

OISANS

THE MYTHICAL ALPS

ALPE D'HUEZ
LES 2 ALPES
OZ 3300
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-RECLUS
VILLARD-REYMOND
VILLARD-NOTRE-DAME

Skiing
**ON A TIGHT
BUDGET**

OISANS
THERAPY

**1ST TIME
IN THE
MOUNTAINS**

THE TOP 5 SPOTS
for a date

**WHICH IS THE BEST
RESORT FOR ME?**


OISANS
LES ALPES MYTHIQUES

OISANS, A HUGE BREATH OF FRESH AIR

Straddling Isère and the Hautes-Alpes lies an area with
a thousand treasures. This is Oisans.

Its immense, unspoiled landscapes are full of activities for everyone to enjoy. With several hundred kilometres of ski slopes and an incredible off-piste area at the foot of the Meije and the Écrins National Park, you can be sure that your holiday will be a huge breath of fresh air in an extraordinary playground!

Delightful accommodation, restaurants specialising in locally-sourced alpine food and opportunities to discover local skills and crafts all make for the perfect authentic and multi-faceted holiday in the 6 Oisans valleys.

SOME NUMBERS

1st tourist destination in Isère with **2.5** million overnight stays per year

2 French **départements**

3 international **ski resorts**

22 village resorts

4 **ski areas** and over **500 km** of off-piste runs and routes

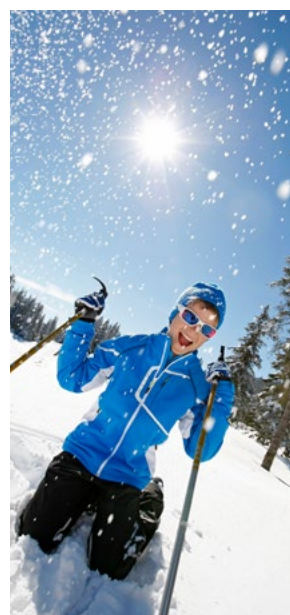
40 **summits** over **3 000 m**

41 craftsmen members gathered by the Route des Savoir-Faire of Oisans

10 **museums**

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Top picks

NEW THIS WINTER

📍 OZ 3300

OZ RESORT RENAMED OZ 3300

The resort of Oz, peaking at 3,330 m and part of the Alpe d'Huez Grand Domaine, has always deserved to become a destination in its own right. It's a place where visitors can enjoy lovely natural scenery in a virtually untouched environment. Created in 1988, the resort of Oz-en-Oisans now boasts a new name: Oz 3300. This change of name will enable this resort, which is great for both families (pedestrian centre and entertainment) and sports enthusiasts (doorstep skiing and long runs) to assert its own identity and complement the other resorts of the Alpe d'Huez Grand Domaine.

➔ www.oz-en-oisans.com/

📍 VAUJANY

NEW HOTEL LES CIMES*** IN VAUJANY

Located at the entrance to the authentic village resort of Vaujany, the Hôtel des Cimes is not to be missed! This pretty stone building with its old-fashioned charm was closed for many years, but a new life has begun with its reopening in December 2022. Now converted into a 3-star hotel, it features 10 cosy rooms and a 40-seat restaurant that preserves the character of the building.

In other words, it's a brand new place to come and recharge your batteries this winter, just an hour from Grenoble and a stone's throw from the village centre and the resort's ski lifts!

➔ +33 (0)4 76 80 26 50

📍 ALPE D'HUEZ

SOFT AND GREEN: A NEW CABLE CAR UP TO ALPE D'HUEZ!

Yes, a new gondola lift, but no, it doesn't go to the top of the slopes! In the mountains, as in towns and cities, local stakeholders are thinking about cleaner and smarter mobility schemes, so the resort of Alpe d'Huez will be opening the Huez Express this winter. This new ski lift will provide a direct, fast and comfortable link between the village of Huez (located below the resort) and the Vieil Alpe (resort centre). A new gondola lift which will be open from early till late every day, allowing residents of Huez as well as holidaymakers to easily access the resort and leave their cars in the garage!

➔ www.alpedhuez.com



WHAT'S NEW

IN THE VILLAGES AND RESORTS

OISANS

→ **Historical fresco**: a live show depicting the history of the Romanche Valley

OZ 3300

- A new identity
- **Escape Game** 100% nature
- **Winter orienteering**
- **Biathlon** in the resort



ALLEMOND

- **Motorhomes welcomed** at the municipal campsite
- Les Bouleaux campsite **open in winter**
- New holiday rentals: **Les Lapinous, Le Cèdre Bleu and Petit Houblon**
- La Douce Montagne **under new ownership**

LE BOURG-D'OISANS

- New **concept store**: Le Chocard
- New store: **Atelier Uissans 800**
- New **biscuit shop**
- Belledonne campsite **open in winter**
- **3*** awarded to the **Hotels Oberland and Milan**

AURIS-EN-OISANS

- A new **Bed & Breakfast**: Chalet de l'Infernet
- **Les Sures chairlift** replaced with a hybrid lift

VALLÉE DU FERRAND

- **Agriculcoeur**, a registered trademark

VAUJANY

- New residence **L'Etendard**
New 3* hotel: **Les Cimes**
- **Fondue** evening by groomer
- **ESF Prestige Classes**
- Vaujany awarded the **Terre des jeux 2024 Olympic label**
- **La Cascade - Les Épinettes** residences managed by Madame Vacances

ALPE D'HUEZ

- **New Huez Express**, gondola lift
Le Rif Nel replaced by two belts
- **Completion of the snow cannon**
work on the Campanules and Bergers runs
- **Consolidation** of the improvements to the Signal
- **World Cup mogul run** : Optimised lighting on the slalom run and the Signal run for quality night skiing in the Signal and Rif Nel sectors

- **Complete redesign of the lighting and displays in the Tunnel**, providing skiers with a totally unique experience at the very start of this iconic run
- **A new entity** tasked with patrolling to help/warn skiers that are behaving improperly



LES 2 ALPES

- **Redesign of the Vallée Blanche**: a new hybrid lift and green run
- Snowfront: **belt and ski-tow in Champamé**
- **World Cups** in Snowboard Cross and Ski Cross
- **Les Petits Caprices**: the former pastry chef of Chalet Mounier takes over **Le Chat Gourmand**
- Les 2 Alpes is awarded the **Terre des jeux 2024 Olympic label**

VENOSC VILLAGE

- New store: **Pierres de Lune**
- New exhibition on the **Lac du Chambon**
- **Gondola lift open until 10.30 pm** on Thursdays during school holidays

VILLARD-NOTRE-DAME

- All-inclusive **snowshoeing and ski-touring packages**
- **Snowshoeing or ski-touring** + restaurant day trips

SAINT-CHRISTOPHE-EN-OISANS

- Ice-climbing weekend extended to include **other mountain activities**
- **'Traces en Vénéon'**, initially created for beginners, opens up to more advanced ski-tourers and snowshoers

SKIING ON A TIGHT BUDGET? YES YOU CAN!



📍 AURIS-EN-OISANS

15% DISCOUNT ON SKI CLASSES

As everyone in the family wants to either to start skiing or to improve their technique, Mum is starting to add up the cost! The ESF in Auris-en-Oisans is offering a 15% discount on adult group lessons with any purchase of a child's group lesson. It's the perfect opportunity for each member of the family to enjoy the joys of skiing at their own pace!

This offer applies to all online purchases of children's group lessons. All you have to do is send in your booking receipt and the ESF will reimburse you by bank transfer.

➔ www.aurisesf.com/infos-pratiques/offre-famille/

📍 OZ 3300 / VAUJANY

DIRECT'O SKI : ELECTRONIC PAY-AS-YOU-GO ON THE SLOPES

No hassle and no need to go to the cash desk or payment terminal, as the Direct'O Ski remote payment ticket means you can pay only for the days skied, depending on the ski area covered. The offer applies to the entire Alpe d'Huez Grand Domaine, with its 250 km of pistes. The principle is simple... if during a day you only ski in the Oz-Vaujany sector, the day is charged at the Oz-Vaujany rate. And if there's a day when you prefer to relax on the terrace, we'll take that into account and cut the bill even further!

➔ Direct'O Ski card membership fee: €15 for a family of 4 (€2 per additional person)

➔ www.directoski.com/fr/

📍 ALLEMOND / LE BOURG-D'OISANS

WINTER CAMPING, PERFECT FOR TIGHT BUDGETS AND AN UNUSUAL HOLIDAY

With their mobile homes and small chalets, winter campsites are a great way to keep the costs down! In Allemond, the 2* Les Bouleaux campsite will be opening for its first ever winter. From 17 December to 19 March 2023, you can stay in one of the wooden chalets, in an apartment or come with your motorhome (yes, even in winter in the snow).

➔ Prices: from €350 to €560 for a 5-person chalet, from €490 to €700 for a 6/8-person chalet and from €455 to €665 for a 4/6 person apartment.

In Bourg-d'Oisans, the Belledonne campsite is also opening this winter with 18 new mobile homes featuring all mod cons.

This campsite is located just 10 minutes from the the new Eau d'Olle Express lift and is also an opportunity to try out a new type of ski holiday!

➔ Prices available from September on the website www.rcn.nl/fr/camping/france/alpes/rcn-belledonne



📍 VILLARD-RECULAS / OZ / VAUJANY

ON A TREASURE HUNT FOR BUDGET-FRIENDLY PACKAGES!

Ski passes are one of the major expenses of a mountain holiday, so, along with our friend Sherlock, we set out to find some low-price ski passes... In Villard-Reculas, you can ski for €20 per day. This is for 2 chairlifts, 4 ski lifts and runs of all colours... beginners or experienced skiers, there is something for everyone! Parking and access are easy in this delightful mountain village full of charm.

➔ skipass.villard-reculas.com/

On the other side of the ski area, in the Oz-Vaujany sector, there are also some good deals! For every purchase of a 6-day ski pass, one entry to the swimming pool and one entry to the Vaujany ice rink are included: a great way to end the day!

Any other good deals on the Oz-Vaujany domain? Yes! If you opt for the 4-hour ski pass, an hour's skiing costs just €8.75! Who said skiing was expensive?

And finally, for those who want to combine a good deal with an enjoyable experience, at 3pm the ski pass goes down to €24.50/adult, so no scruples about sleeping in and enjoying the day doing different things - you can join the ski area in the middle of the afternoon and above all enjoy a wonderful sunset!

➔ www.oz-vaujany.com/fr/tarifs-domaine-oz-vaujany



ACCOMMODATION

LA GARDE-EN-OISANS

HOTEL LA FORÊT DE MARONNE HAS A CHAIRLIFT AT THE BOTTOM OF THE GARDEN!

WHERE?

The hotel "La Forêt de Maronne" is a lovely little family hotel located in La Garde-en-Oisans, one of the most "vertical" villages in France, comprising no fewer than 11 hamlets spread out between 720 and 1,450 m in altitude.

WHY IT'S SPECIAL:

- > A small hotel with 8 rooms run by a welcoming and friendly Belgian family, as our Belgian neighbours do so well!
- > A natural setting that is perfect for a change of scenery, as all the rooms have wonderful mountain views.
- > The hotel is located on the Maronne slopes, from where the Maronne chairlift leaves for the Auris-en-Oisans and Alpe d'Huez runs.

WHAT'S THE BUDGET?

Rates (winter 2023):
Double room from €135
Single room: €67.50
Breakfast: €12
Evening meal: €25

→ +33 (0)6 37 11 38 95 / +33 (0)4 76 80 00 06
laforetdemaronne@gmail.com
www.laforetdemaronne.com

LES DEUX ALPES

TOP TIP: CHRISTMAS SKIING AT A LOW BUDGET IN LES 2 ALPES!

WHERE?

From December 17th 2022 to January 1st 2023, Les 2 Alpes has special offer packages, including apartments sleeping 4 for just €500€ per week! Located on a vast plateau, the resort is filled with opportunities for different winter sports, entertainment and freestyle!

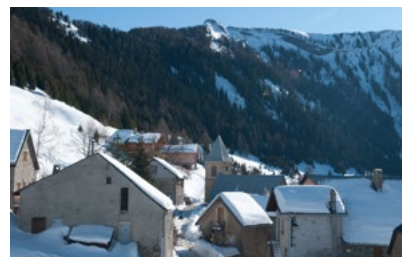
WHY IT'S SPECIAL:

- > The price! A Christmas present from an international resort!
- > Enjoy the festivities, entertainment, music parades, fireworks and other events. The magic of Christmas!
- > Enjoy this mythical ski area with altitude skiing at over 3,000 m!

WHAT'S THE BUDGET?

From €500 for the Christmas week in a 4-person apartment.

→ 2 ALPES RESERVATION :
reservation@les2alpes.com
www.les2alpes.com
reservation.les2alpes.com/sejours-a-la-semaine-pour-noel-et-nouvel-an.html



VILLARD-REYMOND

SWITCH OFF COMPLETELY AT THE EAU BLANCHE GITE

WHERE?

Perched at an altitude of 1640 m, the Eau Blanche gîte is located in Villard-Reymond, a small village looking westwards towards the Lignarre valley and the Taillefer massif, which means it enjoys almost guaranteed sunshine! It is surrounded by virtually untouched snow, making it perfect for ski touring and snowshoeing.

WHY IT'S SPECIAL:

- > It has character: converted from the old school in the highest village in Isère (second highest village in France), the Eau Blanche gîte (sleeping 16) is a haven for those looking for peace and simplicity.
- > No frills: quality accommodation, simple and efficient with spacious and comfortable rooms.
- > Proximity: located in the centre of the village of Villard-Reymond, visitors enjoy feeling they're in the middle of nowhere, without this actually being the case!

→ +33 (0)6 80 17 04 38 / giteleaublanche@gmail.com

Our fav!



MIZOËN

BRIGHT AND SPACIOUS ACCOMMODATION AT LA SARVEILLE

WHERE?

La Sarveille is a charming gîte located in Mizoën, a small, traditional and sunny village just opposite Les 2 Alpes ski resort. Perched on a rocky outcrop, it boasts a breathtaking view over the Lac du Chambon, the Meije, the Romanche gorges and the Taillefer ridges.

WHY IT'S SPECIAL:

- > Bright and comfortable, La Sarveille is a haven of comfort in winter. The full beauty of Oisans can be admired from the bay windows and the large panoramic terrace.

- > Spacious, there is no shortage of room! It sleeps up to 11 people.
- > The games room is perfect for a game of billiards or a movie on the big screen.

WHAT'S THE BUDGET?

Price (based on winter 2022) - from €2,000 to €2,500 per week

→ contact@lasarveille-mizoen.fr / +33 (0)6 99 39 64 89
lasarveille-mizoen.fr/

OISANS, GREAT SCENERY & GREAT FOOD



Our fav!



📍 MIZOËN

WORKING AS AN AGRICULCOEUR... AN AGRICUL'WHAT?

Yes, Oisans has beautiful scenery and it often has wonderful food too! This is partly thanks to local initiatives which provide tasty produce from healthy soil and well looked after land. Take the Bonnard family, Colin, 31, and Maëlle, 26, who decided to set up as market gardeners in their childhood village of Mizoën, perched 1200 metres above sea level. Together with their mother, they grow a wide variety of vegetables that they sell to locals, restaurant owners and holidaymakers, directly from the farm, at markets or by order. Alongside this, in winter, they breed mangalitza pigs (Hungarian), which are kept outside all year round. These pigs prepare the soil for future crops in the autumn and produce a highly marbled meat.

They have registered their trademark: "Agriculcoeur" for 100% natural farming that respects the Oisans environment. It's a great initiative that shows their desire to produce quality food that respects the land they cherish. It's when you put your heart into your work that you produce good things.

➔ www.facebook.com/Coco-Jardin

+33 (0)6 13 55 44 53
colinbonnard@gmail.com

📍 LE BOURG-D'OISANS

FOOD LOVERS GO CRAZY FOR NICOLAS CHARPIN'S CHOCOLATES AND LOGS

Calling all gourmets... here is a must-visit place to enjoy chocolates and frozen logs "Made in Oisans". Nicolas Charpin, who is well-known as the "ice cream magician" in Bourg d'Oisans, makes his own ice cream flavours and chocolate from A to Z. Here, everything is made on the premises. From grinding the cocoa beans to making the delicious chocolate logs for Christmas, the passion of the artisan is reflected in the flavours of his tasty delights!

➔ Nicolas Charpin : +33 (0)4 76 79 91 17
ecringlace@gmail.com
www.oisans.com/commerce-service/latelier-de-crin-glace/

📍 LE BOURG-D'OISANS

BISCUITS* FROM THE ONLY BISCUIT FACTORY IN OISANS!

**Using mainly organic ingredients.*

If you stopped off in Bourg-d'Oisans on the way in to stock up on the delicious ice-cream logs made by Nicolas Charpin, on the way back, you must visit the biscuit factory "Le Feuilleté de l'Oisans": a 100% "home-made on-site" biscuit factory at the back of the shop. Holidaymakers are delighted to take home delicacies, whether sweet or savoury, made wherever possible with local products, such as the Feuilleté de l'Oisans, which can be enjoyed at tea-time, with an aperitif or as a dessert. Don't miss it!

➔ Biscuiterie Le Feuilleté de l'Oisans
9 Rue de Viennois 38520 Le Bourg-d'Oisans
Françoise Coindre : +33 (0)6 87 59 85 64
fcoindre@orange.fr

📍 LES DEUX ALPES

LE CHAT GOURMET IS NOW LES PETITES CAPRICES! A PASTRY CHEF AT THE HELM

Why not to treat yourselves while in Les 2 Alpes and rediscover the the flavours of your childhood... Émilie Paris, former pastry chef at Le P'tit Polyte (1 Michelin star) and 3-star pastry chef at Gilles Goujon, is taking on a new challenge by taking over from Pascal Chat at his iconic chocolate and pastry shop. Over the past 30 years, many skiers have succumbed to his mouth-watering pastries on their way back from the ski slopes! Émilie will keep the same spirit of generosity and the same high standards in a new atmosphere, which will feature both the classics (tarte de l'Oisans, les Lauzes, etc.) that made the shop famous, and her own highly creative delicacies that result from her talent as an inventive designer.

There will be plenty of new ideas, because for her, gourmet food is an art that must be shared!

➔ contact@emilie-paris.fr / +33 (0)4 76 79 27 25

WITH THE KIDS... OR NOT!

📍 AURIS-EN-OISANS

FOREVER YOUNG WITH YOUR YOONER !

The children are bursting with impatience, they have been told about the magical descent with thrills and laughter galore. But once at the top of the Auris-en-Oisans ski area after it closes at sunset, they are somewhat apprehensive about their contraption: namely a yooner (a sledge with a ski, 20 cm above the ground). They glide, skid, cut curves and fall off! Don't panic, they'll only fall 20cm, not enough for any damage, but enough to have a good laugh!

→ Yooning for beginners during the sledging evenings + every Thursday from 4.30 pm to 5.30 pm, the ESF organises supervised Yooner descents after the slopes have closed.
Price: €20 / person

→ www.aurisesf.com/experiences-inedites/yooner-sunset/
ESF Auris-en-Oisans :
+ 33 (0) 4 76 80 15 25

📍 LE BOURG-D'OISANS
ET ALLEMOND

BRUSHES OR HANDS- ON, ARTISTS ON TOP

Élise welcomes all types of people of all ages for a range of creative workshops. They are perfect opportunities for the participants to try out different handicrafts and then find their favourite.

The programme includes painting for 2, clay modeling, charcoal, landscape painting, portraits, architectural models and linocuts... all chances for a great time and to surprise yourself!

→ Every week in Bourg-d'Oisans (Oberland hotel) and Allemond (Sports Loisirs association)

→ Prices between €13 and €15.
Élise Allirand - +33 (0)6 85 52 67 70
ateliers.creatifs.ea@gmail.com

📍 AURIS-EN-OISANS

LEADING THE PACK (OF DOGS)

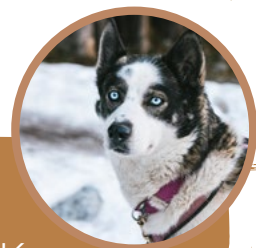
Children love sled dogs, and so do adults. And who hasn't dreamed of being a musher and driving a team of huskies? Accompanied by Erwin, Barbara and of course their huskies, you can enjoy an unforgettable moment of complicity learning all about these adorable furry creatures and the rudiments of driving a sled!

After an hour and a half of immersion in the snowy mountains, it's time to say goodbye to Joy, Moogli, Igashu and all their companions, a task that is sometimes more difficult than expected because it's so easy to become attached to them. Whether sharing with the family, as a couple or among friends, one thing is certain, it's an experience that you won't forget for a long while!

→ Mondays, Thursdays and Sundays throughout the season

→ €110 from 12 years old.
By appointment only at the Ranch de l'Oisans:
+33 (0)6 95 31 93 96
team.ehawee@ranchdeloisans.com
www.auris-en-oisans.fr/activite/chiens-de-traineau-%e2%80%a2-initiation-a-la-conduite/

Our fav!



📍 LE BOURG-D'OISANS

LAND'ART, NATURALLY CREATIVE

Walking in the midst of nature, collecting pine cones, bark, fir thorns and other forest materials to create a unique, ephemeral and, above all environment-friendly work of art!

This is an opportunity for the whole family to share a somewhat surprising moment where everyone needs to let go in order to free their imagination. To achieve this, Florence Turc, a fine arts designer with a dreamlike mind, accompanies and advises the participants in the collection of natural materials found during a soothing and immersive walk in the forest.

Then each to their own inspiration to create an artwork, whether abstract, resembling a face or an animal... with Florence the only rule is to let your creative mind run freely!

→ €25 per person (equipment and hot drinks included)
Reduced rates for families
→ lesateliersdeflo@orange.fr / +33 (0)6 10 29 77 99

1ST TIME IN THE MOUNTAINS

Our fav!



📍 LE CHAZELET ET ORNON

START SKIING IN A SMALL RESORT

To take the kids skiing without breaking the bank, and especially if you're beginners, you can choose between two small resorts, Le Chazelet and Le Col d'Ornon.

Under the gaze of "Queen Meije", the small resort of Le Chazelet, culminating at more than 2000m, features 6 runs, 3 ski lifts, one chairlift, a beginner's area and a sledging area.

Le Col d'Ornon ranges in altitude from 1350m to 1900m. It features slopes of all colours and for all types of skiers. Affordable skiing in the heart of an unspoilt natural environment! 8 marked runs and 4 ski lifts are perfect for discovering the joys of downhill skiing far from the crowds, in a warm and family atmosphere.

Difficult to choose between the two!

→ Le Chazelet

Open from 17/12/2022 to 12/03/2023.

Day ski passes:

€19 / adult

€17 / child under 11 years old

For more information, please contact :

Office de tourisme des Hautes Vallées, La Grave office

+33 (0)4 76 79 90 05

www.lagrave-lameije.com

→ Le Col d'Ornon

Day ski passes:

€12 /adult - €9.5 /child

www.col-dornon.com/preparer/forfaits-et-redevances-de-ski/

📍 LE BOURG-D'OISANS

A SMALL GÎTE IN THE HEART OF THE WIDE OPEN SPACES!

If you want to break your routine and get together with your family, Bourg-d'Oisans is the place to go for your first time in the mountains. Close to the resorts, it is located in the heart of the mountains without the hustle and bustle of the resorts and offers small functional gîtes that are ideal for simple family holidays. To the delight of children, this accommodation is located on a flat, two-hectare site, enough to play, take exercise and build lots of snowmen! Bourg-d'Oisans is less than 25 minutes by car from the resorts of Alpe d'Huez, Les 2 Alpes, Col d'Ornon, Oz-en-Oisans, Vaujany, Auris-en-Oisans and Villard-Reculas, to make the most of all winter activities. Perfect for a varied holiday where there's no room for boredom.

→ Gîte Le Grand Renaud - 46 route du Stade Le Ney, 38520 Le Bourg-d'Oisans.

Price: from €86 to €140 per night.

📍 OISANS

ICE CLIMBING: FOR THE REAL ENTHUSIASTS

Oisans is a major venue for ice climbing enthusiasts. The "pros" have identified over 600 waterfalls throughout the area (yeah, that's quite a lot!), where the water stops flowing and freezes into incredible sculptures... There is something here for everyone: from total novices who think that ice axes are only for great mountaineers, to the experienced and even for children who can't keep still! Don't forget your helmet, crampons and ice axes before setting off to tackle the majestic icefalls of Oisans.

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



📍 LA GRAVE

SKI TOURING, HUT, SAUNA AND SKIING: WHERE DO I SIGN UP!

Accompanied by the guides of La Grave, learn the basics of ski touring through a two-day mini trek around the Emparis plateau. Fit the skins onto your skis, learn how to walk up on the slopes, finding the right balance and rhythm... it's all on the program for budding ski tourers. The night is spent at the lovely Pic du Mas de la Grave hut, recently renovated and run by people with renowned culinary talents. The outdoor sauna is wonderful for recovery and the view is magical. The next day, to reach Le Chazelet, you have the choice between sculling down the vast slopes or, if you're really keen, going off-route up to summits such as the Petit, Gros Têt or Petite Buffe!

→ Private guiding: from €390 per day (1 to 4 people) to €405 per day (5 to 6 people). Overnight stay with half board: €54 per adult (Pic du Mas de La Grave hut).

→ La Grave Guide Bureau: +33 (0)4 76 79 90 21
info@guidelagrave.com / www.guidelagrave.com



I'M ON THE SAUSAGE, CHEESE AND BEER DIET



📍 L'ALPE D'HUEZ

ALPINE DINNER IN AN IGLOO

Let's go! Starting from Alpe d'Huez, put on your snowshoes, turn on your headlamp... and you're off in the deep snow under starry skies! It's like being in the Far North! After a short walk, you come to the igloo, standing in the middle of untamed nature. In this incredible setting, enjoy an aperitif prepared by your guide before going into the igloo and tasting the fondue!

➔ Price: €75 /pers. Departure at 6.30 pm - return around 10 pm.

➔ Bureau des guides de l'Alpe d'Huez
+33 (0)476804255
www.guidesalpedhuez.com
info@guidesalpedhuez.com

📍 VAUJANY

GROOMER FONDUES

The Savoyard fondue is a must for mountain holidays... And when enjoyed in the evening in an old alpine chalet after riding up in the snow groomer, it takes on a whole new flavour! Picture the scene: the crackling fire, the warmth of the old wood, the wonderful smell of melted cheese... This unique experience under the starry sky is organised by the restaurant Les Airelles, on the Oz-Vaujany ski area. Oz-Vaujany, in Montfrais, every Tuesday evening.

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

📍 AURIS-EN-OISANS

SNOWSHOEING AND APERITIF: THE WINNING COMBO

Once the ski area closes, head for the summits on snowshoes to explore Auris-en-Oisans and its surroundings in a different way. The atmosphere is amazing, with the glow of the stars, the orange colours of the summits and the beauty of the snow-covered nature... then you arrive and it's time to stop, admire the views and above all, enjoy an aperitif in the moonlight!

➔ Price: €38 /pers. for a 2.5 to 3 hour experience, once a week.

➔ Marc Liotard : +33 (0)6 82 18 36 80
aventurier515@gmail.com

📍 LE BOURG-D'OISANS

CALLING ALL "CHEES'OVORES", LET'S GO TO CHATILLON FARM!

A little piece of cheese here, another one there... you have to admit it, you're easily tempted! And when you're in the mountains, you can take advantage of the opportunity to meet producers, taste their produce and take some home. There are more than 41 members on the Oisans Savoir-faire Route. Jérôme and Elisabeth from the Ferme de Chatillon breed goats and cows. It's true that their cheeses are amazing, but you must also try their fruit yoghurts, dessert creams and faisselles!

➔ www.oisans.com/producteur/la-ferme-de-chatillon-eleveurs-de-chevres-et-vaches/

📍 OISANS

OISANS, A LAND OF BREWERS

Difficult to miss the beer as there are now four brewers in Oisans, all from different regions, bringing with them their know-how and the desire to offer a range of quality craft beers. When in Bourg-d'Oisans, stop off for a beer at Chris Goodwin's place. This Brit set up his own micro-brewery in 2015, featuring beers with very British characteristics! New for this year is the Brewpub, where you can sample the beers in a pub-style setting, and even attend evening concerts with food trucks...

➔ www.goodwinbrewery.com/

Also in Bourg-d'Oisans, Geneviève and François Laurent (Les Bières de l'Oisans) have taken up the challenge of offering organic craft beers, featuring three year-round beers and specials including Christmas beer.

➔ bieresdeloisans.fr/

Finally, as you head up into the mountains, you can taste the Bière des Glaciers at the restaurant "Le Diable" in the heart of Les 2 Alpes at an altitude of 3,400 m or the Mariolle beer from Saint Christophe en Oisans in some of the Oisans restaurants! You won't go thirsty, that's for sure!

THE LITTLE HOUSE IN... OISANS

📍 AURIS-EN-OISANS

NEW B&B: CHALET DE L'INFERNET

Nestled in a tiny hamlet between Alpe d'Huez and the resort of Auris-en-Oisans, this new non-smoking guest house run by Mariëtte and Marcel is located in Les Châtains. Far from the hustle and bustle of the two surrounding resorts, guests come to seek peace, a gentle way of life and tranquility. There's no stress, they can plan their stay with or without an evening meal and the option of being driven to the Auris-en-Oisans ski slopes, recharging their electric car... A wonderful address that's a home from home!

➔ Rates: from €100 per room with breakfast.

From €27.50 for meals.

From €600 per week with breakfast.

➔ +33 (0)6 67 15 28 18 / www.chaletdelinfernnet.com

📍 LA GRAVE

A NIGHT IN A HUT: EVARISTE CHANCEL

One of the few refuges in Oisans staffed in winter, the Evariste Chancel hut is also easily accessible. From the top of the Meije cable car at 3,200m, all you have to do is put on your skis or jump on your snowboard and slide down to the refuge at 2,508 m. After a beautiful off-piste descent under the imposing Meije, you push open the door of the hut to enjoy some mulled wine or spend the night! Imagine the sunrise the next morning... An extraordinary adventure!

➔ Price: €55 /pers. half-board

Refuge Evariste Chancel

+33 (0)6 80 59 84 91 / refuge-chancel.com



📍 ALLEMOND

HOLIDAY ACCOMMODATION: 3 NEW GÎTES IN ALLEMOND

The pretty village of Allemond is really coming to life. Last year, the valley lift provided access to Oz 3300 and the Alpe d'Huez Grand Domaine in just 8 minutes and this year Allemond is offering 3 new gîtes for holidaymakers. Sleeping 8/10 people, "Les Lapinou" is an old building of 110 m² entirely renovated to the most recent ecological standards, with 3 bedrooms, a large kitchen and a cosy living room under the eaves that is perfect for family get-togethers. Located in the upper part of the village, the "Cèdre Bleu" is a new 100 m² house designed by Marc and Sylvie to accommodate 8 guests looking to get away from it all!

For a village centre version, knock on the door of "Le Petit Houblon", the work of Elodie and Fred, who in just 10 months designed, renovated and fitted out this 100 m² house (sleeping 8) to create a lovely little cocoon.

All you have to do is choose!

➔ Prices and contact information:

> Les Lapinou: from €200€ per night.

Week from €1,400 - Philippe VINCENT

+33 (0) 6 87 56 17 48

> Le Cèdre Bleu: from €1,600 per week

Marc DESBROSSES +33 (0) 6 83 58 81 60

+33 (0) 6 31 86 85 59 / marc.desbrosses@wanadoo.fr

> Le Petit Houblon: from €130 per night

(min 2 nights) +33 (0) 6 86 32 83 41

gite.lepetithoublon@gmail.com

📍 LE BOURG-D'OISANS

THE BO LODGE, THE AUTHENTICITY OF A TRAVELLER'S LODGE

A former horse-drawn carriage house dating from the beginning of the 20th century, the BO Lodge is located at the bottom of the road up to Alpe d'Huez, making it ideal for exploring Oisans! Feeling like a stopover in the last century, the atmosphere is soft and cosy and the 9 fully-renovated rooms have all the comfort you could wish for after a long day on the snowy Oisans paths and the slopes of the surrounding ski areas.

➔ Rates: from €80 per double room.
Breakfast from €12.

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



Our fav!



OISANS THERAPY



📍 ALLEMOND / OZ-EN-OISANS / VILLARD-RECULAS



NORDIC WALKING: A BREATH OF FRESH AIR

Walking briskly with poles, imagining yourself in Finland where the practice originated, combining fitness and outdoor sport, being surprised to learn that Nordic walking uses 90% of your muscle mass... no wonder people are so attracted to this sport in the great outdoors! Alongside Chrystèle Fitzen, fitness and wellness coach, set off to explore the trails and gems of Oisans that she knows like the back of her hand!

➔ Price: €15 /pers. for a 1.5 hour outing.

➔ Chrystèle Fitzen
+33 (0)6 07 78 12 01
chrystelefitzen.addock.co/

📍 LA GARDE ET VENOSC

DRAWING ENERGY FROM OISANS STONES

Laëtitia Diet specializes in minerals and offers a chance to spend a rejuvenating and soothing moment just for yourself. Participants learn about the energies of stones and crystals, in an area where minerals are omnipresent. Coupled with meditation, this mineral workshop awakens strengths everyone has inside and helps to draw resources from natural elements that surround us. Open to all.

➔ Price: from €12 (on the premises in La Garde or at your holiday accommodation)

➔ Laëtitia Diet : +33 (0)7 78 21 41 01
lecristalmandragore@hotmail.com

NEW: for a shopping session after the workshop, go to the brand new "Pierres de Lune" shop in the centre of the craft village of Venosc. Pocket stones, mist stones, bracelets and necklaces made of natural stones created by Sylvie... there's something for everyone!

➔ 82 rue du Cours de la Vie Venosc
06 88 60 63 08

📍 LE BOURG-D'OISANS

ENJOY A COLD CURE AT THE HOTEL LE MILAN

Recovery, absolute relaxation, reduced pain.... the benefits of cryotherapy have been vaunted since Antiquity! This small 3* hotel steeped in history in the centre of Bourg-d'Oisans offers its guests a real wellness experience. After a session in the hotel's sauna, you can go outside for a dip in La Rive, which runs alongside the hotel. It's natural cryotherapy and an amazing experience which, according to doctors, should last the same number of minutes as the temperature of the water... Everyone jump in!

➔ Price: free
Double room rate: from €60

➔ Hôtel du Milan +33 (0)4 76 80 01 23
surlaroutedesalpes.com

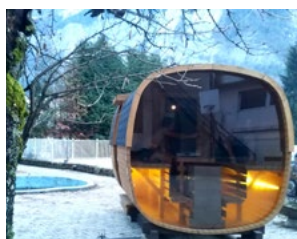


📍 VILLARD-RECULAS

SNOW YOGA : A 100% NATURAL BREAK

Head for the small Langaret lake a few steps from the village of Villard-Reculas to stop time and take care of yourself! Facing an incredible panoramic view, connect with nature and let yourself be carried away by the energy of the place. Breathe and welcome the yoga postures. All senses are awakened for this moment of well-being and relaxation outdoors... and it's free!

➔ Registration at +33 (0)4 76 80 45 69 - info-villard-reculas@oisans.com



OFF THE BEATEN TRACK



COL DU LAUTARET

COL DU LAUTARET : A SNOWKITING PARADISE!

Ah, the Col du Lautaret! We know it by name but what about it being a paradise? Who for? For snow kites, of course! This iconic Alpine pass, which stands at 2,056m straddling Isère and the Hautes-Alpes, is quite simply one of the best snowkiting spots in Europe! A pass with panoramic views normally enjoyed from a summit, snow from November to May, a road that is open in winter and plenty of space and wind to kite, this is the ideal spot to spread your wings... So why not try it out this winter?

→ Price: Beginners' package €130 for 3 hours

→ Kite Legende +33 (0)6 79 20 08 56
www.kitelegende.fr



ORNON, ALPE D'HUEZ

CALLING EXPERIENCED TRAIL RUNNERS: TRY SNOWSHOE RUNNING

Although it is still little known, snowshoe running is a real sport. Aimed primarily at trail runners who are limited in winter (the ground is too slippery for trainers), snowshoe running is the perfect solution to let off steam without losing your stride! Wearing running trainers and special snowshoes (thinner, lighter and more flexible), set off and enjoy the beautiful snowy landscapes, while having a workout without the fear of losing your footing. To learn the basic rudiments, but also to explore the unspoilt plateaus of the Taillefer or Grand Galbert in good company, chose a guided outing this winter in Ornon or Alpe d'Huez!

→ Price: €40 /pers.
(4 people minimum)

→ Alpe d'Huez Bureau des Guides
(Fabrice Lair accompagnateur)
www.guidesalpedhuez.com/fr/raquette-a-neige
+ 33 (0)6 79 97 91 62
info@guidesalpedhuez.com



VILLARD-NOTRE-DAME

SKI TOURING OR SNOWSHOEING AND A MOUNTAIN GUINGUETTE IN VILLARD-NOTRE-DAME

Away from the ski slopes, discover the road to Villard-Notre-Dame, one of the most picturesque in the Oisans. Carved into a vertical rock face leading to amazing tunnels, it boasts superb views over the Romanche valley and a succession of ice landscapes that create a totally magical, silent and frozen atmosphere. On arrival at 1,520m, go to the Café de la Gardette, a guinguette-style restaurant that is as atypical as it is warm and relaxed.

→ From the February holidays, from Thursday to Sunday, the Café de la Gardette organises half-day outings ski touring or snowshoeing with a guide, followed by lunch at the café. €70 /pers.

Or the Week-end formula: ski touring or snowshoeing (½ day) + lunch at the café + dinner and overnight stay at the gîte. €150 /pers.

If you are worried about driving along the road, the guide can take you to the restaurant. For groups from 5 people, on request outside of school holidays.

→ www.oisans.com/restaurant/cafe-de-la-gardette/
Bookings and availability on +33 (0)6 51 25 13 10 or by mail
cafedelagardette@gmail.com

LE BOURG-D'OISANS

WINTER IMMERSION IN BISON COUNTRY

Do those who love the great American West and westerns know that there are fewer than 25 bison farms in France, and one of them is in Bourg-d'Oisans? On the road to the ski resorts, Didier Girard, our "Bourg Cowboy" and a passionate and fascinating farmer, offers a winter immersion in his work with the animals. The farm has a herd of about twenty bison, as well as around 200 ewes, their lambs and llamas.

Throughout the visit, he shares his passion for bison, which are unusual animals with an iconic image. This instructive visit brings humans and animals closer together!

→ Duration of the visit: 90 mins. on average
Price: adults €10, children €5, free under 3 years old

→ Information and bookings: +33 (0)6 74 91 23 18 / coucou333@wanadoo.fr
www.oisans.com/producteur/la-ferme-des-bisons-de-loisans-eleveur-de-bisons-et-agneaux-ferme-decouverte/

CULTURE AT ALTITUDE



Our fav!



📍 SAINT-CHRISTOPHE-EN-OISANS

EXHIBITION: 100 YEARS OF THE ROAD TO LA BÉRARDE

Far from the ski resorts, the temporary exhibition celebrating the centenary of the La Bérarde road is a journey through time, depicting a key moment in the history of the Vénéon valley. Linking Saint-Christophe-en-Oisans (a traditional village) to the hamlet of La Bérarde (mountaineering mecca), the legendary road to La Bérarde road still surprises many of the holidaymakers who travel along it by its majestic setting and highly picturesque character. But how did the inhabitants of the valley undertake this Dantean project more than more than a century ago? And what motivated them to embark upon such an epic journey? This is an instructive exhibition, a story of men and mountains.

→ Admission: €3.50

Children aged 13 to 17, high school and university students: €1
Free for children up to 12 years old, jobseekers and the disabled

→ Open during school holidays: Tuesdays and Thursdays from 2pm to 5pm and all year round by appointment.

→ Musée Mémoires d'alpinismes - 405 route de La Bérarde - La Ville
38520 St-Christophe-en-Oisans
+ 33 (0)4 76 79 52 25 / v.turc@saint-christophe-en-oisans.fr

📍 OISANS

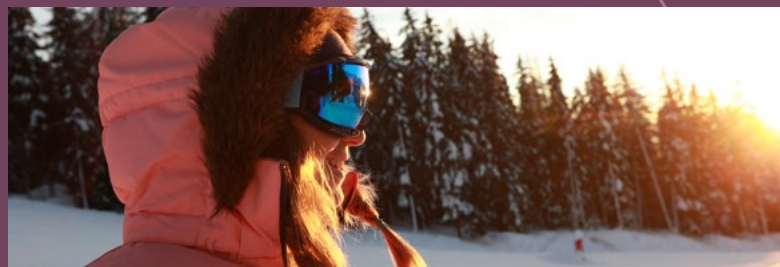
LIVE SHOW: 1000 YEARS OF HISTORY IN OISANS!

In the past, knowledge and traditions were transmitted orally, so we're taking a leaf out of our ancestors' book and creating a large historical fresco entitled "Une Rivière, des Hommes", which retraces more than 1000 years of history in Oisans! The programme features 20 actors from the Acour troupe and 6 dancers from Danseencorps, who draw spectators into an astonishing adventure, retracing the history of the Romanche valley (the valley of Les 2 Alpes and

Bourg-d'Oisans). From the diappearance of Lake Saint-Laurent to the royal mines of Allemont, to the paper industry and hydroelectricity, to the creation of the ski resorts... there is 1,000 years of history waiting to be discovered.

→ Created by Catherine Larnaudie and Roland Monon.
Dates: 29.01.2023 in Bourg-d'Oisans / 07.02.2023 in Oz-en-Oisans / 09.02.2023 in Vaujany / 10.02.2023 in Allemont / 13.02.2023 in Les Deux Alpes / 16.02.2023 in Alpe d'Huez

→ contact@compagnieacour.com / +33 (0)6 84 12 36 90
+33 (0)6 28 33 46 07



📍 OZ 3300

SKETCHING THE LANDSCAPE

As nature has been the greatest source of inspiration for mankind since the dawn of time, it is very tempting to give in to new creative urges during a rejuvenating stay in the heart of the enchanting winter landscapes. In the vast fir forests surrounding Oz 3300 or high up with a breathtaking panorama of the Oisans summits, Emelyne introduces beginners to watercolour painting, including the basics of sketching a "landscape inspired by nature", framing and using the palette of colours. It is a moment of tranquility and spirituality, as well as providing a holiday souvenir to take home.

→ From €5, information from
Oz 3300 Tourist Office
+33 (0)4 76 80 78 01

→ www.oz-en-oisans.com/hiver/offres/aquarelle-en-pleine-nature-oz-fr-hiver-3425730/

📍 OISANS

A PHILOSOPHY WALK TO THINK WHILE WALKING

I move, therefore I am? Simon Parcot is a philosopher in peak form, who grew up between the dunes of the Atlantic, the wooded hills of Forez and the steep valleys of Oisans. After travelling, completing studies in literature and philosophy, and writing books ("Revenir de l'hiver" and "Le monde est vertical"), Simon, who sees himself out as a "peddler of thought", a "poet of paths" or a "metaphysician with blistered feet", is now organising philosophy walks in Oisans. These are intended as a fun introduction to philosophy, walking in the open air in a friendly atmosphere. They are about entering into the thought process through walking and the landscape, about happily following in the footsteps of the greatest thinkers for the duration of a walk. They are about having a real philosophical experience on the foot paths, outside the cloisters and far from the podiums and university benches!

→ Free of charge upon reservation at the tourist offices

→ Simon Parcot : + 33 (0)6 47 53 88 55
randosphilos@orange.fr
randosphilos.fr/qui-suis-je/

OISANS BY NIGHT

Our fav!



📍 VILLARD-RECLAS

SKI TOURING "STARRY NIGHT CLUB"

Who hasn't dreamt of extending their ski outings for a few hours to enjoy breathtaking views of the snow-covered peaks at sunset? The stars are the mirror ball, and it is with head torches that the ESF organises night-time ski touring outings in Villard-Reculas to enjoy an evening escapade of sport and plenty of fresh air. An unusual and exclusive moment to share with your best friends, your family or partner.

Not to be missed! A night ski touring event, called the "Montée Étoilée", will be held in Villard-Reculas on Saturday 18 March 2023 at 6pm. After a steep 600m climb up to the Signal at sunset, athletes will be able to enjoy the exceptional view at 2100m before skiing down the track (the descent is not part of the race).

➔ www.esf-villard-reculas.com/fr/

➔ Registration and information:
04 76 80 45 69
info-villard-reculas@oisans.com

📍 LES DEUX ALPES

A LITTLE CLOSER TO THE STARS, ON THE SNOWY, SHINY SUMMIT: THE NIGHT SNOW TRAIL

Trainers, hat, gloves and a headlamp, this is the full winter trail kit for running up and down the snowy slopes of Les 2 Alpes for the 10th edition of the Night Snow Trail. At sunset, more than 500 participants meet at the start line at 2,100m on Saturday January 21st 2023, to experience a unique and extraordinary evening of sport. This night race above Les 2 Alpes provides exceptional views of the whole illuminated valley.

Run 5, 10, 15 or 20 km... in the moonlight!

➔ Green course 5 km: 531m D- ; Blue course 10 km: 834m D- / 303m D+ ; Red course 15 km: 1000m D- / 469 D+ ; Black course 20 km: 1138 D- / 607m D+

➔ www.les2alpes.com/hiver/decouvrir/une-station-qui-bouge/night-snow-trail/

📍 OZ 3300

TRAPPER'S EVENING IN THE MOONLIGHT

Enjoy an authentic evening in the winter atmosphere in Oz-en-Oisans and discover the resort from a different, nocturnal angle. Accompanied by mushers Erwin and Barbara and their Siberian huskies, adventurers will experience unforgettable moments in the midst of nature. The evening starts with meeting the dogs, a magical moment for children and adults alike. Then, setting off at sunset on snowshoes, the participants enjoy symbiosis and complicity with the dogs and stories in the heart of the forest, with the outing ending with a Scandinavian dinner around a wood fire. Just like the atmosphere in the Far North! Fitted with harnesses and linked to the hikers, the dogs accompany the families, friends and couples throughout their walk in the heart of nature.

➔ Prices: €80 / adult and €65 / child

➔ Contact : team.ehawee@ranchdeloisans.com
+33 (0)6 95 31 93 96 / www.team-ehawee.fr

📍 LES 2 ALPES

THE MILKY WAY RACE... ON AN MTB

Pedalling under a starry sky creates a feeling of freedom for all adventurers on e-mountain bikes. Aventure Electrobike is a specialist and pioneer of this type of guided outing and promises a quite different experience of Les 2 Alpes. Tyres feel very different in the snow, providing a new experience of sliding and riding on routes of varying difficulty. Whether beginners or experts, this is a great opportunity to discover the enduro tracks of Les 2 Alpes in the moonlight, before enjoying a tasty meal at 2,000m at the Ferme de La Molière, in the sunset, then it's back to the resort in the dark, taking time to admire the starry sky...

➔ Prices:

Outing from 4.30 pm to 6.30 pm: €45/pers.

Outing and restaurant: €85/pers.

Antoine Audenino / Electrobike Adventure

+33 (0)6 62 38 86 47 / resa@electrobike.com

www.aventure-electrobike.com

5 SPOTS FOR A DATE IN OISANS

1 **THE MOST ATHLETIC: PIC BLANC AT AN ALTITUDE OF 3,330 METRES**

The dizzy feeling of love... Culminating at 3,330 m, the Pic Blanc is the highest point in Oz-en-Oisans. Considered one of the highest peaks in the Grandes Rousses range, it offers a breathtaking panoramic view over almost one fifth of France. Sports lovers will be amazed by the beauty of Mont Blanc, the Grandes Jorasses and the Grand Paradis... Time for action: to add a touch of adrenaline to this moment, leave the summit on one of the mythical slopes of Alpe d'Huez, namely the Sarenne, the longest run in Europe (16 km downhill) or the Piste du Tunnel, a vertiginous black run carved into the rock.

→ Access: Take the Poutrac cable car from Oz resort, then the DMC 2 and the Pic Blanc cable car.

→ Price: Ski pass or the Grand Domaine foot pass

Open: from 3 December 2022 to 22 April 2023

www.oz-en-oisans.com/hiver/offres/panorama-du-pic-blanc-oz-fr-hiver-2795256/

3 **THE TRENDIEST: THE YONDER COFFEE SHOP IN LES 2 ALPES**

Enjoy a moment of togetherness in a trendy coffee shop & restaurant with a Californian and Australian feel in Les 2 Alpes! The owners lovingly serve up tasty, vegan and organic cuisine, featuring exotic dishes inspired by their discoveries and experiences from the four corners of the world. Brunches and lunches are available every day, including bowls and colourful sweet or savoury open sandwiches. And to make the relaxed moment complete, there is a range of lovely drinks. Smoothies, fresh juices, kombucha, iced latte, cappuccino, chai latte... are all on the menu.

As "Yonder" means "Further ahead", it suggests a new direction or a new adventure... could this be a sign?

→ Open: Every day from 8am to 6pm from November 2022 to April 2023

Address: 85 Avenue de la Muzelle, Galerie du Grand Passage - 38860 Les Deux Alpes

→ Contacts and bookings: 06 47 38 65 10 - yondercoffeeshop@gmail.com

5 **THE WARMEST: THE FINNISH SAUNA AT THE PIC DU MAS DE LA GRAVE HUT**

For a first date, a sporty outing is a good test to see if you're a good match! So why not head for the Pic du Mas de la Grave hut, sitting at an altitude of 1,700 m. After a day spent ski touring or on snowshoes, you need to spend closer moments together and the hut has thought of this by providing a Finnish sauna. Installed facing the Meije, the sauna is perfect for relaxing and offers an outstanding moment of comfort at sunset for an unforgettable instance of complicity. The experience is all the more intense when the air outside is crisp and cold! An authentic

2 **THE MOST SPECTACULAR: THE PASSERELLE DE LA MEIJE**

During the walk near Le Chazelet oratory, there is an observation platform at the Col des Portes, halfway between Les Terrasses and Le Chazelet. Step onto it and it's as if you're suspended in air, with several hundred metres under your feet and a breathtaking view of the valley. You feel like you're on a small cloud, just the two of you above the world, with your gaze converging on the summits. What could be more romantic?

*The footbridge has been made as safe as possible

→ Free activity - Free parking nearby. Open all year round.

05320 La Grave

Office de tourisme de La Grave : + 33 (0)4 76 79 90 05

4 **THE MOST ROMANTIC: DINNER UNDER A STARRY SKY AT THE 4* HOTEL GRANDES ROUSSES**

At the Hôtel Grandes Rousses, cuddled together in the warmth of a transparent bubble on the terrace of the bistro restaurant l'Espérance, enjoy this moment out of time, where the elegant dishes perfectly match the wines selected by the sommelier. A great place for both hearts and taste buds! As if cut off from the world, the discreet staff will take delight in accompanying lovebirds throughout the culinary journey. A bubble of happiness.

→ Menu from €50.

Contacts and bookings: + 33 (0)4 58 19 20 03 / restaurant@hotelgrandesrousses.com

www.hotelgrandesrousses.com/fr/ 425 Route du Signal - 38750 Alpe d'Huez



and invigorating pleasure to share with your date.

Note: the hut was renovated in 2017 and is completely self-sufficient.

→ About 1.5 to 2 hours on foot from Le Chazelet.

Rates: Sauna: €10 /pers. (min 2 pers.) / Half-board adult (evening meal, shower, bed & breakfast): 54 euros / Half-board child - 12 years old : 40 euros / Half-board child - 6 years old : 30 euros

→ The refuge is open from mid-January to mid-March.

Information and bookings: refugedupicdumasdelagrave@gmail.com

+ 33 (0)9 88 66 55 42 / www.refugedupicdumasdelagrave.fr

5 things TO KNOW ABOUT OISANS

1

📍 LES DEUX ALPES

THE LONGEST HEIGHT DROP IN A SKI AREA (2,300 M) IS IN LES DEUX ALPES

From the highest peaks at 3,568m, you can set off on a breathtaking descent down to the resort. This means you can ski the entire area from the very top down to the village of Mont de Lans. It's a sporting challenge if you don't stop and a contemplative journey if you allow yourself a few breaks. The Oisans landscape and summits are really worth visiting.

3

📍 VAUJANY ET LES 2 ALPES

VAUJANY AND LES DEUX ALPES, READY FOR THE 2024 OLYMPIC GAMES

The resorts of Vaujany and Les 2 Alpes have long been involved in hosting high-level sports groups. They have therefore decided to contribute to France's sporting influence by applying for the "Terre de Jeux 2024" label. This means the resorts undertake to make sport, sports facilities, activities and sporting events part of the daily lives of both locals and holidaymakers. On the strength of their quality facilities (gymnasium, skating rink, swimming pool, climbing gym, sports hall, etc.), Vaujany and Les 2 Alpes are also benchmark resorts when it comes to hosting high-level French and international teams, providing their expertise to help teams who decide to hold their training courses in the resorts.

📍 ALPE D'HUEZ

THE LONGEST BLACK RUN IN EUROPE IS IN ALPE D'HUEZ

It's 16km long, it's black and it's called the Sarenne. The longest run in Europe is physical, demanding and intense with some nice little walls, starting at the iconic Pic Blanc summit at 3,300m and ending down in the valley below Auris-en-Oisans. Completely away from the resort, skiers find themselves in a breathtaking untamed mountain atmosphere. The piste can be skied at night at certain times during the season.

➔ Price: €58 (Sarenne Sunset skipass.alpedhuez.com/hiver/sarenne-sunset/)

2

4

📍 AURIS-EN-OISANS

THE HIGHEST SPRUCE FOREST IN EUROPE IS IN AURIS-EN-OISANS


The forest area of Auris-en-Oisans begins at an altitude of 1,420 m and culminates at 1,780 m. Spruce is the dominant species, but it shares the forest with fir, Scots pine and the European larch. The forest is magnificent, but beyond its beauty, its primary virtues are the role of protecting the environment, maintaining the soil against erosion and protecting the roads and hamlets against the risk of avalanches and mudslides. If you walk in the forest, you can see roe deer, wild boar, common and mountain hares, foxes, badgers and partridges.

5

📍 OISANS

THE LARGEST ICE SHEET IN FRANCE IS IN OISANS

It should never be forgotten that the Écrins National Park, which culminates at 4,101m with the Barre des Écrins, is one of the most important French glacier reserves in the Alps. Indeed, the adjacent Girose and Mont de Lans glaciers measure 6 km from east to west. We must protect this fragile nature!



WHICH IS THE RIGHT RESORT FOR ME?

LA GRAVE

IF YOU'RE SPORTY AND LOVE NATURE

The freeride mecca at the foot of the Meije is the ideal spot for those who love untamed nature, mountains, glaciers, the atmosphere of an authentic mountain village with a cosmopolitan mix of nationalities, and breathtaking off-piste descents. A short hike on skis or snowshoes takes you up to a mountain hut, where you can disconnect, clear your head and then fill it with fabulous memories. Here you can breathe and take the time to live at nature's pace.

→ www.lagrave-lameije.com

ALPE D'HUEZ

IF YOU ENJOY THE BUZZ OF THE BIG SKI AREAS

If you love big international resorts, and your main criterion is great skiing, then head for Alpe d'Huez and its 250 km of slopes. The Alpe d'Huez Grand Domaine Ski links Vaujany, Oz-en-Oisans, Villard-Reculas, Auris-en-Oisans and Huez, which creates a huge and varied playground. In addition, the resort is full of fun and entertaining activities for the après-ski, not to mention all the events and shows.

→ www.alpedhuez.com

LES DEUX ALPES

LONG RUNS AND TREN- DY BARS, THE PERFECT COMBINATION

You need to have strong thighs to do the full run from the 2 Alpes glacier at 3,400m back down to the resort at 1,650m. But the fresh air is so invigorating and the scenery so splendid that you forget the effort. What you'll enjoy here is the wide range of activities for teenagers and the aperitif evenings which extend the days in a musical, party atmosphere. The Michelin starred restaurant Au P'tit Polyte is a great place for enjoying a gourmet evening.

→ www.les2alpes.com

VILLARD-RECLAS

IF YOU LOVE A PHYSICAL CHALLENGE IN NATURE

If you are looking for the peace and quiet of a village, with a grocery shop, restaurant and breathtaking panoramic views, and you would like to try some new outdoor sports, Villard-Reculas is the place for you. As it is a village resort of the Alpe d'Huez Grand Domaine, you can of course ski, but you can also try your hand at trail running on snow, yoga, Nordic walking, and ski touring. High fives, it's time for an all-round sports holiday.

→ www.villard-reculas.com/

VAUJANY

WITH A FAMILY, SIM- PLICITY IS THE NAME OF THE GAME

This is the perfect spot for families: a village with amazing facilities, an ice rink, a swimming pool with slide, spa area and gym, a bowling alley, media library, cinema and entertainment every day... it's simply impossible to be bored in Vaujany. In addition, a cable car whisks you up to the Alpe d'Huez Grand Domaine for great days of skiing.

→ www.vaujany.com

AURIS-EN-OISANS

BIG SKIING IN A SMALL RESORT SETTING

Here we have the atmosphere of a modestly-sized resort, right at the foot of the slopes. In other words, Auris-en-Oisans has all the advantages of the "integrated" resorts (easy access, shops and restaurants under the accommodation) without the effervescence of an international resort. A bit of calm, a dose of nature and a spoonful of comfort... and the holidays go off without a hitch. And what's more, the skiing on the Alpe d'Huez Grand Domaine is simply fabulous!

OZ 3300

FEELING REMOTE, WITHOUT ACTUALLY BEING SO

In Oz 3300, you feel you're in a remote location, whereas you're very much in touch with civilisation! The paradox is that this Oisans resort is part of the Alpe d'Huez Grand Domaine for great skiing, but in the evening, when the lifts stop, you feel like you're alone in the world... Well, almost, because children take full advantage of this family resort, with its many free activities and entertainment on the snow front. And they can all walk around freely as it's a traffic-free resort. Lovely and quiet!

→ www.oz-en-oisans.com

COL D'ORNON

IF YOU WANT PEACE AND UNSPOILT BEAUTY

The main attraction is that it's very small (8 marked runs and 4 ski lifts) and boasts an intimate, untamed setting. Children can learn the rudiments of skiing on dedicated areas, helped and pampered by the instructors. In the meantime, you are free to enjoy the slopes or else the magic of the woods and alpine meadows. The lovely trails around Col d'Ornon are perfect for snowshoeing or Nordic skiing. The pure pleasure of spending your holidays away from the crowds!

→ www.col-dornon.com





OISANS,

AUTHENTIC MOUNTAINS JUST 4 HOURS FROM PARIS!

BY ROAD

→ Motorway from Paris, Lyon, Marseille and Geneva to Grenoble. From Grenoble, follow signs for Sisteron/Gap on the A 480, then Exit no. 8 Vizille-Stations de l'Oisans. Follow the N 85 to Vizille then the D 1091 towards Briançon.

→ Bourg-d'Oisans is 50 km from Grenoble and 45 mins. from Exit no. 8.

BY PLANE

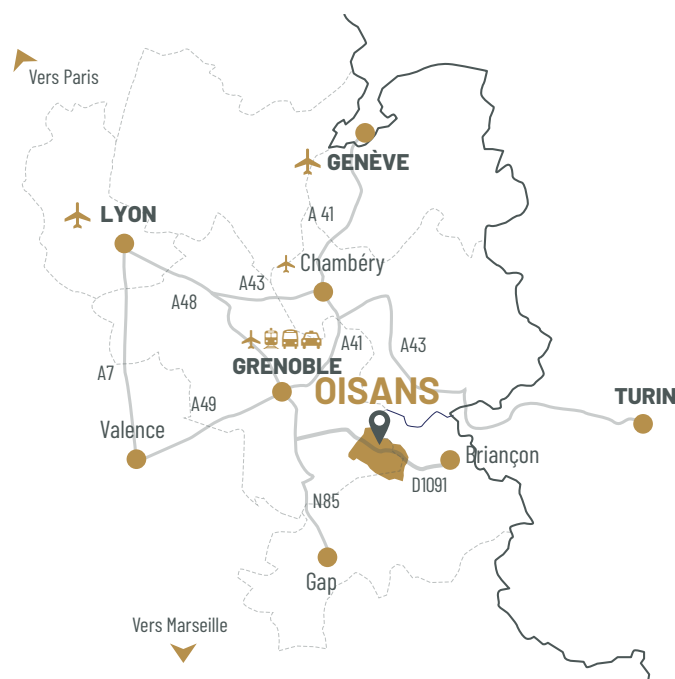
→ Grenoble- Isère Airport is 91 km from Bourg-d'Oisans

→ Lyon Saint Exupéry Airport is 139 km from Bourg-d'Oisans

BY TRAIN

→ TGV Paris-Grenoble, 3 hours and regular trains. Bus connections to Bourg-d'Oisans and the main Oisans villages by Transisère (www.transisere.fr) and Regional Express Lines (www.bus-et-clic.com/ler35)

→ Geneva International Airport is 192 km from Bourg-d'Oisans



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