

# SUMMER 2018

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## VALAIS. BACK TO NATURE.



ENGRAVED ON MY HEART.



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# Valais. Pure summer pleasure!

An exceptionally sunny climate (nearly 300 days a year), majestic peaks more than 4,000 metres high, pristine natural landscapes and a wealth of mouth-watering local produce for an innovative cuisine: Valais promises an unforgettable summer. This is the ideal destination for enjoying the good things in life, for testing and surpassing one's limits, for spending precious family time together - and for all kinds of magical surprises.

Valais is perfect for exploring on foot or by bike, with a thousand discoveries awaiting visitors and plenty to suit every taste. A vast range of inspiring experiences, a sparkling programme of events and all kinds of new attractions ensure that summer 2018 will be more thrilling than ever. Welcome to Valais!

## Press kit : how to use it

This document has been created with hyperlinks to give access to more details on the subjects mentioned.

**Hyperlinks are available on these elements**

Direct link

General theme



Interactive  
calendar  
Link to the  
event

## How to get to Valais.

Wherever you are travelling from, Valais is easy to reach by public transport, private vehicle or by plane.

### By car


The A9 motorway is the principal route leading to Valais. From the north, motorists can reach Valais via the Swiss capital, Bern, and transit the Lötschberg railway tunnel using the car shuttle service. Access from the south is via the Simplon Pass or the Simplon railway tunnel (car shuttle). From the west, motorists drive via Lausanne; from the east, via the Furka Pass or Furka railway tunnel (car shuttle).

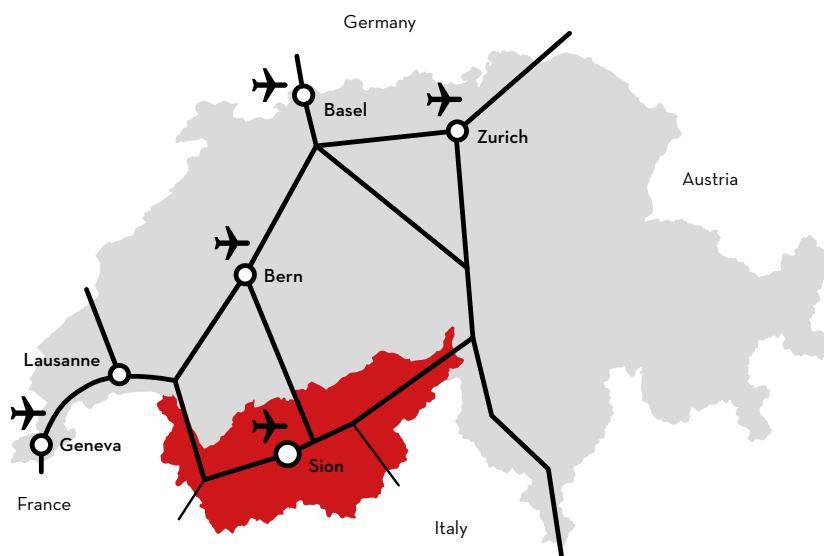
### By public transport

There are direct trains to Valais from major Swiss cities including Basel, Bern, Zurich and Geneva, with guaranteed connections every 30 minutes. The Glacier Express links St. Moritz and Zermatt. Various transport companies in Valais, such as the Matterhorn Gotthard Bahn, RegionAlps and CarPostal Valais, allow travellers to reach the different resorts easily.

### By plane

International flights to the airports of Geneva, Zurich, Basel and Bern. Public transport links to these airports are excellent.

Find information on the current traffic conditions in Valais here. 



## Image database - Valais in pictures.

### Intersectoral image database

Visit our digital photo library, where you will find top-quality pictures covering tourism, agriculture, industry and culture, which you may use free of charge. The images are accessible to all, but may be used only to illustrate activities linked to the promotion of the image of Valais.

[To the intersectoral image database](#)

### swiss-image photo database

For copyright reasons, only the media and authorised partners can access the swiss-image photo database.

[To the swiss-image photo database](#)

**Do not hesitate to contact us if you would like to obtain additional images.**

## Contact.

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[presse@valais.ch](mailto:presse@valais.ch) / 027 327 35 89

## Easycard

The Easy Card offers the ideal way of exploring Valais. Holders enjoy unlimited travel on public transport between Lake Geneva and the Lötschental valley - a network of more than 1,100 km. The Easy Card is available for durations of 2, 3 or 5 days, and also grants other benefits including 50% discount on cable cars and chairlifts in summer (year-round for certain lifts) and 50% discount on more than 50 activities and attractions.

[To the Easycard](#)

## 15 reasons to visit Valais in summer.

Fragrant forests, sparkling glaciers, colourful orchards, flower-filled meadows, cascading streams: nature has been generous to Valais. Cycle routes, footpaths and mountain bike trails criss-cross the

sun-blessed landscape. Visitors can explore wherever their heart takes them, and create their own personal map of summer holiday memories among the most magnificent summits of the Alps.

**45**

peaks higher than 4,000 metres

**40,000**

hectares of natural parks

**1**

UNESCO World Heritage Site

**8,000**

km of hiking trails

**countless**

mountain lakes

**100**

working "bisses" (irrigation channels)

**1,600**

km of official cycle/mountain bike routes

**more than 50**

Swiss Alpine Club refuges

**4,000**

animal species

**8**

family resorts with the quality label "Family Destination"

**6**

thermal spa resorts

**50**

grape varieties cultivated between altitudes of 400 and 1,100 m

**75**

restaurants listed by Gault&Millau

**10**

Michelin-starred restaurants

**8**

AOP/IGP products



### **45 peaks higher than 4,000 metres**

The summer season in Valais is in a class of its own. The majestic 4,000-metre peaks make for spectacular panoramas and provide a thrilling backdrop for summer outdoor activities. Mountain hikes, glacier treks, mountaineering – with 45 mountains higher than 4,000 metres, Valais promises summer adventure at the highest level.

### **40,000 hectares of natural parks**

Two sites in Valais have gained the official classification of Regional Nature Park. The Pfyng-Finges nature park extends over 12 municipalities from an altitude of 500 to 4,100 metres, with a total area of 23,800 hectares. It is home to a great diversity of animal species and encompasses one of the country's largest wine-growing regions. The Binntal (Binn valley) nature park, meanwhile, is renowned for its wealth of minerals: in the past it attracted smugglers and prospectors. The site offers the spectacle of a natural landscape in its wild state extending from the mountain summits to the village limits, covering an area of more than 18,000 hectares.



### **UNESCO World Heritage Site**

"Swiss Alps Jungfrau-Aletsch" was the first region in the Alps to be listed as a UNESCO World Heritage Site (in 2001), as an unrivalled landscape of exceptional beauty. At its heart, the towering massif of the Eiger-Mönch-Jungfrau and its glacial surroundings frame the Great Aletsch Glacier. This colossal river of ice – the longest in the Alps at 23 km – is a wonder of nature, thrillingly impressive and endlessly fascinating. Numerous hikes are organised for visitors to explore the site's secrets.





### **8,000 km of hiking trails**

With 8,000 km of marked hiking trails, Valais promises endless changes of scenery. Guests can follow trails along ancient “bisse” irrigation channels, over historical mountain passes or along lakeshores, enjoying every nuance of the sunblessed landscapes. Holidaymakers can hike for hours: the choice of routes is vast, covering every level of difficulty.

### **More than 100 “bisses”**

The “bisses” – the historical irrigation channels of Valais – were for centuries the only means of avoiding drought. For more than 700 years, they have carved a passage across the dry landscapes of Valais to carry the precious water of the glaciers to the fields, vineyards and orchards, often following a daring path. At the beginning of the 20th century, there were still more than 200 “bisses” from the Upper Goms to the Lower Valais: some 1,800 km of channels constructed by hand. Today, about 100 of these “bisses” still carry water. Visitors can explore this unique heritage as they follow the many paths that run alongside these historical constructions: a waterside walk sure to delight visitors of all ages!



### **More than 50 Swiss Alpine Club refuges**

From the simple refuges of long ago to the ultra-modern cabins of recent years, the long tradition of mountain hospitality continues to evolve. But the spirit of these venues, personified in the guardian, remains authentic. Valais offers a tremendous diversity of accommodation between altitudes of 1,475 and 3,507 m, promising a restful and convivial break on mountain hikes.

### **Countless mountain lakes**

There is nothing more refreshing than leaping into a cool, crystal-clear mountain lake – or simply contemplating its pristine beauty from the shore. Most are accessible only on foot. The peacefulness and charm of these alpine gems make them popular destinations for hikers. The still waters mirror the colours of the sky and reflect the soothing tranquillity of the scene.



### **1,600 km of official cycle/mountain bike routes**

Valais is one, vast high-altitude playground for adventure-seekers. Well-marked cycle routes, dramatic climbs to mountain passes and spectacular alpine trails promise endless thrills for cyclists and mountain bike enthusiasts. From the mountaintops to the valley floors, the diversity of trails ensures that all riders – leisure cyclists, competitors, tourers and downhill enthusiasts alike – find their ideal terrain. Thanks to the extensive public transport network and more than 100 cableways, cyclists and mountain bikers have an infinite choice of possibilities for planning their itineraries.



### **4,000 animal species**

With landscapes ranging from wild and rugged to soft and luxuriant, Valais is home to a rich and diverse fauna, including a number of striking native species and breeds. Nearly 4,000 species share this terrain, from the lush valley floors to the sunny slopes and rocky peaks. The emblematic animals of Valais – Blacknose sheep, Blackneck goats, St. Bernard dogs, Herens cows – have adapted to the whims of this alpine world and acquired their own unique charm. With a little patience, visitors can enjoy the thrill of observing wild deer, marmots, bearded vultures and even ibex in their natural environment – an unforgettable experience!

### 8 family resorts with the quality label “Family Destination”

The pure air of the Alps, fun activities in nature, child-friendly accommodation: a tremendous variety of attractions and facilities designed with families in mind makes Valais the ultimate family holiday destination. Eight resorts have won the coveted “Family Destination” quality label of the Swiss Tourism Federation (STF): Aletsch Arena, Bellwald, Blatten-Belalp, Crans-Montana, Grächen-St.Niklaus, Nendaz, Saas-Fee and Zermatt-Matterhorn.



### 50 grape varieties cultivated between altitudes of 400 and 1,100 m

Valais is notable for its great range of winegrowing terrain, all with different soils, aspects and microclimates. Renowned as Switzerland’s largest winegrowing region with 5,000 hectares of vineyards, Valais also boasts the world’s greatest diversity of grape varieties. About 50 wines are classified as Vins du Valais AOC. Among them visitors encounter native grape varieties such as Arvine, Cornalin and Humagne Rouge; classic Valais wines such as Fendant, Heida and Syrah; and delicious blends based on Petite Arvine, Pinot Noir and Gamaret. The whole region is like a vast open-air wine museum: guests can taste them all at their leisure!



### 10 Michelin-starred restaurants

Didier de Courten in Sierre personifies - with his 19 Gault&Millau points and his two Michelin stars - the excellence of creative cuisine. A great admirer of Valais heritage who enjoys sharing his enthusiasm for Herens cows, he transforms the produce from here and elsewhere into bold gourmet inventions. Over at the foot of the Matterhorn, Zermatt enchants guests with its iconic peak and its galaxy of Michelin-starred restaurants. The resort boasts more than 250 Gault&Millau points and attracts the biggest names of the Swiss gastronomic scene - such as Ivo Adam, crowned with 2 Michelin stars.



### 6 thermal spa resorts

Nowhere will guests feel as close to the towering Alpine peaks and their majestic glaciers as in Valais. The blissful tranquillity of the mountains refreshes body and soul. Visitors can enjoy the beneficial effects of alpine water at the 6 thermal spa destinations of Valais: Breiten, Brigerbad, Leukerbad, Ovronnaz, Saillon and Val-d’Illiez. Holidaymakers experience the pure energy of the Alps in a uniquely uplifting setting: guests are sure to feel...



### 75 restaurants listed by Gault&Millau

This welcoming region in the south of Switzerland, framed by famous Alpine peaks, is home to countless prized gastronomic treasures and traditions. If just one could be mentioned it would be Raclette cheese, served spontaneously at village festivities and family gatherings. Valais is also one of the Swiss regions with the greatest number of gastronomic restaurants per head of population. For 2018, Gault&Millau lists 75 restaurants (with 12 points or more), awarded a total of 996 points.



### 8 AOP/IGP products

With eight products that carry an AOP (Appellation d’Origine Protégée) or IGP (Indication Géographique Protégée) label, Valais is the Swiss champion of quality seals. The canton accounts for nearly 25% of products labelled AOP or IGP in Switzerland, thanks to the love of the land that unites Valais producers. These quality labels are the guarantee for products strongly rooted in their region of origin and made according to traditional recipes. Visitors can discover the exceptional quality and flavour of the region in these eight certified products: Raclette du Valais AOP, Valais dried meat IGP, Valais cured ham and cured bacon IGP, Valais rye bread AOP, Mund saffron AOP, Abricotine AOP and Valais pear brandy AOP.





Nature, pleasure and wellbeing make a perfect match in Valais. Valleys full of contrasts, peaceful forests, crystal-clear waters and sun-blessed hillsides not only create a magical environment, they also make for an exceptional wealth of delicious produce and variety of cuisine. The local native grape varieties, fragrant fruit, rare spices and gold-

en cereals all help inspire the region's award-winning chefs. The best way to enjoy many of Valais' treats - from fine food and wine to worlds of wellbeing - is at leisure. Combined with a gentle walk, for example, or a bike ride. But why choose when you can do it all?





**M**ore than 3,000 kilometres of dry-stone walls adorn the terraced vineyards of Valais. The traditional rural building method allowed winegrowers to make the best use of the slopes for planting vines. Beat Locher has made the ancient skill his speciality. He loves working with his hands – and also sharing his knowledge of the history of these walls and the art of making them. “It’s vital to preserve the forgotten know-how of the

**“It’s vital to preserve the forgotten know-how of the old builders and pass it on.”**

old builders and pass it on,” Beat Locher says. History holds a special place in his life, because this is the subject he initially studied at the university of Fribourg. He continues to receive work as a historian,

but at the same time he is also involved in construction – especially of dry-stone walls. Since 2004, Beat Locher has been working at the company “Schteimüürini”, which he co-founded in Leuk. No cement or mortar, no bricks or breeze blocks: dry-stone walls are built by hand using materials provided by nature. They are one of the unmistakable features of the Valais landscape, making the vineyards as beautiful as they are impressive.

## Absolute highlights.

Various walks and bike rides in Valais also offer a gourmet experience, a spot of relaxation or a wellbeing treat for mind and body: the perfect combination!

### Gourmet outings

#### **Wine & Bike**



Visitors can explore one of the most beautiful winegrowing regions by electric bike on this attractive guided tour offered by the winery Domaines Chevaliers SA in Salgesch. The ride through the vineyards finishes at the winery cellars with a tasting of six selected wines accompanied by a delicious Valais platter.





## “Chemin du Vignoble” by bike



There are three separate versions of the “Chemin du Vignoble” (“Vineyard Trail”) through the main winegrowing area of Valais: for walkers, for cyclists and for motorists. The cycle route offers a charming ride along the sunny side of the valley, through terraced vineyards and historical villages, with plenty of opportunities for tastings. The route divides naturally into two main sections: a first easy stage from Martigny to Sion, and a second hillier leg from Sion to Leuk, with a few climbs. The route is also ideal for riding by electric bike.



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## “Balades cyclolittéraires” Chamoson



Literature and cycling make a perfect match in the concept of “cyclolittérature”. Two inspired routes are on offer in the area around Chamoson: “In Vino Veritas” and “Plumes Valaisannes” (“Valais writers”). The first explores literary connections to wine as it coils through a beautiful landscape of vineyards; the second leads along watercourses as it follows the trail of Valais poets and novelists. The congenial combination of winemaking, heritage and literature offers a chance to experience Valais in a refreshingly original way.

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## Underground wine-tasting boat trip St-Léonard



The underground lake of Saint-Léonard is the largest navigable subterranean lake in Europe. Visitors can experience this magical world in style on a guided 30-minute boat tour that doubles up as a wine tasting. The evening continues at the restaurant of Castel d’Uvrier, surrounded by vineyards, for a seasonal 3-course dinner created by the chef Bruno Toppazzini.



## “Les Celliers de Sion”



Les Celliers de Sion (“The Cellars of Sion”) is the first “wine park” in the heart of Valais, and promises a unique experience. Located at the foot of the terraced vineyards, the centre is the starting point for two excursions, one of which is guided. These explore the vineyards and wines, and include tastings and a three-course meal – all in a magnificent scenic setting. A stylish new building welcomes guests for visits, tastings, or simply to take advantage of the wine bar and shop.



## “Gourmet Pass” Zermatt



A gourmet walk with 41 Gault&Millau points: with the Gourmet Pass, visitors stroll from one mouth-watering restaurant to the next in the idyllic hamlet of Findeln. Starter, main course and dessert are each served at a different venue, allowing guests to punctuate their meal with a little exercise, accompanied by breathtaking views.





## “Gourmet Bike” tour Vallée de Conches



The “Gourmet Bike” tour offers a mouth-watering ride through the gorgeous scenery of the Goms (upper Rhône) valley. The 30-kilometre route leads through a string of historical villages, passing selected restaurants. The trip includes a starter at one of the first group of restaurants along the route; a main course at one of the next set of venues; and a dessert at a member of the final selection.



## Wellness breaks

### Yoga under the larch trees Ovronnaz



An open-air yoga class out in nature, among larch trees, takes place every Wednesday morning in Ovronnaz from June onwards. The classes run until the end of October, when the trees are especially beautiful with their golden needles. An ideal way of connecting with one’s body and with nature – for total relaxation.



### Sunrise and yoga at an altitude of 3,330 m Verbier



Rising early has never been so rewarding! Every Thursday in summer, guests can ride the cable cars to the summit of the Mont-Fort to admire the sunrise over the surrounding peaks. The experience is more uplifting still for those who join the yoga class given by Emilien Badoux, freeride snowboarder and yogi. To complete the outing in style, nothing beats a delicious breakfast in this panoramic setting.



## “Tranquillity Trail” Saas-Grund



This charming trail offers a contemplative and inspiring walk in harmony with nature. The route leads to a sequence of peaceful spots ideally suited to meditation, promising an experience that is both restful and uplifting.

## “Conscious Breathing Hike” Aletsch Arena



The idea of a conscious breathing hike is to combine the beneficial effect of exercise with the benefits of breathing with awareness, freely and deeply. A qualified breathing therapist guides the walk: a wonderfully liberating and refreshing experience.

## Detox in nature Val-d’Illiez



Find new energy: “Interlude Bien-Être” offers health breaks with detox fasting or vegetarian mono diet, combined with hiking and spa visits. A time for wholesome rest and recovery, based in a magnificent old chalet in the Val d’Illiez.







## Petite Arvine

Either dry or naturally sweet (“flétri”), wines from the Arvine grape have won international renown.

Fruit notes (mango, grapefruit, rhubarb) and a refreshing acidity.

Slightly salty finish.



## Malvoisie

Malvoisie grapes can make dry wines with hazelnut aromas, a complex structure and a slightly bitter touch.

They also produce naturally sweet wines (“flétri”) with notes of quince, apricot and candied fruit.

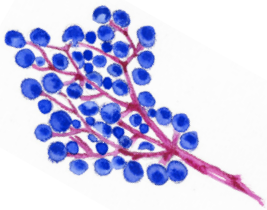


## Fendant

Fendant wines always bear the stamp of their terroir.

Light structure, notes of wet stone, floral touch, often very slightly bubbly.

Contrary to popular opinion, matures very well and suits fine cuisine.



## Diolinoir

Cross between Pinot Noir and Robin Noir (known in Valais as Rouge de Diolly).

Black fruit notes, rich colour, taut structure.

Used especially in blends, but also produces good results as a single-variety wine.



## Cornalin

Capricious both on the vine and in the barrel, yet with small yields produces great wines.

Dark colour and unmistakable character.

Notes of black cherry and cloves.



## Heida

Wine with impressive structure, known in Upper Valais as Heida and in Lower Valais as Païen.

Citrus notes and exotic fruit aromas.

Good cellaring potential.

## Humagne rouge

Produces wines with a strong personality and surprising aromas.

Notes of dried vine leaves, elderberry and violet.

Velvety structure with a characteristic vigour.



## Did you know ?



Valais is Switzerland's largest winemaking region, with nearly 5,000 hectares of vineyards. Winegrowers cultivate more than 50 different grape varieties, including several native ones.



Thanks to its topographical diversity, Valais has given rise to a great variety of produce and delicacies - including the largest number of products labelled AOP (Appellation d'Origine Protégée) and IGP (Indication Géographique Protégée) in the country.



Valais also boasts a remarkable concentration of gourmet restaurants: no fewer than 75, awarded more than 1,000 Gault&Millau points and 12 Michelin stars between them.



Rye is the only cereal adapted to the extreme climatic conditions and the high altitudes of Valais mountain villages. Flour from the rye is the key ingredient of Valais Rye Bread AOP (Appellation d'Origine Protégée), which has barely changed in 100 years. Rich in fibre, the bread is healthy as well as delicious.



The much-loved Raclette cheese of Valais - served melted - has a long history. The tradition of cheese-making in Valais dates back at least to the 4th century BC, and records show that locals were eating cheese in melted form already by 1574. Today, Valais cheese-makers still use an ancient recipe to transform raw milk into the famous Raclette du Valais AOP (Appellation d'Origine Protégée).

## Not to be missed.



### “Caves ouvertes” Valais

10-12 May

Valais winemakers open their doors to guests. Visits, tastings and convivial gatherings at more than 230 cellars.



### International yoga festival Lötschental

15-17 June

Leading experts in yoga and meditation give workshops in the natural paradise of the Lötschental valley.



### Apricot festival Saxon

20-22 July

The emblematic fruit of Valais is the star of this event, with music, dance, theatre performances and many other surprises.



### “Vinea” Sierre

31 August & 1 September

The Vinea Swiss wine fair is an all-round wine experience in the town of Sierre: a wonderful opportunity to taste Valais wines.



### “Swiss Food Festival” Zermatt

10 August

Gourmet local produce, haute cuisine, award-winning chefs, unexpected flavours: a celebration of the very best of Swiss gastronomy.



### “Semaine du goût” Valais

13-23 September

A “week of flavour” that focuses on imaginative cuisine, local products, a convivial atmosphere and the art of eating well, at a variety of events in Switzerland and Valais.



### Chestnut festival Fully

13-14 October

Attractions include a colourful open-air market showcasing local produce, cuisine and crafts; fine wines; and of course brisolée - the popular seasonal speciality of roast chestnuts served with cold meat and cheeses.





Valais is heaven for anyone with a taste for adventure, and its mountains are the ultimate playground for all who enjoy outdoor activities. The choice is vast, for everyone from athletes who want to develop their performance to holidaymakers happy

to make the most of the thrilling natural setting. Attractions include a vast choice of hiking trails from gentle strolls to challenging treks, spectacular mountain bike trails in dramatic scenery and iconic cycle routes: plenty to suit every taste and ability.





Photo: Silvano Zeiter

**“N**ature has given us absolutely everything and we’ve made the most of it with these courses.” That’s how Julien Voeffray defines trail running in Valais. A keen trail runner himself, he is also founder of the Swisspeaks Trail, a competition launched in summer 2017 with a variety of courses of between 15 and 170 kilometres, between Lake Geneva and the iconic peaks of Valais. But an idea has been growing in his head

**“It’s a product that is there, which exists, and which is shaped by Valais.”**

for much longer, an idea that will become reality in September 2018: a race that crosses the whole of Valais. As he says, “It’s a product that is there, which exists, and which is shaped by Valais.” The

completely new course of 360 kilometres will run from the Furka Pass in the east to Le Bouveret on Lake Geneva, incorporating the existing Swisspeaks Trail. “It involves crossing the whole of Valais by all the most iconic passes and valleys,” says Julien Voeffray, who ran the route himself in 2015. It seems that the 360 is already set to become one of the world’s legendary ultra trails...

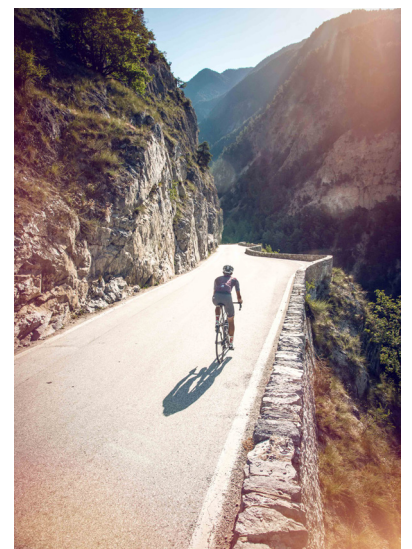
## Absolute highlights.

### “Valais Cycling Tour”



Over a total distance of 740 kilometres, the Valais Cycling Tour leads riders through the most beautiful regions of Valais in 10 stages:

1. Sion - Crans-Montana
2. Crans-Montana - Leukerbad
3. Leukerbad - Oberwald
4. Oberwald - Brig
5. Brig - Saint-Luc
6. Saint-Luc - Veysonnaz
7. Veysonnaz - Verbier
8. Verbier - Champéry
9. Champéry - Le Bouveret
10. Le Bouveret - Sion





## Multi-day hikes with accommodation in mountain cabins

### Tours



### Cabins



To experience the glorious natural landscapes of Valais to the full, nothing beats an extended hike with mountain accommodation en route. Options include the Tour des Dents du Midi, Tour du Mont Rose and Tour des Combins, among many others: each adds a new dimension to hiking. Stops at mountain cabins contribute to a unique experience, thanks to their warm welcome and long, authentic tradition. Breathtaking scenery, pure mountain air and a convivial atmosphere all add to the charm.



## Overcome your limits with trail running

Trail running is steadily gaining ground in Valais, both in terms of the growth in events and also the increasing options for training and practising the sport. Legendary competitions such as the Sierre-Zinal race and the Trail Verbier-St-Bernard are joined by newer challenges such as the Swisspeaks Trail, which in September 2018 is organising the first edition of an exceptional race of 360 kilometres across the whole canton of Valais. The various resorts and holiday destinations are also opening trail-running routes, and training camps coached by professionals are becoming increasingly popular.

## “Stoneman Glaciara” Aletsch Arena / Goms valley



The Stoneman Glaciara is a spectacular mountain bike circuit around the Valais Alps, created by the legendary rider Roland Stauder. 127 kilometres, 4,700 vertical metres, a landscape of glaciers, 4,000 metre peaks and ancient mountain villages: this ride is in a class of its own. The route begins with three balanced climbs to Aletsch, before leading down the Goms (upper Rhône) valley to Mörel.

## Cross the world's longest suspension footbridge Zermatt



The Charles Kuonen bridge is the world's longest suspension footbridge at 494 metres. Located on the Europaweg hiking trail between Grächen and Zermatt, the bridge opened in summer 2017, and carries hikers a giddy 85 vertical metres above the ground. The views of the Zermatt valley and its mountains, including the Weisshorn (4,506 m), are spectacular. A brand-new hiking circuit leading from Randa in the valley up to the bridge, via forests of Swiss stone pine and panoramic viewpoints, will open in summer 2018.



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## Trekking with yaks Val d'Hérens



An experience unique in Switzerland: Rosula Blanc organises treks with yaks at the heart of the Valais mountains, in the Val d'Hérens. Over the course of several days, hikers lead a nomadic existence, living to the rhythm of the animals and the elements: an enchanting adventure with a Himalayan touch in a spectacular Valais setting.

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## Trail Love



Zermatt launches TrailLove, a bike festival that combines the Swiss Epic race, the European Continental Enduro Series and the Trail Summit - as well as forthcoming Enduro World Series (2019 and 2020).



## Did you know ?



Valais boasts more than 8,000 kilometres of hiking trails and 1,000 kilometres of marked mountain bike trails: plenty to suit all tastes and levels of ability.



20 mountain passes, including 7 higher than 2,000 metres, number among the “legendary passes of Valais”. All promise spectacular panoramic views to cycling enthusiasts.



Many Valais resorts and holiday destinations have certified “bike hotels”, which specialise in offering a full range of services for mountain bikers as well as road cyclists.



The Great Aletsch Glacier, highlight of many hikes and mountain bike rides, was added to UNESCO’s list of World Heritage Sites in 2001. The “World Nature Forum” in Naters provides a fitting showcase, complete with exhibition centre and “UNESCO chair” educational platform.

## Not to be missed.



### “Trail Verbier-St-Bernard”

7-8 July

The iconic trail celebrates its 10th anniversary with 4 races of 29, 43, 73 and 111 kilometres and breathtaking panoramic views.



### “Cyclospor tive des Vins du Valais”

1 August

Cycling enthusiasts celebrate Swiss National Day riding through the Valais vineyards - at this popular cyclospor tive with 6 routes to suit everyone from amateurs to athletes.



### “Tour des stations”

11 August

An endurance cycling race through the heart of Valais, with a choice of three courses, linking several of the region’s mountain resorts (known in French as “stations”).



### “Sierre-Zinal”

12 August

The legendary Sierre-Zinal mountain running race returns for its 45th edition at the heart of the Valais Alps.



### “Grand Raid BCVS”

17-18 August

125 kilometres and a total ascent of more than 5,000 metres between Verbier and Grimentz make the Grand Raid the world’s longest mountain bike race.



### “Swisspeaks Trail”

2-9 September

6 courses including a completely new race of 360 km across Valais, from the glaciers to Lake Geneva: the Swisspeaks Trail is a competition in a class of its own.



### “Swiss Epic”

11-15 September

Teams of two, 5 stages, 6 days: professional mountain bike riders and amateurs race across the magical mountain landscapes of Valais.



VALAIS FOR FAMILIES.

FUN FOR VISITORS OF ALL AGES.

Valais is one boundless holiday playground, the ideal destination for families. Pure alpine air, all-round entertainment, fun activities in nature, all the joys of the great outdoors: Valais boasts an endless variety of attractions and facilities designed with families

in mind. Visitors of all ages love the countless walks through enchanting landscapes, with surprises at every turn. Families, especially, appreciate the wide variety of theme and adventure trails: the perfect combination of nature, exercise and fun.





**T**hey are 15 and 9 years old, and the least you can say about them is that they have guts. Louis and Aurélien share a passion for downhill mountain biking and freestyle skiing. As well as taking part in competitions regularly, they are the stars of videos that have attracted a

following all over the world. The “Coubès Brothers” are also ambassadors for the resort of Crans-Montana, where they train almost every weekend. “You can really have a lot of fun with all the different pistes,” says Louis. The two brothers have no end of ambitions and dreams, such as

taking part in the Red Bull Rampage contest and training in Whistler, world capital of downhill mountain biking. One thing is for sure: we haven’t heard the last of the Coubès brothers...

## Absolute highlights.

### A walk along a “bisse”



The historical irrigation channels - the “bisses” - lead across meadows, sunny hillsides and vineyards throughout Valais. The footpaths that run alongside them are accessible to all and particularly popular with families, as they are generally level and easy. A walk along one of these bubbling watercourses is an outing in nature that visitors of all ages invariably love.



### Camping surrounded by nature



Each night camping is a new adventure. Valais has options to suit all tastes - from simple to luxurious - with nature always close by. It’s a real pleasure having gorgeous walks and all kinds of outdoor activities on the doorstep.



## Switzerland's most accessible mountain bike route Zermatt



A mountain bike route accessible to all: that's the new Sunnegga Trail in Zermatt. A generous width of 1.5 metres and a gentle descent of 500 vertical metres all the way down to the village make this route ideal even for complete beginners.



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## “Chinderwält” Visperterminen



Five traditional old Valais barns have been turned into a fun world for children. These “play zones” unlike any other have been designed to develop children’s senses. With their wide variety of colours, materials and sounds, these spaces are full of creativity and originality. The project has won several awards.

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Theme trails and educational trails throughout Valais promise a fun experience of nature with lots of pure mountain air.

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## Theme trails of Charlotte the marmot



Charlotte is an inquisitive and adventurous marmot who invites children to explore the mountain world in an entertaining and original way. Five fun trails – at La Fouly, Champex-Lac, Les Marécottes, Trient and Emosson – cover a range of themes from mushrooms to mountain safety.

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## “Hiking in Time” Aletsch Arena



Walkers develop their sense of rhythm along this trail inspired by the sounds of nature, which features a series of original musical instruments along the way. Wonderfully imaginative as well as aesthetically pleasing, these instruments were dreamed up by local schoolchildren, and built and installed with the help of local craftspeople.

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## “Animal Trail” Grimentz



The Animal Trail between Grimentz and St-Luc offers a fun way of exploring a hidden side of the forest. Along the way, walkers learn to identify animals from their tracks and spot their silhouettes among the trees. The adventure is entertaining as well as educational; the trail is easy and suitable for the whole family.



## “Lötschental Legend Trail” Lötschental



One Valais region above all is renowned for its myths and legends: the Lötschental valley. This trail from Lauchernalp to Fafleralp explores ten legends as it passes through spectacular scenery. Along the way, walkers encounter tree trunks with QR codes that they scan with a smartphone to find out more about the tales - in English, German and French.

## “Trail of the Senses” La Tzoumaz



The “Trail of the Senses” invites visitors to explore nature with all their senses. The 2.7-kilometre route begins at the “Maison de la Forêt” (“House of the Forest”) and its displays on medicinal plants, beekeeping and local wildlife. From here, the route follows a historical “bisse” irrigation channel: info panels suggest fun activities that offer the chance to learn about nature in an original way.



Whether through illustration, graphic arts, animation or even video games, Julien Valentini above all loves telling stories. His style is particularly well suited to children, and he has devoted a large share of his work to them for several years. Julien Valentini worked for a children’s book publisher, among others, before establishing his own studio. His projects include many requests from private clients: “There’s a strong demand,” he says, “a real interest from people who

would like their stories illustrated - stories often written for their children.” Julien Valentini is also developing his own projects such as “Walla”, a “walking book” to be published in summer 2018. The book aims to sharpen readers’ observation skills as they “stroll” through its pages - which will depict scenes inspired by Valais, its locations and traditions.

## Did you know ?



8 resorts and holiday regions have won the coveted “Family Destination” quality label from the Swiss Tourism Federation: Zermatt, Nendaz, Saas-Fee, Crans-Montana, Blatten-Belalp, Grächen St-Niklaus, the Aletsch region and Bellwald.



Several resorts and holiday destinations in Valais are car-free. These include Saas-Fee, Bettmeralp, Zermatt and Riederalp.



Many farms and dairies on the high pastures open their doors to holidaymakers, who are invited to help out with daily tasks: a delightful experience of alpine life for visitors of all ages.



Valais is home to an exceptionally rich variety of fauna, from marmots, deer, chamois and ibex to bearded vultures and migrating birds. An outing on the trail of Valais wildlife promises an adventure that children, especially, are sure to enjoy.

## Not to be missed.



### “Hérisson sous gazon” Charrat

16-17 June

Concerts, shows, workshops: children have their very own festival in Charrat.



### “Peppiland” Nendaz

27 June to 8 July

The travelling collection of bouncy castles makes a stop at Nendaz: heaven for children.



### “Fairy-Tale Week” Saas-Fee

21-28 July

An enchanting journey into the world of legends and myths, miracles, heroes and magic.





# VALAIS FOR THE INQUISITIVE.

EXPLORING ANOTHER SIDE OF VALAIS.

Valais is also about the unexpected, the surprising and the original. Visitors discover unusual ways of exploring the magnificent landscapes: through new technologies, in hands-on experiences, on excursions

to sites that reveal cutting-edge expertise and on visits to local companies. Valais is also about joining in with culture, music and festivities, and experiencing the region in a fresh way.





**A**n eco-friendly hotel with walls of straw, a haven of tranquillity running on green energy: the hotel concept of Louis and Lisa Papadopoulos is innovative without compromising on comfort or style. The modern and welcoming hotel is located in Nax, known as the “balcony of Valais”. The views are indeed superb, the position exceptionally sunny, and the setting ideal for relaxing and recharging one’s batteries. The Maya Boutique Hotel is a fine example of sustainable tourism - but its owners did not stop there. Louis Papadopoulos explains: “To experience all the region has to offer, our guests need to explore, which is why we decided to offer them electric cars.”

The resulting “Green Mobility” project even won the prize for “Best innovation in non-accommodation services” at the Worldwide Hospitality Awards in Paris. And how does it work? The Maya Boutique Hotel has teamed up with six other tourism providers to offer 10 electric cars that guests can borrow, to help them discover the charms of Valais in an environmentally friendly way. This vision fits a growing trend, says Louis Papadopoulos: “Today’s travellers are environmentally aware.” There is no fixed price for using the cars: clients pay what they wish and

what seems fair to them. From summer 2018, mobility in the Val d’Hérens takes on a new dimension, as a project

**“Today’s travellers are environmentally aware.”**

launched by the hoteliers’ association celebrates a form of transport from long ago. Guests can embark on a 6-day journey with donkeys from Nax to Arolla, staying at different accommodation along the way. Other shorter trips are also planned. Louis Papadopoulos is convinced: “This allows a completely different experience of nature.”



## Absolute highlights.

### The E-Grand Tour



The Grand Tour of Switzerland is the world's first road trip for electric vehicles, with charging stations all along the route. Naturally, the circuit covers much of Valais and its mountain scenery. From Zermatt to St-Maurice, the tour leads through sunny vineyards, picturesque villages and historical towns, revealing glorious, ever-changing views: an eco-friendly adventure that promises countless lasting memories.

### Alphorn classes for beginners Nendaz



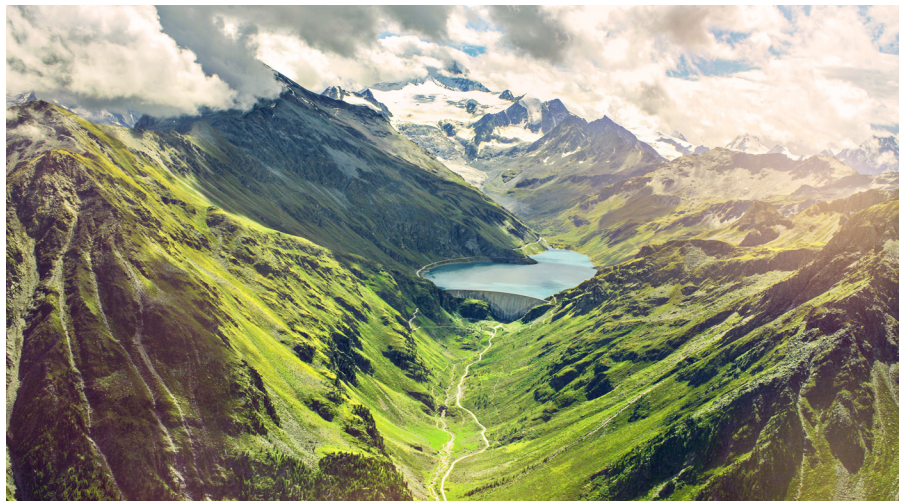
The alphorn is an impressive musical instrument, both in terms of its looks and the sound that it creates. In former days, it was used to call the herds and simply to communicate. Anyone who has ever dreamed of having a go themselves can try their hand at special introductory classes every Thursday in Nendaz.



### Visits to hydroelectric dams



The dams of Valais are among the mightiest and most impressive constructions in the Alps. Grande Dixence, Emosson, Mattmark... a climb on foot or by bike up to one of these giants promises a unique adventure - as well as magnificent views.



## Mountain “clean-up” days

The mountains and countryside unfortunately all too often suffer from litter. “Clean-up” days are organised at various resorts such as Veysonnaz, Nendaz, Saas-Fee and Verbier, and everyone is invited to join in. This is a rewarding way to give nature a helping hand - while enjoying some exercise out in the open.



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## Learn how to yodel Aletsch



There's a whole art to yodelling. Originally a form of communication between herdsmen, this traditional style of singing is the perfect way to relax and connect with nature. Novices can try for themselves at a beginner's class among the enchanting mountains of the Aletsch region.

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## See the energy revolution in action Obergoms



The “energieregionGOMS” initiative has set the objective of making the upper Goms the “first energy region of the Swiss Alps”, with a focus on four key areas: hydroelectricity, wind power, wood and energy-efficient construction methods. Visitors can see this energy revolution for themselves on organised visits: in the mountains and in villages, where tradition meets innovation.



## Did you know ?



From aeronautics to microtechnology and from biotech to medtech, Valais is home to a flourishing industrial scene with a focus on cutting-edge technological innovation. Valais is the number-two canton in Switzerland for life sciences, for example; industry in Valais accounts for 21,000 jobs.



Many Valais companies open their doors to the general public: an opportunity to discover lesser-known aspects of Valais and to learn about the companies' special know-how.



Valais may be attached to its history and traditions, but it also offers a tremendous range of contemporary cultural attractions. Visual arts, heritage, music, secular architecture, ancient customs, exhibitions, festivals: culture is everywhere.



Herens cows - an ancient, traditional breed, native to Valais - are notable for their feisty temperament: they frequently lock horns to establish a natural hierarchy within the herd. This innate behaviour has given rise to the tradition of organised cow fights in Valais, which attract large numbers of spectators as well as breeders.

## Not to be missed.



### National Herens cow fighting finals

5-6 May

The national finals of fights between the "queens" - cows of the Herens breed - are a focus for Valais traditions and a highlight of the calendar.



### "Verbier Festival"

19 July to 5 August

A festival of classical music in a sublime mountain setting, with renowned musicians from all over the world.



### "PALP Festival"

2 June to 9 September

PALP unites contemporary music, art and theatre with an exploration of culture, heritage and regional cuisine.



### "Open Air Gampel"

16-19 August

One of Switzerland's leading open-air music festivals, attracting star performers from all over the world.



### "Omega European Masters"

6-9 September

A spectacular setting and a convivial atmosphere are the hallmarks of one of the most prestigious golf competitions held in Europe.



### Classical music festival Ernen

29 June to 16 September

Orchestral concerts, piano recitals, chamber music and even jazz and literature all feature at this charming festival in the village of Ernen, framed by the mountains of the Binntal Landscape Park.





NEW.

SUMMER 2018.



## New for summer 2018.

### Experiences

#### **Sunnegga Trail New mountain bike trail Zermatt**



The new Sunnegga “flow trail” in Zermatt will delight both seasoned and amateur mountain bikers. At 1.5 metres wide, it is completely safe. Riders can reach Sunnegga by gondola before heading down the 6km of trail to the village. Suitable for all levels, with an altitude difference of 500m. The route opens in May 2018.

#### **Zip wires in La Brea: the longest zip wire in the French- speaking part of Switzerland Champex-Lac**



Tele La Fouly-Champex Lac is offering a fantastic new attraction with two alpine zip wires at the top of the La Brea chairlift at an 2,200 m! Covering a distance of 540 and 520 metres respectively, they combine to form the longest zip wires in the French-speaking part of Switzerland.

#### **The Eggishorn trail Aletsch Arena**



Wood, stone, water and ice are the themes of this new discovery trail by the mighty Aletsch glacier. The Eggishorn trail starts directly at the valley station of the Eggishorn resort and follows a secure and accessible trail up to the breathtaking viewpoints. The information boards will tell you everything you need to know about the largest river of ice in the Alps.

#### **Mountain cart descents Zermatt**



From 30 June to 30 September 2018, head down from the Rothorn to Blauherd in carts that have been specially adapted for the mountains. With a view of the Matterhorn, you’ll race down the new wood and stone track. Thrills are guaranteed with an altitude difference of 500 metres! You must be a minimum of 1.30m tall to take part in this activity.

#### **Walking tour to the longest pedestrian suspension bridge in the world Randa**



In July 2017, the “Charles Kuonen” suspension footbridge opened, the longest in the world at 494 metres, and from summer 2018, visitors can enjoy a new walk to experience it. The route, accessible for all the family, starts at Randa train station and climbs through forests and past panoramic mountain viewpoints to reach the famous bridge or stop at the Europa mountain refuge, before heading back down to the starting point.

#### **Stoneman Glaciara Aletsch Arena**



The Stoneman Glaciara is a spectacular mountain bike ride between the Aletsch Arena and the Goms (upper Rhône) valley, created by the legendary rider Roland Stauder. 127 kilometres, 4,700 vertical metres, a landscape of glaciers, 4,000-metre peaks and ancient mountain villages: this ride is in a class of its own.

## Celliers de Sion



Les Celliers de Sion (“The Cellars of Sion”) is the first “wine park” in the heart of Valais, and promises a unique experience. Located at the foot of the terraced vineyards, the centre is the starting point for two excursions, one of which is guided. These explore the vineyards and wines, and include tastings and a three-course meal – all in a magnificent scenic setting. A stylish new building welcomes guests for visits, tastings, or simply to take advantage of the wine bar and shop.



## The wonderful world of small animals Ernen



At the village of Ernen in the Binntal Landscape Park, children from the age of 6 explore an enchanted forest in search of bees, beetles, spiders and other small animals. They learn to observe the creatures in a respectful way and collaborate to solve the puzzles in a new adventure book, “The crafty fox”. Finally, children create their own small animal.

## “Parcours Anniviard”: the story of a valley



This circuit through the Val d’Anniviers offers an ideal way of exploring the valley via a series of stops that link key sights, outstanding viewpoints and insights into the region’s rich history. The route starts in Sierre in the district of the Anniviards (people of the Val d’Anniviers) and finishes in the village of Chandolin. The itinerary takes about 3 hours (about 1· hours driving, 1· hours at the stops). An associated guidebook is available from the tourist office for CHF 20.



## AnniThink: Escape Room Grimentz



Grimentz has launched its own version of the highly popular “Escape Room”. The year is 1921, and participants play the role of climbers trapped in a remote mountain cabin. A storm is gathering, with the risk of being snowed in for the whole winter. Group members have 60 minutes to work together to find clues, avoid traps and solve puzzles to escape and return down to the valley. Available in three languages; allow about 1· hours for the whole adventure.

## Small museum in Claude Antille’s cellar Anniviers



This small cellar packed with curiosities from bygone days offers an intriguing insight into the history of the Val d’Anniviers. Its owner, Claude Antille, has collected old tools and utensils from St. Luc and the whole valley over many years, and his passion for local heritage is infectious.

## Open-air cinema at the Moiry dam



The Moiry dam turns into a giant film screen to create an innovative open-air cinema in a spectacular setting. Wrap up warm for the evening shows and bring a seat; admission is free.

## “Trophée de Alpages” Portes du Soleil



Hikers, mountain bikers and e-bike riders visiting mountain restaurants around the resorts of Champéry, Val d’Illiez, Les Crosets, Champoussin and Morgins this summer enjoy an extra treat. By collecting a stamp at each venue, visitors have the chance to win different gourmet prizes. Game cards are available from the tourist offices of the valley, from the branches of the gourmet shop La Cavagne, and online.

## Anniversaries and Events

### 50 years of Air Zermatt



Helicopter company Air Zermatt is celebrating its 50th birthday in 2018. The company is a key player providing emergency services and tourist flights. Air Zermatt is also renowned for carrying out some of the most difficult mountain rescues in the world. For its birthday, the company will be opening its doors to the public on 18 and 20 May and holding several events beforehand.

### César Ritz Open-air theatre Goms



To mark 100 years since the death of César Ritz (+23.10.1918) the Goms region is organising several events inspired by this legendary character, the grandfather of the luxury hotel trade and founder of the Ritz-Carlton hotel group. His life will be enacted in an open-air play in Niederwald, on several dates in July and August. Tickets on sale from February 2018.

## Open air play “Der letzte Sander von Oberried” Riederalp



The play portrays the worries of the villagers, based on the novel of the same name by Catherine Bürcher-Cathrein, has been adapted for the theatre by Arnold Steiner. The story describes the concerns of the villagers, who fear they will not have enough water for their crops, and tells the story of the Oberriedi, a “bisse” (irrigation channel) made of wood and stone. This open-air theatre performance will take place during July and August 2018. Tickets are already on sale.

## “Swisspeaks Trail” 360 km



For its second edition, the Swisspeaks Trail is inaugurating a course of 360 km across the whole of Valais. From the Furka Pass to Le Bouveret on Lake Geneva, this ultra trail promises a sequence of breathtaking landscapes. Rendezvous from 2 to 9 September for a challenge that is sure to become sporting legend.

## “Tour des Stations”



On 11 August 2018, the very first “Tour des Stations” for road cyclists will link several of the Valais’ mountain resorts (known in French as “stations”). Three courses of different lengths and degrees of difficulty will lead from the vineyards up to the high mountains, via open meadows, traditional villages and internationally famous resorts.

## Music holidays Grächen



For the inaugural edition of the “Music Holidays”, Grächen Tourism has teamed up with the Grächen cultural association and the musicians Paul and Eliane Locher-Walpen. The holidays offer keen amateur musicians the opportunity to make music on holiday, given that the needs of family and professional life often leave little time for music. The innovative holidays – which cover choral singing, yodelling, chamber music and more – run from 8 to 21 July 2018.

## Kinderland kids’ festival Leukerbad



To celebrate its 15th anniversary, the touring Kinderland festival is making a stop at Leukerbad on 12 August 2018. The open-air event boasts an exciting programme including favourite kids’ performers such as Brice Kapel and Papagallo & Gollo along with various activities for children. Doors open at 13.00, the show finishes at 18.00.



## Facilities/Accommodation

### **New Bike Hotel: Alpina, Grimentz**



Recently renovated to modern tastes while retaining the charm of an authentic Swiss chalet, the Hotel Alpina in Grimentz offers rental of mountain bikes and other bikes. The village-centre location lets guests access the extensive mountain bike trail network quickly. The 25-kilometre “Bike Planet Tour” is the region’s flagship route. This includes the famous Planets Trail, allows riders to visit the remote and iconic Weisshorn hotel and reveals magnificent views of the valley along the way.

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### **Swiss Bike Hotel Zinal**



Zinal in the Val d’Anniviers has evolved into a dream destination for mountain bike enthusiasts. The entire REKA holiday village was renovated in 2015, and now boasts 42 modern apartments for holidaymakers – along with superb facilities for mountain bikers including bike workshops, wash zones and secure bike storage. The hotel also offers route suggestions with GPS data.

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### **New sports hall Verbier**



Verbier’s sports centre, located in the heart of the resort, has expanded its range of activities thanks to a new sports hall. This includes an indoor climbing wall (600 sq. m), an indoor tennis court, outdoor tennis court, two squash courts and a multi-sports pitch (volleyball, badminton, basketball, etc.). The complex also features an indoor and outdoor pool: plenty to thrill all sports enthusiasts.

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### **SwissPeak Resort Vercorin**



The SwissPeak Resort in Vercorin offers breaks in the mountains that feature the latest technology to help guests make the most of a wide choice of outdoor activities. Guests stay in apartments that blend typical character and modern comfort, and can take advantage of a full range of services that make holidays rewarding and refreshing in equal measure.

## Advantage card

### **Children are VIPs Wolli Card Zermatt**



Children under 9 don't pay anything for the lifts in Zermatt. They will also be eligible for a Wolli Card, which is valid for a year and gives them free access to the Gornergrat lifts, free stays at numerous hotels and holiday apartments, exemption from the tourist tax and entitles them to be a guest at all Wolli events.

## Exhibitions

### **Pierre Soulages Exhibition Fondation Pierre Gianadda Martigny**



From 15 June to 25 November 2018, the Fondation Pierre Gianadda in Martigny will host the Pierre Soulages exhibition. This French painter and engraver is known particularly for his use of reflection using the colour black. He is one of the key figures in the world of abstract art.





## **“King of hoteliers, and hotelier to kings.”**

*The year 2018 marks the centenary of the death of César Ritz, pioneer of the luxury hotel industry and founder of the Ritz hotels in Paris and London, among many others. Born in Niederwald, a village of*

*the Goms (upper Rhône) valley, he won a worldwide reputation as the “king of hoteliers, and hotelier to kings”. He had the gift of being able to identify the essence of hospitality and a warm welcome - and put it all into practice. César Ritz died on 23 October 1918, leaving an unrivalled legacy. During summer 2018, to mark the centenary, the village of Niederwald and*

*the Goms valley are celebrating the legendary hotelier with a variety of events and activities. The culmination of the festivities will be a series of open-air theatre performances in July and August that will explore the life of César Ritz, his passions, setbacks and achievements - all in an idyllic and authentic setting.*

## Sports

May	June	July	August	September	October
		<p>7-8 July 2018</p> <p>Trail Verbier-St-Bernard</p>	<p>1 Aug 2018</p> <p>Cyclo sportive des Vins du Valais</p> <p>11 Aug 2018</p> <p>Tour des Stations</p> <p>12 Aug 2018</p> <p>Sierre-Zinal</p> <p>17-18 Aug 2018</p> <p>Grand Raid BCVS</p>	<p>02-09 Sep 2018</p> <p>Swisspeaks Trail</p> <p>06-09 Sep 2018</p> <p>Crans-Montana Omega European Masters</p> <p>11-15 Sep 2017</p> <p>Bettmeralp - Grächen - Zermatt Swiss Epic</p>	

## Festivals

May	June	July	August	September	October
	<p>29 June-16 Sep 2018</p> <p>Ernen Festival of classical music</p>	<p>2 June-9 Sep 2018</p> <p>Martigny PALP Festival</p> <p>19 July-5 Aug 2018</p> <p>Verbier Verbier Festival</p>	<p>16-19 Aug 2018</p> <p>Gampel Open Air Gampel</p>		

## Culture and traditions

May	June	July	August	September	October
<p>5-6 May 2018</p> <p>Aproz National Herens cow-fighting finals</p>	<p>16-17 June 2018</p> <p>Charrat Hérisson sous gazon</p> <p>15 June-25 Nov 2018</p> <p>Martigny Pierre Soulages exhibition at the Fondation Gianadda</p>	<p>21-28 July 2018</p> <p>Saas-Fee Fairy-Tale week</p>			

## Gastronomy and wine

May	June	July	August	September	October
<p>10-12 May 2018</p> <p>Caves ouvertes du Valais</p>		<p>20-22 July 2018</p> <p>Saxon Apricot festival</p>	<p>31 Aug-1er Sep 2018</p> <p>Sierre, Salgesch &amp; surroundings VINEA, Swiss Wine Fair</p> <p>10 Aug 2018</p> <p>Zermatt Swiss Food Festival</p>	<p>13-23 Sep 2018</p> <p>Semaine du Goût</p>	<p>13-14 Oct 2018</p> <p>Fully Chestnut festival</p>



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ENGRAVED ON MY HEART.