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# *E-bike Adventures in Isère*



**18** FAMILY  
TRIPS

ON E-BIKES AND MOUNTAIN E-BIKES



ADVICE  
FROM A PRO SO  
THAT YOUR  
RIDE GOES  
WELL



# Isère – nothing more natural



## Col de Porte Chartreuse Massif

Looking for wide-open spaces, and new experiences to share?... Allow yourself time out in a unique setting – without having to go to the end of the world. Isère – nothing more natural.



PHOTO PASCAL CHOLETT



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## Editorial



-bike

Whether you're a great athlete or an occasional cyclist, Isère, with its fabulous diversity of landscapes and quality cycling facilities, offers a multitude of bike itineraries for everyone to enjoy.

The e-bike makes coping with different terrains easier, allowing family and friends to share cycling whatever each member's ability. Even more important, this gentle way of exploring combines protecting the environment with health benefits.

We want to promote the development of this activity, so this brochure presents a selection of the best itineraries to discover the riches of Isère.

Go off along roads and greenway routes on e-bikes, and explore the banks of the River Rhône, find famous artists from Isère, seek out local skills and the unmissable cultural and historical sites of the area. If you are a fan of these trails, you can take a mountain e-bike and enjoy exploring the Chartreuse, Belledonne, Vercors and Oisans Massifs, and riding round the lakes.

Hire an e-bike, stay near an itinerary, take a break from the route – each itinerary is set out in detail for you to plan your day or your stay according to what you want to do.

To find out more, turn the pages and when you've done that... on your bike!

The Isère Attractivité Team

### Cover photo:

Trip with friends  
around Lake Paladru

© Alexandre Gelin

### THIS MAGAZINE WAS PREPARED BY:

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**This brochure was produced with the help of** the agencies of the Département of Isère (service jeunesse et sport, Direction des Mobilités, services aménagements des Maisons de Territoires), The Isère Départemental Cyclotourism Committee, The Isère Départemental Cycling Committee, The Union of French Cycling Instructors, The Mountain Bikers Foundation, Isère Unitary Authorities and the Tourist Offices. This document is a tourist brochure. We have taken the greatest care in preparing it to make sure we provide an objective selection of suggestions. All the suggestions and illustrations contained here are for information purposes only, and Isère Attractivité is in no way liable for its content.

[info@isere-tourisme.com](mailto:info@isere-tourisme.com) - [evasion.ishere.fr](http://evasion.ishere.fr)





## *The French Cyclotourism Federation – a mission of expertise*

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BY DENIS VITIEL, MEMBER OF THE FRENCH CYCLOTOURISM FEDERATION  
AND OF THE ISÈRE DÉPARTEMENTAL CYCLOTOURISM COMMITTEE

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One of the missions of the French Cyclotourism Federation is the development of tourism on bikes, and that is why the Départemental Committee - CODEP 38 - has been working for more than 20 years with the Isère Département on this subject.

We propose managing the routes and offering choices of trails with the aim of creating safe circuits and encouraging calm and peaceful cyclotourism.

We have taken part in developing circuits and routes for cycling, as well as outstanding climbs furnished with ad hoc milestones. We have also made a contribution to

the creation of the V63 cycling route. This itinerary, a variation of the ViaRhôna, provides a direct route to Valence, without having to go through Lyon and Vienne.

The e-bike, like its classic equivalent, is a great way of getting around from day to day. Riding an e-bike enables beginners or moderate users to visit part of the heritage of the Isère on bikes without any worries. For two years we have been working with Isère Attractivité to create family routes specially for cycling with e-bikes. These routes have been created with the help of our clubs, either for plotting the routes or for checking them.

# How do you have a successful e-bike or mountain e-bike trip?

The routes presented in this guide are accessible to a (very) wide selection of people, but even so, some hints on managing the assistance, the steering or clothing will help you get the most out of your ride on your bike/e-bike or mountain e-bike. Julien Rebuffet, Director of the French Cycling Instructors, has given us his recommendations.

BY MARTIN LÉGER

**I**t may seem obvious, but you need to identify your itinerary and the type of route carefully: is it on the road, on a wide track, on a narrow path? "That will have a bearing on the equipment to choose (e-bike for the road, mountain e-bike for tracks and trails). Electrical assistance gives the impression of ease, but don't forget that the steering can be a bit more complicated because of the weight: a mountain e-bike weighs 7 to 10 kilos more than a classic mountain bike. You need to anticipate more. To take full advantage of the extra power of the mountain e-bike, the ideal is to take an advanced course, for, notably, mastering techniques for getting through obstacles." Whatever the bike and itinerary chosen, electrical assistance will enable you to go up all slopes without tiring yourself (too much) – quite an advantage in Isère, where the elevation gain can build up quickly.

The itineraries featured in this magazine should certainly not exceed two hours. There is therefore no reason why your battery should run out of charge. But to avoid any nasty surprises – particularly caused by very low or very high temperatures that can lower the battery life – it is preferable to set out with a fully-charged battery. (See boxed text).

With this in mind, you should also never remain in turbo mode the whole time. "Whenever possible, lower the level of assistance a bit. Because the higher this is, the higher the risk of jolts. Try instead to swap between excursion and sport modes – the second and third levels of assistance of four in total – and leave the turbo mode for really steep climbs." Add assistance gradually, in order to avoid the skidding effect.

Having a motor does not mean you don't have to vary the gear ratio. "You mustn't pedal too quickly, nor too slowly. This is why you must make good use of gear changing, so

that you always pedal with the same rhythm, regardless of the slope. By doing this, you optimise the assistance of the motor. If the worst comes to the worst, it is better to be in a low gear and have to pedal a bit more rather than to go up in a high gear".

What about the cyclist's equipment? Breathable clothing, a rain jacket, some cereal bars and/or money for snack breaks, and obviously water (a canteen, a bottle in your bag or a Camelbak®) are obvious, regardless of which route is chosen.



## Battery, instructions for use

> Julien Rebuffet, Director of the French Cycling Instructors.

The batteries of current e-bikes and mountain e-bikes allow you to "ride happily for three or four hours on a mountain bike, or the whole day on flat terrain", says Julien Rebuffet. He added: "Riding uphill, alternating between excursion and sport modes you will achieve between 800 and 1000m elevation gain". Use your stops at the bars or restaurants to recharge your batteries "since you can recharge 80% in an hour, or 30% to 40% in 20 minutes". Also make sure you take the charger in your bag "because you may find an electric socket easily, but you won't necessarily find the charger to go with it", concludes the Director of MCF.



# 18 itineraries to explore Isère on e-bikes or mountain e-bikes

The itineraries presented in the following pages cover the whole of the Département, and have been chosen for their accessibility (completion time generally under two hours and reduced elevation gain, with no steep hills); their peaceful location (little or no road traffic) and how representative they are of the countryside. They are aimed at all those who want to uncover the treasures of Isère – the bike is only a pretext for exploring the area. For each route, local contributors give a bit of extra info in the "expert's advice" section.

BY MARTIN LÉGER



> The Tour of Paladru Lake itinerary looks down over the blue lake and then takes you along the shore for 5.3km.







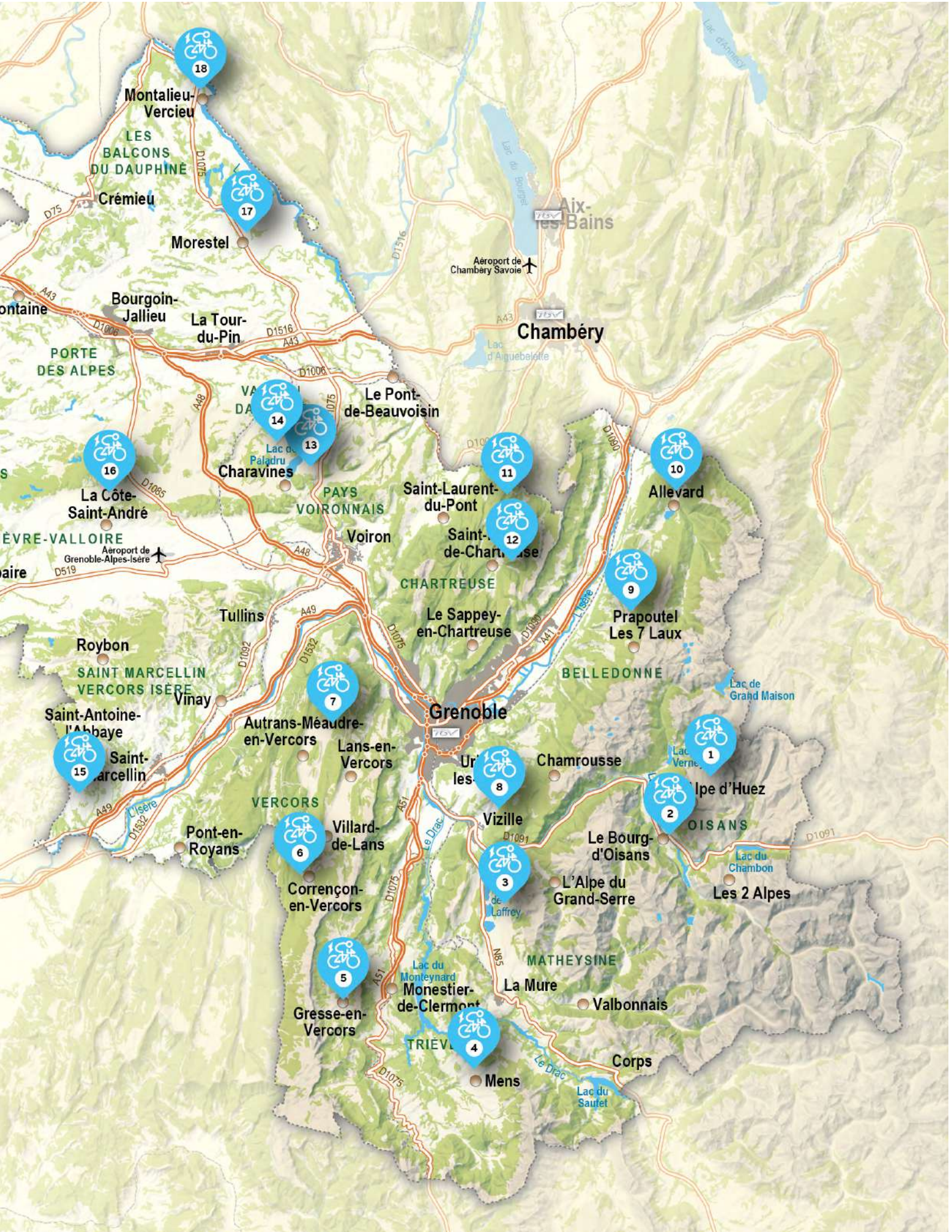
© T.Hytte/Kipi.fr

# The itineraries

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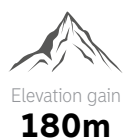
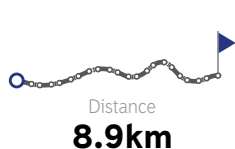




# The Tour of the Lakes

Alpine meadows, magnificent lakes and the mountain atmosphere characterise this route, which takes place almost entirely at altitudes above 2000 metres. This does not stop it being really accessible though.

## MOUNTAIN E-BIKE > LEAVING FROM OZ-EN-OISANS OR L'ALPE D'HUEZ.



Level  
**Medium**



Located between L'Alpe d'Huez and Oz-en-Oisans, L'Alpette plateau is a real jewel, very popular with anglers and hikers. This itinerary is THE ideal family outing. There are many footbridges that span the lakes (Carrelets, Besson and Faucille), giving an impressive panoramic view.

You can access it in several places from the road or using the Alpe d'Huez and Oz-en-Oisans ski lifts.



**EXPERT'S  
ADVICE**

*A really beautiful circuit at altitude that still remains within everyone's reach, with distance and elevation gain reasonably low. As you leave the resort, you see new surroundings.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE A MOUNTAIN E-BIKE

> Skimium. Oz Station Chalet des Neiges building, Oz-en-Oisans. Tel. +33 4 76 80 72 78 - location-vtt-oz-en-oisans.notresphere.com

### WHERE TO STAY

> Le Chalet des neiges in Oz-en-Oisans. Tel. +33 4 79 39 02 90 www.chaletdesneiges.com

### FURTHER INFORMATION

> [www.oz-en-oisans.com](http://www.oz-en-oisans.com)  
> [www.alpedhuez.com](http://www.alpedhuez.com)

### TO SEE EN ROUTE

> **A** - With its 5 lakes listed among the Patrimoine National (National Heritage), the Alpette Plateau offers magnificent landscapes and vast panoramas. When you stop, if you stay quiet, you might see marmots.

### TAKE A BREAK

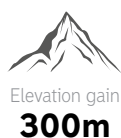
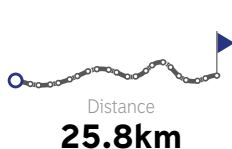
> **B** - Le chalet du Lac Besson. This restaurant at altitude has a fine terrace that overlooks the lake. Tel. +33 4 76 80 65 37



# Along the Vénéon by the greenway route

Leaving Le Lac Bleu (Blue Lake), the greenway route follows the cliff as far as the Pisse waterfall, passing Buclet Lake first. The route winds along the Vénéon, and the glacial blue colour lasts as far as Venosc with its craftspeople.

## E-BIKE > LEAVING FROM BOURG-D'OISANS.

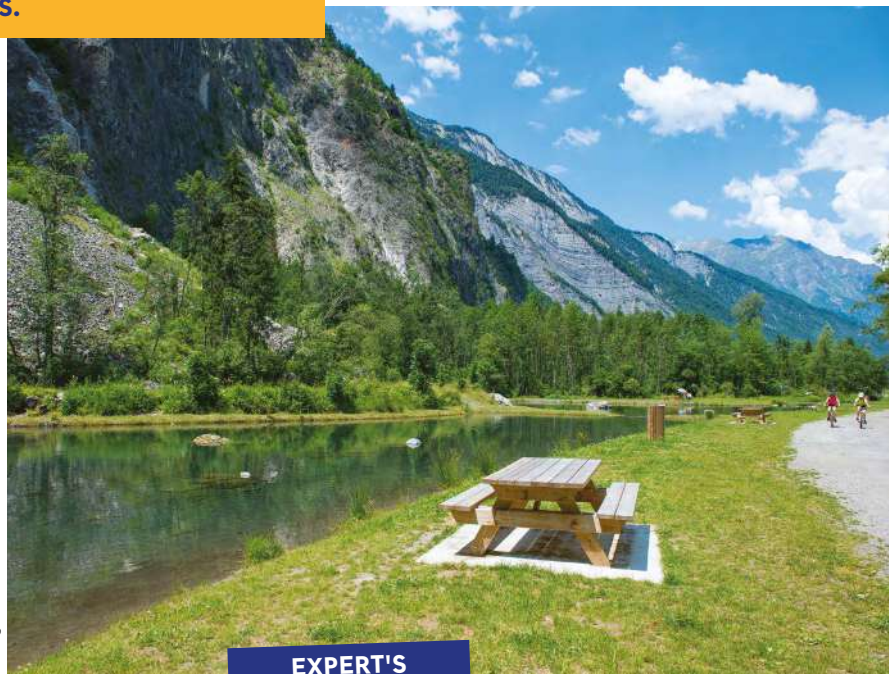


Level  
**Medium**



There are no end of fantastic passes reachable on 2 wheels, or less obvious routes starting from Bourg-d'Oisans. In the summer season, bikes from all over the world converge on the area to try their luck on the challenging 21 hairpin bends of the Alpe d'Huez climb or the great Alpine passes. This itinerary on a greenway route is much easier, but still includes an elevation gain of 300m! A little effort will get you to Venosc and you can enjoy the charming cobbled streets in this Oisans village.

©images et rêves



**EXPERT'S  
ADVICE**

*A route that takes the Oisans greenway route ending at Venosc with a final climb and a great descent on the way back.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE AN E-BIKE

> Bleach 106 Avenue Aristide Briand  
in Bourg-d'Oisans. Tel. +33 4 76 79 21  
82  
bleach-xtremsports.com

### WHERE TO STAY

> Le Cosy Lodge in Bourg-d'Oisans.  
Tel. +33 6 07 42 05 28  
www.lecosylodge-bourgdoisans.com

### TO SEE EN ROUTE

> A - The village of Venosc.  
> B - The Oisans Skills route.

### TAKE A BREAK

> C - At the Douce Gourmandise  
restaurant /grocery store in  
Venosc.  
Tel. +33 6 41 83 78 27

### FURTHER INFORMATION

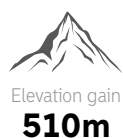
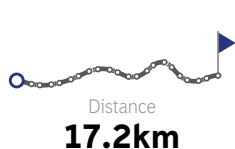
>www.bourgdoisans.com  
>www.oisans.com



# Between two lakes

This circuit offers a tour of two of the Laffrey lakes (Petichet and Pierre-Châtel), where you can enjoy magnificent views over the whole Matheysine plateau and beyond, particularly from the Creys ridge.

## MOUNTAIN E-BIKE > LEAVING FROM SAINT-THEOFFREY.

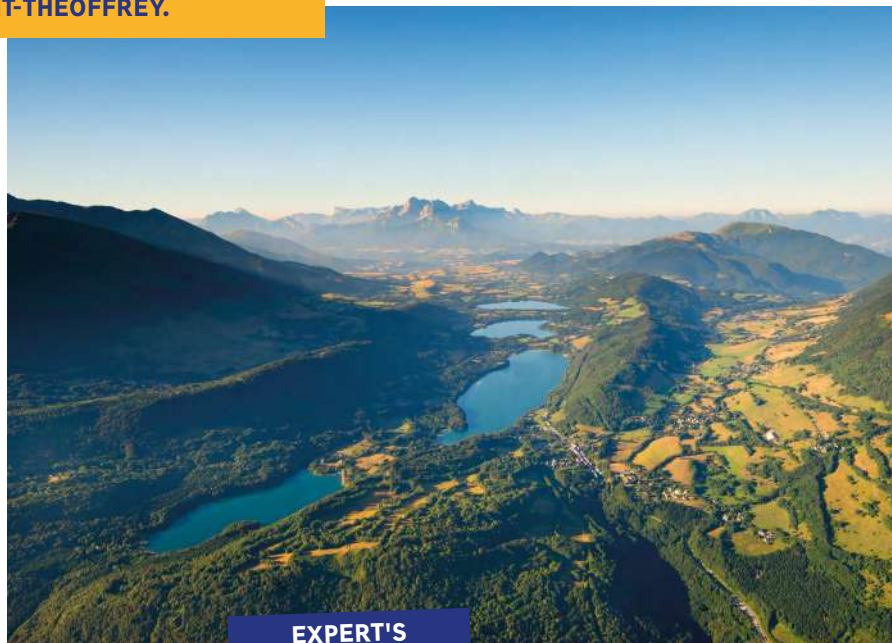


Level  
**Medium**



If you live in Grenoble, you love the lakes on the Laffrey plateau (four in total, when you count Laffrey Lake and the dried-up Lake Mort) – especially when you are looking for a bit of coolness in summer. The surrounding area also attracts mountain bikers, with its varied terrain and beautiful countryside, opposite the Massif du Taillefer. Pierre-Châtel is one of the starting points for the FFC (French Cycling Federation)-mountain biking area of Matheysine and the Valbonnais valleys, with 35 circuits with four different levels of difficulty, totalling 900km.

© Frédéric Pattou



### EXPERT'S ADVICE

*You really make progress here, in an unspoilt, well-preserved setting. You will find lots of local crafts and products. There is a real sense of getting away for it all, even though you're barely 40 minutes from Grenoble.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

> Camping Ser Sirant in Saint-Théoffrey. Tel. +33 4 76 83 91 97  
[www.campingsersirant.fr](http://www.campingsersirant.fr)

#### WHERE TO STAY

> Camping Ser Sirant in Saint-Théoffrey. Tel. +33 4 76 83 91 97  
[www.campingsersirant.fr](http://www.campingsersirant.fr)

#### TO SEE EN ROUTE

> **A** - The Olivier Messiaen Viewpoint. The famous composer had a house at Saint-Théoffrey. The various elements of the landscape - lakes, mountains, birds etc - enriched his musical inspiration.

#### TAKE A BREAK

> **B** - At Le Miradou, a restaurant situated on a pretty beach of pebbles and grass beside Petichet Lake. Tel. +33 4 76 83 00 22  
[www.lemiradou.com](http://www.lemiradou.com)

#### FURTHER INFORMATION

> [www.matheysine-tourisme.com](http://www.matheysine-tourisme.com)



# At the foot of the Obiou peak

At 2789 metres, Obiou is the highest point of the Dévoluy Massif – a powerful wall of rock which dominates Le Trièves on one side and Le Beaumont on the other.

This route will show you the imposing character of this mountain – the name means "bull's head" in the Provençal language.

## MOUNTAIN E-BIKE > LEAVING FROM MENS.

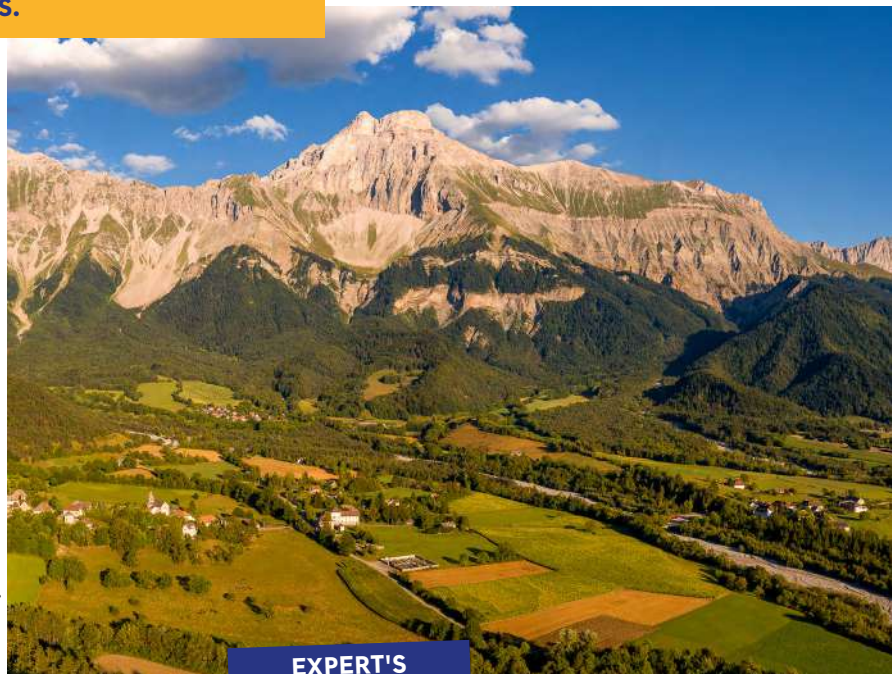


Level  
**Medium**



**Starting from Mens**, this rolling itinerary, which follows wider trails (it alternates between tracks and metalled roads), will take you through numerous villages and hamlets. In this order: Beaumet, Saint-Beauvais, Les Bonnets, Saint-Baudille-et-Pipet, Saint-Pancrasse, Longueville (perhaps the prettiest of all) and finally, Menglas. The absence of technical difficulties will mean that you can really make the most of the impressive view over Le Trièves from the heights of Mens.

© Pierre Jayet



**EXPERT'S  
ADVICE**

*Le Trièves is absolutely superb in terms of landscapes, and very well-preserved.*

*Writer Jean Giono stayed there often and was inspired by its beauty.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE A MOUNTAIN E-BIKE

> Atelier boutique Roues libres in Mens. Tel. +33 6 32 02 93 26

### WHERE TO STAY

> Gîte Le Clos des Luya in Mens. Tel. +33 6 45 67 53 89 [www.leclosdesluya.com](http://www.leclosdesluya.com)

### FURTHER INFORMATION

> [www.trieves-vercors.fr](http://www.trieves-vercors.fr)

### TO SEE EN ROUTE

> **A** - The Trièves Museum.  
> **B** - The Covered Market in Mens.

### TAKE A BREAK

> **C** - At Saint-Baudille-et-Pipet, stop in front of the little church and enjoy the surroundings in the welcome shade of the lime trees.



# Panorama over the giants of the Vercors

Leaving from Gresse-en-Vercors, this varied trip passes through hamlets, across plains and along forest tracks, and as a bonus, will give you a fantastic view over Mont Aiguille - one of the seven wonders of the Dauphiné region - from the Allimas pass.

## MOUNTAIN E-BIKE > LEAVING FROM GRESSE-EN-VERCORS.



Level  
**Medium**

● ● ● ●

Great descents certainly make up the best parts of this itinerary. The first of these offers a fine view of the East Balcony of Vercors and Le Grand Veymont, the highest peak of the massif, with its height of 2341m, and then there's the stretch to get to the "Odyssée Verte", the track suspended among the trees, where you can really experience the forest. The view over Mont Aiguille, though, has got to be a must on this route. Why? This majestic mountain, conquered for the first time in 1492 when even the inhabitants of Trièves called the mountain inaccessible, is considered the cradle of mountaineering.

© Trièves Vercors Tourisme



### EXPERT'S ADVICE

*This itinerary may be recommended for beginners, but even so it is very varied and enjoyable, with its roads, forests and trails. It offers a fairly comprehensive opportunity to explore the different ways of steering your bike, but accessibly, without technical difficulty.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

> Grillet Sport 1898, route du Grand Veymont in Gresse-en-Vercors.  
Tel. +33 4 76 34 30 12  
[www.grillet-sports.com](http://www.grillet-sports.com)

#### WHERE TO STAY

> Bed and breakfast at Aiguillette Lodge in Gresse-en-Vercors.  
Tel. +33 6 20 18 54 49  
[www.aiguillette.lodge.com](http://www.aiguillette.lodge.com)

#### TO SEE EN ROUTE

> **A** - L'Odyssée verte, a walkway suspended 10 metres above the ground – you can see the forest from above.

#### TAKE A BREAK

> **B** - At the Allimas Pass to make the most of the panorama.

#### FURTHER INFORMATION

> [www.trieves-vercors.fr](http://www.trieves-vercors.fr)



# The Clariant Loop: from pastureland to fairway

This "half-loop" (the first and last kilometres are along the same route) will take you to the foot of the Villard de Lans and Corrençon-en-Vercors ski resorts. Notably, it goes along the ViaVercors, an itinerary shared by soft mobility users.

## MOUNTAIN E-BIKE > LEAVING FROM VILLARD DE LANS.



Level  
**Medium**

Throughout your trip, you will enjoy views of green pastures and the magnificent mountains which overlook the two resorts, especially the ridges of Gerbier. The route through the hamlet of Les Pouteils, with its typical architecture, is one of the best parts of this route, and others are your arrival at the Auberge du Clariant (a natural area formed by the action of charcoal burners) and the Corrençon biathlon shooting point, where you might see athletes training.



**EXPERT'S  
ADVICE**

*Corrençon is a very pretty village, very close to the Les Hauts-Plateaux du Vercors Nature Reserve. This route will also take you across the 45th parallel and the Corrençon golf course.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

- > **Velectrip**, Avenue des Bains in Villard-de-Lans. Tel. +33 6 09 69 43 06 - velectrip.fr
- > **Sport Neige**, 38 place des Martyrs in Villard de Lans. Tel. +33 4 76 95 04 68 www.sportneige.fr

#### WHERE TO STAY

- > **Hôtel du Golf** in Corrençon-en-Vercors. Tel. +33 4 76 95 84 84 www.hotel-du-golf-vercors.fr

#### TO SEE EN ROUTÉ

- > **A - La maison du Patrimoine (Heritage Centre)** in Villard de Lans.
- > **B - Le Champ de la Bataille (The Battlefield)** which owes its name to the clash in 1410, between the troops of the Bishop of Die and those of the Count of Sassenage, Lord of the Lans Mountains.

#### TAKE A BREAK

- > **C - Auberge du Clariant**. Tel. +33 6 82 42 45 19 leclariant.com

#### FURTHER INFORMATION

- > [www.villarddelans.com](http://www.villarddelans.com)

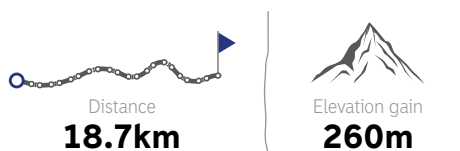


# The Autrans-Méaudre Valley in Vercors

This route starts from Autrans or Méaudre, crosses the open, wooded valley and passes through a good number of little hamlets with their slate-roofed, gabled houses.

Don't forget to stop and visit one of the numerous farms and sample the local products such as the blue Vercors-Sassenage cheese.

## E-BIKE > THE VIAVERCORS LEAVING FROM MÉAUDRE OR AUTRANS.



Level  
**Medium**



With its 50km of itineraries linking the five communes of the Vercors (Saint-Nizier-du-Moucherotte, Lans-en-Vercors, Villard-de-Lans, Corrençon-en-Vercors, Autrans-Méaudre), the ViaVercors is perfect for a family outing. Motorised vehicles are prohibited on most of it, and it is provided with picnic areas (with tables made from local materials) and informative stops (viewfinder over surrounding peaks, speed bumps to learn how to control a bike, etc).

© David Boudin



**EXPERT'S  
ADVICE**

*You take in most of the ViaVercors: a unique network of itineraries reserved for soft modes of transport including, of course, e-bikes and mountain e-bikes.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE AN E-BIKE

> Skimium 133, route du Méaudret in Méaudre. Tel. +33 4 76 95 20 44 - [www.cyclesetco.fr](http://www.cyclesetco.fr)  
> La Grange aux skis 64 place Julien Bertrand in Autrans. +33 4 76 95 32 83 [www.lagrangeauxskis-sports.com](http://www.lagrangeauxskis-sports.com)

### WHERE TO STAY

> Hôtel Arcanson in Méaudre. Tel. +33 4 76 95 23 51 - [www.arcanson.com](http://www.arcanson.com)

### FURTHER INFORMATION

> [www.autrans-meaudre.com](http://www.autrans-meaudre.com)

### TO SEE EN ROUTE

> **A** - The Blondes d'Aquitaine, yak's and bison on the Les Prés Lauzès farm.  
> **B** - The Olympic ski jump at Le Claret. It was built for the Grenoble Winter Olympics in 1968, but is still being used.

### TAKE A BREAK

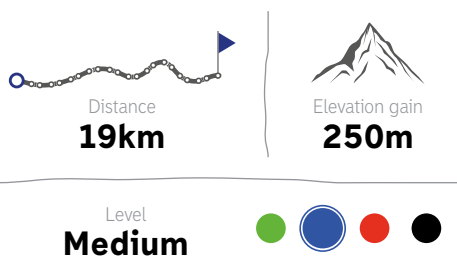
> **C** - At the restaurant la Buffe in Autrans, for its famous Gratin Dauphinois. +33 4 76 94 70 70 - [www.la-buffe.fr](http://www.la-buffe.fr)



# Cycle from Château to Château

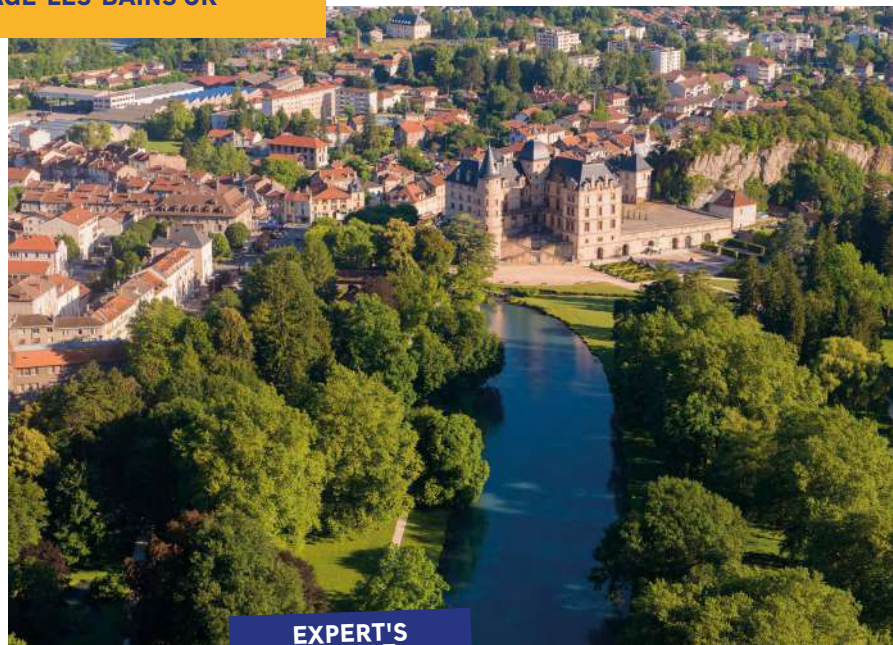
In Vizille and Uriage there are two fine châteaux full of history. This route links the two of them for you, alternating between tracks and little roads, on both sides of the main départemental road.

## MOUNTAIN E-BIKE > LEAVING FROM URIAGE-LES-BAINS OR VIZILLE.



On this itinerary, you will also discover two magnificent parks where you can take a break – a good idea, especially if you have children with you. At Uriage, they will like the "sulkys" (little horses with pedals), the roundabout, and the "aerjump" (trampolines, zip wires, adventure course, etc). At Vizille, swans, ducks, peacocks and deer in the wildlife park await you. And don't forget the French Revolution Museum, within the château itself.

© Frédéric Pattou



### EXPERT'S ADVICE

*Here you will discover unusual things, hidden nuggets like a water wheel or a little lake that you cannot expect to see if you stay on the main départemental road between Vizille and Uriage.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

> Camping Imprévu 62 chemin des Molières in Vaulnaveys-le-Bas  
Tel. +33 4 76 89 27 39 - [www.campingimprevu.com](http://www.campingimprevu.com)

#### WHERE TO STAY

> Camping Imprévu 62 chemin des Molières in Vaulnaveys-le-Bas  
Tel. +33 4 76 89 27 39 - [www.campingimprevu.com](http://www.campingimprevu.com)

#### FURTHER INFORMATION

> [www.grenoble-tourisme.com](http://www.grenoble-tourisme.com)  
> [www.uriage-les-bains.com](http://www.uriage-les-bains.com)

#### TO SEE EN ROUTE

> **A** - You can enjoy a refreshing break at the Spa Park of Uriage-les-Bains, with its century-old trees and its vast lawns.  
> **B** - The Vizille Estate and the French Revolution Museum.

#### TAKE A BREAK

> **C** - At Le 2002, the Restaurant at the Uriage golf course, at Vaulnaveys-le-Haut. A fine terrace with a view over the green.  
Tel. +33 9 62 50 47 89  
[www.golfduriage.com](http://www.golfduriage.com)

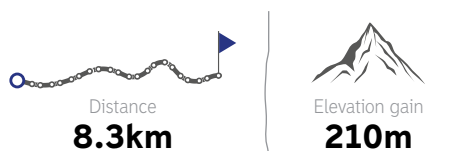


# Bel'Velec Prapoutel le Pré de l'Arc

This itinerary is ideal for families, offering great opportunities to explore the richness of the natural world around the Belledonne Massif. The route is full of pastures, waterfalls, forests and streams.

Don't forget to stop and admire Le Ferrouillet, a paradise for ibex and chamois, which reaches 2587m in height.

## MOUNTAIN E-BIKES > LEAVING FROM PRAPOUTEL / LES 7 LAUX.



Level  
**Easy**



With its 3 access points spread over 2 hillsides, the 7 Laux resort is very popular in winter with inhabitants of the Grenoble area. In summer, hikers and mountain bikers can get to the top of the resort on the ski lift and enjoy the numerous trails and magnificent panoramas. At Prapoutel, the Bel'Velec park is dedicated to Enduro mountain biking and mountain e-bikes, offering 8 routes, totalling 111km, to explore the Balcons de Belledonne.

© OT des 7 laux



**EXPERT'S  
ADVICE**

*A circuit on a very accessible trail, relatively flat with short uphill stretches easily manageable on a mountain e-bike.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

> Easy Riders  
Chalet des Sports in Prapoutel  
Tel. +33 6 62 83 96 19  
[www.easyriders-7laux.fr](http://www.easyriders-7laux.fr)

#### TAKE A BREAK

> A - At the Pré de l'Arc to enjoy the superb view of the Grésivaudan Valley and the Chartreuse Massif

#### WHERE TO STAY

> Chalet La Colombière in Saint-Agnès  
Tel. +33 43 51 74 54 -  
[chalet.lacolombiere.free.fr](http://chalet.lacolombiere.free.fr)

#### FURTHER INFORMATION

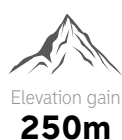
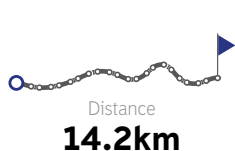
> [www.les7laux.com](http://www.les7laux.com)



# Family route in Allevard-les-Bains

The Allevard-les-Bains family route is accessible to novices on 2 wheels. On the outward stretch you overlook the Bréda valley, and you will find magnificent viewpoints over the Belledonne Massif.

## E-BIKE > LEAVING FROM ALLEVARD-LES-BAINS.



Level  
**Easy**



The spa resort of Allevard-les-Bains has long been famous for the benefits of its sulphurous waters. It is situated in a pretty valley dominated by the peaks of the Belledonne mountain chain. Around the town lakes, waterfalls and torrents provide the setting for numerous hikes and activities connected with water, like swimming and fishing. Allevard-les-Bains also possesses a rich cultural and historical heritage.

© Images et rêves



**EXPERT'S  
ADVICE**

*A circuit on little roads with two sections on the main départemental road which has bike lanes. The climbs at Moutaret and Chappelle-du-Bar are easily accomplished via a gentle slope.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE AN E-BIKE

> Ecox 8 rue du Grand Pont in Allevard-les-Bains  
Tel. +33 6 84 03 87 33

> Allevard Sportshop 10 pl. de Verdun in Allevard-les-Bains  
Tel. +33 4 76 45 70 88

### WHERE TO STAY

> Gîte de la Martinette in Le Haut-Bréda  
Tel. +33 4 76 45 08 1  
[www.lamartinette.com](http://www.lamartinette.com)

### TO SEE EN ROUTE

> **A** - the Allevard spa park and its orienteering course.  
> **B** - The St Roch Chapel and St Baptiste Church in le Moutaret with entirely renovated stained glass windows.

### TAKE A BREAK

> **C** - At La Mirande Lake. A haven of peace, with picnic tables and a snack bar.

### FURTHER INFORMATION

> [www.allevard-les-bains.com](http://www.allevard-les-bains.com)  
> [www.destination-belledonne.com](http://www.destination-belledonne.com)



# E-Trip below La Dent de l'Ours

Come and discover mountain e-biking with this itinerary in the heart of the Entremonts en Chartreuse.

Leaving from the Tourist Office, this route takes in the hamlets around the commune of Saint-Pierre-d'Entremont.

## MOUNTAIN E-BIKE > LEAVING FROM SAINT-PIERRE-D'ENTREMONT



Level  
**Medium**

● ● ● ●

In the heart of the Chartreuse Regional Natural Park and spanning the Départements of Isère and Savoie, the Entremonts Valley is a real, timeless haven of peace. This territory is simple and unspoilt, with many advantages: a rich historical heritage, local produce and wild, protected nature.

©Office de Tourisme Coeur de Chartreuse



### EXPERT'S ADVICE

Fairly easy mountain e-bike trails, with part on roads towards the Col du Cucheron which is not often used by cars. A route to and from the hamlet of the Château with its old sawmill and waterwheel not to be missed.



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE AN E-BIKE

> Entre Monts Vélos, Old Town Hall  
- Le Bourg in Saint-Pierre-d'Entremont  
Tel. +33 6 19 94 98 05  
www.entre-monts-velos.fr

#### WHERE TO STAY

> Le moulin des Chartreux in Saint-Pierre-d'Entremont  
Tel. +33 4 79 65 94 77  
moulin-des-chartreux.com

#### TO SEE EN ROUTE

> A - The ruins of the Château de Montbel.  
> B - The Farm of Labérou for its goats' cheese.  
www.ferme-de-laberou.fr

#### TAKE A BREAK

> C - At the Salon de Thé Aux Délices de Chartreuse in Saint-Pierre-d'Entremont  
Tel. +33 4 79 65 86 95  
www.patisserie-delices-chartreuse.fr

#### FURTHER INFORMATION

> www.chartreuse-tourisme.com



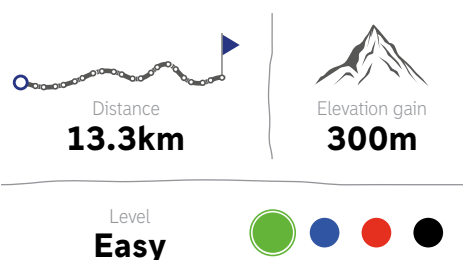
# Easy trip at Saint-Pierre-de-Chartreuse

There is more to Saint-Pierre-de-Chartreuse than its village centre.

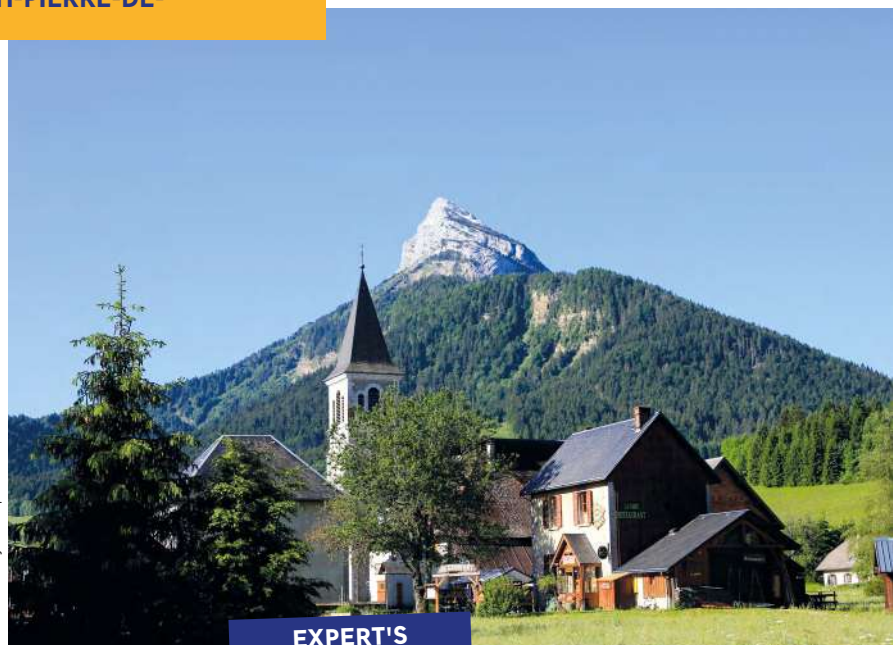
The commune also includes a multitude of little hamlets.

Set out and explore the area on this route – the distance and the elevation gain are very manageable.

## MOUNTAIN E-BIKE > LEAVING FROM SAINT-PIERRE-DE-CHARTREUSE.



Did you know that, with its area of 8000 hectares or so, Saint-Pierre-de-Chartreuse covers one of the largest areas of any commune in Isère? That is not to say that this is a route through a built-up area – as you will see from the magnificent view over the village of Saint-Pierre with the summit of the Grand Som mountain in the background! This trip will take you through hamlets though: Les Antonins, Mollard-Bellet, Gontière, Mollarière, Marchandière, Gérentière, Les Michallets, Martinière, Villas, Les Murets, les Gorges, le Grand Logis and Patassière.



### EXPERT'S ADVICE

*Chartreuse is a self-contained area. It has an unspoilt side, protected, full of history, with the monastery still occupied by the Carthusian monks.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

- > Brun Sport. Bois des lièvres in Saint-Pierre-de-Chartreuse. Tel. +33 4 76 88 62 12 - [www.brun-sports.com](http://www.brun-sports.com)
- > Raidlight Vertical: in Saint-Pierre-de-Chartreuse. Tel. +33 4 76 53 35 50 - [www.raidlight.com](http://www.raidlight.com)

#### WHERE TO STAY

- > Aux cabanes de Chartreuse. Treehouse cabins in the heart of the forest.

Tel. +33 7 71 17 07 43 - [www.cabaneschartreuse-insolite.fr](http://www.cabaneschartreuse-insolite.fr)

#### TO SEE EN ROUTE

- > A - The Grande Chartreuse Museum less than 2km away.
- > B - The Museum of Modern Sacred Art - Saint-Hugues Church.

#### TAKE A BREAK

- > C - Auberge de la Brévardière. Tel. +33 4 76 88 60 49 [www.brevardiere.fr](http://www.brevardiere.fr)

#### FURTHER INFORMATION

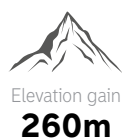
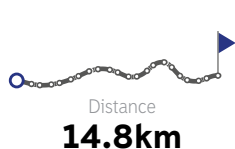
- > [chartreuse-tourisme.com](http://chartreuse-tourisme.com)



# Paladru Lake, the Chartreuse side

With no less than 21 marked mountain bike circuits totalling more than 350km around the fifth-largest natural glacial lake in France, you are spoilt for choice. This blue route between plain and forest is ideal for beginners who want to explore the joys of mountain e-biking.

## MOUNTAIN E-BIKE > LEAVING FROM CHARAVINES.

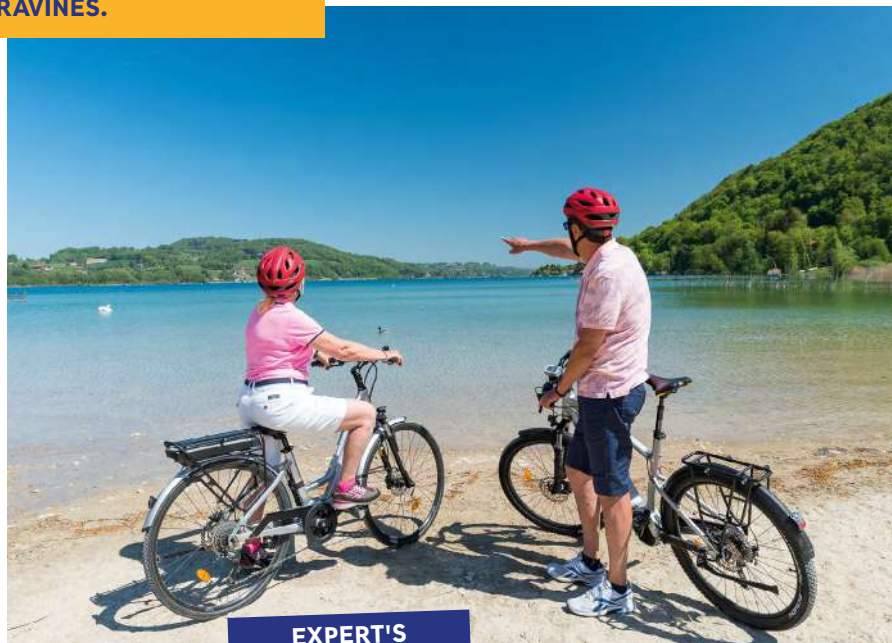


Level  
**Medium**



This itinerary alternates between easy-riding and stony tracks, giving it a varied character. It offers superb viewpoints over Paladru Lake and, in clear weather, over Mont Blanc and the Chartreuse, Vercors and Belledonne Massifs. If you want a breather, we can really recommend a stop at La Sylve Bénite, imposing buildings dating from 1655 which were originally associated with a Carthusian monastery.

© Alexandre Gellin



**EXPERT'S  
ADVICE**

*This is a good alternative to the e-bike itinerary – see page 23 – if you want to explore the Paladru area. You will go up and down hills even more, in the foothills of the Chartreuse mountains. There is a particularly large number of interesting mountain bike trails here.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE A MOUNTAIN E-BIKE

> Natura Vélo. 245 route des plages in Charavines.  
Tel. +33 4 76 35 64 98 - naturavelo.com

### WHERE TO STAY

> Hôtel Restaurant Lac Bleu in Charavines.  
Tel. +33 4 76 06 60 48  
www.lacbleu.fr

### TO SEE EN ROUTE

> A - La Grange Dimière (the Tithe Barn). La Sylve Bénite, these imposing buildings associated with the Carthusian monastery, will take you by surprise.

### TAKE A BREAK

> B - The Envol au Vent restaurant situated on the beach at Lake Paladru. Tel. +33 4 76 06 92 71

### FURTHER INFORMATION

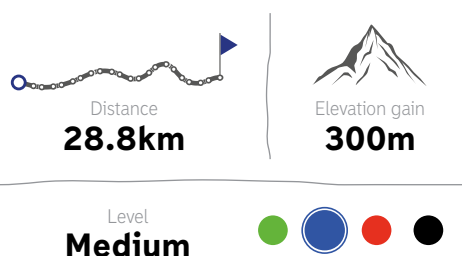
> [www.paysvoironnais.info](http://www.paysvoironnais.info)



# Tour round Lake Paladru

To start with, go up along the peaks which overlook the "blue lake". From there you get a wonderful view of the Chartreuse and Bauges mountains and Mont Blanc. Then you ride along around 5.3km of the eastern edge of the lake. This is the programme that awaits you on this itinerary, specially thought-out for e-bikes.

## E-BIKE > LEAVING FROM CHARAVINES.



During your trip, you will ride along little country roads as well as greenway routes. You will find a lot of variation in the countryside, including the wooded vale of Les Combettes, the old Carthusian Monastery of La Sylve Bénite and its Tithe Barn at the edge of the forest among the grasslands, and the stream of Le Pin running through its valley. Take a break at the Etang du Vivier lake, and admire the magnificent panorama over Mont Blanc, the Chartreuse and Les Bauges.

© Alexandre Gellin



### EXPERT'S ADVICE

*Paladru Lake is ideal for leisure pursuits and all water-based activities. It is also a remarkable historical site, where Prehistoric and Mediaeval remains have been found.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE AN E-BIKE

> Natura Vélo 245 route des plages in Charavines.  
Tel. +33 4 76 35 64 98  
naturavelo.com

#### WHERE TO STAY

> Camping des Platanes in Charavines.  
Tel. +33 7 71 91 70 08

#### TO SEE EN ROUTE

> **A** - La Grange Dîmière (the Tithe Barn). La Sylve Bénite, these imposing buildings associated with the Carthusian monastery, will take you by surprise.  
> **B** - The former monastery of La Sylve Bénite.

#### TAKE A BREAK

> **C** - L' Annexe Restaurant in Montferrat, situated on the lake shore. It's the ideal place on the route to stop and eat, and why not enjoy a dip?  
Tel. +33 4 57 20 62 98

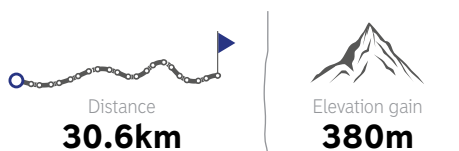
#### FURTHER INFORMATION

> [www.paysvoironnais.info](http://www.paysvoironnais.info)

# From St-Hilaire-du-Rosier to the Mediaeval village of St-Antoine-l'Abbaye

Explore the rolling countryside of Les Chambaran, and visit Saint-Antoine-l'Abbaye, a Mediaeval village listed among Les plus Beaux Villages de France (The Most Beautiful Villages of France). On your route, make another stop to explore the Château de l'Arthaudière.

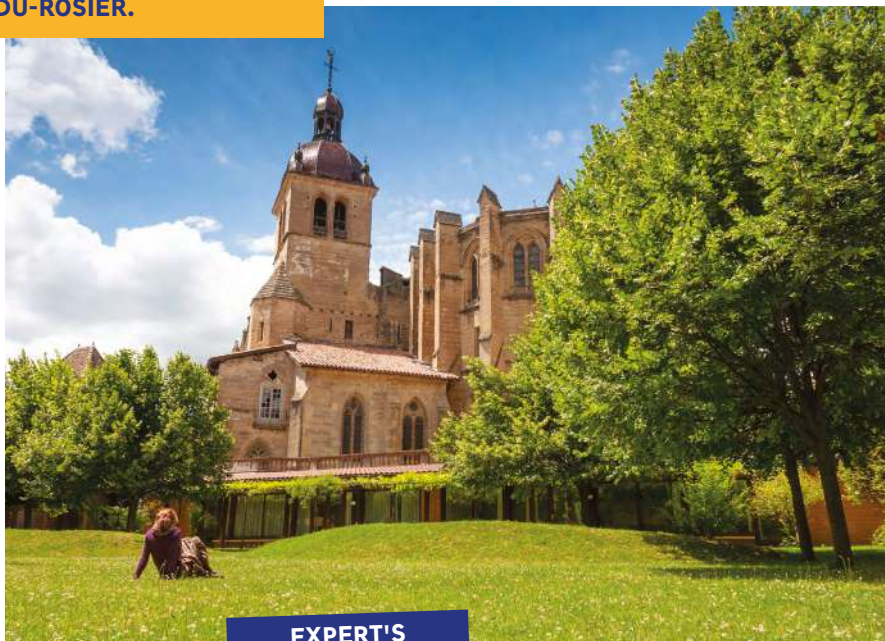
## E-BIKE > LEAVING FROM SAINT-HILAIRE-DU-ROSIER.



Level  
**Medium**

The village of Saint-Antoine-l'Abbaye is dominated by its adobe-built Gothic abbey and the village of Saint-Antoine-l'Abbaye still has mediaeval architecture, with houses built of cob, flint and molasse. The narrow, cobbled streets offer an incredible trip back through time. Further away, on the hills, the Château de l'Arthaudière demonstrates the history of the great families of the Dauphiné region since the Middle Ages.

© Pierre Jayet



### EXPERT'S ADVICE

*Connected to the Isère Valley cycle route, a return trip giving a cultural insight into the region. There is a climb to start with, but not too steep, and the return takes you down little roads.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE A MOUNTAIN E-BIKE

> LMC Voyages. 48 grande rue  
Saint-Marcellin  
Tel. +33 4 76 64 41 65

#### WHERE TO STAY

> In the Cabanes de Fontfroide in  
Saint-Antoine-l'Abbaye  
Tel. +33 4 76 36 46 84  
www.cabanes-fontfroide.com

#### FURTHER INFORMATION

> [www.tourisme.saintmarcellin-vercors-isere.fr](http://www.tourisme.saintmarcellin-vercors-isere.fr)

#### TO SEE EN ROUTE

> **A** - The Mediaeval village of Saint-Antoine-l'Abbaye  
> **B** - The Chateau de l'Arthaudière  
in Saint-Bonnet-de-Chavagne

#### TAKE A BREAK

> **C** - La Taverne du Béliet Rouge in  
Saint-Antoine-l'Abbaye  
Tel. +33 9 67 49 54 82



# In Berlioz country

If you like cycling on the flat, you will enjoy this route with its low elevation gain. It will take you into the heart of the Bièvre plain, a huge checkerboard with fields divided into geometric shapes.

## E-BIKE > LEAVING FROM LA CÔTE-SAINT-ANDRÉ.



Level  
**Easy**



This family route is not difficult at all – you will have all the time in the world to stop and visit the old centre of La Côte-Saint-André; the Hector-Berlioz house-museum (with period furniture, original scores, correspondence and musical instruments that belonged to him, and pictures and engravings adorning the rooms in the house which have retained their original decoration). There is also the Cherry Rocher Liqueur Museum.

© Pierre Jayet



**EXPERT'S  
ADVICE**

*You start off in the footsteps of Hector Berlioz, who gave his name to a very famous classical music festival which takes place each year in August. This route has a very rural feel.*



Find this itinerary on the Isère Outdoor app

### Info

#### E-BIKE HIRE

> No e-bike hiring service in La Côte-Saint-André

#### WHERE TO STAY

> La Tour de Bocsozel Gîte in La Côte-Saint-André.  
Tel. +33 9 52 18 18 50  
[www.tour-bocsozel.fr](http://www.tour-bocsozel.fr)

#### TO SEE EN ROUTE

> The landscapes of the Plaine de la Bièvre which inspired the 19th-century Dutch painter, Johan Barthold Jongkind.  
> A - The Hector Berlioz Museum.

#### TAKE A BREAK

> B - La ferme des 13 Fontaines (The Farm of the 13 Fountains) in Brézins that offers products based on walnuts, especially caramelised walnuts – a great idea for a mid-afternoon snack. Tel. +33 6 71 20 65 05  
[www.fermeles13fontaines.com](http://www.fermeles13fontaines.com)

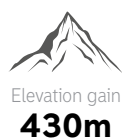
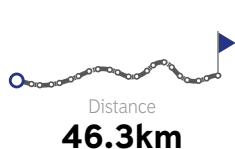
#### FURTHER INFORMATION

> [www.terres-de-berlioz.com](http://www.terres-de-berlioz.com)

# Balcony paths and valleys of the Dauphiné region

This e-bike trail offers the opportunity to explore the beautiful countryside of North-Isère, and villages such as Morestel and Brangues, which inspired famous painters and writers (notably Stendhal, Paul Claudel or François-Auguste Ravier).

## E-BIKE > LEAVING FROM MORESTEL.

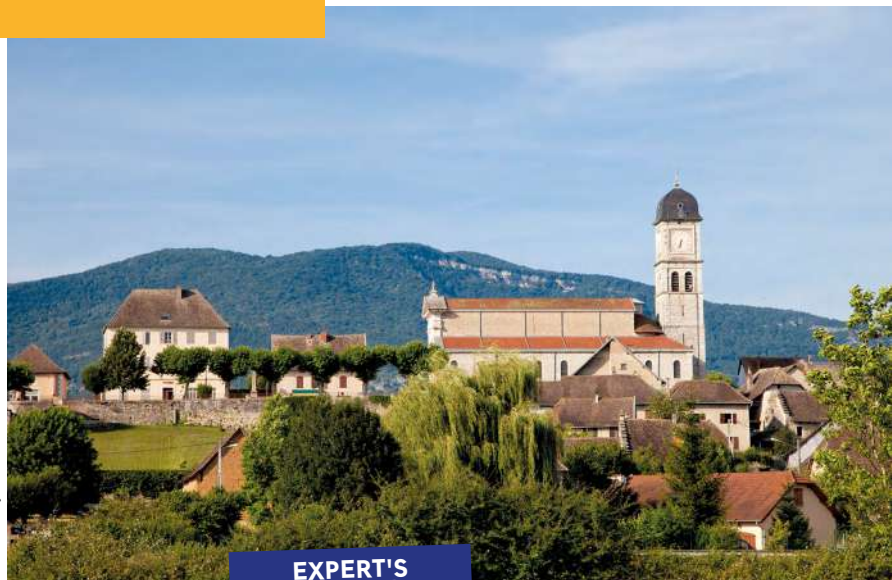


Level  
**Medium**



With its light that is so special, Morestel has attracted many artists, to the point where today it is known as "the town of painters". So it is not by chance that in the old Dauphin's château - sometimes called the "Mediaeval Tower of Morestel" - there are exhibition halls for paintings. On a whole different scale, this route will take you close to Walibi Rhône-Alpes, the biggest theme park in Isère, with its 32 rides and attractions (roller coasters of all kinds, mini-farms, extreme divers, etc).

© Pierre Jayet



### EXPERT'S ADVICE

*You can shorten this route by taking a section of the ViaRhôna, a major 815km cycle trail, linking Lac Léman with the beaches of the Mediterranean, alternating safe greenway routes and bike lanes.*



Find this itinerary on the Isère Outdoor app

### Info

#### WHERE TO HIRE AN E-BIKE

> **Volts Bike** 64 grande rue Morestel.  
Tel. +33 4 74 97 50 72  
[www.volts-bike.fr](http://www.volts-bike.fr)

#### WHERE TO STAY

> **Hôtel Servhôtel** in Morestel.  
Tel. +33 4 74 80 06 22.  
[www.servhotel-hotel.com](http://www.servhotel-hotel.com)

#### TO SEE EN ROUTE

> **A** - The village of Morestel and La Maison Ravier art gallery.  
> **B** - Brangues, the literary village. It was an anecdote that Stendhal came across in this little village in July 1827 that inspired his novel *Le Rouge et le Noir* (The Red and the Black). It is also at Brangues that Paul Claudel was laid to rest. He was a diplomat and author, and a member of the Académie Française. The Claudel - Stendhal Exhibition space is devoted to these two authors

#### TAKE A BREAK

> **C** - At the Auberge du Marais in le Bouchage.  
Tel. +33 4 74 27 86 83

#### FURTHER INFORMATION

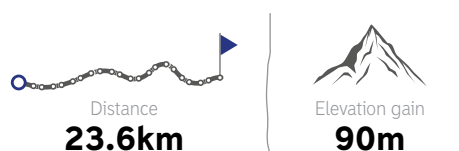
> [www.tousauxbalcons.com](http://www.tousauxbalcons.com)



# The Tour of the Blue Valley

This rolling circuit leapfrogs above the Rhône between Ain and the Isère, via the bridges of Sault-Brenaz/Isle de la Serre and Briord. There are two naval bases on this route. There is a chance to stop for a swim, go windsurfing, paddleboarding, kayaking or jetskiing.

## MOUNTAIN E-BIKE > LEAVING FROM MONTALIEU-VERCIEU.



Level  
**Medium**

● ● ● ●

Right Bank or Left Bank of the Rhône? No need to choose – this itinerary takes in both! You will follow several towpaths, notably at the Port of Quirieu. A hundred metres or so above, the mediaeval site of Quirieu, looking as if it came straight out of a storybook, is worth going to see. You will also go through the Espace Eau Vive de l'Isle de la Serre – an ideal place to try rafting, hydrospeed or kayaking in its whitewater.

© OT Montaliieu Vercieu



**EXPERT'S  
ADVICE**

*To start with, this was a mountain bike circuit because part of it was on a track. But it's easy riding, and equally has parts on a little road and on the ViaRhôna (greenway route). So you can easily go along it on an e-bike.*



Find this itinerary on the Isère Outdoor app

## Info

### WHERE TO HIRE A MOUNTAIN E-BIKE

> Espace Bike de la Vallée Bleue  
Tel. +33 6 71 70 11 12  
[www.espace-bike.com](http://www.espace-bike.com)

### WHERE TO STAY

> Gite de Carriers at La Vallée Bleue  
Tel. +33 4 74 88 63 67  
[www.gitedescarriers.com](http://www.gitedescarriers.com)

### TO SEE EN ROUTE

> A - The Mediaeval site of Quirieu.

### TAKE A BREAK

> B - At l'Espace Eau Vive de l'Isle de la Serre. This leisure centre offers the opportunity to try white water sports (kayaking, rafting, hydrospeed etc) and has wooded riverbanks and a restaurant.  
Tel. +33 4 74 36 67 61  
[www.espace-eauvive.com](http://www.espace-eauvive.com)

### FURTHER INFORMATION

> [www.tousauxbalcons.com](http://www.tousauxbalcons.com)

# Make the most of your e-bike adventures



**G**et all the equipment that a good cyclist needs: water, helmet, bike lock etc.

**C**heck the state of your battery before you leave

**R**espect the Highway Code and stay attentive to other users.


**R**espect the environment and the tracks

**L**ook at the information board at the departure point of your route – you will find all the information you need: distance, elevation gain and difficulty, as well as iconic sites and viewpoints not to be missed!

## Le long du Vénéon par la voie verte

Vélo à Assistance Electrique | e-bike | elektrische fiets

📏 25,8 km
📈 300 m
🚲
🟢
🔴
⚫



**4 conseils pour rouler de manière sereine**

- Équipez-vous avec le matériel indispensable à une bonne pratique: eau, casque, antivol...
- Vérifiez l'autonomie de votre batterie avant le départ
- Respectez le code de la route et restez attentifs aux autres usagers
- Respectez l'environnement et les sentiers

**4 tips for a peaceful ride**

- Equip yourself with the essential safety equipment: water, helmet, anti-theft device...
- Check your battery life before departure
- Respect the rules of the road and remain attentive to other users
- Respect the environment and the trails

**4 tips om rustig te rijden**

- Zorg voor het juiste materiaal: water, helm, antiefstalapparaat...
- Controleer het niveau van uw batterij voor vertrek
- Respecteer de weg regels en blijf alert op andere gebruikers
- Respecteer het milieu en de paden

Número d'appel d'urgence 112

Emergency contact number 112

Noodnummer 112

Téléchargez l'itinéraire sur l'application Isère Outdoor

Download the route on the Isère Outdoor app

Download de routebeschrijving in de Isère Outdoor app

Plus d'informations | More information | Meer informatie  
[www.oisans.com](http://www.oisans.com) | [www.bike-oisans.com](http://www.bike-oisans.com)



COME  
TO ISÈRE  
—

*Come and  
travel around Isère*



### By bus

Transisère départemental network (several routes on the Transisère network are equipped with bike racks)  
Tel. +33 820 08 38 38\*  
[www.transisere.fr](http://www.transisere.fr)

\*Numbers only accessible from inside France

**By train** - 3 TGV (Train Grande Vitesse – High-speed Train) stations - Tel. 3635\* - [www.oui.sncf](http://www.oui.sncf)  
> Grenoble  
> Valence TGV Rhône-Alpes Sud  
> Lyon Saint-Exupéry TGV

### By air

4 airports including 2 that are international make Isère accessible from all over the world.

> Aéroport Grenoble Alpes Isère  
Tel. +33 (0)4 76 65 48 48 - [www.grenoble-airport.com](http://www.grenoble-airport.com)  
> Aéroport Lyon Saint-Exupéry  
Tel. 0 826 800 826\* from outside France +33 426 007 007  
[www.lyonaeroports.com](http://www.lyonaeroports.com)  
> Aéroport de Genève Cointrin  
Tel. + 41 848 19 20 20 - [www.gva.ch](http://www.gva.ch)  
> Aéroport de Chambéry Savoie Mont Blanc  
Tel. +33 (0)4 79 54 49 54 - [www.chambery-airport.com](http://www.chambery-airport.com)

### Info

> Traffic info, itineraries, bus timetables, car-sharing:  
[www.itinisere.fr](http://www.itinisere.fr)

### Indispensable app

> Car, bus, train, bike, car-sharing and even by air. Upload the Itinisère app and consult all information on the different modes of transport available in Isère in real time.



An app developed by Le Département de l'Isère

# Riding



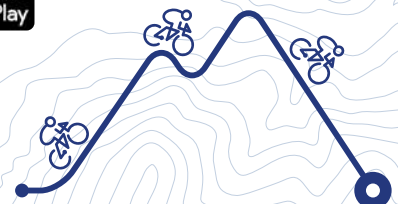
**Find the e-bike routes on the Isère Outdoor app.** Whether during your outing or at home, you can get all the information on the routes, get your GPS tracking, **download the route map and the data in offline mode, as well as the GPX.**

▼ **Find the right route by using the filter options.**

The app offers so much more than bike riding in Isère : walking, running, sailing, flying, climbing, horse riding, sliding – with this selection of special sites and itineraries you can explore Isère and enjoy your favourite activities.

Available on  

and on [www.isereoutdoor.fr](http://www.isereoutdoor.fr)



## *The best rhythm when cycling is your own*

Travelling round Isère on a bike, whether electric or not, is one of the best ways to explore the Département and its countryside.

Each year, numerous cyclists from the four corners of the earth launch themselves onto the main départemental roads and other routes that wind around the valleys, plains, hills and mountains of Isère.

The Département has an area of more than 8200 km<sup>2</sup>, an exceptional diversity of landscapes, and a difference in height from one area to another of 3800m - 158m above sea level in the Viennois area as against 3983m in Oisans. Whoever crosses the Département perched on their "mount" cannot fail to take advantage of this.

This area is second to none for leisure pursuits, from the plain of the Rhône to the Alpe d'Huez summit, not to mention the hills, the roads in the Vercors, Belledonne or Chartreuse – Isère offers a sporting paradise for lovers of two wheels, whether they are amateur or pro, in an exceptional, varied natural setting. In collaboration with the Clubs and Federations, the Département is developing a full-blown cycling network, setting out safe, marked routes and ascents, bike trails and greenway routes. Without pushing for fast times, travelling by bike is a modern way of experiencing holidays and combining activities and exploring. Exploring heritage, cultural visits, gourmet interludes, and much more...

Cyclotourism in Isère can be whatever you want it to be.

Find all the cycling itineraries in Isère on:

**WWW.ALPE-ISERE.COM** *cycling* **TAB**





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# Isère – nothing more natural



## Land of Bertioz

Looking for wide-open spaces, and new experiences to share?... Allow yourself time out in a unique setting – without having to go to the end of the world. Isère – nothing more natural.



PHOTO: PASCAL CHOLETTE



[WWW.ALPE-ISERE.COM](http://WWW.ALPE-ISERE.COM)

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