

Hikes

Wanderungen

Italia

Vallée d'Aoste

Valle d'Aosta



Vargno Lake Vargno-See

1

This is a beautiful, very scenic trail within the Mont Mars Nature Reserve. Setting out from Fontainemore in the Gressoney valley, you head up towards Coumarial. You can leave your car at Pian dou Coumarial. Take the dirt track, also known as the Nature Trail, and follow it until it joins the track coming from Pillaz. From here, follow Trailmark route 2, ascending until you reach the Vargno Lake.

>	Fontainemore Plan Coumarial	1475 m		-66 m +281 m	T	
<	Lago Vargno	1690 m		1h45'		2

Ein Wanderweg mit sehr schönen Ausblicken im Inneren des Mont Mars-Naturreservates. Man fährt von Fontainemore im Gressoney-Tal in Richtung Coumarial hinauf und lässt das Auto in Plan du Coumarial stehen. Nehmen Sie die Schotterstraße, auch bekannt als Naturstrecke, und folgen Sie ihr, bis Sie auf die von Pillaz kommende Straße treffen. Von hier geht es weiter (Wegmarkierung 2) hinauf, bis man den Vargno-See erreicht hat.

Issime - Gaby

2

This itinerary, mainly on level ground in the Gressoney valley, winds its way partly along unmetalled roads, partly along asphalted surfaces. Setting off from the church at Issime, it passes through the picturesque villages of Rickard and Tzendelabò. You follow footpaths until you reach the built-up area around Gaby (Trailmark GSW - the *Grande Sentiero Walser* or Great Walser Way). There are facilities for a break in the equipped area near Rickard and in the recreational-sport area at Tzendelabò.

>	Issime	953 m		103m	T	
<	Gaby	1056 m		1h20'		GSW

Diese vorwiegend ebene Tour im Gressoneytal verläuft zum Teil auf Schotterstraßen und zum Teil auf Asphalt. Der mit GSW (Großer Walserpfad) ausgeschilderte Wanderweg beginnt vor der Kirche von Issime, führt an mehreren charakteristischen Dörfern vorbei und endet in Gaby. Man kann am Picknickgelände in der Ortschaft Rickard oder im Sportzentrum von Tzendelabò Halt machen.

The Ecological Museum Way

(The Queen's and Lys Trail)

Der Ekomuseumspfad
(Spaziergang der Königin und Lys-Promenade)

3

This itinerary progresses along the valley floor of the two Gressoneys (Gressoney-Saint-Jean and Gressoney-La-Trinité), touching on many of the most typical villages of Walser construction. The path starts from the square before the Savoy Castle of Gressoney-Saint-Jean, and, keeping halfway up the slope, it presents various scenic glimpses over the village. Having passed the Gover Lake, you arrive at the hamlet of Tschemenoa, where you cross the Lys, and, passing through one village after another, you arrive at the main square of Gressoney-La-Trinité. The route then continues, passing through the villages of Orsio, Baette Bielfi and Staffal. At various points, you can break off the trail to come back by public transport.

>	Gressoney-St-Jean Castel Savoia	1404 m		416 m	T/E	
<	Staffal	1820 m		4h30'		14 15

Die Tour führt durch die Talsohle der beiden Gressoney und an vielen der charakteristischsten Dörfer der Walserarchitektur vorbei. Der Pfad beginnt am Schloss Savoia, verläuft auf halber Höhe und bietet somit verschiedene schöne Ausblicke auf die Siedlungen. Nachdem er den Goversee hinter sich gelassen hat, erreicht er den Ortsteil Tschemenoa, wo er den Lys überquert und zwischen den Dörfern hindurch zum Platz von Gressoney-La-Trinité führt. Die Route geht weiter und erreicht die Dörfer Orsio, Bätt, Biel und Staffal. Die Wanderung kann an verschiedenen Punkten abgebrochen werden, um mit öffentlichen Verkehrsmitteln den Rückweg anzutreten.

Machaby Sanctuary

Die Wallfahrtskirche von Machaby

4

From the Moulin de Va village, not very far from Arnad, take the steep paved mule track climbing among old chestnut trees to reach the Machaby Sanctuary (15th cent.) and in a short while the plateau where Machaby village stands: it is a panoramic point on this part of the Aosta Valley. The hike may continue following the military road up to Cou Pass, on the way some remains of the 19th cent. defensive structures can be seen.

>	Arnad Fraz. Moulin de Va	603 m		120 m	T
<	Machaby	723 m		25'	

Am Ortsteil Moulin de Va von Arnad begibt man sich auf den gepflasterten Weg, der an jahrhundertalten Kastanienbäumen vorbei bis zur Wallfahrtskirche Machaby (15. Jh.) und zu der Hochebene mit dem gleichnamigen Dorf führt: Von hier oben genießt man einen umwerfenden Ausblick auf das untere Aostatal. Wer mag, der kann über die Militärstraße bis zum Colle Cou (Cou-Pass) emporsteigen. Der Weg führt über eine historische Strecke, an der man alte militärische Ruinen und Überbleibsel von Befestigungswerken aus dem 19. Jh. besichtigen kann.

Alpe Salomon

5

From Brusson, where you can leave your car, follow the metalled road on foot upwards to the branching for Estoul-Palasinaz until, on the left after about 500 metres, you find a sign with Trailmark 2 "*fonte ferruginosa*" (iron-rich spring). The route lies mainly along metalled roads, with stretches of dirt track and footpaths. It climbs across fields and through woods to reach Alpe Salomon, from where you can enjoy a great panoramic view across the countryside and Col de Joux.

>	Brusson	1332 m		365 m	E	
<	Alpe Salomon	1697 m		1h20'		2

Von Brusson, wo man das Auto abstellt, geht es zu Fuß die asphaltierte Straße hinauf in Richtung der Abzweigung nach Estoul-Palasinaz, bis man links nach ca. 500 m. einen Wegweiser mit der Wegmarkierung 2 "*fonte ferruginosa*" (eisenhaltige Quelle) findet. Die Route verläuft hauptsächlich auf asphaltierten Straßen und streckenweise auf Schotterwegen und Pfaden und klettert zwischen Wiesen und Wäldern bis zum Alpe Salomon hinauf, von wo aus man den wunderschönen Ausblick auf den Ort und den Col de Joux genießen kann.

Extrepieraz, Rû Courtod

6

From the car park on the square of the Col de Joux, which you can reach driving up from Saint-Vincent or from Brusson, you walk along the pathway that rises for a short stretch until it reaches a level dirt road. Turn right and follow this track (Trailmark 1) as far as a fork which, keeping to the right, will take you down a pathway leading to Extrepieraz.

>	Saint-Vincent Col de Joux	1638 m		-265 m	E	
<	Extrepieraz (Brusson)	1373 m		1h		1

Vom Parkplatz des Col de Joux, den man von Saint-Vincent oder von Brusson heraufkommend erreicht, wird der Pfad eingeschlagen, der kurz ansteigt, bis er die eben verlaufende Schotterstraße erreicht. Rechts abbiegen und ihr bis zu einer Abzweigung folgen (Wegmarkierung 1) wo, weiterhin auf der rechten Seite, ein Pfad bis zur Ortschaft Extrepieraz hinabführt.

Rû Courtod (Ayas)

7



This itinerary is a pleasant, walk along one of the most ancient canals (Rû) in the Aosta Valley, part in the wood, part on the pastures offering great views on the Mont Rosa chain. From the village of Barmasc take the wide path (trail n°105) starting at the car park edge and follow it until you cross the Rû Courtod at 1970m. Follow the footpath n°5 along the canal on the right, go past some pasture homes and go on until you reach the Metznan ones.

>	Ayas Loc. Barmasc	2000 m	🚶	36 m	T	
<	Loc. Metznan	2036 m	🌟	1h30'	🔄	105 5

Dies ist ein schöner, recht flach verlaufender Spazierweg, der abwechselnd weite Panoramablicke auf das Gebirgsmassiv des Monte Rosa beschert oder entlang einem der ältesten "Ru" (Bewässerungsgraben) der Region durch schattige Tannenwälder führt. Im Ortsteil Barmasc von Ayas gebigt man sich auf den breiten Weg Nr. 105, der am Rande des Parkplatzes beginnt, bis man in etwa 1970 Metern Höhe den Rû Courtod kreuzt. Dann gebigt man sich nach rechts über den flach verlaufenden Weg Nr. 5, der am Bewässerungsgraben entlang führt, bis man Metznan erreicht.

Col de Joux

8



From Saint-Vincent, drive up on the Regional Road towards Col de Joux. Having reached just after the built-up area around Amay, near the little car park, take the dirt track on the left going into the woods. Walk along this as far as the fork at Pian de la Barma. Turn right into the little lane with Trailmark n°12, that takes you to Col de Joux, from where you can enjoy wonderful panoramic views across both the central valley and the Ayas valley.

>	Saint-Vincent	1500 m	🚶	139 m	T	
<	Col de Joux	1639 m	🌟	1h30'	🔄	12

Von Saint-Vincent fährt man mit dem Auto entlang der Regionalstraße in Richtung Col di Joux. Hat man die Partisanenkapelle, gleich nach den Häusern von Amay, erreicht, nimmt man in der Nähe des kleinen Parkplatzes die Schotterstraße auf der linken Seite, die in den Wald hinein führt, bis zur Abzweigung in der Ortschaft Pian de la Barma. Rechts auf den Weg mit der Markierung Nr. 12 abbiegen, der zum Col du Joux führt. Von hier aus hat man eine atemberaubende Aussicht auf das Mitteltal und auf das Ayastal.

La Magdeleine - Chamois

9




This itinerary lies mainly along dirt tracks that wind their way through pine woods, following the route of the Rû Veillen. By car, having passed the centre of the town of La Magdeleine, and having taken the road towards the hamlet of Vieu, you reach the first left-hand hairpin bend. Here you leave the road and follow itinerary n°107 to the left, otherwise you go on and take the dirt road to the left (suitable also for strollers). The route is along dirt track and almost entirely level, and finally reaches Chamois, an enchanting village that is only accessible by cableway. Paid parking along the road.

>	La Magdeleine Loc. Veillen	1741 m	🚶	71 m	T	🛒
<	Chamois	1812 m	🌟	1h10'	🔄	107

Der Weg verläuft durch Nadelwälder entlang des Rû Veillen. Hat man den Hauptort La Magdeleine hinter sich gelassen, schlägt man in der Ortschaft Vieu die Straße auf der linken Seite ein. Man kann dann die erste Rechtskehre, wo links der Wanderweg Nr. 107 startet, erreichen oder weitergehen und der kinderwagentauglichen Schotterstraße auf der linken Seite folgen. Die Strecke verläuft fast nur eben und führt nach Chamois, einem zauberhaften Dörfchen, das nur mit der Seilbahn zu erreichen ist. Entlang der Straße befinden sich kostenpflichtige Parkplätze.

27

Arp Vieille




<	Arp Vieille	1700 m	☀️	1415'	↔️	16
<	Valgrünche	1864 m	🏔️	356 m	T	

From the hamlet of Bonne, after the built-up area around Valgrünche, follow directions for the mountain trail that goes gently uphill. The track is a level, reaching the village of Bonne, which is above the hamlet of Erroubles, near the departure for the excursion, accessible by car. After this, stretches of dirt road and footpath take you past a metalled road a couple of times and finally reach a point close to the small community of La Cluzaz. The pathway continues towards Chez les Blancs, Echevenoz and eventually arrives at Erroubles.

26

Valgrünche from Revers aus




<	Valgrünche	1675 m	☀️	1420'	↔️	22
<	Révers	1524 m	🏔️	151 m	E	

From the hamlet of Révers, in Valgrünche, follow the directions of Alta Via 2, heading towards Valgrünche, starting off along a dirt road and, after about half an hour, branching to the right onto the pathway with trailmark. Having crossed the mountain stream, you continue as far as Valgrünche, where you re-join the itinerary of Alta Via 2.

25

Arpy Lake



<	Colle San Carlo	1971 m	🏔️	92 m	T	
<	Morgex	1971 m	🏔️	92 m	T	
<	Lake/See of Arpy	2063 m	☀️	55'	↔️	15

From Morgex take the road to the San Carlo Pass. Park the car near the Genzaiella hotel and follow the almost even path through a conifer forest to reach the Arpy glacier, with the most beautiful lakes in the valley, just behind the hotel. Genzaiella in its waters. Just behind the hotel, a panoramic point near the 'Arpy facing a breathtaking scenery on the Mont Blanc chain. Near the top of the mountain, you can see a small waterfall. From the Arpy, you can reach the village of Morgex, where you can see a small waterfall. From the Arpy, you can reach the village of Morgex, where you can see a small waterfall.

28

The Grand Rô Ring



<	Rhêmes-Notre-Dame - Chanavey	1685 m	🏔️	180 m	E	
<	Chanavey	1685 m	☀️	1h50'	↔️	9A

From Chanavey of Rhêmes-Notre-Dame, you reach the locality of Canavesan by first skirting the mountain stream on its orographic right-hand side (facing in direction of current) and then climbing up along a mule track. By walking further along the short upward stretch, you join the Grand Rô, which you then follow to the right along a level route until it descends to the hamlet of Chaudanne. Having finally reached the village and the Pellaud Lake, you can return to the point of departure by following the Nature Pathway of the Grand Paradiso National Park along the valley floor.

29

Benevolo Refuge



<	Rhêmes-Notre-Dame - Thumel	1901 m	🏔️	507 m	E	
<	Refuge/Berghütte Benevolo	2285 m	☀️	1h30'	↔️	13

Leave the car in the car park of the village of Thumel near Rhêmes-Notre-Dame and take the footpath n°13 going uphill in the wood. This easy hike on mule-track, white road and footpath allows you to discover the upper part of the Rhêmes valley with wonderful views on the tops and glaciers of the Granta Parei, Punta Galisia and Punta Basei mountains.

30

Royal Hunting Lodge




>	Valsavarenche Eaux Rousses	1658 m	🏔️	507 m	E	
<	Orvielles	2165 m	☀️	1h30'	↔️	AV2

This is an easy excursion in the Gran Paradiso National Park among Alpine ibex and chamois. The track starts from Eaux Rousses, a hamlet of Valsavarenche, follows the Alta Via 2 itinerary that gently ascends through fine coniferous woodland before opening out into upland meadows. One reaches the flat land of Orvielles, where the Hunting Lodge of King Vittorio Emanuele II stands, now a hut used by park wardens. From here you can enjoy a magnificent view over the majestic Gran Paradiso mountain chain. It is possible to proceed from here along the narrow valley of the lake of Djojan and the Entrelor Pass.

24

The Rutor Falls




<	La Thuile	1593 m	🏔️	95 m	E	
<	1 st Waterfall/Wasserfall	1700 m	☀️	20'	↔️	3 / AV2
<	2 nd Waterfall/Wasserfall	2000 m	☀️	1h40'	↔️	

From the hamlet of La Joux, which can be reached from the hamlet of La Thuile, follow National Road n°26, the one that leads to the Little Saint Bernard Pass. Shortly before the pass, take the unmetalled road on the right, park your car and walk covers the short distance to the lake. You can either walk around the lake, or as an alternative, head for the passage of the Little Saint Bernard, a site of particular historic interest.

23

Verney Lake




<	Lake/See Verney	2090 m	☀️	1h	↔️	
<	Lake/See Verney	2089 m	🏔️		T	

From La Thuile, follow National Road n°26, the one that leads to the Little Saint Bernard Pass. Shortly before the pass, take the unmetalled road on the right, park your car and walk covers the short distance to the lake. You can either walk around the lake, or as an alternative, head for the passage of the Little Saint Bernard, a site of particular historic interest.

22

Milage Lake



<	Comnayeaur	1667 m	🏔️	353 m	T	
<	Loc. La Vissalle	1667 m	🏔️	353 m	T	
<	Lago Milage	2020 m	☀️	1h20'	↔️	12
<	Lake/See Verney	2090 m	☀️	1h	↔️	

Once you get to La Vissalle by bus, last stop, continue on the asphalt road and then on the forest road which winds near to the Veng river. When you reach the bridge take right the path to a small Cabane du Combal. From the crest of the moraine and down to the shore of Milage lake, the lake will be without water, due to the conditions of the glacier from which it takes origins.

21

De la Roley Cross



>	Valsavarenche Pont	1960 m	🏔️	353 m	E	
<	Croce della Roley	2313 m	☀️	1h10'	↔️	3

From the large car park in Pont of Valsavarenche, take pathway 3, which climbs its way through a sparsely wooded area of larch and, after some hairpin bends, reaches the De La Roley Cross. This is situated on a rocky spur that dominates the valley floor, offering a vantage point from which to view the Gran Paradiso massif that thrusts upwards from the facing slope. If you wish, a further 40-minute hike on almost level ground will get you to the Refuges of Savoy and the City of Chivasso, situated on the Nivolet Pass, on the border with Piedmont.

22

Tétras-Lyre Refuge

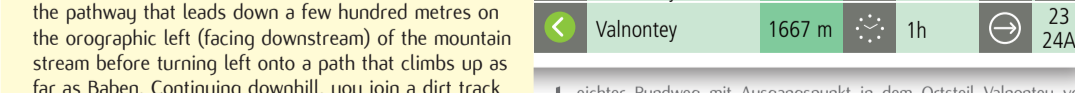


>	Valsavarenche Pont	1960 m	🏔️	27 m	T	
<	Refuge/Berghütte Tétras-Lyre	1987 m	☀️	20'	↔️	1

This is a short, easy trail proceeding along the Seyvaz valley floor. Leaving from the car park at Pont of Valsavarenche, you cross the main mountain stream, passing onto its orographic left-hand side, and follow the dirt track that provides an easy route to the Refuge-To return, you can either retrace your steps back down, or take the orthographic right-hand bank (on the right of the stream as you face in its direction of flow).

23

The Ring of Baben




>	Cogne Valnontey	1667 m	🏔️	74 m	T	
<	Valnontey	1667 m	☀️	1h	↔️	23 24A

This is an easy ring-shaped circuit which sets out from the hamlet of Valnontey of Cogne. You take the pathway that leads down a few hundred metres on the orographic left (facing downstream) of the mountain stream before turning left onto a path that climbs up as far as Baben. Continuing downhill, you join a dirt track that, turning right, will take you back to the point of departure. Along this itinerary you may see, especially in springtime, many Alpine chamois that come down to the valley in search of food.

21

Elena Refuge




<	Comnayeaur	1770 m	🏔️	292 m	T	
<	Arp-Novaz	1770 m	🏔️	292 m	T	
<	Elena	2062 m	☀️	1h	↔️	25

When you arrive in Val Ferret at the hamlet of Arp-Novaz by bus (ferrets) take the dirt road leading, via a series of sharp bends, to the Elena Refuge. An alternative route would be to follow trailmark TMB, (Tour du Mont Blanc), located on the right of the road, with a magnificent view on the Grand-Bard Glacier and on the Mont Blanc chain, from the hamlet of Elena.

20

La Salle - Morgex




<	La Ruine Dessus	958 m	☀️	40'	↔️	5
<	Croix-des-Frés	984 m	🏔️	-42 m	T	
<	La Salle - Fréz	1201 m	🏔️	+16 m	T	

Nice itinerary on a white road linking the villages of Croix-des-Frés, near La Salle, continuing to the hamlet of Villair.

19

Bois de la Tour

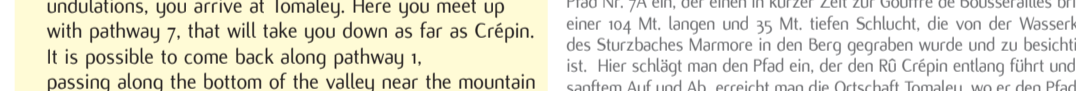


<	Saint-Nicolas	1201 m	🏔️	71 m	T	
<	Oratorio del Beato Emerico	1201 m	☀️	30'	↔️	

From the chief town of Saint-Nicolas, where you can park, make your way toward the church. After a short stretch of metalled road, you take the pathway on the right for Bois de la Tour, a wood in which a ring-shaped training pathway called "sentiero degli alberi" (pathway of the trees) has been set up and equipped for the visually handicapped.

18

Rô Crépín



>	Valtournenche Loc. Pésontsé	1762 m	🏔️	185 m	E	
<	Crépín	1577 m	☀️	1h10'	↔️	7-7A

From Pésontsé, which is located between Valtournenche and Breuil-Cervinia, you cross the stream and take pathway 7A that will lead you to Gouffre de Bousserailles, an explorable ravine 104 metres long and 35 metres deep, cut into the mountain by the power of the Marmore mountain stream. From here you take the pathway that runs along the Rô Crépín and, along gentle undulations, you arrive at Tomaley. Here you meet up with pathway 7, that will take you down as far as Crépín. It is possible to come back along pathway 1, passing along the bottom of the valley near the mountain stream, back to Gouffre de Bousserailles.

17

Breuil-Cervinia

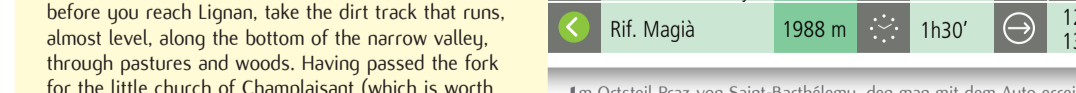


>	Valtournenche Breuil-Cervinia	2004 m	🏔️	164 m	T	
<	Chiesetta Alpini Btg. Monte Cervino	2178 m	☀️	35'	↔️	13

This easy hike leads to the little church overlooking Breuil-Cervinia that was built in honour of the victims of Alpine Skiers Troops of the Matterhorn. From the tennis courts follow the wide country road and then the footpath leading to the church. On the left the wooden cross is the memory of the Mass celebrated by John Paul II on 10th July 1991, as the plate on the rock shows. From here you can enjoy a nice view of Breuil-Cervinia and of the surrounding mountains.

16

Magià Mountain Hut




>	Nus Saint-Barthélemy	1763 m	🏔️	225 m	T	
<	Rif. Magià	1988 m	☀️	1h30'	↔️	12 13

From the hamlet of Praz of Saint-Barthélemy, which you can reach by car taking a right turn before you reach Lignan, take the dirt track that runs, almost level, along the bottom of the narrow valley, through pastures and woods. Having passed the fork for the little church of Champlaisant (which is worth a visit), follow the track as far as La Servaz, where the Magià Refuge stands.

18

Rô Neuf




<	Aosta	1196 m	🏔️	185 m	T/E	
<	Erroubles	1304 m	☀️	3h05'	↔️	103

From the hamlet of Plan d'Avie, located on the Aosta valley, take the dirt road that starts from the location of an old settlement. The route follows a level, reaching the village of Bossod, which is above the hamlet of Erroubles (a possible point of departure for the excursion, accessible by car). After this, stretches of dirt road and footpath take you past a metalled road a couple of times and finally reach a point close to the small community of La Cluzaz. The pathway continues towards Chez les Blancs, Echevenoz and eventually arrives at Erroubles.

17

The Nature Trail




<	Erroubles	1264 m	🏔️	48 m	T	
<	Fréz, Renoud	1312 m	☀️	35'	↔️	6C

The Nature Trail is a short, easy trail proceeding along the Seyvaz valley floor. Leaving from the car park at Pont of Valsavarenche, you cross the main mountain stream, passing onto its orographic left-hand side, and follow the dirt track that provides an easy route to the Refuge-To return, you can either retrace your steps back down, or take the orthographic right-hand bank (on the right of the stream as you face in its direction of flow).

16

Rô de By



<	Doues - Plan Deruit Champlaisant	2076 m	🏔️	-29 m	E	
<	Conca di By	2047 m	☀️	> 2h	↔️	2 7DC

This pleasant itinerary follows the mountain landscape of the beautiful Rô de By (great setting) and, through a beautiful forest, reaches the hamlet of Villair. From here you can enjoy a magnificent view over the majestic Gran Paradiso mountain chain. It is possible to proceed from here along the narrow valley of the lake of Djojan and the Entrelor Pass.

15

Tsa de Fontaney



>	Nus Saint-Barthélemy	1889 m	🏔️	415 m	T	
<	Tsa de Fontaney	2304 m	☀️	1h30'	↔️	11 11B

From the hamlet of Porliod, in the Saint-Barthélemy valley, take the dirt track that leads in a short distance to the Foyer de Fond, where a signpost indicates trail n°B towards the Cuneo mountain hut. Follow this itinerary, which rises initially through a beautiful pinewood, until, crossing wide grassy pastures, you reach Tsa de Fontaney (trailmark 11). From here the view extends from the nearby Monte Faroma to the Col Salvé and to the Mont Riond, as far as the massifs of Monte Rosa, Grivola and Monte Emilius.

14

Oratory of Beato Emerico



>	Quart Castle/Burg	751 m	🏔️	386 m	E	
<	Oratory Beato Emerico	1137 m	☀️	1h15'	↔️	7

Starting from Villair, a little village near Quart, follow the road directions to the castle. From the car park take the short footpath to the medieval castle. Walk past it, then leave the wide path on the right and take the uphill one on the left. On the first stretch you can meet panoramic points and some thematic signs. The trail goes uphill in the wood and finally reach the glade where the chapel of the blessed soul Emerico of Quart is situated.

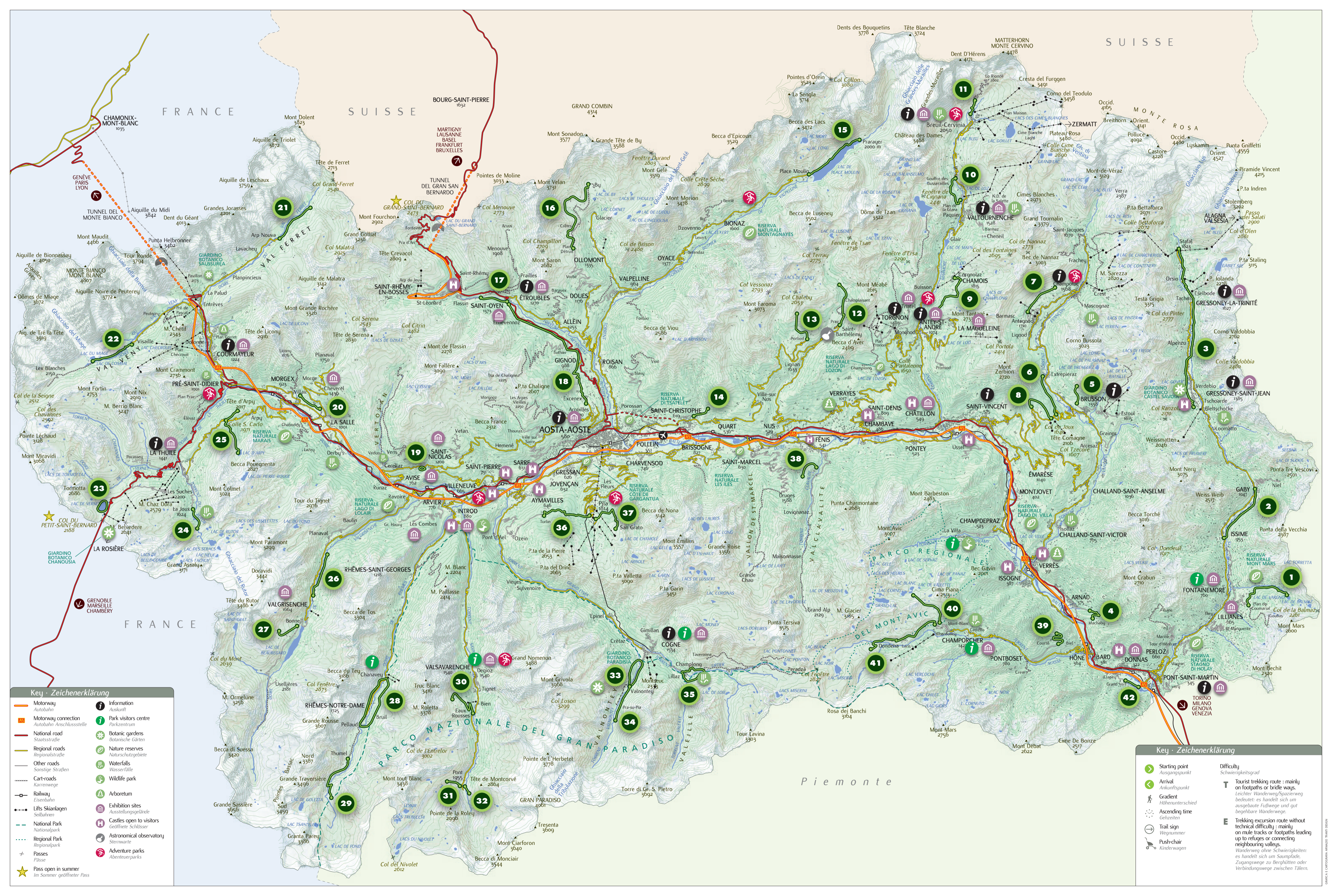
15

Place Moulin Lake



>	Bionaz - Dam Place Moulin	1980 m	🏔️	25 m	T	
<	Loc. Prarayer	2005 m	☀️	1h15'	↔️	9/10

From the car park at the Place Moulin dam in the long valley of Valpelline (Bionaz), follow the dirt track that skirts the great artificial lake with its jade-green waters. This is a level, comfortable trail amidst precipitous rocks, waterfalls, fields and forests, leading to the mountain pasture of Prarayer and the refuge that bears its name.



Key - Zeichenerklärung

- Motorway / Autobahn
- Motorway connection / Autobahn Anschlussstelle
- National road / Staatsstraße
- Regional roads / Regionalstraße
- Other roads / Sonstige Straßen
- Cart-roads / Karrenwege
- Railway / Eisenbahn
- Lifts / Skianlagen
- Information / Auskunft
- Park visitors centre / Parkzentrum
- Botanic gardens / Botanische Gärten
- Nature reserves / Naturschutzgebiete
- Waterfalls / Wasserfälle
- Wildlife park
- Arboretum
- Exhibition sites / Ausstellungsgebiete
- Castles open to visitors / Geöffnete Schlösser
- Astronomical observatory / Sternwarte
- Adventure parks / Abenteuerparks
- Pass open in summer / Im Sommer geöffnete Pass

Key - Zeichenerklärung

- Starting point / Ausgangspunkt
- Arrival / Anankunftspunkt
- Gradient / Höhenunterschied
- Ascending time / Gehzeit
- Trail sign / Wegnummer
- Push-chair / Kinderwagen
- Difficulty / Schwierigkeitsgrad
- Tourist trekking route: mainly on footpaths or bridle ways. Leichter Wanderweg/Spazierweg bedeutet: es handelt sich um ausgebaute Fußwege und gut besetzbare Wanderwege.
- Trekking excursion route without technical difficulty: mainly on mule tracks or footpaths leading up to refuges or connecting neighbouring valleys. Wanderweg ohne Schwierigkeiten: es handelt sich um Saumpfade. Zugangswege zu Berghütten oder Verbindungswege zwischen Tälern.

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Valnontey - Vermiana

34



From the hamlet of Valnontey di Cogne, where one can visit the 'Paradisia' botanical garden, starts a track that follows the valley floor on completely level ground alongside the mountain stream until it reaches the little hamlet of Vermiana. From here you can continue along the valley floor and, after about one hour and twenty minutes, reach the tableland where spring rise to form the the source of the Erfaulets. This is a very picturesque landscape, framed by mountains and with the massif of Gran Paradiso as a backdrop. In spring you may well see chamois and Alpine ibex that have come down to the valley in search of fresh grass.

➤	Cogne Valnontey	1670 m		65 m	T	
➤	Loc. Vermiana	1735 m		1h		

Im Ortsteil Valnontey von Cogne, wo der Botanische Garten «Paradisia» besichtigt werden kann, beginnt der Pfad, der vollkommen eben neben dem Bach die Talsohle entlangläuft, bis zum kleinen Ortsteil von Vermiana. Von hier aus kann man weiter die Talsohle entlangwandern und innerhalb von zirka 1h20 Min. die Hochebene erreichen, wo die Quellen des Erfaulets entspringen. Die Landschaft ist sehr eindrucksvoll, umrahmt von den Bergen und im Hintergrund das Massiv des Gran Paradiso. Im Frühling kann man oft Gämsen und Steinböcke beobachten, die auf der Suche nach frischem Grün ins Tal hinabsteigen.

Circuit of the Lillaz Waterfalls Rundtour der Wasserfälle von Lillaz

35



From the hamlet of Lillaz of Cogne, on the orographic left (facing downstream) of the Urtier mountain stream, a pathway sets out across a small geological park before ascending alongside the picturesque and spectacular waterfalls that are formed by three drops of 150 metres in total. It then crosses the mountain stream on a panoramic bridge to come back down on the opposite side (the orographic right), returning to Lillaz.

➤	Cogne Fraz. Lillaz	1611 m		190m	T	
➤	Fraz. Lillaz	1611 m		40'		12 13

Im Ortsteil Lillaz von Cogne beginnt der Pfad auf der orographisch linken Seite des Bachs Urtier, der einen kleinen geologischen Park durchquert, bevor er entlang der eindrucksvollen und spektakulären, von drei Sprüngen geformten Wasserfälle von insgesamt 150 Metern Höhe, ansteigt. Der Sturzbach wird dann über eine Aussichtsbrücke überquert, um auf der gegenüberliegenden Seite (orographisch rechts) wieder hinabzusteigen und nach Lillaz zurückzukehren.

Brin Woods Der Wald von Brin

36



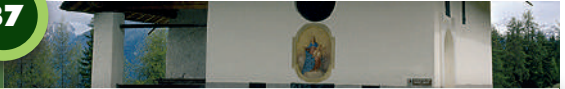
This itinerary is located entirely on dirt tracks immersed within gorgeous coniferous woodlands. From Aymavilles you drive up in the direction of Ozein until you reach the hamlet of Turlin. From here, the view extends across the principal mountains of the Aosta Valley to the Grivola, whose pyramid-like appearance earns it a reputation as one of the most beautiful Alpine peaks. Leaving the car, you take the dirt track that reaches, across almost level ground, the resort of Pila on the other slope.

➤	Aymavilles Fraz. Turlin	1530 m		200 m	T	
➤	Fraz. Chacard (Pila)	1730 m		1h30'		21 21a

Diese Route verläuft vollständig auf Schotterwegen, inmitten eines herrlichen Nadelwaldes. Von Aymavilles geht es im Auto in Richtung Ozein bis zum Ortsteil Turlin. Von hier schweift der Blick über die wichtigsten Berge des Aosta-Tals und zum Grivola, der aufgrund seines pyramidenartigen Aussehens als einer der schönsten Gipfel der Alpen gilt. Man lässt das Auto stehen und schlägt einen Schotterweg ein, der mit fast ebenem Verlauf auf der anderen Seite die Ortschaft Pila erreicht.

San Grato

37



From Pila, the famous ski resort above the city of Aosta, take the dirt road starting near the cable car departure. This track passes under the chairlift, enters the woods and will lead you to the hermitage of San Grato, patron saint of the city of Aosta. It is a very easy, completely level route.

>	Charvensod Loc. Pila	1810 m		23 m	T	
<	Hermitage/Einsiedelei Saint Grat	1787 m		30'		14 i

In Pila, dem berühmten Skigebiet über der Stadt Aosta, schlagen Sie in der Nähe der Seilbahn den Schotterweg ein, der unter dem Sessellift hindurch in den Wald und bis zur Einsiedelei von San Grato, dem Schutzpatron der Stadt Aosta, führt. Die Strecke ist sehr leicht und vollkommen eben.

Hermitage of Saint-Julien Einsiedelei von Saint-Julien

38



From the hairpin bend at kilometre 7 of the municipal road Fénis-Les Druges, take the unmetalled road that covers the short distance to the Coteau cottages. From here, a pathway rises on the right, ascending the hillside of Mont Saint-Julien and, after leading you along a typical wooden footway, reaches the little church dedicated to St Grato. The route now descends down the opposite slope, first reaching some ruins, (inhabited by hermits until the 19th century), then continues down for a short way to the Hermitage of Saint-Julien, a place of prayer and worship, and a glorious natural balcony from which to enjoy the panorama over the pastoral Clavalité valley.

>	Fénis Loc. Coteau	1229 m		160 m	E	
<	Saint-Julien	1304 m		30'		10B

An der Kehre, am Kilometer 7 der kommunalen Straße von Fénis-Les Druges schlägt man die Schotterstraße ein, die in kurzer Zeit zu den Häusern von Coteau führt. Von hier aus geht rechts ein Pfad ab, der den Hang des Mont Saint-Julien hinaufführt und nach Überquerung einer charakteristischen Holzbrücke zur San Grato gewidmeten Kirche führt. Der Weg geht nun auf der gegenüberliegenden Seite hinab und kommt zunächst an einer Ruine vorbei, die bis zum 19. Jahrhundert von einigen Eremiten bewohnt wurde, und nach kurzer Zeit zur Einsiedelei von Saint-Julien, einer Kult- und Gebetsstätte, die einen wundervollen Aussichtsbalkon auf das bukolische Clavalité-Tal darstellt.

Serra of Biel

39



From Courtil, a hamlet of Hône in the Champorcher valley, follow on foot the metalled road (closed to traffic) for approximately 2 km. After a pair of hairpin bends, take the forest track on the right, a route that follows the military road created towards the end of the 19th century to construct some military emplacements. Having passed a cave that once was used as an arms depot, and a couple of climbing training areas, you come across the ruins of a barracks and after some more turns, you emerge onto the wooded summit, once the site of a battery of cannons. This is a perfect panoramic point of vantage, dominating the central valley.

>	Hône Courtil	1238 m		241 m	T	
<	Serra di Biel	1479 m		1h30'		4A

Von Courtil, einem Ortsteil von Hône im Champorcher-Tal aus, folgt man zu Fuß ca. 2 Km der asphaltierten (für den Verkehr gesperrten) Straße. Nach zwei Serpentinaen schlägt man rechts den Forstweg ein, der einer alten Militärstraße folgt, die gegen Ende des 19. Jh.s geschlagen wurde, um Militärposten zu bauen. Nachdem man eine Höhle, die einstmals zur Aufbewahrung der Munition verwendet wurde, und zwei Kletterwände hinter sich gelassen hat, trifft man auf die Ruinen einer Kaserne und nach einer Reihe von Biegungen kommt man auf den waldigen Gipfel heraus, auf dem einst eine Geschützatterie stand: dies ist ein sehr guter Aussichtspunkt, der das mittlere Tal überragt.

Barbustel Refuge from Cort

Barbustel-Hütte von Le Cort aus

40

From Cort, which can be reached by car from Champorcher, the pathway with trailmark 10 leads, after around half an hour of walking, to Muffé Lake and the recently restored bar. Keeping to the left of the lake, you proceed upwards as far as Bianco Lake pass (2,309 m), after which you descend to the territory of the municipality of Champdeprez, to reach the Barbustel Refuge. This is a very interesting itinerary from a naturalistic point of view, as it is set within the Regional Park of Mont Avic.

➤	Champorcher Fraz. Cort	1778 m	🚶	531 m	E	
➤	Refuge/Berghütte Barbustel	2200 m	🌄	2h	↻	10 5

In der Ortschaft Cort, die mit dem Auto von Champorcher aus zu erreichen ist, beginnt der Pfad mit der Wegmarkierung 10, der nach ca. einer halben Stunde zum Muffé-See und zur kürzlich restaurierten Restaurantbar führt. Sich links vom See haltend geht es weiter hinauf bis zum Colle del Lago Bianco (2.309 m), und dann abwärts in das Gebiet der Gemeinde Champdeprez, um die Barbustel-Hütte zu erreichen. Es handelt sich um eine aus naturnaher Sicht sehr interessante Route, da sie im Inneren des Regionalparks des Mont Avic liegt.

Dondena Refuge

Dondena-Hütte

41

From Cort, which can be reached by car from Champorcher, you continue on foot on the dirt track which runs for a long stretch midway up the slope. After crossing the mountain stream, you reach the old hunting lodge built for King Vittorio Emanuele II, and from there the Dondena Refuge.

➤	Champorcher Fraz. Cort	1778 m	🚶	414 m	T	🛒
➤	Refuge/Berghütte Dondena	2192 m	🌄	1h55'	↻	9B AV2

Von der Ortschaft Cort, die mit dem Auto von Champorcher aus erreichbar ist, geht es zu Fuß auf dem Schotterweg weiter, der nach einer langen Strecke entlang dem Hang den Bach überquert und zu einer alten Jagdhütte führt, die König Vittorio Emanuele II. errichten ließ und inzwischen aber nur noch eine Ruine ist. Ab hier folgt man dem letzten Abschnitt des Wanderweges bis zur Dondena-Hütte.

Pramotton Tower

Der Pramotton-Turm

42

From Pramotton, in the municipality of Donnas, you take the track signposted with trailmark 1, located on the orographic right-hand side of the Dora Baltea. Along its first stretch, the track runs alongside the Dora, part of the time along a high ledge with a spectacular panoramic view, before rising towards Pramotton Tower. This is a perfect belvedere across the Canavese plain and the settlements on the valley floor.

➤	Donnas Loc. Pramotton	320 m	🚶	230 m	E	
➤	Tower/Turm Pramotton	550 m	🌄	45'	↻	1

In der Ortschaft Pramotton, in der Gemeinde Donnas, auf der orografischen rechten Seite der Dora Baltea, schlägt man den Weg mit der Markierung 1 ein, der zuerst entlang der Dora und dann auf einem luftigen Felsband mit einer spektakulären Aussicht verläuft, bevor er in Richtung des Pramotton-Turms hinaufsteigt, der einen herrlichen Fernblick auf die Canavese-Ebene und die Siedlungen unten im Tal bietet.



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