

Gran Paradiso
NATIONAL PARK



AT A GLANCE

NATURE



58 GLACIERS

800 KM TRAIL
NETWORK

3700 ALPINE IBEX

1000 FLORA SPECIES

GASTRONOMY



1 DOC WINE APPELATION

4 DOP FOOD PRODUCTS

ART & HISTORY



2 CASTLES

5 HUNTING LODGES

19 MUSEUMS

38 HISTORICAL,
ARCHITECTURAL &
CULTURAL SITES

7 ARCHAEOLOGICAL
SITES

FESTIVALS & EVENTS

Royal Ultra Sky
Marathon

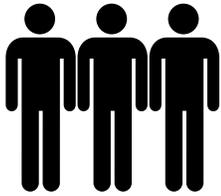
3rd week of July

Gran Paradiso
Film Festival

4th week of August

VISITOR PROFILE

STATISTICS



2 MILLION VISITORS PER YEAR

50% ARE NEW VISITORS

CHARACTERISTICS

FAMILIES WITH YOUNG CHILDREN

ELDERLY COUPLES

SPORTS ENTHUSIASTS

NATURE LOVERS

HIKERS

FOODIES

WINE CONNOISSEURS

HISTORY BUFFS

SEASONALITY

 50%

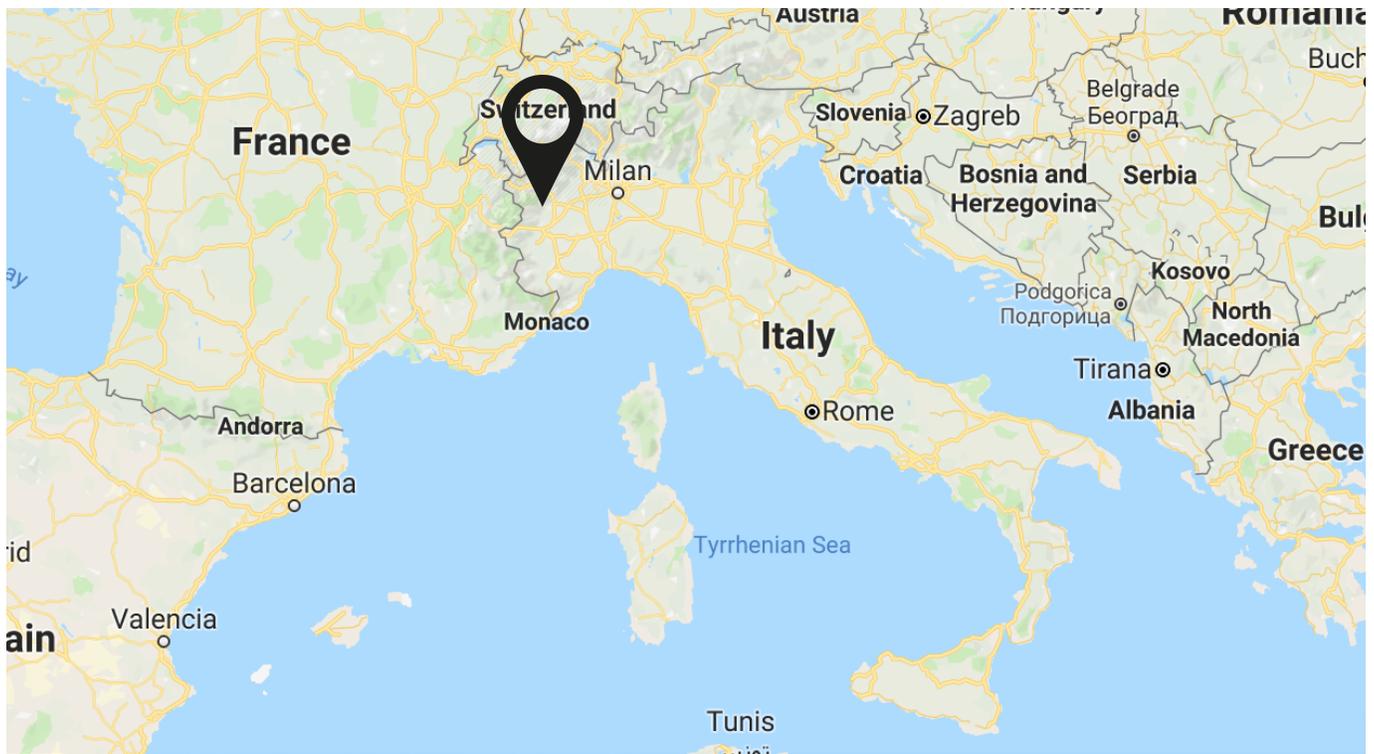
 20%

 20%

 10%

Gran Paradiso NATIONAL PARK

Gran Paradiso National Park is located within the Italian Alps, between the Aosta Valley and Piedmont regions. The park is named after Gran Paradiso mountain, which is the highest point in the park at 13,323 ft (4,061 m). Gran Paradiso was the first national park established in Italy in 1922 and it is one of the most visually stunning parks in the country to this day.



LOCATION

Regions of Valle D'Aosta and Piemonte (Province of Turin) in Italy

CLOSEST CITY

Valsavarenche
Aosta
Turin

HOW TO GET THERE?

1 hr 20 mins by Car from Turin
3 hrs by Train from Turin

Sightseeing

The Alpine Ibex is the most famous of the Alpine animals and has become a symbol of the park. The establishment of the park was intended to protect the species from poachers and allowed the population to grow by 20,000 in 40 years. The Ibex is easily spotted during the summer grazing on lower altitude mountain pastures in the park.

Gran Paradiso, the highest peak in the park at 4,061 metres in altitude, is one of the most popular mountains for visitors to the Alps. Guided 2 and 3 day climbs are offered year-round to make the ascent. A high fitness level and experience are required to make the trek.

The territory of the park previously belonged to King Vittorio Emanuele II and served as his hunting ground in the late 1800s. In fact, there is a network of five hunting lodges at various altitudes. The lodges are located at Dondena, Nivolet, Lauson Ilex, Orvieille and Gran Piano and are connected with 344 km of historic mule hunting tracks.

Paradisica Alpine Botanical Garden is an alpine nature preserve and botanical garden located at an altitude of 1,700 meters in the Gran Paradiso National Park at Valnontey, Cogne, Aosta Valley, Italy. It is open daily during the warmer months. The garden currently contains about 1,000 species of plants native to the Alps and Apennines, as well as specimens from other mountains in Europe, Asia, and America.



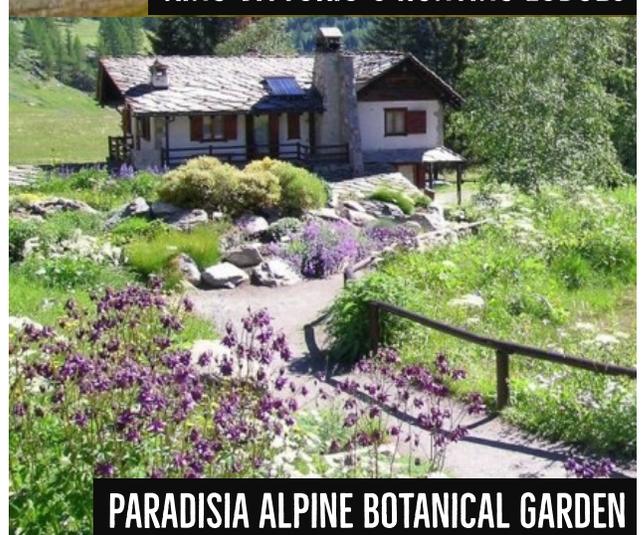
THE ALPINE IBEX



GRAN PARADISO



KING VITTORIO'S HUNTING LODGES



PARADISIA ALPINE BOTANICAL GARDEN

Activities TO DO

There are over 43 hiking trails to choose from ranging from all levels of difficulty and durations of between 1-4hrs. Guides are available upon request.

Winter hikes: 9 & Summer hikes: 34

In the summer months, months, white water rafting becomes a popular activity at the park's many rivers. Expert Guides provide rafting excursions for anyone ranging from beginner to expert.

Duration: 1-3hrs

Seasonality: April-September

Gran Paradiso National Park is home to Italy's only canyon adventure park. The "Gordze du Terré" course involves climbing and ziplining through a canyon. The price of admission includes equipment rental and an alpine guide.

Duration: 2-3hrs

Seasonality: June-September

Gran Paradiso has over 80 km of cross country trails to discover throughout the park. For downhill skiers there are 5 ski resorts to discover with a total of 21 km of slopes.

Seasonality: December-April

The national park also has 180 frozen waterfalls which can be climbed during the winter months, accompanied by a local alpine guide.

Gran Paradiso's specialties include Valle d'Aosta DOC wine and the famous Fontina DOP cheese, in addition to the charcuteries of Boudin and Mocetta. Farms are located throughout the park and offer tours and food tastings upon request. *Seasonality: March-October*



RAFTING



ADVENTURE PARK



SKIING



FROZEN WATERFALLS

Flavours OF THE PARK



WINE TASTING



FOOD TASTING

Valle d'Aosta DOC is the wine appellation which includes the Gran Paradiso national park. Valle d'Aosta DOC is home to the highest elevated vineyards in all of Europe. The red wines of the region have a strong berry aroma and have a dry, acidic and slightly spicy taste while the Valle d'Aosta DOC white wines are light, sweet and aromatic.

Wineries to visit:

- Cave des Onze Communes in Aymavilles, Valle D'Aosta
- Costantino Charrère in Aymavilles, Valle D'Aosta
- Fernanda Sarailon in Aymavilles, Valle D'Aosta

Some of the most known food products of the park include: Fontina DOP cheese, which is produced from raw cows milk from breeds that feed in the high pastures of the Gran Paradiso National Park
Producer to Visit:

- Amedeo Blanch in Aymavilles, Valle D'Aosta

Another food product is Salame di patate (Potato salami), a typical charcuterie product from the peasant tradition of the area.

Traditionally it is prepared using pork meat mixed with boiled potatoes, it is seasoned with pepper, cinnamon, nutmeg and cloves. It is made between October and March.

Producer to visit:

- Paola e Livia Giovannini in Noasca, Piemonte



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GUIDED TOURS

The park offers a wide selection of tours for visitors to choose from and reservations can be made over the telephone or through a specialized travel agency. Please note that group reservations are limited to 25 guests.

ACCOMODATIONS

4-Star Hotels	3-Star Hotels	B&Bs
4	91	71
Farm Houses	Apts	Camps
12	26	18

