



**LA PLAGNE**  
Paradiski

# ALTITUDE RESORTS

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

—  
Your holiday planner  
SUMMER 2022





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La Plagne thanks its partners



DARE 2B



RACER

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## 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*



33 (0) 4 79 09 02 01  
info@la-plagne.com  
[www.la-plagne.com](http://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 :  
33 (0) 4 76 63 61 86 - hotline@internet-ici.net

Hippocot 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.



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YOUR HOLIDAYS  
IN LA PLAGNE

and a lot of gifts

With our partner  
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Contest's rules and prizes  
available via QR code

### The small steps of a Great Resort

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

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

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

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



### Now, and in the future, La Plagne wishes

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



## THE 'TERRE DE JEUX' LABEL

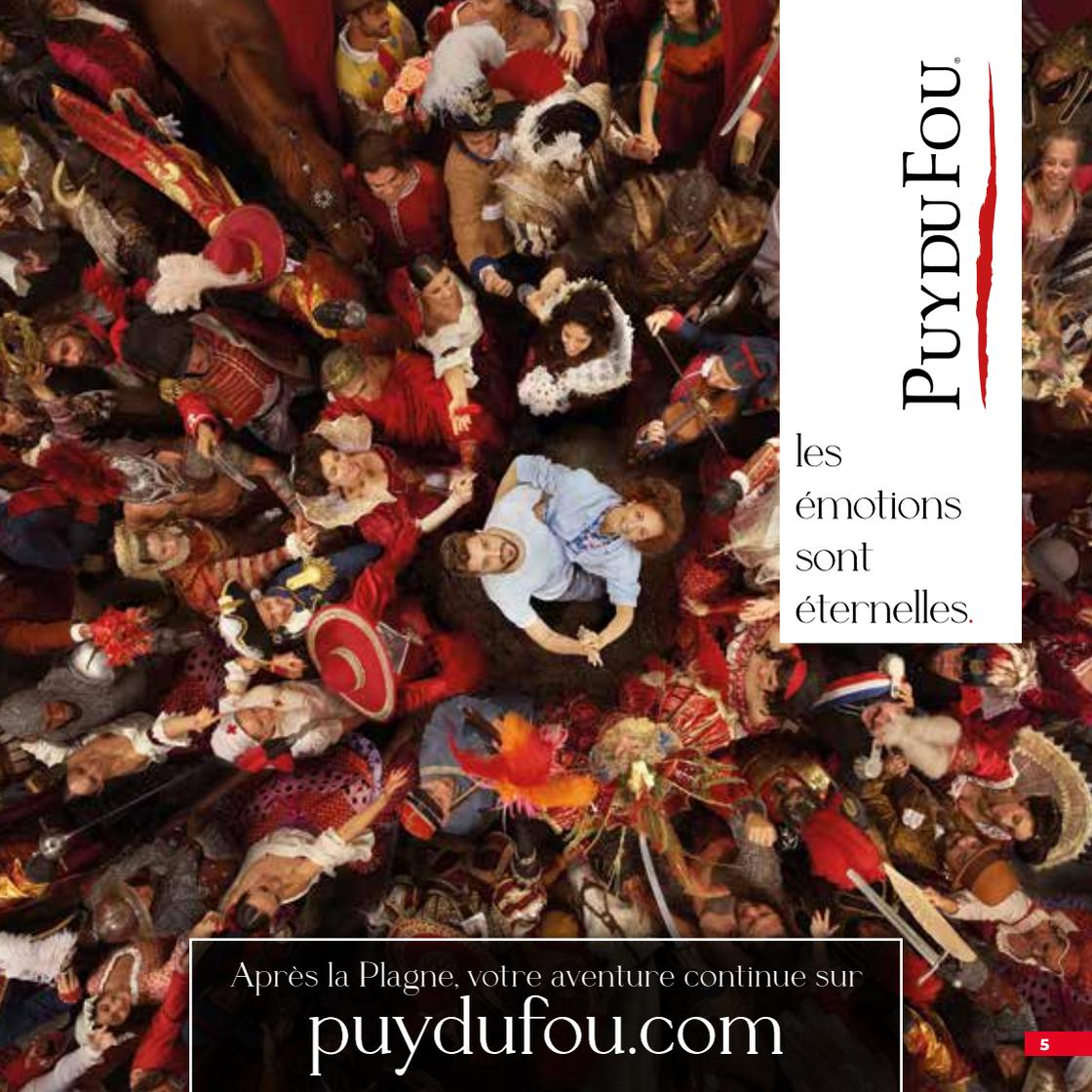
### La Plagne, resort of champions

La Plagne is delighted to be joining the Terre de Jeux 2024 community! Right from the bidding phase, Paris 2024 announced that these Games would belong to the whole of France. With the Terre de Jeux 2024 label, this promise is embodied in La Plagne and throughout France.

This scheme, which is a first in the history of the Games, recognises local authorities that are working to promote a more developed and inclusive practice of sport from a municipal to a region scale, including all the different players involved in the sports movement.

20  
TERRE  
DE JEUX  
24





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## VALLEY > RESORT BUS



### Timetable valley / resort Bus Monday to friday - Free 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

My top tip

- Monday to Friday from 07/04 to 08/26
- Free bus (Bus with a bike trailer)



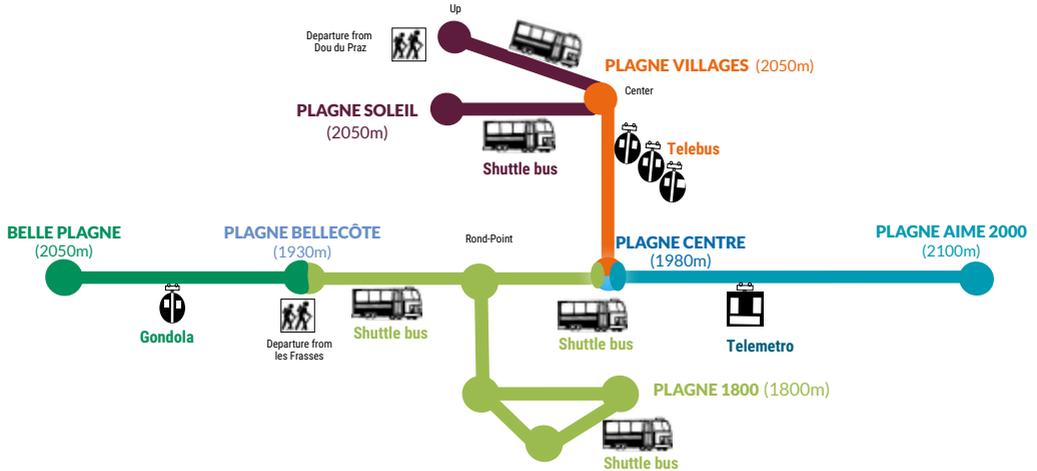
# INTER RESORT TRANSPORT

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 11.30pm *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)*

*My top tip*

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



## Taxis / VTC

**Mathieu Perraudat**  
33 (0)7 78 87 47 04

**Christian Bouzon**  
33 (0)4 79 09 03 41

**Albert Taxi**  
33 (0)6 10 84 19 72

**Dominique Legroux**  
33 (0)6 09 38 73 82

**Alain Bouzon**  
33 (0)4 79 09 78 93

**Allo BK Taxi**  
33 (0)6 07 19 80 03

**Jean Pierre Luzzi**  
33 (0)6 07 23 79 29

**ABC Taxi Collomb**  
33 (0)6 14 36 74 59

**Guillaume Placide**  
33 (0)6 17 77 41 57

**JM Taxi**  
33 (0)6 22 98 05 20

**JB Taxi**  
33 (0)6 34 87 12 17

**Aim'Taxi Hervé**  
33 (0)6 67 73 37 57

**Aime's Taxi La Plagne**  
33 (0)6 17 81 61 01

**Luxury Taxi**  
07 69 69 19 90

**NTV 73 (VTC)**  
33 (0)6 31 20 16 66

## Bus & rail links

### Train station / Resorts

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

Information and reservations : <https://vente-bellesavoieexpress.fr/>

33 (0)9 70 83 90 73

## Airports

### Lyon St Exupéry

0 826 800 826 - [www.lyonaeroports.com](http://www.lyonaeroports.com)

### Genève

+ 41 8 48 19 20 20 - [www.gva.ch](http://www.gva.ch)

### Chambéry/Aix les Bains

33 (0)4 79 54 49 54 - [www.chambery-airport.com](http://www.chambery-airport.com)

### Grenoble St Geoirs

33 (0)4 76 65 48 48 - [www.grenoble-airport.com](http://www.grenoble-airport.com)

## Car rental

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

**VWAC à Aime** 33 (0)4 79 09 42 63

**Hertz Moûtiers** 33 (0)4 79 24 07 75

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

## Paying parking area

The covered car parks in Belle Plagne and Plagne Bellecôte, as well as the spaces on the roads are open and free of charge.

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.

## Moto home parking

### Plagne Villages

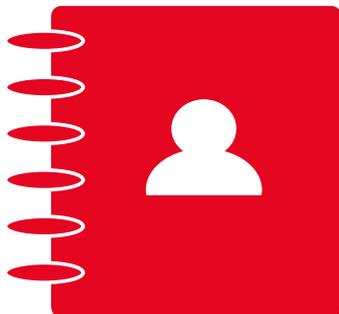
- There is a parking area in Plagne Villages reserved for vehicles with registration documents showing that they are camping cars.
- The parking area has electricity, drinking water and waste water facilities.
- Motor-homes parking rates : 10€ /night

Police Municipale : 33 4 79 09 22 10

*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, Wednesday and 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)4 79 44 60 57

**Weather forecast**.....32 50

### Medical centers

Plagne Center.....33 (0)4 79 09 04 66

Ask for opening time

Plagne Bellecôte..... 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

### ATM machine

Crédit Agricole, Banque Laydernier, CIC

### Breakdown / assistance

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

### Traffic information

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

### Police station

Aime (18km).....33 (0)4 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

## 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
Linen rental - Clé des Neiges.....	www.loclinge.com

## Espace Plagnard

### 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 Tuesday from 8.30am to 1pm, Friday from 8.30am to midday.	
Public Library.....	33 (0)4 79 22 45 38
Monday, Tuesday and Friday from 4 to 6.30pm. Wednesday from 10 am to midday.	

## 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	

## Tourism Office - Site altitude

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

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

<b>Ski pass office</b> .....	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 - Garage

Plagne Centre .....	Self-service, credit cards only
Garage Plagne Centre.....	33 (0)7 86 78 69 67

<b>Ski patrol service</b> .....	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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<b>Veterinary at home</b> .....	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  
riaplagne@laradiostation.fr  
[www.laradiostation.fr](http://www.laradiostation.fr)

## DIRECTORY OF TOURIST OFFICE MEMBERS



### Shops and Sport shops

#### PLAGNE CENTRE

Allais Ski - Ski Set	04 79 09 01 52
Robino Sports - Go Sport	04 79 09 01 71
Intersport	04 79 09 25 00
Sport 2000 - Robino 3R	04 79 09 00 26
Location de trottinettes	06 28 64 95 75

#### PLAGNE VILLAGES / PLAGNE SOLEIL

Pierre Leroux Sport 2000	04 79 09 01 35
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#### PLAGNE AIME 2000

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

#### PLAGNE 1800

Décathlon Mountain	04 79 09 00 91
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#### BELLE PLAGNE

Armand Bérard Sport 2000	04 79 09 07 79
Belle Plagne Sports	04 79 09 20 58

#### PLAGNE BELLECOTE

Intersport	04 79 09 05 67
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### Other services and shops

#### PLAGNE CENTRE

Boulangerie Montmayeur	04 79 09 02 61
Club des Sports	04 79 09 01 79
Julien Cochet photographe	06 84 74 04 03
VIP Coiffure	06 03 92 42 89

#### BELLE PLAGNE

Tabac presse K'do	04 79 09 06 06
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#### PLAGNE BELLECOTE

Drugstore, tabac, souvenirs	09 67 45 55 00
Gourmet Gallery	04 79 00 34 47

## Other services and shops

### 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	06 10 84 19 72
Bouzon Christian	04 79 09 03 41
Bouzon Alain	04 79 09 78 93
JB Taxi	06 34 87 12 17
Aime's Taxi La Plagne	06 17 81 61 01
Leoclem Prestige	07 83 97 47 40
Luxury Taxi des Alpes	06 26 33 98 13
NTV 73	06 31 20 16 66

## Bars, restaurants

### PLAGNE CENTRE

Joya	06 87 51 83 77
Le Croq'Neige	04 79 09 22 03
Le Brix	09 52 55 24 47
Le Holidays	09 62 69 59 91
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
Le Carlina	04 79 09 78 46
La Godille	04 79 09 28 24
La Face Nord	04 79 09 01 73

### PLAGNE AIME 2000

Bar Le Vins & 1	06 34 10 22 07
Chez Sushi	06 51 52 43 66
La Marmotte qui fume	07 69 07 96 68

### PLAGNE BELLECOTE

L'Annexe	04 79 06 57 88
Le Bonnet	06 83 28 66 29
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	04 73 00 37 31

### PLAGNE VILLAGES/ PLAGNE SOLEIL

La Casa de l'Ours	04 79 09 00 71
Le Chairlift	04 79 22 70 77
Le Grizzli	04 79 09 07 62
Le Monica's Pub	04 79 09 21 21
Le Vancouver	04 79 41 48 00

### PLAGNE 1800 / LA ROCHE

Chalet de la Roche	04 79 09 05 99
La Cantine	04 79 09 27 91
La Mine	04 79 09 24 89
La Table du Cocoon	04 79 55 00 26
Le Loup Blanc	04 79 09 13 61

### ALTITUDE RESTAURANTS

Chalet des Verdons Sud	06 13 10 33 31
Le Dou du Praz	04 79 09 05 40

## DIRECTORY OF TOURIST OFFICE MEMBERS



### Real estate agencies

#### PLAGNE CENTRE

Alp Agence	04 79 55 12 20
Agence OIP	04 79 09 02 22
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

#### PLAGNE BELLECOTE

Agence OIP	04 79 09 00 58
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#### 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
Hôtel Vancouver	04 79 25 39 69
Résidence Sun Valley	04 79 25 39 69
Pierre et Vacances Le Mont Soleil	04 79 55 77 00

#### PLAGNE AIME 2000

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

#### BELLE PLAGNE

Agence OIP	04 79 09 00 77
Hôtel Club MMV Les 2 Domaines	04 92 12 62 12
Hôtel le Carlina	04 79 09 78 46
Oxygène Immobilier	04 79 06 33 36
Pierre et Vacances Les Constellations	04 79 22 20 20
Le Centaure	04 28 38 48 85

#### PLAGNE 1800

Hôtel le Cocoon	04 79 55 00 26
Maeva Home	04 79 09 08 70
Les Chalets Edelweiss	04 79 41 66 90
Le Diamant des Neiges	04 28 43 88 85



**LA PLAGNE**  
Paradiski

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

**JOIN US ON  
SOCIAL NETWORKS**

f @LaPlagne

Instagram @la\_plagne

TikTok @la\_plagne



# Made by Lucie & Victor

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



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



**YUGE**  
Paradiski

## ENTERTAINMENTS & EVENTS



### Calendar - Summer 2022

#### Daily entertainments

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

- Themes that represent our values for the future: the sharing of experiences, creating links, benevolence, contact with Nature and wide-open spaces.

#### My top tip

Essential, the ENTERTAINMENT PROGRAMM is available every week from the tourist office and on our web site [www.la-plagne.com](http://www.la-plagne.com). Don't forget to ask for it!

#### july

July 2-9 **International Chess festival**

July 5-9 **AS<sup>SC</sup> Etienne football club training course**

July 6 **Musi Plagne Live Concert**

July 7-10 **Super8**

July 14 **National Holiday, Plagne Bellecôte festival**

July 19 **Plagne 1800 festival**

July 19 **Magic show - Belle Plagne**

July 21 **Kite festival**

July 23 **Lakeside festival**

July 26 **Magic show - Belle Plagne**

July 28-30 **La 6000D**

#### august

August 3 **Almeras Music Live**

August 4 **Plagne Aime 2000 festival**

August 6-7 **Auto Moto Rétro**

August 7 **Belle Plagne festival**

August 8 **Crétins des Alpes show**

August 9 **Magic show - Belle Plagne**

August 11 **Plagne Villages festival**

August 12-21 **Plagne Swing**

August 14 **Alpine festival**

August 15 **Plagne Centre festival**

August 16-19 **Family fun!**

## INTERNATIONAL CHESS FESTIVAL

*The International Chess Federation has the pleasure to be organizing La Plagne's International Chess Festival once again in Plagne Soleil.*

 Vancouver hôtel Plagne Soleil

 July 2-9

 <https://www.echecs-laplagnesoleil.com>

## MUSIPLAGNE

*Free concert offered by the La Plagne Tarentaise local authorities, with Laurent Renou's brass and alphon ensemble..*

 Dou du Praz area

 July 6 at 4 pm

 [www.la-plagne.com](http://www.la-plagne.com)

## AS ST. ETIENNE FOOTBALL CLUB TRAINING COURSE

*The players from the legendary St Etienne football team will be holding a training course for the first time in our resort.  
There will be an autograph signing session where fans can meet the professional players.*

 Foot-rugby stadium - Plagne Villages

 July 5-9

 [www.la-plagne.com](http://www.la-plagne.com)

## SUPER 8

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

 La Plagne area

 - July 7-8 : Grand8  
Departure and arrival in Montchavin les Coches

- July 9-10 : Double8  
Departure and arrival in Plagne Bellecôte

 [www.la-plagne.com](http://www.la-plagne.com)  
[www.super-huit.com](http://www.super-huit.com)

## NATIONAL FESTIVAL

*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!*

 Plagne Bellecôte

 July 14

 [www.la-plagne.com](http://www.la-plagne.com)



## KITE FESTIVAL

*Day dedicated to kites, pennants and other wind toys for the pleasure of the eyes and the thrill of piloting. Exhibition of a garden of the winds, kite-building workshops, piloting lessons and a show will punctuate the day.*

 Plagne Alpe 2000

 Jeudi 21 juillet

 [www.la-plagne.com](http://www.la-plagne.com)

## EVENTS

### 6000D

Legendary race

July, 28-30

**6000D** 67 KM

*The 6000D, a legendary race and the first of its kind, is still considered a challenge by most trail runners. Climbing from the apple orchards up to the glacier is a real feat!*

📍 Leaving from Aime la Plagne

🕒 July 30, at 5 am

🌐 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)



**6000D RELAY** 28 & 39 KM

*On 6000D famous trail, 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 Roche de Mio, the highest point of the race at 2700m.*

📍 Leaving from Aime la Plagne

🕒 July 30, at 5 am

🌐 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)

**6D MARATHON** 42 KM

*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.*

📍 Leaving from Aime la Plagne

🕒 July 30, at 6 am

🌐 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)

**6D LACS** 28 KM

*The 6D Lacs covers part of the trail of the famous 6000D, following footpaths up to the Roche de Mio at 2700m altitude. It follows the same course without going right up to the Glacier and crosses the top of the village of Montchavin les Coches !*

📍 Leaving from Plagne Bellecôte

🕒 July 29, at 9 am  
*(Attention change of day and time)*

🌐 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)

## 6DÉCOUVERTE 11 KM

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

 July 28, at 9 am  
(Attention change of day and time)

 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)

## 6D KIDS 500M TO 3KM

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

 July 28, at 1.30 pm  
(Attention change of day and time)

 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)



## 6D BOB 1.5 KM

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.

 Leaving from Olympic Bobsleigh Track

 July 28, at 4.30 pm

 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)

## 6D ADVENTURE

### TREASURE HUNT

An 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.

 Leaving from Aime la Plagne

 July 29, at 4.30 pm

 [www.la-plagne.com](http://www.la-plagne.com)  
[www.la6000d.com](http://www.la6000d.com)

## EVENTS



### ALMERAS MUSIC LIVE

*They are 15 on stage, their objective: to make you spend a memorable evening! During this 4-hour live show, they will perform the greatest hits as well as the latest musical trends on frenzied choreographies.*

 Plagne Bellecôte at 7 pm

 August 3

 [www.la-plagne.com](http://www.la-plagne.com)

### AUTO MOTO RÉTRO

*Vintage car meet in the Tarentaise. Around sixty exceptional cars from the 1920s to the 1970s will be on show for you to admire. Exhibition, walks and elegance competitions. Despite their canonical age, all are gleaming, dapper and ready to hit the road again!*

 Plagne Centre

 August 6-7

 [www.la-plagne.com](http://www.la-plagne.com)

### CRÉTINS DES ALPES SHOW

*This crazy show is an ode to Savoy. We have fun with clichés, received ideas but also fads, habits and all those little things that make the life of the Savoyards a popular open-air comedy. A series of sketches through which Savoyards will be able to recognize each other from near and far... and during which our vacationing friends will also meet.*

 Plagne Centre

 August 9 at 6 pm

 [www.la-plagne.com](http://www.la-plagne.com)



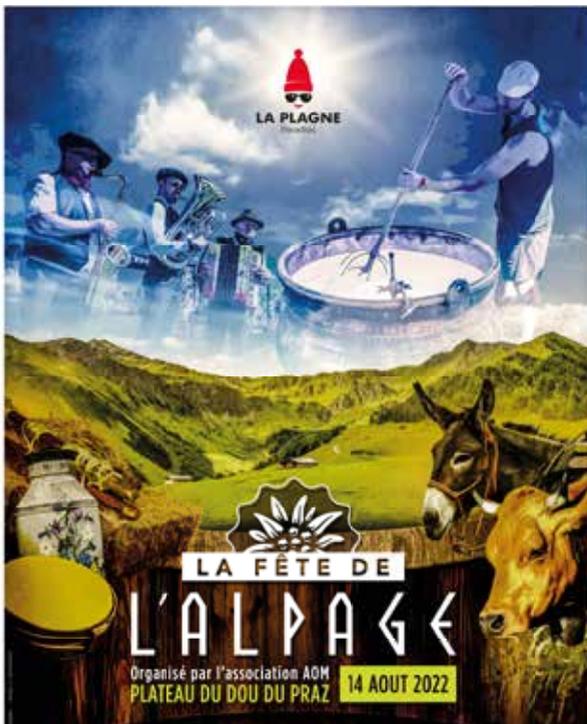
## LA PLAGNE SWING

*Come and learn swing dancing in La Plagne!  
A convivial dance class with a view of Mont Blanc.  
Daytime and evening lessons.*

 La Plagne

 August 12-21

 <https://www.laplagne.happyswing.org/>



## ALPINE FESTIVAL

*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.*

 Dou du Praz area

 August 14 from 9 am

 [www.la-plagne.com](http://www.la-plagne.com)

## FAMILY FUN

*Four days of intense activity for all the family!  
So many great memories to take back home with you!*

 At Plagne 1800, Plagne Aime 2000, Plagne Soleil and Belle Plagne.

 August 16-19

 [www.la-plagne.com](http://www.la-plagne.com)

## GUIDED TOUR



### 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 06.

Starting at the bus stop in Plagne 1800 at 1.p.m, 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, registration before the Tuesday preceding the visit at the Town Hall in Macot (04 79 09 71 52 from Monday to Friday).

Cancellation in case of bad weather or insufficient number.

### Museum heritage tour

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

Guided tour every wednesday from 10 to 11 am.  
Open to all, registration at the Town Hall in Macot (04 79 09 71 52 from Monday to Friday).

Free tour 7/7 from 9.15am to 5.45pm.

Cancellation in case of insufficient number.

### Olympic Bobsleigh track (1h)

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 8<sup>th</sup>, 1988.

La piste construite sur le hameau de La Roche surplombe ses habitations.

For 30 years every winter, it continues to host international competitions while allowing the public to spend it in different machines at different speeds.

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.

### My top tips

- Local heritage in Aime (18km)
- Versants du Soeibl villages (around 25km) : La Cote d'Aime / Valezan / Granier
- Glacialis museum in Champagny en Vanoise (50km)
- Markets : Bourg St Maurice (30 km) on Tuesday and Friday mornings / Aime (18km) on Thursday morning / Albertville (50 km) on Thursday morning

THEY WON'T LOSE THEIR GRIP  
EVEN IF YOU DO

CÉBÉ ZONE



S'TRACK 2.0 M

Droz Photo

130 YEARS  
YCEBE

PARTENAIRE OFFICIEL DE LA PLAGNE  
Parisiski



## SKI LIFTS



### Pass rates

	From 13 yrs	5 to 12 yrs inclusive	Under 5 yrs
<b>2 hours Bike Park - La Plagne</b>	15.00€	15.00€	free*
<b>1 pedestrian or biker Pass La Plagne</b>	8.00€	8.00€	free*
<b>1 pedestrian or biker Day La Plagne</b>	22.00€	18.00€	free*
<b>1 pedestrian or biker Week La Plagne</b>	47.00€	38.00€	free*
<b>1 pedestrian or biker Season La Plagne</b>	105.00€	84.00€	free*
<b>1 day Paradiski**</b>	40.00€	32.50€	free*
<b>1 extension day Paradiski**</b>	18.00€	14.50€	free*
<b>1 Vanoise Express Go Paradiski**</b>	9.00€	9.00€	free*
<b>1 Vanoise Express Round trip Paradiski**</b>	15.00€	15.00€	free*

### Point of sale offices



#### - PLAGNE CENTRE

Colorado chalet  
7/7 from 9 am to 5.40 pm

#### - PLAGNE BELLECOTE

Near the cable car  
7/7 from 9 am to 12.30  
and 1.30 to 5.30 pm

#### - TOURISM OFFICES

Plagne Centre / Plagne Bellecôte  
Belle Plagne / Plagne Villages  
Plagne 1800 / Plagne Aime 2000

#### - AUTOMATIC MACHINES

Plagne Centre / Plagne Bellecôte /  
Aime Vallée / Montalbert / Champagny  
Montchavin / Les Coches



33 4 79 09 67 00

[www.skipass-laplagne.com](http://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

	LIFTS	PERIOD OPENING	M	T	W	T	F	S	S	TIMES
PLAGNE CENTRE	Funiplagne Grande Rochette	07/03 > 08/26	■	■	■	■	■	■	■	10.30 am > 12.45 pm / 2 pm > 7.10 pm
	Colorado* chairlift	07/02 > 08/28	■	■	■	■	■	■	■	9 am > 5.40 pm
	Bergerie* chairlift	07/02 > 08/28	■	■	■	■	■	■	■	9 am > 5.40 pm
PLAGNE BELLECOTE / BELLE PLAGNE	Colosses* chairlift	07/02 > 08/28	■	■	■	■	■	■	■	9 am > 5.40 pm
	Roche de Mio** cable car	07/03 > 08/26	■	■	■	■	■	■	■	9.20 am > 5.05 pm
PLAGNE MONTALBERT	Montalbert cable car	07/03 > 08/26	■	■	■	■	■	■	■	9 > 12.15 pm / 1.30 > 5.40 pm
MONTCHAVIN LA PLAGNE	Plan Bois chairlift	07/03 > 08/28	■	■	■	■	■	■	■	9 > 12.15 pm / 1.30 > 5.40 pm
	Coches cable car	07/03 > 08/28	■	■	■	■	■	■	■	9 > 12.15 pm / 1.30 > 5.40 pm
	Télébufette	07/03 > 08/28	■	■	■	■	■	■	■	9 > 12.15 pm / 1.30 > 5.40 pm
CHAMPAGNY EN VANOISE	Champagny cable car	07/03 > 08/26	■	■	■	■	■	■	■	9 > 12.45 pm / 2 > 5.40 pm
PARADISKI	Vanoise Express	07/04 > 08/26	■	■	■	■	■	■	■	9 > 12.45 pm / 2 > 5.40 pm

\* Pedestrians not allowed for the descent

\*\* Roche de Mio cable car : Open exceptionally on Saturday 30/07

## 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.

*Great rental ideas from our member retailers*

#### BABY CARRIERS

- PLAGNE CENTRE  
Allais Ski - Ski Set 33 4 79 09 01 52
- PLAGNE VILLAGES / SOLEIL  
Pierre Leroux Sport 2000 33 4 79 09 01 35
- BELLE PLAGNE  
Belle Plagne Sports 33 4 79 09 20 58

#### STROLLERS

- PLAGNE CENTRE  
Allais Ski - Ski Set 33 4 79 09 01 52
- PLAGNE BELLECOTE  
Intersport 33 4 79 09 05 67

#### *My 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).*

### 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.

## 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).

Great rental ideas  
from our member retailers

VIA FERRATA EQUIPMENT

- PLAGNE CENTRE

Allais Ski - Ski Set 33 4 79 09 01 52

BELLE PLAGNE

Armand Berard Sport 33 4 79 09 07 79

Belle Plagne Sports 33 4 79 09 20 58



## 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

### GB MONTAGNE

*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](http://www.gb-montagne.com).*



Altitude resorts



Rates for groups per pers:

- Day : 35€

- ½ day: 20€

- Day for kids : 25€ (under 12 yrs)

- ½ day for kids : 15€ (under 12 yrs)

- «Bushcraft survival» Day (surviving in the forest):

35€ adults / 30€ kids (under 14 yrs)

- Bivouacs and nights in refuges on request



33 6 42 08 53 35

[www.gb-montagne.com](http://www.gb-montagne.com)



### MOUNTAIN GUIDE OFFICE

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



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

### ESF BELLE PLAGNE

*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.*



Altitude resorts



Depending on the summer hiking program



1/2 day

- Kids : 10€ / Adults : 17€

Day

- Kids : 15€ / Adults : 25€



Emmanuel 33 6 74 85 71 28

ESF Belle Plagne 33 4 79 09 06 68

[info@esf-belleplagne.com](mailto:info@esf-belleplagne.com)

### ESPACES MONTAGNES

*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.*



Altitude resorts



- From 15€ to 50€



33 6 11 49 28 18

[espaces.montagnes@wanadoo.fr](mailto:espaces.montagnes@wanadoo.fr)

[www.espacesmontagnes.fr](http://www.espacesmontagnes.fr)

## YSA'LPES RANDO

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.

 Stations d'altitude et Vallée

 Du lundi au vendredi

 - ½ day: 20€/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

### ESPACES MONTAGNES

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

 Plagne Centre / Plagne Villages / Plagne Soleil/ Plagne 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

My top tip

### 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...

- Carroley lake (2136m)  
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.

## Via Ferrata, Mountaineering Climbing

### BUREAU DES GUIDES

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

 - Via ferrata : 62€  
- Climbing school : 35€

 Max Silvin 33 6 79 68 35 84  
François Allemoz 33 6 09 41 53 85  
ESF Plagne Bellecôte 33 4 79 09 01 33  
ESF Plagne Centre 33 4 79 09 00 40  
ELPRO Belle Plagne 33 4 79 09 11 62

## BIKE PARK - PUMPTRACK



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

Accessible from :

- Colorado and Bergerie chairlifts < Plagne Centre

- Colosses chairlift < Plagne Bellecôte

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

*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).

### E'Trott (electric scooter)

#### 73 TRACKS

*Discover the most beautiful landscapes of the region with our group outings accompanied by an instructor/guide.*



- 2 hours : 75€



33 6 28 64 95 75

contact@73tracks.com

Facebook: 73Tracks

[www.73tracks.com](http://www.73tracks.com)

*Great rental ideas from our member retailers*

#### SCOOTER RIDER

- PLAGNE CENTRE

Scooter rental for Bike Park and electric scooter rental 33 6 28 64 95 75

- PLAGNE BELLECOTE

Intersport (Scooter rental for pump track) 33 4 79 09 05 67

- BELLE PLAGNE

Armand Béard Sport (electric scooter rental) 33 4 79 09 07 79

## 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 Bellecôte : 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 Bellecôte 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.

### My top tip

Cycle and Electric bike maps /  
Bike park map Free :  
Available at the Tourism Offices.

## BIKE - ELECTRIC BIKE



## Discovery outings

### BELLE PLAGNE SPORTS

Discover La Plagne with a qualified guide on a Scott electric mountain bike with full suspension: whether you are a beginner or an experienced rider, we propose rides adapted to your preferences and your level.



Belle Plagne



Tuesdays (athlete or family), Wednesdays (beginner or athlete) and Thursdays (ascent of La Plagne by electric bike or family)  
Mornings from 9 to 11 am  
Afternoon from 1:30 to 3:30 pm or from 4 to 6 pm.



75€ (equipment supplied)



33 4 79 09 20 58

[www.belle-plagne-sports.com](http://www.belle-plagne-sports.com)

Great rental ideas from  
our member retailers

BIKE AND ELECTRIC BIKE  
RENTAL

- PLAGNE CENTRE

Aulais Ski - Ski Set 33 4 79 09 01 52

- PLAGNE VILLAGES / SOLEIL

Pierre Leroux Sport 2000 33 4 79 09 01 35

- PLAGNE 1800

Decathlon Mountain 33 4 79 09 00 91

- PLAGNE BELLECOTE

Intersport 33 4 79 09 05 67

- BELLE PLAGNE

Armand Berard Sport 33 4 79 09 07 79

Belle Plagne Sports 33 4 79 09 20 58

# BIKE - ELECTRIC BIKE

## ELPRO

 EL PRO mountain bike base  
Decathlon Mountain  
Plagne 1800

 33 4 79 04 00 91  
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)

### 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: 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)

### 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)

### 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)

### Electric Fatbike : St Jacques tour

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

 Tuesday, Wednesday and Friday

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

## PARADIBIKE

1<sup>st</sup> mountain biking school, MCF (moniteur cycliste français)

 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

 60€ (for 1hrs30 or 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*

### 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)*

# BIKE - ELECTRIC BIKE



## 73 TRACKS MOUNTAIN BIKING SCHOOL



Plagne Centre  
Allais Ski Bike Center



Daily



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)



### 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)

## KIDS



### Crèche 5 months / 4 yrs

#### LES P'TITS BONNETS

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

 Plagne Centre

 From July, 12 to August 26,  
Tuesday to Friday from 9 am to 5 pm.

 - 1 hour : 6€  
- Lunch time : 7 €

 creche-laplagne@laplagnetarentaise.fr

### «Les Filous» Youth club

#### ESF BELLE PLAGNE

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

 Belle Plagne

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

 - 1/2 day : 25€  
- 4 x 1/2 day (+ extra half day offered) : 98€  
- Lunch time : 15€

 Claire : 33 6 70 04 92 25  
clubdesjeuneslesfilous@gmail.com  
<https://www.facebook.com/clubdes-jeunesLesFilous/>

### Youth club

#### LOISIRS ET NATURE

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

 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  
<https://www.clubenfantsplagnebellecote.com/>

My top tip  
**PLAY AREA**  
In every resort, an area is set aside for children.

## Junior park

### ELPRO

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!!!



Belle Plagne



Monday to Friday



Junior : 18€ (4 to 7 yrs)



33 4 79 09 11 62  
contact@elpro.fr  
[www.elpro.fr](http://www.elpro.fr)



## Laser Game

### LASER ATTITUDE

Mobile laser game in a refreshed structure unique in the world of 144m2 with music and black light for a breathtaking atmosphere.  
From 6 years old.



Place Perrière - Plagne Centre



Tuesday from 10 am to 6 pm  
(except on July 12)



7€/ session, 13€ for 2 sessions  
and 18€ for 3 sessions



33 6 76 29 51 55 / 33 6 14 37 11 11  
laserattitude@gmail.com  
[www.laser-attitude.com](http://www.laser-attitude.com)

## La Plagne Sport Académie

### TOURISM OFFICE

The La Plagne Sport Academy proposes sports courses of 4 days minimum for children aged 8 to 12. Team sports, discovery and dexterity are on the programme!



Football / rugby stadium in  
Plagne Villages



Monday to Thursday (depending on  
stadium availability)



- 2hrs30 session : 15€/child  
- 4 days course : 50€/child and 45€  
from the 2<sup>nd</sup> child



33 4 79 09 02 01  
stages-sportifs@la-plagne.com  
[www.la-plagne.com](http://www.la-plagne.com)

## Indians Zone kids

### SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE

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.



Indian belt - Plagne Centre



Tuesday to Sunday from 1.30 to 5.30  
pm (without prior reservation)



- 1 hour access : 8€ - From 6 yrs  
(on sale on site)  
Xraycer and helmet provided



33 4 79 09 67 00  
[www.skipass-laplagne.com/fr](http://www.skipass-laplagne.com/fr)

## ACTIVITIES



### Mini-golf

#### COLOSSES LOISIRS

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

 Plagne Bellecôte

 From 10 am to 7 pm  
Closed on Thursday

 - Adults: 7€ from 12 yrs  
- Kids: 5€  
- 5€ for all until midday

 33 4 79 09 28 70

#### BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

### Swimming pool

#### MAGIC POOL

 Plagne Bellecôte

 33 4 79 09 05 89  
[www.aquaplagne.fr](http://www.aquaplagne.fr)

### Petanque area

#### COLOSSES LOISIRS

Enjoy a petanque area, near the Colosses Restaurant.

 Plagne Bellecôte

 Daily open

 Free access

 33 4 79 09 28 70

## Trampoline

### COLOSSES LOISIRS

Energy and punch essential for a good moment of relaxation! 15 min session (Several children possible on the trampoline, adults maximum 2 people).

 Plagne Bellecôte

 10 am to 7 pm  
Closed on Thursday

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

 33 4 79 09 28 70

## Acro bungee / Trampoline

### 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



## Archery

### BIOLLET ESPACE LOISIRS

 Plagne Centre

 033 6 26 09 18 18

## Tennis lessons

### ALP'EVASION ZEN

 Plagne Centre  
Belle Plagne

 33 6 62 10 19 42

## ACTIVITIES

### Electric motorbike rides

#### ELPRO

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...

 Decathlon Mountain - Plagne 1800

 Monday to Friday

 2 hrs session : 110€  
(pilot : hold a B permit)

 33 4 79 09 11 62  
contact@elpro.fr - [www.elpro.fr](http://www.elpro.fr)



### Cani-Kart

#### HORS TRACE AVENTURE

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.

 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).  
- Adults : 50€  
- Kids (5 to 12 yrs) : 35€  
- Family kart (2 adults + 2 kids max 180 kg) : 155€  
- Private kart 1 to 2 pers : 110€

 33 6 34 45 53 15 - 33 4 79 24 22 15  
m.bernal@horstraceaventure.fr  
[www.horstraceaventure.fr](http://www.horstraceaventure.fr)



## Mountain quad tour

### ELPRO

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.

 Decathlon Mountain - Plagne 1800

 Monday to Friday

 2 hrs session :  
- Pilot : 110€ (hold a B permit)  
- Quand passnger : 50€  
Breakfast or snack included

 33 4 79 09 11 62  
contact@elpro.fr - [www.elpro.fr](http://www.elpro.fr)



## Mountain Cart

### SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE

*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.*

 Colorado chairlift in Plagne Centre

 Tuesday to Sunday 10 am to 5.30 pm (without prior reservation)

 - 1 run : 20€ unic price  
- 5 runs : 80€ unic price  
- 10 runs : 150€  
(On sale on site)

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



### Adventure trail

#### ELPRO

*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.*



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](http://www.elpro.fr)

### Pass Park

#### ELPRO

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



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](http://www.elpro.fr)

### Zip line cascade

#### ELPRO

*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!*



Belle Plagne



Monday to Friday



-10 -12 yrs : 20€  
- +12 yrs : 25€



33 4 79 09 11 62  
contact@elpro.fr  
[www.elpro.fr](http://www.elpro.fr)

## Giant zip line

### ELPRO

*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.*



Belle Plagne



Monday to Friday



10€ (2 sessions)

*Accessible from 3 yrs*



33 4 79 09 11 62

contact@elpro.fr

[www.elpro.fr](http://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!*



Plagne Aime 2000 / Plagne Centre



Tuesday to Saturday from 1 to 6 pm



20€



33 6 51 21 01 73

supertyrolaplagne@gmail.com

facebook\supertyrolaplagne



## PARAGLIDING



### ESF PLAGNE BELLECÔTE

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

 Leaves from «Hameau de Prariond» and «Charmettes»

 33 4 79 09 01 33 - 33 6 80 25 54 59  
yon.eyraud@wanadoo.fr  
[www.esf-plagne-bellecote.com](http://www.esf-plagne-bellecote.com)

### PLAGN'AIR PARAPENTE

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

 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](http://www.laplagne-parapente.com)

### FLY IN PARADISE

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

 La Plagne / Macot-La-Plagne / Valley

 Daily from 8 am to 7 pm

 From 85€ to 170€

 33 6 63 71 59 78  
contact@fly-in-paradise.fr  
[www.fly-in-paradise.fr](http://www.fly-in-paradise.fr)

### AIR LA PLAGNE PARAPENTE

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.

 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](http://www.air-la-plagne.com)

## ELPRO

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

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

Daily according to flying conditions

- Discovery flight: (7 to 12 min) 650 meters of vertical drop : 85€\*
- Horizon flight (15 to 25 min) 1 300 meters of vertical drop : 130€\*
- Mountain flight (30 min to 1hr) : 170€\*

\* including return bus transport

33 4 79 09 11 62  
contact@elpro.fr  
[www.elpro.fr](http://www.elpro.fr)

## QUATRIEME DIMENSION

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.

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](http://www.quatriemedimension.fr)

## AN-RAFTING

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

Macot - Z.A

Daily by appointment

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

33 4 79 09 72 79  
savoi@an-rafting.com  
[www.an-rafting.com](http://www.an-rafting.com)

## PHILIPPE MARTIN

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

33 6 15 93 45 33

## ESF BELLE PLAGNE

Leaves from «Charmettes»

33 4 79 09 06 68  
info@esf-belleplagne.com  
[www.esf-belleplagne.com](http://www.esf-belleplagne.com)



## WELLNESS



### BAINS & SPA LA PLAGNE

*Deep Nature invites you to discover the Bains & Spa La Plagne with its stunning views of the mountains: a 1500m<sup>2</sup> cocoon of relaxation for guests of all ages.*

 Belle Plagne

 Open daily, 10 – 12am & 2 – 8pm

 33 4 58 35 00 00  
spabelleplagne@deepnature.fr  
[www.deepnature.fr](http://www.deepnature.fr)

### SPA BELLECÔTE

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

 Plagne Bellecôte

 Open daily, 10 – 12am & 1 – 8pm

 33 4 79 09 22 48  
[www.spa-bellecote.fr](http://www.spa-bellecote.fr)

### SPA D'ALTITUDE Ô DES CIMES

*Ô des Cimes spa is open to all, with its unique and rejuvenating universe. Come and enjoy a personalised facial or body treatment and reach the heights of relaxation. New: treatments for children aged 6 and over with products from the Nougatine brand. Sweet relaxation guaranteed!*

 Plagne Soleil  
Résidence CGH  
Les Granges du Soleil

 Monday, 10 - 12 am & 3-8 pm.  
Tuesday and Thursday 10 - 12 am & 2-8 pm.  
Wednesday and Friday 2-8 pm.

 From 42€

 33 4 79 23 22 10  
soleil@cgh-residences.com  
[www.cgh-residences.com](http://www.cgh-residences.com)  
[www.odescimes.com](http://www.odescimes.com)

### SPA Hôtel Carlina

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

 Belle Plagne  
Carlina Hôtel

 Daily by appointment.  
Lunch and spa massage (lunch, access to the spa and massage): 39€

 33 4 79 09 78 46  
[www.carlina-belleplagne.com](http://www.carlina-belleplagne.com)

## YOGA KUNDALINI Nam Sandevi

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

 Carlina Hôtel

 Wednesday and Thursday 5-6 pm,  
Friday 9-10 am

 25€  
Limited places

 33 6 73 01 71 52  
[@namsandevi](mailto:@namsandevi)  
[www.namsandevi.com](http://www.namsandevi.com)

## BELLE PLAGNE SPORTS

*Outdoor yoga class.*

 Belle Plagne - Les Balcons

 On Thursday at 2 pm

 25€

 33 4 79 09 20 58  
[www.belle-plagne-sports.com](http://www.belle-plagne-sports.com)

## MARMAPU MASSAGE & YOGA MARCIA ORELANNA

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

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

 Daily by appointment

 - Sports massages (60 min)  
- Relaxation massages (60 min)  
- Therapeutic massages (90 min)  
- Massages of the World (90 min)  
- Beauty massage (60 min)

 33 7 68 25 63 76  
[marmapu-massage@hotmail.com](mailto:marmapu-massage@hotmail.com)

## SPA BY LES BALCONS

 Belle Plagne

 33 4 79 55 79 56



## WELLNESS



### OSTEOPATHY & MASSAGES

Jean-Louis Fabre

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



Belle Plagne, lower commercial center (stairs to gondola)



Open daily, 10 – 8 pm  
by appointment



33 6 63 93 47 86  
33 4 79 09 31 46  
jean-louis-fabre@orange.fr  
[www.osteomassages-laplagne.com](http://www.osteomassages-laplagne.com)

### OSTEOPATH

Juliette Lagondet

*Juliette is happy to welcome you to her practice. You will be provided with a comprehensive approach that respects everyone's needs. Adults, pregnant women, seniors, the disabled, athletes, infants, children ... Historical practice and open year-round.*



Plagne Centre - Galerie les Ecrins



Open daily, 8 am – 8 pm



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



33 4 79 55 56 34  
[www.doctolib.fr-Juliette-Lagondet](http://www.doctolib.fr-Juliette-Lagondet)  
[www.osteopathe-laplagne.com](http://www.osteopathe-laplagne.com)

### ESTHÉ BIO

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

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

*Weekly packages and gift vouchers available.*



Plagne Centre, residence Le France, apt 318, 3<sup>rd</sup> floor



By appointment, closed Saturday & Sunday morning.



- Body modelling from 50€  
- Facials from 60€  
- Wellness pack from 130€  
Payment: cheque, cash, credit cards not accepted.



33 6 30 65 39 24  
[esthebio@orange.fr](mailto:esthebio@orange.fr)  
[www.esthebio.fr](http://www.esthebio.fr)

### OSTEOPATH

Céline Torrent

*Listening to you to relieve your pain and free you from stress and blockage to feel better rapidly. Home visits. I can come to the apartment you are staying in in the resort.*



At home



By appointment



Adults : 70€ / Under 18 yrs : 55€



33 7 69 35 09 04  
[celine.torrent@live.fr](mailto:celine.torrent@live.fr)

## LODGES PHYSIOTHERAPY CENTER

Antoine Simon

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

 Plagne Centre

 25€ for a consultation

 33 6 23 82 40 88

## NATUROPATHY

Elodie Loriou

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

 At home

 Daily

 33 6 15 22 08 61

## VIP COIFFURE

Lilou Murgia

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

 Plagne Centre -  
Espace Plagnard gallery

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

 33 6 03 92 42 89



## BIOENERGETIC

Nadège Lelong

 Plagne Centre - Galerie les Ecrins

 33 6 63 97 47 92

## OSTEOPATH

Solène Rombourg

 Plagne Centre - Les Lodges

 33 6 61 06 97 88

## CHALET SANTÉ

René Allamand

 Plagne 1800

 33 6 23 87 45 64  
[www.magnetisme.allamand.com](http://www.magnetisme.allamand.com)

## MASSAGE ME

 At home

 33 4 79 04 20 66

## EVE COIFFURE

 At home

 33 6 03 92 42 89

## Ô COIFFEUR

 Plagne Bellecôte

 33 4 79 07 39 60

## INDOOR ACTIVITIES



### Cinema

#### RÉGIE CINÉMA LA PLAGNE TARENTEAISE

*Ecrans Cinema has a room equipped with the latest digital technology.*

 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](http://www.laplagnetarentaise.fr)

### Omnisports hall

#### MAIRIE LA PLAGNE TARENTEAISE

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

 Plagne Centre - Omnisports hall

 Monday to Friday 9.30 am to 1.30 pm  
and from 3 to 6 pm

 - Fitness and weight room :  
1 entry : 10€ / 6 entries : 45€ /  
10 entries: 80€  
- Sporthall : 40€/hour

 33 4 79 55 15 15  
fitness@laplagne-event.com  
[www.laplagne-fitness.com](http://www.laplagne-fitness.com)

### Public Library

#### BIBLIOTHÈQUE MUNICIPALE

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

 Plagne Centre - Espace plagnard

 Monday, Tuesday, Friday 4-6.30 pm  
Wednesday 10 am to midday.

 Web site  
33 4 79 09 29 08 or 33 4 79 09 73 76  
[www.biblio-macotlaplagne.fr](http://www.biblio-macotlaplagne.fr)

## Bowling

### BOWLING BAR BELLE PLAGNE

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

Free WIFI.

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

 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.bowling-la-plagne.fr](http://www.bowling-la-plagne.fr)



### LE HOLIDAYS BOWLING

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

 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

### ESCAPE GAMES UNITED

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 aperitif!

 Plagne Bellecôte

 Daily, 10am-11pm

 Between 20 and 38 € per person (depending on the number of participants)

 [laplagne@escapegamesunited.com](mailto:laplagne@escapegamesunited.com)  
[www.escapegamesunited.com](http://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

##### FH EVENTS

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



Versants d'Aime Lakeside



Sunday to Friday from 11 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

#### Adventure trail

##### NATUR'ACCRO

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



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

#### Acrobungy

##### LES TRAMPOS DE MACOT

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. From 15 kg



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

### FH EVENTS

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

From 4 yrs.

 Versants d'Aime Lakeside

 Sunday to Friday from 11 am to 6.30 pm. Saturday from 2 pm.

*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](http://www.bullevents.fr)  
 Bullevents

## Xtrem' Jump

### FH EVENTS

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.

 Versants d'Aime Lakeside

 Sunday to Friday from 11 am to 6.30 pm. Saturday from 2 pm.

*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](http://www.bullevents.fr)  
 Bullevents



## 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

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 Base - Macot - Z.A



7/7 8.30 am to 6.30pm

By appointment



- Downhill from 54€  
- Family downhill from 45€



33 4 79 09 72 79  
savoie@an-rafting.com  
[www.an-rafting.com](http://www.an-rafting.com)

#### ESSAONIA ESPRIT RAFTING

With an oar in your hand, Essaonia Esprit Rafting gets you on board to discover one of the world's most beautiful rivers, the Isère. Memories and thrills guaranteed!



Centron Leisure center



Daily by appointment



- From 56€ according to the choice of activity  
- Groups, kids (ask for details)



33 6 63 08 30 16  
contact@essaonia.com  
[www.essaonia.net](http://www.essaonia.net)

#### LA PLAGNE EAUX-VIVES

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!



Versants d'Aime Lakeside



Isère downhill on morning

Kayak rental on the lakeside in the afternoon



- From 7€ 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](http://www.laplagne-eauxvives.com)

## RÊVE D'EAU

Join us for a cocktail of pleasure and thrills! Small boats for more fun and navigation.

Welcome, friendliness, individualized supervision: what happiness!!!

 Versants d'Aïme Lakeside

 Daily by appointment

 Ask for details

33 6 74 76 42 34

info@revedeau-rafting.com

[www.revedeau-rafting.com](http://www.revedeau-rafting.com)



## H2O SPORTS

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 leisure center

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

 - 1hr30 Economic: 42€  
- 2 hrs Basic : 52€  
- 2hrs30 Classic : 62€  
- 3 hrs Premium : 72€

 33 4 79 07 97 21  
info@h2osports.fr  
[www.h2osports.fr](http://www.h2osports.fr)

## FRANCRAFT

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

 Centron leisure center

 Daily open

 - 56€ to 80€ according to the choice of activity  
- Groups, kids (ask for details)

 33 4 79 55 63 55  
info@francraft.com  
[www.francraft.com](http://www.francraft.com)

## RAFT IN ACTION

 33 6 63 08 30 16

## Canyoning

### FRANÇOIS ALLEMOZ

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

 Valley

 Eau russe : 61€  
Pussy : 67€  
Montmin : 78€  
*Equipment supplied – Neoprene suit and bootees, helmet and harness.*

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

## ACTIVITIES IN VALLEY



### Culture and Heritage

#### Archeological Space Pierre Borrione

*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, 4 to August 27, Tuesday to Friday from 10 am to 1 pm and from 2.30 to 6 pm



- 4€  
- Free for children under 16



33 4 79 55 67 00  
info.vallee@la-plagne.com  
[www.laplagne-vallee.com](http://www.laplagne-vallee.com)

#### Tour Montmayer and his middle age garden

*In feudal times, major aristocratic families shared the land. The Montmayer 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, 4 to August 27, Tuesday to Friday from 10 am to 1 pm and from 2.30 to 6 pm



- 4€  
- Free for children under 16



33 4 79 55 67 00  
info.vallee@la-plagne.com  
[www.laplagne-vallee.com](http://www.laplagne-vallee.com)

## Prieuré Church St Martin

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, 4 to August 27, Tuesday to Friday from 10 am to 1 pm and from 2.30 to 6 pm

 - 4€  
- Free for children under 16

 33 4 79 55 67 00  
[info.vallee@la-plagne.com](mailto:info.vallee@la-plagne.com)  
[www.laplagne-vallee.com](http://www.laplagne-vallee.com)

### My top tip

#### THE SECRETS OF AIME'S HISTORIC BUILDINGS !

Visit Aime's historic buildings with Yvette.

- Every Tuesday at 10 am « Stories from Mediaeval Times »
- Every Thursday at 10 am « Tales of stone »

11€ / adult et 5€ / kid  
Book in La Plagne Vallée Toursit office  
From July 5, to August, 25.

## 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

 Monday, Tuesday, Thursday and Friday 2-7 pm - Closed in August

 Free

 33 4 79 55 21 57  
[lamaisondesarts@versantsdaime.fr](mailto:lamaisondesarts@versantsdaime.fr)



WINTER

THE SEASON  
WILL BE OPENING  
ON DECEMBER 10<sup>TH</sup>





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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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