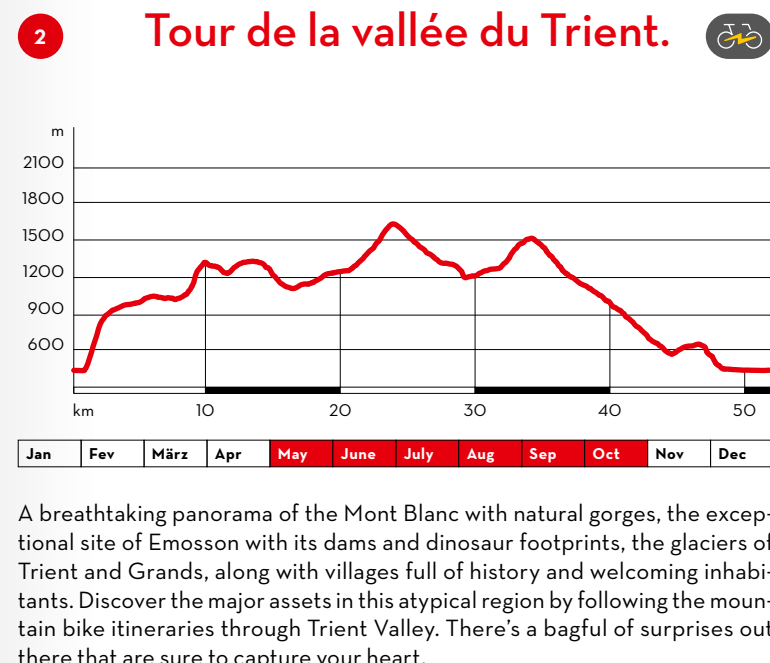


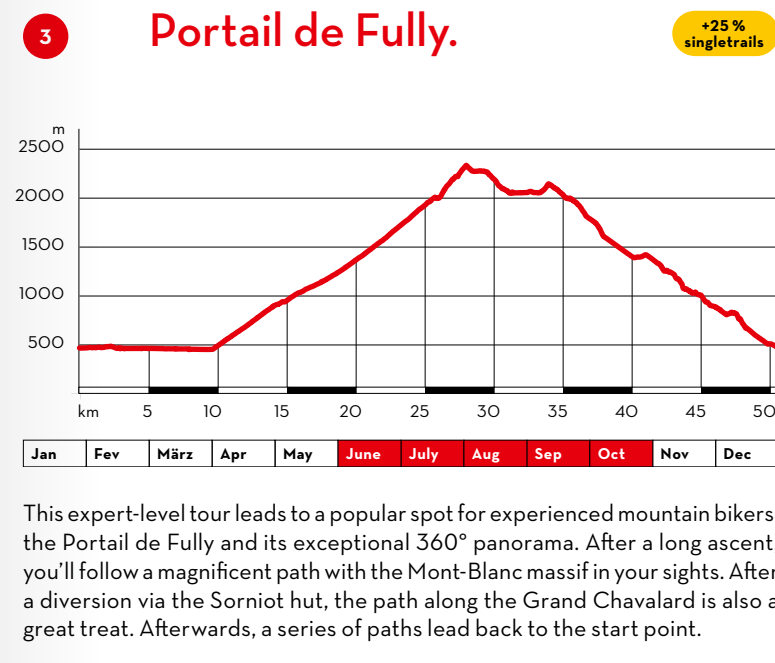
The biggest mountain bike playground in Europe is yours with this loop at the entrance to Champéry. Armed with your mountain bike pass, climb the peaks and explore the bike parks at Les Crosets, Avoriaz and Châtel to experience or relive the sensations of the not-to-be-missed Pass/Portes du Soleil MTB.

Difficulty: difficult, S3	Start: Champéry (1,050 m)
Distance: 70 km	Arrival: Champéry (1,050 m)
Duration: 4:00 h	
Ascent: +560 m	
Descent: -4050 m	



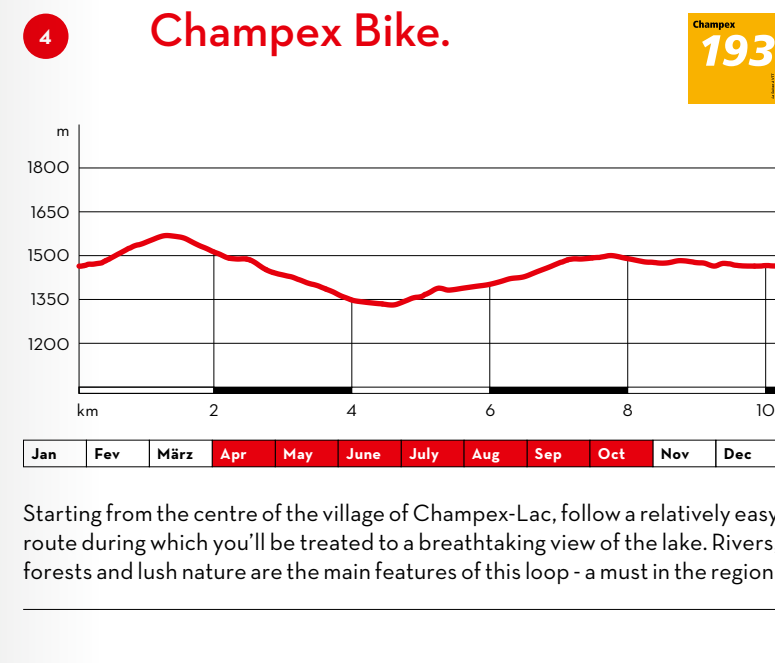
A breathtaking panorama of the Mont Blanc with natural gorges, the exceptional site of Emosson with its dams and dinosaur footprints, the glaciers of Trient and Grands, along with villages full of history and welcoming inhabitants. Discover the major assets in this typical region by following the mountain 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	



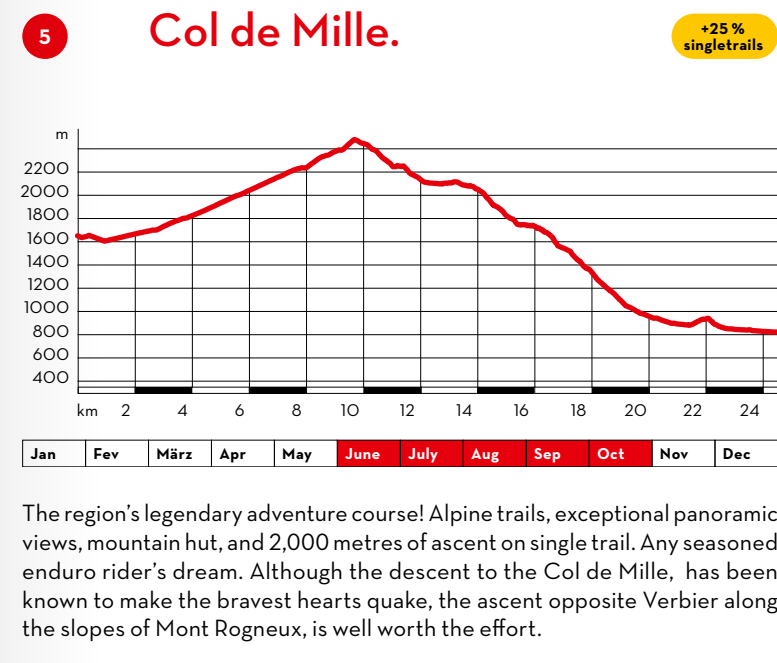
This expert-level tour leads to a popular spot for experienced mountain bikers: the Portail de Fully and its exceptional 360° panorama. After a long ascent, you'll follow a magnificent path with the Mont-Blanc massif in your sights. After a diversion via the Sornot hut, the path along the Grand Chavalard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

Difficulty: difficult, S2	Start: Fully (464 m)
Distance: 50,8 km	Arrival: Fully (464 m)
Duration: 8:20 h	
Ascent: +2,285 m	
Descent: -2,285 m	



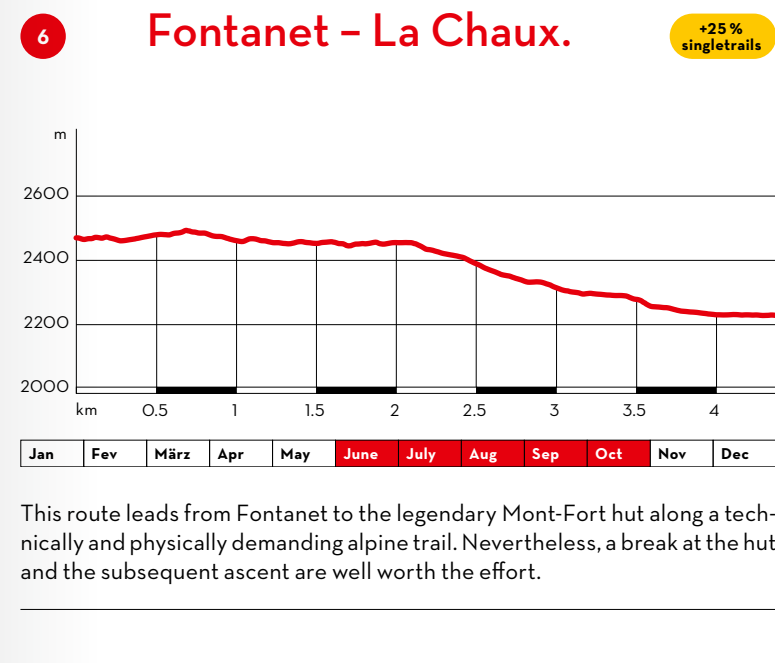
Starting from the centre of the village of Champex-Lac, follow a relatively easy route during which you'll be treated to a breathtaking view of the lake. Rivers, forests and lush nature are the main features of this loop - a must in the region.

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: -1,908 m	



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

Difficulty: difficult, S4	Start: Moay (1,690 m)
Distance: 26 km	Arrival: Le Châble (850 m)
Duration: 2:40 h	
Ascent: +1,081 m	
Descent: -1,908 m	



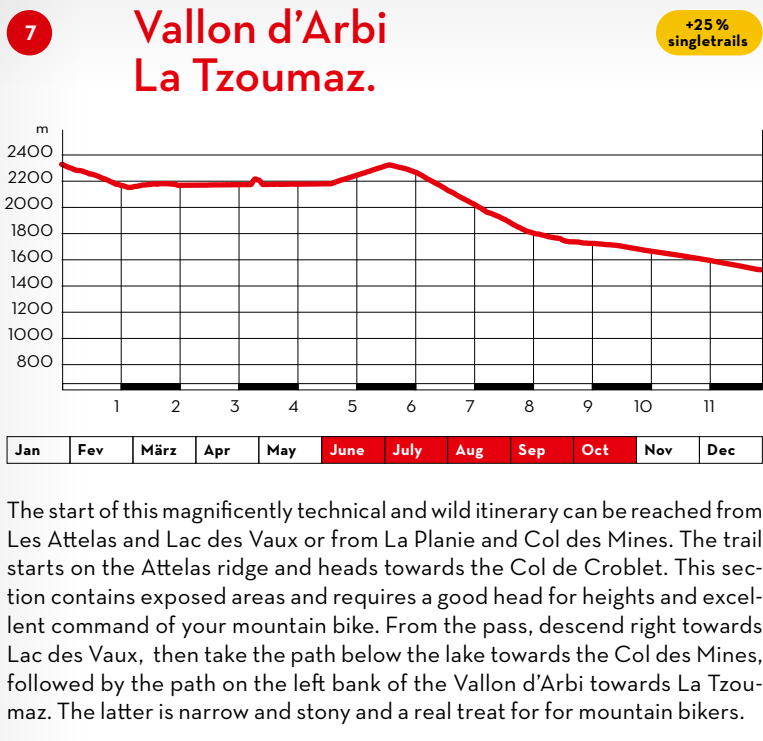
This route leads from Fontanet to the legendary Mont-Fort hut along a technically and physically demanding alpine trail. Nevertheless, a break at the hut and the subsequent ascent are well worth the effort.

Difficulty: difficult, S2	Start: Fontanet (2465 m)
Distance: 4,5 km	Arrival: La Chaux (226 m)
Duration: 0:50 h	
Ascent: +73 m	
Descent: -315 m	

Single track trail scale of difficulty.

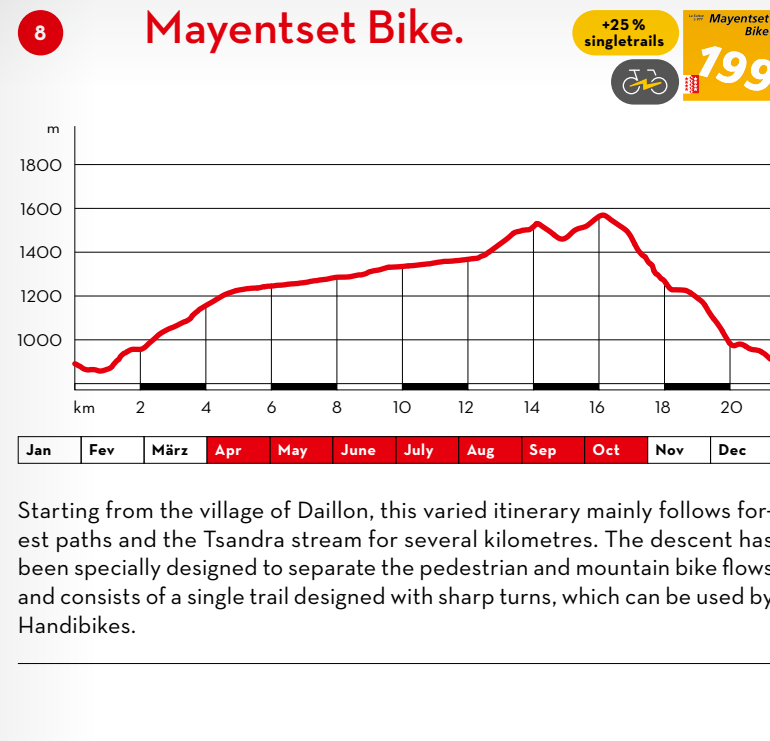
The most frequent grade of difficulty of a trail's sections determines the general grade of the whole track.

S0	S2	S4
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.	Many obstacles such as roots, stones and larger steps; tight corners. Certain passages may have gradients of up to 70%. Basic technique required, including controlled braking and body displacement to overcome obstacles.	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.
S1	S3	S5
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.	Trail blocked by large rocks, roots 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.	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.



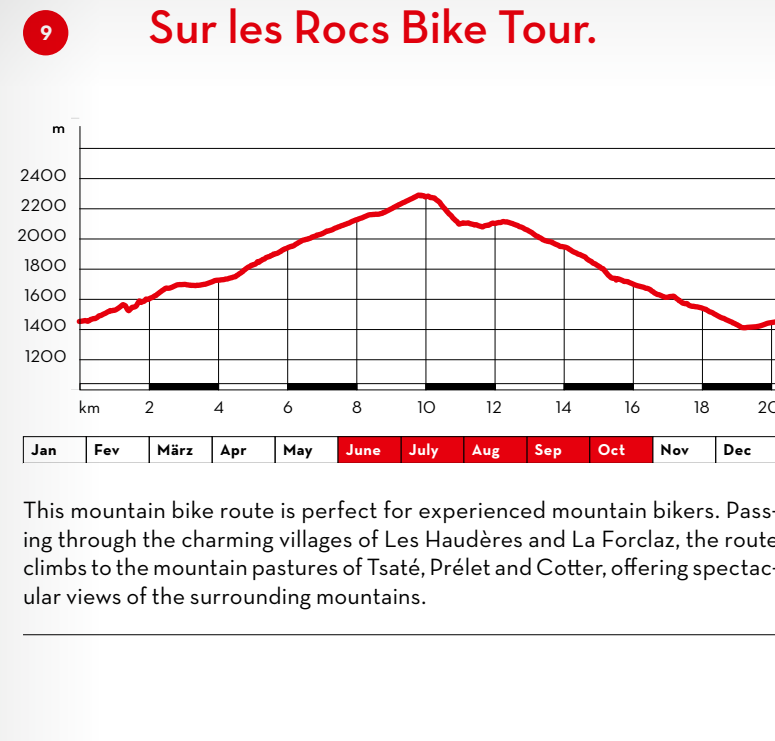
The start of this magnificently technical and wild itinerary can be reached from Les Atteas and Lac des Vaux or from La Planie and Col des Mines. The trail starts on the Atteas ridge and heads towards the Col de Croblet. This section contains exposed areas and requires a good head for heights and excellent 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 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	



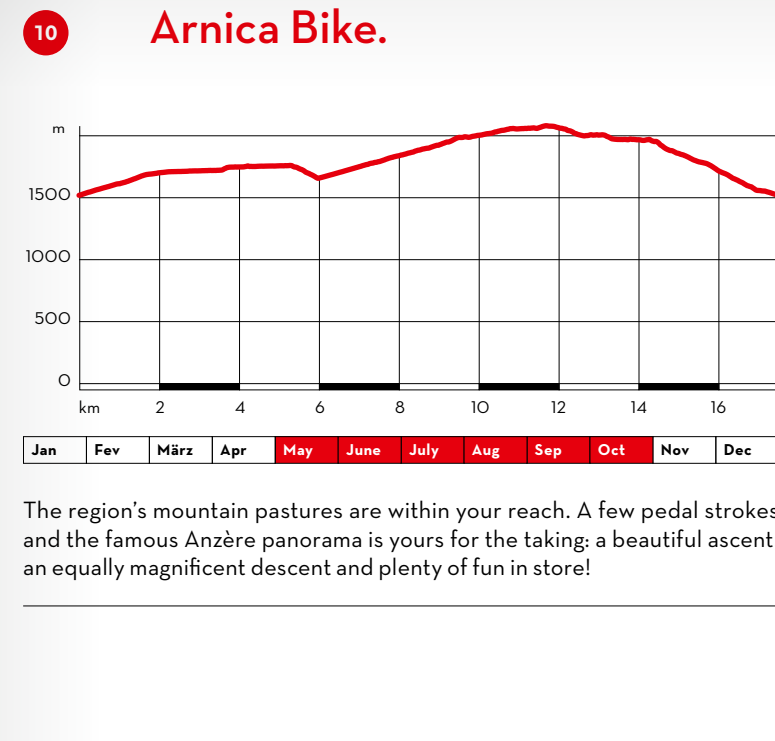
Starting from the village of Dailion, this varied itinerary mainly follows forest paths and the Tsandra stream for several kilometres. The descent has been specially designed to separate the pedestrian and mountain bike flows and consists of a single trail designed with sharp turns, which can be used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



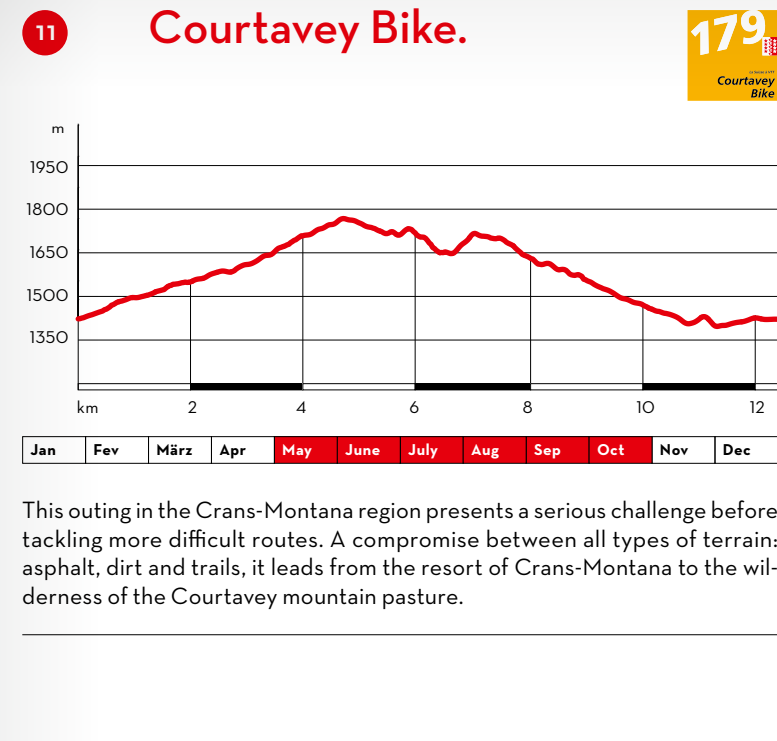
This mountain bike route is perfect for experienced mountain bikers. Passing through the charming villages of Les Haudères and La Forclaz, the route climbs to the mountain pastures of Tsat4, Prêlet and Cotter, offering spectacular views of the surrounding mountains.

Difficulty: medium, S1	Start: Les Haudères (1,454 m)
Distance: 20,3 km	Arrival: Les Haudères (1,454 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 invitation 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, playful ascents and moments of relaxation. 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 Lavioz area offers a welcoming atmosphere, with something to delight both young and old alike.

Difficulty: medium, S1	Start: Vercorin (1,321 m)
Distance: 14,1 km	Arrival: Vercorin (1,321 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 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.

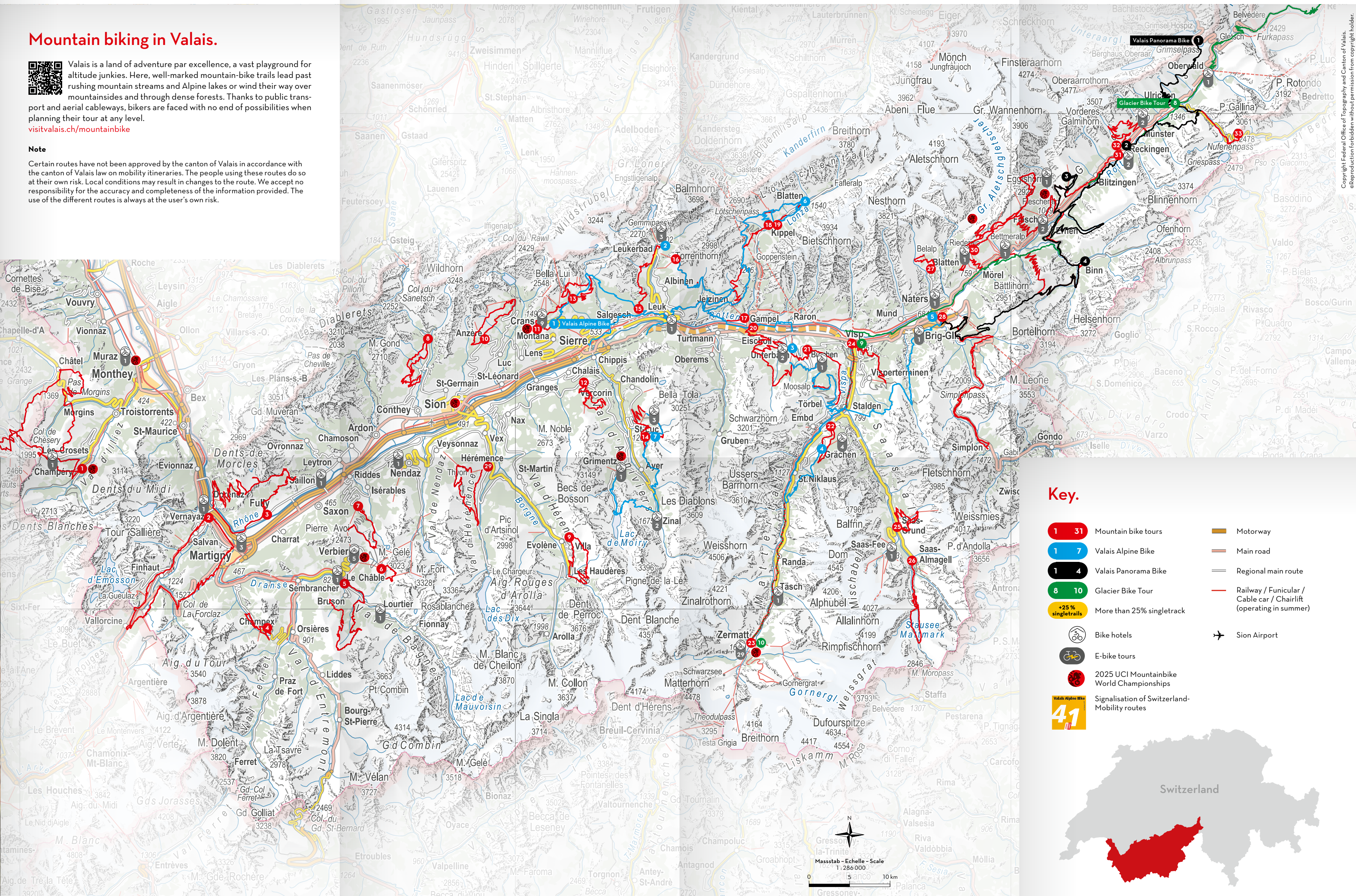
1	7	Valais Alpine Bike
1	4	Valais Panorama Bike
8	10	Glacier Bike Tour



Mountain biking in Valais.

Valais is a land of adventure par excellence, 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

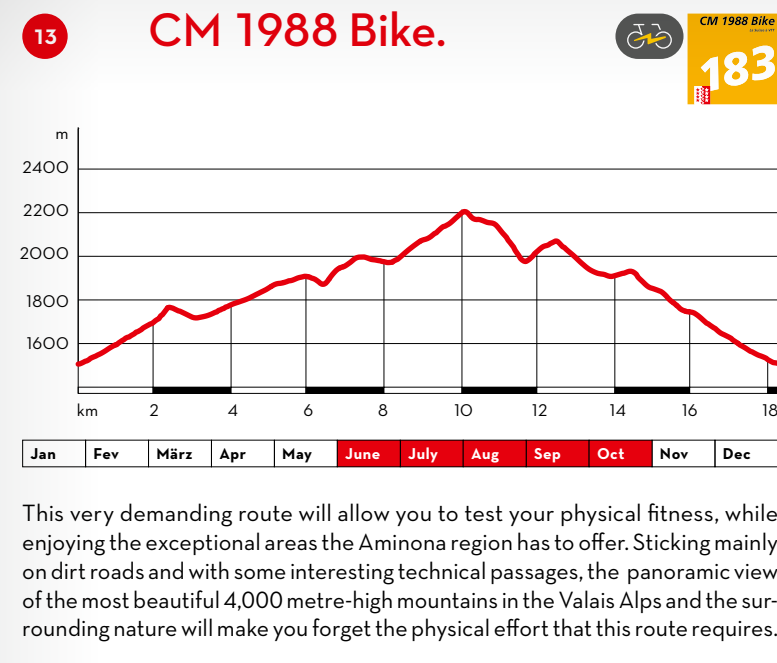
Note
Certain routes have not been approved by the canton of Valais in accordance with the canton of Valais law on mobility itineraries. The people using these routes do so at their own risk. Local conditions may result in changes to the route. We accept no responsibility for the accuracy and completeness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



Key.

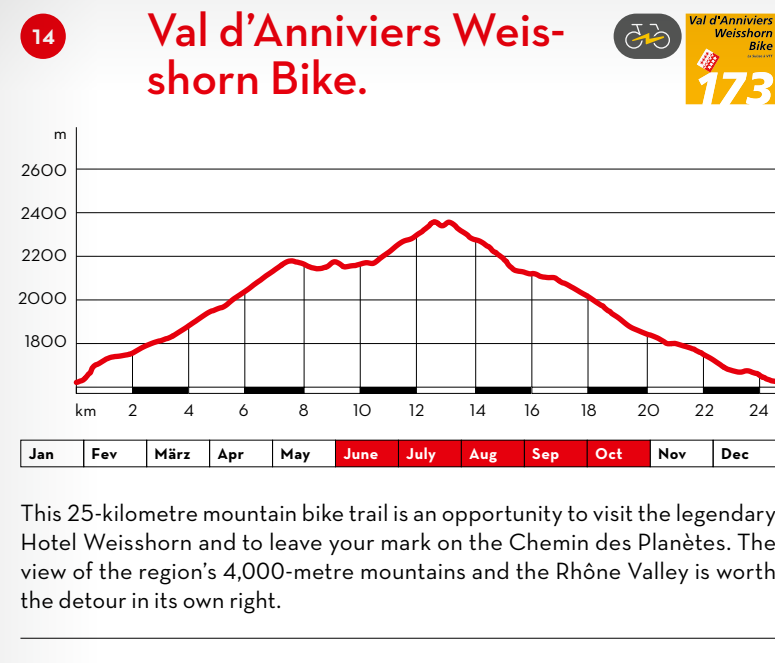
1	31	Mountain bike tours
1	7	Valais Alpine Bike
1	4	Valais Panorama Bike
8	10	Glacier Bike Tour
+25%	+25%	More than 25% singletail
		Bike hotels
		E-bike tours
		2025 UCI Mountainbike World Championships
		Signalling of Switzerland-Mobility routes

	Motorway
	Main road
	Regional main route
	Railway / Funicular / Cable car / Chairlift (operating in summer)
	Sion Airport



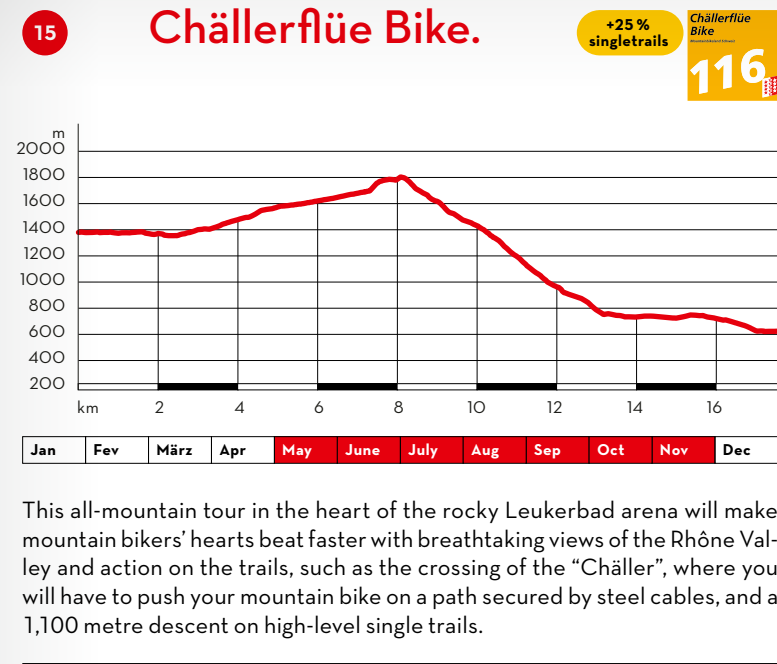
This very demanding route will allow you to test your physical fitness, while enjoying the exceptional areas the Amona region has to offer. Sticking mainly on dirt roads and with some interesting technical passages, the panoramic view of the most beautiful 4,000-metre-high mountains in the Valais Alps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

Difficulty: medium, S2	Start: Amona (1,513 m)
Distance: 18,4 km	Arrival: Amona (1,513 m)
Duration: 3:40 h	
Ascent: +1,140 m	
Descent: -1,140 m	



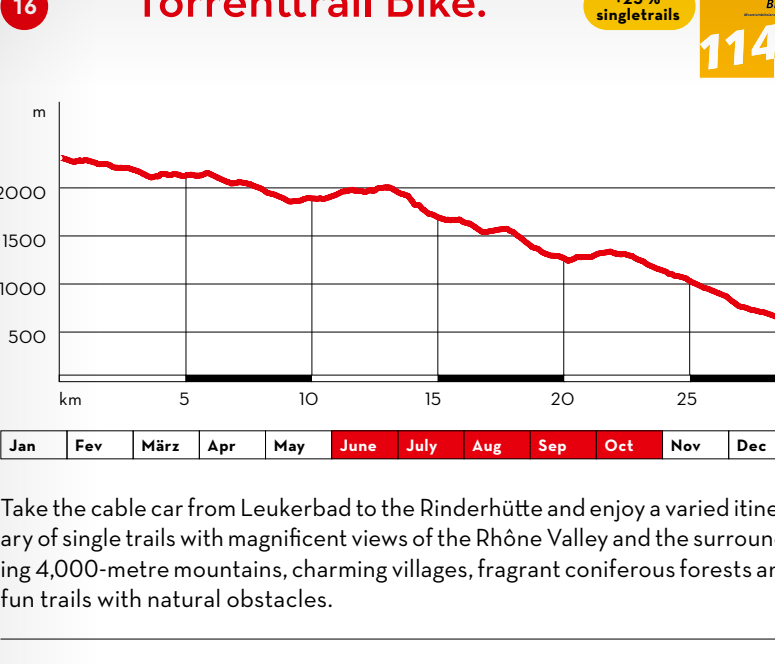
This 25-kilometre mountain bike trail is an opportunity to visit the legendary Hotel Weisshorn and to leave your mark on the Chemin des Planâtes. The view of the region's 4,000-metre mountains and the Rhône Valley is worth the detour in its own right.

Difficulty: medium, S1	Start: St-Luc (1,629 m)
Distance: 24,7 km	Arrival: St-Luc (1,629 m)
Duration: 4:00 h	
Ascent: +815 m	
Descent: -815 m	



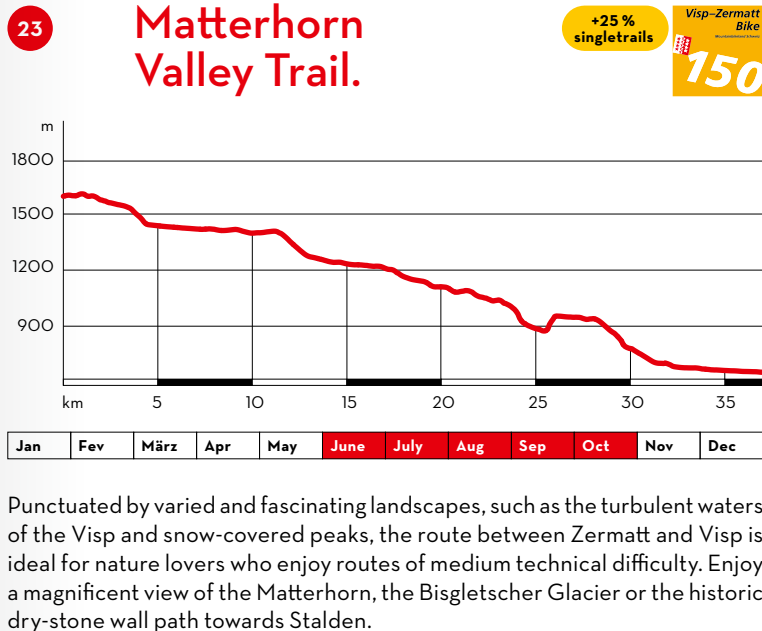
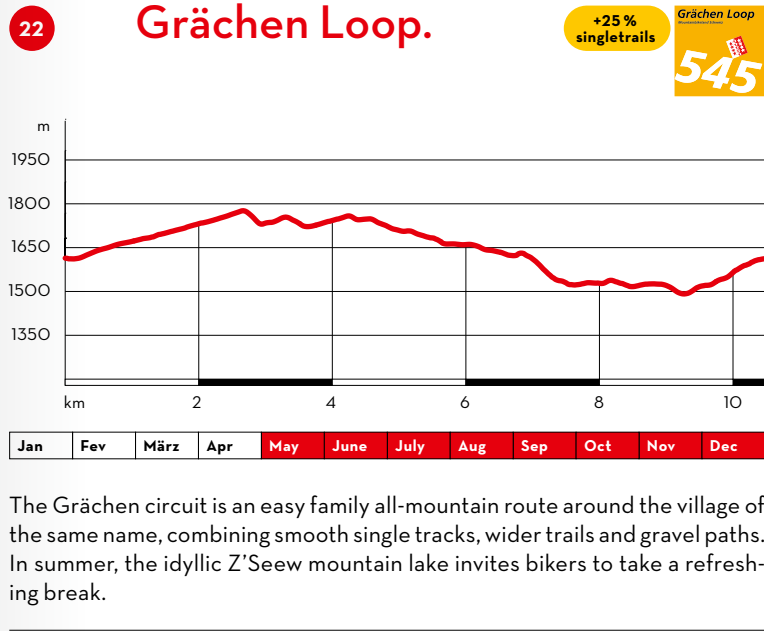
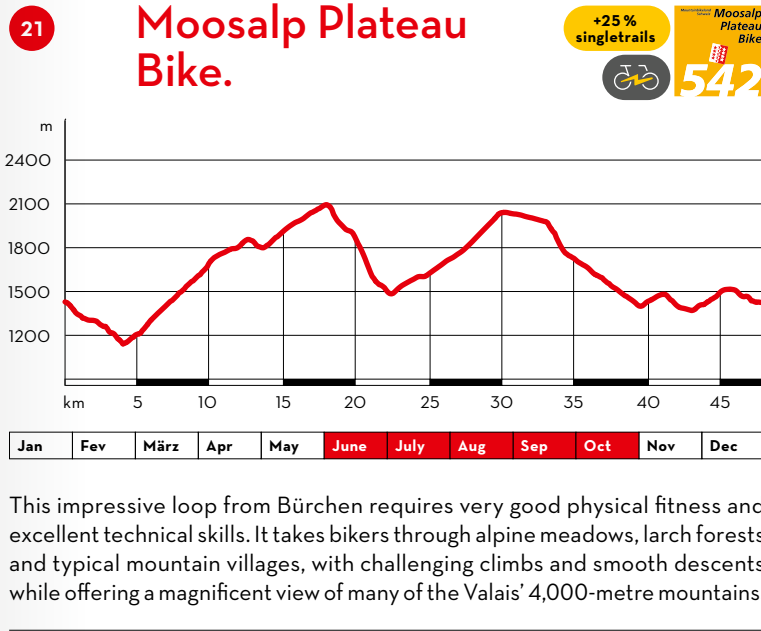
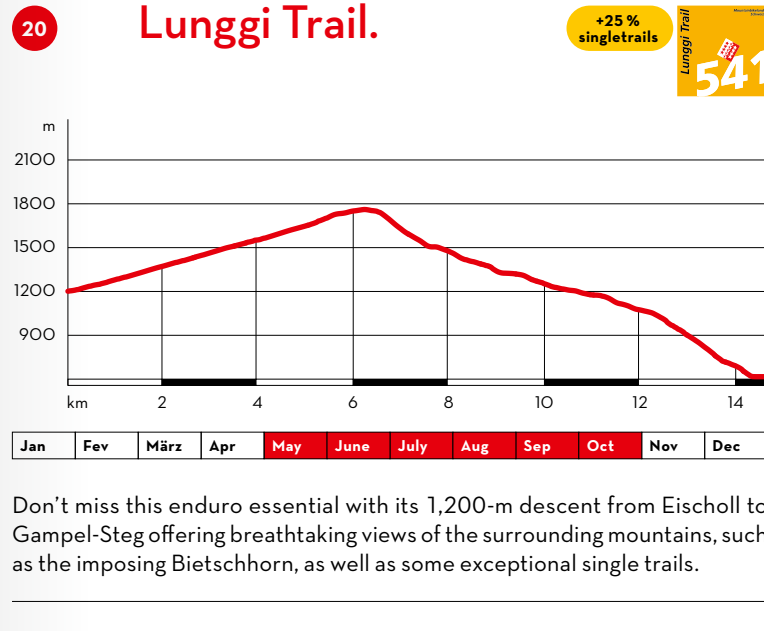
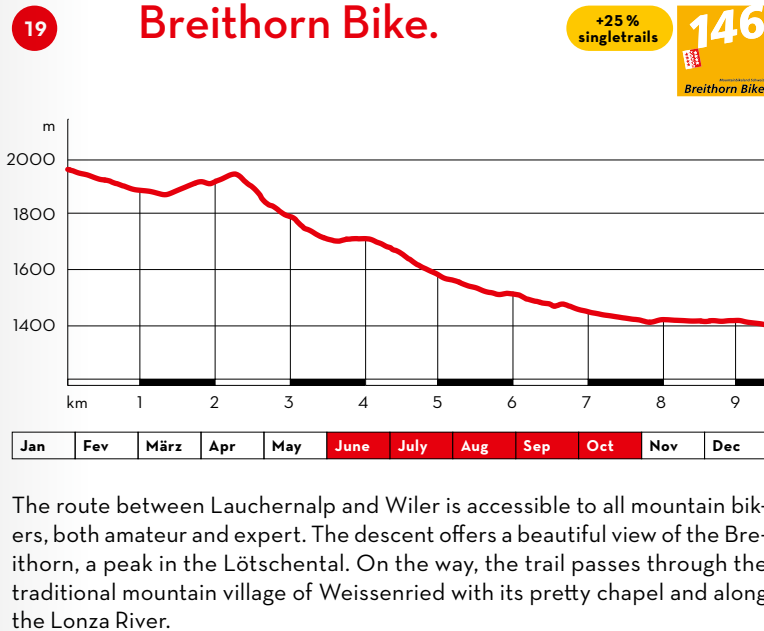
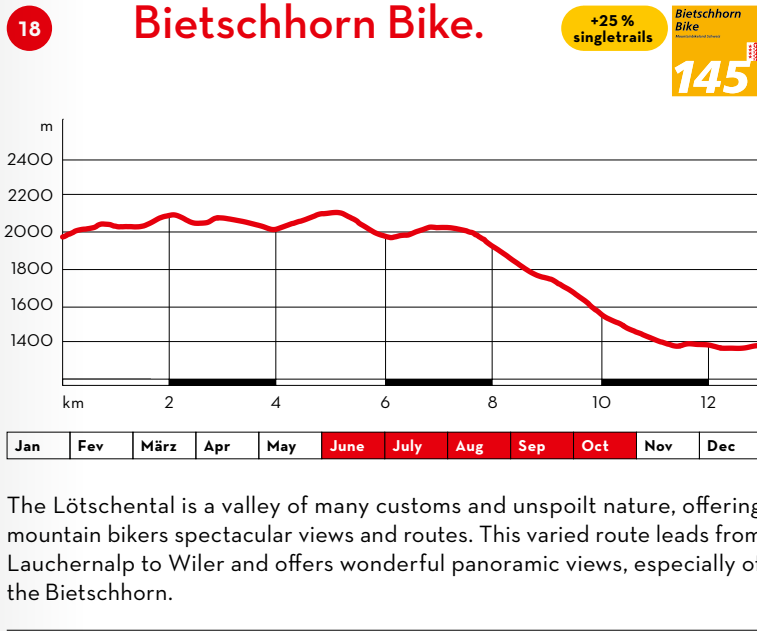
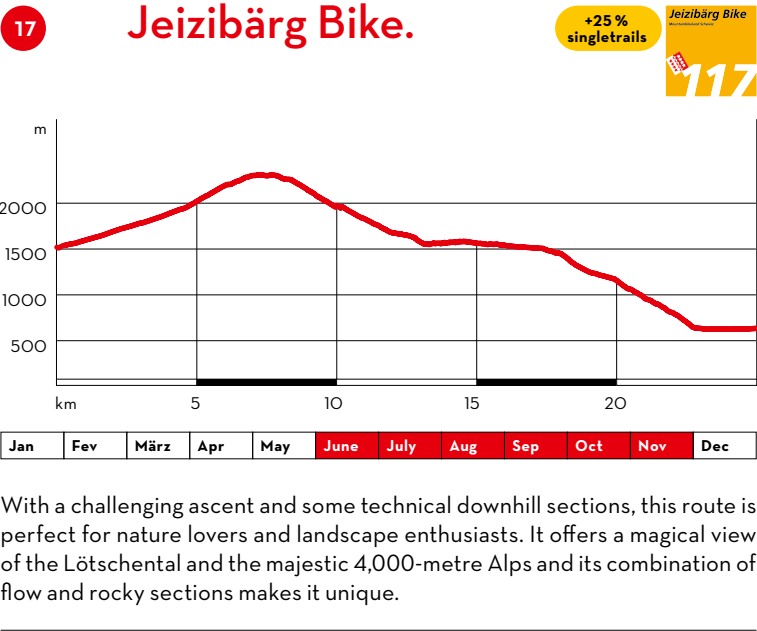
This all-mountain tour in the heart of the rocky Leukerbad arena will make mountain bikers' hearts beat faster with breathtaking views of the Rhône Valley and action on the trails, such as the crossing of the "Châller", where you will have to push your mountain bike on a path secured by steel cables,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

Difficulty: medium, S1	Start: Loèche-les-Bains (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 itinerary 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: La Souste (623 m)
Duration: 3:05 h	
Ascent: +333 m	
Descent: -2,022 m	



Difficulty: difficult, S1	Start: Jeizinen (1,518 m)
Distance: 25 km	Arrival: Gampel (633 m)
Duration: 3:40 h	
Ascent: +843 m	
Descent: -1,728 m	

Difficulty: medium, S2	Start: Lauchernalp (1,969 m)
Distance: 13.2 km	Arrival: Wiler (1,397 m)
Duration: 1:45 h	
Ascent: +349 m	
Descent: -922 m	

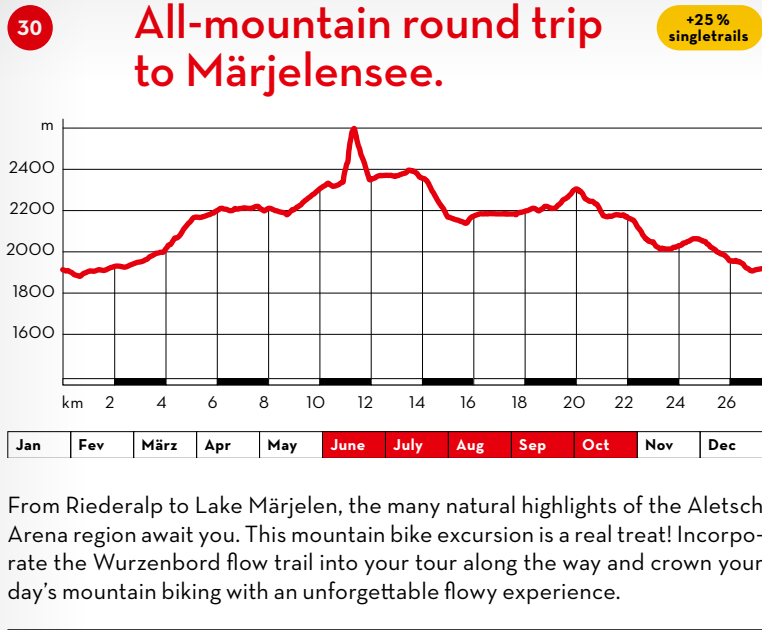
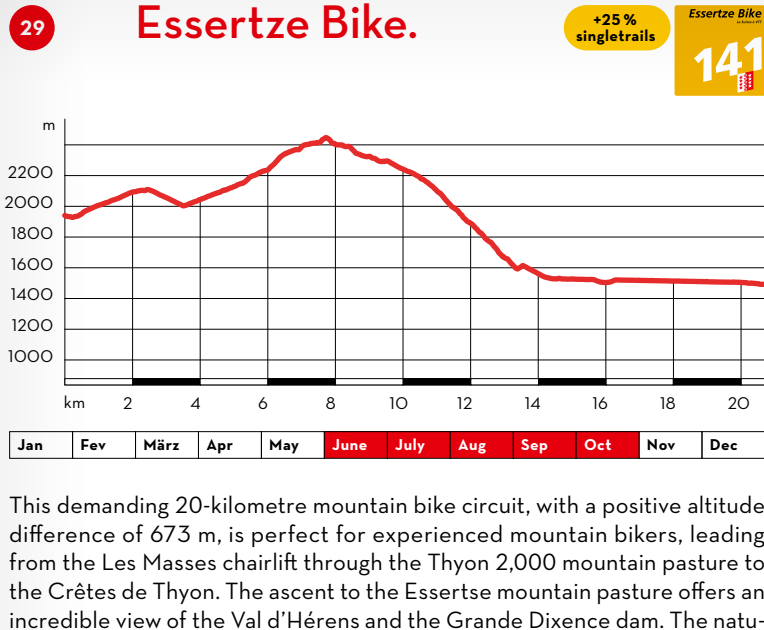
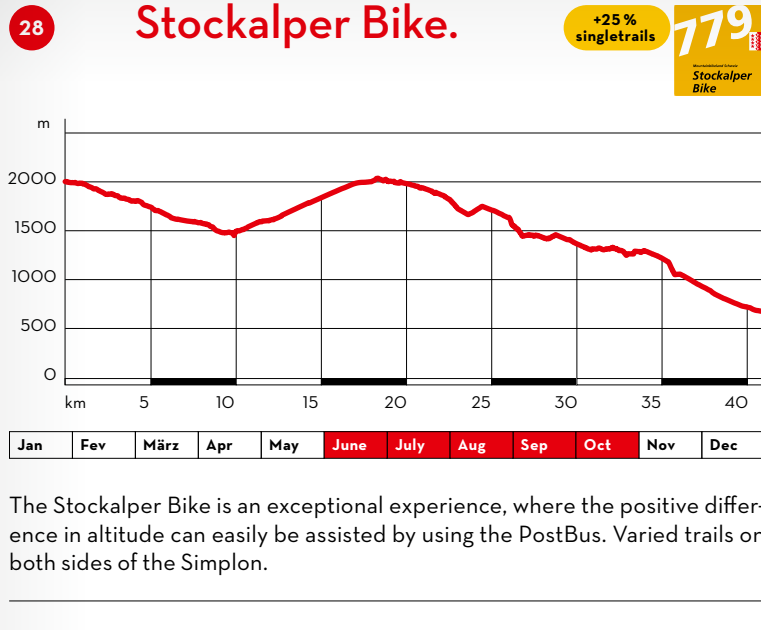
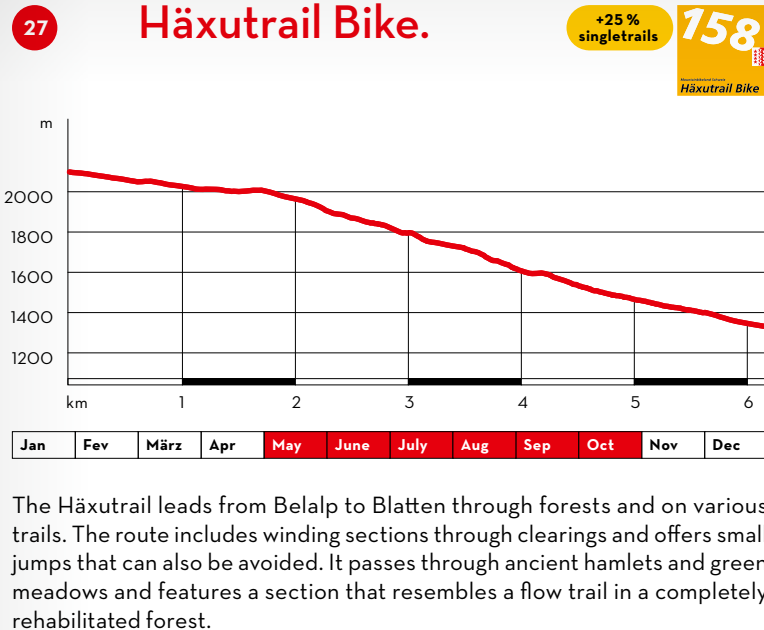
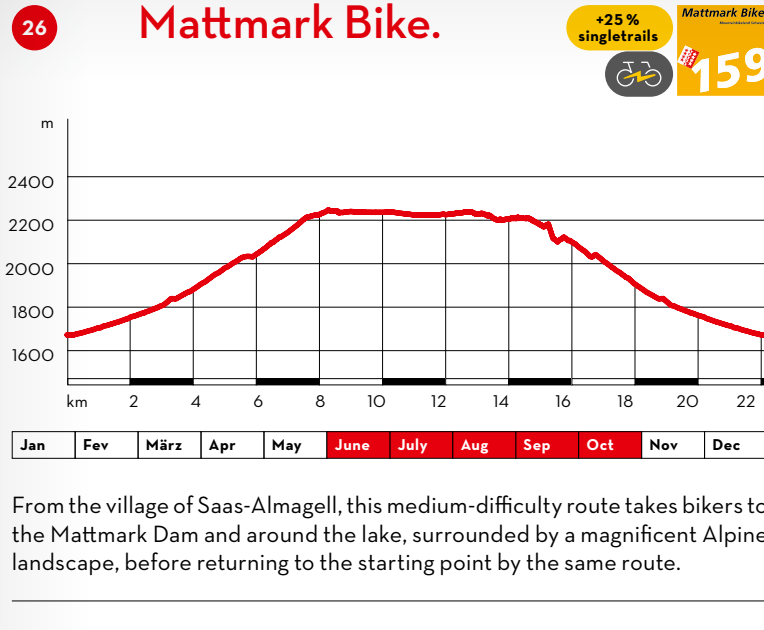
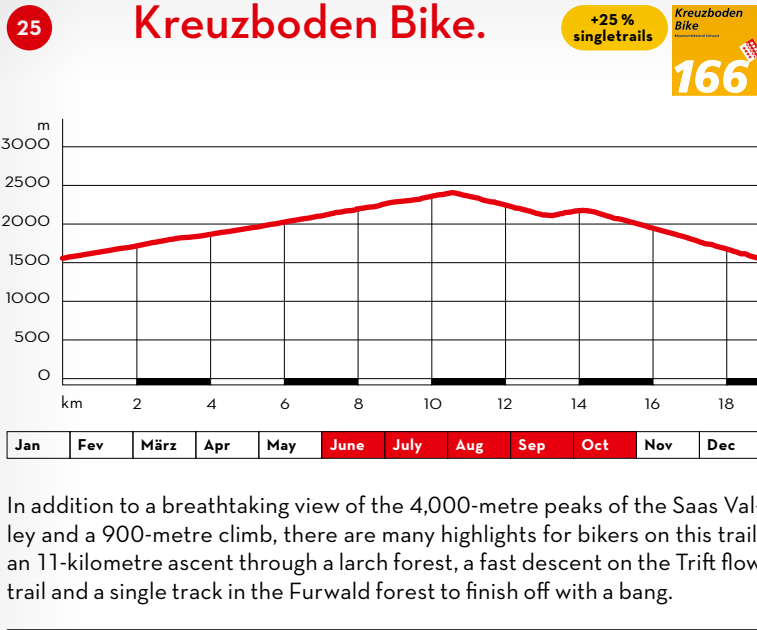
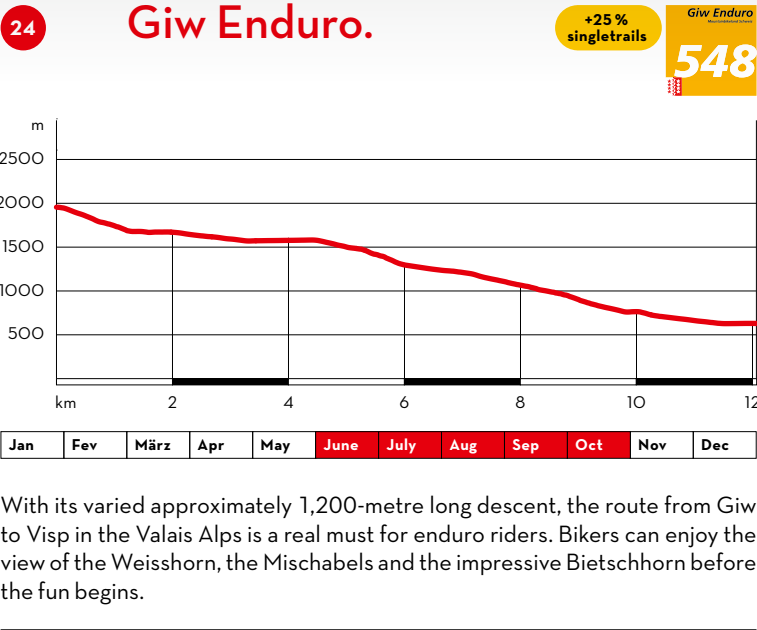
Difficulty: medium, S2	Start: Lauchernalp (1,965 m)
Distance: 9.4 km	Arrival: Wiler (1,397 m)
Duration: 0:55 h	
Ascent: +77 m	
Descent: -644 m	

Difficulty: medium, S2	Start: Eischoll (1,208 m)
Distance: 14.8 km	Arrival: Gampel-Steg (631 m)
Duration: 1:50 h	
Ascent: +559 m	
Descent: -1,672 m	

Difficulty: difficult, S1	Start: Bürchen (1,442 m)
Distance: 479 km	Arrival: Bürchen (1,442 m)
Duration: 7:25 h	
Ascent: +1,872 m	
Descent: -1,872 m	

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	

Difficulty: medium, S2	Start: Zermatt (1,620 m)
Distance: 38.1 km	Arrival: Visp (650 m)
Duration: 3:30 h	
Ascent: +159 m	
Descent: -1,103 m	



Difficulty: difficult, S3	Start: Giw (1,962 m)
Distance: 12.5 km	Arrival: Visp (648 m)
Duration: 3:45 h	
Ascent: +201 m	
Descent: -1,516 m	

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	

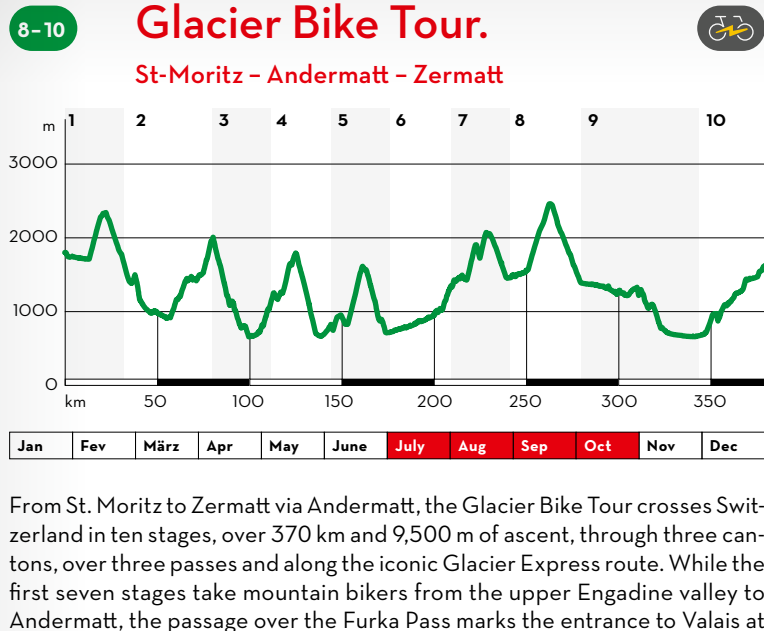
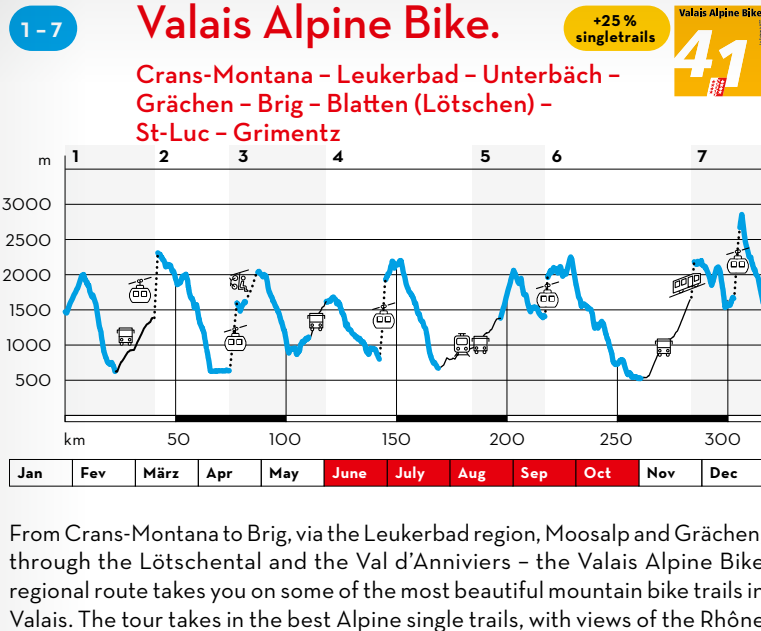
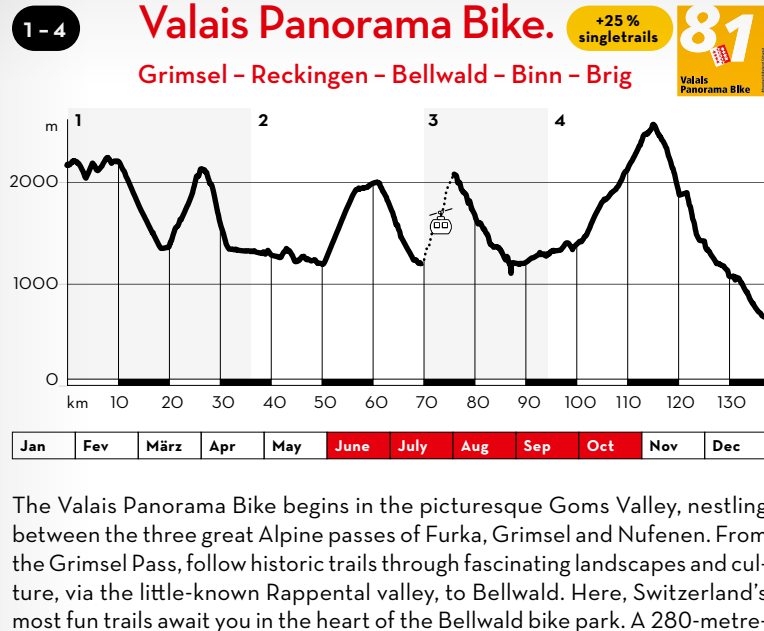
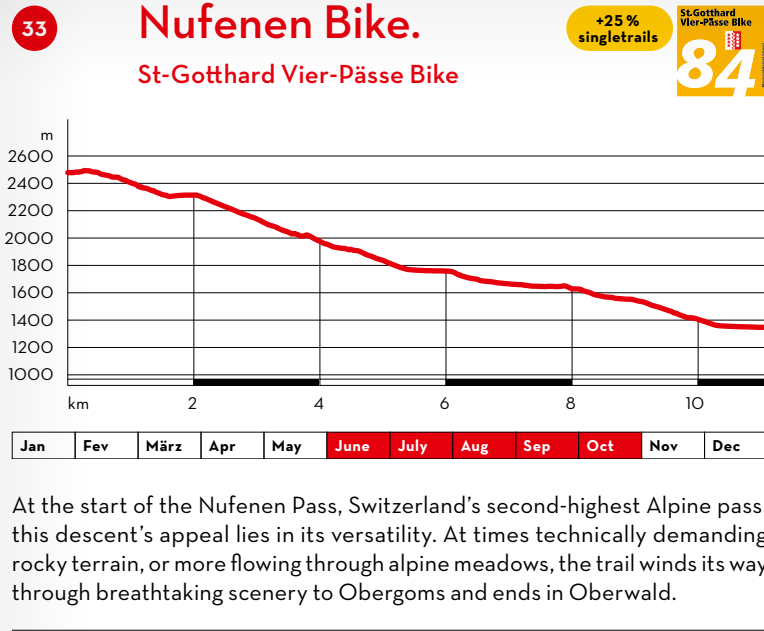
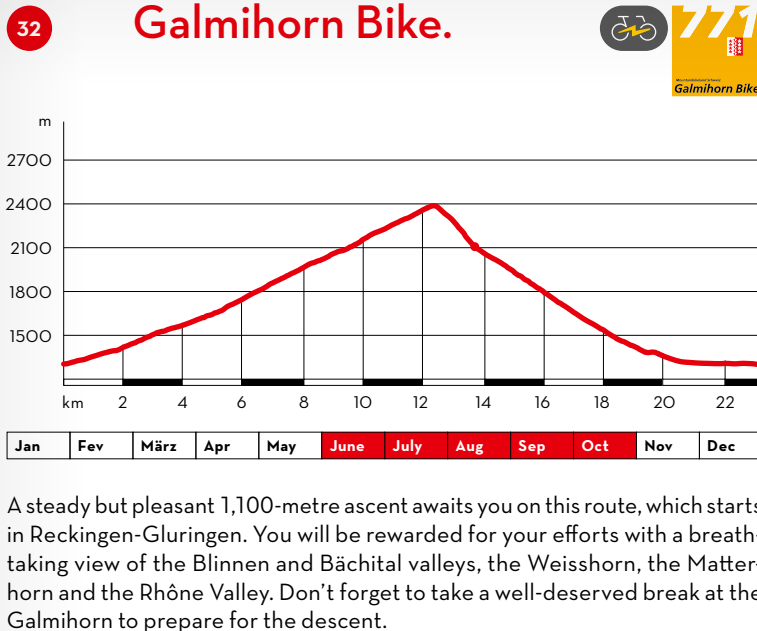
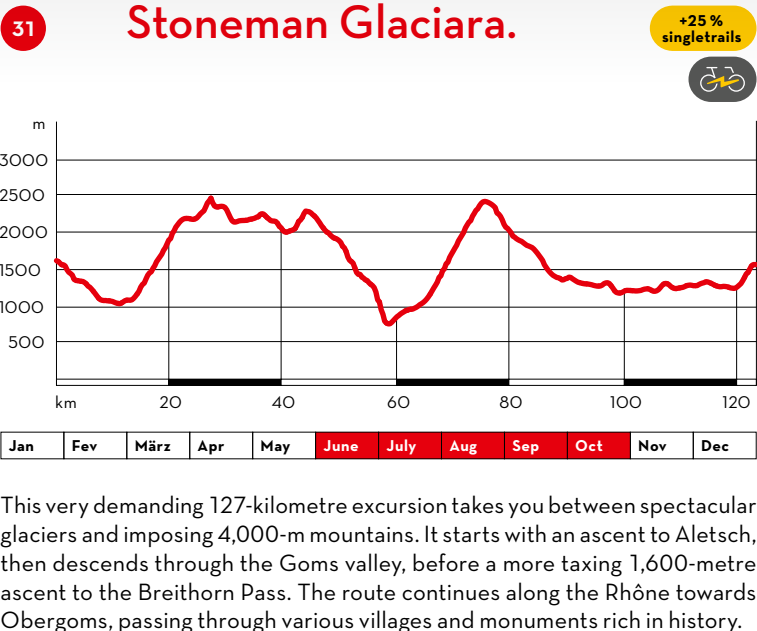
Difficulty: medium, S0	Start: Saas-Almagell (1,672 m)
Distance: 22.2 km	Arrival: Saas-Almagell (1,672 m)
Duration: 2:45 h	
Ascent: +593 m	
Descent: -773 m	

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	

Difficulty: medium, S2	Start: Simplonpass (1,998 m)
Distance: 41.1 km	Arrival: Brig (672 m)
Duration: 4:25 h	
Ascent: +226 m	
Descent: -2,071 m	

Difficulty: medium, S3	Start: Les Masses (1,941 m)
Distance: 20.6 km	Arrival: Les Masses (1,876 m)
Duration: 2:50 h	
Ascent: +1,150 m	
Descent: -706 m	

Difficulty: difficult, S3	Start: Riederalp (1,910 m)
Distance: 27.1 km	Arrival: Riederalp (1,910 m)
Duration: 3:00 h	
Ascent: +785 m	
Descent: -785 m	



Best practice guidelines.

Show respect.

Respect farming.

Stay on the trails.

Respect the environment.

Leave no trace.

Know your limits.

Difficulty: difficult, S3	Start: Several locations
Distance: 129.7 km	Arrival: Several locations
Duration: 23:00 h	
Ascent: +4,700 m	
Descent: -4,853 m	

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	

Difficulty: medium, S3	Start: Nufenenpass (2,478 m)
Distance: 11.1 km	Arrival: Ulrichen (1,347 m)
Duration: 1:20 h	
Ascent: +16 m	
Descent: -1,147 m	

Difficulty: medium, S2	1. Grimsel - Reckingen / 36.6 km / 4:20 h
Start: Grimselpass (2,161 m)	2. Reckingen - Bellwald / 33.9 km / 5:20 h
Arrival: Brig (672 m)	3. Bellwald - Binn / 25.9 km / 3:30 h
	4. Binn - Brig / 38.8 km / 6:00 h

Difficulty: medium, S2	1. Crans-Montana - Leukerbad / 3:20 h, 26 km
Start: Montana (1,472 m)	2. Leukerbad - Unterbach - Grächen - Brig - Blatten (Lötschen) - St-Luc - Grimentz / 4:15 h, 33 km
Arrival: Grimentz (1,586 m)	3. Unterbach - Grächen / 5:00 h, 33 km
	4. Grächen - Brig / 5:00 h, 51 km
	5. Brig - Blatten (Lötschen) / 3:30 h, 16 km
	6. Blatten (Löts