



WALKING IN THE AOSTA VALLEY

Walks and scrambles in the shadows of Mont Blanc, the Matterhorn and Monte Rosa

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Guidebook to walking in the Aosta valley, a stunning, autonomous region in the Italian Alps. Describes 32 scenic routes (ranging from 4 to 20km) within both the main valley and those to the north, including the Lys valley, Valpelline, Valtournenche and Grand St Bernard.

Some walks touch the edge of the glaciers. Others explore the dappled shade of the valley forests and sun-drenched ancient fortresses protecting the highways of a bygone era. Long or short, easy or challenging, the routes abound in history, and soak up the rich and varied culture of the region.

1:50K mapping together with gradient profiles, complement clear and concise route description. Also included is invaluable practical information, everything from travel options and insurance to useful phrases and a handy kit list. Information on via ferrata and trail running also included.

About the author

Andy was born and bred in Northern England and first developed his mountain skills in the Lake District and Snowdonia. Since discovering the joys of the Alps with a Cicerone guidebook in 1999, Andy and his wife Sue have explored much of the Western Alps, walking, running, cycling, ski touring and snowshoeing. With 25 years' service in Dartmoor Search and Rescue, Andy has vast experience of the moors and recently completed the in-depth training and assessments to become a qualified International Mountain Leader.

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