

Traditions and winter sports in the Rome of the Alps

The Valle d'Aosta is known for its Roman history and gastronomic offers, and with 20 ski areas and a wide range of events, the region is also an extremely popular winter destination. If you are a patron of winter sports and cozy Christmas traditions, Valle d'Aosta, Italy's smallest region, is a very interesting acquaintance.



Over the next few months, the Valley will host a string of major sporting events. In Breuil-Cervinia, the famous ski resort on the Italian side of the Matterhorn, you can experience the Snowboard Cross World Championship for both men and women during the week before Christmas. Snowboard Cross is a snowboarding competition where a group of snowboarders (typically four-six) start at the same time from the top and then race down a course. First introduced to the Olympic program in 2006, Snowboard Cross is an entertaining skiing discipline with a high risk of runners colliding with each other mid-race. There are preliminary on Friday 20th and finals on Saturday 21st December.

Fans of adrenaline-filled outdoor also have many options. The Aosta Valley is a favorite destination among ski mountaineering enthusiasts, and the region hosts a number of major competitions, including the legendary Mezzalama Trophy in Monte Rosa - the world's highest alpine mountaineering competition.

However, there are many different routes of varying difficulty, so there is something for every taste and ability. Climbers who want to tour the big peaks like Gran Paradiso are recommended to get help and advice from the area's professional alpine guides.

Marked hiking trails

The Aosta Valley, with hundreds of kilometers of trails, also offers a perfect terrain for cross-country skiing. The trails often run at the foot of the majestic mountains and it is not unheard of to see wild animals. An exciting and less technical alternative to cross-country skiing is snowshoeing. Snowshoes are footwear that has been worn for centuries. They are put under the feet so you don't sink completely into the snow. Snowshoeing thus allows you to get out into the beautiful, white-clad terrain, but as with all mountain activities, you obviously need to be cautious, never overestimate your skills and always watch the weather and snow forecasts.

Roman Christmas market

One place that no doubt is for everyone is the Christmas market in Aosta. Between November and January, the “Marché Vert Noël” turns a little piece of the town – the Roman Theatre – into an alpine Christmas village.

“Marché Vert Noël” is a paradise for the discerning shopper who can buy delicious local specialties, wine, Christmas decorations, handmade soaps, various crafts and small affordable luxuries to conjure up the convivial flavour of the festive season! If you for some odd reason don't find what you are looking for you might want to try your luck at the Christmas market at Piazza Chanoux, which stands close to the impressive Roman city port of Porta Prætorica from 25 BC. Since the heyday of the Roman Empire, Aosta has been a significant trading town in the mountainous part of Europe, and everywhere you go you'll find remnants and testimonies of the Roman presence in the area.

Contact Information:

For further information, please contact:

Target Tourism, Press Office

Pia Klitten Sørensen

E-mail: pia@target-tourism.dk

Telefon: +45 2452 1025

www.target-tourism.dk

[The Portal of Skiing in Aosta Valley](#)

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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>