

Unforgettable *

*INOUBLIABLE



LA PLAGNE MONTCHAVIN - LES COCHÉS

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

Jaguar partenaire
officiel de



LA PLAGNE
Paradiski

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. Émissions de CO₂ (g/km) : 0.

France. Siren 509 016 804 RCS Nanterre.



Sommaire

- Welcome & information 4-5
- Ski passes & prices 6-7
- Ski school 8-9
- Children 10-11
- Famille Plus 12-13
- Activities 14 to 18
- Bobsleigh 19 to 21
- Entertainments 23
- Events 24-25
- User contacts 26 to 29
- Access / shuttle 30



WELCOME

Welcome in La Plagne Montchavin-Les Coches !

Montchavin, the oldest one with its traditional mountain farmhouses and narrow streets smelling of hay;
les Coches, with its charming residence built in respect with the union between a savoyard decoration and an idyllic surrounding.

la Plagne partners





Tourist Offices Services

TOURIST OFFICES

Montchavin & Les Coches.

Monday to Saturday from 9am to 12pm and from 2pm to 6.30pm.
Sunday and public holiday de from 9am to 12pm and from 3pm to 6.30 pm



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

RESORT CLEANLINESS

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

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

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

LEFT LUGGAGE OFFICE

you can leave your luggage next door to the Tourist Office.

Les Coches.

Saturday from 9am to 12pm and from 2pm to 6.30pm (from 9am to 6.30 only during french holidays).



Deposit 1€.



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

WEATHER FORECAST

A weather forecast is displayed inside the Tourist Office daily.

LOST PROPERTY

All lost property will be kept at the Tourist Office.

OBJECTS FOR HIRE

Snow shovels, board games. A deposit is required.

INTERNET

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

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

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

1 day : 8€ - 1 week : 49€.

UNDERCOVER PARKING

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

1 week : 50€, deposit : 50€.



Paradiski Yuge

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

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



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



SKI PASSES



Ski Passes & Insurance

SKI PASSES OFFICES SAP

- Montchavin & Les Coches.
- Monday to friday : 8.30am to 3.30pm.
Saturday & Sunday : 8.30am to 18pm.
-
- Contact : 04 79 09 67 00
info@ski-laplagne.com
www.skipass-laplagne.com

When buying your ski pass you can take out Carré Neige insurance, which covers assistance and evacuation in the event of an accident, theft, loss of ski pass, illness and bad weather.

INSURANCE CARRE NEIGE

- Ski pass offices SAP Montchavin & Les Coches.
- Monday to friday : 8.30am to 3.30pm.
Saturday & Sunday : 8.30am to 18pm.
- 2.80€ / day
- Contact : 04 79 09 67 00
info@ski-laplagne.com
www.skipass-laplagne.com

Insurance for the season sold in Tourist Offices.

INSURANCE CARTE NEIGE

- Tourist Offices Montchavin & Les Coches.
- Monday to saturday from 9am to 12pm and from 2pm to 6.30pm.
Sunday and public holiday de from 9am to 12pm and from 3pm to 6.30 pm
- Adult and child annual insurance : 73€
Family (4 pers. mini) : 265€
- Contact Montchavin : 04 79 07 82 82
Contact Les Coches : 04 79 07 82 43
info.montchavin@la-plagne.com
www.skiclubmontchavinalescoches.com

Edenski

The loyalty programme that rewards you when you buy!
Any ski passes purchased in resort or on line give you points. All you have to do to get them is register your passes in your account and points for your purchases will automatically be credited. You can then use them to get free ski passes. Other surprises also await you, such as special events and exclusive meetings to discover your favourite ski resort in a whole new light!



LA PLAGNE MONTCHAVIN LES COCHES

Period	Adult (13 - 64 yrs)	Child (5 - 12 yrs) (1) Senior (65 - 74 yrs) (1)
1 day	40.00€	32.00€



TARIFS

Information :
WWW.SKIPASS-LAPLAGNE.COM

PARADISKI

Period	Adult (13 - 64 yrs)	Child (5 - 12 yrs) (1) Senior (65 - 74 yrs) (1)
1 day	60.00€	48.00€
6 days	305.00€	244.00€

LA PLAGNE

Period	Adult (13 - 64 yrs)	Child (5 - 12 yrs) (1) Senior (65 - 74 yrs) (1)
4 hours (2)	43.00€	34.00€
1 day	52.00€	42.00€
6 days	269.00€	215.00€

COOL SKI

Period	Unique price 5-74 yrs
1 jour	30.00€

Ski Pass Offices

- MONTCHAVIN
LES COCHES
- Open evrey day
- 04 79 09 67 00
www.skipass-laplagne.com

(1) To qualify for the reduced child, senior and family, proof of age is required at time of purchase and can be requested on the ski area. The age taken into account is the first day of validity of the ski pass.

(2) 4 consecutive hours beginning on the first pass across the lifts.

Bonus

Included : Exceptional offer for the skipasses from 3 to 15 days in a row : bon plan la plagne 1 day at Paradiski with every la Plagne ski pass valid for 3 to 15 consecutive days.
Exceptional offer : for the skipasses from 6 days in a row : bon plan la plagne 1/2 a day with every Paradiski pass valid for 6 to 15 consecutive days.

Packs

DUO : Save 10€ per pass in the pack.

Valid for 2 people in any age category (child, adult, senior) for La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

TRIBU : Save 15€ per pass in the pack.

Valid for 3 people in any age category (child, adult, senior) for La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

FAMILY : 2 adults + 2 children (age 5 - 17) = child price for everyone!

When you buy 4 passes together (6 days or more, same area, same duration), the members of a family made up of 2 adults and at least 2 children aged 6 - 17 all pay the child price.



Ski Lessons

The instructors in Montchavin and Les Coches ESF will share their passion and teach the best ski and snowboard techniques.

ECOLE DU SKI FRANCAIS

-  Montchavin & Les Coches
-  Everyday from 8.45am to 6pm.
-  Children and adults lessons from 108€.
From Piou Piou, to Etoile d'Or, teen agers and adults from beginners to competition
Private lessons from 44€.
-  Contact : 04 79 07 83 54
info@esf-montchavinlapagne.com
www.esf-montchavinlapagne.com

Lessons in all ski activities for children and adults. Maximum 8 people per group. Helmets provided, certificate and medal included. Crèche facility for children.

EVOLUTION 2 ECOLE DE SKI

-  Montchavin & Les Coches
-  Everyday from 8.30am to 7pm.
-  Children's group lessons from 117€
Adult group lessons from 125€.
Private lessons from 48€ and crèche 13€.
-  Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

*Mainly for the English speakers in resort, with the aim of diversifying ski and snowboard teaching techniques.
(Maximum 10 people per group)*

WORLD SKI CLASS ESF BUSINESS

-  Montchavin & Les Coches
-  Everyday from 8.45am to 6pm.
-  Children and adults lessons, from beginners to level 3 : 164€.
Private lessons from 44€
-  Contact : 04 79 07 80 33
info@esf-montchavinlapagne.com
www.esf-montchavinlapagne.com



Ski Touring

To discover ski touring on a mythical route. Departure from Les Coches (departure from Telecabine des Coches) to Plan Bois. Vertical drop 450 meters and descent by a blue slope.

OFFICE DE TOURISME

-  From Les Coches.
-  Ski lifts opening
-  Free
-  Contact Montchavin : 04 79 07 82 82
Contact Les Coches : 04 79 07 82 43
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Snow mobile

Experience for one or two persons on the snowmobile and discover an exceptional night view from the heights.

EVOLUTION 2 ECOLE DE SKI

-  Montchavin & Les Coches
-  Everyday
-  Place behind the guide 30€
95€ the moto for 1 or 2 persons
-  Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com



La Plagne enjoys ski touring and offers a guide that includes all the routes drawn on the ski area.

4 ski touring races are organized in La Plagne this winter under the name «Rando Challenge».

Information and registration in the Tourist Offices of the la Plagne area.

Other ride

Organise outings to other resorts, introduction to ski trekking, skiing with skins ...

BUREAU DES GUIDES ET ACCOMPAGNATEURS

-  Montchavin & Les Coches
-  Consult us
-  Consult us
-  Contact : 06 77 07 06 22
guidesmontchavin@gmail.com
www.guidesmontagne.com

CHILDREN



*Halte Garderie : 6 months to 3 years with indoor and outdoor activities
Club Neige : 3 to 12 years with various activities for children who don't want to ski.
Retour Ski : at the end of the ski lessons, with or without meals, with or without "Club Neige" package. Ski lessons are bookable on the ESF site.*

CLUB CACAHUETE (6 months to 3 years)

- Place du Carreau in LesCoches
- From sunday to Friday from 9am to 5.20pm.

Booking saturday and other days :
9am to 9.30am, 12pm to 12.30pm
2pm to 2.30, 5pm to 5.20pm.

Please book at the last day before.

- Opposite table.

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

CLUB PIROUETTE (3 years to 12 years)

- Place du Carreau in Les Coches.
- From sunday to Friday from 9am to 5.20pm.

Booking saturday and other days :
9am to 9.30am, 12pm to 12.30pm
2pm to 2.30, 5pm to 5.20pm.

Please book at the last day before.

- Opposite table.

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

Equipment

Warm clothes, snow boots, sun glasses and goggles. Ski gear should be hired from the ski shop..

BABY SITTER

Ask the Tourist Office for a list.

New : hors-sac room in Les Coches, near Salle Marcel Pignard.
Free and open 7/7, to take a break ...

CLUB CHAT BLEU (3 years to 12 years)

- Departure from Montchavin chairlift.
- From sunday to Friday from 9am to 5.20pm.

Booking saturday and other days :
9am to 9.30am, 12pm to 12.30pm
2pm to 2.30, 5pm to 5.20pm.

Please book at the last day before.

- Opposite table.

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

FAMILY SERVICE

Sledges and sledges strollers can be rented at most sports shops of the resort (cf 24 to 27).

TARIFS CLUBS ENFANTS



Halte Garderie et Club Neige *	1 unit	Week
Half Day	35€	135€
Half day + meal	50€	199€
Day option	66€	260€ / 290€*
Meal + Garderie (12h à 14h30)	28€	135€

* Club neige day + meal included

Piou Piou 3-4 years	1 unit	Week
Half Day	35€	120€
Half day + meal	50€	210€
Day option	66€	260€

Retour Ski Pirouette / Chat Bleu	1 unit	Week
Retour Ski	15€	70€
Retour ski + Meal	38€	160€
Retour Ski + Meal + Club neige	58€	260€
Retour Ski + meal + retour ski	50€	180€



FAMILLE PLUS MOUNTAIN

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

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

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

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



CHILDREN

Dad, Mom & children

- ## Grandpa, Grandma & children

- 

Dad, Mom solo & children

- Day on the Fun Slope (Top of Salla, on the ski map)
- Dogs sledging (page 17)
- Activities in Espace Paradisio : swimmingpool and SPA (page 18)
- Evening underTipis with dogs sledging in Les Coches (page 15)

The tribe : with family or with friends

- A fun day on the slopes in paragliding or fat bike (pages 14 & 17)
- Spa or sophro nature for princess (page 18)
- A fun moment with friends on Snakegliss or bobsleigh (pages 14 & 20-21)
- Evening in a Igloo village with snowshoes (page 15)



TO TAKE NOTES

[illegible]

ACTIVITIES



Fat Bike

Ski slopes descent from Plan Bois to Montchavin with a Fat Bike (classic and electric) and ski qualified instructor. Group from 4 to 8 persons. (Material included except ski lifts)

EVOLUTION 2

📍 Descent from Plan Bois to Les Coches

📅 Tuesday, Wednesday and Thursday

💰 45€ per person.

📞 Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

Airboard & Snakegliss

Ski slopes descent from Plan Bois to Montchavin with a pump sledge and ski qualified instructor. (Material included except ski lifts)

Descents with a snakegliss and Evolution 2 ski qualified instructor.

ECOLE DU SKI FRANCAIS

📍 Descent from Plan Bois to Les Coches.

📅 Tuesday, Wednesday and Thursday from 4.30pm.

💰 30€ per person

📞 Contact : 04 79 07 83 54
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

EVOLUTION 2

📍 Descent from Plan Bois to Les Coches

📅 Tuesday, Wednesday and Thursday at the end of the day

💰 From 25€.

📞 Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

ACTIVITIES



Snowshoes

Snowshoes hire and skilift not included.

Snowshoes hire and skilift not included.

Snowshoes weekly program with Gilles.

BUREAU DES GUIDES ET ACCOMPAGNATEURS

📍 Montchavin & Les Coches

📅 From Monday to Friday

💰 Half day from 25 to 30€
The day from 36 to 41€

📞 Contact : Serge 06 77 07 06 22
Contact Jemma 06 14 61 03 32
guidesmontchavin@gmail.com
www.guidesmontagne.com

EVOLUTION 2

📍 Montchavin & Les Coches

📅 From Monday to Friday

💰 Half day from 26€, Tipis evening 49€ and restaurant evening 68€

📞 Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

ECOLE DU SKI FRANCAIS

📍 Montchavin & Les Coches

📅 From Sunday to Friday

💰 Half day from 25€

📞 Contact : 04 79 07 83 54
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

ACTIVITIES



Cinéma

At Montchavin, there is a cinema seating 250 people with 2 sessions

CINEMA MONTCHAVIN

- 📍 Montchavin
- 🕒 From monday to friday (6pm & 9pm)
- 💰 From 7€
- 📞 Contact : 04 79 41 75 14
info@montchavin-la-plagne.com
www.montchavin-la-plagne.com

Water Colors

With an illustrator, initiation from 10 years. Booking by phone and material included.

JEAN-LOUP BENOIT

- 📍 Montchavin Salle Auguste Mudry
- 🕒 Every tuesday from 9am to 12pm from 26th december to 16th april
- 💰 40€
- 📞 Contact : 06 79 62 98 67

Exploring the heritage

With Sylvie, our guide, visit by torchlight of the old village or in a farm, a farmer welcomes you

FACIM

- 📍 Tourist Offices
- 🕒 Consult the entertainment program
- 💰 6€ per adult & 2€ per child (from 5 to 16 years)
- 📞 Contact : 04 79 07 82 82
info@montchavin-la-plagne.com
www.montchavin-la-plagne.com

ACTIVITIES



Dogs Sledging

At the top of the the Lac Noir Telecabine, the musher invites you to discover the resort with his pack of 20 dogs

EVOLUTION 2

- 📍 At the top of the Lac Noir Telecabine.
- 🕒 Consult us
- 💰 2 persons : 89€ -
2 adults + 1 child (3 to 10 years) : 119€
- 📞 Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

Igloo

Walk up to the Igloo village on snowshoes accompanied by a mountain guide.

EVOLUTION 2

- 📍 La Côte d'Aime
- 🕒 From monday to friday at the end of the day
- 💰 Savoyard meal 100€
- 📞 Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

Paragliding

The oldest dream of the man :

EVOLUTION 2

- 📍 La Plagne Montchavin - Les Coches
- 🕒 Everyday
- 💰 From 65€
- 📞 Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

ACTIVITIES



Aquatic Complex

Wellness area : BalnéoSwimming Pool, jacuzzi, sauna ,hammam, treatment cabins.

ESPACE PARADISIO

- Montchavin
- Monday to sunday (10am to 8pm)
late night opening wednesday (8pm to 10pm)
- (2h maxi.) : Adult (+18 years) €20
/ Morning adult (to 1pm) : €15
- Teenagers (14-17 years) €15 -
Child (6 months-13 years) €9
- Contact : 04 79 09 33 20
contact@espace-paradisio.com
www.espace-paradisio.com

Sophro nature

Session of sophrology in group or individual.To turn your stress into positive energy.

EVOLUTION 2

- Montchavin & Les Coches
- Tuesday, wednesday and thursday
- Snowshoes : 26€ & ski 75€
- Contact : 04 79 07 81 85
montchavin@evolution2.com
www.evolution2.com

L'empreinte de soi

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

L'empreinte de soi

- At home
- Daily by appointment
- Consult us
- Contact : 06 30 59 68 83

Yoga

All levels welcome. Must be over 16 years

Sylvia Fairclough

- Montchavin, salle Auguste Mudry
- Tuesday from .30pm to 7pm from 1st january to 23th april.
- 10€ / person
- Contact : 07 77 82 10 29
sylviatp_816@yahoo.com



WWW.BOBSLEIGH.NET

TÉL 04 79 08 82 23



MERCICreative wecremerci.com



VIVEZ L'EXPERIENCE
OLYMPIQUE

EXPERIENCE ACCESSIBLE À TOUS
À PARTIR DE 1M30 ACCOMPAGNÉ D'UN ADULTE





Unique in France! Live the Olympic experience» 3 experiences for 3 thrill levels!

Bob Raft

Looking for fun with friends or family? Why not trying this unique self-piloted, selfbracking vehicule! 4 passengers descending at around 80km/h equals an amazing experience close to the ice

Ass. BOB LUGE SKELETON

-  Piste Olympique de Bobsleigh La Roche
-  Tuesday to Sunday from 4.pm to 6.30pm
-  45€ per person
Minimum age 14 or height 1.30m
-  04 79 08 89 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Speed Luge

Half-sitting, half-lying, settle into our specially-designed luge for a descent at 90km/hr with a completely unrestricted view of the track. A once-in-a-lifetime experience!

Ass. BOB LUGE SKELETON

-  Piste Olympique de Bobsleigh La Roche
-  Tuesday to Sunday from 4.pm to 6.30pm
-  109€ per person - Minimum age 16
-  04 79 08 89 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Bob Racing

If you're up for a real challenge ... Take a seat behind a professional for a descent of up 120km/h. You're in for a heady mix of speed, and adrenaline that will give you a taste of a real competition run. Unforgettable sensation.

Ass. BOB LUGE SKELETON

-  Piste Olympique de Bobsleigh La Roche
-  Wednesday, Thursday, Saturday and Sunday from 5.pm
-  121€ per person
Minimum age 16 unless contraindication
-  04 79 08 89 23
bobsleigh@la-plagne.com
www.bobsleigh.net



BOOKING

04 79 08 89 23 - www.bobsleigh.net
bobsleigh@la-plagne.com

INFORMATION in the Tourist Offices,
in the information points.
Free shuttle to get to Olympic Bobsleigh run !

FILMED DESCENT

Information in Olympic Bobsleigh run.

PUYDUFOU®



Après la Plagne, votre aventure continue sur
PUYDUFOU.COM

ENTERTAINMENTS



Welcome drinks

The Tourist Office hosts welcome drinks in Les Coches at 6pm every Sunday and in Montchavin every Monday at 6pm. Join us for a glass of traditional mulled wine offered by the ski station and find out about the week's fun-packed programme of events and activities.

Social networks

Find us on social networks to follow our live video and not miss any pictures or information of the station.

Facebook: [MontchavinlaPlagne](#)

Twitter : [@Montchavin](#)

Periscope: [@LaPlagne](#)

Instagram: [la_plagne](#)

You tube: [La Plagne TV](#)

Share your memories from la Plagne with **#maplagne**



Weekly events

These include cinema, shows, local games, alternative 'sliding sports', local heritage visits, lanterns, luge, torchlit descents, last tracks airboarding, snake sledging, yoonering, etc. The resort organises a number of late afternoon or evening social events throughout the week for some welldeserved rest time

EVENTS

The Magic of Christmas

22th to 28th december 2018

Torchlit descents, Christmas shopping, arrival of Father Christmas, fire works ...

New Year's Eve in the snow

31st december 2018

In les Coches, torchlight descent, dance party & fireworks...

La Grande Odyssee

18th january 2019

For the world's hardest international dog sled race that is coming to the Tarentaise valley.

25 of the best international mushers and their dogs will be in the La Plagne area 6th stage: a 30 kilometres circuit leaving from Plagne Montalbert with 1250m of elevation gain. This is the stage with the greatest elevation difference of the whole race, passages in Plan Bois at the top of Plan Bois Telecabine.



La Sainte Agathe

06th februar 2019

Sainte Agathe blesses the ski instructors and their skis on the Montchavin snow front.

Behind the Mountain

11th to 15th februar 2019

A week to discover the secrets of a resort. And the 14th february : Valentine's day.



Savoyard Week

18th to 22nd february 2019

Meeting with farmers and their animals, quizzes tastings ...

Child's Week

25th february to 1st march 2019

Face painting booth, toys remote control, party dance, mobile library ...

Carnava'Gliss

04 au 08 mars 2019

Pancakes, face painting and entertainments to celebrate Carnaval.



EVENTS

Course de ski Alpinisme «Les Diables Bleus»

23th march 2019

Ski touring race on a mythical route.

- Small route : departure from Les Coches (departure from Telecabine Lac Noir) to Plan Bois. Vertical drop 450 meters and descent off piste.
- Big route : departure from Les Coches to le Dos Rond. Vertical drop 1 000 meters and descent off piste.

«Rando Challenge» , big challenge with 4 races in La Plagne :

- 17/01 La Montée des Raveillus (Champany)
- 02/02 La course des Dahus (Montalbert)
- 23/03 Les Diables Bleus (Montchavin)
- 27/03 Rando By Night (Plagne Centre)



Subli'cimes

Du 10 au 18 avril 2019

5 Picks ... 5 Sensations

Sublimcimes is free and original entertainment on 5 key peaks of the ski area. Accessible to skiers (and mostly to non-skiers also), each peak proposes a different theme adapted to all age groups.

- Top of Roche de Mio (Plagne Bellecôte area)
 - « **The view** » Theme
 - Top of Grande Rochette (Plagne Centre area)
 - « **The hearing** » Theme
 - Top of Arpette (La Plagne Montchavin - Les Coches area)
 - « **The Touch** » Theme
 - Top of Fornelet (Plagne Montalbert area)
 - « **The Smell** » Theme
 - Top of La Rossa (Champany en Vanoise area)
 - « **The taste** » Theme
- www.sublimcimes.com





Accommodations Montchavin

Estate Agents

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

Hôtels & Auberges reception

Chez Pat du Sauget .Sommet TS Montchavin	06 88 45 28 19
Hôtel Bellecôte	04 79 07 83 30
Le Chalet de Friolin Départ TS des Bauges	04 79 55 37 49

Tourism residence reception

Le Chalet de Montchavin	04 79 08 82 39
Lagrange Les 3 Glaciers	04 79 41 58 90
Neige et Soleil	04 79 07 83 22
VVF Villages Village de Vacances	04 79 07 83 06

Camping reception

Camping Caravaneige	04 79 07 83 23
---------------------	----------------

Cottages, Chalet & Holiday rental properties

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

04 79 09 79 79

Business Montchavin

Restaurants / Bars / Pubs

Cocotte & Co Traditionnel & savoyard	04 79 41 42 39
La Bovate Bar à Cocktails et cuisine raffinée	09 83 54 44 94
Le Bellecôte Spécialités et autres	04 79 07 83 30
Le Camp de Base Café Pub et restaurant	04 79 08 73 27
Le Dos Rond Burger Pub service non stop	04 79 22 90 60
La Ferme de César Restaurant de terroir	04 79 07 85 31
Les 3 Glaciers Restaurant bar lounge	04 79 00 44 32
La Zaccota Pizzeria Vente à emporter	04 79 08 82 31

Food Shops

Boulangerie Pâtisserie le Matafan	04 79 07 84 11
Les Tarines Charcuterie, Crèmerie, Traiteur	04 79 07 81 66
Les 3 Glaciers Pain, Viennoiserie, Produits régionaux	04 79 00 44 32
Supérette Sherpa	04 79 07 89 11

Books newagents, Tobacconists

La Cascade Sweaterie	04 79 07 83 17
----------------------	----------------

Ironing

Laverie Montchavin Place du Bassin	04 79 07 83 21
------------------------------------	----------------

Linen hire

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

Local produce and gifts

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

Ornaments store

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

Cinéma

Cinéma La Plagne-Montchavin	04 79 41 75 14
-----------------------------	----------------

Sports & children

Bureau des Guides	06 77 07 06 22
Club des Enfants	04 79 07 82 43
Complexe Aquatique Espace Paradisio	04 79 09 33 20
ESF -Ecole du Ski Français	04 79 07 83 54
Evolution 2 - Ecole de Ski	04 79 07 81 85
Evolution2 - Ecole d'Aventure	04 79 08 95 98
Evolution 2 - La Pause Yéti Garderie	04 79 07 81 85
Points de Vente Forfaits de Ski	04 79 09 67 00
World Ski Class (ESF Business)	04 79 07 80 33

Sport shops & clothes

Dos Rond Skishop	04 79 22 90 60
Evolution 2 Ski Shop	04 79 07 81 67
Evolution 2 Surf Shop	04 79 08 95 98
Intersport Jean-Michel Sports	04 79 07 83 21
Montchavin Sport	04 79 07 83 84
Olympic Sports Skimium	04 79 07 84 13
Ski Republic Les 3 Glaciers	04 79 00 44 32

Garage & car wash

Garage de Montchavin	04 79 07 81 48
----------------------	----------------

Cleaning

Tarentaise Net	04 79 07 34 61
----------------	----------------



MONTCHAVIN



Useful

04 79 07 80 54

Ouvert tous les jours de 9h00 à 12h00 et de 15h00 à 19h00.

Le dimanche et les jours fériés, de 10h00 à 12h00 et de 16h00 à 19h00.

Physiotherapists

06 29 72 77 52

Ouvert du lundi au vendredi sur rendez-vous.

Rue Principale de Montchavin.

Hôpital de Bourg-Saint-Maurice

Bourg-Saint-Maurice	04 79 41 79 79
---------------------	----------------

La Poste

04 79 07 80 05

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

Administration

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

ATM Machine

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

Emergency

Gendarmerie à Aime	17 - 04 79 55 61 17
Police Municipale	04 79 09 71 52 (taper 5)
Pompiers	18
Sécurité des Pistes	112 - 04 79 09 67 60
Secours sur pistes : formalités et retrait du matériel de 15h30 à 18h30 au poste de secours au TS de Plan Bois.	



Accommodations Les Coches

Estate Agents

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

Maison d'Hôtes

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

Tourism residence reception

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

Cottages, Chalet & Holiday rental properties

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

04 79 09 79 79

Business Les Coches

Restaurants / Bars / Pubs

Chez Wam Pizza, snack à emporter, livraisons	04 79 07 86 00
L'Origan Pizzeria au feu de bois, restaurant, bar	04 79 07 81 26
La Poya Savoyard	04 79 41 20 27
La Table du Tarin	04 79 22 08 98
La Taverne du Monchu	04 79 07 80 44
Le Withe Lines Pub	04 79 04 21 62
Locas Bar	06 23 01 03 47

Food Shops

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

Books newagents, Tobacconists

Les Belles Feuilles	04 79 07 80 02
---------------------	----------------

Ironing, Linen hire

Laverie des Coches	04 79 41 75 32
--------------------	----------------

Local produce

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

Ornaments stores

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

Sports & children

Bureau des Guides	06 77 07 06 22
Club des Enfants	04 79 07 82 43
ESF - Ecole du Ski Français	04 79 07 80 33
Evolution 2 - Ecole de Ski	04 57 37 18 85
Points de Vente Forfaits de Ski	04 79 09 67 00
World Ski Class (ESF Business)	04 79 07 80 33

Sport shops & clothes

Benoit Sports La Godille Ski Set (Location)	04 79 07 84 15
Benoit Sports La Poudreuse (Vente)	04 79 07 85 27
Benoit Sports Les Flocons Skiset	04 79 07 83 39
Evolution 2 Ski Shop Location, vente	04 57 37 18 85
Intersport La Randonnée	04 79 07 83 46
Slalom Sports - Skimium	04 79 07 81 41
Ri' Glisse Sport	04 79 24 69 72
Ski Republic	04 79 04 21 02

Mountain's restaurants

Chez Pat du Saugeat Sommet TS Montchavin	06 88 45 28 19
Cristal des Neiges Plan Bois	06 16 99 79 67
Le Carroley Piste du Carroley	06 71 37 52 05
Le Chalet du Friolien Les Bauges	04 79 55 37 49
Le Joli Bois Au Vanoise Express	04 79 07 48 77
Les Pierres Blanches Sommet Pierres Blanches	06 21 16 45 01
Le Plan Bois Chez Laurette Plan Bois	06 09 34 37 88
Le Poste Plan Bois	0665 62 44 27

Cleaning

Tarentaise Net	04 79 07 34 61
----------------	----------------



Doctor's office

04 79 07 83 59

Docteur Valérie Foucault. Médecine générale. Open every day from 9am to 12pm and from 3pm to 6.30pm, except saturday morning.

Without an appointment.

15 ou 112

Hôpital de Bourg-Saint-Maurice

Bourg-Saint-Maurice	04 79 41 79 79
---------------------	----------------

Administration

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

ATM Machine

Près de magasin Salom Sport Skimium.

Emergency

Gendarmerie à Aime	17 - 04 79 55 61 17
Police Municipale	04 79 09 71 52 (taper 5)
Pompiers	18
Sécurité des Pistes	112 - 04 79 09 67 60

Secours sur pistes : formalités et retrait du matériel de 15h30 à 18h30 au poste de secours au TS de Plan Bois.

Craftsmen

Artisans Associés Travaux neuf & rénovation	07 86 85 38 68
Ferrari Thierry Plomberie, sanitaire, dépannage	06 22 98 10 81
Favre Yannick Cuisine, salles de bain, boiseries	06 13 40 89 16
Lacroix Guillaume Plomberie	06 22 83 39 75

TRANSPORTS



Useful information

SNCF

Gare de Landry (10km). 36 35

Airports

Génève (186km) 00 41 22 717 71 11
Lyon St Exupéry (184km) 0 826 80 08 26
Grenoble (180km) 04 76 65 48 48
Chambéry (110km) 04 76 54 49 66

Road network

0 800 100 200

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

GPS : Longitude : 6.7326237 et latitude : 45.559839

Taxis

Richard 06 80 85 27 92
Please ask the Tourist Office for the numbers of other taxi firms.

Navettes depuis la gare

Transports Loyet 04 79 55 64 76

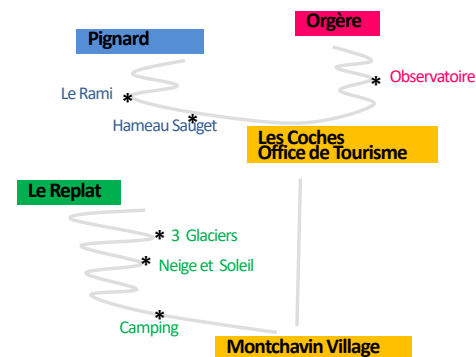
Montchavin & Les Coches/train station bus service

Buses run from 22/12/2018 to 20/04/2019 on Saturdays and Sundays. They stop at Montchavin & Les Coches. Contact the Tourist Office for further information. Return tickets can be purchased at : www.mobisavoie.fr, rubrique «Stations de Ski».

Free resort shuttle

Free shuttles runs everyday from 22th december 2018 to 21st april 2019.

Timetable available at the Tourist Office.



NOUVEAU NEW

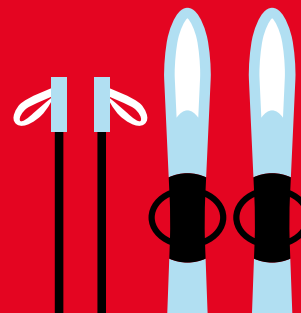
Ça vous dirait de régler
vos achats "sans contact"
avec votre forfait de ski ?

Yes, you can now shop
with your skipass!
Contactless, easy & so adveantageous,
summer & winter!

à vous
LA MONTAGNE

PLAGNE
access

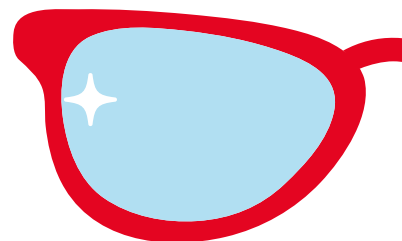
*The mountain is yours!



A vous cadeaux, bons plans
& accès privilégiés
été comme hiver,
à retrouver dans l'appli

YUGE
Paradiski

Find in the Yuge App.



LA PLAGNE
Paradiski



BORN FOR THE BLAST*

C'est en chacun de nous; le premier virage, la prise de vitesse, tel un défi à la gravité. C'est cette sensation lorsque nous sommes sur la carre, passant d'un virage à un autre, prenant toujours plus de risques pour ressentir la vitesse. C'est ça le Blast. Soyez prêts à vous laissez envahir par l'adrénaline.

#SONSOFABLAST

Rendez-vous sur sonsofablast.salomon.com

*NÉ POUR LE BLAST



RACER
FRANCE-1927



GANTS CHAUFFANTS TWIN BATTERIES

CONNECTIC3

La nouvelle gamme de gants chauffants RACER offre toujours plus de fonctionnalités. Grâce à la thermorégulation et l'utilisation simultanée de deux batteries, l'autonomie de vos gants atteint désormais 7 heures en mode POWER 3.

[f](https://www.facebook.com/racergloves) [i](https://www.instagram.com/racergloves) [RACERGLOVES.COM](https://www.racergloves.com)



Unforgettable*

ÉTÉ 2019 | SUMMER 2019

*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



LA PLAGNE
Paradiski
www.la-plagne.com

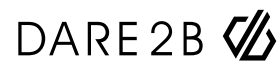


CONCEPTION : Office de Tourisme de la Grande Plagne - IMPRESSION : Imprimerie du Pont de Claix.
Les éditions sont réalisées par un imprimeur ayant obtenu un label ou une certification environnementale.
Document non contractuel - Reproduction interdite © Office de Tourisme de la Grande Plagne
- Novembre 2018

- Novembre 2018

Les Portes du
PARADIS

34



35

COME & LIVE

Unforgettable*

MOMENTS

© 2015 La Plagne
Photo: P. Noyer - Gettyimages



***VENEZ 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



LA PLAGNE

Paradiski

www.la-plagne.com