

Reveal
and **FEEL REBORN HERE**

Guichard Lake,
View of the Aiguilles d'Arves

FEEL REBORN HERE

Reconnecting with time by disconnecting from everyday life,
Re-experiencing sensations by discovering new horizons,
Reuniting with yourself, and others, by deviating sometimes,
Refocusing on what matters by decentring your attention,
Rebounding further, higher, by descending mountain slopes,
Reawakening desires by drifting peacefully,
Redrawing your limits by detecting hidden treasures,
Reigniting your feelings by declaring your flame,
Restarting the journey by defining new paths.
This is the chance to share precious moments,
The deep feeling of being reborn here.

AUVERGNE-RHÔNE-ALPES TOURISME

Click here to watch the film FEEL REBORN HERE:
discover.rendez-vous.tv/Feel-reborn-here-in-Auvergne-Rhone-Alpes.html



THE AUVERGNE-RHÔNE-ALPES REGION

The Auvergne-Rhône-Alpes region boasts a wide array of destinations, with the city of Lyon, France's capital of gastronomy, the Alps and Mont Blanc, Europe's highest point, the Drôme and Ardèche departments, reminiscent of Provence, and Auvergne with its volcanoes.

In winter the renowned ski resorts of the French Alps attract tourists from around the world, including Chamonix, Courchevel, Megève, Méribel, Val d'Isère and Val Thorens.

The Auvergne-Rhône-Alpes region, where in 2017 tourists reserved around 167.8 million overnight stays, continues to strive to improve all that it has to offer its clientele. **1.7 billion euros have been invested in tourism, including 795 million on commercial accommodation (hotels, holiday residences, campsites, holiday resorts, and of course the Gîtes de France) and 284 million on improving and expanding the network of ski lifts.**

(Source: Atout France - Tableau de Bord des Investissements Touristiques 2018). ⁽¹⁾= Total number of nights booked by French residents (including children under 15) + by foreign visitors in commercial accommodation.

An easily accessible region

BY PLANE:

- Lyon-Saint-Exupéry international airport: www.lyonaeroports.com
- Geneva international airport: www.gva.ch
- Clermont-Ferrand Auvergne international airport: www.clermont-aeroport.com

Two airports for the winter season:

- Chambéry Savoie airport: www.chambery-airport.com
- Grenoble Isère airport: www.grenoble-airport.com

BY TRAIN:

International transport services – High-speed trains:

- Thalys and TGV from Brussels to Lyon: 3hrs 45mins
- TGV from Geneva to Lyon: 1hr 45mins
- TGV: Paris-Lyon: 2hrs (30 TGVs daily)

TGV from Paris to ski resorts during the winter season: Moûtiers, Bourg St Maurice, Saint-Gervais, Sallanches.

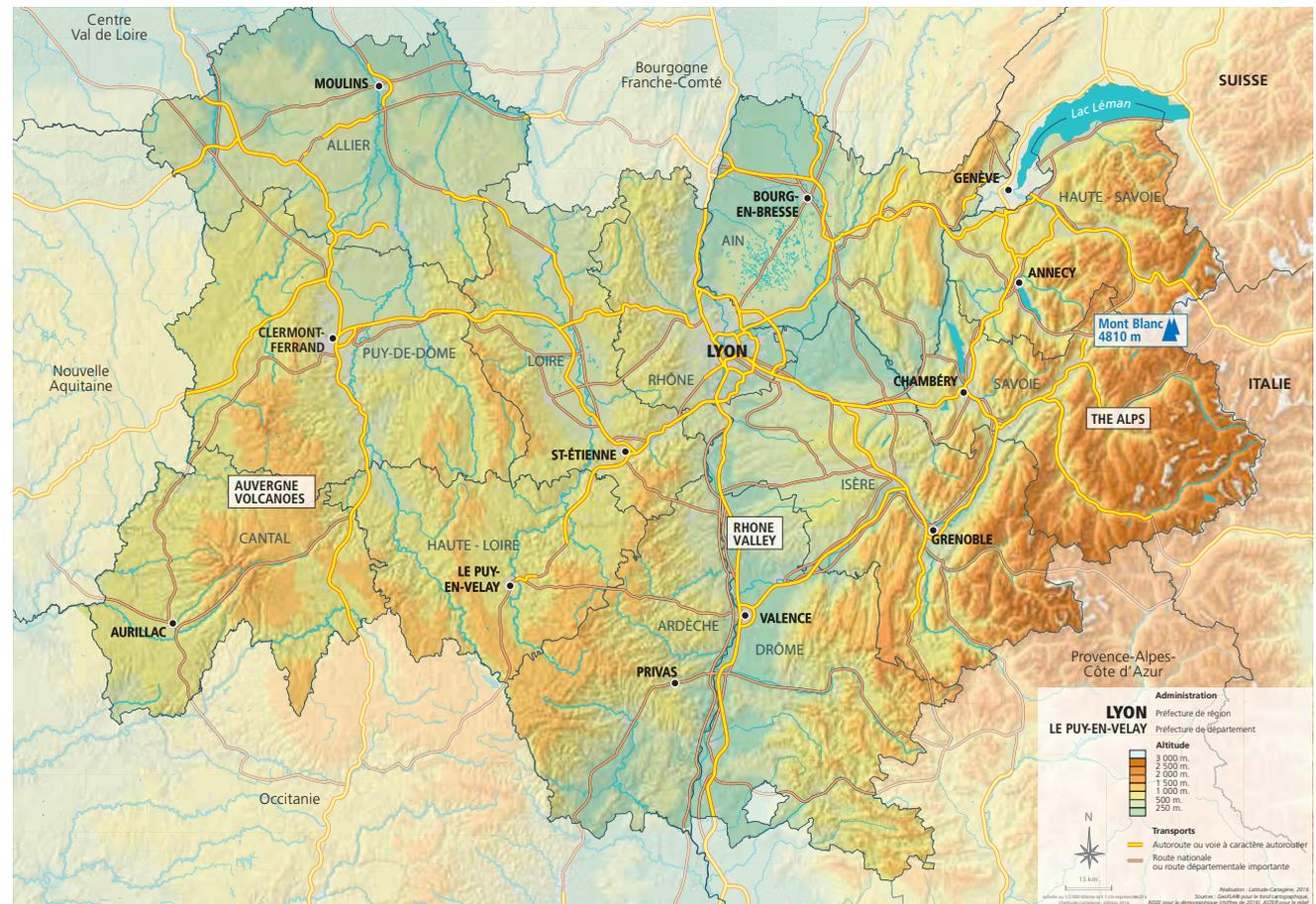
International lines: www.oui.sncf

Regional express trains: www.ter-sncf.com

BY ROAD:

More than 1300 km of motorway make Auvergne-Rhône-Alpes one of the most easily accessible regions in France:

www.viamichelin.fr





Explore
and **FEEL REBORN HERE**



TRAVEL THROUGH TIME?

Explore the wealth of our cultural heritage!

Here are just some of the jewels to discover: several sites with UNESCO World Heritage status (cultural, natural and geological heritage), fabulous cities like Lyon, 20 "Villes et Pays d'Art et d'Histoire" and 21 "Plus Beaux Villages de France".



FOR REFINED PALATES

Savour some unique wines and local produce!

The region has no fewer than 94 Michelin-starred chefs, 10 distinct winemaking regions including Beaujolais, Côtes du Rhône and Savoie, and boasts a wide array of cheeses with 21 awarded Protected Designation of Origin status.

10 GOOD REASONS TO CHOOSE AUVERGNE-RHÔNE-ALPES

NEED FOR SPEED?

Enjoy some full-on winter fun with the whole family!

Auvergne-Rhône-Alpes is the world's top destination for skiing, with 173 resorts for downhill and Nordic skiing. From vast interconnected resorts to small villages, there's something for everyone.



NATURE LOVER?

Marvel at unique protected landscapes!

A veritable paradise for nature lovers, with 10 regional parks, 2 national parks (La Vanoise and Les Ecrins) and no fewer than 49 nature reserves (32 national and 17 regional) for unforgettable experiences.



FASCINATION FOR LAKES?

Discover the shores and dive into the deep blue water of our many lakes!

Nestled at the heart of the Alps, the region is home to 3 of France's 5 biggest lakes: Lac Léman (Geneva), Lac du Bourget and Lac d'Annecy.



JOURNEY TO VOLCANO SUMMITS?

Discover the region's iconic volcanoes!

Le Puy de Dôme (1465 m), with exceptional views over the Chaîne des Puys and Limagne fault, a tectonic hotspot and the first natural site in metropolitan France to receive UNESCO World Heritage status, Le Puy Mary (1797 m), Europe's highest stratovolcano, and Le Puy de Sancy (1886 m), the highest point in the Massif Central.

FAN OF THE OUTDOORS?

Discover Europe's biggest natural playground!

With 12 cycleways and greenways, 17 major trails for hiking, cycling, mountain biking or horseriding, 13,500 km of GR-GRP® trails and 79 mountain biking centres for your sporting pleasure.



NEED TO PAMPER YOURSELF?

Surprise yourself with the wonderful benefits of thermal springs!

Immerse yourself in a world of relaxation at one of our 24 spa resorts. These include world-renowned Vichy and Evian.



CITY BREAK ADDICT?

Go with the flow in the unique ambience of our region's cities!

You're spoilt for choice: Lyon with its historic UNESCO World Heritage city centre, Clermont-Ferrand which lies at the foot of the region's many volcanoes, Grenoble and Chambéry hemmed in by the Alps, Saint-Etienne, a city with a design focus, Valence, a land of Art and History, and Le Puy-en-Velay, a city of pilgrims, to name but a few.



SHOWTIME!

Follow the pulsating rhythm of local festivals!

From design in Saint-Etienne and animated films in Annecy, to street theatre in Aurillac, short films in Clermont-Ferrand and the festival of lights in Lyon ...

BREATHTAKING LANDSCAPES



CHAMONIX MONT-BLANC

Located at the foot of Mont Blanc, Chamonix is the favoured destination of alpine climbers and other mountain sports enthusiasts. This lively town is also the gateway to unmissable sights like the Mer de Glace, a glacier which can be accessed via the small Montenvers rack railway, or the Aiguille du Midi and Brévent gondola lifts, which climb to the region's two highest peaks. On the Aiguille du Midi terrace, at an altitude of 3842 m, the "step into the void", Europe's highest tourist attraction, offers visitors a unique experience: standing above a drop of more than 1000 m with panoramic views over the highest summits in Western Europe. www.chamonix.com

LAVENDER SCENTS

In June and July, lavender flowers blanket the fields in the south of the region in an elegant blueish-purple. Originally used by the Romans to keep linen fresh and perfume their baths, lavender is now used for many different purposes. A visit to one of the lavender distilleries is a delightful way to learn more about this plant and its many benefits.

www.dromeprovencale.fr/decouvrir/lavande/



THE GREAT ALPINE LAKES

Lac d'Annecy is among the region's most popular destinations and is now considered to be one of Europe's purest lakes. The town of Annecy, the "Little Venice of Alps", is home to many picturesque canals. At the water's edge, the old town reveals its narrow streets and arched houses set against the backdrop of the Alps. Visitors can enjoy a cruise over lunch or while soaking up some evening entertainment.

www.lac-annecy.com

Le lac du Bourget, France's largest and deepest natural lake, was the inspiration behind Lamartine's famous poem "Le Lac", drawing prestigious visitors like Queen Victoria, who stayed at the spa resort of Aix-les-Bains. Today's visitors continue to appreciate the calming and healing virtues of the thermal springs, as well as the activities available on the lake, which include boating, swimming and fishing.

www.aixlesbains-rivieradesalpes.com

Le lac Léman, known worldwide as Lake Geneva, forms a natural border with Switzerland. On the French side, the spa resorts of Thonon and Evian-les-Bains, and fishing villages like Yvoire, dotted along its shores, give the area the feel of an Alpine Riviera.

www.thononlesbains.com

www.evian-tourisme.com

ENTHRALLING ALPS

From the northern Alps to the westerly outreaches of the Massif Central, and as far as the foothills of the Jura mountains, the region enjoys extraordinarily diverse mountain landscapes. Dominated by Mont Blanc, this "world up high", as it was known in antiquity, is home to peaks, passes, valleys and alpine pastures, from Chablais to Beaufortain, from La Tarentaise to Belledonne, and from La Maurienne to Oisans. These sentinels shaped by time and by the elements, megaliths of stone and ice, from the Aiguille du Midi to La Meije, beckon people to attempt the most ambitious conquests, up high and close to the sun in the everlasting snow.

Volcanoes of Auvergne



The Parc Naturel Régional des Volcans d'Auvergne, a unique jewel in the crown of Europe and home to a tectonic hotspot in the shape of the Chaîne des Puys and the Limagne fault, was recognised in July 2018 by UNESCO as an exceptional geological site. Le Puy de Dôme, the most famous of the sleeping giants and officially awarded "Grand Site de France"[®] status, tops out at 1465 m, with unequalled panoramic views across the 80 volcanoes of the Chaîne des Puys.

Its summit can be accessed in both winter and summer via the "Panoramique des Dômes" rack railway. And at an altitude of 1886 m, the Puy de Sancy is the highest point in the Massif Central. Le Puy Mary, another "Grand Site de France"[®] (1758 m) in the Massif du Cantal, is also a perfect example of France's natural heritage.

www.auvergnhonealpes-tourisme.com

The Auvergne-Rhône-Alpes region boasts a rich cultural and natural heritage with **UNESCO World Heritage status** and an incredible wealth of reminders of the past, from prehistoric times to modernity.



The Chaîne des Puys and Limagne fault,

a tectonic hotspot, have just been awarded UNESCO World Heritage status. At the heart of the Parc Naturel Régional des Volcans d'Auvergne lies the most famous of the sleeping giants, Le Puy de Dôme, an official "Grand Site de France®" that stands at 1465 m.
www.chainedespuys-failedelimagne.com



LYON'S HISTORIC CENTRE,

which includes the "Vieux Lyon", the Colline de Fourvière, Croix-Rousse and Presqu'île, was awarded UNESCO World Heritage status in 1988. Its two rivers, two hills and four riverbanks are what define the magical historic centre of Lyon, whose remarkable urban continuity was recognised by UNESCO as an integral part of the world's heritage. Visitors can take in 2000 years of history from the Fourvière panoramic view point.

www.lyon-france.com

LE CORBUSIER'S ARCHITECTURAL LEGACY,

an exceptional contribution to the modernist movement. 17 sites are testament to the invention of a new architectural language that broke from the past. 2 of these are located in Auvergne-Rhône-Alpes: Maison de la Culture in Firminy and La Tourette convent in Eveux.
sitelecorbusier.com



Saint James's Way

Throughout the Middle Ages, Santiago de Compostela was the most important of all destinations for countless pilgrims who travelled there from across Europe. To reach Spain, they had to cross France, where the many remarkable historic monuments now listed as World Heritage sites served as milestones along the four trails they followed. Our region is home to the following: Notre Dame du Port church in Clermont-Ferrand, Notre-Dame cathedral and Hôtel-Dieu in Le Puy-en-Velay.



Chauvet / Pont d'Arc cave

Discovered in 1994, Chauvet cave houses mankind's most ancient masterpiece: hundreds of animals depicted in movement dating back more than 36,000 years. To preserve and share this exceptional remnant of the past and UNESCO World Heritage Site, the world's largest cave replica was created: Caverne du Pont d'Arc.

www.cavernedupontdarc.fr

"DES LIONS ET DES HOMMES: mythes félins, 400 siècles de fascination".

this exhibition offers a unique exploration of the feline legends and the relationship nurtured between humans and cats. It transports visitors to Europe, Asia, America and Africa on a long journey to the heart of an almost universal fascination, with 180 artworks (on loan from the Louvre, Berlin State Museum, Quai Branly and others), as well as stuffed animals and a mummified frozen lion cub from 46,000 years ago, never before exhibited in France! What place do felines hold in humanity?

From 6 April to 22 September 2019.

4 UNESCO Global Geoparks

Beaujolais (certified in April 2018), Monts d'Ardèche (2014), Chablais (2012) and the Massif des Bauges (2011) are territorial spaces with a geological heritage of international importance.

Explore and FEEL REBORN HERE

In Auvergne-Rhône-Alpes, there is no need for a time machine. Here, ancient remains, mediaeval fortresses, wonderful villages, UNESCO World Heritage Sites, Renaissance monuments and examples of Romanesque art offer visitors the chance to embark on a wonderful journey deep into the region's past. Contemporary art also lies at every turn, with avant-garde architecture, countless museums and the design city of Saint-Etienne. Don't miss out on the many international festivals that showcase the unique culture of the Auvergne-Rhône-Alpes region, including the Jazz Festival in Vienne, the Contemporary Art Biennale in Lyon, the International Design Biennial in Saint-Etienne, the Chaise-Dieu and Ambronay festivals, as well as the international short film and street theatre festivals in Clermont-Ferrand and Aurillac and the Nuits Sonores in Lyon. Everyone is sure to find something in such a diverse cultural offering!

The region's most visited cultural locations in 2017:

Musée des Confluences www.museedesconfluences.fr	723,600 visitors
Caverne du Pont d'Arc www.cavernedupontdarc.fr	418,000 visitors
Musée des Beaux-Arts de Lyon www.mba-lyon.fr/mba	356,000 visitors
Musée miniature et cinéma de Lyon www.museeminatureetcinema.fr	211,000 visitors
Musée de Grenoble www.museedegrenoble.fr	185,000 visitors
Palais idéal du Facteur Cheval www.facteurcheval.com	177,800 visitors
Château de Murol murolchateau.com	130,000 visitors
Château-musée d'Annecy musees.agglo-annecy.fr	125,100 visitors
Château de Grignan www.chateaux-ladrome.fr/fr/chateau-de-grignan	119,300 visitors
Musée d'Art Contemporain de Lyon www.mac-lyon.com	118,900 visitors
Monastère Royal de Brou www.monastere-de-brou.fr	97,100 visitors



LYON

Lyon, one of Europe's great meeting points at the confluence of the Rhône and Saône rivers, is a key destination due to its architectural wealth and reputation for fine dining. The city is home to many areas of interest, including its historic centre with UNESCO World Heritage status, plus a wide variety of sites spanning 2000 years of civilisation, in stark contrast with the avant-garde features of a city undergoing far-reaching changes, as in the Confluence district, the source of much inspiration for leading figures in the world of architecture. The Musée des Confluences, the only one of its kind in Europe, combines knowledge from different branches of science in an effort to understand the history of humanity.



The Village – for shopping enthusiasts

Situated just 15 minutes from Lyon Saint-Exupéry International Airport and 30 minutes from Lyon city centre, "The Village", a retail outlet for premium and luxury brands, welcomes visitors for an unforgettable and relaxing shopping experience. This exceptional environment with its elegant architecture is a veritable treasure trove of more than 90 luxury French and international brands such as Galeries Lafayette, Trussardi, Sonia Rykiel, Karl Lagerfeld, Baccarat and many more, complete with dedicated areas for children, restaurants and an artificial lake. Something for everyone!

www.thevillageoutlet.com

Elsewhere, the Institut Lumière, part of the Maison Lumière, is home to the Musée du Cinéma: a delightful visit and one that presents information of great scientific and historical note, looking back at the invention of cinematography in 1895. Located within the Cité Internationale, the Musée d'Art Contemporain is reserved for temporary exhibitions. Lastly, the Gallo-Roman museums in Lyon and Saint-Romain-en-Gal showcase the region's Gaulish heritage: the museums, with their displays of ceramics, jewellery and statues, are integrated into archaeological sites that include thermal baths and Roman theatres.

www.lyon-france.com



2019 IN LYON

CITÉ INTERNATIONALE DE LA GASTRONOMIE



Lyon, world gastronomy capital, will be home to the Cité Internationale de la Gastronomie in September 2019. This unique facility will be a celebration of the delights of fine dining, good health, well-being and the art of living at the heart of Grand Hôtel-Dieu, currently being renovated. Visitors will be able to enjoy a 3900 m² centre designed as an educational and interactive "journey of tastes". A permanent exhibition will look back at the history of food around the world, of well-being and eating well. Temporary exhibitions will focus on specific products or a special guest country. Visits will be punctuated with sensorial experiences, with the chance to touch, taste and smell the products on offer. There will also be a demonstration area where professionals (chefs, pastry chefs, cheese producers, butchers, winegrowers, etc.) will present their skills to the wider public. This vast facility will also house an InterContinental Hotel⁽¹⁾, a convention centre, offices and housing, as well as restaurants, cafes and shops.

⁽¹⁾ A 13,237 m² 5-star hotel with unique character due to open its doors in April 2019

www.grandlyon.com/projets/cite-internationale-gastronomie.html



CLERMONT-FERRAND

Auvergne's historic capital nestled against the foothills of the volcanoes, gateway to the Chaîne des Puys and Limagne fault, metropolitan France's first natural site to be awarded UNESCO World Heritage status. The history of Clermont-Ferrand can be traced back 2000 years and has an abundantly rich heritage to prove it. Its mediaeval and Renaissance architecture dazzles visitors in both the historic centre of Clermont and the centre of Montferrand. The Romanesque basilica of Notre-Dame-du-Port, a gem of Auvergnat Romanesque art, enjoys UNESCO World Heritage status as part of Saint James's Way. The unique Gothic cathedral in anthracite lava stone dominates the city with its imposing form.

LE PUY-EN-VELAY

With a little Italian zest and a hint of the Renaissance along its sun-dappled narrow streets lined with sumptuous townhouses, Le Puy-en-Velay combines rich and varied influences and heritage which have given it a strong identity that is both fascinating and endearing. It is an exceptional destination, preserved against the passing of time, and a town full of surprises for its many visitors. This pilgrimage site is also the point of departure for the Via Podiensis, one of the four main routes leading to Santiago de Compostela. In 1998, Notre-Dame-du-Puy cathedral, Hôtel Dieu, and seven segments along the trail between Le Puy-en-Velay and Ostabat were awarded UNESCO World Heritage status.

www.lepuyenvelay-tourisme.fr

The cultural season is particularly busy, with the Comédie de Clermont-Ferrand, which has "Scène Nationale" status, the Coopérative de Mai, one of Europe's most renowned contemporary music halls, and Le Zénith, a hotspot for major cultural events. The city's industrial past is revealed at L'Aventure Michelin, where the saga of the tyre manufacturer and its world-famous Michelin Man serve as a reminder that this brand was always one step ahead of its time. Rugby fans can soak up the history of the legendary ASM Clermont Auvergne at ASM Experience, in one of the sport's temples: Stade Marcel Michelin. Rendez-Vous du Carnet de Voyage, the Europavox, the international short film festival, the international festival of extraordinary textiles (FITE) and Effervescences are other unmissable events in the calendar of the city on its way to being European Capital of Culture in 2028.

www.clermontauvergneturisme.com

EKLO Hôtel, an exciting new concept

New hotel in Clermont, delivery expected in the third quarter of 2019.

www.eklohotels.com



Street Art in Lurcy Lévis

A town dedicated to street art? Look no further than the Allier department, in Lurcy Lévis! More than 80 mural frescoes created by artists from around the world.

An astonishing architectural and artistic discovery and an immersive experience.

www.street-art-city.com

On 21st September 2019, the Maison de Gergovie reopens its doors



After 4 years of renovations, the Maison de Gergovie will be reopening its doors with fully refurbished visitor areas. Combining multimedia content with graphic art, models and archaeological items, the new interpretative centre is largely dedicated to the clash between Caesar and Vercingetorix, but it also offers the chance to discover 360° panoramic views from the plateau and a staged depiction of the Arvernes territory prior to the Roman conquest.

www.mond-arverne.fr



GRENOBLE

Grenoble lies at the heart of the Alps, a unique destination. Here you can succumb to the pleasure of strolling between mountainscape and city space. As you wander aimlessly from street to street, through squares and gardens, the city's townhouses and street art frescoes will surprise you at every turn. Its museums will beckon you in. Climb to La Bastille in a gondola lift, on foot or by bike, taking time out to enjoy a drink on a terrace or to sample Dauphinois cuisine, which is making a comeback in many of the city's restaurants.

www.grenoble-tourisme.com

CHAMBERY

An air of mystery and a delight to discover!

Treat yourself to a stroll through the "traboules" of an ancient and colourful town centre, which basks in the close bond it shares with neighbouring Italy. For six centuries, Chambéry and Savoie, Turin and the Piedmont all fell under the authority of the House of Savoy.

As a visitor here, you will come across Turin-style porticos and Italian trompe-l'oeil features, as well as Place des Eléphants, the town's symbol, built in homage to General de Boigne who, having returned with glory and fortune from the East Indies, was a benefactor for Chambéry. The Musée des Beaux-Arts boasts a prestigious collection of Italian paintings from the 14th to the 18th centuries. You may also wish to make time for the Maison des Charmettes, a country manor where Rousseau stayed with Madame de Warens.

www.chambery-tourisme.com



ANNECY



Annecy is internationally renowned for the beauty of its harmonious landscape as well as the quality of the water in its lake which, thanks to conservation efforts spanning more than 50 years, is now Europe's purest lake. Against this backdrop, outdoors enthusiasts can make the most of a wide range of year-round sports activities on the lake, in the air and in the surrounding mountains. If it's culture and heritage you're after, you won't be disappointed. The area has a rich and attractive history, and the agglomeration of Annecy has been awarded the much sought-after "Art et Histoire" label. The pure, clear waters of the lake flow into flower-lined canals that run through the old town (historic centre of Annecy), making it delightfully picturesque and earning it a description as the Venice of the Alps.

www.lac-annecy.com



21 villages awarded "Plus Beaux Villages de France" status

This label is awarded in recognition of the exceptional quality of the heritage in these villages, and is a chance for visitors to get to know their history, culture and inhabitants.

21 of the 157 French villages awarded this label are located in Auvergne-Rhône-Alpes. They include Vogüé on the banks of the Ardèche, nestled against a cliff with the Château des Seigneurs de Vogüé and its four round towers watching over the village and its narrow semi-circular streets dotted with arcades and arched passageways. Then there's Lavaudieu in the Senouire valley, which came to be known as the "valley of God" due to the presence of a Benedictine abbey established in the Middle Ages and after which the village was named. With its Romanesque cloister and the Byzantine-inspired mural that adorns its refectory, it is one of the jewels in Auvergne's crown of religious heritage. Architecturally the village fits in seamlessly with the abbey, with its vineyard residences built with golden-hued stone and round tiles. www.les-plus-beaux-villages-de-france.org



SAINT-ETIENNE

Broaden your horizons! Saint-Etienne is reinventing itself, and it shows: this City of Design is a prime example of renewal and the buzz of innovation. **In 2019, visitors will have the chance to attend a major event: the International Design Biennial of Saint-Etienne**, a chance for the city to embrace its status as the only UNESCO City of Design in France. A wide range of itineraries lead to some exciting destinations: the Musée d'Art et d'Industrie takes a look back at the origins of the city's design approach, while the Musée d'Art Moderne et Contemporain boasts a dazzling collection of art and design objects. Up for a more extensive tour? Get a first-hand look at the avant-garde ideas of Le Corbusier in Firminy, where he completed his biggest European project. (Or recharge your batteries in the hills of Le Pilat or the Loire gorges: it's easy to forget you're just a stone's throw from the city centre.)

saint-etiennetourisme.com



VALENCE



With its pedestrianised streets and shaded squares lined with inviting terraces and colourful markets, Valence has managed to retain its charm from days gone by. Strolling in the streets, you can admire Saint-Apollinaire Cathedral, the statues and mouldings that cover the facade of the Maison des Têtes, and the city's most famous monument, Kiosque Peynet, the symbol of lovers. In the open air, succumb to the charm of Parc Jouvet, located at the heart of the city. Valence is also home to the Musée Art et Archéologie and the Centre du Patrimoine Arménien; the city's "Pays d'art et d'histoire" status is fully deserved.

www.valence-romans-tourisme.com

Royal Monastery of Brou

Love and power in Renaissance Europe

Brou was at once a mausoleum, monastery and royal residence, and there is no other monument like it in France. This flamboyant Gothic masterpiece was the fruit of a European princess with an exceptional destiny. It recently benefited from the addition of visitor areas dedicated to the life of its founder, the building trades of the epoch and the daily lives of the monks. Brou also houses a museum of fine arts which in 2019 will host a new exhibition offering a tour d'horizon of the art world from the 15th to 21st centuries. The monument has a busy year-round schedule of exhibitions, music festivals, and light displays on its facade. www.monastere-de-brou.fr

SPOTLIGHT ON LA CHAISE-DIEU IN 2019



Beginning in the summer of 2019, visitors to La Chaise-Dieu will have the chance to delve deep into the abbey's history, including a visit to its recently renovated cloister and the church on the grounds, home to many delights such as the 144 sculpted stalls surrounding the marble papal tomb, or the famous mural fresco depicting the *danse macabre*. The nave that houses a unique collection of 14 fully-restored tapestries is beautifully presented, and the echo chamber with its astonishing acoustics is sure to enchant all visitors, young and old.

www.abbaye-chaise-dieu.com

Exquisite
and **FEEL REBORN HERE**

With its gastronomic traditions and local produce, Auvergne-Rhône-Alpes is one of France's must-see regions. Its Alpine pastures, orchards and vineyards together make it the country's richest pantry.

**VALLEE DE LA GASTRONOMIE:
GOURMET EXPERIENCES**

The Vallée de la Gastronomie is a new tourist destination due to be launched in 2019. It stretches from Dijon to Marseille along the Saône and Rhône valleys. The Auvergne-Rhône-Alpes region is behind the initiative, alongside Bourgogne-Franche-Comté and Provence Tourisme. The idea emerged with the creation of the Cités Internationales de la Gastronomie, set to open their doors in Lyon in September 2019 and Dijon in 2020. From Dijon to Lyon, world gastronomy capital, and from Valence with its "Cité du Goût" project to the vineyards of Burgundy, Beaujolais and Côtes du Rhône, the wide variety of iconic local produce and destinations renowned for their gastronomy and wines (including the Cité du Chocolat in Tain l'Hermitage and the Carré du Palais in Avignon) make this natural corridor an obvious choice for the title of Vallée de la Gastronomie - France. La Vallée de la Gastronomie - France (from Dijon to Marseille) will attract visitors not only to must-see tourist destinations but to all areas along this north-south axis, offering exceptional gourmet experiences.

A RICH AND VARIED RANGE OF LOCAL PRODUCE

The great many products with Protected Designation of Origin status (79 in total) include Bresse poultry, Ardèche sweet chestnuts, Grenoble walnuts, Nyons olives, Le Puy lentils and Fin Gras beef from Le Mézenc, and especially the region's 21 PDO cheeses such as Saint-Nectaire, Cantal, Bleu d'Auvergne, Fourme d'Ambert, Salers, Beaufort, Abondance and Picodon, making Auvergne-Rhône-Alpes France's biggest PDO cheese platter! And to accompany these delicacies, wine enthusiasts will be spoiled for choice: Beaujolais, Côtes d'Auvergne, Côtes du Rhône, Saint-Pourcain and Savoie wines, served with mineral water from Vichy, Badoit, Châteldon, Volvic or Evian.



4219 FARMS



33 MINERAL WATERS

(including Vichy, Badoit, Châteldon, Volvic ou Evian...)



150 MICRO-BREWERIES

putting our region at the top of the national podium



FRANCE'S 2ND LARGEST REGION FOR ORGANIC PRODUCE

after Occitanie (source: Agence Bio)



Along Route Nationale 7

Since 1936 this historic route (stretching more than 1000 km) has combined tourism with haute cuisine, from Villeneuve-sur-Allier to Pierrelatte, including several Michelin-starred restaurants along the way: Troisgros in Ouches, Bocuse in Lyon, Patrick Henriroux La Pyramide in Vienne, Anne-Sophie Pic in Valence and others.

High-quality restaurants

Auvergne-Rhône-Alpes is France's second most important region for gastronomy, with 94 Michelin-starred restaurants listed in the 2019 guide. It is home to 9 chefs with 3 stars:

- Régis and Jacques Marcon in Saint-Bonnet-le-Froid: www.regismarcon.fr
- Paul Bocuse in Lyon/Collonges-au-Mont-d'Or: www.bocuse.fr
- Emmanuel Renaut - Flocons de Sel in Megève: www.floconsdesel.com
- René and Maxime Meilleur - La Bouitte in Saint-Marcel/Saint-Martin-de-Belleville: www.la-bouitte.com
- Georges Blanc in Vonnas: www.georgesblanc.com
- Michel Troisgros in Ouches: www.troisgros.eu
- Anne-Sophie Pic in Valence (the only woman in France to have been awarded three stars): www.anne-sophie-pic.com
- Yannick Alléno in Courchevel, restaurant "Le 1947": www.chevalblanc.com/courchevel/fr/
- Laurent Petit - Clos des Sens - in Annecy: www.closdessens.com



Restaurants where you can savour regional cuisine

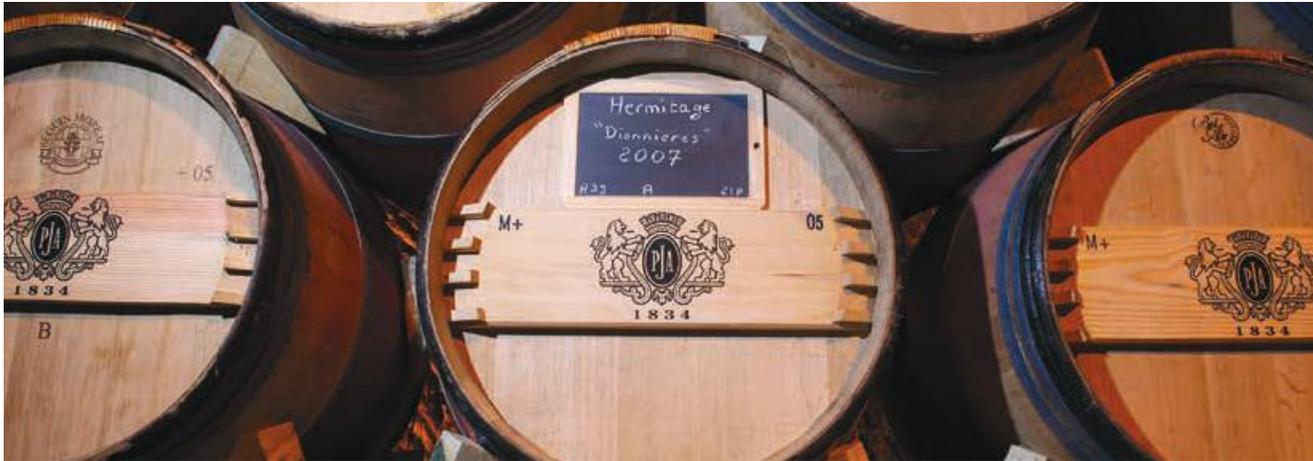
- Bouchons Lyonnais: www.lesbouchonslyonnais.org
- Bistrot de Pays: www.bistrotdepays.com
- Bistrot Beaujolais: www.beaujolais.com
- Les Toques d'Auvergne: www.toques-auvergne.fr
- Les Toques Blanches Lyonnaises: www.toques-blanches-lyonnaises.com



Les Toques d'Auvergne: the taste of tradition and gastronomy

This is an association that brings together chefs from Auvergne intent on sharing the authenticity of their local areas and culinary traditions, something they have been busy achieving for nearly 40 years. The association was founded in 1980 and its members continue to display the same vitality today. Their secret? They are all driven by a passion for their profession and their fraternal friendship. Throughout Auvergne they number close to 50, all proudly rooted in their local area with a resolute focus on transmitting the legacy of the past in a context of modernity. Bon appétit! www.toques-auvergne.fr





A rich region for wine-tasting tourism



430 CELLARS COMMITTED

to quality (charter or certification) across the region (source: Unions Interprofessionnelles des Vins)



10 PDO VINEYARDS

including 3 with worldwide renown (including Beaujolais, Côtes du Rhône and Vins de Savoie)



10 DESTINATIONS

with "vignobles et découvertes" certification out of a total of 70 in France (source: Atout France)

For all you need to know about vineyards, grape varieties, winemaking and the best vintages, head to one of the many centres open to the public offering information about winegrowing: Hameau Duboeuf and Oenothèque du Château de Pizay in Beaujolais, M. Chapoutier tasting school or Cave de Tain in Côtes du Rhône, or Néovinum, which is dedicated to Ardèche wines.

SWEET CHESTNUTS

The sweet chestnut is without a doubt the iconic PDO fruit of Ardèche. The Châtaigne d'Ardèche is an autumn treasure that has been grown since time immemorial in a terroir that has forged its identity over the centuries. Discover its subtle flavour and many nutritional virtues by sampling a range of products with incomparable diversity: fresh chestnuts, flour, jam, candied chestnuts, soup, biscuits, liqueurs and many more.

The **Musée de la Châtaigneraie** has been renamed **CASTANEA** where you can learn all about the Ardèche sweet chestnut. This centre has not just been renovated, it now boasts a completely new exhibition! Learn about the past to better understand the future of the sweet chestnut ... From the history of this fruit to its contemporary transformation, from chestnut wood furniture to the revitalisation of the area's chestnut groves, you will never look at sweet chestnuts in the same way. www.castanea-ardeche.com



Routes des Fromages

Saint-Nectaire, Salers, Bleu d'Auvergne, Fourme d'Ambert and Cantal: Auvergne has a prestigious range of cheeses that are rich in diversity and character! Discover these five stars of the cheese world along the 35 stages of the Route des Fromages. From farm-produced cheeses to milk and cheese houses and cheese refineries, all of the variety of the local terroirs, flavours and traditions is on display along this tourist route.

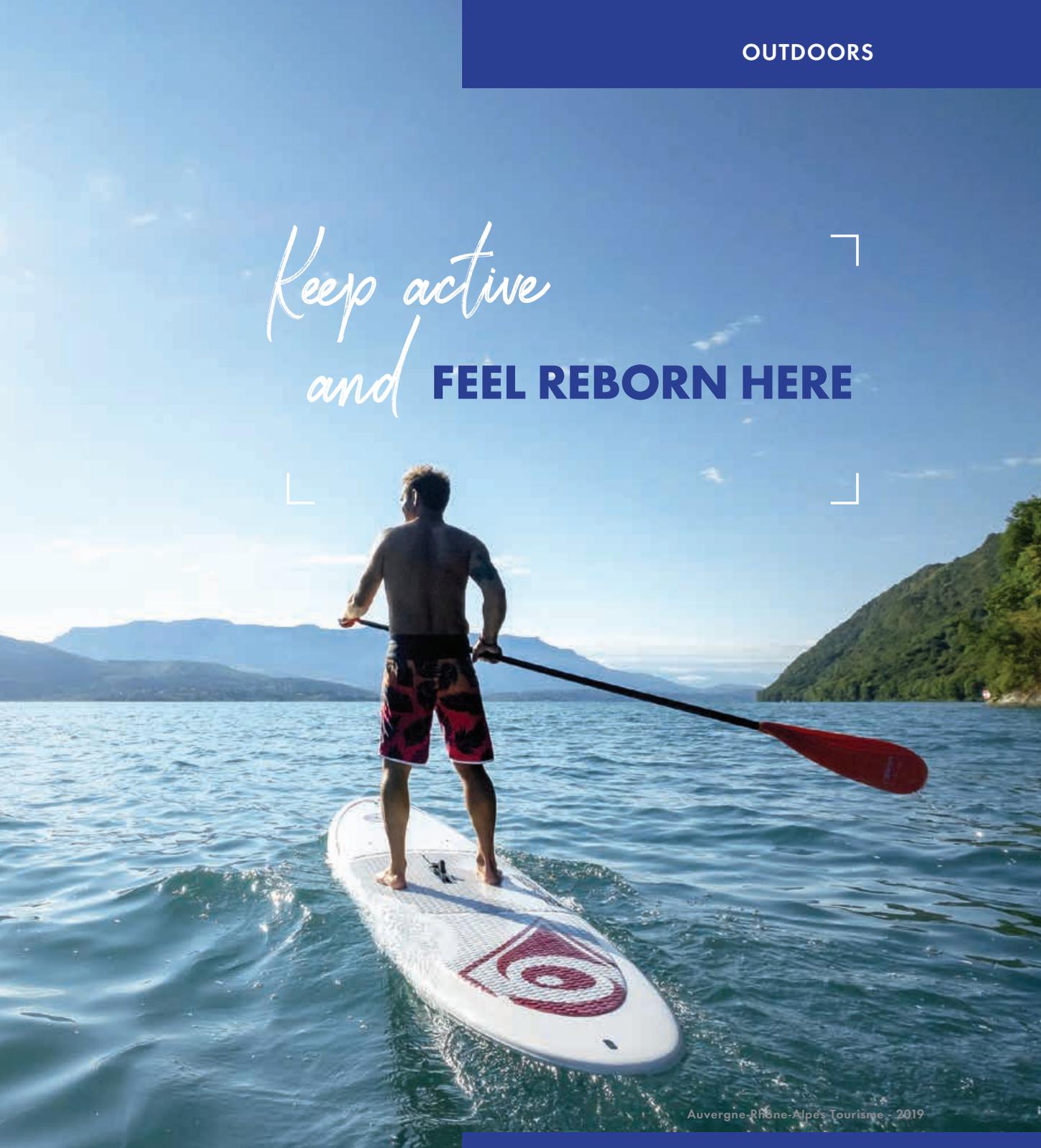
www.fromages-aop-auvergne.com

The proposed itineraries bring visitors to farms, cheese houses and cheese refineries. A journey through Savoie-Mont-Blanc to learn about the area, its local produce and its people. 8 cheeses (Abondance, Beaufort, Chevrotin, Emmental de Savoie, Raclette de Savoie, Reblochon de Savoie, Tome des Bauges and Tomme de Savoie) and 66 destinations to explore all the different stages in the cheesemaking process.

www.fromagesdesavoie.fr



Keep active
and **FEEL REBORN HERE**



From the roof of the Alps (Mont Blanc at 4810 m) to the craters of the Chaîne des Puys, and from the lavender fields to a forest of 300-year-old oak trees, Auvergne-Rhône-Alpes is a vast playground full of wonder that welcomes visitors for outdoor activities of all kinds: challenging hikes for the energetic and easier trails more suited to families, cycling routes and breathtaking corners of the natural world from which to throw yourself into the water or into the air!

The region is a paradise for cyclists, with 12 green cycleways stretching along 2480 km of itineraries listed on France's Schéma national vélo, 580 km of which are EuroVelo routes, with many iconic mountain passes where the Tour de France has been fought, as well as 6 "Grandes Traversées" for mountain bikers.

It is also ideal for hiking, with 13,500 km of GR® and GRP® trails, and legendary routes like the Tour du Mont Blanc, St James's Way, Stevenson's Way, the Grande Traversée des Alpes, or the Huguenots trail.



SAINT JAMES'S WAY

The Via Gebennensis is the route that leads from the east to Le Puy-en-Velay. From its high points, this trail offers magnificent panoramic views over the Alps, the Jura, the Rhône valley and the Parc Naturel Régional du Pilat, before it ends on Mont Meygal and the high plateaux of the Haute-Loire. Beginning in Le Puy-en-Velay, the stages in the Haute-Loire are among the most impressive along the entire route.

The temptation to head off on the legendary Via Podiensis is irresistible. If you are short on time, a few wonderful weekends are enough to hop your way through iconic destinations laden with history. Discover the oft-overlooked Via Arverna! Leaving Clermont-Ferrand, this wild trail crosses the south of Auvergne, where you will encounter the region's Romanesque churches.

It then snakes its way through Haute-Auvergne, with some panoramic sections in the Monts du Cantal at an altitude of 1700 m.



AUVERGNE: A LAND OF VOLCANOES

Auvergne is the home of volcanism in France! Running a distance of some 60 km, more than 80 volcanoes are aligned from north to south. The highest point is the Puy de Dôme at 1465 m, awarded Grand Site de France® status. It can be climbed on foot or via rack railway on the Panoramique des Dômes train. So much natural wonder meant this area was bound to be awarded UNESCO World Heritage status, obtained recently. Hiking is an excellent way to explore the volcanoes of the Auvergne mountains.

With 650 km of marked trails, the Massif du Sancy offers something for everyone, with a wide diversity of activities: trail running, rock climbing, via ferrata, swimming, road cycling and mountain biking, downhill and Nordic skiing and much more. www.sancy.com



Tour du Mont-Blanc

10 days, moving between France, Switzerland and Italy, stretching 170 km with 10,000 m vertical gain and around 60 hours' walking: the Tour du Mont Blanc GR® trail starts in the village of Les Houches, on the outskirts of Chamonix, and takes you on a 170 km loop that is accessible to any walker accustomed to hiking across varied ground and carrying a heavy backpack. www.autourdumontblanc.com

Grande Traversée des Alpes

The Grande Traversée des Alpes, via the GR® 5, travelling on foot from Lac Léman to the Mediterranean, is one of the world's most beautiful hiking trails. From the lush green shores of the lake to snow-capped summits, and from the Savoie Alpine pastures to the perched villages of the Alpes Maritimes, this 620 km trail is ideal for exploring the variety of the Alpine landscape. 3 to 4 weeks' walking are needed to complete the full itinerary.

www.moveyouralps.com/gr5-alpes/



Mindful hiking

Mindful hiking is a form of active meditation allowing you to connect directly with nature. It is done in silence with a focus on the body's movements, breathing and the surrounding environment. Your movement is in tune with your breathing as you live in the moment. This is a practice that includes several techniques inspired by yoga and Tibetan meditation, allowing you to experience the moment more intensely and achieve a state of total release.

www.facebook.com/ShantiYogabySandy/

CYCLEWAYS – GREENWAYS

Calling all lovers of the two-wheeler: prepare to explore a "condensed corner of France". With Alpine panoramas, picturesque villages, riverbanks, vineyards, volcanoes and lavender fields, stretching across some 2480 km of itineraries, you will be spoilt for choice. There is something for everyone, whether it's cycleways via mostly quiet secondary roads shared with vehicles, or greenways dedicated exclusively to cyclists and non-motorised means of transport.



VIARHÔNA - FROM LAC LEMAN TO THE MEDITERRANEAN

The Via Rhôna is a 815 km greenway, most of which follows the path of the Rhône, offering cyclists the chance to explore diverse landscapes and exceptional cities such as Lyon, Valence and Avignon, before finally reaching Port-Saint-Louis (Bouches du Rhône) or Sète, depending on the itinerary chosen. The ViaRhôna is about more than just cycling; it is a wonderful opportunity to discover the many riches of these areas at your own pace. Except for the first 80 km from Geneva to Seyssel, the route presents no major difficulties as it winds its way along the riverbank. Fine food, wine-tasting, culture, heritage and wildlife are all on the menu for tourists travelling along this greenway.



The itinerary alternates between two types of thoroughfare:

- secure greenways (almost 60% of the route) dedicated exclusively to cyclists and non-motorised means of transport;
- and cycleways along mostly quiet secondary roads shared with traffic.

In March 2019 the Guide du Routard ViaRhôna is due for publication.

www.viarhona.com

Via Fluvia, a cycleway between the Loire and Rhône rivers:

an itinerary stretching along 120 km linking the Loire and Rhône rivers. www.viafluvia.fr

Véloroute 70 in Auvergne, running along the Allier river: this 230 km itinerary, which will eventually link Eurovélo 6 (south of Nevers) to the Mediterranean, crosses Auvergne from north to south.

The Vallée de l'Isère green cycleway

crosses the Isère and Drôme departments along a 112 km route, providing an alternative to the ViaRhôna in the heart of the Dauphinois Alps.

www.isere-tourisme.com/veloroute-voie-verte-vallee-de-lisere

V50 – the "Echappée Bleue Moselle-Saône"

is a cycleway linking the Luxembourg border to Lyon along a 700 km route that follows the Moselle river, Canal des Vosges and Saône river.



La Grande Traversée du Massif Central: a legend is reborn

In 2018, the Grande Traversée du Massif Central (or GTMC for those in the know) has a new look to the delight of mountain biking experts and novices alike, not to mention the increasing numbers of people turning to electric-assist mountain bikes. This new version, spanning 1380 km, is fully marked and has Fédération Française de Cyclisme (FFC) certification. It crosses the entire Massif Central from north to south and is among the longest mountain biking trails in France. It stretches from the great lakes in the Morvan area of Burgundy to the warm sands of the Mediterranean and offers something for experienced riders as well as the uninitiated. www.la-gtmc.com



WHITE WATER AND VAST LAKES

Home to four vast Alpine lakes (Lac Léman, Lac du Bourget, Lac d'Annecy and Lac d'Aiguebelette) as well as the volcanic lakes of Auvergne, Auvergne-Rhône-Alpes is France's finest region for inland swimming. Visitors here can enjoy safe environments for sailing, canoeing and paddle boarding on pristine waters. The Gorges de l'Ardèche and Pont d'Arc are among the top destinations for white-water sports, boasting an astonishing 30 km downstream route for canoes and kayaks in an environment that is particularly well preserved. In Auvergne, the Gorges de l'Allier await: in these deep ravines between Le Velay and Margeride lies one of Europe's last truly wild rivers. And if it's Alpine valleys you're after, enthusiasts of rafting, riverboarding and canyoning can enjoy the tumultuous currents of the Giffre or Arve rivers.



VERTICAL ADVENTURES

Alpine climbing could find no better home than at the foot of Western Europe's highest summit. Dominated by Mont Blanc and its dizzying belt of rocky behemoths, Chamonix has become the world capital for a discipline largely made popular in the Alps, where sheer faces, icefalls and summits to be conquered abound. From the Aiguille du Midi to Pic de la Meije, these high-altitude mountains forever entice visitors to complete the most striking ascents in the footsteps of legends like Balmat, Herzog, Lachenal and Desmason. For those who want to go even further, Auvergne-Rhône-Alpes offers astonishing subterranean excursions in the Fier and Loire gorges, or deep within the Choranche and Balme caves. Thrill seekers can enjoy hanging on a zip line over Lac de Hauteville, 100 m above Anse valley in Livradois-Forez, or simply staring into the void at Les Aravis at the end of an elastic cord, defying the laws of gravity. Even higher above terra firma, paragliders can be seen unfurling their multi-coloured sails to fly above Saint-Hilaire du Touvet and Lac d'Annecy or soar close to the rounded summits of the Chaîne des Puys, in the vain hope of getting closer to the sun, like the passengers of a hot air balloon floating in the sky above the volcanoes of Auvergne.



TRAIL RUNNING

Whether on the shores of a lake, deep within the mountains, in the heart of the countryside or even in a city, every trail provides a good reason to slip on your running shoes, get away from it all and discover new recreational spaces! Enthusiasts of this ever-more popular discipline can now enjoy a wide variety of dedicated routes whatever their ability or aspirations. The Espace Trail du Puy Mary in the Cantal region proposes 23 itineraries and 364 km of trails in the vicinity of Europe's highest volcano. In Saint-Pierre de Chartreuse, home of the first Trail Raidlight destination, and in Haut-Bugey, Haute-Ardèche and Beaujolais, you will find many trails and services tailored for trail runners (showers, maps, changing rooms, etc.). And for the keenest runners, a series of wonderful events are held throughout the year, from the Sancy winter trail and La SaintÉlyon to the Ultra Trail du Mont Blanc, so you're sure to find something in Auvergne-Rhône-Alpes, where you can enjoy unique sporting experiences!



Key figures for Auvergne-Rhône-Alpes Outdoors:

187 PERMANENT ORIENTEERING TRAILS

54 VTT-FFCT SITES AND 4 ESPACES CYCLOSPORT FFC

24 VTT-FFCT BASES

461 BOATING ITINERARIES

227 TAKE-OFF SITES

(Sources 2017/2018: FFCO, FFC, FFCT, FFCK, FFVL)

Breathe in
and **FEEL REBORN HERE**

In both summer and winter, the mountain villages and resorts have a wide variety of activities on offer, from the gentle slopes of the volcanoes of Auvergne and of the mountains of Jura, Vercors, Pilat and the Ardèche, to the peaks of the northern Alps, with Mont Blanc towering above. Skiing and Nordic activities in winter, hiking and climbing or relaxing and ruminating, provide stays with all sorts of benefits, chief among which are revitalisation and well-being.

The world's largest ski area

Auvergne-Rhône-Alpes is home to no fewer than 173 ski resorts, and its mountains are its most popular destination, alone accounting for 74% of France's mountain-derived economy. With 39.7 million skiing days paid for during the winter of 2017/2018, Auvergne-Rhône-Alpes very much positions itself at the top of the list of European skiing regions, ahead of the Tyrol and countries such as Italy, Japan and Switzerland. This brought in more than a billion euros from ski lift passes, which is 79% of France's total (source: Domaines Skiables de France). This top position has been achieved, among other things, by interconnected ski areas, open to all abilities, together with reasonable prices and an ongoing investment policy. But innovation also occurs in the mountains, which evolve to the requirements of the people who come here, be they skiers or non-skiers, for snowshoeing, walking, tobogganing, or use of recreational areas; all sorts of pastimes for a variety of enjoyment.

Targeting more distant markets

Auvergne-Rhône-Alpes Tourisme is pursuing its ambitions worldwide, backed by Atout France and in conjunction with la Compagnie des Alpes, the world's leading operator of ski areas, which brings together France's top 12 resorts under the French Alps umbrella, and which enjoys a high profile in emerging and distant markets including China, Russia, the US, Canada, the Middle East, Japan, India and Brazil.



WINTER SPORTS IN AUVERGNE-RHÔNE-ALPES



THE NORTHERN ALPS

The northern Alps comprise the world's largest ski area, and are seen as the ultimate benchmark with regard to winter sports, as attested to by the Winter Olympics that have been held three times here, in Chamonix (1924), Grenoble (1968) and Albertville (1992). For all styles, preferences and methods, the resorts of the Alps are the perfect place to head for whether you prefer your slopes gentle or you're after an adrenaline rush. Some 160 resorts mean everyone can find the perfect winter sports destination. The interconnected ski areas, a French speciality that can be enjoyed without moderation, provide increasingly varied skiing options.

With a single ski pass, you can access hundreds of kilometres of pistes and discover diverse locations without having to go to the same place twice.

This is certainly the case for les Trois Vallées, the world's largest skiing area, with 600 km of pistes open to skiers of all abilities, as well as les Portes du Soleil, Paradiski, and l'Espace Killy. Village resorts including Chamonix, Megève, le Grand-Bornand and la Clusaz are a draw for those looking for a bit of authenticity and some protected areas of countryside. And when it comes to lively and hip resorts, then Courchevel, Val Thorens, Tignes, La Plagne, Val d'Isère, Les Arcs, Alpe d'Huez and les Deux Alpes form a wonderful combination of adrenaline, partying and wide-open spaces. On the snow-covered flanks of the Alpine massifs, mountains now come à la carte! Skiing's days of dominance are over, and every winter, new sports and pastimes are being enjoyed, including airboarding, snowscoting, snowshoeing and dog sledding, plus water-based activities, fine food and wellness, which these days form a happy part of people's time here during winter.

www.savoie-mont-blanc.com

www.isere-tourisme.com

SKIING THE VOLCANOES

Auvergne, with its five mountain ranges and its three winter sports resorts (Le Lioran, Le Mont-Dore and Super-Besse) together with a large Nordic skiing area, is the perfect place for a family holiday. Reaching a height of 1886 metres, Le Sancy is home to around 100 km of downhill skiing.

www.sancy.com

Its protected areas make Auvergne a total paradise for cross-country skiers and snowshoers, with more than 950 km of safe routes on the Aubrac Plateau, the slopes of Le Sancy and the Monts du Forez. The recently refurbished Cap Guéry mountain centre provides a range of Nordic activities.

www.capguery.com



THE MOUNTAINS OF JURA

A countryside break in summer or winter

With its lakes, waterfalls, rivers, forests, hills and grassland, the mountains of Jura are home to a wide range of landscapes. This is the perfect place to head for recharging your batteries in the midst of this protected countryside. With cross-country skiing, skating, snowshoeing and other options, in the mountains of Jura you can choose between major routes with amazing views over the mountains of Jura.

The Nordic trails take you to the heart of the snow-covered landscapes as you tackle the Grand Nord. Fancy trying your hand at biathlon? Take part in a cross-country skiing race! Gain some real altitude at the family resort of Mont Jura! Come and enjoy some downhill and cross-country skiing, take advantage of the recreational areas and pick a snowball fight! www.montagnes-du-jura.fr



A new Club Med resort

Club Med already has a presence in 17 Alpine resorts, and is opening a new one every year. Samoens Grand Massif having opened last year, this year was the turn of Les Arcs Panorama. And they share a single ambition: to act as an irresistible draw for mountain enthusiasts in both summer and winter.

La Folie Douce is opening at Chamonix Mont-Blanc.

Welcome to the first of the Folie Douce Hotels: a location that's open to the open-minded!

www.lafoliedoucehotels.com

Le Printemps du ski (Springtime skiing): there's skiing, of course, but that's not all!

From 20th March 2019 you can take advantage of the Springtime skiing offers. Whether you're a seasoned skier or a beginner, spring is a time of year when the most fun is to be had on the pistes. With pleasant temperatures, plenty of sunshine and lots of snow, you're set for a really amazing stay! Enjoy all sorts of skiing in the morning (downhill, Nordic, freeride, freestyle and touring), and then try some new activities in the afternoon (mushing, zipwire, biathlon, sledding or spa). www.leprintempsduski.com





DRAWING YOUNGER PEOPLE

The mountains are not just a wonderful playground, they're also a place of contentedness, for sledging, for meeting up with others and for exchanging. In both summer and winter, resorts are falling over themselves to provide packages that are suited to younger visitors: facilitating access to resorts (carshare, shuttles), organising new activities, festive events and new types of accommodation, plus all sorts of sports activities and preferential rates.

HOSTELS: A LOOK AT THE GROWING TREND

Hostels that are hip, online and community-focused are arriving at resorts. Rejuvenating the image of youth hostels, they are breaking the mold with their urban whimsy, cool vibe and low prices. Unusual, tasty food prepared before your eyes. A harmony of mismatched sofas. Yoga lessons before breakfast. Veggie, gluten-free and often organic food. Codes and styles that attract a young and connected clientele who are often on tight budgets.



Le Rocky Pop at les Houches

Looking out towards Mont-Blanc is a place with an illuminated frontage you just can't miss. Some of its inhabitants will be lounging around on the stylish sofas, others will be battling it out with the table football while peace reigns in the relaxing Banquise area, where you can read your emails or get stuck into a nice book. www.rockypop-chamonix.com

Le 1861 Châtel Hostel in Châtel

From the outside, it looks like a huge, timber chalet. A pretty standard youth hostel. Until, that is, you're hit by a riot of colours. The whole place has been refurbished to give it energy. The kitchen is lemon yellow, the rooms electric blue or fuschia pink and the bar a striking red. www.1861chatelhostel.com

Le Moontain Hostel in Oz-en-Oisans

In the middle of the huge Alpe d'Huez skiing area, this brings together travellers driven by the desire for new experiences, action and the great outdoors. There's a studio feel to the rooms that can house from 2 to 20 people, featuring plywood and large stencilled numbers. The dormitories allow for privacy, while the industrial lockers make storing personal items easy. www.moontain-hostel.com

HO36, l'hostel des 3 Vallées

This concept is already a roaring success in Lyon. Last year, the latest incarnation arrived in Les Menuires, right in the heart of les Trois Vallées. And it doesn't depart from the house style, with urban decor, a snug atmosphere and low prices. www.ho36hostels.com/en/les-menuires-3-vallees

Two new openings in December 2018

- In les Deux Alpes, France Hostel will be opening The People Hostel, an establishment with 364 beds www.les2alpesreservation.com/the-people-hostel.html
- In la Plagne, this winter HO36 will be opening its second high-altitude establishment.



Alpe d'Huez - Tomorrowland

9th to 16th March 2019

The Electronic Music festival.

This will be the first time that the festival called Tomorrow Land Winter will be taking place in France during the winter, in Alpe d'Huez. 30,000 people are expected for this inaugural mountain event.

www.tomorrowland.com/fr/winter/bienvenue

Val d'Isère - 39th édition la Scara Race

2nd to 5th April 2019

Since it was set up in 1981, la Scara has hosted participants who went on to compete in the world championships in later years. This international race draws the best young skiers aged 12 to 15. Over 4 days, more than 1500 competitors from 32 countries will be battling it out on the famous OK piste for this Junior World Championship race.

www.valdisere.com/agenda/la-scara

Live in Tignes By Francofolies

16th to 19th April 2019

Tignes to host this 4th festival in 2019. On the menu: 3 days of free concerts on the pistes and right in the resort, featuring the best of the current crop of artists. Sunshine, soft spring snow beneath your skis and three days of music in the amazing setting of the mountains of Tignes.

www.tignes.net/live-in-tignes-by-francofolies-2018

Les Deux Alpes - Rise Festival

15th to 21st December 2019

A week of snow and music in the Alps. A mega programme and lots more! An adventure for the senses.

risefestival.co.uk

PROTECTED NATURE

Protecting the natural environment and biodiversity of the region's mountains is a priority illustrated by the number of nature parks in Auvergne-Rhône-Alpes: 2 national and 10 regional parks throughout the region which ensure the protection of these mid- and high-mountain landscapes.

www.parcs-naturels-regionaux.fr/les-parcs-en-action/tourisme



The regional nature parks provide locations for leisure-based and outdoor sports-based tourism.

The parks have opted for ecotourism in which development is combined with protecting and exploring nature. This type of tourism, which is usually conducted in small groups or individually, focuses on observation, interpretation and education, and on the study of natural environments. It does not simply involve exploring landscapes and seeing their flora and fauna. Ecotourism is intended to raise awareness of the need to protect the environment, not only among visitors to the region, but also among the people who live there. It is with this in mind that the parks have been involved in putting together packages with real meaning, based on finding out about a region, its past, its culture and its inhabitants, together with passing on strong values based on heritage, environmental responsibility, openness and sharing.

Parc Naturel Régional du Vercors

A bastion of limestone. A familiar and perhaps over-used expression, but one which accurately reflects reality here.

Parc Naturel Régional des Baronnies provençales

Straddling the Auvergne-Rhône-Alpes and Provence-Alpes-Côte-d'Azur regions, the Parc Naturel Régional des Baronnies Provençales spans a massif between the Drôme and Hautes-Alpes departments.

Parc Naturel Régional des Monts d'Ardèche

With an area of around 200,000 hectares, the Monts d'Ardèche comprises an area of extraordinary heritage. Allow some time to stop, listen and watch, and you'll discover some of the cultural and natural highlights of the undiscovered region of Ardèche.

Parc Naturel Régional de la Chartreuse

The Chartreuse massif has a strong identity of its own, with all the features you'd expect for having been awarded regional nature park status in 1995.

Parc Naturel Régional des Volcans d'Auvergne

Welcome to Europe's largest regional nature park, stretching over 390,000 hectares and through both Puy-de-Dôme and Cantal. Mainly volcanic, it comprises five mountainous regions, each highly individual in nature.

Parc Naturel Régional du Pilat

Le Pilat is a land of contrasts, with spectacular panoramas culminating in the 1,432 metre summit of the Crêt de la Perdrix, a place which enjoys both a Mediterranean and alpine climate.

Parc Naturel Régional du Massif des Bauges

Come and explore the Massif des Bauges, its landscapes, its local produce and its local crafts. Learn about the work being undertaken here on a daily basis in all sorts of different areas.



Parc Naturel Régional Livradois-Forez

Spread over more than 320,000 hectares of the Puy-de-Dôme and Haute-Loire departments, the Livradois-Forez is one of France's largest regional nature parks, with a wide variety of natural habitats that are home to all sorts of plants and animals.

Parc Naturel Régional du Haut-Jura

The Parc Naturel Régional du Haut-Jura is a place of natural beauty, well-being and savoir-faire. A mountainous region of contrasts, with a huge range of different environments.

Parc Naturel Régional de l'Aubrac

The Aubrac was given regional nature park status on 23rd May 2018. Positioned to the south of the Massif Central, it incorporates 64 communes, straddling the regions of Auvergne-Rhône-Alpes and Occitanie, and the departments of Aveyron, Cantal and la Lozère. The shepherds' huts known as burons are reminders of its agricultural activities and serve to reinforce the Aubrac's entrenched cultural and rural identity. These served as seasonal dwellings used traditionally for milking and for cheese manufacture.



Parc National de la Vanoise

The Parc National de la Vanoise was established in 1963 in response to the demise of the indigenous ibex population, and is France's oldest national park.

Parc National des Ecrins

Set up in 1973, the Parc National des Ecrins is one of France's 10 national parks. Its protected central area can only be reached on foot.

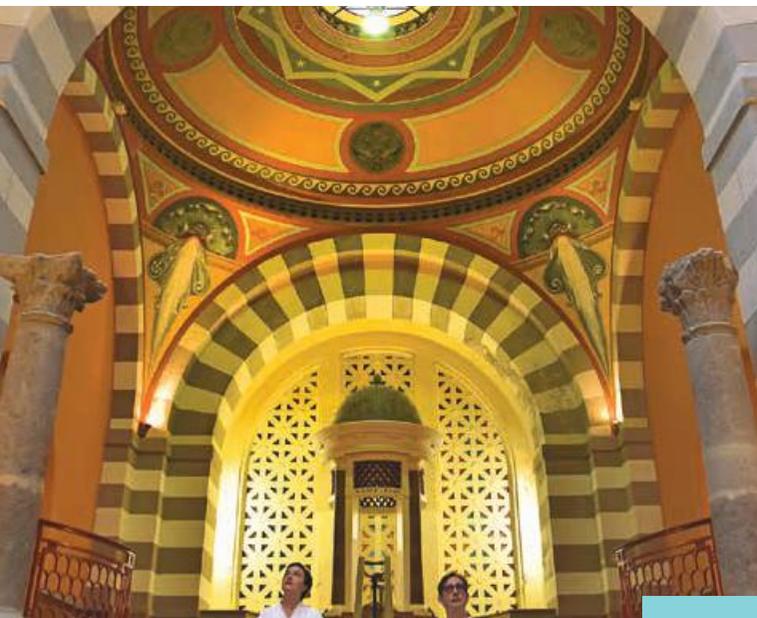
Be well
and **FEEL REBORN HERE**

This region is home to 24 spa resorts, some of which are famous all over the world, including Evian and Vichy. These spas have a rich past, but are avowedly future-focused and inclined to position themselves beyond the therapeutic virtues that have made them famous, and to present themselves instead more holistically as islets of well-being and serenity for everyone.

By focusing their efforts on developing well-being and health options, they are responding to people's increasing interest in activities and stays associated with re-energising, and a new impetus towards people taking care of themselves and well-being.



An active geological past can be discerned in the geography of the Auvergne-Rhône-Alpes region. Born of mountainous regions with protected countryside, various thermal springs have been at the root of towns reputed for the beneficial qualities of their waters. The history of hydrotherapy goes back to the Gallo-Roman era, with spas being especially popular among the Greeks, Romans, Egyptians and Gauls. After a long period during which it was less so, it first returned to favour from the 16th century, and really took off halfway through the 19th century.



VICHY CELESTINS THERMAL SPA

The queen of the spa towns partially owes her reputation to Emperor Napoléon III. When he came here seeking treatment for digestive problems, he introduced large-scale developments which profoundly changed the town's image, promoting the emergence of the richest spa heritage of the entire Massif Central, with Thermes, Grand Casino, Opéra, eclectically-styled villas, luxury hotels, a race course and golf clubs, as well as 140 hectares of grounds linking the Emperor's lodgings to the famous Pavillon des Célestins, alongside Lac d'Allier. In Vichy, fans of well-being will love the Vichy Célestins Thermal Spa with its five-star hotel, the Vichy Célestins Spa Hotel. Europe's largest medical spa offers, among other things, à la carte services: a Douche de Vichy massage provided by 2 people, facials and body treatments developed by the Institut des Laboratoires Vichy, detox programmes, sports coaching and more.

www.vichy-destinations.fr

NEW FOR 2019 - Mon Coach & Moi stay 4 days and 4 nights - €486

With the assistance of a sports coach, a nutrition coach and a life balance coach, learn how to act instinctively to achieve a healthy, balanced lifestyle. This programme includes a nutrition consultation + an Oligoscan analysis, a daily nutritional assessment, a trilogy of Signature treatments with Vichy spa water every day, a personal private sports and postural coaching session which is adapted every day, one expert treatment per day: life balance coaching; Les Célestins muscular massage; cryotherapy; Dôme Iyashi, plus a daily Aquasport session. Accommodation at the five-star Célestins Spa Hotel connected to the Spa, on a personalised half-board basis.

www.vichy-spa-hotel.fr



EVIAN-LES-BAINS

Treatments available using internationally-renowned mineral water, which eliminates digestive and circulatory disorders and restores vitality. By positioning Evian natural mineral water at the heart of its treatment programme, Les Thermes well-being area provides unique poly-sensory experiences for relaxing, revitalising and therefore preserving youth, with products from the Skinceuticals and Thalgo lines. Les Thermes also has a fitness area as well as water treatments and hydrotherapy for taking advantage of the regenerative properties of Evian water in the Aqua area.

www.lesthermesevian.com

MUM AND BABY STAY - 3 DAYS

Share some wonderful times together with your little one and stay in the best of shape.

Thursday - mum and baby activity: Bébé Evian session (50 mins): tailored to your requirements, baby massage, reflexology, baby signing, motor function, carrying in a sling and early learning / Evian Baby Bath (20 mins): baby massage with gentle underwater spray, bathing in Evian mineral water at 37 °C, nutritional assessment (60 mins): regain balance and tone and start varying baby's diet.

Friday - treatment for mums: basic facial (30 mins), body exfoliation (30 mins), jet shower (15 mins), abdominal massage (30 mins).

Saturday morning - mum and baby activity: swimming for baby (60 mins): joint session in fun pool / Evian baby session (50 mins)

Saturday afternoon - treatment for mum: hydromassage bath (20 mins), personalised physiotherapy session (60 mins): personalised unwinding massage combined, if required, with muscle strengthening and relaxation in Evian® spa pool / jet shower (15 mins).

Babycare: day care at the Kid's Resort from 9 am to 5.30 pm during mums' treatments on Fridays and Saturdays (lunches not included). Mum and Baby stays only available from Thursday to Saturday.

*These are non-therapeutic, non-medicalised well-being massages.

Price: €575

www.lesthermesevian.com



AIX-LES-BAINS / CHEVALLEY THERMAL BATHS

The tourist region of Aix-les-Bains Riviera des Alpes lies beside Lac du Bourget, France's largest natural lake. The moderately-sized town combines a gentle pace of life, dynamism, gastronomy and culture. The Chevalley Thermal Baths provide splendid views over the lake, the surrounding mountains and the luxury 19th century hotels.

Tourist Office: www.aixlesbains-rivieradesalpes.com

Les Thermes Chevalley d'Aix-les-Bains has cutting-edge know-how allied with avant-garde architecture, with picture windows and open-sky patios. Modern, light-filled and spacious, it forms a haven of peace where you'll be able to recharge your batteries in total peace. The 1600 m² garden level area has hot water pools, hammams, saunas, a relaxation area and a solarium. At 34 °C, the water in the indoor pool is perfect for relaxation, while the outdoor pool, kept at 28 °C, means people can enjoy the benefits of warm water whatever the time of year. And on the floor above you'll find the gentleness of personalised treatments, including exfoliation, facials and massages. Thermes d'Aix-les-Bains: www.valvital.fr

SOUND YOGA

Relieve stress with a purely physical, novel alternative. Sound yoga involves practices using the voice, and more specifically singing vowels, mantras and overtone singing as a medium for meditation. Sound yoga explores the vibratory power of sounds on the whole being, as a way of re-establishing harmony between the body and mind. Sessions enable you to become aware of your body's posture and learn how to correct it for a better balance, and to make yourself aware of your breathing. The benefits of vibration mean that this activity relieves pain and loosens tension and energy blocks. Sound yoga is also deeply relaxing, as well as providing self-confidence and renewed energy. A really gentle activity to make you feel better within yourself.

Price: €15 - Session duration: 1 hour

SAINT-GERVAIS MONT BLANC

After a long journey lasting more than 6000 years between the top of Mont Blanc and the bowels of the Earth, from which it draws heat and minerals, the thermal water of Saint Gervais gushes out at a temperature of 39 °C. This extraordinary water is naturally soothing and healing, and has been known about and used since 1806 in hydrotherapy. It is also omnipresent in a new well-being process and lies at the heart of some exclusive signature massages. In a freshly refurbished setting, and within lush grounds at the foot of Mont Blanc, les Bains de Saint-Gervais are open all year round for a half day of well-being, some beneficial and restorative après ski sessions or for longer stays. A seminar room is also available for combining work with pleasure! www.thermes-saint-gervais.com

**THERMAL SPA: "ACCUEIL FAMILLE"
CHILDREN WELCOME**

- Children aged 3 to 13 welcome:
Les Bains du Mont Blanc are open 7 days a week for children aged 13 and over. We have some special times in store for younger children aged between 3 and 13 on Saturdays and Sunday mornings, which is when it's their turn to enjoy the relaxation area with their parents.
- Entry for babies aged 6 months to 3 years:
thermal water is great for babies too! Come and try this session for babies aged 6 months to 3 years. Looked after by a coach, you'll carry out exercises with your baby. A session that's fun and relaxing for your baby, as well as providing a wonderful time together.



BRIDES-LES-BAINS

At the foot of the Trois Vallées and at the peak of your well-being lies Brides-les-Bains, a resort whose thermal waters are well-known for properties used for treating excess weight, and to which local restaurateurs and hotel owners etc. are all committed. Brides is also a resort that's linked to the world's largest skiing area, Les Trois Vallées, which provides fans with amazing conditions for skiing! Well-being enthusiasts can also take advantage of high-quality innovative setups, including the Grand Spa Thermal (with its new 600 m² Aquatic Area) and the Thermes de Brides-les-Bains where they'll find half-day treatments as well as courses of 3 to 9 days.

www.brides-les-bains.com

**WELL-BEING COURSE: «PARENTHÈSE»
TAKE TIME OUT FOR A 3-DAY DRINK CURE**

- 4 separate thermal treatments: 2 affusion massages, 2 jet showers
 - 1 slimming seaweed wrap, 1 Sothys relaxing massage (30 mins.)
 - 2 aquafitness lessons in a special pool.
- Price: €310



Have fun
and **FEEL REBORN HERE**

In Auvergne-Rhône-Alpes, visitors can enjoy various cultural and sports events from season to season.

JANUARY

SIRHA (Salon international de la Restauration, de l'hôtellerie et de l'alimentation) **and the Bocuse d'Or competition.**

From 26th to 30th January in Lyon, two unmissable events.

SIRHA brings together manufacturers and distributors from all over the world for professionals in the Food Service sector. Specialising in a variety of areas, SIRHA brings together trades, sectors and companies of all sizes. It hosts 2984 exhibitors and brand names from 12 sectors, with 21 competitions for all trades, and 5 stages offering entertainment. The final of the prestigious Bocuse d'Or competition will also be taking place. After several months of preparation, twenty-four of the world's most gifted chefs will experience two days of intense competition, during which they will have to give of their very best in order to win the top prize in the world of gastronomy. The Bocuse d'Or is awarded by a panel of outstanding chefs from the 24 countries represented at the final. In 2019, US chef Mathew Peters will be chairing the panel. www.sirha.com

Henri Guérin exhibition in Firminy

The works of Henri Guérin comprise more than 600 stained glass items all over the world, in religious buildings, civil structures and private homes. Three of these important works in the artist's career are highlighted as part of the LUMIERE[S] exhibition in Firminy until 3rd March 2019. The exhibition gives pride of place to the diversity of works by Henri Guérin. It is shown as a triptych representing three elements of his designs: Faith, studio Work and Nature. Henri Guérin is one of few glassmaking artists to have designed and produced his stained-glass works from start to finish, from drawings to installation.

www.lecorbusier.com



FEBRUARY

Clermont-Ferrand International Short Film Festival

Clermont-Ferrand International Short Film Festival is the world's biggest cinema event devoted to short films. Masterpieces of animation, comedies, contemporary realities, genre films, end-of-study works by the world's best schools, documentaries and docufictions: the selection comprising the 70 programmes of the festival of Clermont-Ferrand brings the world of film directors from all walks of life together face-to-face. As well as the 3 official competitions, this year the festival invites you to delve into the retrospective devoted to Canada in 6 programmes, and to confuse yourself with a panorama dedicated to quirky yet memorable encounters between characters who don't speak the same language: Short in translation.

www.clermont-filmfest.com

MARCH

Saint-Etienne International Design Biennial

Since its first event in 1998, Saint-Etienne's International Design Biennial has continued to evolve and expand, while maintaining its central purpose: to democratise design and make it accessible to everyone, through a broad vision of the role of the designer and of its many applications. www.biennale-design.com



Le Printemps de Pérouges

Le Printemps de Pérouges sees itself as the festival of the voice, of cohesion and of amazing things, and is meant for everyone to enjoy. Every year, it sets up home in locations that tend to be distinctive and quirky in Lyon, Côtière or the plain of Ain. www.festival-perouges.org

MAY

The Nuits Sonores Festival in Lyon

This is France's top festival of independent and electronic culture, as well as a major European event. This major festival of electronic music sets up home in some symbolic locations of the city of Lyon (streets, museums, industrial wasteland etc.) and brings together DJs from France and elsewhere for 5 days. www.nuits-sonores.com



JUNE AND JULY

Les Nuits de Fourvière in Lyon

Les Nuits de Fourvière bring the two Gallo-Roman theatres on the famous hill above Lyon back to life. As used to happen in days gone by, people gather on the terraces to see shows of all kinds, including theatre, music, dance and cinema.

www.nuitsdefourviere.com

Anecy International Animated Film Festival

Every year this festival, a leader of its kind in animated films, brings together several thousand aficionados. Well-known animated film makers and budding artists, directors and producers, teachers and students, graphic designers and artists, enthusiasts and novices and the public at large meet and discuss their shared passion.

www.annecy.org

Jazz à Vienne

This amazing jazz event in France has been held at night during the summer in Vienne for more than 30 years, with more than 250 concerts taking place every year. These are mainly held in the famous Théâtre Antique, where the headline events can be found. Over the years, however, other venues have been born. Jazz à Vienne with its 200,000 attendees is the top cultural event in Auvergne-Rhône-Alpes.

www.jazzavienne.com

L'Ardéchoise

Ardéchoise is the world's biggest mountain sportive. There are various options available depending on ability: Cyclosporifs, Cyclotouristes, Randonneurs, young or disabled, with packages of between 1 and 4 days available.

www.ardechoise.com

Fêtes Nocturnes au Château de Grignan

For 25 years, the Drôme department has been staging a theatre show over a period of two months in front of the splendour of Château de Grignan. People turn up in their numbers on the terraces to see a new theatre event every summer.

www.chateaux-ladrome.fr/fr/chateau-de-grignan

Horizons "Arts Nature" in le Sancy

This life-size contemporary art event draws its originality from the fact that it sets up temporary artworks during the summer in the countryside of the Massif du Sancy. Every year, contemporary art awakens the volcanoes of Auvergne and people come here in their droves: art lovers or novices, hiking enthusiasts, old and young or people who are just curious by nature!

www.horizons-sancy.com



Europavox Festival in Clermont-Ferrand

Europavox has been highlighting the best of contemporary European music for over 10 years, with around 40 bands featuring rock, pop, chanson, hip-hop and electronic music. More and more headline acts are appearing, and sharing the stage with bands who rarely get the opportunity to demonstrate their talents outside their homeland.

www.europavoxfestivals.com

Cosmo Jazz Festival in Chamonix

The CosmoJazz festival first saw the light of day in Chamonix in summer 2010, with the idea of sharing an amazing human adventure with contemplators of all kinds, seeking extraordinary settings, vertiginous tracking shots and cosmic sounds in a really great atmosphere.

cosmojazzfestival.com

Tour de France 2019

- 13th July: Mâcon - Saint-Etienne 199 km
- 14th July: Saint-Etienne - Brioude 170 km
- 15th July: Saint-Flour - Albi 218 km
- 25th July: Embrun - Valloire 207 km
- 26th July: Saint-Jean-de-Maurienne - Tignes 123 km
- 27th July: Albertville - Val-Thorens 131 km

The 3 Alpine stages will take place on an impressive succession of passes and peaks: Vars, Izoard, Galibier, Madeleine, Iseran, Montée de Tignes, Cornet de Roselend, Notre-Dame-du-Pré, Val Thorens. www.letour.fr



Le Tour du Mont-Blanc Cyclo Saturday 20th July 2019

This race is a benchmark in the world of ultra distance cycling. Withstand the 330 km course, scale the 8000 metre climbs and push yourself to the limit: these are the requirements for taking up this exceptional challenge! Entrants tackle a high-mountain course featuring passes at an altitude of more than 2,000 metres. This is a "randosportive" event, which means that there are no final classifications for entrants

www.letourdumontblanc.com

AUGUST

Fête du Lac d'Annecy

On the first Saturday in August, the Baie d'Albigny is transformed into the delightful setting for Europe's largest fireworks display. The lake shimmers with the fireworks of the Fête du Lac. One hour and ten minutes of non-stop show for really enjoying this magical location, a total symbiosis of music and fireworks, entertainment and audience participation.

www.lac-annecy.com

Festival Au Bonheur des Mômes at le Grand-Bornand

The cutest festival of the summer! This European youth show event stages all sorts of types of live shows: theatre, circus, dance, music, puppet shows etc. 6 amazing days to enjoy with the family!

www.legrandbornand.com

Festival International du Théâtre de rue d'Aurillac

This, the most famous of Auvergne's festivals, makes it a matter of personal pride to celebrate street theatre in a worthy style. Aurillac and the local villages soak up the rhythms of the live shows. Classical and contemporary works are staged, as well as puppetry, performance, circus, dance and poetry. The range is as broad as the Festival de Rue d'Aurillac is eclectic and open

www.aurillac.net



Festival de Musique de La Chaise-Dieu

In late summer every year the Chaise-Dieu Music Festival brings together thousands of music lovers and internationally famous artists on the high plateaux of Haute-Loire, around this little village, with the splendid Gothic monument of the Abbatale Saint-Robert standing tall. An exceptional heritage steeped in spirituality, amazing acoustics, a fantastic lineup and an inviting atmosphere: everything combines to provide festival goers with a wonderful experience. www.chaise-dieu.com



SEPTEMBER

Ultra Trail du Mont Blanc - Chamonix

The UTMB® is the ultimate trail running event! An unmissable occasion for trail runners from all over the world. Every year, the world's trail running elite gather at Chamonix together with around 8000 of the keenest runners, to take part in the 5 races of the event.

utmbmontblanc.com

Lyon Contemporary Art Biennale

Curated by the Palais de Tokyo, this 15th edition of Lyon's Contemporary Art Biennale is setting up home for the event in a converted industrial site: the Fagor factory. Resulting from various collaborations between artists and companies in Lyon and the Auvergne-Rhône-Alpes region, this edition of the Biennale showcases works specifically produced to celebrate local distribution networks. These partnerships between international artists and the local technical, industrial, scientific and volunteer communities highlight an unprecedented model for art production, initiating a long-term strategy with local roots. www.labiennaledelyon.com

Coupe Icare in Saint-Hilaire du Touvet

On the menu for this major event in the world of free flight: daring, dreaming, excitement, creativity, imagination, thrills, fun and bright colours! And the constant pleasure of flying plus a shared passion for flight!

www.coupe-icare.org

Ambronay Baroque Music Festival

This festival focuses on ancient music in a venue with exceptional acoustics: Ambronay Abbey, in Ain. festival.ambronay.org

MAJOR EVENTS

OCTOBER

Puy de Lumières, every evening Spectacles en Velay.

As night falls, see the town's monuments from a new perspective, magnified by a history in lights: the cathedral, Saint-Michel d'Aiguilhe, the town hall, the theatre, the chapel of Saint-Alexis in the courtyard of the headquarters of the department of Haute Loire. The Parcours Lumières is magical. A wonderful thing to enjoy before or after dining in the romantic centre of Le Puy-en-Velay.

See its monuments during the day and see them in a whole new light after nightfall.

www.wwww.puydelumieres.fr



Lumière Festival in Lyon

This festival is a week-long opportunity to acquaint (or reacquaint) yourself with classic films from all over the world: an unmissable event for film lovers. www.festival-lumiere.org

Retour des Alpes in Annecy

On the second Saturday in October, every year the Annecy Traditions association holds the Retour des Alpes (the *désalpe*, the *demontagnée* and the *poya*). This major traditional and folk festival features local crafts, demonstrations of traditional skills, processions of herds from the mountains, folk groups and local produce.

www.lac-annecy.com

Fascinant week-end

The Fascinant Week-end takes place on the 3rd weekend in October within the 10 regions with Vignobles et Découvertes status. More than 200 activities will be taking place in the vineyards.

www.fascinant-weekend.fr

20 years of the Castagnades

The chestnut festivals of the Parc des Monts d'Ardèche are celebrating their 20th birthday! Roasting chestnuts at harvest time is a tradition in Ardèche. In early October and until the middle of November, locals and chestnut growers celebrate this little fruit on the village squares. Welcome to the Castagnades!

www.castagnades.fr



NOVEMBER

Beaujolais Nouveau

Every year, the whole world awaits the third Thursday in November to celebrate the arrival of Beaujolais Nouveau, for a pleasant and festive evening event. www.beaujolais.fr

Les Sarmentelles in Beaujeu

Over the years, the Sarmentelles de Beaujeu have climbed to the top of the rankings when it comes to festivals devoted to the arrival of Beaujolais Nouveau. This is a popular and unique event in Beaujolais, which is entirely given over to this youthful, pleasant and lively wine.

www.sarmentelles.com

DECEMBER

Les Glorieuses de Bresse

Bourg-en-Bresse, Louhans, Montrevel-en-Bresse and Pont-de-Vaux: 4 towns in Bresse, all with "Site Remarquable du Goût" status, which host this competition every year, during which Bresse poultry are identified and classified in terms of quality. They are all home to well-regarded restaurants serving Volaille de Bresse. Each town has its own way of cultivating an art of living to which they have the secret, providing boat cruises, relaxing or more energetic outings and tours steeped in history.

www.glorieusesdebresse.com

Les Arcs European Film Festival

The purpose of this festival is to promote the diversity of European cinema by showing independent European films that don't tend to leave their own borders, as well as to work on building a market for European film by holding meetings that bring together the biggest names in the European film industry.

www.lesarcs-filmfest.com

Criterium de la Première Neige

The Critérium de la Première Neige is a race in the downhill skiing World Cup organised by the Club des Sports de Val d'Isère. This event opens the ski season in France.

www.worldcup-valdisere.com

Fête des Lumières à Lyon

Every year, Lyon becomes the City of Light when it holds a one-of-a-kind urban event. For 4 days, artists of all backgrounds set up their works in Presqu'île and Vieux Lyon, creating a magical atmosphere in the streets and squares.

www.fetedeslumieres.lyon.fr



LEISURE PARKS TO SUIT EVERYONE



VULCANIA

Vulcania is a one-of-a-kind in Europe, a place where you learn things and have fun at the same time. This theme park, located within the Parc Naturel Régional des Volcans d'Auvergne, invites visitors to gain a better understanding of how volcanoes and our planet operate. If you've ever dreamt of soaring over Auvergne on the back of an eagle, of witnessing the reawakening of the volcanoes of Auvergne or of exploring the depths of the oceans, Vulcania is the place to head for. It also stages shows at different times of year, as well as an astonishing fireworks display during the summer night-time events. Every year, more than 300,000 people come here for an unforgettable adventure!

www.vulcania.com



LE PAL

In 2019, Le PAL amusement and wildlife park invited visitors to acquaint themselves with the "Yukon Wings", a family-friendly experience that's both amusing and dizzying. Taking the controls of your own hang glider and experiencing the sensations of being the pilot makes for a pretty unforgettable time with the family. And for animal lovers, 2019 is the year to come and discover the "Forest of the Wolves of Canada". You can see the animals from a 250 metre-long footbridge on stilts. A spectacular way of watching how they play and how they interact and one of the highlights of your visit here. www.lepal.com

LA FERME AUX CROCODILES

La Ferme aux Crocodiles is fully immersed in a lush area of biodiversity in Pierrelatte, and the largest wildlife park in Europe dedicated to reptiles. Come and see more than 600 animals here, including crocodiles, pythons, iguanas, giant tortoises, birds and exotic fish, in a tropical greenhouse with more than 600 species of plants. Discover species that are often unfamiliar to the general public and in some cases endangered, but always impressive. As a way of raising awareness among visitors in a fun yet educational way, la Ferme aux Crocodiles has set up various daily entertainment activities (feeding times, meeting the animals, interactive entertainment etc.).

www.lafermeauxcrocodiles.com



PARC ANIMALIER D'AUVERGNE

The Parc Animalier d'Auvergne in Ardes-sur-Couze is home to 350 animals belonging to 65 different species, including African lions Dondon and Tsavo, and giraffes Djibouto, Zaïd and Johari, as well as five species of lemur and Canadian wolves. In 2019, the park designed a grand new area for tigers, and will be welcoming a pair of binturongs, unusual animals that look like a combination between a bear and a cat, as well as tufted deer and some cute Prevost's squirrels. To get to the top more easily and admire the amazing view, step aboard the little train called the Himalayan Express and come back down again at your own pace.

www.parcanimalierdauvergne.fr



LE PARC DES OISEAUX

Set in the heart of the Dombes aux Mille Etangs region in Villars-les-Dombes, its amazing collection of birds living in landscaped areas drawing their inspiration from their natural habitats makes for a real world tour! Your journey will also feature the panoramic tower, 27 metres in height, as well as rainbow lorikeet feeding time and the flight show, deemed one of the finest in the world.

www.parcdesoiseaux.com

WALIBI

for some real excitement with the family

With more than 32 attractions and shows, plus a 13,000 m² water park, the largest in the region, Walibi Rhône-Alpes is an amusement park for the whole family where you'll come to enjoy some fun times full of new experiences each time you visit. Lying in the commune of Les Avenières-Veyrins-Thuellin in Isère, it adds new features to its range every year.

To celebrate its 40th anniversary in 2019, WalibiRA has a new Infinity Coaster-type amusement, a really exciting addition that's a one-of-a-kind in France.

So what's in store? A vertical drop from 31 metres. Alongside this amazing rollercoaster that can be enjoyed by children aged from 8 or 9 and upwards (minimum height 1.3 m), an attraction for younger children will also be opening next year. Currently 75% of the park's attractions are open to children aged 2^{1/2} and up.





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