

WHAT'S NEW THIS SUMMER IN LES GETS?



Discover the valuable services provided to nature by peat bogs in the face of climate change...

BAREFOOT WALK THROUGH THE PEAT BOGS OF THE CHABLAIS UNESCO GLOBAL GEOPARK

André, one of the Chablais UNESCO Geopark supervisors, organizes “weightless” walks through water-saturated land where you can feel the mass of energy accumulated since the last ice age beneath your feet. Les Gets is teeming with these little-known, multi-faceted wetland areas and sensitive peat bog ecosystems; visitors can observe this natural environment close up, by walking barefoot, or exploring with their fingertips, and discover for themselves the valuable role played by peat bogs in the light of global warming. This discovery trail is a sensory experience which helps us better appreciate our geological heritage and this incredibly rich biodiversity. These excursions are organized as part of the summer events programme.

André Génin: andre@vecteurmontagne.com



Oxalis is a herb with a pretty shape resembling a heart, a clover. It's the favourite herb of Damien Duron, chef of the restaurant by the same name.

AWAKEN YOUR TASTEBUDS WITH OXALIS

Oxalis is an attractive herb whose clover-shaped leaves resemble a heart. Oxalis is Damien Duron's favourite herb and the name of the restaurant where he works as head chef; every day in the summer, he goes to the top of the village, the forested slopes of Chavannes or Mont Chery to pick the herb. This young, talented Aubergnat native, who dreams of Michelin stars, trained in renowned establishments such as Hameau Albert 1er in Chamonix where he gained the experience he needed to lead his own team. Which is how he came to take over the restaurant of the family hotel run by his wife, Adelphine, a Les Gets local; the establishment has been in the family for 3 generations and Adelphine is keen for this tradition to continue.

The restaurant, which has been renamed Oxalis, is open to non-resident guests who can enjoy elegant, tasty cuisine with gourmet dishes that showcase local products such as Savoie trout, a rack of Rhône Alpes veal, fera, a salmon type fish from Lake Geneva etc. not to mention a dessert trolley that includes some of the great classics of French patisserie.

Hotelalpina.fr

WELL-BEING AND BAR-LOUNGE AT NICO BEACH

This new concept, located within Le Labrador 1971**** hotel, promises to be a chic, relaxed space, spanning some 1000 m², combining a well-being area and a bar-lounge. Guests can enjoy a fun, relaxing time and a range of sensory experiences all under one roof: indoor and outdoor pools with connecting swim corridor, sauna, steam room, jacuzzi, a lovers' bridge, solarium, botanical garden open in summer etc. A variety of hot and cold drinks, cocktails, champagne and a snack menu will be available every day from 12 noon to 9pm. Nico Beach will also be open to non-resident guests by appointment; however, the number of permitted guests will be restricted to preserve the tranquillity and magic of the place.

Labrador-hotel.com



4 SEASON TOBOGGAN RUN

For several years, the resort of Les Gets has been attempting to diversify its offer in order to provide a range of activities that will appeal to a broad cross-section of the public, all year round. Soon, there will be a toboggan run open all year, just like the Alta Lumina enchanted night walk. This large-scale project involves setting up an "alpine coaster" (toboggan run on tracks), at the entrance to the village, in Les Perrières, as well as the construction of a building for maintaining and storing 35 sledges. With a ride time of almost 6 minutes, a 714-metre descent and an elevation difference of 105 metres, this new attraction promises fun and relaxation for all ages. The project was originally scheduled for completion in December 2022. However, due to delays it will finally open in summer 2023.



ARGENTINIAN EMPANADAS IN LES GETS

Katerina and Lucas have hospitality in their blood and there's nothing they like more than spending quality time with friends and chatting around a BBQ, enjoying empanadas and a delicious glass of Argentinian wine! Originally from Argentina, this couple have lived a colourful life, travelling all over the globe. And wherever they go, these globe trotters take with them their original empanadas recipes, handed down from generation to generation. They were keen to introduce their favourite childhood food to



Handmade empanadas based on Argentinian recipes adapted with local products.

a wider audience so once settled in the mountains, they opened their own restaurant called "El Chalten" (named after a region of Argentina). They serve home-made empanadas, based on traditional Argentinian recipes with a twist, made from regional products, respecting seasonality of produce.

This new restaurant will appeal to a range of curious customers, keen to experience a flavour of the magnificent mountains of Patagonia that are so dear to Katerina and Lucas.

El Chalten Les Gets:
250 Route du Front de Neige
Tel +33 (0)6 20 08 06 28



ONE WITH NATURE

FOREST BATHING WITH BARBARA

Enjoy the healing power of trees and consciously connect with all the elements to help revitalize your mind and body...such is the experience offered by Barbara, a yoga teacher and expert in the "zen attitude."

During this healing forest experience, participants focus on different senses, sometimes in silence, to help them connect with nature and immerse themselves in their visual and acoustic surroundings. It's a great opportunity to reflect and forge physical and emotional connections with the different elements, as well as practise visualization techniques.

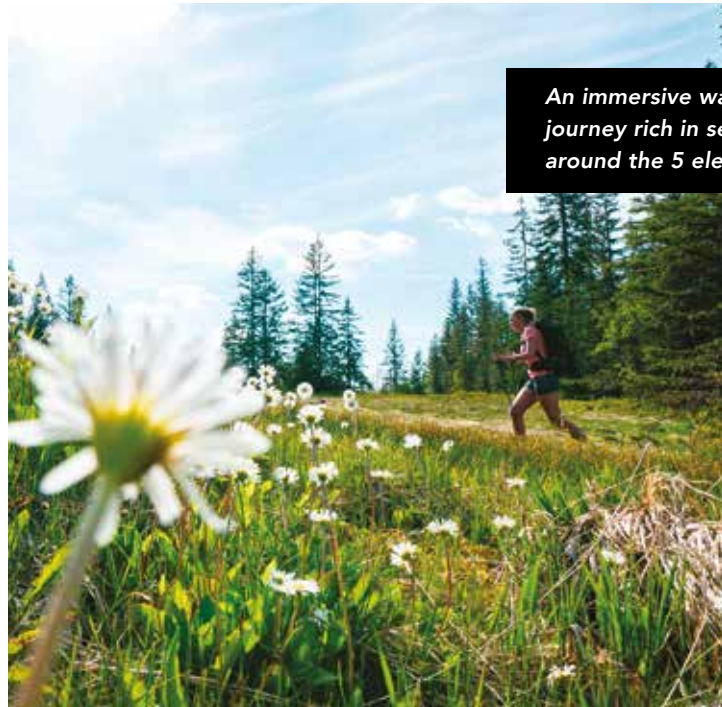
Numerous Japanese studies show the extraordinary benefits of forest bathing (or Shinrin Yoku in Japanese) for reducing stress and anxiety, and lowering cortisol (stress hormone levels), stimulating the immune system and for improving intuition, concentration and imagination.

Keolan.com

5 ELEMENTS OF NATURE WALK

Marion, who qualified as a yoga teacher in India in 2019, is passionate about the mountains and outdoors, and is keen to explore the link between the 5 senses and the 5 elements, namely: air, fire, earth, water and space. Participants are invited to disconnect from their everyday life through an immersive walk and themed workshops, helping them to better reconnect with their body, breath and natural surroundings. It's a rich, sensory experience where you'll learn breathing techniques, mindful barefoot walking in silence, how to create a nature mandala, self-massage, movement and the 5 elements of Ayurvedic yoga practice, sound meditation etc. Ages 12 and over.

M Yog'Art - Marion Allain
 Tel +33 (0)6 71 49 71 23



An immersive walk and a journey rich in sensations around the 5 elements.



BACK TO BASICS AND REDISCOVERING THE SECRETS OF MOTHER NATURE...

Michel organizes walks in Les Gets, exploring the unspoilt mountain pastures and helping visitors reconnect with what matters... Namely, our connection with Mother Nature! During these walks, visitors will be taught how to recognize medicinal and edible wild plants, learn about respecting the natural environment and "mindful" picking. The plants are then made into modern-day versions of traditional popular remedies and natural, age-old medicines. Wild thyme or elderberry jelly, fir tree syrup, gentian or blueberry liqueur, cold gentian or nettle infusion, and traditional ointments made from oils infused with mountain herbs (arnica, plaintain weed, alchemilla and meadowsweet).

Some workshops are organized as part of the summer events programme.

BAREFOOT WALK THROUGH THE PEAT BOGS OF THE CHABLAIS UNESCO GLOBAL GEOPARK

See page 3 "What's the latest this summer in Les Gets?"

A FOCUS ON HERITAGE

PRICELESS CULTURAL HERITAGE

In the age of modern technology, hole punched music is fighting back! Les Gets is home to the Musée de la Musique Mécanique, the only one of its kind in Europe. The collection of 900 objects, some of which date back to the 17th century, are all still in working order. The prestigious collection includes:

- The Aeolian Organ, listed as a Historic Monument, located in Les Gets church, which works in automatic or manual mode.
- Automaton by the famous perfume company, Roger & Gallet.
- The mechanical carillon used at the 150th anniversary of the annexation of Savoie to France.
- One of the oldest merry-go-rounds with a Limonaire organ dating back to 1871 in the village centre. This unique object has just been declared an Historic Monument!

The theme for this year's "Le Musée en fête" summer festival, to be held on the 15th and 16th of July 2023, will be "the crank." This event, which focuses on barrel organs also includes bikes which are similarly operated by a crank. It's a very apposite link given that Les Gets will be hosting the start of the Tour de France stage on Sunday 16th of July.

Musicmecalesgets.org



A unique place in Europe to go back in time.



THE HISTORY OF THE RESORT RETOLD BY LULU

Lucie Bartholomé, affectionately called "Lulu" is training to be a Savoie Mont Blanc Heritage Guide and has a real passion for stories from days gone by. Her aim, through guided tours, treasure hunts and creative workshops, is to connect visitors with the past so they can discover the village from a new perspective. Amongst the visits is a guided tour of the old village, available during the summer, as part of the Les Gets Tourisme programme of events. This visit, called "The secrets of the old village" takes place in the heart of the village. She retraces the habits and customs of the time and recounts the history of Les Gets since the Middle Ages. Old photos are exhibited throughout the visit to help recreate the scene for visitors. In addition to the focus on the church and its remarkable artwork, you will also learn about the village legends ...relayed by an enthusiastic, spirited young woman!

Sign up at the Tourist Office.



**HANDCRAFTED POTTERY IN LES GETS:
KILNS AND SHEEP**

Sisters Anouk and Nathalie Bonhomme have carved out a pleasant life for themselves at the top of Route de Lassarre. Nearly 15 years ago Anouk, part-time shepherdess/potter and Nathalie, part-time graphic designer/potter, set up the Poterie artisanale des Gets and the success of their delicate, decorative white ceramic pieces continues unabated. These two creative, enthusiastic “power sisters” have just one mission: to convey the mountain values of their childhood.

In the adjoining sheep barn, Anouk raises sheep and lambs. In summer, they are joined by boarding heifers who help maintain Les Gets’ ski slopes and alpine pastures. Les Poterie des Gets is an attractive site and during the course of a single trip, visitors can get to observe animals, take part in a pottery workshop or browse around the shop, looking for a present for themselves or the ideal gift. At the same time, they can also check out Nathalie’s water colour illustrations. La Poterie des Gets is also included on the Route Terroir et Savoir-Faire du Haut Chablais (local producers and artisans) trail.

Poterie-des-gets.fr

**THROUGH THE EYES
OF A CHILD...**

If you want proof of a fun-filled family holiday, often you just need to look at children! Their enthusiastic smiles and amazed looks clearly demonstrate that, when it comes to fun leisure activities, the mountainous region of Les Gets is a smart choice. Amongst the activities on offer: the Lac des Écoles leisure area with swimming, a Wibit Park, Splashpad, trampolines, multi-sports pitches and other fitness facilities, an introduction to electric motocross on a well-secured track, suitable for ages 6 and above, and “cani-cross” hiking excursions with Nordic dogs, for children and parents.

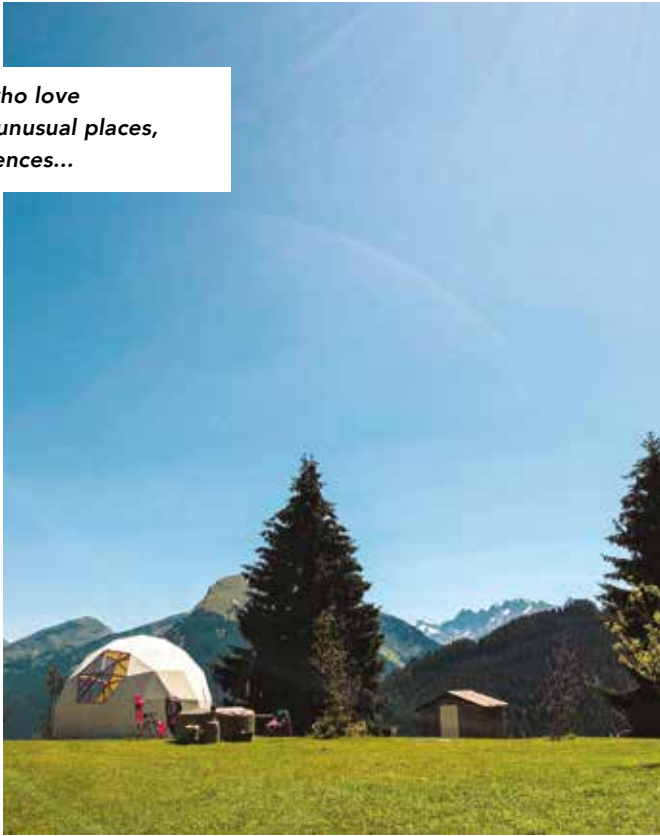
You can find more information, top tips and practical guidance on the website Lesgets.com



A summer holiday that is 100% fun for the family is often validated by the children themselves!

OUT-OF-THE-ORDINARY

*For those who love
adventure, unusual places,
new experiences...*



UNIQUE ACCOMMODATION WITH A VIEW OF MONT BLANC

For those who enjoy adventure, unique places and unusual experiences, La Sarre in the hills above Les Gets is a must-visit corner of Eden. It's home to some rather unique accommodation - perfect for visitors looking for quiet, unspoilt surroundings.

The thing that makes it really special? The view of the stars and Mont Blanc!

On one side, you have the "Chéry Dôme" with its comfortably equipped geodesic domes, in the middle of a rural playground with a sunken trampoline, jacuzzi and firepit. Gather around the stove for a delicious evening meal made from local produce and home-grown vegetables.

On the other side is a typical Mongolian-style yurt where you can stay one or more nights; it features a cosy interior, eco-friendly design and glass dome through which you can see the starlit sky, far from the light pollution of the village. Packed lunches are also available.

Cherydome.com

Linstant-yourte-les-gets.eatbu.com

ALTA LUMINA, AN IMMERSIVE SOUND AND LIGHT EXPERIENCE

Alta Lumina is an exceptional experience that introduces visitors to an extraordinary imaginary world. Follow a magical, night-time trail through Les Gets' forest and enjoy a unique immersive adventure. As night falls in the countryside, you'll follow a trail illuminated with a series of images, narrating a story intimately linked to the history of the region; it's a poetic account that uses light, image, set design and interactive devices. This year-round activity, based on a unique concept originating in Canada, is a must for any traveller visiting the region.

Altalumina.com

