

SUMMER 2025

PRESS KIT



#STADENATUREL

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THIS SUMMER IN TIGNES

IN TIGNES, YOU ARE THE CHAMPIONS

THE MOUNTAINS - JUST AS WE LOVE THEM!

Let's have a walk... in the mountains

In Tignes, we love contemplative walks that excite our senses. Much more than just an activity practised by 27 million French people (according to FFRandonnée 2024 figures), hiking is part of the *slow travel* trend, where experience and slowness take precedence over speed and performance. Walking is a healthy activity. Accessible to all and close to nature, it continues to appeal to people of all ages and from all walks of life. It continues to reinvent itself to attract all kinds of visitors and offer ever more attractive experiences.



Using the Tignes app and the Grincat web app is so simple, you could do it with your eyes closed - almost

Which trail should you choose? What area should you focus on? How do you get to the trail easily from your accommodation? How can you be sure you stay on the right trail? How can you prove to your kids that there's just one last downhill before they get their ice cream? Hiking may seem simple, but it can still leave you with a few questions and a bit of unease about getting started.

In addition to the official Tignes app, widely used by locals and holidaymakers alike, the Grincat web app completes our digital offer. It includes almost 50 walking routes. It lets you find your bearings on a digital map and access a lot of useful practical information for walking and exploring all the resort's trails.

More than just a digital tool to make your holiday a bit easier, Grincat is also your ideal partner for getting around Tignes. Its interactive navigation tool provides information on shuttle bus times and routes to restaurants, shops, places of interest, activities, and more.



Download the Tignes app



Access to the Grincat web app



In total, over 7 kilometres of trails have been redesigned in the Palafour and Tovière areas of the Tignes bike park since last summer. A wide range of options for beginners and families, with endurance, downhill, and electric mountain bike trails, and more. That's what makes it such a great offer. What's more, there's no need to queue up for the lifts, so you can hit the slopes without interruption.

NEW

Red with pleasure - the bike park's new *Fresse Tagada*

The mischievous *Fresse Tagada* is an iconic new red trail, designed as a "flow trail" to help mountain bikers build their confidence. It really needed a facelift!

NEW

Tarentaise Airlines - Commencal Track, a popular blue trail

Completely redesigned last summer, this trail can be ridden in any direction, whatever your skill level.

A VERY ATTRACTIVE PRICE VS. TRAIL LENGTH RATIO

Endurance, downhill, beginner, family, electric... The Tignes - Val d'Isère bike park welcomes mountain bikers of all shapes and sizes. With some 230 km of pistes, there's plenty of space for everyone. An almost limitless playground, making it one of the most attractive bike parks in terms of the **ratio between the pass prices and the length of trails on offer**.

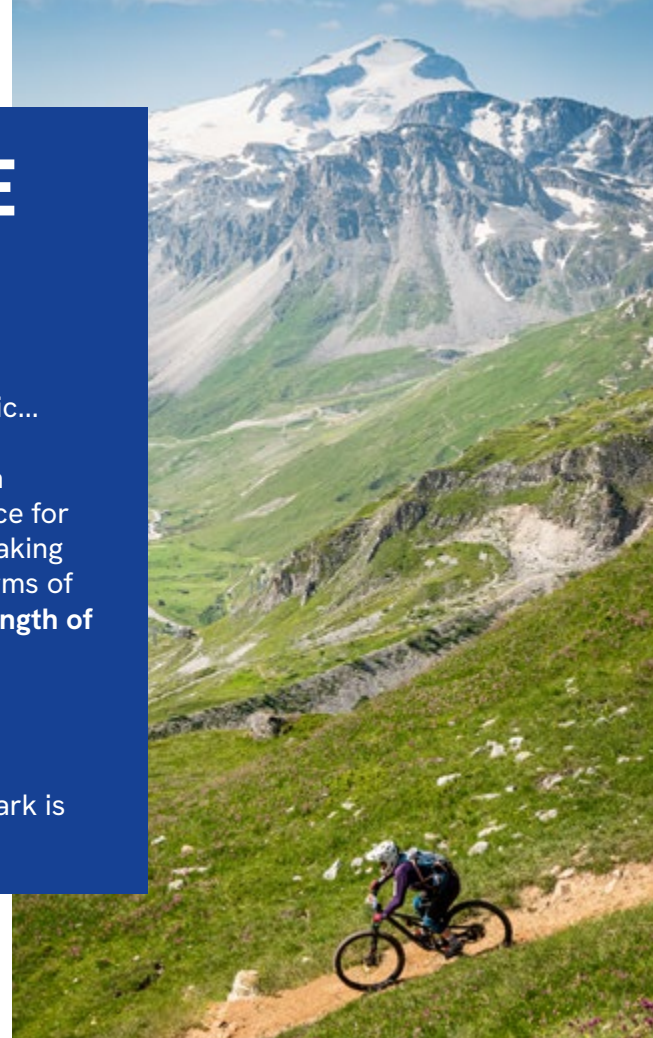
The bike park will be open from 28 June to 31 August 2025.

A day pass for the Tignes - Val d'Isère bike park is just €20, included in the MyTignes card.

Tignes teamed up with **Commencal**, the benchmark in mountain biking, to offer riders an eponymous track with special features, combining technicality and fun.

"On the Fresse side, the blue Tarentaise Airlines trail is great fun to ride. There's something for everyone: you can go with friends at any level and have a great time. The Tignes bike park has a fun side, with easy-to-access family trails, which sets it apart from other bike parks. I really enjoyed the size of the bike park and the variety of scenery that you just can't find anywhere else."

Mylann Falquet, Tignes, mountain bike ambassador



The mountains
- just as we
love them

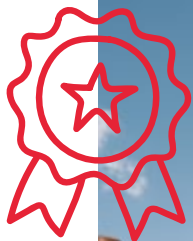
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This summer
in Tignes

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for families

IN TIGNES, YOU ARE THE CHAMPIONS



For nearly two decades, French and international teams have made Tignes an essential stop before major competitions. In 2023, the resort was awarded the "Terre de Jeux 2024" label, recognising its commitment to the Olympic spirit and making it an official open-air training centre. The adventure continues...



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They have also chosen Tignes for their training...

Some of the most prestigious cycling teams are coming to prepare for the **Tour de France** as it tackles the region's renowned mountain passes.

For several years, it has been the favourite training ground for the **Visma-Lease a bike**, **Decathlon AG2R La Mondiale**, **Bora-Hansgrohe**, and **Cofidis** men's cycling teams, as well as the **Visma-Lease a bike**, **FDJ-SUEZ** and **UAE Team ADQ** women's teams.



THE 61ST TOUR DE L'AVENIR MAKES TWO STOPS IN TIGNES

This year, Tignes is hosting two stages of the prestigious **Tour de l'Avenir** (men's and women's), which showcases the future champions of world cycling and is nicknamed the "Tour de France for under-23s". On 23 August, the prologue will be held between Tignes Les Brévières (1,550 m) and Tignes 1800, offering an intense spectacle in a grand Alpine setting. The day before, on 22 August, the Tignespace auditorium will be the venue for the U23 Cycling Forum, an unmissable event featuring masterclasses, lectures, and discussions with some of the biggest names in cycling.

tourdelavenir.com



A high altitude outdoor stadium for a natural performance boost

At an altitude of between 1,550 and 3,456 m, Tignes offers a world-class training ground for elite athletes, with the allure of a real **high-altitude oxygenation programme**. The body has to adapt physiologically to the lower level of oxygen in the air (hypoxia) a high altitude, which leads to the secretion of a hormone (erythropoietin or EPO). This stimulates the **production of red blood cells** to compensate for the lack of oxygen supplied to the body's tissues.

The result: the blood carries more oxygen to the muscles, greatly increasing their capacity. Ideal for boosting performance.

The Tignes training grounds have played host to France's 1998 World Cup-champion football team, the national handball, athletics and rugby teams, Olympique Lyonnais, and several Top 14 clubs.



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2025 NEWS

WOMEN'S TEAMS IN THE SPOTLIGHT!

The French women's rugby team, ranked fourth in the world, will have one objective in mind this summer: the upcoming World Cup in England from 22 August to 27 September. France will face Italy, South Africa, and Brazil in their bid to reach the quarter-finals. In order to arrive in the best possible condition and build up their strength, the French women's team will spend around ten days in Tignes from 13 to 23 July 2025.



After hosting the French Olympic handball team as part of Paris 2024 last summer, the resort will welcome the U21s to take on an oxygenation programme in June 2025. In another discipline, golfer **Adrien Saddier**, a loyal Tignes fan, will be swinging his clubs on the highest fairway in Europe.



Pauline Ferrand-Prévot, the mountain biking champion at the Paris 2024 Olympics, will be making her big return to road racing this season with her new Visma-Lease a bike team. "She will be our team leader for the big tours," explains Rutger Tijssen, her manager. Signed for 3 seasons with the Dutch team, she will be in Tignes along with her teammates (Marianne Vos, Fem van Ampel, Marion Bunel, etc.) from 8 to 16 July for training and preparation. She is driven by a single objective: to win the Tour de France!

Coming up: a Media Day with Pauline Ferrand-Prévot will be organised by the Tignes resort and Visma-Lease a bike as part of the partnership, which has been renewed until December 2027. Date to be announced.



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TIGNES IS COMMITTED TO A SUSTAINABLE FUTURE



Awarded the "Green Snowflake" label by the Mountain Riders association in 2022, Tignes is preparing for the future and making a strong commitment to the mountains of tomorrow. As a responsible mountain resort, it will encourage local residents to establish a lasting connection to the area and enable visitors to find meaningful experiences during their holidays.

2025 marks the renewal of the "Green Snowflake" label. On this occasion, all those involved in the resort are invited to attend the (re)engagement workshop on 8 July, before the project is submitted to the certification committee in 2026.

NEWS 2025

SUSTAINABLE MOUNTAIN FORUMS

This summer, 8 forums will be led by professionals on crucial issues close to key concerns of locals and holidaymakers alike. This format provides an opportunity to collectively explore various ideas and solutions to the challenges ahead. Among the topics addressed last summer and pivotal to the resort was "the journey of water in the mountains". This conference and debate explored the issues surrounding water resources in Tignes, how water gets to our taps, and the impact of climate change on the water cycle. A forum in tune with the times...

Every Tuesday in July and August, from 18:30 to 19:30 at Tignes Town Hall.

Free and accessible to those with reduced mobility.

[Tignes Town Hall](#)



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A responsible mountain resort

Since 2023, Tignes has been accelerating its energy, environmental, and social transition and structuring itself to become a **fully sustainable resort by 2030**, thanks to **4 fundamental pillars** (each broken down into **20 objectives** and **92 specific actions**):



A multi-season, responsible tourism offer



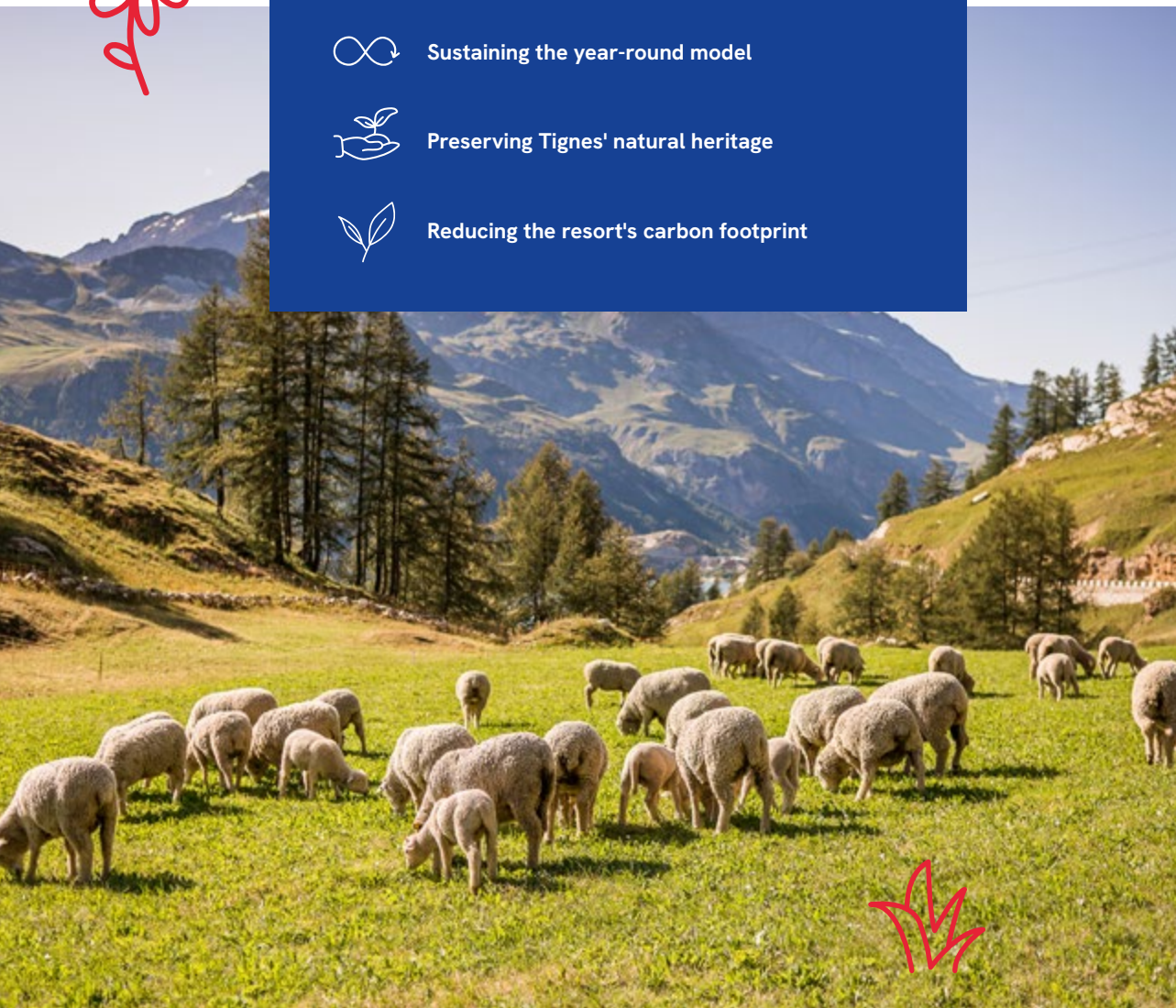
Sustaining the year-round model



Preserving Tignes' natural heritage



Reducing the resort's carbon footprint



A number of immediate measures taken by the resort to reduce its greenhouse gas emissions (85% of Tignes' carbon impact is generated by tourism, 66% of which is linked to transport).



Expansion of the network of EV charging stations, with 44 now in service.

Electric shuttles run by the Société des Téléphériques de la Grande Motte (STGM)



Daily Tignes - Val d'Isère shuttle service to continue this summer

Tignes - Bourg Saint Maurice shuttle service laid on once again for those working in Tignes



Promoting soft mobility (e.g., Dott electric scooters, shuttles, etc.)

Staggering departure/arrival days and promoting transport aggregator tools (the GO TIGNES platform optimises passenger transport, helping to reduce the carbon footprint)...



Redesign of the tignes.net website this summer, focused on responsibility and digital sobriety. The aim is to limit environmental impact while offering the best possible experience. With content redesigned without artificial intelligence and with easier access to information, the new version is more responsible.



Reuse of MyTignes cards with rechargeable, which you deposit in the boxes available at accommodation providers and in the resort's Tourist Offices at end of your stay.



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IDEAS FOR TV REPORTS

ECO-FRIENDLY EVENTS SUPPORTED BY TIGNES

Echo Day, the revival of the village fête in an eco-friendly format

1 AUGUST 2025

In 2025, Echo Tignes will celebrate the 11th edition of its responsible craft market. Every summer, the volunteers from the local association, founded some fifteen years ago, mobilise the village ahead of the *Echo Day*.

A host of local craftsmen will exhibit and sell their produce (honey, spreads, herbal teas, cosmetics, etc.). Zero waste workshops, recycling and sustainable development activities, and an introduction to yoga are also on the agenda for the day.

An association that's active all year round. Echo Tignes is committed to being a sustainable mountain resort, particularly through its two communal gardens, which are open to all in summer. Anyone can plant and harvest whatever they like. It's also an opportunity to take part in a group activity that's both healthy and educational. In winter, local producers offer baskets of sustainable produce.

There's also the "La Fripe, c'est chic" event at the end of winter, where you can find second-hand clothes for young and old.

A long-term commitment that brings holidaymakers and *Tignards* together around shared values.

Contact: echotignes@gmail.com



Pamper your mountain – 5th edition

21 AUGUST 2025

Every year, Tignes takes action by inviting locals and holidaymakers alike to pick up litter on the mountain. In 2024, 1,500 cigarette butts (one butt pollutes 500 litres of water and 1 m³ of snow), 620 food wrappers, and nearly 200 plastic and glass bottles and cans were collected, along with textiles, ski equipment, scrap metal, and construction waste. A total of **542 kg of litter**.

More and more holidaymakers are turning out to take part in this eco-friendly day out with family and friends. In 2024, more than 150 people took part.

On the programme:

- morning collection: teams collect their equipment (bags, gloves, grabbers, t-shirt) and spread out across the various clean-up areas, including Val Claret, Lac du Chevril, and the Tignes ski area.
- afternoon: waste is weighed and sorted. The participants who collect the most unusual objects receive prizes.
- and there's more: events, awareness-raising workshops on the theme of ecology, local crafts, etc.



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Art, aerial dance and modern-day tightrope walking: the suspended moment

10 JULY 2025

Emotion, grace, and amazement in a spectacle that's almost heavenly! Rachid Ouramdane, the internationally renowned choreographer and director of the Théâtre national de Chaillot in Paris, and his company are taking to the unusual stage of Tignes' natural arena and its magnificent setting to present a unique contemporary dance show entitled "Les Traceurs" at sunset. An ode to creativity, self-transcendence, and beauty in sublime choreography, combining lifts and aerobatics in perfect harmony with the reflections of the lake and the surrounding natural elements.

Between heaven and earth

Because magic knows no limits, extreme tightrope walker Nathan Paulin will take on the mountain scenery as he crosses the lake on his slackline, which is just 2.5 cm wide.

It's a physical performance as much as an artistic feat, with the shadow of this extreme tightrope walker silhouetted against the blazing sky.

The man who has broken slackline records all over the world, from Mont Saint Michel (a world-record crossing of 2,240 m) to New York, via the Millau Viaduct, the île de la Réunion, and even between the Eiffel Tower and the Trocadero, has no fewer than 10 world records to his name. A mountain man and an accomplished sportsman, the thirty-year-old Frenchman has become the icon of a discipline that he constantly reinvents through his audacity, creativity, and ability to push boundaries.

This event is part of the Festival des Hautes Envolées, dedicated to dance and acrobatic performance, which takes place in the Haute Tarentaise from 6 to 11 July. The festival is supported by the Communauté de communes de Haute Tarentaise.

Free - Lac de Tignes - 40 minutes.
PRM accessible.

Contact: tignes.net 04 79 40 04 40



Tignes Trail

16 AND 17 AUGUST 2025

A major summer event in Tignes, this is a true mountain running trail with a route that takes in the most beautiful paths in the area, including the marathon trail in the Vanoise National Park. The Tignes Trail is growing every year. Technical but accessible, it is available once again in 2025 over three distances - 14 (740 D+), 26 (1440 D+) and 42 km (2630 D+) - and with 3 youth races to welcome runners aged 10 to 17. Information and registration: tignes.net

Disability Day

5 JULY 2025

Organised by the Communauté de communes de Haute-Tarentaise, in support with Tignes Town Hall, a disability awareness day is taking place on 5 July.

The **H+ approach** confirms the resort's collective commitment to inclusiveness and accessibility for all. This summer, the new tignes.net website will comply with "RGAA 4" standards, which meet the legal requirements for digital accessibility. Together, we can make the mountains accessible to everyone.



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THE MOUNTAIN SHAKER WILL SHAKE UP TIGNES!

3rd summer edition
from 19 to 27 July 2025

After a memorable winter edition in March, the ride & chill festival is back for another summer edition. For 9 days, fans of mountain biking, skating, scootering and rollerblading will enjoy a programme packed with thrills and spills. On the agenda: multi-disciplinary competitions combining two and four wheels, as well as film screenings, aperitifs, and DJ sets.



THE MUST-SEES

19 AND 20 JULY 2025

The skatepark on the shores of the lake will host the **Freestyle Tour by FISE**. Riders of all ages, pros and amateurs, will challenge each other in contests. A competition of the bests tricks is guaranteed!

21 AND 22 JULY 2025

The **Xplore Film Tour** offers open-air cinema sessions and screenings of sports and outdoor adventure films. Free for all. Meet at the Amphithéâtre des Verdures in Tignes le Lac.

23 JULY 2025

Pumptrack competitions

24 JULY 2025

Draisienne Kids Tour & Rouetignes

FROM 25 TO 27 JULY 2025

Slopestyle Mountain Bike Contest
/ Enduro des Alpes



[Detailed programme here.](#)

[To make sure you don't miss a thing, you can watch the 2024 recap video here.](#)



TIGNES FOR FAMILIES



**Renewed this year:
infrastructure, family-friendly
facilities...**

NEW

THE AVENTURE PARK

ADVENTURE IN THE AIR!

Budding adventurers can now experience great aerial expeditions in Tignes... and in complete safety to reassure their parents. A suspended course with walkways and nets, tree houses, gymnastic equipment and 3 zip lines (60m, 80m, 120m), to multiply the sensations... A great way for children and teenagers to take flight!

Aventure Park located at the Plaine Olympique de Tignes in Val Claret.

You must be over 1m30 for the entire course and you must know how to handle the net course.

Price: €20 for the full course and €10 for the nets.

tignes.net



NEW

GOURMET TROTT'

Meet us during the day from 9am or in the late afternoon to discover Tignes' unique alpine trails on an electric scooter. With its 2-wheel drive and quick handling, this all-terrain vehicle gives you a whole new way to explore the resort. Both responsive and manoeuvrable (25 km/h max), it goes everywhere and appeals to the whole family. During the late afternoon outing, participants stop for a gourmet break, sampling local produce and enjoying the magnificent view of the peaks.

Prices: €45 for a beginner course with a guide (1h) or €60 for advanced riders (1h30). €75 for a gourmet walk with a gourmet break (2 hours). 5 people max.

From 14 years and up to 95 kg.

Contact: Sébastien Roure, Trot'tignes - trottignes@gmail.com



NEW

PLAINE OLYMPIQUE DE TIGNES

A sporting holiday means an Olympiad with family and friends! Tignes Val Claret has a new open-air sports area called the "Plaine Olympique de Tignes", where you can challenge yourself, work out and have fun. With a teqball table (ball sport played on an arched tennis table), a beach volleyball court, a city stadium, a petanque pitch, a synthetic football stadium, and a giant checkerboard, all that's left is to form your teams and off you go...

NEW

THE MYTIGNES CARD

Since last summer, there has also been bonus access to the Perce-Neige funicular, which takes you to the foot of the Grande Motte glacier at an altitude of over 3,000 m, and to the Panoramic restaurant. Terrace, contemplation, a gourmet break...

Prices: from €18 (3 days) and €27.50 (7 days).





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Press Site

www.tignes.net/pro/presse



This summer, Tignes' press area is getting a makeover. Discover our improved photo library and newsroom (press releases/files). Don't forget about the redesign of our website, tignes.net.

Have a look!