

Office
de Tourisme

GRENOBLE-ALPES
MÉTROPOLE



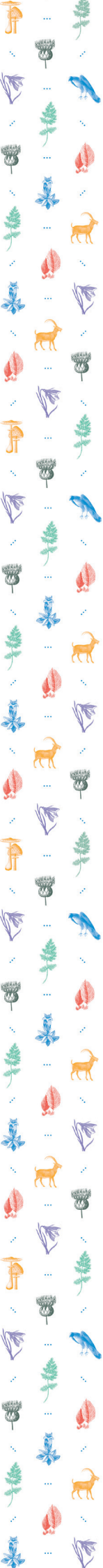
— GRENOBLE —

ALPES MÉTROPOLE

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04. GRENOBLE-ALPES MÉTROPOLE

06. INNOVATION

07. INNOVATION IN HISTORY

08. INNOVATION TODAY

10. WIDE OPEN SPACES

11. ESCAPADES AROUND THE CITY

12. OUTDOOR ACTIVITIES

13. BY FOOT

14. BY BIKE & BY SKI

15. SUSTAINABLE CITY

17. CULTURE & FESTIVALS

18. THE MUSEUMS OF GRENOBLE-ALPES MÉTROPOLE

19. THE SHOWS IN THE CITY

20. A FESTIVAL OF FESTIVALS

21. FOOD & CULTURE

22. LOCAL PRODUCTS

23. FAMOUS CHEFS

24. SHOPPING

25. PLACES TO KNOW AND DISCOVER

26. ACCOMODATION

27. STYLE, SERVICE AND LOCATION, WE'VE GOT IT ALL

29. CALENDAR OF EVENTS 2019

31. NOTEBOOK

32. 20 KEY DATES IN THE HISTORY OF GRENOBLE

34. GRENOBLE-ALPES MÉTROPOLE TOURISM OFFICE

35. GRENOBLE BY THE NUMBERS

36. GETTING TO GRENOBLE



GRENOBLE-ALPES MÉTROPOLE





RELAXING



FESTIVE



SUSTAINABLE



SURPRISING



TASTY



INNOVATION

Several public research labs. An influential university of more than 60,000 students. Schools like Grenoble INP, ENSIMAG, and the Grenoble School of Management that are renowned for their quality. Big international groups like Schneider Electric, HP, Caterpillar, STMicroelectronics, and Capgemini. Put these together and you get a fertile, high-performance economic ecosystem that has seen more than a few startups sprout up. A hallmark scientific city, Grenoble received the FrenchTech label in 2014 for its growth in digital and software fields. Innovation, be it social, scientific, or digital, has always run through the area's veins.

INNOVATION IN HISTORY



Planned Parenthood center

Political and social innovation

Many social, political, and cultural initiatives that are a part of history got their start in Grenoble. In 1788, the people of Grenoble—led mostly by women—revolted against the closing of the local Parliament that the king Louis XVI had ordered. This led to **the Day of the Roof Tiles**, an event that many consider to be the prelude to the French Revolution, in which Grenoble lawyer and politician **Jean-Joseph Mounier** played a major role. In 1789, at Versailles, **he insisted that the fundamental rights of the French people be stated in the preamble to the first French constitution. He also had a hand in writing the articles of the Declaration of the Rights of Mankind.**

Fifteen years later, in 1803, important social progress was made in Grenoble, with **the opening of the first benefit society**—or mutual insurance company—thought up by the master glove makers and their workers. At this time, Grenoble was the world's capital of glove-making. The benefit society was meant to allow factory workers to enjoy some kind of social protection, should they become sick, unemployed, or too old and frail to work. In 1822, France's first three women's benefit societies were created, and **in 1961, Grenoble opened the country's first Planned Parenthood center.** Members of the Planned Parenthood association could have access to information about efficient methods of contraception.

Hubert Dubedout, mayor of Grenoble from 1965 to 1983, remains an integral figure of the political landscape of the time. It's hard to talk about municipal socialism without mentioning his name. In addition to being the mayor during the 1968 Winter Olympics, Grenoble became a true **urban laboratory** during his administration. A supporter of mixed-income neighborhoods, **he initiated the project to create the new Villeneuve quarters in 1970.** This neighborhood would quickly **become a symbol of post-1968 architecture**, where various social experiments were carried out: mixed-income housing, priority given to public transportation and pedestrian traffic, construction of public equipment, and more. A real urban revolution.



Tourism Office – Place Victor Hugo

Innovation in tourism

On May 2, 1889, France's very first "Syndicat d'initiative"—a sort of association to promote tourism—was inaugurated in Grenoble. In the beginning, it was just that: a non-profit association created by the city to promote local tourism, welcome visitors, and provide information about things to do in the area. **In 1901, the association won the Gold Medal at the World's Fair in San Francisco.** The following year, they were awarded the Grand Gold Medal by the Touring Club de France. The title **"Father of Syndicats d'Initiative"** was bestowed upon the association during the first conference of France's growing number of tourism associations in 1904.

In 1934, the Syndicat d'Initiative took part in creating Europe's first urban cable car, at the Bastille. Paul Michoud, vice president of the Syndicat d'Initiative, spearheaded the project, with the support of successive Grenoble mayors Paul Mistral and Léon Martin. It was to become a new way of visiting the city. At the time, improvements in means of communication and transportation put Grenoble on the Route des Alpes map as a starting point for adventures in the surrounding mountains. All of this meant that everyday people could now take to the Bastille, a privilege that was before reserved for the military.





Development on the fast track

Joining the ranks of the great industrial cities of the early 20th century, Grenoble grew thanks to activities like hydroelectricity, chemistry, and paper- and cement-making. After WWII, Grenoble took on an even greater role thanks to the CEA, (then known as the Commissary of Atomic Studies, and in 2010 expanded to include alternative energy sources), which set up a major research center. Among the many companies to come out of the CEA, several have gone on to become international companies, like Soitec, specialized in the creation and design of semi-conductors.

The National Scientific Research Center (CNRS) also holds great importance, with different laboratories dedicated to fundamental research in matter and condensed physics as well as fluid physics and the development of innovative technologies. The Neel Institute, for example, covers wide scientific ground in chemistry, engineering, biology, and more.

The Laue-Langevin Institute is yet another international research center based in Grenoble and is a world leader in neutron science and technology. It boasts one of the world's most powerful source of neutrons. The Institute sits right near the ESRF Synchrotron, a European-level instrument of scientific research.

CEA, CNRS, ILL, ESRF, plus the European Laboratory of Molecular Biology (LEBM) and the Institute of Structural Biology... These world-class centers and research labs are all located in the same area (formerly known as the Scientific Polygon, northwest of Grenoble) **united in the mid-2000's to create a campus of innovative excellence.** Named GIANT (Grenoble Innovation for Advanced New Technologies), the campus is part of a vast project to rehabilitate 250 hectares of urban area, bringing together all the qualities of a sustainable city: The Presqu'île, which is set to be finished in 2035. In the end, it will house 10,000 scientists and just as many students. An eco-neighborhood with green transport and positive-energy buildings, where several major companies have already chosen to set up here : Schneider Electric, Crédit Agricole Sud Rhône-Alpes, bioMérieux, and more.

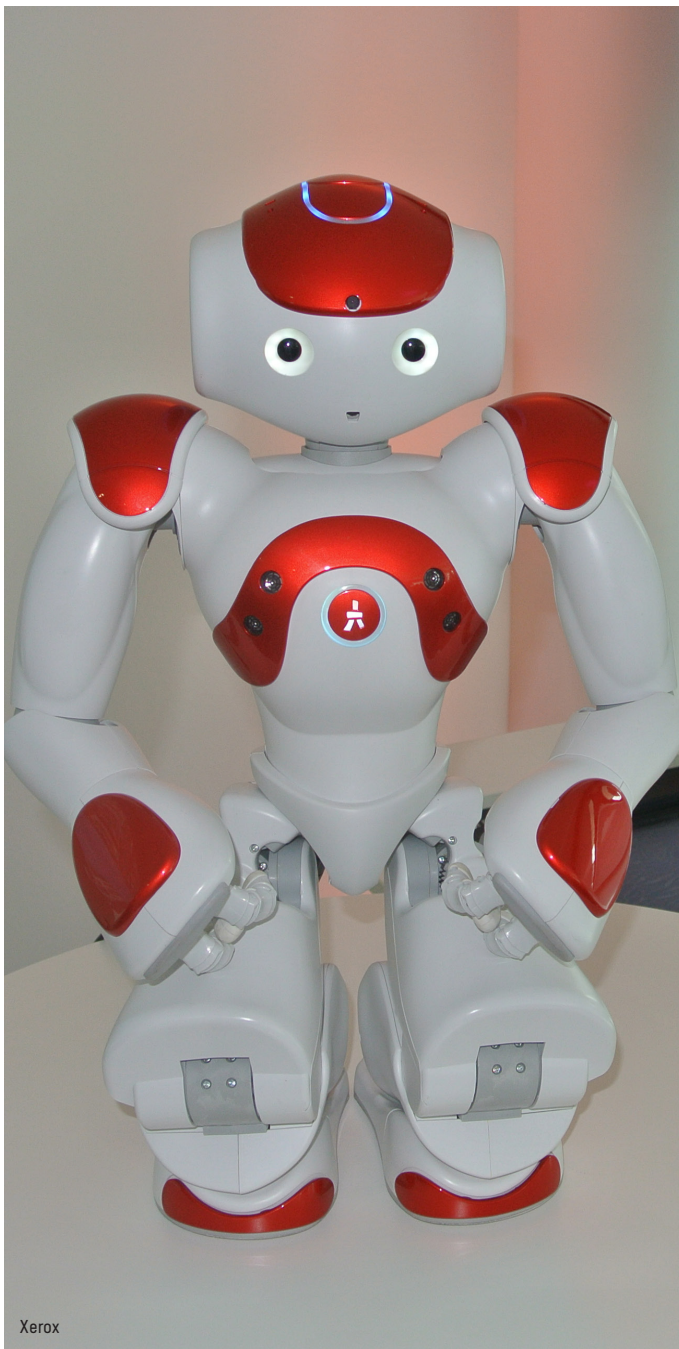


Computer sciences and math make up the very fiber of research in Grenoble. Supported by the omnipresent digital culture, new sectors are growing faster and faster each day, encouraged by the presence of clusters and 2 competitive centers, Minalogic and Tenerrdis:

- **Micro- and nanotechnologies**, with Soitec, STMicro, Siemens, and Xenocs.
- **Medtechs**, with the Grenoble University Hospital, international groups like BD and Roche Diagnostics, plus more recent companies: Eveon, ImmunID, PX'Therapeutics, and Synapcell, and more.
- **Energy management and Smart Grids**, represented by Atos Worldgrid, GEG, EDF, Air Liquide, SymbioFCCell, Streiff Group, la Compagnie de Chauffage de Grenoble, just to name a few.
- **Chemistry** is equally present with the Pont de Claix and Jarrie platforms, which specialize in the production of chlorine. A Chemistry Museum in the Jouvin Chateau in Jarrie, tells the story of the techniques and uses of local chemistry.

High-quality business & activity centers

In 1972, the creation of the ZIRST (Zone for Innovation and Scientific and Technical Projects), set in a natural landscape in Meylan confirmed the city's position as a hub for innovation. **Expanded and renamed Inovallee, the technical zone specializes in Green IT and is home to more than 370 companies** that employ nearly 12,000 people. Just to name a few: Schneider Electric (energy performance management), Rolls Royce (control commands for nuclear power plants), Orange Labs, and Sames (electrostatic projections). There are also numerous small companies and startups, housed in the Tarmac business incubator. A new remodeling program is once again transforming the Inovallee site, where high-quality housing will be nestled among the office buildings.



International presence

Grenoble-Alpes Métropole boasts several higher education establishments, known for their international reputation:

- **Second to Paris in the number of doctoral students.**
- **70%** of these doctoral students study fundamental sciences.
- **Training programs often blend several fields**, such as science and business (GEM, IAE, Grenoble INP) and offer masters degrees in highly-specialized fields like big data and bio computer science.
- **The University Grenoble-Alpes (UGA) was awarded the IDEX label for campus excellence in 2015**, and Grenoble INP is France's 4th training center according to the 2015 QS World Ranking. Financial Times placed the Grenoble School of Management 20th in the world for its masters in international business.
- **UGA has partnerships with 150 universities around the world**, including Berkeley and the Max Planck Institute.
- **17% of the student body is made up of foreign students.** Grenoble is also home to France's 2nd largest community of Americans, after Paris.

Not surprisingly, Grenoble was hailed, in 2014 as the world's 5th most innovative city by Forbes magazine. The French magazine l'Étudiant often places it first in its rankings of France's best cities to study in. The most recent time was in 2016, when they highlighted the high-quality teaching, but also the pleasant lifestyle and commitment to sustainable urban development.



WIDE OPEN SPACES

Grenoble-Alpes Métropole nestles in a unique natural setting. Three mountain chains surround the city, each with its own landscapes, traditions, and history. Vercors, Chartreuse, Belledonne: natural playgrounds at the threshold of the city. Not too far, the Ecrins, with their legendary summits and alpine traditions. What could be easier than climbing up a bit to take in the surrounding territories. Enjoy the panorama view of the mountains, the light that changes with the hours, days, and seasons. All around the city, various lookout points will change the way you see your destination.

ESCAPADES AROUND THE CITY



To the west stands the famous Vercors mountains, a veritable limestone fortress that in 1970 became the country's first Regional Nature Park. The Vercors rises up to 2341 meters at the Grand Veymont, and is divided into two parts: the wilder south, with 17 000 hectares of National Nature Reserve of the High Plateaux, and the north, influenced by its closeness to the city and home to several winter sports resorts like Villard-de-Lans / Corrençon-en-Vercors, Lans-en-Vercors and Autrans-Méaudre. All around the variety of plant and animal life form a mosaic of biodiversity: prairies, forests, cliffs, and more are home to 140 species of nesting birds, 1800 plant species, 75 varieties of orchids including lady's slipper orchids, 72 mammal species and the 6 wild hoofed animals: chamois, ibex, bighorn sheep, stag, doe, and wild boar

www.vercors.fr

The north of the city is bordered by a second chain of limestone mountains: the Chartreuse. This is where is located the Bastille fortress, that everyone can easily join taking its famous cable-car, or walking along the paths that follow the slopes of the hill. Stendhal used to call the mountains "the Emerald of the Alps", and they're especially known for the namesake liqueur that has been produced here for more than 900 years. But the Chartreuse is above all a Regional Nature Park whose highest point, Chamechaude, stands 2082 meters above the Sappey-en-Chartreuse village. Mushroom territory, with plenty of morels, trompettes, chanterelles, and milk-cap mushrooms, the mountains are also home to a wealth of plant and animal life: vulneraria, martagon lilies, black grouse, hazel grouse, royal eagles, the rare Tengmalm owl, and the tiny pygmy owl that's not any bigger than a sparrow, as well as a forest recognized as "exceptional." You can also get your fill of outdoor activities, in winter and summer alike: hiking trails, orienteering courses, winter sports resorts, ropes courses, woodworking, and more. Throughout the vast forest, the history of the Chartreuse monks rings out, as they still call these mountains home. And who can forget the adventures of the famous bandit Louis Mandrin who roamed these parts in the 18th century.

www.chartreuse-tourisme.com

Southeast of the city, the granite Belledonne mountains define the space with its high craggy peaks that mark the beginning of the Alps. The Grand Pic de Belledonne stands at 2978 meters and overlooks several lakes that dot the valleys: Achard, Crozet, Crop, Petit et Grand Doménon, lac Blanc, lac Claret, and many more. Stretching over 60 kilometers into the neighboring Savoie department, the Belledonne mountains are a favorite ski destination with resorts like Chamrousse and Sept Laux less than 45 minutes from the center of Grenoble. Belledonne is also home to the Uriage and Allevard thermal baths. The Belledonne chain has also been identified as one of the region's richest territories in terms of acid bogs. Many species of orchids can be found here, including the bug orchid, burnt orchid, monkey orchid and the bee orchid. Yellow genepi, orange lilies, and mountain arnica can also be found. The open spaces of the Belledonne mountains are also home to ibex and their offspring, hermines, royal eagles, spotted salamanders and Alpine tritons, spotted nutcrackers, black woodpeckers and red crossbills, as well as many other animal species.

www.espacebelledonne.fr

The Oisans mountains and their six valleys are also easy to get to from Grenoble. They lead straight to the great ski resorts like Alpe d'Huez and les Deux Alpes. La Meige, the most legendary mountain of the area stands as high as 3983 meters in altitude. Explore the most preserved landscapes, some of which are part of the Ecrins National Park, by hiking or climbing. These sports, along with skiing are deeply ingrained in the traditions of the Oisans mountains.





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 Grenoblois away from nature, but you can't take a love for nature out of the Grenoblois. 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.

OUTDOOR ACTIVITIES

BY FOOT

City parks and paths

More than 40 parks and public gardens dot the urban landscape, many of which include accessible green spaces and playgrounds for the kids. The Parc Paul Mistral is the most well-known. Created in 1925 to host the World's Fair of Tourism and Hydroelectricity, it became an Olympic park with the winter games of February 1968. Throughout the seasons, you can do all sorts of activities here: picnics, musical events, a little train for the little ones, rollerblading, biking, skateboarding, slackline, circus arts and power walking. Other green spaces offer havens of peace to people of Grenoble: **le Bois Français, with its lake for swimming, the Bois des Vouillants, perfect for running and working out, the Parc de l'Ovalie for fishing, and more.**

For nature hikes, many parks and gardens lead directly to a network of urban paths stretching out over 820 kilometers. These paths are accessible right from the city and can be enjoyed by the whole family, by foot, by bike, or even on horseback. Clearly marked, there are paths for any length of hike in the Belledonne, Chartreuse, and Vercors mountains. **Regularly updated maps showing all of the paths are available.** In just over an hour, you can climb above the city to discover **the Haute Jarrie Marshland Nature Reserve, the Jean-Jacques Rousseau Desert or the Mont Rachais** that overlooks the Bastille fort and leads to the Chartreuse Regional Nature Park via the GR9 path.

Mountain sports in the city

Grenoble-Alpes Métropole is unique in that it offers so many different sports activities, both indoors and out, within the city limits. This is the case with **«the Storming of the Bastille» via ferrata, which is the only one of its kind—an urban via ferrata—in France.** The climbing path starts at the gateway to Grenoble, in the Jardin des Dauphins. Then, it runs along the Mont Jalla before leading to the Bastille fortifications. It's recommended to be in good physical condition and to be accompanied by a professional.

«The Storming of the Bastille» via-ferrata - www.grenoble-montagne.com

There are more than a few rock climbing fans in Grenoble. In fact, it was here that France's first indoor rock climbing center opened in 1995: Espace vertical. 20 years later, 5 publicly accessible climbing centers and numerous clubs have joined the ranks.

Espace Vertical (3 climbing rooms) - www.espacevertical.com

A Blok (2 climbing rooms) - www.ablok.fr

The Grotto of Sassenage, nicknamed “The Cisterns” are one of the major natural sites of Grenoble. They're dug out at the foot of the first cliffs of the Vercors, beneath the famous “Sassenage folds” rock formation. Here, water has been working for millennia to carve out a deep niche in the limestone rock. The grottoes owe their nickname “Cisterns” to the fact that the erosion created two giant “pots” in the rock. The water comes from the Berger gorge, that was discovered in 1953 by the speleologist Jo Berger and his team. **Year-round guided tours take visitors through the history of the site and the legend of the fairy Mélusine.** Very recently, a new activity was introduced to the site: **“Accrogrotte,” an original mix of speleology, via ferrata, and fun sports that includes a zip line, rope bridge, and more.**

*Cuves de Sassenage - www.sassenage.fr
Accrogrotte - www.accrogrotte.com*



Trail running, the city's favorite sport

Grenoble-Alpes Métropole is legendary in the world of trail running and training, which, with rock climbing, has become a favorite sport of the locals.

The slopes of the Bastille, the banks of the Isère river, the Parc de la Frange Verte in Echirolles (headquarters of the city's trail running club), the Rocher de Comboire, or the Bois des Vouillants are all favorite running spots just a stone's throw away from the city, allowing runners to train for even the hardest races.

The other important August event is **the Échappée Belle (The Great Escapade), that crosses all of the Belledonne mountain chain from south to north.** Over the three years that it has existed, this trail run as earned a reputation as being a difficult course, even more so than the Mont Blanc Ultra Trail. **The 144 kilometers and 10,900 meters of positive climb in this race are mostly on narrow paths and cross 15 mountain passes that are higher than 2000 meters in altitude.**

www.lechappeebelledonne.com

It's no surprise then that France's first trail running resort opened in 2011 in the Isère department, in the village of Saint Pierre de Chartreuse, not so far from Grenoble. The trail resort only adds to what our area has to offer trail runners, with marked paths, running workshops and training programs, as well as various other services.

www.stationdetrail.com/fr/chartreuse/parcours

BY BIKE

The cycling paths and yellow bikes of the city

Grenoble-Alpes Métropole offers 320 kilometers of cycling paths, making it one of the densest networks in France. Every year, the "urban cyclist's map" is updated with recommended itineraries, pedestrian paths, riding times, etc. More than 7 000 bikes take the paths, and are available for visitors and locals alike thanks to the **Métrovélo rental service**. Regular bikes, tandem bikes, foldable or even kids bikes are available at the two bike agencies. You'll find one at the Grenoble Station hub, and the other on the University Campus in Saint Martin d'Hères. Various long-term or short-term rental plans are available for a day, a month, a trimester, or a full year.

Métrovélo - www.metrovelo.fr

Mountain biking in the city

Mountain biking is also a widespread sport in and around Grenoble. The many marked paths surrounding the city are easily accessible from the city and lead up to the various itineraries in the surrounding mountains. **Le Bois du Mollard (Chartreuse mountains)**, **la Ferme Durand (Vercors mountains)**, **Montchabout (Belledonne mountains)**, **les Rochers du Chatelard (Vercors mountains)** or **the Tour du Néron (Chartreuse mountains)** are some of the most popular.

In Le Sappey-en-Chartreuse, eight permanent orienteering courses are certified "Orientation Sports Area." You can enjoy them on foot, by donkey, with snowshoes in the winter, and of course by mountain bike. While the courses are freely accessible, orientation maps are available for purchase on-site at the Tourism Information Bureau. It's also possible to call on the services of a guide for the different itineraries.

Many mountain biking events are organized by the **National Union of French Cycling Instructors (MCF) created in Grenoble in 2002**. Introductory courses and mountain bike lessons are also organized by Naturavélo, the MCF school of Grenoble.

MCF - www.moniteurcycliste.com

BY SKI

Ski just 20 minutes from the city, in Le Sappey-en-Chartreuse and at the Col de Porte.

A family village resort, **Le Sappey-en-Chartreuse** is located just 15 minutes from Grenoble. It offers a cross-country ski area with more than 40 kilometers of trails, 6 downhill ski slopes, a sledding slope, snowshoes paths, and more. Backcountry skiing is also popular here. Gateway to the Chartreuse mountains, the village sits at 1000 meters in altitude and has carefully preserved its pre-Alpine character, with the surrounding forests and hills.

www.grenoble-tourisme.com/fr/decouvrir/le-territoire/le-sappey-en-chartreuse-porte-de-chartreuse/

A little higher up, **the Col de Porte** (1326 meters) connects Le Sappey-en-Chartreuse with Saint Pierre de Chartreuse. A favorite spot for families and nature lovers, the pass crosses authentic Alpine landscapes at the foot of Chamechaude, the highest peak of the Chartreuse mountains. It's the perfect place for taking part in winter sports, with 15 kilometers of cross-country trails, 6 downhill ski slopes, and numerous places for backcountry skiing, snowshoeing, and sledding.

www.coldeporte.fr

All year long, the «62» bus line of the TAG (Greater Grenoble Area Transportation) network runs from Grenoble up to Le Sappey-en-Chartreuse and the Col de Porte. At both sites, you can rent all the winter sports gear you need.

Transaltitude : the biggest ski resorts of the Isère department, accessible from the city

Chamrousse, Prapoutel - Les 7 Laux, Villard-de-Lans, Autrans, l'Alpe du Grand Serre, Les 2 Alpes and even l'Alpe d'Huez : during the winter season, 14 ski resorts are less than an hour away from the heart of the city thanks to the Transaltitude coach network.

Transaltitude is a service of the Isère department that takes both locals and tourists up to the ski resorts right from the Grenoble bus station. The timetables for departures to the resorts are based on the arrival and departure times of the main trains at the Grenoble SNCF train station, and the shuttle buses coming in from the Lyon-St Exupéry and Geneva airports. In addition to this transportation service, Transaltitude offers Skiligne packages, which include round trip coach transportation and a ski pass for destination ski resort.

www.transaltitude.fr





A SUSTAINABLE CITY

A CITY THAT INVESTS IN ITS FUTURE. Grenoble isn't only innovative in technology, but also when it comes to protecting our planet. Concerned about how to rise to the climatic and environmental challenges of our time, the city has put in place numerous projects to make the city more breathable, cut its carbon footprint, and protect the quality of life here. Grenoble was the first city in France to adopt a local Climate Plan, in 2005. Today, this plan has been expanded to become the Air-Energy-Climate Plan, bringing people together to drastically reduce greenhouse emissions.

A SUSTAINABLE CITY

HOUSING

Award-winning eco-neighborhoods

As early as 2009, Grenoble won the **National Eco-Neighborhood Grand Prize for the De Bonne Commercial Activity Zone**. Located at the heart of the city, De Bonne stretches over 8 hectares, which once belonged to military barracks. This project got under way in 2002 and had high ambitions: **850 apartments, 40% of which are low-income housing, highly energy-efficient buildings, solar panels, combined heat and power, easy access to public transportation, a 5-hectare city park** that is classified as a bird refuge for its colony of house martins, just to name a few qualities.

De Bonne gave the city experience in energy optimization in an urban setting. This allowed city planners to design other neighborhoods that are more and more energy efficient, even getting ahead of the official heating regulations. **The Bouchayer-Viallet** neighborhood, which houses many offices, **Blanche-Monier**, near the Ile Verte neighborhood, and the **Presqu'île**, northwest of the city all showcase constant progress when it comes to environmental construction. **The Presqu'île is reinventing the city, with 250 hectares of that have always been dedicated to scientific research. This project, which will last 25 years, has to reconcile the different uses of urban areas: studies, work, living, leisure activities, and sustainable transportation.** Attention is carefully paid to cutting energy consumption, with buildings that seem to grow right out of the ground featuring planted roofs. They also include student housing, public creches, mixed-income housing, sports equipment, and bike shelters. **In Seyssins, the Pré-Nouvel eco-neighborhood** will offer 550 low energy consumption housing units that give direct access to a 6-hectare nature park. This neighborhood was designed in collaboration with the Rhone-Alpes Nature Protection Federation and the Bird Protection League. The project was approved by the National Council for the Protection of Nature in 2012, highlighting the quality of Grenoble's urban projects that support biodiversity.

www.giant-grenoble.org



Ecoquartier De Bonne

An ambitious project for thermal renovation

While Grenoble stands out for its new environmentally-friendly buildings, its also pouring energy and effort into thermal renovation of its older buildings.

The Mur Mur Campaign was launched in 2010 with support from the Local Energy and Climate Agency (ALEC), and the Isère Pact, which targeted around 2000 apartment buildings built between 1945 and 1975, before insulation standards were widespread. The campaign will offer financial support to those undertaking thermal renovation projects. This in turn helps those most in need to ensure that they have access to well-heated housing. **The campaign was awarded the Prize for Local Energy Renovation Projects in 2013.** It allowed 10,000 apartments in 176 apartment buildings to benefit from financial support, and half of these buildings have already started renovation works. Such a success spurred the creation of **the Mur Mur 2** campaign, with even higher ambitions and plans to include individual houses.

www.lametro.fr



URBAN TRANSPORTATION: A PEACEFUL CITY

With 5 tram lines and 50 routes, 320 kilometers of bike paths and 7 000 rental bikes available, Grenoble-Alpes Métropole has one of France's best transportation networks. In an effort to optimize the way vehicles share the public space, the city of Grenoble undertook a series of projects meant to make it easier for visitors enjoy the city. Following this logic, a large majority of the surrounding suburbs got on board **the project to reduce speed limits to 30 km/h.** The city is also proud to say that its transportation network is **100% wheelchair-accessible**, and includes **18 park & ride areas**, always right near bus and tram lines.

To encourage **car sharing within the city**, the Citélib service puts cars at users' disposal for short or occasional trips.

The city also offers a website and app called **Métromobilité** that makes it easier to get around the area with public transportation. It includes maps of the transportation network, bus and tram timetables, traffic updates for both cars and bikes, and more. Mix and match your means of transport—it's all at the tip of your fingers!

www.citelib.com

www.metromobilite.com



CULTURE & FESTIVALS

CULTURE : YEAR ROUND, 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, 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.



THE MUSEUMS OF GRENOBLE-ALPES MÉTROPOLE

Grenoble is particularly rich when it comes to culture. No fewer than twenty-three museums, including four municipal and six departmental establishments, make it easy to understand the history and identity of your destination, from historical and religious heritage to sciences, industry, fine arts, contemporary art and technological innovation.

Le Musée de Grenoble

Since 1923, the Musée de Grenoble has been a pioneer in the exhibition of modern art, and today is considered one of the finest in Europe thanks to its collections. The museum takes visitors through the history of Western painting, from the 13th century to today and includes major works of art for each period. Founded in 1798, the museum's collections have grown over the decades to offer visitors more than 900 works. Exclusive exhibits are organized each year in collaboration with some of the world's greatest museums and foundations. As such, Picasso, Warhol, Gaston Chaissac, the Die Brücke movement, Giuseppe Penone, Giacometti, and Kandinsky have all been featured in recent years.

Open from 10:00am to 6:30pm every day except Tuesday
www.museedegrenoble.fr



Le Musée de la Révolution française

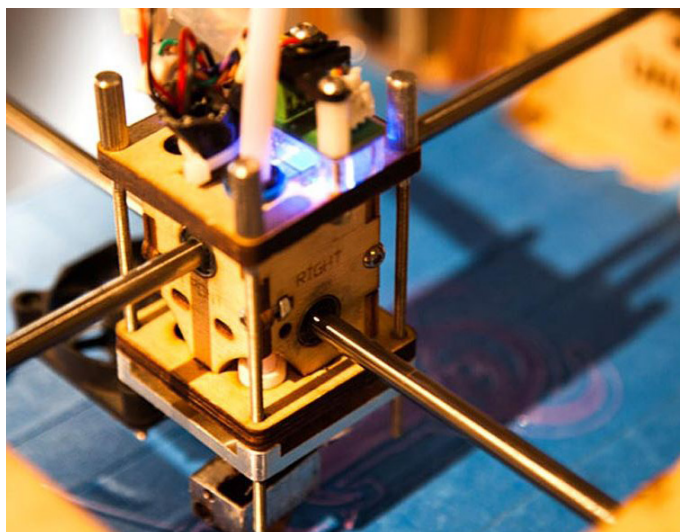
Was inaugurated in 1983 in the Vizille Château, the very same place where the Assembly of the Three Orders of the Dauphiné took place on July 21, 1788. It is the only museum in the world dedicated to this key period in history. Nestled in the greenery of the majestic Vizille Estate grounds and its 100-hectare park, the chateau was built in the 17th century and today houses rich collections of paintings, sculptures, and historical objects. The exhibits retrace the great events of the French Revolution and bear witness to the what men and women experienced and thought at the time, whether they were in Paris, elsewhere in France, or abroad.

From Nov. 1 to March 31, open every day except Tuesday from 10:00am to 12:30pm and 1:30 pm to 5pm. From April 1 to October 31, open every day except Tuesday from 10:00am to 12:30pm and 1:30 pm to 6pm. Free admission.
www.domaine-vizille.fr

La Casemate

Creative space, exhibitions and workshops for children and adults around the Science and Digital, La Casemate is located in a historical building with vaulted ceilings and stone walls. The building consists of three spaces : two exhibitions for children, a fab-lab (from 12 years), digital exhibitions and news technologies to share, with fun and interactive experiences.

Du mardi au vendredi de 9h à 12h et de 13h30 à 17h30.
Les week-ends et jours fériés de 14h à 18h.
www.lacasemate.fr



THE SHOWS IN THE CITY

With two national theaters, 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.

A national arts venue inaugurated by André Malraux in 1968 for the Winter Olympics, Grenoble's MC2 : Maison de la Culture is part of the hallmark sites for culture outside of Paris. It houses an artistic creation center: the National Choreography Center of Grenoble, which was under the direction of Jean-Claude Gallotta for many years, and is today run by artists Yoann Bourgeois and Rachid Ouramdane. The MC2 is also associated with the Musiciens du Louvre, directed by Marc Minkowski. On average, more than 300 events are programmed here each year.

www.mc2grenoble.fr - www.ccn2.fr - www.mdlg.net

Since 2001, the team at l'Hexagone, National Theater of Arts & Sciences in Meylan has been spearheading ambitious projects of creation. These events represent more than half of the venue's program. On average, L'Hexagone puts on 35 shows per season in its 560-seat theater, with a strong penchant for shows that bring together arts and sciences (Arts-Sciences workshops in partnership with the CEA, Experiments Fair, Arts-Sciences Biennial, etc.)

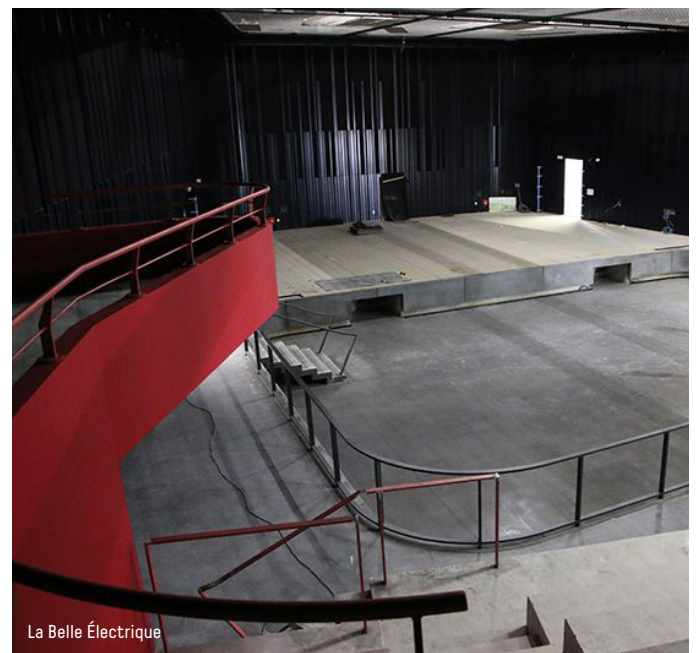
www.theatre-hexagone.eu - www.atelier-arts-sciences.eu

Inaugurated in 2015, la Belle Électricité adds to the wide variety of cultural sites in the city, and can welcome up to 900 spectators. This artistic and cultural project was also given the SMAC label, and puts the spotlight on amplified music: jazz, rock, pop, techno, fusion, and more. At the heart of the Bouchayer-Viallet eco-neighborhood, la Belle Électricité also includes a bar and a restaurant that can be rented for company events. Its edgy, contemporary architecture is the work of the Herauld-Arnod firm.

www.la-belle-electrique.com



MC2 - Maison de la Culture



La Belle Électricité

A FESTIVAL OF FESTIVALS

While it's true that the Cabaret Frappé and Rencontres Ciné Montagne (Mountain Film Festival) are often cited as the two most popular events in the city, more than 40 cultural events take place throughout the season. With themes ranging from music to the mountains, wine-tasting to literature, as well as street performance and movies, they follow a typically Grenoble tradition: mixing things up!

A festival of today's musical acts, Cabaret Frappé takes place in the historic center of Grenoble, under the romantic plane trees of the Jardin de Ville city park. The program rolls out over week in July, and has been totally free since July 2016. The concerts start around 7pm and finish at midnight and show off international artists as well as up and coming performers. The Cabaret also shakes things up with public readings to enjoy, lying in the grass of a French garden or laid back in a lounge chair.

www.cabaret-frappe.com

Even though Grenoble is proud to be the flattest city in France, you can't dissociate Grenoble from the mountains. This Alpine culture has grown ever stronger for the past 18 years with the Mountain Film Festival. It's the biggest of its kind in Europe and brings together thousands of enthusiasts every year in November, whether their passion is about the mountains or just enjoy the impressive images. It's sure to be an eyeful, and the fun continues with conferences, debates and talks with the directors and heroes of the films shown.

www.grenoble-montagne.com

A crazy-original idea, Le Millésime combines a love of wine with a passion for great music. For 2 weeks in October, the festival takes over Place Victor Hugo with its "Vintner's Village." The event includes lots of various happenings: lunches in selected restaurants around the city, jazzy wine meetups, concerts, tasting lessons, a gourmet hike on the slopes of the Bastille, and more.

www.lemillesime.fr

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. The entire city center gives in to the atmosphere of a rich program that includes live artistic creations, exhibit openings, meetings with the artists, guided visits, conferences, and film showings. Ernest-Pignon-Ernest, C215, and many other artists took part in the first two editions of the festival, which is not to be missed.

www.streetartfest.org



More festivals to enjoy:

- **Les Détours de Babel (The Detours of Babel):** World music, jazz, new music. Late March-early April.

www.detoursdebabel.fr

- **Les Arts du Récit (The Story Arts):** Immerse yourself in tales, legends, adventures, and other stories. In May.

www.artsdurecit.com

- **Festival du Film Court en Plein Air (Outdoor Short Film Festival):** Showings of short films on the Place Saint André as part of a competition that is one of the most well-known in the world of French cinema. Early July.

www.festival.cinemathequedegrenoble.fr

- **Festival Jour & Nuit (Night & Day Festival):** Electronic music. Early September.

www.jourenuitfestival.fr

- **Snowboard Garden Festival :** Snowboard film festival, concerts, demonstrations. Mid-October.

www.gardenfestival.fr

- **Les Rencontres du Cinéma Italien (Italian Film Festival).** In November.

www.dolcecinema.com

- **Vues d'En Face (Seen From Straight On) :** Gay & lesbian film festival. In April.

www.vuesdenface.com



FOOD & CUISINE

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.

LOCAL PRODUCTS

La noix de Grenoble

The Grenoble walnut is one of the rare fruits in France to have earned the Appellation d'Origine Contrôlée label, as early as 1938. It's quality taste, generous size, and golden color are as much a result of the favorable growing conditions as the grower's determination to ensure the best quality. **The geographic area where certified Grenoble walnuts are grown covers 261 villages and towns spanning 3 departments, 184 of which are in the Isère department.** More than 900 farmers grow walnuts, and sell them through 18 companies, 2 of which are cooperatives and 74 of which sell directly. **There are three varieties of Grenoble walnuts: Franquette, Mayette, and Parisienne.** With a little experience, you'll learn to tell the difference. The Grenoble walnut is a goldmine of health benefits and energy, with lots of vitamins, minerals and outstanding nutrients.

www.aoc-noixdegrenoble.com

La Liqueur Chartreuse

A preciously-guarded secret for centuries, the origin of Chartreuse liqueur goes back to 1605. The green liqueur, also called "the liqueur of health" was perfected by monks in 1764, and made with more than **130 plants, for around 55° of alcohol.** In 1840, the recipe was adapted to create a sweeter liqueur with less alcohol—Yellow Chartreuse—nicknamed "The Queen of Liqueurs". **Several varieties of Chartreuse exist today,** and the production site, which has always been in Voiron, just a stone's throw from Grenoble, will be relocated to Aiguenoire in 2018. It is said that only two Chartreuse monks know the recipe. Eighteen tons of plants are necessary each year to create Chartreuse Liqueur, which is famous throughout the world today.

www.chartreuse.fr



Le Bleu du Vercors-Sassenage

Vercors-Sassenage Blue Cheese, which was awarded the Appellation d'Origine Contrôlée in 1998, is one of the city's most famous products. It's a blue-veined cow's milk cheese and according to legend, the Lord of Sassenage collected the cheeses from the inhabitants of the Vercors as a form of tax in the Middle Ages. That was before production was officially authorized by the king in 1338. Today, the cheese is produced with milk collected from "Vercors Lait" farms and taken to a cooperative in Villard de Lans, as well as directly by farmers on their own land. The dairy product even has its own festive brotherhood of Vercors-Sassenage Blue Cheese.

www.bleu-vercors-sassenage.com

Local Breweries

The city also counts numerous craft beer brewers, such as the **Brasserie Artisanale du Dauphiné** (which produces Mandrin beer), and the **Brasserie des Cuves**, in Sassenage.

www.mandrin.eu - www.brasseriedes cuves.fr



BERNARD MURE-RAVAUD, FROMAGER

In the Fromagerie des Alpagnes, 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.

www.les-alpages.fr





SHOPPING

AUTHENTICITY AT EVERY STORE FRONT. In Grenoble, craftsmanship and commerce go way back. Wandering the streets of the city center, the visitor moves 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.

PLACES TO KNOW AND DISCOVER

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. Short or long, embroidered or buttoned, and sometimes lined with silk for a “second skin” effect, Jean Strazzeri crafts his gloves entirely by hand and designs them on the same machines that have been used for centuries. Passionate about what he does, Jean works with his wife and daughter as the last glove maker in Grenoble and the only Meilleur Ouvrier de France for glovemaking.

*La Ganterie Lesdiguières - 10 rue Voltaire à Grenoble.
Open Tuesday through Saturday, 10am-12pm & 2pm-6pm.*

Benjamin Cuier and Philippe Larguèze were both born and raised in Grenoble and are shaking up the traditional glove-making industry with their artistically-styled gloves. Thanks to FST Handwear, gloves have become a real way to make a unique fashion statement.

*Gloves available at the Grenoble-Alpes Métropole Tourisme Office and in several shops in the city center.
www.fsthandwear.com*



What could be more normal, in **Stendhal's home city**, than to offer a variety of unique bookshops, each with their own character? The city's most historic bookshop, **la Librairie Arthaud**, is just a few steps away from the birth home of Grenoble's most famous author, in what used to be two joined townhouses. On Rue Lakanal, **Les Modernes** is an independent bookshop specialised in children's books, picture books, and other curious creations. You'll find more than 5000 titles that highlight contemporary authors and the work of independent editors, but also games, toys, stationery, and more. Specializing in books on contemporary art, **La Librairie du Magasin des Horizons** (National Center for Contemporary Art) is an exceptional treasure trove of art books. You'll find almost any book on contemporary art in all its conceptual diversity. Design, graphic design, and architecture books are naturally at home here too.

Librairie Arthaud, 23 Grande Rue - www.librairie-arthaud.fr

Les Modernes, 6 rue Lakanal - www.lesmodernes.com

*Librairie du Magasin des Horizons, site Bouchayet-Viallet, 8 esplanade Andry-Farcy
www.magasin-cnac.org*



www.grenoble-tourisme.com

For several years now, the trendiest addresses of the city have been curated and presented in a blog that you can't not read: Lesmondaines. The adventure began in 2012, when Noemi and Mary, two old college friends decided to create a project that would shine the spotlight on their city and its hidden treasures. Since Grenoble so full of surprises waiting to be discovered, they created Lesmondaines, **girl blog filled with trends that are 100% Made in Grenoble.** Very quickly, the successful project took off and they decided to make it a collaborative project, **a webzine not by two bloggers but by ten!** Today, an entire team is behind Lesmondaines, and they zigzag through the streets of Grenoble to find the trendiest addresses that you need to know about.

www.lesmondaines.com



Uriage, legendary thermal baths and a quality brand at the city's doorstep

Not too far from the city, just fifteen minutes on the road that leads to the Olympic ski resort of Chamrousse, **the thermal baths of Uriage** are nestled in a lush setting that is pleasant year round. For more than two centuries, its curative waters have attracted more than 4500 patientes each year. Perfect for health or relaxation retreats for the entire family, the thermal cure is open to all, even little ones as young as 6 months. For older visitors, **the Joa Casino Uriage** has more than 170 recently renovated slot machines, a game room with roulette, Black Jack, and Texas Hold'em tables.

Thermal Baths of Uriage - www.centre-thermal.uriage.com

Casino Joa Uriage - www.joa-casino.com

The spring water of Uriage is bacteriologically pure and naturally isotonic, meaning that it's in perfect harmony with the skins cells, as well as being rich in mineral salts and oligo elements. It allows users to relieve and treat various inflammatory skin irritations, as well as throat and rheumatological problems, springing from the ground at 28°C and 422 meters in altitude. **The brand Uriage was created in 1992** and the first dermatological and cosmetic products were born. Dermatologists immediately adapted the products and the brand was soon given the status of Dermatological Laboratory. The production site was later moved directly to the spring source to make things more efficient and to allow the production process to be closely monitored at each and every step. The site meets pharmaceutical industry standards and Uriage is today a leading brand in cosmetic dermatology. Every day, thousands of products are shipped from France to more than 70 countries around the world.

Uriage Dermatological Laboratories - www.uriage.com

The background image shows a city square at night. In the foreground, there are several vertical water fountains spraying upwards, their lights reflecting on the wet pavement. In the background, there are multi-story buildings with lit windows. One building on the right has a red vertical sign that says "Residhome". The sky is a deep blue.

ACCOMMODATION

WITH MORE THAN 5000 ROOMS AND APARTMENTS in more than a hundred establishments, the city of Grenoble boasts a wide range of accommodation to suit all budgets, whether you're here for business or pleasure. A popular business tourism destination, Grenoble offers many hotels and residences equipped with meeting rooms perfect for seminars and business appointments. 90% of the hotels within the city limits are less than 100 meters from a tram or bus line. With settings ranging from urban to mountain, Grenoble offers a wide variety of fully-furnished apartments and guest rooms as well as youth hostels, and campsites in the mountains or on the lakeside. There's lots to choose from!

STYLE, SERVICE AND LOCATION, WE'VE GOT IT ALL

Grenoble-Alpes Métropole has 70 hotels, many with unique services and interesting stories. Certain addresses have even become the place to stay in Grenoble!



Okko Hôtel Grenoble Jardin Hoche

Park Hôtel Grenoble**** has become a local institution since its creation in 1961 by the Ducret family. In 2014, the hotel became part of the **MGallery Collection**, a brand of the Accor Group, which owns 58 top-range hotels, each with their own character, in 21 countries. **Les Héritiers, a group of architects based in nearby Lyon oversaw the entire renovation of the hotel.** It offers 38 rooms, overlooking the trees of the Parc Paul Mistral.

10 place Paul Mistral - www.park-hotel-grenoble.fr

Le Grand Hôtel Grenoble Centre**** just a few steps from the main Place Grenette offers 68 rooms. Opened in 2011 in what used to be a townhouse and the Grand Hotel in the last century, it's the perfect marriage between sobriety and design. The hotel welcomes visitors in a cozy, modern, and relaxing atmosphere, right in the center of Grenoble.

5 rue de la République - www.grand-hotel-grenoble.fr

At Okko Hôtel Grenoble Jardin Hoche**** you'll find neither welcome desk, nor breakfast room, nor business area. There's just a single living area, the Club, inspired by airport lounges and open 24 hours a day. The hotel brings together design and simplicity on the edge of park opposite the de Bonne eco-neighborhood.

23 rue Hoche - www.okkohotels.com

As for 3-star hotels the **Royal Hôtel***** near the train station has been radically renovated. The rooms were redecorated and the service brought up to the expectations of modern travelers. This simple but quality hotel is once again a choice accommodation in the city. **L'Hôtel de l'Europe***** is yet another address worth mentioning. The

oldest hotel in Grenoble, built in the 17th century and rebuilt in the 19th century, offers a cozy space where the city's tradition of hospitality continues. The same can be said of the **Hôtel-Restaurant et Spa du Château de la Commanderie***** in nearby Eybens. With its charming, romantic decor, an outdoor pool, spa, and fine dining restaurant, this address is sure to please.

Royal Hôtel, 2 rue Gabriel Péri - www.royalhotelgrenoble.com

Hôtel de l'Europe, 22 place Grenette - www.hoteleurope.fr

Hôtel-Restaurant-Spa Château de la Commanderie, 17 avenue d'Echirolles à Eybens
www.commanderie.fr



Park Hôtel Grenoble MGallery

STYLE, SERVICE AND LOCATION, WE'VE GOT IT ALL

17 tourism residences compliment the city's selection of hotels. In and around Grenoble, you'll also find 137 furnished accommodation spread throughout the area, 23 guest houses and city breaks, 5 campsites, and 2 RV parks.

Le Residhome Appart Hôtel Caserne de Bonne**** is located at the heart of the de Bonne eco-neighborhood, which won the 2008 National Grand Prize for Eco-Neighborhoods. Located on the grounds of 19th century military barracks that were entirely renovated and declared a historic monument, the residence sits in an elegant, green environment. It offers quality services for a business stay or a family vacation. 100 studios and apartments are available.

21 rue Lazare Carnot - www.residhome.com



Two Residhotel*** residences can be found in Grenoble. The first is right by the city center and offers 65 apartments. The second is opposite the train station, and has 67 apartments. Simple and welcoming best describe these two places.

Residhotel Central'Gare, 8 place de la Gare

Residhotel Grenette, 12 rue de Palanka

www.residhotel.com



And that's not all: **Citadine City Centre Grenoble***** was recently renovated, with 108 studios and apartments filled with trendy decor, from bright colors to Scandinavian design.

9/11 rue de Strasbourg - www.citadines.com

L'Auberge de Jeunesse d'Échirolles

Rebuilt in 2003, the **Échirolles youth hostel** can welcome a large number of guests, with 130 beds in total, in rooms for 2, 4, 6, or 8 occupants. The hostel even recently decided to go green!

10 avenue du Grésivaudan à Échirolles

www.hifrance.org/auberge-de-jeunesse/grenoble-agglomeration.html



Spend a night or two off the beaten path

Whether you choose a traditional or unforgettably unique place to stay, you'll find the place to get away from it all. A night in a cozy chalet? A stay on a farm or in a yourte in the mountains? If you're looking for something new, you'll be spoilt for choice.

In **Sapppy en Chartreuse**, just 15 minutes from Grenoble and at the gateway to the Chartreuse Regional Nature Park, the **Hôtel des Skieurs** offers a suite for two guests. This small 40 m² chalet offers a stunning view over the slopes and summits of the Chartreuse mountains.

Sapppy-en-Chartreuse - www.lesskieurs.com

When it comes to the campsites around the city, the **Bois de Cornage campsite in Vizille** offers something comfy and original: the Coco Sweet, an unusual leisure accommodation in the form of a caravan. It's both fun and cozy, and an alternative to tents and mobile homes. The Coco Sweet is covered with a rigid and insulated stretched canvas and can sleep two to four guests.

110 chemin du camping à Vizille - www.campingvizille.com

If you're looking to get back to nature, the **Domaine du Rocher Saint Loup Farm Inn, in Vif** offers 40 m² Mongolian yourtes. Their set up in an unscathed, protected nature area, surrounding by woods, prairies, and cliffs where goats and horses roam. The yourtes can comfortably house 8 to 10 guests.

Ferme d'Oriol à Vif - www.rocher-saint-loup.com



CALENDAR

OF EVENTS 2019

CALENDAR OF EVENTS 2019

- **La Biennale des Villes en transition – events, meetings**

From march 8 - 16 :

meetings around the subject of urban transformations and innovations.

www.grenoble.fr

- **Les Détours de Babel – Nomad and world traditional music festival**

March 15 – April 7:

Ninth edition, the festival embodies this time the notion of crossroads. The program is centered on jazzy and international music, with modern and contemporary music.

www.detoursdebabel.fr

- **Landscape-landscapes, season 3, event**

March 20 - June 20

www.paysage-paysages.fr

- **Hero Festival - Meeting**

April 6 - 7:
Heroes of yesterday and today are going to Grenoble for the first time.

www.herofestival.fr

- **International championship U18 2019 Division 1 Group A – Hockey – sport event**

April 14 - 20:

15 matches are planned during the week. Partnership with the French Federation of hockey.

www.bruteursdeloups.fr/page/mondial-u18/42

- **Memories of journey. Antoine de Galbert's collection**

April 27 - July 28:

On the most singular French private collection, Antoine de Galbert's collection is a true inner journey. A true contemporary art, outsider art and ethnography.

www.museedegrenoble.fr

- **Arts of story - Literature**

May 10 - 25:

one of the main national events to contribute to tales stories and the art of speaking.

www.artsdurecit.com

- **Magic Bus – Festival of today's music**

May 23 - 25:

The outdoor spring music festival, on the Esplanade of Grenoble.

www.retourdescene.net/festival-magic-bus

- **Grenoble Street Art Fest - Urban art**

June:

The first festival in Europe to show off street art in all its various forms. Organized by the gallery Space Junk.

www.streetartfest.org

- **FIFA Women's World Cup 2019 – sport event**

June 7 - July 7:

5 matches in Grenoble – Stade des Alpes.

www.fifa.com/womensworldcup/

- **Homage to Pierre Andry Farcy aka Andry Farcy (1882-1950)**

June 26 - November 24:

The History of the modern collection of Grenoble's Museum is slightly linked to outsider personalities like Pierre-André Farcy, aka Andry-Farcy.

www.museedegrenoble.fr

- **Outdoor short film festival – Cinema**

July 2 - 6:

A free outdoor festival where the audience takes over the Place Saint André to enjoy short films under the stars.

www.cinemathequedegrenoble.fr

- **Cabaret Frappé – Festival of today's music**

Mid-July:

THE summer festival in Grenoble, set in the Jardin de Ville park. Entirely admission-free.

www.cabaret-frappe.com

- **Festival de la Cours du Vieux Temple (Festival of the Old Temple Courtyard) – Theater**

August 19 - 22:

In the welcoming, intimate decor of the courtyard, in the center of Grenoble, discover theater troupes and shows of all kinds.

www.festivalduvieuxtemple.fr

- **L'Echappée Belle – The Great Escapade across Belledonne – Sporting event**

August 23 - 25:

3 challenging but magnificent altitude runs that lead up to Aiguebelle (Savoie) from Vizille (Isère), the Pleyne 7 Laux resort, or the Collet d'Allevard resort.

www.lechappeebelledonne.com

- **Festival Jour & Nuit (Night & Day Festival) – Music**

September 5 - 7:

Dive into the city's electro culture with day and night events hosted by artists and festival organizers.

www.la-belle-electrique.com

- **Picasso 1939-1945.**

At the heart of darkness - exhibition

October 5 - January 5 2020:

In partnership with the national museum of Picasso, this event offers an overview of the darkest period of Picasso's life, a Spanish master of art.

www.museedegrenoble.fr

- **Le Millésime – Wine-tasting and music festival**

October:

In the heart of Grenoble, wine and music fill the city with a unique atmosphere.

www.lemillesime.fr

- **International French competition of artistic ice skating and dance on ice - sport event**

November 1st - 3rd 2019:

Grenoble welcomes for the third time International French competition of artistic ice skating and dance on ice, 'Pole Sud' ice skating rink.

- **18^e circus international festival Auvergne-Rhône-Alpes-show**

November 14 - 24:

part of the international TOP 5 circus international festival with 22 international acrobatic acts, a show to enjoy with young and old alike.

www.gcp productions.fr/18eme-festival-du-cirque-auvergne-rhone-alpes-isere-2019-grenoble

- **Les Rencontres du Cinéma de Montagne (Mountain Film Festival) – Film**

Mid-November:

Take part in a unique way to experience the mountains, with a long list of festival guests. During the event: workshops, conferences, and demonstrations allow you to get the most out of the meetings and opportunities for exchange.

www.grenoble-montagne.com

- **Les rencontres du cinéma italien (Italian Film Festival) – Film**

Late November:

Discover movies from the other side of the Alps, with multi-disciplinary events and meetings with the artists and specialists of the industry.

www.dolcecinema.com

- **The Christmas Markets of Grenoble**

November – December:

Victor Hugo square, Grenette square, Vaucanson square, as well as Félix Poulat street. A month of seasonal festivities.

www.grenoble.fr

NOTE- BOOK

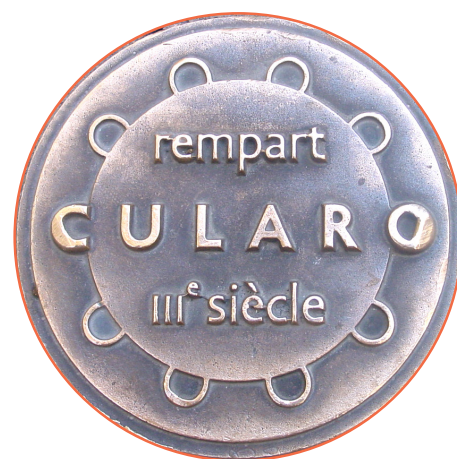
20 key dates in the history of Grenoble
Grenoble-Alpes Métropole Tourist Office
Grenoble by the numbers
Getting to Grenoble

20 KEY DATES IN THE HISTORY OF GRENOBLE

- **43 B.C.:** Gallo-Romain times, 1st mention of Cularo
- **379 :** Cularo becomes Gratianopolis, the bishopric is created
- **1349 :** The Dauphiné Province becomes part of the Kingdom of France
- **1590 :** The Duke of Lesdiguières and his successors, the Bastille foundations are laid
- **23 Janvier 1783 :** Henri Beyle, more often known as Stendhal, is born



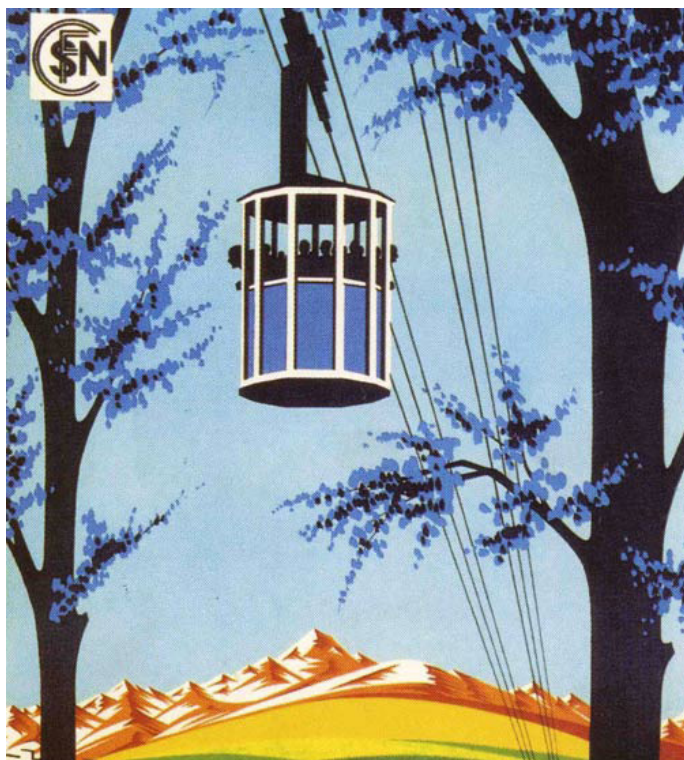
- **1788 :** The Parliament rebels, the Day of the Roof Tiles, and the Assembly of Vizille
- **1815 :** Napoleon and the 100 Days, siege of Grenoble.



- **1835 :** Glovemaker Xavier Jouvin patents a glove-cutting template (the iron hand)
- **1840 – 1950 :** creation of the first Grenoble cement factory. Grenoble becomes one of Europe's biggest glove-making centers as well as an industrial capital (cement factories and hydropower)
- **1925 :** Grenoble World's Fair featuring "Houille Blanche" hydropower and tourism



- **1934** : 1st urban cable car in Europe, and one of the 1st in the world, after Cape Town and Rio de Janeiro



- **1941 - 1944** : WWII and the Resistance movement : Grenoble, capital of the maquis
- **1955** : Scientific research and high-tech industry; University
- **1968** : Winter Olympic Games
- **1970's** : Construction of Villeneuve neighborhood
- **1987** : Grenoble brings the tramway back to the city and is the first in the world to have a wheelchair-accessible tram



- **1994** : Installation of the European Synchrotron Radiation Facility, ESRF

- **June 2006** : Inauguration of the European scientific complex MINATEC

- **November 2009** : Grenoble wins the National Grand Prize for Eco-Neighborhoods with its "quartier de Bonne" neighborhood

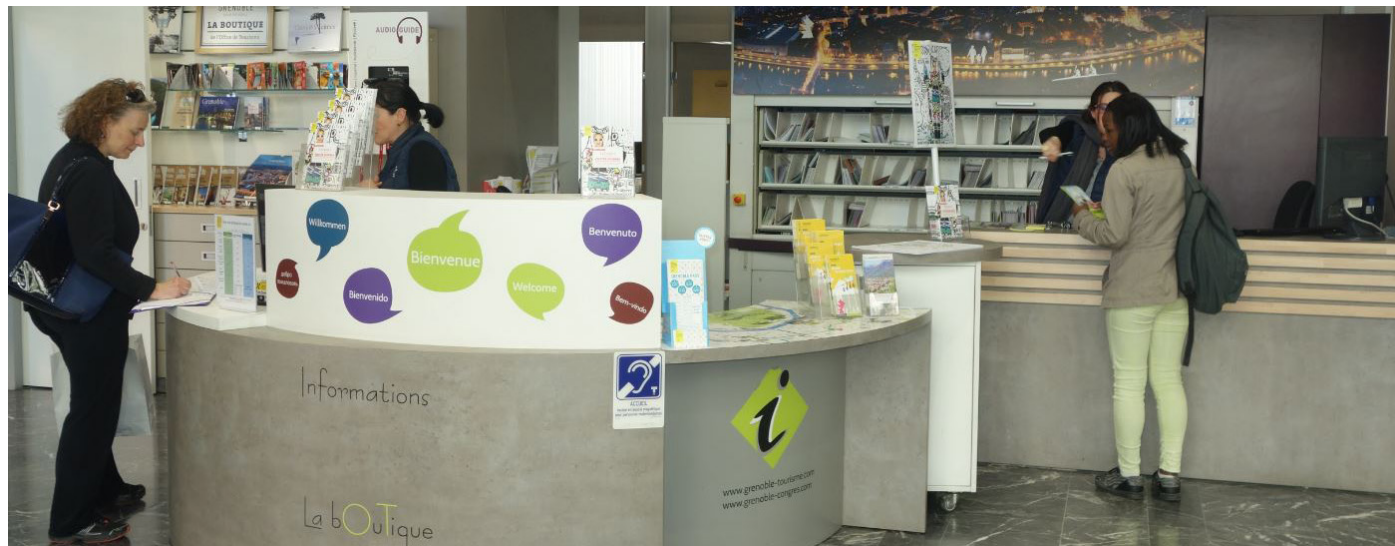


- **2014** : Grenoble-Alpes métropole gets the « French Tech » label



GRENOBLE-ALPES MÉTROPOLE TOURISM OFFICE

The Grenoble-Alpes Metropole Tourism Office is an Industrial and Commercial Public Establishment. On January 1, 2015, the tourism branch was transferred from the city of Grenoble to the greater Grenoble Area, also called the Métropole.



Reception

- **Grenoble-Alpes Métropole Tourism Office,**
14 rue de la République, 38 000 Grenoble
Tel. : +33 (0)4 76 42 41 41
email : info@grenoble-tourisme.com
- **Bastille Tourism Information Bureau,**
at the top of the Bastille Fort in Grenoble, 38 000 Grenoble
Tel. : +33 (0)4 76 89 46 45
- **Le Sappey en Chartreuse Tourism Information Bureau,**
Le Bourg, 38120 Le Sappey-en-Chartreuse
Tel. : +33 (0)4 76 88 84 05
info.lesappey@grenoble-tourisme.com
- **Vizille Tourism Information Bureau,**
Place du château, 38220 Vizille
Tel. +33 (0)4 76 68 15 16
info.vizille@grenoble-tourisme.com
- **Temporary Sassenage Tourism Information Bureau,**
Château de Sassenage, 38360 Sassenage
Tel. +33 (0)6 88 07 36 45
Open in the summer

The Boutique

A wide range of local gifts and souvenirs ranging from books, t-shirts, mugs, keyrings, pens and magnets, but also unique gourmet gifts to bring home a taste of Grenoble: Chartreuse Liqueur, Grenoble walnuts, Antésite liquorice syrup, Sassenage beers, etc.

Greeters

A community of Greeters - locals who love their city - take visitors around the city and surrounding area, depending on their fancies and interests.

Guided visits

The Tourism Office's team of tour guides lead more than 300 tours on various themes: History and heritage, Fine dining, Street art, Innovation, literature, visits by bike, electric cars, Segways, or canoe, and even treasure hunts.

Group visit services

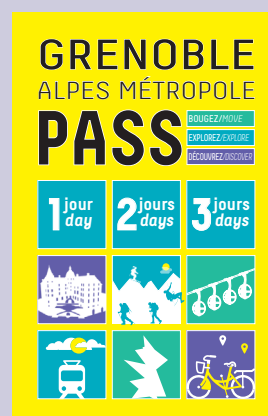
For organized groups (associations, schools, companies, etc.) who wish to visit Grenoble or the surrounding areas, the Group Visit Services of the Tourism Office will take care of everything. From traditional visits to stays, to an all-inclusive day of discovery activities, our expertise is at your service.

GRENOBLE PASS TO MOVE, EXPLORE AND DISCOVER

Touristic sites, activities, transports : **more than 40 partners** - including Grenoble-Bastille Cable Car, Musée de Grenoble, Semitag, Metrovelo, Musée de la Grande Chartreuse, Caves de la Chartreuse, Funiculaire of Saint-Hilaire du Touvet, Grottes de Choranche, etc. - **have joined the Grenoble-Alpes Métropole Tourism Office to create a new version of the Pass**, which is now a magnetic card, available for **1 (24 hours), 2 (48 hours) ou 3 days (72 hours)**.

For 19, 33 or 48 euros, the Pass is a unique and essential tool, which allows to compose a personal program of visits and activities.

www.grenoblepass.com



GRENOBLE BY THE NUMBERS

Grenoble-Alpes Métropole : **49** towns
450 000 inhabitants - 163 625 in Grenoble

5th MOST INNOVATIVE CITY
in the world (Forbes, 2013)

3rd European city
(cities from 100 000 to 350 000 inhabitants)
FOR ATTRACTIVENESS STRATEGY FOR FOREIGN INVESTORS
Financial Times ranking, 2016

8 NATIONAL RESEARCH ORGANIZATIONS, including CEA, the world's most innovative research institution
REUTERS RANKING, 2016

5 major European instruments:

I'ILL (Institut Laue Langevin), l'EMBL (Laboratoire Européen de Biologie Moléculaire, l'ESRF (European Synchrotron Radiation Facility, le LNCMI (Laboratoire National des Champs Magnétiques Intenses), l'IRAM (Institut de Radioastronomie Millimétrique)

25 000
PUBLIC AND PRIVATE RESEARCHERS

2nd FRENCH REGIONAL RESEARCH CENTER

1st MOST ATTRACTIVE French city
FOR STUDENTS
L'Étudiant mag, 2016

More than 65,000 students including 9.000 international students

FRENCH TECH
IN THE ALPS

DIGITAL GRENOBLE
Métropole French Tech

5 CLUSTERS:
Minalogic, Lyon Biopôle, Tenerrdis, Axelera, ViaMeca

A TOURISTIC AND CULTURAL CITY

The Grenoble-Bastille cable car was **one of the world's first urban cable cars**, after those of Cape Town and Rio de Janeiro (14 million visitors since it was installed).

2 NATIONAL PERFORMING ARTS CENTERS: MC2 (MAISON DE LA CULTURE) AND **L'HEXAGONE**

MORE THAN 50 FESTIVALS
EACH YEAR, INCLUDING THE MOUNTAIN FILM FESTIVAL, THE MILLÉSIME, CABARET FRAPPÉ, ETC.

23 MUSEUMS, INCLUDING THE INTERNATIONALLY-
KNOWN GRENOBLE MUSEUM OF ART

5 000 hotel rooms, 2 200 rooms in **3***** and **4******

1 100 000 overnight stays by tourists each year (2015-2016)

5 TOURISM INFORMATION BUREAUX

A sustainable, green, and accessible city

France's 1st award-winning eco-neighborhood, de Bonne (2010)

+ 300 KILOMETERS OF BIKE PATHS

A public transportation network
100% WHEELCHAIR ACCESSIBLE

5 TRAM LINES
50 BUS LINES

with 16.4 million kilometers covered each year

A natural setting - **3 MOUNTAIN CHAINS: CHARTREUSE** (Chamechaude 2 082m) / **VERCORS** (Grand Veymont 2 341m) / **BELLEDONNE** (Grand Pic de Belledonne 2 977m) - **2 MAJOR RIVERS: ISÈRE** (290 km) / **DRAC** (130 km)

A city in the mountains, and mountains in the city

820 KM
OF ACCESSIBLE
HIKING PATHS

FRANCE'S ONLY CITY-CENTER VIA FERRATA, The Storming of the Bastille

20 SKI RESORTS
a short drive away

15' from the village ski resort **Sappey en Chartreuse** - **30'** from **Chamrousse** - **45'** from **Lans en Vercors** and **Villars de Lans** - **1h30** from **l'Alpe d'Huez** - **1h45** from **Les Deux Alpes**

YEAR-ROUND TRANSPORTATION TO THE MOUNTAINS
FROM THE GRENOBLE BUS STATION

GETTING TO GRENOBLE

At the crossroads of Switzerland and Italy, Grenoble-Alpes Metropole sits in an ideal location at the heart of the French Alps, in the Auvergne-Rhone-Alps region, one of Europe's most prosperous.



LYON SAINT-EXUPÉRY (LYS) just 1 hour from Grenoble

- ✈ France's 3rd largest airport, with more than 115 direct destinations and 58 airlines
- ✈ Shuttles: 48 departures per day to and from Grenoble, from 4 AM to midnight
- ✈ www.lyonaeroports.com

GRENOBLE-ISÈRE (GNB) just 45 minutes from Grenoble

- ✈ 20 national and international destinations
- ✈ www.grenoble-airport.com

GENÈVE (GVA) just 90 minutes from Grenoble

- ✈ More than 130 direct destinations and 55 airlines
- ✈ Shuttles: 6 daily shuttles to and from Grenoble
- ✈ www.gva.ch



GRENOBLE → PARIS just 3 hours by high-speed TGV train

A TGV station right in the middle of the city

- ✈ Up to 10 direct Grenoble-Paris round trips,
- ✈ with the Lyon Part-Dieu hub 1h15 away

The station can be reached by foot or tram from the 3 main event venues: Alpexpo, World Trade Center et Maison Minatoc.



A48 MOTORWAY

→ Lyon > 60 min

A49 MOTORWAY

→ Valence > 60 min
→ Marseille > 2 hours 50 min
→ Montpellier > 2 hours 50 min

A41 MOTORWAY

→ Chambéry > 45 min
→ Annecy > 75 min
→ Genève > 90 min
→ Turin > 2 hours 50 min



Written in collaboration with Richard Gonzalez

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Office de Tourisme

GRENOBLE-ALPES
MÉTROPOLE



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OfficedeTourismedeGrenoble



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Tourisme
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to experience France

