



**WHICH COUNTRY HAS THE
MOST BEAUTIFUL ALPS?**

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When it comes to the Alps, beauty is in the eye of the beholder. From the jagged peaks of the Dolomites to the towering heights of Mont Blanc and the pristine, postcard-perfect valleys of Switzerland, each region has something unique to offer. But is there a definitive answer to which country has the most beautiful Alps? Not quite.

At Adventure Base, we provide carefully crafted guided Alpine treks and self-guided treks in the Alps. We have used our years of experience spent exploring these incredible landscapes to design and refine our itineraries. As a result, we're perfectly placed to take you through the highlights of the Swiss, French, and Italian Alps so you can decide which one speaks to your sense of adventure.

Scroll down to get started on our expert insights. And if you have any questions about an Adventure Base experience, please don't hesitate to contact us.

THE SWISS ALPS

The Alps are at the heart of Switzerland's national identity. And this is hardly surprising — the Alps make up around 60% of the country's surface area. What's more, of the 82 4000m-plus summits in the Alps, 48 are in Switzerland. So while this stunning country may not have the largest share of the Alps within its borders, it has some of the range's most jaw-dropping features.

HIGHLIGHTS OF THE SWISS ALPS

- **Iconic peaks:** The Matterhorn, Jungfrauoch, and the Eiger
- **Stunning alpine lakes:** Lake Geneva, Lake Oeschinen, Lake Lucerne
- **Famous hiking routes:** Walker's Haute Route, Via Alpina, Eiger Trail, Monte Rosa Trek, Bernese Oberland Trek, and the Tour des Combins
- **Pristine villages:** Zermatt, Lauterbrunnen, and Grindelwald

If your eyes were immediately drawn to the Matterhorn, we've got good news for you — Adventure Base offers a week-long Matterhorn guided ascent! Tick this iconic peak off your mountaineering bucket list with a thrilling experience led by one of our expert guides.

SCENERY IN THE SWISS ALPS

No matter what season you visit, Switzerland's Alps are the quintessential Alpine dream: snow-capped peaks, emerald-green meadows, turquoise glacial lakes, and charming wooden chalets. The scenery is immaculate, often looking like it's been plucked from a painting. Switzerland is also home to some of the most dramatic railway journeys in the world, like the Glacier Express, which takes you through breathtaking mountain passes.



THE SWISS ALPS ARE BEST FOR...

- **Luxury seekers:** Switzerland has some of the most high-end ski resorts, hotels, and spas in the Alps.
- **Scenic train lovers:** Whether it's the Jungfraubahn (Switzerland's and Europe's highest railway) or the panoramic Glacier Express, Switzerland is best explored by rail.

- **Hikers seeking perfection:** The Walker's Haute Route from Chamonix to Zermatt is considered one of the most stunning long-distance treks in the world, but you can also enjoy legendary hikes like the Monte Rosa, Bernese Oberland, and Tour des Combins

WHY CHOOSE THE SWISS ALPS?

If you're looking for pristine mountain landscapes, luxurious experiences, and a true picture-perfect Alpine experience, the Swiss Alps are unbeatable. They are meticulously maintained, with some of the most well-preserved hiking trails, efficient transport, and breathtaking viewpoints.

Whether you're hiking the Haute Route, standing in the shadow of the Matterhorn, or taking in the scenery from a scenic train ride, Switzerland offers Alpine perfection. For further reading on experiences in the Swiss Alps, we recommend our journal post [What's It Like Climbing the Matterhorn?](#)



THE FRENCH ALPS

Did you know that France is home to a higher percentage of the Alps' total area than Switzerland? 21.4% of the range lies inside France, while 13.2% is in Switzerland. Exploring the French Alps is a joy, especially with resort towns like the beautiful Chamonix and Western Europe's highest peak, Mont Blanc.

HIGHLIGHTS OF THE FRENCH ALPS

- **Mont Blanc** (4,810m), the highest peak in the Alps
- **Chamonix**, the birthplace of modern alpinism
- **The Walkers Haute Route**, which begins in Chamonix
- **Tour du Mont Blanc**, one of the most famous long-distance hikes in the world

SCENERY IN THE FRENCH ALPS

The French Alps are all about grandeur. Home to the tallest mountain in Western Europe, the region is a playground for mountaineers, skiers, and outdoor enthusiasts. The landscape is wilder and more rugged than in Switzerland, with dramatic cliffs, deep valleys, and vast glacial fields. Mont Blanc dominates the skyline, and the town of Chamonix serves as the heart of high-altitude adventure.

Adventure Base is your gateway to experiencing the very best of the French Alps. You can climb Mont Blanc on an unforgettable week-long experience, join our 11-day Walkers Haute Route guided trek, or take on one of our Walkers Haute Route self-guided treks. No matter which option you choose first, you will immerse yourself in the awe-inspiring beauty of France's Alps.



THE FRENCH ALPS ARE BEST FOR...

- **Serious adventurers:** If you're looking for extreme sports, from technical mountaineering to off-piste skiing, the French Alps are the place to be.
- **Trekkers looking for a challenge:** The Tour du Mont Blanc is a must-do trek, taking hikers through France, Italy, and Switzerland on a breathtaking circular route.
- **Skiers and snowboarders:** Chamonix, Les Trois Vallées, and La Grave are legendary ski destinations.

Is the Tour du Mont Blanc on your list of must-do experiences? At Adventure Base, we have a wide range of TMB excursions, so you can find a perfect fit. Check out our range of guided treks in the Alps as we have outstanding TMB tours to choose from. And for a more independent adventure, we have numerous incredible itineraries to choose from in our range of Tour du Mont Blanc self-guided tours.

WHY CHOOSE THE FRENCH ALPS?

If your idea of beauty is raw, untamed landscapes with dramatic peaks and thrilling adventure opportunities, the French Alps will captivate you. They are perfect for those who want to push their limits, whether it's trekking one of Europe's most famous trails or climbing an iconic peak. Chamonix, in particular, is a hub of Alpine culture and a bucket-list destination for any serious mountain lover.

If we have inspired you to add Mont Blanc to your must-do alpine experiences, we think you'll appreciate our journal entry [How Difficult is it to Climb Mont Blanc?](#) It offers a realistic insight into what it takes to reach the summit of Western Europe's highest peak.



THE ITALIAN ALPS

When you think of famous alpine countries, your mind may conjure images of France and Switzerland before Italy. But Italy contains a greater share of the Alps' total area than both of its neighbours. It's home to 27.2% of the range, a figure only beaten by Austria with 28.7%. The Italian Alps' crown jewel, the Dolomites, possesses such beauty that they even hold the status of a UNESCO World Heritage Site.

HIGHLIGHTS OF THE ITALIAN ALPS

- **The Dolomites**, a UNESCO World Heritage Site
- **Gran Paradiso National Park**, home to ibex, glaciers, and stunning peaks

- **Alta Via 1**, a legendary high-altitude trek through the Dolomites
- **Aosta Valley**, a hidden gem for climbers and hikers

SCENERY IN THE ITALIAN ALPS

The Italian Alps, particularly the Dolomites, offer a completely different Alpine aesthetic. The Dolomites are famous for their dramatic, pale-coloured peaks, which glow pink during sunrise and sunset—a phenomenon known as *alpenglow*. The region is dotted with picturesque alpine villages, rolling meadows, and craggy limestone towers that look almost surreal.

Elsewhere in the Italian Alps, the Aosta Valley provides an untouched wilderness, with fewer crowds than the French and Swiss Alps.



THE ITALIAN ALPS ARE BEST FOR...

- **Photographers:** The Dolomites are one of the most photogenic mountain ranges in the world.
- **Hikers wanting a cultural experience:** The Alta Via 1 is not only stunning but also passes through charming Italian villages where you can enjoy local food and wine.
- **Relaxed explorers:** Italy's Alpine atmosphere is more relaxed and focuses more on enjoyment — think mountain views with an espresso or a glass of wine.

Are you looking to turn your Alta Via 1 dream into a reality? Adventure Base is here to help! We have some amazing Alta Via self-guided treks to choose from as well as a breathtaking 10-day Alta Via Dolomites guided tour.

WHY CHOOSE THE ITALIAN ALPS?

If you love stunning rock formations, fewer crowds, and a mix of adventure and culture, the Italian Alps are an unforgettable destination. The Dolomites, in particular, are otherworldly, with their jagged spires and pastel-hued sunrises. Plus, there's something special about combining a day in the mountains with some of the world's best cuisine.

SO, WHICH COUNTRY HAS THE MOST BEAUTIFUL ALPS?

The truth is, there's no clear winner — each country's Alps has its own breathtaking charm. Switzerland offers pristine, perfectly maintained Alpine beauty, France delivers dramatic landscapes and adventure, while Italy provides a mix of surreal rock formations, culture, and culinary delights. The best choice comes down to your personal preference and what kind of Alpine experience you're looking for.

At Adventure Base, we believe the best way to decide is to experience them all. Whether you're tackling the Walker's Haute Route, the Tour du Mont Blanc, or the Alta Via 1, the Alps never fail to amaze.

Which Alpine adventure will you choose? Browse our full range of guided Alpine treks and self-guided treks in the Alps and see which of our experiences captures your imagination. And if you have any pre-booking questions for us, please just get in touch for the answers you need.