

SUMMER 2026

PRESS PACK



#STADENATUREL



03

TIGNES, A CHAMPION TRAINING GROUND



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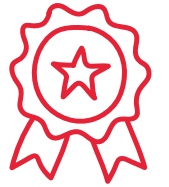
SUMMER IN THE MOUNTAINS



09

EVENTS & ENTERTAINMENT IN OUR DNA

TIGNES, A CHAMPION TRAINING GROUND



Over the past 30 years, Tignes has established itself as a reference in elite sport. An exceptional range of performance-designed facilities have, indeed, contributed to an international reputation.

In Tignes, national teams and international delegations benefit from optimal conditions in view of major events: high-altitude training, physical training, acclimatisation. Awarded the Terre de Jeux label of excellence in 2023, the resort was officially recognised for its Olympic commitment, becoming a training centre for national teams such as the French track cycling team.

More than just a training ground, in summer Tignes becomes an open-air playground, a natural stadium for top level athletes.

Altitude, a performance booster!

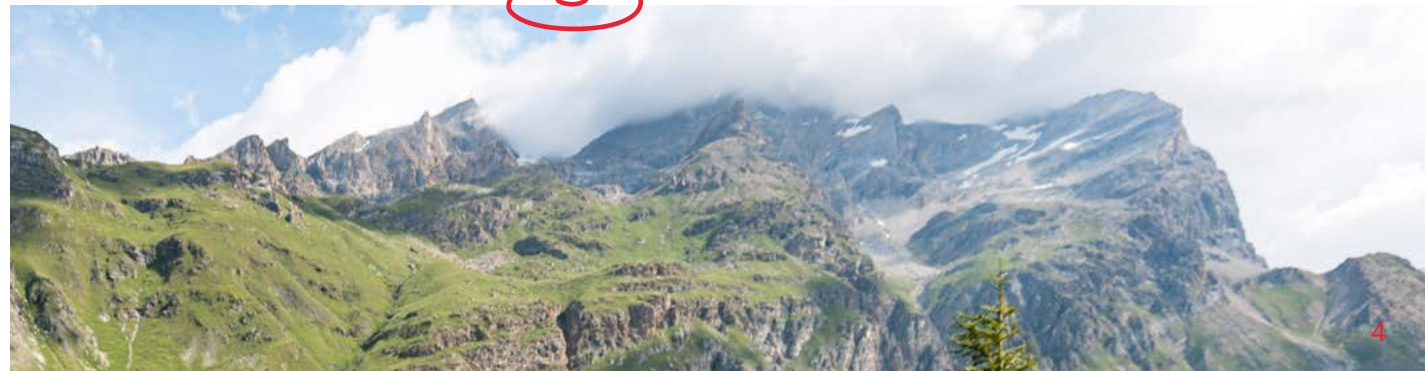
Perched between 1,550 metres and 3,456 metres altitude, Tignes offers athletes an exceptional training ground and a genuine opportunity to acclimatise to the thinner air. At altitude, the body naturally adapts to the reduced oxygen levels (hypoxia) by stimulating the production of erythropoietin (EPO), a hormone that boosts the formation of red blood cells. This process optimises the transport of oxygen to the muscles and significantly improves their capacity. A major advantage for achieving lasting improvements in performance!

The French national football team (1998), as well as the French handball, athletics and rugby teams - including several Top 14 clubs - have carried out pre-season training camps in Tignes. The resort is also a well-known destination amongst prestigious cycling teams in their preparation of the **Tour de France** and the region's iconic mountain passes. Visma-Lease a bike, Decathlon AG2R La Mondiale, FDJ-Suez and Cofidis regularly train here. This summer, the **Olympique Marseille reserve football team** and the world class golfer **Adrien Saddier** (top 100) have chosen Tignes as their training base.



"The golf course in Tignes is a real pleasure to play. I've been coming here to train every summer since 2022. As a mountain lover, I feel quite at home. I go running along the Tovière ridges and enjoy using the sports facilities at the Lagon leisure centre and the Tignespace sports complex."

Adrien Saddier, professional golfer





New:



The terrace at the Panorama is equipped with interactive educational displays dedicated to transition issues. Official opening this summer!

ALPINE EMOTIONS...

NEW

Tignes, the height of adventure

This summer, Tignes boasts a new Himalayan-style footbridge, **over 200 metres long and more than 100 metres high**. Suspended above the River Isère and overlooking the impressive La Daille Gorges, this spectacular structure links the **Bois de la Laye botanical trail** - created on the site of the former dam quarry, a testament to local heritage - **to the authentic hamlet of La Reculaz**.

An invitation to discover the alpine surroundings in a different way, this new bridge offers visitors the opportunity to enjoy nature, local landscapes and a little history of the region.

This easily accessible and contemplative experience promises to become the new must-see in both summer and winter.

Free of charge | www.tignes.net

NEW THIS SEASON

SUMMER IN THE MOUNTAINS

"Pigments" - Aerial Circus - Festival Les Hautes Envolées

9TH JULY 2026

As part of the Hautes Envolées travelling festival, due to take place from 6th to 10th July in the Haute Tarentaise, the Cirk Vost circus troupe will present an aerial show on the shores of Lake Tignes. On this occasion, the performers face a fifty-minute aerial challenge, **fifteen metres above the ground!**

A monumental steel structure stages the entire troupe in a suspended ballet - flying trapeze, swinging trapeze, dance trapeze, flying ropes and Korean lifts. The act promotes group solidarity and offers a visual reflection on the individual's place within a collective, using aerial acrobatics as its primary language.

More information: "Pigments" - 6.30 pm at the amphitheatre in Tignes le Lac.

Free of charge.



TV FEATURE IDEA

Climbing the Grande Motte Glacier: an accessible first mountaineering experience

Perched at an altitude of 3,653 metres, the Grande Motte is an invitation to enjoy a timeless experience, between sky and void. Accessible to all, in the company of a qualified mountain guide, this climb offers a gentle introduction to the world of mountaineering.

After a ride up on the funicular, the adventure continues along the eastern ridge, where an initial rocky section gives way to snow and ice on the climb towards the summit. The descent, down the northern ridge towards the Grande Motte cable car and roof terrace, is an invitation to overcome fear and enjoy the intensity of the moment. A thrilling half-day adventure!

Prices: 115 € for half a day and 185 € for a full day (maximum 4 people).

From age 14 upwards. | Difficulty: easy | Elevation: + 200 m / - 200 m

More information at: www.guides-montagne-tignes.com/alpinisme-initiation/



A DIFFERENT WAY TO EXPLORE THE MOUNTAINS

NEW

“La Fario”: an e-MTB trail offering a different way to explore the valley

The perfect ride for a family outing

This June, the Haute Tarentaise Vanoise launches “La Fario”, a new e-MTB route linking Bourg-Saint-Maurice to Tignes. This 40 km blue itinerary (80 km return) boasts gradual elevation (-1,780 m / +780 m), with no major technical difficulties or steep gradients.

Alternating between cycle paths and trails, the itinerary is designed to offer a smooth and accessible experience, for both families and regular cyclists. La Fario, equipped with e-MTB charging points, also features information boards highlighting local heritage and several access points for flexible cycling options.

Designed to serve the entire valley, the itinerary enhances the resort’s cycling appeal and invites visitors to discover the destination in a different way. It can be easily combined with the regular bus services between Bourg-Saint-Maurice and Tignes. All buses are equipped with bike racks, making it easier to plan one-way or circular routes.

Route: 40 km one way – approximately 4 hours uphill or 3 hours downhill.

More information at: www.tignes.net



A unique high-altitude bike park, combining fun sections with breathtaking views

There’s something for everyone at the Tignes-Val d’Isère bike park. Boasting 230 kilometres of trails, the park offers an exceptional playground, catering to all levels and preferences from beginners to confirmed downhill riders, families and e-MTB enthusiasts. The varied and almost limitless terrain make it great value for money.

NEW

La Scarefresse, an iconic black run, has been redesigned to boost riders’ confidence whilst retaining a challenging nature. This more appealing version, inspired by flow trails, is both smoother and more playful.

Open from 27th June to 28th August 2026.

Day pass: adults 23 €, under 14s 17 €. Included in the MyTignes card.



NEW

Saturday set price special offer: 15 €

THE SUMMIT OF WELL-BEING

Escape to the mountains: 3-day yoga & wellness retreat

NEW FROM 26TH TO 28TH JUNE

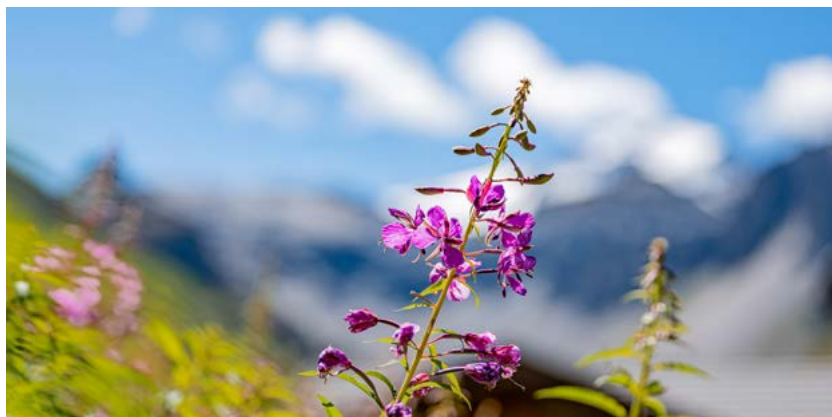
This summer, from 26th to 28th June, the **Chalet Hôtel Yéti** is hosting its first exclusive back to basics yoga retreat. This 3-day, 2-night retreat is an invitation to wind down and reconnect with nature in an inspiring setting. On the programme: a combination of Vinyasa yoga, Yin Yoga, gentle mobility sessions, breathing techniques, flexibility, nature trails and journaling workshops.

An experienced physiotherapist and yoga teacher, **Pauline Kunegel** places movement at the heart of her practice and her vision of well-being. Her life journey naturally led her towards yoga, which she now teaches with a postural, functional and accessible approach, whilst respecting each individual's needs.

Retreat open to beginners.

Prices: from 730 € per person, inclusive of accommodation, meals and activities + bonus photographer to capture the experience.

More information at: www.altituderesidences.com
[+33 \(0\)6 81 73 44 94](tel:+330681734494)



A winning combination

NEW

Throughout the summer, **Maison Bouvier** launches a new bespoke *Afternoon Tea & Spa Package* at the 5-star *Hotel Les Suites*. Designed as a true wellness retreat, this package—open to all—is an invitation to wind down and enjoy a little pampering in a relaxing alpine setting.

Located at the heart of the hotel, the spa boasts a warm, mineral-inspired decor in a blend of granite and reclaimed wood. Facilities include a heated indoor pool, jacuzzi, hammam and sauna, ideal to release tension and improve recovery, particularly welcome after a day's hiking.



A bespoke 25 or 50-minute massage plus tailor-made treatments for muscle recovery and deep relaxation complete the experience. End the day on a sweet note with a gourmet afternoon tea in the Whitney Bar at the hotel Les Suites.

Prices: Afternoon tea & spa package, inclusive of access to the spa, a massage and afternoon tea: 25-minute massage 92 €, 50-minute massage 147 €.

Available every day.

More information at: www.maison-bouvier.com

EVENTS & ENTERTAINMENT IN OUR DNA

Events and entertainment in Tignes are part of the resort's DNA. A mark of commitment and strong identity, many events are designed in-house with regard to the local area, local values and the people who make them possible.





MOUNTAIN SHAKER SUMMER EDITION, SET TO THRILL HOLIDAYMAKERS!

From 18th to 26th July 2026, Tignes will host the 4th edition of the Mountain Shaker Summer Festival. Following a memorable winter edition last March, the event returns in its summer format for an adrenaline-packed nine days.

Video of the Mountain Shaker Aftermovie, Summer 2025
www.youtube.com/watch?v=h86k6MmP3B4

More information at: www.tignes.net

Throughout the week, a range of activities include mountain biking, skateboarding, rollerblading and balance bikes. Multi-disciplinary competitions, demonstrations, open-air screenings, festive gatherings and musical evenings complete the picture.

A memorable event, the summer edition of the Mountain Shaker has become an absolute must!

18TH AND 19TH JULY 2026

Staged in Tignes on 18th and 19th July, the **FISE Session** organised by Hurricane is the highlight of this year's event. On the shores of Lake Tignes, a vast open-air skatepark will host competitions in skateboarding, scooter riding and rollerblading. Three different categories - Junior, Women's and an Open category - are the opportunity to participate and rub shoulders with the stars of the freestyle scene.

20TH AND 21ST JULY 2026

To complete the experience, the festival boasts a selection of open air film projections on 20th and 21st July, as part of the **Xplore Film Tour**.

23RD JULY 2026

The **Pump Party Tour** is due to take place at the pump track in Tignes le Lac on 23rd July. On the programme: a variety of skateboarding and cycling competitions. Date to be confirmed.

24TH TO 26TH JULY 2026

The **Enduro des Alpes** is another highlight of the Mountain Shaker. Due to take place at the heart of resort from 24th to 26th July, this event embodies the true sporting spirit of the festival. Participants are challenged along the varied and technical trails. A combination of commitment and understanding of the terrain is an absolute must! On this occasion, the mountains becomes a sporting arena in their own right.





Tignes Trail

15TH & 16TH AUGUST 2026

Growing in popularity every year, the annual Tignes Trail races along some of the area's most beautiful paths, including part of the Vanoise National Park. A technical yet accessible event, the 2026 edition promotes four distances: a 12 km, a 14 km (+ 740 m), a 26 km (+ 1,440 m) and a 42 km (+ 2,630 m) trail. Three junior races, for budding trail runners aged 10 to 17, complete the agenda.

NEW

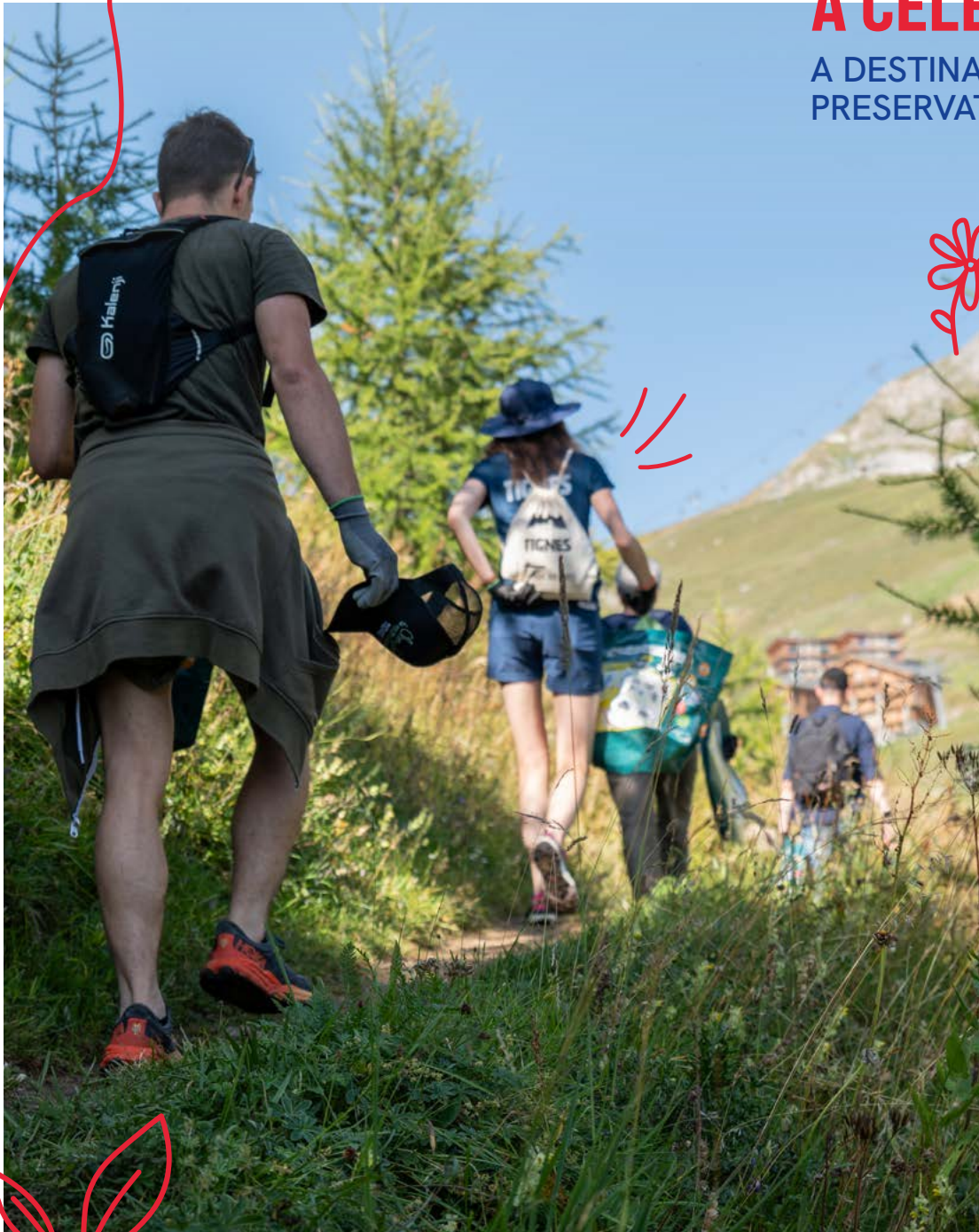
In addition to the 14 km, 26 km and 42 km trails, a new 12 km (+ 700 m) race through the Aiguille Percée area will take place on Sunday 16th August!

More information and registration at:
www.tignes.net



A CELEBRATION OF THE ENVIRONMENT

A DESTINATION ACTIVELY COMMITTED TO ENVIRONMENTAL PRESERVATION



Echo Day, 12th edition

31ST JULY 2026

Organised by the association "Echo Tignes", the event promotes local artisan fayre such as honey, cosmetics and herbal teas, whilst running eco-responsible and recycling workshops. Active year-round, the association also develops community gardens in the summer, supports local supply chains in the winter and promotes second-hand goods through its charity clothes swap, "La Fripe, c'est chic", held every April.

Chouchoute ta montagne: a collective eco-initiative

20TH AUGUST 2026

Every summer, Tignes invites locals and holidaymakers to join in a major mountain litter-picking campaign. Over 500 kg of rubbish - cigarette ends, packaging and bottles - is collected every year. Open to all, the event attracts 150 participants, families and groups of friends, around a shared goal to preserve the mountains. On the agenda this summer: a morning of litter picking in various areas of resort followed by the great weigh-in.

Sustainable Mountain Forums

EVERY TUESDAY IN JULY & AUGUST

Led by a panel of experts, Tignes is proud to host discussion forums on major environmental issues. This summer, residents and holidaymakers are invited to reflect together on the challenges of the future. Topics to be discussed include the impact of climate change at high altitude and the water cycle in alpine regions. Forums are due to take place at the town hall, every Tuesday in July and August, from 6.30 pm to 7.30 pm. Accessible to people with reduced mobility. Free of charge.



SUMMER AGENDA

13TH JUNE

Vélo Vert Festival

9TH JULY

Performance of "Pigments" as part of the "Les Hautes Envolées" festival

FROM 18TH TO 26TH JULY

The Mountain Shaker

21ST JULY

Public presentation of the sustainability analysis carried out by the association Mountain Riders as part of the renewal of the Flocon Vert eco-certification. Audit scheduled for the autumn.

26TH JULY

20th Anniversary of the Beach Rugby Tournament

31ST JULY

Echo Day

2ND AUGUST

4th edition of the Tignes Open Golf Tournament. A VIP scramble in pairs, teeing off from each of the 18 holes on the course.

FROM 3RD TO 21ST AUGUST

Free MUSICALP concerts at the Tignespace auditorium. Special concert, 'Les chanteurs d'oiseaux', on 14th August.

15TH & 16TH AUGUST

Tignes Trail

20TH AUGUST

Chouchoute ta montagne

28TH AUGUST

Gypsy Jazz Festival with the Balkan Orchestra.

16TH OCTOBER

"Act for the Glaciers" Festival. A day of awareness-raising on scientific topics, featuring workshops and events for schoolchildren.



LABELS OF CERTIFICATION



WHAT'S ON IN THE VALLEY



12ND - 14TH JUNE

The Vélo Vert Festival comes to Bourg-Saint-Maurice/Les Arcs

1ST - 2ND AUGUST

Foire Avaline - Val d'Isère

8TH AND 9TH AUGUST

La Fête des Clarines - La Rosière

21ST AND 22ND AUGUST

Sainte-Foy Festival - Sainte-Foy-Tarentaise

PRACTICAL INFORMATION



This summer, the Grande Motte Glacier will open to skiers from 20th June to 19th July and to pedestrians from 20th June to 30th August.



Altitude Experiences, with access to the roof terrace of the Grande Motte cable car, will open from 27th June to 28th August 2026.



The mountain bike and pedestrian lifts, Paquis (mountain bikes only) and Fresse will open from 27th June to 28th August. The Tufts and Palafour lifts will open from 27th June to 30th August.

More information at: www.tignes.net





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