

# SUMMER IN FRANCE

## AUVERGNE RHONE-ALPES



Photo Credits : J. Damase/Auvergne-Rhône-Alpes Tourisme

Situated midway between Paris and Nice, the Alps Mont-Blanc-highest mountain chain in Europe, comprising of the French Alps and the Rhone Valley is a haven of gorgeous landscapes. Lyon, a UNESCO World Heritage Site is the capital of the Auvergne Rhône-Alpes region.

Adventure enthusiasts are spoilt for choice with a plethora of outdoor activities in this region. There are challenging trails for expert hikers, family walking paths, cycling routes, breath-taking spots for water sports or aerial adventures, and so much more.

### Unique experiences in the Alps Mont-Blanc

- **Skiing in Summer: Les 2 Alps** is one of the highest skiable summits in France and is one of the rare ski areas to stay open even in the European summer with guaranteed natural snow.
- **Aiguille du Midi:** Take a cable car ride to visit the Aiguille du Midi, Chamonix Mont-Blanc, situated at 3,842 metres. Experience its Step into the Void (Pas dans le Vide) for stunning views of the alpine panorama.
- **White Water Rafting in Chamonix:** The Arve is a tremendous river for first timers wanting to experience the joys of rafting
- **Heli-Dining Experience in Méribel:** Enjoy a helicopter transfer to the Michelin starred La Bouitte (3\*) in Saint Martin de Belleville, Refuge du Tornieux and La Maison des Bois.
- **La Folie Douce, Meribel-Courchevel:** Experience a party in the mountains (also possible in other ski resorts such as Val d'Isère and Val Thorens). Watch the amazing cabaret, dynamic house band and swing to the tunes of the live.
- Spend the evening in the **Mongolian yurt of Chalet de la Marine, in Val Thorens** (on Tue, Wed and Thu). After reaching the venue on a scooter or a snow groomer, discover a delectable selection of specialties prepared on an ancient stove in the middle of the yurt.

### Top Experiences in Lyon

- Basilica of Notre Dame de la Garde: for panoramic views of the city
- Traboules or covered passageways of Old Lyon
- The Musée des Confluences that explains the origin of mankind
- Croix-Rousse district which was once inhabited by silk weavers known as Canuts. One can shop for silk products here and visit workshops.
- The Cité Internationale de la Gastronomie – the first cultural centre fully devoted to the theme of gastronomy.

## PROVENCE



Photo Credits: Ph. Giraud.

You know you're in **Provence** when lavender fragrances waft through the air, when gorgeous views of the Mediterranean Sea are almost everywhere and the Alpine peaks are not too far away.

### BEST OF PROVENCE

#### MARSEILLE

Must see attractions in Marseille include:

- The old port (Vieux port), MuCEM – Museum of European and Mediterranean Civilisations at the entrance of the Old Port, La Cité Radieuse by Le Corbusier - UNESCO World heritage site and le Panier district- Marseille's oldest district.
- Boat excursions of the Calanques, the Château d'If and the Frioul islands.
- Shopping for local products such as: Savon de Marseille (soap made of olive oil), jars of tapenade and aioli (garlic mayonnaise).

#### GORGES DU VERDON

A 2-hour drive from Marseille will take you to one of the most beautiful in Europe – Gorges du Verdon.

- Enjoy climbing, hiking, or white-water activities. Discover aquatic hiking with family& friends.
- *Canyoning*- a thrilling activity that is accessible to anybody with a good level of fitness.
- Paragliding promises some exceptional views of the southern Alps and the Provence-Alps-Côte d'Azur region.

#### AVIGNON

In Avignon, explore :

- The Palais des Papes: The world's largest Gothic palace which is a UNESCO Heritage Site.
- Take a walk on the famous Pont d'Avignon, its churches, ramparts and local markets.

#### Excursions from Avignon

##### LUBÉRON

At about 50 km from Avignon one is transported to the villages of Provence. In the Lubéron area, visit the perched villages of Roussillon, Lourmarin to name a few. One of the best ways to explore Lubéron and its villages is by car or by renting a bike.

## OCCITANIE-SUD DE FRANCE



*Photo Credits: Aurélio Rodriguez.*

Comprising of Languedoc-Méditerranée & Toulouse-Pyrénées, Occitanie- Sud de France located in South-West France is full of world renowned sites such as Toulouse, Carcassonne, Lourdes, Albi, Pont du Gard.

### **Must visit in TOULOUSE**

- UNESCO Heritage sites: Canal du Midi, famous for barging and Cirque de Gavarnie, a natural carved bowl created by ancient glaciers
- Pic du Midi – At 2hrs 30 minutes from Toulouse, it offers a panoramic view of the Pyrenees mountain range
- Cité de l'Espace - an adventure park dedicated to space
- Aeroscopia – an aeronautical museum located at the Airbus Factory premises.

### **PONT DU GARD**

Pont du Gard is 30 minutes from Avignon by road. The Pont du Gard –an aqueduct is a true masterpiece of ancient architecture and is one of the most beautiful Roman constructions in the region.

### **Experiences in Occitanie**

- Hot Air ballooning over Tarn to discover the beautiful landscapes of medieval towns.
- Enjoy descent Canoe- Kayak supervised by professionals in Montauban or the Dordogne valley or aqua biking for floating free on the tranquil waters.
- Enjoy an aquatic adrenalin rush with toboggans and abseiling.
- For Enthusiasts and beginners alike, bungee jumping between Montpellier and Béziers will be an exceptional experience. Sky diving is also available in the region.

## RÉUNION ISLAND



Photo Credits: Laurent Beche

Reunion Island is home to the highest peak in the Indian Ocean and one of the most active volcanoes on the planet, the Piton de la Fournaise.

Whether it is on land, in the air or in water, Reunion Island is a vast outdoor playground for those who love an active holiday.

### Must do Experiences in Reunion Island

- **The volcano of Piton de la Fournaise**, one of the most active volcanoes in the world, can be visited on foot, on horseback and even by bike or segway!  
Pro Tip-Splurge on a helicopter flight to soak in views of the volcano in all its glory!
- **Cirques of Cilaos, Salazie and Mafate**: The majestic cirque de Cilaos is a paradise for sports enthusiasts. Accessible by a single road, the cirque of Salazie, a UNESCO World Heritage Site, is a gateway to the Cirque de Mafate, inhabited heart of the National Park of Reunion.
- **Scuba diving in one of the nature reserves**
- **Stroll through the fairground market of Saint-Paul**, a colourful market that brings together more than 300 exhibitors on Friday all day and Saturday morning on the waterfront of the city: local products, spices, fruits, vegetables, clothing, crafts, etc.
- **Watch or swim with dolphins and/or whales off the coast**. Enjoy an up, close and personal encounter with these marine animals in their natural environment. yourself in the water and observe the animals in their natural environment, gently so as not to disturb them: it's truly an unforgettable experience!