

Isère: nowhere more natural

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2021



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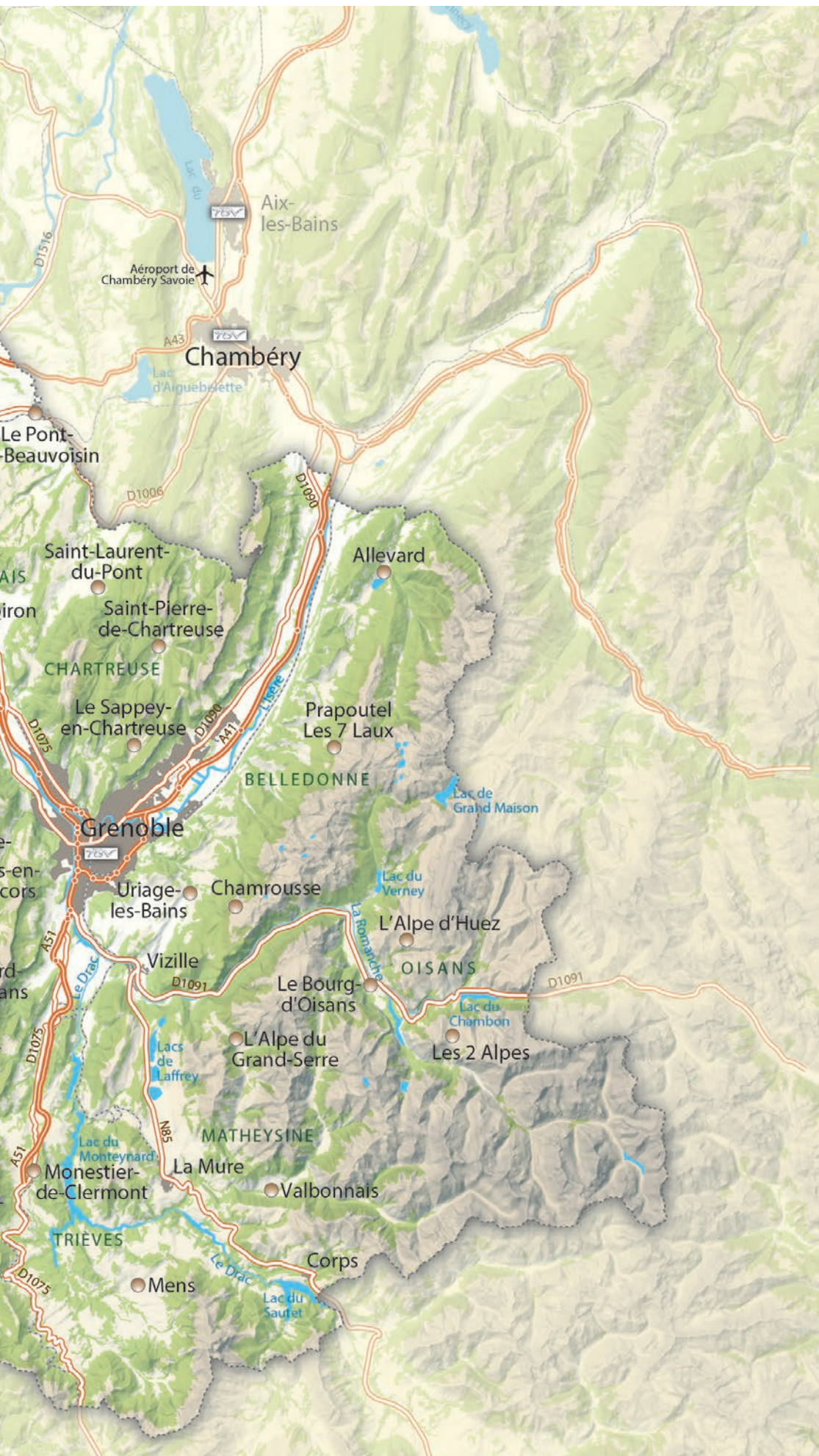


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Editorial

ISÈRE - NOWHERE MORE NATURAL! ENJOY A NATURAL WORLD FIRMLY PLANTED IN THE MOUNTAINS AND PLAINS

We put wellbeing at the heart of everything we do. Nature triggers an improved sense of wellbeing, so Isère's magnificent setting with majestic mountains, beautiful skies reflected in glistening turquoise lakes is a little piece of heaven on earth where you can get away from the hustle and bustle and reconnect with yourself and with nature. To maintain our natural world for future generations, the department of Isère leads the way by creating the first "Smart Ski Resort" in France and the first valley lift up to the mountains that reduces our carbon footprint.

As we start to be able to travel more and connect with our families and friends, Isère is also the perfect place for multigenerational get-togethers and bubble holidays. Away from the crowds, our accommodation has room for all the family in wondrous settings, next to lakes, built into the slopes, or sitting up high in the mountains: from campsites to gîtes, luxury hotels with spas and rustic mountain huts, we have everything where you can breathe in our fresh mountain air.

And for a more holistic holiday, our countryside lends itself perfectly to all kinds of outdoor recreations and sports to keep yourself moving. Surrounded by nature, you can take time to uncover all our treasures at your own pace on a bike or e-bike, enjoy gentler activities such as sailing, paddleboarding, walking and sunbathing. Be at one with nature, by being more mindful, taking it slow and immersing yourself into our forests, listening to the birds, and using the energy of our natural world to rebalance yourself. And for those seeking to boost your adrenaline, connect with our natural elements - big skies, roaring waters and steep slopes - and throw yourself right in with extreme sports made accessible so anyone can give them a go.

Finally to nourish yourself, our chefs throughout the region from the mountain huts to Michelin-starred restaurants put our amazing local produce centre stage, so you can enjoy Isère from the inside out.

Isère - nowhere more natural!

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Not-to-be-missed outdoor events

Key figures

The events calendar was established with all information available. It is subject to modification due to the Covid19 pandemic and government measures.

What's new



© CHEMIN DE FER DE LA MURE

ACCOMMODATION

Today's traveller is constantly seeking new experiences and unique places to stay. Hoteliers and accommodation providers are having to reinvent themselves and come up with ever-more creative concepts. Here are a selection of the latest openings in Isère, each with an original style that makes them stand out.

Hotels

MOODz, a boutique hotel close to Vienne

VIENNE

Unwind at the affordable eco-responsible MOODz boutique hotel in Pont-Évêque on the outskirts of Vienne, combining a simple at-home atmosphere with chic furnishings and friendly hospitality. Completely renovated, the 19 air-conditioned, soundproofed rooms all overlook the garden and outdoor pool. Remote workers and digital nomads can rent socially distanced coworking spaces that open onto the garden and terrace, or even work outside.

www.moodz-hotel.com



Maison Barbillon

GRENOBLE

A stone's throw from the lively streets and train station of Grenoble, the new 3-star Maison Barbillon Hotel promises visitors a "home-away-from-home" holiday with French charm. Forty-eight bedrooms and a meeting area are decorated in retro-contemporary style. Little touches such as a delicious afternoon tea of hot drinks and pastries served in comfy armchairs in the lobby, a generous, vitamin-rich breakfast and tasty containers of hot and cold food are available throughout the day.

www.maisonbarbillon.com

Domaine Dolomieu, a charming Chateau-Hotel

DOLOMIEU

Spread across a restored 17th-century chateau and two contemporary buildings in the heart of a protected, wooded 20-hectare park, the upscale Domaine Dolomieu hotel, a Chateau-Hotel and Spa by Sothys, is one of those exceptional places where charm and wellbeing combine to offer guests a sumptuous break. This refined hotel has 52 comfortable rooms, three restaurants and bars, an exquisite spa with an indoor pool, and a nine-hole pitch and putt golf course. Renovations have preserved the charm of this elegant chateau, opening in spring 2021, while adding contemporary and trendy touches.

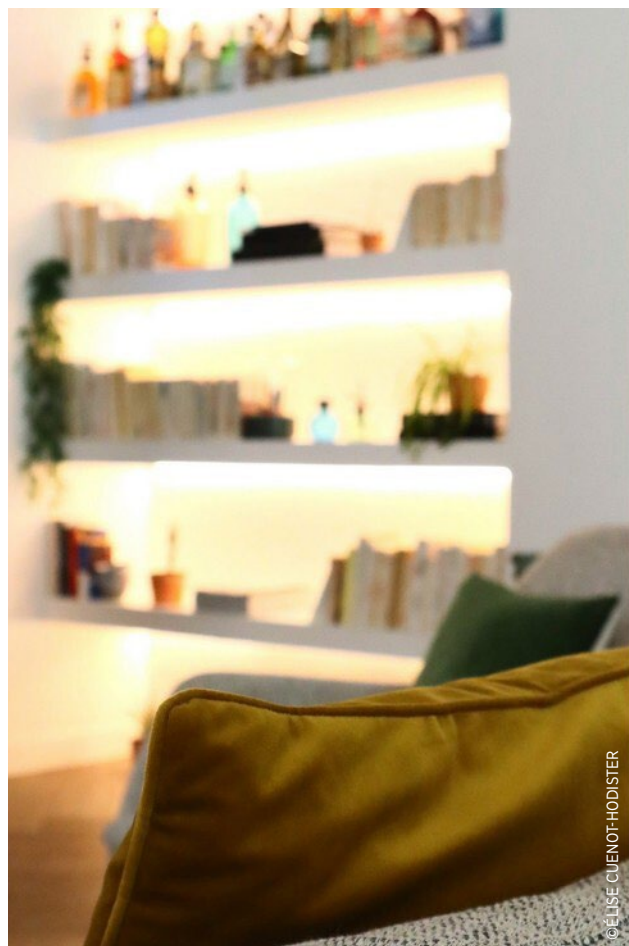
www.domaine-dolomieu.com

Hotel 1924, a night in Haussmannian Grenoble

GRENOBLE

Step back in time as you walk into Hotel 1924. Behind the Haussmannian facade, this completely renovated 19th-century building pays tribute to the history of Grenoble. Hotel 1924 is an authentic Grenoble home in a rapidly changing district. Eleven years of renovation have brought this beautiful building into the new millennium with colourful design and old-world charm from the living room to the bedrooms. Period radiators decorated with graceful arabesques, a comfortable lounge, pretty kitchen with emerald green tiles and a bright winter garden! Taste treats from the Isère mountains - Noixtélis nut spread, AOP Picodon cheese and Paladru honey - at breakfast or with an aperitif, or buy them from the in-house grocery and enjoy them at home.

www.1924hotel.com



Auberge de la Croix Perrin, an eco-responsible stay

LANS EN VERCORS

Reopened in 2021, the renovated eco-friendly Auberge is halfway between Lans-en-Vercors and Autrans at an altitude of 1,218 m, and has a restaurant, sauna, jacuzzi, and a large outdoor terrace with a pergola and heated cocktail tables. Some of the 15 bedrooms have a view of the Grande Moucherolle, the second highest peak in the Vercors alps. Awarded the Marque Parc label from Vercors Regional Nature Park, the hotel adheres to eco-responsible principles, providing locally sourced, organic meals, and respecting the environment including using a henhouse for organic waste.

www.vercors-hotel.com

Freney d'Oisans Apartment Hotel

LE FRENEY D'OISANS

Smitten with a ramshackle old bakery in Freney d'Oisans, owners Sophia and Maarten of the Cassini hotel next door couldn't resist buying the place in 2019. Since then they've transformed the unusual-shaped building with its history and character into six beautiful and charming apartments. Directly next to the hotel, midway between Les Deux Alpes and Alpe d'Huez, they are an integral part of the hotel with services included (breakfast and optional gourmet dinners), a spa, jacuzzi and infrared sauna, as well as parking, secure garage for bikes or sports equipment, and a laundry room. Minimum stay 3 nights.

www.hotel-cassini.com

Chalets

Black Combs Chalet, the chalet of dreams

LES 2 ALPES

The owner of this exceptional chalet on the peaks of Les 2 Alpes created the chalet of his dreams and designed it for himself with quality materials. This prestigious accommodation for up to 15 people includes exceptional facilities: a fully equipped gym, heated indoor pool, cinema room, billiards and a massage room. At the edge of the Black Combs from which it takes its name, the large bay windows show off a unique view of the Muzelle and the Ecrins National Park.

www.chalets-combs.com/chalets/chalet-black-combs

The Timberlodge, in the heart of the pedestrian resort of Oz-en-Oisans

OZ EN OISANS

Franck Menard, owner of the restaurant "La Ferme d'Oz", starts off a new adventure in summer 2021 by taking on the role of hotelier. Clad entirely in wood and stone, the old Crystals Hotel has become "The Timberlodge." Completely renovated rooms and redesigned common areas (panoramic restaurant, bar with fireplace) offer a modern and warm atmosphere. A refuge with 31 rooms (some adjoining for families) or duplexes from 18 m² to 36 m², the hotel also has a heated indoor pool and a wellbeing centre with hammam, sauna and massage room.

www.timberlodge.fr



L'Atelier Chalet

LES 2 ALPES

A former carpentry workshop, the Chalet L'Atelier is now a prestigious, contemporary industrial-style chalet of 260 m² where wood, stone, glass and steel come together with alpine charm. Spacious and refined, the chalet accommodates up to 14 people comfortably over three floors. Modern facilities include a relaxation area with sauna and a jacuzzi on the terrace, an impressive suspended steel walkway, three-car garage, heated ski storage (ski in summer in Deux Alpes), a fireplace, and plenty of spaces to relax.

www.chalet-atelier2alpes.com/en/

Le Petit Bes Chalet, a welcoming, artistic creation

MONT DES LANS

The new Le Petit Bes Chalet in the heart of the village of Mont de Lans uses quality materials (wood, velvet, zinc, slate) to create a contemporary twist on an authentic chalet. With refined alpine décor and large-format canvases created by local artist, Sophie Dode, the 350 m² chalet can accommodate up to 15 comfortably with exceptional facilities and an outside jacuzzi.

www.facebook.com/chaletlepetitbes

Tourist attractions

The Champollion Museum in Vif becomes a Museum of France

VIF

Egyptologists around the world await the opening of the first museum in France dedicated to Egyptology. The new Champollion Museum in the former home of the Champollion family at the foot of the Vercors in the town of Vif, a few kilometres south of Grenoble, is due to open its doors on May 29, 2021. It will pay tribute to the two illustrious brothers: Jean-François Champollion (1790-1832), the Egyptologist who deciphered hieroglyphics and was considered to be the father of Egyptology, and his older brother, Jacques-Joseph Champollion-Figeac (1778-1867), also a renowned intellectual, archaeologist, journalist, librarian and university professor. The site transports visitors to the banks of the Nile and the exhibits revolve around three main themes: Two Men and a Myth; the Lives of Researchers; and the Origins of Egyptology. In the house, the descendants preserved the interior decorations, personal objects belonging to the Champollion brothers - notably stampings of the Rosetta stone - a large library, working notes and abundant correspondence. This former family property has undergone an ambitious renovation plan restructuring existing spaces with a floor space of 728 m², as well as adding a new 354 m² building, for the sum of € 4.6 million.



©CHEMIN DE FER DE LA MURE

Petit Train de la Mure, re-opening in spring 2021

LA MURE

One of Europe's most scenic tourist train rides, the Little Train of La Mure runs again between lakes and mountains, through five tunnels and three viaducts over more than 15 km of track. Leaving from the village of La Mure in southern Isère, the trip lasts 40 minutes on board restored carriages and offers a panorama across the Matheysine plateau with views of the lakes, the Vercors Massif, Mont Aiguille, the Pierre Percée rock and the Trièves mountains. Arriving at Monteynard, the journey continues on foot along the Grand Balcon promenade to get to the Panoramique Restaurant offering impressive views over the turquoise lake of Monteynard-Avignonnet and its dam. Clinging to the mountainside, the rail line was a flagship of late 19th-century civil engineering. For 100 years, this electric railway - the first electrified metre-gauge line in the world - hauled millions of tonnes of anthracite coal over a distance of 30 kilometres, before becoming a tourist train. Then in October 2010, a rock slide destroyed a viaduct and left the Little Train of La Mure stranded at the station. The train runs daily between April and October.

www.lepetittraindelamure.com

Award-winning restaurants

Isère currently features seven award-winning restaurants: five with one Michelin star and two with two stars. Here are a selection where you can enjoy exceptional gourmet moments.



The new kid, Stéphane Froidevaux, chef at Fantin Latour* in Grenoble, the most recent star of 2021

GRENOBLE

A former museum, this magnificent 19th-century mansion is a haven of peace with a flower garden where you will find a rooster, a few hens, some rabbits, and even beehives in the heart of Grenoble city centre. Trained by Marc Veyrat, chef Stéphane Froidevaux was inspired by the mountains. He has developed his palette as a chef and refined his style, backed up with complete professionalism. And over time, he has achieved an excellent balance as his beautiful dishes show - careful, tasty, inventive without being overly ambitious, they always reflect his connection with nature, including herbs and flowers that he picks himself.

www.fantin-latour.fr

Double Stars

VIENNE - URIAGE LES BAINS

La Pyramide, a local institution in Vienne, was the first restaurant in the region to receive the prestigious Michelin stars. That was in 1933! Chef Patrick Henriroux took over the kitchen in 1989. A man of the land, he loves working with regional produce, showing off its brilliance while respecting its seasonality. The wine cellar is stocked with more than 28,000 bottles, some of which date from the 19th century!

www.lapyramide.com/en/

Maison Aribert in Uriage-les-Bains also holds two Michelin stars. Offering inventive cuisine that pays homage to mother nature, chef Christophe Aribert invites you to share in the gourmet riches of his native Vercors and neighbouring regions

www.maisonaribert.com



Go green in Isère



©TREVES IMAGES-REVES

An enchanting destination for all outdoor fans, Isère has fully embraced the concept of the "Bubble Holiday" where families and friends can get together safely and make new connections while staying in unique surroundings. Holiday rentals take priority here. All these private places encourage group get-togethers in magical settings surrounded by nature.

Quirky places to stay

Les Petites Roches Insolites in Chartreuse

PLATEAU DES PETITES ROCHES

By injecting a touch of whimsy into an otherwise traditional chalet, the owners of Les Petites Roches Insolites created a hobbit-like cabin, half-buried into its surroundings with a grassy roof acting as a thermal and acoustic insulator. Inspired by nordic houses integrated into nature, this exceptional chalet of 65 m2 lies at an altitude of 1,000 m on the Plateau des Petites Roches, the hangout for paragliders and home of the Icarus Cup. Enjoy a magical moment in nature on the edge of the woods, relax over dinner with a private concert, or sign up to a massage, Qi Gong session or sophrology.

www.petitesrochesinsolites.com



Unusual Accommodation of Vercors in Trièves

VERCORS EN TRIÈVES

Experience the charms of Trièves and Vercors with quirky accommodation in the natural setting of the Vercors Regional Nature Park. The Guilloux Farm offers a gypsy caravan, tree house and log cabin made of ecological materials in an incredible outdoor environment. The owner, Marie-France Poulat, an accomplished artist, designed these unique cabins sitting on 12 hectares of absolute calm meadows bordered by a beautiful river, surrounded by mountains and plenty of hiking trails, all just 20 minutes from Grenoble.

www.insolites-vercors.com

La Yourte Etoile, a starry yurt in Chartreuse

SAINT JOSEPH DE RIVIÈRE

Sleep under the stars and snuggle up with your loved ones in a spacious yurt - a cocooning space that you have all to yourselves with a separate bathroom and large tub. Enjoy a delicious breakfast made from quality local products on a terrace facing the mountains or next to the woodburning stove. You can also book massages: Abyanga, back massage, Kobido facial, hot stone massage and reflexology; or head out on a photo tour with Christophe the owner, a professional photographer.

www.yourte-etoile.com

Multi- generational holidays

Mariotte House Lodge in the Lands of Berlioz

SAINT-SIMÉON-DE-BRESSIEUX

Sophie and Alexis are the happy owners of this family home built by Alexis' grandparents. Falling in love with the history and soul of the house, they knew it would be ideal for reviving get-togethers between friends and multigenerational family reunions. A green getaway in the middle of a one-hectare wooded park with an outdoor pool, this renovated 7-bedroom house with traditional wooden beams is in Saint Siméon de Bressieux between Grenoble and Vienne in the heart of the Bièvre valley next to the Chambaran Forest.

www.gite-maison-mariotte.fr



©OT LEST LAUX

Le Clos des Luya in Mens, the historic capital of Trièves

MENS

A former farmhouse with a vast vaulted living room, 7 bedrooms and 5 bathrooms, Le Clos des Luya is the perfect size for a group holiday with friends or a family reunion. Outdoors, settle under a shady tree, relax in the sauna or jump in the pool, and play beach volleyball, ping pong and lawn bowling. The garden is surrounded by pastures and organic crops at the foot of Obiou and Châtel, legendary peaks in this part of Trièves.

www.leclosdesluya.com



©ANNE-EMANUELLE THION

Down on the farm

Ferme Rony – Discoverers Camp in St Nizier-du-Moucherotte

SAINT NIZIER DU MOUCHEROTTE

Connect with nature and feel grounded at Rony's Farm staying in a comfortable chalet-tipi at 1,100 m in the Vercors Regional Nature Park. The camp is rustic - no running water or wi-fi - but each dwelling has solar electricity. Get up close to farm animals, enjoy a massage in a wigwam or chill out with friends and family as you tune into the tranquility of the surroundings. Organic produce and local, sustainable foods are served in the communal chalet.

www.fermerony.fr



Pas de l'Aiguille Farm

CHICHILIANNE

Stay under canvas or in a caravan at the organic Pas de l'Aiguille farm and meet the sheep and pigs. Created in 1997, the farm is in Donnière, a small hamlet in the commune of Chichilianne, close to the Vercors High Plateaux, at the foot of Mont Aiguille at an altitude of 1,000 m. The campsite extends over 2 hectares of meadow near the farm.

www.fermedupasdelaignuille.fr

Le Chant de l'Eau Gîte, 100% food self-sufficiency

LE SAPPEY-EN-CHARTREUSE

Enjoy the best homegrown farm produce at Le Chant de l'Eau in the heart of the Chartreuse Region. Farmer and owner Bruno Charles and his wife are 100% self-sufficient when it comes to food. At their guest table, almost all dishes are made from their own produce (meat, eggs, bread, vegetables and most fruit). They also plant and grow old heirloom vegetable varieties. Of all the Chartreuse restaurateurs, they have taken self-sufficiency in food the furthest.

www.gitechantdeleau.com

Explore with your family

Cross the Himalayan footbridges of Monteynard

MONTEYNARD

Unique in Europe, these two far-reaching Himalayan bridges (the longest is 220 meters) stretch out high above the Drac and Ebron rivers and link the two shores of Lake Monteynard-Avignonet. Spanning the lake cliffs, the impressive suspension bridges provide a link on foot between Matheysine and Trièves. While the routes are accessible for all, those afraid of heights might get chills crossing the dangling 45–85 m high (depending on the level of the lake) pass. The "Footbridges to Adventure" hike is a 12.5 km loop walk with a 400-m gradient - an easy day trip for the whole family crossing the two footbridges and taking a boat cruise on the lake.

www.lac-monteynard.com



Le Clos de la Vallée Blanche, discovering Husky dogs

LA FERRIÈRE

Learn all about huskies at a small family farm in a remote location. Two brothers who are fascinated by the canine world and huskies lead their lives as breeders and mushers in the mountains. Different discovery packages are available: Husky my friend - understand and immerse yourself in the world of sled dogs; Husky sensation - find out more about the concept of coupling (types of teams, sleds, and dogs, how a team works and driving a team); and Meet the Musher and his Dogs.

www.elevage-closvalleeblanche.fr

E-MTB tour of Allevard farms

ALLEVARD

This gourmet e-mountain bike loop tour around Allevard - a short 15km ride - combines sport and food tastings at local producers. Starting from Allevard, the climb begins above the Chapelle du Bard, stopping at the Grangette Farm and its delicious cheeses. After a gentle cycle down the Braidavalle valley and an effortless climb up the Bramefarine, head towards the Bessard Farm which produces rillettes, sausages and duck foie gras. Finally, finish the outing by cruising down to Lake Flumet for a refreshing last stop at Il Gelato Di Monica for a heavenly handmade Italian ice cream before returning to Allevard.

www.ecox.fr/nos-magasins/allevard

Isère: the health & wellbeing destination



Nature triggers an improved sense of wellbeing. Isère's magnificent natural setting is the perfect place to getaway and rejuvenate by reconnecting with nature. Take time away from the hustle and bustle to focus on yourself and keep fit in this high-mountain environment. Isère's accommodation providers are incorporating a more holistic strategy into their offerings, from the atmosphere to facilities such as spas, and focusing on food and nutrition. To really dig deep, learn from experts in their field with specialist, supervised workshops, courses and more sensory experiences.

Pamper and be pampered

Spa des Alpes in Grandes Rousse**** energy healing and holistic treatments in Alpe d'Huez

ALPE D'HUEZ

This summer, experience four new energy healing and holistic treatments at the Spa des Grandes Rousses: Chromotherapy uses colour vibration to reconnect your soul to its inner light; Tibetan Sound Massage uses the sounds of the bowls to make your cells to vibrate, allowing your body and mind to regain inner peace; Crystal Therapy uses crystals to repair and rebalance the subtle bodies; Energy Balance is a combination of all three treatments to restore energy circulation.

www.hotelgrandesrousses.com

Aqua Yoga in Trièves

CHICHILIANE

Practice aqua yoga in heated water at the Hotel Gai Soleil in Chichilianne, Trièves, at the foot of Mont Aiguille. Simpler than classic yoga, aqua yoga is an ideal first step towards traditional practice. Hot water softens movements, facilitates stretching, frees the joints, lengthens and loosens the muscles, improves the ability to concentrate and contributes to rebalancing body and mind.

www.hotelgaisoleil.com



New spa at the Roseraie for balneotherapy in Villard de Lans

VILLARD DE LANS

A brand new spa at the Hotel de la Roseraie in the centre of Villard de Lans opens in May 2021. The new space adds a hammam and Finnish sauna, as well as a south-facing solarium with sunbeds, and a pool with massaging jets for balneotherapy to stimulate circulation and improve a wide range of conditions.

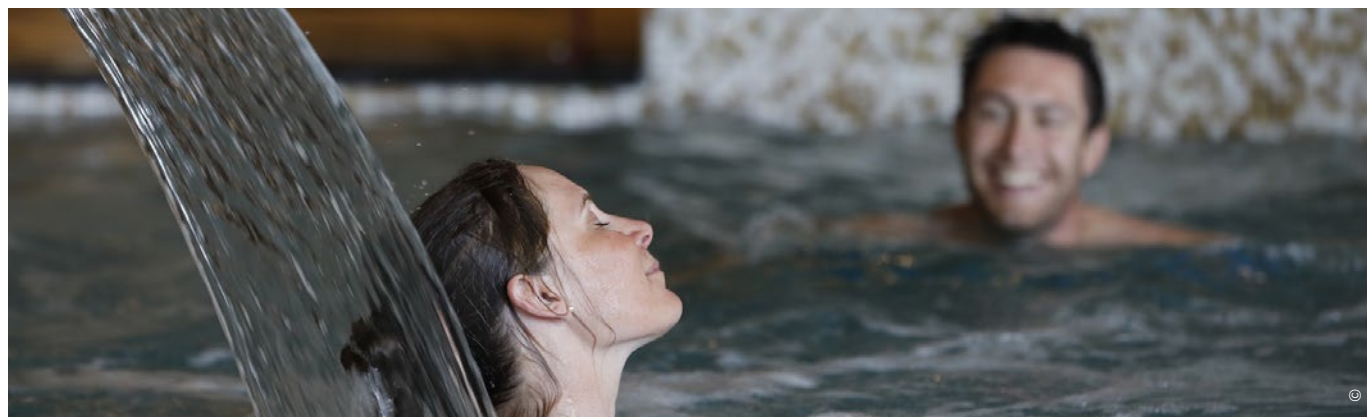
www.hotellaroseraie.com

Yoga classes in the Vercors

GRESSE EN VERCORS

Experience an invigorating break with pottery classes and yoga hikes in nature in Gresse en Vercors at the Aiguillette Lodge. Discover and learn with Hélène, a state-qualified yoga teacher. Meals are prepared on site with organic, local products and served in home-made dishes. You can also take part in healthy food and sourdough bread making. A shuttle service is provided from Monestier de Clermont station. Five rooms are available, including four double rooms with a view of the mountain, where you are lulled by the sound of the flowing river.

www.aiguillette lodge.com



ISÈRE - THE HEALTH & WELLBEING
DESTINATION

Meditate in full consciousness

Mindfulness meditation in the Vercors

AUTRANS

Learn mindfulness meditation in the beautiful and tranquil surroundings of the Vercors Regional Nature Park. The White Clouds team runs courses, workshops and retreats, suitable for all levels, in modern meditation techniques for busy people, from Osho meditative therapy to traditional Buddhist techniques. Tanu Termier Kellnerova, the founder of White Clouds, has practised meditation for more than 15 years and studied at the Osho International Meditation Centre in India.

www.whitecloudsmeditation.com



Be at one with nature

Introduction to forest bathing in the Valley of Haut Breda in the heart of Belledonne

HAUT BREDA

Forest bathing (or sylvotherapy) is a universal health tool that can help anyone destress by simply being in nature, surrounded by trees. Breathing deeply in a forest or wood calms you and boosts wellbeing. Two practitioners in the region offer guided sessions: Anne Sophie Ayache is a nature guide, energy and sylvotherapy practitioner; Fabienne Hélix is a sophrologist and practitioner in awakening the body through touch.

www.sylvetre.fr

www.fabiennehelip.com



Sylvotherapy in Vercors

VILLARD DE LANS

Disconnect in the unique setting of the Vercors Regional Natural Park, the largest nature reserve in mainland France. Phoenix Experience in Villard de Lans offers four different half- and one-day forest bathing sessions that help with stress levels, positive emotions, and strengthen the immune system. Learn to relax, develop imagination and self-confidence through mindfulness and hypnosis. Sessions include: Discover Forest Bathing introduction; Awaken the Senses for a multisensory experience including barefoot walking; Breath of Life teaches breathing techniques that help reduce stress and stimulate the vagus nerve and its anti-inflammatory effects; and The Other World where you try to approach an altered state of consciousness in the middle of nature.

Half-day rate: € 50 per person (12 people maximum).

www.phoenix38.fr

Touch wood at Autrans in Vercors

AUTRANS

Acrobranching is an innovative way to explore your surroundings using ropes to climb trees. Budding climbers can reach the treetops in complete safety using techniques borrowed from arborists. Tree climbing is accessible to everyone aged 7 and above, and helps build self-confidence by overcoming fears and learning to trust others.

www.touchedubois.wordpress.com

Listen to the mountain with L'Oreille du Lynx in Chartreuse

CHARTREUSE

An original concept which offers an enchanting musical interlude on a summer evening at nightfall, surrounded by nature. A gentle 1-hour walk brings you to a mountain clearing, a meadow or in front of an alpine barn, with a piano. Sit down, lie down, close your eyes or contemplate the twilight as you let yourself be moved by the sound of the piano. An intimate experience run by Alexandre Guhéry, mountain guide and professional pianist.

June 18–20, June 25–27; July 5–10; July 19–24; August 23–28 depending on weather conditions.

€ 35 per adult; € 15 per child (between 8 and 15 years old).

www.oreilledulynx.fr

Stillness in Action – Sensory experiences in Oisans

OISANS

Breathe in fresh mountain air, drink pure stream water, listen to birdsong, dance with the trees and inhale every scent. Stillness in Action experiences provide you the time and space to slow down in nature, reconnect with yourself and feel revitalised. Owner of Lauvitel Lodge, social psychologist and author, Caroline Purkhardt leads sessions to connect you with your inner wisdom.

6 days/5 nights package: Includes 2-hour morning experiences, activities and coaching, all meals and accommodation at Lauvitel Lodge. May 20-June 30, 2021: **€ 750 per adult, € 500 per teenager, € 1,250 per couple.** July 1-August 31, 2021: **€ 850 per adult, € 600 per teenager, € 1,447 per couple.**

www.lauvitel.com



© OISANS TOURISME

Flowers on your plate and in your glass

Wild harvest in nature at Epilobes

VALJOUFFREY

Set out on a botanical discovery with herbalist Martine Jacquemin in Valjouffrey as she shares her knowledge and talks about the plants you come across on your foraging expedition. Martine is passionate about plants. Fill your baskets with flowers, leaves and roots before heading back to the kitchen to transform your wild harvest by conserving the active ingredients, and discovering the principles of preparing meals with wild plants, such as flowers in salad, leaves in gratin and jams. No more than 5/6 people maximum.

From **€ 380** for 2 nights, 2 people.

www.lesepilobes.fr



Herbal liqueur from Salettina

CORPS

Salette liqueur is the result of two hundred years of tradition. Created in the small village of Corps by Maximin Giraud (who saw an apparition of the Virgin Mary in 1846), its history and that of the Sanctuary of Notre Dame de La Salette are closely linked. The recipe was carefully preserved in the birthplace of its creator until its revival in 1961. The 21 plants that make up the aromatic blend are macerated and distilled in Maximin's former home, which has now become the Salettina distillery workshop. As well as Salette, Florence and Raoul Attanasio also create Génépi, fruit liqueurs and the distinctive Mojito des Alpes.

www.salettina.fr



Backpacking in Isère



There's something incredibly magical about a mountain experience, but nothing beats long-distance hiking and staying outdoors on the mountain. Emblems of high-altitude roaming, mountain huts are restful pitstops at remote locations. Some are staffed by attentive caretakers whose sole purpose is to welcome visitors and provide them with unforgettable mountain experiences. Escape the crowds on a guided or self-guided multi-day hike through spectacular landscapes in mountainous environments.

Tackling the mountain huts

Habert d'Aiguebelle

BELLEDONNE

A 2-hour walk from Prapoutel-Les 7 Laux resort, the Habert d'Aiguebelle (habert means shepherd's shelter) at 1,740 m is a cosy place to spend a night in the heart of the Belledonne massif. Staffed in summer and sleeping up to 26 people (including families with kids), the recently renovated refuge is a well-known stop on the new GR®738 Haute Traversée de Belledonne hiking trail. From here, beautiful itineraries take hikers past the Lac de Crop lake to the Pas de la Coche, Lac du Vénétiér and Cime de la Jasse. The region also appeals to botany enthusiasts due to its rich flora. On the menu are various traditional dishes using local produce.

www.refugedaiguebelle.fr

Refuge de Gève

VERCORS

Once used as a hideaway for the French resistance in the Vercors Regional Park, this family-friendly refuge is a stopover for hikers, bikers, horse and donkey riders on the Grande Traversée du Vercors (GTV). Most hikers visit on a 4.5-hour walk to the Bec de l'Orient, taking in a detour via the 'L'Avion' memorial site to commemorate the RAF Halifax that crashed in 1944 doing an airdrop for the resistance. Arriving at Bec de l'Orient, walkers are rewarded with far-reaching views over Grenoble and the Isère valley, and a well-deserved dip in the outdoor Nordic bath. The caretakers prepare typical mountain dishes for overnight guests staying in one of three log cabins (sleeping up to 7 in each) or the 12-bed dormitory. Kids enjoy pony rides while horses are welcome with grazing and secure paddocks available.

www.refugedegeve.com



Refuge de la Fare

LES ECRINS

The oldest refuge in the Oisans, the 134-year-old Fare hut was built in 1887. Surrounded by alpine pastures, the snug 12-person shelter is known for being family-friendly, authentic, intimate and easily accessible. At an altitude of 2,280 m in the heart of the Grandes Rousses range in Oisans facing the Belledonne massif, the stone-built hut is a fairly easy 2-hour hike from Lac Besson in Alpe d'Huez or a 1-hour walk with an elevation of 280 m from the top of the Alpette gondola from Oz-en-Oisans or the Vaujany cable car, so a good place to stop for lunch on a short half-day hike. With a magnificent setting, the former WWII makeshift hospital is a stopover on the GR®549 hiking trail from Le Bessay, Oz-en-Oisans for hikers and mountaineers keen to explore the foothill trails between lakes and peaks. Discover the geological and botanical wealth of the area and stories of the hut, as told by an enthusiast on one of our evening events.

www.refugedelafare.fr

Refuge des Clots

LES ECRINS

A superb panoramic balcony path above the Lac du Chambon, scented with wild lavender, leads you to this charming refuge located in the foothills of the Emparis plateau. Easily accessible at an altitude of 1,515m in the hamlet of Les Clots in Mizoën, the mountain hut is an ideal place to experience your first night in a refuge and enjoy the silence. A stage on the Tour des Ecrins GR®54 (a superb alternative to the Tour de l'Oisans), it is also the starting point for several hikes on the Emparis plateau. Nearby is a cabin converted into an eco-museum, a via ferrata and a climbing course. Not far away, the Pisse waterfall emerges from a petrified fountain creating tufa formations. Depending on the time of year, you might also see marmots, chamois or butterflies. The refuge is also an ideal place for a celebration and get-together with friends or family, as the whole place can be reserved for you alone!

www.lerefugedesclots.fr

The great crossings

Grande Traversée du Vercors (GTV)

VERCORS

With incredible wide-open scenery, limestone cliffs and gorges, accessible peaks, high plateaux and more than 3,000 km of marked trails, the Vercors is paradise for hikers. The Great Crossing of the Vercors - or Grande Traversée du Vercors (GTV) - is made up of two long-distance hiking trails: the 410-km Tour du Vercors loop (a 20-day hike); and the 60-km Traversée du Vercors (3-day hike) through the vast Parc Naturel du Vercors, France's largest natural reserve. Here, you'll discover the region's diverse flora and fauna: from ibex, roe deer, chamois and marmots to protected wildflowers including martagon lilies, great masterwort, gentian and edelweiss. Overnighting means staying in non-staffed mountain huts or bivouacking. Make up your own route or head out with a guide on an all-inclusive package.

www.vercors-gtv.com

GR® 54: Grand Tour des Ecrins

LES ECRINS

Despite a reputation as one of the toughest mountain hikes in France, and one of three major long-distance hiking trails in the French Alps, along with Mont Blanc and Vanoise, the challenging Tour des Ecrins (GR®54) through the Ecrins massif, France's first National Park, should be a breeze for anyone relatively fit. Sometimes remote, with high, steep sections, the 7- to 12-day loop covers 176 km, crosses 14 cols (the highest at 2,735 m) with 12,800m of height difference. The rich biodiversity and untamed nature of the Ecrins National Park in the Oisans is the main draw. The wild trek is renowned for panoramic landscapes across lakes and mountains including the main peaks of the southern Alps - Barre des Ecrins (4,102 m) and La Meije (3,983 m). Rare wild flowers - alpine thistle, alpine mugwort, and Vandelli's rock jasmine - fill the meadows, where marmots, chamois and ibex dwell, and birds of prey, including griffon vultures and golden eagles, soar the skies. Take time to enjoy the scenery by strolling slowly and staying in one of the numerous mountain refuges along the way.

www.grand-tour-ecrins.fr



© REFUGE DU SOREILLER

GR® 9: Traversée de Chartreuse

CHARTREUSE

Through tranquil woods and hushed forests, past impressive peaks and thundering waterfalls, this self-guided 2- to 3-day hike plunges you into the wild natural beauty of the Chartreuse mountains, now the Chartreuse Regional Natural Park. Straddling Isère and Savoie between Grenoble in the south and Chambéry, the Chartreuse massif is 45 km long by 25 km wide, with 1,450 m of difference in altitude from its 1,000m-high valleys to its summits of Chamechaude, the Grand Som, Dent de Crolles, and Mont Granier in the north. Within the park is the Hauts de Chartreuse Nature Reserve, accessible only on foot, where more than 700 rare plants flourish and several species of birds and bats nest. This is a region of sustainable forestry on its slopes and where herds of native tarentaise dairy cows, sheep and goats graze the high alps and pastoral valleys. Spend a night in one of the villages or hamlets along the way, or out on the hills in a bivouac under the stars.

Practical information: packages over 2 or 3 days available.

Price for a 2-day stay/fixed hike for 4 people: € 470

3 days: € 700 and catering extra.

www.chartreuse-tourisme.com/en/

www.ivressedesmontagnes.com/randos-experience



© VINCENT CROCE

GR®738: Haute Traversée de Belledonne – The Shepherd’s Trail

BELLEDONNE

Considered to be one of the most beautiful, yet most challenging, hiking trails in France, the 130-km GR®738 offers total immersion into a remote and wild, high-altitude mountain environment. Following the Belledonne mountains' central ridge between 2,500 and 2,970 m, the tough route attracts seasoned hikers ready to tackle the 10,000-m elevation gain. Named for the shepherds who graze their flocks here, the 11 sections include stops at mountain refuges (including the cosy Refuge Habert d'Aiguebelle) and gîtes dotted across a landscape where ibex, chamois and marmot roam. This spectacular hike in a mineral landscape with a distinctive alpine character, meeting the herders, passing through pastures and forests, and dominated by 3,000m-summits opened in 2018.

www.hautetraverseedebelledonne.com

GR®965: In the Steps of the Huguenots

HUGUENOTS

Providing panoramic views of all of Isère's mountain ranges, the world-class 146-km hiking trail 'Sur les Pas des Huguenots' follows the historical exile of the French Calvinist protestants, the Huguenots. Driven out of France in 1685 by the Catholic Dauphiné, more than 200,000 fled on a 1,600-km-journey from Poët Laval in the Drôme to Bad Karlshafen in Germany. Twelve sections of the itinerary run across Isère from the Col de Menée in southern Vercors between Nonières in the Drôme and Percy. The route then passes via the lakes of Trièves and Matheysine, through Grenoble to the Grésivaudan before entering Savoie near the 16th-century bastion Fort Barraux.

www.surlespasdeshuguenots.eu/en



In the saddle on the roads and pathways of Isère



Spend time discovering Isère at your own pace by cycling through the countryside on a bike. With thousands of kilometres of signposted cycling routes and an outstanding natural setting, Isère's mountains, plains and hills are an exceptional place to ride a bike along river trails, cycle paths and mountain tracks. Now, you can also take it a little more gently by hiring an e-bike or e-mountain bike and making the most of the latest facilities.

What's new

5 new signposted routes for e-bikes and eMTBs

Isère's e-bike and e-mountain bike itineraries showcase the department's major natural and cultural sites between the banks of the Rhône and the peaks of the Alps. The signposted routes are suitable for beginners and families, and pinpoint various amenities along the way including bike hire, and sites and service providers offering bike-friendly facilities. This year, Isère has added another 5 new routes:

1/ Along the Vénéon River from Bourg d'Oisans.

The 25.7-km route winds along the Vénéon River with its ice-blue waters to the charming artisan village of Venosc.

2/ Prapoutel (Les 7 Laux) - Le Pré de l'Arc in Belledonne.

An ideal 8.3 km loop for families with children or for beginners in mountain biking.

3/ Allevard-les-Bains loop in Belledonne

This 14.2-km family loop overlooks the Bréda Valley and offers magnificent views of the Belledonne range.

4/ E-trip under the Dent de l'Ours in Chartreuse, starting from Saint-Pierre d'Entremont.

The route offers a must-see view of the Hauts de Chartreuse Nature Reserve, where you can explore the surrounding villages.

5/ From Saint-Hilaire-du-Rosier to the medieval city of Saint-Antoine-l'Abbaye.

A 30.6-km route through the heart of the hilly landscapes of Chambaran before reaching the medieval city of Saint-Antoine-l'Abbaye, ranked among the most beautiful villages in France.

These new routes are available on the app Isère Outdoor, on the website: alpes-isere.com, and in the digital version of the 'Electric Tours in Isère' brochure

www.alpes-isere.com



The Via Chartreuse: greenway from St Joseph de Rivière to Entre Deux Guiers

CHARTREUSE

This new 12km greenway, accessible to the whole family and suitable for all types of slow travel, links St Joseph de Rivière to Saint-Laurent du Pont and ultimately to Entre-Deux-Guiers. Using existing paths, the surface is made of natural materials, which reduces the carbon footprint. A great way to get away from it all in the middle of nature in the Chartreuse Regional Nature Park, the route is dotted with wonderful surprises: the Plantimay Farm, the Herretang peat bog, Villette, the Sources du Guiers waterfalls and superb views of the contours of the surrounding landscape. This latest addition makes a valuable contribution to the attractiveness of the department by offering four-season tourism and promoting physical activity.

www.chartreuse-tourisme.com

The Mad'Oz, a MTB endurance trail between Alpe d'Huez and Oz en Oisans

OZ EN OISANS

This new mountain bike route links the Col de Poutran from the Quartier des Jeux in Alpe d'Huez to Oz-en-Oisans. A tough, red level endurance trail in a wooded, mineral landscape, the 4.5 km route follows the Roubier stream with sections on gravel, through woods, and along the water above Oz-en-Oisans. This previously unexplored area makes this route one of the future flagship trails of the region.

www.oz-en-oisans.com

New MTB/trail improvement from Buclet to Bourg d'Oisans

BOURG D'OISANS

A multi-use cross-country track for mountain bikers and joggers. Made up of different terrain features - bumps, hollows, bends - designed for the most demanding of riders, it takes you 4.5 km through the heart of a national forest. Running along the banks of Lake Buclet, it descends further south to make a loop towards the Vénéon river closest to the Pisse waterfall. From Bourg d'Oisans, follow the greenway to the Lac du Buclet: the entry to the trail is located at the crossroads of the dam and the greenway. Open all year.

info-bourgdosians@oisans.com



Bike'arc trail centre in Les 7 Laux

7 LAUX

A pioneer of mountain biking, Les 7 Laux opens a new 1.2 km long blue-level course with a 300 m gradient at the Bike'arc centre this year. This adds to a 1.7 km long green-level trail with a gradient of 150 created last year. The routes are designed to offer the maximum fun with good flow and a variety of terrain features that are rarely found on natural trails. Access is open to all and free of charge.

www.les7laux.com



Gentle roaming on Isère's greenways

Cycle east to west across Isère on the V63

ISÈRE

Get together with friends for a bike ride on the V63 cycle path along the right bank of the Isère and gaze at walnut orchards as far as the eye can see. With 122 km in Isère, the V63 extends 200 km across the three Departments of Savoie, Isère and Drôme, and connects with the European ViaRhôna route. Recently upgraded and made safer, the route has e-bike charging stations and secure "points vélo" parking so you can stop for a picnic and visit nearby restaurants and attractions.

www.isere-tourism.com/v63-veloroute-cycle-path-isere-valley



©A GELLIN

The hidden back roads of the ViaRhôna by bike

CONDRIEU

Discover unexpected places along the ViaRhôna bike path on a guided cycle tour. This excursion reveals little-known wonders or seemingly inaccessible spots in Vienne - an unusual jousting pool, vineyards and local products - along the ViaRhôna which follows the Rhône riverside for more than 120 km in Isère. In Vienne, the V63 runs from Vienne to the Île du Beurre Nature Reserve, preserving a section of the wild Rhône intact. Book the trip and hire bikes at the Tourist Pavilion in Vienne or with ViaRhôna.

www.vienne-condrieu.com

Family outing on the ViaVercors

VERCORS

From farm to workshop, meet artisans, farmers and craftmakers on this walking route and cycle path between Lans-en-Vercors and Villard in the Vercors Natural Regional Park. Connecting the villages of the Plateau des 4 Montagnes, this 55km-itinerary combines educational stopovers and play breaks for children as you stroll along exploring the region's landscapes and heritage on a safe, signposted trail reserved for gentle rambles.

via.vercors.fr

IN THE SADDLE ON THE ROADS
AND PATHWAYS OF ISÈRE

All together on an E-Bike

Isère, a favourite destination for e-biking

ISÈRE

E-biking - or electric biking - is growing in popularity, attracting a new clientele who can zip around on a bike with little effort making it accessible to anyone. Thanks to existing high-quality bike paths and a wide variety of routes for all abilities, Isère is a big hit with e-bikers. To boost this growing trend, Isère Attractivité is currently ramping up e-biking facilities in the region and developing an online booking tool for e-bike rental. Maps and route itineraries are available on the Isère Outdoor app, on the website: alpes-Isère.com, and in the digital version of the 'Electric Tours in Isère' brochure.

During the summer, the Bike Infinity School runs a weekly e-bike ride up the Vallée Blanche in Les 2 Alpes at nightfall. At the top, share a delicious aperitif made from local products while the sun sets over the mountains. In Vercors, ride along a treetop route suspended 10 metres above the ground with 19 sections of wooden passageways. Offered by the Grillet Sports Shop in Gresse en Vercors this half-day tour cycles along the l'Odyssée Verte forest bridges with a gourmet stop at La Grange aux Loups restaurant.

www.bikeinfinity.fr



IN THE SADDLE ON THE ROADS
AND PATHWAYS OF ISÈRE

Bike labels

75 establishments with the Accueil Vélo label in Isère

ISÈRE

The Accueil Vélo is a national French guarantee that identifies tourism providers in France (tourist offices, accommodation, bike rental and repair, restaurants, tourist sites) who welcome cyclists and provide different levels of services tailored to the cyclist's needs. Labels start from a minimum level of service, such as being near a cycle route and have a secure lockup and repair kit to a full package such as providing specialised meals, massages, coaching and a support vehicle. Within Isère, 75 establishments have earned the label. In Oisans, the land of cycling and world capital of mountain biking, they've taken a more local approach and developed their own bike label "Accueil Cyclo Oisans" broken down into 3 levels: 1, 2 or 3 bikes. Today, Oisans has no less than 100 labelled accommodations.

www.bike-oisans.com

en.francevelotourisme.com



Isère, committed to eco-conscious and responsible tourism



The environment is a major global concern for everyone. Combining tourism and eco-responsibility is no longer a choice. The department of Isère leads the way in France by committing to sustainability, social responsibility and environmental commitment putting it at the heart of everything we do.

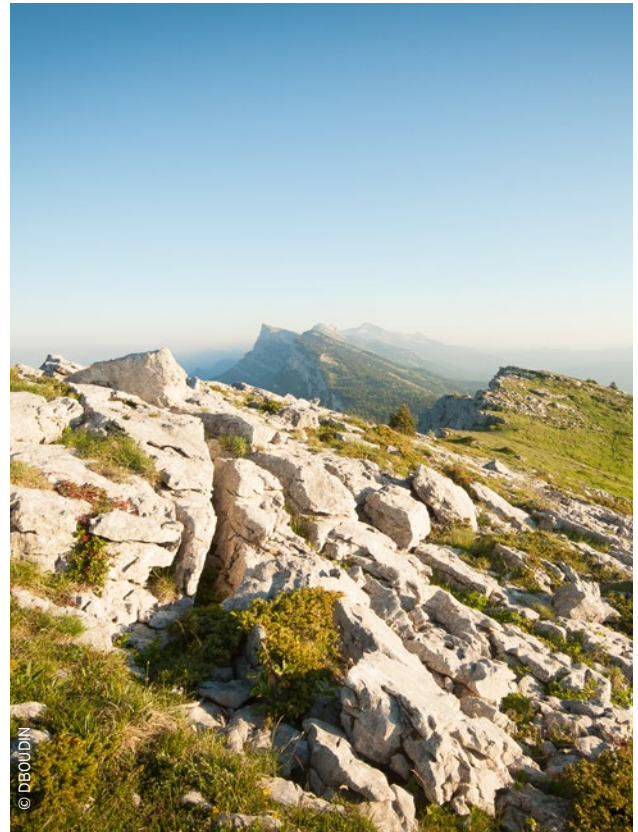
Grenoble, Capital of the Alps, elected European Green Capital 2022

GRENOBLE

Each year, the title is awarded to cities that demonstrate a strong commitment to the environment and to sustainable development. The city of Grenoble demonstrated its vision, enthusiasm, and ability to inspire other cities by highlighting its eco-responsible actions from the last ten years:

- 320 km of additional cycle paths and facilities created in 2017 and plans to replace 100% of diesel buses with clean energy in 2022; ranked 2nd city in France for commuting by bike.
- 23% reduction in greenhouse gas emissions between 2005 and 2018. 2030 target: 40-50%
- Pure untreated water thanks to a protected catchment station, one of the largest in Europe
- 5,000 trees planted since 2014 (15,000 by 2030), 1 organic urban farm, 23 community gardens, 8 educational gardens, 6 community orchards
- Zero pesticides used in the city's green spaces for 10 years
- Ranked 1st or 2nd position in 11 of the 12 indicators by the European Commission.

www.grenoble-tourisme.com/en/



Oisans: Eau d'Olle Express valley lift, cutting the carbon footprint

OZ-EN-OISANS

The very first new generation valley lift in the French Alps now connects the village of Allemond in the Olle Valley to Oz-en-Oisans and on to the Alpe d'Huez Grand Domaine area in just 8 minutes instead of 20 minutes by road. Shaving off 10 km and reducing road traffic by up to 1,000 vehicles/day in high season helps reduce carbon dioxide emissions by more than 230 tons a year. With advanced technology, no noise pollution, and little environmental impact, this 3-km valley lift is a new mode of transport that links the valleys to the mountains. Travelling at 6 metres per second, the 33 10-person gondolas whisk 2,000 skiers and holidaymakers per hour up to the pedestrianised Oz-en-Oisans, awarded 'green resort' (station verte) ecotourism status. Access to Eau d'Olle Express is free for pedestrians (without sporting equipment).

www.oz-en-oisans.com

www.oisans.com

Chamrousse, the first “Smart Ski Resort” in France

CHAMROUSSE

Chamrousse has launched an ambitious project to create France's first smart ski resort, to design a model sustainable town and reduce its carbon footprint. The plan is to restructure the village centre at Le Recoin into a 'hyperlieu', or hyperzone, combining renewable energy, smart control and green mobility. Solar power will supply renewable energy for the resort through the installation of nearly 9,500 m² of solar panels whose energy production will be around 900 MWh per year. A vast 2 km heating network will connect 1,125 housing units supplying domestic hot water and 87% of heating needs. To help green mobility, the municipality is building a hydrogen station that will supply hydrogen fuel for the resort's vehicles, bikes and shuttles, and 11 electric vehicle charging points will be available by 2025.

www.mairiechamrousse.com



Île du Beurre, Vienne Condrieu

Vienne CONDRIEU

Beavers, herons, black kites, cormorants, frogs and kingfishers populate the wooded wetlands around Île du Beurre, either all year or during migrations. River channels formed by the flooding of the river Rhône are a spawning area for many fish. The two islands of Île du Beurre and Île de la Chèvre are all that remains of the Rhône river's former course and protect the wild Rhône's features and natural landscapes. The reserve is on the ViaRhôna cycle route, you can cycle or walk the discovery trail and enjoy pristine nature at your own pace. The welcome centre educates visitors by organising fun exhibitions, themed guided tours and workshops. Accessible on foot, by bike and wheelchair.

www.iledubeurre.org

Adrenalin adventures: 10 sports to try out this summer



© THYTE

Outdoor adventure tourism is booming. The micro-adventure trend has set in. Micro-adventurers seek memorable experiences without the need for specialist equipment or being a great athlete. They want to consume sustainably and responsibly without travelling too far from home, yet escape mass tourism. Isère's exceptional spaces and unforgettable mountain landscapes create the perfect backdrop for numerous adrenalin-pumping adventures in the middle of nature. Connect with the elements and have fun letting go.

Top 10 Must-do Activities in Isère this summer

1/ Caving for beginners

CHARTREUSE - VERCORS

Discover caving in one of numerous underground cave systems throughout the Vercors, the Chartreuse and around Grenoble. The **Grotte du Curé** in the Chartreuse is a worthy option for newcomers to the sport with a mix of water-filled spaces, large chambers and narrow passages to crawl through. Ideal for families, the **Grotte de Roche** along the Bourne river in Vercors, with stalactites, stalagmites and large galleries, is an easy cave to access

www.kahotep.fr



2/ Canyoning

CHARTREUSE - VERCORS - OISANS

Deep gorges with gushing waterfalls throughout Isère make exceptional settings for sliding and jumping through the water and abseiling down rock faces. The most well-known canyons are Ecouges in Vercors, Versoud and Sassenage near Grenoble, and Grenant and Infernet in Chartreuse.

Alloix Canyon in the Grésivaudan Valley is one of the most beautiful. Book a certified guide to make it safe and fun for everyone.



3/ Via ferrata

VERCORS

Part hike and part climb, via ferrata makes a sheer rock face accessible using steel cables, rungs or ladders. The sport requires little expertise although a guide is recommended. There are nearly 70 routes in France, with many of these in Isère. Grenoble has the **only urban via ferrata in France**: La Prise La Bastille provides a panoramic view of the valley and the Alpine ranges beyond. **Roche Veyrand** in the Chartreuse National Park is by far the favourite in Isère and considered the most beautiful for the views with cliffs rising to 1,429 m overlooking the valley of St Pierre d'Entremont.



4/ Rock climbing

OISANS

Between the limestone cliffs of Chartreuse and Vercors, and the granite of Oisans, Isère's rock faces are the perfect playground for climbers. The spotlight is on Alpe d'Huez which has recently set up 130 west-facing pitches with fixed protection on 2 sites: **Les Rochers des Plates**, a beginners site, and **La Falaise du Lac Besson**, for climbers graded between V and VI with fairly steep slabs.

www.guidesoisans.com



5/ Paragliding or Ultralight

ASPRES SUR BUECH

Don't miss the **top spot for paragliding** and ultralight in Isère: Saint Hilaire du Touvet is the village which hosts the **Icarus Cup** every year. Here, paragliding is an institution! Choose from a simple flight or a 15-minute discovery flight. **New in 2021:** Fly over the Ecrins National Park and the North face of the Meije from Mens in Trièves, in a glider, a microlight or a plane

www.aerofly.fr



6/ Bungee jumping from the Ponsonnas Bridge

GRESSE-EN-VERCORS

One of the **highest active bungee jumping** sites in Europe, the Ponsonnas Bridge at 103m is one of the main centres in France for the sport. More than 100,000 have jumped here in the past 30 years. Open weekends (May, June, Sept, Oct) and daily during the summer (weather permitting).

www.vertige38.com



7/ Freefall parachuting

ISÈRE

Skydive in tandem over the mountains at an altitude of 4,000 m above the Vercors, Chartreuse, Taillefer and Belledonne mountains. Experience the thrills of a 50-second freefall before the chute opens for a 5-minute flight in beautiful skies above the Alps.

www.parachutisme38.fr



8/ Speeding down the mountain: Ziplining, Mountain Karting and Speedsledding

ISÈRE

New for this summer in the Vercors, try out **Mountain Karting** in Villard-de-Lans: freewheel down a 4km trail with a 500 m vertical gradient and control your speed in a three-wheel kart without a motor. Reach speeds of up to 70km/h on Zipline Vercors in Autrans-Meaudre, a super-long, 1,250m **giant zip line** with a 250 m vertical drop.

Also in Autrans, **Speed Luge Vercors** is the first four-season sled in Isère. The downhill track starts from the top of the Claret for 135 m of vertical gradient. The sled sits on rails 5 metres above the ground and reaches up to 40 km/h taking 6 minutes from top to bottom.

Its twin in Belledonne is the four-season **Wiz Luge** in Les 7 Laux. This 723-m-long rail slide has gradients up to 30% with 12 turns, 2 jumps, 2 chicanes and 2 rollers.

www.autrans-meaudre.com

www.speed-luge-vercors.fr

www.facebook.com/wizluge



9/ Trail running

SAINT-PIERRE-DE-CHARTREUSE

Trail running is becoming increasingly popular with routes and races throughout Isère's mountain ranges. **Saint-Pierre-de-Chartreuse** was the pilot venue for the concept of "Outdoor Experiences by Group Rossignol" with a reception office and digital screens displaying the area's trail running routes. Anyone who wants to give the sport a go can test out the latest trail running equipment for free, and the village supplies showers, changing rooms, fitness studios and a treadmill.

www.pedibus.org



10/ Whitewater sports

ISÈRE

With icy, turquoise, turbulent waters, the Vénéon river in the Ecrins National Park is the **best whitewater spot** in Isère. From April, Vénéon Eaux Vives offers white-water rafting, hot dogging (canoe rafting), kayaking and hydrospeed, also known as water luge or wild water swimming. Throw yourself into the chilly waters equipped only with a hydrospeed water sled, fins and a wetsuit

www.rafting-veneon.com



Refreshing water



In summer, visitors flock to Isère's lakes and bodies of water to cool down, sunbathe, picnic with family and friends, walk and cycle along the tree-lined paths but mostly for gentler watersports and wild swimming. On the plains or the plateaus, natural or manmade, lakes add a colourful element to Isère's landscape creating a picture-perfect panorama especially when the gleaming, clear waters reflect the mountain backdrop.

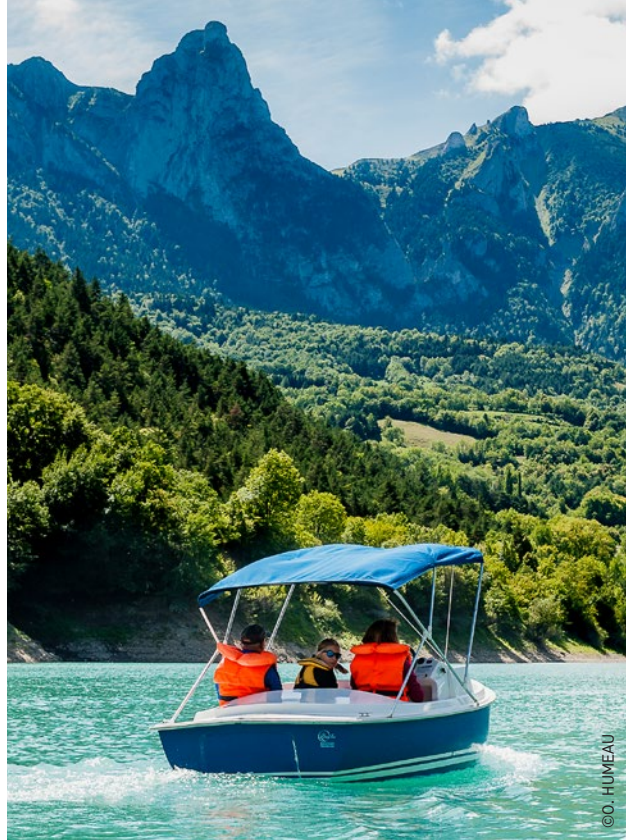
Messing about on the water

Isère has seven great lakes: Monteynard, Paladru, Sautet, Chambon, Pierre Châtel, Laffrey, Petichet South of Grenoble, the Matheysine Plateau tucks away four lakes of glacial origin, known collectively as the Laffrey lakes. These are Lac Mort and the three lakes of **Laffrey, Petichet and Pierre-Châtel** - with pebble beaches and watersports such as canoeing, paddleboarding, and electric boats. Laffrey is windier and ideal for catamaran and dinghy sailing, kitesurfing and windsurfing.

Also in Matheysine, the 20-km long natural Lac de **Monteynard-Avignonet** is a paradise for windsurfers and kitesurfers with constant winds. Here, the Himalayan footbridges offer an unforgettable walking experience across land and water, while boat trips aboard the La Mira lake cruise take you through the astonishing Drac and Ebron Gorges. One of the more beautiful in Matheysine is **Lac Sautet** whose turquoise waters, with the majestic Obiou Mountain as a backdrop, offer pedal boats, electric boats, canoes, paddleboards and kayaks, or hire a canoe and paddle up Souloise river gorge for an unspoilt one-on-one with nature.

The fifth largest natural lake of glacial origin in France, **Lake Paladru** in the Voiron region is nicknamed the blue lake because of its crystalline waters and its palette of colours, ranging from emerald to turquoise. As well as giving the lake its beautiful colour, the chalk is good for the skin. In summer, the 25° C waters and four beaches provide the setting for swimming, fishing, cycling, walking and horse-drawn carriage rides.

www.paysvoironnais.com



At the foot of the Belledonne mountains, the **Bois Français** outdoor activities centre is one of the largest natural areas in the Grésivaudan valley - a peaceful haven with 75 hectares of nature and four lakes: **Lac de Taillefer** is reserved for swimming, and has lawn bowls, a playground and a snack bar; **Lac du Vercors** is reserved for canoeing and rowing only; **Lac Belledonne** is "a fisherman's paradise"; while **Lac Chartreuse** is the place for water skiing, wakeboarding and slalom.

www.grenoblealpesmetropole.fr

Rivier'Alp, ecological bathing

Made from reeds, an organic natural filtration system cleans, treats and purifies the water to allow safe swimming without chemical treatment or chlorine. The Rivier'Alp Leisure Centre has a 1,600 m² pure water outdoor pool with three areas of different depths for all abilities.

www.rivieralp.com

Exo 38 surf wave

The artificial surf wave on Lac Martelles in Tencin, between Grenoble and Chambéry, is the first floating surf wave in France. This nautical base also has a five-pylon ski lift for kneeboarding, water skiing and wakeboarding.

www.exoloisirs.com

REFRESHING WATER

Holiday with your toes in the water

For a **multigenerational family** on the banks of the Souloise river, which joins Lake Sautet, **the Mas du Lac** accommodates up to 13 people in the farmhouse and a 'Pigeon House', 'Caravan' and the 'Studio'.

www.lemasdulac.fr

Le Shack sur Le Lac at Lake Monteynard is a 4-person lakeside cabin a stone's throw from the shores of Lake Monteynard with a small shady garden and a beautiful terrace with barbecue.

www.le-shack-sur-le-lac.mystrikingly.com



© PIAJET

Camping is a great way to really be up close with nature. With its lakes, ponds and rivers, Isère has some of the best waterside campsites. **Camping Au Valbonheur** is a family campsite on the banks of a pond at the edge of the Ecrins National Park, with sunny pitches by the water or under the trees. It also offers chalets, igloos, Bivouacs, cyclo-tents.

www.auvalbonheur.fr

For more on campsites in Isère:

www.campingIsère.com

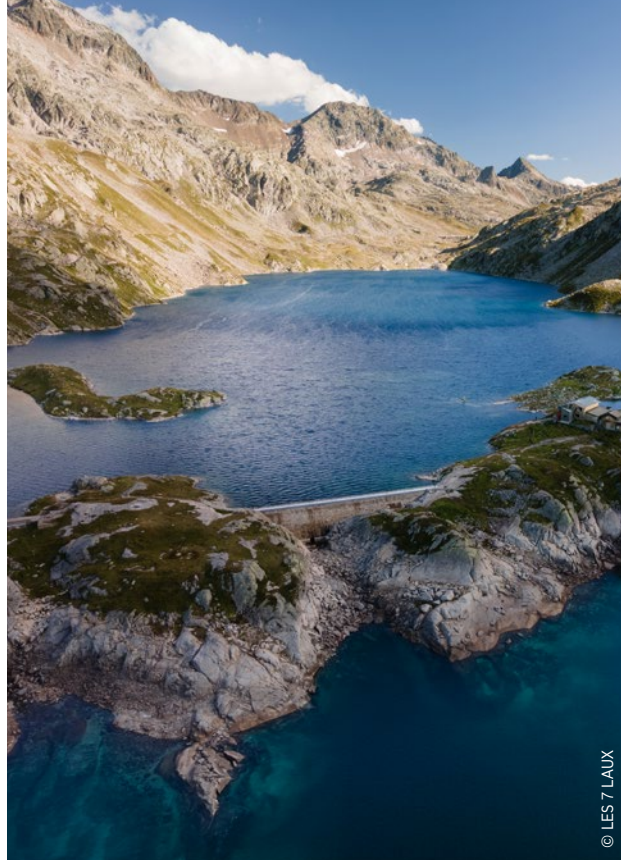


© LAC DE PALADRU

Freshwater fishing

Figures show that thousands of Brits took to angling during lockdown. With high mountain lakes, streams, rivers and inland lakes, Isère is one of the best destinations in France to go fishing. So grab your rod and head to the high mountain lakes for trout and arctic char; brown trout in streams; perch, pike and roach in the valleys; and arctic char, lavaret and féra in Lake Paladru and Lake Laffrey. For more information about what to catch where, visit www.peche-Isère.com. Fishing season starts in Isère on March 13, with mountain lakes opening later on May 29.

Discover some of the best high-altitude fishing locations in the area with a mountain and fishing guide - Roland Claudel (roland-claudel@live.fr) will take you to some of his favourite places. And if you want to make the most of remote mountain rivers, learn how to get to steep places safely on an extreme fishing course with Kahotep (www.kahotep.fr).
Prices start from 540 €/person.



© LES 7 LAUX

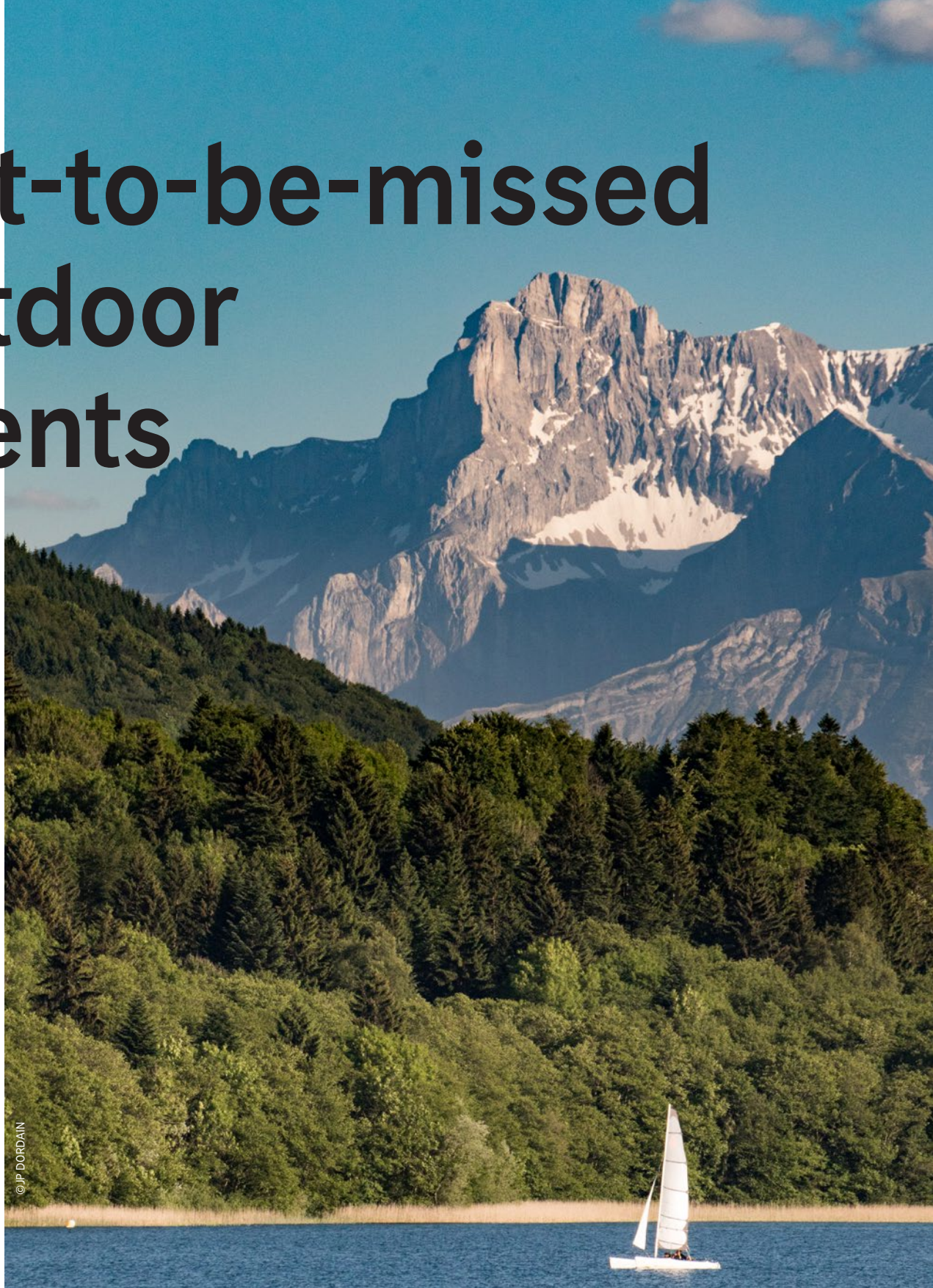
Isère has 8 fishing-labelled lodges, campsites and gîtes that have angling sites nearby, drying facilities and storage for equipment, live bait and food. Ser Sirant Campsite on the shore of Lake Laffrey offers an 8-day/7-night stay starting from **€ 395** (based on 5 people, including 2 anglers) with accommodation in a chalet or mobile home, boat rental and a 5-day fishing licence.

www.campingsersirant.fr



© LAURENT SALINO

Not-to-be-missed outdoor events



NOT-TO-BE-MISSED OUTDOOR EVENTS

Outdoor events



MAY 27–JULY 4 2021

STREET ART FEST

GRENOBLE

Renowned local and international street artists gather in Grenoble for more than a month to adorn the walls with monumental works of art. Various events transform the city from live taggings to unveilings, conferences, book signings, guided tours, movies and more.

www.streetartfest.org

JUNE 23–JULY 10 2021

JAZZ À VIENNE FESTIVAL

VIENNE

The Jazz à Vienne festival celebrates the world of jazz for two weeks from June to July. This summer, it's the 40th edition of the festival created in 1981 under the leadership of Jean-Paul Boutellier. The Ancien Theatre, built by the Romans in the 1st century, is its flagship venue. Some of the artists performing this year: Jamie Cullum, Ibrahim Maalouf, Salif Keita.

www.jazzavienne.com





JULY 3-11 2021

PASSERELLES DU MONTEYNARD TRAIL

MONTEYNARD

Created in 2012, the Monteynard Footbridge Trail has quickly become one of the unmissable trail running events in Isère. Trails range from 17 km to 65 km for beginners and experts, with hikes and mini-trails for kids, through breathtaking scenery and over the Himalayan footbridges. New for summer 2021 is the special race, the "Little Train of La Mure".

www.trail-passerelles-monteynard.fr

JULY 15-18 2021

ULTRA TRAIL DES 4 MASSIFS (UT4M) IN GRENOBLE

GRENOBLE

An ultra-trail running event in Grenoble, and one of the toughest in France, the grand UT4M covers a distance of 169 km and 11,000 m ascent across the Vercors, Chartreuse, Taillefer and Belledonne mountains. Thirteen races are on offer with shorter trail options starting from 10 km.

www.ut4m.fr

AUGUST 7 & 8 2021

E-BIKE ULTIMATE CHALLENGE

LES 2 ALPES

A new 100 km enduro-type e-bike event, this 20-hour race is a challenge. Teams of two race across a majestic mountain setting with nearly 6,000 m of ascent, 10,000 m of descent and two recharging periods.

www.les2alpes.com



AUGUST 17-29 2021

BERLIOZ FESTIVAL

LA CÔTE-SAINT-ANDRÉ

One of the few symphonic music festivals in France, the annual Berlioz Festival spotlights the famous composer's birthplace in La Côte-Saint-André with concerts at Château Louis XI and nearby churches. The festival celebrates the man, his music and his writing with concerts and workshops dedicated to his life in Isère, from his childhood to the women he loved and the music that inspired him.

www.festivalberlioz.com



AUGUST 20-22 2021

L'ÉCHAPPÉE BELLE, ULTRA CROSSING OF BELLEDONNE

BELLEDONNE

A 149-km ultra trail adventure starting from Vizille (Isère) and ending in Aiguebelle (Savoie). This magnificent trail of 11,400 m ascent, takes participants from 250 m to 2,950 m above sea level. Known for its technicality, the challenging Échappée Belle travels the whole breadth of the Belledonne range.

www.lechappeebelledonne.com

SEPTEMBER 12-19 2021

COUPE ICARE

ST HILAIRE DU TOUVET - LUMBIN

The world's largest festival of ultralight flying and aerial sports - paragliding, hang-gliding, paramotor, gyroplane and more - the Icarus Cup has been running for 48 years. Four days, 10,000 pilots, 90,000 visitors, the costumed Icarus carnival, Icare expo exhibition, Icare Show - a whole aerial universe on the Plateau des Petites-Roches accessible by funicular from Saint-Hilaire-du-Touvet.

www.coupe-icare.org



KEY FIGURES

ISÈRE TERRITORY



11% OF THE AUVERGNE RHÔNE-ALPES REGION



1.2 MILLION INHABITANTS

16% OF THE AUVERGNE RHÔNE-ALPES REGION



512 MUNICIPALITIES INCLUDING

125 IN MOUNTAIN TERRITORY

TOURISM BY NUMBERS



9 000 KM of marked hiking and walking trails



5 TRAIL-RUNNING RESORTS: Belledonne, Chartreuse, Oisans, Vercors, Taillefer

1 TRAIL-RUNNING AREA: Pays Voironnais



1 NATIONAL PARK: Ecrins (92, 000 hectares)

2 REGIONAL NATURAL PARKS: Vercors (186, 000 ha) and Chartreuse (69, 000 ha)

120 PROTECTED NATURAL AREAS, including 20 important sites



2 THERMAL SPA RESORTS:

Allevard-les-Bains en Uriage-les-Bains



Around **300 OUTDOOR ACTIVITIES,** including 11 golf courses, 17 via ferrata routes, 20 treetop/aerial adventure parks, 10 paragliding sites



7 GREAT LAKES (≥ 50 RUGBY PITCHES):

Monteynard, Paladru, Sautet, Chambon, Pierre Châtel, Laffrey, Petichet and 10 outdoor activities centres

3,500 KM OF STREAMS AND RIVERS, 5,000 ha of water bodies



22 WINTER AND SUMMER RESORTS



10 FREE DEPARTMENTAL MUSEUMS,

40 eco-museums, 25 themed museums, around 50 heritage and leisure sites including 21 castles and châteaux open to the public, 10 religious and heritage buildings, 3 cellars and vats, 10 tourist transport facilities (cable cars, funicular railways & boats), theme parks, animal/wildlife parks



© P. JAVET

Getting to Isère

By train

TGV (HIGH-SPEED TRAIN) STATIONS IN GRENOBLE:

- › Saint-Marcel-lès-Valence (50 min. from Grenoble),
- › Lyon St-Exupéry (50 min. from Grenoble).

By bus

ALLO TRANSISÈRE

www.translèsère.fr - www.transaltitude.fr

By car

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

Grenoble > Lyon 105 km

Grenoble > Paris 570 km

Grenoble > Calais 869 km

By plane

**GRENOBLE ALPES ISÈRE AIRPORT
AT SAINT-ETIENNE-DE-SAINT-GEORGES**
30 min. from Grenoble

www.grenoble-airport.com

LYON-SAINT EXUPÉRY AIRPORT

www.lyonairports.com

**Regular shuttles between the airports
and Grenoble bus station**

www.translèsère.fr/ouibus.com



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

www.itinIsère.fr

ItinIsère app available for free download
with Android & Iphone