



VALLEY OF THE LYS AND GRESSONEY

AOSTA VALLEY





Village of Alpenzù

Monte Rosa Range

Valley of the Lys



VALLEY OF THE LYS AND GRESSONEY

A THRONE OF ICE
FIT FOR THE QUEEN

Imagine a narrow, hostile valley through which a turquoise ribbon meanders, sketching stone bridges and plunging gorges.

Here, where the waters sing their sweetest sound, a bright green basin opens up dotted with forests and waterfalls, ridded with rocky spires that tinge candy pink at sunset.

Past centuries have seen emperors and poets, queens and inventors enthralled by this land of ice. If you are ready to fall under the spell of eternal villages, terrifying giants and fairytale castles, then the Gressoney Valley has all the magic you were waiting for.

Find full updated information on sites of interest
(opening times, details, initiatives...) by visiting
www.lovevda.it »



WHERE ITALY SPEAKS A LITTLE FRENCH AND A LITTLE GERMAN

Once upon a time there was a majestic land, where stone colossi, verdant meadows and bubbling streams reigned supreme. So intriguing is this land that Leonardo da Vinci was swayed to go hiking here, Giosuè Carducci to write an ode and Queen Margherita of Savoy to built her own castle. The Gressoney Valley, also known as “of the Lys” after the river that flows through it, has such resounding charm that it would convince anyone to perform heroic feats.

Just like the guides who defied the skies to reach the 4,554-metre summit of Punta Gnifetti and to erect Regina Margherita mountain hut, which proudly stands the

highest in Europe. Further evidence of pure courage can be seen descending the valley where, in the village of Perloz, among this fistful of houses stands the bulwark of Resistance fighting in the Aosta Valley.

You need to be brave to peer into Guillemore ravine, a deep chasm in the rock where the River Lys falls roaring. It creates an invisible watershed between the Valdostan and the Walser people – inhabitants of Germanic origin who settled in the Gressoney Valley centuries ago.

In fact, when visiting these lands it’s impossible not to notice the strong cultural

impact these German giants have left on local customs and language. You’re sure to sample delicious dumplings made of speck, drawn butter and onions, to overhear conversations in High Alemannic German or to admire churches and villages built in the Valais style.

However contaminated it may be after long years of transalpine tradition, there’s one idiom common to those who live in this ethereal valley: the language of astonishment, of intense and heart-wrenching wonder that seizes you at the sight of the Monte Rosa range and its fearless, soaring peaks that reach over 4,000 metres in

height. If that’s not enough, then remember that at the foot of the mountains extends a paradise of rugged forests, Alpine lakes, flowers of ephemeral grace and wild animals that run free, all in spectacular Mont Mars nature reserve. Here is a stronghold of beauty where you may find yourself pandering to an impulse of bravery you’ve never felt before.

*Guete tag,
I'm Alys,
your guide!*

Guete tag! which means good morning in titsch, one of the Walser dialects.

Do you like my dress? I'm glad you noticed it! It's the traditional dress of Gressoney, which the women once wore to work but now only use on special occasions.

Psst, shall I tell you a secret? Even Queen Margherita of

Savoy loved to dress up in it when she was staying here at her castle!

Now follow me, I'll guide you around the Walser lands! Let me take you to see the stadla, those quaint rural buildings of the upper Lys Valley, and the wohngadma, the house-cattle sheds where people and animals lived side by side...



The traditional dress is the symbol of Gressoney and comprises: a shirt, jacket, skirt, dress, bib and apron, all enriched by a headdress that's a family heirloom handed down from generation to generation.

TRADITIONAL COSTUME



Alys
your guide



Gressoney-La-Trinité



NOT TO BE MISSED

MONTE ROSA MOUNTAIN RANGE,
CASTEL SAVOIA, SKIING, MONT MARS
NATURE RESERVE, THE ECOMUSEUM



NOT TO BE MISSED

MONTE ROSA MOUNTAIN RANGE

A MIGHTY TRIUMPH OF ICY ROCK

4,634 metres of dizzying spectacle: amidst majestic glaciers and lakes of indescribable splendour, Monte Rosa rises like a colossal organ with its thirty pipes uplifting to tear the sky apart. Dufour Peak – the lady of the Alps – dominates this combination of peaks, surrounded by the Lys ice kingdoms and commanding Lyskamm. A triumph of energy that explodes in dense tracks and in limitless runs where skiing never ends.

Don't forget the mountaineers' delight, Capanna Margherita, the highest hut in Europe – an extraordinary human venture embedded amongst crowning heights.



« Margherita Hut
Alagna Valsesia

CASTEL SAVOIA AND ITS BOTANICAL GARDEN

THE FAIRYTALE CASTLE



Once upon a time there was a queen who fell hopelessly in love. But not with a wealthy emperor or a dashing prince, but with a land that was wild and enchanting, which was ruled by an old war lord – Monte Rosa – armed with pointed peaks. Margherita of Savoy – the name of this sovereign - built an enchanted castle in its presence that dominated the entire valley as far as Lyskamm glacier.

That castle is still there, along with its vintage photos, precious upholstery, windows overlooking the mountains and a luxuriant garden that blooms in the first spring breeze. Not to mention the stories it could tell of famous poets and rattling secret passageways....

Castel Savoia »
Gressoney-Saint-Jean





NOT TO BE MISSED

SKIING

SUBLIME ENJOYMENT

An eternal, infinite white mantle. Wherever you look there's snow: Monterosa Ski extends to the limits of a silent, surreal world, transporting you afar across virgin lands.



Resembling a pristine bridge, 180 km of runs varying in difficulty connect the Gressoney Valley to nearby Ayas Valley and to Alagna Valsesia in Piedmont.

But skiing on Lys lands doesn't just mean downhill skiing; the steep gullies and broad valleys that are perfect for off-piste and ski touring alternate with cross-country loops and adrenaline-pumping descents in one of the most sensational heli skiing areas in the Alps.

« Freeride
Monterosa Ski

MONT MARS NATURE RESERVE

A GREEN, OTHERWORLDLY CHANT

760 football pitches: that's the size of Mont Mars nature reserve – the largest in the Aosta Valley. A place where you can lose yourself among trails that venture into moorland, and footpaths that traverse forests and meadows, lakes and rock gardens. Between one outing and another you're bound to hear marmots whistle and eagles screech, to catch sight of hare in the grass and chamois on the scree.



During a moment's rest, pop into the visitor centre or ecomuseum where you may bump into a group of pilgrims on their secular procession to the Shrine of Oropa – a World Heritage Site.

Lake Torretta »
Fontainemore





NOT TO BE MISSED

THE ECOMUSEUM AND OLD WALSER VILLAGES

GREAT MERCHANTS AND INGENUOUS MASONS

What comes to mind if I say töitschu and titsch? German is the order of the day in the Gressoney Valley because the Walser people have lived here for centuries. This proud people of Germanic origin left their imprint in wood and stone wherever they passed: slate roofs and larch wood walls lead you into a world created by this populace of merchants and ingenious builders.



Before leaving to see their villages, stop at Gressoney-La-Trinité ecomuseum to admire the traditional Walser dwellings, interesting displays and, not far away, an intriguing farmstead capped with a boulder in place of a roof.

« Walser Ecomuseum
Gressoney-La-Trinité



Chapel of Sant'Anna and Monte Rosa

A DAY, A WEEKEND, A WEEK

HOW TO ORGANISE YOUR VISIT

With so much to see and do in the Lys Valley the temptation to stay a few days longer is almost irresistible.

Where to go? What to see? Here's some advice on how to get the most out of your holiday and turn it into a genuine travel itinerary. You can customize the recommended itineraries - feel free to include or remove any visits according to your time schedule, interests and spur-of-the-moment decisions!

24
HOURS

1 day

48
HOURS

2 days

168
HOURS

1 week

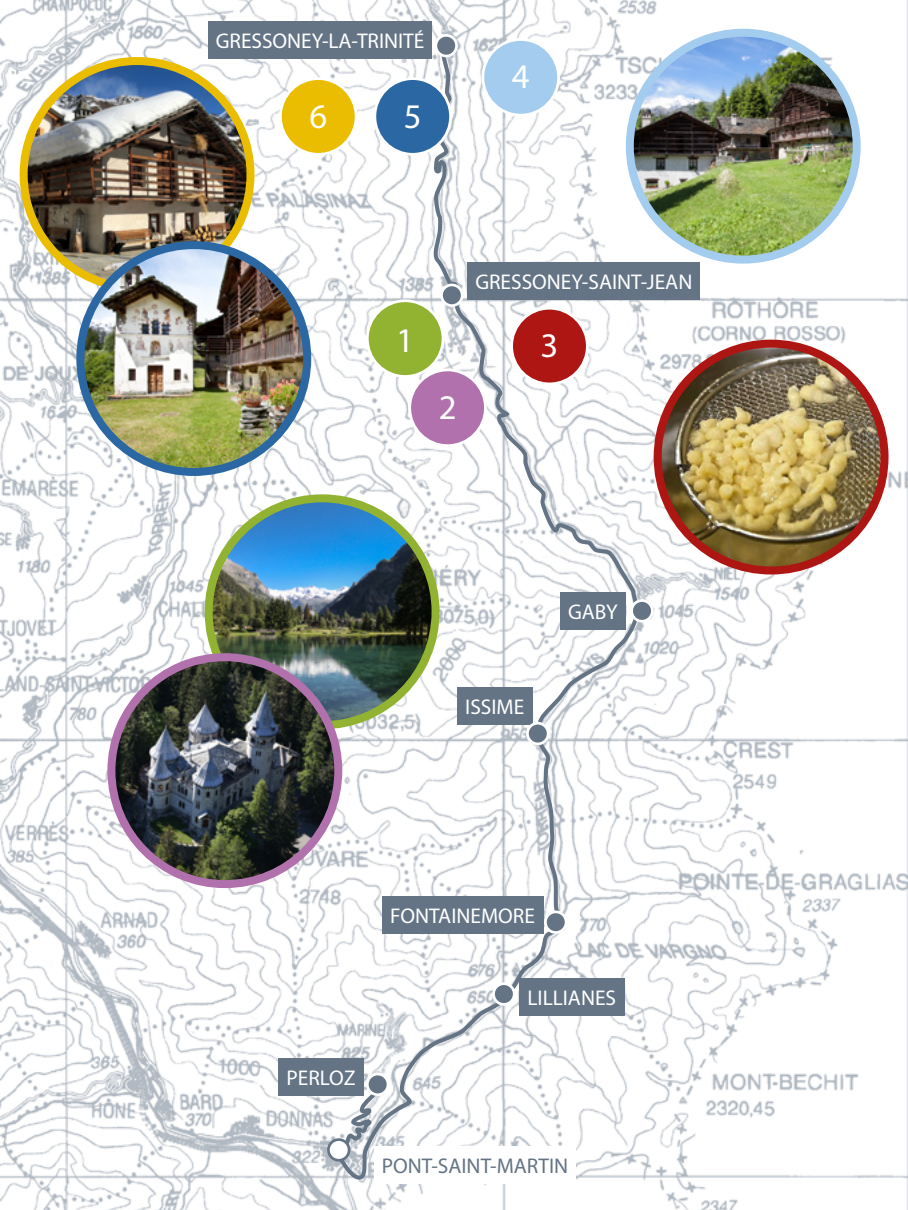
Bridge over River Lys »
Gressoney-Saint-Jean



RECOMMENDED VISITS

VALLEYS OF THE LYS AND GRESSONEY IN ONE DAY

DAY ONE



- 1** Walks of the Queen and Lys

Two pleasant excursions around Gressoney-Saint- Jean towards Lake Gover and the village of Tschemenoaal.
- 2** Castel Savoia

A visit to the summer residence of Queen Margherita of Savoy and her magnificent botanical garden bursting with Alpine flowers.
- 3** Chnéffléné Lunch

An unmissable taste of Walser cuisine: delicious gnocchi (dumplings) served with onion and butter or fondue.
- 4** Walser Village of Noversch

A hub of Walser architecture where you can admire stadla - characteristic rural buildings of the Lys Valley.
- 5** Walser village of Ecko

Discover this Germanic community which settled in the Lys Valley while strolling amongst stadla and old chapels.
- 6** Walser ecomuseum

All the atmosphere of the past lives on in this open air museum standing amidst Alpine pastures, traditional dwellings and permanent exhibitions.

RECOMMENDED VISITS

VALLEYS OF THE LYS AND GRESSONEY IN A WEEKEND

DAY TWO



Village of Chemp



Excursion to Mont Mars Nature Reserve

On reaching Perloz, park your car in the small village of Crétaç di Miochaz then enjoy an hour's walk along the path to Chemp, passing through shady chestnut woods and lush meadows.

Once you've returned from Chemp, it'll be time for a hearty lunch with local products followed by a stop off at Fontainemore Visitor Centre.

When you arrive at the village, fall under the spell of old rural houses, a minute chapel and historical granary, then start hunting for its unusual, astonishing inhabitants: villagers, children and animals made... of wood.

Here, you can pick from itineraries radiating out into Mont Mars Nature Reserve and lead through forests, lakes and meadows. Depending on your fitness level, you can hike as far as the surrounding mountain passes or take short walks to characteristic villages and Alpine pastures.



VALLEYS OF THE LYS AND GRESSONEY IN A WEEK

5 MORE DAYS

1

Nature

Wondrous sights and marvels

Walser village of Alpenzu (**1A**), village of Varfey (**1B**).

2

Outdoors / summer

The proud beauty of the mountains

Excursions: Barma Hut (**2A**), Coda Alpine Hut (**2B**), source of the River Lys (**2C**), Sant'Anna and Salero lakes (**2D**), Netscho Valley (**2E**), Colle Ranzola (**2F**), Valley of the Princes (**2G**), Loo Valley (**2H**).

3

Culture and traditions

A glimpse of bygone life

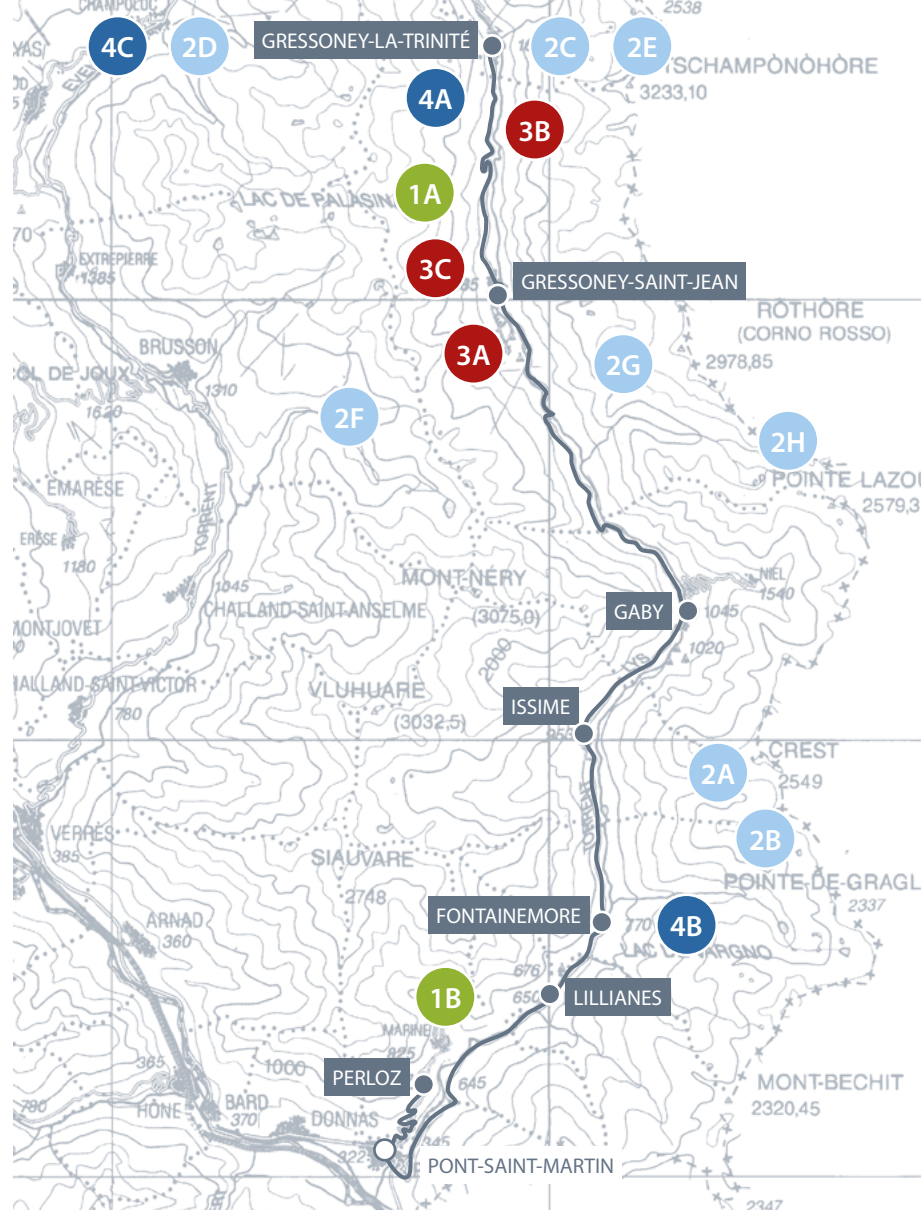
Castel Savoia (**3A**), ecomuseum and Walser villages of Noversch and Ecko (**3B**), Alpenfaunamuseum (**3C**).

4

Outdoor / winter

The irresistible appeal of snow

Snowshoe excursions to Gressoney (**4A**), snowshoe excursions to Coumarial (**4B**), ski touring in Monterosa Ski Area (**4C**).





Alpenzù

THEMATIC FOCUS

NATURE, OUTDOOR, FOOD AND WINE,
CULTURE AND TRADITIONS,
CHILDREN AND FAMILIES



UNSPOILT SITES

VIRGIN HORIZONS OF SPLENDOUR

In the Lys Valley, nature enjoys launching itself into painting sessions that colour the landscape fresh and rousing hues. In its palette you'll find the fawn reflections of Lillianes' sweet chestnut trees, the soft shades of spring flowers in Perloz, the delicate aquamarine of Gaby and Gressoney-Saint-Jean waterfalls, the peach tints of Monte Rosa, the dappled green of Fontainemore reserve.

Besides painting, nature delights in building unique cities: thus, stone bridges appear and streams bloom in an astonishing architectural poise over which you'll find yourself strolling enthralled.

Monte Rosa »
Gressoney-La-Trinité



EXCURSION TO ALPENZU VILLAGE

This is a magnificent walk along the Grande Sentiero dei Walser (the Great Walser Trail) through forests and meadows to a pretty village boasting splendid architectural styles.

GRESSONEY-SAINT-JEAN



COL FENÊTRE, BLOOMING OF THE PEONIES

PERLOZ

Petal shells that bloom, tingeing an emerald sea pink: these are the peonies that flower in late spring and which you can admire when climbing to Col Fenêtre.

PLAN DES SORCIÈRES

A magic witches' plateau, where you can see the oldest map of the Pleiades, then take a walk to explore Lillianes, the town of the sweet chestnut.

LILLIANES



GUILLEMORE RAVINE

Guillemore was a cruel giant who robbed wayfarers. When a group of brave men tried to kill him, he chose to fling himself into the ravine: a spectacular precipice over which the River Lys plunges, creating a thunderous waterfall.

FONTAINEMORE



SELBSTÄG NATURAL BRIDGE

GRESSONEY-LA-TRINITÉ

One day, tired of having to swim across the waters of the Lys, nature decided to unite the two banks. Thus came about Selbstäg – “the bridge that created itself”.

THE DEEP VALLEY OF SAN GRATO

ISSIME

Take the most beautiful natural scene you can picture: kissed by flowers, blue like the sky. Add a handful of old villages and some pieces of still living past. Now you have the deep valley of San Grato – a rare blend of history and landscape.

PURE ENERGY

NEVER RUN OFF YOUR FEET, ALWAYS ON YOUR FEET

Since time immemorial, supple meadows and snowy expanses have been the best natural gym man knows. Doing sport in the open air is an experience that makes us feel truly alive, aware of ourselves; it possesses an amazing rejuvenating power.

The Gressoney Valley is an awesome adventure park for those who enjoy milk and adrenaline for breakfast, but if you prefer to relax in a slower, less challenging manner then here you'll find a great sense of wellbeing. As you will soon see, practically everything in nature can be used to invent a sport.

Noversch Crag »
Gressoney-Saint-Jean



HIKING

A different excursion each day: get ready for more challenging itineraries at high altitudes, quiet strolls in the town centre, but also picnics in the woods and rambles around villages...

VALLEY OF THE LYS



MOUNTAIN BIKING

Use the cableways to take your bike high up in altitude then enjoy the descent among swirling water, summer-inebriated meadows and glowing forests.

VALLEY OF THE LYS

MOUNTAINEERING

The exhilarating anticipation of jagged summits is best expressed by conquering mountain huts and peaks over 4,000 metres in height.

VALLEY OF THE LYS



CABLEWAYS IN SUMMER

In the summertime, cableways, chairlifts and gondolas turn into panoramic means for reaching hiking trails, not to mention mountain huts where you can enjoy some hearty eating.

VALLEY OF THE LYS

ROCK CLIMBING ON CRAGS AND VIA FERRATAS

The Gressoney Valley is a vertical triumph. Get prepared then to tackle climbing walls and crags hanging between waterfalls and suspension bridges on spectacular via ferratas.

VALLEY OF THE LYS



CANYONING

The Lys Valley offers a host of adventurous descents down mountain streams, ravines and gullies: you'll be doing plenty of tobogganing, leaping and abseiling on this thrilling slippery challenge.

FONTAINEMORE

ANGLING

Arm yourself with patience and good tackle then devote some time to angling in the waters of Lake Gover or in authorised streams, Alpine lakes and reserves.

VALLEY OF THE LYS



FITNESS TRAIL

Proceeding towards Mont Mars natural reserve, don't miss the chance to get in shape along this 16-station itinerary that meanders through larches, raspberry and rhododendron bushes.

FONTAINEMORE



DOWNHILL SKIING AND SNOWBOARDING

Hundreds of kilometres of runs catering for all tastes and levels. Monterosa Ski is a succession of breath-taking descents among immense ice giants.

VALLEY OF THE LYS



SKI TOURING AND FREERIDING

If you crave more rugged natural scenery, then put yourself to the test with epic feats and ascend to the top of the world - prepare your best skis and enjoy the trip.

VALLEY OF THE LYS



HELI SKIING

Caress the cold mountain skin as you glide softly among celestial vistas and thundering roar of the helicopter as it travels across the sky.

VALLEY OF THE LYS



CROSS-COUNTRY SKIING

Just you, your skis and a carpet of trails that unfolds down corridors of snow-clad trees and sparkling loops from Gressoney to Fontainemore.

VALLEY OF THE LYS

SNOWSHOEING

Try snowshoeing in the moonlight or in the dazzling daylight, along pleasant trails that lead to castles, Walser settlements and valleys overflowing with wonders.

VALLEY OF THE LYS



ICE SKATING

Lakes that turn into ice rinks, confined in their impenetrable mountain fortress. Let yourself go to twirls, glides and spins on Gressoney's natural ice.

VALLEY OF THE LYS



ICE CLIMBING

The icy breath of winter sweeps against waterfalls, transforming them into frozen bastions to lay siege to with crampons. Why not call a guide and start climbing?

VALLEY OF THE LYS



OTHER SPORTS ACTIVITIES

Sport never goes on holiday. If you should feel the sudden yearning or the overwhelming urge to try something new, you'll find practically everything in Gressoney.

VALLEY OF THE LYS



DELICIOUS INSPIRATION

DESIRE FOR FLAVOUR

In Perugia it's chocolate, in Bologna it's lasagna, in Naples it's pizza. These are local delicacies that you mustn't miss. Even the Lys Valley of has its own piece de resistance - Gressoney toma.

The fragrance of this cheese evokes sun-warmed Alpine farmsteads, posies of flowers, the joyful tinkling of cowbells. It's a cheese that encapsulates the essence of wooden planks, the cool shade of cellars, the creamy delight of milk. It has been awarded PAT status (Traditional Agri-food Product) and is recognised by the Slow Food association; it's truly worth trying a slice - better still with a glass of wine and a platter of cold cuts.

While you're at it, don't forget to sample some Walser dishes - delicious chestnuts and ever-present rye bread, Chnéfflé né and Christmas sweetmeats.

Gressoney Toma »
Valley of the Lys



HISTORY ROLLS ON

ECHOES OF GLORY RESOUND AMONGST THE PEAKS

Wherever you go in the Gressoney Valley you'll find something of interest, for example, did you know that this is the best place of all to eat chestnuts? Lillianes is the town that grows the most in the Aosta Valley and where you can admire "gra" - very old, two-storey buildings used to dry chestnuts.

The Lys Valley is also a land of builders, sometimes whole communities raised architectural works in perfect harmony with nature. Others were the work of individual scientists, religious figures or fighters who entrusted their research, small miracles and historic feats to the memory of stone.

Gressoney traditional costumes »
Valley of the Lys



"BECK-PECCOZ" ALPENFAUNAMUSEUM - REGIONAL MUSEUM OF ALPINE FAUNA

On his death, a baron bequeathed his collection of hunting trophies to posterity. So now we can admire mighty ibex, graceful fawns and majestic owls...

GRESSONEY-SAINT-JEAN



VILLAGES OF CHEMP AND VARFEY NEAR PERLOZ

These are incredible places populated by more statues than human beings and where colourful flowers safeguard the architecture of a distant past.

PERLOZ



VALLAISE CASTLE AND HERERAZ TOWER

PERLOZ

Churches that were once castles, bell towers with a bellicose past, manor houses devoured by flames. Admire the heirlooms of the Vallaise family's glorious past – one of the oldest and most powerful families in the Aosta Valley.



VOURRY SHRINE

GABY

Image surviving an avalanche and then building a sacred site as a sign of gratitude for the grace received – this is the story behind the shrine of Gaby.



MEDIUM ALTITUDE MOUNTAIN ECOMUSEUM

A fossilised village. Peek through windows and doors. A shiver runs through you on discovering how mountain populations once lived.

FONTAINEMORE



VILLAGE OF FARETTAZ

All the commendable expertise of Fontainemore's old master builders is gathered here, in a small iconic village of rural architecture.

FONTAINEMORE



RESISTANCE MUSEUM AND SCHOOL

Get ready to inhale solemn air drenched in stirring bravery. Study vintage photos and dusty relics, relive the sensations of bygone times by strolling amongst old school desks.

PERLOZ



ANGELO MOSSO SCIENTIFIC INSTITUTE

Precious measuring instruments and fascinating snapshots of the past await you at one of the research centres that have made scientific history in the Aosta Valley.

ALAGNA VALSESIA



CHURCHES AND CHAPELS

Precious frescoes, gilt decorations, Baroque altars: churches and chapels still resonating with *Stabat Mater* in German are there for you to visit, dotted around the valleys and Alpine meadows.

VALLEY OF THE LYS



SWEET CHESTNUT MUSEUM

Nothing epitomises the mountains more than sweet chestnuts, especially in Lillianes, the largest producer of this fruit in the Aosta Valley. By the way, did you know there are many different varieties and processing methods? To find out more, stop off at the museum.

LILLIANES



NO ADULTS ALLOWED

NO TANTRUMS IN THE MOUNTAINS!

Being a child in the Gressoney Valley means... having twice as much fun as adults. Not just because this marvellous land is full of fairytale buildings and sinister witches' plateaus, nor because the mountains overflow with giants and lakes where water nymphs swim.

The smaller you are, the greater the choice of outdoor activities: pony trekking, rock climbing, thrilling zip lines and suspension bridges, learn to make honey or grow vegetables. If you come here in winter there are snow parks, too... Why bother growing up?

Honey lessons »
Valley of the Lys



TREETOP ADVENTURE PARK AND ROCK GARDEN

Plunge into the past and discover the origin of the Lys Valley rocks. Then resurface, pluck up courage and face epic challenges hanging from a wire.

FONTAINEORE



NATURALYS SCHOOL FARM

Delicious jams, syrupy honey and multi-coloured fruit: for all aspiring farmers there are thousands of activities revealing the secrets of mountain farming!

GABY



THE QUEEN'S WALK FROM LAKE GOVER TO CASTEL SAVOIA

An enchanting pathway that connects a magic castle to a fairytale lake. Beware! You may bump into a queen along the way.

GRESSONEY-ST-JEAN



HARRY POTTER VIA FERRATA

At Hogwarts they teach wizardry, but here rock climbing. This is a small natural wall for learning to walk vertically.

GRESSONEY-LA-TRINITE

WEISSMATTEN BABY SNOW PARK AND SANT'ANNA BABY SNOW PARK

The thrilling experience of pulling on ski boots for the first time amidst magic carpets, sledges and snowmen becomes an exciting game with one single rule – no staying dry!

VALLEY OF THE LYS



FANTALAGO SUMMER CAMP

Treasure hunts, orienteering and water games. There are many other sports, creative workshops and outdoor activities. It's all such fun you won't want to go back home!

GRESSONEY-SAINT-JEAN





San Grato Valley

IN THE RIGHT PLACE AT THE RIGHT TIME

Get ready to make an extraordinary holiday even more out of the ordinary...



MEZZALAMA TROPHY

A historical international ski mountaineering race between Breuil-Cervinia and Gressoney-La-Trinité where great athletes compete, not only against one another but against crevasses, glaciers and awesome gradients.

APRIL

BIERFEST

For those who love golden lager, delicious food and cheerful music, this is a rousing festival held in honour of Saint John the Baptist, the patron saint of Gressoney-Saint-Jean.

JUNE



RYE BREAD FESTIVAL AT PERLOZ

A culinary festival where you can both sample traditional products from the Aosta Valley and also celebrate the traditional method of baking rye bread in the village oven.

JULY



FONTAINEMORE - OROPA PROCESSION

Every five years thousands of pilgrims cross the mountains to reach the Shrine of Oropa in one of the oldest processions in the Alps.

JULY

Valle d'Aosta
EVENTS

Download the app!





ALAGNA AND AYAS ON SKIS

A ski area connecting Ayas Valley to the Valley of Gressoney and Piedmont with a maze of runs radiating out over the walls of a heavenly ice palace - Monte Rosa.



MARVELLOUS FORTRESS OF BARD

An impregnable fortress that still echoes with the thunder of canons, the nervous cry of soldiers, the wailing of prisoners. Today it houses permanent museums and contemporary art exhibitions.



CAMMINO BALTEO HIKING ITINERARY AND DONNAS VINEYARDS

In the land of sweet grapes and pleasant vineyards, this unforgettable trekking itinerary meanders along the River Dora Baltea, unveiling fairytale castles, isolated fortresses and immortal peaks.

**OFFICE
DU TOURISME
UFFICIO
DEL TURISMO**


GRESSONEY-LA-TRINITÉ


Loc. Tache
11020 Gressoney-La-Trinité AO
Tel (+39) 0125 366143
gressoney@turismo.vda.it

GRESSONEY-SAINT-JEAN

Via Lyskamm Waeg, 8
11025 Gressoney-Saint-Jean AO
Tel (+39) 0125 355185
gressoney@turismo.vda.it

www.lovevda.it
www.bookingvalledaosta.it

 Valle D'Aosta

 valledaosta_official



**Valle d'Aosta
Vallée d'Aoste**