

Cycling routes.

A pristine natural environment, majestic peaks, dramatic terrain and a sunny climate... from Lake Geneva to the Rhône glacier, from the bottom of the valleys to the mountain passes and up to spectacular dams, Valais will both surprise and thrill keen cyclists. [visitvalais.ch/cycling-routes](https://www.visitvalais.ch/cycling-routes)

Signposted routes.

For a satisfying and rewarding cycle ride, nothing beats a steady mountain ascent with glorious views. Valais has many such routes, thanks to its special topography, clearly marked for a smooth ride. Set off from the valley floor to reach a variety of summits, dams or mountain passes: choose according to your mood. New signs with detailed descriptions along some of the finest routes will delight hill climbers and fans of thrilling hairpin bends and steep gradients. [visitvalais.ch/signposted-routes](https://www.visitvalais.ch/signposted-routes)



The Valais Cycling Tour

- 1 Sion – Crans-Montana / 59.1 km (+ 2,419 m)
- 2 Crans-Montana – Leukerbad / 46.1 km (+ 1,320 m)
- 3 Leukerbad – Oberwald / 99 km (+ 2,029 m)**
- 4 Oberwald – Brig / 45.5 km (+ 382 m)**
- 5 Brig – St-Luc / 91.4 km (+ 2,642 m)
- 6 St-Luc – Veysonnaz / 77.2 km (+ 1,901 m)
- 7 Veysonnaz – Verbier / 82.8 km (+ 2,319 m)**
- 8 Verbier – Champéry / 105.8 km (+ 2,708 m)
- 9 Col de Champex, 1,497 m – Orsières / 10.3 km
- 10 Petite Forclaz, 906 m – Martigny-Croix / 4 km
- 11 Les Giettes, 1,139 m – Massongex / 9.8 km
- 12 Champéry – Le Bouveret / 57 km (+ 1,126 m)**
- 13 Col de Champoussin, alt. 1,586 m – Champéry / 8.9 km
- 14 Le Bouveret – Sion / 85.8 km (+ 1,179 m)
- 15 Ovronnaz – Mayens-de-Chamoson, 1,361 m – Leytron / 10.8 km

Trophy of the Dams

- 1 Emosson dam, 1,932 m – Martigny-Croix / 32 km
- 2 Mauvoisin dam, 1,841 m – Le Châble / 18.3 km
- 3 Cleuson dam – Siviez, 1,731 m – Aproz / 19.6 km
- 4 The Grande Dixence dam, 2,139 m – Bramois / 38.2 km
- 5 Tseuzier dam, 1,777 m – Bramois / 22.4 km
- 6 Moiry dam, 2,250 m – Chippis / 32.7 km
- 7 Mattmark dam, 2,202 m – Visp / 34.3 km
- 8 Gibidum dam, 1,474 m – Brig / 10.7 km

The legendary mountain passes

- 1 Col de Novel (FRA), 878 m – St-Gingolph / 5.7 km
- 2 Pas de Morgins, 1,369 m – Monthey / 19.8 km
- 3 Col des Portes de Culet, 1,787 m – Monthey / 25.1 km*
- 4 Col de Champoussin, 1,586 m – Monthey / 20.4 km*
- 5 Col de la Gueulaz, 1,965 m – Le Châtelard / 10.9 km*
- 6 Col des Montets (FRA), 1,466 m – Le Châtelard / 7.1 km
- 7 Col de la Forclaz, 1,527 m – Martigny-Croix / 13 km
- 8 Col du Grand-St-Bernard, 2,468 m – Martigny / 42.1 km*
- 9 Col des Planches, 1,408 m – Martigny-Bourg / 10.4 km*
- 10 Col de Champex, 1,497 m – Les Valettes / 10.7 km
- 11 Col du Lein, 1,686 m – Saxon / 13.8 km
- 12 Col du Lein, 1,686 m – Vollèges / 11.2 km
- 13 Col de la Croix de Cœur, 2,174 m – Aproz / 35.3 km**
- 14 Col du Sanetsch, 2,253 m – Plan-Conthey / 24.2 km*
- 15 Col de l'Aprilly, 1,804 m – Sierre / 16.7 km
- 16 Moosalp, 2,044 m – Turtmann / 24.3 km
- 17 Simplon Pass, 2,006 m – Brig / 22.7 km
- 18 Nufenen Pass, 2,478 m – Ulrichen / 13.7 km*
- 19 Grimsel Pass, 2,164 m – Oberwald / 12.2 km*
- 20 Furka Pass, 2,429 m – Oberwald / 16.5 km*

Scenic & side valleys

- 1 Val d'Illicz (Monthey – Champéry) / 15.6 km
- 2 Val d'Hérens (Bramois – Les Haudères) / 27.5 km
- 3 Val d'Anniviers (Sierre – Zinal) / 27.8 km
- 4 Turtmannal (Turtmann – Gruben) / 18.5 km
- 5 Mattertal (Visp – Zermatt) / 36.8 km
- 6 Saastal (Visp – Saas-Fee) / 26.5 km
- 7 Zwischbergtal (Gondo – Zwischbergen) / 11.8 km
- 8 Binnal (Lax – Fäld) / 15 km
- 9 Torgon (Vionnaz – Torgon) / 12.8 km
- 10 Les Cerniers (Monthey – Les Cerniers) / 11.5 km
- 11 Val Ferret (Orsières – La Fouly) / 15 km

Vineyard Trail

- 1 Martigny – Sion / 39.7 km
- 2 Sion – Leuk / 55.3 km**

Route du Rhône

- 1 Oberwald – Brig / 50 km**
- 2 Brig – Sierre / 42 km**
- 3 Sierre – Martigny / 46 km
- 4 Martigny – Montreux / 47 km

Valais's Legendary Routes

- 1 Petite Forclaz, UCI 2020 Road World Championships
- 2 Finhaut-Emosson, Tour de France stage finish 2016
- 3 Verbier, Tour de France stage finish 2009
- 4 Crans-Montana, Tour de France stage finish 1984

Other Switzerland Mobility routes

- 1 Châteaux de Sion et environs / 42 km [149](#)
- 2 Route Panorama de Crans-Montana / 15 km [150](#)

Signposted routes
See current information at: [visitvalais.ch/signposted-routes](https://www.visitvalais.ch/signposted-routes)
closed in winter (usually from October to May)
unpaved section



Bike hotels.

Suitable accommodation is essential for a perfect cycling or mountain bike holiday: hotels close to the finest trails, with a laundry service, a safe place to store your bike and a workshop with repair facilities. A good, healthy breakfast, information you can rely on and detailed maps are a bonus, too! Some hotels also offer guided tours along the best trails – and even optional luggage transfers between hotels on request. [visitvalais.ch/bike-hotels](https://www.visitvalais.ch/bike-hotels)



Typical restaurants.

At the "Saveurs du Valais" (Flavours of Valais) restaurants, you can try seasonal local food and sample Valais specialties made from traditional recipes. Fancy a traditional raclette, a fondue, an "assiette valaisanne" (platter of dried meat) or some asparagus? At restaurants bearing the "Saveurs du Valais" label, you can try Valais specialties and enjoy outstanding Valais wines. There are other dishes to choose from, too, depending on the valley and region. Discover an amazing range of delicious cheese and meat specialties and indulge in a dessert featuring Valais apricots and Williams pears. For the perfect finish to your meal, you can choose from two Valais AOP spirits: Abricotine and Williamine. [visitvalais.ch/restaurants-flavoursofvalais](https://www.visitvalais.ch/restaurants-flavoursofvalais)



Cycling offers.

- Discover our cycling offers:
- Legendary Valais passes (4 days)
 - Valais Cycling Tour: hidden treasures of Upper (4 or 7 days)
 - Vineyard Trail by bike (3 days)
 - Rhône Route Valais (4 days)
- visitvalais.ch/cycling-offers

Cycle museum.

Marc-André Elsig is passionate about bicycles. This native of Valais has been collecting cycles and related items for more than 30 years. His childhood dream was to have a museum – and now he has opened his own, in a converted barn in Chippis, with about 600 bikes. One of Europe's largest collections of historical bicycles, it attracts about 1,500 enthusiasts every year, and is open for visits on request.

museedvelo.ch

Strava Club.

The Valais/Wallis Club on Strava welcomes all cyclists and mountain bikers who enjoy riding the many spectacular roads and trails in Valais. Whether you're a competitive cyclist or occasional rider, keen racer or leisure tourist, amateur or pro, we invite you to join the club and share your experiences!

strava.com

Road bike rental.

- Various types of bikes including electric bikes and accessories are available for rent.
- List of rental options: visitvalais.ch/road-bike-rental
 - Free hire by the hour of different kinds of bikes between May and October: valaisroule.ch
 - Bike rental: cff.ch/velo, rentabike.ch or publibike.ch
 - Free rental of adaptive bikes: tandem91.ch
 - Rental of electric cargo bikes: carvelo2go.ch

Cycling guides.

Valais boasts many superb routes and itineraries that are little known. To discover them, contact one of the cycling guides who know the canton inside-out. Whether you opt for an individual tour or a group outing, you are guaranteed a thrilling adventure.

visitvalais.ch/cycling-guides

Bike transport.

You can count on the public transport system to get your road bike from one stop to the next during your break in Valais.

- National trains: cff.ch/velo
- Regional trains: regionalps.ch/velo
- Bus routes and Resabike platform: postbus.ch and resabike.ch (reservation mandatory)

VALAIS/WALLIS PROMOTION
Avenue de Tourbillon 11
P.O. Box 607 | CH-1951 Sion
+41 (0)27 327 36 00
info@valais.ch

The Valais Cycling Tour.

740 km, 18,500m of up and down, 25 climbs spread over 10 stages: we present the Valais Cycling Tour. Come and discover the many sides of Valais with this tour of 7-14 days!



Val d'Illiciez

The Legendary Mountain Passes.

Set your sights high and enjoy an exhilarating climb up one of Valais' 20 mountain passes! The effort will be worth it, with the unbeatable panoramic views at the top: 7 of Valais' alpine passes are over 2,000 m high.



Nufenen Pass

Trophy of the Dams.

Simply spectacular: head up to one of the huge dams in Valais! Eight of them are accessible by bike and make for a ride with a difference, with altitudes of between 1,483 m and 2,364 m.



Emossondam

Scenic & side valleys.

The side valleys in Valais offer a wide choice of different journeys and the perfect excuse to get away from it all. Head out to tackle them and you'll discover sublime views, picturesque villages and some truly spectacular routes!



Binna Brücke, Binn

Rhône Route and Vineyard Trail.

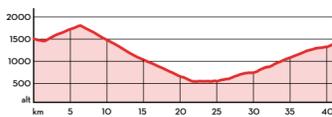
The Rhône Route runs through the magnificent mountain scenery on charming, quiet paths along the Rhône. It then leads along the famous palm-lined promenades of Lake Geneva and the picturesque Lavaux vineyards and ends at cosmopolitan Geneva.



Cerin, Sierre

Valais Cycling Tour, stage 2 Crans-Montana – Leukerbad

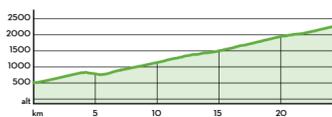
From the peaks of Crans-Montana to the mountainous cirque of Leukerbad, the second stage of the Valais Cycling Tour takes you downhill to Sierre, the city of sunshine, and across the vineyards of Salgesch before finishing in the thermal resort of Leukerbad. When leaving Crans-Montana, take the time to admire the numerous peaks above 4,000 metres during your 400m descent. After you dive into the Rhône Valley you will reach the town of Sierre before beginning the final ascent through the vineyards around the villages of Salgenen and Varen. A short descent to the village of Leuk (Loèche) will take you to the main road that accesses the Dalatal and, in regular stages, you will reach Leukerbad (Loèche-les-Bains), a village famous for its thermal pools!



Route	Crans-Montana - Leukerbad
Distance	40.9 km
Difficulty	medium
Ascent	1,192 m
Descent	1,312 m

Col du Sanetsch, alt. 2,253 m

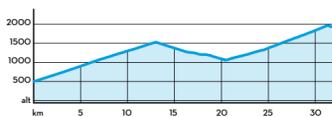
While the Col du Sanetsch isn't Valais' most famous climb, it is without a doubt one of the most beautiful and most demanding. Starting from the Rhône valley and peaking at over 2,200 m, the ascent demands stamina but rewards riders with magnificent views. The Route du Sanetsch takes you past all kinds of flora and fauna, from the valley to the upper mountain and wilderness of the pass, and is a real gem for cycling enthusiasts. When tackling the ascent, cyclists pass the vineyards of central Valais, then the larch and spruce forests, following onto the alpine pastures before finding themselves right by the magnificent Tsañfleuron glacier. At each bend, the road reveals another surprise as more and more stunning landscapes come into view.



Route	Conthey - Col du Sanetsch
Distance	24.2 km
Difficulty	difficult
Ascent	1,814 m
Descent	75 m

The Emosson Dam, alt. 1,932 m

The road up to this dam involves two climbs: the Col de la Forclaz and the Col de la Gueulaz, peaking at 1,527 m and 1,965 m respectively. Famous for the fossilised dinosaur footprints nearby, this route was an arrival stage of the Tour de France 2016. The town of Martigny is the starting point in the valley for this long climb of over 30 kilometres, boasting a rich panorama. You'll start to wind past the vineyards before finishing the ascent of the Col de la Forclaz in the larch forest. After a short descent through Trient, you steer off to the right and make a start on the second climb, which gradually reveals mountain scenery worthy of the Alps' highest passes. You should definitely make a pit stop in the village of Finhaut in preparation for the tough final climb towards the Emosson dam.



Route	Martigny - Emosson Dam
Distance	32 km
Difficulty	difficult
Ascent	1,932 m
Descent	500 m

Turtmanntal

Turtmann - Gruben

The Turtmanntal is a valley worth discovering! Using your own pedal power, you'll leave the flatlands behind and quickly reach the villages of Unterems and Oberems. The second part of the climb will see you tackle gentler gradients. But be patient, the end of the valley is not yet in sight. After 15 kilometres of climbing, you'll ultimately be rewarded with wild and unspoilt alpine scenery. Leaving the village of Turtmann, several hairpin bends bring you to a junction where the road splits and heads off towards either the Turtmanntal valley or the plateau of Eischoll/Bürchen. Taking the road to the right, you'll pass through the villages of Unterems and Oberems. If necessary, take the cable car and spare yourself the effort of this part of the ascent; from here the valley opens out and the gradient becomes more gentle as you pedal towards the end of the tarmac road.

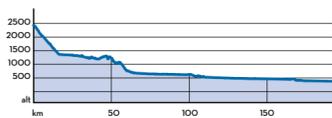


Route	Turtmann - Gruben
Distance	18.5 km
Difficulty	difficult
Ascent	1,195 m
Descent	0 m

Rhône Route

Furka Pass - Montreux

The Rhône Route begins in Andermatt and follows the curving sweep of the youthful Rhône River to Geneva. This route is 350 kilometres long and covers very different types of landscape. In Valais the route starts in Oberwald and ends in Le Bouveret, and can be explored in several days. It leads through the magnificent mountain scenery of Valais on charming, quiet paths along the Rhône, running mostly downhill with a few ascents. From Brig to Geneva, the route is almost entirely flat and is particularly suitable for leisure cyclists.



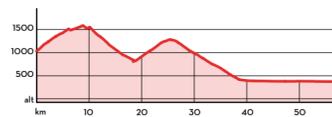
Route	Furka Pass - Montreux (4 stages)
Distance	185 km
Difficulty	medium
Ascent	1,034 m
Descent	3,069 m

Signposting



Valais Cycling Tour, stage 9 Champéry – Le Bouveret

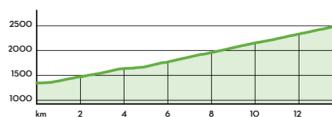
From the Dents-du-Midi to the banks of Lake Geneva, this stage takes you on a voyage of discovery along the western slopes of the Val d'Illiciez before winding through the Rhône valley and reaching Lake Geneva. On leaving Champéry, you climb up the subtle Col de Champoussin (1,586 m) past the "Sur Cou" area. During this ascent, you'll be able to see the majestic Dents-du-Midi. A photo stop is a must before heading over the pass and taking the small "Délifrette" route which will take you to the village of Val d'Illiciez, where you'll join the main valley road for a short while. Coming down the Pas de Morgins road, you'll pass the village of Troistorrens and go through the town of Monthey. With the main ascents completed, take your time to enjoy the Rhône valley, riding alongside the Stockalper canal and the banks of the Rhône.



Route	Champéry - Le Bouveret
Distance	57 km
Difficulty	medium
Ascent	1,126 m
Descent	1,782 m

Nufenen Pass, alt. 2,478 m

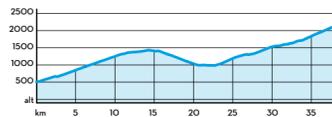
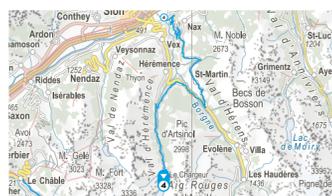
The Nufenen Pass is one of the highest mountain passes in Switzerland. Only the Umbrail Pass in Graubünden is higher. This ride between the Canton of Valais and the Canton of Ticino is a must for cycling enthusiasts. On leaving Ulrichen, the Nufenen Pass road may not be the most memorable, but it doesn't take long for the gradient to become demanding, and there isn't much respite during the 13 kilometres up to the summit. The views steadily open up to reveal mesmerising mountain scenery - sure to take any cyclist's breath away. Gradually you'll see the mountain carries with their ever-snowy summits, as you inch forward on the climb to the top of the pass.



Route	Ulrichen - Nufenen Pass
Distance	13.7 km
Difficulty	difficult
Ascent	1,131 m
Descent	0 m

The Grande Dixence Dam alt. 2,139 m

This climb allows you to explore Hérémence as you make your way through spectacular landscapes and discover the world's highest gravity dam, the Grande Dixence. Starting from Bramos, leave the plains via a relatively gentle and steady climb on a broad road passing vineyards and pastures. As the kilometres roll by, the panoramic view expands to include the nearby Mandelon and the Dent d'Hérens in the distance. The route passes through the sunny, traditional villages of Masse and St-Martin before making a descent towards Euseigne that includes a few straight and speedy stretches. On arrival in Euseigne, the route begins to climb again in the direction of Mâche, then joins the main road that leads to the Grande Dixence dam. As you make your way through the Val des Dix, the natural surroundings and environment become increasingly wild and unspoilt. The last few kilometres are steeper, and you'll have to make your way through numerous hairpin bends to reach the foot of the Grande Dixence dam.

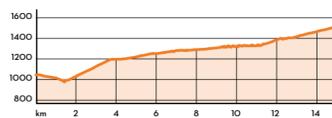


Route	Bramos - The Grande Dixence Dam
Distance	38.2 km
Difficulty	difficult
Ascent	2,077 m
Descent	447 m

Binntal

Lax - Fäld

A short ascent to reach a little corner of paradise! Precious stones, stonemasons and the sunshine for which the Binntal valley is famous will add a whole new dimension to your tour. From the railway station in Lax, take the cantonal road. A short downhill stretch takes you across the Rhône, which at this point is still a wild river, before tackling the climb to the pretty village of Ernen. Take the turning on the right to continue on a relatively flat route that winds its way across the mountainside until it reaches a long avalanche gallery. Cyclists can avoid the latter by following a gravel track of excellent quality that runs along the mountainside. Surprising works of art accompany riders along this 2-kilometre stretch. When you reach the exit to the gallery, rejoin the cantonal road, which will lead you to the valley's main settlement: Binn. Bypass the village and continue your exploration of the valley until you reach the village of Fäld. The Binntal valley has plenty of excellent establishments at which to stop for a bite to eat and drink.

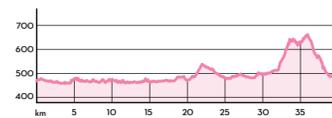


Route	Lax - Fäld
Distance	15 km
Difficulty	easy
Ascent	545 m
Descent	72 m

Vineyard Trail (stage 1)

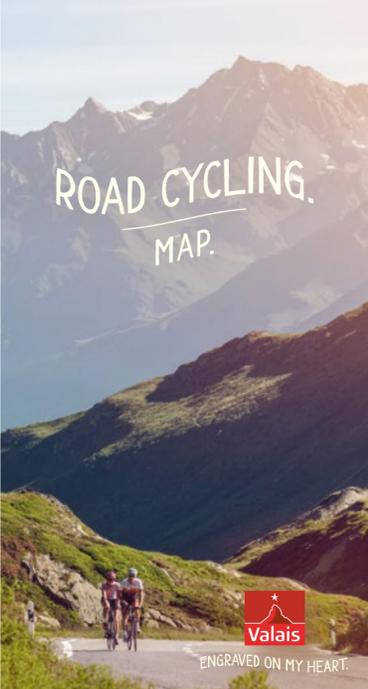
Martigny - Sion

The Vineyard Trail, which was inaugurated in 2007, is the best way to discover Valais and its vineyards. Have a break in a winery and taste typical Valais wines. The wine trail leads through the Valais vineyards from Martigny to Sion. The 39-kilometre bike trail winds gently up and down through this area, passing through carefully cultivated vineyards, historic locations and small wine-producing villages that offer wine tastings. Wines can be tasted without appointment at many points along the route. This unique bike trail is the perfect way to discover the Valais region and its vineyards.



Route	Martigny - Sion
Distance	39.7 km
Difficulty	medium
Ascent	484 m
Descent	456 m

Signposting



Top road cycling events.

visitvalais.ch/road-cycling-events

- Ride the Alps - Climb the Giants**
Valais
May, June, September
- Giro Valais**
Valais
May
- Bärgüf**
Visp/Moosalp
August
- Martigny-Mauvoisin**
Val de Bagnes
Juillet
- IAM Champex Challenge**
Champex-Lac
July
- Tour des Stations**
Le Châble
August
- Chasing Cancellara**
Zermatt
September
- Swiss Cycling Alpenbrevet**
Obergoms
September
- Gravel Epic Switzerland**
Champex-Lac
September

Safety.

Obeys all Swiss traffic rules. Please note that you ride the tours at your own risk; no liability can be accepted. Please be considerate to plants, animals and farming practices. Adapt your speed when passing horse riders or other users. For your own safety, wear a helmet every time you ride a bike.

Emergency numbers

- 144 Ambulance
- 117 Police
- 1414 Helicopter Rescue (Rega)

Further information and details of all the routes at visitvalais.ch/road-cycling



Free map may not be offered for sale. Printed in Valais, Switzerland (2023)



ENGRAVED ON MY HEART.

visitvalais.ch/road-cycling