VALSAVARENCHE

WATER: AN INVISIBLE STRENGTH

Itinerary: Pont Valsavarenche - Pravieux (1.829 m) Starting point: Pont Valsavarenche, in front of Hotel Genzianella (1.960 m) Grandient: 140 m Journey time: 2h30

An easy trail that permits to discover how the water strength wins on the hardest rock: the Savara stream engraved throughout the millennia spectacular gorges alternating to more plain stretches...

Not to be missed:

• (1) Pessey village groups of marmotts

waterfall of the Côte Savolère stream

Viable also with the snowshoes

AN IMMENSE AND HIDDEN VALLEY

Itinerary: Pont Valsavarenche - Piani del Nivolet (2.400 m) through the Croce

Starting point: car parking Pont Valsavarenche Gradient: 440 m Rise time: 2h

The mountain often reserves unexpected surprises: walking narrow trails among rocky walls, it's not expected to be faced with a wide valley, where a clear stream flows sluggishly, drawing picturesque meanders.. here is the Nivolet plateau!

waterfall of the Nivolet stream

flowrishing alpine pasture

 cliffs vegetation chamois and marmotts

Not to be missed:

A ROYAL... LOCATION

Itinerary: Eaux Rousses - Casa reale di caccia Orvieille (2.190 m) Starting point: Eaux Rousses hamlet Gradient: 520 m Rise time: 2h-2h30

The former Savoia hunting house, nowadays rangers' wooden shelter, is the destination of this extraordinary excursion that leads the visitor to the most important peaks of the Gran Paradiso. This was one of the favourite places of Vittorio Emanuele II for its hunting trip.

Not to be missed:

Visitors Centre The precious predators

and Degioz etnographic museum (2) well preserved examples of the typical Valle d'Aosta architecture in Creton ancient water sawmill of Maisonnasse

Viable also with the snowshoes

RHÊMES VALLEY

THE WOOD'S MIRROR

Itinerary: Chanavey - Laghetti di Pellaud (1.870 m) Starting point: Chanavey (Rhêmes-Notre-Dame) by Hotel Boule de Neige Grandient: 147 m

A short trail that crosses different areas and permits to observe some characteristic corners: the wood, the meadows, two villages recovered respecting the typical mountain architecture, the rocky walls, the water mirrors populated by trouts and red frogs, immersed in an isolated and bright wood...

Not to be missed:

Rise time: 1h30

• (3) Oreiller village, Bruil, Chaudanne, Pont e Pellaud

 Bruil dairy Oven and mill in Chaudanne

 old hydroelectric control unit in Pellaud Visitors centre Welcome back bearded vulture!

Accessible also with snowshoes and possibility to find the way back on signed and beaten path.

MARMOTS PLATEAU

Itinerary: Bruil - Alpeggi dell'Entrelor

(2.142 m) Starting point: Rhêmes-Notre-Dame square, in front of the church Gradient: 420 m Rise time: 2h

The Entrelor valley is a clear example of what is called threshold or glacial step: a sharp jump of gradient of the glacier placed at the mouth of a suspended valley, witnessyng the geological history of the valley, excavated by the quaternary glaciers. It's the ideal place to sight marmots.

Not to be missed:

groups of chamois

Gradient: 600 m

 Bruil village (dairy) • (4) Entrelor alpine pasture

Accessible also with snowshoes.

THE TRAIL OF THE WITCHES

Itinerary: Rhemes-Notre-Dame - Alpe Chaussettaz (2.191 m) - Vallone di Sort (2.300 m) - Bruil Starting point: Rhêmes-Notre-Dame square, in front of the church

Rise time: 2h30 Sometimes you come across places, theatre of old legends, that seem to have response in the atmosphere that you

The Cucco castle, rocky spur topped by an iron cross, was said a place visited by witches celebrating sabbath.

Not to be missed: Bruil village (dairy)

grouse sight.

groups of chamois, possible black

Surveillance wooden shelter in Sort

COGNE VALLEY

A DIZZYING TOUR

Itinerary: Cascate di Lillaz - Ponte di Chelleret ring shaped route Starting point: Lillaz parking (Cogne)

Grandient: 100 m

Rise time: 1h

Easy ring trail that permits to look towards the Valeille Valley, dominated by glaciers. Through a fascinating forest of larches and red spruces, populated by numerous squirrels and forest birds, you'll arrive at a balcony in front of the enchanting Lillaz waterfalls: here we suggest you to walk along the various waterfalls along the

path, sometimes steep, that takes the way

back to Lillaz from the path next to the

hydroelectric station. Not to be missed:

the typical architecture of Lillaz

village and the geologic park

 moutonnéed rocks and torrent Valeille gialts mufflers

the big erratic rock

 Paleo-landslide of Gran Clapey • (5) camois and marmots in the Valeille

detrital cones apple tree along the path over the highest waterfall

THE FROGS REIGN

Itinerary: Lillaz - Alpe del Bardoney (2.232 m)

Starting point: Lillaz car parking (Cogne) Gradient: 610 m Rise time: 2h30

Numerous are the surprises that a mountain excursion reserves: once an uphill is done, suddenly a big valley, a waterfall and a stream crossed by a light wooden bridge, ancient larches, votive chapels, steep gorges, lakes among pastures and sheepbacks, aerial panoramas, showy flowering appear.. but be careful, the frogs life must be respected: do not collect tadpoles!

Over the Bardoney valley it's possible to rise up more and reach the Loie lake to then go back to Lillaz on a path, steep at times, but definitely panoramic.

Not to be missed: • (6) Goilles village

monumental larches

 roche moutonnée flowrishing alpine pasture

 panorama on the Mont Blanc On the way back, Visitors Centre

TutelAttiva Laboratorio Parco, at the Miners Village

THE WIND RECALL

Itinerary: Valnontey - Rifugio Sella (2.584 m) Starting point: Valnontey car parking (Cogne)

Grandient: 910 m Rise time: 3h

The Lauson area is not at all the only one in the Park where is possible to sight

ibexes, but here they're definitely "at home", maybe quiter because accustomed to the humans contacts. An historic path, once Savoia hunting area (the Rangers shelter next to the hut was

the logistic base), it nowadays offerst to fotographers incomparable occasions to shot wild life moments.

Not to be missed: Paradisia Alpine Garden
Paradisia Thoules and Grand Lauson alpine pastures glaciers panoramas and the U shaped valley

ORCO VALLEY

THETIMEPATH

Itinerary: Giro Lago del Serrù

(2.275 m) Starting point: Lago Serrù car parking Gradient: 10 m Journey time: 2h30

Trail next to the peaks bordering with the french Vanoise Park, the path almost plain along the glacial basin of the Serrù lake, represents an incredible occasion to observe the alpine environment in its

Ibexes and chamois graze often in the surrounding of the lake, the meadow hosts various families of marmots, while eagle and bearded vulture might fly with watchful eye the close snowy valleys, extremely modelled by the erosive action of the numerous glaciers. Way back to the parking walking downhill the short paved path.

Not to be missed:

entirety.

 glaciological museum • (C) exhibition The high mountains peat bog

 snowy valleys • On the way back to Ceresole, Visitors Centre Homo et Ibex, Prese hamlet

HISTORY SCENT valley.

Itinerary: Balmarossa - Vallone del Roc (1.567m) - Pianchette Starting point: Balmarossa (1.275 m) Gradient: 300 m

Journey time: 4h (just the hamlets

journey time 3h)

A nature path just upstream of Noasca, partly furnished with explanatory panels, goes through villages in the historic Valley of the Roc once inhabited the whole year and enriched by remains of frescoes. This wonderful example of combination

between history of the territory and nature finds its maximum expression completing the circuit that continues until

Not to be missed:

Gradient: 450 m

(open upon request) Roc waterfall

 typical villages • On the way back, Visitors Centre The

landscape shape in Noasca

Terra (2.911m)

Near the Losere Ponds starts the old mule track that the Savoia built for the royal hunting. The Bastalon, indeed, used nowaday by the Gran Paradiso Park Rangers, was the royal surveillance shelter. Here the gaze is lost in the immensity of peaks, valleys, glaciers, alpine pastures and grasslands: magnificent glance on the alpine environment. Continuing walking, a winding ups and downs makes possible to arrive in an enchanting glacial lock (2708 m) home of beautiful cotton-grass blooming, and glacial buttercups, at the bottom of the Colle della Terra, accessible

Not to be missed: alpine ponds

with other 40 minutes walk.

wide panorama on the valley

glacial basin

A WORLD APART

Starting point: Teleccio Lake (1.917 m)

 flowrishing alpine pastures Centre Ancient and new trades

Itinerary: Posio - Lago d'Eugio -(1.860 m) Starting point: Posio (1.390 m) Gradient: 770 m Rise time: 3h30

Pianchette, crossing a confy and fresh

beech forest.

• (7) the old school of Maison museum

BETWEEN SOIL AND WATER

Itinerary: Laghetti Losere - Colle della Starting point: Losere ponds (2.461 m)

Rise time: 2h

Itinerary: Diga Teleccio - Rifugio Pontese

(2.265 m) Gradient: 350 m Rise time: 1h45

From the Teleccio dam a view of the enchanting landscape that characterizes this path appears. Continuing by foot along the left orographic side of the lake, you'll take the trail to the Alpe Muanda of Teleccio passing by the Pontese hut, where the enchanting scenery of the Becchi delle Tribolazioni and the Gran San Pietro Tower appears. Slopes and meadows offer the opportunity to sight marmots, alpine ungulates and raptors that fly over the severe and austere crests that frame the big

Not to be missed:

 Becchi della Tribolazione panorama On the way back, Locana Visitors

BETWEEN SACRED AND PROFANE

Charming path in the Ribordone valley that in the first part develops inside a forest mixed of broadleaves that still has the paved floor, typical of the ancient mule tracks. Once out of the forest you'll be in the meadows of the Arzola pasture and, following the path always well signed, you'll reach the Monte Arzola slopes, next to which it's possible to visit the Blessent Chapel and the statue of Cristo Redeemer. The path continues slightly uphill, among the grassy ridges, until the Giassetto alp; from here you'll go downhill until the dam

of the Eugio lake, entering in the homo-

Not to be missed:

nymous big valley.

Arzola Alpine Pasture

• (8) Snow Sanctuary and Cristo Redeemer

 Eugio Lake • on the way back, Ribordone hamlet and Visitors Centre Culture and

Sanctuary SOANA VALLEY

religious traditions in the Prascondù

THE LAND BREATHING

Itinerary: Piamprato - Grange Prariond (1.646 m) Starting point: Piamprato (1.549 m) Gradient: 100 m

Journey time: 2h

The characteristic small village of Piamprato, in the homonymous valley going uphill from Valprato Soana, offers the opportunity to make various itineraries, more or less challenging, that start mostly from the village. You'll keep going along the wide farm street to reach the extensive and enchanting plateaus popu-

lated by marmots and grazing herds, by the Gr. Prariond. For climbing lovers it's possible to reach the rocky wall on the left orographic side of the valley before entering in the village, accessible through a comfortable path that starts near the bridge next to the parking car and crosses a fresh forest for an

Not to be missed: Piamprato village alpine pastures (grange)

enjoyable and peaceful walk.

A LITTLE

ANCIENT WORLD

Itinerary: Molino di Forzo - Boschietto -Boschiettiera (1.486 m) Starting point: Molino di Forzo (1.159 m) Gradient: 320 m Journey time: 2h30

You cannot leave the Soana Valley before going to Boschietto and Boschettiera, characteristic high-altitude villages dominated by the elegant pyramid of the Lavina Tower (3308 m). The two hamlets grow at the margins of a wide pasture accessible through a mule-track that crosses an old forest rich in broadleaves and coniferous, refreshed by the presence of various streams. The slightly uphill path offers the opportunity to appreciate pylons and votive chapels obtained and frescoed on the living rock, as well as guidances to catch the curious legendary elements narrated by the french-provencal local

Not to be missed:

• (9) Tressi chapels and votive pylons typical villages

 Boschiettiera ancient bakery Ronco historic centre Ronco Visitors Centre Traditions and

biodiversity in a wonderful valley Viable also with the snowshoes

STONE GARDENS

Itinerary: Campiglia Soana - Pian dell'Azaria - Grange Barmaion (1.650 m) Starting point: Campiglia Soana square

(1.350 m) Gradient: 300 m

Journey time: 2h30 The path has some uphill sections necessary to reach the wide plateau of the incredible basin at the bottom of the rocky ridges of Rancio. A typical broadleaves forest mixes with coniferous passing by wonderful specimen of red spruces and

larches until Barmaion. Beyond the pasture, the forest leaves space to the alpine meadow, rich in coloured bloomings, often visited by important species of butterflies and other alpine insects. On the rocky and grassy slopes it's

easy to sight calm grazing chamois.

Not to be missed:

 Campiglia Soana historic centre flowerishing alpine pastures • (10) oasis dedicated to Mario Rigoni Stern

BE CAREFUL! Paths viable with snowshoes are safe for the most part of the winter, but are accessible at your own risk. It's necessary to get informed beforehand about avalanches risk at Visitors Centres, touristic secretari-



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