

# THE NORDIC SPIRIT IN THE JURA MOUNTAINS: CROSS-COUNTRY SKIING, BIATHLON OR SNOW SHOEING...

Do you want to enjoy the snow? We are getting ready for the ski season in the Jura Mountains. In winter, our peaks transform into a winter sports paradise. Snow shoe trails or cross-country skiing, combined with shooting (biathlon), provide a varied range of winter pleasures. Far from the hustle and bustle, you can delight in all the joys of these relaxing snow sports. With summits that vary in altitude between 1000 and 1700m, and over 3000km of pistes spread right across the Jura area, it is the perfect destination for hitting the mountain and trying your hand at Nordic sports. To help you indulge in these fun pursuits and enjoy some big thrills, the spirit of the mountain awaits, accessible and serene.

All ability levels and all types of Nordic sports are catered for here: Cross-country skiing on skating or alternative tracks, snow shoeing, biathlon, Nordic skiing and even touring itineraries across the Grandes Traversées du Jura trails...the hardest part is choosing.

**In Métabief**, covering 9 villages, the ski resort boasts over **200km of Nordic skiing tracks** and sign-posted « snow shoeing » trails. Removed from the crowds, in the heart of nature and amidst the silence of the snow-covered forests, the whole family will appreciate the achievement that comes with skiing across an environment that is truly unforgettable

**At Les Rousses**, across its 4 villages, this Franco-Swiss ski area stretches over **220km of pistes** linked to the neighbouring resorts of Hautes-Combes, Bellefontaine or even to the nearby Swiss. This paradise of pristine white snow in the heart of the Haut-Jura Nature Park is home to some exceptional wildlife.

**In Monts-Jura**, on the site of Vattay-Valserine, skating or alternative skiing takes pride of place. This area offers over **150km of pistes** of varying difficulty levels, as well as 3 dedicated snow shoeing trails. Don't miss the unique view of Mont-Blanc, a rare delight.

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**Montagnes du Jura**  
L'AUTRE VERSANT DE LA MONTAGNE



A little further north, **Chapelle-des-Bois** and its 5 ski areas boast **250km of sign-posted trails** and a range of landscapes. Le Val de Mouthe is an Eldorado of Nordic skiing. Lovers of skating or classic tracks of all ability levels will find something that suits them!

But beyond sport and activities, the Nordic spirit reveals a genuine art de vivre that is perfect for getting in touch with nature and keeping fit. In the Jura Mountains, a welcoming retreat is where your day will invariably end.

*My advice:* Enjoy cross-country skiing along the trails of the **Grandes Traversées du Jura**. This is a **180km** long sign-posted trail that can be tackled in 9 stages. Luggage transfer services available. [www.gtj.asso.fr](http://www.gtj.asso.fr)

**Biathlon**, fun and accessible to all, is one of our main Nordic activities. Cross-country skiing combined with shooting, standing up or lying down, with a laser rifle provides a truly innovative sporting cocktail. The ideal sport for channelling the energy of children over 8, biathlon can be enjoyed in perfect safety. A biathlon initiation course is real experience and guarantees unforgettable memories!

No other experience takes you away from it all like **snow shoeing**, practiced by fur trappers in times past. Nowadays, snow shoe trails are a gentle way to travel through the pristine and wide open spaces where you very quickly start to feel like an explorer in search of adventure.

Special snow shoeing circuits provide loops from 4 to 8 kilometres long. These circuits are available at around ten resorts across the Jura Mountains, where a warm fireplace and fine Comtois meal also await.

*My advice:* Just as it does for cross-country skiing, the **Grandes Traversées du Jura trail** provides a sign-posted itinerary that is specially devoted to snow shoeing and covers **150km**. Nature in its purest state, with no prepared pistes or trails, you will be the very first to leave a footprint in the virgin snow. Your only markers are the milestones along the way, guaranteeing a real **adventure**?

More information is available at: [www.montagnes-du-jura.fr](http://www.montagnes-du-jura.fr)

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