

TITLE : A city break dedicated to urban explorers in Grenoble, capital of the Alps.

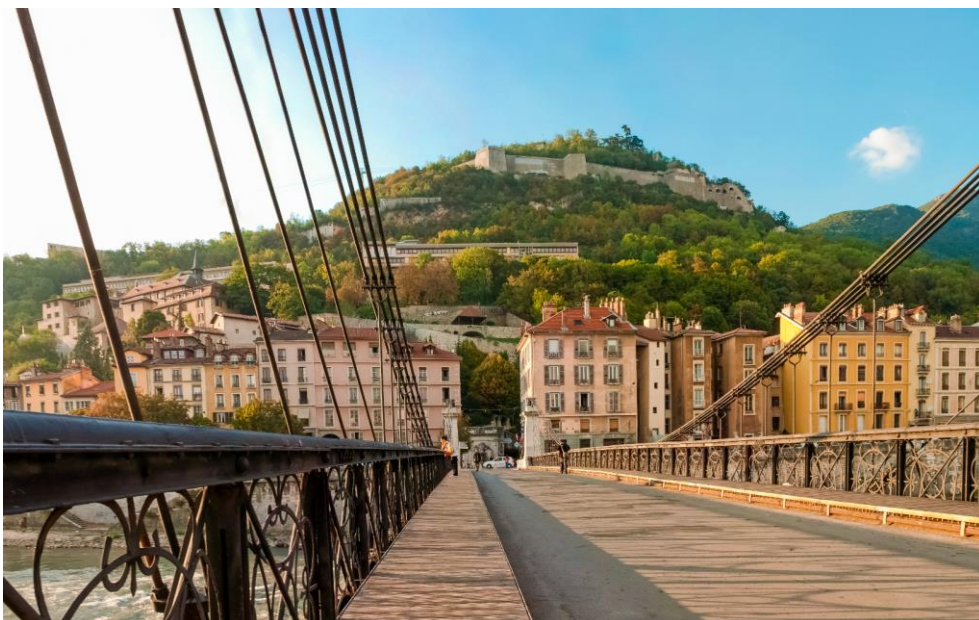
Why not break away from the norm and explore alternative city-break destinations in south-eastern France? Grenoble is a young and dynamic city, where visitors will stumble upon festivals that display street art, electronic and nomad music, theatre, wine-making, gastronomy and mountain cinema. By night and day, each neighbourhood will offer the possibility to discover a variety of exciting locales. The city is nestled in a unique natural setting, with three mountain chains all around, like natural playgrounds. What could be easier than climbing up a bit to take in the surrounding territories? Enjoy the panorama view of the mountains, go for a hike or a ride with your bike...Look at the light that changes with the hours, days, and seasons.

EXPERIENCE OUTDOOR ACTIVITIES



Its close proximity to nature is one of Grenoble's greatest qualities. Spread throughout the city, green spaces made for outdoor activities, bucolic sites for tranquil contemplation, and nature reserves easily reached by foot or public transportation mean that the locals love the outdoors, and especially the mountains. You may take the Grenobleis away from nature, but you can't take a love for nature out of the Grenobleis. Whether it's with friends, family, or alone, to explore new territories, relax in preserved nature, or rise to athletic challenges, it's all there, in and around Grenoble, by foot, by bike, by ski.

FEEL CULTURE AND HISTORY



Grenoble has existed for more than 2 000 years and is astonishing for its rich heritage and cultural offer. From the Gaulish village of Cularo in 43 BC, through the early Christian times, the great works of Lesdiguières, or even the beginnings of the French Revolution; the history of the area is accessible to all through the thirty museums in the metropolis, including a dozen located in the historic centre of Grenoble.



The most emblematic of these is the Musée de Grenoble, an illustrious museum of painting created in 1798 and considered to be one of the most prestigious in Europe.



In service since 1934, the site of the Bastille and its cable car is another major attraction in Grenoble, boasting a 360° panorama of the city and the mountains.



In the historic city-center, at the corner of a street or on a small colourful square, you will find perfect places to relax and take a drink, for an “apéro” with wine, local beers, delicatessen...It smells like a French “dolce vita”.



LOCAL IS BEST !

It may not be as famous as some regions of France when it comes to food, but Grenoble boasts exceptional culinary treasures, showcased by big names in the culinary industry, like Christophe Aribert, the Michelin-starred chef of Les Terrasses d’Uriage, located in the heart of the famous thermal resort. Laurent Gras, with his restaurant at the top of the Bastille also comes to mind. The city is overflowing with delicious restaurants run by particularly creative and innovative young chefs. Their diverse recipes are edging their way into the list of tradition dishes, where the dauphinois potato gratin lines up next to ravioles pasta, murçon sausage and meat caillettes. Other emblematic products of the region— Vercors-Sassenage blue cheese, Grenoble walnuts, and Chartreuse liqueur—have exported their fine tastes well beyond French borders.



A FESTIVAL OF EMOTIONS



The cultural seasons of Grenoble turn, turn, turn and always seem to change. The city was the birthplace of many great names in painting, theater, music, and dance, and continues to attract headline acts today. Big names as well as local rising stars in all areas of the arts make for a lively local cultural scene. All year long, it's one festival after another (Cabaret Frappé, Grenoble Street-Art Fest, Rencontres du Cinéma de Montagne, Jour & Nuit, etc.), hosted in national arts venues as well as carefully selected original sites. Grenoble also made a name for itself in the 1960s, when it started putting up modern art installations in public areas. This practice continues today with street art, a discipline whose works are found throughout the city.



Hosted in June, the Grenoble Street Art Fest is the Europe's first festival to show off street art as a multidisciplinary artistic current. Giant or traditional frescoes, collages, stencil work, sculptures, artistic happenings, photography, canvas art, digital art, anamorphoses, natural street art, videos, and more. A good way to discover the streets of Grenoble, all year long, by foot or by bike, following the artworks located in the entire city.

With two national theaters - MC2 and the Hexagone- , a SMAC-labeled venue (Contemporary Music Scene), a host of concert cafés and association-run sites open to the public, Grenoble-Alpes Métropole is faithful to its character as an eclectic and alternative pioneer.



AUTHENTICITY AT EVERY STORE FRONT

In Grenoble, craftsmanship and commerce go way back. Wandering the streets of the city center, move from one time period to another, from an antique shop to a hip boutique, from second hand objects to fair trade clothes. As a cultural and sporty city, physical and mental well-being shops are ever-present, as well as elegant luxury brands. Not to mention the growing number of food shops, which just go to show that Grenoble is also a city where life is meant to be savored.



In the Fromagerie des Alpages, in Grenoble, you'll find Bernard Mure-Ravaud, World Champion of Cheesemongers (Caseus Award) and Meilleur Ouvrier de France (France's Top Trademan) in 2007.



Jean Strazzeri has been a master glove maker since 1964. In his workshop in Fontaine or in his boutique La Ganterie Lesdiguières at 10 rue Voltaire in Grenoble, he continues the Grenoble tradition of glove-making, more than two centuries old.