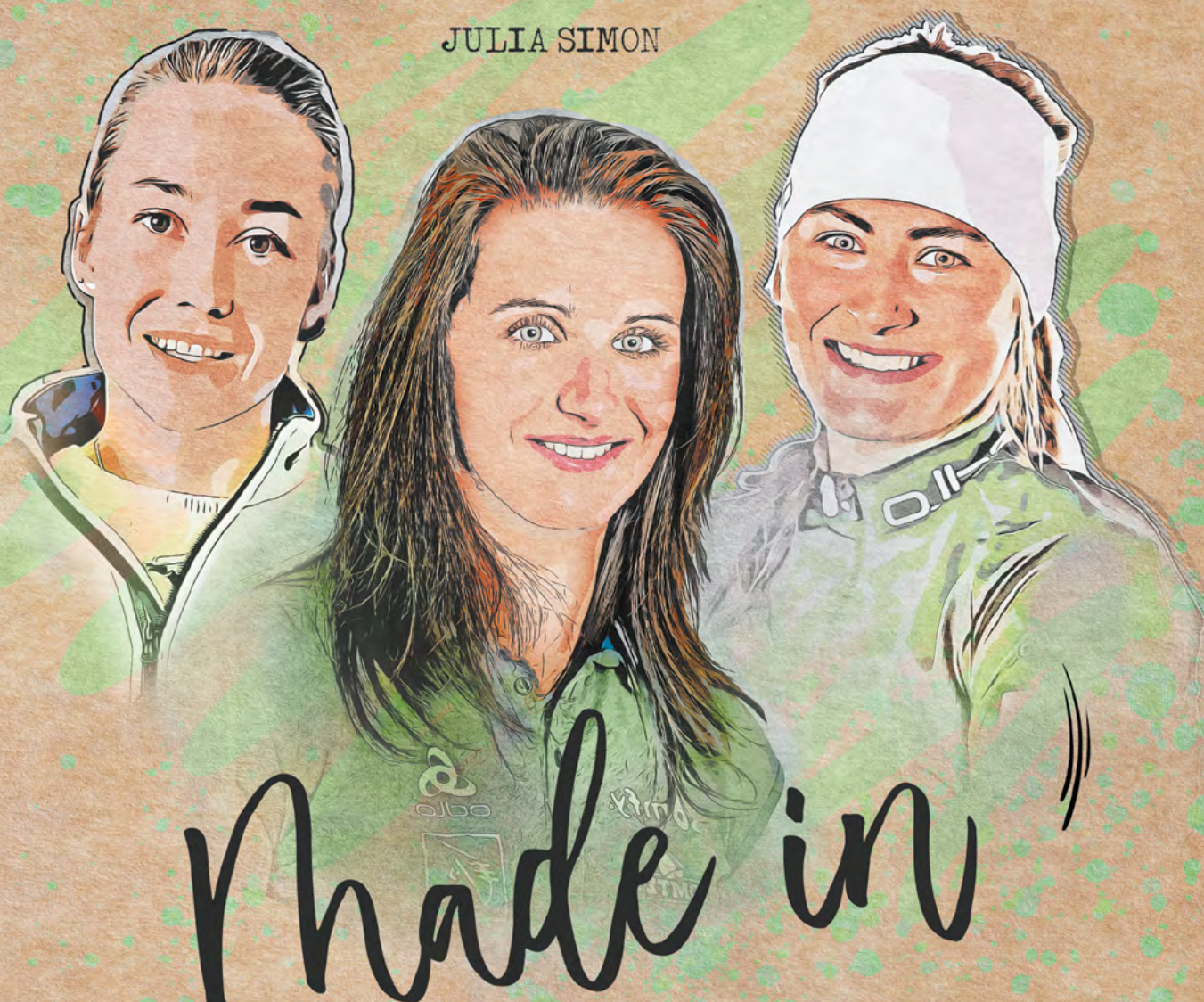


les
saisies
— 1650 m

CLARA DIREZ

JUSTINE
BRAISAZ-BOUCHET

JULIA SIMON



Made in

LES SAISIES

PRESS PACK SUMMER 2023

WANTED



WORLD CHAMPION

JULIA SIMON

- x Born on 9th October 1996 in Albertville
- x 1,70 m
- x 62 kg
- x Biathlete
- x **Winner of the 2023 Crystal Globe**
- x **2023 World Champion in Pursuit**
- x **Winner of the small crystal globe in Mass Start and Pursuit in 2023**
- x Bronze medalist in Relay and Mass Start at the 2023 World Championships
- x Olympic silver medalist in the Mixed Relay at the 2022 Beijing Olympics
- x 2021 World Champion in the Mixed Singles Relay
- x 44 World Cup podiums including 17 victories
- x **PERSONAL NOTE:** Qualified in carpentry.



OLYMPIC CHAMPION

JUSTINE BRAISAZ-BOUCHET

- x Born on 4th July 1996 in Albertville
- x 1,67 m
- x 60 kg
- x Biathlete
- x **Olympic Champion in the Mass Start event at the 2022 Beijing Olympics**
- x **Winner of the small crystal globe in Mass Start in 2022**
- x Bronze medalist at the 2019 World Championships in the Individual event
- x Bronze medalist in the Women's Relay at the 2018 Pyeongchang Olympics
- x Bronze medalist in the Women's Relay at the 2017 World Championships
- x 42 World Cup podiums including 12 victories.
- x **PERSONAL NOTE:** Married to Julien Bouchet, her coach at the Savoie regional ski committee.



TOP 20

CLARA DIREZ

- x Born on 5th April 1995 in Sallanches
- x 1,65 m
- x 55 kg
- x Alpine skier
- x Ranked 15th in Parallel Slalom at the 2023 World Championships
- x Ranked 16th in Giant Slalom at the 2023 World Championships
- x Ranked 19th in Giant Slalom at the 2022 Beijing Olympics
- x Winner of the Parallel Giant Slalom World Cup in Sestriere in 2020
- x 11 top 20 places in World Cup races
- x **PERSONAL NOTE:** Studying to become a pilot.

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Les Instants SAISI(E)S The Golden Girls

WHILST JULIA SIMON AND JUSTINE BRAISAZ-BOUCHET PLAY LEADING ROLES ON THE WORLD BIATHLON CIRCUIT, CLARA DIREZ GUARANTEES THE FUTURE OF FRENCH WOMEN'S DOWNHILL SKIING. BUT WHAT DO THIS TRIFECTA HAVE IN COMMON? THEIR TRADEMARK, MADE IN LES SAISIÉS! TRAINED BY THE LOCAL SPORTS CLUB, LES SAISIÉS IS THE ORIGIN OF THEIR SUCCESS, THE IDEAL PLACE TO RECHARGE THE BATTERIES AND TRAIN HARD IN BOTH SUMMER AND WINTER. LOCATED ON A VAST SUNNY PLATEAU, AT 1,650 METRES ALTITUDE, BETWEEN SAVOIE AND HAUTE-SAVOIE, THE VILLAGE RESORT OF LES SAISIÉS OFFERS THE OPPORTUNITY TO ESCAPE. SURROUNDED BY ALPINE PASTURES AND SPRUCE FORESTS, MONT-BLANC IN THE BACKDROP, THE RESORT BOASTS PRESERVED NATURAL SURROUNDINGS AT THE HEART OF THE BEAUFORTAIN MOUNTAINS.

MORE THAN A PRESS PACK, THIS INSPIRATIONAL ROADBOOK IS A SUCCESSION OF NEW SUMMER EXPERIENCES RECOMMENDED BY OUR TRIO OF INTERNATIONAL ATHLETES. THEIR LOVE OF THE GREAT OUTDOORS, SPORTING CHALLENGES, TRADITIONAL ARTS AND CRAFTS, FARM PRODUCE AND LOCAL PEOPLE MAKE THEM THE PERFECT RESORT AMBASSADORS. WELCOME TO LES SAISIÉS!

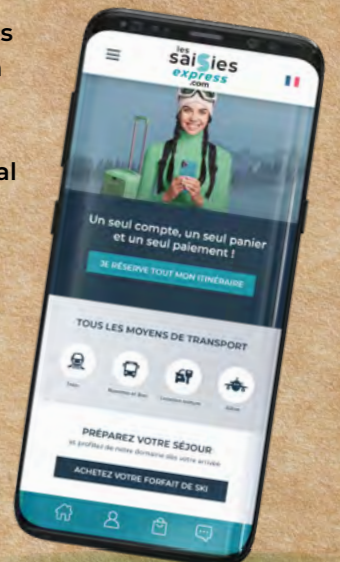


Nearest train station: Albertville
Distance to major cities:
Paris: 511 km
Lyon: 187 km
Albertville: 30 km
Geneva: 103 km



Les Saisies Express

A new journey facilitator, Les Saisies Express enables visitors to plan their trip in a single click (and single payment) by proposing a combination of multimodal transport solutions: train, plane, coach, taxi, free shuttle bus etc. Opt for the most carbon-free route to the summits.





Head for the summits

WITH JULIA

IF JULIA BOASTS PEAK PERFORMANCE ON THE INTERNATIONAL CIRCUIT, LES SAISIES IS WHERE THE WORLD CHAMPION AND OLYMPIC SILVER MEDALIST MADE HER FIRST TURNS, ACHIEVED HER FIRST GOALS AND STILL CHOOSES TO RECHARGE HER BATTERIES IN THE SUMMER MONTHS. A KEEN ATHLETE AND TRAIL RUNNER, WINNER OF THE BAMBÉE DES SAISIES IN 2021, JULIA SIMON ENJOYS EXPLORING THE MOUNTAIN PASSES AND PEAKS OF LES SAISIES. A VAST AND VARIED PLAYGROUND TO LEARN OR IMPROVE, WITH OR WITHOUT A COACH, IN TRAIL OR HIKING MODE.

FACTS & FIGURES

- ✗ 17 SIGNPOSTED ITINERARIES
- ✗ 270 KM OF TRAILS
- ✗ 2 STEEP CLIMBS
- ✗ 140 KM-LONG HIKING ITINERARY, THE TOUR DU BEAUFORTAIN
- ✗ 3 SUMMITS ACCESSIBLE VIA LIFT
- ✗ 1 MOBILE APP "ON PISTE"

JULIA'S
favourite



IN PURSUIT OF JULIA SIMON!

If you fancy challenging the endurance and technique of the 2023 Crystal Globe winner and 2023 World Pursuit Champion, Les Saisies launches La Bambée Strava e-challenge: a 14 km circuit along varied and accessible trails, offering 360° views of Mont Blanc. The aim of the challenge is to finish in less than 1h06'54, the time of reference set by Julia when she won the 1st Bambée Trail Race in July 2021. A perfect opportunity to challenge yourself over a relatively short distance and a reasonable difference in altitude (+ 400 m vertical).

To train in pairs, try the 28 km relay circuit (+ 900 m vertical), a course Julia and former biathlete Margaux Achard completed in 2h31'2.

What's to be won? The best times over 14 km and 28 km will receive a bib entry for the Christmas Snow Trail to be held in Les Saisies on Sunday 10th or Sunday 17th December (date to be confirmed).

Contact: Tourist Information in Les Saisies at + 44 (0)4 79 38 90 30 or www.lessaisies.com

UNLIMITED LIFTS

Hikers are spoilt for choice in Les Saisies! In summer, the resort offers unlimited access to three mountain lifts. Simply ride up the mountain to enjoy a hike and a picnic opposite Mont-Blanc.

Contact: Tourist Information in Les Saisies at + 44 (0)4 79 38 90 30 or www.lessaisies.com

ON PISTE BY ROSSIGNOL

This free app is the indispensable pocket partner for a top trailing experience in Les Saisies: recorded itineraries, performance and tracks, voice or GPS guidance, technical details, cartography, experience sharing, advice, neighbouring locations etc.

Available on Google Play and Apple Store. More information at: www.onpiste.com



JULIA
SIMON

.....

WINNER OF THE GRAND CRYSTAL GLOBE IN 2023
PURSUIT WORLD CHAMPION IN 2023
2022 OLYMPIC MIXED RELAY SILVER MEDALIST
IN BEIJING

"My sense of effort stems from my childhood, instilled by my parents, farmers in Les Saisies. Trail running at home is always a great pleasure!"

For novice trail runners

MY 1st TRAIL

Perfect for novice trail runners, Les Saisies is the ideal place to start running, under the expert supervision of Caroline - mountain leader and trail specialist - who adapts the course and the vertical to the level of each participant. A pleasurable experience and the ideal opportunity to learn the use of poles. Varied landscapes, pastures, forests and peat bogs, in the shadow of Mont Blanc and the Aravis mountains are a just reward for your efforts.

Price: from 53 €/person based on 6 people to a group.
Contact: Caroline Freslon, 5^{ème} Élément at +33 (0)6 62 79 97 08
www.5eme-element.fr



For the more expert

IN THE WAKE OF FRANÇOIS D'HAENE

After 9 years of managing his career as a professional trail runner and winemaker, François D'haene chose the Beaufortain as his base camp. For good reason too! The area boasts 270 km divided into 17 marked trail paths - including 5 trails of varying difficulty in Les Saisies - 2 signposted steep climbs and a pool and sports complex complete with hypoxia chamber for training or recovery purposes.

His favourite? The "Boucle d'Outray", a 47.5 km long (+ 2,130 m vertical) trail running itinerary, is as physically challenging as it is breathtaking. Set in a wild mineral decor, the course runs through vast alpine pastures, past mountain lakes towards Lac Noir with superb views of Mont-Blanc.

More information at: www.lessaisies.com/itineraires-trails-lessaisies-beaufortain.html

A two-wheel adventure



CYCLING IN LES SAISIES IS SACRED! GRAVEL, CYCLO, MTB, ENDURO AND CROSS-COUNTRY... LES SAISIES BOASTS 14 DOWNHILL RUNS IN THE BIKE PARK, 175 KM OF AWARD-WINNING CROSS-COUNTRY TRAILS, 7 ENDURO COURSES ACROSS 60 KM, 300 KM OF CYCLING ROUTES CERTIFIED BY THE FRENCH CYCLING FEDERATION, 2 ELECTRIC MOUNTAIN BIKE ITINERARIES, 3 GRAVEL TRACKS AND 2 MOBILE APPLICATIONS - "ESPACE DIAMANT" AND "ON PISTE" - TO HELP YOU FIND YOUR WAY. A MOUNTAIN OF OPPORTUNITIES ACCORDING TO JUSTINE BRAISAZ-BOUCHET!



JUSTINE BRAISAZ-BOUCHET

2022 OLYMPIC MASS START CHAMPION IN BEIJING
.....

"I have loved cycling since I was a little girl! Today, it allows me to prepare myself physically. I alternate training sessions on road and on track, combined with running and roller skiing. The aim of multi-disciplinary training is to gain regularity in my performance, to become one of the best biathletes in the world. My ideal run winds through the mountain pastures of Les Saisies, via Patafan, to admire the view and enjoy a gourmet bite to eat before completing the Tour de la Légette, along the Route des Crêtes and on towards my parents' mountain pasture!"



Tried & tested
BY JUSTINE

RIDE A STAGE OF THE TOUR DE FRANCE (in the Beaufortain)

As the 17th stage of the Tour de France passes through Les Saisies on 19th July, fans of this famous race will be able to test their stamina along a 108 km black circuit boasting + 3,500 m vertical. As demanding as a stage of the Tour de France, this difficult itinerary is reserved for seasoned cyclists. Ride downhill towards Ugine via the Val d'Arly, uphill along the Col de la Forclaz and Pré mountain passes before heading down towards Hauteluce and back uphill towards Les Saisies via Bisanne.

*Estimated time required: 6 to 7 hours.
Free guidebook available on request.
Contact: Tourist Information in Les Saisies + 33 (0)4 79 38 90 30
www.lessaisies.com*



E-MTB AS A FAMILY!

Jérôme offers families a day out cycling in the mountains, complete with picnic. Participants meet in the heart of the resort for an accessible and progressive introduction to electric mountain biking and the possibilities it offers around the Beaufortain and Aravis mountains. In the saddle, Jérôme explains the views, the fauna and the flora, how to identify blueberry bushes and how to pick these wild fruits on the mountainside. At noon, families enjoy a picnic lunch in a flower-covered meadow opposite Mont-Blanc, where children can roll around in the grass! The afternoon is spent at a slightly higher altitude, riding through the Tourbière des Saisies, the largest regional nature reserve in the Alps, home to 100 rare and endangered species.

Price: from 240 € for 2 adults and 2 children aged 8 to 12 years, inclusive of 4 e-bikes.
Contact: École MCF, Jérôme Casagrande at +33 (0)6 98 99 53 72 or www.vtt-beaufortain.fr
Les Saisies Reservations at +33 (0)4 79 38 93 89 or www.lessaisies.com



DOWNHILL SENSATIONS FOR KIDS

As little ones are fast to learn, children aged 6 and upwards can enjoy an introduction to downhill mountain biking in Les Saisies on a specially adapted bike. After a test to assess the children's level and hence adapt his advice, Jérôme, an experienced mountain bike instructor, teaches them the basics - how to ride safely downhill in the correct position, looking forward and braking lightly. Young participants will experience their first enduro sensations on the green slopes of Pikachu (2.4 km/- 225 m vertical) and Shrek (1.6 km/-120 m vertical), with a passage through the undergrowth and views of Mont-Blanc.

Rates: from 75 € for a 3 hour session, inclusive of a bike, protections, a lift pass and supervision.
Contact: École MCF des Saisies - Jérôme Casagrande +33 (0)6 98 99 53 72
Les Saisies Reservations +33 (0)4 79 38 93 89 - www.lessaisies.com

GRAVEL TRACKS

To combine on-road and off-road, Les Saisies proposes a choice of 3 gravel tracks starting from the summit of the Signal lift. An ideal opportunity to enjoy panoramic views of the surrounding mountains.

Chemin de Bellasta: 27.5 km-long / + 888 m vertical.

An uphill itinerary along the 'Chemin des Crêtes', via Bellasta, down towards the Hauteluce valley and back uphill along the Col des Saisies mountain pass, made famous by the Tour de France.

Croix de Varzeron: 24.8 km-long / + 822 m vertical.

An itinerary through the woods and along forest paths towards the Croix de Varzeron mountain refuge. Bypass the peat bog, via the wild Nant Rouge valley, before heading back up towards Les Saisies by road.

Grand Chemin des Saisies: 52.27 km-long / + 1,754 m vertical.

A complete circuit, combining the Ballasta and Varzeron itineraries.

Contact: Tourist Information in Les Saisies at +33 (0)4 79 38 90 30 - www.lessaisies.com



ENDURO NATURE

When you take to the trails early morning in enduro mode, Les Saisies offers you a sporty and contemplative adventure in the heart of nature! Departing at 8.00 am from the centre of resort, ride a short climb (+ 500 m vertical) before heading downhill through passing scenery (- 1,300 m vertical)! The varied natural terrain in Les Saisies, with its hairpin bends, roots and rocks, makes for good mountain biking and the perfect introduction to enduro riding.

And when you're done, there's more to come... Return by private shuttle bus (equipped with bike trailers) to repeat the experience along a different trail, under the watchful eye of Mont-Blanc and the Beaufortain peaks.

Price: from 45 € for 4 hours (8:00 am - 12:00 noon). From age 12 upwards. Maximum 6 participants.
Contact: Wat.bike Les Saisies at +33 (0)6 95 52 63 48 or www.wat.bike



Mini adventure, maxi pleasure...

IN LES SAISIÉS

NEARER, CHEAPER AND MORE ECO-FRIENDLY, MICRO-TOURISM OR MINI ADVENTURES CAN BE JUST AS EXOTIC AND EQUALLY RICH IN EMOTIONS. FAR FROM MASS TOURISM, IN A PRIVILEGED AND PRESERVED SETTING, ENJOY LOCAL FACILITIES, ALL WITHIN EASY REACH.

On foot

JULIA'S
choice



MY FIRST STAR TREK

An experienced mountain guide, Matthieu is passionate about hiking and nature in general. He knows the Beaufortain, its secret paths and its beautiful sites, like the back of his hand. In summer, he accompanies hikers on a tour of the Beaufortain inclusive of 6 days full board at the Gîte Bisanne in Les Saisies (3 épis), a traditional cosy alpine chalet with a view of Mont-Blanc. After a good night's sleep, hikers set off each day for a 3 to 6-hour hike (max. 15 km, + 200 to + 600 m vertical). **On the programme:** Mount Bisanne, the ridges of Roche Parstire, Beaufort and the magnificent Lac d'Amour - a small lake in a mineral setting at the foot of the legendary Pierra Menta - the incredible Petit lac des Saisies, the Col de la Fenêtre mountain pass and its breathtaking panoramic views. An action-packed itinerary, interspersed with visits to traditional hamlets and the discovery of alpine fauna and flora. One may even bump into the odd marmot in the Tourbière des Saisies (peat bogs) - the most important regional nature reserve in the Alps.

Price: from 590 € / person, 6 days and 6 nights full board (from 5 to 10 people.). Overnight stay in a single or shared room, according to availability. Contact: Matthieu Denele at +33 (0)6 20 42 22 63 or randobeaufortain.fr denelematthieu@yahoo.fr

On horseback



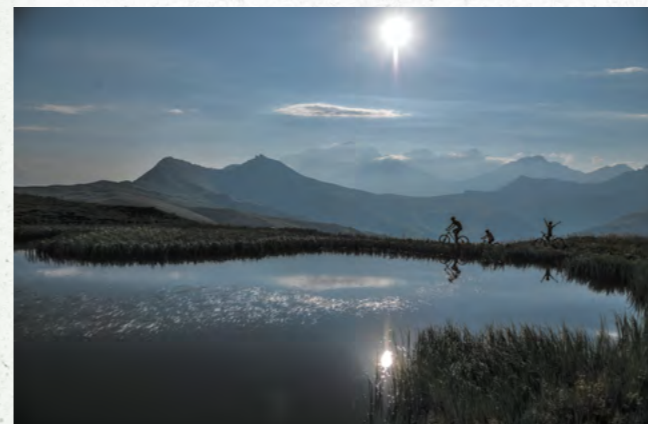
PONY TREKKING IN THE BEAUFORTAIN

This summer, Verdi, Dobby, Clio and their friends await their riders for a leisurely walk, trot or gallop through the Beaufortain mountains. A 5-day itinerary on horseback to discover Les Saisies and its surroundings, at an altitude of 2,000 metres. In the evening, the horses must be untacked, brushed and fed before the riders settle down to dinner and an overnight stay in a selection of mountain refuge huts and alpine chalets along the trail. Every morning is the start of a new adventure and the promise of new encounters. At lunchtime the group enjoy a picnic of local produce prepared by the refuge owners. Personal belongings are transported by mule throughout the trek.

Price on request. Contact: Le Ranch - Maud Wolff Verger : +33 (0)6 29 35 44 86



On 2-Wheels



JUSTINE'S
choice



MY TOUR DES SAISIÉS

For those keen to discover more of Les Saisies and the Beaufortain, the best way to do so is to ride the back roads and paths on a Gravel bike. Jérôme, an experienced instructor, takes amateur and confirmed cyclists on a 2 or 3-day escapade. Starting from the centre of Les Saisies, the itinerary runs through varied but accessible terrain along the Col des Saisies mountain pass, the Chemin des Crêtes, the Col du Mont Joly and the Mont Lachat under the watchful eye of the imposing and magnificent Mont-Blanc (+700 m vertical/day). Return to resort every evening to enjoy a comfortable night in a hotel or a cosy chalet. Ride 50 to 70 km per day, picnic in bag, to discover the surrounding mountains while perfecting your gravel technique (handling, pedaling, braking) and picking wild blueberries!

Price: from 155 €/person for 2 days, depending on availability. From age 18 upwards. Approximately 4 to 5 hours pedaling per day. Contact: École MCF des Saisies, Jérôme Casagrande at +33 (0)6 98 99 53 72 or www.vtt-beaufortain.fr



CLARA
DIREZ

RANKED IN THE TOP 20 AT THE 2022 BEIJING OLYMPICS

"I discovered Les Saisies and the wide-open spaces of the Beaufortain at the age of 14 when I joined the local Ski Club. From skiing to summer training, I have covered kilometres of terrain here. I love the magnificent landscapes and panoramic views of the mountains that Les Saisies offers. An exceptional adventure playground in a wild natural environment".



Fresh air... AND FAMILY

LES SAISIES IS A NATURAL ADVENTURE PLAYGROUND THAT EVERYONE IS INVITED TO ENJOY THIS SUMMER. A RECREATIONAL CHANGE OF SCENERY, THE RESORT IS THE IDEAL PLACE FOR THE WHOLE FAMILY TO RELAX AND HAVE FUN WHILE DISCOVERING THE VASTNESS AND INTENSITY OF ITS BREATHTAKING SURROUNDINGS.

OUTDOOR ESCAPE GAME:

Three intriguing adventures take young and old in search of clues along the walking trails - roadbook, map and compass in hand. A fun way to escape, for a half-day, full-day or more. Discover the mountains whilst searching for hidden clues and breaking coded messages. Concentration, cooperation, and good observation skills are the key to completing a successful mission. Adventure is nature!
Activity awarded Traveller's Choice 2022 by Tripadvisor.

NEW IN SUMMER 2023: a strange investigation takes young explorers on a mission to solve several enigmas around popular issues such as biodiversity, local flora and conservation. Time is ticking!

*Price: from 21 € / person or 60 € / team, depending on the number of players and the chosen adventure. From age 6+. Approximately 6 to 7 km, + 220 m vertical. 2 levels: easy or intermediate. All summer long.
Contact: www.mountain-games.com
contact@mountain-games.com*



TREE TOP ADVENTURE

This fairytale attraction will surprise and delight the whole family! Perched in the trees, more than 7 metres above the ground, the Elf Park in Les Saisies covers a 7,000 sq-m area. Safely venturing from tree to tree, without a harness, visitors will discover a giant termite hill, cross monkey bridges, bounce around, slide down crazy slides, face challenges and solve a mystery... in their quest to reconcile the elves with the shepherd of Hauteluze. Legend has it that the local elves stole some Beaufort cheese balls from the shepherd's pile before hiding out in the enchanted forest of Les Saisies. Investigation due to start on 17th June!

*Pre-opening on 17th and 18th June. Open every day from 24th June to 3rd September and on weekends from 9th to 25th September. Opening hours, from 10:30 am-6:00 pm. Children from 80 to 120 cm in height must be accompanied by an adult.
Prices: 14 € for full day access (with the possibility of leaving the park), 7 € for ground games, treasure hunt and relaxation areas.
Contact: Tourist Information in Les Saisies at +33 (0)4 79 38 90 30 or www.lessaisies.com*

Take action!



EXPLORER'S PASS

Those who can't stand still can enjoy a week of activities at the summit: mountain biking in the bike park or along the marked trails, entry to the Elf Park for a tree top adventure, a ride on the Mountain Twister, 10-pin bowling, unlimited access to the mountain lifts and the Col'ette shuttle bus plus access to the Signal pool complex. The perfect way to explore every corner of Les Saisies, whatever your age!

Family deal: buy 3 get 1 free!

*Price: 50 € per weekly pass inclusive of a 1-day mountain bike pass, 1 entry to the Elf Park, 2 Mountain Twister runs, 1 bowling game, 1 entry to the Signal pool complex, unlimited chairlift rides and Col'ette shuttle bus runs.
Also available for daily adventures: 20 € per day pass inclusive of 1 entry to the Elf Park, 1 Mountain Twister ride and 1 pedestrian ride on a chairlift of your choice.
Contact: Tourist Information in Les Saisies at +33 (0)4 79 38 90 30 or www.lessaisies.com*

ALL-INCLUSIVE LEISURE PASS

7 activities to discover with your family: 35 €

- ✗ an entry to the Signal pool complex
- ✗ a game of 10-pin bowling
- ✗ a Mountain Twister toboggan ride
- ✗ a pedestrian ride on the Bisanne chairlift
- ✗ an entry to the Marou Park (trampolines, inflatable games, climbing, zip line...)
- ✗ a 30-minute introduction to archery or blowpipe
- ✗ a game of disc golf

CLARA'S choice



A MOUNTAIN OF NATURE

Join Hélène, a mountain leader and wildlife guide, for a mini outdoor adventure accessible to all the family. Discover the wide-open landscapes of Les Saisies, their flora and fauna. Head up the mountain via Bisanne at an easy pace. Stop along the way to pick thyme, gentian and caraway for the preparation of delicious homemade herbal teas in the evening at the Lachat Mountain Refuge. Located at the heart of the alpine meadows, at an altitude of 1,555 m, this refuge boasts spectacular 360° panoramic views and is the perfect spot for a family dinner and an overnight stop at the summit. In the morning, watch the sunrise above the peaks before setting off through the Lachat forest, a natural habitat for marmots and ibex. The setting is ideal to experiment an energy-boosting activity: Forest Bathing. Mindful walking and breathing techniques are used to evacuate stress and absorb the natural energy of the trees (tree hugging). The adventure continues peacefully across the Plan Chardon, towards Chard du Beurre - "chard" means small hill in Savoyard - and the Tourbière des Saisies, a regional nature reserve, home to 100 rare or endangered protected species.

*Price: from 195 €/pers. 2 days and a night (based on a group of 4 people, minimum 2 adults). Offer inclusive of supervision, dinner, an overnight stop in a mountain refuge, hikes and activities.
On reservation only, depending on availability. Children accepted, from age 8 upwards.
Contact: Hélène Durand at +33 (0)6 08 58 94 63 or sentiers-helene.com*



LE SIGNAL, THE SUMMIT OF RELAXATION!

A paradise for summer refreshment or relaxation, a temple of sport and a base camp for top-level athletes - including biathlon champions Julia Simon and Justine Braisaz-Bouchet - Le Signal is renowned across the Alps for its pool and leisure complex. This 5,000 sq-m facility is home to:

- › a multi-sports complex (weight training, fitness, multi-sports room)
- › a hypoxic chamber to boost performance
- › a 200 sq-m pool complex with hydromassage circuit, counter-current swimming lanes and even a beach for sunbathing... with views of Bisanne!
- › a wellness area with Jacuzzi®, sauna, hammam and à la carte spa treatments.

Welcome home!

FROM A FAMILY OF SHEPHERDS, BEEKEEPERS, FARMERS AND HOTELIERS, JULIA SIMON AND JUSTINE BRAISAZ-BOUCHET GREW UP ON THEIR PARENTS' FARMS IN HAUTELUCE AND VILLARD SUR DORON. THIS SUMMER, OUR LOCAL CHAMPIONS INVITE YOU TO ENCOUNTER A HANDFUL OF PASSIONATE CHARACTERS WHO BRING THE MOUNTAIN TO LIFE...



JUSTINE'S
choice



Portrait

LÉA: A YOUNG MOUNTAIN BEEKEEPER

Life is buzzing this summer in Les Saisies! Léa, age 22, cousin of Olympic biathlon champion Justine Braisaz-Bouchet, is a ski instructor in winter and a beekeeper in summer. She gets up at 5:30 a.m. all summer long to visit her 600 beehives located across the Savoie, at altitudes of up to 1,800 m, 300 of which are in Les Saisies. Her days are punctuated by different beekeeping tasks: queen rearing and marking, honey extraction, decanting, hive creation etc. Tasks that she is passionate about, that she and her parents, Stéphane and Sandrine, willingly share with those who come to visit them at the family honey farm. Learn how to make a hive or reuse frames, how to mark a queen bee, how to make honey and how beekeeping contributes to the preservation of the local fauna and flora. Plus, taste a selection of different honeys and learn to differentiate the flavours: high mountain, mountain, Savoy, lavender and wildflower honey.

Free of charge.
Contact: Le Rucher de Léa at +33 (0)6 47 33 64 68
or lerucherdelea.hubside.fr



FAMILY LIFE IN THE MOUNTAIN PASTURES

Every summer, Joël, Gladye and their 3 children Dylan (16), Mély (13) and Fantine (9) return to the pastures known as Plan Mermin, located under the Véry mountain pass in Les Saisies, at an altitude of 1,900 m. To accommodate the family, their alpine chalet - built in 1881 - required some improvement, including a large bedroom for the children to invite their friends and a playroom dedicated to the creation of Playmobil© adventures! However, living in the mountain pastures in summer also means hard work. With the help of family and friends, they look after 50 cows - Abondance and Tarine breeds. The milk is delivered to the Beaufortain dairy cooperative where it is the key ingredient to making summer Beaufort cheese. Between June and August, during the haymaking period, father and son go down to Hauteluce to cut, ted and collect hay to feed their cows in winter. During the same period, Gladye and her daughter Mély stay up the mountain to milk the cows twice daily. Although family life in the mountain pastures isn't easy for the Lagiers, their shared passion for nature and mountain farming allows them to enjoy memorable moments every summer.

Contact: Gladye Lagier at + 33 (0)6 32 79 27 61

JULIA AND JUSTINE: FROM MILKING COWS TO GOLD MEDALS!

Champion biathletes, Justine Braisaz-Bouchet and Julia Simon have something else in common: their respective parents are farmers in Hauteluce and Villard sur Doron. From late June to the end of September, Pierre and Véronique Simon and the family dog Bandit take their summer quarters at their mountain chalet - GAEC de L'arc en ciel - where they manage 80 dairy cows. Not far from here, Justine's parents, Victoire and Krystel, farm their family mountain pastures below the Véry pass, accessible via the route des Crêtes.

JULIA'S
choice



ALEXANDRA'S ALPINE CHALET

Enjoy a change of scenery and a taste of delicious local produce at the Casse-Croûte du Pachon. Accessible on foot or by bike in the summer months, this family-run mountain restaurant is nestled in the heart of the Pachon alpine pasture, along the Tour de Bisanne hiking trail, at 1,700 m altitude. On arrival, Alexandra invites guests to make themselves at home on the magnificent south-facing flower-covered terrace. Choose from a menu of simple, local, seasonal fair: Beaufort waffles, potato fritters, fresh blueberry pie, cold cuts, apple matafan and fresh "faisselle" made from the milk of the cows that graze here.

The Casse-croûte du Pachon is also a working alpine pasture. Every summer, Alexandra makes hay and milks her 28 cows twice daily (to deliver to the Beaufort cooperative). Visitors can discover a little more about mountain farming, before or after a siesta on the panoramic terrace!

Not to be missed: fondue at sunset. Reservation required.

Prices: 20 € for the menu, dishes from 6 € à la carte.
Open every day from 01/07 to 31/08 for lunch and dinner - depending on the weather as lunch is served on the terrace only.
Contact: Le Casse-croûte du Pachon at +33 (0)7 48 13 05 04 or pobel.alexandra@gmail.com

Where to stay?

AT LA FERME DU CHOZAL****

In need of a break amidst nature but with all the added comforts? The 4* Ferme du Chozal boasts just that! Drop your bags in one of the 12 rooms or set-up home in a cosy "mazot". Anne-Christine and Frédéric, whose motto is "at home in our house", welcome their guests in a warm family atmosphere. An oasis of serenity, the Ferme du Chozal is an ideal base camp to discover the Beaufortain - on foot or on an electric mountain bike (available on site). After a tiring day in the fresh air, visitors can relax in the outdoor pool and hot tub, take a sauna, or enjoy an in-house massage. For dinner, inventive and light gourmet cuisine, awarded the label Maître Restaurateur, gives pride of place to local seasonal produce including meat and game from the Beaufortain, fish from the mountain lakes, herbs and aromatic flowers from the garden.

Rates: from 150 € for a double room.
Contact: La Ferme du Chozal at + 33 (0)4 79 38 18 18
or www.lafermeduchozal.com



PEACEFUL PASTURES!

Dairy cows in the mountain pastures of Les Saisies live a relaxed way of life, grazing in complete peace. During the summer months, the resort closes the Lézette pass and the route de Bisanne to passing traffic. The mountain pass and its restaurant, Le Benetton, located at an altitude of 1,787 m, are accessible by foot, on two wheels or by electric shuttle bus. To access Bisanne, enjoy a breathtaking ride on the chairlift of the same name.



Summer events



SUNDAY 9th JULY: 3rd EDITION OF THE TRAIL DE LA BAMBEE IN LES SAISIES

This friendly and sporty summer trail event is tested and approved by the local biathlete Julia Simon, winner of the 1st edition in 2021 (14 km), and by the skier Clara Direz (ranked 9th). The Trail de la Bambée boasts two different courses across varied landscapes, opposite Mont-Blanc: a 14 km itinerary (+ 400 m vertical) and a 28 km itinerary (+ 900 m vertical in solo or pairs). Renowned as the coolest summer trail, the race is accessible to all and great fun too! As every effort deserves reward, participants can enjoy a good Savoyard meal with supporters and organisers after the race.

*Entry fee: 16 € for the 14 km course and 20 € for the 28 km course, inclusive of 1 free drink; 2 € for La Bambée des Marmots (400 m circuit +30 m vertical, from age 5 (1 loop) to age 12 (3 loops)).
Registration: online at eventicom.fr (+ 1€ administration fee) or on site for the kids' events.*



La Bambée in video

SATURDAY 15th JULY: TOUR DU MONT-BLANC CYCLO RACE - 13th EDITION

A 1-day, 330 km-long cyclo event: + 8,000 m vertical through 3 different countries.

WEDNESDAY 19th JULY: PASSAGE OF THE TOUR DE FRANCE

Stage 17 - St Gervais Mont-Blanc / Courchevel

JULIA'S choice

SUNDAY 23rd JULY: WOOD AND LUMBERJACK FESTIVAL

On the programme of this popular summer event in Les Saisies: woodcutting, wood carving and woodturning demonstrations, a craft market, conferences on the biodiversity of our forests and fun family entertainment (axe throwing, kid's carpentry workshops, wooden whistles etc.). End the day with music and dancing.

Free access, from 10:00 am to 10:00 pm in the resort centre.



JULIA'S PASSION FOR WOOD

One may bump into Julia Simon at this summer event in Les Saisies. A lover of nature and the environment, Julia became interested in wood several years ago. Qualified in carpentry, she intends to make it her profession in the future. At present she manages to combine her passion for wood with high-level biathlon and has even made part of her rifle. "Carpentry is a quiet time where I can think about something other than sport. It allows me to escape and to concentrate on another project from scratch", explains Julia.

SUNDAY 30th JULY: COSTUME FESTIVAL

A traditional period costume festival in Hauteluce.

SATURDAY 5th AND SUNDAY 6th AUGUST: THE MOUNTAIN BIKE EXPERIENCE BY ROSSIGNOL

Test equipment and discover the different downhill, cross-country and enduro trails in Les Saisies with members of the Rossignol team.

TUESDAY 15th AUGUST: BEAUFORT CHEESE FESTIVAL

Traditionnel cheesemaking festival.

SUNDAY 27th AUGUST:

HORSE RALLY

One of the most important rallies in France, the event in Les Saisies involves the participation of 300 horses and boasts a traditional parade.

ENDURO BEAUFORTAIN

A non-timed mountain bike enduro boasting - 3,000 m vertical along the most beautiful singles in the Beaufortain.

SATURDAY 9th AND SUNDAY 10th SEPTEMBER: EN HAUT DU COL

A charity cycling event for cancer research. (+ 100 m vertical). Team race on Saturday. Open to all on Sunday.

Contact : Tourist Information in Les Saisies at +33 (0)4 79 38 90 30 or www.lessaisies.com

JUSTINE'S choice

SUNDAY 20th AUGUST: LA REGAL'ADE

La Regal'ade is a one-day event for gourmet foodies who love walking! Throughout the course of a day, Les Saisies proposes gourmet, festive and fun circuits of 5 to 20 km through magnificent Beaufortain scenery with musical, cultural and gourmet interludes. Tastings include Savoyard fondue, raclette, local wines and other surprises. A deliciously delightful event, not to be missed!

Prices: 35 €/adult, 15 €/child (-12 years). From 10:30 am to 4:00 pm. Online registration at lessaisies.com



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