

# Monte Rosa

4.527 m



not to be missed

Picturesque villages boasting typical local architecture and the showcasing the heritage of the Walser people.

The **Monte Rosa chain**, on the border with Switzerland, takes in a good number of 4000m peaks. The best known of these are the **Breithorn** (4165m), **Polluce** (4092m), **Castore** (4228m), **Lyskamm East** (4527m) and West (4480m) and the **Pyramide Vincent** (4215m). The presence of these large glaciers has given rise to the formation of many lakes, which are popular destinations with hikers. The Ayas, Gressoney and Valsesia valleys (the last one in Piedmont) climb up towards the huge Monte Rosa massif, leading the visitor on a voyage of discovery across the vast ski area combining three connected valleys.

## summer

WHETHER YOU CHOOSE THE **AYAS VALLEY** OR THE **GRESSONEY VALLEY** FOR YOUR SUMMER HOLIDAYS, your gaze will continually be drawn to the mountains set against the skyline. It is not in fact all that difficult to reach some of the peaks: ascents such as those up to the Castore, the Pyramide Vincent or Punta Gnifetti present no particular technical difficulties, and the alpine guides will be happy to help you make a successful trip you will remember forever. There are also plenty of opportunities lower down, however, with splendid walks to numerous lakes and ancient typical villages like Alpezenz, where the Walser architecture is wonderfully preserved. The village is along the **Grande Sentiero Walser**, which runs on the route followed by the Germanic peoples during their migrations towards the Val d'Aosta.

Those who enjoy activities other than skiing and walking will also be spoilt for choice: from the golf practice range at Périasc and the **nine-hole course** at Gressoney-St-Jean to **angling** in the hydroelectric reservoir of Brusson and the numerous alpine lakes, the **adventure park** of Champoluc, **climbing** on the equipped rock walls of Extrepleraz to the **vie ferrate** of Gressoney-La-Trinité and Gressoney-Saint-Jean and the downhill **mountain bike** route from Punta Jolanda to Gressoney-La-Trinité.

## winter

THE **MONTEROSA SKI AREA** LINKS **AYAS AND GRESSONEY AS WELL AS ALAGNA** in the Valsesia region. It offers a total of **180 km of runs**, almost all of which are served by artificial snow cannons and are suitable for all abilities, alongside quite a few spectacular **off-piste** routes. Snowboarders will also find areas equipped to suit them, and there are plenty of facilities for children in the **baby snow parks**. Other "must-try" activities in the area include: snow-shoes, ice climbing, ski mountaineering and **heliskiing**.



## ACCOMMODATION&SERVICES

Accommodation	CHAMPOLUC, AYAS, ANTAGNOD		GRESSONEY-LA-TRINITE		GRESSONEY-SAINT-JEAN	
	No.	BEDS	No.	BEDS	No.	BEDS
Hotel *	1	19	1	24	0	0
Hotel **	6	187	1	14	5	127
Hotel ***	17	536	7	294	4	111
Hotel ****	4	175	3	376	1	50
Hotel *****	0	0	0	0	0	0
<b>total Hotels</b>	<b>28</b>	<b>917</b>	<b>12</b>	<b>708</b>	<b>10</b>	<b>288</b>
Apartment Hotels **	4	140	5	175	1	22
Apartment Hotels ***	6	215	3	163	3	213
Apartment Hotels ****	0	0	1	71	2	406
<b>Total Apartment Hotels</b>	<b>10</b>	<b>355</b>	<b>9</b>	<b>409</b>	<b>6</b>	<b>641</b>
Mountain Hut	6	243	5	479	1	24
Stopover Location	1	15	0	0	0	0
Farm Houses	0	0	0	0	1	10
Campsites	1	420	0	0	2	420
Bed & Breakfast	0	0	3	10	2	7
Rooms to let	5	52	2	20	5	69
Holiday Homes	8	349	0	0	6	373
Youth Hostels	0	0	0	0	0	0
Holiday Houses and Flats	4	87	0	0	0	0
Motorhomes stopover	0	0	1	144	1	128
<b>Total</b>	<b>63</b>	<b>2438</b>	<b>32</b>	<b>1770</b>	<b>34</b>	<b>1960</b>

Lifts & Services	CHAMPOLUC, AYAS, ANTAGNOD		GRESSONEY-LA-TRINITE		GRESSONEY-SAINT-JEAN	
	No.	No.	No.	No.	No.	No.
Cable-Railway	1					
Cableway	3					
Gondola	5					
Chairlift	14				1	
Ski-lift	4				1	
Magic Carpet	10				2	
Snow Park			1			
Baby Snow Park	1		2		1	
Ski Hire	6		5		4	
Kinderheim	1		1			
Ski School	2		1		1	



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# Ayas Valley

In a picturesque landscape created by the surrounding, natural scenery, **Champoluc** is located in a large, sunny valley with a glacier backdrop that encloses the front of the valley. A tourist resort both in the winter and summer, this district is the most famous tourist destination in Valle d'Ayas, at 1,568 metres above sea level. It is renowned both for its high level of its tourist facilities and for its excellent **Monterosa ski area** - the Monterosaski - linking the Ayas Valley to Valle di Gressoney via Colle della Bettaforca and to Alagna, in Piedmont. It is an ideal starting point for **ascents to the Rosa group**.

**Antagnod**, where the Municipality of Ayas has its offices, enjoys a magnificent view over the Monte Rosa massif: it is a quiet hamlet situated 1,710 metres above sea level, in a beautiful, panoramic position. Its skiing area is highly recommended for families and beginners. There is a public shuttle service to Champoluc and to the Monterosa Ski system.

**Brusson** is located 1,338 metres above sea level, characterised by a particularly mild climate due to its sunny position, ensuring it is a family favourite. The surrounding area which is full of springs and lakes, is the starting point for many easy, pleasant walks.

In winter it is definitely the place to be for lovers of **Nordic skiing** with 35 Km of pistes and a Foyer de Fond equipped for all cross-country skiing services and which hosts important, internationally renowned, Nordic ski competitions.

# Gressoney Valley

**Gressoney-La-Trinité**, at 1,627 metres above sea level, is situated in a vast flatland dominated by the impressive Lyskamm glacier. It is an internationally renowned, Alpine resort well equipped and much visited for alpine ascents in the Monte Rosa chain and to take part in all winter sports. Gressoney forms part of the Monterosa Ski complex, which is one of the largest and most picturesque in Europe with its **160 kilometres of pistes**. In Gressoney-La-Trinité (which has a wonderful cross-country track) the lifts reach 3,000 metres at Passo dei Salati, on the border with Piedmont and up to 3,275 metres at the Indren. Stafal is the gateway to some incredible **off-piste skiing routes** that reach up to 4,459 metres to Punta Gnifetti and the **Regina Margherita hut**, the highest refuge in Europe.

**Gressoney-St-Jean** is a renowned, elegant tourist district offering excellent accommodation. Located at 1,385 metres above sea level. It is in a particularly interesting geographical situation due to its view of impressive Monte Rosa massif and the Lyskamm glacier. It has a **historic centre** full of character with some perfectly preserved Walser houses grouped together around the church. There is a picturesque lake just outside the town centre whose waters are a beautiful emerald green and reflect the surrounding, majestic summits. Deep within the greenery of the woodland, in a panoramic locality called "Belvedere", you will find **Castel Savoia**, built during Queen Margherita's reign in 1894 as her summer residence. Gressoney-Saint-Jean is the departure point for the Alta Via no. 1, an excursion itinerary that follows an upland route connecting Gressoney to Courmayeur. There is also an interesting cross-country piste that covers 25 kilometres, through woodland and magnificent views over the glaciers.



## ACCOMMODATION&SERVICES

WINTER SPORTS	CHAMPOLUC AYAS ANTAGNOD • GRESSONEY-LA-TRINITE' • ALAGNA		GRESSONEY-SAINT-JEAN		BRUSSON	
	No. Slopes-Tracks	Km.	No. Slopes-Tracks	Km.	No. Slopes-Tracks	Km.
Downhill Slopes - BLUE	20	132	3	12	2	16
Downhill Slopes - RED	40		3		8	
Downhill Slopes - BLACK	6		1		0	
<b>Total Alpine ski &amp; Snowboard</b>	<b>66</b>	<b>132</b>	<b>7</b>	<b>12</b>	<b>10</b>	<b>16</b>
<b>Cross-Country skiing</b>	<b>2</b>	<b>3,5</b>	<b>7</b>	<b>22</b>	<b>10</b>	<b>35</b>

	CHAMPOLUC AYAS ANTAGNOD	GRESSONEY-LA-TRINITE'	GRESSONEY-SAINT-JEAN
Ski mountaineering	X	X	
Snowshoes	X		X
Waterfalls ice-climbing	X		
Ice-Skating	X	X	X
SnowKiting			
Dog sledding			
Snowbike			
Heliskiing	X		
Snow walking routes	X		
Ice Kart			

SUMMER SPORTS	CHAMPOLUC AYAS ANTAGNOD	GRESSONEY-LA-TRINITE'	GRESSONEY-SAINT-JEAN
Mountain Bike		X	
Mountain Bike Downhill	X	X	
Trekking	X	X	X
Climbing		X	X
Alpinism	X	X	
Nordic Walking			X
Riding	X		X
Rafting - Kayak - Hydrospeed			
Canyoning	X	X	
Adventure-Park	X		
Via Ferrata		X	X
Paragliding	X		
Golf			X
Football	X	X	X
Gym	X		X
Fishing	X	X	X
Swimming Pool	X		X
Tennis/squash	X	X	X
Archery	X		
Summer Skiing			