



WHERE  
THE ELEMENTS  
COME  
TOGETHER



## Megève, where the elements of nature come together



Situated at the crossroads of two valleys, in a lush green pass, the village of **Mageva** was founded in the midst of the waters. It is the very richness of the land and the power of the elements that create extraordinary living conditions for its inhabitants and amaze visitors who are passing through.

With its shimmering and flamboyant lights, the soul of Megève shines, revealing itself throughout the seasons. It transports us to unexpected horizons, making our trip to Megève unique, a time during which we can find ourselves and recharge our batteries.

# New !

### 5 days of donkey trekking

Price: from €700 including supervision and full board.

Trekking and freedom... 5 days of hiking without any heavy bags to carry since your donkey will carry all the bags for you! This is a programme especially for young people aged 12 to 17 including 5 days and 4 nights of walking around Megève. Starting from the marvellous geological cirque of Cote 2000, a mountain guide and instructor will be there to support you and reveal the secrets of the fauna and flora you discover around you as you walk. Picnicking in mountain pastures, taking a gentle stroll along marked trails and spending the night in a mountain cabin all create a wonderful experience where you can reconnect with nature and the elements all around us! 2 sessions during summer: from 17 to 21 July and from 14 to 18 August 2023.

Contact: Sandrine Janet - +33 (0)6 87 82 24 38  
[www.monitrice.fr/en](http://www.monitrice.fr/en)

### An MTB course just for children

Price: €195 / child (including mountain bike rental + 1 journey on ski lift)  
max. 4 to 8 children

Completely designed to suit their developmental stage and muscles, this summer Evolution 2 is launching a mountain bike course specifically for children aged 8 to 12. Over the course of 3 days, a qualified instructor will share their enthusiasm for the sport along with lots of little tips so that the children soon feel at one with their bike (which is provided for the course)! All the hints and tips you need to have fun in the bike park or ride along with your parents on the trails.

Contact: Evolution2 - +33(0)4 50 55 54 55  
[planning.megève@evolution2.com](mailto:planning.megève@evolution2.com)

Reinvent  
yourself to  
discover who you  
really are

### Culture for All with Micro-Folie!

The collections of the greatest French and international cultural sites have arrived in Megève.

The principle behind Micro-Folie is simple! Set up by the Ministry of Culture and the Parc de la Villette, Micro-folie's aim is to ensure that culture is accessible to everyone, free of charge. Twice a month since January in Megève, the Palais Auditorium is transformed into a 'digital museum' where you can discover projections of works of art, sculptures and collections from 12 of the most prestigious institutions in France and around the world. This allows visitors to view projections of collections housed in the Louvre, the Quai Branly and the Château de Versailles, while interacting digitally with their little tablet! This fun, interactive and enriching cultural tour is led by Jeanie who enthusiastically guides visitors and provides them with information.

Detailed programme  
on [www.megève-tourisme.fr](http://www.megève-tourisme.fr)

### Be inspired by the forest to create your own jewellery

Tuesday 22 August. Square de la Baronne de Rothschild. Free

What could possibly be more amazing and fantastic than drawing inspiration from the forest and surrounding nature to design unique, personalised jewellery? As part of Biodiversity Tuesdays, people taking part in the workshop will find out just how many varieties of seeds, woods and mosses there are in forests. Drawing on these wonderful discoveries, participants can enjoy seeing their pendants and earrings start to take shape in this delightfully creative atmosphere!

A fabulous 100% natural time-out to enjoy with friends, or as some parent-child time (open to children over 8 years old).

Details can be found at:  
[www.megève-tourisme.fr](http://www.megève-tourisme.fr)

### "Atom": a show with a humanist and environmental message

Saturday 19 August at 8pm in the amphitheatre of the tourist office. Free access.

A new creation from the Le Taillefer troupe from Haute-Savoie, "Atom" is a hybrid of live music and a film concert. It welcomes up to 10 musicians on the stage, along with some very surprising instruments (such as the handpan and Mongolian violin). Accessible to all audiences - French visitors and those from abroad, adults and children alike - this open-air show is a wordless journey that aims to make spectators slide towards a greater awareness of social and ecological issues, inviting them to return to a more human and harmonious way of life!

It offers a beautiful message of hope as a "return to peace" and a tribute to the basic beauty of nature, shared through beautiful musical sounds.

Details can be found at:  
[www.megève-tourisme.fr](http://www.megève-tourisme.fr)

### Electric mountain biking and bivouac: a micro-adventure within reach of the peaks

Price: €250 per person (based on 4 people)

Leaving from Megève, this 2-day/1-night "micro-peak" adventure issues a call to reach the summits. After an afternoon of riding electric mountain bikes through the forests and paths of Megève, we will start ascending the ridges to reach the summit of Tête de Torraz where you will find Foodtruck 1930 waiting for you. Overlooking the whole of the mountains, with a 360 degree view, peace reigns supreme... welcome to paradise! Once the camp is set up, Yann, who is a true lover of nature and good produce, will come and provide sport-lovers with a local craft beer or with his delicious potato fritters! It is then time to return to the tent to spend the night lulled by the gentle sounds of nature... The following day, after breakfasting on local produce under early rays of sunshine, we will return to the centre of Megève village for around 12 noon.

Contact: Evolution2 - +33(0)4 50 55 54 55  
[planning.megève@evolution2.com](mailto:planning.megève@evolution2.com)





## Javen Lake: freshness, fishing and relaxation at altitude!

A genuine little corner of paradise, Lake Javen forms part of Megève's landscape heritage with the Aravis chain of mountains in the background, the Aiguilles de Varan, the Aiguille Croche and Mont Joly mountains. A unique site that combines all the joys of walking, fishing, relaxing and tranquillity, for young and old alike! Mélissa and her husband are keen to make fishing at their high altitude lake accessible to everyone, even young children. Equipment is provided and catch is sold by the kilo: so you can go home with your dinner.

Open every day from 9am to 6pm during July and August, at weekends in June and September and the restaurant throughout May, during bank holidays and weekends from Thursday to Sunday.  
Prices: from €10 to €15 per person  
Contact: Mélissa Gentina - +33 (0)4 50 91 92 66

# Explore Timeless Waters

## Ice stock sport: a fully frosty discovery

While everybody has heard of pétanque, which is very popular in summer, there are few people who know about ice stock sport! The principle, however, is actually the same except for the fact that it takes place on the ice. Come and discover something original that is full of surprises every Monday between 10 July and 28 August, from 5pm to 7pm. Open to children aged 7 and over, it's sure to be a refreshing experience!

Price: € 5 per person  
Registration required  
Contact: Le Palais  
+33 (0)4 50 21 15 71  
[www.lepalaismegeve.com](http://www.lepalaismegeve.com)

## Explor Games® "Sources of the forgotten goddess": a smart adventure game about biodiversity

Based on the history of the waters in Megève, the Belle au Bois waterfall and the Creux Saint-Jean walking route, Explor Games® is a free, smart adventure featuring a water goddess called Mageva as the heroine. With their phone in their pocket, adventurers (from the age of 6 years) set off from the village close to the Tourist Office to follow the river and discover the spirits of the mountain, taking on a series of challenges and thwarting the traps set by playful spirits: Enjoy 1 hour 30 minutes of independent crazy adventures where you try and save Megève from the wrath of the elements!

Available as a free download on Apple and Android:  
<https://tinyurl.com/46snku43>  
<https://tinyurl.com/2bhh6yzb>

## River walk: the story of Mageva

With turquoise water and little waterfalls, secret spots and amazing basins calling out for a swim, this walk along the river is like poetry for the senses, an invitation to revitalise among the hidden treasures of Megève's mountains, all in a wild yet intimate setting. A refreshing and rejuvenating day or half-day hike during which you will discover the etymological roots of the name Megève: "**Mageva**" in Celtic means "the village in the middle of the waters".

Prices: Private trip, €180 for half day and €310 for full day per group of 1 to 6 people. €20 per additional person.  
Contact: Aperigloo - +33 (0)6 11 51 98 74  
[aperigloomegeve@gmail.com](mailto:aperigloomegeve@gmail.com)



## Canyoning at the Belle au Bois

Slide down the slides, jump into the basins of clear water, play with the force and gentle nature of the water and rappel down the waterfalls... canyoning is both fun and challenging, sure to cool you down on those hot summer days! The 30-metre high La Belle aux Bois waterfall is a small jewel nestled in the heights above Megève village.

Price: €67 per person including supervision and loan of equipment  
Contact: Bureau des Guides - +33 (0)4 50 21 55 11  
[www.guides-megeve.com](http://www.guides-megeve.com)

Draw upon the  
water source and  
feel refreshed



## Aquatic games and water obstacle course

Whether you head outdoors to the heated 50 m Olympic pool that's perfect for sporty types, the family pool complete with paddling pool, the racing slides or outdoor playground, or a relaxing pool in the balneotherapy centre, the Palais aquatic facilities are designed for enjoying time in the water in the middle of the mountains. Just a stone's throw from the centre of the village, the Palais is far and away the largest sports complex in the Alps region with 33,000 m<sup>2</sup> of recreational area!

Every Tuesday afternoon this summer, take up the challenge of the water obstacle course which is set up in the outdoor Olympic pool! Lots of laughs and stunts of all kinds guaranteed.

Prices: €5 for children and €6.40 for adults.  
Free for children under 5.

Water obstacle course included in the pool entrance fee  
Contact: Le Palais - +33 (0)4 50 21 15 71 - [www.lepalaismegeve.com](http://www.lepalaismegeve.com)

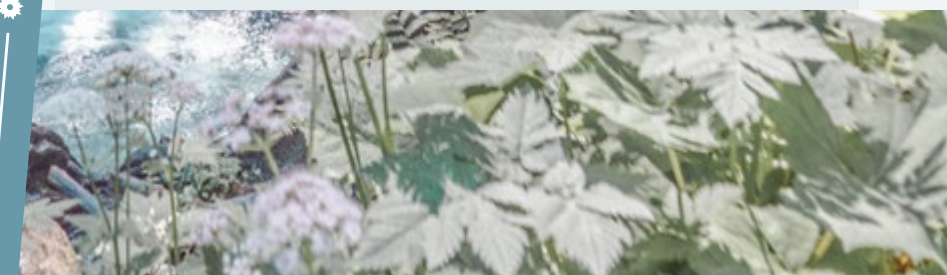


New

## When water magnifies the benefits of plants

As part of the Friday workshops offered all throughout the summer by Megève Tourist Office, Friday 21 July provides the opportunity to have a go at making hydrolats from aromatic mountain plants. Using a steam distillation process, the water unlocks the strength and properties of each plant to create an essence that can be breathed in or applied to the skin. This is gentler than just using essential oils!

Price: € 10  
From 13 years old.  
Book your place at  
Megève Tourist Office.  
[www.megeve-tourisme.fr](http://www.megeve-tourisme.fr)





come close to the  
heart of the earth  
to appreciate its  
immensity



# An inspirational landscape

## Megève, an amazing land of horses

The 25 horse-drawn carriages taking pride of place around the village square are more than a symbol of folklore, they are the perfect example of a unique farming tradition and heritage. Each coachman is primarily a farmer although many of them are also horse breeders. In fact, their "right to a space" cannot be sold but is instead passed down through the generations like a family heirloom! This equine history is clearly evidenced in a very special and unique breed of local horse called "Le cheval de Megève", which is the perfect cross-breed of a Franche-Montagne and a Comtois horse. Other examples of this history are the Concours aux Poulains (Colts & Fillies Competition) an institution with a 150 year history, which will be held this year on 5 August, and the only international showjumping competition in the world to be set in the mountains – Jumping International de Megève – which will take place between 18 and 23 July. Proof that in Megève, a horse is man's best friend!

[www.megève-tourisme.fr](http://www.megève-tourisme.fr)  
[www.jumping-megève.com](http://www.jumping-megève.com)



## Mountain flowers: a fun and instructive hike

Brightening up the land with their colours, providing a sweet scent when we go for a walk, and sometimes feeding or curing us, flowers live and change with the seasons. Every spring and summer, a varied and complex flora takes over the landscape of Megève. During this half-day discovery hike, mountain guides from the Bureau des Guides will show you where to find blue gentians, wild orchids, arnica and other species from the gentle world of plants. A fun and educational discovery experience that takes place every Sunday afternoon.

**Price: €27 per person as a group  
outing**  
**Contact: Bureau des Guides de  
Megève - +33 (0)4 50 21 55 11**  
[www.guides-megève.com](http://www.guides-megève.com)



## 1– 2 July : Cuisine Mon Village: a celebration of local products



All year round, Megève, renowned for its Alpine foods and flavours, celebrates the talents of its chefs and artisans. Cuisine Mon Village is a weekend-long opportunity to embrace the rich local produce and enjoy the finger food prepared by Megève's chefs, artisan bakers, pastry chefs, butchers, caterers and local producers in a friendly atmosphere on the village square. The workshops for children are sure to delight apprentice cooks! An unmissable event in the most gourmet village in the Alps. New: short supply chains and local restaurants... this year more than ever, the focus of the event is on 100% recyclable and recycled products!

**Price: €2 per ticket for 1 bite size snack/drink at stalls  
run by restaurants.**

**Contact: [www.megève-tourisme.fr](http://www.megève-tourisme.fr)**

## Be inspired by the earth and be creative

It is there all around us, under our feet... the earth and its infinite riches! Landart enables you to create and express yourself using nature's resources and inspiration to create a personal and temporary "piece of art", that remains in its natural environment at the end of the session. Guided by art therapist Nelly Poyet, everyone will experience this whole-body, sensory immersion in their own way, a unique interaction between self and the outside world.

**Prices: €20 per person in a group  
€60 per person individually.**  
**Children (from 4 years old) / families / adults.**

**Contact: Nelly Poyet - +33 (0)6 81 99 18 30**  
[74montagnes@gmail.com](mailto:74montagnes@gmail.com)

## 12 – 13 August: Fête du Village new

This easy walk is one for the whole family and a must-do if you're staying in the mountains! A real start of the Alpine landscape, marmots appeal to all generations. As if we're playing a game of hide-and-seek, we will go off in search of marmots poking their noses outside of their burrows. Visit the secret corners of Megève where they can be seen sunbathing on a rock, whistling, or crossing from one burrow to another... before disappearing! Over the course of 2 hours, a guide will introduce you to their natural environment, sharing the secrets of this life-size cuddly animal!

**Prices: Private trip, €180 for half-day (from 1 to 6 people) €310 for a full day.**  
**Contact: Aperigloo +33 (0)6 11 51 98 74 - [aperigloomegève@gmail.com](mailto:aperigloomegève@gmail.com)**

## Hiking to the sound of the gentle whistle of the marmots

This easy walk is one for the whole family and a must-do if you're staying in the mountains! A real start of the Alpine landscape, marmots appeal to all generations. As if we're playing a game of hide-and-seek, we will go off in search of marmots poking their noses outside of their burrows. Visit the secret corners of Megève where they can be seen sunbathing on a rock, whistling, or crossing from one burrow to another... before disappearing! Over the course of 2 hours, a guide will introduce you to their natural environment, sharing the secrets of this life-size cuddly animal!

**Prices: Private trip, €180 for half-day (from 1 to 6 people)  
€310 for a full day.**  
**Contact: Aperigloo +33 (0)6 11 51 98 74**  
[aperigloomegève@gmail.com](mailto:aperigloomegève@gmail.com)

## 18 June: Culture and Delicacies: a walk at one with the local produce

Starting from the Ball-trap in Megève, this "Culture and Delicacies" walk is a gentle stroll punctuated by 5 gourmet stops in Megève's mountain pastures. The concept is simple: you walk, you stop, you taste the local produce and then raise a toast in the best of spirits! Accessible to everyone and great for a family trip or outing with friends, you can enjoy a leisurely stroll along rural paths while taking delight in musical interludes or readings at various stages...

**Prices: from €27 per adult and €12 per child (aged 5-14 years).**  
**Booking required.**  
**Contact: +33 (0)6 07 10 62 16 - [promenadeCetG@gmail.com](mailto:promenadeCetG@gmail.com)**  
[www.mont-blanc.soroptimist.fr](http://www.mont-blanc.soroptimist.fr)

**New**

## Through the medium of plants: Biodiversity Tuesdays

As part of our biodiversity workshops, we will be focussing on the topic of plants on 25 July! We'd like to invite you to experience a marvellous journey through time with the plants that are all around us, growing in our mountains. Because of the extensive, sustainable and biodegradable plant resources – thank you Mother Nature! – participants will be encouraged to make a CroMagnon bracelet using braiding and rope techniques. It is a lovely way to remind children and indeed all of us that our precious earth provides us with endless choices!

**Free – open to children aged 8 and  
over - [www.megève-tourisme.fr](http://www.megève-tourisme.fr)**



# Get some fresh air

Get close to the sky and see life anew

## Jump from tree to tree with a treetop adventure course

Enter the coolness of the Cote 2000 forest, at the foot of the Aiguille Croche and discover an adventure park where everyone finds their inner child! Over a vast course (suitable for people taller than 1m 35cm), you can move from tree to tree for 2 hours, working through one of 60 workshops: zip lines, trapeze, tightrope walker... You can experience a fully aerial walk through the trees, perched up to 10 m above the ground! Children can enjoy a 30-minute course designed specifically for them, including about thirty games taking place 2 m above the ground. Let your imagination run wild and unleash your inner Tarzan!

**Prices:** €20 per child, €26 per adult. Open from 10am to 12pm in July and August.  
**Contact:** Cote 2000 Aventure – +33 (0)6 76 29 71 04 - [www.cote2000aventure.com](http://www.cote2000aventure.com)

## A giant swing where you can reach for the sky

Unique in France at the top of the Jaillet gondola lift on a massif overlooking the village of Megève, and with a breathtaking view of the entire Mont Blanc mountain chain, there is a high-flying experience perfect for holidaymakers (from 8 years old) in search of an adrenaline rush! Two or three of you are seated on a giant swing that will first climb to a height of 16 metres before being launched on a hair-raising adventure...  
Maximum speed: 20 km/hr

**Prices:** from €20 per person  
€50 for 3 people  
Open every day from 10.30 am to 5 pm.  
**Contact:** Les Portes du Mont-Blanc  
+33 (0)4 50 58 65 20  
[www.lesportesdumontblanc.fr](http://www.lesportesdumontblanc.fr)

## A tour of the 3 mountains by electric mountain bike: an aerial experience

This electric mountain bike day trip invites you on a journey along the ridges of the 3 mountains (Jaillet, Rochebrune and Mont Joly) overlooking the village of Megève. Each mountain has its own unique character, charm and viewpoint. The electric assistance allows you to enjoy these magical moments and admire the view over the mountain ranges of Mont Blanc, Aiguilles Rouges, Fiz and Aravis.

**Price:** from €250 for a group of 10 people maximum.  
**Contact:** Alpes Aventure  
+33 (0)4 58 23 10 00  
[www.alpesaventures.com](http://www.alpesaventures.com)



## Pure magic: a flight over Mont Blanc

Admiring the roof of Europe from the air is one of those experiences you'll never forget. On board this small scenic tourist plane fully equipped with panoramic glass windows, landscapes take on a new dimension, the glaciers twinkle and time seems to stand still... The iconic Mer de Glace glacier and Aiguille du Midi peak unfold from a spectacular angle. An air of magic blows over the Mont Blanc. From 20 to 40 minutes; several packages are available leaving from Megève altiport.

**Prices:** from €100 per adult and €50 per child.  
**Contact:** Aërocime – +33 (0)4 50 21 03 21 – [www.aerocime.com](http://www.aerocime.com)

## Get out in the fresh air with the "Hike & Spa" stay

new

A mythical establishment just off the central square of the village, Hôtel Mont-Blanc invites you to visit and experience complete rejuvenation and relaxation. Take advantage of the "Hike & Spa" stay: holidaymakers can enjoy a 3-night stay in the heart at this 4-star establishment, a guided hike on 2 of the mornings and the chance to discover the hotel's vitality programme. With its elegant yet daring décor, restaurant specialising in Alpine cuisine, champagne bar and not forgetting the spa with its frosted ambience, the Mont-Blanc hotel meets all your requirements for a timeless stay to be enjoyed between June and September!

**Price:** from €1,890 for 2 people.  
**Contact:** Hôtel Mont-Blanc – +33 (0)4 50 21 20 02 – [www.hotelmontblanc.com](http://www.hotelmontblanc.com)

## The Jaillet ridges, skyrunning style

new

With the help of an experienced trail running coach, discover the ridges of the Jaillet and Croisse-Baulet massifs opposite Mont-Blanc by taking short... aerial... strides! Learning how to handle the large effort needed, to avoid shocks and to continually improve, this trail session – which is similar to skyrunning – is the perfect choice for fans of mountain running who want to push beyond their limits and keep improving over and over again! Ideal for preparing and lining up for the start of the Megève Nature Trail: 29 and 30 July.

**Price:** Private trip, €180 for half-day (from 1 to 6 people) – €310 for a full day.  
**Contact:** Aperigloo +33 (0)6 11 51 98 74 – [aperigloomegeve@gmail.com](mailto:aperigloomegeve@gmail.com)



## Go paragliding and feel like you're flying

If you're not afraid of the cold, head for the Rochebrune summit! From the top of this mountain overlooking the village, you can take your first flight in a two-seater with a paragliding instructor who will make this aerial trip a dream come true, providing an experience that is as magical as it is dizzying! After those few final steps on land, we take a leap into the aerial world of eagles and bearded vultures. This favourite flying experience is full of discoveries and ends with turns, loops and some stylish tricks!

**Prices:** €90 per person for the first flight  
€100 for the "favourite experience" flight  
**Contact:** Baptême Megève Parapente – +33 (0)6 62 13 27 71  
[www.megeveparapente.com](http://www.megeveparapente.com)

New

## Film screenings under the stars

In the open air, in the heart of the Meztiva estate, film screenings will be put on every two weeks during July and August. Curled up in a super-soft blanket, snuggling up to your loved one or getting all cosy with your family, you can enjoy a selection of family films screened on Wednesdays from 9:30 pm... the perfect timing to benefit from the last of the daylight before sitting beneath a starry sky!

Free – registration required.  
50 places available

**Contact:** Novotel Megève  
Mont-Blanc – +33 (0)4 86 80 07 90  
[Hb5i0@accor.com](mailto:Hb5i0@accor.com)



# Feed the soul with spark and fire



## A truly tasty sunset walk

new

Late in the afternoon, one of the most pleasant times of the day to go for a walk, the Bureau des Guides at Megève offers a hike every Thursday evening. While the brilliant shades of the sunset caress the mountains, it is time to gather around for a Savoyard meal. A time to enjoy together while darkness descends, allowing the moon, headlamps or torches to shine the way back down towards the lights of the village.

Price: €27 per person for half-day group outings (meal not included)  
Contact: Bureau des Guides de Megève - +33 (0)4 50 21 55 11  
[www.guides-megeve.com](http://www.guides-megeve.com)

## In the spotlight: 2 exhibitions to discover

Lisa Perrin - 'Racines' [Roots]

Fuelled by her childhood growing up on a farm and passionate about the history of her ancestors from Megève, Lisa Perrin's series of paintings embody past, looking at the Megève of yesteryear through approximately twenty works created using walnut stain and acrylic on wood: portraits, scenes of everyday life, farming the land, etc.

**Museum of the Calvaire Hermitage - Free admission, from 6 July to 31 August and on 16 and 17 September**

Bernard Just - 'Itinérance mégevanne' [Trekking around Megève]

Around thirty large-format black and white photographs are unveiled to you as you take a stroll along the bridle path and the Alpine Garden: the exhibition by Bernard Just, who has been a child of the country since his youth, invites you to travel and to dream. With a photographer's eye, he captures and highlights the changes of the four seasons through the landscapes that gently embrace and surround the village of Megève, from the crests of the Mont Joly range to the mid-altitude mountain pastures and the stony mountain paths.

**Jardin alpin and allée cavalière - Free admission**



Price: €40 per person for gourmet dinner  
Contact: Evolution 2 - +33 (0)4 50 55 54 55  
[www.evolution2.com/megeve](http://www.evolution2.com/megeve)

A spark  
that feeds  
each moment



## Barbecue and campfire at ISBA

new

With its picture postcard setting looking over the village of Megève on one side and Mont Charvin on the other, you can enjoy views of the setting sun from the terrace of this small wooden chalet furnished with red shutters, nicknamed ISBA. It's like taking a step back into the past of Megève, with ISBA rising from the history books... The bar and dancing establishment at the edge of the skating rink became the go-to place for the biggest stars and politicians who stayed in the resort in the 1920s but today, ISBA is a small 'hippy' dance hall set up in the former departure station of the Lady drag lift at Rochebrune. In charge of this new establishment is Jean-David, a fan of Megève who is putting on barbecue evenings on his 360-degree terrace this summer... Whether you're behind the flames of the barbecue or watching the spectacle of the setting sun, this place has to be the ideal choice for a fiery evening!

**Open from 15 June to 15 September – booking required and private hire**  
Contact: L'ISBA - +33(0)7 86 44 88 77

## Electric plancha grills at Jaillet for a "royal" picnic at altitude

new

The Portes du Mont-Blanc area offers free access to electric plancha grills facing Mont-Blanc on the banks of Jaillet Lake! Whether you're cooking lunch or dinner, as a family or in a couple, on foot or by mountain bike, tackling the hiking paths or taking the Jaillet gondola lift (10 min. walk), there is a picnic experience for everyone where you can enjoy your home comforts at altitude. It's easy to use: simply download the application, choose your grill using Bluetooth and then simply arrange your vegetables, meat or fish to cook! This summer you can experience a vast artistic wrought iron panorama by the artist Arthur Novat. The XXL viewpoint board called "Le Pas dans l'eau" Step into the Water will help everyone uncover all the peaks of the sublime Mont Blanc range at the tip of their fingers.

**June to September – open from 10am to 8pm. The Jaillet gondola lift closes at 6pm.**

## All music lovers must come to Megève

Jazz, blues, rock... Megève is a must-visit destination for music lovers and holidaymakers looking to spend a festive evening. Some say it all started with jazz several decades ago; this year, the Megève Jazz Contest will take place on 15 and 16 July. Now a can't-miss event during summer evenings, a competition involving 4 bands will take place in true Jazz Contest style, forming a great tribute to Poumy Arnaud, Sidney Bechet's last drummer and Artistic Director of the event since its inception. On the 4th and 5th of August, the blues will liven up the streets of the village with the 8th Megève Blues Festival featuring an amazing programme that once again promises to enthral the entire village! Finally, if you're a lover of rock, pop, electro or accordion music, there is also a brand new music programme at Megève to suit you. Every Thursday, the amphitheatre becomes the go-to place for free open-air concerts! It wouldn't be a surprise if those mild summer evenings continue well into the night...!

**Programme available at [www.megeve-tourisme.fr](http://www.megeve-tourisme.fr)**



New  
listen to the sound of  
deer bellowing

On the heights of Megève on the Christomet side, the stag takes his place as the king of the forest, roaming through the autumn nights in search of his sweetheart. The Auberge de Bonjournal provides a front row seat to this surprising and awe-inspiring moment when bellowing breaks the silence to resonate between the forests and peaks. An experience that is only enhanced by enjoying simple pleasures such as a Savoyard meal. To work up an appetite for it, first go on a hike and admire the autumnal vegetation shining in the last light of day.

Price: €35 per person for a Savoyard fondue/raclette meal + tart, excluding drinks. Booking required, available between 15 September and 15-20 October (to be on site from 6pm).

Contact: Auberge de Bonjournal  
+33 (0)4 50 55 80 41



## Sensory hike: awaken all your senses

new

Feel, sense, discover and rediscover, learn and be surprised on this sensory walk designed to reawaken your senses and hone your instincts. Barefoot workshops for touch, wearing a blindfold to pause the sense of sight, blind tasting to stimulate taste and many other tricks allow you to go on a journey of personal exploration, which often results in being more open to other people and improved general well-being.

Prices: Private trip, €180 for half day and €310 for full day per group of 1 to 6 people.

And a supplement of €20 per additional person

Contact: Aperigloo +33 (0)6 11 51 98 74 - [aperigloomegeve@gmail.com](mailto:aperigloomegeve@gmail.com)



## Treat yourself to an energy treatment using precious stones

Quartz, rock crystal, jade and agate... numerous precious stones will glide over your body and face during this relaxing treatment at the Ec(h)o spa of the Grand Hôtel du Soleil d'Or. The energy-enhancing treatment from Gemology using precious stones alternates between massaging with hands and then with stones for a moment full of calm and renewal.

To make this moment even more special, why not take home a product from Gemology, which is the leading French brand of mineral cosmetics. Serums, masks, anti-ageing creams, scrubs... the cosmetic products are made from trace elements extracted from precious stones and minerals that offer moisturising, repair and antioxidant properties.

Prices: €70 for face and neck treatment, 25 mins / €140 body treatment, 50 mins.

Contact: Grand Hôtel du Soleil d'Or - +33 (0)4 50 34 31 06  
[www.lesoleildor-megeve.com](http://www.lesoleildor-megeve.com)

## Create your own magic potion

new

A mystical workshop where you can get closer to nature and increase your knowledge of the magic of our earth and all that it can give us!

Held in the open air in the heart of the village, this free workshop explains how people can make their own "wild medicines" thanks to plant biodiversity. You can learn about plants with digestive, calming and anti-infective properties – in fact, our planet is an open-air pharmacy!

Observe, smell, touch and study a number of plants... With the help of a herbalist guide from the Alpine Observatory, you will need to draw on all your senses to concoct this magic potion!

Tuesday 18 July. Free. Open to children from 8 years old.

[www.megeve-tourisme.fr](http://www.megeve-tourisme.fr)

## Meditate and go on a full moon sensory journey under a geodesic dome

The open-air geodesic dome of the Four Seasons Hotel Megève is the perfect place to fully experience the energy and richness of alpine elements and practice mindfulness with a meditation session. It is also possible to do a yoga and pilates or have a massage in this intimate setting that provides stunning views of the surrounding natural environment.

On evenings where there is a full moon or new moon, this sensory journey will encourage you to top up your energy and discover your inner peace and harmony.

Allow yourself to enter another dimension as you take part in a cacao ceremony – cacao is also known as "the food of the gods" – that is combined with yoga, breathing and meditation exercises, all performed in candlelight and surrounded by the aroma of incense.

Price: Cacao ceremony under the full moon: €65 per person on 03/07, 01/08 and 31/08

Contact: Four Seasons Megève - +33 (0)4 50 21 12 11  
[www.fourseasons.com/fr/megeve](http://www.fourseasons.com/fr/megeve)

awaken your mind  
to the very  
essence of life

# Eternal Wellness

## Musical musings and reveries in Calvary

Against the backdrop of the village and the Chemin du Calvaire, allow music to surround you like a gentle cocoon and give in to the feeling. Enjoy this enchanting ballad while sitting on the grass and admire the sunset, rocked by the sweet melodies. Share in the joy of the musicians playing in the heart of nature, listening to their melodious notes soar beyond the summits.

The programme for this summer's musical siestas at the Calvaire include a violin duet as well as cello, flute and guitar, violin and taiko, flute, accordion and saxophone music.

Wednesdays from 12 July to 23 August from 5 pm to 6 pm  
[www.megeve-tourisme.fr](http://www.megeve-tourisme.fr)

## Inspirational hiking and yoga: back to basics

If you're looking to fully reconnect with yourself and your environment, this yoga and inspirational outing is the perfect combination. Having reached the summit, nature becomes your best friend for relaxing and connecting with your breath by breathing in the mountain air. In the midst of these powerful natural elements, you can discover and flow through yoga poses such as Tadasana (the mountain). Connect with your roots, allow yourself to be carried away and switch off...

Every Monday at 6pm.  
Price: €27 per person for half-day group outing  
Contact: Bureau des Guides  
+33 (0)4 50 21 55 11  
[www.guides-megeve.com](http://www.guides-megeve.com)



# Agenda for the summer

## PRINCESS RALLY

mon. 05.06  
tue. 06.06



## MEGÈVE MONT-BLANC CYCLING

sat. 10.06  
sun. 11.06

## CUISINE MON VILLAGE

sat. 01.07  
sun. 02.07

Information on  
page 7



## ONCE UPON A TIME...

from 11.07  
to 13.07



Archaeology – the kids are on a mission! Designed to be 100% family-friendly, “Once upon a time” is the perfect complement to our thematic weeks where children are royalty in Megève! For this event, the garden of the Megève museum will be converted into a real excavation site, allowing our mini-me’s to uncover the mysteries of lost civilizations. To make sure they feel completely immersed in the experience, they will be given a full explorer’s kit to go in search of buried treasure: there will be more to come from these budding archaeologists! Exciting event for the whole family (from 8 years old).

Free. From 10am to 12pm and from 2pm to 5pm.  
[www.megève-tourisme.fr](http://www.megève-tourisme.fr)



## JUMPING 2023

from 16.07  
to 23.07

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page 6

## MEGÈVE NATURE TRAIL

sat. 29.07  
sun. 30.07



## MEGÈVE BLUES FESTIVAL

fri. 04.08  
sat. 05.08

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## FÊTE DU VILLAGE

sat. 12.08  
sun. 13.08

Information on  
page 7



## ARRIVAL of 2<sup>nd</sup> STAGE OF THE WOMEN'S TOUR DE L'AVENIR

tue. 29.08

new

Following the success of the previous years, 2023 will see the inaugural women's edition of the Tour de l'Avenir. Providing a fantastic springboard to the professional world, this new event specifically for women is the perfect complement to the women's Tour de France that was newly created last year. It also helps meet various goals to really bring women's cycling to the fore. Aged between 19 and 23, the professional cyclists of tomorrow will compete to try and win the first ever Tour de l'Avenir women's title!

Information available at:  
[tourdelavenir.com](http://tourdelavenir.com)

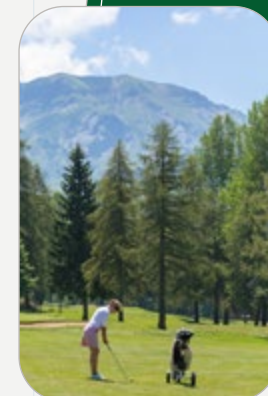
new

## A PRO-AM FOR THE 100TH ANNIVERSARY OF MEGÈVE GOLF COURSE

from 07.09  
to 10.09

Created in 1923, the golf course at Mont d'Arbois was the first mountain golf course in France! The greens have now been around for 100 years and during this time have seen many a golfing enthusiasts come and go. They have also evolved to be in tune with a more ecological approach – today, they continue to be maintained as if they were a genuine French garden! Overlooking the village and offering an incredible view of the Mont Joly mountains up to the Aravis, this 18-hole golf course will play host to the Four Seasons Megève Pro-Am tournament, providing the perfect opportunity to celebrate the anniversary of this unique venue!

Details can be found at: [www.montdarbois.edmondderothschildheritage.com/fr/golfs/golf](http://www.montdarbois.edmondderothschildheritage.com/fr/golfs/golf)



## TOQUICIMES from 20.10 to 22.10

Toquicimes, edition VI at the farm.  
[www.toquicimes.com](http://www.toquicimes.com)

## and also

Sat 13/05 - Ménage ta Montagne [Clean up your Mountain]  
12/06 and 13/06 - 9<sup>th</sup> Megève Saint Tropez Rally  
15/06 and 16/06 - 34<sup>th</sup> Coupe des Alpes Rally  
18/06 - Culture and Delicacies Walk  
From 25/06 to 29/06 - Race Across France  
From 30/06 to 02/07 - MB Race  
06/07 - Night Relay  
15/07 and 16/07 - 27<sup>th</sup> Megève Jazz Contest  
05/08 - Concours aux Poulains  
10/08 - Anniversary of Pierre Margara's work “My Way”  
20/08 and 21/08 - La Haute Route  
16/09 and 17/09 - European Heritage Days  
08/10 - Abondance Breed Competition  
14/10 - La Mégevanne trail race  
25/10 - Les Petits Asticots  
From 27/10 to 03/11 - The Little Princes of Autumn



# Key figures



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