

Unforgettable*

ÉTÉ 2020 SUMMER 2020



***VENEZ VIVRE DES MOMENTS INOUBLIABLES**

VALLÉE | CHAMPAGNY EN VANOISE | MONTALBERT | MONTCHAVIN-LES COCHES
PLAGNE 1800 | PLAGNE CENTRE | PLAGNE BELLECÔTE
PLAGNE VILLAGES | PLAGNE SOLEIL | PLAGNE AIME 2000 | BELLE PLAGNE



MONTALBERT

Your Holiday Guide
Summer 2020



Unforgettable*

*VIVRE DES MOMENTS INOUBLIABLES



Le futur s'ouvre à vous dès maintenant.



NEXO
hydrogène

KONA
hybrid ou electric

IONIQ
hybrid, plug-in
ou electric

5 ANS GARANTIE KILOMÉTRAGE
ILLIMITÉ *

8 ANS GARANTIE BATTERIE



Consommation cycle mixte de la gamme NEXO (kg d'hydrogène/100 km): 0,95 / Émissions CO₂ (g/km): 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km): 15,0 - 15,4 / Émissions CO₂ (g/km): 0. Consommation cycle mixte de la gamme IONIQ hybrid (l/100 km): 3,4 - 4,2 / Émissions CO₂ (g/km): 79. *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. **Les batteries haute tension de nos véhicules hybrides, hybrides rechargeables et électriques sont couvertes par une garantie de 8 ans ou 200 000 km. Détails: hyundai.fr. Just Drive!: Conduire, l'esprit libre!

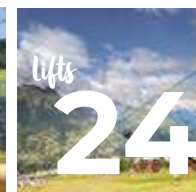
JeanLain
Just Drive!

CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201

WWW.JEANLAIN.COM

SUMMARY



La Plagne thanks its partners





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.

WELCOME INFORMATION



Tourist Office

 LA PLAGNE MONTALBERT

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

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



Tourist Office Services

Left Luggage

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

Weather Forecast

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

Lost property

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

Objetcs for hire

Table tennis bats, Petanque balls, balls etc.

A deposit is required.

Photocopies

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

Internet

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

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

Prices:

-1 Day : 7€

-1 Week : 39€

Payment at the desk by credit card only.

Paradiski Yuge

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

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



Plagne Access



Des réductions, des cadeaux, des bons plans exclusifs et un tout nouveau Programme Privilege !

Cet été, on vous chouchoute !

Appli à télécharger sur la-plagne.com/app

Retrouvez tous les avantages sur plagne-access.com



MERCi creative





Keeping children and their parents...happy !


KIDS CLUB

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

 Resort Centre

 From Monday to Friday from 10.00am to 12.00pm.

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


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


PONEY OR DONKEY RIDE LE FORPERET

Come and meet our equine friends, as they take you out on a ride through a forest of hidden treasures!
Non accompanied ride

 Montalbert 1600

 Every day


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


 +33 (0)4 79 55 51 27

MINI FARM LE FORPERET

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

 Montalbert 1600

 Unguided visit 3€/person
Free for Forperet customers

 +33 (0)4 79 55 51 27


new !


Story walks

STORYTELLING IN THE ALPINE PASTURES

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

 Meeting point at the top of the gondola

 July 15th - August 12th
Wednesday 2.15 - 4.15pm

 Free of charge.
Booking obligatory at the Tourist Office, limited number of places.
Don't forget to get a lift ticket for the gondola (6€)

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



Pedestrian trails

Various rambling routes, with a total length of around one hundred kilometres, start at the village of Montalbert. You'll love our themed trails, including the Bief Bovet trail, the Biodiversity trail and the latest addition to the group, the Alpine Farmers trail, which recounts the life of shepherds of days gone by. In La Plagne Montalbert, there are two trails especially designed for families:

- **THE ENCHANTED PASTURES TRAIL**, which welcomes you to a world of dreams, fun and enchantment.

All along the trail, you'll find weird and wonderful characters, as well as signs telling you all about the amazing tales and legends of the mountains.

- **THE BIODIVERSITY TRAIL**, learn as you play!
The educational biodiversity trail is a fun way to learn about the variety of species living all around us, as well as their role in the food chain and their fragility.

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

A GOOD IDEA !
Pick up a free plan of the pedestrian trails from your Tourist Office.

SUMMER

*La Plagne
your renewable energy...*


*Unforgettable**


A vast natural area,
La Plagne naturally
stimulates your
wellbeing and your
vitality !



Mountain Guides Office

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

 Maison de Montalbert

 From Sunday to Friday, from 4.30pm to 7.00pm.
Activities program available on website.

 See activities opposite.

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

Hiking

Prices /pers. :
Solo : 1/2 day 17€ - 1 day 27€
Duo : 1/2 day 15€ - 1 day 25€
Tribe : 1/2 day 14€ - 1 day 23€

Tarentaise Alpine Route (Climbing tour)

Prices /pers. :
Solo : 37€ - Duo : 33€ - Tribe : 29€
2hrs session

Climbing

Prices /pers. :
Solo : 39€ - Duo : 35€ - Tribe : 29€
3hrs session

Via Ferrata

Prices /pers. :
1/2 day Via Ferrata (Béttières, Bourtes or Rosière)
Solo : 61€ - Duo : 55€ - Tribe : 49€
1 day Via Ferrata (Rocher du Vent, Cochet)
Solo : 88€ - Duo : 80€ - Tribe : 72€
Other Via Ferrata, contact Guide Office.

Glacier hikes and alpinism

Prices /pers. :
Rheme Golette or Chapieux (1 day)
Solo : 72€ - Duo : 66€ - Tribe : 59€
Skyway Vallée Blanche (1 day)
Solo : 82€ - Duo : 75€ - Tribe : 67€
(Careful: ticket for the Skyway : 52€)

Canyoning

Prices /pers. :
Canyon initiation (1/2 day):
Solo : 58€ - Duo : 53€ - Tribe : 48€
Canyon Improvement 1 (1/2 day - Pussy-Benétant):
Solo : 65€ - Duo : 58€ - Tribe : 52€
Canyon Improvement 2 (1 Day - Montmin):
Solo : 71€ - Duo : 66€ - Tribe : 59€
Canyon Improvement 3 (1 Day - Italy): contact Guide Office.

Mountain bike / E-Mountain bike

Prices /pers. (guided rides only):
Mountain bike (3hrs):
Solo : 30€ - Duo : 28€ - Tribe : 25€
E-Mountain bike (3hrs):
Solo : 33€ - Duo : 30€ - Tribe : 27€


Nordic Walking


YETI NORDIC WALKING ADMONTAGNES

Nordic walking is known and renowned for its benefits at any age! Around La Plagne Montalbert, you can discover or perfect the techniques of Nordic walking in an exceptional mountain setting !

 In front of Maison de Montalbert

On wednesday
Introduction course:
From 9.30am to 11.30am
Improvement course:
from 2.00pm to 4.00pm

 Single price 18€ 1/2 day


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



Maison de la Randonnée en Vanoise

The mountain guides from the Maison de la Randonnée en Vanoise love nature and the mountains. Join them for a well-organised hike with all the back-up you need and discover new itineraries.

 In front of Maison de Montalbert

 On demand

 See activities opposite

 +33 (0)6 87 92 67 77
contact@rando-montagne.fr
www.rando-montagne.fr

Special mountain walk "Terrain d'Aventure"

Prices: 65€/pers.
Family or friends prices :
3 for the price of 2
Group prices on demand.

Discover local edible and medicinal plants

Prices: 25€/pers.
Family or friends prices :
3 for the price of 2
Group prices on demand.

Initiation to astronomy

Prices: 25€/pers.
Family or friends prices :
3 for the price of 2
Group prices on demand.

ACTIVITIES



Club des Champions

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



Kindergarten



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



See activities opposite



+33 (0)6 13 01 80 93

Accro Bengy

Prices:
6,5€ (-5 years old) for 10min
10 bengys pack : 60€

Trampoline

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

Mini Golf

Prices:
- Baby course: 2€
- Kids course: 3€
- Adult course: 4€
- Family course (2 child. + 2 ad) : 12€

Tubby

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

Mountainboard

Special mountain skateboard with brake
Prices:
- 11€ initiation or improvement 30min
- 15€ initiation ride 1h (3km)
- 15€ Lift Fun ride 1h
- 20€ Adventure ride 1h30 (8km)
- 10€ Compétition board
- 99€ 5 days stage (2h/jour)
UFCPA Association

Pass & Stages

- Champion pass (all activities during 2 hours): 25€
- Champion Stage (all activities during 2 hours for 5 days): 120€
- Sensation Pass 1hrs (3 activities): 16€
- Family Pass (Preloaded card): 50€

Archery

BRUNO BELISSARD

Archery is a sport of precision. For any budding archers out there, kids or adults, Bruno offers archery courses with tournaments taking place at the end of the week. From 7 years of age.



Start of the cable car



On demand.



- 1/2 hour: 7€
- 1 hour course : 13€
- 3 x 1 hour course: 33€
- Adult tournament: 10€
- Kids tournament (until 17 years old): 7€



+33 (0)6 36 16 91 16



ACTIVITIES



Déval'kart

TOURIST OFFICE

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



Start of the ski lift



Tuesday and Thursday
From 9.30am to 12.30am



- 1 descent: 3€
- 4 descents: 10€
From 10 years of age.
Min. height 1,30m



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

Giant Ventrigrisse

TOURIST OFFICE

125 metres of slip-sliding fun for everyone to enjoy!
Find the giant Ventrigrisse all summer long!
From 8 years of age



Start of the cable car



From Monday to Friday
From 2.30pm to 5.30pm



Prices:
+12 yrs old :
10€ for 1/2 day or 35€ for 1 week
-12 yrs old :
6€ for 1/2 day or 21€ for 1 week



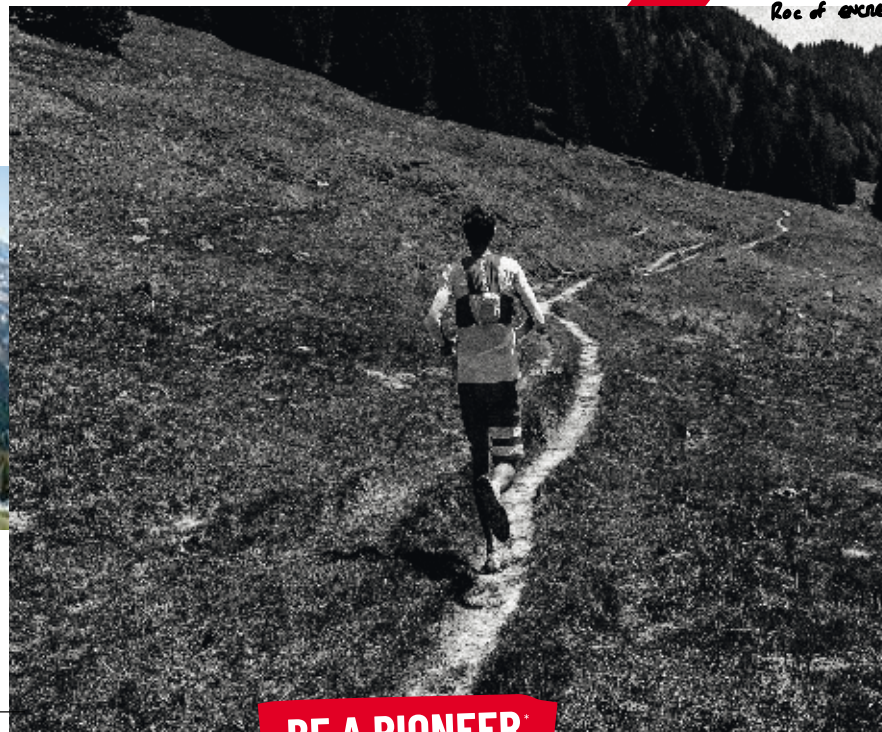
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info.montalbert@la-plagne.com
www.montalbert.com

ACTIVITIES



CÉBÉ
PURE ADRENALINE

11:42 AM
Roc of adventure



* Être pionnier - Photos: Draz-photo.com

BE A PIONEER.

#ULTIMATE TRACK

CÉBÉ PARTENAIRE OFFICIEL DE



Swincar

E-MOUV'NATURE

Enjoy a unique experience on a 100% electric vehicle. Solo or 2-seater version. (The driver must have a category B driving licence). Different types of outing for all tastes!



Entrance of the resort



Tuesday, Wednesday & Thursday, on booking at the Tourist Office



- Discovery outing (45min): 30€ driver / 10€ passenger
- "Local Specialities" outing (1hr30 with Tomme cheese-making demonstration at Le Forperet): 50€ driver / 10€ passenger
- "Adventurer's" outing (4hr, climbing to the top of Le Fornelet and lunch at the 360 restaurant): 116€ driver / 36€ passenger
- Evening outing (3hr, including dinner at Le Forperet): 69.50€ driver / 29.50€ passenger (20€ for under 12s)



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

Canis Rando

HORS TRACE AVENTURE

Set off behind a sled dog to discover a new form of hiking in the mountains. The dog is your ally as you climb up and makes coming back down even more fun...Min. age 6 years with an adult, 9 if not accompanied.



Start of the cable car or dog kennel



On request. ½ day and full day outings (bring a picnic for full day). (Activity formulas subject to change to comply with the current health situation).



Indicative prices for a day walk:
- Adult = 40€ (from 12 yrs old)
- Child = 28€ (6 to 12 yrs old)
- Family Price : 2 ad+2 child. (-12yrs old) = 130€



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

ACTIVITIES



Paragliding

QUATRIÈME 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. Min. age 5

La Plagne and Valley

Everyday on booking

• From 75€

+33 (0)6 12 73 66 56
stephane@quatriemedimension.fr
www.quatriemedimension.fr

ESF PLAGNE BELLECÔTE

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

Décollage de Prariond - Les Charmettes

+33 (0)4 79 09 01 33 -
+33 (0)6 80 25 54 59
esf.plagne.bellecote@wanadoo.fr

FLY IN PARADISE

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

La Plagne and Valley

Everyday on booking

• From 80€ to 160€

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

AN-RAFTING

Envoyez-vous en l'air et appréciez la vue à 360°. Sans expérience préalable.

Macot - Z.A

Tous les jours sur réservation

• A partir de 80€
• Groupes, enfants (nous consulter)

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

AIR TARENTEISE

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.

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

7/7 from 9.am to 8.pm

Discovery flight : 80€
Panoramic flight : 110€
Prestige flight : 150€
- Exceptional flight :
Alpages flight : 130€ et
King Sunset or Sunrise : 300€

+33 (0) 783 783 790
airlapagne@gmail.com
www.air-la-plagne.com

EL PRO

Come and share an unforgettable moment on a tandem flight with our paragliding instructors. A gentle "discovery" flight or a more dynamic and technical "mountain" flight.

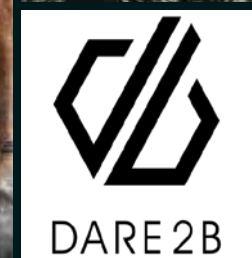
- Discovery flight (7 to 12 mn) :
Leaves from «Hameau de Prariond»
- Mountain flight (30 to 40 mn) :
Leaves from the «Arpette»

Daily according to flying conditions

- Discovery flight : 80€*
- Mountain flight : 150€*
* including return bus transport

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

DARE 2B



ACTIVITIES



White Water

AN-RAFTING

Enjoy white water activities with AN Rafting and take home some great memories: raft, hydrospeed and canoe-raft descents on one of the Alps' most beautiful rivers: the Isère

- Macot - Z.A
- Every day, reservation only
- From 50€ to 89€
- Groups, children (contact us)
- Contact : +33 (0)4 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com

CANYONING - FRANÇOIS ALLEMOZ

Jumps into pools, slides, abseiling, following the river downstream....
F. Allemoz, Mountain and Canyon Guide, offers a programme adapted to all levels!

- Vallée
- Initiation : 56€
Sport: 66€
Equipment provided: wetsuit and neoprene socks, helmet, harness.
- Contact : François Allemoz
+33 (0)6 09 41 53 85

LA PLAGNE EAUX-VIVES

Matthieu and Thomas, the coaches from La Plagne Eaux Vives kayak club can introduce you to canoeing, kayaking and stand-up paddle on the lake at Le Gothard, or on the river. They can accompany you on white water descents on the Isère river on a 1- or 2-seat inflatable kayak.

- Versants d'Aime leisure lake
- In July and August:
Descent of the Isère river in the morning.
Kayak rental on the lake in the afternoon
- From 6€ kayak or paddle rental
- From 15€ kayak ou paddle initiation
- Groups, children (contact us)
- Contact : +33 (0)7 70 18 70 12
laplagnekayak@gmail.com
www.laplagne-eauxvives.com

FRANCRAFT

Set off on an adventure with Francraft on a white-water descent: rafting, hydrospeed, canoe-raft and airboat on the Isère river.

- Centron leisure lake
- every day, reservation only
- From 50€ depending on the choice of activity
- Groups, children (contact us)
- Contact : +33 (0)4 79 55 63 55
info@francraft.com
www.francraft.com

ESSAONIA - ESPRIT RAFTING

Essaonia - Rafting Spirit can take you off to discover the Tarentaise valley with an oar in your hand : thrills & great memories guaranteed !

- Centron leisure lake
- Every day, reservation only
- From 53€ depending on the choice of activity
- Groups, children (contact us)
- Contact : +33 (0)6 63 08 30 16
contact@essaonia.com
www.essaonia.net

H2O

H2O Sports La Plagne, 27 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

- Activities centre H2o Sports
- Every day from 8:30 a.m. to 6:00 p.m.
5 departures per day according to the chosen program
- Economical: 30€ to 42€.
- Discovery + : 49€
- Premium : 66€
- Classic : 56 à 63€
- Contact : +33 (0)4 79 07 97 21
info@h2osports.fr
www.h2osports.fr

RÊVE D'EAU

Join us for a cocktail of fun and thrills! Small boats for even more entertainment.
A warm welcome, conviviality and individual supervision: pure enjoyment !!!

- Versants d'Aime leisure lake
- Every day
- Contact us
- Contact : +33 (0)6 87 83 46 79
info@revedeau-rafting.com
www.revedeau-rafting.com

RAFT IN ACTION

Contact : +33 (0)6 63 08 30 16



ACTIVITIES



Les Versants d'Aime leisure park

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

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

Acrobungy

A sports activity that consists of a secure trampoline with elastic ropes attached about 8 metres up. Thrills guaranteed! Min. weight 15 kg.

LES TRAMOS DE MACOT

- Les versant d'Aime Leisure Park
- Every day in July and August from 10:30 to 12:30 and 14:00 to 18:30. Saturdays from 14h to 18h30.
- Off-season only Wednesdays and weekends from 14h to 18h30
- Closed in bad weather
- From 6€
- Contact : +33 (0)6 87 22 46 90
- Les tramos de macot

Parcours aventure

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

NATUR'ACCRO

- Les versant d'Aime Leisure Park
- Every day in July and August from 1:30 pm to 6 pm
- Off-season only on weekends and by reservation for the adult course.
- From 10€
- Contact : +33 (0)7 61 05 12 03
- stephane.rey6@bbox.fr
- natur'accro

Water walking balls

Walk on the water with the aquabulle ! From 4 years old.

FH EVENTS

- Les versant d'Aime Leisure Park
- From 6 July to 30 August, daily 11am-12.30pm and 2pm-6pm, Saturdays from 2pm, closed in case of bad weather
- From 6€, Group on demand
- Contact : +33 (0)6 59 10 10 52 or +33 (0)6 67 72 70 48
- bullevents@orange.fr
- Bullevents

Laser Attitude

Contact : +33 (0)6 14 37 11 11 / +33 (0)6 76 29 51 55

Pedalokids

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

FH EVENTS

- Les versant d'Aime Leisure Park
- From 6 July to 30 August, Sunday to Friday 11:00-12:30 and 14:00-18:00, Closed on Saturdays and if the weather is bad.
- From 6€, Group on demand
- Contact : +33 (0)6 59 10 10 52 or +33 (0)6 67 72 70 48
- bullevents@orange.fr
- Bullevents

Xtrem' Jump

2 jump bridges of 3 and 7 meters with landing in an air bag. Minimum height 1m40 and maximum weight 90kg.

FH EVENTS

- Les versant d'Aime Leisure Park
- From 6 July to 30 August, every day from 14h-18h30, closed in case of bad weather.
- From 6€, group on reservation
- Contact : +33 (0)6 67 72 70 48 or +33 (0)6 59 10 10 52
- bullevents@orange.fr
- Bullevents

Centron leisure park

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

White water, diving and fishing enthusiasts will be able to indulge in their favourite activity. By road: drive towards Moutiers, turn off at Centron. No swimming allowed.

Archery

A brand new sport that combines dodgeball and archery!

ARCHERY TAG

- Centron leisure park
- Every day, on demand
- From 13€ for 1 hour, group tariff

Contact : +33 (0)6 10 68 48 28
federationarcherytagfrance@sfr.fr
www.archery-tag-savoie-france.fr

Fishing

SAVOIEFISHING.COM

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

Diving

PLONGEURS D'EAU DOUCE

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





MTB / E-MTB

MTB / E-MTB trails

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

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

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

A GOOD IDEA !

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



One of the top e-mountain bike destinations, La Plagne has innovated by inventing E-spots: areas to play in with a variety of terrain (raised turns, small moguls, etc.)

They allow you to enjoy the full capacity of electric mountain bikes and have fun going uphill as well as downhill.

Discover 2 E-Spots in the Montalbert sector !
(Pralioud & top of Fornelet)

MTB / E-MTB

MTB / E-MTB rental

Skimium Shop

In front of Maison de Montalbert

• From July 6th to August 28th, from Monday to Friday from 8.30am to 12.00pm & 2.00pm to 6.00pm

Prices:
Adult MTB :
20€ 1/2 day - 25€ 1 day
Kids MTB:
12€ 1/2 day - 15€ 1 day
Downhill MTB:
25€ 1/2 day - 40€ 1 day
Fatbike MTB :
25€ 1/2 day - 40€ 1 day
Semi rigid E-MTB:
30€ 1/2 day - 50€ 1 day
Full suspension E-MTB:
45€ 1/2 day - 70€ 1 day
Helmet is provided

+33 (0)4 79 09 78 09

SkiSet Shop - Les Etoiles du Sport

Montalbert main street

• From July 4th to August 29th, open every day from 9.00am to 12.00pm & 2.00pm to 7.00pm

Semi rigid E-MTB:
30€ 1/2 day - 50€ 1 day
Full suspension E-MTB:
45€ 1/2 day - 70€ 1 day

+33 (0)4 79 09 83 88



TRAIL

Trail itineraries

Divided into 18 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!

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

There are also other routes available at the La Plagne resort.

A GOOD IDEA !

A map of trail itineraries is available at the Tourist Office
1€

LIFTS



SKI LIFT OPENING

SECTEURS	REMONTÉES MÉCANIQUES	PÉRIODES D'OUVERTURE	L	m	m	J	V	S	D	HORAIRES
PLAGNE CENTRE	TSD Colorado*	04/07 > 30/08								9h00>12h45 / 14h00>17h40
	TSD Bergerie*	04/07 > 30/08								9h00>12h30 / 13h45>17h40
PLAGNE BELLECOTE / BELLE PLAGNE	TSD Colosses*	04/07 > 30/08								9h00>12h15 / 13h30>17h40
	TC Roche de Mio	05/07 > 28/08								9h20>17h05
	TC Bellecôte	05/07 > 28/08								9h40>16h30
	TC Belle Plagne	05/07 > 28/08								9h00>23h45
PLAGNE MONTALBERT	TC Montalbert	06/07 > 28/08								9h00>12h15 / 13h30>17h40
MONTCHAVIN LA PLAGNE	TSD Montchavin	07/07 > 27/08								9h00>12h15 / 13h30>17h40
	TC Lac Noir	06/07 > 28/08								9h00>12h15 / 13h30>17h40
	Télébufette	06/07 > 28/08								10h>12h15 / 14h40>17h40
CHAMPAGNY EN VANOISE	TC Champagny	01/07 > 28/08								9h00>12h45 / 14h40>17h40

* Piétons non autorisés à la descente

LA PLAGNE RATES

Duration	From 13 yrs	5 to 12 yrs inclusive	under 5 yrs
1 day pedestrian/biker (without Glacier for bikers)	15.00€	12.00€	free
1 day (with Glacier for pedestrian only)	20.00€	16.00€	free
Week (with Glacier for pedestrian only)	40.00€	32.00€	free
Season (without Glacier for bikers)	90.00€	72.00€	free
Single price (5 yrs and over)			
1 pass for la Plagne (without Glacier)	6.00€		

Pass Office



LA PLAGNE MONTALBERT TOURIST OFFICE
Open from Monday to Friday from 9.00am to 12.30pm and
from 1.30pm to 6.30pm and from 9.00am to 12.00pm and
2.00pm to 6.30pm on Saturdays and Sundays
AUTOMATIC MACHINE, inside Maison de Montalbert



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

Caroline Bien-Etre

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



At home



Every day by appointment



Massages : from 45€ to 90€
Plantar reflexology (30min) : 20€
Hand treatments : from 15€ to 60€
Foot treatments : from 15€ to 20€
Varnish : from 8€ to 30€
Hair removal : from 8€ to 25€



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Les Sittelles residence



By appointment



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Osteopath D.O

JULIEN GORNY
OSTEOPATHE D.O



Résidence la Marmottane



By appointment



+33 (0)6 28 35 94 96



Heritage

Montgésin Chapel

Built in 1658 in the heart of Montgésin. Open daily and guided tour on booking (Association of Longefoy Heritage +33 (0)6 75 10 37 73. Free participation.



Watermill

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

Making Tomme cheese the traditional way.

In front of his mountain restaurant "Le Forperet", Roland will explain and demonstrate the different stages of making Tomme cheese in the traditional way. Ask your Tourist Office for days and times.

Superga Chapel

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

Bread Oven

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



Heritage in the valley

The valley, particularly the town of Aime, has a rich history, highlighted nowadays by its exceptional heritage: chapels, the basilica, museums, etc.

Take the time to discover this history as you walk around or join a guided tour (information from the Valley Tourist Office in Aime).

ENTERTAINMENTS



Welcome meeting

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

A friendly gathering that you just cannot miss!

Weekly event

Creative art, pétanque tournaments, outdoor activities, treasure hunt, quizz etc. A full range of entertainments all day long and during the whole week.

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

WEEKLY MEETING !

Every tuesday night :
BBQ PARTY

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

Fête du Pain

July 18th & 19th 2020

A village where entertainment is based around local tradition and the communal bread oven. For 2 days, Longefoy's entertainment committee bakes and sells bread and crinchins (aniseed-flavoured brioche) in the village bread oven. On Sunday, enjoy the craft market, with stands selling local products. A refreshment bar will be open over the 2 days

Dolce Vita Week

July 27th & 31th 2020

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

It's all about relaxing in the sunshine. A programme of pampering with sessions of sophrology and Qi Gong, a Jacuzzi etc. so you can really lie back and relax!



EVENTS



Festival of Montgésin Chapel

August 5th 2020

Petit hameau au dessus de Montalbert, Montgésin est constitué de bien jolis chalets au milieu desquels se dresse la Chapelle Notre Dame des Neiges, fierté du patrimoine local. Cette chapelle est désormais célébrée tous les ans le 5 Août. Au programme: messe, apéritif et pique-nique, ainsi que le spectacle intitulé "L'éloge du rien", un texte de Christian Bobin, joué par la comédienne Odile Castel.

Festuche des Mioches

August 10th to 14th 2020

A whole week dedicated to your little monsters!

A special programme put together for kids of all ages with entertainment and games where your children can let off steam and have fun all day long. They are sure to remember this holiday! Giant waterslide, workshops and plenty of surprises...it's their turn to play!

TOURIST OFFICE SUBSCRIBERS DIRECTORY



Accommodation

ESTATE AGENCY

Agence Eneo Immobilier +33(0)4 79 01 02 03
Agence Ski et Soleil +33(0)4 79 55 70 80

HOLIDAY CLUB VILLAGES

Hôtel Club MMV +33(0)4 79 55 74 74
Les Sittelles
Village Cap Vacances +33(0)4 79 55 30 23
Village Vacances +33(0)4 79 55 72 00
Jean Franco

HOTEL DESK & HOLIDAY FLATS

Hôtel L'Adray +33(0)4 79 09 77 11
La Marmottane +33(0)4 79 55 70 00
Ancienne Ecole de +33(0)4 79 09 75 43
Montvilliers

Businesses

RESTAURANTS/BARS/PUBS

Le 360 (altitude) +33(0)9 88 66 50 79
Côté Table by Shane +33(0)6 58 02 91 13
Le Forperet (altitude) +33(0)4 79 55 51 27
Le White Bear +33(0)9 52 18 45 55
Les 2 Zèbres +33(0)9 81 90 91 56
La Luge +33(0)4 79 55 40 44

BUSINESSES

Laverie-Location de linge +33(0)6 22 70 11 39
Supérette 8 à Huit +33(0)4 79 55 51 96
Tabac Presse +33(0)4 79 09 75 07

SPORT SHOPS

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

BUSINESSES IN LONGEFROY

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



Useful Information

TOURIST OFFICE

Open from Monday to +33(0)4 79 09 77 33
Friday from 9.00am to
12.30pm & from 1.30pm to
6.30pm and from 9.00am
to 12.00pm and 2.00pm to
6.30pm on Saturdays and
Sundays.

ATM

At Maison de Montalbert, next to the White Bear
bar/pub. 24hrs/24hrs.

LAUNDRETTE

€/machine (washing powder provided), €3drier.

Useful Information (suite)

PHYSIOTHERAPISTS

Nathalie Kempinaire +33(0)6 30 59 68 83
Julien Gorny/Ostéopathe D.O +33(0)6 28 35 94 96

JANITORIAL SERVICES

+33(0)6 22 70 11 39

Emergency numbers

Gendarmerie ou Police 17
Pompiers 18
Samu 15
Depuis un mobile 112
LES HOPITAUX (25km)
Bourg St Maurice +33(0)4 79 41 79 79
Centre d'Accueil Médical de +33(0)4 79 09 61 66
Moûtiers

TRANSPORTS / SHUTTLES



Transports

TRAIN

Aime La Plagne (10km) train station.

36 35

AIRPORTS

Genève (186km)

+33(0)41 227 177 111

Lyon St Exupéry (184km)

+33(0) 826 80 08 26

Grenoble (180km)

+33(0) 4 79 65 48 48

ROAD NETWORKS

+33(0) 800 100 200
A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime
GPS: Programme via Aime. Longitude: 6.6334965 -
Latitude: 45.5344696

TAXI

Legroux

+33(0)6 09 38 73 82

SHUTTLES

Transports Loyet

+33(0) 4 79 55 64 76

Montalbert/Train Station Bus Service

Buses run from 04/07 to 29/08/2020 on Saturdays.

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

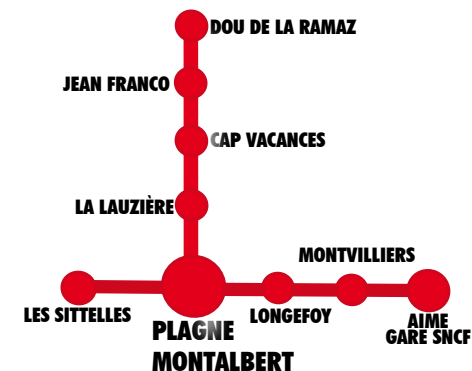
Contact the Tourist Office for further information.



Free Resort Shuttle

Free shuttles runs from July 7th to August 28th between Aime and Montalbert 1600.

Timetable available at the Tourist Office.



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PEUGEOT
CYCLES



PARTENAIRE OFFICIEL DE LA PLAGNE



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WILL BE OPENING
ON DECEMBER 12TH

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