

PRESS KIT

OISANS

THE ACCESSIBLE MYTH

SUMMER 2021

#disconnect

#authentic

#adventure



OISANS, BREATHE IN THE FRESH AIR!

Located in the French Alps, between Isère and the Hautes-Alpes, Oisans boasts a vastly diverse heritage that is unspoiled and full of character.

Comprising 6 valleys and the Écrins National Park, Oisans has 22 village resorts, including 2 listed villages, which abound in natural wonders. Artists, tales, traditions and treasures... all have their secrets, which are revealed in the form of activities to the delight of holidaymakers, who are free to visit the workshops of artisans. They can witness their savoir-faire first hand, talk with farmers and purchase locally made products, which are much prized by Oisans chefs, notably in their local mountain dishes. These wide open spaces and magnificent landscapes provide endless activities for the whole family. Glaciers, lakes, protected natural areas and rivers are like a huge playground for holidaymakers who simply want to get away from it all. Whether hiking, mountain climbing or trying out a new, exciting sport, holidays are sure to be packed with amazing memories!

OISANS, CAN WE HAVE SOME FIGURES?

- 2 départements (Isère and the Hautes-Alpes)
- 6 valleys : La Lignarre, La Romanche, La Sarenne, L'Eau d'Olle, Le Ferrand, Le Vénéon
- Écrins National Park and many glaciers

- 1st tourist destination in Isère, with 2.5 million bed nights per year
- 22 village resorts, including 2 listed villages
- 24 refuges
- 5 guides' offices
- 10 museums
- 40 artisan members of the Oisans Savoir-Faire Route
- 86 911 tourist beds

MAP OF OISANS



5 GOOD REASONS TO COME TO OISANS

- 1/ It's easy to get here: 4 hours from Paris, 2 hours from Lyon.
- 2/ The area has kept its authenticity, wide open spaces still predominate...
- 3/ The 24 mountain huts provide perfect opportunities for exploring the mountains
- 4/ The wide choice of activities guarantee the success of family holidays, enabling each person to enjoy "their" micro-adventure
- 5/ The Savoir-Faire Route: 40 reasons to meet people with a passion

NEW THIS YEAR

THE EAU D'OLLE EXPRESS, A "VALLEY LIFT" FROM ALLEMOND TO OZ-VAUJANY - ALPE D'HUEZ GRAND DOMAINE *Allemond / Oz-en-Oisans*



Starting in Allemond, this new valley lift opened in December 2020 and has proved to be a game-changer for holidaymakers staying in Allemond and Bourg-d'Oisans, as well as for locals coming from Grenoble or Lyon. Hikers and mountain bikers can now reach the Alpe d'Huez Grand Domaine, via Oz-en-Oisans, in just 8 minutes, instead of 20 minutes by road. The Eau d'Olle Express is part of the project to develop more eco-friendly means of transport and provides a fast, safe and zero-carbon link, with the added advantage of the amazing views over the Lac du Verney and the Belledonne mountains.

- € Free for foot passengers. Mountain bikes are included in the Alpe d'Huez Grand Domaine and Oz/Vaujany passes or cost €7/adult for a return trip. Parking for 217 cars and 17 buses.
- Open from 3 July to 27 August 2021.
- <http://www.siepaveo.fr/>

A NEW MULTI-ACTIVITY CENTRE: L'ILE AUX LOISIRS *Alpe d'Huez*

4 tennis courts, 2 padel courts, an archery range, crazy golf, a 9-hole golf course, petanque/boules areas, skate park and pump track, keeping up-to-date with the latest trends. The Alpe d'Huez "Leisure Island" has been designed to provide something for every member of the family. These new facilities will benefit both summer visitors and the local population and those with holiday homes, who are increasingly spending the summers, as well as the winters, in the mountains.

- Paying activities (tennis, golf, archery, minigolf, padel, etc.) open every day from 26 June to 29 August from 9am to 7pm. Free activities (petanque, pump track, skate park) are open all year.
- Alpe d'Huez tourist office +33 (0)4 76 11 44 44

OPEN-AIR FILM SCREENINGS

Les Deux Alpes / Vaujany

Open-air film screenings are held on the shores of the Lac de la Buissonnière in Les Deux Alpes and opposite the Cascade de la Fare waterfall in Vaujany. Film buffs settle comfortably in deckchairs in these amazing settings to enjoy a selection of films free of charge. Evening entertainment for the whole family! Les Deux Alpes will be screening films suitable for the whole family every Saturday throughout the summer, whilst Vaujany will be featuring wildlife films. The filmmakers (award winners in France, Europe and the US) will attend a Q&A session after the screening.

- Vaujany : screenings on 21 and 28 July and 25 August 2021. Les Deux Alpes: every Saturday from 26 June to 21 August 2021.
- [www.vaujany.com /](http://www.vaujany.com/) www.les2alpes.com

TIMBERLODGE, A NEW 3* HOTEL IN THE CENTRE OF THE RESORT *Oz-en-Oisans*



Clad in wood and stone, the former Hotel des Cristaux has been completely revamped to reopen as the Timberlodge. Located in the centre of Oz-en-Oisans, Franck Ménard, the impassioned owner, has set out to create a hotel where the core focus is on hospitality. The 31 bedrooms have been completely renovated and the common areas redesigned, featuring a panoramic restaurant and a bar with a fireplace, to provide modern, cosy accommodation. The Timberlodge also boasts an aquatic centre, with a heated covered pool and wellness area, featuring a hammam, sauna and massage facilities.

- Double rooms from €102
- www.timberlodge.fr

#new

COMMUNE WITH NATURE AT LA RAMA, A RENOVATED ALPINE CHALET *La Grave*



CLa Rama is the perfect base camp for those seeking to recharge their batteries and enjoy outdoor activities. This haven of peace has 4 beds and is a perfect place to get back to nature, whilst enjoying views of the Meije glaciers. Nestled in a small hamlet at an altitude of 1800m, this alpine chalet is steeped in history and has been recently renovated in keeping with local traditions and with ecological concerns at heart. Only natural and noble materials have been used out of respect for the heritage bequeathed by our ancestors. Located amid a pristine natural environment, electricity is supplied by solar panels. For those cooler summer evenings, the flames of the wood-burning stove will warm the atmosphere.

- The chalet is reached by a 30 minute walk or by a dirt track and is on the edge of the Écrins National Park.
- €180/weekend, €400/week
- +33 (0) 6 74 74 97 31

FEEL ALIVE, CLIMB TO YOUR OWN SUMMIT

#exploration



OISANS COL SERIES, EVERY WEEK, ONE MOUNTAIN PASS IS FOR CYCLISTS ONLY!

Oisans

When it comes to getting into gear, the Oisans Col Series is a great opportunity to set yourself a challenge. Jump on your bike, with or without e-assistance depending on your level of fitness, and take the beautiful, iconic routes up to the highest Oisans passes on roads that have been closed to traffic. Set yourself the goal of reaching at least one mountain pass over the summer, with a new addition this year, Les Deux Alpes at the end of August. Join other cyclists on Tuesday mornings in July and August to achieve this personal goal and feel like a true champion. Some hikers also take advantage of the traffic-free roads, enjoying the peace and the relaxed, festive environment.

Tuesday 6 July > 8.45/12 pm Col de la Croix de Fer/Glandon
Tuesday 13 July > 8.45/11 am Col du Solude
Tuesday 20 July > 8.45-11 am Montée de Villard-Reculas
Tuesday 27 July > 8.45/12 pm Col du Sabot
Tuesday 3 August > 8.45/11 am Col d'Ormon
Tuesday 10 August > 8.45/11 am Montée de l'Alpe d'Huez
Tuesday 17 August > 8.45/11 am Oz-en-Oisans
Tuesday 24 August > 8.45/11 am Montée des Deux Alpes
Tuesday 31 August > 8.45/12 pm Col de Sarenne

➤ More information on <http://oisans-col-series.com>

#mythical



OISANS TRAIL TOUR 2021

Villard-Reculas

On 16 and 17 July, runners get together in Villard-Reculas (the start and finish point), to test their endurance on a trail adventure. There are 3 races of varying difficulty, to enable all mountain-running enthusiasts to enjoy the beautiful trails between Isère and Hautes-Alpes: Ultra tour 85km and 4900m D+ / Trail tour 41km and 2100m D+ / Short trail 22km and 900m D+ / and a children's race. The routes are ITRA certified. Hardened ultra-trailers will have a chance to tackle some mountain passes, including the Couard and the Sarenne. The Trail Tour takes runners on a lovely altitude path between Alpe d'Huez and Villard-Reculas.

➤ <https://www.oisanstrailtour.fr/>

€ €86 for the 85km race



CROSSING OISANS ON ELECTRIC MOUNTAIN BIKES, RIDE THE ADVENTURE!

Besse-en-Oisans

Sylvain Marulaz offers to take adventurous riders on a 2-day e-MTB tour of the most beautiful mountain bike routes in Oisans, between Les Deux Alpes and La Grave, with e-assist that proves very useful in this demanding and majestic mountain terrain. This trip is suitable for those who regularly mountain bike (physical 2/5 - technical 3/5)

and enjoy the simplicity of this kind of exploration. Bags are light and the ride is self-supported, with a minimum amount of gear. There is some comfort nevertheless, with dinner and a bed in a gîte in Besse-en-Oisans. Suitable for 14/16 year olds and over.

➊ Every Tuesday and Wednesday during the holidays or on request for groups of 4 people or more.

€ €199 (guiding, logistics, half board + picnic on the 2nd day and electric bike included).

➋ Sylvain Marulaz : +33 (0)6 01 74 95 67



MULTI-ACTIVITY WEEK WITH FRIENDS, FRESH AIR AT LAST!

Auris-en-Oisans

The family-style Hotel Le Beau Site is offering this multi-activity week for adults looking to spend time with friends and share sporting activities in beautiful, natural surroundings. Featuring rafting, hiking, e-scooter rides, mountaineering for beginners and even a simple chill-out, each day of the week is opportunity to enjoy the unspoiled environment.

➊ From 15 May to 30 September 2021

€ From €700 p.p. based on 8 guests.
7 nights in shared twin or 3-bedded rooms, including breakfasts, dinners, a picnic, activities and transport.

➋ Hôtel le beau site : www.hotel-lebeausite-auris.fr
+33 (0)4 76 80 06 39

TAKE TO THE HEIGHTS

TOUR DE L'OLAN, UP CLOSE TO THE SUMMITS

La Bérarde

This is a beautiful circular hike that is physically quite demanding, crossing the Écrins National Park in unique scenery, whilst leapfrogging between Isère and the Hautes-Alpes. The five-day trek takes hikers around the 3564m Olan, including some tricky mountain passes that require assistance from a mountain guide. Mountain lovers may recognise some of the iconic place names, such as La Bérarde, the Refuge de la Pilatte, the Gioberney glacier pass and the

Valgaudemar. The unspoiled, rocky landscape energises Alpine adventurers, who experience the magic of high-altitude walking and the dizzying immensity of the natural surroundings. Max. 6 hikers

➊ Monday 12 to Friday 16 July 2021
Monday 09 to Friday 13 August 2021

€ €970/p.p. including half board in the huts, the high-mountain guide, equipment (crampons, ice axe, harness & helmet) and a taxi transfer.

➋ Bureau des Guides Bérarde Meije Écrins + 33 (0)4 76 79 54 83
guides.berarde.veneon@gmail.com



WALK ON THE GIROSE GLACIER La Grave

La Grave

The glaciers are gradually disappearing, but before it's too late and we forget they ever existed, the mountain guides of La Grave are offering guided walks on the Girose glacier. Its gentle slope and easy access from the top of the cable car make it a perfect glacier for taking a first step towards mountain climbing and learn more about how glaciers were formed, their vulnerability and their future. The views from this white and blue environment are stunning and you almost forget the crampons, harness and rope. It's a real feeling of freedom. Every Wednesday, Friday and Sunday, with prior booking.

€ €30 p.p., €26 children (from 6 years) + cable car ticket.
5 people minimum. Duration: one and a half hours.

➋ Bureau des Guides de La Grave +33 (0)4 76 79 90 21
www.guidelagrave.com

VIA FERRATA DE LA MARIÉE, DIZZYING LOVE FOR THE MOUNTAINS

Mizoën

To tackle this difficult via ferrata, it's best to already have some experience either in via ferrata or rock climbing. The rungs stretch up vertically for 400 m on this sunny, south facing rockface. Luckily, the spray from the nearby Cascade de la Pisse keeps climbers cool during the 2 ½ hour ascension. François Pinatel, a state-registered mountain guide supervises half-day climbs that last 5 hours with the walk down.

€ €280 for 2 to 4 people.

➋ François Pinatel +33 (0)6 07 90 24 54
francois.pinatel@orange.fr

SUMMER GLACIER SKIING IN A T-SHIRT

Les Deux Alpes

Skiers need to get up to a height of 3400 m to enjoy the largest skiable glacier in Europe. Every summer, since the 1970s, ski enthusiasts have been getting up at dawn to ride up to the glacier and ski 30 km of slopes in the morning, when the snow is still soft. It's not unusual to see members of the French national team, who come here to train. Skiers can also go into the snow park and enjoy some jumps. The glacier is monitored, regularly analysed and maintained in a reasoned manner to ensure leisure activities can be enjoyed with respect for the natural balance of the environment.

➋ <https://ete.les2alpes.com/fr/le-domaine-skiable-en-ete.html>

#immersion

MAGISTRAL ROCK, 3 DAYS OF MOUNTAIN CLIMBING

La Bérarde

A fully immersive 3-day climbing experience, with just 2 climbers for one guide and suitable for those who are comfortable with grades up to 5b/5c. Every Friday in August, the small group sets off to climb the Oisans rock faces, first on single-pitch walls of La Bérarde, the mecca of climbing, to dust off any cobwebs.

Then, after a good night's rest, the objective changes to the ascent of Pic Gény, high up in the mountains. After a night at the Refuge de Soreiller, it's time to climb the Aiguille Centrale or Aiguille Occidentale of the Soreiller. The high-altitude surroundings will be spellbinding, before the descent back to La Bérarde. Departure every Friday in August.

€ €840/p.p. including half-board in the huts, supervision by a high-mountain guide and equipment (crampons, ice axe, harness and helmet).

➋ Bureau des Guides Bérarde +33 (0)4 76 79 54 83
guides.berarde.veneon@gmail.com



FOR A FIRST TRIP INTO THE MOUNTAINS

LEARN ABOUT THE MOUNTAINS THROUGH ORIENTEERING

Ornon / Auris / Vaujany

There are 7 orienteering courses in Col d'Ornon, Auris-en-Oisans and Vaujany, providing a fun and active way of learning more about the heritage of the valley, with questions on the mountains and the surrounding natural environment.

You set off, looking for the control point, answer some questions and then set off again for the next control point... These orienteering courses are a great way of walking in the mountains, spending time outdoors and enjoying quality family time.

The courses are available from tourist offices or they can also be downloaded from the CDC038 and LAURACO websites.

➤ <http://cdco38.fr/index.php/cartographie-2/>
<https://lauraco.fr/parcours-permanents/ppol/>

LIVE FROM THE ALPINE PASTURES: WHAT'S IT LIKE BEING A SHEPHERD?

Oisans

In July and August, the Maison des Alpages organises outings up every Tuesday and Thursday to Besse, Mizoën or Clavans and every Wednesday to the pastureland of Saint-Christophe-en-Oisans, Villard-Notre-Dame, Ornon, Villard-Reymond and Auris to show visitors what it's actually like being a shepherd, to discover the herds, to observe the vultures What's it like living so high up? How do they look after the animals? What role do the dogs play? What care do they have to give to the animals? The person accompanying the outing will answer all these questions.

❶ Numbers are limited to 15, to provide a quality experience.

€ Price / Book online on :
www.maisondesalpages-besse.com
at least 48 hours in advance.

➤ Maison des Alpages +33 (0)4 76 80 19 09
maisondesalpages38@orange.fr

#outdoors

1ST NIGHT IN A MOUNTAIN HUT AT THE REFUGE DE LA LAVEY

Saint-Christophe-en-Oisans



This is a great place for experiencing a first night in a mountain hut, in the company of the two new wardens Ludmilla and Camille, who are set to breathe new air into the hut, located at an 1800m altitude. Ludmilla is as bubbly as cider from Brittany, her home region. As for Camille, he has the strength and energy of the Catalan Pyrenees from where he comes. The days and evenings in the hut promise to be festive, with Ludmilla on the accordion and flute, while Camille tells tales of the wonders of legends of the mountains. All this is bound to attract families, who can sleep over in one of the 32 bunks of this easily accessible hut, giving the children opportunity to experience a night in the mountains.

➤ Ludmilla Lebrun & Camille Caparros :
refugelalavey@ffcam.fr
+33 (0)4 76 80 50 52 (hut) / +33 (0)6 79 32 11 59 (personal)

GEOLOGICAL HIKES

Vaujany

4 day outings will be organised by trek leader geologists from the Oisans Centre of Geology. Following paths chosen for their geological interest, hikers learn how to read the land and can ask all the questions they like about the amazing, but often hidden, geological gems of Oisans. Good hiking shoes are needed and the trek sets off for

a 500 to 1000m climb through the mountains. To ensure an optimal educational experience, prior registration is required and the number of participants is limited.

€ €20 per person.

❶ Thursday 15 July - Thursday 22 July - Thursday 12 August
Thursday 26 August

➤ contact@asso-cgo.fr +33 (0)4 76 80 77 08
Thibaud : +33 (0)6 70 94 49 94 / Thierry : +33 (0)6 73 40 52 64

A LEISURE PASS FOR HAVING FUN IN THE MOUNTAINS

Oz-en-Oisans / Vaujany

The Pass Loisirs leisure pass provides a perfect opportunity for enjoying a range of activities in each resort and giving holidaymakers complete freedom. In Oz en Oisans, pass holders can enjoy the accrobranche treetop adventure park, the swimming pool, a ride on all-terrain scooters, a cable car lift up to the high-mountain lakes and even an astronomy workshop for the kids! Vaujany has a €20 Pass Découverte discovery pass for adults and children, which is available free of charge for those staying in partner

accommodation. In all cases, passes include free entry to the pool and skating rink, together with the cable car ride for hiking or mountain biking. Some paying activities are offered half price, such as the half-day accompanied trek for €10 or one hour of archery for €6.

€ Oz-en-Oisans: a Pass Loisirs costs €24 and €20 for 6-12-year-olds and is worth €45.

➤ oz-en-oisans.com and at the tourist office.

€ Vaujany : a Pass Découverte costs €20 for adults and children

➤ +33 (0)4 76 80 72 37 / +33 (0)6 73 40 52 64
info@vaujany.com

FAMILY LIFE

"READY-TO-CAMP" TENTS AND TEEPEES

La Bérarde / Venosc

What's the perfect solution for combining camping in beautiful surroundings and comfort? The answer is tents that look like trappers' huts and teepees. The kids will love them, but so will their parents, because they won't need to bring any camping gear. The accommodation is on a raised floor and includes an electric hob, fridge and crockery for four people. Add to that a lovely terrace and a sleeping area with real beds! La Bérarde municipal campsite, at an altitude of 1700m, promises cool, relaxing nights in the peace and quiet of the mountains, while the Vénéon river will lull you to sleep at La Cascade campsite, located at 1000m at the bottom of the Muzelle waterfall.

€ €35 to €55 per night / 7 nights €215 to €330

➤ <https://www.camping-berarde.com/>

€ €54 per night for 3 people / €220 per week

➤ <http://www.camping-cascade.com/fr/>



CANI-KART, THE SUMMER VERSION OF DOG SLEDDING

Le Bourg-d'Oisans

To experience the thrill of a dog sled ride in the summer, the sled is replaced by a device that resembles a go-kart chair on a frame with large wheels that can go over any terrain. Once you're comfortably installed, with the Siberian Huskies harnessed in front, 30 exciting minutes begin on the trails, with the musher always in control of the steering!

€ Adults: €75

€ Children under 12: €60

€ Families (two adults and two children under 12): €250

➤ Ranch de L'Oisans - Team Ehawee +33 (0)6 95 31 93 96
<https://ranchdeloisans.com/>

#woof

ANSWER THE RIDDLES TO SOLVE THE MYSTERY

Vaujany / Besse-en-Oisans

In Vaujany, it's rumoured that the diabolical grooming machine is back this summer and that it does crazy things on nights with a full moon. Families use their cellphones to visit the village, while solving the riddles and, ultimately, the mystery. In Besse-en-Oisans, the Maison des Alpages has designed a mystery quest that children as young as 8 can do by themselves or with their families, exploring the lanes, alleyways and hidden delights of the village. In just an hour, the village will have revealed all its charms to the budding Sherlock Holmeses.

➤ Vaujany : info@vaujany.com

➤ Besse : <https://maisondesalpages-besse.com/>



ELECTRIC SCOOTER RIDES THROUGH THE MOUNTAINS

Auris-en-Oisans

Electric scooters look like bicycles with the seat removed and the space replaced by a footplate. The wheels are the size of mountain bike wheels. They are easy to handle, silent and very user-friendly, enabling riders to enjoy mountain bike trails, with or without supervision, against a backdrop of the Meije and Écrins mountains.

€ Adults: €17 / 30 mins; €22 / 1 hour; €37 / 2 hours; (Group rates apply from 3 adults)

➤ Book with Philippe on +33 (0)6 63 18 84 15 - zettrotchartreuse@gmail.com

SKY AND STAR-GAZING

Villard-Reculas

Every Thursday evening, Thomas Mollier, an amateur astronomer with more than 20 years' experience, shares his knowledge with visitors, whether novices or experts in moon and star gazing. Equipped with telescopes for both adults and children, and a laptop, Thomas shares his knowledge with passion and a pedagogical skill. Constellations, Saturn and its rings and the majestic moon... the evenings are both timeless and instructive.

€ Free of charge

➤ info@villard-reculas.com
+33 (0)4 76 80 45 69



GET UP CLOSE TO ALPINE NATURE

OPEN-AIR YOGA SESSIONS!

Le Bourg-d'Oisans

A yoga session connected to the natural elements? Florence Crosasso offers sessions of breathing, movement and contemplation in unusual places. Yoga practitioners can either boost their vitality in the morning or opt for a gentle meditation at the end of the day, as they please. Yogis will be revitalized and soothed by the outstanding Oisans environment.

📍 Twice a week from 1 July to 15 August with prior telephone booking. Max. group of 10. Locations depend on the weather and the number of people.

💶 €15/p.p - Family rate €8/p.p for min. 4 people from the same family.

➤ Florence Crosasso +33 (0)6 21 17 28 65 - espaceohana@orange.fr

#vitality

GET AWAY FROM IT ALL IN A HUT ON THE EMPARIS PLATEAU

Visitors looking to get away from the hustle and bustle of everyday life can head for the absolute tranquility of the Riftort hut, located in the heart of the Emparis plateau, facing the Meije and the Écrins mountains. 3 large dormitories sleep 19 guests, who can cook in a fully equipped kitchen, enjoy quality time together in the dining room and have a coffee in the sun admiring the mountain view. The hut is the starting point for many walks, and the luckiest hikers will see marmots or meet shepherds on their way..

💶 1 night: €500 - 1 weekend: €620 (2 nights)
1 week: €1,100 (8 days / 7 nights - group gîte)

➤ <http://www.refuge-riftort.com/>
+33 (0)4 76 80 04 91 / +33 (0)6 07 46 88 12
rifort@sfr.fr

DETOX NATURE WEEK, RESTORING BALANCE TO MIND & BODY

Ornon

In the magnificent setting of the Col d'Ornon, Patricia Geoffroy, an experienced naturopath, hosts a small group for a week to recharge their batteries and gain a newfound serenity. The programme focuses on the well-being of the body and mind, based on interactive workshops to help participants relearn how to eat or to relieve stress, as well as meditation and gentle hikes.

📍 Detox nature week: 1 to 8 May 2021, 7 days. Max. group of 12.

💶 Course: €320/p.p.

Full board accommodation: from €420 p.p.

➤ Gîte le Chamois : +33 (0) 4 76 80 40 61

Gite.lechamois@orange.fr

<https://www.oisans.com/hebergement-locatif/le-chamois-2/>

3 DAYS DISCOVERING MEDICINAL AND EDIBLE PLANTS

La Grave

Nature and especially plants offer a multitude of medicinal and edible virtues. During this short break with Anne, participants will be able to learn about the abundance of these natural resources. The first day will be spent picking and tasting plants, followed by a day learning about medicinal plants and making a balm. The last day will be devoted to a visit to the Honey Workshop at the Lautaret Alpine gardens. The programme may vary according to the level of the group, the weather and logistical constraints.

📍 2 nights/3 days, €306/p.p. full board in a superior room with a view of the Meije (based on 2 people per room) with easy guided hikes.

➤ Hôtel Faranchin - +33 (0)4 76 79 90 01
contact@lefaranchin.com

<https://www.lefaranchin.com/package>

OPEN-AIR SOPHROLOGY FOR BEING IN THE "HERE & NOW"

Le Bourg-d'Oisans

Sophrology, focusing on breathing, helps people to become more aware of their body and mind through their senses and the fresh air of the mountains, opening them up to the joys of life. This is the main theme of this summer's sessions, which will be adapted each week to take the time to fully appreciate what is right there, within reach of our senses. Participants can then enjoy a picnic together after the session.

📍 Sessions last 90 mins and the schedule depends on the weather. Group of 10 max. Bring a mat, blanket, warm clothes + picnic (optional)

💶 €15

➤ Register before Monday evening on
+33 (0)6 89 97 09 64 - 38yojacquem@orange.fr

#serene



NEW ETHNO-BOTANICAL & EDUCATIONAL TRAIL

Auris-en-Oisans

Auris-en-Oisans has created a new discovery trail for this summer in the Piégut woods. Designed by Caroline Calendula as an ethno-botanical quest, this trail is part of the drive to educate visitors about the environment, promote local history and develop the region. Walkers are invited to follow the mascot, called Jacques the Woodcutter, along the trail. Through a number of fun and educational information sheets, Jacques shares memories of his childhood, explains the local plant life and tells walkers more about the heritage of Auris before the resort was built.

📍 The 2.5km loop takes around 2 hours. Height gain/loss 100m. Map and route available from the tourist office.

💶 Free of charge

➤ +33 (0)4 76 80 13 52 - www.auris-en-oisans.fr
info-auris@oisans.com

#disconnect

A WI-FI FREE HOLIDAY - DISCONNECT!

Saint-Christophe-en-Oisans

Take time, take a break and take a deep breath at an altitude of 1400m - all this can be done in the two gîtes located in the perched hamlets of Lanchatra and Le Puy. In an unspoiled setting, pollution and disturbance are replaced by calm and serenity so that visitors can recharge their batteries and take a real break. The gîte du Châtrion in Lanchatra requires a 45-minute walk from Plan du Lac. The former inhabitants of the village used to work in the slate quarries of the valley.

📍 Gîte du Châtrion : 40m² / Sleeps 5 - rentals from May to October

➤ +33 (0)6 60 74 65 86 - didbalan@gmail.com
<https://www.oisans.com/hebergement-locatif/gite-du-chattrion-hebergement-insolite/>

Le Tilleul is an old atypical shepherds' house located in the sunny hamlet of Le Puy, a 45 minute walk from the village of Saint-Christophe-en-Oisans. Comfort is rustic, with the washrooms (toilet, shower and sink) located in the lower part of the house in the old cellar. A journey back in time!

📍 Le Tilleul : 50 m² / Sleeps 4 - rentals from May to October

➤ +33 (0)6 87 40 92 02 - turc.christian0445@orange.fr
<https://www.oisans.com/hebergement-locatif/le-tilleul-hebergement-insolite/>

THE MINIMAL ENERGY OF OISANS TO FIND YOUR INNER SELF

Auris-en-Oisans

Laëtitia specialises in minerals, their virtues and energy, which she uses during her meditation and relaxation sessions. She also provides energy and sports massages, indoors or out, at home or at her premises. The mineral energy of Oisans is powerful, encompassing, rejuvenating, soothing, and energising!

💶 €12 for 1 hour, year round with prior booking.

➤ Info and bookings: Laëtitia +33 (0)7 78 21 41 01
lecrystalmandragore@hotmail.com



HIKING IN THE FRESH AIR, AWAY FROM IT ALL

#unforgettable



WILD CAMPING: AN UNFORGETTABLE EXPERIENCE

Ornon

This wild camping experience takes place in the Taillefer mountains, close to Le Col d'Ornon. Following a hike that depends on the level of the group, participants put up their tents amongst incredible scenery, with views over the Belledonne, Écrins and Grandes Rousses mountains. It's a magical moment,

far away from everything and everybody, eating a raclette meal around the campfire. After a night in their tent or simply sleeping under the stars, the hikers set off once again along the mountain tracks.

€ €250/ p.p. for 2 days and 1 night, including a guide, full board, the evening meal and breakfast.

➤ Gîte La Lignarre - <https://montagne-nature-experience.com>
+33 (0)6 67 90 35 03 / +33 (0)6 99 90 13 42

THE ECO-HIKE: A "ZERO-CARBON" WALK FROM LA GRAVE TO LA BÉRARDE

Following part of the GR54 path, this week-long eco-hike starts from La Grave and finishes in La Bérarde in the Ecrins. A group of 12 hikers goes from hut to hut, with the day's walking punctuated by talks with local scientists, artists and residents in an effort to explore the mountains from an eco-responsible perspective. In partnership with the Ecrins National Park, the ITTEM (Innovation

and Transition) and the Alpine Club, the focus is obviously on reducing the environmental footprint (local food, zero waste and carbon-free transport), as well as learning more about the mountains, their ecosystem and the issues at stake.

➤ From 25 July to 1 August 2021.

➤ Anne Lozé, organiser, +33 (0)6 12 99 08 05
anne@ecotraverse-alpes.fr

GR 54 : THE TOUR OF OISANS AND THE ECRINS

The GR 54 is a 10-15 day adventure for experienced hikers. The "54", as it is known by seasoned hikers, is one of the 3 French Alps "Grande Randonnée" paths, along with the Tour of Mont Blanc and the Glaciers of the Vanoise. But there's no doubt that it is the most remote and difficult of the three! With 176 km, 14 mountain passes and a total height gain of over 12,800 m, most of the "54" is in the Ecrins National Park and is a great way of discovering the exceptional, protected plant and wildlife, together with the unique landscape reminiscent of the Himalayas...

➤ <http://www.grand-tour-ecrins.fr/informations/le-gr-54/>

A WEEK OF GUIDED HIKING IN OISANS

Allemond

Wherever you decide to stay in Oisans, every morning, trek leader Chris Balchin, collect his group of hikers and takes them off for that day's walk! Hikers can simply follow the guide, exploring a new valley each day and enjoying the diversity of landscapes to be found in Oisans. High altitude lakes, perched hamlets, historical walks following the trace of the York Mallory or nights in mountain huts... Chris adapts to the wishes and level of the group.

Example of a typical week:

- Monday: l'Alpette to La Villette, via Montfrais (Eau d'Olle Valley)
- Tuesday: Plateau des Lacs starting from Oulles (Lignarre Valley)
- Wednesday: Refuge de la Muzelle and a night in the hut (1200m height gain) (Vénéon Valley)
- Thursday: descent to the Lac du Lauvitel and visit to the village of La Danchère (Vénéon Valley)
- Friday: visit to the York Mallory Museum and a hike up to the site of the crash. (Eau d'Olle Valley)

➤ Suitable for everyone, from 12 years. May to September, with prior booking.

€ €175/adult. Mountain hut not included in price. Drinks and meals not included.

➤ Chris BALCHIN +33 (0)6 47 72 53 31
balchin.chris@orange.fr
www.ecrinsalpinasafaris.com

#discovery



HERITAGE / SMALL VILLAGES

A FOOD-LOVERS' HIKE IN THE HAMLETS

Auris-en-Oisans

Alain, a hiking guide and Auris residents, organises this walk for curious food lovers. Walking from hamlet to hamlet, there are 3 food stops along the way, namely les Cours for the main course, followed by desert in La Balme and a rest for coffee in Les Châtains. Local chefs share stories and tales of the lives of local inhabitants in the old days. Two days have been set, namely Thursday, 22 July and Thursday, 19 August 2021, for an original and convivial way of exploring the charm and authenticity of these hamlets located opposite the Oisans glaciers!

€ €25/children and €30/adults
Suitable for children over 12.

➤ Auris-en-Oisans Tourist Office +33 (0) 4 76 80 13 52
www.auris-en-oisans.fr

#authentic



2 HISTORIC HIKE TO WALK ON THE PATHS OF YESTERYEAR...

Oulles

Nestling on the Taillefer mountainside, Oulles is the smallest commune in Isère! It boasts amazing, panoramic views over the Grandes Rousses and the peaks of the Ecrins National Park. Until 1982, the only way to access this corner of paradise was on the mule track used to bring the supplies up from Bourg d'Oisans needed for living in the mountains. This very steep path was entirely renovated in 2018 and now features ladders, cables, nets and ropes. Not for people scared of heights!

The little village has something of an "out of time" feeling, with its traditional houses and recently-built yurts.

➤ Duration: 3 1/2 hours. Height gain: 600 m

Venosc

Although Venosc is now well known for its arts & crafts, slate quarrying used to be the main activity. The slate was of such good quality, that some still adorn the roofs of the Château of Versailles! Located midway between Venosc and Les Deux Alpes, the old slate quarry was operated for 71 years, providing a living for many families in the valley. A long-term project by the local municipality has led to a discovery trail being opened, telling the tale of these families. This summer, an open-air exhibition will be narrating this bygone era, in the heart of the quarry site!

➤ www.venosc.com
+33 (0)4 76 80 06 82

4 NEW MEMBERS OF THE OISANS SAVOIR-FAIRE ROUTE

Le Bourg-d'Oisans

The Savoir-Faire Route was created in 2011, bringing together 40 artisans, producers and farmers who work, create and produce locally. This year, 4 new and enthusiastic members have joined the Route to share their passion and savoir-faire. The Route welcomes writer and poet Chrystelle, the photographer and wood-lover Fabienne of "Instant de Bonheur", who specialises in the printing of photos on wood, Sophie with her fresh pasta made in Oisans, and Clémentine from the "Verre de Terre" studio, producing decorative pottery and cookware. 4 unmissable portraits of women!

➤ More information on the Savoir-Faire Route:
<https://www.oisans.com/decouvrir/route-savoir-faire/>

A VIA CORDATA JOURNEY DOWN THE OISANS MINES

La Grave

Requiring a helmet, harness, lanyards and head torch, equipment needed for via cordata is the same as for via ferrata. This is an ideal outing for families, as children as young as 5 can participate. Accompanied by Odile, holidaymakers are immersed in the history of Oisans' vertical mines. It's a fascinating journey that combines sport with heritage!

€ €35/p.p. (group rate for a min. of 6 people) including supervision, the loan of technical equipment (harness, helmet, via ferrata lanyard with shock absorber, special gloves and a head torch).

➤ Odile Martin-Cocher, climbing & canyoning monitor, trek leader and BPJEP
+33 (0)4 76 79 94 67 or +33 (0)6 08 81 54 24 - odile.martincocher@outlook.com



A CENTURY ON, THE CAFE IN VILLARD-NOTRE-DAME REOPENS!

Villard-Notre-Dame

The Café de la Gardette is a wonderful family story. In the 1920s, Ariste Balmet ran the "Café des Glaciers", a friendly place where both villagers and people passing through like to meet up and share the typical dishes of Oisans. A few years ago, 40-Year-old Romain Brun, the great-great-grandson of Ariste, who grew up between this village and Alpe d'Huez, decided to return to his homeland and

renovate the family house and bring the cafe back to life. Romain is passionate about crystals and the name "Cagé de la Gardette" was named after the Gardette mine, renowned worldwide for its crystals, in which Romain's grandfather was a shareholder. In a relaxed and informal atmosphere, the new Café de la Gardette will be offering Oisans specialities (including farcis and crozets), snacks and local produce, enabling Romain to combine his love for cooking and for his native village.

➤ Romain Brun +33 (0)6 88 31 15 01



CYCLE TOURING

THE MAD'OZ, A NEW MTB ENDURO TRACK

Oz-en-Oisans

Already renowned for its high quality bike park, Oz-en-Oisans now boasts a completely new Enduro track for this summer. The Mad'Oz is a red-grade 4.5 km track, starting from the Col du Poutran, which goes down to Oz via the Combe de Poutran. The track goes through woods, along the Roubier stream with sections on slabs and then goes alongside the lake, with fabulous views over the resort. In a hitherto unexplored sector, the Mad'Oz opens up new horizons and is set to be the future gem of the domain!

► <https://www.oz-en-oisans.com/ete/rando-velo/vtt/domaine-vtt/>

THE MARMOTTE OPENS A NEW ROUTE TO MARK ITS 40TH ANNIVERSARY!

Alpe d'Huez



La Marmotte is an unmissable international cycling event created in 1981, which will be celebrating its 40th anniversary on 27 June 2021. With 88% of cyclist coming from abroad, the Marmotte is the largest day cycling event in the Alps after the Tour de France. And there is a new event organised for this year, the Marmotte Ultra! Participants ride the traditional 186 km route, but once they have arrived in Alpe d'Huez, they carry on to Sarenne, going down to the mountain pass and rejoining the route to climb up to Alpe d'Huez once again, making a total of 225 km! Limited to 500 participants.

► <https://lepapemarmottegranfondalpes.com/>

#Challenge

CYCLING HOLIDAY WITH DAY RIDES

La Grave

Using the Gîte de Rocher as base camp, this holiday has been designed for cycle touring enthusiasts. The Gîte has been awarded a 2-bicycle label for the services it provides for cyclists and is located at the foot of the main mountain passes, enabling cyclists to enjoy day trips on the legendary routes up to the Col du Galibier and the switchbacks up to Alpe d'Huez. In the evening, cyclists can recover thanks to Colette's sports massages and Simon's delicious cooking, featuring menus specially designed for cyclists. 5 days to spin your wheels and clear your mind!

From 15 June to 15 October 2021.

€ From €277/p.p. for 4 nights half board, with a 45-minute massage. Picnics available on request for €9.

► Gîte Le Rocher Mariv & Serge Agudo
+33 (0)6 81 56 23 07 ou +33 (0)6 33 76 03 27
gite.le.rocher@free.fr

A SUNSET E-RIDE

Alpe d'Huez

Supervised by qualified cycling instructors (MCF), this new e-bike experience is highly enjoyable and comfortable, as well as being suitable for everyone from 14 years old. Breathtaking views of beautiful scenery, combined with gentle effort. The late afternoon continues with tapas on the sunny terrace of high-altitude restaurant La Cabane. The ride back to the resort will be at night, on an easy trail, lit by headlamps.

€ €65/p.p., including the guide and equipment. Starts at 4:30 PM.

► MCF Alpe d'Huez +33 (0)6 67 78 70 96
contact@alpedhuezvtt.com

A 100% MTB HOLIDAY

Le Freney

A total immersion in the world of cycling: MTB decoration, vintage bikes exhibited all over, collections of MTB magazines and themed rooms called World Cup and Old School! The owner, Laurent Pheulpin, was the French DH Masters 2 champion in 2018 and is now providing beginners courses in mountain biking, downhill rides and even e-biking courses. His motto is learn, progress and enjoy. "Chez Bob" is something of a home-from-home, but better, with a sauna, Jacuzzi, home trainer, tabletop football and a bike workshop!

€ From €300/p.p. for an MTB weekend, including half-board accommodation, accompanied rides and transfers. From €785/p.p. for a summer "bike park" week, including half-board accommodation, 4 half-day accompanied rides, transfers, lift passes, a night-time descent and a video of the holiday.

► Chez Bob +33 (0)6 79 26 52 97 - Facebook chezbobbicycle



6 MORE "ACCUEIL CYCLO OISANS" LABELS AWARDED TO LOCAL ACCOMMODATION

Oisans

As a world capital for mountain cycling, Oisans created its own cycling label a few years ago. The label has 3 levels (1, 2 or 3 bicycles) according to the services provided by the accommodation, such as a lock-up garage, special meals, repair workshops, a coach, masseur or assistance. The idea is to guarantee optimal facilities for cycling guests. 100 accommodation facilities have now been awarded the label in the region, with 6 new facilities joining the label in the summer of 2021: The Maison de la Montagne in Bourg-d'Oisans with a 1-bicycle label, the Chalet La Papillotte in Bourg-d'Oisans, the Chalet L'Ardoisière in Villard-Reculas and Le Panoramique Hotel in Mizoën with a 2-bicycle label, and the Le Sherpa Hotel in Les Deux Alpes and the V Hotel in Vaujany with a 3-bicycle label.

► <https://www.bike-oisans.com/hebergements/label-accueil-cyclo-oisans/>

E-BIKE ULTIMATE CHALLENGE: A NEW SUSTAINABLE SPORTS EVENT

Les Deux Alpes

A new electric bike event that aspires to become the most impressive challenge in the world! The E-bike Ultimate Challenge involves around 100 km of routes, nearly 6000 m of height gain, 10,000 m of height loss, 20 hours of races, technical descents and alpine scenery that takes your breath (but not your batteries) away... This is a great challenge for teams of two, on 7 and 8 August 2021.

► www.les2alpes.com

ON WATER AND IN WATER



WINDSURFING AND DINGHY SAILING ON THE LAC DU VERNEY

Allemond

Stéphane and Christophe have been running the Verney watersports centre for nearly 20 years. They are now offering courses in windsurfing and dinghy sailing. The best wind is to be found in the afternoon, that even in the morning, the setting is idyllic for messing around in the water in the beautiful alpine setting. For those who prefer calmer activities, pedal boats and stand-up paddle boards are also available for rental. The centre will

be open every day from 27/6 to 31/08, from 11 AM to 7 PM.

€ Windsurfing course from 10 years: €95/3 daily sessions of one and a half hours. Private lessons: €45/p.p. €60/2 people
Dinghy sailing course: €170/5 daily sessions of two hours, for 4 to 6 children aged 7 to 10.

Rentals for one hour: €15 pedal boats / €10 dinghies, canoes and SUPs / €15 windsurfing boards

► +33 (0)4 76 80 76 11

TAKE A COOL DIP IN A CANYON!

Oz-en-Oisans

Crystal clear water, slides, natural jumps and plenty of thrills... all supervised by an experienced monitor. This is the exciting cocktail on offer from Oisans guides this summer. A thrilling outing to discover the joys of white water in complete safety, enabling the most intrepid to enjoy a cool dip in the middle of summer. Not to be missed!

1 Half-day outings. From 10 years upwards.

€ €55/p.p. (3/6 pers.) ► <http://guideoisans.com>

OISANS, A LAND OF WATERFALLS AND ADVENTURE

Oisans has no shortage of paths and trails to be explored, some of which lead to amazingly beautiful waterfalls. After a succession of totally different landscapes, hikers come across the petrifying waterfall of Mizoën where an impressive natural accumulation of limestone creates a series of waterfalls. It's simply magical and one of the most beautiful in France!

Others can go to La Villette on foot or on a small train from Vaujany to admire the Cascade de la Fare, where water from the lakes of the Plan des Cavales (2700m) tumbles over 1200m, under the admiring gaze of hikers. The walk can be extended as far as Le Collet.

► <https://www.ecrins-parcnational.fr/actualite/mizoen-coup-de-jeune-pour-le-sentier-dinterpretation>
<https://www.oisans.com/equipement/randonnee-la-cascade-de-la-fare/>



CANOE AND STAND-UP PADDLE... GOING WITH THE FLOW!

Le Bourg-d'Oisans

What could be nicer this summer than enjoying the cool water of the Rive in Bourg d'Oisans... a peaceful paddle along the river in a bucolic setting where time seems to stand still. Supervised by Neil Wilson, this is an easy activity that suits everyone. Choose between a canoe for a lovely, easy ride of around one hour or a stand-up paddle board for a sportier experience! Children from 3 years upwards can also enjoy the trip on the water, sitting in a canoe with an adult... a gentle and refreshing experience!

€ €10/child and €15/adult for canoe rental, €20 for SUP rental (from 14 years)

► Neil Wilson +33 (0)6 21 65 64 31

WHITewater SPORTS ON THE TURQUOISE VÉNÉON RIVER

Saint-Christophe-en-Oisans

Against a backdrop of the Fétoules glacier, rafting, hydrospeed, hotdog and airboat provide hours of fun. These whitewater activities are perfect for cooling down, as well as being hugely enjoyable and exciting. There's something for everyone - beginners' descents for families or groups of friends, or a package with 3 half-day descents to try all the sports. The fast-flowing river awaits you!

€ For beginners: from €25 to €35
Inuit package: 3 half-days, 3 whitewater activities (e.g. rafting + hydrospeed + hotdog): €82

► +33 (0)4 76 80 23 99 - info@rafting-veneon.com
<https://www.rafting-veneon.com/>

Save the date for the 7th edition of the Vénéon Derby

Not to be missed on the weekend of 4 and 5 September 2021, paddlers challenge each other on the fast-flowing Vénéon water. In teams of three, they have to descend the steep race section in extreme kayaks as quickly as possible. Rapids, compulsory gates, carry sections and a class V rapid make this competition a perfect playground for athletes, as well as providing a fine show for spectators.

► <https://www.facebook.com/derbyduveneon/>

#extreme



HOLIDAYS / ACCOMMODATION

LE PETIT BES, PERFECT FOR COCOONING A STONE'S THROW FROM LES 2 ALPES

Mont-de-Lans

Nestled in the typical village of Mont-de-Lans, a stone's throw from the international resort of Les 2 Alpes, Le Petit Bes features both design and tradition. With 7 bedrooms and 6 bathrooms, this 350 m² chalet, which takes its name from the local word for the birch tree, can sleep 15 guests. Its cosy atmosphere, contemporary design, outdoor jacuzzi and the helpful advice from Cathy, a huge fan of both sport and local history, make this a perfect address for exploring Les 2 Alpes and the Chambon valley.

€ From €3870 per week

+33 (0)6 32 24 72 74 - lepetitbes@gmail.com

<https://www.facebook.com/chaletlepetitbes>



NEW OWNERS & NEW DECOR AT THE AURIENCHON

Auris-en-Oisans

A new wind is blowing over the Aurienchon gîte! The new owners, Éric and Béatrice, have decided to redesign and renovate the gîte. The charm and rustic decor of the old sheepfold create a warm atmosphere. Guests will love the delicious food prepared by Béatrice, who takes special care to use fresh, local produce and adds a touch of exotism from Morocco!

€ €60/ night, double room. Half-board available for €58/p.p.

+33 (0)4 76 80 88 36 / +33 (0)6 73 45 97 02
gitelaurienchon@gmail.com
<http://www.gite-auris.com/>



AN ALPINE LOFT, PERFECT FOR LARGE & EXTENDED FAMILIES

Oz-en-Oisans



This luxurious 168 m² apartment is perfect for families seeking space and comfort.

The 3 beautiful bedrooms, each sleeping 4, all have private bathrooms with WC. The sauna, gym, and chill-out room with TV and table football will ensure everyone has a great time.

Nestled in the heart of the Oz-en-Oisans ski resort, guests will delight in its careful decoration, modern mountain style, location and terrace with views of the Belledonne massif.

€ €1,600 per week during the summer season.

<https://loftalpin.com/>

E-BIKE ESCAPE: A GOURMET HOLIDAY ON AN ELECTRIC BIKE!

La Grave

Enjoy cycling, incredible mountain views, excellent local produce and end the day with a good glass of wine before relaxing in the sauna! Head for La Grave and the 3-star Auberge Edelweiss, a former post office located at the entrance to the village. Each day, we choose a "gourmet" ride to either a local farm to taste freshly made cheese, or to a small local brewery, or to a magnificent viewpoint, or to a perched hamlet... whilst enjoying slow travel, thanks to the e-assist bikes. From 18 May to 30 September 2021.

€ From €95/day/p.p. including half-board accommodation, welcome and farewell drinks, tasting sessions and assistance (advice, route mapping & breakdown assistance). E-bike rentals available for €60/day.

www.hotel-edelweiss.com +33 (0)4 76 79 90 93

L'ATELIER DE BEL, A SUMPTUOUS CHALET IN LES DEUX ALPES

Les Deux Alpes

Formerly a carpenter's workshop, L'Atelier de Bel is now a luxurious, industrial-design chalet, offering 260m² of living space for 14 guests, using noble materials such as wood, stone, glass and steel. Spacious and elegant, the chalet is spread over 3 floors and can sleep up to 14 in comfort, including a spa area (jacuzzi and sauna), fireplace, generous rooms, attic space for relaxation, en-suite bedrooms, a 3-car garage and an impressive suspended steel footbridge that spans the entire chalet. People looking for a really relaxing mountain break, combining charm, authenticity, modernity, simplicity and prestige, will be delighted by this sumptuous chalet!

€ From €2000 to €3500 per week

www.chalet-atelier2alpes.com +33 (0)4 76 80 54 89



CHALET AUGUSTIN, A CHALET FOR COCOONING IN VAUJANY

Vaujany

Located in the heart of Vaujany village, Chalet Augustin is a 4-star detached chalet with all the comforts of home, made of wood and stone. With 3 double bedrooms, a room with 3 single beds and a large mezzanine featuring a double bed and a meridian, it can sleep 10 to 12 guests looking to recharge their batteries. Equipped with a sauna, garage, fireplace, and a large terrace with panoramic views over the Grandes Rousses and the Cascade de la Fare, Chalet Augustin has all the ingredients for an unforgettable holiday.

€ From €1600/per week. From €207/per night.

+33 (0)6 82 98 13 98 - chalet.augustin@gmail.com



AGENDA

SARENNE EXPRESS, A TRAIL RUN THAT'S ALL DOWNHILL!

Alpe d'Huez

Alpe d'Huez is the perfect playground for trail runners, so it was here that a pair of professional runners, Frédéric Morand and Maud Debs, decided to create a unique, innovative event - a downhill trail race! Starting from the Pic Blanc at 3,330m, participants run down to the village of Huez at 1,440m, totalling 15 km and a height loss of 1,860 m, on a stony and often snowy path. This unique and eco-responsible event will be held on 24, 25 and 26 July 2021.

<https://sarennextpress.com/>



THE SMALLEST INTERNATIONAL MOUNTAIN FESTIVAL

Saint-Christophe-en-Oisans

From 20 to 22 August 2021, the little village of La Bérarde puts 3 days of screenings of films depicting mountain life worldwide. The eclectic, unusual and international programme carries spectators far, far away...

€ €5/adult per screening - free for under 18's

AVEC St Christophe - +33 (0)7 83 66 29 18

avec@saint-christophe-en-oisans.fr

Tickets on sale at <http://helloasso.com>

MEGAVALANCHE, FROM THE PIC BLANC TO THE PLAINE!

Alpe d'Huez

On 11 July 2021, around 1800 international riders will be setting off from the top of the Pic Blanc at 3330 m on the Sarenne glacier to descend 2600 m to the finish line in Allemond.

This is one of the most iconic and unmissable marathon descents in the world!

www.alpedhuez.com



ALPES HOME

Les Deux Alpes

Alpes Home, the Alpine event for decoration, architecture, furnishings and the art of living in the mountains, will be held at Les Deux Alpes from 23 to 25 July 2021. Owners, enthusiasts, professionals and key players in the region all join together for the event, which includes exhibition stands, talks and Renovation Awards.

www.alpes-home.com/les-2-alpes-2021/visiter.html



CORPORATE

OISANS TOURISME SUPPORTS TOURISM OPERATORS

Oisans Tourisme is responsible for both the promotion of tourism and the economic development of the region. For over 15 years, it has been working alongside artisans, traders, the self-employed and sports instructors, to name but a few, creating a number of initiatives such as the Savoir-Faire Route, launched in 2011, and events such as the Oisans Col Series.

CREATION OF A MARKETPLACE FEATURING 100 ACTIVITIES

With over 100 leisure activities available on its highly practical "oisans.com" marketplace, Oisans Tourisme will this summer be providing the option of making direct bookings from its tourist office counters. In other words, visitors will be able to book accommodation and activities of their choice from home, before they arrive, or once they have arrived, with the help of a tourist information agent. This means they can now choose any activity in the area, on any day and at any time! This easy and practical way of booking is available on www.oisans.com



CLICK AND COLLECT

Consumer habits are changing, with local products and "consuming locally" gaining in popularity. For this reason, Oisans Tourisme has set up a click and collect system on its website. It's easy to use, with over 40 producers, traders and artisans offering visitors the opportunity to purchase their products online and then collect them from the shop, farm or workshop. A one-stop shop available on: www.oisans.com

For food lovers... artisan biscuits and chocolates, mountain honey, cheese platters, terrines, beers and liqueurs...

For arts & craft lovers... Locally made items, including sculptures, mosaics, jewellery, pottery, textile accessories, pictures and photos on wood...

Practical gear... Specialist clothing and equipment rental..

OISANS,

unspoiled mountains just
4 hours from Paris!

► BY ROAD

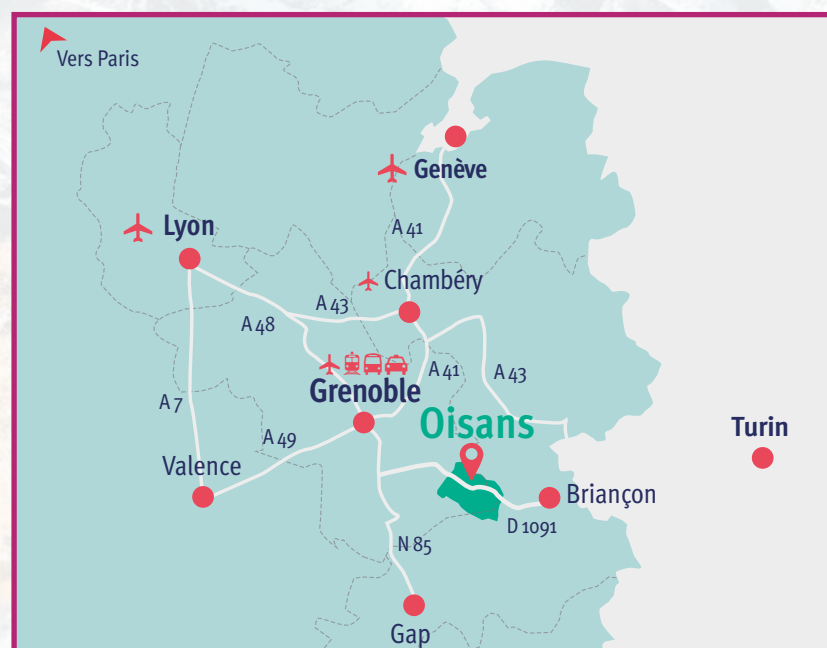
- > Motorway from Paris, Lyon, Marseille or Geneva to Grenoble. From Grenoble, follow Sisteron/Gap on the A480 motorway - Exit 8 "Vizille - Stations de l'Oisans". Then the N 85 to Vizille, followed by the D1091 towards Briançon.
- > Bourg-d'Oisans is 50 km from Grenoble. The journey takes 45 mins. from Exit 8.

► BY TRAIN

- > TGV Paris-Grenoble
3 hours on frequent trains.
Bus transfers to Bourg-d'Oisans and the main Oisans villages on Transisère (www.transisere.fr) and Regional Express Lines (www.bus-et-clic.com/ler35)

► BY PLANE

- > Grenoble - Isère airport is 91 km from Bourg-d'Oisans
- > Lyon Saint Exupéry airport is 139 km from Bourg-d'Oisans
- > Geneva International airport is 192 km from Bourg-d'Oisans



Links
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