

Press information: 3 June 2016



This summer, push your limits in Savoie Mont Blanc!



New: Spartan Race in Morzine-Avoriaz

The Spartan Race includes running, climbing, and crawling across beautiful but difficult terrains. Competitors get to splash through mud, tackle many unique and challenging obstacles, and test their overall strength, balance, mental tenacity and endurance. After Munich, Rome, Madrid, Paris, and Valmorel in the winter, Morzine-Avoriaz will enter the Spartan Race world. It will be the first race at altitude in Europe and will include some big obstacles.

On 2 and 3 July, 5,000 competitors will take part in three different types of races:

Sprint: 7km and 15 obstacles

Super: 13km and 20 obstacles

Beast: 20km and 25 obstacles

www.spartan.com

The second Triathlon de la Madeleine

The resort of Saint-François-Longchamp, at the foot of the Madeleine pass in the Maurienne Valley, organises one of France's most difficult triathlons, on 27 August. The Triathlon de la Madeleine involves a vertiginous climb to cycle and run, after swimming 750m in the Saint-Rémy-de-Maurienne Lake.

www.saintfrancoislongchamp.com

New: Take control of a fighter jet

The company AviaSim, which has several Airbus A320 simulation centres in France, is opening the Fighters Academy in Neydens, near Geneva.

Fighters Academy simulators are an exact replica of the famous F-16 fighter jet's cockpit. Always in pairs, these simulators can recreate some of the most dangerous missions, including recognition missions, observation missions, training flights, and, in particular, air combat missions.

Alone or with friends, against each other or together against the enemy, step into the shoes of a true fighter pilot.

An instructor will be present throughout the flights to guide you through your missions.

€99 for an hour

For people aged 14 and above

www.aviasim.com

New: Bear Grylls Survival Academy

The Bear Grylls Survival Academy, launched last winter in La Clusaz, has a summer programme. Learn to make a fire without matches, build an emergency shelter, find food, cross difficult terrain, and more!

<http://beargryllssurvivalacademy.com/>

Unique experience: A night in a suspended portaledge above Lake Annecy

A portaledge is a deployable hanging tent system designed for rock climbers who spend multiple days and nights on a big wall climb. Inax Aventure organises nights in a suspended portaledge overlooking the beautiful Lake Annecy, accompanied by a mountain guide.

After three hours of hiking and a 100m abseil, enjoy a traditional Savoyard dinner before falling asleep on the portaledge. In the morning, after breakfast, there is another 100m abseil for the return.

€370 for the night, plus €29 for the meal.

www.inax-aventure.com

Acrobatic paragliding in Les Gets

Savoie Mont Blanc holds the first position in Europe for paragliding in terms of participants. The region is especially famous for acrobatic paragliding and will host the World Cup from 26 August–4 September at the Sources du Lac d'Annecy.

Ex-pro Antoine Tricou offers acrobatic tandem flights in Les Gets. To benefit from good thermal ascension, take-off is at midday at the top of Mont Chéry, facing Mont Blanc. Tricou will then do a series of acrobatic figures, including a wingover, SAT, and helicon. This is not for the faint-hearted!

www.lesgets.com

Fat scooting in Val d'Arly

After having a go at the fat bike, try the fat scooter! In Val d'Arly, take the Torraz chair lift with your fat scooter and enjoy 700m of vertical descent.

Half-day lessons on mountain bike tracks accompanied by an instructor are available all summer. It costs €55 per person, and equipment is included.

www.alpesaventures.com

Fat stand-up boarding on Lake Aiguebelette

Stand-up paddle boarding can be a very challenging sport, but when you have to share a fat paddle board with four or five other people, it is even more so!

This summer, fat paddle boards that can accommodate five to six paddlers will be available to hire at Lake Aiguebelette.

<http://lac-aiguebelette.com>

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Savoie Mont Blanc Tourisme is the Tourist Board for the Savoie and Haute-Savoie departments. Savoie Mont Blanc covers two thirds of the French Alps and offer a wide range of outdoor activities, pretty towns, as well as rich local gastronomy.

www.savoie-mont-blanc.com

Twitter @SMBIntl

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