

Press kit • Summer 2017

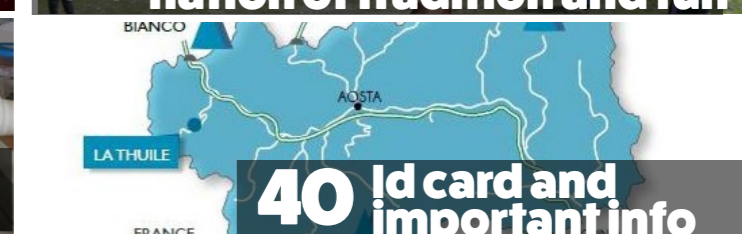
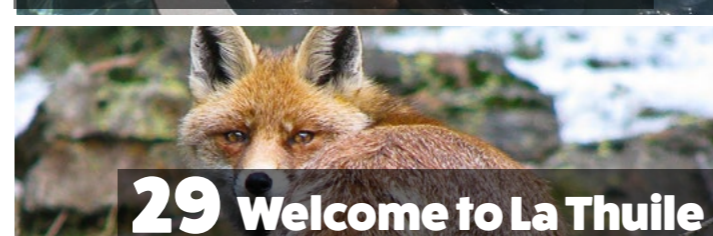
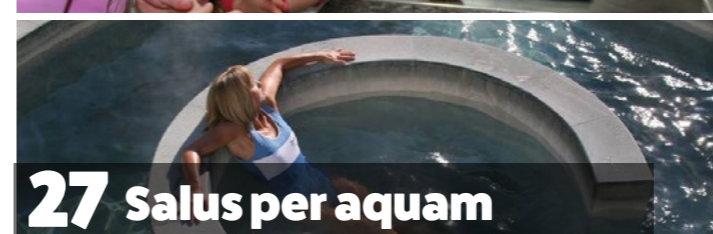
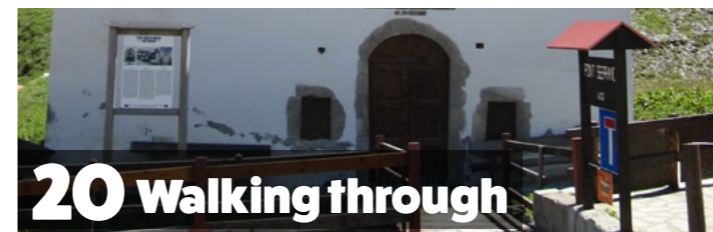
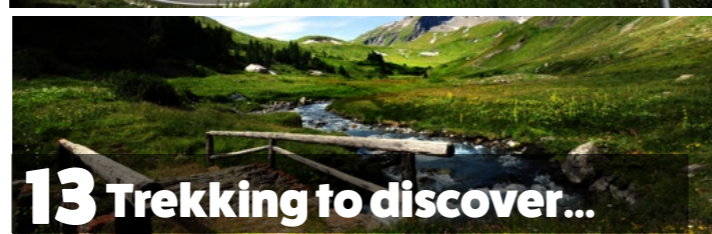
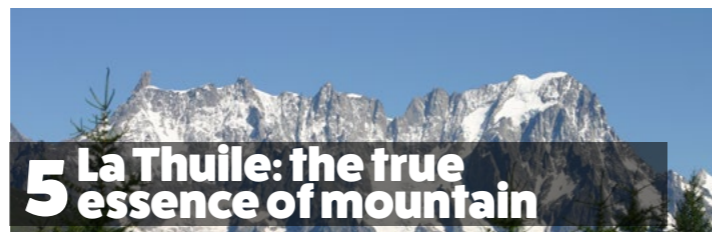
LATHUILE

www.lathuile.it



#Enjoy

LA THUILE



#summer
2017



LA THUILE THE TRUE ESSENCE OF MOUNTAIN



Charm and nature melt in a millenary history. We are in La Thuile, in Valdigne, a delightful mountain village in the heart of the great Alps. This place is proud to be the most Western in the Aosta Valley and the last Italian bulwark before entering Tarentaise, in the French territory. It is located at a height of 1.441 meters in a verdant valley between the Rutor massif, the Grand Assaly and the Mont Blanc and it is gifted with crystal clear air, wooden and stonewall houses and flagstone roofs. La Thuile is a wild habitat in a verdant and pleasant nature and with an eclectic temper and it gives the emotion to live the true essence of mountain. It is a place proud of its origins and internationally known and it is able to put together both its traditions and a big offer of touristic pleasures such as sport, relax, fun, culture and good food. It is the queen of winter sports, trekking and alpinism and it is also an important destination for those who love mountain bikes.

#EnjoyLaThuile

ENDURO WORLD SERIES
QUALIFIER
SEASON 2017

ROUND 3
SUPERENDURO SERIES

14/15.07 PRACTICE
16.07 RACE

LA THUILE
(AO)



THE NEXT STOP IS 10.09 VARANO (PR)



SUPERENDURO
Italian Enduro Series
superenduromtb.com #raceenduro



IMPORTANT EVENTS

TRAILTH - 1st JULY 2017

Here are some numbers for the first edition of the La Thuile Trail that will be raced on the 1st July: 25 kilometers and 1.800 meters of positive difference in height. The race starts from Piazza Cavaliere di Vittorio Veneto and it passes through the fractions of Thovex and Buic and it climbs up in the woods, through the path named "La Balconata" (The Balcony), to reach the Deffeyes refuge (2.494 meters) to the turning point of the San Grato and Santa Margherita chapel, near the Deffeyes refuge. Then it gets down to La Joux, through the Alta Via path number 2. This route let you see the evocative panorama of the surrounding mountains and tracks of the history of La Thuile.

The road book is available on our website
www.lathuiletrail.com



MTB...HIGHER AND HIGHER

NATURAL TRAIL AREA

The mountain bike culture is very important in La Thuile. Incredible panoramas are a frame to the MTB Natural Trail Area, which starts from Belvedere (2.600 meters above sea level) and goes down to the town. It was created to meet the needs of all the bikers and it allows to gradually improve the skills and the riding techniques. This big bike park can be reached through lifting systems that this summer will be open from the 1st July to the 3rd September and that allow you to lift your bike too, of course. It is rich in paths created starting from natural routes, without digging or building facilities against the preservation of the environment.

The La Thuile MTB Natural Trail Area map shows all the rideable paths, which are divided according to their kind and difficulty. The specific signs along the paths help you to navigate during trips.

There are also rideable roads and muletracks that reach very suggestive places. The displacements, which are in yellow on the map, can be made on white roads on which also vehicles, horses and pedestrians are allowed. Bikers can use these roads to reach a trail or to move to another part of the bike area, while the purple ones are routes for electric-bikes.

facebook.com/lathuilemtb
twitter.com/lathuilemtb
instagram.com/lathuilemtb

Mountain-bike	LUNGHENZA DISTANCE	INNALZAMENTO DECENT	QUOTA PARTENZA ALTITUDE	DIFFICOLTÀ DIFFICULTY
A PROMISE	4,088 km	69,79 mt	1,484 mt	●●●●●
B GARIN	3,700 km	801 mt	0,085 mt	●●●●●
C LA JOLIX	2,700 km	551 mt	0,300 mt	●●●●●
D LE VOLPI	3,411 km	801 mt	0,085 mt	●●●●●
E MURET	0,430 km	378 mt	1,878 mt	●●●●●
F COMINO	Trasferimento			●●●●●
G FLOW	1,528 km	107 mt	0,338 mt	●●●●●
H FOYER	Trasferimento			●●●●●
I CAMBOGIA				●●●●●
J MAISONNETES	4,700 km	884 mt	0,225 mt	●●●●●
K PONTEILLES				●●●●●
L LAGHETTO	Trasferimento			●●●●●
M LA POUSSAZ	Trasferimento			●●●●●
N LA TOUR	5,123 km	727 mt	0,350 mt	●●●●●
O TOURASSE	3,025 km	444 mt	1,908 mt	●●●●●
P TOMBEAU				●●●●●
Q VERNEY	6,434 km	586 mt	0,188 mt	●●●●●
R SUPERKAPPA	7,580 km	821 mt	2,588 mt	●●●●●
S MINIERE				●●●●●
T CHAVANNES				●●●●●

SEGNALITICA DEI CIRCUITI
 SIGNALING CIRCUITS

- molto facile - very easy
- facile - easy
- difficile - difficult
- molto difficile - very difficult
- trasferimento - transfer
- bici elettrica - electric bike

SEGNALI

- ▲ difficoltà percorso - difficulty path
- direzione percorso - direction path
- nome percorso - path name
- ▲ pericolo - danger
- ▲ lavoro in corso - work in progress
- ▲ salto - jump

LEGENDA

- seggiovia - chairlift
- biglietteria impianti - ticket office
- bar - ristorante - bar - restaurant
- piscina riscaldata - heated pool
- bike park
- noleggio MTB - MTB rental
- lavaggio MTB - MTB wash
- ufficio informazioni - information office
- lago artificiale - artificial lake
- cascate - waterfall
- cross-country
- bici elettrica - electric bike

FACILITIES OPENING:
1st JULY 2017

Facilities closing:
3th September 2017

Continuous hours
 from 9.30 a.m. to 5 p.m.

Daily ticket La Thuile
 20,00 euro (adults)

Daily ticket
Espace San Bernardo
 24,00 euro (adults)

Info:
Piccolo San Bernardo Cable car
Funivie Piccolo San Bernardo
 T +39 0165 884150
 info@lathuile.net - www.lathuile.it



LIFTING SYSTEM

At the Little St. Bernard cable car ticket office you can buy different kinds of passes, also the international one that allows you to enter the MTB Natural Trail Area, through the Italian and French chairlifts, for unlimited bike rides.

Inside the Bike Park, that can be reached through the Bosco Express and Chalet Express chairlifts you can find both easy paths (which are perfect for beginners and families) and difficult ones for expert riders.

BY BIKE OR MOTORCYCLE ALWAYS TWO-WHEELED

MOUNTAIN BIKE SCHOOL

A very equipped School Camp, which is organized by the La Thuile Mountain Bike School teachers, is located in the Planibel area, near the Bosco Express chair lift. There are several paths such as the skill park preparatory facilities, to develop your balance and posture while riding your bike. In this School Camp there are also two slaloms and a brand new project for children: the push bikes (bikes without pedals).

In 2013, the MTB School in La Thuile has become a Cycling School. It is open from June to September, from 9 a.m. to 6 p.m. and it is organized by six of the Italian Cycling Federation teachers. It also organizes all the Bike Park and School Camp activities. The dense course schedule, created to allow you to know and improve your Cross Country, Freeride, Downhill and Enduro techniques, was created for children and adults of all ages, with individual and group lessons.

If you are an adult or a competitor, you can also request multi-day stages of Enduro, during which MTB teachers will program activities to meet your needs.

scuoladimtb@lathuile.it

HOSPITALITY FOR RIDERS

Many hotels are organized for bikers and bicycles and they have special offers to live outdoor days with your inseparable bike.

You can check the offer on our website www.lathuile.it

In La Thuile there is also a specialized studio for technical assistance, bike washing and mountain bike rental

www.onlyski.eu



ROAD CYCLING

The Tour de France and the Giro d'Italia passed through this territory and this makes La Thuile a popular destination for all cyclists. There is a charming path that climbs up to the Little St. Bernard Pass, with slopes of 7% in the initial part of the path, in the Pont Serrand area, to 8% up until the Les Suches crossroad. These slopes get easier along the "Piano dell'Abbondanza" and get harder again during the last hairpin turns that lead to the Hill, to go down to La Rosière.

There is a difficult path that starts from La Thuile, passes through the old mining village of Pera Carà and Les Granges (where there are slopes of 13%), Colle San Carlo (1.971 m), then it goes down for 11 km to Morgex, it turns left at the Prè Saint Didier crossroad (1.020 m), it goes up for 11 hairpin turns with an average slope of 6% and it passes through villages such as Elevaz and La Balme to get to La Thuile.



CENTAURS STRIKE BACK

The routes that pass through these mountains, which are some of the highest in the Graian Alps chain, seem to be created for motorcycles and to give bikers unforgettable emotions. La Thuile hosts centaurs in hotels with parking for motorcycles and, for those who love outdoor time; the Ruitor Camping is perfect per overnight stays with your tent. The **Piccolo San Bernardo Moto Club** is a landmark to all the centaurs and it organizes touristic tours, motorcycles rallies and sport and food and wine events. (tel. +39 347 4803584)



TREKKING TO DISCOVER...

AMAZING VALLEY

There are many things to discover on La Thuile territory, which offers to all trekking lovers a big net of paths to reach beautiful destinations, rich in areas of geologic and historic interest.

The d'Orgères Valley, for example, is rich in late medieval evidence and it is also part of a project of digging, in collaboration with the University of Turin, the Commission for Cultural Heritage and Activities of the Aosta Valley and the La Thuile municipality.

It is a valley from which you can see different mountains and chains such as the crest of Punta Belleface, the Laugeron one, Mont Blanc, the Grandes Jorasses, the Grand Combin and the Monte Rosa massif.

You can also see suggestive panoramas of the Berrio Blanc and the big Plate Valley, with the homonym little lake and what's left of its tiny glacier or the des Chavannes Valley that leads to the homonym hill. There is also Mont Fortin, which gives you a privileged panorama on the Veny Valley with the Aiguille des Glaciers, the Aiguille de Trélatete, Mont Blanc and the Pyramides Calcaires.

The Breuil Valley is very interesting on a geologic point of view and it

is a route that allows you to cross a tiny ocean which was taken away from its old abyssal plain and gently deposited between the mountains that overhang La Thuile. It is a tour in the Mesozoic, in particular near Pointe Rousse and the Tormotta lake. You can find the map with the paths in the Consorzio Operatori Turistici in Cavalieri di Vittorio Veneto square in La Thuile, or you can download it from our website

www.lathuile.it

*To all trekking lovers
a big net of paths
to reach beautiful
destinations, rich
in areas of geologic
and historic interest*

MINES

There are also delightful routes to discover mines. There are several paths into the woods, short ones (that last about half an hour) and long ones (four hours) during which you can see traces of the rails that were used for the trucks, the entrances to underground passages and the ruins of miners' shelters. You can learn more by going to the Mine Museum, which is located in the centre of the town, in the Via Debernard library.

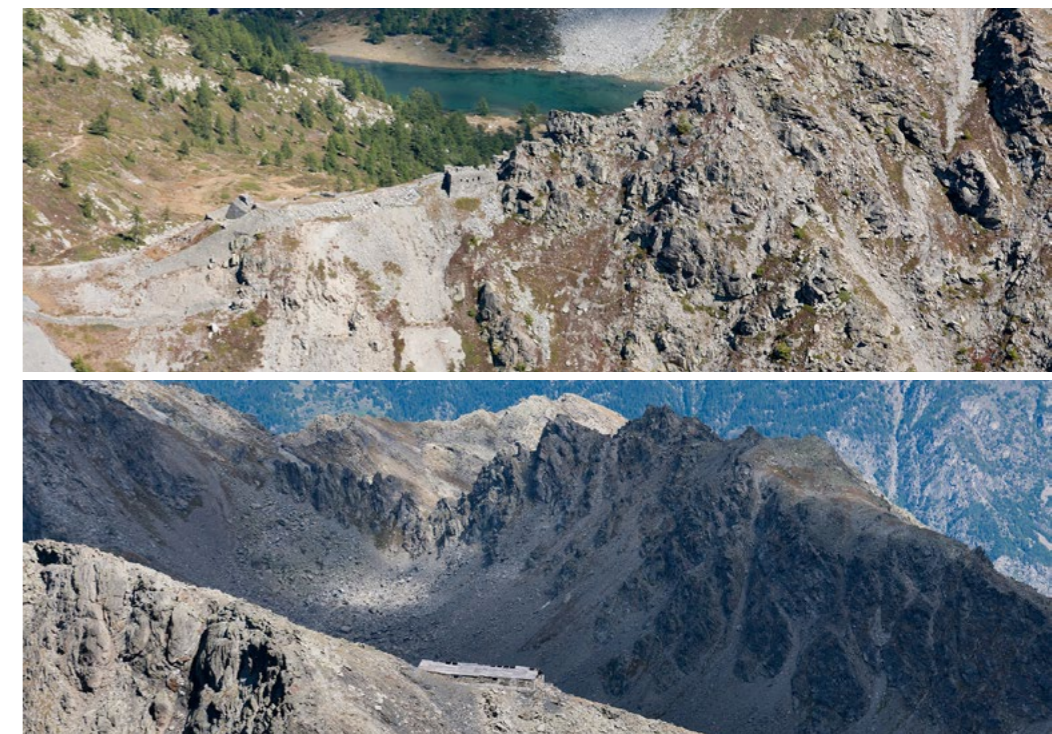
LACUSTRINE TREASURES

You can run along the Little St. Bernard Pass paths by foot, bike or car and you can't help falling in love with the amazing view of the Verney Lake, that with its 0.2 km of extension, is the biggest natural lake in the Aosta valley. It has got glacial origin and it is at 2.088 m of height and it is located between the Bec des Rousses, which is the headland of Little St. Bernard and Mont Chaz Dura. The area around the Verney Lake is full of hygrophile vegetation, which means different fine plants such as cotton grass, reeds and sphagnum, which is typical of peat bogs.

On the sides, nature left sediments rich in resurgences, which is a perfect habitat for primroses and saxifrages. The Verney Lake, that is also a fishing reserve, is very interesting for the tourists that can have a walk for 45 minutes around the Lake. You can also leave the lake behind your back to reach the Superior Verney Lake in about half an hour and, if you keep on walking towards the Punta Rousse Hill through a path rich in tiny lakes and silent alpine planes, to get to the beautiful Tormotta Lake (2.486 m).



Info:
Consorzio Operatori
Turistici La Thuile
+39 0165 883049
www.lathuile.it



THE RUITOR AND ITS WATERFALLS

One of the elements that mark La Thuile is the Rutor glacier that overhangs the valley and can be seen from every point of view. This glacier has a surface of 8,4 km² and it's the third in the Aosta Valley for its extension after the Miage one (10.6 km²) and the Lys (9.6 km²). It creates a big calotte that goes from the homonym peak of the Rutor (3.486 m) to 2.500 m of height, while giving water to some lacustrine basins. It is surrounded by mountains such as the Flambeau (3.315 m), Monte Doravidi (3.439 m), Monte Chateau Blanc (3.408 m), the Becca du Lac (3.402 m), the Punta d'Avernet (3.307 m) and the Grand Assaly (3.177 m) and it is characterized by the Le Vedettes that rises in its centre.

The Rutorine Waterfalls are generated by the Rutor glacier and they are some of the most beautiful falls in the Aosta Valley. These three impetuous falls go through gorges and precipices, giving birth to the Dora of the Rutor. The building of a bridge on the third fall, whose inauguration took place in 2014, on the 150th anniversary of the "birth" of these three waterfalls, allows people to see a unique sight. Starting from the La Joux fraction (1.603 m) you can reach the Waterfalls and, going higher, the Deffeyes refuge, at the bottom of the Rutor glacier or you can decide to keep on walking to the evocative lakes of Bellacomba. The most expert climbers can go on to the Testa del Rutor.

TRENCHES AND DEFENSE WALLS

There are also routes and paths with mountain guides, both for adults and children.

www.sirdar-montagne.com
www.zerovertigo.com
www.lathuile.it

On the La Thuile territory, both towards the Little St. Bernard Pass and the Colle San Carlo, there are several routes that allow you to see the evidence of what happened during the World Wars. From Colle della Croce, on the La Thuile side, you can see the dry stone defense walls of Captain Sandino, with a military trench and the ruins of two little barracks for the garrison.

You can find routes and paths on the La Thuile side, www.lathuile.it, maps section. In the Mont du Parc area, near the Les Granges and Buic fractions, there are the trenches of Prince



EVIDENCE OF ANCIENT CIVILIZATIONS

THE ARCHAEOLOGICAL AREA OF THE LITTLE ST. BERNARD PASS

Old civilization evidence, footprints of people from different eras in the Little St. Bernard Pass, at the archaeological site where you can see several vestiges from a past that has seen the Celts, the Salassi and the Romans as main characters. This land is located near the border at 2.200 of height and it is full of the ancestral magic of the Cromlech, one of the rare megalithic circle in Italy. It is made of 46 stones, vertically inserted in the field, at about between 2 to 4 meters away one from the other, in a big circle of 72 meters of diameter, probably from the pre-Celtic period (3.000 B.C). The researches that are still going on have not found out the Cromlech's function yet, even if, according to its shape and orientation, probably it was an astronomic observatory, with a record, the one of height.

This prehistoric monument might be linked to other megalithic buildings located in the Aosta Valley, in particular to a very big area in the city of Aosta.



ALPIS GRAIA: AN IMPORTANT AND OLD TRANSIT ROUTE

The Salassi, Celtic tribe from the Aosta Valley, had organized the Little St. Bernard Pass to communicate with the Centurions, their relatives from the Tarentaise Valley. It is told that this passage was used by the Hannibal's army to pass through the Alps. It is sure that, in 45 B.C, the Romans followed Julius Caesar's order and built a road that linked the imperial capital city, Milan, to the capital city of the Gallic Empire, Lyon. This transit route was named Alpis Graia during the Medieval Age and a part of the route was put on the top of the Via Francigena. Since 1900 this route is the highway 26. There are also the mansions, one on the French territory and the other one on the Italian territory. They were made by the Romans and they had a central courtyard and some spaces for people



and animals' rest. The Eastern mansion, which means the one on the Italian territory, has some ruins of a fanum, which is a little quadrangular-shaped temple and is a typical Gallic place of worship.

After the former French customs there is another building, maybe a shrine consecrated to the patron god of the soldiers, which is a protection for the Alpis Graia. The Columna Jovis, which is another evidence of the Roman presence, is located a little more forward and on its top there is a statue of Bernard, which, obviously, isn't from the same period. It is at 2.188 of height and, maybe with the help of a lantern, it had been used for more than two millenniums to show the path to the wayfarers. Its name reminds Jupiter's name, which was the supreme, almighty god on the Alps peaks.

This archaeological area can be discovered also through several paths of different length, with a guide.

THE HOSPICE

It is well known that the Little St. Bernard Pass was an important transit route, also because of the presence of the Hospice, a construction that was built by Bernard, the Archdeacon of Aosta, in 1100. The Little St. Bernard Pass Hospice, which, during the last centuries was managed by the friars of the Order of Saint Maurice, was repeatedly destroyed during the wars and abandoned after World War II. Nowadays it hosts the International Office for Tourist Information and the Hill, Valdigne and Savoy History Museum.

GIARDINO BOTANICO CHANOUSIA

Just after the Little St. Bernard Pass, on the French territory, there is the Alpin Botanical Garden of Chanousia, the highest in Europe. This garden was created in 1897, thanks to the work of the abbot Pierre Chanoux, the dean of the Hospice of the Order of Saint Maurice, who was very interested in studying history, archaeology and botanic. This place was a space in which many endangered



More than 1.000 alpine species coming from all over the world

species of alpine plants were grown and people could know their properties and respect their beauty. Thanks to some subsidies from public and private institutions, the garden could get bigger and today it has a surface of about 10.000 square meters and hosts more than 1.000 alpine species coming from all over the world. Chanousia an institution is recognized by the Turin University for the carrying out of internships. The botanical garden is open from July to September. **Info:** info@chanousia.org

WALKING THROUGH...

SAINT NICHOLAS PARISH

Walking through Aosta, in Via Debernard, you can find the church consecrated to San Nicola, whose bell tower is higher than the roofs. It is an old place of worship and witness to the history of the community, its existence is confirmed by an ancient document from the XII century, when the Bishop of Aosta, Bosone II, gave San Nicola church of La Thuile and the Little St. Bernard Pass Hospice to the Saint Gilles of Verrès nunnery.

This parish, which passed under the direct authority of the Bishop of Aosta in 1466, during the next centuries was looted, until 1700, when the French troops set fire to it. It was completely destroyed. The current church that was rebuilt in 1796 has a measured and essential architecture, with just one central nave, two lateral apses and the presbytery. Inside of the church there are marvelous paintings made by Ettore Mazzini in 1945 that show the crucifixion, a series of painting of Saints, episodes from the life of San Nicola and the Virgin Mary.

There is also a very interesting wooden crucified Christ in the triumphal arch, that incredibly survived the French army plunder. The tabernacle was made during the XVIII century and it comes from one of the shrines of the Santa Caterina of Aosta nunnery. The bell tower, which is a square plastered tower, decorated with two Lombard bands on the last two floors, is thought to be from 1400, while the spire is from the XVIII century.

THE CHAPELS

The old chapels were built between the XVII and the XIX century. They are an evidence of a faith that, during the centuries, has been shown also through art and they make the roads of La Thuile more precious, melting with the panorama.

This is a route you should not miss. It is not only a journey of faith, but it also let you discover the tiny fractions of the town.

There is the San Rocco Chapel near the centre and the San Nicola parish. Rocco is the guardian of infectious people and the Chapel was built after a period during which the plague, brought by the



invasion of 6000 German soldiers, killed many people. In the heart of the Moulin fraction there is Sant' Anna, built in 1667. If you follow the road to Colle San Carlo you reach Thovex where there is the Clou Chapel consecrated to San Lorenzo. It was built in 1650 but the French set it on fire in 1794 and it was rebuilt. The Santa Lucia church, in Buic, is decorated with the painting of Saint Défendent dressed as a warrior that was made at the beginning of the XIX century. In the Entrèves area you can see the amazing chapel of Santa Barbara, built in 1653 and restored in 2011 thanks to the intervention of the La Thuile group of Alpines. It keeps the statue of the homonym saint and Saint Joseph on its wooden shrine. The homonym chapel is a treasure in the fraction of Petite Golette, consecrated to the Visitation, which is represented on a XVIII century painting and put on the wooden shrine from the same period. Then, on the way to the Little St. Bernard Pass, when you enter the fraction of Pont Serrand, there is a tiny church built in 1653 and consecrated to St. Bernard of Montjoux and St. Maurice. On its front wall there is a painting representing St. Bernard, protector of the climbers and wayfarers that keeps an eye on an enchained dragon.

THE MUSEUM HOUSE

It is part of European projects such as "La culture du geste" and "Parcours culturel des portes du Petit-Saint-Bernard" and, after a deep work of study and research to give value to the Berton brothers' properties. After the contextual renovation of the building by the municipality administration of La Thuile, the Museum House Maison Berton hosts works of local handicraft, furniture and old objects collected during the years by the Berton brothers, who were greedy collectors.

www.comune.la-thuille.ao.it



The old chapels were built between the XVII and the XIX century.

They make the roads of La Thuile more precious, melting with the panorama



OUTDOOR SPORT ACTIVITIES

The amazing natural context of this territory gives more pleasure and value to sport, it doesn't matter which discipline you choose to practice. Besides the two main activities, MTB and trekking, there is a bigger offer.

The **Tennis Academy** organizes weekly courses for children, teenagers and adults. These courses can be intensive or demi-intensive.

The lovers of this sport can use four different outdoor tennis fields (two of them have lights) and take part to the several tournaments that allows them to enjoy this sport and to meet new friends.

The five-a-side **football, volleyball and beachvolley** fields offer different tournaments. The riding school offers evocative **horse ridings**, trekking for experts, tours by carriage, the first horse riding and lessons of animal behavior for children.

The **miniature golf** field has 12 holes, it is open during the whole day and it is the perfect fun for families.

You can practice **fishing** in rivers or lakes only if you have a special permission that can be bought at the Tourism Office. You can practice "no kill" fishing.

You can also practice **rafting**, a fun and unforgettable activity. It is a way to live the Dora from a

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MONT BLANC ADVENTURE PARK

In this park fun and adrenaline are essential. It is a place that offers to the guests the experience to live an exciting activity. It is placed near La Thuile, on the road that leads to Pré-Saint-Didier and it is in a wood full of incredibly tall pines and it is made of several paths of different complexity, with platforms linked with Nepalese and Tyrolese bridges, fluctuating stairs, precarious logs, lianas and nets to guarantee complete safety. This park is completely integrated with surrounding nature. The passage on the gorge with a 130 m pulley at a height of 188m, it's a challenge for the bravest ones.

The park gives to the guest the appropriate equipment for protection. Moreover, you will feel incredible emotions when you enter the park and walk on the 400 m of dirt road because you'll get to the amazing panoramic footbridge that allows you to see the breathtaking view of the Pré-Saint-Didier Valley and the Mont Blanc chain.

www.parcoaventuramontblanc.com

different point of view, enjoying its luxuriant vegetation and the amazing gorges at the foot of Mont Blanc, surfing on waves on special rubber boats. The whole activity is organized by a team of experts in river sports.

When the weather is good, you cannot help but diving in the **warm pool** which is in Les Suches (2.088 m) and it can easily be reached with the Bosco Express chair lift. This pool has a privileged position with a breathtaking sight on the Ruitor glacier. Back-chairs and facilities are guaranteed by the La Clotze lodge, that offers also food and drink service.

INDOOR SPORT ACTIVITIES

In the La Piramide sporting center there is the boulder indoor Up and Down gym, a facility perfectly equipped with 40 blocks and 20 circuit track with different level of complexity. From the half of June to the first days of September there is a calendar of courses for those who want to try this activity. The courses will be organized by a climbing expert and an Alpine guide. In this sport center, there is also a five-a-side football field.

GLI INDIRIZZI DELLO SPORT

ACCADEMIA DEL TENNIS

Tel. +39 335 83 01 356 - +39 335 52 20 371

CENTRO SPORTIVO KONVER

Tel. +39 346 64 30 635

CENTRO EQUESTRE CHEVAL D'AOSTE

Tel. +39 340 4758243

SIRDAR Montagne et Aventure

Tel. +39 3662829117 - www.sirdar-montagne.com

TOTEMADVENTURE

Tel. +39 335 8114734 - www.totemadventure.com

UP AND DOWN BOULDER POINT

Tel. +39 340 1035130 - 340 6231187
[facebook.com/up and down boulder point](https://facebook.com/upanddownboulderpoint)

ZEROVERTIGO

Tel. +39 338 2722764 - www.zerovertigo.com



FOR CHILDREN

There are many recreation grounds in the different fractions of La Thuile, where children can spend hours outdoors with mom and dad, while the **L'Amusement** recreation room, which is open during the whole week in the Planibel structure, with playgrounds for children aged from 3 to 8, offers a lot of fun. The master chocolatier Stefano Collomb opens its laboratory to all the children to reveal the secrets behind the chocolate making and drag them into the preparation of several tasty specialities.www.chocolat-collomb.it





SALUS PER AQUAM

The Pré-Saint-Didier hot springs keep the promise to let you enjoy the hot water and, meanwhile, to see one of the most beautiful sights of nature. These hot springs are located 4 km away from La Thuile, at the foot of Mont Blanc and they are the perfect place for a relaxing day or some hours to restore your psychophysical well-being and to listen to your internal vibes.

You can find the Roman Salus Per Aquam knowledge and philosophy in these hot springs where you can hear the sound of nature and the gurgle of crystal clear water.

The gentle pressure of waterfall hydro massages make your shoulders and chest toned. For the musculature of your back and the gluteus muscles, you should enjoy the floor hydro massage, while the flow of blood takes advantage from the water jets stimulation.

There are also six different depurative and detox saunas in Pré-Saint-Didier: dry ones, scented or organic.

They make you relax, also thanks to the relaxation techniques taught by a well-being expert.

Through this well-being path, you can relax by laying down on comfortable dormeuses, wrapped in blankets and surrounded by the pleasant fin de siècle atmosphere. You can complete the tour with a stop at the Tepidarium, that follows the rituals handed down by the Romans that left evidence of their supremacy in the Aosta Valley.

Following the water path you are gently brought outside where you can float or swim in one of the three swimming pools that look at the grandeur of the highest peak in Italy and that reflect the splendor of the surrounding nature. It is a place where you can find yourself again and you can come back whenever you wish for a precious moment of meditation

www.termedipre.it

HOT SPRINGS OPENING

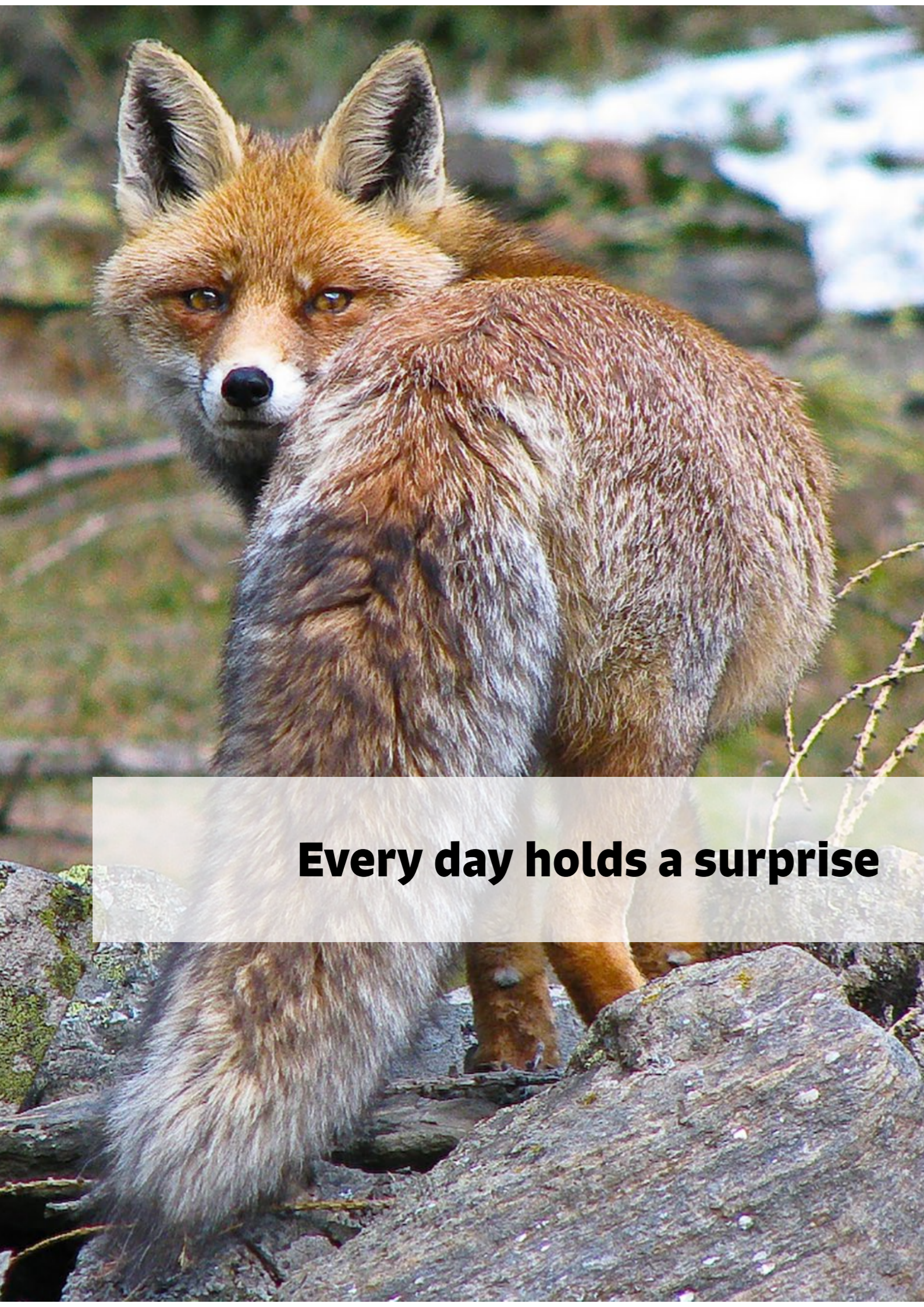
*From Monday to Thursday
from 9.30 a.m. to 9 p.m.*

*Friday and Saturday
from 8.30 a.m. to 11 p.m.*

*Sunday
from 8.30 a.m. to 9 p.m.*

*Booking is appreciated
and recommended*





Every day holds a surprise

WELCOME TO LA THUILE

DELIGHTS FOR THE PALATE

You cannot say “holiday” if you don’t enjoy eating and drinking, with pleasant raids in the food and drink traditions of this territory. It’s not just a way to cuddle yourself but also a wonderful way to know traditions and culture. In La Thuile old tastes of mountain cuisine melt with the modern knowledge of cookery, with good wine and delicious home brewed beers and the local delicacies such as fontina, boudin, motzetta and tasty dishes that enrich the menus of the restaurants of the town and of the high altitude lodges. Some of them are also in the Gambero Rosso Italian Restaurants Guide.

CIOCCOLANDO IN ALTA QUOTA

La Thuile wants to cuddle its guests in every single way and this will is shown also by its 2009 election as Town of Chocolate. This title, which was given by Chococlub (Italian Association for chocolate lovers), was assigned to the town that are considered interesting for greedy people in the matter of chocolate products, theme kermesses and traditions in which this “food of Gods” is the absolute protagonist.

The Tometta of La Thuile, which is made with PGI milk, gianduja and nuts chocolate of Piedmont, is the sweet that allowed La



which is able to make your taste buds sing with unusual and delicious combinations.

“Cioccolando in Alta Quota” is an initiative organized to add value to this food of the Gods in its multitude of variations. During the year, those coffee bars, bakeries, restaurants and shops in La Thuile that



Thuile to win this prize. It is produced by the Chocolat Bakery and Chocolate Shop and it is patented.

Speaking about chocolate, the Torta 1.441 and the fondant chocolate ice-cream by La Cr merie are very important and they are a symbol of the local sweets tradition.

The chocolate tradition can be lived through a culinary tour,

participate to “Cioccolando in Alta Quota” and show the Chocolate town plaque, propose quality dishes in which chocolate is the protagonist of fanciful sweet and savory combinations

HOTELS

The taste and personality of La Thuile are fully shown by the hotel offer that includes 26 different hotels. They can be big or small, from chambers d'hotels to four or five stars hotels, but each facility offer typical mountain spaces and pleasant well-being areas. For those who like being close to nature, La Thuile offers an equipped camping and a parking area for camping vans with 80 different pitches, which is covered with video surveillance 24/7.

RESTAURANTS IN TOWN

BRASSERIE DU BATHIEU Tel. +39 0165 884987
DORA RESTAURANT Tel. +39 0165 883084 - www.alpissima.it
LA CAGE AUX FOLLES Tel. +39 335 6092716
LA CRECHE Tel. +39 340 7499141; +39 347 9073216
LA FORDZE Tel. +39 0165 883199, +39 329 9751543
LA LISSE Tel. +39 0165 884167 - www.lalisse.it
LA RACLETTE Tel. 0039.0165.884394
LES GRANGES T el. +39 0165 884885; +39 0165 883048 www.lesgranges.it
LO TATA Tel. +39 0165 884132
NIRA MONTANA RESTAURANT tel. +39 0165 88 31 25 - www.niramontana.com
PEPITA CAFE Tel. +39 0165 883047
PIZZERIA DAHU Tel. +39 0165 883055
TAVERNA COPPAPAN Tel. +39 0165 884797 - www.tavernacoppapan.com

PUBS AND COFFEE BARS IN TOWN

ANGELA'S CAFE Tel. +39 0165 883141
CAFE FAUBOURG Tel +39 0165 883084 - www.alpissima.it
CHOCOLAT Tel. +39 0165 884783 - www.chocolat-collomb.it
LA CREMERIE Tel. +39 0165 884207
SERENDIPITY Tel. +39 0165 883154

HIGH ALTITUDE COFFEE BARS AND RESTAURANT

BAITA LE FOYER Tel. +39 3286326180 - 349 8076842
BAR RISTORANTE SAN BERNARDO Tel. +39.0165.841444; +39.335.205223
LA CLOTZE Tel. +39 340 749941
LA REMISA Tel. +39 347 5209618
LO RATRAK Tel. +39 346 6094102
LO RIONDET Tel. +39 0165 884006; +39 335 8130180 - www.loriondet.it
MAISON CARREL Tel. 39 334 3660162 - www.maisoncarrel.com
TH2200 Tel. +39 0165 884541; +39 348 3996507

HOTEL

NIRA MONTANA *****

Tel. +39 0165 883125 - www.niramontana.com/it/la-thuille/

CHALET EDEN ****

Tel. +39 0165 885050 - www.chaleteden.it

LE MIRAMONTI HOTEL & WELLNESS****

Tel. +39 0165 883084 - www.alpissima.it

LOCANDA COLLOMB ****

Tel. +39 0165 885119 - www.locandacollomb.it

TH PLANIBEL HOTEL****

Tel. +39 0165 884541- www.hotelplanibel.it

TH PLANIBEL RESIDENCE ****

Tel. +39 0165 884541- www.hotelplanibel.it

HOTEL CHALET ALPINA ***

Tel. +39 0165 884187 - www.chaetalpina.com

HOTEL DU GLACIER ***

Tel. +39 0165 884137 - www.hotelduglacier

HOTEL LES GRANGES ***

Tel. +39 0165 883048; +39 0165 884885 - www.lesgranges.it

HOTEL RELAIS DU CHATEAU BLANC ***

Tel. +39 0165 885341 - 42 - www.hotel-chateau-blanc.com

HOTEL COEUR DU VILLAGE**

Tel. +39 0165 884690 - www.lathuille-hotel.com

HOTEL MEUBLÉ MARTINET**

Tel. +39 0165 884656; +39 338 6732540 - www.hotelmartinet.it

HOTEL ROLLAND **

Tel. +39 0165 884565; +39 320 5634464 - www.hotelrolland.it

CHAMBRES D'HOTES

B&B LE THOVEX

Tel. +39 347 4211233; +39 0165 884806 - www.lethovex.it - www.lethovex.it

B&B SAN BERNARDO

T +39 0165 841444; +39 335 205223

ENTRÈVES

Tel. +39 0165 884134 - www.hotelentreves.it

RIFUGIO LILLA

Tel. +39 0165 884929; +39 333 6932615 - www.rifugiolilla.com

B&B

IL CILIEGIO B&B

Tel. +39 0165 067064; +39 3423034000 - www.bbilocilegio.com

LA NICHE B&B

TEL. +39 - 01651825142; +39 - 3292105535 - www.laniche.it

LE CLOUX B&B

Tel. +39 333 2753702 - www.bbiclecloux.it

LHORSES & DREAM

Tel. +39 393 9011733

HOSTELS

OSTELLO LA THUILE

Tel. +39 0165 884380 - www.ostellolathuille.it

OSTELLO VALDIGNE

Tel. +39 0165 841684 - www.ostellodiarpv.it

CAMPER

RUTOR CAMPEGGIO

Tel. +39 0165 884165; +39 333 1372961

www.campingrutor.altervista.org



LA THUILE A THOUSAND-YEAR OLD HISTORY

The La Thuile territory saw different cultures. The Celts, the Salassi and the Romans left evidence that can be seen also nowadays, on the Little St. Bernard (2.188 m), a borderland, crossed by the ancient Roman Route, an incomparable transit route in the whole Alpine chain. All along this route, you can find some remains that are very important on an archaeological point of view. There is the Cromlech, which was made during the Iron Age. Which was the meaning of the 46 megalithic stones put in circle? Was it a solar calendar? A place of worship? History, legends, myths and mysteries surround this place and nurture the interests of researchers and mystery lovers.

In these lands, which are gently whipped by the wind and gifted with a peculiar microclimate, wayfarers found hospitality in the Roman mansions and the Hospice built by friars in 1000. Defensive walls and trenches built by the prince Tommaso of Savoy during the first years of VII century and the World War II bunkers, show how these mountains bear witness of bloody war battles.

Near the centre of the town, in the fractions of Villaret and Pera Carà, are still there groups of houses and machineries to remind about the mining age in La Thuile. The town had a very positive period in matter of mining between the end of the XIX century and the beginning of the Fifties and it was an important economic resource for the community.

The farm life, which was made hard by the altitude and climate, changed completely when La Thuile became a mining town, reaching the maximum of the mining activity and resident population (1.400 inhabitants) during the immediate post-war period.



FROM BLACK GOLD TO WHITE GOLD

La Thuile began to be well known as an equipped ski resort in 1948, when the mining activity dropped and a group of community shareholders thought about the ski as an alternative to grant a future to new generations and built the first chair lift. Then the Espace San Bernardo, which links La Thuile with the French resort of La Rosière, was created.

The Espace was one of the reasons why La Thuile saw its touristic and sport importance rise. Last year La Thuile hosted three races of the Fis Ladies Ski World Cup on the legendary slope 3 Franco Berthod.

During the summer season, the Espace becomes a landmark for all the MTB lovers. It becomes a huge bike park, with a touristic offer that meet all the bikers' needs.

This year, on the 16th July, there will be the 3rd round of the Superenduro and this highlights the importance of La Thuile in matter of MTB.

This year La Thuile hosted three races of the Fis Ladies Ski World Cup on the legendary slope 3 Franco Berthod



A HUGE CULTURAL HERITAGE

Besides its ancient history, what makes La Thuile unique is the incredible natural and geologic heritage you can see while walking or riding your bike through the routes.

Amazing panoramas can be seen in this territory: the perpetual snow of the Ruitor glacier (3.846 m) which is the third in the Aosta Valley for its dimensions (8,5 km), the peaks of the Mont Blanc chain (4.810 m) that are a breathtaking sight from the nice village of Petosan, the intense blue of the Alpine lakes, among which there is one of the biggest in the Aosta Valley, the Verney Lake, the Ruitor waterfalls, the reverberation of the Dora of Verney and the Ruitor that meet in the centre of the town to stream into the impetuous water of the Dora Baltea in Pré-Saint-Didier (8 km away from La Thuile), which is well-known for its hot springs.

Endless green grazing lands where the flora bursts into colors during summer months and where you can find deers, foxes, roe deers, squirrels and groundhogs that are silently kept under watch by eagles and bearded vultures, kings in the sky. Rock surfaces that keep small and big evidence that are carved by time and show the history of this territory. The secrets of the terres noires hide the remaining of important fields of coal.



LA THUILE: THE ORIGINS OF THE NAME

The birth of the suburb of La Thuile happened during the Roman invasion, when the consular route of the Gaul crossed the territory of the Aosta Valley and passed over the Western part of the Alps with the Alpīs Graia (Little St. Bernard Pass). During that period, the name of the town was Ariolica, which seem to be a name of Celtic origin made of “ar” which means high ground and “lica” which means light. The meaning of the name was then “light on the mountain”. After the fall of the Roman Empire La Thuile was annexed to the Franks kingdom (575), it became part of the Burgundy kingdom during the X century and it was named Thuilia. It then passed under the control of the House of Savoy, a dynasty that was founded during the XI century by Umberto I Biancamano, count

of Valdigne, until the annexation to the Kingdom of Italy in 1861. The current name, La Tchoueuille in patois, which is a Franco-Provençal language spoken by the communities near the Mont Blanc, was chosen in 1760 and it was temporarily replaced during the fascist period with Porta Littoria. The etymology of the name of the town comes from the Latin “tegula” (shingle). In the dialect of the Aosta Valley, “Thuile” means “flagstone”, that was used to cover buildings. During the past, the flagstones were extracted near the Pont Serrand area and on the Mont du Park. The inhabitants of La Thuile are called Tchueilleins and, nowadays, there are 791 in town. The patronal festival is on the 9th May and it celebrates San Nicola. www.comune.la-thuille.ao.it

LA THUILE EVENTS: A COMBINATION OF TRADITION AND FUN



To know everything about the events in La Thuile, check our website www.lathuile.it

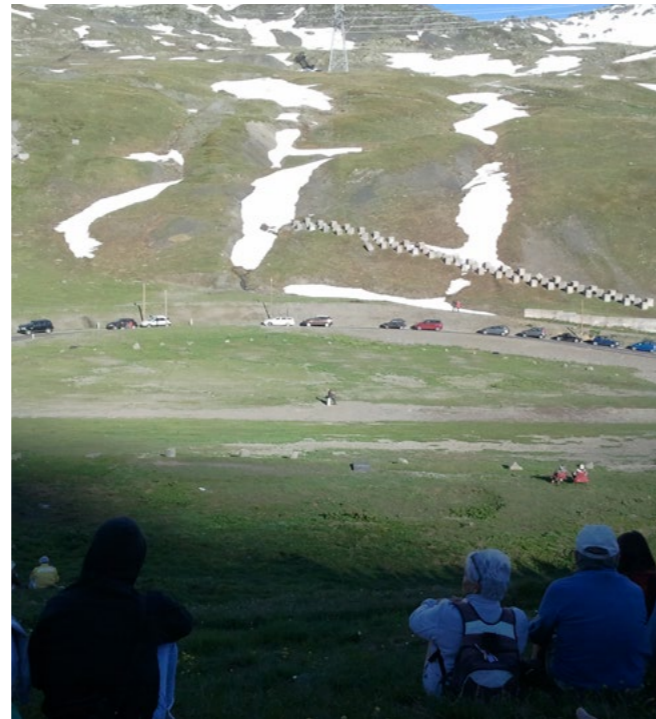


21th JUNE 2017- THE SOLSTICE FESTIVAL

People are always looking forward to taking part to the kermesse that celebrates the beginning of summer with old civilizations' rituals. It takes place on 21st June, at 6.30 p.m. at the archaeological site of the Little St. Bernard Pass. It is a unique occasion to see the evocative sunset that, passing behind the peak of Lancebranlette, casts two sickle-shaped shadows that embrace the Cromlech to end up illuminating just its centre.

This event will be explained by Professor Guido Cossard, president of the Arsav (the Archeoastronomy Research and Study Association in the Aosta Valley), who will go through topics linked to the function of the Cromlech during the past and will highlight its huge archeo-astronomic value.

This event reminds of the Neolithic rituals, linked to solstices and equinoxes, which are considered magical days. These moments are very important and that is why they are celebrated around holy monuments. The night will end up with refreshments with typical products from the Valley



25th JUNE 2017- LA PASS' PITCHU

On the 25th June, in Little St. Bernard Pass, there is a typical popular festival that celebrates the populations that live and share nature and some traditions on this borderland.

Since a long time ago, the inhabitants of La Thuile (Italy) and Séez (France) meet, one year in La Thuile and the following in Séez. The 2016 Pass Pitchu will take place in La Thuile.

It is an important occasion to exchange traditions. After the Mass and the ceremony during which the keys of the Little St. Bernard Pass doors are given from a community to the other, you can check the colorful stands in the cross-border market, which are rich in local handicraft products (wood, stone and tissues) and food and drink typical delicacies. During the whole day, folkloristic groups will animate with en plain air exhibitions.

15th AUGUST 2017 - THE GUIDE FESTIVAL

On the 15th August Alpine guides and skiing teachers will parade through the La Thuile roads, wearing their uniforms. After the parade there will be an outdoor Mass on the Aosta stage, while, in case of bad weather, the Mass will be celebrated in the parish church. At the end, there will be a happy hour for everyone.

20th AUGUST 2017 - FÊTE DES BERGERS

The Fête des Bergers, ancient festival, reminds the exchange of goods and livestock, especially among the shepherds of the Alps of the Aosta Valley and Savoy. It is still a very important event, a moment of friendship and border exchange that every year is celebrated on the first Sunday after the 15th August. Thousands of people from France and Italy come to participate. The event will take place on the 20th August and will start with the morning Mass, celebrated both in French and Italian. Then there will be the parade of folkloristic groups with traditional songs and dances. There are stands with typical objects, food and wine will cover the field around the Cromlech and you could also have your lunch and eat typical local dishes under the marquees that will be set up for this event.



20th AGOSTO 2017 - BATAILLES DES REINES

During the Fete des Bergers, in the afternoon there will be the traditional Batailles des Reines (the battles of the queens). The "reines" of the territory will participate: they are the most warlike black and brown spotted cows. This is not a forced competition. The two beasts, that will be paired through a raffle, will have to push each other with the horns, to throw out the rival. The best competitors will take part to the regional finals to get the "queen of the queens" prize.



2nd SEPTEMBER 2017 - LAITHUILE

This is the second edition of the exclusive bovine trade market during which you could buy dairy products and typical food. LAITHUILE it's an event that tells the history of the territory through its products. In the food service area you can eat traditional dishes made of milk and cheeses. People will be able to taste food with the explanation made by guides and to come to know all the stages in the production of the most famous cheese of the Aosta Valley, thanks to the participation of the Cooperativa Produttori Latte e Fontina della Valle d'Aosta (the Association of Fontina and Milk producers of the Aosta Valley). Children can take part to many workshops.

ID CARD AND IMPORTANT INFO

Links

It is well linked to the important Italian cities and to France through the Mont Blanc Tunnel. From June to October the Little St. Bernard Pass it's an access to the French territory while, during winter the area is closed to traffic because it is used for skiing.

By car

La Thuile is less than one hour away from Chamonix (France) and one hour and a half from Geneva (Switzerland), one hour and 40 minutes from Turin, 2 from Milan and 3 from Genoa.

How to get to La Thuile by car

Motorways: D'Aosta Valley Motorway crossing junction in Les Iles 11010 Saint-Pierre (AO) Tel. +39 0165 92 21 11 Fax +39 0165 92 22 09

Mont Blanc Tunnel, Italian side: Piazzale Sud del Traforo del Monte Bianco 11013 Courmayeur (AO) Tel. +39 0165 89 04 11 Fax. +39 0165 89 05 91 French side - Tunnel du Mont Blanc Tel. +33 (0)4 50 55 55 00 Fax +33 (0)4 50 55 38 91

Great St. Bernard Tunnel, Italian side: Casello Traforo, 1 11010 Saint-Rhémy-en-Bosses (AO) Tel.+39.0165 78 09 49 Fax +39 0165 78 09 02 Swiss side: Case postal n.1946 Bourg-Saint-Pierre (Vs) Tel. +41(0)277871206 Fax+41(0)277884400

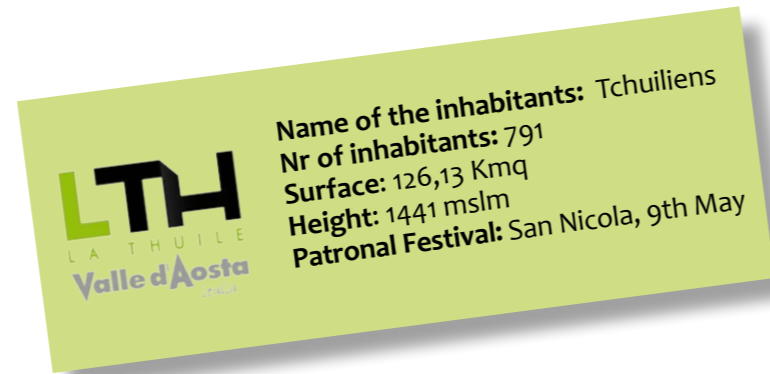
How to get to La Thuile by train

The nearest train station is Aosta. The link to La Thuile is guaranteed through a bus line.

How to get to La Thuile by bus

A bus lines from and to Milan, Turin, Courmayeur, Chamonix and all the D'Aosta Valley resorts

www.savda.it



Bus and minibus rental (to Italy and abroad)

Airport Transfers La Thuile - Sanlorenzo Gabriele
T +39 338 5648400

Autonoleggio Valle d'Aosta di Roberto Impieri
T +39 339 6790711

Autonoleggio Patrik
T +39 347 6078250

Nearest airports

Torino Caselle • Milano Malpensa • Bergamo Orio al Serio • Genoa • Geneva

Touristic services for transport (plane, helicopter)

Pellissier Helicopter
www.pellissierhelicopter.com





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Via M. Collomb, 36 • 11016 La Thuile (AO)
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