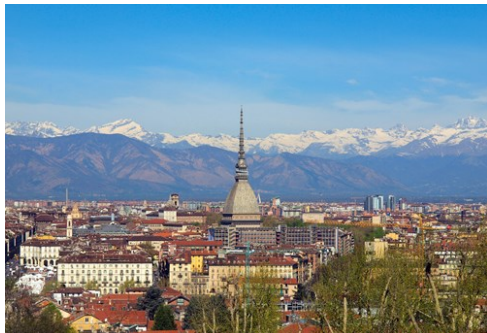




Turin Ski Region

Photo: Luigi Bertello/Shutterstock.com



Claudio Divizia / Shutterstock.com

“El diau, el diau!” “The devil! The devil!” It was in 1897 when mountain people from Sauze d’Oulx witnessed a red-faced man with a long white beard descending from the slopes, with long wooden skis attached to his feet. He was a Swiss engineer, Adolf Kind, and wooden skis were then first seen in Italy. Today there are more than a hundred ski-lifts and 1,500 km of slopes for all levels – as well as alpine skiing, sledges and huskies, telemark skiing and snowboarding.



Roberto Caucino / Shutterstock.com



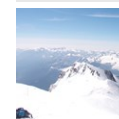
Marco Saracco / Shutterstock.com

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



Mont Blanc

Even if you’re not interested in throwing yourself down a mountain at high s...



Alpine Guided Tours

If you are in the mood for trying out an alternative winter sport, then join...



Sledge Dog Tours

Professional guides and an eager team of husky dogs will cooperate to give y...



Fenestrelle

Fenestrelle is a small village with mammoth fortifications that were built t...



Winter Mountain Biking

This is definitely not a ride in the park... The owner has competed in some ...



THE REGION



Marco Saracco / Shutterstock.com

In medieval times the "Franchi" went through the valley – the main route to Gaul; thus many abbeys were constructed on the Via Francigena which rises to Moncenisio. The first one, founded just outside Turin at Rivoli, is Sant'Antonio di Ranverso. The preceptory and adjacent hospital were founded in 1186 by Umberto III and then entrusted to the Antoniani di Vienne priests. These structures were built for protection as well as to provide food and lodging for travellers. Other castles in the valley were aimed at defending the peninsula from invaders – of whom there have been many, from Carlo Magno onwards. The most striking one is undoubtedly the Forte di Exiles: an extraordinary example of military architecture.

Food is important here – you'll find many of the best products of Piemontese traditional mountain cuisine, many of which have been given the mark of quality: salami, cheese (Murianengo, Toma del Piemonte, Raschera, Reblochon del Moncenisio), mushrooms, apples, the potatoes of Cesana, wine (Cimont), liqueurs made with herbs (Genepy, from the mountains of Cesana). Furthermore, you cannot leave without sampling the delicious chocolate, like the famous Gianduiotto!

THE RESORTS



Fabio Lamanna / Shutterstock.com

In the picturesque Piedmont region there are several ski resorts, such as Sauze d'Oulx, Courmayeur and Sestriere. The area, known for its long wide open surroundings and sunny skies, is often called The Milky Way and it's just perfect for a snow holiday!

Sauze d'Oulx



Italian skiing was born in Sauze d'Oulx. Here in 1897 Adolf Kind, a Swiss engineer, made his first appearance on skis and then taught locals how to

organise the first competitions. Sauze d'Oulx – which once hosted the Olympic Winter Games – is a village with a delightful little centre of traditional stone and wood built buildings.

The area of Sauze d'Oulx is also famous because of its eco-system: close to it, in the Gran Bosco (Great Forest), live 21 species of mammals, including deer, roe-bucks, chamois and wolves, more than 70 species of nesting birds and 600 types of flora.

Via Lattea consists of five Piedmontese resorts: Sestriere, Sauze d'Oulx, Sansicario, Cesana, Claviere, and Montgenevre in France. It offers 203 skiing-connected runs (52 blue, 111 red and

40 black), for a total linear extent of 400 km. There are 78 lifts that range from an altitude of 1,350m in Cesana to 2,800m at Mount Motta, a peak that gives a magnificent view of the surrounding mountains, allowing skiers to appreciate the vastness and beauty of the area. There are also two snowparks, one in Sauze d'Oulx and one in Sésriere.

You have the possibility to purchase a one day ticket, a multi-day pass (e.g. a 2-day card) or a weekly card, according to your needs. Don't worry about the equipment because in Sauze d'Oulx there are many ski rental shops where you can get anything you need!

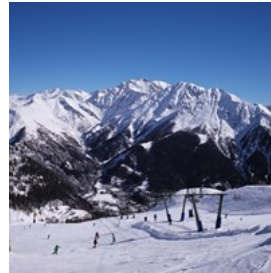
Downhill skiing, snowboarding and cross-country are the main disciplines taught in all the ski schools of Via Lattea, but there are also instructors who specialise in telemark skiing. Moreover, some instructors are experts in teaching children and the disabled. Here are two schools in Sauze d'Oulx:

Sauze Sportinia
www.scuolascisauzesportinia.com
+39 0122 850218

Sauze Project
www.sauzedoulxproject.it
+39 0122 850654

Photo: bez_uk / Flickr (image cropped)
Address: Sauze d'Oulx
Phone: +39 0122 850218 / +39 0122 850654
Internet: www.scuolascisauzesportinia.com
More Info: www.sauzedoulxproject.it

Courmayeur



Set in the Aosta Valley with spectacular views of Monte Bianco, the traditional alpine village of Courmayeur is one of the most picturesque

Italian ski resorts. The range of skiing options makes it suitable for all abilities, be it the gentle beginner's slopes of the Checrouit-Val Veny or the more demanding upper reaches of Monte Bianco which are more suited to experienced skiers.

Other activities to be found around the town include snowshoe walking excursions, indoor climbing, ice skating and a cinema, whilst for those who like their entertainment to be a little more cerebral, there is the nearby ancient town of Aosta and a myriad of medieval castles to explore. After a hard day on the piste head to the atmospheric cobbled alleyways in and around Via Roma and sample the delights of Courmayeur's restaurants, renowned as the best of any Italian resort.

Slope Life:

Standing in the shadow of the Monte Bianco-Mount Blanc massif, the beautiful alpine resort of Courmayeur offers 100km of pistes and caters for all levels and abilities. The main hub of the mountain is the Plan Checrouit, but most skiers will use this as a starting point to access more challenging runs on the mountain as can be found at Mount Chetif, Col Cherout and Cresta Youla. At the top of the range there is Cresta d'Arp, strictly for high level skiers, offering the chance to experience some good off piste guided skiing.

Ski passes are available from 1 to 14 days. All passes valid for 6 to 10 consecutive days may be used for 2 days in one of the other ski resorts of the Aosta Valley, which include the resorts of La Thuile, La Rosière, and Champoluc-Gressoney-Alagna and also include access to Chamonix (lifts on the French side not included, though).

Scuola Sci Monte Bianco
+39 0165 842477
www.scuolascimontebianco.com

Interski
+39 0165 304711
www.interski.co.uk

If you want to kit yourself out with some go faster skis or if you're looking to keep up with the Courmayeur fashionistas, then there are a number of outlets which can provide what you're looking for!

4810 Sport
106 Via Roma
+39 0165 844345
www.grivel-courmayeur.it

Alpineve
Loc Plan Checrouit
+39 0165 846357
www.alpineve.it

Photo: Roman Boed / Flickr (image cropped)
Address: Courmayeur

Sestriere



Tucked amongst the mountains, the high altitude resort of Sestriere is a safe bet for guaranteed snow cover. Purpose built in the 1930's, Sestriere is the capital of the Via Lattea or as it is known to ski aficionados - The Milky Way - a series of lifts that link a number of villages and offers a combined ski area of 400 km covering 140 slopes. The skiing caters for all levels of ability from beginner's slopes to the technically challenging trails that were used for the alpine events during the 2005/2006 Winter Olympics. Besides from the skiing there are other winter activities designed to challenge and thrill, such as heli-skiing, ski-doo trails, winter hikes and ice skating. The resort has a wide selection of restaurants and entertainment venues that will cater for all your Après-ski requirements, whilst in the surrounding area there are many fine medieval castles and churches if you're looking to sample a taste of the local history and culture.

Slope Life:

Host of the 2005/2006 Winter Olympic Alpine events and capital of the Milky Way, Sestriere is the star around which all the other resorts in the region gravitate. The Milky Way or the Via Lattea comprises the villages/resorts of Sestriere, Sauze d'Oulx, Sansicario, Cesana-Claviere and Mont Genevre (in France), which offer up to 400 km of pistes and are interlinked by a series of lifts.

Throughout the area there are runs to suit all levels. However, Sestriere which stands at 2,035 m has the best access and offers the highest

(2,823 m) and most challenging pistes in the area with Monte Sises providing more expert black runs. Advanced skiers can also find plenty of challenging off piste action in and around the region. The Monte Motta/Banchetta Mountains are more suitable for the intermediate skier, whilst beginners will be able to frolic on the slopes just above the resort. The resort is serviced by 20 lifts and in order to access the rest of the Milky Way, take the Col Basset gondola to Sauze d'Olux.

Ski passes range from 1 to 15 days. The Via Lattea 1 day pass includes access to the resorts of Sestriere, Sauze d'oulx, Sansicario, Cesana, Claviere. International passes are also available.

Sestriere also has a selection of high quality ski schools for those taking their first tentative steps on the snow:

Scuola Sci Sestriere
+39 0122 77060
www.scuolascisestriere.com

Scuola Sci Borgata
+39 0122 77497
www.scuolasciborgata.com

Scuola Sci Vialattea Sestriere
+39 0122 76528
www.scuolascivialattea.it

And for all your equipment needs, the following supplier will be happy to oblige:

Centro Sci Sestriere
2 Via Pinerolo
+43 720 990 293
www.rentasport.it

Photo: ChiaVB / Wikimedia Commons (image cropped)

Address: Sestriere

DO & SEE



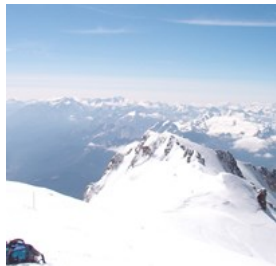
Marco Saracco / Shutterstock.com

Visitors to this corner of the country will find that the Valle d'Aosta and Piedmont are quite distinct in character from the rest of Italy. The long history of geo-political power struggles with their French neighbours and the mountainous alpine environment have created a unique identity amongst the inhabitants.

French was the official language in Piedmont only a century ago, whilst in Aosta, it still remains the administrative and legal language to this day, despite the majority of people speaking Italian. Add to this Aosta's autonomy from central government and it becomes clear why this area is seen as the most un-Italian part of Italy.

This is perhaps most obvious in the gothic style castles that dot the landscape of these two regions. Dating back to the reign of the Royal House of Savoy, the imposing fortifications set amongst the majesty of the mountains, help lend a fairytale air to the surroundings which is far from the suave sophistication of the Italian Riviera and the grandiosity of Rome.

Mont Blanc



Even if you're not interested in throwing yourself down a mountain at high speed, be sure to get up close and personal with one of Europe's highest mountains. Enjoy the exhilarating journey by cable car, admire the views, see the earth disappear amongst the clouds and breathe in that crisp mountain air.

Photo: GFDL / Wikimedia Commons (image cropped)

Address: Monte Bianco

Phone: +39 0165 89925

Internet: www.montebianco.com

Email: info@montebianco.com

Alpine Guided Tours



If you are in the mood for trying out an alternative winter sport, then join one of the many guided activities available such as heli-skiing, snowshoe walking or indoor climbing, just to mention few of them!

Photo: Unsplash / pexels.com

Address: Strada Villair 2, Courmayeur

Phone: +39 0165 842064

Internet: www.guidecourmayeur.com

Email: info@guidecourmayeur.com

Sledge Dog Tours



Professional guides and an eager team of husky dogs will cooperate to give you an unforgettable experience, so join the pack and head out into the wilderness on a guided sled dog tour!

Photo: Dziurek / Shutterstock.com

Address: Località Grand Chemin, 34, Saint Christophe

Phone: +39 335 182 9414

Internet: www.dogsledman.com

Email: info@dogsledman.com

Fenestrelle



Fenestrelle is a small village with mammoth fortifications that were built to repel French attacks. From the village a series of 4,000 steps leads up to the 18th century fort of San Carlo. This amazing feat of engineering and human ingenuity is rumoured to be the largest stone fortification other than the Great Wall of China.

Photo: mstefano80 / Flickr (image cropped)

Address: Via del Forte, Fenestrelle

Phone: +39 0121 83 600

Internet: www.fortedifenestrelle.com

Email: info@fortedifenestrelle.com

Winter Mountain Biking



This is definitely not a ride in the park... The owner has competed in some of the toughest mountain bike races and has cycled some of the most inaccessible trails on earth, so be prepared to live an unforgettable experience! Here, in fact, you can try off-piste cycling at its best.

Photo: Hans / pixabay.com

Address: Viale degli Alpini 11/7, Oulx

Phone: +39 0122 830708

Internet: www.oxygenevtt.com

Email: info@oxygenevtt.com

Exilles Fortress



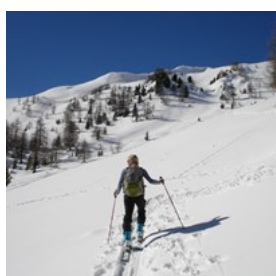
This is a beautiful military fortress in the Susa Valley which has witnessed sieges, defeats and victories over almost 900 years. Its structure is an excellent example of the Savoy and French fortification culture with its ramp, its Royal portal, cavalry courtyards and galleries. A legend says that the mysterious "Iron Mask" was incarcerated here.

Photo: Pippo-b / Wikimedia Commons (image cropped)

Address: Exilles

Internet: www.comune.exilles.to.it

Ski Mountaineering



For passionate skiers there is a vast choice of excursions in the upper and lower Susa Valley, Pellice and Chisone Valleys, upper Sangone Valley, on piste and off the beaten track. People here say that the exhaustion after a hard climb is almost a mystical experience and descending is highly satisfying. Guides can be booked.

Photo: Simon / pixabay.com

Climbing Frozen Waterfalls



This is a very exciting activity in magnificent surroundings. When temperatures fall below zero, you should try to climb the iced walls of the Troncea, Cenischia and the Argentera Valleys where Alpine guides are always available with advices and assistance!

Photo: Gipfelsturm69 / pixabay.com

Parco Naturale Val Troncea



In this national park close to Sestriere, you'll find an unbeatable cross-country skiing network. Pack your backpack with goodies and go for a tour along the well-marked trails and enjoy the stunning views. The area is also great for snowshoes or trekking!

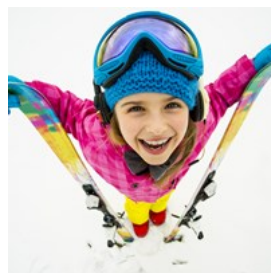
Photo: Francofranco56 / Wikimedia Commons (image cropped)

Address: Frazione La Rua Via della Pineta, Pragelato

Phone: +39 0122 78849

Internet: www.parconaturalevaltroncea.it

Fun Park Dolonne



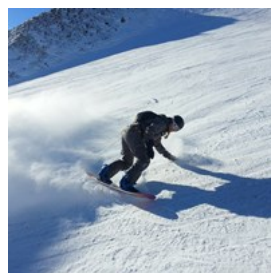
At Fun Park Dolonne kids can enjoy all kinds of fun activities in the snow: bob sleds, jumping carpets and short slopes are just a few of the fun things offered here! For the parents there is an area with comfortable seats to relax at while the children play safely.

Photo: gorillaimages / Shutterstock.com

Address: Piazzale Monte Bianco, 15, Courmayeur

Internet: www.dolonne.com

Snowboarding



If you have never tried snowboarding but you feel like this is the right moment to do it, there are several schools in the area. In Sestriere, for example, YES Snowboard School is a very popular choice since they have passionate

teachers who speak perfect English!

Photo: spinheike / pixabay.com

Address: Via Pinerolo 17, Sestriere

Opening hours: Monday - Sunday 8:30 am - 6:30 pm

Phone: +39 340 577 28 97

Internet: www.yes-sestriere.com

Email: info@yes-sestriere.com

Valle Argentera



With its spectacular nature and small cosy villages, this valley catches its visitors' hearts. The water running through Valle Argentera, splits it

into two almost perfect pieces and the surroundings are just made for trekking. While you are here, take the opportunity to buy some tasty cheese or meat from a farm gate!

Photo: Francofranco56 / Wikimedia Commons (image cropped)

Address: Sauze di Cesana

Phone: +39 0122 755955

Internet: www.comune.sauzedicesana.to.it

Email: info@comune.sauzedicesana.to.it

Parco Avventura Chaberton



Parco Avventura Chaberton is an adventure park for both children and adults. Right in the pine forest, all visitors can try their

climbing talents or raise the adrenaline on the swing or the slides. For the guests who want to stay on the ground instead, there is a mini golf course or sun beds, if the weather allows!

Photo: StockLite / Shutterstock.com

Address: Località Mollieres, Frazione di Cesana Torinese

Phone: +39 335 82 91 445

Internet: www.parcoavventurachaberton.it

Email: info@parcoavventurachaberton.it

Teatro Romano



Watching ancient Roman ruins might not be the most common attraction on a ski holiday, but the Teatro Romano is well worth a visit. This former

public theatre is well reserved and in the evenings is illuminated with mesmerizing, colourful lights!

Photo: Bernhard Richter / Shutterstock.com

Address: Via Porta Praetoria, angolo Via du Baillage, Aosta

Phone: +39 0165 231665

DINING



Massimiliano Gallo/Shutterstock.com

The region's gastronomic standards more than hit the heights expected of Italian cuisine. Throughout the two regions there is a pride in the traditional dishes that have been passed down through the ages and this manifests itself in an abundance of excellent restaurants. The region also produces some excellent wines that will ensure that the connoisseurs amongst you will be well catered for!

The Restaurant at Monte Triplex



This piste restaurant comes highly recommended among those you'll find on the slopes. The menu here offers delicious pizza, sandwiches with rich fillings, various kinds of salads and pastas such as the carbonara with fried eggs. Not to be missed is the polenta with sausages or wild boar meat!

Photo: Vankad/Shutterstock.com

Address: Loc. Sportinia 4, Sauze d'Oulx

Phone: +39 0122 85 80 15 / +39 338 49 44 010

Internet: www.hotelmontetriplex.com

More Info: Located at Hotel Monte Triplex

Rifugio Maison Vieille



Situated at an altitude of 1956 metres, this restaurant serves up a fantastic view as well as a range of mouth-watering pastas and grilled meat

dishes. Get here with the Maison Vieille chair lift and enjoy a high quality Italian meal!

Photo: Meditations / pixabay.com

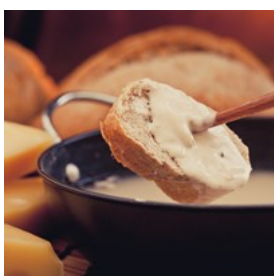
Address: Col Checrouit, Courmayeur

Phone: +39 337 230979 / +39 328 0584157

Internet: www.maisonvieille.com

Email: info@maisonvieille.com

La Grolla



On the descent down into the Val Veny, be sure to stop at this lovely restaurant for some home cooked specialities such as their fondue or one of

their hearty pasta dishes. Let the stunning view of the glacier Brenva on the Mont Blanc massif

compete with the mouth-watering dishes in catching all your attention and satisfaction!

Photo: naito8/Shutterstock.com

Address: Loc Pendeint, Val Veny, Courmayeur

Phone: +39 338 426 5695

Internet: www.lagrolla.it

Email: ristorantelagrolla@tiscali.it

Cadran Solaire



Cadran Solaire is set in an atmospheric 16th century building with vaulted ceilings and stone fireplace. The food lives up to the surroundings

with delicacies such as warm goat cheese blended with a salad, noodles with seasonal vegetables, baked cheese-and-spinach casserole and duck breast with plums. Be sure to leave room for a slice of their chocolate and pear cake!

Photo: Shebeko/Shutterstock.com

Address: Via Roma 122, Courmayeur

Phone: +39 0165 844609

La Terazza



This is a wonderful restaurant serving a number of local specialities together with delicious pizzas. Some of the dishes you find on the

menu are locally produced such as cold cuts, Polenta with venison, snails, mountain mushrooms and the delectable Aosta Valley pancakes with ham and Fontina cheese!

Photo: epicantus / Pixabay.com

Address: Via Circonvalazione 73, Courmayeur

Phone: +39 0165 843330

Internet: www.ristorantelaterrazza.com

Email: info@ristorantelaterrazza.com

La Tana della Volpe



Located at 2 600 m above sea level, it's the only hotel and restaurant at this height in the Western Italian Alps. It serves a range of warm and welcoming meals that will immediately refuel the batteries for the descent! Get here via the New Cloud or the Banchetta chairlift.

Photo: stockcreations/Shutterstock.com

Address: Via monte Banchetta, Sestriere

Phone: +39 335 36 20 54

Internet: www.tanadellavolpe.it

Email: info@tanadellavolpe.it

L'Ortiche



Close to the church in Sauze d'Oulx, L'Ortiche serves exquisite regional dishes, cooked to perfection. The chef uses locally produced ingredients and the menu changes on regularly basis, so you'll never get bored of it. The Black Angus steak, in particular, is to die for, according to previous guests!

Photo: Jaroslaw Pawlak/Shutterstock.com

Address: Via Assietta 4, Sauze d'Oulx

Opening hours: Monday - Sunday 7:00 pm - 11:00 pm

Phone: +39 0122 850329

Internet: www.ortiche.com

Email: lortiche@gmail.com

Il Cantun del Barbabuc



This venue was once a stable, but in the 80's it was renovated in to a lovely and rustic restaurant where regional specialities are served

with a wide selection of wines, in a cosy ambience. This place is particularly popular, so it is recommended to make a reservation in advance!

Photo: Stokkete/Shutterstock.com

Address: Via Luigi Faure, 3, Sauze d'Oulx

Phone: +39 012 285 8593

Internet: www.ilcantundelbarbabuc.com

Email: ilcantundelbarbabuc@gmail.com

Du Grand Pere



To experience a genuine Italian homemade meal you should head to this restaurant, located in Champlas Janvier, just 20 minutes by car from Sestriere. In a building that looks like a family residence, guests can tease their taste buds with extraordinary meat dishes and locally produced cold cuts or cheese.

Photo: DronG/Shutterstock.com

Address: Via Forte Seguin, 14, Sestriere

Phone: +39 0122 755970

Internet: www.ristorante-dugrandpere.it

Email: ristorantedugrandpere@gmail.com

Chateau Branlant



Chateau Branlant is a very popular mountain restaurant located above Plan Checroit in Courmayeur. Come here to warm yourself in front of the open fire and eat a savoury portion of home made pasta or something else from the well recommended Italian menu. Due to its delicious food and efficient staff it is often crowded so to be sure to have a seat book in advance.

Photo: TTL media/Shutterstock.com
Address: Plan Checrouit, Courmayeur
Phone: +39 0165 846 584 / +39 347 8916847
Internet: www.chateaubranlant.com
Email: info@chateaubranlant.com

Shatush



Even if you are not a guest at the hotel Shatush, you should definitely keep in mind to check their restaurant, when in Courmayeur.

Here, in a trendy and particularly elegant environment, you will be served delectable Italian dishes prepared with exclusively high quality produce.

Photo: svariophoto / Shutterstock.com
Address: Strada della Brenva 10, Courmayeur
Phone: +39 01651853730
Internet: www.hotelshatush.it
Email: info@shatushclub.com

Ristorante Ciao Pais



Take a seat at the terrace of Ristorante Ciao Pais on a sunny day and enjoy their tasty homemade Italian food or just an afternoon hot chocolate

with a slice of freshly made cake! Founded in 1930, the restaurant is located just next to the slope, but is pretty easy to reach also from the town.

Photo: ivneon / pixabay.com
Address: Località Case Sparse, 17, Sauze D'Oulx
Phone: +39 0122 850280
Internet: www.ciaopais.it
Email: info@ciaopais.it

CAFÉS



Alex Brylov / shutterstock.com

What's better than a hot drink straight after a long day on the snow? A hot drink and something sweet to eat! Check one of the popular spots listed below (you will notice both cafés and proper bakeries) and spoil yourself with a hot chocolate and a slice of delicious cake, perfectly baked according to the Italian tradition!

Pasticceria Gally



This is a traditional place where you'll be served a tea or a cappuccino and typical regional patisserie such as cakes, little pastries and various kinds

of chocolate. It's a classic meeting point for regular visitors and residents, not only because of the deliciously baked sweet delicacies, but also because of the excellent service.

Photo: stux / pixabay.com
Address: Piazza Assietta, 5, Sauze d'Oulx
Phone: +39 0122 858028

Caffè della Posta



Right in the heart of Courmayeur you will find a sophisticated café characterised by an unmistakable Italian atmosphere. Come here after a long day on the snow and treat yourself with a strong Espresso and a slice of cake, sitting by the ancient-looking chimney.

Photo: Credit - S_Photo /Shutterstock.com
Address: Via Roma, Courmayeur
Phone: +39 0165 842272

SkyWay Café



This is a self-service cafe whose most remarkable quality is its location that makes it the perfect place to stop by for a coffee and a snack while getting on the top of the mountain. SkyWay Cafe is intelligently surrounded by glass walls so that you will have the chance to enjoy your hot drink admiring the awe-inspiring view!

Photo: Gayvoronskaya_Yana / Shutterstock.com
Address: Strada Statale 26, 48, Courmayeur
Internet: www.montebianco.com

Peperino Dolce



Are you looking for an authentic, strong and black Italian coffee? Then, you need to pay a visit to Peperino Dolce, one of the most popular café among both visitors and locals, in the lovely town of Sauze d'Oulx. If you're not a coffee-lover, you'll still notice numerous other options, such as mouth-watering hot chocolates and herbal

teas!

Photo: GooDween123/Shutterstock.com
Address: Via Assietta 9bis, Sauze d'Oulx
Phone: +39 338 289 4233

Pasticceria Valsesia



Pasticceria Valsesia is cosy bakery that will charm you with the warm atmosphere and the deliciousness of the sweet creations you'll find yourself admiring. At this bakery you will definitely feel like home, especially because of the owner who's always ready to have a good chat!

Photo: Ymon / pixabay.com
Address: Piazza III Reggimento Alpini, 27, Sauze d'Oulx
Phone: +39 0122 850636

BARS & NIGHTLIFE



Alessio Maffeis / Flickr (image cropped)

A beer never tastes as good as after a long and fun day in the slopes. After a refreshing shower and a strengthening meal, head down to meet and greet your fellow skiers. The good mood is always infectious and you're in for a different kind of ride!

Kovo



For those looking for a spot of late night crooning - or should that be howling? - head down to Al Kovo and join the karaoke night, held twice a week. You could also check out the other nights that are set aside for live bands, so be prepared to continue to rock till dawn!

Photo: Syda Productions / Shutterstock.com

Address: Via Louset 6/C, Sestriere

Opening hours: Monday - Friday 5:00 pm - 3:00 am, Saturday 5:00 pm - 6:00 am, Sunday 5:00 pm - 3:00 am

Phone: +39 333 321 9884

Email: kovosrl@gmail.com

Ciao Pais



Ciao Pais is a chalet with a magnificent view over the Alps where you could chill out having a beer or a punch after skiing and also try typical regional dishes, chatting with some friends. Take the chair-lift Clotes to get here!

Photo: Mikkel Bigandt/Shutterstock.com

Address: Localita'Case Sparse, 17, Sauze D'Oulx

Phone: +39 0122 850280

Internet: www.ciaopais.it

Miravallino



Miravallino was the first bar in the village and is still one of the most important meeting points in the centre of the town. It's well known because of its exquisite appetizers, its crêpes and the incredibly lively and friendly atmosphere! Moreover, this historical venue has been

enriched by the introduction of its own disco where you'll shake your body to dance music until you can!

Photo: Designatic / pixabay.com

Address: Via Clotes, 3, Sauze d'Oulx

Opening hours: Monday - Friday 3:00 pm - 1:00 am and Saturday - Sunday 8:00 am - 1:00 am

Phone: +39 0122 850447

American Bar



This dynamic venue will entertain you with several kinds of events such as theme parties, disco nights, live music or game and sport nights!

Consequently, you will never get bored while tasting one of their delicious sandwiches that are just to die for!

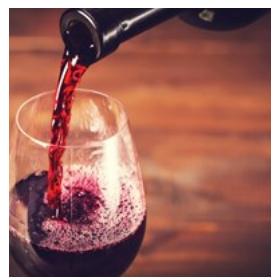
Photo: stevepb / pixabay.com

Address: Via Roma 43, Courmayeur

Opening hours: Monday - Saturday 12:00 pm - 2:00 am

Phone: +39 0165 846707

Bar Vineria Walser



Right in the heart of Courmayeur you will come across a peculiar bar with wooden interiors where you will be welcomed by a talkative

staff that will show you the menu, giving advices about the countless wines and beers they have. Don't miss their rich aperitif with slices of pizza, onion "focaccia", vegetable pies and much more!

Photo: jeka84/Shutterstock.com

Address: Viale Monte Bianco 26, Courmayeur

Phone: +39 0165841645

Tabata



Spacious venue characterised by stone walls and red decorations such as comfortable cushions and elegant curtains. The atmosphere

here is a bit ethnic and definitely intimate, consequently Tabata is the perfect spot to grab a glass of wine and relax; but this is also a proper disco, so get ready to dance your feet off on the weekends.

Photo: picjumbo / pixabay.com

Address: Via Monterotta 1, Sestriere

Phone: +39 0348 4436681

Internet: www.discotecatabata.it

Il Lampione



Are you in the mood for a relaxing night out in the name of music and food? Then, check out Il Lampione! Here, in fact, you could spoil yourself

with some wine-tasting and cheese-tasting, while listening to a romantic guitar music being played in the background.

Photo: jill111 / pixabay.com

Address: Via Assietta 23, Sauze D'Oulx

Internet: www.faure.it

Il Mulino



If you still feel full of energies and don't to spend the whole night at a nearby bar, grabbing a beer, then head to La Thuile, approximately 25

minutes by car from Courmayeur, and check Il Mulino. This club has a particularly vibrant atmosphere and music to dance to all night long!

Photo: Pressmaster / shutterstock.com

Address: Frazione Grande Golette 101, La Thuile

Opening hours: Tuesday - Friday 4:00 pm - 4:00 am, Saturday - Sunday 11:00 am - 4:00 pm

Phone: +39 333 837 4922

Email: ilmulinolth@gmail.com

TOURIST INFORMATION



Tiia Monto / Wikimedia Commons (image cropped)

Airport



To get to the major ski resorts from The Caselle-Turin Airport the easiest way is to book a private transfer or to hire a car. There is a wide

selection of rental car companies at the airport. If you rather go by public transportation you have to be prepared to go via Turin.

Sauze d'Oulx

The Caselle-Turin Airport is around 1 hour by car from Sauze d'Oulx. From the airport there are different ways to go to the village but the easiest, when carrying a lot of luggage, is the private transfer.

www.trenitalia.it

Courmayeur

Turin Airport lies 117km from Courmayeur and the journey takes about 1 hour and 40 minutes

by car. To get here with public transportation you need to go firstly to Turin Central Station and from there get on the train to Aosta, which takes 2hr 30 minutes. From Aosta a bus will take you to Courmayeur in 1 hour.

www.trenitalia.it

Sestriere

Turin airport lies 104km from Sestriere and train and bus routes to the village are operated by Trenitalia. Transport from Turin airport to Turin Central station runs every half hour and takes 20 minutes. From Turin take the train to Oulx, which takes a maximum of 1hr 21 minutes, and from there a bus to Sestriere, which takes 45 minutes.

www.trenitalia.it

Photo: Juan Garces

Address: Turin Airport

Phone: +39 011 5676361 / +39 011 5676362

Internet: www.aerportoditorino.it

Public Transport



If you stay close to the centre of the three different villages, you can get to the chair lifts on foot. If you stay just outside of the town

centre, there is a Skibus.

Furthermore, Courmayeur and Sestriere has free or very cheap public transport, especially in the winter for skiers needing to go to or get back from the slopes from more distant areas of the town.

Photo: Pierre-Luc Auclair

Taxi



Three major taxi companies in the ski resorts are: Sauze d'Oulx
Sauze Taxi +39 327 061 0700 www.sauzetaxi.it
Courmayeur Centrale taxi

- Piazzale Monte Bianco Courmayeur
+39 0165 842960

Sestriere

Autoservizi Garofalo

+39 0122 77028

www.taxigarofalosestriere.it

Photo: ArrivalGuides

Post



You can buy stamps at every "tabacchi" (tobacco shop) you'll run across and you'll recognise the mailboxes by their bright red colour! The main post

office in Courmayeur:

Address: Viale Monte Bianco, 5

Phone: +39 0165 840811

The main post office in Sestriere:

Address: Via Monterotta, 7

Phone: +39 0122 77093

The main post office in Sauze d'Oulx:

Address: Via Assietta, 35

Phone: +39 0122 858059

Photo: Andy Fuchs

Internet: www.poste.it

Pharmacy



Farmacia Romano
Tintinelli, Sauze d'Oulx
15, Via Monfol +39 0122
850203 Farmacia Monte
Bianco, Courmayeur 69,
V. Circonvallazione +39

0165 842047

Dr Jayme Francesco, Sestriere

Piazza Agnelli 2
+39 0122 77109

Photo: Gemma Garner

Telephone



Country code: +39 Area
code Sauze d'Oulx: 0122
Area code Courmayeur:
0165 Area code Sestriere:
0122 (the area code is
always dialled) If you call

Italy from abroad, you must always dial zero in
the area code, e.g. +39 0122 + the number.

Photo: Jardson Almeida

Electricity



The standard voltage is
220/240V.

Photo: Stirling Tschan

Population

Sauze d'Oulx 1,109
Courmayeur 2,807
Sestriere 910

Currency

Euro, €1 = 100 cents

Opening hours

General opening hours are between 8:30 am - 12:30 pm and
4:00 pm - 7:30 pm.

Newspapers

Il Giornale del Piemonte
La Valsusa
Corriere della Sera

Emergency numbers

Carabinieri: 112
Police: 113
Fire brigade: 115
Medical Emergency Service: 118

Tourist information

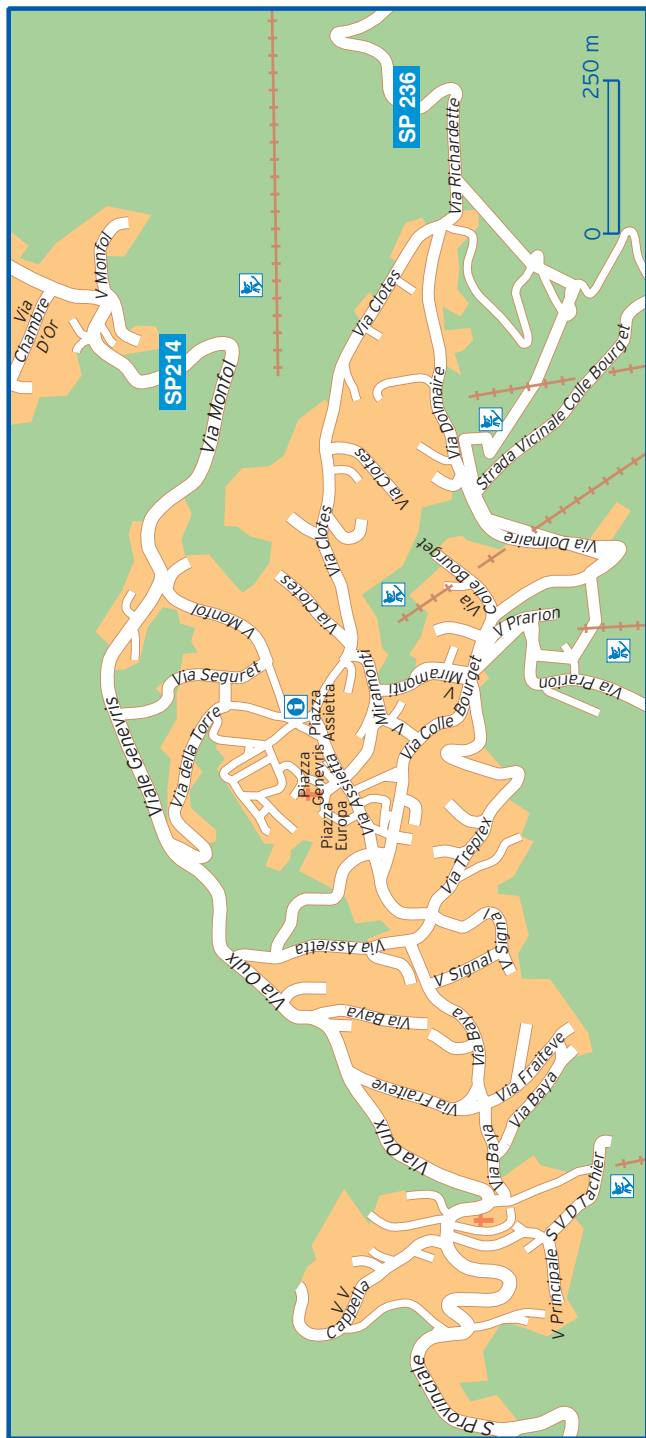
Sauze d'Oulx
Via della Torre 11, Sauze d'Oulx
+39 122 850 380

Courmayeur
Piazzale Monte Bianco 13, Courmayeur
+39 0165 842060

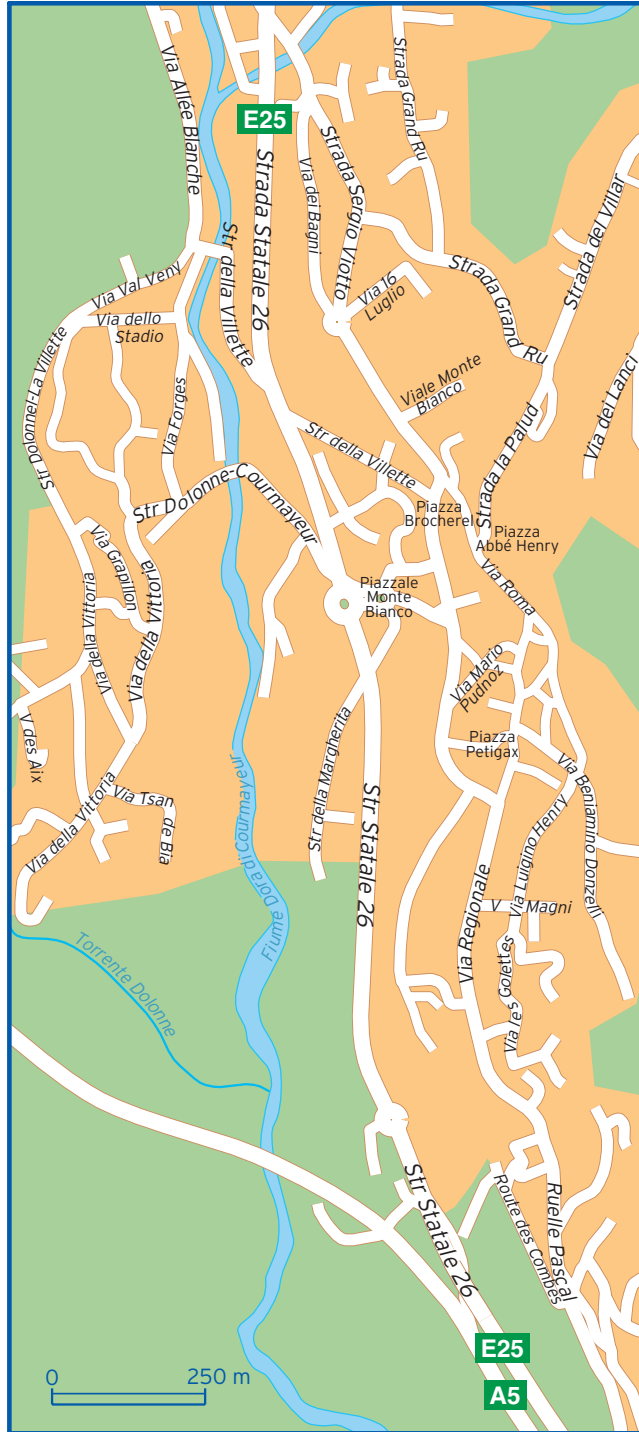
Sestriere
Via Europa, 1, Sestriere
+39 0122 750613



The Region



Suze d'Oulx



Courmayeur

