

WALKING IN THE VALAIS

120 Walks and Treks

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Author: **Kev Reynolds**

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This guide describes 120 of the best walks to explore the Valais region of the Swiss Alps. Routes wander from the popular Mattertal and Saastal valleys, to the quiet reaches of the Fieschertal and the picture-perfect Val d'Hèrens. A popular guidebook, this fourth edition continues to provide excellent routes for walkers of any ability – gentle valley strolls, walks of moderate difficulty and strenuous, steep routes.

The Valais comprises the valleys of the Rhone before it swells into Lake Geneva. As such, it is home to some of the largest and most spectacular mountains in the Alps, from the Matterhorn, the Dent Blanche and Monte Rosa, to the Weisshorn, the Grand Combin and the Dom.

This guide is an ideal companion to exploring the Valais. Along with well-researched route descriptions, the guide contains area overview maps, photographs and practical information.

Key marketing points

- Fourth edition of a successful, comprehensive guide
- 120 routes throughout the Swiss Valais
- One of Switzerland's finest, and most visited mountain regions

About the author

Kev Reynolds is a writer, photojournalist and lecturer. He has published many books on the Alps, a series of trekkers' guides to Nepal and several guides on walking in England. He also writes for the outdoor press and tourist authorities, and leads trekking holidays in various mountain regions. Kev is the first honorary member of the British Association of European Mountain Leaders (BAEML), and a member of the Alpine Club, Austrian Alpine Club and Outdoor Writers' Guild.

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