



MONTALBERT

Holiday Guide

HIVER 2021/2022



Gamme E-SUV Hyundai

La plus large gamme de SUV électrifiés

Hybride

Hybride rechargeable

Electrique

Hydrogène



Bonus écologique et coûts d'entretien réduits



Consommation de carburant maîtrisée



Garantie 5 ans, kilométrage illimité⁽²⁾



Garantie batterie 8 ans ou 200 000km⁽³⁾



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

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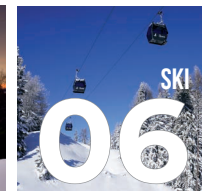
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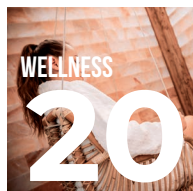


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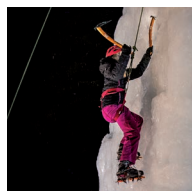


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JeanLain
Just Drive!



DARE 2B

salomon

BANQUE POPULAIRE
AUVERGNE RHONE ALPES

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CEBÉ
PURE ADRENALINE

RACER
FRANCE-1927



PuyduFou.

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CHAMBERY | ALBERTVILLE | ECHIROLLES
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04 201 01 201

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SERENITY



**TOGETHER AGAIN!
AT LAST ...**

**An unforgettable holiday,
this year more than ever**

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

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

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

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

Thank you for sharing all these moments with us."

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

You are at home here.

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



Face masks must be worn



Hand sanitizer gel at your disposal



Social distancing



Surfaces and equipment disinfected



Seated service only



DARE 2B

**Dare 2b partenaire
textile officiel de
La Plagne**

www.dare2b.fr

WELCOME AND INFORMATION



Tourist Office

 LA PLAGNE MONTALBERT

The Tourist Office is open daily from 9am to 12pm and from 2pm to 6.30pm.

During the French school holidays, it is open on Saturdays and Sundays from 9am to 6.30pm.

 +33 (0)4 79 09 77 33
info.montalbert@la-plagne.com
www.montalbert.com



Pharmacy

A free pharmacy service managed in collaboration with the pharmacy in Aime is available on week days (excluding bank holidays). Orders and prescriptions must be handed in at the Tourist Office before 2.30pm each day. Prescriptions will be available for collection from 4.00pm.

2 payment methods: cash or cheque made payable to "PHARMACIE DE LA BASILIQUE" only.

Objects for hire

Board games, books, Snow shovels, jump leads. A deposit is required.

Weather Forecast

A weather forecast is displayed inside and outside the Tourist Office daily.

Left Luggage

A free left luggage service is available at the Tourist Office every Saturday and Sunday from 9am to 12pm and from 2pm to 6.30pm (from 9am to 6.30pm during the French school holidays).

La Plagne Shuttle

A shuttle runs to Plagne Centre every Wednesday (minimum number of 8 people required for shuttle to run).

Price: €18 ad. / €9 child.

Departure: 9.30am Montalbert - Return: 4.30pm (from Plagne Centre)

Photocopies

Photocopies can be sent at the following costs: A4 black and white page €0.20, A4 colour page €1.

Internet

Maison de Montalbert is offering you free Wi-Fi internet access inside its building for 7 days using «Montalbert Wifi Free» network.

Wifi box «Hippocket» are available for hire at the Tourist Office.

Prices:

-1 Day : 7€

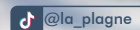
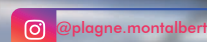
-1 Week : 39€

Payment at the desk by credit card only.



Pour vous tenir au courant des toutes dernières actualités de La Plagne Montalbert

REJOIGNEZ-NOUS SUR LES RÉSEAUX SOCIAUX



WEATHER



ACTIVITY TRACKER



PERSONALISED GUIDE



SKI PASS TOP-UP



INTERACTIVE PISTE MAP

A mountain of stuff on your phone



Download Paradiski YUGE



YUGE
Paradiski

SKI PASS

Paradiski from 18/12/2021 to 22/04/2022 - La Plagne & Villages from 18/12/2021 to 23/04/2022. For other dates, see all our prices on www.skipass-laplagne.com

FORFAIT PARADISKI ⁽¹⁾

1 day

Adult 13/64 years

64€ /pers.

Child 5/12 years ⁽²⁾

52€ /pers.

6 days

Adult 13/64 years

325€ /pers.

Child 5/12 years ⁽²⁾

260€ /pers.

FORFAIT LA PLAGNE ⁽¹⁾

1 day

Adult 13/64 years

57€ /pers.

Child 5/12 years ⁽²⁾

46€ /pers.

6 days

Adult 13/64 years

285€ /pers.

Child 5/12 years ⁽²⁾

228€ /pers.

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

⁽¹⁾ + €1 per pass on first purchase for compulsory ski card, rechargeable and non-refundable. Public prices incl. VAT in euros not including insurance and cost of ski pass card, Multi-day passes valid for 2 or more days: consecutive days' skiing. Other prices: details in our ski pass offices.

⁽²⁾ For child, senior and family reductions proof of age must be provided at the time of purchase and may be requested anywhere in the ski area.

The applicable age is the age on the first day of validity of the ski pass. When an adult is found to be using an invalid ski pass (e.g. the wrong age group), the fixed penalty charge payable is €160. For details see the general terms and conditions of use available from ski pass offices.

FORFAIT VILLAGE ⁽¹⁾

Champagny or Montalbert or Montchavin

1 day
adult 13 - 64 years

45€

1 day
child 5 - 12 years or
senior 65 - 74 years ⁽²⁾

36€

6

CoolSki ⁽¹⁾

1 day single price
5 years and +

32€

Ski pass + CoolSki
bib

37€



LES PACKS



PACK DUO



-10€ /pers.

PACK TRIBU



-15€ /pers.

PACK FAMILLE



-30€ /pers.

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

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

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

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

With a Paradiski pass valid for 6 to 15 consecutive days.

LE BONUS SKI

La Plagne gives you a free **1/2 day** skiing!

Terms and conditions apply.

EDENSKI

The loyalty programme: get your fill of benefits!

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

Sign up on www.edenski.com

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ESF Ski School

ESF LA PLAGNE MONTALBERT

From 3 y/o

Learning to ski is both rewarding and fun... The 60 male and female monitors at the Montalbert Ski School tailor their lessons to all levels and disciplines, teaching the essential techniques required to ensure an optimum experience.

 Maison de Montalbert

 Open every day

 Depends on activities

 +33 (0)4 79 09 77 24
contact@esf-montalbert.com
www.esf-montalbert.com

ESF activities

Adult & Children group tuition

- Lesson 6 1/2 days (excluding lift pass) 155€
- 1/2 day 47€

Ski courses

Ski course (bronze, silver, gold star and competition):
- 6 1/2 days (2hrs 15 mins in the morning): 155€
- 6 1/2 days (3hrs 15 mins in the morning during french holidays): 212€
- 6 1/2 days (2hrs 45 min in the afternoon): 184€
Snowboard course:
- 6 1/2 days (2hrs 45 min in the afternoon): 184€
Team Rider course + Super Tyro:
- 6 1/2 days (2hrs 45 min in the afternoon): 194€

New sliding sports

A different way of descending the slopes with family or friends and of experiencing new thrills in the safe hands of a fully qualified monitor.
- Last Track Airboard : 30€
- Last Track Snake Gliss on Friday : 22€
- Last Track Yooneer : 22€

Disabled skiers

In partnership with the Rhône-Alpes region, the ESF (French Ski School) loans out special sit skiing equipment. Five monitors are specially trained to help you with your needs: visual impairment, paraplegia, autism, Down's. etc. Private tuitions prices.

Private Tuitions

Lessons with qualified monitors are the best way to correct your mistakes or to learn the right way from the outset. 1hr private lessons between 11.30am and 1.30pm.
- out of school holidays 47€
- February/March school holidays 51€
Per extra person in addition to 2 people 8€

Beginner's package for children and adults

- 6 1/2 days for children + ski pass
La Plagne : 301€ (beginner 7-12 y/o, flocon & 1st star level)
- 6 1/2 days for adult + ski pass
La Plagne : 337,50€ (beginner & class 1 level)

Ski/Bob

Discover the magic and thrills of bob rafting as you descend the only Olympic bobsleigh track. Make the journey back on skis at night guided by our monitors.
- Prices 57€ for Bob-raft, 118€ for Speedluge and 167€ for Bob Racing.

Ski touring itineraries

There are seven marked trails across the La Plagne ski area for you to discover and try ski touring. There are itineraries for all levels, so you can progress at your own pace.

A 5km ski touring trail leaves from Chaillet car park in Montalbert and climbs to the top of Fornelet passing through lovely forest scenery then close to the downhill runs.

Topo-Guide available at the Tourist Office.




Ski touring

LA PLAGNE MONTALBERT BUREAU DES GUIDES

Ski touring has always been our speciality! Whether you're a beginner or more experienced, come and discover the backcountry! Our off-piste specialists also invite you to come and join them...you're sure to love it! We also organise Icefall climbing sessions.

 On reservation.

 On request.


 Price for a full day with a guide: 374€, divided by the number of participants. The price can vary according to the planned outing.

 +33 (0)6 16 61 74 38
montalbertguides@gmail.com
www.guidesmontalbert.com

ESF LA PLAGNE MONTALBERT

Freeriders and powder skiing enthusiasts can explore an ideal terrain with our mountain guides and monitors. Less advanced skiers can improve in a stunning natural setting close to the main pistes.

 Maison de Montalbert

 Day and half-day

 - Off-piste day 68€
- 4hr introduction to off piste skiing 53€
- Ski touring day 68€
- Introduction to ski touring : 48€
- Off-piste engagement : 388€ (7 people max).

 +33 (0)4 79 09 77 24
contact@esf-montalbert.com
www.esf-montalbert.com

SKI TOURING COMPETITIONS

Find the different ski touring competitions in La Plagne:

- 15/01 : **Les Raveillus** - Champagny en Vanoise
information & booking : 04 79 55 06 55

- 29/01 : **Course des Dahus** - La Plagne Montalbert
information & booking : 04 79 09 77 33

- 12/03 : **Tri Faces** - Plagne Altitude
information & booking : 04 79 09 02 01

- 19/03 : **Les Diables Bleus** -
Montchavin la Plagne
information & booking : 04 79 07 82 82



RANDO CHALLENGE
4 COURSES - 11000M



Kids

GARDERIE LES BAMBINS ESF LA PLAGNE MONTALBERT

A day nursery twinned with the nursery ski school is open from Sunday to Friday, from 9am to 5pm in the heart of the ski-area infrastructure, and staffed by qualified child care professionals.

From 18 months

Resort centre

From Sunday to Friday from 9am to 5pm

From 18 months to 6 y/o:
-Half-day 29€ (9am - 12am or 2pm - 5pm)
-Half-day + Meal 60€ (9am - 12am or 2pm - 5pm)
Detailed price list on demand.

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contact@esf-montalbert.com
www.esf-montalbert.com

CLUB PIOUS PIOUS ESF LA PLAGNE MONTALBERT

Perfect for introducing your little ones to a snow-covered mountain environment. Lessons will be fun-based, offering a range of activities including skiing, games and mealtimes, depending on weather conditions and energy levels!

From 3 y/o

Resort centre

Every day

- Piou-Piou trial ticket (mandatory) 47€
- Piou-Piou 6-lesson package 172€
The trial ticket is mandatory for the 1st lesson.

+33 (0)4 79 09 77 24
contact@esf-montalbert.com
www.esf-montalbert.com

NEW SLIDING SPORTS ESF LA PLAGNE MONTALBERT

New activities and new sensations for children (1.30m minimum height)

From 10 y/o

- Last track Yooner 22€
- Last track Snake Gliss 22€

+33 (0)4 79 09 77 24
contact@esf-montalbert.com
www.esf-montalbert.com

Have a great holiday with your family

Dès 2 ans

Sledging area:

There is a secure sledging area in the resort centre that children can use at any time under parental supervision.

Beginner ski areas for all ages:

-3 free draglifts in the Montalbert area:
*Ecole draglift at the bottom of the slopes
*Le Gentil draglift next to Residence Miléade (Montalbert 1600)
*Les Grenouilles draglift at the top of Montalbert gondola

All ages

-The COOLSKI sector has been specially designed for beginner skiers and families (see piste map).

-Les Lutins, a blue run, is a magical experience for the whole family.

Entertainments:

A range of family-friendly entertainment is organised throughout the week in Montalbert (ski events, outdoor games, quizzes, etc.).
See the programme that you can find in the Tourist Office and in the shops and restaurants.

From 3 y/o

Walking trails:

There are two trails in Plagne Montalbert specially designed for children (from 6-8 years according to their physical capacity):
- The "Enchanted Pastures" trail (only accessible on snowshoes) that takes you into a world of dreams, fun and enchantment. All along the trail you will encounter strange characters from the myths and legends of our mountains.
- The "Biodiversity" trail. Learn through play! An educational trail about the mountain fauna and flora

From 6 y/o

"Stroller" trails with your baby:

The cross-country trails can also be used for walks with a stroller (4x4 and sledge-type models):
-Le Croy / L'Adray in Longefoy
-Le Gentil circuit
-Les Mairiers
-Prajourdan circuit at the top of the gondola

Babies special

Full information on these trails (length, elevation difference) can be found on the free walking map. Ask for it at your Tourist Office



Services for families

Babysitters :

A list of babysitters is available in the Tourist Office

Childcare :

Montalbert ESF proposes a day care service for children aged 18 months to 6 years that is open from Sunday to Friday, as well as the possibility of full day ski lessons + day care. Details on p.10.

Strollers / sledges to hire :

Des poussettes, luges et luges poussettes peuvent être louées dans la plupart des magasins de sport de la station (voir annuaire P26)

Picnic areas / rooms:

You will find picnic tables near the children's ski gardens and the sledging area in the resort centre.

At the top of the gondola, enjoy "La Pause" terrace with its picnic tables and sun loungers.

There is a picnic room under the Tourist Office (same entrance as the public toilets) open every day from 8.30am to 7pm.

Baby equipment:

Baby equipment (cot, high chair, potty, pushchairs) is available for hire from the Concierge service (tel: 06 22 70 11 39).

Loan of board games / books:

You can borrow board games and children's books from the Tourist Office (deposit required).

Public toilets / baby changing stations:

-Under the Tourist Office (with a baby changing station)
-At the end of the pedestrian street opposite the OIP agency (with a baby changing station).
-At the top of Montalbert gondola

Family advantages

Accommodation :

Adapted facilities and specific services are provided by our lodging operators (L'Adray Hotel, Village Vacances Miléade, VVF Les Sittelles, Chalet Refuge de Montgésin)

Restaurants :

Children's menus, special rates, adapted spaces (Restaurant Le 360, Le Forperet, le White Bear)

Activities :

*Dog sledging, special family rates:
- 2 adults + 1 child under 12 (40kg max): 138€
- 2 adults + 2 children under 5 (20kg/child): 156€ // Info page 18
*Free visit of the mini farm at Le Forperet
*Special rates for ESF ski lessons:

-10% discount on lessons from the 4th child booked in (offer valid on week lessons only, not on packages or day care). On presentation of proof of family status.



Walking and Snow Shoe walking routes Cross-country trails

Walking routes

More than 40km of stunning nordic walk routes and snow shoe walking trails branch out from the village of Montalbert.

Discover our enchanting themed trails including the Montgésin trail, with its amazing view on the Lauzière chain and Notre Dame des Neiges chapel, the Bief Bovet trail exclusively for snow shoe walkers which follows a small trickling stream as it wends its way through a calm and tranquil environment with 80 boards dotted along the way to explain the history of Bief. You can also explore our Heritage path, telling you the story of the village of Longefoy.

New for 2022 : Le Chemin du Bois des Fornettes, a new snowshoeing trail starting from the top of the gondola and coming back down to Montalbert 1600. The trail goes downhill all the way and is away from the ski runs in the forest.

Cross-Country Trails

Discover our 20km of cross-country skiing trails divided into 3 different areas of difficulty. First area can be found in the village of Longefoy, 3km before you arrive at the ski station. A route leaving from Plagne Montalbert takes you to this beautiful village with two stunning loops to discover.

The second area is located in Plagne Montalbert 1600 and the third one is located at an altitude of 1970m. You will need a ticket to get on the cable car and then access to the cross-country tracks.

**Free Map
Walking and
snowshoes routes,
cross-country trail**


Available at the
Tourist Office




RAQUETTES DU YÉTI ADMONTAGNES

Arno accompanies you on snow shoe outings in the footsteps of the Montalbert yeti. Enjoy snowshoeing through the magnificent alpine landscapes and rich, unspoiled natural scenery. Snowshoes and poles supplied.

From
6 y/o

 Tuesday, Wednesday and Thursday afternoons.

 In front of Skimium Sport Shop

 - 1/2 day :
25€ Adult, 16€ child age 8/14
- Evening discovery :
20€ Adult, 12€ child age 6/14
- Yéti track (3 1/2 days) : 65€
- Full day (5 pers min) : 34€
Local products free tasting
Free photos (download)

 +33 (0)6 81 89 68 55
arno@admontagnes.com
www.admontagnes.com

MAISON DE LA RANDONNÉE EN VANOISE

 +33 (0)6 87 92 67 77





Accompanied snow shoe outings

ESF LA PLAGNE MONTALBERT

ESF has been organising snow shoe walking for a few years now. Join the team on a themed walk in a friendly atmosphere, to discover amazing landscapes. All levels.

From
10 y/o

 On Monday 2hrs15 discovery snow shoes, Tuesday to Friday from 2pm until 5pm (3hrs).

 Snow shoes discovery price : 20€ (snow shoes provided)
Snow shoes 27€ per person (snow shoes provided)
Nature Pass (3 1/2 days) 62€
Nocturnal snow shoe walk + traditional Savoy meal 55€

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contact@esf-montalbert.com
www.esf-montalbert.com

ACTIVITIES



New sliding sports

Swincar


TOURIST OFFICE

The Plagne Montalbert ski station is blazing the trail in alternative winter sports. Discover the largest collection of alternative sliding equipments.

 Télé-école slope

From 5 y/o

 Every Tuesday at 5.30pm

 You can try Snowbodyboarding, Snake sledging, Yooneering, Snooc and other activities free of charge


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

E-MOU'NATURE


Enjoy a unique experience on a 100% electric vehicle ! All-terrain and articulated for a beautifully silent ride so that you can really enjoy the surrounding environment. Swincar solo or 2-seat Swincar duo. The driver must hold a valid driving licence. Min. age for passengers: 3 years.

 Sur le front de neige

From January 17th to February 4th & from March 7th to 25th 2022

 Discovery ride (1 hour) 15min briefing + 45min ride
Leaving at 9.30am, 11am, 1.45pm, 3pm & 5.30pm (evening ride)
Monday to Friday

«The Trapper» greedy ride (4 hrs with meal at Le Forperet restaurant)
Leaves at 5.45pm, returns to resort at 9.30pm. Minimum 4 people.
Tuesday & Thursday evenings

 Prices for Discovery ride: 50€ for the driver and 20€ for the passenger
Prices for «La Trappeur» greedy ride: 80€ for the driver and 20€ for the passenger
Dinner not included (Tuesday evening: fondue or crôte savoyarde + dessert + coffee at 23€, kids menu at 9.5€ // Thursday evening : see menu)

 +33 (0)4 79 09 77 33
Info and booking at the Tourist Office

From 3 y/o

Electric snowmobiles for children

SNOWMOBILE E-PARK


A "zero emission", environmentally friendly, fun activity for children. In a superb setting, come and share our passion for mechanical sports on all-electric children's snowmobiles, on an enclosed and marked circuit of 3500 sq.m.

 On le Gentil plateau

From 5 y/o

 During school holiday periods:
Daily, 10 – 12am & 2 – 5.30pm

Outside of school holiday periods:
Wednesday to Sunday, 10 – 12am & 2 – 5pm

 40€ for 30min.
Children aged 5 to 13 years (max. height 1.50m)

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

Tales of winter

Let your imagination take you on a journey through tales and legends with our guide Sylvie and her musician during an enchanted walk at nightfall in the heart of the old village!

 Starts from in front of the Maison de Montalbert.

 Christmas school holidays:
Thursdays at 5pm

 February school holidays:
Wednesday at nightfall (6 / 6.30pm)

 Free.
Booking obligatory at the Tourist Office, places limited.

 +33 (0)4 79 09 77 33
info.montalbert@la-plagne.com
www.montalbert.com



RACER
FRANCE | 1927

PARTENAIRE HISTORIQUE DE LA PLAGNE

ACTIVITIES



Sled Dogs

HORS TRACE AVENTURE

Whether you want to enjoy a simple ride on your own or with family, or whether you are seeking an adrenalin rush, this activity run by HORS TRACE AVENTURE throughout the winter season is the perfect choice.

- «Plateau de Longefoy» (depending on snow conditions)
- «Dou du Praz» site in Plagne Villages

1st Outing :

Monday on «Plateau de Longefoy» (1 200m)*
 Tuesday, Thursday or Saturday on « Dou du Praz » site in Plagne Villages.

From 2 y/o

Driving activity :

Sunday on «Plateau de Longefoy» (1 200m)*
 Thursdays outside school holidays and Saturdays during holidayson « Dou du Praz » site.

From 11 y/o

*According snow conditions, the driving activity will take place in Plagne Villages at 2 100m.

1st outing :

Duration : 30 min
 - 1 ou 2 people : 102€
 - 2 adults + 1 child (under 12) : 138€
 - 2 adults + 2 children (under 5) : 156€

Driving activity :

Duration : 15 mn briefing + 1h15 driving
 - 123€ per person (from 12 yrs)
 Duration: 45 min (including briefing)
 -82€ per person (from 11 yrs)



+33 (0)4 79 24 22 15 ou au +33 (0)6 34 45 53 15
 m.bernal@horstraceaventure.fr // www.horstraceaventure.fr

CÉBÉ®
 PURE ADRENALINE

BE A PIONEER.
#MYOWNTRACK

SLIDER



Dom Libani Photography

«Etre pionnier... c'est aussi s'égarer...»

CÉBÉ® PARTENAIRE OFFICIEL DE





Olympic Bobsleigh Track

Unique in France!
Live the Olympic experience»
3 experiences for 3 thrill levels!



Information & Booking

-  Olympic Bobsleigh Track - La Roche
-  +33(0)4 79 08 82 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Bob Raft

Ass. BOB LUGE SKELETON

Looking for fun with friends or family? Why not trying this unique self-piloted, selfbracking vehicle! 4 passengers descending at around 80km/h equals an amazing experience close to the ice.

-  Tuesday to Saturday from 4 pm.
Sunday from 6 pm.
-  48€ per person
Minimum age 14 or height 1.30m

Speed Luge

Ass. BOB LUGE SKELETON



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

-  Tuesday to Saturday from 4 pm.
Sunday from 6 pm.
-  112€ per person - Minimum age 16

Bob Racing

Ass. BOB LUGE SKELETON

If you're up for a real challenge ... Take a seat behind a professional for a descent of up 120km/h. You're in for a heady mix of speed, and adrenaline that will give you a taste of a real competition run. Unforgettable sensation !

-  Wednesday, Thursday, Saturday from 6 pm. Sunday from 4.30 pm.
-  128€ per person
Minimum age 16 unless contraindication

Ice tower Champagny en Vanoise

SELF CLIMBING ON ICE TOWER

The ice tower is an artificial structure of 24 meters suitable for all levels.

-  Le Canada
Champagny le Haut
-  Daily midday-4.30 pm
-  Autonomous climber access : on sale at the cross-country ski chalet
1/2 day:
- 10,50€/adult - 6€/ kid*
Season :
- 70€/adult - 35€/kid
* 6-16 yrs included
-  33 (0)4 79 55 06 55
info.champagny@la-plagne.com
www.champagny.com



Travel time

From la Plagne
Montalbert : 1h00



CLIMBING ON ICE TOWER WITH A MOUNTAIN GUIDE

Come and discover ice climbing on the superb ice tower with a high mountain guide. Alone, with family or friends, you will live an unforgettable «frosty» experience.

-  Le Canada - Champagny le Haut
-  Tuesday and Thursday at night.
Duration: 2hrs.
-  50€ / pers - 45€/pers. from 4 persons and more
From 10 yrs
Equipment provided
Limited number of places
-  33 (0)4 79 55 06 55 - info.champagny@la-plagne.com
www.champagny.com
or Damien SOUVY High mountain guide
33 (0)6 89 93 65 19 - damiensouvy@orange.fr



Caroline Bien-Etre

As a Beautician, I propose the following beauty treatments in your home: Swedish massage (muscle massage that can be relaxing or invigorating, light or deep), plantar reflexology, hand & foot treatments, nailart etc



At home



Everyday by appointment



Massages : from 45€ to 90€
 Plantar reflexology (30min) : 20€
 Hand treatments : from 15€ to 60€
 Foot treatments : from 15€ to 20€
 Varnish : from 8€ to 30€
 Hair removal : from 8€ to 25€



+33 (0)7 83 69 19 87

Wellness Center

AQUARELAXING CENTER

The spa in Residence Les Sittelles welcomes you to its relaxing Aquatic space (sauna, steam room, Jacuzzi, jet stream shower head) and for beauty and wellness treatments



Résidence les Sittelles



By appointment at the reception



+33 (0)4 79 55 74 74

Osteopath D.O

JULIEN GORNY



La Marmottane residence



By appointment



+33 (0)6 28 35 94 96



Making Tomme cheese the traditional way

In front of his mountain restaurant "Le Forperet", Roland will explain and demonstrate the different stages of making Tomme cheese in the traditional way. Ask your Tourist Office for days and times

Le chemin du Patrimoine (Heritage Trail)

A trail that wends its way through the history and heritage of Longefoy village. Information boards along the trail provide facts about the mill and its wheel, the bread oven, Superga Chapel, Saint Jacques Church and the village.

Montgésin Chapel

Built in 1658 in the heart of Montgésin and recently refurbished, it's the main attraction of your walk to this tiny village. Open daily and guided tour on booking (Association of Longefoy Heritage +33 (0)6 75 10 37 73. Free participation.



Heritage

The Sawmill

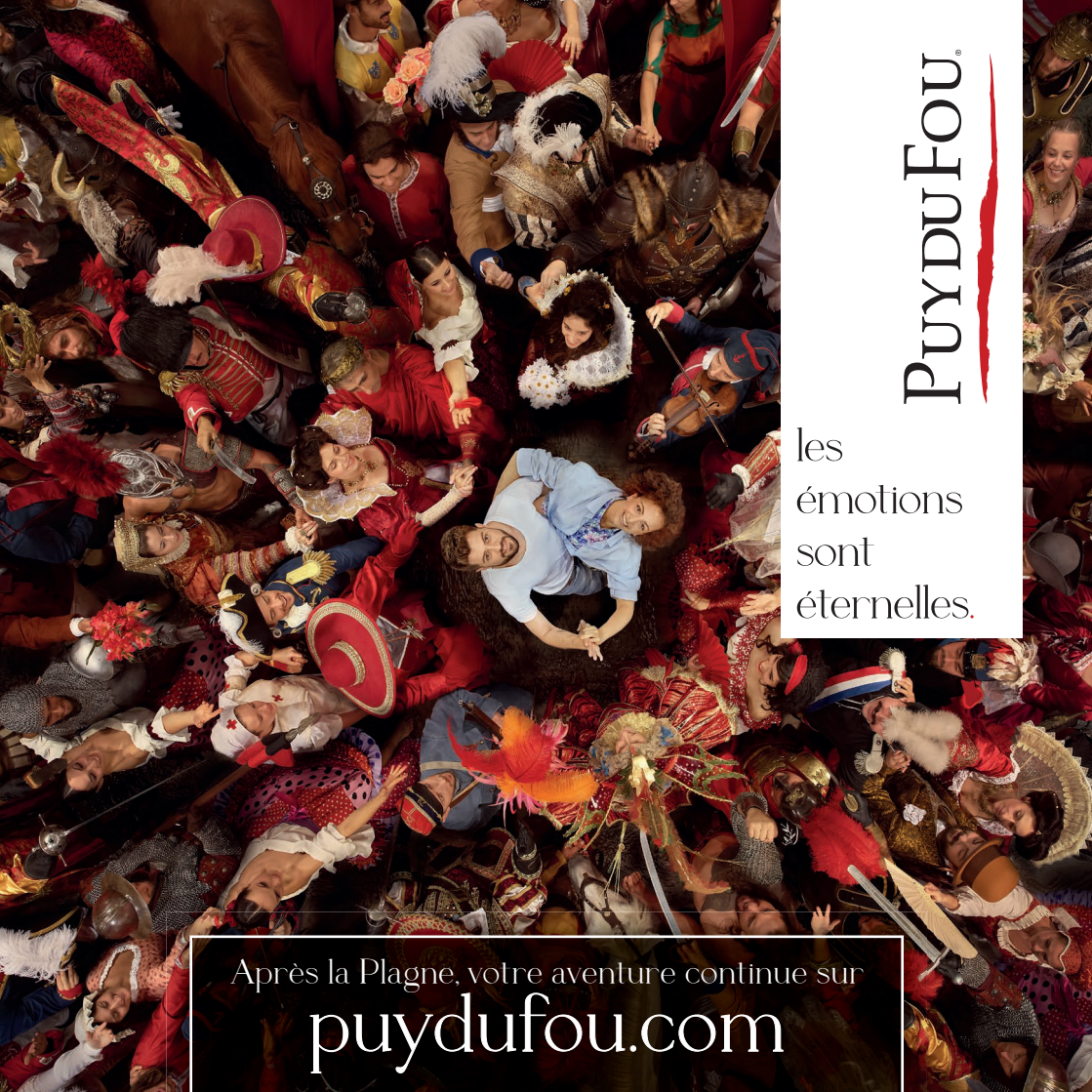
The sawmill is on the right as you come into Longefoy on the way down from Montalbert. In the recently renovated building there is a very interesting saw that used to be driven by a paddle wheel turned by the waters coming down Boveret reach. The sawmill has always been privately owned. It was built in 1850 and was originally driven by a bucket wheel (no longer there) but was converted to electric power in 1925. It was associated with a flour mill that can still be seen today.

Superga Chapel

Standing atop a small hill, this chapel, visible from the valley below, is worth a visit and the small detour to reach it. A themed trail tells you all about the history of this small chapel.

Bread oven

Dates to 1749. In 1972, the Longefoy Events Committee began to use the oven several times a year and in particular for the bread festival traditionally held at the end of July tantalising the taste buds of visitors with different types of traditionally baked breads and the area's famous "Crinchins" (aniseed-flavoured brioches)

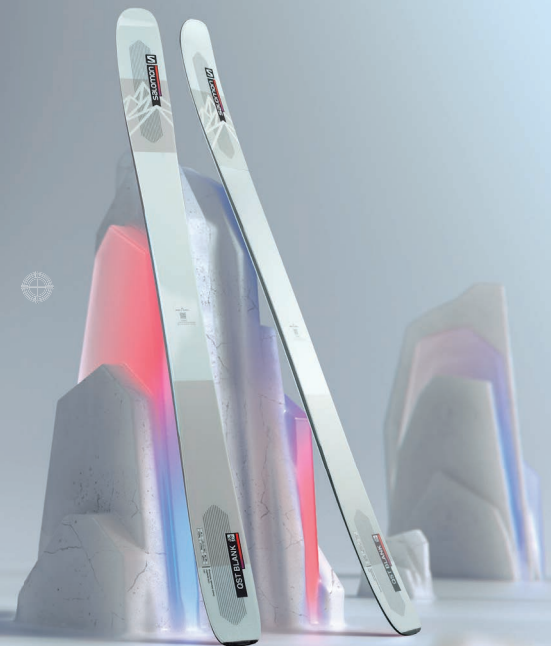


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puydufou.com

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POLYVALENCE




salomon
TIME TO PLAY

QST BLANK

ENTERTAINMENT



Welcoming drink

Every Sunday at 6pm, the entertainment team and activity organisers present the resort, as well as the events and activities of the coming week.

Weekly events

New sliding sports, guided tours, quizz, treasure hunts, etc...
A full range of entertainments all day long and during the whole week.

Ask at the Tourist Office or
in local shops for the
**WEEKS' EVENTS'
PROGRAM**
when you arrive



Magic of Christmas

December 22 - 25, 2021

All the pleasure of being together again to celebrate an unforgettable Christmas.

Entertainment for all to transport you into a magical atmosphere. On the programme: Christmas village, shows, storytelling walk, meet Santa, torchlight descent, fireworks.

The Elves' Hike

December 22, 2021

A holiday in the mountains would not be the same without going on a snowshoe hike!

Leaving from Montalbert and climbing up, the supervised hike is accessible to all for a shared moment of conviviality.

Montalbert is celebrating its 40th anniversary!

December 23, 2021

40 years of passion, 40 years of memories! The whole resort will be involved in the anniversary celebrations in an official evening event.

Show, fireworks and many surprises to come for this big event ! Meeting at 6.00pm

Comedy and short film festival !

January 24 - 27, 2022

Would you like a dose of laughter ?

Because it's good for your health, and to get the new year started on the right foot, Montalbert is proposing sessions of gymnastics to get your zygomatics in shape. One-man shows, comedy short films and other entertainment for a concentration of good humour!

The Dahus race

January 29, 2022

A ski touring race that leaves from the bottom of the slopes in Montalbert at 10am and climbs 400 metres before coming back down (leisure mode)...then off again for the sportier participants (competition style).

Super Parallel

February 2, 2022

On the programme: toned thighs, music and good humour!

Come and compete on a 10-gate parallel slalom course against your friends or family, or an unknown opponent!

Free activity open to all, prizes to win!

Torchlight thursdays

February 10 to March 3, 2022

Every week during the February school holidays, Plagne Montalbert will be shining in the dark with the instructors' torchlight descent, along with a light show, concert and fireworks! ! It's Thursday night fever !

Zen Week

March 7 - 11, 2022

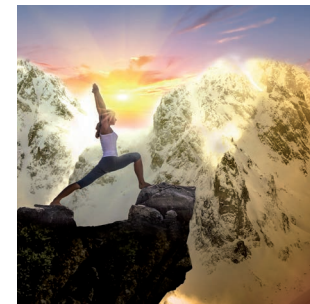
What if we made a new start in 2022? One that is all about letting go...

Our recipe? A dose of relaxation, a hint of sophrology, a zest of self massaging, all sprinkled with a cup of tea, for a cocktail that is 100% wellness.

Snowball

April 3, 2022

Rendezvous for a tournament that does not take itself the least bit seriously! The crazier you are, the more fun you will have! It is a great combination of fun and sport with prizes for the best stunts and the best costumes, for an exceptional day at 2000m altitude! From handball professionals and amateurs to families and those who just want to see what is going on, everyone will have the opportunity to take part in this unique fun and festive event.



Iracio-L Derby

March 19, 2022

Off-piste ski race on Les Etroits in the Montalbert sector.

A special day to pay tribute to Anthony Gombert, a Montalbert local and mountain enthusiast who died in November 2019.

Subli'Cimes

April 13 - 18, 2022

5 Peaks ... 5 Destinations

Sublimes is free and original entertainment on 5 key mountain peaks across the ski area.

Accessible to skiers and mostly to non-skiers as well, each peak has an original theme adapted to all ages.

TOURIST OFFICE SUBSCRIBERS DIRECTORY



Useful Information

TOURIST OFFICE

Open every day from 9.00 to 12.00am and from 2.00 to 6.30pm. +33 (0)4 79 09 77 33

SKI SCHOOL

Open every day from 9.00 to 12.30am and from 1.30 to 5.30pm. During french holidays from 9.00am to 5.30pm. +33 (0)4 79 09 77 24

MECHANICAL LIFTS

SAP +33 (0)4 79 09 67 00
Montalbert Skipass Office +33 (0)4 79 09 67 41
Open every day

PISTES SAFETY

Central secours +33 (0)4 79 09 67 60
Bureau Montalbert. Uniquement pour récupération de matériel après évacuation

ATM

24h/24h. Next to the pub «The White Bear»

SNOW CHAINS

For sale at the sport shop +33 (0)4 79 09 78 09
Skimium

PHYSIOTHERAPISTS

Julien Gorny/Ostéopathe D.O +33 (0)6 28 35 94 96

Businesses

RESTAURANTS/BARS/PUBS

Côté Table by Shane +33 (0)6 58 02 91 13
La Tourmente +33 (0)4 79 24 31 06
La Luge +33 (0)4 79 55 40 44
Le 360 (altitude) +33 (0)9 88 66 50 79
Le Forperet (altitude) +33 (0)4 79 55 51 27
Les 2 Zèbres +33 (0)9 81 90 91 56
Le White Bear +33 (0)9 52 18 45 55
Union +33 (0)4 79 55 51 07

BUSINESSES

Carrefour Montagne +33 (0)4 79 55 51 96
Laverie-Location de linge +33 (0)6 22 70 11 39
Montalbert'hair Coiffure +33 (0)4 79 55 58 28
Tabac Presse +33 (0)4 79 09 75 07

SPORT SHOPS

Intersport +33 (0)4 79 09 78 28
Skimium +33 (0)4 79 09 78 09
Skiset +33 (0)4 79 09 83 88
Sport Passion Sport 2000 +33 (0)4 79 55 56 56

BUSINESSES IN LONGEFROY

Restaurant/Bar L'Adray +33 (0)4 79 09 77 11

Accommodation

ESTATE AGENT

Agence Eneo Immobilier +33 (0)4 79 01 02 03
Montalbert Paradiski +33 (0)6 08 62 19 52
Office Immobilier de la Plagne - Agence de Montalbert +33 (0)4 79 55 70 80

HOLIDAY CLUB VILLAGES

VVF Club Intense +33 (0)4 79 55 74 74
les Sittelles +33 (0)4 79 55 30 23
Village Club *** Miléade +33 (0)4 79 09 73 47
Village Vacances VTF «Le Dou de la Ramaz»

HOTEL DESKS

SOWELL Family La Lauzière +33 (0)4 86 91 10 55
Hôtel L'Adray +33 (0)4 79 09 77 11

Numéros d'urgence

Police 17
Firemens 18
Emergencies 15
From a mobile phone 112
HOSPITALS (25km)
Bourg St Maurice +33 (0)4 79 41 79 79
Moutiers Medical Center +33 (0)4 79 09 61 66

7 - 10 JUILLET 2022

LA PLAGNE Paradiski

Super Huit

COURSE VTT - VTTAE ALL MOUNTAIN

GRAND 8 VTTAE 100KM / 2 JOURS / 1 BIYODAC

DOUBLE 8 VTT & VTTAE 20KM / 35KM / 60KM / 80KM

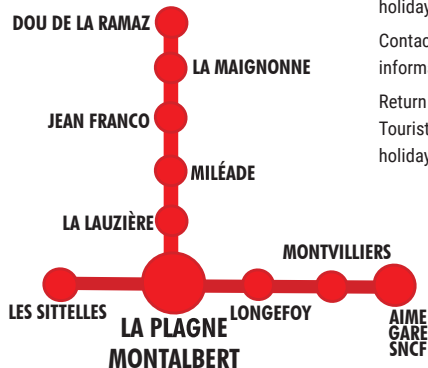
WWW.SUPER-HUIT.COM



Free resort shuttles

Free shuttles runs everyday except on Saturdays from December 19, 2021 to April 22, 2022.

Timetable available at the Tourist Office



Montalbert/Train Station Bus Service

Buses run from 18/12/2021 to 23/04/2022 on Saturdays and Sundays.

They stop at Montalbert station, les Sittelles, le Chanteloup, la Lauzière and Montalbert 1600 with the Cap Vacances, Jean Franco and Dou de la Ramaz holiday centres.

Contact the Tourist Office for further information.

Return tickets can be purchased at the Tourist Office or at reception desks in the holiday villages.

Transports

TAXI
Taxi Legroux +33 (0)4 79 09 75 70

SHUTTLES
Transports Loyet +33 (0)4 79 55 64 76

SNCF 36 35
Gare de Aime La Plagne (10km).
Gare fermée jusqu'en décembre, accès aux quais uniquement

AIRPORTS
Genève (186km) +33(0)41 227 177 111
Lyon St Exupéry (184km) +33 (0) 826 80 08 26
Grenoble (180km) +33 (0)4 79 65 48 48

ROAD NETWORKS
Autoroute A43 jusqu'à Albertville. Voie express 4 voies jusqu'à Moûtiers. RN90 jusqu'à Aime.
GPS: Programmer via Aime. Longitude: 6.6334965 - Latitude: 45.5344696

LES INFORMATIONS INDIQUÉES DANS CE GUIDE (HORAIRES, TARIFS ...) SONT DONNÉES À TITRE INDICATIF ET SONT SUSCEPTIBLES D'ÊTRE MODIFIÉES.

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60 YEARS

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



In December 2021, La Plagne will be celebrating 60 years of unforgettable memories and launching the next 60 years of emotions to be experienced by future generations.
Come and celebrate this mountain heritage with us.





LAPLAGNERESORT.COM

TRAVEL AGENCY

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

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

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

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