



# La Clusaz

French Alps

"OLD IN BODY BUT YOUNG AT HEART"

WINTER 2022/23

# PRESS PACK

[laclusaz.com](http://laclusaz.com)

# «OLD IN BODY, YOUNG AT HEART»



**L**a Clusaz is an exceptional place where both pride in tradition and local history and a love for winter sports, is shared across the generations.

This is where tradition joins with the vibrant «Outdoor» lifestyle and forms the beating heart of the village, where you can make an early morning stop off on your skis to get a fresh Reblochon from a farm along the slopes and then spend the afternoon on a freeriding circuit.

The villagers are delighted to welcome visitors and share their love of their village, set deep in the magnificent heart of nature.

La Clusaz is much more than just a mountain resort, it is a guarantee of an amazing experience.

WELCOME TO OUR HOME,  
WELCOME TO LA CLUSAZ !



# KEY FIGURES

**5** massifs

**84** slopes (7 black, 29 red, 30 blue, 18 green)

**49** ski lifts

**125 Km** of slopes


**1 100 m - 2 600 m** altitude

A range of ski passes: from **29,90€ to 47€** for a full day adult ski pass


Opening dates from **3<sup>rd</sup> december 2022** to **30<sup>th</sup> april 2023**


## THE FRENCH ALPS WITHIN EASY ACCESS

La Clusaz is just hours away from the big European capitals, close to the international airports of Geneva and Lyon, and just a few turns in the road from Annecy.

 3 hours 40mins from Paris to Annecy

 40 mins from Annecy

 55 mins from Geneva Airport

 1 hour from Annecy



# DOWNHILL SKIING CROSS-COUNTRY SKIING, SKI TOURING, IN LA CLUSAZ, IT'S YOU THAT DECIDES

La Clusaz, is the ideal destination for quality ski experiences and offers a large diversity of slopes, tracks and descents. The resort is also renowned for the variety of its outstanding off-piste opportunities, through forest or high mountain, either south-facing or north-facing.

## ITINERARY SUGGESTION

*Ski in the tracks of champions while following line of the sun and discover the diversity of the resort.*

*Start your day on the Régine Cavagnoud slope on the Etale to get your muscles going, then head to the Edgar Grosperon wall on Aiguille and for an initiation into Freestyle try some runs on the Family Run on the Crêt du Loup. Finish with the famous and mythical Balme, reputed for its stunning natural coombs.*

## LE BALCON DES ARAVIS

NEW

A 200m<sup>2</sup> natural balcony at the top of the Crêt du Loup chairlift with barbecues and charging points for bikes and phones.

Through winter and summer, you can enjoy the view over the Aravis range and the village from the terrace, made from locally sourced wood.

## UNTIL THE COWS COME HOME KEEP SKIING WHILE SOME PEOPLE ARE ALREADY ON THE APEROS

As the sun goes down, spreading a warm light over the Aravis, the slopes empty and the village lights up. This is the time that skis get put away and drinks flow, but on Tuesday, Saturday and Sunday, you have a great excuse to arrive late for dinner as you can ski on into the evening!

From 17<sup>th</sup> December 2022 to 12<sup>th</sup> March 2023, you can use your ski pass up to 6.30pm on Saturdays and Sundays and 8pm on Tuesdays.

**Car-sharing:** At the Chenons car park (departure point for the Balme and Fernuy cable cars) there are spaces reserved for skiers with 3 or more people travelling in the car. Clients can prebook their space without charge. The space is free and can be booked up to the last minute and will be held until 10.30am.

**NEW:** There are now free lockers on the Champ Giguet where skiers arriving by bus can leave their shoes and other possessions and have a weight-free ski day.



## REPORTAGE IDEA

### A SKI LESSON WITH MAURICE, THE OLDEST INSTRUCTOR AT THE ESF

*At 81 years old, Maurice is still on good form. Born and bred in La Clusaz, he loves to tell his pupils « I was born here, I have always lived here. And I will die here ». Still very much active as an instructor, every winter while teaching ski techniques, he always has some stories to share about the history of the village. Just make sure you book well in advance in case he is already out on a bike ride with friends, chopping wood or working on his chalet. What is his secret to staying on form at over 80 ? Exercising, keeping moving and doing what he loves!*

[www.esf-laclusaz.com](http://www.esf-laclusaz.com)

### LCZ FAMILY RUN & LCZ PARK

A ski area with 3 different circuits of varying difficulty so that all skiers can enjoy safe skiing on the variety of modules and units. At the top there is a stunning backdrop over the Etale and the Tournette where you can take a great souvenir photo beside the giant « LA CLUSAZ » letters or on the sofa in the shape of the La Clusaz ram logo. A great mix of sports and relaxation.

The «LCZ Park by FACTION & OAKLEY» is a fun area for freestyle enthusiasts ! There is a large range of modules including big air, rails, boxes, open all season where skiers can express themselves on the different rails : Rail down, flat downhill Rail, Pipe-Line descent, Rainbow box, Canon rail, Pool Jam, Close Up, etc...

SKI AREA

### A WELL-KEPT SECRET :

This is the Reblochon track where those in the know can take off their skis and have a quick visit to the Combe de Borderan farm to say hello to the cows and have a delicious slice of Reblochon. You can even take away some fresh Tomme Blanche for your dinner in the evening.

**More info:** Envers blue slope - [www.saveurs-des-aravis.fr](http://www.saveurs-des-aravis.fr)

### EVERY PENNY COUNTS: 3 MONEY-SAVING IDEAS

**La Clusaz Liberté:** Buy your 10€ subscription at the beginning of the season and pay 42,50€ per day for your ski pass all winter. The 7th day is free !

**Dynamic tariffs:** Take a day-off mid-week for lower prices on your ski pass.

**La Clusaz Tour special offer:** For every accommodation booking with La Clusaz Tour for the first week of the Christmas holidays or the first week of the February holidays : 2 adult 6-day ski passes bought, one free pass for under 15s (a saving of 181€)

# « WHEN I WAS YOUNG, WE DIDN'T HAVE SKI LIFTS »

## SKI TOURING

*Ski mountaineering is a great way to enjoy the mountains and experience wilderness. Knowledge and experience are required when heading off the beaten track to find silence and peace in the forests and gullies. Novices can try ski touring, risk free on the 2 marked tracks in La Clusaz.*

- ➔ *The idyllic, forest track on Beauregard is 5km long with an only 600m vertical rise and is ideal for first ascents using ski skins.*
- ➔ *The Etale track with its 700m of vertical rise and some at 30°, is more of a challenge. Some experience of conversions is required as it is a steep climb! It is less isolated from the downhill skiers than the Beauregard track, but the arrival at the Belvédère is well worth the climb for an uninterrupted vista over the Mont Blanc.*

**To take it further:** try the Combes des Aravis in the company of a guide from the Bureau des guides des Aravis.

[www.guides-des-aravis.com](http://www.guides-des-aravis.com)

## CROSS-COUNTRY SKIING

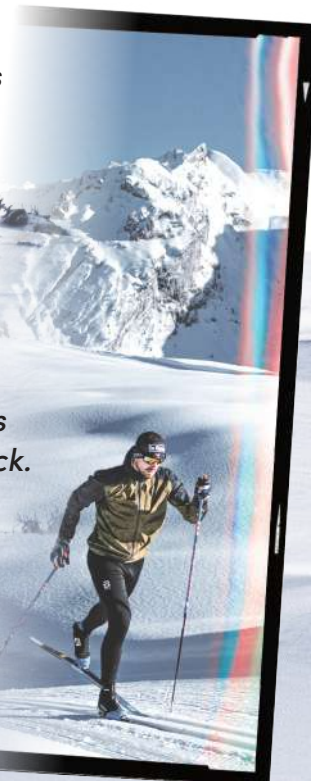
*La Clusaz is one of the largest cross-country skiing areas in Haute Savoie with two reputed Nordic areas. Les Confins has 63km of tracks and Beauregard has 36km with the added bonus of a stunning view over the Aravis range and Mont Blanc.*

### ➔ **Les Confins, an exceptional site**

*The Confins, nestles into the magnificent Aravis coombs above the Confins Lake and is well-known for its spectacular backdrop and its ease of access. It has 63km of diverse slopes for all levels in a beautiful setting with a brand-new 10km track.*

### ➔ **The Beauregard Plateau, the perfect view**

*The stunning Nordic area on Beauregard combines beautiful landscapes with a breath-taking view over the Col des Aravis towards the Mont Blanc and over the rest of the Aravis mountains. The perfectly maintained 8 slopes stretch over 36 km.*



## BIATHLON CHALLENGE

The Nordic ski school organises a range of beginner Biathlon sessions from competitive sessions to sessions just for fun with friends. You will be able to try your hand at target shooting from standing or lying positions as you go round the course. The session ends with a real timed race ! Laser rifles are used for the target shooting.

[www.esf-laclusaz.com](http://www.esf-laclusaz.com)

## BOARDER LINE A BIT OF HARMLESS FUN

Hugo Lapalus – bronze medal winner in cross-country skiing at the 2022 Beijing Olympic Games and Team Farté – Aravis invite cross-country skiers for a fun and active day. Amateur skiers, Nordic athletes and even members of the French ski team will race each other on a course made especially for the event. 4 participants compete per departure as they race down a «skicross» style course on cross-country skis. There is a great atmosphere along the tracks with shows, concerts and food and drink stands! Inscription: 30 €, includes access to the P'tit Loup chairlift and a meal.



# GET AWAY FROM IT ALL IN THE MOUNTAINS

## JUNIOR MOUNTAINEERS!

An exciting snow-shoe excursion just for kids on the snowy tracks in La Clusaz! Accompanied by a guide, children will love exploring the alpine environment as they trudge through the snow learning about the fauna and flora and local history. They will even build a small fire to roast marshmallows.

**More info:** From 6-11 years 49€/per child. Private family group excursion 270€/per group. [www.evolution2.com](http://www.evolution2.com)

## SNOW SHOE WALKING AND FINE DINING UNDER THE STARS

*As the nights falls, head into the silence of the mountains on your snow-shoes, following the light of the torches, towards the Chalet du lac where you will be welcomed for a delicious alpine dinner in the cosy atmosphere of an old chalet.*

**Price:** 67€ with meal - bureau des guides de Aravis - [www.guides-des-aravis.com](http://www.guides-des-aravis.com)

## 7 KM SLEDGE DESCENT

*Supervised and organised by Oxygène winter sports and adventure school. Meeting point 7pm at the top of the cable car on Beauregard. The slopes are closed to skiers and it is the perfect opportunity for a one-hour sledge descent down 7km, accompanied by instructors!*

## WHITE CHALLENGE: THE ESF ESCAPE GAME

*Help agent 004 save the French Alps using your alpine knowledge in this fun and educational escape game and learn more about mountain safety, with avanches, snow conditions and arvas.*

**Price:** 25€ - [www.esf-laclusaz.com](http://www.esf-laclusaz.com)

# BUSY DOING NOTHING

## REPORTAGE IDEA

### LET YVETTE REFRESH YOUR WARDROBE

*The ram is not the only emblem of La Clusaz, we also have Yvette ! Everyone knows Yvette. She has been an essential part of the village for over 60 years and considers herself as part of the tourist trail ! For over 6 decades she has dressed 4 generations with the latest in sportswear and elegant fashion from the most elegant of black ski trousers to the baggiest hip hop inspired trousers, all styles are possible. She has even kept an example of some of the most memorable looks in her storeroom. Come and check out her shop in the heart of the village for a lesson in style!*

**Yvette Périllat store - Place de l'Église 74220 La Clusaz**

### MAISON HÄLSA: NATURAL TREATMENTS IN LA CLUSAZ

*One fine day, Magalie Bilhou realised the immense benefits of a health treatment she had received and also the importance of taking care of her body, so she decided to leave the stressful environment she was working in. She has since trained in reflexology, sophrology and Chinese medicine.*

*In reflexology, the foot is the map of the body ! Magalie can target painful zones and her experienced hands can soothe your aching body. She can do home-visits or sessions at her consultation room in La Clusaz. She can also provide initiation workshops on reflexology or Traditional Chinese medicine.*

**[www.reflexologueparis.com](http://www.reflexologueparis.com)**

### GOOD VIBES WEEK

**19-24 MARCH 2023**

Prepare your body for the onset of spring with the Good Vibes week in La Clusaz. Yoga and meditation lessons are organised as well as ayurvedic, Yin Yoga, and yoga detox workshops, Tibetan bowl lessons and also conferences and workshops on a variety of subjects.

**[www.laclusaz.com/good-vibes-week.html](http://www.laclusaz.com/good-vibes-week.html)**

## BASK IN THE SUN

La Clusaz Aqua park is an ideal place to relax and reconnect by day or in the evening. Within easy walking distance from the village, lay back in the heated outdoor pool as you look out towards your friends and family skiing down the slopes.

The centre has a breath-taking view over the snowy peaks from the interior and exterior pools, and boasts a waterfall, Jacuzzi as well as sauna, steam room and fitness suite. You can choose from aquabike, aquagym or yoga lessons or relaxation in the sauna or steam room.

Children will love the water fountain and playing in the dedicated paddling pool area.

[www.espaceaquatique-laclusaz.com](http://www.espaceaquatique-laclusaz.com)



## REFRESH AND RENEW

### SPAS IN LA CLUSAZ

There is such much to offer with treatments using alpine plants, share a massage for 2 or with your children, pass through an aqua circuit with massaging water jets or an abundance of other experiences to help you let go in La Clusaz.

- Deep Nature Spa: for cosiness
- Spa Nuxe: for the experience
- Cristal Spa: pure luxury



# LET'S TRY SOMEWHERE NEW

## HIGH MOUNTAIN RESTAURANTS

### CHALET DES JOUX

*Roman Fournier took over the management of the chalet des Joux in winter 2020. The ideally located chalet on the slopes deep in nature has been totally renovated by the experienced chef and sommelier. The warm and welcoming restaurant serves refined and elegant dishes and 2 luxury apartments can be rented for holidays on the slopes.*

*At Chalet des Joux, Roman and his team work only with fresh products and everything is home-made. Some classic dishes have been reworked in innovative ways, often with products from Roman's own vegetable garden. He has personally developed a sumptuous wine list.*

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

## HIGH MOUNTAIN RESTAURANTS

### LE 1647: RAISING THE STANDARDS

*Perched high on the wide-open Beauregard Plateau, the 1647 aims to preserve the local environment and encourage human interaction with delectable environmentally sustainable dishes served in a cosy atmosphere, with a blend of contemporary and traditional decor where wellness and nature combine. There is a festive programme of events all winter!*

[www.le1647.com](http://www.le1647.com)

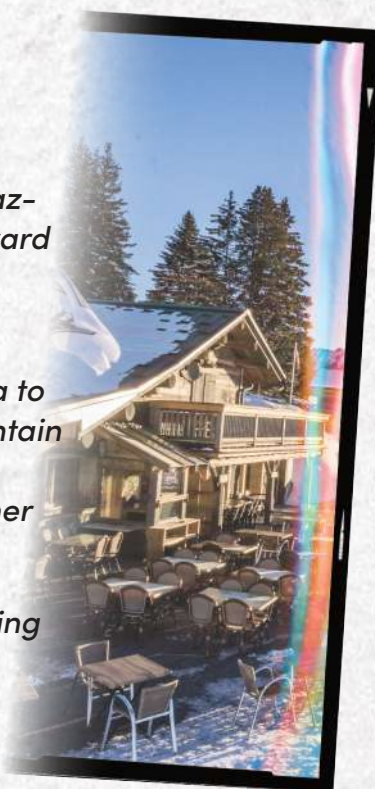
## HIGH MOUNTAIN RESTAURANTS

### LE GRIZZLY

Edouard Loubet settles on the domain of La Clusaz-Manigod. Return to the Alps for this chef of Savoyard origin.

Le Grizzly restaurant is the perfect excuse for a gastronomic stopover, starting with a truffle pizza to share, one of the chef's signature dishes. Its mountain cuisine showcases local products harvested from local producers: red wine diots, tartiflette and other specialties will delight gourmets.

Open for every lunch of the week and in the evening on privatization.



## IN THE VILLAGE

### IN THE VILLAGE

#### NO FUSS SNACKING WITH THE COIN-COIN BROTHERS

The Coin-coin brothers set up shop in La Clusaz.

Snack bar at the foot of the slopes where you can grab a bite to eat throughout the winter without losing a precious second of skiing time!

NEW

### L'ÉCUELLE

Florian and Mathieu, two longtime friends, put down their luggage in La Clusaz to take the time to live to the rhythm of the mountains. They take over the Restaurant l'Ecuelle in the heart of the village where sharing and conviviality are the key words. Seasonal, healthy products, directly from producers chosen for their passion and respect for life. To accompany it, a wide selection of wines in the same ethic, focused on the most natural possible work of the land and the grapes.



# TIME TO SLEEP

## CHALET ALPAGE HOTEL\*\*\*

Recently renovated and new owners.

Hotel Chalet l'Alpage is located in a calm and natural setting in La Clusaz and was renovated last summer.

The 10-bedroom hotel has a laid-back family atmosphere and Savoyard decor, all the bedrooms have been renovated, and all have a balcony.

The restaurant is open to all with a refined cuisine using fresh and locally-sourced products.

Covered outdoor pool, open depending on the weather.

[www.chalet-alpage.com](http://www.chalet-alpage.com)

## BEAUREGARD HOTEL\*\*\*\*

WITH DIRECT ACCESS TO THE SLOPES

The Beauguard Hotel dominates the village, overlooking the clock tower and the shops and is built in a large chalet style. Each of its 95 bedrooms have a balcony and all have a stunning view over the peaks.

The hotel has an enviable location just 50m from the ski lifts and with direct access to the ski room and the possibility of buying your ski pass direct it can't be beaten. There is also a wellness suite, relaxation areas and a restaurant for fine and simple dining.

[www.hotel-beauguard.fr](http://www.hotel-beauguard.fr)

## ST-ALBAN HOTEL\*\*\*\*

AN ENGLISH CLUB IN THE HEART OF THE MOUNTAINS

Inspired by the cosiness and warm style of an English club, enjoy a unique experience in warm and welcoming Saint-Alban\*\*\*\*. The natural, raw materials such as wood, brass and leather the walls full of books, like a giant library in the centre of the village lend an atmosphere of elegant relaxation and tranquillity. The Nuxe Spa and Skishop complete the ideal 4-star offer. Don't miss out on the chic bar, the central element of the hotel, where gourmet tapas and elegant evening cocktails are served!

[www.hotel-st-alban.com](http://www.hotel-st-alban.com)

## CHALETS DE LA SERRAZ & L'OCCITANE

Les Chalets de la Serraz and l'Occitane have partnered up to reduce their plastic consumption and offer a range of solid shampoo/conditioner and shower gels.

The hotel is the first hotel in France to offer these branded goods and in each bathroom, clients will find a solid soap, shampoo and conditioner all with cardboard packaging.

[www.chalets-la-serraz.com](http://www.chalets-la-serraz.com)

# «THERE IS NO GENIUS WITHOUT A TOUCH OF MADNESS»

ARISTOTE

## THE FILM SHOOT: A BIT OF HERE, ELSEWHERE!

La Clusaz has become a prime filming location for riders making films on the activities on offer here, such as freeriding, freestyle and MTB among others. Many films have been made here and this autumn the resort created its own film festival in the laid-back spirit of mountain sports with 3 dates in Paris, Lyon and La Clusaz.

### REPORTAGE IDEA

#### PORTRAITS

Young people to watch out for: At just 19 years old, young freestyle wonder, **Manon Loschi** has earned her place on the Freeride World Tour. Watch out for her on the different stages this winter!

Olympic medallist, **Hugo Lapalus** needs no introduction and is ready and fully charged for a new winter!

CHAVE FM

LE PODCAST DE LA CLUSAZ

ORIGINAL PODCAST RECORD ///

SEASON 001

FLASH

QR CODE

## CHAVE FM, PODCASTS BY LOCAL PEOPLE WHO HAVE MARKED THE HISTORY OF LA CLUSAZ

Tune into Chave FM at anytime of the day to hear podcasts 100% made in and from La Clusaz. Travel through time as you listen to stories from the history of the village and about life today as told by the inhabitants, athletes, local community leaders. It's a great way to have a little bit of La Clusaz at home with you. Available on all platforms.

# «S'VOU VOLI CONYETRE SIN CONYETRE, RESTA DIEN ON VLAJHO»\*

\*IF YOU WANT TO BE KNOWN WITHOUT KNOWING, LIVE IN A VILLAGE

## **LA CLUSAZ COMMUNITY AREA, A DROP-IN CENTRE CREATED BY LOCAL RESIDENTS AND OPEN TO ALL!**

«**COME TOGETHER**»: La Clusaz has created a community drop-in centre open to all. In this centre, anyone with a special interest or hobby can organise and take part in free or participative workshops to share their knowledge : from laughter yoga, creative drawing, up'cycling dress-making to gardening not forgetting «a mobile urban music studio», there really is something for everyone!

Open all year, the inter-generational space is in its infancy and will evolve with time through the participation of local residents working together on community art, social and educational projects.

[jeparticipe.laclusaz.org](http://jeparticipe.laclusaz.org)



## **THOSE WERE THE DAYS LE HAMEAU DES ALPES**

Discover the rich, cultural heritage of the village.

Adjoining the museum, there is a former saw mill, a communal oven and two traditional lofts where visitors will learn all about the history of the local area and the history of skiing, showcased in a fun and participative way.

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

## **A CO-WORKING SPACE IN THE HEART OF THE ALPS**

Pêl Coworking and the La Clusaz youth hostel de La Clusaz HI! Have come together for an offer accessible to all. You can now get back to nature and take a breath of fresh air for a few days in La Clusaz and continue working.

[www.lepelecoworking.com](http://www.lepelecoworking.com) & [www.hifrance.org/auberges-de-jeunesse/la-clusaz](http://www.hifrance.org/auberges-de-jeunesse/la-clusaz)

# EVENTS

## FOR FAMILIES

**From 19<sup>th</sup> to 31<sup>th</sup> december:**  
Pestacles du Père Noël

**21<sup>th</sup> february:** Carnaval

**From 19<sup>th</sup> to 24<sup>th</sup> march:**  
Good vibes Week

## FOR SPORTS ENTHUSIASTS

**From 28<sup>th</sup> january to 4<sup>th</sup> february:** LCZ FEST

**14<sup>th</sup> january:** Bélier Blanc

**18<sup>th</sup> march:** Derby de Balme

**9<sup>th</sup> april :** Boarder line

## END OF SEASON PARTY TIME

**From 30<sup>th</sup> march to 2<sup>nd</sup> april:** Radio Meuh Circus Festival

**22<sup>th</sup> et 23<sup>th</sup> april:** Défi Foly

**30<sup>th</sup> april:** La Der des ders

## ANNECY MOUNTAINS

La Clusaz has an enviable location in the heart of a rich and varied environment. The territorial project «Anancy Mountains» groups together 5 neighbouring destinations of Annecy, Les Sources du Lac, Le Grand-Bornand, Thônes and Manigod to promote this unique zone, located between lakes and mountains. There is a multitude of unmissable activities organised around the rich local culture aimed at an improved respect of the mountains.

**Annecy:** Discover the Street Art circuit and spend a night at the Black Bass

**Le Grand-Bornand:** Ski as the sun sets and sleep at «l'Auberge Nordique»

**Manigod:** Have a gourmet break at Lo Garâjo concept store/coffee-shop

**Les Sources du Lac:** Enjoy the «No Plastic» slope and lunch at the 4.47

**Thônes :** Try a beginner course in mountaineering on the ice falls in Montremont

# A'rvî pâ

SEE YOU SOON



# La Clusaz

French Alps

## CONTACTS

**BERANGERE TEILLARD** // Press Officer

**Mail:** [presse@laclusaz.com](mailto:presse@laclusaz.com)

**Tél:** +33 (0)4 57 98 16 56

**Mobile:** +33 (0)6 71 87 01 86



[WWW.LACLUSAZ.COM/ESPACE-PRESSE.HTML](http://WWW.LACLUSAZ.COM/ESPACE-PRESSE.HTML)