

## IN THE SADDLE ON THE ROADS AND PATHWAYS OF ISÈRE



Spend time discovering Isère at your own pace by cycling through the countryside on a bike. With thousands of kilometres of signposted cycling routes and an outstanding natural setting, Isère's mountains, plains and hills are an exceptional place to ride a bike along river trails, cycle paths and mountain tracks. Now, you can also take it a little more gently by hiring an e-bike or e-mountain bike and making the most of the latest facilities.

### 5 new signposted routes for e-bikes and eMTBs

Isère's e-bike and e-mountain bike itineraries showcase the department's major natural and cultural sites between the banks of the Rhône and the peaks of the Alps. The signposted routes are suitable for beginners and families, and pinpoint various amenities along the way including bike hire, and sites and service providers offering bike-friendly facilities. This year, Isère has added another 5 new routes:

- **Along the Vénéon River from Bourg d'Oisans.**

The 25.7-km route winds along the Vénéon River with its ice-blue waters to the charming artisan village of Venosc.

- **Prapoutel (Les 7 Laux) - Le Pré de l'Arc in Belledonne.**

An ideal 8.3 km loop for families with children or for beginners in mountain biking.

- **Alleverd-les-Bains loop in Belledonne**

This 14.2-km family loop overlooks the Bréda Valley and offers magnificent views of the Belledonne range.

- **E-trip under the Dent de l'Ours in Chartreuse, starting from Saint-Pierre d'Entremont.**

The route offers a must-see view of the Hauts de Chartreuse Nature Reserve, where you can explore the surrounding villages.

- **From Saint-Hilaire-du-Rosier to the medieval city of Saint-Antoine-l'Abbaye.**

A 30.6-km route through the heart of the hilly landscapes of Chambaran before reaching the medieval city of Saint-Antoine-l'Abbaye, ranked among the most beautiful villages in France.

*These new routes are available on the app Isère Outdoor, on the website: [alpes-isere.com](http://alpes-isere.com), and in the digital version of the 'Electric Tours in Isère' brochure.*

### **The Via Chartreuse: greenway from St Joseph de Rivière to Entre Deux Guiers**

This new 12km greenway, accessible to the whole family and suitable for all types of slow travel, links St Joseph de Rivière to Saint-Laurent du Pont and ultimately to Entre-Deux-Guiers. Using existing paths, the surface is made of natural materials, which reduces the carbon footprint. A great way to get away from it all in the middle of nature in the Chartreuse Regional Nature Park, the route is dotted with wonderful surprises: the Plantimay Farm, the Herretang



peat bog, Villette, the Sources du Guiers waterfalls and superb views of the contours of the surrounding landscape. This latest addition makes a valuable contribution to the attractiveness of the department by offering four-season tourism and promoting physical activity. [www.chartreuse-tourisme.com](http://www.chartreuse-tourisme.com)

### **New MTB/trail improvement from Buclet to Bourg d'Oisans**

A multi-use cross-country track for mountain bikers and joggers. Made up of different terrain features - bumps, hollows, bends - designed for the most demanding of riders, it takes you 4.5 km through the heart of a national forest. Running along the banks of Lake Buclet, it descends further south to make a loop towards the Vénéon river closest to the Pisse waterfall. From Bourg d'Oisans, follow the greenway to the Lac du Buclet: the entry to the trail is located at the crossroads of the dam and the greenway. Open all year. [info-bourgdoisans@oisans.com](mailto:info-bourgdoisans@oisans.com)

### **The Mad'Oz, a MTB endurance trail between Alpe d'Huez and Oz en Oisans**

This new mountain bike route links the Col de Poutran from the Quartier des Jeux in Alpe d'Huez to Oz-en-Oisans. A tough, red level endurance trail in a wooded, mineral landscape, the 4.5 km route follows the Roubier stream with sections on gravel, through woods, and along the water above Oz-en-Oisans. This previously unexplored area makes this route one of the future flagship trails of the region. [www.oz-en-oisans.com](http://www.oz-en-oisans.com)

### **The Bike'arc trail center in 7 Laux**

A pioneer of mountain biking, Les 7 Laux opens a new 1.2 km long blue-level course with a 300 m gradient at the Bike'arc centre this year. This adds to a 1.7 km long green-level trail with a gradient of 150 created last year. The routes are designed to offer the maximum fun with good flow and a variety of terrain features that are rarely found on natural trails. Access is open to all and free of charge. [www.les7laux.com](http://www.les7laux.com)

## **GENTLE ROAMING ON ISERE'S GREENWAYS**

### **Cycle east to west across Isère on the V63**

Get together with friends for a bike ride on the V63 cycle path along the right bank of the Isère and gape at walnut orchards as far as the eye can see. With 122 km in Isère, the V63 extends 200 km across the three Departments of Savoie, Isère and Drôme, and connects with the European ViaRhôna route. Recently upgraded and made safer, the route has e-bike charging stations and secure "points vélo" parking so you can stop for a picnic and visit nearby restaurants and attractions. [www.isere-tourism.com/v63-veloroute-cycle-path-isere-valley](http://www.isere-tourism.com/v63-veloroute-cycle-path-isere-valley)

### **The hidden back roads of the ViaRhôna by bike**

Discover unexpected places along the ViaRhôna bike path on a guided cycle tour. This excursion reveals little-known wonders or seemingly inaccessible spots in Vienne - an unusual jousting pool, vineyards and local products - along the ViaRhôna which follows the Rhône riverside for more than 120 km in Isère. In Vienne, the V63 runs from Vienne to the Île du Beurre Nature Reserve, preserving a section of the wild Rhône intact. Book the trip and hire bikes at the Tourist Pavilion in Vienne or with ViaRhôna. [www.vienne-condrieu.com](http://www.vienne-condrieu.com)

### **Family outing on the ViaVercors**

From farm to workshop, meet artisans, farmers and craftmakers on this walking route and cycle path between Lans-en-Vercors and Villard in the Vercors Natural Regional Park. Connecting the villages of the Plateau des 4 Montagnes, this 55km-itinerary combines educational stopovers and play breaks for children as you stroll along exploring the region's landscapes and heritage on a safe, signposted trail reserved for gentle rambles. <http://via.vercors.fr/>



## **ALL TOGETHER ON AN E-BIKE**

### **Isère, a favorite region for e-biking**

E-biking - or electric biking - is growing in popularity, attracting a new clientele who can zip around on a bike with little effort making it accessible to anyone. Thanks to existing high-quality bike paths and a wide variety of routes for all abilities, Isère is a big hit with e-bikers. To boost this growing trend, Isère Attractivité is currently ramping up e-biking facilities in the region and developing an online booking tool for e-bike rental. Maps and route itineraries are available on the Isère Outdoor app, on the website: [alpes-isere.com](http://alpes-isere.com), and in the digital version of the 'Electric Tours in Isère' brochure.

During the summer, the Bike Infinity School ([www.bikeinfinity.fr](http://www.bikeinfinity.fr)) runs a weekly **e-bike ride up the Vallée Blanche** in Les 2 Alpes at nightfall. At the top, share a delicious aperitif made from local products while the sun sets over the mountains. In Vercors, ride along **a treetop route** suspended 10 metres above the ground with 19 sections of wooden passageways. Offered by the Grillet Sports Shop in Gresse en Vercors ([www.grillet-sports.com](http://www.grillet-sports.com)) this half-day tour cycles along the l'Odysée Verte forest bridges with a gourmet stop at La Grange aux Loups restaurant.

## **BIKE LABELS**

### **75 establishments with the Accueil Vélo label in Isère**

The Accueil Vélo (<https://en.francevelotourisme.com>) is a national French guarantee that identifies tourism providers in France (tourist offices, accommodation, bike rental and repair, restaurants, tourist sites) who welcome cyclists and provide different levels of services tailored to the cyclist's needs. Labels start from a minimum level of service, such as being near a cycle route and have a secure lockup and repair kit to a full package such as providing specialised meals, massages, coaching and a support vehicle. Within Isère, 75 establishments have earned the label. In Oisans, the land of cycling and world capital of mountain biking, they've taken a more local approach and developed their own bike label "Accueil Cyclo Oisans" broken down into 3 levels: 1, 2 or 3 bikes. Today, Oisans has no less than 100 labelled accommodations. [www.bike-oisans.com](http://www.bike-oisans.com)