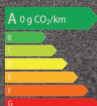
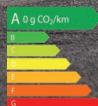




MONTALBERT

—
Holiday Guide
SUMMER 2022





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

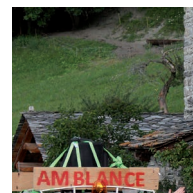
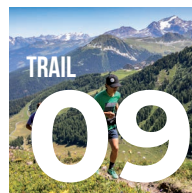
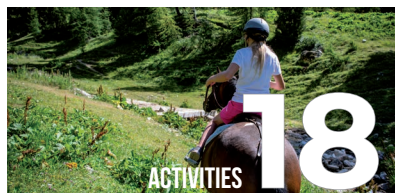
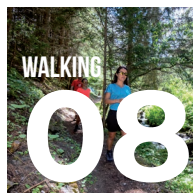
04 201 01 201

www.jeanlain.com


Jean Lain
MOBILITÉS


HYUNDAI

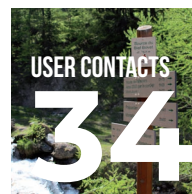
SUMMARY



La Plagne thanks its partners



PuyduFou.



A woman with long brown hair, seen from behind, is sitting in a lotus position on a rocky mountain peak. She is wearing a black sports bra and black leggings. Her hands are resting on her knees in a mudra. The background features a vast mountain range with snow-capped peaks under a clear blue sky. The overall mood is peaceful and serene.

SERENITY

BREATHE

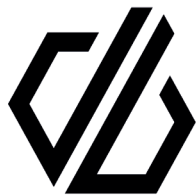
An unforgettable stay

Because your holiday should be a time of calm and serenity, La Plagne and the teams who welcome you in the resort have put appropriate measures in place to ensure your health and safety.

All of the required systems are in place so that everyone can make the most of their stay, with barrier gestures remaining our priority.

We want you to feel really at home here.

DARE 2B



**PARTENAIRE TEXTILE OFFICIEL DE
LA PLAGNE & LA 6000D**

WELCOME AND INFORMATIONS



Tourist Office



LA PLAGNE MONTALBERT



Open from Sunday to Friday from 9.00am to 12.30pm and from 1.30pm to 6.30pm and from 9.00am to 12.00pm and 2.00pm to 6.30pm on Saturdays.



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info.montalbert@la-plagne.com
www.montalbert.com



Offices de
Tourisme
de France



QUALITÉ
TOURISME



Tourist Office Services

Picnic Room

A picnic room has been set up underneath the Tourist Office (same entrance as the public toilets). It will be open at the same times as the Tourist Office.

Lost property

All lost property returned will be kept at the Tourist Office.

Objects for hire

Board games, books, Table tennis bats, Petanque balls, balls. A deposit is required.

Weather Forecast

A weather forecast is displayed inside and outside the Tourist Office daily.

Left Luggage

A free left luggage service is available at the Tourist Office every Saturday and Sunday from 9am to 12pm and from 2pm to 6.30pm.

Photocopies

Photocopies can be sent at the following costs: A4 black and white page €0.20, A4 colour page €1.

Internet

Maison de Montalbert is offering you free Wi-Fi internet access inside its building for 7 days using «Montalbert Wifi Free» network.

Wifi box «Hippocket» are available for hire at the Tourist Office.

Prices:

-1 Day : 7€

-1 Week : 39€


Payment at the desk by credit card only.




To keep you up to date with
the latest news from
La Plagne

JOIN US ON SOCIAL
NETWORKS

 [@PlagneMontalbert](https://www.facebook.com/PlagneMontalbert)

 [@plagne.montalbert](https://www.instagram.com/plagne.montalbert)

 [@la_plagne](https://www.tiktok.com/@la_plagne)



Made by Lucie & Victor

3 randonnées, 2 descentes de VTT, 1 trail...
et encore 4 jours de vacances pour profiter.



VTT, rando, trail...
Avec Yuge, tous vos itinéraires sont dans votre mobile.



YUGE
Paradiski

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



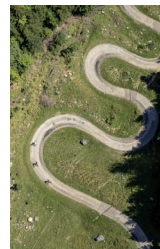
THE 'TERRE DE JEUX' LABEL

20
TERRE
DE JEUX
24

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



WALKING



Walking trails

All
ages

Various rambling routes, with a total length of around one hundred kilometres, start at the village of Montalbert. You'll love our themed trails, such as **the Bief Bovet trail**, peaceful and refreshing place.

In La Plagne Montalbert, there are two trails especially designed for families :

- **The enchanted pastures trail, the Biodiversity trail, the «Land'Art» trail at the Superga Chapel in Longefoy.**

Well prepared (map, bonnes walking shoes, sunglasses, cap, backpack, water and phone are the minimum equipment), all you have to do is enjoy and relax !

Whether on your own, as a couple or with your family, treat yourself to a nature getaway!



Story walks

STORYTELLING IN THE ALPINE PASTURES

From
5 y/o

*This summer, let your imagination run away with you and travel to the distant lands of myths and legends with your guide and his musician, during a magical walk in the shade of the larch and spruce trees at 2000m altitude.
Easy family circuit.*



Meeting point at the top of the gondola



July 13th - August 17th
Wednesday 2.15 – 4.15pm



4€.
Booking obligatory at the Tourist Office, limited number of places.
Don't forget to get a lift ticket for the gondola (8€)



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info.montalbert@la-plagne.com
www.montalbert.com



A Good Idea

A free walking map is available from the Tourist Office



La Plagne, land of TRAIL

Trail routes

Divided into 18 permanent routes, including two straight climbs, the trails cross different types of terrain that are perfect for learning, improving or training in an exceptional environment. If lush forests, flower-filled pastures and majestic mountain peaks appeal to you, come and discover La Plagne's trail running area right now!

Four routes dedicated to trail running have been made around the Montalbert resort, with various levels of difficulty :

- Easy : «La petite boucle», 4km, 220m uphill / 220m downhill
- Intermediate : Les Teppes, 6km, 240m uphill / 240m downhill
- Challenging : Les Hauts de Montalbert, 9.8km, 470m uphill / 470m downhill
- Very challenging: Le Mont Jovet, 19km, 1180m uphill / 1180m downhill

A Good Idea
A map of trail routes is available at the Tourist Office

Summer TRAIL events

- FROM JULY 28TH TO 30TH : THE 6000D RACES (67km/42km/28km/11km/5km/1.5km/500 et 1000m) - *Everywhere in La Plagne*
- AUGUST 7TH : TRAIL ALPIN DU GRAND BEC (28km/15km/7km) - *Champagny en Vanoise*
- AUGUST 9TH : LA PRAJOURDANE (9.5km) - *La Plagne Montalbert*
- AUGUST 19TH & 21ST : TRAIL DES PIEDS LÉGERS (12km/5km) - *Champagny en Vanoise*



Have a great holiday with your family

Entertainments :

A range of family-friendly entertainment is organised throughout the week in Montalbert (workshops, outdoor games, quizzes, etc.). See the programme that you can find in the Tourist Office and in the shops and restaurants.

Walking trails :

There are two trails in Plagne Montalbert specially designed for children (from 4-5 years according to their physical capacity):

- The "Enchanted Pastures" trail :

that takes you into a world of dreams, fun and enchantment. All along the trail you will encounter strange characters from the myths and legends of our mountains.

- The "Biodiversity" trail.

Learn through play! An educational trail about the mountain fauna and flora

- The «Land'Art» trail in Longefoy:

Discover a new path around the Superga Chapel in Longefoy. The «LAND ART» trail is welcoming you with lots of surprises created in collaborative work with the school of Longefoy and several local artists.

"Stroller" trails with your baby :

The cross-country trails can also be used for walks with a stroller (4x4 models):

- 1st part of N°1 walking trail
- Prajourdan circuit at the top of the gondola

Full information on these trails (length, elevation difference) can be found on the free walking map. Ask for it at your Tourist Office.

4x4 strollers are available in the sport shops.

Babies special



From 3 y/o

From 5 y/o

Services for families

Baby sitters :

A list of babysitters is available in the Tourist Office

The Kids Club :

The Kids' Club, means supervised activities from 6 to 12 years of age. The perfect place to meet others and play games. Informations P19.

Strollers / baby carrier to hire :

Strollers and baby carriers can be rent in most of the resort sport shops.

Pic Nic areas / Rooms :

You will find picnic tables near the start of the cable car, next to the «Club des Champions», at the start of the Biodiversity trail and Bief Bovet trail and in «Pralioud»

At the top of the gondola, enjoy "La Pause" terrace with its picnic tables and sun loungers.

There is a picnic room under the Tourist Office (same entrance as the public toilets) open every day from 9.00am to 6.30pm.

Playgrounds :

A playground is accessible in front of «Les Charmettes» residence (cf Resort Map).

Ping Pong tables are accessibles in front of «Charmettes» and «Chanteloup» residences and in front of Skimium sport shop.



FAMILIES

Baby equipment :

Baby equipment (cot, high chair, potty, pushchairs) is available for hire from the Concierge service (tel: +33 (0)6 22 70 11 39).

Loan of board games / books:

You can borrow board games and children's books from the Tourist Office (deposit required).

Public toilets / baby changing stations:

-Under the Tourist Office (with a baby changing station)

Accommodation :

Adapted facilities and specific services are provided by our lodging operators (L'Adray Hotel, Village Vacances Miléade, VVF Les Sittelles, Chalet Refuge de Montgésin, Sowell Family La Lauziere Hotel))

You will find : playing areas, activities, entertainments, baby equipment.

Restaurants :

Children's menus, special rates, adapted spaces (Restaurant Les 2 Zèbres, Le Forperet, le White Bear)

Activities :

*Cani Rando, special prices for families :
- Day 2ad+2child. (-11 y/o) : 170€
- 1/2 day 2ad+2child (-11 y/o) : 105€ // Infos p 20.

*Free visit of the mini farm at Le Forperet

*Special prices at Mountain Guides Office :
Special «Tribe» price on activities. Infos p12.

*Special prices for lifts :

-Free under 5 y/o
-Special price for children between 5 and 12 y/o (-20%).

Family advantages





Supervised Mountain Activities

MOUNTAIN GUIDES OFFICE

Composed solely of professionals, (state patent) passionate about our business and having always in mind the worries of your safety, we organize our activities by adapting better to your expectations and your skills. Practice of the mountain, in good humor.



Maison de Montalbert



From Sunday to Friday, from 2.30pm to 7.00pm.
Activities program available on website.



See activities opposite.



+33 (0)4 79 09 63 94
+33 (0)6 16 61 74 38
montalbertguides@gmail.com
www.guidesmontalbert.com

Hiking

From 8 y/o

Prices /pers. :
Solo : 1/2 day 19€ - 1 day 29€
Duo : 1/2 day 17€ - 1 day 26€
Tribe : 1/2 day 15€ - 1 day 23€

Tarentaise Alpine Route (Climbing tour)

From 6 y/o

Prices /pers. :
Solo : 41€ - Duo : 37€ - Tribe : 36€
2hrs session

Climbing

From 6 y/o

Prices /pers. :
Solo : 43€ - Duo : 39€ -
Tribe : 34€
3hrs session

Via Ferrata

From 8 y/o

Prices /pers. :
1/2 day Via Ferrata
(Bétières, Bourtes or Rosière)
Solo : 67€ - Duo : 60€ - Tribe : 53€
1 day Via Ferrata
(Rocher du Vent, Cochet)
Solo : 98€ - Duo : 88€ - Tribe : 78€
Other Via Ferrata, contact Guide Office.

Glacier hikes and alpinism

From 12 y/o

Prices /pers.:
Rhêmes Golette or Chapieux (1 day)
Solo : 80€ - Duo : 72€ - Tribe : 63€
Skyway Vallée Blanche 3466m (1 day)
Solo : 90€ - Duo : 81€ - Tribe : 71€
(Careful: ticket for the Skyway : 55€)

Canyoning

From 8 y/o

Prices /pers.:
Canyon initiation (1/2 day):
Solo : 64€ - Duo : 58€ - Tribe : 51€
Canyon Improvement 1 (1/2 day - Pussy-Benetant):
Solo : 72€ - Duo : 65€ - Tribe : 57€
Canyon Improvement 2 (1 Day - Montmin):
Solo : 79€ - Duo : 71€ - Tribe : 63€
Canyon Improvement 3 (1 Day - Italy): contact Guide Office.

Mountain bike / E-Mountain bike

From 10 y/o

Prices /pers. (guided rides only):
Mountain bike (3hrs):
Solo : 34€ - Duo : 31€ - Tribe : 27€
E-Mountain bike (3hrs):
Solo : 37€ - Duo : 33€ - Tribe : 29€



AD MONTAGNES

Live the mountain differently with Arno, passionate mountain leader and naturalist



In front of Maison de Montalbert



On demand



See activities opposite.



+33 (0)6 81 89 68 55
arno@admontagnes.com
www.admontagnes.com

Yeti nordic walking

Discover or perfect the techniques of Nordic walking in an exceptional mountain setting !



On wednesday

Introduction course:
From 9.30am to 11.30am

Improvement course: from 2.00pm to
4.00pm



Single price 18€ 1/2 day

From
13 y/o



Hiking in the Vanoise National Park

From
12 y/o

*The Vanoise National Park covers an area of 535 km2 of unspoiled natural surroundings, with exceptional fauna and flora and breathtaking scenery.
Level: good walkers (600m elevation gain)*



Whole day (8.00am - 5.00pm)

On demand



Single price 28€ per day
Bring with you your picnic, snack and
hiking equipment.

MAISON DE LA RANDONNÉE EN VANOISE



+33 (0)6 87 92 67 77



MTB / E-MTB

MTB / E-MTB trails

Climb up the mountains to appreciate the headiness of speeding down through the pastures and along the pathways.

Explore our signposted trails, each with varying difficulties, and enjoy your favourite activity at a pace that suits your skill level.

Use the shuttle buses (Montalbert shuttles and La Plagne shuttles) or the lifts to explore the vast area around La Plagne, where the stunning scenery and elevation gains are waiting to quite literally take your breath away!

E-MTB

Whatever your level, your E-MTB session will be a pleasure with our special routes, charging points and e-spots (special recreation area).

A Good Idea
Pick up a free plan of the MTB and E-MTB trails from your Tourist Office.

MTB / E-MTB rental

Skimium Shop



In front of Maison de Montalbert



From June 25th to September 3rd, from Monday to Friday from 8.30am to 12.00pm & 2.00pm to 5.30pm



Rental :
Adult MTB
Kids MTB
Downhill MTB
Fatbike MTB
Semi rigid E-MTB
Full suspension E-MTB
Downhill Scooter
Helmet is provided



+33 (0)4 79 09 78 09

MTB / E-MTB rental

SkiSet shop



Main street



From June 25th to September 3rd, from
Monday to Friday from 8.30am to
12.00pm & 2.00pm to 7.00pm



Prices :
Contact us



+33 (0)4 79 09 83 88



A trip to enjoy a range of sensations !

GOURMET E-MTB ITINERARY

*Whether you are sporty or not, riding a bike with electric assistance gives you wings!
With its combination of effort and pleasure, contemplation and tasty food, the gourmet itinerary offers a range of sensations to enjoy.*



In front of Maison de Montalbert



On tuesday 19th & 26th July and 2nd August
From 9.30am to 3.30pm



68€ (experienced guide + equipment + food tasting)
Booking in advance, limited places.



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info.montalbert@la-plagne.com
www.montalbert.com

From
10 y/o





Ski Lifts Opening

AREAS	LIFTS	OPENING	M	T	W	T	F	S	S	TIMES
PLAGNE CENTRE	TSD Colorado*	02/07 > 28/08								9h00>17h40
	TSD Bergerie*	02/07 > 28/08								9h00>17h40
	TC FuniPlagne	03/07 > 28/08								10h30>12h45 / 14h00>19h10
PLAGNE BELLECOTE / BELLE PLAGNE	TSD Colosses*	02/07 > 28/08								9h00>17h40
	TC Roche de Mio	03/07 > 28/08								9h20>17h05
PLAGNE MONTALBERT	TC Montalbert	03/07 > 28/08								9h00>12h15 / 13h30>17h40
MONTCHAVIN LES COCHES	TSD Plan Bois	03/07 > 28/08								9h00>12h15 / 13h30>17h40
	TC Coches	03/07 > 28/08								9h00>12h15 / 13h30>17h40
	Télébufette	03/07 > 28/08								10h>12h15 / 14h40>17h40
	Vanoise Express	04/07 > 26/08								9h00>12h45 / 14h00>17h40
CHAMPAGNY EN VANOISE	TC Champagny	01/07 > 29/08								9h00>12h45 / 14h00>17h40

Pass Office

LA PLAGNE MONTALBERT TOURIST OFFICE
Open from Sunday to Friday from 9.00am to 12.30pm and from 1.30pm to 6.30pm and from 9.00am to 12.00pm and 2.00pm to 6.30pm on Saturdays.

Caution : tickets for sale on Montalbert cable car opening days only.

AUTOMATIC MACHINE , inside Maison de Montalbert

+33 (0)4 79 09 77 33
info.montalbert@la-plagne.com
www.montalbert.com

* Piétons non autorisés à la descente

La Plagne rates

Duration	From 13 yrs	5 to 12 yrs inclusive	under 5 yrs
1 day	22.00€	18.00€	free
1 week	47.00€	38.00€	free
Season	105.00€	84.00€	free
Single price (5 yrs and over)			
1 way up pass La Plagne	8.00€		
Vanoise Express (go & back)	15.00€		
Vanoise Express (one way)	9.00€		

7 - 10 JUILLET 2022



ORGANISME DESIGNER : ... Photos : JACQUES PIERRE PAGES



LA PLAGNE
Paradiski

Super
Huit

COURSE VTT - VTTAE ALL MOUNTAIN

GRAND8
VTTAE

100KM / 2 JOURS / 1 BIVOUAC

DOUBLE8
VTT & VTTAE

20KM / 35KM / 60KM / 80KM

WWW.SUPER-HUIT.COM



DARE2B 



RACER
FRANCE (1997)





Club des Champions

Pascal offers different activities for little or big children, just for fun



Above the Tourist Office

From
3 y/o



Open daily from 4.00pm to 7.00pm
except on Saturday
On demand in the morning and
beginning of the afternoon



See activities opposite



+33 (0)6 13 01 89 93

Accro Bengy

Prices: 7€ (-5 years old) for 15min
10 bengys pack : 60€

Trampoline

Prices:
- Baby : 2€ for 10min
- Enfants : 3€ for 15min - Ados : 4€ for 20min

Mini Golf

Prices:
- Baby course: 2€
- Kids course: 3€
- Adult course: 4€
- Family course (2 child. + 2 ad) : 10€

Tubby

Big inflatable buoy on a sliding track
Prices:
- 4€ for 15min
- 5€ duo price

Mountainboard

Special mountain skateboard with brake
Prices:
- 10€ initiation or improvement 30min
- 15€ Lift Fun ride 1h
- 25€ Adventure ride 1h30 (8km)
- 10€ Compétition board
- 90€ 5 days stage (2h/jour)
UFCPA Association

Archery

Prices:
- 10€ for 30min

Packs & Stages

-Champion pass (all activities during 2 hours): 25€
-Champion Stage (all activities during 2 hours for 6 days): 125€
-Sensation Pass 1hrs (3 activities): 15€
-Family Pass (Preloaded card): 55€
-Board pack (2hrs) : 20€

Archery

BRUNO BELISSARD

From
7 y/o

Archery is a sport of precision. For any budding archers out there, kids or adults, Bruno offers archery courses with tournaments taking place at the end of the week.



Above the Tourist Office



On demand.



- 1/2 hour: 8€ - 1-hour course : 14€
- 3 x 1hour course: 33€
- Adult tournament: 11€
- Kids tournament (until 17 years old): 8€



+33 (0)6 36 16 91 16

Montal'splash

The Giant Waterslide



TOURIST OFFICE

125m of fun, 125m of sliding and laughter, 125m and a big SPLASH on arrival! This is the promise of this giant water slide, installed all summer long on the slope next to the Montalbert gondola station!

From
8 y/o



Start of the Montalbert gondola



From Monday to Friday
From 2.30pm to 5.00pm



Prices:
3€ for 1 ride
8€ for 1/2 day



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info.montalbert@la-plagne.com
www.montalbert.com

Déval'kart

TOURIST OFFICE

Behind the wheel of a non-motorised go-kart, negotiate your way down the specially designed pistes at your own pace. Safety equipment provided.



Start of the ski lift



Wednesday and Thursday
From 10.00am to 12.00am



- 1 descent: 4€
- 4 descents: 12€
From 10 years of age.
Min. height 1,30m



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info.montalbert@la-plagne.com
www.montalbert.com



From
10 y/o

Club des Kids

TOURIST OFFICE

The Kids' Club, means supervised activities from 6 to 12 years of age. The perfect place to meet others and play games.



Resort Center



On Monday, Wednesday and Friday
from 9.30am to 12.00pm.



Free. Sign up is required the day before at the Tourist Office.



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info.montalbert@la-plagne.com
www.montalbert.com

From
6 y/o

ACTIVITIES



Cani Rando

HORS TRACE ADVENTURE

From
6y/o

Set off behind a sled dog to discover a new form of hiking in the mountains. The dog is your ally as you climb up and makes coming back down even more fun...Min. age 6 years with an adult, 11 if not accompanied.



Start from the dog kennel



On request. ½ day and full day outings (bring a picnic for full day).



Prices :

- Adult (from 12 y/o) = 32€ 1/2 day - 55€ 1 day
- Children (6 to 11 y/o) = 25€ 1/2 day - 35€ 1 day -
Family price :
2 ad+2 child. (-12yrs old) = 105€ 1/2 day - 170€ 1 day



+33 (0)6 34 45 53 15
m.bernal@horstraceaventure.fr
www.horstraceaventure.fr

Poney or Donkey Ride

LE FORPERET

From
3 y/o

Come and meet our equine friends, as they take you out on a ride through a forest of hidden treasures! Not accompanied ride



Montalbert 1600



Everyday



- 1/2 hour : 11€
- 1 hour: 16€
- 1/2 day: 40€
- 1 day: 58€



+33 (0)4 79 55 51 27

Mini Farm

LE FORPERET

Family
friendly

Come and discover all the animals at the mini-farm: calves, cows, pigs, poultry and many more!



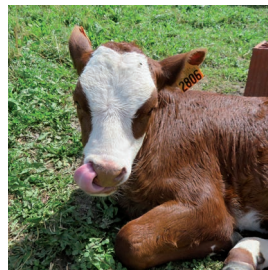
Montalbert 1600



Free visit



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Permanent orienteering route

TOURIST OFFICE

Seasoned sports enthusiasts, lovers of running and rugged landscapes, or simply those curious to discover the Montalbert countryside, visit the Tourist Office where a marked map and a compass are waiting (for a modest deposit) to be your guides.



Maison de Montalbert

From
6 y/o



Everyday, free access



Free



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info.montalbert@la-plagne.com
www.montalbert.com

Montalbert treasure hunt

TOURIST OFFICE

The only creature that can help us is in the resort and we are giving you a series of clues to help you to find out what it is. Can you meet the challenge? Get your road book from the Tourist Office



Maison de Montalbert

From
3 y/o



Everyday, free access



Free



+33 (0)4 79 09 77 33
info.montalbert@la-plagne.com
www.montalbert.com

Magic Show

TOURIST OFFICE

The impossible comes possible with this piece of magic without special effects just with mentalism and memory.



Salle Little Zénith

From
10 y/o



On Wednesday, from July 20th to August 18th
From 9.00pm to 10.00pm



Free



+33 (0)4 79 09 77 33
info.montalbert@la-plagne.com
www.montalbert.com



ACTIVITIES

Paragliding

FLY IN PARADISE

From
3 y/o

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

AN-RAFTING

From
3 y/o

*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 : +33 (0)4 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com

PLAGN'AIR PARAPENTE

From
7 y/o

*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 : +33 (0)6 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!



La Plagne Resort and valley

From
4 y/o



Every day, on demand



• From 80€ according to the choice of flight



Contact : +33 (0)6 12 73 66 56
planetair@wanadoo.fr
www.3vallees-parapente.com/
parapente-ete

AIR TARENTEISE

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.



La Plagne Resort and

From
3 y/o



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 : +33 (0)7 83 78 37 90
contact@parapente-la-plagne.com
www.parapente-la-plagne.com

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 : +33 (0)7 83 78 37 90
contact@parapente-la-plagne.com
www.parapente-la-plagne.com

Pumptrack and Skate Park

Regardless of your level, discover a fun and entertaining way of riding.



Skate Park



Macot - below the multi-purpose hall near the petanque court



Pumptrack



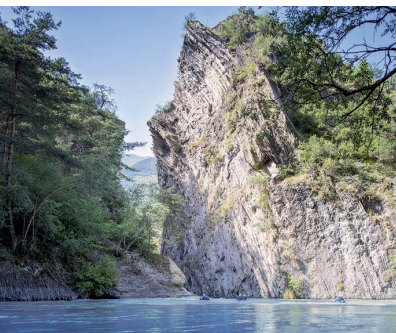
At the start of the cycle track towards the maladière stadium in Aime



ACTIVITIES

White-Water

From
6 y/o



RAFT IN ACTION

Contact : 06 63 08 30 16

AN-RAFTING



Base AN rafting - Les Îles 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 : +33 (0)4 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com



Versants d'Aïme 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 : +33 (0)7 70 18 70 12
laplagnekayak@gmail.com
www.laplagne-eauxvives.com

FRANCRAFT



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 : +33 (0)4 79 55 63 55
info@francraft.com
www.francraft.com

RÊVE D'EAU



Versants d'Aïme leisure lake



Every day, reservation only



contact us



Contact : +33 (0)6 74 76 42 34
info@revedeau-rafting.com
www.revedeau-rafting.com

ESSAONIA - ESPRIT RAFTING



Centron leisure lake



Every day, reservation only



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



Contact : +33 (0)6 63 08 30 16
contact@essaonia.com
www.essaonia.net

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 : +33 (0)4 79 07 97 21
info@h2osports.fr
www.h2osports.fr




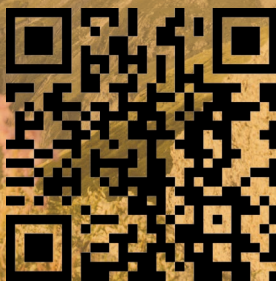
SCAN & **WIN !**

YOUR HOLIDAYS IN LA PLAGNE

and a lot of gifts !

With our partner

DARE2B 



Contest's rules and prizes available via QR code



Les Versants d'Aime leisure park

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

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

Acro Bungy

A fun sports activity, "acro bungy" consists of suspended elastic straps on trampolines that allow you to jump to a height of about 8m. Forward and backward somersaults can be performed in complete safety. For the more courageous, the session ends with a series of catapult-type jumps to over 8 metres.

LES TRAMOS DE MACOT



Versants d'Aime leisure lake



• Sunday to Friday from 10:30 to 12:30 and from 14:00 to 18:30

Saturday from 2pm to 6.30pm

Closed if weather conditions are adverse



From 6€ (10min)



Contact : +33 (0)6 87 22 46 90

[Les tramos de macot](#)

Canopy trails

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

NATUR'ACCRO



Versants d'Aime leisure lake



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

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



From 10€



Contact : +33 (0)7 61 05 12 03
stephane.rey6@bbox.fr

[natur'accro](#)

Aquabulles

Walk on the water with the aqua-bulle ! From 4 years old.

FH EVENTS



Versants d'Aime leisure lake



• July 2 to august 28, daily 11:30am to 6.30pm. Saturdays from 1.30pm

Closed in case of bad weather



From 6€, Group on demand



Contact : +33 (0)6 67 72 70 48
bullevents@orange.fr

www.bullevents.fr

[Bullevents](#)

Pedalokids

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

FH EVENTS

📍 Versants d'Aime leisure lake

📅 • July 2 to august 28, daily
11:30am to 6.30pm. Saturdays
from 1.30pm

Closed in case of bad weather

💰 From 6€, Group on demand

📞 Contact : +33 (0)6 67 72 70 48
bullevents@orange.fr
www.bullevents.fr
📍 Bullevents

Xtrem' Jump

2 passerelles de sauts de 2m80 et de
6m35 avec atterrissage dans un air
bag.
Taille minimum 1m20

FH EVENTS

📍 Versants d'Aime leisure lake

📅 • July 2 to august 28, daily 11.30am
to 6.30pm. Saturdays from 1.30pm
Closed in case of bad weather

💰 From 6€, Group on demand

📞 Contact : +33 (0)6 67 72 70 48
bullevents@orange.fr
www.bullevents.fr
📍 Bullevents

Laser Game

Laser game mobile dans une struc-
ture rafraîchie unique au monde de
144 m2 avec musique et lumière
noire pour une ambiance à couper le
souffle. A partir de 6 ans

LASER ATTITUDE

📍 Place Perrière - Plagne Centre
Itinérant sur la Tarentaise

📅 • Every Tuesday from 10 a.m. to 6
p.m. Place Perrière Plagne Centre
• On other days, itinerant contact us
for more info

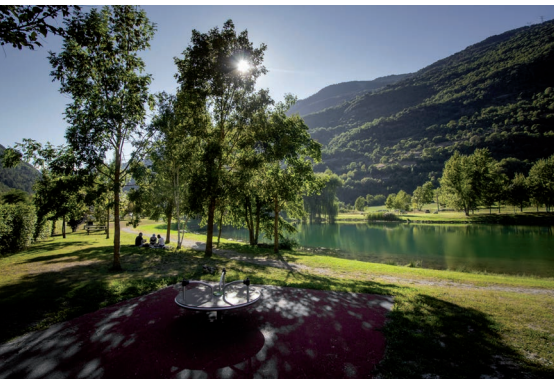
💰 7€ the game, 13€ the 2 games and
18€ the 3 games

📞 Contact : +33 (0)6 76 29 51 55
+33 (0)6 14 37 11 11
laserattitude@gmail.com
www.laser-attitude.com
📍 Laser Attitude

Centron leisure park

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

If you like white water sports, diving or fishing (forbidden in summer), there is something for everyone. By the road : direction Moûtiers, exit Centron. Swimming is not allowed.



Scuba diving

PLONGEURS D'EAU DOUCE

Contact : +33 (0)6 24 79 72 84

Fishing

SAVOIEFISHING.COM

Contact : +33 (0)6 31 32 52 30

Archery

ARCHERY TAG

Contact : +33 (0)6 10 68 48 28



Heritage

Montgésin Chapel

Built in 1658 in the heart of Montgésin and recently refurbished, it's the main attraction of your walk to this tiny village. Open daily and guided tour on booking. (Association of Longefoy Heritage +33 (0)6 75 10 37 73. Free participation.

Sensorial tour: "Baroque in every sense"

Enjoy an original and unique discovery of Savoyard baroque art with a guided tour of Montgésin chapel on the theme of the five senses. A tour that is full of surprises and magic, led by a 'Land of art and history' guide.

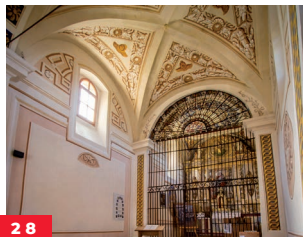
Tour runs on Thursday from July 21st to August 25th from 6.00pm to 7.00pm

Information and bookings at the Tourist Office, places limited.

Free.

Traditionnal Tomme Cheese making

In front of his mountain restaurant "Forperet", Roland explains and demonstrates the different stages of the traditional Tomme cheese making process. You will be able to sample the fruits of his knowledge. Contact the Tourist Office or the Forperet restaurant to find out the days and times of the cheese making demonstration..



Longefoy Heritage

Superga Chapel

Standing atop a small hill, this chapel, visible from the valley below, is worth a visit and the small detour to reach it. A themed trail tells you all about the history of this small chapel.

Watermill

Located at the entrance of the village on the Bief Bovet stream, the watermill used to grind grain and cereal, as well as apples. Once upon a time, there were as many as 7 mills operating thanks to the stream.

The Sawmill

The sawmill is on the right as you come into Longefoy on the way down from Montalbert. In the recently renovated building there is a very interesting saw that used to be driven by a paddle wheel turned by the waters coming down Bovet reach. The sawmill has always been privately owned. It was built in 1850 and was originally driven by a bucket wheel (no longer there) but was converted to electric power in 1925. It was associated with a flour mill that can still be seen today.



Bread Oven

Dates to 1749. In 1972, the Longefoy Events Committee began to use the oven several times a year and in particular for the bread festival traditionally held at the end of July tantalising the taste buds of visitors with different types of traditionally baked breads and the area's famous "Crinchins" (aniseed-flavoured

Musical guided Tour of Longefoy

Discover the village in a original way with two musician and a guide.

Sunday 24 July from 10.30am to 11.45am

Information and booking at the Tourist Office. Free.

Guided and playful tour of Longefoy

A fun discovery of the rich heritage of the village of Longefoy, as you are guided through the little streets and passages.

Tour runs Mondays from July 18 to August 22 from 5.15pm to 6.30pm.

Information and booking at the Tourist Office. Free.



Caroline Bien-Etre

As a Beautician, I propose the following beauty treatments in your home: Swedish massage (muscle massage that can be relaxing or invigorating, light or deep), plantar reflexology, hand & foot treatments, nailart etc



At home



Everyday by appointment

Massages : from 45€ to 90€

Plantar reflexology (30min) : 20€

Hand treatments : from 15€ to 60€

Foot treatments : from 15€ to 20€

Varnish : from 8€ to 30€

Hair removal : from 8€ to 25€



+33 (0)7 83 69 19 87

Yoga courses

TOURIST OFFICE

Take time for yourself, recharge your batteries, find a lasting balance ... this is the leitmotif of this Summer. Join us on the Fornelet terrace at an altitude of 2000m to enjoy the benefits of yoga in the mountains.

From
12 y/o



In front of Maison de Montalbert



On Friday from July 15th to August 19th exceptionnally during Dolce Vita week : on July 18th and 20th
From 10.00am to 11.00am



Free

Booking obligatory at the Tourist Office, limited number of places.
Don't forget to get a lift ticket for the gondola (8€)



+33 (0)4 79 09 77 33
info.montalbert@la-plagne.com
www.montalbert.com

Wellness Center

AQUARELAXING CENTER

The spa in Residence Les Sittelles welcomes you to its relaxing Aquatic space (sauna, steam room, Jacuzzi, jet stream shower head) and for beauty and wellness treatments



Résidence les Sittelles



By appointment at the reception



+33 (0)4 79 55 74 74

Osteopath D.O

JULIEN GORNY



Résidence la Marmottane



By appointment



+33 (0)6 28 35 94 96



Here's the program !

Ask at the Tourist Office or in
local shops for the
**WEEKS' EVENTS
PROGRAM**
when you arrive

Welcome drink meeting

Every Sunday at 6pm, the entertainment team and activity organisers present the resort, as well as the events and activities of the coming week.

A friendly gathering that you just cannot miss!

Weekly events

Sports tournaments, apero time, treasure hunt, photo rallye, cinema evening etc. A full range of entertainments all day long and during the whole week

Weekly meeting !

Every Tuesday Nights :
BBQ LIVE PARTY

The event you must not miss during your holiday week in Montalbert !
Festivity and friendliness during the sweet summer nights.



EVENTS



Super 8

7th - 10th July

Your summer MTB event !

Original and adventurous event formats and the promise of exceptional courses developed, tested and approved by a team of experts and athletes from the field!



La Montal'Belle

14th July

The vintage car gathering of Montalbert. The National day with beautiful car bodies and colors. From 11.30, wandering then gathering at the foot of Montalbert cable car.

Fête du Pain

23rd & 24th July

A village where entertainment is based around local tradition and the communal bread oven. For 2 days, Longefoy's entertainment committee bakes and sells bread and crinches (aniseed-flavoured brioche) in the village bread oven. New : on sunday, free musical guided tour of Longefoy. From 10.30am to 11.45am.

Dolce Vita Week

18th - 21st July

The principle is simple...you can let go, you're on holiday!

It's all about relaxing in the sunshine. A programme of pampering with sessions of sophrology and Yoga, botanical and cosmetics workshops etc. so you can really lie back and relax!





La 6000D

28th - 30th July

From a unique demanding race at the start, offering a winning ticket for a trip from the apple trees to the glacier, it has become a 9-race event that allows up-and-coming trail runners to make their mark.



Feast of the Montgésin Chapel

5th August

As every year, the Association of Friends of the Heritage of Longefoy celebrates Notre Dame des Neiges and the chapel of Montgésin.

This feast commemorates a miracle that took place in Rome in the 5th century, on the occasion of the foundation of the Basilica of St. Mary Major, where on the morning of August 5, Mount Esquiline was covered with snow.

Festoché des Mioches

15th - 18th August

Your kids will be in the spotlight all this week in Montalbert! Giant water slide, science and woodwork workshops, games and book library, wooden games, obstacle course, a marching band in the streets, laser game and tree house making...

La Prajourdane

9th August

The traditional race through the resort over a distance of 9.5km and with elevation gain of 600m will get you going on this festive day. After the race, enjoy a lunch in the pastures, with a nice view.



TOURIST OFFICE SUBSCRIBERS DIRECTORY



Useful Informations

TOURIST OFFICE

Open from Sunday to Friday
from 9.00am to 12.30pm and
from 1.30pm to 6.30pm and
from 9.00am to 12.00pm
and 2.00pm to 6.30pm on
Saturdays.

+33 (0)4 79 09 77 33

PHYSIOTHERAPISTS

Julien Gorny/Ostéopathe D.O +33 (0)6 28 35 94 96

Accommodation

ESTATE AGENT

Agence Eneo Immobilier +33 (0)4 79 01 02 03
Montalbert Paradiski +33 (0)6 08 62 19 52
Office Immobilier de la Plagne +33 (0)4 79 55 70 80
-Agence de Montalbert

HOLIDAY CLUB VILLAGES

VVF Club Intense les Sittelles +33 (0)4 79 55 74 74
Village Club *** Miléade +33 (0)4 79 55 30 23
Village Vacances VTF «Le
Dou de la Ramaz +33 (0)4 79 09 73 47

HOTEL DESKS

SOWELL Family La Lauzière +33 (0)4 86 91 10 55
Hôtel L'Adray +33 (0)4 79 09 77 11

Businesses

RESTAURANTS/BARS/PUBS

La Tourmente +33 (0)4 79 24 31 06
La Luge +33 (0)4 79 55 40 44
Le 360 (altitude) +33 (0)9 88 66 50 79
Le Forperet (altitude) +33 (0)4 79 55 51 27
Les 2 Zèbres +33 (0)9 81 90 91 56
Le White Bear +33 (0)9 52 18 45 55

BUSINESSES

Carrefour Montagne +33 (0)4 79 55 51 96
Laverie-Location de linge +33 (0)6 22 70 11 39
Montalb'hair Coiffure +33 (0)4 79 55 58 28
Tabac Presse +33 (0)4 79 09 75 07

SPORT SHOPS

Intersport +33 (0)4 79 09 78 28
Skimium +33 (0)4 79 09 78 09
Skiset +33 (0)4 79 09 83 88

BUSINESSES IN LONGEFOY

Restaurant/Bar L'Adray +33 (0)4 79 09 77 11

Emergency numbers

Police 17
Firemens 18
Emergencies 15
From a mobile phone 112
HOSPITALS (25km)
Bourg St Maurice +33 (0)4 79 41 79 79
Moutiers Medical Center +33 (0)4 79 09 61 66

**THEY WON'T LOSE THEIR GRIP
EVEN IF YOU DO**

CÉBÉ ZONE

S'TRACK 2.0 M

Dior Photo

130 YEARS
CÉBÉ

PARTENAIRE OFFICIEL DE **LA PLAGNE**
Paradiski

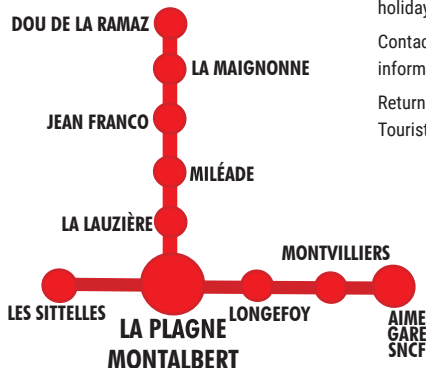




Free Resort Shuttle

Free shuttles runs from July 5th to August 26th between Aime and Montalbert 1600.

Timetable available at the Tourist Office.



Montalbert/Train Station Bus Service

Buses run from 07/02/2022 to 08/28/2022 on Saturdays.

They stop at Montalbert station, les Sittelles, le Chanteloup, la Lauzière and Montalbert 1600 with the Cap Vacances, Jean Franco and Dou de la Ramaz holiday centres.

Contact the Tourist Office for further information.

Return tickets can be purchased at the Tourist Office.

Transports

TAXI

Taxi Legroux +33 (0)4 79 09 75 70

SHUTTLES

Transports Loyet +33 (0)4 79 55 64 76

SNCF

Gare de Aime La Plagne (10km).

Gare fermée jusqu'en décembre, accès aux quais uniquement

36 35

AIRPORTS

Genève (186km) +33(0)41 227 177 111

Lyon St Exupéry (184km) +33 (0) 826 80 08 26

Grenoble (180km) +33 (0)4 79 65 48 48

ROAD

NETWORKS

Autoroute A43 jusqu'à Albertville. Voie express 4 voies jusqu'à Moutiers. RN90 jusqu'à Aime.

GPS: Programmer via Aime. Longitude: 6.6334965 - Latitude: 45.5344696

LES INFORMATIONS INDIQUEES DANS CE GUIDE (HORAIRES, TARIFS ...) SONT DONNÉES À TITRE INDICATIF ET SONT SUSCEPTIBLES D'ÊTRE MODIFIÉES.

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- Location de matériel

**UNE EXCLUSIVITÉ
LA PLAGNE !**



**OFFICE DE TOURISME
DE LA GRANDE PLAGNE**

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info@la-plagne.com

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