

WHY CHOOSE WHEN  
YOU CAN *have* EVERYTHING!



Trampoline  
HIKING  
STAND UP PADDLE

Swimming pool

TENNIS

BIKE

CRAZY AIRBAG

PARK

Lake

MINI GOLF

Pedalo

Archery

PRESS PACK SUMMER 2018



# Intro



## WHY SHOULD ONE ALWAYS HAVE TO MAKE CHOICES ?

Year-round, we are required to make decisions on a daily basis. One would give a lot to not have to do so, to feel completely free when choosing a holiday! So why not, just once, refuse all compromise and opt for a summer holiday in the mountains including plenty of aquatic fun? Pull on your ski gear and hit the slopes in the morning then swap for a wetsuit and catamaran in the afternoon! Climb uphill one day, trail running or hiking, and hurtle downhill on a mountain bike the next! Test your limits Hot Jumping and recover from the experience relaxing by the pool! Why not please yourself with your chosen destination whilst scoring unanimously with all the family?

No need to choose. No need to get frustrated. Tignes offers a wide range of activities including the unique opportunity to spend Bastille Day on the ski slopes! Due to exceptional snow conditions this winter, particularly at higher altitudes, and record quantities, with up to 8.50 metres of cumulated snow, summer skiing promises to be fabulous at 3,032 metres.

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# Altitude

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# PLENITUDE

For decades, altitude has been recommended for health reasons! Today, doctors tend not to send their patients to the mountains to recuperate and enjoy the fresh air. This said, the benefits are still widely recognized, maybe even more so in view of the stress and pollution that the majority of us suffer on a daily basis. Entirely convinced by the boosting effect of a stay in the mountains, for the past twenty years high level athletes have made Tignes their favourite training ground for major sporting events. The French football team, victorious at the 1998 World Cup, the Olympique Lyonnais, seven-times French Champions, the French rugby team and the French athletics team have all stayed in Tignes to prepare to compete. Yet again this year, The French U18 handball team will undertake a training course in Tignes.



## THE INTERVIEW

**RENAUD LONGUÈVRE: "ALTITUDE, A FACTOR OF PERFORMANCE"**

**THE FAMOUS ATHLETICS COACH, RENAUD LONGUÈVRE, IS ACCUSTOMED TO ORGANISING TRAINING COURSES FOR THE FRENCH ATHLETICS TEAM IN TIGNES.**

### **Does altitude really favour the production of red blood cells?**

Of course. Numerous training courses undertaken by our athletes in Tignes have enabled us to repeatedly monitor this. The result, a better oxygen supply, better recovery and a better overall physical condition. We also observed an improvement in muscle power after three days at a certain altitude.

### **In athletics, is performance also improved?**

It depends on the discipline! At altitude, the air resistance is lower therefore boosting performance. It is no coincidence if the American Bob Beamon improved his personal record by 57 cm at the 1968 games in Mexico City, at an altitude of 2,250 metres. He went on to hold the World Record of 8.90 metres for 25 years! If altitude is advantageous

to sprint, long jump and triple jump, it is, on the contrary, less favourable towards endurance disciplines.

### **Why, according to you, is there a strong link between athletes and Tignes?**

Athletes can rely on the training facilities at Tignespace, relax and improve recovery at the pool complex, Le Lagon. They appreciate having everything on site and no need for a car. One can create a sort of bubble in this beautiful environment, conducive to group cohesion and beneficial from a psychological point of view.



# Sun, BIKINI AND SKIING, A WINNING COMBINATION!

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If there is a year to enjoy the snow to the end, then it is this year! Great quantities of snow this winter, no less than 8.50 metres in total, enable Tignes to offer ideal conditions for glacier skiing from 23<sup>rd</sup> June to 5<sup>th</sup> August.

One can ski in Tignes almost year-round, 11 months out of 12. During the best part of the summer, enjoy an exceptional mornings skiing on the Grande Motte glacier. Ride the Perce-Neige funicular up to 3,032 metres altitude in less than 7 minutes and enjoy 20 km of runs. Pedestrians can also use the funicular to gain a little altitude on a hot summer's day, enjoy a drink and breathtaking 180° views on the terrace of the mountain restaurant, Le Panoramic.

#### SKI PASS RATES

€25 /adult, €20 /child or senior.

**Glacier opening dates :**  
from 23/06/2018 to 05/08/2018, from 07:15 to 13: 00.

**Pedestrian access:**  
from 23/06/2018 to 31/08/2017.

Rates : return ticket  
€10 /adult, €5 /child.



## SOMETHING DIFFERENT

### A SUMMER CAMP... ON SKIS!

Teenagers will change their minds about summer camp when they discover the programme in Tignes. A summer camp unlike any other that brings together riders from across Europe! Coached by renowned pro-riders, young freestylers (ski and snowboard) alternate freestyle ski lessons on the glacier in the morning with outdoor activities in the afternoon, including water-jumping, skateboarding, mountain biking, trampoline, slackline, canoeing, stand-up paddle and swimming.

Founded in 2006 by the ex pro - rider P.G. Conrardy, the GFS Camp has rapidly become a true institution. For this new session, Swiss pro-riders Laurent Demartin and Sampo Vallotton will be the guest stars of the week. Daily videos will be screened by the two freestyle stars to correct technique and help participants to progress rapidly both on skis and in the air.

From 14th to 21st July 2018, €715 with accommodation, €385 without accommodation.

From 12 years upwards

GFS Camp - <http://gfs-tignes.com/>

## A SKI LESSON IN JULY, ONLY IN TIGNES!

Far more original than a jet ski session in the Mediterranean, why not learn to ski or improve your technique in superb summer conditions? Throughout the summer season, the ski schools in Tignes propose group lessons and private tuition for all levels.

*Rates: €85 for a 2 hour ski lesson.  
More information available at:  
[www.skiete.esftignes.com](http://www.skiete.esftignes.com)*

## AN ICE-BREAKING HIKING EXPERIENCE

Enjoy a breathtaking hiking experience in the magical setting of the Grande Motte glacier, between 3,000 and 3,500 metres altitude. Guided by a team of professionals, approach the glacier equipped with a harness, crampons and an ice axe. Learn the basic techniques necessary to progress safely on the ice.

*Activity proposed for a half-day, a full day or several days. From age 12 upwards.  
Rates: from €45 / half day.  
Tignes Mountain Guides :  
+ 33 (0)4 79 06 42 76  
[www.guides-montagne-tignes.com](http://www.guides-montagne-tignes.com)*

## SKI & GOLF, THE RECIPE FOR A PERFECT DAY!

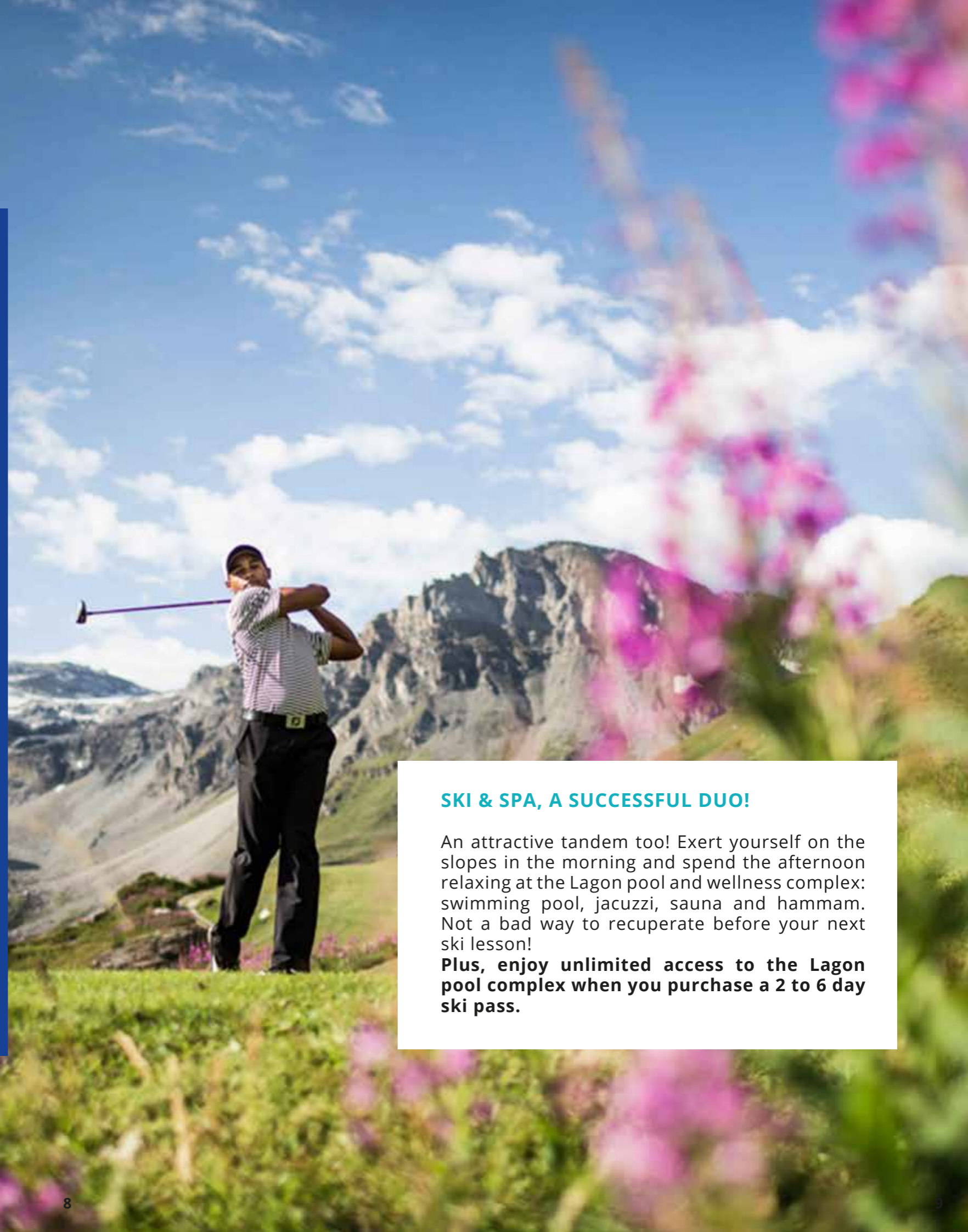
In the morning, burn those thighs on the slopes! In the afternoon, work the arms, shoulders and back on the greens of the highest golf course in Europe, designed by the architect Philippe Valant. This unique 18-hole course, is set in a fascinating alpine decor. It's 5 km fairway, along the mountainside, is interspersed with natural obstacles including lakes, gullies and streams. Don't miss the chance to spot a Marmot between two putts. Great for an introduction to the sport or for a golfing challenge, this course is enjoyable by all, regardless of one's level.

*3 day introductory course:  
€180*

*Open from 6<sup>th</sup> July to 31<sup>st</sup>  
August 2018*

### Also discover :

- **Our 15 stand driving range** to perfect your swing (4 stands undercover)
- **Our mid golf course**, a simplified and shorter course



## SKI & SPA, A SUCCESSFUL DUO!

An attractive tandem too! Exert yourself on the slopes in the morning and spend the afternoon relaxing at the Lagon pool and wellness complex: swimming pool, jacuzzi, sauna and hammam. Not a bad way to recuperate before your next ski lesson!

**Plus, enjoy unlimited access to the Lagon pool complex when you purchase a 2 to 6 day ski pass.**



THE  
**Grande Motte**  
AND TURQUOISE waters...  
WITHOUT THE CROWDS OF THE MEDITERRANEAN!

Enjoy views of the Grande Motte glacier and the clear turquoise waters of the lake without the crowds of the Mediterranean! The lake in Tignes, located in an exceptional natural setting, at 2,100 metres altitude, is a base for numerous water-sports activities. Having discovered this magical spot, you'll most probably never set foot on the Riviera again!

### ONE SPOT, FOUR ACTIVITIES

Spend the day lounging around on the highest beach in Europe at 2,100 metres altitude, lulled by the gentle lapping of the clear water. And, for those of you who wish, this is a great opportunity to test four sensational activities:

#### 1. Water Jump

Ski or snowboard down a ramp before attempting a spectacular flip and landing on water (not always the most conventional landing)!

#### 2. Hot Jumping

Equipped with a wetsuit, a helmet and a lifejacket, slide down a 35 metre long slide up into the air before plunging into the cool waters of the lake.

#### 3. Catamaran

Enjoy high altitude winds in your sails. Catamaran is a great activity for those of you with sea legs!

#### 4. Stand up paddle

An absolute must since last summer, stand-up paddle is a popular activity. The «Hoe he'e nalu», stand-up paddle in Hawaiian, is the ancestor of surfing. An hour of practice and you should be at ease on the board, which could be the reason for the significant success of this sport!

### MY TIGNES OPEN, TO ENJOY A MAXIMUM NUMBER OF ACTIVITIES

Enjoy mini-golf, canoe, kayak, crazy airbag, paddle, archery, swimming and hot jumping plus unlimited access to the Bike Park (150 km of tracks) and the mountain lifts (access to more than 25 hiking trails). Free of charge for holders of a "My Tignes Open" card.

How to get your «My Tignes Open» card?

This card is distributed free of charge by our partner accommodation hosts. If you are not staying with a one of our partner hosts then it is available for purchase at a deliberately limited price of: €10 per day, €22 per child and €27 per adult for 3 days or €33 per child and €38 per adult for 6 days.

#### "MY TIGNES OPEN" CARD

Activities run from 30<sup>th</sup> June to 2<sup>nd</sup> September 2018. Enjoy two free activities per day from the proposed list and 10% off any additional activity.

Information: [www.tignes.net](http://www.tignes.net)

# TRAIL OR MTB

Hit the  
MOUNTAIN PATHS



## TIGNES TRAIL, AN EASILY ACCESSIBLE HIGH ALTITUDE TRAIL RACE!

A shorter distance for maximum experience! The 2<sup>nd</sup> edition of the Tignes Trail event is due to take place on the 18<sup>th</sup> and 19<sup>th</sup> of August. The particularity of this race is its prestigious itineraries, all located above 2,000 metres altitude, between 'Crête de Fresse' and the 'Aiguille Percée', with views overlooking the lake in Tignes. The race is run under the least selective format possible and proposes extremely accessible distances, 12 or 20 kilometres.

### The Tignes Hard: for those who really want to climb!

The aim of this event is to achieve the highest number of ascents to the summit of Tovière in 3 hours (+ 604 metres, from 2,100 m to 2,704 m). Ride the cable car down in order to recuperate between each ascension! **New format**, more accessible and more fun: The Duo Challenge, a relay race giving each participant more time to recuperate!

### The Kids' Trail: a true trail running event in a mini format

A high-mountain trail race for younger participants. On the programme: a 3 or 4 km circuit alternating technical uphill and downhill routes.

[www.tignes.net/tignes-trail](http://www.tignes.net/tignes-trail)

## TRAIL RUNNING ITINERARIES TO BE DISCOVERED THROUGHOUT THE SUMMER

In discovery mode or training mode, 3 trail running itineraries will delight lovers of altitude and nature alike:

- \* **L'Aiguille Percée (7 km, + 600 m):** discover a geological phenomenon unique in the Haute-Tarentaise region and enjoy superb panoramic views from the summit at 2,709 metres.
- \* **The Chardonnet Lakes (6.7 km, + 410 m):** the site where one of the scenes of the film "Le Grand Bleu" was filmed.
- \* **La Tovière (12.5 km, + 660 m):** to cover a little more distance!



## THE BIKE PARK AND ITS RANGE OF VIRTUALLY UNLIMITED POSSIBILITIES

With no less than 150 km of runs and 5 lifts open 7 days a week during the summer season, the Tignes/Val d'Isère shared bike park is varied, fun and accessible to all, from green downhill runs to double blacks, enduro and cross-country.

*Open from 30/06/2018 to 02/09/2018  
Rates: €10 / day or included in your 'My Tignes Open' card.*

## ZOOM IN ON BIKE PATROL

Our Bike Patrol, equivalent to Ski Patrol in winter, welcome, advise, signpost and maintain trails. More than a dozen staff constantly patrol the mountain bike trails on a daily basis.

## THIS SUMMER'S MISSION: BECOME A SEASONED MOUNTAIN BIKER IN JUST 5 DAYS

The UCPA proposes a course that enables teenagers to ride independently in all safety by the end of the week. A complete programme includes sessions in the bike park, freeride and downhill. The course is coupled with activities such as hiking, swimming and even a sports tournament.

*7 days / 6 nights , from 24<sup>th</sup> June to 19<sup>th</sup> August 2018*

*Prices from €520 per course inclusive of accommodation.*

*[www.UCPA-vacances.com](http://www.UCPA-vacances.com)*



# SOMETHING FOR EVERY PROFILE!

### NEW

- \* **For e-bikers:** this year, several MTB tracks have been specifically designed for battery assisted mountain bikes : the "Trail Spotting", the "Chardon'Up" and the "Cow Lanta" on the Tignes side, "Into the Wild", "Trifoll' Up" and "Dai Dai" in Val d'Isère.
- \* **For experts:** the more difficult descents are located in the Tovière sector.
- \* **For fans of more naturally wild mountain biking routes:** head for the Palafour sector and the 'Village' cross-country circuit between la Daille and le Manchet in Val d'Isère.
- \* **For freestyle fans:** enjoy an adrenaline rush on the Big Air Bag. Soar through the air with your bike before attempting a smooth landing on the Air Bag.







# Tignespace

↑↑↑↑ THE TEMPLE  
OF ALL SPORTS

Tignespace is one of the structures that has made Tignes a popular training destination for high-level athletes. Perched at 2,100 metres altitude, Tignespace covers an area over 1,600 m<sup>2</sup>. Accessible to all, it boasts numerous different sports fields dedicated to team sports such as basketball, futsal, handball, volleyball, rink hockey, badminton and tennis.

**Back on track** - The site also features an indoor athletics track. Unique at such high altitude, there are only two of its kind in Europe. The facilities include 5 race lanes and top of the range equipment for high level pole vault and long jump competitions and training.

**Virtual Golf** - Practice your swing on a golf simulator. The concept? Hit a real ball and view its trajectory on a virtual golf course!

**Sport, sport and more sport** - Tignespace also boasts three squash courts, a 16 metre high climbing wall and a well equipped gym reserved for high level athletes.

**All in one** - Tignespace has been designed to anticipate the organisation of group meetings, conferences and business incentive schemes. It houses 11 modular meeting rooms and a 400 seat auditorium.



## LE LAGON POOL COMPLEX, REFRESHING & RELAXING

For relaxation or recovery, head for the Lagon pool complex, only a stone's throw from Tignespace. The facilities at this 5,000 m<sup>2</sup> pool and fitness complex include a 25 m sports pool, a fun pool and slide, paddling pool and wellness area ( saunas, hammams and Jacuzzis). It's good to relax too!

*Pool rates: €5.50 / adult; €4.50 / child under 14; free for under 5s.*

*Pool & wellness area: €17.50*

*Bonus: free access to the swimming pool is included in your ski pass.*

*Tel: + 33 (0)4 79 40 29 95*

## URSUS – THE GOURMET ADDRESS IN TIGNES

### A true forest located at 2,100 metres altitude

Located in the heart of the Val Claret area, **Ursus**, a new restaurant named after the last race of bears found in the Savoie region, is as refined as the 5\* hotel Les Suites that houses it. **Clément Bouvier** has successfully transformed this restaurant into a true gourmet forest with 390 fir and larch trees from the Bauge national park.

Here, foliage canvases are suspended from the ceiling and wooded paths run between the tables. A speckled carpet evoking the forest floor, large branch-like chandeliers and solid wood furniture dressed with white tablecloths set the scene of this upmarket restaurant with its muted forest atmosphere.

After his time at La Bouitte (René & Maxime Meilleur's 3 star Michelin restaurant), sous-chef for Jean-François Piège at Thoumieux, the talented chef Clément Bouvier now flies solo. Clément discovered good cuisine at a very early age. His father, Jean-Michel Bouvier, was twice awarded Michelin stars at his gourmet restaurant 'l'Essentiel' in Chambéry. For the past 25 years, the Bouvier family have participated in the development of Val Claret in Tignes, making it one of the most renowned quarters of the resort for its gastronomy.

3 tasting menus are composed of seasonal and local produce: herbs, local beef, snails, salsify or Jerusalem artichokes roasted with truffles...

*12 tables (45 covers) - Menu from €58*

*Information & reservations : +33 (0)4 79 01 11 43 - [www.maison-bouvier.com](http://www.maison-bouvier.com)*

## THIS SUMMER, RECHARGE YOUR BATTERIES AT LITTLE EXPENSE

### SPECIAL OFFER

**Tignes from only €69 per person...**

For all those who still aren't convinced, this offer should reassure even the most indecisive.

A week to discover all the activities on offer in Tignes including free activities with the «My Tignes Open» card, 2 free activities per day (choose between stand-up paddle, Hot-jumping, canoeing, archery, trampoline and Crazy Airbag), unlimited access to the bike park and the pedestrian lifts, giving access to more than 25 hiking trails.

*From €69 per person per week in a studio for 4*

*Offer valid from 26<sup>th</sup> June to 2<sup>nd</sup> September 2018*

*Contact: [www.tignes.net](http://www.tignes.net)*



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### NOTEBOOK

News, press releases and press packs are available  
at our online press office  
[www.tignes.net/pro/presse](http://www.tignes.net/pro/presse)

### LOOKING FOR PHOTOS OF TIGNES?

#### Browse our online media library

- › Médiathèque
- › <http://www.tignes.net/pro/mediatheque>  
Login: Tignes / Password: neige

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- › [www.youtube.com/user/tignes](http://www.youtube.com/user/tignes)

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