LA PLAGNE
MONTCHAVIN - LES COCHES

LA PLAGNE MONTCHAVIN - LES COCHES

Your holliday planner

2020

Le futur s'ouvre à vous dès maintenant.

LA PLAGNE

PARTENAIRE OFFICIEL

5 ANS GARANTIE KILOMÉTRAGE ILLIMITÉ *

8 ANS GARANTIE BATTERIE **

HYUNDAI

Consommation cycle mixte de la gamme NEXO (kg d'hydrogène/100 km) : 0,95 / Émissions CO_2 (g/km) : 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km) : 15,0 - 15,4 / Émissions CO_2 (g/km) : 0. Consommation cycle mixte de la gamme IONIQ hybrid (l/100 km) : 3,4 - 4,2 / Émissions CO_2 (g/km) : 79. *La garantie 5 ans kilométrage illimité de Hyundai s'applique uniquement aux véhicules Hyundaivendus initialement par un Distributeur Agréé officiel Hyundai à un client final, conformément aux termes et conditions du carnet de Garantie Entretien & Assistance du véhicule. **Les batteries haute tension de nos véhicules hybrides, hybrides rechargeables et électriques sont couvertes par une garantie de 8 ans ou 200 000 km. Détails : hyundai.fr. Just Drive ! : Conduire, l'esprit libre !

Jean Lain
Just Drive !

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04 201 01 201

WWW.JEANLAIN.COM

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La Plagne thanks its partners

It s time to breathe !

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

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

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

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

WELCOME

Tourist Offices Services

TOURIST OFFICES

Montchavin & Les Coches.

Every day from 9am to 12pm and from 2.30pm to 6.30pm.

Be careful : from 27/06 to 04/07 : from 9am to 12pm and from 2.30pm to 5.30pm.

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

RESORT CLEANLINESS

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

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

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

INTERNET

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

1h 5€ - 1 day 9€ - 1 week 19,90€ - 1 month 35€

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

7€ per day - 39€ per week.

LOST PROPERTY

All lost property will be kept at the Tourist Office.

WEATHER FORECAST

A weather forecast is displayed inside the Tourist Office daily.

UNDERCOVER PARKING

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

50€ a week, 50€ deposit.

We did our best to edit this guide in an uncertain context.

Due to current health conditions, all activities in this guide are subject to change or deletion without notice.

Thank you.

Offices de Tourisme de France

QUALITÉ TOURISME

YUGE app: A fully connected experience to download right away.

Paradiski Yuge

The Paradiski YUGE app allows you to discover the ski area in a way you never even imagined and involves you 200 % in your holiday.

Discover a wide range of functions: an interactive plan, a resort guide, bus times, weather conditions, queuing time at lifts, ski performance and classification, recharging your ski pass, personal recommandations and lots more!!!

CHILDREN

2 clubs welcome children in Les Coches.

Club Cacahuète :

12 - 48 months : crèche with à la carte formulas (1/2 day to full day)
Meal provided by parents + 10€ for supervision.

Don't forget your child's health record, favourite toy, dummy, bottle, nappies and a change of clothes.

Club Pirouette :

5 to 8 years : activities adapted to children's age and to current health conditions

9 to 13 years : activities adapted to children's age and to current health conditions

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

CLUB CACAHUETE (12 - 48 months)

Place du Carreau in Les Coches.

Registration : Sunday at Pirouette from 10.30 – 12am and 4.30 – 6pm. Monday to Friday at Pirouette, 5 – 5.30pm.
The day before at the latest, number of places limited.

Opposite table.

Contact : 04 79 07 82 82
garderie-montchavinlescoches@hotmail.fr
www.montchavin-la-plagne.com

CLUB PIROUETTE (5 - 13 years)

Place du Carreau in Les Coches.

Registration : Sunday at Pirouette from 10.30 – 12am and 4.30 – 6pm. Monday to Friday at Pirouette, 5 – 5.30pm.
The day before at the latest, number of places limited.

Opposite table.

Contact : 04 79 07 82 82
garderie-montchavinlescoches@hotmail.fr
www.montchavin-la-plagne.com

BABY SITTER

Ask the Tourist Office for a list.

FAMILY SERVICE

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

FONCTIONNEMENT CLUBS ENFANTS

1 full day is divided into 3 sessions: 9.30 – 12am / 2.30 – 5pm / 12.30 – 2pm: meal or picnic provided by parents.

Pirouette *: Monday, Wednesday and Friday (1/2 day activities: 1 - 3 sessions).*
Tuesday & Thursday (full day activities only)

PRICES PIROUETTE & CACAHUETE

1 session	17€
3 sessions card	45€
1st card from 6 sessions	90€
2nd card & others	60€
Nominative weekly	120€

Cards can be used by any children aged 6 months to 13 yrs in the same family, from Monday to Friday.

FAMILLE PLUS MOUNTAIN

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

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

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

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

Famille Plus
VIVRE ENSEMBLE
DE BELLES EXPÉRIENCES

Hiking with the Mountain Guides

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

BUREAU DES GUIDES ET ACCOMPAGNATEURS

Les Coches, Bureau des Guides near Tourist Office

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

Half day from 11€ / Day from 16€ (single price)

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

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

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

Canyoning

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

Bureau des Guides

Les Coches, Bureau des Guides near Tourist Office

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

Initiation half day : 55€, 1 day: 70€

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

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

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

Glacier Hiking

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

BUREAU DES GUIDES ET ACCOMPAGNATEURS

Les Coches, Bureau des Guides near Tourist Office

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

from 70€

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

Climbing

Emphasis put on the technique of laying the feet

BUREAU DES GUIDES ET ACCOMPAGNATEURS

Les Coches, Bureau des Guides near Tourist Office

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

3 hours : 25€ (children), 30€ (adults)

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

Via Ferrata

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

BUREAU DES GUIDES ET ACCOMPAGNATEURS

Les Coches, Bureau des Guides near Tourist Office

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

Half day : 50€, 1 day : 70€

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

Lifts open for pedestrians and mountain bikers

- Chairlift Montchavin : Monday to friday from 9am to 12.15pm & from 1.30pm to 5.40pm (from 6 July to 28 August).
- Télécabine du Lac Noir : Monday to friday from 9am to 12.15pm & from 1.30pm to 5.40pm (from 6 July to 28 August).
- Télébufette : Monday from Friday from 10am to 12.15pm & from 2.40pm to 5.40pm (from 6 July to 28 August).

TOURIST OFFICES MONTCHAVIN & LES COCHES

Montchavin & Les Coches

Monday from friday

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

The resort's latest craze is electric mountain bikes, with rentals in the specialist shops and over 100 km of marked trails over the whole La Plagne area.

PRICES LA PLAGNE

Price per person	12 years & +	5 - 12 years
1 passage	6€	6€
1 day without glacier	15€	12€
1 day with glacier	20€	16€
1 week / VTT with pedestrian glacier	40€	32€
Season Pedestrian / VTT	90€	72€

VTT & electric VTT outings

Discover the paths of Montchavin-Les Coches by mountain bike and mountain bike with electric assistance. Various outings are available for children or adults at all levels.

EVOLUTION 2

Montchavin & Les Coches

Monday to friday

From 30€ (discovery electric VTT)
From 35€ (outing VTT)

Contact : 06 86 34 94 15
montchavin@evolution2.com
montchavin.evolution2.com

VTT & electric VTT rental

We offer you to rent a mountain bike to discover the paths of Montchavin & Les Coches.

EVOLUTION 2

Montchavin & Les Coches

Sunday to friday

From 8€ (VTT children)
From 38€ (VTT adults)
From 30€ (electric VTT)

Contact : 06 86 34 94 15
montchavin@evolution2.com
montchavin.evolution2.com

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

BENOIT SPORT LA POUDREUSE

Les Coches

Every day

From 5€ (children)
From 19€ (VTT adults)
From 29€ (electric VTT)

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

PEUGEOT
CYCLES

PARTENAIRE OFFICIEL DE LA PLAGNE
Paradiski

New Summer 2020

famille plus

6 SPOTS VTT

Playful spaces with different ground movements To play with e-bike uphill and downhill. Available to all from e-bike tracks.

Les Coches, top of Télébufette

Every day

Free

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

New Summer 2020

Famille Plus

Orienteering Race

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

Tourst Offices

Montchavin & Les Coches

Every day

Free

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

Quad/ Buggy/ 4x4

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

EVOLUTION 2

Montchavin & Les Coches

Every day

From 45€

Contact : 06 86 34 94 15
montchavin@evolution2.com
montchavin.evolution2.com

Trail itineraries

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

Tourist Offices

Montchavin & Les Coches

Every day

Free

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

White Water

Join us for a cocktail of fun and thrills!
Small boats for more fun and navigation.
Welcoming, conviviality, individualized coaching: that's a lot of happiness!!!

REVE D'EAU RAFTING

Base de loisirs Gothard

Every Day

Contact us

Contact : 06 87 83 46 79
info@revedeau-rafting.com
www.revedeau-rafting.com

Gym Fitness

Francis (Professeur diplômé d'Etat) has concocted a small program of fitness respecting the rhythm of each

Les Coches in front of salle Marcel Pignard

Monday to friday from 9.45am to 11am

- 1 x 1h15 : 7€50
- 3 x 1h15 : 19€50
- 5 x 1h15 : 31€
- 10 x 1h15 : 52€

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

White water : find other white water service providers at their retailers in the resort's sports shops.

Tennis

Rental of tennis courts in Les Coches on the web site Balle Jaune.

BALLE JAUNE

Les Coches

Every day

1 hour 6€

Contact : 04 79 07 82 82
https://ballejaune.com/fr

Rental of tennis court in Montchavin is free.

Tennis Lessons

Internship with a state-of-the-school instructor Didier Bret Morel.

STAGE BRET MOREL

Les Coches

Monday to friday

Course for 4-6 yrs (5 x 1h) : 71€50
Improvement from 8 yrs (5 x 1h30) : 115€50
Private lesson from 44€

Contact : 04 79 07 8 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Paragliding

Discover the valley by air with qualified instructors.

EVOLUTION 2

Montchavin & Les Coches

Monday to friday

Half day from 70€

Contact : 06 86 34 94 15
montchavin@evolution2.com
www.evolution2.com

Discover the valley by air with qualified instructors.

BENOIT SPORTS LA POUDREUSE

Les Coches

Every day

From 110€ two-seater discovery.

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

Aqua Centre

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

ESPACE PARADISIO

Montchavin

Monday to sunday from 10.30am to 8pm. Nocturne on Wednesdays until 9.30pm.

Entry outdoor pool : from 5€/child - 7€ / ad, entry SPA + swimming pool : from 9€,/child - 20€/ad aqua-biking & aquagym : from 15€

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

Adventure courses : workshops in the trees for children and adults are waiting for you all over the valley.

Information in the Tourist Offices.

Yoga

Outdoor Yoga walks in different mountain sites with Sylvia .
Possibility of private lessons.

Outdoor

Depending on the weather

Consult us

Contact : 07 77 82 10 29

Sophrology

Sophrology develops confidence in self, knowledge of self, self-esteem, a better concentration, bringing you a life that is full, serene, harmonious, healthy, a life in your image...

Salle Polyvalente in Montchavin

Wednesday from 6.30pm to 7.30pm

15€/ad and 10€/child (from 8 yrs) the session

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

Sophrologie Nature

Sophrology is a bath of Well-Being, of Energy, of Resource thanks to the power of beneficial and healing energy of the TREES, water, wind, sun.... Nature in all its splendour, accompanies you during this precious time.

Parking de l'Orgère in Les Coches

Friday from 2.30pm to 5.30pm.

25€/adults and 20€/children (from 12 yrs) the session

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

Watercolour

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

Montchavin, salle Auguste Mudry

Tuesday from 9am to 12pm
from14/07 to 18/08

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

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

Cinéma

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

Montchavin

Monday from friday 6pm & 9pm

From 7€

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

Heritage and Culture

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

Montchavin - Les Coches

Monday to thursday

From 5€ (children), 10€ (adults)

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

Magic

Françis, our magician, invites you to share his little secrets .....
Materials provided and offered at the end of the session.

Les Coches, salle Marcel Pignard

Monday to friday

- 7 à 14 ans : 9€ x 1h / 35€ the course (6.30pm to 7.30pm) - Plus 14 yrs : 9€ x1h / 35€ the course(5.30pm to 6.30pm)

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

Circus School

Traditional circus courses: wire, juggling, trapeze, trampoline ...

Les Coches, circus tent

Monday to friday

- 5 / 7 yrs : 13€50 x 1h / 53€50 the course
- 8 / 18 yrs : 24€50 x 2h / 89€ the course
- Adults : 14€50 x 1h / 59€ the course

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

Events of the summer

- Thursday 16th july et 06th august : Family Race
An enjoyable family event where you can walk or run. A fun course strewn with surprises. Not timed. Prize for the best costume.

- Tuesday 21st July : Saveurs & Savoir-Faire
In Les Coches, 10am to 7pm, artisans exhibit their work and share their passion for their craft.

- Saturday 15th august : Assomption
Kermesse and fireworks day.

- Sunday 16th august : Motor's Day Event
Exhibition of exceptional cars and motorcycles, exhibitors and many animations.

- Tuesday 18th august : Street Bike Evolution 2
Two-way race in relay. Timed route for children and race for adults for 1 hour.Circuit traced in the village of Montchavin.

The weeks thematic

- 11st to 18th july
Week «Famille Olympique»

- 18th to 25th july
Week «Saveurs et savoir-faire»

- 25th july to 1st august
Week «Des petits scientifiques»

- 1st to 08th august
Week «Bien-être et nature»

- 08th to 15th august
Week «Faites des jeux»

- 15th to 22nd august
Week «Qui roule»

Welcome drinks

Every sunday at 11am the Tourist Office invites you at «Forum des Activités» in Les Coches,and at 6pm in Montchavin. Presentation of the activities and animations of the week, all accompanied by the traditional glass of friendship.

Weekly events

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

- Monday : weekly market in the main street in Montchavin from 5pm to 8pm.
- Tuesday to friday : shows of magic, circus, strolling, tasting of soon.
- Monday to friday : find the animation tent and its activities (take away).

Social networks

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

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

Photos Crédits : Office du Tourisme de la Grande Plagne, Philippe Gal, Cébé, Puy du Fou, Peugeot , Dare2Be, La Folle Entreprise. Olivier Allamand, Elina Sirparenta.

Conception : Office de Tourisme de la Grande Plagne, Office de Tourisme de Montchavin-Les Coches.

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TRANSPORTS

Useful information

SNCF
36 35

Gare de Landry (10km).

Airports

Génève (186km) 00 41 22 717 71 11

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

Road network
0 800 100 200

A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime. A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime.

GPS : Longitude : 6.7326237 et latitude : 45.559839

Taxis

Richard 06 80 85 27 92

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

Shuttles from sncf

Transports Loyet 04 79 55 64 76

New Summer 2020

Shuttle Resort / Lake

From 29 June, from Monday to Friday in the morning and in the afternoon, a shuttle will run from Montchavin - Les Coches to the lake in Macôt.

Prices : 4€ a way / 7€ a return et 50€ season card.

Timetable available at the Tourist Office.

Montchavin & Les Coches/train station bus service

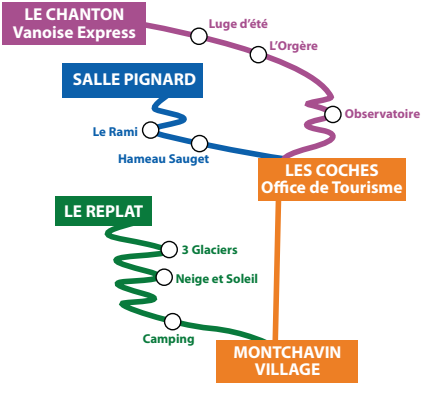
Buses run from 04/07/2020 to 29/08/2020 each saturday.
They stop at Montchavin & Les Coches.

Contact the Tourist Office for further information.
Return tickets can be purchased at : www.mobisavoie.fr,

Free resort shuttle

Free shuttles runs everyday from 27/06 to 29/08.

Timetable available at the Tourist Office.



PUY DU FOU®
Après la Plagne, votre aventure continue sur
PUYDUFOU.COM

Accomodations Montchavin

Estate Agents

Agence Immobilière des Glaciers	04 79 04 22 86
Agence Ski et Soleil /OIP	04 79 07 83 27
Eneo Immobilier	04 57 15 96 92
Michel Gedda Immobilier	04 79 04 29 60

Hôtels & Auberges reception

Hôtel Bellecôte	04 79 07 83 30
Le Chalet de Friolin Départ TS des Bauches	04 79 55 37 49

Tourism residence reception

Le Chalet de Montchavin	04 79 08 82 39
Les 3 Glaciers	06 32 26 62 24
Neige et Soleil	04 79 07 83 22
VVF Villages Village de Vacances	04 79 07 83 06

Camping reception

Camping Caravaneige	04 79 07 83 23

Cottages, Chalet & Holiday rental properties

Find a list of all cottages, chalets and holiday rental properties in our accommodation brochure available at the Tourist Office or at : www.montchavin-la-plagne.com
or by calling Plagne Resort on 04 79 09 79 79

Business Montchavin

Restaurants / Bars / Pubs

Cocotte & Co Traditionnel & savoyard	04 79 41 42 39
La Bovate Bar à Cocktails et cuisine raffinée	09 83 54 44 94
Le Bellecôte Spécialités et autres	04 79 07 83 30
Le Dos Rond Burger Pub service non stop	04 79 41 49 01
La Ferme de César Restaurant de terroir	04 79 07 85 31
La Zaccota Pizzéria Vente à emporter	04 79 08 82 31

Food Shops

Boulangerie Pâtisserie le Matafan	04 79 07 84 11
Les Tarines Charcuterie, Crémerie, Traiteur	04 79 07 81 66
Supérette Sherpa	04 79 07 89 11

Books newagents, Tobacconists

La Cascade Sweaterie	04 79 07 83 17

Ironing

Laverie Montchavin Place du Bassin	04 79 07 83 21

Linen Hire

Intersport Jean-Michel Sports	04 79 07 83 21
Montchavin Sport	04 79 07 83 84
Tarentaise Net	04 79 07 34 61

Local produce and gifts

La Cascade	04 79 07 83 17
Les Tarines Traiteur	04 79 07 81 66
Sherpa	04 79 07 89 11

Ornaments store

La Cascade	04 79 07 83 17
Les Tarines	04 79 07 81 66

Cinéma

Cinéma La Plagne-Montchavin	04 79 41 75 14

Sports & Children

Bureau des Guides	06 77 07 06 22
Club des Enfants	04 79 07 82 43
Complexe Aquatique Espace Paradisio	04 79 09 33 20
Evolution2 - Ecole d'Aventure	06 86 34 94 15

Sports & clothes

Intersport Jean-Michel Sports	04 79 07 83 21
Montchavin Sport	04 79 07 83 84
Olympic Sports Skimium	04 79 07 84 13

Garage & car wash

Garage de Montchavin	04 79 07 81 48

Cleaning

Tarentaise Net	04 79 07 34 61

Pharmacy 04 79 07 80 54

Every day from 9am to 12pm and from 3pm to 7pm.

Sunday and public holidays, 10am to12pm and from 4pm to 7pm

Pharmacy on duty	3237

Physiotherapists 06 29 72 77 52

Monday to friday on Rendez-vous.

Rue Principale de Montchavin.

Hôpital de Bourg-Saint-Maurice

Bourg-Saint-Maurice	04 79 41 79 79

La Poste 04 79 07 80 05

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

Administration

Mairie de Bellentre	04 79 09 71 52 (taper 1 puis 2)
Service des Eaux	04 79 09 71 52 (taper 4)

ATM Machine

A l'entrée du village, sous la Porte de Montchavin.

Emergency

Gendarmerie à Aime	17 - 04 79 55 61 17
Police Municipale	04 79 09 71 52 (taper 5)
Pompiers	18

Accomodations Les Coches

Estate Agents

Agence Immobilière des Glaciers	04 79 04 22 86
Agence Ski et Soleil / OIP	04 79 07 83 27
Eneo Immobilier	04 57 15 96 92
GSI Immobilier	04 79 07 80 70
Maeva.com	04 79 04 22 00
Michel Gedda Immobilier	04 79 04 29 60

Maison d'Hôtes

Au Mont d'Eden Spa, sauna, hamma	06 43 32 60 64

Tourism residence reception

Goélia Les Chalets de Wengen	04 79 41 75 05
OIP - Résidence Backgammon	04 80 08 12 00
Pierre & Vacances Le Rami	04 79 04 22 00

Gîtes et chalets meublés de tourisme

Cottages, Chalet & Holiday rental properties

Find a list of all cottages, chalets and holiday rental properties in our accommodation brochure available at the Tourist Office or at : www.montchavin-la-plagne.com
or by calling Plagne Resort on 04 79 09 79 79

Business Les Coches

Restaurants / Bars / Pubs

Chez Wam Pizza, snack à emporter, livraisons	04 79 07 69 75
L'Origan Pizzéria au feu de bois, restaurant, bar	04 79 07 81 26
La Poya Savoyard	04 79 41 20 27
La Table du Tarin	04 79 22 08 98
La Taverne du Monchu	04 79 07 80 44
Le Withe Lines Pub	04 79 04 21 62

Food shops

Alimentation Spar Rayon Parapharmacie	04 79 07 13 10
Aux Gourmets des Coches Boucherie, Traiteur	04 79 07 19 57
Boulangerie Pâtisserie, Croissanterie	04 79 07 80 27
Saveurs d'Alpage Crèmerie, Produits du Terroir	04 79 07 81 44

Books newagents, Tobacconists

Les Belles Feuilles	04 79 07 80 02

Ironing, Linen Hire

Laverie des Coches	04 79 41 75 32

Local produce

Alimentation Spar	04 79 07 13 10
Les Belles Feuilles	04 79 07 80 02
Saveurs d'Alpage	04 79 07 81 44

Ornaments stores

Les Flocons	04 79 07 80 00
Presse Les Belles Feuilles	04 79 07 80 02

Sports & children

Bureau des Guides	06 77 07 06 22
Club des Enfants	04 79 07 82 43
Evolution 2 - Ecole d'aventure	06 86 34 94 15

Sports & clothes

Benoit Sports La Poudreuse (Vente)	04 79 07 85 27
Evolution 2 Ski Shop Location, vente	04 57 37 18 85
Intersport La Randonnée	04 79 07 83 46
Slalom Sports - Skimium	04 79 07 81 41

Mountain's restaurants

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

Cleaning

Tarentaise Net	04 79 07 34 61

Doctor's office 04 79 07 83 59

Docteur Valérie Foucault. Médecine générale. Every day from9am to 12pm and from 3pm to 18.30pm, except saturday morning. without registration.

Emergency (hors heures ouvrables)	15 ou 112

Hôpital de Bourg-Saint-Maurice

Bourg-Saint-Maurice	04 79 41 79 79

Administration

Mairie de Bellentre	04 79 09 71 52 (taper 1 puis 2)
Service des Eaux	04 79 09 71 52 (taper 4)

ATM Machine

Près de magasin Salom Sport Skimium.

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Craftsmen

Artisans Associés Travaux neuf & rénovation	07 86 85 38 68
Favre Yannick Cuisine, salles de bain, boiseries	06 13 40 89 16
Lacroix Guillaume Plomberie	06 22 83 39 75

CÉBÉ
PURE ADRENALINE

11:12 AM
Roc of Enchenaz

BE A PIONEER.*
#ULTIMATETRACK

* Être pionnier. - Photos: Droz-photo.com

CÉBÉ PARTENAIRE OFFICIEL DE

LA PLAGNE
Paradiski

DARE 2B

DARE 2B

***VIVRE DES MOMENTS INOUBLIABLES**

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www.la-plagne.com

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