

# BOOK YOUR HOLIDAY NOW ON

[www.la-plagne.com](http://www.la-plagne.com)

LA PLAGNE ENTREPRISE © - photos : Olivier Almond - Elna Sparanta

COME & LIVE  
*Unforgettable*  
MOMENTS

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

[www.la-plagne.com](http://www.la-plagne.com)



# MONTALBERT

Winter 2019/2020



## HOLIDAY GUIDE

[WWW.MONTALBERT.COM](http://WWW.MONTALBERT.COM) - +33 (0)4 79 09 77 33



*Unforgettable*\*

\*VIVRE DES MOMENTS INOUBLIABLES

# Le futur s'ouvre à vous dès maintenant.



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ou electric

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**5 ANS** GARANTIE KILOMÉTRAGE  
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**8 ANS** GARANTIE  
**BATTERIE\*\***

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Consommation cycle mixte de la gamme NEXO (kg d'hydrogène/100 km) : 0,95 / Émissions CO<sub>2</sub> (g/km) : 0. Consommation cycle mixte de la gamme KONA electric (kWh/100 km) : 15,0 - 15,4 / Émissions CO<sub>2</sub> (g/km) : 0. Consommation cycle mixte de la gamme IONIQ hybrid (l/100 km) : 3,4 - 4,2 / Émissions CO<sub>2</sub> (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!

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WELCOME

## Summary

- Welcome & informations 2-3
- Ski 4 to 7
- Kids 8-9
- Activities 10 to 13
- Wellness 14
- Heritage 15
- Bobsleigh 16-17
- Entertainments 18-19
- Events 20 to 23
- User contacts / Transports / Shuttles 24-25



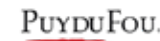
## Welcome to La Plagne Montalbert !

All the charm of a small resort that combines sportiness and conviviality in a natural setting and is linked to one of the world's largest ski areas.

With all the entertainment, events and activities on offer in Plagne Montalbert, you won't have time to be bored!

This guide will help you to find all the information you need for a great holiday!  
We wish you a wonderful stay in PLAGNE MONTALBERT!

## La Plagne thanks its partners



## WELCOME & INFORMATION



### Tourist Office

 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.la-plagne.com](http://www.la-plagne.com)



### Tourist Office Services

#### 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).

#### Weather Forecast

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

#### Lost property

All lost property returned will be kept at the Tourist Office.

### 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.

All orders not collected by the following afternoon will be returned directly to the pharmacy.

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

#### Objects for hire

Snow shovels, jump leads, board games. A deposit is required.

### 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.



## SKIPASS



### LA PLAGNE MONTALBERT

Period	Adult (13 - 64 yrs)	Kids (5 - 12 yrs) <sup>(1)</sup> Senior (65 - 74 yrs) <sup>(1)</sup>
1 jour	42.00€	34.00€

### PARADISKI SKI PASS PRICES

Period	Adult (13 - 64 yrs)	Kids (5 - 12 yrs) <sup>(1)</sup> Senior (65 - 74 yrs) <sup>(1)</sup>
1 day	61.00€	49.00€
6 days	310.00€	248.00€

### LA PLAGNE SKI PASS PRICES

Period	Adult (13 - 64 yrs)	Kids (5 - 12 yrs) <sup>(1)</sup> Senior (65 - 74 yrs) <sup>(1)</sup>
4 hours <sup>(2)</sup>	43.00€	35.00€
1 day	54.00€	44.00€
6 days	271.00€	217.00€
Paradiski extension	20.00€	16.00€

### COOL SKI SKI PASS PRICE

Period	Unic price 5-74 yrs
1 day	30.00€

*(1) To qualify for the reduced child, senior and family, proof of age is required at time of purchase and can be requested on the ski area. The age taken into account is the first day of validity of the ski pass. (2) 4 consecutive hours beginning on the first pass across the lifts.*

### All prices :

[WWW.SKIPASS-LAPLAGNE.COM](http://WWW.SKIPASS-LAPLAGNE.COM)

### Ski pass offices

 LA PLAGNE MONTALBERT

 Open every day

 33 (0)4 79 09 67 00  
[www.skipass-laplagne.com](http://www.skipass-laplagne.com)

### Ski bonuses

**FREE** : An extra 1/2 day, starting at 12.30pm the day before the 1st day of your pass when you buy a Paradiski pass of 6 - 15 consecutive days.

### Packs

**DUO** : Save 10€ per pass in the pack.

Valid for 2 people in any age group (child, adult, senior) on La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

**TRIBU** : Save 15€ per pass in the pack.

Valid for 3 people of any age group (child, adult, senior) on La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

**FAMILY** : Save 30€ per pass in the pack.

2 adults (13 - 74 yrs) + 2 children (13 - 17 yrs)  
Valid for La Plagne and Paradiski passes of 6 to 15 consecutive days (same area, same duration, paid for together).

>>>>>>>> LES **PACKS** <<<<<<<<<

PACK **DUO**



-10€  
/pers.

PACK **TRIBU**



-15€  
/pers.

PACK **FAMILLE**



-30€  
/pers.

À PARTIR DE 6 JOURS/APPLICABLE FROM 6 DAYS

Avec le forfait Paradiski de 6 à 15 jours consécutifs,

**LE BONUS**



La Plagne t'offre  
**une 1/2 journée**

La Plagne offers you a half day of skiing!  
For a Paradiski package of 6 to 15 consecutive days.



### Edenski

The loyalty programme that rewards you when you buy!

Any ski passes purchased in resort or on line give you points.

All you have to do to get them is register your passes in your account and points for your purchases will automatically be credited.

You can then use them to get free ski passes. Other surprises also await you, such as special events and exclusive meetings to discover your favourite ski resort in a whole new light!



## ESF Ski School

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.

### ESF PLAGNE MONTALBERT

Maison de Montalbert

Open every day

Depends on activities

+33 (0)4 79 09 77 24  
 contact@esf-montalbert.com  
[www.esf-montalbert.com](http://www.esf-montalbert.com)

### ESF activities

#### Adult & Children group tuition

- Lesson 6 1/2 days (excluding lift pass) 150€  
 - 1/2 day 45€

#### Ski courses

Ski course (bronze star, gold star and competition) :  
 - 6 1/2 days (3hrs 15 mins in the morning) : 205€  
 - 6 1/2 days (2hrs 45 min in the afternoon) : 177 €  
 Snowboard and Team Rider course :  
 - 6 1/2 days : 177€

#### 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 : 27€  
 - Last Track Snake Gliss on Friday : 19€  
 - Last Track Yooner : 19€

#### 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 45€  
 - February/March school holidays 49€  
 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 : 289€ (flocan & 1st star level)  
 - 6 1/2 days for adult + ski pass  
 La Plagne : 323.5€ (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 55€ for Bob-raft, 115€ for Speedluge and 165€ 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 Chailet 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

*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!*

*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.*

### ESF PLAGNE MONTALBERT BUREAU DES GUIDES

On reservation.

On request.

Price for a full day with a guide: 360 €, 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](http://www.guidesmontalbert.com)

### ESF PLAGNE MONTALBERT

Maison de Montalbert

Day and half-day

- Off-piste day 65€  
 - 4hr introduction to off piste skiing 50€  
 - Ski touring day 65€  
 - Introduction to ski touring : 44€  
 -Off-piste engagement : 360€ (7 people max).

+33 (0)4 79 09 77 24  
 contact@esf-montalbert.com  
[www.esf-montalbert.com](http://www.esf-montalbert.com)

## SKI TOURING COMPETITIONS

Find the different ski touring competitions in La Plagne:

- 16/01 : **Les Raveillus** - Champagny en Vanoise  
 information & booking : 04 79 55 06 55
- 01/02 : **Course des Dahus** - La Plagne Montalbert  
 information & booking : 04 79 09 77 33
- 21/03 : **Les Diabes Bleus** - Montchavin les Coches  
 information & booking : 04 79 07 82 82
- 25/03 : **Rando By Night** - Plagne Altitude  
 information & booking : 04 79 09 02 01



## ACTIVITIES



### Kids


A day nursery twinned with the nursery ski school is open 7 days a week, from 9am to 5pm in the heart of the ski-area infrastructure, and staffed by qualified child care professionals.

#### **BAMBINS «DAY NURSERY»** ESF PLAGNE MONTALBERT

 Resort centre

 Tous les jours de 9h à 17h

 -Half-day 27€ (9am - 12am or 2pm - 5pm)  
-Half-day + Meal 58€ (9am - 12am or 2pm - 5pm)  
Detailed price list on demand.


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

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!

#### **CLUB PIOUS PIOUS** ESF PLAGNE MONTALBERT

 Resort centre


 Sunday to Friday

 -Piou-Piou trial ticket (mandatory) 45€  
-Piou-Piou 6-lesson package 166€  
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 activities and new sensations for children (1.30m minimum height)

#### **NEW SLIDING SPORTS** ESF PLAGNE MONTALBERT

 - Last track Yooner 19€  
- Last track Snake Gliss 19€

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



### Keeping children... and their parents... happy!

#### Luge area

A secured luge area is located in the heart of the ski station.

#### Walking trails

Plagne Montalbert offers two trails specially designed for kids:

Le sentier des alpages enchantés (the enchanted alpine pastures trail - snow shoes only) which leads you to a world of dreams, fun and enchantment. Who is this person? It couldn't be Merlin the wizard could it? It really is him! Meet enchanting sculpted wooden characters along the trail and read the magical tales and legends of the mountains on the panels.

Le sentier de la biodiversité (biodiversity trail) Interactive learning! The educational biodiversity trail introduces children to the many species living in the area, their role in the food chain and their fragility through a number of fun activities. Trail not packed down, accessible wearing snow shoes.

#### Baby sitters

Information at the Tourist Office.

## ACTIVITIES



## Walking and Snow Shoe walking routes

### 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 Alpages Enchantés (Enchanted Alpine Pastures) trail which immerses you in a world of fairytales and legends with our sculpted characters, 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 Biodiversity trail with its 20 educational boards teaching you the extent of this biodiversity that surrounds us in a fun way with discovery and thought-provoking games, puzzles and exercises to complete.

### 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 MAPS

Available at the Tourist Office

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.**

### RAQUETTES DU YÉTI ADMONTAGNES

 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) : 42€  
Local products free tasting  
Free photos (download)

 +33 (0)6 81 89 68 55  
arno@admontagnes.com  
[www.admontagnes.com](http://www.admontagnes.com)





## ACTIVITIES

## Accompanied snow shoe outings

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.

### ESF PLAGNE MONTALBERT

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

 Snow shoes discovery price : 18€ (snow shoes provided)

Snow shoes 25€ per person (snow shoes provided)

Nature Pass (3 1/2 days) 60€

Nocturnal snow shoe walk + traditional Savoy meal 50€

 +33 (0)4 79 09 77 24  
contact@esf-montalbert.com  
[www.esf-montalbert.com](http://www.esf-montalbert.com)

Discover easy or more energetic winter walking, with or without snow shoes, for a great mountain experience to try on your own or with your family or friends.

### MAISON DE LA RANDONNÉE EN VANOISE

 Daily outings

 "Tout schuss" snowshoe trek: 20€  
Trapper snowshoe trek: 20€ ½ day or 30€ full day  
Minibus getaway trek: 27.50€ ½ day or 38.50€ full day  
Night walk: 45€  
Nordic walking: 20€  
Ask us about our family rates and private sessions

 +33 (0)6 87 92 77 77  
contact@rando-montagne.fr  
[www.rando-montagne.fr](http://www.rando-montagne.fr)

## ACTIVITIES



### New Sliding Sports

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

#### TOURIST OFFICE

-  Télé-école slope
-  Every Tuesday at 5.30pm
-  You can try Snowbodyboarding, Sanke sledging, Yoonering, Snooc (new) and other activities free of charge
-  +33 (0)4 79 09 77 33  
info.montalbert@la-plagne.com  
www.la-plagne.com

### Swincar

Enjoy a unique experience riding one of this gear ! Solo or two-seater vehicule. (The driver must have a driving licence).

#### E-MOUV'NATURE

-  Snow front
-  From Monday to Friday
-  1h session : From 45€ to 65€
-  +33 (0)6 07 48 80 14  
Info and booking at the Tourist Office



### Archery Tag

A playful, harmless and tactical way to practice archery. A team sport for everybody



#### TOURIST OFFICE

-  Snow Front
-  Every wednesday during french February holidays at 5.30pm
-  Free
-  +33 (0)4 79 09 77 33  
info.montalbert@la-plagne.com  
www.la-plagne.com

### Sled Dogs


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 Mathias throughout the winter season is the perfect choice.



#### HORS TRACE AVENTURE

-  «Plateau de Longefoy» // «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.
- Driving activity :**  
Sunday on «Plateau de Longefoy» (1 200m)\*

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

-  **1st outing :**  
Duration : 30 mn  
- 1 ou 2 people : 100€  
- 2 adults + 1 child (under 12) : 135€ --  
- 2 adults + 2 children (under 5) : 152€
- Driving activity :**  
Duration : 15 mn briefing + 1h15 driving  
- 120€ per person (from 12 yrs)

-  +33 (0)4 79 24 22 15  
+33 (0)6 34 45 53 15  
mathias.bernal@hotmail.fr  
www.horstraceaventure.fr







## Wellness

### L'Empreinte de Soi Home Physiotherapy treatments

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

#### L'EMPREINTE DE SOI

- At home
- Every day by appointment
- +33 (0)6 30 59 68 83

### Caroline Bien-Être

*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 etc.*

- At home
- Every day by appointment
- Messages : from 45€ to 90€  
Plantar reflexology (30min) : 20€  
Hand treatments : from 15€ to 20€  
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

*Aqua-relaxation area with sauna, hammam and jacuzzis  
Pass' Relaxation Family for people over 14 accompanied by a parent*

#### WELLNESS AREA BY MMV

- Residence les Sittelles
  - By appointment
  - +33 (0)4 79 55 74 74
- ### Osteopath D.O
- Résidence la Marmottane
  - By appointment
  - +33 (0)6 28 35 94 96

### Traditional Tomme cheese making

In front of his mountain restaurant "Forperet", Roland explains and demonstrates the different stages of the traditional Tomme cheese making process. You will be able to sample the fruits of his knowledge. Contact the Tourist Office or the Forperet restaurant to find out the days and times of the cheese making demonstration.



### 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.

## Heritage

### 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.

### La Chapelle de Montgésin

Built in 1658 in the heart of Montgésin. Open daily and guided tour on booking (Association of Longefoy Heritage +33 (0)6 75 10 37 73. Free participation.

### 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 broches).

## ACTIVITIES



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

### Bob Raft

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

#### Ass. BOB LUGE SKELETON



Olympic Bobsleigh track  
La Roche



Tuesday to Sunday from 4.p.m to 6.30pm



48€ per person  
Minimum age 14 or height 1.30m



33 (0) 4 79 08 82 23  
bobsleigh@la-plagne.com  
www.bobsleigh.net

### Speed Luge

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!

#### Ass. BOB LUGE SKELETON



Olympic Bobsleigh track  
La Roche



Tuesday to Sunday from 4.p.m to 6.30pm



112€ per person - Minimum age 16



33 (0) 4 79 08 82 23  
bobsleigh@la-plagne.com  
www.bobsleigh.net

### Bob Racing

*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 !*

#### Ass. BOB LUGE SKELETON



Olympic Bobsleigh track  
La Roche



Wednesday, Thursday, Saturday  
and Sunday from 5.p.m



128€ per person  
Minimum age 16 unless contraindication



33 (0)4 79 08 82 23  
bobsleigh@la-plagne.com  
www.bobsleigh.net



© ERCI creative - warrington

WWW.BOBSLEIGH.NET  
TÉL 04 79 08 82 23

PISTE OLYMPIQUE BOBSLEIGH

LA PLAGNE

VIVEZ L'EXPERIENCE OLYMPIQUE

EXPERIENCE ACCESSIBLE À TOUS  
À PARTIR DE 1M30 ACCOMPAGNÉ D'UN ADULTE

1M30

### INFORMATION AND BOOKING

At the Tourist Office. We can organise a shuttle from Montalbert to the bobsleigh track if you book at the Tourist Office In Montalbert (minimum 4 persons).

Price : 5€/pers.  
04 79 09 77 33  
info.montalbert@la-plagne.com  
www.bobsleigh.net

### FILMED DESCENT

Renseignements et tarifs auprès de l'accueil de la Piste de Bobsleigh

# PUYDUFOU®



Après la Plagne, votre aventure continue sur  
**P U Y D U F O U . C O M M**

## ENTERTAINMENT

### Welcome drink

The Tourist Office hosts welcome drinks in the Little Zénith room at 6pm every Sunday.

Join us for a glass of traditional hot drinks offered by the ski station and find out about the week's fun-packed programme of events and activities.



### Weekly event

These include cinema, shows, local games, biathlon, alternative 'sliding sports', local heritage visits, lanterns, luge, torchlit descents, last tracks airboarding, snake sledging, yoonering, etc. The resort organises a number of late afternoon or evening social events throughout the week for some well-deserved rest time.

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

### Social networks

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

Facebook : Plagne Montalbert

Instagram : plagne.montalbert

You tube : La Plagne TV

Twitter/Periscope : @LaPlagne

Partagez vos plus beaux souvenirs à la Plagne avec  
**#maplagne**





### Exhibition: «Avoir 100ans en Pays de Savoie»

From Saturday, December 21<sup>st</sup>, 2019 to Monday, January 6<sup>th</sup>, 2020

This outdoor exhibition offered by the local firm Pochat&fils is celebrating the region centenarians with a portrait series by Henrike Stahl and captioned by Catherine Claude.

### Christmas dream

From Monday, December 23<sup>rd</sup> to Thursday, December 26<sup>th</sup> 2019

A magic Christmas in your favourite resort with children show, the ESF instructors torchlight ski down, then, here comes Santa Claus with his sleigh joined by a traditional group and its musical show!

The living crib will celebrate this famous night and you will be offered hot wine and hot chocolate!

### Snowshoes with the imps

Thursday, December 26<sup>th</sup> 2019

Sportsmen and women, walkers, adults and children can take part in this fun snow shoe walk at their own pace. Organised by the Property Owners Association with the Tourist Office.

### New Eve Party !

Tuesday December 31<sup>st</sup>, 2019

Children lantern ski down, ski instructors' show, torchlight ski down, great firework.

Come to live great moments just before the new year to come !

### Humour Festival

From Monday January 27<sup>th</sup> to Friday January 31<sup>st</sup> 2020

Because laughing is good !

As a good start for the new year to come, here is the first humour festival in Montalbert: one man shows, humorous short movies, entertainments...

It's time to boost your positive energy !



### Dahus' Race

Saturday, February 1<sup>st</sup> 2020

Ski-touring race between individual competitors. Open to all comers. Starts at 10:00 in front of la Maison de Montalbert in the heart of the resort at an altitude of 1,350 metres, climbing to 1,750 metres and then descending. 1 circuit for the leisure format, 2 circuits for the competitive format.

The race will be followed by the award ceremony and a meal in the Little Zenith Room.

### Torchlight Thursdays

From Thursday, February 13<sup>th</sup> to Thursday March 12<sup>th</sup> 2020

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 !



## Snowshoes with the imps, by night

Tuesday, February 18<sup>th</sup> 2020

## FestiGliss

Tuesday 25<sup>th</sup> and Wednesday 26<sup>th</sup>, February 2020

The reference in new sliding sports is back !

## Super Stalom - Challenge des villages

Tuesday March 3<sup>rd</sup> 2020

On the program: yellow and black stakes, music and good mood.

Possibility of eating and / or refueling on site ...

The village challenge is open to all, adults, children, dad and mom.

## Zen WEEK

From Monday 9<sup>th</sup> to Friday 13<sup>th</sup>,  
March 2020

A week on the theme of relaxation and wellbeing with sophrology, yoga, relaxation, etc....

A moment of relaxation or the start of a long-term passion, it's up to you! A cocktail of wellbeing that everyone will enjoy

## Snowball

Sunday, March 29<sup>th</sup> 2020

The «Handball» club of Aime la Plagne has gone into partnership with the resort of Plagne Montalbert to organize this tournament of Handball on snow. Open to everyone! In teams: Mens, Womens and Children.

Costumes, acrobatics, sound system and demonstrations by professionals. Friendly, fun and great to watch



## Subli'Cimes

From Monday 9<sup>th</sup> to Wednesday 15<sup>th</sup>, April 2020

5 Peaks ... 5 Destinations

Sublicimes 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.

- Roche de Mio (Plagne Bellecôte sector) / Theme: **"Route 66"**
- Grande Rochette (Plagne Centre sector) / Theme: **"Bollywood"**
- Arpette (Montchavin la Plagne sector) / Theme: **"1800s fair"**
- Fornelet (Plagne Montalbert sector) / Theme: **"Jungle"**
- La Rossa (Champagny en Vanoise sector) / Theme: **"Japan"**

[www.sublicimes.com](http://www.sublicimes.com)



## TOURIST OFFICE SUBSCRIBERS DIRECTORY



### Accommodation

#### ESTATE AGENCE

Agence Eneo Immobilier +33 (0)4 79 01 02 03  
 Agence Ski et Soleil +33 (0)4 79 55 70 80

#### TOUR OPERATORS

Mountain Heaven +44(0)151 625 19 21  
 Ski Amis LTD 04 79 55 52 57  
 CG Ski +44(0)780 157 92 86

#### HOLIDAY CLUB VILLAGES

Hôtel Club MMV Les Sittelles +33 (0)4 79 55 74 74  
 Touristra La Lauzière +33 (0)4 79 55 57 25  
 Village Cap Vacances +33 (0)4 79 55 30 23  
 Village Vacances Jean Franco +33 (0)4 79 55 72 00  
 VTF-Le Dou de la Ramaz +33 (0)4 79 09 73 47

#### HOTEL DESKS & HOLIDAY FLATS

Hôtel L'Adray +33 (0)4 79 09 77 11  
 Hôtel L'Aigle Rouge +33 (0)4 79 06 19 42  
 La Marmottane +33 (0)4 79 55 70 00  
 Ancienne Ecole de Montvilliers +33 (0)4 79 09 75 43

### Businesses

#### RESTAURANTS/BARS/PUBS

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

#### BUSINESSES

Laverie-Location de linge +33 (0)6 22 70 11 39  
 Supérette 8 à Huit +33 (0)4 79 55 51 96  
 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 2000 +33 (0)4 79 55 56 56

#### BUSINESSES IN LONGEFOY

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

#### JANITORIAL SERVICES

+33 (0)6 22 70 11 39

### Businesses (suite)

#### LAUNDRETTE

Fleur de Lys +33 (0)6 22 70 11 39  
 6€/machine (detergent included) - Dryer 3€.

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

#### CAMPING-VAN SERVICE

Open everyday. Waste water disposal, battery charger (1 hour), and fresh water supply (100 litres) - coin operated: €2

### Useful Information (suite)

#### 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

Nathalie Kempinaire +33 (0)6 30 59 68 83  
 Julien Gorny/Ostéopathe D.O +33 (0)6 28 35 94 96

### Transports

#### TRAIN

36 35

Aime La Plagne train station(10km).

Winter opening hours :  
 Monday : 10.00am - 5.00pm  
 Tuesday to Thursday: office closed  
 Friday : 9.00 to 11.30am / 1.30 - 6.00pm  
 Week-ends and non working days : 9.00am to 7.00pm

#### 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

+33 (0) 800 100 200  
 Motorway A43 till Albertville. Fast lane till Moûtiers. RN90 till Aime.  
 GPS: Program via Aime. Longitude: 6.6334965 - Latitude: 45.5344696

#### TAXI

Legroux +33 (0)6 09 38 73 82

#### NAVETTES

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

### Emergency numbers

International emergency number 112

#### HOSPITALS (25km)

Bourg St Maurice +33 (0)4 79 41 79 79  
 Moûtiers +33 (0)4 79 09 60 60



### Montalbert/Train Station Bus Service

Buses run from 21/12/2019 to 25/04/2020 on Saturdays and Sundays.

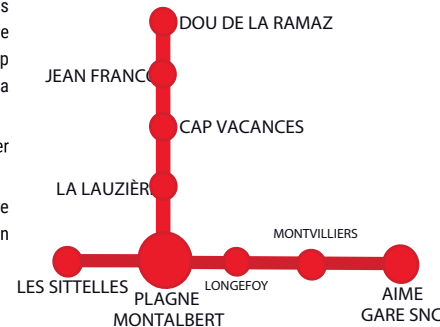
They stop at Montalbert station, les Sittelles, le Chanteloup, la Lauzière and Montalbert 1600 with the Cap Vacances, Jean Franco and Dou de la Ramaz holiday centres.

Contact the Tourist Office for further information.

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

### Free Resort Shuttle

Free shuttles runs everyday except on Saturdays from December 22, 2019 to April 25, 2020.





WE  
PUSH  
IT

DARE 2B PARTENAIRE  
OFFICIEL DE LA PLAGNE



DARE 2B



LA PLAGNE  
Paradise



ATTAQUEZ  
CHAQUE VIRAGE  
AVEC AUDACE.

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CHOOSE  
YOUR  
BLAST



PHOTOS: T.HVITE - KLP PRODUCTION + MBL/AGEPHOTOGRAPHY



CÉBÉ  
PURE ADRENALINE

CÉBÉ PARTENAIRE OFFICIEL DE



# RACER

FRANCE - 1927



PARTENAIRE OFFICIEL DE



CREDIT PHOTO: MANU MOLLE



PEUGEOT  
CYCLES

PARTENAIRE OFFICIEL DE



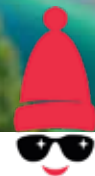
# Unforgettable\*

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