

ALPES
IS HERE

REACH FOR THE HEIGHTS

PRESS PACK WINTER 2022/2023

Isère's Winter Playground



4 Ranges

Mountain Resorts

21



Editorial

Let's imagine going back in time to 1968. This was a historic year for many reasons, but mostly for Grenoble, Isère's capital - only the second French city to host the Winter Olympics. The event helped speed up the construction of much-needed facilities and infrastructure in Isère and highlighted the department's modern, dynamic character. The games put Isère's natural resources into the spotlight: at the intersection of several mountain ranges, Isère's major advantage for the winter games was that some events were held just a few kilometres away from the city.

During this period, thirty-three Olympic torches were used. None remained in Isère until, unexpectedly, one of them was found and entrusted to the Musée Dauphinois just a few months ago. We've come full circle and the department has finally regained the flame.

Isère is continuing the momentum by developing four-season tourism. With 120 mountain communities representing 47% of Isère's surface area and more than 112,000 inhabitants, the department is clearly an ideal playground for more than just the winter season. Easily accessible, Isère is only 3 hours by train from Paris, while Grenoble airport offers flights from Europe. Within just a few short hours, you're guaranteed a complete change of scenery and a wide choice of activities to suit all tastes, interests and abilities: downhill skiing, cross-country skiing, snowshoeing, leisurely winter walks, family packages, activities for young people, accommodation, slow-travel. There really is something for everyone.

It comes as no surprise, therefore, that a large number of businesses, some of international renown, whose operations (or part of them) are based on winter sports, have their headquarters in Isère. Besides being an economic attraction, these companies are also the pride of the region and help shape its identity in their own way.

Isère offers a wealth of experiences and caters to all ages with numerous resorts and a host of adrenalin and genteel activities. Since 1968, the destination has grown with areas lesser-known worth exploring as well as the headline international resorts.

This winter, the games are underway again - and Isère is on a winning streak!

Enjoy reading about some of what we have on offer this year with our latest winter press kit.

Christophe Suszylo,
President of Isère Attractivité

Nathalie Faure,
Vice-president of the Department,
responsible for the mountains



PRESS CONTACT

Heaven Publicity Ltd
Lynsey Devon
+44 (0) 7717 078862
+44 203 763 5170
lynsey@heavenpublicity.co.uk



Isère Attractivité
CS 10047
44 Quai de France
38024 Grenoble Cedex 1
www.alpes-isere.com

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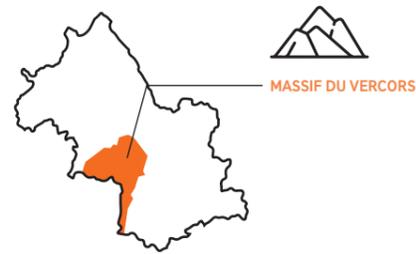
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Isère a vast Winter Playground

21 resorts spread
over 4 areas





Vercors

Overlooking Grenoble, the great cliffs that herald the Vercors give the impression that the massif is impregnable. This is partly true as steep summits and plunging gorges are everywhere. Yet the road that rises up from the valley ultimately opens out onto the rolling landscape of the Vercors plateau, where the forest alternates with large stretches of wilderness, dotted with unspoilt villages. A massif as complex as it is attractive. Highest point, the Grand Veymont, at 2 341 m.

Nordic excellence

AUTRANS-MÉAUDRE-EN-VERCORS

ALTITUDE: 1,050 M-1,650 M

Autrans-Méaudre-en-Vercors are two village resorts, both Alpine and Nordic ski, in the heart of the Vercors Regional Natural Park. For downhill skiers, the Autrans and Méaudre ski areas are ideal for beginners, those who want to improve and for families and friends who want to enjoy skiing at a more affordable price. The Nordic area, with its 130 km of trails, is at the forefront of cross-country skiing and Nordic activities and rivals the most beautiful European sites.

<https://en.vercors-experience.com/autrans-meaudre-en-vercors.html>

All types of skiing in a magnificent setting

LANS-EN-VERCORS / ST-NIZIER-DU-MOUCHEROTTE

ALTITUDE: 1,400 M-1,807 M

Lans-en-Vercors is the family resort par excellence in the Vercors. Here, everyone can enjoy snow sports of their choice: downhill or cross-country skiing, snowboarding, sledging, snowshoeing, and always at reasonable prices. Not far from Lans, at the entrance to the Vercors Regional Natural Park, Saint-Nizier-du-Moucherotte, the highest village in the Vercors, offers a unique view of the Alps. A ski lift in the heart of the village serves two ski slopes, ideal for that first encounter with the thrill of skiing.

<https://en.vercors-experience.com/lans-en-vercors.html>

A ski area in touch with nature

VILLARD-DE-LANS / CORRENÇON-EN-VERCORS

ALTITUDE: 1,100 M-2,050 M

A ski resort since 1906, Villard-de-Lans/Corrençon-en-Vercors guarantees great skiing with one of the largest Alpine and Nordic ski areas in the massif and a varied range of pistes for all levels. Villard-de-Lans, a lively resort, is well equipped with sports and leisure facilities and offers plenty of activities. A short distance away, Corrençon has all the charm of a small mountain village. Here, a warm welcome for families is the order of the day with Villard-de-Lans-Corrençon holding the Famille Plus Montagne label since 2006.

<https://uk.villarddelans-correnconenvercors.com>

A playground for the whole family

GRESSE-EN-VERCORS

ALTITUDE: 1,250 M-1,751 M

Grasse-en-Vercors is at the juncture of the Vercors Regional Nature Park and Trièves and offers a fantastic winter playground for the whole family in an incredible setting. Downhill skiing, Nordic skiing, snowtubing and tobogganing, snowshoeing or even astronomy: the resort offers activities for all.

www.gresse-en-vercors.fr

A 100% natural environment

COL DE ROMEYÈRE-LES COULMES

ALTITUDE: 900 M-1,400 M

The Coulmes massif, in the Vercors Regional Nature Park, lies in the heart of a protected natural environment. More than 100 km of hiking and cross-country ski trails criss-cross this vast forest area, a paradise for nature lovers. The small family resort of Col de Romeyère, much loved for its setting and its wild charm, is ideal for discovering the joys of skiing with your children at affordable prices.

www.tourisme.saintmarcellin-vercors-isere.fr





Chartreuse

Above the Grésivaudan valley, this pre-Alpine massif looms on the horizon. Once you have entered its core, an intricate network of valleys, dominated by peaks of over 1,800 m, opens up its terrain, ideal for cross-country skiing and all kinds of hiking. The variety of landscapes, the authenticity of its villages and agriculture mix contributes to its rich heritage. A secret and unspoilt massif. Highest point, Chamechaude, 2,082 m.

Family skiing 15 minutes from Grenoble

LE SAPPEY-EN-CHARTREUSE

ALTITUDE: 1,000 M–1,370 M

The closest village resort to Grenoble, at an altitude of 1,000 m, Le Sappey-en-Chartreuse offers a wide range of winter activities. Ideal for family skiing, it accommodates all skiers. The resort is also one of the three gateways to the Chamechaude Nordic ski area.

www.grenoble-tourisme.com and www.chartreuse-tourisme.com/en

A great spot for children

COL DE MARCIEU

ALTITUDE: 1,060 M–1,350 M

The Col de Marcieu is the resort for both young and older children. Renowned for its fun play areas, it has one of the largest toboggan spots in Isère and a nursery slope for beginners. An ideal resort to start skiing with your family.

www.col-marcieu.com

The largest ski area in the Chartreuse

SAINT-PIERRE-DE CHARTREUSE/LE PLANOLET DOMAINE CŒUR DE CHARTREUSE

ALTITUDE: 900 M–1,789 M

Cœur de Chartreuse offers skiing that will appeal to beginners and experienced skiers in search of new experiences. In the hamlet of Saint-Hugues, the family-friendly area of Les Égaux is ideal for learning to ski downhill in complete safety at a reasonable price; its vast Nordic area also offers Nordic lovers more than 50 km of runs through spruce forests. The ski touring route to the summit of the Scia is a must. A feeling of being in the great outdoors is guaranteed.

www.chartreuse-tourisme.com/en



A haven of tranquillity in the heart of nature

LA RUCHÈRE

ALTITUDE: 1,165 M - 1,450 M

Lovers of nature and wide-open spaces particularly enjoy this small village at the end of the world in the centre of the Chartreuse massif. It has a Nordic ski area with 35 km of classic and skating trails, and five marked snowshoeing routes running through spruce undergrowth and clearings, before arriving at the vast meadows of Riondettes and Arpison.

www.chartreuse-tourisme.com/en

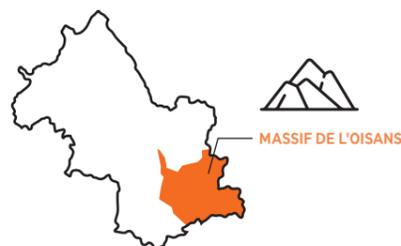
Family skiing at low prices

COL DE PORTE

ALTITUDE: 1,200 M–1,550 M

Col de Porte is part of the Grenoble Alpes metropolitan area and is easy to get to (even by bus) from the city centre. About 15 km from the centre of Grenoble, the Col de Porte is a small family resort that is steeped in tradition. The resort benefits from excellent snow conditions, making it ideal for all types of skiing and snowboarding, for beginners to the more experienced. It is also an attractive starting point for hiking, skiing and snowshoeing.

www.coldeporte.fr



Oisans

The most formidable of the Isère massifs, Oisans is a call to the high mountains with summits of 3,000 m +, with their glaciers, remote villages and high-altitude hamlets. The Oisans is home to the department's two largest ski areas, Alpe d'Huez Grand Domaine Ski and Les 2Alpes, offering a remarkable variety of slopes and the longest vertical drops in the world on well-groomed slopes - up to 2,300 m in one run. Highest point, the Pic Lory, 4,088 m.

2,300 metres of vertical drop in one go

LES 2 ALPES

ALTITUDE: 1,300 M-3,600 M

1,200,000 skiers visit Les 2 Alpes every winter! Lively, youthful, sporty, international and trendy, it is one of the great winter sports resorts of the French Alps. Excellent skiing, extremely long vertical drops (2,300 m in one go without taking a single lift), guaranteed snow (glacier at 3,600 m), events, a freestyle area for all ages (2 Alpes Freestyle Land), and outstanding off-piste areas: the resort offers a winter playground that meets the needs of all types of winter holidaymakers with a wide variety of activities and experiences.

Les 2 Alpes

With its highest point at 3,600 m, the ski area of Les 2 Alpes is the highest ski area in France (starting from a blue run). It also allows you to ski down 2,300 m without any lifts! This is truly unique and offers a varied terrain for all skiers and snowboarders!

Key figures: 200 km of slopes, 95 runs, 70% of the ski area above 2,000 m altitude, 2,300 m of downhill skiing without taking a single lift. Highest point: 3,600 m.

www.skipass-2alpes.com
les2alpes.com

A natural paradise at the gateway to the Ecrins National Park

COL D'ORNON

ALTITUDE: 1,350 M-2,000 M

Col d'Ornon is the smallest resort in the Oisans but offers all the winter activities: downhill skiing, cross-country skiing, snowshoeing, winter orienteering, ice climbing, ski touring, dog sledding. Its qualities? Pristine nature, an affordable ski programme, a popular night skiing event and an unusual offer: the opportunity to book the entire resort for private use!

www.matheysine-tourisme.com/en

The family resort in Alpe d'Huez Grand Domaine Ski

AURIS-EN-OISANS

ALTITUDE: 1,165 M-3,330 M

The resort of Auris, set at 1,600 m altitude on the south-facing slope facing the Meije and its glaciers, enjoys 300 days of sunshine a year. Its appeal lies in its family-friendly character, while also being connected to the large ski area of Alpe d'Huez. Peaceful yet lively, it attracts families thanks to its range of facilities and activities dedicated to kids.

www.auris-en-oisans.co.uk

The traditional village of Alpe d'Huez Grand Domaine

VILLARD-RECLAS

ALTITUDE: 1,500 M-3,330 M

Villard-Reculas is a mountain village with traditional charm, with stone and timber chalets rising up from the mountain pastures. Facing south, it enjoys an exceptional panorama of the high peaks of the Oisans. The first resort to be linked to the Alpe d'Huez ski area in 1946 thanks to the construction of one of the first ski lifts, Villard-Reculas quickly followed in its neighbour's footsteps and developed its ski area.

www.gresse-en-vercors.fr





The family resort on skis

OZ-EN-OISANS

ALTITUDE: 1,125 M–3,330 M

This resort in the heart of the Oisans massif is directly linked by cable car to Alpe d'Huez Grand Domaine. Surrounded by fir trees, it offers a breathtaking view of the Belledonne massif. Oz-en-Oisans is also a bustling resort with a wide range of activities to choose from - Nordic walking, dog sledding, new kinds of snow sports - and opportunities to experience the mountain alongside mountain professionals, such as ice climbing, telemark skiing, night-time outings, and more.

www.oz-en-oisans.com/winter

300 days of sunshine a year

ALPE D'HUEZ

ALTITUDE: 1,450 M–3,330 M

This Oisans resort is high up on a south-facing plateau at an altitude of 1,860 m, like an "island in the sun". Its ski area, Alpe d'Huez Grand Domaine, is a huge playground with 250 km of slopes, divided between Alpe d'Huez, Huez, Auris, Oz-en-Oisans, Vaujany and Villard Reculas, and four itinerary runs with more than 2,000 m of vertical drop in one go. The resort is also the hub of festivities, notably the legendary Folie Douce and Tomorrowland electro festival, due to take place in March 2023.

www.alpedhuez.com/en

The village resort combining traditional and modern

VAUJANY

ALTITUDE: 1,125 M–3,330 M

In the heart of the Oisans, Vaujany combines the charm and welcoming atmosphere of a village resort with a fantastic playground thanks to its quality facilities (aquatic centre, spa, indoor skating rink, etc.) and year-round events. Linked to the Alpe d'Huez Grand Domaine, the resort provides great opportunities for family and friends to spend time together, whether skiers or non-skiers.

www.vaujany.com/en



© John Doe

© Quentin Mugnier

1 ski area, 5 resorts and 2 villages

ALPE D'HUEZ GRAND DOMAINE SKI

ALTITUDE: 3,330 M

Although the ski area bears the name of the international resort of Alpe d'Huez, it also has the distinction and advantage of linking together six small village resorts that have real charm: Auris en Oisans, Oz en Oisans, Vaujany, Villard Reculas, La Garde en Oisans and Freney d'Oisans. Key figures: 250 km of slopes, 111 runs. 20 ski lifts accessible to pedestrians. Highest point: the Pic Blanc at 3,330 m *Special feature: ski for miles without using lifts.

www.skipass.alpedhuez.com

A high altitude resort at an unbeatable price

L'ALPE DU GRAND SERRE

ALTITUDE: 1,368 M–2,180 M

This resort offers activities that are in keeping with the nature that surrounds it. Marked or freeride itineraries, beautiful snowshoeing, ski touring or dog sledding trips will delight lovers of the great outdoors. A 55-km ski area, Nordic skiing, a toboggan run, introduction to snow grooming and outings with the ski patrol. At Alpe du Grand Serre, you are a world away from the crowds of the big resorts, and young and old, beginners or experienced skiers alike can get out and about in complete tranquillity.

<https://alpedugrandserre.info>



Belledonne

The 70-km long Belledonne range is a great introduction to high mountains. Its side valleys offer numerous access points from the Grésivaudan plain in the west to the endless peaks above 2,400 m. However, don't expect to drive over any pass to the east: the natural barrier is impassable by car. This also explains why the snow is particularly deep here. Highest point, Le Grand Pic de Belledonne, 2,977 m..

The largest ski area in the Belledonne chain

LES 7 LAUX

ALTITUDE: 1.350 M-2.400 M

A renowned spot for freeriders, the resort offers a wide variety of skiing and safe access to the legendary Pra valleys, an exceptional wilderness area that has become a groomed, secure space that helps protect the unspoilt nature of this high-altitude territory.

www.les7laux.com/winter



© Images et rêves.fr

Belledonne



© Pierre Jayet

A night skiing area at 2,000 m above Grenoble

CHAMROUSSE

ALTITUDE: 1.400 M-2.250 M

Chamrousse is the resort for a short break and easy getaway, only 30 km from Grenoble and 1.5 hours from Lyon. A few minutes is all it takes to find yourself in an extraordinary natural area at the gateway to the high mountains and enjoy a panoramic ski area offering various views. In the evening, skiing with a panoramic view of Grenoble is simply magical!

<https://en.chamrousse.com/hiver>

THE European spot for night skiing

LE COLLET D'ALLEVARD

ALTITUDE: 1.450 M-2.100 M

With 50% of its ski area lit up at nightfall, this is the largest night skiing area in Europe. At the tip of the Belledonne massif, the resort offers an exceptional panorama of the Bauges, Chartreuse and Vercors massifs. Accessible to everyone, Le Collet is a family resort on a small scale..

www.lecollet.com

Draw Isère *me*

Isère Attractivité gave carte blanche to local illustrators who each represent a mountain range in Isère. With their own unique artistic style, they depicted their favourite, highlighting specific features and attractions:

Mountain ranges & their artists



Vercors by Agathe Rogier

Everyone has their own story to tell about the mountains. Agathe decided to make a living from her passion by becoming an illustrator with a focus on nature and mountains. The young artist lives in the Vercors region, which she shares with us through her illustrations.

www.agatherogierillustration.com



Chartreuse by Maeva Revellin aka Miss is Mr

Maeva Revellin, aka Miss is Mr, is an illustrator and muralist based in Grenoble. A dreamer and wanderer, she decorates walls with her frescoes to give life to a variety of living and working spaces. Always on the lookout for new places to explore, Maeva aims to reinvent herself with each project so that she can capture emotions, communicate messages and tell unique stories..

www.missismr.com/fr

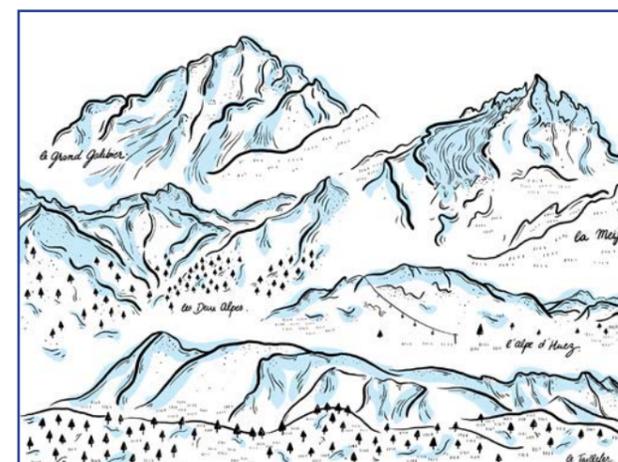
CARTE BLANCHE GIVEN TO ILLUSTRATORS FROM ISÈRE



Belledonne by Mélissande Poncet

Mélissande has always been a creative person. She likes to draw, paint and try out different techniques. Deep down, this desire to do something with her hands has always been with her. After much reflection and the urge to set up her own business, the young woman embarked on the great adventure of becoming an entrepreneur to try to make a living from her art.

<https://melissandeponcet.fr>



Oisans by Hannah Mikolajczak aka MKO Graphic Studio

Hannah has always been a jack-of-all-trades, with the only thing she's been obsessed with is creating with her hands. After training in Graphic Design, she taught herself illustration in her spare time, and honed her skills. This has become her greatest passion in the past few years. Her style is a mix of natural and rock'n'roll, but also feminine!

Sliding

Some people anxiously await the snow, acting like big kids as soon as it arrives - their legs twitch, their eyes sparkle and widen. The story of snow in Isère is a story of magic, of passion and, simply, sliding. Isère is home to four massifs as diverse as they are complementary and offers plenty of activities to enjoy this blissful natural phenomenon in complete freedom.

DOWNHILL & NORDIC SKIING

The most obvious winter sports are ski related. Whether it's downhill or cross-country skiing, Isère offers something for everyone. The scenery varies as much as the fun. Here are some of the highlights for Winter 2022/23..

New projects : les 2 Alpes

[NEW]

OISANS

- New green run and a new telemix lift in the Vallée Blanche sector (2,100 m-1,600 m)
- Redevelopment of the lift system with more modern conveyors and drag lifts.
- Work underway on the future 3S gondola that will replace the current Jandri express

www.les2alpes.com/winter

Alpe D'huez Grand Domaine

[NEW]

OISANS

- New Huez express gondola to provide a direct, fast and more comfortable link between the village of Huez and the old Alpe, at the Paganon station
- Replace the old Les Sures chairlift in Auris with a telemix lift: serving the Les Sures sector, the future telemix will replace the old fixed-grip four-seater chairlift with a high-performance, fast and comfortable installation leaving from the foot of the slopes.
- Install an environmental observatory to track and monitor all the listed and protected areas of the resort all year round.

www.alpedhuez.com/en/winter/home

Fun Trail Collet D'allevard

[NEW]

BELLEDONNE

The Tétrás Délire Park is the new fun trail for families! Welcome to a new area where you can have fun skiing while learning about the environment in Le Collet (animals, the natural world, heritage).

www.lecollet.com/winter

Nordic Skiing in Oisans

OISANS

The most natural: Ornon Nordic ski area with 22.5 km of runs. www.col-dornon.com/activites-hiver/ski-nordique

The more intimate: Auris Nordic ski area with 8 km of runs on a plateau. www.auris-en-oisans.co.uk/winter-activities/cross-country-skiing

The highest in altitude: Oz/Vaujany Nordic ski area with 30 km of runs. www.oz-vaujany.com

The resort with the most variety: Alpe d'Huez Nordic ski area with 50 km of runs. www.alpedhuez.com/en/winter/selections-apidae/domaine-selections-apidae/domaine-nordique-de-lalpe-dhuez-3

The most family-friendly: Oisans Plain Nordic ski area with 25 km of runs. <https://uk.oisans.com/ski-area/plaine-de-loisans-nordic-site>

Nordic Skiing: A State Of Mind

VERCORS & TRIÈVES

With 500 km of runs, lying at the doorstep of the largest Nature Reserve in France, the Vercors is renowned throughout Europe for the quality and condition of its trails. Here, the spirit of Nordic skiing is at its best in the heart of the vast plateaus or on the trails in the thick of the forests.

The Voie Blanche At Pleynet-Les 7 Laux

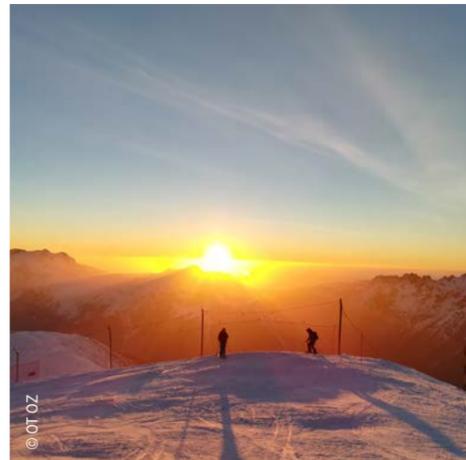
BELLEDONNE

A 3 km introductory loop for skating-skiing on the high plateau at the top of the Pincerie chairlift on the Pleynet side.

www.les7laux.com/winter/offers/voie-blanche-du-pleynet-les-sept-laux-le-pleynet-en-winter-2666433

SKIING AT NIGHTFALL

This is a chance to enjoy skiing in a completely different way while still being safe, at the point where the light and shadow interplay in a moment suspended in time.



Evening Ski Les 2 Alpes

OISANS

The Refuge des Glaciers organises four «Sunset Party by Le Refuge 3200» evenings of skiing, fun and friendship! These evenings include skiing on the glacier of Les 2 Alpes coupled with a traditional dinner and an unforgettable descent between the glacier and the resort, with a 1,600 m vertical drop at night.

www.les2alpes.com

Night Descent in Oz-Vaujany

OISANS

As the slopes close, head up to the Dôme des Rousses at 2,800 m, one of the most remarkable summits in Oz, to experience an unforgettable moment and make a final descent at sunset in the company of a guide before sharing a bite to eat.

www.oz-en-oisans.com/winter

Night Skiing Chamrousse

BELLEDONNE

Night skiing until 8.30pm every Saturday during the season and Thursdays during school holidays from the top of the Croix de Chamrousse to the resort. DJ at the two centres.

<https://en.chamrousse.com/hiver>

Night Skiing Collet D'allevard

BELLEDONNE

As the home of night skiing, Le Collet has developed a vast network of floodlit runs over the years. With the latest additions, 10 runs are now open two nights a week: Tuesdays and Fridays. All the lighting has been updated with new, more energy-efficient LED spotlights. Skiers can now hurtle down 15 km of slopes every Friday from 8pm to 10pm and on Tuesdays during the winter holidays.

www.lecollet.com/winter/the-resort/experiencing-good-times/enjoy-the-snow-in-apres-ski

BIATHLON

Biathlon is a fun discipline derived from Nordic skiing - an opportunity to add a string to your bow or, more accurately, bullets to your rifle.

Oz En Oisans

OISANS

A supervised activity, accessible to anyone from a young age. Whether you are a sportsperson or simply want to learn about biathlon, choose between a session devoted solely to shooting or one involving cross-country skiing or snowshoeing.

www.oz-en-oisans.com

Espace Biathlon Corrençon En Vercors

VERCORS

Designed for top level athletes, highly prized by international biathletes, the Corrençon-en-Vercors biathlon area is the first French site to have opened up the discipline to the general public, notably with the first French ski school dedicated to roller skiing and biathlon.

www.villarddelans-correnconenvercors.com

Other Biathlon-Vercors Shooting Ranges

VERCORS

Autrans-Méaudre en Vercors: Gève shooting range (50m)
Villard-de-Lans: Bois Barbu shooting range (10m)

SKI TOURING

This is an activity that is on the rise, literally. Many who have tried it, want to do more. With the right supervision and equipment, and a certain level of physical fitness, ski touring offers a unique approach to skiing. Take the time to observe the mountain and then enjoy the descent. Isère is the perfect snow white paradise for ski touring!

"In tétras we trust" campaign aims to raise awareness of winter disruption among ski touring enthusiasts



With global warming, loss of biodiversity, fragmentation of natural habitats and the development of outdoor sports, it is vital to be aware of the wild species that live alongside our activities and to adapt our behaviour in order to share a mountain that is fragile, beautiful, wild but still alive.

To highlight the impact of our sporting activities on the environment, the Department is launching the «In tétras we trust» campaign this year. Using this small label, the whole range of mountain wildlife is represented by the black grouse (tétras), a bird sensitive to winter disturbance by ski touring.

Spread the word about the «In tétras we trust» campaign by learning to identify our discreet but ever-present neighbours who watch us occupy their living spaces with a wary eye! Download the ENS (Espace Naturel Sensible) campaign Wild Winter Mountain booklet (in French):

biodiversite.isere.fr/sites/default/files/2021-12/Hiver_sauvage_impression.pdf

SKI TOURING

Ski Touring–Vaujany

OISANS

Try skiing off piste, for a day or half day, and explore the mountain differently in complete safety with one of the ESF instructors. The instructors will take you on a fully planned outing and give you all the advice you need.

www.esf-vaujany.fr/homepage

Ski Touring Itineraries Chamrousse

BELLEDONNE

Chamrousse has three ski touring routes, two of which go through the forest, and a special one for night skiing to reduce the risk caused by piste bashing. And thanks to Rossignol's «On piste» app and its itineraries in Chamrousse, you shouldn't get lost while on your ski touring outings.

<https://en.chamrousse.com/ski-touring.html>



Permanent Ski Touring Route–Oz En Oisans

OISANS

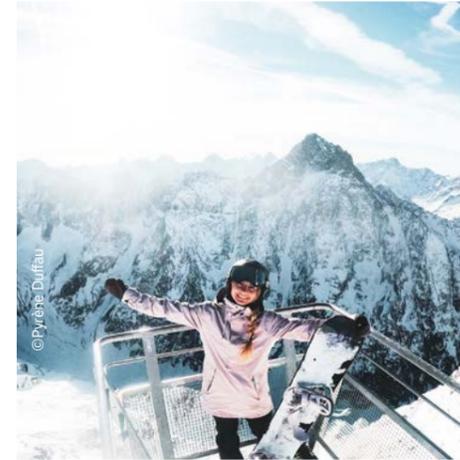
Oz has long been a land of ski touring, with the ski mountaineering race La Pyramide d'Oz running since 1997. The event is one of those historic races that started with a few enthusiasts and then became a major event on the world calendar.

A permanent ski touring course of 2.5 km and 250 m altitude difference is open in the Alpette and Grandes Rousses sectors. This is a safe and signposted itinerary for trying out and practising ski touring in a secure off-piste area at an altitude of 2,000 m, on the Plateau des Lacs des Petites Rousses.

www.oz-en-oisans.com/winter

SNOWPARKS

Snowboarding can of course be done on the slopes, but it's even more fun when you can play around on specially designed facilities. Fun for everyone and lots of tricks for the more experienced.



Les 2 Alpes Snowpark

OISANS

Freestyle is in the DNA of Les 2 Alpes and a dedicated freestyle area has been created for everyone to use: 2 ALPES FREESTYLE LAND. Sylvain Garabos, the site director, and his team of shapers have designed each zone of the snowpark to satisfy all levels of riders, professionals and enthusiasts. The area is mostly concentrated in the Toura sector at 2,600 m (a family park, boardercross, easy park, slopestyle, big air, park avenue, moguls) with more than 60 modules - rails, kickers, quarters and hips.

www.les2alpes.com/winter/discover/skiing-in-les-2-alpes/ski-area/snowpark

Kids Park For Children Under 10 Years Old – Les 2 Alpes

OISANS

Children under 10 have their own freestyle area: KIDS PARK is a safe area specially adapted to children's physique (CRÊTES sector at 2,100 m). It includes a ski lift, banked turns and bumps where children can learn their first tricks and jumps..

www.les2alpes.com/winter

Snowpark–7 Laux

BELLEDONNE

A fun play area that allows you to improve and develop at your own pace! The snowpark is in Le Pleyne and uses the Soleil ski lift to make several runs of different levels available.

www.les7laux.com/winter/ski-slides/ski/snowpark-oakley-7-laux-park

Sunset Park Chamrousse

BELLEDONNE

Freestyle area for snowboarding, skiing and new sliding sports:

- Snowpark - red and black levels: "expert" level jump zone, shredline and boardercross
- Initiatic Park - green and blue levels: "intermediate/beginner" jump zone, slopestyle, mini boardercross, lines of modules and mini timed speed skiing slope kilometre run (KL)
- Montagne de Téo's Mountain - Family Park: a dedicated area in the middle of the fir trees, allowing young and old alike to experience the thrill of the ride in a safe area.

<https://en.chamrousse.com/sunset-park/snowpark-1.html>

Playing in the Snow

There's more to life than just skiing. Sledging, mushers, fat bikes ... and much more. So don't panic! In Isère we are stepping up our efforts to make sure we can entertain everyone.

TOBOGGANING

Tobogganing will always be a classic, but it has grown up, with several new activities that have evolved from it, such as airboarding, snake gliss and rail tobogganing.



"Donuts" Or Sledge Boat - Les 2 Alpes

OISANS

Either solo or in pairs, grab a donut-shaped rubber ring, take off from a launch pad and fly into the air quickly, before landing on an enormous 10x15 metre 'big air' mattress. Every afternoon, between 3pm and 6pm.

www.les2alpes.com/winter/discover/endless-activities/unique-experiences/air-bag-park

Luge Park Colline Des Bains - Villars de Lans

VERCORS

The Luge and Ski Park at La Colline des Bains in Villard-de-Lans offers six luge, bobsleigh, snake gliss, yooner or airboard runs, a beginner's ski area and three ski lifts. This innovative park allows even the youngest to discover the pleasures of sliding.

<https://uk.villarddelans-correnconenvercors.com/offers/luge-et-ski-park-de-la-colline-des-bains-villard-de-lans-en-uk-3314056>

Wiz Luge - Les 7 Laux

BELLEDONNE

The four-season toboggan run at Le Pleyne / Les 7 Laux After climbing 300 m, including 46 m of tunnel, the toboggans slide down 700 m of descent through the countryside. A tunnel, a bridge, curves, twists and turns - fly down at full throttle, with speeds of up to 40 km/h! This 723-m long toboggan on rails offers a dizzying descent with slopes of up to 30%. Suitable for children aged 3 and over accompanied by an adult.

www.les7laux.com/winter/the-resort/the-essentials/wiz-luge-rail-sledging-at-pleynet

Sports Luge Chamrousse

BELLEDONNE

Chamrousse is home to a sensational toboggan run with a ski lift! Sledgers can experience the pleasure of tobogganing "almost" non-stop throughout the day, on a dedicated track. And thanks to the Gaboureaux chairlift, you don't even have to climb back up with your toboggan. A 2.1-km run with 315 m of descent, filled with banked turns, bumps and even open during late night skiing with a headtorch.

www.chamrousse.com/luge-park-1-1.html

SLED DOGS

Experience a complete change of scenery with this unique activity for couples or families. Enjoy the pleasure of being close to nature and creating unforgettable memories.

Baby Sleds-Oz En Oisans Sled Dogs - Autrans

OISANS

This fun area at OZ 3300, specially designed to introduce children to dog sledding, allows 3-8 year olds to take their first steps towards mushing! Thanks to a sled specially designed for children and to dogs selected for their friendliness, children will be able to learn how to drive a team with a dog in a secure area under the watchful eyes of their parents!

www.ranchdeloisans.com

VERCORS

At a dedicated site near the RÉVE ARCTIC village, Alain, a professional musher since 1994, shares his passion and shows you a completely different side of the Vercors. Two options are available: a guided excursion as you sit back or a first lesson in dog sledding.

+33 (0)7 64 39 05 05
<https://en.revearctic.com>



From Chamrousse To Canada

BELLEDONNE

Dog sledding: taking a ride with the dogs, gently gliding at their pace, creates a feeling of joy and abandon. Time: 20 minutes. On the Plateau de l'Arselle, Nordic area (Chamrousse 1600), between 6.30 pm and 8 pm, every day. Meeting point below the ticket office of the Arselle Nordic ski area.

+33 (0)6 85 95 39 82
www.chamrousse.com/baptême-en-chiens-de-traineau.html

FATBIKE

Cycling in winter is synonymous with fatbikes. These specially adapted winter bikes have won over the hearts of nature lovers and soft mobility enthusiasts with their distinct character combining the sound of crunching snow and a feeling of freedom.

Fatbike Biathlon

VERCORS

Combine a fatbike and biathlon shooting with laser rifles for a fun and challenging half day. Supervised by qualified instructors, learn how to shoot with a laser rifle and then perfect the techniques of riding a fatbike.

www.vercors-aventure.com/activites-hivernales/fat-bike-biathlon



UNUSUAL ACTIVITIES

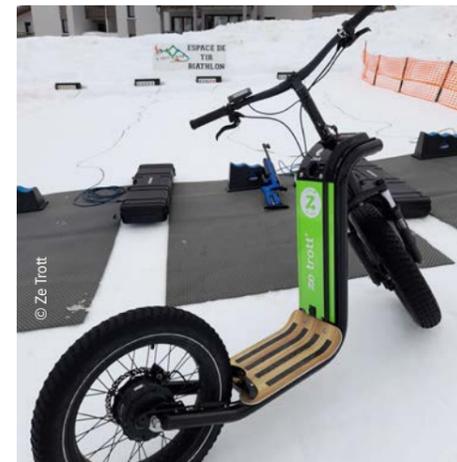
Discovering and learning new things is a rewarding way to spend your time. Surprise yourself by learning something new that requires you to get out of your comfort zone. In Isère, we're always on the lookout for new activities.

Curling And Eisstock Vaujany

OISANS

A game of precision and strategy played in teams of four, the aim of curling is to place the granite stones as close as possible to a circular target drawn on the ice, called the house. Eisstock, an alpine sport born in Germany, is a mix between curling and pétanque. Free introduction via the Tourist Office's entertainment programme.

<https://uk.oisans.com/agenda/curling-initiation>



Snow Scootering And Trott'athlon- Auris En Oisans

OISANS

Discover the Piégut forest trail on an all-terrain electric "Fat Trott" scooter: 100% original, and 100% guaranteed thrills. With little effort, no noise and no pollution, this is an activity that anyone can have a go at. Ze Trott' has also developed a new formula: a special kind of biathlon with an electric "Fat Trott" on snow and shooting with a laser rifle! Several different options are also available, including shooting with an optical camera rifle.

Philippe +33 (0)6 63 18 84 15

Electric Mountain Biking Les 2 Alpes

OISANS

Aventure Electrobike is the leading provider of electrically-assisted mountain bike holidays in Les 2 Alpes in any season. The EMBT is an opportunity to experience the resort in a whole new way, with your tyres in the snow, while experiencing the thrill of riding and sliding. It's an original but sporty outing with 400 m of ascent for the more experienced. There are also guided night-time rides with dinner on the summits.

www.aventure-electrobike.com



Identified Slippery Objects Collet D'allevard

BELLEDONNE

Towards the end of the day, the resort's mountain guides organise a free multi-slide session when the ski lifts have stopped. Try out a Yooner, a modern version of the Manigod paret (a wooden sled with one runner), an airboard or a snake-gliss (10 toboggans tied together).

www.lecollet.com/winter/the-resort/experiencing-good-times/having-fun-with-snake-gliss

ACTIVITIES WITH FAMILY OR FRIENDS

In Isère, everything is geared towards family holidays, with something for everyone, whatever their age or ability. The main goal is to have a relaxing, stimulating, sporting or recreational holiday experience whatever your family and friends desire.

Escape Game 100% Natural - Oz en Oisans

OISANS

OZ 3300 unveils a brand new outdoor Escape Game. The themes are unique to OZ 3300, focussing on magic, water, nature, the resort's assets, its geographical location and main characters. Players use their smartphones to solve riddles that will help them successfully complete their missions.

www.oz-en-oisans.com/winter

Wild Escape Game Villars de Lans

VERCORS

The Greenfoot Mountain Guides (Montagne Pied Vert) offer an Escape Game in the middle of nature, with snowshoes if the snow conditions allow it.

+33 (0)7 66 64 90 96
<https://piedvert.com/escape-game-raquette>

Taupi Warriors Camp Les 7 Laux

BELLEDONNE

Following the creation of the Mole (Taupe) and Squirrel (Ecoreuil) courses for young skiers, the Prapoutel site in Les 7 Laux resort now has a non-ski play area. Play trails and activities, a life-size wooden labyrinth, tunnels, huts, a giant marble maze, secure sledging area, snow slide, all for kids from 4 to 12 years.

www.les7laux.com/summer/offers/taupi-camp-le-camp-des-taupes-warriors-les-sept-laux-prapoutel-en-summer-2984054



Slowing Down

It's always good to take a break. And holidays are the ideal time to do this: we slow down, take time for ourselves and live in the moment. Several activities help you find peace and quiet. And here in Isère, they are particularly important.

WALK, MEDITATE, LOVE

Firstly, breathe in and start walking, then become aware of your breathing. In Isère, we offer several techniques and a whole host of experiences to try out:

Nordic Walking _____

OISANS

An ideal combination of traditional walking, jogging and a love of the great outdoors, Nordic walking works the cardiovascular system, improves oxygenation and muscle tone. Group sessions are held in Allemond or in the resort.

www.christelefitzen.addock.co
+33 (0)6 07 78 12 01



Breathing & Cardiac Coherence—Le Pleyret

BELLEDONNE

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.

Fabienne Helip : +33 (0)6 03 23 55 88
www.fabiennehelip.com

Soothing Forest Baths _____

CHARTREUSE

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.

www.sylvetre.fr

WILDLIFE WATCHING

Isère is committed to preserving and respecting its natural environment. The fauna here is plentiful, so take time out to learn more about it by observing and understanding it. Several of the activities on offer give you the chance to get up close and personal with the animal kingdom.



Winter Nature In The Ecrins

OISANS

Throughout the winter, the guides at Ecrins National Park offer wildlife observation trips between Valbonnais and Valjouffrey. Outings organised in small groups, for a day or half-day. (Dates and programme to be confirmed for winter 2022-23)

www.ecrins-parcnational.fr

Wildlife In Winter In Belledonne

BELLEDONNE

This is an easy and pleasant way to learn about snowshoeing, while discovering the landscapes of the Belledonne massif next to the ski area. The blanket of snow covering the mountain reveals the footprints of the fauna (squirrels, hares, foxes, roe deer, wild boar, and more). Discover how these mountain animals fight against the cold, feed themselves with scarce resources and move around in this environment, made even more difficult by the snow.

Alp'in : +33 (0)6 76 12 80 48

Themed Hikes Chamrousse

BELLEDONNE

Chamrousse offers several themed hikes in conjunction with the Chamrousse Guide Bureau:

- Introduction to identifying mountain birds
- Bird watching in Chamrousse
- Eco-tours on snowshoes

www.mountainleader-alps.com

Guided Tour With A Forest Ranger

CHARTREUSE

A nocturnal snowshoe outing accompanied by a forest ranger. Discover the magnificent Chartreuse forest and learn to read the forest and recognise the tracks of wild animals. Reservation required.

Rémi Desfontaines / ONF : +33 (0)6 21 11 29 19
www.chartreuse-tourisme.com/en/touristic_sheet/sortie-raquettes-decouverte-de-la-foret-de-chartreuse-avec-lonf-sarcenas-en-2717130

OTHER SLOW ACTIVITIES

When it comes to slow tourism, Isère has plenty of interesting experiences and ideas to choose from. With a wide range of slow-motion activities available, the hardest part will be deciding which one.

Watercolour Painting In The Mountains Oz En Oisans

OISANS

Among the fir trees around OZ 3300 or at altitude with a breathtaking panorama of the mountains, learn the techniques of watercolour painting - a wonderful souvenir to take home with you. Emelyne teaches the basics of sketching a «landscape from nature», composition and the use of the colour palette, so as to give an effect of depth and authenticity to paintings.

www.oz-en-oisans.com/winter/offers/aquarelle-en-pleine-nature-oz-en-winter-3425730

Cryotherapy Bourg d'Oisans

OISANS

In one of the oldest hotels in Le Bourg, enjoy a sauna and then «natural cryotherapy» in the river alongside. The cold water improves blood circulation, stimulates the production of collagen and elastin in the skin and activates the immune system. A total of 9 apartments and 10 hotel rooms for a memorable stay! Hôtel du Milan-Le Bourg-d'Oisans

+33 (0)4 76 80 01 23
<https://surlaroutedesalpes.com>

Land'art Bourg d'Oisans

OISANS

During the winter, Florence Turc, a visual designer, photographer and dreamer, offers creative walks: two-hour sensory immersions in the forest in the heart of winter for a Land'art session. The aim is to create an original ephemeral work of art from natural materials found in the forest.

+33 (0)6 10 29 77 99

Astronomy Evenings at Le Collet d'Allevard

BELLEDONNE

During the winter, the "shepherdess of the stars", Nadège shares her passion for astronomy with families at Le Collet. For the event, the Claran chairlift operates at night to take participants up to 2,100 m, far from any light pollution, where the night sky is explored with telescopes.

<https://labergeredesetoiles.com>

YOGA & MINDFULNESS

Take to the heights to exercise and breathe in the pure air of the summits - this is what's on offer with yoga in the mountains. Whether you're a beginner or an experienced yogi, there's literally nothing to worry about.

Yoga In Upper Breda _____ Yoga Hike In Trièves _____

BELLEDONNE

Katadasana Yoga Workshops "Yin Yoga Trend"-Group classes-Yoga Therapy.

Karin Michallon, Yoga Practitioners :
+33 (0)6 59 79 29 27

www.les7laux.com/winter/offers
katadasana-yoga-haut-breda-en-winter-2645981

VERCORS

Discover yoga in the heart of nature In the Réserve des Hauts Plateaux, on the Eastern edge of the Vercors, combining hiking and poses or yoga sequences. Walks are focussed around the heritage, history, fauna and flora of the Trièves.

www.trieves-vercors.fr/aiguillette-lodge-rando-yoga.htm



Outdoor Yoga – Vaujany

OISANS

New at the Pôle Sports & Loisirs, a 1.5-hour outdoor yoga session by a professional.

This dynamic yoga practice follows the Amerindian philosophical concepts of the elements: fire, water, air, earth and ether; the totem animals and the concepts of the Five Tibetan Rites that help improve your sleep, ease any worries, centre yourself on your body, and have a calmer and lighter mind to come back to the present.

www.vaujany.com/en/evenements/yoga

Mindful Walking

CHARTREUSE

A combination of walking and yoga, mindful walking consists of performing yoga postures and breathing exercises in the open air against the backdrop of the soothing Chartreuse mountains.

www.chartreuse-tourisme.com/en/discover/le-blog-en/soxygener-et-sactiver-apres-les-fetes-en



01 > CHARMANT SOM-1,867 m - CHARTREUSE
Coldeporte.fr

Isère reveals some of its most WOW places here. These awe-inspiring spots are sure to impress you. Watch out, here we go...

01 > **LE BELVÉDÈRE DES ÉCRINS-3,400 m - OISANS**
www.les2alpes.com/winter/

02 > **CROIX DE CHAMROUSSE-2,250 m - BELLEDONNE**
en.chamrousse.com/hiver

03 > **LE PIC BLANC-3,330 m - OISANS**
www.alpedhuez.com/en/winter/home/

04 > **VERTIGE DES CIMES-1,695 m - VERCORS**
www.vercors-experience.com/lans-en-vercors.html



01

© A. Galin



02



© Alpes d'Huez L. Salino

03



04

© Pierre Longchamp

Trying New experiences

Have you ever dreamt of being an adventurer or wondered how the slopes are maintained? Have you always wanted to crawl into an igloo? Isère has so many exciting and unusual experiences on offer, and our local enthusiasts are constantly coming up with new and imaginative ways to offer off-the-beaten-track activities.

FOR THE GOURMETS

As long as there are high mountains, you will always be guaranteed unforgettable experiences while also treating your tastebuds.

Fondue & piste bashing evening at altitude Oz-Vaujany

OISANS

The high-altitude restaurant Les Airelles in the Montfrais area of Oz-Vaujany opens its doors once a week for an extraordinary night. Enjoy an evening in this former alpine chalet with a Savoyard fondue and a return trip in a piste basher. Kids will get the chance to sit next to the driver for an experience they will always remember.

+33 (0)4 76 80 78 79
www.restaurant-lesairelles.com

FOR THE ADVENTUROUS

A dose of curiosity and a dash of enthusiasm are the perfect combination for adventure-oriented activities. You're bound to have a great time!

Amarok Stays The Spirit Of Nature

VERCORS

Snowshoeing with a pulk and winter bivouac over 2 or 3 days
Nordic ski touring introduction with a pulk 3 days in the
Vercors Cross the Vercors high plateaus by Nordic skiing.

www.amarok-espritnature.com

Winter Orienteering Oz en Oisans

OISANS

A map, a compass and off you go for an outdoor activity and a fun challenge for everyone! This winter, two new orienteering courses will be on offer in Oz, aimed at both novice and experienced orienteers! Each course is made up of 10 markers with questions on history, heritage, fauna, flora or the landscape.

www.oz-en-oisans.com

Trapper Weekend in An Igloo

CHARTREUSE

Discover the great north without having to leave the Chartreuse. With snowshoes on and a pulk in place, wannabe adventurers can set off on an expedition in the massif. Then it will be time for igloo building, using techniques taught by the guide, followed by a relaxed evening over a fondue. The next morning, enjoy an energy-boosting breakfast followed by a walk in the mountains.

www.alpes-ascensions.com



Stepping Out Of Your Comfort Zone

Getting out of your comfort zone while exploring new horizons allows you to feel more self-confident and alive. In Isère, get in touch with the elements offered by nature: ice, air and water. Everything is taken care of under the supervision of professionals.

ON THE ICE

Whether you are an experienced mountaineer or a fan, winter mountaineering is an opportunity to get up close and personal with our mountain ranges, to observe them, touch them, and get to know them. Once up there, all you have to do is enjoy them.

Ice Climbing

OISANS

Discover the spectacular world of ice in the Grandes Rousses massif with the help of a high mountain guide. From OZ 3300, thanks to the Poutran cable car, you can enjoy the pleasures of ice climbing within a 20 minute walk - beautiful ice falls suitable for discovering ice climbing with ice axes and crampons.

www.oz-en-oisans.com/winter/offers/initiation-a-lescalade-sur-glace-oz-en-winter-2894242

Other Ice Falls

OISANS

The Oisans has no less than 600 listed ice falls. Climbing a waterfall, equipped with the right gear and accompanied by a guide, allows you to enjoy the magic of this wild, wintry mountain environment..

<https://uk.oisans.com/things-to-do/sporting-activities/icefall>

In The Gullies Around Chamrousse

BELLEDONNE

Discover winter mountaineering in the gullies around Chamrousse. The Chamrousse guides offer a wide range of services, from beginners' courses to long-distance routes. Activity supervised by a high mountain guide .

www.chamrousse.com/initiation-a-l-alpinisme-hivernal.html

The Symphon'Ice, ice climbing event January 2023

OISANS

Experience a whole new sensation! The Symphon'Ice is a gathering of ice climbing enthusiasts with beginners' and advanced courses accessible to everyone. Enjoy a unique outing in the mountains. Starting from the resort, enjoy the pleasures of ice climbing thanks to a supervised discovery of the discipline. Natural locations will be prepared to welcome anyone who wants to learn or perfect their knowledge of ice climbing. The days will be run by the Guides de l'Oisans.

<https://symphonice.com>

IN THE AIR

There are thousands of ways to get into the air in Isère: paragliding, zip-lining, speed-riding. Just decide which one and then go for it: action guaranteed!

The Lure Of The Skies Les 2 Alpes

OISANS

A downhill tandem paragliding flight facing the Ecrins National Park and above the resort, between 2,400 m (top of the Diable chairlift) and the resort at 1,600 m.

www.les2alpes.com



© Pyrene Duffau

Zipline Vercors Autrans

VERCORS

A giant 1,250 m-long zip line with a 250 m altitude difference, offers a unique aerial sliding experience! On arrival, choose between «sport» or «comfort» descent and the crew will adjust the equipment. Access to the start of the zipline is via the Gonçon chairlift, on snowshoes, or on skis.

+33 (0)4 76 95 21 68

www.vercors-experience.com/tyrolienne-geante-zipline-vercors.html

Speed-Riding Collet d'Allevard

BELLEDONNE

Le Collet is one of the few resorts that offers a dedicated run for speed-riders. Speed-riding is a mix between skiing and paragliding. Smaller than the one used by paragliders, the wing allows short flights of a few hundred metres in between skiing two runs. With a qualified instructor, all that is required is a good level of skiing.

www.lecollet.com/winter/touristic_sheet/speed-riding-le-collet-en-winter-2655168

Big Zipline Project Chamrousse

BELLEDONNE

The new zipline will run parallel to the Croix de Chamrousse gondola and will fly over a large part of the mountain and ski area, from 30m to 60m above the Olympic Men's and Women's slopes.

Departure : Croix de Chamrousse (access via the Croix gondola)

Arrival: Chamrousse 1650-Recoin

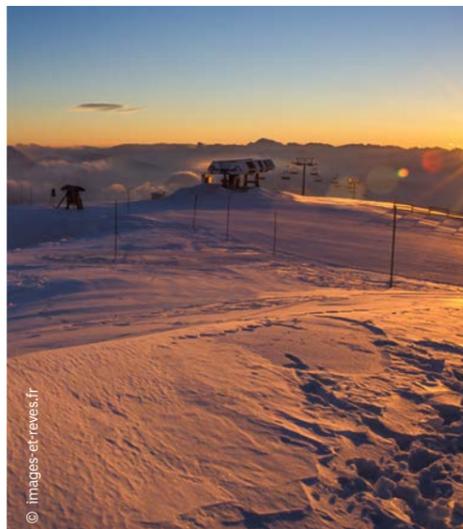
Length: about 2 km

Difference in altitude: about 550 m

Slope: on average 30%.

Opening beginning of December

<https://en.chamrousse.com/projet-tyrolienne-chamrousse.html>



© images-ecrevins.fr

UNDERWATER

Being under water is not for the faint-hearted. However, the right equipment, good supervision and magnificent locations, makes the ideal formula for moments of pure adventure.

Ice Diving In Chamrousse

BELLEDONNE

An unusual and extraordinary activity in a magnificent setting, diving under the ice of frozen lakes.

+33 (0)6 16 96 71 73

<https://en.chamrousse.com/ice-diving.html>



© J. Martinet

Tantalising Your Taste Buds

In Isère, we love to hike the summits, walk the snowy slopes, explore the forests and mountains, while always eating well.



Oisans Tourisme © Le Cassini

ADDRESSES FOR YOUR TASTE BUDS

The expression "the greater the effort, the sweeter the reward" is 2000% true in winter in Isère. There is nothing more satisfying than sitting down to a good meal after making an effort in the cold (or not). Here is a selection of delicious addresses for a guaranteed reward.

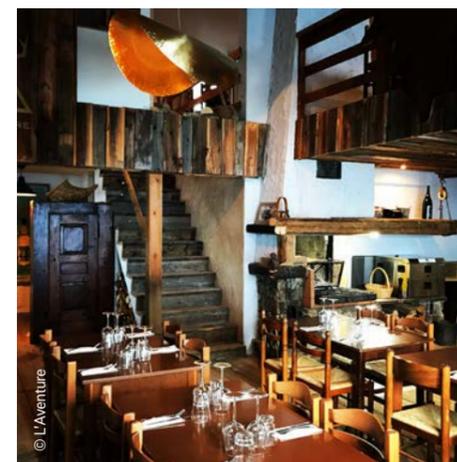


New Chef At Ida Restaurant Vaujany

OISANS

Ida is the restaurant of the Hotel V de Vaujany****. Chef Stéphane Jarjanette offers an inventive menu that evolves along with the seasons and local produce on offer.

<https://hotel-vdevaujany.com>



L'aventure En Montagne L'alpe D'huez

OISANS

The restaurant L'Aventure welcomes diners on the ski slopes, with a chef straight from the south of France. Seafood is also on the menu: octopus tentacles, mussels au gratin with Mediterranean specialities to be discovered in the mountains at an altitude of 1,870 m.

www.laventure-alpedhuez.com



Le P'tit Polyte Les 2 Alpes

OISANS

The name of Chalet Mounier's gastronomic restaurant, the "le P'tit Polyte", pays homage to owner Alban Mounier's grandfather and is a nod to the nickname his father Robert had as a child. It fits perfectly with the cosy atmosphere felt on entering the room, intimate and alpine with its decor of blond wood, red velvet, elegant objects and touching memories. As for the taste buds, «le P'tit Polyte» invites you on an extraordinary gastronomic journey. Based on fresh ingredients from the local region and further afield, the cuisine is inventive, ambitious and combines flavours to perfection..

www.chalet-mounier.com/en/restaurants-2-alpes.html

Le Chat Gourmand Les 2 Alpes

OISANS

Emilie Paris, former pastry chef of Chalet Mounier, has taken over at the landmark chocolate/pastry shop Le Chat Gourmand. Having been head pastry chef at Chalet Mounier (Michelin starred), Emilie embarked on a new adventure in the summer of 2022. She creates classics (tarte de l'Oisans, three chocolate cakes and the Lauzes) that have earned the place its reputation..

www.les2alpes.com/winter/offers/chocolaterie-patisserie-le-chat-gourmand-les-deux-alpes-en-winter-2958224



La Bohème – Autrans Méaudre en Vercors

VERCORS

This winter, La Bohème opens its doors every day from 8.30 am to 5 pm to tempt your taste buds with «Made in Vercors» flavours.

+33 (0)9 72 87 02 62
www.facebook.com/laboheme.meaudre

L'Entropie – Autrans Méaudre en Vercors

VERCORS

L'Entropie is a small-scale distillery that places respect for the living world at the heart of its approach. Liqueurs and spirits are made in the cosy workshop in Autrans-Méaudre en Vercors. Here, plants and fruits from the Vercors and the surrounding area are macerated, such as yarrow, elderberry, meadowsweet, sage.

www.distillerie-entropie.fr

PRODUCTS FOR GOURMETS

Grenoble walnuts, gratin dauphinois, Saint-Marcellin, Bleu du Vercors-Sassenage: the flavours of the Isère are bountiful. Here is a brief selection of products that are sure to surprise, pique curiosity and, above all, tempt the taste buds of both young and old.



Registered Trademark For Trièves Ravioles

VERCORS

The collective brand Ravioles du Trièves is registered by the Community of Municipalities of Trièves. The goal is to support agricultural producers and manufacturers, to make it easier for restaurants to buy Ravioles du Trièves, to strengthen the image and appeal of the territory surrounding this quality product and finally to promote short food supply chains.



On The Road To The Resorts [Ishere Original]

IS HERE ORIGINAL is much more than a shop. It is the absolute pride of a territory, the demonstration of more equitable and sustainable consumption. The IS HERE ORIGINAL shop is a showcase for IS HERE brand food products. Located on a strategic route, on the road to the ski resorts, close to Lyon and Grenoble airports, its aim is to promote Isère region's excellent produce to residents, local businesses and the thousands of visitors who flock to the brand village. This 64 m² showcase is a temple for discovering the products and flavours of the region. You will find IS HERE approved products (honey, jams, terrines, liqueurs, beers, wine, charcuterie, cheeses, etc.), as well as typical Isère products and, in the future, a selection of articles manufactured in Isère.

www.thevillageoutlet.com/en/ishere-original

Sleeping

Isère offers plenty of different and unusual ways to spend the night: in a refuge, in a caravan, in a gîte, in a holiday apartment, in a campsite or in a hotel. Everything is within reach for a well-deserved rest.

REFUGES

For timeless experiences, close to nature, refuges guarantee a relaxing, friendly atmosphere. All you have to do is choose your massif and your viewpoint.



© Habert Aiguebelle

Habert D'aiguebelle Les 7 Laux

BELLEDONNE

Put on your snowshoes to reach the Habert d'Aiguebelle, a unique place nestled in the hollow of the mountain and away from the ski area. This place is only available in winter for groups of 10 people or more.

+33 (0)6 80 07 12 28
<https://refugedaiguebelle.fr>

Les Rondins Des Bulle–Autrans

VERCORS

[NEW]

For a weekend stay in a warm and cosy atmosphere, relax and recharge in these two wooden chalets. Opened at the beginning of May 2022. From 2 to 4 people.

Olivier Bulle
+ 33 (0)4 76 95 37 01 / +33 (0)6 88 73 28 92
www.autrans-gite.com

RESIDENCES, GÎTES, CAMPSITES...

An alternative way to stay in Isère, in an environmentally friendly way and with several eco-responsible options.



© Terresens

Résidence de l'Étendard

OISANS

[NEW]

Recently renovated, the former Etendard hotel situated on the square of the same name, has become the «Résidence de l'Étendard». Located in the heart of the resort, only a few metres from the ski lifts, this warm and welcoming residence offers apartments with a high standard of comfort. This inviting residence offers flats with a cosy mountain feel in exceptional comfort.

+ 33 (0)7 65 17 81 12
<https://terresens-msh.com/residences/residence-letendard-vaujany-38>

HOTELS

The most comfortable accommodation options with beautiful properties waiting to be discovered.



Hôtel Le Bo Lodge Bourg d'Oisans

[NEW]

OISANS

The new owners of this former coaching inn dating from the beginning of the 20th century, are looking forward to welcoming you to the hotel, which is currently being renovated. This small charming hotel features nine rooms with a mountain atmosphere and has a restaurant. The location is ideal for exploring the wilderness of the Oisans region and taking on the snowy slopes of Alpe d'Huez, Les 2 Alpes or Ornon.

+33 (0)6 77 04 10 17 / +33 (0)4 76 79 14 59
www.bo-lodge.com

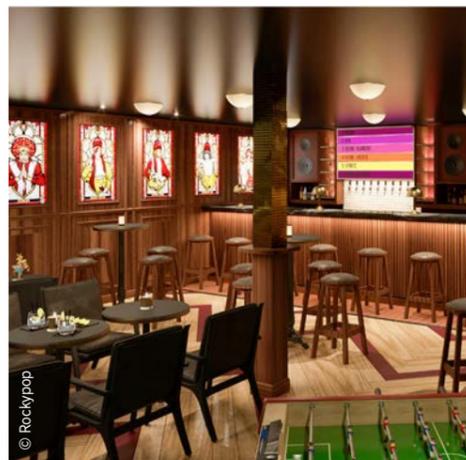


Base Camp Lodge Les 2 Alpes

OISANS

New since winter 2022! This restoration of a former hotel in Les 2 Alpes features mountain style and décor, combining wood, metal, sleek lines with the spirit of fur trappers. Rooms include shared rooms (max. 10 people + kitchen, living room, bathrooms, toilets), double/twin rooms, capsule rooms, «Tribu» rooms and even suites (32 rooms, 106 beds). Facilities include a fitness room, sauna, ski room, conference room and an exciting restaurant run by chef Vincent Visinet.

<https://hotel-basecampplodge-les2alpes.com/en>



Rockypop Arrives In Grenoble

[NEW]

GRENOBLE

After two earlier openings in Chamonix and Flaine, the RockyPop hotel concept is coming to Grenoble and opening this November. More than a hotel, RockyPop is a place where travellers and locals can meet in a relaxed and colourful setting. The establishment offers flexible accommodation offerings for leisure and business travellers (rooms, flats, penthouses), a modular seminar area, entertainment (bar, restaurant, pétanque, karaoke) and services that are as practical as they are unexpected (sauna, fitness room, florist, bike shop).

www.rockypop.com

L'Étincelle mountain lodge Chamrousse

BELLEDONNE

Completely renovated and redesigned in 2021, the Étincelle Mountain Lodge is one of the oldest buildings in the Chamrousse ski resort. Built in 1947, what was once a youth hostel for almost 50 years, today houses two top-of-the-range gîtes in a decor made of stone, wood and metal, combining modern and traditional features.

<https://letincelle-mountainlodge.com>



Zecamp Corrençon en Vercors

VERCORS

Three biathlon champions created the Zecamp project in Corrençon-en-Vercors. Here, biathletes, budding athletes and professionals alike, can find a place where they can prepare themselves physically with either short sessions or long courses, can get into shape or push themselves beyond their limits. The Zecamp concept also includes 100% home-cooked, healthy food, made with local products. "The Vercors is a mountain area where everyone can find something active to do and which constantly reinvents itself; it's up to us to pass on the benefits of this region and to tell people what we're doing to preserve it."

www.zecamp.fr



Going Out

Sports, cultural and other events have a very distinct atmosphere. And for this winter season, Isère is not short of events of every kind.



SPORTS EVENTS

Isère has everything to offer in the way of sports events: winter sports of all kinds are celebrated here, in a fun and festive atmosphere. Several events are internationally renowned, such as the Ski and Snowboard Cross World Cup in Les 2 Alpes.

"Stars On Ice" Gala Vaujany December 2022

OISANS

Join us in December 2022 at the Pôle Sports et Loisirs ice rink in Vaujany for the famous annual skating gala with some of the world's top ice skating stars. A highlight of the resort, the evening brings together skating enthusiasts and fans of the show.

www.vaujany.com/en/evenements

La Pyramide D'oz, 24th Edition Oz En Oisans

OISANS

This ski mountaineering event, which takes place in January 2023, is one of the major French and world competitions. When it was created in 1997, the event initially brought together a handful of enthusiasts, but today it has become a flagship race. Designed by the Oz course designers, the course attracts racers for its diversity and technicality. Amateurs can discover the discipline and set off on an accessible route accompanied by mountain guides during an introduction to ski touring. January 2023.

www.oz-en-oisans.com/winter

Ski & Snowboard Cross World Cups in Les 2 Alpes

OISANS

26 to 29 October: SNOWBOARD CROSS WORLD CUP
Four days between 3,400 m and 3,200 m with trials, training, qualifications and finals featuring the great champions of the Snowboard Cross world.

2 to 5 November: SKI CROSS WORLD CUP
Four days between 3,400 m and 3,200 m with trials, training, qualifications and finals featuring the great champions of the Ski Cross discipline.

www.les2alpes.com

Moguls World Cup In Alpe D'huez – Dates Tba

As per last year, the world's greatest mogul skiers will come to compete on the resort's bumps. An exciting event full of thrills and spills.

www.alpedhuez.com

La Grande Odyssée Villars de Lans

VERCORS

Since its first appearance in 2005, this has become the leading annual sled dog event in Europe, with the most demanding stage races in a truly unique alpine setting. This year, an impressive line-up is expected in Villard-de-Lans on 19 January with 68 mushers and their 600 dog-athletes coming from all the major European mushing nations. 7 to 19 January 2023

www.grandeodysee.com

CULTURAL EVENTS

Magic, theatre, cinema, and concerts—these are all opportunities to celebrate, have fun and learn.

24th Rencontres Ciné Montagne

GRENOBLE

From 8 to 12 November 2022 at the Palais des Sports in Grenoble

The ultimate mountain film event in the heart of the Alps! Over the years, the meeting has become an unmissable event. Recognised as the most important of its kind in Europe in terms of attendance, Rencontres Ciné Montagne attracts more than 20,000 spectators each year. Five themes for five evenings of film screenings: each evening features screenings of mountain films in the presence of their main characters and directors, some of whom are among the most active in the world of mountain films.

www.grenoble.fr/1477-presentation-de-l-evenement.htm

La Foulée Blanche Autrans

VERCORS

Since 1979, this has been the must-attend event for all cross-country skiers. Every January on the last weekend, several thousand skiers gather on the Autrans Nordic ski area. The event offers more than 15 races and challenges over the weekend, as well as two days of events for schoolchildren, all open to the public to watch. Last weekend January 2023

www.lafouleeblanche.com

Tomorrowland Festival – Alpe D'huez

OISANS

The famous festival will take place from 18 to 25 March 2023. The resort will pulsate to the rhythm of the different concerts, featuring more than 100 artists, for seven days. This unique, international event lets you party with your feet in the snow surrounded by beautiful panoramic views. How can you resist?

www.tomorrowland.com/en/winter/welcome



In winter, you'll also find plenty of things to do in the valleys and on the plains. Isère has a rich and varied heritage owing to its history and the countless events that have shaped it. So it's no wonder that Isère's cultural life comes alive everywhere, even in winter: temporary exhibitions, museum visits, the reopening of certain cultural centres. Here is a snapshot of what's new this winter

Chartreuse Cellars in Voiron reopens

CHARTREUSE

The Caves de la Chartreuse tourist site has had a facelift after 18 months of renovation. Come live a new experience. Discover a redesigned tour in a new space. You will rediscover the history of Chartreuse liqueurs, their exceptional heritage as well as the incredible know-how of the Carthusian monks.

www.chartreuse.fr

Enjoying
Culture



Saint-Antoine l'Abbaye Museum

VERCORS

Christmas at the Museum
Perfume, when the immaterial leads the world, by Lilian Gérard
Saturday 10 December 2022–Abbey Church–7pm | Free. Reservation recommended.
See the festive lights of the abbey grounds and church
Creative workshops, tales and other wonders.

<https://musees.isere.fr/agenda/musee-de-saint-antoine-labbaye-noel-au-musee-parfum-quand-limmaterial-mene-le-monde-par>



Musée de l'Ancien Evêché

GRENOBLE

Chartreuses. Monasteries in isolation (provisional title)
15 December 2022–04 September 2023
In 2002, the Musée de l'Ancien Evêché at Chartreuse presented the exhibition «Chartreuses d'Europe». This launched a vast, ambitious restoration operation of 79 large-format paintings dating from the end of the 17th to the 19th century that depict the monasteries of the Carthusian Order in Europe from a bird's-eye view. With this new exhibition, the museum takes a fresh look at this exceptional collection, owned by the Grande Chartreuse and now fully restored. The 30 or so charts on display encourage the public to discover more about this religious order, which was founded some 1,000 years ago. Exhibition produced in partnership with the Grande Chartreuse Museum.

<https://musees.isere.fr/musee/musee-de-lancien-eveche>



Musée Hector Berlioz

LA CÔTE SAINT ANDRÉ

The extraordinary adventures of Mr B.
Until 31 December 2022

<https://musees.isere.fr/expo/musee-hector-berlioz-les-voyages-extraordinaires-de-monsieur-b>



Musée Dauphinois

GRENOBLE

Handmade. When Grenoble was gloving the world
Until 27 March 2023.

<https://musees.isere.fr/expo/musee-dauphinois-fait-main-quand-grenoble-gantait-le-monde>



Isère Regains The Flame

GRENOBLE

A torch from the 1968 Grenoble Olympic Games has finally entered the collections of the Musée Dauphinois.
More than fifty years after the event, which still remains one of the most beautiful stories ever written in French sport, an Olympic torch has finally returned to Grenoble. This generous donation was made by a family from the Isère, the Gleizes.
For years, if not decades, the Musée Dauphinois, one of the eleven museums of the Isère Department, had been searching for one of the famous torches from the 10th Winter Olympics in 1968. The absence of this object from the collections of the departmental museum, which also holds the largest collection of items dedicated to this Olympiad, was truly an historical omission.

<https://musees.isere.fr>



Getting Down To Business

Isère has an abundance of natural assets and is known for both its vitality and attractiveness. The department also has a prime geographical position and a skilled, young population, and benefits from a wealth of successful companies, some of which have a business based on winter sports and/or the mountain world. These companies are the pride of the region and enjoy this ideal setting that allows their respective operations to flourish. Multinationals, start-ups, publishers or trade shows, here are a few highlights:

ATHLETICS 3D

Athletics 3D was founded in December 2017 by Clément Jacquelin, former Junior World Champion in biathlon. Athletics 3D customises and re-engineers sports equipment for high performance. Renowned in biathlon for equipping the best international biathletes, Athletics 3D customises .22 long rifles and laser biathlon rifles to fit the athlete's skills and preferences. Athletics 3D also works with multiple international athletes in both summer and winter Olympic sports, trains companies in user-centred UX design methodologies, and hosts corporate events and industry trade shows around 3D laser biathlon.

www.athletics3d.com

GMM

The Montaz-Mautino company, created more than seventy years ago, was established in Fontaine in the 1950s to build detachable chairlifts, and very quickly focused on fixed-grip chairlifts in the 1960s. The Gimar Montaz Mautino team currently employs 28 people.

www.gmm-france.com

HEAD

HEAD is a leading manufacturer of quality sports equipment and clothing. The group's main products have achieved top positions based on both sales and reputation and have gained high visibility through their use by athletes from the French Ski Federation, such as Alexis Pinturault, Johan Clarey or Coralie Frasse Sombet (Chamrousse). The HEAD France subsidiary is based in Bresson, Isère and employs around fifty people. The company's various activities generate a turnover of around 30M euros.

www.head.com/en_GB/ski.html

LA FABRIQUE DU SKI

The company designs, develops and manufactures its own skis in its factory in Isère, in the heart of the Vercors. Christian Alary has developed a new prototyping process which allows him to design, test and readjust a model in less than a day—an investment eight times lower than a traditional process. In less than five years, La Fabrique du Ski has seen several of its models honoured by ski test magazines and has won multiple awards. Worn by French freestyle skier Marie Martinod, the Affranchie, helped her gain a silver medal at the 2018 Pyeongchang Olympic Games.

www.fabriqueduski.com



PETZL

Petzl is a company that was founded more than fifty years ago in the Grésivaudan valley, in Bernin. Born from Fernand Petzl's passion for caving, the company is a key player in the market for safety and advancement solutions for vertical access and lighting, for outdoor, leisure, working at height and for rescue purposes. The company has remained family-owned and is not listed on the stock exchange, with the intention of remaining independent.

www.petzl.com

SKIBRID

SKIBRID is a 100% Grenoble-based start-up that has developed a breakthrough innovation in winter sports—a patented articulated frame to meet the changing tastes of skiers and renters: more fun and less stress. A handlebar replaces ski bindings to control the edges and turn the board without having to restrain the feet. This innovative concept offers all types of riders a completely new sliding experience on all kinds of snow.

www.skibrid.com

PIERRE GIGNOUX

A pioneer in the development of carbon boots for ski touring and cross-country skiing, Gignoux is the authority in terms of carbon sports equipment. Each boot is created with passion and handcrafted in their workshop in the Isère Alps. Since 2006, Gignoux has been the leader in the innovation of carbon ski boots.

<https://pierregignoux.fr/en>

POMA

POMA is a world leader in ropeway transport, recognised globally for its efficient and eco-friendly mobility solutions. With its strong innovative spirit and expertise, POMA tackles every kind of mobility challenge in all four corners of the world.

The wonderful history of ski lifts began with POMA in 1936 in the Isère Alps, on the snow-capped peaks of Alpe d'Huez (France) when Jean Pomagalski, an engineer with a life-long love of the mountains, installed the very first surface-or drag-lift. This invention paved the way for the rapid development of recreational skiing in the ski resorts of Europe and the United States, where a drag lift is still called a «poma» today.

www.poma.net

Isère

In Numbers 2021

ISÈRE'S IDENTITY CARD



11 %
OF THE AUVERGNE-
RHÔNE-ALPES REGION



1.2 million
INHABITANTS



16 %
OF THE AUVERGNE-
RHÔNE-ALPES REGION



512 MUNICIPALITIES
120 IN THE MOUNTAINS

SKI ACTIVITIES (WINTER 2021/22)



€ 127.7 million

IN REVENUE FROM SKI LIFTS
2018/19, last complete figures we have at this day



#Source : Domaines Skiabiles de France



4.88 million

SKIER DAYS
+3% compared to the average of the last 4 seasons



€ 2.25 million

IN NORDIC SKI FEES
+11% compared to the average of the last 4 seasons



#Source : Nordic' Isère



21
WINTER SPORTS RESORTS SPREAD OVER 4 MOUNTAIN RANGES:
BELLEDONNE / CHARTREUSE / OISANS / VERCORS



1 200 Km OF PISTES WITH **390** SKI LIFTS
25 NORDIC SKI SITES

WINTER TOURIST NUMBERS (WINTER 2021/22)

10.8 million TOURIST NIGHTS

AVERAGE LENGTH OF STAY: 4 NIGHTS

58% SHORT STAYS (<4 nights)

68% NON-MARKET NIGHTS

99 € AVERAGE SPEND PER PERSON PER DAY IN RESORT

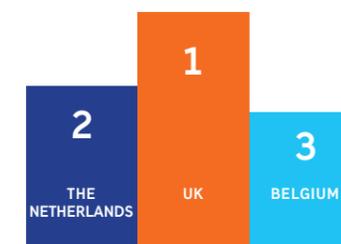
TOURIST NUMBERS

FRENCH VISITORS



1ST **31%** AUVERGNE RHÔNE-ALPES
2ND **21%** ILE DE FRANCE
3RD **9%** PROVENCE ALPES CÔTE D'AZUR

FOREIGN VISITORS



1ST **12%** UK
2ND **10%** THE NETHERLANDS
3RD **6%** BELGIUM



€ 1 billion

OF TOURISM CONSUMPTION

€ 1.3 billion

OF TURNOVER FOR TOURISTIC
COMPANIES



25 000
direct jobs

IN THE ACTIVITIES
CHARACTERISTIC
OF TOURISM,
INCLUDING
22,800 SALARIED JOBS



6% OF JOBS IN ISÈRE

#Source : Isère attractivité, Domaines Skiabiles de France, Nordic' Isère, Kantar TNS, Auvergne Rhône Alpes Tourisme, Acoos

Getting To Isère



To get around Isère, by train, coach, bus and tram, carpooling or car-sharing:

www.itinisere.fr

Itinisere app available for free download with Android & Iphone

To Isère



By train

Grenoble is easily accessible by train from numerous countries and points of origin. With the TGV, it only takes 3 hours from Paris to Grenoble and 50 minutes from Lyon-Saint Exupéry. From the UK, it is one of the closest destinations to skiing in the Alps.

ACCESS BY TRAIN FROM EUROPEAN CITIES:

- > London : 7h 23m
- > Amsterdam : 7h 24m
- > Brussels: 5h 22m
- > Geneva: 2h 2m

The bus links from Grenoble to the Isère resorts, when coordinated with the train, are an excellent and easy-to-use service - www.transaltitude.fr/en/

By car

The Auvergne-Rhône-Alpes Region has the most complete motorway network in France, which makes Isère easily accessible.

- Grenoble > Lyon 105 km
- Grenoble > Paris 570 km
- Grenoble > Calais 869 km

By plane

GRENOBLE ALPES ISÈRE AIRPORT AT SAINT-ETIENNE-DE-SAINT-GEOIRS

30 min. from Grenoble

Grenoble Alpes-Isère Airport is an easily accessible airport, compact in size, with quick connections to the Isère resorts. One of the key elements of the airport's strategy, in line with VINCI Airports' own strategy, is the environment. The airport's environmental policy has several focuses: reducing greenhouse gas emissions; the airport has been ACA Level 1 accredited since 2016, confirming the robustness of its carbon footprint assessment; improving waste recovery; and reducing water consumption. From the outset of the epidemic, Grenoble Alpes Isère Airport implemented the necessary health measures for the benefit of users and passengers, to limit the spread of the virus and provide the necessary information to airport passengers. www.grenoble-airport.com/en

LYON-SAINT EXUPÉRY AIRPORT

www.lyonairports.com

Regular shuttles between the airports and Grenoble bus station
<https://carsisere.auvergnerhonealpes.fr/en>

isère
ATTRACTIVITÉ

ISÈRE ATTRACTIVITÉ

CS 10047
44, Quai de France
38024 Grenoble Cedex 1
France



WWW.ALPE-ISERE.COM



@isereattractivite @alpes_ishere
#isereattractivite #alpesishere

PRESS CONTACTS



HEAVEN PUBLICITY LTD
LYNSEY DEVON
+44 (0) 7717 078862 / +44 203 763 5170
LYNSEY@HEAVENPUBLICITY.CO.UK
WWW.HEAVENPUBLICITY.CO.UK