



SPRING - SUMMER 2023

PRESS *Kit*



17th of June to 27th of August

Summer tourist season with the opening of all of the destination's activities, shops, accommodations, and facilities.

From May 2nd

The high-altitude domain opens to professional skiers and snowboarders.

Les 2 Alpes is the ultimate
fresh summer holiday **destination** &
base Camp for pro skiing, mountain biking,
hiking, biking, trail running,
and other mountain activities.

ÉDITO

Les 2 Alpes has been a leading summer holiday destination in Isère since the 1970s. Even back then, the call of the mountains and the quest for freshness resonated in the minds of holidaymakers and athletes. As a result, the summer season accounts for 22% of the overall activity. The Les 2 Alpes resort has consistently grown in recent years to become a cool and trendy summer holiday destination and a base camp for pro skiing, mountain biking, hiking, biking, trail running, and other mountain activities.

The destination is also gearing up to offer ski and snowboard professionals an excellent site for their summer training. Thus, the high-altitude domain will be accessible from Tuesday, the 2nd of May, for pros until the 30th of June.

During the summer, nearly 70,000 holidaymakers visit Les 2 Alpes (250 to 280,000 in winter). Clients tend to have a more professional and sporty profile from May to mid-July. However, from mid-July to the end of August, families come and enjoy a wide array of activities and hikes in the Écrins National Park and in the Oisans massif.

Choosing to spend your holidays in the mountains, in Les 2 Alpes, is to discover a landscape that stretches from the white mountain peaks at 3600 meters to the green pastures at 1650 meters, it is to be far from the crowds, it is to breathe in deeply, to seek freshness, to share new experiences, to be active, it

is to have fun, to relax, to marvel, to experience sporting and/or cultural events (Mountain of Hell, Hay Festival, Défi de la Muzelle...), to tickle your taste buds in one of the 80 restaurants (including a Michelin-starred restaurant and four «maîtres restaurateurs.»), and enjoy the local and friendly lifestyle. The benefits of being in the mountains in summer are no longer to be proven; they need to be tested!

THE SKI AREA'S KEY DATES

23rd of April 2023

End of the winter season 2022/2023 (ski lifts closing).

2nd of May to the 30th of June 2023

Opening of the high-altitude domain to ski professionals, ski clubs, ski instructors, and athletes via the Jandri Express gondola.

THE DESTINATION'S KEY DATES

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

- Summer is officially launched on the **17th of June and until the 27th of August**, with the opening of all the resorts activities, shops, and accommodation providers.

- **Opening weekends** on the **3rd and 4th of June and the 10th and 11th of June**: even for pedestrians and mountain bikers.



LES 2 ALPES SUMMER FIGURES



3 600m

The largest skiable glacier in Europe

Each summer, ski and snowboard professionals come to train between 3600m and 3200m. Up to 100 training corridors with three champions per square meter!



22%

Weight of the summer season to the resort's overall activity



31 808

Beds available for tourism

37.5% beds for professionals, 11.5% private individuals, 42% are not marketed, and 9% are closed.



25 000

Mountain bikers



30 000

Skiers and snowboarders

90% de professionals



50 000

Pedestrians



458 200

Overnight stays

(+3.4% compared to n-1)
winter + summer = 2,105,900
overnight stays - 250 to 280,000
visitors in winter and nearly
70,000 in summer



40

Activities



4

Certifications

Famille plus / Qualité Tourisme /
Label 2 Alpes / Les 2 Alpes
s'engage

Top 10 nationalities spending THEIR SUMMER HOLIDAYS IN LES 2 ALPES



14%

foreigners

86% french



1

FRANCE



2

ITALY

Italians are the most faithful summer visitors



3

BELGIUM



4

GREAT BRITAIN

More visitors in 2022, having overtaken the Spanish



5

NETHERLANDS



6 ET 7

SPAIN AND CANADA



8

GERMANY



9 ET 10

SWITZERLAND AND USA



LES 2 ALPES
SUMMER VIDEO

CLICK HERE



CHAPTER 1

IN LES 2 ALPES, WE COME SEEKING FRESHNESS!

When you think of the mountains in summer, you think of much sought-after and appreciated fresh air! Whether it is above 3000m, in the rivers, lakes, waterfalls, at the resort (1650m), or in the air, summer is a fantastic time to be on the summits of

Les 2 Alpes.

Taking on the high-altitude domain for a burst of fresh air

► **Reaching the high-altitude domain is simple.**

The Jandri Express gondola takes professional skiers and snowboarders, as well as pedestrians to 3200m in just 30 minutes. Pedestrians can then reach the 3400m area via the

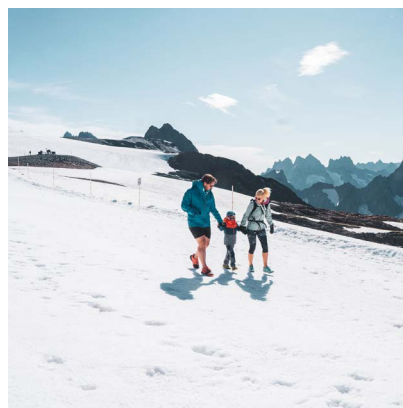
funicular. Les 2 Alpes offers **an immersive trip to the mountain peaks** with your boots in the snow and a breath-taking 360° view, extending from North to South, between the Mont Blanc and the Mont Ventoux, from West to East, and from the Massif Central to Italy. It continues alongside the Écrins National Park, the Aiguilles d'Arves, the Grandes Rousses, Belledonne, Chartreuse, the Vercors, and the Mont-Aiguille... These majestic mountains bring out emotions as pure as the view that unfolds before your eyes.

► You cannot pass out on the **Belvedere des Écrins** viewing platform: a «step into the void» 3400m high, accessible to skiers and pedestrians. It offers a panoramic view of the Ecrins National Park. Afterwards, head for a short trip to the ice cave at 3400m, followed by a hot chocolate at the Refuge des Glaciers restaurant. A refreshing morning filled with discoveries, natural beauties, and thrills.





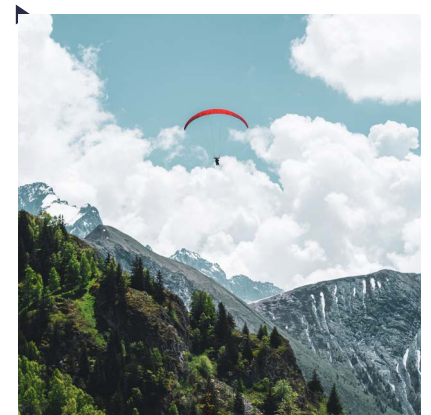
► To be up close to the summits in summer is an excellent opportunity to experience mountaineering. However, you don't have to be a mountaineer to enjoy this unique experience; the **glacier hike** is an accessible excursion for all!



The hike occurs at over 3000m and is conducted by a mountain guide. You will start with crampons and progress to ice axes, navigate around crevasses, breathe fresh air far removed from the rest of the world, enjoy an enchanting view, and share unforgettable moments with your loved



ones. It is an extraordinary, magical adventure, accessible from age ten.



Up in the sky, relax and unwind aboard a paraglider at more than 3000m high. From here, you can stop for a breath, empty your mind, admire the fauna and flora from above, listen to the silence, revive, and discover new sensations... 10 to 30 minutes of pure delight in a two-seater flight! 3 paragliding schools: 2 Alpes Parapente, Air Ailes Parapente, and Air 2 Alpes, with over 30 years of flying experience!



CHAPTER 1

*Rejuvenate by
mountain lakes,
waterfalls,
and rivers.*



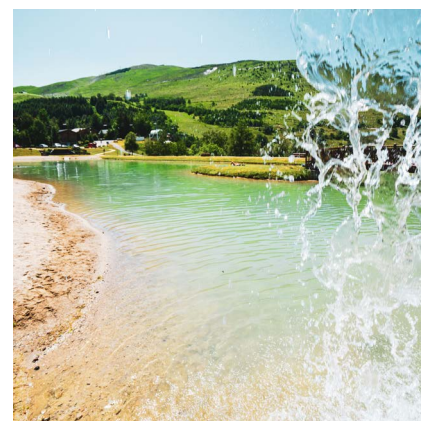
► On land and in water, mountains are forever invigorating! Descend to the village of **Venosc** (5 min by gondola or 50min on foot) and head for whitewater sports. Here, try a **rafting** descent with 4, 6, or 8 people... how refreshing! Whitewater rafting is carried out in the turquoise glacial waters of the Vénéon river close to Les 2 Alpes and the Écrins National Park. You can also go **hydrospeeding** to glide on the water, equipped with an aquatic sledge, flippers, and a full wetsuit, or even **tubing** and have a blast on huge floaties sailing alongside the waves. You can **Hot Dog** and paddle on small canoes in the rapids, or even go **Canoeing** and take a break cruising along the picturesque banks.

► Discover the **Cabane au Bord du Lac**, a charming spot on the shores of **Chambon Lake** (it saw the light in 1935 after the construction of a dam, engulfing the former villages of Chambon, Dauphin, and Parizet), a spectacularly scenic site accessible by car.

Here, you can spend your day enjoying a refreshing swim, a sporty paddle, pedal boat, or canoe ride on the turquoise lake, and finally, stop for a minute and savour

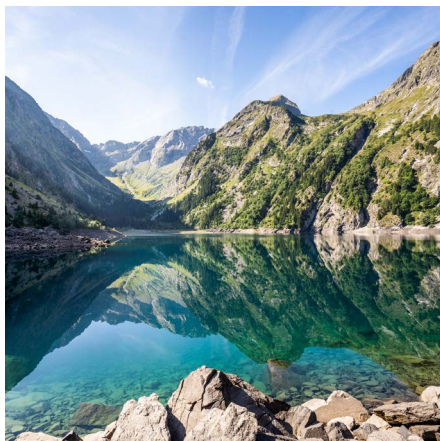


a delicious and colorful lunch at La Cabane au Bord du Lac's restaurant.



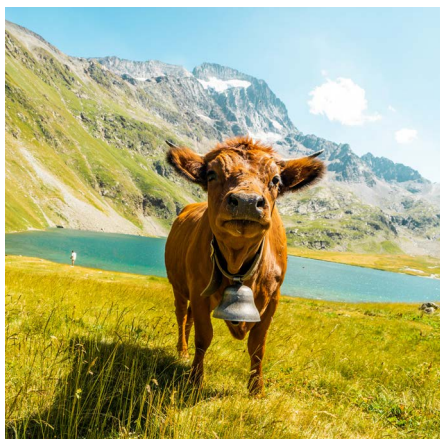
► The quest for a breath of fresh air also takes you to other lakes, such as the **Buissonnière lake**, located at the entrance of the 2 Alpes plateau. You can sunbathe on its beach, splash in its waterfall, swim, and play in the petanque area, playground, and on the «**slip 'n' slide**». You can also read, relax, enjoy a picnic in the sun and have

a drink in the small café. Not to mention, the **Lauvitel Lake** which can be reached from the village of La Danchère, by a 1 to 2 hours hike, depending on your physical abilities. This

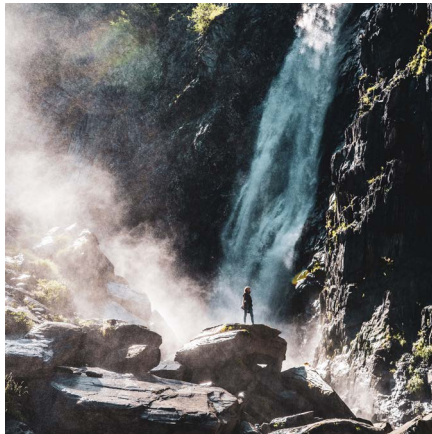


is a true treasure within the Écrins Massif, with its integral natural reserve founded in 1995. Here, the environment must be preserved and respected!

Finally, **Lake Muzelle**, which lies beneath the Muzelle glacier (3 to 4 hours hike), is a recognized site, nestled in a mineral cirque - one of the many wonders hidden away in the Écrins massif.



► In close proximity to Les 2 Alpes, you can head to the **Muzelle waterfall**: take the

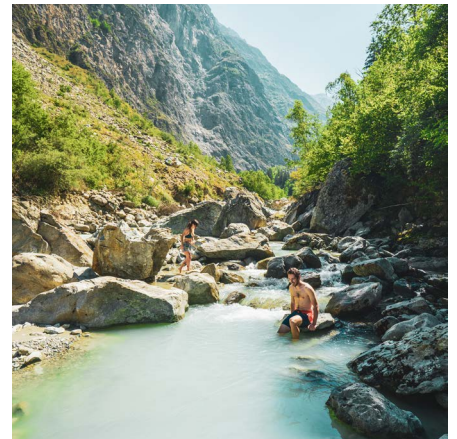


Venosc valley gondola from Les 2 Alpes (5 min) to reach Venosc village. Then, directly to the waterfall via a 30-minute walk (1.3km) under the trees along the Vénéon river.

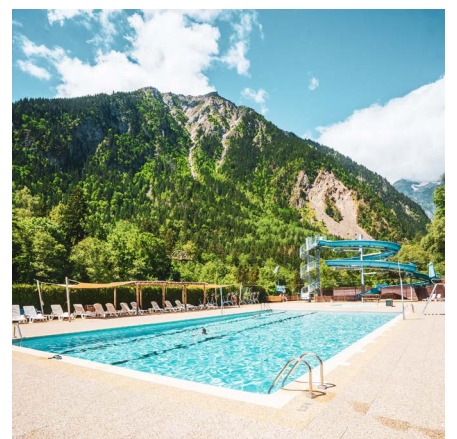


The **Lanchâtra waterfall** is also worth a detour. Close to the Vénéon river, and well known by rafting enthusiasts. It is imposing due to its flow's force and spectacular facades. It is burrowed in a magnificent green, sandy, and cool spot between the villages of Venosc and Saint-Christophe-en-Oisans.

The **Cuculet waterfall** near the Mont de Lans village is powered by the Fée sector's snow. This small calm place is accessible by Les 2 Alpes from



the Buissonnière lake or Mont de Lans village (free chairlift from Les 2 Alpes). You from the village of Cuculet, simply hike up to the waterfall. This short walk in the forest is guaranteed to keep you cool throughout.



► Not to mention the **swimming pools**, including Les 2 Alpes' very own, with its fine sandy beach, or the one located in Venosc with its brand-new water slide.




CHAPTER 2

LES 2 ALPES, THE BASE CAMP FOR TRAIL RUNNING, HIKING, MOUNTAIN BIKING, CYCLING, PRO SKIING AND OTHER MOUNTAIN ACTIVITIES

A true base camp for hiking, mountain biking, cycling, trail running and professional skiing, Les 2 Alpes is a giant playground for all (couples, friends, grown-ups, and groups). There are no less than 40 activities for those who seek thrills, exploration, new experiences, nature, and mountain tops... To have a blast, share, and live your mountain holiday at its fullest, is to embrace the spirit of Les 2 Alpes: «to be serious without taking oneself too seriously.»





Go higher, further, and surpass yourself in the mountain and its scenery with Trail Running

The holidaymakers will love to tackle the trail paths mapped out by Les 2 Alpes Trail association. What could be better than jogging along the mountain to get up close and personal with breathtaking landscapes and reliefs? Beginners can practice trail running in the Molière (forest) or the Vallée Blanche sector (green and blue loops ranging from 3km to 10km). In addition, Les 2 Alpes trail association organises the «boucle des Sagnes» outing once a week: an accessible 5km excursion led by passionate people with plenty of advice to offer.

For amateurs, there are many vertical kilometers in Les 2 Alpes, as numerous as the bends on the road! From Les 2 Alpes, the courses are endless: the «Balcon de Venosc» with 11km of running on an easy path, the more challenging 20km Pied-Moutet run and the 30km Brèche du Large Creux. Before setting off on

your adventure, why not practice on the engaged 700m elevation training run between the village of Venosc and Les 2 Alpes (2.4km)? Like in skiing, you are free to learn, commit, progress, and beat your own performance!

Families can make the most of the close proximity to the Diable sector, with 2 green and blue loops accessible from Les Banchets, which offer an exceptional view of the resort, the paragliding site, and the Vénéon valley.

Experienced groups of friends or couples wishing to challenge each other can enrol for the Défi de la Muzelle from the 31st of July to the 4th of August. There is a selection of 2 challenges: a 50km (3300m of positive elevation) and a 100km (6900m positive elevation), both over 4 stages with a start and finish in Les 2 Alpes.



Here are a few tips from Ciara Argentier, a local passionate about mountains and Les 2 Alpes:

«If you don't know where to start, there are marked trails for all levels. My favourite route? Going up to the Fioc via Vallée Blanche, the views are breathtaking, with the

Bourg d'Oisans valley in the distance and the majestic Muzelle towering above us. But be sure to watch your steps to avoid tripping over a marmot or a cow pat! The Ecrins National Park and the Plateau d'Emparis are my favourites places for long runs. I could wander around for hours, contemplating the mountains, valleys, and streams. Whether alone with my thoughts or accompanied by friends or other enthusiasts, trail running represents the pleasure of feeling free, alive, humble, and connected to the mountains surrounding us."

New

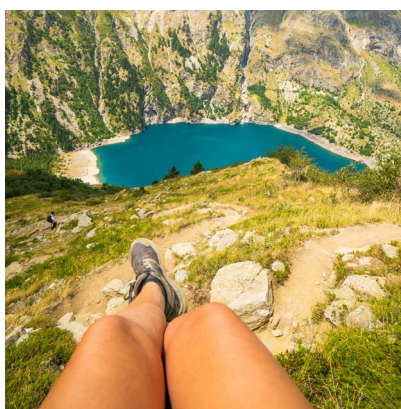
Starting this summer, 2023, Les 2 Alpes will welcome its new TRAIL ambassador: Mathieu Blanchard, a Team Salomon professional athlete and one of the world's top 3 best runners. Mathieu Blanchard intends to continue to participate in various competitions such as the UTMB (2nd place on the podium in 2022), Western States, Diagonale des Fous, Hardrock... But also, to carry out expeditions in extreme environments, and finally, to take part in the 2nd edition of the Défi de la Muzelle in Les 2 Alpes from the 31st of July to the 4th of August.



CHAPTER 2

Whether a small or a major expedition, hiking in the mountains is a source of benefits and wonder.

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.»

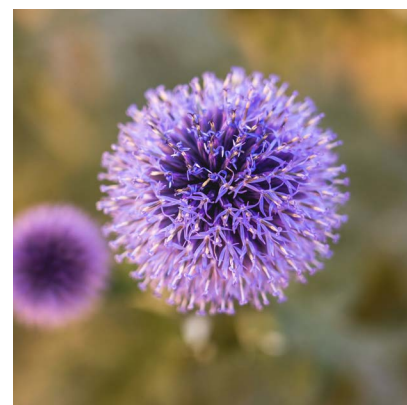


Les 2 Alpes is the gateway to an incredible array of hikes: Les 2 Alpes' Mountain pastures, the Vénéon valley, the Bérarde valley, the Romanche valley, and the Ferrand pass... From east to west, Les 2 Alpes opens onto several high and mid-mountain valleys, as well as summits at the threshold of the Écrins National Park. More than 200 kilometers of trails, waterfalls, lakes, and breathtaking viewpoints!



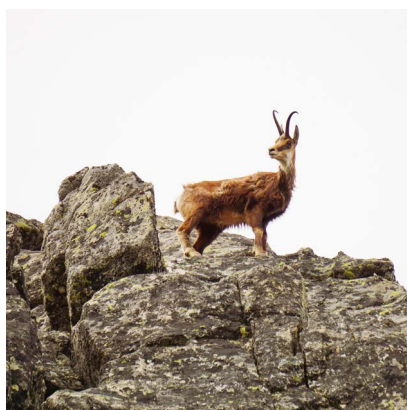
In order to uncover the most beautiful hiking spots, there is nothing better than being accompanied by the Mountain Guide Office. Maxime Pichoud one of their guides declared:

« I strive to share moments of bliss that are to be seized every day upon the hiking trails... To illustrate this, I like to quote «Siddhartha» who states that there is no way to happiness, happiness is the way... For my part, I have always enjoyed walking along Les 2 Alpes' mountains and valleys, both for the unique landscapes they offer and for the sometimes-incredible stories that our ancestors experienced there.»



Embark on the «Explorers' Hike» with the entire family, and learn more about the

resort and its environment through a series of questions and answers relating to the mountain's flora and fauna. The family can also choose to take part in a **botanical and gourmet walk** (a short hike led by the Les 2 Alpes Mountain guides' office), to discover edible mountain plants as well as plants with medicinal properties (yellow gentian, nettle, plantain, polypodes, ground nuts, wild cumin, St. John's wort, horehound, musk chervil, oxalis, sheep sorrel...). For even closer contact with nature and to observe the famous mountain gazelle at close quarters, the **Chamois observation walk** is for you! The **Ardoisiers walk**, located in the village of Venosc, offers a complete overview of the resort's and its villages' history. Venosc village was very active in the slate mining industry up until 1972. Fun fact: The Versailles castle's roofs are made from its slates!



Hikes from Les 2 Alpes allow as well to explore incredible trails and landscapes between the Vénéon valley in the south and the Romanche valley in the north. Along the Vénéon

banks, between Venosc, Saint-Christophe-en-Oisans, and la Bérarde, you will find the following hikes: **Alpe du Pin, La Lavey, Le Châtelieret, Le Soreiller, le Carrelet, La Mariande...** Each hike is accessible from Les 2 Alpes and is more or less technical. They can all be achieved in a day, or more if you wish to spend the night there, bivouacking or in a refuge, with the aegis of nature and the warm welcome of the refuge's guardian.



In the Romanche region, the hikes (refuge des Clots, Petrifying Fountain, plateau d'Emparis, lac Noir and lac Lérié, Besse en Oisans, Clavans, lac des Quirliés...) starting from the Ferrand valley above the lac du Chambon are just as plentiful. These hikes offer 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 of the Écrins.



New

2 new hiking trails around Les 2 Alpes are accessible by foot or via the Diable and Vallée Blanche telemix®: the Balcons du Vénéon trail and the Vallée Blanche trail. Very accessible but, most importantly, with stunning views of the Oisans, its rivers, its villages, and its green and white peaks.



CHAPTER 2

Key activities in Les 2 Alpes, explore the mountain terrain on a mountain bike or an electric bike



Holidaymakers have a vast territory to discover in Les 2 Alpes and beyond on their mountain bikes or e-bikes.

Since the late 90s, **mountain biking** has been the STAR activity in Les 2 Alpes. Over 17% of its visitors come to tease the 105km of downhill runs. From the Diable sector and Venosc, the terrain is managed by 8 bike patrollers (2 Alpes Bike Park's maintenance and security – with approximately 6000 hours of work). Mountain biking is like alpine skiing as clients use the ski lifts and ride down the slopes according to their level (green, blue, red, black) and their fancy (downhill, enduro, cross-country, freestyle, freeride ...).

Accompanied or not by a state-qualified instructor (Gravity Bike, Bike Infinity, UCPA...), holidaymakers will be able to ride down the mythical Venosc run (red), the Diable or even the Mountain of Hell's wild downhill mountain route. First, beginners will learn how to ride their bike with their instructor on easy routes, before tackling the Vallée Blanche sector's green run (simple vertical drops between 2100m and 1600m) and then finally moving on to blue or more expert runs.



**Laurent Ficheur,
head of the
Gravity Bike school:**

« I just can't get enough of those banked turns and jump sequences, and yet I'm there every day! It's just exhilarating! The resort has plenty of small extras which enhance these exceptional riding days: the sunny, even dry weather (In the last 20 years, Gravity Bike has had an average of 2 to 3 cancelled days per summer) and the third half-time when the resort offers a plethora of lively and festive places along its «main street» where we can happily share our passions, experiences, adventures, and exploits, usually accompanied by good music and strong drink culture! »

Families will have the opportunity to hand over their little champions to mountain bike instructors, eager to follow in the footsteps of famous mountain bikers such as Adrien Loron and Isabeau Courdurier (VTT 2 Alpes ambassadors). From age 6, children can learn downhill mountain biking and pass their «biker,» which is equivalent to skiing medals. Training starts in the Easy Park (mini ramps, modules, pump track...) at the bottom of the slopes, where children will learn to manage their mountain bikes and steering, before moving on to the Vallée Blanche's green runs.

And, for those who want to try riding up the mountain before the descent, why not try an **electrically-assisted mountain bike?** In Les 2 Alpes and its surroundings', dedicated areas are available to enjoy this activity: the Vallée Blanche sector, and the Venosc sector /along the Vénéon. E-bikes enables a different encounter with the mountain, its nature, and views. Chez Bob and Trail Hunter MTB schools also offer night rides.

New

The legendary Venosc red run, the high summer season's most popular one, will have a contender this summer 2023 with a new mountain bike run, the BLACK GARDEN. This is a black run reserved for experts, which also arriving in Venosc. The Bike Park team and famous riders such as Adrien Loron and Camille Servant have entirely handcrafted this run. This second route to the village of Venosc is 1.8km long with a 500m negative drop.





CHAPTER 2

Les 2 Alpes, one of the cycling base camps in Oisans



Why not try a biking outing through the Tour de France's (1998 and 2002 in Les 2 Alpes) mythical climbs and mountain passes with vertiginous cliffside roads and superb alpine landscapes? Go on a ride through the Cols du Galibier to the Croix de Fer, passing through Alpe d'Huez, the Lautaret, Ornon, Glandon, or even try tackling the steep climb up to Les 2 Alpes. Then, if your legs get tired, you can simply go 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 enthusiasts 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 take the greenways or cycling lanes situated in the Oisans plain, such as along the Vénéon river, with an 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 the 25th of July, between 8.45 am and 11 am, 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!



CHAPTER 2

Les 2 Alpes, Base camp for pro-skiing

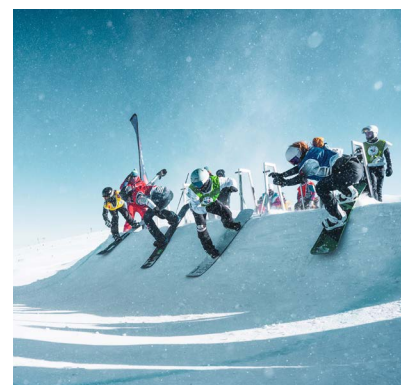


Since the 70s, Les 2 Alpes has been the haven for ski and snowboard professionals and has done everything possible to ensure that athletes and sportspeople train in the best possible conditions. At the root of the resort's spirit and expertise in the field are the Snowboard and Ski World Championships.

The Les 2 Alpes snow park, one of the first to have been built in France in 1993, has become a French and European benchmark. The slope technicians and snow architects work hard to create appropriate spaces for training and to host international competitions such as the Ski Cross and Snowboard Cross World Cups. In December 2022, Les 2 Alpes launched the World Cup season with the Snowboard Cross World Cup. Les 2 Alpes has once again applied to host the FIS Ski Cross (end of Nov.) and FIS

Snowboard Cross (Nov. 30-Dec. 2) World Cups. The dates will be confirmed around May 2023.

Les 2 Alpes' Cross Park is now an official FIS certified site. As of April 8th, the cross park will be redesigned to welcome champion to train (including locals: Léa Casta and Aïdan Chollet, elected Rookies of the year 2023).





CHAPTER 2

*Sharing,
having fun and
pursuing plenty
of activities
along the
bottom of the
slopes*



The resort of Les 2 Alpes is a 2km long plateau stretching from north to south. Simply stroll along the bottom of the slopes to immerse yourself in the world of mountain recreation. **It is the ideal spot for families!**

Kick it off with summer **go-karting**, mini-golf, **2 toboggan runs** (a speedy one: the hare and a gentle one: the turtle), **trampolines**, **tennis** courts, a **skatepark** (designed as slopestyle with ramps, rails, and a bowl, located in the centre of the resort and prized by an array of generations and champions), **pump track** for bikes, scooters or skateboards, **buoy sleds** («event2fly» invites you to launch yourself off a kick-off ramp on a buoy sled and land on a colossal airbag (10x15m), **swimming pools**, **archery**, **inflatable games**, **child bungee jumping**...

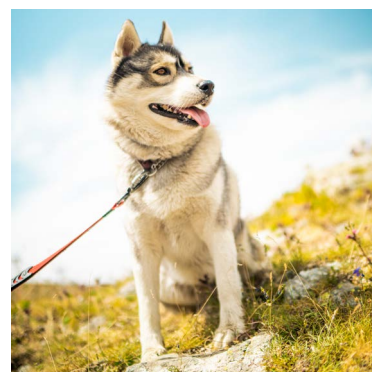


For a family adventure, head for the Via Ferrata des Lutins, accompanied by a guide from the Bureau des Guides des 2 Alpes. **The via ferrata des Lutins** is in the Perrons sector (directly from Les 2

Alpes, overlooking the village of Venosc). It is a fun itinerary for families combining hiking and climbing on a secure route with cables and rungs (200m ascent).



Your family can also try out cani-rando. An atypical hike attached to a Nordic dog, enabling you to cover considerable distances while feeling less tired... Ideal for children! **Canirando** is the summer version of dog sledding—a unique treat shared by the entire family alongside adorable Nordic dogs.



Holidaymakers have been enjoying **open-air cinema sessions** for several years now. Free screenings are held every Saturday (depending on the weather) at 9pm at the edge of the Buissonnière lake in Les 2 Alpes. Visitors usually



come along with their blankets and/or seats and snacks, to settle down by the water and enjoy a free film projected on a giant open-air screen!



Fun Stages is the highlight of children's holidays. In Les 2 Alpes, the «FUN STAGES» offer sporting and cultural activities for children aged 4 to 16. Each day is a new adventure, a moment of togetherness, and the opportunity to make new friends. We are outdoors, and we slide, we climb, we jump, we swim, we discover, we have fun, we challenge each other... The perfect formula for happiness in Les 2 Alpes! You pick your own activities - for just a day, or maybe an entire week ... / downhill mountain bike, trampoline, hockey, hydrospeed, canyoning, tennis, rafting, climbing, via ferrata, hiking, beach volleyball, rollerblading, small trapper outing, paddle, cani-rando...



Holidaymakers can also enjoy a round of golf in the resort's course intertwined with the mountain. Indeed, the mountain pasture has been transformed into a very technical golf course (9 holes), and also offers 20 practice stations. It has approximately one hundred members and is opening up to an ever-growing public by providing introductory and advanced courses throughout the summer. Relax and empty your mind with this technical but pleasant activity, as in addition to a game of golf, it is also a walk in the mountains, with breathtaking views of the Muzelle and Aiguille de Venosc.



New

Several activities have been added to Les 2 Alpes' existing amenities: a street workout (combining gymnastics, weight training and parkour), a sports ground, and new petanque and padel courts.





CHAPTER 3

AN AGENDA THAT RHYTHMS EVERY SUMMER WEEKEND

**Agenda subject to change and cancellation*



9TH JUNE

Special mountain waste collection day

21ST JUNE

Go Skateboarding Day

3RD EDITION

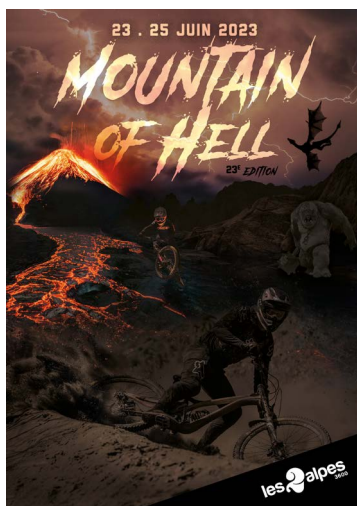
21st of June is the international skateboarding day. The 2 Alpes skateboard association is holding their largest parade yet: « Tous en skate ! »

23RD - 25TH JUNE

Mountain Of Hell

23RD EDITION

2023 will be the 23rd edition of the mythical downhill mountain bike marathon race / With a departure in the snow / Over 2000m of elevation gain / A wild race to the finish line / A personal challenge, a weekend among friends, it is, above all, an event that is open not only to professionals! On the 24th of June, the 2nd edition of the Mountain of Hell Kids will take place, allowing children from 9 to 14 years old to follow in the footsteps of their parents and their beloved pro riders.



1ST - 2ND JULY

King Of The Plaza

5TH EDITION

A weekend filled with skateboarding competitions, organised by DSK (Deux Alpes Skate Crew) with €3,950 in prize money!

6TH JULY

Venosc day and craftsman's market

Street art brings life to the authentic village of Venosc.

14TH JULY

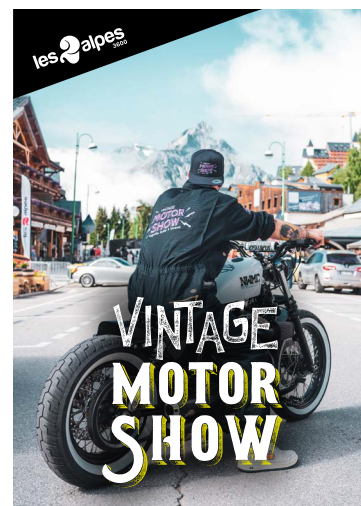
French National Day

14TH - 15TH JULY

Vintage Motor Show

7TH EDITION

The organisers: «Les aigles de la route» gather up 200 vintage cars and 100 vintage motorbikes over an entire weekend!



25TH JULY

Oisans Col Series

Every Tuesday, as part of the Oisans Cols Séries, a mountain pass or road is temporarily closed and privatised for cyclists. On the 25th of July, between 8.45 am and 11 am, 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!

**31ST JULY
4TH AUGUST**

Le Défi de la Muzelle

2ND EDITION

The Défi de la Muzelle's second edition - a major challenge for trail runners. There is a selection of 2 challenges: a 50km (3300m of positive elevation) and a 100km (6900m positive elevation), both over 4 stages with a start and finish in Les 2 Alpes. During these events, short segments will be integrated to win the best climber, best descender and best sprinter classification.



5TH - 6TH AUGUST

Fête des Foins (Hay Day)

30TH EDITION

The Hay Festival is a unique traditional weekend, taking us back in time. Holidaymakers can enjoy an open-air mass, a parade with period costumes, a countryside aperitif, hay-cutting demonstrations, folk groups, a flea market, a garage sale, regional produce and a Mérens horse competition.

12 AU 18 AOÛT

Mucho Bueno Festival

7TH EDITION

Mucho Bueno Festival will bring together dance enthusiasts from the 12th to the 18th of August! Dance classes (salsa fusion, afro newstyle, kizomba, dancehall, afrobeat, reggaeton, afrohouse, gwoka...), wild parties, dance contests with some of the best dancers and teachers from all over the world.

14 AOÛT

Gourmet Excursion

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 products. A moment of shared pleasure, and for a good cause!

15TH AUGUST

15TH of august Festival Mont de Lans

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

17TH AUGUST

Venosc's Oldeworde Fairground Attractions Day

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

24TH AUGUST

Deambulations de Venosc

Enjoy a day of walking along a family path between the forest and hamlets of Venosc and make the most of the animations along the way: a pedal carousel, a stamp workshop for children, music, games and a brass band for everyone to enjoy!





CHAPTER 4

FAVOURITE PLACES

*For the gourmet
and food lovers*



► **Le P'tit Polyte** (Chalet Mounier), is the **highest Michelin-starred restaurant in Isère**, run by chef Tanguy Rattier and his team.

► **The Yonder Café** is the «**healthy**» restaurant, whose menu, concocted by Arthur, is inspired by his experiences all over the world.

► **Les 2 Saisons** and **Les Mauvais Garçons** are ideal for meat specialists.

► **Le Grain de Sel** offers French-style cuisine with dishes concocted according to local and seasonal products. It even revisited cordon-bleu for the France 3 TV program Météo à la Carte!

► **Le Raisin d'Ours** is the home of to the smoked burger with a home-made brioche bun and minced meat.

► **Douces Gourmandises**, also in the village of Venosc, is run by Bruno, France's best craftsman. The dishes are made with high quality local products, served on a terrace overlooking the Vénéon valley and the Aiguille de Venosc.



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

► **The Bistrot des Lutins** (created in 1959), is the locals' favourite due to its atmosphere and fine quality dishes cooked by Louison. It is also the go to place for home-made ice creams and its famous spread: Loutella!

*Where to enjoy
a drink*

► **Chez Nous 2** is perfect for everyone, run by two sisters, Ophélie and Sophie, whose good humour and generosity can be found in their local and South-Western products tapas and the platters as well as their «house» cocktails.

► **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.

► **The Saloon** is a genuinely unique bar (and restaurant) ... It is the only one to offer an open mic night for musicians!



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

► **The Smithy's Tavern** is a massive chalet with a restaurant and bar where customers from all over the world, but mainly Britain, mingle. It's the perfect place to practice your English, discover craft beers and taste their famous homemade «Genepi fusion»!



► With or without alcohol, the **Chamois Lodge** cocktails are unique and excellent (alchemy, discoveries, innovations, atypical mixes/local liqueurs mixed with fruits / vegetables and garden herbs).

New

► **Ginette** is the new trendy place in Les 2 Alpes, totally different to anywhere else. A neat, stylish, flowery decoration and cosy, warm atmosphere, accompany the explosive cocktails concocted with passion by Jimmy!



Other places



► **Côte Brune SPA...** Queen or King of Sheba, exoticism and all the benefits of a spa are on the agenda!

► **The Vieux Chalet** or the Fromagerie des Alpes offer local products: cheeses, sausages, crozets, blueberry jam, honey...

► For authenticity, craftsmanship and great encounters, head for the **villages of Venosc and Mont de Lans**, accessible by foot, gondola or chairlift.

► **A place of life and history, the Café-Musée Chasal Lento** (accessible via chairlift from Les 2 Alpes) is a true immersion into our villages' history and background (Romans, peddlers, the Chambon dam, Les 2 Alpes' history) but it is also a traditional café where customers can share special moments and anecdotes with locals!

► Find a pearl, a jewel or a treasure in Carole's jewellery shop: **Casadambre**.



► Be inspired, delve into interior decoration, redesign your home, treat yourself to a small gift, at **Art et Montagne, Arlot** and **Balalaïka!**

► The shops in Les 2 Alpes are trendy and varied, from sportswear (DC Shoes, Billabong, Volcom, Dode Sport) to women's and men's clothing (Schuss Sport, Noël Sport, Jacques Sports) ... Window shopping is highly worthwhile. A young florist, Lyna, has just set up shop to the delight of the locals, owners and holidaymakers: **Au Jardin de Lyna**.

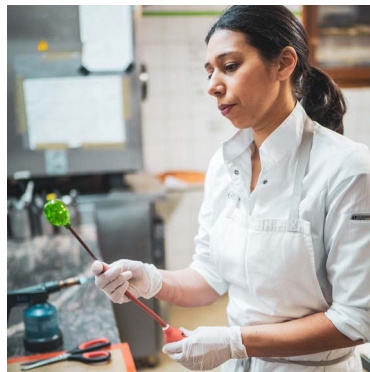


CHAPTER 4

MADE IN LES 2 ALPES



► **Les Petits Caprices d'Emilie**
Paris, the former pastry chef of the Michelin-starred Chalet Mounier restaurant, has taken over the emblematic chocolate/pastry shop Le Chat Gourmand. She works with the classics (tarte de l'Oisans, the 3-chocolate cake, the Lauzes...) that earned the place its renown, while using her creative and innovative talents to create her own 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, either as beans or ground coffee, from Guatemala to Ethiopia, via Indonesia and Peru. Arthur, the manager, brightens our days with a hearty homemade coffee!

► **The Génépi des Sommets**
boutique is a haven where the secret Génépi liqueur recipe is handed down from generation to generation. The nectar is produced on site using traditional methods. Every day, Cyril Jouvin and Sylvain Péguy introduce customers to the plant's history, the making of the elixir, its bottling and a tasting of the final product. An enriching and tasty story!

► Beer is a hugely popular drink, and its success has led some to concoct their own creations. Ugo Mounier, manager of the high-

altitude restaurant Le Diable au Coeur, has created his own beer recipe, the «Bière des Glaciers». He comes up with a new recipe every year!



► If you like artists, here are two personalities you cannot miss: if you are looking for your own unique cap, head to NEVER WITHOUT MY CAP (**NWMC**), directed by **Florian Martin**, known as Flo, who will make it on site! You can also admire the brushstrokes of our local painter **Sophie Dode**.

► **Robert MENSAH, known as Bobby, has been a woodcarver in Venosc** for 20 years. From utilitarian objects to unique pieces, his contemporary style has both European and African influences. He prefers local hardwoods for their colour and grain. He exhibits all over Europe and his clients come from the other side of the world, such as Australia and New Zealand.

► **Trattoria Pasta Mia** is the Italian restaurant/grocery shop where you can enjoy a wide range of fresh pasta prepared in front of your eyes, according to genuine Italian recipes'.



CHAPTER 5

SUMMER 2023 TIPS

In summer, you can benefit from a wide range of accommodations at unbeatable prices, i.e., 50% cheaper than during the February holidays!

The average price per week is 80€ per person in a 4-person apartment, compared to winter when the average price (based on a 4-person apartment) is 100€/150€ per person outside school holidays and 200€/250€ per person during school holidays.

For further information, contact or visit 2 ALPES RESERVATION :
reservation@les2alpes.com
www.les2alpes.com

A TRIP TO THE GREAT OUTDOORS

The great outdoor package includes a 4-person apartment (for a week), hikes around the Ecrins National Park, access to all the ski lifts (including access to the Mont de Lans and Venosc villages), the Belvedere des Ecrins viewing platform, and the ice cave **from just 135€/pers.**

GREAT DEALS FOR MOUNTAIN BIKING

Accommodation + mountain bike lift pass (6 days) **from 195€/pers.** or a **flat or hotel + breakfast from 415€/pers.**

THE MOUNTAIN OF HELL FROM THE 23RD TO THE 25TH OF JUNE

From **120€** (license holder) to **150€** (non-license holder) per person /
2 nights in a 4-person flat + Mountain of Hell registration

GREAT DEALS FOR SHORT STAYS

1 NIGHT stay in a hotel **from 80€** (2 people B&B formula) /
2-person apartment for 2 nights **from 100€** / 4-person apartment for 2 nights **from 150€**.

For further information:
www.skipass-2alpes.com

MOUNTAIN BIKE

The mountain bike package gives access to the bike park and all the lifts as a pedestrian.

- WEEKENDS June 3, 4, 10 and 11 = **23€**
- 4 HOURS = **23€** Adult / Child (5-12) and seniors (65-71) = **17.50€**
- 1 DAY adult = **29.50€** / 1 day child (5-12) and seniors (65-71) = **23€**
- 6 DAYS adult = **116€** / 6 days child (5-12) and seniors (65-71) = **92€**
- SEASON formula = **295€** Adult / Children (5-12) and seniors (65-71) = **230€**

NEW PASSION SEASON

(Les 2 Alpes, Alpe d' Huez and La Grave) = **305€** Adult / Children (5-12) and seniors (65-71) = **260€**

FAMILY DISCOVERY BY THE DAY = **88€** (2 adults and 2 children) and **66€** in solo family formula

PEDESTRIANS

Spring rates from May 2nd to June 16th 2023

- Day from Monday to Friday = 15€
- Weekends June 3, 4, 10 and 11 = 23€

Summer rates from June 17th to August 27th 2023

- Mont de Lans chairlift = free
- Venosc village cable car = **3.30€** the passage and **6.50€**, the round trip
- Access at 3400m = **29.50€** Adult / **23€** Children (5-12) and seniors (65-71)
- Ice cave = **6€** Adult / **5€** Children (5-12) and seniors (65-71)
- 6 days package = **56.50€** Adult / 46€ Children (5-12) and seniors (65-71)
- Summer sledding = **5€** per run, **40€** per 10 runs and **70€** per 20 runs

NEW FAMILY DISCOVERY BY THE DAY = **88€** (2 adults and 2 children) and **66€** for the solo family formula



PRESS DEPARTEMENT CONTACT

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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, contact us! / Our photographer: @Les 2 Alpes_Pyrène Duffau

VIDEOS If you need footage or a rough cut, contact us or check out our YouTube channel: <https://www.youtube.com/channel/UCgCGap8Zgt2cet7IIEIbPsA>

Our videographer: @Les 2 Alpes_Alexandre Gallego

LES 2 ALPES TOURIST OFFICE CONTACT

Tél : 0033 (0)4 76 79 22 00 - www.les2alpes.com - info@les2alpes.com

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

How to get to Les 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 THE LYON AIRPORT

FLIXBUS or BLABLACAR shuttles (1h) then CARS REGION (formerly Transisère) or TRANSALTITUDE (1h45) between Grenoble and the resort / From 35€ single ticket.

FROM GRENOBLE STATION

CARS REGION (formerly Transisère) and TRANSALTITUDE (1h45) shuttles / From 19.20€ single ticket.

