

3 DAYS IN ANNECY MOUNTAINS TO FILL UP ON ENERGY...

DAY 1

MORNING

VIA FERRATA AT LA SAMBUY

Attempt the Dahuts via ferrata, unaccompanied or with a guide and enjoy a unique **panoramic view** over Lake Annecy and the Mont Blanc.

<https://goo.gl/Bo6Mk4> - Equipment hire available on site - 12€ per person.

LUNCH

LUNCH AT THE ARCALOD

Take a seat in the shade of one of the **century-old trees** in the **5000m² park** and enjoy a taste of some local, authentic delicacies!

www.hotelarcaldod.fr - Menu from 19€ per person.

AFTERNOON GO DIVING IN TALLOIRES-MONTMIN

See the lake from down below! Experienced divers can discover the **wreck of the "Le France"** boat, 42m deep.

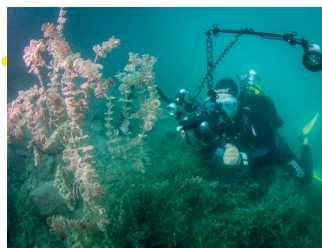
www.profilplongee.com - Initiation dive from 70€

EVENING

DINNER AND NIGHT AT THE ECOTAGNES- CABINS IN THE TREES

A **one-off experience** in the mountains, where you can sink into in a **Scandinavian bath** on the outdoor terrace followed by a meal overlooking the sunset on the surrounding mountains. A change from the ordinary!

www.ecotagnes.com - 140 € (tips & chalet) to 185€ (cabins) - half board rate



DAY 2

MORNING

"DISCOVER THE WETLANDS" HIKE

A new, fun, **white-water sport** known as "ruisseling" involving jumping and sliding in natural basins as you walk along waterways.

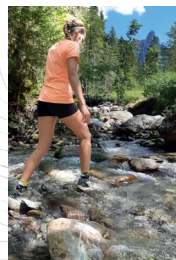
<https://goo.gl/UkzsqW> - . Accessible to children over 8 years - From 21€

LUNCH

THE COL DE PLAN BOIS AUBERGE

The mountains taste even better when combined with a fantastic view and **the traditional potato fritters** in this charming auberge at the crossroads of several hikes.

www.facebook.com/aubergedepianbois/ - Specialities : 9 to 13€



AFTERNOON TRAIL ON BEAUREGARD

Discover beautiful summer meadows and an outstanding view over the Aravis range from the Beauregard Plateau along clearly indicated paths. There is something for **all levels** of fitness !

www.manigod.com - Free access

EVENING

DINNER AND NIGHT AT THE RHODOS IN LA CLUSAZ

Located on the Col des Aravis with an **outstanding view over the Mont Blanc**, this restaurant/hotel has 5 charming and individually decorated rooms.

www.rhodos.fr - Rooms from 85€ to 250€

DAY
3

MORNING

EXPLORE THE MOUNTAINS AROUND LA CLUSAZ ON AN ELECTRIC BIKE

Head up and **explore the mountains** around La Clusaz at your ease to discover alpine lakes, forests and flowering meadows.

www.evolution2.com/activites/vtt-electrique/ - From 69€ for a half day (Ebike hire + instructor)

LUNCH

ARTY LUNCH AT L'ESPERLUETTE IN THE GRAND-BORNAND.

A **pop-up restaurant** with a difference! Imagined by a group of local artists, you can lounge outside on recycled furniture and taste dishes made from **locally sourced products** as you listen to the sounds of regular DJ sets.

AFTERNOON PARAGLIDE OFF SOLID GROUND...

Fly over Le Grand Bornand with its backdrop of the emblematic **Aravis range**. Enjoy the perfect flying conditions around the resort, that have given it its status as an international centre for paragliding.

www.airlinks.com - Beginner flights from 67€ (special event rate for « Back to Grand-Bo » from 23 to 30/06/2019).

EVENING

DINNER AT THE ROTONDE - THE TRÉSOMS

A menu dedicated to the specific needs of sportsmen and women. The dishes have been elaborated by the chef **Eric Prowalski** and the free diver and world vice-champion, **Stéphane Toureau**.

www.lestresoms.com - Dish : 39€

SPEND A NIGHT AT THE TRÉSOMS****

A hotel nestled **between the mountains and the lake**, particularly appreciated by sports enthusiasts and most recently the Icelandic football team. An out-of-time experience with an **outstanding view**.

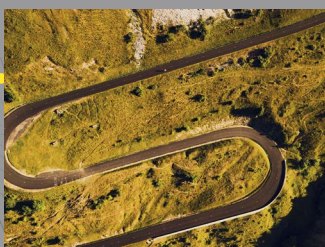
www.lestresoms.com - Room from 190€



A 100% ANNECY MOUNTAINS BIKE TOUR

◀ 100 KM

A tour between Lake and Mountain in the footsteps of the heroes of the Tour de France. **Le Grand Bornand** has already welcomed 7 different stages. From **Anancy**, take the direction **Thônes** via the Col de Bluffy, then head in the direction of **La Clusaz** and the Col de la Croix Fry, at **Manigod**, go down via Les Clefs and the Col de l'Épine. Continue the descent by **les Sources du Lac d'Anancy** and return to Anancy along the Voie verte.



4 DAYS

IN ANNECY MOUNTAINS

TO RELAX...

DAY

1

EVENING

DINNER AT LA CHEMINÉE

The road ends at the **Col des Annes**, a farming hamlet and departure for numerous tracks that head into the Aravis range. Here, snug in the refuge restaurant La Cheminée, you can sit back and enjoy the sunset over the mountains and savour **the best potato fritters in Le Grand Bornand**.

www.legrandbornand.com/restaurant-d-altitude-la-cheminee.html - Full menu from 18€

OVERNIGHT THE B'NETTE, AUX FERMES DE PIERRE & ANNA***

Nestled further down the valley, spend a night in one of the famous **400 two century old chalets** that Le Grand Bornand are famous for. Each room in this family guest house has been comfortably designed and is named after a traditional tool from traditional alpine life.

www.fermes-pierre-anna.com - Double rooms from 96€

DAY

2

MORNING

DISCOVER THE ART VACHE EXHIBITION AROUND LE GRAND BORNAND...

Contemporary art, cow-style! Le Grand Bornand has become an open-air art gallery with a **permanent exhibition** of over a hundred works of art, from paintings to sculptures, on display throughout the village. In homage to the real 'star' of Le Grand Bornand, the humble cow.

www.legrandbornand.com/parcours-de-l-art-vache.html site web - Free access

LUNCH

FERME DES CORBASSIÈRES

Taste the delicious **Reblochonade** and home-made tarts in this summer **pastures farm** while enjoying the breath-taking view over the Aravis mountain range.

www.laclusaz.com/gouter-a-la-ferme-des-corbassieres.html - Meal per person : from 26€

AFTERNOON THE AQUA-PARK IN LA CLUSAZ

Chill out for a relaxing afternoon in the sun at this outdoor leisure pool, with its impressive **panoramic view** over the mountains.

www.espaceaquatique-laclusaz.com/ - Adult entrance : 6,30€

EVENING

APERITIF AND LIGHT DINNER AT LO GARAJO

This **former village garage** has been transformed into a stylish lounge bar where you can find exceptional products. It can be whatever you are looking for, a tea room, wine cellar, grocer for fine foods, juice bar and beer cellar. Ideal for a **gourmet delight!**

www.facebook.com/logarajo - From 12€

OVERNIGHT CHALET HÔTEL DE LA CROIX FRY

Dominating the Manigod valley, the establishment combines modern comfort with the charm of a **traditional chalet**. Take time out and enjoy the **warm welcome**, authentic décor and breath-taking view.

www.hotelchaletcroixfry.com - 200€ to 495€ per day for a room or suite for two people.



DAY 3

MORNING

DISCOVER MEDICINAL PLANTS

Spend a morning on the Beauregard plateau in the company of M. Luchier, to discover **alpine flowers and plants** and how they can be used in everyday life.
<https://goo.gl/hHYUtq> - 13€

LUNCH

CANO-RESTO' - CUILLÈRE À OMBLE

Take a canoe and cross the lake, past the reedbeds of the **nature reserve**, and land on the other side for a lunch of fresh products on the magnificent Cuillère à Ombles terrace. Let the canoe guide you back home...
www.clubnautique-doussard.com/locations-materiels-nautiques - www.lacuillereamble.fr - From 50 € per person

AFTERNOON FOREST BATHING ON THE ROC DE CHÈRE

Breathe deep and feel the **benefits of forest bathing** and the different essences of trees. The Shirin Yoku from Japan was recognised as a preventive medicine as early as 1982.
www.yoga-montagne.com/bain-de-foret 3h - 25€

EVENING

DINNER AT THE HARAS D'ANNECY

Hidden away, yet just a few minutes' walk from the lake, this summer restaurant serves delicious, simple, **vegetable-based dishes** in a delightful tree lined park. Open 15th June to 15th October.
www.armonysaveurs.com - Buddha bowls at 10€

OVERNIGHT THE IMPÉRIAL PALACE****

An iconic hotel in Annecy with its **belle époque facade** and impressive list of former residents including Charlie Chaplin, Winston Churchill and Edith Piaf.
www.hotel-imperial-palace.com - One night from 192€



DAY 4

MORNING

VISIT THE OLD TOWN IN ANNECY

Wander along the canals and visit **emblematic places** such as the Palais de l'Île, there is an extensive market full of local products every Tuesday, Friday and Sunday.
www.lac-annecy.com

LUNCH

APERITIF ON THE LAKE IN A WATER TAXI

An unforgettable and unique experience **in the lagoon**.
www.water-taxi.fr - 25€

