

Leisure time & culture

A great outlook for body and soul

As an outdoor sports paradise, Valais attracts thousands of enthusiasts to its fantastic mountain landscape in summer and winter. The people of Valais are passionate about sport and love open-air activities – including hiking, climbing, downhill skiing, ski touring, mountain biking, cycling, snowshoeing, or simply relaxing in the soothing thermal spas. Spiritual needs are as well catered for as physical ones – variety is the spice of life! Traditions and customs including cow fighting, Alpine festivals and the colourful carnival are still alive and well here. A lively arts and culture scene offers exhibitions, events and performances on stages of all sizes to round out the cultural offer. For those who occasionally still feel the call of the city, the rest of Switzerland and its neighbouring countries are just a short journey away thanks to Valais's central location. The excellent public transport networks mean you can visit museums in Zurich, attend concerts in Geneva, or go on shopping trips to Milan at any time.

Valais/Wallis Promotion / www.wallis.ch Plattform Kultur Wallis / www.kulturwallis.ch

