



Summer 2026 Press kit

ALPES - MASSIF CENTRAL - PYRENEES - JURA - VOSGES

Editorial

At the crossroads between nature, culture, sports and authenticity, the mountains are far more than a vast playground, they also evoke powerful emotions and many connections are forged here.

As seen through the eyes of the press officers based there, here are six major themes that characterise the French mountains. A treasure trove of gems that explain these destinations' story and appeal.

1.

The power of landscapes and iconic sites.

The mountains are first and foremost a place of grandeur, vastness and visual emotion.

3.

An accessible multi-sports destination.

Sport remains a major cornerstone but there is also a strong move towards making the mountains inclusive and adapted for all abilities.

5.

Human beings are central to the mountains.

The mountains are home to and embodied by the professionals who run activities, by the producers, the artisans and the local stakeholders..

2.

The quest for immersive and sensory experiences.

The mountains are home to memorable experiences that transport you from everyday life and leave their mark.

4.

Culture is a way to differentiate, combining heritage and modernity with a warm, welcoming atmosphere .

The mountains have proved themselves to be a vibrant creative space that extend far beyond sport.

6.

Destinations are committed to preserving their environment.

Environmental commitment and protection of natural spaces is an integral part of daily life.

The mountains are more welcoming and appreciated than ever, not only for the diversity of their offering, but also for the values they embody and the emotions they inspire. This press kit invites you to discover or rediscover the mountains' multiple facets.

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Key figures

+2,4%

more overnight stays in summer 2025

vs 2024 across all mountain resorts

65%

occupancy rate during the 2025 summer season, representing a 5.5%* increase

96%

of holidaymakers who stayed in the mountains this summer said they were **happy** with their experience**

Occupancy rate per massif:

69%

in the Pyrenees (+4%)

67%

in the southern Alps (+5%)

64%

for the northern Alps (+6%)

82%

occupancy at peak season in the week from 9th August 2025

80%

French clientele in French mountain* resorts

Distribution of increase in overnight stays by clientele*:

+3,7%

from France

-2%

from the Netherlands

+8,6%

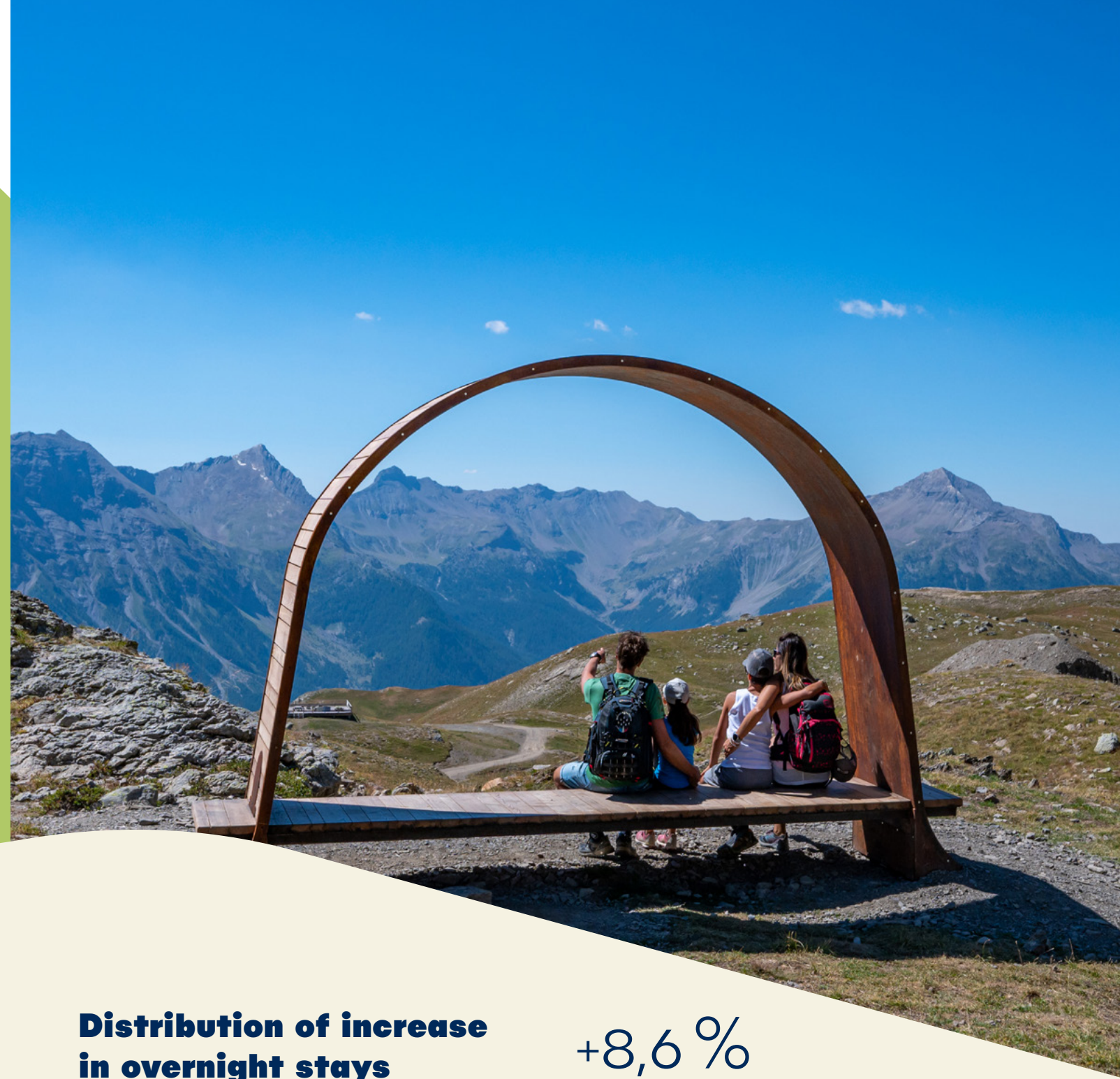
from Belgium

+3,6%

from the UK

+4,4%

from Germany



*source ANMSM with G2A, **Baromètre Montagne Atout France 2024

What's new

Enjoy being in the heart of nature, contemplating majestic panoramas, seeing the view from above, picking up speed, getting your fill of thills, and having fun with the whole family... that's what mountain holidays promise, just like their resorts, which are constantly investing in new developments, improving their facilities and renewing their offers to keep providing even more activities to satisfy holidaymakers hungry for recreational and sports experiences.

Focus on cycling

After fully renovating its legendary Cime Caron cable car, **VAL THORENS** is extending its mountain biking/FFC area for summer 2026. There are now 3 new downhill runs on the Les 2 Lacs sector, completing a range of around 20 downhill and enduro trails for all abilities, accessible by ski lift.

Les **CONTAMINES-MONTJOIE** is rounding off its existing range of 6 marked MTB routes with an additional downhill trail accessible to all. **COURCHEVEL'S BIKE PARK** boasts a brand new visual identity and its legendary la "Louza" mountain biking trail has been given a facelift. The red trail has been completely updated, providing 3km of descent over a 930 metre vertical drop, accessible from the top of the Verdon's gondola lift.

Vélo Vert Festival

The 2026 edition of the Vélo Vert Festival will take place in **BOURG SAINT MAURICE - LES ARCS** from 12th to 14th of June. Amateurs, enthusiasts and competitors in the discipline gather for a jam-packed programme including bike tests, sports challenges and social events.

COURCHEVEL VILLAGE has seen the opening of a pumptrack for everybody, from children on balance bikes to hardened riders. 4 loops totalling around 325 metres of circuits and 1,250m² of riding area. Multidiscipline, multigenerational and offering well designed resatndwaitingareas,it'sanunmissablemeetingplace. **ORCIERES** is adding a new learning zone to its Bike Park. Equipped with a covered magic carpet, it's been designed for riders' first forays and first thrills. Somewhere to learn to ride and have fun in a safe, secure setting: runs, modules, rock garden. Right next door, riders can get started with the basics and work on their balance at the pumptrack. The space will be rounded off with a balance bike zone featuring fun modules.



Infrastructures and initiatives

The Beaugard gondola lift in **COMBLOUX** will now be accessible two days a week to allow access to various hiking and mountain biking trails, and to provide access to the Jaillet sector, which is home to a playground, food truck and a range of family-friendly facilities including downhill scooters and a zip line.

To limit the visual and environmental impact of private transport, **LE GRAND BORNAND** runs free shuttlebuses to La Colombière and Les Annes mountain passes, protecting these fragile natural spaces while making them easy to access.



It's never been so much fun!

Widely available in Austrian resorts, **Mountain Karts** are a pedal-free, motor-free way to safely hurtle down the mountains for a huge dose of fun and adrenalin. The discipline has recently caught on in France, and increasing numbers of resorts are offering this fun, easy-to-learn activity. For the 2026 season, **LES ORRES, LA CLUSAZ** and **LE MONT DORE** are joining the ranks.

In **LA CLUSAZ**, you can now try your hand at the "Luge des Bois" toboggan run on rails for a safe, thrilling ride. Accessible from the age of 3, this intergenerational activity invites you to explore a different side to the mountains, in summer and winter alike.

The captivating new activity "Roule Ma Boule" sees players watch as their



wooden ball rolls through various modules over more than 100 metres. The only one of its kind in Maurienne, the first curved zip line will open this summer in **SAINT SORLIN D'ARVES**. Installed at the top of the village, it offers a fun, spectacular descent, combining speed, sharp turns, and stunning panoramic views. Prepare to be really blown away in **TIGNES** by the new 212 metre-long Himalayan footbridge suspended on four anchored cables. It takes you around Lac du Chevril and offers spectacular views.

Head overheels for trail running

With over 2.6M trail runners in France, the sport is riding high. The specificity and variety of mountain terrain makes it especially well-suited to trail running, for beginners and experts alike. There have never been so many sports events in the discipline and it certainly looks set to continue that way in the mountains.

A legendary race that was the first of its kind when it began, the 6000D has been held in **LA PLAGNE** for the last 36 years, making it a benchmark challenge for trail runners. This year welcomes a new race, the 6D Crêtes over 21km with 1,350m vertical gain across summits overlooking la Grande Plagne's various villages, and crossing a wide variety of surfaces: driveable trails, single tracks through forest, and climbs through Alpine pastures among grazing herds. Takes place on Thursday 30th July 2026.

The **Méribel Trail** is renowned among even the most dedicated runners for being technically challenging, high altitude and wild. This edition is set to delight night owls thanks to the arrival of the "Nocturne des Crêtes" race at 6.30pm on Friday 7th of August 2026! It's a chance to run across mountain ridges at twilight, solo or as part of a pair, and to share a unique experience as night falls! **MÉRIBEL** resort is also offering a new race format inspired by

Hyrox and Crossfit competitions. The Méribel Hybrid Games combine a running race with practical challenges and will take place from 10th to 12th of July 2026.

In **LA TOUSSUIRE**, the Trail à 4 Feuilles taking place on Saturday 22nd of August 2026 is a distinctive event with an original, modular format: the routes (from 10km with 550m vertical gain, all the way up to 40km with 2,400m vertical gain) are four loops which together form the shape of a four-leaf clover. At the end of each loop, participants can choose to stop there or carry on, meaning they can shape the event to their ability and goals. Available for the set price of 25€, whatever the distance run, the focus is on accessibility and a fun sociable atmosphere.

ISOLA 2000 welcomes its very first TRAIL CAMP, from 24th to 26th of July. 3 immersive days in the high mountains on Le Mercantour's most beautiful paths at altitudes between 2,000m and 3,000m. Led by professional athlete Maryline Nakache and specialist guides, runners will make their way through a truly holistic programme that goes far beyond a simple group outing, including technical workshops and conferences (nutrition, recovery, training management...)

New places to discover:

ORCIERES' outdoor activity centre is home to 12 little wooden chalets, each able to sleep 5, offering a combination of comfort and modernity allowing guests to make the most of the forest setting on the shores of the Drac river.

Le Sherpa hotel in Les **2 ALPES** is reopening after being fully renovated in a contemporary mountain style, with a spa and a terrace featuring fire pits. Like the rest of the resort, it will be open 9 months of the year.

Boasting hot tubs and perched in a larch forest in **Les ORRES**, the Cabanes de Mélézia are set to welcome their first visitors this summer.

Smoked meat is part of the Vosges Mountains' artisanal and ancestral traditional expertise. "Môdôn Gourmand" is **GERARDMER's** new signature address - an eatery dedicated to fans of authentic smoked meat. Bacon, duck breast, smoked trout and many other products are hand-cured using rigorous techniques, and then gently smoked on real wood, with no added nitrates or preservatives.

OZ 3300 is celebrating the opening of "La Bonne Étoile", a new restaurant run by welcoming owners who live to create authentic experiences at their tables. The menu offers homemade cuisine using fresh, seasonal, local produce.



Focus on living heritage

A major asset for diversifying tourist activity in the valleys and resorts, heritage has long been a real attraction that breathes life into the regions.

Following a 4-year renovation, the Musée Alpin in **CHAMONIX** is reopening under the new name Musée du Mont-Blanc. It provides the region with a wide-reaching, innovative facility that meets the cultural challenges of today and tomorrow. The Musée de la Vie d'Autrefois in **SAINT SORLIN D'ARVES**, founded in 1977 by a group of dedicated locals, will take up residence in a new site in summer 2026. This comprehensive renovation highlights the village's historic heritage (traditional costumes, tools of yesteryear, historical photographs...) while offering visitors a modern, comfortable, and welcoming space.

In **DEVOLUY**, Col du Noyer is being celebrated with a biodiversity-themed detective game that shines a light on the Col's natural and historical heritage. The local tourist offering has been rounded off with mindful zones and interpretation boards. And this spring sees the inauguration of the new Pays Le Tour de l'Obiou GR® (4 legs, 65km, 370m vertical gain) which passes through 3 areas (Le Dévoluy, Trièves, Matheysine). Le Tour is designed as a mindful journey through a living space, an immersive and contemplative experience.

inviting visitors to move away from the performance mindset and instead privilege learning, encounters, and respect for the balance between people, grazing herds, and wildlife.

6 new itineraries have been introduced in the **JURA MOUNTAINS**: each one winding through a delightful rural area with 3 or 4 places to stop and partake in gourmet indulgence. On the programme: tastings, guided tours, encounters and sharing.

La Balme Obscure, a geological curiosity to discover in **AURON**, boasts a fun owl-themed itinerary.



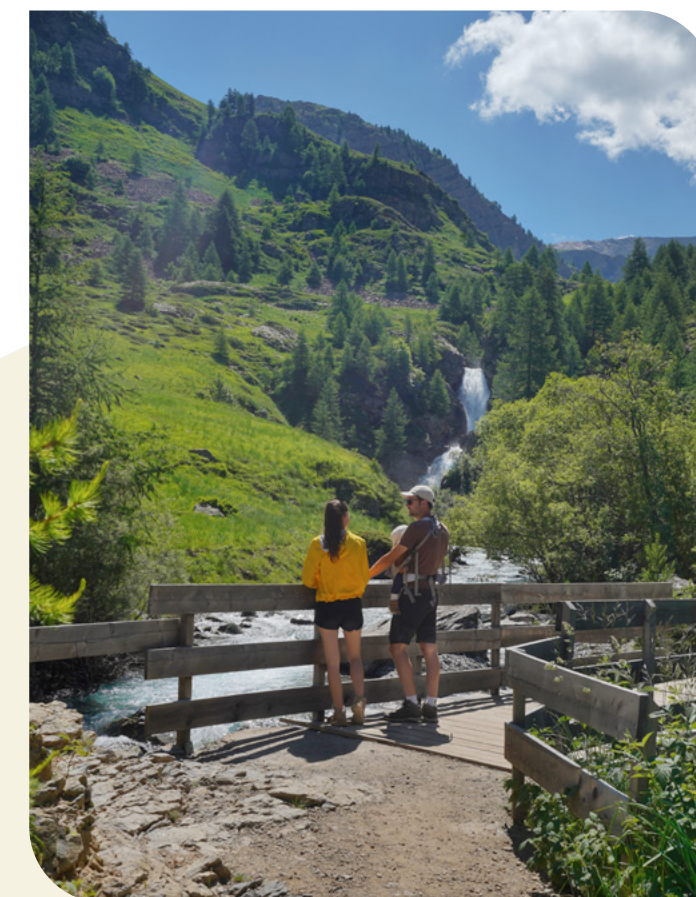
Taking wellbeing to new heights

In **BELLEDONNE**, ALP'IN guide Pascal connects a love of nature with self-esteem. His hikes are enriched with meditation breaks and vibrational healing using sound bowls to guarantee you get in touch with yourself as well as with nature. From Wednesday 8th July to Sunday 12th July 2026, a week dedicated to yoga will take place in **LA PLAGNE** with Mont Blanc as the backdrop, the perfect setting in which to recharge your batteries. Here, it's not all about performance, but rather about the joys of breathing and living fully in the moment, infused with the mountain's energy. On the programme: aerial yoga, yin yoga, and hatha yoga sessions, hikes and evenings punctuated with creative and personal development workshops. In **VALMEINIER** a sound journey combining meditation and relaxation lets you recentre, anchor, revitalise, and open the door to vibration healing using a range of musical instruments. Meditation and energy renewal sessions in nature are available in **RISOUL**. The mountains are a source of inspiration in **PAYS DE GEX - MONTS JURA** thanks to mountain guide Rose May Halbout, who runs Afghan walking, forest bathing and nature retreats.

Multisports are trending

Padel is one of today's fastest-growing sports: the number of players in France is continually on the rise, and now the mountains are developing facilities where it can be played. **SUPERDEVOLUY** now boasts two padel courts (as well as a volleyball and handball

beach) and **MERIBEL** has installed two near its tennis courts. After a five-year closure, Les **2 ALPES'** fully renovated new aqua complex is now open all year round. Its modern, eco-design comprises a 25m swimming pool, counter-current swimming, an integrated wellbeing area, a second pool and splash pad for children, as well as a wide range of water-based activities, from baby swimming to aqua biking. Also worth noting... Les **2 ALPES'** icerink has been reinvented as rollerskating rink., a 17wide climbing wall has been installed in Le CORBIER, a new riding arena has opened in **ALPE d'HUEZ**, making it Europe's highest altitude equestrian centre, and spa treatment mini courses are available in **BRIDES- LES-BAINS**.



Accessible mountains

Wide open spaces, nature and a change of scenery aren't just reserved for sports lovers. French resorts are making the mountains easily accessible to everybody, whatever their age, ability or physical restrictions. This summer, the mountains are for everyone, everywhere.



Reach the peaks on a ski lift

There's no need to climb kilometre after kilometre to reach the most beautiful walks and panoramic views in the French mountains. In every resort, ski lifts provide easy, hassle-free summit access, with a pedestrian ski pass.

In **VALMEINIER**, Les Jeux chairlift takes walkers to altitudes of 2,400 metres in mere minutes. Up there, an easy 2km circular route awaits at the Gros Crey summit where 360° views over the legendary Vanoise, Ecrins and Aiguilles d'Arves peaks are waiting to be discovered. Picnic tables and relaxing seating invites visitors to sit in mindful contemplation.

La Brive gondola lift in **VALLOIRE** provides access to a 2,100m activity zone which boasts a playground, children's BMX biking, balance bikes and giant inflatables to keep young children happy out in the fresh air. Bonus: the Alp de Zélie slopeside restaurant offers a gourmet break for walkers in search of a light snack or lunch.

In Les **ANGLES**, Les Pèlerins gondola lift provides easy access to the Sentier de l'Horizon: an unmissable part of the resort. It's an accessible hike for families, friends and individuals, who can discover the marvels of the Pyrenees without exerting too much effort, enjoying uninterrupted views of legendary local landmarks Lac de Matemale and Le Capcir. massif. There are lakeside picnic and bivouac areas, as well as a children's playground.

In **VAL D'ISERE**, at an altitude of 2,400 metres, Lac de l'Ouillette is accessible by gondola lift and offers views over the Haute Tarentaise summits from the Solaise Panoramic views over the Vallée du Valdeblore de la Vésubie and la Chaîne du Mercantour are accessible from the Pic detachable chairlift in **LA COLMIANE**. That's also the starting point for the zip line, paragliding, summer toboggan and a great many hikes, as well as being home to a slopeside restaurant.

From the top of the **THOLLON-LES-MEMISES** gondola lift, an easy 3.4km itinerary passing through la Crête des Mémises – often described as the most beautiful spot from which to see Lake Geneva – offers a unique panorama over its shores, Switzerland, and the Jura and Chablais valleys. In the same location, Le Pas du Léman is an openwork footbridge that's perfect for testing your mettle when it comes to heights.



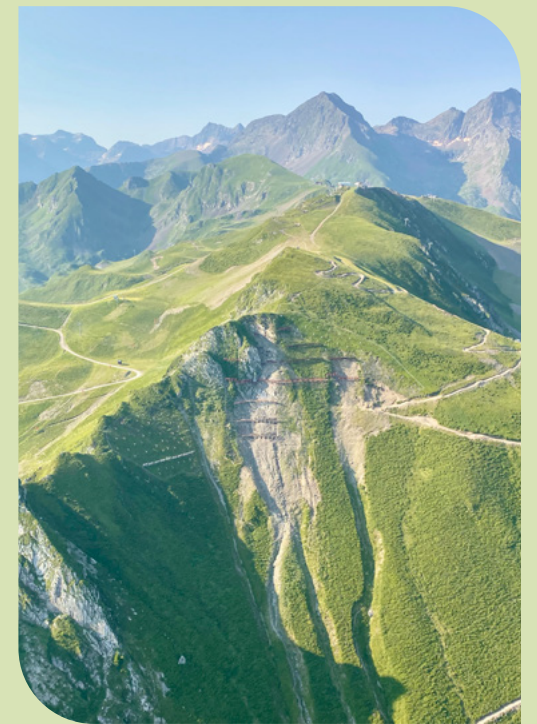
Explore the mountain with a disability

There are also itineraries adapted for people with reduced mobility in the resorts, thanks to the availability of specialist equipment, equipped paths and other facilities.

In **VAL D'ALLOS**, an all-terrain wheelchair is available for people with physical disabilities to book free of charge from the Tourist Office during the summer season. To guarantee a safe journey for everyone, it's recommended to have 3 to 5 people to carry it and supervise. It offers the chance for everybody to explore the unmissable Lac d'Allos.

In **ALBIEZ-MONTROND** the Sentier des Alpagnes is a walk leading to the heart of the Montrond plateau, through Alpine pastures at the foot of the Aiguilles d'Arves. An hour and a half should be enough time to complete this 1.2km itinerary. The low vertical climb (40m vertical gain) makes it accessible to independent wheelchair users.

In Les **2 ALPES**, the Venosc gondola lift is accessible to those with reduced mobility, letting them step back in time. It's just a 7-minute journey to Venosc, an artisanal, historical location offering a cultural, mindful path along the shores of the Vénéon, at the doorway to the Écrins National Park, far away from the hustle and bustle of the resort.





The Famille Plus label turns 20!

Over 40 resorts in France bear the national Famille Plus label, which guarantees that the resort is specially designed to cater for families, thanks to activities and facilities designed for little ones and their parents. By choosing a Famille Plus resort for your mountain break this summer, all ages are sure to have the best possible time!

The Famille Plus label's 6 commitments

The national label of quality for a successful family holiday!

- 1 - A personalised welcome for families
- 2 - Entertainment and activities suitable for all ages.
- 3 - A price for everyone, from the youngest to the oldest
- 4 - Activities which children and adults can enjoy together or separately.
- 5 - All shops and services within easy reach.
- 6 - Children taken great care of by our professionals.

Activities for little ones

Downhill mountain biking and Bike Parks aren't just for sporty grown-ups. In Les **ORRES**, young children can try their hand at the discipline in the "Kids Easy Ride" zone. The "P'tit Rider" and "Suuuper Green" green runs are specially adapted to little ones seeking new downhill thrills. Children can enjoy these summer activities with a Multi-Activity Pass from 14€.

A wonderful combination of refreshing coolness and adrenalin, canyoning has just been awarded "Famille Plus" status in Les **CONTAMINES-MONTJOIE**. It's the perfect opportunity for the whole family to share a guided activity that's guaranteed suitable for children!

Les **MENUIRES** resort offers the over 8s a "Kids Survivor" programme, a one-day mini survival course deep in nature to teach them the skills they need to become real mountain pros. The Belleville Valley Guides Office will teach them how to build a shelter, light a fire, identify edible plants, and even carry out first aid.



My mountain adventure

Wanting to be a part of the summer season's developmental thrust, ESF is offering "My Mountain Adventure" multi-activity courses for children aged between 3 and 12 years old. By the half day or full day, children can try their hand at orienteering races, archery, mountain biking and even slacklining.

Supervised by qualified professionals, children develop physical skills, understand the right way to behave in a mountain setting, and learn about respecting the environment at the same time as discovering the joys of outdoor activities in complete safety. A choice of pathways through the courses are available according to age range ("little adventurers", "little trappers", ...), offering a complete mountain experience throughout the summer season.

Where? Montgenèvre · La Colmiane · Méribel · Peisey-Vallandry · La Rosière · Les Menuires · La Plagne · Serre Chevalier · Orcières Combloux · Font-Romeu · Sainte-Foy Tarentaise · Val Cenis. **Coming on board in 2026:** Vallorcine - Ancelle - Ceillac - La Bresse - Vars - Alpe d'Huez - Praz sur Arly - Risoul - Foux d'Allos - Val Thorens

The summits even for pushchairs

Famille Plus resorts offer pushchair-accessible itineraries for families with young children who aren't yet walking. In summer, families can discover beautiful French mountain landscapes with ease on their way up to the summits.

In **ALPE D'HUEZ**, the legendary Pic Blanc summit (3,300m), rated 3 stars in the Guide Michelin, is accessible to pushchairs via the Pic Blanc gondola lift and cable car. Up there, in good weather, you can enjoy exceptional panoramic views that let you see 1/5 of French terrain. From the top, families can use the information board to identify legendary summits in the French and Italian Alps.

Near the Massif de Sancy resorts of **SUPER BESSE** and **MONT DORE**, Lac Chambon is one of the Auvergne's most beautiful lakes. The entire perimeter is accessible with a child in a pushchair, thanks to a 3.5km trail that takes around an hour to complete. Along the way, families will happen upon wooden pontoons, observation spots and wetlands where amphibians and reptiles live in the summer. A real family nature discovery outing around a volcanic lake.

In **LA ROSIERE**, a forest walk leads to the Plan de l'Arc recreation area, which offers uninterrupted views over Mont Pourri and the Vallée de la Haute Tarentaise. An idyllic place to picnic and gaze out over the unique panorama, while children and teenagers enjoy the many leisure facilities organised by age category. Lac du Repos, stream, pumptrack, multi-sports ground, BBQ, climbing wall, pétanque court, football pitch, eateries and toilets round off the offer for families. Accessible to pushchairs and to people with reduced mobility.



A natural source of refreshment

Lakes, secret waterfalls, invigorating mountain streams and water sports centres: refreshment and restoration come naturally to the mountains. So many amazing features offer inspirational alternatives to the intense summer heat.

Walking and hiking in the cool mountain air

In Les **KARELLIS**, on the path to the hamlet of Albanette, you'll come across the 15-metre-tall Cascade du Pis. Take the Gorges de la Diosaz suspended walkway in les **HOUCHES**, a magnificent listed natural site for the whole family to discover. In **BRIDES-LES-BAINS** you can follow the Doron de Bozel river on a path that takes you to various viewing points. In the **MASSIF DU SANCY**, a theatrical walk through the Couze Pavin takes all ages on a fun, refreshing discovery that combines humour, local history and the secrets of water.

The hike through Lesponne Valley in Le **GRAND TOURMALET** is unmissable. The path lets you discover the magnificent Cascade Magenta, an impressive natural site, while enjoying panoramic views over the mountain streams and surrounding forests. This hike combines

discovery, relaxation and astonishment, and is perfect for families and nature lovers. At the foot of le **DEVOLUY**'s sheer limestone cliffs, fresh, clear water springs from the very rock itself. This is the Sources des Gillardes, the second most productive natural spring in France after the Fontaine de Vaucluse. Cool, calm and magical, this site makes a perfect spot for recharging your batteries and having a picnic, at the departure point of several very accessible hikes with educational information and three footbridges.

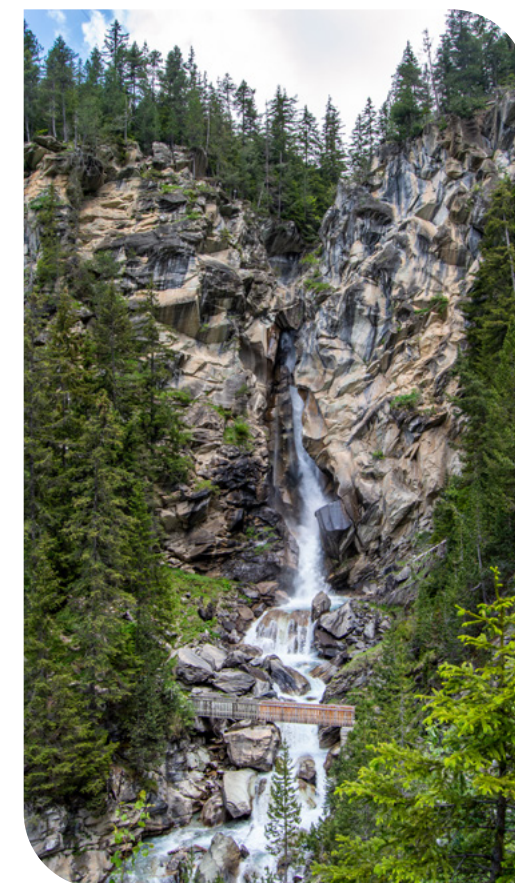
Around the resorts, several trails accessible to families lead to majestic waterfalls. Equipped for visitors, these easy walks boast many places to stop off for a snack. The Cascade de la Fare in **VAUJANY**, Cas cade de la Fauge in **VILLARD DE LANS**, cascade de la Serva in **CHAMP DU FEU**, cascade de la Raie in **SAINT FOY TARENDAISE** and **ALPE DU GRAND SERRE** all await to be discovered.

The big thrill

Clinging to the rock face, via ferrata and adventure trails offer a refreshing outing above waterfalls or across spectacular gorges. Between vertical passages, suspended bridges and zip lines, the experience combines adrenalin, panoramic views and much-needed coolness in the heart of summer. The more experienced can tackle it independently, but professional accompaniment is highly recommended for completely safe practice.

Where? At the heart of les Grandes Rousses, the Cascade la Fare via ferrata, accessible from **OZ 3300** and **VAUJANY**, extends above a 300-metre waterfall with vertical sections, suspended bridges and impressive panoramic views over 2 possible itineraries: the "Cascade" and the "Passerelles". (Duration: 4.5hrs / Difficulty: Difficult+ (Cascade) Fairly Difficult (Passerelles)). In **PRALOGNAN LA VANOISE** the Via Ferrata de la cascade de la Fraîche offers a varied aerial route on which you can take 6 ziplines for 1,400m of thrills (Duration: 1.5hrs / Difficulty: Difficult+).

The only one of its kind in Europe, the Thuès-entre-Valls thermal canyon is 30 minutes from the resorts of **FONT-ROMEUE, LES ANGLES**, and **PYRENEES 2000**, and not only has the distinction of taking place through naturally warm water but is also suitable for everybody. The 1.5hr descent is accessible from the age of 8 and is the perfect introduction to canyoning and abseiling. No jumps, but more of a thermal spa vibe!





An invigorating splash in a mountain stream

Make your way through cool, fresh running mountain water, with all the right equipment.

The whole family can set off to conquer the **VALMEINIER** and **LA PLAGNE** mountain streams on an aqua-fun hike. Moving upstream, clamber over obstacles and yomp through underwater rock beds. Setting off from **VARS**, the adventure alternates between river walking and crossing terrain that's been naturally sculpted by water, from limpid pools to natural waterslides to climbable rocks. Crossing through a cave adds a touch of spelunking-style explorer spirit. This family activity offers an extraordinary experience against a spectacular backdrop, with canyon cliffs beside you every step of the way.

1001 Lakes

Mountain lakes make naturally refreshing spots to stop off at in the heart of stunning panoramic landscapes. Unspoilt nature, peaceful atmospheres, easily accessible or more tucked away, here's an overview of some truly sparkling destinations. A themed hike setting off from **ORCIERES** resort leads to the "Monde des Six Lacs". Its 10km panoramic route takes approximately 3 hours and reveals the mineral and lush green landscapes typical of les Écrins. A beautiful adventure accessible to regular walkers from 5 and up, offering the satisfaction of combining several natural gems in a single outing.

COURCHEVEL is home to 8 slopeside lakes perfect for strolling around and relaxing. The sites are connected by well-marked paths through elegant scenery including forests, Alpine pastures and mountain summits. Gentle, accessible mountains just right for families.

Easily accessible from **SAINT-LARY SOULAN**, the Réserve du Néouvielle is a constellation of mountain lakes set against an unspoilt background of mountain pines, granite and summits. A number of walks around emerald-green lakes such as Lac d'Aumar, Lac Aubert and Lac d'Orédon are available to everybody, children included.

In **VARS**, every day becomes an opportunity to explore with the "1 day, 1 lake" concept. Six itineraries allow you to discover six different lakes, between Alpine pastures and panoramic mountain ridges, perfect for swapping between moderately challenging hikes and relaxing waterside breaks.



The deep end

In summertime, the mountains are transformed into a real water sports playground. Natural lakes equipped artificial lakes and water sports activity centres let visitors move between swimming, relaxation and fun activities against spectacular backdrops. Wherever you go, the promise remains the same: refreshment, fun and a different way to enjoy the mountains - between slopeside beaches, deep blue turquoise waters and wide-open space.

In les Vosges, lac de **GERARDMER** offers swimming with on-duty lifeguards, beaches with facilities, waterslides and paddleboarding, while the water park near **LA BRESSE** offers a huge range of aqua-fun activities and inflatables for XXL thrills.

In the southern Alps resort of **AURON**, alternate between the Vens wild lakes and Saint-Étienne-de-Tinée's artificial lake, which is perfect for paddleboarding and canoeing. In **SERRE CHEVALIER**, two "organic" artificial lakes offer bathers naturally filtered water, at the heart of an unspoilt mountain environment.

Over in the northern Alps, resorts are brimming over with things to do: beach and relaxation at **ALPE DU GRAND SERRE** and in Les **2 ALPES**, or a variety of water sports in **TIGNES**, **CHAMROUSSE** and **ALBIEZ-MONTROND**. In **VAL CENIS**, lac du Mont Cenis, perched at an altitude of 2,200m offers one of the highest water sports centres in Europe: kayaking, pedalos and 360° panoramic views of summits over 3,000m. In Les **CONTAMINES-MONJOIE** at the heart of the biggest leisure area in Pays du Mont Blanc, Le Pontet swimming lake boasts a fine sandy beach. This peaceful sanctuary deep in the valley offers over 25 family- friendly activities.

In the Pyrénées, the unmissable Lac Génos-Loudenvielle is accessible in no time thanks to the Valléen lift from **PEYRAGUDES**. The swimming site offers a variety of water activities, including a human catapult for real daredevils.

In the **MONTAGNES DU JURA**, "La Route des Lacs" unfurls 150km of waterthemed panoramic views between Marigny and Thoirette. Along the way, a rainbow of blue unveils the Jura lakes' diverse beauty.

There are 18 completely different lakes to discover: from the vast Vouglans artificial lake to the Bonlieu wild lake, and the equipped lake in Clairvaux.



Stars in their eyes

When night falls over the summits, the mountains transform into a huge celestial theatre. Far away from light pollution, mountain destinations provide the ideal conditions for stargazing. Astronomy festivals, moonlit walks, twilight hikes, open-air meals in Alpine pastures, guided observations and storytelling: increasing numbers of nighttime activities are taking place across the mountains, inviting all ages to look up at the night sky. A rich, accessible programme that turns the night into a real mountain holiday highlight.

At nightfall

Fun events

The traditional Fête du lac de la Cour in Le **GRAND BORNAND** takes places over two summer evenings, in July and August. A narrated musical presentation about Les Bouts hamlet introduces a delightful climb to the shores of Lac de la Cour where you can watch the sunset from a magnificent viewing point in the Jallouvre massif, while enjoying a light snack and intimate concert. To round off, walk back to the village under the stars, lit by lanterns and moonlight. **LA CLUSAZ** holds the “Balade au Clair de Lune” event which takes place on Saturday June 27th, an evening of street entertainment and music at the heart of the candlelit village under a starry sky.

VALMOREL welcomes the “Raconte-Moi les Etoiles” astronomy festival at the end of July and beginning of August, when all ages can explore the mysteries of the skies through fun activities, planetarium sessions and stargazing. An immersive week offering a fun way to discover astronomy (astro workshops, rocket launches, planetarium, solar and nocturnal observations...).

and perhaps even introductions to astrophotography for some attendees

The experience begins in **LES MENUIRES** with a gentle climb to a mountain refuge at an altitude of 2,045m. After a sociable meal, there's an opportunity for an introduction to astronomy and stargazing. This wonderful evening is rounded off by the walk back down, by starlight, moonlight or head torches, depending on the weather.

Unusual

In **CHAMPAGNY EN VANOISE**, take a horseback ride through the forest slopes at nightfall. Stop off in a clearing and don your headtorches to enjoy an aperitif made from fresh, local ingredients, before setting out for the way back in total darkness. Trusting your mount is the key to this memorable experience.

Closer to wildlife

Beautiful, starry summer nights are the perfect opportunity to visit Les **SAISIES'** peatland in a peaceful twilight atmosphere. In the evenings, it's not uncommon to see animals making the most of the milder temperatures to come out and feed. And even if they don't put in an appearance, the landscape lit by the light of the full moon is always there to offer a magnificent spectacle...



Starlit walks

The lack of light pollution in the mountains makes them ideal for stargazing during the summer season, and even more so during the month of August, which is a good time to see the Perseids meteor showers. It's a truly special time to hold astronomy-themed evenings.

Where? **A SAINT SORLIN D'ARVES, SERRE CHEVALIER, PRALOGNAN-LA-VANOISE, L'ALPE D'HUEZ, VAL THORENS, ISOLA 2000, OZ 3300, FONT-ROMEUE, aux ORRES, au CORBIER, dans le VAL D'ARLY, au PAYS DE GEX – MONTS JURA, PAYS DES ECRINS.** On the programme: easy, accessible walks for all, planet and constellation gazing, discovering mythological origins,

RICE

RICE (International Dark Sky Reserves) are places recognised for the exceptional quality of their night sky. They help to protect biodiversity and highlight the importance of the night sky's ethereal heritage. Of the 7 such listed reserves in France, the mountains show off the celestial canopy better than anywhere else. There are a great many experiences to enjoy in these reserves at **VAL D'ALLOS** in the Mercantour national park, and in the **VERCORS** and **GRAND TOURMALET PIC DU MIDI** resorts.

Sleep under the stars

As mountain tourism reinvents itself, nighttime is becoming its own distinct emotional territory. Sleeping under the stars, in as much or as little comfort as you choose, is a way to stay connected with the elements. Nocturnal activities satisfy our search for meaning, nature, and the chance to switch off, while helping us to recognise the importance and richness of the mountains' night skies.

Portaledge

In **VALLOIRE, ALPE D'HUEZ, COMBLOUX** and **CHAMROUSSE**, daredevils can have an experience that's as vertiginous as it is unforgettable: spend the night in a portaledge, hanging from the cliff face, securely attached by a harness and ropes. It's an up-close and personal encounter with the mountains, under a starry sky, where adrenalin and mindfulness meet to offer an extraordinary immersive nighttime experience.

Comfort in the heart of nature

Several resorts are offering the chance to sleep under a clear dome as THE solution for combining comfort with immersion in the depths of nature. Most also offer optional nighttime stargazing activities. Where?: in **ARÊCHES- BEAUFORT** in the company of an astronomer with a telescope. In **ALBIEZ-MONTROND**, with activities and half board accommodation.

As well as in le **DEVOLUY**, à **CHAMONIX, VALMENIER, COMBLOUX, SAINT SORLIN D'ARVES, L'ALPE DU GRAND SERRE, TOURMALET PIC DU MIDI** and in **VAL D'ARLY**...

In the heights

Spending the night in a treehouse is a way to reconnect with your childhood dreams while treating yourself to a timeless experience. Suspended between the sky and the forest, treehouses invite you to slow down and see the mountains from a different perspective. A real cabin among the trees, the Escondus Tree House offers an unusual experience at the heart of **VARIS**. Equipped with every amenity and offering all the comfort you would expect from a hotel, this bedroom in the trees is perfect for couples and families alike.

In **VALMOREL**, the Valmo'Insolite tree house is a wellbeing cocoon perched 4m up in the air. Able to sleep 2 adults and a child over the age of 6, it provides uninterrupted views over La Lauzière massif. The 15m2 rooftop is the ultimate way to rise above it all and feel in harmony with nature.

Over 9 metres up, and deep in the forest, visitors will love **VAL D'ARLY's** Cabane Nid's bird nest-inspired architecture, which blends in perfectly with nature opposite the Mont-Blanc mountain range.

Les Nids des Vosges offers eco-friendly, cosy treehouses with all mod cons. Near **GERARDMER**, they boast facilities combining a cosy stay with luxury experiences including a sauna or outdoor hot tub. From intimate cocoons to large treehouses for groups with a spa and panoramic areas, this extraordinary accommodation offers immersion at the heart of the forest.

Bivouac

Bivouacking is becoming increasingly popular, but making that leap into spending your first night out in the mountains can still feel intimidating. To support new bivouackers in this unique adventure, specially designed trips give them a hassle-free, fully immersive experience, making it easy to organise, and to learn the skills they need.

2 Day mini adventure

In **LA TOUSSUIRE**, an unusual, authentic mini-adventure awaits. Accessible and immersive, this timeless 2-day trip is much more than a hike with a night in a bivouac, it's an exclusive, once-in-a-lifetime Alpine experience. All in the company of Lionel Bonnel, a local legend renowned for his encyclopaedic knowledge of the region. In **ORCIERES**, Raid Urcinia is offering a 2-day family adventure as a different way to explore the mountains, through themed hikes and paddleboard

rajes. At nightfall, participants set up camp for a sociable evening with a traditional mountain meal, with stargazing and storytelling under the Alpine sky – an immersive, memorable interlude in the heart of nature.

Getting little ones started

With two distinct groups divided by age range, Club Ado des **KARELLIS** offers an introduction to bivouacking for young people between the ages of 12 and 17, at Plan Thimel, a new take on a holiday camp, as part of a week spent with the family.

In **ALPE D'HUEZ**, after hiking La Ronde des Lacs, let the fun continue by spending the night in a stunning setting, accompanied by the AMM (Mid-Mountain Guides). This short 6.5k hike with 150m vertical gain is accessible to everyone and reached via ski lifts that provide incomparable views over Lacs de Besson, Rond, Noir, Faucille and Carrelet

Bivouac campsites are evolving

Enjoying a night deep in the heart of nature without damaging natural spaces is possible at **MASSIF DU SANCY** thanks to four free bivouacking sites in Picherande, Chambon-sur-Lac, Chastreix and Super-Besse. Boasting equipped campfire areas and toilet blocks, you can spend the night under the stars and enjoy waking up to the very first glimmers of daylight.

In **VAL D'ARLY**, an accessible bivouac is available at the top of Le Torraz by Food truck 1930m. It offers a night under the stars in an exceptional setting with a package including an evening meal while you watch the sunset, plus breakfast. The tents are available on site for inexperienced bivouackers. It's an opportunity for families, friends, or individuals to have their first bivouacking experience without too much commitment.

What's new

From this summer, visitors can enjoy a new, equipped bivouac site at **MONT DORE**: La Halte Cabane des Granges Raguin. An ecodesign using wood from the Jura, it combines accommodation at the heart of nature with comfort. It rounds off an innovative network that already includes two other destinations in le Doubs and le Jura: Les Seignes and Les Arboux. At the heart of the Parc Naturel du Massif Central, two new cabin-shelters have been installed on the Chastreix and Chambon-sur-Lac bivouac sites.





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