





Haute Maurienne Vanoise

VALFRÉJUS I LA NORMA I AUSSOIS VAL CENIS I BESSANS I BONNEVAL SUR ARC

Réseau de transport en Haute Maurienne Vanoise

Haute Maurienne Vanoise Transportation Network

HIVER WINTER 23–24



LIGNES INTRA-STATIONS (gratuites)

RESORT SHUTTLES (free)





- Val Cenis Sardières



Navette Shuttle
Val Cenis Termignon
- Val Cenis Lanslevillard

Navette Shuttle
Val Cenis Lanslebourg
- Val Cenis Lanslevillard

Petit Train Little Tourist Train
Val Cenis Termignon
- Val Cenis Sollières

Navette interne
In Town Shuttle
Bonneval sur Arc

Navette Shuttle
Bessans - Bonneval sur Arc

F Navette Shuttle
Le Bourget - La Norma

Bus TER SNCF Car SNCF
Saint-Michel-de-Maurienne
- Modane (2) 3635

LIGNES RÉGION AUVERGNE-RHÔNE-ALPES

REGIONAL LINES

Saint-Michel-de-Maurienne
- Valfréjus
Accès payant Fee for service

Saint-Michel-de-Maurienne
- La Norma
Accès payant Fee for service

Saint-Michel-de-Maurienne
- Aussois - Val Cenis Lanslebourg
Accès payant Fee for service

Saint-Michel-de-Maurienne
- Bonneval sur Arc
Accès payant Fee for service

LIGNE 902
Modane - Bardonecchia
Accès payant Fee for service

Correspondances Connections

Les lignes ne sont pas automatiquement en correspondance. Pour plus d'informations se reporter aux grilles horaires.

Check the timetables. Connections are not synchronized and the lines do not offer the same frequency.

La Région



Centrale d'appel régionale :

Regional Call Center

04 8000 7000

Informations Office de Tourisme Haute Maurienne Vanoise :

Haute Maurienne Vanoise Tourism Office

04 79 05 99 06

haute-maurienne-vanoise.com







BRAMANS

WEDNESDAY, April 3rd

② 6.0 pm VISIT TO THE ALPAMAYA SOAP FACTORY

Tours of the soap-making workshop. For groups (e.g. vacation centers), visits can be arranged at other times on request.

61 rue du Canton - BRAMANS

RESA : until 12 noon the day before, by phone or text message to 06 52 68 90 25. 8 people max. Visits by reservation for groups. © Free of charge.

WEDNESDAY, April 10th

② 6.0 pm VISIT TO THE ALPAMAYA SOAP FACTORY

Tours of the soap-making workshop. For groups (e.g. vacation centers), visits can be arranged at other times on request.

♀ 61 rue du Canton - BRAMANS

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WEDNESDAY, April 24th

② 6.0 pm VISIT TO THE ALPAMAYA SOAP FACTORY

Tours of the soap-making workshop. For groups (e.g. vacation centers), visits can be arranged at other times on request.

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RESA 1 until 12 noon the day before, by phone or text message to 06 52 68 90 25. 8 people max. Visits by reservation for groups. © Free of charge.

SOLLIÈRES-SARDIÈRES

TUESDAY, April 2nd

② 2 pm-4.30 pm ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE!

A workshop for kids only! With their guide, they will enjoy discovering archeology and Jean Ducaillou's work, the Museum's archaeologist. Like him, they will have to study, draw, reconstruct a pottery and even solve little puzzles.

RÉSA ▶ Booking at the Tourist Office or at the museum

One price: 9 €.

WEDNESDAY, April 3rd

② 2 pm-3.30 pm GUIDED TOUR OF THE MUSEUM OF ARCHAEOLOGY

With your guide, become the witnesses to the daily life, the very rich culture and the cultural influences of these first mountain dwelers who had relationships with their environment that went well beyond simple subsistence.

RÉSA
■ Booking at the Tourist Office or at the museum
© Adult: $5.90 \in$, Child (6-16 years): $3.80 \in$. Free entry for children < 6 years. Family pass: $13 \in$ (1 adult + 2 children). Additional adult: $5.4 \in$. Additional child: $3.3 \in$. Pass Maurienne adult: $4.8 \in$, child: $3.8 \in$.

② 2 pm-4.30 pm "GRAINE D'ARCHÉOLOGUE" - A PLAYFUL INTRODUCTION TO PREHISTORIC POTTERY

After the guided tour of the Museum, children and parents will spend a friendly moment together trying to make their vases and decorate them with the techniques and tools of the time. You will see that the know-how of these craftsmen was immense.

RÉSA ▶ Booking at the Tourist Office or at the museum

Adult: 9.50 € Child (7-16 years): 7.50 €.

THURSDAY, April 4th

◆ 2 pm-4.30 pm ARCHEOLOGY WORKSHOP - CREATE YOUR PREHISTORIC NECKLACE!

A playful workshop to discover archeology. After the guided tour of the museum, children and parents will spend a convivial moment together by transforming you into Neolithic jewelers to create your ornaments and your prehistoric necklace.

TUESDAY, April 9th

② 2 pm-4.30 pm ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE!

A workshop for kids only! With their guide, they will enjoy discovering archeology and Jean Ducaillou's work, the Museum's archaeologist. Like him, they will have to study, draw, reconstruct a pottery and even solve little puzzles.

RÉSA ▶ Booking at the Tourist Office or at the museum

One price: 9 €.

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TUESDAY, April 16th

① 2 pm-4.30 pm ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE!

A workshop for kids only! With their guide, they will enjoy discovering archeology and Jean Ducaillou's work, the Museum's archaeologist. Like him, they will have to study, draw, reconstruct a pottery and even solve little puzzles.

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② 2 pm-3.30 pm GUIDED TOUR OF THE MUSEUM OF ARCHAEOLOGY

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■ Adult: 9.50

Child (7-16 years): 7.50

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THURSDAY, April 18th

② 2 pm-4.30 pm ARCHEOLOGY WORKSHOP - CREATE YOUR PREHISTORIC NECKLACE!

A playful workshop to discover archeology. After the guided tour of the museum, children and parents will spend a convivial moment together by transforming you into Neolithic jewelers to create your ornaments and your prehistoric necklace.

RÉSA ▶ Booking at the Tourist Office or at the museum ⑥ Adult: 9.50 € Child (7-16 years): 7.50 €.

TUESDAY, April 23rd

② 2 pm-4.30 pm ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE!

A workshop for kids only! With their guide, they will enjoy discovering archeology and Jean Ducaillou's work, the Museum's archaeologist. Like him, they will have to study, draw, reconstruct a pottery and even solve little puzzles.

RÉSA ▶ Booking at the Tourist Office or at the museum

One price: 9 €.

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THURSDAY, April 25th

② 2 pm-4.30 pm ARCHEOLOGY WORKSHOP - CREATE YOUR PREHISTORIC NECKLACE!

A playful workshop to discover archeology. After the guided tour of the museum, children and parents will spend a convivial moment together by transforming you into Neolithic jewelers to create your ornaments and your prehistoric necklace.

RESA. Booking at the Tourist Office or at the museum

Adult: 9.50 € Child (7-16 years): 7.50 €.

TUESDAY, April 30th

② 2 pm-4.30 pm ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE!

A workshop for kids only! With their guide, they will enjoy discovering archeology and Jean Ducaillou's work, the Museum's archaeologist. Like him, they will have to study, draw, reconstruct a pottery and even solve little puzzles.

RÉSA ▶ Booking at the Tourist Office or at the museum

One price: 9 €.

LANSLEBOURG-MONT-CENIS

FRIDAY, April 12th

① 1.30 pm-5 pm NATURE AND SKI: PLANT YOUR TREE

As part of the Nature and Ski event, take part in the "Plant your tree" workshop with agents from the Office National des Forêts. Offset your

carbon footprint and help renew the forests of tomorrow in Haute Maurienne Vanoise.

O Devant l'Office de Tourisme - LANSLEBOURG-MONT-CENIS

RESA Reservations required at the Tourist Office. Limited number of places. © Free of charge. Limited number of places.

LANSLEVILLARD

WEDNESDAY, April 3rd

⊙ 4 pm-5 pm BACKSTAGE OF SKI RESORT - TECHNICAL SNOW MAKING

A snow expert explains all about producing artificial snow. Meet at the Vieux Moulin gondola. Registration at the Tourist Office before 12 noon on Wednesday (places are limited). Duration: 1 hour

∇ Télécabine du Vieux Moulin - LANSLEVILLARD

4 pm-10 pm MOONLIGHT SNOWSHOE OUTING

Spend an unforgettable evening in a mountain chalet and enjoy a meal typical of our mountains with our instructors / guides. They will tell you anecdotes about their valley. The opportunity to meet people "in the moonlight" while going back down ...

□ Bureau ESF Val Cenis Le Haut - LANSLEVILLARD

THURSDAY, April 4th

② 2 pm-3 pm BACKSTAGE OF SKI RESORT - PREVENTING AVALANCHE

A first-aid tracker introduces you to his job and the means of preventing the risks associated with avalanches (preventive triggering techniques). Reserved for good skiers (red piste level). Duration: 30mn

Sommet du télésiège du Solert - LANSLEVILLARD

RESA $\mbox{\Large $\mathfrak Z$}$ Registration at the Tourist Office before Wednesday 6 p.m. $\mbox{\Large @}$ Free of charge.

② 5.30 pm-9 pm MOUNTAIN EVENING: SNOWSHOE OUTING WITHMEAL

Régis Burnel proposes a snowshoe outing to the restaurant "Le Chalet des Essarts". Slide show on the profession of guide, aperitif, Savoyard meal, snowshoe outing and return.

♀ Le Chalet des Essarts - LANSLEVILLARD

RESA
Reservation the day before at the latest: 06 71 47 07 18
Adult: 50 € Child (5-11 years): 40 €. Aperitif, meal and equipment provided (snowshoes, sticks).

WEDNESDAY, April 10th

4 pm-5 pm BACKSTAGE OF SKI RESORT - TECHNICAL SNOW MAKING

A snow expert explains all about producing artificial snow. Meet at the Vieux Moulin gondola. Registration at the Tourist Office before 12 noon on Wednesday (places are limited). Duration: 1 hour

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RÉSA ▶ Booking necessary, on site in the ESF Val Cenis offices. ⑥ 48 € + snowshoe hire + valid ski pass.

THURSDAY, April 11th

② 2 pm-3 pm BACKSTAGE OF SKI RESORT - PREVENTING

A first-aid tracker introduces you to his job and the means of preventing the risks associated with avalanches (preventive triggering techniques). Reserved for good skiers (red piste level). Duration: 30mn

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VOS ÉVÈNEMENTS HIVER 23-24

S.N.O.W

SKI NORDIC OPENING WINTER - BESSANS 4 NOVEMBRE 2023

SAMSE NATIONAL TOUR

SKI DE FOND (FIS) - BESSANS 29 > 30 NOVEMBRE 2023

SAMSE NATIONAL TOUR

BIATHLON - BESSANS 2 > 3 DÉCEMBRE 2023

TOUS EN PISTE

- VAL CENIS 16 > 17 DÉCEMBRE 2024

TRACE DU CHATELARD

SKI ALPINISME - AUSSOIS 23 DÉCEMBRE 2023

MARATHON INTERNATIONAL BESSANS

SKI DE FOND - BESSANS 13 > 14 JANVIER 2024

COUPE D'EUROPE

SKI ALPIN - VAL CENIS 17 > 18 JANVIER 2024

LA GRANDE ODYSSÉE VVF

COURSE DE CHIENS DE TRAINEAUX - AUSSOIS / VAL CENIS / BESSANS BONNEVAL SUR ARC 19 > 21 JANVIER 2024

FESTIVAL NATIONAL D'ACCORDÉON

- VAL CENIS

20 > 26 JANVIER 2024

GRAND PARCOURS -L'AVENTURE GIVRÉE

- BESSANS / BONNEVAL SUR ARC 2 > 4 FÉVRIER 2024

ADVENTURE GAME WINTER

- LA NORMA 21 FÉVRIER 2024

VERTICAL MUSIC EXPERIENCE

CONCERTS - VALFRÉJUS 6 > 7 MARS 2024 FREERIDE WORLD TOUR QUALIFIER + JUNIOR

& FULL MOON - BONNEVAL SUR ARC 16 MARS 2024

TRAVERSÉE DES ROIS MAGES

SKI DE RANDO - VALFRÉJUS 17 MARS 2024

FREERIDE WORLD TOUR QUALIFIER

- VALFRÉJUS 20 MARS 2024

BOARDERLINE

MULTIGLISSE - VALFRÉJUS 19 > 21 MARS 2024

LEKKAROD

COURSE DE CHIENS DE TRAINEAUX - BESSANS / BONNEVAL SUR ARC 22 > 24 MARS 2024

DERBY DE LA NORMA

- LA NORMA **23 MARS 2024**

C'EST L'PRINTEMPS À VAL CENIS

SPECTACLES - VAL CENIS 21 > 24 MARS 2O24

NATURE & SKI À VAL CENIS

- VAL CENIS **6 > 13 AVRIL 2024**

SAISON CULTURELLE

PHILIPPE LELLOUCHE 27 DÉCEMBRE 2023

CAROLE

4 JANVIER 2024

FESTIVAL NATIONAL D'ACCORDEON

23 JANVIER 2024

OLIVIER DE BENOIST 1^{ER} FÉVRIER 2024

PIAF, LA BELLE HISTOIRE

15 FÉVRIER 2024

PAPASSS

20 FÉVRIER 2024

POINT VIRGULE FAIT SA TOURNEE 29 FÉVRIER 2024

LES COQUETTES, MERCI FRANCIS 5 MARS 2024

ALPINE SKI AREA

Open from December 17, 2023 to April 19, 2024.

"VAL CENIS TURBO" TOBOGGAN **RUN**

900 m long, accessible by the Val Cenis le Haut cable car

SLED AREAS

In each village of Val Cenis

TIMING AREA

in Val Cenis-Termignon

SNOWPARK Essarts in Val Cenis-Lanslevillard

BOARDER CROSS

in Val Cenis-Termignon

SNOWTUBING TRACK

At the top of the Val Cenis le Haut gondola

SKI TOURING ROUTES

marked and secure:

- The Arcelle chalets, in Val Cenis-Lanslevillard
- Le Soday, in Val Cenis-Termignon
- The Col du Mont-Cenis, in Val Cenis-Lanslebourg

MICKEY FUN TRACKS

At the start of the Essarts ski lift and under the arrival of the La chairlift Colomba, in Val Cenis-Lanslevillard

THE CANOPY OF THE PEAKS

Panoramic platform with sublime views of Lake Mont-Cenis, at the top of the Met chairlift

NORDIC SKI AREA

Val d'Ambin in Val Cenis-Bramans **Monolithe** in Val Cenis-Sardières

SWIMMING POOL AND ICE RINK

Glières leisure park in Val Cenis Lanslevillard Information: +33(0)4 79 05 89 32

ESCALATION

Outdoor artificial structure. Free access, from mid-March, Glières leisure park in Val Cenis Lanslevillard Information at the Tourist Office.

CULTURE

Saint-Roch Cultural space

in Val Cenis-Lanslevillard Information at the Tourist Office

Archeology Museum

in Val Cenis-Sollières Envers Information on +33(0)6 69 65 15 51

Find all the activities in the villages and resorts of Haute Maurienne Vanoise on: www.haute-maurienne-vanoise.com/agenda/agenda-des-animations/













