



PRESS RELEASE

Aosta Valley **A microcosm framed by Western** **Europe's highest peaks**

Located in the heart of the Alps, the **Aosta Valley** offers year-round tourism. The region's diverse offerings range from winter mountain activities to summer escapes, including relaxing thermal spas, a rich, millennia-old cultural heritage and exceptional local food and wine with its high-altitude vineyards.

A winter destination *par excellence*, the Aosta Valley's unique characteristics make it an ideal getaway during the coldest months of the year. In winter, **19 ski resorts**, more **than 800 km of pistes**, snowparks and routes for freeriding and ski mountaineering make the region a true haven for winter sport enthusiasts.

The two major international ski areas of **Breuil-Cervinia** (on the Italian-Swiss border) and **La Thuile** (between Italy and France), together with the vast **Monterosa Ski** area spanning the Gressoney and Ayas Valleys, offer exceptional skiing opportunities. **Courmayeur** is a mecca both for sports enthusiasts and those seeking top-tier hospitality. **Pila**, a leading international hub in the skiing world, is also easily accessible by cable car from the regional capital, Aosta.

Snowboarders and **freestylers** will find plenty to test their skills in the region's many snowparks, suitable for all ability levels.

For **ski mountaineering** enthusiasts, the Aosta Valley offers itineraries suited to every level, from two-hour ascents on open slopes to multi-day glacier tours.

The Aosta Valley is ideal for **freeriding**, with pristine slopes perfect for carving lines through soft, powdery snow.

Snowkiting, the experience of skiing on fresh snow while being propelled by wind, is another thrilling option.

In addition to downhill skiing, the Aosta Valley offers opportunities for cross-country skiing across hundreds of kilometres of trails of varying lengths and levels of difficulty, where visitors can enjoy the fresh mountain air amid enchanting scenery, through forests and valley floors, along streams and around lakes.

Thermal spa facilities, nestled in the winter landscape, such as those of Pré-Saint-Didier and Saint-Vincent, offer moments of pure relaxation and wellbeing.

The region is also perfect for those in search of tranquillity and the quiet beauty of winter mountain landscapes.

In summer, **the Aosta Valley** invites visitors to connect with the wonderful world of nature amid the majestic peaks of the Alps. It boasts a natural heritage of extraordinary beauty, safeguarded by an extensive network of protected areas that includes **two parks, ten nature reserves, 19 sites in the Natura 2000 ecological network**, and **four alpine botanical gardens**. The **Gran Paradiso National Park**, spanning over 70,000 hectares of mountain territory, ranges from an altitude of 800 metres on the valley floor to 4,061 metres at the summit of the peak from which it takes its name.

The Aosta Valley also offers distinctive itineraries such as the **Cammino Balteo**: a circular hiking route of nearly 350 kilometres that passes through more than 40 municipalities, mainly at medium and low altitudes, combining nature, culture, and gastronomy. Higher up, the **Alte Vie** trails wind their way between the four highest massifs in the Alps: Mont Blanc, the Matterhorn, Monte Rosa, and Gran Paradiso.

For those who prefer exploring on two wheels, the region also boasts a wide range of **cycling itineraries**.

The Aosta Valley is steeped in history: it was a hub of extraordinary economic and cultural vitality in Roman times and even earlier, with its prehistory attested by the **Area Megalitica of Aosta**. The region went on to acquire its distinctive character that has earned it the name "**the Valley of 100 Castles**". Today, more than 120 fortified houses, manors and castles still stand: an impressive number.

The Aosta Valley offers the perfect setting for excursions in every season: spring brings the awakening of nature, summer offers high-altitude adventures with long days and generally stable weather, and autumn captivates with its evocative palette of colours.