



CENTRAL MATTERHORN VALLEY

AOSTA VALLEY





The Matterhorn

Great Balcony of the Matterhorn

Matterhorn Valley



AOSTA VALLEY

CENTRAL MATTERHORN VALLEY

AMIDST THE SNOW,
A GREEN MIRAGE

The Matterhorn has always been at the centre of attention, it was the supreme mountain, the one everyone dreamed of climbing and conquering. What joy to be the one who had tamed the wild soul of the Alps! Yet no-one noticed that a valley of extraordinary beauty opened up just a short distance from that icy demon.

This docile and passionate valley wears emerald gloves and an azure-ruffled hat. It's a valley of graceful forms over which a spell had been cast a long time ago, giving back life to buried villages and bygone traditions...

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



THE GENTLE BREATH OF THE MOUNTAINS

When calmly strolling through the picturesque central Matterhorn Valley, you'll immediately realise you're in a completely different world from the one you're used to. This a world where solitary villages perch on mountain tops, where cars are banned compelling you to travel around on foot or by cable car.

It's a world where chubby watermills nestle restfully side by side, lazily grinding corn while bread ovens reminiscent of the past bake crispy bread to celebrate the local cereal farming tradition.

The land before you becomes intriguing: in the distance you'll catch sight of the Matterhorn's unmistakable silhouette with its eye piercing sharpness. But if you focus your attention on the gentle meadows and luxuriant forests lying all round, your view will be filled with the soft poetry that pastoral landscapes love to clad themselves in.

Indeed, because the central Matterhorn Valley is a triumph of simplicity and peaceful life, a place of enraptured rural charm that takes you back in time with its museums packed with nostalgic stories, thousand-year-old water channels and iridescent springs where glaciers are fond of bathing.

The land is furrowed by water where patches of grass transform into marvellous lakes, willowy reed beds turn into enchanted ponds, meandering rivulets give life to mountain streams gushing with lively melodies.

It's a small valley scented with apples and hazelnuts, golden hops and sweet-flavoured potatoes, village festivals and gnarled hands that sculpt wood. It's an intimate valley where the summer takes you on bike rides or pony treks, while the winter is devoted to gliding on peaceful expanses of snow, deaf to the noisy crowds of more renowned resorts.

It's a pleasing location you'll always bear in your heart, and whose surrounding tranquillity will surprise you. Yes, because it's almost as if everything here were holding its breath and that every stone and every tree were looking at the majestic mountains that embrace them with keen astonishment - to then abandon themselves in a song of moving happiness.

Bonjour, I'm Gisèle, your guide!

Hey, what a pleasure to meet you! Are you enjoying your nice afternoon walk? I'm glad about that!

So, let me welcome you to the central Matterhorn Valley: my name's Gisèle and I've lived here ever since I can remember; the golden fields are my home, the sunny ears of wheat are my faithful sisters.



Owing to its mild weather and vast expanses of pastureland, the central Matterhorn Valley has always had a thriving economy closely bound to livestock rearing and farming once based on cereal crops.

What? Are you wondering what that distant gentle murmur is?

It's the sound of mountain stream water meandering through watermills that grind corn, lifting stone melodies. Follow me, I'll happily be your guide. Who could be better than a farmer to guide you around this land where the calling of agriculture is felt so strongly?

WATERMILL TRAIL



Gisèle
your guide



Ersa Alpine pastures



La Magdeleine Church



NOT TO BE MISSED

LA MAGDELEINE AND CHAMOIS,
GREAT BALCONY OF THE MATTERHORN,
PETIT MONDE, WATERMILLS,
POINT SUBLIME



NOT TO BE MISSED

LA MAGDELEINE AND CHAMOIS

TRUE BEAUTY IS RARE AND HARD TO FIND...

One is a village of watermills – a handful of houses blooming in a bright green basin where you inhale peace, silence and calm poetry. The other is the highest municipality in the Aosta Valley, an enchanting place that can only be reached on foot or by cable car because motor vehicles are banned. Both are “Pearls of the Alps”, an important title awarded to about twenty villages in the whole of Europe that stand out for their environmental friendliness and green mobility.

Speaking of green mobility, an unmissable walk resembling the sinuous string of a necklace connects these two pearls.



« Hike La Magdeleine - Chamois
Matterhorn Valley

“GREAT BALCONY OF THE MATTERHORN”

EACH STEP IS A THRILL



Man strives to create elaborate buildings, and yet nature offers him everything he needs, even a vantage point on the most scenic places on earth. This is what will spring to mind while walking the “Great Matterhorn Balcony” - a loop of approximately 70 km split into stages with overnight stays in villages along the route.

It is a magnificent excursion amidst lakes, meadows and forests that passes through some of the most extraordinary settings in the valley while embracing from afar the proud silhouette of a peak that is seen as a legend in the mountaineering world.

E-biking at Gilliarey Shrine »
Torgnon





NOT TO BE MISSED

21

PETIT MONDE

WHEN THE CLOCK TURNS BACK

If you believe travelling in time is only a figment of the imagination it's because you've never visited Petit Monde museum complex. This comprises a number of buildings where the fragrance of grain, haystacks, timber and cereals still linger in the air.



Here, among vintage work tools, steamy cattle sheds and dusty mills, your skin will be touched by the gentle caress of the past and images from another world will be imprinted on your memory – memories of our ancestors' world. It's a unique chance to discover how the peasant community used to live, but also to breathe an atmosphere laden with nostalgia, grace and rustic sweetness.

« Petit Monde Museum
Torgnon

WATERMILLS

JUST LIKE IN FAIRYTALES

Once upon a time there were eight perfectly aligned mills. Inside echoed the rattling of millstones and the thud of sacks brimming with flour being prepared for delivery by the miller and his apprentices. Every now and then a worker would break into song and the others would follow, accompanied by the joyful sound of water gurgling from Monte Tantané springs.



The mills are still there today, along with their millstones and stream flowing all around. If you opt to walk the full length of the path linking them together, then chance has it you'll hear the echoes of that old song...

Watermills »
La Magdeleine





NOT TO BE MISSED

LE POINT SUBLIME

IF YOUR EYES DON'T SUFFICE

You feel small, defenceless. Lift your gaze and let your eyes fill with wonder while they admiringly caresses an emerald ocean from which the Matterhorn's fin-shaped granite peak emerges like a giant mountain shark. It is a unique sight that repeats itself every season of the year, transforming this sublime panoramic terrace into a departure point for sun-sparkled excursions, hikes amongst autumn foliage and pure white descents on skis.



P.S.: Before coming here, practise holding your breath (in wonder) it'll be worth it.

« Le Point Sublime
Chamois



Matterhorn Valley

A DAY, A WEEKEND, A WEEK

HOW TO ORGANISE YOUR VISIT

With so much to see and do in the Central Matterhorn 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

Holidays in Chamois »
Central Matterhorn Valley



RECOMMENDED VISITS

CENTRAL MATTERHORN VALLEY IN ONE DAY

DAY ONE

- 1 Visit to La Magdeleine watermills

An enchanting walk beside a small bubbling stream dotted with eight old stone watermills where grain is still ground to make traditional, fragrant wholemeal bread.

- 3 Discover the hamlets of Chamois

An invigorating journey to the heart of unspoilt hamlets that make up this small car-free town: La Ville, Corgnolaz, Liussel, Caillà, Crepin, Suis, Lod and the village of Lavouré.

- 2 Walk from La Magdeleine to Chamois

A splendid walk meandering along the "Great Balcony of the Matterhorn" - a superb panoramic spot over the valley enhanced by information panels and energy-themed games.

- 4 Lake Lod at Chamois

An unmissable hike to this small, delightful lake embraced by mountains; the perfect spot for a picnic in the open air or a sunny afternoon spent discovering rich local biodiversity.



RECOMMENDED VISITS

CENTRAL MATTERHORN VALLEY IN A WEEKEND

DAY TWO

1 Torgnon and the villages of Petit Monde

The day begins with an excursion to the hamlet of Triatel at Torgnon and then to the villages of Petit Monde, where time apparently stands still. This fascinating place gives you the chance to experience firsthand how people lived in the past, to visit old rural buildings and admire the typical tools of bygone trades.

To round off the visit, stop off at the old watermill not far away.

2 E-biking: Tour des alpages at Torgnon

After an excellent lunch of traditional local products, it will be time to mount your bike and set off on the tour des alpages: a panoramic itinerary among larch and spruce woods, marmots and roe deer, leading to key points of interest such as Lodetor Pond, a marshy area traversed by Petit-Monde stream and numerous streams, which have formed this particularly interesting natural habitat.

Some of the Aosta Valley's most extraordinary mountains stand in the background, creating a superb backdrop.



CENTRAL MATTERHORN VALLEY IN A WEEK

5 MORE DAYS

1

Nature

Wondrous sights and marvels

Lake Lod at Antey (1A).

2

Outdoors / summer

The proud beauty of the mountains

Rû de Lies (2A), Cheneil (2B) Clavalité Shrine and Point Sublime (2C), "Big Bench" at Col Pilaz and Champlong lakes (2D), Lake Tsan (2E), Gilliarey (2F), adventure park (2G).

3

Culture and traditions

A glimpse of bygone life

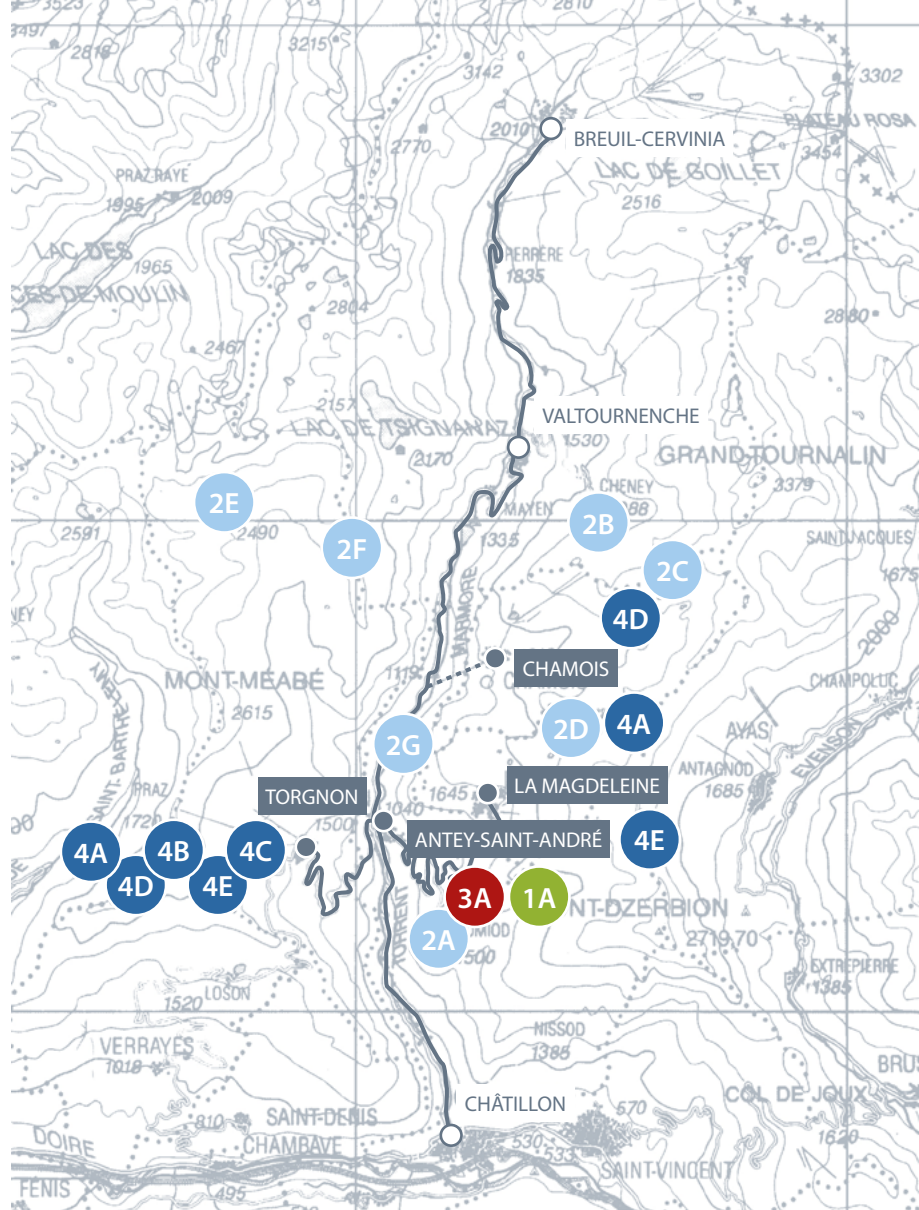
Ethnographic Museum "in the past, evenings were spent in the cow shed" (3A).

4

Outdoor / winter

The irresistible appeal of snow

Snowshoe outings (4A), cross-country skiing (4B), winter Nordic walking (4C), downhill skiing (4D), snow play parks (4E).





High altitude summer pastures



Ascent to Colle di Nana

THEMATIC FOCUS

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



UNSPOILT SITES

THE VALLEY OF WATER

It would be easy to point at the Matterhorn and claim that it's the one and only feature of natural beauty in this valley bearing its name. However much this mountain, with its hooked nose and piercing frown, may capture the visitor's attention, there are numerous other hidden miracles of nature waiting to be discovered in the shadows of its powerful shoulders.

Such as lakes in which iridescent reflections dance with ethereal plays of light, lapped by expanses dotted with reed beds and pastel-tinted petals. A triumph of water that continues along irrigation channels (rûs) and mountain streams, among shadowy ponds and the sparkling mantle of glaciers...

Lake Croux »
La Magdeleine



LAKE LOD IN CHAMOIS

This is a small turquoise lake coiled on a soft meadow, encircled by forests and mountains. While fish and tadpoles emerge from the rippling water, lie in the sunshine and be lulled by the gentle rustle of grass blowing in the wind.

CHAMOIS



BIG BENCH

At Col Pilaz, between Chamois and La Magdeleine, you'll come across an enormous bench to sit on and see the world from a new perspective. It's so big you feel minute and ready to be amazed by everything...

COL PILAZ



RÔ DE LIES (ANTEY) AND RÔ DE NOVALLES (CHAMOIS)

MATTERHORN VALLEY

Two walks through fields flecked by flowers and brushed by a vivid blue sky: discover old irrigation channels and many other local curiosities.

LAKE LOD IN ANTEY

ANTEY-SAINT-ANDRÉ

A splendid body of water left by glaciers and surrounded by trees that bow to touch the rippling waters. Soon a floating walkway will be added.



LO DETOR POND

TORGNON

An area of wetland tinted with the hues of grain, verdant meadows and luxuriant forests, in which rare species and extraordinary calcium springs hide.



PURE ENERGY

ENDLESS MOVEMENT IN NATURE

Have you ever looked at the countryside as if it were an immense outdoor gym? Think carefully: there are footpaths for endless running (better than any treadmill), lakes for cooling off, trails for cycling, mule tracks for pony trekking.

Not to mention winter activities when the snow turns the mountains into vaporous expanses, water into ice rinks, waterfalls into climbing walls.

This is the gym you'll find in the central Matterhorn Valley; it's open all year round, many pursuits are free and you're bound to be left speechless by the end of the day – but not from fatigue.

Trekking along Great Balcony
of the Matterhorn »
Torgnon



MOUNTAIN BIKING ARTIFICIAL CLIMBING WALL

If your bike is part of you, then don't miss the Easy Downhill trail and Tour des Alpage in Torgnon, nor the panoramic itinerary to Point Sublime at Chamois.

MATTERHORN VALLEY

Love climbing? Antey-Saint-André is a vertical paradise where you can experience the thrill of heights and the gratification of conquest.

ANTEY-SAINT-ANDRÉ



CROSS-COUNTRY SKIING

The central Matterhorn Valley and Torgnon lend themselves to cross-country skiing. There are over 40 km of groomed trails in the hushed silence, among snow-clad forests and Alpine homesteads with roofs of ice.

TORGNON



DOWNHILL SKIING

If you're looking for peaceful resorts that are designed for the little ones, then Chamois and Torgnon will not disappoint you with their runs suited to all ability levels.

MATTERHORN VALLEY

ANGLING

Lake Gordzà is a limpid oasis of peace where, in summer, you can spend your time angling and then take home the delicious haul.

TORGNON



NORDIC WALKING PARK

Grab your poles and get ready to explore the vast park that threads through the unkempt woods and flaxen meadows of Torgnon.

TORGNON

SKI TOURING

Col di Nana, Monte Tantané, Cima Bianca: these are only some of the itineraries to explore while venturing out into the pristine snow. Don't forget to seek advice from Alpine Guides.

MATTERHORN VALLEY



SNOWPARK AND BOARDERCROSS

Glide on white, glittering waves, mount the back of powdery colts: enjoy jumps, rails and the beginner's area in Torgnon and La Magdeleine snowparks.

MATTERHORN VALLEY



HIKES ON THE SNOW

Silver roads wrapped in snow, kissed by the moonlight made perfect for walking or snowshoeing: this too is part of the magic of the Central Matterhorn Valley.

MATTERHORN VALLEY



HORSE RIDING

Have you ever heard of a baptism in the saddle? And what about waking up with the ponies? If you're a born cowboy then you can gallop free at Antey riding centre.

ANTEY-SAINT-ANDRÉ

PARAGLIDING

It's an indescribable feeling that gives you butterflies in your tummy and makes your eyes sparkle in surprise: ready to soar over the Alps with a paraglider?

MATTERHORN VALLEY



OTHER SPORTS ACTIVITIES

If you like getting fit or trying new experiences while on holiday then you'll find a whole host of sporting pursuits to try out.

MATTERHORN VALLEY



DELICIOUS INSPIRATION

DESIRE FOR FLAVOUR

A tiring jaunt or vigorous outing in the countryside works up a hearty appetite. Fortunately, there is no lack of good food in the Aosta Valley... You'll be lost for words here, too.

In actual fact, the choice is broadened by local delicacies you'll only find here. For example, Torgnolette – a tasty dish made of Fontina, potatoes and bacon which makes your mouth water just looking at it. There's also fragrant Noisettes de Torgnon, a meringue made with chopped hazelnuts that melts in the mouth and is the pride of local patisserie.

And how about Bière de Chamois, an alcoholic drink produced at 1,800 metres altitude?

Show cooking »
Antey-Saint-André



HISTORY ROLLS ON

IN THE OLD STYLE

Traditional, cosy, tasting of home and fragrant, freshly baked bread – this is the atmosphere you breathe in the Central Matterhorn Valley. You can almost picture villagers of bygone times reunited around the fireplace, telling mysterious legends and recounting curious anecdotes.

It was a collective lifestyle in which the entire village took part; it was made of millstones, warm ovens and mills gushing with water. Today, this lifestyle lives on in fascinating museums, excursions along paved lanes, in the mute prayer before the crucifix of an isolated mountain church...

Foliage »
La Magdeleine



WATERMILLS

It's not just Holland that's famous for its mills, but also the Central Matterhorn Valley. If you know where to look you'll find them everywhere – from Torgnon to Antey, not to mention La Magdeleine, where there are no less than eight.

MATTERHORN VALLEY



ETHNOGRAFIC MUSEUMS

Study ancient peoples, discover where they lived, how they lived, what their habits were – by visiting the ethnographic museums in Torgnon and Antey you'll be led into a black and white world of memories.

MATTERHORN VALLEY



CHURCHES AND CHAPELS

Old towers converted into places of worship, chapels steeped in legend, churches constructed among the rocks... Discover the religious buildings of the Central Matterhorn Valley!

MATTERHORN VALLEY



RÛ DU PAN PERDU

Great grey stone arches resembling sturdy elephant's feet, the unfinished sketch of a hurried artist: these are the remnants of Antey's medieval aqueduct.

ANTEY-SAINT-ANDRÉ



BREAD OVENS

Once it was the hub of village life and in whose hot mouth all the families baked their yearly bread supply: the oven, which you'll find in many villages of the valley.

MATTERHORN VALLEY



NO ADULTS ALLOWED

REST ASSURED, YOU WON'T GET BORED

Have you ever been to a school where the classroom floors are made of green fields and the floors are towering trees instead of walls? Have you ever climbed rope ladders and suspension bridges hanging in a city made of trees? Have you ever tried diving headfirst into the snow while sitting on a train of colourful sledges?

If you haven't, then get ready because you'll see some lovely ones – actually, very beautiful ones here in the Central Matterhorn Valley. By the way, there isn't room to mention all the fun attractions on offer (there are too many!). Find at least five others for yourself and add them in pencil!

Playground »
on the snow



ENERGY ITINERARY

Water, fire, earth and sun: where does Energy come from? How is it produced? Who consumes it? Along Chamois thematic trail entitled "Energies at stake" you'll find the answers to these and many other questions...

CHAMOIS



COIN NATURE

Salamanders, grass snakes, water spiders and frogs will be your mates at a truly exceptional school – Antey-Saint-André's green classroom, where you can learn about the secret life of plants and animals directly through fieldwork.

ANTEY-SAINT-ANDRÉ



TREETOP ADVENTURE PARK

ANTEY-SAINT-ANDRÉ

Fearless explorer, now it's your turn: in Antey adventures grow on trees, among aerial platforms, daring zip lines and wobbly walkways...



PLAYGROUND ON THE SNOW

MATTERHORN VALLEY

Snake-shaped sledges, oversized tubes, magic carpets and countless other heart-pounding fun activities await you on the snow at La Magdeleine and Torgnon!

PUZZLE ITINERARY AT TORGNON

TORGNON

How about solving riddles, crosswords and puzzles while walking through the countryside? Go to Torgnon.org, choose your itinerary and start playing!



High altitude sunset

IN THE RIGHT PLACE AT THE RIGHT TIME

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



ANTEY HANDICRAFT FAIR

Wood, stone, copper and iron are shaped into stunning pieces of traditional handicraft during this lively event full of good food and cheerful music.

AUGUST

THE FLAVOUR OF A WALK

Local craft, attractions and stalls laden with delicious foodstuffs enlighten the delightful walk that connects Chamois and La Magdeleine.

AUGUST



MELE VALLÉE

Cider tasting, street food and music come together at Antey to create a delicious festival celebrating the most commonly grown fruit in the Aosta Valley – the apple.

OCTOBER



TORGNON D'OUTON

On the day of Torgnon's patron saint, a festival awaits you. It is dedicated to mountain-grown potatoes and Fontina produced in Alpine farmsteads, rounded off with entertainment, concerts and dancing.

NOVEMBER

Valle d'Aosta
EVENTS

Download the app!





CHAMBAVE: GRAPE AND WINE PRODUCING FARMS

Among the verdant hillsides of this small town reside vineyards renewed throughout the region, where famed DOC wines are produced, including highly regarded Muscat de Chambave.



CERVINIA, A MOUNTAIN OF ACTIVITIES

The undisputed homeland of mountaineering, Cervinia is not only one of Europe's most popular tourist destinations but part of an international ski area where you can ski all year round.



PURE RELAXATION IN SAINT-VINCENT

Gaming halls, spas with outdoors thermal pools, social events and excellent restaurants: this famous town nestling at the foot of panoramic Monte Zerbion, known as the "Riviera of the Alps" owing to its mild climate, has truly everything to offer.




OFFICE
DU TOURISME
UFFICIO
DEL TURISMO


ANTEY-SAINT-ANDRÉ

P.zza A. Rolando, 20
11020 Antey-Saint-André AO
Tel (+39) 0166 548266
cervino@turismo.vda.it

www.lovevda.it

www.bookingvalledaosta.it

 Valle D'Aosta

 valledaosta_official



Valle d'Aosta
Vallée d'Aoste