

Office
de Tourisme

GRENOBLE-ALPES
MÉTROPOLE



— GRENOBLE —

ALPES MÉTROPOLE

IDEAS BOOKLET

TOURS, TRIPS & DISCOVERIES

— TOP
FRENCH
CITIES —

*The best way
to experience France*

Welcome to Grenoble and its neighborhood !

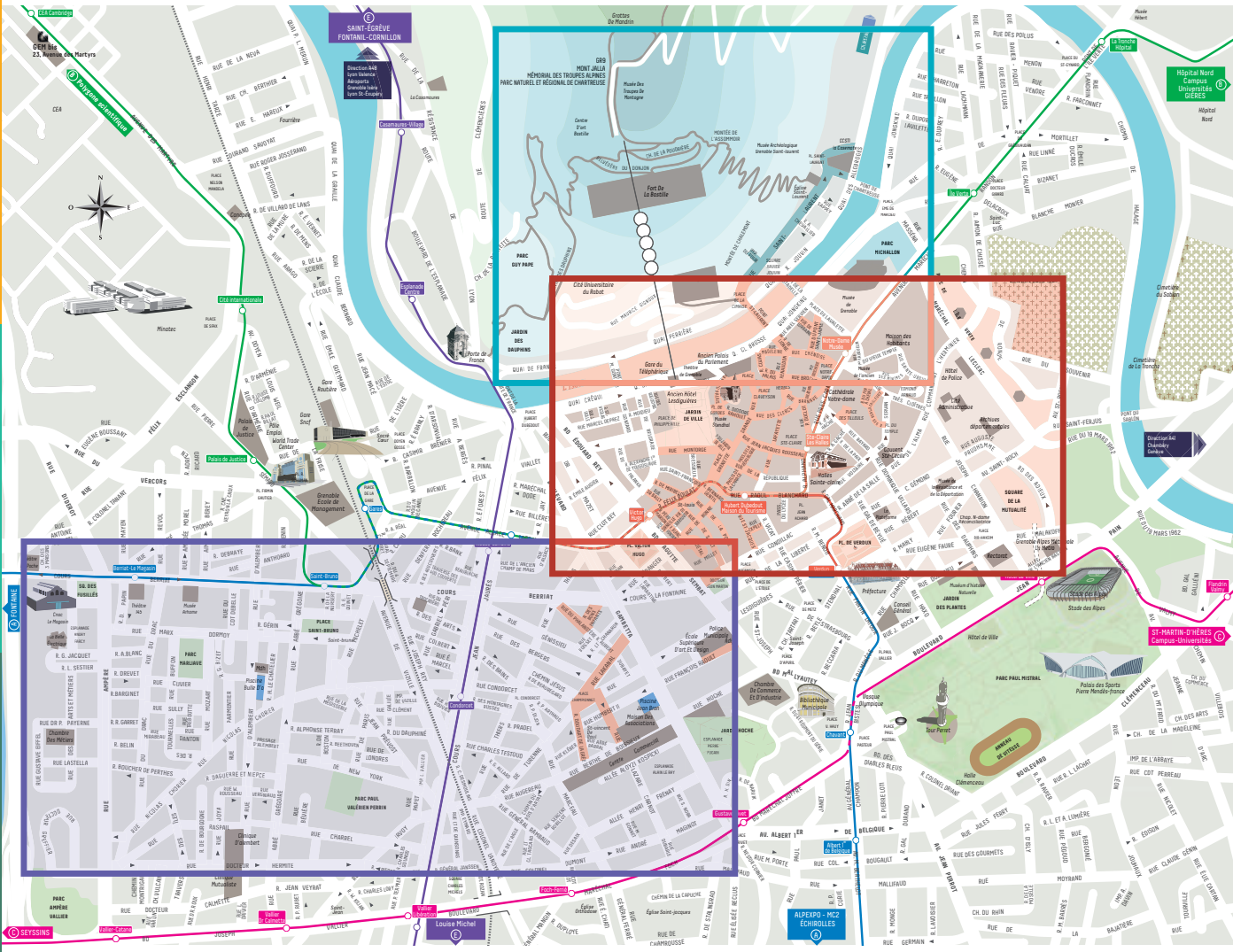
Bastille & Saint-Laurent

Championnet, De Bonne, Bouchayer-Viallet

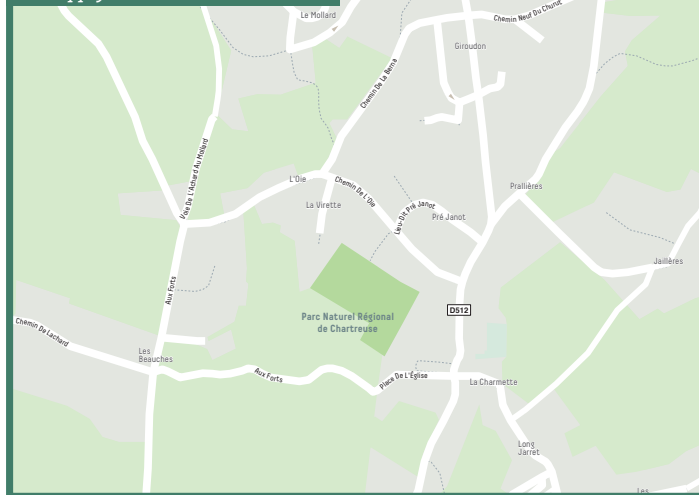
Vizille

Historic center

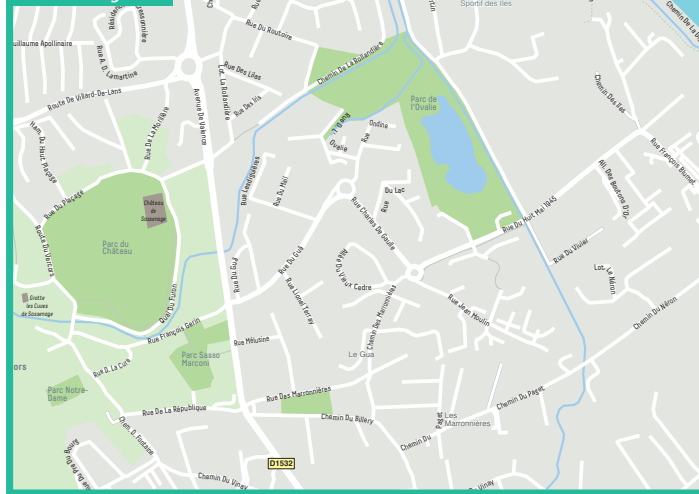
Le Sappey-en-Chartreuse & Sarcenas



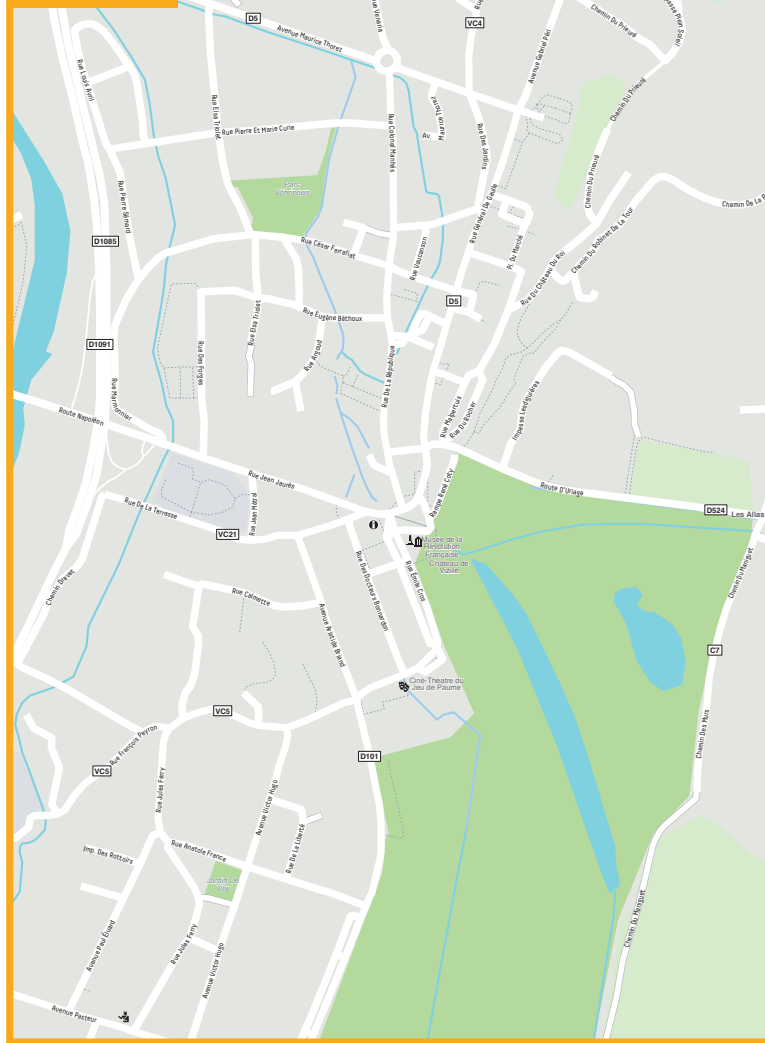
Le Sappey-en-Chartreuse & Sarcenas



Sassenage



Vizille



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1 SQUARE VICTOR HUGO

Created in 1885 where a bastion and old military barracks once stood, this square soon became the elegant center of the city. With its chestnut trees and turn of the century façades, it remains a lively and bustling area of Grenoble.



2 JARDIN DE VILLE PARK

Once the private gardens of the Lesdiguières dukes, this space was made public in 1719 and is a favorite place to relax and attend events. Near the French parterres, the former Lesdiguières townhouse was built from 1600 to 1650 and today (welcomes the International house).



3 GRENOBLE-BASTILLE CABLE CAR

Opening hours and rates : www.bastille-grenoble.fr
In Grenoble, it's still possible to storm the Bastille. From the top, enjoy a breathtaking view of the Alps.



4 OLD PARLIAMENT BUILDING

Guided tours.
Reservation at: grenoble-tourisme.com
The Gothic and Renaissance façades of this architectural jewel will certainly catch your eye. Inside, magnificent wood-carved interiors hide away.



5 RUE CHENOISE

A major road outside the city walls up until the 15th century, several interior courtyards and old townhouses are tucked away in this street. At addresses 8 & 10, you'll find impressive Gothic staircases and loggias, for a walk through time.



6 THE GRENOBLE ART MUSEUM

Opening hours and rates: www.museedegrenoble.fr
A little tête à tête with Matisse, Picasso, or Sou-lages? Rendez- vous in one of Europe's most prestigious art museums. Created in 1798, it has been enriching its collection ever since and today counts more than 900 works.



7 THE OLD BISHOP'S PALACE MUSEUM

Opening hours at: www.ancien-eveche-isere.fr
After a trip back to the Merovingian times in the museum, open the doors to the Notre Dame Cathedral, seat of the Bishop's power back in the day!



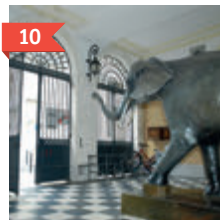
8 SAINT CECILIA CONVENT

Opening hours and rates: couventssaintececile.com
This former Bernadine convent dates from 1624 and was renovated to become the headquarters of the Glénat publishing company. In the chapel, on the stained glass windows, will you recognize the comic book character?



9 ISÈRE MUSEUM OF THE RESISTANCE AND DEPORTATION

Opening hours at: www.resistance-en-isere.fr
History comes alive here through stories from the resistants who fought Nazi and Italian occupiers.



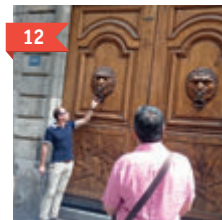
10 MUSEUM OF GRENOBLE

Opening hours and rates : www.grenoble.fr
Impressive collection of animals, minerals and fossils from the Alps and the Earth. Outside, the plant garden is an oasis of greenery.



11 SAINT CLAIRE COVERED MARKET

Open every day from 7am to 1pm.
Closed on Mondays
Built in 1874 in the style of the old Parisian markets, this is the place to get fruit, vegetables, and local food specialities. The market halls were built on the foundations of a former convent.



12 RUE JEAN-JACQUES ROUSSEAU

At number 14, the famous Romantic writer Stendhal was born on January 23, 1783. At number 16 check out the impressive carved walnut-wood door from the 17th century. And opposite it, the Renaissance tower of the Rabot townhouse.

The map illustrates the urban landscape of Grenoble, centered around the Isère river. It highlights numerous cultural and historical sites, including the Fort de La Bastille, the Gare du Téléphérique, and the Musée Dauphinois. Parks such as Parc Guy Pape and Parc Michallon provide green spaces throughout the city. The map also depicts the city's infrastructure, including roads, bridges, and public transport routes. Numbered points 1 through 12 are distributed across the map, marking specific locations of interest.



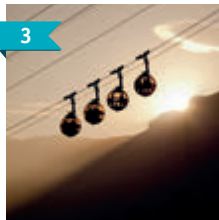
1 PORTE DE FRANCE

Built in 1620, today, it is the monument to the soldiers killed in WWI & WWII. It was part of the fortified walls built by Lesdiguières in the 17th century and opened onto the road towards Lyon. Admire the sculptures of military trophies on the façade, created by Lesdiguières' favorite sculptor Jacob Richier.



2 GARDEN OF THE DAUPHINS

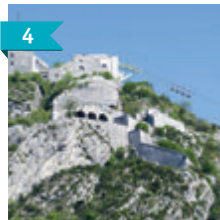
The starting point of the GR9 that allows you to reach the top of the Bastille by foot, this park was created by the Dolle brothers, traders who made their fortune through trade with the Antilles. It was re-landscaped in the early 20th century by the landscaper Ginot.



3 THE GRENOBLE-BASTILLE CABLE CAR

Opening hours and rates : www.bastille-grenoble.fr

Built in 1934, it was one of the world's first urban cable cars. The "bubbles" you see today were actually installed in 1976. At the top, you'll get a glimpse of one of the most beautiful panoramas of the city.



4 THE BASTILLE FORT

From 1823 to 1848, the general Haxo had this fort built to protect Grenoble. On the Geologist's Terrace, you'll get a 360° view of the Char treuse and Vercors mountains. On the right, the Vauban Belvedere offers a breathtaking view of the Belledonne mountains, and the Mont Blanc in the distance.



5 MOUNTAIN TROOPS MUSEUM

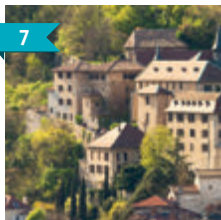
Opening hours and rates : www.museedestroupesdemontagne.fr

At the heart of the Bastille fort, this 600m2 museum shows you how mountain troops have mastered the fighting techniques used in mountainous terrain.



6 MONT JALLA AND THE MONT RACHAIS

Set out on a hike from the city center of Grenoble? It's possible! Once you reach the top of the Bastille, keep going up the path to the Mont Jalla and then the Mont Rachais. This mid-difficulty hike (800m of vertical climb) can be done in a few hours.



7 MUSÉE DAUPHINOIS

Opening hours at: www.musee-dauphinois.fr

Dedicated to the people and cultures of the Dauphinois Alps, each of the museum's temporary exhibits offers an inquisitive exploration into the meaning of our contemporary society.



8 SQUARE JOUVIN

Take a short break in this square to admire the statue looking down at you. Meet Xavier Jouvin, the famous 19th-century Grenoble glove maker. It's true that Grenoble is the cradle of glove-making. To visit the Glove Museum, ask for information at the Grenoble-Alps Tourism Office.



9 SAINT-LAURENT NEIGHBORHOOD

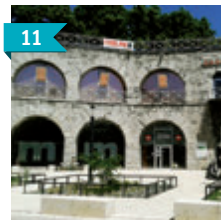
At the foot of the Bastille, this neighborhood was the longtime home of Grenoble's Italian community. It's kept the Italian influence and... the restaurants! Stroll along the river bank and admire the warm colors of the apartment façades.



10 GRENOBLE-SAINT LAURENT ARCHEOLOGICAL MUSEUM

Opening hours at: www.musee-archeologique-grenoble.fr

From the earliest Christian times, this museum has preserved the traces of the past, creating a most interesting archeological ensemble in the heart of a church.



11 LA CASEMATE

Opening hours and rates : www.lacasemate.fr

The Center for Scientific, Technical, and Industrial Culture (CCSTI) brings together the latest technological discoveries and the old military barracks at the foot of the Bastille. Children are more than welcome here.

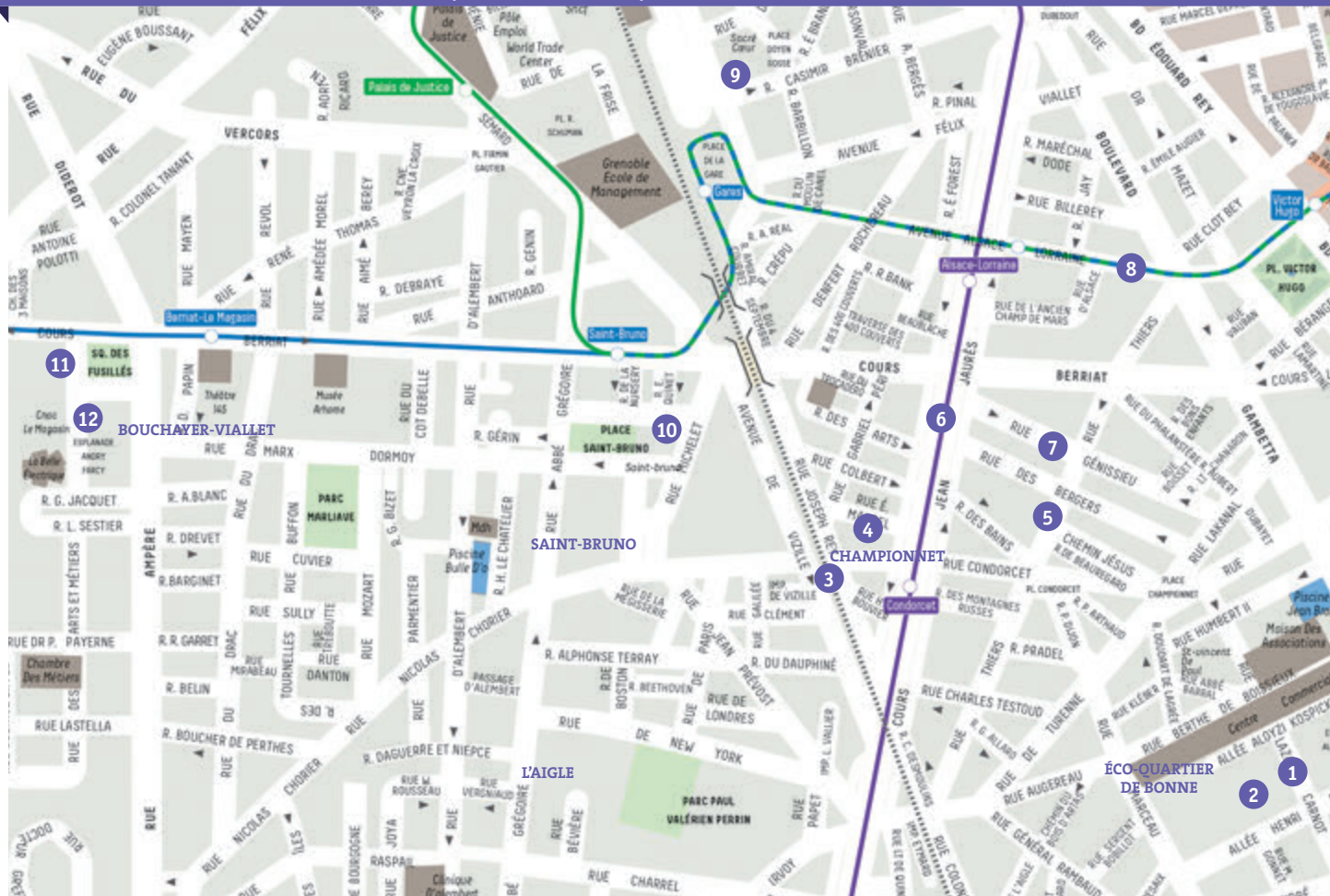


12 THE GRENOBLE ART MUSEUM

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GRENOBLE - CHAMPIONNET, DE BONNE, BOUCHAYET-VIALLET





1 DE BONNE ECO-NEIGHBORHOOD

Awarded the Grand Prix of Eco-neighborhoods in 2009, De Bonne represents the neighborhood of tomorrow. On the site of old military barracks, a shopping center sits right across from low-energy buildings.



2 JARDIN DES VALLONS PARK (DE BONNE ECO-NEIGHBORHOOD)

This pretty park at the heart of the Caserne De Bonne, with its pastel pink colors is a great place to relax. With a river, a garden, and a playground in the middle, your kids are going to love it.



3 ESTCADE MARKET

Tuesday to Saturday
6am-1pm

This emblematic market is worth the trip for the atmosphere alone. You'll find local producers and seasonal produce, and the icing on the cake? A long street art mural all along the market.



4 CHAMPIONNET NEIGHBORHOOD

Shops, bars, restaurants, trendy boutiques, and young creators...the atmosphere in this fashionable neighborhood is always festive. Follow our guide for the best addresses.



5 RUE THIERS

At number 4, you'll find a green apartment building built in the late 19th century. 3 detailed freizes mark the 1st, 2nd, and 3rd floors. The various entrances are flanked by generously-breasted chickens.



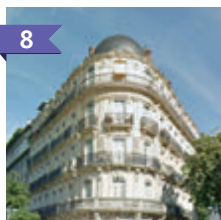
6 COURS JEAN-JAURÈS

The longest avenue in Europe that doesn't have a traffic circle or monument in the middle of it, the Cours Jean Jaurès turns into Cours de la Libération, and then the Cours Saint André and stretches 7.8 kilometers. The Champs Élysées in Paris is only 2 kilometers!



7 STREET ART

Monumental works on façades, planted walls, stencil painting, and more...Street art is all around in Grenoble. Can you find the biggest works? Try Rue Génissieu, Rue Thiers, Rue des Bergers, Lakanal, and that's not all!



8 AVENUE ALSACE-LORRAINE

At number 3, you'll find a portal decorated with open-mouthed lions. At number 8, lift your eyes to admire the cupola. And a bit further down, at number 28 you'll see a tribute to the glory of molded cement, which made the city's fortune. Numbers 41 and 47 will surprise you too. Go look!



9 SACRE CŒUR BASILICA ARCABAS STAINED GLASS WINDOWS

(entrance opposite the train station)

This basilica is like a miniature Montmartre and has been entirely renovated. Open the doors to admire the first of a series of 24 stained glass windows by the artist Arcabas.



10 PLACE SAINT-BRUNO

Market: Tuesday through Saturday from 6am to 1pm

The church, built with funding from the Chartreuse monks is in an interesting Neo-Roman style. The market, with products from around the world, will sweep you away.



11 BOUCHAYER-VIALLET NEIGHBORHOOD

An old industrial site, this neighborhood is living proof that reconvertng old buildings can be a major success. Sustainable housing, event halls, indoor climbing rooms, restaurants and more make up this area.

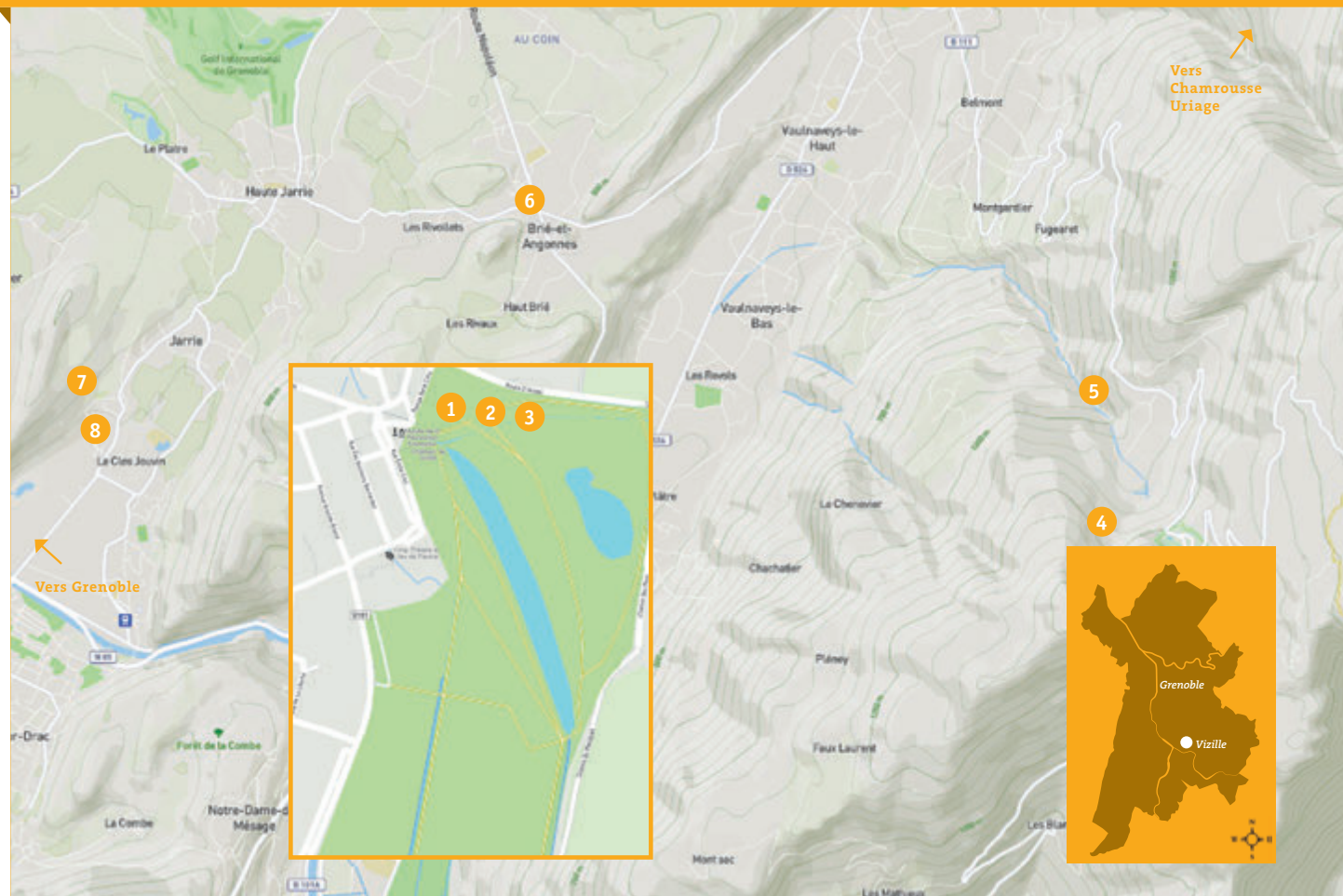


12 LE MAGASIN DES HORIZONS

Opening hours and rates
www.magasin-cnac.org

Located in a hall built by Gustave Eiffel for the 1900 World's Fair in Paris, the National Center for Contemporary Art hosts temporary exhibits by international contemporary artists.

VIZILLE





MUSEUM OF THE FRENCH REVOLUTION (FREE)

Opening hours at: www.domaine-vizille.fr

Once the home of the Dukes of Lesdiguières, the Périer family, and the Presidents of France, this castle houses only museum dedicated to the French Revolution.

Its collections of artworks and historic artifacts date from the end of the Ancien Régime to the time of the 3rd Republic, and offer a fresh look at this key time in French history. The objects from the French Revolution offer an exceptional collection and a variety of styles and genres.



VIZILLE ESTATE ORIENTEERING COURSE (FREE)

Have fun learning about this history of the estate. Set off to find the markers hidden in the park. 3 levels for kids, adults, and handicapped visitors are available. Free map available at the Museum reception office.



VIZILLE ESTATE GROUNDS (FREE)

This green park spans over 100 hectares and is the perfect place to get up close and personal with wild plants and animals: wild swans, ducks, and geese, as well as centuries-old trees and a rose garde offer the perfect setting for a family picnic or afternoon stroll. A new wooden-structure playground has recently been built and on certain days, kids 3 years and up can enjoy pony rides in the luscious garden alleys. Go down to the animal park and you can see bucks, deer, and roe deer that roam freely.



LUITEL LAKE NATURE RESERVE

Nestled at 1262 meters, this 17-hectare nature reserve presents all the different wildlife you'd find in a bog.

Talk about a wild and mysterious ecosystem!



SOUNDING TREES PATH VAULNAVEYS-LE-HAUT

For a peaceful 1-kilometer stroll accessible to strollers and wheelchairs, this path is perfect. Enjoy the forests, fields, and marshes.



HERBEYS CREST TRAIL - BRIÉ-ET-ANGONNES

Level: Easy
Vertical climb: 174 meters
Distance: 10 km
Duration: 2h45

Starting from Brié et Angonnes, this round trip from Brié to Villeneuve d'Uriage and back takes you along wooded paths and offers striking views of the Belledonne and Vercors mountains.



JARRIE-CHAMPAGNIER HISTORICAL TRAIL

Level: Very easy
Vertical climb: 250 meters
Distance: 9 km
Duration: 2h40

Set off on these easy forest trails where history meets nature and blends together with local legends. All along the way, 9 totems explain the surrounding territory.



JARRIE MUSEUM OF CHEMISTRY

Opening hours and rates : www.ville-jarrie.fr/musee-de-la-chimie

With completely updated exhibits, this museum tells the story of the chemistry industry in the area, from 1915 to today.

LE SAPPEY-EN-CHARTREUSE & SARCENAS





FORT SAINT EYNARD

Opening hours and rates :
www.fortsteynard.com

Mountain fare served in a charming restaurant in a fort that dates from 1870 and looks down on the valley like a citadel. From up high, you can easily imagine how the city defended itself in the 19th century, and enjoy a stunning view over the Alps and Grenoble. Visitors can enjoy guided visits as well as permanent exhibits on the history of the Dauphiné region and temporary exhibits.



SAPPEY EN CHARTREUSE CHURCH STAINED GLASS BY ARCABAS

For nearly nine centuries, the bell tower of the church is a symbol & landmark of the Sappey en Chartreuse village. Redone throughout different eras, this typically Dauphinois church houses 8 magnificent stained glass windows designed by the artist Arcabas. They represent the resurrection of Christ and were created by the Grenoble glassmaker Christophe Berthier. Arcabas carried out all of the decoration of the Saint Hugues de Chartreuse church.



DES SAGNES MARSH SENSITIVE NATURAL AREA

Just a few steps from the Sappey en Chartreuse village, push back the bushes of this quaint mountain marsh for a stroll through rose bushes and orchid prairies. The site is home to 5 protected plant species, 5 species of mammals, and 25 bird species. Explanation panels help visitors along the way, and lookout points are perfect for animal watching. With a bit of luck, you might come face to face with a roe deer or a common snipe.



CHAMECHAUDE SUMMIT HIKE

Level: Difficult
 Vertical climb: 750 m
 Departure point: Col de Porte
 Duration: 5h

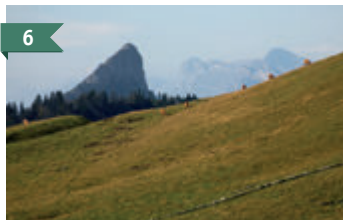
The highest point in the Chartreuse mountains (2082 m) this summit can be climbed on foot in summer and with backcountry skis in the winter, for the most advanced skiers. Once at the top, the exceptional view over the Chartreuse, Belledonne, and Mont Blanc mountains is simply breathtaking.



7 ORIENTEERING COURSE

Labeled as a "Sporting Orientation Space", this area is freely accessible for all levels. Maps for sale at the Tourism Information Bureau in Le Sappey en Chartreuse.

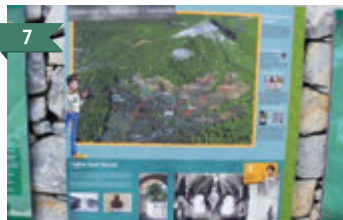
On foot, bike, or snowshoes, find the markers and have fun trying to solve the enigmas to become an expert in local plants, animals, and history.



LA PINÉA SUMMIT HIKE

Level: Medium
 Vertical climb: 550 m
 Departure point: Col de Porte
 Duration: 2h30

Ready to climb this proud summit? This mid-level hike will take you through a forest, before the footpath becomes a true mountain trail.



KEY OF THE 7 ENIGMAS GAME

Game available all year round at the Tourism Information Bureau in Le Sappey en Chartreuse

Solving a mystery with the whole family sounds like fun? Justin, the main character has found a key and he doesn't know what to do with it... Find out with him what the key might open!



CHARMANT SOM HIKE

Level: Easy
 Vertical climb: 200 m
 Departure point: Parking lot of the Charmant Som restaurant
 Duration: 1h30

This summit is easily accessible and is a favorite outing for Grenoble families. And yet the view rivals that of the tallest summits. After making your way down, stop by the last farm in Isère that makes and sells its own cheese on site.





1



CHÂTEAU DE SASSENAGE

Opening hours and rates: www.chateau-de-sassenage.com

Classified as a historic monument, the castle was built between 1662 and 1669 and holds the memories of the powerful Sassenage family, long bygone. A magnificent example of classical architecture, it bears witness to the way of life of the 17th and 18th centuries. Nicolas Chorier even said "Few are the great houses that can trace their beginnings back to a fable. That of Sassenage is the legend of Mélusine." You'll also discover the exquisite furniture by the Hache woodworkers.



2

THE CHATEAU GROUNDS

Around the chateau, discover the grounds! More than 3000 trees, including the majestic Lebanese cedar and numerous bicentenary trees decorate this green island, at the foot of the Vercors mountains.

PARK FUN COURSE

Accessible all year round at opening of the park
Booklet available on site for 2€
Duration: 1h

This fun course to enjoy with the whole family allows you to explore the park and discover the plants and animals that call it home. Thanks to enigmas to solve and a hunt for hidden letters, try to find the mystery work. Are you up to the challenge?



3



4

SASSENAGE CISTERNS

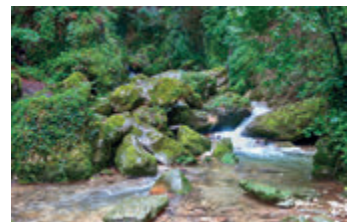
Opening hours and rates : www.sassenage.fr
20 minute walk from the parking lot

Venture into the refreshing caverns (12°C) classified as a natural heritage site to admire the limpid waters of the Furon. These caves hold the secret of the legend of Mélusine, the fairy who fell in love with a knight...until he broke his promise to her. Since then, Mélusine is said to live in the caves. Keep an eye out!

FURON GORGES TRAIL

Level: Easy to medium - suitable for children
Vertical climb: 170m
Duration: half a day

From the parking lot of the Cisterns, follow the path to the ticket office. Cross the passageway towards the outpour of the cisterns and walk towards "Les Côtes". Take the path on the left and then walk along the stream. Cross another passageway to reach a steep slope, after which you'll get back on to the wide path that leads to a few houses. To get down, take the same path.



**Office
de Tourisme**

**GRENOBLE-ALPES
MÉTROPOLE**



**i - Office de Tourisme
Grenoble-Alpes Métropole**

14 rue de la République -Grenoble
Tél. +33(0)4 76 42 41 41

i - Tourist Info

VIZILLE

Tél. +33(0)4 76 68 15 16

LE SAPPEY-EN-CHARTREUSE

Tél. +33(0)4 76 88 84 05

LA BASTILLE

Tél. +33(0)4 76 89 46 45

info@grenoble-tourisme.com

www.grenoble-tourisme.com



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