

# CicloTour

Italia **Vallée d'Aoste**  
**Valle d'Aosta**



# PONT-SAINT-MARTIN , CICLOTOUR 01

## Pont-Saint-Martin – Gressoney-La-Trinité

---

|                              |  |
|------------------------------|--|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October             |
| <b>Departure:</b>            | Pont-Saint-Martin (Piazza IV Novembre)       |
| <b>Arrival:</b>              | Gressoney-La-Trinité (End of road - Staffal) |
| <b>Difference in level:</b>  | 1473 m                                       |
| <b>Length</b>                | 38,2 Km                                      |
| <b>Duration going there:</b> | 2h10   |

The Val de Gressoney is the first you meet as you enter Val d'Aosta if you are coming from the Po Valley. The Valley starts at Pont-Saint-Martin and is wedged into a narrow corridor which then opens out in the sight of Monte Rosa, a spectacular mountain with 28 peaks above 4,000 metres and which is the natural boundary with Switzerland.

Places you go through on the route:

- Pont-Saint-Martin (345 m)
- Lillianes 6.1 km (650 m)
- Fontainemore 9.1 km (785 m)
- Issime 12 km (950 m)
- Gaby 17.4 (1,045 m)
- Gressoney-Saint-Jean 25.2 km (1,420 m)
- Gressoney-La-Trinité 33.3 km (1,640 m)
- Stafal 38.2 km (1,800 m)

Route included in a stage of the Giro d'Italia in 1995 (Briançon/Gressoney). Stage won by Ouchakov (UCR)



# VERRÈS , CICLOTOUR 02

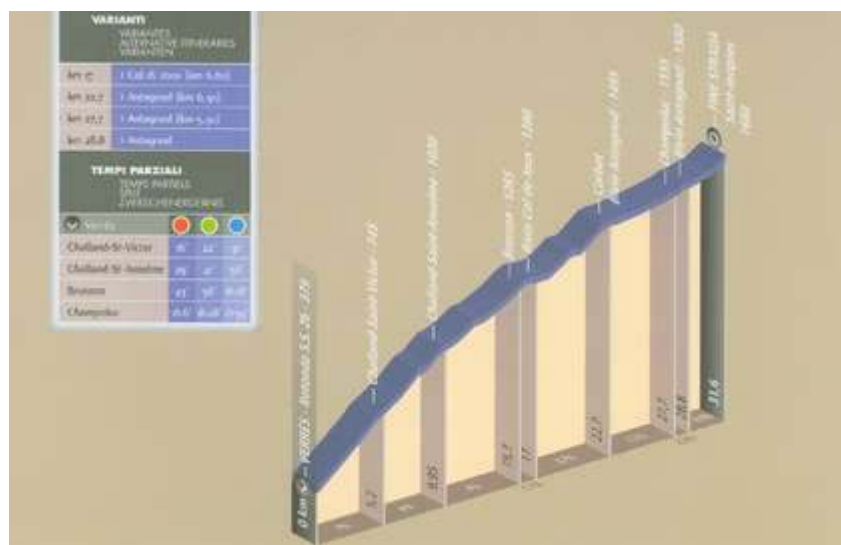
## Verrès – Saint-Jacques (Ayas)

---

|                              |                                      |
|------------------------------|--------------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October     |
| <b>Departure:</b>            | Verrès (Roundabout on the SS26 road) |
| <b>Arrival:</b>              | Saint-Jacques (Ayas, end of road)    |
| <b>Difference in level:</b>  | 1301 m                               |
| <b>Length</b>                | 31,6 Km                              |
| <b>Duration going there:</b> | 2h08                                 |

From Verrès you make your way upwards along the wide, sunny Valle d'Ayas which climbs 32 km alongside the mountain river of Evançon. The first town you come to is Challand-Saint-Victor where you can visit the remains of Villa Castle from the 10th century. When you pass the 1,000 m mark you come to the Sanctuary of Sant'Anna at the entrance to Challand-Saint-Anselme; continuing on, you reach the plateau of Arcesaz which marks the start of the municipality of Brusson. Straightaway you see the ruins of Graines Castle built on a rocky ridge.

Ayas is the last municipality in the ancient valley of the Challand, situated in a stunningly beautiful hollow dominated by the Monte Rosa massif. There is no actual town of Ayas but it is a collection of numerous scattered villages, the best-known of which are Antagnod, Lignod, Champoluc, Frachey, Saint-Jacques and Crest.



# SAINT-VINCENT , CICLOTOUR 03

## Saint-Vincent – Col di Joux – Verrès – Saint-Vincent

---

|                              |                                  |
|------------------------------|----------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October |
| <b>Departure:</b>            | Saint-Vincent (Piazza Zerbion)   |
| <b>Arrival:</b>              | Saint-Vincent (Piazza Zerbion)   |
| <b>Difference in level:</b>  | 1045 m                           |
| <b>Length</b>                | 51 Km                            |
| <b>Duration going there:</b> | 2h30                             |

Lying in a hollow sheltered from the winds, Saint-Vincent boasts many fine vestiges from the past. Saint-Vincent owes its fame to one of the few authorised Casinos in Italy, which opened in 1947. During the summer you can climb up to Col de Joux along one of the most panoramic roads in the region, where you can enjoy splendid views over the whole valley. From here you go down the opposite slope as far as Brusson, continuing towards the valley bottom and passing the villages of Challand-Saint-Anselme and Challand-Saint-Victor. As soon as you are through this last village, you can already see Verrès, dominated by its imposing castle built in the latter half of the 14th century. Continuing on towards Aosta, just after Verrès, you come to Champdepraz, home of the Parco Naturale del Mont Avic, the only regional park in Val d'Aosta. You then meet the ancient village of Montjovet, located in a strategic position along the Roman "Via Galliarum" and overlooked by Saint-Germain Castle (11th century) of which you can still see a beautiful tower and a few remaining sections of wall.

Places you go through on the route:

Saint-Vincent (575 m) / Saint-Vincent spa baths 1.4 km (633 m) / Emarèse junction 9.1 km (1,150 m) / Col de Joux 16.2 km (1,620 m) / Col de Joux junction 22.3 km (1,280 m) / Brusson 23.6 km (1,265 m) / Arcesaz 26.4 km (1,130 m) / Challand-Saint-Anselme 29.35 km (1,030 m) / Challand-Saint-Victor 34.1 km (745 m) / Verrès 39.3 km (379 m) / Montjovet 44.2 km (390 m) / Saint-Vincent 51 km (575 m)



# CHÂTILLON , CICLOTOUR 04

## Châtillon – Breuil-Cervinia (Valtournenche)

---

|                              |   |
|------------------------------|---|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October        |
| <b>Departure:</b>            | Châtillon (Roundabout on the SS26 road) |
| <b>Arrival:</b>              | Breuil-Cervinia (End of road)           |
| <b>Difference in level:</b>  | 1470 m                                  |
| <b>Length</b>                | 27,1 Km                                 |
| <b>Duration going there:</b> | 2h13                                    |

Châtillon is almost in the centre of Val d'Aosta. This mediaeval village grew up at the entrance to the Valtournenche which climbs up as far as the slopes of the Matterhorn. The first village you come to is Antey-Saint-André which enjoys a sunny position, sheltered from the winds. There are two roads that start from Antey-Saint-André: the one on the right goes to La Magdeleine, the one on the left to Torgnon. Just after Antey-Saint-André you come to the hamlet of Buisson. This is where you can take the ski-lift, which links the bottom of the valley with Chamois, the one village which can only be reached on foot or by cable-car. After Buisson the road takes you to Maen, where the lake is a regional tourism reserve for fishing, and then it leads to Paquier, the administrative centre of the municipality of Valtournenche. A few kilometres further on you reach the broad hollow of Breuil-Cervinia at the foot of the majestic peak of the Matterhorn with the Grandes Murailles on the left.

Places you go through on the route:

Chatillon (530 m) / Covalu Hydro-electric power station 3.4 km (750 m) / Antey-Saint-André 7.5 km (1,045 m) / Torgnon junction 8.1 km (1,055 m) / Buisson 11.1 km (1,115 m) / Valtournenche 18.7 km (1,520 m) / Lago Blu 25.5 km (1,990 m) / Breuil Cervinia 27.1 km (2,000 m)

Route included in a stage of the Giro d'Italia in 1997 (Racconigi/Breuil). Stage won by Gotti (ITA).



# CHAMBAVE , CICLOTOUR 05

## Chambave – Col San Pantaleone - Chambave

---

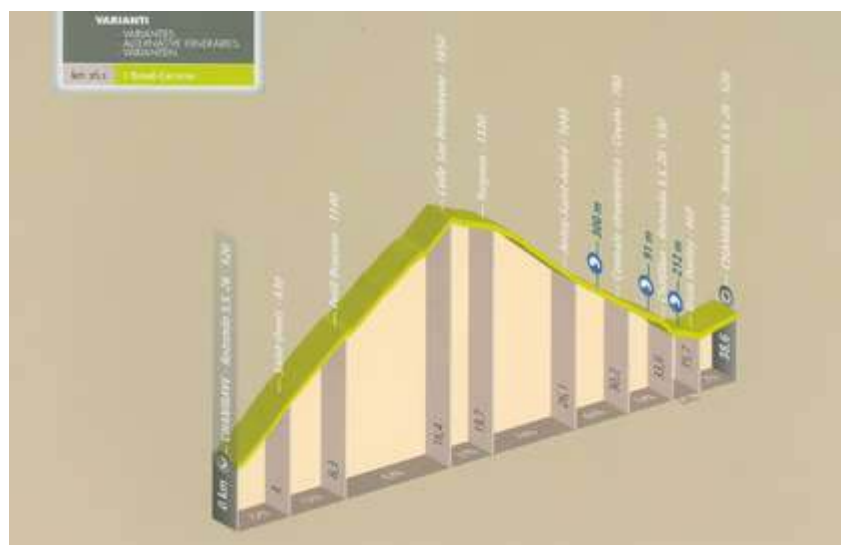
|                              |  |
|------------------------------|--|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October       |
| <b>Departure:</b>            | Chambave (Roundabout on the SS26 road) |
| <b>Arrival:</b>              | Chambave (Roundabout on the SS26 road) |
| <b>Difference in level:</b>  | 1130 m                                 |
| <b>Length</b>                | 40,7 Km                                |
| <b>Duration going there:</b> | 2h08                                   |

Chambave is a place famous for its wines. From here you take the road for Saint-Denis, where the Castle of Cily (11th century) is located and where mediaeval pageants are held in the summer. You continue uphill along the road which crosses the Col de Saint-Pantaléon, leading to Torgnon.

Torgnon is an ancient village with numerous scattered hamlets that still retain the features of Alpine architecture. The village lies in a sunny position with splendid views of the Matterhorn. From here you go downhill towards Antey-Saint-André from where you can reach La Magdeleine or continue on as far as Breuil Cervinia. The descent, on the other hand, continues down as far as Chatillon, a village, which extends over a vast hollow on the slopes of the Valtournenche.

Places you go through on the route:

Chambave (520 m ) Saint-Denis 4 km (830 m) Petit Brusson 8.3 km (1140 m) Col San Pantaleone 16.4 km (1,650 m) Torgnon 19.7 km (1530 m) Antey-Saint-André 26.1 km (1,045 m) Covalu Hydro-electric power station 30.2 km (780 m) Chatillon 33.6 km (530 m) Pontey junction 35.7 km (460 m) Chambave 38.6 km (520 m)



# AOSTA , CICLOTOUR 07

## Aosta – Dam of Place Moulin (Bionaz)

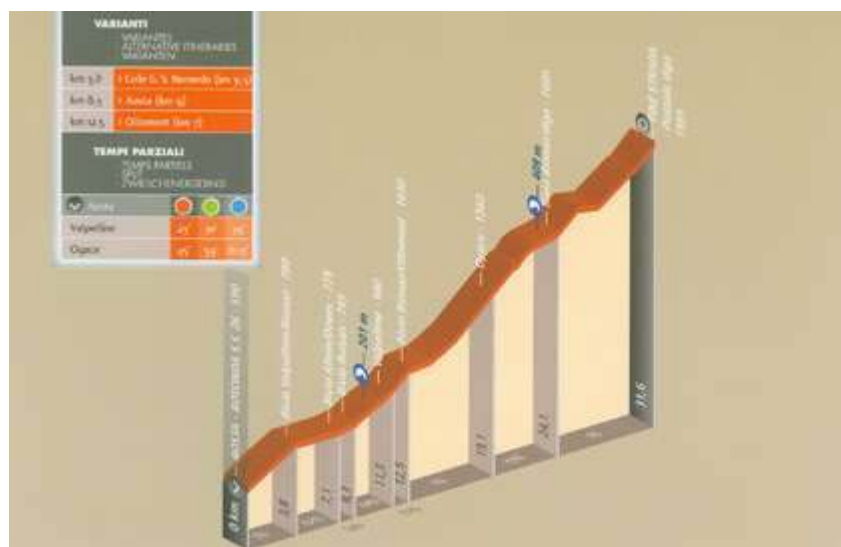
---

|                              |   |
|------------------------------|---|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October                          |
| <b>Departure:</b>            | Aosta (Roundabout on the SS26 road)                       |
| <b>Arrival:</b>              | Dam of Place Moulin (End of road, municipality of Bionaz) |
| <b>Difference in level:</b>  | 1395 m  |
| <b>Length</b>                | 31,6 Km   |
| <b>Duration going there:</b> | 2h16  |

From Aosta, the regional capital located in a flat hollow, you take the SS 27 road going northwards and after about 3 km you reach the junction for Valpelline. This is where they hold a festival on the last Sunday in July to celebrate “Seuppa à la Vapelenentse”, a local speciality made of hard bread, broth and Fontina cheese. The road continues beyond Valpelline along the narrow cut of the main valley passing through thick woods and characteristic villages to reach the small village of Oyace. The last village you meet on the route is Bionaz. The road ends at the dam of Place Moulin, one of the largest reservoirs in Europe.

Places you go through on the route:

Aosta (590 m) Valpelline/Bionaz junction 3.8 km (780 m) Allein/Doues junction 7.1 km (775 m) Roisan junction 8.3 km (795 m) Valpelline 11.3 km (940 m) Bionaz/Ollomont junction 12.5 km (1,030 m) Oyace 19.1 km (1,360 m) Bionaz/dam junction 24.1 km (1,605 m) Dam of Place Moulin 31.6 km (1,985 m)



# AOSTA , CICLOTOUR 08

## Aosta – Glacier (Ollomont)

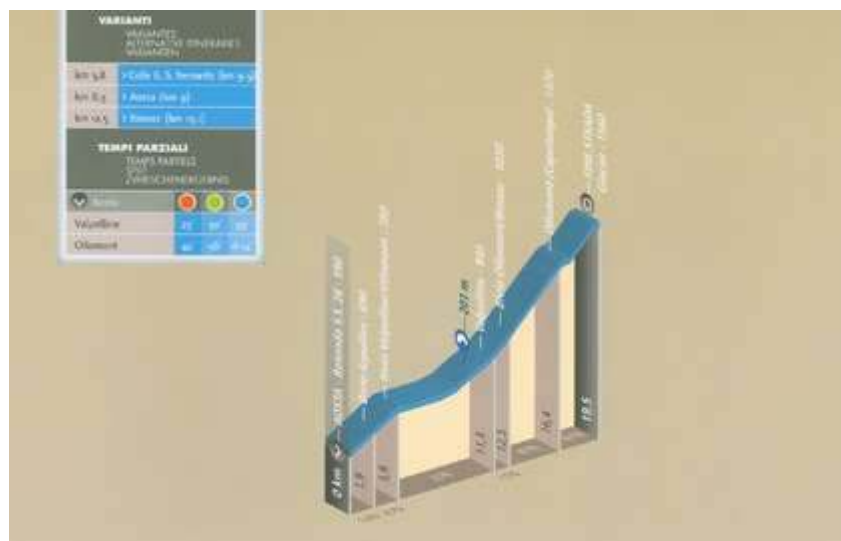
---

|                              |   |
|------------------------------|---|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October                    |
| <b>Departure:</b>            | Aosta (Roundabout on the SS26 road)                 |
| <b>Arrival:</b>              | Glacier (End of the road, municipality of Ollomont) |
| <b>Difference in level:</b>  | 970 m   |
| <b>Length</b>                | 19,5 Km   |
| <b>Duration going there:</b> | 1h31  |

You take the SS 27 road going northwards and after about 3 km you reach the junction for Valpelline. If you look to the right, you get a view of the picturesque village of Roisan. You then reach Valpelline, one of the villages that produces matured Fontina in a store found in the old copper mines. From here you can reach Ollomont, in the heart of a green and sunny, side hollow, which is rich in Alpine pastures, lakes and glaciers. Ollomont Valley has been a crossing point ever since the period of the Celtic Salassi, who used to trade with the people in Vallese. Calvino passed through here when he sought refuge in Switzerland and Luigi Einaudi, the future president of the Italian Republic, also escaped via this route. In July, Ollomont hosts the “Fêta à l’Ano” (Donkey Festival) where you can try some tasty donkey-meat dishes and see the traditional Donkey race.

Places you go through on the route:

- Aosta (590 m)
- Arpuilles junction 1.9 km (690 m)
- Valpelline/Ollomont junction 3.8 km (780 m)
- Valpelline 11.3 km (940 m)
- Bionaz/Ollomont junction 12.5 km (1,030 m)
- Ollomont 16.4 km (1,370 m)
- Glacier 19.5 km (1,560 m)





# AOSTA , CICLOTOUR 09

## Aosta – Great St Bernard Pass

---

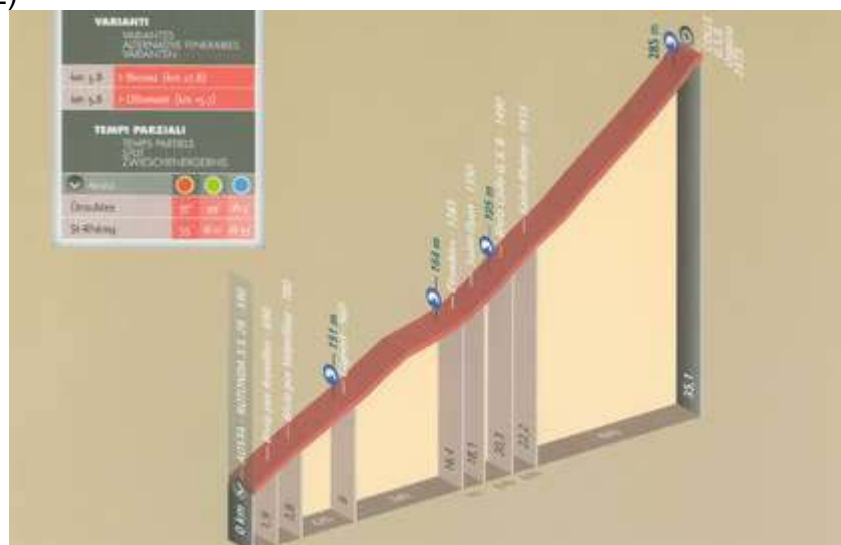
|                              |                                     |
|------------------------------|-------------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October    |
| <b>Departure:</b>            | Aosta (Roundabout on the SS26 road) |
| <b>Arrival:</b>              | Great St Bernardo Pass (Hospice)    |
| <b>Difference in level:</b>  | 1883 m                              |
| <b>Length</b>                | 35,1 Km                             |
| <b>Duration going there:</b> | 2h46                                |

Climbing up towards the Great St Bernard Pass, the first centre you come to is Gignod, which features a picturesque church with a Gothic entrance. Continuing the ascent, you reach the mediaeval village of Étroubles, and a few kilometres further on, you pass through Saint-Oyen, a small village with traditional Val d'Aosta style houses. At the foot of the main village, you can see the Great St Bernard charitable home run by monks, and the Regina Pacis monastery. The last municipality on the Italian side is Saint-Rhémy-en-Bosses, famous for its DOP raw ham called "Vallée d'Aoste Jambon de Bosses". Before entering the village, you turn right onto the road which, in 10 kilometres, leads you to the Great St Bernard Pass. This pass was used by the Celts, Romans, Lombards and the troops of the Emperor Charlemagne and Federico Barbarossa. The most famous crossing was that made by Napoleon. Just a few metres across the Pass, on the Swiss side, stands the famous hospice where they breed St Bernard dogs.

Places you go through on the route:

Aosta (590 m) / Arpuilles junction 1.9 km (690 m) / Valpelline junction 3.8 km (780 m) / Gignod 8 km (960 m) / Etroubles 16.4 km (1,265 m) / Saint-Oyen 18.1 km (1,350 m) / Great St Bernard Pass junction 20.3 km (1,490 m) / Saint-Rhémy 22.2 km (1,615 m) / Great St Bernard Pass 35.1 km (2,473 m)

Route included in a stage of the Giro d'Italia in 1973 (Geneva/Aosta). Stage won by **Merckx** (BEL)



# AOSTA , CICLOTOUR 10

## Aosta – Avise – Road of the Salassi - Aosta

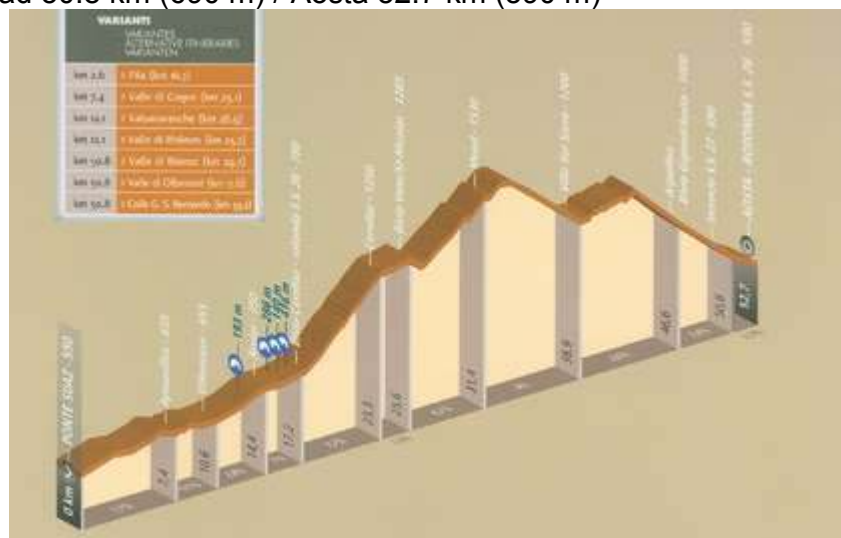
---

|                              |                                     |
|------------------------------|-------------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October    |
| <b>Departure:</b>            | Aosta (Ponte Suaz)                  |
| <b>Arrival:</b>              | Aosta (Roundabout on the SS26 road) |
| <b>Difference in level:</b>  | 1040 m                              |
| <b>Length</b>                | 52,7 Km                             |
| <b>Duration going there:</b> | 2h38                                |

Starting from Ponte Suaz in Aosta you go along the left-hand bank of the Dora Baltea going uphill and make your way towards Aymavilles. This village is at the entrance to the Cogne Valley in a position that has enabled vine-growing to flourish. You then come to Villeneuve, situated at the start of the valleys of Valsavarenche and Rhêmes and overlooked by the Church of Santa Maria and the ruins of the Châtel-Argent Castle, where they used to mint silver coins (hence the name). Continuing on, you go through Arvier, which lies in a little hollow surrounded by vineyards, and Avise. This ancient village, located in a dominant position over the right-hand bank of the Dora (as you look towards the source), is overlooked by the important remains of three mediaeval castles. In Roman times it was a strategic point along the Via Galliarum. As you climb to 1200 metres, you reach the village of Saint-Nicolas, that lies on the edge of a small green hollow in a very sunny position. It is the home of the “Centre d’Etudes Franco-provençales” created to safeguard and promote the patois, the Val d’Aosta dialect with Franco-Provençal origins.

Places you go through on the route:

Ponte Suaz (550 m) / Aymavilles 7.4 km (635 m) / Villeneuve 10.6 km (655 m) / Arvier 14.4 km (750 m) / Cerellaz junction 17.2 km (780 m) / Cerellaz 23.3 km (1,250 m) / Vens/Saint-Vincent junction 25.6 km (1,285 m) / Meod 31.4 km (1,530 m) / Villair sur Sarre 38.9 km (1,200 m) / Arpuilles - Gignod/Aosta junction 46.6 km (1,000 m) / Junction with SS27 road 50.8 km (690 m) / Aosta 52.7 km (590 m)



# COURMAYEUR , CICLOTOUR 11

## Courmayeur – Val Ferret

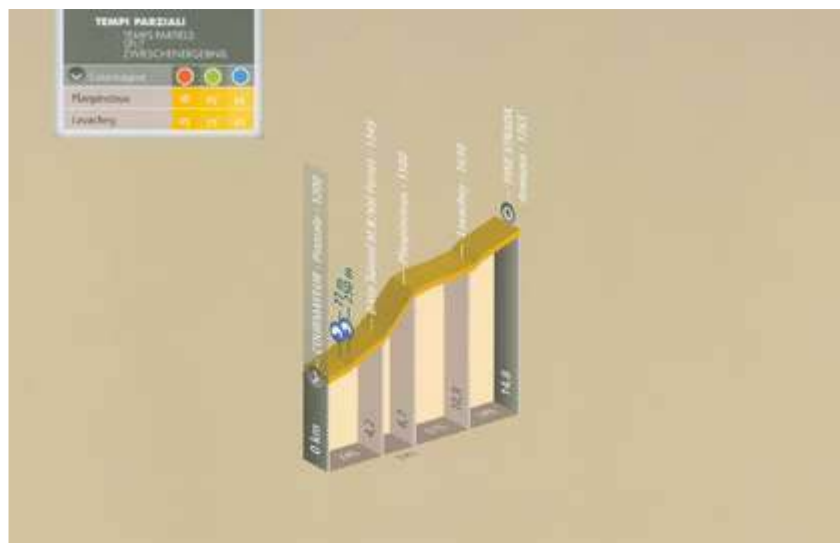
---

|                              |                                      |
|------------------------------|--------------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October     |
| <b>Departure:</b>            | Courmayeur (Piazzale)                |
| <b>Arrival:</b>              | Val Ferret (End of road, in Arnouva) |
| <b>Difference in level:</b>  | 565 m                                |
| <b>Length</b>                | 14,8 Km                              |
| <b>Duration going there:</b> | h56                                  |

Courmayeur lies at the foot of the enormous Mont Blanc massif and is the oldest Alpine resort in Val d'Aosta. Ever since the 19th century it has been regarded as the capital of mountaineering and Alpine walking. The village is surrounded by numerous hamlets which retain the typical architectural features of traditional houses. From the hamlet of Entrèves you gain access to the Mont Blanc Tunnel (length 11.6 km), a spectacular feat of engineering, which crosses Mont Blanc. Continuing on the route towards Val Ferret, you meet La Palud where the "Glacier ski-lift" departs. Along its six ski-lift sections, it allows visitors to reach Chamonix in the summer period. You then enter the Val Ferret, dominated by the Grandes Jorasses.

Places you go through on the route:

- Courmayeur (1,200 m)
- Mont Blanc Tunnel/Val Ferret junction 4.2 km (1,345 m)
- Planpincieux 6.7 km (1,580 m)
- Lavachey 10.9 km (1,630 m)
- Arnouva 14.8 km (1,765 m)



# PRÉ-SAINT-DIDIER , CICLOTOUR 12

## Pré-Saint-Didier – Little St Bernard Pass

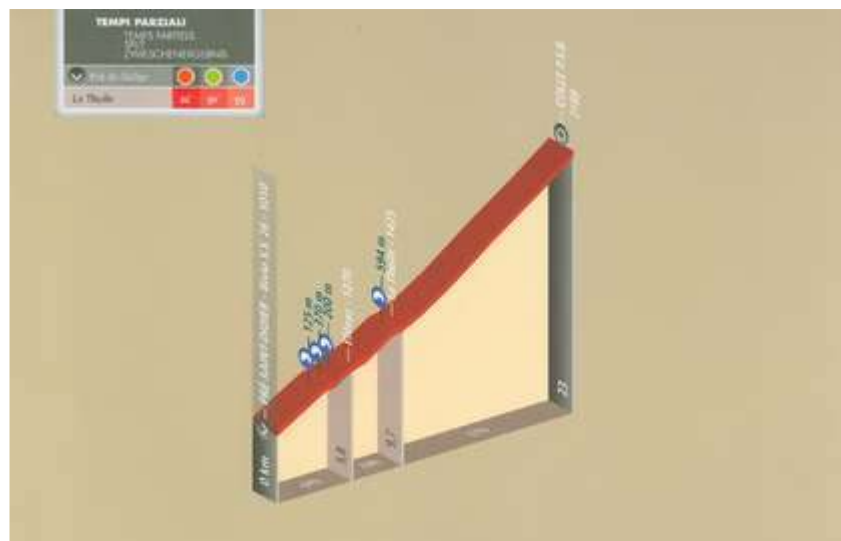
---

|                              |                                       |
|------------------------------|---------------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October      |
| <b>Departure:</b>            | Pré-Saint-Didier (Junction with SS26) |
| <b>Arrival:</b>              | Little St. Bernard Pass               |
| <b>Difference in level:</b>  | 1178 m                                |
| <b>Length</b>                | 23 Km                                 |
| <b>Duration going there:</b> | 1h44                                  |

The village of Pré-Saint-Didier is famous for its hot spa waters which come out of the rock at 36°C and supply the nearby Spa Baths. The hot, iron-enriched waters were already known to and appreciated by the ancient Romans who were the first to exploit them. As you climb towards the Little St Bernard, the only village you meet is La Thuile. It lies in a vast hollow, sheltered by dense forests and dominated by the imposing presence of the Rutor and its glacier, along the road that leads to France, which makes this an extremely important strategic point. In fact the village was a stopping place along the Roman road, called Via Galliarum. The road continues its ascent towards France, across the Little St. Bernard Pass, which is only open during the summer period. Right on the Franco-Italian border near the Pass, you can see the remains of a proto-historic cromlech. At the top of the Pass, there is a statue of St Bernard and just on the other side of the border is the "Chanousia" botanical gardens, founded in 1897 by Abbot Chanoux. The Hospice, founded in the 11th century by St Bernard, also stands here.

Places you go through on the route:

- Elévaz 5.8 km (1,270 m)
- La Thuile 9.7 km (1,425 m)
- Little St Bernard Pass 23 km (2,188 m)



# MORGEX , CICLOTOUR 13

## Morgex – Col San Carlo – La Thuile

---

|                              |                                  |
|------------------------------|----------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October |
| <b>Departure:</b>            | Morgex (SS26 Junction)           |
| <b>Arrival:</b>              | La Thuile (SS26 crossroads)      |
| <b>Difference in level:</b>  | 1030 m                           |
| <b>Length</b>                | 18,9 Km                          |
| <b>Duration going there:</b> | 1h35                             |

Starting from Morgex, an old mediaeval village lying in a vast area of flat land, surrounded by a beautiful circle of mountains, you can make your way to Col San Carlo. You follow a road that leads to Arpy, passing through magnificent woods, and on to Col San Carlo before reaching La Thuile with its beautiful panoramic setting. La Thuile is situated along the road, that crosses the Little St Bernard Pass leading to France.

Places you go through on the route:

- Morgex (920 m)
- Arpy 8.5 km (1,680 m)
- Col San Carlo 11.6 km (1,950 m)
- Les Granges 15.3 km (1,610 m)
- La Thuile 18.9 km (1,435 m)

Route included in a stage of the Giro d'Italia in 2006 (Alessandria/La Thuile). Stage won by Piepoli (ITA).



# ARVIER , CICLOTOUR 14

## Arvier – Usellières (Valgrisenche)

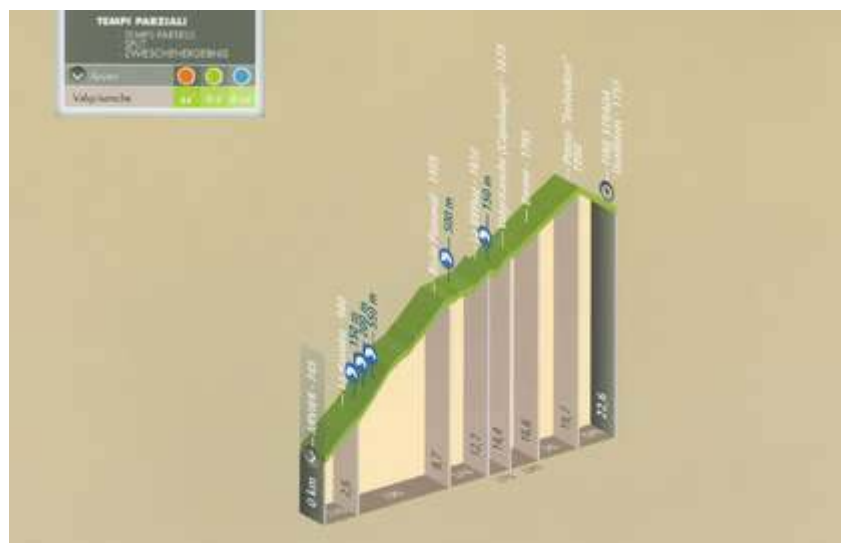
---

|                              |  |
|------------------------------|--|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October                       |
| <b>Departure:</b>            | Arvier (Piazza IV Novembre)                            |
| <b>Arrival:</b>              | Usellières (End of road, municipality of Valgrisenche) |
| <b>Difference in level:</b>  | 1010 m   |
| <b>Length</b>                | 22,6 Km  |
| <b>Duration going there:</b> | 1h51   |

Arvier lies in a small hollow surrounded by vineyards. In the centre of the village stands the Parish Church with its Museum of Sacred Art, the Romanesque bell-tower and La Mothe Castle, built towards the end of the 13th century. From the hamlet of Leverogne you gain access to the Valgrisenche, and climb up a series of steep hairpin bends around a peak, on top of which stands the small sanctuary of Notre-Dame de Rochefort and in the background you can see the magnificent Château Blanc glacier. Valgrisenche is surrounded by a number of peaks and glaciers. The valley is dominated by the Rutor glacier and the upper part is blocked by the Beaugard dam reservoir. The village of Valgrisenche huddles around the 19th century Parish Church of San Grato and its Mediaeval bell-tower.

Places you go through on the route:

- Arvier (745 m)
- La Ravoire 2.6 km (940 m)
- Panaval junction 9.7 km (1,505 m)
- La Béthaz 12.7 km (1,610 m)
- Valgrisenche 14,4 km (1,675 m)
- Bonne 16.6 km (1,785 m)
- “Belvedere” panoramic point 19.7 km (1,950 m)
- Usellières 22.6 km (1,755 m)



# VILLENEUVE , CICLOTOUR 15

## Villeneuve – Thumel (Val de Rhêmes)

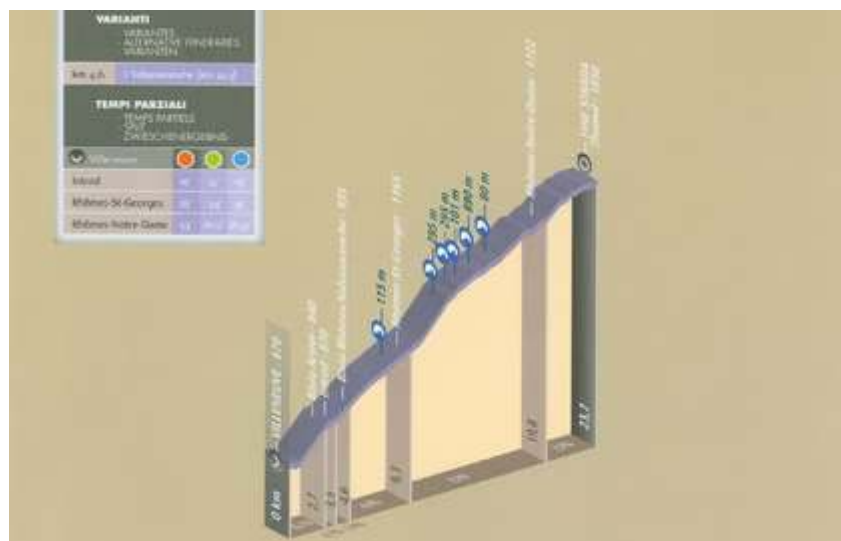
---

|                              |   |
|------------------------------|---|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October                        |
| <b>Departure:</b>            | Villeneuve  |
| <b>Arrival:</b>              | Thumel (End of road, municipality of Rhemes-Notre-Dame) |
| <b>Difference in level:</b>  | 1180 m  |
| <b>Length</b>                | 23,7 Km   |
| <b>Duration going there:</b> | 1h51  |

The Val de Rhêmes is part of the protected area of the Gran Paradiso National Park and in order to get there you first have to pass through Villeneuve. Villeneuve is located at the entrance to the valleys of Valsavarenche and Rhêmes. The second place along the route is Introd with its 13th century castle and the adjacent farmhouse, called “La Ola”, one of the finest examples of traditional architecture. Straight after Introd, the road divides and you take the right-hand fork going uphill into the Val de Rhêmes. You meet the village of Rhêmes-Saint-Georges and soon after you come to Rhêmes-Notre-Dame. Located in a vast, grassy hollow and surrounded by woods and high peaks, that create an outstandingly beautiful setting, the village has remained almost the same over the centuries, and retains the typically rural aspect of its architecture.

Places you go through on the route:

- Villeneuve (670 m)
- Arvier junction 2.7 km (840 m)
- Introd 3.5 km (870 m)
- Rhemes/Valsavarenche junction 4.6 km (935 m)
- Rhemes-Saint-Georges 9.3 km (1,165 m)
- Rhemes-Notre-Dame 19.8 km (1,722 m)
- Thumel 23.7 km (1,850 m)



# VILLENEUVE , CICLOTOUR 16

## Villeneuve – Pont (Valsavarenche)

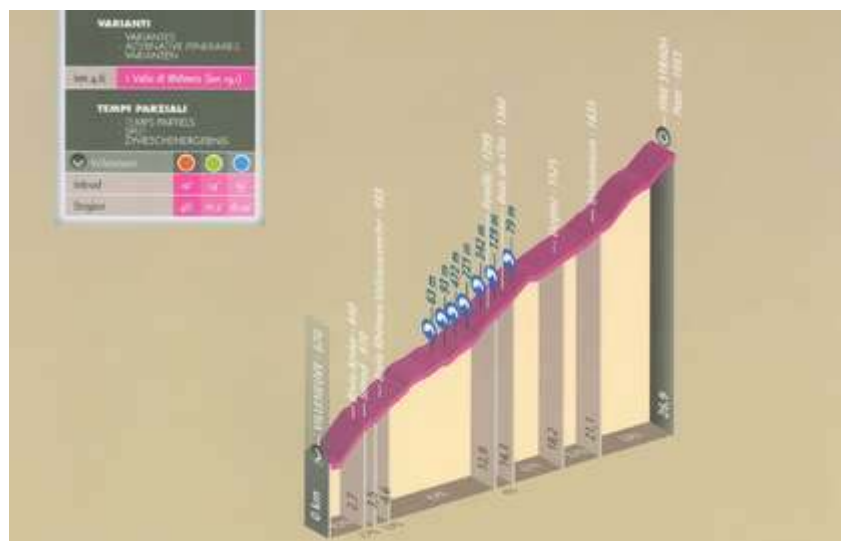
---

|                              |   |
|------------------------------|---|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October                  |
| <b>Departure:</b>            | Villeneuve  |
| <b>Arrival:</b>              | Pont (End of road, municipality of Valsavarenche) |
| <b>Difference in level:</b>  | 1285 m  |
| <b>Length</b>                | 26,9 Km   |
| <b>Duration going there:</b> | 2h01  |

Villeneuve is located at the entrance to the valleys of Valsavarenche and Rhêmes. Overlooked by the Church of Santa Maria and the ruins of the Châtel-Argent Castle, where they used to mint silver coins (hence the name). You continue on towards Introd, where the hamlet of Les Combes was often chosen by Pope John Paul II and subsequently by his successor, as a holiday retreat during the summer months. Straight after Introd, the road divides and you take the left-hand fork going uphill into Valsavarenche in the heart of Gran Paradiso National Park. Where the Valley opens out a little more, you can see Dégioz, where the National Park Visitors' Centre is located as well as a small Local History Museum. The last place on the route is Pont (c. 2,000 m).

Places you go through on the route:

- Villeneuve (670 m)
- Arvier junction 2.7 km (840 m)
- Introd 3.5 km (870 m)
- Rhemes/Valsavarenche junction 4.6 km (935 m)
- Fenille 12.9 km (1,295 m)
- Bois de Clin 14.3 km (1,380 m)
- Degioz 18.2 km (1,525 m)
- Maisonasse 21.1 km (1,635 m)
- Pont 26.9 km (1,955 m)





# AYMAVILLES , CICLOTOUR 17

## Aymavilles – Lillaz (Cogne)

---

|                              |   |
|------------------------------|---|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October            |
| <b>Departure:</b>            | Aymavilles (Piazza IV Novembre)             |
| <b>Arrival:</b>              | Lillaz (End of road, municipality of Cogne) |
| <b>Difference in level:</b>  | 970 m                                       |
| <b>Length</b>                | 23,1 Km                                     |
| <b>Duration going there:</b> | 1h36  |

The Val de Cogne is part of the protected area of the Gran Paradiso National Park. Aymavilles is at the entrance to the Valley in a position that has enabled vine-growing to flourish. The climb continues towards Cogne, regarded as the "capital" of the Gran Paradiso National Park. Cogne used to be an important mining centre and can boast a rich past in terms of history, culture and traditions. The old mining village is home to the National Park Visitors' Centre. The route finishes in the hamlet of Lillaz where you can admire the beautiful waterfalls with its three flights of cascading water from the Urtier river descending over 150 metres.

Places you go through on the route:

- Aymavilles (640 m)
- Ozein junction 4.2 km (950 m)
- Vieyes 9 km (1,135 m)
- Epinel 15.8 km (1,440 m)
- Cogne 19.7 km (1,540 m)
- Lillaz 23.1 km (1,610 m)

Route included in a stage of the Giro d'Italia in 1985 (St-Vincent/Cogne). Stage won by Hampsten (USA)



# AOSTA , CICLOTOUR 18

## Pont Suaz (Aosta) – Pila (Gressan)

---

|                              |                                  |
|------------------------------|----------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October |
| <b>Departure:</b>            | Ponte Suaz (Aosta)               |
| <b>Arrival:</b>              | Pila (hamlet of Gressan).        |
| <b>Difference in level:</b>  | 1245 m                           |
| <b>Length</b>                | 19,3 Km                          |
| <b>Duration going there:</b> | 2h09                             |

Aosta is located in a flat hollow where the Dora Baltea and Buthier rivers meet and is dominated by the Becca di Nona and Monte Emilius. Due to the existence of the Little and Great St Bernard passes, this area has been an important strategic crossing point since time immemorial. This is why the Romans founded the town of Augusta Praetoria in 25 B.C. You follow the road from Aosta towards Gressan and climb up as far as Pila. This natural balcony, with a 180° view over the whole Alpine range, from Mont Blanc to Grand Combin and from the Matterhorn to Monte Rosa, is an important skiing resort. You then go back downhill towards Aosta passing through the village of Charvensod which is on the right hand bank of the Dora Baltea as you look down the valley and is set on different levels: the lowest point is at 556 m, where the Comboé river meets the Dora Baltea, and the highest, at 3559 m, is the peak of Monte Emilius.

Places you go through on the route:

Ponte Suaz (550 m) Moline 4.8 km (710 m) Leysetta 8.9 km (1045 m) Tivet 12.3 km (1280 m) Les Fleurs Junction on the SR20 road 14.4 km (1415 m) Acquefredde 16 km (1550 m) Pila 19.2 km (1795 m) Acquefredde 22.6 km (1550 m) Les Fleurs Junction on the SR20 road 24.2 km (1415 m) Charvensod 33.81 km (750 m) Ponte Suaz 36.8 km (550 m)

Route included in a stage of the Giro d'Italia in 1919 (Saluzzo/Pila). Stage won by Bolts (D)



# HÔNE , CICLOTOUR 19

## Hone – Chardoney (Champorcher)

---

**Recommended Period:** 1<sup>st</sup> May - 31 October

**Departure:** Hone (Roundabout on the SS26 road)

**Arrival:** Chardoney (End of the road, municipality of Champorcher)

**Difference in level:** 1092 m

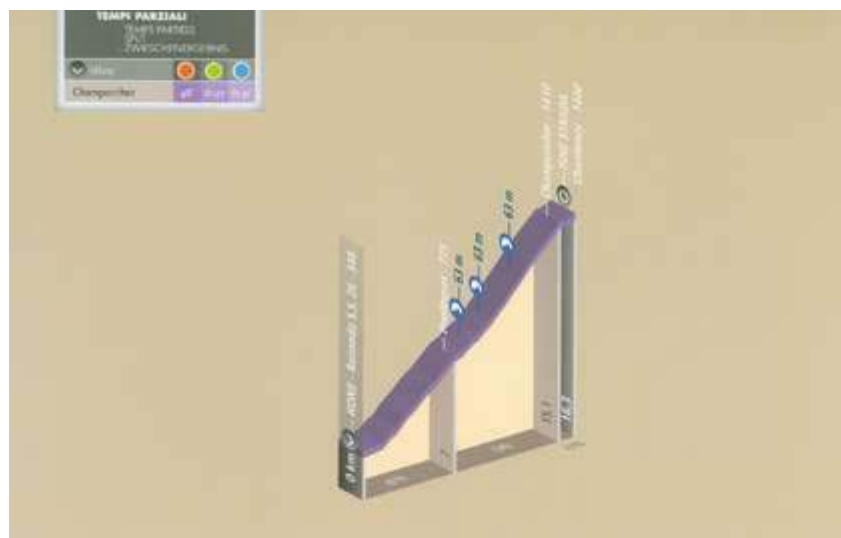
**Length** 16,3 Km

**Duration going there:** 1h34

The village of Hône is located at the entrance to Champorcher Valley, on the right-hand bank of the Dora Baltea as you look downstream. The village extends over the plain area opposite Bard Fortress. Along the climb up towards Champorcher you meet Pontboset, an ancient village surrounded by chestnut woods. Continuing on, you come to the village of Champorcher at the head of the valley. The village centre stands around the castle that used to belong to the local nobles, but now only a crenellated tower remains. In the 19th century the valley was a favourite haunt of King Vittorio Emanuele II who owned a hunting reserve in Dondena. The last stop is the hamlet of Chardoney where you can visit the Hemp Eco-Museum.

Places you go through on the route:

- Hone (348 m)
- Pontboset 7 km (775 m)
- Champorcher 15.1 km (1410 m)
- Chardoney 16.3 km (1440 m)



# AOSTA , CICLOTOUR 20

## Aosta - Courmayeur

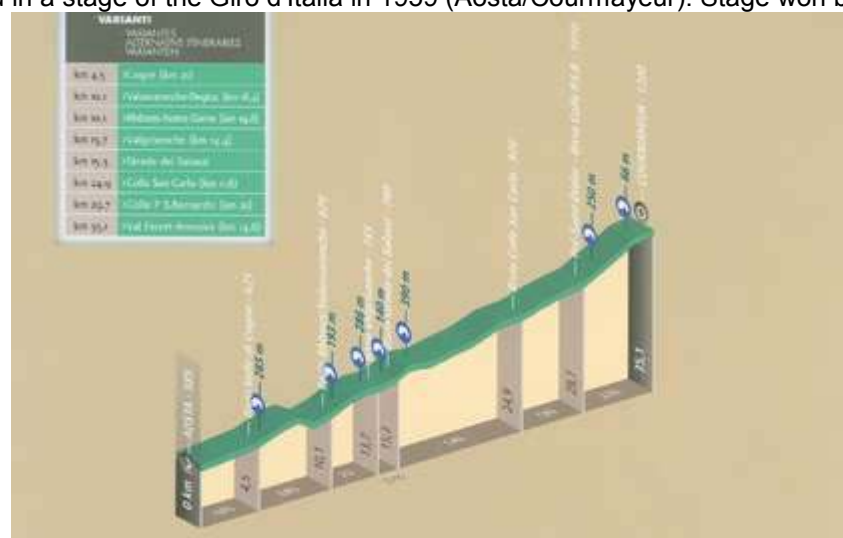
|                              |                                  |
|------------------------------|----------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October |
| <b>Departure:</b>            | Aosta                            |
| <b>Arrival:</b>              | Courmayeur                       |
| <b>Difference in level:</b>  | 615 m                            |
| <b>Length</b>                | 35,1 Km                          |
| <b>Duration going there:</b> | 1h32                             |

You leave Aosta on the road towards Courmayeur and the first place you come to is Sarre. Its castle was bought by the Savoys in 1869 and turned into a hunting lodge. Straight after you reach Saint-Pierre where you can admire the Sarrion and de la Tour castles as well as the fairy-tale castle of Saint-Pierre. On the road towards Courmayeur you go through Arvier, which lies in a little hollow surrounded by vineyards, and Avise, an ancient village dominated by three mediaeval castles. La Salle indicates the entrance to the Mont Blanc Valley. This village slopes downwards, surrounded by sun-soaked vineyards and orchards, and has been totally renovated, although the original architectural style of the pre-existing houses has been retained. Continuing on, you come to Morgex, an old mediaeval village lying in a vast area of flat land, surrounded by a beautiful circle of mountains. Before continuing on your route towards Courmayeur, it is worth stopping at Pré-Saint-Didier, an important spa town, which was already known to and appreciated by the ancient Romans. Courmayeur lies at the foot of the enormous Mont Blanc massif. It grew up around the ancient church of San Pantaleone and San Valentino and since the 19th century it has been regarded as the capital of mountaineering and Alpine walking.

Places you go through on the route:

Aosta (585 m) Valle di Cogne junction 4.5 km (625 m) Rhemes/Valsavarenche junction 10.1 km (670 m) Valgrisenche junction 13.7 km (745 m) Strada dei Salassi junction 15.3 km (780 m) Col San Carlo junction 24.9 km (920 m) Pré-Saint-Didier - Little St Bernard Pass junction 29.7 km (1010 m) Courmayeur 35.1 km (1200 m)

Route included in a stage of the Giro d'Italia in 1959 (Aosta/Courmayeur). Stage won by Gaul (LUX)



# AOSTA , CICLOTOUR 21

## Aosta – Pont-Saint-Martin

---

|                              |                                  |
|------------------------------|----------------------------------|
| <b>Recommended Period:</b>   | 1 <sup>st</sup> May - 31 October |
| <b>Departure:</b>            | Aosta (C.so Ivrea)               |
| <b>Arrival:</b>              | Pont-Saint-Martin                |
| <b>Difference in level:</b>  | 243 m                            |
| <b>Length</b>                | 51 Km                            |
| <b>Duration going there:</b> | 1h33                             |

You leave the city of Aosta in the direction of Turin and the first village you come to is Quart, where you can see a beautiful castle perched on the hilltop. A few kilometres further on, you reach Nus: in the village there are the ruins of what is known as Pilato Castle and on the hill stands the Castle of the Lords of Nus (14th century). The next place you meet is Chambave, famous for its wines, and then you reach Châtillon which stands almost in the centre of the Val d'Aosta and provides access to Valtournenche. On top of a hill, within a hollow sheltered from the winds, stands Saint-Vincent which owes its fame to the Casino opened in 1947. As you continue downhill into the valley, you meet the ancient village of Montjovet, located in a strategic position along the Roman "Via Galliarum" and overlooked by Saint-Germain Castle. You immediately reach Verrès, dominated by an imposing castle built in the latter half of the 14th century. Another place along the road to Turin is Arnad, a village surrounded by vineyards and chestnut woods, which is also famous for its incomparable "Iardo". At the entrance to the village stands the highly interesting Parish Church of San Martino, a fine example of Romanesque architecture whose façade dates back to the end of the 15th century. Continuing on you come to Bard ridge. Due to its strategic position, it has always been a mainstay against invasions and this explains why it has been fortified since ancient times. The fortress, completed by King Carlo Alberto in 1838, is the most imposing example of military architecture in Val d'Aosta. A few kilometres further on stands Donnas, a mediaeval village built along the important Roman road - "Via Galliarum". A 200 m paved section of it can still be seen together with a characteristic Roman arch carved into the rock. The village is surrounded by chestnut woods and marvellous terraced vineyards for the production of famous DOC red wines. Lastly you come to Pont-Saint-Martin whose most famous monument is its spectacular Roman Bridge (1st century B.C.). The panorama is dominated by the ruins of the ancient Castle of the Lords of Bard, dating back to the 1200s and perched on high ground at the entrance to the Val de Gressoney.

Places you go through on the route:

- Aosta (570 m)
- Saint-Marcel junction 8.3 km (530 m)
- Nus - St-Barthélemy junction 10.5 km (545 m)
- Col San Pantaleone junction 17.2 km (478 m)
- Pontey junction 20.1 km (460 m)
- Valtournenche junction 22.2 km (530 m)
- Saint-Vincent junction 25 km (527 m)
- Montjovet 31.7 km (390 m)
- Verrès - Val d'Ayas junction 36.6 km (379 m)
- Arnad 39.8 km (360 m)
- Valle di Champorcher junction 44.6 km (348 m)
- Donnas 48 km (350 m)
- Valle Gressoney junction 50.7 km (345 m)
- Pont-Saint-Martin 51 km (345 m)

Route included in a stage of the Giro d'Italia in 1996 (Briançon/Aosta). Stage won by Bugno (ITA).

