

SPRING - SUMMER 2024

PRESS Kit



Les 2 Alpes offers a dual summer holiday experience: one of exploration, mountain leisure activities, and health benefits, as well as a sports haven, providing a base camp for mountain biking, hiking, trail running, cycling, and professional skiing.

► **April 29th to July 7th:** A new training season for professional skiers and snowboarders.

► **June 15th to September 1st:** Tourist summer season.

For more information, visit: www.les2alpes.com/summer/



EDITO

The summer season in Les 2 Alpes is both incredible and unexpected! Since the 1970s, the resort has evolved into a popular summer tourist destination. During the summer months, which account for 24.8% of the overall activity in Les 2 Alpes, 75,000 holidaymakers enjoy the resort compared to 280,000 in winter. It's an exceptional holiday destination and serves as a base camp for mountain bikers, trail runners, hikers, cyclists, and professional skiers. Between winter and summer, from April 29th to July 7th, a new season begins, offering professional skiers and snowboarders the opportunity to train on Les 2 Alpes' high-altitude ski area. From May to mid-July, the majority of visitors are professionals and sports enthusiasts. Then, from mid-July onwards, the profile broadens to include a more family-oriented clientele.

Come summer, Les 2 Alpes offers a myriad of experiences to be enjoyed and shared: from a variety of mountain leisure activities to breath-taking scenery, unmissable viewpoints, opportunities to unwind, and take invigorating breaths of fresh air. And let's not forget the vibrant, convivial resort atmosphere! Holidaymakers on a journey of exploration will swiftly appreciate the health benefits brought to you by the mountains and the wealth of leisure activities available. For outdoor enthusiasts with a thirst for adventure, thrills, and challenges, Les 2 Alpes offers a vast playground at the forefront of emblematic mountain activities such as mountain biking, hiking, cycling, and trail running. They are sure to be won over by the diversity, elevation changes, challenges, and benefits of being at a high altitude, all provided by the mountains. Our longstanding official partners—Salomon, Commencal, Hutchinson, and Bluegrass—as well as Les 2 Alpes' ambassadors: Isabeau Courdurier

(MTB), Adrien Loron (MTB), Mathieu Blanchard (Trail running), Yannick Noël (Trail running), Alix Noblat (outdoor sports), all embrace this. Sharing the same values, they didn't hesitate to partner up with and settle down in Les 2 Alpes. Their expertise is vital to the development, performance, and image of Les 2 Alpes. A great opportunity for meetings and exchanges among enthusiasts!

KEY DATES DESTINATION

For more information, visit: www.les2alpes.com

Les 2 Alpes is **open year-round**

Pre-opening of the ski lifts on the 1-2 June & 8-9 June 2024 weekends

Official opening from Saturday 15th June to Sunday 1st September

HIGH-ALTITUDE SKI AREA 3200M - 3600M

For more information, visit: www.skipass-2alpes.com/fr/

28th of April 2024: end of the 2023/2024 winter season.

From the 29th of April to the 7th of July: access to the high-altitude ski area is available to both professional skiers and the general public. Part of the ski area is restricted to athletes: slalom corridors, training zones, giant slalom, Snowpark, Cross Park... An exciting opportunity for visiting skiers and pedestrians to meet champions!

<https://www.les2alpes.com/summer/discover/the-high-altitude-area/summer-skiing/>

7th of July: Final ascent with the Jandri Express gondola (refer to Newsflash page.3).

May and bank holiday weekends: pedestrian access to 3400 m

On week days until the 15th June: pedestrian access to 3200 m



NEWSFLASH

Last summer for the Jandri Express

On Monday the 8th of July, the Jandri Express gondola, the primary artery of the Les 2 Alpes ski area (providing access to 3200 m), will cease operation permanently. It means, it won't be possible anymore to access more than 2400m. Erected in 1985, and having served dutifully for four decades, it will be superseded by a more contemporary, innovative, powerful, and well-thought-out installation ready to serve for the next half-century. The forthcoming Jandri 3S

gondola lift, construction of which commenced on the 2nd of May 2023, represents a new experience in Les 2 Alpes, supported by the ski resort company SATA Group, the Municipality of Les 2 Alpes, and the resort collectively. The project is advancing smoothly. The Jandri Express' cable and pylons will be dismantled at the beginning of August to complete the installation of the Jandri 3S and ensure the official opening scheduled for the for the winter season 2024/2025..

KEY FIGURE

(G2A data for summer 2023 in Les 2 Alpes)





LES 2 ALPES
SUMMER VIDEO 2024

CLICK HERE

Top 10 nationalities on summer holidays in Les 2 Alpes





CHAPTER 1

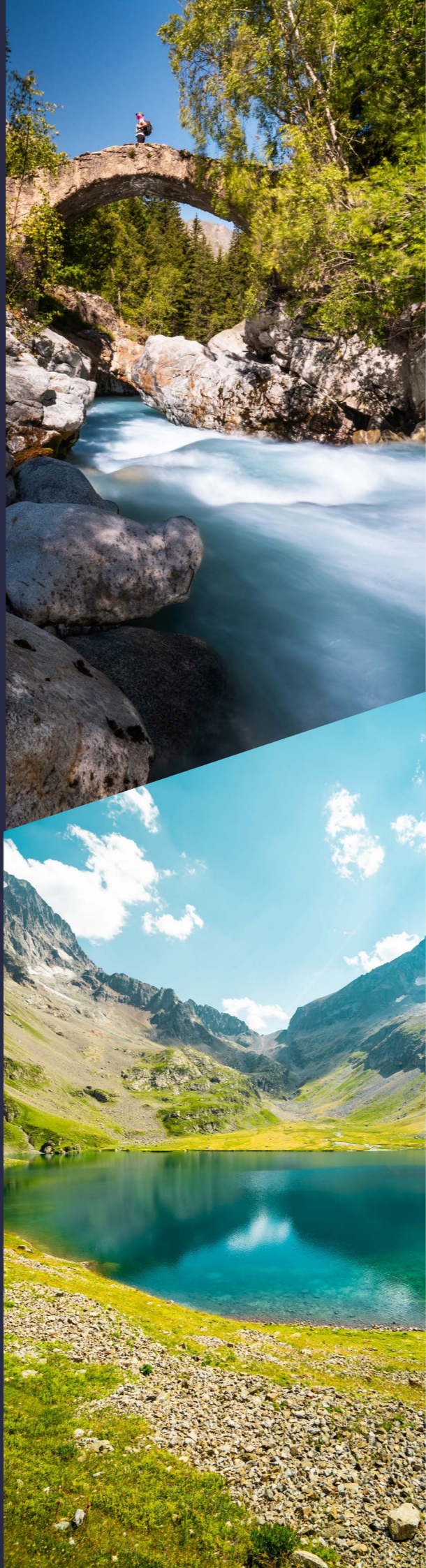
LES 2 ALPES, A DIVE INTO AN EXCEPTIONAL SUMMER DESTINATION

Every summer, mountain destinations experience a surge in popularity. Ranking as the French's 3rd favourite destination behind the coast and the countryside, with its captivating allure and compelling offerings, it promises a delightful summer experience. It's more than just a pure skiing destination. Spending the summer on the summits involves relishing the great outdoors, making wonderful discoveries, disconnecting entirely from the world, enjoying the cooling air, and engaging in a diverse array of leisure activities.

Destination discovery

Les 2 Alpes is a haven where your stay will consist of discoveries amidst beautiful nature through hiking, as well as mountain leisure activities and numerous events orchestrated by the Tourist Office.

It's a vast open-air playground suitable for the young and the old alike. The mountains also provide a refreshing escape from soaring temperatures and the benefits associated with complete disconnection. It also offers a unique atmosphere thanks to the shops, restaurants, and bars that remain open year-round, ensuring a lively, friendly, and festive vibe. Here you can escape without ever getting bored!



DISCOVERIES THROUGH WALKS AND HIKES

Nestled on a plateau, Les 2 Alpes offers the ideal setting for leisurely walks and moderate hikes that can be completed within half a day. Surrounding this picturesque resort are diverse opportunities for exploration, ranging from the quaint Mont de Lans village in the Romanche Valley to Les 2 Alpes' own plateau at 1650 m, as well as the charming Venosc village situated in the Vénéon Valley. Exploring, wandering, and marvelling at the mountain scenery is an unparalleled experience. Staying at high altitudes offers the benefits of stimulating the body to generate additional red blood cells, thereby counterbalancing the effects of oxygen deficiency. Returning from a mountain retreat leaves you with a stronger body and a healthier mind.

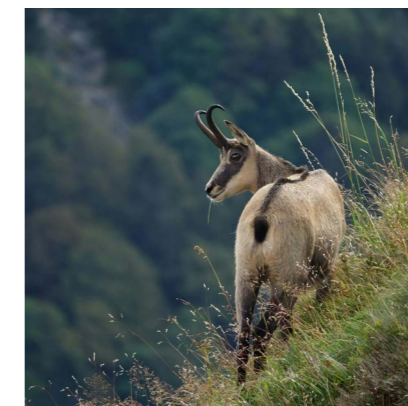
Our very first walk begins at an altitude of 3400 metres. Simply take the ski lifts (till the 7 of July) and, in less than an hour, find yourself on top of the world. The air at this altitude is invigorating, and the panoramic views are uninterrupted, offering a 360° vista of the surrounding peaks. After exploring the ice cave and the orientation table, make your way to the Belvédère des Écrins, a viewing platform suspended over the void, where you simply must capture your first holiday selfies!

Hiking in Les 2 Alpes is now more accessible, courtesy of the new ski lifts: the Diable and Vallée Blanche hybrid lifts. These lifts offer convenient access to the summits, opening up exciting opportunities to explore new trails and walks around Les 2 Alpes.

NEW

A panoramic walk is accessible from the top of the Diable hybrid-lift. From 2400m, there are two easy routes offering superb views of the resort, the Aiguille de Venosc, La Muzelle, and the Ecrins National Park. On the opposite side, take the Vallée Blanche hybrid-lift to enjoy a flat walk on the summit. Designed for families, this walk also offers panoramic views over the ski area, the resort, the Romanche valley, Lac du Chambon, Auris en Oisans, and the Col de Sarenne.

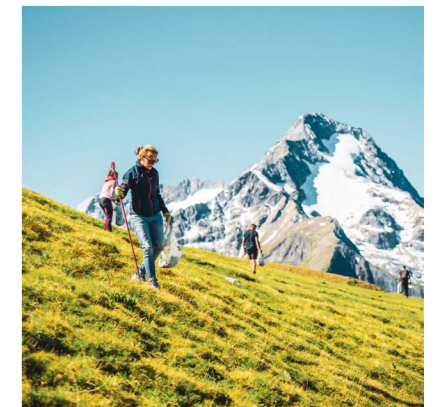
Walks in Les 2 Alpes are designed to be both accessible and fun. The **Explorers' Walk** introduces families to the resort and its surroundings through an interactive question-and-answer game focused on the local mountain fauna and flora. Mountain guides offer a **botanical and gourmet walk**, providing an opportunity to discover edible or medicinal mountain plants such as yellow gentian, nettle, plantain, polypodes, ground nuts, wild cumin, St John's wort, hogweed, musk chervil, oxalis, and sheep sorrel. The **chamois-watching walk** allows you to observe the renowned mountain gazelle up close and personal, while the **Ardoisiers walk** in the village of Venosc gives insight into the history of the resort and its villages. Venosc was a slate mining village until 1972, and interestingly, certain roofs of the Château de Versailles are fitted with these very slates!



2 « HIKING » EVENTS

On Friday the 7th of June, a rubbish-collection and slope-cleaning event is scheduled.

Organised in collaboration with the Mountain Riders association, the Town Hall, the SATA 2 Alpes ski area, Village 1800, and the Tourist Office, this initiative aims to tidy up the mountain by collecting, sorting, and disposing of waste, while also raising awareness among the public. All are welcome to participate and contribute to the initiative, all while enjoying a leisurely stroll.



On Monday the 12th of August, the association « Garde le sourire, on est là » is organising a « dining walk » to raise funds.

Over the past 5 years, this organisation has been dedicated to supporting children with illnesses and disabilities, as well as their families. The dining walk will cover a distance of 11 kilometres, beginning at the orientation table near Chalet Mounier and concluding on Rue des Vikings, passing through scenic spots such as the Diable, Lac de la Buissonnière, Vallée Blanche, and Alpe de Venosc. Participants will discover some of the finest viewpoints in Les 2 Alpes!

AROUND FORTY ACTIVITIES

Upon arrival at Les 2 Alpes, you are immediately enveloped in the mountain ambiance, with its majestic peaks, vivid hues, and invigorating air. Yet, there's more to discover! Right at the base of the slopes, a myriad of activities awaits: **mini-golf, a 9-hole golf course, summer sledging, trampolines, tennis, a skatepark** (cherished by many generations and champions alike), **a pump track** for bikes, scooters, or skateboards, **sledging on buoys** (solo or tandem, launched from a ramp and landing on a vast airbag), **swimming pools, archery, inflatable games...** But also, via ferrata routes including the family-friendly **via ferrata des Lutins**.

NEW

Brand-new sports facilities: a multi-purpose sports field and a padel court.



EVENTS IN LES 2 ALPES ARE A HUGE SUCCESS

The Tourist Office buzzes with ideas every summer when it comes to entertainment. Many of these activities come at no cost. For those seeking a dose of wellness, why not try outdoor yoga or stretching? Those inclined towards more vigorous pursuits will discover their joy in sports tournaments such as badminton, table tennis, or Bubble Football, as well as orienteering and the latest addition, Family Raids. If serenity is what you desire, options include the Gourmet Walk, an evening of stargazing, a storytelling night walk, a picnic concert amidst the mountains, or a late-night outdoor cinema session beside Le Lac de la Buissonnière. On the cultural front, there are shows at the Palais des Sports or meetings with the company SATA 2 Alpes for updates on the construction of the future gondola, the Jandri 3S, one of the most significant projects in the ski lift domain of the past decade.

NEW

The « Family Raid » presents families with an opportunity to tackle various challenges across a 7km course. The itinerary includes orienteering, a mountain quiz, laser rifle shooting, a mini bike circuit, and an escape game. At the end of the day, everyone leaves with a medal and unforgettable memories!

Childcare facilities

Les 2 Alpes, recognised with the **Famille Plus** certification, boasts many facilities for children aged 6 months to 15 years old. A notable attraction for youngsters is the **Fun Stages**, which organises sporting and cultural activities for children aged 4 to 16. Each day promises opportunities for exploration, camaraderie, and forging new friendships. The activities are customisable, available on a daily or weekly basis, including downhill mountain biking, trampolining, hockey, hydrospeed, canyoning, tennis, rafting, climbing, via ferrata, hiking, beach volleyball, rollerblading, little trapper outings, paddleboarding, and cani-rando.

Destination Disconnection

The altitude, the great outdoors, and tranquil activities make the mountains the ideal destination for disconnecting from everyday life.

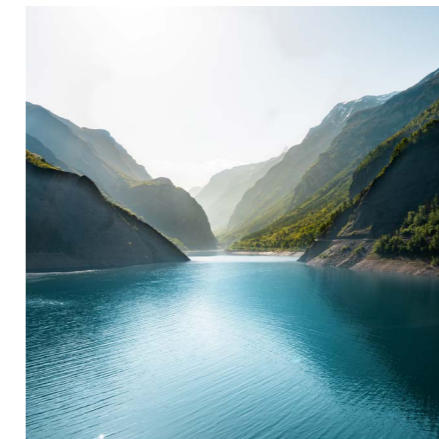


A simple immersive journey to an altitude of 3400 meters provides a breath of fresh air (till the 7 of July). With your feet sinking into the



snow, the crisp air invigorates your senses, allowing for deep, rejuvenating breaths, while the sweeping 360° panoramic views inspire awe. From Mont Blanc to Mont Ventoux in the north and south, and from the Massif Central to Italy in

the west and east, the scenery unfurls majestically, journeying through the Ecrins National Park, the Aiguilles d'Arves, the Grandes Rousses, Belledonne, Chartreuse, Vercors, and Mont-Aiguille. The emotions stirred are as pure as the captivating scenery. Be sure to pause at the man-made **ice cave**, the **orientation table**, and the **Belvédère des Écrins** viewing platform for an unforgettable experience.



Glacier hiking Les 2 Alpes offers the ultimate adventure for complete disconnection. The « Bureau des Guides des 2 Alpes » provides the opportunity to trek alongside the peaks of Les 2 Alpes, reaching heights of up to 3600 m at the base of La Meije. From strapping on crampons to wielding ice axes, immerse yourself in the crisp mountain air, far from the hustle and bustle of everyday life, and experience breath-taking views and unforgettable moments. No mountaineering experience is required - even children aged 10 can join in the adventure!

Below 3000 m, disconnection is equally achievable, with **walks,**

hikes, rivers, lakes, waterfalls, swimming pools, white-water rafting, paragliding, and breath-taking scenery.

Viewpoints at all altitudes are integral to the experience and a must-see. A challenge during your stay: attain the TOP 5 most beautiful viewpoints in Les 2 Alpes!



NEW

Bivouac on the summits! Thanks to the Vallée Blanche hybrid lift, you can ascend to a plateau at an altitude of 2100 m in just 5 minutes and enjoy an authentic bivouacking experience. Once a week, the high-altitude restaurant La Troïka offers the «BIVOUAK» experience: a night in a tent at 2100 m, under the stars, far from the hustle and bustle of Les 2 Alpes. You'll indulge in a dinner of local flavours, an evening around the campfire with toasted marshmallows, stories, and anecdotes, and, in the early hours, a delectable mountain brunch. All the equipment is provided and set up, allowing you to simply relax and enjoy. You can also get there on foot or by electric mountain bike.



Destination Fresh Air

During heatwaves, a bit of fresh air is greatly appreciated!

Water is everywhere... Simply hop on the gondola from Les 2 Alpes to the village of Venosc (a mere 5-minute journey) and immerse yourself in the turquoise, lively glacial waters of the Vénéon. How, you may ask? Well, you can try **rafting** or **hydrospeed** (water tobogganing with flippers and a full wetsuit), or opt for tubing to have a blast on large buoys while riding the waves, **Hot Dog** to paddle on small canoes through the rapids, or **canoeing** for a leisurely journey along the picturesque banks.

Opposite the Vénéon valley lies the Romanche valley, which harbours a tranquil retreat: **the Cabane au Bord du Lac**. It's a unique spot nestled on the shores of Lac du Chambon. The lake was established in 1935 following the construction of a dam that submerged the former villages of Le Chambon, Le Dauphin, and Le Parizet. Accessible by electric mountain bike or car, this vibrant location invites you to enjoy a refreshing swim, paddle, pedal boat, or canoe. Afterwards, relish a colourful and aromatic lunch under the shade of the Cabane au Bord du Lac restaurant.

You can also cool off along the mountain paths that lead to the high-altitude lakes. The **Lake Lauvitel**, nestled in the Écrins massif, is accessible from the village of La Danchère with a 1 to 2-hour hike, depending on your pace. This pristine lake is one of the region's gems, surrounded

by an integral nature reserve established in 1995. The **Lake Muzelle**, located at the base of the Muzelle glacier (accessible after a 3 to 4-hour hike), is a protected area, nestled within a rocky cirque, adding to the array of wonders found in the Écrins massif. Closer to home, however, directly on the 2 Alpes plateau, lies the **Buissonnière lake**. Here, you can sunbathe on the beach, enjoy the artificial waterfall, swim, engage in activities (such as pétanque, a children's playground, and « **ventrigrisse** » - an inflatable slide landing in the water), read a book, unwind, have a picnic, or indulge in food and drink at a quaint café.

Other enchanting water sources are the waterfalls. While they often remain concealed and inaccessible, some are within reach near Les 2 Alpes.

To access the **Muzelle waterfall**, board the Venosc gondola from Les 2 Alpes to Venosc (5min). A 30-minute shaded stroll (1.3km) along the Vénéon, leads you to the base of the waterfall.

The **Lanchâtra waterfall** is equally captivating. Situated near the Vénéon river, it's a popular spot for rafting enthusiasts. Its force and sheer facade leave a lasting impression. Set amidst lush greenery, sand, and crisp air, between the villages of Venosc and Saint-Christophe, it offers a picturesque spectacle.

The **Cuculet waterfall**, near the village of Mont de Lans, is fed by snow from the Fée sector. This cool spot can be reached via Les 2 Alpes from the Buissonnière lake or Mont de Lans (free chairlift from Les 2 Alpes), followed by a gentle climb from the village of Cuculet.

An inviting & accessible destination

Les 2 Alpes is a very inviting resort

Facing the tranquillity of the summits, simply stroll along the central avenue of La Muzelle to discover a multi-faceted resort, bustling with life and conviviality. Just like in winter, the shops, restaurants, and bars all remain open. Les 2 Alpes is a destination where boredom simply doesn't exist!

The resort also strives to be accessible

In the summer, it's significantly cheaper than other summer destinations. It benefits from offering a wide range of accommodation options at unbeatable prices, which are half the cost of winter holidays or seaside vacations! The weekly average price is 80€ per person in a 4-person apartment in summer, compared to an average of 100€/150€ per person in winter outside the school holidays and 200€/250€ per person during the school holidays (based on 4-person apartments). Moreover, this destination provides enhanced accessibility with reduced traffic congestion, whilst maintaining the same transportation services as in winter.

Good offers

For more information, contact 2 ALPES RESERVATION: reservation@les2alpes.com www.les2alpes.com

A HOLIDAY IN THE GREAT OUTDOORS

The « au grand air » package includes a week's stay in a four-person apartment, hikes at the gateway of the Écrins National Park, and access to all the ski lifts to touch the summits and breathe in the crisp mountain air from **135€/pers.**

GOOD OFFERS FOR MOUNTAIN BIKING

Accommodation + mountain bike lift pass (6 days) from **195€/pers.** Or in an apartment or hotel + breakfast from **415€/pers.**

WEEK-END MOUNTAIN OF HELL (mountain bike event from 21 to 23 of June)

Between **145€** (licence holder) and **160€** (non-licence holder) per person / 2 nights in a 4-person flat + Mountain of Hell registration

GOOD OFFERS FOR SHORT STAYS

One night in a hotel for 2 (B&B) from **80€** / 2-person apartment for 2 nights from **100€** / 4-person apartment for 2 nights from **150€**.





CHAPTER 2

LES 2 ALPES, A BASE CAMP TO FULFILL YOUR PASSION FOR THE MOUNTAINS

Les 2 Alpes has often been a pioneer in terms of events and the development of sporting disciplines. Consequently, the resort is widely regarded as a base camp for hikers, mountain bikers, cyclists, trail runners, and professional skiers.

To gain recognition and efficiency, the resort has aligned itself with professionals and athletes such as Isabeau Courdurier (MTB), Adrien Loron (MTB), Mathieu Blanchard (trail running), Yannick Noël (trail running), and Alix Noblat (outdoor sports). Their partnership plays a crucial role in the development of the destination.



*Infinite hike:
a sense of wonder
and plenty
of benefits*

WHEN

From spring to autumn, or from the 15th of June to the 1st of September 2024 if you wish to make the most of the ski lifts.

THE BENEFITS

Journeying at a high altitude boosts our organisms by producing extra red blood cells to compensate for the lack of oxygen: our bodies are strengthened after a holiday in the mountains. Indeed, sportspeople are well aware of this and are eager to travel to higher altitudes! Breathing pure air, far removed from pollution, while reconnecting with nature is the ideal way to implement Erasmus' doctrine: « a healthy mind in a healthy body. »

HIKING SUGGESTIONS

In the Vénéon region, between Venosc, Saint Christophe en Oisans, and La Bérarde you will find: **L'Alpe du Pin, La Lavey, Le Châtelleret, Le Soreiller,**

Le Carrelet, La Mariande...

These hikes vary in difficulty and can be completed in a day or extended with an overnight stay in a mountain refuge or bivouac. With stunning natural surroundings and warm hospitality from refuge keepers, they offer an unique experience.

In the Romanche region, the hikes (**refuge des Clots, Fontaine Pétrifiante, plateau d'Emparis, Lacs Noirs, and Lacs Lérié, Lac des Quirliés...**) starting from the Ferrand valley above the lac du Chambon are just as plentiful. They offer stunning views of the Sure, the Grande Sure, the Roche Mantel, the most prominent peak of the Meije, the high-altitude domain of the 2 Alpes and even the Râteau.

These hikes can be found on the GR54 route, namely the Tour des Écrins.

Pedestrian rates

Full details at www.skipass-2alpes.com

Spring prices from the 29th of April to 14th of June

Access to 3200 m = 18€
Access to 3400 m = 25€

Summer prices from the 15th of June to 7th of July

Mont de Lans chairlift = free
Access to 3400m = **29.50€**
Adults / **23€** Children (5-12) and seniors (65-71)
6-day pedestrian pass = **56.50€**
Adult / **46€** Children (5-12) and seniors (65-71)
6-day pedestrian pass (from the 8th of July) = **40.50€**
Adult / **32€** Children (5-12) and seniors (65-71)

All summer until the 1st of September

Access to Venosc = **3.30€**
one way and **6.50€**
for a return ticket
Access to 2400 m, 2100 m = **9.50€ / 8.50€** Children (5-12) and seniors (65-71)





CHAPTER 2

Les 2 Alpes: a base camp for trail runners



WHEN

4-season trail running or from the 15th of June to the 1st of September 2024 if you wish to use the ski lifts..

HISTORY

Trail events in Les 2 Alpes date back to 1999, with the 1st edition of the Maratour des Glaciers, followed by the Raid Light Trail, the Défi de l'Oisans, the Vénoquine, Le Défi Vertical... However, its increase in popularity is only recent. Trail events have played a significant role in shaping Les 2 Alpes into a vast playground for sports enthusiasts. Swiftly, the resort marked out trail paths delineated in green, blue, red, and black, mirroring the classification of ski slopes. Over the past few years, as the sport has evolved, more trail routes have gradually been laid out, notably thanks to the active involvement of the 2 Alpes Trail association: Les 2 Alpes Trail (<https://www.les2alpestrail.com/>).

Established in 2021 by brothers Lucas and Laurent Sabot, avid outdoor enthusiasts with a particular passion for trail running, the association is committed to fostering this sport in Les 2 Alpes. It has laid out several objectives: promoting trail running, mapping and marking out trail routes in Les 2 Alpes (both digitally and on-site), organising trail events and activities, fostering

unity among its members (currently numbering around a hundred), maintaining a robust social media presence, and facilitating the gathering of trail runners through events co-organised Les 2 Alpes. Notable among these events are the annual «Les Lumières de la Muzelle» white trail in January and the upcoming Défi de la Muzelle scheduled for 22nd to 26th July 2024.

TRAIL ROUTES

Ascend the summits, venture off the beaten track, and push your limits, surrounded by the awe-inspiring mountains - this is the essence of the unparalleled experience offered by trail running in Les 2 Alpes. For running enthusiasts, it's an invitation to explore the paths carved out by nature, to marvel at the peaks and take in the breathtaking panoramas. Beginners will find joy in the trails surrounding Les 2 Alpes, whether by exploring the enigmatic forest towards the Molière sector or embarking on the green and blue loops spanning 3 to 10 km in the Vallée Blanche sector. Alternatively, they can opt for the loop starting from Les Banchets, which offers breathtaking views of the resort, the paragliding site, and the Vénéon valley. Each week, the Les 2 Alpes Trail association hosts the Sagnes loop, a 5 km run during which passionate enthusiasts provide guidance

and share their expertise. Experienced runners will find ample opportunities for vertical kilometres. Starting from Les 2 Alpes, trails sprawl endlessly, mirroring the twists and turns of a winding road. The Balcons de Venosc presents an 11km challenge, while the Pied-Moutet's blue route spans 20km, and the Brèche du Grand Creux extends for 30km. Prior to setting out on this adventure, a training trail offers a 700m ascent from the village of Venosc to Les 2 Alpes over a distance of 2.4km. Here, the pursuit of improvement competes with the desire to exceed personal performance, requiring dedication and continual progress.



TOP-CLASS AMBASSADORS

Since 2023, two athletes have joined the 2 Alpes ambassador team: **Mathieu Blanchard** and **Alix Noblat, both trail specialists.**

Mathieu Blanchard is a professional athlete on the Salomon Team. He ranks among the top 3 trail runners worldwide. He commenced his running

journey relatively late in life, at the age of 26, when he decided to take control of his life. Three years later, during a meeting with the Salomon brand, he discovered trail running and made the life-altering decision to leave everything behind him, including his professional life, to fully commit to the sport.

« Trail running isn't just my way of making a living, it's my reason for living. Every day is an adventure, every trail a new story waiting to unfold. The notions of days and weekends have lost their importance because every moment is an opportunity to live my passion. The fulfilment I feel running through mountains and forests is beyond words. Trail running has enabled me to shape my life into a continuous adventure, where I find freedom, joy, and serenity that I had never felt before. »

He has made Les 2 Alpes into his base camp. This summer, he will be participating in the Défi de la Muzelle, which takes place from the 22nd to the 26th of July 2024.

Alix Noblat exudes a deep passion for both nature and sports. She leads a multifaceted life, donning various hats as a trail runner, sports nutritionist, and sports coach. Having been closely connected to the resort since childhood, she is eager to highlight the benefits the mountains bring throughout the seasons and to all individuals. She will definitely be a valuable resource in coaching and dietetics at some local events.





CHAPTER 2

Les 2 Alpes is leader in the field of mountain biking



WHEN

From the 12th to the 28th of April, the weekends of 1-2 June & 8-9 June and then from the 15th of June to the 1st of September 2024.

HISTORY

Mountain biking (MTB) is one of the star activities developed in Les 2 Alpes in the 90s, thanks to the pioneering efforts of the **Choucas Bikers**. The Choucas Bikers club was created in 1998, by a group of friends united around their shared love for downhill mountain biking, driven by an innate passion and a penchant for innovative thinking. Prior to the formal organisation of mountain biking in Les 2 Alpes, supported by the ski area company (development of a bike park, adaptation of the ski lifts) and by the tourist office (communication, events), they launched the first mountain biking school and the very first mountain biking event: The Mountain of Hell (24th edition in 2024). Their visionary approach successfully integrated mountain biking into the core strategies of Les 2 Alpes. Since then, the resort has become a benchmark in the world of mountain biking, supported by long-standing partners Commencal, Hutchinson and Bluegrass, and became a favourite spot for pros, experts and beginners alike, as well as for its ambassadors (Adrien Loron and Isabeau Courdurier).

LES 2 ALPES' BIKE PARK IS

a dedicated area for mountain bikers. In Les 2 Alpes, the slopes offer a vertical descent ideal for downhill bikers. During the summer season, akin to skiers in winter, mountain bikers use the ski lifts to access the trails, tailored to their levels (green, blue, red, black) and preferred disciplines (downhill, enduro, cross-country, freestyle, freeride).

Experts can explore the Bike Park unsupervised. They can ride the various coloured variations of Le Diable, the renowned Venosc trail (red), or the itinerary of the exhilarating Mountain of Hell downhill competition. Beginners can be accompanied by a qualified instructor (Gravity Bike, MCF Bike Infinity, Chez Bob, Trail Hunter MTB, Bike in Muzelle...) to learn the fundamentals of mountain bike handling. It's the best approach to familiarise oneself with the activity, anticipate potential falls, and have fun! Beginners start off on the easy trails (Easy Park and Vallée Blanche), before progressing to the green trails on Vallée Blanche and gradually advancing to blue trails or more challenging routes.



Stéphane Charrel, manager of the Les 2 Alpes Bike Park, said:

« Les 2 Alpes' Bike Park is an incredible playground for downhillers. The vertical drops are insane. You can start your first lap in the snow at 3,000 m, then descend to the Vénéon 2,100 m below and cool off in the river. Even an expert can't complete the entire Bike Park in a day. »

RESORT CENTRE

First few laps around the brand-new Easy Park!

VALLÉE BLANCHE SECTOR

(2100 m-1600 m)
MTB for everyone

DIABLE SECTOR

(2400 m-1600 m):
Heart of the BIKE PARK.

VENOSC SECTOR

(1600 m-900 m):
gathering of experts on the legendary red trail of Venosc and the elite trail: Black Garden.

96km of mountain bike trails & 21 trails: 15 downhill trails, **2** enduro trails, **4** electric mountain bike trails.

2 dedicated areas: Beginners' Workshop on Vallée Blanche and an Easy Park in the resort centre.

Les 2 Alpes' Bike Park is designed by outstanding project managers: bike patrols & shapers

The Bike Park team is made up of 8 bike patrols and 4 shapers. In 2023, the shapers were integrated into the team, assuming the role of the true architects of the mountain bike trails. Their responsibilities include laying out tracks and constructing modules. The bike patrols support the shapers, patrol the trails to ensure smooth operation, and engage with the riders. Furthermore, the team collaborates with professionals, riders, and experts to deliver the finest bike park experience.

Stéphane Charrel, manager of the Les 2 Alpes Bike Park, asserts,

« It's essential to expand and professionalise the Bike Park team with shapers and to collaborate with professionals such as Adrien Loron or the IC Studio Commencal mountain bike team. Their expertise contributes significantly to the technical aspects and development of the slopes. It also guarantees a boost in the team's skills, consequently leading to an overall improvement in the quality of the 2 Alpes Bike Park. It's crucial that all team members are avid mountain bikers, deeply passionate about their sport and immersed in cycling culture. Additionally, we actively explore beyond borders to gain insights into other equipment. The Bike Park teams are dedicated to enhancing and enriching the experience for riders worldwide through redevelopment, innovation, and continuous

improvement. Maintenance of the trails begins at the end of summer, aiming for completion by the end of the subsequent winter. Striving for improvement, aligning with industry benchmarks, and collaborating with top professional riders and technical advisors are paramount to the success of Les 2 Alpes. »



NEW

The bulk of the work will take place at the end of summer 2024, due to the construction of the Jandri 3S (the main artery of Les 2 Alpes providing access to 3200 m). However, the Bike Park team will be hard at work from this summer onwards, creating new features, improving safety and enhancing the overall comfort.

1 - The end of the Ange green trail is being improved for greater comfort and safety.

The original width of the run has been tripled. A great downhill run for intermediate riders.

2 - The iconic Venosc (red) and Black Garden (elite) trails were reworked last autumn for their pre-opening on the 12th of April.

3 - The Easy Park beginner area has relocated to a new site. It is now situated on the Diable side of the Viking piste. This move represents a strategic decision and offers a more fitting location for those learning downhill mountain biking.

4 - The blue trail: Pied-Moutet (Vallée Blanche sector), developed in 2023, has been completed for greater safety. The goal is to ensure accessibility to a wide range of riders, mirroring the accessibility of other trails in the Vallée Blanche sector. This expansion aims to enrich the mountain biking experience for enthusiasts.

5 - The beginners' workshop in the Vallée Blanche sector has been doubled in size to offer more tailored downhill mountain biking instruction. Mountain bike instructors and Bike Park teams regularly collaborate to enhance and refine the mountain biking services.

6 - A unique, Instagrammable competition module:

supported by Commencal's top pros, the bike patrols have a big surprise in store for mountain bike amateurs and experts alike. Set up at 2400m, at the top of the Diable sector, the wooden module will be shaped like a deckchair on which you can either drop or ride.

RENOWNED MOUNTAIN BIKE AMBASSADORS, BOTH MALE AND FEMALE

Adrien LORON is an internationally-renowned mountain bike pro-rider. Leveraging his expertise in professional riding, extensive experience with Bike Parks worldwide, and comprehensive understanding of riders of varying abilities, he naturally assumed the role of the official mountain bike ambassador for Les 2 Alpes in 2022. Throughout the summer season, based in Les 2 Alpes, he collaborates with the bike patrols to enhance and expand the 2 Alpes Bike Park. This summer, on the 14th and 15th of July, he will bring together approximately thirty

professionals from across the globe in Les 2 Alpes for an exciting new event: URBAN DH Les 2 Alpes 1800 District. This «urban» iteration of mountain biking promises thrilling downhill action, showcasing some of the discipline's most prominent figures.

Isabeau COURDURIER

Isabeau, a three-time World Enduro Champion (2019, 2022, and 2023), boasts not only an impressive track record but also remarkable kindness. A familiar face at competitions held in Les 2 Alpes, including the renowned Mountain of Hell, it was only natural for her to gravitate towards the resort. «I've encountered an atmosphere and ethos here that I've yet to experience elsewhere,» she remarked. Isabeau resonated deeply with the values championed by the resort, leading her to assume the role of mountain bike ambassador alongside Adrien Loron in 2022. Like Adrien Loron, she is actively involved in organising an event in collaboration with the resort: Girls Shredding Days, scheduled on the 13th and 14th of July. Through this initiative tailored for girls, she is keen to share her passion for the sport.



Mountain bike events



21st to the 23rd of June: MOUNTAIN OF HELL

The renowned Mountain of Hell MTB race, colloquially known as the MOH, is set to host its 24th edition from Friday the 21st to Sunday the 23rd of June 2024. This thrilling enduro mountain bike competition kicks off with a mass start at 3200m, challenging riders to navigate a 2300m descent to the village of Venosc. With nearly 1000 participants in 2023, the event continues to captivate and enthrall, thanks to the vibrant atmosphere it fosters throughout the legendary weekend. This enduring success owes much to the collective efforts and expertise of those involved, including the municipality of Les 2 Alpes, the Sata 2 Alpes ski lift company, the Tourist Office, first-aid personnel, volunteers, and notably, the Choucas Bikers association, the driving force behind the event. Year after year, both seasoned champions and enthusiasts alike rise to the challenge and partake in the MOH, which has cemented its status as the ultimate pinnacle of the discipline. In the previous edition, Kilian Bron secured his fourth victory, completing the race in less than 23 minutes, marking a triumphant return.

22nd to the 23rd of June

MOUNTAIN OF HELL KIDS

The Mountain of Hell Kids is an adapted version of the Mountain of Hell designed for children aged 9 to 14.

13th to 14th July

URBAN DH LES 2 ALPES 1800 DISTRICT

Adrien Loron, mountain bike ambassador for Les 2 Alpes, is co-organising a new event with the resort to showcase urban mountain biking. Little known in France until now, this will be a grand premiere in Les 2 Alpes, featuring the world's TOP 30 riders. The « URBAN DH » event, exclusively for pros, is an individual mountain bike race against the clock on a challenging, obstacle-packed course in an urban area. It's sure to be a great show! The public will be able to watch the event LIVE and enjoy a host of entertainment in the 1800 village square in Les 2 Alpes.

20th to the 21st of July

GIRLS SHREDDING DAYS

Girls Shredding Days is a mountain biking event exclusively for young girls, mothers, and all women. The event is co-organised by Les 2 Alpes and its mountain bike ambassador, Isabeau Courdurier. « This project has been close to my heart for a very long time. I really wanted to promote women in an extremely male-dominated environment, and it's also an opportunity to share something directly with my community, » says Isabeau. Girls Shredding Days offers a unique opportunity to ride, share experiences, enhance skills, and learn invaluable tips from a World Enduro Mountain Bike Champion.

26th to the 28th of July

iXS EUROPEAN DH CUP

The iXS European DH Cup is making its comeback to Les 2 Alpes from the 26th to the 28th

of July. This event is a round of the European Cup, acting as a bridge between national races and World Cups. This event presents riders with a unique opportunity to ride alongside legends. The strong presence of enthusiastic supporters consistently motivates all participating mountain bikers. With two decades of history, this race format continues to successfully unite professionals and amateurs, cementing its status as a cornerstone of the Gravity scene and a cherished event among its dedicated followers.

FROM ELECTRIC MOUNTAIN BIKING TO EXPEDITIONS STARTING FROM LES 2 ALPES

For those interested in experiencing uphill mountain biking before hurtling downhill, electric-assist mountain bikes (eMTB) are worth considering. Les 2 Alpes offers dedicated eMTB areas such as the Vallée Blanche sector and the Venosc sector along the Vénéon. With an eMTB, you can effortlessly tackle both ascents and descents, making it an excellent way to explore the mountains, appreciate nature and stunning views, without requiring exceptional athleticism.

Departing from Les 2 Alpes, the electric mountain biking adventure extends into its surrounding areas. Envision a three or four-day excursion commencing and culminating in Les 2 Alpes, descending through the Romanche and Ferrand valleys, traversing the Plateau d'Emparis with its panoramic views of Les 2 Alpes' towering peaks at 3600 metres and the iconic Meije, with naturally majestic snow-capped peaks. Along the way, make stops and stay in the three renowned destinations of the Oisans: Alpe d'Huez, La Grave, and Les 2 Alpes.

Micro Riders are a significant part of mountain biking in Les 2 Alpes

Les parents peuvent compter sur les écoles de VTT des 2 Alpes

Parents can rely on the MTB schools in Les 2 Alpes to mentor their little ones. They can confidently entrust these young champions, eager for thrills and keen to follow in the footsteps of legends and champions such as Adrien Loron and Isabeau Courdurier (MTB ambassadors for Les 2 Alpes), to the capable hands of MTB instructors. Starting from the age of 6, children can delve into downhill MTB and work towards achieving their 'biker', which is comparable to the star medals awarded in skiing. Lessons commence in the revamped Easy Park area at the foot of the slopes, where children learn essential bike handling techniques. They then progress to

tackling the gentle green trails in the Vallée Blanche sector.

Local youth are coached directly in Les 2 Alpes. Two local mountain bike schools groom the future champions:

► Club VTT des 2 Alpes:

aligned with the French Cycling Federation (FFC), this club mentors youngsters aged 5 and upwards in various mountain biking disciplines, including enduro, DH, freeride, cross-country, and more. The team comprises 18 youngsters who consistently perform well each summer. They achieved 6 podium finishes in the Mountain of Hell KIDS 2023!

► **Mini Choucas** club, organised by the Chez Bob MTB school, offers tailored MTB lessons for children in the region, focusing on enhancing their skills through balance and coordination exercises. The club caters to both children under 6 and older.

FARES

For more information, please visit www.skipass-2alpes.com

1-2 June & 8-9 June WEEKENDS = **25€** Adults / **10€** Children (5-12) and seniors (65-71)

Mountain bike 4 HOURS = **23€** Adults / **17.50€** Children (5-12) and seniors (65-71)
1 DAY = **29.50€** Adult
23€ Children (5-12) and seniors (65-71)
6 DAYS = 116€ Adult
92€ Children (5-12) and seniors (65-71)

SEASON PASS = **295€** Adult
230€ Children (5-12) and seniors (65-71)

FAMILY of 4, for a day = **88€** / or 3 ppl. = **66€**

A base camp for cycling in Oisans



WHEN

From spring to autumn, you can hit the roads and mountain passes of the Oisans region directly from Les 2 Alpes... Only the surrounding colours change!

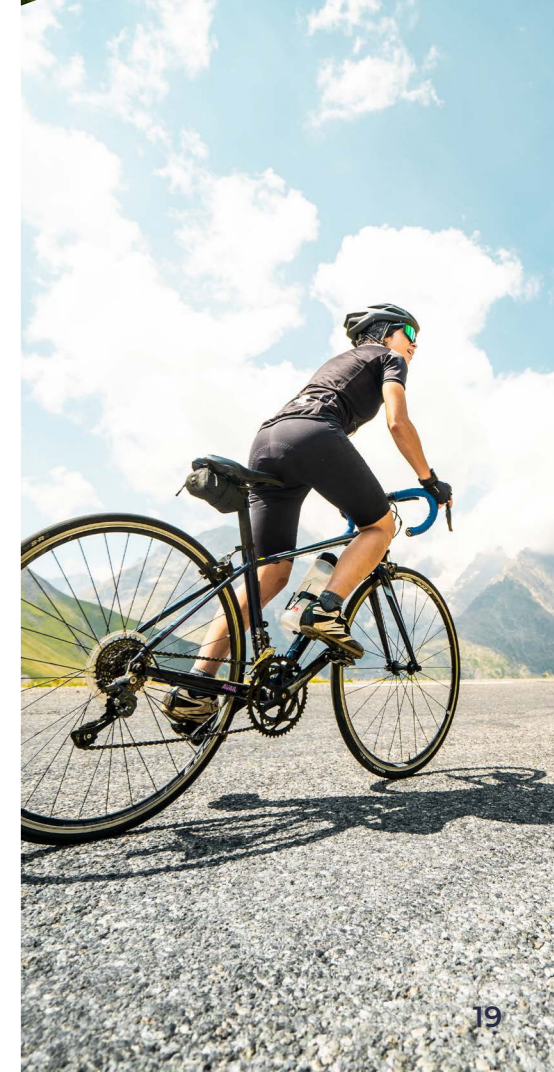
CYCLING OUTINGS

whether in pairs or with a group of friends, are unparalleled. Pedal through the mythical climbs and mountain passes featured in the Tour de France (1998 and 2002 in Les 2 Alpes), with vertiginous cliffside roads and breathtaking alpine landscapes. Explore the mountain passes of the Galibier, the Croix de Fer, the Lautaret, Ornon, and Glandon, or challenge yourself with the steep ascent to l'Alpe d'Huez and Les 2 Alpes. And if fatigue sets in, you can simply make your way home via the Venosc gondola.

Laurent and Lucas Sabot, in charge of the « Les 2 Alpes trail » association and sportsmen at heart, have a soft spot for the Bérarde. These mountain sports enthusiast's state: « situated at the base of snow-coated summits along the Vénéon and its waterfalls, it is the most beautiful mountain path... A true delight! »

Families can enjoy the **greenways** or cycling lanes located in the Oisans plain, such as the route along the Vénéon river, which provides easy access to Les 2 Alpes via the Venosc gondola.

Every summer, as part of the **Oisans Cols Séries**, a mountain pass or road is temporarily closed and privatised for cyclists. On Tuesday 30th of July, between 8.45am and 11am, cyclists will be able to climb the twists and turns leading to Les 2 Alpes without the slightest exhaust pipe in sight! The road leading to 2 Alpes from the Chambon dam will be closed to all motorised vehicles. It is entirely free and open to all!



Les 2 Alpes, base Camp for professional skiers and snowboarders



QUAND

From the 29th of April to the 7th of July, depending on the snow conditions.

HISTORY

Since the 1970s, Les 2 Alpes has been a haven for ski and snowboard professionals. Hosting the **World Ski and Snowboard Championships** enabled the resort to enhance its skills and expertise, particularly through the construction of its first snowpark, in the summer of 1993. Today, it stands as a benchmark in France and Europe. The resort spares no effort to ensure optimal training conditions for athletes. Dedicated slope technicians



meticulously craft suitable training areas, for a diverse range of needs. The snowpark, featuring various modules including a Big Air, rails, and the FIS-approved Cross Park, undergoes

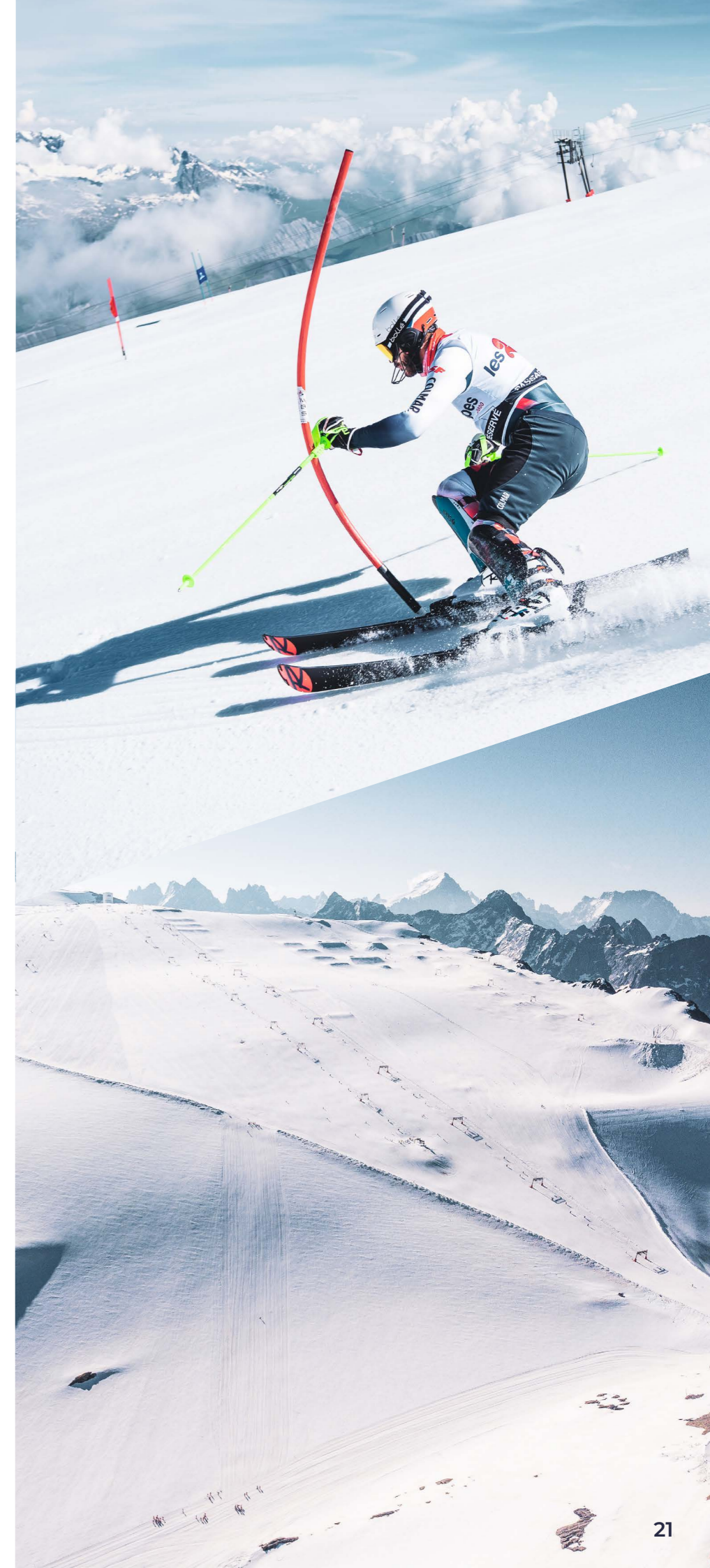
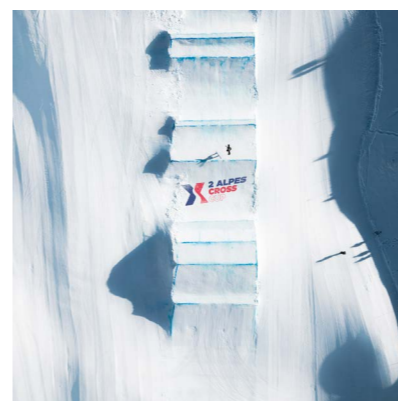
meticulous preparation from February onwards. Esteemed champions, including local talents Léa Casta, Aidan Chollet, and Maja-Li lafrate Danielsson, Snowboard Cross World Cup athletes, frequent the site to hone their skills.



WHY PRO SKIING IN SPRING

As part of a new strategy, a new ski season is being introduced from the end of winter until the beginning of July. This new season mainly targets ski and snowboard professionals, including World Cup teams, European Cup teams, ski clubs, and athletes from around the world. Les 2 Alpes stands out as one of the rare destinations offering training facilities after the conventional winter season concludes. The resort is adapting to provide a premium experience and a

high-quality product. This new season offers excellent training opportunities due to the outstanding snow conditions above 3000 m. These optimal snow conditions are further complemented by record snow depths above 2600 m. In response to climate change and with a commitment to preserving the high-altitude snow and ice, the SATA 2 Alpes ski area company has opted to realign the seasons, introducing a bespoke season tailored specifically for professionals.





CHAPTER 3

SUMMER CALENDAR

**Calendar subject to change or cancellation*



May 2024

13 TO 19 MAY

World Rookie Tour - Spring Rookie Camp

A major gathering of international riders for a week of camps (for juniors and under 17s), followed by a weekend of Slopestyle contests in 2 Alpes' snowpark, located at 3400m. The World Rookie Tour in Les 2 Alpes kicks off the 2024/2025 World Tour season.

June 2024

7 JUNE

Mountain Waste Collection Day

The Town Hall, the SATA 2 Alpes ski area, the Village 1800, the Tourist Office, and the Mountain Riders association are jointly organising a rubbish collection day on the 7th of June. The aim is to collect, sort, and dispose of waste, while also raising awareness among the public.

21 JUNE

Go skateboarding day

The 21st of June is the international skateboarding day. The 2 Alpes skateboard association is holding their largest parade yet: « Tous en skate! »

21 TO 23 JUNE

Mountain Of Hell

A renowned and legendary downhill enduro MTB event, commencing with a mass start at 3200 m. The exhilarating course boasts a descent of 2300 m, drawing in a crowd of 1000 riders at the starting line!

22 TO 23 JUNE

Mountain Of Hell Kids

An adapted version of the Mountain of Hell designed for children aged 9 to 14.

July 2024

11 JULY

Venosc's fairground arts Festival

Street art brings life to the authentic village of Venosc.

14 JULY

French National Day

13 TO 14 JULY

Vintage Motor Show

8th edition

13 TO 14 JULY

Urban DH Les 2 Alpes District 1800

New

Adrien Loron and Les 2 Alpes are inviting the world's Top 30 riders to participate in the URBAN DH, a technical course set in an urban area. We are expecting a great turnout for this thrilling discipline: urban mountain biking! It promises to be an impressive spectacle not to be missed!



18 JULY

Journée des arts forains Venosc

An immersion into the world of the 1900s: street entertainment, shows, workshops, pedal carousel...

20 TO 21 JULY
King of the Plaza

6th edition

A weekend filled with skateboarding competitions, organised by Deux Alpes Skate Crew (DSK)

20 TO 21 JULY
Girls shredding days

2nd edition

Isabeau Courdurier, MTB ambassador for Les 2 Alpes, is bringing together young girls and women through her passion for the sport. The aim is for girls to ride alongside a pro!

22 TO 26 JULY
Le défi de la Muzelle

3rd edition - REGISTRATIONS ARE CLOSED
The association Les 2 Alpes Trail is organising a multi-stage trail race over 4 days, with the option of either a 50 km or a 100 km itinerary.

26 TO 28 JULY
iXS European DH Cup

New

A round of the European Downhill Mountain Bike Cup makes a stopover in Les 2 Alpes. For 20 years, the organisers have been bringing experts and elite athletes together to ride alongside each other.



30 JUILLET
Oisans Col Series

On Tuesday the 30th of July, between 8.45am and 11am, cyclists will be able to climb the twists and turns leading to Les 2 Alpes without the slightest exhaust pipe in sight!

August 2024

3 TO 10 AUGUST
Moves of the Top

New

A dance festival for individuals of all ages, offering classes and performances by top dancers and instructors from across the globe.

3 TO 4 AUGUST
Hay day

31th edition

A traditional day in the colours of yesteryear: open-air mass, parade in period costumes, rustic aperitif, hay-cutting demonstrations, folk groups, garage sale, and sale of regional produce.



8 AUGUST
Marché des créateurs et des artisans d'arts

12 AUGUST
Dining Walk

A friendly event created by locals to raise funds for 2 associations: « Il y a ton sourire » and « Andréa on est là ». Follow a beautiful hiking trail on the mountain pastures around Les 2 Alpes while tasting local produce.

15 AUGUST
15th of August Festival de Mont de Lans

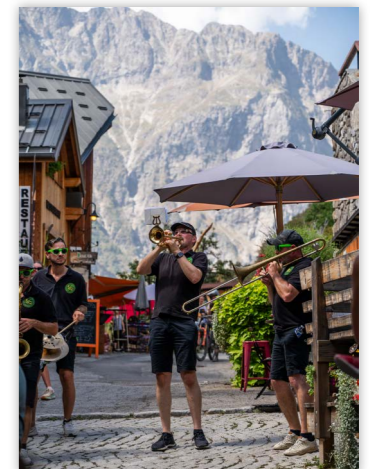
15th of August festival, featuring a concert, mass and procession, flea market, entertainment, dance and fireworks.

18 AUGUST
Waiter's Race

The Vikings association is organising a fun-filled day where teams dress up and take on a series of obstacles, with a waiter's tray in hand.

22 AUGUST
The Venosc Wanderings

Enjoy a day of walking along a family-friendly path between the forest and hamlets of Venosc, all while making the most of the entertainment offered along the way: a pedal carousel, a stamp workshop for children, music, games, and a brass band for everyone to enjoy!





CHAPTER 4

2 ALPES FAVOURITES



For the gourmet and food lovers

► **Le P'tit Polyte** (4-star Chalet Mounier Hotel) holds the distinction of being the **highest-altitude starred restaurant in Isère**. It is overseen by chef Guillaume Barengo and his skilled team. The **Michelin Guide has reaffirmed Le P'tit Polyte's star rating for the year 2024**. Since 1999, the Michelin Guide's narrative has been closely intertwined with that of Chalet Mounier's, marking 25 years of shared history over which 10 chefs have successfully maintained its esteemed star rating.



► **Yonder Café** is the resort's « healthy » restaurant, whose menu, curated by Arthur, is inspired by his worldwide travels.

► **Le Cours de la Vie**, located in the village of Venosc, run by Mathilde and Stéphan, offers refined, local and authentic cuisine.



► **Le Grain de Sel** offers French-style cuisine with dishes concocted

according to local and seasonal produce. It even revisited the classic cordon-bleu recipe for the France 3 TV show *Météo à la Carte!*

► **Le Raisin d'Ours** is home to the smoked burger, served with a homemade brioche bun and minced meat.

► **Douces Gourmandises, situated in the village of Venosc**, is overseen by Bruno, who has been awarded the title of « meilleur ouvrier de France » (best craftsman). The dishes are made with high quality-local produce, served on a terrace overlooking the Vénéon valley and the Aiguille de Venosc.

► **Le Bistrot des Lutins** (Established in 1959) is a local favourite due to its atmosphere and fine quality dishes cooked by Louison. It is also renowned for its homemade ice creams and famous spread: Loutella!



► **Les Mauvais Garçons**, a cosy spot for those who love quality meat. Beautiful dishes and impeccable service!



► **4 restaurants in Les 2 Alpes are referenced by l'Association Française des Maîtres Restaurateurs**

Le Chalet Mounier, Le Diable au Cœur, Crêpes à Gogo and, more recently, the Douces Gourmandises restaurant in the village of Venosc.

Whee to enjoy a drink

► **Chez Nous 2** offers something for everyone. Run by two sisters, Ophélie and Sophie, their warm hospitality and South-Western inspired tapas, platters, and signature cocktails ensure a delightful experience for all.

► **Motown Café** is a lovely bar where you can savour cocktails along with homemade tapas (free of charge) to the sound of « MOTOWN » music (American label), a soulful music with a touch of pop.

► **Le Saloon**, is a one-of-a-kind bar (and restaurant) ... It stands alone in offering an open mic night for musicians!



► **L'Épicerie des Alpes** a delicatessen where you can taste quality wines and enjoy local products platters, comfortably seated around wine barrels.



► **The Smithy's Tavern** is a spacious chalet housing a restaurant and a bar where customers from all over the world mingle, though

predominantly English. It's the perfect place to practice your English, savour craft beers and taste their famous homemade « Genepi fusion »!

► **BC7** is a cosy, gourmet, and instagrammable restaurant, doubling as a bar offering delicious cocktails and delectable tapas and pizzas.

► **Ginette** stands as the chic and fashionable destination in Les 2 Alpes, boasting an artfully designed, floral-themed decor and an inviting, snug ambiance complementing the lively cocktails expertly crafted by Jimmy, the owner of this so Frenchie-British lounge!



► **Chamois Lodge**, is an unmissable venue, not only for its bistronomic cuisine but also for its stylish bistro, where you can indulge in a variety of cocktails and gourmet platters around a brazier.

NEW

This summer, wine tastings at Chalet Mounier featuring wines selected by Sommelier Paolo Siani...

Must-visit

► Treat yourself to a holiday in the mountains with a **quality SPA experience**: SPA Chalet Mounier (featuring Cinq Mondes treatments), SPA Côte Brune (offering La Sultane de Saba treatments), and SPA Chamois Lodge.

NEW

Fancy a tranquil morning nestled amidst the serene embrace of the mountains? Then you simply must indulge in the «Yoga & Breakfast » morning at Chalet Mounier, available every Sunday from 9.30am to 12pm. This rejuvenating practice unfolds amidst the open air, with breath-taking views of the legendary Muzelle and Pic de Venosc mountains within the Écrins National Park. A promise of pure relaxation awaits, followed by a delightful brunch to savour.

► **Le Vieux Chalet** or la Fromagerie des Alpes (cheese maturation on site) offer local products: cheeses, sausages, crozets, blueberry jams, honey, mountain liqueurs...

► **Le Café-Musée Chasal Lento** (accessible via a free chairlift from Les 2 Alpes) is a museum which offers a genuine immersion into the history and background of our villages (including Romans, peddlers, the Chambon dam, and the history of Les 2 Alpes). Moreover, it doubles as a traditional café where patrons can share special moments and anecdotes with locals!

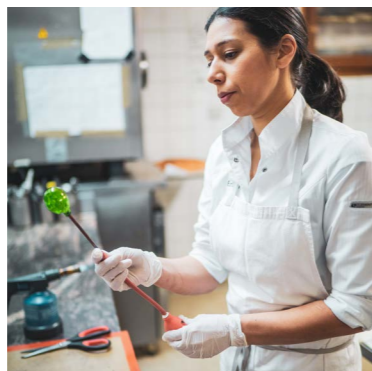
► Au **Jardin de Lyna**. 18 years without a florist! Rediscovering sensory pleasure is unmatched!



CHAPTER 5

MADE IN LES 2 ALPES

► **Les Petits Caprices d'Émilie Paris**, is a renowned chocolate and pastry shop in Les 2 Alpes. Émilie's world brims with creativity, delicacies, and delights. Gourmandise is an art that she loves to share!



► The Yonder Café restaurant sells the **only coffee "made in" Les 2 Alpes, roasted** at an altitude of 1650m, ranging from beans to ground coffee, sourced from Guatemala, Ethiopia, Indonesia and Peru. Arthur, the manager, brightens our days with his hearty homemade coffee!



► The **Génépi des Sommets** boutique is where the secrets of crafting Génépi liqueur are kept, with a recipe passed down through generations. The nectar is crafted onsite using traditional methods. Cyril Jouvin and Sylvain Péguy take pleasure in enlightening visitors about the plant's history, the meticulous crafting process, the bottling ritual, and finally, indulging in a tasting session of the finished product. An enriching and tasty story!

► Beer is a very popular beverage, inspiring enthusiasts to craft their own brews. Ugo Mounier, the manager of the high-altitude restaurant Le Diable au Coeur, has come up with his own recipe, the **Bière des Glaciers**. He creates new recipe every year!

► Looking for a unique souvenir to remember your holiday by? Consider a custom-designed cap that's exclusively yours. Florian Martin, also known as Flo, is the skilled artisan cap embroiderer behind **NWMC** (Never Without My Cap), ready to create your one-of-a-kind piece.

► **Sophie Dode**, is a contemporary painter who harbours a passion for the mountains and skilfully immortalises their majesty on canvas, enchanting the viewer's gaze with vibrant hues, bold contrasts, and the interplay of light!

► **Laetitia Ayrat, aka Laët**, is a skilled wood engraver, based in the village of Mont de Lans. Rather than merely working with wood, she breathes new life and light into old pieces such as shutters, tables, and walls. It's a remarkably beautiful technique!

► **Robert Mensah, or Bobby**, has been a **woodcarver in Venosc** for 20 years. From utilitarian objects to one-off pieces, his contemporary-style creations draw influences from both European and African styles. He favours local hardwoods for their colour and grain. His work is showcased across Europe, attracting clientele from distant lands such as Australia and New Zealand.



► **Simon Lavaud is a blacksmith and cutler in Venosc** (La Forge du Vénéon). Situated in the heart of the village of Venosc, Simon has chosen to revive the over 100-year-old Vénéon Valley forge, which he now owns. He adheres to centuries-old principles of charcoal forging to craft top-quality artisan knives. Every piece is meticulously fashioned by hand! His knives are exclusively sold from the workshop, where he also organises one-day and two-day courses.

Getting to AUX 2 ALPES



BY PLANE

GRENOBLE ALPES ISÈRE (1h30)
LYON SAINT EXUPÉRY (2h)
OR **GENEVA AIRPORT** (2h30)



BY TRAIN

Arrival at Grenoble station
(1h15 by car or taxi and 1h45 by bus)



BY BUS

FROM THELYON AIRPORT

FLIXBUS or BLABLACAR shuttle buses (1h) then CARS REGION or TRANSALTITUDE between Grenoble and the resort / Prices start from 30€ for a one-way journey.

FROM GRENOBLE STATION

(in under 2h30): CARS REGION (6.90€ per journey) or TRANSALTITUDE (20€ per journey).





Contact

PRESS DEPARTMENT

Les 2 Alpes Tourist Office

Hélène HOSPITAL

Tél : +33 (0)4 76 79 54 45

Mobile : +33 (0)6 75 20 92 05

helena.hospital@les2alpes.com

ESPACE PRESSE

- PRESS AREA** On the www.les2alpes.com website (press kits, press releases)
- FACEBOOK** Hélène Presse Deux Alpes
- TWITTER** @Helena_Hospital
- PHOTOS** If you need photos, please contact us / Our photographer: ©Les 2 Alpes_Pyrène
- VIDEOS** Besoin d'images ou d'ours,
contactez-nous ou consultez notre chaîne YouTube :
If you need footage or a rough cut, contact us
Our videographer: ©Les 2 Alpes_Alexandre Gallego
or check out our YouTube channel: <https://www.youtube.com/channel/UCgCGap8Zgt2cet7IIEIbPsA>

LES 2 ALPES TOURIST OFFICE CONTACT

Tél : +33 (0)4 76 79 22 00 - www.les2alpes.com - info@les2alpes.com

Social media @2ALPES / main privilégié : #les2alpes #Homeofride

2 ALPES RÉSERVATION

2 ALPES RESERVATION boasts 700 properties and privileged contacts with private owners, alongside approximately twenty hotels and all the local estate agencies. 2 ALPES RESERVATION is now 100% digital, with an online chatbot ready to answer all your inquiries. For bookings, contact us at: reservation@les2alpes.com / www.les2alpes.com

OUR PARTNERS

