



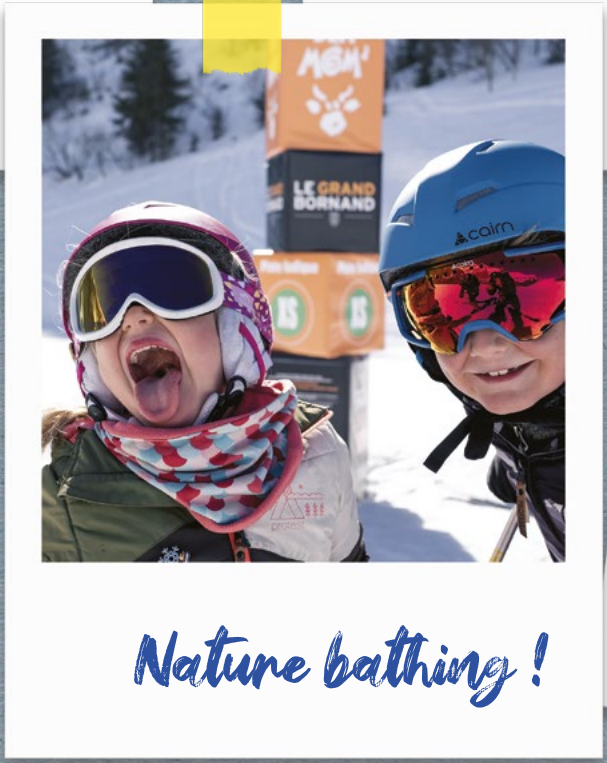
**IN ANNECY
MOUNTAINS**

PRESS RELEASE

Winter / Spring 2022 - 2023



News...



Nature bathing!



Immense mountain-dweller experience



Away from the pistes!

From the snowy peaks of the Aravis mountain range to stunning wintry scenes by Lake Annecy. Annecy Mountains breathes life into a unique and captivating destination. Make like a trapper and don your snowshoes, treat yourself to a reflective or indulgent getaway and experience culinary delights and local wisdom. This is a region that everyone can dive right into and enjoy.

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Photo Credit : P. Guilbaud, M.A. Verpaelst, C. Ferrand, L. Chaumont, C. Chabod, G. Piel, X.

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)

Valsérhône 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)

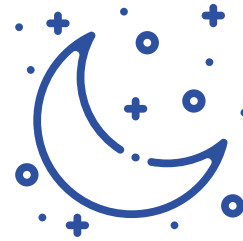
ACCOMMODATION & FINE DINING



6
5-star
hotels



21
4-star
hotels

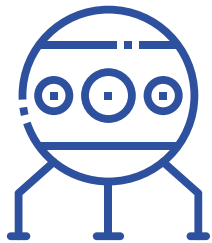


10,2 million
the number of tourist
overnight stays



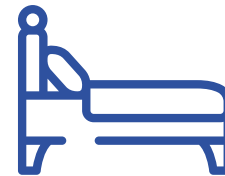
11 stars
(Guide Michelin)

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



14
unusual
places to stay
(cabin, bubble...)

20
summer
refuges



142 900
tourist beds
within
Annecy Mountains

SPORT, OUTDOOR, OUR HERITAGE & NATURAL ENVIRONMENT

 **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)

1 467 km
of hiking trails



270 km
of downhill slopes

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

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

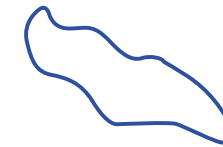
8 skateparks


Reblochons

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

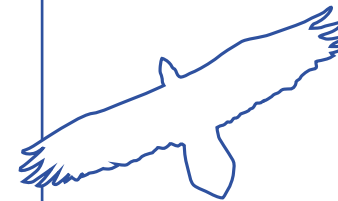
1
Geopark
Regional Nature
Park in the
Bauges massif
(UNESCO 2015)

 **2**
**natural
reserves**
Roc de Chère and
Bout du Lac,
managed by
Asters



Lac d'Annecy

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



3
**Couples of
Bearded Vultures**

settled and reproducing in
the Bornes-Aravis Massif



2
**historic
sites**

to commemorate
the Resistance:
Plateau des Glières
& Morette

7
**Natura 2000
sites**

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

News

A land of discovery, bubbling with life. Unique and surprising activities where you can enjoy the spectacle of nature while fully embracing the Annecy Mountains experience.

// A TASTE OF THE FAR NORTH IN MANIGOD

Let yourself be guided by mushers Brice and Orlane, while you sit pretty and enjoy a ride in the great wide open with a Northern touch. The wind on your face, the sound of the dogs barking and the crunch of the snow beneath the sledge, surrounded by conifer trees and snowy peaks. What a way to discover this winter activity. As well as the dog-sledding trip, you get to learn about life in the pack and spend some quality time with the dogs, helping to set them up for the ride. The activity lasts one hour in total: 30-minute ride + 30 minutes meeting the musher.

More info: From €200 for two people.

+33 (0)4 50 44 92 44

www.manigod.com



2/ EQUINOXE: HORSE WHISPERING

Discover the equine world in a whole new way as Equinoxe, at Saint Jean de Sixt, brings you a series of sensory, educational workshops so you can build a trusted relationship and truly connect with a horse. This innovative, sensitive approach to horse handling, which combines technical expertise with human skills, covers a number of different topics including equine meditation, coaching and behavioural studies. A wonderful experience, where you'll get a taste of the art of horse-whispering.

More info (in French): 1 hour session: €60. Day workshops: €120.
+33 (0)6 26 93 53 30
www.equi-noxe.com



3/ SLEEPING “ZZZZ’ONES” RIGHT ON THE PISTES!

Le Grand-Bornand has established its reputation championing the “skiing together” concept, continuing to provide the beauty spots around its skiing area with spaces to rest, contemplate and relax in comfort. These newly planned spaces will join the others already available at the top of the Lachat and Maroly ski lifts and at the Snowpark. As well as the furnishings provided in these “Zzzzz’ones”, where skiers at all levels can access the space to meet friends, spend time in restful contemplation or have a little snooze, the Rosay and Maroly spaces have mobile phone charging points.



4/ MINI MOUNTAINEERS AT LA CLUSAZ

A trip for the kids around the snowy paths of La Clusaz resort. We've put together the perfect recipe for a fun learning experience. Kitted out in snowshoes, the kids will explore the mountains and learn about their history and wildlife in a fun way, led by a guide.

More info: 6-11 years old. €49/child. Exclusive family group €270/group.
www.evolution2.com



5/ THE NEW PLACE TO BE IN ANNECY - L'AUBERGE DU LYONNAIS

No more starchy white tablecloths, l'Auberge du Lyonnais is a real institution in Annecy and a truly homely space. With its cocktail bar serving signature creations, oyster bar, restaurant and co-working space, they've thought of everything to make life easier for their clients in a cosy environment. You must try the croque-monsieur with truffled ham!

More info: Daily specials from €21 - open every day from 9 am - except Sunday evening (open July/August only) - 9 Rue de la République

www.auberge-du-lyonnais.com



6/ THE "SAVOIR-FAIRE" LOOP

Twenty or so residents, artisans, artists, farmers and producers are opening their doors at the Sources du Lac d'Annecy to share a bit of their history and daily life with tourists - or "friends passing through" - who can meet the experts, take part in workshops, and share experiences as they explore the hidden treasures of the Sources du Lac d'Annecy.

More info: From €0-€30/person Suitable for all. All year long.

www.sources-lac-annecy.com

Nature bathing

Spend time in wide open spaces, far from the crowds, where you can carve out a natural pause and appreciate the sheer scale of this stunning landscape.

1/ SUNSET SKIING, WHERE YOU'LL SEE... RED!

Le Grand-Bornand is giving you the chance to extend your skiing pleasure by an hour every Saturday from 21 January to 18 March and every evening from 4 February to 4 March. The idea is to enjoy the incredible spectacle of sunset at 2,100 m altitude to round off your day of skiing, finishing with a flourish with one final descent in a stunning setting. The sun seems to rest on the horizon while the fiery red sky dominates the peaks of the Aravis mountain range. These features come together in one of nature's great spectacles, made even more special by the fleeting nature of its climax, which lasts just a few minutes.

More info: Please note that you can purchase a special "Coucher de Soleil" (sunset) ski pass for €26.30, valid from 3 pm on relevant dates included in the day pass.

2/ AN AFTERNOON OF ADVENTURE AND RELAXATION FOR BUDDING TRAPPERS IN MANIGOD!

Treading softly, kids can take on the role of a genuine trapper, searching for animal tracks hidden in the forest, building an igloo and lighting a fire in the snow to warm themselves up as they set off on a wintry adventure. A wonderful idea for a whole new way to spend an afternoon with friends. A paper chase, a treasure hunt and an afternoon snack will round off a fun-packed day. Each child will receive a booklet about animal tracks so they can learn about the mountain and its secrets on their grand expedition.

More info: Only available during school holidays, booking required, every Wednesday afternoon. Sign up at ESF Ski School at Col de la Croix Fry **+33 (0)4 50 44 92 04** and Col de Merdassier **+33 (0)4 50 02 54 29** - info@esfmanigod.com

3/ A WINTER ESCAPE IN SAINT JEAN DE SIXT

After the first snowflakes have fallen, it's time to get your snowshoes on and set off for a hike. The "Sur le Char" trail in Saint Jean de Sixt is an immersive experience exploring immaculate, white alpine pastures. This route offers a natural interlude with fabulous views over the Thônes valley.

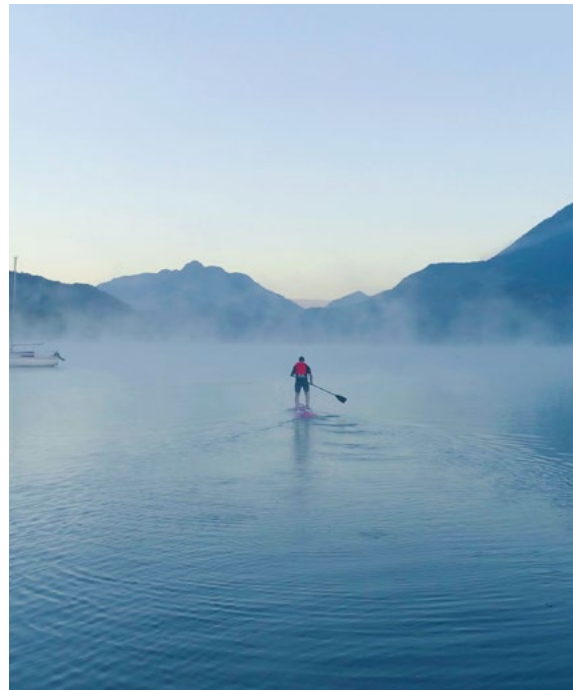
More info: +33 (0)4 50 02 70 14



4/ THE WINTER LAKE EXPERIENCE - COME AS YOU ARE!

For lovers of paddle boarding and Lake Annecy in wintertime, or those of you who are curious about holidaying in all weathers, the Ski Wake 74 watersports centre provides dry suits for hire, which can be worn over your clothes. No changing rooms, no need to strip off. The dry suits are completely waterproof.

More info: Ski wake 74 - Prices: tbc
www.skiwake74.com



5/ WHITE CHALLENGE, ESF'S ESCAPE GAME

Use your mountain knowledge to help Agent 004 save the French mountains. Fun and educational, this outdoor escape game at La Clusaz will make participants aware of mountain safety. The game covers snow, avalanches, avalanche beacons and safety.

More info: from €25
www.esf-laclusaz.com



6/ WINTER BIVOUAC ON THE GLIÈRES PLATEAU

Immerse yourself in the wilds of nature in wintertime on the Glières Plateau, a key location for the French Resistance. After a snowshoe hike, you'll need to find a good spot to set up camp for the night. Spend the evening around the campfire under the stars before sleeping in a bivouac. A truly memorable nature experience!

More info: 4 person mini – from €255/person based on 8 people – includes bivouac equipment hire and meals – intermediate level required

www.annecyguidesmontagne.com

7/ UP CLOSE AND PERSONAL WITH MONT BLANC AT SUNSET

With its unique panoramic view over the Aravis mountains, the Thônes valley and the Mont Blanc massif, the Beauregard plateau is a heavenly location for a snowshoe hike. In amongst the snowy pines, groomed trails and landscapes softened by the snow, a sunset snowshoe hike led by the Thônes guides will take you far from the crowds to contemplate snowy summits bathed in a pinky, orangey glow.

More info: from €35/person

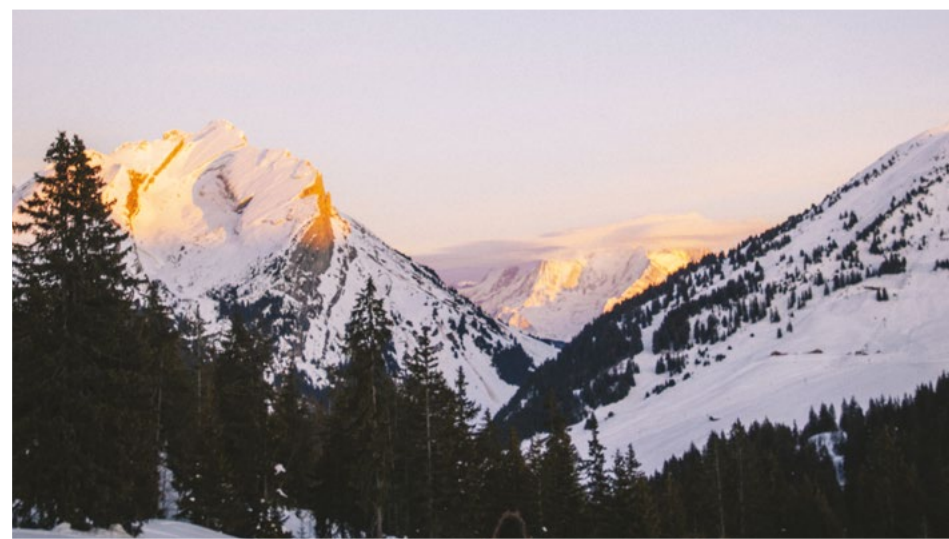
www.guides-des-aravis.com

8/ MOONLIT CROSS-COUNTRY SKIING

Cross-country skiing is an adventure on skis, where you'll feel like you're the very first to venture onto the virgin snow. Skiing at night with the moon lighting your way is a whole new sensation in the heart of a fairytale landscape. Peace and quiet reign supreme for this experience. Make the most of your evening as the Thônes guides take you for a night in a mountain teepee, deep in the heart of the peaks, for a starry night and a stunning wake-up call as the day gently breaks.

More info: from €65/person for the full moon trip. From €130/person for a night in a teepee including evening meal and breakfast

www.guides-des-aravis.com



Immersive mountain-dweller experience

By meeting the local people, you become immersed in a whole world of knowledge and culture “Made In Annecy Mountains”.



1/ ADRIEN AND CHARLINE AWARDED FOR THEIR CUISINE

In 2020, Adrien and Charline set off on an adventure, opening a restaurant in the heart of Saint Jean de Sixt village. “Our aim has always been to follow our passion and open our own restaurant. We were proud to make St Jean de Sixt our home, so close to our roots.” In a warm and relaxed atmosphere, the young couple serve creative dishes which saw them win the Gault et Millau “Young Talent” award this year.

**More info (website in French): contact@lecairn-stjean.fr
www.lecairn-stjean.fr**



2/ WORLD-RENOWNED ULTRA-TRAIL RUNNER: SÉBASTIEN CHAIGNEAU

A true inspiration, this well-known ultra-trail runner remains down to earth despite his status. Hailing from the Fillière area, Sébastien is known for podium spots in a number of ultra-trail events. Starting out at the age of 27, he took on his first long-distance run with the “Diagonales des Fous” race in 2005 – his first podium position. This was just the start of his ultra-trail journey, taking on races up to several days semi-autonomously.

More info: Every Sunday morning in Thorens-Glières, La Triandine organises friendly trail-running outings, with Sébastien joining the group whenever he can. All runners are welcome.



3/ AT THE “SHED CAFÉ”, LYDIE AND JIM BRIDGE THE GAP BETWEEN THE ROCK FACE AND THE ARAVIS RANGE.

From the small terrace of the “Shed Café”, you can enjoy the Grand-Bornand village’s best view of the Aravis mountains. A concept for a quality café where Lydie can showcase many of her grandmother’s own recipes. Try their cookies, vegan banana bread, iced cinnamon buns and gluten-free carrot cake to accompany your coffee, tea or energising plant-based concoction from their drinks menu. These comforting, home-made recipes are served with love and include weekly bowl specials with seasonal ingredients that change with the weather. www.shedcafe.fr



4/ CIMES ET RACINES: HAND-PICKED FOR WELL-BEING

Laetitia Hespel has used her professional experience working at the “Domaine Clarins” (open-air laboratory) to produce a range of aromatic and medicinal plants. Hand-picked and dried at a low temperature to preserve their goodness, thirty or so plant varieties are sold to some restaurants or beauty labs such as Clarins, where they’re transformed into macerate preparations, oils and infusions. Laetitia has been practising cold process soap-making since the age of 6 and shares her long-held knowledge and passion at soap-making workshops in Thônes, where participants can make their own, fully personalised soap.

More info: Group workshops on fixed dates or private workshops on request. Prices: from €50 for 2 hours www.cimesetracines.com (in French)



5/ ANGÈLE LAUBIGNAT: FROM EQUESTRIAN JOURNALIST TO MOUNTAIN CAFÉ MANAGER IN MANIGOD

Angèle and her husband created Lo Garajo after she fell in love with Manigod. Born in Normandy, she came to Manigod on holiday 15 years ago and never left! After falling for the charms of the valley, she breathed new life into the village with her original concept for a mountain café, Lo Garajo, which she created in the old village garage. This light-hearted space is open every day of the year with an incredible view which can't fail to impress and is sure to stop you in your tracks. One particularly playful concept is that everything is for sale, including chairs, tables, coffee cups and light fittings, and pottery workshops and yoga classes are also available.

More info: +33 (0)9 71 24 00 69
www.logarajo.com (in French)

6/ SKI LESSON WITH MAURICE PESSEY, ESF LEGEND

Maurice is a legend among the instructors at the French Ski School (ESF), home grown in La Clusaz. At 81 years of age, this granddad with a mischievous twinkle in his eye is still fit as a fiddle. "I was born here. I've always lived here. And I'll die here!" This is what Maurice tells all the students attending his ski lessons that he continues to hold every winter. His technical teachings are interspersed with village history lessons. He's always on hand – the epitome of a village elder. His secret for still going strong at over 80 years old? Exercise, be active and do what you love!

www.esf-laclusaz.com





ANNECY MOUNTAINS

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