



Discover Isère

PRESS
PACK

SUMMER
2022



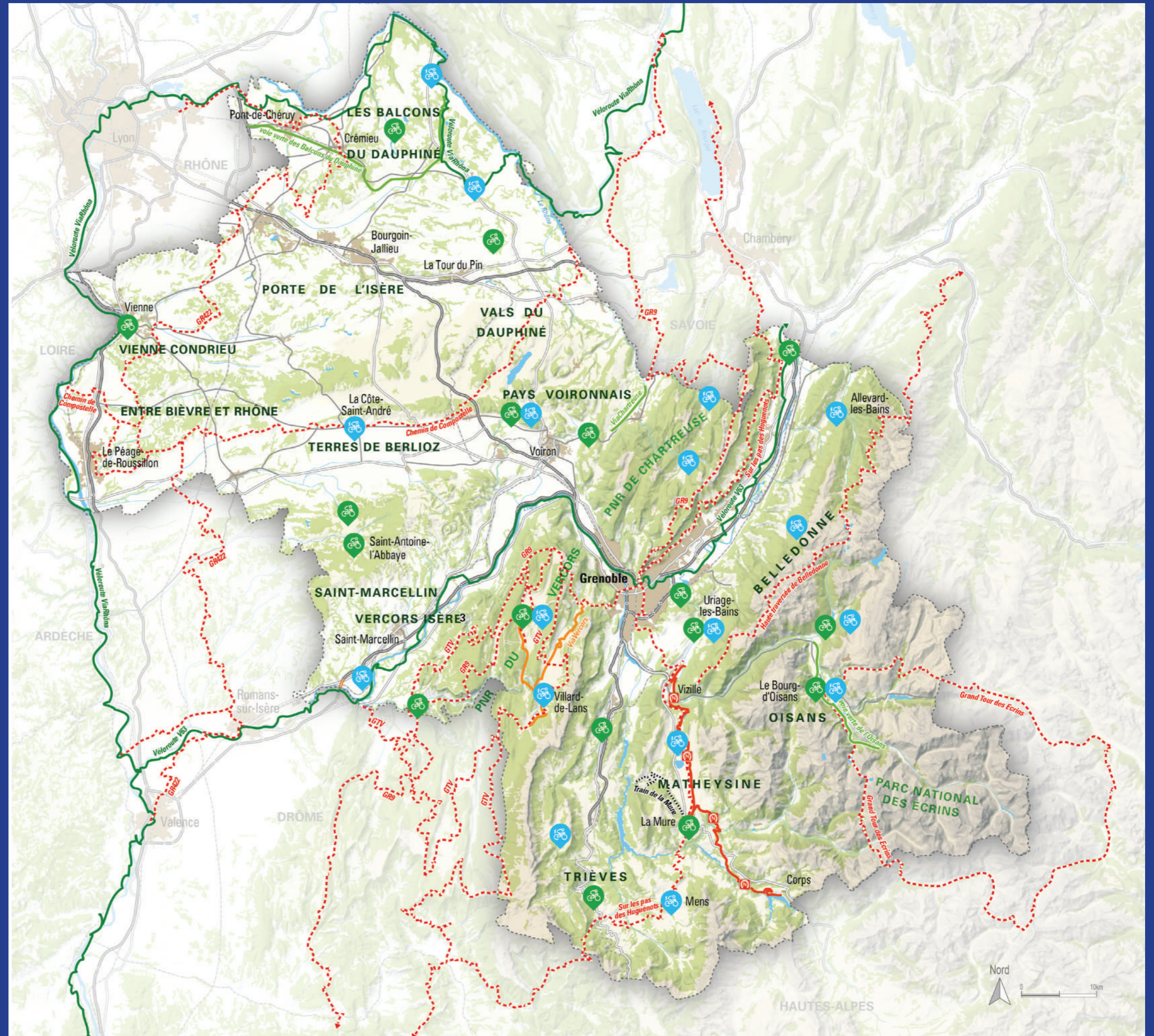
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ALPES
IS HERE

REACH FOR THE HEIGHTS



- ■ ■ ■ ■ Major hiking trail - GR®
- (N) — Napoléon Horse Riding Route
- ■ ■ ■ ■ Panoramic train
- Marked trails for ebikes
- Marked cycling tourism loop
- Cycling route
- Greenway



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In the heart of south-eastern France, Isère has exceptional natural attractions and multiple cultural offerings - from outdoor activities year-round, to "art de vivre" (the French art of living) including gastronomy, history and heritage. Isère has exceptional, varied landscapes, including one national park (Les Ecrins), two regional natural parks (Vercors and Chartreuse), mountain ranges such as Belledonne and the Grandes Rousses, and glaciers reaching 3,600 metres. On top of this, cities to explore include Grenoble and Vienne.

It's time to come and visit!



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Grenoble

Capital of the Alps and European Green Capital 2022, Grenoble is celebrating an exceptional year and is using this opportunity to highlight the attractiveness of the Grenoble Alps. Most importantly, the city will be speeding up its green transitions and will make further steps towards improving the sustainability of our alpine territory. Grenoble Alpes Tourisme, as official partner, is committed to more responsible tourism and offers a programme of specially prepared guided tours, numerous eco-friendly activities and low-carbon holidays aimed at exploring the different aspects of the Grenoble area. For more details: www.grenoble.fr

GRENOBLE

What's new?

Grenoble has once again been crowned Bicycle Capital by the Fédération des Usagers de la Bicyclette (FUB). With this award, Grenoble confirms its position as leader in France. This is an endorsement for the City of Grenoble, which continues its efforts to install new facilities and introduce projects that will encourage everyone to get on their bikes.

GUIDED TOURS & WALKING THEATRE

As part of the European Green Capital celebrations, Grenoble Alpes Tourisme has created a dedicated programme of guided tours: nature and biodiversity in the city, Grenoble's eco-neighbourhoods, landscape talks, themed bike rides and family tours. To complete the offering, Grenoble Alpes Tourisme has also created a new walking theatre production connecting mythology and nature in the city. This flagship experience for the summer season in Grenoble is going green in 2022: *Les Racines du Futur* (The Roots of the Future), written, directed and performed by actor Pascal Servet, tells the story of a tree that returns to Grenoble to regain its vegetal state and report on humanity.

www.grenoble-tourisme.com/en/discover/whats/grenoble-european-green-capital-2022/

www.grenoble-tourisme.com/en/discover/essentials/guided-tours/



Via Tram project: connecting Grenoble and the Vercors

A few months ago, Grenoble-Alpes Métropole launched a major project to upgrade the old tramway line linking Grenoble to Saint-Nizier-du-Moucherotte (the gateway to the Northern Vercors), in partnership with the Vercors Regional Natural Park and the Communauté de Communes du Massif du Vercors. This tramway line, which was in use until 1951, linked the valley to the Vercors. Today, the route will be developed to strengthen the city-mountain connection that is so characteristic of Grenoble-Alpes' geography, by setting up dedicated signage and hopefully benefitting from a product packaged by Grenoble Alpes Tourisme. The completed route will create a new "green" tourist product, with the potential of linking itineraries and other parts of the Via Vercors greenway, which has almost 40 km of soft mobility routes.

Bivouac at the Bastille

Spend a night in a bivouac at the Bastille, the most iconic place in Grenoble where the city connects to the mountains and experience an "alpine night" under the stars where you can learn about the mountain environment.

Le Bar Radis

Set on a 2,000m panoramic terrace, the Bar Radis, a future "house of food and culture", will open its doors in 2022 in the Flaubert district. The association Cultivons Nos Toits, the restaurant La Tête à l'Envers and the craft microbrewery Maltobar were all chosen as winners of a competition launched by the City of Grenoble to bring this project to life. With the aim of raising awareness and providing access to the themes of food transition, this space is already hosting workshops on food, and has a greenhouse and a market gardening area. Opening this summer, a community bar and a restaurant will offer high-quality local products, most of which will have been grown on the roof, and a multicultural stage will host concerts, events and conferences.

<http://cultivonsnostoits.org/bar-radis-2/>

Green transition

ECO-FRIENDLY ACCOMMODATION

Gîte d'étape du Néron

The Gîte d'étape du Néron is one of the rare urban gîtes in France, circular and designed in wood, hemp and lime. On the edge of Fontaine and Grenoble, it is only 25 minutes from Grenoble station on foot. It is also at the foot of the Vercors Regional Natural Park.

<https://gitedetapefontainegrenoble.com>



ITINERARIES & ACTIVE MOBILITY

Grenoble has a wide range of accessible transport options that help to reduce the carbon footprint of daily life and leisure activities:

- An efficient and accessible public transport network
- Metropolitan Mvélo+ bike rental service (daily, monthly or yearly)
- 450 km of bike paths
- 15 trail routes
- 850 km network of marked paths
- Car-sharing
- Scooters and electric vehicles (EVs)

You can find plenty of self-service options for two wheels. Using Tier Mobility e-scooters (<https://www.tier.app/en/>) or Pony e-bikes (<https://getapony.com/en/>), you can get around Grenoble in just a few clicks, and if you want to travel further afield, you can rent a self-service car from Citiz (<https://citiz.coop/english>) or Yea! (service available in Grenoble and La Tronche only).

Grenoble adrenaline

Challenge yourself on the via ferrata of the Bastille

Grenoble is the only city to have an urban via ferrata. Renowned for being spectacular, technical and fun, the Bastille via ferrata offers a superb playground on the Chartreuse massif and promises to impress. The start of the first part is in an old quarry just five minutes from the town centre. But it is the reward is at the end of both parts with a panorama over Grenoble, the valley of Grésivaudan, Matheysine, Belledonne and Vercors that is the most impressive. Descend either on foot or by the Bastille cable car.

<https://bastille-grenoble.fr/via-ferrata-bastille-grenoble/?lang=en>

Grenoble by canoe

Four canoeing routes of varying lengths, either supervised or self-guided, including discovery, introduction, cultural or night-time, are accessible to all levels from 11 years old, provided you can swim at least 25 metres. The cultural tour is accompanied by a guide from the Tourist Office. And at nightfall, the tour takes on a whole new perspective by torchlight, under the lights of the city. English spoken.

www.grenoble-tourisme.com/en/catalog/detail/canoe-traversee-de-grenoble-843992/



Events

Street Art Fest 2022

27 MAY - 25 JUNE

Since 2015, Street Art Fest has been the first festival in Europe that presents street art as an aesthetic and multidisciplinary trend: monumental frescoes, traditional murals, collages, stencils, urban sculptures, installations, photographs, works on canvas, digital works, anamorphic illusion, natural street art, videos and more.

Grenoble and twelve communes of the metropolis take part in the atmosphere, thanks to a rich program including live artworks, openings, meet-the-artists, guided tours, conferences and screenings. Shepard Fairey, Goin, Veks and many more local and international artists, both famous and not so famous, take part in this spring event every year.

www.streetartfest.org

UNICON 20 – World Unicycle Championship

26 JULY - 6 AUGUST

This summer and for the first time in France, Grenoble will host the 20th International edition of UNICON (short for UNicycle CONvention). It is the largest unicycle gathering in the world, with 35 disciplines presented and 1500 participants from 35 different countries.

www.unicon20.fr





Vienne

Vienne, located on the river Rhône with over 2500 years of historic relevance, has many historic places to see as it was once a major centre of the Roman empire. Unique sites and Gallo-Roman monuments sit alongside a remarkable Renaissance and medieval heritage. The Temple of Augustus and Livia is a jewel and the Ancient Theatre is one of the most important theatres in Roman Gaul history. With its pedestrianised streets, its Michelin star restaurants, its shops and the market on the Place François Mitterrand, this lively city centre is the place to enjoy a local tittle of Condrieu wine. Gentle cycling is available on the Viarhônga. This specially dedicated 815km route is reserved for, bikes, rollerblades, scooters and hikers.

www.vienne-condrieu.com

VIENNE

Green transition

ITINERARIES & ACTIVE MOBILITY

ViaRhônga, future bike path between St-Romain-en-Gal and Condrieu

The ViaRhônga bike path follows alongside or close to the Rhone and is designed for people to cycle along the river. The Vienne-Condrieu section is the site of some recent innovative developments and projects that provide insight and cultivate curiosity. On the edge of the Ile du Beurre nature reserve, the cycle path is made of an eco-designed surface composed of local gravel and a plant-based product from the paper industry. This unique environmentally friendly process has the added bonus of draining the rain, while its ochre colour blends into the landscape. This bike route of the future also features an offbeat agenda that makes you want to keep coming back - and not just to cycle.

Hybrid half-land, half-river tours, by bike and on a catamaran canoe

Véronique and Bernard are offering new "boatbike" (boat and bike) tours with plenty of treats in store and always in pace with slow tourism. With immediate boarding on the Rhône, this splendid catamaran came out of the shipyard in July 2020. Being very close to the water, it offers a unique experience of sailing close to the elements and to nature. Comfortably seated in cosy armchairs, boaters can watch the landscape unfold as the river flows along the Côte-Rôtie and Condrieu hillsides. Eco-friendly, this vessel is built with high-quality, local materials, with all its fittings made of larch wood. It is entirely energy self-sufficient thanks to 20 solar panels. Cruises can be booked for individuals and also for groups and companies from 18 people up to 53 passengers. The programme can combine a cruise, a bike ride with a stopover for wine tasting. Lunch can be organised on board or in one of the typical restaurants of Ampuis or Les Roches-de-Condrieu.

<https://www.canotiersboatbike.com/vienne-les-roches-de-condrieu-2/>

A healthy lifestyle

VIENNE FOOD & DRINK

One of the largest Saturday markets in France

In Vienne, going to the market is a tradition that has been passed down from generation to generation since the 13th century. The second largest permanent market in France with 350 stalls is a must-visit destination. Every Saturday, it fills the main streets and alleys with more than six kilometres of stalls. Early risers might meet the two Michelin-starred chefs who are regular visitors, Philippe Girardon and Patrick Henriroux. This is a real temporary city with its own districts and atmospheres. Over there, the hardware store, then the cheap clothes and hats of all colours; further on, the stalls of producers and breeders who represent the gateway to the Rhone valley and the proximity of Mont Pilat. Plump farm chickens, cured meats from free-range pigs, and melting cheeses rub shoulders with juicy apricots, fragrant melons and tart cherries. On the other side, for sale by the tub are less green products that are almost given away. An explosion of colours greets the eyes with sweet and salty scents that fill the nose and stimulate the taste buds.

Gourmet stroll in the heart of the Vallée de la Gastronomie® (Gastronomy Valley)

Awarded "Remarkable experience of the Vallée de la Gastronomie®," this guided gourmet tour introduces you to the town's artisans of flavour, some of whom have been in Vienne for several generations. Visitors fill their basket with delicacies that can be enjoyed at the end of the tour. Cheesemongers, pork butchers and chocolate makers focus on the quality of their products and show how to improve them through thoughtful cooking and meticulous preparation. This gourmet stroll also delves into the history of Vienne with heritage visible on every corner.



Wall of wines and tasting at the Tourism Pavilion:

A stunning finale to the gourmet stroll. The tour ends at the Vienne Condrieu Tourism Pavilion with an amazing and spectacular resource of a 10-metre high wall made up of 900 bottles representing all the vintages and appellations of each winegrower between Vienne and Valence. This wine wall forms a giant map of the vineyards listing the vintages of Côte-Rôtie, Condrieu and the Rhône Valley. On the first floor, you can sit down in the Côte&Cuisine area. Unpack all the goodies in your basket for a guided tasting accompanied by a local wine. Leaflet: "Gourmet Vienne, in the footsteps of Fernand Point" Length: 1.7 km Duration: 2.5 hrs Departure point: Temple of Augustus and Livia, Vienne Reservation required at the Tourism Pavilion.

www.vienne-condrieu.com

La Pyramide – Maison Henriroux: La Maison celebrates its 200th anniversary in 2022

Boosted by Patrick Henriroux's two Michelin-starred restaurant since 1992, La Pyramide hotel will be multiplying its festive events for its bicentenary. Made famous by the legendary Fernand Point, the first Michelin three-star chef, the Vienne institution has been run by the Henriroux family since 1989. The four-star Relais et



A starry break at Philippe Girardon

Between the classic four-star hotel-restaurant Domaine and the three-star Cottage design hotel, there is something for every budget. The starred chef's table is the perfect stay for gourmets only 15 minutes from Vienne. Laurence and Philippe Girardon's Domaine de Clairefontaine is set in a three-hectare green setting. The former stables have become Les Jardins, a four-star hotel with spacious rooms decorated with light-coloured antique furniture and draped with linen curtains. La Maison du Domaine, a manor house built in the 17th century, offers six charming rooms with waxed parquet floors and period furniture, just like a family home. Located 800 metres from the estate, the Cottage offers a more cosy, yet modern style. Visitors can treat their taste buds at Philippe Girardon's table, awarded one Michelin star every year since 1993

www.domaine-de-clairefontaine.fr

Châteaux La Pyramide promises a number of culinary and festive events to celebrate its bicentenary. Tasty excuses to enjoy the chef's cuisine and stay in one of the 19 rooms or one of the four chic and contemporary design flats. From €200 / 2 pers. optional breakfast at €32. Restaurant : from €79 for lunch during the week.

www.lapyramide.com

Discover local heritage

Grand Hôtel de La Poste: A historic weekend in the heart of Vienne

This former 18th-century coaching inn is now a three-star hotel. To keep its original character, the managers renovated it while leaving some parts of the building intact. On the first floor, the stone floor is covered with a Gallo-Roman mosaic, while a magnificent stone staircase adds to the charm of this hotel in the heart of the city. Each of the 36 rooms is different. Just a stone's throw away from the historical monuments, the immersion into ancient Vienne is instantaneous. From €70 / 2 pers. Breakfast from €6. Table d'hôte from €28 on reservation.

www.grandhoteldelapostevienne.com

The Château de Septème, a family history to share

Overlooking the village of Septème, these impressive stone ramparts loom over visitors. Named after the seventh Roman milestone on the road between Vienne and Italy, Septème Château is only 20 minutes from Vienne. From immersive tours, Renaissance evenings in the summer to a project to make the French garden bloom again, these are all organised by the owners and hosts of the place, the Deron family. Highlights include:

- "Enchanted visits" on the theme of a haunted château. Children from 4 to 12 years old investigate and find clues to find out who is haunting the castle. From 8 July to 23 August, Wednesdays and Fridays at 3pm. By reservation only.
- On 8, 9, 22 and 23 August, Renaissance-themed evenings. For a few hours, time travellers can live in a Renaissance-style camp, and dine and dance like the lords and ladies of the 15th and 16th centuries.
- Last week of October: Halloween week for kids & Halloween evenings for adults on 29, 30 and 31 October.

Events



Gallo-Roman Day

4 & 5 JUNE

For the first time, the Gallo-Roman Days will take place on both banks of the Rhône and will "invade" the main Gallo-Roman sites in Vienne. This city-wide event will transport the public back 2,000 years earlier to the time of Vienne. The Roman camp of the Legio VI Ferrata will take up residence on the square of the Temple of Augustus and Livia, while the site at Saint-Romain-en-Gal/Vienne will bring to life the daily activities of the ancient world with Roman games, a fashion show, chainmail making, creating leather or bone objects, archery lessons or tasting epityros. The highlight of the weekend is a spectacular show at the Ancien Theatre on Saturday evening.

www.vienne-condrieu.com

41st Jazz à Vienne

FROM JUNE 29TH TO JULY 13TH

Swing at the Ancient Theatre, Jardin de Cybèle and more. Jamie Cullum, Nate Smith, Michael Kiwanuka, Black Pumas, George Benson, Cory Wong, Herbie Hancock, Thomas de Pourquery, Maceo - these are just a few of the headliners who will make the old foundations of the ancient theatre resound. Don't miss the All Night Jazz experience on Wednesday 13 July from 8.30 pm to 5 am, with the first three names out of six for this crazy night under the stars including American funk and soul jazz saxophonist Maceo Parker, the Brazilian singer Flavia Coelho and the Nubiyen Twist collective.

Jazz in the city. Discover Vienne's secret or surprising locations by following the red thread of Jazz through the city. During Jazz à Vienne, at 6pm every day and on Saturdays at noon, one-off concerts are performed on the marketplace, in a square, in a church, in a neighbourhood, in museums. Bands perform either solo, in large groups, acoustically or while strolling around, with about twenty concerts in total.

Marathon Day, 3 July. From sunrise to night under the stars, Jazz à Vienne puts on a jazz marathon of concerts and shows, and includes a brunch, a show for young people and a musical siesta! Seven venues and 60 artists swing to the rhythm of jazz in Vienne.

www.vienne-condrieu.com



The region of Berlioz

The region of Berlioz was named after the classical composer Hector Berlioz, who was born in the charming village of La Côte-Saint-André. Strewn with rivers, lakes and forests, this unique area is ideal for trekking, horse riding, fishing and cycling. There are 515kms of marked tracks for horse riding alone, catering to beginners and advanced alike. There are local markets daily in the region where the scent of honey, tasting freshly baked bread and cheese is all part of the allure.

www.tourisme-bievrevalloire.com

THE REGION OF BERLIOZ

A healthy lifestyle

Local flavours: squab on our plates

Who can boast more than 300 farms in their area? From saffron to beer, fruit, meat, cheese and vegetables, you can find an incredible amount of local produce in the markets or on the farms in the Terres de Berlioz. One of these products, a little more original and less common, is even listed on the menu of a starred Lyonnais restaurant located in Vieux-Lyon. It is the squab, or fledgeling pigeon - a little known but delicious and refined dish. Sonia Guillon of the Pigeonneau des Terres in

Pajay near La Côte-Saint-André, breeds more than 400 pairs of pigeons fed mainly on cereals produced on the farm. Sonia favours short circuits, from breeding to delivery. She runs her business with passion and intends to remain faithful to her pigeons for a long time to come!

www.terresdeberlioz.com

Events

The Inventor of the Festival concept has his own festival - Berlioz Festival

17 AUGUST-3 SEPTEMBER

Berlioz was a brilliant creator of his time., but what is less well known is that from 1830 onwards he was also the organiser of a series of musical events which he rightly called "Festival". More than 150 years later, Berlioz has his own festival in La Côte Saint-André, in the Terres de Berlioz (Land of Berlioz) and throughout the Isère department. A festival of symphonic music in the countryside, in the composer's birthplace, with

the world's greatest conductors: this is what makes the Berlioz Festival. Bruno Messina, its artistic director, aims to make classical music popular and accessible to all.

www.festivalberlioz.com



© PIERRE JAYET



Vercors on the Isère side

The great plateau of the Vercors massif rises above the encircling valleys like a fortress, culminating in an incredible escarpment that runs for miles like a frozen wave of rock. Behind lies a vast richly forested nature reserve, home to ibex, chamois, black grouse and vultures. Beyond the reserve, the interior of the plateau is at first glance a gentler place of rolling green pastures. Yet this pastoral idyll is riven by dramatic gorges, through which roads are cut along narrow balconies and beneath overhanging limestone cliffs, and the rivers form perfect deep pools and waterfalls. Beneath this a vast underground landscape of caverns, underground lakes and passageways is still being explored.

In numbers:

- 4,000 km of marked walking and hiking trails
- 700 km of mountain bike trails, 1 downhill mountain bike area, 3 French Cycling Federation-labelled mountain bike sites, 50 km of greenways and picturesque roads ideal for cycling.
- 230 km of bridle paths, 32 canyoning sites, 31 climbing school locations, 3,000 caving spots, 8 paragliding sites, 1 18-hole golf course, 16 orienteering courses
- 1 trail running resort, 1 biathlon roller skiing centre
- Vercors Regional Natural Park

VERCORS ON THE ISÈRE SIDE

Vercors Regional Natural Park

This exceptional territory was classified a Regional Natural Park in 1970. Since then, the Vercors has been actively carrying out numerous projects to preserve and promote its natural and cultural heritage, economic development and the quality of life within its boundaries. This region commits to responsible tourism and development, an approach recognised at European level by the European Charter for Sustainable Tourism mark.

- 206,208 ha of which 17,000 ha are classified as a National Nature Reserve (the largest in mainland France)
- 139,000 ha of forest
- Altitude: from 800 m to 2,341 m (the highest point being the Grand Veymont)
- 8 natural regions from north to south with, in Isère, Royans-Isère, Piémont Nord, Quatre-Montagnes, Trièves

What's new?

'Ready to camp' at the Le Gouffre de la Croix in Châtelus

Normally found in beach locations, the 'ready to camp' option is perfect for anyone who has never been camping before. Let your kids discover the joys of camping and spending the night under a tent in the countryside waking up to the sounds of birds with the 'ready to camp' package at the *** Le Gouffre de la Croix campsite near Choranche - perfect for those who don't have any equipment! All the essential and useful camping gear is on hand at the campsite for the novice camper.

https://www.camping-vercors.com/en/ready_camper



Bivouac, discovering the King of the forest

The largest hooved mammal in France, the red deer is the true symbol of the forest. Meet this lord of the forest in the Vercors massif from April to November. Rutting season (15 September - 15 October) is the best time to see them as the rut is in full swing. In spring, spot males with their velvety antlers in full regrowth. Summer is a great time to see fawns. €230/person for a bivouac with stalking (full 24-hour period) €75/person for an evening stalk (late afternoon approach and night return).

www.ornithovercors.com

Green transition

The Vercors is one of the largest forest areas in France and a sanctuary for numerous species. This "green territory" with its priceless riches attracts countless individuals and organisations who care about its future. Covering more than 60% of the region, the Vercors forest is a tremendous natural, renewable resource and a valuable asset for the economy.

ECO-FRIENDLY ACCOMMODATION

Environmentally friendly, rustic Refuge des Feneys, Autrans- Méaudre

Nestled in the middle of a clearing on the road to La Molière, this small, typical alpine hut has a breathtaking view over the Autrans-Méaudre valley. Here, you are cut off from the outside world, with no TV, radio or mobile phone signal. Leave the clutter of today's world behind for one or two nights and experience where time seems to stand still and everyday problems disappear. Comprising a dormitory of 14 beds, the refuge is heated by a large wood stove and is completely environmentally friendly: solar panels, compost, no showers and only a small sink with cold water for a quick wash. You will need a torch for a night trip to the dry toilets outside.

www.refuge-des-feneys.com

La Ferme Rony "Discoverers Camp", St Nizier-du- Moucherotte

At an altitude of 1,100 m in the Vercors Regional Natural Park, La Ferme Rony offers tepee-cabins for nature stays with a low environmental footprint and plenty of contact with nature. The camp is rustic, no water in the explorer tents and tepees, but each dwelling has solar power. There is no wi-fi here creating a unique experience of simplicity, where you can share moments of togetherness. Hiking trails start from the living quarters and numerous outdoor activities are steps away: caving and much more. Spend time with the farm animals or stay on site to relax and enjoy the tranquillity of the place or opt for an Amma massage. Visitors use a communal chalet for meals, reading and games, and can also relax in a wigwam (round tepee). Here, out of respect for the environment and the animals, sustainable tourism and the local economy are championed. At the table d'hôte, you will find organic products from the farm as well as local products. Everything is designed to create balance between human activity and the natural world.

www.fermerony.fr

Le Vernay, Autrans Méaudre

Once a refuge for cross-country skiing enthusiasts created by four friends from Autrans, and then a riding centre, Le Vernay was transformed into a hotel-restaurant in the 1980s. Today it offers all the comforts of a three-star hotel including a quality restaurant, terrace and outdoor heated spa-pool area in a magnificent natural setting. Nature is everywhere here, as the environment is a priority. As part of a genuine eco-friendly approach, they have obtained the "European Ecolabel". The restaurant offers a gourmet, modern table that bridges the gap between the magnificent terroir of the Vercors and the finesse of Japanese gastronomy: refined, seasonal cuisine, based on products from local producers, which highlights an alternative vision of the nature that surrounds us.

www.le-vernay.com



ITINERARIES & ACTIVE TRAVEL

Protected yet easily accessible, the Vercors is a never-ending source of wonder, which is why an immersive itinerary is the perfect solution. On foot, mountain bike or horseback, in the Vercors you can trek along the famous GTV (Grandes Traversées du Vercors) - unique routes that cross these high altitude lands.

ON FOOT

Grand tour du Vercors and the Traversée des Hauts Plateaux 410 km of hiking trails

Thanks to the overwhelming success of this trail and all its subsidiaries, the GTV on foot is getting a makeover for its 10th anniversary. The route has been slightly modified and is now divided into 22 stages. While the complete hike lasts about three weeks, anyone can break it up into smaller sections depending on what they want to do: from one day on one stage, a weekend, a week, you can discover this majestic limestone citadel any way you want and explore its natural and cultural treasures along the way. The classic, beautiful three-day Traversée des Hauts-Plateaux completes the package.

www.rando.parc-du-vercors.fr

The "Au fil de la Bourne" path along the Bourne River From Saint-Nazaire-en-Royans to Rencurel

32 km and 1,500m D+

The Bourne is the most significant river of the Vercors and the first river in the massif. It has sculpted the landscape and forced its inhabitants to adapt to its presence. For two or three days of hiking, starting from the river's confluence with the Isère, the Au Fil de la Bourne trail introduces you to the scenery that makes up the route of this watercourse between the lowlands and the mountain plateau. Discover the ongoing developments made by man (aqueduct, Himalayan footbridge, suspended houses, old corbelled road) or carved by nature itself (Choranche caves, Cirque de Bournillon cliffs, Bourne gorges). Numerous viewpoints dot the route, where you can stop and enjoy a snack from a local producer. The trail is designed for families as well as experienced hikers who can create their own itinerary thanks to the hundreds of kilometres of marked paths connected to the trail. Accessible by train, bike or car, this is an opportunity to discover the riches of a medium-sized mountain area. Need a link to paths

BY BIKE

Grand Tour du Vercors and Traversée des Hauts-Plateaux du Vercors

760 km of mountain biking

The Grand Tour has been upgraded and expanded with numerous additional trails: the Traversée des Hauts-Plateaux, the Chemins du Soleil in the Diois and a crossing of the Trièves from Grenoble to Lus-la-Croix-Haute. With the boom in electrically-assisted mountain biking, these somewhat demanding itineraries are now accessible to the widest audience. You can download the GPS tracks from the Vercors Regional Natural Park.

www.rando.parc-du-vercors.fr

Meet the locals - Inspiration Vercors travel guides

Inspiration Vercors publishes six online travel guides showing where you can meet the craftspeople, producers, shopkeepers, artists and individuals who play a part in the cultural and tourist scene of the Vercors. Demonstrating their commitment and determination, these women and men promote local products and share their artisanal traditions. The itineraries have been designed to take full advantage of the terrain and follow the roads of the Vercors with stops along the way. Designed to follow at your own pace either by exploring its entirety or in sections, these routes are perfectly suited for e-bikes. Access the guides by clicking on the Découvrir button for each route:

www.inspiration-vercors.com/en/destinations/routes-panoramiques



A healthy lifestyle

Perched at an altitude of 1,000 metres, the villages of the Vercors lie between mountain pastures and thick forests protected by the natural geological fortress. Pure clean air, sunshine, moderate temperatures and healthy ingredients are all part of life in this unspoilt area. Today more than ever, this region is the perfect opportunity to get back to basics - a natural antidote to stress.

HEALTHY BODY & MIND

Vercuma cosmEtiques, Autrans-Méaudre

Laura and Nicolas Hermant, creators of Vercuma, make beautiful, organic cosmetic products - soaps, hair care, face cream, anti-bacterial deodorant - from active, healthy, fair and vegan ingredients without preservatives, emulsifiers or surfactants. Their desire is to minimise their ecological footprint as Nicolas is convinced that "organic" no longer guarantees a product is free from chemicals that could be dangerous for our health or our planet. Their values revolve around working and trading with local farmers and distributors, while any ingredients that come from afar are fair trade, ensuring the producers receive equitable remuneration.

www.vercuma.com



VERCORS FOOD & DRINK

Guillaume Monjuré, an inspirational chef

Within a completely redesigned interior: leather tables, wood from the surrounding forests, steel, opinel knives on the table, Guillaume concocts a fresh cuisine that emphasises the products and favours proximity. The menu of the restaurant Le Palégré in Corrençon-en-Vercors changes daily according to availability. The chef only works with French products, favouring sustainable, organic and biodynamic farming. All the bread is baked every morning on the premises with organic wheat and spelt flour using a traditional stone millstone.

www.hotel-du-golf-vercours.fr

Vercors Blue Cheese

Vercors Lait is the only cooperative producing the famous Bleu du Vercors Sassenage PDO cheese. As well as this emblematic cheese, Vercors Lait also offers a range of cheeses made from milk produced in the region. Vercors Lait, the natural descendant of knowledge gained from the dairy farms of yesteryear, now upholds the cheese-making tradition of the Vercors. The cooperative collects cow's milk from producers on a daily basis which must come from herds of selected breeds (Montbéliarde, Abondance and Villarde) that thrive in the exceptional territory of the Vercors.

www.vercorslait.com

The gastronomic restaurant in Romans du Vercors

The region has a number of valuable assets at its disposal, high-quality local products that add value - Grenoble walnuts, St Marcellin and St Félicien cheeses, Vercors blue cheese and Royans ravioli - that support a new restaurant offering. The site at the Couvent des Carmes - Carmelite Convent - also has a plant conservatory, vegetables in the medieval vegetable garden and rustic fruit trees in the orchard. Isabelle and Hervé Duquesne, already known to local gastronomes with their restaurant "Au Roman du Vercors", which opened in Saint-Romans in 2014, have been selected to become the official chefs of the Couvent des Carmes.

The restaurateurs are keen to promote the bounty of the region with creative, modern cuisine in a setting where the service is both friendly and discreet. The project's concept is based on local products and suppliers, as well as on high quality products that may come from other regions or countries.

www.restaurant-roman-du-vercours.com

VERCORS WINES

Thanks to the passionate work of a handful of winemakers, Isère wines are making a name for themselves.

Domaine Mayoussier

The viticultural adventure on this estate, a family business since 1810, began in 2013 with three hectares. The soil's health, its respect and its balance are fundamental to this project led by Antoine Dépierre who used animal traction for the first six years to ensure healthy and sustainable vine growth.

www.domaine-mayoussier.com

WATER ACTIVITIES

Under the summer sun, the Vercors is the perfect destination to cool off. With landscaped reservoirs, rivers and high-altitude lakes, everyone can find their own "cool" spot here. Three high-altitude lakes in the Vercors are unmissable fishing spots and, although not suitable for swimming, are popular in summer with families for relaxing and playing.

Lac du Pré

At an altitude of 1,536 m in the alpine resort of Villard/Corrençon, this lake covers an area of 1.2 hectares and is easily accessible from the top station of the Côte 2000 cable car, only 20 minutes walk downhill. For more of a workout, walk from the Parking Les Clots at Les Glovettes (45 minutes). You can fish with dry flies, nymph flies or even corks.

Lac de la Moucherolle

At an altitude of 1,916 m, at the foot of the emblematic mountain of Villard-de-Lans and Corrençon-en-Vercors, this lake can be reached in 50 minutes from the top station of the Côte 2000 cable car (200 m elevation gain) or in 2.5 hours from the bottom of the resort. Fishing permits are the same as for the Lac du Pré.

Lac de la Combe Oursière

Nestled in the heart of the Combe Oursière forest, this hilltop reservoir, built to supply water to the snowmaking network of the ski area's pistes, takes on a fun, entertaining feel in fine weather. With its shallow waters, a small island reached by raft and a water play area with permanent equipment, everything has been well thought out to make the site a highlight of the Vercors. This refreshing spot is ideal for families with fishing and water-based activities organised throughout the summer. Swimming is not allowed.

Le Domaine de Bané

The small-scale production of French wine on this family estate, that has been selling direct since 1800, bases its winemaking and winegrowing on biodynamic principles. Certified at the highest level in High Environmental Value (HVE), the Domaine du Bané guarantees a global eco-responsible approach to production that includes four criteria: preserve biodiversity, control agrochemical products, maintain soil quality and sustainably manage natural resources.

www.domainedubane.com

Gorges du Bruyant

The Bruyant Gorges, classified as a protected natural area, offer a cool spot in this limestone landscape. A path climbs up the Bruyant valley, passing over wooden footbridges, leading to waterfalls and glacial boulders until the stream resurfaces.

Experience a Mississippi-style cruise with the Royans-Vercors paddle steamer

On the calm waters of the Isère and Bourne rivers between the villages of Saint-Nazaire-en-Royans and La Sône, this guided cruise on board a wheelboat is a relaxing way to see fauna, flora and architectural heritage set against the backdrop of the cliffs of the Vercors and the red rocks of Royans.

www.visites-nature-vercours.com



Discover local heritage

These exceptional sites owe much to the abundance of their flora and fauna. The protected areas are home to a wide variety of notable species, some of which are threatened: plants, aquatic insects, birds and more. In summer, discover these protected sites on excursions led by nature guides from the Isère department.

www.tourisme.saintmarcellin-vercors-isere.fr

Domaine des Ecouges Saint Gervais

Gaze in awe at the streams and waterfalls on a signposted path with breathtaking views in the heart of the Vercors massif, renowned for the scarcity of its water sources. Home to chamois, marmots and golden eagles, this beautiful pre-Alpine area also conserves the memory of Carthusian monks and Resistance fighters who once occupied this land.

Gorges du Nan Cognin-Les-Gorges & Mallevall-en-Vercors

Classified as a Protected Natural Area since 2015, these gorges carved by the Nan river offer some of the most exceptional landscapes in the Vercors massif. They shelter an incredible geological history and conceal fauna and flora typical of the cliffs: Peregrine falcon, Juniperus thurifera (Spanish juniper) and elegant doradilla, a small fern that thrives in the cracks of the rocks. The hike of the same name takes walkers close up to the cliffs to discover, for example, the Cascade de la Gerlette waterfall, numerous pools and other waterfalls along the Nan river, and all of this in the forest where you can enjoy the cool climate.



For something completely different: High-altitude shoemaker

Christophe Cabrol, an alpine cobbler and craftsman from Méaudre-en-Vercors, specialises in repairing climbing shoes, mountain boots, backpack parts and sharpening ice axes and crampons. To carry out his work, Christophe has specific tools, an upward last (and not a downward last as for city shoes) and a rare know-how which has gained him the trust of the PGHM (High Mountain Gendarmerie Platoon), mountain guides and numerous sports shops, including Au Vieux Campeur. The great reputation of this discreet man is more than enough: "It is a privilege for me to continue to work in the Vercors. Rather than expanding the business too much, I prefer being a craftsman so I can work on my machines and keep in contact with the objects, continually challenging myself to produce the quality that is expected of me."

<https://www.facebook.com/La-Cordoden-Haut-384139971623127/>

Vercors adrenaline

Vercors in Isère is a land between the lowlands, and offers both gentle family activities as well as thrills for the adrenaline junkies. Everything is possible.

- Canyoning
- Potholing
- Climbing on the cliffs of Presles
- Paragliding
- Biathlon
- Mountain biking and 2-wheeling in all its forms
- Hot air ballooning in Villard-de-Lans

Summer suggestions

Caving is the coolest activity in summer. Beneath your feet lies a hidden world of more than 3,000 caves. The Vercors is a legendary spot, recognised worldwide by caving enthusiasts. Accompanied by a guide, you can discover magnificent underground landscapes. This exceptional activity, which can be enjoyed until mid-November (constant temperature of 14°C on average), feels like stopping time, getting in tune with nature and taking things to the next level: the Grotte de Gournier, with a lake at its entrance, is "the most beautiful underground river in the Alps", Favot, Roche Ture, Eymards, the Gouffre Berger, and the Trou Qui Souffle ('the hole that breathes') network, which is as remarkable for its name as for its formations.

From the basket of a hot-air balloon

The view of both the Vercors massif and the Alps is impressive. The balloon pilots - who are used to flying over the Vercors ridges and who know the landscapes by heart - promise the most magnificent views in the Vercors. Several packages are available: Introduction to hot-air ballooning, hot-air balloon flights and even pilot training, as you will quickly fall in love with this discipline. Prices from €180.

www.vercors.fr

Events

Euronordic walkin'Vercors

3-5 JUNE

EuroNordic Walkin'Vercors is a 100% Nordic Walking event and promises plenty of surprises - especially for its 10th anniversary. Entertainment, parades, festivities: a fun and friendly atmosphere guaranteed. As a family, with friends, with your club or your association, take advantage of the time to discover, to improve your skills and to enjoy the many activities throughout the weekend!

www.euronordicwalk.com

Ultra Trail du Vercors

10 SEPTEMBER

The Ultra Trail du Vercors is a trail running race on the mountain paths organised by CAP Vercors, over a distance of 85 km and a positive altitude difference of 5,000 m. This itinerary can be run as a "Solo", or "Relay x4".

www.ultratrailvercors.com

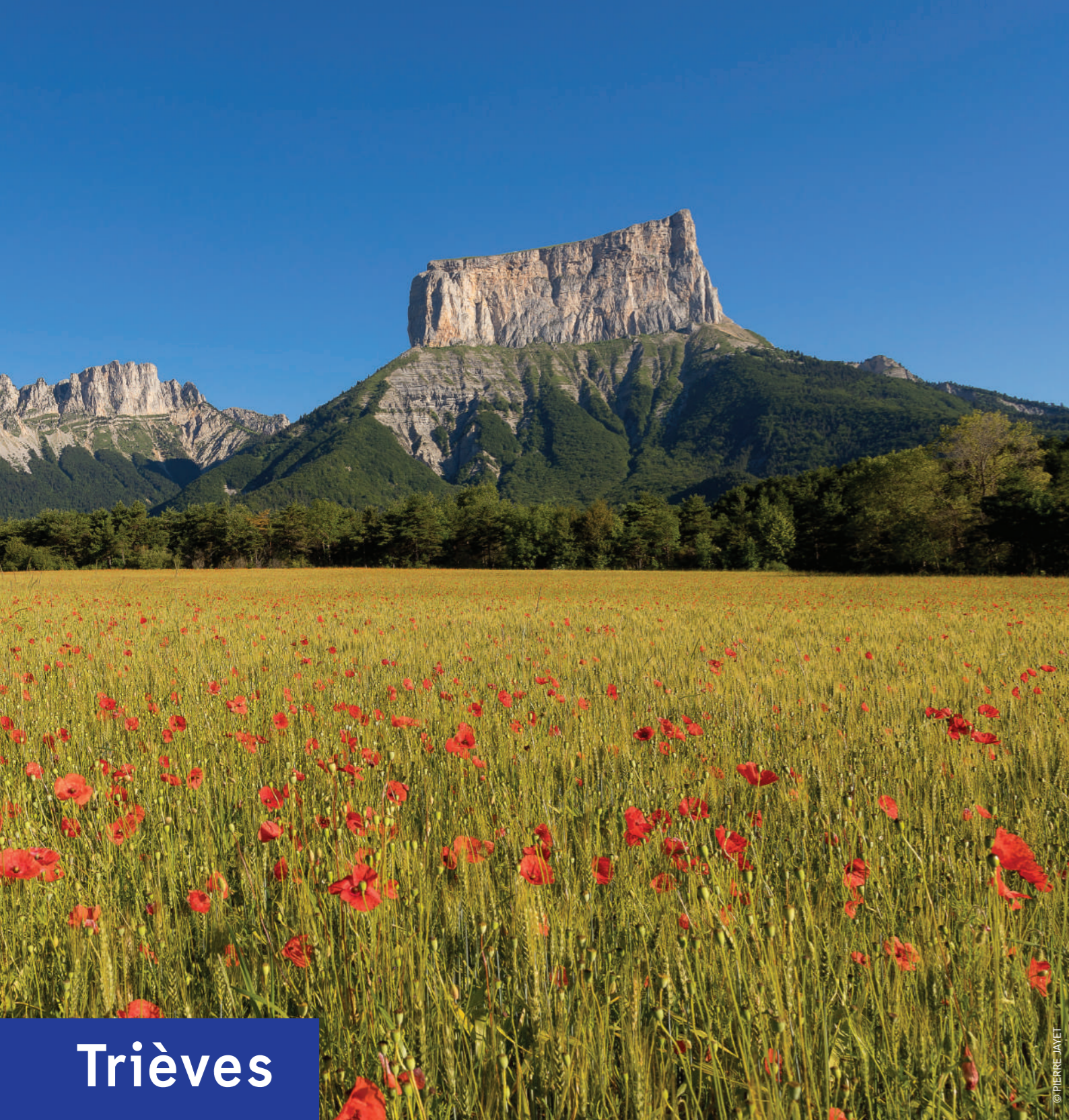
Camp 4 Vercors in Pont-en-Royans

18-21 AUGUST

A celebration of climbing that brings together climbers to experience the iconic sites of sport climbing. We love this event, which is all about networking, sharing and camaraderie.

www.amp4-vercors.jimdo.com





Trièves

An hour from Grenoble in the south of Isère, the Trièves is an area with 27 villages surrounded by the Vercors and Dévoluy mountains. Alongside an expansive agricultural plateau are the turquoise waters of Lake Monteynard-Avignonet. This lake, on the river Drac, is home to watersports including windsurfing, fishing, kayaking and kite surfing. The best-known towns are Mens, notable for its eco-production, and Gresse en Vercors, popular with hikers and climbers as the area borders the northern and southern Alps. A variety of plant and animal species are abundant as the region is at the climatic transition between a semi-continental climate and a sub-Mediterranean climate renowned for exceptional natural diversity.

In numbers:

- 940 km of trails
- 673 km of cycle routes
- 20 km of turquoise water at Lake Monteynard
- 1 nature reserve
- 1 Regional Natural Park: The Vercors
- 30% organic farming & 30% direct sales farming
- 16 historical monuments & listed sites

TRIÈVES

What's new?

Discover artisans and farmers on the Trièves Savoir-Faire Route

Three new members are joining the Trièves Savoir-Faire Route, bringing it to 45 members. These include puppeteers Sandrine and Marie from La Maison des Marionnettes, Roberto, a mushroom grower with Les Champignons du Trièves and July, textile artist and art therapist at Atelier Les Colibris.

www.savoirfairetrieves.fr

Domaine des Hautes Glaces: winner of the Spirit of the Year 2022, a prestigious award in France

Founder Frédéric Revol created the first whisky distillery in the world to use organic farming methods. Terroir, age-old traditions and craftsmanship combined with precise ageing are the key words of this estate, which, unusually, also grows its own grain. The Rémy Cointreau group bought the estate in 2017. Domaine des Hautes Glaces is also a member of the Trièves Savoir Faire Route, so you can visit the distillery and enjoy an exclusive tasting.

www.hautesglaces.com

Bombyx artisans collective

Associations bloom and grow in Trièves thanks to the abundance of biodiversity and the energy of its inhabitants. Take Bombyx, for example, in the old silk factory in Mens. The building, made up of eight sheds, brings together artists, craftsmen and producers under the banner of the Usine de Mens Association. This is a friendly place to unwind, work and express yourself, exchange ideas and meet the people producing handicrafts and art: Domaine Jérémy Bricka, an Alpine winemaker using rare local grape varieties; Le CafeYeah, artisanal coffee roaster; Mémé dans les Orties, who grow, collect and turn aromatic and medicinal plants into various products: herbal teas and tisanes, essential oils, balms and tinctures.

<https://usinebombyx.wordpress.com/>



Green transition

Ecotourism is the perfect way to get to know the lay of the land at your own pace. Here, the Trièves Ecotourism Charter highlights accommodation and activity providers committed to an eco-responsible approach.

ECO-FRIENDLY ACCOMMODATION

La Poulanerie, Prébois – holiday on an organic farm

The Vareilles farm has been handed down from generation to generation to the women in the family. In the 1970s, Mireille moved here with her husband Eric. She soon decided to farm organically to preserve the natural heritage values left to her by her grandparents. As children and grandchildren arrived, the new generation looked to a more sustainable approach to the business by adding tourism with quirky accommodation and donkeys - a way to supplement their income, but more importantly, offering tourists and visitors the experience of

living on a farm while also enjoying a relaxing holiday. Guests can stay in the farmhouse, a fox's hut, a Kyrgyz yurt or a round straw and earth hut. Mireille rents donkeys for hiking trips so she can share her passion for hiking with everyone. Laurie and Maxime grow vegetables in their organic garden. Chickens feed on kitchen waste, cleaning products are ecological, there are dry toilets and recycling is clearly explained and monitored. English spoken.

www.poulanerie.com

Gîte des Ombelles, Lalley

This old Triévoise farmhouse enjoys a panoramic view of the Trièves, the foothills of the Vercors and the Dévoluy massif. With a large garden, a meadow, a rose garden and an orchard, the Gîte des Ombelles offers a table d'hôte service using organic, local products including veg from the garden and eggs from the hens. With 10 rooms in the gîte and 2 chambre d'hôte rooms, It accommodates 31 people in double or family rooms. Patrick, a mountain guide, offers themed hikes from Resistance walks to night-time stargazing. He also runs creative, fun workshops focusing on nature and Neolithic prehistory, such as throwing arrows, starting a fire by friction, building Neolithic shelters and foraging for food. An ideal place for hiking, outdoor activities, the Gîte is a member of Gîte Panda (WWF/Gîtes de France), is a signatory of the Trièves Eco-tourism charter and is a Refuge for the League for the Protection of Birds (Ligue de Protection des Oiseaux).

www.gitelesombelles-trieves.com

ITINERARIES & ACTIVE TRAVEL

Discover the Trièves without a car

Discover the heritage of the Trièves on foot, by public transport or by bike with 450 km of cycle paths. Trièves tourist office suggests 13 different car-free stays in this southern part of Isère, which is easily accessible thanks to two regional TER train stations and bus lines from Grenoble.

www.trieves-vercors.fr

Hike with donkeys & bivouac in the wilderness

Donkeys will carry your equipment, or your youngest children, on this guided hike with an overnight bivouac. Camping equipment (tents, mattresses, duvets) and meals based on local organic products are provided. A nature experience not to be missed, the itinerary provides a panoramic view of the Trièves plateau and the Dévoluy mountains, then crosses the picturesque village of Mens.

How to get there: TER train from Grenoble or AURA bus line T95 from Grenoble - bus station. (stop Clelles). Shuttle bus provided (€10/pers.).

Includes: One night in a tent at the foot of the Châtel mountain on a natural site, guide, donkeys, sleeping equipment and organic meals.

Reservation only. From 15 April to 15 October;

€150 per adult, €100 per child (under 15 years old),

Family (2 adults, 2 children) €450, groups on request.

www.afleursdemontagne.fr

Aiguillette Lodge, Gresse-en-Vercors

In an old millhouse on the banks of the river facing the majestic Grand Veymont, five guest rooms sleep up to 13 people. Stay as a couple, a group of friends or a family - this place is ideal for multigenerational family gatherings. Meals are prepared on site with organic, local products and served in home-made dishes; vegetarian and gluten-free meals available. In this family-friendly atmosphere, you can also take part in pottery workshops, healthy cooking, sourdough bread making or go for a yoga hike. The hosts are state-qualified guides, who know the best places to hike in the area. English spoken.

www.aiguillette lodge.com

A family week in the Trièves: self-guided tour

Sample the best of Trièves on a packed programme of self-guided activities that families can choose from. Example:

Saturday: arrive in Mens, market day.

Bus leaves at 11am for the village of Tréminis, the pearl of the Trièves. Arrive Tréminis at 12pm., follow the permanent signposted trail and discover the heritage of a mountain village (bread oven, farm, pond).

Sunday: sketching tour, river swimming, walking.

Monday: 11am visit Le Cris-Cath farm. Walk.

Tuesday: visit Barthalay sawmill exhibition.

Visit Le Plume de l'Oiseau at 2pm.

Wednesday: trapper's outing searching for wildlife.

Thursday: morning walk, afternoon visit to Sorbet Vagabond, artisanal ice cream maker, at 3.30pm.

Friday: excursion to meet shepherds and a guided astronomy evening with Frédéric Melmoux, Étoiles et Montagne.

Saturday: Leave at 8am for Mens. Free morning, village tour and return to Grenoble.

Bus: Region AURA line T95 from Grenoble bus station to Mens then MENO2 Mens to Tréminis. Spring or summer school holidays.

Gîte Olympe de Gouges from €560 per week,

www.trieves-vercors.fr

Le Cris-Cath from €42/per person/day in half board,

www.trieves-vercors.fr

Gîte La Margelière from €41/pers./day in half board,

www.gitelamargeliere.com

Prices for visits: Sorbet Vagabond: free, tasting for a fee;

Le Plume de l'Oiseau: €3/pers; Le Cris-Cath: €5/pers.

Guide: Frédéric Melmoux, Étoiles et Montagnes:

evening €120; day €220 (regardless of group size).

ON FOOT

Countryside walks organised by Accueil Paysan

Accueil Paysan was developed to give new life to rural areas by creating a tourist offer that encourages visitors to discover the countryside, farm activities, crafts and know-how through a culture based on exchanging and sharing values. The aim is to enable farmers to earn a decent living on their land and thus contribute to local development, but also to participate in the creation of a sustainable and ecological rural world. The Association promotes a network of farmers and rural businesses committed to small-scale farming and sustainable, fair and mutually supportive tourism. Hiking on the proposed trails allows tourists, beyond knowing they are finding quality accommodation and food, to experience life in a unique rural environment with cultural activities offered at the accommodation (cheese, yoghurt and apple juice making, walnut shelling evenings and artistic performances).

BY BIKE

The Trièves promotes soft mobility (or active travel) and cycling of all types. The whole area is certified by the French Cycling Federation as a cycling territory. The Trièves mountain bike network includes 550 km of marked routes for all levels. Furthermore, 13 partners of the territory have been awarded the "Accueil Vélo" label, a guarantee of a quality welcome for cycling enthusiasts. Twelve routes feature a wide variety of landscapes, alternating between small, less-travelled roads and panoramic rides to the top of mountain passes.

Here are a selection:

Villages in the heart of the Trièves 34.7 km + 581 m

A beautiful loop in the heart of the Trièves, discovering small villages with magnificent views: Le Percy, Monestier-du-Percy and Prébois. The biggest challenge is the short climb between Sandon and Le Percy surrounded by the trees of the Eguinières wood, so thankfully in the cool. Regional Natural Park.

Trièves at the doors of Provence 51 km + 842 m

The south of the Trièves inspired author Jean Giono for its gentle way of life as well as the beauty of its landscape. This itinerary, starting from Clelles, is varied with the highlight being the push to the top of the Col de Mens (1,110 m) between Tréminis and Saint-Baudille-et-Pipet. The village of Tréminis, in the heart of a cliff cirque dominated by the Grand Ferrand (2,759 m) is magical.



From Obiou to Mont Aiguille 74 km + 1,430 m

A pleasant, varied route along Trièves' small roads where you can admire the landscapes on both the Vercors and Dévoluy sides and keep two emblematic peaks in your sights along the way: the Obiou and Mont Aiguille.

Tour of Trièves 140.7 km/+3100m/4 passes

This emblematic route, mostly on the challenging side, was once the reserve of skilled, experienced cyclists, but now it is accessible on an e-bike thanks to recharging points in Lalley, Mens, Monestier-de-Clermont, Château Renard or Gresse-en-Vercors.

Our favourite spot: Brion suspension bridge over the turquoise waters of Lake Monteynard-Avignonet.

Travel the Trièves in "slow" mode on an e-bike

The e-bike is the ideal way to travel while taking time to slowly explore the Trièves. Recharge batteries anywhere that has the "Accueil Vélo" label, at public recharging stations and other venues that encourage soft travel (bars, restaurants, accommodation).

www.trieves-vercors.fr/accueil-velo.html

The Trièves Savoir-Faire Route by e-bike

Spend two days pedalling on the magnificent balcony roads, getting to know the craftsmen, farmers and artists on the Trièves Savoir-faire Route. Hire e-bikes from the Grillet Sport shop in Gresse en Vercors.

www.grillet-sports.com

A healthy lifestyle

GENTLE SPORTS

Sup a Yoga

If you want to improve your movement, flexibility and balance, try yoga on a paddleboard in the middle of water. Head to either Savel or Treffort to find peace, reconnect with nature and connect to others in a group session. A zen moment, Sup a yoga is a yoga session rocked by the gentle waves of Lake Monteynard-Avignonet while on a paddleboard. The session ends with a guided meditation.

Price: €20 / 1.5 hr without paddleboard rental.

Sessions: 10.30 am–12 pm & 6 pm–7.30 pm.

Private groups on request. Tel: 06.72.92.14.60



TRIÈVES FOOD & DRINK

Épicerie Café Chez Jeanne, cosy bar & grocery store

A friendly place for the villagers, artisans and anyone passing through, Épicerie Café Chez Jeanne in St-Martin-de-la-Cluze is both a cosy village bar, grocery store and hosts cultural events including concerts, exhibitions, creative workshops for kids and theatre. Jeanne serves home cooked meals and snacks, and counts more than 20 producers from the Trièves as her suppliers, selling coffee, home-made beer, juice from the Trièves, meat raised in the village, bread and vegetables, as well as wines, cheese and jars full of sweets. A real community hub.

<https://www.facebook.com/ChezJeanne.SaintMartin>

The unmissable bouffette of Mens

The bouffette, a small pastry made only in Mens (capital of the Trièves), joins two oval sponge cakes around a sweet cream. The recipe for this cream remains a closely guarded secret of the heirs to the pastry shop. This simple treat is best enjoyed at coffee or tea time, or to finish off a meal. Created by Hiacinthe Auguste Baup (1829–99), pastry chef and confectioner in Mens, the bouffette was first known in the 1870s when, legend has it, that a beggar woman gave the recipe to the Baups to thank them for their hospitality. However, it wasn't until 1926 that Louis Bernard, a pastry chef in Mens, trademarked it. Today the sweet tradition is maintained by Bernard Perrier, master pastry chef. Individually wrapped in an airtight wrapper, the bouffette remains fresh for three weeks.

www.la-bouffette.com

TRIÈVES WINES

Domaine Les P'tits Ballons

Using native and age-old grape varieties, the estate produces original white and red wines in limited quantities using organic farming methods. From a story to a bottle: It all began with a novel by Jean Giono about the grape harvest in the Trièves. As a former librarian who frequently shared the story with her readers, the happy owner of the estate embarked on a great adventure within the Association of Vines and Winegrowers of the Trièves. And so, the Domaine Les P'tits Ballons was born, with a small vineyard (1 hectare) in the commune of Mens.

Domaine Jérémy Bricka

After eight years of working in various vineyards, Jérémy moved to the Trièves in 2011 to co-found the Hautes Glaces distillery. Since 2015, he has been planting old and local grape varieties (Verdesse, Altesse-Mondeuse blanche-Etraire-Douce noire-Persan-Mondeuse noire) on the steep slopes of Brion, with a surface area of 4.5 hectares. Visit the cellar and taste the estate's wines.

Maxime Poulat

Originally from the Trièves, Maxime took over the family farm specialising in polyculture farming. In 2009, he discovered the work of winemaking thanks to the Association of Vines and Winemakers of the Trièves. At an altitude of about 800 m, the small production estate now has a little more than 1 hectare of vines grown organically, mainly with old grape varieties. The objective is to produce a natural wine, without any gimmicks or tampering for a wine that is true to the terroir.

WATER ACTIVITIES

Lake Monteynard-Avignonet

Lake Monteynard-Avignonet, known for its thermal breezes, is mostly used for sailing. As a result, windsurfers, sailors and watersports enthusiasts enjoy its turquoise waters surrounded by mountains. Cross the lake by boat and explore the unusual Himalayan footbridges, or take a guided cruise during the day/night and sail under the footbridges into the heart of the Ebron Gorge and its hidden recesses. The La Mira boat sails from May to October.

www.la-mira.com



Discover local heritage



Terre Vivante – More than 40 years of green adventure

Almost 40 years ago, Terre Vivante sowed the first seed of organic gardening in the Isère. Since then, this passion has been cultivated with gardening books, a magazine called Les 4 Saisons and an ecological centre. The Centre Terre Vivante (Living Earth Centre) covers 50 hectares in the heart of the forest, six of which are landscaped, with organic vegetable gardens, ornamental beds, vineyards, orchards, beehives, ponds and basins that contribute to the biodiversity of the Ecological Centre. But it is also a place of innovation with unusual installations where you can learn about ecology with open-air exhibitions and educational panels translated into English. Families can explore the centre with childrens' workshops, a Sixth Sense forest trail, natural play areas and a panoramic terrace, or simply relax on the grass under the pergola.

www.terrevivante.org

Trièves adrenaline

Make the most of unprecedented views, inimitable panoramas from cliffs, trees and the sky by taking to the heights on one of the following activities for all levels:

- Via cordata at Gresse-en-Vercors
- Climbing boulders and cliffs
- Sensory suspended walk in the trees of the Odysée Verte in Gresse-en-Vercors
- Night in a tree house at the Nuits des Cimes
- Gliding, ultralight, paragliding: the Trièves has three flying sites at Courtet (St-Baudille -et-Pipet), Châtel (Mens) and Serpaton (Gresse-en-Vercors)
- Mountaineering, and in particular climbing the Mont Aiguille

Climb Mont Aiguille

Mont Aiguille, at an altitude of 2,086 m, dominates the Trièves. It is part of the Vercors High Plateaux Nature Reserve and one of the Seven Wonders of the Dauphiné. In 1492, Antoine de Ville made the first ascent of Mont Aiguille on the orders of the King of France, equipped with ladders. Mountaineering was born. The "Voie normale" route is the most classic and easiest, suitable even for beginners, provided you are not afraid of heights! However, it does require suitable equipment and supervision by a qualified guide. Mont Aiguille Guide Bureau: €360 for 1 to 4 people.

How to get here: TER train from Grenoble or AURA regional bus line T95 from Grenoble - bus station to Celles station. To reach accommodation: 20-30 min by bike or 40-60 min by foot (depending on the accommodation). Or transport on request (SNCF) to Chichilienne.

Accommodation:

Hotel au Gai Soleil du Mont Aiguille

www.hotelgaisoleil.com

Château de Passières

www.chateaudepassieres.fr

Gîte du Mont Aiguille From 1st May to 31st October: From €35 /night in a gîte, from €62 /night in a hotel.

www.gitedumontaiguille.fr

Events

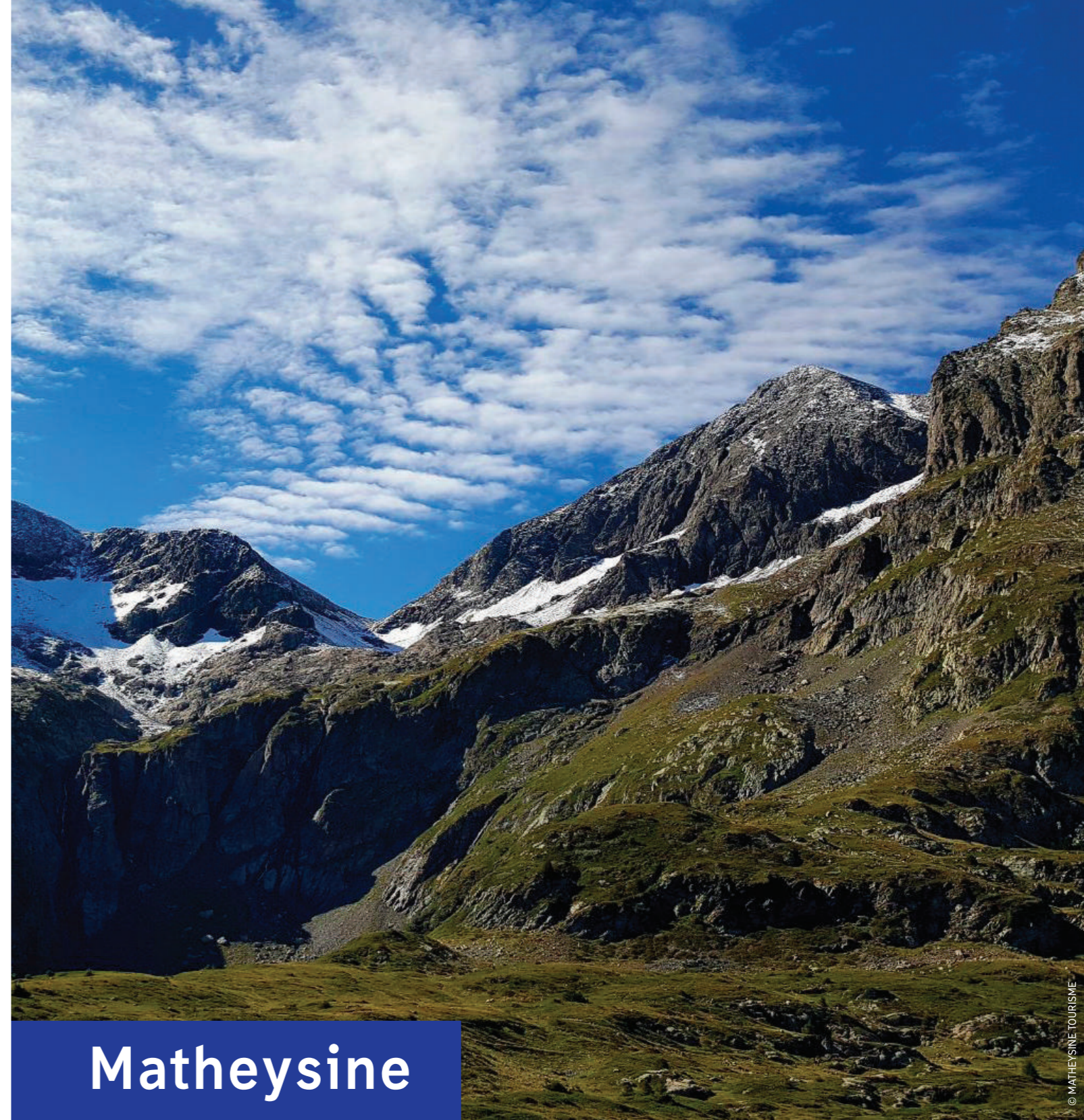
2022 Fête du Mont Aiguille

25 & 26 JUNE

The village of Chichilienne and the surrounding villages will honour this natural monument, symbol of the Trièves, by celebrating the first ascent of the "inaccessible mountain" by Captain Antoine de Ville in 1492, which was considered the birth of mountaineering. The medieval, military and scientific base camp of the first ascent will be re-created for the occasion.



© PIERRE JAYET



Matheysine

Lying between lakes and mountains in the south of the Isère department, the little-known Matheysine area is an unspoilt plateau. Between Trièves, Ecrins and Dévoluy, surrounded by various massifs, the land is full of character. The area also bears witness to a rich mining activity that has shaped its identity throughout the centuries. The Mine Image Museum, the Matheysin Museum and the Petit Train de La Mure highlight this aspect of history. This is a place to get away from it all, where you can reach the heights by taking numerous passes and summits alongside turquoise reflections from a multitude of lakes and natural water bodies. A remarkably unique and peaceful destination.

In numbers:

- 6 lakes and reservoirs
- 900 km of marked hiking trails
- 6 trail sectors
- 800 km of marked mountain bike trails (35 trails)
- 1 Bike Park
- 1 sensitive natural area of lakes and wetlands
- 8 cultural sites with the "Heritage in Isère" label
- Ecrins Regional Natural Park
- 1st European centre for bungee jumping

Green transition

ECO-FRIENDLY ACCOMMODATION

L'Oriel du Sénépy gîtes

In a secluded spot at the foot of the largest mountain pasture in Isère, these gîtes make the ideal place for an unplugged holiday with family or friends. Relax in the heart of nature and discover the riches of a corner of Isère that remains fairly unknown - the Matheysine. With the emphasis on wellbeing and sharing responsibility for the land on which it is based, L'Oriel du Sénépy focuses on sustainable development principles: connecting with the land, being an active part of the local network and promoting local culture by showcasing artists through concerts, exhibitions and workshops. Food for breakfast and packed lunches comes from short supply food chains, while the meals on the table are a discovery of the Matheysine region.

2 gîtes: Marmenteau (for up to 11 people), and Hortillon (up to 5)

1 yurt for up to 4 people

1 hut: the Observatory for 2 people

Prices from €28/person depending on the formula.

www.gites-oriel-senepy.fr



Camping des Faures, nestled in the secret valley of Valjouffrey

Long kept a secret by those who have visited this idyllic valley, this is the meeting place for everyone who loves nature and wild mountains. This original and welcoming campsite, nestled in this wonderful location, offers a fun and relaxing stay. Enjoy a concert or try Audrey's delicious wood-fired pizzas, Pato's succulent empanadas, Raph's colourful plates, Keren's spicy dishes, and of course good local food, all while sipping a regional beer or a tasty Trièves fruit juice. Others may prefer to practice yoga, dream during a storytelling evening, gaze at the stars or simply snuggle around the log fire.

Opens 1st May 2022. No booking necessary.

www.campingdesfaures.fr



ITINERARIES & ACTIVE TRAVEL

ON FOOT

Tour du Taillefer, in 4 or 6 days

The Tour du Taillefer is a major but accessible alpine hike. Journey to the heart of the Matheysine to discover the superb landscapes of the Valbonnais valleys before finishing on the Taillefer plateau. Along the way, follow ancient paths, wander between charming hamlets and exceptional viewpoints. Eventually, in the middle of lakes and peat bogs, the Taillefer plateau reveals itself and stands out as the jewel of this itinerary. Hike the Tour du Taillefer in either four days (difficult level) or six days (medium level) with overnight stays at a list of accommodation providers. You can also follow a 2-day trail.

www.grand-tour-ecrins.fr

A healthy lifestyle

GENTLE SPORTS

Paddleboarding on Valbonnais reservoir

Stand Up Paddle (SUP) is practiced in a fun, family or sporty way, whichever way you choose. This activity is accessible to anyone.

www.asbelsports-loisirs.fr

Canoeing on the Lac du Sautet through the Souloise gorges

A gentle canoe on the turquoise waters of the Lac du Sautet is the best way to explore the meandering Souloise gorges. During this trip on the water, admire the "demoiselles coiffées" (coiffed ladies), splendid natural columns with their cap of vegetation. Lac du Sautet water sports centre.

www.wildsportadventure.com

Sailing on Lake Laffrey

Take a trip on a dinghy or catamaran on Lake Laffrey with the Club Nautique de Cholonge. The club rents out all kinds of dinghy, catamaran and windsurfs under the summit of the Grand Serre on the southern part of Lake Laffrey.

www.cncholonge.fr

MATHEYSINE FOOD & DRINK

Matheysine Brewery

Since 2009, Jérôme and Elodie have been producing characterful, unfiltered and unpasteurised craft beers as well as alcoholic and non-alcoholic drinks which you can taste or buy on the premises. Their production process is sustainable, with returnable bottles washed on site. House beers, house wine-based aperitifs, house lemonade, house syrups and wines are served on the terrace. In summer, enjoy an aperitif with local products such as saucisson on a board, dried filet mignon and small cheeses, or cool off with an artisanal ice cream. And in the evening, check out the surrounding food trucks.

www.brasserie-matheysine.fr



Herbal holidays in Valjouffrey

Herbalist Martine is passionate about plants, knows about their properties and shares her expertise during her courses where you will learn to recognise plants, know their uses and how to cook with them. Courses start with a botanical outing with Martine, where she talks about the plants growing along the paths of Valjouffrey. Foraging is based on flowers, leaves or roots: aegopod, yarrow, barberry, meadowsweet, wild pansy or cuckoo. Fill your baskets then, back at the gîte, learn how to prepare the plants to keep their active properties and discover the basics of wild cooking using flowers in salads, leaves in gratins and jams. Martine also has two guestrooms in her characterful, eco-friendly house. A break away from it all and back to basics.

www.lesepilobes.fr

Matheysine gastronomy, the unmissable Murçon

The Matheysine region, on the renowned Route Napoléon between the Côte d'Azur and Grenoble, has developed a rich gastronomic heritage throughout the years. In La Mure, a former mining town whose tourist reputation is based on the Petit Train de La Mure, the Confrérie du Murçon guild was born. The Murçon is the pride of Matheysine gastronomy. But what is it really? A pork sausage for cooking whose distinctive taste comes from the "tcharai", wild caraway of the mountains with a similar flavour to fennel. The real Murçon sausage can only be found in Matheysine!

www.la-confrerie-du-murcon.com

WATER ACTIVITIES

Lake Laffrey

Lake Laffrey is the gateway to the Matheysine. The largest in the Matheysine and the ninth largest natural lake in France, Lake Laffrey (132 hectares) is only 20 km from Grenoble. At 900 m high, with its many shades of blue, Laffrey is the windier of four glacial lakes on the Matheysine Plateau - known collectively as the Laffrey lakes - making it ideal for wind-sports. Hire a catamaran, dinghy, kite-surf, windsurf or paddleboard from Cholonge Water Sports Centre. Swimming allowed (unsupervised). Motor-driven watersports and dogs are prohibited making it a peaceful place. Barbecues are also prohibited. Facilities include a restaurant, snack bar, treetop adventure park and inflatable playground. Need a link

www.isere-tourism.com/discover-isere/great-lakes

Lake Sautet

One of the more beautiful lakes in Matheysine, Lake Sautet has a picture-postcard landscape: white pebble beaches, a lake sparkling in the sun and the imposing silhouette of the Obiou on the horizon. This 350-hectare reservoir is in a magnificent natural mountain setting at an altitude of 765 m. Still wild and authentic, the lake was created by the construction of the Sautet dam on the Drac river. Hike the complete 25 km tour of the lake or stop at the dam for the viewpoint. In summer, the beach has picnic tables, water games and inflatables, and is the only lake in Matheysine to offer supervised swimming (July-Aug). Fishing is regulated. Wild Sport Adventure centre hires equipment from paddleboards, canoes, kayaks, pedal boats and electric boats (no need for a licence) to via ferrata gear and mountain bikes.

www.wildsportadventure.com

Lake Monteynard

A paradise for windsurfers and kitesurfers, Lac du Monteynard-Avignonet has a constant thermal breeze making it one of the windiest inland lakes in France. Colourful sails of all kinds dance across the aquamarine waters of this vast 10-km long turquoise blue reservoir, Isère's largest lake, only 25 kilometres from Grenoble. Watersports enthusiasts can rent catamarans, dinghies, windsurfs and wingsurfs, paddleboards, canoes and kayaks from Savel-Monteynard watersports centre. Two Himalayan suspension bridges connect the rocky cliffs high above the turquoise waters of the lake at the southern end. Take advantage of this unique environment on the long grass-lined pebble beach with kids playgrounds, a "spider's web" for climbing, and barbecues. Wild swimming is allowed and freshwater fishing is permitted with a licence.

www.lac-monteynard.com

Discover local heritage

Petit Train de La Mure

Between lakes and mountains, leaving from La Mure station, the Little Train of La Mure trundles through five tunnels and three viaducts on more than 15 km of track. The journey on board restored wagons lasts 40 minutes and offers a panorama of the treasures of the Matheysin plateau where some mining evidence remains. Some of the most breathtaking views: the Pierre Percée, the Mont-Aiguille, the Vercors Massif and the Trièves Mountains. Arriving at Monteynard station, the journey continues on foot along the Grand Balcon promenade before reaching the terrace of the Panoramique Restaurant with impressive lake views. This line, built into the mountainside, is one of the most beautiful railway

La Mira boat cruise on Lake Monteynard

Discover the secrets of Lake Monteynard on a unique boat trip between turquoise waters, mountains and steep cliffs. Explore the gorges of the Drac or Ebron rivers and choose your own cruise: 1.5 or 2.5-hour guided cruises, a lunch cruise or a night cruise in the style of a "love boat" with musical entertainment. Runs from May to end of September.

www.la-mira.com

Lake Valbonnais, one of the jewels of the Matheysine

The reservoir is surrounded by lawns and has a sandy area for kids to play beach games. After a leisurely swim or a stand-up paddle, relax and contemplate the surrounding peaks of the Ecrins National Park. The tree-lined banks provide shade in midsummer with a path around the lake for an easy walk, even with strollers. The water sports centre hires equipment and offers courses in paddleboarding, canoeing, kayaking and white water activities (rafting, tubing, cano-raft). Open May to September.

www.asbelsports-loisirs.fr



routes in Europe, a jewel of late 19th-century civil engineering. The first electrified metre-gauge line in the world, for 100 years this electric railway hauled millions of tonnes of anthracite coal over a distance of 30 kilometres. Discover the region's history by exploring the original mining galleries of the Image Mine at La Motte d'Aveillans, and by visiting the Matheysin Museum at La Mure. This is an invitation to travel to the heart of Isère, in an area of great importance to the Auvergne-Rhône-Alpes region. Young and old alike will enjoy this extraordinary show. The train runs from April to November.

www.lepetittraindelamure.com

Sources des Gillardes

The Gillardes Springs are the second largest exurgence in France after the Fontaine de Vaucluse in Provence. Remaining a geological mystery to this day, the water flows freely all year round. They are the source of the Souloise river which flows into Lake Sautet. From the car park, take the path through the woodland to reach this natural treasure. As you approach, you are drawn in by the powerful sound of the water. This enchanted landscape in the middle of the forest with clear, pure water gushing out of the rock is an ideal place for a walk, a picnic within a cool, calming setting, or somewhere to dip the toes. For the more adventurous, the springs are an ideal starting point for hiking. Two family-friendly loops, with educational information panels introducing you to the site's fauna, flora and geology, make for a fun, stimulating walk for kids. The shorter 1.4-km loop follows the Souloise river and then back to the Sources des Gillardes. The longer 5-km loop takes you along a fir-tree lined path and joins a trail taking you to the deep, narrow Infernet Canyon.

www.matheysine-tourisme.com

Matheysine adrenaline

Via ferrata at the Sautet dam

This new via ferrata - a climbing route that uses steel cables, rungs or ladders - on the site of the Sautet dam offers two complementary routes: the Via du Belvédère for an introduction to via ferrata with two different courses and the Via du Grand Frisson for a more challenging experience.

www.matheysine-tourisme.com/fr

The Mine Image Museum

The Mine Image museum, which is renowned for its association with the Matheysin plateau, retraces the region's mining past. This underground mining site offers a tour of authentic galleries and an exhibition retracing more than 1,000 years of coal mining on the Matheysin plateau. The anthracite mine at La Motte d'Aveillans was created under Napoleon I, closed in 1956 and revived in 1986 by the Association Sauvegarde et Mise en Valeur du Patrimoine Mottois. Several ore extraction galleries have been restored and opened to visitors. Discover the story of two centuries of mining, its techniques, equipment and working conditions of the "black faces" on the Matheysin plateau where mining ended definitively in 1997. Visits on reservation.

www.mine-image.com

Events

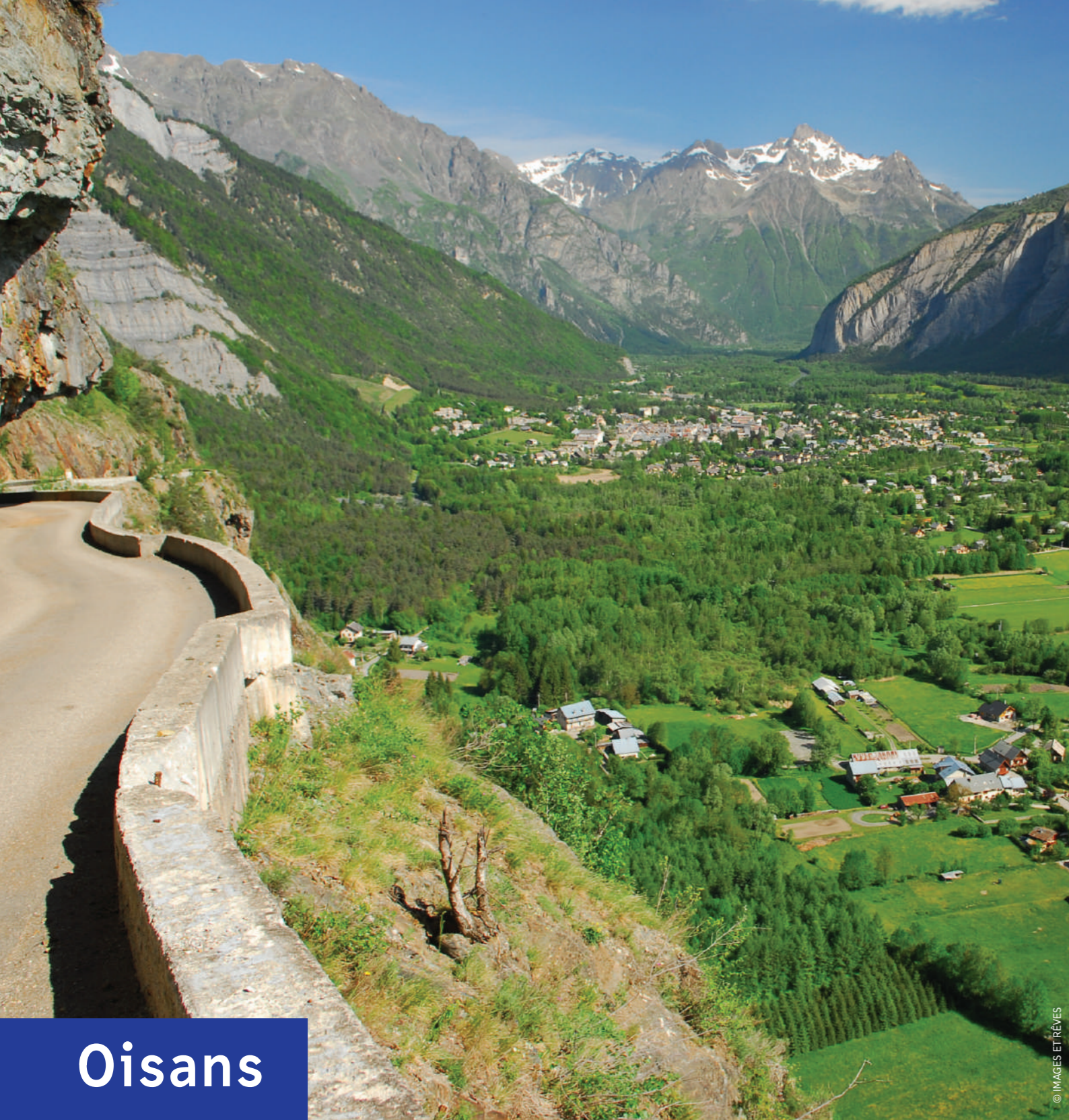
Passerelles du Monteynard Trail

JULY 2-10

The Trail des Passerelles du Monteynard (TPM) is the flagship trail running event in Matheysine and Trièves. It offers multiple routes for all levels around Lake Monteynard with a week of events, from mini-trail for children to the Grande Course. In 2022, to mark the 10th anniversary of the TPM, a new event has been planned: "The Mysteries of the Drac": the starting point, the course, the distance and the difference in altitude are all kept secret! The only clue is that the route will be between 60 and 70 km. And this event will only take place in 2022 on Saturday 9 July. The key theme for this year's event will be sharing! With unusual refreshments, original places, local specialities, all shared in pairs, you will leave with memories to treasure.

www.trail-passerelles-monteynard.fr





Oisans

The Oisans high mountain region in the southwest of Isère is full of majestic glaciers, crystal-clear lakes, natural parks, rivers and refreshing waterfalls, these vast spaces are all playgrounds for active visitors. Enjoy countless activities for the whole family from long-distance hiking to mountaineering, challenging cycling, summer skiing and adventures in the great outdoors.

In numbers:

- 6 valleys: La Lignarre, La Romanche, La Sarenne, L'Eau d'Olle, Le Ferrand, Le Vénéon
- The Ecrins National Park and numerous glaciers
- 24 mountain huts
- 5 mountain guide offices and guides
- 37 artisans who make up the Oisans Savoir-Faire route

OISANS

What's new?

Tour de France day trips by bike

Bike Experience 21 runs Tour de France day trips for cyclists following the route from Briançon to Alpe d'Huez. With an instructor, an accompanying minibus and refreshments, outings run from July to September one or more times a month or on request (prices TBA). In June, the team also offers courses for anyone preparing to join the amateur L'Étape du Tour on July 10, 2022: from €250.

www.be21.store

Les 2 Alpes: improvements to the snowpark, ice cave & mountain biking on snow

The renowned snowpark in Les 2 Alpes welcomes both amateurs and pros in both summer and winter. From spring 2022 onwards, the snowpark will be upgraded and redesigned.

- The Soreiller ski lift will be moved to the centre of the park to allow better access to riders. It will free up the top of the glacier at 3,400m where riders and pedestrians rub shoulders. Pedestrians will be able to fully enjoy the view without pylons.
- A new boardercross introductory course for families.
- A new green piste will be created between the boardercross and the snowpark: a gentle piste where you can watch the riders up close!
- The ice cave is gaining altitude and will be moved from 3,200m to 3,400m. Pedestrians and skiers will be able to take advantage of all the facilities at a play area with the panoramic orientation table, the Écrins lookout viewing platform, the 360° panorama and the ice cave, all grouped together at 3,400m to create a new universe of surprises.
- A new piste for mountain biking on snow: The "Highway to Heaven" mountain bike trail opens between 3,200 m and 2,600 m (open depending on snow conditions).

www.les2alpes.com/summer



Centre Estival du Collet in Vaujany adds new facilities

The Collet Summer Centre is the place to be during the summer season. Alongside the established facilities (tennis, basketball, pony trekking, archery, frisbee golf, petanque, giant games and team games, as well as a Bike Park and free bike wash), the Collet site is being upgraded to better meet the needs of visitors. Renovation work, new structures and play areas are underway: a town stadium, skatepark, bike park, bowling green, children's play area, zip line, solarium, gazebo, slides, barefoot path and more. Completion of the project is scheduled for June 2023, but from spring 2022, visitors will be able to enjoy the large panoramic terraces and sun terraces, where they can relax in the heart of the mountain pastures.

www.vaujany.com/en/enjoy-the-summer/centre-estival-du-collet/



Green transition

Les 2 Alpes, green resort

Les 2 Alpes is in the process of obtaining the Green Flocon label created by the Mountain Riders association (since 2001 and official in 2011), as a response to the climate emergency. The resort is already equipped with 100% electric in-resort buses, and each year installs more electric charging stations for the rising numbers of customers with electric cars. Residences will follow suit by eventually equipping their garages.

Another concern is the preservation of the glacier. For the past 20 years, it has been measured, observed and worked on to ensure its survival. A snow engineer and their team carefully adjust snow cannons and manage water supplies, groom the pistes daily and install snow barriers, snow lines and vast tarpaulins to reduce the melt of the glacier to protect it!

Alpe d'Huez, free ski lifts in summer

In Alpe d'Huez, some ski lifts are made free of charge in summer to make it easier to move from one part of the resort to another. The strategically placed lifts include Télécentre, Alpe Express and Télévillage so you can enjoy your time in the resort with complete peace of mind.

Vaujany encourages free green travel

Vaujany has nine free car parks, six of which are covered, and charging points for electric cars. Visitors can leave their car and easily walk around the village, thanks to a free network of escalators, lifts and an inclined lift operating 24 hours a day. During the season, a free mini-train runs from the Collet Summer Centre to the Sports and Leisure Centre from 8.30 am to 6.30 pm daily every 30 minutes. Similarly, a free shuttle bus between Vaujany and Bourg d'Oisans serves all the hamlets of the commune with four journeys per day.

ECO-FRIENDLY ACCOMMODATION

Refuge de la Boire in the Vallée du Ferrand, private refuge at the end of the world

Find complete peace in the only chalet in a wild valley at 1,900 m surrounded by untouched nature. This private refuge for six people, in the heart of the Ferrand Valley, invites you to disconnect completely, to break away from everyday life as there are no other chalets in the vicinity. The Refuge de La Boire is also far from all antennae, so it is perfect for those with electro-sensitivity. A former mountain pasture hut, the off-grid refuge has been renovated with local wood, eco insulation and uses solar panels for renewable energy. An off-the-beaten-track retreat with no running water (only a dry toilet), the cabin sleeps six: three in the living kitchen area and three in the bedroom. The chalet does not use fossil fuels and uses photovoltaic energy for 12 volt electricity (to be used in moderation, 220 volt inverter available for charging laptops, although no wi-fi). Hot water is available when the sunshines! And for cooking, you can easily create tasty meals on the wood burner. Water comes from a natural alpine spring so you can wash yourself and do the dishes, although bring drinking water to make sure it is safe.

Prices: €70 night; €140 (2 nights) weekend; €450 (7 nights) week. Open all year round.

www.refugedelaboire.fr



Camping with horses

Arriving at Ferme Noemie, calm reigns: on one side, large grassy paddocks with the mountains in the background, on the other, pitches, mobile homes and a gîte. Mélanie, the owner and manager, runs the place on her own, but always with a smile. All hoofed animals - horses, donkeys, mules - receive free board and lodging. The Isère Cheval Vert label awarded to Ferme Noemie is a guarantee of a quality welcome for both the rider and horse with catering for dinner and breakfast, secure tethering, an electrified park, water, grass or hay, and secure storage for harnesses. A saddlery, shared with the cyclists and their bikes, is also available. The campsite has 16 pitches, four mobile homes for up to four people and four apartments for two to six people.

Prices: Campsite: €15–24 per pitch per night;
Mobile home: €450 per week;
Apartment: €700–850/week.

English spoken.

www.campingnoemie.com

Green labels for the Champ du Moulin campsite in Venosc

For the past few years, the Champ du Moulin campsite has been awarded the Camping Qualité and Clé Verte labels. The site's grocery shop, bar and restaurant focus on local organic products, where owner Stéphanie prepares home-made dishes every day in the restaurant. And to minimise the impact on the surrounding nature, the site adheres to ecological and environmental principles such as energy saving, using eco products and better waste management. English spoken.

www.champ-du-moulin.com/camping-champ-moulin-venosc.php

ITINERARIES & ACTIVE TRAVEL

ON FOOT

GR®54 Guided Tour of the Ecrins & bivouac

This summer, Cyril Valois, a mountain guide based in Bourg d'Oisans, offers a 13-day trek along the GR®54 Grande Randonnée, also known as the Tour of the Ecrins, in complete self-sufficiency with nights in a bivouac under the stars. In the heart of the Écrins National Park, the GR®54 is a splendid hike passing the foot of the highest peaks in the massif: La Meije, Les Agneaux, Le Sirac, La Muzelle to name but a few. Bivouac equipment, apart from a rucksack, is provided (tents, 0°C duvets and mattresses, cooking equipment, walking poles). You have to be able to walk six or seven hours for 13 consecutive days with a 15 kg pack and spend nights in tents in the wilderness, no hot showers! An exceptional itinerary if ever there was one, but it is accessible to any hiker in good physical condition. Dates: From 7–19 July 2022 & 23 July– 4 August 2022. Price: €890 pp, from 5 people, 8 people max. Info and booking: Cyril Valois at Élément Montagne. English spoken.

www.element-montagne.fr



Tour Gourmand, a 3 to 5-day self-guided hike from Saint-Christophe-en-Oisans-Bérarde

Discover the Vénéon valley and its culinary specialities during this self-guided three to five-day tour between refuges, stopover gîtes and hotels, while being immersed in the heart of the Ecrins National Park, a paradise for hikers.

Day 1: 3.5-hr walk / D+ 621 m / D- 200 m, night at the cosy Refuge de l'Alpe du Pin (sleeps 20).

Day 2: 5-hr walk / D+ 607 m, night at the Gîte d'Etape Les Arias at Le Pré Clot, formerly a sheepfold.

Day 3: 5-hr walk / D+ 677 m

For the 4-day stay: variant on the Day 3 with 5-hr walk / D+ 737m.

Prices: 3-day stay: Adult €123 / Youth (13-17 year) €112 / Child 6–12 years: €103; 4-day stay: Adult: €185 / Youth (13-17 year) €168 / Child 6–12 years: €154; 5-day stay: Adult: €258 / Youth (13-17 years) €239 / Child 6-12 years: €214

Prices include accommodation in dorms, full board (dinner + overnight stay + breakfast + picnic) from Day 1 evening to last day breakfast (picnic only on day 1). Period: from mid-June to mid-September. English spoken.

<https://uk.oisans.com/package-holidays-and-products/tour-gourmand-3-days>

ON HORSEBACK**Plateau d'Emparis, 2-day horse riding with Evasion Montagnarde**

Two days living to the rhythm of horses through landscapes worthy of the Mongolian foothills will get you to the Emparis plateau by the GR®54 hiking trail from Bourg d'Oisans. Once on the verdant plateau, you are guaranteed a complete change of scenery: Lake Lérié, Lake Noir, edelweiss, marmots and an unbeatable view of La Meije and the Râteau summits. Stay overnight at the Refuge du Fay mountain hut, with an evening spent round the fire and tasting delicious farcis, bread and leek dumplings, a local speciality. Price: €285 for 2 days' horse riding, meals and accommodation included.

www.auris-en-oisans.co.uk/activite/balade-a-cheval-avec-la-meije-en-toile-de-fond

BY BIKE**Via Chambon greenway**

The Via Chambon is a short greenway that winds its way along the side of the mountain for 5.3 km on the left bank above Lake Chambon. Opened in 2021, this signposted route is only accessible to non-motorised vehicles, guaranteeing its users a safe space, without any exhaust fumes. Cyclists, hikers and rollerbladers can enjoy breathtaking views of the lake on this perched path: a great opportunity to reach the Lautaret and Galibier passes in complete peace of mind or to admire the unique panorama of the Lac du Chambon from the lookout point in Epéron

Two free car parks near the Chambon dam on the Montagne des 2 Alpes side allow you to park and take the pedestrian path to the greenway. The dam is also served by the Grenoble - Les 2 Alpes bus line 3030. The Transisère network has buses equipped with bike racks. Open from May to October, depending on the level of snow cover.

<https://uk.bike-oisans.com/equipment/via-chambon>



© LAURENT HUSTACHE

The Voie Verte greenway

The Voie Verte greenway in the heart of the Oisans, a project led by the Community of Communes of the Oisans, is a safe area solely for use by cyclists, pedestrians and horse riders, excluding any motor vehicles, that currently links Venosc to Allemond via Bourg-d'Oisans. The plan is to eventually connect with Grenoble and to the European network of greenways such as the ViaRhôna. Contributing to the territory's positioning as the capital of cycling, the Voie Verte connects the region's six valleys as well as its legendary passes. Away from cars, close to nature, cyclists can cross the Romanche plain in the company of other users. Download a brochure from the website.

<https://uk.bike-oisans.com/cycling/voie-verte>



© LAURENT SALINO

A healthy lifestyle

Healthy body & mind

In Alpe d'Huez, replenish your energy with an open air vinyasa yoga session in the middle of a magnificent panorama. This summer, choose from one of three activities for groups and individuals:

Outdoor yoga - Dynamic session in nature, reconnect to your inner self and let go.

Yoga at Pic Blanc at 3,330m - Energetic session at altitude.

Indoor Yoga - Vinyasa for all levels indoors, take time for yourself and improve your technique. English spoken.

www.laurasana.yoga

Crystal therapy, Auris-en-Oisans

Crystal and mineral specialist Laëticia helps you uncover the energies of stones and crystals. Take a moment of meditation and relaxation accompanied by the ever-present mineral energy of the Oisans region to help you unwind, soothe and re-energise. By coming to one of her workshops, or for a treatment or mineral energy massage, you can start to understand who you truly are and how you can take care of yourself and your soul. English spoken.

www.auris-en-oisans.fr/activite/meditation-et-energies-minerales

Beyond the peaks in the fresh, cool air at Les 2 Alpes at over 3,000 m

The journey to the summits starts on board the Jandri Express gondola and then the funicular before finding yourself at 3,400m with your feet in the snow and a breathtaking 360° view. From north to south between Mont Blanc and Mont Ventoux, from West to East from the Massif Central to Italy, via the Ecrins National Park, the Aiguilles d'Arves, the Grandes Rousses, Belledonne, Chartreuse, Vercors and Mont-Aiguille - these majestic mountains will heighten your senses. Step into the void at the Ecrins lookout at 3,400 m altitude. The 7-m long footbridge floats over the void (with a 1,500 m drop below your feet into the Selle valley), and is accessible to both skiers and those on foot. Before descending, make a quick visit to the ice cave at 3,400m and warm up on hot chocolate at the Refuge des Glaciers restaurant. A "cool" summer morning accessible to all ages.

www.les2alpes.com

Venosc, invigorating wellness stay in the heart of nature - 3 nights, 4 days

An invigorating wellbeing stay in the heart of nature at Lauvitel Lodge merges the wisdom of the body with the right actions and thoughts. Caroline Purkhardt (PhD, coach, t'ai chi and reiki master) accompanies and guides the group, sharing her love of nature and her passion for the human being. Each day begins with a walk or by exploring one of the natural elements through mindfulness and movement in the Stillpoint studio, a retreat space designed to help reconnect with nature. Enjoy the luxury of taking time for yourself and the comfort of being cared for. You will come away feeling rested and revitalised, with an inner calm that gives you outer strength to fully live your life.

Living Well package: €650 per person, 4 days / 3 nights includes full board + guiding.

Shared room (sleeps 2): €495 per person. English spoken.

www.lauvitel.com



© LAUVITEL LODGE

Equidanse - Equine Mediation

Equine mediation is a type of healing through developing a relationship with a horse. The horse helps identify issues such as anxiety which in turn helps with self awareness. You don't need to know how to ride or even be familiar with this animal as sessions take place on foot. Mediation sessions are available all year round with workshops during the summer: Horse and Intuition; Horse and Voice; and Horse and Me. English spoken.

www.equidansetherapie.com

OISANS FOOD & DRINK

Anne Mangin, beekeeper, honey & saffron producer

A member of the Oisans Savoir-Faire Route, Anne produces honey only in Oisans, a honey certified as Bienvenue à la ferme and Producteurs de l'Oisans. She also grows saffron. She sells her products locally or on pre-arranged visits. Products include mountain honey, high mountain honey, saffron, saffron honey, elderberry syrup with saffron, meadowsweet syrup and whole wild blueberry jam.

<https://uk.oisans.com/producers/anne-mangin>



Affaire de Goûts, locally sourced food in Vaujany

Affaire de Goûts is a small shop in the centre of Vaujany, which sells only local products. The shop is supplied exclusively by local producers via Grenoble-based company Le Box Fermier, which visits local farms before delivering to the resort of Vaujany. The project is part of a wider approach, since Jérôme Guillemette, who runs Le Box Fermier, supplies several other businesses in the department. Affaire de Goûts sells eggs, sausages, Vercors blue cheese, butter, cream and apple juice, as well as fondue and raclette, and also offers beers from the Oisans from a village about fifteen minutes from Vaujany, small cheeses including "coeur de Savoie" from a local producer, honey and honey sweets produced in the Isère department, as well as jam, meringues and syrup from the Alps.

www.leboxfermier.com

The Voie Verte greenway

The Voie Verte greenway in the heart of the Oisans, a project led by the Community of Communes of the Oisans, is a safe area solely for use by cyclists, pedestrians and horse riders, excluding any motor vehicles, that currently links Venosc to Allemont via Bourg-d'Oisans. The plan is to eventually connect with Grenoble and to the European network of greenways such as the ViaRhôna. Contributing to the territory's positioning as the capital of cycling, the Voie Verte connects the region's six valleys as well as its legendary passes. Away from cars, close to nature, cyclists can cross the Romanche plain in the company of other users. Download a brochure from the website.

<https://uk.bike-oisans.com/cycling/voie-verte>

WATER ACTIVITIES

Discover the lakes from Les 2 Alpes, Venosc and Bourg d'Oisans

Lake Lauvitel: From the village of La Danchère, walk 1 to 2 hours depending on your level to contemplate the beauty of the site - a nature reserve since 1995 - in the Ecrins massif.

Muzelle Lake: A 3 to 4-hour walk to the foot of the Muzelle glacier, where you can admire the lake of the same name. A listed site, in a mineral cliff cirque, it is one more wondrous in the Écrins massif.

Lac du Plan: Easily accessible from Les 2 Alpes, the lake is located between the Crêtes sector and the vallon de la Fée, at 2,281 metres. Appreciate the beauty of this infinity lake in the heart of a rich geological environment.

Chambon Lake: Created in 1935 after the construction of the dam swallowed up the former villages of Chambon, Dauphin and Parizet. Discover "the hut on the edge of the lake", a haven of peace for relaxation, water sports and refreshments.

Buissonnière Lake: a glistening jewel near the entrance to Les 2 Alpes, this manmade lake has a beach, swimming, children's games, waterfall, and a petanque field. Hire paddleboards, pedal boats, canoes or simply tuck into pizzas cooked over a wood fire!



Watersports on Lake Verney, Allemont

Stéphane and Christophe have been in charge of the water sports centre at Lake Verney for almost 20 years. As well as renting out canoes, pedal boats and paddle boards, Stéphane also offers windsurfing and Optimist courses, activities ideally suited to the lake where good winds blow mainly in the afternoon. Windsurfing in the mountains is a must. Pedal boat hire (4 places): 30 min €10, / Optimist, canoe and SUP hire 1 hr €10 / Windsurf hire 1 hr €15. Open 11 am to 7 pm daily in summer.

<https://uk.oisans.com/resorts-and-villages/allemond/activities-in-allemond/verney-watersports-centre>

Canoeing & paddleboarding along the river Rive, Bourg d'Oisans

A peaceful adventure on the water in a pastoral setting where time stops in its tracks. For an easy outing, take a canoe for a relaxing one-hour trip on the river, supervised by Neil Wilson, or for a more active trip, hire a paddleboard. Children from the age of 3 can also enjoy this aquatic excursion by getting into the canoe with an adult. A gentle, refreshing experience. Price: Canoe hire €10 child / €15 adult; SUP €20 from 14 years old. English spoken.

<https://uk.bourgdoisans.com/activities/canoe-down-the-river-la-rive>



Oisans adrenaline

Introduction to mountaineering in Alpe d'Huez

If you take the right route, you can easily learn to climb. To reach the Pic Blanc, the highest point at 3,330 m, it takes 40 minutes. Then another two hours to the Pic Bayle at 3,465 m for a 360° view of the Mont Blanc, La Meije, the Vercors, the Chartreuse and the Aiguilles d'Arves. From Pic Bayle to the Gorges de Sarenne, there is only one more challenge: the via ferrata overhead offers two routes, one called "discovery" and the second more challenging. This is an ideal activity for anyone wanting to learn the fundamentals of climbing, master the feeling of touching the void and work two or three forgotten muscles.

www.guidesalpedhuez.com

Alpine skiing in summer on the snowy peaks

Ski in summer in Les 2 Alpes on the largest skiable glacier in Europe with 120 hectares of slopes at over 3,000 metres. Skiing in summer means enjoying comfortable temperatures in the early morning from 7 am to 12.30 pm. With 30 km of pistes and an internationally renowned snowpark between 3,200m (sometimes 2,800m) and 3,600m, the glacier is coveted by stars of the sport and athletes from the French ski team and elsewhere. There is something for everyone: you can learn to ski or snowboard (beginner's area), improve your technique, tackle the snowpark or do a series of gates or downhill.

www.les2alpes.com

Discover local heritage

Coworking in the fresh air

It is now possible to work at 1,600m altitude, so you can easily extend your stay in the mountains. With the boom in demand for remote working, Marie decided to open Le Cairn, the first coworking space open all year round in Les 2 Alpes. Comfortably furnished, with two rooms, a small office, broadband and a kitchen area, the Cairn is the ideal place to take advantage of the mountains while carrying out your work projects. Price: €25 for a day, €15 for a half-day.

www.lecairncoworking.fr

Events

THE CLIMB Alpe d'Huez reinvents the 21 bends climb

18 JUNE

Test yourself against the legendary climb of the Tour de France and challenge your friends in an individual and popular time trial. THE CLIMB Alpe d'Huez is a cycling event combining a 15 km individual time trial tackling the 21 bends of Alpe d'Huez with a post-race party to celebrate the launch of the summer season at the resort. Kick off your summer in the heart of the French Alps at an altitude of 1,800 metres for a weekend of music, sport and festivities, a prize-giving ceremony, video clips on the big screen, food trucks and DJ sets, one of which will be performed by Jay Style. Registration fee: €55 includes an official cycling jersey, free access to the After Climb Party, official water bottle, refreshments, downhill breakfast and partner goodies.

www.theclimb-alpedhuez.com



Mountain of Hell enduro mountain bike race

18 JUNE

This summer, alongside the adults' enduro mountain bike race in Les 2 Alpes, there will be a new race for kids so that budding champions can experience the adrenaline of this incredible competition. Like the grown-ups, they will compete against the pros, get advice and improve their riding, and be able to say that they have taken part in the Mountain of Hell.

www.les2alpes.com/summer/discover/a-lively-resort/summer-highlights/mountain-of-hell

Megavalanche® Trail Alpe d'Huez

3 JULY

For more than a quarter of a century, Alpe d'Huez has been "the place to be" in the world of Alpine mountain biking, with its famous Megavalanche® which brings together nearly 1,500 downhillers from around 40 nations. In 2022, Alpe d'Huez and its great descent from the Pic Blanc glacier to Allemond will be the scene of a new adventure dedicated to outdoor sports, starting with an extraordinary trail running race - the first edition of the Megavalanche® Trail. The format will be just as simple as for the mountain bikers, with a few hundred thrill-seekers setting off from the top of the glacier. Around 21 km and 2,600 m of vertical drop with two categories, the Solo and the Relay.

www.megavalanchetrail.com

La Mythique 21 vintage bike ride

4 JULY

Celebrate the 70th anniversary of the first ascent of Alpe d'Huez on 4th July 1952. A hundred or so amateur riders are expected on bikes from the 50s to the 80s, all wearing period clothing. Following them will be the famous "Tour de France" Peugeot 203: a vintage jewel! In 1954, the newspapers L'Équipe and Le Parisien Libéré ordered twelve special 203s from Peugeot to follow the Tour de France carrying team officials and spare bikes. The main characteristic of this four-seater cabriolet roadster is the absence of doors. A very rare car as only 16 were ever produced.

<https://uk.oisans.com/agenda/la-mythique-21-2>

Feel Good Ladies Festival

22-24 JULY

Raid Féminin, organiser of 100% female solidarity sports raids, is organising the first European festival of sport and well-being: the Feel Good Ladies Festival.

The three-day festival offers nine outdoor activities for women: trail running, biathlon, mountain biking, obstacle course, vertical kilometre, the 21 bends of Alpe d'Huez, an orienteering race led by Olympic champion Ophélie David, walking and flying, and running yoga. These are all events that women, whether they are sportswomen, nature lovers or just wanting to challenge themselves, can sign up for, either solo or in pairs, with a special Alpes Trophy combining four events: trail running, biathlon, mountain biking and obstacle course. Mutual aid and solidarity is at the heart of the Raid Féminin organisation, and this year they are supporting "Vivre comme avant", an association that accompanies women suffering from cancer during their chemotherapy.

Take part in the 19th edition of the Raid Féminin fitness convention alongside the new Feel Good festival, where family and friends can come and dance to jive, step, chacha, urban reggaeton, urban jazz, urban heel or contemporary dance, with internationally renowned speakers from the world of fitness.

www.raid-feminin.com



Oisans Col series: No more cars, make way for bikes!

JULY-AUGUST

Every Tuesday morning in July and August, a different mountain pass in the Oisans is open only to cyclists (closed to motor vehicles). The Oisans Col Series is a chance for anyone to try out their passion in complete safety on the legendary climbs in the Oisans such as the ascent of Alpe d'Huez or the Glandon and Croix de Fer passes. Free, untimed, and no registration required. Food and drink offered at the top. In case of bad weather conditions, an event may be cancelled.

Tuesday 5 July 2022 (9 am-12 pm): Col de la Croix de Fer and Col du Glandon

Tuesday 12 July 2022 (9 am-11 am): Col du Solude

Tuesday 19 July 2022 (9 am-11 am): Ascent to Villard-Reculas

Tuesday 26 July 2022 (9 am-12 pm): Col du Sabot

Tuesday 2 August 2022 (9 am-11 am): Col d'Ornon

Tuesday 9 August 2022 (9 am-11 am): Ascent to Alpe d'Huez

Tuesday 16 August 2022 (9 am-11 am): Ascent to Oz-en-Oisans

Tuesday 23 August 2022 (9 am-11 am): Ascent to Les Deux Alpes

Tuesday 30th August 2022 (9 am-12 pm): Col de Sarenne

<https://uk.bike-oisans.com/agenda-cycling-mtb-oisans/oisans-col-series>

Alpine Fitness Camp with Billy Billingham

1-5 SEPTEMBER

The first survival camp organised in Les 2 Alpes and hosted by the famous English presenter and former SAS soldier: Billy Billingham. Six hundred participants will follow a somewhat drastic military and crossfit training programme embracing nature, learning new skills and getting fit.

Cycling camp: Tour de Force with Bradley Wiggins

8-12 SEPTEMBER

A road cycling training camp with Bradley Wiggins (winner of the Tour de France in 2012 and Olympic medallist in 2014). Eight hundred athletes will take on the legendary surrounding passes, starting from Les 2 Alpes, their base camp.

www.les2alpes.com



Belledonne

The Belledonne massif is a wild, preserved mountain range in the Alps, peaking at almost 3,000 metres. Ranging from 200 metres to almost 3000 metres over a length of 80 km and a width of 15 km, it extends over two departments: Isère and Savoie. This is a massif where no road crosses. Full of lakes, jagged peaks, scree slopes and mountain pastures offering a multitude of landscapes, the Belledonne area is an endless source of adventure, whether it be gentle or sporty. This is a true paradise, a natural backyard for outdoor activities.

In numbers:

- 770km of marked trails in Isère alone
- 9 mountain refuges + about 60 unmanned huts
- 5 Natura 2000 sites + 13 Sensitive Natural Areas (ENS) + 72 Natural Areas of Ecological, Faunistic and Floristic Interest, 1 National Nature Reserve, the Luitel + 1 National Hunting and Wildlife Reserve
- 13 prefectural decrees for the protection of natural habitats
- 70 lakes
- 18 mountain passes
- And more than 90 summits over 2,500 metres, summits that can be explored by hiking the new, spectacular GR® 738 hiking trail.

BELLEDONNE

What's new?

La Maison du Chef à Uriage-les-Bains

Chef Christophe Aribert, two Michelin stars, opens La Maison du Chef.

Three years after opening the restaurant La Maison Aribert in the town of Uriage-Les Bains, below Chamrousse ski resort, chef Christophe Aribert is embarking on a new adventure with the opening of a hotel complex in March 2022 in the heart of the landscaped Uriage Park. The Maison du Chef is designed and built around the theme of the tree, a symbol dear to the chef's heart. The roots symbolise a connection to source, the sap, the essence of life, climbs up to the roof to the five new rooms on the top floor. The green spaces of the La Maison hotel will highlight the surrounding nature with an enchanting garden laid out as a path of discovery, awakening the senses, as well as fruit trees, a greenhouse, an educational vegetable garden and a walking path. The project will meet environmentally responsible criteria by focusing on geobiology. The building will also house a quirky wellness area with two hot and cold water pools renowned for their ability to help the body recover. Christophe Aribert will also be inviting holistic practitioners from the region to offer individual or group sessions that promote healthy eating and well-being for both body and mind.

www.maisonaribert.com

Chamrousse Explor Games

Discover Chamrousse while playing a game on your smart-phone. Based on the principles of escape games, enjoy this gripping adventure in the outdoors at an altitude of over 1,650m. Solve the puzzles, get the right answers and move around the resort. For adults and children, alone or in groups. Price €27 for the group (2 people €13,50 each / 4 people €6,75 each).

www.chamrousse.com

Green transition

ECO-FRIENDLY ACCOMMODATION

Camping des 7 Laux

The Camping des 7 Laux*** offers a variety of accommodation - domes, huts, gypsy caravans, cabins, mobile homes - in the heart of wooded landscape at an altitude of over 900 m.

www.campingles7laux.fr

Beldina Yurts, Prapoutel

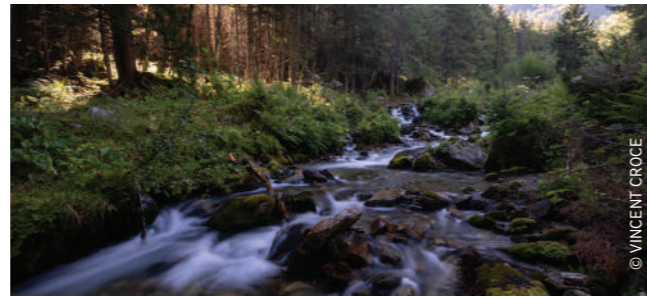
In the Beldina domain, five yurts on the edge of the forest close to Prapoutel offer a place to sample a mountain experience in a spot where holidaymakers can 'test themselves' before adventuring into more natural, wild accommodation. Five people per yurt.

www.Les7Laux.com

ITINERARIES & ACTIVE TRAVEL ON FOOT

Chamrousse/ Les 7 Laux, hike the GR® 738 in the heart of Belledonne

The GR® 738 long-distance hiking trail is almost 130 km long and stretches from the department of Savoie to Isère, crossing the Belledonne range. Designed to follow the central ridge between 2,500 and 2,977 m in altitude, the Haute Traversée de Belledonne is much more than a hike, it is an adventure. The complete crossing of the Belledonne massif offers a fabulous immersion into a natural, wild and surprising massif between alpine pastures, lakes, forests and summits. It is a magnificent hike in a mineral landscape dominated by peaks touching 3,000 m in altitude, with Vizille in Isère as the gateway. From Chamrousse, this South-North crossing leads to Allervard



country in Fond de France, where the climbs of the Croix de Belledonne (2,926 m) and the Rocher Blanc (2,928 m) by the beautiful Combe Madame as well as numerous lakes (including 7 Laux and Lac Blanc) are the highlights of this wild itinerary with a distinctly Alpine character. Suitable for sporty hikers, the 130 km itinerary with 10,000 m of positive altitude difference is divided into 11 stages, giving hikers the opportunity to meet the shepherds and their flocks in the summer pastures or to catch a glimpse of the mountain's emblematic wildlife: ibex, chamois and marmots

www.hautetraverseedebelledonne.com

A healthy lifestyle

HEALTHY BODY & MIND

Uriage, taking the waters on a spa break

Ten kilometres from Grenoble, in the heart of the French Alps at an altitude of 420 m, the Grand Hotel Uriage is set in its own parkland. The pleasant climate of the small spa town, renowned since Roman times thanks to the properties of its water and its privileged location, is ideal for a healthy and relaxing break for lovers, friends or family. Taking a cure at the Uriage Thermal Centre means enjoying the remarkable benefits of the water that is unique in its composition and origin: sulphuric, chlorinated and sodium water. The Uriage resort offers two sites entirely dedicated to well-being: the Thermal Baths and the Thermal Spa for thermal fitness and beauty treatments.

www.grand-hotel-uriage.com

Sophrology hike

Experienced mountain guide and sophrologist, Emmanuelle uses the mountain terrain for a sophrology hiking experience. Guiding you along wild paths, she uses dynamic relaxation practices that anyone can do, using simple body movements, breathing, concentration and the five senses. Every Wednesday at 1.30 pm, all year round. Price: €30. From 12 years old.

<https://en.chamrousse.com/hike-sophrology.html>

Relax in the quirky SPA with a panoramic view of the Vercors mountains

In Chamrousse, the spa menu at Les Bains de Chamrousse includes a swimming pool, steam room, sauna, whirlpool, as well as treatments. The cherry on the cake is a private session in the spa by night on Fridays 8 pm to 10 pm with towels, sandals, bathrobe and glass of champagne included. Price: €27/person for 2 hours maximum or €50/person for private session. Booking is essential.

<https://spachamrousse.fr>

Breathing & cardiac coherence

Cardiac coherence is a breathing method that regulates the heartbeat in times of stress and intense emotion. A universal health tool that anyone can use, it is simple and easy to introduce to help you achieve a more balanced daily life. Practised outdoors, with rhythm variations, energising, relaxing and balancing, breathing associated with movement will allow you to harmonise your body and mind to the outside environment.

<https://fabiennehelip.com>

GENTLE SPORTS

Paddleboard Yoga in Chamrousse

SUP Yoga Mountain combines the flow of water with the essence of the peaks. SUP Yoga truly has the power to connect you with nature, the elements and most importantly with yourself. Nature and water are a source of enormous energy, and SUP Yoga gives you the opportunity to unwind with these elements and be in the moment. It is a magical and unforgettable experience at an altitude of 1,750 m in the heart of the mountains on Lac de Roche in Chamrousse. Two sessions available: SUP mountain yoga, morning session; Sunset SUP mountain yoga, session at sunset.

<https://en.chamrousse.com/sup-yoga-yoga-on-a-paddle.html>

BELLEDONNE FOOD & DRINK

Working to support agricultural transition at Maison Aribert

Respecting the seasons is both a priority and a philosophy in this two-starred Michelin establishment with a focus on seasonal produce, local ingredients and the people who produce them. Working towards agricultural transition is now a daily commitment, supporting market gardeners in their efforts to improve, to use organic or sustainable products and to be in total respect with the earth. On the roof of the gastronomic restaurant, a permaculture vegetable garden is taking root while the restaurant is self-sufficient in herbs and some vegetables.

www.maisonaribert.com

WATER ACTIVITIES

Complete tour of the 7 Laux lakes

One of the highlights of Belledonne are the 7 Laux lakes, which make up a magnificent hiking route. Although it is challenging and best done by experienced hikers, the tour of the 7 Laux Lakes is a stunning hike. Starting from Fond de France or Le Pleyne, this hike around Belledonne in the heart of the GR®738 long-distance trail takes several days to complete.

www.Les7Laux.com



The Robert Lakes at Chamrousse

Enjoy nature and the mountains together with a picnic at these must-see spots of the Robert lakes. At an altitude of 1,998 m, the four Robert lakes cover about 28 hectares at the base of a natural cliff cirque. They are flanked and dominated to the east by the Petit Van (2,439 m), the Grand Van (2,448 m) and the Grand Sorbier (2,526 m). Access on foot by hiking from Chamrousse or via cable car with a short walk afterwards.

<https://en.chamrousse.com/robert-lakes.html>

Discover local heritage

In slow mode

Marais des Seiglières, a protected educational marshland site ideal for hiking, fishing and foraging for mushrooms in the autumn.

Plateau de l'Arselle, resembling little Canada, where you can go horse riding, cross-country mountain biking and quad biking.

Lac Achard, resembling a Canadian Rocky mountain, this protected natural area is perfect for a memorable family walk. Croix de Chamrousse, home to one of the largest viewpoints in the Alps, easily accessible by cable car for hiking and downhill mountain biking.

In sporty mode

Cascade de l'Oursière, the natural power of water for a refreshing hiking or trail adventure.

Robert Lakes, the gateway to the high mountains with a Scandinavian feel, where you can explore by hiking or by via ferrata.

GR®738 between Chamrousse and the Refuge de la Pra, a long-distance hiking trail dotted with waterways and magnificent lakes.

Belledonne adrenaline

Portaledge, a night on the cliff

For the more adventurous, the portaledge bivouac is a night to remember far from light pollution where the stars shine brighter. An unforgettable and thrilling experience, this is a unique night spent on a bed hanging from a cliff - a comfortable way to observe the night between sky and earth. From 12 years old. Price: €140 per person.

www.chamrousseaventures.com/nuits-sauvages

Wakeboarding on the Grenouillère lake in Chamrousse

With a 150m long water ski cable and obstacles, Grenouillère lake is the perfect place to try wakeboarding and other activities such as kneeboarding or inflatable rides. Opening hours: every day from 1.30 pm to 8 pm. Price: €20 for 20 minute session. English spoken.

<https://en.chamrousse.com/water-cableway.html>

Mountainboard

The mountainboard is essentially an all-terrain board that is a clever cross between a snowboard and a skateboard. With two bindings, four wheels and a handbrake, it guarantees fun and excitement. One hundred percent environmentally friendly and suitable for everyone from 4 years old, the Mountainboard is a new sport that combines the best of snowboarding, skateboarding and surfing in an easy way to provide you with sliding sensations on all types of terrain! Thanks to its braking system and stability, anyone can ride down a grass piste after half an hour of practice.

www.Les7Laux.com



© PYRENE DUFFAU

Events

Croix de Chamrousse Mountain Bike Derby

30-31 JULY

The Chamrousse MTB Derby is one of the stages of the "Trophée Enduro des Alpes," an enduro mountain bike circuit that combines several stages near the city of Grenoble with one stage per massif: Belledonne, Vercors and Taillefer. Sunday: Mass start from the top of the ski area then 13.5 km, 60 m D+ and 1,900 m D- non stop until arrival at Uriage Park. The first one down wins! This event is fun, friendly and open to anyone from 16 years old and those with a licence from 14 years old. Everyone must be eligible to ride a mountain bike in competition.

Price: timed version: €52 / non-timed version: €42.

<https://en.chamrousse.com/summer-mtb-derby-from-la-croix-de-chamrousse-dose-de-sport.html>

Festival of Wood

13-14 AUGUST

69th edition of the oldest lumberjack competition in France. The objective is to chop up as many pieces of wood as possible with an axe. The lumberjack competition is made up of elimination rounds with fallen logs and the final with standing trees. The "Passe-Partout" association organises the oldest wood festival in Chamrousse 1650 with entertainment throughout the weekend, demonstrations and activities related to the wood industry including pastoralism, sheepdogs and a craft fair. Free admission.

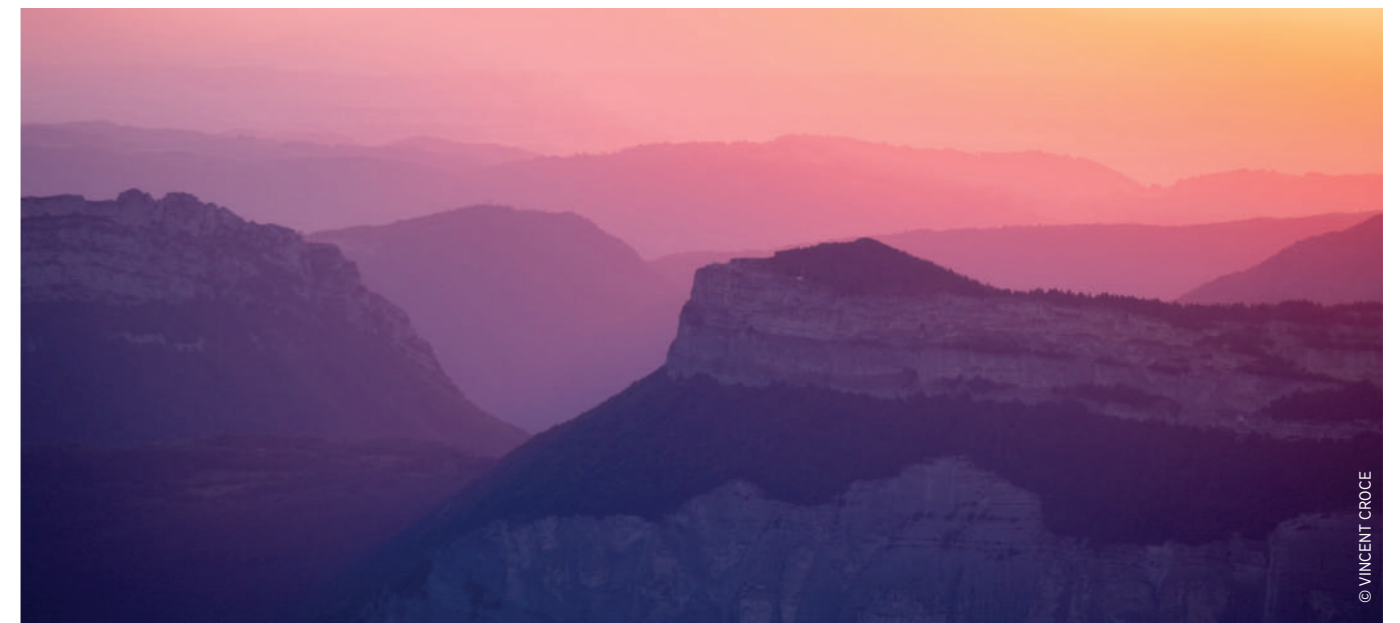
www.chamrousse.com

L'Echappée Belle, Ultra Traversée de Belledonne

19-21 AUGUST

A 149-km ultra trail adventure starting from Vizille (Isère) and ending in Aiguebelle (Savoie), this magnificent trail of 11,400 m ascent takes participants from 250 m to 2,930 m above sea level, crossing the Belledonne massif from one side to the other. Runners journey through all the alpine zones from hut to hut, from forests to high-altitude lakes, from scree to moraine, from glaciers to torrents. L'Echappée Belle is characterised by its high technicality and its use of hard-to-access paths, which has established this sporting event firmly in the world of the ultra trail.

www.lechappeebelledonne.com



© VINCENT CROCE



Chartreuse

Mysterious, unspoilt, protected, spiritual, fascinating, there is no lack of adjectives to describe the Emerald of the Alps. Bewitching nature, wild landscapes, spectacular panoramas, the Chartreuse massif will delight lovers of wide open spaces. A whole host of new experiences, whether gourmet, meditative or sporty, put this unique landscape centre stage. Whether walking along its footpaths or through woods, along the Chartreuse Savoir-Faire Route and cultural sites or along the water, whether choosing to meet people or just relaxing, the Chartreuse awakens the senses. Right on the doorstep of Grenoble, the Chartreuse Regional Natural Park is only one hour from Lyon and three hours from Paris and is the perfect place to breathe in fresh air, work out or unwind.

In numbers:

- 1,300 km of marked hiking trails
- Over 300 km of marked trails for trail running
- More than 10 fishing sites, including major sites in lakes and rivers
- 7 hang-gliding schools
- More than 300 km of marked mountain bike trails & 500 km of cycle paths
- 3 major swimming areas (2 large natural lakes & 1 eco-swimming site)
- Chartreuse Regional Natural Park

CHARTREUSE

What's new?

Escape into the Wild & Unusual

This new itinerary in the Chartreuse offers a beautiful and easily accessible route (medium level of hiking) for a timeless 6-day journey. A qualified guide is on hand to supervise the trip. The "Escaping into the wild and unusual" tour introduces hikers to the secrets of the Chartreuse: unique landscapes, traces of history, tales of life in the past, a visit to the Grande Chartreuse museum, exploring the Echelles caves, the Sardinian Way and a whole host of other interesting places. Suitable for everyone from 12 years old, solo, as a family or with friends. Book the Comfort trip and the hostel and other accommodation providers will transport your luggage. Price: 7 days from €849/perso

www.alpette.com/sejour/echappee-rando-itinerante-et-insolite-en-chartreuse



© IMAGES ET RÊVES

Green transition

ECO-FRIENDLY ACCOMMODATION

Ecogite Le Nid in Chartreuse

In the tiny hamlet of St Pierre de Chartreuse, a roomy ecogite welcomes visitors into a 100% natural setting. With accommodation for up to six people, this charming four-star gîte is certified "Ecogîte de France". This means that it adheres to an environmental approach that includes conserving natural resources, using renewable energy and choosing natural, local, recyclable materials that are kind to the environment and have no harmful effects on health. Price: From €600 a week. English spoken.

www.chartreuse-tourisme.com/offres/le-nid-en-chartreuse-saint-pierre-de-chartreuse-fr-2961720

www.facebook.com/LeNidenChartreuse

Les Petites Roches Insolites

A traditional chalet at its base with the spirit of a mountain hut, a pinch of troglodyte, a zest of hobbit, a dash of contemporary and a touch of madness - stay in either a gîte or in a guest room at Les Petites Roches Insolites. Half-buried in the hill with a green roof - earth and plants are among the best thermal and acoustic insulators - the gîte participates in sustainable development, environmental protection and provides a source of biodiversity and low energy consumption using a High Environmental Quality approach.

www.petitesrochesinsolites.com

Farmstay – Gîte le Chant de l'Eau

For a few days or just for dinner and an overnight stay, Le Chant de l'Eau in Le Sappey-en-Chartreuse welcomes those who love a simple life, good food and beautiful experiences. Surrounded by pastures on the edge of the St-Eynard forest, peace and serenity emanate from this renovated former barn, typical of Chartreuse agricultural buildings, which has been awarded the Gîte de France's '3 ears of corn' rating and is part of a food-producing agricultural system. With five guest rooms, a library and cosy lounge with fireplace, Le Chant de l'Eau is a member of Gîte Panda WWF for its use of natural building materials, its exceptional natural environment with nearby discovery trails, promoting biodiversity protection, recycling and use of eco materials. Guests take part in the daily chores: maintaining the vegetable garden, harvesting in the orchard and feeding the animals. The table d'hôte offers menus composed almost entirely from its own subsistence agriculture - meat, eggs and homegrown fruit and veg including old heirloom varieties. Other products - flours, cereals, oils, sugars - come from local organic farms and are made up to Colette's recipes. Open all year.

www.gitechantdeleau.com

ITINERARIES & ACTIVE TRAVEL ON FOOT

Eco-responsible Freedom hike

This Freedom of the Chartreuse tour has been designed with the utmost respect for the environment: a welcome by the tour creator, overnight stays in accommodation with the 'Accueil du Parc' label, meals made with local seasonal products and using public transport. The Vagabondages d'Exception tours promote local benefits and consider environmental impact. Sharing these values means that each trekker can play an active part in sustainability.

This tour starts in the small town of Voiron before crossing the ancient border between Savoie and France to reach the heart of the Chartroussine mountains. 8 days - 7 days of free roaming touring in a loop. Price: From €678 on a half-board basis (luggage carried by the hikers). Hike scheduled from May to October, departures possible from 15 May to 31 October 2022, every day of the week except Sunday and Monday.

www.pedibus.org/randonnee-liberte/388-eco-responsible-chartreuse.html



Hiking tour of Chartreuse Regional Natural Park

This six-day self-guided touring hike through the landscapes of the Chartreuse Regional Natural Park is a must for lovers of verdant mid-altitude landscapes. The sections vary from the magical discovery of the Grande Chartreuse Monastery to the villages of the Chartreuse and climbs up to easily accessible peaks. This loop hike, with moderate elevation gains, offers a magnificent overview of the Chartreuse massif. Nights are spent in comfortable guest houses or hotels that celebrate local products. Self-guided tour with a map provided. Price: from €648/pers. for 6 nights/7 days of touring. Departures from 15 May to 31 October 2022.

www.pedibus.org/randonnee-liberte/54-tour-chartreuse-confort.html

BY BIKE

Cycling tour: Guided e-bike tour of the Chartreuse

Rediscover the pleasure of cycling by riding an e-bike on this unique guided trip exploring the Chartreuse massif. Start from l'Alpette on small mountain roads, passing through hamlets, outstanding places of interest and panoramic views of the mountains, accompanied by a guide who knows both the massif and its people. Suitable for families or friends, this trip offers a high-quality 'home away from home' experience, with excellent food and accommodation in comfortable gites. Enjoy every moment from Bellecombe to the Entremont valley and St Pierre de Chartreuse along easy passes and back roads. Price: 7 days from €725 per person.

www.alpette.com/sejour/le-tour-de-chartreuse-a-velo-electrique-accompagne

BY HORSEBACK

Gite Cheval d'Or

This self-catering cottage is the perfect eco-friendly place to stay while exploring the Chartreuse region on horseback. The 3-star rural gite with traditional Chartreuse architecture combines the charm of the old with the comfort of the new. Sleeping up to five people in two rooms, the unique setting means you can enjoy spending time in nature within a spacious, timeless place. Riders will find beautiful, dedicated facilities with stables and pasture for their horses or, for day riders, superb horses for rides or excursions. Anyone curious can also take part in educational sessions and discover the benefits of using horses for agricultural work. This unique stay is all about discovery, learning and relaxation.

www.gite-cheval-d-or-chartreuse.com



A healthy lifestyle

HEALTHY BODY & MIND

Outdoor yoga

Yogakosi offers one-to-one practices in English (or in a group) from 1 to 1.5 hours. Vinyasa yoga, derived from Hatha yoga, is a more athletic and sporty style of yoga, using basic Hatha yoga techniques. The goal is to help you get back to physical activity, take care of your health and sleep, and reduce anxiety and back pain. Price: From €50. Dates on request, with several locations in the Chartreuse.

www.yogakosi.com

Sylvetre, soothing forest baths

During a two- to three-hour forest walk, Anne Sophie, energy practitioner and sylvotherapy guide accompanies participants on a slow walk to appreciate the nature that surrounds them, while breathing and soaking up the energy of the trees. Enjoy a feeling of well-being, which awakens the six senses and helps you let go in a relaxing wooded setting. The benefits are numerous: it reduces forms of depression, stress and anxiety, improves sleep and mood, develops inner joy and self-confidence, strengthens the immune system and stimulates vital energy. To round off this timeless moment, guests can enjoy a seasonal tasting of forest flavours. Also available on request for pregnant women, in pairs with a mother and baby, and for groups (families, friends, birthdays, yoga courses, fasting, etc.).

www.sylvetre.fr

CHARTREUSE FOOD & DRINK

Christine Jeantet, chef, ice-cream maker and "Explorer of flavours"

A former chemical engineer, Christine put her love of experimentation to good use in her own restaurant, which opened in Saint-Pierre-de-Chartreuse in 2012. In collaboration with her partner, who was starting a wellness business, Oréade Balnéo restaurant was born. She offers creative and seasonal cuisine. In line with the restaurant's environmental approach, for which she has been awarded the distinction of Maître Restaurateur and listed in the Gault et Millau guide. In her quest for a delicious treat while promoting the region's resources, Christine added to her range of flavours by then opening her own ice cream parlour in 2021, under her brand name "Eclat des Cimes". True to her techniques in the restaurant, Christine combines unusual flavours, highlights local products and adds little surprises! Discover this new experience on the Chartreuse Savoir Faire Route, which Christine is proud to be part of.

www.oreade-balneo-restaurant.fr; www.eclatdescimes.fr

Sandrine Chappaz, chocolate maker & confectioner of the Chartreuse Savoir Faire Route

After a career spanning 23 years in industry, Sandrine changed direction becoming a chocolate maker and confectioner in Saint-Laurent-du-Pont. She fine-tunes her recipes using her passion for nature and the treasures it has to offer, whether it be plants, flowers, fruit, honey or even mushrooms. She has also won recognition in several Michelin-starred restaurants, including the Ritz in Paris, which she supplies with delicate and fragrant fruit jellies. Try her uniquely flavoured chocolates during the summer by visiting her workshop on the Chartreuse Savoir-Faire Route.

www.chocolatschappaz.fr



WATER ACTIVITIES

Rivière'Alp, organic swimming

For natural, organic swimming without the use of chlorine or chemicals, the Rivière'Alp Leisure Centre has a 1,600 m² pure water outdoor pool. Surrounded by a naturally green amphitheatre, the water is organically filtered by aquatic plants in zones next to the swimming area. Accessible to all, whether you are a family, young children, senior citizens or have accessibility issues, the centre has three different areas with varying depths for all abilities from shallow paddling areas up to laned swimming allowing you to play or swim. In the heart of the villages of Entre-deux-Guiers and les Échelles, Rivière'Alp is also the base for the Savoyard discovery walk "Secret of the Hydromachines," a 2-hour adventure on an easy, accessible route with a playground and rest/picnic area, nature activities and the option to visit Saint-Christophe la Grotte in 15 minutes by bike. Price: Adults (from 17 years old) €4.50 / child €3.50 / Free for children under 3.

www.rivieralp.com/en



Discover local heritage

On the Chartreuse Savoir-Faire Route

Travel along the Route des Savoir-Faire de Chartreuse, from cultural sites to artisans' workshops, via farms, and you will discover no limits to your curiosity! Potters, soap makers, chocolatiers, liqueur makers, wine producers, cheesemakers - so many passionate trades contribute to the reputation of the massif and promise exciting new experiences. As you visit their beautiful sites, these mountain ambassadors will be keen to promote the area and share some of the history of the place and the secrets of their products.

www.chartreuse-tourisme.com



La Bonne Fabrique, coworking space

In Le Sappey-en-Chartreuse, this non-profit centre is full of interesting ideas and provides digital nomads and holidaymakers with a coworking space to come and work. Facilities include an open-plan workspace (8 workstations), meeting room (10 people), small office for phone calls, kitchen area, office equipment, A4 and A3 colour copiers, PC screens, video projector, efficient wifi and a good espresso machine! Open Monday to Friday from 8.30am to 6pm. Price: 10-day card (or 20 half-days) to use at your own pace: €120. From 8 days in the same month: €10 per day and €15 per day. Meeting room rental from €65.

www.labonnefabrique.fr

Arcabas Museum in Chartreuse

Conceived and created by the artist Arcabas, this collection of paintings and sculptures is one of the most accomplished in contemporary sacred art with 111 works. Stained glass windows, paintings and sculptures demonstrate the talent of this artist, in whom the parish priest of the church of Saint-Hugues placed his trust in 1952. The history of his work in three sections can be discovered at the departmental museum every day except Tuesday: 10am-6pm. Free admission.

www.saint-hugues-arcabas.fr

Chartreuse adrenaline

Paragliding experience in the home of the Icarus Cup

Saint-Hilaire on the Plateau des Petites Roches is more than just a paragliding spot, it is also legendary, thanks mostly to its aerological conditions that are exceptional for paragliding. At an altitude of 1,000m, the site offers three take-off areas, two landing areas and two training slopes. But the atmosphere is what gives this place its particular character. Watch the bizarre flying machines of the Icarus Cup taking to the updrafts above the funicular that leads to the Plateau des Petites Roches. This is the capital of free flight in summer and winter. Price: From €75 for a paragliding experience. Also worth a visit: the Icare laboratory, a free museum in the top station of the funicular with experiments and games about air, gravity and flight.

www.chartreuse-tourisme.com

Events

33rd Grand Duc Trail

25 & 26 JUNE

For its 33rd anniversary, the Grand Duc Trail of the Chartreuse will feature a new exceptional course starting from the Plateau des Petites Roches. As demanding as ever, the four options (ultra solo, medium solo duke, ultra duo, five-man relay) allow each participant to experience the whole event in the same friendly spirit.

www.grandduc.fr

Les endimanchés, Saint-Pierre-de-Chartreuse

16 & 17 JULY

Street shows, parades, a traditional carousel for children, a creators' market, interactive workshops, cooperative wooden games, kids' sessions, and a food area featuring Chartreuse products. Two wonderful days of festivities bring together young and old in the heart of the village of Saint-Pierre-de-Chartreuse, a beautiful, safe site that is entirely pedestrianised. More than 3,000 people of all ages meet to enjoy top quality events in an unbeatable mountain setting.

www.les-endimanches.fr

Crossing the Chartreuse by trail

The call of the great outdoors, the need to get away from it all, to exercise and escape the everyday: these are all the signs required for a trail run across the Chartreuse. From gîte to gîte, lovers of short strides can explore this multi-faceted massif and follow trails, paths, aerial passages and technical routes from the high points of the Dauphiné to the capital of the Duchy of Savoie. Luggage is transported to each gîte, leaving you free to enjoy the challenge of the sport. This six-day itinerary with half board offers the opportunity to discover the summits of Chamechaude, Charmant Som, the Chartreuse trail station or the Hauts de Chartreuse reserve. Price: Half-board from €498 to €538/person.

www.pedibus.org/randonnee-liberte/409-trail-chartreuse-gite.html

49th Icarus Cup

20-25 SEPTEMBER

The world's largest festival of free flying and aerial sports. An unmissable and unique event for all free flight enthusiasts, both professionals and amateurs, but also for the general public, this eagerly awaited and acclaimed festival has been running for 49 years. What an achievement for an event that succeeds in reinventing itself and innovating year after year! More than 90,000 spectators attend annually.

www.coupe-icare.org





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