

# E-BIKING IN THE FRENCH ALPS

## HOLIDAY IN VAL D'ISÈRE

Val d'Isère, the world-famous Savoyard ski resort, needs no presentation. But it is in summer that we invite you to this corner of paradise for an e-mountain bike holiday.

Perched at an altitude of 1,850m and surrounded by peaks rising to over 3,000m above sea level, this is the perfect place for a refreshing break in the middle of summer.

The Vanoise National Park boasts incredible scenery and several hundred kilometers of trails..



### SEASON

Beginning of July to the end of August



### ACTIVITÉS

E-biking, hiking



### MOUNTAIN RANGE

Tarentaise mountains



### PACKAGE

Semi-private or private (maximum 4 people)

## PROGRAM

### DAY 1

This first day or half-day, depending on your arrival time, is devoted to organizing your stay. Your instructor-guide will meet you at the 5\* Le Blizzard hotel where you will be staying, to talk you through the program for the next four days.

If you do not have your own equipment (bike, protectors, helmet, etc.), your guide will accompany you to a rental point to help you choose the most appropriate equipment for the program, your level and your body type.

You can then go back to the hotel and relax before dinner.

### DAY 2 and 3

Val d'Isère is your starting point for these first two days.

The first day is a gentle, gradual warm-up to help you get used to your equipment and the altitude.

It is also an opportunity to gauge your level and improve your technique with expert advice from your instructor-guide.

You can go back to the hotel at the end of the morning and make the most of a free afternoon to relax or to stroll through the village streets and do some shopping.

On the second day, you set off for the whole day to the Tignes ski area, very close to Val d'Isère. The two areas complement each other very well in both winter and summer and have been linked since 1970, offering some 80 ski lifts and making this one of the world's largest ski areas. We set off to discover these itineraries in a grandiose setting: snow-capped peaks, mountain lakes and a multitude of flora and fauna..

We take a break for lunch in the mountains and, after a great day's cycling, you head back to the hotel where you can enjoy a massage to recover from your efforts.

Please note that the proposed rides generally last between 3 and 6 hours, but they can be adapted according to the weather conditions and your own preference.

### DAY 4 and 5

After the first two days in Val d'Isère, we propose that you explore other lesser-known routes if you wish.

Italy is very close and it is possible to spend a day in the Italian ski resort of La Thuile.

There are many other routes to choose from, including the extensive mountain pastures of Sainte-Foy-Tarentaise and the Savonne valley with the traditional villages of Le Miroir and Le Crot.

Whichever option you choose, you will return to Val d'Isère in the afternoon.

## THE EXTRAS OF THE TRIP

Fewer visitors than on the coast.

Mild, pleasant temperatures.

A relaxed, sporty village atmosphere.

A wide choice of activities to discover.

The physical benefits of cycling at altitude.

## PRICE

Quotation on request depending on options (accommodation, activities...)

## COUNTRY



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## ACCOMMODATION

In the heart of Val d'Isère, Le Blizzard is a luxury hotel with 70 rooms and suites, a restaurant, a bar and a very spacious Spa «by Clarins».

The care taken in the choice of fabrics, combined with the warmth of old wood, gives the rooms a traditional atmosphere.

The spacious poolside terrace, with its famous dessert buffet, is a classic you will not want to miss.

At any time of day, this little haven of peace offers some wonderfully tranquil moments.