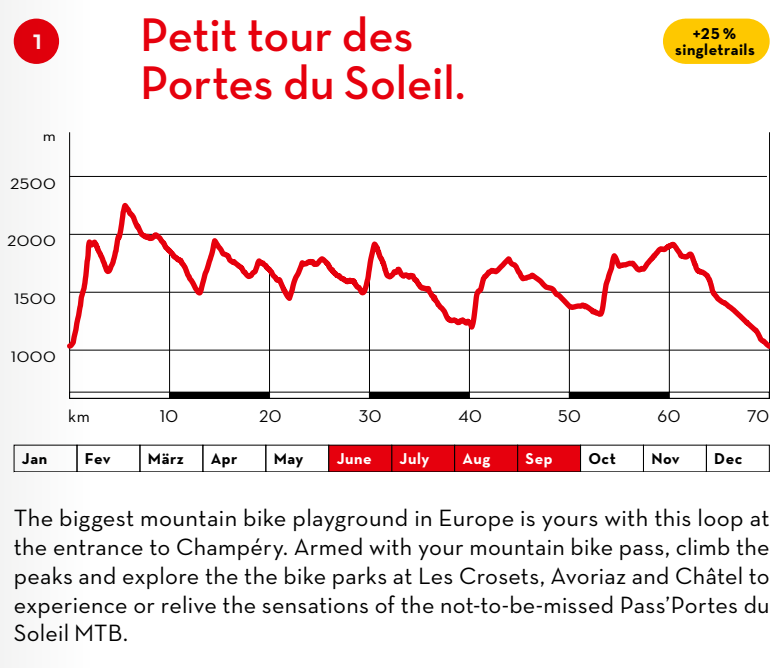
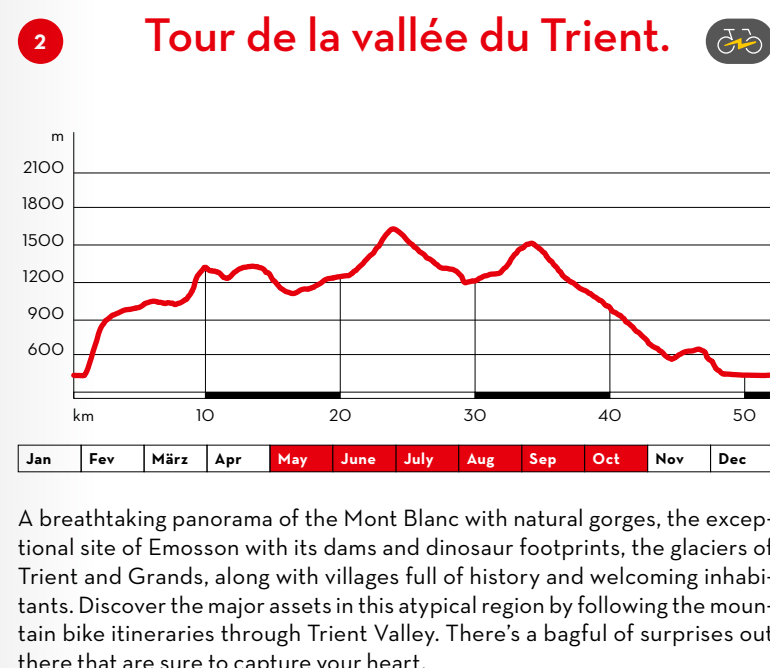
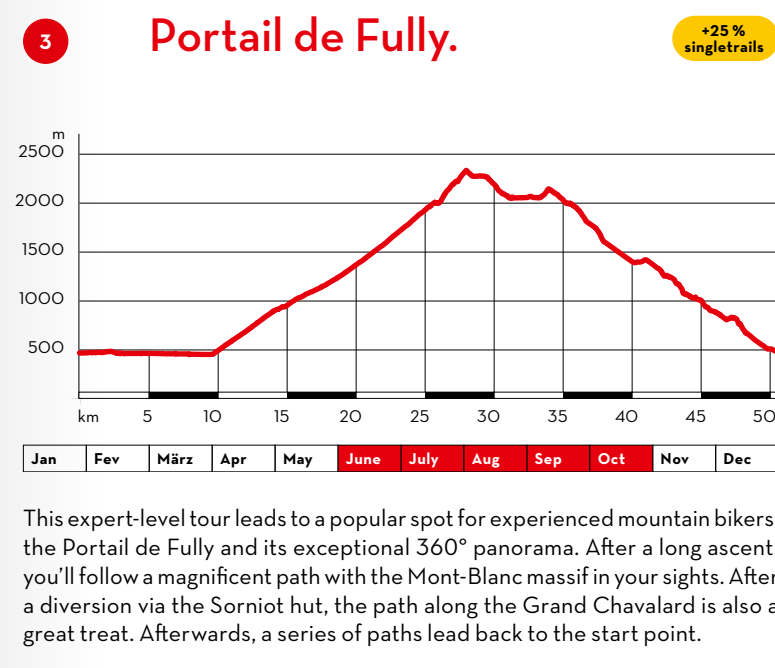




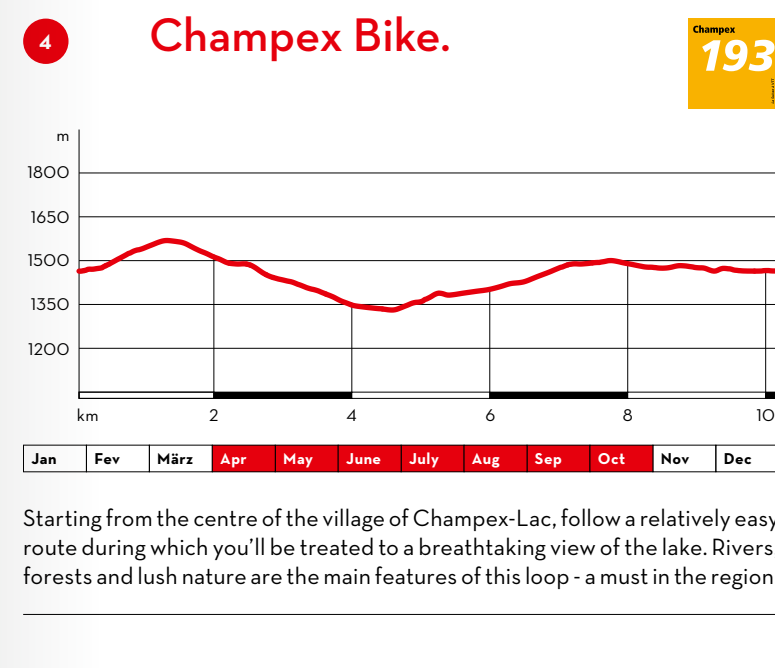
Difficulty: difficult, S3	Start: Champéry (1,050 m)
Distance: 70 km	Arrival: Champéry (1,050 m)
Duration: 4:00 h	
Ascent: +560 m	
Descent: -4050 m	



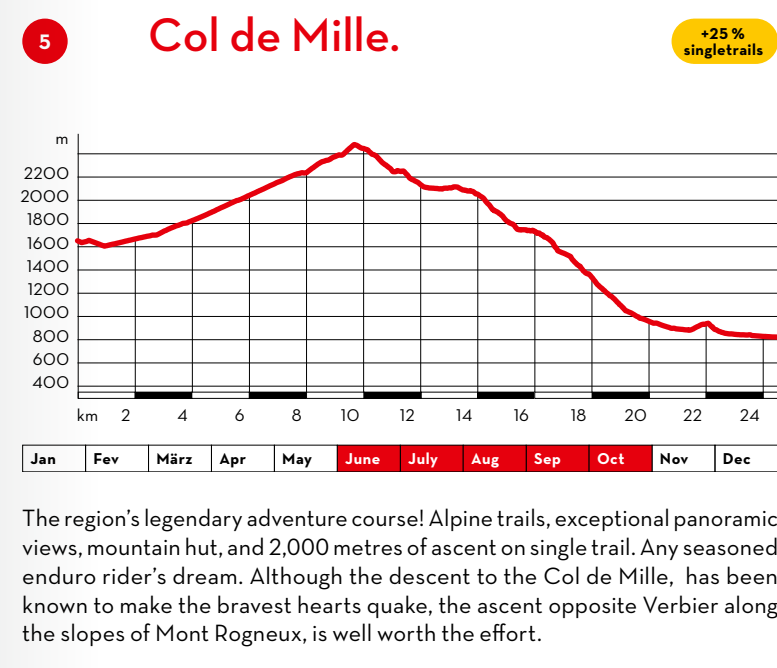
Difficulty: difficult, S0	Start: Vernayaz (453 m)
Distance: 52,4 km	Arrival: Vernayaz (453 m)
Duration: 7:00 h	
Ascent: +2,156 m	
Descent: -2,156 m	



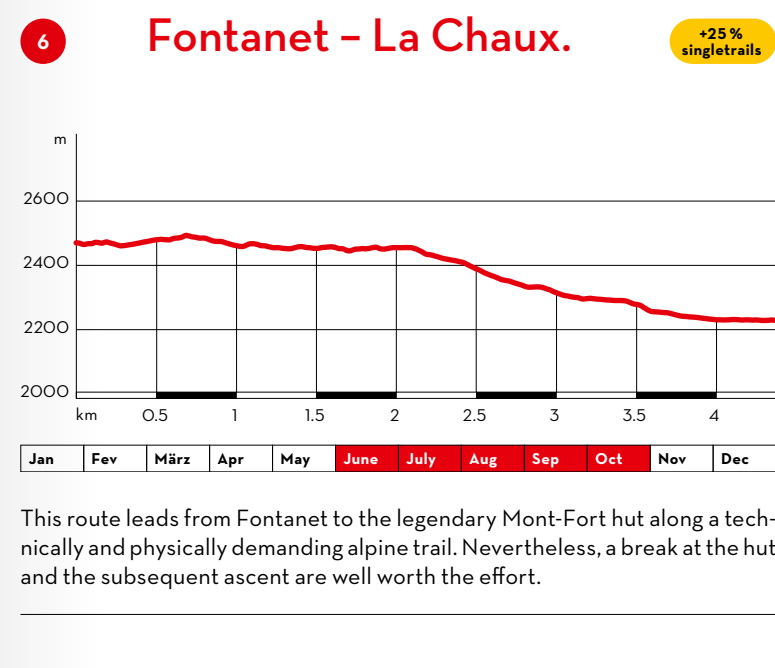
Difficulty: difficult, S2	Start: Fully (464 m)
Distance: 50,8 km	Arrival: Fully (464 m)
Duration: 8:20 h	
Ascent: +2,285 m	
Descent: -2,285 m	



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	



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	

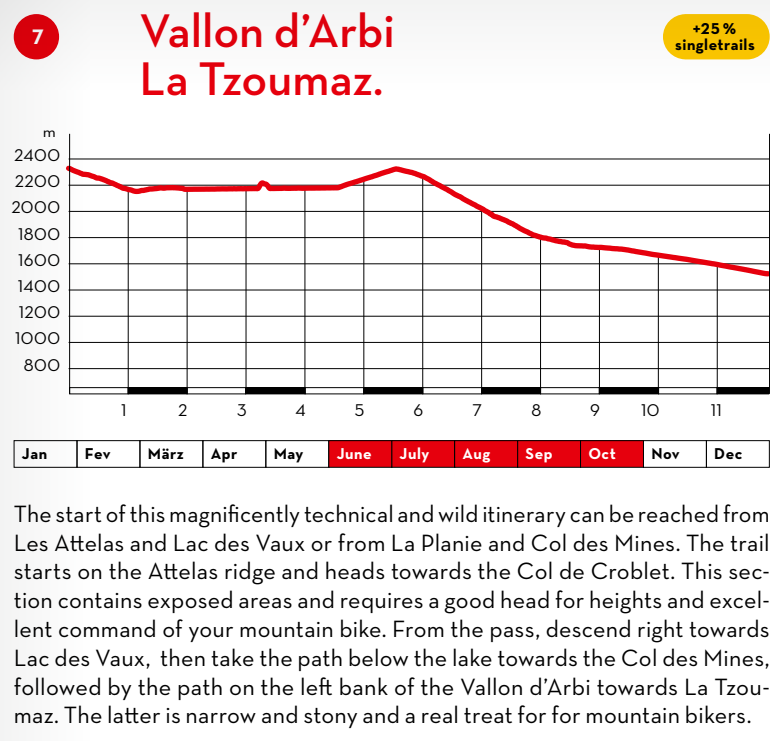


Difficulty: difficult, S2	Start: Fontanet (2465 m)
Distance: 4,5 km	Arrival: La Chaux (226 m)
Duration: 0:50 h	
Ascent: +73 m	
Descent: -315 m	

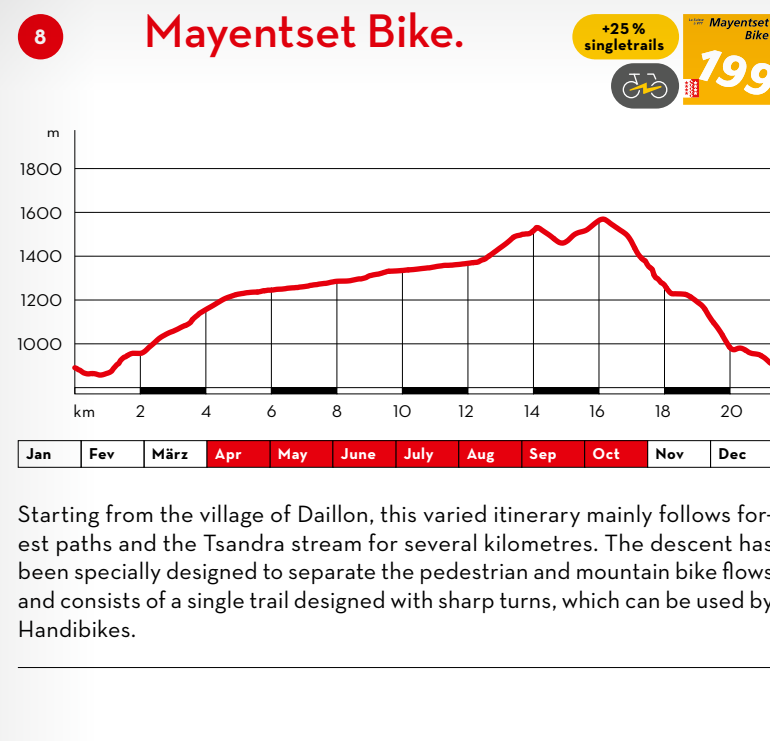
Single track trail scale of difficulty.

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

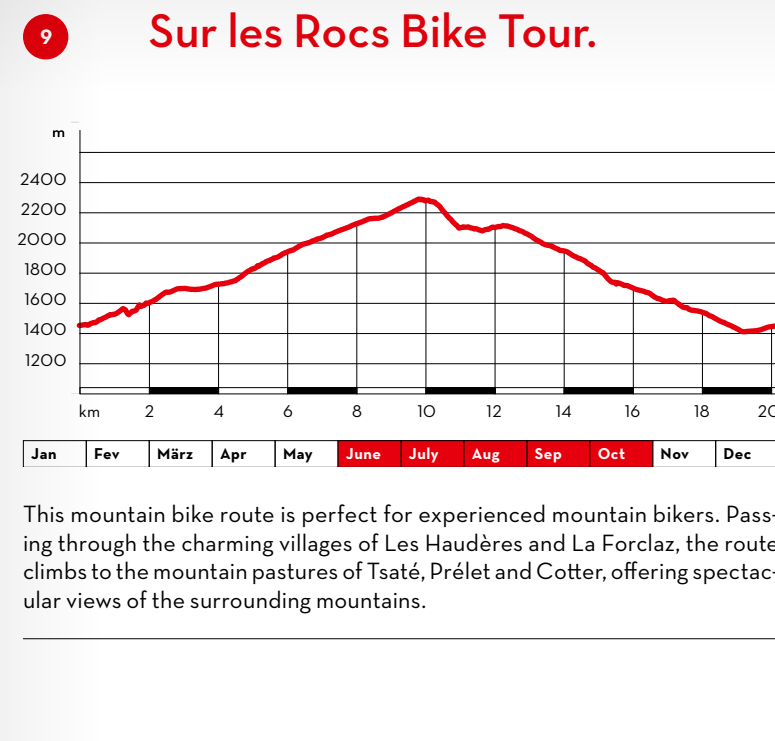
S0	S2	S4
Forest or meadow paths, on a natural surface with good grip or on compact gravel. No steps, rocks or passages with many roots. Gentle gradients, wide curves. No special technique required.	Many obstacles such as roots, stones and larger steps; tight corners. Certain passages may have gradients 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 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.



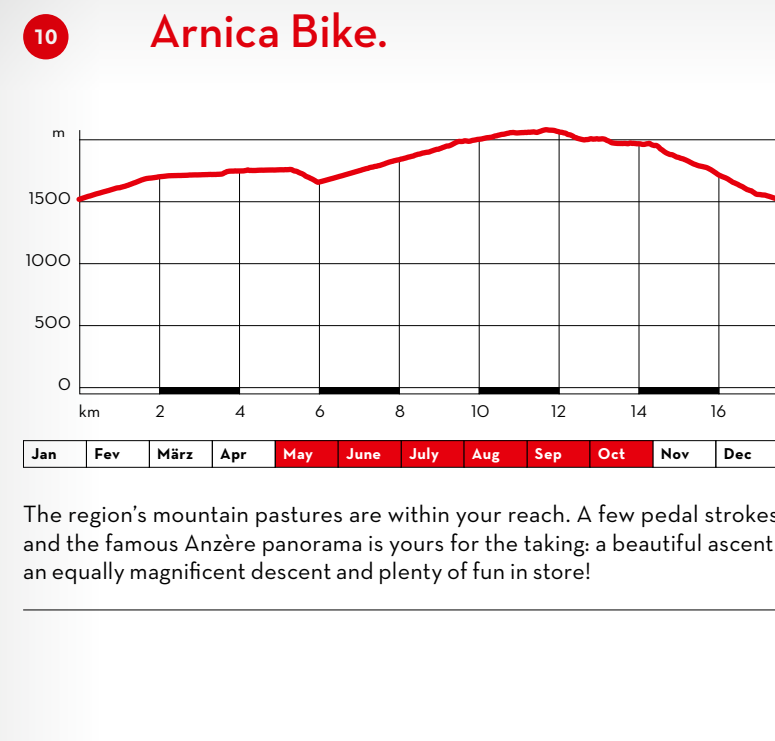
Difficulty: difficult, S2	Start: Savoleyres (2,330 m)
Distance: 11,5 km	Arrival: La Tzoumaz (1,521 m)
Duration: 1:10 h	
Ascent: +240 m	
Descent: -1,055 m	



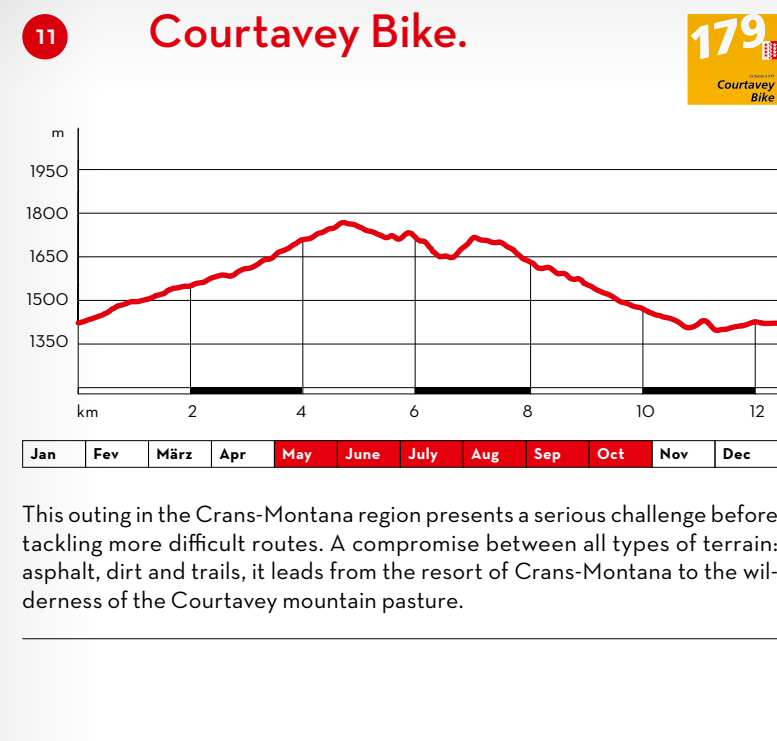
Difficulty: medium, S2	Start: Dailion (901 m)
Distance: 21,7 km	Arrival: Dailion (901 m)
Duration: 3:30 h	
Ascent: +799 m	
Descent: -799 m	



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	



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	



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	



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!

Discover our offers.

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

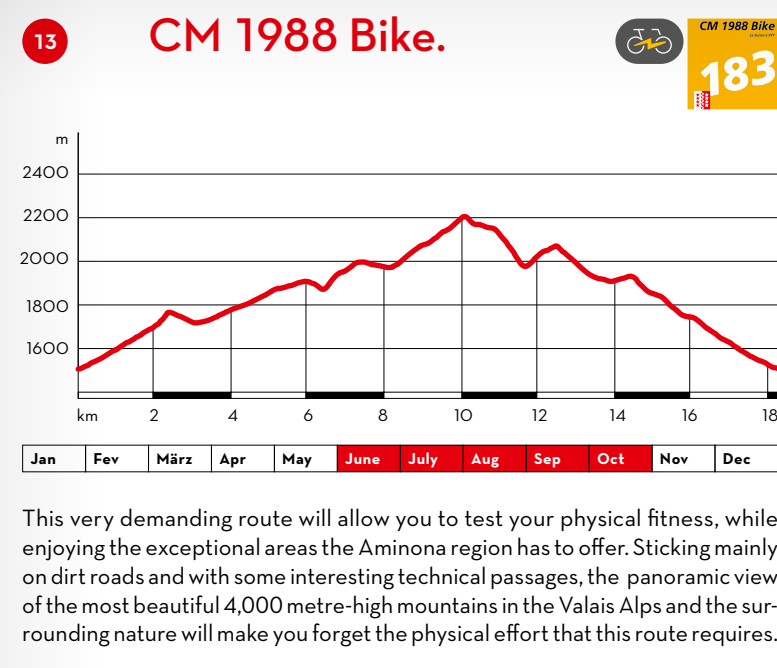
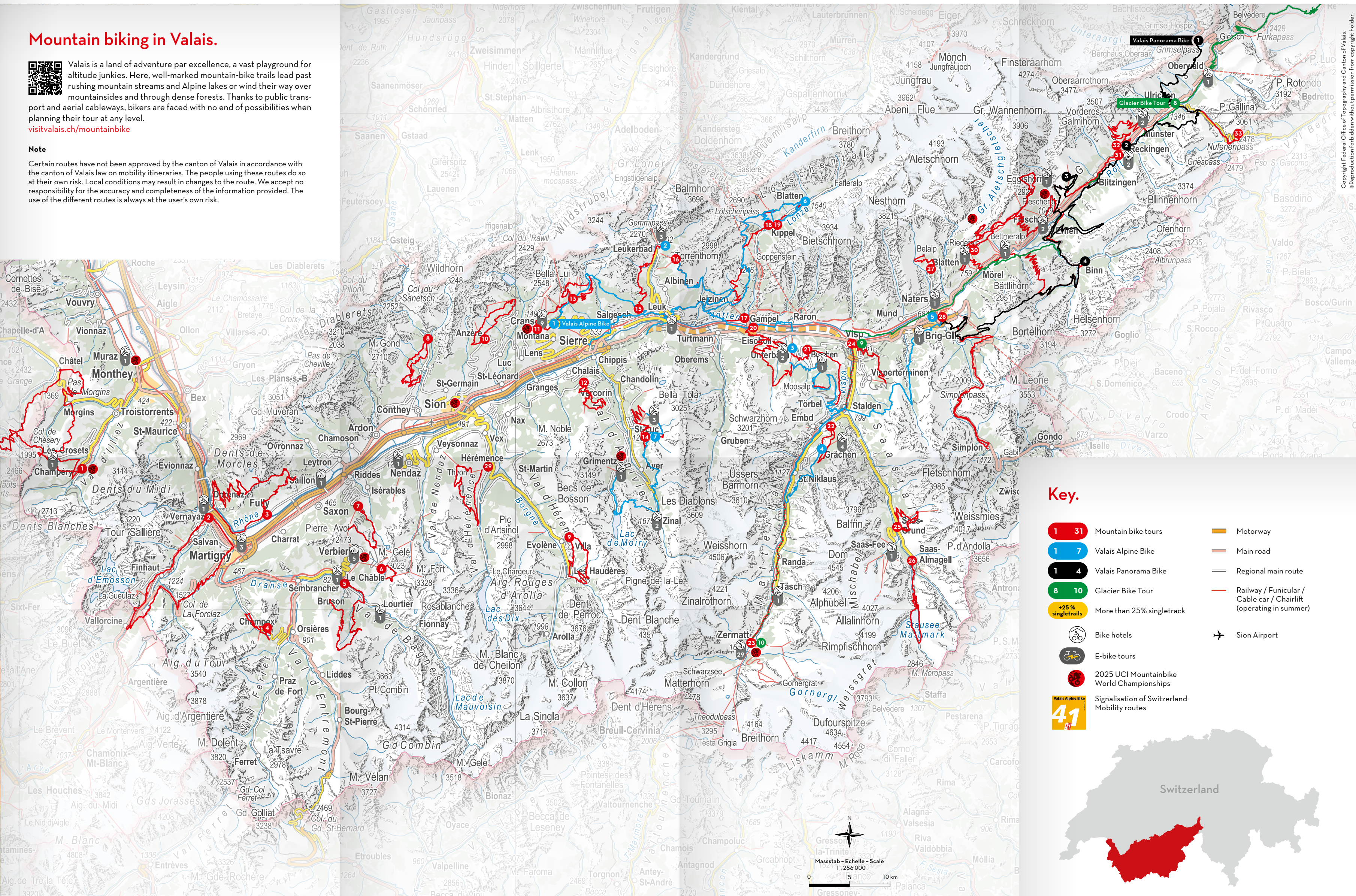


Mountain biking in Valais.

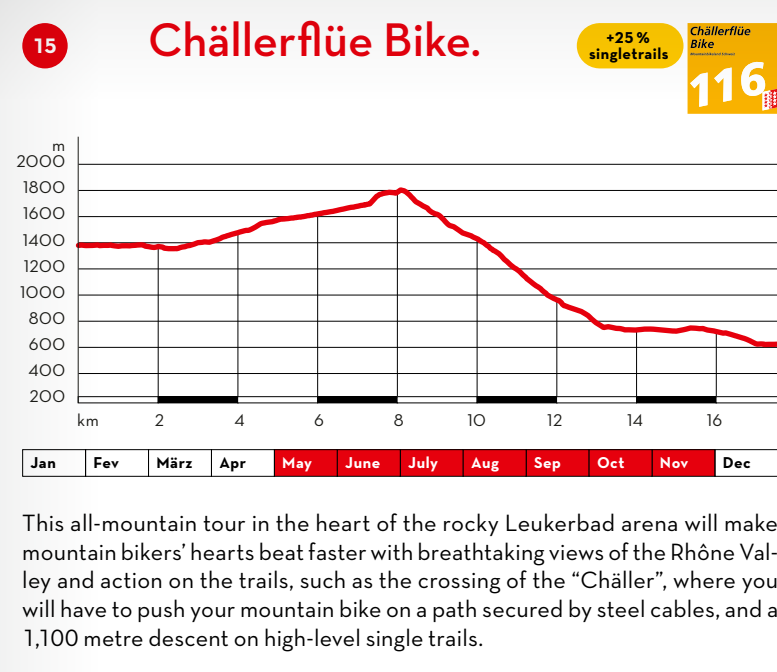
Valais is a land of adventure par excellence, a vast playground for altitude junkies. Here, well-marked mountain-bike trails lead past rushing mountain streams and Alpine lakes or wind their way over mountainsides and through dense forests. Thanks to public transport and aerial cableways, bikers are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

Note

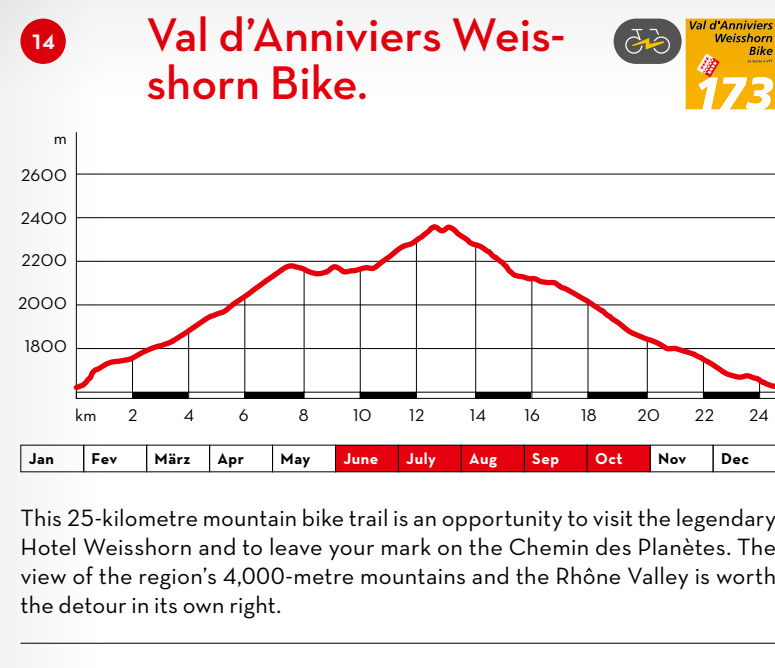
Certain routes have not been approved by the canton of Valais in accordance with the canton of Valais law on mobility itineraries. The people using these routes do so at their own risk. Local conditions may result in changes to the route. We accept no responsibility for the accuracy and completeness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



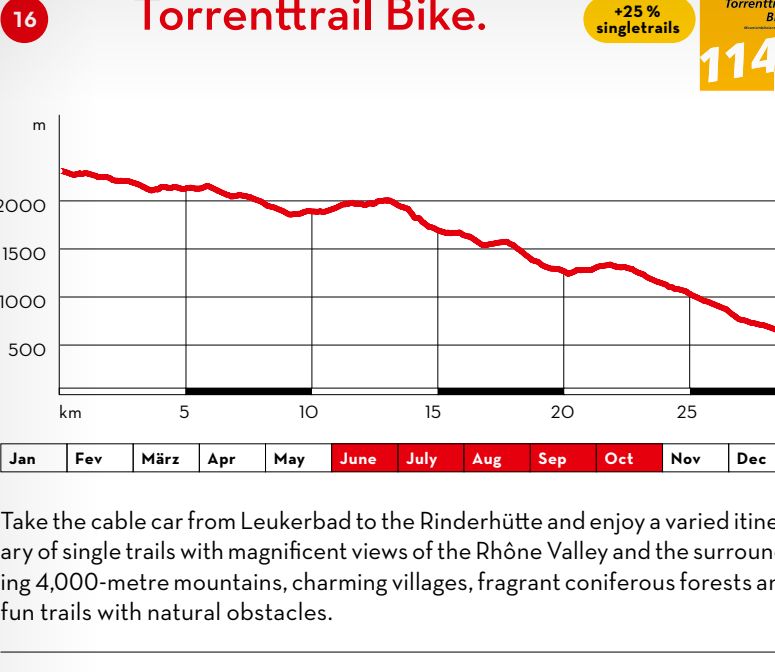
Difficulty: medium, S2	Start: Aminona (1,513 m)
Distance: 18,4 km	Arrival: Aminona (1,513 m)
Duration: 3:40 h	
Ascent: +1,140 m	
Descent: -1,140 m	



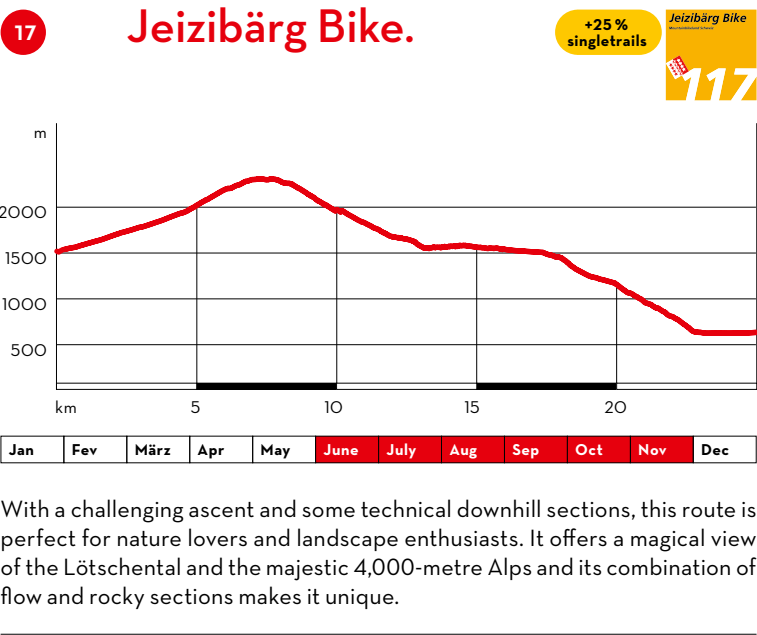
Difficulty: medium, S1	Start: Loèche-les-Bains (1,379 m)
Distance: 17,5 km	Arrival: La Souste (623 m)
Duration: 2:00 h	
Ascent: +455 m	
Descent: -1,207 m	



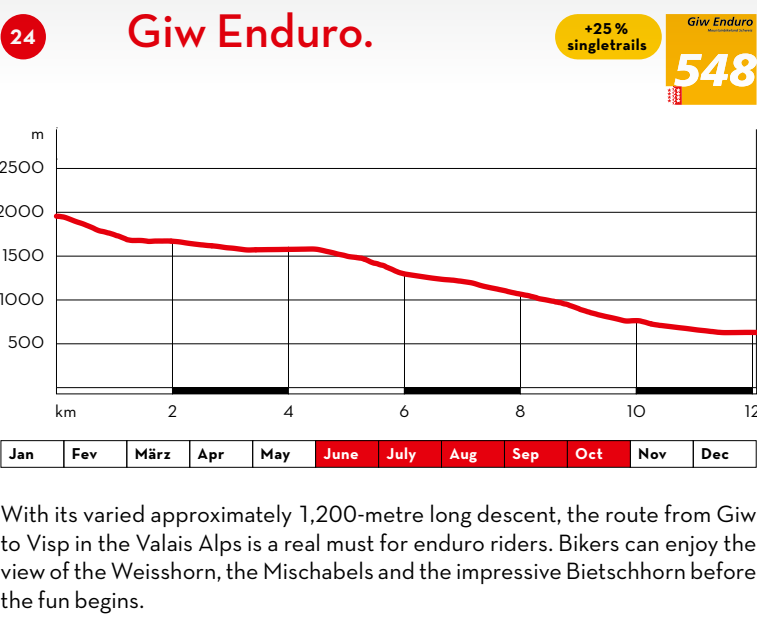
Difficulty: medium, S1	Start: St-Luc (1,629 m)
Distance: 24,7 km	Arrival: St-Luc (1,629 m)
Duration: 4:00 h	
Ascent: +815 m	
Descent: -815 m	



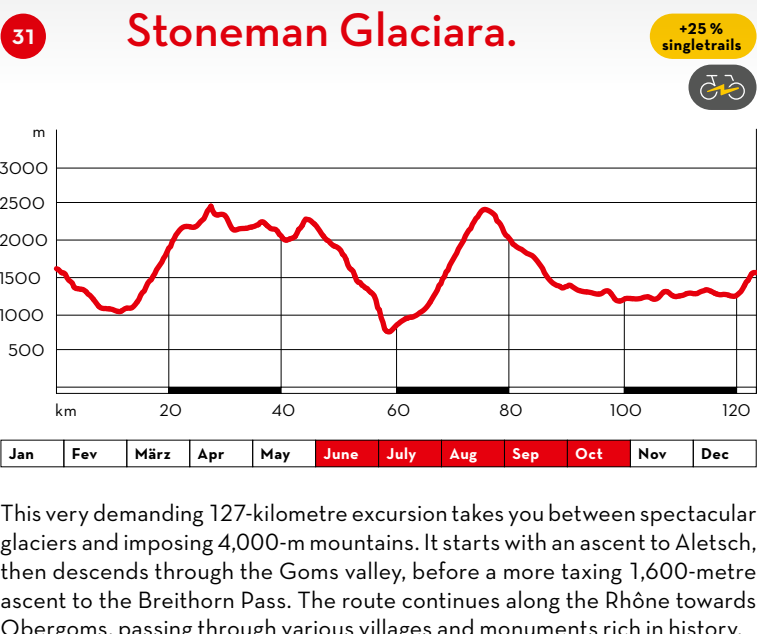
Difficulty: medium, S1	Start: Rinderhütte (2,312 m)
Distance: 29,2 km	Arrival: La Souste (623 m)
Duration: 3:05 h	
Ascent: +333 m	
Descent: -2,022 m	



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

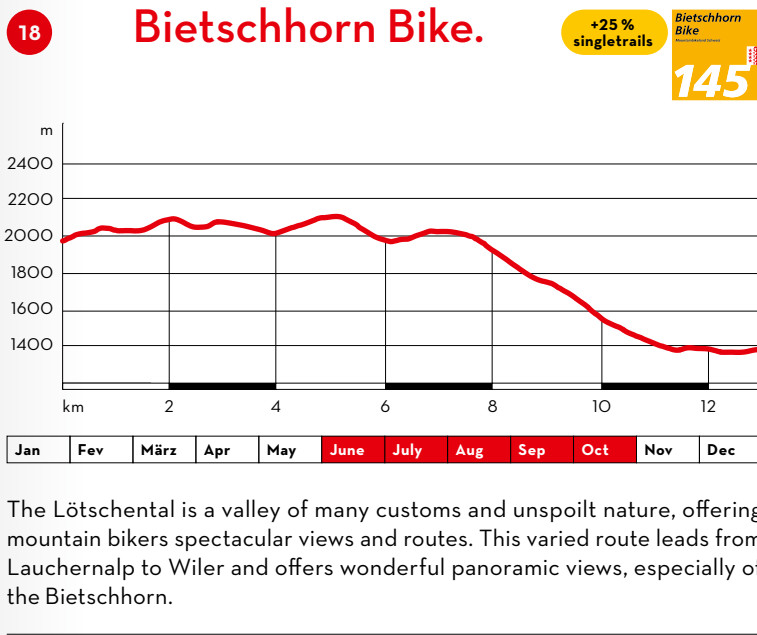
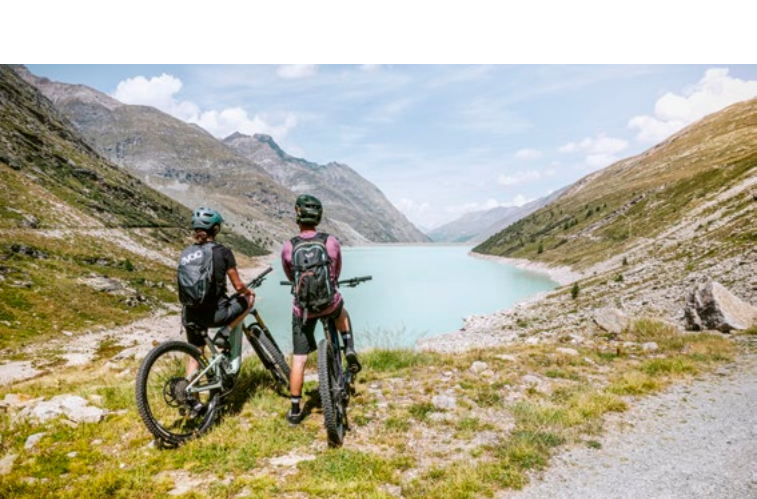
E-bike.

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.

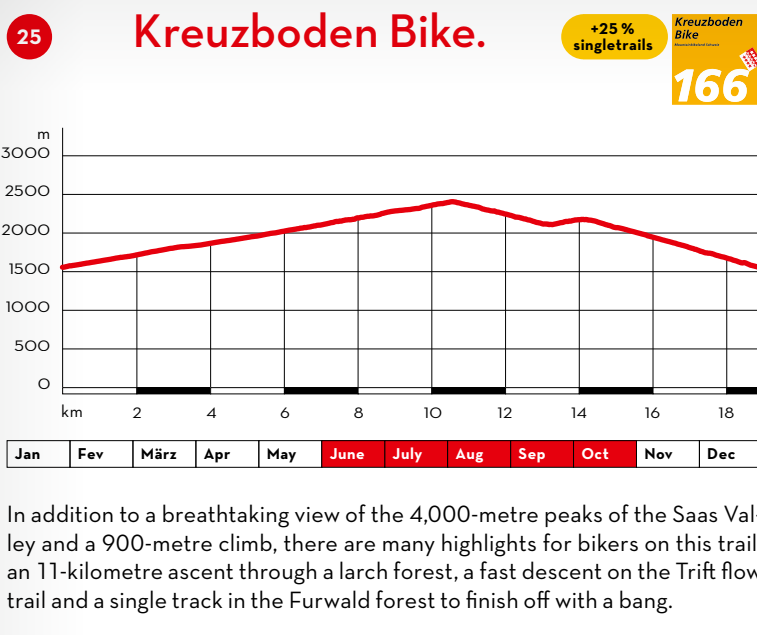
visitvalais.ch/e-bike-tours

E-bike charging stations.

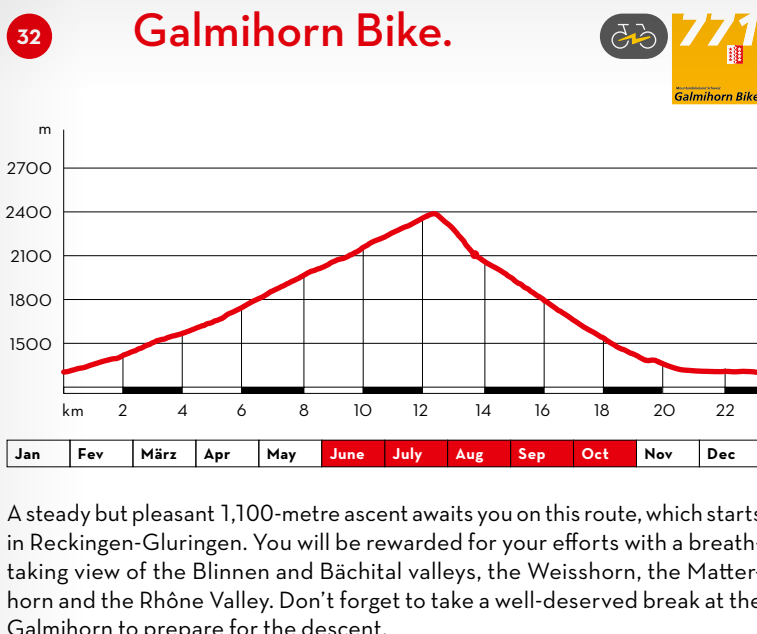
Your trip through our Valais landscapes is sure to recharge your batteries: along the way, take a break to recharge your bike's batteries, too! Remember to bring your charger with you so you can make use of one of the e-bike charging stations located along different routes.



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: 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, 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	

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

Flow trails.

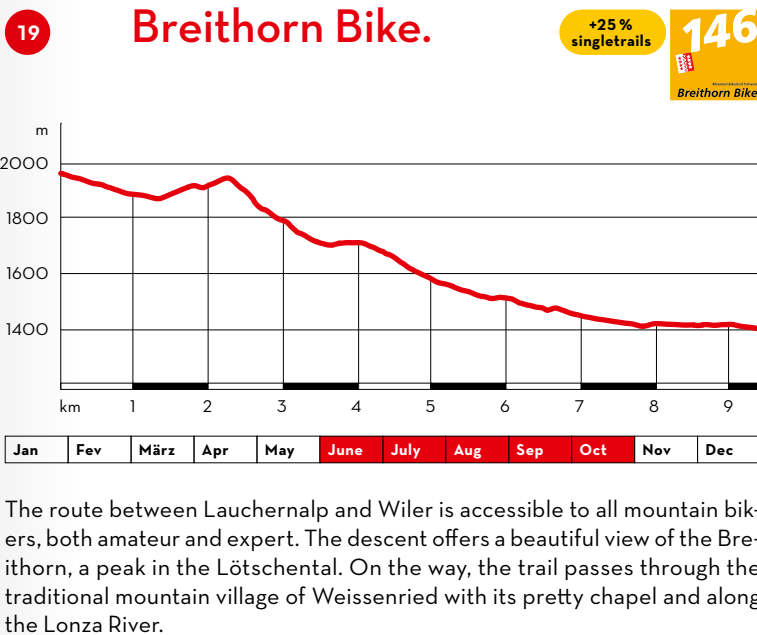
Try our Valais flow trails and discover new sensations on mountain bike trails designed with the sole goal of having fun. This is an experience open to all mountain bikers, as a flow trail offers an easy, fluid descent with gentle rollers and invigorating banked turns, with virtually no difficulties. 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

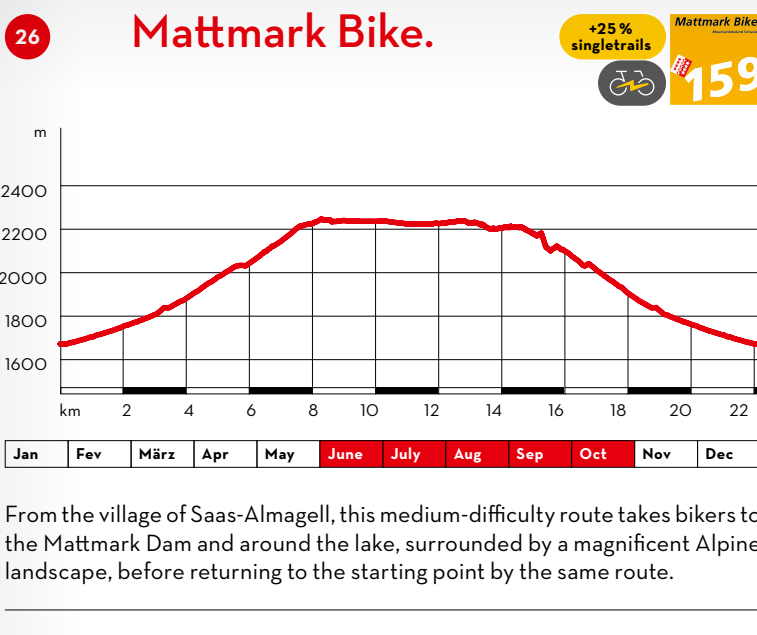
Pump tracks & Skills parks.

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.

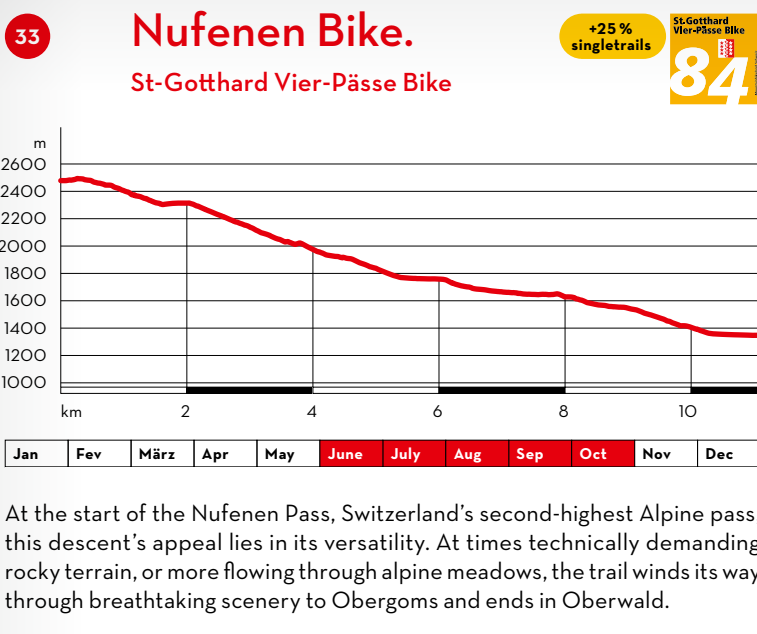
visitvalais.ch/pumptracks



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, 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	



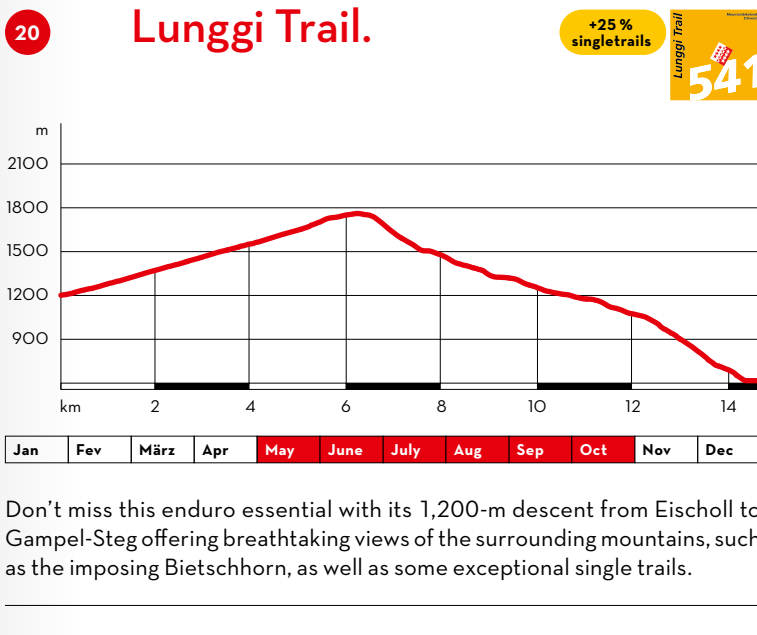
Difficulty: medium, S3	Start: Nufenenpass (2,478 m)
Distance: 11.1 km	Arrival: Ulrichen (1,347 m)
Duration: 1:20 h	
Ascent: +16 m	
Descent: -1,147 m	

Best practice guidelines.

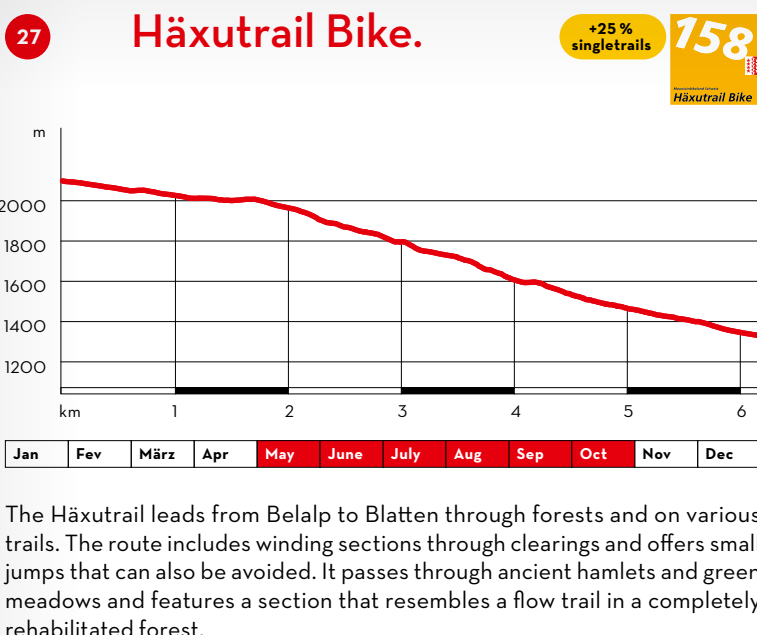
Setting off on a mountain bike tour of Valais is an incomparable outing but respect for certain rules of good conduct is essential for your safety, to preserve the environment and for cohabiting optimally with other users. Respectful behaviour towards hikers allows everyone to enjoy their hobby under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

Cohabiting.

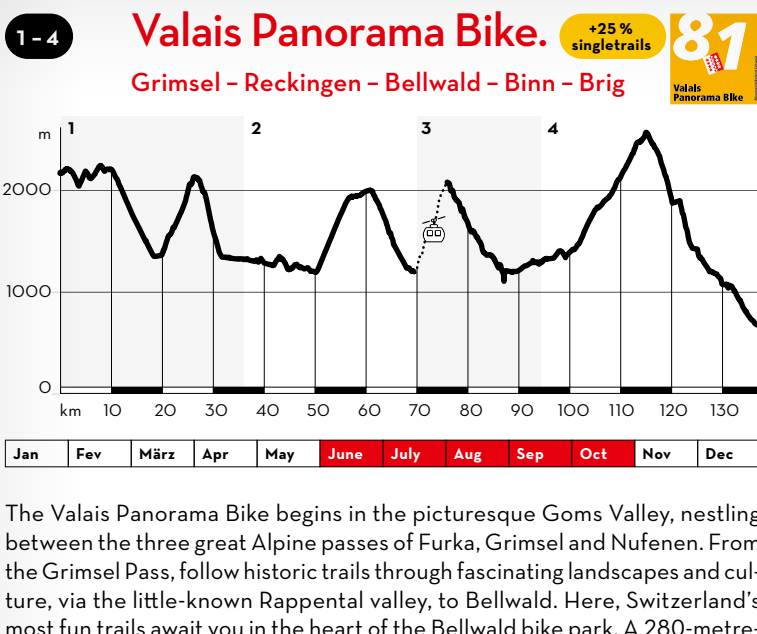
In Valais, hikers, mountain bikers and other users share the same playground, mainly doing what they love most: on mountain trails winding through fields and forests. In order to preserve harmony and tolerance, the canton has been running an awareness-raising campaign since the summer of 2023 to raise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



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: 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	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

Information for your stay.

Bike hotels.

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.

Bike rental.

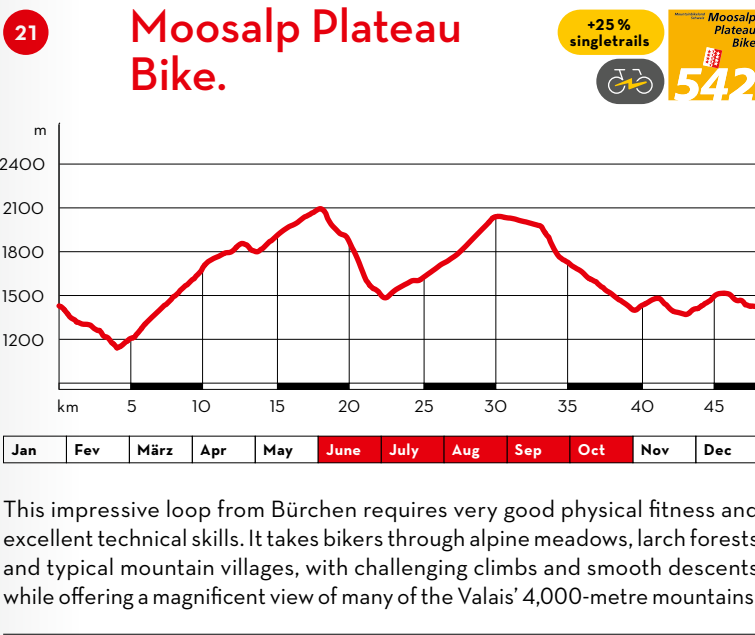
Exploring Valais by road bike or mountain bike is a thrilling experience. To be sure to have a bike appropriate for the different kinds of terrain and surface you are likely to encounter in Valais, do not hesitate to rent. Different types and models are available to meet different needs and you will 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.

Bike guides and company.

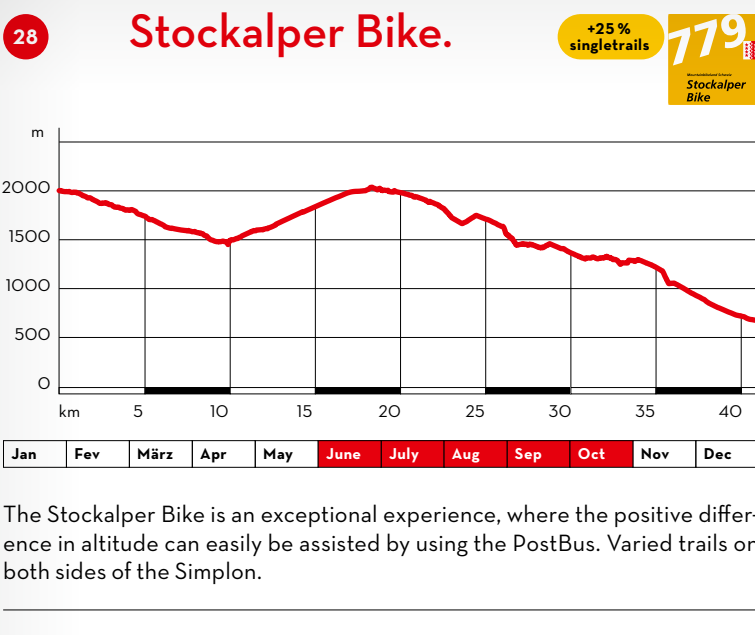
Novice or expert? Travelling in a group or solo? Whatever your situation, you will be sure to benefit from the expertise of local cycling tour guides and schools. They'll reveal the best insider secrets about the local cycling scene. They'll help you improve your riding style. And they'll show you the most interesting places in Valais. Local cycling tour guides make the perfect companions.

Bike top events.

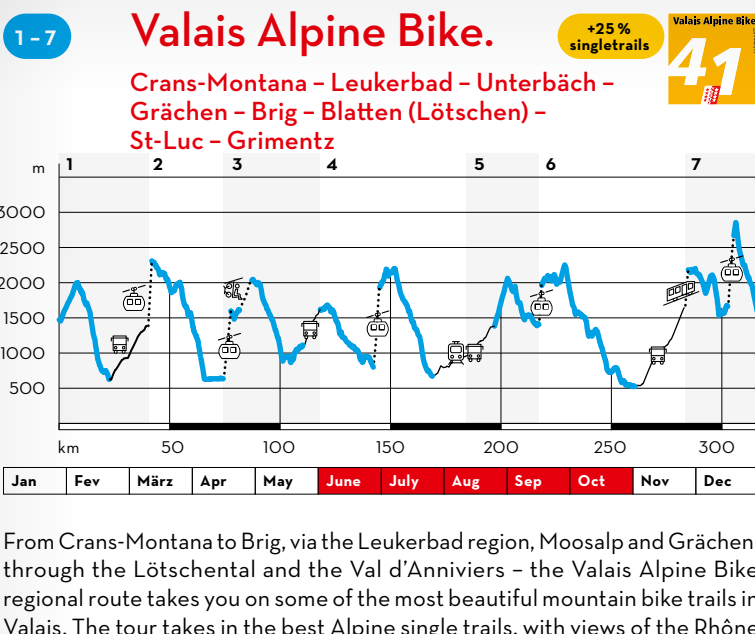
The Valais is an ideal playground for organising mountain biking events. Competitions, festivals and events take place throughout the summer. Whether you want to pedal or cheer people on, here are the not-to-be-missed events.



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	



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, S2	1. Crans-Montana - Leukerbad / 3:20 h, 26 km
Start: Montana (1,472 m)	2. Leukerbad - Unterbach / 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 (Lötschen) - St-Luc / 5:30 h, 47 km
	7. St-Luc - Grimentz / 3:30 h, 33 km

Bike transport.

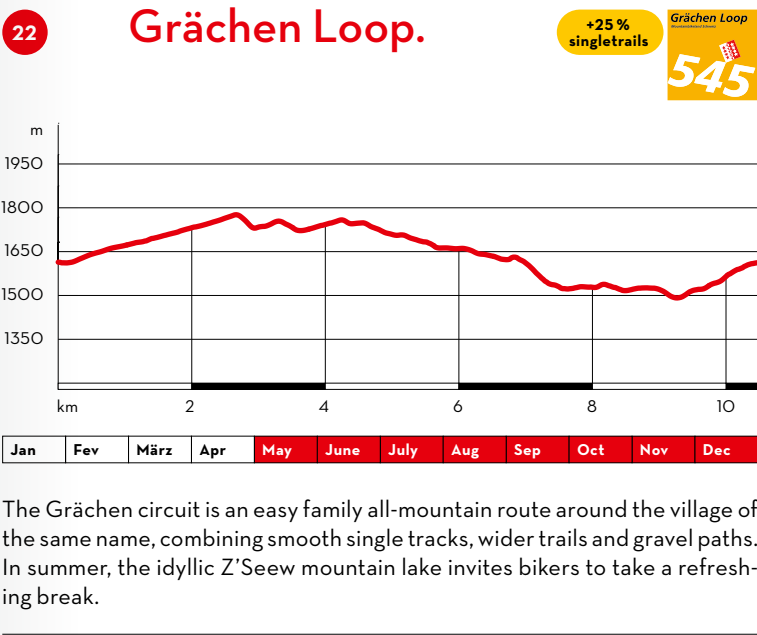
Nothing could be easier than travelling by public transport in Valais. Thanks to more than 100 cableways (cable cars, chairlifts and funiculars) and countless bus and train routes, cyclists and mountain bikers have an infinite choice of possibilities for planning their outings and accessing the most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

Bus routes and Resabike platform.

There is nothing simpler than travelling 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.

Typical restaurants.

At the "Savours 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 "Savours du Valais" label, you can try Valais specialties and enjoy outstanding Valais wines.



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	

