

Journeys to adventure

An impressive network of cable cars, gondolas, chairlifts and funiculars, bus routes and mountain railways - steam as well as electric - makes exploring the Valais an adventure in itself. Spectacular rides lead across dramatic passes, over high viaducts and through tunnels deep in the rock, along the walls of gorges and past panoramic viewpoints. The most impressive journey of all: the Valais section of the Grand Tour of Switzerland, an unforgettable trip from the giddy heights of the Furka Pass to the gentle shores of Lake Geneva. visitvalais.ch/grandtour

Embracing the future

Valais has long played a pioneering role in a range of fields from hotel hospitality to renewable energy. World-class educational and research facilities and an entrepreneurial spirit provide fertile ground for innovation; successful new start-ups regularly make headlines.



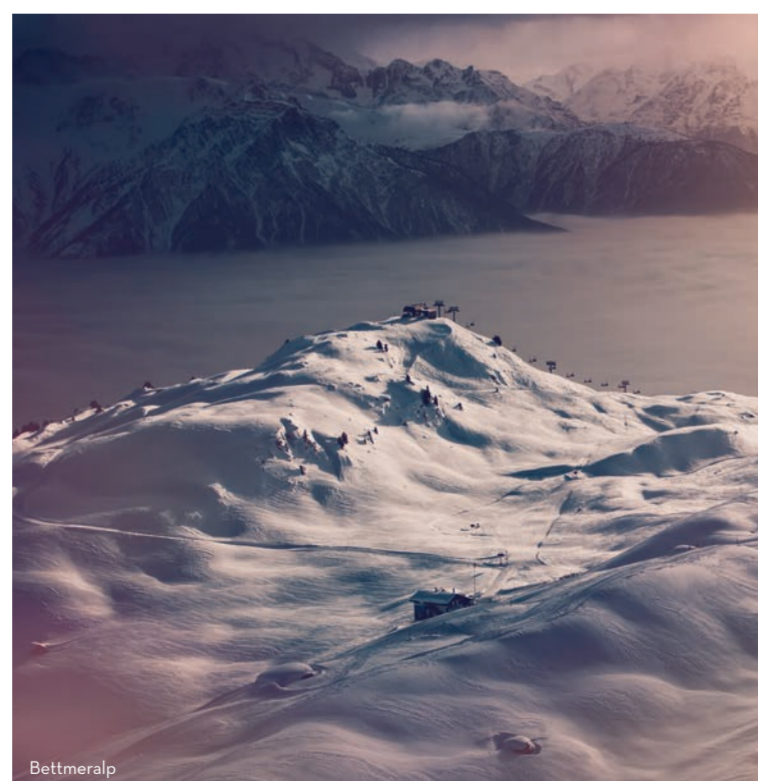
Free map may only be distributed free of charge in Valais, Switzerland (2019)

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Bettmeralp

Colours and flavours of autumn

The contrast of colours in autumn is bewitching. Golden larches, dark-green pines, russet undergrowth, white snowy peaks against piercing blue skies: everything sparkles in the diamond light characteristic of the season. The vineyards are a blaze of reds, yellows and purples, as countless different varieties of grape mature each sunny day until harvest. Winemaking festivals and exuberant celebrations devoted to every aspect of regional cuisine attract enthusiasts from far and wide: a visit to Valais in autumn is a mouth-watering adventure.



An enticing taste of Valais

The fertile soils and sunny climate of Valais favour the cultivation of a mouth-watering variety of produce from succulent fruit to Mediterranean herbs, including prized Valais specialties such as precious saffron and traditional rye bread. These ideal conditions have also enabled the development of an exceptional diversity of fine wines, intensely flavoured fruit brandies and delicious cheeses crowned by the distinctive Raclette AOP, served melted. A rich cuisine full of character bears witness to centuries of tradition, creativity and passion. visitvalais.ch/regional-products

Fun for all the family

From glacier grottos, animal collections and scooter rides to fairy-tale gondolas, fun sledge runs and children's ski areas, the attractions for families are endless in summer and winter alike. Valais is both an oasis of relaxation and the ultimate natural playground: holiday heaven for guests of all ages! visitvalais.ch/families

