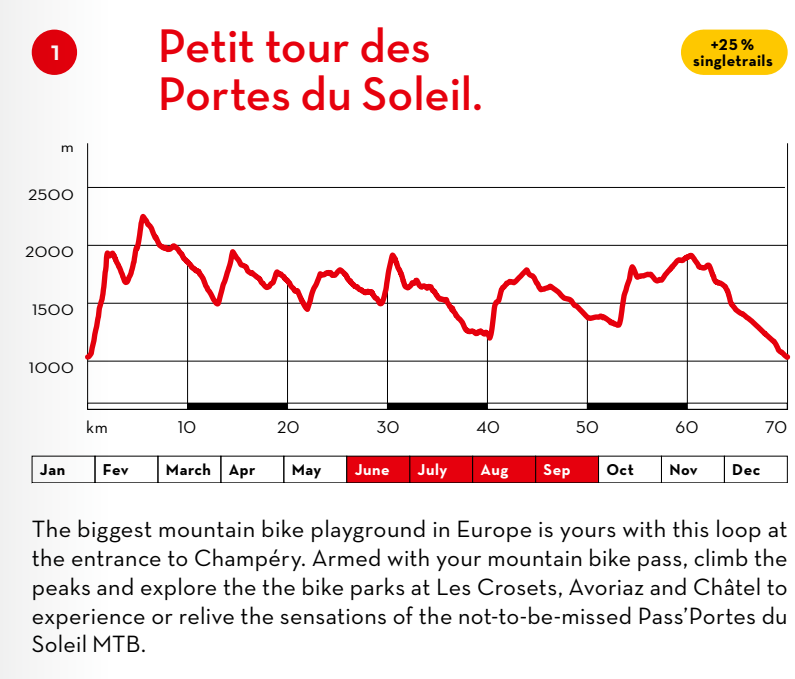


MOUNTAIN BIKE & E-BIKE. THE MAP.



The biggest mountain bike playground in Europe is yours with this loop at the entrance to Champéry. Armed with your mountain bike pass, climb the peaks and explore the bike parks at Les Crossets, Avoriaz and Châtel to experience or relieve the sensations of the not-to-be-missed Pass/Portes du Soleil MTB.

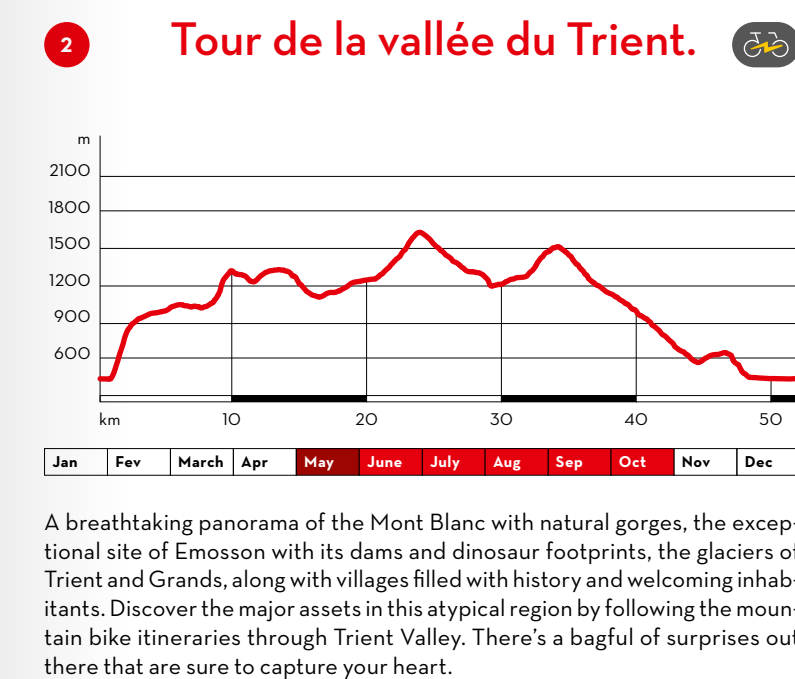
Difficulty: difficult, S3 **Start:** Champéry (1,035 m)

Distance: 70 km **Arrival:** Champéry (1,035 m)

Duration: 4:00 h

Ascent: +560 m

Descent: -4,050 m



A breathtaking panorama of the Mont Blanc with natural gorges, the exceptional site of Emosson with its dams and dinosaur footprints, the glaciers of Trient and Grands, along with villages filled with history and welcoming inhabitants. Discover the major assets in this typical region by following the mountain bike itineraries through Trient Valley. There's a bagful of surprises out there that are sure to capture your heart.

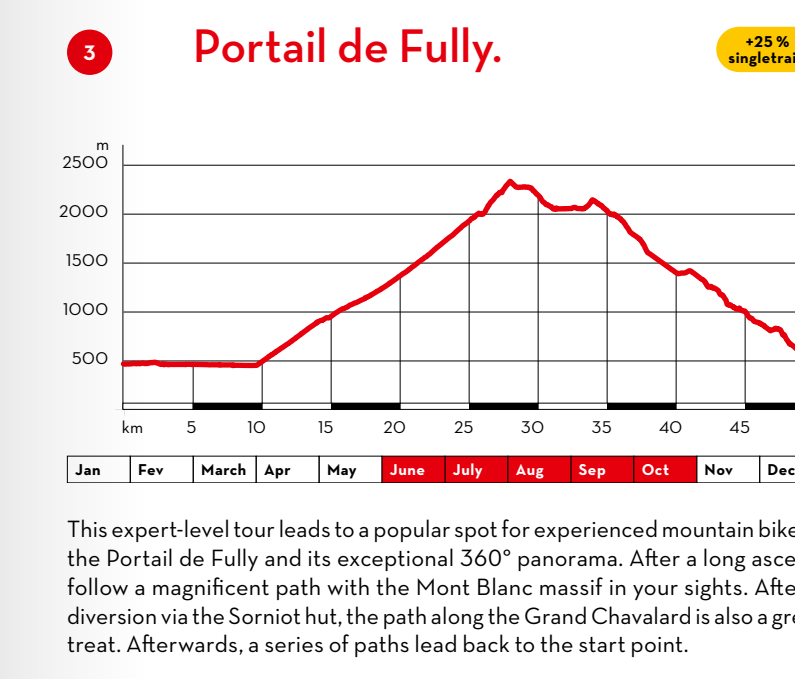
Difficulty: difficult, S0 **Start:** Vernayaz (453 m)

Distance: 52.4 km **Arrival:** Vernayaz (453 m)

Duration: 7:00 h

Ascent: +2,156 m

Descent: -2,156 m



This expert-level tour leads to a popular spot for experienced mountain bikers: the Portail de Fully and its exceptional 360° panorama. After a long ascent, follow a magnificent path with the Mont Blanc massif in your sights. After a diversion via the Sormiot hut, the path along the Grand Chavalard is also a great treat. Afterwards, a series of paths lead back to the start point.

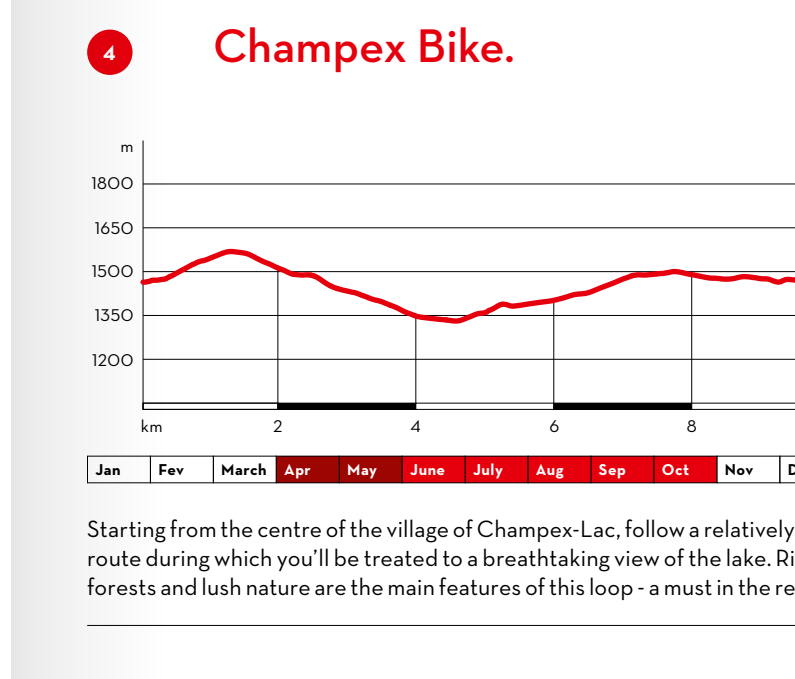
Difficulty: difficult, S2 **Start:** Fully (464 m)

Distance: 50 km **Arrival:** Fully (464 m)

Duration: 8:20 h

Ascent: +2,285 m

Descent: -2,285 m



Starting from the centre of the village of Champex-Lac, follow a relatively easy route during which you'll be treated to a breathtaking view of the lake. Rivers, forests and lush nature are the main features of this loop - a must in the region.

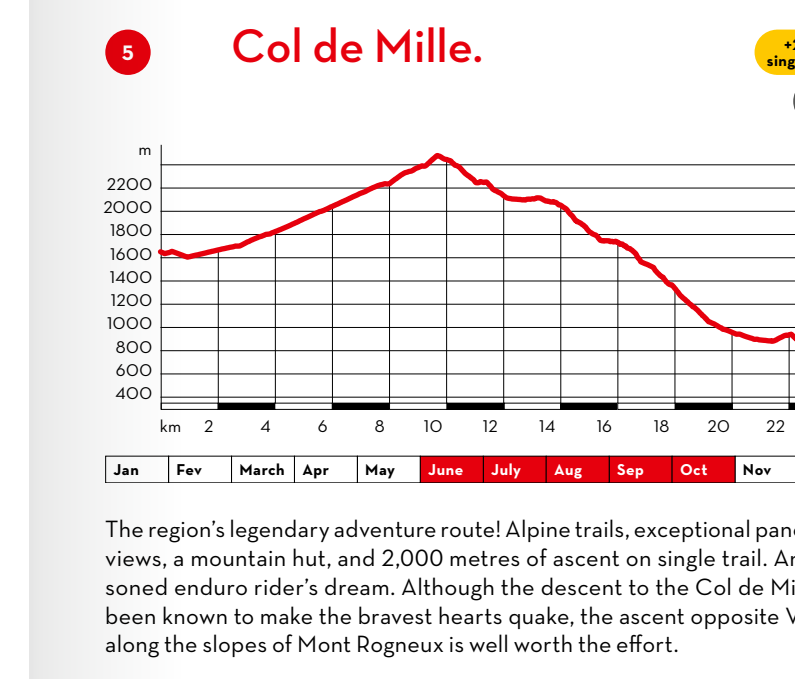
Difficulty: easy, S0 **Start:** Champex-Lac (1,467 m)

Distance: 10.3 km **Arrival:** Champex-Lac (1,467 m)

Duration: 1:00 h

Ascent: +297 m

Descent: -297 m



The region's legendary adventure route! Alpine trails, exceptional panoramic views, a mountain hut, and 2,000 metres of ascent on single trail. Any seasoned endurance rider's dream. Although the descent to the Col de Mille has been known to make the bravest hearts quake, the ascent opposite Verber along the slopes of Mont Rognieux is well worth the effort.

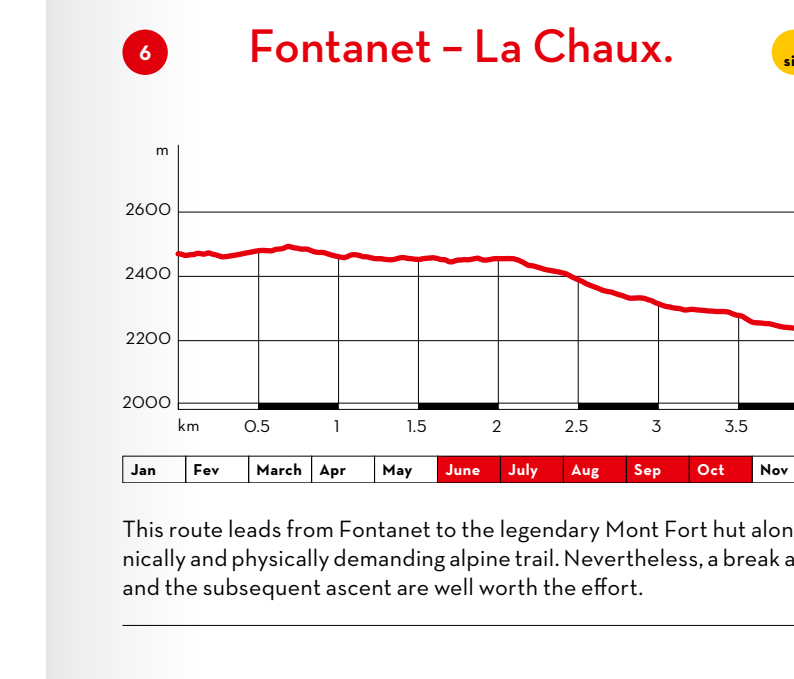
Difficulty: difficult, S4 **Start:** Moiry (1,647 m)

Distance: 26 km **Arrival:** Le Châble (815 m)

Duration: 2:40 h

Ascent: +1,081 m

Descent: -1,908 m



This route leads from Fontanet to the legendary Mont Fort hut along a technically and physically demanding alpine trail. Nevertheless, a break at the hut and the subsequent ascent are well worth the effort.

Difficulty: medium, S2 **Start:** Fontanet (2,465 m)

Distance: 4.5 km **Arrival:** La Chaux (2,225 m)

Duration: 0:30 h

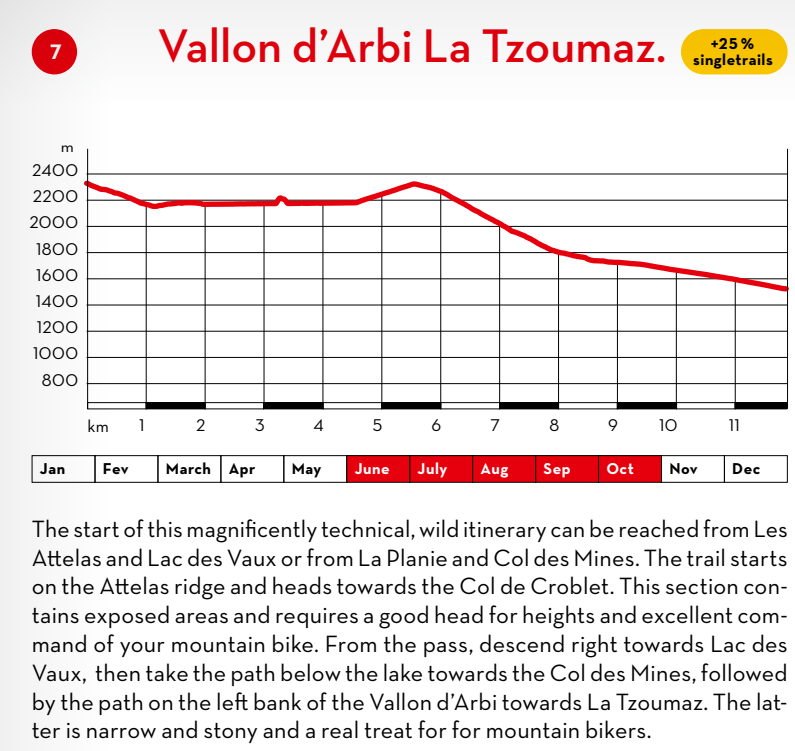
Ascent: +73 m

Descent: -315 m

Single track trail scale of difficulty.

The most frequent grade of difficulty of a trail's sections determines the general grade of the whole track.

- S0** Forest or meadow paths, on a natural surface with good grip or on compact gravel. No steps, rocks or passages with many roots. Gentle gradients, wide curves. No special technique required.
- S1** Smaller obstacles such as flat roots, stones or small gullies; while the surface may not always be firm. Gradients of up to 40%. No hairpin turns. Basic MTB technique required, such as controlled braking and ability to shift centre of gravity.
- S2** Many obstacles such as large roots, stones and larger steps; light corners. Certain passages may have gradients of up to 70%. Basic technique required, including controlled braking and body displacement to overcome obstacles.
- S3** Trail blocked by large roots, rocks and high steps. Slippery surfaces with loose scree; sequences of tight hairpin turns. Gradients of more than 70% in places. Very good MTB technique required, including precise braking and excellent balance.
- S4** Very steep trails blocked by large rocks. Steep sections, narrow hairpin turns and high steps. Advanced technique required, such as the ability to shift the front or back wheel only, along with perfect braking skills and balance. Only for extreme riders! Carrying or pushing the bike difficult.
- S5** Heavily blocked terrain with counter climbs, scree slopes and erosion. Multiple large obstacles such as fallen trees and high steps, often without a break. Very little acceleration or braking time, if any. Only for extreme riders! Carrying or pushing the bike almost impossible.



The start of this magnificently technical, wild itinerary can be reached from Les Atelates and Lac des Vaux or from La Plaine and Col des Mines. The trail starts on the Atelates ridge and heads towards the Col de Croblet. This section contains exposed areas and requires a good head for heights and excellent command of your mountain bike. From the pass, descend right towards Lac des Vaux, then take the path below the lake towards the Col des Mines, followed by the path on the left bank of the Vallon d'Arbi towards La Tzoumaz. The latter is narrow and stony and a real treat for mountain bikers.

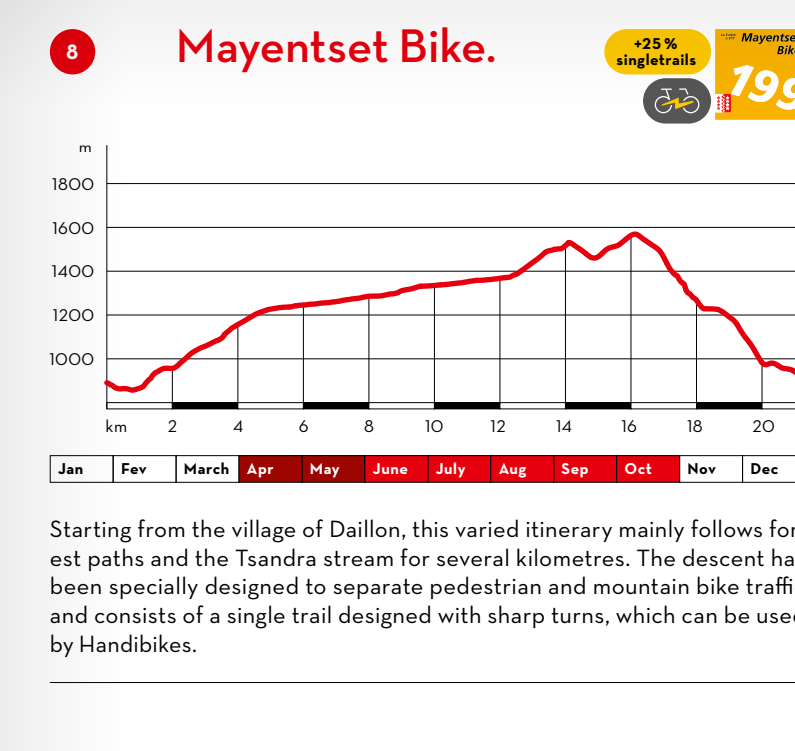
Difficulty: difficult, S2 **Start:** Savoleyres (2,330 m)

Distance: 11.5 km **Arrival:** La Tzoumaz (1,521 m)

Duration: 1:10 h

Ascent: +240 m

Descent: -1,055 m



Starting from the village of Dailion, this varied itinerary mainly follows forest paths and the Tsandra stream for several kilometres. The descent has been specially designed to separate pedestrian and mountain bike traffic and consists of a single trail designed with sharp turns, which can be used by Handibikes.

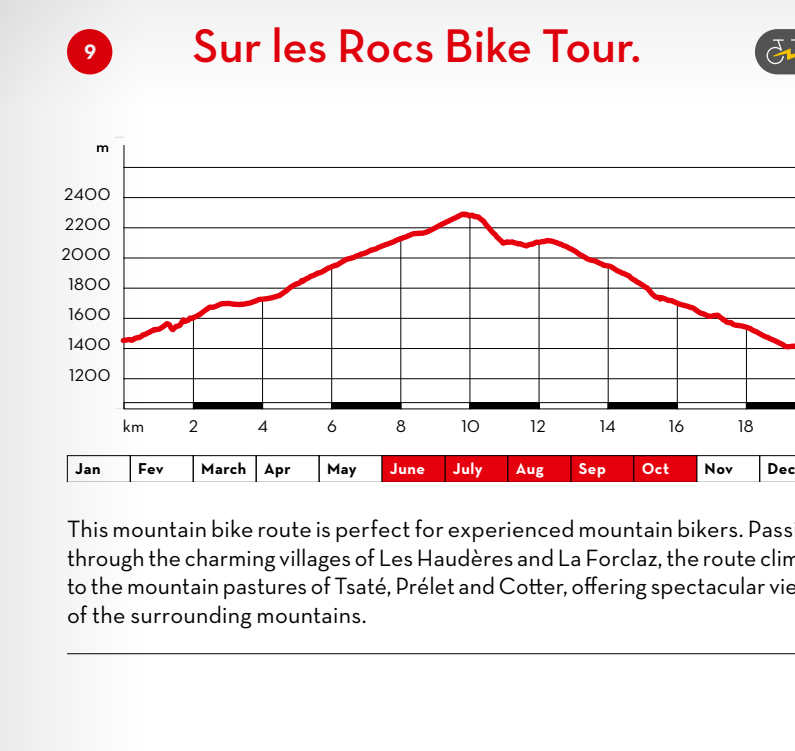
Difficulty: medium, S2 **Start:** Dailion (901 m)

Distance: 21.7 km **Arrival:** Dailion (901 m)

Duration: 3:30 h

Ascent: +799 m

Descent: -799 m



This mountain bike route is perfect for experienced mountain bikers. Passing through the charming villages of Les Hautières and La Forclaz, the route climbs to the mountain pastures of Trati, Prêlet and Cotter, offering spectacular views of the surrounding mountains.

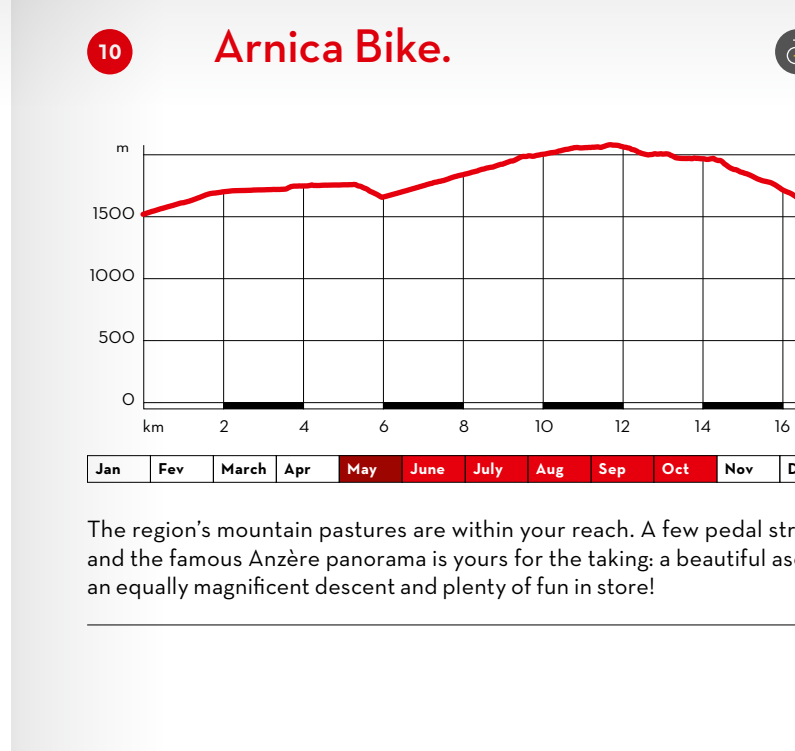
Difficulty: medium, S1 **Start:** Les Hautières (1,451 m)

Distance: 20.3 km **Arrival:** Les Hautières (1,451 m)

Duration: 3:30 h

Ascent: +1,044 m

Descent: -1,044 m



The region's mountain pastures are within your reach. A few pedal strokes and the famous Anzère panorama is yours for the taking: a beautiful ascent, an equally magnificent descent and plenty of fun in store!

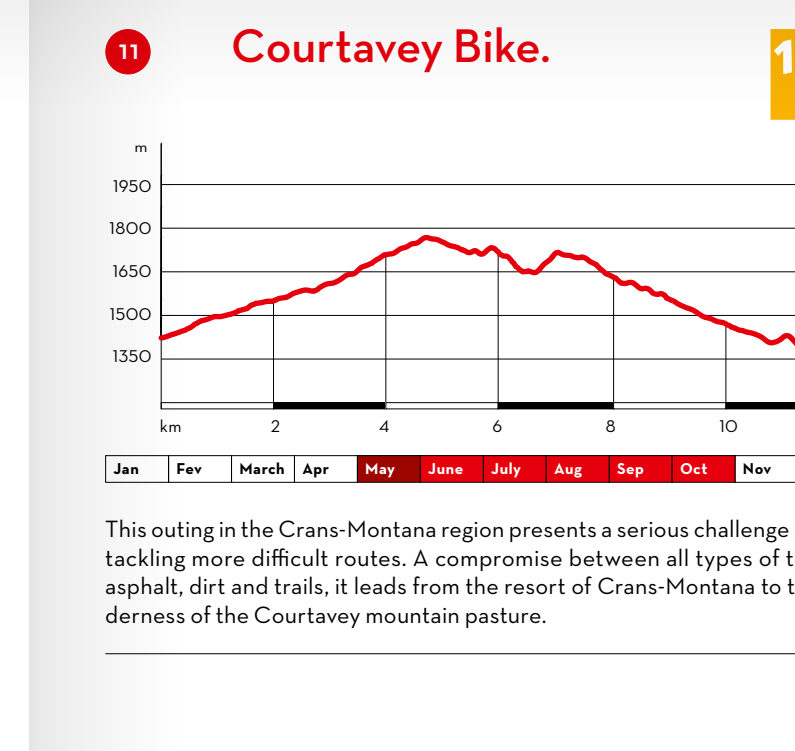
Difficulty: medium, S2 **Start:** Anzère-Centre (1,515 m)

Distance: 17.6 km **Arrival:** Lac de la Moubra (1,425 m)

Duration: 3:00 h

Ascent: +733 m

Descent: -733 m



This outing in the Crans-Montana region presents a serious challenge before tackling more difficult routes. A compromise between all types of terrain: asphalt, dirt and trails. It leads from the resort of Crans-Montana to the wilderness of the Courtavey mountain pasture.

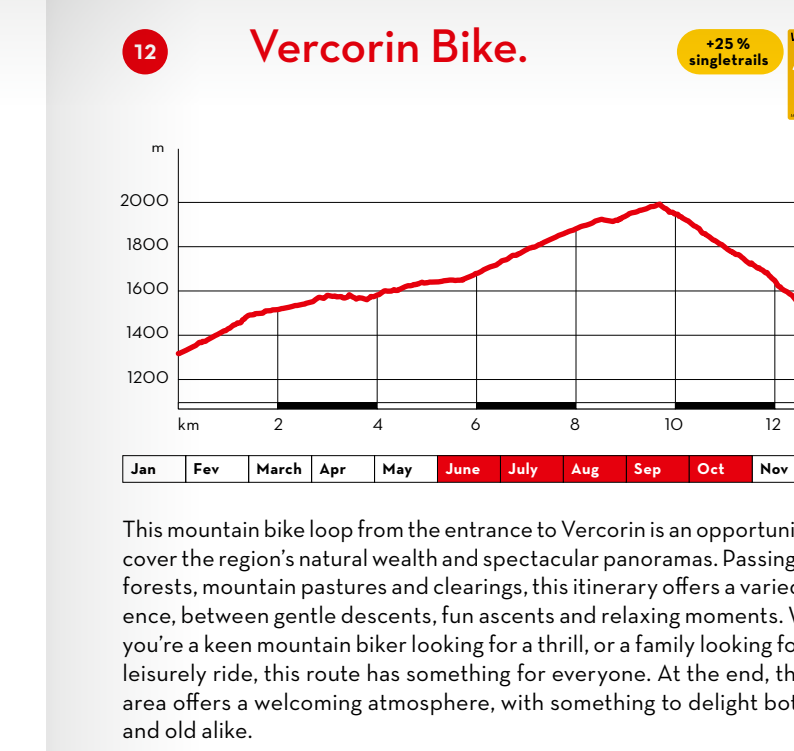
Difficulty: easy, S0 **Start:** Lac de la Moubra (1,425 m)

Distance: 12.5 km **Arrival:** Lac de la Moubra (1,425 m)

Duration: 1:50 h

Ascent: +479 m

Descent: -479 m



This mountain bike loop from the entrance to Vercorin is an opportunity to discover the region's natural wealth and spectacular panoramas. Passing through forests, mountain pastures and clearings, this itinerary offers a varied experience, between gentle descents, fun ascents and relaxing moments. Whether you're a keen mountain biker looking for a thrill, or a family looking for a more leisurely ride, this route has something for everyone. At the end, the Laviaz area offers a welcoming atmosphere, with something to delight both young and old alike.

Difficulty: easy, S1 **Start:** Espace du Laviaz, Vercorin (1,320 m)

Distance: 14.1 km **Arrival:** Espace du Laviaz, Vercorin (1,320 m)

Duration: 2:25 h

Ascent: +675 m

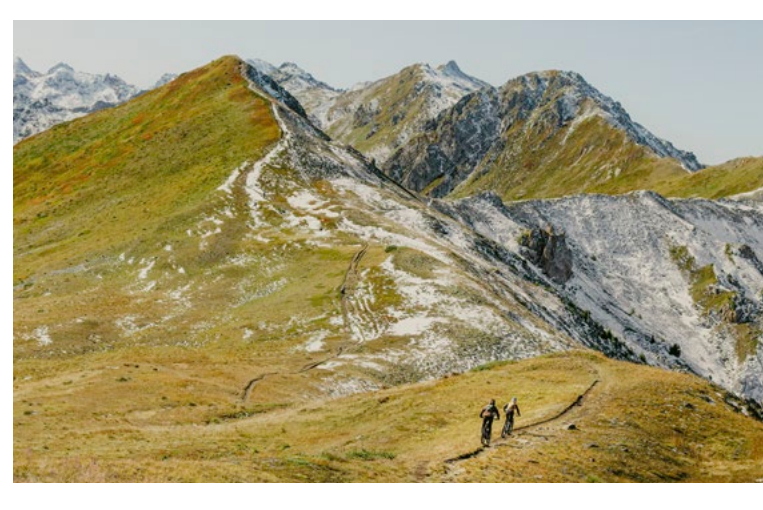
Descent: -675 m

Bookable offers with overnight stay

Ever thought of booking a stay on Valais mountain bike trails? With a guide or solo, over four days or a full week, discover our overnight offers for a unique mountain-biking adventure through the canton's alpine landscapes that will remain engraved in your memory. Thanks to our products, you'll benefit from a daily luggage transport service and accommodation in hotels specially selected for you. All that's left for you to do is make the most of your two-wheeler outing!

valais.ch/shop-vtt

- Discover our offers.**
- 1-6** Valais Alpine Bike
 - 1-4** Valais Panorama Bike
 - 6-10** Glacier Bike Tour

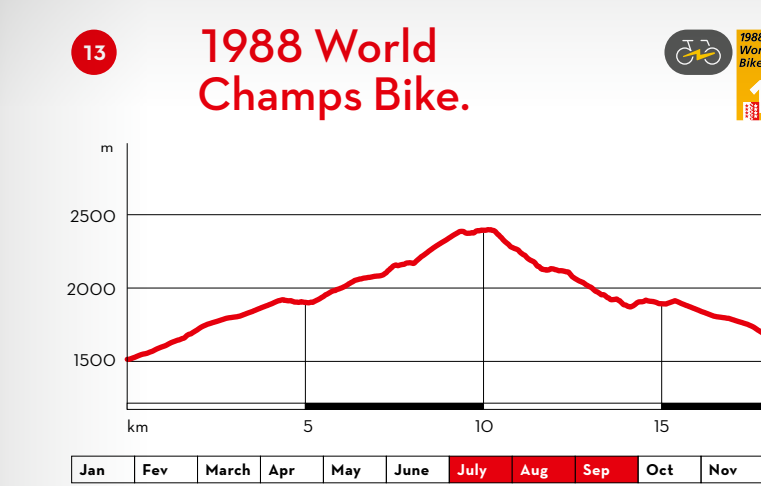
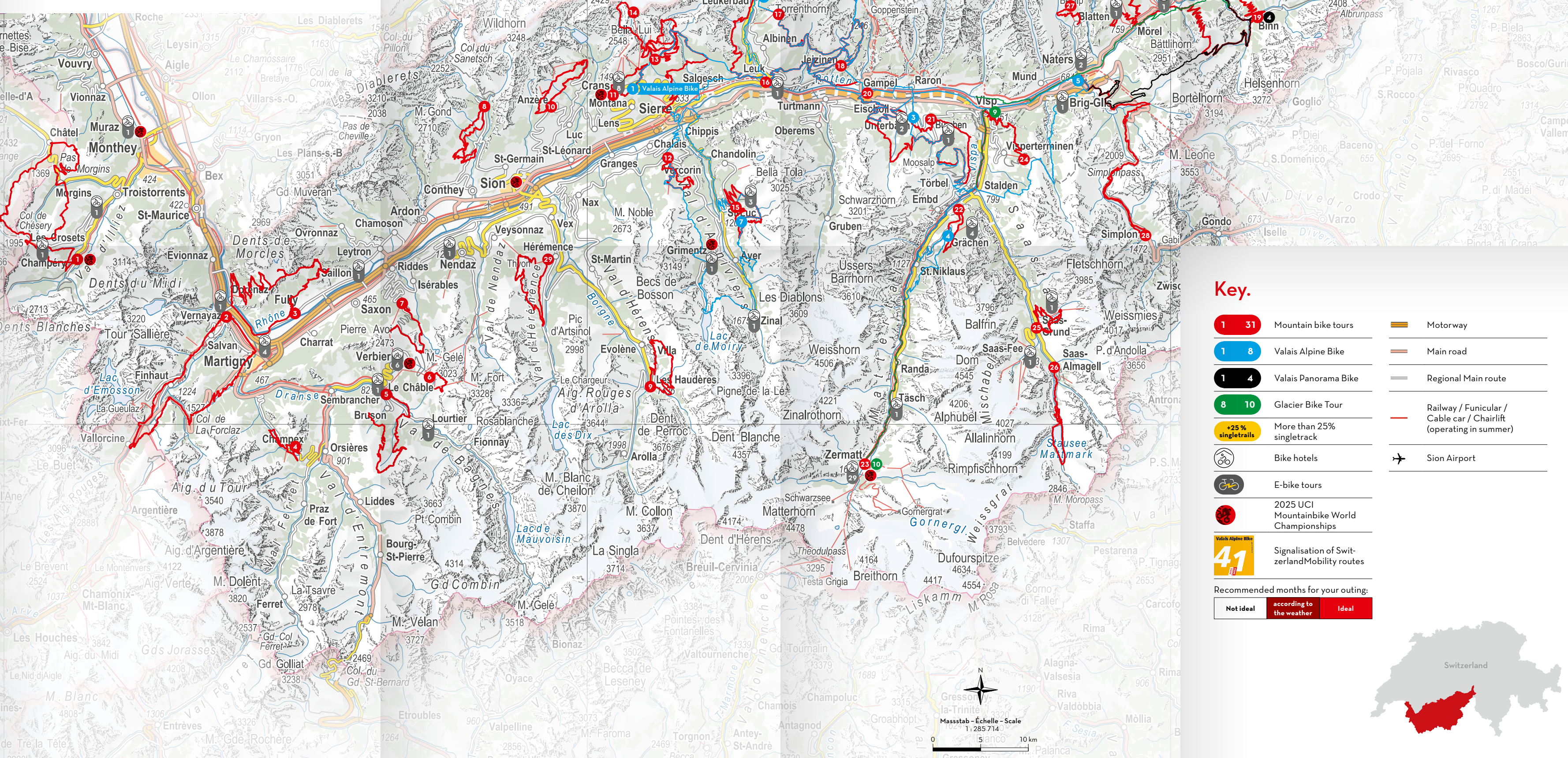


Mountain biking in Valais.

Valais is a land of adventure par excellence and a vast playground for altitude junkies. Here, well-marked mountain-bike trails lead past rushing mountain streams and Alpine lakes or wind their way over mountainsides and through dense forests. Thanks to public transport and aerial cableways, bikers are faced with no end of possibilities when planning their tour at any level.

visitvalais.ch/mountainbike

Note
Certain routes have not been approved by the canton of Valais in accordance with the canton of Valais law on mobility itineraries. People using these routes do so at their own risk. Local conditions may result in changes to the route. We accept no responsibility for the accuracy and completeness of the information provided. The use of the different routes is always at the user's own risk.



This very demanding route will allow you to test your physical fitness, while enjoying the exceptional areas the Ammonaz region has to offer. Sticking mainly to dirt roads and with some interesting technical passages, the panoramic view of the most beautiful 4,000-metre-high mountains in the Valais Alps and the surrounding nature will make you forget the physical effort that this route requires.

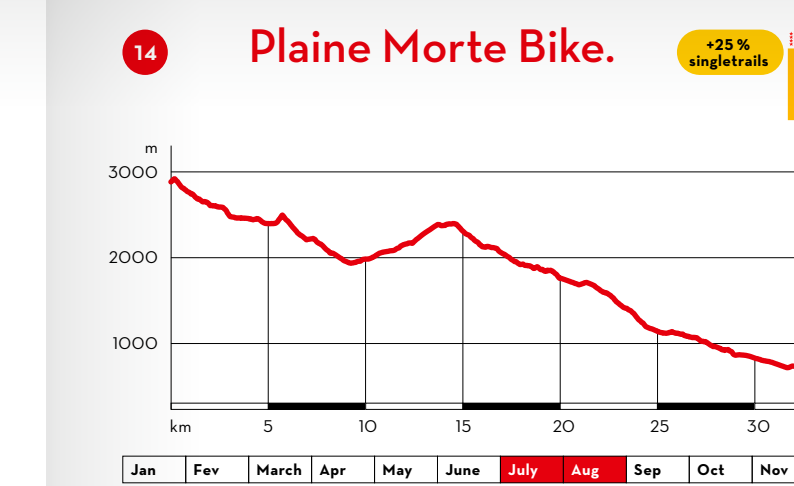
Difficulty: difficult, S4 **Start:** Ammonaz (1,513 m)

Distance: 19.6 km **Arrival:** Ammonaz (1,513 m)

Duration: 3:50 h

Ascent: +941 m

Descent: -937 m



With a spectacular start from the Plaine Morte glacier, at an altitude of 3,000 metres, this mountain bike trail takes cyclists on an unforgettable alpine adventure. Aimed at experienced riders, this route offers a diversity of exceptional landscapes: rocky ridges, alpine forests, wild valleys and breathtaking panoramas. Part of the route has also hosted stages of the Enduro World Series, a mark of its technical quality.

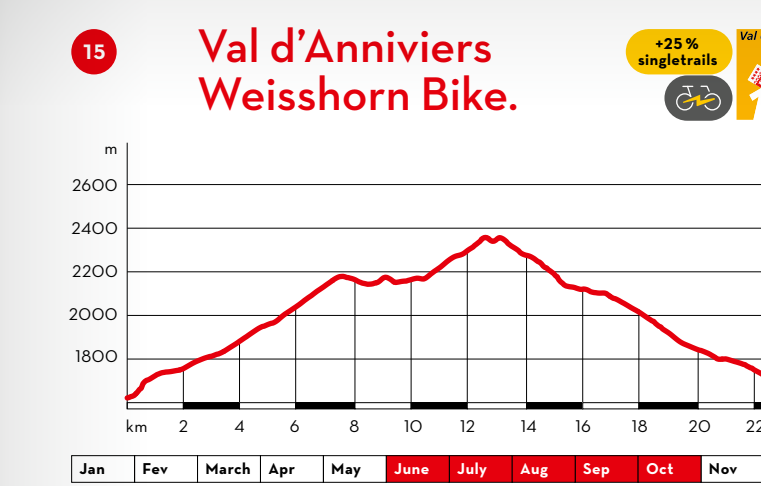
Difficulty: difficult, S4 **Start:** Plaine Morte (2,881 m)

Distance: 35.9 km **Arrival:** Sierrac Funicular Railway (537 m)

Duration: 3:55 h

Ascent: +615 m

Descent: -2,955 m



This 25-kilometre mountain bike trail is an opportunity to visit the legendary Hotel Weisshorn and to leave your mark on the Chemin des Plandiles. The view of the region's 4,000-metre mountains and the Rhône Valley is worth the detour in its own right.

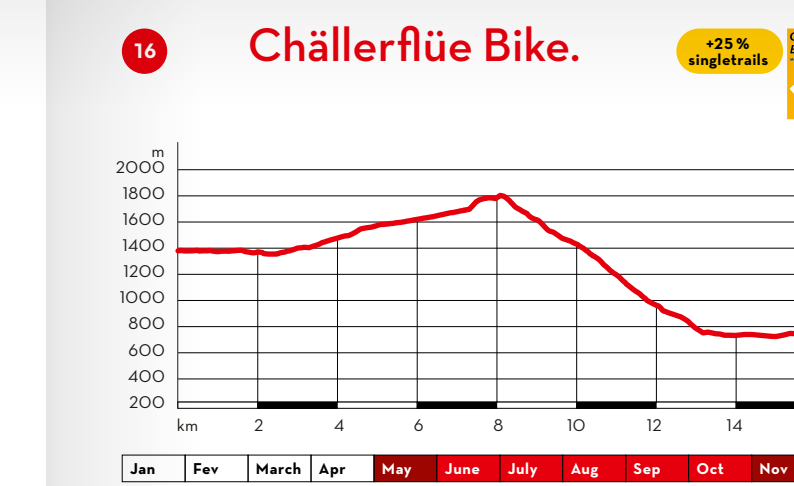
Difficulty: medium, S1 **Start:** St-Luc (1,629 m)

Distance: 24.7 km **Arrival:** St-Luc (1,629 m)

Duration: 4:00 h

Ascent: +615 m

Descent: -815 m



This all-mountain tour in the heart of the rocky Leukerbad arena will make mountain bikers' hearts beat faster with breathtaking views of the Rhône Valley and action on the trails, such as the crossing of the "Châller", where you will have to push your mountain bike on a path secured by steel cables, and a 1,100 metre descent on high-level single trails.

Difficulty: medium, S1 **Start:** Leukerbad (1,379 m)

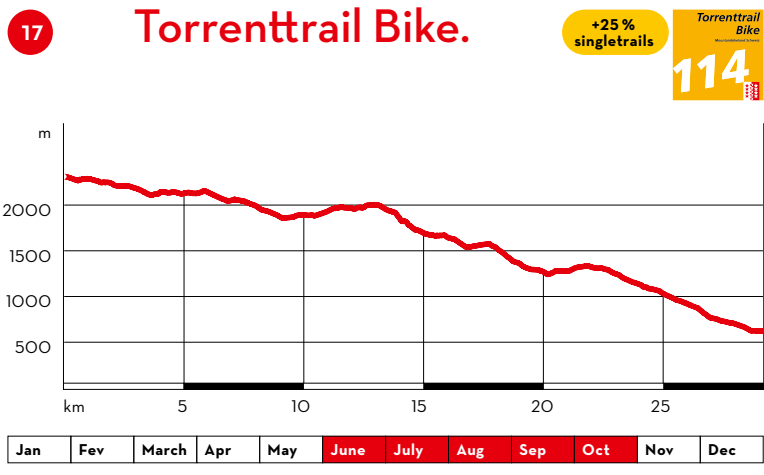
Distance: 17.5 km **Arrival:** La Souste (623 m)

Duration: 2:00 h

Ascent: +455 m

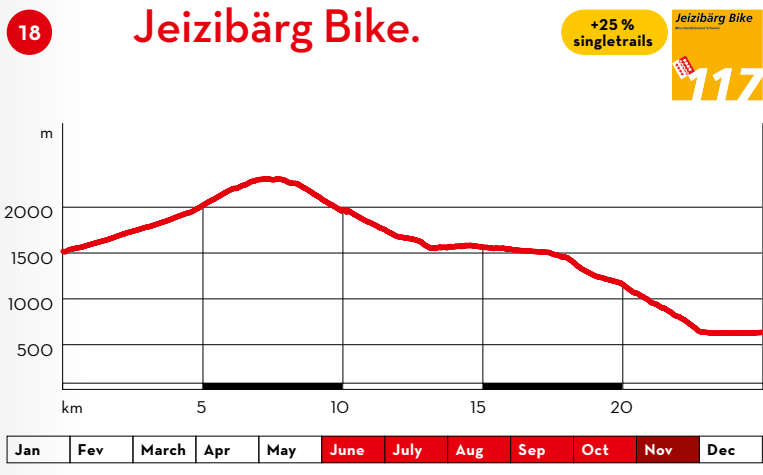
Descent: -1,207 m





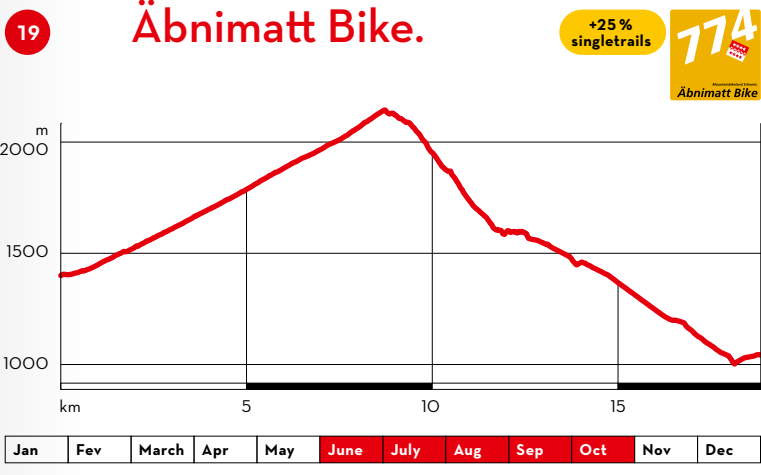
Take the cable car from Leukerbad to the Rinderhütte and enjoy a varied tinerary of single trails with magnificent views of the Rhône Valley and the surrounding 4,000-metre mountains, charming villages, fragrant coniferous forests and fun trails with natural obstacles.

Difficulty: medium, S1 **Start:** Rinderhütte (2.312 m)
Distance: 29,2 km **Arrival:** Susten (623 m)
Duration: 3:05 h
Ascent: +843 m
Descent: -2.022 m



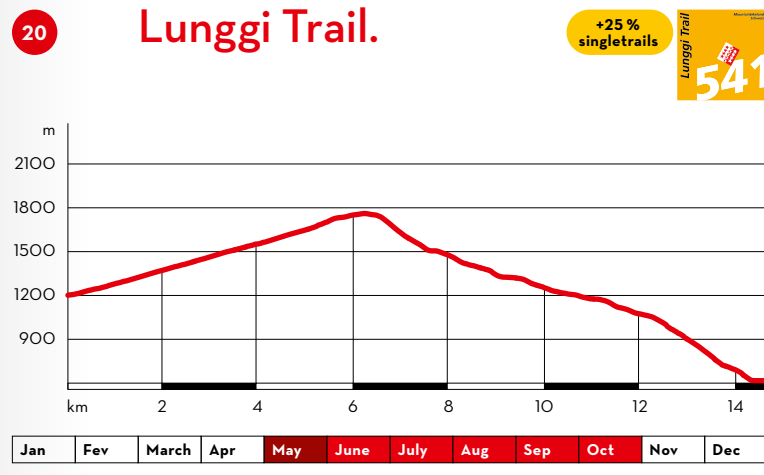
With a challenging ascent and some technical downhill sections, this route is perfect for nature lovers and landscape enthusiasts. It offers a magical view of the Lötschental and the majestic 4,000-metre Alps and its combination of flow and rocky sections makes it unique.

Difficulty: medium, S1 **Start:** Zeizinen (1.518 m)
Distance: 25 km **Arrival:** Gampel (633 m)
Duration: 3:40 h
Ascent: +843 m
Descent: -1.728 m



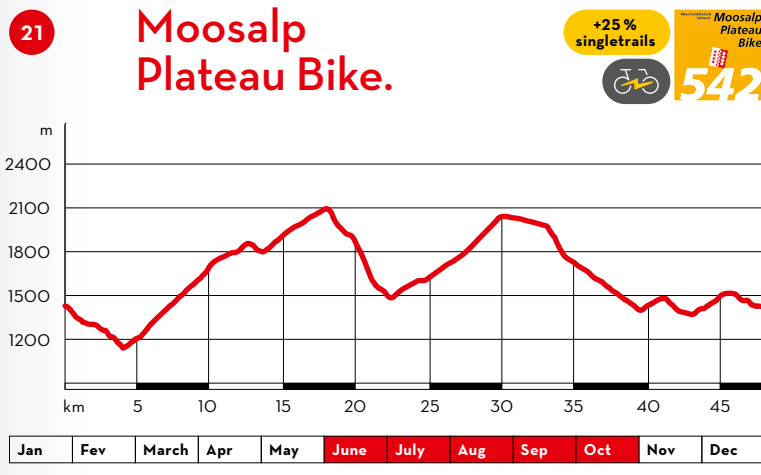
This Alpine route combines forest roads, root-covered trails and historic villages - from Binn to Ermen to the holiday village of Fiesch. A true adventure combining unspoilt Alpine scenery with cultural highlights.

Difficulty: medium, S2-3 **Start:** Binn (1.399 m)
Distance: 18,8 km **Arrival:** Fiesch (1.042 m)
Duration: 2:20 h
Ascent: +780 m
Descent: -1.872 m



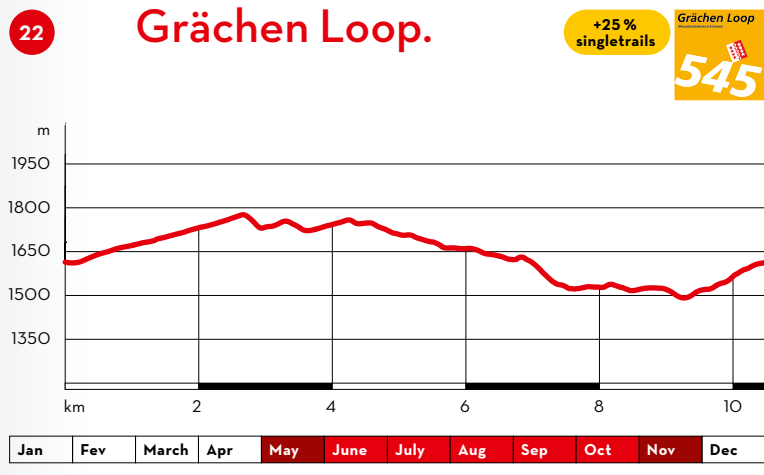
Don't miss this enduro essential with its 1,200-m descent from Eischoll to Gampel-Steig offering breathtaking views of the surrounding mountains, such as the imposing Bietschhorn, as well as some exceptional single trails.

Difficulty: medium, S2 **Start:** Eischoll (1.208 m)
Distance: 14,8 km **Arrival:** Gampel-Steig (631 m)
Duration: 1:50 h
Ascent: +559 m
Descent: -1.876 m



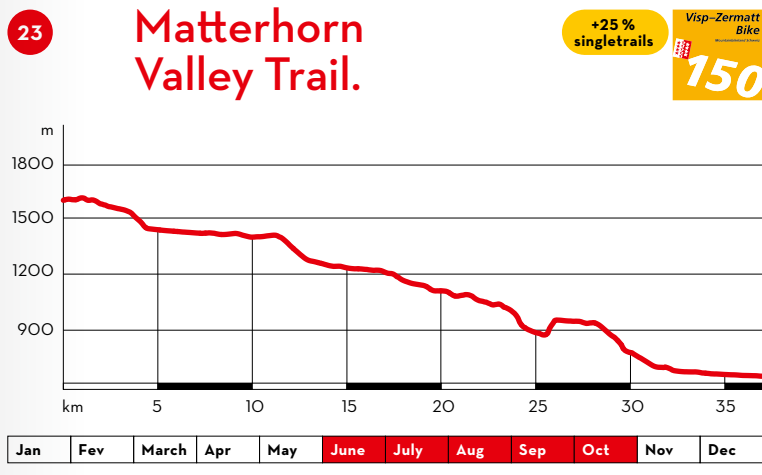
This impressive loop from Büchen requires very good physical fitness and excellent technical skills. It takes bikers through alpine meadows, larch forests and typical mountain villages, with challenging climbs and smooth descents while offering a magnificent view of many of Valais' 4,000-metre mountains.

Difficulty: difficult, S1 **Start:** Büchen (1.442 m)
Distance: 47,9 km **Arrival:** Büchen (1.442 m)
Duration: 7:25 h
Ascent: +1.872 m
Descent: -1.872 m



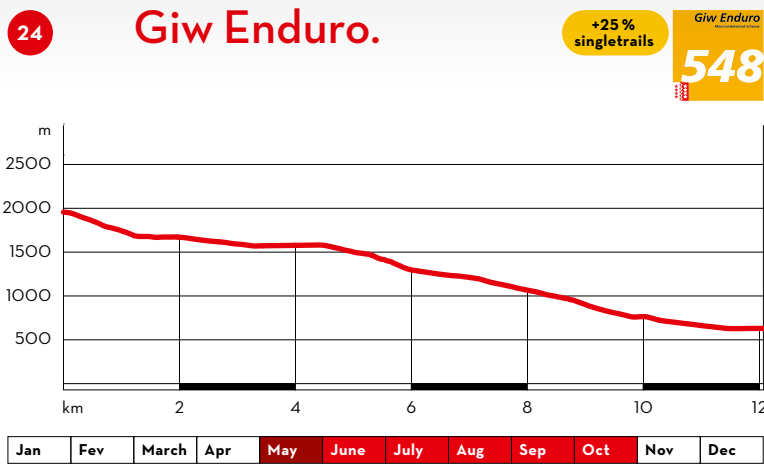
The Grächen circuit is an easy family all-mountain route around the village of the same name, combining smooth single tracks, wider trails and gravel paths. In summer, the idyllic Z'Seew mountain lake invites bikers to take a refreshing break.

Difficulty: easy, S1 **Start:** Grächen (1.614 m)
Distance: 10,4 km **Arrival:** Grächen (1.614 m)
Duration: 1:30 h
Ascent: +330 m
Descent: -330 m



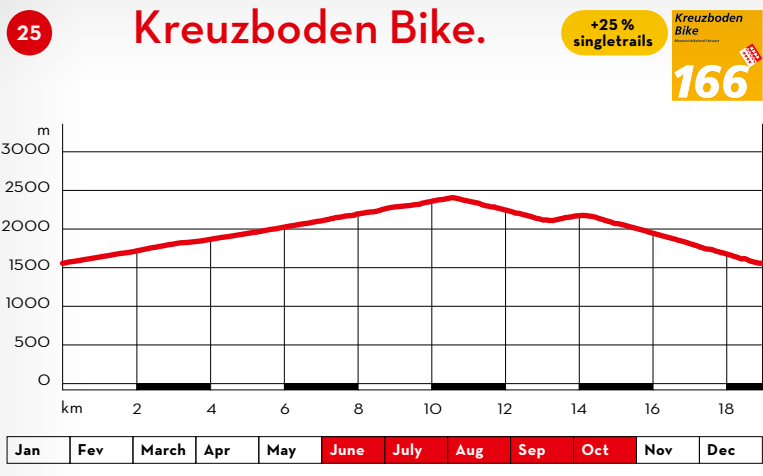
Punctuated by varied and fascinating landscapes, such as the turbulent waters of the Visp and snow-covered peaks, the route between Zermatt and Visp is ideal for nature lovers who enjoy routes of medium technical difficulty. Enjoy a magnificent view of the Matterhorn, the Bislettscher Glacier or the Historic dry-stone wall path towards Stalden.

Difficulty: medium, S2 **Start:** Zermatt (1.605 m)
Distance: 38,2 km **Arrival:** Visp (648 m)
Duration: 3:30 h
Ascent: +142 m
Descent: -1.094 m



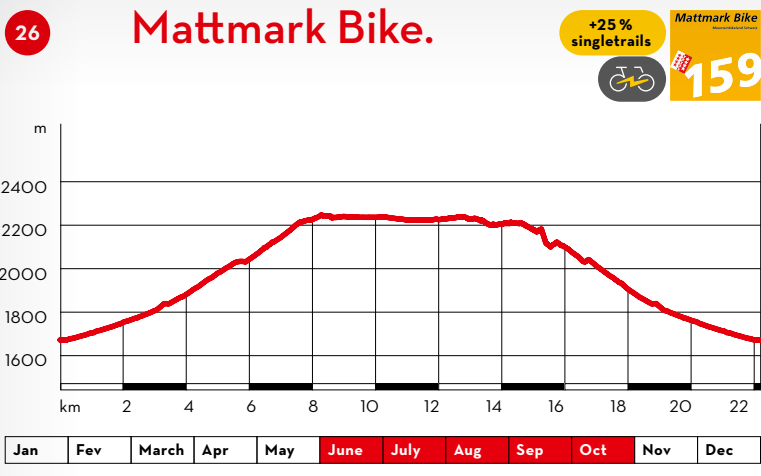
With its approximately 1,300-metre long, varied descent, the route from Giw to Visp in the Valais Alps is a real must for enduro riders, with a spectacular view of the Weisshorn, the Mischabels and the impressive Bietschhorn before the fun begins.

Difficulty: medium, S3 **Start:** Giw (1.907 m)
Distance: 13 km **Arrival:** Visp (648 m)
Duration: 1:00 h
Ascent: +15 m
Descent: -1.278 m



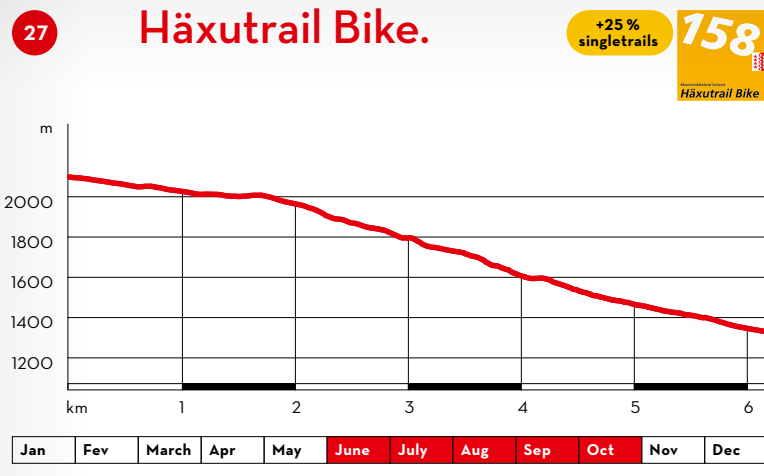
In addition to a breathtaking view of the 4,000-metre peaks of the Saas Valley and a 900-metre climb, there are many highlights for bikers on this trail: an 11-kilometre ascent through a larch forest, a fast descent on the Trifl flow trail and a single track in the Furwald forest to finish off with a bang.

Difficulty: medium, S2 **Start:** Saas-Grund (1.553 m)
Distance: 19 km **Arrival:** Saas-Grund (1.553 m)
Duration: 2:50 h
Ascent: +918 m
Descent: -918 m



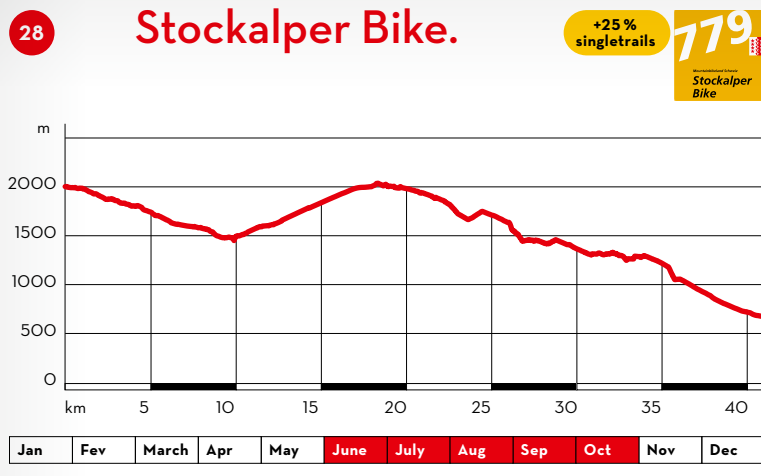
Starting from the village of Saas-Almagell, this medium-difficulty route takes bikers to the Mattmark Dam and around the lake, surrounded by a magnificent Alpine landscape, before returning to the starting point via the same route.

Difficulty: medium, S0 **Start:** Saas-Almagell (1.672 m)
Distance: 22,2 km **Arrival:** Saas-Almagell (1.672 m)
Duration: 2:45 h
Ascent: +593 m
Descent: -978 m



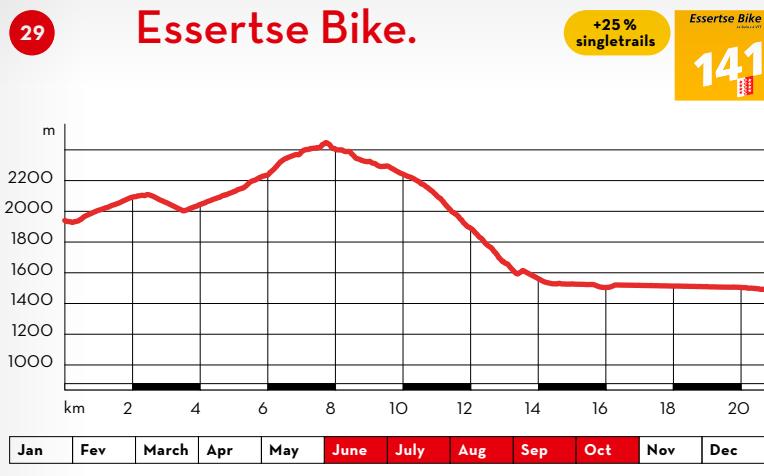
The Häxutrail leads from Belalp to Blatten through forests and on various trails. The route includes winding sections through clearings and offers small jumps that can also be avoided. It passes through ancient hamlets and green meadows and features a section that resembles a flow trail in a completely rehabilitated forest.

Difficulty: medium, S2 **Start:** Belalp (2.097 m)
Distance: 6,2 km **Arrival:** Belalp Bahren (1.331 m)
Duration: 0:25 h
Ascent: +7 m
Descent: -773 m



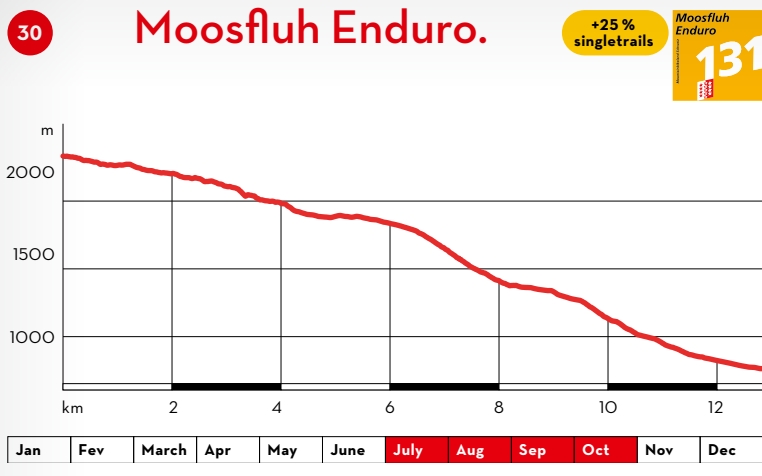
The Stockalper Bike is an exceptional experience, where the positive difference in altitude can easily be assisted by using the PostBus. Varied trails on both sides of the Simplon.

Difficulty: medium, S2 **Start:** Simplonpass (1.998 m)
Distance: 41,1 km **Arrival:** Brig (672 m)
Duration: 4:25 h
Ascent: +748 m
Descent: -2.071 m



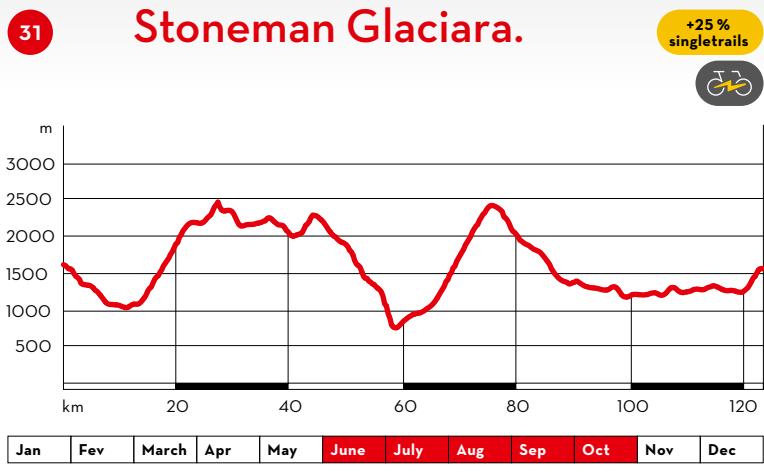
This demanding 20-kilometre mountain bike circuit, with a positive altitude difference of 673 m, is perfect for experienced mountain bikers, leading from the Les Masses chairlift through the Thyon 2,000 mountain pasture to the Crêtes de Thyon. The ascent to the Essertse mountain pasture offers an incredible view of the Val d'Hérens and the Grande Dixence dam. The natural landscape and diversity of the local fauna make this a memorable mountain-biking adventure.

Difficulty: medium, S3 **Start:** Les Masses (1.937 m)
Distance: 20,6 km **Arrival:** Les Masses (1.493 m)
Duration: 2:50 h
Ascent: +1.150 m
Descent: -706 m



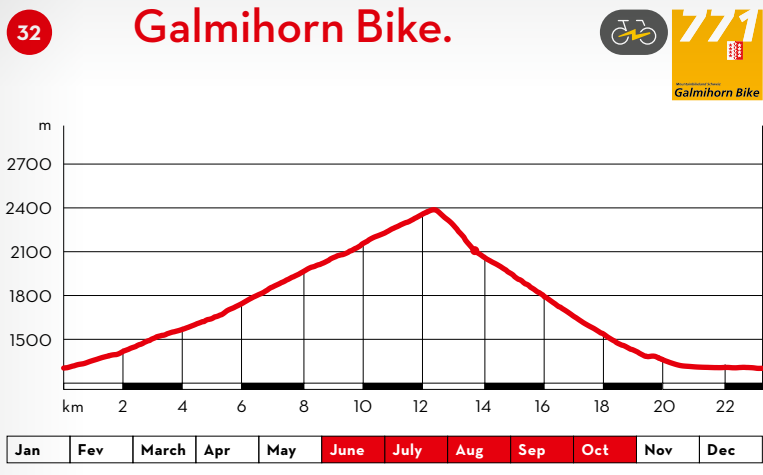
From Moosfluh, this natural singletrack leads above the Aletsch plateau with splendid views of the Great Aletsch Glacier. The first half follows an easy, flowing route along the ridge to Lac Bleu, before plunging into a natural, steep and rocky descent from Riederalp to Mörel.

Difficulty: medium, S2 **Start:** Moosfluh (2.333 m)
Distance: 12,8 km **Arrival:** Mörel (765 m)
Duration: 0:45 h
Ascent: +1 m
Descent: -1.569 m



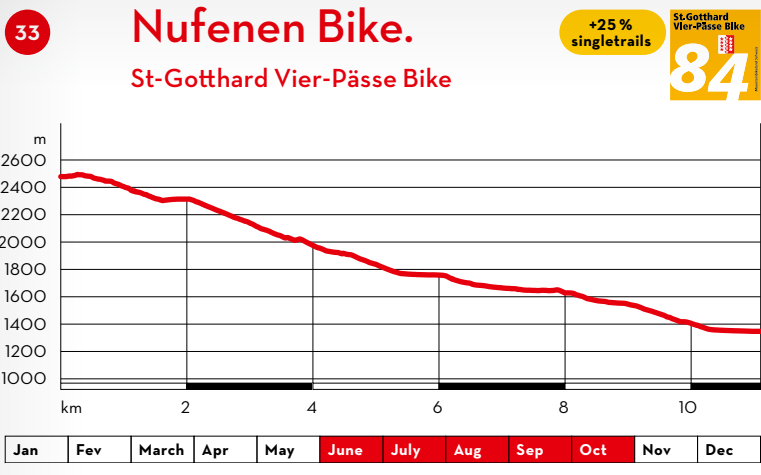
This very demanding 127-kilometre excursion takes you between spectacular glaciers and imposing 4,000-m mountains. It starts with an ascent to Aletsch, then descends through the Goms valley, before a more taxing 1,600-metre ascent to the Breithorn Pass. The route continues along the Rhône towards Obergoms, passing through various villages and monuments rich in history.

Difficulty: difficult, S3 **Start:** Mörel, Ermen, Fiesch, Bettmeralp or Bellwald
Distance: 129,7 km **Arrival:** Mörel, Ermen, Fiesch, Bettmeralp or Bellwald
Duration: 23:00 h
Ascent: +4.700 m
Descent: -4.853 m



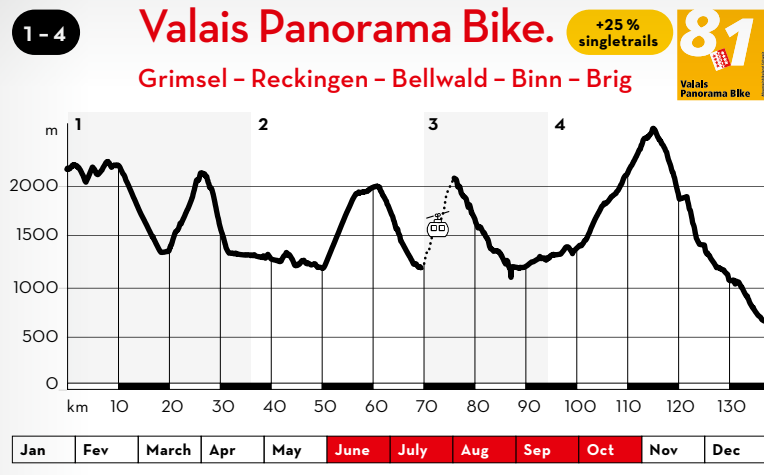
A steady but pleasant 1,100-metre ascent awaits you on this route, which starts in Reckingen-Glurigen. You will be rewarded for your efforts with a breathtaking view of the Blinnen and Bächtal valleys, the Weisshorn, the Matterhorn and the Rhône Valley. Don't forget to take a well-deserved break at the Galmihorn to prepare for the descent.

Difficulty: medium, S2 **Start:** Reckingen (1.315 m)
Distance: 23,7 km **Arrival:** Reckingen (1.315 m)
Duration: 3:30 h
Ascent: +1.097 m
Descent: -1.097 m



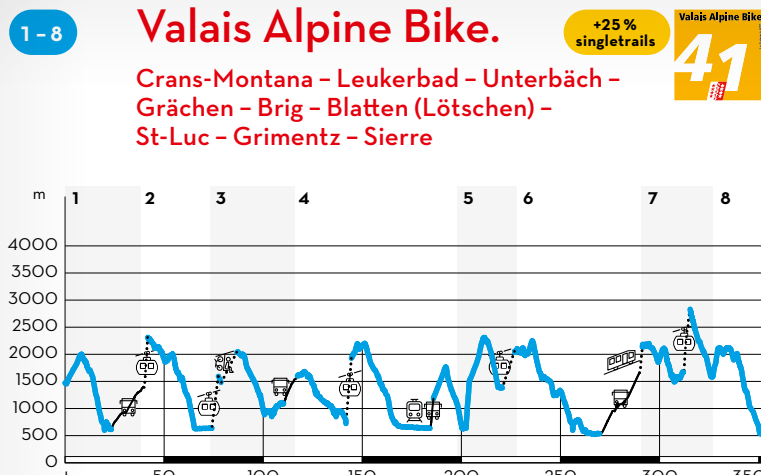
At the start of the Nufenen Pass, Switzerland's second-highest Alpine pass, this descent's appeal lies in its versatility. At times technically demanding rocky terrain, or more flowing through alpine meadows, the trail winds its way through breathtaking scenery to Obergoms and ends in Oberwald.

Difficulty: difficult, S3 **Start:** Nufenenpass (2.478 m)
Distance: 15,2 km **Arrival:** Ulrichen (1.347 m)
Duration: 1:05 h
Ascent: +35 m
Descent: -1.147 m



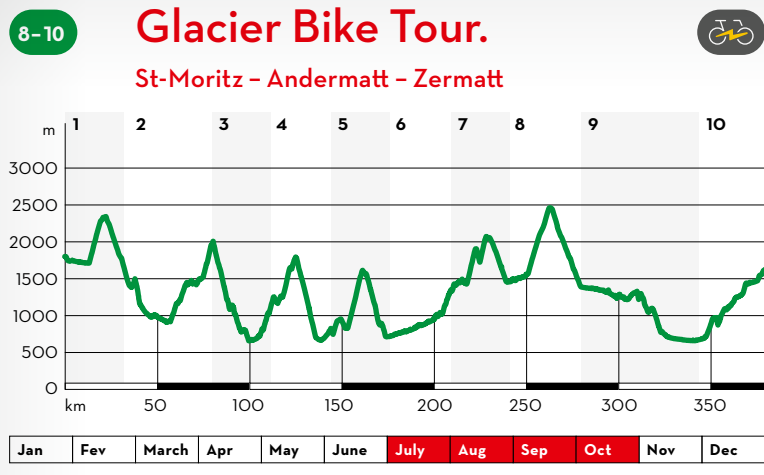
The Valais Panorama Bike begins in the picturesque Goms Valley, nesting between the three great Alpine passes of Furka, Grimsel and Nufenen. From the Grimsel Pass, follow historic trails through fascinating landscapes and culture, via the little-known Rappental valley, to Bellwald. Here, Switzerland's most fun trails await you in the heart of the Bellwald bike park. A 280-metre-long suspension bridge is the gateway to the Binntal Nature Park, with its amazing unspoiled nature and lively mountain village traditions. The final and so-called Queen Stage leads over the legendary Saftläch Pass before reaching the small town of Brig, home to the imposing Stockalper Castle, the high point of your adventure.

Difficulty: medium, S2 **Start:** Grimselpass (2.161 m)
Arrival: Brig (672 m)
Distance: 1, Grimsel - Reckingen / 36,6 km / 4:20 h
2: Reckingen - Bellwald / 33,9 km / 5:20 h
3: Bellwald - Binn / 23,4 km / 3:30 h
4: Binn - Brig / 38,8 km / 6:00 h



From Crans-Montana to Brig, via the Leukerbad region, Moosalp and Grächen, through the Lötschental and the Val d'Anniviers - the Valais Alpine Bike regional route takes you on some of the most beautiful mountain bike trails in Valais. The tour takes in the best Alpine single trails, with views of the Rhône Valley and its side valleys. Mountain railways and public transport mean many difficult ascents can be avoided while guaranteeing maximum enjoyment.

Difficulty: medium, S2 **Start:** Crans-Montana (1.475 m)
Arrival: Sierre (522 m)
1: Crans-Montana - Leukerbad / 26 km / 3:20 h
2: Leukerbad - Unterbach / 33 km / 4:15 h
3: Unterbach - Grächen / 33 km / 5:00 h
4: Grächen - Brig / 51 km / 5:00 h
5: Brig - Wiler (Lötschen) / 40 km / 6:00 h
6: Lauchernalp - St-Luc / 41 km / 5:50 h
7: St-Luc - Grimentz / 33 km / 3:30 h
8: Grimentz - Sierre / 25 km / 2:20 h



From St. Moritz to Zermatt via Andermatt, the Glacier Bike Tour crosses Switzerland in ten stages, over 370 km and 9,500 m of ascent, through three cantons, over three passes and along the iconic Glacier Express route. While the first seven stages take mountain bikers from the upper Engadine valley to Andermatt, the passage over the Furka Pass marks the entrance to Valais at the highest point of the tour, 2,429 m above sea level.

Difficulty: medium, S2 **Start:** St. Moritz (1.774 m)
Arrival: Zermatt (1.605 m)
1 - 7: St-Moritz - Andermatt / 240 km
8: Andermatt - Ulrichen / 43 km / 2:30h
9: Ulrichen - Visp / 56 km / 3:20h
10: Visp - Zermatt / 38 km / 3:15h



E-bike. +25% singletrail

With its towering mountains, green valleys, hillside vineyards, age-old glaciers, intoxicatingly fragrant forests and impetuous rivers, Valais is a vast playground for mountain biking enthusiasts. E-bikes can tackle all mountain bike routes and offer a pleasant alternative for scaling the heights. The easily accessible practice of riding electrically assisted mountain bikes is currently gaining momentum and enables you to experience the pleasure of escapism with a minimum of effort. Whether a beginner or experienced athlete, you will find Valais offers dream conditions for practicing this sport.

visitvalais.ch/e-bike-tours

E-bike charging stations.

Your trip through our Valais landscapes is sure to recharge your batteries: along the way, take a break to recharge your bike's batteries, too! Remember to bring your charger with you so you can make use of one of the e-bike charging stations located along different routes.

visitvalais.ch/chargingstations



Flow trails.

Try our Valais flow trails and discover new sensations on mountain bike trails designed with the sole goal of having fun. This is an experience open to all mountain bikers, as a flow trail offers an easy, fluid descent with gentle rollers and invigorating banked turns, and virtually zero difficulties. No great effort is required for pedalling and the trail is on a smooth surface, with no jumps or obstacles such as rocks or big roots. In short, all you have to do is let go and enjoy yourself!

visitvalais.ch/flowtrails

Pump tracks & Skills parks.

Throughout Switzerland, pump tracks have been experiencing a boom for some time now. And with more than 15 circuits, Valais is no exception. A pump track is a mountain-bike trail up to two metres wide consisting of rollers and banked turns. These rollers are used to generate speed through rhythmic movements, so that the entire circuit can be ridden as often as you like without pedalling. If a pump track is built properly, advanced riders will be able to jump from roller to roller, rather than just riding over them. Pump tracks can be made from natural soil, wood, concrete or asphalt.

visitvalais.ch/pumptracks

Bikeparks.

In Valais, more than 25 downhill mountain bike tracks in six bike parks await devotees of this thrilling discipline, which is becoming ever more popular. Are you new to downhill riding or an expert? Prefer green, blue, red or black tracks? Into technical passages or flowing descents? Natural or artificial jumps? Rocks or roots? Whatever your level and your tastes, you'll find downhill tracks to suit in Valais' six bike parks. Head for Champéry-Morgins, Verbier, Crans-Montana, St-Luc, Eischoll or Bellwald to find trails that are sure to give you endless pleasure. Just choose your destination, get on your bike and you're in for a wild time!

visitvalais.ch/bikeparks

Information for your stay.

Bike hotels. +25% singletrail

Suitable accommodation is the key to a perfect 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 top trails - and even optional luggage transfers between hotels on request.

visitvalais.ch/bike-hotels

Bike rental.

Exploring Valais by road bike or mountain bike is a thrilling experience. To be sure to have a bike appropriate for the different kinds of terrain and surfaces you are likely to encounter in Valais, do not hesitate to rent. Different types and models are available to meet different needs and you will enjoy top-class service as well as high-quality equipment. Find the road bike, e-bike, fatbike or mountain bike to suit you at one of the many sports shops in Valais.

visitvalais.ch/bike-rental

Bike guides and company.

Novice or expert? Travelling in a group or solo? Whatever your situation, you will be sure to benefit from the expertise of local cycling tour guides and schools. They'll reveal the best insider secrets about the local cycling scene, as well as help you improve your riding style, not to mention showing you the most interesting places in Valais. Local cycle tour guides make the perfect companions.

visitvalais.ch/bike-guides

Bike top events.

The Valais is an ideal playground for organising mountain biking events. Competitions, festivals and events take place throughout the summer. Whether you want to pedal or cheer people on, here are the not-to-be-missed events.

visitvalais.ch/mountain-bike-events

Bike transport.

Nothing could be easier than travelling with a bike by public transport in Valais. Thanks to more than 100 cableways (cable cars, chairlifts and funiculars) and countless bus and train routes, cyclists and mountain bikers have an infinite choice of possibilities for planning their outings and accessing the most beautiful spots in Valais.

visitvalais.ch/bike-mobility

Bus and train routes.

There is nothing simpler than travelling by public transport in Valais. Thanks to more than 100 cable lifts, numerous train lines, as well as buses equipped with trailers for transporting two-wheelers, an infinite choice of possibilities is available to cyclists and hikers who wish to plan their getaways and reach the most stunning destinations in the canton. As bicycle transport capacities are limited, it is recommended that you reserve your space on the SBB mobile app or at sbb.ch.

sbb.ch

Typical restaurants.

At 'Saveurs du Valais' (Flavours of Valais) restaurants, you can try seasonal local food and sample Valais specialities made from traditional recipes. Fancy a traditional raclette, a fondue, an 'assiette valaisanne' (dried meat platter) or some asparagus? At restaurants bearing the 'Saveurs du Valais' label, you can try Valais specialities and enjoy outstanding Valais wines.

visitvalais.ch/restaurants-favoursvalais

Best practice guidelines.

Setting off on a mountain bike tour of Valais is an incomparable outing but respect for certain rules of good conduct is essential for your safety, to preserve the environment and for cohabiting optimally with other users. Respectful behaviour towards hikers allows everyone to enjoy their hobby under the best possible conditions. Please slow down and warn pedestrians timously as well as greeting them. They are also out and about to enjoy the magical Valais countryside. The mountains are a privilege for sharing with others.

visitvalais.ch/safety-respect

Cohabiting.

In Valais, hikers, mountain bikers and other users share the same playground, mainly doing what they love most: on mountain trails winding through fields and forests. In order to preserve harmony and tolerance, the canton has been running an awareness-raising campaign since the summer of 2023 to raise mindfulness of the need to live together and respect nature and agriculture.

visitvalais.ch/coexistence



Best practice guidelines.

- Show respect.
- Respect farming.
- Stay on the trails.
- Respect the environment.
- Leave no trace.
- Know your limits.

UCI 2025 MOUNTAIN BIKE WORLD CHAMPIONSHIPS **VALAIS SWITZERLAND**

COME MOUNTAIN BIKING AND DISCOVER MAGICAL PLACES.

A veritable paradise for outdoor activities, with nearly 9,000 km of hiking trails, more than 43,000 km of cycle routes and nine thermal resorts. Valais is the ultimate destination for fans of the great outdoors, relaxation and regional specialities.

FATRAIL