



Walking in the Valais: 120 Walks and Treks (Cicerone Guides)

Kev Reynolds

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The Pennine Alps in the Valais region of Switzerland contain more 4000m peaks than anywhere else in Western Europe and some of the greats: the Matterhorn, Monte Rosa, Dent Blanche and Grand Combin, all surrounded by idyllic valleys and hillsides dotted with chalets, hay barns and hardy little alpine flowers as well as pristine snowfields and glaciers. This guide describes 111 day walks and 10 multi-day, long-distance treks, exploring this whole area and suitable for a wide range of abilities. The network of walking trails in this popular region is excellent but the infrastructure is unbeatable, with excellent public transport and a wide range of good-quality accommodation from simple mountain huts to grand hotels in bases such as Saas Fee, Zermatt and Arolla. Walks are arranged valley by valley and accompanied by full information about the valley bases, mountain huts, access and facilities as well as practical information for walkers new to trekking or walking in Switzerland.

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