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*and* **FEEL REBORN HERE**



Family hike around Le Lioran  
Cantal Mountains

Explore  
France™



France.fr



Auvergne  
Rhône-Alpes  
Tourisme

The inviting landscapes of Auvergne-Rhône-Alpes, which include the Alps, the wild beauty of Ardèche and the peaceful plateaus of Drôme, together comprise a stunning natural playground for enjoying a wide range of outdoor activities.

In 2020, rather than overwhelm travellers with endless pages of information, we are offering curated suggestions for excitingly different accommodation and unusual things to do. Experience what this wonderful area has to offer through exhilarating hiking, cycling, and climbing, or relaxing with gentle walks and yoga. There are caves to explore and water-based activities, such as canyoning, along with superb gastronomy from each corner of the region.

**This magnificent territory and its treasures are waiting for you.**

## EXPERIENCING THE OUTDOORS IN AUVERGNE-RHÔNE-ALPES



### A FAMILY ADVENTURE IN NATURE **HIKING AND CABIN STAYS IN THE COMBRAILLES**

The Combrailles is a region of great contrasts. In addition to lofty plateaus and attractive hedged farmland, there are also inspiring, almost untouched pockets of wilderness for nature lovers to appreciate. Follow surprising trails through wooded areas with impressive vistas of volcanoes.

Begin your journey in this destination with an unforgettable night in the rustic atmosphere of a "Gallic" village, set high in the heart of an invigorating spruce forest.  
[www.cabanesdescombrailles.fr](http://www.cabanesdescombrailles.fr)

Discover the Sioule gorges on your first hike, continuing to the beautiful Gour de Tazenat, a typical lake - or maar - formed from a volcanic crater. When darkness falls, stay in a charming hut set in an oak forest full of squirrels, where you'll be awakened by bird song.  
[www.natura-tazenat.com](http://www.natura-tazenat.com)

Visit the impressive Lemptégy volcano. [www.auvergne-volcan.com](http://www.auvergne-volcan.com)

Hike to the Sauterre rock - highest point in the Combrailles - for stunning views of the Puy chain. Then discover Bois Basalte, an atmospheric collection of architect-designed, eco-friendly cabins.  
[www.cabanes-auvergne.fr](http://www.cabanes-auvergne.fr)

Take a final walk at the foot of the Puys, and then spend the night in a surprising ecolodge, which blends perfectly with its natural surroundings.  
[www.volcalodges.com](http://www.volcalodges.com)

### A FAMILY BICYCLE ADVENTURE

## **CYCLING ALONG THE VIARHÔNA THROUGH DRÔME AND ARDÈCHE**

The whole family can enjoy this four-day cycling itinerary on a glorious section of the ViaRhôna, covering between 20 and 35 km per day. This route is planned to enable lots of fun stops to interest all ages. Travelling along the banks of the Rhône River is a delightful way to immerse yourself in the pleasures of Ardèche and Drôme.

This adventure on two wheels starts in Tain-l'Hermitage with its unmissable chocolate museum. Then you begin the descent to Drôme along the Rhône. Spend the night in Valence, a city steeped in art and history.

The tour passes through delightful villages of great character, with opportunities to sample gourmet delicacies and learn their history on the way to Le Pouzin, gateway to Ardèche.

The cycle journey continues on the greenway along the Rhône. The journey takes you to charming Cruas, then to the black-and-white village of Rochemaure, which both feature ruins of medieval castles. Your arrival in Drôme is via an unexpected Himalayan footbridge. Suspended over the Rhône, it is constructed on the piers of an old bridge for a memorable river crossing.

On the last night you stay in Montélimar. During the final day of the adventure, you again cycle along the ViaRhôna on the borders of southern Ardèche and Drôme. When you arrive at the pretty hilltop village of Viviers, this marks the end of your journey.

More information: [www.viarhona.com](http://www.viarhona.com)



## EXPERIENCING THE OUTDOORS IN AUVERGNE-RHÔNE-ALPES



### HIKING AND GASTRONOMY

## SPELEOENOLOGIE® (IN CAVES) UNUSUAL EXPERIENCES IN THE HEART OF ARDECHE

The Ardèche gorges are a wonderful area for athletes to test themselves, or to find great tranquillity. The most impressive caves here have been organised so the maximum number of people can explore them.

For gourmet exploration, visit Vallon Pont d'Arc where you can sample the best Ardéchois produce in specially selected "Goûtez l'Ardèche" restaurants.

This journey begins in Vallon Pont d'Arc with a two-day hike\* - approximately 12 km each day - through the heart of the gorges, which comprise one of the most remarkable natural sites in France. This route will take you to a deep canyon of wilderness, 24 km long.

Your senses will be engaged during this hike by the steep beauty of the cliffs, fresh aromas of the scrubland and sounds of gently lapping river water.

Your overnight accommodation is camping on the banks of the Ardèche River.

Surrounded by cliffs and soothing water sounds, you will experience a real return to nature.

The second day of hiking concludes at St Martin d'Ardèche.

*\*This is a demanding route aimed at experienced walkers.*

On the last day of this journey, you will discover the Saint-Marcel-d'Ardèche caves, the sixth-largest underground network in France, including a unique experience: SpéléOenologie®. This is a three-hour excursion, during which you'll discover the network's wine-related activities, while accompanied by a caving guide and a winemaker.

After an underground hike wearing headlamps, you will taste wines in absolute darkness - an exceptional sensory experience. The cave network is an odourless environment, so the wines' aromas are increased tenfold, as are the flavours.

**More information:** [www.rhone-gorges-ardeche.com](http://www.rhone-gorges-ardeche.com)

### HIKING AND WELLNESS

## RIVIERA DES ALPES: A STUNNING PANORAMA BETWEEN LAKE AND MOUNTAINS

The tourist area of Aix-les-Bains - Riviera des Alpes borders Lake Bourget, the largest natural lake in France. The thermal spa resorts of Aix-les-Bains combine wellness and outdoor activities with natural beauty.

The Chevalley thermal baths are set against a gorgeous vista of the lake, surrounding mountains and 19<sup>th</sup>-century palaces.

This trip commences with a visit to Chanaz, "the village of 1,000 flavours", also known as the Savoyarde Venice. In traditional stone houses you will find stalls selling gourmet delicacies and artisanal handicrafts.

Stroll the charming cobbled streets while savouring tantalising aromas emerging from shops and boutiques. Riding electric bicycles, you then follow the canal path to the lake and on to Hautecombe Abbey, an historic monastery overlooking the water.

Your return to Aix-Les-Bains is by boat.

The next two days are devoted to wellness and relaxing.

Discover paddleboard yoga, an activity which combines the benefits of yoga postures with the peace of natural surroundings. Surrounded by the shores of the lake and a sweeping view of mountains, you will feel the harmony and sense of well-being this discipline provides.

[www.aixlesbains-rivieradesalpes.com](http://www.aixlesbains-rivieradesalpes.com)

You will spend your final evening in a chalet located in the heart of the Bauges massif. <http://lechaletdublanc.fr>

This combination of activities will be truly serene and restful - a wonderful immersion in "mountain therapy"!



## EXPERIENCING THE OUTDOORS IN AUVERGNE-RHÔNE-ALPES



### A FAMILY ADVENTURE

## COMMUNING WITH NATURE IN AIN EXPLORE LIKE ROBINSON CRUSOE

Diverse Ain is 2 hours from Lyon and 1 hour from Geneva. It is the ideal destination for relaxing, surrounded by stunning landscapes which include peaceful countryside, Alpine peaks and views of Mont Blanc. With vineyards, a river, a lake and canyons to discover, there are a thousand things to do in this sublime area.

You will be warmly welcomed at a farm-style inn on the Retord plateau, where a satisfying meal will be cooked over a wood fire and served in Finnish kota (wooden hut). Then discover the Retord plateau which lies at an altitude of 1,000 m, extending to the south of the Jura mountains in a vast territory encompassing villages, forests and valleys. This is a superb environment for all kinds of outdoor pursuits, including climbing, paragliding and mountain biking. <https://bugeysud-tourisme.fr>

You will spend time with a guide who can introduce you to wilderness survival techniques. With the guide's expertise, you will learn how to track an animal, to recognise edible plants and mushrooms, how to build a temporary shelter, and then cook the food that you have gathered in what will be an unforgettable experience.

After this day of stimulating outdoor activities, it will be time to make yourself at home in a mountain inn where the gastronomic choices include regional cheese specialties and traditional dishes.

Enjoy a change of scenery on the Hauteville plateau, situated at an altitude between 850 m and 1234 m. The climate here is considered to have lots of health benefits, with pure air thanks to the abundant, untouched forests and limestone soil which absorbs humidity. You can then go mountain biking or tackle the via ferrata (protected climbing route) for impressive views.

The last night will be another unique experience surrounded by nature – staying in an open-air hotel where your accommodation is a hut on stilts perched in the middle of 5,000 plants. [www.camping-les12cols.fr](http://www.camping-les12cols.fr)

### SPORTS ADDICTS

## NEW THRILLS AND SENSATIONS SUSPENDED CAMPING AROUND LAKE ANNECY

Thanks to its lake, known internationally for the quality of its water and the beauty of its setting, Annecy attracts large numbers of sports enthusiasts to enjoy its wide range of challenging activities.

Explore Annecy, then head to the Semnoz ski station in the Bauges massif, where lovers of the outdoors will find a lofty playground at an altitude of 1,600 m. Another amazing experience begins with a moonlight walk that takes you to the eco-bivouac village, where you will be under the spell of this magical place from the moment you arrive.

[www.alpes-bivouac.com/produits](http://www.alpes-bivouac.com/produits)

The next morning, after breakfast surrounded by nature, a day of canyoning begins. Whatever your level of skill, you will have fun while appreciating the astonishing beauty you will find on the shores of Lake Annecy. In the evening, there is another unusual activity – spending the night suspended from a wall above Lake Annecy! Accompanied by a guide, you will walk to a spot from where you easily abseil to a large, comfortable ledge from which you can safely hang, relax and enjoy the vista. After arrival, you will have an unforgettable meal, dining on Savoyarde fondue while watching the sun set over Annecy and its lake. Then settle in for a memorable evening in your bivouac under the stars. [www.inax-aventure.com](http://www.inax-aventure.com)



## EXPERIENCING THE OUTDOORS IN AUVERGNE-RHÔNE-ALPES



### SPORTS ADDICTS

## FOLLOWING THE ROUTE OF THE TOUR DE FRANCE

Experience Stage 13 of the Tour de France between Châtelguyon and the Pas de Peyrol mountain pass at the foot of Puy Mary. This stage – 191 km long with an elevation gain of 4,400 m – will be tackled by Tour riders on Friday, 10 July. This stage is challenging and mountainous, crossing the Sancy massif and the Cantal ranges.

More information: [www.letour.fr/fr/etape-13](http://www.letour.fr/fr/etape-13)

Your accommodation will be in lodges at the Volvic Organic Resort. <https://volvic-organic.fr>

On the first day, the route is 85 km long, with an elevation gain of almost 2,000 m. Leaving from Châtelguyon, head towards Clermont-Ferrand, before starting the first ascent to the foot of the Puy de Dôme. You will pass through the Sancy massif, before following the contours of the Guéry lake, and then descending towards the thermal spas of Mont-Dore and La Bourboule. To reach your accommodation, you will climb to La Stèle col, and then spend the night in a treehouse cabin perched in the heart of the Auvergne volcano park. These treehouses with spa facilities on the balcony have mesmerising views of the Sancy massif. [www.cabanesdesvolcans.fr](http://www.cabanesdesvolcans.fr)

The following morning you will continue for 106 km to reach the end of this stage. Go towards the Cantal mountains, before the final climb towards Puy Mary and an altitude of 1589 m. Your route to the pass is on the steepest face, where the gradient of the last 5 km will average more than 8%. Finally descend to Lavigerie for a well-deserved night of rest at the charming Alta Terra, at the foot of Puy Mary. [www.altaterra-cantal.com](http://www.altaterra-cantal.com)



### SPORTS ADDICTS

## VELO VERT FESTIVAL: THE BIG PARTY FOR MOUNTAIN BIKING FROM 5 TO 7 JUNE

5, 6 & 7 JUIN 2020  
**VELO VERT  
FESTIVAL**  
à Villard de Lans

In the heart of the Vercors massif in Villard-de-Lans, the Vélo Vert Festival has brought thousands of mountain biking enthusiasts together over the past decade to celebrate the beginning of the summer season.

Evolving to become the major mountain bike show in France and the premiere mountain bike test centre in the world, the Vélo Vert Festival presents the opportunity to test more than 2,000 different bikes, along with accessories produced by 300 top brands. Through a diversely varied sports programme, attendees can make the most of around 20 events and activities tailored to competitors, bike lovers and families.

[www.velovertfestival.com](http://www.velovertfestival.com)

On 4 June, the organisers of the Vélo Vert Festival will meet in Villard-de-Lans to discuss the festival programme. There will be a presentation on the event, its proposed routes and the mountain bike show.

The next day, you can test models at the mountain bike centre, and be among the first to get the measure of bikes which have just arrived on the market. To facilitate testing, the organisers have prepared 15 specific routes catering to all levels of skill and styles of riding. In the evening, you will meet local people behind the Inspiration Vercors tourism initiative.

On Saturday, 6 June, you can participate in an event of your choice (40 to 70 km), in the form of a hike, a timed challenge or even a race on an e-bike!

On Sunday – if you have the stamina and the energy – you can take part in another contest.



## AN EASILY ACCESSIBLE REGION



### BY PLANE:

- Lyon-Saint-Exupéry international airport:  
[www.lyonaeroports.com](http://www.lyonaeroports.com)
- Geneva international airport: [www.gva.ch](http://www.gva.ch)
- Clermont-Ferrand Auvergne international airport:  
[www.clermont-aeroport.com](http://www.clermont-aeroport.com)

Two airports for the winter season:

- Chambéry Savoie airport: [www.chambery-airport.com](http://www.chambery-airport.com)
- Grenoble Isère airport: [www.grenoble-airport.com](http://www.grenoble-airport.com)



### BY TRAIN:

International transport services – high-speed trains:

- Thalys and TGV from Brussels to Lyon: 3h45min
- TGV from Geneva to Lyon: 1h45min
- TGV from Paris to Lyon: 2h (30 TGVs daily)

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

International links: [www.oui.sncf](http://www.oui.sncf)

Regional express links: [www.ter-sncf.com](http://www.ter-sncf.com)



### BY CAR:

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

[www.viamichelin.fr](http://www.viamichelin.fr)



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Tourisme**

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**[WWW.INAUVERGNERHONEALPES.COM](http://WWW.INAUVERGNERHONEALPES.COM)**

**Photo library : [phototheque.auvergnerhonealpes-tourisme.com](http://phototheque.auvergnerhonealpes-tourisme.com)**

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Download the outdoor map:

<http://pro.auvergnerhonealpes-tourisme.com>

