

COME & LIVE  
*Unforgettable*\*  
MOMENTS



LA PLAGNE ENVIRONNEMENT © - photo : P. Royer - gettyimages

**\*VIVRE DES MOMENTS INOUBLIABLES**

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

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



**MONTALBERT**



2019 / 2020

**YOUR HOLIDAY GUIDE**

[WWW.MONTALBERT.COM](http://WWW.MONTALBERT.COM) - +33 (0)4 79 09 77 33



*Unforgettable*\*  
\*VIVRE DES MOMENTS INOUBLIABLES

NOUVELLE JAGUAR I-PACE 100% ÉLECTRIQUE

ELLE VA FAIRE DU BRUIT,  
MAIS PAS SUR LA ROUTE



La nouvelle Jaguar I-PACE est notre premier SUV premium entièrement électrique. Avec son design précurseur, son autonomie de 470 km\*, sa recharge rapide (80% en 85 minutes\*\*), ses 4 roues motrices et ses 400 ch CEE, elle redéfinit les standards des véhicules électriques. Et avec une accélération de 0 à 100 km/h en 4,8 secondes, elle prouve qu'elle appartient bel et bien à la famille Jaguar. [jaguar.fr](http://jaguar.fr)

#### THE ART OF PERFORMANCE

L'art de la performance

\*Autonomie jusqu'à 470 km, qui est susceptible de varier selon notamment la configuration du véhicule, l'état de la batterie, le style de conduite, le type d'utilisation, les conditions climatiques ou l'environnement routier. \*\*En utilisant un chargeur rapide de 50 kW à courant continu (DC). Les temps de recharge réels peuvent varier selon les conditions environnementales et l'équipement de recharge utilisé.

**Consommation mixte (l/100 km) : 0. Emissions de CO<sub>2</sub> (g/km) : 0.**

Jaguar France. Siren 509 016 804 RCS Nanterre.

Jaguar partenaire  
officiel de



**LA PLAGNE**  
Paradiski



## Summary

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## Welcome to La Plagne Montalbert !

The perfect place for an unforgettable holiday!  
Nestled in the heart of nature, this welcoming, family-friendly resort offers the perfect setting! Embellish it as you like: with a pinch of activities, a dose of adventure or just a breath of fresh air!

We wish you a fantastic stay in LA PLAGNE MONTALBERT!

The resort is open July 6th to August 31st.

### La Plagne thanks its partners



HAIBIHE



BANQUE  
POPULAIRE  
AUVERGNE RHONE ALPES

PUYDUFOU

DARE2B

CÉBÉ  
PURE ADRENALINE



## 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.

04 79 09 77 33  
info.montalbert@la-plagne.com  
[www.la-plagne.com](http://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, board games etc.

A deposit is required.

#### Fax/Photocopies

Faxes or photocopies can be sent at the following costs: A4 black and white page €0.20, A4 colour page €1, Fax within France €0.80, Fax abroad €1.50

#### 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!!!



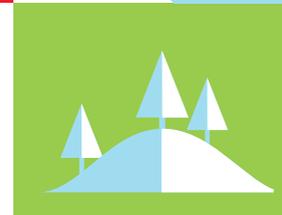
### Plagne Access



Cet été, on vous chouchoute !

Appli à télécharger sur [la-plagne.com/app](http://la-plagne.com/app)

Retrouvez tous les avantages sur [plagne-access.com](http://plagne-access.com)



© JERIC creative

## KIDS



## Keeping children and their parents...happy !

*Kids' Club, the perfect place to meet others, play games and discover new activities. From 6 to 12 years of age.*

### KIDS CLUB

 Resort Centre

 From Monday to Friday  
From 10.00am to 12.00pm and  
from 2.00pm to 5.00pm

 Free. Sign up is required the day before.

 04 79 09 77 33  
info.montalbert@la-plagne.com  
[www.montalbert.com](http://www.montalbert.com)

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

### PONEY OR DONKEY RIDE LE FORPERET

 Montalbert 1600

 Every day

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

 04 79 55 51 27

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

### MINI FARM LE FORPERET

 Montalbert 1600

 Unguided visit 3€/person  
Free for Forperet customers

 04 79 55 51 27

## MOUNTAIN SENSATIONS



## 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.



## Mountain Guide Office

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

 Maison de Montalbert

 From Sunday to Friday, from 3.30pm to 7.00pm.

 See activities opposite.

 04 79 09 63 94  
06 07 88 54 12  
montalbertguides@gmail.com  
www.guidesmontalbert.com

### Hiking

Prices:  
1/2 day for kid : 12€  
1/2 day for adult : 15€  
Day for kid : 20€  
Day for adult : 25€

### Climbing

Prices:  
3hours : 40€ (From 6 years of age)  
Family price (From 2 people.) : 35€

### Via Ferrata

Prices:  
Via Ferrata des Bédières ou Rosière (1/2 day) : 61€ (Family : 50€)  
Via Ferrata du Rocher du Vent ou Cochet (1 Day) : 80€  
Via Ferrata des Bourtes ( La Plagne) (1/2 day) : 60€ (Family : 50€)  
Other Via Ferrata, contact Guide Office.

### Glacier hikes and alpinism

Prices:  
Rheme Golette or Chapieux (1 day)  
76€ (Family : 66€)  
Skyway Vallée Blanche (1 day)  
80€ ( Family: 75€) Careful: ticket for the Skyway : 50€)

### Canyoning

Prices:  
Canyon initiation (1/2 day): 56€ (Family: 48€)  
Canyon Improvement 1 (1/2 day - Pussy-Benetan): 58€  
Canyon Improvement 2 (1 Day - Montmin): 65€  
Canyon Improvement 3 (1Day - Italy): on demand

### VTT / VTT-E

Guided rides  
See each week program.  
Prices:  
- 3hrs : 25€ / pers. (coaching only)  
4 pers. minimum.

## Nordic Walking

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

### YETI NORDIC WALKING ADMONTAGNES

 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

 06 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

 06 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 3.00pm to 7.00pm  
On demand in the morning



See activities opposite



06 13 01 80 93

### Accro Benji

Price: 6,5€

### Trampoline

Prices:

- Baby : 2€ for 10min
- Kids : 3€ for 15min

### Mini Golf

Prices:

- Baby course: 2€
- Kids course: 3€
- Adult course: 4€

### Tubby

Big inflatable buoy on a sliding track

Prices:

- 3€ for 10min
- 4€ for 20min

### Mountainboard

Special board with mountain wheels

Prices:

- 10€ introduction 20min
- 15€ intro ride 1h (3km)
- 20€ Fun ride 1h30 (8km)
- 99€ 5 days stage (2h/day)

### Pass et Stages

- Champion package (all activities during 2 hours): 25€

- Champion stage (all activities during 2 hours for 5 days): 99€

- Sensation package ( 3 activities): 15€

- Family package (Preloaded card): 50€

- "Plagne Access" special package: 25€

### Ski d'été à Tignes

Prices:

- 1 day : 120€ adults
- 99€ kids

## Archery

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.

### BRUNO BELISSARD



Start of the Cable Car



On demand.



- 1/2 hour: 7€
- 1hour course : 12€
- 3 x 1hour course: 30€
- Adult tournament: 9€
- Kids tournament: 7€



06 70 93 59 17



## ACTIVITIES



## Déval'kart

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

### TOURIST OFFICE



Start of the ski lift



Monday / Tuesday / Thursday / Friday  
From 3.00pm to 6.00pm



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



04 79 09 77 33  
info.montalbert@la-plagne.com  
[www.montalbert.com](http://www.montalbert.com)

## Hiking with dogs

Children and adults are connected to the dogs using a simple piece of rope (about 1.5m in length) and a padded belt. The dogs are fitted with working harnesses.

From 6 years old with adult, 8 years old if unaccompanied child

### HORS TRACE AVENTURE



Start of the cable car



On demand. Day outing, bring your picnic



- Adult = 40€ (from 12 yrs old)
- Kid = 28€ (from 6 to 12 yrs old)
- Family price : 2 ad+2 kids (-12 yrs old) = 130€



04 79 24 22 15  
06 34 45 53 15  
mathias.bernal@hotmail.fr  
[www.horstraceaventure.fr](http://www.horstraceaventure.fr)



## Paragliding

Enjoy to fly as birds ! A magical & fabulous moment with Stéphane Drouin, several times decorated in World Championships of Paragliding ! From 5 years old.

### Quatrième Dimension

La Plagne Resort & valley

Every day, reservation only

• From 75€  
• Groups, children (contact us)

Contact : + 33 6 12 73 66 56  
stephane@quatriemedimension.fr  
[www.quatriemedimension.fr](http://www.quatriemedimension.fr)

Once you are in the air, your instructor will settle you comfortably and you will have a panoramic view of the whole of the Alps.

### Paradifly

La Plagne Resort & valley

Every day, reservation only

• From 80€  
• Groups, children (contact us)

Contact : +33 783 783 790  
contact@paradifly.com  
[www.paradifly.com](http://www.paradifly.com)

Discover the magical moment when your feet leave the ground !

### Fly in paradise

La Plagne Resort & Valley

Everyday on demand

• From 80€  
• Groups, children (contact us)

Contact : 06 63 71 59 78  
donald7502@yahoo.fr  
[www.fly-in-paradise.fr](http://www.fly-in-paradise.fr)

Take a great leap to feel « free as a bird », quite safely with an experienced pilot.

### Francraft

Centron leisure lake

Everyday, reservation only.

• From 50€  
• Groups, children (contact us)

Contact : 04 79 55 63 55  
info@francraft.com  
[www.francraft.com](http://www.francraft.com)

Appreciate the 360° view of superb landscapes. No previous experience required.

### AN-Rafting

Macot - Z.A

Everyday, reservation only.

• From 50€ to 89€  
• Groups, children (contact us)

Contact : 04 79 09 72 79  
an-rafting@an-rafting.com  
[www.an-rafting.com](http://www.an-rafting.com)

## White Water

Rafting, hydrospeed, canoe-raft and airboat with Francraft on the Isère river.

### Francraft

Centron leisure lake

Everyday, reservation only.

• From 50€  
• Groups, children (contact us)

Contact : 04 79 55 63 55  
info@francraft.com  
[www.francraft.com](http://www.francraft.com)

Try kayaking with friends or family on white water or calm water. Kayak and stand up paddle rental.

### La Plagne eaux-vives

Versants d'Aime leisure lake

July & August, every afternoon

• From 6€ kayak or paddle rental  
• From 15€ kayak ou paddle initiation  
• Groups, children (contact us)

Contact : + 33 70 18 70 12  
contact@laplagne-eauxvives.org  
[www.laplagne-eauxvives.org](http://www.laplagne-eauxvives.org)

### Raft in Action

Contact : 06 63 08 30 16



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

### Essaonia - Esprit Rafting

Centron leisure lake

Every day, reservation only

• From 53€  
• Groups, children (contact us)

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

An-rafting invites you to discover a full range of descents on the upper section of the isère river : rafting, hydrospeed, hotdog or even a combination !

### An Rafting

Rêve d'eau proposes white water activities on the upper Isère, accessible for all sporting levels.

### Rêve d'eau

Versants d'Aime leisure lake

everyday, reservation only

• From 36€  
• Groups, children (contact us)

Contact : +33 6 87 83 46 79  
info@revedeau-rafting.com  
[www.revedeau-rafting.com](http://www.revedeau-rafting.com)

Macot - Z.A

Every day, reservation only

• From 50€ to 89€  
• Groups, children (contact us)

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



## Les Versants d'Aime Leisure Lake

Les Versants d'Aime leisure lake in Le Gothard has games for children, ping-pong tables, multi-sports courts and picnic areas with barbecues. You can get there on foot, roller skates or bikes along the cycle path that leaves from Aime and runs alongside the Isère river. The beach area is supervised by lifeguards in the afternoon in July and August.

By car : going towards Bourg Saint Maurice, take the exit at Le Gothard.

### Acrobungy

Acrobungy are elastics on trampolines suspended at about 8 meters height. Guaranteed sensations ! Accessible from 15 kg.

#### Les Tramos de Macot

Versants d'Aime Leisure lake

Every day in July and August from 10:30 to 12:30am & 2.00 to 6:30pm  
Interseason only on Wednesday & week-ends from 2:00 to 6:30pm

• From 6€

Contact : +33 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

Versants d'Aime leisure lake

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

Interseason only on week-ends or on reservation pour le parcours adulte

• From 10€

Contact : +33 7 61 05 12 03  
stephane.rey6@bbox.fr  
📍 natur'accro

### Aquabulles

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

#### FH Events

Versants d'Aime leisure lake

From 6<sup>th</sup> July to 30<sup>th</sup> August, every day 11:00-12:30 am. & 2:00 - 6:00 pm, Saturday from 2:00pm., closed due to bad weather

• From 6€, Groupe reservation only

Contact : +33 6 59 10 10 52  
or +33 6 67 72 70 48  
📍 Bullevents

## Les Versants d'Aime Leisure Lake

### Pedalokid

Pedalokids on the lake of Leisure Center «Les Versants d'Aime» from 4 years old.

#### FH Events

Versants d'Aime leisure lake

From 6<sup>th</sup> July to 30<sup>th</sup> August, from Sunday to Friday 11h-12h30 & 2h-6h pm., closed due to bad weather

• From 6€, Groupe reservation only

Contact : +33 6 59 10 10 52  
or +33 6 67 72 70 48  
📍 Bullevents

### Xtrem' Jump

3 or 5 meters, choose your Xtrem-jump ! From 6 years old.

#### FH Events

Versants d'Aime leisure lake

From 6<sup>th</sup> July to 30<sup>th</sup> August, every day 2-6:30 pm, closed due to bad weather

• From 6€, Groupe reservation only

Contact : +33 6 59 10 10 52  
or +33 6 67 72 70 48  
📍 Bullevents



## Centron Leisure Lake

Picnic area, playground, basket ball court, boules court and a snack-bar around the lake. Fans of white water sports or fishing, there is something to please everyone : towards Moutiers, Centron exit. Bathing prohibited.

### Scuba diving

An unforgettable experience ! In a natural environment from the age of 8 with adapted equipment & also training, refresher or simply exploration.

#### Plongeurs d'eau douce

Centron leisure lake

Every day, reservation only

• From 35€

Contact : +33 6 24 79 72 84  
nathaliesicre@yahoo.fr  
📍 Plongeurs d'eau douce

### Fishing

Savoiefishing.com

Contact : +33 6 31 32 52 30



## 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!

You will also find some training areas with various exercises (jumps, seesaws, obstacles, etc.), enabling you to move at your own pace and get the most out of your mountain bike.

#### A GOOD IDEA !

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



#### NEW THIS SUMMER!

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.

**2 E-Spots have been created in the Montalbert sector!**  
(see plan)

## MTB / E-MTB

### MTB / E-MTB rental

#### Skimium Shop

- In front of Maison de Montalbert
- From July 6<sup>th</sup> to August 30<sup>th</sup>, from Monday to Friday from 9.00am to 12.00pm & 1.30pm to 6.00pm
- Adult MTB :  
20€ 1/2 day - 25€ 1 day  
Kids MTB:  
12€ 1/2 day - 15€ 1 day  
Adult MTB with double suspension :  
35€ 1/2 day - 50€ day  
E-MTB:  
35€ 1/2 day - 65€ day  
Hemets provided.

04 79 09 78 09

#### SkiSet Shop - Les Etoiles du Sport

Montalbert main street

• From July 6<sup>th</sup> to August 30<sup>th</sup>

On demand

04 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 !

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

## LIFTS



### 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
<b>Single price (5 yrs and over)</b>			
1 pass for la Plagne (without Glacier)	6.00€		
One way for Vanoise-Express	8.00€		
One way and return for Vanoise-Express	14.00€		

### MONTALBERT CABLE CAR OPENING

PERIOD OPENING	M	T	W	T	F	S	S	TIMES
08/07 > 30/08								9. am > 12.15pm / 1.30pm > 5.40pm

### PARADISKI RATES

Duration	From 13 yrs	5 to 12 yrs inclusive	under 5 yrs
1 day "Extension"	15.00€	12.00€	free
Season	165.00€	132.00€	free

### 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.

 04 79 09 77 33  
 info.montalbert@la-plagne.com  
[www.la-plagne.com](http://www.la-plagne.com)

## WELLNESS



### L'Empreinte de Soi Home Physiotherapy treatments

*Physiotherapist specialising in Reflexology, Energy and Fitness treatments, treating acute, chronic and traumatic pain or muscle tensions linked to stress/fatigue using unblocking, recovery and general relaxation techniques.*

#### L'EMPREINTE DE SOI

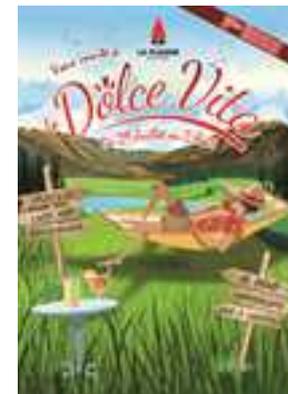
-  At home
-  Every day by appointment
-  06 30 59 68 83

### WELLNESS CENTER

Aqua-relaxation area with sauna, hammam and jacuzzis  
 Pass' Relaxation Family for people over 14 accompanied by a parent

#### WELLNESS AREA BY mmv

-  Residence les Sittelles
-  By appointment
-  04 79 55 74 74





## 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.

### 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).

### 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.

### Milking and 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 and how to milk the cows by hand. Ask your Tourist Office for days and times.

### 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).



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



### Welcome drink

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

Cinema, shows, pétanque tournaments, wooden board games, face painting, cultural visits, sports tournaments, barbecues, music workshops and more. The entire week is a moment of friendship and exchange.

## WEEKLY MEETING !

Every tuesday night :  
BBQ PARTY

The event you must not miss during your holiday week in Montalbert !  
The entertainment team takes care of the barbecue - all you've got to do is bring the meat! Free drink and music.



## Le Festoche des Mioches

from July 15<sup>th</sup> to 19<sup>th</sup> 2019

Your children will be the guests of honour all this week in Montalbert! Magic workshops, woodworking, games library, cabinetmaking, shows and plenty of surprises for all on the programme of this free, original festival!

## Tour de France in Longefoy

July 27<sup>th</sup> 2019

"The big loop" crosses the region one more time. On the way to Val Thorens, the runners will climb Longefoy's hill. Then all the village will be waiting to encourage them.

## 6000D: 30 years !

July 28<sup>th</sup> 2019

30<sup>th</sup> edition of this legendary race that was the first of its kind. The 6000D remains a challenge for most trail runners, taking competitors along the course that has made it famous, climbing to the peak of Bellecôte Glacier at 3250m, before coming right back down to the valley (670m).

Come and cheer on the runners from 6.am in Montalbert street.

## Dolce Vita Week

From July 29<sup>th</sup> to August 2<sup>nd</sup> 2019

It's holiday time! Put your bags down and relax, we'll take care of the rest! Qi Gong lessons and sophrology sessions to keep you healthy, Crossfit lessons to keep you fit, Jacuzzis and a cocktail bar to relax. Your batteries will be recharged for the rest of the year!

## Montgésin Chapel Festival

August 5<sup>th</sup> 2019

The day is dedicated to honouring the Notre Dame des Neiges chapel. On the agenda: Mass at 11am, aperitif (free) and bring-your-own picnic, followed by a show in the Chapel

## La Prajourdane

August 7<sup>th</sup> 2019

The race is open to all runners and hikers. Altitude gain of 650 m, from 1,350 m to 2,000 m. The event takes place in a friendly, relaxed atmosphere and ends with an aperitif and a «Polenta Party» among the Alpine pastures. Sign up at the Tourist Office.



## Bread Festival

From 9<sup>th</sup> to 11<sup>th</sup> August 2019

The village of Longefoy winds back the clock with its traditional summer festival. During the three-day «bread festival», you'll discover traditional-style bread and «crinchin» (a traditional, local brioche with an aniseed flavour), cooked in the village's old bakery.

## Fest'E-Bike

From 13<sup>th</sup> to 15<sup>th</sup> August 2019

Electric mountain biking is one of the most attractive activity in La Plagne area...and here comes its Festival !

For the second time, you can try several electric devices to discover the mountain as you've never seen it !

Program: free tests, guided tours, entertainment, music show and fireworks.



# TOURIST OFFICE SUBSCRIBERS DIRECTORY



## Accommodation

### ESTATE AGENCY

Agence Eneo Immobilier 04 79 01 02 03  
 Agence Ski et Soleil 04 79 55 70 80

### HOLIDAY CLUB VILLAGES

Hôtel Club MMV Les Sittelles 04 79 55 74 74  
 Touristra La Lauzière 04 79 55 57 25  
 Village Cap Vacances 04 79 55 30 23  
 Village Vacances Jean Franco 04 79 55 72 00  
 VTF-Le Dou de la Ramaz 04 79 09 73 47

### HOTEL DESK & HOLIDAY FLATS

Hôtel L'Adray 04 79 09 77 11  
 Hôtel L'Aigle Rouge 04 79 06 19 42  
 La Marmottane 04 79 55 70 00  
 Ancienne Ecole de Montvilliers 04 79 09 75 43

## Businesses

### RESTAURANTS/BARS/PUBS

Le 360 (altitude) 09 88 66 50 79  
 Le Forperet (altitude) 04 79 55 51 27  
 Le White Bear 09 52 18 45 55  
 Les 2 Zèbres 09 81 90 91 56

### BUSINESSES

Laverie-Location de linge 06 22 70 11 39  
 Supérette 8 à Huit 04 79 55 51 96  
 Tabac Presse 04 79 09 75 07

### SPORT SHOPS

Intersport 04 79 09 78 28  
 Skimium 04 79 09 78 09  
 Skiset 04 79 09 83 88  
 Sport 2000 04 79 55 56 56

### BUSINESSES IN LONGEFROY

Restaurant/Bar L'Adray 04 79 09 77 11

## Craftsmens

### JOINERY

Aout Bois Agencement 06 75 61 43 84



## Useful Information

### TOURIST OFFICE

Open from Monday to Friday from 9.00am to 12.30pm & from 04 79 09 77 33 1.30pm to 6.30pm and from 9.00am to 12.00pm and 2.00pm to 6.30pm on Saturdays and Sundays.

### CAMPING VAN SERVICE

Open all year for emptying and supply of drinking water (100L) and electricity (1 hour). Change machine €2/recharge.

### ATM

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

### LAUNDRETTE

€6/machine (washing powder provided), €3drier.

### PHYSIOTHERAPISTS

Nathalie Kempinaire 06 30 59 68 83

### JANITORIAL SERVICES

06 22 70 11 39

## Transports

### TRAIN

Aime La Plagne (10km) train station. 36 35

### AIRPORTS

Genève (186km) +33(0)41 227 177 111  
 Lyon St Exupéry (184km) 0 826 80 08 26  
 Grenoble (180km) 04 79 65 48 48

### ROAD NETWORKS

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 06 09 38 73 82

### SHUTTLES

Transports Loyet 04 79 55 64 76

## Emergency numbers

Police 17  
 Fire Services 18  
 Paramedics 15  
 From a mobile 112  
 HOSPITALS (25km)  
 Bourg St Maurice 04 79 41 79 79  
 Moûtiers Medical Center 04 79 09 61 66

## SHUTTLES



### Montalbert/Train Station Bus Service

Buses run from 06/07 to 30/08/2019 on Saturdays and Sundays.

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

Contact the Tourist Office for further information.

*LES INFORMATIONS INDIQUEES DANS CE GUIDE (HORAIRES, TARIFS ...) SONT DONNEES A TITRE INDICATIF ET SONT SUSCEPTIBLES D'ÊTRE MODIFIEES.*

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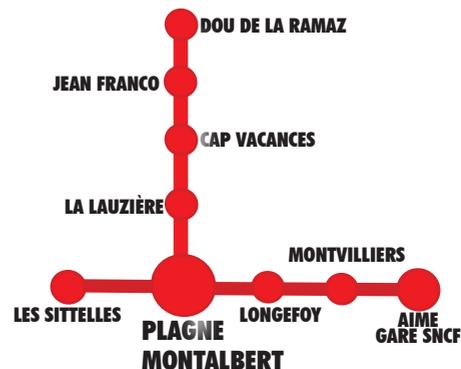
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### Free Resort Shuttle

Free shuttles runs from July 8<sup>th</sup> to August 30<sup>th</sup> between Aime and Montalbert 1600.

Timetable available at the Tourist Office.



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**salomon**  
TIME TO PLAY

SENSE RIDE 2

#PLAYFORMORE

Inscrivez-vous aux workshops Trail Running sur [HOWTOTRAILRUN.SALOMON.COM/FR](http://HOWTOTRAILRUN.SALOMON.COM/FR)

HOW TO TRAIL RUN



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\*Allors rider

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