

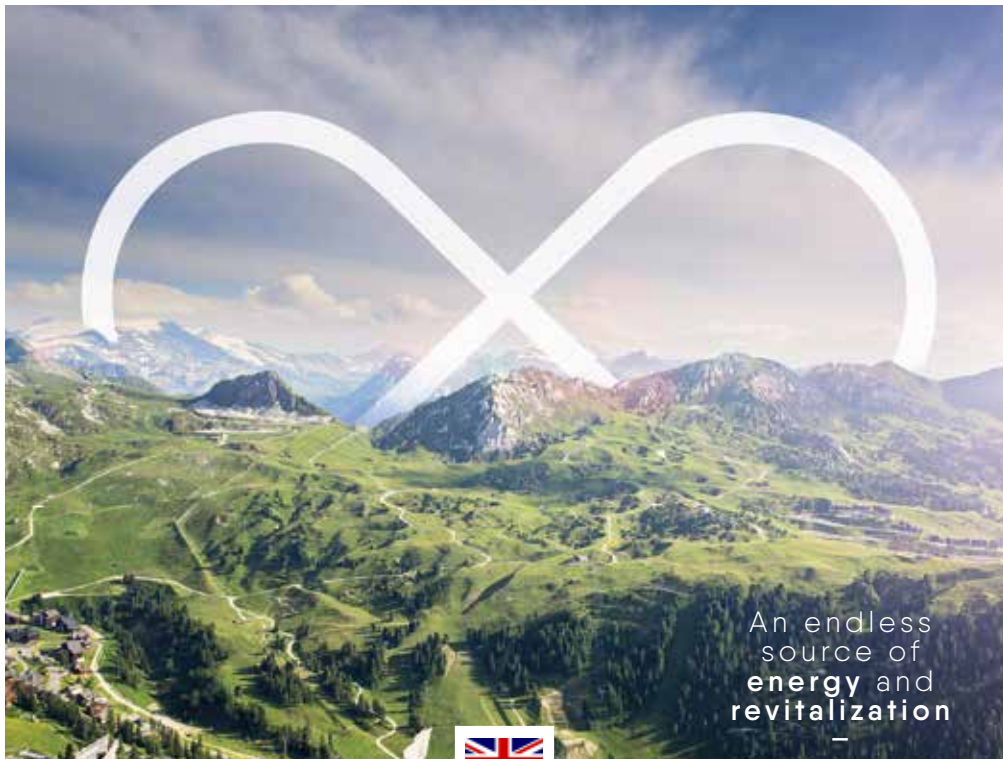


LA PLAGNE
Paradiski

ALTITUDE RESORTS

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

—
Your holiday planner
SUMMER 2021



An endless
source of
energy and
revitalization
—



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 ! Conduire, l'esprit libre !



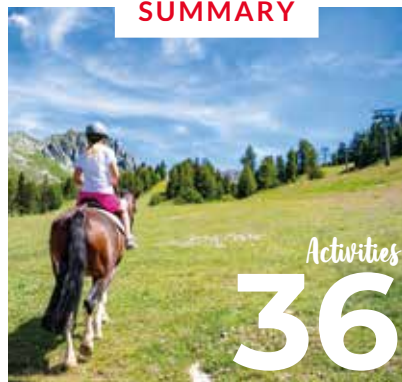
JeanLain
Just Drive !

CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201

WWW.JEANLAIN.COM

SUMMARY



la Plagne thanks its partners

JeanLain
SAISON 2024-2025



DARE2B



CEBE
Pneumatiques, Accessoires, Services

RACER
RACE & RIDE



PEUGEOT
CYCLES

PuyduFou

BANQUE
POPULAIRE
AUVERGNE RHÔNE ALPES



WELCOME

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.

SERENITY

La Plagne takes care of you

Because your holiday should be a serene, stress-free time, the resort of La Plagne and all the professionals you will be in contact with here, have put in place the appropriate procedures to ensure your health and safety. All the necessary provisions are in place so that everyone can enjoy their stay to the full, with the barrier gestures as our priority.

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**



**Tables at least 1
metre apart or a
fixed or movable
barrier to ensure
physical separation**



**Surfaces and
equipment
disinfected**



Seated service only

La Plagne, a certified resort

From the spring of 2020, La Plagne opted to request the validation of all of its actions guaranteeing the health and safety of its visitors. Its provisions were therefore audited and certified by Afnor.

La Plagne now has the “COVID-19 health measures” label.

All the latest information on the health standards is online on the Covid-19 page of our website www.la-plagne.com



WELCOME AND INFORMATION



Tourism Offices



Plagne Centre *Pierra Menta square*
Plagne Bellecôte *In front of bus stop*
Belle Plagne *Opposite the Gondola*
Plagne Aime 2000 *Level G*
Plagne Villages *Opposite Telebus arrival*
Plagne 1800 *«Marmottes» residence*



- Plagne Centre
7/7 - 9.am to 12.30pm and 2. to 5.30pm
- Plagne Bellecôte / Belle Plagne /
Plagne Villages / Plagne Aime 2000
7/7 - 9.am to 12.30pm and 2. to 5.30pm
- Plagne 1800
7/7 - 2 to 5.30pm

*Hours valid from 07/03/21 to 08/28/21 and
subject to change, check with the Plagne
Center Tourist Office*



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

At your disposal

Weather forecast, entertainment programme,
lift pass, walking and biking trail maps, ticket
machine for bus tickets, brochures about the
resort and the surrounding area ...

Internet - Wifi access

Internet - ici :
0892 350 190 - hotline@internet-ici.net

Hippocket wifi:

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

Payment by credit card only.

Paradiski Yuge

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

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

YUGE
Paradiski

Download the App on





PUYDUFOU®

Après la Plagne, votre aventure continue sur
PUYDUFOU.COM

VALLEY > RESORT BUS



PLAGNE CENTRE > PLAGNE 1800 > PLAGNE BELLECOTE

MONDAY TO FRIDAY
July 05th to August 27th
FREE BUS
Bus with a bike trailer

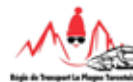
Timetable valley / resort Bus

Altitude resorts < Valley

PLAGNE CENTRE	2.10pm	4.00pm
LA ROCHE AND BOBSLEIGH TRACK (up)	2.20pm	4.10pm
LES VILLARDS (up and down)	2.30pm	4.20pm
MACOT School	2.40pm	4.30pm
LES PROVAGNES Chaining area	2.50pm	4.35pm
GOTHARD LAKESIDE	3.00pm	4.45pm

Valley < Altitude resorts

GOTHARD LAKESIDE	10.30am	3.00pm	5.45pm
LES PROVAGNES Chaining area	10.40am	3.10pm	5.55pm
MACOT School	10.45am	3.15pm	6.00pm
LES VILLARDS (up and down)	10.55am	3.25pm	6.10pm
LA ROCHE AND BOBSLEIGH TRACK (up)	11.05am	3.35pm	6.25pm
PLAGNE CENTRE	11.20am	3.50pm	6.40pm



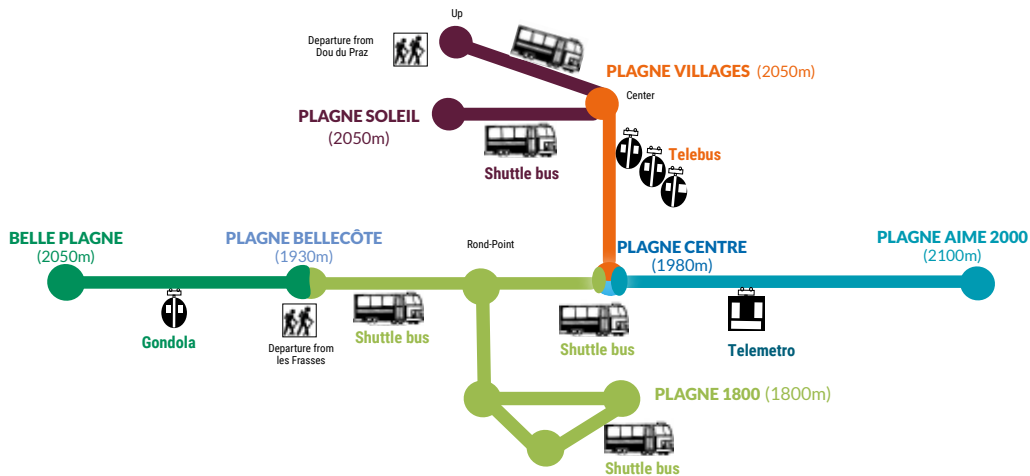
INTER RESORT TRANSPORT

Explore the high altitude locations courtesy of the free shuttle buses laid on by the resort of la PLAGNE .

Please note : in stormy weather Telebus links will be replaced by shuttle buses. Accordingly, the timetables may be subject to change.

Detailed timetables are available from the tourist offices.

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

**BELLE PLAGNE / PLAGNE BELLECÔTE**

Gondola from 9.20am to 11.30pm

Non-stop

**PLAGNE CENTRE / PLAGNE 1800 /
PLAGNE BELLECÔTE**

Shuttles from 8 am to 9 pm *Every 30 min*

PLAGNE CENTRE / PLAGNE AIME 2000

Telemetro from 8 am to 11.30 pm *Non-stop*

PLAGNE CENTRE / PLAGNE VILLAGES

Telebus from 9 am to 11.30 pm *Non-stop*

PLAGNE SOLEIL / PLAGNE VILLAGES

Shuttles from 9 am to 11.30 pm

Every 30 min

(Subject to change)

Download
Mov'In Plagne App
to know your schedules in real time!

TRANSPORTS



Bus & rail links

Aime La Plagne railway / Resorts

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

Information and reservations :

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

Airports

Lyon St Exupéry 0 826 800 826

Genève 0041 227 17 7 111

Chambéry / Aix les Bains 33 (0)4 79 54 49 66

Grenoble St Geoirs 33 (0)4 76 65 48 48

Car rental

E.Leclerc Aime vallée 33 (0)4 79 01 30 30

VWAC à Aime 33 (0)4 79 09 42 63

Europcar Bg St Maurice 33 (0)4 79 04 04 20

Avis Moûtiers 33 (0)4 79 24 01 55

Europcar Moûtiers 33 (0)4 79 24 09 72

Hertz Moûtiers 33 (0)4 79 24 07 75

Super U Bourg St Maurice 33 (0)4 79 07 24 11

Taxis / VTC

Mathieu Perraudat

33 (0)7 78 87 47 04

Bouzon Christian

33 (0)4 79 09 03 41

Albert Taxi

33 (0)4 79 55 66 38

Legroux Dominique

33 (0)6 09 38 73 82

Bouzon Alain

33 (0)4 79 09 78 93

Allo BK Taxi

33 (0)6 07 19 80 03

Luzzi Jean Pierre

33 (0)6 07 23 79 29

ABC Taxi Collomb

33 (0)6 14 36 74 59

Guillaume Placide

33 (0)6 17 77 41 57

JM Taxi

33 (0)6 22 98 05 20

JB Taxi

33 (0)6 34 87 12 17

Aim'Taxi Hervé

33 (0)6 67 73 37 57

Briançon Gilles

33 (0)4 79 55 64 15

Luxury Taxi

33 (0)7 69 69 19 90

NTV 73 (VTC)

33 (0)6 31 20 16 66

Paying parking areas

Outdoor and underground parking is free of charge in all the La Plagne villages.

Vehicles must not be driven in any nature zones, including the Route des Balcons (from La Plagne Aime 2000 to Belle Plagne) and the areas at the bottom of the slopes, from July 1 to August 31.

Daily patrols by the Police Municipale.

Police Municipale : 33 4 79 09 22 10

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.

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 recharge your vehicle with electricity by means of special terminals.

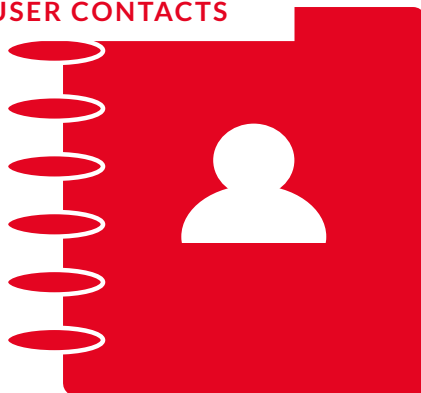
Motor-homes parking rates :

- By request

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



USER CONTACTS



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

Agence postale " Post Office"

Plagne Centre
Monday to Friday from 8.30am to 1.pm
Belle Plagne.....33 (0)4 79 09 06 06
«La Poste» relay in press shop

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)04 79 44 60 57

Weather forecast.....32 50

Medical centers

Plagne Center.....33 (0)4 79 09 04 66
Ask for opening time
Plagne Belledcôte.....33 (0)4 79 09 29 55
Ask for opening time

Ecumenical chapel.....33 (0)4 79 09 13 62
Plagne Centre

Waste collection center.....33 (0)4 79 55 46 86
Monday to Friday from 1.30pm to 5.30pm

Dentist Aime (18km)

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

Breakdown / assistance

7/7 24/24.....33 (0)7 86 78 69 67

ATM machine

Crédit Agricole, Banque Laydernier, CIC

Police station

Aime (18km).....33 (0)04 79 55 61 17
bta.aime@gendarmerie.interieur.gouv.fr

Hospital

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

Nurse

V. Marchand Maillet - Brovelli.....33 (0)6 09 72 60 37

Traffic information

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

Laundromats - Laundry - Linen rental

So' Laverie - Pressing - Plagne Centre	33 (0)4 79 09 06 76
So' Laverie (automatique) - Plagne Centre.....	33 (0)4 79 09 06 76
So' Laverie Plagne Bellecôte.....	33 (0)4 79 07 68 66
Belle Plagne La Fleur de Lys	automatic

Espace des Plagnards Public and social services

Plagne Centre	
Post Office.....	33 (0)4 79 09 01 82
Monday, Wednesday and Friday from 8.30am to 1pm	
Seasonal house.....	33 (0)4 79 09 20 85
Monday and Wednesday from 8.30am to 1pm, Friday from 8.30am to midday.	
Publiv Library.....	33 (0)4 79 22 45 38
Monday, Tuesday and Friday from 3 to 6pm	

Market

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

Tourism Office - Site altitude

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

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	

Chemists

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

Ski pass office.....	33 (0)4 79 09 67 00
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PMU - Plagne Bellecôte

Restaurant Rigatoni.....	33 (0)4 79 06 57 98
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Petrol Station 24h/24

Plagne Centre	Self-service, credit cards only
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Ski patrol service	33 (0)4 79 09 67 60
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Concierge services

La Clef des Neiges Belle Plagne.....	33 (0)6 08 24 80 48
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Emergency services

Mobile phone.....	112
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Veterinary at home	33 (0)6 67 18 86 02
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Veterinary in Aime (18km)

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

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



R'la Plagne the radio station



Altitude resorts : 101.5 Mhz
Valley : 94.9 Mhz



- 7.30 am to 10.30 am : La Matinale R'
- 10.30 am to 4.pm : Le Grand R'
- 4.pm to 8.pm : Happy R'
- 8.pm to 4 am : R'Time



33 0 4 79 06 57 25
rlaplagne@laradiostation.fr
www.laradiostation.fr

DIRECTORY OF TOURIST OFFICE MEMBERS



Shops and Sport shops

PLAGNE CENTRE

Allais Ski - Ski Set	04 79 09 01 52
Oxygène ski et snowboard	04 79 09 03 99
Robino Sports - Go Sport	04 79 09 01 71
Intersport	04 79 09 25 00
Ski Republic	04 58 14 11 11
Sport 2000 - Robino 3R	04 79 09 00 26
Location de trotinettes	06 28 64 95 75

PLAGNE AIME 2000

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

PLAGNE BELLECOTE

El Pro Skimium	04 79 09 12 98
Intersport	04 79 09 05 67
Skiteam-Ski set	04 79 07 61 20
Ski Republic	04 58 14 11 11

BELLE PLAGNE

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

Shops and Sport shops

PLAGNE VILLAGES/ PLAGNE SOLEIL

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

PLAGNE 1800

Sport 2000 Plagne 1800 Sport	04 79 09 06 60
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LA ROCHE

Ski Set Chalet de la Roche	04 79 09 08 19
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Other services and shops

PLAGNE CENTRE

Alp'in Home	06 09 39 55 47
Boulangerie Montmayeur	04 79 09 02 61
Club des Sports	04 79 09 01 79
Nouvelloc.dom (location électroménager à domicile)	07 50 04 61 59
Sherpa	04 79 09 01 77
So' Laverie	04 79 09 06 76
VIP Coiffure	06 03 92 42 89

BELLE PLAGNE

Laverie automatique Fleur de Lys	06 22 70 11 39
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PLAGNE 1800

Laverie Automatique	04 79 09 08 70
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PLAGNE BELLECOTE

Drugstore	09 67 45 55 00
Gourmet Gallery	06 24 78 34 07
So' Laverie	04 79 07 68 66

PRARIOND ROUTE DE LA PLAGNE

Poterie du Murger	06 11 84 10 28
Miel et escargots du St Bernard	06 11 84 10 28

TAXIS / VTC

Perraudat Mathieu	07 78 87 47 04
Albert Taxi	04 79 55 66 38
Bouzon Christian	04 79 09 03 41
Bouzon Alain	04 79 09 78 93
JB Taxi	06 34 87 12 17
Taxi Gilles Briançon	04 79 55 64 15
Leoclem Prestige	07 83 97 47 40

DIRECTORY OF TOURIST OFFICE MEMBERS



Bars, restaurants

PLAGNE CENTRE

Araucaria	04 58 24 11 11
Domino Pizza	06 20 34 37 13
Le Croq'Neige	04 79 09 22 03
Le Brix	09 52 55 24 47
Le Holiday	09 62 69 59 91
Le Véga	04 79 09 00 61
Mama's Kitchen	04 79 07 14 93

BELLE PLAGNE

Bowling bar	04 79 09 00 78
La Bodéga Saloon	04 79 09 06 98
La Godille	04 79 09 28 24
Le Carlina	04 79 09 78 46
Le Chalet	04 79 55 76 76
Le K2	04 79 55 11 50
Le Matafan	04 79 09 09 19

PLAGNE 1800 / LA ROCHE

Chalet de la Roche	04 79 09 05 99
La Table du Coccoon	04 79 55 00 26
Le Loup Blanc	04 79 09 13 61
Le Petit Chaperon Rouge	04 79 09 09 39

PLAGNE VILLAGES/ PLAGNE SOLEIL

Le Biggie's	07 69 88 32 73
La Casa de l'Ours	04 79 09 00 71
Le Chairlift	04 79 22 70 77
Le Grizzli	04 79 09 07 62

PLAGNE AIME 2000

La Marmotte qui fume	04 79 09 03 02
Le Schuss	04 79 09 05 28

PLAGNE BELLECOTE

L'Annexe	04 79 06 57 88
Le Chalet des Colosses	04 79 09 28 70
Le Flocon	04 79 09 08 97
Le Mouflon	04 79 09 03 07
Le Rigatoni	04 79 06 57 98
Spitting Feathers	06 79 52 49 59

RESTAURANTS D'ALTITUDE

La Bergerie	07 79 09 07 95
Le Bonnet	06 83 28 66 29
Chalet de la Grande Rochette	04 79 09 09 09
Le Dou du Praz	04 79 09 05 40

Real estate agencies

PLAGNE CENTRE

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

PLAGNE VILLAGES/ PLAGNE SOLEIL

CGH Les Granges du Soleil	04 79 23 22 10
Chalets et Lodges des Alpes	04 79 65 08 41
Chalets du Praz	04 79 65 08 41
Pierre et Vacances Le Mont Soleil	04 79 55 77 00

PLAGNE BELLECOTE

Agence OIP	04 79 09 00 58
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PLAGNE AIME 2000

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



BELLE PLAGNE

Agence OIP	04 79 09 00 77
Hôtel le Carlina	04 79 09 78 46
Hôtel les Balcons	04 79 55 76 55
Oxygène Immobilier	04 79 06 33 36
Pierre et Vacances Les Constellations	04 79 22 20 20
Résidence le Centaure	04 28 38 48 85
Résidence les Balcons	04 79 55 76 76

PLAGNE 1800

Hôtel le Cocoon	04 79 55 00 26
Pierre et Vacances Plagne Lauze	04 79 09 08 70
Les Chalets Edelweiss	04 79 41 66 90
Le Diamant des Neiges	04 28 43 88 85



Daily entertainements

In the unprecedented and strange context that we are all living through, La Plagne is adapting to welcome you in the best conditions!

Our sole aim: to guarantee a peaceful and relaxing stay, in compliance with the health regulations.

Our activity leaders will be proposing new activities that are creative and innovative, whilst complying with two requirements:

- To keep people safe and ensure their peace of mind
- Themes that represent our values for the future: the sharing of experiences, creating links, benevolence, contact with Nature and wide-open spaces.

This essential guide is available every week from the tourist office and on our web site

www.la-plagne.com

Don't forget to ask for it!

Calendar - Summer 2021

july

July 08 - 11 **Super8**

July 11- 17 **Fairy Tales and Stories Festival**

July 14 **National Holiday and 80's concert**

July 16 - 18 **Asian festival**

July 17 **Lakeside festival**

July 22 - 24 **La 6000D**

July 27 **Plagne 1800 Festival**

July 31 **National Orienteering Race**

august

August 1 **Belle Plagne Festival**

August 1 - 7 **Les SoMMets de la Magie**

August 2 - 8 **Chess festival**

August 4 **Amadeus Electric Band concert**

August 5 **Plagne Aime 2000 festival**

August 8 **Alpine festival**

August 9 - 13 **World music festival**

August 12 **Plagne Villages festival**

August 14 - 15 **Auto Moto Rétro and Plagne Centre festival**

September 11 - 12 **Motor Sport Historic Legend**

SuperHuit

July 8 - 11

All Mountain MTB race!

This first edition comprises 2 events:

The Grand8 – July 8 - 9

The star race reserved for experts and elite e-MTB riders, in the form of a 2-day tour of La Plagne with one night in a bivouac in Champagny en Vanoise, starting and finishing in the valley.

A total of 95 km and 5600m elevation gain with technical climbs and enduro-style descents on a majority of single tracks.

The Double8 - July 10 - 11

The perfect race for amateur riders with a series of circuits of varying difficulty in the shape of a 4-leaf clover on the basis of a "stop or keep going" format.

There are 2 versions of the race: an individual MTB version on July 10th and an e-MTB solo or 2-man relay on July 11th.

The base camp will be in Plagne Bellecôte, participants will set off on the 1st circuit and can keep going on the following circuits according to their physical condition. Each of the circuits have different points of interest and a wide range of landscapes, from forests to high mountain slopes

Informations on www.super-huit.com



8-11 JUILLET 2021

COURSE VTT ALL MOUNTAIN
#SUPERHUITPLAGNE



GRAND8 CHALLENGE FORMEL: 900m / 4 SABS... DOUBLES CHALLENGE FORMEL: 850m / 4 SABS...

JEU 08/07
GRAND8 JOUR1:
MAGNY > CHAMPAGNY LE HAUT
VEN 09/07
GRAND8 JOUR2:
CHAMPAGNY LE HAUT > AIME
SAM 10/07
DOUBLES VTT
DIM 11/07
DOUBLES VTT AE

WWW.SUPER-HUIT.COM



July 14 Party and Concert “Nuit de Folie”

Wednesday, July 14 - Plagne Bellecôte

Join us during the day in Plagne Bellecôte and try a range of free activities.
Skill, speed, ingenuity and enthusiasm are required for this festive day!

At the end of the day, there will be an 80s concert “Nuit de Folie” with Sacha from French pop band Début de soirée, Partenaire Particulier, Corinne Hermès and Caroline Loeb.
Presented by Brice, a participant from Koh-Lanta TV show.

EVENTS



La 6000D The Giant race - July 22 - 24

6000D - 67 km

July 24

The 6000D, a legendary race and the first of its kind, is still considered a challenge by most trail runners. 3400m of elevation gain over a 67km course that takes participants from the village of Aime la Plagne in the valley to the top of Belledcôte glacier at 3047m via La Plagne's different altitude villages, then coming back down through the forest to Montchavin les Cches and finishing along the Isère river.

Leaving from Aime la Plagne at 5 am.

6000D - 2 people relay - 33 & 34 km

July 24

The course takes the runners from the village of Aime la Plagne in the valley to the peak of Belledcôte Glacier at 3047m, going through the resort's altitude villages and coming back down through the forest to Montchavin, finishing along the Isère river. A high-quality marked trail with 95% on trails and footpaths.

We are allowing one participant (men or women or mixed teams) to climb and the other to run back down; the handover will take place at the Glacier de la Plagne, the highest point of the race at 3047m.

Leaving from Aime la Plagne at 5 am.

6D Marathon - 42 km

NEW FOR 2021

July 24

You've run a Marathon on flat, hard, roads, now is your chance to come and discover a different kind of Marathon – on mountain trails and paths. On the program, 42km and a positive elevation of 2000m. A route that takes runners from the village of Aime la Plagne to the valley, to Lac des Blanchets at an altitude of 2363m with a passage through the high-altitude resorts of La Grande Plagne to then descend through the forest to Montchavin les Cches for finish along the Isère river. This new course will bring up to date the original route of the 6000D with the 1st climb following the initial route first run in 1990. A marked course of high quality, 95% on paths and trails.

Leaving from Aime la Plagne at 6.00 am.

6D Lacs - 28 km

July 24

The 6D Lacs covers part of the trail of the famous 6000D, following footpaths up to the Roche de Mio at 2700m altitude. A great preparation for the 6000D or an excellent alternative that is more accessible than the "Giant's Race", it follows the same course without going right up to the Glacier and crosses the top of the village of Montchavin les Cches. Leaving from Plagne Belledcôte at 7.30am.

6 Découverte - 11 km

July 23

11km for 600m elevation gain.

A race for the general public (beginner to experienced, children and adults) so that everyone can take part in our 6000D weekend. This trail follows footpaths that take you into all of La Plagne's altitude resorts along the way.

Leaving from Plagne Centre at 9.30am.

6D Verticale - 5 km

July 23

The 6D Verticale is a climb that is open to all (beginner to experienced). The 5km straight climb leaves from La Roche (village where the Olympic Bobsleigh track is situated) at 4.30pm, climbing 1000m to the top of the Grande Rochette (above Plagne Centre).

Leaving from la Roche at 4.30 pm.

6D Bob - 1,5 km

July 22

Based on the concept of an "infernal climb", competitors run up through the Olympic bobsleigh track on an average gradient of 8.2% with a maximum of 14% over the 1500 metre climb. Starts from the bottom of the Olympic Bobsleigh track and finishes at the top of the track.

Leaving from la Roche at 4.30 pm.

6D Kid's - from 500m to 3000m

July 23

A fun race for children who want to join in the 6000D weekend. Kids run round the 800m circuit at the bottom of the slopes at Plagne Centre one or several times according to their age group.

Leaving from Plagne Centre at 1.30 pm.



6D Adventure - Treasure hunt

July 23

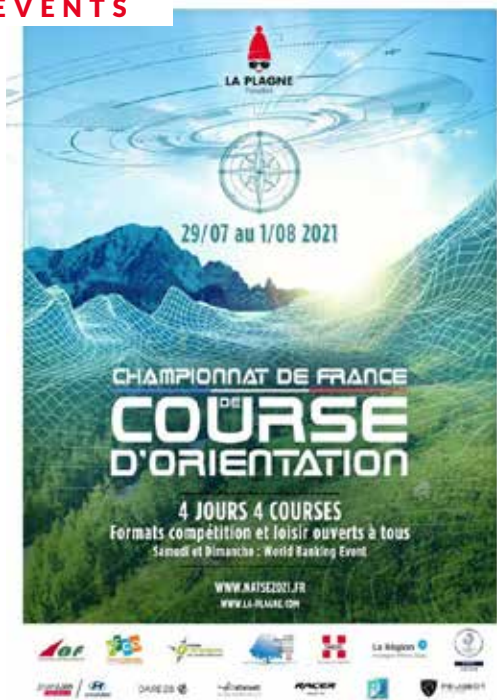
Front the "Giants" race, come and see the Kids' version – the 6D Adventure. A animation for children and teenagers (age 6 – 16) to run as a family or with an accompanying adult. The principle is simple: go and explore the town of Aime la Plagne solving hidden clues along the way.

This treasure hunt style initiation race, open to all, offers the opportunity to find out about the heritage of the town of Aime la Plagne.

So on your marks, young adventurers, and be the first to find the much coveted treasure!

Leaving from Aime la Plagne at 4.30 pm.

EVENTS



Concert with Amadeus Electric Band

Wednesday August 4

Open-air violin concert at the Grande Rochette for an unforgettable musical performance 2500 m above sea level!

Fusion-crossover music (electro-classic) played by Amadeus, one of Europe's most original groups.

Asian festival

July 16 to 18

From July 16 to 18, 2021, La Plagne will be organising an event on the theme of Asian culture, with Vietnam in the spotlight.

Throughout the three days, our visitors will feel like they have travelled to Asia, discovering or rediscovering Asian culture and gastronomy, with a number of traditional items on show.

On the programme:

- A lively Asian market
- Asia Voice singing competition and Asia Live show

Information on www.laplagne-event.com

National Orienteering Race

July 29 - August 1

La Plagne will be hosting the national orienteering competition. This discreet discipline is an excellent outdoor sport. The French Orienteering Federation has selected La Plagne with its vast playground to organise its 2021 national competition with sprint, middle distance, long distance, relay and mixed sprint relay categories.

29 July: French Championship relay in categories, starting from Les Frasses

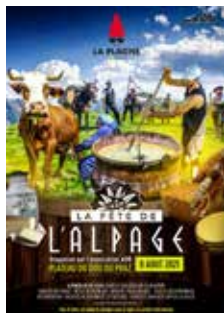
30 July: Regional middle distance, leaving from Macot

31 July: National SE long distance - WRE, starts in Plagne Villages

1 August: French Championship middle distance WRE, starts in Plagne Montchavin les Coches

Registrations close July 15.

Informations on <http://cocs73.com/nat2021>



Alpine Feasture

Sunday August 8

On the Dou du Praz plateau at over 2000m altitude, with the majestic Mont Blanc for a backdrop, you can enjoy this renowned event that celebrates our local traditions to the sound of cowbells and folk music.

On the programme from 9am:

- Opening of the activity village (mini-farm, local producers' and artisans' market, pony rides, rides in a jeep or a horse-drawn cart, cani-kart)
- Making and tasting Beaufort cheese, alpine pasture games, open-air mass and blessing of the cows.
- Food available on site from midday.
- From 2pm: traditionnal games, milking the cows and milk tasting, folk music.

Free shuttle buses from the valley

Auto Moto Rétro

August 14 & 15

Vintage car meet in the Tarentaise. Around sixty exceptional cars from the 1920s to the 1970s will be on show for you to admire during the weekend of August 15!

The cars will be on show in Plagne Centre, Saturday August 14.

Then, on Sunday 15 August from 9am, free rides from Plagne Centre through the altitude villages and an elegance contest from 3pm on the main square in Plagne Centre.



Plagne Swing

August 15 - 22

Come and learn swing dancing in La Plagne!

A convivial dance class with a view of Mont Blanc.

Daytime and evening lessons.

Information on <http://laplagne.happyswing.org>

GUIDED TOUR



Museum heritage

Discover the history of La Plagne from the mining era to today.

Guided tour every wednesday from 10 to 11 am (except on July 21). Open to all, book at the Mairie (town hall in Macôt 33 4 79 09 71 52).

Free tour 7/7 from 9.15am to 5.15pm.

Miners' Trail treasure hunt

Treasure hunt on the trail between Plagne 1800 and La Roche.

At each information board, you have to tick the right answer and punch the crossing point.

Open to all, free of charge, prizes to win!

Tour of the Miners' Trail

Wednesday afternoons from July 7 (except on July 21).

Starting at the bus stop in Plagne 1800 at 1.pm, going to the village of La Roche.

Stopping at each of the information boards about the Mine in 1800 on the way...

The shuttle bus from the valley picks you up again at La Roche bus stop at 4.20pm

Open to all, book at the Mairie (town hall in Macôt 33 4 79 09 71 52).

Bobsleigh Track

Walk the 19 bends of La Plagne's Olympic Bobsleigh track! The track was built in La Roche and snakes around the old village. The site was chosen for the 1992 winter Olympic event and work started on November 8th, 1988.

You can also visit the arboretum that goes along the track.

Characteristics:

- 19 bends - Length: 1507.50m

- Vertical drop: 124.50m - Start at: 1684.35m

- Finish at: 1559.85m.

VISITS AROUND LA PLAGNE

Local heritage in Aime (18km) - Infos on pages 56-57

Versants du Soleil villages (around 25km) La Côte d'Aime / Valezan / Granier

Glacialis Museum in Champagny en Vanoise (50km) Open every day from 3. to 7. pm (except on Tuesday)

Market in Courmayeur (Italy) (180km) Every Wednesday

**BE A PIONEER.
#ULTIMATETRACK**

S'TRACK 2.0 M



Droze-photo.com - Etre pionnier.



SKI LIFTS



SKI LIFT RATES

	From 13 yrs	5 to 12 yrs inclusive	under 5 yrs
1 day La Plagne (with Glacier for pedestrian only)	20.00€	16.00€	free*
1 week La Plagne (with Glacier for pedestrian only)	45.00€	36.00€	free*
Season La Plagne (without Glacier for bikers)	100.00€	80.00€	free*
1 day Paradiski**	35.00€	28.00€	free*
1 extension day Paradiski**	15.00€	12.00€	free*
Season Paradiski**	165.00€	132.00€	free*
Single price (5 yrs and over)			
1 pedestrian pass for la Plagne (without Glacier)	7.00€		

PASS OFFICES



- PLAGNE CENTRE - Colorado chairlift
7/7 from 9 am to 5.40pm
- PLAGNE BELLECÔTE - Near the cable car
7/7 from 9 am to midday and from 1 to 5.30pm
- TOURISM OFFICES
Plagne Centre / Plagne Bellecôte / Belle Plagne/
Plagne Villages/ Plagne 1800
- AUTOMATIC MACHINES
Aime (valley) / Montalbert / Champagne /
Montchavin / Les Coches



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

* CHILD UNDER 5 : Free pass on presentation of proof of age at the time of purchase. The age taken into account is that on the first day of validity of the package.

**PARADISKI PASS : Valid on the open lifts of La Plagne or Les Arcs / Peisey-Vallandry (please note, no connection by the Vanoise Express during summer).



SKI LIFT OPENING

	SKI LIFTS	PERIOD OPENING	M	T	W	T	F	S	S	TIMES
PLAGNE CENTRE	Colorado chairlift*	07/03 > 08/29								9 am > 5.40 pm
	Bergerie chairlift*	07/03 > 08/29								9 am > 12.30 / 1.45 > 5.40 pm
PLAGNE BELLECOTE / BELLE PLAGNE	Colosses chairlift*	07/03 > 08/29								9 am > 12.45 / 2 > 5.40 pm
	Roche de Mio cable car	07/04 > 08/29								9.20 am > 5.05 pm
	Bellecôte cable car	07/04 > 08/29								9.40 am > 4.30 pm
	Belle Plagne cable car	07/03 > 08/29								9.20 am > 11.30 pm
PLAGNE MONTALBERT	Montalbert cable car	07/04 > 08/29								9 > 12.15 pm / 1.30 > 5.40 pm
MONTCHAVIN LA PLAGNE	Montchavin chairlift	07/05 > 08/26								9 > 12.15 pm / 1.30 > 5.40 pm
	Lac Noir cable car	07/04 > 08/29								9 > 12.15 pm / 1.30 > 5.40 pm
	Telebufette	07/04 > 08/29								9 > 12.15 pm / 1.30 > 5.40 pm
CHAMPAGNY EN VANOISE	Champagny cable car	07/04 > 08/29								9 > 12.45 pm / 2 > 5.40 pm

* Pedestrians not allowed for the descent

MOUNTAIN SENSATIONS



Permanent trail itineraries

Permanent marked trails for trail running. To indulge trail runners who come to La Plagne to run on the paths of the 6000D, this summer the resort is proposing over 150 km of marked paths for trail running. Divided into 17 permanent itineraries, 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!

Over 150 km of marked trails starting from 4 sites in La Plagne :

- 4 easy green trails
- 4 intermediate blue trails
- 4 difficult red trails
- 4 very difficult black trails
- 1 straight climb
- 2 marked trails in the valley and on the "Versant du Soleil"

Trail map, 1€ on sale at the Tourism offices.

Walking map

New altitude hiking trail map. Circuit trails leaving from the altitude villages (half day or full day). Rate : 4€

On sale in Tourism Offices.

Discover new aspects of La Plagne!

You will find different itinerary maps at the Tourism Offices.

Hiking, mountain biking, local heritage, culture, teen activities!
Everyone will find what they are looking for.

TOP TIP

Prepare for the walk by viewing it on your smart phone, where you can access a video of each itinerary (flashcode on each plan on sale).

Via ferrata «Les Bourtes»

The new route takes climbers across a rocky itinerary equipped with cables, ladders, ramps, a monkey bridge and two giant zip wires, and is accessible for families and groups of friends.

The 600 m course, set between 2350 m and 2560 m altitude, is equipped with a continuous Aeroligne lifeline so climbers can keep moving without having to undo or change their connection from one section to the next.

Activity free of charge, average time 1hr30 (+15 minutes for the zip wires).

Access on foot from Belle Plagne (45 mins to get there and 1hr to get back). Not for adults with no experience of via ferrata or children unless accompanied by an experienced adult.

Practise test on a rock at the foot of the via ferrata.

Minimum height 1 m 20 cm - Minimum weight for the 2nd zip wire : 55kg.

Equipment: helmet and special equipment required (including special pulley for the zip wires)



Permanent orienteering trails

Reflection, sport and nature...It's all up to you!

Have fun discovering the La Plagne area, with its wealth of local culture, history, scenery and heritage.

A great way of combining a fun, recreative or sporty form of orienteering with the added attraction of visiting the area's key locations. Armed with a map, head off to look for markers across 9 trails of different levels.

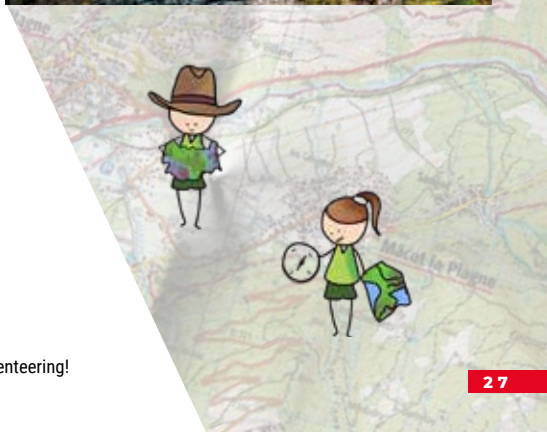
This activity puts nature back in our cultural heritage. It teaches us to live with and for our natural surroundings by developing the right behaviour and habits for preserving our environment.

There are 9 areas to discover:

- 1 in La Plagne Altitude
- 6 in the valley: Aime la Plagne, Macot, Valezan and La Côte d'Aime
- 2 in Montchavin la Plagne

Maps available in all our Tourist Offices.

Adults and children, beginner or experienced, for sport or for fun: get orienteering!



MOUNTAIN HIKING

With your family and friends, or just on your own, enjoy walks and hikes based on a variety of interesting themes.

*See full list on
www.gb-montagne.com.*

GB MONTAGNE



Altitude resorts



Rates for groups per pers:

- Day : 35€
- ½ day : 17€
- Day for child : 25€ (under 12 yrs)
- ½ day for child : 12€ (under 12 yrs)
- «Bushcraft survival» Day (surviving in the forest) : 35€ (every Wednesday, family rate possible)
- Bivouacs and nights in refuges on request



33 6 42 08 53 35
www.gb-montagne.com

Our mountain guides offer a choice of ½ day or full day hikes, overnight stays in a refuge and mountaineering and climbing outings.

MOUNTAIN GUIDE OFFICE



Outings every day (day, 1/2 day)



Emmanuel Vialard 33 6 74 85 71 28
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40



Emmanuel accompanies you to the discovery of the paths and the landscapes of mountain in the day or half-day. Night in a shelter or bivouac. Star gazing or sunrise. Nordic walking and walking in consciousness with exercises from Yoga.

ESF BELLE PLAGNE



Altitude resorts



Depending on the summer hiking program



1/2 day
- Kids : 10€ / Adults : 15€
Day
- Kids : 15€ / Adults : 20€



Emmanuel 33 6 74 85 71 28
ESF Belle Plagne 33 4 79 09 06 68
info@esf-belleplagne.com

We invite you on a journey with nature and the mountains as your destination. ½ day: marmots, flora, Nordic walking. Full day: Vanoise, Beaufortain, Mont Blanc. Astronomy, geology, mountain peaks (3000) 1½ day outing with a night in a refuge. A mountain of pleasure.

ESPACES MONTAGNES



Altitude resorts



- From 15€ to 50€



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

Do you want to go hiking or Nordic walking? Do you want to get out in the fresh air and the wide-open spaces? Choose your preferred activity, get your walking shoes and your backpack, YSA'lpes Rando will organise the rest.

YSA'LPES RANDO



Altitude resorts and valley



Monday to Friday



- ½ day: 15€/person
- Full day: 30€/ person
- Private group: 130€ ½ day, 260€ full day

Payment accepted: CB / cash / bank transfer



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



Nordic walking

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

ESPACES MONTAGNES



Plagne Centre / Villages / Soileil/1800 / Plagne Aime 2000 and Plagne Bellecôte (on demand)



1hr30 or 2hr session



From 20 €



Philippe : 33 6 11 49 28 18
Gilles : 33 6 60 49 54 03
espaces.montagnes@wanadoo.fr
www.espacesmontagnes.fr

Via Ferrata, Mountaineering Climbing

Peisey (min.3 pers), Roc du Vent, La Daille (Val d'Isère), Roc des Verdons...

MOUNTAIN GUIDE OFFICE



Via ferrata : 62€
Climbing school : 35€



Max Silvain 33 6 79 68 35 84
François Allemoz 33 6 09 41 53 85
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40

LAKES

- **Vert lake** (1970m) From Plagne Centre, Plagne 1800 or Plagne Aime 2000
You can have a picnic, use the barbecues and enjoy the facilities available to you...

- **Carolley lake** (2186m)
From Belle Plagne.
Allow half a day's walking.

- **Blanchets lake** (2300m)
From Plagne Bellecôte or Belle Plagne

- **Retenue du Col de Forcle**
From Belle Plagne. Making it the perfect spot for a picnic or to watch the marmots.

BIKE - ELECTRIC BIKE



Bike Park PLAGNE CENTRE PLAGNE BELLECÔTE



A Bike Park that is fun for all levels, whether you want to learn or improve your downhill mountain biking skills.

11 pistes : 3 vertes / 5 bleues / 2 rouges / 1 noire.

11 slopes : 3 green / 5 blue / 2 red / 1 black.

Accessible from :

- Colorado chairlift from Plagne Centre
- Colosses chairlift from Plagne Bellescôte
- Bergerie Chairlift from Plagne Centre

Two bike cleaning zones are available at the bottom of Colorado chairlift in Plagne Centre and opposite the gondola station in Plagne Bellescôte.

Ski lift pass on sale at Colorado chairlift departure and in the Tourism Offices.

Pump track PLAGNE BELLECÔTE

The Pump Track is for recreational bikers, mountain bikers, BMX and scooter riders, skateboarders and roller skaters of all ages and levels, to use as often as they want. Technical characteristics of two asphalt courses:

Beginner course (green level) and sensation course (blue and red level)

Electric mountain biking

Ten easy routes, most of them marked on 150km, accessible to this type of e-bike.

Ten recharging points in resort restaurants along the biking trails.

E-Spots

Discover E-Spots : fun areas with different terrain shaping.

Accessible to all from the e-MTB trails.

6 free E-spots :

- 1 in Plagne Centre : Leaves from behind the Araucaria hotel.

By itinerary D.

- 1 in Plagne Bellescôte : Leaves from snowfront. By itinerary D.

- 2 in Plagne Montalbert : Leaving from the top of Montalbert chairlift and Dos de Pralioud. By itinerary E.

- 1 in Montchavin les Coches : Leaves from Telebufette.

By itineraries C and G.

- 1 in Champagny le Haut : Leaves from Adventure park.

By itinerary E.

Enduro itineraries

Dréval with its 1100 metres of downhill! The trail starts in Plagne Bellescôte at 1923 metres and goes right down to the valley, finishing at Les Versants d'Aime leisure park.

The ride back up to the starting point with your bike is free.

Bus times on page 6.



PEUGEOT
CYCLES



LA PLAGNE
Paradiski

BIKE - ELECTRIC BIKE



ELPRO



Mountain bike base

Plagne Bellecôte



33 4 79 09 11 62

contact@elpro.fr

www.elpro.fr

Mountain biking down to the valley

EL Pro's valley descent is a unique experience, travelling 18km with 1500m elevation drop. Simon will show you the best single tracks from Belle Plagne down to the valley!



Wednesday, Thursday and Friday
Level confirmed - From 12 yrs
Enduro biking from 14 yrs



- 1 descent : 49€

- Double descent : 89€

- Triple descent : 119€

(e-bike rental not included, including return bus transport, max 7 pers)

Electric Fatbike: Les Frasses

If you want to try an E-FATBIKE, this is the perfect ride for you. A relaxing 1½ hr initiation ride on Les Frasses trail.



Tuesday, Wednesday and Thursday
Duration : 1hrs30



49€ (E-fatbike included)

Electric Fatbike : Discovery of la Plagne

Discover several routes on the altitude area of La Plagne on an e-FatBike



Monday and Tuesday

Time: 2 - 2½ hrs

Technical level: 2/5

Physical level: 2/5

Minimum age 12 yrs / Regular bike rider



70€ (E-fatbike included)

E-BEaufortain

A hike in Beaufortain to admire the splendor of the wild nature. Explore effortlessly thanks to the FATBIKE Electric mountain bike, the magnificent landscapes that Savoy offers you.



Departure at 9am, return at 4 p.m. maximum. From 12 yrs / Regular bike rider. Meet at the chaining area at a place called Les Provagnes (between Aime and Macot)



119€ (E-fatbike and framing included)

Private MTB lessons

Personalised lessons on request, on reservation and made to measure. Beginner, intermediate or technical, downhill, Bike Park, Pump track, Trial: your instructor was a World Cup competitor for 8 years!



On request from 9.am.
1hrs30, 3 hrs or 4hrs30 session.
Any audience, any level



69€/ 1hrs30 (e-bike rental not included)

Electric Fatbike : St Jacques tour

Tour of Saint Jacques in Electric FATBIKE with a Savoyard breakfast or apéritif



Tuesday, Wednesday and Friday



79€ (E-fatbike, Savoyard breakfast or apéritif included)

PARADIBIKE

11th mountain biking school, MCF (moniteur cycliste français)



Plagne Bellecôte - Chalet des Moutons
Plagne Villages - Leroux Sport



33 6 80 74 36 00

ParadiAdrénaline

The French Cycling Instructor's renowned bike courses (basics, balance, braking, propulsion, obstacles and handling).



Monday to Friday from 9.30am to midday



3x1/2 day : 195€

5x 1/2 day Enduro : 295€

Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum

ParadiSensation

Bike park initiation, come and discover the basics of mountain biking (standing position, braking, changing gears ...)



On afternoon from 2 to 4.30pm



70€ Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum

ParadiTour

An E-bike outing with your friends or family.



75€ Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum

ParadiSunset

Evening e-MTB ride.



Wednesday and Thursday 8 to 9.30 pm
Wednesday and Thursday 8 to 10 pm



50€ (1hrs30) and 60€ (2hrs) Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum



ParadiVallée

The zenith of downhill mountain biking, over 1300m elevation drop on single tracks that take you right down to the valley through the forest (you will need a lift pass or ticket to come back up).



80€ Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum

E-biking ParadiStage

A mini e-biking course to learn e-biking. Outing to Montalbert, Montchavin and Champagny. More than just a fitness session, it's all the pleasure of e-biking in 4 stages.



From 9.30am to midday



270€ Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum

ParadiTrilogie

E-mountain bike day outing. Discover the three neighbouring sites (Montalbert, Montchavin, Champagny).



130€ Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum

ParadiPrivé

Private lesson for 1 or 2 people.



45€/hour for 1or 2 people Equipment and protections included (without ski lifts)

ParadiLoc

120 mm full suspension 24" Enduro Junior / 170 mm Super Enduro / 150mm full suspension electric bike.



- 120 mm full suspension 24" Enduro Junior : 40€ for1/2 day - 60€ for 1 day
- 170 mm Super Enduro: 50€ for1/2 day - 80€ for 1 day
- 150mm full suspension electric bike : 50€ for1/2 day - 80€ for 1 day

BIKE - ELECTRIC BIKE

73 TRACKS

MOUNTAIN BIKING SCHOOL



Plagne Centre

Allais Ski bike center



7/7 from 06/07
to 31/08



33 6 46 26 22 04

33 4 79 09 01 52

contact@73tracks.com

Facebook: 73Tracks

www.73tracks.com



Group lessons

Tracks Session DH

Leave on a good basis, gaining confidence and autonomy with the technical bases of mountain biking on Bike Park! (banked turns, Airbag).



From 6 yrs, level beginner / From 3 pers

Mini kids (6 to 7 yrs) 1hrs15 :

- 30€ (With your own equipment)

- 59€ (lesson + equipment)

Kids (8 to 11 yrs) 1hrs45 :

- 35€ (With your own equipment)

- 65€ (lesson + equipment)

Teens (12 to 16 yrs) 2hrs30 :

- 40€ (With your own equipment)

- 70€ (lesson + equipment)

Adults (over 17 yrs) 3hrs :

- 45€ (With your own equipment)

- 75€ (lesson + equipment)

Tracks Stages

The courses will allow to learn or improve riding techniques on Bike Park, pumptrack or airbag in private sessions.



Mini kids (6 to 7 yrs) 3 x 1hrs15 :

- 75€ (With your own equipment)

- 169€ (lesson + equipment)

Kids (8 to 11 yrs) 3 x 1hrs45 :

- 90€ (With your own equipment)

- 185€ (lesson + equipment)

Kids (8 to 11 yrs) 5 x 1hrs45 :

- 165€ (With your own equipment)

- 275€ (lesson + equipment)

Teens (12 to 16 yrs) 3 x 2hrs30 :

- 105€ (With your own equipment)

- 195€ (lesson + equipment)



Teens (12 to 16 yrs) 5 x 2hrs30 :

- 180€ (With your own equipment)

- 299€ (lesson + equipment)

Adults (over 17 yrs) 2 x 3hrs :

- 80€ (With your own equipment)

- 156€ (lesson + equipment)

Adults (over 17 yrs) 4 x 3hrs :

- 160€ (With your own equipment)

- 285€ (lesson + equipment)

Group lessons *suite*

Tracks Pur DH

Session where more experienced riders can go full blast! Braking, acceleration, placing and aerials!

Bike park, private Airbag, freeride



From 15 yrs - 3hrs session :

- 50€ (With your own equipment)
- 79€ (lesson + equipment)

Tracks Electro Discovery

From 15 yrs, in a group of 8 pers.

2hrs30 to 3hrs session, accompanied by a monitor on road safely. Beginner level to confirmed.



From 15 yrs :

- 75€ (lesson + equipment)



Family friendly lessons

Tracks DH Family Friendly

A session with your family or friends to discover the Bike Park with an instructor for an unforgettable holiday experience! Private session on the Airbag.



From 8 yrs, in a group from 3 to 6 pers, 2hrs session :

Kids (8 to 11 yrs)

(lesson + equipment) : 59€

Teens (12 to 16 yrs)

(lesson + equipment) : 65€

Adults (over 17 yrs)

(lesson + equipment) : 75€

Tracks Electro Family Friendly

Outing suitable for families or friends, to ride with children to discover our beautiful mountains in complete safety and simplicity. Duration between 2hrs30 and 3hrs.



From 12 yrs, in a group from 3 to 6 pers, 2hrs session :

Teens (12 to 16 yrs)

(lesson + equipment) : 65€

Adults (over 17 yrs)

(lesson + equipment) : 75€

Private lessons

Tracks privées

Private lesson with your own instructor to personalise your technique and help you adapt to mountain riding.



1 hr session

Mini kids (6-7 yrs) / Kids (8-11 yrs)

/ Teens (12-16 yrs) / Adults (over

17 yrs) :

- 50€ (With your own equipment)

- 75€ (lesson + equipment)



CHILDREN PLAY AREA

In every resort, an area is set aside for children to ride on a specially made toboggan in the form of the famous la Plagne logo.

Creche 5 months / 6 yrs

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

LES P'TITS BONNETS



Plagne Centre



For holidaymakers, Monday to Friday 9 a.m. to 5 p.m. For permanent, Monday to Friday 8.30 am. to 5.30 pm.

Attention: possible opening for the summer season according to sanitary directives



- 1 hour : 6€
- Lunch time : 7 €



33 4 79 09 00 83
creche-laplagne@laplagnetarentaise.fr

«Filous» youth Club

The kids club offers half-day activities for children aged 3 to 12. They can also be supervised while they eat a picnic lunch.

ESF BELLE PLAGNE



Belle Plagne



Monday to Friday from 9.30am to midday and from 2 pm to 4.30pm



- 1/2 day : 25€
- 5 x 1/2 day: 98€
- 6th 1/2 day offered
- Lunch time : 10€



Claire : 33 6 70 04 92 25
clubdesjeuneslesfilous@gmail.com

Youth club

The Youth Club, to discover La Plagne and its activities as you wish and with friends.

LOISIRS ET NATURE



Plagne Bellecôte



Monday to Friday from 10.am to 4 pm



- 1 day: 50€
- 4 days: 160€
Booking at ESF



33 6 62 11 73 87
agnesdelaplagne@gmail.com
www.clubdesjeuneslaplagne.com

Junior park

Children aged 4 to 7 years can try this treetop adventure activity with 9 sections of up to 2m50 above the ground and enjoy the natural surroundings in a surprising place!!!

ELPRO



Belle Plagne



Monday to Friday



Junior : 15€ (4 to 7 yrs)

Accompanying adult : 10€

(1 adult is necessary on the junior course for toddlers to assist them if necessary)



33 4 79 09 11 62

contact@elpro.fr

www.elpro.fr

Junior pass

Junior trail + 2 rides on the giant zip line
(for 3 to 7-year olds)

ELPRO



Belle Plagne



Monday to Friday



20€



33 4 79 09 11 62

contact@elpro.fr

www.elpro.fr



La Plagne Sport Académie

The La Plagne Sport Academy proposes sports courses of 4 days minimum for children aged 6 to 11. Team sports, discovery and dexterity are on the programme!

TOURISM OFFICE



Soccer and rugby field
in Plagne Villages



Tuesday to Friday



- 2hrs30 session : 15€/child
- 4 days course : 50€/child and 45€ from the 2nd child
- 8 days course : 95€/child and 90€ from the 2nd child



33 4 79 09 65 47 stages-sportifs@la-plagne.com www.la-plagne.com

Indians kids zone

In the company of their favorite characters, children from 6 years old can indulge in a unique ride and learn about the pleasures of downhill, thanks to the Xraycer.

SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE



Indian belt - Plagne Centre



Tuesday to Sunday from 10 am to midday and 2 to 4 pm



- 1 hour access : 8€ - From 6 yrs
Xraycer and helmet provided



33 4 79 09 67 00

<https://www.skipass-laplagne.com/fr>

ACTIVITIES



Adventure trail

A fabulous canopy trail up in the trees. Sporty, fun and convivial for lots of family thrills. Tree canopy trails for all levels, from green to black.

ELPRO



Belle Plagne



Monday to Friday



- 8 to 11 yrs : 20€
- Over 12 yrs : 25€



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

Pass Park

Canopy tour + zip line cascade (min. age 10, accompanied by a parent)

ELPRO



Belle Plagne



Monday to Friday



- 10 -12 yrs : 35€
- Over 12 yrs : 45€



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

Zip line cascade

A thrilling series of 10 zip lines at 2100m altitude. You will zigzag above the Canyon and the mountain stream, ending with a BASE JUMP for a great finish to this aerial trail!

ELPRO



Belle Plagne



Tuesday to Friday at midday



-10-12 yrs : 20€
- Over 12 yrs: 25€



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

Giant zip line

A fun activity full of thrills in a sumptuous setting between the mountains and the sky, surrounded by centuries-old stone pines. Fly over Bear Valley 25 metres above the ground for an unforgettable memory.

ELPRO



Belle Plagne



Monday to Friday



- 10€ (2 sessions)
Accessible from 3 yrs



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



Supertyro

Come and fly over the slopes and admire Mont Blanc on a thrilling zipline 600m long, between Plagne Aime 2000 and Plagne Centre!

SUPERTYRO



Plagne Aime 2000 / Plagne Centre



Monday to Saturday from 1 to 6pm



- 15€



33 6 51 21 01 73
supertyrolaplagne@gmail.com
facebook/supertyrolaplagne

Helicopter ride

Discover the whole of the La Plagne area, the Tarentaise, the Beaufortain, the Vanoise and Mont-Blanc. Personalized flights, 100% customisable.

AIR LA PLAGNE HÉLICOPTÈRE



Leaves from Les Bouclets heli-station (between the Olympic bobsleigh track and Plagne 1800)



One day in the week, defined according to weather conditions



- Discovery flight: 160€
- Panoramic flight: 260€
- Mont Blanc flight: 460€



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


ACTIVITIES





Cani-Kart


Sitting in a sort of sledge on wheels, driven by a professional. We will take you for a discovery tour on paths at 2000m altitude, pulled by a team of sled dogs.

HORS TRACE ADVENTURE

 Dou du Praz in Plagne Villages

 For the dogs only in the morning from 7 am. Days of activity communicated by the musher according to the weather conditions.


 1hr of activity including 30 min of kart ride, presentation of dogs and profession, hydration breaks.
- 47€/ adult - 32€/child (5 to 12 yrs)
- 145€/family (2 adults + 2 children under 8 yrs)
- 110€ private kart 1 or 2 pers

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


Mountain quad tour

You will love this guided quad-bike excursion which will take you right away from the resort at the best times for observing the fauna and flora and other regional specificities.

ELPRO

 Motorcycle base - Belle Plagne

 Monday to Friday (july and august)


 2hrs30 session :
- Pilot : 95€ *minimum age 18, hold a B permit*
- Quad passenger : 45€
Breakfast or snack included


 33 4 79 09 11 62
contact@elpro.fr - www.elpro.fr


Quad bike ride


A ride through villages, mountain pastures and forests. You pass all the altitude villages of La Plagne, from Belle Plagne to Plagne Aime 2000, looking down on Plagne Bellecôte, Plagne Soleil, Plagne Villages and Plagne Centre.

ELPRO

 Motorcycle base - Belle Plagne

 Monday to Friday
Duration : 1/2 day or day
(june and september only)

 135€/ the 1/2 day
285€/ day (2 breaks included)
Pilot : minimum age 18, hold a B permit

 33 4 79 09 11 62
contact@elpro.fr - www.elpro.fr

Electric motorbike rides

After a briefing on driving an electrical motorbike and an initiation session on a circuit, you will follow your guide on the trails of La Plagne...

ELPRO



Motorcycle base - Belle Plagne



- 1hrs30 of discovery of the heritage, flora and fauna, agriculture of the Tarentaise

- 75€ minimum age 18 : hold a B permit, minimum age 16 : hold a BSR permit



33 4 79 09 11 62

contact@elpro.fr - www.elpro.fr



Electric motorbike circuit

After a briefing on driving an electrical motorbike and an initiation session on a circuit, you will follow your guide on the trails of La Plagne...

ELPRO



Motorcycle base - Belle Plagne



- 15 min of discovery

- 25€ minimum age 18 : hold a B permit, minimum age 16 : hold a BSR permit



33 4 79 09 11 62

contact@elpro.fr - www.elpro.fr

Mountain Cart

To your karts ready go !!!

In quiet mode or in sport mode, with family or friends, hurtle down the slope that suits you, aboard your Mountain Cart from the top of the Colorado chairlift in Plagne Centre.

SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE



Colorado chairlift in Plagne Centre



Tuesday to Sunday from 10 am to 5.30 pm



- 1 run : 18€ unic price
- 5 runs : 72€ unic price
- 10 runs : 135€

Accessible to all: minimum height required: 1.30m (For access to the COLORADO CART red track, children under 12 must be accompanied by an adult on the circuit, 1 kart per person).

Equipment provided (helmet, protections, cart)



33 4 79 09 67 00

<https://www.skipass-laplagne.com/fr/mountain-cart>

ACTIVITIES




Trampoline


Energie et punch indispensables pour un bon moment de détente ! La séance 15 mn (plusieurs enfants possible sur le trampoline, adultes maximum 2 personnes).

COLOSSES LOISIRS

 Plagne Bellecôte

 Daily


 - Mini trampoline (>5 yrs) : 1,50€
- Trampoline (until 14 yrs) : 2,50€
- Trampoline (adult) : 3,50€
Session of 15 mins

 33 4 79 09 28 70

Acro bungy / Trampoline

BIOLLET ESPACE LOISIRS


 Plagne Centre

 33 6 26 09 18 18

Archery

BIOLLET ESPACE LOISIRS


 Plagne Centre

 33 6 26 09 18 18

Bouncy castle


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

PLAGNE AVENTURE

 Plagne Bellecôte

 33 6 34 52 63 48

Tennis lessons

ALP'EVASION ZEN


 Plagne Centre
Belle Plagne


 33 6 62 10 19 42

Swimming pool

The Magic Pool is offering swimming courses for children this summer, at the end of the course the level acquired by the child is indicated in a booklet.

MAGIC POOL

 Plagne Bellecôte

 Every day from 10.am to 8.pm,
night opening on Thursdays until
9.30pm. The pool is cleared 30 minutes
before closing time

 - Entry pool :
from 14 yrs : 9€ / 6-13 yrs : 5€ / -6
yrs : free
- Entry pool + wellbeing (sauna &
Jacuzzi) : 13€
- Weekly ticket :
14 yrs and more : 27€ / 6-13 yrs :
17,50€
- Weekly ticket * pool
+ wellbeing* : 31€
- Entry pool + activities adult : 17€
- Weekly ticket * pool + activities :
49,50€


* Weekly tickets are nominative

 33 4 79 09 05 89
www.aquaplagne.fr

Pony riding

PLAGNE AVENTURE

 Plagne Bellecôte


 33 6 34 52 63 48




Mini-golf


Come and enjoy a sport and
mountain-themed Mini-Golf,
located in Plagne Bellecôte,
behind the departure of the cable
car.

COLOSSES LOISIRS

 Plagne Bellecôte


 Daily from 10 am to 7 pm

 - Adult: 7€ from 12 yrs
- Kid: 5€
- 5€ for all until midday

 33 4 79 09 28 70

BIOLLET ESPACE LOISIRS


 Plagne Centre

 33 6 26 09 18 18

Horse riding

PLAGNE AVENTURE

 Plagne Bellecôte

 33 6 34 52 63 48

ACTIVITIES



Paragliding

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

ESF PLAGNE BELLECÔTE

Leaves from «Hameau de Prariond» and «Charmettes»

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

ESF BELLE PLAGNE

Leaves from «Charmettes»

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

Since 1998, our team of qualified and highly experienced professionals has been taking clients on a real adventure. We also offer high-level acrobatics. Min. age 3 yrs.

AIR LA PLAGNE PARAPENTE

Leaves from Mâcot La Plagne – Plagne Centre (different take-off and meeting points, depending on weather and type of flights)

Daily from 9 am to 8 pm

- Discovery flight : 80€
- Panoramic flight : 120€
- Prestige flight : 160€
- Exceptional flights :
 Fort de la Platte flight : 140€
 King Sun set flight : 300€
 Cross flight : 400€

33 7 83 78 37 90
airlaplagne@gmail.com
www.air-la-plagne.com

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

FLY IN PARADISE

Leaves from La Plagne / Macot-La-Plagne / Valley

Daily from 8 am to 7 pm

- 80€ to 160€

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

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

PLAGN'AIR PARAPENTE

Leaves from Prariond (Les Charmettes)

Daily from 9 am to 6 pm

- 110€ 20 to 35mins flight

33 6 15 06 09 31
para.plagnair@gmail.com
www.laplagne-parapente.com

Take a paragliding flight to explore the skies and enjoy a magnificent 360° panoramic view of the Tarentaise valley and its mountains.

ELPRO

- 📍 - Discovery flight (7 to 12 mn) :
Leaves from «Hameau de Prariond»
- Mountain flight (30 to 40 mn) :
Leaves from the «Arpette»

- 📅 Daily according to flying conditions

- 💰 - Discovery flight: 80€*
- Mountain flight : 160€*
* including return bus transport

📞 33 4 79 09 11 62
contact@elpro.fr
www.elpro.fr

Come and discover the thrill of a tandem paragliding flight. Stéphane Drouin, pilot for the French team and winner of several world titles shares his passion with enthusiasm and professionalism.

Discovery flight 10-15 min

QUATRIEME DIMENSION

- 📍 Leaves from «Charmettes» (la Plagne road/ La Plagne Montalbert

- 📅 Daily from 8.30 am

- 💰 - From 75€ (from 5 yrs)

📞 33 6 12 73 66 56
stephane@quatriemedimension.fr
www.quatriemedimension.fr

Take to the skies and enjoy the 360 ° view. Without previous experience.

AN-RAFTING

- 📍 Macot - Z.A

- 📅 Daily by appointment

- 💰 - From 80€
- Groups, kids (consult us)

📞 33 4 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com

Come and share an unforgettable moment while flying over the area of the GRANDE PLAGNE. An exceptional panorama awaits you!

PHILIPPE MARTIN

📞 33 6 15 93 45 33




WELLNESS



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

BAINS & SPA LA PLAGNE

 Belle Plagne


 Open daily, 10 – 12am & 2 – 8pm

 33 4 58 35 00 00
spabelleplagne@deepnature.fr
www.deepnature.fr

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

SPA BELLECÔTE

 Plagne Bellecôte


 Open daily, 10 – 12am & 1 – 8pm

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

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

SPA D'ALTITUDE Ô DES CIMES

 Plagne Soleil
Résidence «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

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

ESTHÉ BIO

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

 By appointment, from Monday to Friday. Closed Saturday & Sunday.


 - Body modelling from 45€
- Facials from 55€
- Wellness pack from 130€
Payment: cheque, cash, credit cards not accepted


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

This summer, after a mountain hike, you have deserved to give yourself a moment of well-being and pleasure by discovering Plantar Reflexology with Nadia.


DISCOVERING PLANTAR REFLEXOLOGY

Nadia Montmayeur

 Plagne Centre
(Vega terrace)

 Tuesdays and Thursdays
from 3.30 pm


 20€ for 30 mins

 33 6 16 91 90 84

Enjoy some rest and relaxation in the wellness area in our residence: heated indoor swimming pool, spa with a sauna, Turkish bath and Jacuzzi, as well as a treatment room with massages on request.

SPA LE CENTAURE****

 Le Centaure**** Residence
Belle Plagne

 Sunday to Friday: 10am to 7.30pm
Saturday: closed

 Access to the SPA is only accessible and free of charge for guests staying in the residence.
For à la carte treatments, ask your residence manager for prices or contact + 33 (0)4 28 38 48 85

 33 4 58 17 36 45
laplagne@conciergeriemsh.com
www.terresens-msh.com





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

OSTEOPATHY & MESSAGES

Jean-Louis Fabre



Belle Plagne, lower commercial center (stairs to gondola)



Open daily, 10 – 8pm
by appointment



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

Osteopathy treatments for all types of patients including sports-related issues, children, seniors, pregnant women, babies. Consultations on rdv only on 33 4 79 55 56 34 or on doctolib.fr Tissue, structural, visceral, cranial, biodynamic and energy osteopathy treatments.

OSTEOPATH Juliette Lagondet



Plagne Centre - Galerie les Ecrins



Open daily, 8am – 8pm



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



33 4 79 55 56 34
www.doctolib.fr-JulietteLagondet
www.osteopathe-laplagne.com

Osteopathy to treat your chronic and/or acute pain. Children /adults /athletes /elderly patients. Rdv online on the Doctolib website.

OSTEOPATH Céline Torrent



Plagne Bellecôte
SPA Bellecôte



Open daily, 10am - 8pm



- 60€/ adults
- 50€/kids



33 7 69 35 09 04
celine.torrent@live.fr

Enjoy a moment of relaxation in the spa at Les Balcons, more than 430 sq.m devoted to your wellbeing: Jacuzzi, sauna, Turkish bath, swimming pool, fitness room and treatments.

SPA BY LES BALCONS



Belle Plagne (to be confirmed)



On request



From 50€



33 4 79 55 79 56

spa.belleplagne@les-balcons.com



SPA HÔTEL CARLINA



Belle Plagne
Hôtel Carlina



33 4 79 09 78 46

www.carlina-belleplagne.com



Plagne Centre - Galerie les Ecrins



33 6 63 97 47 92



Plagne Centre - Les Lodges



33 6 61 06 97 88

VIP HAIRSTYLE



Plagne Centre



33 6 99 28 37 39

MASSAGE ME



At home



33 4 79 04 20 66



At home



33 6 99 28 37 39

Ô HAIRSTYLE



Plagne Bellecôte



33 4 79 07 39 60

BIOENERGETIC Nadège Lelong



Plagne Centre - Galerie les Ecrins



33 6 63 97 47 92

PHYSIOTHERAPY

Antoine Simon
Masseur kinésithérapeute -DE



Plagne Centre - Les Lodges



33 6 23 82 40 88

ACTIVITIES





Public library

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

BIBLIOTHÈQUE MUNICIPALE

-  Plagne Centre - Espace des plagnards
-  Monday, Tuesday and Friday from 3 to 6pm
-  33 4 79 22 45 38
www.biblio-laplagnetarentaise.fr

LASER GAME LA PLAGNE

-  Plagne Centre (to be confirmed)
-  33 6 03 50 79 66

Cinema

Ecrins Cinema has a room equipped with the latest digital technology

RÉGIE CINÉMA LA PLAGNE TARENTAISE

-  Plagne Centre
-  Daily open at 6 and 8.30pm (2.30 in case of bad weather)
-  - Adult : 8.50€
- Kid : 7.00€
-  33 4 79 09 02 01 (Office de Tourisme N°)
cine-plagne@orange.fr
www.laplagnetarentaise.fr

Omnisports hall

Weights room, climbing wall, sport hall (with conditions).

MAIRIE LA PLAGNE TARENTAISE


-  Plagne Centre - Omnisports hall
-  From August - Monday Friday from 3 to 8pm
-  - Weight rooms and climbing wall :
1, 5 or 10 sessions / weekly or season membership card.
- Sporthall : hour booking
-  33 4 79 55 15 15
fitness@laplagne-event.com
www.laplagne-fitness.com


Bowling


Bar with cosy atmosphere: cocktails, wide choice of beers, tapas, oysters. Bowling alley with bumper rail for children (min. age 5 yrs). Games room: pool table, pinball, puck game, arcade games. Major sports events shown.

Free WIFI.

BOWLING BAR BELLE PLAGNE

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

 7/7 from 4 pm to 3 pm (opening earlier in case of bad weather)


 Bowling prices according to time slot


 33 4 79 09 00 78
bowlingbelleplagne@gmail.com
www.sortir-a-la-plagne.fr


Holidays bowling is a leisure and relaxation area, games room, billiards table, candy bar to discover with family or friends.

LE HOLIDAYS BOWLING

 Plagne Centre - Espace Pierra Menta

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

 Bowling prices according to time slot

 33 9 62 69 59 91
leholidaysbowling@gmail.com





Escape game

With family or friends, discover the escape game, a game of escape, cohesion and reflection indoors in our rooms, outdoors with our I-Quest or at home for an apéritif!

ESCAPE GAMES UNITED

 Plagne Bellecôte

 Daily, 10am-11pm

 From 20€ to 38€

 laplagne@escapegamesunited.com
www.escapegamesunited.com

ACTIVITIES IN VALLEY



Versants d'Aime lakeside

The Versants d'Aime lakeside is a bathing spot overseen in the afternoon by bathing attendants and is equipped for children's games with ping-pong tables and picnic areas and barbecues.

It can be reached on foot, on rollerblades or by bike along the cycle trail which runs from Aime.

Aquabulles

Test your balance on your own or with friends in giant bubbles on the water. Minimum age 4, no maximum age!

Adventure trail

Two courses for children (from 4 yrs) with a continuous lifeline and an adult course with a black loop.

Acrobungy


In this sports leisure activity, you are suspended on elastics about 8 metres long above a trampoline so you can fly up into the air quite safely.

FH EVENTS

 Versants d'Aime Lakeside


 Sunday to Friday from 11.30 am to 6.30pm. Saturday from 2pm.

Close in case of bad weather

 From 6€
Group rate on request

 33 6 67 72 70 48
events.fh@orange.fr
www.bullevents.fr
 Bullevents

NATUR'ACCRO

 Versants d'Aime Lakeside

 Daily from 1.30 to 6 pm

 From 10€

 33 7 61 05 12 03
stephane.rey6@bbox.fr
 natur'accro


LES TRAMPOS DE MACOT



 Versants d'Aime Lakeside

 Sunday to Friday from 10.30 am to 12.30pm and from 2 to 6.30pm

Saturday from 2 to 6.30pm

Close in case of bad weather

 6€ for 10 mins

 33 6 87 22 46 90
 Les trampos de macot


Pedalokids

The children are on their own pedalo in a special area reserved for them.


From 4 yrs.

FH EVENTS

 Versants d'Aime Lakeside

 Sunday to Friday from 11.30 am to 6.30pm. Saturday from 2pm.

Close in case of bad weather

 From 6€
Group rate on request

 33 6 67 72 70 48
events.fh@orange.fr
www.bullevents.fr
 Bullevents

Xtrem' Jump

Activity for adults and children, min. height 1.30 m. Jump onto a big airbag with 2 jumping bridges, one at a height of 2.85 m and the other at 6.50 m.

FH EVENTS

 Versants d'Aime Lakeside

 Sunday to Friday from 11.30 am to 6.30pm. Saturday from 2pm.

Close in case of bad weather

 From 6€
Group rate on request


 33 6 67 72 70 48
events.fh@orange.fr
www.bullevents.fr
 Bullevents


Laser Game



Mobile laser game in an inflatable structure with background music and smoke (from 6 years old) or in mazes created outdoors with modules (from 4 years old).

LASER ATTITUDE

 Contact us

 Daily from 10 am to 6pm

 7€ for 1 game, 13€ for 2 games and 18€ for 3 games

 33 6 76 29 51 55 / 33 6 14 37 11 11
laserattitude@gmail.com
www.laser-attitude.com
 Laser Attitude

Centron lakeside

Picnic area, games, basket ball court, boules court and a snack-bar in this sports park. Fans of white water sports or shing, there is something to please everyone: towards Moutiers, Centron exit. Bathing prohibited.



Diving

PLONGEURS D'EAU DOUCE

33 6 24 79 72 84

Fishing

SAVOIEFISHING.COM

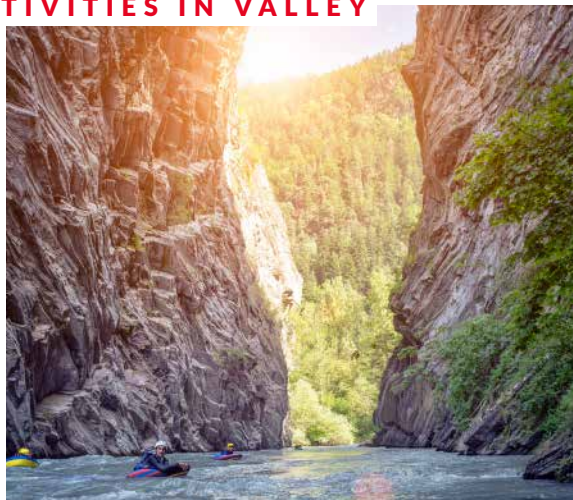
33 6 31 32 52 30

Archery

ARCHERY TAG

33 6 10 68 48 28


ACTIVITIES IN VALLEY





Water sensation


AN-rafting is delighted to introduce you to rafting, hydrospeed and canoe-rafting in one of Europe's top white-water spots, for an adventure in natural surroundings in the heart of the Alps.

AN-RAFTING

 AN Rafting Base - Macot - Z.A

 7/7 8.30 am to 6.30pm


 By appointment


 - Downhill from 52€
- Family downhill from 45€


 33 4 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com

ESSAONIA ESPRIT RAFTING

 Centron Leisure center


 Daily by appointment


 - From 55€ according to the choice of activity
- Groups, kids (ask for details)


 33 6 63 08 30 16
contact@essaonia.com
www.essaonia.net


La Plagne Eaux Vives introduces you to canoeing, kayaking and stand up paddle boarding on the lake at the Versants d'Aime leisure park. We can also accompany you on descents of the Isère river in 1- or 2-seat kayaks and offer mini courses. Discover the weekly programme on our website!

LA PLAGNE EAUX-VIVES

 Versants d'Aime Lakeside

 Isère downhill on morning

 Kayak rental on the lakeside in the afternoon


 - From 6€ for kayak or paddle rental
- From 35€ for white water discovery
- Group (ask for details)

 33 7 70 18 70 12
laplagnekayak@gmail.com
www.laplagne-eauxvives.com

Join us for a cocktail of pleasure and thrills! Small boats for more fun and navigation. Welcome, friendliness, individualized supervision: what happiness!!!

RÊVE D'EAU

 Versants d'Aime Lakeside

 Daily by appointment

 Ask for details

 33 6 74 76 42 34
info@revedeau-rafting.com
www.revedeau-rafting.com

H2O Sports La Plagne, 29 years' experience: 30 professionals in small teams on 4 sites for a safe experience: Rafting, Deval'Bike, Hydrospeed, Canyoning, Paintball, Stand-up Paddle, Canoeing, Kayak

H2O SPORTS



H2O Sports leisure center



7/7, open for activities 8.30am – 6pm. 5 departures per day according to programme selected



- 1hr Discover : 29€
- 1hrs30 Economic : 39€
- 2hrs Basic : 51€
- 2hrs30 Classic : 58 to 62€
- 3hrs Premium : 69€



33 4 79 07 97 21
info@h2osports.fr
www.h2osports.fr



Franceraft proposes rafting, hydrospeed, canoe-rafting and air-boating on the Isère river, as well as stand-up paddle on the lake at Centron.

FRANCRAFT



Centron leisure center



Daily open



- From 50€ according to the choice of activity
- Groups, kids (ask for details)

33 4 79 55 63 55
info@francraft.com
www.francraft.com

RAFT IN ACTION



33 6 63 08 30 16

Canyoning

Jumping into pools, slides, abseiling, walking downstream, every week, François Allemoz, a High Mountain and Canyon Guide organises a programme suitable for all.

FRANÇOIS ALLEMOZ



Valley



- Beginner : 56€
 - Advanced : 66€
- Equipment supplied – Neoprene suit and booties, helmet and harness.



François Allemoz 33 6 09 41 53 85
EL PRO 33 4 79 09 11 62
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40

Ruisseling

Aquatic hike through the rivers of La Plagne in the very heart of nature.

FRANÇOIS ALLEMOZ



Chalet de la Roche



- 25€ from 10 yrs



François Allemoz 33 6 09 41 53 85
EL PRO 33 4 79 09 11 62
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40

ACTIVITIES IN VALLEY



Culture and Heritage

Archaeological Space Pierre Borrière

This « musée de France » has the distinction of being located in a former church. At the top of the former Gallic oppidum, it offers a remarkable view over the valley and the surrounding summits. The rich archaeological collections reveal the history of Aime from the Neolithic period to modern times.



Montée St Sigismond - Aime



July 6 - August 27, Tuesday to Friday from 10 am to 12.30pm and 2 to 6pm



- 4€
- Free for children under 16



33 4 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com

Tour Montmayeur and his middle age garden

In feudal times, major aristocratic families shared the land. The Montmayeur family, in the same way as the Count of Savoie, was a vassal of the Germanic Holy Roman Empire. Located at the bottom of the town, they controlled the river traffic on the Isère. Have a walk around his little middle age garden.



Avenue de la gare - Aime



July 5 - August 27, Monday to Friday from 10 am to 12.30pm and 2 to 6pm



- 4€
- Free for children under 16



33 4 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com

The Secrets of Aime's historic buildings !

Visit Aime's historic buildings with Yvette. You will learn all about Axima and its history from Roman times to today!

- Every Tuesday at 10am « Stories from Mediaeval Times" (Basilica and Montmayeur tower)

- Every Thursday at 10am "Tales of stone" (Basilica and Archeological Museum)


11€ / adult and 5€ / kid

Book in la Plagne Valley Tourist Office

St Martin Basilica

What an amazing place to visit in a heart of the valley. What you see is only a small part of this structure built between the 10th and 11th centuries ! Go inside and you will discover frescoes of the late 13th century and, in the undercroft, its hidden history which will reveal to you the origins of Aime a little over 2000 years ago !

 Avenue de Tarentaise - Aime

 July 5 - August 28, Monday to Saturday from 10 am to 12.30pm and 2 to 6pm

 - 4€
- Free for children under 16

 33 4 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com

La Maison des Arts


An exhibition space dedicated to the artists and craftsmen of Tarentaise but also to guests from all walks of life during temporary exhibitions. Several highlights are proposed throughout the year to enjoy this unique cultural place in Tarentaise.

Les Versants d'Aime

 Montée de la Cachouriaz - Aime

 Tuesday to Friday from 2 to 5pm

 Free

 33 4 79 55 21 57
lamaisondesarts@versantsdaime.fr



WINTER

**THE SEASON
WILL BE OPENING
ON DECEMBER 11TH**

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60 YEARS

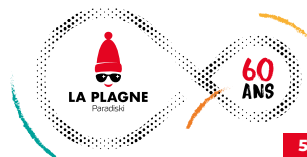
OF LOVE FOR THE MOUNTAINS.
OF A LOVE OF SPORT AND THE GREAT OUTDOORS.
OF SHARING AND DISCOVERY.



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.



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The information indicated in this Guide (timetables, prices ...) are for reference only and are subject to change.

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