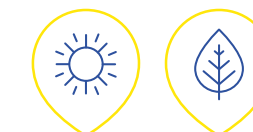




 **ANNECY
MOUNTAINS**

PRESS RELEASE

Summer / Autumn 2022



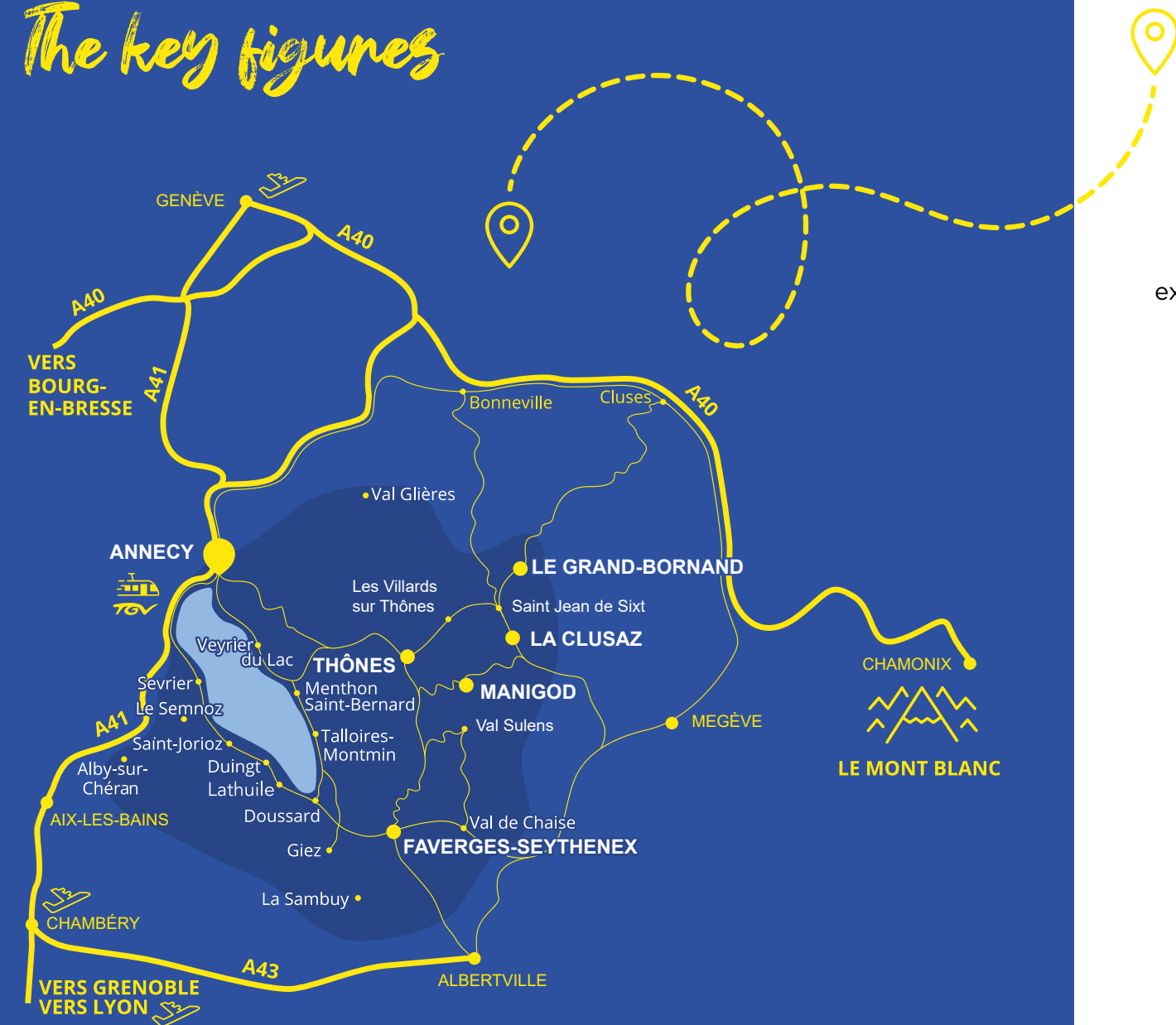
The way to get away !

Annecy and its surrounding countryside and mountains are now combined under the joint venture known as Annecy Mountains. This initiative seeks to promote the outstanding nature of the destination from a geographical, cultural and tourist point of view. The local partners are united in their determination and pride to reveal all this unparalleled and exceptional destination has to offer. From the idyllic shores of Lake Annecy to the spectacular summits of the Aravis, Annecy Mountains has timeless appeal. Discover the area towards the end of summer when the warmth of the sun continues to linger and the opportunities to take the paths less trodden are before to you. Here, you can still chance upon hidden treasures of natural beauty, abounding with local history and firm identities. From Lake to Mountains, all you need do, is get off the beaten track.

SUMMARY

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The key figures



Come to Annecy Mountains

BY CAR

Autoroute A41
exit « Annecy centre » and « Annecy nord »

Autoroute A40
exit « Bonneville/Aravis »
(35 mins)

BY TRAIN

Annecy TGV Station
Direct line Paris-Annecy
(3 hours 40 mins - 5 to 7 times per day)

Valserhône TGV Station
(45 mins)

BY PLANE

International airports for regular and low cost airlines

Geneva
44 km (45 mins)

Lyon - Saint Exupéry
125 km (1 hour 30 mins)

ACCOMMODATION & FINE DINING

6
5-star
hotels



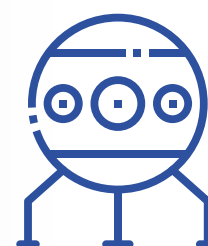
21
4-star
hotels

10,2 million
the number of tourist
overnight stays



11 stars
(Guide Michelin)

Laurent Petit (3)
Jean Sulpice (2)
Yoann Conte (2)
Florian Favario (1)
Stéphane Dattrino (1)
Eric Prowalski (1)
Vincent Favre Félix (1)



13
Unusual
places to stay
(cabin, bubble...)

20
summer
refuges



142 900
Tourist beds
within
Annecy Mountains

SPORT & OUTDOOR



214 km
of cross-country skiing tracks

Aravis: 108 km
(La Clusaz et Manigod / Thônes: 50 km,
Le Grand-Bornand: 58 km).
Semnoz: 35 km, Talloires Montmin: 16 km,
Glières: 28 km, Val de Tamié: 27 km.



Altitude

320 m at the
lowest altitude and
2 750 m at the
highest point in
the area (la pointe
Percée, on the
commune of Le
Grand-Bornand)



270 km
of downhill slopes

Aravis: 210 km, Semnoz: 20 km,
Talloires Montmin: 5 slopes,
Sambuy: 40 km



1 467 km
of hiking trails

200 000

The amount of **paragliding**
and **hang gliding jumps** per year,
in and around Annecy Mountains



18

The number of
cols to climb on
your road bike

4

snowparks

1

biathlon
stadium

5

via ferrata
sites

3

lake fishing
spots

8

canyoning
spots

20

climbing
spots

3

caving
spots

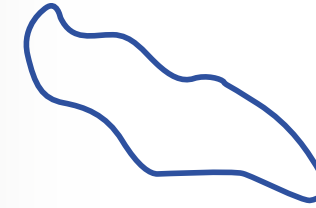
8

skateparks

LAND OF CHAMPIONS

Edgar Grosperon: Olympic champion and
three-time world mogul skiing champion
Tessa Worley: Four-time world downhill skiing champion
Candide Thovex: World Freeride champion
Clémentine Lucine: Several times water skiing champion and record
holder
Seiko Fukuoka-Naville: World paragliding champion
Morgane Charre: World MTB downhill champion
Stéphane Tourreau: Vice-world free diving champion
Benjamin Daviet: 6-time Olympic nordic-handiskiing medalist, with
3 golds
Loïc Collomb-Patton: World freeride champion
Yvan Perillat: Bronze medalist for the the cross-country skiing relay
at the Soshi Olympic Games
Christophe Blanchet: Silver medalist at the Masters cross-country
skiing world Championship

OUR HERITAGE & NATURAL ENVIRONMENT



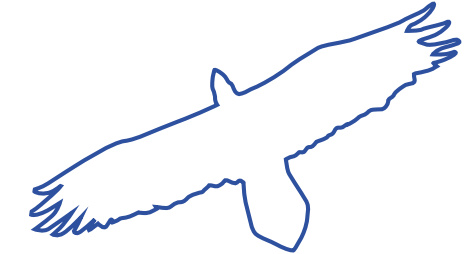
Lac d'Annecy

Average depth: 41 m
Maximum depth: 80 m
Length of shoreline: 40 km

2

Historic sites

to commemorate the Resistance:
Plateau des Glières & Morette



3

Couples of Bearded Vultures

Settled and reproducing in
the Bornes-Aravis Massif



Reblochons

130 farms
10 cheese maturers
5 200 cows
6 million Reblochon
per year

1

Geopark

Regional Nature Park
in the Bauges massif

(UNESCO 2015)



2

Natural reserves

Roc de Chère and Bout du Lac,
managed by Asters

7

Natura 2000 sites

A network that identifies
natural sites in order
maintain and protect species
and habitats that may
be under threat

Deep in nature

Delve deep into spectacular and exceptional Annecy Mountains where the elements of water, air and all things green form the perfect place whether you seek sporting experiences or contemplative relaxation for mind and body.

1/ E-MTB FOR SUMMER EVENING EXCURSIONS IN THE ARAVIS

The preserved, natural setting of Manigod, with its breathtaking views becomes even more exceptional with the setting of the sun. Take time out of time with friends or family and enjoy a bike ride accompanied by an instructor for a « sunset drink » in the heart of the alpine pastures. What better way to end the day than with an electric bike ride with friends or family, a sunset and drinks and snacks? It has never been easier to get out and about in the fresh air.

On reservation, evenings from 6:30pm.

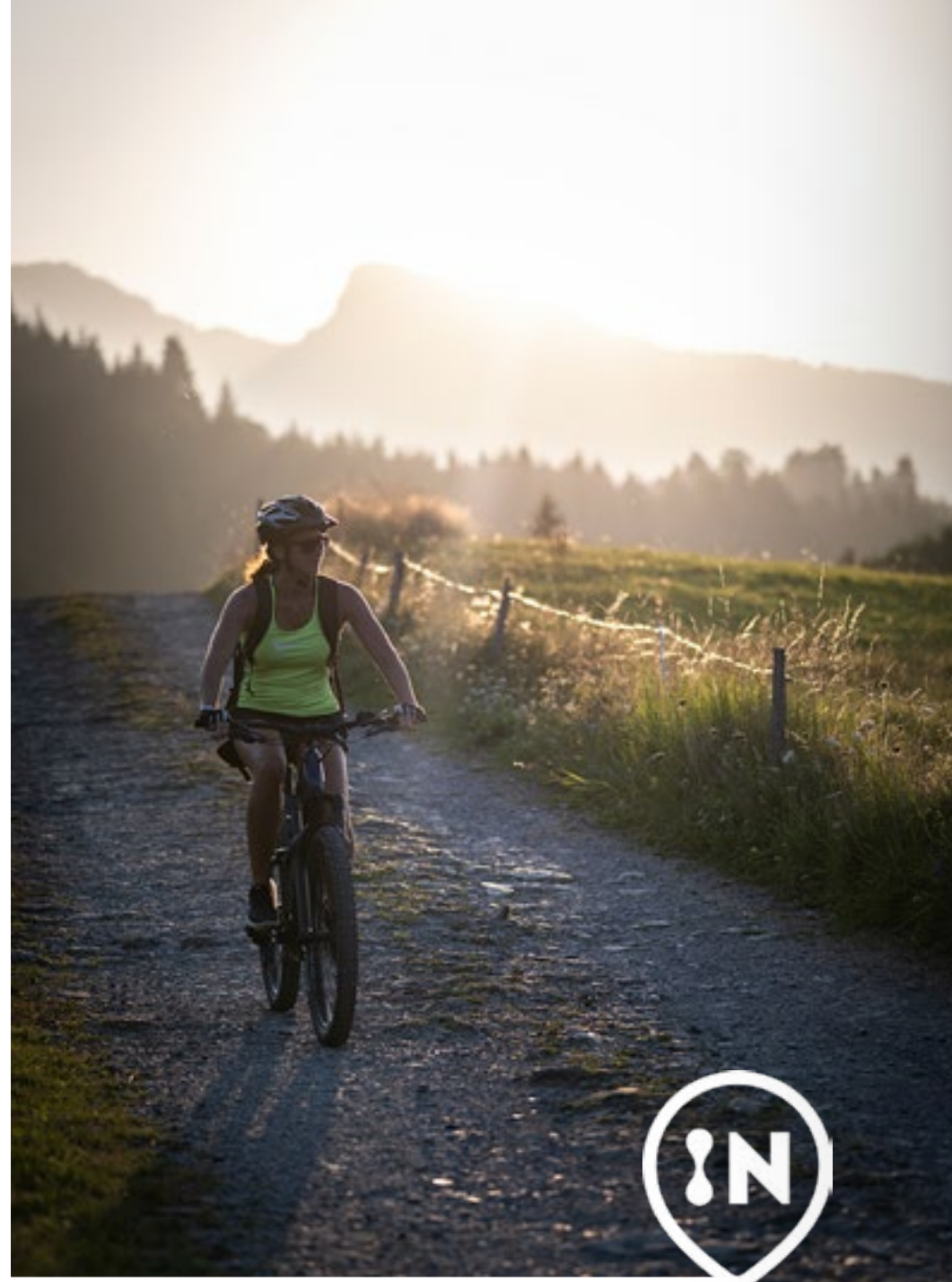
04 50 44 92 44

www.manigod.com

Follow the guide on some of the most stunning tracks in the Aravis and discover the mountains from a different angle. Take part in the e-bike adventure leaving from Saint-Jean-de-Sixt, with exciting discoveries for bike and food enthusiasts with the « local treats » option. Great views and tasty treats.

Arav'e-Bike: 06 68 65 67 91

www.aravebike.com



2/ QI GONG AT THE HEART OF NATURE ON THE PLATEAU DES GLIÈRES

Head for the Plateau des Glières to try Qi Gong with Elise Bovagnet. Spend a day getting back to wellness. Choose your programme depending on your level and needs, from a Qi Gong hike and Sylvotherapy, just a Qi Gong hike or a walk with an initiation to Qi Gong. What exactly is Qi Gong? An ancestral art of Chinese medicine which signifies «working the vital energy ». It aims to maintain health throughout the changing seasons.

Rates: From 55€ per walk - 9 :30 to 15 :30 - from 16 years

www.elise-qigong-sophrologie.fr

3/ RELIGHT YOUR INNER FIRE WITH TOUMO YOGA IN THE RIVER

A « Masala Yoga » class is opening this summer by Alexia Vulliet who trained at Philippe Djoharikian's "Babaschool", in Tuomo yoga, meaning « inner fire yoga » in Tibetan. This practice reinforces our resistance to cold and encourages deep purification of the body. Breathing techniques, visualisation and Mantras are used to prepare the body to sustain a voluntary submersion in cold water. The practice is accessible to all despite any trepidation, the key being mental control and the liberation of conditioned fears and worries.

Rates: 15 €/ per 1h30 session

www.masalayoga.fr

4/ A STROLL BY THE LIGHT OF THE MOON

For one special evening, the village and its natural surroundings are plunged into a magical atmosphere, where the soft warm, natural light from the moon and the thousands of candles lead you round the village, guided by the sounds, smells and magical encounters with artists and magicians along the way. 1st and 2nd July.

www.laclusaz.com



5/ MUSIC AT THE HEIGHTS

Musical culture can be found high in the mountains in La Clusaz! Throughout the summer, Radio Meuh prepares a laid-back, pastoral-music outing with a view over the summits. Each month a different location is chosen with care, where you can dance, snooze or enjoy refreshments to the sounds of the Radio Meuh DJs in the heart of Nature! Each location and guest set is a secret until the week before the event.

25 June / 20 July / 24 August / 17 September.

www.laclusaz.com



6/ DISCOVER THE CALL OF THE DEER DURING THE RUT

Autumn marks the beginning of the mating season for the Stag, the king of the forest. As night falls, to attract the attention of females or to chase away any rivals, the call of the stags echo through the forests of Thônes. So as not to bother the animals, go out in the company of a professional to experience the intense emotion in the heart of an autumn night!

Rates: 6 € for adults and 4 € for children.

www.ecomusee-bois-foret.com

7/ THE NANT GOTHIER CLIFF, AN AMAZING NATURAL ROCK CLIMBING CLIFF FACE

Located in a secluded, natural setting, Nant Gothier climbing site is ideal for both beginners and experienced climbers. Ranked as a SNE (Natural Climbing Site), climbers will love the mythical routes and limestone rock along its 14 short routes of maximum 50m between 4C and 6C. The south-west facing start is at 1300m with a breath-taking view over the Aravis. Book ahead to be accompanied by a guide.

04 50 44 92 44

www.manigod.com

8/ « 1 DAY, 1 SUMMIT » AT THE, “L’AUBERGE NORDIQUE”

Dominated by the Aravis mountain range, “L’Auberge Nordique” offers experienced hikers an exhilarating week climbing the most impressive summits in the region. The programme includes 800m/1200m climbs each day, on and off the beaten track with an option of completing the authentic alpine experience with a night in a refuge!

Rates: from 646 €/per pers. In season (does not include subscription and visitor’s tax) for a double occupancy “confort” room.

www.auberge-nordique.com

9/ ENJOY A RURAL BREAK AT THE GARDENS OF TAILLEFER

All you need is here, tipis for the accommodation, market gardens full of organic vegetables for sale and a vegetarian restaurant serving organic products either direct from the farm or produced locally. Get back to green at the foot of the Natural Regional Park of the Bauges.

Rates: 2 nights from 70€ - meals from 14,50€

www.jardins-du-taillefer.fr



10/ BIVOUAC HIKE WITH THE DONKEYS

Enjoy a family hike with three loyal companions: Merlin, Vanille and Pépito will accompany you as you discover the mountains of the Aravis. Young and not so young will love sharing the way with the donkeys in the heart of nature. To cap it all spend a night in a tent, deep in the mountains for the ultimate moment out of time.

Rates: 46 € for adults and 38 € for children
www.anesetalpages.blogspot.fr



11/ ORIGINAL ACCOMMODATION ON THE FARM AT THE HEART OF THE MOUNTAINS

“Au Bois du Moulin” recently opened with a choice of 3 cosy places stay on the edge of the forest at the heart of an equestrian centre. You can choose from a wooden gypsy caravan, a Tiny house or a crystal Dome to sleep under the stars. Relax in the pastoral surroundings, enjoy a breakfast watching the horses or a delicious fondue with a view over the mountains. In the summer, the natural pool is the perfect place to cool off during the warm summer months.

Rates for one night, from: gypsy caravan: 120€, Tiny House: 140€ and Crystal Dome: 225€. Breakfast: 13€ and dinner: 30€.
www.abdumoulin.com



12/ EXPERIENCE A NIGHT AS AN EXPLOLER IN A SHELTER

Located on the top of the Sambuy (1860 m) with an outstanding view over Lake Annecy, spend a night in containers that were formerly used during French polar expeditions. Specially designed to offer a comfortable and original refuge in all conditions. Depending on the season, they are accessible in 2 hours on foot, 20 minutes by cable car or by our 4X4. Breakfast is provided! Dinners, fondue or locally prepared meals are extra, 30€ per person, includes wine.

Rates: 340 € for 2 people - 520 € for 3 to 5 people
www.sheltersexperience.com

13/ SPEND AN EVENING CHILLING OUT AT THE REFUGE DU DANAY

The secluded Refuge du Danay is an authentic spot located above Saint-Jean-de-Sixt. Snuggle up around the fire and enjoy a delicious, local dish as you star gaze in this exceptional natural setting for a memorable evening.

06 67 96 75 07



14/ AN EVENING OF ASTRONOMY AND ASTROPHOTOGRAPHY ON THE SEMNOZ

Spend an evening in the presence of Philippe Jacquot under the stars at 1700m altitude on the Semnoz to discover the Moon, the constellations, planets and celestial bodies with the naked eye or through a 400mm telescope. Keen photographers can learn night photography techniques to capture the stars, the Milky Way and create your own celestial landscapes. The night photos take place over an evening around Lake Annecy.

Rates: From 30€ per person (observation evenings)
www.philippejacquotphotography.fr



Life in the mountains

Whether farmer, artisan or creators, all these people find their inspiration in the landscapes around Annecy Mountains. Some of them have chosen to share their know-how.



1/ ALEXANDRE PERRISSIN-FABERT, A YOUNG ALPINE FARMER DEDICATED TO HIS GOATS

Alexandre, started out on his farm in January 2017. He mainly breeds goats and is passionate about the high standard of daily care. He produces goat's cheese Tomme, fresh goat's cheese and also goat's cheese raclette all year round. He makes everything on his farm and sells his produce in the local markets around the valley. The future of local farming is assured !

04 50 44 92 44
www.manigod.com

2/ ASTRID MARTY, PICKING THE BEST FROM THE MOUNTAINS

Every summer, Astrid Marty is out on the mountain, picking alpine flowers to be served up in the dishes of the Chalet de Paccaly, located at the base of one of the most beautiful combes in the Aravis. As a mountain guide, she knows the history of the local flora like the palm of her hand and is delighted to serve up not just delicious dishes, but dishes full of local history accompanied with a good helping of local knowledge!

www.guides-des-aravis.com



3/ PATRICK AGNELLET, ARTISAN OF EMOTIONS

Originally from La Clusaz, pâtissier-chocolatier Patrick Agnellet is a master of his art form, his inspiration comes from his deep attachment to his roots in the mountains and the idea of the perfect balance, the pleasure of balancing flavours as simply as possible. Along with his son Louis, every day they work within their beautiful natural surroundings around the lake and develop delectable creations that can appeal to all palates such as the emblematic Tarte Louise to honour his mother, the Reflet du Lac or the Paradis Blanc!

He created L'Elysée, the mythical dessert created for the Elysée Palace for the 40th birthday celebration of President Emmanuel Macron (21/12/2017).

www.patrickagnellet.com



4/ CIMES & RACINES, HERBAL PLANTS FOR WELLNESS

Laetitia Hespel, trained at the French Intitute for Herbalism, she hand-picks her own homegrown organic plants, she then dries them at a low temperature to conserve all the qualities. She grows or picks around thirty different varieties and these are sold to laboratories or herbalists such as Clarins. In 2018 she trained in traditional soapmaking and organises workshops in this ancestral art.

Group workshops at fixed dates or individual sessions on demand.

Rates: from 50€ for 2 hours

www.cimesetracines.com



5/ MEET THE COWS WITH CHRISTIAN AND SANDRINE

Christian and Sandrine have been running their farm for 15 years and together love to share their passion for farming. At the end of the afternoon, they will take you into the fields with their « mobile » milking machine to watch, participate and learn about the milking process. On the way back, you may even get a chance to catch feeding time with the calves. *Free.*

www.sources-lac-annecy.com



6/ TAKE A SPIN... TO THE “POTERIE MARTIN”

Push the door of the Potter's workshop and take a step back in time as you look around at the earthen floor, the small paned windows, the traditional wood-burning stove and the traditional wooden structure. Edith and Patrick Martin, Master Savoyard potters are keeping the ancestral art of glazed pottery alive with bowls, jugs, cups and other kitchen utensils decorated with traditional motifs of spots, birds and flowers. The heavy wooden shelves are laden with their work, often interspersed with a Reblochon left to mature from the neighbouring farm.

www.legrandbornand.com

Immerse yourself in local culture



Travel through time in Annecy Mountains, and discover the traditional habits and customs that have forged the way of life and made the area so distinct.



1/ AN EXCLUSIVE VISIT OF CHÂTEAU DE MENTHON SAINT BERNARD

Known for having inspired Walt Disney for the castle of Sleeping Beauty, the Château de Menthon has been in the same family over 23 generations and over 1000 years. As well as the general tour round the castle, history enthusiasts can marvel at 3 extra rooms not generally open to the public. The unique visit is followed with a wine tasting session and a guided overview of the surrounding countryside. **Info:** group rate for up to 10 people : 450 euros, then 45 €/per person. Visit : 2h30 - Online reservation or by telephone.

www.chateau-de-menthon.com



2/ FOLLOWING PREHISTORIC TRACKS AT THE SHELTER UNDER THE ROCK

L'Abri sous Roche is a former site of archeological discovery, proof of prehistoric human presence found here has been dated back 10,000 years. Budding, young archeologists can come here all summer to discover how their ancestors used to live. Archeological digs were carried out here from 1970-1990 and through the informative visit, children will learn all about the arrival of the first « fishers, gatherers and hunters » in the valley. **Info:** Free children's workshops: every Thursday, 9am and 11am. Family visits: every Friday, 9am, 10am and 11am.

www.thonescoeurdesvallees.com



5/ OUTDOOR MUSEUM & HAMEAU DES ALPES

On the way to the Hameau des Alpes, on the Beauregard Plateau or around the Confins Lake or even in the direction of the Chalet de Paccaly, culture can be found out in the open air. For interesting, informative and motivating hikes, travel 100 years back in time in the exhibitions displaying the first skiers or the events that have been organised at the foot of the Aravis since the beginning of tourism in the resort. To continue learning, head to the Hameau des Alpes, from the outside an authentic traditional alpine farm and from the inside an interactive experience to find all about the history of skiing and the making of Reblochon. There is even a tasting session at the end of the visit.

Rates: Adult 7 € / Child 4 €
www.lehameauesalpes.com

3/ THE PIPE ORGAN IN SAINT-PIERRE CHURCH IN MANIGOD

A construction project was launched in 1991 to build a pipe organ in the the local church and organ builder Barthélémy Formentelli, from near Verona in Italy was commissioned with the work. The organ was installed in 1996 and has 22 stops, 1372 pipes, 2 keyboards and a full pedalboard. The walnut wood frame has been handcarved in the Italian neo-baroque style. The Campanelli Association is in charge of bringing this magnificent instrument to life and organises visits and concerts.

04 50 44 92 44
www.manigod.com

4/ «LA SOURCE», AN ORIGINAL AND FUN WAY TO DISCOVER LIFE IN THE ALPS !

A brand new place to discover all things alpine. « La Source » has created a new event this summer with over-sized, fun and educational installations around the « Source ». It will be the hub of the festivities to celebrate the 30th anniversary of the «Au Bonheur des Mômes» festival and in particular the giant exhibition « they see cows everywhere, they're back again ». The first edition in 2000 saw Grand Bornand decorated with over 2000 works of art on the theme of cows.

www.lasource-legrandbornand.com

6/ FESTIVAL DES CABANES – 7th edition

A mixture of Nature and Culture, the Festival des Cabanes was created by an architect who fell in love with the region. Each year, architects compete at an international level, with only 14 chosen. Their mission is to build their ideal hut or cabin, no larger than 6m², made from local wood and it must represent a window looking out on to a landscape. In addition to the beauty of the constructions they are built in magnificent locations, kept secret until the opening of the festival. Outstanding discoveries, guaranteed. *Free.*

www.lefestivaldescabanes.com





ANNECY MOUNTAINS

PRESS CONTACT

presse@annecymountains.com



AnnecyMountains

annecymountains.com