



**THE HIGHEST COMMUNE IN THE AOSTA VALLEY (1815-2470M IT CAN ONLY BE REACHED BY CABLE CAR OR ON FOOT ALONG AN OLD MULE TRACK**

## **ENCHANTING CHAMOIS**

**Chamois, situated on a plateau and surrounded by green pastures, overlooks the narrow Valtournenche that runs from Monte Cervino down to Chatillon Saint Vincent.**

**T**he town of Chamois, in the Valle d'Aosta, is situated in a panoramic place among the mountains of Grand Dent, Bec de Nana, Bec de Trecare, Falinère and Fontana Fredda. These mountains, gentle in shape, rise at the north side and shelter Chamois from the cold winds, granting it a dry and steady climate. Because of the favourable exposition of the whole hollow to the south, this natural amphitheatre is warm and quite sunny also in winter-time. It is likely that the first farmers settled in these lands during the first centuries of the Low Middle Ages, when the growth of the population brought about the settlement of people in areas till then uninhabited or just seasonally occupied for transhumance. In the 14th century Chamois was a chief town of the Challant-Montjovets and in 1681 a Parish Seat under the auspices of S. Pantaleone. Chamois continued its development till the second half of the 19th century and the beginning of the 20th century; then, after the economic crisis that affected the Valle d'Aosta and caused a big migration, its population decreased from 300 to less than a hundred inhabitants. The local population has always meant to preserve the agricultural pastoral aspect of his territory (whose economy has been based on agriculture, cattle-farming and handicraft) maintaining the features of a small alpine village with wooden and stone houses grouped into hamlets and small lanes bordered with huts, cottages and pretty chalets. Chamois welcomes its guests in the small square overlooked by the town hall, the church, some accommodation and commercial facilities and the ski-lifts taking people to the ski-slopes. From this square, the small lanes branch off like a star and lead to the hamlets, each with its stone fountain and well-kept typical houses. Since no car passes through, all the roads are unsurfaced. So we can say that Chamois is the ideal place for

people looking for quiet and noiseless holidays, in contact with unspoiled nature. Everyone can practise different kinds of sports: mountain-bike, trekking, free-climbing, horse riding, summer-ski on the eternal snow of Plateau Rosà, paragliding, golf, squash, ice-skating, fishing at Lake Lod. Chamois also has an airfield for ultralight aircrafts.

## **WALKING THROUGH CHAMOIS AND SURROUNDINGS**

To those who love easy relaxing walks, we suggest a visit in the surrounding hamlets and pastures looking for ancient typical jobs, old architectural structures and traditions, The village of Chamois in fact includes some hamlets (Corgnolaz, Crepin Caillaz, La Ville, Suiss, Caillà, Lake Lod, Liussel) whose inhabitants are mostly farmers that have been living here for ages: many evidences and historical documents go back to the 14th century. In autumn there are some amusing village festivals to celebrate the harvest as well as the “desarpa” (the return of the cattle from the mountain pastures).

Here are a few chapels that deserve to be visited:

### **CAPPELLA DI NOTRE DAME DE PITIE'**

Among the ornaments of this chapel (1930), located in the village of Suisse, there is a golden brass chalice dating back to the 17th century.

### **CAPPELLA DELLA SS. TRINITA'**

The Cappella della SS. Trinità, built in 1691, was restored in 1880.

### **CAPPELLA DELLA TRASFIGURAZIONE**

It's a circular shaped building dating back to 1856 and erected on an old pre-existent structure in the hamlet of Crépin.

### **CHIESA PARROCCHIALE DI SAN PANTALEONE**

Built at Liussel in 1681. Significant works to be seen: the carved high altar of the 18th century, a painting of the Immaculate Conception, some painted wooden statues and, among the ornaments, a processional cross and a silver chalice.

Other villages near Chamois and placed along the Valtournanche deserve to be visited, like the famous Breuil-Cervinia and the less-known, but equally pleasant, Cheneil, La Magdeleine, Valtournanche and Torgnon.

### **BREUIL-CERVINIA (Matterhorn)**

Cervinia is famous all over the world as one of the best skiing places in the Alps in both winter and summer time (the ski-slopes cover a surface of more than 200 km and are connected with the ones of the Swiss side of Mount Cervino) Everywhere in the valley, Mount Cervino has a leading role. Cervinia can offer everything: hotels, restaurants, night-clubs, cinema, shops, etc. In summer it is possible to practise here every kind of sports and it is also a starting point for no-limit trekking.

### **CHENEIL**

A small but charming little village placed between Valtournanche and Chamois; it enchants people because of its magic quiet atmosphere so that everybody, sooner or later, comes back here to make sure it really exists. The Al Bich Restaurant/Bar offers a pleasant buffet service, even appreciated by the most demanding palate.

### **LA MAGDELEINE**

La Magdeleine, a little alpine village situated at an altitude of 1650m, can be reached through a beautiful scenic route starting from Antey Saint André. Getting to the village, you can see this written message on the bell tower: “ Please avoid making any unpleasant noise in this haven of peace!”. La Magdeleine has preserved its wooden and stone dwellings that is evidenced in the huts, cottages and charming chalets of its five hamlets.

### **VALTOURNANCHE**

Since the middle of 1800s the village of Alpine Guides of Mount Cervino, Valtournanche has always been considered the historic capital of the valley. In winter you can enjoy here cross-country and downhill-ski on well equipped slopes, also connected with the ones of Breuil and Zermatt.

### **TORGNON**

Torgnon is one of the sunniest villages of the valley. It is formed by a group of hamlets spread along the green and gentle side of the mountain.

### **LAKE LOD**

A path, starting from Chamois, leads to the Alp of Lod and to the lake (2018m) that can also be reached by the chair-lift Corgnolaz-Lake Lod. The sunny shore of the lake is the ideal place to rest and have a picnic in the area provided for the purpose with benches, tables, fountains, a little bar and even a hotel. Fishing is also allowed.

There's an ancient legend about the lake. It tells that a village stood in the same place of the lake. One evening, an old beggar, chilly and wet because of the heavy rain, knocked at the door of each house of the village asking for shelter and comfort. Everybody turned him out, except an old lady that, even living in poverty, welcomed him with open arms. The lady used to get food only on her cow's milk, that was hardly enough for her survival. In spite of this, she offered it to the beggar and, later, went to see if she could get some drops of milk for herself. The beggar then suggested that she took a pail and picked the left milk up, but she answered that the cow couldn't have got so much milk. In the end, just to please the beggar, she followed his suggestion and, as if by miracle, so much milk came out from the cow's breast as to fill the pail up to the brim. The day after, when the lady woke up, she could see that the whole village had disappeared and a lake had taken its place! She couldn't believe it, so she went towards the shore and saw the houses sinking lower and lower. She looked for the beggar but he had disappeared!

### CHAMOIS IN SUMMER AND WINTER TIME

In winter Chamois presents itself as a small but well-equipped skiing resort. In fact there are five modern lifts, 12 km-long cross country ski slope, ski instructors and an artificial snow system. The downhill ski slopes fall from the altitude of 2500 to 1800m, the cross country ski slope links Chamois to La Magdeleine, through Champlong and Cleyvabella, some skiing routes link Chamois to Cheneil, Valtournenche and Cervinia. It is also possible to go for a walk in the woods wearing snow-shoes.

In summer Chamois is the destination of interesting hikes. Going along both easy and difficult paths, Chamois is also the starting point for walking trips in its unspoiled nature, looking for peace and quietness. There are lots of routes, to go on foot, spreading among the grass of the slopes and the weaving fields, in unusual scenery. It is possible to walk up to the foot of the glaciers, to go trekking, to walk from a refuge to another, or to relax strolling around. In autumn the weather is still favourable to enjoy the place.

#### *Cuisine*

In Valle d'Aosta troviamo un'accoglienza turistica che sa stare al passo coi tempi, in grado di soddisfare il cliente d'élite, ma anche quello amante della semplicità e della montagna vera, ancora incontaminata. Per tutti quindi, sia per gli ospiti frequentatori abituali di hotel a più stelle, che per quelli che sostano abitualmente in strutture meno ricercate, la full immersion tra boschi, verde e natura è disintossicante e benefica. Sport e mondanità si ritrovano concordi nella genuinità degli antichi sapori della valle, che si esprimono negli alimenti più semplici e sani: le farine delle piane, il latte, i formaggi (toma e fontina D.O.P.) e la carne saporita delle malghe, i vini D.O.C. dei pendii terrazzati, come ad es. quello di Donnas, di Morgex e di Chambave. I ristoranti locali, i cui piatti semplici nei prodotti di base sono frutto di una tradizione secolare, incantano i palati e per questo sono diventati famosi ben oltre i confini della valle e della regione.

Tante le ricette per gli ospiti in ogni stagione: la calda zuppa alla Valpelleuntese, la bistecca alla valdostana, la carbonada con polenta e camoscio in civet, i salumi serviti con patate a bocon, la mocetta di camoscio e il lardo di Arnad. Ci piace ricordare la classica polenta concia con burro e formaggio, tanto nutriente da poter costituire, oggi come ieri, un piatto unico. Ai prodotti della gastronomia locale durante la stagione estiva vengono dedicate numerose sagre tematiche.

#### *Getting to Chamois*

#### **Chamois belongs to the "Comunità Montana Monte Cervino"**

It is reachable by a panoramic cable car leaving from Buisson (1100m), a hamlet of Antey-Saint André along the SS leading to Breuil-Cervinia.

Chamois is also reachable on foot or by bike along a mule track.

**By car:** Motorway A5 (Torino-Aosta), exit Chatillon/Saint Vincent. Then follow the Regional Route 46 Valtournenche/Cervinia. You can leave your car at Buisson, in the parking area near the cable car station for Chamois.

**By plane:** Aosta Airport, Torino/Caselle Airport, Milano/Malpensa and Linate Airports, Geneva Airport, Bergamo/Orio al Serio Airport.

**By train:** Torino-Aosta railway line. Chatillon Station. Then by bus to Buisson and by cable car to Chamois.

**By bus:** Daily bus service (SAVDA) from Milano, Torino and Genova. Bus stop at Buisson.

#### **AIAT Monte Cervino Valle d'Aosta - Italy**

#### ● **Uffici Informazioni Turistiche**

- Fraz. Corgnolaz n° verde 800579722 - Tel. 0166.47205 - Tel. 0166.47134 - Fax 0166.470970 - fax 0166.47151  
info@comune.chamois.ao.it - info@chamoisimpianti.it - Antey St André - P.zza A. Rolando 1  
Tel. 0166.548266 - fax 0166.548388 - antey@montecervino.it

● **Uffici Comunali**

Fraz. Corgnolaz, 5 - Tel. 0166.47134 - Tel. e fax 0166.47151  
comune@comune.chamois.ao.it - www.comune.chamois.ao.it

● **Parrocchia**

Fraz. Liussel, 53 - Info Istituto Salesiano Tel 0166.560111

● **Altiporto**

Lunghezza 270 m. - Larghezza 30 m. Pendenza 18% - Per informazioni tel in Municipio

● **Sci Club Chamois**

Tel. 338.5626586 - 3331001537

● **Funivia Chamois - Buisson**

Tel. 0166.519890 - 0166.47136 - fax 0166.519905

● **Carabinieri**

Pronto intervento - Tel.112 - Breuil Cervinia S.R. 46 - Tel. 0166.949073 - Fax 0166.949898  
Valtournenche Tel e Fax 0166.92022

● **Soccorso Alpino**

S.R. 46 Breuil Cervinia - Tel e Fax 0166.949065

● **Aeronautica militare**

S.R. 46 Breuil Cervinia - Tel. 0166.949782

● **REGIONE VALLE D'AOSTA**

● **Polizia** -Pronto intervento

Tel. 113 - 0165.279111

● **Vigili del Fuoco**

Tel. 115 - 0165.44444

● **Protezione civile**

Tel. 0165.238222

● **Regione valle d'Aosta**

Centralino Tel. 0165.273111 - www.regione.vda.it

● **Bollettino valanghe** - Tel. 0165.776301

● **Emergenza sanitaria** - Tel. 118

● **Ospedale regionale Aosta** - Tel. 0165.5431