

2019/2020



Unforgettable*

*INOUBLIABLE

LA PLAGNE MONTCHAVIN - LES COCHES

WWW.MONTCHAVIN-LA-PLAGNE.COM - 04 79 07 82 82

Le futur s'ouvre à vous dès maintenant.



LA PLAGNE
Paradiski

**PARTENAIRE
OFFICIEL**



NEXO
hydrogène

KONA
hybrid ou electric

IONIQ
hybrid, plug-in
ou electric

5 ANS GARANTIE KILOMÉTRAGE
ILLIMITÉE *

8 ANS GARANTIE BATTERIE **

 **HYUNDAI**

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 illimitée 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
2 Just Drive !

CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201

WWW.JEANLAIN.COM

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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



WELCOME



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 2€.



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 : 7€ - 1 week : 39€.

UNDERCOVER PARKING

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



1 week : 50€, deposit : 50€.



Offices de
Tourisme
de France



QUALITÉ
TOURISME





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.

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

Reductions, presents,
exclusive deals
and a brand new
Privilege Programme!

à vous
LA MONTAGNE

PLAGNE
access

*Tous les jours de la saison

Appli à télécharger sur

Download the App



la-plagne.com/app

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LA PLAGNE
Paradiski

SKI PASSES



Information :
WWW.SKIPASS-LAPLAGNE.COM

MONTCHAVIN LA PLAGNE

Period	Adult (13 - 64 yrs)	Child (5 - 12 yrs) ⁽¹⁾ Senior (65 - 74 yrs) ⁽¹⁾
1 day	42.00€	34.00€

TARIFS FORFAIT PARADISKI

Period	Adult (13 - 64 yrs)	Child (5 - 12 yrs) ⁽¹⁾ Senior (65 - 74 yrs) ⁽¹⁾
1 day	61.00€	49.00€
6 days	310.00€	248.00€

TARIFS FORFAIT LA PLAGNE

Period	Adult (13 - 64 yrs)	Child (5 - 12 yrs) ⁽¹⁾ Senior (65 - 74 yrs) ⁽¹⁾
4 hours ⁽²⁾	43.00€	35.00€
1 day	54.00€	44.00€
6 days	271.00€	217.00€
Extension Paradiski	20.00€	16.00€

COOL SKI

Period	Tarif unique 5-74 ans
1 day	30.00€

INSURANCE

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 for the season sold in Tourist Offices.

INSURANCE CARTE NEIGE

 Tourist Offices Montchavin & Les Coches.

 Open every day.

 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
www.montchavin-la-plagne.com

INSURANCE CARRE NEIGE

 Ski pass offices SAP Montchavin & Les Coches.

 Open every day.

 2.90€ /day

 Contact : 04 79 09 67 00
info@ski-laplagne.com
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.

Ski bonuses

FREE : An extra 1/2 day, starting at 12.30pm the day before the 1st day of your pass when you buy a Paradiski pass of 6 - 15 consecutive days.

Packs

DUO : Save 10€ per pass in the pack.

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

FAMILY : Save 30€ per pass in the pack.

2 adults (13 - 74 yrs) + 2 children (13 - 17 yrs)

Valid for La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

>>>>>>>> LES **PACKS** <<<<<<<<<

PACK	SAVINGS
DUO 	-10€ /pers.
TRIBU 	-15€ /pers.
FAMILLE 	-30€ /pers.

À PARTIR DE 6 JOURS/APPLICABLE FROM 6 DAYS

Avec le forfait Paradiski de 6 à 15 jours consécutifs.

LE BONUS



**La Plagne t'offre
une 1/2 journée**

La Plagne offers you a half day of skiing!
For a Paradiski package of 6 to 15 consecutive days.

Ski Pass Offices



MONTCHAVIN
LES COCHES



Open every day



04 79 09 67 00
www.skipass-laplagne.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!





Ski Lessons

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

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

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

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-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

WORLD SKI CLASS ESF BUSINESS

-  Montchavin & Les Coches
-  Everyday from 8.45am to 6pm.
-  Children and adults lessons, from beginners to level 3 : 160€.
- Private lessons from 44€
-  Contact : 04 79 07 80 33
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

-  Montchavin & Les Coches
-  Everyday from 8.30am to 7pm.
-  Children's group lessons from 118€
Adult group lessons from 127€.
- Private lessons from 49€ and crèche 14€.
-  Contact : 04 79 07 81 85
montchavin@evolution2.com
www.montchavin.evolution2.com

esf MONTCHAVIN
LES COCHES

evolution2
école de ski & d'aventure



Ski Touring



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.

Coaching with a qualified instructor of at least 2h (material not included)

Introduction to ski touring

EVOLUTION 2 ECOLE DE SKI ET D'ADVENTURE



Montchavin & Les Coches



Every day



From 98€



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

ECOLE DU SKI FRANCAIS



Montchavin & Les Coches



Tuesday & wednesday from
6.00pm to 7.00pm (level Class II)



25€ + 15€ equipment rental
(partner shops)



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

Other ride

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

BUREAU DES GUIDES ET ACCOMPAGNEURS



Montchavin & Les Coches



Consult us



Consult us



Contact : 06 01 78 06 65
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-montchavinscoches@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-montchavinscoches@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.

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-montchavinscoches@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).

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

TARIFS CLUBS ENFANTS

Crèche Cacahuète	Unit	Week
Half day (morning or afternoon)	35€	135€
Half day + meal	50€	199€
Full day + meal	66€	260€

Club neige	Unit	Week
Half day afternoon	35€	135€
Meal + half day	50€	199€

Unit meal + child care (12.00pm-14.20pm) : 28€

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



Piou Piou 3/4 years ESF	Week
Ski lessons + morning child care	209€
Ski lessons + morning child care + meal	329€
Ski lessons + morning child care + meal + Club Neige	369€

Ecole de ski Evolution 2	5 days
Ski lessons + morning child care 3/4 years PANDA - Montchavin	201€
Ski lessons + morning child care 3/4 years PANDA + meal - Montchavin	340€
Ski lesson + morning child care + meal 4/12 years - Les Coches	269€* 310€**

Ecole de Ski Français	Week
Ski lessons + morning child care* or afternoon	220€ ** 260€ **
Ski lessons + morning child care + meal* Meal+ Ski lessons+ child care afternoon	280€ ** 370€ **
Ski lessons + morning child care + meal+ club neige afternoon	365€ ** 430€ **
Ski lessons morning +meal + ski lessons afternoon	410€ * 525€ **

* Christmas

** February holidays

* Out of Christmas & february holidays

New this winter :

A full package «Ski lessons + child care» !

Booking :

garderie-montchavinslescoches@hotmail.fr

<https://laplagnemontchavin-garderie.portail-familles.net/>



La Plagne - Montchavin - Les Coches, with Famille Plus label propose activities ideas for family or with friends. Ideas to share !

Dad, Mom & children

- Day on the slopes for Dad & Mum (pages 6 & 7)
- Ski lessons (page 8) and children clubs (pages 10 & 11) for children
- Entertainments in the resort in the evening (see program)
- Cinema in Montchavin (page 16 & cinema program)
- Restaurants in Montchavin or Les Coches.

Grandpa, Grandma & children

- Ski lessons (page 8) and children clubs (pages 10 et 11) for children.
- Snowshoes for Grandpa & Grandma (page 15)
- Ski in family with «Selfies in the air» on some chairlifts
- Exploring the heritage with visit by the torchlight (page 16)
- Reserve your fondue trays from the traders of the resort.

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 under Tipis 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)



FAMILLE +



TO TAKE NOTES

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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 ECOLE DE SKI ET D'AVEVENTURE



Descent form Plan Bois to Les Coches



Tuesday, wednesday and thursday



47€ per person.



Contact : 04 79 07 81 85
montchavin@evolution2.com
www.montchavin.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 form 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 ECOLE DE SKI ET D'AVEVENTURE



Descent form 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.montchavin.evolution2.com



Snowshoes

*Snowshoes weekly program, morning, afternoon, evening and full day.
Equipment and ski lift not included.*

BUREAU DES GUIDES ET ACCOMPAGNATEURS

 Montchavin & Les Coches

 From monday to friday

 Half day from 20 to 30€

The day from 36 to 41€

 Contact : Serge 06 01 78 06 65
Contact Alois 07 82 10 30 49
guidesmontchavin@gmail.com
www.guidesmontagne.com

Day and night walks

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

 Montchavin & Les Coches

 From monday to friday

 Half day from 26€ and restaurant
evening 70€ (wednesday only)

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

Snowshoes weekly program with Gilles.

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 : 09 67 19 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 & 3€ per child (from 5 to 16 years)
-  Contact : 04 79 07 82 82
info@montchavin-la-plagne.com
www.montchavin-la-plagne.com



Dogs Sledging

On track for an amazing ride

EVOLUTION 2 ECOLE DE SKI ET D'ADVENTURE

 Plan Bois, near Chez Laurette restaurant

 Consult us

 2 persons : 94€ -
2 adults + 1 child : 125€

2 adults + 2 child : 136€

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

Tipi Evening

Walk up to the Tipies village on snowshoes accompanied by a mountain guide. Local aperitif and meeting with dogs sledging.

EVOLUTION 2 ECOLE DE SKI ET D'ADVENTURE

 Montchavin & Les Coches

 From monday to friday at the end of the day

 From 54€

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

Paragliding

The oldest dream of the man

EVOLUTION 2 ECOLE DE SKI ET D'ADVENTURE

 Montchavin & Les Coches

 Everyday

 From 80€

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

ACTIVITIES



Aquatic Complex

Wellness area : Balnéo Swimming Pool, jacuzzi, sauna, hammam, treatment cabins.

ESPACE PARADISIO

-  Montchavin
-  Monday to sunday (10am to 8pm)
late night opening wednesday (8pm to 9.30pm)
-  (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.aquaplagne.fr

Snowshoes & Spa

ECOLE DU SKI FRANCAIS

-  Montchavin
-  Consult us
-  40€ per person from 13 years
-  Contact : 04 79 07 83 54
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

Yoga

All levels welcome. Must be over 16 years

Sylvia Fairclough

-  Montchavin, salle Auguste Mudry
-  Tuesday from 5.30pm to 6.45pm
from 7th january to 23th april.
-  10€ / person
-  Contact : 07 77 82 10 29
sylviatp_816@yahoo.com



Ski Sophro

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

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

 Montchavin & Les Coches

 Every day (except saturday)

 From 75€

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

 La Plagne

 Everyday (except sunday)

 Place behind the guide 30€
99€ the moto for 1 or 2 persons

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

Torchlight Descent

Join us for a final descent into the dark. With a torch light, ski instructors and local aperitif

ECOLE DU SKI FRANCAIS

 Montchavin

 From 5.00pm. Consult us

 20€ per person (level 2**)

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

ACTIVITIES



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



48€ 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



112€ 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



128€ 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



Welcome drinks

The Tourist Office hosts welcome drinks every Sunday in Montchavin at 5.00pm and in Les Coches at 6.30pm. 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 27th december 2019

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

New Year's Eve in the snow

31st december 2019

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

La Sainte Agathe

05th februar 2020

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

Torch Light Descent

13, 20, 27th februar and
05th march 2020

During French holidays, every thursday in the evening, torch light descents with the ski schools of the resort.

Winter Family Race

19th & 26th february 2020

A fun and free race for the family ! Walking or running, with a minimum of 2 people (1 parent and 1 child).

The course, which is intended above all to be fun and accessible to the greatest number of people, between Les Coches and Montchavin will be marked by small sporting events and surprises.

Subject to satisfactory climatic conditions



Carnaval

25th february 2020

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

Super Slalom by Les Villages

05th march 2020

A funny and free entertainment to compete on a parallel slalom.

Family, couple, friends ... anything is possible !





Course de ski Alpinisme «Les Diables Bleus»

21st march 2020

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 :

16/01 La Montée des Raveillus (Champagny)

01/02 La course des Dahus (Montalbert)

21/03 Les Diables Bleus (Montchavin)

25/03 Rando By Night (Plagne Centre)



Subli'cimes

09 to 15th april 2020

5 Picks ... 5 Sensations

Sublicimes 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)

« **Japan** » Theme

• Top of Grande Rochette (Plagne Centre area)

« **Bollywood** » Theme

• Top of Arpette (La Plagne Montchavin - Les Coches area)

« **Road 66** » Theme

• Top of Fornelet (Plagne Montalbert area)

« **Jungle** » Theme

• Top of La Rossa (Champagny en Vanoise area)

« **Old Fairs** » Theme

www.sublicimes.com





Accommodations Montchavin

Estate Agents

Agence Immobilière des Glaciers	04 79 04 22 86
Agence Ski et Soleil / OIP	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
Residence Les 3 Glaciers	06 32 26 62 24
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
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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 and 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	06 58 98 58 97
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
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Ironing

Laverie Montchavin Place du Bassin	04 79 07 83 21
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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	09 67 19 75 14
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Sports & children

Bureau des Guides	06 01 78 06 65
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 & d'Aventure	04 79 07 81 85
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 41 49 01
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
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Cleaning

Tarentaise Net	04 79 07 34 61
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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
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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 Aide	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 / OIP	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
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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

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04 79 09 79 79

Business Les Coches

Restaurants / Bars / Pubs

Chez Wam Pizza, snack à emporter, livraisons	04 79 07 69 75
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
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Ironing, Linen hire

Laverie des Coches	04 79 41 75 32
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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 01 78 06 65
Club des Enfants	04 79 07 82 43
ESF - Ecole du Ski Français	04 79 07 80 33
Evolution 2 - Ecole de Ski & d'Aventure	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
Evo 2 Ski Shop Location, vente	04 57 37 18 85
Intersport La Randonnée	04 79 07 83 46
Slalom Sports - Skiumum	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 Friolin 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
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LES COCHES



LA PLAGNE
MONTCHAVIN - LES COCHES

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 Skiumum.

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

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

Bus run from 21/12/2019 to 25/04/2020 on Saturdays and Sundays. They stop at Montchavin & Les Coches.

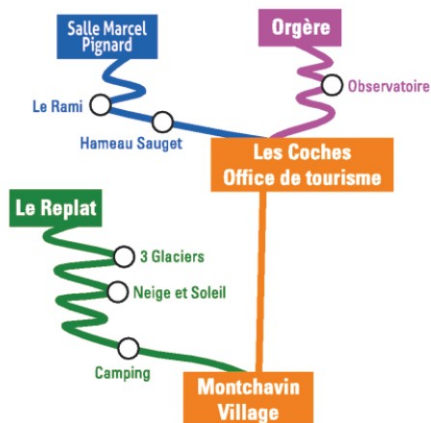
Contact the Tourist Office for further information.

Return tickets can be purchased at : www.mobisavoie.fr, rubrique «Stations de Ski».

Free resort shuttle

Free shuttles runs everyday from 21th december 2019 to 25th april 2020.

Timetable available at the Tourist Office.



CÉBÉ
PURE ADRENALINE



PHOTOS : T. HYTTE - KLIP PRODUCTION / AIR RACER PHOTOGRAPHY



CÉBÉ PARTENAIRE OFFICIEL DE **LA PLAGNE**
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