



PRESS RELEASE
JULY 2017

KEEP YOUR COOL THIS SUMMER IN THE JURA MOUNTAINS

Montagnes du Jura
L'AUTRE VERSANT DE LA MONTAGNE

When it's hot, city life can be stifling and stressful. Do you feel like a change of scene and a breath of fresh air? This summer, why not make a beeline for the Jura Mountains? Lakes, rivers, waterfalls and caves are the perfect spots for keeping cool.

Waterfalls: the DNA of the Jura Mountains

Water is all around us, and it's been flowing here for thousands of years. It has pride of place in the Jura landscapes, where it flows underground, carving out strange cave systems and sculpting mysterious chasms. Waterfalls contribute to the reputation of this region: the one at **Hérisson** is made up of 31 drops and 7 cascades. Those at the **source of the River Lison**, with its grotto and its sparkling cascade that never runs dry, are blue-green in colour no matter the season. The falls at **Billaude** or La Lemme plunge into a narrow gorge across two successive drops from a height of 28m. Towards Planches-en-Montagne the cascades and the **gorges of La Langouette** can be explored during a refreshing walk in the forest. And don't forget the **Pertes de la Valserine** in the south of the massif, with their giant potholes. An expression of the power of nature, the Pertes were fashioned by the pure waters of the Valserine, the only French waterway to boast the « Wild River » label. For a dreamlike ambiance, hop across to the magical and enigmatic **Cascade de la Vouivre** near Saint-Claude. You can finish not far from there at the **Cascade de la Queue de Cheval** that drops 60 metres in two bounds and is certainly one of the most beautiful in the Haut Jura. If you want even greater refreshment, you can easily pass beneath the waterfall along the right bank.

Lakes and rivers to suit all tastes

Lakes and ponds are what make up the landscapes of the Jura Mountains, where they truly abound. Small or large, wild or peaceful, natural or man-made, they are always a source of pleasure. The one at **Chalain** covers 231 hectares, making it the largest and possibly the most impressive. 3 supervised sandy beaches, sports facilities and sign-posted trails that are accessible on foot or on mountain bikes round off the activity options available around this lake. Long and narrow, the **Lac de Vouglans** is the 3rd largest damn in France. Nestling amidst the meanders of the River Ain, this "touristic" lake around thirty kilometres long boasts beaches that are equipped for leisure activities. The natural lake at **Saint-Point** also takes 3rd place, and at an altitude of nearly 850m it stretches for over 6km across an expanse that is open and tranquil thanks to a ban on all motorised craft. The natural site of **Lac des Rousses**, overlooked by the Jura Mountains and the pine forests, is home to « reasoned » tourism. Its waters reflect a wild natural habitat and its banks are home to peatland areas, a fragile ecosystem that provides a refuge for wildlife of great biological importance. As for **Lac Genin**, listed as a Natural Site, this « Little Canada » on the River Ain is the jewel of the southern massif.

White water activity highlights.

Canyoning, Via Ferrata, swimming, fishing ...in this magnificent natural setting you can give free rein to your desires and enjoy a multitude of big thrills.

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Family Canyoning

After a short walk, descend a canyon that has been specially carved out for the family! Everyone will take great pleasure in swimming in the natural pools, jumping into the water (never obligatory), sliding down the toboggans sculpted into the rock and playing beneath the waterfalls, all in an exceptional setting! www.rockn-jump-adventure.com

Canoeing-kayaking in the Val d'Amour

What better way of discovering the River Loue than aboard a canoe or kayak? Along this waterway, easy sections and white waters alternate, punctuated by stops at the numerous quarries of white pebbles to have a picnic, take a dip or simply enjoy nature. www.valnature.eu

More information at:
www.montagnes-du-jura.fr