



Valle d'Aosta
Vallée d'Aoste

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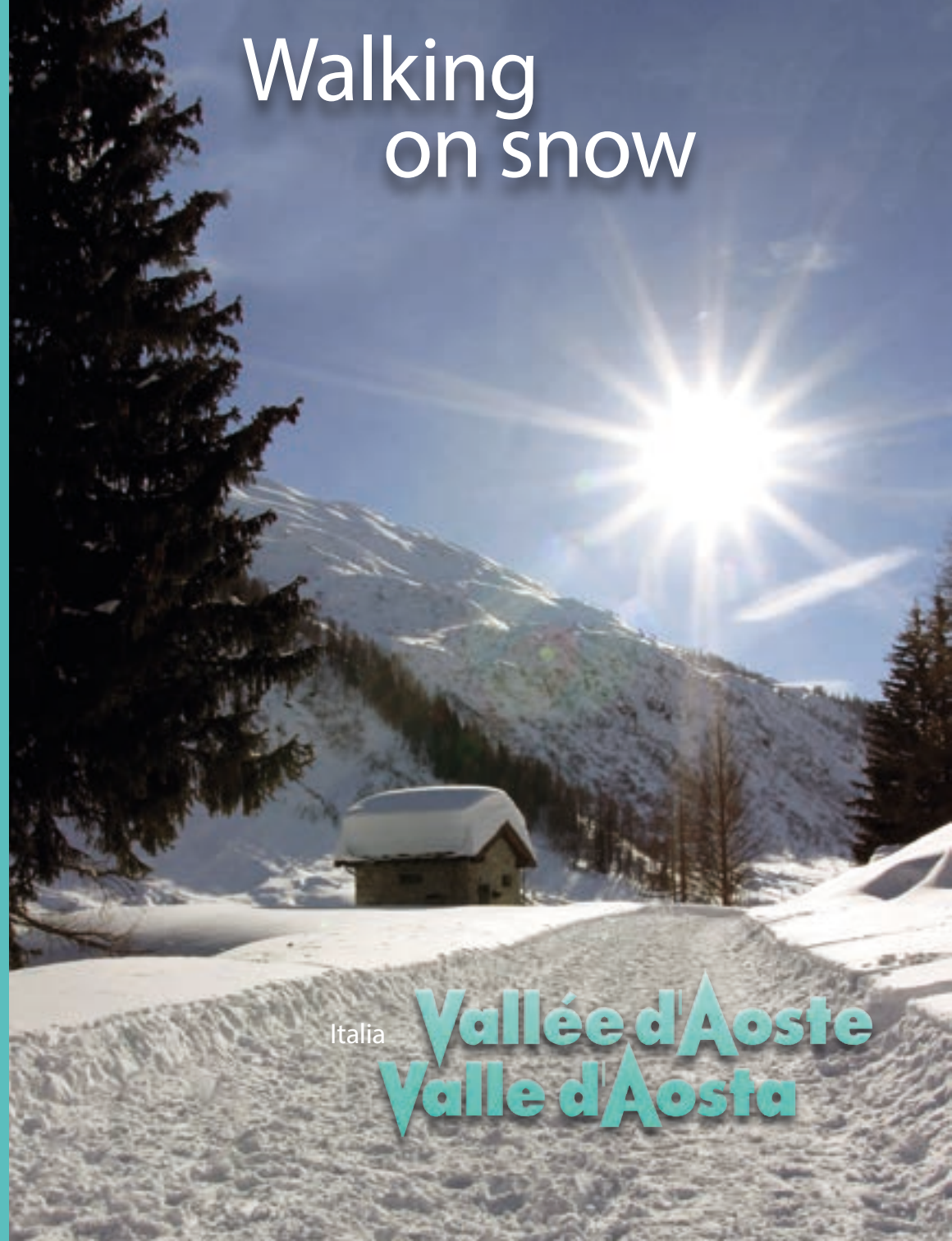


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Walking on snow



Italia **Vallée d'Aoste**
Valle d'Aosta

COURMAYEUR Planpincieux · Lavachey along cross-country slopes

1



The pedestrian path, on groomed snow, starts from Planpincieux and it winds for 3.5 km along the cross-country slopes to Lavachey. Along the way you can find: bars and restaurants. Amazing view on the Mont Blanc chain.

➤	Planpincieux	1620 m
●	Lavachey	1640 m
🕒	1h00'	⬆️ 20 m
i	Recommended: snowshoes, boots or snow crampons.	

MORGEX Testa d'Arpy · Belvedere

2



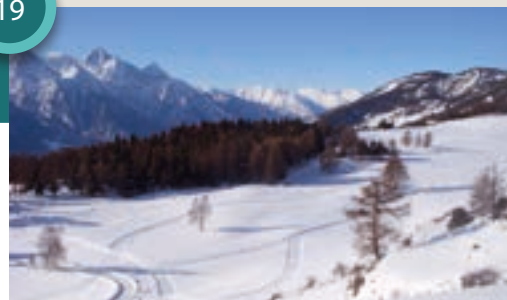
At Colle San Carlo, just behind Genzianella Restaurant, go toward the thick larch forest. Rise gently until reaching a fork: on the left you reach the Belvedere with a gorgeous view on Mont Blanc, while on the right you arrive at the Tête d'Arpy, in a few minutes.

➤	Colle San Carlo	1944 m
●	Tête d'Arpy	2018 m
🕒	20'	⬆️ 74 m
i	Recommended: snowshoes, boots or snow crampons.	

The municipalities of Cogne, Courmayeur, Breuil-Cervinia and Valtournenche equip snow trails that are illustrated in a dedicated leaflet. Ask the local tourist information offices for recommendations!

VERRAYES Walk Champlong · Saint-Pantaléon

19



From the picnic area of Champlong, walk up to the left of the lake and then cross the flat road leading to the Champlong mountain pasture. From here the path winds through the woods and, after about 2 km, reaches the Col de Bornes. With the Col de Bornes pasture behind you, take the flat road and enter the wood, from where a very scenic descent begins, leading to the regional road of the colle Saint-Pantaléon. Do not miss the vantage point onto the Matterhorn. At this point it is necessary to take the path n. 2 (on the left of the regional road) towards the chapel of Saint-Evence but, after just 50 metres, follow the signs going down to the right, reaching the asphalted road again. After having walked up the regional road for about 50 metres, take the dirt road, on the left, and then continue to the right, after having reached the junction for Mont-de-Join: here, walk slightly uphill and reach the inhabited area of Vernaz. Continue on a flat dirt road, admiring the Loson nature reserve from above and finally reach the villages of Clavon and Champlong.

➤	Area picnic Champlong	1650 m
●	Area picnic Champlong	1650 m
🕒	1h45'	⬆️ 238 m
i	After the first snowfalls it is necessary to have snowshoes to fully enjoy the track while, normally, in late winter, the route is beaten and can be walked even with suitable boots.	

FONTAINEMORE Along the cross-country track. Green ring

20



The route starts from the car park in Coumarial, in Fontainemore. Continue following the signs for Alpe Leretta: the route is on a farm track beaten by the snow groomer. Keep left and pass outside the signal flags as, for about 300 meters, you skirt the cross-country ring which then continues to the right and becomes an exclusive track for snowshoes, ski mountaineers and pedestrians. Once you reach the Vercosa pasture, you always continue on the beaten track to Alpe Leretta: from here you cross the start of the red ring that reaches Punta Leretta. Continue straight on towards the Creux mountain pasture: at this point you turn left, leave the beaten track and begin to take the 2D summer path which, through a beautiful fir and larch forest, will take you back to the starting point of the loop. The green route is completely well marked with green poles and does not present any kind of danger, even after heavy snowfalls.

➤	Coumarial	1440 m
●	Coumarial	1440 m
🕒	2h00'	⬆️ 340 m
i	After the first snowfalls it is necessary to have snowshoes to fully enjoy the route while, normally, in late winter, the path is beaten and walkable even with suitable boots.	

MORGEX

On the animal tracks, along cross-country slopes of Arpy

3



The pedestrian path, on groomed snow, starts from Arpy and it winds along the blue cross-country slope to discover animal tracks, among fir trees with the help of didactic panels placed along the route.

➤	Loc. Arpy	1670 m
●	Loc. Arpy	1670 m
🕒	30'	↗ 20 m
i	Beaten path. Recommended: snowshoes, boots or snow crampons.	

LA SALLE

Challancin · Les Arpilles

5



Parked the car at the end of the village of Challancin, take the forest road that climbs in hairpin bends in the middle of the meadows towards the mountain pastures, crossing the pastures of Ponteilles where, after about 150 m, you meet the fork to Col de Bard. Turn to right following the forest road that goes forward in the woods and arrives in a beautiful clearing where the huts of Les Arpilles are located. Wonderful view of Becca Pognenta and Mount Paramont. A good reward for the effort made.

➤	Challancin	1639 m
●	Les Arpilles	1856 m
🕒	45'	↗ 217 m
i	Recommended: snowshoes, boots or snow crampons.	

LA SALLE

Tsanta Merla · Château

4



From the car park in front of the town hall, follow Col Serena road which goes down and, at crossroads, turn right towards the hamlet of Croix-des-Prés. At the chapel, continue on the left as far as the road ends. There the path of Tsanta Merla begins and it leads to Morgex. Follow it until the fork where a yellow board indicates path n° 5A which goes up to the hamlet of Château. Once on the farm, keep to the left and, at next hairpin, follow the path into the woods. After passing the castle, go down along the asphalted road (keep right) for approximately 1.5 km. On a hairpin a board indicates the path n° 5C which leads back to the starting point.

➤	La Clusaz	992 m
●	Château	1170 m
🕒	55'	↗ 197 m
i	Recommended: snowshoes, boots or snow crampons.	

RHÊMES-NOTRE-DAMES

GRAN PARADISO

Chanavey · Bruil · Pellaud

6



An easy walk in the Rhêmes valley floor that is ideal for families. Leave your car at Chanavey, in the parking lot opposite the Gran Paradiso National Park Visitor Centre, cross the bridge and carry on for about ten metres. The path starts to the right and runs along the river. The route develops on the right-hand bank of the river Dora, as far as the main village Bruil and then, after about 20 mins, after having crossed the stream, it reaches Pont. From here, cross the Dora river again and reach La Chaudanaz: surrounded by a larch and red spruce wood, Pellaud is where you will find a magical frozen lake.

➤	Chanavey	1690 m
●	Pellaud	1815 m
🕒	2h30'	↗ 125 m
i	A popular trail that is mostly undertaken on foot. After a snowfall, snowshoes are recommended. Crampons will be useful in the spring, when ice may be widespread.	

RHÊMES SG - INTROD

Introd · Soressamont · Rhêmes-St. Georges · Vieux

7



>	Introd, Soressamont	1135 m
●	Rhêmes-St-Georges, Vieux	1200 m
🕒	1h30'	↗ 65 m
i	This route is mostly undertaken on foot. After a snowfall, snowshoes are recommended. Crampons will be useful in the spring, when ice may be widespread.	

VALGRISENCHÉ

A lakeside promenade

9



>	Loc. Mondanges	1650 m
●	Loc. Usellières	1780 m
🕒	2h15'	↗ 200 m
i	This route is best undertaken on foot, initially on the road, then alongside the cross-country ski tracks and, finally, along a track made by a snowmobile. After a snowfall, snowshoes are recommended. Crampons will be useful in the spring, when ice may be widespread.	

SAINT-NICOLAS

Panoramic walk
Rumiod · Persod · Ravoise

8



>	Strada regionale dei Salassi	1283 m
●	Strada regionale dei Salassi	1283 m
🕒	1h00'	↗ 115 m
i	A truly sunny path that is mostly undertaken on foot. After a snowfall, snowshoes are recommended.	

VALSAVARENCHÉ

Vers le Bois · Creton path

10



>	Loc. Vers-le-Bois	1524 m
●	Loc. Creton	1616 m
🕒	25'	↗ 92 m
i	A popular trail that is most undertaken on foot.	

Along the regional road 23 of Valsavarenche, reach the hamlet of Buillet of Introd, then turn right towards Soressamont. Go beyond the hydropower reservoir, leave your car and carry on in the wood along path no. 6, which skirts the Gran Paradiso National Park boundary as far Carral in the municipality of Rhêmes-Saint-Georges. After a small section on the regional road, go back on the path (trail no. 3) and reach the village of Vieux in a few minutes.

This nice, easy walk offers a view onto the frozen Beauregard lake. Starting from the Mondanges hamlet, carry on along the road that leads to the Beauregard dam along the right-hand bank. The first section follows the cross-country ski tracks: walkers are reminded to stay in line on the edge of the slope, without stepping on the ski tracks. Once you have reached the warden house, go down slightly and reach the lake front. From here continue along the path that initially skirts the frozen lake and then the stream that runs wildly from the high Valgrisenche. Here you can still see the ruins of the Fornet village, with its striking belltower, which emerged from the dam waters. After a small ascent, you will reach the isolated village of Usellières.

This circular route leaves from the Salassi regional road above the village of Chaillod, where you can leave your car. Follow the bridleway that snakes along a wide section where pastures abound, until you reach the village of Rumiod. Up to this point, prams can be used. From here, go back and up the fields to reach Persod, then go down as far as Ravoise and the trailhead. Along the river it is possible to see the rocky inlets, an interesting geomorphic phenomenon, and admire a 360° view on the most beautiful peaks in the area and the surrounding landscape.

This easy routes in the valley floor starts in Dégioz, in Vers le Bois, goes up the left-hand bank of the river and then reaches Creton. The itinerary follows the municipal road, that is closed in winter and can be undertaken on foot. It is an ideal option for families and anyone wanting to make a stroll on the snow.

LA MAGDELEINE - CHAMOIS

A walk on the dirt road

11



Turn left at the first bend beyond the church of La Magdeleine, in the hamlet of Vieu. Follow the signs for Chamois. Continue for about a kilometer and a half, the path to Chamois is a hundred meters beyond the bend, on the left. Shortly after the start, you reach a mountain pasture and then enter the pine forest. Passing by the village of Suis, visible below, you see the Trinity chapel on the right. Immediately after, near the bridge, you arrive at the old mill recently restored. Cross the bridge over the Chamois stream and reach the hamlet of Corgnolaz. The path is beaten across the entire width of the farm road and is therefore clearly visible. The itinerary can be done without snowshoes as, if the conditions exist, beating is guaranteed. In case of recent snowfalls, it is advisable to check the beating and practicability with après-ski boots. In certain periods, with the rise in temperatures, crampons can be useful.

➤	La Magdeleine	1760 m
●	Chamois	1820 m
🕒	1h00'	↗ 60 m
i	Check the opening of the itinerary, the beating of the farm road and the avalanche bulletin. In case of snow, we recommend the use of snowshoes, or crampons with icy conditions.	

TORGNON

Plan Prorion · Gordzà on the ski slopes

13



This route crosses the ski slopes and allows you to reach several refreshment places located in the area. You can reach by car the village of Plan Prorion (1748 m), where the road is interrupted in winter and parking spaces are available. Leave the car, walk to the cross-country center restaurant bar and follow the signs for the pedestrian path, being careful not to step on the cross-country trails. Initially, the route crosses the wood of the picnic area, then continues on a stretch of snow-covered road that climbs to Chantorné, the sunny Torgnon ski area. The path goes alongside the Winter Park snow playground. Continue till the cable car arrival station and then along the cross-country track (keep to the right and do not walk on the ski tracks). After passing the stretch in the woods, leave the cross-country track and turn left to Gordzà, as from the Châtelard mountain pasture the track is reserved for cross-country skiers. From here, in about a quarter of an hour, you can reach Lake Gordzà (1949 m).

➤	Plan Prorion	1748 m
●	Gordzà	1949 m
🕒	1h00'	↗ 200 m
i	Make sure that the entire stretch has been beaten. In case of recent snowfall, it is better to use snowshoes, particularly from the arrival of the cable car to Lake Gordzà.	

LA MAGDELEINE

The big bench of the Col Pilaz

12



Turn left at the first bend beyond the church of La Magdeleine, in the hamlet of Vieu. Follow the signs for Chamois and continue until the road is interrupted. The route continues on a snowy road for about 20/30 minutes. Near a bend, walk uphill on path n°1A (not beaten by mechanical means) for about 20 minutes. However, it is possible to continue on the beaten track up to the crossroads that indicate the descent towards Col Pilaz. The path climbs gently, borders the Valéry pasture and slowly arrives at Col Pilaz where a large red bench stands out. From here you have a great view on the Matterhorn. The return can always be done on the path or on the road for a circular route. The walk is suitable for the whole family. For those who want to walk more, from Col Pilaz you can continue towards the Champlong lakes or go down to Chamois. Lovers of ski mountaineering can climb up to the hill following the road.

➤	La Magdeleine	1760 m
●	Col Pilaz	1966 m
🕒	1h00'	↗ 206 m
i	Generally the track is beaten, if the conditions exist. In case of snow, we recommend the use of snowshoes, or crampons with icy conditions.	

AYAS

Plan Villy Wood

14



2 km of easy walk suitable for everyone, even those with pushchair, which goes through Pian Villy wood. The path goes from the pedestrian street close to Evançon river, starting behind the Ayas Mountain Guides Office, till the Monterosa Terme car park. At the parking, leaving the building on your left, pass the wooden arch with the inscription "Pian Villy Area" and follow the path till Frachey village. Along this itinerary you can find some handmade wooden statues.

➤	Champoluc center	1283
●	Frachey	1283 m
🕒	1h00'	↗ 54 m
i	To come back, is possible to do a "ring" way crossing the river at Frachey and walking through the dirt road along the golf course.	

BRUSSON Morelasc · Marmotta 10

15



Enjoy this circular itinerary in a sunny area with a splendid view of the Ayas Valley, it is also suitable for walks at night under a sea of stars or a heavy snowfall. Cross the wide pastures and silent mountain pastures in winter and enjoy the view on Punta Regina and Col Ranzola, an ancient passage towards the Gressoney Valley.

➤	Estoul parking	1884 m
●	Estoul parking	1884 m
🕒	1h30'	⬆️ 65 m
i	Recommended: snowshoes, boots or snow crampons	

EMARÈSE Pian di Erésaz Walk

17



The ring route runs mainly on flat farm roads. The walk starts from the centre of Erésaz, along the itinerary of the Cammino Balteo / Bassa Via n. 3 approaching the Ghost Lake and entering a beautiful wood. The second part of the ring is characterized by views of the central valley, from Champdepraz to Aosta, and of the mountains, from Mont Avic to Mont Blanc. The last stretch goes through the alleys of village to discover traditional houses, fountains and playgrounds for children.

➤	Erésaz	1250 m
●	Erésaz	1250 m
🕒	1h00'	⬆️ 100 m
i	Path not beaten, so after the first snowfalls it is necessary to wear snowshoes. In late winter, the path is beaten and can be done even with suitable boots.	

EMARÈSE Walk Col de Joux - Sommarèse

16



The walk retraces part of the ancient Ru Courtod / Courthoud route and starts from Col de Joux (municipality of Saint-Vincent) and arrives in Sommarèse (municipality of Emarèse). Pope John Paul II walked on this itinerary, on the way you encounter a small characteristic chapel "ciapélin", an area of prayer to remember him.

➤	Col de Joux (Saint-Vincent)	1639 m
●	Sommarèse (Emarèse)	1532 m
🕒	50'	⬆️ 100 m
i	The walk goes on a farm road mainly flat or with slight slopes, it is very simple and allows you to enjoy breathtaking views. Path not beaten, so after the first snowfalls it is necessary to wear snowshoes. In late winter the path is usually beaten and can be done even with suitable	

EMARÈSE Walk Emarèse · Col D'Arlaz

18



The walk is very simple as it is entirely on a flat farm road. It starts from the Emarèse hamlet (which is a few kilometers before the town hall) and reaches the Col d'Arlaz, in the municipality of Montjovet. Accessible all year round, it is a total immersion in a mainly chestnut wood, except for the curious sight of Tchampéi da Piana.

➤	Emarèse	961 m
●	Col d'Arlaz (Montjovet)	1027 m
🕒	50'	⬆️ 50 m
i	Being at a low altitude, the itinerary is infrequently not accessible due to snow, snowshoes are also rarely required. However suitable boots are always necessary.	

