



ALTITUDE

Resort information

WINTER 2021/2022



Gamme E-SUV Hyundai

La plus large gamme de SUV électrifiés

Hybride

Hybride rechargeable

Electrique

Hydrogène



Bonus écologique
et coûts d'entretien réduits



Consommation
de carburant maîtrisée



Garantie 5 ans,
kilométrage illimité⁽²⁾



Garantie batterie
8 ans ou 200 000km⁽³⁾

Consommations mixtes de la gamme KONA Electric (kWh/100 km) : 15,0- 15,4 Émissions CO₂ (g/km) : 0 Consommations mixtes (WLTP) de la gamme TUCSON (l/100 km) : 5,4-6,7 Émissions CO₂ WLTP (g/km) : 127-154 Consommations mixtes de la gamme SANTA FE (l/100 km) : en cours d'homologation Émissions CO₂ WLTP (g/km) : en cours d'homologation (2) 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. (3) Les batteries haute-tension de nos véhicules KONA Electric, TUCSON Hybrid et SANTA FE Plug-in sont garanties 8 ans ou 160 000 km. Détails : [hyundai.fr/Just Drive](http://hyundai.fr/JustDrive) ! Conduire, l'esprit libre !



HYUNDAI

JeanLain
Just Drive !

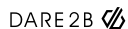
CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201
WWW.JEANLAIN.COM

SUMMARY



La Plagne thanks its partners



WELCOME AND INFORMATIONS



Tourism Offices



Plagne Centre *Pierra Menta square*
Plagne Bellescôte *In front of the bus stop*
Belle Plagne *Snow front*
Plagne Aime 2000 *On the shopping gallery*
Plagne Villages *Telebus arrival*
Plagne 1800 *«Les Marmottes» Residence*



- Plagne Centre : Sunday to Friday from 9-12.30 and from 2-6pm.
On Saturday from 9-6.30pm.
- Plagne Villages, Plagne Bellescôte, Belle Plagne, Plagne Aime 2000 : Sunday to Friday from 9-12.30 and from 2.30-6pm and Saturday from 9-12.30 and from 2-6.30pm.
- Plagne 1800 : Saturday from 9-12.30 and from 2-6.30pm and Sunday from 9-12.30 and 2.30-6pm
Hours valid from 12/11/21 to 04/30/22 and subject to change.



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

At your disposal

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

Extra

- Photocopying service (only from the tourist office in Plagne Center)
- Lost property service.

La Plagne Official Boutique

Discover our Boutique in the
Tourism Offices



Internet - Accès Wifi

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.



Pour vous tenir au courant des
toutes dernières actualités de
La Plagne

REJOIGNEZ-NOUS SUR LES RÉSEAUX SOCIAUX

 @LaPlagne

 @la_plagne

 @la_plagne



WEATHER



ACTIVITY
TRACKER



PERSONALISED
GUIDE



SKI PASS
TOP-UP



INTERACTIVE
PISTE MAP

A mountain of stuff on your phone



Download Paradiski YUGE



YUGE
Paradiski

SERENITY



An unforgettable holiday, this year more than ever

This winter, the pleasure of seeing you will be even greater than in previous seasons.

We cannot wait to see you racing down the slopes with your friends and family and are already imagining you around the table enjoying a fondue or a raclette made with local products, or watching the progress of your children who will be taking a snowflake or star badge home at the end of the 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.

We would ask everyone to follow the rules that we have all already adopted



**Face masks must
be worn**



**Hand sanitizer gel at
your disposal**



Social distancing



**Surfaces and
equipment
disinfected**



Seated service only



DARE2B

**Dare 2b partenaire
textile officiel de
La Plagne**

www.dare2b.fr

USER CONTACTS



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

ATM machines :

Crédit Agricole, La Poste, Banque Laydernier, CIC

Bank CIC

Plagne Centre.....33 (0)4 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

Chemists

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

Dentist 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 - Ask for details

Espace des Plagnards Public and social services

Plagne Centre
Post Office.....33 (0)4 79 09 01 82
Monday to Friday from 8.30am to 1pm
Seasonal House.....33 (0)4 79 09 20 85
Monday to Thursday from 8.30am to 1pm and 3 to 5.30pm (except
on Wednesday afternoon), Friday from 8.30 to midday.
Public Labrarry.....33 (0)4 79 22 45 38
Monday, Tuesday, Friday 4.30-6.60 pm.
Wednesday 10-midday

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.

Launderette, dry cleaning and pressing

So' Laverie - Pressing - Plagne Centre.....33 (0)4 79 09 06 76
So' Laverie (automatic) - Plagne Centre.....33 (0)4 79 09 06 76
So' Laverie Plagne Bellecôte.....33 (0)4 79 07 68 66
La Fleur de Lys laverie automatique Belle Plagne.....automatic
Linen rental - Clé des Neiges.....www.loclinge.com

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

Petrol station 24h/24

Plagne CentreSelf-service, credit cards only

PMU - Plagne Bellecôte

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

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
Monday to Friday from 8.30 am to 1.pm
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

Traffic information

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

Tourism Office

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

Veterinary at home.....33 (0)6 67 18 86 02

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 and laradiostation.fr

- 7.30am to 10.30 am **LA MATINALE**
(infos, ski conditions, weather)
- 10.30am to 4pm **LE GRAND'R**
(Just Ski, we take care of the rest)
- 16 to 8 pm **HAPPY'R**
(places to go, interviews)
- 8 pm to 4 am **R'TIME**
(lounge, chill out and electro)

Tel 33 (0)4 79 06 57 25
rlaplagne@laradiostation.fr



TRANSPORTS



Liaisons

Train station / 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.altibus.com ou

www.cars-region-savoie.fr

33 (0)9 70 83 90 73

Valley / Resorts

Bus connection between the valley (stops: Macot chain area, Macot, Les Villards haut et bas, Plagne Center) every day.

Timetables and prices available from Tourist Offices.

Links

Resorts / Airports

Book your return to airports :

[Lyon St Exupéry](#) / [Genève](#)
[Chambéry](#) / [Aix les Bains](#)

on www.altibus.com

Airports

Lyon St Exupéry

0 826 800 826 - www.lyonaeroports.com

Genève

+ 41 8 48 19 20 20 - www.gva.ch

Chambéry/Aix les Bains

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

Grenoble St Geoirs

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

Car rental

[E.Leclerc Aime Vallée](#) 33 (0)4 79 01 30 30

[VWAC à Aime](#) 33 (0)4 79 09 42 63

[Avis Moûtiers](#) 33 (0)4 79 24 01 55

[Hertz Moûtiers](#) 33 (0)4 79 24 07 75

[Super U Bg St Maurice](#) 33 (0)4 79 07 24 11

Taxis / VTC

Mathieu Perraudat

33 (0)7 78 87 47 04

Christian Bouzon

33 (0)4 79 09 03 41

Albert Taxi

33 (0)6 10 84 19 72

Dominique Legroux

33 (0)6 09 38 73 82

Alain Bouzon

33 (0)4 79 09 78 93

Allo BK Taxi

33 (0)6 17 19 80 03

Jean Pierre Luzzi

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

Aime's Taxi La Plagne

33 (0)6 17 81 61 01

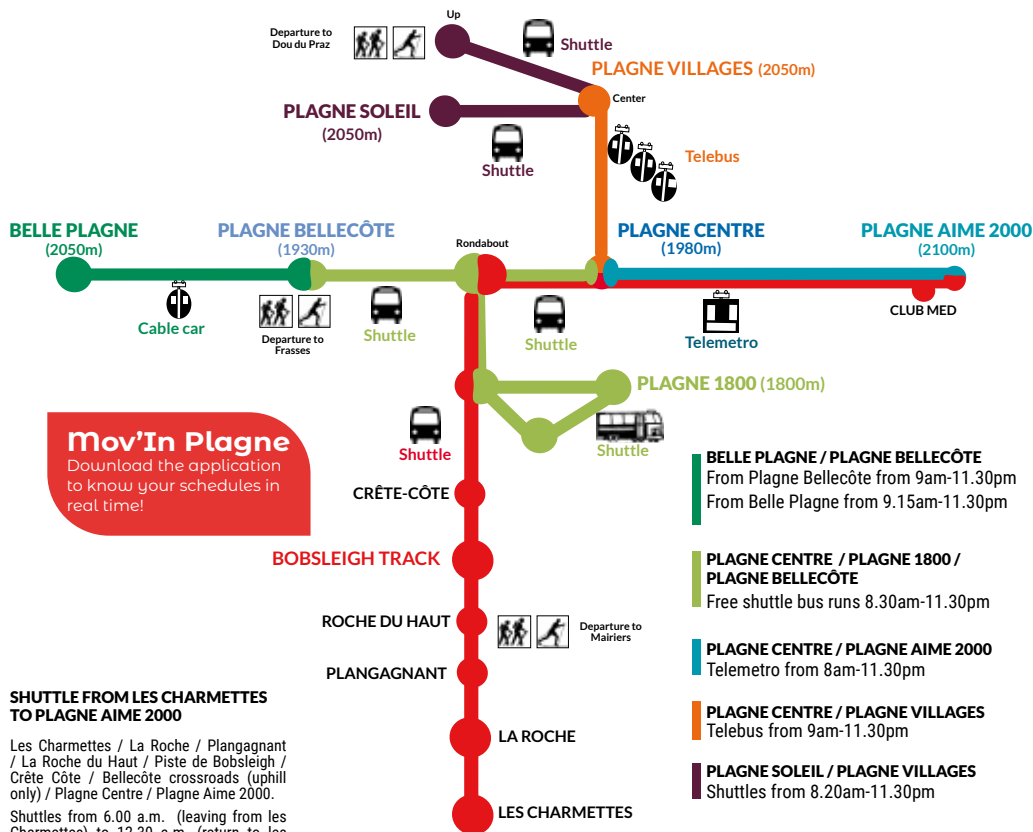
Luxury Taxi

07 69 69 19 90

NTV 73 (VTC)

33 (0)6 31 20 16 66

INTER-RESORT TRANSPORT



CHARMETTES / PLAGNE AIME 2000 BUS
From Charmettes to Plagne Aime 2000
from 6 am- 12:30 am

(Subject to change)

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 Aime 2000

Parking tickets for Plagne Aime 2000 from the machine only.

Parking meters accessible on the PayByPhone App.

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

Amount car park - Height : 1m90 - 706 spaces - Weekly ticket : 72€

Reservation on site - Indigo Park : 33 (0)4 79 55 11 82

Aval car park - Height : 1m90 - 386 spaces - Weekly ticket : 72€

Reservation on site - Indigo 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 Aime 2000

Height : 1m87 - 130 spaces

Reservation on site - 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 :

- 7 days : 176€

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

on-line booking : www.parkinglaplagne.com

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 Tourist Offices.



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

During the French school holidays the «Partir à la bonne heure» (Leave in good time) campaign will be posted up in the Tourist Office from the Thursday

- Clearing the snow from your car

- 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).

Where can I find the information?

- www.savoie-route.fr - www.autorouteinfo.fr

- Radio France Bleu Pays de Savoie 103.9FM

- R'la Plagne 101.5FM - Facebook la Plagne Officiel

Mandatory winter equipment

To ensure everyone's safety on our roads, the law now requires drivers to have equipment adapted to winter. From November 1, 2021 to March 31, 2022, it is mandatory: either to have metal snow chains or textile snow socks to equip at least two of the car's driving wheels, or to be equipped with four winter tyres.

DIRECTORY OF TOURIST OFFICE MEMBERS



Shops and Sport shops

PLAGNE CENTRE

Allais Ski - Ski Set	33 (0)4 79 09 01 52
Oxygène ski et snowboard	33 (0)4 79 09 03 99
Robino Sports - Go Sport	33 (0)4 79 09 01 71
Intersport	33 (0)4 79 09 25 00
Ski Hut	33 (0)4 79 55 46 36
Ski Republic	33 (0)4 79 07 12 69
Sport 2000 - Robino 3R	33 (0)4 79 09 00 26

PLAGNE AIME 2000

Ski Fun Intersport	33 (0)4 79 09 05 15
Ski Set	33 (0)4 79 09 05 33
Ski Set les Hauts Bois	33 (0)4 79 09 63 26

PLAGNE BELLECOTE

Intersport	33 (0)4 79 09 05 67
Ski Republic	33 (0)4 79 07 18 47

BELLE PLAGNE

Armand Bérard Sport 2000	33 (0)4 79 09 07 79
Belle Plagne Sports 1	33 (0)4 79 09 20 58
Belle Plagne Sports 2	33 (0)4 79 55 10 57
Belle Plagne Sports 3	33 (0)4 79 55 18 91

Shops and Sport shops

PLAGNE VILLAGES/ PLAGNE SOLEIL

Intersport	33 (0)4 79 08 18 35
Pierre Leroux Sport 2000	33 (0)4 79 09 01 35
Sport Villages Skimium	33 (0)4 79 09 11 88

Autres commerces et services

PLAGNE CENTRE

Boulangerie Montmayeur	33 (0)4 79 09 02 61
Club des Sports	33 (0)4 79 09 01 79
Julien Cochet photographe	33 (0)6 84 74 04 03
VIP Coiffure	33 (0)6 03 92 42 89

BELLE PLAGNE

Tabac presse K'do	33 (0)4 79 09 06 06
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PLAGNE BELLECOTE

Drugstore, tabac, souvenirs	33 (0)9 67 45 55 00
Gourmet Gallery	33 (0)4 79 00 34 47

PRARIOND

ROUTE DE LA PLAGNE

Poterie du Murger	33 (0)6 11 84 10 28
Miel et escargots du St Bernard	33 (0)6 11 84 10 28



TAXIS / VTC

Perraudat Mathieu	33 (0)7 78 87 47 04	Aime's Taxi La Plagne	33 (0)6 17 81 61 01
Albert Taxi	33 (0)6 10 84 19 72	Leoclem Prestige	33 (0)7 83 97 47 40
Bouzon Christian	33 (0)4 79 09 03 41	Luxury Taxi des Alpes	33 (0)6 26 33 98 13
Bouzon Alain	33 (0)4 79 09 78 93	NTV 73	33 (0)6 31 20 16 66
JB Taxi	33 (0)6 34 87 12 17		

DIRECTORY OF TOURIST OFFICE MEMBERS



Bars, restaurants

PLAGNE CENTRE

Araucaria	33 (0)4 58 24 11 11
Chez Marie	33 (0)4 79 00 22 12
Joya	33 (0)6 87 51 83 77
Le Croq'Neige	33 (0)4 79 09 22 03
Le Brix	33 (0)9 52 55 24 47
Le Holidays	33 (0)9 62 69 59 91
Mama's Kitchen	33 (0)4 79 07 14 93
Ti & Yu	33 (0)4 79 09 00 72

BELLE PLAGNE

Bowling bar	33 (0)4 79 09 00 78
La Bodéga Saloon	33 (0)4 79 09 06 98
Le Carlina	33 (0)4 79 09 78 46
La Godille	33 (0)4 79 09 28 24
La Face Nord	33 (0)4 79 09 01 73

PLAGNE BELLECOTE

L'Annexe	33 (0)4 79 06 57 88
Le Bonnet	33 (0)6 83 28 66 29
Le Chalet des Colosses	33 (0)4 79 09 28 70
Le Flocon	33 (0)4 79 09 08 97
Le Mouflon	33 (0)4 79 09 03 07
Le Rigatoni	33 (0)4 79 06 57 98
Spitting Feathers	33 (0)4 73 00 37 31

PLAGNE VILLAGES/ PLAGNE SOLEIL

La Casa de l'Ours	33 (0)4 79 09 00 71
Le Chairlift	33 (0)4 79 22 70 77
Le Grizzli	33 (0)4 79 09 07 62
Le Monica's Pub	33 (0)4 79 09 21 21
Le Vancouver	33 (0)4 79 41 48 00

PLAGNE AIME 2000

Bar Le Vins & I	33 (0)6 34 10 22 07
Chez Sushi	33 (0)6 51 52 43 66
La Marmotte qui fume	33 (0)7 69 07 96 68

PLAGNE 1800 / LA ROCHE

Chalet de la Roche	33 (0)4 79 09 05 99
La Cantine	33 (0)4 79 09 27 91
La Mine	33 (0)4 79 09 24 89
La Table du Cocoon	33 (0)4 79 55 00 26
Le Loup Blanc	33 (0)4 79 09 13 61
Le Petit Chaperon Rouge	33 (0)4 79 09 09 39

RESTAURANTS D'ALTITUDE

Chalet de la Grande Rochette	33 (0)4 79 09 09 08
Chalet des Verdons Sud	33 (0)6 13 10 33 31
Le Dou du Praz	33 (0)4 79 09 05 40

Real estate agencies

PLAGNE CENTRE

Alp Agence	33 (0)4 79 55 12 20
Agence OIP	33 (0)4 79 09 02 22
Oxygène Immobilier	33 (0)4 79 09 05 82
Bureau de vente Oxygène Immobilier	33 (0)6 18 22 26 38
Bureau vente Alp/Agence	33 (0)4 79 55 12 20
GSI Immobilier	33 (0)4 79 09 17 00
Hôtel Araucaria	33 (0)4 58 24 11 11

PLAGNE VILLAGES/ PLAGNE SOLEIL

CGH Les Granges du Soleil	33 (0)4 79 23 22 10
CGH White Pearl	33 (0)4 50 33 10 96
Chalets et Lodges des Alpages	33 (0)4 79 65 08 41
Chalets du Praz	33 (0)4 79 65 08 41
Hôtel Vancouver	33 (0)4 79 25 39 69
Résidence Sun Valley	33 (0)4 79 25 39 69
Pierre et Vacances	33 (0)4 79 55 77 00
Le Mont Soleil	



PLAGNE BELLECOTE

Agence OIP	33 (0)4 79 09 00 58
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PLAGNE AIME 2000

Ag. Centrale de la Plagne	33 (0)4 79 24 49 83
Hôtel Club MMV Plagne 2000	33 (0)4 79 22 76 50
Pierre et Vacances Les Hauts Bois	33 (0)4 79 55 14 00

BELLE PLAGNE

Agence OIP	33 (0)4 79 09 00 77
Hôtel Club MMV Les 2 Domaines	33 (0)4 92 12 62 12
Hôtel le Carlina	33 (0)4 79 09 78 46
Oxygène Immobilier	33 (0)4 79 06 33 36
Pierre et Vacances Les Constellations	33 (0)4 79 22 20 20
Le Centaure	33 (0)4 28 38 48 85

PLAGNE 1800

Hôtel le Cocoon	33 (0)4 79 55 00 26
Maeva Home	nc
Les Chalets Edelweiss	33 (0)4 79 41 66 90
Le Diamant des Neiges	33 (0)4 28 43 88 85

ENTERTAINMENTS



Entertainment programme

Find it every week at the Tourist Office and at our partner merchants and accommodation providers!

**We are so happy to see you again
... At last :-)**

La Plagne is adapting to ensure that it welcomes you in the best conditions!

Enjoy joyful, convivial moments with us, along with your family and friends!

Our activity leaders propose creative and innovative activities designed to meet two requirements:

- People's safety and your own peace of mind
- Themes that reflect values for the future, such as sharing experiences, creating links, benevolence and contact with nature and the great outdoors.



60 YEARS

OF LOVE FOR THE MOUNTAINS.
OF A LOVE OF SPORT AND THE GREAT OUTDOORS.
OF SHARING AND DISCOVERY.



LA FOLLE ENTREPRISE © O. Allamand

In December 2021, La Plagne will be celebrating 60 years of unforgettable memories and launching the next 60 years of emotions to be experienced by future generations.

Come and celebrate this mountain heritage with us.



EVENTS



THE MAGIC OF CHRISTMAS

Find the magic of Christmas in La Plagne from December 23rd - 25th. Come and enjoy this magical time with your family in a welcoming and enchanted atmosphere. Visitors of all ages will be delighted at Santa's laughter and the musical entertainment for some unforgettable memories.



Altitude resorts



December 23th - 25th, 2021



www.la-plagne.com

LUGE JUNIOR WORLD CUP

In collaboration with the FIL, La Plagne and the Olympic Bobsleigh track will be organising the Luge Junior World Cup December 2 - 4, 2021. 120 young international athletes will be competing in La Plagne over the 3 days of competition.



La Roche - Olympic Bobsleigh track



December 2 - 4, 2021



www.la-plagne.com

OPENING WEEKEND

Are your skis waxed? Your edges sharpened? The moment that we have all been waiting for and looking forward to so much is finally here! Your favourite mountains have once again put on their most beautiful coat of immaculate white. Skiing all day, equipment tests, DJ set and Performers, fireworks and live concert with Synapson!!



Plagne Bellecôte / Plagne Centre



December 11 - 12, 2021



www.la-plagne.com

SNOW ON FIRE

What if, on the night of New Year's Eve in La Plagne, it was like the sky was on fire and the ski slopes were ablaze with beautiful colours to celebrate the new year? For this exceptional year, La Plagne has a grandiose show in store for you...
A 360 degree spectacle that is visible from all the altitude resorts.



Altitude resorts



December 31st, 2021




www.la-plagne.com



MTB WINTER CUP

A 100% adrenaline mountain bike descent at over 100 km / h on snow. Do you like mountain biking in the summer version, but have you already tried the same practice on a snowy ski slope ?! The challenge is met... meet at the top of the Becoin chairlift to hurtle down the famous Super Slalom track on a mountain bike for a timed arrival at La Roche. Thrills, speed, sensations!


 Bécoin chairlift to La Roche


 January 23th, 2022

 www.la-plagne.com

BORN TO BE SHOW

10th edition of the sound and light ski show proposed by La Plagne's Club des Sports, backed by the Tourist Office. music, a DJ and ski demonstrations by the resort's ski professionals in a variety of colourful tableaux, with a firework display to finish! A tombola with a car to win!

 Plagne Centre

 February 24th, 2022

 www.la-plagne.com

RANDO BY NIGHT

In the first light of the stars, try the experience of ski touring. Novices, amateurs, experienced, enthusiasts ... the main thing is to share a climb of 2.5km and a vertical drop of 500mD +. Competitive formats (timed and classified, medical certificate required) and leisure (timed, unclassified).


 Plagne Centre

 March 30th, 2022

 www.la-plagne.com

SUPER SLALOM

Super Slalom is the longest slalom in the world. Amateur and experienced skiers compete with the big names on the international ski scene, in a sporting and friendly spirit. 4 km of track for 320 poles ... it will heat up the thighs around a somewhat crazy popular festival.

 Plagne Aime 2000 / La Roche


 April 02nd, 2022


 www.superslalom.ski

WALKING TRAILS





Les Frasses

 Set off Plagne Bellecôte in direction of Montchavin (Plan Bois)


-  - Distance : 12 km aller-retour.
- 520m D+ / 530 m D -
- Time : 4hrs (roundtrip)


La Clairière de Cavard

 Set off Plagne 1800 (parking) or «Pont de l'Arc» (Bobsleigh track)

-  - Distance : 2 km
- 210m D+ / 150 m D -
- Time : 1hr30


Les Mairiers

 Set off Bobsleigh track in direction of Plagne Montalbert


-  - Distance : 10 km
- 370m D+ / 360 m D -
- Time : 3hrs30 (roundtrip)


La Lovatière

 Set off from Plagne Aime 2000 (Club MMV Hotel)

-  - Distance : 2,6 km
- 150m D+ / 240 m D -
- Time : 1hr30

Le Dou du Praz

 Set off from Plagne Centre (entrance to the resort) or Plagne Bellecôte (behind the ice rink) or Plagne Villages (top of the resort) or Plagne Soleil (behind Sun Valley)

-  - Distance : from 2,3 to 6,5 km
- 250m D+ / 280 m D -
- Time: 1 hr to 2½ hrs
Breathtaking 360° viewpoint
Views of Mont Blanc

**Free map
Walks,
snowshoes,
cross country**

Available at
Tourism offices



CÉBÉ®
PURE ADRENALINE

BE A PIONEER.
#MYOWNTRACK



10H32
PLATEAU DE LA CHAUX

Dom Daler Photography



*En pionnier **Glacez vous le hant.

SLIDER



CÉBÉ® PARTENAIRE OFFICIEL DE



ACTIVITIES




Snowshoes walks

ESF LA PLAGNE

Snowshoe walks with the ESF instructors. An activity that everyone can enjoy. Discover the mountain surroundings, the fauna and forest environment.

 Plagne Centre / Plagne Villages / Plagne Soleil / Plagne 1800


 1/2 day : 30€
Equipment supplied

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

ESF PLAGNE AIME 2000

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

 Plagne Aime 2000

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

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


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

ESF BELLE PLAGNE

Full day or ½ day, or weekly programme.
"Starry night" night-time outing.

 Belle Plagne

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

 Visit our site or contact us.


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

YSA'LPES RANDO

Do you want to get out in the fresh air and the great outdoors?
Why not try a snowshoe hike! Get your shoes and your backpack on, YSA'lpes Rando will look after the rest.

 High resorts and valley

 Monday to friday

 Day : 50€/ person
Payment methods accepted :
CB / Cash

 33 (0)6 79 68 26 18
ysalpes.rando@gmail.com
Ysalpes-rando.sitew.fr



GB MONTAGNE

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



Plagne Altitude



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 or 3 1/2 day ticket + 1 day : 125€
(price per person)
Equipment supplied
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

ATTITUDE RAQUETTE

Fun ecotourism activity, program suitable for all audiences. Initiation, half-day, day, igloo evening aperitif torches. Discover the natural heritage. Meet cultural traditions. Find your body and the well-being of your mind.



la Plagne, Beaufortain and Vanoise areas



Every day: mornings, afternoons, evenings



- From 15€ to 28€ per 1/2 day
- Discount price for 2 outings or more (ask us).
- Full days 42€ to 59€, several options
Dinner in an altitude restaurant + walk: 52€
- 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

ESPACES MONTAGNES

With Philippe and his team, hiking pros year round in La Plagne, and snowshoe specialists. Venture into an unspoiled natural environment with our convivial hikes adapted to all levels.



La Plagne, Beaufortain, Vanoise areas



Daily, in the morning or afternoon. Evenings under the stars with restaurant (Tuesday) or gourmet aperitif (Thursday). Beaufortain or Vanoise day on Wednesday



- 1/2 day for adult : between 20€ and 28€
- 1/2 day for kids (7 - 12 yrs) : 18€
- 5 1/2 day ticket : 125€
- Full day (including transport) : 50€
- Evening outing + meal in chalet : 60€
- Evening outing + aperitif : 35€
- Private outing (1-4 persons) : 135€
Snow shoes and poles supplied



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


ACTIVITIES




Snowshoes walks

REFLEX SKI SCHOOL

Wonderful walks off the beaten track.

 Plagne Aime 2000 et Plagne 1800

 Day and evening


 From 30€


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

RAQUETTES ACADEMIE

Small groups for fun snowshoe and sledging sessions in a 100% natural environment! From beginner level to really sporty routes: individual, à la carte attention guaranteed for an unforgettable experience!

 La Plagne area

 Every Sunday :
 - 10:30 am: Belle Plagne and Plagne Villages (Tourism office)
 - 11 am: Plagne Center and Plagne Bellecôte (snow fronts)

 - Training : free price
 - Morning or Afternoon: 28 €
 - Full day : From 50€
Equipment, transport, drinks hot provided


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

Nordic walking

ATTITUDE RAQUETTE

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

 La Plagne area


 25€/session

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

ESPACES MONTAGNES

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

 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

YSA'LPE RANDO

Do you want to get out in the fresh air and the great outdoors? Why not try a nordic walking hike! Get your shoes and your backpack on, YSA'lpes Rando will look after the rest.

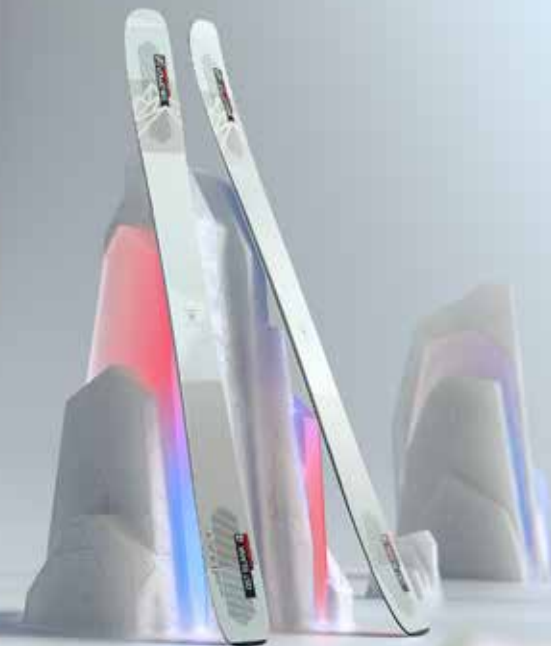
 High altitude resorts and valley

 Monday to Friday

 - 20€/person
Payment methods accepted : CB / Cash

 33 (0) 6 79 68 26 18 ysalpes.rando@gmail.com
ysalpes-rando.sitew.fr

QST :
ACRONYME POUR
POLYVALENCE




salomon
TIME TO PLAY

QST BLANK



RACER
FRANCE | 1927

PARTENAIRE HISTORIQUE DE LA PLAGNE

KIDS



Nursery

LES P'TITS BONNETS

Les P'tits Bonnets" crèche takes children aged 5 months to 4 years. We propose fun and educational activities so that your kids can play, get creative and enjoy themselves...



Plagne Centre



Sunday to Friday 9 am – 5.30pm
Limited seats



- 6€ for 1 hour
- 7 € for lunch



creche-laplagne@laplagnearentaise.fr

FLOCONS ET PETITS PAS

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 ...



Belle Plagne



Sunday to Friday 9 am – 5.30pm
Limited seats



- 6€ for 1 hour
- 7 € for lunch



creche-laplagne@laplagnearentaise.fr

ESF PLAGNE AIME 2000

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



Plagne Aime 2000



Sunday to Friday



- 6 x ½ day from 185€
- 6 full days from 226€



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

Leisure centre

LES TOUCH'À TOUT

A new leisure centre that takes children aged 3 to 11 yrs. Activities adapted to each age group so that they can express themselves, play, be creative and have fun ...



Plagne Centre



Monday to Friday (during zone A french holidays only)
- 8.30 am - 2 pm
- midday - 5.30 pm
- 8.30 am - 5.30 pm



Rates according to family quotient



creche-laplagne@laplagnetarentaise.fr

Snow Kindergarten

Plagne Centre

ESF (3 to 6 yrs) : 33 (0)4 79 09 00 40
Oxygene (from 3 yrs) : 33 (0)4 79 09 03 99

Plagne Aïme 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
Oxygene (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



Junior Mountain Academy

RAQUETTES ACADEMIE

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.



la Plagne area



Every Sunday :
- 10.30 am: Belle Plagne and Plagne Villages (Tourism office)
- 11 am: Plagne Centre and Plagne Bellecôte (snow fronts)



- 30€ to 35€
- Possibility of weekly package
Snack and equipment included



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

Baby snowboard

OXYGENE

LSnowboarding for little ones from 3 to 7. Ideal for their first experience surfing on snow under the care of our patient and friendly instructors. Max 5 children per group. Equipment included.



Plagne Centre / Belle Plagne



Wednesday and Thursday afternoon for 2hrs



185€ - Equipment provided



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

SKI PASS

Paradiski from 18/12/2021 to 22/04/2022 - La Plagne & Villages from 18/12/2021 to 23/04/2022. For other dates, see all our prices on www.skipass-laplagne.com

FORFAIT **PARADISKI** ⁽¹⁾

1 day

Adult 13/64 years

64€ /pers.

Child 5/12 years ⁽²⁾

52€ /pers.

6 days

Adult 13/64 years

325€ /pers.

Child 5/12 years ⁽²⁾

260€ /pers.

FORFAIT **LA PLAGNE** ⁽¹⁾

1 day

Adult 13/64 years

57€ /pers.

Child 5/12 years ⁽²⁾

46€ /pers.

6 days

Adult 13/64 years

285€ /pers.

Child 5/12 years ⁽²⁾

228€ /pers.

+1€ per pass on first purchase for compulsory ski card, rechargeable and non-refundable

With a Paradiski pass valid for
6 to 15 consecutive days.

LE
BONUS SKI

La Plagne gives you
a free **1/2 day**
skiing!

Terms and conditions apply.

CoolSki ⁽¹⁾ 

1 day single price
5 years and +

32€

Ski pass + CoolSki
bib

37€



>>>>>>>>

LES PACKS

<<<<<<<<<

PACK
DUO**-10€**
/pers.PACK
TRIBU**-15€**
/pers.PACK
FAMILLE**-30€**
/pers.**Valid for the La Plagne and Paradiski passes from 6 to 15 consecutive days.**

DUO : Save €10 on each of the two passes in the pack. 2 people of any age group (adults/children/or seniors). Valid for the La Plagne and Paradiski passes from 6 to 15 consecutive days purchased with payment made in full in one transaction for identical ski passes (same duration and ski area).

TRIBU : Save €15 per pass making up the pack. 3 people of any age group (adults/children/or seniors). Valid for the La Plagne and Paradiski passes from 6 to 15 consecutive days purchased with payment made in full in one transaction for identical ski passes (same duration and ski area).

FAMILLE : Save €30 per pass making up the pack. When purchasing 4 ski passes in the same transaction (a minimum of 6 days of the same duration and within the same ski area), including 2 persons aged 13-74 years and a minimum of 2 persons aged 5 to 17 years.

⁽¹⁾ + €1 per pass on first purchase for compulsory ski card, rechargeable and non-refundable. Public prices incl. VAT in euros not including insurance and cost of ski pass card. Multi-day passes valid for 2 or more days: consecutive days' skiing. Other prices: details in our ski pass offices.

⁽²⁾ For child, senior and family reductions proof of age must be provided at the time of purchase and may be requested anywhere in the ski area. The applicable age is the age on the first day of validity of the ski pass. When an adult is found to be using an invalid ski pass (e.g. the wrong age group), the fixed penalty charge payable is €160. For details see the general terms and conditions of use available from ski pass offices.

EDENSKI**The loyalty programme:
get your fill of benefits!**

The principle is simple: the more you ski, the more points you earn. Enter your ski pass number in your Edenski account and you'll automatically be credited with points for each purchase, whether it's online or in resort. You can then exchange your points for gifts. Other surprises await you, such as special events and exclusive meetings to share current news and discover your favourite ski area in a different manner!

Sign up on **www.edenski.com**


SKI



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

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.

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


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

 See our website or call us


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

ESF PLAGNE AIME 2000

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.

 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

ELPRO

A service adapted to each customer to be more comfortable thanks to our qualified and passionate instructors, a personalized service adapted to your desires according to your objective.


 ELPRO Skium shops, Belle Plagne and Plagne Centre

 Daily except on Saturday

 Ski and Snowboard lessons from 79€ to 89€ according the period

 33 (0)4 79 09 11 62
contact@elpro.fr
www.esf-belleplagne.com

NEW GENERATION

 33 (0)4 79 01 03 18

ESF PLAGNE BELLECÔTE

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 ...



Plagne Bellecôte



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

OXYGENE

Celebrate Oxygene's 30th birthday with us on the 30th day of each month! Oxygene is offering a free, guided ski or snowboard lesson to discover Paradiski. Intermediate level required.



Plagne Centre



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

REFLEX SKI SCHOOL

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.



Plagne Centre
Plagne 1800



33 (0)6 13 80 85 56
reflex-skischool@live.fr
www.reflex-skischool.com



Test your ski 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

SKI



Tandem ski ride

OXYGENE

Popular with those who are unable to ski safely on the mountain unaided, our Taxi-Ski option connects you to the slopes via your guide's skis. Sit back, relax and enjoy the ride !

 Plagne Centre / Belle Plagne

 Daily


 3 hrs ride : From 230€, ski pass not included, equipment provided


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


Handiski

ESF PLAGNE AIME 2000

Plagne Aime 2000 ESF proposes beginner and intermediate lessons for disabled skiers. Trained instructors will adapt their teaching methods and equipment (systems sitting down or standing up) according to your disability.

 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

OXYGENE

Oxygene provides both sit-ski and standing adaptive ski lessons for anyone needing a tailor-made approach. Specially trained instructors will put you at ease and will guide you towards riding independently on the snow.


 Plagne Centre / Belle Plagne

 2 hrs from 157€
Equipment provided

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

ESF BELLE PLAGNE


Belle Plagne welcomes disabled skiers.


 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

ESF LA PLAGNE

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".

 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

Handi-ski and Taxi-Ski *suite*

ELPRO

Ski standing up with the Gotoski or sitting in a wheelchair despite your handicap.



Belle Plagne or Plagne Bellecôte



1hrs30 : 90€



33 (0)4 79 09 11 62
contact@elpro.fr
www.esf-belleplagne.com

Snowboard experience

ELPRO

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 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



Slalom chrono SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

A timed and filmed slalom course where you can challenge your friends to a speed test thanks to the Yuge application !



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

Funslope

SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

*The fun trail in a sublime setting to discover with the family.
Access condition: Fun course at the blue slope level.*



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 & Buffalo Kids

SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

Join our heroes from the Wild West, Bill and Jane on these 2 fun tracks in Plagne Center and build your own legend!



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

SKI



Cross country skiing

Free access
Dou du Praz
Route des Mairiers
Route des Frasses

Cross country skiing

OXYGENE

Escape the bustle of the slopes and opt for an aerobic workout away from the crowds.

Oxygene run group and private lessons for beginners and intermediates. Possibility to rent required material at an extra cost.

 Plagne Centre / Belle Plagne

 2 hrs from 118€
From 10 yrs


Possibility to rent additional equipment


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

Cross-country skiing and biathlon

ESF BELLE PLAGNE

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

 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

First Tracks

SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

Come and ski the first tracks in the morning!

 Top of Plaplagne Grande
Rochette
Top of Arpette chairlift
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


Backcountry skiing Snowboard Hiking


ESF - FRANÇOIS ALLEMOZ

Come and discover the immense Off-piste area with the Guides of La Plagne. Our knowledge of the mountains allows us to adapt to conditions on a daily basis. Dare to spend days unforgettable far from the slopes

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

 Daily from 9.15am to 5.p.m

 Day : 91€ - Week : 504€

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

Ski Touring

ESF PLAGNE AIME 2000

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.



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

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.



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



Free map
Ski touring
itineraries

Available in
Tourism offices



REFLEX SKI SCHOOL

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



La Plagne area



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

First tracks

OXYGENE

Ski tour to the summit with Oxygene and get the first tracks back down the freshly groomed pistes before the lifts open. Available to all levels.



Plagne Centre / Belle Plagne



2 hrs from 130€
From 12 yrs



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

GILLES OLIVIER



33 (0)6 60 49 54 03

THE UNAVOIDABLE



Olympic Bobsleigh Track

Unique in France!

Live the Olympic experience»

3 experiences for 3 thrill levels!

Information & Booking



Olympic Bobsleigh
Track - La Roche



33(0)4 79 08 82 23

bobsleigh@la-plagne.com
www.bobsleigh.net

Bob Raft

Ass. BOB LUGE SKELETON

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



Tuesday to Saturday from 4 pm.
Sunday from 6 pm.



48€ per person
Minimum age 14 or height 1.30m

Speed Luge

Ass. BOB LUGE SKELETON

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!



Tuesday to Saturday from 4 pm.
Sunday from 6 pm.



112€ per person - Minimum age 16

Bob Racing

Ass. BOB LUGE SKELETON

If you're up for a real challenge ...
Take a seat behind a professional
for a descent of up 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 !



Wednesday, Thursday, Saturday
from 6 pm. Sunday from 4.30 pm.



128€ per person
Minimum age 16 unless contrain-
dication

Ice tower

Champagny en Vanoise

SELF CLIMBING ON ICE TOWER

*The ice tower is an artificial structure
of 24 meters suitable for all levels.*



Le Canada
Champagny le Haut



Daily midday-4.30 pm



Autonomous climber access : on
sale at the cross-country ski chalet
1/2 day:
- 10,50€/adult - 6€/ kid*
Season :
- 70€/adult - 35€/kid
* 6-16 yrs included



33 (0)4 79 55 06 55
info.champagny@la-plagne.com
www.champagny.com



Travel time

From high altitude
resorts : 1h10

CLIMBING ON ICE TOWER WITH A MOUNTAIN GUIDE

*Come and discover ice climbing on the superb ice tower with a high mountain guide.
Alone, with family or friends, you will live an unforgettable «frosty» experience.*



Le Canada - Champagny le Haut



Tuesday and Thursday at night.
Duration: 2hrs.



50€ / pers - 45€/pers. from 4 persons and more
From 10 yrs
Equipment provided
Limited number of places



33 (0)4 79 55 06 55 - info.champagny@la-plagne.com
www.champagny.com

or Damien SOUVY High mountain guide

33 (0)6 89 93 65 19 - damiensouvy@orange.fr



ACTIVITIES




Superluge Derby OXYGENE

Throw yourself down a 5km course with 450m of descending downhill on a sledge. Fun and laughter guaranteed!

 Plagne Centre

 Tuesday to Saturday at 5 pm


 35€ / person (1h30)
Sledding and return by shuttle included
From 14 yrs


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

Toboggan adventure ESF PLAGNE AIME 2000

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

 Plagne Aime 2000

 Every day at 5pm

 Sledding + aperitive : 30 €


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

Colorado luge


SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

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

 Plagne Centre

 Every day from 1.30pm to 6.30pm
(subject to snow conditions)


 10€ for 1 descent
40€ for 5 descents

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

Tobogganning descent ELPRO

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

 ELPRO Skimium 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


Snake-Sledge

AIR LA PLAGNE

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

 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@paradify.com
<http://www.laplagne-snakegliss.fr>

Airboard

REFLEX SKI SCHOOL

Dare! 5 km descent to head!

 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





Skating rinks


CHALET DES COLOSSES

*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.*

 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

PLAGNE CENTRE RINK

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.

 Plagne Centre - Perrière square

 3 (0) 4 79 09 02 01 (Tourism Office number)

ACTIVITIES



Trio of giant zip lines

ELPRO

New activity: Trio of giant zip lines! Get your fill of thrills and enjoy a unique experience with 3 giant zip lines in a spectacular setting at an altitude of 2050m!



ELPRO base - Belle Plagne



Tuesday and Thursday at 6pm
Duration : 45 min



20€ - From 12 year - Sport profile



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

www.elpro.fr

Super Tyro

SUPER TYRO LA PLAGNE

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



Plagne Aime 2000 / Plagne Centre



See on page facebook :
facebook\supertyrolaplagne



15€



33 (0)6 51 21 01 73

Electric mountain biking tour

PARADIBIKE

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.



Plagne Centre



- Every evening, on reservation
- Dscovery outing 10-11.30 am
- Sunrise outing at the end of the season 7-9 am



- Dscovery outing 10 km : 60€ - 1h30
- Adrenalin outing 15 km : 75€ - 2hrs
- Olympic outing 19 km : 90€ - + 2hrs



33 (0)6 80 74 36 00
laplagneparadibike@gmail.com
www.paradibike.com



Moon bike

ELPRO

The Moon Bike, a kind of electric snowmobile, is a new 100% Electric adventure that is simply breathtaking !!!

On a hike or on a snow-covered circuit.



ElPro skidoo base
Slalom stadium
Belle Plagne



- 30 min hike: 60 €
- Pilot from 18 yrs
- 15 min tour: 25 € - From 16 yrs



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

E- Fat bike

ELPRO

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 Skimium shop
in Plagne Centre



From 5.15pm according to the season



«Discovery» tour 1 1/2h : 69€
minimum age 12 yrs
«Sport» : tour : 89€- From 14 yrs



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

Moonbikes

OXYGENE

Quiet, powerful and easy to handle, a ride on these electric snow bikes is not to be missed.

Take to the evening slopes of La Plagne with an Oxygene guide once the lifts have closed.



Plagne Centre / Belle Plagne



90€
From 16 yrs



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

ACTIVITIES



Skidoos

SNOW PANTHERS

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



Plagne Centre, chalet next to Funiplagne Grande Rochette.



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



- Per skidoo (solo/duo) : 110€ for 1h
- Passenger behind the guide : 45€ for 1h.



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

ELPRO

*One or two people on a skidoo to discover La Plagne on a range of itineraries.
Wide open spaces and technical passages, supervised by our guide.*



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

Come and discover the La Plagne area during an unforgettable ride with friends or family, with La Plagne's skidoo tour pioneers, in the resort since 1987. Rides supervised by our experienced guide Mathieu.



Chalet des Moutons
Plagne Bellecôte



Daily from 5.30pm



- Solo / duo : 110€
- Passenger behind the guide : 30€



06 12 99 88 35
pebevasion@orange.fr
www.motoneige-la-plagne.fr

Helicopter ride

AIR LA PLAGNE

In VIP mode, on your own with a pilot, discover the whole Paradiski® area as far as Mont Blanc!



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

Swimming-pool

MAGIC POOL



Plagne Bellecôte



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



Sled dogs

HORS TRACE ADVENTURE

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 or Saturday.

Driving activity :

Thursdays out of school holidays, Saturdays during school holidays



First outing (180 kg per sled) :

Duration : 30 min : 30 min (minimum age 2)

- 1 or 2 persons adult and/or kid : 102€

- 2 adults + 1 kid (-12yrs) : 138€

- 2 adults + 2 kids (-5 yrs) : 156€

Driving activity (4 persons maximum per session) :

10 mn briefing + 30 min driving : 82€ per person (minimum age 11)



33 (0)4 79 24 22 15 - 33 (0)6 34 45 53 15
m.bernal@horstraceadventure.fr
www.horstraceadventure.fr

ACTIVITIES



Paragliding

FLY IN PARADISE

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



Top of Roche de Mio



Daily from 9.am to 5.pm



From 80€ to 160€



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

ESF PLAGNE BELLECÔTE

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



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 of Roche de Mio



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

AIR LA PLAGNE

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.



Top of Grande Rochette Plagne
Centre (Funiplagne cable car)



Daily from 9am to 9pm



- Discovery flight : 80€
- Panoramic flight : 110€
- Prestige flight : 150€
- King of La Plagne flight : 300€




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

ELPRO / PLAGN'AIR PARTENAIRE

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.


 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: 25€ + 5€ (SD card)

 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

AÉROPLAGNE Antoine Mercier / Orlane Sturbois

 On skis, at the top of Verdon


 33 (0) 6 85 37 25 85
bytonio@hotmail.com
www.air-vanoise.com




ELPRO

If you are looking for escape and a real thrill, come and see La Plagne from above. Enjoy a unique experience as you fly off into the clouds with a superb view of the whole ski area of La Plagne, flying over the skiers below..

 Top of Roche de Mio


 Daily according to flying conditions


 - Discovery flight : 80€ from 5 yrs
- Mountain flight : 160€ from 12 yrs

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

AIR BELLEPLAGNE Philippe Martin

*Come and share an unforgettable moment while flying over the area of the Grande Plagne.
Take off at the top of the Roche de Mio cable car, an exceptional panorama awaits you.*

 Top of Roche de Mio

 33 (0)6 15 93 45 33

ACTIVITIES



The Heritage Museum

MAIRIE LA PLAGNE TARENTEISE

Jérémy offers you a guided tour of the Heritage museum. Discover the history of La Plagne from the mining era to today.



Plagne Centre -
Pierre Menta square



Every Wednesday at 10 am.
Free visit every day from 9 am.
to 6 pm.



Free (subject to government restrictions
linked to Covid 19)



33 (0)4 79 09 71 52

Cinema

RÉGIE CINÉMA LA PLAGNE TARENTEISE

*Les Ecrins cinema has all the latest
digital technology.*



Plagne Centre



Daily at 6pm and 8.30pm. Films
screened at 2.30pm in very bad
weather



- Adult : 1 entry : 8.50€
- Child : 1 entry : 7.00€



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

Public library

BIBLIOTHÈQUE MUNICIPALE

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



Plagne Centre - Espace Plagnard



Monday, Tuesday, Friday 4.30-
6.60 pm.
Wednesday 10-midday



33 (0)4 79 09 29 08
www.biblio-laplagnetarentaise.fr

7 - 10 JUILLET 2022



LA PLAGNE
Paradiski

Super
Huit

COURSE VTT - VTTAE ALL MOUNTAIN

GRAND8

VTTAE

100KM / 2 JOURS / 1 DIVISION

DOUBLE8

VTT & VTTAE

20KM / 35KM / 60KM / 80KM

WWW.SUPER-HUIT.COM



Jean-Lain
Red Bull



DARE2B



RACER



PEUGEOT
CYCLES

ACTIVITIES



Espace Pierre Leroux Omnisports hall

MAIRIE LA PLAGNE TARENTAISE

Weights room (with conditions), climbing wall (with conditions), free sports activities



Plagne Centre - Omnisports hall



Monday to Friday 10 am -12.30
and 3.30-7.30 pm
Saturday 3.30-7.30 pm



33 (0)4 79 55 15 15

Avalanche workshop

ELPRO

Make the most of your holiday to acquire or improve the skills you need to be autonomous and stay as safe as possible when you are out on the mountain in winter.



ELPRO Skimium shop
Belle Plagne



- 30€- from 14 yrs
Supervision and equipment
included



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

Aquarelle workshop

JEAN-LOUP BENOIT

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



At home



40€ per person



33 (0)6 79 62 98 67

Bowlings

BOWLING BAR

BELLE PLAGNE

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.



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
bowlingbelleplagne@gmail.com
www.sortir-a-la-plagne.fr



HOLIDAYS BOWLING

Holidays bowling is a space for leisure and relaxation with family or friends. Open every day from 4 p.m. to 2 a.m. and from 2 p.m. in case of bad weather.



Plagne Centre - Espace Pierra Menta



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



33 (0) 9 62 69 59 91
leolidaysbowling@gmail.com



09 62 69 59 91
leolidaysbowling@gmail.com

Escape game

ESCAPE GAMES UNITED

*Experience a life-size escape game, 1 hour to find a rare animal or to solve the riddle of the Mont Saint Jacques Bunker.
Cohesion game for adults and children alike.
Discover our novelty «Escape Games: The aperitif»*



Snowfront of Plagne Bellecôte, near Skiset shop



Daily from 10am to 10pm



From 23€ to 35€ - Indoor, outdoor and home escape games.



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

WELLNESS



BAINS & SPA LA PLAGNE

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.



Belle Plagne



Open daily, 10 – 12am & 2 – 8pm



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

SPA Hôtel Carlina

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



Belle Plagne
Carlina Hôtel



Open daily by appointment



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

SPA BELLECÔTE

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.



Plagne Bellecôte



Monday to Saturday 10 am- midday
and 1-8 pm
Sunday 1-8 pm





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

SPA D'ALTITUDE Ô DES CIMES

Face and body treatments, beauty treatments, massages, dual treatments, treatments for children and teenagers ... New: future mother and baby treatments
O des Cimes welcomes you to its unique and revitalising atmosphere.
Open to all

 Plagne Soleil
Résidence CGH
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

SPA D'ALTITUDE Ô DES CIMES

In the White Pearl Lodge & Spa, relax in a bubble of wellbeing with our different facilities as well as face and body treatments and massages for both adults and children.

 Plagne Soleil
Résidence CGH
White Pearl Lodge et Spa

 Open daily

 From 50€


 33 (0)4 50 33 10 96
info@odescimes.com
www.odescimes.com




SPA NUXE Araucaria Hotel & Spa


NUXE Spa with a swimming pool, whirlpool bath, sauna, Turkish bath, ice-room, sensorial shower, relaxation area and treatment rooms for one or two people.

 Plagne Centre - Araucaria Hotel

 From 10 am to 8pm. Access when you book a treatment only.

 Nuxe * treatment (45 min): 90 €
- Nuxe * treatment (1h15): 140 €
- Duo Nuxe * treatment (45 min): € 170
- Nuxe * treatment in duo (1h30): 280 €

* Nuxe treatment: Facial treatment, body treatment or massage to be defined during the appointment

 spa@araucaria-hotel.com

WELLNESS



L'INSTITUT NOMADE

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



Odalys «Front de neige» residence
Plagne Villages



By appointment



Relaxation massages, après-ski recu-
peration : 30min : 40€, 1h : 75€
Facials: 40€ to 70€
Hot stone treatments 1h : 80€
Payment: cheque, cash



33 (0)6 80 77 49 98

ESTHÉ BIO

Beautician Lorraine proposes a wide
range of treatments using organic Phyt's
products.

Body massages: mother-to-be,
Californian, hot stones, lomi-lomi...
Facials, hair removal, eyelash
enhancement, manicures/pedicures,
semi-permanent varnish.

Weekly packages and gift vouchers
available.



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



By appointment, closed Saturday & Sunday
morning.



- Body modelling from 50€
- Facials from 60€
- Wellness pack from 130€

Payment: cheque, cash, credit cards not
accepted.



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

OSTEOPATHY CENTER

Fanny Delvallée

Fanny Delvallée, Osteopath,
graduated in 5 years and
Osteopath Sport, will treat
your acute and chronic pain,
your problems related to the
articular, digestive, neurological,
gynecological systems.



Plagne Aime 2000



Open daily by appointment



33 (0) 6 50 51 40 08

OSTEOPATHY AND PHYSIOTHERAPY CENTER

Jean-Louis Fabre

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.



Belle Plagne, lower commercial center (stairs to gondola)



Open daily, 10 – 8pm
by appointment



The session : 70€



33 (0) 6 63 93 47 86

33 (0) 4 79 09 31 46

jean-louis-fabre@orange.fr

www.osteomassages-laplagne.com



OSTEOPATH

Juliette Lagondet

Juliette is happy to welcome you to her practice. You will be provided with a comprehensive approach that respects everyone's needs.

Adults, pregnant women, seniors, the disabled, athletes, infants, children ... Historical practice and open year-round.



Plagne Centre - Ecrins gallery



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

OSTEOPATH

Céline Torrent

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



At home



By appointment



60€



33 (0)7 69 35 09 04

celine.torrent@live.fr

LODGES PHYSIOTHERAPY CENTER

Antoine Simon

Physiotherapist masseur offering all types of rehabilitation on medical prescription, treatment without prescription or relaxing massages.



Plagne Centre



25€ for a consultation



33 (0)6 23 82 40 88

WELLNESS




YOGA KUNDALINI

Nam Sandevi

Kundalini is the energy of consciousness, creativity, and joy. When it moves, you access your full potential by creating a balance between your body and your mind. It is a power practice open to all with no prerequisites.

 Belle Plagne - Carlina Hotel

 Tuesday, Wednesday, Thursday
5-6 pm

 25€

 33 (0)6 73 01 71 52
@nam_sandevi
www.namsandevi.com


FOOT REFLEXOLOGY


Nadia Montmajeur

This winter, enjoy the pampering you deserve during a session of foot reflexology with Nadia. There is nothing better for releasing the emotional and physical stress accumulated over the year.

 At home

 By appointment


 Adult session : 60€
Kid session: 40€


 33 (0)6 16 91 90 84


MARMAPU MASSAGE & YOGA MARCIA ORELANNA

*Wellness professional Marcia Orellana invites you to try a unique and personalized massage, through the expertise in different techniques she has acquired over 15 years of experience worldwide.
"When we travel in our body, we visit our spirit".*

 Plagne 1800 - Chalet Laponia
shuttle stop 1800 roundabout,
accessible in 2 min

 Daily by appointment


 - Sports massages (60 min)
- Relaxation massages (60 min)
- Therapeutic massages (90 min)
- Massages of the World (90 min)
- Beauty massage (60 min)
- Yoga ritual - massage (2h)
- Personalized Yoga class

 33 (0)7 68 25 63 76
marmapu-massage@hotmail.com

ESF BELLE PLAGNE

"Wellness" snowshoe or ski touring sessions: breathing, self-massage, relaxing in an environment to rediscover.

 Belle Plagne

 Every afternoon with a qualified instructor

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

NATUROPATHY

Elodie Lorioü

Practitioner in hygiene of life and naturopathy, I accompany you and help you to become again actor of your well-being, your well-being thanks to naturopathy and its multiple tools.



At home



Daily



33 (0)6 15 22 08 61

VIP COIFFURE

Lilou Murgia

Hairdresser man / woman, VIP Coiffure welcomes you to Plagne Center.



Plagne Centre -
Espace Plagnard gallery



With or without appointment from Monday to Saturday from 10 - 12 pm and from 3-7 pm., Sunday from 5-7 pm.



33 (0)6 99 28 37 39

SPA BY LES BALCONS



Belle Plagne



33 (0)4 79 55 79 56
spa.belleplagne@les-balcons.com



BIOENERGETICIST

Nadège Lelong



Plagne Centre - Galerie les Ecrins



33 (0)6 63 97 47 92

CHALET SANTÉ

René Allamand



Plagne 1800



33 (0)6 23 87 45 64
www.magnetisme.allamand.com

EVE COIFFURE



At home



33 (0)6 99 28 37 39

OSTEOPATHY

Solène Rombourg



Plagne Centre - Les Lodges



33 (0)6 61 06 97 88

MASSAGE ME



At home



33 (0)4 79 04 20 66

Ô COIFFEUR



Plagne Bellecôte



33 (0)4 79 07 39 60

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