



### 1 Chemin du lac de Taney. Vouiry

Route: Mieux - Pralagnin - Taney - Col de Taney - Mieux

Difficulty	medium
Ascent	630 m
Descent	8.3 km
Time	3.05 h

Restaurants and public transport: Mieux, Taney

### 2 Sentier des alpages de Viognaz. Torgon

Route: Torgon - Eusin - La Croix - Châtillon - Racon - Concha - Drawers - Torgon

Difficulty	easy
Ascent	775 m
Descent	13.6 km
Time	4.30 h

Restaurants and public transport: Torgon, Racon

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

Route: Monthey - Passarelle des Gorges de la Vièze - Massillon - Choix - Monthey

Difficulty	easy
Ascent	270 m
Descent	6.2 km
Time	1.45 h

Restaurants and public transport: Monthey, Choix

### 4 Galerie Défago. Champéry

Route: Champéry - Vièze - Les Rives - Tâire - La Frâche - Dréla - La Cour - Vald'Illez

Difficulty	easy
Ascent	370 m
Descent	8.7 km
Time	2.40 h

Restaurants and public transport: Champéry, Les Rives, La Cour, Vald'Illez

### 5 Tour de la falaise de St-Maurice. St-Maurice

Route: St-Maurice - Les Cases - Bassays - Château de St-Maurice - St-Maurice

Difficulty	easy
Ascent	360 m
Descent	7 km
Time	2.15 h

Restaurants and public transport: St-Maurice

### 6 Sentier de Salanfe. Les Marécottes

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

Difficulty	difficult
Ascent	695 m
Descent	12.8 km
Time	4.20 h

Restaurants and public transport: Van d'en Haut, Salanfe

### 7 Sentier géologique du Vieux Emosson. Finhaut

Route: Barrage d'Emosson - Barrage du Vieux Emosson - Archaosur footprints - Barrage d'Emosson

Difficulty	difficult
Ascent	845 m
Descent	12.5 km
Time	4.40 h

Restaurants and public transport: Emosson dam, Vieux Emosson dam

### 9 Chemin du Vignoble (stage 1). Branson - Saillon

Route: Branson - Vers l'Eglise - Châtagnier - Savé - Mazembras - Saillon

Difficulty	medium
Ascent	480 m
Descent	12 km
Time	3.30 h

Restaurants and public transport: Branson, Vers l'Eglise, Châtagnier, Savé, Mazembras, Saillon

### 10 Tour du Grand Chavalard. Oronnaz - Leytron

Route: Jorasse - Petit Pré - Col de Fenestral - Fenestral - Sorniot - L'Erid - Lui d'Adot - Jorasse

Difficulty	medium
Ascent	1030 m
Descent	14.9 km
Time	5.30 h

Restaurants and public transport: Jorasse, Fenestral hut, Sorniot, Lui d'Adot

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

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

Difficulty	difficult
Ascent	1140 m
Descent	14 km
Time	5.40 h

Restaurants and public transport: La Brea, Orny hut, Trient hut

### 12 Col du Grand-St-Bernard. Grand-St-Bernard

Route: Col du Grand-St-Bernard - Col des Chevas - Col du Bastillon - Lacs de Fenêtre - Fenêtre de Ferret - Col du Grand-St-Bernard

Difficulty	difficult
Ascent	1030 m
Descent	12 km
Time	4.55 h

Restaurants and public transport: Col du Grand-St-Bernard

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

Route: Liddes - Chandonne - Commeire - La Rosière - Chamolle - La Douay

Difficulty	easy
Ascent	405 m
Descent	14 km
Time	3.55 h

Restaurants and public transport: Liddes, Commeire, La Douay

### 14 Passerelle à Farinet. Saillon

Route: Saillon - Passerelle à Farinet - Les Places - Montagnon - Produit - Les Moulin - Saillon

Difficulty	easy
Ascent	440 m
Descent	7.5 km
Time	2.30 h

Restaurants and public transport: Saillon, Montagnon, Produit

### 15 De Savoleyres au lac des Vaux. La Toumaz

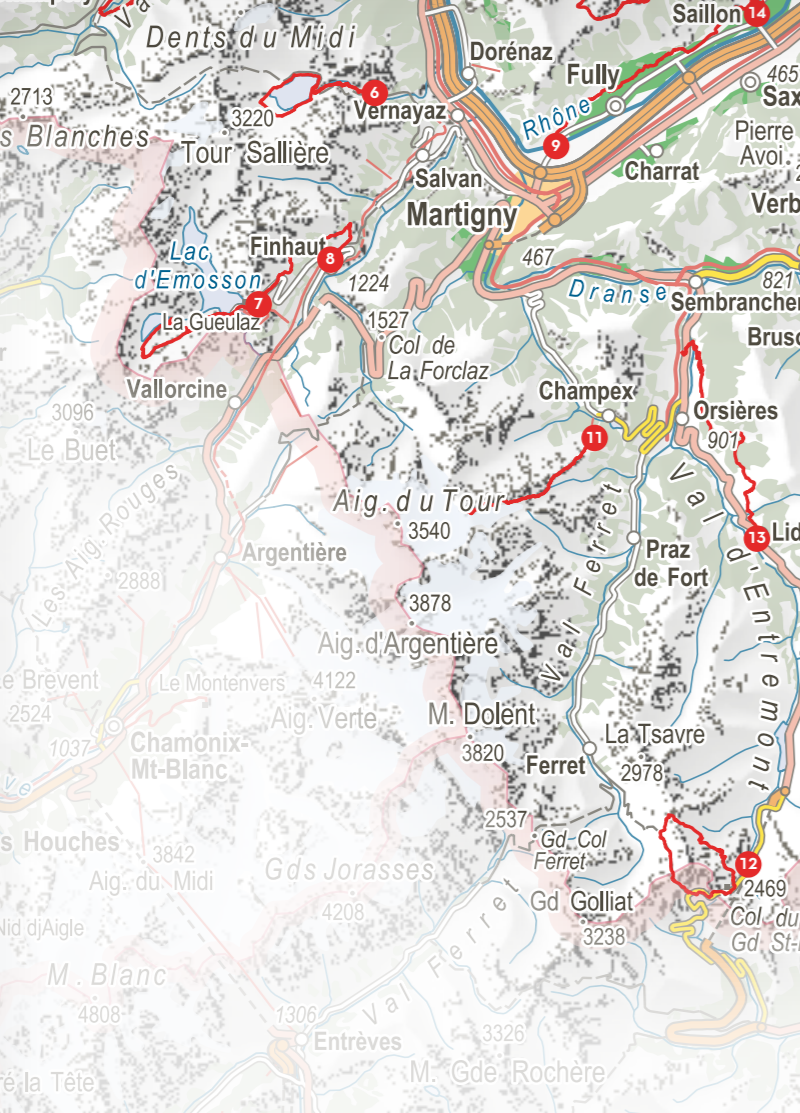
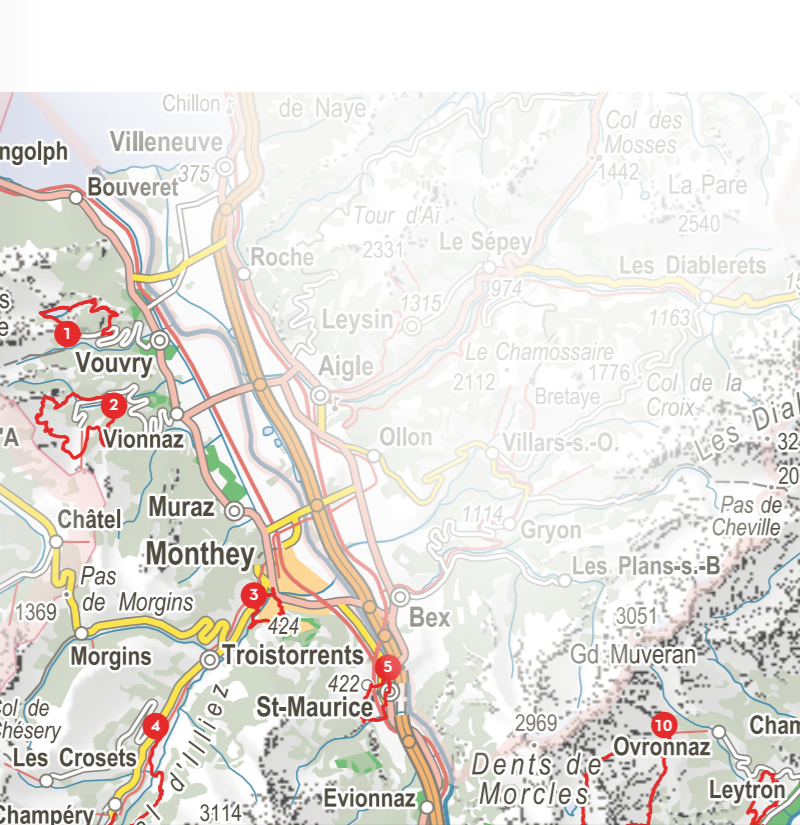
Route: Savoleyres - Croix de Coeur - Col des Mines - Lac des Vaux - Les Plans - Chassour - Les Portets - Talley - La Toumaz

Difficulty	medium
Ascent	480 m
Descent	14 km
Time	4.25 h

Restaurants and public transport: La Toumaz, Savoleyres, Col de la croix de Coeur

### Best practice guidelines.

Hiking is one of the most popular activities in Valais. With over 9000 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](http://visitvalais.ch/hiking)



### Keys.

- Hiking trail
- Catering facilities
- Cable car
- Train
- Bus
- Vertigo

Recommended Season: **unstable** possible optional

- Motorway
- Main road
- Regional main road
- Secondary road
- Mountain road
- Tunnel
- Small stream
- Large stream
- Railway, cable car, chairlift
- Railway tunnel
- National border
- Cantonal border
- Lake
- Forest
- Glacier
- Regional nature reserve
- Vineyard
- Airport

Switzerland

### 16 Mélèzes de Balavaux. Nendaz

Route: Tracout - Balavaux - Prarion - Pra Du Dou - La Pirous - Haute-Nendaz

Difficulty	easy
Ascent	65 m
Descent	11 km
Time	2.55 h

Restaurants and public transport: Tracout, Balavaux hut, Haute-Nendaz

### 17 Sentier des Chamois. Verbier

Route: La Chaux - Col Termin - Louvie - Fionnay

Difficulty	difficult
Ascent	670 m
Descent	11 km
Time	4.40 h

Restaurants and public transport: La Chaux, Louvie hut, Fionnay

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

Route: Derborence - La Godéy - Derborence

Difficulty	easy
Ascent	330 m
Descent	6.6 km
Time	2.05 h

Restaurants and public transport: Derborence, La Godéy

### 19 Tour des lapias de Zanfleuron. Les Coteaux du Soleil

Route: Zanzurion - Prarochel - Col du Sanetsch

Difficulty	difficult
Ascent	535 m
Descent	9.7 km
Time	3.00 h

Restaurants and public transport: Zanfleuron, Prarochel hut, Sanetsch pass

### 20 Barrage de Cleuson. Nendaz

Route: Combatseline - Chervé - Cleuson - Ouché - Sivez

Difficulty	medium
Ascent	195 m
Descent	11.6 km
Time	3.10 h

Restaurants and public transport: Combatseline, Sivez

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

Route: Barrage de la Grande Dience - La Barma - Col des Roux - Cabane de Praffeur - Barrage de la Grande Dience

Difficulty	medium
Ascent	605 m
Descent	8.7 km
Time	3.20 h

Restaurants and public transport: Grande Dience dam, Praffeur hut



### 22 Chemin d'Ossona.

Vernamiège

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Les Drives - La Margueronne - Sevanne - Ossona - Passarelle de la Grande Combe - La Luette

**Difficulty**  
 ▲ medium  
 ↔ 7.9 km  
 ⌚ 2.36 h  
 ⚠ vertigo

**Ascent**  
 ↗ 335 m  
**Descent**  
 ↘ 505 m

**Restaurants and public transport**  
 🍽 Les Prixes  
 🏠 Ossona  
 🏠 La Luette

### 23 Sentier Panorama 4000.

Crans-Montana

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Cry d'Er - Les Violettes - Petit Mont Bovin - Tîche - Cave du Sax - Aminona

**Difficulty**  
 ▲ difficult  
 ↔ 13.5 km  
 ⌚ 4.20 h

**Ascent**  
 ↗ 500 m  
**Descent**  
 ↘ 1240 m

**Restaurants and public transport**  
 🍽 Cry d'Er  
 🍽 Les Violettes  
 🍽 Aminona

### 24 Tour des Alpagnes.

Anzère

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ medium  
 ↔ 16.7 km  
 ⌚ 4.50 h

**Ascent**  
 ↗ 635 m  
**Descent**  
 ↘ 635 m

**Restaurants and public transport**  
 🍽 Anzère  
 🍽 Talan d'Ayent  
 🍽 Talan d'Arbaz

### 25 Chemin des villages d'Évolène.

Évolène

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ easy  
 ↔ 11 km  
 ⌚ 3.20 h

**Ascent**  
 ↗ 500 m  
**Descent**  
 ↘ 500 m

**Restaurants and public transport**  
 🍽 Évolène  
 🍽 Les Hautdères  
 🍽 La Forclaz  
 🍽 La Sage  
 🍽 Villa

### 26 Chemin du vallon de Réchy.

Vercein

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Crêt du Midi - Le Tartsey - L'Ar du Tsan - Le Pichio - Le Louch - Le Tartsey - Crêt du Midi

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

**Ascent**  
 ↗ 700 m  
**Descent**  
 ↘ 700 m

**Restaurants and public transport**  
 🍽 Crêt du Midi  
 🍽 Le Tartsey

### 27 Tour du lac de Moiry.

Grimentz

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Barrage de Moiry - Fâta d'Août de Châteaupré - Lac du Glacier - Lac de la Bayenna - Fâta d'Août de Moiry - Barrage de Moiry

**Difficulty**  
 ▲ medium  
 ↔ 2.36 h  
 ⌚ 4.35 h

**Ascent**  
 ↗ 805 m  
**Descent**  
 ↘ 805 m

**Restaurants and public transport**  
 🍽 Moiry dam  
 🏠 Lac du Glacier

### 28 Rando des cinq 4000.

St-Luc

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Tignoussa - Chalet Blanc de Roua - Chalet Blanc du Toïno - Hôtel Weisshorn - Belle Lé - Barneuza - Liéc - Zinal

**Difficulty**  
 ▲ medium  
 ↔ 15.8 km  
 ⌚ 4.35 h

**Ascent**  
 ↗ 470 m  
**Descent**  
 ↘ 985 m

**Restaurants and public transport**  
 🍽 Tignoussa  
 🍽 Hôtel Weisshorn  
 🍽 Zinal

### 29 Sentier viticole / Rebveg.

Sierre - Salgesch

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Salgesch - Veyras - Muraz - Sierre

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

**Ascent**  
 ↗ 185 m  
**Descent**  
 ↘ 225 m

**Restaurants and public transport**  
 🍽 Salgesch  
 🍽 Veyras  
 🍽 Muraz  
 🍽 Sierre

### 30 Über die Raspille

Leukerbad

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Inden - Varner Leiter - Taschionieren - La Proprija - Miège

**Difficulty**  
 ▲ medium  
 ↔ 10.7 km  
 ⌚ 3.15 h  
 ⚠ vertigo

**Ascent**  
 ↗ 245 m  
**Descent**  
 ↘ 680 m

**Restaurants and public transport**  
 🍽 Inden  
 🍽 Miège

### 31 Gemmipass - Lämmerenhütte

Leukerbad

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ easy  
 ↔ 9.3 km  
 ⌚ 3.15 h

**Ascent**  
 ↗ 460 m  
**Descent**  
 ↘ 460 m

**Restaurants and public transport**  
 🍽 Gemmipass  
 🍽 Lämmeren hut

### 32 Restiapass.

Leukerbad

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Lauchernalp - Stafel - Kummernalp - Restiap - Restiapass - Wyss See - Rinder hut

**Difficulty**  
 ▲ difficult  
 ↔ 14.8 km  
 ⌚ 5.30 h

**Ascent**  
 ↗ 895 m  
**Descent**  
 ↘ 530 m

**Restaurants and public transport**  
 🍽 Rinder hut  
 🍽 Restiap  
 🍽 Kummernalp  
 🍽 Stafel  
 🍽 Lauchernalp

### 33 Leuker Sonnenberge.

Gampel-Bratsch-Jeizinen

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Jeizinen - Erschmatt - Leuk-Stadt - Leuk Bahnhof

**Difficulty**  
 ▲ easy  
 ↔ 11.4 km  
 ⌚ 3.20 h

**Ascent**  
 ↗ 230 m  
**Descent**  
 ↘ 1125 m

**Restaurants and public transport**  
 🍽 Jeizinen  
 🍽 Erschmatt  
 🍽 Leuk-Stadt  
 🍽 Leuk Station

### 34 Bhutanbrücke.

Leuk

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Unterems - Pletschen - Bhutanbrücke - Leuk Bahnhof

**Difficulty**  
 ▲ easy  
 ↔ 10.8 km  
 ⌚ 3.10 h  
 ⚠ vertigo

**Ascent**  
 ↗ 340 m  
**Descent**  
 ↘ 700 m

**Restaurants and public transport**  
 🍽 Unterems  
 🍽 Susten  
 🏠 Leuk Station

### 35 Turtmanntaler Aussichtsweg.

Turtmanntal

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Gruben - Turtmanneben - Gruben

**Difficulty**  
 ▲ difficult  
 ↔ 12.7 km  
 ⌚ 6.30 h

**Ascent**  
 ↗ 720 m  
**Descent**  
 ↘ 720 m

**Restaurants and public transport**  
 🍽 Gruben

### 36 Jolischlucht.

Raron - Niedergesteln

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Raron - Riedgarto - Ramerchuma - Joli - Hängebrücke - Niedergesteln

**Difficulty**  
 ▲ medium  
 ↔ 8 km  
 ⌚ 2.45 h  
 ⚠ vertigo

**Ascent**  
 ↗ 430 m  
**Descent**  
 ↘ 420 m

**Restaurants and public transport**  
 🍽 Raron  
 🍽 Ramerchuma  
 🍽 Niedergesteln

### 37 7-Seenwanderweg.

Bellwald

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Furgulti - Wirbelsee - Honneggerhorn - Mittelsee - Spilsee - Mittelstalon-Richen

**Difficulty**  
 ▲ medium  
 ↔ 8.1 km  
 ⌚ 3.00 h

**Ascent**  
 ↗ 295 m  
**Descent**  
 ↘ 795 m

**Restaurants and public transport**  
 🍽 Furgulti  
 🍽 Fliesche

### 38 Moosalp Panoramaweg.

Moosalpregion

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Moosalp - Büschneralp - Ledl - Belmonte - Breitmattsee - Boningersee - Stand - Moosalp

**Difficulty**  
 ▲ easy  
 ↔ 6.4 km  
 ⌚ 2.05 h

**Ascent**  
 ↗ 195 m  
**Descent**  
 ↘ 195 m

**Restaurants and public transport**  
 🍽 Moosalp

### 39 Höhenweg Schalb - Jungu.

Grächen - St. Niklaus

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ medium  
 ↔ 7 km  
 ⌚ 2.50 h

**Ascent**  
 ↗ 475 m  
**Descent**  
 ↘ 430 m

**Restaurants and public transport**  
 🍽 Schalb  
 🍽 Jungu

### 40 Edelweissweg.

Zermatt

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ difficult  
 ↔ 20.7 km  
 ⌚ 7.30 h

**Ascent**  
 ↗ 1195 m  
**Descent**  
 ↘ 20.7 km

**Restaurants and public transport**  
 🍽 Zermatt  
 🍽 Alterhaupt  
 🍽 Zmutt

### 41 Rundweg Hängebrücke Randa.

Randa

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Randa - Hauspil - Hängebrücke - Europahütte - Gare - Randa

**Difficulty**  
 ▲ medium  
 ↔ 8.6 km  
 ⌚ 4.00 h  
 ⚠ vertigo

**Ascent**  
 ↗ 990 m  
**Descent**  
 ↘ 990 m

**Restaurants and public transport**  
 🍽 Randa  
 🍽 Europa Hut

### 42 Gibidumpass.

Staldenried-Gspön

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Giw - Gibidumpass - Säddli - Hätschbiel - Gspön

**Difficulty**  
 ▲ easy  
 ↔ 13.1 km  
 ⌚ 3.30 h

**Ascent**  
 ↗ 530 m  
**Descent**  
 ↘ 600 m

**Restaurants and public transport**  
 🍽 Giw  
 🍽 Gspön

### 43 Lötschberger Südrampe.

Eggerberg

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Eggerberg - Lalden - Gardemuseum - Naters - Brig

**Difficulty**  
 ▲ easy  
 ↔ 6.4 km  
 ⌚ 3.30 h

**Ascent**  
 ↗ 460 m  
**Descent**  
 ↘ 650 m

**Restaurants and public transport**  
 🍽 Eggerberg  
 🍽 Brig

### 44 Längfluh.

Saas-Fee

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Langflue - Spielboden - Gletschgrötta - Gletschsee - Saas-Fee

**Difficulty**  
 ▲ medium  
 ↔ 6.4 km  
 ⌚ 2.15 h

**Ascent**  
 ↗ 55 m  
**Descent**  
 ↘ 1120 m

**Restaurants and public transport**  
 🍽 Längflue  
 🍽 Spielboden  
 🍽 Gletschgrötta  
 🍽 Saas-Fee

### 45 Höhenweg Almagelleralp.

Saas-Grund

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Kreuzboden - Almagelleralp - Furgstalden - Saas-Almagell

**Difficulty**  
 ▲ easy  
 ↔ 11 km  
 ⌚ 3.15 h  
 ⚠ vertigo

**Ascent**  
 ↗ 200 m  
**Descent**  
 ↘ 930 m

**Restaurants and public transport**  
 🍽 Kreuzboden  
 🍽 Almagelleralp  
 🍽 Furgstalden  
 🍽 Saas-Almagell

### 46 Stockalperweg - Gondoschlucht.

Simplonpass

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ easy  
 ↔ 9 km  
 ⌚ 3.00 h

**Ascent**  
 ↗ 120 m  
**Descent**  
 ↘ 745 m

**Restaurants and public transport**  
 🍽 Simplon Dorf  
 🍽 Gabi  
 🍽 Alte Kaserne  
 🍽 Gondo

### 47 Bortelhütte.

Rosswald

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

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

**Difficulty**  
 ▲ medium  
 ↔ 7 km  
 ⌚ 3.45 h

**Ascent**  
 ↗ 535 m  
**Descent**  
 ↘ 835 m

**Restaurants and public transport**  
 🍽 Rosswald  
 🍽 Bortel hut  
 🍽 Berisal

### 48 Hängebrücke Belalp - Riederalp.

Blatten - Belalp - Naters

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Blatten - Aletschbord - Aletschji - Hängebrücke - Riederfurka - Riederalp

**Difficulty**  
 ▲ medium  
 ↔ 11.5 km  
 ⌚ 4.30 h  
 ⚠ vertigo

**Ascent**  
 ↗ 605 m  
**Descent**  
 ↘ 780 m

**Restaurants and public transport**  
 🍽 Belalp  
 🍽 Aletschbord  
 🍽 Riederfurka  
 🍽 Riederalp

### 49 Bettmerhorn / Hängebrücke Aspi-Titter.

Betmeralp

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Betmerhorn - Döti Chumma - Märgelen - Burghütte - Hängebrücke - Obflie - Ried - Gasse - Bellwald

**Difficulty**  
 ▲ medium  
 ↔ 19.4 km  
 ⌚ 6.55 h  
 ⚠ vertigo

**Ascent**  
 ↗ 635 m  
**Descent**  
 ↘ 1725 m

**Restaurants and public transport**  
 🍽 Bettmerhorn  
 🍽 Märgela  
 🍽 Burghütte  
 🍽 Bellwald

### 50 Twingischlucht.

Binn

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Binn - Steinmatten - Blatt - Grgengli - Vogeltüre - Betten

**Difficulty**  
 ▲ easy  
 ↔ 13.1 km  
 ⌚ 3.45 h

**Ascent**  
 ↗ 310 m  
**Descent**  
 ↘ 880 m

**Restaurants and public transport**  
 🍽 Binn  
 🍽 Grgengli  
 🍽 Betten

### 51 Chäserstatt.

Ernen

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Ernen - Niederärer Challer - Chäserstatt - Mühlebach - Goms Bridge - Fürgangen

**Difficulty**  
 ▲ medium  
 ↔ 13.3 km  
 ⌚ 5.10 h  
 ⚠ vertigo

**Ascent**  
 ↗ 1030 m  
**Descent**  
 ↘ 1020 m

**Restaurants and public transport**  
 🍽 Ernen  
 🍽 Chäserstatt  
 🍽 Mühlebach  
 🍽 Fürgangen

### 52 Brudelhorn.

Münster

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Ladstafel - Distelsee - Brudelhorn - Challer - Münster

**Difficulty**  
 ▲ difficult  
 ↔ 11.9 km  
 ⌚ 6.00 h

**Ascent**  
 ↗ 980 m  
**Descent**  
 ↘ 1540 m

**Restaurants and public transport**  
 🍽 Ladstafel  
 🍽 Münster

### 53 Gommer Höhenweg.

Oberwald - Münster

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

**Route**  
Oberwald - Nessel - Münster

**Difficulty**  
 ▲ medium  
 ↔ 11.9 km  
 ⌚ 4.00 h

**Ascent**  
 ↗ 550 m  
**Descent**  
 ↘ 545 m

**Restaurants and public transport**  
 🍽 Oberwald  
 🍽 Münster