

VALLEY Your holiday planner 2020/2021









Consommation cycle mixte de la gamme NEXO (kg d'hydrogène/100 km): 0,95 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme NONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO; (g/km): 0. Consommation cycle mixte de la gamite de de as ou 200 000 km. Détails typri



CHAMBERY | ALBERTVILLE | ECHIROLLES SEYNOD | VILLE LA GRAND

04 201 01 201 WWW.JEANLAIN.COM



















Finally, you can let go, take a deep breath and go off walking wherever you want.

Which leaves you free to explore the huge garden that is opening up before your eyes.

The time has finally come when you can enjoy your holidays here in La Plagne: your natural source of oxygen and energy.

We are pleased to welcome you and to share our landscapes and our activities and events that comply with the requirements for your health and safety. All our staff and tourism professionals are delighted to accompany you throughout your holiday, to make your stay an unforgettable moment in a year that will certainly be just as unforgettable.



La Grande Plagne Tourist Office

La Plaane Valleu

- 0 Aime
- R
 - Open July 1st August 31st : Monday - Saturday: 9-12am & 2 -6.30pm
 - Sunday : 9-12pm
 - Rest of the year :
 - Monday Saturday: 9-12am & 2 -6pm
 - · Closed Sundays & bank holidays

04 79 55 67 00 info.vallee@la-plagne.com https://www.la-plagne.com/laplagne-vallee



You can find :

- Our entertainment programme «Let's go out» / «Let's take the kids out» Map of Aime & trails in the valley (valley & Versant du Soleil)
- Itineraries trails, mountain biking and VAE in the territory of La Plagne Plagne Access

Information screens and all essential brochures to make the most* of your vacation!

Internet

2 wifi networks are available :

Point wifi aratuit :

30 minutes free internet connection per day on your own equipment in the Valley

Hippocket wifi:

Daily or weekly rental of La Plagne Vallée pocket WiFi

High-speed private wifi network (up to 10 devices connected simultaneously from your accommodation). Payment by credit card only.



Discover a wide range of functions: interactive map, resort guide, bus times, weather forecast.

winter & summer!

personalised recommendations and lots

€¢

et à vous le

Paradiski Yuge

The Paradiski YUGE app ensures 200% enjoyment of your stay in la Plagne in

more!!! YUGE

PLAGNE YUGE App access a fully connected experience to download rightgwgy.

Utro Store

Cet été. on yous chouchoute! This summer we are going to take care of you!

The mountain is youn!

Appli à télécharger sur Download the App la-plagne.com/app

LA MONTAGNE



LA PLAGNE





PUBLIC SERVICE

Emergency Center	18
Police	04 79 55 61 17
La Maison des Arts	04 79 55 21 57
Post office	39 39
C.C. Les Versants d'Aime	04 79 55 40 27
Aime La Plagne town hall	04 79 09 74 38
La Plagne Tarentaise town hall	04 79 09 71 52
Aime media library	04 79 55 64 90
La Plagne Tarentaise media library	04 79 09 73 76
Municipal Police - Aime la Plagne	04 79 09 72 51
Municipal Police - La Plagne Tarentaise	04 79 09 74 39
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EMERGENCY

Samu	15
Fire station	18
Police	17
Assistance	112
European emergency number	114
Social emergencies	115
Municipale police - Aime la Plagne	04 79 09 72 51
Police Station	04 79 55 61 17
Bourg Saint Maurice Hospital	04 79 41 79 79
Moutiers hospital	04 79 09 60 60
Albertville hospital	04 79 89 55 55

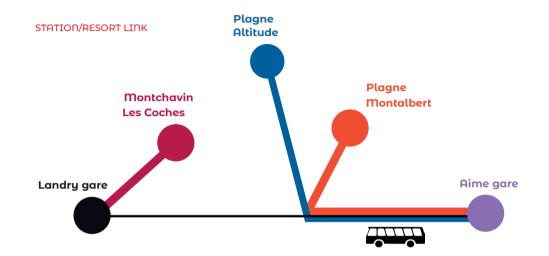
DOCTORS

Doctor Christian Soleil	04 79 09 73 78
Doctor Nicolas Rodriguez	04 79 07 56 86
Doctor Chauvet	04 79 55 23 46
nurses	
TURSES	
Nurses office	04 79 55 57 19
PHARMACY / MEDICAL EG	DUIPEMENT
Aime Médical Santé	
Allife Medical Salite	04 79 08 42 83
Pharmacie de la Basilique	04 79 09 70 50

Informations & réservation

www.vente-bellesavoieexpress.fr ou 09 70 83 90 73 (n°cristal)

T R A N S P O R T



TAXIS				RENTAL CAR	
Mathieu Perraudat	07 78 87 47 04	ABC Taxi Collomb	06 14 36 74 59	Leclerc Aime	04 79 01 30 30
Bouzon Christian	04 79 09 03 41	Placide Guillaume	06 17 77 41 57	Carrosserie VWAC	04 79 09 42 63
Albert Taxi	06 10 84 19 72	JM Taxi	06 22 98 05 20		
Legroux Dominique	06 09 38 73 82	JB Taxi	06 34 87 12 17		
Bouzon Alain	04 79 09 78 93	Aim'Taxi Hervé	06 67 73 37 57	TRANSPORT	
Allo BK Taxi	06 07 19 80 03	Briançon Gilles	04 79 55 64 15	Voyages Loyet	04 79 55 64 76
Luzzi Jean Pierre	06 07 23 79 29	Luxury Taxi des Alpes	06 26 33 98 13	Gare SNCF	36 35

TELEPHONE DIRECTORY FOR TOURIST OFFICE PARTNERS



04 79 55 64 70

07 50 34 22 32

04 79 06 06 88

ARTISANS

VALLÉE DE LA PLAGNE Atout Bois Agencement 06 75 61 43 84 Vibert Daniel Peinture 06 07 01 28 36 Serrurier Tarentaise 06 80 37 38 96 06 77 42 74 62 L'Atelier du Business

ESTATE AGENTS

AIME Aime Immobilier	04 79 00 30 27
CAR BODYWORK	
Αιmε Carrosserie VWAC	04 79 09 42 63
Масот Carrosserie Autoclean	04 79 55 51 65

TRAVEL

AIME 04 79 55 64 76 Voyages Loyet

FASHION & SPORT

06 03 19 33 84
04 79 09 74 40
04 79 22 62 54
04 57 37 69 95
09 53 41 63 95

SERVICES

Αιmε Photographie P. Gal Vayu Sasu Palisse Assurance HEALTH

Αιμε

04 79 00 60 42 Aime Optique 04 79 08 42 83 Aime Médical Santé

FOOD OUTLETS

Αιmε	
Flacons & Flocons	04 79 55 65 50
La Vie Claire	04 79 00 25 48
SMAC Boutique Traiteur	04 79 04 18 38
Le Four à Bois	04 79 09 73 89
Coopérative du Replat	04 79 55 61 68
Montagnes Saveurs	04 79 55 76 15

SUPERMARKETS

Αιμε Leclerc

HAIR SALONS

Αιmε	
Ambiance Coiffure	04 79 08 39 09
Annie Coiffure	04 79 09 72 26

04 79 01 30 30

gyms

AIME Adamantium Fitness

09 61 64 14 99 Block'Alpes 04 79 08 41 27

In order to avoid any inconvenience, please contact service providers directly to confirm information, as it may change with the health measures.

ACCOMMODATION

Αιμε

Hôtel Le Cormet	04 79 22 20 15
Hôtel Le Palanbo**	04 79 55 67 55
Hôtel La Tourmaline***	04 79 55 62 93
Chambre d'Hôtes La Foyère	06 10 49 05 96
Studio Cabine	06 68 92 40 26

BELLENTRE

Chambres d'Hôtes 06 68 61 83 98 A La Bouge'Hôtes

LA CÔTE D'AIME

04 79 55 67 79 Chambres d'Hôtes Le Paradou Chambres d'Hôtes 04 79 07 59 55 Les Marm'Hôtes 06 80 14 22 48 Chalet M VILLETTE 04 79 07 18 10 Camping La Glière

GRANIER

Refuge de la Coire 06 82 12 40 42

VALEZAN

Auberge Le Valezan 04 79 07 22 13 MACÔT Chambres d'hôtes 06 09 89 06 24 Le Malezan

La Petite Auberge 04 79 09 72 04



RESTAURANTS	
Αιmε	
ĽEscale	04 79 09 20 31
La P'tite Reine	04 79 01 06 93
Restaurant La Tourmaline	04 79 55 62 93
Restaurant Axima	04 79 55 68 79
Les P'tits Plats de Mariska	04 79 55 48 31

WELLNESS

Αιmε	
Spa La Tourmaline	04 79 55 62 93
Accordesoi	06 18 73 18 31
Empreinte de Soi	06 30 59 68 83
Crossfit Kintsugi	04 79 00 48 65

MonPassCommerces is available from partner retailers in Aime. Further info on: commercantplus.com/pass- commerces-aime-laplagne/

Unforgettable*

la Plagne gour renewable energy

A vast natural area, La Plagne naturally stimulates your wellbeing and your vitality !



Cycling

ε-вікеѕ -ε-ттв **MTB**

Discover the heritage of the Versant du Soleil

Enjoy the three e-mountain bike trails on the south-facing side of the valley. Discovery trails take you between traditional villages and Alpine paths. There are also three routes for standard e-hikes

Map/guide for MTB/E-MTB/ E-bike available from Plagne Valley and La Côte d'Aime Valezan tourist info points.

For all bikes

A 15 km cycle path runs from Aime to Bourg-St-Maurice. On this "green trail", you can cycle, jog, skate or just walk along the banks of

the lsère river, in a fresh green setting.



BIKE SURGERY

Full day or 1/2 day bike rental: road bikes. electric bikes & mountain bikes



6 Monday - Saturday,

9-12am & 2-7pm • E-Bike - E-MTB - top grade MTB :

40€ day et 25€ 1/2 day MTB - Standar Bike medium

range : 30€ /day & 18,5€ 1/2 day

Contact : 04 57 37 69 95 bike-surgery.shop@gmail.com www.bike-surgery.fr

AN-RAFTING

Rent a bicycle and travel the 13 km (8 miles) of cycle path which links Aime to Bourg Saint Maurice in the heart of Tarentaise Valleu. Macot - Z.A 0 6

Every day, on demand

• VTC Adulte day 15€, half day 10€, children's bike day 10€, half day 5€ Ø raod bike day 30€, half day 20€

Contact: 04 79 09 72 79 savoie@an-rafting.com www.an-rafting.com

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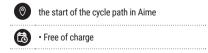
Pumptrack and Skate Park

Discover a fun and entertaining way of riding, whatever your level! Come and have fun on the pump track, a circuit with banked turns and rollers. Different types of bikes and skates can be used, including mountain bikes. Or there's the skate park. MTB, scooters, roller skates, BMX bikes, skateboards, bikes... Anything motor-free that rolls is welcome!





Pumptrack



Skate Park







White Water

AN-RAFTING

Enjoy white water activities with AN Rafting and take home some great memories: raft, hydrospeed and canoe-raft descents on one of the Alps' most beautiful rivers: the Isère



Every day, reservation only 6 From 50€ to 89€ • Groups, children (contact us)

> Contact: 04 79 09 72 79 savoie@an-rafting.com www.an-rafting.com

CANYONING - FRANCOIS ALL EMOZ

Jumps into pools. slides. abseiling, following the river downstream

Allemoz. Mountain and Canyon Guide. offers a programme adapted to all levels!

> Initiation : 56€ Sport: 66€ Equipment provided: wetsuit and neoprene socks, helmet, harness.



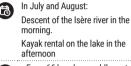
Vallée

Ø

LA PLAGNE EAUX-VIVES

Matthieu and Thomas, the coaches from La Plagne Eaux Vives kayak club can introduce you to canoeing, kayaking and stand-up paddle on the lake at Le Gothard, or on the river. They can accompany you on white water descents on the Isère river on a 1- or 2-seat inflatable kayak.

Versants d'Aime leisure lake



 From 6€ kayak or paddle rental
 From 15€ kayak ou paddle initiation Groups, children (contact us) Contact : 07 70 18 70 12 laplagnekayak@gmail.com

www.laplagne-eauxvives.com

FRANCERAFT

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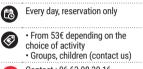
Set off on an adventure with Franceraft on a white-water descent: rafting, hydrospeed, canoe-raft and airboat on the Isère river.



ESSAONTA - ESPRIT RAFTING

Essaonia - Raftina Spirit can take uou off to discover the Tarentaise valley with an oar in your hand : thrills & areat memories guaranteed !

Centron leisure lake



Contact : 06 63 08 30 16 contact@essaonia.com www.essaonia.net

RÊVE D'EAU

JOin us for a cocktail of fun and thrills! Small boats for even more entertainment A warm welcome. conviviality

and individual supervision: pure enioument !!!



RAFT IN ACTION Contact: 06 63 08 30 16

H₂O

6

H2o Sport La Plagne, depuis 27 ans : 30 professionnels répartis en petites équipes sur 4 sites pour vous faire vivre en sécurité des expériences en rafting, deval bike, hydrospeed, canyoning, paintball, paddle, canoë, kayak.



Activities centre H2o Sports

Every day from 8:30 a.m. to 6:00

5 departures per day according to the chosen program



Contact : 04 79 07 97 21 info@h2osports.fr www.h2osports.fr





Paragliding



FLY IN PARADISE

Discover the magical moment when your feet leave the ground !

La Plagne Resort & Valley

Every day, reservation only

From 75€ according to the choice of flight and number of passengers.
 Contact : 06 63 71 59 78 contact@fly-in-paradise.fr www.fly-in-paradise.fr

QUATRIÈME DIMENSION

Enjoy flying like a bird! A magical & fabulous moment with Stéphane Drouin, several times medallist in World Paraaliding

Championships! Min. age 5 years

La Plagne Resort & Valley
 Every day, reservation only

Image: From 75€ according to the choice of flight

Contact : 06 12 73 66 56 stephane@quatriemedimension.fr www.guatriemedimension.fr

AN-RAFTING

Appreciate the 360° view of superb landscapes. No previous experience required.



Climbing

Rocher de Villette

Try climbing the new rock face in Villette. Ideal for an introductory session or a relaxing $\frac{1}{2}$ day of climbing.





AIR TARENTAISE

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Since 1998, a team of enthusiastic, qualified and highly experienced professionals have been taking clients on a real human adventure. AIR Tarentaise also offers highlevel acrobatics. Min. age 3 yrs

La Plagne Resort & Valley

Every day, reservation only

 Discovery flight: 80 €
 Panoramic flight: 110 €
 Prestige flight: 150€
 Exceptional flights
 Flight from the mountain pastures: 130€
 King Sunset or Sunrise flight: 300€

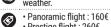
Contact : 0 783 783 790 airlaplagne@gmail.com www.air-la-plagne.com

Helicopter

Air Tarentaise also offers...

iscover the whole of the La Plagne area, the Tarentaise, the Beaufortain, the Vanoise and Mont Blanc on board our helicopter. Personalised flights, 100% customisable.

 Hélistation des Bouclets (between the bobsleigh run and Plagne 1800)
 One day a week, depending on the weather



Prestige flight : 260€
Mont - Blanc flight : 460€

Contact : 07 81 56 83 58 airlaplagne@gmail.com www.air-la-plagne.com



BLOCK'ALPES

With over 400m2 of climbing walls for all levels with a special "kids" area and a training area. Are you up for the challenge?

0	Aime - ZA des îles d'Aime
3	• Every day (different times according to winter or summer, information on the site)
S)	• Per unit : normal : 13€ / réduced : 10.50€ children : 8€
	 10 entries : normal 10€ / reduced : 8€
	children : 6€
	Possible 12-month and monthly subscriptions
	 Slippers rental from2€
ß	Contact : 04 79 08 41 27 info@blockalpes.com www.blockalpes.fr



Walks & Hikes

For novices, amateurs and experts, the valley of la Plagne offers an exceptional playground for hiking!

In an unspoiled green setting, head off for the wide-open spaces that are perfect for some time with your family or friends, or even for a moment on your own.

ALOÏS RANDONNÉES

Mountain lover Aloïs takes you on the trails to explore the diversity of the la Plagne Valley.



1/2d: 22€ pper person - family package*: 50€ Full Day: 30€ per person - Family package*: 70€ *family package: 2 adults +1 or 2 children (-16 years old) • Forfait 1 à 4 personnes 1/2d: 120€ Full Day: 180€ • Contact us for group rates Contact: 07 82 10 30 49 alois@lesmarmhotes.com

www.lesmarmhotes.com

YSA'LPES RANDO

Whether you are a beginner or an experienced practitioner, come and discover the mountain and its jewels with Ysabel, always amazed by Mother Nature!

 La Plagne Resort, Beaufortain & Vanoise
 Every day, on demand

 Family package from 5 pers. 25€ per person
 Full day hike 30€
 1/2 day hike 15€

> Nordic Walking: (walking sticks provided) • Single rate 15€ for a 2h session• • Multi-session card: 50€ for 6 sessions

Contact : 06 79 68 26 18 ysalpes.rando@gmail.com www.ysalpes-rando.sitew.fr

Trail running

For running enthusiasts, particularly trail runners, the valley of La Plagne offers a wide range of possibilities, from the coolness of the cycle path to the mountain ridges for experts, via footpaths that link the traditional villages of the Versant du Soleil.

Trail maps show over 160 km of marked trails, available for sale in all tourist info points.

Our essential "Hiking map" is available from all our tourist information points Our essential "Hiking map" is available from all our tourist information points

GB MONTAGNE

mountain environment while admiring the breathtaking landscape

 La Plagne Resort, Beaufortain & Vanoise
 Every day, on demand

 Family 1/2 day (2 adults + 2 children) 50€
 Day hikes 35€
 Half a day hikes 15€
 Photo/Nature hikes from 70€
 Trail running day 30€ ehalf a day 15€
 Groups, associations, school,... Contact me

Contact : 06 42 08 53 35 contact@gb-montagne.com www.gb-montagne.com



19



Les Versants d'Aime leisure park

Situated next to the hamlet of Le Gothard, the park has games for kids, ping-pong tables, multi-sports courts and picnic areas with barbecues.

You can get there on foot, on roller skates or on a bike along the "green trail" that leaves from Aime and runs along the lsère river. The beach area is supervised by lifeguards in the afternoon (July and August only). By road: drive in the direction of Bourg Saint Maurice and turn off at Le Gothard.

Acrobungy

A sports activity that consists of a secure trampoline with elastic ropes attached about 8 metres up. Thrills guaranteed! Min. weight 15 kg.

LES TRAMPOS DE MACOT



• Every day in July and August from 10:30 to 12:30 and 14:00 to 18:30. Saturdays from 14h to 18h30.

 Off-season only Wednesdays and weekends from 14h to 18h30

Closed in bad weather

From 6€

Contact : 06 87 22 46 90 O Les trampos de macot

Parcours aventure

Courses for children (minimum age 4 - continuous safety line) or adults in a fresh and adventurous environment with a 130m zip wire going over the Isère river on the adult course.

NATUR'ACCRO

() Les versant d'Aime Leisure Park

• Every day in July and August from 1:30 pm to 6 pm

• Off-season only on weekends and by reservation for the adult course.

From 10€

Contact : 07 61 05 12 03 stephane.rey6@bbox.fr

Water walking balls

Walk on the water with the aquabulle ! From 4 years old.

FH EVENTS

 Les versant d'Aime Leisure Park
 • From 6 July to 30 August, daily 11am-12.30pm and 2pm-6pm,

Saturdays from 2pm, closed in case of bad weather

From 6€, Group on demand

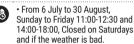
Laser Attitude Contact : 06 14 37 11 11 / 06 76 29 51 55

Pedalokids

Pedalokids on the lake at «Les Versants d'Aime» leisure park. Min. age 4 years old.

FH EVENTS





From 6€, Group on demand

Contact : 06 59 10 10 52 ou 06 67 72 70 48 bullevents@orange.fr Bullevents

Xtrem' Jump

2 jump bridges of 3 and 7 meters with landing in an air bag. Minimum height 1m40 and maximum weight 90kg.

FH EVENTS



From 6€, group on reservation

Contact : 06 67 72 70 48 ou 06 59 10 10 52 bullevents@orange.fr @ Bullevents

Centron leisure park

Fishing

Divina

The perfect place to relax with your family or friends, with a children's play area, picnic tables and barbecues, a multi-sports court and a petanque area.

White water, diving and fishing enthusiasts will be able to indulge in their favourite activity. By road: drive towards Moûtiers, turn off at Centron. No swimming allowed.

Archery

A brand new sport that combines dodgeball and archery!

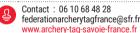
ARCHERY TAG



• Every day, on demand



From 13€ for 1 hour, group tariff



PLONGEURS D'EAU DOUCE

SAVOTEETSHING COM

Contact: 06 31 32 52 30

Contact : 06 24 79 72 84



EVENTS

Throughout the summer season

Original Wednesday activities

July 8th - August 26th, at 8pm

What could be more surprising than an activity exercising your body and mind, in an 11th century building?

PROGRAMME

Yoga: Wed July 8th & Aug 5th Tai Ji Oi Gona: Wed July 15th & Aug 12th Pilates: Wed July 22nd & Aug 19th Line dancing: Wed July 29th & Aug 26th On reservation in Plagne Valley tourist office Flat rate: 5€



Thursday events Every Thursday, 3 – 6.30pm

It's time to head to the Grand'Rue in Aime for fun with your friends and family! Traditional games, archery...

JEUDI D'AIME

Thursday concerts

in Aime Every Thursday at 9pm

Concerts throughout the summer in Aime's outdoor amphitheatre

Thursday 9th July : Sugar Lady, covers of French & international hits

Thursday 23rd July : Echo Folk, blues & pop

Thursday 30th July : Pas Riche Hilton Groove & Rock

Thursday 6th August : Yellow Cab 60's Rock n' roll, Yéyé

Thursday 13th August : Salsa Libertad Latino

Thursday 20th August : La Marguise Variété Érancaise

Thursday 27th August : That's all Folk Folk, Rock n' Roll

In bad weather, concerts held in the basilica within the limit of available places.

Your cultural programme 2020

JThursday 8th October: Launch of your cultural season in Aime's performance hall Saturday 17th October : Concert "Brassens, the Cuban" Saturday 14th November : Play by Georges Feydeau: "On purge bébé" Wednesday 23rd December : Tea-time cinema



Every Tuesday evening in August Open-air cinema in Aime's outdoor amphitheatre

ON THE PROGRAMME :

Comme des garcons - Tuesday 4th August at 9,30pm Chamboultout - Tuesday 11th August at 9.20pm Le petit prince De Mark Osborne -Tuesday 18 August at 9,10pm Le grand bain - Tuesday 25th August at 9pm

Films screened in the performance hall if weather uncertain

Times and events may be

subject to change. Full information from La Plagne Vallée tourist office.



Challenge

Friday 21st August

See you at the pump track in Aime for a fun day with scooter and bike races and demonstrations by champions...

Orienteering course

A permanent family trail for you to follow through the streets of Aime

Details from the tourist office Also: - "La Côte d'Aime" trail - "Valezan-Montméry" trail

NEW THIS SUMMER

WINTER

Unforgettable

425 KM of ski runs – in the Paradiski® area

> 264 SKI RUNS 36 black - 79 red 137 blue - 12 green

The only resort in France with its own
OLYMPIC BOBSLEIGH
TRACK

2 NORDIC SITES to explore the south-facing slopes on

snowshoes or touring skis

1 OUTSTANDING NATURAL AREA

for a diversity of authentic activities

oxygen, in an XXI area

WINTER IN VALLEY

European Heritage Days

19th & 20th September

The communes of Aime La Plagne and La Plagne Tarentaise open the doors of their historic buildings.

Christmas Market

Saturday 28th November from 10am

An unmissable event for all ages, including a visit from Santa! A variety of stands are installed in the historic centre of Aime with great gift ideas and entertainment for children!



Christmas tea-time cinema Wednesday 23rd December, 3.30 – 6.30pm

A special afternoon event for children! On the programme: a film + tea. A foretaste of Christmas. Rendezvous in Aime's performance hall/ cinema, then in the Salle des Fêtes for Christmas tea!

La Côte d'Aime & Valezan Nordic area

Leave your tracks on snowshoes or cross-country skis in La Côte d'Aime -Valezan Nordic area 2 ways of getting there: - From La Côte d'Aime on the mountain road at the top of La Bergerie - From the top of Valezan village · 4 cross-country skiing trails: Chantemouche (V1): 1.5km. Sezalet (V2): 1.5 km. Les Fours (B1): 6.5 km. La Vie Neuve (B2): 4.5 km 3 snowshoe trails: Yéti circuit (1.5km/100 elev. gain). Montagnettes circuit (5km/250 elev. gain). Panoramique circuit (3km/200m elev. gain)

 Try ski touring in the sun: Marked trail with 500m elevation difference. Duration: 2hr/ medium level

VILLAGES DE LA CÔTE D'AIME ET VALEZAN -

LA PLAGNE TARENTAISE

 Parking des Pars à La Côte d'Aime or Parking sommet de Valezan
 Every day, subject to snow conditions
 • Free access

Contact : 04 79 55 69 25 si.lacotedaime@free.fr www.lacotedaime.com

Domaine Loisirs Nordiques de Prachanié & Granier

At the top of Granier village, backing on to the Beaufortain massif, the Nordic area stretches out on the slopes of the Versant du Soleil and overlooks the valley. A real piece of paradise for those who love unspoiled nature.

- 2 groomed Nordic trails: N°1 La Vie Neuve (5km/140m elev. gain), N°2 Montée de la Chavonne (3km/ 260m elev. gain)
 1 traced ski touring trail
- I traced ski touring trail
 3 snowshoe trails: Bonvillard circuit
- (2hr15), Le Bief circuit (2hr30), Chapelle du Cudray (1hr/ variant 1hr30)
- 1 fun zone for learning to ski or sledging.
 Refreshment bar (snacks, hot & cold drinks, cross-country ski, snowshoe and sled rental)

VILLAGE DE GRANIER - AIME LA PLAGNE

Parking of Pra Chanié above the village of Granier
 Every day, subject to snow conditions
 • Free access

Contact : 04 79 55 46 44

si.granier@free.fr www.graniersavoie.free.fr/ G Espace Nordique de Granier

Snowshoe hikes

With Guillaume, la Plagne's mountain hiking professional & adventure lover. Get right into the heart of the natural surroundings of our mountains.

GB MONTAGNE



• Half day family package 65€

- (2 adults + 2 children under 14 years old) • Day hike 50€.
- Day hike 50€.
 Half-day hike 25€.
- Aperitif igloo/person 30€.
- Nordic evening /person 60€.
- Subscription 5 half-days 110€.
- 1/2 day group package 225€.
 Group Day Package 380€.
 Private commitment 1/2 day
- Private commitment 1/2 day
 130€.
 Private commitment for a day

245€.

Contact : 06 42 08 53 35 contact@gb-montagne.com www.gb-montagne.com



Montagne Expérience 157 Grand'rue à Aime Snowshoe and touring ski rental for adults and children In love of mountains, Aloïs takes you on the trails to explore the diversity of the la Plagne Valley.

ALOÏS RANDONNÉES



Ysabel offers you beautiful snowshoe hikes for a day or halfday off the beaten track in the resort of La Plagne and on the Versant du Soleil, where you can enjoy the landscapes and nature!

YSA'LPES RANDO

 Image: Second System
 Image: Second System

 Image: Second System
 Every day, on demand

 Image: Second System
 For the second System

 Image: Second System
 • 1/2 day : 25€.

 Snowshoes and poles provided
 • Family package: 4 people (2 adults and 2 children under 14 years old): 60€ for half a day.

 Image: Second System
 Contact : 06 79 68 26 18 ysalpes.rando@gmail.com www.ysalpes-rando.sitew.fr





Espace Archéologique Pierre Borrione

«Des pierres et des hommes»

This « musée de France » has the distinction of being located in a former church. At the top of the former Gallic oppidum, it offers a remarkable view over the valley and the surrounding summits. The rich archaeological collections reveal the history of Aime from the Neolithic period to modern times.



Montée St Sigismond - Aime

July 6 -August 30th Monday -Saturday, 10am-12,30pm & 2-6pm

4€ Free for children under 16 and on presentation of College Kev cards. 10% discount with Plagne'Access

Contact : 04 79 55 67 00 info.vallee@la-plagne.com www.laplagne-vallee.com

Tour Montmaueur and his middle age aarden

In feudal times, major aristocratic families shared the land. The Montmayeur family, in the same way as the Count of Savoie, was a vassal of the Germanic Holy Roman Empire. Located at the bottom of the town, they controlled the river trafic on the Isère Have a walk around his little middle age garden.

Temporary exhibition «Vanoise, time mirors».

0 Avenue de la gare - Aime

· July 6 - August 30th Monday Eð. -Saturday, 10am-12.30pm & 2-6pm



Contact: 04 79 55 67 00 info.vallee@la-plagne.com www.laplagne-vallee.com

If you want to visit all 3 monuments, ask for the Pass'Partout (8€) in the Tourist Office or in the buildings!

Basilique St Martin

What an amazing place to visit in a heart of the valley. What you see is only a small part of this structure built between the 10th and 11th centuries ! Go inside and you will discover frescoes of the late 13th century and, in the undercroft, its hidden history which will reveal to you the origins of Aime a little over 2000 vears ago !



 July 6 -August 30th Monday -Saturday, 10am-12,30pm & 2-6pm

· Rest of the year: key available at La Plagne Vallée



4€. Free for children under 16 vears old and on presentation of the Clé Collège card. 10% discount with Plagne'Access



The Secrets of Aime's historic buildings over

summer!

Visit Aime's historic buildings with Yvette, You will learn all about Axima and its history from Roman times to todav!

• Every Tuesday at 10am « Stories from Mediaeval Times" (Basilica and Montmayeur tower)

· Every Thursday at 10am "Tales of stone" (Basilica and Archeological Museum)

11€ / adult. 5€ / child Book in la Plagne Vallev tourist office

La Maison des Arts

An exhibition space dedicated to the artists and craftsmen of Tarentaise but also to quests from all walks of life during temporary exhibitions.

Several highlights are proposed throughout the year to enjoy this unique cultural place in Tarentaise.

Les Versants d'Aime

0	Montée de la Cachouriaz - Aime
6	• Tuesday to Friday: 2pm - 5pm
Ø	Free
₽	Contact: 04 79 55 21 57 lamaisondesarts@versantsdaime.fr



Villages, heart in the «valley»

Aime's town center makes a pleasant place for a stroll. A number of little squares, all with their own charm and history, encourage you to sit for a while. In the Place de la Cachouriaz, in the cool of the water trough more than a century old (built in 1900), the old cheese dairy can still be seen. A little further is the place Brunet in the heart of the old village, sits a fountain and benches that make it a symbolic place.

Aime

Boutiques and stalls are set up in the main street which comes to life thanks to the members of the shopkeepers' association and la Plagne Vallée.

Bellentre

Bellentre is spread over both banks of the Isère river. Apart from the main village, the commune consists of thirteen hamlets : seven on the Versant du Soleil (the sunny side of the valley) : Le Gothard, Le Crey, Le Rocheray, La Grange, Le Villard, Bonconseil and Le Plan des Forches, and six on the left bank of the Isère, also known as Le Revers Le Mazuet, Les Granges, Le Grand Bochet, Montorlin, Montchavin and Les Coches.

Macot

The village of Macot is in a lush green setting on the river's edge

and is sure to surprise you. Like any village, it is centred around

the church. A stroll around the village will take you through little

squares, passing traditional houses and shops.

Villette

The village of Villette is situated at 740 meters hight. It is made up of two hamlets Charves at 1300m high and Plan Villard, the mountain hamlet. A mainly residential commune, overlooked by the Château de Sainte-Anne, Villette grew thanks to its marble quarry, called the "Tarentaise rift".

Centron

At the end of the gorges of the lsère river, you can turn into the village of Centron. Discover St Claude's Chapel that was restored in the 17th century, as well as a 20th century church, a testimony to post-war architecture. Next to the river you can enjoy a rest by the lakeside, have a coffee at the snack bar, listen to some live music or go rafting !

Altitude Villages

Granier

On the Versant du Soleil, far from noise and stress, you will appreciate the tranquillity and authenticity of our village. Open your eyes and admire the stunning view ; you're surrounded by countless wonders. Granier tourist info/ Bread / Dairy products

Valezan

Car

~

82 52 12-

A small authentic village that still offers the traditional warm welcome. Aside from the panoramic view stretching from the Col du Petit Saint-Bernard to the Col de la Madeleine, its architecture is worth stopping for: traditional houses adapted to the slope and the wind, creating multifunctional work areas.

La Côte d'Aime

Enjoy the magic of discovering the ancient villages, vines and orchards, forests, alpine pastures, mountain lakes and rock-climbing route that are waiting just for you! La Côte d'Aime & Valezan tourist information

2

Tessens

Set on the hillside at an altitude of 950m high on the sunny side of the valley. Its two hamlets are Villaroland and le Breuil at 800m high. Most of the village's revenue comes from farming. The houses are in typical Savoyard style, centred around the church and linked together by narrow, paved streets.

Montgirod

Montgirod is an old village at 1100m. It was burned down by the German army during the Second World War. It has a baroque church with a curious stone worn by footfalls, evidence of millennia of human occupation, a sundial on the cemetery wall and numerous chapels and oratories. Above the village, there are hiking trails through the forest and Alpine pastures where cheese-makers make Beaufort cheese; an opportunity to get to know the world of mountain agriculture

Longefoy

Longefoy, with its red-tiled roofs, is a small village set at 1250m high, at the entrance to the winter and summer resort of Plagne Montalbert. The village overlooks the valley below and is itself overlooked by the Chapel of La Superga, a reproduction of the famous monument in Turin, set in lush green surroundings.

What to do in the different villages

Set off to discover the different villages by car or bike, or on foot, and enjoy a refreshment break in the different inns in Granier, La Côte d'Aime and Valezan.

Each village has its distinctive features. They are all the starting point for a choice of hiking trails in winter and summer! But that's not all, here are a few other ideas!

La Côte d'Aime...

Museum of la Fruitière

A little museum has on display various artefacts from the village's past & objects linked to cheese-making.

SYNDICAT D'INITIATIVE DE LA CÔTE D'AIME

VALEZAN

O Chef-lieu - La Côte d'Aime

Construction of the summer period.

Free participation

 Contact: 04 79 55 69 25 -07 66 09 78 94
 si.lacotedaime@free.fr
 www.lacotedaime.com
 Syndicat d'initiative de La Côte
 d'Aime - Valezan

The olden-day

school

Enter in an old classroom and discover the life of schoolchildren of the early twentieth century.

SYNDICAT D'INITIATIVE DE LA CÔTE D'AIME

VALEZAN

0

Chef-lieu - La Côte d'Aime

Tuesday and Thursday from 4:00 pm to 6:30 pm and Friday from 4:00 pm to 7:30 pm by appointment only.

• Free participation

Contact: 04 79 55 69 25 07 66 09 78 94 si.lacotedaime@free.fr www.lacotedaime.com • Syndicat d'initiative de La Côte d'Aime - Valezan

House of Joannès

The lifestyle of our high valleys will have no secret for you ! Discover the daily life and traditions of our elders.

SYNDICAT D'INITIATIVE DE LA CÔTE D'AIME

VALEZAN

 \bigcirc

 Montméry - La Côte d'Aime
 Tuesday and Thursday at 3.30pm by appointment only

Free participation

Contact : 04 79 55 69 25 07 66 09 78 94 si.lacotedaime@free.fr www.lacotedaime.com ♥ Syndicat d'initiative de La Côte d'Aime - Valezan

Granier...

L'alpage de Plan Pichu

Discover Plan Pichu's Alpine meadows, an exceptional landscape and production site of Beaufort cheese during the summer season. A sharing of know-how in a friendly atmosphere in an exceptional natural setting!

SYNDICAT D'INITIATIVE DE GRANIER

Alpage de Plan Pichu - Granier Every Thursday in July and August € every Fore person, • Free for children under 10 years old Reservation required

Not forgetting, in Aime...

Local market

Every Thursday morning in the car park above the outdoor amphitheatre.

Tour of Aime's Beaufort cheese dairy

In winter: every morning, free tour to see the Beaufort cheese being made. Every afternoon, tour of the cheese cellar, on registration.

Ideal for getting your taste buds tingling and making your favourite dishes!

In La Côte d'Aime

Summer producers' market Every Friday, 5.30 – 7.30pm in front of the town hall.





Churches & Chapels

In your car, on a bike or on foot, set off to discover the churches and chapels in the La Plagne valley. Finding out about them will immerse you in the daily and spiritual life of our mountain communities.

A voyage where time is suspended, that will make you appreciate baroque art and the superb landscapes around our mountain villages.

In Valezan...

In Aime...

St Sigismond's church

Saint Sigismond's church is right in the centre of Aime. It is open daily 9am – 5pm.

Saint Sigismond's church was extended at the end of the 17th century. It displays all the characteristics of Baroque art in which the Biblical story is presented in gold and polychrome. After the coming of the French revolutionaries (Savoie was not French yet), the restorations of the 19th century brought neo-classical touches. The stained glass windows are from the 20th century. Amongst other things, the church houses a "Virgin Breast-feeding" from the mid-15th century.

St François de Sales' church

Saint François de Sales' church is at the top of Valezan village. It is open every Thursday in July & August, 3 – 5.30pm.

Part of Bellentre priory until 1714, Valezan then became a parish in its own right and a church dedicated to Saint François de Sales, it was built between 1727 and 1730 at the top of the village, offering a superb panoramic view over the valley, to Mont Pourri and Bellecôte glaciers. The furnishings all in the same style, reflect the fervour of the local population at the start of the 18th century, as well as its financial strength (don't forget that we are on the prestigious Versant du Soleil).

St Nicolas' church is in the centre of Macot. It is open July 2nd to August 31st, Mon – Sat, 9am – 4.30pm. It is closed on Bank Holidavs.

St Nicolas' church

In Macot...

The church dates back to 1679 - 1682 and was re-built in 1806 after being burnt down by the Aime Revolutionary Committee in 1794. When you enter the church you will be surprised by the baroque and polychrome decor. Helical columns, gold, colours, statues and paintings tell the story of the church and the mountain communities. Provide the second seco

In Villette...

St. Agnès' church

St Agnès' church is in Villette. It is open daily, 10am – 6pm.

The church built in 1751, is dedicated to Sainte-Agnes. Specificity of the pulpit, the canopy represents a flower of sunflower instead of the traditional leaves of acanthus. In the choir, two large paintings, Christ and the Virgin, were offered by a local artist Jacqueline Sujdovic, at the request of the priest Lucien Vivet-Gros. The magnificent entrance gate was also offered by Roger Villein ironworker.

In Longefoy...

St Jacques' church

Saint Jacques' church is in Longefoy. It is opened on request in the summer and winter seasons.

This church, dedicated to Saint James the Greater dates from the end of the 17th century and was consecrated on August 28, 1687. Previously another church was built in its place but oriented differently. Construction work was decided at a General Assembly of the entire parish. From the 23rd of July of the same year, the contract was awarded to the italien architect Calligato de Varallo. At the revolution, the bell tower was flushed by the revolutionaries and was rebuilt in 1812

Notre-Dame des Neiges

Notre-Dame des Neiges is in the hamlet of Montgésin in Longefoy. It is only open in the summer and winter seasons from 9am – 6pm.

The Chapel of Montgésin was built in 1658 in the heart of the small hamlet of Montgésin. At first it was called Our Lady of Grace or Pity, then it was renamed Our Lady of the Snows. We went to the Chapel of Montgésin for pilgrimages, during processions from Longefoy and August 5th to ask for snow and signs of good harvests. The chapel has preserved a very beautiful altarpiece of baroque style recently redoubled. A major restoration campaign is being coordinated by the Association of Friends of the Heritage of Longefoy.

It is possible to make a commented visit on request to the 06 75 10 37 73



St. Marguerite's chapel

St. Marguerite's chapel is in Plan Pichu above Granier. It is open daily in July and August.

Located at 1940 meters, this chapel is the highest in the town. Until 1965, the parishioners went there in procession on 21st July. Her main name is Saint-Guérin, but sometimes she is referred to as Notre Dame de la Visitation, Sainte-Marguerite or Notre Dame-des-Neiges.

In Villaroland...

St Eustache's chapel

St. Eustache's chapel is in Villaroland.

You can see the interior through a grid.

Barely 2 km out of Aime, this small

chapel looks very much like a smaller

version of the Basilica. The frescoes

tell the story of Saint-Eustache : the

hunt etc

In Bellentre...

4.30pm.

St André's church

St. André's church is in the centre of

Bellentre. It is open every Wednesday

from July 2nd to August 31st. 2.30-

The church of Bellentre is one of the

oldest in the valley, its exterior aspect.

still betrays its Romanesque origins.

An inscription from 1772 in the apse

attests that it was enlarged in the 17th

century. The main element of the

building is a pulpit carved in 1765 by

Joseph-Marie Martel

In la Côte d'Aime...

St Laurent's church

Saint Laurent's church is in Pierrolaz in La Côte d'Aime. It is open daily from June 16th to September 16th, 10am-6pm.

Built between 1702 and 1714, this church stands on the site of the former Chapel of Saint Laurent. The old chapel was used as the basis for the apse in the church's chancel. It was first known as the church and parish of Saint Amédée de La Côte. In reality, the first patron of La Côte was never canonised. He was actually Amédée IX the Blessed, who was the Duke of Savoie from 1465 to 1472 and married Yolande, Louis XI of France's sister. He was doubtless chosen as patron because his name, Amédée, was the second name of the ruling Duke, Victor-Amédée, who facilitated the separation from Aime.

In Granier...

St Barthélémy's church

Saint Barthélémy's church in Granier is open daily 9am-6pm.

The exact date of its construction is not known, but the first document mentioning an "ecclesia de Graneriis" in the parish of "Greniers" in Aime dates back to 1344

The first building is dated 1538. The choir stalls were built from 1647 to 1653 and the side naves were added in 1670. The main altarpiece was created in the 17th century by Jacques-Antoine Todesco, a Piedmontese artist. In 1732, the seating area was enlarged and the clock tower was raised. It was restored after the upheaval of the Revolution in 1808.

St Maxime's chapel

Saint Maxime's chapel is in the hamlet of La Thuile in Granier. It is open daily 9am-6pm.

Founded in 1476, it has a tribune that can accommodate all the population of La Thuile. The baroque altarpiece dates from the end of the 17^{th} century.

Bonvillard chapel

The chapel is in a former hamlet close to Granier. It is open daily 9pm-6pm.

This chapel, dating from 1544, is located in a small hamlet that has disappeared. It is dedicated to Saint-Jacques-le-Majeur, apostle and patron saint of the pilgrims, and Saint-Pantaléon, patron of doctors and midwives.





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