

C'est en
isère



WELCOME

to Valbonnais, Beaumont, Matheysine !

Surprisingly Natural!



ACTIVITIES DIRECTORY



www.valmontheys.com

Valbonnais - Beaumont - Matheysine



to Valbonnais, Beaumont, Matheysine !

Surprisingly Natural !

A mosaic of landscapes, water, rambling, sensations and discovery, ... 360° of humanity and simplicity !

In the French Alps, at less than an hour's drive from Gap or Grenoble, between the mountain ranges of Ecrins, Dévoluy and Vercors, Matheysine, Beaumont and Valbonnais unfolds a magnificent **mosaic of landscapes**, made up of glacial lakes or dams, extensive agricultural plateaux, narrow gorges and dense forests, deep valleys and majestic peaks.

From east to west, the territory is layered from 362 m in altitude at the surface of Lake Monteynard to 3,564 m altitude at the summit of the Olan, in the heart of the Ecrins, materialising the transition between the limestone Préalpes and the crystalline Alps.

Between these two extremes, **a thousand and one delightful experiences** await you : water sports, bathing and relaxing on or beside the lakes, mountain climbing, protected climbing paths, mountaineering, paragliding, fishing or water sports in the torrents, bungee jumping, adventure park, Winter sports and, naturally, **all kinds of rambling and hiking !**

Our territory remains free of large urban, industrial or tourist developments, hardly affected by a mining operation from which the area formerly made its fame and fortune, our land remains preserved and authentic.

In this medium altitude countryside where the high mountains are never far away, partly covered by the Ecrins National Park, the rhythm of nature, harvests and seasons can be experienced all year round. And you are welcomed "home from home" with **simplicity and conviviality**.

YOU WILL FIND in this guide...

- A **plan** to locate you => pp. 4 & 5.
- An information on the **complementary brochures** in this directory to allow you to stay on our territory and to experiment its surprises in your way => pp. 6 & 7.
- The **contacts of the tourist offices of** Valbonnais, Beaumont and Matheysine => p. 7.
- All the **nautical and aquatic activities** => pp. 8 & 9.
- The **activities with sensations** (adventure-park, via - ferrata, bungee jumping, Tyrolean giant, paragliding, etc.) => pp. 10 & 11.
- The **major sites of the cultural and natural heritage** of the territory => pp. 12 to 14.
- Suggestions of **visits of farms and mountain pastures** => p. 14.
- The offer of **equestrian tourism** and **donkeys trekkings** => p. 15.
- Les **mountain bikes circuits** => p. 16.
- An outline of the wintry offer => p. 17.
- And still full of activities for you and your children => pp. 18 & 19.

When the proposed activities take place on a unique site, we indicate for each of these mark-plan to allow you to localize it more easily.

COME & orient oneself



By Car

- From Grenoble or Gap, direction « Gap » or « Grenoble » then « La Mure » by the RN 85.
- From Bourg d'Oisans, direction « La Mure » by the D526 and the Cold' Ornon, or by the RN 91 then the RN 85 via Vizille.

By Coach

Departing from Grenoble : regular lines to La Mure, Corps or l'Alpe du Grand Serre. Departing Gap : regular line Gap-Grenoble.

By plane or by train : regular international lines to Lyon Airport or to the Grenoble railways station. Then, by coach.



www.valmontheys.com

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TO WIDEN your horizons



The Holiday Book

The **Holiday Book** has been specifically designed to enable families to discover the Valbonnais, Beaumont and Matheysine areas while having fun. The book contains details of half-day round walks, a book of games suitable for all ages, informative articles, photos, drawings and above all an interactive competition quiz for you and your children!

Ask your host for a copy or get one from your nearest tourist office and set off in the company of our marmot into the centre of this carefully preserved fragile but natural territory.



“**Détours dans les Alpes**” is a website designed to showcase places of interests in the Vercors, Oisans and south Isère regions. It makes suggestions for you to experience, through planned themes, a new alternative way of discovering our villages, and to wander on our footpaths in search of natural curiosities and sites, and cultural features.

Whether for a half day, full day or several days, regardless of whether you are already in or staying nearby the area, download the suggested walks and the helpful internet links and set off on the itineraries on foot, by bike or by car to get to know a little more about nature and the men who have shaped the landscape and still today continue to create our region’s identity!



The Rambling Guide

The **Rambling Guide** presents a selection of the most beautiful walks in the Valbonnais, Beaumont and Matheysine region. This ranges from family walks feasible with a pushchair, to routes of several days giving the pleasure of a first time experience spending a night in a mountain refuge, and also includes more serious mountain hikes. This brochure suggests 25 walks for all levels, as well as alternative ideas for cycle rides, mountain biking or horse-riding.

We have chosen to only show walks which best represent the diversity of our territory and its natural and cultural richness. There are dozens of other possibilities available to you so don't hesitate to enquire at the Tourist Office for further information.



Useful Contacts

L'ALPE DU GRAND SERRE TOURIST OFFICE :

www.alpedugrandserre.info — +33 (0)4.76.72.13.09 — Map : C2

VALBONNAIS TOURIST OFFICE :

www.ot-valbonnais.fr — +33 (0)4.76.30.25.26 — Map : D4

CORPS TOURIST OFFICE :

+33 (0)4.76.30.03.85 — www.villedecorps.fr — Map : D6

ECRINS NATIONAL PARK INFORMATION HOUSE :

+ 33 (0)4.76.30.20.61 — Map : D4

LA MURE MOUNTAIN GUIDES & TREK LEADERS OFFICE :

www.altalika.fr — +33 (0)4.76.81.14.56 — Map : B4

LA MOTTE D'AVEILLANS TOURIST OFFICE :

+33 (0)4.76.30.72.75 — www.maisondutourisme38770.com

THE RAMBLING GUIDE
ON YOUR SMARTPHONE !



FOR ALL EMERGENCIES AND FIRST AID NEEDS : 112
MOUNTAIN RESCUE : +33 (4)76.22.22.22



MOUNTAIN

ON THE WATERFRONT

Sports nautiques



On the large lake Laffrey : classes, training and regattas throughout the summer. Rental of windsurfing boards, dinghies and catamarans, etc.

Grass beach, snack bar, WC, showers, etc.

Cholonge Club nautique (Plan : B2) :
+33 (0)4.76.83.08.35 or www.cncholonge.fr



On Lake Monteynard : sailing, windsurfing, kite-surfing, water skiing, wake-boarding or canoeing !

The Monteynard (Plan : A4) :
+33(0)4.76.30.63.43 or www.lac-monteynard.com
Môle de Treffort : +33 (0)4.76.34.14.48



Beaches and watergames



Valbonnais stretch of water (Plan : D4) : on the edge of the Ecrins National Park, recreational, convivial and restful area, campsite and restaurant.

www.plandeau.net or +33 (0)4.76.30.21.28

In Matheysine (Plan : B2-B3) : numerous possibilities for leisure activities and catering around Lakes Laffrey, Petichet or Pierre-Châtel : +33 (0)4.76.30.72.75



Lac de Monteynard (Plan : A4) : Mayres-Savel beach and camp-site offer a centre of leisure activities and pleasant relaxation facing the majestic cliffs of Vercors and Mont-Aiguille : +33 (0)4.76.81.14.79 — www.camping-savel.com

Lake Sautet water sports centre (Plan : D6) : beaches and inflatable aquatic structures in the monitored bathing area, rental of pedalos or electrically powered boats, canoes-kayaks, catering and camping :

+33 (0)4.76.30.02.01 or www.lacdusautet.fr



Photo : SIVOM Monteynard

Boat cruises

On Lake Monteynard : cruises-excursions or meals during the day or in the evening on board "The Mira" :

+33 (0)4.76.34.14.56 - Plan : A4
<http://www.sud-dauphine.com/lamira/>

On Lake Sautet : quiet excursions in the meanderings on board the electro-solar boat "La Souloise" :

+33 (0)4.76.30.02.01—Plan : D6
www.lacdusautet.fr

Fishing

Numerous fishing sites on Valbonnais, Beaumont and Matheysine lakes or rivers (trout, carp, char, pike, etc.) Daily fishing permits on sale in the Tourist Offices.

www.aappma-lamure.fr

At Alpe du Grand Serre (plan : C2), fishing by kilo, without permit, with the association "la Gouille à Truites". Supervised activity by a certified professional fishing guide. Equipment provided.

+33 (0)4.76.72.13.09 ou
www.alpedugrandserre.info

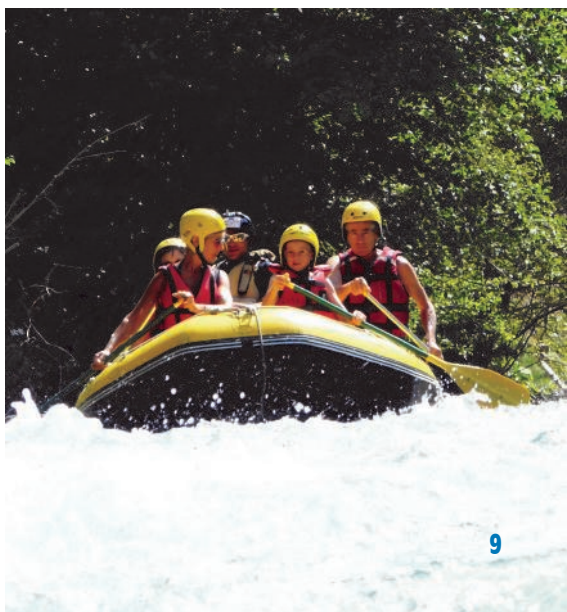
Whitewater rafting

In Valbonnais (Plan : D4), supervised descent from la Bonne by raft, hydrospeed, hot-dog or kayak.

+33 (0)4.76.30.25.26 — www.ot-valbonnais.fr

At Alpe du Grand Serre (Plan : B2) possibility of initiation in canoeing in the Cascade canyon with the Office of Guides of La Mure.

+33 (0)4.76.81.14.56 — www.altalika.fr



THRILLS AND SENSATIONS FOR YOUNG AND OLD

Giant zip wire (Plan : D6)

125m high and 100 m long !

Giant zip wire stretched above the Drac gorge. Wonderful panoramas over the barrage and the Sautet lake, plus guaranteed sensations !

Belvédère du Sautet : +33.6.86.03.65.04
www.lacdusautet.fr



Bungee jump (Plan : B4)

103m high : the highest site in Europe ! Attempt the big jump from the Ponsonas bridge, first European centre for bungee jumping, not far from La Mure !

Vertige Aventures : +33 (0)4.76.47.42.80 — www.vertigeaventures.com

Climbing / mountaineering

7 sites-schools from 3 to 8a on gneiss, limestone and shale, slabs, walls sliders, rinds, cracks, etc.

Large rocky climbing tracks on the face of the Obiou, of the *Tour Chamoissière* or of the *Oreille du Loup*, classical mountaineering in the Valbonnais valleys or on the mythic peak of the Olan, departing from the refuge of de Font Turbat.

+ INFO on www.valmontheys.com



Adventure Trail (Plan : B2)

Unique adventure park with trail traced in between the branches and tree trunks, the lake and the flowing river. 6 trails of increasing difficulty levels + 1 trail with giant zip wire above the lake ! Permanent children's trail accessible from the age of 4 !

Air Park Laffrey

+33 (0)4.38.72.92.17 — www.air-park.fr

Via Ferrata

Le Grand Bec : 2 trails with magnificent views on the summits : AD+ (550 m long and 200 m uneven slope, 4hrs) and D+ (750 m long and 330 m uneven slope, 5hrs-6.5hrs).

La Cascade : initiation route, with numerous escape paths, ideal for young children! PD (240 m uneven slope, 500 m long, 2hrs to 2hrs 45min).

Alpe du Grand Serre Tourist Office — Plan : C2
+33 (0)4.76.72.13.09 or www.alpedugrandserre.info

Les Gorges du Drac : two itineraries: PD+ (1300 m long and 160 m uneven slope) and AD (1400 m long and 180 m uneven slope).

Via du Belvédère du Sautet : two short initiation trails - great fun : F (10 m high and 50 m long, 10 to 15 min.) and PD (15 m high, 100 m long, 20 to 30 min.). Professional supervision for children Thursday 09.00-12.00.

Belvédère du Sautet : + 33 (0)6.86.03.65.04 or www.lacdusautet.fr — (Plan : D6)

**INTRODUCE YOU TO VIA FERRATA
WITH ALTALIKA.FR**

Paragliding

Baptism of fire in two place paraglider, **beginners and advanced** courses on the Valbonnais, Beaumont, Matheysine and Trièves sites with the Aéro-sat paragliding school.

Aéro-sat : +33 (0)6.70.08.67.59 — www.aero-sat.com

Himalayan walkways (Plan : A)

Between sky and water, the towering Himalayan walkways of Lake Monteynard are unique in Europe ! You will cross over the Drac and Ebron gorges by a spectacular, contrasting, exotic forest route...

An idea for a stroll : walking or cycling around the Monteynard Lake : crossing the lake in the morning on "La Mira" boat (booking at +33 (0)4.76.34.14.56), return on signposted circuit : 12.5 km in about 4.5h. Accessible to experienced mountain bikers.

+33 (0)4.76.30.63.43 ou www.lac-monteynard.com



SMALL EXPLORATORY FOR GREAT DISCOVERIES

Ecrins National Park

Flagship of nature conservation, landscapes and cultural heritage, it offers a multitude of discoveries for mountaineers, hikers and ramblers in the Roizonne, Bonne and Malsanne valleys. The Entraigues Reception Centre, open all summer and by appointment off-season, will inform you and offers site visits and conferences.

+33 (0)4.76.30.20.61 (Plan : D4)

www.ecrins-parcnational.fr



The Route Napoléon

During his return from the Isle of Elba, Napoleon Bonaparte chose to take the alpine route of Digne, Sisteron and Gap, then Corps and La Mure to discreetly travel towards Paris. This sector of the RN85, now known as *Route Napoléon*, remains marked by numerous souvenirs: On the border of Lake Laffrey, the *Prairie de la Rencontre* (Plan : B2) is today dominated by an imposing horseback statue of the Emperor.



The Drac cliff Road

Small scenic road between Saint-Georges-de-Commiers to Prunières along Lake Monteynard, several hundred meters below! Magnificent panorama on the cliffs of Vercors and the Mont-Aiguille. Possibility of continuing towards Corps and Sautet Lake via La Mure and La Route Napoléon.

Practicable route by bike : more info on www.cyclo-alpes.com

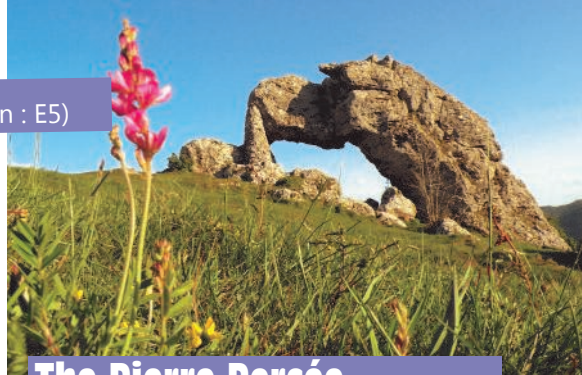


Notre-Dame de La Salette (Plan : E5)

Second most important pilgrimage site after Lourdes, the sanctuary of Notre-Dame de la Salette was erected at the end of the XIXth century on the mountain pasture where two local children had seen an apparition of the Virgin Mary, at nearly 1800 m altitude. The site is the departure point for numerous rambles and offers a sumptuous panorama over the Corps and Dévoluy countryside. For the tranquillity and grandiose aspect of the sites, it becomes an **unmissable stop** !

Accommodation and catering possible.

+33 (0)4.76.30.00.11 — www.lasalette.cef.fr



The Pierre Percée

One of the Seven Wonders of the Dauphiné accessible in one hour's walk ! At the top of the hill of the Crêts, natural stone arch emerging from the pasture, the Pierre Percée offers a magnificent panorama over all Matheysine and the Mottes valley. Departure from La Motte-d'Aveillans or from Pierre-Châtel.



Take in the landscape : an energy coming from the land and the water !

Deeply rural, our territory is characterised by traditional villages where the "local heritage" is omnipresent (ovens, wash houses, fountains, calvaries, chapels, wind-mills, etc.). Don't hesitate to wander around: whether you are on foot, on a bicycle, on a horse or in a car, this will make your eyes pop out !

Below the mountain pastures, the industrial developments blended into the landscape are a monumental witness of man's ability to exploit the diversity of mountain resources: **Matheysine** coal mines and **the Mure railway**, stonemasonry historical artworks, again in Matheysine, or, at the entrance to Valbonnais — don't miss the **viaducts** of Lulla, la Roizonne and la Bonne ! —, **barrages** of Monteynard and of Sautet...

Maison du patrimoine (Plan : D6)

In a traditional house in the countryside of Corps, rediscover the objects of everyday life of yesteryear, farm machinery of our grandfathers in the reconstructed barn or even the old school with blackboard and inkwells ! One room is dedicated to the Canadian pilgrims of the Obiou air disaster.

+33.4.76.30.02.47

www.museepellafol.fr

Mine Image Museum (Plan : B3)

Underground museum built in the heart of a real mining exploitation, Mine Image is alive! Guided tour by former miners along 250 m of galleries. Many designed scenes accessible to children !

+33 (0)4.76.30.68.74

www.mine-image.com

Matheysin Museum (Plan : B4)

At the heart of the old town of La Mure, in a historic building, relive the history of Matheysine through various collections (archeology, ethnology, document archives, etc.) ! Numerous personal accounts of life, techniques, customs and local history.

+ 33 (0)4.76.30.98.15

www.matheysine.com/musee-matheysin

Visits of farms



Bergerie de La Pierre Percée

(Plan : B3) : to La Motte-d'Aveillans. Breeding of ewe in organic farming. Yoghurts, cheeses, lamb.

+33 (0)4.76.30.67.37

GAEC de Sainte-Luce (Plan : D5) : to Ste Luce. Dairy production in organic farming, cheeses, cooked craft (home-made) bread in the commonpalce oven.

+33 (0)4.76.30.16.04.

www.fermedesainteluce.com

The Sénépi

Discover a mountain pasture

Mountain pasture of Sénépi (Plan : A4) : for constituted groups, on reservation, visit commented by the biggest organized mountain pasture of France :

+33 (0)4.76.81.04.82

GET A BREATH OF FRESH AIR WITH HORSES OR DONKEYS

Accompagnied rides

Walks in hand for the quite small, strolls or itinerant rides supervised by qualified guides.

« **La Clé des Champs** » at Cholonge (Plan : B2)

+33 (0)6.71.31.94.88 - laclede-des-champs.fr

« **H-Val** » at La Motte d'Aveillans Plan : B3) :

+33 (0)4.76.81.19.93 - www.centre-equestre-isere-matheysine.fr

"**Les Crins d'Ornon**" at the Col d'Ornon (Plan : D2)

Mr Pascal Mazoyer : +33 (0)6.12.75.59.38

Mr Simon Haret, at Corps & at the Sautet Lake (Plan : D6) : +33 (0)6.34.28.17.18

Horse trekkings in autonomy

For the confirmed riders owners of their horse, possibility of realizing buckles from a few hours to several days on marked circuits specially conceived for the equestrian trekking.

Crossing alternately the matheysin plateau, the mountain pastures of the Sénépy, the Grand Serre, and of Beaumont or of the Taillefer plateau, the Path of the Pilgrims of the Alps leads you at the rate of your horse from the lakesides of Laffrey, in the North, to the sanctuary of La Salette, in the South, by the historic way of the pilgrimage and the Valbonnais valleys. Meshed by adapted accommodations, this network offers numerous possibilities of circuits in touring alternating panoramic views and high mountain landscapes in the Taillefer and the Ecrins massifs.

INFOS on www.valmontheys.com or on www.isere-cheval-vert.com

Donkey trekkings

Go hiking with a donkey which carries your luggage, from a few hours to several days, in the Valbonnais valleys or in the Ecrins National Park. Ideal in touring with children!

Lou Pa de l'Aze : +33 (0)6.09.27.05.76 ou www.loupadelaze.com



Matheysine and Valbonnais valleys

Mountain Bike

Certified " MOUNTAIN BIKE " by the French Cycling Federation, the site " Matheysine - Valleys of Valbonnais " unwinds more than 700 km of circuits marked out on the matheysin plateau and in the Valbonnais Valleys. From the resorts of L'Alpe du Grand Serre and the Col d'Ornon, from La Motte-Saint-Martin, Pierre-Châtel, Le Périer and Valjouffrey, not less than 36 circuits of any levels await you! Numerous hosts welcome the itinerant mountain bikers with an adapted range of services (secured garage, wash point, repair kit, etc.).

Topographical guide and list of the hosts available in the tourist offices of the territory or on www.valmontheys.com.

DESCENT OF THE MALSANNE VALLEY between the Col d'Ornon and the lake of Valbonnais supervised by a State-certified monitor (Mountain bikes supplied).

INFOS - Mr J. Basset : +33 (0)6.89.93.50 19

Around the resort of Alpe du Grande Serre, **8 marked circuits** and a **practice trail** await the mountain bikers of all levels. **INFOS** on www.alpedugrandserre.info

In Beaumont/ Pays de Corps

Finally, to discover close up the alpine pastures and the hamlets of Beaumont, come to pedal by following **18 marked circuits** with buckles from 5 to 35 km and two routes in the downward profile accessible at every level. The departure from Pellafol offers the possibility of following various buckles of any levels through the rural ways and the forest tracks, until rise to the Col des Faïsses, at the foot of the Obiou.

INFOS on www.comcom-paysdecorps.com or at the Corps Tourist Office. Maps and topographical guides for sale at the Corps Tourist Office or at the Sautet nautical base.

3 circuits to download on www.valmontheys.com > activités > VTT— Cyclotourisme.

AND IF YOU RETURNED in Winter?



With alpine skiing, cross country skiing, Nordic skiing, snowshoeing, play areas reserved for children, and many other activities, the Valbonnais, Beaumont and Matheysine region is equally attractive for a winter holiday.

Three resorts of a friendly size are situated in the heart of this spectacular, unspoilt natural mountain landscape and offer a variety of activities for young and old alike.

L'Alpe du Grand Serre

Map : C2

* On request in season at the Col d'Ornon and L'Alpe du Grand Serre resorts

A ski resort which is near to you: it offers a vast ski area with 55 km of runs for alpine/downhill skiing (including one marked off-piste route) and 20 km of cross-country trails. In addition there are two areas for improving your cross-country skiing skills for skating and practising climbs/descents. There is also a 15km Nordic skiing circuit for a different skiing experience in fresh, unpisted snow in the heart of a natural landscape, for you to enjoy as you see fit. There are 5 marked snowshoe circuits and of course an area reserved for children.

INFOS : www.alpedugrandserre.info

The Col d'Ornon

Map : D2

An alpine ski area for children and adults in the heart of a magnificent unspoilt natural landscape, with two black runs ranked amongst the steepest in Isère. In addition, there is also cross-country skiing, snowshoeing and for the children a toboggan run and play area. **INFOS :** www.col-dornon.com

Les Signaroux

Map : B3

Above La Motte-d'Aveillans, on the slopes of the Sénépi, discover the smallest ski area in France in the centre of the largest high mountain pasture. There are four downhill ski runs, 26 km of Nordic skiing, separated into four trails of varying standards, 3 marked circuits for snow shoeing, a toboggan run and an area reserved for snow-kiting.

INFOS : www.lessignaroux.fr

D'AUTRES ACTIVITÉS POUR TOUTE LA FAMILLE

Mini-golf

At Alpe du Grand Serre (Plan: C2), trail of 12 holes mini-golf and outdoor bowling next to the adventures plain and the stretch of water:

+33 (0)4.76.72.13.09

www.alpedugrandserre.info

15 holes mini-golf also accessible for everybody at La Salle-en-Beaumont (Plan : C5)

Camping du Champ Long :

+33 (0)4.76.30.41.81 w

www.camping-champlong.com



Orienteering

At the resorts of Col d'Ornon (Plan: D2) and Alpe du Grand Serre (Plan: C2) some dozens of markers dispersed in the countryside indicate predetermined courses of varying difficulty, to do on foot, on horseback or mountain bike, and, in winter with snowshoes or cross-country skis.

Combining forest tracks, cross-country trails and mountain paths, this operation permits groups, clubs or competition organisers to compose for themselves their own circuits.

For the Alpe du Grand Serre, guides on sale at the tourist office :

+33 (0)4.76.72.13.09

www.alpedugrandserre.info

For the Col d'Ornon, maps on sale at gîte Le Chantelouve, gîte Le Chamois, and at the shop Brun Sports).

Adventures plain (plan : B4)

A swing, a seesaw, a climbing wall, a slide, a zipwire and a paddling pool adapted for the children under age 12. Tables of picnic and sanitary nearby.

+33 (0)4.76.72.13.09

www.alpedugrandserre.info



Discovery trail

At the Col d'Ornon (Plan : D2)

In following an easy, way-marked and fun route, enjoy yourself discovering the abundance of unspoilt landscape of Col d'Ornon, close to the centre of the Ecrins National Park: flora, fauna, geological features (the famous fault in Chantelouve), natural hazards, agriculture and rural life, historical buildings.....

Map and illustrated notebook on sale at gîte Le Chantelouve, gîte Le Chamois, the shop Brun Sports.

Tennis

At Alpe du Grand Serre (Plan : C2)

Reservations at the mini-golf reception, daily from 8am to 8pm. Racquets and balls are available without charge. During the summer, there are courses for beginners and more advanced players with a qualified instructor.

+33 (0)4.76.72.13.09

www.alpedugrandserre.info

Summer Biathlon

At Alpe du Grand Serre (Plan : C2)

From this summer, on foot or in bike, learn about the sports shooting by having fun! For the laziest, it is always possible to practise only the shooting on a target!

+33 (0)4.76.72.13.09

www.alpedugrandserre.info



HAVE A NICE STAY
in Valbonnais, Beaumont, Matheysine !
Surprisingly natural !

To extend the experience,



We also propose you :

The Programme Guide and
The Holiday Book.

And still,

The Internet Site www.detours-alpes.fr to
discover our territories by thematic routes !



www.facebook.com/valmontheys



www.youtube.com/valmontheys

Edited by
The Promotion Center of Corps, La Mure and Valbonnais districts
with



And with the support of EDF within the framework of the partnership
« Energies et territoires du Bassin du Drac »

