

HOME OF *Ride*



SUMMER 2022
PRESS PACK

EDITO

Les 2 Alpes is looking forward to a fantastic summer season!

The summer season is now longer, as the resort opens from 28 May to 28 August (it used to open later). The reason for this long summer season is that more and more people want to escape to the mountains to relax, disconnect from everyday life and come back re-energised from their holiday.

With a huge choice of activities, including summer skiing, Les 2 Alpes is the place to be this summer!

LES 2 ALPES WILL OPEN

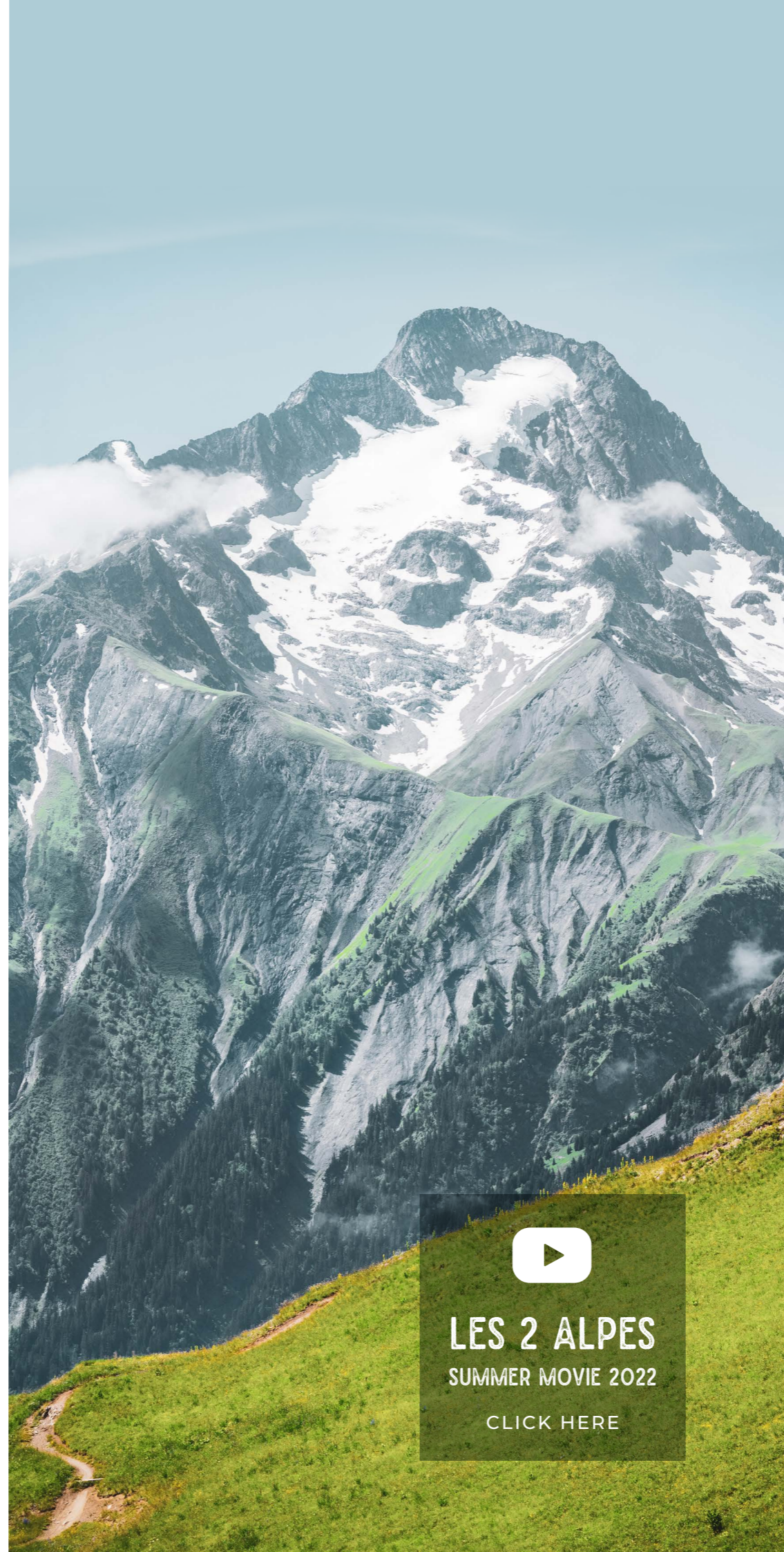
From Saturday 28 May to Sunday 28 August 2022.

From 28 May to 15 August: the glacier opens for skiers and boarders.

From 18 June to 28 August: the resort opens for mountain bikes and all the other activities.

Ten reasons to visit Les 2 Alpes in the summer

- 1** You can ski or snowboard on the glacier at 3,200m.
- 2** It is an exceptional resort for downhill mountain biking (100km of green, blue, red and black runs).
- 3** It is an excellent base for road cyclists who want to ride on the legendary roads of the Tour de France.
- 4** It is located on the edge of the Écrins National Park, which is a paradise for hikers, with over 200km of hiking tracks.
- 5** There are over 40 activities on offer, including paragliding, golf, trampolining, white water rafting and swimming.
- 6** You can swim in the resort's lake, swimming pools and do white water sports
- 7** Although it is usually warm during the day, it is cooler at night – the perfect combination for enjoying the sunshine without the heat wave.
- 8** Les 2 Alpes organises fun events every weekend, including the Mountain of Hell, the King of Plaza, etc.
- 9** Les 2 Alpes has a great atmosphere, and you can choose between 80 restaurants and 30 bars.
- 10** It offers excellent value for money.



LES 2 ALPES
SUMMER MOVIE 2022

[CLICK HERE](#)

KEY NUMBERS FOR THE SUMMER



3,600m

The highest point of Les 2 Alpes' glacier, Europe's largest skiable glacier



48,5%

The percentage of the resort's annual turnover that the summer represents (for 2021, usually it is around 26%)



25,000

Mountain Bikers



30,272

Touristic beds



30,000

Skiers



50,000

Pedestrian



40

Activities to discover



80

Restaurants

3 LABELS

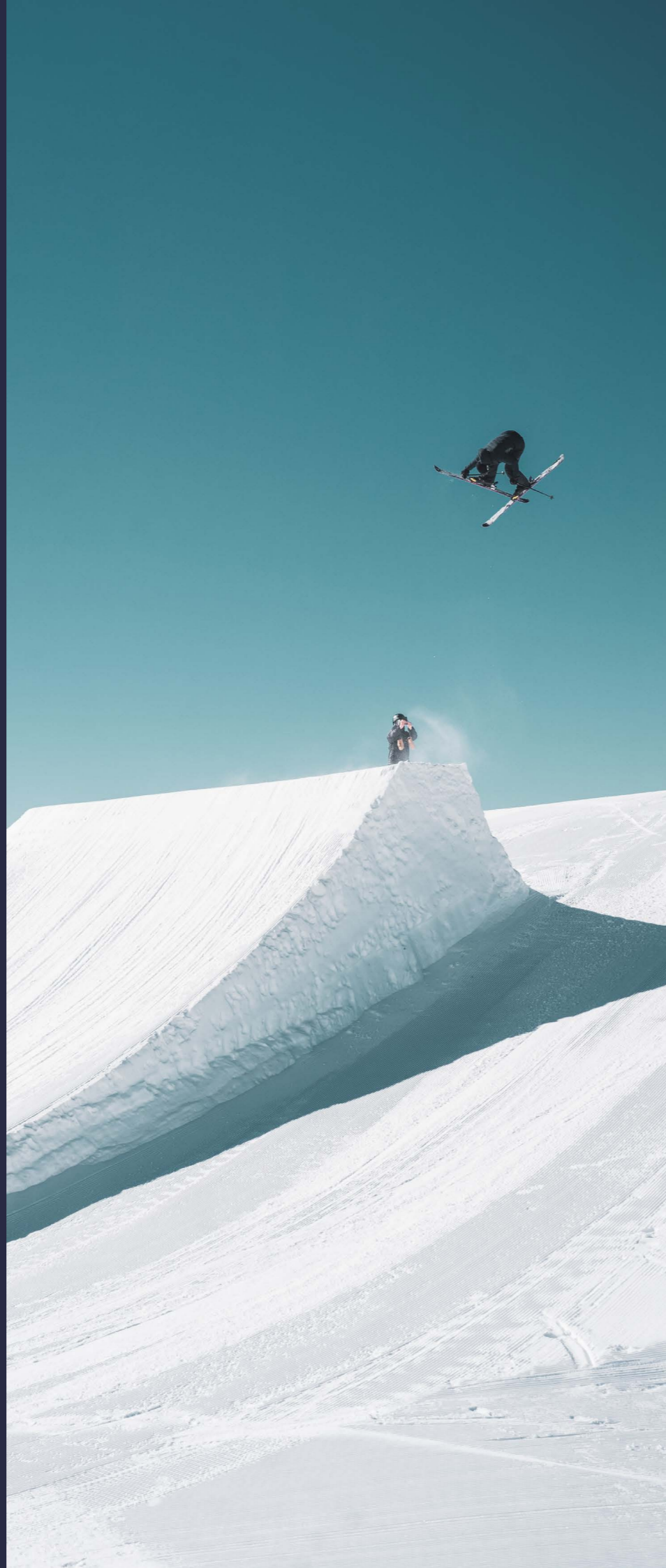


NEW FOR SUMMER 2022

New on the glacier

Les 2 Alpes' snowpark is renowned internationally and attracts amateurs as well as pro riders. SATA, the lift company, will be carrying out some work at the end of the winter to make it even better!

- ▶ A boardercross has been built for summer training and to host international competitions.
- ▶ A smaller boardercross has also been built for families, along with a green slope between the boardercross and the snowpark. Beginners can take it to admire the riders.
- ▶ Les 2 Alpes had an ice cave on the glacier at 3,200 metres. It has now been moved to 3,400 metres and is next to the skywalk (Le Belvédère des Écrins) and an orienteering table. This area is accessible to skiers and also pedestrians.
- ▶ The funicular on the glacier has been revamped.



NEW FOR MOUNTAIN BIKING

Les 2 Alpes is a mecca for mountain bikers. The bike park boasts around 100 kilometres of tracks for downhill, freeride, freestyle, enduro and e-biking circuits. It needed to be redesigned in order to make it more pleasant to ride but also easier to look after. After conducting several audits and interviewing pro riders, SATA, the lift company, decided to invest heavily in upgrading the bike park.

- ▶ The blue trail Lilith, located in the Diable area at between 2,400 metres and 1,600 metres, will be redesigned. Les 2 Alpes has asked pro rider Adrien Loron, who is an ambassador for the resort, to advise them on how to create a better flow on this run.
- ▶ An additional section has been created on the green run La Vallée Blanche to provide a better flow.
- ▶ A new blue circuit for e-bikes will be created in the heart of the bike park, between the top of the Diable, Gours-Thuit and Les Crêtes areas.
- ▶ A new black run will be created for summer 2023.





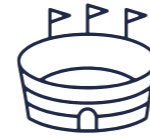
FIRST SUMMER FOR BASE CAMP LODGE

Base Camp Lodge is a new hostel that opened in December 2021. Hotel des Champions, located in the centre of the resort, has been transformed into a new and trendy hostel with a mountain design style. Over four floors, Base Camp Lodge has 30 bedrooms: double/twin rooms, family suites and dormitories for up to 10 guests. It also has a restaurant with some good vegan and vegetarian options, a fitness room, a sauna and a ski room.

After a very successful first winter, Base Camp Lodge will open for summer 2022. It costs from €95 per room for two people per night, and from €35 per person per night in a dormitory. www.hotel-basecamlodge.com

A NEW SPA

The Chamois Lodge is a very nice independent hotel in the centre of the resort. It boasts a new spa that includes a sauna, an outdoor Jacuzzi, a steam room and a treatment room. It's the perfect place to be pampered! www.chamoislodge.fr



NEW EVENTS

24-26 JUNE

The Mountain of Hell for kids

For the first time, this summer, the legendary downhill mountain biking event, The Mountain of Hell, will organise a race for children aged from 9 to 14. The 2022 Mountain of Hell will take place from 24 to 26 June.

<https://www.les2alpes.com/summer/discover/a-lively-resort/summer-highlights/mountain-of-hell/>

17-20 AUGUST

Le Défi de la Muzelle

This is a new challenge for trail runners! Le Defi de la Muzelle is a four-day race with four stages:

Stage 1: Le Tour de Pied Moutet – 30km / 2,000m d+

Stage 2: Du Diable à la Fée – 20km / 1,300m d+

Stage 3: La Descente du Glacier – 21km / 800m d+

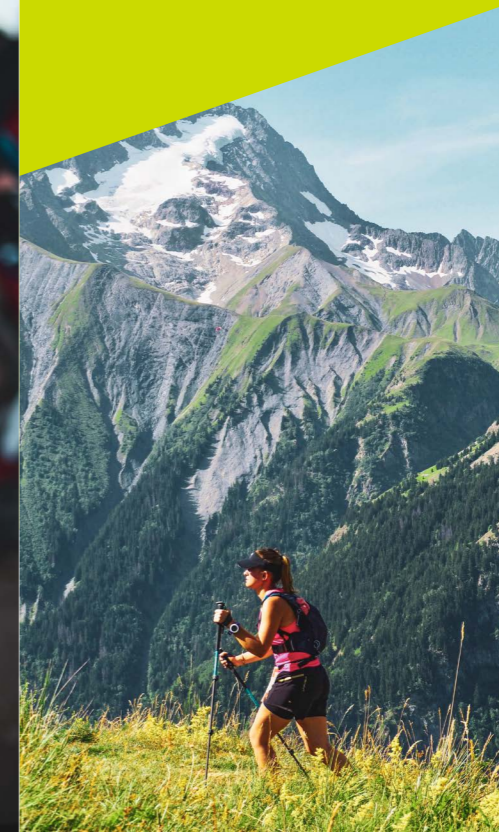
Stage 4: La Grande Surprise! – 30km / 2,500m d+

www.ledefidelamuzelle.com

1-5 SEPTEMBER

Alpine fitness camp with Billy Billingham

600 people can take part in this fitness camp organised by Billy Billingham.





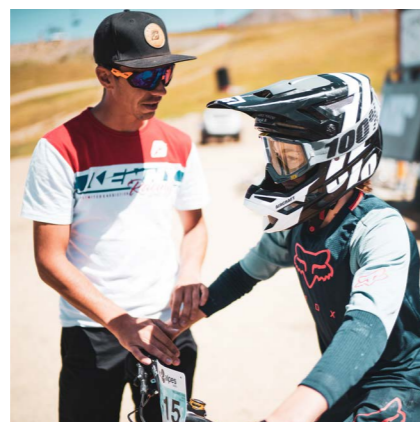
A FAMILY FRIENDLY SUMMER DESTINATION

Happy children, happy parents!

► In Les 2 Alpes, children can **learn to ski or snowboard** on the beginners' slopes or improve their technique in alpine skiing or freestyle. The ESF and European Ski & Snowboard School organise lessons every morning.



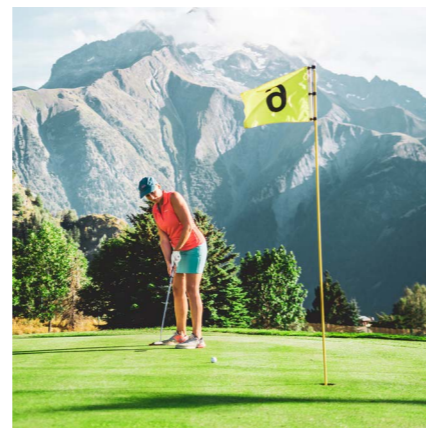
► From the age of six, children can **learn downhill mountain biking** and pass their 'biker' – the equivalent of stars in skiing. Children from 4 to 16 years old can take part in the 'Fun Stage', which is a summer camp with different activities every day: swimming, rafting, hiking, horse riding, trampolining, rollerblading, skiing, mountain biking, climbing, hydrospeeding, canyoning, tennis, via ferrata, paddle, cani-rando and more. The Fun Stage can be booked for a half day or a full day. And while the children are busy, the parents can enjoy some time to themselves...



► **Have a stroll on the central avenue of Les 2 Alpes**, la Muzelle, and do a bit of shopping before enjoying lunch on a sunny terrace.



► **Hit some balls on the golf course:** Les 2 Alpes has a very technical nine-hole golf course set in a beautiful environment.



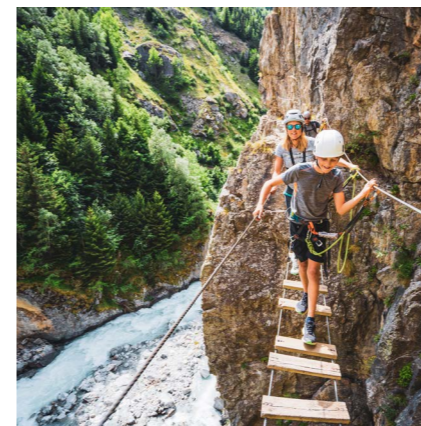
► Try a **tandem paragliding flight!** Fly peacefully over the mountains and admire the fauna and flora. There are three paragliding schools in Les 2 Alpes: 2 Alpes Paragliding, Air Wings Paragliding and Air 2 Alpes.



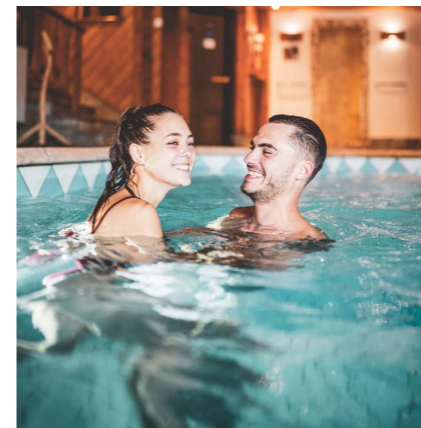
► Take the Jandri Express to the glacier and discover **the Belvédère des Écrins** – a seven-metre-long skywalk at the top of the glacier at 3,400 metres – where you'll be blown away by the unique 360-degree views.



► Try **white water rafting or hydrospeeding** in the turquoise waters of the Vénéon River in Venosc.



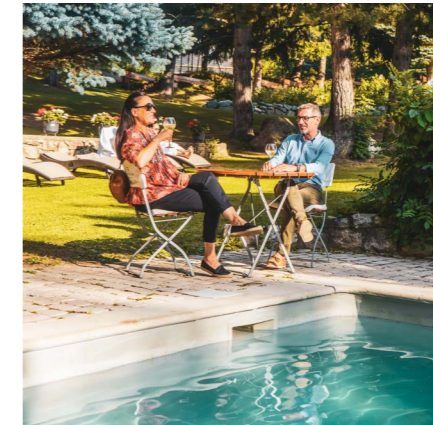
Get pampered in one of the resort's spas: the Cinq Mondes Spa at five-star hotel Chalet Mounier, La Sultane de Saba at the Côte Brune, or the new spa at the Chamois Lodge.



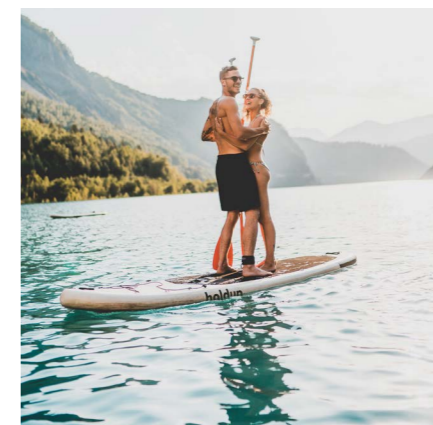
► Stretch and get toned with an early morning **yoga** session, followed by a healthy brunch.



► **Sip a cocktail by the pool of the Côte Brune hotel or the pool at Chalet Mounier.**

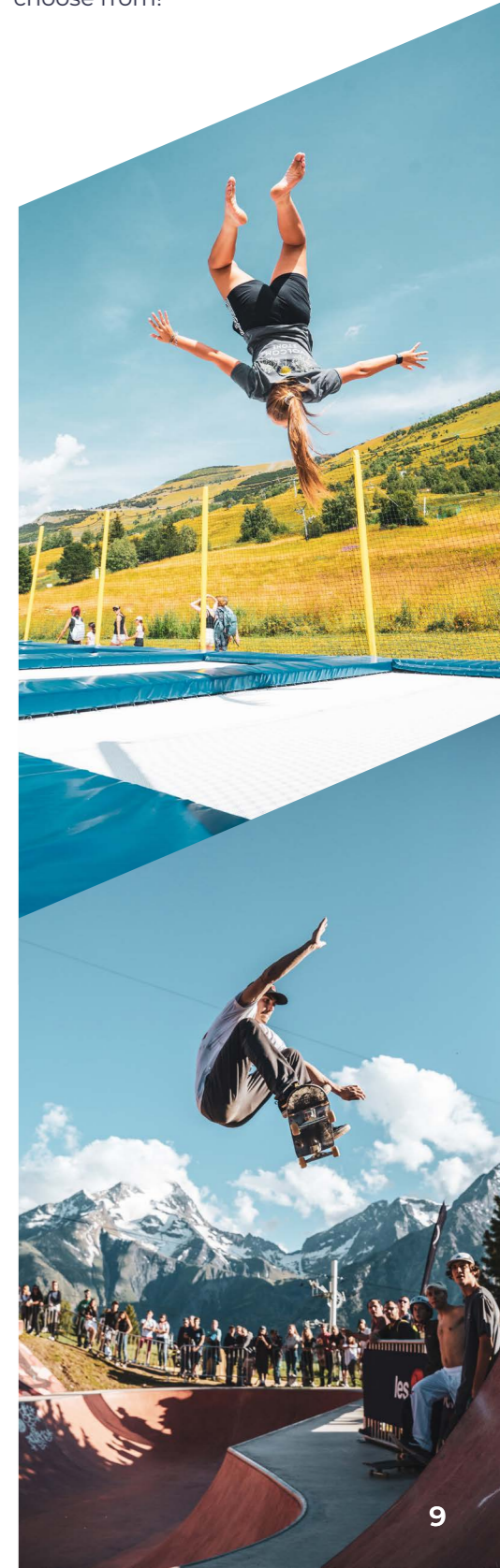


► Go **paddleboarding** on the turquoise waters of the Chambon Lake, which is accessible by car from Les 2 Alpes in 15 minutes, before enjoying a delicious lunch at the Cabane aux Bords du Lac.



► **And after some relaxing time for the adults and fun time for the kids, you can have some precious family time.**

Try the mini kart course, mini golf, the sledging runs or trampolining... play tennis, try tricks in the skatepark or at the pump track... discover the via ferrata with a guide or go on a hike... there is so much to choose from!





LES 2 ALPES IS A REAL BASE CAMP FOR OUTDOOR AND MOUNTAIN ACTIVITES



Summer skiing

Les 2 Alpes has Europe's biggest skiable glacier. Skiers and snowboarders can ride every morning from 7am to 12.30pm, on 30km of slopes located between 3,200m and 3,600m. The glacier is accessible to all levels: there is a beginner area, there are many runs for intermediate and advanced riders, and pro riders come in the summer to train in alpine skiing and freestyle in the snowpark.

A well-preserved glacier: to achieve the best possible summer skiing, Les 2 Alpes spends a lot of time working on the glacier all year round to ensure it is in optimal condition and to preserve it. This includes harvesting snow on the glacier and distributing it daily to ensure great snow coverage and well-maintained pistes.

Mountain biking

Les 2 Alpes is famous for downhill mountain biking. Riders from around the world come to Les 2 Alpes in the summer to enjoy its 100km of runs, located between the foot of the glacier at 3,200m and the villages of Mont de Lans at 1,300m and Venosc at 900m. Mountain bikers use the lifts to go up and can then choose between green, blue, red or black runs – green being the easiest and black the most difficult.

Adults and children can practice their skills at the Easy 2 Ride area in the centre of the resort.

The security and maintenance of the Bike Park is in the hands of the Bike Patrol. Eight bike patrollers look after the 100km of tracks. They work 700 hours in the spring, 2,000 hours in the autumn and 2,700 hours in the summer when the resort is open.



E-Biking

The number of riders using electric bikes keeps growing. Les 2 Alpes has dedicated and signposted runs for e-bikes: the Vallée Blanche area, the Venosc area, a track to go from 1,600m to 3,200m, and a track along the Vénéon River.

It is possible to hire e-bikes from most sport shops in the resort, and bike schools organise outings on dedicated itineraries.

Aventure Electrobike organises rides at sunset. Riders cycle up to the Diable au Coeur restaurant at 2,400m, where they enjoy an aperitif and a barbecue before riding down by night (with a headlight). It costs €50 per person.

There are several mountain biking and e-mountain schools in Les 2 Alpes: BIKE INFINITY/M.C.F, VTT UCPA, le bureau des guides (GRAVITY BIKE), Chez Bob and Aventure Electrobike. They all have qualified instructors.

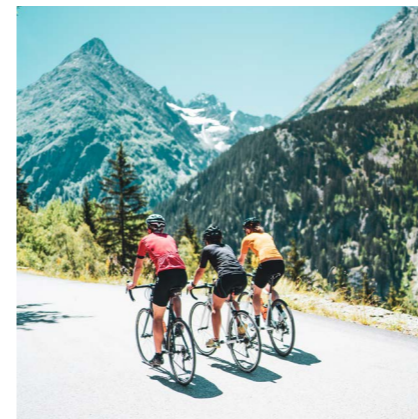
Road cycling

Les 2 Alpes is a great base for cyclists who want to tackle some of the most legendary mountain passes, such as the Alpe d'Huez, Galibier, Lautaret, Ornon, the Iron Cross and Glandon.

Cyclists can get back to the resort by the Venosc cable car or by cycling the bendy road that goes up the resort (Marco Pantani holds the record by climbing it in 21 minutes!).

The Oisans Cols Séries: every Tuesday during the summer, a road or a mountain pass is closed to cars so that cyclists can enjoy it peacefully and safely.

The road between the lake of Chambon and Les 2 Alpes will be closed on 16 August. <https://oisans-col-series.com/en/>



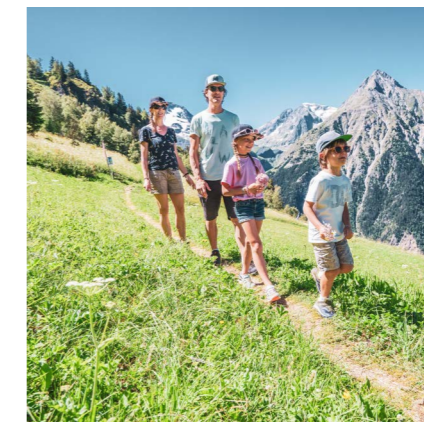
Hiking

Les 2 Alpes has over 200km of beautiful hiking tracks. Le Bureau des Guides organises different types of guided walks:

► The Chamois walk to observe this beautiful alpine animal, who is difficult to see.

► Foraging walks to learn about the local plants that can be eaten or used as natural medicines. It costs €39 for a full day or €23 for a half day. Children under 18 years old pay €35 for a full day or €19 for a half day.

► Ice walks on the glacier, with crampons and an ice axe. Children aged 10 and older can do an ice walk. It costs €80 for an adult and €70 for children between 10 and 13. www.guides2alpes.com



Trail running

Les 2 Alpes has four marked trails for different levels:

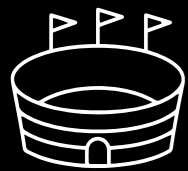
A green run: Les Balcons de Venosc, which is 11km long.

A blue run: Pied-Moutet, which is 20km long.

A red run: La Brèche du Grand Creux, which is 30km long.

A very challenging 2.4km run between Venosc village and Les 2 Alpes, with a 700m climb.





EVENTS 2022

11 JUNE

A day dedicated to cleaning the resort

Join and collect the rubbish left behind

17 - 19 JUNE

Porche savoie Cup

17 - 19 JUNE

Mountain Biking French Cup



21 JUNE

Go Skateboarding Day

Les 2 Alpes celebrates the Skateboarding International Day

24 - 26 JUNE

Mountain Of Hell

22ND ÉDITION

Mountain of Hell is a legendary downhill mountain biking race where hundreds of experienced mountain bikers line up at the highest start line for a MTB competition (3,400 metres) and ride down a 2,500 metres vertical run. For the first time, this summer, The Mountain of Hell, will organise a race for children aged from 9 to 14.



14 JULY

Bastille Day Celebration

16 - 17 JULY

Vintage Motor Show

Admire 200 vintages cars and 100 vintages motorbikes during this event.



23 - 24 JULY

King Of the Plaza

Skateboarders can take part in various competitions with a total prize money of €3950.



30 JULY

Meeting Vespa

NEW

6 - 7 AUGUST Hay Festival

22ND ÉDITION

Traditional festival themed around the daily life, traditions and costumes of yesteryear.

16 AUGUST

Oisans Col Series

The Oisans Cols Séries: every Tuesday during the summer, a road or a mountain pass is closed to cars so that cyclists can enjoy it peacefully and safely. The road between the lake of Chambon and Les 2 Alpes will be closed that day.



17 - 20 AUGUST

Le Défis de la Muzelle

NEW

This is a new challenge for trail runners! Le Defi de la Muzelle is a four-day race with four stages: Stage 1: Le Tour de Pied Moutet – 30km / 2,000m d+. Stage 2: Du Diable à la Fée – 20km / 1,300m d+. Stage 3: La Descente du Glacier – 21km / 800m d+. Stage 4: La Grande Surprise! – 30km / 2,500m d+

www.ledefidelamuzelle.com



23 - 24 AUGUST

Haute Route des Alpes

NEWS This famous cycling race will have a stage in Les 2 Alpes.



1 - 5 SEPTEMBER

Alpine fitness camp with Billy Billingham

The British operator «Pollen» proposes a sport camp. 600 people can take part in this fitness camp organised by Billy Billingham.





GREAT DEALS

SUMMER 2022

MOUNTAIN ACTIVITIES DEAL

Accommodation + 6-day ski lift pass, MTB pass, access to the summer luge, golf course and archery - from **€295** per person in an apartment or **€495** in a hotel with breakfast.

FRESH AIR DEAL

1 week in an apartment + a 6-day pedestrian pass to access all the summits, the ice cave, the skywalk, etc, and an introduction to alpinism – from **€235** per person.

GOOD DEAL FOR MOUNTAIN BIKERS

Accommodation + 6-day MTB lift pass from **€215** per person.

Book and discover more deals on www.les2alpes.com

<https://booking.les2alpes.com/summer?origine=switchLangue>

LIFT PASS PRICES

Ski Pass

it gives access to the glacier for skiing, and includes the access to the bike park and all the lifts for pedestrians

Adult: 1-day: **€45** – 6-day: **€225**

Children (5 to 12 years old): 1-day: **€26** – 6-day: **€180**

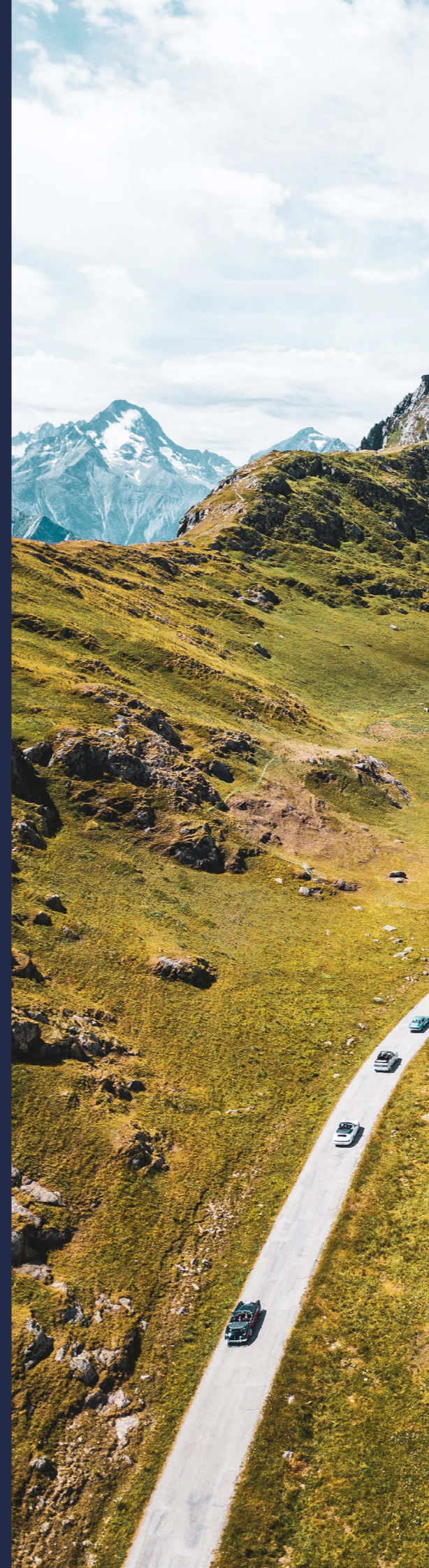
Lift pass for mountain biking (it also includes the access to all the lifts for pedestrians)

Adult: 1-day: **€28** – 6-day: **€110.50**

Children (5 to 12 years old): 1-day: **€22** – 6-day: **€87.50**

Lift for pedestrians

1-day: Adult: **€28** – Children: **€22**



Access



BY TRAIN

Grenoble is the closet station



BY PLANE

Lyon Saint Exupéry is the closest airport. There are transfers from the airport to Grenoble, then from Grenoble to Les 2 Alpes.





CONTACT

FRANCE

Service Presse

Office de Tourisme Les 2 Alpes

Hélène HOSPITAL

helena.hospital@les2alpes.com

+33 (0)6 75 20 92 05

www.les2alpes.com

FACEBOOK : www.facebook.com/helena.pressedeuxalpes

TWITTER : @Helena_Hospital

INSTAGRAM : @Helena_Hospital

UK

Montagnes Representation LTD

Nadine@montagnes.uk.com

+33 (0)7 905 252 460

les 2 alpes
3600