



MONTCHAVIN LES COCHES



Summer 2019

PRACTICAL GUIDE

WWW.MONTCHAVIN-LA-PLAGNE.COM - +33 (0)4 79 07 82 82



*Unforgettable**

*VIVRE DES MOMENTS INOUBLIABLES

NOUVELLE JAGUAR I-PACE 100% ÉLECTRIQUE

**ELLE VA FAIRE DU BRUIT,
MAIS PAS SUR LA ROUTE**



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

Jaguar partenaire
officiel de



LA PLAGNE
Paradiski

THE ART OF PERFORMANCE

L'art de la performance

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

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

Jaguar France. Siren 509 016 804 RCS Nanterre.



WELCOME

Sommaire

- Welcome & information 4-5
- Children 6-7
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Welcome in La Plagne Montchavin-Les Coches !

*Montchavin, the oldest one with its traditional mountain farmhouses and narrow streets smelling of hay;
les Coches, with its charming residence built in respect with the union between a savoyard decoration and an idyllic surrounding.*

la Plagne partners





WELCOME

Tourist Offices Services

TOURIST OFFICES



Montchavin & Les Coches.



Every day from 9am to 12pm and from 2pm to 6.30pm.

Be careful : from 29/06 to 05/07 and from 24 to 31/08 : from 9am to 12pm and from 2.30pm to 5.30pm.



Contact Montchavin : 04 79 07 82 82
Contact Les Coches : 04 79 07 82 43
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

LOST PROPERTY

All lost property will be kept at the Tourist Office.

OBJECTS FOR HIRE

Books for children, board games, balls...
A deposit is required.

RESORT CLEANLINESS

Please dispose of all your rubbish according to recycling information situated on the Moloks-large dustbins. Please do not drop litter.

- **Green Bins** : glass jars and bottles.
- **Yellow Bins** : plastic bottles, cans, paper and small cartons.
- **Black Bins** : other waste.

Your pets are our friends too, when you walking with your pets, please respect others and ensure you leave the surroundings as you would wish to find them.

WEATHER FORECAST

A weather forecast is displayed inside the Tourist Office daily.

INTERNET

An operator offers the Wi-Fi internet service via hotspots.



1h 5€ - 1 day 9€ - 1 week 19,90€ - 1 month 35€

Hire box wifi pocket : private wifi network 3G / 4G in the resort with possibility to connect 10 devices.



7€ per day - 39€ per week.

UNDERCOVER PARKING

Interior parking spaces are available under the Tourist Office (40 spaces)



50€ a week, 50€ deposit.



Paradiski Yuge

The Paradiski YUGE app allows you to discover the ski area in a way you never even imagined and involves you 200 % in your holiday.

Discover a wide range of functions: an interactive plan, a resort guide, bus times, weather conditions, queuing time at lifts, ski performance and classification, recharging your ski pass, personal recommendations and lots more!!!



YUGE app: A fully connected experience to download right away.



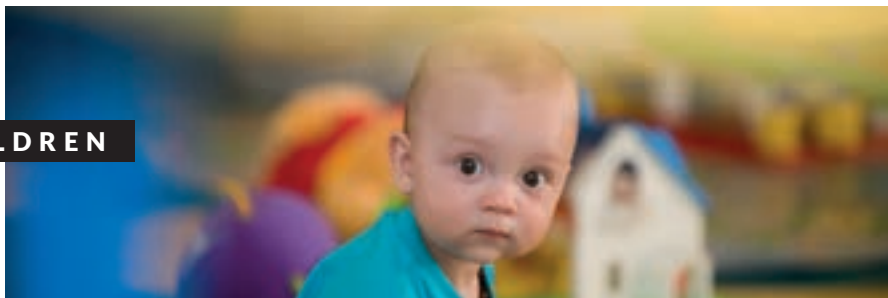
Cet été,
on vous chouchoute !

Appli à télécharger sur
la-plagne.com/app

Retrouvez tous les avantages
sur la-plagne-access.com



CHILDREN



2 clubs agréés PMI accueillent les enfants aux Coches.

Club Cacaahuète :

12 - 48 months : crèche with à la carte formélas (1/2 day to full day)
Meal provided by parents + 10€ for supervision.

Don't forget your child's health record, favourite toy, dummy, bottle, nappies and a change of clothes.

Club Pirouette :

5 to 8 years : original outdoor activities (treasure hunt, adventure course, acro-bungy...)

9 to 13 years : sports, artistic activities and first mountain activities.

Don't forget for younger children: a small bag with their favourite toy, trainers or closed shoes, sun cream, rain jacket, hat, swimming costume and a towel marked with the child's name.

CLUB CACAHUETE (12 - 48 months)



Place du Carreau in Les Coches.



Registration : Sunday at Pirouette from 10.30 – 12am and 4.30 – 6pm. Monday to Friday at Pirouette, 5 – 5.30pm.

The day before at the latest, number of places limited.



Opposite table.



Contact : 04 79 07 82 82
garderie-montchavinalescoches@hotmail.fr
www.montchavin-la-plagne.com

CLUB PIROUETTE (5 - 13 years)



Place du Carreau in Les Coches.



Registration : Sunday at Pirouette from 10.30 – 12am and 4.30 – 6pm. Monday to Friday at Pirouette, 5 – 5.30pm.

The day before at the latest, number of places limited.



Opposite table.



Contact : 04 79 07 82 82
garderie-montchavinalescoches@hotmail.fr
www.montchavin-la-plagne.com

BABY SITTER

Ask the Tourist Office for a list.

FAMILY SERVICE

Strollers can be rented at most sports shops of the resort (cf user contacts).

FONCTIONNEMENT CLUBS ENFANTS

1 full day is divided into 3 sessions: 9.30 – 12am / 2.30 – 5pm / 12.30 – 2pm: meal or picnic provided by parents.

Pirouette : Monday, Wednesday and Friday (1/2 day activities: 1 - 3 sessions).

Tuesday & Thursday (full day activities only)



PRICES PIROUETTE & CACAHUETE

| | |
|--------------------------|------|
| 1 session | 17€ |
| 3 sessions card | 45€ |
| 1st card from 6 sessions | 90€ |
| 2nd card & others | 60€ |
| Nominative weekly | 120€ |

Cards can be used by any children aged 6 months to 13 yrs in the same family, from Monday to Friday.

FAMILLE PLUS MOUNTAIN

Famille Plus Mountain is the first and only national tourism label to approve the facilities and services available to families with children staying in French tourist destinations. It is recognised by the French Ministry of Tourism.

6 commitments that the resorts must adhere to in order to play host to both children and adults.

1. A tailor-made infrastructure for families
2. Entertainment and activities to suit all ages
3. A price to suit everyone : from the youngest to the oldest
4. Activities for adults and children to enjoy, together or separately
5. Professionals that are trained to take great care of children
6. Children to be taken great care of by professional

www.familleplus.fr and
www.montchavin-la-plagne.com



FAMILLE +



La Plagne Montchavin - Les Coches, Famille Plus resort, propose activity ideas to practice as a family... Non exhaustive list !

Dady, Mum & children

- Hiking with a mountain guides (page 10).
- Children (pages 6 & 7).
- Entertainments in the resort (cf entertainment program).
- Heritage discovery and bus tours (page 19 & 21).
- Magic show each sunday in Les Coches

GRANDPA, GRANDMA AND THE LITTLE CHILDREN

- Aquatic centre and activities (page 16).
- Acro Bungee (page 18).
- Cinema courses (page 21).
- Cosmetic workshops (page 20).
- Circus show every Friday under the tent in Les Coches.

Papa/ Mama solo and the children

- Sophrology experience (page 18).
- Nordic dogs (page 15)
- Circus courses for adults & children (page 19).
- Cabaret night each tuesday evening Esplanade Mudry in Montchavin.

The tribe: as a family or between friends

- White water activities : rafting, hydro speed... (page 14).
- Air soft speed shooting (page 14).
- VTT ou VTT electric with a guide (page 12).
- Remember to reserve your fondue trays and scrapers at the station's merchants.





Mes notes de vacances



FAMILLE +



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ACTIVITIES




Hiking with the Mountain Guides

*Natur'Découverte theme walks: Learning about nature while having fun: the shrinking of a glacier, orienteering, using plants...
Discover the mountain during easy family walks or hikes for good walkers: peaks, lakes, fauna & flora, all the richness of the National Parks...*

BUREAU DES GUIDES ET ACCOMPAGNATEURS

 Les Coches, Bureau des Guides near Tourist Office

 Registration from sunday to friday, from 6pm to 7pm
in Les Coches

 Half day from 9€
Day from 11€ (children) / 16€ (adults)

 Contact : Serge 06 77 07 06 22
guidesmontchavin@gmail.com
www.guidesmontagne.com




A free map showing 16 itineraries is available from Montchavin and Les Coches Tourist Offices.

- Wear appropriate shoe and check the weather forecast before you leave
- Take a snack and a bottle of water
- Don't forget sun cream, sunglasses, warm clothing & rainwear
- Don't go on your own and always let someone know where you are going
- Keep your dog on a lead and in case of an accident, call 112.

Canyoning

Descend the gorges and streams, mixing the techniques of mountaineering and swimming.

Bureau des Guides

 Les Coches, Bureau des Guides near Tourist Office

 Registration from sunday to friday, from 6pm to 7pm
in Les Coches

 Initiation half day : 50€, 1 day: 70€

 Contact : Serge 06 77 07 06 22
guidesmontchavin@gmail.com www.guidesmontagne.com



Montchavin-la Plagne is just on the edge of the Vanoise National Park, so you can find all the information about the park in our Tourist Offices: technical sheets, park regulations, the Park journal, list of refuges ... the centre of the Park stretches over 53 000 hectares.

From Montchavin-la Plagne, the quickest way to get there is via Peisey-Nancroix, going in from Rosuel (15km by car).



Glacier Hiking

A small team of mountain enthusiasts invites you to discover and share the magic of glaciers and walls.

BUREAU DES GUIDES ET ACCOMPAGNATEURS



Les Coches, Bureau des Guides
near Tourist Office



Registration from sunday to friday,
from 6pm to 7pm in Les Coches



from 70€



Contact : Serge 06 77 07 06 22
guidesmontchavin@gmail.com
www.guidesmontagne.com

Climbing

Emphasis put on the technique of laying the feet

BUREAU DES GUIDES ET ACCOMPAGNATEURS



Les Coches, Bureau des Guides
near Tourist Office



Registration from sunday to friday,
from 6pm to 7pm in Les Coches



3 hours : 25€ (children), 30€
(adults)



Contact : Serge 06 77 07 06 22
guidesmontchavin@gmail.com
www.guidesmontagne.com

Via Ferrata

Climb rock walls using artificial means, ladders, steps, cables, Nepalese bridges to facilitate ascent.

BUREAU DES GUIDES ET ACCOMPAGNATEURS



Les Coches, Bureau des Guides
near Tourist Office



Registration from sunday to friday,
from 6pm to 7pm in Les Coches



Half day : 50€, 1 day : 70€



Contact : Serge 06 77 07 06 22
guidesmontchavin@gmail.com
www.guidesmontagne.com

ACTIVITIES



Lifts open for pedestrians and mountain bikers

- Chairlift Montchavin : Monday from Friday from 9am to 12.15pm & from 1.30pm to 5.40pm (from 1 July to 30 August).
- Télécabine du Lac Noir : Monday from Friday from 9am to 12.15pm & from 1.30pm to 5.40pm (from 1 July to 30 August).
- Vanoise Express : tuesday, wednesday & thursday from 9am to 12.15pm & from 1.30pm to 5.40pm (from 02 July to 29 August)
- Télébufette : Monday from Friday from 9am to 12.15pm & from 1.30pm to 5.40pm (from 1 July to 30 August).

TOURIST OFFICES MONTCHAVIN & LES COCHES



Montchavin & Les Coches



Monday from friday



Contact Montchavin : 04 79 07 82 82
 Contact Les Coches : 04 79 07 82 43
 info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

The resort's latest craze is electric mountain bikes, with rentals in the specialist shops and over 100 km of marked trails over the whole La Plagne area.

PRICES LA PLAGNE

| Price per person | 13 years & + | 5 - 13 years |
|---|--------------|--------------|
| 1 passage | 6€ | 6€ |
| 1 day without glacier | 15€ | 12€ |
| 1 day with glacier | 20€ | 16€ |
| Séjour pedestrian / VTT with pedestrian glacier | 40€ | 32€ |
| Season Pedestrian / VTT | 90€ | 72€ |

PRICES PARADISKI

| Price per person | 13 years & + | 5 - 13 years |
|--------------------------|--------------|--------------|
| 6 day extension | 15€ | 12€ |
| 1 day | 35€ | 28€ |
| 1 way Vanoise Express | 8€ | 8€ |
| 1 return Vanoise Express | 14€ | 14€ |
| Season Pedestrian / VTT | 165€ | 132€ |



VTT & electric VTT outings

Discover the paths of Montchavin-Les Coches by mountain bike and mountain bike with electric assistance. Various outings are available for children or adults at all levels.

EVOLUTION 2

-  Montchavin & Les Coches

-  Monday to friday


-  From 25€ (discovery E-VTT 1h30)
From 30€ (outing VTT 2h30)


-  Contact : 06 86 34 94 15
montchavin@evolution2.com
www.evolution2.com


VTT & electric VTT rental


We offer you to rent a mountain bike to discover the paths of Montchavin & Les Coches.

EVOLUTION 2

-  Montchavin & Les Coches

-  Monday to friday

-  From 8€ (VTT children)
From 38€ (VTT adults)
From 30€ (electric VTT)
Possibility price rate family

-  Contact : 06 86 34 94 15
montchavin@evolution2.com
www.evolution2.com

The store La Poudreuse offers you the rental of mountain bikes to browse and discover our domain.

BENOIT SPORT LA POUDREUSE

-  Les Coches

-  Every day

-  From 5€ (children)
From 19€ (VTT adults)
From 29€ (electric VTT)

-  Contact : 04 79 07 85 27
contact@benoitsports.com
www.location-ski-lescoches.com

ACTIVITIES



White Water

*Join us for a cocktail of fun and thrills!
Small boats for more fun and navigation.
Welcoming, conviviality, individualized coaching: that's a lot of happiness!!!*

REVE D'EAU RAFTING

-  Base de loisirs Gothard
-  Every Day
-  Contact us
-  Contact : 06 87 83 46 79
info@reveeau-rafting.com
www.revedeau-rafting.com

Acro Bungee

Get in the air safely!

-  Les Coches, departure Télébufette
-  Monday to friday from 2.30pm to 7pm
-  4€ the passage / 17€ 5 passages
-  Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Air Soft Speed Shooting

Sullivan proposes shooting lessons on paper or metal targets that are fixed or mobile at different distances.

SULLIVAN GARNIER

-  Salle Espace Show in Les Coches
-  Wednesday, thursday & friday 10.30am, 2pm et 6.30pm (except thursday 15/08)
-  Adults (+ 16 years) : 17€
Children (+ 12 years) : 15€
-  Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com



White water : find other white water service providers at their retailers in the resort's sports shops.



Quad

Discover the mountain in quads, 4x4 or buggy with a guide.

EVOLUTION 2



Montchavin & Les Coches



Every day



From 45€



Contact : 06 86 34 94 15
montchavin@evolution2.com
www.evolution2.com

Nordic Dogs

The dog is an ally in the ascents... In the descents, a factor of more intense emotions!

EVOLUTION 2



Montchavin & Les Coches



Monday to friday



Half day from 20€



Contact : 06 86 34 94 15
montchavin@evolution2.com
www.evolution2.com

Trail itineraries

4 specific itineraries for trail runners with different levels of difficulty have been developed in the Montchavin area. There are also other itineraries in the La Plagne area.

Tourist Offices



Montchavin & Les Coches



Every day



Free



Contact : 04 79 07 85 27
contact@benoitsports.com
www.location-ski-lescoches.com

ACTIVITIES



Paragliding

Discover the valley by air with qualified instructors.

EVOLUTION 2



Montchavin & Les Coches



Monday to friday



Half day from 70€



Contact : 06 86 34 94 15
montchavin@evolution2.com
www.evolution2.com

Discover the valley by air with qualified instructors.

BENOIT SPORTS LA POUDREUSE



Les Coches



Every day



From 110€ two-seater discovery.



Contact : 04 79 07 85 27
contact@benoitsports.com
www.location-ski-lescoches.com

Aqua Centre

Wellness area with: a large pool, Spa, Jacuzzi, sauna, hammam, beauty treatment cabins.

ESPACE PARADISIO



Montchavin



Monday to sunday from 10.30am to 8pm. Nocturne on Wednesdays until 9.30pm.



Entry outdoor pool : from 5€, entry SPA + swimming pool : from 9€, aquabiking & aquagym : from 15€

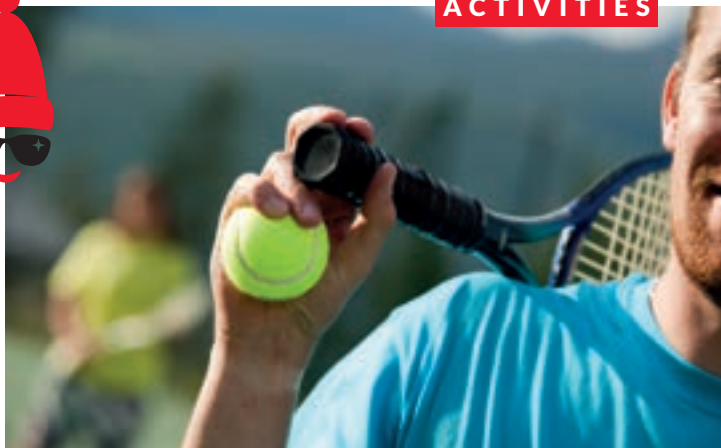


Contact : 04 79 09 33 20
contact@espace-paradisio.com
www.espace-paradisio.com



Adventure courses : workshops in the trees for children and adults are waiting for you all over the valley.

Information in the Tourist Offices.



Tournaments

Every day, sports leaders invite you to take part in tournaments: pétanque, table tennis, basketball, badminton, volley, mini football...



Montchavin & Les Coches



Entertainment programme



Free



Contact : 04 79 07 85 27
contact@benoitsports.com

www.location-ski-lescoches.com

Tennis

Rental of tennis courts in Les Coches on the web site *Balle Jaune*.

BALLE JAUNE



Les Coches



Every day



1 hour 6€



Contact : 04 79 07 82 82
<https://ballejaune.com/fr>

Rental of tennis court in Montchavin is free.

Tennis Lessons

Internship with a state-of-the-school instructor Didier Bret Morel.

STAGE BRET MOREL



Les Coches



Monday to Friday



Course for 4-6 yrs (5 x 1h) : 71€50
Improvement from 8 yrs (5 x 1h30) : 115€50

Private lesson from 44€



Contact : 04 79 07 88 22
info.montchavin@la-plagne.com

www.montchavin-la-plagne.com

ACTIVITIES



Gym Fitness

Francis (Professeur diplômé d'Etat) has concocted a small program of fitness respecting the rhythm of each



Les Coches in front of salle Marcel Pignard



Monday to friday from 9.45am to 11am



- 1 x 1h15 : 7€50

- 3 x 1h15 : 19€50

- 5 x 1h15 : 31€

- 10 x 1h15 : 52€



Contact : 04 79 07 82 82

info.montchavin@la-plagne.com

www.montchavin-la-plagne.com

Sophrology

Sophrology develops confidence in self, knowledge of self, self-esteem, a better concentration, bringing you a life that is full, serene, harmonious, healthy, a life in your image...



Salle Polyvalente in Montchavin



Wednesday from 10/07 to 21/08 from 6pm to 7pm



10€ the session



Contact : 04 79 07 82 82

info.montchavin@la-plagne.com

www.montchavin-la-plagne.com

Sophrologie Nature

Sophrology is a bath of Well-Being, of Energy, of Resource thanks to the power of beneficial and healing energy of the TREES, water, wind, sun.... Nature in all its splendour, accompanies you during this precious time.



Parking de l'Orgère in Les Coches



Friday from 12/07 to 23/08 from 2pm to 4.30pm.



23€/adults and 18€/children (from 12 yrs) the session



Contact : 04 79 07 82 82

info.montchavin@la-plagne.com

www.montchavin-la-plagne.com



Circus School

Traditional circus courses: wire, juggling, trapeze, trampoline ...



Les Coches, circus tent



Monday to friday



- 5 / 7 yrs : 13€50 x 1h / 53€50 the course

- 8 / 18 yrs : 24€50 x 2h / 89€ the course

- Adults : 14€50 x 1h / 59€ the course

Contact : 04 79 07 82 82



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

Magic

*Françis, our magician, invites you to share his little secrets
Materials provided and offered at the end of the session.*



Les Coches, salle Marcel Pignard



Monday to friday



- 7 à 14 ans : 9€ x 1h / 35€ the course (6.30pm to 7.30pm) -
Plus 14 yrs : 9€ x1h / 35€ the course(5.30pm to 6.30pm)



Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Heritage and Culture

With a guide of the Land of Art and History Foundation FACIM, every week a rich and varied program to discover the heritage of the valley



Montchavin - Les Coches



Monday to thursday



From 3€ (children), 9€ (adults)



Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

ACTIVITIES



Workshops Cosmetics

Karine, aromatherapy consultant, proposes to make your products 100% natural: lip balms, face cream...



Montchavin Restaurant la Bovate



Entertainments programme



Session 1h / 1h30 (Material and supplied products) from 12€.



Contact : 06 22 96 57 98
lesatelierskocoon@gmail.com
<http://lesatelierskocoon.over-blog.com/2018/05/les-ate-liers-kocoon.html>

Watercolour

Jean-Loup Benoit invites you to learn the art of watercolour painting based on a mountain landscape photo.



Montchavin, salle Auguste Mudry



Tuesday from 9am to 12pm
from 16/07 to 20/08



40€ by session 3h (material included) on registration.



Contact : 06 79 62 98 67
benoit.jeanloup@free.fr

<http://jeanloupbenoit.pagesperso-orange.fr>

Piano



Montchavin, salle Auguste Mudry



Every day



Free



Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com



Cinéma

Room with 250 seats. Two sessions per day in digital system.

Creation of a short film with tricks with Quentin our projectionist. For children from 7 to 17 years.



Montchavin



Monday from friday 6pm & 9pm



From 7€



Contact : 04 79 41 75 14
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com



Montchavin Salle Mudry



1h30 from monday to wednesday.
 Information on the entertainment programme.



Free



Contact : 04 79 41 75 14
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

Coach Excursions

Escapads in Italy with visit of the market of Aosta or the village of Courmayeur at the foot of Mont Blanc.



Montchavin & Les Coches



- Wednesday 24/07, 31/07 et 07/08
 : Courmayeur.



Children (4 to 12 yrs) : 17€
 Adults : 33€

Registration the day before



Contact : 04 79 07 82 82
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

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Après la Plagne, votre aventure continue sur
PUYDUFOU.COM



Welcome drinks

Every sunday at 11am the Tourist Office invites you at «Forum des Activités» in Les Coches, the monday at the welcome drink during the weekly market in Montchavin. Presentation of the activities and animations of the week, all accompanied by the traditional glass of friendship.

Social networks

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

Facebook: [MontchavinLaPlagne](#)

Twitter : [@Montchavin](#)

Periscope: [@LaPlagne](#)

Instagram: [la_plagne](#)

You tube: [La Plagne TV](#)

Partagez vos souvenirs de la Plagne avec

#maplagne



Weekly events

Street shows, games and challenges for all, dances, screenings, concerts...

Performances featuring students and teachers are offered free of charge every week:-

- Sunday : magic show in Les Coches salle Marcel Pignard at 9pm.
- Monday : weekly market in the main street in Montchavin from 5pm to 8pm.
- Tuesday : Cabaret night in Montchavin Esplanade Mudry at 9pm..
- Friday : Circus show in Les Coches under the circus tent at 9pm.



EVENTS



9th edition of Motor Sportive Day Sunday 30th june

Meeting of the most beautiful sports cars and supercars. Test drives from 30€, with money going to charity.



Fête Nationale Sunday 14th july

In Montchavin, with concert and fireworks

Family Race

Thursday 18th july & 8th august

An enjoyable family event where you can walk or run. A fun course strewn with surprises. Not timed. Prize for the best costume.



Saveurs et Savoir-Faire Wednesday 17th july

In Les Coches, 10am to 7pm, artisans exhibit their work and share their passion for their craft.

6 000D - The birthday 30 years

Sunday 28th july

Altitude race that is renowned amongst trail runners of all levels.



Montagnes de Sciences 29th july to 2nd august

For anyone who is curious about nature or loves to solve mountain mysteries.

Repas des Commerçants des Coches

Tuesday 06th august

The Les Coches retailers put on a mountain-style dinner from 7pm
- Adults 15€, Children (6 to 11 yrs) 9€.
Tickets on sale in the Les Coches shops.



Tour de Tarentaise Cycliste

Thursday 1st august

2nd stage : Les Coches / Les Coches.

Test open to the amateurs.

Le Mariage d'Antan

Sunday 04th august

The people of the country invite you to discover a costume parade and a wedding of the past ... At around 5 p.m., the wedding will be celebrated in traditional costume in the chapel of Montchavin. The bride and groom and their procession will stroll through the alleys to show the public the traditional outfits of yesteryear.

Street Bike Evolution 2

Tuesday 13th august

Two-way race in relay. Timed route for children and race for adults for 1 hour. Circuit traced in the village of Montchavin.

Montée Cyclo

Bellentre/Les Coches

Wednesday 14th august

Leaves 5.45pm from the town hall in Bellentre, cycling up to Les Coches: 9.2 kilometres.

Fest'e-bike / E balade

Thursday 15th august

Departing Montchavin-Les coches by E-MTB with a guide, walk and gathering in Plagne Centre to discover many activities around mountain biking.





Accommodations Montchavin

Estate Agents

| | |
|---------------------------------|----------------|
| Agence Immobilière des Glaciers | 04 79 04 22 86 |
| Agence Ski et Soleil | 04 79 07 83 27 |
| Eneo Immobilier | 04 57 15 96 92 |
| Michel Gedda Immobilier | 04 79 04 29 60 |

Hôtels & Auberges reception

| | |
|--|----------------|
| Hôtel Bellecôte | 04 79 07 83 30 |
| Le Chalet de Friolin <small>Départ TS des Bauges</small> | 04 79 55 37 49 |

Tourism residence reception

| | |
|---|----------------|
| Le Chalet de Montchavin | 04 79 08 82 39 |
| Lagrange Les 3 Glaciers | 04 79 41 58 90 |
| Neige et Soleil | 04 79 07 83 22 |
| VVF Villages <small>Village de Vacances</small> | 04 79 07 83 06 |

Camping reception

| | |
|---------------------|----------------|
| Camping Caravaneige | 04 79 07 83 23 |
|---------------------|----------------|

Cottages, Chalet & Holiday rental properties

Find a list of all cottages, chalets and holiday rental properties in our accommodation brochure available at the Tourist Office or at : www.montchavin-la-plagne.com or by calling the Central Booking line on 04 79 09 79 79

Business Montchavin

Restaurants / Bars / Pubs

| | |
|--|----------------|
| Cocotte & Co <small>Traditionnel & savoyard</small> | 04 79 41 42 39 |
| La Bovate <small>Bar à Cocktails et cuisine raffinée</small> | 09 83 54 44 94 |
| Le Bellecôte <small>Spécialités et autres</small> | 04 79 07 83 30 |
| Le Dos Rond <small>Burger Pub service non stop</small> | 04 79 41 49 01 |
| La Ferme de César <small>Restaurant de terroir</small> | 04 79 07 85 31 |
| La Zaccota Pizzeria <small>Vente à emporter</small> | 04 79 08 82 31 |

Food Shops

| | |
|--|----------------|
| Boulangerie <small>Pâtisserie le Matafan</small> | 04 79 07 84 11 |
| Les Tarines <small>Charcuterie, Crèmerie, Traiteur</small> | 04 79 07 81 66 |
| Supérette Sherpa | 04 79 07 89 11 |

Books newagents, Tobacconists

| | |
|-------------------------------------|----------------|
| La Cascade <small>Sweaterie</small> | 04 79 07 83 17 |
|-------------------------------------|----------------|

Ironing

| | |
|---|----------------|
| Laverie Montchavin <small>Place du Bassin</small> | 04 79 07 83 21 |
|---|----------------|

Linen Hire

| | |
|-------------------------------|----------------|
| Intersport Jean-Michel Sports | 04 79 07 83 21 |
| Montchavin Sport | 04 79 07 83 84 |
| Tarentaise Net | 04 79 07 34 61 |



Local produce and gifts

| | |
|----------------------|----------------|
| La Cascade | 04 79 07 83 17 |
| Les Tarines Traiteur | 04 79 07 81 66 |
| Sherpa | 04 79 07 89 11 |

Ornaments store

| | |
|-------------|----------------|
| La Cascade | 04 79 07 83 17 |
| Les Tarines | 04 79 07 81 66 |

Cinéma

| | |
|-----------------------------|----------------|
| Cinéma La Plagne-Montchavin | 04 79 41 75 14 |
|-----------------------------|----------------|

Sports & Children

| | |
|-------------------------------------|----------------|
| Bureau des Guides | 06 77 07 06 22 |
| Club des Enfants | 04 79 07 82 43 |
| Complexe Aquatique Espace Paradisio | 04 79 09 33 20 |
| Evolution2 - Ecole d'Aventure | 06 86 34 94 15 |

Sports & clothes

| | |
|-------------------------------|----------------|
| Intersport Jean-Michel Sports | 04 79 07 83 21 |
| Montchavin Sport | 04 79 07 83 84 |
| Olympic Sports Skimium | 04 79 07 84 13 |

Garage & car wash

| | |
|----------------------|----------------|
| Garage de Montchavin | 04 79 07 81 48 |
|----------------------|----------------|

Cleaning

| | |
|----------------|----------------|
| Tarentaise Net | 04 79 07 34 61 |
|----------------|----------------|

Pharmacy

04 79 07 80 54

Every day from 9am to 12pm and from 3pm to 7pm.
 Sunday and public holidays, 10am to 12pm and from 4pm to 7pm
 Pharmacy on duty 3237

Physiotherapists

06 29 72 77 52

Monday to friday on Rendez-vous.
 Rue Principale de Montchavin.

Hôpital de Bourg-Saint-Maurice

Bourg-Saint-Maurice 04 79 41 79 79

La Poste

04 79 07 80 05

Ouverture du lundi au vendredi de 9h30 à 12h30.

Administration

Mairie de Bellentre 04 79 09 71 52 (taper 1 puis 2)
 Service des Eaux 04 79 09 71 52 (taper 4)

ATM Machine

A l'entrée du village, sous la Porte de Montchavin.

Emergency

Gendarmerie à Aime 17 - 04 79 55 61 17
 Police Municipale 04 79 09 71 52 (taper 5)
 Pompiers 18



Accommodations Les Coches

Estate Agents

| | |
|---------------------------------|----------------|
| Agence Immobilière des Glaciers | 04 79 04 22 86 |
| Agence Ski et Soleil | 04 79 07 83 27 |
| Eneo Immobilier | 04 57 15 96 92 |
| GSI Immobilier | 04 79 07 80 70 |
| Maeva.com | 04 79 04 22 00 |
| Michel Gedda Immobilier | 04 79 04 29 60 |

Maison d'Hôtes

| | |
|----------------------------------|----------------|
| Au Mont d'Eden Spa, sauna, hamma | 06 43 32 60 64 |
|----------------------------------|----------------|

Tourism residence reception

| | |
|------------------------------|----------------|
| Goélia Les Chalets de Wengen | 04 79 41 75 05 |
| OIP - Résidence Backgammon | 04 80 08 12 00 |
| Pierre & Vacances Le Rami | 04 79 04 22 00 |

Gîtes et chalets meublés de tourisme

Cottages, Chalet & Holiday rental properties

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Business Les Coches

Restaurants / Bars / Pubs

| | |
|---|----------------|
| Chez Wam Pizza, snack à emporter, livraisons | 04 79 07 69 75 |
| L'Origan Pizzéria au feu de bois, restaurant, bar | 04 79 07 81 26 |
| La Poya Savoyard | 04 79 41 20 27 |
| La Table du Tarin | 04 79 22 08 98 |
| La Taverne du Monchu | 04 79 07 80 44 |
| Le Withe Lines Pub | 04 79 04 21 62 |

Food shops

| | |
|--|----------------|
| Alimentation Spar Rayon Parapharmacie | 04 79 07 13 10 |
| Aux Gourmets des Coches Boucherie, Traiteur | 04 79 07 19 57 |
| Boulangerie Pâtisserie, Croissanterie | 04 79 07 80 27 |
| Saveurs d'Alpage Crèmerie, Produits du Terroir | 04 79 07 81 44 |

Books newagents, Tobacconists

| | |
|---------------------|----------------|
| Les Belles Feuilles | 04 79 07 80 02 |
|---------------------|----------------|

Ironing, Linen Hire

| | |
|--------------------|----------------|
| Laverie des Coches | 04 79 41 75 32 |
|--------------------|----------------|

Local produce

| | |
|---------------------|----------------|
| Alimentation Spar | 04 79 07 13 10 |
| Les Belles Feuilles | 04 79 07 80 02 |
| Saveurs d'Alpage | 04 79 07 81 44 |

Ornaments stores

Les Flocons 04 79 07 80 00
Presse Les Belles Feuilles 04 79 07 80 02

Sports & children

Bureau des Guides 06 77 07 06 22
Club des Enfants 04 79 07 82 43
Evolution 2 - Ecole d'aventure 06 86 34 94 15

Sports & clothes

Benoit Sports La Poudreuse (Vente) 04 79 07 85 27
Evolution 2 Ski Shop Location, vente 04 57 37 18 85
Intersport La Randonnée 04 79 07 83 46
Slalom Sports - Skimium 04 79 07 81 41

Mountain's restaurants

Cristal des Neiges Plan Bois 06 16 99 79 67
Le Chalet du Friolin Les Bauches 04 79 55 37 49
Le Joli Bois Au Vanoise Express 04 79 07 48 77
Le Plan Bois Chez Laurette Plan Bois 06 09 34 37 88
Le Poste Plan Bois 06 65 62 44 27

Cleaning

Tarentaise Net 04 79 07 34 61



LES COCHES

Doctor's office

04 79 07 83 59

Docteur Valérie Foucault. Médecine générale. Every day from 9am to 12pm and from 3pm to 18.30pm, except Saturday morning. without registration.

Emergency (hors heures ouvrables) 15 ou 112

Hôpital de Bourg-Saint-Maurice

Bourg-Saint-Maurice 04 79 41 79 79

Administration

Mairie de Bellentre 04 79 09 71 52 (taper 1 puis 2)
Service des Eaux 04 79 09 71 52 (taper 4)

ATM Machine

Près de magasin Salom Sport Skimium.

Emergency

Gendarmerie à Aime 17 - 04 79 55 61 17
Police Municipale 04 79 09 71 52 (taper 5)
Pompiers 18

Craftsmen

Artisans Associés Travaux neuf & rénovation 07 86 85 38 68
Favre Yannick Cuisine, salles de bain, boiseries 06 13 40 89 16
Lacroix Guillaume Plomberie 06 22 83 39 75

TRANSPORTS



Useful information

SNCF

Gare de Landry (10km).

36 35

Airports

Génève (186km)

00 41 22 717 71 11

Lyon St Exupéry (184km)

0 826 80 08 26

Road network

0 800 100 200

A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime. A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime.

GPS : Longitude : 6.7326237 et latitude : 45.559839

Taxis

Richard

06 80 85 27 92

Please ask the Tourist Office for the numbers of other taxi firms.

Shuttles from sncf

Transports Loyet

04 79 55 64 76

Montchavin & Les Coches/train station bus service

Buses run from 06/07/2019 to 31/08/2019 each saturday. They stop at Montchavin & Les Coches.

Attention, due to the passage of the Tour de France on Saturday, July 27, and the closure of the road, the timetable of the shuttle will be disrupted.

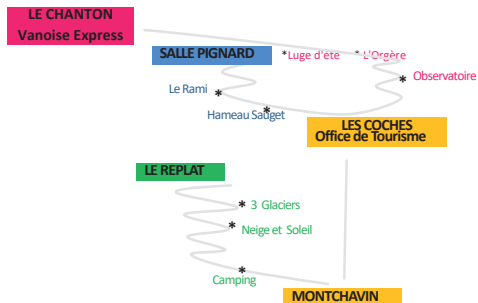
Contact the Tourist Office for further information.

Return tickets can be purchased at : www.mobisavoie.fr,

Free resort shuttle

Free shuttles runs everyday from 01/07 to 31/08.

Timetable available at the Tourist Office.





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CÉBÉ PARTENAIRE OFFICIEL DE **LA PLAGNE**

Paradiski

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FRANCE-107

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La nouvelle gamme de gants chauffants RACER offre toujours plus de fonctionnalités. Grâce à la thermorégulation et l'utilisation simultanée de deux batteries, l'autonomie de vos gants atteint désormais 7 heures en mode POWER 3.

  [RACERGLOVES.COM](https://www.racergloves.com)



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LA FOLLE EN TIENRAIS © photo : P. Royer - gettyimages Impression Fedak Weiss - 04 79 07 05 33

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PLAGNE VILLAGES | PLAGNE SOLEIL | PLAGNE AIME 2000 | BELLE PLAGNE



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