



THE JURA MOUNTAINS : WINTER IS HERE!

Is the snow calling you? The season has started in the Jura Mountains. Far from the bustle and away from the dizzyingly high peaks, here you can enjoy all the pleasures of the snow and the wonderful ambiance of the resorts. With summits that vary between altitudes of 1000m and 1700m you will find an ideal destination in which to tame the mountain, master winter sports, try out fun activities and experience the thrills of sliding sports. Here the true spirit of the mountain becomes accessible and serene.

The Jura Mountains are a paradise for a range of Nordic activities. More than just sport, the **Nordic attitude** is an **art de vivre!** It is a strong concept that brings together the great outdoors, sport, pleasure, relaxation and conviviality. **Skating or other such activities**, races, hikes and walks, or a combination of different disciplines, such as shooting for the **biathlon** or ski jumping for the **Nordic combined**, whilst cross-country skiing reigns supreme. And it's not just skiing, but also snowshoeing, dogsledding, Skijoring or simply walking. Your spirit breathes and is soothed, whilst your body is reinvigorated, becomes more streamlined, sculpted, sharper (Oh yes!). You can also try out the more gentle slopes, the **back country**. Halfway between cross-country and Alpine skiing, this is a form of ski trail that you can approach as a stroll or in a sportier vein. It is a way of exploiting the cross-country trails and the ski-lifts in order to immerse yourself in the more intimate corners of the mountains.

Finally, the Jura Mountains also feature well-appointed runs and ski lifts so that you can enjoy some truly **Alpine sensations**. **Downhill skiing, snowboarding, luge:** it's all here!
Excellent facilities, experienced professionals and ski schools: The Jura Mountains have everything the big destinations have. **Three major resorts** are dotted across the massif.

Métabief and its domain stretch along the foothills of Mont d'Or. Connected to three slopes, the resort offers skiing for everyone at altitudes of between 1000m and 1420m: 37km across 35 runs (including a floodlight run for night skiing) and all manner of winter sports: skiing, snowboarding, telemark... Activities that are great fun and ultra-accessible! **Easy Park** is a snow park that introduces you to freestyle skiing before you take things much faster at the resort's **Snow Park**. Urban obstacles and kicker lines are there to help you make those jumps. Freestyle, but a more natural version, is available at the resort's **Bio Park**: in the forest with obstacles made of wood so that you can enjoy 100% natural freestyling. From there you can move up to tackle the big **Air Bag** jump. This resort is also set against the backdrop of an unbelievable view of Switzerland and the Alps.

Les Rousses plays the Franco-Swiss card, here and there across the peak of the Dôle which, with decidedly Swiss precision, culminates at an altitude of 1677.2m. This resort is made up of 4 villages: Les Rousses, Lamoura, Prémanon and Bois d'Amont. In total there are 50km of downhill runs, more than 200km of Nordic skiing trails and 78km of walking and snowshoeing routes. As well as all the classic activities and in the spirit of the backcountry, **Ski Hoci** is practiced here. Cousins of the snowshoe, these short wide skis are covered with a skin that allows them to grip to slopes and negotiate downhill turns and bends more easily. Still at Les Rousses, you can try out **Telemark**, which is elegant and very challenging, or **biathlon** that combines precision and performance, or dare to try **Kite-Surfing**. Keeping up this tempo, the resort also offers **Boarder Cross** and a **Slide Park**. A new concept, unique in France, lets you discover Nordic skiing in a relaxing way. This is known as **Baladaski**: a 13km downhill loop that is punctuated with anecdotes that touch on heritage themes and that is accessible to all skiers who are able to negotiate easy downhill runs.

PRESS CONTACT:

BOURGOGNE-FRANCHE-COMTÉ TOURISM
5, avenue Garibaldi - BP 20623 - 21006 Dijon cedex
Véronique BEIGENGER • v.beigenger@bfctourisme.com
Tel. +33 (0)3 80 280 298 • +33 (0)6 87 06 82 72

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Les Monts-Jura is the meeting point of three Alpine ski areas: Lelex-Crozet, Mijoux-La Faucille and Menthnières. These dot the massif at between 900 and 1680m in the heart of the Haute-Chaîne du Jura Nature Reserve and they offer breath-taking landscapes and views! You can get a flavour of this sumptuous natural environment thanks to some of the most beautiful Nordic skiing itineraries in France. Between La Vattay and Mijoux, 160km of two-lane runs, alternative and skating, delight cross-country skiers. With the steepest drop on the massif, this resort also seduces **downhill skiers, snowboarders and free riders** that enjoy the 60km of runs connected by 28 ski lifts. We love Monts-Jura as a pleasant skiing spot amidst the spruce forests as well as for its great skiing along the technical runs that are often used by the French ski team. It is for good reason that from 25th to 27th March 2017 this resort will host the **French Downhill Championships'** Caisse d'Epargne trophy. The 104th edition of this competition will bring together the 200 best French skiers, men and women, competing in the slalom and giant slalom events. A spectacular weekend is in the offing!

HEAD TO THE ESPACE DES MONDES POLAIRES

In Prémanon, at the Les Rousses resort, the Espace des Mondes Polaires opens its doors in mid-December 2016. This is an exceptional facility based on scientific culture and leisure that will take visitors on a journey to the Arctic and Antarctic regions. This brand new space shares its Jura roots with its inspiration, Paul-Emile Victor, explorer and pioneer of modern ecology. From Jura to the Poles, the trail takes you to a skating rink, a museum with unique collections, a restaurant, an auditorium and a polar garden. With permanent and temporary exhibitions, discovery workshops, meetings and events venues, now planet Earth has a third pole; the Jura Mountains.

www.espacedesmondespolaires.org

WWW.MONTAGNES-DU-JURA.FR/EN

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