

FRENCH MOUNTAINS • #SUMMER2022

PRESS KIT





SUMMARY



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FRANCE MONTAGNES : WHO ARE WE?

France Montagnes is the body promoting all of the French mountains, both within France and abroad. It includes all the leading professionals in the sector. Created in 2006, **France Montagnes** is entirely dedicated to the promotion of tourism in the French mountains, creating global tools and exchanging ideas between professionals, as well as between public and private companies. **France Montagnes** conducts operations on behalf of all the French mountains to strengthen their image and to attract visitors to the mountains, including new clients. **France Montagnes** is based at Alpespace in Porte-de-Savoie.



FRANCE MONTAGNES EDITORIALS



For several years now, the mountains in summer have been becoming increasingly popular, with holidaymakers looking for escape, nature and outdoor activities. The mountain territories offer them a change of scenery to suit all their needs, whether they're looking for relaxation, cultural discoveries or sports activities in large, preserved areas.

In parallel with winter, the summer season is now a real haven for those who wish to enjoy the mountains, whatever their budget.

Our resorts welcome visitors in the summer to offer them some quality time, especially families, with many resorts having achieved the Famille Plus label. The professionals of the mountains work hand in hand with each other to provide excellent stays, but also to create increasingly sustainable tourism.

Jean-Luc BOCH
President of France Montagnes

We are all looking for havens of peace, but also for places to meet up with family, recharge our batteries and enjoy experiences. There is no better destination than the mountains! Thanks to its countless assets, it is the destination of the 21st century.

Our mountain ranges are different and complementary, which make them attractive and resilient. Our offers are diversified, inclusive, and adapted to all budgets and tastes. Summer is the perfect season to discover or rediscover the mountains, to relax, to push your limits and to have unforgettable experiences. With over 80 different activities – from yoga and hiking to biking and climbing – there's bound to be a mountain to suit you.

The ecosystem of the mountains has a pioneering spirit, made up of courage, enthusiasm and adaptation to change. I think we can be confident in the future as we are working to offer more sustainable tourism suiting the changes in our society.

François GAILLARD
Managing Director France Montagnes



IN NUMBERS



7
hours
between London
and the mountains
by train



23%
**of the French territory
is mountainous**

80+

**activities are available
in the mountains**

Above and below ground,
in the air, on and under
the water, on snow and ice



7

**mountain ranges
in France**

Northern Alps,
Southern Alps, Vosges,
Jura, Pyrenees,
Massif Central and Corsica



320
**mountain resorts
in France**



5
**national parks located
in the mountains**
Vanoise, Pyrénées,
Cévennes, Ecrins,
Mercantour

42

**mountain resorts
with the label
Famille Plus**

This label guarantees
that a resort responds to
the expectations of families



1,550
mountain guides



1,200
cycling instructors



1 to 2%
**of developed area
in the mountains**
Approximately
12,000 km²

FUN FOR FAMILIES

FAMILLE PLUS: this national label selects French resorts that respond to the expectations of families with children from 18 months old. FAMILLE PLUS resorts scrupulously meet 110 specific requirements and make 6 commitments to ensure your family holiday is a success:

- 1 A personalised welcome for families
- 2 Entertainment suitable for all ages
- 3 A price to suit all budgets and all ages
- 4 Activities for all ages to enjoy together or separately
- 5 All businesses and services easily accessible
- 6 The highest standards of professional childcare



The aim of the FAMILLE PLUS label is to ensure you have an unforgettable family holiday that's suited to you.

43 French mountain resorts have the label:

➤ en.france-montagnes.com/label/famille-plus

They all offer an array of fun activities for families. Here is a sample of some of the activities on offer in those resorts.

Courchevel has a beautiful lake, Lac de la Rosière, with turquoise water surrounded by a forest. It is a real paradise for nature lovers and for families as it is the starting point for several family friendly walks, including a walk around the lake that can be done with a pushchair. Several activities are available by the lake, including a Go Ape for children from 3 years old, a via ferrata that can be done with a guide, zip wires for children aged 12 and over, and an orienteering course. After all these activities, families can enjoy a picnic or barbeque by the lake or a crêpe at the chalet-buvette- crêperie de montagne.

➤ www.courchevel.com

Become an explorer for an afternoon and learn how to survive in the wild! The guides at La Maison de la Montagne in **Orcières** will teach you how to light a fire, build a shelter, look for animal footprints and recognise edible and medicinal plants. This activity is suitable for children aged 7 and over. It costs €20 for an adult and €16 for a child.

➤ www.accompagnateurs-champsaur.com

Orcières also offers an activity called ruisseling, which is really enjoyable on a hot day! Participants walk up a charming river with small waterfalls. It is also suitable for children from 7 years old. It takes place every Thursday afternoon from 2 to 4.30pm, and costs €20 for an adult and €16 for a child.

➤ www.orcieres.com

Spend a morning with the shepherds in **Morzine**: meet with the shepherds and their dogs at 8.30am to wake up the herd of sheep and goats. Learn about the job of a shepherd, and then go for a 40-minute walk in the alpine pastures to meet the herd of cows. The morning ends with a delicious breakfast. This unique experience costs €40 for an adult and €20 for a child (between 6 and 12 years old).

➤ en.morzine-avoriaz.com

Fly two-by-two above **Val Thorens** on La Bee! La Bee is a double zipline with a length of 1,800 metres and a maximum height of 65 metres. Located at the top of the Moutière chairlift, this activity is accessible to children from 14 years old and taller than 1.4 metres. Open every day from 10am until 4.15pm, this thrilling activity costs €28 per person (it includes access via the Moutière chairlift).

➤ www.valthorens.com

Cani-rando is the summer version of dog sledding. The same dogs who pull the sledges in winter tow the children along hiking tracks in summer. The children wear a harness, which is attached to the dogs via a lunge. It is completely safe and children love it. In **Vaujany**, Team Ehawee from the Ranch de l'Oisans offers this activity with their Siberian huskies.

➤ www.vaujany.com

Cani-rando is also available in **Les Gets** with Didier and Justine. They take children from 10 years old, accompanied by an adult, on a tour lasting an hour and a half near the picturesque village of Mont Caly, above Les Gets, with beautiful views of Mont Blanc. It is necessary to book in advance (€30 per person).

➤ www.lesgets.com ➤ www.lapattenordic.fr

In **Aussois**, Nathalie organises hiking tours with donkeys in the beautiful landscape of the Haute Maurienne. A tour takes between three and four hours and can be adapted to the group. A half day costs €25 for a child and €35 for an adult.

➤ www.haute-maurienne-vanoise.com



NEW THIS SUMMER



In the French mountains, there are always innovative new offerings and activities to suit all tastes and budgets.

Mountain bikers can ride new trails this summer. Plus, novices can also try out this thrilling sport, thanks to new trails for beginners. The Louron Valley has created a new green mountain bike trail which is 13 kilometres long – the longest green one in the Pyrenees! It starts from the top of the resort of **Peyragudes**, at 2,200 metres, and goes down to Loudenvielle, at 950 metres. It is a fun run and not too technical, and is dedicated to beginners and families.

The beautiful natural site of **Payolle** in the Pyrenees will have a new pump track this summer. Opening in June, it will include circuits for all abilities. There will even be a circuit that young children can do on balance bikes.

The **Haute-Bigorre**, which already has a great mountain bike area (labelled FFC), is expanding its offering, with new circuits around Bédât and the Col du Couret.

➤ www.tourmaletpicdumidi.fr

A new cable car opened for skiers in **Peisey-Vallandry** last winter. It will be open to pedestrians and mountain bikers for the first time this summer. In six minutes, they can reach the starting point of mountain bike trails. Before riding, they can enjoy the relaxing area at the top of the Vallandry cable car, which has tables and outdoor sofas, a vending machine containing local produce, a panoramic terrace, and a museum about mountain animals (free to access). Peisey-Vallandry also has a new mountain bike trail for beginners, called the Country Kids. It goes from Pont Baudin

to Rosuel at the edge of the Vanoise National Park, crossing the hamlets of Les Lanches, Beaupraz and Bettières, with magnificent views of the glaciers and waterfalls. As it is not a steep run, it is perfect for beginners and families.

Adrenaline-seekers can always find something new to push their limits. La Via cavo del Mey is a hilly hiking trail that opened at the end of summer 2021 in the mountain range Les Dents de la Portetta in the Vanoise National Park, known as the Savoyard Dolomites. Thanks to a handrail, expert hikers can do a tour around the Aiguille de Mey, departing from **Courchevel**. ➤ www.courchevel.com

Visitors to the **Montagnes du Jura** will be able to try out several new activities this summer: there is a new four-season luge in Métabief, new cycling circuits with Jurassic Vélo ➤ www.jurassicvelotours.fr, and a new eco-friendly adventure park in Vauban. ➤ vauban-aventures.com

A new zipwire opened last winter in **Arc 2000** that flies over the Olympic speed run at 130km per hour. Try it this summer! ➤ en.lesarcs.com



NEW THIS SUMMER



The mountain guide company in **Le Grand Bornand** organises survival camps in the forest. Spend an afternoon climbing ravines, learning to light a fire, and finding out how to recognise different types of plants.

Peyragudes has a new zipwire that includes four sections over a distance of 335 metres. The Pyrenean resort also has a new tubing run, which is 130 metres long, and three mini mountain bike circuits. Children and adults can try these three activities for €15 an hour, with equipment included.

Orcières is an ideal basecamp from which to discover the south part of the Écrins mountain range. Trail runners will be able to enjoy new signed tracks this summer.

➤ www.orcieres.com

The mountains are also the perfect place to relax, reflect and come back re-energised.

Gérardmer, in the Vosges mountains, has a new aqua and wellbeing centre with several pools, paddling pools, a toboggan with light and sound, and outdoor water play areas. It also includes outdoor games as well as bowling, darts, a synthetic ice rink, a climbing wall and a bar with a panoramic view over Lake Gérardmer. The wellbeing area boasts a Nordic pool, a steam room and a sauna. This is the perfect place for having quality family time!

In **Saint-Lary**, the excellent wellness centre Sensoria has new outdoor pools. ➤ www.saintlary.com

The chalet company AliKats, based in **Morzine**, offers holistic mountain retreats: work with a life and leadership coach, practise yoga and meditation, and enjoy the nature with local mountain guides. The retreats are fully catered, so guests can enjoy seasonal, delicious food. This is the perfect place to reboot. ➤ alikats.eu/

A new cable car opened in **Les Menuires** in January 2022 that takes skiers and pedestrians to the top of La Masse at 2,804 metres in less than eight minutes. It will be open this summer to pedestrians, who will be able to relax on the panoramic terrace at the top with a 360-degree view over the Alps, from the Écrins mountain range to Mont Blanc.

Spending a night in a mountain hut and waking up at altitude with beautiful views of the mountains can be a very special experience. Hikers in the Pyrenees can try new places this summer.

In the **Hautes-Pyrénées**, several mountain huts have had a makeover. Refuge de la Brèche de Roland in Gavarnie has a new contemporary extension that can welcome up to 70 guests in rooms with between 6 and 16 beds. Closed since 2011, the Refuge du Marcadau, located in the heart of the Pyrenean National Park in Cauterets, has been completely renovated and now boasts 120 beds. Refuge de Campana in Cloutou, which is a stop on the Néouvielle Tour, has also been refurbished and has increased its capacity from 16 to 36 beds.

SUSTAINABLE TOURISM



The French mountains have unique biodiversity, and there is increased awareness about the need to protect it. During their holidays, visitors can discover the varied plant and animal life of the French mountains.

Created in 1963, the Vanoise National Park in Savoie was the first French national park. It covers a vast landscape where everything is protected: fauna, flora and rock. All summer, the park's guides offer free activities such as presentations, games and walks to visitors, focusing on the nature, flora and fauna of the land. The alpine village of **Pralognan-la-Vanoise** is a good base from which to visit the Vanoise National Park.

➤ www.vanoise-parcnational.fr

➤ www.pralognan.com

In **Val d'Isère**, Franck Bortolotti, a passionate mountain guide, offers different types of themed walks to get closer to nature. He practises mindful walking to reconnect with one's inner self and nature and to be able to open up to others and the surroundings. The mindful walks last two hours and take place in the mornings. They are reserved for adults who are keen to try this practice. Frank also organises a two-to-three-hour walk called 'Au jardin de ma grand-mère' to learn to recognise local plants that can be used for cooking, such as wild spinach, dandelions, plantain, etc. And for people interested in learning about trees, he organises the 'L'univers extraordinaire des arbres' walk. All walks can be booked at the Tourist Office.

Frank Bortolotti is also an ambassador for the eco association Mountain Riders. Every Sunday, he organises a free walk lasting two and a half hours through the village and its surroundings to learn about mountain preservation

– and to collect waste on the way! This eco-walk must be booked the day before at the Tourist Office.

➤ www.valdisere.com

In July and August, the guides in **Le Grand-Bornand** organise two weekly walks to observe the local flora and fauna. The 'Réveil de la nature' walk, which takes place every Thursday morning from 7am to 11am, is ideal for families (€25 for an adult and €18 for a child). The 'Bouquetins, chamois et autres célébrités des montagnes' walk is for good walkers who want to have a chance to see mountain goats, chamois and other legendary alpine animals. It takes place every Tuesday from 9am to 4pm (€37 for an adult and €27 for a child).

➤ www.guides-grandbornand.com

In **Valmeinier**, guides take visitors to the Chalets des Aiguilles to look for chamois, deer, eagles and more, before taking an 'apéro' at the chalet. The 'Les chamois offrent l'apéro' walk starts at 4.30pm and ends at 8pm. It costs €16 for an adult and €12 for a child. ➤ www.valmeinier.com

SUSTAINABLE TOURISM

From **Cauterets**, walk to Gaube Lake in the heart of the Pyrenees National Park, on the GR10 track, and learn about the natural environment with the local guides (in English). It is possible to shorten the walk by taking a gondola and the Lac de Gaube chairlift. ➤ www.cauterets.com

Avoriaz, Chamrousse, Les 2 Alpes, Valmorel, La Plagne and **Saint Sorlin d'Arves** also organise walks to look for marmots and chamois.

Peisey-Vallandry is one of the four entry points to the Vanoise National Park. Designed and built in close collaboration with the Vanoise National Park, a museum of mountain animals opened in 2021. Free to access, this museum presents more than 30 species and aims to increase visitors' awareness of the need to protect them.

➤ en.peisey-vallandry.com

The *apis mellifera mellifera*, known as the black bee, is a type of bee that is especially well-adapted to the alpine climate and can face the very cold winters. However, the black bee is endangered and needs to be protected. Visitors can learn about the black bee at La Maison de l'Abeille Noire et de la Nature in **Les Menuires** through shorts films, activities and observing a beehive. Entry is €3 for adults and free for children. ➤ www.lesmenuires.com

If you want to make your holiday as sustainable as possible – while getting to taste delicious produce – try to eat and drink local!

It's well-known that France has many varieties of cheese, and the mountains have excellent ones. In Isère in the Vercors, try the Bleu du Vercors-Sassenage. It can be eaten like a raclette in a dish called La Vercoulaine. You can try it in several restaurants in **Villard de Lans**.

In **Auvergne**, you will find the two most famous cheeses in most shops and restaurants: Cantal and Salers. Saint-Nectaire is the most iconic cheese of the Sancy mountain range. It has a nutty taste and can be enjoyed by itself as well as in many dishes.

In the **Jura** region, the unmissable cheese is Comté.

Beaufort is one of the most well-known cheeses of **Savoie**. **Arêches-Beaufort** has a cooperative where visitors can learn about how this delicious cheese is produced. The cooperative has a shop, but the cheese can also be found in many shops and markets.

In the French mountains, visitors can also enjoy excellent local meat, including some unique specialties. In Valloire, try the local sausage, called Diot de **Valloire**, which is made with several types of meat as well as cabbage, carrots, onions and beetroots. The **Pays des Écrins** has an excellent local sausage too, called Saucisse de Choux (made with meat and cabbage). In the **Hautes-Pyrénées**, taste the Noir de Bigorre, a delicious local ham.

After an active day in the mountains, a cold beer is always welcome. The good news is that you will be spoilt with choice as there are now many microbreweries in the French mountains.

The Made in Avoriaz is, of course, from **Avoriaz**. La Gwape is a microbrewery in **Valmeinier** that makes four types of beer: a blanche (American wheat beer), an ambrée (Amber Ale), an Indian pale ale, and the 'beer of the moment', which changes regularly. Jananka is a beer brewed in **La Toussuire** with water from the Glacier de l'Étendard. And, in **Saint François Longchamp**, the Brasserie du Grand Pic makes several types of beer, including one with honey.

And, of course, you can always finish with something sweet. In **Le Grand-Bornand**, La Maison Bétemps is a real institution. Since 1932, it has been making excellent patisserie and bread, including the local specialty, the Bescoïn, which is a Savoy cake with saffron and anise.

In **Le Corbier**, La Confiserie Spagnolo makes old-fashion sweets as well as delicious jam and spread. Try local sweets in **Gérardmer**. You can buy bonbons des Vosges, which are 100% organic and made with plants and honey.



MAGICAL EXPERIENCES



The mountains in the summer can be magical: snow-capped mountains, green pastures, rich fauna and flora, lakes, rivers and pretty villages.

Holidaymakers come back relaxed and re-energised after a holiday in the mountains. It can also be the perfect setting to try something new, like a family friendly trek, an introduction to alpinism, a new activity or spending a night in a refuge (or, for the more adventurous, a portaledge).

However, to be safe in the mountains, there are several **important rules to follow**:

- 1 At altitude, the sun can be strong, so make sure you have sun cream on and take a hat.
- 2 The altitude can make you dehydrated more quickly, so always have plenty of water with you (and some snacks).
- 3 The weather can change quickly, so check the forecast and take a waterproof jacket.
- 4 Wear trainers or hiking boots.
- 5 Take a map or go with a guide. It's also important to tell someone else where you are going.
- 6 Read the signs carefully and respect the flora and fauna AND have fun!

Walk and climb

Every Monday during the summer, the Compagnie des Guides in **Pralognan-la-Vanoise** organises family friendly guided hikes in the Vanoise National Park. Discover beautiful landscapes with waterfalls, pastures and flowers, and look for marmots, chamois and eagles. It costs €33 per adult and €25 per child for a walk from 9.30am to 4pm.

➤ www.guides-pralognan.com

The resorts of **Villard-de-Lans** and **Corrençon-en-Vercors** in the Vercors range are also ideal for walking with children. A guidebook listing easy walks in the area can be bought at the Tourist Office for €3.

➤ www.villarddelans-correnconenvercors.com



MAGICAL EXPERIENCES

The Écrins National Park in the Southern Alps is renowned for its beauty. Between June and September, the mountain guide company Alpineo organises 'introduction to alpinism' courses. A course covers all the basics of alpinism, walking on glaciers with crampons, and how to use ropes – you then climb your first summit! A three-day course costs €548 per person, including the guide, the equipment, two nights half board in mountain huts, and packed lunches.

➤ www.alpineo.com

➤ www.ecrins-parcnational.fr

The Massif du Sancy in the Auvergne is an ideal place for a first holiday in the mountains. In the resorts of Super Besse and Mont-Dore, visitors can take a cable car and enjoy panoramic views from the top – up to a seventh of the French territory can be seen on a good day!

If you're feeling active, you can take a 45-minute walk and ascend the Puy de la Tâche. It is an ideal spot to watch the sunset over the Puy mountains and the Massif du Sancy.

➤ www.auvergne-sancy.com

Sleep under the stars

Spending a night high up in the mountains is truly exceptional. In the Pyrenees, in the resort of **Cauterets**, local guides take guests at night into the heart of the Pic du Midi natural reserve. Observe the stars and then enjoy a dinner, before sleeping in a refuge or bivouac under the stars. ➤ www.cauterets.com

In **Val Thorens**, at the edge of the Vanoise National Park, you can bivouac close to refuges. The Refuge du Lac du Lou is a beautiful and easily accessible spot. Walk 45 minutes from Val Thorens or 30 minutes from Les Menuires to the picturesque Lac du Lou – a natural mountain lake located between two mountains. Spend an unforgettable night in nature and feel like you are on your own in the world!

➤ www.valthorens.com

Experienced climbers can ascend the legendary peak of the Maurienne Valley – the Aiguilles d'Arves – with the Bureau des Guides in **Valloire**. It is done over two days, with a night in an individual tent. It costs €450 per person (a maximum of two people, plus a guide).

➤ tourism.valloire.net

In **Avoriaz**, nature lovers can spend a night in the heart of the Lis Stash forest, where two tents have been set up, while adrenaline seekers can challenge themselves by spending a night in a portaledge hanging on the cliff at a height of 150m! ➤ www.avoriaz.com

It is also possible to spend a night in a portaledge in **Les Arcs**. ➤ en.lesarcs.com

Get close to nature

There are endless activities to try in the mountains, so you will always find something new to experience.

Toumo yoga, also called cold yoga, comes from Tibet. While doing breathing exercises, participants are immersed in cold water. Toumo yoga pushes our limits of adaptation to the cold and is reported to help strengthen the immune and cardiovascular systems.

Caroline Favre, a yoga teacher and therapist in Ayurveda, offers Toumo yoga sessions in the resort of **Pralognan-la-Vanoise**, where participants get immersed in the ice-cold lake and river. Available twice a week during the summer, this unique experience costs €45 per person for two and a half hours. ➤ [Instagram : caroline.favre_](https://www.instagram.com/caroline.favre_)

In **Le Grand-Bornand**, Alexia Vulliet, from Masala Yoga, also offers Toumo yoga in a river nearby. Prices range from €15 per person in a group, for a session of an hour and a half. ➤ www.masalayoga.fr

Sylvotherapy is a practice that consists of improving the health of the body and mind through contact with the energy of trees. Participants need to learn to 'listen' to the forest and its sounds, but also to its colours and smells, while at the same time also listening to their own body, their breathing and their feelings. This activity is organised in La Plagne every Thursday in the summer, from 3 to 5pm. Children aged 10 years old and over can take part in the session. It costs €25 for an adult and €20 for a child.

➤ en.la-plagne.com



THE MOST INSTAGRAMMABLE PLACES



The mountains are the perfect setting to get good Instagram shots. The snowy peaks, the majestic trees, the colourful flowers, the turquoise lakes, the pretty chalets... the opportunities are endless. As well as the traditional mountain images, visitors can find unusual accommodation and buildings that are highly Instagrammable too!

Avoriaz is a purpose-built resort in Haute-Savoie with a very unique architectural style. Hanging over a cliff, Hotel des Dromonts is in a spectacular location and is a masterpiece of contemporary architecture. The hotel has 35 bedrooms, two restaurants and a bar, all in an elegant vintage style.

➤ en.hoteldesdromonts.com

Located in the peaceful hamlet of La Sarre, above **Les Gets**, and facing Mont Blanc, Chéry Dôme is the ideal place to reconnect with nature and enjoy an unforgettable experience under the stars. The domes can sleep from two to six people. Chéry Dôme also has a trampoline, a Jacuzzi and an outdoor fire for the evenings.

➤ www.cherydome.com

Cabanes Entre Terre et Ciel in **Val d'Arly** are the most beautiful luxury treehouses. Each treehouse is unique. The Nest (for two people) is braided like a bird's nest and provides breathtaking views of Mont Blanc from a private rooftop terrace. The Mont Blanc (for two to four people) combines traditional Savoie architecture with comfortable luxury. For the ultimate in relaxation, enjoy the Mont Blanc-facing terrace, spa and sauna... five metres up! The Stream (for two to five people) is every child's idea of heaven, with access via a monkey bridge, and with a safe,

covered tubular slide and a well-equipped play area under the treehouse. And the newest one, La Cabane Feuille, has a rooftop terrace.

➤ www.cabanes-entreterreetciel.fr

In **Les Contamines-Montjoie**, at 600 metres from the top of Le Signal gondola, Cathy and Jean-Pierre Curdel welcome you to the Auberge La Roselette, at 1,871 metres. Guests can sleep in a tepee or an old-fashion trailer after a delicious dinner at the Auberge, with fantastic views of Mont Blanc.

➤ www.laroselette.com

Lou Becus is a charming eco guest house in Les Contamines-Montjoie as well, at 1,500 metres. This traditional alpine chalet has solar panels, the water comes from a local spring, and it is heated by a wood stove. It can sleep up to three people. Breakfast and dinner are served to the guests.

➤ www.lescontamines.com



THE MOST INSTAGRAMMABLE PLACES



In **Morzine**, Les Bulles des Mines d'Or offers luxury accommodation in giant bubbles. Surrounded by beautiful alpine nature, guests can spot ibex, marmots and chamois.
➤ www.bulles-minesdor.com

Le Perchoir des Pyrénées, near **Tourmalet – Pic du Midi**, is a totally transparent bubble where guests can admire the beauty of the surrounding nature. There is a panoramic view of the Pyrenean mountains from the bubble.
➤ leperchoirdespyrenees.com

In the **Montagnes du Jura**, La Maison d'Ambronay is a primary school transformed into a very cool and Instagrammable guest house.
➤ www.lamaisondambronay.fr

And who doesn't like looking at Instagram shots of food and fancy restaurants? You will be spoilt for choice in the French mountains, with restaurants offering beautifully presented and delicious organic dishes.

Chez Pépé Nicolas is a picturesque alpine restaurant between **Val Thorens** and **Les Menuires**. It has its own permaculture garden and serves traditional Savoy cuisine with a modern twist, as well as extremely photogenic desserts.
➤ gb.chezpepenicolas.com

At L'Assiette de Juliette, in **Bagnères-de-Bigorre**, Kevin and Tiphany welcome you into a relaxing and cosy atmosphere. They offer a traditional but modern cuisine based on seasonal and local produce. The beef and charcuterie

come from local butcher Thierry Manse, the cheese from cheesemonger Jean Beuillé, and the foie gras and poultry from Les fils d'Escalière. Everything is purchased as locally as possible while also guaranteeing excellent produce.
➤ www.assiette-de-juliette.fr

In **Val d'Isère**, Chef Benoît Vidal has two Michelin stars for L'Atelier d'Edmond in the Fornet. From spring, he goes hiking in the mountains with his team to collect wild plants that he then uses in his cooking.
➤ www.atelier-edmond.com

Le Toî du Monde in **Val d'Arly** is a farm dating from 1886, located on five hectares of land. There is a cattle herd on the land and a vegetable garden next to the house. The chef uses local and organic produce to make inventive and delicious dishes. Le Toî du Monde was awarded a green star by the Michelin guide for its ethical and environmental standards.
➤ www.letoidumonde.com

Arnaud and Florine, who are both from **Pralognan-la-Vanoise**, have renovated a hotel-restaurant in the centre of the village into a shabby chic place called Pépé Gust. The name is in homage to their great-grandfather, who had a bar in the village.

Florine, who is a former pro skier, found inspiration for the decor through her two passions: skiing and upcycling. The restaurant has a menu based on fresh local produce. Try the Hot Diot, a Savoyard version of the hot dog!
➤ www.pepegust.com

AGENDA



The summer in the French mountains is packed with fun events. You can take on a challenge and push your limits, admire some incredible shows, or try something new.

TOUR DE FRANCE

The Tour de France is one of the most watched sporting events on TV. Watch it for real in the French mountains this summer! As always, the mountain stages will be spectacular.

➤ www.letour.fr

LES 2 ALPES

24 TO 26 JUNE

Mountain biking is also a very popular activity in the summer – and now so is e-biking. Les 2 Alpes is a mecca for downhill mountain biking. Every summer for over 20 years, the resort has organised the Mountain of Hell. It's a legendary downhill mountain biking race where hundreds of experienced mountain bikers line up at the highest start line for a competition (3,400 metres) and ride down a 2,500-metre vertical run. This year it will be on from 24 to 26 June.

LA PLAGNE

7 TO 10 JULY

From 7 to 10 July, **La Plagne** will host Super 8, which is a mountain bike and e-bike race. There is a race for experts and elites called the Grand8, which is a tour of La Plagne in two days with a bivouac, and a race for amateurs called the Double8. ➤ en.la-plagne.com

SUPER BESSE

10 JULY

Trail running is more and more popular, and many resorts organise races. The resort of **Super Besse** in the Sancy mountain range in Auvergne organises the Trail de la Perdrix, which will take place on 10 July. Runners can choose between three distances: 11k, 17k and 31k. There is another trail in the Sancy mountain range, on 24 and 25 September, which is the Trail du Sancy in the resort of Le Mont-Dore. ➤ www.auvergne-sancy.com

BRIANÇON > ALPE D'HUEZ

10 JULY

The Etape du Tour is the only cyclosporive where amateur cyclists can ride a Tour de France stage. The roads are closed to cars during this event, which is very popular. It is on 10 July this year and the route is as magnificent as it is challenging! The Etape du Tour 2022 starts in **Briançon** and finishes in **Alpe d'Huez**. It is 170k long, with an altitude difference of 4,700m, and goes through some of the most legendary mountain passes: Lautaret, Galibier and la Croix de Fer.



AGENDA

> VALMOREL

16 & 17 JULY

The Mad Trail in **Valmorel** will take place on 16 and 17 July. Participants can choose between five races, ranging from 3km to 63km. The shortest race is open to children from 7 years old. > www.madtrail.com > www.valmorel.com

> HAUTE MAURIENNE VANOISE

17 TO 22 JULY

Transmaurienne Vanoise by Dare2b is a six-day event for mountain bike enthusiasts in the heart of a beautiful mountain biking area, the **Haute Maurienne Vanoise**. Transmaurienne Vanoise 2022 will take place from 17 to 22 July and will offer four categories for different abilities: Compétition, Ultra, Randonnée and an event for children.

> www.transmaurienne-vanoise.com > www.haute-maurienne-vanoise.com

> VALLOIRE

21 TO 25 JULY

The mountains are spectacular. This means that, when spectacular events are organised in the mountains, it can really be jaw-dropping. From 21 to 25 July, **Valloire** will host the second Highline Festival – a unique event showcasing spectacular sports such as alpinism, climbing and highlining.

A highline is a very long slackline rigged high up above the ground. The challenge is to keep balanced while walking along the line at height. Over 140 highliners will give a breathtaking show on 16 highlines set up in Valloire, including 6 at high altitude. > en.valloire.com

> TIGNES AND VAL D'ISÈRE

29 TO 31 JULY

After a successful first year, the E-Bike Fest will return to **Tignes and Val d'Isère** from 29 to 31 July. For three days, the festival offers four different experiences: E-Bike Test, Gourmet Tours, Bosch E-MTB Challenges by Trek, and the second stop of the E-Bike World Tour, the E-Tour de Haute Tarentaise. Visitors will be able to test e-bikes by around 30 different brands on 11 dedicated circuits, covering a total distance of over 100k. > www.tignesvaldisereebikefestival.com

> VAL THORENS

1 TO 12 AUGUST

The fifth Val Tho Summit will take place between 1 and 12 August in **Val Thorens**. Amateur and elite runners looking for challenges and fun will meet in France's highest resort for six events. The main races will be on Saturday 6 and Sunday 7 August. > www.valthorens.com

> ORCIÈRES

6 & 7 AUGUST

The Trail des Lacs in **Orcières** takes runners through the heart of the beautiful Écrins National Park. Three trails (10k, 22k and 42k) will take place on 6 and 7 August. > www.orcieres.com

> AURE VALLEY

24 TO 28 AUGUST

From 24 to 28 August, Le Grand Raid des Pyrénées is the flagship event for trail runners in the **Aure Valley**. It includes several events suitable for different levels. > www.grandraidpyrenees.com

> PIC DU MIDI

Piano Pic is a classical music festival, with concerts taking place in magical heritage sites such as the **Pic du Midi** at 2,877m, the Escaladieu Abbey and churches. Famous pianists play at the festival, as well as the György Sebök International Academy. This is a truly magical experience for musicians and music lovers.

> www.piano-pic.fr > www.tourmaletpicdumidi.fr



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