

MONTCHAVIN - LES COCHES

Your holiday planner
SUMMER 2021



Gamme E-SUV Hyundai

La plus large gamme de SUV électrifiés

Hybride

Hybride rechargeable

Electrique

Hydrogène



PARTENAIRE
OFFICIEL



Bonus écologique
et coûts d'entretien réduits



Consommation
de carburant maîtrisée



Garantie 5 ans,
kilométrage illimité⁽²⁾



Garantie batterie
8 ans ou 200 000km⁽³⁾

Consommations mixtes de la gamme KONA Electric (kWh/100 km) : 15,0- 15,4 Émissions CO₂ (g/km) : 0 Consommations mixtes (WLTP) de la gamme TUCSON (l/100 km) : 5,4-6,7 Émissions CO₂ WLTP (g/km) : 127-154 Consommations mixtes de la gamme SANTA FE (l/100 km) : en cours d'homologation Émissions CO₂ WLTP (g/km) : en cours d'homologation (2) La garantie 5 ans kilométrage illimité de Hyundai s'applique uniquement aux véhicules Hyundai vendus initialement par un Distributeur Agréé officiel Hyundai à un client final, conformément aux termes et conditions du carnet de Garantie Entretien & Assistance du véhicule. (3) Les batteries haute-tension de nos véhicules KONA Electric, TUCSON Hybrid et SANTA FE Plug-in sont garanties 8 ans ou 160 000 km. Détails : hyundai.fr Just Drive ! : Conduire, l'esprit libre !

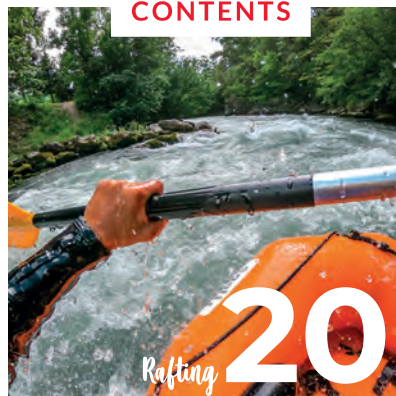


JeanLain
Just Drive !

CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201
WWW.JEANLAIN.COM

CONTENTS



La Plagne thanks its partners

Jean Lain /
JUST OFFICE / HYUNDAI

DARE2B

YCEBE
PURE ADRENALINE

BANQUE
POPULAIRE
AUVERGNE RHÔNE ALPES

RACER
FRANCE 1907

Puy du Fou.



WELCOME

It's time to breathe !





Because your holiday should be a serene, stress-free time, the resort of

La Plagne and all the professionals you will be in contact with here, have put in place the appropriate procedures to ensure your health and safety.

All the necessary provisions are in place so that everyone can enjoy their stay to the full, with the barrier gestures as our priority.

We would ask everyone to follow the rules that we have all already adopted



*Face masks
must be worn*



*Hand
sanitizer gel at
your disposal*



*Tables at least
1 metre apart
or a fixed
or movable
barrier
to ensure
physical
separation*



*Surfaces and
equipment
disinfected*



*Seated service
only*

La Plagne, a certified resort

From the spring of 2020, La Plagne opted to request the validation of all of its actions guaranteeing the health and safety of its visitors. Its provisions were therefore audited and certified by Afnor.

La Plagne now has the **“COVID-19 health measures”** label.

All the latest information on the health standards is online on the Covid-19 page of our website

www.la-plagne.com

WELCOME

Tourist Office Services

TOURIST OFFICES



Montchavin & Les Coches.



Every day from 9am to 12pm and from 2.30pm to 6pm.

From 12/06 to 02/07 and from 28/08 to 12/09, from Monday to Saturday : from 9am to 12.30pm and from 2.30pm to 5.30pm.



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

LOST PROPERTY

All lost property will be kept at the Tourist Office.

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.

WEATHER FORECAST

A weather forecast is displayed inside the Tourist Office daily.

INTERNET

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



1h 5€ - 1 day 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€

We did our best to edit this guide in an uncertain context.

Due to current health conditions, all activities in this guide are subject to change or to be cancelled without notice.



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

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!!!



CHILDREN



3 clubs accredited PMI welcome children in Les Coches. Activity schedules by age groups are proposed.

CALINS DES NEIGES (5 months to 4 years)

-  Place du Carreau in Les Coches
-  Monday to Friday from 9am to 5pm
-  1 hour 6€ - a meal 7€
-  Contact : 04 79 09 00 83

EQUIPMENT

*Small bag with mountain shoes, sunscreen, rain coat, hat, swimsuit and towel.
Don't forget your child's health record and a change of clothes.*

BABY SITTER

Ask the Tourist Office for a list.

FAMILY SERVICE

Strollers can be rented at most sports shops of the resort (cf user contacts).

CENTRE DE LOISIRS DES CIMES (3 years to 11 years)

-  Place du Carreau in Les Coches.
-  Monday to Friday from 9am to 5pm
-  1 hour 6€ - a meal 7€
-  Contact : 04 79 09 00 83

CENTRE DE LOISIRS DE LA COMBE (3 years to 11 years)

With our team, kids will be brought to les Coches to spend the day.

-  Chairlift departure in Montchavin.
-  Welcome from monday to friday from 8am to 9.30am and from 4.30pm to 5pm.
-  1 hour 6€ - a meal 7€
-  Contact : 04 79 09 00 83

Accro Bungee

I believe I can fly !

UP & GO

-  Les Coches, opposite the skating rink
-  Every day from 10am
-  10 minutes : 6€
-  Contact : 06 85 02 55 38
ou 06 89 98 34 57

For all children, free access for inflatable structures in Montchavin and Les Coches villages.

The 5 fantastic family experiences

Ice Rink :

(Page 13) Natural ice rink on a surface of 800 m2 with an exceptional view on Mont-Blanc. Many animations and games.

Family Race :

(Page 23) An enjoyable family event where you can walk or run. A fun course strewn with surprises. Not timed. Prize for the best costume.

Climbing in the Trees :

(Page 13) 3 family runs and one special run for the small ones (from 1 year old, under parents supervision).

Ponies :

(Page 13) Ponies for rent for children from 3 years. From 30mn to a half day.

Archery :

(Page 13) Robin des Bois welcomes you for lessons and entertainment (zombie hunt). Tournament every friday morning.



LABEL FAMILLE PLUS

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

60 YEARS

OF LOVE FOR THE MOUNTAINS.
OF A LOVE OF SPORT AND THE GREAT OUTDOORS.
OF SHARING AND DISCOVERY.



LA FOLLE ENTREPRISE © O. Allamand

In December 2021, La Plagne will be celebrating 60 years of unforgettable memories and launching the next 60 years of emotions to be experienced by future generations.

Come and celebrate this mountain heritage with us.



A detailed collage of various characters from different eras and genres, including a Viking, a pirate, a knight, a woman in a yellow dress, a man in a red hat, and a soldier, all set against a backdrop of a burning castle and a sailing ship. The entire scene is framed by an ornate gold border.

PUYDUFOU®

Après la Plagne, votre aventure continue sur

PUYDUFOU.COM

NEW ACTIVITIES



Climbing in the trees



3 family runs and one special run for the small ones (from walk age, under parents supervision).

UP & GO





-  Les Coches, opposite the skating rink
-  Every day from 10h
-  - From 2 to 5 years : 9€
- Family runs : 19€/ pers
-  Contact : 06 85 02 55 38
ou 06 89 98 34 57

Photo Course



3 topics : macro photography, portrait or landscape. Individual shootings are possible !

MAXIME LECLERC

-  Montchavin & Les Coches
-  Every day from 6am
-  - Course : from 60€
- Shooting : from 40€
-  Contact : 06 84 57 07 71

Archery



Robin des Bois welcomes you for lessons and entertainment (zombie hunt). Tournament every friday morning.

ROBIN DES BOIS

-  Les Coches
-  Monday, Wednesday & Friday from 10am to 12pm & from 2pm to 6pm.
-  30 mn : 8€
- 1 h : 13€
- Course (6 x 1h) : 65€
- Tournament : 8€
- Zombie Hunt 1h30 : 16€
-  Contact : 04 79 07 82 82
Robin des Bois : 06 10 68 48 28

Ponies



Ponies for rent for children from 3 years. From 30mn to a half day.

LE MINI RANCH



Les Coches, Skilift Petit Sauget



Sunday to Friday from 9am to 6pm



- 30 mn : 10€

- 1 h : 20€

- 1h30 : 30€

- 1/2 day : 50€



Contact : 06 80 36 93 07



NEW ACTIVITIES

Ice Rink



Enjoy our 800m2 ice rink with an exceptional view on Mont-Blanc. Many animations and games for families.

PATINOIRE



Les Coches



Every day from 10am to 8pm.

Wednesday to 10pm.



From 5€ without ice skates

From 8€ with ice skates



Contact : 04 58 24 00 46

Electric Scooter



Come and discover this original activity during a accompanied tour on our mountain tracks.

UP & GO



Les Coches near salle Marcel Pignard



Every day from 10h



Small groups supervised.

- 2h : 45€

Helmet included. From 12 years.



Contact : 06 85 02 55 38

ou 06 89 98 34 57

Mountain board



Summer cousin of the snowboard, with wheels. Initiations on the E-Spot in Les Coches or rental to discover our mountain tracks.



Les Coches



Depending on the weather



- 1 h : 30€

- 1h30 : 40€

- 2 h : 50€



Contact : Simon 06 30 04 51 22

Karim 06 35 51 66 89

HIKING



Hiking with Mountain Guides



Natur'Découverte theme walks: Learning about nature while having fun: the shrinking of a glacier, orienteering, using plants...

Discover the mountain during easy family walks or hikes for good walkers: peaks, lakes, fauna & flora, all the richness of the National Parks...

BUREAU DES GUIDES ET ACCOMPAGNATEURS



Les Coches, Bureau des Guides near Tourist Office



Registration from sunday to friday,
from 6pm to 7pm in Les Coches



Half day from 10€

Full day from 17€ (single price)



Contact : 06 63 21 77 90 or 06 01 78 06 65
guidesmontchavin@gmail.com www.guidesmontagne.com



A free map showing 16 itineraries is available from Montchavin and Les Coches Tourist Offices.

- Wear appropriate shoe and check the weather forecast before you leave
- Take a snack and a bottle of water
- Don't forget sun cream, sunglasses, warm clothing & rainwear
- Don't go on your own and always let someone know where you are going
- Keep your dog on a lead and in case of an accident, call 112.

Canyoning

Descend the gorges and streams, mixing the techniques of mountaineering and swimming.

Bureau des Guides



Les Coches, Bureau des Guides near Tourist Office



Registration from sunday to friday,
from 6pm to 7pm in Les Coches



Initiation half day: 55€ - full day : 70€



Contact : Serge 06 77 07 06 22 or 06 01 78 06 65
guidesmontchavin@gmail.com www.guidesmontagne.com



Montchavin-la Plagne is just on the edge of the Vanoise National Park, so you can find all the information about the park in our Tourist Offices: technical sheets, park regulations, the Park journal, list of refuges ... the centre of the Park stretches over 53 000 hectares.


From Montchavin-la Plagne, the quickest way to get there is via Peisey-Nancroix, going in from Rosuel (15km by car).




Glacier Hiking

A small team of mountain enthusiasts invites you to discover and share the magic of glaciers and walls.

BUREAU DES GUIDES ET ACCOMPAGNATEURS

 Les Coches, Bureau des Guides near Tourist Office

 Registration from sunday to friday, from 6pm to 7pm in Les Coches


 From 72€


 Contact : Serge 06 77 07 06 22
or 06 01 78 06 65
guidesmontchavin@gmail.com
www.guidesmontagne.com

Climbing

Emphasis put on the technique of laying the feet, roping, descent in top rope.

BUREAU DES GUIDES ET ACCOMPAGNATEURS

 Les Coches, Bureau des Guides near Tourist Office

 Registration from sunday to friday, from 6pm to 7pm in Les Coches


 Half day from 35€


 Contact : Serge 06 77 07 06 22
or 06 01 78 06 65
guidesmontchavin@gmail.com
www.guidesmontagne.com


Via Ferrata


Climb rock walls using artificial means, ladders, steps, cables, Nepalese bridges to facilitate ascent.

BUREAU DES GUIDES ET ACCOMPAGNATEURS

 Les Coches, Bureau des Guides near Tourist Office

 Registration from sunday to friday, from 6pm to 7pm in Les Coches

 Half day : 62€ - Full day : 75€

 Contact : Serge 06 77 07 06 22
or 06 01 78 06 65
guidesmontchavin@gmail.com
www.guidesmontagne.com

SKI - LIFTS



Lifts for pedestrians and mountainbikes



- **Chairlift Montchavin** : Monday to Thursday from 9am to 12.15pm & from 1.30pm to 5.40pm (July 04 to August 27 2021).
- **Télécabine du Lac Noir** : Sunday to Friday from 9am to 12.15pm & from 1.30pm to 5.40pm (July 04 to August 27 2021).
- **Télébufette** : Sunday to Friday from 9am to 12.15pm & from 1.30pm to 5.40pm (July 04 to August 27 2021).
- **Télécabine des Coches** : Sunday to Friday from 9am to 12.15pm & from 1.30pm to 5.40pm (July 04 to August 27 2021)



PRICES LA PLAGNE FOR SALE IN THE TOURIST OFFICE

Attention : access to glacier not authorized to mountainbikes


Price per person	12 years & +	5 to 12 years
1 passage	7€	7€
1 day with glacier	20€	16€
1 week* / VTT with pedestrian glacier	45€	36€
Season Pedestrian / VTT	100€	80€

*7 consecutive days

Télécabine des Coches & Télébufette access are free to move between Montchavin and Les Coches.

E-BIKE SPOTS

Playful spaces with different ground movements To play with e-bike uphill and downhill.

 Les Coches, top of Télébufette

 Every day

 Free

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

Mountain bike and e-bike rides



Discover the paths of Montchavin-Les Coches by mountain bike and mountain bike with electric assistance. Various outings are available for children or adults at all levels.

EVOLUTION 2

Montchavin & Les Coches

Every day

From 32€ (discovery electric VTT 1h30)

From 40€ (Children half day)

From 55€ (Adult half day)

Contact Montchavin : 04 79 07 81 85
Contact Les Coches : 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches



Mountain bikes and e-bikes rental



We offer you to rent a mountain bike to discover the paths of Montchavin & Les Coches. New this summer : electric Gravel.

EVOLUTION 2

Montchavin & Les Coches

Every day

From 8€ (VTT children)

From 38€ (VTT electric)

From 30€ (VTT electric)

From 45€ (Gravel electric)

Contact Montchavin : 04 79 07 81 85
Contact Les Coches : 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches



The store La Poudreuse offers you the rental of mountain bikes to discover mountains and tracks

BENOIT SPORT LA POUDEUSE

Les Coches

Every day

From 5€ (Children)

From 19€ (VTT adults)

From 30€ (VTT électrique)

Contact : 04 79 07 85 27
contact@benoitsports.com
www.location-ski-hescoches.com



PEUGEOT
CYCLES



LA PLAGNE
Paradiski



Orienteering Race



2 courses on the resort: a discovery course in Montchavin with 8 markers and riddles and a sports course in Les Coches with 25 markers. Maps are available in the tourist offices

TOURIST OFFICES

Montchavin & Les Coches

Every day

Free

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

Trail

4 specific itineraries for trail runners with different levels of difficulty have been developed in the Montchavin area. There are also other itineraries in the La Plagne area.

TOURIST OFFICE

Montchavin & Les Coches

Every day

Free

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

Quad / Buggy /4x4

Discover the mountain in quads, 4x4 or buggy with a guide.

EVOLUTION 2

In the valley

Every day

From 55€

Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches


RAFTING



La Plagne Eaux Vives introduces you to canoeing, kayaking and stand up paddle boarding on the lake at the Versants d'Aime leisure park. We can also accompany you on descents of the Isère river in 1- or 2-seat kayaks and offer mini courses. Discover the weekly programme on our website!

LA PLAGNE EAUX-VIVES

 Versants d'Aime lakeside

 Isère downhill on morning
Kayak rental on the lakeside in the afternoon

- From 6€ (kayak rental)
- From 35€ (rafting)

07 70 18 70 12
laplagnekayak@gmail.com
www.laplagne-eauxvives.com

Rêve d'eau offers white-water activities on the upper Isère, a fantastic river for all levels.

RÊVE D'EAU

 Versants d'Aime lakeside

 7/7

 Consult us

06 74 76 42 34
info@revedeau-rafting.com
www.revedeau-rafting.com

AN-rafting is delighted to introduce you to rafting, hydrospeed and canoe-rafting in one of Europe's top white-water spots, for an adventure in natural surroundings in the heart of the Alps.

AN-RAFTING

 Base AN Rafting - Macot - Z.A

 7/7 by booking

 - From 45€


 04 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com

H2O Sports La Plagne, 29 years' experience: 30 professionals in small teams on 4 sites for a safe experience: Rafting, Deval/Bike, Hydrospeed, Canyoning, Paintball, Stand-up Paddle, Canoeing, Kayak

H2O SPORTS / EVOLUTION2

 H2O Sports Activity Center

 7/7

 - Rafting : from 39€
- Canyoning : from 51€
- Hydrospeed : from 51€

Contact Montchavin :
04 79 07 81 85
Contact Les Coches :
04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

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

ESSAONIA ESPRIT RAFTING

 Centron lakeside

 7/7 by booking

 - From 55€

 06 63 08 30 16
contact@essaonia.com
www.essaonia.net

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

FRANCRAFT

 Centron lakeside


 7/7

 - From 50€
- Groups, kids (ask for details)


 04 79 55 63 55
info@francraft.com
www.francraft.com

FLY IN PARADISE

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

 Prariond/Les Charmettes, Aime
2000, Belle Plagne/Arpette-St
Jacques et vallée

 7/7 from 8.am to 7.pm

 From 80€ to 160€

 Contact : 06 63 71 59 78
contact@fly-in-paradise.fr
www.fly-in-paradise.fr

AN-RAFTING

*Enjoy the panoramic view.
Without prior experience.*

 Macot - Z.A


 7/7 by booking

 • From 80€
• Groups, kids (ask for details)


 Contact : 04 79 09 72 79
savoie@an-rafting.com
www.an-rafting.com

PLAGN'AIR PARAPENTE

*come and discover the pure air
of our mountains.
Tandem paraglider flight with a
state-qualified instructor*

 Prariond (Les Charmettes)

 Tous les jours de 9h à 18h à partir
du 19 mai 2021

 • 110€ le vol de 20 à 35min


 Contact : 06 15 06 09 31
para.plagnair@gmail.com
www.laplagne-parapente.com

AIR LA PLAGNE PARAPENTE

*Since 1998, our team of qualified
and highly experienced
professionals has been taking
clients on a real adventure. We
also offer high-level acrobatics.
Min. age 3 yrs.*

 Stations la Plagne Altitude et
vallée

 7/7 by booking

 - Discovery flight : 80€
- Panoramic flight : 120€
- Prestige flight : 160€

Exceptional flight :
- Alpages flight : 140€ et
- King Sunset or Sunrise : 300€
- Flight Cross : 400€

 Contact : 0 783 783 790
airlaplagne@gmail.com
www.air-la-plagne.com

PARAGLIDING



QUATRIÈME DIMENSION

*Come and discover the thrill of
a tandem paragliding flight.
Stéphane Drouin, pilot for the
French team and winner of
several world titles shares his
passion with enthusiasm and
professionalism. Min. age 5*

 Stations la Plagne Altitude and
valley

 7/7 by booking

 From 80€

 Contact : 06 12 73 66 56
stephane@quatriemedimension.fr
www.quatriemedimension.fr

WINTER

425 KM

of runs – in the Paradiski® area

323 HECTARES

of snow-covered runs

130 SKI LIFTS

264 SKI RUNS

36 blacks - 79 reds

137 blues - 12 greens

5 «NATURE» TRAILS

secure but ungroomed itineraries at high altitude

2000 M

The only resort in France with its own

**OLYMPIC
BOBSLEIGH TRACK**



THIS WINTER ...

Winter Family
Races

Magic Christmas

Les Diablos Bleus

Super Slalom

Torchlit Descents

Sainte Agathe
Celebration

Carnaval

Farmer markets

Treasures hunts

Battle Archery

Human Curling &
Bowling

ACTIVITIES



Swimming Pool / Spa

Wellness area with: a large pool, Spa, Jacuzzi, sauna, hammam, beauty treatment cabins.

ESPACE PARADISIO



Montchavin



Monday to sunday from 10.30am to 7.30pm. Nocturne on Wednesday until 9.30pm.



Entry outdoor pool : from 5€/child - 6€/teen-ager (14/17 years) - 7€ / ad

Entry SPA + swimming pool : from 9€/child - 15€ /teen-ager (14/17 years) - 20€/ad

Aquabiking & aquagym : from 15€

Lessons : consult us



Contact : 04 79 09 33 20
contact@espace-paradisio.com
www.aquaplagne.fr



Tennis Lessons

Initiation or advanced course with our professionals teacher, on a beautiful panoramic view tennis court.



Les Coches, behind the ice rink



On reservation



1 hour : 40€ (1 to 6 people)



Contact : booking : 04 79 07 82 82
Information : 06 62 10 19 42
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Tennis

Rental of tennis courts in Les Coches on the web site Balle Jaune.

BALLE JAUNE



Les Coches



Every day



1 hour : 10€



Contact : 04 79 07 82 82
<https://ballejaune.com/fr>

Rental of tennis court in Montchavin is free.

Yoga

*Outdoor Yoga walks in different mountain sites with Sylvia.
Possibility of private lessons.*



Outdoor



Depending on the weather



Consult us



Contact : 07 77 82 10 29



ACTIVITIES

5 elements Hiking



*With Gilles (mountains guide & Qi Gong instructor) & Karine (sophrologist). To practice Sophrology & Qi Gong.
An energetic cocktail to connect yourself.*



Montchavin Police Municipale



Wednesday from 9am to 5pm



70€ / adult - 40€ / child (from 12 years)



Contact : 04 79 07 82 82

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

Sophrology

Sophrology develops self confidence, self knowledge, self-esteem, a better capacity of focus, bringing you to a life that is full, serene, harmonious, healthy, a life as you wish



Les Coches near Salle Pignard



Friday from 9am to 10am



15€/adult and 10€/child (from 8 years) a session



Contact : 04 79 07 82 82

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

Sylvotherapy

Sophrology is a bath of Well-Being, of Energy, of Resourcing thanks to the power of beneficial and healing energy of the TREES, water, wind, sun.... Nature in all its splendour, accompanies you during this precious time.



«Tipi des Fées» Plan Bois Chalet



Thursday from 3pm to 5pm



25€/adult and 20€/child (from 12 years) la session



Contact : 04 79 07 82 82

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

ACTIVITIES



Watercolour painting

Jean-Loup Benoit invites you to learn the art of watercolour painting based on a mountain landscape photo.



Montchavin, salle Auguste Mudry



Tuesday from 9am to 12pm from 13/07 to 24/08



40€ by session 3h (material included) on registration.



Contact : 06 79 62 98 67
benoit.jeanloup@free.fr
<https://jlbenoit.blogspot.com>

Cinema

Room with 250 seats. Two sessions per day in digital system.



Montchavin



Monday to friday from 6pm to 9pm



From 7€



Contact : 04 79 41 75 14
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com



Heritage and Culture

With a guide of the Land of Art and History Foundation FACIM, every week a rich and varied program to discover the heritage of the valley



Montchavin - Les Coches



Monday to thursday



From 5€ (children), 10€ (adults)



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



Circus School



Traditional circus courses: wire, juggling, trapeze, trampoline ...



Les Coches, circus tent



Monday to friday



Baby circus : parent + child

- 2 to 5 years : 15€ x 1h / 67€50 the course

- 5 / 7 yrs : 13€50 x 1h / 53€50 the course

- 8 / 18 yrs : 24€50 x 2h / 89€ the course

- Adults : 14€50 x 1h / 59€ the course

- Cirque Plus : from 8 years : 165€ the course (20h)



Contact : 04 79 07 82 82

info.montchavin@la-plagne.com

www.montchavin-la-plagne.com

Magic



Robin our magician, invites you and share his little secrets to impress your friends and family



Montchavin, salle Mudry



Monday to friday

- 8 to 13 years : 4.30pm to 6pm

- from 14 years : 6pm to 7.30pm



- 1 session : 15€

- 1 course (5 sessions) : 60€



Contact : 06 52 05 47 60



Summers events

- Sunday 27th june : **Motor Sportive Day**

10th edition of cars meeting of all generations and types with test drives. the raised funds are donated to a non benefit organization for firefighters children.

- Thursday 8th to 10th july : **Super 8**

The new mountainbike event, all mountain with 2 races: The "Grand8": the main event, reserved for experts and the eMTB elite and The "Double8": the perfect race for amateurs.

- 15th july & 05th august : **Family Race**

An enjoyable family event where you can walk or run. A fun course strewn with surprises. Not timed. Prize for the best costume.

- Tuesday 20th july : **Saveurs & Savoir-Faire**

In Les Coches, 10am to 7pm, artisans exhibit their work and share their passion for their craft.

- Thursday 22nd july & monday 9th august : **Rencontres d'Alpage**

In the Bauges Valley, meet the shepherd and his dog, with taste of local produces, acoustic music.

- Saturday 24th july : **La 6 000 D**

A mythic race in La Plagne, a challenge for most trailers.

- Saturday 27th july : **Splash Day**

An amazing day in Les Coches.. swimsuit required !

- Sunday 01st august : **National Orienteering Competition**

Sprints, medium distance, long distance, relays and mixed sprint relays, the different versions promise some great races !

- Sunday 08th august : **Montchavin en fête**

Big party of the village with many entertainment proposed by shop owners association and the tourist office.

- Wednesday 11th august : **Les p'tits monstres des Coches**

Family day with games for all, familial shows, fireworks, fair-ground games.

- Sunday 15th august : **Motor's Day Event**

Exhibition of exceptional cars and motorcycles, exhibitors and many animations. Fire works.

- Tuesday 17th august : **Street Bike Evolution 2**

Two-way mountainbike race in relay. Timed route for children and race for adults for 1 hour. the route is plotted in the typical streets of the village of Montchavin

Wellness Weeks

From June 13 to June 18 and from
September 5 to September 11

Resourcing in Montchavin at the heart of the Alps with a wide range of daily activities. Revive in the large forests of larches and pines during foot walks or with ponies.

Connect to the world of trees and discover sylvotherapy. Learn ancestral techniques from here or somewhere else, get knowledges about medicinal plants and essentials oils.

Our wellness instructors will be available for groups or individual coaching.



Weekly Entertainment

Many entertainment are offered to you every week.

On Mondays : little farmer market in the main street in Montchavin, from 5 pm to 8 pm

During the week : magic shows, circus shows, sport tournaments, handicrafts, mountain walks, and many other activities.

Every Sunday, meet the activities providers at 11 am, at Les Coches during a forum.

You will also find an activity and entertainment program explanation every Monday during the farmer market.

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

Tik Tok : la_plagne

Instagram: la_plagne

You tube: La Plagne TV

Share your memories in La Plagne with the hashtag **#maplagne**



Crédits Photos : Office de Tourisme de la Grande Plagne, Philippe Gal, Cécé, Puy du Fou, Peugeot, Dare2Be, La Folle Entreprise, Olivier Allamand, Elina Sirparenta...

Conception : Office de Tourisme de la Grande Plagne, Office de Tourisme de Montchavin-Les Coches. **Impression** : imprimerie l'Edelweiss.

Imprimées à base d'encre végétale, et sur papier issu de forêts à gestion durable



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TRANSPORTS



Practice

SNCF

Landry Station (10km).

36 35

Airports

Génève (186km)

00 41 22 717 71 11

Lyons St Exupéry (184km)

0 826 80 08 26

Road Network

0 800 100 200

Highway A43 till Albertville. Express way : 4 ways till Mouliers.

RN90 till Landry.

GPS : Longitude : 6.7326237 et latitude : 45.559839

Taxis

Contacts available in the Tourist Offices.

Shuttles from the Rail Way

Transports Loyet

04 79 55 64 76

Bus and rail links

Bus drive from 03/07/2021 to 28/08/2021 on Saturday.
They serve Montchavin & Les Coches villages.

Information in the Tourist Offices.

Book your return journey :

www.mobisavoie.fr, rubrique «J'achète mon titre de transport»

Shuttle Resort / Lakeside /Plagne Centre

From 05th july to 27th august from Monday to Friday.

Departure 10am from Les Coches, and stops in Montchavin, Montorlin, Le Grand Bochet, Les Granges and Lakeside.

Possible matching with the shuttle of La Plagne.

Return 16.45pm du from Lakeside, Les Granges, Le Grand Bochet, Montorlin, Montchavin and Les Coches.

Links Montchavin / Les Coches

From 12th june to 03rd july & from 28th august to 12th

september : Free shuttles every day

Montchavin	Les Coches	Ice Rink	Les Coches
10am	10.15am	10.20am	10.30am
11am	11.15am	11.20am	11.30am
12pm	12.15pm	12.20pm	12.30pm
1.30pm	1.45pm	1.50pm	2pm
2.30pm	2.45pm	2.50pm	3pm
3.30pm	3.45pm	3.50pm	4pm

From 04th july to 27th august :

Links Montchavin /Les Coches by «Télécabine des Coches» & «Télébuffette» from Sunday to Friday from 9am to12.15pm & from 1.30pm to 5.40pm. **Free access.**

Télécabine des Coches (Montchavin - Les Coches):

from Sunday to Friday from 9am to12.15pm & from 1.30pm to 5.40pm.

Télébuffette (Centre des Coches - sommet des Coches)

from Sunday to Friday from 9am to12.15pm & from 1.30pm to 5.40pm.

BE A PIONEER.

#ULTIMATETRACK

S'TRACK 2.0 M



Drac-photo.com - Etre plomier.



CÉBÉ PARTENAIRE OFFICIEL DE



PHONE BOOK (TOURIST OFFICE MEMBERS)

Real Estate Agencies

Montchavin & Les Coches

Agence Immobilière des Glaciers	04 79 04 22 86
Agence OIP Ski et Soleil	04 79 07 83 27
Michel Gedda Immobilier	04 79 04 29 60
Eneo Immobilier	04 79 01 02 03
Alpissime	04 79 06 89 69

Montchavin

Le Chalet de Friolin	04 79 55 37 49
Le Chalet de Montchavin	04 79 08 82 39
Résidence Les 3 Glaciers	04 79 06 89 69
Neige et Soleil	04 79 07 83 22
VVF Villages Village de Vacances	04 79 07 83 06
Camping Caravaneige	04 79 07 83 23

Les Coches

GSI Immobilier	04 79 07 80 70
Maeva.com	04 79 04 22 00
Au Mont d'Eden Spa, sauna, hamma	06 43 32 60 64
Goélia Les Chalets de Wengen	04 79 41 75 05
Résidence Backgammon - OIP	04 80 08 12 00
Pierre & Vacances Le Rami	04 79 04 22 00

Bars & Restaurants

Montchavin

Bar Les 3 Glaciers Lounge Bar	04 79 00 44 32
Cocotte and Co Typical & savoyard	07 77 34 72 72
La Bovate Cocktails bar et refined cuisine	09 83 54 44 94
La Ferme de César Typical restaurant	04 79 07 85 31
La Zaccota Pizzeria on the spot and to take away	04 79 08 82 31

Les Coches

Chez Wam Pizza snack to take away, delivery	04 79 07 69 75
La Fleur de Neige	04 79 41 20 27
La Taverne du Monchu	04 79 07 80 44

En altitude

Chez Pat du Sauget Le Sauget	06 88 45 28 19
Le Chalet du Friolin Les Bauges	04 79 55 37 49
Le Joli Bois Au Vanoise Express	04 79 07 48 77
Le Plan Bois Chez Laurette Plan Bois	06 09 34 37 88

Administration

Town hall	04 79 09 71 52
Water service	04 79 09 71 52
Gendarmerie Aime	17 / 04 79 55 61 17
Police	04 79 09 71 52
Emergency	18

Find all the apartments, chalets, hotels and accommodation in our accommodation brochure available at the Tourist Office, on www.montchavin-la-plagne.com, or calling

La Plagne Resort au : 04 79 09 79 79

Food, Gifts & Local Produce

Montchavin

Bakery and cakes	le Matafan	04 79 07 84 11
Les Tarines	deli, caterer, cremery	04 79 07 81 66
Supérette	Sherpa	04 79 01 31 00

Les Coches

Food	Spar Parapharmacy corner	04 79 07 13 10
Bakery and cakes		04 79 07 80 27
Les Flocons	gift shop	04 79 07 80 00
Presse Les Belles Feuilles	gift shop	04 79 07 80 02

Health Care

Montchavin

Pharmacy		04 79 07 80 54
Every day from 9am to 12pm & from 4pm to 7pm.		
Pharmacy on duty		3237
Centre Kiné Bien-Être		06 29 72 77 52

From Monday to Friday by booking.

Les Coches

Medecine		04 79 07 83 59
Doctor Valérie Foucault. Every day from 9am to 12pm & from 3pm to 6.30pm except on Saturday morning. Without booking.		
Emergency		15 or 112

Bourg Saint Maurice Hospital		04 79 41 79 79
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Other Services

Montchavin & Les Coches

Conciergerie / Linen rental	Just Ride	04 79 06 89 69
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Montchavin

Post office		04 79 07 80 05
Monday o Friday from 9.30am to 12.30pm.		

ATM : down the main street, near Agence OIP Ski Soleil

Pressing	(Place du Bassin)	04 79 07 83 21
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Les Coches

ATM : near Salom Sport Skimium.

Sport Shops

Montchavin

Evolution 2 Ecole VTT & Aventure		04 79 07 81 85
Montchavin Sport		04 79 07 83 84
Ski Republic		06 32 26 62 24

Les Coches

Benoit Sports - la Poudreuse		04 79 07 85 27
Evo 2 Ski Shop		04 57 37 18 85
Intersport La Randonnée		04 79 07 83 46
Slalom Sports - Skimium		04 79 07 81 41

Craftsman

Favre Yannick (kitchen, bathroom)		06 13 40 89 16
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ONE MORE MONTH TO ENJOY IT !

**MONTCHAVIN LES COCHES
TOURIST OFFICE**

Tel : + 33 4 79 07 82 82
info.montchavin@la-plagne.com

Montchavin les Coches welcome you
From June 12 to September 12
with many new activities :
Electrical mountainboard and scooter,
tree climbing, icerink, pony ride...



LA PLAGNE
MONTCHAVIN - LES COCHES



DARE 2B

Dare 2b partenaire
textile officiel de
La Plagne

www.dare2b.fr

LAPLAGNERESORT.COM

TRAVEL AGENCY



Book your holiday in La Plagne directly through our on-line travel agency.

A single address for all your holiday needs: www.laplagneresort.com

- Accommodation
- Transport (train & plane) & transfers
- Ski Pass
- Activities
- Ski lessons
- Equipment rental

A LA PLAGNE EXCLUSIVE!



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TOURIST OFFICE**

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