

**GREAT IDEA**

- Access from Plagne Soleil: leave on the path behind Sun Valley/Vancouver building (cross the ski run).
- Access from Plagne Villages (possible with a push chair). To come back from Plagne Bellecôte, remember that there are free inter-village shuttle buses.



5 km circuit groomed for walkers. The path is also a cross-country skiing trail and a dog-sledding trail. Breathing views of Mont Blanc, picnic tables, viewpoint indicator, kiddies' sledding area. Altitude restaurants along the trail. Leave from the bottom of Plagne Centre, just after the automatic petrol station. Take the groomed path that climbs into the forest for about 45 mins. Arrival at Dou du Praz plateau. Possibility of walking the 5 km circuit that will take you to Plan des Leitchoums. Go back down towards Plagne Bellecôte, approx. 45 mins walk

*Dou du Praz circuit*

**Dou du Praz circuit** • Plagne Bellecôte  
Plagne Centre

**Crosscountry**

*Our friends the cross-country skiers*

**3 cross-country ski trails**  
Trails marked and tracked regularly according to snowfall. Cross-country skiing is free.

**Leaving Bellecôte going towards Montchavin**

On Les Frasses trail (12 km return). Back on the same path. From the bus stop, take the lift down to the outdoor car park. Cross the road and leave from the other side of the ERDF station.

**Leaving from the top of the Bobsleigh run**

(10 km return) Back on the same path. Crosses the downhill ski run!

**Dou du Praz circuit**

From the top of Plagne Villages (5 km). Take the telebus from Plagne Centre and you can take the shuttle bus to the top of Plagne Villages for easier access.

Access to the cross-country ski trails is free.

The routes are marked and regularly prepared whenever snowfalls dictate. Never take a closed trail (check the piste information). Make sure you choose a trail of a length and difficulty that suits your ability.

Follow the direction of the piste; When stopping, never stay in the tracks, stop at the side. Where the trail crosses alpine ski pistes and draglifts, the alpine skier has priority: take care! The correct equipment for this sport is available in sports shops. Ski schools offer lessons for all levels.

**USEFUL NUMBERS**

**Weather Forecast :** 3250

**In case of accident:**

**Piste rescue service :** 04 79 09 67 60

**Fire brigade / ambulance:** 112

**La Plagne Tourisme:** 04 79 09 02 01

**GREAT IDEA**

From Plagne 1800, you can take the 1800 chairlift (paying service), accessible to pedestrians.

Free inter-village shuttle buses every 15 mins.

From Plagne Centre to Plagne Aime 2000, remember that you can take the Telemetro free of charge.



Goes down in the forest through spruce trees, larches and Swiss stone pines. Approximately 45 mins walk to reach the bottom of Plagne 1800 chairlift. At Plagne 1800, walk back up the road through the village there, follow the marked trail that winds through the chalets. You arrive in Plagne Centre at the biomass heating plant (a heating plant that heats most of the Plagne Centre buildings using wood). In Plagne Centre, walk along the pavement until you reach the centre of the resort.

*Leaves La Plagne Aime 2000 underneath Club Med Aime-la-Plagne (lowest building of the village at the top of plagne 1800 chairlift).*

**Lovatière circuit** • Plagne 1800  
Plagne Aime 2000 • Plagne Centre

**Mairiers path**  
*Top of Bobsleigh slope • Plagne Montalbert*

*Leaves from the top of the Bobsleigh run*

Take the scheduled bus (every hour) from Plagne Centre or walk down the marked trails from Plagne 1800 or Plagne Bellecôte.

There and back on the same trail going towards Plagne Montalbert. Be careful, crosses several ski runs.

The path leaves from the left of the top of the Bobsleigh run and goes through the forest!

There is no bus to bring you back from Montalbert.

You must walk back to the starting point to get the shuttle bus back.

2 hours - 10 km to go and to come back



**The footpaths are marked and regularly cleared. Check that they are open before setting off (they become impassable after heavy snow falls).**

Dress suitably – ankle boots with non-slip soles and warm clothes. Remember to take some water.

Some trails run alongside the cross-country ski trails, don't walk on the tracks. Take care; the cross-country skier takes priority over the pedestrian.

The natural areas that you will cross are fragile, please respect them! Take your rubbish away with you. Dogs are allowed, provided they are kept on a lead.

Dog owners, please use the waste bags provided at the beginning of the trail and in all the resorts.

*Our friends the walkers*

Around 3h to go and to come back - 12 km back from Montchavin / Les Coches or Plan Bois. Please note that the only way back is on foot. There is no bus for a meal.

At Plan Bois, several altitude restaurants where you can stop Beautiful views looking across to the Beaufortain range and Mont Blanc.

The path goes down for about 200 metres before it branches (to the left, it goes to Pont de l'Arc where you can get to the top of the Bobsleigh run and Plagne 1800). Take the path that climbs straight ahead into the forest.

**Leaves from Plagne Bellecôte.**

*Same trail there and back in the forest going towards Montchavin*

**The Frasses path** • Montchavin  
Plagne Bellecôte

**Glacier Hike**  
**Plagne Bellecôte • Belle Plagne**

*Leaves from Plagne Bellecôte or Belle Plagne*

Take the Roche de Mio and the Bellecôte cable car. Enjoy an outstanding panoramic view over the Alps from the glacier at 3000m !

Remember to take with you: Warm clothes, sunglasses, a woolly hat and gloves, sun cream (high protection), some good shoes or boots, a pair of binoculars and a camera. Remember to equip and protect your children and to take some water with you! For young children, remember to find out to what altitude they can climb. Please note! The weather can change very quickly at this altitude and in the vent of strong wind, the Société d'Aménagement de La Plagne (La Plagne development company) staff will ask you to leave the glacier quickly. You are advised not to go up later than 1.30 p.m. from Plagne Bellcôte. Open daily.

Price: 13 € for the cable car ( ! be careful ice grotto closed this winter)

SNOWSHOE / CROSS-COUNTRY SKI HIRE (TOURIST OFFICE PARTNERS)		
Armand Bérard Sports - Sport 2000 - Belle Plagne	04 79 09 07 79	
Allais Ski Service - Plagne Centre	04 79 09 01 52	
Belle Plagne Sports - Belle Plagne	04 79 09 20 58	
Elpro - Belle Plagne, Plagne Bellecôte, Plagne Centre, Plagne 1800	04 79 09 11 62	
Go Sport Montagne Robino Sport - Plagne Centre	04 79 09 01 71	
Intersport Ingrid Lafforgue - Plagne Bellecôte	04 79 09 05 67	
Oxygène Ski Shop - Plagne Centre	04 79 09 03 99	
Pierre Leroux Sports - Plagne Villages	04 79 09 01 35	
Ski Fun Intersport - Plagne Aime 2000	04 79 09 05 15	
Skiteam Skiset - Plagne Bellecôte	04 79 07 61 20	
SNOWSHOE OUTINGS (TOURIST OFFICE PARTNERS)		
Attitude Raquette	06 21 85 58 72	
Ecole de Ski El Pro	04 79 09 11 62	
ESF Belle Plagne	04 79 09 06 68	
ESF Plagne 1800	04 79 01 17 61	
ESF Plagne Aime 2000	04 79 09 04 75	
ESF Plagne Bellecôte	04 79 09 01 33	
ESF Plagne Centre	04 79 09 00 40	
ESF Plagne Soleil	04 79 09 20 95	
ESF Plagne Villages	04 79 09 04 40	
Espace Montagne	06 11 49 28 18	
GB Montagne	06 42 08 53 35	
Oxygène Belle Plagne	04 79 06 53 36	
Oxygène Plagne Centre	04 79 09 03 99	
Raquette Académie	06 58 13 36 18	
Reflex ski school	06 13 80 80 56	



Around 2h to go and to come back

You can take the shuttle bus back (free shuttle bus service leaflet available).

From Pont de l'Arc, you can get to the departure point of the Bobsleigh run and Les Mairiers path by walking about a hundred metres up the road.

The path goes down gently into the forest, past La Mine pumping station and comes out in a large clearing at Cavaud. It then follows along beside the Arc stream and joins the main road.

**Departure from the bottom of the village, at the end of the car park opposite the 1800 chairlift.**

*Leaves from Plagne 1800*

**Cavaud Circuit**  
Plagne 1800 - Piste de Bobsleigh  
Plagne Bellecôte

**LA PLAGNE**  
Paradiski

**ALTITUDE**

**WALKS, TRAILS, SNOWSHOES,  
CROSS-COUNTRY SKIING**

*Discovery tracks*

**Winter  
2019-2020**

**COME & LIVE**

*Unforgettable*

**MOMENTS**

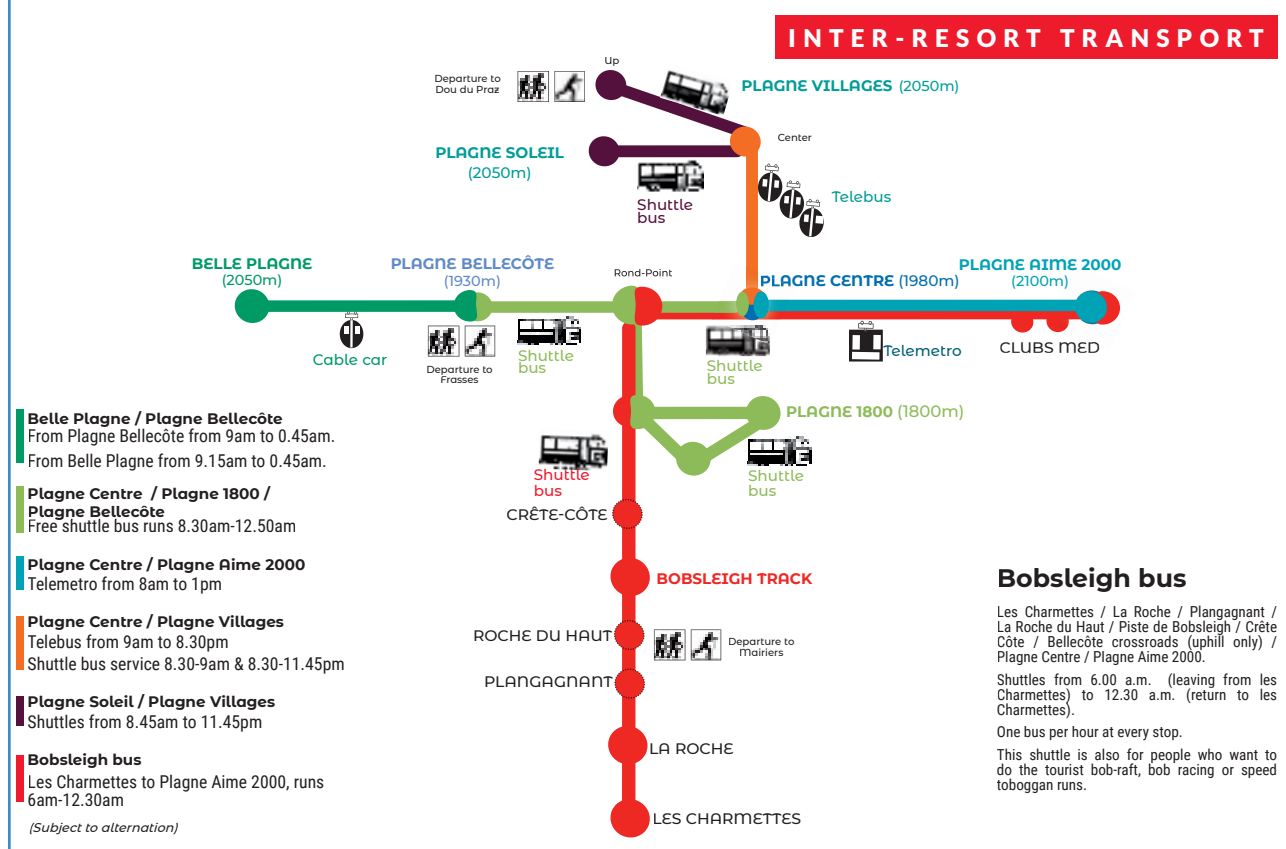
**www.la-plagne.com**  
**+33 (0)4 79 09 02 01**

Photos : O. Allamand, OPGP, B. Koumanov, Ch. Marco, P. Royer - Impression : Edelweiss





- Cross country skiing trails
- Walking Trails
- Free shuttle buses
- Sledge slope
- Inter-resort Bus Stop
- Bus Stop Plagne Aime 2000 / Les Charmettes
- Ski Lifts - Open to foot passengers
- Free access ski lifts
- Mountain restaurants
- Public toilets
- Picnic areas
- Car parks
- Cross country skiing
- Viewpoint indicator



### OUR PARTNERS:

