

# **ALTITUDE**

# Resort Information WINTER 2020/2021



# Blue Drive

Profitez des avantages de la gamme de véhicules électrifiés la plus large du marché.



Bonus écologique et coûts d'entretien réduits



Garantie 5 ans kilométrage illimité<sup>(2)</sup>



Garantie Batterie 8 ans ou 200 000km<sup>(3)</sup>



**OFFICIEL** 

Electrique

Hybride 48 V



existe également en
Hybride rechargeable







Pas de branchement se recharge en roulant

Hybride

Santa Fe 7 places

Consommation cycle mixte (RWh/100 km) & Émissions CD: (g/km): Gamme KDNA electric: 15.0 - 15.4 /: 0. Gamme IDNIQ electric: 13.8 / 0. Gamme KDNA hybrid: 3,9 - 4,3 / 90. Gamme IDNIQ hybrid: 3,4 - 4,2 / 7.9. (1) Norme WLTP. (2) La garantie 5 ans kilomètrage 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 KDNA electric MY20 sont earanties 8 ans ou 160 000 km. Lub Trive 1: Conditive. Tesorit libre !





CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201

WWW.JEANLAIN.COM













# La Plagne thanks its partners



























# **Tourism Offices**



Plagne Centre Pierra Menta square

Plagne Bellecôte In front of the bus stop

Belle Plagne Snow front

Plagne Aime 2000 On the shopping gallery

Plagne Villages Telebus arrival

Plagne 1800 «Les Marmottes» Residence



- Plagne Centre daily open from 9.- 12.30 and from 2-6.30pm. On Sturday from 9.am-6.30pm.

For Plagne Villages, Plagne Bellecôte, Belle Plagne, Plagne Aime 2000 and Plagne 1800 : Timetables available at Plagne Centre Tourist office.

Hours valid from 12/12/20 to 30/04/21 and subject to change, check with the Plagne Center Tourist Office

33 (0) 4 79 09 02 01 info@la-plagne.com www.la-plagne.com

New ! Chat with our staff from our website www.la-plagne.com

# At your disposal

Snow conditions / Weather forecast / Weekly entertainment programme / piste maps for downhill and cross-country skiing / map of walking trails / resort maps / car park plans ...

## Extra

Photocopying service (only from the tourist office in Plagne Center) and lost property service.











# Paradiski Yuge

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

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

# Internet - Wifi access

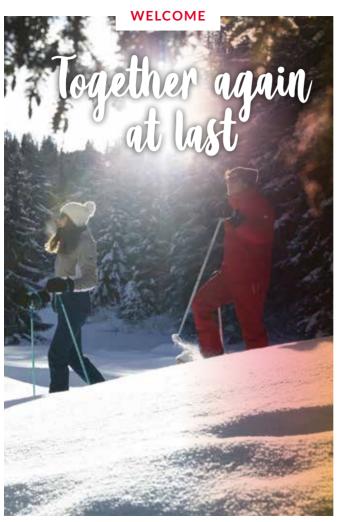
Internet - ici:

0892 350 190 - hotline@internet-ici.net

#### Hippocket wifi:

Daily or weekly rental from Information Points. Private wireless broadband network (up to 10 devices connected simultaneously from your accommodation).

Payment by credit card only.



# An unforgettable holiday, this year more than ever

This winter, the pleasure of seeing you will be even greater than in previous seasons.

We cannot wait to see you racing down the slopes with your friends and family and are already imagining you around the table enjoying a fondue or a raclette made with local products, or watching the progress of your children who will be taking a snowflake or star badge home at the end of the holiday.

For those of us whose job it is to craft and create your holiday and whose main aim is to welcome you here to share our love of the mountains, it will be a great moment when we are able to open our doors once again.

It is with real feeling that we say to you: "Thank you for trusting us and letting us help to create your memories"

Thank you for sharing all these moments with us."

Thank you for coming (back) to see us...

You are at home here.



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



Surfaces and equipment disinfected



Hand sanitizer gel at your disposal



Seated service only



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

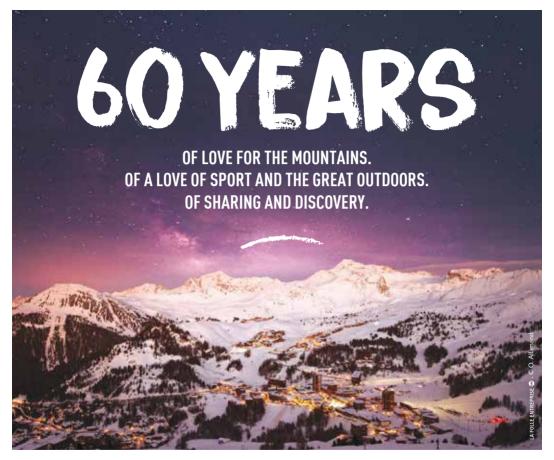
# La Plagne, a certified resort

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.



All the latest information on the health standards is online on the Covid-19 page of our website www.la-plagne.com





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.





24h/24

#### ATM machine:

Crédit Agricole, La Poste, Banque Laydernier, CIC

# **Bank CIC**

Monday to Friday from 10 am to 1 pm

# Bank «Crédit Agricole des Savoie"

# Breakdown / assistance

#### Concierge services

La Clef des Neiges Belle Plagne......33 (0)6 08 24 80 48 73ème Avenue Belle Plagne......33 (0)4 79 09 20 58

#### Chemists

Plagne Centre	33	(0)4	79	09	04	81
Plagne Bellecôte	33	(0)4	79	09	02	20

#### Dentists Aime (18km)

Cabinet dentaire de la vallée......33 (0)4 79 55 60 50

# **Ecumenical chapel.....** 33 (0)4 79 09 13 62

Plagne Centre - Masses on Saturday (from december 22nd to april 19th) at 6pm.

#### Emergency services

# Espace des Plagnards Public and social services

Plagne Centre

Monday to Thursday from 8.30am to 1pm and 3 to 5.30pm (except

on Wednesday afternoon), Friday from 8.30 to midday. On request

# Hospital

#### Police station

bta.aime@gendarmerie.interieur.gouv.fr

During the week, from 9 am to midday and from 2 pm to 7pm. On Sunday and day-off from 10 am to midday and from 3 pm to 7pm.

#### Launderette, dry cleaning and pressing

Plagne Centre (automatic machine)......33 (0)4 79 09 06 76 Belle Plagne (automatic machine)

Plagne 1800: Pierre et Vacances (automatic machine)

Access from 8 am to 8pm (change machine in the launderette)

#### Market

Plagne Centre from 7 am to 8 pm in front of Telebus

#### **Medical centers**

Plagne Centre	33 (0)4 79 09 04 66
Every day from 9 am to 7pm	
Plagne Bellecôte	33 (0)4 79 09 29 55
Every day from 9 am to 7nm	

#### Nurses

#### Petrol station 24h/24

Plagne Centre ......Self-service, credit cards only

# PMU - Plagne Bellecôte

#### **Police**

. 0000	
Plagne Centre	33 (0)4 79 09 22 10
Agents on site in the resorts every day	
Plagne Aime 2000	33 (0)4 79 09 26 23
Contact 33 (0)4 79 09 72 51 if the station is unmanned	

#### Post Office

Plagne Centre	33 (0)4 79 09 01 82
Monday to Friday from 8.30 am to 1.pm	
Belle Plagne	33 (0)4 79 09 06 06
Postal services available at the tabac/pres	sse shop

Ski pass office	33 (0)4 79 09 67 00
Open every day	
Ski Patrol service	33 (0)4 79 09 67 60

# Traffic information

#### **Tourism Office**

## Veterinary clinic Aime (18km)

Vétérinaire du Coeur d'Aime......33 (0)7 83 46 10 93

The opening hours are given as a guide only and may change.

# R'LA PLAGNE la radio station

101.5 Mhz and laradiostation.fr

- 7.30 to 10.30 am La Matinale (infos, ski conditions, weather)

- 10.30 am to 4.pm Le Grand'R Just Ski, we take care of the rest!)

- 4.pm to 8.pm Happy'R (places to go, interviews)

- 8.pm to 4 am R'Time (lounge, chill out and electro) Tel 33 (0)4 79 06 57 25

rlaplagne@laradiostation.fr





# Links

#### Train station / Resorts

Book your return journey using the automatic machines at the Tourist Offices in Plagne Centre, Plagne Bellecôte or Belle Plagne.

Information and reservations:

www.mobisavoie.fr or 09 70 83 90 73

# Valley / Resorts

Bus connection between the valley (stops: Macot chain area, Macot, Les Villards haut et bas, Plagne Center) every day.

Timetables and prices available from Tourist Offices.

# **Links** Resorts / Airports

Book your return to airports: Lyon St Exupéry / Genève Chambéry / Aix les Bains

on www.altibus.com

# **Airports**

Lyon St Exupéry

0 826 800 826 - www.lyonaeroports.com

Genève

0041 227 17 7 111 - www.gva.ch

Chambéry/Aix les Bains

33 (0)4 79 54 49 66 - www.chambery-airport.com

Grenoble St Geoirs

33 (0)4 76 65 48 48 - www.grenoble-airport.com

# Car rental

E.Leclerc Aime vallée	33 (0)4 79 01 30 30
VWAC in Aime	33 (0)4 79 09 42 63
Europcar Bg St Maurice	33 (0)4 79 04 04 20
Avis Moûtiers	33 (0)4 79 24 01 55
Europcar Moûtiers	33 (0)4 79 24 09 72
Hertz Moûtiers	33 (0)4 79 24 07 75

Super U Ba St Maurice 33 (0)4 79 07 24 11

# Taxis / VTC

Mathieu Perraudat 33 (0)7 78 87 47 04

Bouzon Christian 33 (0)4 79 09 03 41

Albert Taxi 33 (0)4 79 55 66 38

Legroux Dominique 33 (0)6 09 38 73 82

Bouzon Alain 33 (0)4 79 09 78 93

Allo BK Taxi 33 (0)6 07 19 80 03

Luzzi Jean Pierre 33 (0)6 07 23 79 29

ABC Taxi Collomb 33 (0)6 14 36 74 59

Guillaume Placide 33 (0)6 17 77 41 57

JM Taxi 33 (0)6 22 98 05 20

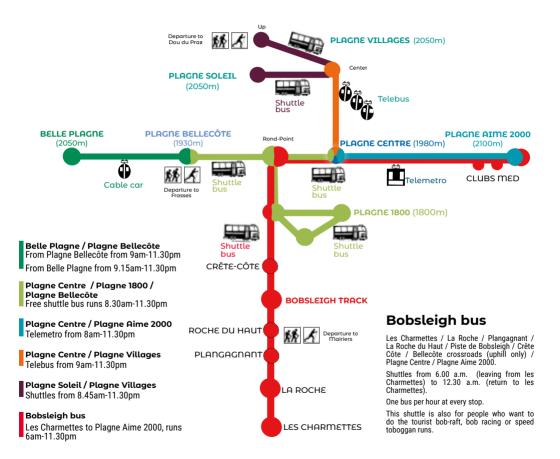
JB Taxi 33 (0)6 34 87 12 17

Aim'Taxi Hervé 33 (0)6 67 73 37 57

Briançon Gilles 33 (0)4 79 55 64 15

**NTV 73 (VTC)** 33 (0)6 31 20 16 66

# INTER-RESORT TRANSPORT



(Subject to alternation)



# **Outdoor paying parking areas**

# Plagne Centre / Plagne Bellecôte / Belle Plagne

You can purchase hourly, daily or weekly parking tickets from the ticket machines (credit cards accepted) in Plagne Centre, Plagne Bellecôte and Belle Plagne.

- Weekly rate for Plagne Centre (Jovet Parking), Plagne Bellecôte and Belle Plagne : 59€ for a week / 230€ for the season.

Rates for other car parks in Plagne Center : See on Parking map available at the tourism office.

# Plagne 1800 / Plagne Villages / Plagne Soleil

- Outdoor parking in P1800, P. Villages & P. Soleil is free

# Plagne Aime 2000

Parking tickets for Plagne Aime 2000 from the machine only. Parking meters accessible on the PayByPhone App.

Make sure your ticket is clearly displayed behind your windscreen.

# Disabled parking

Free parking spaces for the disabled: 9 spaces in Plagne Centre, 6 spaces in Plagne Bellecôte, 4 spaces in Belle Plagne, 2 spaces in Plagne 1800, 5 spaces in Plagne Villages and 2 in Plagne Soleil.

# **Covered car parks**

#### Plagne Bellecôte

P1 car park - Height: 1m90 - 600 spaces - Weekly ticket: 60€

SAGS: 33 (0)4 79 55 31 75 or

on-line booking: www.parkinglaplagne.com

# Belle Plagne

Amont car park - Height: 1m90 - 706 spaces - Weekly ticket: nc

Vinci Park: 33 (0)4 79 55 11 82

Aval car park - Height: 1m90 - 386 spaces - Weekly ticket: nc

Vinci Park: 33 (0)4 79 55 11 76

# **Plagne Centre**

Boulevard car park - Height: 1m95 - 210 spaces - Weekly ticket: 65€

SAGS: 33 (0)4 79 55 31 75 or

on-line booking: www.parkinglaplagne.com

#### Plagne Aime 2000

Height: 1m87 - 130 spaces 33 (0)4 79 09 10 25

## Plagne Soleil

Cervin car park - Height: 2m -140 spaces - Weekly ticket: 65€

SAGS: 33 (0)479 55 31 75 / 33 (0)479 22 70 70 or on-line booking: www.parkinglaplagne.com

# **Police**

# - Plagne Centre office

33 (0)4 79 09 22 10

For Plagne Centre, Plagne Villages, Plagne Soleil, Plagne 1800, Plagne Bellecôte and Belle Plagne.

Car pound: If your car has been moved, contact the Police Municipale or, if it is closed, the Gendarmerie.

# - Plagne Aime 2000 office

 $33\ (0)4\ 79\ 09\ 26\ 23$  or  $33\ (0)4\ 79\ 09\ 72\ 51$  Office located on the ground floor of Plagne

# **Motor home parking**

There is a parking area in Plagne Villages reserved for vehicles with registration documents showing that they are camping cars. The parking area has electricity, drinking water and waste water facilities.

There are also electricity recharging terminals It is also possible recharge your vehicle with electricity by means of special terminals.

Motor-homes parking rates : - 7 days : 176€

SAGS: 33 (0)4 79 55 31 75 or

on-line booking: www.parkinglaplagne.com

N.B: Parking in other areas of La Plagne is prohibited
for motor homes

# Snow shovels

Available in case you need to dig out your car (deposit required). At the Tourist Offices.



# **Snow clearance information**

Make sure you read notices on accommodation entrances and in car parks. They will tell you which car parks are to be cleared and where you can park your vehicle in the meantime

# Before taking the road

Check the weather forecast (at all the Information Points and in the Tourist Office or on the electronic notice boards in your resort) so you are aware of the road conditions when you set off. During the French school holidays the "Portir à la bonne heure" (Leave in good time) campaign will be posted up in the Tourist Office and the Information Points from the Thursday. This will recommend certain departure times in the light of the traffic flow anticipated by the Direction Départementale de l'Equipement de la Savoie (the departmental road authority).

- In case of snow: consider clearing the snow from your car throughout the week so it doesn't get too hard. Don't forget to take the snow off the roof of your car because if you brake sharply it could fall onto your windscreen. It is important that you have chains that fit your car or snow tyres and that you put your chains on before setting off and, if possible, remove them in the areas set aside for the purpose (bends n°5, n°7, n°9, n°10, n°11, n°12 and finally between the villages of Macot and Aime).

#### **Road conditions**

- On website www.savoie-route.fr with weather and road access updates from Thursday, Motorway info: www.autorouteinfo.fr
- Information on Savoie: France Bleu Pays de Savoie radio station
- Information on La Plagne : R'la Plagne 101.5FM radio station and La Plagne Officiel Facebook page.



# **Shops and Sport shops**

# PLAGNE CENTRE

Allais Ski - Ski Set Oxygène	33 (0)4 79 09 01 52
ski et snowbard	33 (0)4 79 09 03 99
Robino Sports - Go Sport	33 (0)4 79 09 01 71
Intersport	33 (0)4 79 09 25 00
Ski Hut	33 (0)4 79 55 46 36
Ski Republic	33 (0)4 58 14 11 11
Sport 2000 - Robino 3R	33 (0)4 79 09 00 26

# PLAGNE AIME 2000

Ski Fun Intersport	33 (0)4 79 09 05 15
Skiteam - Ski Set	33 (0)4 79 09 05 33
Ski Set les Hauts Bois	33 (0)4 79 09 63 26

# PLAGNE BELLECOTE

El Pro Skimium	33 (0)4 79 09 12 98
ntersport	33 (0)4 79 09 05 67
Skiteam-Ski set	33 (0)4 79 07 61 20
Ski Republic	33 (0)4 58 14 11 11

#### **BELLE PLAGNE**

Armand Bérard Sport 2000	33 (0)4 79 09 07 79
Belle Plagne Sports 1	33 (0)4 79 09 20 58
Belle Plagne Sports 2	33 (0)4 79 55 10 57
Belle Plagne Sports 3	33 (0)4 79 55 18 90
ELPRO Skimium	33 (0)4 79 09 20 79

# Shops and Sport shops

#### PLAGNE VILLAGES/ PLAGNE SOLEIL

Intersport 33 (0)4 79 08 18 35 Pierre Leroux Sport 2000 33 (0)4 79 09 01 35

#### PLAGNE 1800

Sport 2000 Plagne 1800 Sport 33 (0)4 79 09 06 60

### LA ROCHE

Ski Set Chalet de la Roche 33 (0)4 79 09 08 19

# Other services and shops

# PLAGNE CENTRE

 Alp'in Home
 33 (0)6 09 39 55 47

 Boulangerie Montmayeur
 33 (0)4 79 09 02 61

 Club des Sports
 33 (0)4 79 09 01 79

 Nouvelloc.dom
 33 (0)7 50 04 61 59

 Sherpa
 33 (0)4 79 09 01 77

 So' Laverie
 33 (0)4 79 09 06 76

 VIP Coiffure
 33 (0)6 03 92 42 89

# **BELLE PLAGNE**

Fleur de Lys 33 (0)6 22 70 11 39

# **PLAGNE 1800**

Laverie Automatique 33 (0)4 79 09 08 70

#### PLAGNE BELLECOTE

Drugstore 33 (0)9 67 45 55 00 Gourmet Gallery 33 (0)6 24 78 34 07



# PLAGNE AIME 2000

Le Garde Manger 33 (0)4 79 04 11 81 Pop Up Shop 33 (0)6 22 02 65 91

## PRARIOND ROUTE DE LA PLAGNE

Poterie du Murger 33 (0)6 11 84 10 28
Miel et escargots
du St Bernard 33 (0)6 11 84 10 28

# TAXIS / VTC

 Perraudat Mathieu
 33 (0)7 78 87 47 04

 Albert Taxi
 33 (0)4 79 55 66 38

 Bouzon Christian
 33 (0)4 79 09 03 41

 Bouzon Alain
 33 (0)4 79 09 78 93

 JB Taxi
 33 (0)6 34 87 12 17

 Taxi Gilles Briançon
 33 (0)4 79 55 64 15

 Leoclem Prestige
 33 (0)7 83 97 47 40



# **Bars and restaurants**

#### PLAGNE CENTRE

Araucaria 33 (0)4 58 24 11 11
La Métairie 33 (0)4 79 09 11 08
Le Croq'Neige 33 (0)4 79 09 22 03
Le Brix 33 (0)9 52 55 24 47
Le Holiday 33 (0)9 62 69 59 91
Le Véga 33 (0)4 79 09 00 61
Mama's Kitchen 33 (0)4 79 07 14 93

# BELLE PLAGNE

BELLE PLHUITE	
Bowling bar	33 (0)4 79 09 00 78
La Bodéga Saloon	33 (0)4 79 09 06 98
La Godille	33 (0)4 79 09 28 24
Le Carlina	33 (0)4 79 09 78 46
Le Chalet	33 (0)4 79 55 76 76
Le K2	33 (0)4 79 55 11 50
Le Matafan	33 (0)4 79 09 09 19

# PLAGNE 1800 / LA ROCHE

Chalet de la Roche	33 (0)4 79 09 05 99
La Table du Cocoon	33 (0)4 79 55 00 26
Le Loup Blanc	33 (0)4 79 09 13 61
Le Petit Chaperon Rouge	33 (0)4 79 09 09 39

### PLAGNE VILLAGES/ PLAGNE SOLEIL

Le Biggie's	33 (0)7 69 88 32 73
La Casa de l'Ours	33 (0)4 79 09 00 71
Le Chairlift	33 (0)4 79 22 70 77
Le Grizzli	33 (0)4 79 09 07 62

#### PLAGNE AIME 2000

La Marmotte qui fume	33 (0)4 79 09 03 02
Le Schuss	33 (0)4 79 09 05 28

#### PLAGNE BELLECOTE

L'Annexe	33 (0)4 79 06 57 88
Le Chalet des Colosses	33 (0)4 79 09 28 70
Le Flocon	33 (0)4 79 09 08 97
Le Mouflon	33 (0)4 79 09 03 07
Le Rigatoni	33 (0)4 79 06 57 98
Spitting Feathers	33 (0)6 79 52 49 59

#### **RESTAURANTS D'ALTITUDE**

La Bergerie	33 (0)7 79 09 07 95
Le Bonnet	33 (0)6 83 28 66 29
Chalet de la Grande Rochette	33 (0)4 79 09 09 09
Chalet des Verdons Sud	33 (0)6 13 10 33 31
Le Dou du Praz	33 (0)4 79 09 05 40

# Real estate agencies

#### PLAGNE CENTRE

Alp Agence	33 (0)4 79 55 12 20
Agence OIP	33 (0)4 79 09 00 77
Oxygène Immobilier	33 (0)4 79 09 05 82
Bureau de vente Oxygène Immobilier	33 (0)6 18 22 26 38
Bureau vente Alp'Agence	33 (0)4 79 55 12 20
GSI Immobilier	33 (0)4 79 09 17 00
Hôtel Araucaria	33 (0)4 58 24 11 11
H036	33 (0)4 79 09 09 23
Ski et Soleil	33 (0)4 79 09 02 22

# PLAGNE VILLAGES/ PLAGNE SOLEIL

CGH Les Granges du Soleil 33 (0)4 79 23 22 10
Chalets et Lodges des Alpages 33 (0)4 79 65 08 41
Chalets du Praz 33 (0)4 79 65 08 41
Pierre et Vacances Le Mont Soleil 33 (0)4 79 55 77 00

# PLAGNE BELLECOTE

Agence OIP 33 (0)4 79 09 00 58

# PLAGNE AIME 2000

Ag. Centrale de la Plagne	33 (0)4 79 24 49 83
Pierre et Vacances Les Hauts Bois	33 (0)4 79 55 14 00
Ski et Soleil	33 (0)4 79 09 93 93



# BELLE PLAGNE

gence OIP	33 (0)4 79 09 00 77
lôtel le Carlina	33 (0)4 79 09 78 46
lôtel les Balcons	33 (0)4 79 55 76 55
xygène Immobilier	33 (0)4 79 06 33 36
ierre et Vacances es Constellations	33 (0)4 79 22 20 20
ésidence le Centaure	33 (0)4 28 38 48 85
ésidence les Balcons	33 (0)4 79 55 76 76

#### PLAGNE 1800

Hôtel le Cocoon	33 (0)4 79 55 00 26
Pierre et Vacances Plagne Lauze	33 (0)4 79 09 08 70
Les Chalets Edelweiss	33 (0)4 79 41 66 90
Le Diamant des Neiges	33 (0)4 28 43 88 85



# **New activities to discover!**

In the unprecedented and strange context that we are all living through, La Plagne is adapting to welcome you in the best conditions! Our sole aim: to guarantee a peaceful and relaxing stay, in compliance with the health regulations.

Our activity leaders will be proposing new activities that are creative and innovative, whilst complying with two requirements:

- to keep people safe and ensure their peace of mind
- themes that represent our values for the future: the sharing of experiences, creating links, benevolence, contact with Nature and wide-open spaces

One thing you can be sure of: we will never have been so happy to see you again or to help you discover La Plagne!

# Milka entertainment,

La Plagne's partner

Games, snacks & hot chocolate will be on offer during the February French school holidays. Come & join in the fun for all ages!



# Opening weekend

December 12th & 13th, 2020

The long-awaited moment has finally arrived: the opening of our white paradise to enjoy the benefits of the fresh mountain air and make the most of the freedom of the wide-open spaces to make first tracks on the fabulous untouched snow.

On the programme, you will be able to test ski equipment with our resort partners who you will find at the bottom of the slalom field in Plagne Centre. You may also come across our musical entertainers who will be in the resort to celebrate your first turns!

# The Magic of Christmas

December 23th - 25th, 2020

Find the magic of Christmas in La Plagne from December  $23^{\rm nd}$  –  $25^{\rm in}$ . Come and enjoy this magical time with your family in a welcoming and enchanted atmosphere. Visitors of all ages will be delighted at Santa's laughter and the musical entertainment for some unforgettable memories.

# Snow on Fire

#### December 31st, 2020

What if, on the night of New Year's Eve in La Plagne, it was like the sky was on fire and the ski slopes were ablaze with beautiful colours to celebrate the new year?

For this exceptional year, La Plagne has a grandiose show in store for you...all you have to do is watch from your apartment and let the magic happen.

A 360 degree spectacle that is visible from all the altitude resorts.

# **MTB Winter Cup**

#### January 17th, 2021

A 100% adrenaline mountain bike descent at over 100 km / h on snow. Do you like mountain biking in the summer version, but have you already tried the same practice on a snowy ski slope?!

The challenge is met... meet at the top of the Becoin chairlift to hurtle down the famous Super Slalom track on a mountain bike for a timed arrival at La Roche. Thrills, speed, sensations!

# Born to be show

#### February 18th, 2021

10th edition of the sound and light ski show proposed by La Plagne's Club des Sports, backed by the Tourist Office.

The show takes place from 6.30 to 7.30pm with music, a DJ and ski demonstrations by the resort's ski professionals (instructors, ski patrollers, local athletes) in a variety of colourful tableaux (torchlight descent, freestyle, slalom, etc), with a firework display to finish!

A tombola is organised by the La Plagne Club des Sports with a car to win and many other prizes!

# **Rando By Night**

#### March 31st, 2021

The Rando by Night, the 4<sup>th</sup> stage and grand finale of the Rando Challenge, is a ski touring race that starts in Plagne Centre.

After leaving from the bottom of the slopes, the 2.5 km and 500m elevation gain of the course takes you straight up to the top of Les Verdons with a fabulous sunset as your reward.

Prize-giving ceremony for the stage and the overall ranking of the Rando Challenge, as well as a prize draw using bib numbers after the race.



# French under 18 Championships

# March 15th - 19th, 2021

La Plagne will be hosting the French under 18 Championships in the Caisse d'Epargne trophy from March  $15^{th} - 19^{th}$ .

The best French junior men will compete in Descent and Super G speed disciplines as well as Giant Slalom, Slalom and Super-combined technical events.

The Carina – Capella speed run and Plagne Centre's slalom field will be the playground for these top-level athletes!

# **Snow Rugby**

# March 26th - 28th, 2021

The Snow Rugby by Green World Team 2021 event will take place over 3 days in La Plagne, on March  $26^{th}$  –  $28^{th}$ .

18 legends from 3 of the world's greatest rugby nations (France, New Zealand, England) get together to relive the great matches that have marked the history of the oval ball, in a Snow Rugby version.

All the ingredients are there to guarantee a great show: a snow field 50m long x 40m wide, matches with spectacular action, initiations, a tournament open to the general public and a partners' village.

# **Super Slalom**

# April 03<sup>rd</sup>, 2021

Super Slalom is the longest slalom in the world.

Amateur and experienced skiers compete with the big names on the international ski scene, in a sporting and friendly spirit.

 $4\ km$  of track for 320 poles ... it will heat up the thighs around a somewhat crazy popular festival on April  $3^{rd}.$ 

www.superslalom.ski



# 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. BOBILUGE SKELETON



Olympic Bobsleigh track La Roche



Tuesday to Sunday from 4.pm to 6.30pm



48€ per person Minimum age 14 or height 1.30m



33 (0) 4 79 08 82 23 bobsleigh@la-plagne.com www.bobsleigh.net

# **Speed Luge**

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

#### Ass. BOB LUGE SKELETON



Olympic Bobsleigh track La Roche



Tuesday to Sunday from 4.pm to 6.30pm



112€ per person - Minimum age 16



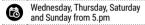
33 (0) 4 79 08 82 23 bobsleigh@la-plagne.com www.bobsleigh.net

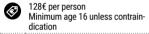
# **Bob Racing**

If you're up for a real challenge ... Take a seat behind a professionnal 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







33 (0)4 79 08 82 23 bobsleigh@la-plagne.com www.bobsleigh.net





# RESERVATIONS

33 (0) 4 79 08 82 23 - www.bobsleigh.net bobsleigh@la-plagne.com

INFORMATION Reservations can be made at the Tourism Offices.
Consider using the free shuttle bus!

# A VIDEO OF YOUR RUN Details and prices from Tourism Offices

From 19/12/2020 to 23/04/2021 For other dates, see all our prices on www.skipass-laplagne.com

# FORFAIT PARADISKI (\*)

# FORFAIT LA PLAGNE®

1 day

Adult 13/64 years

**62**€ /pers.

Child 5/12 years (2)

**50**€ /pers.

6 days

Adult 13/64 years

315€ /pers

Child 5/12 years (2)

252€ /pers

1 day

Adult 13/64 years

**55**€ /pers

Child 5/12 years (2)

**44**€/pers

6 days

Adult 13/64 years

**276**€/pers.

Child 5/12 years (2)

**221**€ /pers.

+1€ per pass on first purchase for compulsory ski card, rechargeable and non-refundable



La Plagne gives you a free 1/2 day

skiing!

Terms and conditions apply



# >>>>>>>>

# LESPACKS

# <<<<<<<

DUO - 10€ /pers.





# Valid for the la Plagne and Paradiski passes from 6 to 15 consecutive days.

DUO: Save €10 on each of the two passes in the pack. 2 people of any age group (adults/children/or seniors). Valid for the la Plagne and Paradiski passes from 6 to 15 consecutive days purchased with payment made in full in one transaction for identical ski passes (same duration and ski area).

TRIBU: Save €15 per pass making up the pack. 3 people of any age group (adults/children/ or seniors). Valid for the la Plagne and Paradiski passes from 6 to 15 consecutive days purchased with payment made in full in one transaction for identical ski passes (same duration and ski area).

FAMILLE: Save €30 per pass making up the pack. When purchasing 4 ski passes in the same transaction (a minimum of 6 days of the same duration and within the same ski area), including 2 persons aged 13-74 years and a minimum of 2 persons aged 5 to 17 years.

- (9) ◆ €1 per pass on first purchase for compulsory ski card, rechargeable and non-refundable. Public prices incl. VAT in euros not including insurance and cost of ski pass card, applicable from 19/12/2020 to 23/04/2021. From 12 to 18/12/2020 and 24 to 30/04/2021 see page 59. Multi-day passes valid for 2 or more days: consecutive days' skiing. Other prices: details in our ski pass offices.
- (2) For child, senior and family reductions proof of age must be provided at the time of purchase and may be requested anywhere in the ski area. The applicable age is the age on the first day of validity of the ski pass. When an adult is found to be using an invalid ski pass (e.g. the wrong age group), the fixed penalty charge payable is €160. For details see the general terms and conditions of use available from ski pass offices.



# The loyalty programme: get your fill of benefits!

The principle is simple: the more you ski, the more points you earn. Enter your ski pass number in your Edenski account and you'll automatically be credited with points for each purchase, whether it's online or in resort. You can then exchange your points for gifts. Other surprises await you, such as special events and exclusive meetings to share current news and discover your favourite ski area in a different manner!

sign up on www.edenski.com



# Creche

# 5 months / 6 years

"Les P'tits Bonnets" crèche takes children aged 5 months to 6 years. We propose fun and educational activities so that your kids can play, get creative and enjoy themselves...

# «LES P'TITS BONNETS» CRECHE



Plagne Centre



Sunday to Friday 9 am - 5.30pm



-6€ for 1 hour -7 € for lunch



creche-laplagne@laplagnetarentaise.fr

# Creche

# 5 months / 4 years

The crèche takes children aged 5 months to 4 years, with fun learning activities so that your kids can express themselves, play, have fun and be creative ...

#### FLOCONS ET PETITS PAS



Belle Plagne



Sunday - Friday, 9am - 5.30pm No. of places limited



- 6€ for 1 hour



creche-laplagne@laplagnetarentaise.fr

# Nursery 2/6 years

Les Lutins" takes children aged 2 - 6 years. A team of qualified professionals propose a range of adapted activities to enjoy inside and outside.

# «LES LUTINS» NURSERY ESF PLAGNE AIME 2000



Plagne Aime 2000



Sunday to Friday



- 6 x ½ day from 185€ - 6 full days from 226€



33 (0)4 79 09 04 75 info@esfplagneaime2000.com www.esfplagneaime2000.com

# **Snow Kindergarten**

Plaane Centre

ESF (3 to 6 yrs): 33 (0)4 79 09 00 40 Oxygène (from 3 yrs): 33 (0)4 79 09 03 99

Plagne Aime 2000

ESF (3 to 5 yrs): 33 (0)4 79 09 04 75

Plagne Villages

ESF (3 to 6 vrs): 33 (0)4 79 09 04 40

Plaane Soleil

ESF (3 to 6 vrs): 33 (0)4 79 09 20 95

Belle Plaane

ESF (2 gardens - 3 to 6 yrs):

33 (0)4 79 09 06 68

Oxygène (from 5 yrs): 33 (0)4 79 06 53 36

Plaane Bellecôte

ESF Club Piou-piou (3 to 6 yrs):

33 (0)4 79 09 01 33

Plaane 1800

ESF (3 to 6 yrs): 33 (0)4 79 1 17 61

# **Junior Mountain** Academy

Using snowshoes and sleds to explore nature in all its beauty, led by a professional guide. On the programme: games and activities on the themes of safety, ecology and Alpine techniques.

# RAQUETTES ACADÉMIE



la Plagne area



Information and reservations on request



- From 30€ for 1/2 day - 6 x 1/2 day:180€

snack and equipment included



33 (0)6 58 13 36 18 (tel & whatsapp) Facebook: @raquettesacademie www.raguettesacademie.com

# Lessons with Marie Martinod

Book a private ski lesson with Marie Martinod!!! Benefit from adapted and personalised advice from Marie in a private lesson based on your level and what you want to do, for either 1hr30, 2hrs or 2hr45.

## EL PRO



La Plagne area



Morning 2hrs45 : 280 €



Afternoon 2h45 : 220 €

- Day :550 €

Included: teaching by a double Olympic medal winner and qualified ski instructor. Priority access to ski lifts.



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

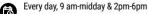
# SKI



Ski schools

#### ESF LA PLAGNE

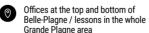




Plagne Centre: 33 (0)4 79 09 00 40 Plagne Villages: 33 (0)4 79 09 04 40 Plagne Soleil: 33 (0)4 79 09 20 95 Plagne 1800 : 33 (0)4 79 01 17 61 resa@esf-plagne.com www.esf-plagne.com

ESF Belle Plagne offers a full range of formulas: private lessons (for 1 or several people), group lessons for all levels, skiing, snowboarding. snowshoeina. cross-country skiing, on or offpiste, skiing as a leisure activity or competition training.

## ESF BELLE PLAGNE



Offices open daily 9am - 6pm / lessons 9am - 5.15pm

See our website or call us

33 (0)4 79 09 06 68 info@esf-belleplagne.com www.esf-belleplagne.com

Whether you are a beginner or an experienced skier, our instructors are here to help you progress and enjoy yourself, in group lessons or a private lesson.

#### ESE PLAGNE ATME 2000

Plagne Aime 2000









ELPRO offers ski lessons for children and adults, private lessons, an all-inclusive Snowboard Experience and, for your youngest. a Ski and Adventure course that combines skiing and zip lines!

#### EI PRO



Belle Plagne / Plagne Centre



Daily except on Saturday



Prices vary according to type of lesson, i.e. group or private, and length of the lesson



33 (0)4 79 09 11 62 contact@elpro.fr www.esf-belleplagne.com

#### **NEW GENERATION**



33 (0)4 79 01 03 18

All the fun of all forms of skiing with our professional instructors! Children can start skiing from 3 years old. Club Piou-piou, group lessons for adults and children, private lessons, skiina and snowboarding courses, snowshoe outings, off-piste and ski touring ...

#### ESE PLAGNE BELLECÔTE



Plagne Bellecôte



33 (0) 4 79 09 01 33 contact@esf-plagne-bellecote.com www.esf-plagne-bellecote.com

Learn to ski or snowboard with our instructors, discover sit-skiing, try off-piste or book a guide to explore the best of the La Plagne ski

#### OXYGÈNE



Plagne Centre / Belle Plagne



Plagne Centre: 33 (0)4 79 09 03 99 laplagne@oxygene.ski Belle Plagne: 33 (0)4 79 06 53 36 belleplagne@oxygene.ski www.oxygene.ski

The private lesson specialist: our instructors can meet you anywhere in La Plagne. Lessons in small groups, videos and free badges at the end of the week! Snowboard initiation, off-piste sessions.

#### REFLEX SKI SCHOOL



Plagne Centre Plagne 1800

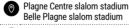


33 (0)6 13 80 80 56 reflex-skischool@live.fr www.reflex-skischool.com



# Test your level

Discover the colour of your medal with the French Ski School on slalom stadiums.





7€/person for:

- Flèche open (Giant Slalom) - Chamois open (Special Slalom)

- Skieur and Boarder Cross

PLAGNE CENTRE SLALOM STADIUM

- Tourism Office: 33 (0)4 79 09 20 15 - ESF la Plagne : 33 (0)4 79 09 00 40 - resa@esf-plagne.com

www.esf-plagne.com

BELLE PLAGNE SLALOM STADIUM:

- ESF Belle Plagne: 33 (0)4 79 09 06 68 - info@esf-belleplagne.com

www.esf-belleplagne.com

- ESF Plagne Bellecôte: 33 (0)479 09 01 33 - contact@esf-plagne-bellecote.com www.esf-plagne-bellecote.com

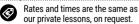


Handiski

Our trained ESF instructors take you out to discover the fun of skiing, comfortably installed in a "Tempo dual ski" chair, or you can ski independently with our "Snow cart" and "Tempo Uniski Access".

#### ESF LA PLAGNE





33 (0)4 79 09 00 40 resa@esf-plagne.com www.esf-plagne.com

Oxugene provides both sit-ski and standing adaptive ski lessons for anyone needing a specific approach. Speciallu trained instructors will put you at ease and will guide you towards your independence on the snow.

#### OXYGENE



Plagne Centre / Belle Plagne



From 152€. Equipment included.



Plagne Centre: 33 4 79 09 03 99 laplagne@oxygene.ski Belle Plagne: 33 4 79 06 53 36 belleplagne@oxygene.ski www.oxvgene.ski

Plagne Aime 2000 ESF proposes heainner and intermediate lessons skiers. disabled Trained instructors will adapt their teaching methods and equipment (systems sitting down or standing up) according to your disabilitu.

#### ESF PLAGNE AIME 2000







Sunday - Friday, 8.30am - 12.30pm & 1.30 - 6pm, Saturday 8.30am -12.30pm & 1.30 - 7pm



On request



33 (0) 4 79 09 04 75 info@esfplagneaime2000.com www.esfplagneaime2000.com

Belle Plagne welcomes disabled skiers.

#### ESE BELLE PLAGNE



Offices at the top and bottom of Belle-Plagne / lessons in the whole Grande Plagne area



33 (0)4 79 09 06 68 info@esf-belleplagne.com www.esf-belleplagne.com

# Cross-country skiing

Escape the bustle of the slopes and opt for an aerobic workout away from the crowds. Oxugene run group and private lessons for beginners and intermediates.

# OXYGENE



Plagne Centre / Belle Plagne



2 hours session from 112€



33 (0)4 79 09 03 99 laplagne@oxygene.ski www.oxvgene.ski

# Cross-country skiing and biathlon

Enjoy your winter sports holiday doing something other than downhill skiina! We take you to areas of untouched snow in beautiful, calm mountain sceneru

# ESE BELLE PLAGNE



Offices at the top and bottom of Belle-Plagne / lessons in the whole Grande Plagne area



1/2 day : 48€ 6 1/2 days : 174€



33 (0)4 79 09 06 68 info@esf-belleplagne.com www.esf-belleplagne.com

# CROSS-COUNTRY SKIING

Free access on Dou du Praz, Mairiers and Frasses slopes. Map available at the Tourist Office



# **Backcountry skiing** Snowboard Hiking

Come and discover the immense Off-piste area with the Guides of La Plagne. Our knowledge of the mountains allows us to adapt to conditions on a daily basis. Dare to spend days unforgettable far from the slopes

# **ESF - FRANCOIS ALLEMOZ**



Face Nord de Bellecôte, Cul du Nant, Villaroger, Macot ...



Daily from 9.15am to 5.pm



Day: 91€ - Week: 504€



33 (0)6 09 41 53 85 www.guide-laplagne.com www.hors-limit.com

# Steep & Deep

Discover La Plagne's off-piste area in a group of up to 6 people maximum and ride the line of uour holidau.

# oxygène



Plagne Centre



Monday to Friday



349€ / person, including safety equipment (6 people max)



33 (0)4 79 09 03 99 laplagne@oxygene.ski www.oxygene.ski



# **Ski Touring**

A different way of discovering the mountain, away from it all. The ESF instructors will share their passion for ski touring in a session adapted to your level.

#### ESF PLAGNE AIME 2000



Plagne Aime 2000



Daily, before the slopes open or after they close



On request



33 (0)4 79 09 04 75 info@esfplagneaime2000.com www.esfplagneaime2000.com

Whether you are a beginner or an expert, you can discover the most beautiful spots in the resort for ski touring with the instructors from the La Plagne ESF and get right into the heart of our natural surroundings.

#### **ESF LA PLAGNE**



la Plagne area



Sessions for beginners every day before the slopes open and after they close. Experienced and expert skiers on request.



On request



33 (0)4 79 09 00 40 resa@esf-plagne.com www.esf-plagne.com Book your instructor to ski touring, alone or with friends (minimum 3 hours).

#### REFLEX SKI SCHOOL



la Plagne area



33 (0)6 13 80 80 56 reflex-skischool@live.fr www.reflex-skischool.com

#### **GILLES OLIVIER**



33 (0)6 60 49 54 03

# First tracks

Ski tour to the summit with Oxugene and get first tracks back down the freshly groomed pistes before the lifts open.

#### OXUGENE



la Plagne area



Tuesday to Saturday at 7.am



49€ per person The price includes the skis, skins and boots. Duration: 1hrs30 - 6 people max



33 (0)4 79 09 03 99 laplagne@oxygene.ski www.oxvaene.ski

# Snowshoes walks

Discover La Plagne's best hidden and most unspoiled itineraries. Improve your snowshoeing technique so you enjoy it even more thanks to the auide's innovative teaching method!

# RAQUETTES ACADÉMIE



La Plagne area



Information and reservations on request



- From 25€ / ½ day - Discounted tickets: weekly tickets, family / group tickets.



33 (0)6 58 13 36 18 (tel & whatsapp) Facebook: @raquettesacademie www.raquettesacademie.com



Discover the unspoiled areas of our snow-covered mountains with Guillaume and enjoy his explanations of the mountain environment whilst admiring the breathtaking landscape.

#### GB MONTAGNE



High altitude resort



Every day (Saturday on request only) 9.30-12am / 1.30-5pm / full day Wednesday 9am-4pm/ Evening outing 6-9pm



- 1/2 day from 20€ - Day 50€
- Evening from 30€
- 5 1/2 day ticket 110€ (price per person) Booking: 33 (0)6 42 08 53 35

or on line-booking: www.gb-montagne.com



33 (0)6 42 08 53 35 contact@gb-montagne.com www.gb-montagne.com

A fun ecotourism activity with a varied programme that allows you to discover our natural and cultural environment. Different formulas to suit your requirements: initiation. 1/2 day, full day, evening aperitif in the igloo village.

# RAQUETTE ATTITUDE



la Plagne, Beaufortain and Vanoise



Every day: mornings, afternoons,



eveninas

- 15€ to 28€ / ½ day
  - Discount price for 2 outings or more (ask us).
  - Full days 42€ to 59€, several options - Aperitif + walk to the igloos 30€
  - Dinner in an altitude restaurant +
  - walk: 52€
  - Private outing
  - Family rates (4 people min). Equipment always supplied. The prices include the transport



33 (0)6 21 85 58 72 from 8.am to 9.pm dtruel@free.fr www.raquette.net



# Snowshoes walks suite

Do you want to get out in the fresh air and the great outdoors? Why not try a snowshoe hike! Get your shoes and your backpack on, YSA!pes Rando will look after the rest.

#### **YSA'LPES RANDO**

0

High resorts and valley



Monday to friday



- ¹/² day : 25€/person - Day : 50€/ person Payment methods accepted : CB / Cash



33 (0)6 79 68 26 18 ysalpes.rando@gmail.com Ysalpes-rando.sitew.fr



A different way to discover the mountain. Enjoy getting away from it all and seeing animals and superb landscapes in the forest.

#### ESF PLAGNE AIME 2000

0

Plagne Aime 2000



Every day Mornings - Departure at 9.30am Afternoon - Departure at 2pm Evening - Departure at 6pm



½ day : 32€ - Day : 40€ Nocturnal (meal extra): 22€



33 (0)4 79 09 04 75 info@esfplagneaime2000.com www.esfplagneaime2000.com

With Philippe, La Plagne's mountain hiking professional and adventure lover. Get right into the heart of the natural surroundings of our mountains in winter.

# ESPACES MONTAGNES Philippe



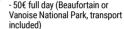
La Plagne, Beaufortain, Vanoise areas



Daily, in the morning or afternoon + evening (see programme).



3 20€ - 28€ for ½ day



- Evening outing with Savoyard meal in a Scandinavian chalet: 60€
- Outing + aperitif at the Igloo Village: 30€
- Special rates: 5 x ½ day: 125€.
- Groups, families, children (on request).

Snow shoes and poles supplied



33 (0) 6 11 49 28 18 espaces.montagnes@wanadoo.fr www.espacesmontagnes.fr

Full day or ½ day, or weekly programme. "Starry night" night-time outing.

# ESF BELLE PLAGNE



Offices at the top and bottom of Belle-Plagne / lessons in the whole Grande Plagne area



1/2 day : 48€ 6 1/2 days : 174€



33 (0)4 79 09 06 68 info@esf-belleplagne.com www.esf-belleplagne.com

## Snowshoes walks suite

Wonderful walks off the beaten track.

#### REFLEX SKT SCHOOL

Plagne Aime 2000 Plagne 1800

Day and evening

From 30€

33 (0) 6 13 80 80 56 reflex-skischool@live.fr www.reflex-skischool.com

# **Nordic walking**

Sustained physical activity. Technique of this activity eventually referred at the snowshoes when the groups can not be made for lack of participants.

# ATTITUDE RAQUETTE

La Plagne area

25€/session

33 (0) 6 21 85 58 72 dtruel@free.fr www.raguette.net

Fitness and strength. Nordic walking is a fun activity that keeps you fit and healthy!

# **ESPACES MONTAGNES Philippe**

La Plagne area

1h30 or 2 h session

1h30 or 2 h session 25 € (poles supplied)

33 (0) 6 11 49 28 18 espaces.montagnes@wanadoo.fr www.espacesmontagnes.fr



Do you want to get out in the fresh air and the great outdoors? Why not try a nordic walking hike! Get your shoes and your backpack on. YSA'lpes Rando will look after the rest.

## **YSA'I PES RANDO**

High altitude resorts and valley

Monday to Friday

- 20€/person Payment methods accepted: CB / Cash



06 79 68 26 18 ysalpes.rando@gmail.com Ysalpes-rando.sitew.fr



# **Walking trails**

# Frasses trail

A walk of 12 km there and back through the forest from from Plagne Bellecôte going towards Montchavin (Plan Bois).

This regularly groomed path is shared with cross-country skiers and is not difficult although it is hilly. Guide time,Return time approx. 3 hrs Setting off from Plagne Bellecôte – near the shuttle bus stop and luggage depository, take the lift down to the outdoor car park. Cross the car park and the road by the electricity transformer and a sign post will show you the starting point.

FREE MAP

Available at the tourist offices

# **Cavard clearing**

A forest trail to explore, starting from Plagne Bellecôte, the Pont de l'Arc (at the top of the Bobsleigh run) or from plagne 1800. The trail includes one steep slope, especially if you leave from the Pont de l'Arc.

A detour has been created at the hamlet of Cavard. Estimated time for the round trip: about 2 hours.

# Lovatière trail

That links Plagne Centre to Plagne 1800 and continues on to Plagne Aime 2000. From Plagne Centre, take the road down to the biomass heating plant at the bottom of the resort and take the path that follows down through pretty chalets to Plagne 1800. In Plagne 1800, take the 1800 chairlift up through the forest of spruce, larch and pine trees. The trail takes you to just below Club Med.

#### Mairiers trail

10km return through, there and back, through the forest towards Montalbert, starting at the top of the bobsleigh run. The regularly prepared path is shared with cross-country skiers and is easy and almost flat all the way.

Return time approx. 2hrs..

A special shuttle bus (navette des Mairiers) has been laid on to take you to this trail. From there, a little signpost will show you the way to the marked trail. The bus makes just one return trip at 5 p.m. from the bottom of the bob run or at 5.05 p.m. from the top.

On both walks, you return by the same path as the outbound walk. There is no shuttle bus to bring you back from Plan Bois or Montalbert.



# Dou du Praz trail

At Dou du Praz, there is a sunny circuit of 5 kilometres in the midst of the ski area.

Along the trail, you will find picnic tables, a secure toboggan area for the children and an unforgettable view of Mont Blanc.

There are a number of ways of getting there from the high altitude resorts:

- From Plagne Centre

Set off from beside the biomass boiler house at the entrance to Plagne Centre. It will take you about 45 minutes walking to get to the Dou du Praz plateau.

From Plagne Villages

The path is at the top of the village (free shuttle buses from the télébus arrival point), and the plateau is about 25 minutes' walk.

- From Plagne Soleil

Set off from the car park opposite the Vancouver hotel apartment building and it will take you 20 minutes to walk to the plateau.

- From Plagne Bellecôte

Walk up towards the ice rink. The path winds its way up a gentle slope through the woods. You can reckon on about 45 minutes to reach the top.



# **Superluge Derby**

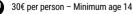
Prepare for the sledge ride of your life. 5kms long and 450m of descent on Superluge sledges. That's après-ski family fun; Oxygene-style.

# oxygène











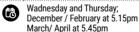
# **Toboganning descent**

From Plagne Aime 2000 to La Roche, an unforgettable descent of 6 km through the forest. More than 400 m elevation drop

#### **ELPRO**



ELPRO Skimium shop in Plagne Centre. Departure from Plagne Aime 2000. arrival in la Roche







# Colorado luge

Toboggan and SNOOC descents! Conditions: 1 person per sledge, helmet required, minimum height 1.40m

# SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE



Plagne Centre



Every day from 1.30pm to 6.30pm (subject to snow conditions)



7€ for 1 descent 30€ for 5 descents



33 (0) 4 79 09 67 00 info@ski-laplagne.com www.skipass-laplagne.com

### Toboggan adventure

After skiing, come and discover La Plagne's longest toboggan run, supervised by instructors from Plagne Aime 2000 ski school.

### ESF PLAGNE AIME 2000



Plagne Aime 2000



Every day at 5pm



Sledging + aperitive : 30 € Sledging + meal : 65 €



33 (0) 4 79 09 04 75 info@esfplagneaime2000.com www.esfplagneaime2000.com



### **Airboard**

Dare! 5 km descent to head!

### **REFLEX SKI SCHOOL**



From Plagne Aime 2000 to la Roche



30€/ person - Minimum age 14



33 (0) 6 13 80 80 56 reflex-skischool@live.fr www.reflex-skischool.com

### **Snake-Sledge**

With your family or friends, going down steadily or in sports mode, can you tame the snow snake! 5 km of descent. Thrills guaranteed.

#### AIR LA PLAGNE



Plagne Centre, in front of ESF



Monday - Friday after the slopes close. Saturday on demand



Adults / Kids (minimum age 6): 30€ Reservation obligatory on www.laplagne-snakegliss.fr



33 (0) 6 52 49 60 52 snakegliss@paradifly.com http://www.laplagne-snakegliss.fr

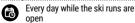


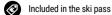
### Super slalom

A timed and filmed slalom course where you can challenge your friends to a speed test! Open every day while the slopes are open

### SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE









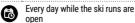
### Fun slope

The longest fun slope in Europe, open to all

Open to all skiers who can ski blue runs.

### SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE





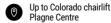


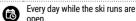


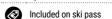
### **Buffalo Park**

New this winter: Buffalo Park! Join our adventurer on the new fun slope in Plagne Centre and create your own legend!

### SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE









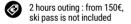
### Taxi ski

Unique in La Plagne! Anyone who can't or doesn't want to ski can discover the slopes of La Plagne from the comfort of our taxi-ski.

#### OXYGENE











### **First Tracks**

Come and ski the first tracks in the morning!

### SOCIÉTÉ D'AMÉNAGEMENT DE LA STATION DE LA PLAGNE

Top of Funiplagne Grande Rochette
Top of Arpette chairlift
Top of Fornelet chairlift

Information, dates and reservations on www.skipass-laplagne.com

33 (0) 4 79 09 67 00 info@ski-laplagne.com www.skipass-laplagne.com

# Snowboard experience

On Fridays, when you know all there is to know about skiing, why not try a snowboard lesson with ELPRO's all-inclusive formula! Learn the basics and taking the lifts for the first time.

#### **ELPRO**

ELPRO shops Plagne Centre or Belle Plagne

On Friday, 2hrs

30€ including the equipment-Minimum age 8 yrs

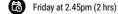
33 (0) 4 79 09 11 62 contact@elpro.fr www.elpro.fr

### Snowboard Taster

Try the fun of snowboarding! Discover the basic skills in this friday afternoon Taster session. Equipment included. Why not give it a go?

### oxygene









### **ACTIVITIES**



### Skidoos

Snow panthers will take you on a one hour trip in the evening after the pistes close. Take advantage and explore the mountain on board this extraordinary machine.

#### SNOW PANTHERS



Plagne Centre, chalet next to Funiplagne Grande Rochette.



Every day from 5pm, 6.10pm, 7.20pm and 8.30pm.



- Per skidoo (solo/duo) : 99€ for 1h - Passenger behing the guide : 30€ for 1h



33 (0) 6 14 03 22 49 alexis.schaeffer@wanadoo.fr www.motoneige-laplagne.com One or two people on a skidoo to discover La Plagne on a range of itineraries.

Wide open spaces and technical passages, supervised by our guide.

#### **EL PRO**



ElPro skidoo base - Belle Plagne



5.30pm every evening except Monday



- Solo / duo : 99€

- Passenger behing the guide: 45€ Pilot from 18 yrs Passenger from 8yrs



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

Come and discover the La Plagne area during an unforgettable ride with friends or family, with La Plagne's skidoo tour pioneers, in the resort since 1987. Rides supervised by our experienced guide Mathieu.

### PEB EVASION



Chalet des Moutons Plagne Bellecôte



Daily from 5.30pm



- Solo / duo : 99€

- Passenger behing the quide : 30€

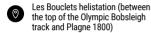


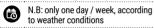
33 (0)6 12 99 88 35 pebevasion@orange.fr www.motoneige-la-plagne.fr

### Helicopter rides

In VIP mode, on your own with a pilot, discover the whole Paradiski® area as far as Mont Blanc!

#### AIR LA PLAGNE







33 (0)7 81 56 83 58 airlaplagne@gmail.com www.air-la-plagne.com





### **Sled dogs**

Let a professional musher take you for a ride in a large sleigh pulled by a team of 7 to 10 dogs! You can even try driving the team yourself!

#### HORS TRACE AVENTURE



Dou du Praz in Plagne Villages



#### First outing :

Tuesday, Thursday or Saturday.

#### Driving activity:

Thursdays out of school holidays, Saturdays during school holidays



#### First outing :

Duration : 30 min

- 1 or 2 persons : 100€

- 2 adults + 1 kid (max. age 12) : 135€

- 2 adults + 2 kids (max. age 5): 152€

#### Driving activity:

Duration: 10 mn briefing + 30 min driving

- 80€ per person (minimum age 11)



### **ACTIVITIES**



### Trio of giant zip lines

New activity: Trio of giant zip lines! Get your fill of thrills and enjoy a unique experience with 3 giant zip lines in a spectacular setting at an altitude of 2050m!

#### **ELPRO**



ELPRO base - Belle Plagne



Tuesday and Thursday at 6pm Duration : 45 min



20€ - From 12 year - Sport profile



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

### Supertyro

Fly over the slopes on our thrilling 600m-long zipwire going from Plagne Aime 2000 to Plagne Centre.

### SUPERTYRO LA PLAGNE



Plagne Aime 2000 / Plagne Centre



See on page facebook: facebook\supertyrolaplagne



15€



33 (0)6 51 21 01 73

### **Electric mountain biking tour**

After the pistes close, Paradibike, La Plaane's 1st official mountain biking school, proposes evening rides covering 10 - 15 km. Come and discover new riding sensations in a magical decor, accompanied by an instructor.

#### PARADIBIKE



Plagne Centre



Every evening, on reservation



- Discovery tour 10 km : 55€ - 1hr30



- Olympic tour 19 km : 80€ - plus de 2h



33 (0) 6 80 74 36 00 laplagneparadibike@gmail.com www.paradibike.com

### E- fat bike

Use the electrical assistance to go up the slopes, then race down them easily on these bikes with wide tyres. Go on an unforgettable tour with a qualified instructor.

### **EL PRO**



ELPRO Skimium shop in Plagne Centre



From 5.15pm according to the season



«Discovery» tour 1 1/2h: 69€ minimum age 12 vrs «Mountain» tour 2h: 89€ Including breakfast / aperitive! Minimum 14 vrs

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

www.elpro.fr



### Igloo Village

#### BLACKSHEEP TOLOO



Dou du Praz, just next to Plagne Villages



By booking only : 33 (0)9 51 38 88 15 contact@blacksheep-igloo.com www.blacksheep-igloo.com



### **Skating rink**

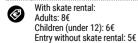
Come and enjoy our 1800 m2 natural outdoor skating rink with views of Mont St Jacques, next to Les Colosses chairlift.

Hockey equipment and sleds to use on the rink.

#### CHALET DES COLOSSES







33 (0)4 79 09 28 70 colossesloisirs@orange.fr

Outdoor skating on a 400m<sup>2</sup> rink in the centre of the Village... A magical moment to share with your family! Activity open to children from age 2, penguins and chairs available for rent.

#### **RINK**





### **Swimming-pool**

25 m pool, water at 30°C, Jacuzzi, 2 saunas

### **MAGIC POOL**





33 (0)4 79 09 05 89 www.aquaplagne.fr

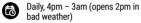
### **Bowlings**

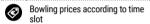
Bar with cosy atmosphere: cocktails, wide choice of beers, tapas, oysters. Bowling alley with bumper rail for children (min. age 5 urs).

Games room: pool table, pinball, puck game, arcade games. Major sports events shown. Free WIFI.

#### **BOWLING BAR BELLE PLAGNE**







33 (0) 4 79 09 00 78 bowlingbelleplagne@gmail.com www.sortir-a-la-plagne.fr

### LE HOLIDAYS BOWLING

Plagne Centre - Espace Pierra Menta

Daily, 4pm – 2am (opens 2pm in

Daily, 4pm – 2am (opens 2pm in bad weather)

33 (0) 9 62 69 59 91 leholidaysbowling@gmail.com



### Escape game

Come and try a life-size escape game with 1 hour to find a rare animal or solve the riddle of the Mont Saint Jacques Bunker. A team-building game for all ages.

Also available as an outdoor game on foot or on skis.

### **ESCAPE GAMES UNITED**







Info and booking : www.escape2rooms.fr Contact : infos@escape2rooms.fr



### **Espace Pierre Leroux - Omnisports Hall**

Weights room (with conditions), climbing wall (with conditions), free sports activities, sport hall on booking.

### LA PLAGNE TARENTAISE TOWNSHIP



Plagne Centre



Monday to Friday from 3. to 8pm



Fitness and bodybuilding room: per session or fixed price and weekly or seasonal subscriptions.

- Climbing wall: Equipment rental and / or supervised lessons
- Gymnasium hall: Hourly reservation, group reception
- Supervised classes (Fitness, Yoga ...): individual or packages (on reservation)



# Aquarelle session

Using a photo of a mountain landscape, equipment provided. I come to you and can organise group sessions if other people register.

#### JEAN-LOUP BENOIT



Plagne Centre



40€ per person



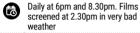
33 (0)6 79 62 98 67

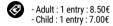
### Cinema

Les Ecrins cinema has all the latest digital technology.

### LA PLAGNE TARENTAISE TOWNSHIP









### **Bridge**

The La Plagne Owners' Association proposes convivial bridge sessions.

## LA PLAGNE OWNERS' ASSOCIATION





33 (0) 4 79 08 62 07

### **Laser Game**

### LASER GAME LA PLAGNE



33 (0) 6 03 50 79 66

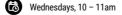


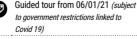
### The Heritage Museum

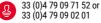
Jérémy proposes a guided tour of the museum. Discover the history of the silver-bearing lead mines and the bobsleigh.

#### LA PLAGNE TARENTAISE TOWNSHIP









### **Public library**

Open to all: 5000 books and documents to borrow or consult.

### BIBLIOTHÈQUE MUNICIPALE





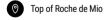


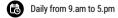


### **Paragliding**

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

### **FLY IN PARADISE**









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

### ESF PLAGNE BELLECÔTE



33 (0) 4 79 09 01 33 contact@esf-plagne-bellecote.com www.esf-plagne-bellecote.com

#### ESF BELLE PLAGNE





Opened 1998, a team of qualified and experienced professionals specialising in 1st paraglider flights. Min. age 3, on foot, or on skis or a snow-board.

### AIR LA PLAGNE PARAPENTE

Top of Grande Rochette Plagne Centre (Funiplagne cable car)



- Discovery flight : 80€

- Panoramic flight : 110€ - Prestige flight : 140€

- King of La Plagne flight: 300€



Take off on skis or on foot and discover the resort from above on a paragliding flight, descending 500 to 2000 m. 8 to 45 min flight time. Min. age 6.

#### ELPRO / PLAGN'AIR PARTNER



Top of Grande Rochette Plagne Centre (Funiplagne cable car)



Open daily from 9am until the slopes close.



- Vision flight: 7/10 min: 80€
- Horizon flight: 15 / 20 min: 110€
- Condor flight: 25 / 45 min: 140€ (in warm air currents)
- King & Queen flight: 25 / 40 min -160 € (includes flight to valley, photo/video pack & transport back to resort)
- Free options: dual control flying & level 1 aerobatics (inversions, 360s) Photo/Video Pack: 20f



Come and share an unforgettable moment while flying over the area of the Grande Plagne.

Take off at the top of the Roche de Mio cable car, an exceptional panorama awaits you.

#### PHILIPPE MARTIN



Top of Roche de Mio



33 (0)6 15 93 45 33



If you are looking for escape and a real thrill, come and see La Plagne from above. Enjoy a unique experience as you fly off into the clouds with a superb view of the whole ski area of La Plagne, flying over the skiers below..

#### EI PRO



Top of Roche de Mio



Daily according to flying conditions



- Discovery flight: 80€ - Mountain flight: 160€



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

# AEROPLAGNE Antoine Mercier / Orlane Sturbois



On skis, at the top of Verdons



Daily according to ski lift schedules and weather conditions.



Discovery flight (650m vertical drop): 70€ Middle flight: 100€ High flight: 130€ Photo, video pack available.



33 (0) 6 85 37 25 85 bytonio@hotmail.com www.air-vanoise.com



### Wellness

NUXE Spa with a swimming pool, whirlpool bath, sauna, Turkish bath, ice-room, sensorial shower, relaxation area and treatment rooms for one or two people.

### SPA NUXE Araucaria Hotel & Spa



Plagne Centre



From 10 am to 8pm. Access when you book a treatment only.



Nuxe \* treatment (45 min): 90 € - Nuxe \* treatment (1h15): 140 €

- Duo Nuxe \* treatment (45 min): € 170

- Nuxe \* treatment in duo (1h30): 280 €
- \* Nuxe treatment: Facial treatment, body treatment or massage to be defined during the appointment



spa@araucaria-hotel.com

Qualified beautician Lorraine offers a wide range of beauty treatments for relaxation and recuperation after sport: facials, hair removal, mani/pedi, semi-permanent varnish, treatments for future mothers, Californian & Hawaiian massages, hot stone treatments. foot reflexology. Weekly cures. Bio Phut's products.

#### ESTHE BTO



Plagne Centre, residence Le France, apt 318, 3rd floor



By apointment, closed Saturday & Sunday morning.



- Body modelling from 45€ - Facials from 55€
- Wellness pack from 120€ to 300€ Payment: cheque, cash, credit cards not accepted.
- 33 (0) 6 30 65 39 24 esthebio@orange.fr www.esthebio.fr

Deep Nature invites you to discover the Bains & Spa La Plagne with its stunning views of the mountains: a 1500m2 cocoon of relaxation for quests of all ages.

#### BATINS & SPAILA PLAGNE



Belle Plagne



Open daily, 10 - 12am & 2 - 8pm



33 (0) 4 58 35 00 00 spabelleplagne@deepnature.fr

centre devoted wellbeing. Franck and his team quarantee uou an unforgettable moment. Massages. private Jacuzzi. Turkish bath. sauna. Beautu treatments. semipermanent varnish.

#### SPA BELLECÔTE



Plagne Bellecôte



Open daily, 10 - 12am & 1 - 8pm



33 (0) 4 79 09 22 48

www.spa-bellecote.fr

Eniou a moment of relaxation in the spa at Les Balcons, more than 430 sq.m devoted to your wellbeing: Jacuzzi, sauna, Turkish bath, swimming pool, fitness room and treatments.

### SPA BY LES BALCONS



Belle Plagne



Sunday to Friday from 10 to midday and from 3 to 8pm. Saturday from 2 to 8pm.



From 50€



33 (0)4 79 55 79 56 spa.belleplagne@les-balcons.com face and body treatments beautu treatments, massages, dual treatments. treatments for children and teenagers ... New: future mother and babu treatments

O des Cimes welcomes you to its unique and revitalising atmosphere. Open to all

### SPA D'ALTITUDE Ô DES CIMES



Plagne Soleil

Résidence les Granges du Soleil



Open daily, 10 - 12am & 4 - 8pm



From 40€ to 500€ (package)



33 (0) 4 79 23 22 10 solèil@cgh-residences.com www.cgh-residences.com www.odescimes.com

Eniou some rest and relaxation in the wellness area in our residence: heated indoor swimming pool, spa with a sauna. Turkish bath and Tacuzzi, as well as a treatment room with massages on reauest.

### SPAILE CENTAURE\*\*\*\*



Le Centaure\*\*\*\* Residence Belle Plagne



Sunday to Friday: 10am to 7.30pm Saturday: closed



Access to the SPA is only accessible and free of charge for guests staving in the residence. For à la carte treatments, ask your residence manager for prices or contact + 33 (0)4 28 38 48 85



+ 33 4 58 17 36 45 laplagne@conciergeriemsh.com www.terresens-msh.com



Beautician Roxane proposes in Plagne Villages:

relaxation massages, aprèsski recuperation, hair removal, facials, semi-permanent varnish...

### L'INSTITUT NOMADE



Odalys «Front de neige» residence Plagne Villages



By appointment



Relaxation massages, après-ski recuperation: 30min: 40€. 1h: 75€ Facials: 40f to 70f Hot stone treatments 1h: 80€ Payment: cheque, cash



33 (0)6 80 77 49 98

The Spa at the Hotel Carlina offers an exceptional moment of relaxation: Pure Altitude treatments, rest and relaxation. facials, body treatments, scrubs, wraps, massages ...

### SPA CARLINA HÔTEL



Belle Plagne Carlina Hôtel



Open daily by appointment



33 (0)4 79 09 78 46 www.carlina-belleplagne.com



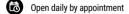
### Wellness suite

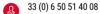
Fanny Delvallée, qualified osteopath since 2011, treats your acute and chronic pain and problems linked to the digestive, neurological and gynaecological systems.

### OSTEOPATHY CENTER

Fanny Delvallée



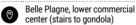


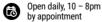


Jean-Louis, a specialist in osteopathy massages with many years of experience, welcomes you to his new practice in Belle Plagne to find balance and harmony and relief from stress, pain and tension.

### OSTEOPATHY, PHYSIOTHERAPY & MASSAGES

Jean-Louis fabre



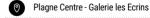




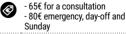


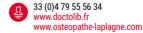
Osteopathy treatments for all types of patients including sports-related issues, children, seniors, pregnant women, babies.
Consultations on rdv only on 04 79 55 56 34 or on doctolib.fr Tissue, structural, visceral, cranial, biodynamic and energy osteopathy treatments.

## OSTEOPATH JULIETTE LAGONDET









Céline will help to free you from pain, stress and blockages to feel better fast. Emergency consultation or by appointment.

### OSTEOPATHY CENTER

#### CÉLINE TORRENT









Face and body treatments, beauty treatments, massages, dual treatments, treatments for children and teenagers ... New: future mother

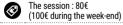
## ENERGY TREATMENT THERAPIST

### MANON ECREPONT

and baby treatments.

Les Ecrins Gallery Plagne Centre







#### MASSAGE ME

At home

4 79 04 20 66



#### CHALET SANTÉ René Allamand

Plagne 1800

33 (0)6 23 87 45 64

### **EVE COIFFURE**

At home

33 (0)6 99 28 37 39

### VIP COIFFURE

Plagne Centre

33 (0)6 99 28 37 39

#### PHYSIOTHERAPY & OSTEOPATHY Antoine Simon & Solène Rambourg

Plagne Centre - Les Lodges

Solène RAMBOURG 33 (0)6 61 06 97 88 Antoine SIMON 33 (0)6 23 82 40 88

### CRÉA'TIFF

Plagne Aime 2000

33 (0)4 79 09 09 77

### Ô COIFFEUR

Plagne Bellecôte

33 (0)4 79 07 39 60

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# STANCE 96



### **PARTENAIRE OFFICIEL DE LA PLAGNE**





CONÇU POUR ATTAQUER. CONSTRUIT POUR CARVER.









PARTENAIRE OFFICIEL





JEU 08/87 | YEN 08/07 .. EAM 10/07 | DIM 11/07

GRANDS JOUR1 GRANDS JOUR2 MACOT - CHAMPAGNET LEWIST CHAMPAGNETS FACIL - ARE DOUBLES VTT | DOUBLES VTT AE

WWW.SUPERHUIT.COM





Quelles que soient les conditions météo, il y a toujours une bonne raison pour aller rider mais ce que je préfère ce sont les journées « poudreuses » qui me permettent d'aller chercher les plus grosses barres rocheuses et de repousser mes limites. Au sommet, la tension monte mais une fois élancé, le stress fait place à l'excitation. L'atterrissage réussi est une source d'adrénaline et de joie intense pour moi!

MAXIME BUFFET

CÉBÉ PARTENAIRE OFFICIEL DE

Étre pionnier. - © Dom Daher Photography



**BE A PIONEER.** 

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