

LEGEND:

- **Pedestrian trails**
- Themed pedestrian trails
- **Snowshoe trails**
- **Cross Country Itineraries**
- Ski touring

DEPARTURE POINTS:

D1 Departure point next to the residence La Marmottane



D2 Departure point in the village, next to the residence « Le Signal »



D3 Departure point at the Motor-home service area, « Chaillet » car park



D4 Departure point out of the resort, by the road leading to Longefoy



D5 Departure point located in Montalbert 1600, at the residence « Le Dou de la Ramaz » car park.



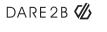
D6 Departure point at the terminal of the cable car, after the Prajourdan artificial water damming.



OUR PARTNERS:



















GUIDED SNOWSHOES OUTINGS:

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SNOWSHOES RENTAL:

FOR YOUR SNOWSHOES OUTINGS:

next to the stream. and the ski slope, then the departure point is on your left, the « Bief Bovet » signs. First approach by the forest border From the residence « Le Dou de la Ramaz » car park, follow

setting along with the peaceful sound of the trickling stream. route so you can learn about the "Bief" in a calm and quiet centuries. There are 80 information boards spread along the with the "Bief" which has tried and tested people for many invite you to discover the history and problems encountered the village the water was used to power the windmills. We descending to the village of "Longefoy". Before it reached located at 1800 metres and it crosses the forest of Aime before This little stream was man made around 1240, its source is

Snow shoes are obligatory for this walk.

Time (approx.): 2.30 hrs (going) - 1.30 hr (return) Difference in altitude: 200 m Arrival point: Ski slope called « Adrets » Departure point: D5

BIEF BOVET (Snowshoes)

"Superga" chapel, the "Saint Jacques" church and the village. Curiosities: The mill and its wheel, the bread oven, the

can continue the walk by visiting this beautiful village. the village of "Longefoy". You arrive at the side of the mill. You This route allows you to discover the history and heritage of

> Time (approx.): 30 min (descent) / 45 min (ascent) Difference in altitude: 180 m Arrival point: Village of Longefoy Departure point: D4

> > HISTORY AND HERITAGE

from the St Bernard pass. the tallest tree in the forest. This tree can be seen all the way people of Longefoy planted close to the chapel what is now valley is worthy of a deviation and visit. In the 1860's the local Built on a little hill, this chapel that can be seen from the du Pre" and park your car on the lane under the chapel.

Take the road from "Longefoy" towards "Notre Dame

Time (approx.): 30 min Difference in altitude: 20 m Arrival point: Longefoy Departure point: Longefoy

THE CHAPEL « Superga » (Snowshoes)

.sngis and follow the signs. At the top of the cable car, walk towards the artificial water

about the fabulous tales and legends of the mountains. figures, also information panels which allow you to learn All along the path you will find strange sculpted wooden

to enter the world of dreams, pleasure and enchantment. only for children. This walk of enchanted pastures allows you Do not think the wonders of these fairy tales and legends are Who hasn't heard or read a fairy tale during their childhood?

> Time (approx.): 2 hrs Difference in altitude: 200m Arrival point: Below Montalbert cable car terminal Departure point: D6

ENCHANTED PASTURES (Snowshoes)

which we don't suspect.

and reflect about all of this biodiversity that surrounds us, in a fun way with games, puzzles and exercises to discover Information panels are displayed all along the trail, presented

that exists in our forest and our mountain ecosystems. is a family friendly itinerary to discover all of the biodiversity snow shoes. Depart on the "Sentier de la Biodiversité". This keep to the side). This trail is not groomed and is suitable for The approach is made by taking the ski piste (make sure you

below the "Sittelles" residence. This trail is accessible from the Chaillet car park situated

> Time (approximately): 1.30 hr Difference in altitude: Almost nothing Arrival point: D3 Departure point: D3

BIODIVERSITY TRAIL (Snowshoes)

Themed pedestrian trails

every year praying for water.

who made a procession to the chapel on the 5th of August place of pilgrimage for the habitants of the "Tarentaise" valley "Notre Dame des Neiges". In the olden days it was a frequent Montgésin, you will discover on your right the chapel of eat stored hay before descending towards the village. In inhabitants stay until the beginning of February. The animals between "Longefoy" and the mountain pastures. The other animals are being taken up and down the mountain inhabited in the spring time and autumn when the cattle or This hamlet belonging to the commune of Longefoy is mainly

oined the two villages for many years. and "Montgesin" is the ancient agricultural track that has lane opposite. The track that you take between "Montalbert" "Montalbert 1600". Cross over the main road and take the the small road opposite which leads to the main road to After the apartment building called the "Signal" you take

> Time (approx.): 2 hrs Difference in altitude: 180m Arrival point: As departure Departure point: D2

A variation of this path is possible from departure point D4

chapel which is no longer visible today. "Le Bois". At the entrance there is a water trough and an old

A little bit further on you will arrive at the little hamlet called path is on your right.

south facing villages of "Tessens", "Granier" etc. above the village of Longefoy with a panoramic view of the take a turning on the left which is almost flat. You are then the directions of itineraries A and B for around 500m, then Take the lane to the left below the "Marmottane"; following

Once you have reached the road, follow it up to 50m, then the

Time (approx.): 2 hrs Difference in altitude: 150m Arrival point: Entrance of the resort of Montalbert Departure point: D1

« FE BOIS » (C - Suowshoes)

with itinerary A.

"Planchamp" where at the entrance to the village you continue reservoir, continue in the direction of the village of Turn to the left and descend. After you have passed a nearby Itinerary B:

take the themed walk called "Patrimoine". having crossed the village of Longefoy in line with the mill feet is an old lime tree which is hundreds of years old. After west you will find the little chapel of "St Gregoire" and at its charming little village positioned on a lovely plateau. To the chapel. A little bit further you will discover "Planchamp" a "Plangerland" with its covered water trough and its little

competitors of the Bobsleigh. You will arrive at the village of 100m. This track has been used by many international Take a right turn then go up a slightly steep forest track for Itinerary A:

and the winding road leading upwards towards "La Plagne". view of the valley, the villages of "Macot" and "Plangerland" will cross over a little stream where you will have a magnificent From departure point (D1), take the foot path to the left. You

> Time (approx.) : 2.30 hrs (A) et 2.10 hrs (B) Difference in altitude: 180m Arrival point: Longefoy village Departure point: D1

> > REVERS (A & B)

Pedestrian trails

FOR YOUR ENJOYMENT AND SAFETY

CROSS-COUNTRY SKIING

- · Cross-country tracks are packed at regular intervals and
- Consult the track plan, before setting out, in order to ensure that the length and its difficulty corresponds to your ability.
- Follow the arrows right from the start and do not leave the
- Make way for faster skiers and wait to one side.
- · When your track crosses a downhill run or a drag-lift, give way to downhill skiers. Beware!
- Never ski on a closed track.
- The Cross-country access is free of charge.
- · Cross-country tracks are for Cross-country skiers only.
- · NB: all ski schools have Cross-country instructors and organise regular tests. Sports shops have all the kit required for this sport.

WALKERS AND RAMBLERS

- Pedestrian paths are packed in different ways depending on the sector. They may follow the same route as Cross-country tracks or cross downhill runs. Beware! You must give way to downhill skiers.
- Paths should not be used just after a fall of snow.
- Do not leave the packed paths.
- · Do not walk on downhill ski slopes (if you have no choice, please walk along the edge of the run).
- Dress properly with adequate walking boots and warm
- Do not start on a walk too late in the afternoon. You may be overtaken by nightfall.
- Tell your friends and reception at the hotel about the walk you plan to take.
- Check the weather forecast before going on a walk.

Dogs forbidden except kept on a leash

In the event of an accident: Call the pistes emergency service: Tel.: +33(0)479096760

LA PLAGNE MONTALBERT TOURIST OFFICE Tel. +33(0)4 79 09 77 33

Ski touring itinerary

Departure point: D3 (Chaillet carpark) Arrival point: Top of the Adrets chairlift Difference in altitude (+): 620 m Difference in altitude (-): 80 m Distance: 5 km

Departure altitude: 1400 m • Arrival altitude: 1965 m

This ski touring itinerary is suitable for everyone (with a good enough level of down hill skiing to enable you to descend to

It offers an easy first experience for beginners (to ski touring) but also allows the experienced to not loose their touch!

There are many security precautions you must follow while participating in Ski Touring :

- The La Plagne ski touring trails are marked but not patrolled; you follow these completely at your own risk
- Before you leave check the snow conditions, weather forecast and avalanche risk with a competent organisation
- · Make sure you have the required level of skiing (mainly for the descent) to participate in ski touring. If you are not sure, professionals (guides, ski schools) will offer introductory lessons or accompany you.
- Insure you have adequate equipment which is in good condition.
- It is recommended you carry an avalanche victim detector,
- The ski touring itineraries are only accessible during the opening times of the ski area (ascent and descent included).
- It is recommended to descend on the ski pistes.
- It is strictly forbidden to go up the ski pistes using cross country equipment.
- · Ski touring is a mountain sport which can lead to fatalities, in order to limit these risks take part in training with a recognised organisation, club or with qualified professionals.

During the first part of the itinerary, after you have travelled along the ski piste (ensure you keep to the side of the piste) you pass through the forest before you start to go slightly uphill towards the mountain pastures and the summit of the Fornelet (1970m). This is a remote itinerary that allows you to take part in this activity in complete tranquillity. Access to this itinerary is free, but it is only accessible during the opening hours of the ski area (further information is available from the lift pass counter and on the Ski Area information panel.

Cross Country Ski Itineraries

20km of cross country itineraries are offered with 3 levels:

Longefoy (1160 m) - Le Crey / L'Adray

Departure point: The village of Longefoy, plateau de l'Adray Free access / Easy level Distance: Two 2.5 km loops

The sunny plateau of Adray is the ideal place to learn cross country skiing. These 2 small loops which are groomed and marked are easily accessible by bus from Montalbert (the timetable is available from the tourist office) or via the "Patrimoine" pedestrian trail.

Attention: itineraries are accessible subject to snow conditions.

Montalbert 1600 - Gentil / Les Mairiers loop

Gentil loop

Departure point: Next to the "Cap Vacances" Holiday centre Free access / Level very easy Distance: 0.5 km

Small beginners loop in a lovely sunny area.

Departure point: D5 Free access / Easy level Distance: 12 km round trip

This easy itinerary is nestled in the heart of the forest and is accessible by going up the car park of the "Dou de la Ramaz" residence until the crossing with the tarmac road. After 6 km you arrive at the La Plagne Olympic bob sleigh track which was constructed in 1992 for the Albertville Olympic Games. You then need to turn around and go back the way you came to return to the resort.

Beware: this itinerary crosses several downhill runs.

Summit of the Montalbert cable car (1970 m) - The Prajourdan loop

Departure point: Summit of the cable car, at the level of the reservoir. Access via the Montalbert cable car (with a valid lift pass) Easy level / Distance: 3 km

This easy loop is found in the heart of the magnificent Prajourdan countryside, with an amazing view of Mont Blanc!



MONTALBERT

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



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