

Is this the paradise you have always
dreamed of?

Aosta Valley - Italy



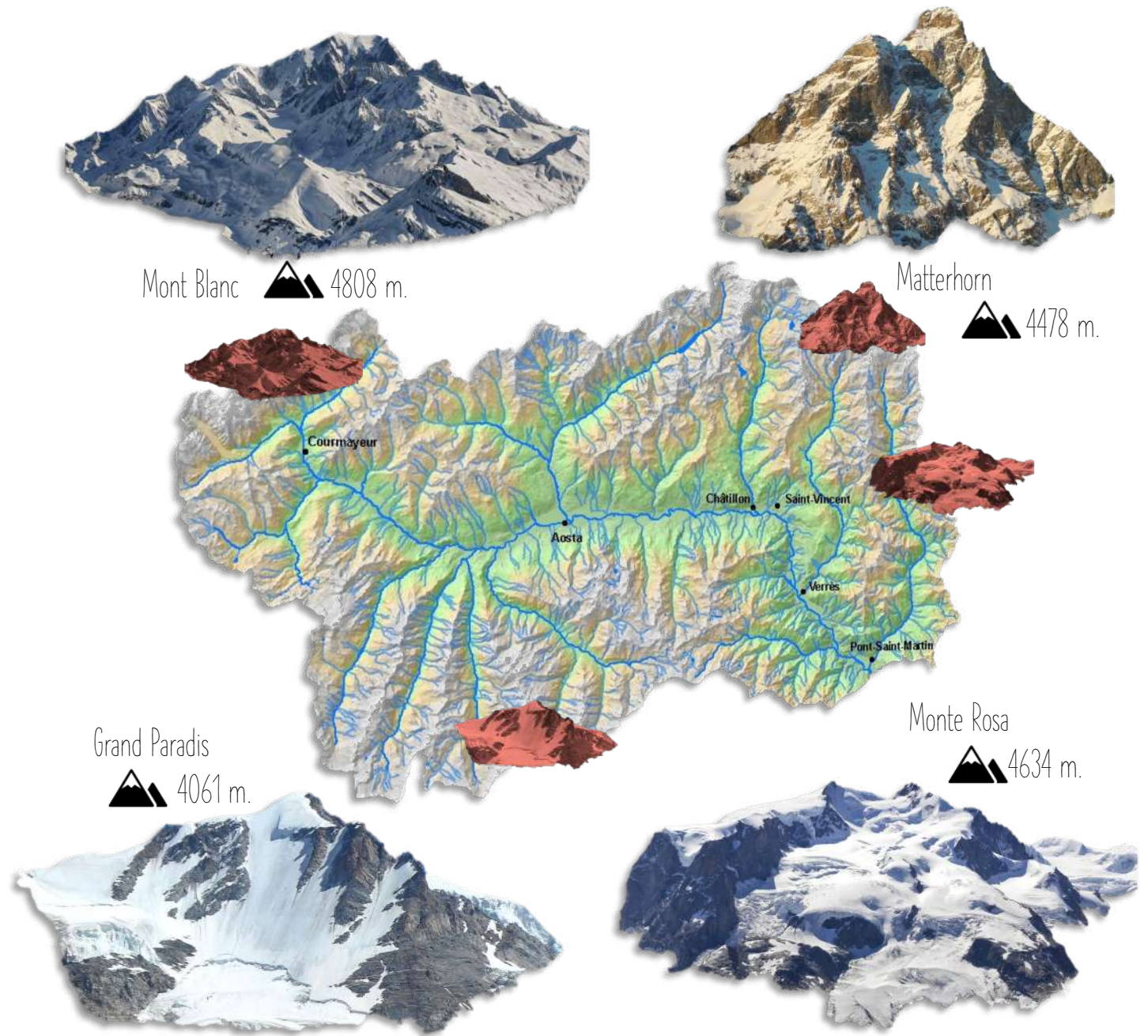
Ennio Couthard

Aosta Valley

The Aosta Valley is a gem hidden deep in the Italian Alps.

The region is surrounded by the highest and most beautiful mountains in Europe, such as the mighty Mont Blanc and the Matterhorn.

Aosta Valley is a landmark for mountaineers and adventurers, as well as for tourists who want to enjoy the beauty of the Alps under the Italian sunny weather.



Adventures in the Alps

Visitors are enchanted by the Aosta Valley for the beauty of its mountains, the thrilling adventures, the breathtaking sceneries, the welcoming people and.... for the delicious Italian cuisine!



Among the activities that can be carried out in Aosta Valley are...

Hiking

Hiking is the most widespread activity in Aosta Valley. A hike in the woods, summiting peaks, a picnic on the shore of an alpine lake... Hiking always leads to discovering something new.

Climbing

The Aosta Valley offers climbing experiences for all levels of physical preparation.

One the most popular attractions is the "via ferrata", i.e. climbing routes equipped with ropes and supports that allow everyone to enjoy climbing safely in the Alps.



Skiing

A ski trip at 3000 meters and the Matterhorn in the background is always exciting.





Let's go rafting down narrow gorges and waterfalls.
Adrenaline cannot get any higher than there.

Rafting



Sunbathing

The Alpine lakes are ideal places to rest after a long hike, eat a sandwich and take a nap.

Visiting

Aosta, the largest city in the valley (about 30,000 inhabitants), is a Roman city named after the Emperor Augustus. The Roman walls, fortresses and theatre were built around 25 B.C. and are still in good condition.





Jumping

In summer, the ski slopes turn into bicycle paths. The Aosta Valley hosts one of the stages of the Downhill World Cup.

Relaxing

The thermal baths of Pr -Saint-Didier date back to 1834. They soon became the favorite holiday resort of the Italian royal family. After a recent restoration, the spa has returned to its former glory.



The Aosta Valley is renowned for its alpine cheese, ham, salami and wine. Nevertheless, you can find a pizzeria and an ice-cream shop in every corner of the region.



Tasting



Discovering

Many medieval fortresses controlled the mountain passes of Valle d'Aosta.

Castles are now living history and can be visited to experience the Middle Ages. The castle in the photo, known as Bard Fortress, often hosts art exhibitions and photo contests and was one of the sites where the Avengers 2 movie was shot.

Recommended trip

Day 2:

- Hiking down to Aosta
- Fresh ice cream
- Italian pizza



Day 3:

- Mont Blanc adventure park
- Picnic at the park
- Rafting along the Dora river



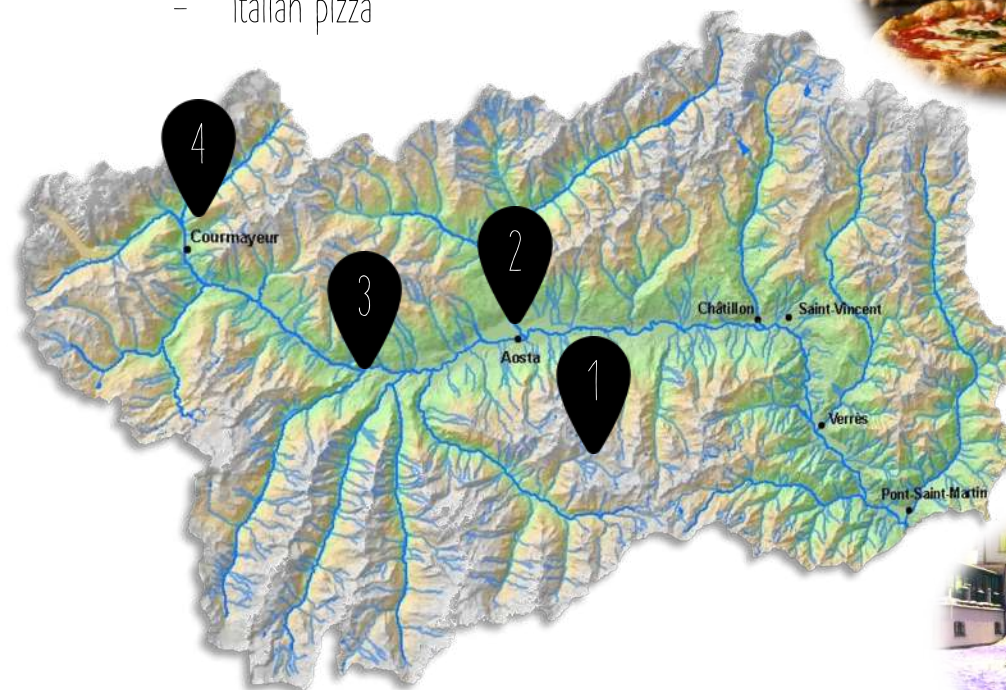
Day 4:

- Via ferrata climb
- Evening at the spa
- Party in Courmayeur



Day 1:

- Excursion from Pila resort
- Picnic on Lake Chamolé
- Night at the Arbolle hut



A wide-angle landscape photograph of a calm lake nestled in a mountain valley. The lake's surface is a deep blue, reflecting the sky and the surrounding slopes. The mountains on either side are steep and covered in green grass, with some rocky patches visible. In the far distance, more mountain ranges are visible under a clear blue sky with a few wispy clouds. A faint rainbow is visible on the right-hand slope. The text 'You are welcome in Aosta Valley' is written in a white, elegant script font across the upper portion of the image.

*You are welcome in
Aosta Valley*

References

Presentation entirely prepared by Emile Courthoud. Images courtesy of:

Regione Valle D'Aosta

loveVDA

Terme di Pré-Saint-Didier

Rafting Mont Blanc

Cervino Ski Paradise

Forte di Bard

Skyway Mont Blanc cableway

Pila downhill / iXS European Downhill Cup

Luigi Chiesa

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