



LEGEND

Pedestrian trails

★

Themed pedestrian trails

Snowshoe trails

Cross Country Itineraries

Ski touring

DEPARTURE POINTS

D1

Departure point next to the residence La Marmottane

D2

Departure point in the village, next to the residence “Le Signal”

D3

Departure point at the “Chaillet” car park

D4

Departure point out of the resort, by the road leading to Longefoy

D5

Departure point located in Montalbert 1600, at the residence “Le Dou de la Ramaz” car park.

D6

Departure point at the terminal of the Montalbert cable car

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to see...

**What to see:** this path is frequently crossed or followed by some of the forest animals, which you may be lucky enough

path is also a ski run.

A. Note that when you are coming back to MONTALBERT, the then after 100m, keep climbing to the right and leave path A-D and B separate. Take the path that climbs to the right the turnoff for path C, continue to the next intersection where Leaving from D1, follow the path common to A-B-C-D. After

**Access:**  
**Departure point:** D1  
**Arrival point:** Montalbert  
**Difference in altitude:** 150m  
**Time (approx.):** 1.30hrs

## Pravendu (D)

church of St-Jacques and the Superga chapel.

**What to see:** the villages of Plangerland, Planchamp with St Grégoire's chapel, Longefoy with its mill, bread oven, the

**climbing to the left at the mill.**  
**To get back to Montalbert, take the Chemin du Patrimoine, Both these itineraries take you to the village of Longefoy.**

**Itinerary B:** Take the path that goes down to the left to the entrance of the village where you will find itinerary A.

**Itinerary A:** Take the path that climbs to the right, then after 100m turn left, leaving path D.

A-D and B separate.  
Starting from D1, follow the path common to A-B-C-D. After the turnoff for path C, continue to the next intersection where

**Access:**  
**Departure point:** D1  
**Arrival point:** Montalbert  
**Difference in altitude:** 150m  
**Time (approx.):** 2.30hrs (A) et 2.10hrs (B)

## Revers (A & B)

**ATTENTION! Some footpaths are not always groomed after a snowfall. They can be icy, depending on the time of year and the weather conditions.**

### FOOTPATHS



LA PLAGNE  
MONTALBERT

## MONTALBERT



www.montalbert.com  
+33 (0)4 79 09 77 33



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### GUIDED SNOWSHOES OUTINGS:

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### SNOWSHOES RENTAL:

### FOR YOUR SNOWSHOES OUTINGS :

Superga chapel, the Church of Saint-Jacques .

**What to see:** the mill with its wheel, the bread oven, La walk and discover the typical Savoyard village.

village. When you get close to the mill, you can continue your boards explaining the history and heritage of Longefoy go right; as you walk along the path, there are information Leaving from D4 on the road before the entrance to the resort,

**Access:**  
**Departure point:** D4  
**Arrival point:** Longefoy Village  
**Difference in altitude:** 180m  
**Time (approx.):** 25min (descent) / 45min (ascent)

### and heritage)

### ★ Chemin du patrimoine (History

way up and of Mont Blanc on the way back.  
fabulous panoramic view of the Massif de la Lauzière on the **What to see:** the chapel of Notre Dame des Neiges and the

and back is on the same path.  
in the direction of Montgèsin. Part of the route to get there road. Cross the road and take the path that climbs to the right walk up to the intersection with the main Montalbert 1600 the foot of Le Signal building, take the road on the left and Leaving from D2 right at the top of the pedestrian street, at

**Access:**  
**Departure point:** D2  
**Arrival point:** As departure  
**Difference in altitude:** 180m  
**Time (approx.):** 2hrs

## Montgèsin (E)

### CROSS COUNTRY SKI ITINERARIES

20km of cross country itineraries are offered with 3 levels:

#### Longefoy (1160m) - Le Crey / L'Adray

**Departure point:** The village of Longefoy, plateau de l'Adray  
**Free access / Easy level / Distance:** Two 2.5km loops

The sunny plateau of Adray is the ideal place to learn cross country skiing. These 2 small loops which are groomed and marked are easily accessible by bus from Montalbert (the timetable is available from the Tourist Office) or via the "Patrimoine" pedestrian trail.

Attention : itineraries are accessible subject to snow conditions.

#### Montalbert 1600 - Gentil / Les Mairiers loop

##### Gentil loop

**Departure point :** Next to the "Cap Vacances" Holiday centre  
**Free access / Level very easy / Distance :** 0.5km

Small beginners loop in a lovely sunny area.

##### Mairiers piste

**Departure point : D5**  
**Free access / Easy level / Distance : 12km round trip**

This easy itinerary is nestled in the heart of the forest and is accessible by going up the car park of the "Dou de la Ramaz" residence until the crossing with the tarmac road. After 6 km you arrive at the La Plagne Olympic bob sleigh track which was constructed in 1992 for the Albertville Olympic Games. You then need to turn around and go back the way you came to return to the resort.

**Beware:** this itinerary crosses several downhill runs.

#### Summit of the Montalbert cable car (1970m) The Prajourdan loop

**Departure point :** Summit of the cable car, at the level of the reservoir.  
**Access via the Montalbert cable car (with a valid lift pass)**  
**Easy level / Distance : 3km**

This easy loop is found in the heart of the magnificent Prajourdan countryside, with an amazing view of Mont Blanc!

Impression TrekSwiss 04 79 07 05 33 Credit photos : ESIRPARANTA - La Plagne Tourisme Montalbert

**Departure point:** Longefoy  
**Arrival point:** Montalbert  
**Difference in altitude:** Almost nothing  
**Time (approx.):** 30min

### (The Chapel "Superga")

## ★ La chapelle de la Superga

**What to see:** find out about the biodiversity in our forests and our mountain ecosystems on this family trail with fun educational information boards in the form of games, puzzles

of the Biodiversity trail.  
go a little further up the slope then go left on the short circuit side of the run. When you reach the large information board, the ski slope on the left. Please make sure you walk on the Leaving from D3, you get to the start of the trail by going up

**Access:**  
**Departure point:** D3  
**Arrival point:** Montalbert  
**Difference in altitude:** Almost nothing  
**Time (approx.):** 1.30hrs

### (biodiversity trail)

## ★ Sentier de la biodiversité

**What to see:** a view of Longefoy village with its red roofs, a panoramic view of the Versant du Soleil, the little hamlet of Le Bois.

Leaving from D1, follow the path common to A-B-C-D. After 500m, follow the direction of path C and leave itineraries (Chemin du Patrimoine) for a short distance and cross the A-B-D. On this snowshoe trail, you follow the Heritage Trail

**Access:**  
**Departure point:** D1  
**Arrival point:** Montalbert  
**Difference in altitude:** 150m  
**Time (approx.):** 2.30hrs

## Le Bois (C)

**ATTENTION! Some paths are not necessarily accessible after heavy snowfall or when there is not much snow cover.**

### SNOWSHOE TRAILS

### SKI TOURING ITINERARY

**Departure point:** D3 (Chaillet carpark)  
**Arrival point:** Top of the Adrets chairlift  
**Difference in altitude:** (+): 620 m  
**Difference in altitude:** (-): 80 m  
**Distance:** 5 km  
**Departure altitude:** 1400 m  
**Arrival altitude:** 1965 m

**ATTENTION! There is free access to this trail, but it is subject to the opening hours of the ski area (information from ski pass offices and on the "Ski Area Information" board. Similarly, it may be closed because of snow conditions.**

#### ACCESS

Leaving from D3, climb the ski slope on the left. Please make sure you walk on the side of the run. Keep bearing left at the bottom of each ski run. After a section that goes slightly downhill for 1km, the access to the actual climb is on the right. Enjoy trying this activity on a tranquil, unspoiled trail that is mainly in the forest with lovely clearings as you go through the hamlets of PRA VERY and Les Adrets.

*This itinerary offers an easy first experience for beginners (to ski touring) but also allows the experienced to not lose their touch! There are many security precautions you must follow while participating in Ski Touring.*

- The La Plagne ski touring trails are marked but not patrolled; you follow these completely at your own risk
- Before you leave check the snow conditions, weather forecast and avalanche risk with a competent organisation
- Make sure you have the required level of skiing (mainly for the descent) to participate in ski touring. If you are not sure, professionals (guides, ski schools) will offer introductory lessons or accompany you.
- Insure you have adequate equipment which is in good condition.
- It is recommended you carry an avalanche victim detector, spade and probe.
- The ski touring itineraries are only accessible during the opening times of the ski area (ascent and descent included).
- It is recommended to descend on the ski pistes.
- It is strictly forbidden to go up the ski pistes using cross country equipment.
- Ski touring is a mountain sport which can lead to fatalities, in order to limit these risks take part in training with a recognised organisation, club or with qualified professionals.

trail.

Prajourdan, an exceptional panoramic view at the start of the tales and legends from our mountains. The small hamlet of

**What to see:** a magical path with curious figures and the The trail descends on the edge of the forest.

Leaving from D6, at the top of the gondola, go towards the left and take the descent to the right after the altitude restaurant then follow the signposts that will take you to the start of the trail.

**Access:**  
**Departure point:** D6  
**Arrival point:** Below Montalbert cable car terminal  
**Difference in altitude:** 200m  
**Time (approx.):** 2hrs

### Pastures)

## ★ Les alpages enchantés (enchanted

small hamlet of Les Adrets.

**What to see:** discover the history of Bief Bovey stream in the information boards, several viewpoints of Mont Blanc, the setting.

The way there and back is on the same trail, in a calm, tranquil Bovey, by the stream.

path on the edge of the forest takes you to the start of Bief alongside the residence then after crossing the ski slope, a From the Dou de la Ramaz car park in Montalbert 1600, walk

**Attention: YOU WILL BE CROSSING SKI SLOPES!**

**Access:**  
**Time (approx.):** 2.30hrs (going) - 1.30hrs (return)  
**Difference in altitude:** 200m  
**Arrival point:** Foot of the chairlift « Adrets »  
**Departure point:** D5

### ★ Bief Bovey

over the upper Tarentaise valley and Mont Pourri.  
information boards, viewpoint for Longefoy village, panorama **What to see:** discover the history of the Chapel on the

in a wide open area at the top of the calvary.  
This trail is a circuit around the Chapel, first in the forest then the entrance of the village, to the left.

Chapel; in either case, follow signs to Notre Dame du Pré at Patrimoine) to Longefoy village or by car to the bottom of the You get to this trail either along the Heritage Trail (Chemin du **Access:**

## For your enjoyment and safety

#### CROSS-COUNTRY SKIING

- Cross-country tracks are packed at regular intervals and after snow falls.
- Consult the track plan, before setting out, in order to ensure that the length and its difficulty corresponds to your ability.
- Follow the arrows right from the start and do not leave the track.
- Make way for faster skiers and wait to one side.
- When your track crosses a downhill run or a drag-lift, give way to downhill skiers. Beware!
- Never ski on a closed track.

The Cross-country access is free of charge.

- Cross-country tracks are for Cross-country skiers only.

- NB : all ski schools have Cross-country instructors and organise regular tests. Sports shops have all the kit required for this sport.

#### WALKERS AND RAMBLERS

- Pedestrian paths are packed in different ways depending on the sector. They may follow the same route as Cross-country tracks or cross downhill runs. Beware! You must give way to downhill skiers.
- Do not leave the packed paths.
- Do not walk on downhill ski slopes (if you have no choice, please walk along the edge of the run).
- Dress properly with adequate walking boots and warm clothes.
- Do not start on a walk too late in the afternoon. You may be overtaken by nightfall.
- Tell your friends and reception at the hotel about the walk you plan to take.
- Check the weather forecast before going on a walk.

**Dogs forbidden except kept on a leash**

### IN THE EVENT OF AN ACCIDENT

**Call: 112**

**or the pistes emergency service:**

**Tél. +33 (0)4 79 09 67 60**



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