

One of Italy's most beautiful natural areas is a good safe place in the time of corona

The Aosta Valley hosts extreme marathons, exciting climbing opportunities and relaxing walks in awe-inspiring mountainous surroundings.



The trend in recent years has been clear: people are increasingly seeking experiences in nature. And in a time of pandemics and the spread of infection, nature has not become less attractive - on the contrary.

A safe and beautiful haven in an uncertain time is the Aosta Valley, Valle d'Aosta, spectacularly situated in the middle of Europe's highest mountains With Mont Blanc on the border of France on one side and the Matterhorn and Monte Rosa on the edge of Switzerland to the other .

Extremes in Gran Paradiso

One of the area's many highlights is the wild and unpolished Gran Paradiso National Park, which each year forms the setting for some of Italy's most adrenaline-filled sporting events. This includes the recently held mountain bike race GranParadisoBike, where during the 43 kilometers you meet an altitude difference of no less than 1400 meters.

Another highlight is the highly demanding marathon Tor des Géants, which is considered one of the toughest in the world. The race starts and ends in French-sounding Courmayeur and the challenge is to complete the total of 330 km, corresponding to about eight regular marathon rides - in less than 150 hours, or a little less than a week!

Climbing walls and hiking

Valle d'Aosta is also home to some of the best climbing facilities in Europe, e.g. near the village of Arnad, where the attractive wall of Corma di Machaby rises towards the sky.

Other very popular spots for climbers are Paretone and Pilastro Lomasti, from where one has fabulously beautiful views over the valley.

The largest peaks in Gran Paradiso rise more than 4000 meters into the sky, and the terrain offers great experiences - even if you want to see it all at a slower pace. Thus, the mountainous area is also an obvious choice if you want clean fresh air and relaxation with the family on a hike in the heights.

Alpine and cross-country skiing

Before long, winter and the ski season are also on the doorstep. With 800 km of slopes and 23 ski resorts, there are unimaginable opportunities for alpine enthusiasts, but here is also fantastic terrain for benefactors of cross-country skiing and other winter sports disciplines.

If you are not a fan of active holidays, you can also just enjoy the beautiful landscape and the beautiful old towns, where there are exciting architectural and cultural traces from Roman times.

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About Valle d'Aosta

Valle d'Aosta, Aosta Valley, has an area of about 3270 km², and is the smallest region in Italy. A third of the area's total is located 2600 meters above sea level. The valley is shaped by glaciers and surrounded by mountains: A beautiful area, spectacularly located in the midst between Europe's highest peaks with Mont Blanc on the border with France on one side and Matterhorn and Monte Rosa on the edge of Switzerland to the other. It is also here you'll find the wild and unspoilt National Park Gran Paradiso. Culturally you'll find yourself in a nice mix between Italian and French. With an exquisite gastronomy, an architecturally charming and picturesque alpine landscape and with a wide range of sports opportunities, the area attracts people from all over the world. As a region, the Aosta Valley offers not only favorable conditions for mountaineers, hikers and skiers. It is also an ideal destination for people who want a more relaxed, easygoing and enjoyable holiday in beautiful surroundings. <http://www.lovevda.it/en>