

Aosta Valley: Sustainable holidays in Italy's smallest region

- **Slow Tourism Holidays in Aosta Valley**
- **more than 5,000 kilometers of hiking trails**
- **routes for racing cyclists, mountain bikers and freeriders**
- **19 protected areas of the "Natura 2000" network**
- **Four alpine botanical gardens**
- **"Green Vallée d'Aoste" autonomous initiatives**

The Aosta Valley is not only a green region with a natural heritage of rare beauty, but also an eco-friendly destination that promotes initiatives to minimize the impact of tourism on its ecosystem. This is in line with the philosophy of so-called sustainable tourism - also known as "slow tourism" or "responsible tourism" - which aims not only to protect the environment but also to improve the well-being of local communities and promote local development.

The Aosta Valley offers many different opportunities and activities to those who want to spend an environmentally friendly holiday. Thanks to the extensive offer, each traveller can perfectly tailor their holiday to their needs and desires, gaining particularly authentic experiences and memories.

Those who love [hiking](#) can explore the region on foot during spring and summer on more than 5,000 kilometers of free trails or the famous Aosta Valley routes such as the [Cammino Balteo](#), the [Via Francigena](#), the high-altitude trails [Alta Via](#) and the [Tour du Mont-Blanc](#). Trekking in the Aosta Valley is widespread and appreciated thanks to its numerous possibilities, both for experienced and less experienced hikers with [one-day](#) or longer excursions.

For longer distances, there are numerous routes for [two-wheelers](#). Additionally, there are scenic routes for [racing cyclists](#), and more than 1,000 kilometres of trails in the Aosta Valley for the more adventurous [mountain bikers](#). Lovers of wild terrain can enjoy [downhill and freeride trails](#) offered by some ski resorts that adapt their ski lifts to transport bicycles in summer.

Whether on foot or on two wheels, the surroundings are always and everywhere beautiful: vast stretches of land and nature reserves, almost completely untouched by man and dominated by plants and animals, can be found everywhere in Aosta Valley. The two parks - the [Gran Paradiso National Park](#) and the [Mont Avic Nature Park](#) - the ten [nature reserves](#), the



19 areas of the "[Natura 2000](#)" network of protected areas and the four [Alpine botanical gardens](#) are, on the one hand, a concrete commitment by people to preserve nature and, on the other hand, an exceptional opportunity to get to know nature better.

Sustainability and responsible tourism are also reflected in the regional products and cuisine, as well as in the historical, cultural and ethnographic heritage of the Aosta Valley. Knowledge is considered a key word in Italy's smallest region, because only by knowing the things and circumstances around, you can love and protect them. Responsible tourism is also implemented through numerous autonomous initiatives, such as the [Green Vallée d'Aoste](#), which works to promote knowledge, enhance local culture and traditions, and respect the environment, territories and inhabitants.

Note for editors:

General Information of Aosta Valley <https://www.lovevda.it/en>.

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