



TIGNES, NATURAL STADIUM AT HIGH ALTITUDE TO PREPARE FOR THE OLYMPICS

Press release
Summer 2024

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OLYMPIC GAMES



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TIGNES, NATURAL STADIUM AT ALTITUDE



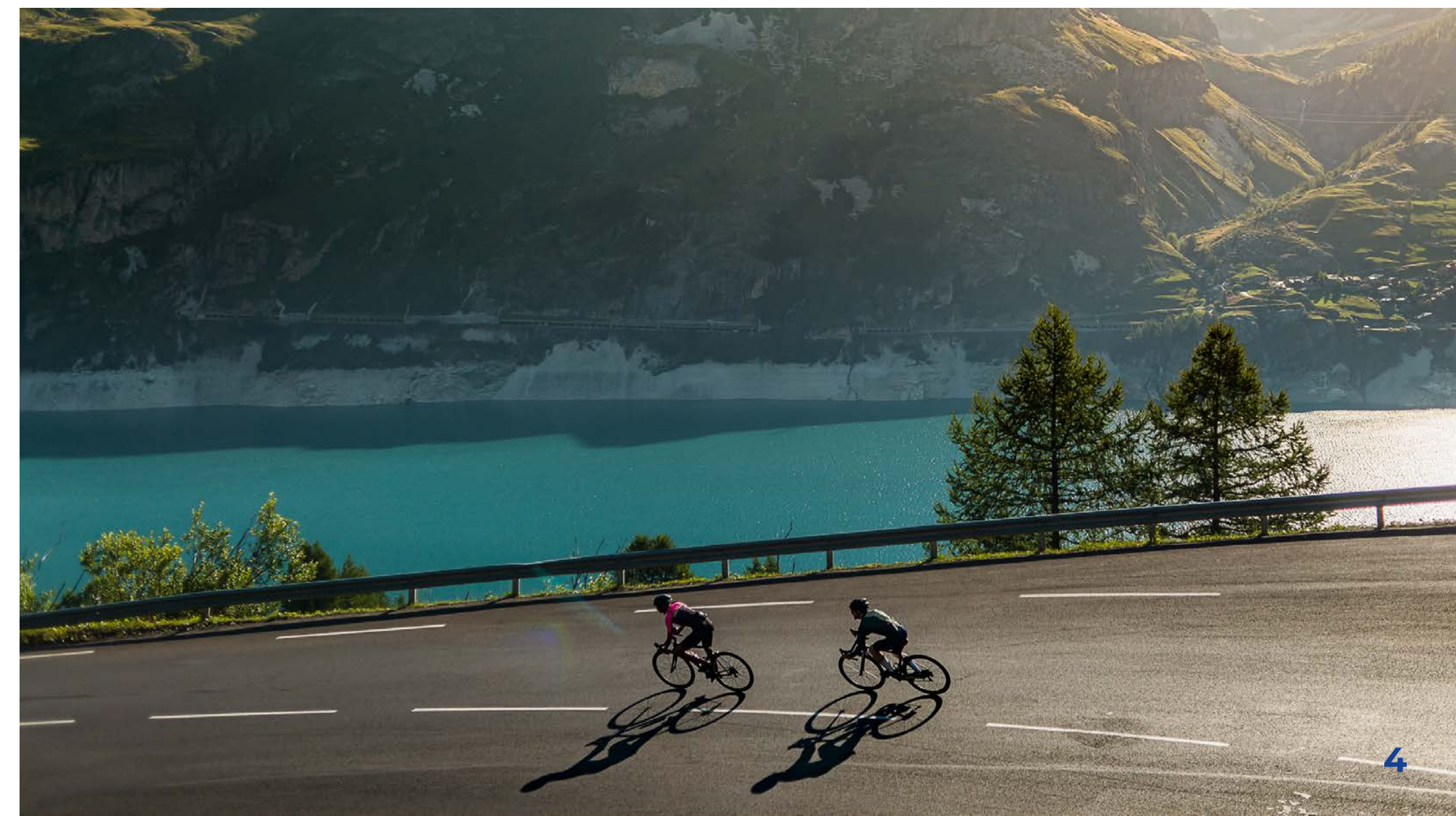
→ NO ORDINARY GOAL, NO ORDINARY DESTINATION...

Following on from the **Étoiles du Sport** (Sport Stars) on 26-30 November last year and the **Atelier des Coachs** (Coaches' Workshop) events, France's athletics, handball, and cycling (road and track) teams have picked Tignes for their training. The resort was chosen both for its environment and its facilities as the best place to prepare for the biggest sporting event of the past four years. For most, it's the event of a lifetime.

THIS IS WHERE WINNERS ARE CREATED

It's almost 700 km from Paris... to Tignes.

And yet, this resort in La Savoie is an essential stop for many champions as they prepare for the Games: a crucial step in their Olympic journey, to maximise their chances of securing an historic medal in their home country.



FRENCH TEAMS' SCHEDULE IN TIGNES

→ FRENCH ATHLETICS TEAM

March 11 to 14, 2024

Cohesion and decompression for Les Bleus de l'athlé in March

The Tignes track before the Stade de France track... Last March, Romain Barras, former French team decathlete and now Les Bleus performance director, brought together some fifteen of France's top track and field athletes in Tignes. **Renaud Lavillenie** (pole vault), **Mélina Robert Michon** (discus throw), **Alexandra Tavernier** (hammer throw) and **Hassan Chadhi** (marathon) came together to mix training and relaxation.

Their mission? To offer these executives a chance to bond and unwind before embarking on the long, breathless summer season ahead. The highlight of the week was an inspiring meeting with multiple world handball medallist **Jackson Richardson**, who this year takes on the role of Chef de Mission Equipe de France for the 2024 Olympic Games.

IN SPRING AND EARLY SUMMER, TIGNES WILL LOOK JUST LIKE AN OPEN-AIR OLYMPIC VILLAGE.



TIGNES AS A TRAINING SITE FOR THE PARIS 2024 OLYMPICS: GIVEN ITS ASSETS, THAT CHOICE WAS A NO-BRAINER. FOR THIS FIRST TRAINING BLOCK, THE FRENCH TEAM WILL HAVE THE ADVANTAGE OF AN OUTSTANDING NATURAL ENVIRONMENT. TIGNES HAS TOP-NOTCH FACILITIES FOR HANDBALL PRACTICE AND PHYSICAL TRAINING. THE ALTITUDE WILL PUT OUR BODIES TO THE TEST AND KICK-START OUR PREPARATION FOR THE GAMES IN THE BEST POSSIBLE WAY.

Guillaume Gille, coach of the French men's handball team



→ OLYMPIC AND EUROPEAN HANDBALL CHAMPIONS, STAYING IN TIGNES FOR 15 DAYS

Led by their captain Luka Karabatic, the French men's team, who currently hold the title of Olympic and European champions, are starting their final preparation for the Olympics in the resort from **June 19 to July 4, 2024.**

Tignes has indeed become this year official supplier of the FFHandball as "official training site for the French men's team". A partnership set to endure.



Photo credit: ffhandball_iconsports



Photo credit: ffhandball_iconsports

FRENCH TEAMS' SCHEDULE IN TIGNES

→ THE AMBITIOUS FRENCH ENDURANCE TRACK CYCLING TEAMS ARE ALSO HERE FOR 2 WEEKS.

From June 23, on the heels of the French Championships, until July 7, the women's and men's track cycling groups specialising in endurance events (4 to 50 km) will also set up headquarters in Tignes. In parallel, road cyclists are coming to tune up their Olympic training with specific preparation work, primarily focused on road cycling and altitude training.

Among the top names are **Benjamin Thomas**, a professional from the Cofidis team, **Corentin Ermenault**, whose father was himself an Olympic champion in team racing in 1996, and **Victoire Berteau**, the current French track champion in Madison racing.

II

WE ARE BACK WITH OUR FRANCE TEAMS FOR THE FOURTH YEAR RUNNING. THIS SPOT IS IDEAL FOR HIGH-ALTITUDE TRAINING, WITH BEAUTIFUL MOUNTAIN PASSES FOR FIRST-RATE TRAINING. REALLY A VERY PLEASANT SETTING FOR OUR GROUPS, WITH TIGNESPACE FACILITIES FOR OUR 3 WEEKLY STRENGTH TRAINING SESSIONS.

Steven Henry, coach of the French men's and women's track cycling teams

→ THEY ALSO PICKED TIGNES FOR THEIR TRAINING

Some of the most prestigious cycling teams are coming to prepare for the Tour de France by tackling the notoriously challenging mountain passes here... A first-rate playground for the cycling teams of **Visma | Lease a bike**, Tignes official partner, some of whom will represent their country at the Paris Olympics, along with: **Decathlon AG2R La Mondiale**, **Bora-Hansgrohe**, **Cofidis**, the women's **FDJ-SUEZ teams** and **UAE Team ADQ**.

Athletes from other disciplines have also adopted Tignes as their top choice: Haute-Savoie's golfer, **Adrien Saddier**, ever loyal to the resort, and France's budding horse-riding talent, young **Lou-Ann Robert**, are both staying in Tignes this summer. As a top-level base camp for sports enthusiasts, Tignes is hosting professional teams from various disciplines over the summer season: rugby, football, basketball, roller hockey, and hand cycling, amongst others.

FEATURE IDEA

CYCLISTS AND THEIR HYPOXIC GENERATORS TO SIMULATE A TRAINING SESSION AT THE TOP OF MONT BLANC!

The French track cycling teams arrive in Tignes with strange machines: hypoxic generators that look like training cages.

Their purpose: to simulate an altitude twice as high as that of their location. Already perched at an altitude of over 2,100 m, these challenging yet effective sessions simulate training and its associated effects - at over 4,000 m altitude.

FROM AIMÉ JACQUET'S "BLEUS" TO THE FRENCH XV, HOW HAS TIGNES BUILT ITS REPUTATION AS A LAND OF CHAMPIONS?

If you're under twenty, you may not be aware of this, but back in the day, the "98" generation, who became football world cup champions under Aimé Jacquet's guidance, came up with the brilliant idea of using the highest football pitch in Europe – here in Tignes – to train for the World Cup and bond their teams.

After the ensuing success, it became a matter of course for France's football team to come here before major competitions, for over a decade. Training camps in Tignes also feature in the photo albums of Olympique Lyonnais, the French rugby teams, and several Top 14 clubs...



More recently, in 2023, Tignes was awarded the **Terre de Jeux 2024** label, a recognition given to areas that show their commitment to the Olympics by becoming "Centres de préparation aux Jeux de Paris 2024" ("Training Centres for the Paris 2024 Games") in nine disciplines, to host training camps for international delegations.



OPEN-AIR STADIUM AT HIGH ALTITUDE TO BOOST PERFORMANCE NATURALLY

AT AN ALTITUDE OF 1550 TO 3456 METRES ABOVE SEA LEVEL, TIGNES IS A TOP-NOTCH TRAINING GROUND FOR TOP ATHLETES, WITH THE ADDED BONUS OF OFFERING HIGH-ALTITUDE OXYGENATION TRAINING CAMPS.

The body must indeed adapt physiologically to the decrease in oxygen in the air (hypoxia) caused by altitude, which leads to the secretion of a hormone (erythropoietin or EPO). This stimulates the **production of red blood cells** in the blood to compensate for the lack of oxygen delivered to the tissues.

Consequently, a greater amount of oxygen is transported by the blood to the muscles to increase their capacities tenfold. Which is great for boosting performance!

→ HOSTING FRANCE'S TOP TEAMS TAKES SERIOUS PREPARATION

If you're going to receive some of the most high-performing athletes or teams in the world, you've got to be able to satisfy requirements in many areas.

For instance... To host the French men's handball team and meet their requirements, Tignes has invested in upgrading its facilities to host international-level teams.

TOP SPOTS FOR CHAMPIONS

→ OUTDOOR GROUP SPORTS IN THE NEW GENERATION PLAINE DES SPORTS

Opening in June 2024, just before the teams arrive, this space of nearly 15,000 m² in total set between La Grande Motte car park and the Club Med will be one of the new sports areas in the resort open to the public, for locals, visitors, and champions alike!

It features a state-of-the-art synthetic football pitch where rubber pellets are replaced by coconut and cork chips, versatile city-stadiums with a modern design, two beach volleyball courts, and petanque grounds.



→ WORKOUTS & STRENGTH TRAINING AT TIGNESPACE

Back in 1986, Tignes broke new ground in the field of high-altitude sports facilities with the first version of Tignespace, a sporting Mecca that was completely revamped in 2012.

This is where our handball champions are going to train, on the specific sports ground. Athletes from all disciplines (athletics, skiing, rugby, etc.) are also arriving to use the state-of-the-art fitness and bodybuilding facilities.

→ CRYOTHERAPY & RECOVERY AT LE LAGON

Time out for champions! Between two training sessions, head to the sports pool, the sauna, the steam room, the jacuzzi, or, for a more intense but very effective experience, the 5-degree pool to alleviate muscle tightness and soreness so as to be ready for another training session the following day.



THE 3 MOST POPULAR OUTDOOR EXCURSIONS FOR CHAMPIONS



1

"FUNTIME" AT ACROLAND

Zooming down the slide with a ramp, or down the piste on a bodyboard or an inflatable tube.

2

SCALING THE PEAK OF LA GRANDE MOTTE

Guided by an instructor to try your hand at mountaineering and build team spirit among colleagues.

3

CYCLING UP MOUNTAIN PASSES

To combine physical challenge and team spirit.

1 GRANDE MOTTE MISSION FOR THE TIGNES LOCALS SPONSORED BY YOUNG MOUNTAINEER ALASDAIR MCKENZIE

June 25, 2024

This is a day on which dozens of the resort's employees and professionals, who work for Tignes all year round, embark on an epic adventure to scale the glacier of La Grande Motte. Sponsoring this adventure is **mountaineer Alasdair McKenzie**, member of the Sports Club and ambassador of the resort, who is on a quest to become the youngest in history to climb the world's 14 highest peaks. A record within reach of his ice axe as he enters his twenties... since he's already conquered 12, including Everest!

Despite a busy and ambitious schedule for 2024, this Tignes lad by adoption has expressed a desire to be part of this local project launched by Tignes Développement.

"THIS CHALLENGE STIMULATES EVERYONE TO PUSH THEIR LIMITS WHILE RAISING AWARENESS ABOUT OUR ECOSYSTEM'S FRAGILITY. THIS MISSION IS THE VERY EMBODIMENT OF TEAM SPIRIT AND THE DETERMINATION TO OVERCOME PHYSICAL AND PSYCHOLOGICAL OBSTACLES. MORE THAN JUST INDIVIDUALS CLIMBING A MOUNTAIN, WE BECOME A COMMUNITY UNITED BY A COMMON GOAL. AS SPONSOR, I LOOK FORWARD TO SHARING MY EXPERIENCE AND ENTHUSIASM, SO THAT THIS MISSION BECOMES A SOURCE OF INSPIRATION AND MOTIVATION FOR ALL.

Alasdair McKenzie



2 100 CANDLES FOR THE SPORTS CLUB

July 6, 2024

A century of performance, achievements, and emotions... Champions of all ages from Tignes are coming together to celebrate the anniversary of a Sports Club that now includes over 200 children in its ski, climbing, and swimming sections.

On the agenda: the opening of a permanent exhibition that combines old photographs with archive documents, sports activities by the Club's younger members, food and drinks on offer, and a lively concert to wrap up the day.



Johan Clarey, Olympic downhill vice-champion at the 2022 Olympics and vice-world champion in Super G in 2019, is one of the "stars" of this sports club, as are **Stéphane Yonnet**, 2001 mogul world champion, **Guerlain Chicherit**, four-time freeride world champion in the 2000s, and **Laura Gauché**, member of the French alpine skiing team.

IN 2024, SUMMER IS SPORTIER THAN EVER THE 5 UNMISSABLE EVENTS

3 MOUNTAIN SHAKER SWITCHES TO SUMMER MODE

TIGNES MOUNTAIN SHAKER

2nd edition July 20 to 28, 2024

9 days of sheer madness! On the agenda, there's skateboarding, rollerblading, scooter riding on an extra-large outdoor skatepark, mountain biking, trial biking, Pump Track, shows, concerts, exhibitors, and much more.

Looking back at the 2023 edition through pictures

HIGHLIGHTS OF THIS 2024 EDITION

Savoie Mont Blanc Freestyle Tour by FISE, July 20 to 21, 2024 *

The Savoie Mont Blanc Freestyle Tour kicks off with a bang, with the first stage in Tignes. A 100% ride & chill gathering for everyone who's into skateboarding, rollerblading, and freestyle scooter, from beginner to pro. At the skatepark set up by the lake, riders of all ages can challenge each other in contests across three categories:

Junior (7-15 years), Women or Open (from 16 years). A visually stunning and spectacular format with "Jam sessions" for the qualifiers and two runs of 40 to 45 seconds each for the finals.

Various challenges, demonstrations, and autograph sessions by the Savoie Mont-Blanc ambassadors will also be there to spice up this two-day event.

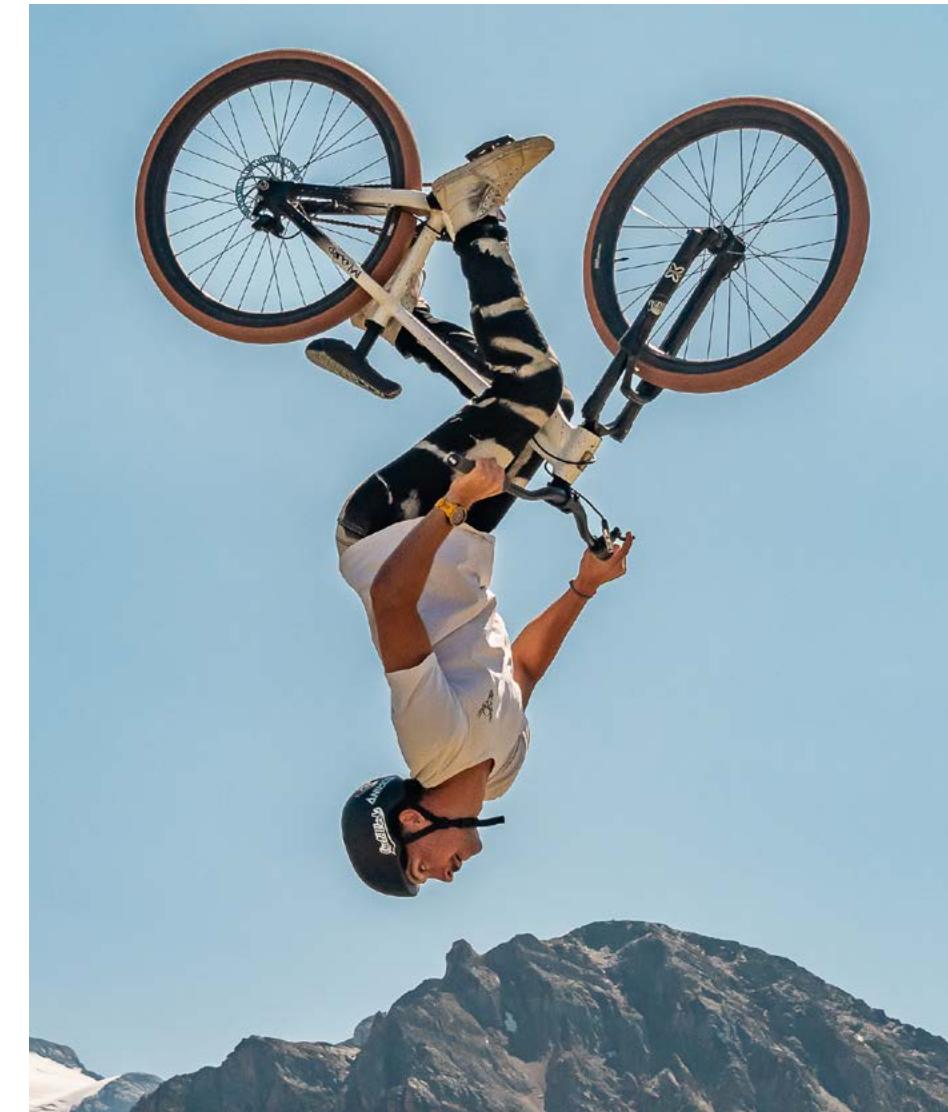
* subject to event renewal

La Rouetignes, July 24, 2024

On the legendary Palafour downhill trail, mountain bikers come together for a sports-fest and party day organised in collaboration with the Tignes Cycling Club. The programme includes a timed parallel slalom for ages 12 and up, freestyle demonstrations, a concert, DJ set, and bike activities for both kids and adults.

The programme also includes: Pump Party Tour on the Tignes pumptrack, Draisienne Kids Tour, Enduro des Alpes, slopestyle VTT and more.

Detailed programme: tignes.net



4 THE TIGNES GOLF OPEN

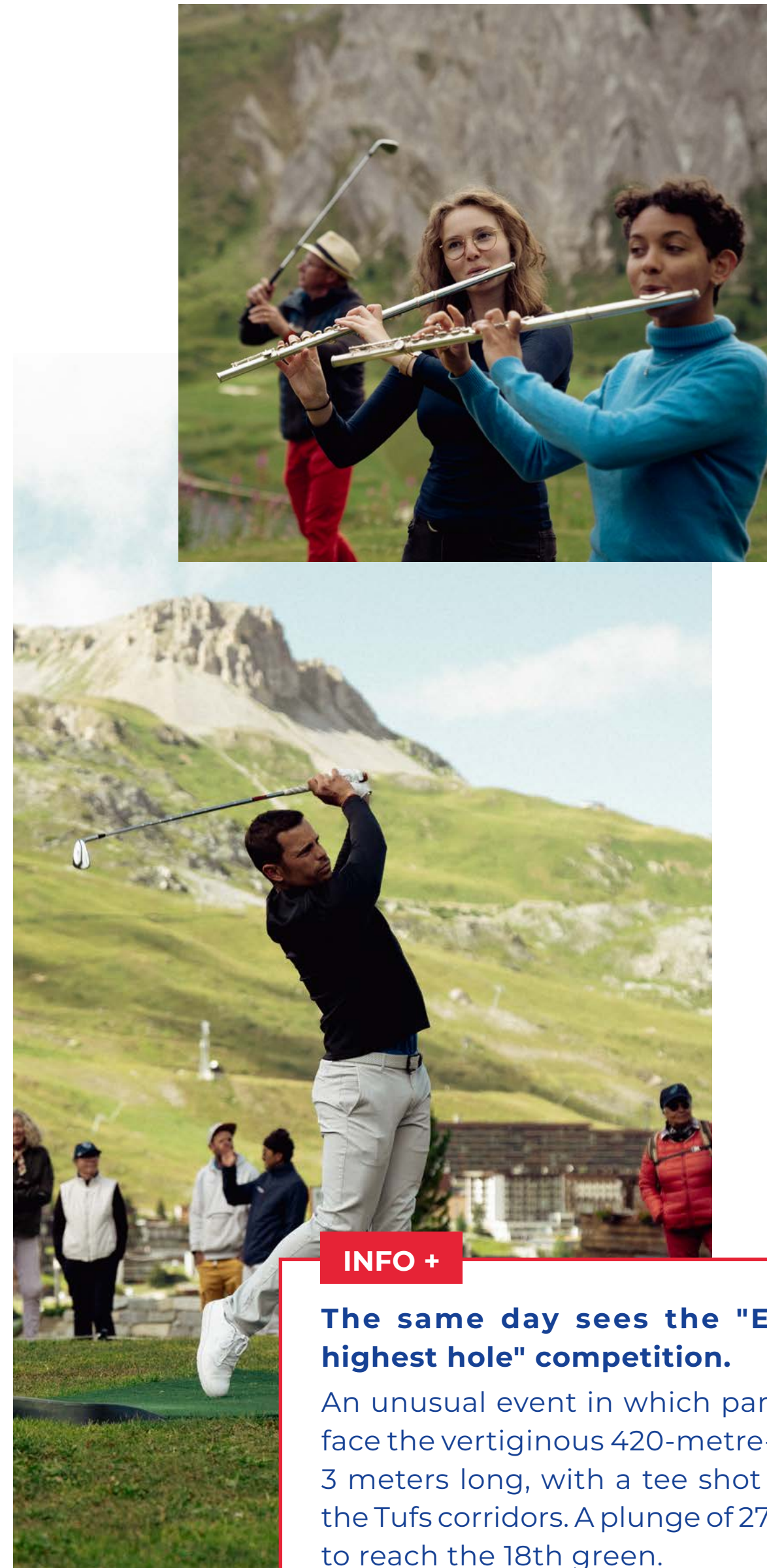
2nd Edition - August 3, 2024

La Savoie's top professional golfer, 32-year-old **Adrien Saddier**, has made Tignes one of his favourite summer training spots!

And for good reason: at an altitude of over 2100 m, the 18-hole golf course in Tignes is the highest in Europe. This is a place you can justifiably rave about: nestled below La Grande Motte glacier and boasting an exceptional view of the lake, the views and contrasts are so breathtaking you almost forget to play!

In this competition, golfers will have the opportunity to perfect their swing to the sound of music, as the event is supported by the MusicAlp Academy. Every summer for more than 10 years, Tignes has hosted high-level courses for musicians from around the world. A day combining 2-person scramble golf games and musical interludes, orchestrated by MusicAlp students. Tignes has hosted high-level courses for musicians from around the world ([read page 15](#)).

Contact: [tignes.net](https://www.tignes.net)



INFO +

The same day sees the "Europe's highest hole" competition.

An unusual event in which participants face the vertiginous 420-metre-long Par 3 meters long, with a tee shot in the in the Tufts corridors. A plunge of 270 meters to reach the 18th green.

5 CIMALP TIGNES TRAIL, THE RACE THAT CLIMBS

August 17 and 18, 2024

This race is the very essence of high-mountain trail-running, with a route that follows some of the most beautiful trails in an area encompassing the Vanoise National Park. **Cimalp Tignes Trail** is gaining momentum every year. Technical yet accessible, this event is back in 2024 with three distances: 14km (740m elevation gain), 26km (1,440m elevation gain), and 42km (2,630m elevation gain). There are also three races for budding young trail runners aged 10 to 17.

Info and registration: [tignes.net](https://www.tignes.net)



THE LAST EDITION ATTRACTED AROUND 700 PARTICIPANTS FROM ALL AROUND THE WORLD.



TIGNES, LAND OF INNOVATION

NEW CONNECTED EXPERIENCES

NEW VR PLONGÉE HISTORIQUE À TIGNES (PLUNGE INTO THE HISTORY OF TINGES)

The Espace Panorama offering a unique immersive experience, for you to discover the resort in a whole new way. Put on a virtual reality headset and embark on an incredible journey around the old village, submerged under Lake Chevril, discovering the construction of the Tignes dam (the highest in France), the evolution of winter sports, and La Grande Motte glacier...

A captivating 3D reconstruction of Tignes over the past 100 years, following its growth from mountain village to the resort it is today.

GENERAL INFORMATION

Come to the 3rd floor of Panorama, the multimedia and cultural space in Tignes Le Lac. 4 VR headsets available, at the centre of a dedicated and scenically designed space open every day throughout the summer.

From age 12 upwards.

Duration: 10 to 15 minutes. Free of charge.

Contact: The Panorama

IN TIGNES, YOU DON'T JUST STRIKE A POSE, YOU STOP FOR A REST IN AN INCOMPARABLE LOCATION, WITH BREATHTAKING VIEWS!

NEW XXL TIGNES SELFIE: VERY SMALL IN FRONT OF THE INFINITELY LARGE

Meet near the monumental #TIGNES in Tignes le Lac, where a dynamic selfie spot has been discreetly set up. It's easy: just scan the QR code and follow the instructions to receive an email with a short video. An animated sequence that starts with a selfie, before zooming out to reveal the vastness of the landscape, Lake Tignes, La Grande Motte glacier, and the stunning Tufs canyons overlooking the lake in the background.

An XXL memory, to share without moderation! **#selfieXXLTignes**

Contact: tignes.net

NEW FUN AND INTERACTIVE QUESTS FOR THE WHOLE FAMILY

The digital and cultural space Le Panorama introduces a new fun and interactive app, perfect for the whole family to enjoy.

ON THE PROGRAMME

A series of colourful infographics and augmented reality views, to reveal a wealth of information about Tignes. How is the Grande Motte glacier evolving? How is Tignes tackling ecological transition? What is water management like in the mountains? Etc.

These interactive maps, available on 6 freely accessible tablets, give you a fun way to learn. A fun little game with a surprise happy ending to wrap up this immersive and connected experience.

Contact: The Panorama

A FRESH BREATH OF MUSIC



NEW EXCLUSIVE PREVIEW: "ÉCRAN TOTAL" SHOW BY PHILIPPE DECOUFLÉ

July 13, 2024

On the shores of Lake Tignes

The opening ceremony of the 1992 Albertville Olympics left a lasting impression. Its choreographer, Philippe Decouflé, and his company DCA, present the première of a "performance show" bursting with originality. As night falls, professional dancers from the region take to the stage in nature's dreamlike setting. A vibrant tribute to the beauty of time-defying movement, to dancing and the freedom it brings.

Free of charge.
More information coming soon.

CONCERT - MASTERPIECES OF FRENCH MUSIC - IN PARTNERSHIP WITH THE COMMUNAUTÉ DE COMMUNES DE HAUTE-TARENTEISE

July 16, 2024

Initiated by the neighbouring resort, Festival des Arcs takes place in the Haute Tarentaise valley, going from village to village.

In Tignes, the top musical event is at the Tignespace auditorium on July 16, featuring performances of Debussy, Chausson, and César Franck. A chance to (re)discover the bewitching charm of France's classical repertoire, in a unique setting.

Free of charge.

MUSICALP FESTIVAL: THE MAGICAL POWER OF MUSIC

July 31 - August 22, 2024

Between Tignes and MusicAlp, a beautiful symphony of classical music has been playing since 2013. Every summer, several hundred musicians join courses at MusicAlp Academy in Tignes, run by the **world's top soloists**. Brought together by their love of music, teachers and students offer holidaymakers **16 concerts** of high-calibre classical music from August 3 to 8 and from August 14 to 19. 12 of these performances are given by French and international artists, and 4 concerts are given by the top student musicians. Calling all music aficionados and amateurs - save the date!

At the Tignespace auditorium. Free of charge.

Read +

more info: tignes.net

NEW LE PIANISTE AUX 50 DOIGTS (THE PIANIST WITH 50 FINGERS): PASCAL AMOYEL'S TRIBUTE SHOW

August 16, 2024

The great French pianist Pascal Amoyel pays tribute to his mentor George Cziffra, in an incredible solo performance, on **August 16** Cziffra, the twentieth-century virtuoso pianist whose career was far from conventional, stars in this colourful musical show, loaded with emotions. A true critical and public success, performed by one of the piano master's few students, who is just as original.

Free of charge.

Contact: festivalmusicalp.com

PARTY ON A BARGE & TURN UP THE VOLUME!

A mobile barge cruises on Lake Tignes, featuring either a live music band or a DJ on board. Perfect for listening to live music from your SUP, pedal boat, or the shores of the lake.

Local artists.

INFO: Every Monday and Thursday from 5pm to 7pm starting on July 3. Free of charge

CONTACT: Maison de Tignes +33 (0)4 79 40 04 40

Read +

more info: tignes.net

ON THE WAY TO A MORE VIRTUOUS LAND!



AWARDED THE FLOCON VERT LABEL
BY THE MOUNTAIN RIDERS
ASSOCIATION IN 2022, TIGNES IS
PAVING THE WAY FOR THE FUTURE
AND ACTIVELY COMMITTING
TO TOMORROW'S MOUNTAINS.
AN ECO-FRIENDLY MOUNTAIN,
ENABLING RESIDENTS TO ENVISION
A SUSTAINABLE FUTURE FOR THE
REGION AND VISITORS TO MAKE
THEIR HOLIDAYS MEANINGFUL.

→ NEWS 2024

→ ECO-FRIENDLY
EVENTS

→ COMMITMENT
BY TIGNES

NEWS 2024: SIGNATURE OF THE NATIONAL CHARTER FOR A ZERO-WASTE MOUNTAIN



"Last January, the municipality of Tignes, the Régie des pistes, the Société des téléphériques de la Grande Motte and Tignes Développement jointly signed the national charter entitled **Montagne zéro déchet sauvage en 2030** (Mountain with Zero Wild Waste in 2030). Initiated by the Mountain Riders association and approved by the ministry responsible for small and medium-sized enterprises, trade, crafts, and tourism, this initiative commits local stakeholders to organise multiple clean-up events per year within the same area, for a duration of 3 years.

The goal is to measure the evolution of wild pollution in the mountains in a scientific way and achieve zero wild waste by 2030 through an action plan aimed at reducing waste at the source, in each of the sectors concerned,"

explains Laura Isabey, responsible for the transition of the area at Tignes Town Hall.

To do this, there are 3 priorities: **reduce, raise awareness, collect and evaluate waste, year by year.**

EXTRA

Glacier cleaning day involving resort employees in the autumn (guides, etc.)

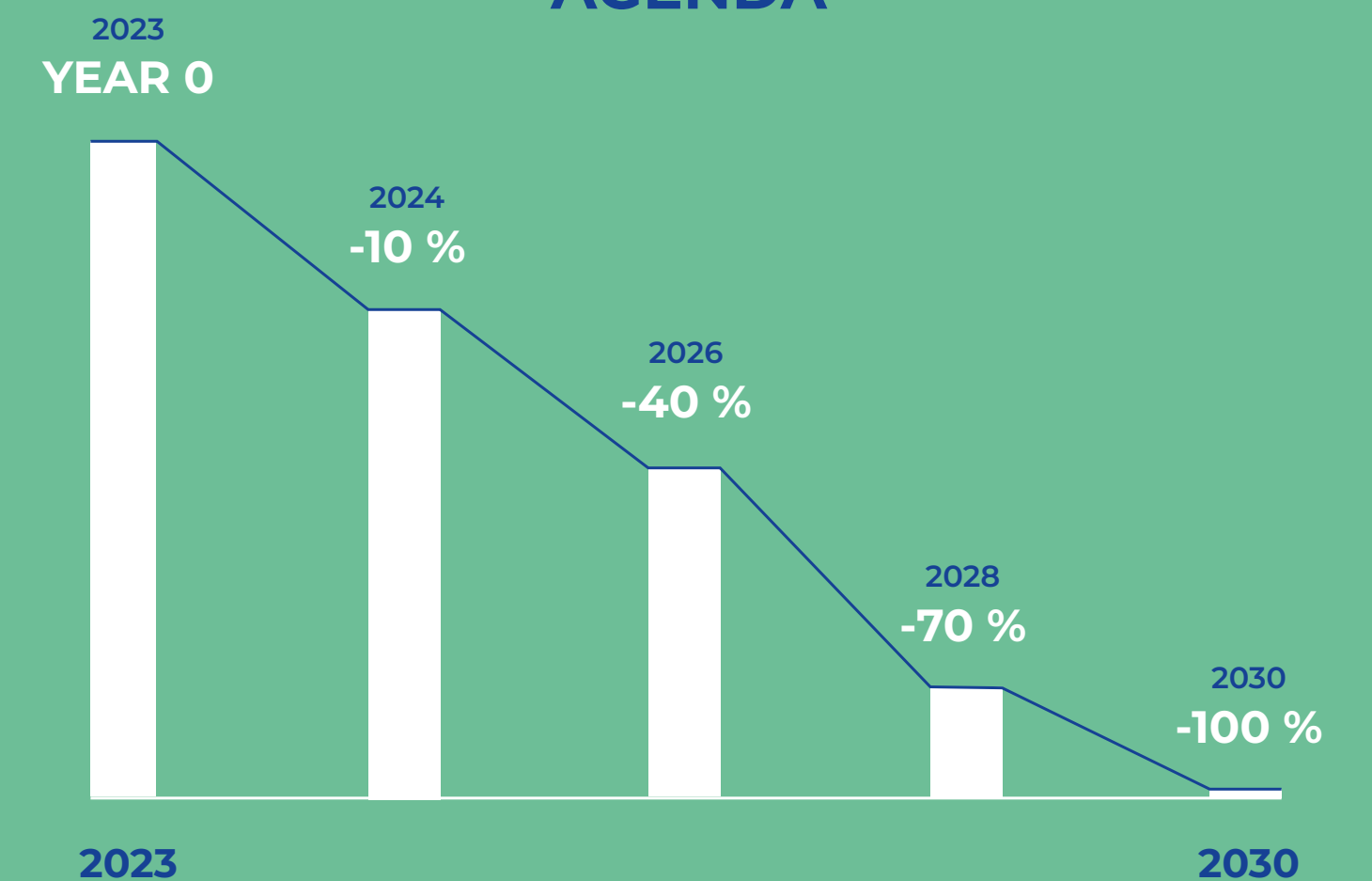


WHAT WASTE SHOULD BE DISPOSED OF?

Wild mountain pollution impacts the planet's aquatic ecosystems and biodiversity. The mountain biotope plays a direct role in the water cycle.

Discarded cigarette butt	Single packaging in catering	Litter in the wild generated in shops
Litter in the wild in ski areas	Litter in the wild from construction sites	Litter in the wild produced by activities, entertainment, and events

AGENDA





📍 CHOUCHOUTE TA MONTAGNE (PAMPER YOUR MOUNTAIN): A PARTICIPATORY EVENT THAT SUITS THE TIMES!

4th Edition – August 22, 2024

Every year, the Tignes resort rallies locals and holidaymakers to clean up the mountains and get rid of litter in the wild. In 2023, a total of 1,500 cigarette butts (just a reminder, one cigarette butt pollutes 500 litres of water and 1m³ of snow), 620 food wrappers, around 200 plastic bottles, glass bottles, or cans, as well as clothing items and ski equipment, and even 178 trail markers, scrap metal, construction waste, etc. were collected. That's a total of **542 kg of litter in the wild!**

An event that's attracting more and more locals and holidaymakers, who come to take part in this fantastic eco-friendly day with their family or friends. In 2023, more than 150 of them joined in!

On the programme:

Morning clean-up: sorting teams equipped with a kit (bag, gloves, grabber, t-shirt) spread out across various cleaning areas including Val Claret and the Tignes ski area.

Afternoon: weighing and sorting of waste. Rewards for participants who picked up the most unusual items!

And also: activities, awareness-raising workshops on the topic of ecology, local crafts, etc.

Contact: tignes.net

PLEASE NOTE: Tignes is continuing its year-round campaign to raise awareness about reducing litter in the wild (awareness campaigns, distribution of pocket ashtrays at cash registers, at the start and finish of ski lifts, tourist offices, town hall, etc.).

ECO-FRIENDLY EVENTS SUPPORTED BY TIGNES

ECHO DAY: A REVIVAL OF VILLAGE FESTIVALS, IN ECO-FRIENDLY MODE

August 9, 2024

In 2024, Echo Tignes is celebrating the **10th edition** of its eco-friendly craft market!

Every summer, volunteers of this local association, founded about fifteen years ago, set up the eco-friendly village of Echo Day. Many local artisans gather to exhibit and sell their products (honey, spread, herbal teas, cosmetics, etc.).

Zero waste workshops, activities linked to recycling and sustainable development, and yoga classes also feature on the day's programme.

A LASTING COMMITMENT THAT BRINGS HOLIDAYMAKERS AND LOCALS IN TIGNES TOGETHER TO ENGAGE IN THE SAME VALUES.

An association that's active throughout the year:

Echo Tignes works all year round to promote sustainable mountain practices, notably **through its two community gardens**, open to everyone (in summer). Everyone harvests the products of their choice, according to what they have invested in the vegetable garden. It's also an opportunity to take part in a group activity that's healthy and educational. In winter, the local producers are the ones offer baskets of produce, through sustainable farming practices.

And also: the event "**La fripe, c'est chic**" ("Secondhand is Stylish"), at the end of winter, gives people a chance to find "second-hand" ski clothing and equipment for both kids and adults.

Contact: facebook.com/echotignes

FIND OUT MORE ABOUT TIGNES' COMMITMENT TO AN ECO-FRIENDLY MOUNTAIN

Since last summer, Tignes has been speeding up its energy, environmental, and social transition. The resort is shaping up to become a **fully sustainable area by 2030**, based on **four fundamental pillars broken down into 20 goals and 92 concrete actions**.

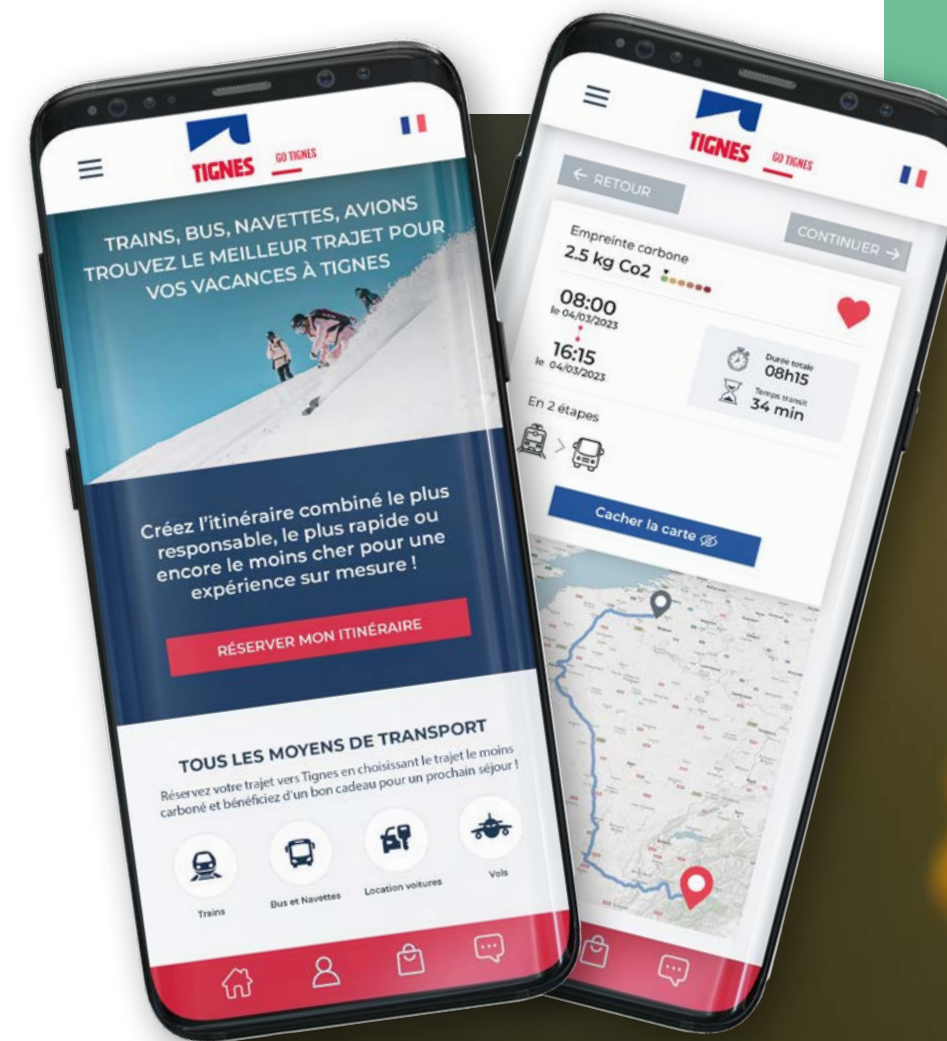
- To provide a multi-season and eco-friendly tourism offer, especially concerning the project for the transition of La Grande Motte glacier.
- To sustain the year-round lifestyle model
- To preserve Tignes' natural heritage
- To reduce the area's carbon footprint

Consult News about the area's transition on the website of Tignes town hall:

mairie-tignes.fr/19788-l-actu-de-la-transition.htm

Some immediate measures taken by the resort to **reduce its greenhouse gas emissions** (85% of Tignes' carbon footprint is generated by tourism, of which 66% is related to transport).

- **NEW** Expansion of the network of charging stations for electric vehicles, including 40 stations commissioned in December 2023. In 2024, a plan to deploy ultra-fast charging stations across all areas of Tignes will be implemented.
- **NEW** electric shuttle for the services of the Société des Téléphériques de la Grande Motte (STGM) (cable car company).
- Promotion of soft mobility (scooter, e-bike, etc.).
- Staggering of departure/arrival days and promotion of transport aggregator tools (the **GO TIGNES** platform, launched in early 2023, helps optimise passenger transport, encouraging a reduction in carbon footprint).





SUMMER BARGAINS



NEW MYTIGNES: FAMILIES RISE TO THE HEIGHTS

The "My Tignes" multi-activity pass is your ticket to enjoying a wide range of sports activities during your stay in Tignes (rifle shooting, tennis, mini-golf, water sports, Bike Park, etc.). Starting this summer, all MyTignes cards (4 packages) include unlimited access to La Grande Motte funicular. The Perce-Neige is the longest funicular in France, taking you to the foot of the Grande Motte glacier at 3032 m in just 7 minutes. From there, you can admire the ice giant, enjoy the terrace of the Panoramic, and soak in the exceptional surroundings of the Vanoise National Park.

NEW: all ski lifts are open without interruption from the morning opening, until closing time in the late afternoon.

Prices: from €26 for children and €32 for adults the week. Free for people aged under 5 and over 75.

Contact: tignes.net/activites/my-tignes

NEW SEEKING A CHANGE OF SCENE

For the first time, the Premium YNYCIO**** residence, one of the most exotic accommodations in Tignes, is open to summer visitors, from July 6 to August 31, 2024. A world away from the usual standards of mountain hospitality, this 4-star establishment located in Tignes Val Claret is fashioned in the chic, ethnic style of Argentine Haciendas. Warm and colourful, this setting boasts timeless class that elegantly blends in with the mountain atmosphere. As for the spa area, it offers deep relaxation after a day in the great outdoors (hammam, pool, sauna, jacuzzi).

Contact: ynycio.com

Bargain: the prices for the 33 luxury apartments are especially attractive for this first summer opening!

Prices: €32/person/night or from €224 per week for apartments for 4 to 8 people.

Contact: +33 (0)4 79 10 49 15

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Two new booklets on gastronomy and the history and the history of food available this summer, under the impetus by FACIM and the Communauté de Communes de Haute-Tarentaise



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