

Walking in Arolla and Zinal

Walks and short treks in the Val d'Hérens and Val d'Anniviers in the Swiss Valais

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A guidebook to 35 day walks and 2 multi-day tours in Switzerland's Arolla and Zinal. Exploring the beautiful scenery of Val d'Herens and Val d'Anniviers, west of Zermatt, the routes are generally long and high but on well-maintained paths, with some calling for a good head for heights.

Day walks range from 9 to 22km (6-14 miles) and can be enjoyed in 2-10 hours. The routes are graded allowing you to choose routes suitable for your ability. Two multi-day tours are also outlined, combining the day walks described.

- **1:50,000 maps** are included for each walk
- **GPX files** available to download
- Detailed information on **planning, facilities and public transport**
- Highlights include **Dent Blanche and Lac Bleu**

About the author

Jonathan Williams has been Cicerone's publisher and managing director for over 20 years, and Lesley Williams is Cicerone's marketing director. Although they met at sea, they quickly gravitated to the mountains and trekking, before taking on Cicerone to communicate their passion for mountains, wild places and other journeys on foot or by bike.

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