

le Bulletin

animations
& temps forts



Valfréjus
Haute Maurienne Vanoise

from 01 to 30 April
2024



TUESDAY, April 2nd

⌚ 6 pm-9 pm **NIGHT TORCHLIGHT HIKE UNDER THE STARS**

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

📍 Devant les bureaux de l'ESI

RÉSA ➡ By reservation at the ESI office. € Adult 25 €, child 14 €. Equipment provided.

WEDNESDAY, April 3rd

⌚ 6.30 pm-10 pm **SNOWSHOEING AND TARTIFLETTE OUTING**

Nocturnal snowshoeing through the forest offered by the ESF, followed by a convivial meal at the gîte des Tavernes.

📍 Devant les bureaux de l'ESF

RÉSA ➡ Reservation required no later than noon the day before at the ESF office. € 40 € (price includes the loan of equipment, headlamps and the meal at the refuge).

THURSDAY, April 4th

⌚ 6 pm-9 pm **NIGHT TORCHLIGHT HIKE UNDER THE STARS**

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

📍 Devant les bureaux de l'ESI

RÉSA ➡ By reservation at the ESI office. € Adult 25 €, child 14 €. Equipment provided.

SUNDAY, April 7th

⌚ 3.30 pm-4 pm **PRESENTATION OF THE SNOWSHOE PROGRAMME WITH THE ESF**

You want to diversify your activity, discover snowshoeing. Presentation of the programme during a convivial moment around a tasting of Beaufort cheese and Savoy wine.

📍 Dans les bureaux de l'ESF € Free of charge.

TUESDAY, April 9th

⌚ 6 pm-9 pm **NIGHT TORCHLIGHT HIKE UNDER THE STARS**

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

📍 Devant les bureaux de l'ESI

RÉSA ➡ By reservation at the ESI office. € Adult 25 €, child 14 €. Equipment provided.

WEDNESDAY, April 10th

⌚ 6.30 pm-10 pm **SNOWSHOEING AND TARTIFLETTE OUTING**

Nocturnal snowshoeing through the forest offered by the ESF, followed by a convivial meal at the gîte des Tavernes.

📍 Devant les bureaux de l'ESF

RÉSA ➡ Reservation required no later than noon the day before at the ESF office. € 40 € (price includes the loan of equipment, headlamps and the meal at the refuge).

THURSDAY, April 11th

⌚ 5 pm-6.30 pm **INITIATION TO QI GONG**

Come and balance Yin and Yang, strengthen and nourish your body. A few movements to put the energy in motion. A Taoist meditation to boost vitality and instill inner calm.

📍 Maison du Thabor

RÉSA ➡ Reservation at the Tourist Office € Free of charge.

⌚ 6 pm-9 pm **NIGHT TORCHLIGHT HIKE UNDER THE STARS**

Come and enjoy a nocturnal torchlight hike under a starry sky with Christophe Chappelaz, mid-mountain guide. Aperitif offered.

📍 Devant les bureaux de l'ESI

RÉSA ➡ By reservation at the ESI office. € Adult 25 €, child 14 €. Equipment provided.

Accès



**Haute
Maurienne
Vanoise**

+33 (0)4 79 05 99 06
www.haute-maurienne-vanoise.com