

GYMNASTICS

MEN'S ARTISTIC
RHYTHMIC



La Saint-Claude Gymnastics Centre

The Saint-Claude gymnastics centre is a quiet, spacious and bright facility, meeting the requirements of rhythmic and men's artistic gymnastics.

The Saint-Claude gymnastics centre is equipped with three sets of men's gymnastics apparatus in an 800 sq. m area. The equipment is perfect for gymnasts preparing to compete individually or in a team. The facility is looked after and maintained by a team of specialists. The rhythmic gymnastics area has a specific floor exercise area with clearance height of 12 metres over 600 sq. m. Other available equipment includes a foam pit, mobile apparatus, landing mats, springboards, a fast track and a sound system.

The centre also has a video room for analysing sequences in detail. Our partner and expert in this field, the university of Franche-Comté (UPFR), with its Sports Science Department, can provide movement analysis video tools if delegations so desire. In addition, gymnasts preparing for the Games will be able to benefit from the university's facilities, which offer equipment meeting current IGF standards.

The La Saint-Claude gymnastics club, which owns the centre, trains daily at this venue. The centre therefore owns several sets of all the equipment delegations may need to prepare for competitions. It is nationally recognised as a top-level training and coaching centre. It frequently welcomes gymnasts preparing for international competitions, such as the Romanian team.

Near to the city centre, the facility is easy to get to by bus and by car, thanks to a free and secure car park.



In brief

- Surface area of 800 sq. m
- 600 sq. m dedicated to artistic gymnastics
- Men's gymnastics apparatus
- Sound system
- Video room



Photos, videos,
technical details...

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Accompanying services

- Transfers for athletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
- A liaison officer will accompany your team and be on hand 24/7 to help coordinate the logistics of your stay in Besançon.

Photos, videos,
technical details...

Scan me!



THE ADVANTAGES



A WIDE RANGE OF ACCOMMODATION WITH FACILITIES NEARBY

At Besançon, enjoy the same high-quality accommodation and level of service as in other large cities, but at a far more reasonable price. And as the city is compact, your hotel will only be 15 minutes away from your training centre at most, making the commute stress-free.

A RECOVERY CENTRE AND MEDICAL SERVICES TAILORED TO YOUR NEEDS

Prepare physically for the Games stress-free, knowing you have access to an unrivalled preparation and recovery facility: the sport performance optimisation centre, or COPS, and its hypoxic rooms. If an injury occurs, a multidisciplinary hospital team is on hand to provide the care you need!



A TAILORED SERVICE OFFER

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HANDBALL



Ghani Yalouz Indoor Sports Arena

The Ghani Yalouz indoor sports arena boasts modern facilities that were completely renovated in 2005. It is the ideal place for handball teams to train and play.

The indoor sports arena has a 40 x 20 m handball court with a nine-metre-high ceiling, goalposts built to IHF standards and Taraflex® sports flooring. The whole facility is accessible to people with disabilities.

It has two main rooms with adjoining physical preparation and recovery areas (weights rooms, ice baths, sauna), as well as relaxation areas, which can be adapted to organise briefings or video analysis sessions. The adjustable lighting will guarantee perfect conditions for preparing for the Olympics. The hall can be adjusted to suit your needs.

The complex is home to local handball clubs, the ESBF (women's first division club at French and European level) and GBDH Handball (men's second division club), and regularly hosts women's handball league matches, men's Professional Division 2 matches and EHF Cup matches. It sometimes also hosts French handball, tennis and futsal team matches, as well as various other French championship events (wrestling, fencing, rhythmic gymnastics, etc.).

Near to the city centre, the facility is easy to get to by bus and by car, thanks to a free and secure car park.

Local Olympic athletes

Sandrine Mariot Delerce, 6th at the 2000 Sydney Olympics, 4th at the 2004 Athens Olympics.
Raphaëlle Tervel, 6th at the 2000 Sydney Olympics, 4th at the 2004 Athens Olympics, 5th at the 2008 Beijing Olympics and 5th at the 2012 London Olympics.
Laura Glauser, took part in the 2016 Rio Olympics.
Chloé Valentini, Olympic gold at the 2021 Tokyo Olympics.

Praise all round



Lucie Granier

INTERNATIONAL HANDBALLER PLAYING FOR THE ESBF

"At Besançon, I've been able to live my handball passion and study at the same time. And the environment is really friendly and reassuring too."



In brief

- 40 x 20 m court
- Clearance height of 9 m
- Goalposts built to IHF standards
- Preparation and recovery areas
- Video room



Photos, videos,
technical details...

Scan me!



HANDBALL



Ghani Yalouz Indoor Sports Arena



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JUDO



Montboucons Sports Centre

The dojo in the Montboucons sports centre offers a contest space of up to 1,200 sq. m, which includes outer safety areas.

All the judo mats in the dojo meet IJF standards to ensure all the fighters can prepare under the same conditions as those at the Olympic Games. The venue also has a stand with 572 seats.

This facility includes a weights room, with all the equipment required for conditioning and strengthening, and six changing rooms with showers. It also has a video analysis room for mentally preparing athletes.

As the dojo is one of the French judo federation's training centres, the federation will be able to ask some of its fighters to act as sparring partners for the fighters from the hosted delegation.

The sports centre is located at the heart of the Temis district, an economic and higher education hub, which offers a peaceful environment that is conducive to sports activities. Near to the city centre, it is easy to get to by bus and by car, thanks to a free and secure car park.



In brief

- Contest area of 1,200 sq. m
- Mats meeting IJF standards
- Weights room
- 6 changing rooms with showers
- Video analysis room
- Sauna, cold bath
- Medical area equipped with 3 first aid booths



Photos, videos,
technical details...

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Accompanying services

- Transfers for athletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
- A liaison officer will accompany your team and be on hand 24/7 to help coordinate the logistics of your stay in Besançon.
- Sparring partners – men and women, in all weight categories
- Other sports activities available on request: MTB outings, running, etc.

Photos, vidéos, détails techniques, ...



Scannez-moi !



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UN CENTRE DE RÉCUPÉRATION ET DES SERVICES MÉDICAUX SUR MESURE

Autour de votre préparation sportive, un équipement unique en matière de préparation et de récupération : le Centre d'optimisation de la performance sportive (COPS) et ses chambres hypoxiques. En cas de blessure, une équipe de praticiens hospitaliers pluridisciplinaire est à votre disposition !



UNE OFFRE DE SERVICES À LA CARTE

Une préparation à Besançon c'est l'assurance d'une concentration exclusivement centrée sur le travail sportif. Les transferts depuis l'aéroport, l'accompagnement linguistique, le transport de votre staff et du matériel... tout est centralisé par notre équipe d'accueil pour vous garantir un stage optimum pour aller décrocher une médaille.



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MTB XCO



Montboucons Sports Centre

Besançon is a training mecca for the Olympic MTB cross-country (XCO) discipline, as it is home to France's centre of excellence for MTB athletes. France's national and international elite have all worn out their tyres and brake pads on these trails.

The hills embracing the city offer the ideal natural setting for XCO MTB. The climbs and descents on trails of all kinds – from single forest tracks, with looser terrain criss-crossed by roots for added technical challenges, to rock-strewn trails – require physical strength and expert steering. A great playground for mountain bikers!

The Montboucons sports centre has all the auxiliary facilities required for top performance sports: offices for coaching staff, workshops and washing stations for mechanics, video analysis rooms for riders, and conditioning, strengthening and recovery facilities.

The venue also offers places to stay and places to eat on-site or 5 minutes away on foot, depending on the type of accommodation you choose. And let's not forget the sport performance optimisation centre, or COPS, which is a one-of-a-kind facility for athletes preparing for the Games (hypoxic rooms, cryotherapy, HBO therapy, etc.). Athletes will be able to focus fully on stress-free preparation, with a healthy mix of concentration and relaxation, and by alternating intensive training and recovery sessions.

Local Olympic athletes

Julie Bresset

Olympic XCO MTB champion in London in 2012.



Praise all round

Line Burquier

2021 JUNIOR CROSS-COUNTRY WORLD CHAMPION

"What I like about training in Besançon is that everything is nearby. You can be out of the city in 5 minutes, and head into the surrounding forests and mountains. The Montboucons sports centre offers us a technically difficult, fast and well-rounded MTB track, a gym and a dojo, just below the apartments."



In brief

- Natural surroundings for training sessions
- Trails with a variety of climbs and descents
- Workshops and washing stations
- Fitness training and recovery areas
- Video analysis rooms



Photos, videos, technical details...

Scan me!



Accompanying services

- Transfers for riders and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
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PARA-JUDO



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All the judo mats in the dojo meet IJF standards to ensure all the fighters can prepare under the same conditions as those at the Paralympic Games. The venue also has a stand with 572 seats.

This facility includes a weights room, with all the equipment required for conditioning and strengthening, as well as a first aid and recovery area and six changing rooms with showers. All the equipment can be adjusted according to needs and is accessible to athletes with disabilities.

The complex is located at the heart of the Temis district, an economic and higher education hub, which offers a peaceful environment that is conducive to sports activities. Near to the city centre, it is easy to get to by bus and by car, thanks to a free and secure car park.

One of Besançon's main priorities is to promote parasports disciplines, and as part of that effort, it has been organising the only event of its kind in France, the Raid Handi-Forts adventure race, since 2008. The parasports project has grown by encouraging sports clubs to set up a parasport section and making sports facilities accessible to people with disabilities. Thanks to all this work, Besançon received the 2016 Parasport City award.



20
TERRE
DE JEUX
24

In brief

- Contest area of 1,200 sq. m
- Mats meeting IJF standards
- Weight training, recovery and first aid areas
- 6 changing rooms with showers
- Video analysis room
- Facilities accessible to people with disabilities



Photos, videos,
technical details...

Scan me!



PARA-JUDO



Montboucons Sports Centre

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PARA POWERLIFTING



Michel Vautrot Sports Complex

ELEIKO

The para powerlifting Games preparation centre at the Michel Vautrot sports complex in the Malcombe park regularly welcomes top-level athletes, offering them the ideal training conditions to perform at their best.

The para powerlifting room in the Michel Vautrot sports complex is one of the only ones in France to be configured with this discipline in mind. Designed with the help of Alexis Quérou, France's national para powerlifting coach, it was completely refurbished in 2021.

It is also used by non-disabled top-level athletes on a regular basis. It is divided into three areas – weightlifting platforms, weights area, cardio-training area – and includes a 40 x 20 m sports hall as well as a multi-purpose room, which can be used for briefings, physiotherapy, or mental preparation.

The above areas are, in turn, further divided into specific areas, based on an optimal strength, cardio, and dynamic training logic. The apparatus and equipment are of the highest quality and perfectly adapted to athletes' requirements. All the equipment is adjustable according to needs. After training sessions, the weightlifters can relax and recover fully thanks to the on-site sauna and ice baths.

David Hercule Matam and his brother Bernardin both trained at this location when preparing for major international competitions. It also hosted the 2015 French inter-club championships.

Spread over several acres, the Michel Vautrot sports complex is the largest in Besançon. It is located right next to a lovely, quiet, leafy park, which can be used by athletes as a warm up or recovery area, and will give them a feeling of being in the great outdoors. Near to the city centre, it is easy to get to by tram and by car, thanks to a free and secure car park.

One of Besançon's main priorities is to promote parasports disciplines, and as part of that effort, it has been organising the only event of its kind in France, the Raid Handi-Forts adventure race, since 2008. The parasports project has grown by encouraging sports clubs to set up a parasport section and making sports facilities accessible to people with disabilities. Thanks to all this work, Besançon received the 2016 Parasport City award.



In brief

- 3 training areas
- Compliant apparatus and equipment, suitable for people with disabilities
- 40 x 20 m sports hall
- Sauna, ice baths
- Briefing, physiotherapy and relaxation room



Photos, videos,
technical details...

Scan me!



PARA POWERLIFTING



Michel Vautrot Sports Complex

Accompanying services

- Transfers for athletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
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Photos, videos,
technical details...

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PARATRIATHLON



The University of Franche-Comté, the Mallarmé pool, the Léo Lagrange stadium and the Osselle watersports centre

The Grand Besançon area offers para-triathletes a training environment where the facilities specific to each discipline are close to each other and in pleasant and fully-accessible natural surroundings.

Athletes will be able to enjoy a wide range of facilities that will offer them optimum training conditions for all three disciplines, including:

- the University of Franche-Comté's sports facility, which includes an indoor athletics stadium and a weights room;
- the athletics track at the Léo-Lagrange stadium combined with a network of paths and roads closed to traffic that run right next to the training facilities;
- road cycling routes used all year round by the Continentale Groupama-FDJ cycling team to prepare for professional competitions;
- Mallarmé swimming pool, which has a 50-metre pool with six lanes.

Para-triathletes can run here whatever the weather thanks to the exceptional indoor and outdoor facilities available. They have access to a weights room with a full range of top-quality strength and conditioning equipment (cardio, resistance, endurance). This location can also serve as a base camp for paracycling sessions.

Lastly, the Osselle outdoor centre, which is only 15 minutes away from the city centre, is ideal for combining all three disciplines. Every year it hosts the French leg of the World Triathlon Para Cup and a round of the French Division 2 team time trials. Numerous athletes taking part in this world cup series have already competed in this event in Besançon and qualified for the Paralympic Games in Rio in 2016 or in Tokyo in 2021.

If you require a personal protection service, rental transport services or access to training equipment, just ask! All the facilities are accessible to people with disabilities.

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Praise all round

Alexis Hanquiquant

2021 TOKYO OLYMPIC CHAMPION, SPONSOR OF BESANÇON'S VAUBAN TRIATHLON RACE

"We're lucky to have such beautiful natural surroundings in Besançon."



In brief

- Venue for the World Triathlon Para Cup since 2013
- Indoor athletics stadium
- Road cycling routes with GPX tracks
- A 50-metre pool
- Outdoor training area
- Weights room
- Facilities accessible to people with disabilities



Photos, videos,
technical details...

Scan me!



PARATRIATHLON



The University of Franche-Comté, the Mallarmé pool, the Léo Lagrange stadium and the Osselle watersports centre



Accompanying services

- Transfers for triathletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
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PARA ATHLETICS



Léo-Lagrange Athletics Stadium

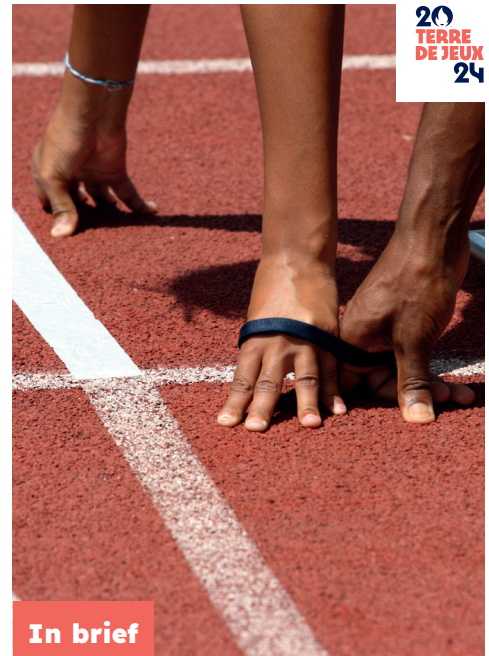
The Léo-Lagrange stadium was opened in 1939 and renovated from 2003 to 2005. This modern, practical facility has excellent access for athletes with disabilities. It has various areas and equipment geared towards high-level para-athletics disciplines.

The Léo-Lagrange stadium has a six-lane 400m track, with an eight-lane front straight for the 100m sprint. It is fully-equipped for training in all disciplines: throwing areas (discus, shot put, hammer, javelin), jumping areas (high jump, pole vault, long and triple jump), a steeplechase water jump, mobile equipment for hurdles events, and starting blocks. It also has an indoor athletics hall for training during bad weather.

The venue has two new, well-designed changing rooms, each measuring over 60 sq. m, as well as a meeting room and an office for training staff. It also caters for any sporting needs athletes preparing for the 2024 Games may have off the track and field, by offering multimedia rooms equipped with video projectors, a fitness training room, ice baths, a sauna and a swimming pool.

A first-aid room and a private medical practice are available on site if needed. The facility also has secure storage spaces, a stand that is open to the public (400 seats), a technical repair workshop (para athletics) and an internet access point.

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In brief

- 6-lane 400 m track with an 8-lane front straight
- Throwing and jumping areas, steeplechase water jump, hurdles...
- Indoor hall
- Technical repair workshop
- Fitness training equipment, ice baths, sauna, swimming pool
- Meeting and multimedia rooms
- Facilities with access for people with disabilities



Photos, videos,
technical details...

Scan me!



PARA ATHLETICS



Léo-Lagrange Athletics Stadium



Accompanying services

- Transfers for athletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
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PARACYCLING



Montboucons Sports Centre

The Montboucons venue is ideally situated for road cycling. The area is famous for its cycling and paracycling, with a variety of landscapes that offer all kinds of training opportunities.

The Montboucons venue is designed for athletes who enjoy high-quality sports facilities and with plenty of space to train. The facility offers all the services athletes may need: spacious training and strengthening areas, first aids rooms and recovery areas. All the facilities can be adapted on request and are accessible to people with disabilities.

The complex has comfortable and lockable rooms, equipped with all the facilities required to prepare or fix bikes, as well as cyclists' clothing. It also offers to lend scooters to follow cyclists during training sessions.

For outings on the road, the other road users are used to sharing roads with numerous amateur cyclists and paracyclists, which guarantees stress-free cycling on roads with low traffic. The professional Continentale Groupama-FDJ cycling team has set up its headquarters in Besançon, near the complex, which proves how good the roads are for Olympic and Paralympic cycling training.

Located at the centre of the Temis district, the complex brings together eight Olympic and Paralympic disciplines in one place, with direct access to accommodation and eating facilities. Near to the city centre, it is easy to get to by bus and by car, thanks to a free and secure single-storey car park with disability access.

One of Besançon's main priorities is to promote parasports disciplines, and as part of that effort, it has been organising the only event of its kind in France, the Raid Handi-Forts adventure race, since 2008. The parasports project has grown by encouraging sports clubs to set up a parasport section and making sports facilities accessible to people with disabilities. Thanks to all this work, Besançon received the 2016 Parasport City award.

20
TERRE
DE JEUX
24



In brief

- A variety of climbs and descents
- Weight training and recovery area
- Lockable rooms
- Scooter lending service
- Facilities and car park accessible to people with disabilities
- Hypoxic rooms available



Photos, videos,
technical details...

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PARACYCLISME



Montboucons Sports Centre

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ROAD CYCLING



Montboucons Sports Centre

The Montboucons venue is ideally situated for road cycling. The area is famous for its cycling, with a variety of topography that offers all types of training.

The Montboucons venue is designed for athletes who enjoy high-quality sports facilities and with plenty of space to train. The facility offers all the services athletes may need: spacious training and strengthening areas, first aids rooms and recovery areas. All the equipment is adjustable according to needs.

The complex has large and lockable rooms equipped with all the facilities required to prepare or fix bikes as well as cyclists' clothing. It also offers to lend scooters to follow cyclists during training sessions.

For outings on the road, the other road users are used to sharing roads with numerous amateur cyclists, which guarantees stress-free cycling on roads with low traffic. The professional Continentale Groupama-FDJ cycling team has set up its headquarters in Besançon, near the complex, which proves how good the roads are for Olympic and Paralympic cycling training.

Located at the centre of the Temis district, the complex brings together eight Olympic and Paralympic disciplines in one place, with direct access to accommodation and eating facilities. Near to the city centre, it is easy to get to by bus and by car, thanks to a free and secure single-storey car park with disability access.



Praise all round

Romain Grégoire

TWICE FRENCH CHAMPION, EUROPEAN CHAMPION, WORLD VICE CHAMPION - TRAINED AT AC BISONLINE - GROUPAMA-FDJ CONTINENTAL TEAM MEMBER

"The team's headquarters and performance research centre are in Besançon. It is ideal for preparing for my 2022 events, such as the Tour de l'Avenir race or the Liège-Bastogne-Liège Espoirs race. In the meantime, I'm keeping my fitness levels up with cyclo-cross this winter. Between the route at the Michel Vautrot complex in the Malcombe park and the forest of Chailluz, I've plenty to keep me busy!"

Local Olympic athletes

Juliette Labous:

30th in the road race and 9th in the time trial at the 2021 Tokyo Olympics



In brief

- A variety of climbs and descents
- Weight training and recovery area
- Lockable rooms
- Scooter lending service
- Accessible to people with disabilities
- Hypoxic rooms available



Photos, videos,
technical details...

Scan me!



ROAD CYCLING



Montboucons Sports Centre



Accompanying services

- Transfers for athletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
- A liaison officer will accompany your team and be on hand 24/7 to help coordinate the logistics of your stay in Besançon.

Photos, videos,
technical details...

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THE ADVANTAGES



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RUGBY SEVENS



 **Orchamps Stadium**

The Orchamps stadium, which was specially-designed for playing rugby, opened in 2016. All the facilities have been designed with this discipline in mind and approved by the French rugby federation (FFR).

The rugby training centre is located at the heart of the Orchamps sports complex. This sports complex has two grass pitches (100 x 68 m and 94 x 60 m) and one 4G artificial pitch (105 x 68 m).

The 2,000 sq. m of indoor facilities offer all the amenities for welcoming delegations in the best possible conditions. In addition to the 40 sq. m changing rooms, it has a weights room looking out onto the rugby pitch, a video room, a first aid and recovery area, and eating facilities.

The cryotherapy chamber available in the sport performance optimisation centre (COPS) nearby and a 40 x 20 m sports hall are also available for training and recovery purposes.

The centre is home to the Olympique de Besançon rugby club which plays in the French Pro D2 league.

The rugby facility is situated in a quiet area near the forest of Chailluz, an ideal place for warming-up and post-training recovery in leafy surroundings. Near to the city centre, the facility is easy to get to by bus and by car, thanks to a free and secure car park.



In brief

- Recent, approved equipment
- 2 grass pitches (100 x 68 m and 94 x 60 m) and 1 artificial pitch (105 x 68 m)
- First aid and recovery areas
- Weights room
- On-site eating facilities



Photos, videos,
technical details...

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RUGBY SEVENS



Orchamps Stadium

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TRIATHLON



The University of Franche-Comté, the Mallarmé pool, the Léo Lagrange stadium and the Osselle watersports centre

The city of Besançon offers triathletes a training environment where the facilities specific to each discipline are close to each other and in pleasant and natural surroundings.

Triathletes can train here whatever the weather thanks to the exceptional indoor and outdoor facilities available. They have access to a weights room with a full range of top-quality strength and conditioning equipment (cardio, resistance, endurance). This training location can also serve as a base camp for cycling sessions.

Triathletes will be able to enjoy a wide range of facilities that will offer them optimum training conditions for all three disciplines, including:

- the University of Franche-Comté's sports facility, which includes an indoor athletics stadium, equipped with eight 60-metre lanes, two long jump tracks and pits, one high jump area, a pole vault area and a shot put area, as well as a weights room;
- the athletics track at the Léo-Lagrange stadium (six 400 m lanes, eight 100 m lanes, throwing and jumping areas) combined with a network of paths and roads closed to traffic that run right next to the training facilities;
- road cycling routes used all year round by the Continentale Groupama-FDJ cycling team to prepare for professional competitions, with the GPX tracks provided by us;
- Mallarmé swimming pool, which has a 50-metre pool with six lanes.

Lastly, the Osselle outdoor centre, which is only 15 minutes away from the city centre, is ideal for combining all three disciplines. Every year it hosts the French leg of the World Triathlon Para Cup, sponsored by Alexis Hanquingant, and a round of the French Division 2 team time trials.



20
TERRE
DE JEUX
24

In brief

- Indoor athletics stadium
- Road cycling routes
- A 50-metre pool
- Outdoor training area
- Weights room



Praise all round

Justine Mathieux

FRENCH VICE CHAMPION IN THE 2020 LONG DISTANCE TRIATHLON - SECOND IN THE 2021 IRONMAN IN MALLORCA

"The Besançon area, where I grew up, offers no end of amazing places to swim, run and cycle, which is ideal for training."

Photos, videos,
technical details...

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TRIATHLON



The University of Franche-Comté, the Mallarmé pool, the Léo Lagrange stadium and the Osselle watersports centre



Accompanying services

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WEIGHTLIFTING



Michel Vautrot Sports Complex

The weightlifting Games preparation centre at the Michel Vautrot sports complex in the Malcombe park regularly welcomes top-level athletes, offering them the ideal training conditions to perform at their best.

The weightlifting facility is divided into three areas – weightlifting platforms, weights area, cardio-training area – and includes a 40 x 20 m sports hall as well as a multi-purpose room, which can be used for briefings, physiotherapy, or mental preparation. The above areas are, in turn, further divided into specific areas, based on an optimal strength, cardio, and dynamic training logic. The apparatus and equipment are of the highest quality and perfectly adapted to athletes' requirements. All the equipment is adjustable according to needs. After training sessions, the weightlifters can relax and recover fully thanks to the on-site sauna and ice baths. The sports hall is also equipped for para powerlifting athlete preparation.

David Hercule Matam and his brother Bernardin both trained at this location when preparing for major international competitions. The centre also hosted the 2015 French inter-club championships.

Spread over several acres, the Michel Vautrot sports complex is the largest in Besançon. It is located right next to a lovely, quiet, leafy park, which can be used by athletes as a warm up or recovery area, and will give them a feeling of being in the great outdoors. Near to the city centre, it is easy to get to by tram and by car, thanks to a free and secure car park.

Besançon is home to all kinds of sport, especially weightlifting. The La Française de Besançon weightlifting club, which has nurtured several international-level athletes, bears witness to what can be achieved with top-level equipment tailored to all athletes.



In brief

- 3 training areas
- Approved apparatus and equipment
- 40 x 20 m sports hall
- Sauna, ice baths
- Briefing, physiotherapy and relaxation room



Local Olympic athletes

David Hercule Matam

Took part in the 2004, 2008 and 2012 Olympic Games in Athens, Beijing and London respectively.

Bernardin Kingue Matam

Took part in the 2012 and 2016 Olympic Games in London and Rio respectively.

Photos, videos,
technical details...

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WEIGHTLIFTING



Michel Vautrot Sports Complex

Accompanying services

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Photos, videos,
technical details...

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THE ADVANTAGES



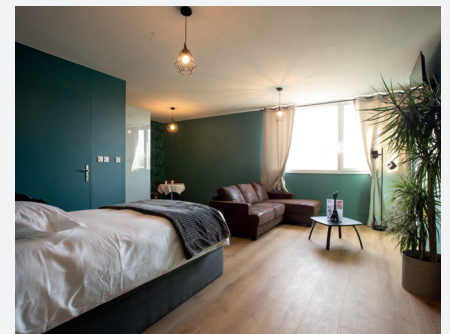
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WHEELCHAIR BASKETBALL



 Montboucons Sports Hall

The Montboucons sports hall, with its playing surface area of 1,056 sq. m and stand with seating for 928 spectators, is a favourite training spot for numerous top-level athletes.

The Montboucons venue is designed for athletes who enjoy high-quality sports facilities and with plenty of space to train. The playing area consists of a wooden sprung floor which meets the standards and spring required by teams preparing for the Games. The hall also has a high-performance lighting system to simulate match conditions for training sessions.

The facility also offers all the services athletes may need: spacious training and strengthening areas, first aid rooms and recovery areas. All the facilities are adaptable on request and accessible to people with disabilities.

The centre is home to two French clubs all year round: the ASCCB, a Division C wheelchair basketball club, and the BesAc, which plays in the National 3rd Division. Matches are organised here every week.

Located at the centre of the Temis district, the complex brings together eight Olympic and Paralympic disciplines in one place, with direct access to accommodation and eating facilities. Near to the city centre, it is easy to get to by bus and by car, thanks to a free and secure single-storey car park with disability access.

One of Besançon's main priorities is to promote parasports disciplines, and as part of that effort, it has been organising the only event of its kind in France, the Raid Handi-Forts adventure race, since 2008. The parasports project has grown by encouraging sports clubs to set up a parasport section and making sports facilities accessible to people with disabilities. Thanks to all this work, Besançon received the 2016 Parasport City award.



In brief

- 1,056 sq. m playing area
- Sprung floor
- High-performance lighting
- Weight training and recovery area
- Car park and facilities accessible to people with disabilities
- Storage rooms for wheelchairs



Photos, videos,
technical details...

Scan me!



WHEELCHAIR BASKETBALL



Montboucons Sports Hall



Accompanying services

- Transfers for athletes and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
- A liaison officer will accompany your team and be on hand 24/7 to help coordinate the logistics of your stay in Besançon.
- Wheelchair repair service

Photos, vidéos,
détails techniques ...

Scannez-moi !



THE ADVANTAGES



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WHEELCHAIR RUGBY



 Montboucons Sports Hall

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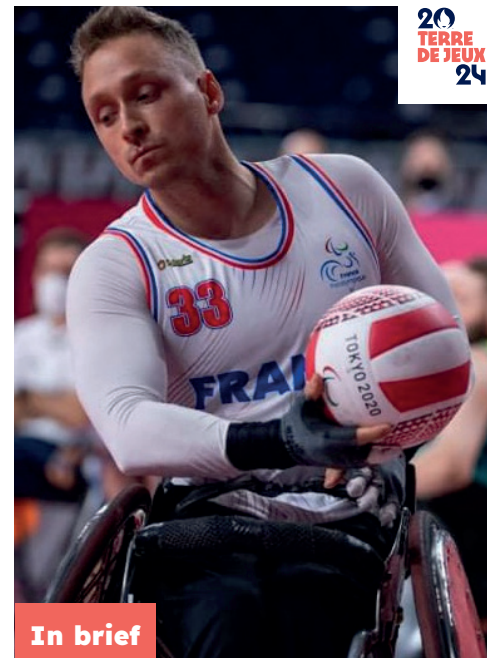
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The facility also offers all the services athletes may need: spacious training and strengthening areas, first aid rooms and recovery areas. All the facilities can be adapted on request and are accessible to people with disabilities.

The venue is home to the ASCCB wheelchair basketball team, which plays in National Division C. Matches are organised here every week.

Located at the centre of the Temis district, the complex brings together eight Olympic and Paralympic disciplines in one place, with direct access to accommodation and eating facilities. Near to the city centre, it is easy to get to by bus and by car, thanks to a free and secure single-storey car park with disability access.

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In brief

- 1,056 sq. m playing area
- Sprung floor
- High-performance lighting
- Weight training and recovery area
- Car park and facilities accessible to people with disabilities



Photos, videos,
technical details...

Scan me!



WHEELCHAIR RUGBY



Montboucons Sports Hall

Accompanying services

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technical details...

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WRESTLING



Ghani Yalouz Indoor Sports Arena

The Ghani Yalouz indoor sports arena, named after the Olympic silver medallist in Greco-Roman wrestling at the 1996 Atlanta Games, is one of Besançon's outstanding facilities.

With its 1,100 sq. m competition arena that can hold up to 3,000 spectators, the Ghani Yalouz indoor sports arena is an ideal place for training sessions. The wrestling areas are covered with mats meeting international standards; warm-up areas can be set up in the adjoining room.

The venue as a whole has eight changing rooms, video analysis rooms, a weights area with equipment designed for top performance athletes, and recovery facilities (ice bath, sauna). Delegation staff will also be given access to numerous meeting rooms, eating facilities, and rooms that can be turned into a sports and technical performance HQ.

The venue regularly hosts all kinds of major sporting events throughout the year, including the French wrestling championships. The city has several wrestling ambassadors, such as Mehdi Messaoudi, who was selected for the 2016 Rio Olympics.

The facility can be reached by a direct public transport route and has its own car park, which makes it very easy to transport and deliver equipment.

The whole venue is fully accessible to people with disabilities.



In brief

- A 1,100 sq. m competition arena
- Mats meeting international standards
- 8 changing rooms
- Video analysis rooms
- Weight training and recovery areas
- Sports and technical performance HQ for staff



Local Olympic athletes

Ghani Yalouz

Olympic silver medallist in Greco-Roman wrestling at the 1996 Atlanta Olympics.

Mehdi Messaoudi

Took part in the 2016 Rio Olympics.

Photos, videos,
technical details...

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WRESTLING



Ghani Yalouz Indoor Sports Arena

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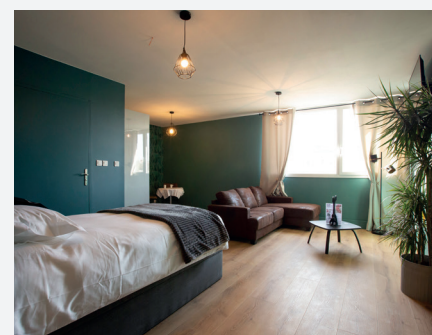
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ATHLETICS



Léo-Lagrange Stadium

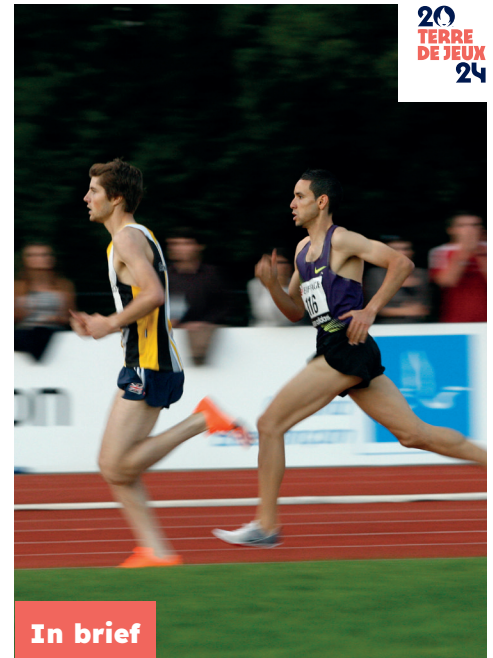
The Léo-Lagrange stadium was opened in 1939 and renovated from 2003 to 2005. This modern, practical facility includes areas and equipment geared towards high-performance athletics.

The stadium has a six-lane 400m track, with an eight-lane front straight for the 100m sprint. It is fully-equipped for training in all disciplines: throwing areas (discus, shot put, hammer, javelin), jumping areas (high jump, pole vault, long and triple jump), a steeplechase water jump, mobile equipment for hurdles events, and starting blocks. It also has an indoor athletics hall for training during bad weather.

The venue has two new, well-designed changing rooms, each measuring over 60 sq. m, as well as a meeting room and an office for training staff. It also caters for any sporting needs athletes preparing for the 2024 Games may have off the track and field, by offering multimedia rooms equipped with video projectors, a fitness training room, ice baths, a sauna and a swimming pool.

A first-aid room and a private medical practice are available on site if needed. The facility also has secure storage spaces, a stand that is open to the public (400 seats), a technical repair workshop (para athletics) and an internet access point.

The Léo-Lagrange stadium hosted the French Chronostar meeting for several years. Some of the greatest French athletes have graced this venue thanks to that event, including Renaud Lavillenie, Christophe Lemaitre and Teddy Tamgho. In fact, Tamgho qualified here, on his third jump, for the World championships, where he went on to win gold.



In brief

- 6-lane 400 m track with an 8-lane front straight
- Throwing and jumping areas, steeplechase water jump, hurdles...
- Indoor hall
- Changing rooms, showers
- Fitness training room, ice baths, sauna, swimming pool
- Meeting and multimedia rooms



Local Olympic athletes

Reïna-Flor Okori

100 metres hurdles

13th at the 2008 Beijing Olympics

Semi-finalist at the 2004 Athens Olympics

Photos, videos,
technical details...

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ATHLETICS



Léo-Lagrange Stadium

Accompanying services

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BASKETBALL



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In brief

- 1,056 sq. m playing area
- Sprung floor
- High-performance lighting
- Weight training and recovery area
- Accessible to people with disabilities



Photos, videos,
technical details...

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BASKET-BALL



Montboucons Sports Hall



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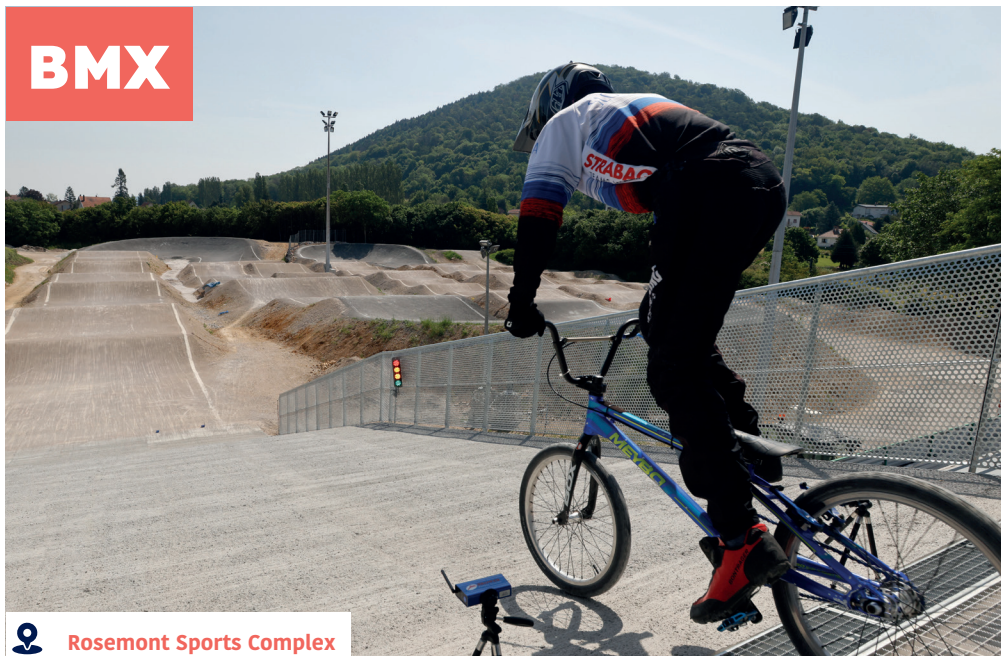
A TAILORED SERVICE OFFER

By choosing Besançon to prepare for the Games, you can concentrate all your energy on physical and mental preparation. Our welcome team will take care of the rest – airport transfers, transporting staff and equipment, providing language support – making sure you use your preparation time to the full and obtain that medal you came to win.



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BMX



Rosemont Sports Complex

Renovated in 2020, the BMX track at Rosemont was completely redesigned by Damien Godet, Olympic finalist at the Beijing Games.

The Rosemont BMX track now has a five-metre start ramp built to international standards and has floodlights for evening training sessions.

Its four pro straights and asphalt berms will play host to the French and European Cup events, with the high point being the 2023 European Championships. The track is otherwise home to Besançon's French Division 2 BMX team. It has a timekeeping system and other key equipment to make your preparation a success.

The Rosemont Sports Complex offers a range of facilities, including changing rooms, washrooms and showers, as well as an office for training staff and a first-aid room. Athletes will also be able to enjoy a relaxation, massage and physiotherapy area, along with a modern and practical weights room. A secure workshop will also offer all the necessary for preparing, repairing and storing your bikes. If you need to hold briefings and video analysis sessions, a meeting room with modular furniture is also available.

If you require a personal protection service, rental transport services or access to training equipment, just ask! Teams will also be able to hire vehicles nearby for transport purposes (estates, vans, etc.).

Ideally situated, the Rosemont BMX track is linked to the city centre via tramway. The Plaines de la Malcombe area just nearby is ideal for endurance or high-intensity training sessions, and for taking some time out and relaxing surrounded by nature.



Praise all round

Jérémy Rencurel
FRENCH ELITE BMX TEAM

"The new BMX track in Besançon is amazing. It's really fast and very demanding too. On top of that, the surroundings are great."



In brief

- 2023 European Championship track
- 5-metre-high start ramp
- Changing rooms, washrooms, showers
- Offices, video analysis room
- Modern and practical weights room
- Relaxation, massage and physiotherapy area
- Equipped and secure mechanics' workshop
- Floodlit track



Photos, videos,
technical details...

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Accompanying services

- Transfers for riders and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
- A liaison officer will accompany your team and be on hand 24/7 to help coordinate the logistics of your stay in Besançon.

Photos, videos,
technical details...

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THE ADVANTAGES



A RECOVERY CENTRE AND MEDICAL SERVICES TAILORED TO YOUR NEEDS

Prepare physically for the Games stress-free, knowing you have access to an unrivalled preparation and recovery facility: the sport performance optimisation centre, or COPS, and its hypoxic rooms. If an injury occurs, a multidisciplinary hospital team is on hand to provide the care you need!

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CLIMBING



 Marie Paradis Climbing Centre

The Marie Paradis climbing centre opened in 2020 and meets international standards, with its official Olympic speed wall, its 30 lead walls and 55 linear metres of bouldering wall.

The Marie Paradis climbing centre is modern and designed for top-level climbing. It has routes with an average height of 16 metres (the highest is 18 m) and an 8-metre overhang. It is one of the largest centres of its kind in eastern France, with its 30 lanes, each containing three routes, grades ranging from 5A to 8C and spread over a surface area of 700 sq. m. The hall can be adjusted to suit your needs.

The centre also has a weights room and a meeting room with video equipment to help you prepare in the best possible way. Located only 150 metres away from the Léo-Lagrange stadium, you will also have access to recovery areas (sauna, swimming pool, first aid room, etc.) or be able to enjoy a moment to relax in the relaxation area.

Near to the city centre, the facility is easy to get to by bus and by car, thanks to a free and secure car park.



Praise all round

Nao Monchois

ENTRE-TEMPS ESCALADE CLUB MEMBER / FRENCH NATIONAL CLIMBING TEAM

"I live in Besançon itself, yet in just five minutes I can be in the great outdoors, feeling like I'm miles away from anywhere. Besançon is a place that naturally offers great training locations."



In brief

Olympic wall, 3 disciplines:

- lead area:
30 lanes between 12 and 18 metres high, over 100 routes from 5A to 8C;
- speed area:
2 officially recognised speed lanes;
- bouldering area:
300 sq. m including an outdoor space
- Weights room
- Video analysis area
- Secure car park



Photos, videos, technical details...

Scan me!



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Marie Paradis Climbing Centre

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