

PRESS KIT

OISANS

MYTHICAL ALPS

ALPE D'HUEZ
LES 2 ALPES
OZ-EN-OISANS
VAUJANY
LA GRAVE

LE BOURG-D'OISANS
ALLEMOND
AURIS-EN-OISANS
LE FRENEY-D'OISANS
ORNON

SAINT-CHRISTOPHE-EN-OISANS-
LA BÉRARDE
VALLÉE DU FERRAND
VILLARD-REULAS
VILLARD-REYMOND...

WINTER 2021-2022

*Back to skiing,
to the snow, to the roots!*



OISANS, BREATHE IN THE FRESH AIR!

Between Isère and the Hautes-Alpes lies a region with a thousand treasures: Oisans.

Its wide-open spaces and unspoiled landscapes are packed with activities for the whole family to enjoy. With its kilometres of ski slopes and an incredible off-piste area at the foot of the Meije and the Ecrins National Park, holidays are sure to fly past at a frenetic pace in this huge playground! Featuring a range of charming and atypical accommodation, restaurants serving locally-sourced food and the opportunity to explore local know-how, the 6 Oisans valleys provide an authentic setting for a variety of holiday delights.

OISANS IN NUMBERS

2 départements

Altitudes ranging from **475 m to 4 102 m**, with nearly

40 peaks over 3 000 m

4 ski areas and over 500 km of runs or off-piste trails

3 international ski resorts

The **Ecrins National Park** and numerous glaciers

Isère's leading tourist destination with **2.5 million** overnight stays per year

22 village resorts, including 2 classified villages

24 mountain huts

5 offices for guides and trek leaders

11 museums

40 artisan members forming the Oisans Savoir-Faire Route

20 events of national or international importance

Over **20 snow sports** to try out in winter

LOCAL PRODUCTS AVAILABLE 24/24



Fancy some local produce at any time of the day or night? This is now possible thanks to the Casiers de l'Oisans, a self-service distributor of local and regional products from Oisans and a range of up to 80 km. Open 24 hours a day, the shop is located near the town centre of Bourg d'Oisans.

► 167 rue des Cristalliers, 38520 Le Bourg-d'Oisans
lescasiersdeloisans@gmail.com

NEW CONCEPT : THE CAFÉ PRESSE DU BOURG

The restaurant "La Table de Bourg" in the heart of Bourg d'Oisans is home to this new concept. The restaurant and Mélissa's refined cuisine have suffered the full force of the Covid crisis... but it is when the going gets tough that new ideas spring up! In addition to serving up delicious meals, the place has become a bookshop (following the closure of the newsagents), as well as a bistro, wine shop and deli! A place to meet up and catch up, where you can be sure of finding excellent products from local Isère producers. Check it out!

► +33 (0) 4 76 80 08 47 - latabledubourg38@gmail.com



Click & Collect

MES PRODUITS
À 2 CLICS
DE CHEZ MOI !
OISANS.COM



CLICK AND COLLECT MADE IN OISANS

As our consumer habits are changing and the importance of consuming local products has gained in popularity, Oisans Tourisme has set up a simple, click and collect system from its website. Over 40 producers, shopkeepers and artisans offer visitors the chance to buy their products online and collect them from their shops, farms and workshops.

► It's a one-stop shop for local specialties, items made in Oisans and equipment hire: www.oisans.com

TOP 5 NEW WINTER FEATURES

SPECIAL TEENAGER RIDER COURSE

Auris-en-Oisans

Whether experienced riders or beginners, teenagers from 13 to 18 years old can learn and improve their skiing skills thanks to this new week-long course. Whether they want to freeride the off-piste slopes, improve their technical freestyle skills or do tricks in the backcountry powder snow, everyone will be able to put together their own tailor-made programme. A side-splitting yooner outing is also on the cards! Level required: Gold/Bronze Star / Number of participants: 5 minimum.



► ESF Auris-en-Oisans

► <https://www.aurisesf.com/ados> +33 (0) 4 76 80 15 25

A PERMANENT MOGUL PISTE IN ALPE D'HUEZ

Alpe d'Huez

Alpe d'Huez has a new permanent mogul piste. Located next to the slalom stadium, it meets FIS (International Ski Federation) criteria and is 300m long, 34m wide and has a 140m vertical drop. Freestyle pros will be able to train and put on a show for spectators to enjoy... Note that the facilities on the slope will guarantee optimal snow cover while respecting the environment. New permanent mogul ski slope 1st Mogul Skiing World Cup on 16th and 17th December 2021.

► SATA +33 (0) 4 76 80 30 30 - skipass.alpedhuez.com



BASE CAMP LODGE

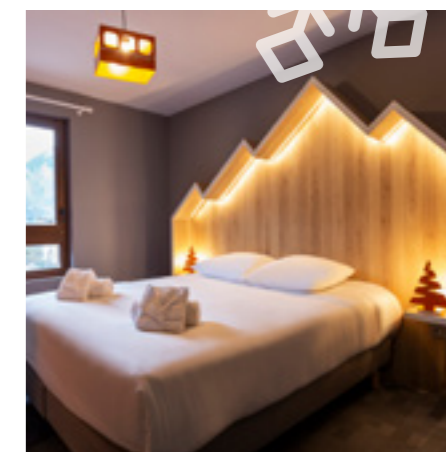
A NEW HOSTEL IN LES 2 ALPES!

Les 2 Alpes

The Base Camp Lodge is the second hostel in the resort and the result of the renovation of the former Hotel des Champions. This new trapper-style establishment has 4 floors and 29 rooms, from the two 10-person dormitory to the family suite and double rooms. Also featuring a restaurant, gym and sauna, the Base Camp Lodge is set to become a favourite in the resort! Scheduled to open on 10 December 2021

► From €115 per room for 2 people per night, and from €39 per person per night in the dorm.

► +33 (0) 4 76 11 32 87 / www.hotel-basecampdodge.com



A BED AND BREAKFAST THAT FEELS LIKE PARADISE

Vaujany



With its lovely, sun-drenched outdoor area overlooking the snow-covered mountains, La Tanière is the perfect spot to recharge your batteries in the village resort of Vaujany. This charming chalet, with four en-suite bedrooms, is first and foremost a place shared with the hosts, who serve a delicious meal made from fresh produce twice a week.

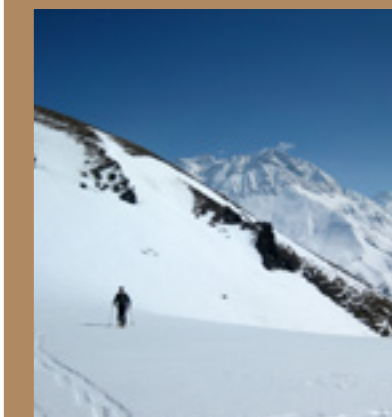
► Open all year round, except during the October school holidays.

► from 95€/night including breakfast.

► +33 (0) 6 21 34 12 87 / contact@lataniere38.com
<https://www.lataniere38.com/>

TWO NEW SKI TOURING ROUTES FOR BEGINNERS

La Grave - Villar-d'Arène



With a lovely wood at the start and a panoramic ridge at the finish, this is the perfect place to begin ski touring! Two new marked routes have been created for beginners in search of freedom to try ski touring in Villar d'Arène, either up to the Lac du Pontet or to the Crête de l'Aiguillon. In a untamed setting, skiers can enjoy superb views of the imposing Meije.

► www.lagrave-lameije.com

NEW THIS WINTER

OZ-EN-OISANS

- Try yoga in the snow, with "snowga".
- Enjoy a great meal while admiring the Belledonne mountains at the new **Timberlodge hotel and restaurant**.

VAUJANY

- New Clos Giraud **telemix ski lift**.
- Try **free rando**, combining ski touring and downhill skiing.
- La Tanière**, sunny guest rooms facing the mountains.
- Relaxation, comfort and cocooning in the 3 new chalets of **Le Refuge des Sens**.
- Chez la Rose**, traditional cuisine in an old auberge.
- Vaujany's HQ** for evenings out with friends.

ALPE D'HUEZ

- Chalet Grizzly**, quality rooms and home-cooked evening meals for holidays at the foot of the slopes.
- Sixties atmosphere at the new colourful **Pop Alp *** hotel**, with its contemporary art gallery.
- Le Camp de Base Pic Blanc**, the first Alpine food court where you can eat, dance and have fun all day long!
- Snowtube the slopes in **giant inner tubes**.
- Energy and holistic treatments at the **Grandes Rousses hotel**.
- Ride high on the new **Ferris wheel!**
- Alpe d'Huez will host its first **Mogul Skiing World Cup** on 16th and 17th December 2021 with two races (individual and parallel)

LA GRAVE

- 2 new trails to begin **ski touring**.
- Mini ski touring excursions** for maximum enjoyment.



VILLARD-RECLAS

- Ski touring trail and fun downhill area** (sledding, freeride and freestyle).
- Trail, yoga and Nordic walking** for a high-energy package holiday.

AURIS-EN-OISANS

- Special Teenage Course**: apprentice riders take to the slopes.
- Alp'Auris, a new 3*** eco-responsible residence in the centre of the resort.
- Le refuge du Dahu**, a new cosy, mountain address to try.

LES 2 ALPES

- First winter of operation for SATA 2 Alpes**: modernisation, development and new attractions in the ski area!
- The Belambra complex** gets a makeover in the heights of the resort!
- Base Camp Lodge**: the new casual, trapper-style hostel.
- MMV Les Clarines******, the new top-of-the-range residence for a comfortable stay.
- Chez nous 2**, the tapas bar for unlimited enjoyment!
- Wine bottled at 3 200 m on the glacier**, a high altitude tasting session!
- Pensées et paysages hivernaux s'accordent pour un cours de philosophie itinérant avec **la rando raquettes philo**!
- Thinking and winter landscapes come together for a **philosophy snowshoe hike!**
- 3 new "Midday" slots** for ski lessons with the ESF!

BACK TO SKIING

ALPE D'HUEZ GRAND DOMAINE

1 SKIING AREA, 5 RESORTS AND 2 VILLAGES

Although the skiing area shares its name with the international resort of Alpe d'Huez, it also has the particular advantage of being linked to 6 village resorts with undeniable charm and authenticity, namely Auris-en-Oisans, Oz-en-Oisans, Vaujany, Villard-Reculas, La Garde-en-Oisans and Le Freney-d'Oisans.

LES 2 ALPES

In summer and winter alike, the reputation of the 2 Alpes ski area has long since spread beyond its borders! With its highest point at 3,600 m, the 2 Alpes is the highest ski area in France (from a blue run). It also offers skiers a chance to descend 2,300m without any lifts! It's a unique and varied playground for everyone!



KEY FIGURES

- 200 km of runs, 95 runs, 70% of the ski area above 2,000 m
- 2,300 m of descent without taking a single lift
- Highest point: 3,600 m
- 14 green, 49 blue, 20 red and 12 black runs
- 5 free lifts at the bottom of the pistes for beginners
- 1 freestyle area, 1 kids park, 1 video zone
- 2 DVA park
- 1 KL zone

It's special because: the glacier guarantees natural snow in all seasons!

- € €54/adult for a day ski pass
€270.50 for a 6-day adult ski pass
- <https://www.skipass-2alpes.com/>

KEY FIGURES

- 10 000 hectares, 250 km of runs, 111 runs
- 20 lifts, also open to pedestrians
- Highest point: **le Pic Blanc at 3,330 m**
- 34 green runs and 31 blue runs for easy learning
- 17 black runs including iconic trails such as the Sarenne run, 16 km long, the Tunnel run which crosses the mountain from one side to the other to reach the top of one of the steepest faces in French skiing with a 35° gradient, the Fare and Vaujaniat runs in the Vaujany sector and the Col de Cluy in Auris.
- 6 beginners' areas at the foot of the pistes
- 1 snow park separated into 2 areas: a "beginners" area with blue and red levels + an expert area
- 4 fun runs: Marcel's Farm from the top of the Signal, Roger le Berger in the eponymous sector, Jacques le Bucheron in Auris and the latest addition, Léo de l'Alpe.

It's special because - you can ski for miles without taking a ski lift! 5 routes cover almost 10,000 m of height drop: l'Enversin, La Villette, Oz-en-Oisans, Huez and La Sarenne.

- € €56/ adult for a day ski pass - €283.50 for a 6-day adult ski pass
- skipass.alpedhuez.com/

#sensations

LA GRAVE, A WORLD UNIQUE OFF-PISTE SKI AREA

La Grave, the mecca of off-piste skiing, is the perfect and majestic place to try out off-piste runs. Several routes are possible under the watchful eye of the guides because here you are in an exclusively freeride area. After taking the mythical La Grave-La Meije cable car, you arrive at 3,200m at the foot of Oisans' flagship mountain, La Meije, which culminates at 3,983m. From there, several different routes are possible, skiing on the Girose glacier, the Vallons de la Meije or the Vallons de Chancel. In all cases, this is an untamed, high-mountain environment, with seracs and rocky cliffs overhanging the valleys.

- € €53/adult for a day ski pass - €282 for a 6-day adult ski pass
- la-grave.com/hiver-tarifs-horaires/

AS FOR NORDIC SKIING...6 NORDIC SKI AREAS, 100 KM OF NORDIC TRAILS IN OISANS

The most untamed: Ornon Nordic ski area with 22.5 km of trails
➤ col-dornon.com/activites-hiver/ski-nordique/

The cosiest: Auris Nordic ski area with 8km of trails on a plateau
➤ auris-en-oisans.fr/activites-hiver/ski-de-fond

The highest: Oz/Vaujany Nordic ski area with 30 km of trails
➤ oz-vaujany.com

The most varied: Alpe d'Huez Nordic ski area with 50 km of trails
➤ alpedhuez.com/fr/hiver/domaine-nordique-de-lalpe-dhuez/

The most family-friendly: the Plaine d'Oisans Nordic ski area with 25 km of trails
➤ oisans.com/domaine/site-nordique-de-la-plaine-de-l-oisans/

The most magical: the Pays de la Meije Nordic ski area with 20 km of trails
➤ nordicalpesdusud.com/domaines/villard-d-arene-pays-de-la-meije

FIRST ON THE SNOW: OPENING THE SLOPES WITH THE SKI PATROLLERS

Les 2 Alpes



Every Wednesday in winter, the ski patrollers of Les 2 Alpes invite holidaymakers to learn more about their work: the various jobs, how the day is organized, securing the slopes, rescuing, dog handling, triggering avalanches... it's really special to share the early morning with them, with the feeling of being alone in the world! Departure at 8 am and breakfast at the foot of the glacier facing the summits of the Oisans.

- € From €15/pers. (subject to confirmation). Accessible with 2nd star/blue slope level
- www.les2alpes.com/ +33 (0) 4 76 79 22 00

SUNSET SKIING

Oz-en-Oisans / Vaujany

Every Wednesday sees the start of an unforgettable adventure... at the end of the day, we board the last of the Dôme des Rousses cable cars to ride up to 2,800 metres. Enjoying the last rays of sunshine, we share a snack made with local products, learn about the job of ski patrollers and simply marvel at the surrounding landscape. This unique experience ends with a long descent on skis, lit with headlamps, in the tranquil environment, to Oz-en-Oisans or Vaujany resort.

€ €20/pers.; family (2 adults and 2 youngsters from 13 to 22 years old); €15/pers. 2020 prices. Good skiers only (ungroomed red runs at the end of the day).

➤ SPL ski lift office, Oz-Vaujany
+33 (0) 4 76 11 42 70 - contact@oz-vaujany.com

#emotions

SARENNE SUNSET, 16 KM OF PURE PLEASURE

Alpe d'Huez

It is quite simply the longest black run in the world! 16 km and 2000 metres of descent await skiers seeking adventure, in a lunar setting on Alpe d'Huez grand domaine Ski. Ten outings are organised during the season, with skiers taking the last lift at 4.30pm. At the summit, at 3330 metres, the sunset provides an unforgettable sight over 1/5 of France. After an aperitif at the GUC hut at 3000 metres, at around 6.45 pm, it's time to go! Supervised by the instructors, illuminated by the halo of the moon and headlamps, the lucky skiers start their descent in the twilight, surrounded only by nature falling asleep... The arrival is planned for around 8pm in the village of Huez, with a return to the resort by bus. > 10 outings are organised during the winter

€ €55 (the Sarenne Sunset) / €72.50 (the Sarenne Sunset + afternoon ski pass) / €45 for a group

➤ SATA - +33 (0) 4 76 80 30 30 - <http://skipass.alpedhuez.com>



SPECIAL EARLY BIRD OFFER

Les 2 Alpes

The 2 Alpes ski area is celebrating skiing and the launch of the winter season! For any booking of accommodation + ski pass for 2 days or more, between Saturday 27 November and Friday 17 December 2021, skiers will enjoy a 50% to 65% discount.

- € From €175/person for ski passes and a week in a flat for 4 people.
- www.les2alpes.com

SPECIAL OFFER: UP TO 20% OFF ALPE D'HUEZ GRAND DOMAINE SKI PASSES

Le Bourg-d'Oisans

For inveterate skiers on a tight budget, Le Bourg-d'Oisans is a great value for money option! Less than 30 minutes from the ski areas, winter sports enthusiasts will find all the gear they need just as easily as in the resorts before jumping on the shuttle bus that will take them to the slopes. And any stay in accommodation in Le Bourg-d'Oisans entitles skiers to a discount of up to 20% on the Alpe d'Huez grand domaine day pass!

➤ skipass.alpedhuez.com



SKI TOURING

#ascent

A NEW TRAIL FOR SKI TOURING BEGINNERS

Villard-Reculas

Start on the snow front in Villard-Reculas for a gentle climb to the top of Le Langaret. Passing alongside the slopes and then in the forest, this is the ideal way to start and enjoy the thrills of ski touring. All you have to do is put on your boots!

➤ Villard Reculas Tourist Office / +33 (0) 4 76 80 45 69



5 WAYMARKED TRAILS FOR EVERYONE TO ENJOY SKI TOURING!

Alpe d'Huez

Beginners, experienced skiers, energetic or contemplative skiers, everyone will find the right ski touring route in Alpe d'Huez. The 5 circuits – Initiatique, Panoramique, Canyon, Verticale 2100 and Col du Lac Blanc – are signposted, day trips, providing an opportunity to introduce the whole family to the sport! Each route has its own level and viewpoint! As they are clearly signposted with purple markers, they can all be enjoyed in total autonomy. The descents are on the groomed and secured ski runs.

➤ www.alpedhuez.com

#magnificent

MINI-SKI TOURING RAID 2 DAYS / 1 NIGHT

La Grave

Why not try your first ski touring summit this winter? Supervised by the ESF instructors of La Grave-La Meije, this mini raid of 2 days/1 night starts in the small hamlet of Le Chazelet, above La Grave. The first day is spent climbing up to the Pic du Mas de La Grave hut (with the added bonus of a Finnish sauna) and the next day climbing the Pic du Mas de La Grave itself! 1220m of ascent (145m + 1075m) for this challenging experience, with superb views over the Meije.

€ 160€/pers. including half-board at the mountain hut (max 6 pers.)

➤ ESF La Grave La Meije + 33 (0) 4 76 79 92 86
www.esf-lagrave.fr

SKI TOURING UNDER A STARRY SKY

Les 2 Alpes

At Les 2 Alpes, led by mountain guides, a small group of ski tourers switch on their head torches and set off on one of the 3 ski touring trails, according to the level of the group: easy, intermediate or expert. A dinner or picnic can also be organised at the top of the mountain, before a gentle descent down the runs.

€ 75/pers. – guide + equipment

➤ Les 2 Alpes Guides' Office / +33 (0) 4 76 11 36 29
www.guides2alpes.com



OUTDOORS ACTIVITIES

SNOWSHOEING APERITIF

Ornon

Starting in the Lignarre Valley, a short distance from the traditional village of Ornon, Fabrice organises snowshoeing hikes in the evening from 6 pm. Using headlamps, hikers lookout for wildlife, listen to the crunch of snow under their feet and soak up the end-of-day tranquility... before enjoying a taste of local produce in the forest.

€ 20/person for a minimum of 4 people, including the trek leader and equipment

➤ Lignarre Aventure + 33 (0) 6 67 90 35 03
lignarreaventure@gmail.com

THE BISON FARM

Le Bourg-d'Oisans

Come and learn more about bison in this Bourg-d'Oisans farm, which is one of about thirty in France! Alongside Didier Girard, a passionate and engaging farmer, visitors can see the impressive herd of about twenty bison and accompany him in his daily work. The animals live alongside 240 sheep, lambs, cats, dogs, horses and even llamas! Feeding the sheep and llamas, discovering the bison park in a "farm carriage" as Didier calls it... this instructive 1.5 hour visit with a good dose of humour is sure to please children and parents alike!

€ 6€/adult – €4/children – Free for children under 8

➤ + 33 (0) 6 74 91 23 18 - oisans.com/la-ferme-des-bisons-de-loisans-eleveur-de-bisons-et-agneaux-ferme-decouverte/

#serenity

DISCOVER THE FLAVOURS OF NATURE IN WINTER

Auris-en-Oisans

Alongside ethnobotanist Caroline Calendula, you'll see that wild edible plants can also be found in winter! After learning how to distinguish them, Caroline explains with passion and simplicity all the secrets and virtues of these seasonal plants. A 2 – 2 ½ hour outing for a genuine experience of sharing and connecting with nature...

€ 19/adult – €16/children

➤ carolinecalendula.blog/ + 33 (0) 6 42 82 31 64

WATCHING CHAMOIS IN A NATURAL ENVIRONMENT

Vallee du Ferrand

Wearing snowshoes, you will explore and learn more about local wildlife in its natural environment and gently approach chamois in magnificent scenery far from the ski lifts in the heart of the Ferrand Valley. Quietly and discretely, this is a chance for nature lovers of see where the chamois spend winter. This easy 2½ hour hike carries the "National Park Spirit" label and is accessible to children from 7 years old.

€ 28/adults and €20/children, including the loan of snowshoes and poles, and carpooling in the trek leader's vehicle.

➤ Les 2 Alpes Guides' Office + 33 (0) 4 76 11 36 29
www.guides2alpes.com

IN THE STEPS OF A TRAPPER

Oz-en-Oisans

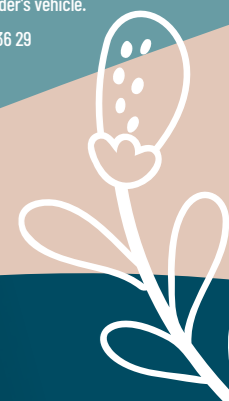
Whether during the day in the trapper's village, or by starlight for a trapper's evening in the forest, it's impossible not to fall in love with Erwin and Barbara's Siberian huskies! Recently opened in the resort of Oz-en-Oisans, this village is a real gem, featuring initiation sessions for children aged 3 to 7 in the Baby Park and Mini Musher area, night-time snowshoe hikes in the forest and meals by the fire, and themed activities under the teepee (leather work, wood pyrography, tales and secret trapper recipes...).

A special mention for the Trapper's evening – wearing a harness attached to the dog, this snowshoeing hike is a new way of exploring the surroundings and, above all, a chance to get close to these Siberian companions. The experience is full of complicity and is a first step towards becoming a musher! A trapper meal is shared around a camp fire in a magical, peaceful environment... before heading back to the resort feeling like Jack London!

€ 50 for the Baby Park. €75 /adults – €60 /children under 12, €250 / family (2 adults and 2 children under 12). Group rates available on request.

➤ The price includes accompaniment, headlamp, meal and drinks. Snowshoes and hiking equipment not included.

➤ +33 (0)6 95 31 93 96 – ranchdeloisans.com



GENTLE ACTIVITIES



GOURMET WALK FOR FOODIES

Les 2 Alpes

Blueberry tart, farçous, cold cuts, cheeses, elder-flower syrup, mountain bread... what if we were to enjoy some really good food during a hike? Once a week during the school holidays, between 11am and 2pm, let's go for a 7km gourmet walk, with snowshoes in the winter, interspersed with breaks in the local shops. It's a great way to explore the Oisans mountains and the region's delicious culinary specialties!

❶ Free of charge. Registration at the bottom of the Vallée Blanche chairlift.

➤ Information from the Tourist Office of Les 2 Alpes + 33 (0) 4 76 79 22 00 / www.les2alpes.com

TORCHLIGHT AND MARSHMALLOW WALK

Allemond

It's a throwback to our childhoods for an evening! On Wednesdays during the Christmas and February school holidays, the Douce Montagne auberge offers young and old a comforting evening of togetherness. After a night walk with torches, we warm up around a big campfire in the garden and toast marshmallows, accompanied by a delicious hot chocolate or mulled wine (parents only!). Good times for everyone!

❶ Free and open to all. Registration on Sunday (or Monday at the latest).

➤ <http://ladoucemontagne.com>
info@ladoucemontagne.com + 33 (0) 4 76 79 82 40

A HAMMAM LIKE NO OTHER

Saint-Christophe-en-Oisans

Located in an old barn, La Cordée d'à Côté is a unique place, dedicated to well-being and relaxation with a traditional hammam. After the ritual of the steam baths and treatments, tea is served for a moment of rest or reading. The evening ends in the homely "base camp", which has a 19-bed dorm and a beautiful vaulted room, where theme evenings and exhibitions are regularly organised.

❶ €15 entrance to the hammam; €15.50 overnight stay at La Grange

➤ oisans.com/equipement/la-cordee-da-cote/
Marie-Claude Turc + 33 (0) 6 88 31 88 70

#relaxation

STORYTELLING IN VILLARD-RECULAS

Villard-Reculas

Are you ready for a dip into Alpine life of years gone by? Let the actress Maud Mallet-Henry take you on a journey through time. While visiting the village, the storyteller shares authentic stories and anecdotes drawn from the memories of the villagers of Villard-Reculas. This is an original way to immerse yourselves in the history of this charming mountain village.

➤ Every week during the school holidays. Information from the tourist office +33 (0) 4 76 80 45 69

WINTER YOGA BY THE LAKE

Le Bourg-d'Oisans

On the shores of the Lac Bleu in Le Bourg-d'Oisans, breathe and move during a dynamic yoga class in the snow that is perfect for boosting your vitality. Florence Crosasso offers a session of yoga involving all the senses, against the backdrop of the Oisans mountains, for a moment of well-being and reconnection with your body.

❶ €15/ pers. for a 1-hour session

➤ 10 people max. per session. Booking required.
Florence Crosasso + 33 (0) 6 21 17 28 65 - espaceohana@orange.fr



MEDITATIVE WALKING, RECONNECTING WITH NATURE

Auris-en-Oisans

In a peaceful setting in the heart of the mountains, Thileke Lesty, a yoga teacher with 14 years' experience, offers a moment of relaxation for all, where participants take the time to reconnect with themselves. Yoga postures and breathing create calm and serenity during the walk, accompanied by the gentle sounds of nature, where the natural surroundings induce relaxation.

❶ Daytime and evening all year round - €25/person

➤ + 33 (0) 6 88 31 31 34 / thileke.lesty@gmail.com
<https://aurisyogalestythileke.addock.co/>

ADRENALINE ACTIVITIES

SNOW TUBING FOR SPEED AND SPINS

Alpe d'Huez

3,2,1, and you're off for a high-speed descent on an inflatable buoy! Even more fun than classic sledding, snow tubing will delight young and old alike, who will be able to enjoy all the excitement without any effort, thanks to the conveyor belt going back up the slope. Whether alone, racing, or tied together in groups, everyone will quickly find their favourite technique, on their stomach, spinning or simply seated!

➤ Tubing Xperience : <https://skipass.alpedhuez.com/>



SUNSET YOONING

Auris-en-Oisans

Laughter, tumbles and fun can be shared with family and friends in this exciting, downhill activity! Young and old alike hurtle down the slopes in a yooner, a single-ski snow kart with a raised seat, which provides plenty of thrills and spills. When the slopes close for the day, you can enjoy a moment of tranquility, one-on-one with the slopes, during a 40-minute descent, surrounded by the colours of a magnificent sunset. Descents for beginners during sledding evenings.

❶ €10/person. From 8 years upwards.

➤ ESF Auris-en-Oisans + 33 (0) 4 76 80 15 25
www.aurisesf.com

OISANS, THE VALLEY WITH 100 ICEFALLS

En Oisans is a mecca for ice climbers. The "pros" count more than 100 icefalls in the area; places where the water stops moving and freezes into incredible sculptures... There is something for everyone, whether for total novices or experienced climbers, and even for enthusiastic children! Essential equipment includes a helmet, crampons and ice axes to climb the Vallon de la Selle for beginners, or the secret waterfalls of the Vallon de la Mariande or La Lavey for the more experienced.

❶ Approximate price from €95.

➤ oisans.com/a-voir-a-faire/activites-sportives/cascade-de-glace

#freedom

SNOWKITING AT LE LAUTARET, A PARADISE FOR KITERS

La Grave-Villard d'Arène

Snowkiting, the winter version of kitesurfing, uses a snowboard or skis and a small sail. It's an eco-friendly sport enjoyed by people who love the feeling of freedom that comes with windpower. The Col du Lautaret, at 2056 m, is one of the best snowkite spots in Europe, featuring exceptional panoramic views and a very long season, from late autumn powder snow to the mildness of spring.

❶ €130 for a 3-hour beginner session.

➤ Kite Légende + 33 (0) 6 79 20 08 56 / kitelegende.fr

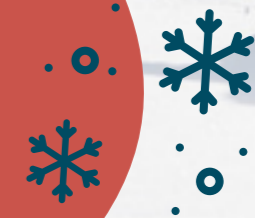
ALL-ELECTRIC SPORTS ADVENTURE IN THE SNOW

Les 2 Alpes

Whether for a gentle or more challenging ride, this winter is the time to try out e-assist mountain bikes on the snow! The vast domain of Les 2 Alpes is the perfect playground to experiment these new sensations and perfect your fat bike riding. The adventure is all the more unique under a sublime starry sky, with an ascent to an altitude of 2000 metres and a stop for a mountain meal at the Ferme de la Molière.

❶ For beginners, in the morning between 9am and 11am or at dusk from 4.30pm to 6.30pm, €45 per person. From 5.30 pm, an early evening outing with a meal at the Ferme de la Molière, €70 per person.

➤ Antoine Audenino / Aventure Electrobike + 33 (0) 6 62 38 86 47
resa@electrobike.com - www.aventure-electrobike.com



VILLAGES / AUTHENTICITY LOCAL TRADITIONS



FOCUS ON VENOSC, A CHARMING AND UNSPOILED VILLAGE OF ARTISANS

Nestled in the Vénéon valley at an altitude of 900 metres, the picturesque village of Venosc is made up of several hamlets. This small cocoon is the refuge of many craftsmen and women who willingly open the doors of their workshops or invite you to visit their stores, filled with gourmet products or small unique objects. With 1,000 tourist beds, Venosc offers its visitors the calm, charm and authenticity of a real mountain village, at the gateway to the Ecrins National Park. Just 8 minutes from the international resort of Les 2 Alpes by the gondola lift, this village is a perfect destination for holidaymakers looking to recharge their batteries after the excitement of a world-famous resort.

€ Cable car: €6.40 return or free for holders of a valid 2 Alpes ski pass.

➤ Venosc Tourist Office + 33 (0) 4 76 80 06 82 - www.venosc.com

#captivating

FOCUS ON SAINT-CHRISTOPHE-EN-OISANS, A MOUNTAINEER'S HAVEN FOR GENERATIONS!

At the end of a secluded and unspoiled valley, the village of Saint-Christophe-en-Oisans. Small in size, it is no less great for its inhabitants who have marked the history of mountaineering. Pierre Gaspard, the ancestor of a long line of guides, climbed the Meije for the first time in August 1877. Since then, hundreds of mountaineers and adventurers have stopped off in this historic village, which has become the home of mountaineering.

Don't miss the "Mémoires d'Alpinisme" museum, which traces the history of mountaineering through several exhibitions. A captivating journey into the last century begins around the scale model of the massif, before unveiling the mysterious summits of the Meije, the Ecrins or the Dibona...

➤ Saint-Christophe-en-Oisans Tourist Office
+ 33 (0) 4 76 80 50 01 - www.berarde.com



LE CHALET D'AURIS: A HOUSE SURROUNDED BY NATURE

Defined as a "dream place" by its owner, this guest house is nestled in La Balme, a tiny hamlet in Auris. Facing the chapel and a 400 year old lime tree, the chalet was once the village granary, as evidenced by its thick stone walls. The charm and tranquility lie in the lack of cars, which is appreciated by the inhabitants as well as the holidaymakers, or by the children who can play in peace and quiet. This mountain chalet with its friendly atmosphere has 4 rooms for 2 to 4 people. Anne provides delicious home cooking, taking into account the tastes and special diets of her guests.

€ From €425/pers. per week.

➤ La Balme + 33 (0) 6 45 93 80 02 - chaletauris.com/

DISCONNECT COMPLETELY IN VILLARD-REYMOND

Perched at an altitude of 1640 m, the Eau Blanche and Grand Renaud gites invite you to unwind surrounded by nature... Facing the Lignarre and Taillefer valleys, the peaceful village of Villard-Reymond boasts remarkable views and exceptional sunshine.

With a capacity of 16 beds for the Eau Blanche gite and 6 beds for the Grand Renaud gite, the accommodation is self-catering.

➤ leaublanche.fr/ + 33 (0) 6 56 78 87 86
giteleaublanche@gmail.com



#calm



INCLUSIVE HOLIDAYS

CHARM AND TRANQUILITY FOR THE WHOLE FAMILY AT LA DOUCE MONTAGNE

Allemond

In the heart of the charming village of Allemond, the small 15-room auberge La Douce Montagne is a real cocoon for families looking for peace and quiet. The cable car to Oz Station and the Alpe d'Huez ski area is just a few steps from the hotel, which is ideal for long days on the slopes. The large fireplace, children's games and books for loan will make après-ski a moment of relaxation and conviviality, not forgetting the lovely torchlight walks on Wednesdays during the school holidays.

€ 2 adults and 2 children (5 to 12 years old): € 230 per night (including dinner and breakfast).

➤ ladoucemontagne.com
info@ladoucemontagne.com / + 33 (0) 4 76 79 82 40



TRAIL AND WELL-BEING FOR A REVITALISING BREAK

Villard-Reculas

Take a deep breath of fresh air and get back into shape with this all-inclusive 5-day, 5-night stay focused on your well-being. Trail, Nordic walking, yoga and fitness classes all form part of this 5-day programme, held at an altitude of 1500 m in the heart of Oisans. Accompanied by professionals in each discipline, this is the perfect programme for learning, getting back into shape, or preparing for your next race, in a rejuvenating natural environment.

€ From €395 (group of 4 participants). The price includes chalet accommodation**** for 4 people in a flat. (Example of a flat: <https://reservation.villard-reculas.com/regain3-regain-3-4-personnes.html>)

➤ Booking at the Tourist Office + 33 (0) 4 76 80 45 69

TAI CHI AND CALLIGRAPHY TO RECOVER YOUR ENERGY

Venosc

There is nothing like the beautiful setting of the hamlet of La Danchère, at the gateway to the Ecrins National Park, to relax and leave your worries behind. During 4 days, the winter "Stillness in Action" break enables you to totally disconnect from your hectic daily life, by refocusing on yourself. The programme includes channelling your energy through meditation, seeking the power of your imagination, sharpening your perception by

losing yourself in the beauty of the snow-covered mountains and learning the art of putting ink on paper with Zen calligraphy

Maximum 12 people. Dates: 24 - 28 January 2022 (option: 3, 4, or 5 day stay)

€ €250 per person for access to all activities. Meals and accommodation: from €425 per person (single or shared room with private or shared bathroom). Enquire about rates for shorter stays.

➤ caroline@lelaauvitel.com + 33 (0) 6 15 86 05 75
lelaauvitel.com/fr/evenement/sejour-hiver-2022-ressentir-la-tranquillite-ecouter-le-silence/



LA CACHETTE 4*, COCOONING FOR TWO

Le Bourg-d'Oisans

For New Year's Day, Valentine's Day, or just for pleasure... Chalet La Cachette is the perfect place for a romantic getaway in the heart of the Oisans mountains. This small, cosy and luxurious 4* flat located in the centre of Le Bourg-d'Oisans promises a relaxing break filled with indulgence. Your taste buds will also delight in the tasty breakfast made from fresh local produce and served directly in the flat. A honeymoon-like stay!

➤ François Guillet + 33 (0) 6 73 35 86 22
chalet-la-cachette-alpes-activites.business.site/

#cozy



AN APARTMENT HOTEL AT THE CROSSROADS OF RESORTS

Le Freney-d'Oisans

Do you want to explore several ski resorts? Le Freney apartment hotel is the ideal spot midway between the resorts of Auris-en-Oisans, Alpe d'Huez, Les 2 Alpes and La Grave. The 5 newly renovated flats offer high quality comfort and hotel services so you can enjoy your skiing to the full. The spa with its jacuzzi and sauna adds

comfort and relaxation to your stay. All you have to do is don your skis to explore the different ski areas of the Oisans!

€ Minimum stay of 3 nights: from €270 (flat for 2 people) and €420 (for 4 people) / half board options available.

➤ info@hotel-cassini.com / + 33 (0) 4 76 80 04 10
hotel-cassini.com



UNUSUAL

ENTER THE COLOURFUL WORLD OF THE 60S IN ALPE D'HUEZ

Alpe d'Huez

Balconies adorned with colourful skis, a multi-coloured contemporary art gallery and a pop art version of the resort sign... There's no mistaking the Hôtel Pop Alp! This new establishment and its 28 rooms, each with its own unique atmosphere, revisits the artistic phenomenon

of the 1960s, Pop Art, represented mainly by the artist Andy Warhol. Frescoes, original paintings and sculptures can be admired throughout your stay in this fabulous hotel in Alpe d'Huez.

➤ +33 (0) 6 11 22 77 43 / Laurent.Roskam@hotmail.fr
www.PopAlp-huez.com

#pop



A TRENDY FOOD COURT FOR MEETING, EATING AND DANCING

Alpe d'Huez

The Camp de Base du Pic Blanc is the new convivial spot in Alpe d'Huez for a lively après-ski experience. With its concept combining food and fun, the first alpine food-court provides everyone with a unique place to spend memorable moments! With entertainment, music and games, the emphasis is on simply enjoying the moment! And don't forget to treat yourself, with delicious cocktails and a choice of 6 gourmet food stands...

➤ www.campdebase.ski
Laetitia Peltier +33 (0) 6 89 99 04 46

DINNER IN A GONDOLA

Vaujany

#unique



The Enversin gondola lift at Oz de Vaujany will be the setting for a most original dinner. On selected evenings, a lucky few will be able to enjoy an alpine meal in the gondola prepared by 'Affaires de goûts' and travel peacefully up and down while eating with a view over the moonlit mountains. Departure for this unusual dinner is at 6.30 pm on the platform of the cable car station!

€ €35 / adults, €25 / children under 13. Booking required.
➤ SPL + 33 (0) 4 76 11 42 77 - www.oz-vaujany.com

PHILOSOPHY HIKE

Les 2 Alpes

As soon as the weather is milder in February, the Guides' Office in Les 2 Alpes organises a new type of excursion, namely the philosophy snowshoe hike! We walk, marvel at every curiosity of alpine nature, disconnect and let our minds run free to philosophize... reconnecting with nature and especially with ourselves.

€ From €29/person for half a day (snowshoes & poles are available on loan and transport is free).

➤ Les 2 Alpes Guides' Office + 33 (0) 4 76 11 36 29 - https://www.guides2alpes.com/



EVENTS / HIGHLIGHTS

16 & 17 DECEMBER 2021

MOGUL WORLD CUP

Alpe d'Huez

Freestyle skiing is back in Alpe d'Huez! On 16 and 17 December, 2 events, one individual and one parallel, will take place on the "WAD Moguls Stadium", the brand new moguls track created last year on the Signal stadium thanks to the impetus of Christophe Michaud, who works on developing the French Moguls Ski Team. The event will of course feature the French Olympic champion Perrine Laffont, just a few months before the Beijing Winter Olympics.

➤ www.alpedhuez.com



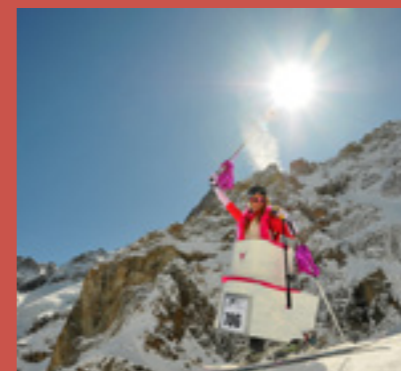
23 JANUARY 2022

LA PYRAMIDE D'OZ, 23RD EDITION

Oz-en-Oisans

Ranked as one of the great French ski mountaineering events, the Pyramide d'Oz now brings together the best French mountaineers. In addition to the amazing show put on by the athletes, this event is also an opportunity to discover the sport free of charge on a special course, under the supervision of mountain experts. Equipment is available for loan.

➤ www.oz-en-oisans.com



FROM 19 TO 26 MARCH 2022

TOMORROWLAND WINTER

Alpe d'Huez

The flagship event of electronic music returns to Alpe d'Huez. With more than 30,000 festival-goers of 110 nationalities, gathered on the snow front to revel in the electro rhythms of no fewer than 100 artists against a gigantic futuristic backdrop, Alpe d'Huez offers an absolutely unique and exceptional experience.

➤ Details of different packages for accommodation, transport and concerts are available on www.tomorrowland.com

FROM 30 MARCH TO 1ST APRIL 2022

32ND DERBY DE LA MEIJE

La Grave

The legendary Derby de la Meije is back for its 32nd edition. Entertainment, mountain safety workshops, meetings and activities will be held during the week before the 800 racers from all over the world head down the slopes of the Vallons de la Meije at full speed and in disguise. Some ski to win, others just for the fun, in teams in fancy dress!

➤ www.derbydelameije.com
Bertrand Boone - presidency@derbydelameije.com

FROM 13 TO 15 JANUARY 2022

GRANDE FINAL OF THE PASSION PÉTANQUE FRANÇAISE

Vaujany

For the first time, Vaujany will be hosting the Grand Final of the famous "Passion Pétanque Française" competition. This exceptional event, bringing together the greatest petanque champions, will also be innovative as it will take place on the Leisure Centre ice rink, which will be transformed, for the occasion, into a petanque field. A first for the competitors as well as for the organisers, involving a closely guarded technical process to create the pitches without de-icing the ice rink!

➤ www.vaujany.com

#challenge
#festive

FROM 18 TO 24 APRIL 2022

SNOW 2 BIKE WEEK

Les 2 Alpes

For this end of winter season event, the resort of Les 2 Alpes mixes skiing and mountain biking. The programme includes first track skiing, a water slide, mountain bike openers and competitions, a full-moon party on skis or mountain bikes, and the famous "Snow 2 Bike" weekend. Everything you need to have fun switching from ski boots to mountain bikes!

➤ www.les2alpes.com

OISANS,

unspoiled mountains just
4 hours from Paris!

► BY ROAD

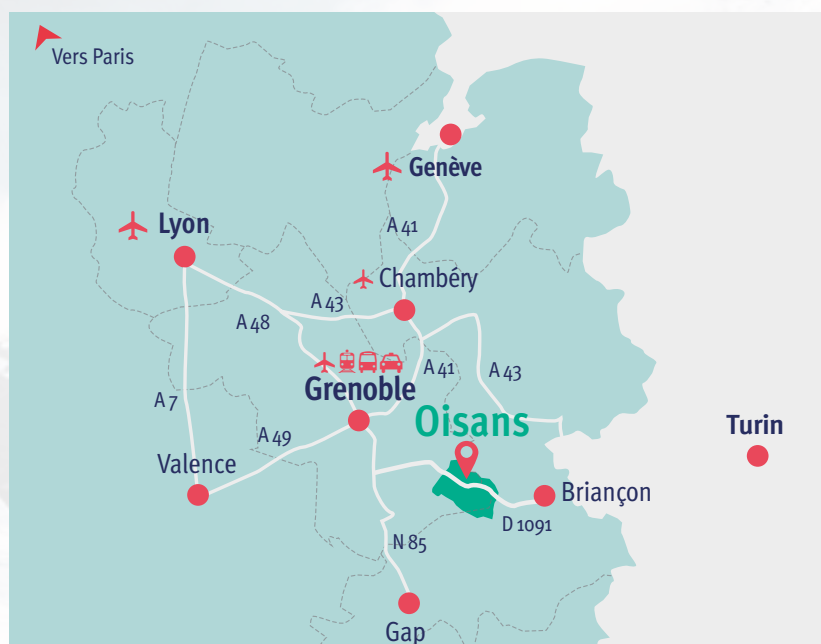
- > Motorway from Paris, Lyon, Marseille or Geneva to Grenoble. From Grenoble, follow Sisteron/Gap on the A480 motorway - Exit 8 "Vizille - Stations de l'Oisans". Then the N 85 to Vizille, followed by the D1091 towards Briançon.
- > LE Bourg-d'Oisans is 50 km from Grenoble. The journey takes 45 mins. 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 Le Bourg-d'Oisans
- > Lyon Saint Exupéry airport is 139 km from Le Bourg-d'Oisans
- > Geneva International airport is 192 km from Le Bourg-d'Oisans



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