



PLAGNE ALTITUDE



winter 2019/2020

PLAGNE 1800 | PLAGNE CENTRE | PLAGNE SOLEIL | BELLE PLAGNE
PLAGNE VILLAGES | PLAGNE AIME 2000 | PLAGNE BELLECÔTE

RESORT INFORMATION

WWW.LA-PLAGNE.COM - +33 (0)4 79 09 02 01



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OFFICIEL**



NEXO
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KONA
hybrid ou electric

IONIQ
hybrid, plug-in
ou electric

5 ANS GARANTIE KILOMÉTRAGE
ILLIMITÉ *

8 ANS GARANTIE BATTERIE **

 **HYUNDAI**

Consommation cycle mixte de la gamme NEXO (kg d'hydrogène/100 km) : 0,95 / Émissions CO₂ (g/km) : 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km) : 15,0 - 15,4 / Émissions CO₂ (g/km) : 0. Consommation cycle mixte de la gamme IONIQ hybrid (l/100 km) : 3,4 - 4,2 / Émissions CO₂ (g/km) : 79. *La garantie 5 ans kilométrage illimité de Hyundai s'applique uniquement aux véhicules Hyundai vendus initialement par un Distributeur Agréé officiel Hyundai à un client final, conformément aux termes et conditions du carnet de Garantie Entretien & Assistance du véhicule. **Les batteries haute tension de nos véhicules hybrides, hybrides rechargeables et électriques sont couvertes par une garantie de 8 ans ou 200 000 km. Détails : hyundai.fr. Just Drive! : Conduire, l'esprit libre!

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WELCOME



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la Plagne thanks its partners





NEW FOR 2020! PLAGNE CENTRE

Test our virtual reality headsets at the Tourist
Office in Plagne Centre.

Tourism Offices



PLAGNE CENTER
Pierra Menta Square
PLAGNE BELLECOTE
In front of the bus stop
BELLE PLAGNE
Opposite the gondola station
PLAGNE AIME 2000
On the shopping gallery level
PLAGNE VILLAGES
Opposite the Telebus arrival station
PLAGNE 1800
«Les Marmottes» Residence



Plagne Center : Open from Monday
to Sunday from 9 am to 6.30 pm.
On demand for the other desks



33 (0) 4 79 09 02 01
info@la-plagne.com
www.la-plagne.com

In the Info Points, you can find...

Snow conditions / Weather forecast / The weekly
entertainment programme / piste maps for down-
hill and cross-country skiing / map of walking
trails / resort maps / car park plans ...

Extra

Loan of board games, fax and photocopying
service (only from the tourist office in Plagne
Center), cot rental are amongst the services
offered by the Tourist Office and its Information
Points.



The Heritage Museum

Just upstairs from the Tourist Office in
Plagne Centre, the Maison du Patrimoine
heritage museum is open daily 9am to
6.30pm. It looks back at the history of La
Plagne's silver mines and the bobsleigh.

Internet

Choose between the list of networks then
open the internet.

You can buy a lift pass on line with your
credit card.

Internet - ici :

0892 350 190 - hotline@internet-ici.net

Hippocket wifi:

Daily or weekly rental from Information
Points. Private wireless broadband network
(up to 10 devices connected simultaneously
from your accommodation).
Payment by credit card only.

Paradiski Yuge

The Paradiski YUGE app makes you enjoy 200% of your stay in La Plagne.

Discover a wide range of functionalities: interactive map, resort guide, shuttle bus times, weather conditions, queuing time at lifts, ski performances and classification, recharging your ski pass, personalised recommendations and lots more!!!



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des cadeaux,
des bons plans exclusifs
et un tout nouveau
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*Reductions, presents,
exclusive deals
and a brand new
Privilege Programme!*



*The mountain is yours!

Appli à télécharger sur

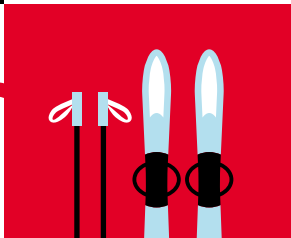
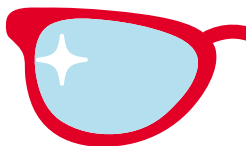
Download the App



http://bit.ly/PlagneAccess

la-plagne.com/app

HERC creative.wagrain.com



USER CONTACTS



Ambulances AMS.....33 (0)4 79 55 58 17
24h/24

ATM machine :

Crédit Agricole, Banque Populaire, La Poste, Banque Laydernier, CIC

Bank CIC

Plagne Centre.....04 79 55 40 10
Monday to Friday from 10 am to 1 pm

Bank «Crédit Agricole des Savoie»

Plagne Centre.....33 (0)4 79 44 60 57
Tuesday & Friday 8.30 - 12am & 1.45 - 6pm, Wed & Thurs 8.30 - 12am (afternoon by appointment only).

Concierge services

Wikizi Plagne Aime 2000.....33 (0)4 76 84 01 33
La Clef des Neiges Belle Plagne.....33 (0)6 08 24 80 48
73ème Avenue Belle Plagne.....33 (0)4 79 09 20 58

Chemists

Plagne Centre.....33 (0)4 79 09 04 81
Plagne Bellecôte.....33 (0)4 79 09 02 20

Dentists Aime (18km)

Cabinet dentaire de la vallée.....33 (0)4 79 55 60 50

Ecumenical chapel.....33 (0)4 79 09 13 62
Plagne Centre - Masses on Saturday (from december 22nd to april 19th) at 6pm.

Emergency services

Mobile phone.....112

Hospital

Bourg St Maurice (30km).....33 (0)4 79 41 79 79
Moutiers (30km).....33 (0)4 79 09 60 60

Police station

Plagne Centre.....33 (0)4 79 09 04 57
bta.aime@gendarmerie.interieur.gouv.fr
During the week, from 9 am to midday and from 2 pm to 7pm. On Sunday and day-off from 10 am to midday and from 3 pm to 7pm.

Laundrette, dry cleaning and pressing

Plagne Centre (automatic machine).....33 (0)4 79 09 06 76
Plagne Bellecôte.....33 (0)4 79 07 68 66
Belle Plagne (automatic machine)
Plagne Aime 2000 : (automatic machine).....ww.so-laverie.com
Plagne 1800 : Pierre et Vacances (automatic machine)
Access from 8 am to 8pm (change machine in the laundrette)

Left luggage

Plagne Centre (tourism office).....	33 (0)4 79 09 02 01
Plagne Bellecôte (tourism office).....	33 (0)4 79 09 02 01

Market

Plagne Centre from 7 am to 8 pm in front of Telebus

Medical centers

Plagne Centre.....	33 (0)4 79 09 04 66
Every day from 9 am to 7pm	
Plagne Bellecôte.....	33 (0)4 79 09 29 55
Every day from 9 am to 7pm	

Nurses

V. Marchand Maillet - Brovelli.....	33 (0)6 09 72 60 37
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Petrol station 24h/24

Plagne Centre	Self-service, credit cards only
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PMU - Plagne Bellecôte

Restaurant Rigatoni.....	33 (0)4 79 06 57 98
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Police

Plagne Centre.....	33 (0)4 79 09 22 10
Agents on site in the resorts every day	
Plagne Aime 2000.....	33 (0)4 79 09 26 23
Contact 33 (0)4 79 09 72 51 if the station is unmanned	

Post Office

Plagne Centre.....	33 (0)4 79 09 01 82
Open from Monday to Friday from 9.am to midday and from 2.pm to 5.pm. Closed on Saturday.	
Belle Plagne.....	33 (0)4 79 09 06 06
Postal services available at the tabac/presse shop	

Ski pass office	33 (0)4 79 09 67 00
Open every day	

Ski Patrol service	33 (0)4 79 09 67 60
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Traffic information

CRIR of Lyon.....	33 (0)8 26 02 20 22
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Tourism Office

Plagne Centre.....	33 (0)4 79 09 02 01
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Veterinary at home	33 (0)6 67 18 86 02
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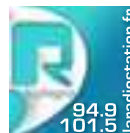
Veterinary clinic Aime (18km)

Dr Tillon.....	33 (0)4 79 55 62 79
Vétérinaire du Cœur d'Aime.....	33 (0)7 83 46 10 93

The opening hours are given as a guide only and may change.

R'LA PLAGNE la radio station

101.5 Mhz et laradiostation.fr
- 7.30 am to 10.30 am La Matinale
(infos, ski conditions, weather)
- 10.30 am to 4.pm Le Grand'R
(Just Ski, we take care of the rest !)
- 4.pm to 8.pm Happy'R
(places to go, interviews)
- 8.pm to 4 am RTIME
(loungue, chill out and electro)
Tel 33 (0)4 79 09 10 00
rlaplagne@laradiostation.fr



TRANSPORTS



Links Rail / Resorts

Book your return journey using the automatic machines at the Tourist Offices in Plagne Centre, Plagne Bellecôte or Belle Plagne.

Information and reservations :

www.mobisavoie.fr or 33 (0)9 70 83 90 73

Taxis / VTC

Mathieu Perraudat

33 (0)7 78 87 47 04

Bouzon Christian

33 (0)4 79 09 03 41

Albert Taxi

33 (0)4 79 55 66 38

Legroux Dominique

33 (0)6 09 38 73 82

Bouzon Alain

33 (0)4 79 09 78 93

Allo BK Taxi

33 (0)6 07 19 80 03

Luzzi Jean Pierre

33 (0)6 07 23 79 29

ABC Taxi Collomb

33 (0)6 14 36 74 59

Guillaume Placide

33 (0)6 17 77 41 57

JM Taxi

33 (0)6 22 98 05 20

JB Taxi

33 (0)6 34 87 12 17

Aim'Taxi Hervé

33 (0)6 67 73 37 57

Briançon Gilles

33 (0)4 79 55 64 15

NTV 73 (VTC)

33 (0)6 31 20 16 66

Car rental

E.Leclerc Aime vallée

33 (0)4 79 01 30 30

Super U Bg St Maurice

33 (0)4 79 07 24 11

Europcar Bg St Maurice

33 (0)4 79 04 04 20

Avis Moûtiers

33 (0)4 79 24 01 55

Europcar Moûtiers

33 (0)4 79 24 09 72

Hertz Moûtiers

33 (0)4 79 24 07 75

Airports

Lyon St Exupéry

0 826 800 826 - www.lyonaeroports.com

Genève

0041 227 17 7 111 - www.gva.ch

Chambéry/Aix les Bains

33 (0)4 79 54 49 66 - www.chambery-airport.com

Avis Moûtiers

33 (0)4 79 24 01 55

Grenoble St Geoirs

33 (0)4 76 65 48 48 - www.grenoble-airport.com

Links Resorts / Airports

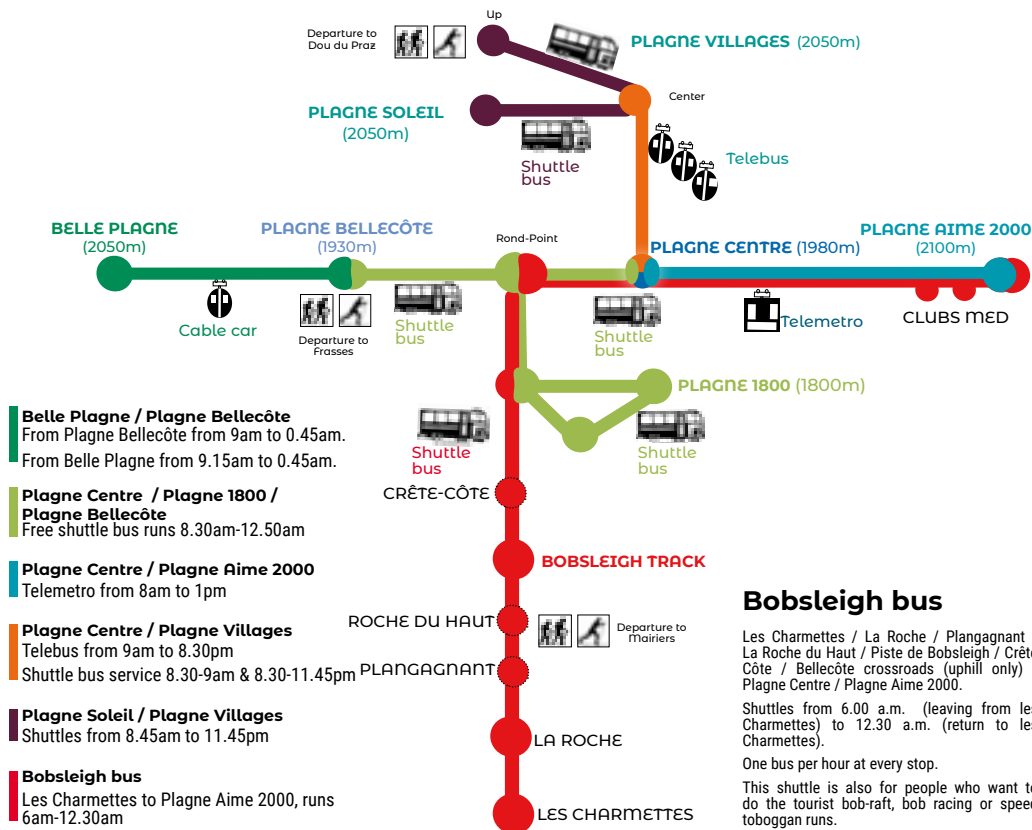
Book your return to airports :

Lyon St Exupéry / Genève

Chambéry / Aix les Bains

on www.altibus.com

INTER-RESORT TRANSPORT



(Subject to alternation)

Bobsleigh bus

Les Charmettes / La Roche / Plangagnant / La Roche du Haut / Piste de Bobsleigh / Crête Côte / Bellecôte crossroads (uphill only) / Plagne Centre / Plagne Aime 2000.

Shuttles from 6.00 a.m. (leaving from les Charmettes) to 12.30 a.m. (return to les Charmettes).

One bus per hour at every stop.

This shuttle is also for people who want to do the tourist bob-raft, bob racing or speed toboggan runs.

CAR PARKS



Outdoor paying parking areas

Plagne Centre / Plagne Bellecôte / Belle Plagne

You can purchase hourly, daily or weekly parking tickets from the ticket machines (credit cards accepted) in Plagne Centre, Plagne Bellecôte and Belle Plagne.

- Weekly rate for Plagne Centre (Jovet Parking), Plagne Bellecôte and Belle Plagne : 59€ for a week / 230€ for the season.

Rates for other car parks in Plagne Center : See on Parking map available at the tourism office.

Plagne 1800 / Plagne Villages / Plagne Soleil

- Outdoor parking in P1800, P. Villages & P. Soleil is free

Plagne Aïme 2000

Parking tickets for Plagne Aïme 2000 from the machine only.

Make sure your ticket is clearly displayed behind your windscreen.

Disabled parking

Free parking spaces for the disabled: 9 spaces in Plagne Centre, 6 spaces in Plagne Bellecôte, 4 spaces in Belle Plagne, 2 spaces in Plagne 1800, 5 spaces in Plagne Villages and 2 in Plagne Soleil.

Covered car parks

Plagne Bellecôte

P1 car park - Height : 1m90 - 600 spaces - Weekly ticket : 60€

SAGS : 33 (0)4 79 55 31 75 or

on-line booking : www.parkinglaplagne.com

Belle Plagne

Amont car park - Height : 1m90 - 706 spaces - Weekly ticket : nc

Vinci Park : 33 (0)4 79 55 11 82

Aval car park - Height : 1m90 - 386 spaces - Weekly ticket : nc

Vinci Park : 33 (0)4 79 55 11 76

Plagne Centre

Boulevard car park - Height : 1m95 - 210 spaces - Weekly ticket : 65€

SAGS : 33 (0)4 79 55 31 75 or

on-line booking : www.parkinglaplagne.com

Plagne Aïme 2000

Height : 1m87 - 130 spaces

33 (0)4 79 09 10 25

Plagne Soleil

Cervin car park - Height : 2m - 140 spaces - Weekly ticket : 65€

SAGS : 33 (0)4 79 55 31 75 / 33 (0)4 79 22 70 70 or

on-line booking : www.parkinglaplagne.com

Police

- Plagne Centre office

33 (0)4 79 09 22 10

For Plagne Centre, Plagne Villages, Plagne Soleil, Plagne 1800, Plagne Bellecôte and Belle Plagne.

Car pound: If your car has been moved, contact the Police Municipale or, if it is closed, the Gendarmerie.

- Plagne Aime 2000 office

33 (0)4 79 09 26 23 or 33 (0)4 79 09 72 51

Office located on the ground floor of Plagne Aime 2000 building in Plagne Aime 2000.



Motor home parking

There is a parking area in Plagne Villages reserved for vehicles with registration documents showing that they are camping cars. The parking area has electricity, drinking water and waste water facilities.

There are also electricity recharging terminals. It is also possible to recharge your vehicle with electricity by means of special terminals.

Motor-homes parking rates :

- 22€: 24 hrs

N.B: Parking in other areas of La Plagne is prohibited for motor homes.

Snow shovels

Available in case you need to dig out your car (deposit required). At the Plagne Centre Tourist Office and at Information Points.

Snow clearance information

Make sure you read notices on accommodation entrances and in car parks. They will tell you which car parks are to be cleared and where you can park your vehicle in the meantime

Before taking the road

Check the weather forecast (at all the Information Points and in the Tourist Office or on the electronic notice boards in your resort) so you are aware of the road conditions when you set off. During the French school holidays the «Partir à la bonne heure» (Leave in good time) campaign will be posted up in the Tourist Office and the Information Points from the Thursday. This will recommend certain departure times in the light of the traffic flow anticipated by the Direction Départementale de l'Équipement de la Savoie (the departmental road authority).

- In case of snow: consider clearing the snow from your car throughout the week so it doesn't get too hard. Don't forget to take the snow off the roof of your car because if you brake sharply it could fall onto your windscreen. It is important that you have chains that fit your car or snow tyres and that you put your chains on before setting off and, if possible, remove them in the areas set aside for the purpose (bends n°5, n°7, n°9, n°10, n°11, n°12 and finally between the villages of Macot and Aime).

Road conditions

- On website www.savoie-route.fr with weather and road access updates from Thursday,
- Motorway info: www.autorouteinfo.fr
- Information on Savoie: France Bleu Pays de Savoie radio station
- Information on La Plagne : R la Plagne 101.5FM radio station and La Plagne Officiel Facebook page.

DIRECTORY OF TOURIST OFFICE MEMBERS



Shops and Sport shops

PLAGNE CENTRE

Allais Ski - Ski Set	04 79 09 01 52
Elpro Boutique	04 80 08 10 90
Elpro Skimium	04 79 09 20 79
Robino Sports - Go Sport	04 79 09 01 71
Intersport	04 79 09 25 00
Ski Hut	04 79 55 46 36

PLAGNE AIME 2000

Ski Fun Intersport	04 79 09 05 15
Skiteam - Ski Set	04 79 09 05 33

PLAGNE BELLECOTE

El Pro Skimium	04 79 09 12 98
Intersport	04 79 09 05 67
Skiteam-Ski set	04 79 07 61 20

BELLE PLAGNE

Armand Bérard Sport 2000	04 79 09 07 79
Belle Plagne Sports 1	04 79 09 20 58
Belle Plagne Sports 2	04 79 55 10 57
Belle plagne Sports 3	04 79 55 18 90
ELPRO Skimium	04 79 09 20 79

Shops and Sport shops

PLAGNE VILLAGES/ PLAGNE SOLEIL

Intersport 04 79 08 18 35
Pierre Leroux Sport 2000 04 79 09 01 35

PLAGNE 1800

Chalets Ski Republic nc
El Pro Skimium 04 79 09 20 79
Sport 2000 04 79 09 06 60
Plagne 1800 Sport

Other services and shops

PLAGNE CENTRE

Nouvelloc.dom 07 50 04 61 59
(location électroménager à domicile)
So'Laverie 04 79 09 06 76
SPAR 04 79 09 05 38

PLAGNE 1800

Laverie Automatique 04 79 09 08 70
Salle de squash 04 79 09 08 70

PLAGNE BELLECOTE

So' Laverie 04 79 07 68 66

PLAGNE AIME 2000

Le Garde Manger 04 79 04 11 81
Pop Up Shop 06 22 02 65 91
So laverie Pressing 04 79 09 06 76

BELLE PLAGNE

Laverie de Belle Plagne 06 22 70 11 39
SPAR amont 04 79 09 19 28
SPAR aval 04 79 09 08 21

TAXIS / VTC

Perraudat Mathieu 07 78 87 47 04
Bouzon Christian 04 79 09 03 41
Legroux Dominique 06 09 38 73 82
Bouzon Alain 04 79 09 78 93
JB Taxi 06 34 87 12 17
NTV 73 (VTC) 06 31 20 16 66
Taxi Gilles Briançon 04 79 55 64 15
Luxury Taxi 07 69 69 19 90



DIRECTORY OF TOURIST OFFICE MEMBERS



Bars & restaurants

PLAGNE CENTRE

Araucaria	04 58 24 11 11
Le Croq'Neige	04 79 09 22 03
Le Fort Colorado	06 50 96 12 88
Le Brix	09 52 55 24 47
Le Véga	04 79 09 00 61

BELLE PLAGNE

Bowling bar	04 79 09 00 78
Le Carlina	04 79 09 78 46
Le Hors Piste	04 79 55 16 33

PLAGNE 1800 / LA ROCHE

Chalet de la Roche	04 79 09 05 99
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PLAGNE VILLAGES/ PLAGNE SOLEIL

La Casa de l'Ours	04 79 09 00 71
Bar pub restaurant	
Le Chairlift	04 79 22 70 77

PLAGNE BELLECOTE

L'Annexe
Le Chalet des Colosses
Le Rigatoni
Spitting Feathers

RESTAURANTS D'ALTITUDE

Chalet de la Grande Rochette
Chalet des Verdons Sud



Real estate agencies

PLAGNE CENTRE

Alp Agence	04 79 55 12 20
Agence OIP	04 79 09 00 77
Oxygène Immobilier	04 79 09 05 82
Bureau de vente Oxygène Immobilier	06 18 22 26 38
Bureau vente Alp'Agence	04 79 55 12 20
GSI Immobilier	04 79 09 17 00
Hôtel Araucaria	04 58 24 11 11
H036	04 79 09 09 23
Ski et Soleil	04 79 09 02 22

PLAGNE VILLAGES/ PLAGNE SOLEIL

CGH	04 79 23 22 10
Les Granges du Soleil	
Pierre et Vacances le Mont Soleil	04 79 55 77 00

PLAGNE BELLECOTE

Agence OIP	04 79 09 00 58
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PLAGNE AIME 2000

Ag. Centrale de la Plagne	04 79 24 49 83
Pierre et Vacances Les Hauts Bois	04 79 55 14 00
Ski et Soleil	04 79 09 93 93

BELLE PLAGNE

Hôtel le Carlina	04 79 09 78 46
Agence OIP	04 79 09 00 77
Oxygène Immobilier	04 79 06 33 36
Pierre et Vacances Les Constellations	04 79 22 20 20

PLAGNE 1800

Centre UCPA	04 79 09 11 76
Hôtel le Cocoon	04 79 55 00 26
Pierre et Vacances Plagne Lauze	04 79 09 08 70

BOOK YOUR HOLIDAY NOW ON

www.la-plagne.com

LA RÔLE ENTREPRISE © - photos: Olivier Allamand - Elina Sarpanta

COME & LIVE
Unforgettable
MOMENTS

VALLÉE | CHAMPAGNY EN VANOISE | MONTALBERT |
MONTCHAVIN - LES COCHES | PLAGNE 1800 |
PLAGNE CENTRE | PLAGNE BELLECOTE | PLAGNE VILLAGES |
PLAGNE SOLEIL | PLAGNE AIME 2000 | BELLE PLAGNE

www.la-plagne.com



LA PLAGNE
Paradiski

PUYDUFOU.®

A group of people in elaborate costumes, including a red cape, a blue dress, and a green outfit, are floating underwater. They appear to be holding onto a central point, possibly a rope or a large object, creating a dynamic and surreal scene. The water is a deep blue-green color, and the lighting is soft, highlighting the details of the costumes and the movement of the figures.

Après la Plagne, votre aventure continue sur
PUYDUFOU.COM



A very colourful events programme ...

Moments of discovery to share, off-the-wall entertainment, challenges for grown-ups and snow parties for kids.

There is entertainment in La Plagne for all tastes and ages: games, shows, concerts, sports, quizzes, challenges, treasure hunts, conferences...

Not forgetting torchlight descents, ski shows, fireworks, hot wine...

For kids ...

During the school holidays, the resort offers offers a range of entertainment aimed at children.

Milka entertainment, la Plagne's partner

Games, snacks & hot chocolate will be on offer during the February French school holidays. Come & join in the fun for all ages!



You can find the details of all these events
and activities in the
ENTERTAINMENT PROGRAMME

Social networks

Find us on social networks to follow our live our live stream and not miss any pictures or the latest news from the resort.

Facebook: La plagne

Twitter/Periscope: @LaPlagne

Instagram: la_plagne

You tube: La Plagne TV

Share your memories in La Plagne with the hashtag
#maplagne



OPENING Sunrise by Travelski and Veepee

December 14 - 15, 2019

The first rays of sunlight skim over the white snow turning it rosy pink, the last few stars are still hanging in the sky, then it's the start of the day!

Doors open, the snow is fresh, your hat and gloves are warm and your skis are vibrating with impatience...The ski area is all yours, the immensity of snowy slopes for the 1st descent, your 1st run, your 1st tracks of the season...your first winter sports sensations!

La Plagne welcomes you with a special Sunrise OPENING celebration, that will delight your skis:

- SKI! on carefully groomed untouched slopes, like white velvet
- TRY! a cocktail of activities
- TEST! our partners' equipment: Salomon skis, Racer gloves, Cébé sunglasses and goggles
- DANCE! to the rhythm of the music in the festival village

SKI! TRY! TEST! DANCE! Our special "Made in La Plagne" recipe for your best snow-filled memories.

Our doors will be closing again on April 25th, as the last rays of sunlight disappear, after a Sunset CLOSING celebration that promises you end-of-season skiing sensations in springtime mode with surprises galore!"

A Magical Christmas

December 23 - 25, 2019

Santa and his elves will be in La Plagne! For 3 days, we invite children and adults to enjoy the magic of Christmas with fun, surprises,

shows and gifts in the altitude resorts.

You will be able to share the enchantment of Santa's world: visiting his chalet, seeing him out and about on his dog sled, giving out sweets.

This year, Brian Joubert, the former figure skating champion, will be joining in the festivities with an exceptional performance!

Key moments to share with your family or friends.



EVENTS



Red Night Pompom

December 31st, 2019

For its 13th edition, La Plagne invites you to an exceptional event to welcome in the New Year: Red Pompom Night.

Sound & light show on the theme of "Angels and Demons" in Plagne Bellecôte: which side will you choose?!

Show, fireworks and an outdoor dancefloor from 10.30pm to 1.30am.

EVENTS



BMW IBSF Word Cup Bobsleigh & Skeleton

10th – 12th January 2020

La Plagne's Olympic Bobsleigh track, renowned worldwide for its technicality, will be hosting international teams for a World Cup event.

When everything depends on a millisecond, the suspense is heart-stopping!

Born to be show

February 27th, 2019

The 9th edition of the "Born to Be" show will be held on February 27th on the Jean Luc Crétier slalom field in Plagne Centre.

It is a sound & light ski show put on by La Plagne's Club des Sports together with its partners.

A grand tombola will be held with the fabulous first prize of a car to be won!

Odyssea : Running on snow

February 18th, 2020

For the second year running, Odyssea and La Plagne are organising an 8km race on a snow-covered course to support the fight against cancer. With sport as the emblem of wellbeing, visitors and locals will be racing in the famous pink T-shirt.

www.odyssea.info

ODYSSEA
Course/Marche contre le Cancer du Sein

**GUSTAVE
ROUSSY**
CANCER CAMPUS
GRAND PARIS

*Because La Plagne is first and foremost a resort that is concerned with human issues, it will be working with **the Gustave Roussy Institute**, Europe's leading centre in the fight against cancer.*

Rando By Night

March 25th, 2020

As the stars start to appear, it's time to try ski touring.

Novices and amateurs, experienced and enthusiastic ski tourers are all welcome... the main thing is to share the experience of climbing 2.5km and 500m from Plagne Centre to the top of Les Verdons.

Refreshments will be offered at the top before skiing back down the slope.

Award ceremony to celebrate the challenge together

Competition formats (timed and classified, medical certificate required)) and leisure formats (timed, no classification).



Super Slalom by Julien Lizeroux

April 4th, 2020

A 4-kilometre course, it's like racing up and down the Champs Elysées ... with your knees bent!

320 gates compared to 70 on a classic slalom course ...

The Super Slalom's record dimensions and combination of ski champions and amateurs participating make it unique.

A 100% home-grown event, this highly convivial hybrid race is one of a kind and has lactic acid at maximum level in about 900 thighs!

A delirious atmosphere and great entertainment for all.

You can see Julien Lizeroux, Alexis Pinturault, Tessa Worley, Clément Noël, Victor Muffat Jeandet, Kevin Rolland or Marie Martinod.

www.superslalom.sk

Subli'Cimes

09th – 15th April 2020

5 peaks ... 5 parties

Sublicimes is 6 days of free and original entertainment on 5 key peaks of the ski area. Accessible to skiers (and mostly to non-skiers also), eachpeak proposes a different theme adapted to all age groups.

• ROCHE DE MIO (Plagne Bellecôte sector)

Theme « **Japan** »

• GRANDE ROCHETTE (Plagne Centre sector)

Theme « **Bollywood** »

• ARPETTE (Montchavin la Plagne sector)

Theme « **Road 66** »

• FORNELET (Plagne Montalbert sector)

Theme « **Jungle** »

• ROSSA (Champagny en Vanoise sector)

Theme « **Olden-day Fair** » (subject to change)

www.sublicimes.com

BOBSLEIGH TRACK



Unique in France!
Live the Olympic experience»
3 experiences for 3 thrill levels!



Bob Raft

Looking for fun with friends or family? Why not trying this unique self-piloted, selfbracking vehicule! 4 passengers descending at around 80km/h equals an amazing experience close to the ice.

Ass. BOB LUGE SKELETON



Olympic Bobsleigh track
La Roche



Tuesday to Sunday from 4.pm to 6.30pm



48€ per person
Minimum age 14 or height 1.30m



33 (0) 4 79 08 82 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Speed Luge

Half-sitting, half-lying, settle into our specially-designed luge for a descent at 90km/hr with a completely unrestricted view of the track. A once-in-a-lifetime experience!

Ass. BOB LUGE SKELETON



Olympic Bobsleigh track
La Roche



Tuesday to Sunday from 4.pm to 6.30pm



112€ per person - Minimum age 16





33 (0) 4 79 08 82 23
bobsleigh@la-plagne.com
www.bobsleigh.net


Bob Racing

*If you're up for a real challenge ...
Take a seat behind a professional for
a descent of up to 120km/h. You're
in for a heady mix of speed, and
adrenaline that will give you a
taste of a real competition run.
Unforgettable sensation !*

Ass. BOB LUGE SKELETON

 Olympic Bobsleigh track
La Roche

 Wednesday, Thursday, Saturday
and Sunday from 5 pm

 128€ per person
Minimum age 16 unless contraindication

 33 (0) 4 79 08 82 23
bobsleigh@la-plagne.com
www.bobsleigh.net




WWW.BOBSLEIGH.NET
TÉL 04 79 08 82 23

 **PISTE OLYMPIQUE
BOBSLEIGH**

 **LA PLAGNE**
Paradiski

**VIVEZ L'EXPERIENCE
OLYMPIQUE**

EXPERIENCE ACCESSIBLE À TOUS
À PARTIR DE 1M30 ACCOMPAGNÉ D'UN ADULTE

 1M30



RESERVATIONS

33 (0) 4 79 08 82 23 - www.bobsleigh.net
bobsleigh@la-plagne.com

INFORMATION Reservations can be made
at the Tourism Offices.
Consider using the free shuttle bus!

A VIDEO OF YOUR RUN
Details and prices from Tourism Offices

WALKING TRAILS



Frasses trail

A walk of 12 km there and back through the forest from Plagne Bellecôte going towards Montchavin (Plan Bois).

This regularly groomed path is shared with cross-country skiers and is not difficult although it is hilly. Guide time, Return time approx. 3 hrs

Setting off from Plagne Bellecôte – near the shuttle bus stop and luggage depository, take the lift down to the outdoor car park. Cross the car park and the road by the electricity transformer and a sign post will show you the starting point.

Cavard trail

A forest trail to explore, starting from Plagne Bellecôte, the Pont de l'Arc (at the top of the Bobsleigh run) or from plagne 1800. The trail includes one steep slope, especially if you leave from the Pont de l'Arc.

A detour has been created at the hamlet of Cavard.

Estimated time for the round trip: about 2 hours.

Lovatière trail

That links Plagne Centre to Plagne 1800 and continues on to Plagne Aime 2000. From Plagne Centre, take the road down to the biomass heating plant at the bottom of the resort and take the path that follows down through pretty chalets to Plagne 1800. In Plagne 1800, take the 1800 chairlift up through the forest of spruce, larch and pine trees. The trail takes you to just below Club Med.

FREE MAP

Available at the tourist offices



Dou du Praz trail

At Dou du Praz, there is a sunny circuit of 5 kilometres in the midst of the ski area.

Along the trail, you will find picnic tables, a secure toboggan area for the children and an unforgettable view of Mont Blanc.

There are a number of ways of getting there from the high altitude resorts:

- From Plagne Centre

Set off from beside the biomass boiler house at the entrance to Plagne Centre. It will take you about 45 minutes walking to get to the Dou du Praz plateau.

- From Plagne Villages

The path is at the top of the village (free shuttle buses from the télébus arrival point), and the plateau is about 25 minutes' walk.

- From Plagne Soleil

Set off from the car park opposite the Vancouver hotel apartment building and it will take you 20 minutes to walk to the plateau.

- From Plagne Bellecôte

Walk up towards the ice rink. The path winds its way up a gentle slope through the woods. You can reckon on about 45 minutes to reach the top.



Mairiers trail

10km return through, there and back, through the forest towards Montalbert, starting at the top of the bobsleigh run. The regularly prepared path is shared with cross-country skiers and is easy and almost flat all the way.

Return time approx. 2hrs..

A special shuttle bus (navette des Mairiers) has been laid on to take you to this trail. From there, a little signpost will show you the way to the marked trail. The bus makes just one return trip at 5 p.m. from the bottom of the bob run or at 5.05 p.m. from the top.

On both walks, you return by the same path as the outbound walk. There is no shuttle bus to bring you back from Plan Bois or Montalbert.

KIDS



Crèche

5 months / 6 years

“ Les P'tits Bonnets” crèche takes children aged 5 months to 6 years. We propose fun and educational activities so that your kids can play, get creative and enjoy themselves...

«LES P'TITS BONNETS» CRECHE



Plagne Centre



Sunday to Friday 9 am – 5.30pm



- 6€ for 1 hour
- 7 € for lunch



creche-laplagne@laplagnetarentaise.fr

Crèche

5 months / 4 years

The crèche takes children aged 5 months to 4 years, with fun learning activities so that your kids can express themselves, play, have fun and be creative ...

FLOCONS ET PETITS PAS



Belle Plagne



Sunday – Friday, 9am – 5.30pm
No. of places limited



- 6€ for 1 hour
- 7 € for lunch



creche-laplagne@laplagnetarentaise.fr

Nursery

2 / 6 years

Les Lutins” takes children aged 2 - 6 years. A team of qualified professionals propose a range of adapted activities to enjoy inside and outside.

«LES LUTINS» NURSERY ESF PLAGNE AIME 2000



Plagne Aime 2000



Sunday to Friday



- 6 x ½ day from 152€
- 6 full days from 186€



33 (0)4 79 09 04 75
info@esfplagneaime2000.com
www.esfplagneaime2000.com

Snow Kindergarten

Plagne Centre

ESF (3 to 6 yrs) : 33 (0)4 79 09 00 40

Oxygène (from 3 yrs) : 33 (0)4 79 09 03 99

Plagne Aime 2000

ESF (3 to 5 yrs) : 33 (0)4 79 09 04 75

Plagne Villages

ESF (3 to 6 yrs) : 33 (0)4 79 09 04 40

Plagne Soleil

ESF (3 to 6 yrs) : 33 (0)4 79 09 20 95

Belle Plagne

ESF (2 gardens - 3 to 6 yrs) :

33 (0)4 79 09 06 68

Oxygène (from 5 yrs) : 33 (0)4 79 06 53 36

Plagne Bellecôte

ESF Club Piou-piou (3 to 6 yrs):

33 (0)4 79 09 01 33


Plagne 1800

ESF (3 to 6 yrs) : 33 (0)4 79 1 17 61


Ski and adventures garden

Our ski lessons go from the Kids' Ski Garden to Gold Star level. They are a combination of 75% ski lessons & 25% adventures including canopy trail and giant zip line activities! Our groups are limited to 10 people!

ELPRO

 Belle Plagne and Plagne Centre

 Daily except on Saturday

 Depends on lesson type (group or private lesson) & length of lesson

 33 (0) 4 79 09 11 62
contact@elpro.fr
www.elpro.fr




Junior Mountain Academy

Using snowshoes and sleds to explore nature in all its beauty, led by a professional guide.

On the programme: games and activities on the themes of safety, ecology and Alpine techniques.

RAQUETTES ACADÉMIE

 la Plagne area

 Information and reservations every Sunday (at 10.30am in front of the Plagne Soleil and Belle Plagne tourist offices; at 10.45am in front of the Plagne Villages tourist office; at 11am at the bottom of the slopes in Plagne Bellecôte and Plagne Centre (terrace of Les Cocottes).

 - From 30€ for 1/2 day
- 6 x 1/2 day :180€
snack and equipment included

 33 (0)6 58 13 36 18 (tel & whatsapp)
Facebook : @raquettesacademie
www.raquettesacademie.com

Marie Martinod Freestyle course


A week-long freestyle ski course with a double Olympic medallist!

Initiation to Freestyle (tricks, Snow Park, Big Air Bag, banked slalom, carving, switch, moguls...) Mountain safety and skiing in all snow conditions. Level Bronze Star, a course for teenagers!

ELPRO

 Belle Plagne

 Christmas & February school holidays, Monday - Friday

 259€ for a week (5 mornings)

 04 79 09 11 62
contact@elpro.fr
www.elpro.fr

SKIPASS



PARADISKI SKI PASS PRICES

Period	Adult (13 - 64 yrs)	Kids (5 - 12 yrs) ⁽¹⁾ Senior (65 - 74 yrs) ⁽¹⁾
1 day	61.00€	49.00€
6 days	310.00€	248.00€

LA PLAGNE SKI PASS PRICES

Period	Adult (13 - 64 yrs)	Kids (5 - 12 yrs) ⁽¹⁾ Senior (65 - 74 yrs) ⁽¹⁾
4 hours ⁽²⁾	43.00€	35.00€
1 day	54.00€	44.00€
6 days	271.00€	217.00€
Paradiski extension	20.00€	16.00€

COOL SKI SKI PASS PRICE

Period	Unic price 5-74 yrs
1 day	30.00€

All prices :

WWW.SKIPASS-LAPLAGNE.COM

Ski pass offices


 PLAGNE CENTRE - BELLE PLAGNE
 PLAGNE BELLECOTE
 PLAGNE VILLAGES
 PLAGNE SOLEIL - PLAGNE 1800
 PLAGNE AIME 2000



Open every day



33 (0)4 79 09 67 00
www.skipass-laplagne.com

(1) To qualify for the reduced child, senior and family, proof of age is required at time of purchase and can be requested on the ski area. The age taken into account is the first day of validity of the ski pass. (2) 4 consecutive hours beginning on the first pass across the lifts.

Ski bonuses

FREE : An extra 1/2 day, starting at 12.30pm the day before the 1st day of your pass when you buy a Paradiski pass of 6 - 15 consecutive days.

Packs

DUO : Save 10€ per pass in the pack.

Valid for 2 people in any age group (child, adult, senior) on La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

TRIBU : Save 15€ per pass in the pack.

Valid for 3 people of any age group (child, adult, senior) on La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

FAMILY : Save 30€ per pass in the pack.

2 adults (13 - 74 yrs) + 2 children (13 - 17 yrs)

Valid for La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

»»»»»»»» LES PACKS ««««««««

PACK	SAVING
DUO	-10€ /pers.
TRIBU	-15€ /pers.
FAMILLE	-30€ /pers.

À PARTIR DE 6 JOURS/APPLICABLE FROM 6 DAYS

Avec le forfait Paradiski de 6 à 15 jours consécutifs.
Offre soumise à conditions.

LE BONUS SKI

La Plagne t'offre
une 1/2 journée
de ski !

La Plagne offers you a half day of skiing!
For a Paradiski package of 6 to 15 consecutive days.
Terms and conditions apply.

Edenski

The loyalty programme that rewards you when you buy!

Any ski passes purchased in resort or on line give you points.

All you have to do to get them is register your passes in your account and points for your purchases will automatically be credited. You can then use them to get free ski passes. Other surprises also await you, such as special events and exclusive meetings to discover your favourite ski resort in a whole new light!





Ski schools

ESF LA PLAGNE



Plagne Centre / Plagne Villages /
Plagne Soleil / Plagne 1800



Every day, 9 am-midday & 2pm-6pm



Plagne Centre: 33 (0)4 79 09 00 40
Plagne Villages : 33 (0)4 79 09 04 40
Plagne Soleil : 33 (0)4 79 09 20 95
Plagne 1800 : 33 (0)4 79 01 17 61
resa@esf-plagne.com
www.esf-plagne.com

ESF Belle Plagne offers a full range of formulas: private lessons (for 1 or several people), group lessons for all levels, skiing, snowboarding, snowshoeing, cross-country skiing, on or off-piste, skiing as a leisure activity or competition training.

ESF BELLE PLAGNE



Offices at the top and bottom of
Belle-Plagne / lessons in the whole
Grande Plagne area



Offices open daily 9am – 6pm /
lessons 9am – 5.15pm



See our website or call us



33 (0)4 79 09 06 68
info@esf-belleplagne.com
www.esf-belleplagne.com

Whether you are a beginner or an experienced skier, our instructors are here to help you progress and enjoy yourself, in group lessons or a private lesson.

ESF PLAGNE AIME 2000



Plagne Aime 2000



Sunday – Friday, 8.30am – 12.30pm
& 1.30 – 6pm, Saturday 8.30am –
12.30pm & 1.30 – 7pm



On request



33 (0) 4 79 09 04 75
info@esfplagneaime2000.com
www.esfplagneaime2000.com

All the fun of all forms of skiing with our professional instructors! Children can start skiing from 3 years old. Club Piou-piou, group lessons for adults and children, private lessons, skiing and snowboarding courses, snowshoe outings, off-piste and ski touring ...



ESF PLAGNE BELLECÔTE



Plagne Bellecôte



33 (0) 4 79 09 01 33

contact@esf-plagne-bellecote.com

www.esf-plagne-bellecote.com



ELPRO, 28 years of experience, offers courses for children and adults, private lessons, an all-inclusive Snowboard Experience and, for your little ones, Ski & Adventure courses that combine skiing, canopy trails and zip lines!

ELPRO



Belle Plagne / Plagne Centre



Daily except on Saturday



Prices vary according to type of lesson, i.e. group or private, and length of the lesson



33 (0) 4 79 09 11 62

contact@elpro.fr

www.esf-belleplagne.com

Learn to ski or snowboard with our instructors, discover seated skiing, try off-piste or go off to discover the La Plagne ski area.

oxygène



Plagne Centre / Belle Plagne



Plagne Centre : 33 (0) 4 79 09 03 99

laplagne@oxygene.ski

Belle Plagne : 33 (0) 4 79 06 53 36

belleplagne@oxygene.ski

www.oxygene.ski

The private lesson specialist: our instructors can meet you anywhere in La Plagne. Lessons in small groups, videos and free badges at the end of the week! Snowboard initiation, off-piste sessions.

REFLEX SKI SCHOOL



Plagne Centre
Plagne 1800



33 (0) 6 13 80 80 56

reflex-skischool@live.fr

www.reflex-skischool.com

NEW GENERATION



04 79 01 03 18



Handiski

Our trained ESF instructors take you out to discover the fun of skiing, comfortably installed in a "Tempo dual ski" chair, or you can ski independently with our "Snow cart" and "Tempo Uniski Access".

ESF LA PLAGNE



Plagne Centre / Plagne Villages / Plagne Soleil / Plagne 1800



Rates and times are the same as our private lessons, on request.



33 (0)4 79 09 00 40
resa@esf-plagne.com
www.esf-plagne.com

Handiski

Belle Plagne welcomes disabled skiers.

ESF BELLE PLAGNE



Offices at the top and bottom of Belle-Plagne / lessons in the whole Grande Plagne area



33 (0)4 79 09 06 68
info@esf-belleplagne.com
www.esf-belleplagne.com

Ass. Antenne Handicap



33 (0)6 86 86 01 50

Test your level

Discover the colour of your medal with the French Ski School on slalom stadiums.



Plagne Centre slalom stadium
Belle Plagne slalom stadium



In the weekly entertainment guide



7€/person for :
- Flèche open (Giant Slalom)
- Chamois open (Special Slalom)
- Skieur and Boarder Cross



PLAGNE CENTRE SLALOM STADIUM
- Tourism Office :
33 (0)4 79 09 20 15
- ESF la Plagne : 33 (0)4 79 09 00 40
resa@esf-plagne.com
www.esf-plagne.com

BELLE PLAGNE SLALOM STADIUM :
- ESF Belle Plagne : 33 (0)4 79 09 06 68
info@esf-belleplagne.com
www.esf-belleplagne.com
- ESF Plagne Bellecôte : 33 (0)4 79 09 01 33
contact@esf-plagne-bellecote.com
www.esf-plagne-bellecote.com


Cross-country skiing

Oxygène offers lessons for beginner or intermediate cross-country skiers. Experienced cross-country skiers can discover the whole of La Plagne's Nordic area.



OXYGÈNE

 Plagne Centre / Belle Plagne

 2 hrs from 108€


 33 (0)4 79 09 03 99
laplagne@oxygene.ski
www.oxygene.ski




Cross-country skiing and biathlon

Enjoy your winter sports holiday doing something other than downhill skiing! We take you to areas of untouched snow in beautiful, calm mountain scenery

ESF BELLE PLAGNE

 Offices at the top and bottom of Belle-Plagne / lessons in the whole Grande Plagne area

 1/2 day : 48€
6 1/2 days : 174€

 33 (0)4 79 09 06 68
info@esf-belleplagne.com
www.esf-belleplagne.com

CROSS-COUNTRY SKIING


Free access on Dou du Praz, Mairiers and Frasses slopes.


Map available at the Tourist Office

Backcountry skiing Snowboard Hiking

Mountain guide, our knowledge of the field allows us to adapt daily to off-piste conditions on the huge Paradiski area.

ESF - FRANÇOIS ALLEMOZ

 Face Nord de Bellecôte, Cul du Nant, Villaroger, Macot ...

 Daily from 9.15am to 5pm

 33 (0)6 09 41 53 85
www.guide-laplagne.com
www.hors-limit.com


Steep & Deep

Discover La Plagne's off-piste area. Explore the true nature of the mountain and the stunning landscapes.

OXYGÈNE

 Plagne Centre

 Monday to Friday

 345€ / person, including safety equipment (6 people max)

 33 (0)4 79 09 03 99
laplagne@oxygene.ski
www.oxygene.ski

ACTIVITIES



Ski Touring

A different way of discovering the mountain, away from it all. The ESF instructors will share their passion for ski touring in a session adapted to your level.

Whether you are a beginner or an expert, you can discover the most beautiful spots in the resort for ski touring with the instructors from the La Plagne ESF and get right into the heart of our natural surroundings.

Book your instructor to ski touring, alone or with friends (minimum 3 hours).

ESF PLAGNE AIME 2000



Plagne Aime 2000



Daily, before the slopes open or after they close



On request



33 (0)4 79 09 04 75
info@esfplagneaime2000.com
www.esfplagneaime2000.com

ESF LA PLAGNE



la Plagne area



Sessions for beginners every day before the slopes open and after they close. Experienced and expert skiers on request.



On request



33 (0)4 79 09 00 40
resa@esf-plagne.com
www.esf-plagne.com

REFLEX SKI SCHOOL



la Plagne area



33 (0)6 13 80 80 56
reflex-skischool@live.fr
www.reflex-skischool.com

GILLES OLIVIER



33 (0)6 60 49 54 03

First tracks

Try ski touring in a small group when it's calm, before the pistes open. Activity open to all levels.



OXYGENE



la Plagne area



Tuesday to Saturday at 7 am



49€ per person The price includes the skis, skins and boots.
Duration : 1hrs30 - 6 people max



33 (0)4 79 09 03 99
laplagne@oxygeneski
www.oxygeneski

Snowshoes walks

Discover La Plagne's best hidden and most unspoiled itineraries. Improve your snowshoeing technique so you enjoy it even more thanks to the guide's innovative teaching method!

RAQUETTES ACADEMIE



La Plagne area



Information and reservations every Sunday (at 10.30am in front of the Plagne Soleil and Belle Plagne tourist offices; at 10.45am in front of the Plagne Villages tourist office; at 11am at the bottom of the slopes in Plagne Bellecôte and Plagne Centre (terrace of Les Cocottes).



- From 25€ / ½ day
- Discounted tickets: weekly tickets, family / group tickets.



33 (0)6 58 13 36 18 (tel & whatsapp)
Facebook : @raquettesacademie
www.raquettesacademie.com

A fun ecotourism activity with a varied programme that allows you to discover our natural and cultural environment. Different formulas to suit your requirements: initiation, ½ day, full day, evening aperitif in the igloo village.

RAQUETTE ATTITUDE



la Plagne, Beaufortain and Vanoise areas



Every day: mornings, afternoons, evenings



- 15€ to 28€ / ½ day
- Discount price for 2 outings or more (ask us).
- Full days 42€ to 59€, several options
- Aperitif + walk to the Igloos 30€
- Dinner in an altitude restaurant + walk: 48€
- Private outing
- Family rates (4 people min).
Equipment always supplied. The prices include the transport



33 (0)6 21 85 58 72 from 8.am to 9.pm
dtruel@free.fr
www.raquette.net


ACTIVITIES





Snowshoes walks *suite*


A different way to discover the mountain. Enjoy getting away from it all and seeing animals and superb landscapes in the forest.

ESF PLAGNE AIME 2000

-  Plagne Aime 2000


-  Every day
Mornings - Departure at 9.30am
Afternoon - Departure at 2pm
Evening - Departure at 6pm


-  ½ day : 32€ - Day : 40€
Nocturnal (meal extra) : 22€


-  33 (0)4 79 09 04 75
info@esfplagneaime2000.com
www.esfplagneaime2000.com


Discover the unspoiled areas of our snow-covered mountains with Guillaume and enjoy his explanations of the mountain environment whilst admiring the breathtaking landscape.

GB MONTAGNE

-  High altitude resort


-  Every day (Saturday on request only) 9.30-12am / 1.30-5pm / full day Wednesday 9am-4pm/ Evening outing 6-9pm


-  - 1/2 day from 20€
- Day 50€
- Evening from 30€
- 5 1/2 day ticket 110€ (price per person)
Booking : 33 (0)6 42 08 53 35
or on line-booking :
www.gb-montagne.com


-  33 (0)6 42 08 53 35
contact@gb-montagne.com
www.gb-montagne.com


With Philippe, La Plagne's mountain hiking professional and adventure lover. Get right into the heart of the natural surroundings of our mountains in winter.

ESPACES MONTAGNES Philippe

-  La Plagne, Beaufortain, Vanoise areas

-  Daily, in the morning or afternoon + evening (see programme).

-  20€ - 25€ for ½ day
- 50€ full day (Beaufortain or Vanoise National Park, transport included)
- Evening outing with Savoyard meal in a Scandinavian chalet: 60€
- Outing + aperitif at the Igloo Village: 30€
- Special rates: 5 x ½ day: 110€.
- Groups, families, children (on request).
Snow shoes and poles supplied

-  33 (0) 6 11 49 28 18
espaces.montagnes@wanadoo.fr
www.espacesmontagnes.fr

Snowshoes walks

suite

Wonderful walks off the beaten track..



REFLEX SKI SCHOOL



Plagne Aime 2000
Plagne 1800



Day and evening



From 30€



33 (0)6 13 80 80 56
reflex-skischool@live.fr
www.reflex-skischool.com



ACTIVITIES

Other providers

ESF Plagne Bellecôte

33 (0) 4 79 09 01 33

Ecole de Ski El Pro

33 (0) 4 79 09 11 62

ESF Belle Plagne

33 (0) 4 79 09 06 68

ESF la Plagne

33 (0) 4 79 09 00 40

Oxygène Plagne Centre

33 (0) 4 79 09 03 99

Oxygène Belle Plagne

33 (0) 4 79 06 53 36

Nordic walking

Sustained physical activity. Technique of this activity eventually referred at the snowshoes when the groups can not be made for lack of participants.

ATTITUDE RAQUETTE



La Plagne area



25€/session



33 (0) 6 21 85 58 72
dtruel@free.fr
www.raquette.net

Fitness and strength. Nordic walking is a fun activity that keeps you fit and healthy!

ESPACES MONTAGNES Philippe



La Plagne area



1h30 or 2 h session



1h30 or 2 h session 25 € (poles supplied)



33 (0) 6 11 49 28 18
espaces.montagnes@wanadoo.fr
www.espacesmontagnes.fr

ACTIVITIES



Colorado luge

*Toboggan and SNOOC descents!
Conditions: 1 person per sledge,
helmet required, minimum height
1.40m*

SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE



Plagne Centre



Every day from 1.30pm to 6.30pm
(December 14th - April 25th, subject
to snow conditions)



7€ for 1 descent
30€ for 5 descents



33 (0) 4 79 09 67 00
info@ski-laplagne.com

www.skypass-laplagne.com

Tobogganning descent

*From Plagne Aime 2000 to La
Roche, an unforgettable descent
of 6 km through the forest. More
than 400 m elevation drop*

ELPRO



ELPRO Skiumium shop in Plagne
Centre. Departure from Plagne
Aime 2000, arrival in la Roche



Wednesday and Thursday,
December / February at 5.15pm
March/ April at 5.45pm



30€ - Minimum age 12 yrs



33 (0) 4 79 09 11 62
contact@elpro.fr
www.elpro.fr

Superluge Derby

*Equipped with head lamps, you
sledge down a 5km slope and
enjoy a hot wine or hot chocolate
at the bottom before being taken
back up.*

oxygène



Oxygène shop - Plagne Centre



Tuesday to Saturday



30€ per person - Minimum age 14



33 (0) 4 79 09 03 99
laplagne@oxygene.ski
www.oxygene.ski



Toboggan adventure

After skiing, come and discover La Plagne's longest toboggan run, supervised by instructors from Plagne Aime 2000 ski school.

ESF PLAGNE AIME 2000



Plagne Aime 2000



Every day at 5pm



Sledging + aperitive : 30 €
Sledging + meal : 65 €



33 (0) 4 79 09 04 75
info@esfplagneaime2000.com
www.esfplagneaime2000.com



Airboard

Dare! 5 km descent to head!

REFLEX SKI SCHOOL



From Plagne Aime 2000 to la Roche



30€/ person - Minimum age 14



33 (0) 6 13 80 80 56
reflex-skischool@live.fr
www.reflex-skischool.com

Snake-Gliss

With your family or friends, going down steadily or in sports mode, can you tame the snow snake! 5 km of descent. Thrills guaranteed.

AIR LA PLAGNE



Plagne Centre, in front of ESF



Monday - Friday after the slopes close. Saturday on demand



Adults / Kids (minimum age 6) : 30€
Reservation obligatory on
www.laplagne-snakegliss.fr



33 (0) 6 52 49 60 52
snakegliss@paradifly.com
<http://www.laplagne-snakegliss.fr>

Horse-SnakeGliss

A subtle combination of mountain tradition and new snow activities. You are pulled along on skis (several people at a time) by a horse that is walking, trotting or galloping, for a unique sensation.

AIR LA PLAGNE



Plagne Centre



Daily open



Adults / Kids (minimum age 4 yrs)



33 (0) 6 52 49 60 52
snakegliss@paradifly.com
www.laplagne-snakegliss.fr

ACTIVITIES



Super slalom

A timed and filmed slalom course where you can challenge your friends to a speed test! Open every day while the slopes are open

**SOCIÉTÉ D'AMÉNAGEMENT
DE LA STATION DE LA
PLAGNE**



Plagne Aime 2000



Every day while the ski runs are open



Included in the ski pass



33 (0)4 79 09 67 00
info@ski-laplagne.com
www.skipass-laplagne.com

Fun slope

*The longest fun slope in Europe, open to all
Open to all skiers who can ski blue runs.*

**SOCIÉTÉ D'AMÉNAGEMENT
DE LA STATION DE LA
PLAGNE**



Up to Arpette chairlift
Plagne Bellecôte



Every day while the ski runs are open



Included on ski pass



33 (0)4 79 09 67 00
info@ski-laplagne.com
www.skipass-laplagne.com

Buffalo Park

New this winter: Buffalo Park! Join our adventurer on the new fun slope in Plagne Centre and create your own legend!

**SOCIÉTÉ D'AMÉNAGEMENT
DE LA STATION DE LA
PLAGNE**



Up to Colorado chairlift
Plagne Centre



Every day while the ski runs are open



Included on ski pass



33 (0)4 79 09 67 00
info@ski-laplagne.com
www.skipass-laplagne.com

Taxi ski


Unique in La Plagne ! Anyone who can't or doesn't want to ski can discover the slopes of La Plagne comfortably sitting in a chair!



oxyGENE

 Plagne Centre / Belle Plagne

 Available all week

 2 hours outing : from 150€, ski pass is not included


 33 (0)4 79 09 03 99
laplagne@oxygene.ski
www.oxygene.ski

First Tracks

Come and ski the first tracks in the morning!

SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

 Top of Funiplagne Grande Rochette
Top of Fornelet chairlift

 15€
Information, dates and reservations on www.skipass-laplagne.com

 33 (0) 4 79 09 67 00
info@ski-laplagne.com
www.skipass-laplagne.com


Snowboard experience

On Fridays, when you know all there is to know about skiing, why not try a snowboard lesson with ELPRO's all-inclusive formula! Learn the basics and taking the lifts for the first time.

ELPRO

 ELPRO shops
Plagne Centre or Belle Plagne

 On Friday, 2hrs

 30€ including the equipment-
Minimum age 8 yrs

 33 (0) 4 79 09 11 62
contact@elpro.fr
www.elpro.fr

Snowboard Initiation

Try the fun of snowboarding! Discover the basic skills of this sport with a group of other beginners. If you have never tried it, here's your chance...

oxyGENE

 Plagne Centre

 Friday at 2.45pm

 30€ per person

 33 (0)4 79 09 03 99
laplagne@oxygene.ski
www.oxygene.ski

ACTIVITIES



Skidoos

Snow panthers will take you on a one hour trip in the evening after the pistes close. Take advantage and explore the mountain on board this extraordinary machine.

SNOW PANTHERS



Plagne Centre, chalet next to Funiplagne Grande Rochette.



Every day from 5pm, 6.10pm, 7.20pm and 8.30pm.



- Per skidoo (solo/duo) : 99€ for 1h
- Passenger behind the guide : 30€ for 1h.



33 (0) 6 14 03 22 49
alexis.schaeffer@wanadoo.fr
www.motoneige-laplagne.com

ELPRO



ElPro skidoo base - Belle Plagne



5.30pm every evening except Monday



- Solo / duo : 99€
- Passenger behind the guide : 45€
Pilot from 18 yrs
Passenger from 8yrs



33 (0) 4 79 09 11 62
contact@elpro.fr
www.elpro.fr

PEB EVASION



Chalet des Moutons
Plagne Bellecôte



Daily from 5.30pm



- Solo / duo : 99€
- Passenger behind the guide : 30€



33 (0)6 12 99 88 35
pebevasion@orange.fr
www.motoneige-la-plagne.fr

Sled dogs

Let a professional musher take you for a ride in a large sleigh pulled by a team of 7 to 10 dogs! You can even try driving the team yourself!



Dou du Praz in Plagne Villages



First outing :

Tuesday, Thursday, Saturday or Sunday. 1st outing 9.30am, last one at 4pm.

Driving activity :

Thursdays out of school holidays,
Saturdays during school holidays



First outing :

Duration : 30 min

- 1 or 2 persons : 98€

- 2 adults + 1 kid (max. age 12) : 132€

- 2 adults + 2 kids (max. age 5) : 148€

Driving activity :

Duration : 15 mn briefing + 1h15 min driving

- 77€ per person (minimum age 11)

Driving a snow groomer

Try driving a snow groomer on a circuit

TEAM VAUDEY



Ecartée slope - Plagne Villages / Plagne Soleil



Wednesday, Thursday and Friday from midday to 8.pm, by appointment only



- Adult : 60€

- Child trip : 30€



33 (0) 6 11 95 40 72 - 33 (0) 6 17 33 51 95

vaudey.tp@gmail.com



33 (0) 4 79 24 22 15

33 (0) 6 34 45 53 15

mathias.bernal@hotmail.fr

www.horstraceadventure.fr

ACTIVITIES



Zipwire cascade

A thrill-filled series of 8 zip lines in a stunning setting at 2100m. Surrounded by snowy pine trees, you zigzag along 1.6km of cable above the Canyon du Vallon de l'Ours. Sensations and emotions guaranteed!

ELPRO



ElPro in Belle Plagne



Tuesday, Wednesday, Thursday at
5.30pm - Around 1h - 1h30



30€ - From 12 yrs (profil sportif)



33 (0)4 79 09 11 62
contact@elpro.fr
www.elpro.fr

Supertyro

Fly over the slopes on our thrilling 600m-long zipwire going from Plagne Aime 2000 to Plagne Centre.

SUPERTYRO LA PLAGNE



Plagne Aime 2000 / Plagne Centre



See on page facebook :
facebook/supertyrolaplagne



15€



33 (0)6 51 21 01 73

Igloo Village

Make a childhood dream come true when you eat and spend the night in an igloo. Enjoy the welcoming atmosphere and the unusual surroundings.

BLACKSHEEP IGLOO

-  Dou du Praz, just next to Plagne Villages
-  Every day from 7pm. Closed Monday.
- 
 - Dinner (aperitive, starter, cheese fondue and dessert) : 59€
 - Igloo Multi (dormitory for 8 persons) : From 109€/person with ½ board
 - Igloo Duo (Igloo privatisé pour 2 personnes) : From 378€ with ½ board
 - Igloo Family (private 3 to 6-person room) : From 139€/person with ½ board
 - Hot igloo (a heated igloo room with panoramic view) : From 398€ with ½ board
-  By booking only : 33 (0)9 51 38 88 15
contact@blacksheep-igloo.com
www.blacksheep-igloo.com



ACTIVITIES

£- Fat bike

Use the electrical assistance to go up the slopes, then race down them easily on these bikes with wide tyres. Go on an unforgettable tour with a qualified instructor.

ELPRO

-  ELPRO Skimium shop in Plagne Centre
-  From 5.15pm according to the season
- 
 - «Discovery» tour 1 ½h : 69€ minimum age 12 yrs
 - «Mountain» tour 2h : 89€
- Including breakfast / aperitive! Minimum 14 yrs
-  33 (0) 4 79 09 11 62
contact@elpro.fr www.elpro.fr

Electric mountain biking tour

After the pistes close, Paradibike, La Plagne's 1st official mountain biking school, proposes evening rides covering 10 - 15 km. Come and discover new riding sensations in a magical decor, accompanied by an instructor.

PARADIBIKE

-  Plagne Centre
-  Every evening, on reservation
-  From 50€
-  33 (0) 6 80 74 36 00
laplagneparadibike@gmail.com
www.paradibike.com

ACTIVITIES




Skating rinks

Outdoor skating on a 400m² rink in the centre of the Village... A magical moment to share with your family! Activity open to children from age 2, penguins and chairs available for rent.

RINKS


 Plagne Centre - Pierra Menta Space

 33 (0) 4 79 09 02 01


Come and enjoy our 1800 m² natural outdoor skating rink with views of Mont St Jacques, next to Les Colosses chairlift. Hockey equipment and sleds to use on the rink.

CHALET DES COLOSSES

 Plagne Bellecôte

 Open Monday – Saturday, 10am – 10pm
(subject to weather conditions)
CLOSED SUNDAY


 With skate rental:
Adults: 8€
Children (under 12): 6€
Entry without skate rental: 5€

 33 (0) 4 79 09 28 70
colossesloisirs@orange.fr


Swimming-pool

25 m pool, water at 30°C, Jacuzzi, 2 saunas.

MAGIC POOL

 Plagne Bellecôte

 From December 18th, Monday - Saturday (3 – 8pm) - evening session Thursday 8 – 10pm-closed on Sunday

 - Adult 9.50€ (15€ with wellness area)
- Child (6-13ans) 5.50€
- Under 5 free

 33 (0) 4 79 09 05 89
www.aquaplagne.fr



Bowlings


Bar with cosy atmosphere: cocktails, wide choice of beers, tapas, oysters. Bowling alley with bumper rail for children (min. age 5 yrs).


Games room: pool table, pinball, puck game, arcade games.


Major sports events shown.

Free WIFI.

BOWLING BAR BELLE PLAGNE

 Belle Plagne, lower shopping centre under the Deep Nature Bains et Spa

 Daily, 4pm – 3am (opens 2pm in bad weather)

 Bowling prices according to time slot


 33 (0) 4 79 09 00 78
bowlingsbelleplagne@orange.fr
www.sortir-a-la-plagne.fr


Escape game

Come and try a life-size escape game with 1 hour to find a rare animal or solve the riddle of the Mont Saint Jacques Bunker. A team-building game for all ages.

LE HOLIDAYS BOWLING

 Plagne Centre - Espace Pierra Menta


 Daily, 4pm – 2am (opens 2pm in bad weather)


 09 62 69 59 91
leolidaysbowling@gmail.com

ESCAPE2ROOMS

 Snowfront of Plagne Bellecôte, near Skiset shop

 Monday to Saturday from 10am to 10pm

 From 20€ to 38€

 Info and booking :
www.escape2rooms.fr
 Contact : infos@escape2rooms.fr

ACTIVITIES





Bridge

The La Plagne Owners' Association proposes convivial bridge sessions.

ASS. DES PROPRIÉTAIRES DE LA PLAGNE

 Plagne Centre

 Thursdays at 5pm (out of school holidays)


 33 (0) 4 79 08 62 07


Aquarelle session

Using a photo of a mountain landscape, equipment provided.
I come to you and can organise group sessions if other people register.

JEAN-LOUP BENOIT

 Plagne Centre

 40€ per person


 33 (0) 6 79 62 98 67


Omnisport hall

Weights room (with conditions), climbing wall (with conditions), free sports activities, sport hall on booking.

LA PLAGNE TOURISME

 Plagne Centre

 Monday to Friday from 2.pm to 7.30pm

 Weights room and climbing wall : per session, 5 sessions or 10 sessions and weekly or season ticket / Sport hall : 1 hour booking.

 33 (0) 4 79 55 15 15
omniplagnela-plagne.com
www.la-plagne.com


Cinema


Les Ecrins cinema has all the latest digital technology.



RÉGIE CINÉMA LA PLAGNE TARENTAISE

 Plagne Centre

 Daily at 6pm and 9pm. Films screened at 2.30pm in very bad weather


 - Adult : 1 entry : 8.50€
- Child : 1 entry : 7.00€
- Reduced rates with Plagne Access :
Adult : 1 entry : 6.80€
Child : 1 entry : 5.80€

 33 (0) 4 79 09 02 01
cine-plagne@orange.fr
www.laplagnetarentaise.fr

Laser Game

LASER GAME LA PLAGNE

 Plagne Centre

 33 (0) 6 03 50 79 66

Public library

Open to all: 5000 books and documents to borrow or consult.

BIBLIOTHÈQUE MUNICIPALE

 Plagne Centre - Omnisports hall

 33 (0) 4 79 22 45 38
www.biblio-macotlaplagne.fr

ACTIVITIES



Helicopter rides

Come and discover the whole of La Plagne, the Tarentaise valley, the Beaufortin and Vanoise regions or even Mont-Blanc.

AIR LA PLAGNE



Les Bouclets helistation (between the top of the Olympic Bobsleigh track and Plagne 1800)



N.B: only one day / week, according to weather conditions



Panoramic flight: 160€
Prestige flight: 260€
Mont - Blanc flight: 460€
Activity open to people with reduced mobility



33 (0)7 81 56 83 58
airlaplagne@gmail.com
www.air-la-plagne.com

Hang gliding flight

A unique and exceptional experience in France!

AIR LA PLAGNE



Up to Grande Rochette (Funiplagne cable car)



ATTENTION : seulement une journée par semaine, définie selon météo.



- King flight : 300€



33 (0)7 81 56 83 58
airlaplagne@gmail.com
www.air-la-plagne.com

Paragliding

Opened 1998, a team of qualified and experienced professionals specialising in 1st paraglider flights. Min. age 3, on foot, or on skis or a snow-board.

AIR LA PLAGNE PARAPENTE



Top of Grande Rochette Plagne Centre (Funiplagne cable car)



Daily from 9am to 9pm



- Discovery flight : 80€
- Panoramic flight : 110€
- Prestige flight : 140€
- King of La Plagne flight : 300€



33 (0) 7 81 56 83 58
airlaplagne@gmail.com
www.air-la-plagne.com

Take off on skis or on foot and discover the resort from above on a paragliding flight, descending 500 to 2000 m. 8 to 45 min flight time. Min. age 6.

ELPRO / PLAGN'AIR PARTNER



Top of Grande Rochette Plagne Centre
(Funiplagne cable car)



Open daily from 9am until the slopes close.



- Vision flight: 7/10 min: 80€
- Horizon flight: 15 / 20 min: 110€
- Condor flight: 25 / 45 min: 140€ (in warm air currents)
- King & Queen flight: 25 / 40 min -160 € (includes flight to valley, photo/video pack & transport back to resort)
- Free options: dual control flying & level 1 aerobatics (inversions, 360s)
- Photo/Video Pack: 20€



Bruno : 33 (0)6 15 06 09 31 /
33 (0)7 68 48 43 73
ELPRO : 33 (0)4 79 09 11 62
para.plagnair@gmail.com
www.laplagne-parapente.com

Try a tandem paragliding flight accompanied by a professional and share an unforgettable moment flying over the La Plagne area.

ESF PLAGNE BELLECÔTE



Top of Roche de Mio



33 (0) 4 79 09 01 33
contact@esf-plagne-bellecote.com
www.esf-plagne-bellecote.com

ESF BELLE PLAGNE



Top Roche de Mio



33 (0) 4 79 09 06 68
info@esf-belleplagne.com
www.esf-belleplagne.com



ACTIVITIES

Tandem paragliding flight with a state-qualified instructor.
Accessible to all, pleasure and thrills guaranteed...

FLY IN PARADISE



Top of Roche de Mio



Daily from 9.am to 5.pm



From 80€ to 150€



33 (0)6 63 71 59 78
contact@fly-in-paradise.fr
www.fly-in-paradise.fr

Come and share an unforgettable moment on a tandem flight with our paragliding instructors. A gentle "discovery" flight or a more dynamic and technical "mountain" flight.

ELPRO



Top of Roche de Mio



Daily according to flying conditions



- Discovery flight : 80€
- Mountain flight : 160€



33 (0) 4 79 09 11 62
contact@elpro.fr
www.elpro.fr

ACTIVITIES



Wellness

NUXE Spa with swimming pool, sauna, tepidarium, Ice-Room, relaxation room and treatment rooms for one or two people.

SPA NUXE Araucaria Hotel & Spa



Plagne Centre



13/12/2019 to 18/04/2020 from 10 am to 8pm. Access when you book a treatment only.



Nuxe Deep Tissue Massage (45 min): 88€
- Crème Fraîche® facial (1hr15): 118€
- Rêve de Miel® body treatment (1hr15): 133€



spa@araucaria-hotel.com

Deep Nature invites you to discover the Bains & Spa La Plagne with its stunning views of the mountains: a 1500m² cocoon of relaxation for guests of all ages.

BAINS & SPA LA PLAGNE



Belle Plagne



Open daily, 10 – 12am & 2 – 8pm



33 (0) 4 58 35 00 00
spabelleplagne@deepnature.fr

SPA LE CENTAURE Club MIMV le Centaure



Belle Plagne



33 (0) 4 79 09 41 48

Qualified beautician Lorraine offers a wide range of beauty treatments for relaxation and recuperation after sport: facials, hair removal, mani/pedi, semi-permanent varnish, treatments for future mothers, Californian & Hawaiian massages, hot stone treatments, foot reflexology. Weekly cures. Bio Phyt's products.

ESTHÉ BIO



Plagne Centre, residence Le France, apt 318, 3rd floor



By appointment, closed Saturday & Sunday morning.



- Body modelling from 45€
- Facials from 55€
- Wellness pack from 120€ to 300€
Payment: cheque, cash or Plagne Access. Credit cards not accepted.



33 (0) 6 30 65 39 24
esthebio@orange.fr
www.esthebio.fr

Facials and body treatments, relaxing or invigorating modelling treatments, beauty treatments, Ô des Cimes invites you to visit its original and exceptional spa. Open to all.



SPA D'ALTITUDE Ô DES CIMES



Plagne Soleil
Résidence les Granges du Soleil



Open daily, 10 – 12am & 4 – 8pm



From 40€ to 500€ (package)



33 (0) 4 79 23 22 10
soleil@cgh-residences.com
www.cgh-residences.com
www.odescimes.com

A centre devoted to your wellbeing. Franck and his team guarantee you an unforgettable moment. Massages, private Jacuzzi, Turkish bath, sauna. Beauty treatments, semi-permanent varnish.

SPA BELLECÔTE



Plagne Bellecôte



Open daily, 10 – 12am & 1 – 8pm



33 (0) 4 79 09 22 48
www.spa-bellecote.fr

SPA BY LES BALCONS



Belle Plagne



33 (0)4 79 55 79 56

The Spa at the Hotel Carlina offers an exceptional moment of relaxation: Pure Altitude treatments, rest and relaxation, facials, body treatments, scrubs, wraps, massages ...

SPA CARLINA HÔTEL



Belle Plagne
Carlina Hôtel



Open daily by appointment



33 (0)4 79 09 78 46
www.carlina-belleplagne.com

Beautician Roxane proposes in Plagne Villages: relaxation massages, après-ski recuperation, hair removal, facials, semi-permanent varnish...

L'INSTITUT NOMADE



Odalys «Front de neige» residence
Plagne Villages



By appointment



Relaxation massages, après-ski recuperation : 30min : 40€, 1h : 70€
Facials: 40€ to 60€
Hot stone treatments 1h : 75€
Payment: cheque, cash



33 (0)6 80 77 49 98

ACTIVITIES




Wellness


Fanny Delvallée, qualified osteopath and sports osteopath, treats your acute and chronic pain and problems linked to the digestive, neurological and gynaecological systems.

OSTEOPATHY CENTER


Fanny Delvallée


 Plagne Aime 2000

 Open daily by appointment

 33 (0) 6 50 51 40 08

MASSAGE ME


 At home


 33 (0) 4 79 04 20 66

Jean-Louis, a specialist in osteopathy massages with many years of experience, welcomes you to his new practice in Belle Plagne to find balance and harmony and relief from stress, pain and tension.

OSTEOPATHY & MASSAGES

Jean-Louis fabre

 Belle Plagne, lower commercial center (stairs to gondola)

 Open daily, 10 – 8pm by appointment


 33 (0) 6 63 93 47 86
33 (0) 4 79 09 31 46
jean-louis-fabre@orange.fr
www.osteomassages-laplagne.com


Osteopathy treatments for all types of patients including sports-related issues, children, seniors, pregnant women, babies.

*Consultations on rdv only on 04 79 55 56 34 or on doctolib.fr
Tissue, structural, visceral, cranial, biodynamic and energy osteopathy treatments.*

OSTEOPATH JULIETTE LAGONDET

 Plagne Centre - Galerie les Ecrins

 Open daily, 8am – 8pm

 - 65€ for a consultation
- 80€ emergency, day-off and Sunday

 33 (0) 4 79 55 56 34
www.doctolib.fr
www.osteopathe-laplagne.com

Rehabilitation of all types of pathology (traumato, sciatica, back, sprain,) as well as comfort massage (Californian massage, hot stones or sports) and taping.

KINÉ BIEN-ÊTRE

INGRID EVRARD



Plagne Centre - Galerie des Ecrins



Monday, Tuesday, Thursday and some times on Friday.



Physiotherapy session according to the prescription (on average from 20 to 25 €) / Tappings: 25 € / massages between 40 and 70 € according to the duration of the massage (1/2 h or 1 h).



33 6 20 77 84 17

33 4 79 09 13 38

evrardingrid@yahoo.fr

Céline will help to free you from pain, stress and blockages to feel better fast. Emergency consultation or by appointment.

OSTEOPATHY CENTER

CÉLINE TORRENT



Plagne Bellecôte
SPA Bellecôte



Open daily, 10 - 8pm



60€



33 7 69 35 09 04

celine.torrent@live.fr

CHALET SANTÉ

René Allamand



Plagne 1800



33 (0)6 23 87 45 64



Physiotherapist specialising in Reflexology, Energy and Fitness treatments, treating acute and chronic pain linked to stress/fatigue using unblocking, recovery and general relaxation techniques.

L'EMPREINTE DE SOI At home

Nathalie Kempinaire



At home



Daily by appointment



33 (0) 6 30 59 68 83

SPA BY LES BALCONS



Belle Plagne



04 79 55 79 56

PHYSIOTHERAPY & OSTEOPATHY Antoine Simon & Solène Rambourg



Plagne Centre - Les Lodges



Solène RAMBOURG
33 (0)6 61 06 97 88
Antoine SIMON
33 (0)6 23 82 40 88

EVE COIFFURE



A domicile



33 (0)6 99 28 37 39

CRÉA'TIFF



Plagne Aime 2000



33 (0)4 79 09 09 77

VIP COIFFURE



Plagne Centre



33 (0)6 99 28 37 39

Ô COIFFEUR



Plagne Bellecôte



33 (0)4 79 07 39 60

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CHAQUE VIRAGE
AVEC AUDACE.

RACER

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salomon
TIME TO PLAY

CHOOSE
YOUR
BLAST

**SONS
OF A
BLAST**



PARTENAIRE OFFICIEL DE LA PLAGNE

Paradiski



WE PUSH IT

DARE 2B PARTENAIRE
OFFICIEL DE LA PLAGNE



DARE 2B



LA PLAGNE
Paradiski



CREDIT PHOTO : MANU MOLLE



PEUGEOT
CYCLES

PARTENAIRE OFFICIEL DE LA PLAGNE
Paradiski



CÉBÉ
PURE ADRENALINE



PHOTOS : T. HYTTE - KLIP PRODUCTION - MIRAGE PHOTOGRAPHY



CÉBÉ PARTENAIRE OFFICIEL DE LA PLAGNE
Paradiski

*Unforgettable**

ÉTÉ 2020 SUMMER 2020



LA PLAGNE
Paradiski

***VENEZ VIVRE DES MOMENTS INOUBLIABLES**

VALLÉE | CHAMPAGNY EN VANOISE | MONTALBERT | MONTCHAVIN-LES COCHES
PLAGNE 1800 | PLAGNE CENTRE | PLAGNE BELLECÔTE
PLAGNE VILLAGES | PLAGNE SOLEIL | PLAGNE AIME 2000 | BELLE PLAGNE