

Press info: 5 June 2024

## **Les 2 Alpes: as summer packed with sporty events**

Les 2 Alpes is an excellent summer destination. On average, 80,000 people choose the resort for their summer holiday and enjoy an array of activities: road cycling, hikes around the resort and in the Écrins National Park, trampolining, summer sledging, archery, swimming pools, via ferrata, mini-golf, skatepark, cani-hike, orienteering races, gourmet walks, etc. Les 2 Alpes is recognized worldwide as a mountain bike destination, but it is also now becoming a famous resort for trail running.

The summer season starts on 15 June in Les 2 Alpes and it's packed with events.

<https://www.youtube.com/watch?v=sQzfzXKfTHM>

### **For trail runners:**

Since 1999, Les 2 Alpes has hosted many trail events such as the Maratour des Glaciers, the Raid Light Trail, the Défi de l'Oisans, the Vénoquine and the Défi Vertical. The popularity of the discipline has really exploded in recent years and Les 2 Alpes now offers a variety of trail routes to suit all levels. Beginners can start on the 3 to 10km green and blue loops in the Vallée Blanche area, or the one starting from Les Banchets. Experienced trailer can challenge themselves on routes such as the Balcons de Venosc (11km), the blue course at Pied-Moutet (20km) and the Brèche du Grand Creux (30km). There is also a 2.4km trail between the village of Venosc and Les 2 Alpes, with a 700m elevation climb – perfect to train before a race!

The Les 2 Alpes Trail association, created in 2021 by Lucas and Laurent Sabot, plays a crucial role in this development. Today, it has over 200 members and organizes flagship events such as Les Lumières de la Muzelle in winter and the Défi de la Muzelle in summer, as well as regular events for locals and visitors alike: boucle des Sagnes, les parcours de la Muzelle...

Laurent Sabot, from Les 2 Alpes Trail association: *'Les 2 Alpes offers an exceptional setting for trail running, with varied and breathtaking scenery including waterfalls, lakes and high mountain peaks at the edge of the Ecrins National Park. In fact, two great trail athletes, Mathieu Blanchard and Yannick Noël have chosen to live in Les 2 Alpes! Our aim is to make Les 2 Alpes a real destination for trail runners.'*

Don't miss:

→ the 3rd Le Défi de la Muzelle trail, From 22 to 26 July. It's a four-day race where participants can choose between 50 or 100km. <https://www.ledefidelamuzelle.com/>

→ 11 January 2025, Les Lumières de la Muzelle, a race in the snow by night. Come in the summer to start training!

### **For mountain bikers:**

With 96km of mountain bike trails, Les 2 Alpes is a paradise for mountain bikers. The resort has 15 downhill trails, 2 enduro trails, 4 electric mountain bike trails, as well as 2 dedicated areas: Beginners' Workshop on Vallée Blanche and an Easy Park in the resort centre.

Les 2 Alpes hosts several mountain bike events in the summer. From 21 to 23 June, the resort will host the 24th edition of Mountain of Hell. It's a legendary downhill mountain biking race where hundreds of experienced mountain bikers line up at the highest start line for a MTB competition (3,200 metres) and ride down a 2,300 metres vertical run. For the second time, there is also a race for children age from 9 to 14. The Mountain Of Hell Kids will take place on 22 and 23 June. [www.les2alpes.com/summer/discover/a-lively-resort/summer-highlights/mountain-of-hell/](http://www.les2alpes.com/summer/discover/a-lively-resort/summer-highlights/mountain-of-hell/)

From 13 to 14 July, Urban DH New Mountain bike champion, Adrien Loron, who is an ambassador for Les 2 Alpes, offers an individual mountain bike race against the clock on a technical course in an urban area. 30 pros will put on an exceptional show!

Isabeau Courdurier, another MTB ambassador for Les 2 Alpes, organises a competition for girls only. The 2<sup>nd</sup> Girls shredding days will take place on 20 and 21 July.

And on 26 and 28 July, come to see the best compete in the IXS European DH Cup

On 10 August, the mountain bike school Back in Bike organises its 2<sup>nd</sup> Dual Slalom. This event is open to all.

For the first time Les 2 Alpes will welcome the DH Kids Cup. 120 kids age from 7 to 16 will compete on 24 and 25 August.

#### **For cyclists:**

Every Tuesday during the summer, a road or a mountain pass is closed to cars for the Oisans Col Series so cyclists can enjoy it peacefully and safely. The road between the lake of Chambon and Les 2 Alpes will be closed on Tuesday 30 July between 8.45 and 11.00. <https://oisans-col-series.com/en/>

#### **For skateboarders:**

Les 2 Alpes has an excellent skatepark with a bowl and several areas for beginner, intermediate and expert skateboarders.

On 21<sup>st</sup> June Les 2 Alpes celebrates the Skateboarding International Day with their event Go skateboarding. Then on 20 and 21<sup>st</sup> July, the resort hosts King of the Plaza 6th edition Skateboarders can take part in various competitions. [www.les2alpes.com/summer/offers/king-of-the-plaza-les-deux-alpes-en-summer-3037850/](http://www.les2alpes.com/summer/offers/king-of-the-plaza-les-deux-alpes-en-summer-3037850/)

END

#### **Notes to editors**

Les 2 Alpes opens for the summer from 15 June to 1<sup>st</sup> September. With over 80 restaurants and bars, as well as many shops, and a series of great summer events, Les 2 Alpes has a lively and fun summer atmosphere.

The resort is easily accessible by train. Grenoble is the closest station and there is a bus from Les 2 Alpes to Grenoble. Lyon Saint Exupéry is the closest airport.

[www.les2alpes.com](http://www.les2alpes.com)