LA PLAGNE
MONTCHAVIN - LES COCHES

MONTCHAVIN - LES COCHES

Your holiday planner

SUMMER 2022

GP été 2022 GB.indd 1 23/05/2022 16:25:01

ET SI C'ÉTAIT LE BON MOMENT POUR DÉCOUVRIR LA GAMME HYUNDAI ?

- Thermique,
- Electrique,
- Hybride,
- Hydrogène.

Venez choisir le modèle et la motorisation qui vous correspond dans nos concessions.

JEAN LAIN HYUNDAI

ALBERTVILLE
CHAMBÉRY
ECHIROLLES
SEYNOD
VILLE-LA-GRAND

Pour les trajets courts, privilégiez la marche ou le vélo. #SeDéplacerMoinsPolluer

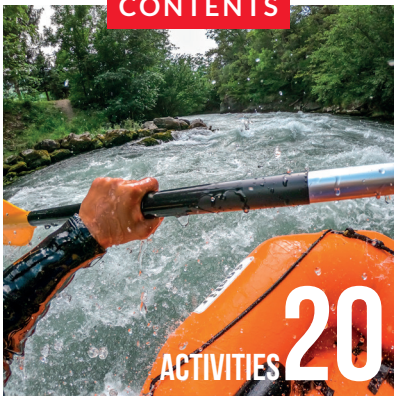
04 201 01 201

www.jeanlain.com

Jean Lain MOBILITÉS

HYUNDAI

CONTENTS


ACTIVITIES 20

INFORMATION 06

14 HIKE

SHUTTLES 30

EVENTS 28

NEW ACTIVITIES 12

CHILDREN 08

BIKE 17

USER CONTACTS 32

La Plagne remercie ses partenaires

GP été 2022 GB.indd 3 23/05/2022 16:25:09

SERENITY

TOGETHER AGAIN !
AT LAST ...

An unforgettable holiday,

For those of us whose job it is to craft and create your holiday and whose main aim is to welcome you here to share our love of the mountains, it will be a great moment when we are able to open our doors once again.

It is with real feeling that we say to you: ˘Thank you for trusting us and letting us help to create your memories˘

Thank you for sharing all these moments with us.˘

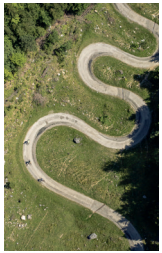
Thank you for coming (back) to see us...

You are at home here.

GP été 2022 GB.indd 4 23/05/2022 16:25:10

La Plagne, resort of champions

La Plagne is delighted to be joining the Terre de Jeux 2024 community ! Right from the bidding phase, Paris 2024 announced that these Games would belong to the whole of France. With the Terre de Jeux 2024 label, this promise is embodied in La Plagne and throughout France.
This scheme, which is a first in the history of the Games, recognises local authorities that are working to promote a more developed and inclusive practice of sport from a municipal to a region scale, including all the different players involved in the sports movement.



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WELCOME

Tourist Office Services

TOURIST OFFICES

Montchavin & Les Coches.

Every day from 9am to 12pm and from 2.30pm to 6pm.

Be careful : from 20/06 to 01/07 & from 27/08 to 11/09, from monday to saturday :
from 9am to 12pm & from 2.30pm to 5.30pm.

Contact Montchavin :
04 79 07 82 82
Contact Les Coches :
04 79 07 82 43
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

LOST PROPERTY

All lost property will be kept at the Tourist Office.

RESORT CLEANLINESS

Please dispose of all your rubbish according to recycling information situated on the Moloks-large dustbins. Please do not drop litter.

- Green Bins : glass jars and bottles.
- Yellow Bins : plastic bottles, cans, paper and small cartons.
- Black Bins : other waste.

Your pets are our friends too, when you walking with yout pets, please respect others and ensure youleave the surroundings as you would wish to find them.

WEATHER FORECAST

A weather forecast is displayed inside the Tourist Office daily.

INTERNET

An operator offers the Wi-Fi internet service via hotspots.

1day 5€ - 1 week 10€
- 1 month 20€

Hire box wifi pocket : private wifi network 3G / 4G in the resort with possibility to connect 10 devices.

1 day 7€ - 1 week 39€

UNDERCOVER PARKING

Interior parking spaces are available under the Tourist Office (40 spaces)

1 week 50€, deposit 50€.

Offices de Tourisme de France

QUALITÉ TOURISME

Travel of Oz

20 TERRE DE JEUX 24

GP été 2022 GB.indd 6 23/05/2022 16:25:13

SUSTAINABLE DEVELOPMENT

The small steps of a Great Resort

When they imagined the resort of La Plagne 60 years ago, its pioneers offered the inhabitants of these mountains and the valley a better life, as well as giving as many people as possible access to winter sports and mountain leisure activities (people from the city and the country, people of all ages, novices and experienced athletes, ski and mountain lovers from France and abroad...)

Today, our society is facing upheavals of a profound and unprecedented nature, with global warming and the collapse of biodiversity, and their impact on our ecosystems and lifestyles.

As the world's leading ski resort, we have a great responsibility. We believe that our historic mission has never been more important and that it has taken on new meaning in the light of these challenges.

La Plagne is a multi-site resort, offering around 55,000 beds and welcoming some 575,000 visitors per year in the heart of exceptional natural areas. Enlightened management of these areas and their development in a respectful manner to structure these visitor flows, as well as large-scale awareness of their fragility are the keys to a desirable future for the resort.

Now, and in the future, La Plagne wishes

- **To ensure that the local inhabitants can continue to live well in the area**
- **To allow all those who wish to do so access to the mountain areas to enjoy their benefits, without damaging the ecosystems**

GP été 2022 GB.indd 7 23/05/2022 16:25:18

CHILDREN

2 clubs welcome children in Les Coches.
Des plannings d'activités adaptés par tranche d'âge sont proposés.

CALINS DES NEIGES (5 months to 4 years)

Place du Carreau Les Coches

Tuesday to friday from 9am to 5pm.
From 12/07 to 26/08.

1 hour : 5€ & a lunch : 7€

Contact : 04 79 09 00 83

CENTRE DE LOISIRS DES CIMES (3 years to 11 years)

Place du Carreau Les Coches.

Monday to friday from 9am to 5pm.
From 11/07 to 26/08.

From a morning : 16€ to a day :50€.
From 76€ the 5 mornings to 238€ the 5 days.

Contact : 04 79 09 00 83

MATERIEL A PREVOIR

Don't forget for younger children: a small bag with their favourite toy, trainers or closed shoes, sun cream, rain jacket, hat, swimming costume and a towel marked with the child's name.

BABY SITTER

Ask the Tourist Office for a list.

FAMILY SERVICE

Strollers can be rented at most sports shops of the resort (cf user contacts).

Accro Bungee

Take to the air in absolute safety !

UP & GO PARK

Les Coches, face Patinoire

Tous les jours à partir de 10h
Nocturne le mercredi

6€ les 10 mn

Contact : 06 85 02 55 38
www.upandgopark.com

GP été 2022 GB.indd 8 23/05/2022 16:25:19

Les 5 expériences vitaminées de l'été à faire en famille

Patinoire :
(Page 13) If you want to go skating and amaze your parents, or your children, don't hesitate any longer! Come and have fun at the skating rink !

Family Race :
(Page 23) The race is not timed or ranked, but this is a family course strewn with fun obstacles that you will need the whole family to get through. So on your marks...get set...GO!!!

Parcours Accrobranche :
(Page 12) 88 sections across 5 routes for the whole family (62 sections) with a continuous lifeline and a special Pitchouns (26 sections) for little ones (until 5 years with a parent).

Poneys :
(Page 13) Share an unforgettable moment with your family on a pony ride in the mountains with different routes that last 15 minutes to 1 hour.

Canirando et visite de chenil:
(Page 12) With special equipment, you are linked to a nordic dog.

FAMILLE PLUS MOUNTAIN

Famille Plus Mountain is the first and only national tourism label to approve the facilities and services available to families with children staying in French tourist destinations. It is recognised by the French Ministry of Tourism.

6 commitments that the resorts must adhere to in order to play host to both children and adults.

1. A tailor-made infrastructure for families
2. Entertainment and activities to suit all ages
3. A price to suit everyone : from the youngest to the oldest
4. Activities for adults and children to enjoy, together or separately
5. Professionals that are trained to take great care of children
6. Children to be taken great care of by professional

www.familleplus.fr et
www.montchavin-la-plagne.com

FamillePlus
VIVRE ENSEMBLE
DE BELLES EXPÉRIENCES

GP été 2022 GB.indd 9 23/05/2022 16:25:19

PUYDUFOU®

les émotions sont éternelles.

Après la Plagne, votre aventure continue sur

puydufou.com

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WEATHER

ACTIVITY TRACKER

PERSONALISED GUIDE

SKI PASS TOP-UP

INTERACTIVE PISTE MAP

A mountain of stuff on your phone

Download Paradiski YUGE

Télécharger dans l'App Store

DISPONIBLE SUR Google Play

YUGE Paradiski

ACTIVITIES /NEWS

Canirando et Visite de Chenil

NEW

With special equipment, you are linked to a nordic dog.
For hiking beginners, an original way to discover the mountains.

EVOLUTION 2

Village Tipi Evolution 2

Sunday to Friday

From 35€

Contact Montchavin : 04 79 07 81 85
Contact Les Coches : 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montcha-vin-les-coches

Escape Game

NEW

With your family or friends, make teams of 2 to 5 players and try to escape the forest before the timer runs out. You will need to be cunning and efficient to solve the series of mountain-themed riddles and hidden clues that await you!

ROBIN BERNARD

Les Coches, Téléski Petit Sauget

Monday to friday from 01/07 to 30/08

Open : 10am / 11am / 2pm / 3pm

1hour : 15€ (single price)

Minimum age 7 years if you are with a parent .

Contact : 06 52 05 47 60

Tree Top Adventure Course

NEW

88 sections across 5 routes for the whole family (62 sections) with a continuous lifeline and a special Pitchouns (26 sections) for little ones (until 5 years with a parent).

UP & GO PARK

Les Coches,near skating rink

Every day from 10am

Nocturne on wednesday

- Parcours Pitchouns (2 to 5 years) : 9€
- Parcours Famille : 19€(single price)

Contact : 06 85 02 55 38

www.upandgopark.com

GP été 2022 GB.indd 12 23/05/2022 16:25:22

Poneys

Share an unforgettable moment with your family on a pony ride in the mountains with different routes that last 15 minutes to 1 hour.

LE MINI RANCH

Les Coches, Téléski Petit Sauget

Monday to friday
From 10am to 12pm & from 2pm to 5.30pm

- 15 mn : 8 €
- 30 mn : 12€
- 1 h : 20€

Contact : 06 80 36 93 07

Archery

Robin des Bois (Robin Hood) welcomes you for archery lessons on the archery range and their «Zombie Hunt» in the forest.

OFFICE DE TOURISME

Montchavin & Les Coches

Monday, wednesday & friday from 10am to 12pm & from 2pm to 6pm

- 30 minutes : 8€
- 1 hour : 13€
- Stage (6 x 1h) : 65€
- Tournament : 8€
- Zombie Hunt 1h30 : 16€

Contact : 04 79 07 82 82
Robin des Bois : 06 10 68 48 28

Electric Scooter Rides

Come and discover this original activity on a guided ride on mountain trails on an all-terrain scooter !

UP & GO PARK

Les Coches near skating rink

Every day from 10am
Nocturne on wednesday

- Guided ride 1.5 hrs from 45€
Helmet provided. From 14 years.

Contact : 06 85 02 55 38
www.upandgopark.com

Skating Rink

If you want to go skating and amaze your parents, or your children, don't hesitate any longer! Come and have fun at the skating rink !

SKATING RINK

Les Coches

Every day from10am to 8pm
Nocturne on wednesday to 10pm

From 5€ without skates
From 8€ with skates

Contact : 04 58 24 00 46

GP été 2022 GB.indd 13 23/05/2022 16:25:22

Hiking with the Mountain Guides

Natur'Découverte theme walks : Learning about nature while having fun: the shrinking of a glacier, orienteering, using plants...
Discover the mountain during easy family walks or hikes for good walkers: peaks, lakes, fauna & flora, all the richness of the National Parks...

BUREAU MONTAGNE ET NATURE

Les Coches, Bureau des Guides near Tourist Office

Registration from sunday to friday, from 6pm to 7pm in Les Coches

Half day from12€
A day from 20€ (single price)

Contact : 06 63 88 70 73 or 06 01 78 06 65
guidesmontchavin@gmail.com www.guidesmontagne.com

A free map showing 16 itineraries is available from Montchavin and Les Coches Tourist Offices.

- Wear appropriate shoe and check the weather forecast before you leave
- Take a snack and a bottle of water
- Don't forget sun cream, sunglasses, warm clothing & rainwear
- Don't go on your own and always let someone know where you are going
- Keep your dog on a lead and in case of an accident, call 112.

Canyoning

Descend the gorges and streams, mixing the techniques of mountaineering and swimming.

BUREAU MONTAGNE ET NATURE

Les Coches, Bureau des Guides near Tourist Office

Registration from sunday to friday, from 6pm to 7pm in Les Coches

Initiation half day : 55€, day : 70€

Contact : Serge 06 77 07 06 22 or 06 01 78 06 65
guidesmontchavin@gmail.com www.guidesmontagne.com

Montchavin-la Plagne is just on the edge of the Vanoise National Park, so you can find all the information about the park in our Tourist Offices: technical sheets, park regulations, the Park journal, list of refuges ... the centre of the Park stretches over 53 000 hectares.

From Montchavin-la Plagne, the quickest way to get there is via Peisey-Nancroix, going in from Rosuel (15km by car).

GP été 2022 GB.indd 14 23/05/2022 16:25:23

Glacier Hiking

A small team of mountain enthusiasts invites you to discover and share the magic of glaciers and walls.

BUREAU MONTAGNE ET NATURE

Les Coches, near Tourist Office

Registration from sunday to friday, from 6pm to 7pm in Les Coches

From 84€

Contact : Jean-Michel 06 09 30 56
40 or 06 01 78 06 65
guidesmontchavin@gmail.com
www.guidesmontagne.com

Climbing

Emphasis put on the technique of laying the feet

BUREAU MONTAGNE ET NATURE

Les Coches, near Tourist Office

Registration from sunday to friday, from 6pm to 7pm in Les Coches

Half day from 40€

Contact : Jean-Michel 06 09 30 56
40 or 06 01 78 06 65
guidesmontchavin@gmail.com
www.guidesmontagne.com

Via Ferrata

Climb rock walls using artificial means, ladders, steps, cables, Nepalese bridges to facilitate ascent.

BUREAU MONTAGNE ET NATURE

Les Coches, near Tourist Office

Registration from sunday to friday, from 6pm to 7pm in Les Coches

Half day : 62€, day : 85€

Contact : Jean-Michel 06 09 30 56
40 or 06 01 78 06 65
guidesmontchavin@gmail.com
www.guidesmontagne.com

GP été 2022 GB.indd 15 23/05/2022 16:25:24

Lifts open for pedestrians and mountain bikers

- **Télécabine des Coches** : sunday to friday from 9am to 12.15pm & from 1.30pm to 5.40 (03/07 to 28/08/2022).

- **Télésiège de Plan Bois** : sunday to friday from 9am to 12.15pm & from 1.30pm to 5.40 (03/07 to 28/08/2022).

- **Télébufette** : sunday to friday from 9am to 12.15pm & from 1.30pm to 5.40 (03/07 to 28/08/2022).

- **Vanoise Express** : monday & tuesday and thursday & friday from 9am to 12.45pm & from 2pm to 5.40pm (04/07 to 26/08/2022).

- **Télécabine des Coches, Télésiège de Plan Bois et Télébufette :** opening 25/06 & 26/06 & 03/09 & 04/09.

PRICES PASS LA PLAGNE / VANOISE EXPRESS IN THE TOURIST OFFICES

Price per person	12 years and +	5 - 12 years
1 passage	8€	8€
2 h VTT Bike Park La Plagne	15€	15€
1 day pedestrian / VTT La Plagne	22€	18€
7 days pedestrian / VTT La Plagne	47€	38€
Season pedestrian / VTT La Plagne	105€	84€
1 single access Vanoise Express	9€	9€
1 round trip Vanoise Express	15€	15€
1 extension day	18€	14.5€

Free acess beetwen Montchavin & Les Coches with Télécabine des Coches.

E SPOTS VTT

A fun area with a varying terrain (raised bends, small bumps, etc.). You can take full advantage of an e-mountain bike to enjoy yourself going uphill and downhill.
Accessible to all from the dedicated e-MTB trails, this is the new activity to enjoy with your family or friends !

Les Coches, top of Télébufette

Every day

Free

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

GP été 2022 GB.indd 16 23/05/2022 16:25:25

Lessons VTT & VTTAE

Choose from a guided mountain bike ride on an enduro or electric bike, MTB/e-MTB rental. Various outings are available for children or adults at all levels.

EVOLUTION 2

Montchavin et Les Coches

Every day

From 35€ (VTT AE Discovery)
From 40€ (Children VTT half day)
From 55€ (Adult VTT half day)

Contact Montchavin : 04 79 07 81 85
Contact Les Coches : 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

Rental VTT et VTTAE

The Team Evolution 2 is there to guide you in the choice of your electric mountain bike and to give you the adapted itineraries on the station. New this summer : gravel !

EVOLUTION 2

Montchavin et Les Coches

Every day

From 8€ (children)
From 38€ (adult)
From 30€ (VTT AE)
From 45€ (electric Gravel)

NEW

Contact Montchavin : 04 79 07 81 85
Contact Les Coches : 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

The store La Poudreuse offers you the rental of mountain bikes to browse and discover our domain

BENOIT SPORT LA POUDREUSE

Les Coches

Every day

From 5€ (children)
From 19€ (VTT adult)
From 30€ (VTAE)

Contact : 04 79 07 85 27
contact@benoitsports.com
www.location-ski-lescoches.com

GP été 2022 GB.indd 17 23/05/2022 16:25:26

GP été 2022 GB.indd 18 23/05/2022 16:25:27

Orienteering Race

Famille Plus

2 courses on the resort: a discovery course in Montchavin with 8 markers and riddles and a sports course in Les Coches with 25 markers.

OFFICE DE TOURISME

Montchavin & Les Coches

Every day

Free

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Trail Itineraries

4 specific itineraries for trail runners with different levels of difficulty have been developed in the Montchavin area. There are also other itineraries in the La Plagne area.

OFFICE DE TOURISME

Montchavin et Les Coches

Every day

Free

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Quad / Buggy /4x4

Discover the mountain in quads, 4x4 or buggy with a guide.

EVOLUTION 2

In the valley

Every day

From 85€

Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

GP été 2022 GB.indd 19 23/05/2022 16:25:28

EAUX VIVES

AN-RAFTING

Base AN rafting - Les Iles de Macot - Z.A

Every day, reservation only from 8.30am to 6.30pm (Early May to late September)

• Descent from 54€.
• Family descent from 45€.

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

LA PLAGNE EAUX-VIVES

Versants d'Aime leisure lake

In July and August:

Descent of the Isère river in the morning.

Kayak rental on the lake in the afternoon

• From 7€ kayak or paddle rental
• From 35€ for white water discovery
• Groups, children (contact us)

Contact : 07 70 18 70 12
laplagnekayak@gmail.com
www.laplagne-eauxvives.com

RÊVE D'EAU

Versants d'Aime leisure lake

Every day, reservation only

contact us

Contact : 06 74 76 42 34
info@revedeau-rafting.com
www.revedeau-rafting.com

H2O SPORTS

H2o Sports Activity Center

Daily 8:30am to 6pm.

5 departures per day according to the chosen program

Choose your budget, duration, activity, sport level
• Economical 1h30 : 42€
• Basic 2h00 : 52€
• Classic 2h30 : 62€
• Premium 3h00 : 72€

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

RAFT IN ACTION

Contact : 06 63 08 30 16

ESSAONIA - ESPRIT RAFTING

Centron leisure lake

Every day, reservation only

• From 56€ depending on the choice of activity
• Groups, children (contact us)

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

FRANCERAFT

Centron leisure lake

Every day from May 1st to September 30th by reservation

• From 56€ to 80€/pers. depending on the activity
• Groups, children (contact us)

Contact : 04 79 55 63 55
info@franceraft.com
www.franceraft.com

GP été 2022 GB.indd 20 23/05/2022 16:25:29

FLY IN PARADISE

Discover the magical moment when your feet leave the ground!

Prariond/Les Charmettes, Aime 2000, Belle Plagne/Arpette-St Jacques et vallée

Every day 9am-7pm, reservation only

• From 85€ to 170€ 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

AN-RAFTING

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

Macot - Z.A

Every day, reservation only

• From 80€
• Groups, children (contact us)

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

PLAGN'AIR PARAPENTE

Come and discover the pure air of our mountains. Tandem paragliding flight from 7 to 77 years old accompanied by qualified instructors.

Grande Rochette - Secteur Plagne Centre

Every day 9am to 6pm. Winter : Every day

• 110€ the flight 15min
• 150€ the flight from 30 to 40min

Contact : 06 15 06 09 31
para.plagnair@gmail.com
www.laplagne-parapente.com

QUATRIÈME DIMENSION

Enjoy flying like a bird! A magical & fabulous moment with Stéphane Drouin, several times medallist in World Paragliding Championships! From 4 years of age.

La Plagne Resort and valley

Every day, on demand

• From 80€ according to the choice of flight

Contact : 06 12 73 66 56
planetair@wanadoo.fr
www.3vallees-parapente.com/parapente-ete

AIR TARENTAISE

Since 1998, a team of enthusiastic, qualified and highly experienced professionals have been taking clients on a real human adventure. AIR Tarentaise also offers high-level acrobatics.
From 3 years of age.

La Plagne Resort and valley

Every day, on demand

• Discovery flight : 85 €
• Panoramic flight: from 120 €
• Prestige flight : 180€
• Exceptional flights:
- King Sunset or Sunrise flight : 300€
- Flight Cross : 400€

Contact : 07 83 78 37 90
contact@parapente-la-plagne.com
www.parapente-la-plagne.com

PARAGLIDING

Pilot training

Air Tarentaise also offers...

Do you dream of discovering a new activity and learn to fly? Air Tarentaise, Paragliding School, accompanies you during the different stages of your project and offers you a wide choice of services to meet your desires.

La Plagne Resort and valley

Early May to late October

Pilot Training:
• 5-day course from 620€

Contact : 07 83 78 37 90
contact@parapente-la-plagne.com
www.parapente-la-plagne.com

GP été 2022 GB.indd 21 23/05/2022 16:25:29

425 KM
de pistes – Domaine skiable Paradiski®

323 HECTARES
de pistes enneigées

130 REMONTÉES
mécaniques

264 PISTES DE SKI
36 black slopes - 79 red slopes
137 blue slopes - 12 green slopes

5 SLOPES «NATURE»
safety

2000 M height altitude

Only in France
PISTE OLYMPIQUE DE BOBSLEIGH

GP été 2022 GB.indd 22 23/05/2022 16:25:30

THIS WINTER ...

Winter Family Races

Magic Christmas

Les Diables Bleus

Super Slalom

Torch Light Descents

Sainte Agathe

Carnaval

Market

Chasses au trésor

Battle Archery

Curling & human Bowling

GP été 2022 GB.indd 23 23/05/2022 16:25:31

Complexe Aquatique

Wellness area with: a large pool, Spa, Jacuzzi, sauna, hammam, beauty treatment cabins.

ESPACE PARADISIO

Montchavin

Monday to sunday from 10am to 7.30pm.
Nocturne on wednesday until 9.30pm.

- Entry outdoor pool :
enf : 5€ - ado (14/17ans) : 6€ - ad : 7€
- Entry SPA + swimming pool :
enf: 9€ -ado (14/17ans) : 15€ - ad : 20€
- Aquabiking & aquagym :
from 15€

Contact : 04 79 09 33 20
espace-paradisio@aquaplagne.fr
www.aquaplagne.fr

Tennis Lessons

Internship with a state-of-the-school instructor

CLUB DE TENNIS LA PLAGNE TARENTAISE

Les Coches

Booking from 20/07

1 hour : 40€ (1 to 6 persons)

Contact : 04 79 07 82 82
or 06 62 10 19 42
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Rental of tennis court in Montchavin & in Les Coches is free.

GP été 2022 GB.indd 24 23/05/2022 16:25:32

Sophrology & Sophrology Nature

Sophrology is a relaxation technique based on breathing, muscle relaxation and positive visualisation!

Sophro/nature is a bath of wellbeing, of energy, of rejuvenation thanks to the power of the beneficent healing energy of TREES, water, wind, etc. Nature in all its splendor, accompany you during this precious time..

Sophrology : RDV Tourist Office in Montchavin

Sophrology nature : RDV parking Orgère in Les Coches

Sophrology : thursday from 10.30am to 11.30am

Sophrology Nature : wednesday from 9.30am to 12pm

Sophrology : 15€/adult & 10€/children (from 6/8 years)

Sophrology Nature : 30€/adult & 25€/children (from 9/10 years)

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Sylvothérapy

Sylvotherapy is forest bathing for a deep reconnection with the forest and oneself. It is also learning to approach the trees with great respect, asking their permission to connect to them, feeling their energies...

RDV top of Télécabine Lac Noir

Thursday from 2pm to 4pm

25€/adult & 20€/children (from 12 years)

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Natural Training

**Gym douce, souplesse et renforcement musculaire en pleine nature (niveau débutant)*
**Cardio, renforcement musculaire et défis sportifs en pleine nature (niveau intermédiaire)*

Outside

Consult us

10€ : 1 session, 25€: 3 sessions
40€ : 5 sessions

Contact & registration :
Marine 06 34 75 45 84

GP été 2022 GB.indd 25 23/05/2022 16:25:33

Water Colours initiation

Jean-Loup Benoit invites you to learn the art of watercolour painting based on a mountain landscape photo.

Montchavin, salle Auguste Mudry

Tuesday from 9am to 12pm from 19/07 to 23/08

40€ by session 3h (material included)on registration.

Contact : 06 79 62 98 67
benoit.jeanloup@free.fr
https://jlbenoit.blogspot.com

Cinéma

Room with 250 seats. Two sessions per day in digital system.

Montchavin

Monday to friday at 6pm & 9pm

From 7€

Contact : 04 79 41 75 14
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Heritage and Culture

With a guide of the Land of Art and History Foundation FACIM, every week a rich and varied program to discover the heritage of the valley

Montchavin - Les Coches

Monday to thursday

From 4€ (children 2-12 years), 8€ (adults)

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

GP été 2022 GB.indd 26 23/05/2022 16:25:33

Circus School

Traditional circus (thread, juggling, trapeze, trampoline) from 2 years to adult.
Training course of traditional circus , training course of tissue, reach, rings.... in the morning and in the afternoon from 8 years

Les Coches, chapiteau de cirque

Monday to friday

Baby circus : parent + child
- 2/5 years : 17€ x 1h / 68€ intership 5h/week
- 5/7 years : 14€50 x 1h / 58€ **intership** 5h/**week**
- 8/18 years : 26€50 x 2h / 96€ **intership** 10h/ **week**
- Adults : 15€50 x 1h / 64€ **intership** 5h/**week**
- Cirque Plus : 178€ **intership** de 20h/ **week**

Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Magic

After discovering magic tricks at 12 years old, I was lucky enough to be trained by the best magicians. I have now decided to share my passion for magic with you and let you into a few of my secrets.

ROBIN BERNARD

Consult us

Monday to friday
From 5pm to 6pm from 7 years.
Private lessons possible

- 15 € : the lesson
- 60€ : intership

Contact : 06 52 05 47 60

GP été 2022 GB.indd 27 23/05/2022 16:25:34

Events of the summer

- Sunday 26th june : Motor Sportive Day
A meet of beautiful cars of all generations and types to test drive on the closed road between Montchavin and Les Coches (approximately 5 km round trip)..

- Saturday 2nd july : Big Race
New : 2 races in Les Cohes. The first one with fun obstacles and the second in the beginning of the night with orienteing race.

- From 7th july to 10th july : Super 8
The Super Huit will be back for its second edition from July 7 to 10, 2022! The all-mountain MTB/e-MTB race comprises 2 events: the Grand8 for the mountain bike elite and the Double8 with routes adapted to all levels.

- Tuesday 19th july : Saveurs & Savoir-Faire
A day-long event where you can meet local artisans and share their passion and know-how.

- Wednesday 20th july, 3rd & 17th august : Rencontres d'Alpage
Une journée dans la vallée des Bauches avec dégustation de produits locaux, rencontre d'un berger et son chien, musique en acoustique.

- Wednesday 20th july : Plagne Voice

- Thursday 21st july & 04th august : Family Race
The race is not timed or ranked, but this is a family course strewn with fun obstacles that you will need the whole family to get through. So on your marks...get set...GO!!!

- Thursday 21st, 28th july & 11th august : Soirées Etoilées de Planbois

- Monday 25th july & 09th august : Splash Day
Crazy days in Les Coches

- Saturday 30th july : La 6 000 D
The 6000D is a course that is almost all on footpaths, takes the competitors up through France's only Olympic bobsleigh track and goes from the apple orchards in the valley to the glacier.

- Wednesday 03rd august : MusiPlagne
Bon Entendeur in concert

- Sunday 07th august : Montchavin en fête
The Retailers' Association's fête in Montchavin!

- Monday 15th august : Kermesse des Coches
Happy family day with fireworks.

- Tuesday 17th august : Street Bike Evolution 2
The Street Bike race is a relay mountain bike race through the streets in Montchavin in teams of 2, in the style of the 24 hours of Le Mans.

GP été 2022 GB.indd 28 23/05/2022 16:25:35

Weekly events

Street shows, games and challenges for all, dances, screenings, concerts...

- Monday : weekly market in the main street in Montchavin from 5pm to 8pm.
- During the week : shows of magic, circus, strolling, tasting of soon

Every sunday at 11am the Tourist Office invites you at «Forum des Activités» in Les Coches Presentation of the activities and animations of the week, all accompanied by the traditional glass of friendship, during the weekly market.

Social networks

Find us on social networks to follow our live video and not miss any pictures or information of the station.
Facebook: MontchavinlaPlagne
Twitter : @Montchavin
Tik Tok : la_plagne
Instagram: plagne_montchavin_les_coches
You tube: La Plagne TV

Partagez vos souvenirs de la Plagne avec **#maplagne**

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GP été 2022 GB.indd 29 23/05/2022 16:25:36

TRANSPORTS

Useful information

SNCF 36 35

Gare de Landry (10km).

Airports

Génève (186km) 00 41 22 717 71 11

Lyon St Exupéry (184km) 0 826 80 08 26

Road network 0 800 100 200

A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime. A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime.
GPS : Longitude : 6.7326237 et latitude : 45.559839

Taxis

Please ask the Tourist Office for the numbers of other taxi firms.

Shuttles from sncf

Bus drive from 02/07/2022 to 28/08/2022 on saturdays.

Information in the Tourist Office.
For the return, please book :
www.cars-region-savoie.fr, rubrique «J'achète mon titre de transport».

Shuttle resort lake /Plagne Centre

From 05th july to 27th august, from monday to friday.
Departure 10am from Les Coches, and stops in Montchavin, Montorlin, Le Grand Bochet, Les Granges et Le Plan d'Eau.
Links available with La Plagne shuttle.
Return 4.45pm from Plan d'Eau, Les Granges, Le Grand Bochet, Montorlin, Montchavin & Les Coches.

Free resort shuttle

From 18th to 24th june, 27th june to 02nd july & from 27th august to 02nd september & from 05th to 11th september :

Free shuttles from monday to friday

Montchavin	Les Coches	Patinoire	Les Coches
10am	10.15am	10.20am	10.30am
11am	11.15am	11.20am	11.30am
12pm	12.15pm	12.20pm	12.30pm
1.30pm	1.45pm	1.50pm	2pm
2.30pm	2.45pm	2.50pm	3pm
3.30pm	3.45pm	3.50pm	4pm
4.30pm	4.45pm	4.50pm	5pm

From 03rd july to 28th august (sunday 26th june & 4th september) :

Free links between Montchavin & Les Coches withTélécabine des Coches & Télébuffette from monday to friday from 9am to 12.15pm and from 1.30pm to 5.40. **Free**

GP été 2022 GB.indd 30 23/05/2022 16:25:37

130 YEARS CÉBÉ

PARTENAIRE OFFICIEL DE LA PLAGNE Paradiski

USER CNTACTS

Accomodations & Estate Agents

Montchavin & Les Coches

Agence Immobilière des Glaciers	04 79 04 22 86
Agence OIP	04 79 07 83 27
Michel Gedda Immobilier	04 79 04 29 60
Eneo Immobilier	04 79 01 02 03

Montchavin

Le Chalet de Friolin	04 79 55 37 49
Résidence Les 3 Glaciers	04 79 06 89 69
Neige et Soleil	04 79 07 83 22
VVF Villages Village de Vacances	04 79 07 83 06
Camping Caravaneige	04 79 07 83 23

Les Coches

GSI Immobilier	04 79 07 80 70
Maeva.com	04 79 04 22 00
Au Mont d'Eden Spa, sauna, hamma	06 43 32 60 64
Goélia Les Chalets de Wengen	04 79 41 75 05
Résidence Backgammon - OIP	04 80 08 12 00
Pierre & Vacances Le Rami	04 79 04 22 00

Bars & Restaurants

Montchavin

Cocotte and Co Traditionnel & savoyard	07 77 34 72 72
La Bovate Bar à Cocktails et cuisine raffinée	09 83 54 44 94
Le Dos Rond Burgers	09 67 35 09 64
La Ferme de César Restaurant de terroir	04 79 07 85 31
La Zaccota Pizzéria Sur place et à emporter	04 79 08 82 31

Les Coches

Chez Wam Pizza, snack à emporter, livraisons	04 79 07 69 75
La Fleur de Neige	04 79 41 20 27
La Table du Tarin	04 79 22 08 98
La Taverne du Monchu	04 79 07 80 44

En altitude

Chez Pat du Sauget Le Sauget	06 88 45 28 19
Le Chalet du Friolin Les Bauches	04 79 55 37 49
Le Joli Bois Au Vanoise Express	04 79 07 48 77
Le Plan Bois Chez Laurette Plan Bois	06 09 34 37 88

Administration / Safety

Mairie de Bellentre	04 79 09 71 52
Service de l'Eau	04 79 09 71 52 (taper 4)
Gendarmerie Aime	17 / 04 79 55 61 17
Police Municipale	04 79 09 74 39
Pompiers	18

Find all the information about accomodation : apartments, chalets, packages with skipasses and activities and book your future stay on : www.laplagneresort.com or call us at

La Plagne Resort au : 04 79 09 79 79

GP été 2022 GB.indd 32 23/05/2022 16:25:38

Food, Gifts & Local Produce

Montchavin

Boulangerie Pâtisserie le Matafan	04 79 07 84 11
Les Tarines Charcuterie, Crémerie, Traiteur	04 79 07 81 66
Supérette Sherpa	04 79 01 31 00

Les Coches

Alimentation Spar Rayon Parapharmacie	04 79 07 13 10
Boulangerie Pâtisserie, Croissanterie	04 79 07 80 27
Les Flocons	04 79 07 80 00
Presse Les Belles Feuilles	04 79 07 80 02

Health Service

Montchavin

Pharmacie 04 79 07 80 54

Du 18/06 au 03/07 et du 03/09 au 11/09 : tous les matins de 10h à12h.

Du 04/07 au 02/09 : tous les jours de 10h à 12h et de 16h à 19h.

Pharmacie de garde 3237

Centre Kiné Bien-Être 06 29 72 77 52

Ouvert du lundi au vendredi sur rendez-vous.

Les Coches

Cabinet Médical 04 79 07 83 59

Docteur Valérie Foucault. Médecine générale. Ouvert tous les jours de 9h00 à 12h00 et de 15h00 à 18h30 sauf le samedi matin. Sans rendez-vous.

En cas d'urgence (hors heures ouvrables) 15 ou 112

Hôptital de Bourg Saint Maurice 04 79 41 79 79

Other Services

Montchavin & Les Coches

Conciergerie / Location linge Just Ride 04 79 06 89 69

Montchavin

La Poste 04 79 07 80 05

Ouverture du lundi au vendredi de 9h30 à 12h30.

Distributeur automatique de billets : à l'entrée du village, sous la porte de Montchavin.

Laverie Automatique (Place du Bassin) 04 79 07 83 21

Sports & clothes

Montchavin

Evolution 2 Ecole VTT & Aventure	04 79 07 81 85
Montchavin Sport	04 79 07 83 84

Les Coches

Benoit Sports - la Poudreuse	04 79 07 85 27
Evo 2 Ski Shop	04 57 37 18 85
Intersport La Randonnée	04 79 07 83 46

Craftsmen

Favre Yannick Cuisine, salles de bain, boiseries	06 13 40 89 16

GP été 2022 GB.indd 33 23/05/2022 16:25:38

ONE MORE MONTH TO ENJOY IT !

MONTCHAVIN LES COCHES
TOURIST OFFICE

Tel : + 33 4 79 07 82 82
info.montchavin@la-plagne.com

Montchavin les Coches welcome you
From June 18 to September 11

LA PLAGNE
MONTCHAVIN · LES COCHES

DARE 2B

PARTENAIRE TEXTILE OFFICIEL DE LA PLAGNE & LA 6000D

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LAPLAGNERESORT.COM

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- Ski Pass
- Activities
- Ski lessons
- Equipment rental

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