



ALTITUDE

summer 2019



PLAGNE 1800 | PLAGNE CENTRE | PLAGNE SOLEIL | BELLE PLAGNE
PLAGNE VILLAGES | PLAGNE AIME 2000 | PLAGNE BELLECÔTE

RESORT INFORMATION

WWW.LA-PLAGNE.COM - +33 (0)4 79 09 02 01



*Unforgettable**

*VIVRE DES MOMENTS INOUBLIABLES

NOUVELLE JAGUAR I-PACE 100% ÉLECTRIQUE

ELLE VA FAIRE DU BRUIT,
MAIS PAS SUR LA ROUTE



La nouvelle Jaguar I-PACE est notre premier SUV premium entièrement électrique. Avec son design précurseur, son autonomie de 470 km*, sa recharge rapide (80% en 85 minutes**), ses 4 roues motrices et ses 400 ch CEE, elle redéfinit les standards des véhicules électriques. Et avec une accélération de 0 à 100 km/h en 4,8 secondes, elle prouve qu'elle appartient bel et bien à la famille Jaguar. jaguar.fr

Jaguar partenaire
officiel de



LA PLAGNE
Paradiski

THE ART OF PERFORMANCE

L'art de la performance

*Autonomie jusqu'à 470 km, qui est susceptible de varier selon notamment la configuration du véhicule, l'état de la batterie, le style de conduite, le type d'utilisation, les conditions climatiques ou l'environnement routier. ** En utilisant un chargeur rapide de 50 kW à courant continu (DC). Les temps de recharge réels peuvent varier selon les conditions environnementales et l'équipement de recharge utilisé.

Consommation mixte (l/100 km) : 0. Émissions de CO₂ (g/km) : 0.

Jaguar France. Siren 509 016 804 RCS Nanterre.



WELCOME



la Plagne thanks its partners



DARE 2B 

HAIBIHE

BANQUE
POPULAIRE
AUVERGNE RHÔNE ALPES 

YCÉBÉ
PURE ADRENALINE



PUYDUFOU.



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WELCOME & INFORMATION



Tourism Office



PLAGNE CENTRE



Open every day from 9.am to 6.30pm



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

Information points

Plagne Bellecôte

In front of the bus stop

Belle Plagne

Opposite the gondola station

Plagne Villages

Opposite the Telebus arrival station

Plagne Aïme 2000

On the shopping gallery level

Plagne 1800

«Les Marmottes» Residence

NEW FOR 2019! PLAGNE CENTRE

Place Perrière in Plagne Centre has been fully renovated and is now called "Pierra Menta" with a new reception area, the coach station, a heritage room and new retail areas!

In the Info Points, you can find...

- The weekly entertainment programme
- Plagne access and information leaflet
- Lift passes
- Walking and Biking trail maps
- Resort map
- Ticket machine for bus tickets (Plagne Centre et Belle Plagne)...

Brochures about the resort and the surrounding area.

Extra

Loan of board games and photocopying service (only from the tourist office in Plagne Center), cot rental are amongst the services offered by the Tourist Office and its Information Points.

Internet

Choose between the list of networks then open the internet.

You can buy a lift pass on line with your credit card.

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.



Paradiski Yuge

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

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



Plagne Access



Cet été,
on vous chouchoute !

Appli à télécharger sur
la-plagne.com/app

Retrouvez tous les avantages
sur plagne-access.com



MERCI creative

USER CONTACTS



Ambulances AMS.....33 (0)4 79 55 58 17
24h/24

Bank CIC

Plagne Centre.....04 79 55 40 10
Monday to Friday from 10 am to 1 pm

Bank «Crédit Agricole des Savoie»

Plagne Centre.....33 (0)4 79 44 60 57

Bank «Banque Populaire des Alpes»

Plagne Centre.....33 (0)4 79 09 38 47
Monday, Tuesday, Wednesday and Friday from 9 am to 12.15 pm
and from 2 pm to 5.45pm. Thursday from 9 am to midday and from
2 pm to 5.45 pm

Weather report.....33 (0)32 50

Medical centers

Plagne Centre.....33 (0)4 79 09 04 66
Ask for opening time
Plagne Bellocôte.....33 (0)4 79 09 29 55
Ask for opening time

Ecumenical chapel.....33 (0)4 79 09 13 62
Plagne Centre

Waste collection center.....33 (0)4 79 55 46 86
Monday to Saturday from 1.pm to 6.pm

Dentists Aime (18km)

Aude Rancezot.....33 (0)4 79 55 66 00
Cabinet dentaire de la vallée.....33 (0)4 79 55 60 50

ATM machine :

Crédit Agricole, Banque Populaire, La Poste, Banque Laydernier,
CIC

Police station

Aime (18km).....33 (0)4 79 55 61 17
bta.aime@gendarmerie.interieur.gouv.fr

Hospital

Bourg St Maurice (30km).....33 (0)4 79 41 79 79
Moutiers (30km).....33 (0)4 79 09 60 60

Nurses

V. Marchand Maillet - Brovelli.....33 (0)6 09 72 60 37

Traffic information

CRIR of Lyon.....33 (0)8 26 02 20 22

Post Office

Plagne Centre.....33 (0)4 79 09 01 82

Belle Plagne.....33 (0)4 79 09 06 06

Postal services available at the tabac/presse shop

laundrette, dry cleaning and pressing

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

Plagne Bellecôte.....33 (0)4 79 07 68 66

Belle Plagne (automatic machine)

Plagne Aime 2000 : (automatic machine)....www.so-laverie.com

Plagne 1800 : Pierre et Vacances (automatic machine)

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

Plagne Centre Tourist Office

Plagne Centre.....33 (0)4 79 09 02 01

Police

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

Chemists

Plagne Centre.....33 (0)4 79 09 04 81

Plagne Bellecôte.....33 (0)4 79 09 02 20

Ski pass office.....33 (0)4 79 09 67 00

PMU - Plagne Bellecôte

Restaurant Rigatoni.....33 (0)4 79 06 57 98

Petrol station 24h/24

Plagne CentreSelf-service, credit cards only

Ski Patrol service.....33 (0)4 79 09 67 60

Concierge services

Wikizi Plagne Aime 2000.....33 (0)4 76 84 01 33

La Clef des Neiges Belle Plagne.....33 (0)6 08 24 80 48

73ème Avenue Belle Plagne.....33 (0)4 79 09 20 58

Emergency services

Mobile phone.....112

Veterinary at home.....33 (0)6 67 18 86 02

Veterinary clinic Aime (18km)

Dr Tillon.....33 (0)4 79 55 62 79

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 et laradiostation.fr
- 7.30 am to 10.30 am La Matinale
- 10.30 am to 4 pm Le Grand'R
- 4 pm to 8 pm Happy'R
- 8 pm to 4 am R'Time
Tel 33 (0)4 79 09 10 00
rlaplagne@laradiostation.fr





Bus & rail links

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

33 (0)9 70 83 90 73

Taxis

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 1 9 80 03

Luzzi Jean Pierre

33 (0)6 07 23 79 29

Car rental

E.Leclerc Aime vallée

33 (0) 4 79 01 30 30

Super U Bg St Maurice

33 (0) 4 79 07 24 11

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

ABC Taxi Collomb

33 (0)6 14 36 74 59

Placide Guillaume

33 (0)6 1 7 77 4 1 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

Airports

Lyon St Exupéry

0 826 800 826

www.lyonaeroports.com

Geneva

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

Links

Resorts / Airports

Book your return to airports on :

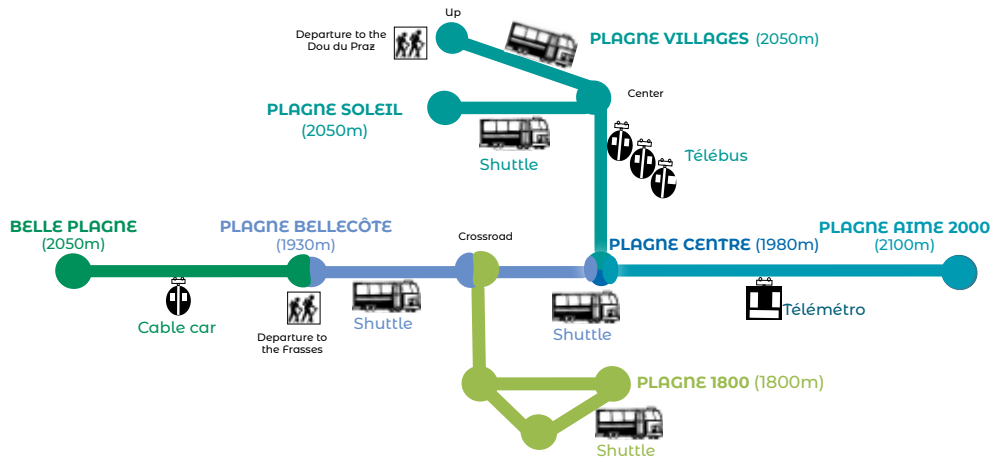
Lyon St Exupéry

Genève

Chambéry/Aix les Bains

www.altibus.com

INTER-RESORT TRANSPORT



BELLE PLAGNE / PLAGNE BELLECÔTE

From 9am to 11.45pm

PLAGNE CENTRE / PLAGNE 1800 / PLAGNE BELLECÔTE

From 8am to midnight

PLAGNE CENTRE / PLAGNE AIME 2000

From 9am to 11.45pm

PLAGNE CENTRE / PLAGNE VILLAGES

Telebus from 9am to 8.20pm

Shuttles from 8.30am to 9 am and from 8.30pm to 11.45pm

PLAGNE SOLEIL / PLAGNE VILLAGES

From 9am to 11.45pm

(Subject to alternation)

Explore the high altitude locations courtesy of the free shuttle buses laid on by the resort of la PLAGNE .

Please note : in stormy weather Telebus links will be replaced by shuttle buses. Accordingly, the timetables may be subject to change. Detailed timetables are available from the tourist office and in Information Points. The hours are given as a guide only and may change.



Paying parking areas

Outdoor and underground parking is free of charge in all the La Plagne villages.

Vehicles must not be driven in any nature zones, including the Route des Balcons (from La Plagne Aime 2000 to Belle Plagne) and the areas at the bottom of the slopes, from July 1st to August 31st.

Daily patrols by the Police Municipale.

Police Municipale : 33 4 79 09 22 10

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.

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 to recharge your vehicle with electricity by means of special terminals.

Motor-homes parking rates :

- by request

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

JULY 08TH TO AUGUST 31ST

7J/7

ONE WAY / RETURN: **5€**
 La Plagne / Valley / La Plagne
 or
 Valley / La Plagne / Valley

ONE WAY : **3€**
 La Plagne / Valley or Valley / La Plagne
 or
 la Roche / La Plagne or La Plagne / la Roche

SEASON : **50€**

Plagne access allowed

Bus with a bike trailer



Timetable valley / resorts bus

PLAGNE CENTRE	9.45am*	2.15pm	4.40pm	LAKESIDE		10.45am	3.45pm	5.45pm
PLAGNE BELLECÔTE	9.55am*	2.25pm	4.50pm	LES PROVAGNES	9.00am*	10.55am	3.55pm	5.55pm
LA ROCHE AND BOBSLEIGH TRACK <i>Departure</i>	10.05am*	2.35pm	5 pm	MACOT <i>School</i>	9.05am*	11 am	4 pm	6 pm
LES VILLARDS	10.15am*	2.45pm	5.10pm	LES VILLARDS	9.15am*	11.10am	4.10pm	6.10pm
MACOT <i>School</i>	10.25am*	2.55pm	5.20pm	LA ROCHE AND BOBSLEIGH TRACK <i>Departure</i>	9.25am*	11.20am	4.20pm	6.20pm
LES PROVAGNES	10.35am*	3.05pm	5.30pm	PLAGNE BELLECÔTE	9.35am*	11.30am	4.30pm	6.30pm
LAKESIDE	10.45am*	3.15pm	5.40pm	PLAGNE CENTRE	9.45am*	11.40am	4.40pm	6.40pm

* on Monday and Wednesday only

DIRECTORY OF TOURIST OFFICE MEMBERS



Grocery shops

PLAGNE CENTRE

Boucherie de la Plagne	04 79 40 11 42
La Table du berger	04 79 09 19 09

PLAGNE AIME 2000

SPAR	04 79 09 05 06
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Shops and Sport shops

PLAGNE CENTRE

Allais Ski	04 79 09 01 52
Elpro Boutique	04 80 08 10 90
Elpro Skimium	04 79 09 20 79
Go Sport	04 79 09 01 71
Ski Republic	04 79 07 12 69
Sport 2000 Robino	04 79 09 00 26

Shops and Sport shops *suite*

PLAGNE BELLECOTE

El Pro Skimium	04 79 09 12 98
Intersport Ingrid Lafforgue	04 79 09 05 67
Quiksilver Store	04 79 09 05 67
Ski Republic	04 79 07 18 47
Skiteam-Ski set	04 79 07 61 20

PLAGNE AIME 2000

Ski Set Aime 2000	04 79 09 05 33
Ski Set les Hauts Bois	04 79 09 63 26

PLAGNE VILLAGES/ PLAGNE SOLEIL

Pierre Leroux Sport 2000	04 79 09 01 35
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BELLE PLAGNE

Belle Plagne Sports 1	04 79 09 20 58
Belle Plagne Sports 2	04 79 55 10 57
Belle Plagne Sports 3	04 79 55 18 90
ELPRO skimium	04 79 09 20 79
Sport 2000	04 79 09 07 79

PLAGNE 1800

El Pro Skimium	04 79 09 20 79
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Wellness

PLAGNE CENTRE

Cabinet d'ostéopathie	06 61 06 97 88
Cabinet médical	04 79 09 04 66
Hôpital Bourg st Maurice	04 79 41 79 79
Hôpital Moutiers	04 79 09 60 60
Infirmière	06 09 72 60 37
Pharmacie	04 79 09 04 81

PLAGNE BELLECOTE

Ambulance AMS	04 79 55 58 17
Cabinet Médical	04 79 09 29 55
C. Torrent Ostéopathe	07 69 35 09 04
Infirmière	06 09 72 60 37
Pharmacie	04 79 09 02 20
SPA Bellecôte	04 79 09 22 48

BELLE PLAGNE

Infirmière	06 09 72 60 37
Ostéopathie et massages	04 79 09 31 46

Services

PLAGNE CENTRE

Bibliothèque	04 79 22 45 38
Bureau des Guides	06 09 41 53 85
Caisse Forfaits	04 79 09 67 40
Chapelle œcuménique	04 79 09 13 62
Club des Sports	04 79 09 01 79
Crèche Municipale	04 79 09 00 83
Ecole de ski El Pro	04 79 09 04 74
Ecole de ski Oxygène	04 79 09 03 99



Services suite

PLAGNE CENTRE

ESF	04 79 09 00 40
ESF Nanda Devi	04 79 09 12 05
Gendarmerie	04 79 09 04 57
La Poste	04 79 09 01 82
Mairie Annexe	04 79 55 15 15
Office de Tourisme	04 79 09 02 01
Patinoire Synerglaçe	nc
Parking du Boulevard	04 79 55 31 75
Police Municipale	04 79 09 22 10
Reflex Ski school	06 13 80 80 56
R'la Plagne	04 79 09 10 00
Salle omnisports	04 79 55 15 15
SAP	04 79 09 67 00
Stade de Slalom	04 79 09 28 11

PLAGNE BELLECOTE

Caisse SAP	04 79 09 67 35
ESF	04 79 09 01 33
Mini Club	04 79 09 01 33

BELLE PLAGNE

Caisse de la SAP	04 79 09 68 01
Ecole de Ski El pro	04 79 09 11 62
Ecole de ski Oxygène	04 79 06 53 36
ESF	04 79 09 06 68
Garderie	04 79 09 06 68

DIRECTORY OF TOURIST OFFICE MEMBERS



Services (suite)

PLAGNE AIME 2000

Caisse des Forfaits	04 79 09 67 00
Ass. Antenne Handicap	06 86 86 01 50
ESF	04 79 09 04 75
Garderie	04 79 09 04 75
Parking couvert	04 79 09 10 25
Point information	04 79 09 02 01
Police Municipale	04 49 09 26 23

PLAGNE VILLAGES

Caisse des Forfaits	04 79 09 67 90
ESF	04 79 09 20 95
Infirmière	06 09 72 60 37

PLAGNE 1800

Caisse Forfaits	04 79 09 37 47
Ecole de ski Oxygène	04 79 09 53 36
Ecole de ski Reflex	06 13 80 80 56
ESF	04 79 01 17 61

TAXIS

Mathieu Perraudat	07 78 87 47 04
Bouzon Christian	04 79 09 03 41
Albert Taxi	04 79 55 66 38
Legroux Dominique	06 09 38 73 82
Bouzon Alain	04 79 09 78 93
JB Taxi	06 34 87 12 17

Other services and shops

PLAGNE CENTRE

Banque Populaire	04 79 09 38 47
Boucherie de la Plagne	04 79 40 11 42
Cabinet Kiné Bien-être	06 20 77 87 17
Chalet Robino	04 79 09 01 47
CIC	04 79 55 40 10
Cinéma les Ecrins	04 79 09 02 01
Crédit Agricole	04 79 44 60 57
Espace Montagne	06 11 49 28 18
Esthé Bio	06 30 65 39 24
Home Elec Service	06 60 27 95 75
Pressing/Laverie	04 79 09 06 76
Snow Panthers	06 14 03 22 49
Spa by Nuxe Araucaria	04 79 09 20 20
Ski Chic	06 64 89 31 84
Ski Hut	04 79 22 22 46



Other services and shops (suite)

PLAGNE 1800

Laverie Automatique	04 79 09 08 70
Salle de squash	04 79 09 08 70

PLAGNE BELLECOTE

Blanchisserie	04 79 09 03 16
Cinéma	04 79 00 46 08
Piscine Magic Pool	04 79 09 05 89
SPA Bellecôte	04 79 09 22 48

BELLE PLAGNE

73ème Avenue	04 79 09 20 58
Bains & Spas la Plagne	04 58 35 00 00
Bowling	04 79 09 00 78
La Clef des Neiges	06 08 24 80 48
Laverie Auto	06 61 05 42 53
Parking couvert amont	04 79 55 11 82
Parking couvert aval	04 79 55 11 76
Relais la Poste	04 79 09 06 06
Tabac Presse	04 79 09 06 06



PLAGNE AÏME 2000

So laverie Pressing /	04 79 09 06 76
Salle de jeux	
Super Tyro	06 51 21 01 73

PLAGNE VILLAGES/ PLAGNE SOLEIL

JNJ Photo	06 47 27 88 65
Spa ô des Cimes	04 79 23 22 10

PRARIOND

ROUTE DE LA PLAGNE

Poterie du Murger	06 11 84 10 28
Miel et Escargots du St Bernard	06 11 84 10 28

DIRECTORY OF TOURIST OFFICE MEMBERS



Real estate agencies

PLAGNE CENTRE

Agence Alp Agence	04 79 55 12 20
Agence OIP	04 79 09 00 77
Agence Oxygène Immobilier	04 79 09 05 82
Bureau de vente Oxygène Immobilier	06 18 22 26 38
Bureau vente Alp'Agence	04 79 55 12 20
GSI	04 79 09 17 00
Hôtel Araucaria	04 79 09 20 20
HQ36	04 79 09 09 23
Ski et Soleil	04 79 09 02 22

PLAGNE BELLECOTE

OIP	04 79 09 00 58
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BELLE PLAGNE

Balcons de Belle Plagne	04 79 55 76 76
Balcons Village	04 79 55 76 55
Hôtel le Carlina	04 79 09 78 46
MMV le Centaure	04 79 09 41 44
OIP	04 79 09 00 77
Oxygène Immobilier	04 79 06 33 36

PLAGNE AIME 2000

Ag. Centrale de la Plagne	04 79 24 49 83
Agence Ski et Soleil	04 79 09 93 93
Pierre et Vacances	04 79 55 14 00
Les Hauts Bois	

PLAGNE 1800 / LA ROCHE

Chalet Flocon Crête Cote	04 79 00 38 43
Chalet Fleur des neiges	04 79 07 82 36
Hôtel le Cocoon	04 79 55 00 26
Pierre et Vacances les Lauzes	04 79 09 08 70
UCPA	04 79 09 11 76

Real estate agencies (suite)

PLAGNE VILLAGES/ PLAGNE SOLEIL

CGH	04 79 23 22 10
Les Granges du Soleil	
Chalets et Lodges Alpages	04 79 09 06 61
Pierre et Vacances le Mont Soleil	04 79 55 77 00

Bars, restaurants

PLAGNE CENTRE

Araucaria	04 79 09 20 20
Le Chalet la Grande Rochette	04 79 09 09 09
Le Brix	09 52 55 24 47
Le Holidays	06 20 83 12 46
Le Véga	04 79 09 00 61
Pizzeria Domino	06 20 34 37 13
«Chez Peter»	

BELLE PLAGNE

Auberge des Balcons	04 79 55 75 99
Le Bowling	04 79 09 00 78
Le Carlina	04 79 09 78 46
Le Matafan	04 79 09 09 19
Le Saloon	04 79 09 06 98



PLAGNE 1800 / LA ROCHE

Chalet de la Roche	04 79 09 05 99
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PLAGNE VILLAGES/ PLAGNE SOLEIL

La Casa de l'Ours	04 79 09 00 71
Le Dou du Praz	04 79 09 05 40

PLAGNE BELLECOTE

L'Annexe	04 79 06 57 88
Le Flocon	04 79 09 08 97
Les Verdons Sud	06 13 10 33 31
Spitting Feather	06 79 52 49 59



There's no time to be bored!

With your family or friends, or even on your own, whether you are curious, sporty, creative, hyperactive or calm, there is something for everyone in La Plagne.

This summer, La Plagne has really outdone itself in offering you a multitude of activities: sports tournaments, creative workshops, boules, Mökky (Finnish throwing game), treasure hunts, shows...

It's going to be an eventful summer...

Entertainment programm

This essential guide is available every week from the tourist office, at all information points, in your accommodation and in the shops. Don't forget to ask for it!

La Radio Station 101.5FM

www.laradiostation.fr - 04 79 09 10 00

rlaplagne@laradiostation.fr

You can find the details of all these events
and activities in the
ENTERTAINMENT PROGRAMME

Social networks

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

Facebook: La plagne

Twitter/Periscope: @LaPlagne

Instagram: la_plagne

You tube: La Plagne TV

Share your memories in La Plagne with the hashtag

#maplagne



Calendar summer 2019

July

July, 06th to 08th

Trail running course

July, 07th to 14th

Plagne Swing

July, 14th

Lizeroux Ascent &
14th July celebration in
Plagne Bellecôte

July, 16th to 21st

Teddy Riner Academy

July, 18th

Plagne 1800 Festival

July, 20th

Lakeside festival

July, 26th to 28th

la 6000D - 30^{ème} edition

July, 27th

Tour de France race
(Macot and Longefoy)

August

August, 1st

Plagne Aïme 2000 Festival

August, 04th

Belle Plagne Festival

August, 11th

Alpine Feasture

August, 13th to 15th

Fest-E-Bike

August, 17th and 18th

Auto Moto Rétro

August, 19th and 22nd

Festiplagne

Trail-running course

July 6th - 8th

Yoann Stuck, La Plagne's trail running ambassador, will give you his advice on how best to prepare for the 30th edition of the 6000D.

A trail running course for all levels.

Plagne Swing

July 7th - 14th July

Come and learn swing dancing in La Plagne!

A convivial dance class with a view of Mont Blanc. Daytime and evening lessons.

Teddy Riner Academy

July 16th - 21st

Teddy Riner, one of France's favourite sportsmen, will be in La Plagne from July 16 - 21, giving judo lessons for 9-15 year olds in the Teddy Riner Academy.

Over the 6 days, from 9-12am, young students will be coached by the champion in La Plagne's multisports hall in Plagne Centre.

Following 4 other courses organised in France, this will be an exclusive session in the mountains.



EVENTS



La 6000D 30th edition la Course des Géants July 26th - 28th

6000D

65 km

Sunday, 28th July

30th edition of this legendary race that was the first of its kind. The 6000D remains a challenge for most trail runners, taking competitors along the course that has made it famous, climbing to the peak of Bellecôte Glacier at 3250m, before coming right back down to the valley (670m). The 6000D has been part of the National Trail Tour calendar since 2001, thereby confirming its notoriety. Since 2013, the course has climbed up through the Olympic Bobsleigh track at km 11.

The race starts and finishes in Aime, leaving at 5.00am.

The 6000D relay

32 AND 33 km

Sunday, 28th July

The course takes the runners from the village of Aime la Plagne in the valley to the peak of Bellecôte Glacier at 3047m, going through the resort's altitude villages and coming back down through the forest to Montchavin, finishing along the Isère river. A high-quality marked trail with 95% on trails and footpaths.

We are allowing one participant (men or women or mixed teams) to climb and the other to run back down; the handover will take place at the Glacier de la Plagne, the highest point of the race at 3047m.

6D Lacs

27 km

Sunday, 28th July

The 6D Lacs covers part of the trail of the famous 6000D, following footpaths up to the Roche de Mio at 2700m altitude. A great preparation for the 6000D or an excellent alternative that is more accessible than the "Giant's Race", it follows the same course without going right up to the Glacier and crosses the top of the village of Montchavin les Coches.

Leaving from Plagne Bellecôte at 7.30am.

6 Découverte 11 km

Saturday, 27th July

11km for 600m elevation gain.

A race for the general public (beginner to experienced, children and adults) so that everyone can take part in our 6000D weekend. This trail follows footpaths that take you into all of La Plagne's altitude resorts along the way.

Starts and finishes in Plagne Centre at 9.30pm.

6D Verticale 5 km

Saturday, 27th July

The 6D Verticale is a climb that is open to all (beginner to experienced). The 5km straight climb leaves from La Roche (village where the Olympic Bobsleigh track is situated) at 4.30pm, climbing 1000m to the top of the Grande Rochette (above Plagne Centre).

Starts in la Roche at 4.30pm.

6D Bob 1,5 km

Friday, 26th July

Based on the concept of an "infernal climb", competitors run up through the Olympic bobsleigh track on an average gradient of 8.2% with a maximum of 14% over the 1500 metre climb. Starts from the bottom of the Olympic Bobsleigh track and finishes at the top of the track.

Starts in the Bobsleigh track at 4.30pm.

6D Kids

Saturday, 27th July

A fun race for children who want to join in the 6000D weekend. Kids run round the 800m circuit at the bottom of the slopes at Plagne Centre one or several times according to their age group.

Starts at 11.30am in Plagne Centre.



6D Aventure

Saturday, 27th July

Before the Giant's Race, discover the Kids' Race: the 6D Kids. A race for young competitors (aged 6 to 16) to run with their family or a helper. The idea is simple: to set off around Aime solving hidden clues along the way. This entertaining, treasure hunt-style event is open to all. Don't hang back, young adventurers, be among the first to discover the much-prized treasure!

Starts in Aime at 4.30pm.



14th July celebration

Saturday, 14th July

Come and join us all day in Plagne Bellecôte, Place de l'Ours, and try multiple activities free of charge.

Agility, rapidity, a sense of fun and enthusiasm are the order for this festive day!

On the programme: bouncy structures, original activities, aperitif concert, dance and fireworks!

Lizeroux Ascent

Saturday, 14th July

A cycle ascent in fancy dress organised by the Julien Lizeroux Fan Club! Leaves from Macot at 10am, arriving at the end of the morning in Plagne Bellecôte where the award ceremony is held. A fun day with Julien Lizeroux and all his champion friends. Open to all, inscription 5€.

Lakeside Festival

Saturday, 20th July

An unforgettable evening in an exceptional setting! Musical show «Queen Alive», followed by a pyrotechnic show at 10.30pm and a final on a dance floor outdoors!

Alpine Feasture

Sunday, 11th August

On the Dou du Praz plateau at over 2000m altitude, with the majestic Mont Blanc for a backdrop, you can enjoy this renowned event that celebrates our local traditions to the sound of cowbells and folk music.

On the programme from 9am:

Opening of the activity village (mini-farm, local producers' and artisans' market, pony rides, rides in a jeep or a horse-drawn cart, cani-kart)

Making and tasting Beaufort cheese, alpine pasture games

11.30am: open-air mass and blessing of the cows

Food available on site from midday until 7pm

From 2pm: log games, milking the cows and milk tasting, folk music

Free shuttle buses from the valley



Fest-E-Bike

August 13th – 15th

An event dedicated to electric mountain biking. Over the 3 days, you can enjoy a multitude of competitions, activities, challenges and outings...all on the theme of mountain biking on La Plagne's trails.



In the altitude villages or the 3 lower resorts, you can participate in the Street Race (a relay race), e-bike outings, a descent to Mâcot in the valley or the Pump Track Challenge, as well as a host of other activities.

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Auto Moto Rétro

August 17th - 18th

A gathering of cars, motorbikes and Vespas from the 1920s to the 1970s.

Saturday, August 17th:

- During the day: car parade between

La Plagne and Aime.

- 7pm: vehicles on show in Plagne Centre



Sunday August 18th:

- 9am: Tour around the altitude villages / 10.30am:

RDV in Belle Plagne / 11.30am: RDV in Plagne Bellecôte /

2.30: competition to judge the most elegant vehicle in

Plagne Centre / 4.30: Prize-giving ceremony



FestiPlagne

August 20th - 23rd

A different theme every day !

For fun or as a challenge, families make their way around the original courses proposed free of charge during the 4-day event. Every day, they are invited to visit a different resort with a different theme.



A family experience, with the added fun of the FestiPlagne challenge with teams of parents and children participating in fun activities. To take part you just need to get a team together. Each activity has to be done by a child/parent duo to count. You get a stamp on your passport and you will need to get at least 12 stamps from the 16 activities of the challenge to be put in for the draw on the final evening!

PROGRAMM :

Monday 19th august in Plagne Aime 2000

Tuesday 20th august in Plagne Soleil

Wednesday 21st august in Plagne 1800

Thursday 22nd august in Belle Plagne

SKI LIFTS



LA PLAGNE RATES

Duration	From 13 yrs	5 to 12 yrs inclusive	under 5 yrs
1 day pedestrian/biker (without Glacier for bikers)	15.00€	12.00€	free
1 day (with Glacier for pedestrian only)	20.00€	16.00€	free
Week (with Glacier for pedestrian only)	40.00€	32.00€	free
Season (without Glacier for bikers)	90.00€	72.00€	free
Single price (5 yrs and over)			
1 pass for la Plagne (without Glacier)	6.00€		
One way for Vanoise-Express	8.00€		
One way and return for Vanoise-Express	14.00€		

Pass office



PLAGNE CENTRE - Colorado chairlift
Daily from 9am to 12.15pm and 1.15 to 5.40 pm
PLAGNE BELLECOTE - Near the cable car
7/7 from 10am to midday and 1.30 to 5pm
INFORMATION POINTS

Plagne Centre / Plagne Bellecôte / Belle Plagne/
Plagne Villages/ Plagne Aime 2000 / Plagne
1800



33 4 79 09 67 00
www.skipass-laplagne.com

PARADISKI RATES

Duration	From 13 yrs	5 to 12 yrs inclusive	under 5 yrs
1 day «Extension»	15.00€	12.00€	free
Season	165.00€	132.00€	free



SKI LIFT OPENING

LOCATION	SKI LIFT	PERIOD OPENING	M	T	W	T	F	S	S	TIMES
PLAGNE CENTRE	TSD Colorado	08/07 > 31/08	■	■	■	■	■	■	■	9.am > 12.15pm / 1.30pm > 5.40pm
	TSD Bergerie	08/07 > 30/08	■	■	■	■	■	■	■	9.am > 12.15pm / 1.30pm > 5.40pm
PLAGNE BELLECÔTE / BELLE PLAGNE	TSD Colosses	08/07 > 30/08	■	■	■	■	■	■	■	9.am > 12.15pm / 1.30pm > 5.40pm
	TC Roche de Mio	08/07 > 30/08	■	■	■	■	■	■	■	9.am > 5.05pm
	TC Bellecôte	08/07 > 30/08	■	■	■	■	■	■	■	9.20am > 4.30pm
PLAGNE MONTALBERT	TC Montalbert	08/07 > 30/08	■	■	■	■	■	■	■	9.am > 12.15pm / 1.30pm > 5.40pm
MONTCHAVIN LA PLAGNE	TSD Montchavin	01/07 > 30/08	■	■	■	■	■	■	■	9.am > 12.15pm / 1.30pm > 5.40pm
	TC Lac Noir	01/07 > 30/08	■	■	■	■	■	■	■	9.am > 12.30pm / 1.45pm > 5.30pm
	Télébufette	01/07 > 30/08	■	■	■	■	■	■	■	10.am > midday / 2.40pm > 5.40pm
	Vanoise Express	02/07 > 29/08	■	■	■	■	■	■	■	9.am > 12.15pm / 1.30pm > 5.40pm
CHAMPAGNY EN VANOISE	TC Champagny	01/07 > 30/08	■	■	■	■	■	■	■	9.am > 12.45pm / 2.pm > 5.40pm

MOUNTAIN SENSATION



Permanent trail itineraries

Permanent marked trails for trail running. To indulge trail runners who come to La Plagne to run on the paths of the 6000D, this summer the resort is proposing over 160 km of marked paths for trail running. Divided into 18 permanent itineraries, including two straight climbs, the trails cross different types of terrain that are perfect for learning, improving or training in an exceptional environment. If lush forests, flower-filled pastures and majestic mountain peaks appeal to you, come and discover La Plagne's trail running area right now!

Over 160 km of marked trails starting from 4 sites in La Plagne :

- 4 easy green trails
- 4 intermediate blue trails
- 4 difficult red trails
- 4 very difficult black trails
- 2 straight climb
- 2 marked trails in the valley and on the "Versant du Soleil"

Trail map, 1€ on sale at the Tourism office and Information Points.

Walking map

New altitude hiking trail map. Circuit trails leaving from the altitude villages (half day or full day). Rate : 4€

On sale in Tourism Office and all the Information Points.

Discover new aspects of La Plagne!

You will find different itinerary maps at the Tourism Office and the different Information Points.

Hiking, mountain biking, local heritage, culture, teen activities! Everyone will find what they are looking for.

TOP TIP

Prepare for the walk by viewing it on your smart phone, where you can access a video of each itinerary (flashcode on each plan on sale).



Via ferrata «Les Bourtes»

The new route takes climbers across a rocky itinerary equipped with cables, ladders, ramps, a monkey bridge and two giant zip wires, and is accessible for families and groups of friends.

The 600 m course, set between 2350 m and 2560 m altitude, is equipped with a continuous Aeroligne lifeline so climbers can keep moving without having to undo or change their connection from one section to the next.

Activity free of charge, average time 1hr30 (+15 minutes for the zip wires).

Access on foot from Belle Plagne (45 mins to get there and 1hr to get back).

Not for adults with no experience of via ferrata or children unless accompanied by an experienced adult.

Practise test on a rock at the foot of the via ferrata.
Minimum height 1 m 20 cm - Minimum weight for the 2nd zip wire : 55kg

Equipment: helmet and special equipment required (including special pulley for the zip wires)



MOUNTAIN SENSATION



GB Montagne

With your family and friends, or just on your own, enjoy walks and hikes based on a variety of interesting themes.

See full list on www.gb-montagne.com.

GB MONTAGNE



Altitude resorts



Rates for groups per pers :

- Day : 35€

- Day for family (2 adults /2 kids less than 14 yrs) : 110€

- ½ day : 17€

- ½ day for family (2 adults /2 kids less than 14 yrs) : 50€

- Private course 1 day :190€



33 6 42 08 53 35

www.gb-montagne.com

Mountain guide

Emmanuel accompanies you to the discovery of the paths and the landscapes of mountain in the day or half-day:

discovery of fauna and flora. Nocturnal star gazing or sunrise once a week. Night in a shelter or bivouac.

ESF BELLE PLAGNE



Altitude resorts



July, 07th to August 25th



1/2 day

- Kids : 10€ / Adults : 15€

Day

- Kids: 15€ / Adults : 20€



Emmanuel 33 6 74 85 71 28

ESF Belle Plagne 33 4 79 09 06 68

info@esf-belleplagne.com

Nature, mountain and discovery

We invite you on a journey with nature and the mountains as your destination. ½ day: marmots, flora, Nordic walking. Full day: Vanoise, Beaufortain, Mont Blanc. Astronomy, geology, mountain peaks (3000) 1½ day outing with a night in a refuge. A mountain of pleasure..

ESPACES MONTAGNES



Altitude resorts



From 15€ to 50€



33 6 11 49 28 18

espaces.montagnes@wanadoo.fr

www.espacesmontagnes.fr

Mountain guide

Our mountain guides offer a choice of ½ day or full day hikes, overnight stays in a refuge and mountaineering and climbing outings.

MOUNTAIN GUIDE OFFICE



Outings every day (day, 1/2 day)



Emmanuel Vialard 33 6 74 85 71 28
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40

Nordic walking

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

ESPACES MONTAGNES



Plagne Centre / Villages / So-
leil/1800 / Plagne Aime 2000 and
Plagne Bellecôte (on demand)



1hr30 or 2hr session



From 20 €



Philippe : 33 6 11 49 28 18
Gilles : 33 6 60 49 54 03
espaces.montagnes@monta00.fr
www.espacesmontagnes.fr

Via Ferrata, Mountaineering Climbing

Peisey (min.3 pers), Roc du Vent,
La Daille (Val d'Isère), Roc des
Verdons...

MOUNTAIN GUIDE OFFICE



Via ferrata : 62€
Climbing school : 35€



Max Silvín 33 6 79 68 35 84
François Allemoz 33 6 09 41 53 85
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40



LAKES

- **Vert lake** (1970m) From Plagne Centre,
Plagne 1800 or Plagne Aime 2000
You can have a picnic, use the barbecues
and enjoy the facilities available to you...

- **Carolley lake** (2186m)
From Belle Plagne.
Allow half a day's walking.

- **Blanchets lake** (2300m)
From Plagne Bellecôte or Belle Plagne

- **Retenue du Col de Forcle**
From Belle Plagne. Making it the perfect
spot for a picnic or to watch the marmots.

BIKE - ELECTRIC BIKE



Bike park Colorado by Haibike **PLAGNE CENTRE / PLAGNE BELLECÔTE**

A Bike Park that is fun for all levels, whether you want to learn or improve your downhill mountain biking skills. With your friends or family, you can take on the challenge of raised bends, jumps, bridges and other specially-designed elements.

10 slopes : 2 green / 5 blue / 2 red / 1 black.

Accessible from :

- Colorado chairlift from Plagne Centre open 7/7 from 9.00am to 12.15pm and from 1.30pm to 5.40pm.

- Colosses chairlift from Plagne Bellecôte, Monday to Saturday from 9.00am to 12.15pm and from 1.30pm to 5.40pm.

- Bergerie Chairlift from Plagne Centre, Monday to Saturday from 9.00am to 12.15pm and from 1.30pm to 5.40pm

Two bike cleaning zones are available at the bottom of Colorado chairlift in Plagne Centre and opposite the gondola station in Plagne Bellecôte.

Ski lift pass on sale at Colorado chairlift departure and in the Information points.

**Bike
Park**
COLORADO
BY FREETIME

Pump track **PLAGNE BELLECÔTE**

The Pump Track is for recreational bikers, mountain bikers, BMX and scooter riders, skateboarders and roller skaters of all ages and levels, to use as often as they want.

Technical characteristics of two asphalt courses:

“Beginner” course:

Covers: 300 m² / Level: green / Circuit length: 50 m

“Sensation” course:

Covers: 1 000 m² / Levels: blue (115 m) and red (85 m) / Circuit length: 200 m

TOP TIP

Cycle and Electric bike maps / Bike park map :

Free - Available at the Tourism Office and Information Points.

MOUNTAIN BIKE RENTALS

Day / Week in sport shops

Electric mountain biking



Ten easy routes, most of them marked, taking Alpine trails and paths through the forest to guide bikers around the resort. In total, just over 150 km of trails over the whole of the La Plagne area will be accessible to this type of e-bike. There will be specific marking with the logo VTT-E and the trail name.

Seven recharging points in resort restaurants along the biking trails where you can recharge your battery while enjoying a drink or a meal..

E-Spots

La Plagne has innovated this year and invented E-Spots: fun areas with different terrain shaping (raised turns, small bumps etc.). Make the most of the full capacity of an e-MTB to have fun going down and up.

Accessible to all from the e-MTB trails.

4 free E-spots :

- 1 in Plagne Centre : Leaves from behind the Araucaria hotel.

By itinerary D.

- 1 in Plagne Bellecôte : Leaves from snowfront.

By itinerary D.

- 2 in Plagne Montalbert : Leaving from the top of Montalbert chairlift and Dos de Pralioud.

By itinerary E.



LET'S GO HAIBIKING*

*Allons rider

haibike.com
 HaibikeFrance
 haibikefrance

Haibike,
partenaire
de :



BIKE - ELECTRIC BIKE



El Pro mountain biking

ELPRO



Plagne Bellecôte
(Trial Park)



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

Mountain Bike Trial Park

La Plagne's 1st trial bike park is new this year! Lessons for all levels: you will be supervised and advised by THE specialist instructor in technique and handling. You will love learning to ride a trial bike and making progress!



Sunday, Tuesday, Thursday from 2 to 5pm for 30 and 45 minutes session
Any audience, any level



- 20€ for 30 mn / 30€ for 45 mn
Bike and equipment included

E-mountain biking

E-mountain biking for all levels and preferences, to discover the alpine pastures in the heart of the mountains. The electric assistance makes it surprisingly easy to get to the best paths and viewpoints.



On request - 3h session
Level beginner



40 € - From 12 yrs

Mountain biking down to the valley

El Pro's valley descent is a unique experience, travelling 18km with 1500m elevation drop. Simon will show you the best single tracks from Belle Plagne down to the valley!



Monday and Thursday morning from 9 am - Duration : 3hrs
Level confirmed - From 14 yrs



49€
(including return bus transport, max 7 pers)

Enduro descent to the valley

A major descent and a whole lot of thrills with it! Simon takes you out for a full morning with two descents to the valley on the best single tracks in the area!



Friday morning at 9am - Duration : 5hrs - Level confirmed - From 14 yrs



79€ (including return bus transport)

Black Friday Enduro biking

Over 4300m elevation difference. Just sit back and have fun without worrying about the logistics, following your guide who knows the area like the back of his hand and will show you some great single tracks known only to the privileged few.



Friday from 9.am to 6.pm



149€ (including return bus transport)
Level confirmed, from 14 yrs (max 7 pers)

MTB park

*Improve your downhill MTB technique in La Plagne's Bike Park!
Personalised advice and demonstrations.*



On request - 3h session
Level middle



40 € - From 12 yrs

Private MTB lessons

Personalised lessons on request, on reservation and made to measure. Beginner, intermediate or technical, downhill, Bike Park, Pump track, Trial: your instructor was a World Cup competitor for 8 years!



On request from 9.am.
1hrs30 session.
any audience, any level




69€

PARADIBIKE

1st mountain biking school,
MCF (moniteur cycliste
français)

 Plagne Bellecôte
Chalet des Moutons


 33 6 80 74 36 00



Paradibike mountain biking

ParadiAdrénaline


The French Cycling Instructor's renowned bike courses (basics, balance, braking, propulsion, obstacles and handling).


 Monday to Friday from 9.30am to midday

 3x1/2 day : 170€
5x 1/2 day Enduro : 250€
*Bike, equipment and protections included
(except lift pass and bus transport)*

ParadiSensation

Bike park initiation, come and discover the basics of mountain biking (standing position, braking, changing gears ...)

 On afternoon from 2 to 4.30pm

 60€
*Bike, equipment and protections included
(except lift pass)*

ParadiTour

An E-bike outing with your friends or family.

 70€


ParadiVallée

The zenith of downhill mountain biking, over 1300m elevation drop on single tracks that take you right down to the valley through the forest (you will need a lift pass or ticket to come back up)

 75€
Bike, equipment and protections included (except lift pass and bus transport)

E-biking ParadiStage

A mini e-biking course on Tuesdays to learn e-biking. Outing to Montalbert on Wednesdays, Montchavin on Thursdays and Champagny on Fridays. More than just a fitness session, it's all the pleasure of e-biking in 4 stages.

 Monday to Friday from 9.30am to midday

 250€
Bike, equipment and protections included (except lift pass and bus transport)

ParadiLoc bike rentals

120 mm full suspension 24" Enduro Junior
170 mm Super Enduro
150mm full suspension electric bike

BIKE - ELECTRIC BIKE



73 Tracks mountain biking

73 TRACKS

MOUNTAIN BIKING
SCHOOL



Plagne Centre
Allais Ski bike center



7/7 from 06/07
to 31/08



33 6 46 26 22 04
33 4 79 09 01 52
contact@73tracks.com
Facebook: 73Tracks
www.73tracks.com

Group lessons

Tracks Session DH

Leave on a good basis, gaining confidence and autonomy with the technical bases of mountain biking on Bike Park! (banked turns, Airbag).



From 6 yrs, level beginner / From 3 pers

Mini kids (6 to 7 yrs) 1hrs15 :

- 30€ (With your own equipment)
- 59€ (lesson + equipment)

Kids (8 to 11 yrs) 1hrs45 :

- 35€ (With your own equipment)
- 65€ (lesson + equipment)

Teens (12 to 16 yrs) 2hrs30 :

- 40€ (With your own equipment)
- 70€ (lesson + equipment)

Adults (over 17 yrs) 3hrs :

- 45€ (With your own equipment)
- 75€ (lesson + equipment)

Tracks Stages

The courses will allow to learn or improve riding techniques on Bike Park, pumptrack or airbag in private sessions.



Mini kids (6 to 7 yrs) 3 x 1hrs15 :

- 75€ (With your own equipment)
- 169€ (lesson + equipment)

Kids (8 to 11 yrs) 3 x 1hrs45 :

- 90€ (With your own equipment)
- 185€ (lesson + equipment)

Kids (8 to 11 yrs) 5 x 1hrs45 :

- 165€ (With your own equipment)
- 275€ (lesson + equipment)

Teens (12 to 16 yrs) 3 x 2hrs30 :

- 105€ (With your own equipment)
- 195€ (lesson + equipment)

Teens (12 to 16 yrs) 5 x 2hrs30 :

- 180€ (With your own equipment)
- 299€ (lesson + equipment)

Adults (over 17 yrs) 2 x 3hrs :

- 80€ (With your own equipment)
- 156€ (lesson + equipment)

Adults (over 17 yrs) 4 x 3hrs :

- 160€ (With your own equipment)
- 285€ (lesson + equipment)

Group lessons *suite*

Tracks Pur DH

session where more experienced riders can go full blast! Braking, acceleration, pacing and aerials!

Bike park, private Airbag, freeride

- From 15 yrs - 3hrs session :
 - 50€ (With your own equipment)
 - 79€ (lesson + equipment)

Tracks Electro Discovery

From 15 yrs, in a group of 8 pers.

2hrs30 to 3hrs session, accompanied by a monitor on road safely.

Beginner level to confirmed.

- From 15 yrs :
 - 73€ (lesson + equipment)



Family friendly lessons

Tracks DH Family Friendly

A session with your family or friends to discover the Bike Park with an instructor for an unforgettable holiday experience! Private session on the Airbag.

- From 8 yrs, in a group from 3 to 6 pers, 2hrs session :
 - Kids (8 to 11 yrs)
(lesson + equipment) : 59€
 - Teens (12 to 16 yrs)
(lesson + equipment) : 65€
 - Adults (over 17 yrs)
(lesson + equipment) : 73€

Tracks Electro Family Friendly

Outing suitable for families or friends, to ride with children to discover our beautiful mountains in complete safety and simplicity. Duration between 2hrs30 and 3hrs.

- From 12 yrs, in a group from 3 to 6 pers, 2hrs session :
 - Teens (12 to 16 yrs)
(lesson + equipment) : 65€
 - Adults (over 17 yrs)
(lesson + equipment) : 75€

Private lessons

Tracks privées

Private lesson with your own instructor to personalise your technique and help you adapt to mountain riding.

- 1 hr session
 - Mini kids (6-7 yrs) / Kids (8-11 yrs) / Teens (12-16 yrs) / Adults (over 17 yrs) :
 - 50€ (With your own equipment)
 - 75€ (lesson + equipment)

BOBSLEIGH TRACK



Walking it !

Walk the 19 bends of La Plagne's Olympic Bobsleigh track! The track was built in La Roche and snakes around the old village. The site was chosen for the 1992 winter Olympic event and work started on November 8th, 1988.

You can also visit the arboretum that goes along the track.

Characteristics

- 19 bends - Length: 1507.50m
- Vertical drop: 124.50m - Start at: 1684.35m
- Finish at: 1559.85m.

The Timed Climb

Every Friday, the events team organise the 'Timed Climb' at the Bobsleigh track «the Bob running by brooks». See if you can smash the record on a bike or on foot! (except on 26/07).



Bobsleigh Tracks

Every Thursday from July, 11th July to August, 29th (except on 22/08).

The technical team of the bobsleigh run is for a presentation of the glacier business.

Free guided tour for all ages.

You can use the Bus Plagne Access or la Roche chairlift, timetable and rates at the Tourism Office.

In case of rain, visit replaced by a commentated video.

Contact :

Tourism office and Information Points

33 4 79 09 02 01

Markets

Bourg St Maurice (30 km) : samedi matin

Moutiers (30 km) : mardi et vendredi matin

Aime (18km) : jeudi matin

Alberville (50 km) : jeudi matin

Excursions

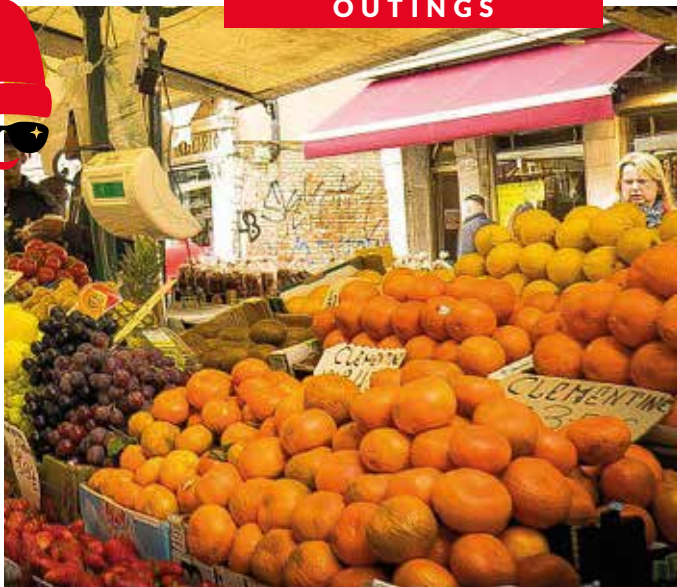
Excursion to Courmayeur in Italy

Wednesday, July 24th, July 31st, August 7th & August 14th

Leaving from Aime (18km)

Information from the Tourist Office, Information Points and the Maison du Patrimoine

Contact: 33 4 79 09 02 01



OUTINGS

VISITS AROUND LA PLAGNE

Local heritage in Aime (18km) - Infos on pages 58-59

Versants du Soleil villages (around 25km)
La Côte d'Aime / Valezan / Granier

Glacialis Museum in Champagny en Vanoise
(50km) Open every day from 3. to 7. pm (except on Tuesday)

Market in Aoste (Italy) (180km)
Every Tuesday

Market in Courmayeur (Italy) (180km)
Every Wednesday





«Les Filous» youth club

The club des jeunes propose des activités à la 1/2 journée pour les enfants de 3 à 12 ans. Possibilité d'encadrement le midi avec un panier repas.

ESF BELLE PLAGNE

 Belle Plagne

 Monday to Friday from 9.30am to midday and from 2.p.m to 4.30pm

 - 1/2 day : 25€
- 5 x 1/2 day: 98€
- 6th 1/2 day offered -
- Lunch time : 10€


 Claire : 33 6 70 04 92 25
clubdesjeuneslesfilous@gmail.com


Crèche 5 months / 6 yrs

" 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

 Plagne Centre

 Monday to Friday from 8.30am to 5.30pm

 - 1 hr : 6€
- Lunch time : 7 €


 33 4 79 09 00 83
creche-laplagne@laplagnetarentaise.fr


Youth club

Plagne Bellecôte Club des Jeunes for 5 to 17-year olds: Sports and creative activities and games. Play, laugh & have fun in our beautiful surroundings (adventure trail, trampolining, archery and other activities)

LOISIRS ET NATURE

 Plagne Bellecôte

 Monday to Friday from 10.am to 4.p.m

 - ½ day: 23€
- 5 ½ days : 100€
Booking at ESF

 33 6 62 11 73 87
agnesdelaplagne@gmail.com
www.clubdesjeuneslaplagne.com

PUYDUFOU.®

OUVERT JUSQU'AU 3 NOVEMBRE



Après la Plagne, votre aventure continue sur
PUYDUFOU.COM

KIDS



Junior park

*An activity for 4 to 7-year olds!
This adapted course lets up-and-coming acrobats have fun and learn quite safely in enclosed spaces and practise in a fun, educational area.*

ELPRO



Belle Plagne



Monday to friday mornings



Junior : 15€

Accompanying adult : 10€



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

Junior pass

*Junior trail + 2 rides on the giant zip line
(for 4 to 7-year olds)*

ELPRO



Belle Plagne



Sunday afternoon to Friday



20€



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

Giant zip line

A fun activity full of thrills in a sumptuous setting between the mountains and the sky, surrounded by centuries-old stone pines. Fly over Bear Valley 25 metres above the ground for an unforgettable memory.

ELPRO



Belle Plagne



Tuesday to Friday at midday



10€




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

Pony riding

PLAGNE AVENTURE

 Plagne Bellecôte


 33 6 34 52 63 48




Mini-golf


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

COLOSSES LOISIRS


 Plagne Bellecôte

 33 4 79 09 28 70

Bouncy castle


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

PLAGNE AVENTURE


 Plagne Bellecôte

 33 6 34 52 63 48


Trampoline / acro bungee


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

COLOSSES LOISIRS


 Plagne Bellecôte

 33 4 79 09 28 70


Archery


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

COLOSSES LOISIRS

 Plagne Bellecôte

 33 4 79 09 28 70

CHILDREN PLAY AREA

In every resort, an area is set aside for children to ride on a specially made toboggan in the form of the famous la Plagne logo.

ACTIVITIES



Discovery Quad

Anyone who loves the mountains and the local fauna and flora will enjoy this 1½ hr guided excursion which will take you to the further-off places at the best times.

ELPRO



Belle Plagne



Monday to Friday



1hrs30 session :

- Pilot : 69€
- Quad passenger : 40€



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

Mountain quad tour

You will love this guided quad-bike excursion which will take you right away from the resort at the best times for observing the fauna and flora and other regional specificities.

ELPRO



Belle Plagne



Monday to Friday



2hrs30 session :

- Pilot : 89€
 - Quad passenger : 45€
- Breakfast or snack included



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

Cani-Kart

Sitting in a sort of sledge on wheels, driven by a professional. We will take you for a discovery tour on paths at 2000m altitude, pulled by a team of sled dogs.

HORS TRACE AVENTURE



Dou du Praz in Plagne Villages



For the dogs only in the morning from 8h. Days of activity communicated by the musher according to the weather conditions.



- 45€/adult - 30€/kids (5 to 12 yrs)
- 130€/family rate (2 adults +2 children under 10 yrs) for the holders of Plagne Access
- 110€ private kart 1 or 2 pers.



33 6 34 45 53 15 - 33 4 79 24 22 15
mathias.bernal@hotmail.fr
www.horstraceaventure.fr



© SALOMON SA. All Rights Reserved. Photo: © Nico Joly 2018.



SENSE RIDE 2

FIT. RUN.
PLAY.



#PLAYFORMORE

Inscrivez-vous aux workshops Trail Running sur
HOWTOTRAILRUN.SALOMON.COM/FR



PHOTOS: MIRJA GEH / DRÖZ-PHOTO.COM

CÉBÉ
PURE ADRENALINE



LA PLAGNE
Paradiski

41

CÉBÉ PARTENAIRE OFFICIEL DE

ACTIVITIES



Mountain Kart

In quiet or sport mode, with family or friends, take the track down from the top of the Colosses chairlift with this fun machine!

SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE



Colosses chairlift



Sunday to Friday from July, 8th from 10.am to midday and from 1.30pm to 5.pm.



- 1 downhill : 15€ (single price)
- 5 downhills : 60€ (single price)
From 1m30.

Equipment included (helmet, protections, kart).



33 4 79 09 67 00

<https://www.skipass-laplagne.com/fr/mountain-kart>

Swimming pool

A 25 m pool with water heated to 30°C, a Jacuzzi, two saunas, a paddling pool for your little ones and sports lessons for all levels.

MAGIC POOL



Plagne Bellecôte



Every day from 10.am to 8.pm,
night opening on Thursdays until 10pm



- Entry pool :
From 14 yrs : 7€ / 6-13 yrs : 4.50€
- Entry pool + wellbeing (sauna & Jacuzzi) : 11€

- Weekly ticket :
From 14 yrs : 22€ / 6-13 yrs: 16€
- Weekly ticket * pool + wellbeing* : 29€

- Entry pool + activities adult : 15€
- Weekly ticket * pool + activities : 49€
** Weekly tickets are nominative*




33 4 79 09 05 89

www.aquaplagne.fr

Kayak

PLAGNE EAUX VIVES


 Plagne Centre - Le Lac Vert

 33 7 70 18 70 12


Mini-golf


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

COLOSSES LOISIRS


 Plagne Bellecôte

 33 4 79 09 28 70

Tennis lessons

ALP'EVASION ZEN


 Plagne Centre
Belle Plagne

 33 6 62 10 19 42

Horse riding

PLAGNE AVENTURE

 Plagne Bellecôte


 33 6 34 52 63 48




Archery


BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

COLOSSES LOISIRS

 Plagne Bellecôte

 33 4 79 09 28 70

ACTIVITIES





Cinema

Ecrins Cinema has a room equipped with the latest digital technology

RÉGIE CINÉMA LA PLAGNE TARENTEAISE

 Plagne Centre

 Daily at 6 pm and 9 pm - (2.30 in case of bad weather)

 - Adult : 1 entry : 8.50€
- Kids : 1 entry : 7.00€
Reduced price with Plagne Access :
- Adult : 1 entry : 6.80€
- Kids : 1 entry : 5.80€
- For the holders of resident card : 5.80€


 33 4 79 09 02 01
cine-plagne@orange.fr
www.laplagnetarentaise.fr


Espace Pierre Leroux

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

LA PLAGNE ALTITUDE

 Plagne Centre - Omnisports hall

 Monday to Friday from 2 pm to 7.30 pm


 - Weight rooms and climbing wall : 1, 5 or 10 sessions / weekly or season membership card.
- Sporthall : hour booking


 33 4 79 55 15 15
omniplagne-la-plagne.com
www.la-plagne.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.

ESCAPE2ROOMS

 Plagne Bellecôte

 7/7 from 10 am to 10 pm

 20 - 38 € per person
(according to number of participants)

33 6 74 63 72 33
infos@escape2rooms.fr
www.facebook.com/escape2room
www.escape2rooms.fr

Public library

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

BIBLIOTHÈQUE MUNICIPALE



Plagne Centre - Omnisport hall



33 4 79 22 45 38

www.biblio-macotlaplagne.fr



Bowling

Bar with cosy atmosphere: cocktails, wide choice of beers, tapas, oysters. Bowling alley with bumper rail for children (min. age 5 yrs). Games room: pool table, pinball, puck game, arcade games. Major sports events shown.

Free WIFI.

BOWLING BAR BELLE PLAGNE



Belle Plagne, lower shopping centre under the Deep Nature Bains et Spa



7/7 from 4.p.m to 3.p.m (opening earlier in case of bad weather)



Bowling prices according to time slot



33 4 79 09 00 78

bowlingbelleplagne@orange.fr

www.sortir-a-la-plagne.fr

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 6 79 62 98 67

Laser Game

LASER GAME LA PLAGNE



Plagne Centre



33 6 03 50 79 66

LE HOLIDAYS BOWLING



Plagne Centre - Espace Pierra Menta



33 6 20 83 12 46

ACTIVITIES




Adventure trail

A fabulous canopy trail up in the trees. Sporty, fun and convivial for lots of family thrills. Tree canopy trails for all levels, from green to black.

ELPRO

 Belle Plagne

 From Sunday afternoon to Friday

 - Under 12 yrs : 20€
- From 12 yrs : 25€


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


Pass Parc

Canopy tour + zip line cascade (min. age 10, accompanied by a parent)

ELPRO

 Belle Plagne

 From Sunday afternoon to Friday

 - Under 12 yrs : 30€
- From 12 yrs : 35€


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

Zip line cascade

A thrilling series of 10 zip lines at 2100m altitude. You will zigzag above the Canyon and the mountain stream, ending with a BASE JUMP for a great finish to this aerial trail!

ELPRO

 Belle Plagne

 Tuesday to Friday at midday

 10€

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

Giant zip line

A fun activity full of thrills in a sumptuous setting between the mountains and the sky, surrounded by centuries-old stone pines. Fly over Bear Valley 25 metres above the ground for an unforgettable memory

ELPRO



Belle Plagne



Tuesday to Friday at midday



10€



33 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



Plagne Aime 2000 / Plagne Centre



See on page facebook :
facebook\supertyrolaplagne



20€



33 6 51 21 01 73

supertyrolaplagne@gmail.com

facebook\supertyrolaplagne

Helicopter ride

Come and discover the whole of the La Plagne area, the Tarentaise, Beaufortain and Vanoise valleys and even Mont Blanc by helicopter.

AIR LA PLAGNE HÉLIPOPTÈRE



Leaves from Les Bouclets heli-station (between the Olympic bobsleigh track and Plagne 1800)



Twice weekly, according to weather conditions (usually Wednesday & Friday)



- Discovery flight: 160€
- Panoramic flight: 260€
- Mont Blanc flight: 460€



33 7 81 56 83 58

airlaplagne@gmail.com

www.air-la-plagne.com

Unusual night

«The Land Rover Shelter Experience»

Land Rover, official partner of La Plagne, installs these shelters, unusual accommodations from major polar expeditions. A unique adventure in nature, between starry night and sunrise ... a breathtaking view, a moment of conviviality assured and memories full of the head. Solo, couple, family or friends, try this new experience!

LAND ROVER



Meeting at Plagne Bellecôte



By booking only



Until 6 persons. Dinner possible.
Rates on request



33 6 17 69 91 02

ACTIVITIES



Paragliding

Set off with a few steps, the parachute will fill with air, your feet will leave the ground and you will find yourself flying like a bird!

PARADIFLY

PARADIFLY - AIR TARENTOISE
SPECIALIST IN AVIATION ACTIVITIES



Resort / Valley



7/7 from 8.am to 10.pm



Discovery flight : 80€
Panoramic flight : 110€
Prestige flight : 150€
KING Sunset or Sunrise flight :
300€
Booking on line !



33 783 783 790 / 33 6 52 03 82 82
contact@paradifly.com
www.paradifly.com

Opened 1998, a team of qualified and experienced professionals specialising in 1st paraglider flights.

Min. age 3

AIR LA PLAGNE PARAPENTE



Secteur Macot La Plagne – Plagne Centre (different take-off and meeting points, depending on weather and type of flights)



7/7 from 9.am to 8.pm



Discovery flight : 80€
Panoramic flight : 110€
Prestige flight : 150€
KING Sunset or Sunrise flight :
300€



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

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

FLY IN PARADISE



La Plagne / Macot-La-Plagne / Valley



7/7 from 8.am to 7.pm



From 80€ to 150€



33 6 63 71 59 78
contact@fly-in-paradise.fr
www.fly-in-paradise.fr



Come and share an unforgettable moment on a tandem flight with our paragliding instructors. A gentle "discovery" flight or a more dynamic and technical "mountain" flight.

ELPRO



- Discovery flight (7 to 12 mn) :
Leaves from «Hameau de Prariond»
- Mountain flight (30 to 40 mn) :
Leaves from the «Arpette»



Daily according to flying conditions



- Discovery flight : 80€*
 - Mountain flight : 150€*
- * including return bus transport



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

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

QUATRIEME DIMENSION



La Plagne /Charmettes/Macôt



7/7 from 8.30am



From 75€



33 6 12 73 66 56
stephane@quatriemedimension.fr
www.quatriemedimension.fr

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

ESF PLAGNE BELLECÔTE



Leaves from «Hameau de Prariond» and «Charmettes»



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

PLAGN'AIR



33 6 15 06 09 31 / 33 6 52 03 82 82

ESF BELLE PLAGNE



Top of Roche de Mio



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

WELLNESS



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

BAINS & SPA LA PLAGNE



Belle Plagne



Open daily, 10 – 12am & 2 – 8pm



33 4 58 35 00 00
spabelleplagne@deepnature.fr
www.deepnature.fr

A centre devoted to your wellbeing. Franck and his team guarantee you an unforgettable moment. Massages, private Jacuzzi, Turkish bath, sauna. Beauty treatments, semi-permanent varnish.

SPA BELLECÔTE



Plagne Bellecôte



Open daily, 10 – 12am & 1 – 8pm



33 (0) 4 79 09 22 48
www.spa-bellecote.fr

Facials and body treatments, relaxing or invigorating modelling treatments, beauty treatments, Ô des Cimes invites you to visit its original and exceptional spa. 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
soleil@cgh-residences.com
www.cgh-residences.com
www.odescimes.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 Phyt's products.



ESTHÉ BIO

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


 By appointment, closed Saturday & Sunday morning.

 - Body modelling from 45€
- Facials from 55€
- Wellness pack from 120€ to 300€
Payment: cheque, cash or Plagne Access. Credit cards not accepted.

 33 (0) 6 30 65 39 24
esthebio@orange.fr
www.esthebio.fr


SPA BY LES BALCONS

 Belle Plagne

 33 4 79 55 79 56


MASSAGE ME

 At home

 33 4 79 04 20 66


VIP COIFFURE

 Plagne Centre

 33 6 99 28 37 39


Ô COIFFEUR

 Plagne Bellecôte


 33 4 79 07 39 60


EVE COIFFURE

 At home

 33 6 99 28 37 39

CRÉA'TIFF

 Plagne Aime 2000


 33 4 79 09 09 77





Rehabilitation of all types of pathology (traumato, sciatica, back, sprain,) as well as comfort massage (Californian massage, hot stones or sports) and taping.

KINÉ BIEN-ÊTRE INGRID EVRARD

 Plagne Centre - Galerie des Ecrins

 Monday, Tuesday, Thursday and sometimes on Saturday from 9.am to 8.p.m.


 Physiotherapy session according to the prescription (on average from 20 to 25 €) / Tapings: 25 € / massages between 30 and 60 € according to the duration of the massage (1/2 h or 1 h).


 33 6 20 77 84 17
33 6 87 24 80 25
evrardingrid@yahoo.fr


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 & MESSAGES

Jean-Louis fabre

 Belle Plagne, lower commercial center (stairs to gondola)


 Open daily, 10 – 8pm by appointment

 33 (0) 6 63 93 47 86
33 (0) 4 79 09 31 46
jean-louis-fabre@orange.fr
www.osteomassages-laplagne.com

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

OSTEOPATHY CENTER

CÉLINE TORRENT

 Plagne Bellecôte
SPA Bellecôte

 Open daily, 10 – 8pm

 60€

 33 7 69 35 09 04
celine.torrent@live.fr

I offer fitness and stress relief sessions, as well as energy and modelling treatments for maximum wellbeing.





CHALET SANTÉ

René Allamand

 Plagne 1800

 By appointment


 - 1 hr session : 60€


 33 6 23 87 45 64
www.magnetisme.allamand.com


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

L'EMPREINTE DE SOI

Nathalie Kempinaire
At home

 At home


 Daily by appointment


 33 (0) 6 30 59 68 83


PHYSIOTHERAPY CENTER

Antoine Simon
Masseur kinésithérapeute -DE

 Plagne Centre - Les Lodges

 By appointment

 According to the nomenclature

 33 6 23 82 40 88



OSTEOPATHY CENTER

Solène Rombourg Ostéopathe DO

 Plagne Centre - Les Lodges

 By appointment

 70€

 06 61 06 97 88

ACTIVITIES IN VALLEY



Versants d'Aime lakeside


The Versants d'Aime lakeside is a bathing spot overseen in the afternoon by bathing attendants and is equipped for children's games with ping-pong tables and picnic areas and barbecues.


It can be reached on foot, on rollerblades or by bike along the cycle trail which runs from Aime.


X-Trem Jump

Activity for adults and children, min. height 1.30 m. Jump onto a big airbag with 2 jumping bridges, one at a height of 2.85 m and the other at 6.50 m.

FH EVENTS

 Versants d'Aime Lakeside

 Open from 1.30pm.
Mornings by booking for groups


 6€ for 10 mns


 33 6 59 10 10 52
events.fh@orange.fr
www.bullevents.fr


Aquabulles

Test your balance on your own or with friends in giant bubbles on the water. Minimum age 3, no maximum age!

FH EVENTS

 Versants d'Aime Lakeside

 7/7 from 11.am to 12.30pm and
from 2.pm to 6.pm.
On Saturday from 2.30pm.


 6€ for 10 mns


 33 6 59 10 10 52
events.fh@orange.fr
www.bullevents.fr


Pedalokids

The children are on their own pedalo in a special area reserved for them.

FH EVENTS

 Versants d'Aime Lakeside

 7/7 from 11.am to 12.30pm and
from 2.pm to 6.pm.
On Saturday from 2.30pm.

 6€ for 10 mns

 33 6 59 10 10 52
events.fh@orange.fr
www.bullevents.fr

Adventure trail

Two courses for children with a continuous lifeline and an adult course with a black loop.

NATUR'ACCRO



Versants d'Aime lakeside



7/7



3 courses :

- 1 course min age 4 yrs
 - 1 course for 7/8 yrs,
 - 1 adult course (min high 1.50m).
- 10€ (from 4 yrs), 15€ (7/8 yrs) and 22€ for adults.



33 7 61 05 12 03



Centron lakeside

Picnic area, games, basket ball court, boules court and a snack-bar in this sports park.

Fans of white water sports or shing, there is something to please everyone: towards Moutiers, Centron exit. Bathing prohibited.

Diving

A fun activity, accessible to all and unforgettable! First dive in a natural environment from 8 years old with adapted equipment, training, refresher or simply exploration.

Plongeurs d'eau douce



Centron lakeside



Every day by appointment



From 35€



33 6 24 79 72 84
nathaliesicre@yahoo.fr

Acrobungy

In this sports leisure activity, you are suspended on elastics about 8 metres long above a trampoline so you can fly up into the air quite safely.

Les Trampos de Macot



Versants d'Aime lakeside



- 7/7 in July and August from 10.30am to 12.30pm and 2.30pm to 6.30pm
- In spring and autumn on wednesday and week-end from 2 to 6.30pm



From 6€



33 6 87 22 46 90

Fishing

SAVOIEFISHING.COM



33 6 24 79 72 84

ACTIVITIES IN VALLEY



Water sensation

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



Macot - Z.A



7/7 by booking



From 50€ to 89€ according to the choice of activity
Groups, kids (ask for details)



33 4 79 09 72 79
an-rafting@an-rafting.com
www.an-rafting.com

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 53€ according to the choice of activity
Groups, kids (ask for details)



33 6 63 08 30 16
contact@essaonia.com
www.essaonia.net

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

RÊVE D'EAU



Versants d'Aïme lakeside



7/7



From 36€ according to the choice of activity
Groups, kids (ask for details)



33 6 87 83 46 79
info@revedeau-rafting.com
www.revedeau-rafting.com

Plagne Eaux Vives teaches canoeing, kayaking or Stand-Up Paddle on the Versants d'Aime reservoir. They also offer descents on the Isère in a 1- or 2-person inflatable kayak



LA PLAGNE EAUX-VIVES



Versants d'Aime lakeside



Isère downhill on morning



Kayak rental on the lakeside in the afternoon



From 6€ for kayak or paddle rental
From 35€ for white water discovery
By booking



33 7 70 18 70 12
contact@laplagne-eauxvives.org
www.laplagne-eauxvives.org

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

FRANCRAFT



Centron lakeside



7/7



From 20€ according to the choice of activity
Groups, kids (ask for details)



33 4 79 55 63 55
info@francraft.com
www.francraft.com

RAFT IN ACTION



33 6 63 08 30 16

Canyoning

Jumping into pools, slides, abseiling, walking downstream, every week, François Allemoz, a High Mountain and Canyon Guide organises a programme suitable for all.

FRANÇOIS ALLEMOZ



Valley



Beginner : 56€
Advanced : 66€
Equipment supplied – Neoprene suit and bootees, helmet and harness.



François Allemoz 33 6 09 41 53 85
EL PRO 33 4 79 09 11 62
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40

Ruisseling

Aquatic hike through the rivers of La Plagne in the very heart of nature.

FRANÇOIS ALLEMOZ



Chalet de la Roche



25€ from 10 yrs



François Allemoz 33 6 09 41 53 85
EL PRO 33 4 79 09 11 62
ESF Belle Plagne 33 4 79 09 06 68
ESF Plagne Bellecôte 33 4 79 09 01 33
ESF Plagne Centre 33 4 79 09 00 40

ACTIVITIES IN VALLEY



Culture and Heritage


La Maison des Arts

Les Versants d'Aime

 Aime city

 Tuesday to Friday 2pm to 5pm

 Free access


 33 4 79 55 21 57
lamaisondesarts@versantsdaime.fr


Montmayeur Tower

13th Century Tower altered in the 15th century, houses 4 exhibitions.

OTGP - La Plagne Vallée

 Aime city

 Monday to Saturday from 10am to 12.30pm and from 2pm to 6pm

 From 16 yrs : 4€
reduced price with Plagne Access


 33 4 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com


Pierre Borrione Museum

Archeology from the Neolithic Age to modern times. Collection of minerals and fossils. Exhibition : «Mines de plombs argentifères».

OTGP - La Plagne Vallée

 Aime city

 Monday to Saturday from 10am to 12.30pm and from 2pm to 6pm

 From 16 yrs : 4€
reduced price with Plagne Access

 33 4 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com



St Martin Basilica

An 11th century Basilica with crypt and frescoes. The remains of the choir from the original church. Gallo Roman, latin inscriptions.

OTGP - La Plagne Vallée



Aime city



Monday to Saturday from 10am to 12.30pm and from 2pm to 6pm



From 16 yrs : 4€
reduced price with Plagne Access



33 4 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com

St Sigismond Church

Saint Sigismond's church was extended at the end of the 17th century. It displays all the characteristics of Baroque art in which the Biblical story is presented in gold and polychrome.



Aime city



7/7 from 9am to 7pm



Free access

St Nicolas Church

The baroque church dates back to 1679 - 1682 and was re-built in 1806 after being burnt down by the Aime Revolutionary Committee in 1794.



Macot city



Monday to Saturday from 9 am to 4.30pm.

Closed on bank holiday



Free access

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