



- Natural sites**
- 1 Binnal regional nature park B8
 - 2 Great Aletsch Glacier B8
 - 3 UNESCO World Heritage Swiss Alps Jungfrau-Aletsch B8
 - 4 Aletsch Forest nature reserve B8
 - 5 Sonnenterrasse, Rosswald C8
 - 6 Baltschiederental nature reserve B7
 - 7 Europe's highest vineyards, Visperterrinen C7
 - 8 Grundberg-Almagellertal nature reserve D7
 - 9 Cultural trail, Turtmann C6
 - 10 Thermal canyon walk, Leukerbad B5
 - 11 Pflyn-Finges regional nature park C5
 - 12 Vallon de Réchy nature reserve C5
 - 13 Grand Bisse d'Ayent C4
 - 14 Euseigne earth pyramids C4
 - 15 Torrent-Neuf irrigation channel, Savisèe C4
 - 16 Irrigation channel, Nendaz C4
 - 17 Derborence nature reserve C3
 - 18 Haut Val de Bagnes nature reserve D4
 - 19 Les Follatères nature reserve, Fully D2
 - 20 Lac de Taney nature reserve, Vouvry B1

- Summer skiing**
- 1 Summer ski area, Saas-Fee D7
 - 2 Matterhorn glacier paradise, Zermatt E6

- Thermal spas**
- 1 Breiten-Mürel B8
 - 2 Brigerbad C7
 - 3 Leukerbad Terme, Walliser Alpenthermie & Spa, Volkshausbad, Leukerbad B5
 - 4 Bains d'Ovronnaz C5
 - 5 Bains de Saillon C3
 - 6 Bains de Lavey C2

- Via Ferratas**
- 1 Eggishorn, Fiesch B8
 - 2 Aletsch, Belalp B7
 - 3 Gabi, Simplon C8
 - 4 Baltschiederental, Ausserberg B7
 - 5 Jüghorn, Saas-Grund D7
 - 6 Gorge-Alpine, Saas-Fee D7
 - 7 Mittaghorn, Saas-Fee D7
 - 8 Bietschaltalrücke, Ausserberg C7
 - 9 Schweifinen, Zermatt D6
 - 10 Gornerschluht, Zermatt E6
 - 11 Gemmi, Leukerbad B6
 - 12 Daubenhorn, Leukerbad B5
 - 13 Moiry, Grimontz D5
 - 14 Evolène D5
 - 15 Belvédère, Nax/Mont-Noble C4
 - 16 Saxifrage et Tichodrome, Madzeiria/Mauvoisin D4
 - 17 Via Cordata, Nendaz - Verbier D4
 - 18 Via Ferrata des Gentières, Verbier - Nendaz D4
 - 19 Via Farinetta, Saillon C3
 - 20 Tière, Champéry C1

- Adventure/Amusement parks**
- 1 Rope park, Fiesch B8
 - 2 Adventure course, Bettmeralp B8
 - 3 Rope park, Saas-Fee D7
 - 4 Alps Adventure Parc, Grächen C7
 - 5 Adventure Forest, Vercorin C5
 - 6 Happyland, Granges / Sierre C5
 - 7 Fun Forest La Moubra, Crans-Montana C5
 - 8 Rope park, Domaine des Îles, Sion C4
 - 9 Aerial Walkway, Verbier D3
 - 10 Western City, Martigny D2
 - 11 Treetop canopy, La Fouly E2
 - 12 Labyrinth Adventure, Evionnaz D2
 - 13 VerticAlp, Emossion D2
 - 14 Organic Adventure Park, Champéry C1
 - 15 Point Sud adventure park, Champoussin C1
 - 16 Aquaparc, Le Bouveret B1
 - 17 Swiss Vapeur Park, Le Bouveret B1

- Leisure**
- 1 Furka steam railway, Oberwald A9
 - 2 Dualfly & Duasli - adaptive sports, Bellwald B8
 - 3 Musikdorf, Ernen B8
 - 4 Aletsch animal park, Fiesch B8
 - 5 The magic forest, Ernen B8
 - 6 360° panoramic hike, Moosalp - Stand C7
 - 7 Mittelallalin ice pavilion, Saas-Fee D7
 - 8 Fairy tale gondola & family park, Grächen C7
 - 9 Lauchernalp alpine pastures, Wiler B6
 - 10 Suonen und Sudelpark, Unterbach, C6
 - 11 Gornergrat railway, Zermatt E6
 - 12 FXB astronomical observatory, St-Luc C5
 - 13 Lake Gronde, Sierre C5
 - 14 Arche des Crétillons, Chalais C5
 - 15 Bungy Niouc, Niouc C5
 - 16 Hamlet of Colombire, Crans-Montana C5
 - 17 Mini-golf course (18 holes), Vercorin C5
 - 18 Copper mine, Zinal D5
 - 19 Geology centre, Les Haudères D5
 - 20 Alaïa Chalet, Lens C4

- Downhill mountain bike trails**
- 1 Undergound lake, St-Léonard C4
 - 2 Leisure Centre Mont-Noble C4
 - 3 Ososna agritourism centre, St-Martin C4
 - 4 Friday market, Sion C4
 - 5 RealFly Indoor Skydiving, Sion C4
 - 6 Yoga Path, Veysonnaz C4
 - 7 Ranch Le Caribou, Thyon C4
 - 8 The house of the forest, La Tzoumaz D3
 - 9 Mountain restaurant, La Loutze, Ovronnaz C3
 - 10 Vertic-Halle, Saxon D3 et Monthey C2
 - 11 Botical garden, Champex-Lac D2
 - 12 Tournant Gorge, Bovernier D2
 - 13 Trient Gorge, Vernayaz D2
 - 14 Zoo, Les Marécottes D2
 - 15 Fairy's Cave, St-Maurice C2
 - 16 Salt mines, Bex C2
 - 17 Archery trail with 20 targets, Torgon C1

- Mountain huts SAC**
- 1 Finsteraarhorn A8
 - 2 Konkordia B8
 - 3 Almagell D8
 - 4 Weissmies D7
 - 5 Britannia D7
 - 6 Monte Rosa E6
 - 7 Turtmann & Barrhorn D6
 - 8 Traut D6
 - 9 Moiry D5
 - 10 Lämmeren B5

- 1 Vignettes E5
- 2 Dix D4
- 3 Mont-Fort D3
- 4 Orny E2
- 5 Trient E2

- Golf courses**
- 1 Obergoms A9
 - 2 Riederalp B8
 - 3 Matterhorn, Randa D6
 - 4 Leuk-Susten C6
 - 5 Sierre C5
 - 6 Crans-Montana C5
 - 7 Sion C4
 - 8 Verbier D3

- Dam visits**
- 1 Grimsel A9
 - 2 Heiligkreuz B9
 - 3 Gibidum B8
 - 4 Mattmark D7
 - 5 Moiry D5
 - 6 Tseuzier B4
 - 7 Grande-Dixence D4

- Museums**
- 1 Pro Natura Zentrum Villa Cassel, Riederalp B8
 - 2 Simplon ecomuseum C8
 - 3 World Nature Forum, Naters C7
 - 4 La Caverna, Naters C7
 - 5 Saaser Museum, Saas-Fee D7
 - 6 Lötschentaler Museum, Kippel B6
 - 7 Matterhorn museum, Zermatt D6
 - 8 Wine museum, Sierre - Salgesch C5
 - 9 Olsommer museum, Veyras C5
 - 10 Rilke foundation, Sierre C5
 - 11 Edouard Vallet foundation, Vercorin C5
 - 12 Opale foundation, Lens C4
 - 13 Bisses waterways museum, Ayent C4
 - 14 Valais museum, Sion C4
 - 15 Musée de Bagnes - Maisons du patrimoine, Le Châble D3
 - 16 Pierre Gianadda foundation, Martigny D2
 - 17 Barryland, Martigny D2
 - 18 Manor of the city, Martigny D2
 - 19 Crochetan - gallery and parks, Monthey C2

- Heritage**
- 1 Gothic altar, church, Münster B9
 - 2 Stockalper castle, Brig C8
 - 3 Simplon hospice C8
 - 4 Three Kings church, Visp C7
 - 5 Castle church and Rainer Maria Rilke's tomb, Raron C6
 - 6 Castle, Leuk, C5
 - 7 Castles of Valère & Tourbillon, Sion C4
 - 8 Old Town, Sion C4
 - 9 Gallo-Roman remains, Ardon C3
 - 10 Romanesque church, St-Pierre-de-Clages C3
 - 11 Medieval village of Saillon D3
 - 12 La Bâtiaz castle, Martigny D2
 - 13 Gallo-Roman ruins, Martigny D2
 - 14 Abbey & treasure, St-Maurice C2
 - 15 Castle, St-Maurice C2
 - 16 Historical fortress, St-Maurice C2
 - 17 La Tine watermills, Troistorrents C1

This map shows only a selection of attractions. Tourist information centres will be happy to give further advice.





Val Ferret

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.

Summer in all its glory.

Fragrant forests, sparkling glaciers, flower-filled meadows, cascading streams: nature has been generous to Valais. Discover the countless facets of this sun-blessed region as you hike its footpaths, tour its cycle routes or ride its mountain bike trails. Explore wherever your heart takes you, creating your own personal map of summer holiday memories among the most spectacular summits of the Alps.

Winter with a thousand faces.

Welcome to winter heaven! 2,800 kilometres of marked pistes, guaranteed snow, ski areas that extend up to an altitude of nearly 4,000 metres: Valais offers you a vast choice of destinations for winter holidays that can't be topped!

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 tranquillity 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



Saillon

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. visitvalais.ch/culture



Great Aletsch Glacier and Egghorn

Here the cows are queens!

Feisty, proud and headstrong, the cows of the Herens breed are an apt symbol of Valais and an important element of Valais tradition. By natural instinct the cows lock horns to establish a hierarchy in the herd; the resulting "queen" subsequently rules over the alpine pasture. Visitors can admire the cattle during the "inalpes" (the ascent in spring to the high pastures) and the "désalpes" (the descent in autumn), key events in Valais village life, and at organised cow fights throughout the year: an authentic tradition not to be missed.



Herens cows

Hiking.

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



Belalp

Valais "bisses": watercourses of life.

The "bisses" are the historical irrigation channels of Valais: for more than 700 years, these have brought fresh water from the glaciers to the sunny fields, orchards and vineyards, often along giddy and exposed routes that bear witness to the daring and skill of the people who constructed these marvels. Hiking trails lead along many of the bisses, promising delightful and refreshing walks full of variety. visitvalais.ch/bisses



Grans-Montana

Paradise for cyclists.

Cycling enthusiasts will find Valais is one boundless playground: ideal for occasional riders and top athletes alike. Trails twisting through the vineyards, well-marked cycle routes, spectacular rides up to alpine passes, 1,600 kilometres of selected itineraries plus all kinds of thrilling rides promise endless cycling pleasure. visitvalais.ch/road-cycling



Grächen

The Valais Cycling Tour.

740 kilometres, 18,500 vertical metres of ascent and descent and 25 major climbs over ten stages: the Valais Cycling Tour offers a complete circuit of the region. From Lake Geneva to Oberwald, the ten itineraries take in mountains and valleys, towns and villages, vineyards and orchards, with glorious views along the way.

Iconic cycle routes.

Ride along roads that have hosted some of the greatest cycle races – including the Tour de France, Tour de Suisse, Critérium du Dauphiné, UCI 2020 Road World Championships and the Tour de Romandie. Montana, Verbier and Finhaut-Emosson, for example, have all hosted stage finishes for the Tour de France. You, too, can ride along routes tackled by the world's top cyclists as you discover some of the most magical landscapes of Valais.



Grand St Bernard Pass

Valais, playground for mountain bikers!

As a paradise for adventure seekers, Valais is one vast playground for mountain bikers. Well-marked bike routes, dramatic climbs to mountain passes and spectacular alpine trails promise endless thrills. From the mountaintops to the valley floors, the diversity of trails ensures that all riders – leisure cyclists, competitors, tourers and downhill enthusiasts alike – find their ideal terrain. visitvalais.ch/mountain-bike

Transports.

Thanks to an extensive public transport network and more than 100 cableways, mountain bikers enjoy a vast range of options for planning their rides.

Races.

Valais is also the birthplace of the forerunner of all the world's mountain bike marathon races: the Grand Raid BCVS from Verbier to Grimentz, which promises enthusiasts an exhilarating challenge every year.

Sensations.

Six bikeparks and four flow trails allow mountain bikers of all levels to enjoy a wide variety of new thrills.

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Free map: may not be offered for sale. Printed in Valais, Switzerland (2020)

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visitvalais.ch



ENGRAVED ON MY HEART.

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. valais.ch/en/activities/gastronomy-local-products/wine-experiences



Chamoson

Unmistakable flavours of Valais.

Valais is a generous land, in which abundant sunshine caresses the vineyards to produce wines of exceptional quality. Conviviality is the essence of a gastronomic tradition that places great value on sharing. Local delicacies benefit from expertise shared by producers who are passionate about flavour and quality. During your stay in Valais, make sure you try the two key dishes on every menu: the Assiette Valaisanne (Valais platter), composed of rye bread and a spread of cured meat from the region; and Raclette du Valais AOP cheese, served melted with boiled potatoes, cornichons and silver-skin onions. With 5,000 hectares of vineyards, Valais is Switzerland's leading winegrowing region. The dry sunny climate is ideal; about 60 different grape varieties flourish in the vineyards on the lower slopes overlooking the Rhône valley. Fendant, Petite Arvine, Heida, Cornalin, Syrah and Pinot Noir grapes soak up the abundant sunshine to produce wines full of character. valais.ch/en/about-valais/local-products



Family fun.

Valais is an ideal destination for families. Countless activities, offers and facilities are specially designed for children and adults to enjoy together, for magical moments of relaxation. Families discover walks and bike rides of all levels, from treasure hunts to mountain hikes with a night at a mountain cabin. Youngsters adore this vast outdoor playground, which encourages them to burn off energy in the open air and explore the world around them. Adults appreciate the captivating landscapes, the tranquillity and the chance to commune with pristine nature. All this makes Valais the ideal location for sharing enchanting experiences together as a family. visitvalais.ch/family



Saas-Fee

Valais, land of innovation.

Valais has an extremely dynamic and innovative energy at its heart. The region is home to a variety of flourishing industries based on cutting-edge technology as well as centres of expertise that focus on innovation. The idyllic landscapes inspire researchers who come from all over the world to put their talent at the service of world-class research centres such as EPFL Valais/Wallis and the Idiap research institute. From family-run SMEs and young start-ups to major international groups, companies of all kinds find fertile ground in Valais for innovation and success.

An ideal setting for work, study – and life.

Valais is also a place of work, a home to many, a venue for industry and a major exporter. Its many assets include its bilingual culture, a pleasant lifestyle, an environment conducive to study and a successful economy. State-of-the-art facilities offer students the chance to expand their knowledge in excellent conditions at the many courses offered by the HES-SO Valais/Wallis (University of Applied Sciences and Arts, Western Switzerland – Valais-Wallis). One thing is certain: innovation is a feature of everyday life for the people of Valais, who use autonomous driverless buses in the city of Sion and can ride cable cars with panoramic views thanks to advanced technology. In Valais, the future is already here!