



ALTITUDE RESORTS

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

Your holiday planner
summer 2020



Le futur s'ouvre à vous dès maintenant.



LA PLAGNE
Paradiski

**PARTENAIRE
OFFICIEL**



NEXO
hydrogène

KONA
hybrid ou electric

IONIQ
hybrid, plug-in
ou electric



Consommation cycle mixte de la gamme NEXO (kg d'hydrogène/100 km) : 0,95 / Émissions CO₂ (g/km) : 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km) : 15,0 - 15,4 / Émissions CO₂ (g/km) : 0. Consommation cycle mixte de la gamme IONIQ hybrid (l/100 km) : 3,4 - 4,2 / Émissions CO₂ (g/km) : 79. *La garantie 5 ans kilométrage 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. **Les batteries haute tension de nos véhicules hybrides, hybrides rechargeables et électriques sont couvertes par une garantie de 8 ans ou 200 000 km. Détails : hyundai.fr. Just Drive ! : Conduire, l'esprit libre !

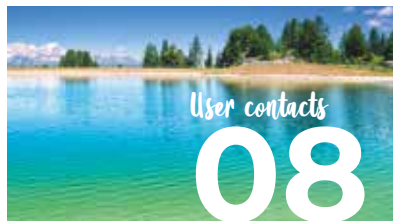
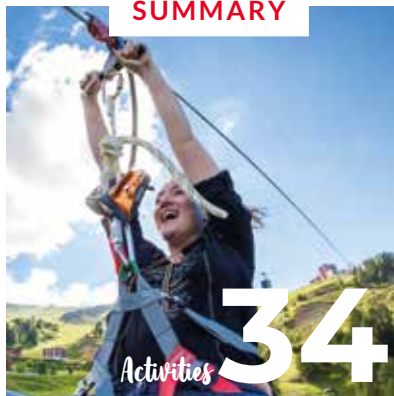
JeanLain
Just Drive !

CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201

WWW.JEANLAIN.COM

SUMMARY



la Plagne thanks its partners

JeanLain
Just Drive!



DARE2B

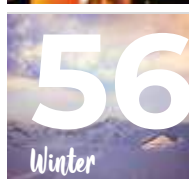
YCÉBÉ
PURE ADRENALINE

BANQUE
POPULAIRE
AUVERGNE RHONE ALPES



RACER
FRANCE-1927

PuyduFou



WELCOME

Its time to
breathe!



**Finally, you can let go, take a deep breath
and go off walking wherever you want.**

Which leaves you free to explore the huge garden that is opening up before your eyes.

The time has finally come when you can enjoy your holidays here in La Plagne: your natural source of oxygen and energy.

We are pleased to welcome you and to share our landscapes and our activities and events that comply with the requirements for your health and safety. All our staff and tourism professionals are delighted to accompany you throughout your holiday, to make your stay an unforgettable moment in a year that will certainly be just as unforgettable.

SUMMER

La Plagne, your
renewable energy..



A vast natural area,
La Plagne naturally
stimulates your
wellbeing and your
vitality!

WELCOME & INFORMATION



Tourism Offices



PLAGNE CENTRE

Espace Pierra Menta
PLAGNE BELLECOTE

In front of the bus stop
BELLE PLAGNE

Opposite the gondola station
PLAGNE AIME 2000

On the shopping gallery level
PLAGNE VILLAGES

Opposite the Telebus arrival station
PLAGNE 1800

«Les Marmottes» Residence



- Plagne Centre : 7/7 from 9.am to 12.30pm and from 2. to 6.pm

- Plagne Bellecôte / Belle Plagne / Plagne Villages : 7/7 from 9.am to 12.30pm and from 3. to 6.pm

- Plagne 1800 : Monday to Friday from 9.am to 12.30pm / Week-end : from 9.am to 12.30pm and from 3. to 6.pm

- Plagne Aime 2000 : Monday to Friday from 3. to 6.pm / Week-end : from 9.am to 12.30pm and from 3. to 6.pm



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



In the Info Points, you can find...

- The weekly entertainment programme
 - Information about Plagne access
 - Lift passes
 - Walking and biking trail maps
 - Resort map
 - Ticket machine for bus tickets (Plagne Centre and Belle Plagne)...
- Brochures about the resort and the surrounding area.

Extra

Photocopying service (only from the tourist office in Plagne Centre) is amongst the service offered by the Tourist Office.

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.

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**



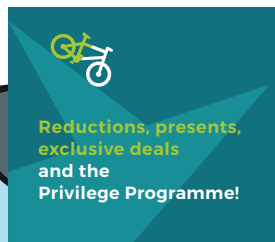
Paradiski Yuge

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



This summer we are going to take care of you!

Download the App
la-plagne.com/app

More info
plagne-access.com



MERC 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

Medical centers

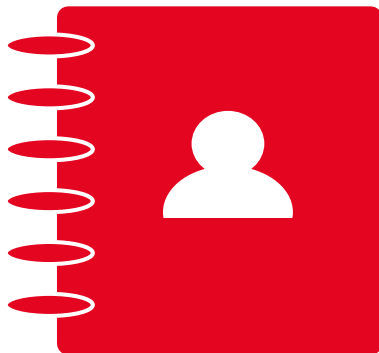
Plagne Centre.....33 (0)4 79 09 04 66
Ask for opening time
Plagne Bellecôte.....33 (0)4 79 09 29 55
Ask for opening time

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

Waste collection center.....33 (0)4 79 55 46 86
Monday to Friday from 1.30pm to 5.30pm

Dentist Aime (18km)

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



ATM machine :

.....Crédit Agricole, 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

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

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

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 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 the radio station



Altitude resorts : 101.5 Mhz
Valley : 94.9 Mhz



- 7.30 am to 10.30 am : La Matinale R'
- 10.30 am to 4.pm : Le Grand R'
- 4.pm to 8.pm : Happy R'
- 8.pm to 4 am : R'Time



33 0 4 79 06 57 25
rlaplagne@laradiostation.fr
www.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

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

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

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

Placide Guillaume
 33 (0)6 1 7 77 41 57

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

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

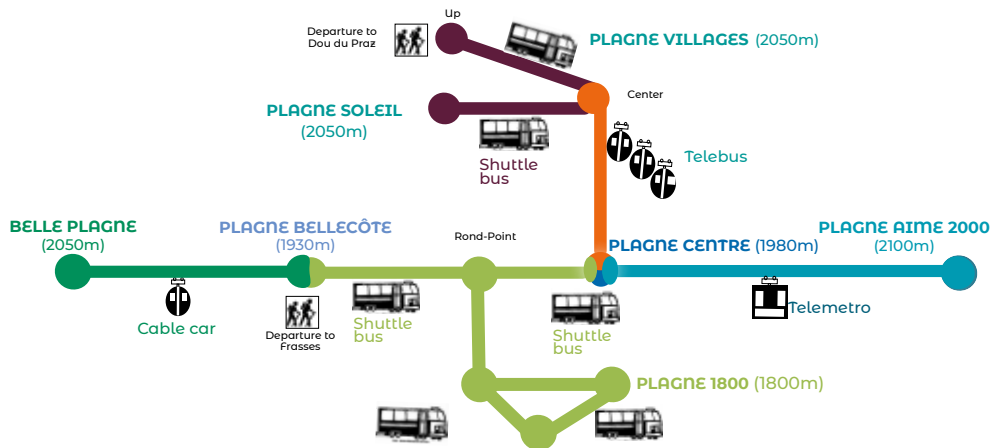
INTER-RESORT TRANSPORT

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 offices.

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



Belle Plagne / Plagne Bellecôte

From Plagne Bellecôte from 9am to 11.45pm

From Belle Plagne from 9.15am to 11.45pm

Plagne Centre / Plagne 1800 / Plagne Bellecôte

Free shuttle bus runs 8.am-11.30pm

Plagne Centre / Plagne Aime 2000

Telemetro from 8am to 11.45pm

Plagne Centre / Plagne Villages

Telebus from 9am to 8.30pm

Shuttle bus service 8.30-9am & 8.30-11.45pm

Plagne Soleil / Plagne Villages

Shuttles from 8.45am to 11.45pm

(Subject to alternation)

NEW FOR 2020!
Mov'In Plagne
App

CAR PARKS



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.

MONDAY TO FRIDAY

- ONE WAY / RETURN: **7€**

La Plagne < Valley < La Plagne
or
Valley < La Plagne < Valley

- ONE WAY : **4€**

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*



VALLEY > RESORT BUS



Timetable valley < resorts Bus

Altitude resorts < Valley

PLAGNE CENTRE	1.45 pm	4.35 pm
LA ROCHE & BOBSLEIGH TRACK (up)	1.55 pm	4.45 pm
LES VILLARDS (up and down)	2.05 pm	4.55 pm
MACOT School	2.15 pm	5.05 pm
LES PROVAGNES Chaining area	2.25 pm	5.15 pm
GOTHARD LAKESIDE	2.35 pm	5.20 pm

Valley < Altitude resorts

GOTHARD LAKESIDE	/	3.50 pm	5.20 pm
LES PROVAGNES Chaining area	10.45 am	4.00 pm	5.30 pm
MACOT School	10.50 am	4.05 pm	5.35 pm
LES VILLARDS (up and down)	11.00 am	4.15 pm	5.45 pm
LA ROCHE & BOBSLEIGH TRACK (up)	11.10 am	4.25 pm	5.55 pm
PLAGNE CENTRE	11.20 am	4.35 pm	6.05 pm

DIRECTORY OF TOURIST OFFICE MEMBERS



Shops and Sport shops

PLAGNE CENTRE

Allais Ski - Ski Set	04 79 09 01 52
Elpro Boutique	04 80 08 10 90
Elpro Skimium	04 79 09 20 79
Robino Sports - Go Sport	04 79 09 01 71
Intersport	04 79 09 25 00
Ski Hut	04 79 55 46 36
Sport 2000	04 79 09 00 26

PLAGNE AIME 2000

Ski Fun Intersport	04 79 09 05 15
Skiteam - Ski Set	04 79 09 05 33

PLAGNE BELLECOTE

El Pro Skimium	04 79 09 12 98
Intersport	04 79 09 05 67
Skiteam-Ski set	04 79 07 61 20

BELLE PLAGNE

Armand Bérard	04 79 09 07 79
Sport 2000	
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

PLAGNE VILLAGES/ PLAGNE SOLEIL

Intersport	04 79 08 18 35
Pierre Leroux Sport 2000	04 79 09 01 35

PLAGNE 1800

Chalets Ski Republic	nc
El Pro Skimium	04 79 09 20 79
Sport 2000	04 79 09 06 60
Plagne 1800 Sport	

Other services
and shops

PLAGNE CENTRE

Club des Sports	04 79 09 01 79
Home Elec Services	06 60 27 95 75
Nouvelloc.dom	07 50 04 61 59
So'Laverie	04 79 09 06 76
SPAR	04 79 09 05 38

PLAGNE 1800

Laverie Automatique	04 79 09 08 70
---------------------	----------------

PLAGNE BELLECOTE

So' Laverie	04 79 07 68 66
-------------	----------------

PLAGNE AIME 2000

Le Garde Manger	04 79 04 11 81
Pop Up Shop	06 22 02 65 91



BELLE PLAGNE

Laverie de Belle Plagne	06 22 70 11 39
SPAR amont	04 79 09 19 28
SPAR aval	04 79 09 08 21

PRARIOND
ROUTE DE LA PLAGNE

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

TAXIS / VTC

Perraudat Mathieu	07 78 87 47 04
Bouzon Christian	04 79 09 03 41
Legroux Dominique	06 09 38 73 82
Bouzon Alain	04 79 09 78 93
JB Taxi	06 34 87 12 17
NTV 73 (VTC)	06 31 20 16 66
Taxi Gilles Briançon	04 79 55 64 15
Luxury Taxi	07 69 69 19 90
Albert Taxi	04 79 55 66 38

DIRECTORY OF TOURIST OFFICE MEMBERS



Bars & restaurants

PLAGNE CENTRE

Araucaria	04 58 24 11 11
Le Croq'Neige	04 79 09 22 03
Le Fort Colorado	06 50 96 12 88
Le Brix	09 52 55 24 47
Le Mama's Kitchen	06 18 91 47 62
Le Véga	04 79 09 00 61
Bowling le Holidays	09 62 69 59 91

BELLE PLAGNE

Bowling bar	04 79 09 00 78
Le Carlina	04 79 09 78 46
Le Hors Piste	04 79 55 16 33
Le K2	04 79 55 11 60

PLAGNE 1800 / LA ROCHE

Chalet de la Roche	04 79 09 05 99
--------------------	----------------

PLAGNE VILLAGES/ PLAGNE SOLEIL

La Casa de l'Ours	04 79 09 00 71
Bar pub restaurant	
Le Chairlift	04 79 22 70 77

PLAGNE AIME 2000

Le Schuss	04 79 09 05 28
-----------	----------------

PLAGNE BELLECOTE

L'Annexe	04 79 06 57 88
Le Chalet des Colosses	04 79 09 28 70
Le Flocon	04 79 09 08 97
Le Rigatoni	04 79 06 57 98
Spitting Feathers	06 79 52 49 59

RESTAURANTS D'ALTITUDE

Chalet de la Grande Rochette	04 79 09 09 09
Chalet des Verdens Sud	06 13 10 33 31
La Bergerie	04 79 09 07 95

Real estate agencies

PLAGNE CENTRE

Alp Agence	04 79 55 12 20
Agence OIP	04 79 09 00 77
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 Immobilier	04 79 09 17 00
Hôtel Araucaria	04 58 24 11 11
H036	04 79 09 09 23
Ski et Soleil	04 79 09 02 22

PLAGNE VILLAGES/ PLAGNE SOLEIL

CGH	04 79 23 22 10
Les Granges du Soleil	
Pierre et Vacances le Mont Soleil	04 79 55 77 00

PLAGNE BELLECOTE

Agence OIP	04 79 09 00 58
------------	----------------

PLAGNE AIME 2000

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



BELLE PLAGNE

Hôtel le Carlina	04 79 09 78 46
Agence OIP	04 79 09 00 77
Oxygène Immobilier	04 79 06 33 36
Pierre et Vacances	04 79 22 20 20
Les Constellations	

PLAGNE 1800

Centre UCPA	04 79 09 11 76
Hôtel le Cocoon	04 79 55 00 26
Pierre et Vacances Plagne Lauze	04 79 09 08 70



New activities to discover this summer!

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

A few examples: discovery trails, creative workshop kits, photo rallies, treasure hunts, puzzles that you solve over several days, ...

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!

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

Altitude resorts : 101.5 Mhz

Valley : 94.9 Mhz

www.laradiostation.fr - 04 79 09 10 00

rlaplagne@laradiostation.fr



Calendar summer 2020

July

July, 14th
Lizeroux Ascent &
14th July celebration in
Plagne Bellecôte

July, 23rd
Plagne 1800 festival

August

August, 2nd
Belle Plagne festival

August, 06th
Plagne Aime 2000 festival

August, 15th
Plagne Centre festival

August, 16-23rd
Plagne Swing



In Aime (vallée) Music concerts Every thursday at 9.pm

- July, 9th : Sugar Lady *French & International songs*
- July, 23rd : Echo *Folk, blues & Pop*
- July, 30th : Pas Riche Hilton *Groove & Rock*
- August, 6th : Yellow Cab 60's *Rock n' roll, Yéyé*
- August, 13th : Salsa Libertad *Latino*
- August, 20th : La Marquise *French songs*
- August, 27th : That's all Folk *Folk, Rock n' Roll*

GUIDED TOURS



Miners' Trail treasure hunt

Treasure hunt on the trail between Plagne 1800 and La Roche.

At each information board, you have to tick the right answer and punch the crossing point.

Open to all, free of charge, prizes to win!

Tour of the Miners' Trail

Wednesday afternoons from July 22nd.

Starting at the bus stop in Plagne 1800 at 1.30pm, going to the village of La Roche.

Stopping at each of the information boards about the Mine in 1800 on the way...

The shuttle bus from the valley picks you up again at La Roche bus stop at 4.20pm

Open to all, book at the Mairie (town hall in Macôt).

Bobsleigh Track

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..

VISITS AROUND LA PLAGNE

Local heritage in Aime (18km) - Infos on pages 54-55

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

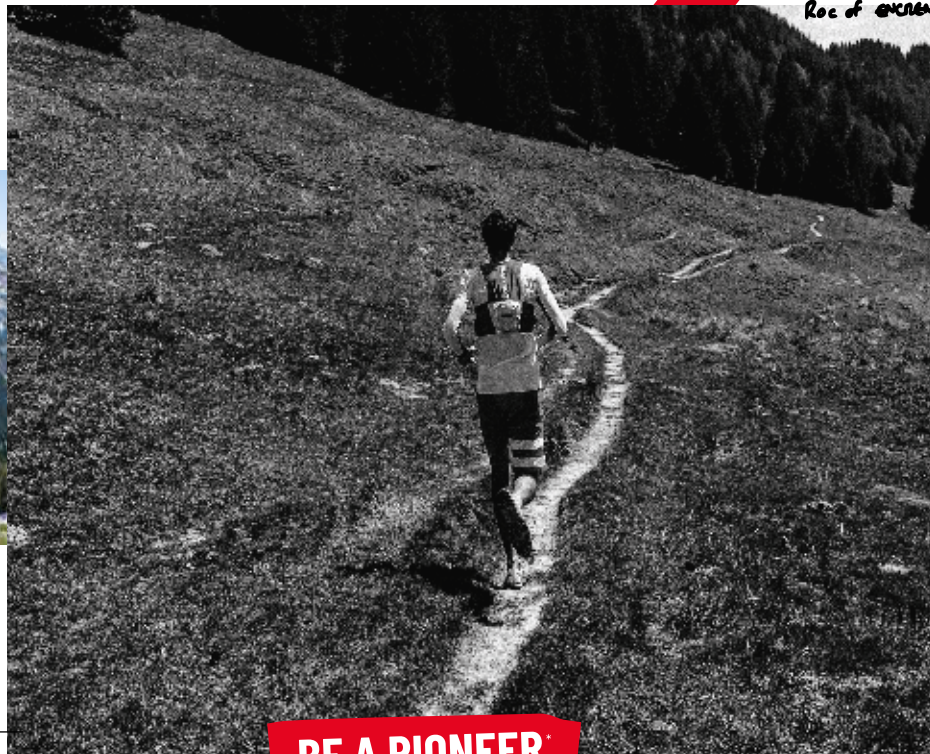
Glacialis Museum in Champagny en Vanoise
(50km) Open every day from 3. to 7. pm (except on Tuesday)

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



PURE ADRENALINE

11:12 AM
Roc of @XCEBÉ



BE A PIONEER:

#ULTIMATETRACK

* Être pionnier. - Photos: Droz-photo.com

CÉBÉ PARTENAIRE OFFICIEL DE



SKI LIFTS



LA PLAGNE RATES

	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€		

PASS OFFICES



- PLAGNE CENTRE - Colorado chairlift
Daily from 9 am to 12.45 pm and 1.45 to 5.40 pm

- PLAGNE BELLECOTE - Near the cable car
7/7 from 9 am to midday and 1.00 to 5.30 pm

- TOURISM OFFICES

Plagne Centre / Plagne Bellescôte / Belle Plagne/
Plagne Villages/ Plagne 1800

- AUTOMATIC MACHINES



Aime (valley) / Montalbert / Champagny /
Montchavin / Les Coches

33 4 79 09 67 00

www.skipass-laplagne.com



SKI LIFT OPENING

	SKI LIFT	PERIOD OPENING	M	T	W	T	F	S	S	TIMES
PLAGNE CENTRE	Colorado chairlift	04/07 > 30/08								9am>12.45pm / 2 pm>5.40pm
	Bergerie chairlift	04/07 > 30/08								9am>12.30pm / 1.45 pm>5.40pm
PLAGNE BELLECOTE / BELLE PLAGNE	Colosses chairlift	04/07 > 30/08								9am>12.15pm / 1.30 pm>5.40pm
	Roche de Mio cable car	05/07 > 28/08								9.20am>5.05pm
	Bellecôte cable car	05/07 > 28/08								9.40am>4.30pm
	Belle Plagne cable car	05/07 > 28/08								9.00am>11.45pm
PLAGNE MONTALBERT	Montalbert chairlift	06/07 > 28/08								9am>12.15pm / 1.30 pm>5.40pm
MONTCHAVIN LA PLAGNE	Montchavin chairlift	07/07 > 27/08								9am>12.15pm / 1.30 pm>5.40pm
	Lac Noir cable car	06/07 > 28/08								9am>12.15pm / 1.30 pm>5.40pm
	Télébufette cable car	06/07 > 28/08								10.am>12.15pm / 2.40 pm>5.40pm
CHAMPAGNY EN VANOISE	Champagny cable car	01/07 > 28/08								9am>12.45pm / 2.40pm>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)



Permanent orienteering trails

Reflection, sport and nature...It's all up to you!

Have fun discovering the La Plagne area, with its wealth of local culture, history, scenery and heritage.

A great way of combining a fun, recreative or sporty form of orienteering with the added attraction of visiting the area's key locations. Armed with a map, head off to look for markers across 9 trails of different levels.

This activity puts nature back in our cultural heritage. It teaches us to live with and for our natural surroundings by developing the right behaviour and habits for preserving our environment.

There are 9 areas to discover:

- 1 in La Plagne Altitude
- 6 in the valley: Aime la Plagne, Macot, Valezan and La Côte d'Aime
- 2 in Montchavin la Plagne

Maps available in all our Tourist Offices.

Adults and children, beginner or experienced, for sport or for fun: get orienteering!



MOUNTAIN SENSATION

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€
- "Bushcraft Survival" day (surviving in the forest): 35€ (every Wednesday, family rate possible)



33 6 42 08 53 35
www.gb-montagne.com

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



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

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

Do you want to go hiking or Nordic walking? Do you want to get out in the fresh air and the wide-open spaces? Choose your preferred activity, get your walking shoes and your backpack, YSA'lpes Rando will organise the rest.

YSA'LPES RANDO

 Altitude resorts and valley

 Monday to Friday

 - ½ day: 15€/person
- Full day: 30€/ person
- Private group: 130€ ½ day, 260€ full day
Payment accepted: CB / cash / bank transfer

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





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@wanadoo.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 Silvén 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



TOP TIP

Cycle and Electric bike maps / Bike park map : Free - Available at the Tourism Offices.
MOUNTAIN BIKE RENTALS
Day / Week in sport shops

Bike park 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.

12 slopes : 3 green / 5 blue / 3 red / 1 black.

Accessible from :

- Colorado chairlift from Plagne Centre open 7/7 from 9.00am to 12.45pm and from 2.pm to 5.40pm.

- Colosses chairlift from Plagne Bellecôte, open 7/7 from 9.00am to 12.15pm and from 1.30pm to 5.40pm.

- Bergerie Chairlift from Plagne Centre, open 7/7 from 9.00am to 12.30pm and from 1.45pm 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.

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

Enduro trails

Dré'val with its 1100 metres of downhill! The trail starts in Plagne Bellecôte at 1923 metres and goes right down to the valley, finishing at Les Versants d'Aïme leisure park. In addition to an unforgettable descent, you can finish with a quick swim before taking the shuttle bus back up. The ride back up to the starting point with your bike costs 3€.

Bus times on page 13.

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-AE and the trail name.

Ten 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.

6 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.

- 1 in Montchavin les Coches : Leaves from Telebufette.

By itineraries C and G.

- 1 in Champagny le Haut : Leaves from Adventure park.

By itinerary E.



PEUGEOT
CYCLES



PARTENAIRE OFFICIEL DE LA PLAGNE

Paradiski

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!



- Tuesday 2 to 5 pm
- Wednesday 10 to midday
- Thursday 4 to 5.30 pm
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 in the Beaufortain

New this summer! Take off on an escapade in the unspoiled Beaufortain valley, away from the big ski resorts. You will find landscapes varying from the green of the Alpine meadows to the mineral scenery higher up, with the Piera Menta and the Grande Pararay. Using the electric assistance, it will be surprisingly easy to reach the preserved paths and viewpoints.



On Thursday from 8 am to 3.30 pm



105€ (transport to the Beaufortain, guide, e-bike rental)

Level: regular cyclist
Min. age 14 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 Friday morning,
Wednesday afternoon. Duration :
3hrs
Level confirmed - From 12 yrs



49€ - 2 bought the 3rd offered (e-bike rental not included, including return bus transport, max 7 pers)

Black Friday Descent to the valley 1/2 day

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€ (e-bike rental not included, 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€ (e-bike rental not included including return bus transport)
Level confirmed, from 14 yrs (max 7 pers)

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, 3 hrs or 4hrs30 session.
Any audience, any level



69€ / 1hr (e-bike rental not included)

Paradibike mountain biking

PARADIBIKE

11th mountain biking school, MCF (moniteur cycliste français)

📍 Plagne Bellecôte - Chalet des Moutons
Plagne Villages - Leroux Sport

☎ 33 6 80 74 36 00

ParadiAdréline

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 : 185€

5x 1/2 day Enduro : 290€

**Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*

ParadiSensation

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

🕒 On afternoon from 2 to 4.30pm

🕒 65€ **Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*

ParadiTour

An E-bike outing with your friends or family.

🕒 75€ **Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*

ParadiSunset

Evening e-MTB ride.

🕒 Wed and Thurs from 8 to 9.30pm

🕒 50€ **Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*



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€ **Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*

E-biking ParadiStage

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

🕒 From 9.30am to midday

🕒 270€ **Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*

ParadiTrilogie

E-mountain bike day outing. Discover the three neighbouring sites (Montalbert, Montchavin, Champagny).

🕒 120€ **Equipment and protections included (not lift ticket or shuttle bus from the valley) – Group lessons 3 people minimum*

ParadiPrivé

Private lesson for 1 or 2 people.

🕒 45€/hour for 1or 2 people
**Equipment and protections included (without ski lifts)*

ParadiLoc

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

🕒 - 120 mm full suspension 24" Enduro Junior : 40€ for^{1/2} day - 60€ for 1 day
- 170 mm Super Enduro: 50€ for^{1/2} day - 80€ for 1 day
- 150mm full suspension electric bike : 50€ for^{1/2} day - 80€ for 1 day

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, placing 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 :
 - 75€ (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) : 75€

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)



«Les Filous» youth club

The kids club offers half-day activities for children aged 3 to 12. They can also be supervised while they eat a picnic lunch.

ESF BELLE PLAGNE



Belle Plagne



Monday to Friday from 9.30am to midday and from 2.pm 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@laplagnetairenaise.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.pm



- 1 day: 50€
- 4 days: 160€
Booking at ESF



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

Junior park

*An activity for 3 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 3 to 7-year olds)*

ELPRO



Belle Plagne



Monday to Friday



20€



33 4 79 09 11 62

contact@elpro.fr

www.elpro.fr



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



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



Monday to Friday



- Under 12 yrs : 20€
- From 12 yrs : 25€
From 8 yrs



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



Monday to Friday



- Under 12 yrs : 30€
- From 12 yrs : 45€



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 to 12 yrs : 20€
- From 12 yrs : 25€



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



Monday to Friday



10€
From 3 yrs



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 with Mont Blanc view ! From 20 to 130kg.

SUPERTYRO



Plagne Aime 2000 / Plagne Centre



See on page facebook :
[facebook/supertyrolaplagne](https://facebook.com/supertyrolaplagne)



15€



33 6 51 21 01 73
supertyrolaplagne@gmail.com
[facebook/supertyrolaplagne](https://facebook.com/supertyrolaplagne)

Helicopter ride

Discover the whole of the La Plagne area, the Tarentaise, the Beaufortain, the Vanoise and Mont-Blanc. Personalized flights, 100% customisable.

AIR LA PLAGNE HÉLIPOPTÈRE



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



One day in the week, defined according to weather conditions



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



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

ACTIVITIES



Mountain Kart

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

SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE



Colorado chairlift



Daily (except Monday) from July, 4th from 10 am to midday and from 2 pm to 5 pm.



- 1 downhill : 15€ (single price)
 - 5 downhill : 60€ (single price)
- Any level, from 10 yrs (with an adult from 10 to 12 yrs)
Minimum height required : 1m30.
Equipment included (helmet, protections, kart).



33 4 79 09 67 00
<https://www.skipass-laplagne.com/fr/mountain-cart>

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 10 pm
The pool is cleared 30 minutes before closing time



- 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


Mini-golf

COLOSSES LOISIRS

 Plagne Bellecôte


 Daily

-  - Adult : 6€
- 6 adult courses : 30€
- 10 adults courses : 45€
- Kid (until 12 yrs) : 4€
- 10 kid courses : 30€
- Morning until 1.p.m : 4€.

 33 4 79 09 28 70

BIOLLET ESPACE LOISIRS


 Plagne Centre

 33 6 26 09 18 18

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

Pony riding

PLAGNE AVENTURE


 Plagne Bellecôte

 33 6 34 52 63 48

Archery

BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18


ACTIVITIES



Bouncy castle

BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18

PLAGNE AVENTURE


 Plagne Bellecôte

 33 6 34 52 63 48

Model making RC

BOCQUET
DRONE MODELISME RC


 Plagne Bellecôte - Plagne Centre

 33 2 22 54 71 27

Acro bungee

BIOLLET ESPACE LOISIRS

 Plagne Centre

 33 6 26 09 18 18


Trampoline


Energy and punch are essential if you want to really let go!

COLOSSES LOISIRS

 Plagne Bellecôte

 Daily

 - Mini trampoline (>5 yrs) : 1,50€
- Trampoline (until 14 yrs) : 2,50€
- Trampoline (adult) : 3,50€


 33 4 79 09 28 70





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 ADVENTURE

 Dou du Praz in Plagne Villages

 For the dogs only in the morning from 7 am. 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 m.bernal@horstraceaventure.fr
www.horstraceaventure.fr


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



Paragliding

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

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 160€



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

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

AIR LA PLAGNE PARAPENTE



Secteur Mâcot 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€
- Exceptional flight :
Alpages flight : 130€ et
King Sunset or Sunrise : 300€



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

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

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



ESF BELLE PLAGNE



Top of «Charmettes»



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

PLAGN'AIR



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



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 «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, from Monday to Friday. Closed Saturday & Sunday.

💰 - 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 LE CENTAURE Club MMV le Centaure

📍 Belle Plagne

📞 33 4 79 09 41 48



SPA BY LES BALCONS

📍 Belle Plagne

📞 33 4 79 55 79 56

VIP COIFFURE

📍 Plagne Centre

📞 33 6 99 28 37 39

Ô COIFFEUR

📍 Plagne Bellescôte

📞 33 4 79 07 39 60

MASSAGE ME

📍 At home

📞 33 4 79 04 20 66

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 pm.



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

Osteopathy treatments for all types of patients including sports-related issues, children, seniors, pregnant women, babies.

*Consultations on rdv only on 33 4 79 55 56 34 or on doctolib.fr
Tissue, structural, visceral, cranial, biodynamic and energy osteopathy treatments.*

OSTEOPATH

Juliette Lagondet



Plagne Centre - Galerie les Ecrins



Open daily, 8am – 8pm



- 65€ for a consultation
- 80€ emergency, day-off and Sunday



33 (0)4 79 55 56 34

www.doctolib.fr - Benjamin Fourcade
www.osteopathe-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

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



33 (0) 6 23 82 40 88

OSTEOPATHY CENTER

Solène Rombourg Ostéopathe DO



Plagne Centre - Les Lodges



33 (0) 6 61 06 97 88

ACTIVITIES



Public library

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

BIBLIOTHÈQUE MUNICIPALE



Plagne Centre - Omnisport hall



Monday, Tuesday and Friday from 3 to 6 pm



33 4 79 22 45 38
www.biblio-macotlaplagne.fr

Laser Game

LASER GAME LA PLAGNE



Plagne Centre



33 6 03 50 79 66

Espace Pierre Leroux

Weights room, climbing wall, sport hall (with conditions).

LA PLAGNE ALTITUDE



Plagne Centre - Omnisports hall



Monday to Friday (ask the Tourism Office)



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



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

Cinema

Ecrins Cinema has a room equipped with the latest digital technology

RÉGIE CINÉMA LA PLAGNE TARENTEISE



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

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 pm to 3 pm (opening earlier in case of bad weather)

💰 Bowling prices according to time slot

☎ 33 4 79 09 00 78
📧 bowlingbelleplagne@gmail.com
www.sortir-a-la-plagne.fr

LE HOLIDAYS BOWLING

📍 Plagne Centre - Espace Pierre Menta

☎ 33 9 62 69 59 91
📧 leolidaysbowling@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.

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

Place of worship

OECUMENICAL CHAPEL

📍 Plagne Centre

🕒 - Masses on sunday at 6.30pm
du July 13th to August 23rd (except 16/08)
- July, 27th : St Jacques day, mass at 11 am
- August, 5th : Masse at Montgésin at 11 am
- August, 15th : Masse at 6.30pm

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.

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 Tramos de Macot



Versants d'Aime lakeside



7/7 in July and August from 10.30am to 12.30pm and 2.30pm to 6.30pm



From 6€



33 6 87 22 46 90

Les tramos de macot

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 from 1.30 to 6.pm



From 10€



33 7 61 05 12 03
stephane.rey6@bbox.fr
 natur'accro

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
or 33 6 67 72 70 48
bullevents@orange.fr
 Bullevents

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.



From 6€



33 6 59 10 10 52
or 33 6 67 72 70 48
bullevents@orange.fr
 Bullevents

Xtrem' 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



7/7 from 2 to 6.30pm



From 6€



33 6 67 72 70 48
or 33 6 59 10 10 52
bullevents@orange.fr
 Bullevents

Laser Attitude



33 6 14 37 11 11 /
33 6 76 29 51 55

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.

Archery

A brand new sport that combines prisoner ball, dodgeball and archery!

ARCHERY TAG



Centron lakeside



7/7, by booking



- From 13€ for 1h,
- Group rates



33 6 10 68 48 28
federationarcherytagfrance@sfr.fr
www.archery-tag-savoie-france.fr

Fishing

SAVOIEFISHING.COM



33 6 31 32 52 30

Diving

PLONGEURS D'EAU DOUCE



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€
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

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

LA PLAGNE EAUX-VIVES

 Versants d'Aime lakeside

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

 From 6€ for kayak or paddle rental
From 35€ for white water discovery
By booking 07 70 18 70 12
contact@laplagne-eauxvives.com
www.laplagne-eauxvives.com


 laplagnekayak@gmail.com
www.laplagne-eauxvives.com
 La Plagne Eaux Vives

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

RÊVE D'EAU

 Versants d'Aime lakeside

 7/7


 Ask for details

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

H2O Sports La Plagne, 27 years' experience: 30 professionals in small teams on 4 sites for a safe experience: Rafting, Deval'Bike, Hydrospeed, Canyoning, Paintball, Stand-up Paddle, Canoeing, Kayak

H2O SPORTS

 H2O Sports Activity Centre

 7/7, open for activities 8.30am – 6pm. 5 departures per day according to programme selected

Economic: 30 - 42€

Discovery: 49€

Classic: 56 - 63€

Premium: 66€

New: Baby Raft (for 5/6 year olds): 38€

33 4 79 07 97 21

info@h2osports.fr

www.h2osports.fr




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

FRANCERAFT

 Centron lakeside

 7/7


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

33 4 79 55 63 55

info@franceraft.com

www.franceraft.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 booties, 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

Espace Archéologique Pierre Borrione «Des pierres et des hommes»

This « musée de France » has the distinction of being located in a former church. At the top of the former Gallic oppidum, it offers a remarkable view over the valley and the surrounding summits. The rich archaeological collections reveal the history of Aime from the Neolithic period to modern times.



Montée St Sigismond - Aime



July 6 -August 30th Monday -Saturday, 10am-12.30pm & 2-6pm



4€ Free for children under 16 and on presentation of College Key cards.
10% discount with Plagne/Access



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

If you want to visit all 3
monuments,

ask for the Pass'Partout (8€)
in the Tourist Office or in the
buildings!

Tour Montmayeur and his middle age garden

In feudal times, major aristocratic families shared the land. The Montmayeur family, in the same way as the Count of Savoie, was a vassal of the Germanic Holy Roman Empire. Located at the bottom of the town, they controlled the river traffic on the Isère. Have a walk around his little middle age garden. Temporary exhibition «Vanoise, time mirrors».



Avenue de la gare - Aime



July 6 -August 30th Monday -Saturday, 10am-12.30pm & 2-6pm



4€ Free for children under 16 and on presentation of College Key cards.
10% discount with Plagne/Access



334 79 55 67 00
info.vallee@la-plagne.com
www.laplagne-vallee.com

The Secrets of Aime's historic buildings !

Visit Aime's historic buildings with Yvette. You will learn all about Axima and its history from Roman times to today!

- Every Tuesday at 10am « Stories from Mediaeval Times' (Basilica and Montmayeur tower)
- Every Thursday at 10am "Tales of stone" (Basilica and Archeological Museum)

11€ / adult, 5€ / child Book in la Plagne Valley tourist office

Basilique St Martin

What an amazing place to visit in a heart of the valley. What you see is only a small part of this structure built between the 10th and 11th centuries ! Go inside and you will discover frescoes of the late 13th century and, in the undercroft, its hidden history which will reveal to you the origins of Aime a little over 2000 years ago !



Avenue de Tarentaise - Aime



July 6 -August 30th Monday -Saturday,
10am-12.30pm & 2-6pm



4€ Free for children under 16 and on
presentation of College Key cards.
10% discount with PlagneAccess



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



La Maison des Arts

An exhibition space dedicated to the artists and craftsmen of Tarentaise but also to guests from all walks of life during temporary exhibitions. Several highlights are proposed throughout the year to enjoy this unique cultural place in Tarentaise.

Les Versants d'Aime



Montée de la Cachouriaz - Aime



Tuesday to Friday: 2pm - 5pm



Free



33 4 79 55 21 57
lamaisondesarts@versantsdaime.fr

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 center



Daily : 9am - 5pm



Free

St Nicolas church

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



Macot center



Open July 2nd to August 31st, Mon -
Sat, 9am - 4.30pm. It is closed on
Bank Holidays.




Free

WINTER

THE SEASON
WILL BE OPENING
ON DECEMBER 12TH

A dose of oxygen
in an XXL area.

*Unforgettable**

A scenic photograph of a snowy mountain landscape. In the foreground, a small evergreen tree stands on a snow-covered slope. In the background, jagged mountain peaks are visible under a bright, hazy sky with a strong sun flare on the right side. The text "La Plagne your renewable energy..." is overlaid in a white, cursive font.

La Plagne
your renewable
energy...



THE SEASON
WILL BE OPENING
ON DECEMBER 12TH

425 KM

of runs – in the Paradiski® area

323 HECTARES

of snow-covered runs

130 SKI LIFTS

264 SKI RUNS

36 blacks - 79 reds
137 blues - 12 greens

5 «NATURE» TRAILS

secure but ungroomed itineraries at high altitude

2000 M

The only resort in France with its own

**OLYMPIC
BOBSLEIGH TRACK**

INDEX

Acro-bungee.....	40-50	Launderette.....	09	Via ferrata.....	25
Adventure Trail.....	33	Library.....	48	Walks.....	26-27
Airports.....	10	Lift Passes.....	22	Waste collection center.....	09
Archery.....	40	Market.....	20	Water balls.....	50
Ambulance.....	08	Mass.....	49	Weather.....	09
Bank.....	08	Mini-golf.....	40	Weight training room.....	48
Bike park.....	28	Mountain Biking.....	28 to 33	Welcome.....	06
Bobsleigh Track.....	20	Mountain bike school.....	30 to 33	White water sports.....	52-53
Bouncy castle.....	40	Mountain cart.....	38	Youth club.....	34
Bowling.....	48	Multisports Hall.....	48	Yuge.....	07
Canic Kart.....	41	Nordic walking.....	27	Zipwire.....	35-37
Canyoning.....	53	Nurse.....	09		
Car park information.....	12	Orienteering.....	25		
Car Rental.....	10	Osteopath.....	46		
Catacraft.....	53	Outings.....	20		
Children.....	34-35	Paragliding.....	42-43		
Cinema.....	48	Pedalokid.....	50		
Coach.....	10	Pedestrian card.....	24		
Conciergerie.....	08	Permanent trail itineraries.....	24		
Creche.....	34	Petrol station.....	09		
Dentist.....	08	Physiotherapist.....	47		
Directory.....	14 to 17	Plagne Access.....	07		
Doctors.....	09	Pony riding.....	40		
Ecumenical Chapel.....	49	Post office.....	09		
Electric bike.....	28 to 33	Pumptrack.....	28		
Equipped for motor-homes and lorries.....	12	Quad Bikes.....	41		
Entertainments.....	18-19	Radio la Plagne.....	09		
Escape game.....	48	Rafting.....	52-53		
Fishing.....	51	Rock Climbing.....	27		
Hairdresser.....	47	Ruisseling.....	53		
Helicopter.....	37	Scuba diving.....	51		
Heritage.....	54-55	Shuttles bus.....	11		
High Mountain Guide office.....	27	SNCF (French Rail).....	10		
Hiking.....	27	State Police.....	09		
Horse riding.....	39	Swimming-pool.....	38		
Hospital.....	08	Taxis.....	12		
Internet.....	06	Tennis.....	39		
Kayak.....	52	Tourism Office.....	06		
Keep Fit.....	46-49	Trampoline.....	32-33		
Lasergame.....	49	Useful Numbers.....	08-09		
Lakes.....	27	Valley.....	50 to 55		
Lakeside.....	50-51	Veterinary Surgeons.....	09		

THE INFORMATION INDICATED IN THIS GUIDE (TIMETABLES, PRICES ...)

ARE FOR REFERENCE ONLY AND ARE SUBJECT TO CHANGE.

PHOTOS : OTGP /La Plagne, Hyundai, Dare2Be, C  b  , Peugeot Cycles, Puy du Fou, Ph.Royer, Nicolas Hytte, Agence Zoom, O. Allamand, B.Koumanov, D. Digoin, Infonews, E.Sirparenta, Q. Gex, A. Tellier Ph.Gal, R  gie des Transports La PlagenTarentaise, Rondeau Pascal, S. Drouin, KMSF

CONCEPTION : Office de Tourisme de la Plagne - Site Altitude - EDITION : Imprimerie du Pont de Clair

Editions are produced by a printer who has obtained an environmental label or certification.

Non-contractual document - Reproduction prohibited    Office de Tourisme de la Plagne - Juin 2020

PUYDUFOU.®



Après la Plagne, votre aventure continue sur

PUYDUFOU.COM

DARE 2B



DARE 2B



Unforgettable*

ÉTÉ 2020 SUMMER 2020



***VENEZ VIVRE DES MOMENTS INOUBLIABLES**

VALLÉE | CHAMPAGNY EN VANOISE | MONTALBERT | MONTCHAVIN-LES COCHES
PLAGNE 1800 | PLAGNE CENTRE | PLAGNE BELLECÔTE
PLAGNE VILLAGES | PLAGNE SOLEIL | PLAGNE AIME 2000 | BELLE PLAGNE



LA PLAGNE
Paradiski