

# Activities guide

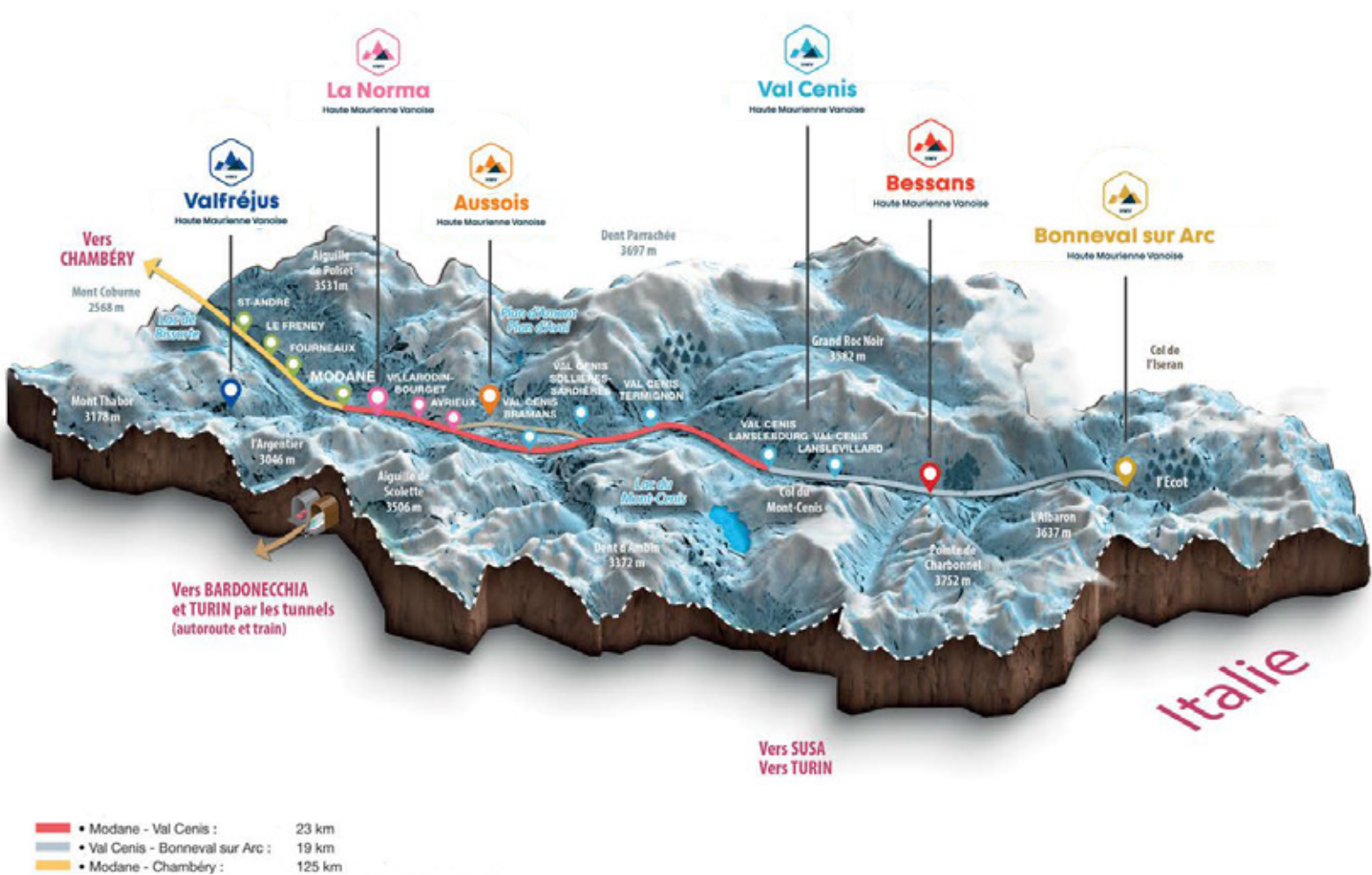


**Haute  
Maurienne  
Vanoise**

Winter 2023 -2024

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

# Haute Maurienne vanoise



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Information transmitted by professionals  
from Haute Maurienne Vanoise.  
Find more information on  
[haute-maurienne-vanoise.com](http://haute-maurienne-vanoise.com)  
and service provider sites.  
Edited on 27/04/2024



# Outdoor



**Haute  
Maurienne  
Vanoise**

VALFRÉJUS | LA NORMA | AUSOIS  
VAL CENIS | BESSANS | BONNEVAL SUR ARC

# Biathlon

## AUSSOIS

### BIATHLON LESSON - AUSSOIS FRENCH SKI SCHOOL

Try biathlon, a complete sport! This activity combines two sports: cross-country skiing and rifle shooting. Discover this original discipline in which the French excel.

📅 From 16/12 to 31/03, daily.

💰 From 44 €. Possibility of lessons of 1h, 1h30, 2h ..  
Duration: 1hrs

☎ +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

## BESSANS

### LE CARRELEY SPORTS AREA

In the heart of the French Alps located at an altitude of 1800 m, the Le Carreley sports area brings together various facilities in the Nordic area of Bessans, including the international biathlon stadium.

📅 From 01/11 to 06/04 between 9 am and 5 pm.

💰 Free access.

☎ +33 (0)4 79 05 96 65

### BIATHLON PRIVATE LESSON - FRENCH SKI SCHOOL ESF BESSANS

Come and learn about biathlon, discipline that combines Nordic skiing and target rifle shooting precision. Bessans is the Mecca of French biathlon, with recent infrastructure where the world's best athletes train and compete.

📅 From 23/12 to 07/04, daily. On reservation.

💰 76 € for 1 hour for 1 to 4 people (10 meters), 83 € (50 meters) + 5 € for access to the shooting range. The price includes the loan of equipment (rifle and pellets). Group rates: please contact us.  
Duration: 1hrs

☎ +33 (0)4 79 05 80 05 / +33 (0)6 30 06 32 63

🌐 [www.esf-bessans.com](http://www.esf-bessans.com)

### BIATHLON STADIUM

The permanent training centre is one of the highest in Europe. Ideally located, it allows the practice of training or leisure activities in optimal conditions. Biathlon stadium: 30 targets for shooting at 10 m and 50 m.

📅 From 01/11 to 06/04 between 9 am and 5 pm. On reservation.

💰 Access to the shooting range : Adult (16 years and over) individual: 1 day: 6 €, 1 week (6 days): 30 €. group (10 people and more): 1 day: 5 €, 1 week (6 days): 25 €. Young people (up to 15 years old) individual: 1 day: 5 €, 1 week (6 days): 25 €. group (10 people and more): 1 day: 4 €, 1 week (6 days): 20 €.

☎ +33 (0)4 79 05 96 05

🌐 [www.bessans.ski/fr/](http://www.bessans.ski/fr/)

# Climbing/Via ferrata

## VAL CENIS Sollières-Sardières

### VIA FERRATA OUTING - UPGUIDES

From age 6 years

Come take height by discovering the via ferrata of Haute-Maurienne Vanoise! Between forts and cliffs, come and discover this activity halfway between climbing and tree climbing. Young and old, there is something for all levels!

📅 From 23/12/2023 to 31/03/2024, every Tuesday. Cancelled in case of bad weather.

💰 Single price: 40 €. From 185 € for 5 people.  
Duration: 3hrs

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## VAL CENIS Lanslevillard

### VIA FERRATA VAL CENIS - ALTITUDE ADVENTURE PARK - RÉGIS BURNEL - MOUNTAIN GUIDE

From age 12 years

Via Ferrata Val Cenis: Half-day outings for all levels. Discover the via ferrata routes of Haute Maurienne in complete safety and in a friendly atmosphere. Climb ladders in the heart of nature!

📅 From 01/01 to 31/12, daily. By reservation the day before at the latest.

💰 One price: from 40 €.

Duration: 2.30

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

## BESSANS

### VIA FERRATA OUTINGS FOR ALL LEVELS - BESSANS MOUNTAIN GUIDES

From age 6 years

Path of vertigo, vertical path, discovery of cliffs. Routes equipped for a facilitated journey in a vertiginous world. Via ferrata is a very accessible activity. It will make you discover a vertical universe.

📅 All year round, daily. Subject to favorable weather. On demand.

💰 Upon request by phone or e-mail.

☎ +33 (0)6 70 63 94 65

🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

# Dog sledding

## LA NORMA

### DOG SLEDDING EXPERIENCE - TROTT HUSKY

From age 4 years

At the rhythm of the dogs, comfortably installed in the sled, you will be the spectator of a multifaceted landscape.

📅 From 23/12/2023 to 12/04/2024. Closed on Saturday. From 21/12/2024 to 11/04/2025. Closed on Saturday.

💰 1 or 2 people (adults and/or children): €120. 2 adults and 1 child under 10 (from age 4 max 40kg): 155 €. 1 adult and 2 children under 8 (from 4 years max 20kg/child): 135 €.  
Duration: 50mn

☎ +33 (0)6 50 01 98 22 / +33 (0)6 08 10 09 01

## AUSSOIS

### DOG SLEDDING - HUSKY ADVENTURE - DOGSLEDDING

From age 2 years

A hilly itinerary in a family resort on a sunny plateau, offer yourself a unique moment of dream, sharing of passion, complicity between man and dog, communion with the animal. Approx. 5 km route.

📅 From 16/12 to 10/03, daily. Subject to snow conditions.

💰 2 persons 145 €/ carriage. 2 persons + 1 child (<10 years): 195 €/ carriage. 2 persons + 2 children (sum of the ages of the children <11 years): 235 €/ carriage. Maximum weight per carriage: 180 kg for the comfort of our dogs and yours. In case of doubt: contact us before booking. Activity forbidden to pregnant women, people with back pain or badly healed fractures.

Duration: 40mn

☎ +33 (0)6 70 80 72 78

🌐 [www.husky-adventure.net](http://www.husky-adventure.net)



## VAL CENIS

Lanslebourg-Mont-Cenis

### DOG SLEDDING VAL-CENIS - DOG SLEDDING EXPERIENCE IN VAL-CENIS - MONT CENIS SLEDOGS

From age 2 years

In the spectacular setting of Mont-Cenis, surrounded by sharp peaks and overlooking the lake, you will discover the wonderful world of sled dogs, between dream and adventure.

🕒 From 22/12 to 19/04, daily. On reservation (please arrive 10 minutes before the meeting).

💰 Adult: from 66 € (from 2 people in the sled.) Child (2-10 years): from 46 € (accompanied by an adult.) One price: 112 € (single person in the sled.) Duration: 40mn

☎ +33 (0)4 79 05 92 43

🌐 [www.esf-valcenis.com](http://www.esf-valcenis.com)

## BESSANS

### SLED DOG TANDEM RIDE - HUSKY ADVENTURE - DOGSLEDDING

From age 2 years

An ideal setting for the discovery of our activity as it is very similar to the idyllic environment of the great Scandinavian or Canadian spaces. Treat yourself to a unique moment of dream, complicity and communion between man and dog.

🕒 From 17/12 to 10/04, daily. Subject to snow conditions.

💰 2 persons 145 €/ carriage. 2 persons + 1 child (<10 years): 195 €/ carriage. 2 persons + 2 children (sum of the ages of the children <11 years): 235 €/ carriage. Maximum weight per dog team: 180 kg for the comfort of our dogs and yours. In case of doubt: contact us before booking. Activity forbidden to pregnant women, people with back pain or badly healed fractures. 1 hour outing: 220 € (2 people), 250 € (2 people + 1 child). Duration: 40mn

🌐 [www.husky-adventure.net](http://www.husky-adventure.net)

### INTRODUCTION TO DRIVING A DOG TEAM - HUSKY ADVENTURE - DOGSLEDDING

From age 10 years

On the Bessans plain, in a setting that resembles the great Canadian and Scandinavian open spaces, come and try your hand at driving a dog team and share a unique, authentic moment of communion between man, nature, dogs and sport.

🕒 From 17/12 to 10/04, daily. Subject to snow conditions.

💰 180 € (improvement: contact us). Duration: 2hrs

☎ +33 (0)6 70 80 72 78

🌐 [www.husky-adventure.net](http://www.husky-adventure.net)

## Escape games outdoor

## VAL CENIS

Lanslebourg-Mont-Cenis

### ESCAPE OUTDOOR VAL CENIS

From age 6 years

The 1st augmented reality escape game. Do you believe in goblins, gnomes or other parallel worlds? Thanks to Escape Outdoor, to discover on the ski slopes or in our villages. 2 different games: "The Magic Portal" and "Operation Mindfall".

🕒 From 01/01 to 31/12. Reservation on line or by telephone.

💰 5 players: 14€ per person, 4 players: 17€ per person, 3 players: 20€ per person, 2 players: 23€ per person, Deposit: an ID will be required.

☎ +33 (0)4 79 64 23 69

🌐 [www.escapegamesunited.com](http://www.escapegamesunited.com)

## Fatbike/Xbike

## VAL CENIS

Termignon

### XBike DESCENT - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

From age 8 years

Let yourself be tempted by a playful and fun practice! Combo between mountain bike and scooter, without saddle or pedal and with 2 notched tires, the XBike seems perfect for riding in snowy descents! The practice is intended to be accessible to all.

🕒 From 23/12 to 12/04, every Monday and Thursday between 4.45 pm and 5.45 pm. On reservation.

💰 One price: 20 € (1 hour). Ski pass not included. Duration: 1hrs

☎ +33 (0)4 79 20 53 56

🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

## VAL CENIS

Lanslevillard

### ELECTRICALLY ASSISTED MOUNTAIN BIKING ON SNOW - THE COL DU MONT CENIS BY NIGHT - UP DOWN SKI & BIKE

Front screwed on your helmet, climb on an electrically assisted mountain bike on the groomed tracks to the Col du Mont-Cenis.

🕒 From 17/12 to 19/04, every Tuesday and Thursday at 5.30 pm. On reservation.

💰 One price: 75 € (the price includes: rental of mountain bike VAE, helmet, supervision by a pro instructor). Duration: 2.30

☎ +33 (0)7 72 50 49 19 / +33 (0)6 29 47 26 70

## BESSANS

### SPORT 2000 TRACQ SPORTS

200 m from the start of the stadium, discover our major brands of textiles, outdoor activity equipment, enough to push your limits!

🕒 From 01/12 to 21/04 Opening hours daily between 9 am and 12.30 pm and between 1.30 pm and 7 pm.

💰 Half-day fatbike rental. Prices: contact the service provider.

☎ +33 (0)4 79 05 20 13

🌐 [www.tracq.sport2000.fr](http://www.tracq.sport2000.fr)

## Freeride/hors-pistes

## VALFRÉJUS

### FREERIDE OFF PISTE - ESI INTERNATIONAL SKI SCHOOL VALFRÉJUS

L'Esi, International Ski School, offers Free ride / off piste outings. Come slide on some of the most beautiful routes in the Alps. A premium quality of course. Specialized instructors who know the routes very well.

🕒 From 23/12 to 12/04, daily. Subject to favorable snow and weather conditions.

💰 Minimum output 3h: 150€ for 1 person, 50€ per extra person and 50€ per extra hour. Equipment not provided. Duration: 3hrs

☎ +33 (0)4 79 05 32 58 / +33 (0)6 89 29 63 30

🌐 [www.esi-valfrejus.fr/](http://www.esi-valfrejus.fr/)

# Freeride/off-piste

## VALFRÉJUS

### FIND OUT MORE ABOUT MOUNTAIN SAFETY BEFORE YOU SET OFF - VALFREERIDE

You practice the off-piste, you are obviously equipped with basic safety equipment consisting of the trilogy DVA (Avalanche Victim Detector), probe and shovel ... Are you certain to master the use of this equipment?

🕒 From 23/12 to 12/04, daily. On demand.

💰 35 €.  
Duration: 3hrs  
☎ +33 (0)6 45 98 77 26  
🌐 [www.valfreeride.com](http://www.valfreeride.com)

### OFF PISTE AND FREERIDE OUTING - VALFREERIDE From age 14 years

Are you an experienced piste skier? Come and discover Valfréjus' off-piste and freeride circuits, suitable for beginners and experienced riders alike.

🕒 From 23/12 to 12/04, daily between 9 am and 5 pm.

💰 Price from 1 to 5 people maximum: half-day: € 190, full day: € 350.  
Duration: 3.30  
☎ +33 (0)6 45 98 77 26  
🌐 [www.valfreeride.com](http://www.valfreeride.com)

## VAL CENIS Termignon

### SKI TOURING AND OFF-PISTE SKIING - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

From age 18 years

Our instructors specializing in off-piste practices will be happy to accompany you in the pristine areas of the resort, whether off-piste or in ski touring! Expert ski level required.

🕒 From 23/12 to 12/04, daily. Subject to favorable snow and weather conditions. On demand.

💰 One price: from 120 € (price / person). Indicative price, it will be refined according to your request. Safety equipment (avalanche transceiver, shovel, probe) included.  
☎ +33 (0)4 79 20 53 56  
🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

## VAL CENIS Lanslevillard

### OFF PISTE SKIING - RÉGIS BURNEL - MOUNTAIN GUIDE

Half-day initiation trips to the Val Cenis area, or day trips to discover the most beautiful descents in Haute Maurienne Vanoise. Technical and safety.

🕒 From 11/12 to 30/04, daily. Subject to favorable snow and weather conditions.

💰 One price: from 50 €.  
Duration: 3hrs  
☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97  
🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

## BESSANS

### FREERIDE TRIP - BESSANS MOUNTAIN GUIDES From age 9 years

Leave the marked areas, make your mark on an immaculate slope.

🕒 From 01/12 to 30/04, daily.

💰 Group rate available for > 4 people. Upon request by phone or mail.  
Duration: 3.30  
☎ +33 (0)6 70 63 94 65  
🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

# Funny trails

## VALFRÉJUS

### BANKED SLALOM

Enjoy natural terrain with banked turns and slalom gates. Blue level track.

🕒 From 21/12 to 13/04 between 9.15 am and 4.15 pm.

💰 Free access. With your ski pass.

☎ +33 (0)4 79 05 32 71  
🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

### KID PARK

Children's play area: a swing, an enormous snow castle and a turnstile await children and their parents on the Arrondaz plateau for an ideal moment between sliding and snow games!

🕒 From 21/12 to 11/04 between 9 am and 4 pm.

💰 Free entry for children < 5 years, people > 75. Accessible to holders of a valid ski pass from the area.

☎ +33 (0)4 79 05 32 71  
🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

### SKI PLAY AREA L'ALPAGE

Alpine-themed ski play area with giant xylophone, boxing bag with bell, "check spinner".

🕒 From 21/12 to 11/04 Opening hours daily between 9.15 am and 4.30 pm. Subject to snow conditions.

💰 Free access. With a valid ski pass.

☎ +33 (0)4 79 05 32 71  
🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

### WOOPS PARK

Fun zone with big easy bumps next to the Chalets green ski run.

🕒 From 21/12 to 11/04 between 9.15 am and 4.30 pm. Subject to snow conditions.

💰 Free access. With a valid ski pass.

☎ +33 (0)4 79 05 32 71  
🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

## LA NORMA

### TIMO'S FUN SKI SLOPE

Children will have fun on the fun green level course! They will pass obstacles and bumps, cross a tunnel... To do and to do again with family and friends!

🕒 From 21/12 to 11/04 Opening hours daily between 9.15 am and 4.30 pm. Subject to snow conditions.

💰 Free access. Accessible to holders of a valid ski pass from the area.

☎ +33 (0)4 79 20 31 46  
🌐 [www.la-norma.ski](http://www.la-norma.ski)

## AUSSOIS

### PLAYGROUND SKI MARMOT'PARK



Come discover the new fun track: The Marmot'Park! A family fun track consisting of multiple modules including a variety of interactive elements. A public space for family fun!

🕒 From 14/12 to 11/04.

💰 Free access. Be the holder of a valid ski pass.

☎ +33 (0)4 79 20 42 20  
🌐 [www.aussois.ski](http://www.aussois.ski)

## VAL CENIS Termignon

### ZONE CHRONO

Measure your speed like the real champions of the launched kilometer (world record beyond 250km / h), will you take up the challenge? Guaranteed sensations!

🕒 From 21/12 to 11/04 between 9 am and 4.30 pm.

💰 Free of charge. Skipass needed.

☎ +33 (0)4 79 05 96 48

## VAL CENIS Lanslevillard

### MICKEY DIARY RUNS

Find all your favorite Disney characters in 2 children's areas. Meeting point is at the departure of the Essarts ski lift and a little below the arrival of La Colomba.

🕒 From 21/12 to 11/04 between 9 am and 4 pm.

💰 Free of charge. Accessible to holders of a valid ski pass.

☎ +33 (0)4 79 05 96 48

🌐 [www.valcenis.com](http://www.valcenis.com)

## BONNEVAL SUR ARC

### BONNY EASY PARK

Follow Bonny, our favorite marmot, on a fun track accessible from the chairlift Vallonnet, where you can make music with your ski poles, shoot in bells and cross a tunnel...

🕒 From 23/12 to 26/04.

💰 Free access. Provided that you have a valid skipass.

☎ +33 (0)4 79 05 95 09

### BONNY MOUNTAIN

Follow Bonny, our favorite marmot, on a fun trail accessible to little ones, at Pré du Vas.

🕒 From 23/12 to 26/04. Depending on snow conditions.

💰 Free access. Provided that you have a valid skipass.

☎ +33 (0)4 79 05 95 09

🌐 [www.bonneval-hautemaurienne.ski/](http://www.bonneval-hautemaurienne.ski/)

## Heliskiing

## VALFRÉJUS

### HELISKIING OUTING - VALFREERIDE

40 minutes of transportation are enough to reach the Italian DZ (Drop Zone-Base Helicopter) of Sestriere. This site nicknamed "Little Canada" will offer you more than thirty different circuits in the "Val Susa".

🕒 From 23/12 to 12/04, daily. On demand.

💰 One price: 550 €.

☎ +33 (0)6 45 98 77 26

🌐 [www.valfreeride.com](http://www.valfreeride.com)

## VAL CENIS Lanslevillard

### HELISKIING TRIP - RÉGIS BURNEL - MOUNTAIN GUIDE

Of all the activities in the mountains, heliskiing is without doubt one of the most spectacular! An experience to live between Bonneval sur Arc and Val d'Isère or in nearby Italy ...

🕒 From 11/12 to 30/04, daily. On request.

💰 One price: from 300 €.

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

## Horse/Pony/Donkey

## VAL CENIS Bramans

NEW

### BRAMANS HORSE RIDING - BRAMANS HORSE RIDING

From age 2 years

Our pony club, open all year round, offers group lessons, private lessons, courses, walks, hikes, baby pony (advanced, from 2 years old) in all equestrian disciplines (dressage, show jumping, acrobatics, cross, TREC...)

🕒 From 01/01 to 31/12. Closed on Monday.

💰 Prices not available.

Duration: 1hrs

☎ +33 (0)6 98 36 50 31

🌐 [www.facebook.com/search/top?q=bramans%20%C3%A9quitation](https://www.facebook.com/search/top?q=bramans%20%C3%A9quitation)

## BESSANS

### PONY RIDE - LES CRINS D'ARGENT

Up age 14

Come and discover a snow course to do on our friendly ponies. 4 ponies available for rides: 2 large ponies, 1 small mule, 1 little pony. The riding helmet is obligatory, it is provided by the structure.

🕒 From 22/12/2023 to 14/04/2024 Opening hours daily between 9 am and 12.30 pm and between 5 pm and 7 pm. Subject to favorable weather. Postponed in case of bad weather.

💰 One price: 15 €.

Duration: 20mn

☎ +33 (0)6 58 44 26 61

🌐 [www.lescrinsdargent.fr](http://www.lescrinsdargent.fr)

### PONY SLED RIDE - LES CRINS D'ARGENT

Up age 14

Let a pony drag you on a sled on a groomed circuit. 2 children on the sled and a 3rd on the back of the pony for large families. 2 ponies are available for this activity.

🕒 From 22/12/2023 to 14/04/2024 Opening hours daily between 9 am and 12.30 pm and between 5 pm and 7 pm. Subject to favorable weather. Postponed in case of bad weather.

💰 One price: 15 €.

Duration: 20mn

☎ +33 (0)6 58 44 26 61

🌐 [www.lescrinsdargent.fr](http://www.lescrinsdargent.fr)

### TOWED BUOYS - LES CRINS D'ARGENT

Up age 14

Snow circuit to be done in a towed buoy, 2 ponies are available for this activity. It is possible to put 2 buoys per pony and have a 3-seater buoy.

🕒 From 22/12/2023 to 14/04/2024, daily between 5 pm and 7 pm. Subject to favorable weather. Postponed in case of bad weather.

💰 One price: 15 €. 2 children: 20 euros 3 children: 25 euros.

Duration: 20mn

☎ +33 (0)6 58 44 26 61

🌐 [www.lescrinsdargent.fr](http://www.lescrinsdargent.fr)

## Ice apnea

## VAL CENIS Sollières-Sardières

### ICESWITCH - EVOLUTION 2 VAL CENIS

Freediving under ice in a swimsuit, impossible? You will do a free dive between 5 and 20 meters without a wetsuit under the ice, this experience is an excuse to get to know yourself better! There will be a before and after immersion!

🕒 From 01/01 to 30/04/2024, daily. By reservation.

💰 One price: 650 €.

☎ +33 (0)6 45 49 45 66

🌐 <https://evolution2.com/val-cenis>



# Ice climbing

## AUSSOIS

### DISCOVERY/INITIATION TO ICE CLIMBING - GUIDES OFFICE SAVOIE MAURIENNE - AUSSOIS

From age 14 years

Discover ice climbing. Contrary to popular belief, this sport is accessible to all. The guide installs ropes on the frozen waterfall so that you can climb while being held by the top, the fall is impossible.

🕒 From 01/12 to 15/03, every Tuesday. Subject to favorable weather.

💶 One price: 100 € (Per person with a minimum of 3 people.).

☎ +33 (0)6 25 21 74 63 / +33 (0)4 79 20 37 13

## VAL CENIS Bramans

### ICE CLIMBING IN VAL CENIS - GLACENOST, THE ICY ADVENTURE

Glacénost is a magnificent waterfall, completely frozen in winter, one of the most beautiful in France, reserved for the very experienced in the high mountains.

🕒 From 18/12 to 17/03. Subject to favorable weather.

💶 Free access.

## VAL CENIS Lanslevillard

### CASCADE DE GLACE VAL CENIS - INTRODUCTION TO WINTER ICE CLIMBING - RÉGIS BURNEL - MOUNTAIN GUIDE

Cascade de Glace Val Cenis: accessible and exhilarating climbing for all. Discover this unique and surprising activity. Challenge your perceptions and give it a try!

🕒 From 15/12 to 15/03, daily. Subject to favorable weather.

💶 One price: from 70 €.  
Duration: 3hrs

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

## BESSANS

### BARMETTE ROCKS SEMI ARTIFICIAL ICEFALL

Easy to access, it allows you to learn with high mountain guides or to train independently. Beginner to expert level (dry tooling). Open to everyone provided they are insured for the activity. Registration-reservation at the Carreley space.

🕒 From 15/12 to 23/03. Subject to favorable climatic conditions (ice).

💶 Free access. To access the cascade in autonomy : - Membership to the Club Glace Maurienne: 20 €/winter or daily fee 5 €/day (purchase at the Nordic area of the Carreley). - Be in possession of an insurance covering the "ice climbing" activity (possibility of purchase at the Nordic area of the Carreley): 4 €/day.

☎ +33 (0)6 30 37 08 65 / +33 (0)6 72 00 20 45

### ICE CLIMBING INITIATION - UPGUIDES

From age 10 years

Ice climbing is not just for the elite! All levels are welcome, from beginners to seasoned climbers!

🕒 From 19/12 to 31/03, every Thursday. Subject to ice conditions.

💶 65 €/ person for a half day group (3h). 98 €/ person for a full day. For the night time slot: 50 €/ person (2h).  
Duration: 3hrs

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

### ICE CLIMBING DISCOVERY AND IMPROVEMENT - BESSANS MOUNTAIN GUIDES

From age 9 years

Sensations guaranteed from the first sessions. We initiate and guide you in many routes of all levels. The Rocher des Barmettes in Bessans is the ideal place to discover this activity during the day, or after-ski at night.

🕒 From 01/12 to 10/03, daily. Subject to favorable weather.

💶 50 € / person in collective, material provided. Shoe rental not included. Group prices on request by phone or e-mail.  
Duration: 3hrs

☎ +33 (0)6 70 63 94 65

🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

## BONNEVAL SUR ARC

### HALF-DAY ICE CLIMBING SESSION - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

Come and enjoy the ephemeral frost trails accompanied by our qualified and experienced instructor guides.

🕒 From 23/12 to 15/03, daily. Subject to favorable weather.

💶 55 €. Do not hesitate to contact us for more information.  
Duration: 3hrs

☎ +33 (0)4 79 05 95 70

🌐 [www.esf-bonnevalsurarc.fr/](http://www.esf-bonnevalsurarc.fr/)

# Ice rinks

## VAL CENIS Lanslevillard

### SKATING RINK AT THE PARC DE LOISIRS DES GLIÈRES

Looking for a family activity? Come and have fun on the natural outdoor ice rink, in a friendly atmosphere.

🕒 From 24/12 to 17/03 Opening hours on Monday, Tuesday, Thursday, Friday and Sunday between 3 pm and 7 pm. On Wednesday between 3 pm and 8.30 pm. Closed on Saturday. Subject to climatic and technical conditions.

💶 Adult: 6 € (5 entry card: 27.5 €, excluding skate rental.) Child (12 years): 4.30 € (5 entry card: 17.5 € Child - 12 years old Excluding skate rental.). Free entry for children < 3 years. Skate rental 4 €, from size 25. Skates are available for smaller sizes : 2 € Blade sharpening: 3.5 €.

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenis piscine patinoire.wordpress.com/>

## BESSANS

### NATURAL SKATING RINK

Natural rink of 400 m², in the center of the village next to Espace Albaron.

🕒 From 08/01 to 09/02, every Monday, Wednesday and Friday between 4 pm and 8 pm. From 10/02 to 10/03 between 4 pm and 8 pm. Closed on Saturday. From 23/12 to 07/01 between 4 pm and 8 pm. Closed on Saturday.

💶 One price: 3.50 € 5 tickets: 14 to 24 € (without skate rental / skate rental included.) skate rental: 3.50 €. Entrance + skate rental: 6 €. Skate rental on site. Access offered to holders of a ski pass valid in Bessans.

☎ +33 (0)4 79 05 99 06

## BONNEVAL SUR ARC

### NATURAL SKATING RINK

Wonderful family relaxation after skiing or in the evening. The natural ice rink is located in front of the Tourist Office. The animation service offers from time to time animations for all (broom on ice and other games ...).

🕒 From 23/12 to 05/03 between 4 pm and 9 pm. Closed on Saturday. Subject to favorable ice conditions.

💶 Adults: 7.5 €, children: 5.5 €.

☎ +33 (0)4 79 05 95 09 / +33 (0)4 79 05 99 06

🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

# Moonbike

## VALFRÉJUS

### MOONBIKE, THE 100% ELECTRIC SNOWMOBILE - MOONBIKES PARK VALFRÉJUS

From age 14 years

A new activity in Valfréjus! Ride a 100% electric snowmobile - the moonbike - on a 1km circuit through magnificent countryside. A thrill to discover on your own or in a group.

🕒 From 20/12/2023 to 14/04/2024. Closed on Saturday. Subject to snow conditions. Postponed in case of bad weather.

💰 Adult: 27.50 to 35 € Group adults: 20 to 35 € Concession: 25 € (for HMV ski pass holders). Group rate available for > 7 people. Duration: 35mn

☎ +33 (0)6 50 44 08 33

🌐 <http://xn--moonbikesparkvalfrjus-s5b.com/>

### MOONBIKES PARK VALFRÉJUS

From age 14 years

Rent a 100% electric snowmobile for safe riding on a 1 km closed circuit in the heart of nature. A 10-minute briefing before taking control of the moonbike for 25 minutes, under our supervision.

🕒 From 20/12/2023 to 14/04/2024. Closed on Saturday.

💰 Adult: 27.50 to 35 € Group adults: 20 to 35 €. Reduced rate for Haute Maurienne Vanoise pass holders: €25.

☎ +33 (0)6 50 44 08 33

🌐 <http://xn--moonbikesparkvalfrjus-s5b.com/>

## BESSANS

### MOONBIKE - MOONBIKE PARK HMV

From age 14 years

Come and live a unique gliding experience for 30 minutes by taking advantage of our private and equipped circuit with the moonbike: a 100% electric and ecological snowmobile!

🕒 From 04/11 to 06/04 Opening hours daily between 9.30 am and 12.30 pm and between 2.30 pm and 5.30 pm.

💰 One price: 45 € (for 30 minutes). Privatization of the 2-hour circuit: 420 €. Duration: 30mn

☎ +33 (0)6 66 90 96 54

🌐 [www.moonbikesparkhmv.com/](http://www.moonbikesparkhmv.com/)

# Mountain Guides and Leaders

## MODANE

### THIERRY BARDAGI - MOUNTAIN GUIDE

From age 5 years

Naturalist and Nordic Walking instructor, specialized in Walking Yoga, Thierry Bardagi offers many family outings, in the heart of nature, in a warm and friendly spirit.

🕒 From 01/01 to 31/12. By reservation.

💰 Depending on the outings. Please consult me.

☎ +33 (0)6 51 00 19 08 / +33 (0)6 85 06 51 43 / +33 (0)4 79 05 86 68

## VALFRÉJUS

### VINCENT ANGLARET - MOUNTAIN GUIDE

From age 7 years

When the Haute Maurienne is draped in its magnificent white coat, wherever you are in this beautiful valley, there are snowshoe hikes accessible to your level. Follow me, I'll show you our wonderful landscapes!

🕒 From 23/12 to 12/04.

💰 Half day adult: from 25 €. Half day child (4-12 years old): 15 €. Group rate (5 people): 250 € upon engagement + 10 €/additional person. Snowshoes not provided.

☎ +33 (0)6 21 53 05 51

## VILLARODIN-BOURGET

### LES RANDOS DU LAVVU - MOUNTAIN LEADERS

State-qualified mountain guides Sandrine and Dominique offer outings from La Norma to the Haute Maurienne Vanoise. Come and experience the mountains in all simplicity, far from the hassles of everyday life.

🕒 From 01/01 to 31/12. Tours on request for groups of 4 or more.

💰 Prices not available.

☎ +33 (0)6 20 37 11 18 / +33 (0)6 12 30 64 62

🌐 <https://lesrandosdulavvu.wixsite.com/randobaladedulavvu>

## AVRIEUX

### GRÉGORY COUBAT - HIGH MOUNTAIN GUIDE

Greg, a mountain guide, invites you to share his passion by (re) discovering the activities offered by the mountains.

🕒 From 01/01 to 31/12.

💰 On demand.

☎ +33 (0)6 31 69 19 44

🌐 <http://leshautsieux.e-monsite.com>

## AUSOIS

### GUIDES OFFICE SAVOIE MAURIENNE - AUSOIS



Throughout the year, the Bureau des Guides offers mountain activities for beginners or advanced training; in collectives or private engagement.

🕒 From 16/12 to 12/04.

💰 Prices on our website.

☎ +33 (0)6 25 21 74 63

🌐 [www.guides-savoie.com](http://www.guides-savoie.com)

### MAISON DE LA MONTAGNE

From age 4 years



Bénédicte, a mountain guide, offers hiking, nordic walking and snowshoeing trips above the village of Ausois, at the gateway to the Vanoise National Park, for all levels.

🕒 All year round. By reservation.

💰 Ask us.

☎ +33 (0)6 81 46 57 48

🌐 <http://ausoislocation.com>

## VAL CENIS Bramans

### JEAN-YVES PLOYER - MOUNTAIN LEADER

From age 8 years

Former guard-instructor at the Vanoise National Park, I will make you discover the richness and the particularities of this magnificent massif. I propose a varied program, accessible to most people.

🕒 All year round.

☎ +33 (0)6 83 93 83 30

🌐 [www.vanoiseimpulsionnature.com/](http://www.vanoiseimpulsionnature.com/)

### JÉRÔME FURBEYRE - MOUNTAIN GUIDE

Discover Haute Maurienne Vanoise to the rhythm of winter. Jérôme offers half-day and full-day snowshoe hikes on a wide variety of sites and favorable altitudes.

🕒 All year round. Booking is recommended.

💰 Snowshoeing half day 20 €/person. Full day 50 €/person. Night outing 45 €/person.

☎ +33 (0)6 07 16 93 50

🌐 [www.jeromefurbeyre.com/](http://www.jeromefurbeyre.com/)

### MONTAGN'ART

From age 8 years

Baptiste, a high mountain guide, organises ski touring trips in winter and spring.

🕒 From 01/01 to 31/12. On reservation.

💰 Half day: 195 €, day: from 380 €. Family and group rate from 45 € /person.

☎ +33 (0)6 75 70 17 95

## THIBAUD MOUREY - HIGH MOUNTAIN GUIDE

From age 7 years

Come and discover the mountain in a different way, in winter, as in summer with a guide who will help you discover all its secrets, and adapt to your desires :: off-piste skiing, ski touring, mountaineering, climbing, ice climbing.

🕒 From 01/01 to 31/12. Reservation recommended, by email or phone.

💶 From 350 € / day upon entry.

☎ +33 (0)6 35 02 28 66

🌐 [www.thibaud-guide.com/](http://www.thibaud-guide.com/)

## MOUNTAIN GUIDE VICTOR CHARON

UIAGM mountain guides agency, specializing in off-piste skiing and ski touring, mountaineering, splitboarding and ice climbing. With us ski, climb, walk with confidence! Enjoy, we'll take care of the rest.

🕒 From 01/01 to 31/12/2023.

💶 From 50 € depending on the activities.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## VAL CENIS Sollières-Sardières

## HIGH MOUNTAIN GUIDE - BASTIEN RÉGIS

From age 4 years

UIAGM mountain guides agency, specializing in off-piste skiing and ski touring, mountaineering, splitboarding and ice climbing. With us ski, climb, walk with confidence! Enjoy, we'll take care of the rest.

🕒 From 01/01 to 31/12.

💶 From 50 € depending on the activities.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## CHRISTIAN VAIR - MOUNTAIN GUIDE

From age 6 years

Want to take a hike in our beautiful mountains? Meet our two different types of mountain goats? Discover the sea-green rocks bearing witness to the ancient oceanic floor? Find out where the prehistoric carved stones hide? ... Follow me!

🕒 From 01/01 to 31/12. By phone or email reservation.

💶 1/2 day Adult 25 €, Child (6-12 years old) 17 €. Day Adult 35 €, Child (6-12 years old) 25 €.

☎ +33 (0)7 81 06 35 89

## CLÉMENT BLÉTEAU - MOUNTAIN GUIDE

From age 4 years

UIAGM mountain guides agency, specializing in off-piste skiing and ski touring, mountaineering, splitboarding and ice climbing. With us ski, climb, walk with confidence! Enjoy, we'll take care of the rest.

🕒 From 01/01 to 31/12.

💶 From 50 € depending on the activities.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## MOUNTAIN GUIDE - SYLVAIN BABOUD

From age 4 years

UIAGM mountain guides agency, specializing in off-piste skiing and ski touring, mountaineering, splitboarding and ice climbing. With us ski, climb, walk with confidence! Enjoy, we'll take care of the rest.

🕒 From 01/01 to 31/12/2023.

💶 From 50 € depending on the activities.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## UPGUIDES

From age 5 years

UIAGM mountain guides agency, specializing in off-piste skiing and ski touring, mountaineering, splitboarding and ice climbing. With us ski, climb, walk with confidence! Enjoy, we'll take care of the rest.

🕒 From 01/01 to 31/12. From December to March permanence in the office, more information by phone. Activities by reservation by phone or on site.

💶 From 40 € depending on the activities. Via ferrata: from 40 €/pers for half-day. Ice climbing: from 65 €/pers for half-day. or 50 €/pers for the evening. Off-piste skiing or ski touring: from 98 €/pers in a group (4 to 6 pers.), private commitment 410 €/group (1 to 6 pers.). Payment to be made before the activity.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## VAL CENIS Lanslebourg-Mont-Cenis

## FABIEN SUIFFET - HIGH MOUNTAIN GUIDE

A native of Val Cenis, I am keen to help you discover our beautiful valley and its peaks. Adaptable and benevolent, I offer tailor-made outings, summer and winter.

🕒 From 01/01 to 31/12. On reservation.

💶 Contact the provider directly.

☎ +33 (0)6 30 37 08 65

## VAL CENIS Lanslebourg-Mont-Cenis

## ELODIE CAMUS - MOUNTAIN GUIDE

Élodie invites you to travel on the trails of Haute Maurienne Vanoise to discover the secrets of the world from above and the pastoral traditions that shape our beautiful landscapes.

🕒 From 01/01 to 31/12.

💶 Contact me or visit my website.

☎ +33 (0)7 81 73 68 32

🌐 <https://elodie-camus-45.websselfsite.net/>

## VAL CENIS Lanslevillard

## MOUNTAIN GUIDES FROM VAL CENIS VANOISE

From age 5 years

The guide's office offers various activities in Val Cenis: hikes, trips, mountain raids, mountain biking, snowshoeing in 1/2 days, days or evenings and, of course, the discovery of our valley of Haute Maurienne Vanoise.

🕒 From 01/01 to 31/12.

💶 Prices not available. Please consult us.

☎ +33 (0)6 81 87 16 83

## AMBROISE DE SIMONE - MOUNTAIN GUIDE

From age 10 years

Snowshoe outings. A la carte programme, theme weeks: history trail, fortifications, archaeology, villages. Also a local heritage coordinator.

🕒 From 17/12/2023 to 21/04/2024, every Monday and Wednesday. From 16/12/2024 to 20/04/2025, every Monday and Wednesday.

💶 Group rate available for > 12 people.

☎ +33 (0)4 79 05 93 82 / +33 (0)6 08 98 71 72

🌐 [www.residencelesmelezes.com](http://www.residencelesmelezes.com)

## ANTIPODES - MOUNTAIN AGENCY

Do you dream of climbing a beautiful peak ?! and why not descend under a paraglider?! Zeb is the expert in this discipline with multiple ascents and flights of the highest peaks on the planet. He will accompany you with pleasure.

🕒 From 01/01 to 31/12. On demand.

💶 Prices for guided outings: contact us.

☎ +33 (0)6 18 23 69 05

🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

## KARINE ROUTIN - MOUNTAIN GUIDE

Karine, a mountain guide, knows the valley like the back of her hand! She has travelled the world's great mountain ranges: Peru, Ecuador, Nepal and a large part of the Alps. Come and share her good humour and her passion for naturopathy.

🕒 From 01/01 to 31/12. On demand.

💶 Ask us.

☎ +33 (0)6 71 77 20 19

🌐 <https://maisondesguides.net/>

## RÉGIS BURNEL - MOUNTAIN GUIDE

High mountain guide, residing in Haute Maurienne Vanoise and always curious to discover new destinations, my priority is to share with you my passion for the mountains by emphasizing safety and conviviality.

🕒 From 01/01 to 31/12. On reservation.

💶 All prices on my website.

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 [www.regisburnel.fr](http://www.regisburnel.fr)



## BESSANS

### ASSOCIATION BESSANS BONNEVAL-SUR-ARC TERRITOIRE D'ALPINISME

The high mountain guides, the guides, the ski instructors will accompany you on the path of discovery, improvement and autonomy in the practice of mountain sports in Bessans and Bonneval-sur-Arc.

🕒 From 01/01 to 31/12.

💰 Prices not available.

🌐 [www.terre-dalpinisme-bessans-bonneval.com/fr/m\\_1\\_terre-d-alpinsime.php](http://www.terre-dalpinisme-bessans-bonneval.com/fr/m_1_terre-d-alpinsime.php)

### BESSANS MOUNTAIN GUIDES

With Haute Maurienne Ski Montagne Aventure, as a family, in a group, with friends, alone with your guide, share unique moments, an immersion in the heart of sumptuous landscapes.

🕒 From 01/09/2023 to 30/06/2024, daily. On request by phone or email. From 01/09/2024 to 30/06/2025, daily. On request by phone or email.

💰 Prices depending on the different activities proposed.

☎ +33 (0)6 70 63 94 65

🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

### OLIVIER TROMPETTE - MOUNTAIN GUIDE

From age 6 years

Discover the mountain "nature side" during a half-day, day or night hike with Olivier, guide. Each week, summer and winter, themed hikes are offered, all in a very friendly atmosphere.

🕒 From 15/12 to 01/04. On reservation.

💰 Winter prices : Adults: half day: €20, day: €50 (including meals), night: €50 (including meals). Children (under 15): half day: €15, day: €45 (including meal), night: €40 (including meal). Family half-day: 2 adults + 2 children: €60 instead of €70. Equipment not supplied. Summer rates: Adult: half day: 25 €, full day: 35 €. Children: (up to 15 years old): half day: 15 €, day: 20 €. Summit at + 3000 meters of altitude: adult: 37 €, child: 30 €.

☎ +33 (0)6 75 80 67 57

🌐 <https://randolivier-vanoise.webnode.fr/>

## BONNEVAL SUR ARC

### BONNEVAL ALPIN CENTER

For beginners and experienced mountaineers alike, Bonneval Alpin Center, Yannik Anselmet, introduces and guides you to the high mountains of Bonneval sur Arc, Haute Maurienne Vanoise, the entire Alpine arc and all the distant peaks.

🕒 From 01/01 to 31/12. By reservation only.

💰 Consult us.

☎ +33 (0)4 79 05 94 74 / +33 (0)6 08 70 29 38 / +33 (0)6 26 91 33 52

🌐 <https://bonneval-alpin-center.com>

### RÉGIS ANSELMET - HIGH MOUNTAIN GUIDE - SKI INSTRUCTOR

Régis offers introduction to the high mountains for beginners, chamois and marmot outings, treks in the Vanoise, Grand Paradis, Mont Rose, Ecrins and Mont-Blanc massifs as well as via ferrata and ski school outings, climbing.

🕒 From 01/01 to 31/12. On reservation.

💰 Consult me.

☎ +33 (0)4 79 05 96 43 / +33 (0)6 60 38 96 43

## Mountaineering/Glacier trekking

## BESSANS

### MOUNTAINEERING AND GLACIER TREKKING - BESSANS MOUNTAIN GUIDES

An immersion in the heart of sumptuous landscapes. Family, group, friends, alone with your guide. Share unique moments. Substantially organized daily in collective or at the following engagement requests.

🕒 All year round, daily. On demand.

💰 On request by phone or email.

☎ +33 (0)6 70 63 94 65

🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

## Nordic Walking

## AUSSOIS

### DISCOVERING THE DIFFERENT TECHNIQUES OF NORDIC WALKING - MAISON DE LA MONTAGNE

From age 7 years

Bénédict offers you the opportunity to discover the different techniques of Nordic walking. This sporty and fun activity helps to improve physical and proprioceptive capacities.

🕒 All year round, daily. By reservation. On demand.

💰 Please contact us.

Duration: 2hrs

☎ +33 (0)6 81 46 57 48

🌐 <http://aussoislocation.com>

## BESSANS

### AFGHAN NORDIC WALKING AND YOGA - SKIMIUM GROSSET SPORTS 2

Over-natural oxygenation with a very positive impact on our interior, the Afghan walking emphasizes the synchronization of breathing and the pace of steps and a faster walk.

🕒 From 23/12 to 30/03, every Wednesday between 1.30 pm and 4 pm.

💰 One price: 20 € (hardware included).

Duration: 2.30

☎ +33 (0)6 70 80 70 35 / +33 (0)4 79 05 08 47

## Paragliding

## AUSSOIS

### PARAGLIDING TANDEM FLIGHT - O2 TANDEM PARAPENTE

From age 6 years

Discovery, ascension and prestige flights to make your Icarus dream come true, accompanied by O2 Tandem Parapente.

🕒 From 01/01 to 31/12, daily. On reservation. Subject to favorable weather.

💰 Discovery flight (10 -15 min): €80. Ascent flight (15-20 min): €100. Prestige flight (30-35 min): €150. Video + photos: 20€.

Duration: 15mn

☎ +33 (0)6 16 14 64 25

## Mountain kart

## VALFRÉJUS

### MOUNTAIN'KART SUR NEIGE - EVOLUTION 2 VAL CENIS

From age 14 years

After purchasing a single pass (kart + lift) at the Valfréjus ticket office, go to the bottom of the Charmasson chairlift where a member of the team will show you how the Mountain'Kart works.

🕒 From 10/02 to 12/04/2024 between 1.15 pm and 4.30 pm. Closed Saturday and Sunday.

💰 15 € per run - 40 € for 4 runs. Ski lift and helmet included. Ski pass to be purchased at the ski lift ticket offices.

Duration: 30mn

☎ +33 (0)6 45 49 45 66

🌐 <https://evolution2.com/val-cenis>

## TANDEM PARAGLIDING FLIGHT - PARAPENT'OE

Discover the magic of flying, try aerobatics if you're a thrill-seeker and you'll still be smiling long after the flight. Skis on or toboggan for take-off, flight equipment provided. Meeting point at the start of the Grand Jeu chairlift.

🕒 From 01/01 to 31/12, daily. Subject to favorable weather.

📌 Discovery flight (10-15 mins): €80, Ascending flight (20-25 mins): €100, Prestige flight (30-35 mins): €150, Acrobatic flight: €130 Video + photos: €20. Duration: 15mn  
📞 +33 (0)6 49 09 31 93

## TANDEM FLIGHT WITH BY AIR PARAPENTE - BY AIR PARAPENTE

From age 6 years

Make man's greatest dream come true: to fly! With his 28 years of experience, Philippe will make you discover Haute Maurienne Vanoise seen from above, in a tandem paraglider, in complete safety and conviviality from Aussois.

🕒 All year round, daily. Subject to favorable weather. On demand.

📌 Discovery flight (10-15 min): 80€, Ascension flight (20-25 min): 100€. Prestige flight (30-35 min): 150€. Photos: €20 Videos + photos: 30€. Duration: 30mn  
📞 +33 (0)6 84 36 67 81

## VAL CENIS Termignon

## TANDEM PARAGLIDING FLIGHT - VANOISE PARAPENTE

Want a baptism of the air paragliding in Haute Maurienne Vanoise? Professional mountain and tunes, I offer a flight safely and serenely for an unforgettable trip in the heart of the mountains.

🕒 From 01/12 to 30/04, daily. Schedules defined according to weather conditions. Subject to favorable weather.

📌 Discovery flight 10-15 min (morning): 80€, Ascent flight 20-25 min (afternoon): 100€. Duration: 20mn  
📞 +33 (0)6 70 57 02 44

## VAL CENIS Lanslevillard

## TANDEM FLIGHT WITH ANTIPODES - ANTIPODES - MOUNTAIN AGENCY

From age 7 years

Fly over the villages of Haute Maurienne Vanoise, with a team of enthusiasts. 35 years of experience on all continents, including the summit of Everest at 8850 masl. The Antipodes instructors will know how to put you at ease for a magical flight.

🕒 From 01/01 to 31/12, daily. On reservation.

📌 Discovery flight (10-15 mn): 80 €. Ascent flight (10-15 mn): 100 €. Prestige flight (30-35 mn): 150 €. Video + photos: 20 €. Duration: 15mn  
📞 +33 (0)6 18 23 69 05 / +33 (0)4 79 05 92 43  
🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

## Ski schools

## VALFRÉJUS

### ESI INTERNATIONAL SKI SCHOOL VALFRÉJUS

Ski school offering group lessons for children and adults (maximum 8 per group) as well as ski and snowboard lessons and a kindergarten. Other activities: ski touring, snowshoeing, freeride and handiski.

🕒 From 23/12 to 12/04 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 8.30 am and 6 pm. On Saturday between 8.30 am and 8 pm. On reservation.

📞 +33 (0)4 79 05 32 58 / +33 (0)6 89 29 63 30

🌐 [www.esi-valfrejus.fr/](http://www.esi-valfrejus.fr/)

### ATAKA SPEED-RIDING SCHOOL

It's free ride skiing mixed with a dose of skydiving, a dose of paragliding, a dose of kiteboarding, a dash of free style, a pinch of aerobatics, and finally a big zest of mountain...

🕒 From 23/12 to 12/04.

📌 Please consult us.

📞 +33 (0)4 79 56 61 76 / +33 (0)6 62 10 54 07

🌐 [www.ecole-speedriding.com](http://www.ecole-speedriding.com)

## FRENCH SKI SCHOOL ESF VALFRÉJUS

In group or individual lessons, from beginners to advanced, in skiing, snowboarding, or ski touring, our instructors offer you the opportunity to learn, gain confidence and improve yourself, alone, in a group or with your family.

🕒 From 06/01 to 12/04/2024 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 12.30 pm and between 2 pm and 6 pm. On Saturday and Sunday between 9 am and 6 pm. From 01/09 to 15/12/2024 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 10 am and 12 pm and between 2 pm and 5 pm. Closed Saturday and Sunday. Closed exceptionally on November 1st and November 11th. On reservation. From 16/12/2024 to 11/04/2025 Opening hours daily between 8.45 am and 6 pm.

📞 +33 (0)4 79 05 05 97 / +33 (0)6 70 03 93 03

🌐 [www.esf-valfrejus.com](http://www.esf-valfrejus.com)

## VALFREERIDE

From age 6 years

We offer private alpine skiing lessons, off-piste and freeride skiing, cross-country skiing, inter-station discovery in Haute Maurienne Vanoise, off-piste safety training and heliskiing.

🕒 From 23/12 to 12/04 between 9 am and 5 pm. On reservation.

📌 From 45 €/person. Inter-resort exit in Haute Maurienne Vanoise: 340 € per day.

📞 +33 (0)6 45 98 77 26

🌐 [www.valfreeride.com](http://www.valfreeride.com)

## LA NORMA

## FRENCH SKI SCHOOL ESF LA NORMA

From age 3 years

With the ESF La Norma, the pleasure of skiing is easy to learn! Disciplines taught: alpine skiing, snowboarding, ski and handiski taxi, freeride, freestyle, telemark, bicycle skiing, handiski, snowshoes, ski touring.

🕒 From 23/12/2023 to 12/04/2024, daily between 9 am and 5 pm. On reservation. From 21/12/2024 to 12/04/2025, daily between 9 am and 5 pm. On reservation.

📌 All our prices on our website.

📞 +33 (0)4 79 20 33 10

🌐 [www.esf-lanorma.fr](http://www.esf-lanorma.fr)

## AUSOIS

## ANGIE SKI & TÉLÉMARK

Angie Ski, independent and qualified alpine ski instructor, offers group lessons for children (4 to 8 students max) and private lessons (children or adults) in alpine skiing or telemark skiing.

🕒 From 21/12 to 11/04. On reservation.

📌 Group lessons: 160€/week. Private lessons: from 41 €/h.

📞 +33 (0)6 86 21 64 74

🌐 [www.ski-glisser-aussois.fr/](http://www.ski-glisser-aussois.fr/)

## SKI SCHOOL "LOISIRS & GLISSE POUR TOUS"

From age 3 years

Ski school and snowboard. Half-hour lessons available from age 3. Denis Garnier trained at the ESF in Alpe d'Huez. Former member of the Aussois ESI and co-founder of the Loisirs et Glisse pour tous ski school.

🕒 From 16/12 to 12/04. By reservation by mail or by phone.

📌 One price: 40 € (for 1 hour (from 1 to 5 people)).

📞 +33 (0)6 83 40 88 92

## AUSOIS FRENCH SKI SCHOOL



Snow sports school for all the family and for all tastes. 57 state-qualified instructors from the valley will help you discover and share the pleasures of skiing and the joys of the mountains, whatever your level.

🕒 From 16/12 to 12/04.

📌 Prices and booking online on our website.

📞 +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

## O'SOISKI

From age 4 years

Nathalie CHOISEAU, state-qualified downhill ski instructor and mountain guide since 2005, offers you an à la carte formula for private or shared lessons in downhill skiing or snowboarding. Whether you're a beginner or an experienced skier, this formula will enable you to progress at your own pace and benefit from individualized guidance.

🕒 From 16/12/2023 to 12/04/2024, daily. From 14/12/2024 to 11/04/2025, daily.

📌 Visit our website.

📞 +33 (0)6 83 49 91 46

🌐 [www.cours-ski-aussois.com/](http://www.cours-ski-aussois.com/)

## PRO GLISSES

From age 6 years

Ski, snowboard, handiski (tandem, dual, ski kart...), snowkite and wing ski school.

🕒 From 16/12 to 12/04. By reservation by mail or by phone.

💶 Rates to be confirmed.

☎ +33 (0)6 08 94 64 18

## VAL CENIS Termignon

### FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

Benefit from an education adapted to your level to perfect your technique or simply to discover, have fun, and get away from it all! Alpine skiing, snowboarding, cross-country skiing, off-piste skiing, Nordic skiing, snowshoeing, yooner, xbike, ski or towed toboggan.

🕒 From 23/12 to 12/04 between 9 am and 5.30 pm. For more information about our schedules, visit our website. On reservation.

💶 Group lessons from 138€, 155€ during the holidays of February/ March. Check our website for schedules and rates according to periods and types of courses.

☎ +33 (0)4 79 20 53 56

🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

## VAL CENIS Lanslevillard

### ESI INTERNATIONAL SKI SCHOOL VAL CENIS

Our ski school, on a human scale, allows us to work with flexibility and availability for quality education. Whether you are beginners or experienced, children or adults, discover our services for your greatest pleasure.

🕒 From 17/12/2023 to 19/04/2024, daily. From 15/12/2024 to 18/04/2025, daily.

☎ +33 (0)6 43 49 87 97

🌐 [www.esi-valcenis.com](http://www.esi-valcenis.com)

### FRENCH SKI SCHOOL ESF VAL CENIS

From age 3 years

Our instructors, children's instructors and mountain guides welcome adults and children wishing to progress in complete safety and conviviality: skiing, snowboarding, ski taxi, handiski, off-piste skiing, ski touring, telemark, snowshoes...

🕒 From 16/12/2023 to 19/04/2024, daily between 9 am and 5 pm. Booking is recommended. From 20/04 to 13/12/2024 between 9 am and 12 pm. Closed Saturday and Sunday. Closed exceptionally on Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st and November 11th. From 14/12/2024 to 18/04/2025, daily between 9 am and 5 pm.

💶 All prices on our website.

☎ +33 (0)4 79 05 92 43

🌐 [www.esf-valcenis.com](http://www.esf-valcenis.com)

## BESSANS

### ECOLE SPORTIVE BESSANAISE

From age 5 years

The ESB offers roller-skiing courses in summer and cross-country skiing in winter, as well as biathlon courses, for both beginners and advanced skiers, and training programmes for the most motivated.

🕒 From 01/01 to 31/12.

💶 50m biathlon: €75 (+€10 per additional person) Cross-country skiing: €50 (+€5 per additional person) Ski wheel: 35€ (+5€ per additional person) Night walk: €20 per person (visit to a hamlet, discovery of local history and mulled wine tasting). Strength training: €20 per person (muscle training session, proprioception, sheathing, etc.).

☎ +33 (0)7 88 10 30 83

### FRENCH SKI SCHOOL ESF BESSANS

From age 3 years

A dynamic and professional ski school focused on pleasure and education. Alpine skiing, snowboarding, cross-country skiing lessons in group lessons or private lessons. Other activities are offered: snowshoeing, biathlon and ski touring.

🕒 From 23/12 to 07/04 between 5.10 pm and 6.30 pm. During the French school holidays, additional opening hours on Sundays from 10am to 12pm.

☎ +33 (0)4 79 05 80 05 / +33 (0)6 30 06 32 63

🌐 [www.esf-bessans.com](http://www.esf-bessans.com)

## BONNEVAL SUR ARC

### FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

From age 3 years

The instructors and high mountain guides of the Bonneval sur arc ski school ESF welcome you in their village-resort, to share their passion for ski, give you ski lessons and back you up on your adventures.

🕒 From 23/12 to 26/04. Consult our schedules on our website. On reservation.

💶 All our prices on our website.

☎ +33 (0)4 79 05 95 70

🌐 [www.esf-bonnevalsurarc.fr/](http://www.esf-bonnevalsurarc.fr/)

## Ski touring

## VALFRÉJUS

### SKI TOURING IN WILD LANDSCAPES - VALFREERIDE

Ski touring is the best way to be sure of seeing unspoiled, wild and rare scenery in an authentic mountaineering atmosphere. Far from the ski lift complex, making your own trail, both upwards and down, carries the promise of unforgettable sensations.

🕒 From 23/12 to 12/04, daily.

💶 Price from 1 to 5 people maximum: 1/2 day: 190 €, day: 350 €.

Duration: 3.30

☎ +33 (0)6 45 98 77 26

🌐 [www.valfreeride.com](http://www.valfreeride.com)

## AUSOIS

### DISCOVER SKI TOURING - AUSOIS FRENCH SKI SCHOOL

Try your hand at ski touring! Discover the mountain in a different way with a 2-hour, half-day or full-day outing. Around Aussois: Col des Hauts, Lac du Génepy, Tour du Grand Chatelard and others depending on the weather conditions.

🕒 From 16/12 to 12/04, daily.

💶 1/2 day outing 48 € per person, minimum 4 people. Day 88 €. Beyond 5 people €20 per day and per additional person.

Duration: 2hrs

☎ +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

### SKI TOURING ROUTE

Come and learn or improve your ski touring skills on a signposted piste entirely dedicated to the practice of this sport, in a breathtaking setting. Accessible to all!

🕒 From 14/12 to 11/04. Subject to snow conditions.

💶 Free access.

☎ +33 (0)4 79 20 42 20

🌐 [www.aussois.ski](http://www.aussois.ski)

### AWAY FROM THE MARKED SKI TOURING PISTES - GUIDES OFFICE SAVOIE MAURIENNE - AUSOIS

We propose an outing from Aussois to discover a wild mountain, far from the marked runs. You'll need to be in good physical condition and be able to ski in all types of snow.

🕒 From 21/12/2023 to 11/04/2024, every Thursday between 8.30 am and 4.30 pm. From 21/12/2024 to 11/04/2025, every Thursday between 8.30 am and 4.30 pm. Subject to favorable weather.

💶 One price: 100 € (Per person with a minimum of 4 people.).

☎ +33 (0)6 25 21 74 63 / +33 (0)4 79 20 37 13

## VAL CENIS Sollières-Sardières

### A DAY OF SKI TOURING IN WILD PLACES - UPGUIDES

From age 11 years

Come and share a day of ski and touring with our experienced guides. They will make you discover the feeling of freedom that the off-piste descent gives you and will take you to wild places off the beaten track.

🕒 From 11/12 to 29/04, daily. Subject to favorable weather.

💶 Adult: from 98 €. 410€ for a private engagement.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)



## VAL CENIS Termignon

### SKI TOURING ROUTE "LE SODAY TERMIGNON"

Ski touring itinerary to evolve in complete safety.

- 🕒 From 21/12 to 11/04 between 9 am and 5 pm. Subject to favorable snow and weather conditions.
- € Free access.
- ☎ +33 (0)4 79 05 96 48
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslebourg-Mont-Cenis

### SKI TOURING ROUTE "LE COL DU MONT CENIS"

Ski touring itinerary to evolve in complete safety. Departure from the snow front of La Ramasse to arrive at the Col du Mont Cenis.

- 🕒 From 21/12 to 11/04 between 9 am and 5 pm. Subject to snow conditions.
- € Free access.
- ☎ +33 (0)4 79 05 96 48
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslevillard

### SKI TOURING IN THE HIGH MOUNTAINS - RÉGIS BURNEL - MOUNTAIN GUIDE

Surely the most beautiful way to discover the high mountain. Full day or half day. An original and educational excursion with technical learning, notions of snow science and safety.

- 🕒 From 11/12 to 12/05, daily. Subject to favorable snow and weather conditions.
- € One price: from 60 €. Duration: 3.30
- ☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97
- 🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

### EVENING INTRODUCTION TO SKI TOURING - FRENCH SKI SCHOOL ESF VAL CENIS

From age 12 years

Want to try ski touring? Come and take part in an introductory session at the end of the day! Class 3 ski level required.

- 🕒 From 24/12/2023 to 19/04/2024, every Wednesday between 5.30 pm and 9 pm. From 15/12/2024 to 18/04/2025, every Wednesday between 5.30 pm and 9 pm. Subject to snow conditions.
- € From 24/12/2023 to 19/04/2024 Adult: 31 €. From 15/12/2024 to 18/04/2025 Adult: 31 €. Duration: 3.30
- ☎ +33 (0)4 79 05 92 43
- 🌐 [www.esf-valcenis.com](http://www.esf-valcenis.com)

### SKI TOURING TRAIL - LES CHALETES DE L'ARCELLE - VAL CENIS LANSLEVILLARD

The route connects the departure at Val Cenis le Haut to Les Chalets de l'Arcelle.

- 🕒 From 21/12 to 11/04 between 9 am and 5 pm. Subject to favorable snow and weather conditions.
- € Free access. Free access if you don't take the lifts.
- ☎ +33 (0)4 79 05 96 48
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## BESSANS

### LE CLARET SKI TOURING ITINERARY

Green route accessible from the bottom of the ski lifts. The finish is at the top of the Claret ski lift (1840 m). The descent is on the ski slopes.

- 🕒 From 23/12 to 14/04. Subject to favorable snow and weather conditions.
- € Free access.
- ☎ +33 (0)4 79 05 96 05
- 🌐 [www.valfrejus.com](http://www.valfrejus.com)

### LE CLOT SKI TOURING ITINERARY

Mountain route, it starts at the top of the Claret ski lift (1840m) and goes up to 2047m. Off-piste descent, on ungroomed snow, requiring an appropriate level of skiing. Unmarked route. You engage under your own responsibility.

- 🕒 From 23/12 to 07/04. Subject to favorable snow and weather conditions.
- € Free access. Access to the ski lifts subject to the purchase of an alpine ski pass.
- ☎ +33 (0)4 79 05 96 05
- 🌐 [www.valfrejus.com](http://www.valfrejus.com)

### SKI TOURING IN A WHITE AND SILENT WORLD - BESSANS MOUNTAIN GUIDES

From age 9 years

Authentic and wild skiing. A magical way to leave the ski lifts to leave a trace of an ephemeral passage in a white and silent universe, barely disturbed by a discrete fauna.

- 🕒 From 01/12 to 31/05, daily.
- € On request by phone or email. Duration: 4hrs
- ☎ +33 (0)6 70 63 94 65
- 🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

## BONNEVAL SUR ARC

### INTRODUCTION TO SKI TOURING AT NIGHT - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

When the slopes close, you will discover a new experience of freedom.

- 🕒 From 23/12 to 26/04, every Tuesday.

- € Contact us. Duration: 2hrs
- ☎ +33 (0)4 79 05 95 70
- 🌐 [www.esf-bonnevalsurarc.fr/](http://www.esf-bonnevalsurarc.fr/)

### SKI TOURING AND IMMACULATE POWDER SNOW - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

Reaching places that are inaccessible to the average skier, reaching the peaks and taking over the pristine powder fields on the way down. At the top, it's the "wow" effect. The view is magnificent. On the way down, you feel like you're floating!

- 🕒 From 23/12 to 26/04, daily. Subject to favorable weather.
- € From 35 to 67 € for a half or full day. Safety equipment included (shovel, probe, DVA). Duration: 2.30
- ☎ +33 (0)4 79 05 95 70
- 🌐 [www.esf-bonnevalsurarc.fr/](http://www.esf-bonnevalsurarc.fr/)

## Sled

## VALFRÉJUS

### BOB PARK From age 5 years

The Bob Park is a 2 km toboggan run with banked turns, tunnels, western atmosphere and night opening depending on conditions. Children from 5 to 10 years old accompanied by one adult in the sled. Possibility to use your own ski helmet.

- 🕒 From 08/01 to 29/01, every Wednesday between 2 pm and 4.30 pm. From 05/02 to 06/03, every Wednesday and Thursday between 2 pm and 4.45 pm. From 25/12 to 02/01, every Wednesday and Thursday between 2 pm and 4.30 pm. Subject to snow conditions.
- € One price: 10.50 € (Ski lift + toboggan + helmet included). Free entry for children < 10 years. 30€ for 4 descents (non-nominative card). Tickets on sale at the lift Tourist office.
- ☎ +33 (0)4 79 05 32 71
- 🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

## LA NORMA

### SLEDGE AREA

Minimum age: 4 years - maximum age: 12 years

Toboggan run: this fun area is located next to the gondola.

- 🕒 From 21/12 to 11/04.
- € Free access.
- ☎ +33 (0)4 79 20 31 46
- 🌐 [www.la-norma.ski](http://www.la-norma.ski)

## 4 SEASONS SLED - NORMA LOOPS

From age 3 years

The "Norma Loops", sled on rails. Once installed and secured, let's go for a 900 m descent between the trees of La Norma forest with 10 turns, 6 footbridges to cross the road and 3 complete 360° spins.

🕒 From 10/02 to 10/03/2024, daily between 11 am and 7 pm. Wednesday evenings until 9pm. From 11/03 to 28/04/2024, daily between 2 pm and 7 pm. From 29/04 to 30/06/2024, every Saturday and Sunday between 1 pm and 7 pm. Open exceptionally on 01/05, 08/05, 09/05, 10/05 and 20/05. Cancelled in case of bad weather.

💰 8 € per sled, 35 € for 5 sledges, 65 € for 10 sledges. Possibility to buy tokens on the spot or to load them onto a "ski pass" type magnetic card.

☎ +33 (0)4 79 05 53 07

🌐 <https://normaloops.fr/>

## AUSOIS

### SLED SLOPE MARIE-CHRISTINE

Free space at the entrance of the village towards strong Esseillon. Its assets: a long track with soft stop, a large snowy field with benches for spectators an unobstructed view and a beautiful display.

🕒 From 16/12 to 12/04. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 20 30 40

### SLED SLOPE ON THE SNOW FRONT

From age 2 years



A perfect track for toddlers, integrated snow front. Its advantages: 2 courses including one for 6.2 years, a southern exposure, low altitude, a space defined and secure lighting at night once a week.

🕒 From 14/12 to 11/04. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 20 42 20

### TOBOGGAN RUN ON THE EDGE OF THE MONOLITHE NORDIC SKI AREA

Enjoy with your family near the Sardières nordic area !

🕒 From 14/12 to 11/04. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 20 42 20

## VAL CENIS Termignon

### CHILDREN TOBOGGAN RUN TERMIGNON

A toboggan run for the delight of children, next to the Girarde chairlift in Termignon. Borrowed under your own supervision and responsibility.

🕒 From 21/12 to 11/04 between 9 am and 5.30 pm. On your own responsibility. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 48

## VAL CENIS Lanslebourg-Mont-Cenis

### CHILDREN TOBOGGAN RUN PLAN DES CHAMPS

A toboggan run for the delight of children, next to the departure point of the Pré Novel chairlift. Borrowed under your own supervision and responsibility.

🕒 From 21/12 to 11/04 between 9 am and 5.30 pm. On your own responsibility. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 48

## VAL CENIS Lanslevillard

### CHILDREN TOBOGGAN RUN TERRES GRASSES

Toboggan run for the children's enjoyment under your own responsibility.

🕒 From 21/12 to 11/04 between 9 am and 5.30 pm. On your own responsibility. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 48

## CHILDRENS TOBOGGAN RUN COLOMBA

A toboggan run for the delight of children, next to the departure point of the Colomba chairlift. Borrowed under your own supervision and responsibility.

🕒 From 21/12 to 11/04 between 9 am and 5.30 pm. On your own responsibility. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 48

## SLED - DOWNHILL EVENING WITH LIGHTING

From age 5 years

800 m of lit descent. ACCESS: - Prohibited for children under 5 years old - Children from 5 years old: allowed accompanied by an adult on the sledge - Children from 8 years old: allowed independently under the responsibility of an adult

🕒 From 21/12/2024 to 11/04/2025, every Tuesday between 6 pm and 8 pm. Subject to favorable snow and weather conditions.

💰 One price: 8 € (for 1 descent). 24€ for 4 descents. Pass on sale on site or online at [www.valcenis.ski](http://www.valcenis.ski). Chairlift ride and equipment loan included. Une navette gratuite dessert les différents arrêts de la station.

☎ +33 (0)4 79 05 96 48

🌐 [www.valcenis.ski](http://www.valcenis.ski)

## TURBO SLEDGE RUN VAL CENIS LE HAUT

From age 5 years

Accessible by the Val Cenis le Haut gondola. 900 m long sledge run.

🕒 From 21/12/2024 to 11/04/2025 between 10 am and 4.30 pm. Subject to snow conditions.

💰 One price: 10 € (Sledge rental + lift pass). 30€/4 runs, Sledge rental (if you already have a valid ski pass): 5€/2 hours.

☎ +33 (0)4 79 05 96 48

🌐 [www.valcenis.ski/categories/sledge-pass-val-cenis-turbo](http://www.valcenis.ski/categories/sledge-pass-val-cenis-turbo)

## BESSANS

### SLEDGE BOWLING

From age 4 years

Do you know snow bowling? Like bowling, the aim is to knock down as many pins as possible. The game is simple: 6 pins, a sledge and a lot of fun. Sleds not included, helmet and sled with brakes strongly advised.

🕒 From 20/03 to 27/03/2024, every Wednesday between 4 pm and 5 pm. Subject to favorable weather.

💰 Free of charge.

☎ +33 (0)4 79 05 99 06

🌐 [www.bessans.com](http://www.bessans.com)

### SLED RUN FOR KIDS

For the happiness of children: track located on the snow front of the alpine ski area. Secure and maintained space.

🕒 From 18/12 to 14/04. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 05

## BONNEVAL SUR ARC

### SLEDGE SLOPE

Accessible to all to share beautiful moments with family and make beautiful memories of children.

🕒 From 23/12 to 26/04.

💰 Free access.

☎ +33 (0)4 79 05 95 09

## Snake Gliss

### AUSSOIS

#### SNAKE GLISS DESCENT - SNAKE GLISS

From age 4 years

Embark on a sensational and unforgettable ride on a train of articulated sledges on the après-ski ski area.

🕒 From 16/12/2023 to 12/04/2024 at 3.30 pm. Closed Friday and Saturday. By phone reservation. From 14/12/2024 to 11/04/2025 at 3.30 pm. Closed Friday and Saturday. By phone reservation.

💶 One price: 15 €.

🕒 Duration: 1hrs

☎ +33 (0)6 76 71 63 89

### VAL CENIS

Lanslevillard

#### SNAKE GLISS DESCENT - GLISS XPERIENCE

From age 8 years

Come and discover Snake Gliss when the Val Cenis slopes close! The Gliss Xperience team will be on hand at the snow front for a must-do après-ski activity.

🕒 From 17/12/2023 to 19/04/2024, daily at 4.15 pm. Subject to snow conditions.

💶 Adult: 25 € Child: 20 €.

🕒 Duration: 45mn

☎ +33 (0)6 77 22 72 67 / +33 (0)6 78 42 59 72

## Snooc/Yooner/Paret

### AUSSOIS

#### YOONER DISCOVERY - AUSSOIS FRENCH SKI SCHOOL

From age 6 years

The Yooner is a gliding on which you sit leading down the tracks making improved edging. To use the lifts, practitioners must have a valid skier skipass.

🕒 From 16/12 to 12/04, daily.

💶 From 87 €.

🕒 Duration: 2hrs

☎ +33 (0)4 79 20 37 13

🌐 www.esf-aussois.com

### VAL CENIS

Termignon

#### DISCOVER THE YOONER, PARET NEW GENERATION - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

From age 7 years

With a seat 20 cm from the ground, this new sliding concept is a real invitation to pleasure! The Yooner is light, manoeuvrable and equipped with a shock absorber. Easy to use, you have mastered it completely in 1 descent.

🕒 From 23/12 to 12/04, every Monday and Thursday between 4.45 pm and 5.45 pm. On reservation, in après-ski.

💶 One price: 20 € (per 1 hour).

🕒 Duration: 1hrs

☎ +33 (0)4 79 20 53 56

🌐 www.esf-termignon.com

### VAL CENIS

Lanslevillard

#### DISCOVERY OF SNOOC - SPORT 2000 LA POUDREUSE

From age 9 years

Come and learn about snooc on the snow front in front of the Sport 2000 La Poudreuse store. The snooc is a seated ski, which allows you to evolve on a domain skiable. Supervision possible by an instructor (information at the store).

🕒 From 17/12 to 19/04, daily between 9 am and 4 pm. By reservation.

☎ +33 (0)4 79 05 90 27

🌐 www.la-poudreuse.com

#### YOONER DISCOVERY - RÉGIS BURNEL - MOUNTAIN GUIDE

From age 8 years

Once the skiers have deserted the slopes, come and try out this modern, lightweight, easily maneuverable and comfortable snow sport and enjoy a sensational new activity!

🕒 From 17/12 to 19/04, daily at 5 pm. Reservation the day before at the latest.

💶 One price: 25 €.

🕒 Duration: 1hrs

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 www.regisburnel.fr

## Snowkite/Wingski

### VAL CENIS

Termignon

#### SNOWKITE AND WINGSKI - PRO GLISSES

From age 13 years

Enjoy the characteristic silence of the mountain and live a unique outdoor experience. Towed by a wing, you advance on the snow, go up the slope thanks to the only force of the wind. You will practice on different sites in Haute Maurienne Vanoise

🕒 From 15/01 to 21/04, daily. Outside school holidays. By reservation by mail or by phone.

💶 From 50 €.

🕒 Duration: 1hrs

☎ +33 (0)6 08 94 64 18

## Snowpark/Boarder

### VALFRÉJUS

#### BOARDERCROSS

The boardercross from the Petit Vallon chairlift is a course made up of banked turns, bumps and jumps. This rugged terrain is passable on skis or snowboard.

🕒 From 21/12 to 11/04 between 9 am and 4 pm. Opening according to climatic conditions and technical constraints. Subject to snow conditions.

💶 Free access. Free of charge. Skipass needed.

☎ +33 (0)4 79 05 32 71

🌐 www.valfrejus.ski

### LA NORMA

#### SNOWPARK LA REPOSE

Snowpark with several small beginners modules: slide bar, wave, hip and so on, all set in a beautiful scenery in the forest!

🕒 From 21/12 to 11/04 Opening hours daily between 9.15 am and 4.15 pm. Subject to snow conditions.

💶 Free access. Accessible to holders of a valid ski pass from the area.

☎ +33 (0)4 79 20 31 46

🌐 www.la-norma.ski

### AUSSOIS

#### BOARDERCROSS RAIL-PARK

A winding and bumpy path, specially designed for snowboarders is in place next to the track of Bellecôte. Suitable for recall the feeling of the boardercross!

🕒 From 14/12 to 11/04 between 9.15 am and 4 pm. Subject to snow conditions.

💶 Free access. Accessible to holders of a valid ski pass from the area.

☎ +33 (0)4 79 20 42 20

🌐 www.aussois.ski



## VAL CENIS Termignon

### BOARDERCROSS

Fun course, offering various technical levels, from beginners to advanced skiers. Alone or with others, go for the assault of the turned turns and the whoops!

🕒 From 23/12/2023 to 12/04/2024, daily. From 21/12/2024 to 11/04/2025, daily. Subject to favorable snow and weather conditions.

€ Free of charge. Valid Skipass needed.

☎ +33 (0)4 79 05 96 48

🌐 [www.valcenis.ski](http://www.valcenis.ski)

## VAL CENIS Lanslevillard

### SNOWPARK

The snowpark on the area of Essarts offers a line for experienced skiers and a line accessible to the general public.

🕒 From 21/12 to 11/04 between 9 am and 4.30 pm.

€ Free of charge. Skipass needed.

☎ +33 (0)4 79 05 96 48

## BONNEVAL SUR ARC

### BOARDERCROSSES

2 boardercross are at your disposal: a blue accessible from the ski lift of Le Moulinet and a red accessible by the ski lifts of the Lakes.

🕒 From 23/12 to 26/04. Subject to snow conditions.

€ Free access. Skipass needed.

☎ +33 (0)4 79 05 95 09

## Snowscoot

## AUSOIS

### INTRODUCTION TO SNOWSCOOT - AUSOIS FRENCH SKI SCHOOL

From age 10 years

A mix between BMX and snowboard, the snowscoot is composed of a frame, 2 boards, a fork and a handlebar to drive downhill.

🕒 From 16/12 to 12/04, daily.

€ From 44 €. Skipass needed for the lifts. Rental from the sport shops in the village.

Duration: 1.30

☎ +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

## Snowshoeing

## VALFRÉJUS

### FREE WALKING TOUR WITH ESF - FRENCH SKI SCHOOL ESF VALFRÉJUS

Diversify your activity, discover snowshoeing. Juliette, mid-mountain guide, will introduce you to the resort during a hike. Presentation of the program and tasting of Beaufort and Savoie wine.

🕒 From 22/12/2024 to 14/03/2025, every Sunday between 2.15 pm and 3.45 pm.

€ Free of charge.

Duration: 1.30

☎ +33 (0)4 79 05 05 97 / +33 (0)6 70 03 93 03

🌐 [www.esf-valfrejus.com](http://www.esf-valfrejus.com)

### NIGHT TORCHLIGHT HIKE UNDER THE STARS - ESI INTERNATIONAL SKI SCHOOL VALFRÉJUS

From age 6 years

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

🕒 From 23/12 to 12/04, every Tuesday and Thursday between 6 pm and 9 pm.

€ Adult 25 €, child 14 €. Equipment provided.

☎ +33 (0)4 79 05 32 58 / +33 (0)6 89 29 63 30

🌐 [www.esi-valfrejus.fr/](http://www.esi-valfrejus.fr/)

### BEGELEIDE SNEEUWSCHOENWANDELINGEN IN HET BOS - ESI INTERNATIONAL SKI SCHOOL VALFRÉJUS

Every day a different theme to discover, fauna, flora. Morning and afternoon outings. 2 night hikes are also organized per week from 6 to 9 p.m.

🕒 From 23/12 to 12/04, daily. Subject to favorable snow and weather conditions.

€ Adult 25 €, child 14 €. Equipment provided.

Duration: 3hrs

☎ +33 (0)4 79 05 32 58 / +33 (0)6 89 29 63 30

🌐 [www.esi-valfrejus.fr/](http://www.esi-valfrejus.fr/)

### SNOWSHOEING AND TARTIFLETTE OUTING - FRENCH SKI SCHOOL ESF VALFRÉJUS

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

🕒 From 23/12/2023 to 12/04/2024, every Wednesday between 6.30 pm and 10 pm. From 22/12/2024 to 11/04/2025, every Wednesday between 6.30 pm and 10 pm.

€ 40 € (price includes the loan of equipment, headlamps and the meal at the refuge).

Duration: 4.30

☎ +33 (0)4 79 05 05 97 / +33 (0)6 70 03 93 03

🌐 [www.esf-valfrejus.com](http://www.esf-valfrejus.com)

## AUSOIS

### SNOWSHOEING "OVERNIGHT STAY IN A GUARDED REFUGE IN THE VANOISE NATIONAL PARK". - THIERRY BARDAGI - MOUNTAIN GUIDE

A winter immersion in the Vanoise National Park, with snowshoes on your feet, to discover a wild and preserved environment. Meals and overnight at the Dent Parrachée refuge, a convivial outing in the heart of nature. Medium level.

🕒 From 16/12/2023 to 31/05/2024, daily. Departure at 1pm - Return the next day at 12 noon.

€ One price: 60 € (+ €60 per person for half-board at the refuge.).

☎ +33 (0)6 51 00 19 08 / +33 (0)6 85 06 51 43

### SNOWSHOEING THEME OUTING - MAISON DE LA MONTAGNE

Discovering winter landscapes and the forest in winter. Easy level: accessible to all (family or beginner). A little more technical, with 300 m of vertical drop, downhill, laughter!

🕒 From 16/12/2023 to 12/04/2024, daily.

€ Please contact us.

Duration: 2.30

☎ +33 (0)6 81 46 57 48

🌐 <http://aussoislocation.com>

### ACCOMPANIED SNOWSHOE OUTING - AUSOIS FRENCH SKI SCHOOL

The snowshoe outings, accompanied by qualified professionals, are an opportunity to discover the mountain fauna and to enjoy the exceptional panoramas offered by the beautiful resort of Aussois. Discover the mountain in a different way!

🕒 From 16/12 to 12/04, daily.

€ From 25 € including snowshoes.

Duration: 2hrs

☎ +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

### SNOWSHOE OUTINGS IN UNCHARTED LANDSCAPES - GUIDES OFFICE SAVOIE MAURIENNE - AUSOIS

In magnificent valleys, we take you on a snowshoeing outing to discover these pristine untouched landscapes, far from the ski resorts, with breathtaking views of the surrounding mountains.

🕒 From 02/12/2023 to 12/04/2024, every Tuesday and Thursday between 9 am and 4.30 pm. From 01/12/2024 to 11/04/2025, every Tuesday and Thursday between 9 am and 4.30 pm. Subject to favorable weather.

€ One price: 60 € (Per person with a minimum of 4 people.).

☎ +33 (0)6 25 21 74 63 / +33 (0)4 79 20 37 13

## VAL CENIS

Bramans

### LE CHEMIN DU PETIT BONHEUR, SNOWSHOE ITINERARY

From Modane to Bonneval sur Arc, via La Norma, Val Cenis and Bessans, the Chemin du Petit Bonheur covers almost 50 km. A valley-bottom itinerary that lets you discover the region through spruce and larch forests.

🕒 From 01/12 to 30/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

## VAL CENIS

Sollières-Sardières

### SNOWSHOE ITINERARY MONOLITHE PAR SARDIÈRES

This route crosses the village of Sardières, its forest and leads you to the Monolith of Sardières and its 93 meters in height, on the edge of the Vanoise National Park.

🕒 From 17/12 to 24/03. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

## VAL CENIS

Termignon

### SNOWSHOE OUTING TO DISCOVER UNSPOILT NATURE - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

From age 5 years

With family or friends, discover nature (discovery of our forests, wildlife, heritage and exceptional history of our valley) ... Taste the pleasure of snow-covered spaces and unspoiled nature with our ski instructors.

🕒 From 23/12 to 12/04, daily. Subject to favorable snow and weather conditions.

€ One price: from 25 €. All prices on our website. Rental of equipment at the expense of the customer. Duration: 2hrs

☎ +33 (0)4 79 20 53 56

🌐 www.esf-termignon.com

## VAL CENIS

Lanslebourg-Mont-Cenis

### MONT CENIS FOOTPATH

From age 2 years

Pedestrians can also enjoy the grandiose panorama of the Mont Cenis lake! Take the Ramasse chairlift, walk about 45 minutes while discovering the explanatory panels on the history of the lake.

🕒 From 15/12 to 21/04 between 9 am and 4 pm. Subject to favorable weather.

€ Free entry for children < 5 years, people > 75. La Ramasse chairlift open to holders of a valid pedestrian pass. 1-day unlimited pedestrian pass: €12,50 6-day unlimited pedestrian pass: €58,50.

☎ +33 (0)4 79 05 96 48

🌐 www.haute-maurienne-vanoise.com/hiver/val-cenis/ski/station-de-ski-alpin/

## VAL CENIS

Lanslevillard

### SNOWSHOEING IN THE FOOTSTEPS OF THE IBEX - KARINE ROUTIN - MOUNTAIN GUIDE

From age 8 years

In the footsteps of the ibexes, snowshoeing in a fairy-tale and luminous setting, surrounded by high mountains. Let's walk my secret itineraries, rich in history and legends of the valley. Day or half-day outings are available.

🕒 From 23/12 to 19/04, daily.

€ Contact the service provider directly.

☎ +33 (0)6 71 77 20 19

🌐 https://maisondesguides.net/

### VALLONBRUN SNOWSHOE TRAIL

Unsecurized and ungroomed snowshoe trail leading to the wardened refuge of Vallonbrun (booking recommended), facing the ski resort of Val Cenis and heading to the central zone of the National Park Vanoise.

🕒 From 16/12 to 31/05.

€ Free access.

☎ +33 (0)4 79 05 99 06

### MOUNTAIN EVENING: SNOWSHOE OUTING WITH MEAL - RÉGIS BURNEL - MOUNTAIN GUIDE

From age 5 years

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.

🕒 From 21/12 to 18/04, every Thursday between 5.30 pm and 9 pm. Subject to favorable weather.

€ Adult: 50 € Child (5-11 years): 40 €. Aperitif, meal and equipment provided (snowshoes, sticks). Duration: 4.30

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 www.regisburnel.fr

### MOONLIGHT SNOWSHOE OUTING - FRENCH SKI SCHOOL ESF VAL CENIS

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 ...

🕒 From 23/12/2023 to 19/04/2024, every Wednesday between 4 pm and 10 pm. From 15/12/2024 to 18/04/2025, every Wednesday between 4 pm and 10 pm.

€ 48 € + snowshoe hire + valid ski pass.

Duration: 6hrs

☎ +33 (0)4 79 05 92 43

🌐 www.esf-valcenis.com

### NIGHT SNOWSHOE OUTING WITH A MEAL AT THE VALLONBRUN REFUGE - JÉRÔME FURBEYRE - MOUNTAIN GUIDE

From age 10 years

Jérôme Furbeyre offers you an unprecedented break thanks to an unusual snowshoe hike at the gates of the Vanoise National Park, an approach walk at sunset, a meal to recover and a return under the stars.

🕒 From 11/01 to 19/04/2024, every Wednesday between 3.30 pm and 11 pm. From 01/01 to 26/03/2025, every Wednesday between 3.30 pm and 11 pm. Subject to favorable snow and weather conditions.

€ One price: 60 €.

Duration: 7.30

☎ +33 (0)6 07 16 93 50

🌐 www.jeromefurbeyre.com/

### FULL-DAY SNOWSHOE OUTING WITH MEAL IN A REFUGE - RÉGIS BURNEL - MOUNTAIN GUIDE

On the southern slopes of the Vanoise park, discovering chamois, eagles and wild landscapes... Aperitif and full meal at the Vallonbrun refuge.

🕒 From 11/12 to 16/04, daily at 9 am. Subject to favorable snow and weather conditions.

€ One price: 65 € (meals and equipment included).

Duration: 3hrs

☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97

🌐 www.regisburnel.fr

## BESSANS

### THE SQUIRREL SNOWSHOE ROUTE

Discover the Chapel of Notre Dame des Grâces and the typical hamlet of Villaron with its chapel and oven.

🕒 From 01/12 to 21/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.bessans.com

### SNOWSHOE ITINERARY LA DÉCOUVERTE

This green route will take you to discover the old district of Bessans, between the Town Hall and the Arc, which has preserved a large number of old houses with their slate roofs and private oratories.

🕒 From 01/12 to 21/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.bessans.com

### SNOWSHOE ROUTE OF THE CHAPELS

This blue route will take you to discover the Saint-Claude chapel and the Saint Antoine chapel, emblematic of Bessans.

🕒 From 01/12 to 21/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.bessans.com

## LES MOULINS SNOWSHOEING ROUTE

This blue itinerary will lead you to discover the surroundings of Bessans, which you will go around, its lakes, its plains and the Arc river...

🕒 From 01/12 to 21/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.bessans.com](http://www.bessans.com)

## SNOWSHOEING ROUTE LES VINCENDIÈRES

On this route, you will discover beautiful viewpoints on the surrounding peaks: the Pointe du Charbonnel, the Bessanese, the Pointes du Châtelard. Sainte Catherine's oratory, destroyed by an avalanche, was rebuilt in 2020.

🕒 From 01/12 to 21/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.bessans.com](http://www.bessans.com)

## SNOWSHOE ITINERARY SALLANCHES-FAUVETTES

The multi-activity trail, dedicated to cross-country skiing, snowshoeing and walking, runs along the Arc and is naturally used by the mushers of La Grande Odyssée VVF.

🕒 From 01/12 to 21/04. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

## SNOWSHOE DAY WITH SAVOYARD MEAL - OLIVIER TROMPETTE - MOUNTAIN GUIDE

From age 10 years

Olivier Trompette proposes a hike with a Savoyard meal at the Villaron gîte... a little physical but very accessible (450 metres of ascent): discovery of the fauna, traditional villages, legends of the country, panoramas on the valley. Medium level.

🕒 From 15/12 to 22/03, every Wednesday between 9.30 am and 4 pm.

€ Adult: 50 € Child (15 years): 45 €. Meals included. Hardware not provided. Duration: 6.30

☎ +33 (0)6 75 80 67 57

🌐 <https://randolivier-vanoise.webnode.fr/>

## HIKING WITH OLIVIER TROMPETTE - OLIVIER TROMPETTE - MOUNTAIN GUIDE

From age 6 years

Discover the mountain "nature side" during a half-day, day or night hike with Olivier, guide. Each week, summer and winter, themed hikes are offered, all in a very friendly atmosphere.

🕒 From 15/12 to 01/04, daily. On reservation. Subject to favorable weather.

€ Adults: half day: 20 €, day: 48 € (including meals), night: 45 € (including meals). Children (up to 15 years old): half day: 15 €, day: 42 € (meal included), night: 38 € (meal included). Family half-day: 2 adults + 2 children: 60 € instead of 70€. Equipment not provided.

☎ +33 (0)6 75 80 67 57

🌐 <https://randolivier-vanoise.webnode.fr/>

## NIGHT-TIME SNOWSHOE HIKE AND SAVOYARD MEAL AT THE VILLARON GÎTE - OLIVIER TROMPETTE - MOUNTAIN GUIDE

From age 10 years

Olivier Trompette and the Gîte du Villaron offer you an unforgettable evening with a night snowshoe hike and a Savoyard meal in a gîte away from the village: legends, discovery of the starry sky, fire in the snow... atmosphere guaranteed!

🕒 From 15/12 to 16/03, every Thursday at 6 pm. Subject to favorable snow and weather conditions.

€ Adult: 50 € Child (15 years): 40 €. Meals included. Hardware not provided. Duration: 5hrs

☎ +33 (0)6 75 80 67 57

🌐 <https://randolivier-vanoise.webnode.fr/>

## SNOWSHOEING IN THE PEACE AND QUIET OF NATURE IN WINTER - FRENCH SKI SCHOOL ESF BESSANS

Discover the most beautiful sites of our region. You will cross in complete freedom the expanses of virgin snow in the calm and the beauty of the mountain as well as in the Vanoise National Park, in complete safety.

🕒 From 23/12 to 07/04, daily. Subject to favorable snow and weather conditions.

€ 24 € /person for 1 half day. Duration: 3hrs

☎ +33 (0)4 79 05 80 05 / +33 (0)6 30 06 32 63

🌐 [www.esf-bessans.com](http://www.esf-bessans.com)

## BONNEVAL SUR ARC

### SNOWSHOE OUTING ENVIRONMENT AND LOCAL HISTORY - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

From age 8 years

Our instructors introduce you to the mountain environment and the history of the country. Become an actor in the beautiful natural settings of the film "Belle et Sébastien" located in the hamlet of Ecot (hamlet located at 2000m altitude).

🕒 From 25/12 to 26/04, daily. Weekly programme, booking required. Subject to favorable weather.

€ 25 €. Equipment not included. All our rates on our website: <https://www.esf-bonnevalsurarc.com/>.

☎ +33 (0)4 79 05 95 70

🌐 [www.esf-bonnevalsurarc.fr/](http://www.esf-bonnevalsurarc.fr/)

## Snowtubing

### VAL CENIS Lanslevillard

### SNOWTUBING - SEM DE VAL CENIS

From age 5 years

At the top of the Val Cenis le Haut gondola, the snowtubing base offers a 60-metre, 10-minute descent in a natural valley. Helmet compulsory.

🕒 From 21/12 to 11/04, every Thursday and Sunday between 1 pm and 4 pm. Subject to favorable snow and weather conditions.

€ Free of charge. Accessible to holders of ski pass valid ski area or a pedestrian pass. Duration: 10mn

☎ +33 (0)4 79 05 96 48

🌐 [www.valcenis.ski](http://www.valcenis.ski)

## Speed riding

### VALFRÉJUS

### SPEED RIDE LESSON - ATAKA SPEED-RIDING SCHOOL

Ataka is a speedriding school in Valfréjus. Speedriding is a sport which combines paragliding and skiing and which allows you to discover new sensations of sliding.

🕒 From 23/12 to 12/04, daily.

☎ +33 (0)4 79 56 61 76 / +33 (0)6 62 10 54 07

🌐 [www.ecole-speedriding.com](http://www.ecole-speedriding.com)

## Splitboard

### VAL CENIS Sollières-Sardières

### SPLITBOARD DAY TRIP - UPGUIDES

Do you know the Splitboard? This Snowboard gives you the possibility of dividing your board in 2, to put on sealskins and go to places inaccessible with a classic board.

🕒 From 11/12 to 29/04, daily. Reservation by email or phone. Subject to snow conditions.

€ 98 € per person in a group. 410 € per private engagement for a group of 1 to 6 people.

☎ +33 (0)7 85 62 21 53

🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)



# Taxiski

## VALFRÉJUS

### HANDISKI - TAXISKI TRIP - ESI INTERNATIONAL SKI SCHOOL VALFRÉJUS

What if you too would enjoy a beautiful day on the slopes with your family and friends? Our specialized and certified instructors offer you to share unforgettable moments!

🕒 From 23/12 to 12/04, daily.

€ 40 € per hour.  
Duration: 1hrs

☎ +33 (0)4 79 05 32 58 / +33 (0)6 89 29 63 30

🌐 [www.esi-valfrejus.fr/](http://www.esi-valfrejus.fr/)

### TAXISKI - HANDISKI TRIP - FRENCH SKI SCHOOL ESF VALFRÉJUS

Handicap or reduced mobility, an instructor will allow you to hit the slopes by installing yourself in a "TANDEM" wheelchair. Guaranteed fun. Your friends, your family can follow you on the slopes.

🕒 From 23/12/2023 to 12/04/2024, daily. From 22/12/2024 to 11/04/2025, daily.

€ One price: 46 €.  
Duration: 1hrs

☎ +33 (0)4 79 05 05 97 / +33 (0)6 70 03 93 03

🌐 [www.esf-valfrejus.com](http://www.esf-valfrejus.com)

## LA NORMA

### HANDISKI - TAXISKI TRIP - FRENCH SKI SCHOOL ESF LA NORMA

Comfortably seated, let yourself be guided by a trained pilot and discover the pleasure of the snowy slopes in a tandem ski.

🕒 From 23/12/2023 to 12/04/2024, daily. From 21/12/2024 to 12/04/2025, daily.

€ Duration: 2hrs

☎ +33 (0)4 79 20 33 10

🌐 [www.esf-lanorma.fr](http://www.esf-lanorma.fr)

## AUSSOIS

### SKI TAXI - SKI CHAIR - AUSSOIS FRENCH SKI SCHOOL

Handiskiing lessons are supervised by specialised instructors and equipped with adapted equipment. Handiskiing is an unforgettable experience for all those who wish to discover the sport of skiing, whether they are young or old.

🕒 From 16/12 to 12/04, daily.

€ From 65 €.  
Duration: 1.30

☎ +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

### TANDEM SKI TRIP - PRO GLISSES

From age 6 years

Discover new sensations, rediscover the joys of skiing. From 5 years old. Learn to slide, injury... You can also ski down the slopes with your family, friends or simply enjoy the pleasure of skiing and admire the summits.

🕒 From 16/12 to 12/04, daily. By reservation by mail or by phone.

€ 42 € per person.  
Duration: 1hrs

☎ +33 (0)6 08 94 64 18

## VAL CENIS Termignon

### HANDISKI, WHEELCHAIR SKIING - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

Accompanied by a pilot instructor, take maximum pleasure on the slopes of the resort and feel the sensations of sliding in complete safety!

🕒 From 23/12/2023 to 12/04/2024, daily. From 21/12/2024 to 11/04/2025, daily. On demand.

€ One price: from 45 €.  
Duration: 1hrs

☎ +33 (0)4 79 20 53 56

🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

## VAL CENIS Lanslevillard

### HANDISKIING TRIP - ESI INTERNATIONAL SKI SCHOOL VAL CENIS

Handiski or adapted ski can be practiced standing or sitting. It is divided into three main sections: autonomous skiing, assisted skiing and controlled skiing.

🕒 From 24/12/2023 to 19/04/2024, daily. From 15/12/2024 to 18/04/2025, daily.

€ On demand.  
Duration: 1.30

☎ +33 (0)6 43 49 87 97

🌐 [www.esi-valcenis.com](http://www.esi-valcenis.com)

### HANDISKI AND TAXI-SKI OUTING - FRENCH SKI SCHOOL ESF VAL CENIS

Adapted skiing, standing and sitting! Some of our instructors are qualified to supervise skiers with reduced mobility: handiski or taxiski, so they can ski with complete peace of mind.

🕒 From 23/12/2023 to 19/04/2024, daily. From 15/12/2024 to 18/04/2025, daily.

€ From 23/12/2023 to 19/04/2024 One price: 64.50 €. From 15/12/2024 to 18/04/2025 One price: 66 €.  
Duration: 1.30

☎ +33 (0)4 79 05 92 43

🌐 [www.esf-valcenis.com](http://www.esf-valcenis.com)

## BONNEVAL SUR ARC

### TANDEMSKI RIDE - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

You don't ski? With family, friends or alone, you will know the pleasures of snow in complete safety.

🕒 From 23/12 to 26/04, daily. By reservation.

€ 82 €. Ski-pass included. Do not hesitate to contact us for more information.  
Duration: 1.30

☎ +33 (0)4 79 05 95 70

🌐 [www.esf-bonnevalsurarc.fr/](http://www.esf-bonnevalsurarc.fr/)

# Telemark

## AUSSOIS

### TELEMARK INDIVIDUAL LESSON - AUSSOIS FRENCH SKI SCHOOL

Telemark is this technique called "ancestral" which consists of skiing with the free heel. Both aesthetic and physical, this method is now accessible to all!

🕒 From 16/12 to 12/04, daily.

€ From 44 €.  
Duration: 1hrs

☎ +33 (0)4 79 20 37 13

🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

# Tree climbing and zip lines

## VALFRÉJUS

### PARCOBRANCHE AND ZIP LINE

From age 8 years

Accrobranche and tyroliennes in the heart of the Valfréjus resort. Tours for all the family! From 1.35 m, 8 years

🕒 From 23/12/2023 to 12/04/2024 between 11 am and 4 pm. Closed on Sunday.

€ One price: 20 € (tree park and zip line).

☎ +33 (0)6 84 48 26 17

🌐 [www.parcduidiable.fr](http://www.parcduidiable.fr)

NEW

## ARCHANGELS ZIPLINES

From age 8 years

Giant parallel zip lines, 200m long, 100m high. Unique in the world ! Come cross the Charmaix gorge in a parallel duo. Night activity for more sensation!

🕒 From 23/12/2023 to 12/04/2024 Opening hours on Monday and Wednesday at 11 am and at 2 pm and at 4 pm and at 6 pm. On Tuesday, Thursday, Friday and Saturday at 11 am and at 2 pm and at 4 pm. Closed on Sunday.

💶 One price: 20 €.

☎ +33 (0)6 84 48 26 17

🌐 [www.parcduable.fr](http://www.parcduable.fr)

# ULM/Airplane/Helicopter

**VAL CENIS**  
Sollières-Sardières

## ULM PLANE - ANTIPODES - MOUNTAIN AGENCY

Take the controls of the FK14 with an instructor for an unforgettable flight over the mountains of the Mont Blanc region!

🕒 From 01/01 to 31/12, daily. By reservation. Subject to favorable weather.

💶 Flight Haute Maurienne 30 mn: 150€, flight + lesson: 30 mn: 180€, flight over the glaciers 1 hour: 300€, flight over the glaciers + 1 hour lesson: 350€, tour of Mt Blanc 1h30: 450€, tour of Mt Blanc + lesson 1h30: 500€.  
Duration: 30mn

☎ +33 (0)6 18 23 69 05

🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

## ULM HELICOPTER - ANTIPODES - MOUNTAIN AGENCY

From age 8 years

Helicopter Ranabot CH77: take a seat as a co-pilot in the best device in its category, very stable, comfortable with a large bubble that gives you an unobstructed view! Several flight options: from 15 mn to 2h.

🕒 From 01/01 to 31/12, daily. By reservation. Subject to favorable weather.

💶 Panoramic flight 15 mn: 105€, prestige flight: 30 mn: 210€, flight tour of the glaciers 1h: 420€, flight around Mt Blanc 2h: 840€.  
Duration: 15mn

☎ +33 (0)6 18 23 69 05

🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

## FLIGHTS ULM - HAUTE MAURIENNE AERO CLUB

Discovery flights in class 2 pendular ULM or class 3 multi-axis ULM from Val Cenis Sollières-Envers aerodrome.

🕒 From 01/01 to 31/12, daily. By reservation only, subject to availability. Subject to favorable weather.

💶 Contact the service provider directly.

☎ +33 (0)6 08 37 39 35 / +33 (0)6 01 91 12 20

## ULM TANDEM FLIGHT - MAURIENNE ULM

From age 6 years

First flights in the microlight : our pilot will make you discover the magnificent curves of the Alps and will propose you an extraordinary trip over Val Cenis. Accessible to people with disabilities.

🕒 From 01/01 to 31/12, daily between 8 am and 6 pm. Subject to favourable weather conditions.

💶 Rates per person : 40 €/8 mn, 80 €/15 mn, 145 €/30 mn.

☎ +33 (0)6 08 37 39 35 / +33 (0)6 85 81 21 77 / +33 (0)6 73 14 76 63



# Indoor



**Haute  
Maurienne  
Vanoise**

VALFRÉJUS | LA NORMA | AUSOIS  
VAL CENIS | BESSANS | BONNEVAL SUR ARC



## Aquatic activities

### VAL CENIS Lanslevillard

#### AQUA-JOGGING - MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

From age 16 years

Aquatic activities of 45 mn in music. Session mobilizing the upper and lower limbs favoring the remodeling of the body. Pleasure, relaxation and well-being guaranteed!

🕒 From 24/12 to 19/04, every Thursday between 7 pm and 7.45 pm. Reservations recommended during the establishment's public opening hours.

💶 Adult: 15 € (per person) Multi-session tickets: 62.50 € (5 sessions). To enjoy the pool outside the session, entrance fee is extra.

⌚ Duration: 45mn

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenispiscinepatinoire.wordpress.com/>

#### AQUA-FORM - MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

From age 16 years

Physical activity at the pace and desire of all ages.

🕒 From 24/12 to 19/04, every Wednesday between 2.15 pm and 3 pm.

💶 Adult: 15 € (per person) Multi-session tickets: 62.50 € (5 sessions). To take advantage of the swimming pool outside the session, entry at an additional cost.

⌚ Duration: 45mn

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenispiscinepatinoire.wordpress.com/>

#### AQUA-TRAINING - MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

From age 16 years

Aquatic workshops in the form of a circuit (trampoline, aquabike).

🕒 From 24/12 to 19/04, every Friday between 2.15 pm and 3 pm.

💶 Adult: 15 € (per person). Season pass for adult: 62.50 € (5 sessions). To take advantage of the swimming pool outside the session, entry at an additional cost.

⌚ Duration: 45mn

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenispiscinepatinoire.wordpress.com/>

#### AQUA-FITNESS GROUP CLASS - MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

From age 16 years

The benefits of the gym in the water at the (intense) rhythm of a fitness class: this is what aqua fitness offers! Clear your mind, work on your fitness and shape your body.

🕒 From 24/12 to 19/04 Opening hours on Tuesday between 7 pm and 7.45 pm. On Friday between 1.30 pm and 2.15 pm.

💶 Adult: 15 € (per person) Multi-session tickets: 62.50 € (5 sessions). To take advantage of the swimming pool outside the session, entry at an additional cost.

⌚ Duration: 45mn

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenispiscinepatinoire.wordpress.com/>

#### MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

An aquatic area heated to 27 ° C with a 25 m sports pool (1 line reserved for swimmers), a fun pool and jacuzzi.

🕒 From 24/12 to 19/04 Opening hours on Monday, Tuesday, Thursday, Friday and Sunday between 3 pm and 7 pm. On Wednesday between 3 pm and 8.30 pm. Closed on Saturday. Last entry at 6.15pm.

💶 Free entry for children < 3 years. Adult: 6 €. Children: 4.30 €. Adult pass: 27.50 € (5 entries). Child subscription: 17.50 € (5 entries). Adult admission to the swimming pool, sauna and hammam 15 € (unlimited duration during the opening hours of the swimming pool).

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenispiscinepatinoire.wordpress.com/>

## Arcade games/Games room

### MODANE

#### LES MONDES DE ALF - SHOP AND GAME BAR

The only specialist shop in the Maurienne with over 1,000 items in the shop and thousands on order. A games bar with over 200 games to try out, in a unique "Viking tavern" atmosphere. Consumption compulsory for the games bar.

🕒 From 01/01 to 31/12 Opening hours on Tuesday, Wednesday, Thursday, Friday and Saturday between 10 am and 12 pm and between 2.30 pm and 7 pm. Closed Monday and Sunday.

💶 Please consult us.

☎ +33 (0)4 79 05 90 26

### VAL CENIS Lanslevillard

#### VAL-VR

From age 7 years

Arcade games room in virtual reality, in boxes or on movement simulators, solo or multiplayer, come and discover virtual reality and dive into an ultra-realistic immersive world.

🕒 From 06/09 to 17/12, every Wednesday and Saturday between 2 pm and 9 pm. From 18/12 to 28/04 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 3 pm and 10 pm. On Saturday between 5 pm and 10 pm.

💶 Single price from 7 to 30 €. Reduction of 10% for seasonal workers according to the formulas chosen. Subscription card offered under conditions.

☎ +33 (0)6 50 89 42 91

🌐 [www.val-vr.com](http://www.val-vr.com)

## Artificial climbing walls

### AUSSOIS

#### INDOOR CLIMBING

From age 5 years

Climb into a 64 m<sup>2</sup> room. Support the Oé'Scalade association by making a donation. Key available at the Maison d'Aussois reception, session 2 hours max (against deposit and discharge), subject to availability and under supervision of an adult.

🕒 From 01/01 to 31/12. Depending on Tourist Office opening times.

💶 Free access. Deposit of 50€ (cheque or cash).

☎ +33 (0)4 79 05 99 06

🌐 [www.aussois.com](http://www.aussois.com)

## Escape games

### AVRIEUX

#### ESCAPE GAME - THE DOOR OF SECRETS

From age 8 years

With friends or family, try to escape from the locked room in less than an hour! Key words to succeed: cooperation, listening and thinking!

🕒 From 02/01 to 30/04, every Monday, Tuesday, Thursday and Friday between 9 am and 5 pm. Closed exceptionally on Easter Monday. By reservation only and subject to availability.

💶 Adult: from 15 € (per person, depending on the number of participants.) Child (8-12 years): from 10 €. Free entry for children < 8 years. Group rate available for > 10 people. The price varies according to the number of people (from 2 to 6 players).

☎ +33 (0)6 78 22 48 38

🌐 [www.redoutemarietherese.fr/](http://www.redoutemarietherese.fr/)



## ESCAPE GAME - THE DREADED MARIE-THÉRÈSE AFFAIR

From age 8 years

"La redoutable affaire Marie-Thérèse" (The dreaded Marie-Thérèse affair), an escape game while roaming around the fort, to be played in groups of 2 to 6 players.

🕒 From 02/01 to 30/04, every Monday, Tuesday, Thursday and Friday between 9 am and 5 pm. Closed exceptionally on Easter Monday. Reservation required. Subject to favorable weather.

💶 One price: 35 € (from 2 to 6 players). Free entry for children < 8 years.

☎ +33 (0)6 78 22 48 38

🌐 [www.redoutemarietherese.fr/](http://www.redoutemarietherese.fr/)

## VAL CENIS

Lanslebourg-Mont-Cenis

### ESCAPE MOBILE VAL CENIS: ESCAPE APÉRO

Escape Apéro: when the game and the aperitif come directly to you! The autonomous escape game at home that delivers a complete aperitif while having fun, in delivery or withdrawal. This Escape Apéro can be played with friends or family.

🕒 From 01/01 to 31/12. Reservation on line or by telephone.

💶 6 players: 23 € per person, 5 players: 25 € per person, 4 players: 28 € per person, 3 players: 33 € per person. Deposit: an ID will be required.

☎ +33 (0)4 79 64 23 69 / +33 (0)6 32 06 73 37

🌐 [www.escapegamesunited.com](http://www.escapegamesunited.com)

### ESCAPE ROOMS VAL CENIS

From age 6 years

1 hour, 1 universe, 1 team, experience the thrill ! Enter movie-set locations and try to solve puzzles and manipulations so that the stories end well. The games: the tunnel, the avalanche, the fortress and the flow.

🕒 From 01/01 to 31/12. Reservation on line or by telephone.

💶 6 players: 23 € per person, 5 players: 25 € per person, 4 players: 28 € per person, 3 players: 33 € per person, 2 players: 40 € per person. Deposit: an ID will be required.

☎ +33 (0)4 79 64 23 69 / +33 (0)6 32 06 73 37

🌐 [www.escapegamesunited.com](http://www.escapegamesunited.com)

## Handicraft workshops

## MODANE

### INDIVIDUAL PHOTO TRAINING - STUDIO VIART PHOTOGRAPHER

Do you want to learn the basics of photography or deepen your technical knowledge? Our photo training is made for you! Training offered by Jean-Luc Viart, photographer, who will pass on his passion to you.

🕒 Every day throughout the year. Closed Monday and Sunday. On request.

💶 Other fares (family, children, duo) upon request.  
Duration: 2hrs

☎ +33 (0)4 79 05 07 62

🌐 <https://studioviart.com/>

## AUSOIS

### VANOISE ORIGAMI

From age 7 years

Come and fold fun, attractive and fascinating objects on quality paper that's both fun to fold and durable. I select models for their excellent final result, their ingenuity and their educational value. Conviviality guaranteed!

🕒 From 01/01 to 31/12, every Monday and Wednesday between 2.15 pm and 4.15 pm.

💶 15 € per participant for a 2-hour workshop, supplies included.

☎ +33 (0)6 86 15 23 10

🌐 [www.vanoise-origami.fr/](http://www.vanoise-origami.fr/)

## VAL CENIS

Bramans

### WORKSHOP - MAKE YOUR OWN RACLETTE SPATULA - LE BOIS S'AMUSE

From age 7 years

Come and design and make your own raclette spatula! And impress the gallery at your next Raclette Party. For adults and children. Children must be accompanied.

🕒 From 15/02 to 07/03/2024, every Thursday between 5 pm and 7 pm.

💶 One price: 5 €.

Duration: 30mn

☎ +33 (0)9 79 10 64 17 / +33 (0)6 41 67 97 00

🌐 [www.leboissamuse.fr](http://www.leboissamuse.fr)

### FAMILY WOODCRAFT WORKSHOP - MAKING WOODEN OBJECTS - LE BOIS S'AMUSE

From age 6 years

As a family, as a couple or on your own, come make a box, a storage box, or a bird feeder.

🕒 From 16/02 to 08/03/2024, every Friday between 9 am and 12 pm.

💶 One price: from 42 €.

Duration: 3hrs

☎ +33 (0)9 79 10 64 17 / +33 (0)6 41 67 97 00

🌐 [www.leboissamuse.fr](http://www.leboissamuse.fr)

### WOODCRAFT WORKSHOPS FOR TEENAGER - LE BOIS S'AMUSE

From age 10 years

A cabinetmaking workshop like no other made for you, adults and adults. you will discover hidden talents!

🕒 From 15/02 to 07/03/2024, every Thursday between 9 am and 12 pm.

💶 One price: 25 €.

Duration: 3hrs

☎ +33 (0)6 41 67 97 00 / +33 (0)9 79 10 64 17

🌐 [www.leboissamuse.fr](http://www.leboissamuse.fr)

### WOODCRAFT WORKSHOPS WITH LE BOIS S'AMUSE - LE BOIS S'AMUSE

From age 7 years

A wood workshop unlike any other. Shop, teaching room, woodwork workshops and guided visits on reservation all year long for groups and individuals.

🕒 From 04/12/2023 to 21/04/2024 between 2 pm and 7 pm. Closed on Sunday. Off school breaks, call us for availabilities.

💶 Prices according to workshops and services. Creative workshop from 18 € per person.

☎ +33 (0)9 79 10 64 17 / +33 (0)6 41 67 97 00

🌐 [www.leboissamuse.fr](http://www.leboissamuse.fr)

## VAL CENIS

Sollières-Sardières

### ARCHEOLOGY WORKSHOP - CREATE YOUR PREHISTORIC NECKLACE! - ARCHAEOLOGY MUSEUM

From age 7 years

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.

🕒 From 10/10/2023 to 05/05/2024, every Thursday between 2 pm and 4.30 pm.

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

Duration: 2.30

☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.archeologie-sollieres-sardieres.com/](http://www.archeologie-sollieres-sardieres.com/)

### CREATIVE ARTS WORKSHOP - ARTSBRICO

From age 5 years

Creative thematic arts workshops using recycled materials (paper, cork, pearls, etc.) or provided by nature (pine cone, bark, lichen, leaf, feathers, etc.): Paper poetry, wire sculpture, paint on pebble, catches dream.

🕒 From 01/01 to 31/12, daily. On request.

💶 Consult us, price on estimate: by the hour or fixed price, group or individual.

☎ +33 (0)6 64 79 00 00

🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## ARTISTIC EXPRESSION WORKSHOP - ARTSBRICO

From age 5 years

Isabelle offers an artistic expression workshop for adults, children, adolescents, vulnerable people, family, community or individual and the possibility of setting up theme weeks (watercolor, pastels, acrylic ...).

🕒 From 01/01 to 31/12, daily.

💶 Consult us, price on estimate: by the hour or fixed price, group or individual.

☎ +33 (0)6 64 79 00 00

🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## CLAY INITIATION WORKSHOP - ARTSBRICO

From age 5 years

The goal of the workshop is not to make a dish, an ashtray, a pot ! It's about discovering sensations. Kneading the earth can bring well-being as well as disturbing. Touch is a sense that we sometimes overlook and that may surprise us.

🕒 From 01/01 to 31/12. Closed Saturday and Sunday.

💶 Consult us, price on estimate: by the hour or fixed price, group or individual.

☎ +33 (0)6 64 79 00 00

🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## WOOD CUTTING WORKSHOP - ARTSBRICO

From age 5 years

Collective workshops rich in exchanges, creativity, artistic expression. Family-friendly workshops, multi-handed production...

🕒 From 01/01 to 31/12. Closed Saturday and Sunday.

💶 Consult us, price on estimate: by the hour or fixed price, group or individual.

☎ +33 (0)6 64 79 00 00

🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## WOOD PAINTING WORKSHOP - ARTSBRICO

From age 5 years

The pleasure of painting on a natural element, the Cembro Pine, a tree from our mountains, a "magic" essence that enchants us with its knots, its smell, its changing color and the difficulty of translating our feelings into color.

🕒 From 01/01 to 31/12. Closed Saturday and Sunday.

💶 Consult us, price on estimate: by the hour or fixed price, group or individual.

☎ +33 (0)6 64 79 00 00

🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## "GRAINE D'ARCHÉOLOGUE" - A PLAYFUL INTRODUCTION TO PREHISTORIC POTTERY - ARCHAEOLOGY MUSEUM

From age 7 years

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.

🕒 From 10/10/2023 to 05/05/2024, every Wednesday between 2 pm and 4.30 pm.

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

Duration: 2.30

☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.archeologie-sollieres-sardieres.com/](http://www.archeologie-sollieres-sardieres.com/)

## RANDO-ARTS FROM NATURE - ARTSBRICO

From age 10 years

Discover Haute Maurienne Vanoise on a gentle 3-hour hike and share a time of exchange, relaxation and well-being along the way with Isabelle, who is passionate about nature and the visual arts.

🕒 From 01/01 to 31/12. Closed Saturday and Sunday. On demand.

💶 45 €/person for individuals (minimum 2 people), 36 €/person for groups of 6 to 8 people.

Duration: 3hrs

☎ +33 (0)6 64 79 00 00

🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## Play area

VAL CENIS  
Sollières-Sardières

## LA TÊTE À L'ENVERS - PLAYGROUND

From age 18 months

Spanning more than 600 m², the Tête à l'Envers games complex invites you to have a good time. You will find play structures, trampolines, a mini-karting circuit and a restaurant.

🕒 From 19/12/2023 to 13/04/2024, daily. More information on our website or by phone. From 01/05 to 05/07/2024. Closed Monday and Sunday. More information on the website or by telephone. From 06/07 to 24/08/2024, daily. More information on the website or by phone. From 07/09 to 18/10/2024. Closed Monday and Sunday. More information on our website or by phone. From 19/10 to 03/11/2024, daily. More information on the website or by phone. From 04/11 to 20/12/2024. Closed Monday and Sunday. More information on our website or by phone. From 21/12/2024 to 18/04/2025, daily. More information on the website or by phone.

💶 By the hour or by the day. Reduction for children under 3 years old. More information on our website.

☎ +33 (0)4 79 59 52 19 / +33 (0)7 77 94 20 73

🌐 <https://latetealenvers-valcenis.fr>

VAL CENIS  
Lanslevillard

## ARMELLE FILLIOL - THE HERITAGE WORKSHOPS

Painter in decor, art restorer and guide speaker, Armelle offers on reservation workshops of old paintings.

🕒 From 01/01 to 31/12. On request.

💶 Contact me.

☎ +33 (0)6 72 32 90 08



# Children



OTHMV - BELLIO



**Haute  
Maurienne  
Vanoise**

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

# Children's clubs and nurseries

## VALFRÉJUS

### LES DIABLOTINS DAYCARE CENTER 3 MONTHS - 6 YEARS

Minimum age: 3 months - maximum age: 6 months

The "Les Diabolins" daycare center, open during the winter season, benefits from a multidisciplinary early childhood team and approval from the Territorial Directorate of Social Life of Savoie-PMI (Maternal and Child Protection). It is managed by the city of Modane.

🕒 From 22/12 to 11/04 between 8.45 am and 5.15 pm. Closed on Saturday.

☎ +33 (0)4 79 05 00 12

🌐 [www.valfrejus.com/](http://www.valfrejus.com/)

## LA NORMA

### THE LUTINS CRECHE 3 MONTHS-6 YEARS

Minimum age: 3 months - maximum age: 6 months

The creche "Les lutins" welcomes your children from 3 months to 6 years old. Our staff are full of ideas to entertain both parents and children. Leave your children with us before and/or after their ski lessons, we take care of the connection between the ski class and daycare!

🕒 From 23/12 to 12/04 between 9 am and 5 pm. Closed Saturday and Sunday. On reservation.

☎ +33 (0)4 79 20 40 71

## AUSOIS

### GARDERIE LA MAISON DES ENFANTS 6 MONTHS-5 YEARS OLD

Minimum age: 6 months - maximum age: 5 months



Entrust your children to us and enjoy your holidays! The nursery welcomes children from 6 months to 5 years old. Large terrace, outdoor games, manual and motor skills activities ... Meals, snacks ...

🕒 From 16/12 to 12/04 between 8.45 am and 5.15 pm. Closed on Saturday.

💰 Rates for the 2023-2024 winter season: Half day "mini" morning 8:45-12:00: 27 €. Half day "mini" afternoon 1:30-5:15 pm: 24 €. Half day "maxi" 8h45-13h30 meal included: 42 €. 1 day (with meal and snack) 8h45-17h15: 62 €. Pack 6 half days "mini" morning 8h45-12h00: 135 €. Pack 6 half-days "mini" afternoon 13h30-17h15 except ESF pack: 120 €. Pack 6 half-days "maxi" 8h45-13h30 including lunch: 210 €. Pack 6 days 8h45-17h15 meal and snack: 310 €. Meals can be provided for children from 12 months old, snack provided by parents.

☎ +33 (0)4 79 20 22 93

## VAL CENIS Lanslevillard

### VAL CENIS CHILDCARE CENTRE

Minimum age: 3 months - maximum age: 15 months

The Maison des Enfants is a childcare system with 4 centres for your little ones during your stay. In Val Cenis Lanslebourg: Hotel Saint Charles and Chalets de Flambeau. In Val Cenis Lanslevillard: Colombaz and Val Cenis le Haut.

🕒 From 16/12/2023 to 12/04/2024 between 9 am and 5.15 pm. Closed on Saturday. Exceptional opening: 16 December 2023. During the February holidays, opening at 8.45 am. On reservation. From 14/12/2024 to 18/04/2025 between 9 am and 5.15 pm. Closed on Saturday. Open exceptionally on 14/12/2024.

💰 All our prices on our website.

☎ +33 (0)4 79 05 96 72 / +33 (0)4 79 05 92 43

🌐 [www.esf-valcenis.com/ete/](http://www.esf-valcenis.com/ete/)

## BESSANS

### CHILDCARE CLUB MINI DIABLES 3 MONTHS-6 YEARS

Minimum age: 3 months - maximum age: 6 months

We are here for them! Entrust your children to us and enjoy the mountains ... A team of early childhood professionals and a nurse welcome your children from 3 months to the day before the age of 6, at the foot of the Bessans slopes.

🕒 From 21/12 to 05/04 between 8.30 am and 5.30 pm. Closed Saturday and Sunday. Reservation required.

💰 6 € per hour. Any time started will be charged.

☎ +33 (0)6 34 27 10 12 / +33 (0)4 79 59 20 98

## BONNEVAL SUR ARC

### CHILD DAYCARE CENTER LES P'TITS CHABOTTES 3 MONTHS - 5 YEARS

Minimum age: 3 months - maximum age: 5 months

Les P'tits Chabottes, a multi-welcome, associative and seasonal crèche, welcomes up to 18 children from here and elsewhere. Accompaniment during beginners' ski lessons (the one at 2.30 p.m.).

🕒 From 11/02 to 09/03/2024 between 9 am and 5 pm. Closed on Saturday. From 11/03 to 13/04/2024 between 9 am and 5 pm. Closed on Sunday. Closed exceptionally on Easter Monday. From 14/04 to 26/04/2024 between 9 am and 5 pm. Closed on Saturday. From 18/12 to 06/01 between 9 am and 5 pm. Closed on Saturday. Closed exceptionally on January 1st and December 25th.

💰 For more information and prices, please visit our website.

☎ +33 (0)6 22 93 04 67

🌐 [www.lesptitschabottes.fr/](http://www.lesptitschabottes.fr/)

# Kindergartens - Learning to ski

## VALFRÉJUS

### CLUB PLOU-PIOU - FRENCH SKI SCHOOL ESF VALFRÉJUS

Minimum age: 3 years - maximum age: 5 years

The Kinder garden welcome children from 3 to 5 years old. Closed structure with a snow line and a covered conveyor belt. Heated chalet of 48 m² with ski lockers. Supervised by professionals, children will alternate skiing and the pleasure of snow games.

🕒 From 10/03 to 12/04/2024 Opening hours daily between 9.15 am and 11.30 am and between 2.15 pm and 4.15 pm. Closed on Saturday. From 22/12/2024 to 03/01/2025 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 9.15 am and 11.30 am and between 1.45 pm and 4 pm. Closed on Saturday. From 05/01 to 07/02/2025 Opening hours daily between 9.15 am and 11.30 am and between 2.15 pm and 4.15 pm. Closed on Saturday. From 09/02 to 07/03/2025 Opening hours daily between 9.15 am and 11.30 am and between 11.15 am and 1.15 pm and between 2.15 pm and 4.30 pm. Closed on Saturday. From 09/03 to 11/04/2025 Opening hours daily between 9.15 am and 11.30 am and between 2.15 pm and 4.15 pm. Closed on Saturday.

💰 Until 150 €. Pedestrian pass for accompanying persons (non-skiers) at 40 €. Compulsory children's pass 2 € which corresponds to the magnetic support. Duration: 2.15

☎ +33 (0)4 79 05 05 97 / +33 (0)6 70 03 93 03

🌐 [www.esf-valfrejus.com](http://www.esf-valfrejus.com)

### ESI KINDERGARTEN - GROUP SKI LESSONS FOR CHILDREN - ESI INTERNATIONAL SKI SCHOOL VALFRÉJUS

Minimum age: 3 years - maximum age: 5 years

In small groups of 9 maximum per instructor, your children will go to discover the snow and the first glides in our garden on the Arrondaz plateau. We accompany them (return) from the station to the kindergarten.

🕒 From 23/12 to 12/04, daily. On reservation.

💰 3h \* 6 package (morning or afternoon): from 135 € (ski pass included). Duration: 3hrs

☎ +33 (0)4 79 05 32 58 / +33 (0)6 89 29 63 30

🌐 [www.esi-valfrejus.fr/](http://www.esi-valfrejus.fr/)



## LA NORMA

### PIOU-PIOU CLUB - GROUP LESSONS FOR CHILDREN - FRENCH SKI SCHOOL ESF LA NORMA

Minimum age: 3 years - maximum age: 5 years

I'm learning to move around on skis! To discover the joys of snow in complete safety.

🕒 From 23/12/2023 to 12/04/2024 between 9 am and 5 pm. Closed Saturday and Sunday. By reservation. From 21/12/2024 to 12/04/2025 between 9 am and 5 pm. Closed Saturday and Sunday. By reservation.

💰 From 155 €, all our prices on our website.  
Duration: 1.30

☎ +33 (0)4 79 20 33 10

🌐 www.esf-lanorma.fr

## AUSOIS

### KINDERGARTEN-SKI LEARNING - AUSOIS FRENCH SKI SCHOOL

Minimum age: 3 years - maximum age: 5 years

Snow kindergarten with varied activities for fun learning in a secure area and with a view to introduce the children to the fun of the first thrills. Children welcome from 3 years old.

🕒 From 16/12 to 12/04, daily.

💰 6 classes: 147 €, trial class (first day): 37 €.  
Duration: 2hrs

☎ +33 (0)4 79 20 37 13

🌐 www.esf-ausois.com

### SNOW SCHOOL: DISCOVERING SNOW FOR TODDLERS - AUSOIS FRENCH SKI SCHOOL

Minimum age: 30 months - maximum age: 35 months

The Snow School is for children from 2 and a half to 3 years old. They will discover the joys of snow and mountains. On the programme: snowmen, sledging, snowball fights, igloo, first introduction to skiing...

🕒 From 16/12 to 12/04, daily.

💰 5 lessons of 2 hours: 160 €, trial lesson (the first day): 36 €.  
Duration: 2hrs

☎ +33 (0)4 79 20 37 13

🌐 www.esf-ausois.com

## VAL CENIS Termignon

### CLUB PIOU PIOU - GROUP COURSES FOR CHILDREN - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

Minimum age: 3 years - maximum age: 4 years

The ESF Val Cenis Termignon instructors welcome your children in an enclosed, secure and fun space, with a much appreciated magic carpet! Their learning to slide will be punctuated by games for a smooth evolution.

🕒 From 23/12 to 12/04. Closed on Saturday. On reservation. Timetable details on our website. During the Christmas holidays, weekly group lessons from Sunday to Friday or Monday to Friday, depending on your accommodation.

💰 One price: from 138 € (6 mornings or 6 afternoons package For the February school holidays: 155 €.).  
Duration: 2hrs

☎ +33 (0)4 79 20 53 56

🌐 www.esf-termignon.com

## VAL CENIS Lanslevillard

### CLUB PIOU-PIOU - GROUP LESSONS FOR CHILDREN - FRENCH SKI SCHOOL ESF VAL CENIS

Minimum age: 3 years - maximum age: 4 years

Discover the joy of gliding over snow! A secure, designated area for 3 and 4 year olds. Fun and educational equipment to initiate children to skiing at their own pace, while playing. 4 Piou Piou Clubs in Val Cenis.

🕒 From 17/12/2023 to 19/04/2024. Closed on Saturday. Saturday 14 December 2024 between 10.30 am and 12.30 pm. From 15/12/2024 to 18/04/2025. Closed on Saturday.

💰 From 17/12/2023 to 19/04/2024 Child: from 92 €. From 15/12/2024 to 18/04/2025 Child: from 98 €.

☎ +33 (0)4 79 05 92 43

🌐 www.esf-valcenis.com

## BONNEVAL SUR ARC

### LE CLUB PIOU-PIOU - GROUP SKI LESSONS FOR CHILDREN - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

Minimum age: 3 years - maximum age: 5 years

Learn skiing while having fun! Children are welcomed and looked after at the Piou-Piou Club from Sunday to Friday. Our ESF instructors are trained to accompany them in the discovery of skiing on our play courses.

🕒 From 25/12 to 26/04. Closed on Saturday. By reservation.

💰 6 lessons, from 157 €. All our prices on our website.  
Duration: 2.15

☎ +33 (0)4 79 05 95 70

🌐 www.esf-bonnevalsurarc.fr/

## Special activities for children

## AVRIEUX

### THE FORTS FOR CHILDREN

Minimum age: 6 years - maximum age: 15 years

The goal is to learn the history of the forts while having fun: visit-game of the 7 families, treasure hunts in the underground, escape game: all about the history of the forts of Esseillon adapted to children who are involved in the visit.

🕒 From 01/01 to 31/12, daily.

💰 Full price: 3 €, Group children: 2.50 € (per child). Free entry for children < 7 years, accompanying guides, the drivers. Group rate available for > 10 people.

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr/

## LA NORMA

### CHILDREN'S ELECTRIC MINI-QUAD CIRCUIT

Minimum age: 3 years - maximum age: 12 years

Let your children discover the joys of the electric mini quad in complete safety.

🕒 From 18/12 to 15/04 Opening hours daily between 10 am and 12 pm and between 2 pm and 7 pm. Outside school holidays, contact the service provider directly.

💰 Child: from 7 € (for 10 mins).

☎ +33 (0)6 81 33 83 11

## AUSOIS

### CHILDREN'S READING

Minimum age: 3 years - maximum age: 8 years



Michèle, a volunteer with the "les amis d'Oé" association, library coordinator, offers your children the opportunity to listen to great stories and acquire the pleasure of reading.

🕒 From 08/01 to 12/04/2024, every Monday between 5 pm and 6 pm except on 08/04. Please note: this activity does not take place during the French holidays in zone A. From 08/07 to 12/08/2024, every Monday between 5 pm and 6 pm.

💰 Free of charge.

☎ +33 (0)4 79 20 49 57

### NJ DOULA

Ayurvedic massage for women, pregnant women and babies. Doula: Birth and parenting support. Mother/baby and women's circles (dates of events to be announced). Possibility of home visits, massages and Doula accompaniment.

🕒 From 01/01 to 31/12. On reservation.

💰 60 €: 1h-1h30 massage session for pregnant women. 50 €: 1h baby massage session. Prices visible on our website. Rates for CAF family quotients of less than €1,200 (upon presentation of proof).

🌐 www.njdoula.fr/

**ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA  
MARMAILLE AU MUSÉE ! - ARCHAEOLOGY MUSEUM**

Minimum age: 9 years - maximum age: 16 years

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.

🕒 From 10/10/2023 to 05/05/2024, every Tuesday between 2 pm and 4.30 pm.

💶 One price: 9 €.

⌚ Duration: 2.30

☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.archeologie-sollieres-sardieres.com/](http://www.archeologie-sollieres-sardieres.com/)

**BÉBÉ BONHEUR (BABY HAPPINESS)**

The first years of a child's life are crucial; a baby is born with needs

🕒 From 01/01 to 31/12.

💶 Check out my website.

☎ +33 (0)6 61 50 37 32

🌐 [www.bebe-bonheur.org/](http://www.bebe-bonheur.org/)

**AWAKENING WORKSHOP, DISCOVERING YOUR CHILD -  
CLAIRE BURDIN - PARENTHOOD SUPPORT**

Minimum age: 0 year - maximum age: 6 year

Awareness workshop led by a childcare nurse. Adapted to the age and development of your child (0-6 years): awakening through play, free motor skills, sensory awakening, baby massage, artistic activity on a light table, books, emotions...

🕒 From 23/12 to 19/04, daily. On appointment.

💶 Please consult me.

⌚ Duration: 45mn

☎ +33 (0)6 63 02 57 71

🌐 [www.parentenfanthautemaurienne.fr](http://www.parentenfanthautemaurienne.fr)

**CLAIRE BURDIN - PARENTHOOD SUPPORT**

Parenthood support, followed by children aged 0 to 11 by a professional childcare nurse in health and early childhood. Awareness workshop, in groups or individually.

🕒 From 01/01 to 31/12. Closed on Sunday. On appointment.

💶 Please consult me.

☎ +33 (0)6 63 02 57 71

🌐 [www.parentenfanthautemaurienne.fr](http://www.parentenfanthautemaurienne.fr)

# Wellness



A Fornia



**Haute  
Maurienne  
Vanoise**

**VALFRÉJUS | LA NORMA | AUSOIS  
VAL CENIS | BESSANS | BONNEVAL SUR ARC**



# Snowshoeing

## AUSSOIS

### WELLNESS AND THERAPEUTIC WALKING - THIERRY BARDAGI - MOUNTAIN GUIDE

In the natural archaeological park of Les Lozes in Aussois, Thierry, a yogist and mountain leader, is offering an outing with unsuspected soothing powers...

🕒 From 01/01 to 31/12, every Friday between 9 am and 12.30 pm.

💶 One price: 20 €.

⌚ Duration: 3.30

☎ +33 (0)6 85 06 51 43

# Soins de Bien-être

## VILLARODIN-BOURGET

### WELLBEING MESSAGES - SOPHROLOGY AND ENERGY HEALING - CABINET ESTELLE DEHAN

Treat yourself to a moment of deep rejuvenation by receiving a rejuvenating massage (relaxing and de-stressing back massage) relaxation of the feet or relaxation of the legs.

🕒 From 01/01 to 31/12, daily. Upon request only.

💶 Revitalizing massage: 30 € (30 mn) or 45 € (45 mn) Relaxing foot massage: 45 € (45 mn) Leg massage: 30 € (30 mn).  
⌚ Duration: 30mn

☎ +33 (0)6 77 77 53 46

🌐 [www.chambres-dhotels-haute-maurienne.fr/massages-detente-chambres-dhotels/](http://www.chambres-dhotels-haute-maurienne.fr/massages-detente-chambres-dhotels/)

# Spas

## VALFRÉJUS

### SPA DARJEELING

We offer 2 wellness areas, each with a hammam, a sauna and a jacuzzi. Swimming costumes must be worn. Towels and sandals provided.

🕒 From 23/12/2023 to 26/04/2024, daily between 2 pm and 2 am. On reservation. From 21/12/2024 to 12/04/2025, daily between 2 pm and 2 am. On reservation.

💶 Access to collective space: 22 €/pers. for 1h30. Private Access: All private formulas include a drink of your choice per person served directly in the spaces for 1h30 of service. 89 € for 2 people, 129 € for 3 people, 159 € for 4 people, 189 € for 5 people, 220 € for 6 people, 235 € for 7 people, 255 € for 8 people, 20% reduction for any reservation from 10 p.m..

☎ +33 (0)4 79 64 08 43

## LA NORMA

### NORMASPA

From age 18 years

Located in the heart of La Norma, come and experience a real moment of relaxation in a private wellness area designed for you to relax, alone, as a couple, with family or friends during your stay in the resort.

🕒 From 01/01 to 31/12 between 9 am and 9 pm.

💶 From 25 € per person.

☎ +33 (0)7 45 12 79 90

🌐 <https://spa-sauna-lanorma.com>

## AUSOIS

### RELAXATION AREA & SPA ALPINA LODGE

For guests from outside the hotel, we offer a pleasant moment of relaxation in our outdoor wellness spa with Nordic bath and panoramic sauna. New massage offer.

🕒 From 16/12 to 12/04 between 4 pm and 8 pm. By reservation only for outside customers outside school holidays.

💶 One price: 30 € (per person for an unlimited period.).

☎ +33 (0)4 79 20 32 42

🌐 [www.alpina-lodge-vanoise.com/fr](http://www.alpina-lodge-vanoise.com/fr)

## VAL CENIS

Sollières-Sardières

### Ô SPA VANOISE

From age 6 years

An interlude of well-being in your stay... A moment of relaxation in a privatized outdoor spa! Towel hire: 5 €

🕒 From 01/01 to 31/12 between 9 am and 12 am. Booking compulsory.

💶 From 50 €.

☎ +33 (0)6 45 49 45 66

🌐 <https://evolution2.com/val-cenis>

## VAL CENIS

Lanslebourg-Mont-Cenis

### SPA D'ALTITUDE Ô DES CIMES - RÉSIDENCE CGH LES CHALETES DE FLAMBEAU

Original decoration, the green color associated with the wood creates a relaxing space. A huge corridor, "the path of happiness", opens to you until the spacious cabins. You will be seduced by the gentleness of the maneuvers and the expertise of our practitioners.

🕒 From 22/12/2023 to 14/04/2024 on Monday between 10 am and 12 pm and between 3 pm and 8 pm. On Tuesday and Thursday between 10 am and 12 pm and between 2 pm and 8 pm. On Wednesday and Friday between 2 pm and 8 pm. From 14/06 to 08/09/2024 on Monday, Tuesday, Wednesday, Thursday and Friday between 10 am and 12 pm and between 3 pm and 8 pm.

💶 Treatment rates from €60, not including access to the relaxation area, swimming pool and sauna.

☎ +33 (0)4 79 83 47 30

🌐 [www.odescimes.com/fr/spas/les-chalets-de-flambeau-1025](http://www.odescimes.com/fr/spas/les-chalets-de-flambeau-1025)

### VALFONTAINE WELLNESS AND FITNESS CENTER

From age 16 years

Valfontaine, a real mountain SPA, is made up of a weight room, a SPA with jacuzzi, hammam, sauna, rest room.

🕒 From 01/07 to 31/08, daily. By reservation. From 24/12 to 14/04, daily. Closed exceptionally on Easter Monday.

💶 Relaxation area: 16 €. Gym: 5 €. Gym area 1 hour + relaxation area 30 mn: 10 €. Treatments: consult our website.

☎ +33 (0)7 61 61 24 92

🌐 [www.valfontaine.com](http://www.valfontaine.com)

## VAL CENIS

Lanslevillard

### LEISURE PARK LES CLIÈRES WELLNESS SPA

From age 16 years

Relaxation area with jacuzzi, sauna, hammam and relaxation area with sun loungers, accessible during swimming pool opening hours. Wellness massages are available upon request.

🕒 From 24/12 to 19/04 Opening hours on Monday, Tuesday, Thursday, Friday and Sunday between 3 pm and 7 pm. On Wednesday between 3 pm and 8.30 pm. Closed on Saturday.

💶 Entrance to hammam, sauna, jacuzzi: 15 €/person (swimming pool access included). 5 sessions card: 62.5 €.

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenis piscine patinoire.wordpress.com/>



## SPA LES BALCONS PLATINIUM \*\*\*\*\*

A moment of timeless relaxation! Facial and body treatments based on the expertise of the Thalga brand. Then enjoy access to the wellness area with swimming pool, saunas, steam rooms, whirlpool baths...

- 🕒 From 23/12/2023 to 13/04/2024. Closed on Saturday. For details of the timetable, please contact us.
- 💶 Massages 55 to 90€, scrubs 45€, treatments 80 to 90€, depending on duration. Experience packages (treatment + massage) and massage cards available. When you purchase your treatment, get 2 hours' access to our wellness area with swimming pool, saunas, steam rooms and whirlpool baths at the additional cost of 20€.
- ☎ +33 (0)4 79 59 52 16
- 🌐 [www.les-balcons.com/service/spa-du-platinium-val-cenis/](http://www.les-balcons.com/service/spa-du-platinium-val-cenis/)

## BESSANS

### CLOS VANOISE SAUNA

The sauna is open to guests of the residence and to outsiders. Towels not provided.

- 🕒 From 23/12 to 19/04 between 5 pm and 7 pm. Closed Thursday and Sunday. By reservation only.
- 💶 One price: 25 € (for half an hour for 1 to 4 people).
- ☎ +33 (0)4 79 05 95 22
- 🌐 [www.montagneimmo.com](http://www.montagneimmo.com)

## Well-being treatments

## FOURNEAUX

### L'ALCHIMIE PARFAITE

Organic cosmetics store and local aromatic plants in herbal teas. You will find the necessary ingredients to create your homemade cosmetics. You can also take part in cosmetics workshops: see our website.

- 🕒 From 01/01 to 31/12 Opening hours on Tuesday, Wednesday, Thursday, Friday and Saturday between 9.30 am and 12 pm and between 2.30 pm and 7 pm. Closed Monday and Sunday.
- 🌐 Visit our website for more information.
- ☎ +33 (0)9 79 10 24 92
- 🌐 [www.lalchimie-parfaite.fr](http://www.lalchimie-parfaite.fr)

## MODANE

### BEAUTÉ PASSION

Beauty and body treatments, nail prostheses, eyelash enhancement, LPG endermologie, Payot cosmetics, la Savonnerie de Bormes, Yumi and Baija. Pulsed light. Purobio make-up.

- 🕒 From 01/01 to 31/12 Opening hours on Monday, Tuesday and Thursday between 9 am and 6 pm. On Friday between 9 am and 7 pm. On Saturday between 9 am and 3 pm. Closed Wednesday and Sunday.
- 🌐 Consult our website.
- ☎ +33 (0)4 79 64 29 66
- 🌐 <https://institut-beautepassion.fr/>

### MAGNETIC BEADING MACHINE: VÉRONICK CHARVOZ

Old or new muscle pain, don't wait any longer! Tournemains effective on the whole body with the ancestral technique of "rebouteux". Lumbago, sciatica, tendonitis, permanent contracture, joint blockage, stiff neck, back pain ...

- 🕒 From 01/01 to 31/12 between 8.30 am and 6 pm.
- 💶 Prices not available.
- ☎ +33 (0)6 60 34 31 54
- 🌐 [www.rebouteuse-magnetiseuse.com](http://www.rebouteuse-magnetiseuse.com)

### SOIF DE BIEN-ETRE

From age 12 years

Take a break and take some time for yourself: Véronique, beautician-masseuse works in Haute Maurienne Vanoise, at home, at the place of stay, place of rental or hotel permanence. Massages, body & face treatments. Looking forward to pampering you...

- 🕒 From 01/01 to 31/12 between 10 am and 8 pm.
- 🌐 Visit our website. Group rate on request.
- ☎ +33 (0)7 86 63 87 97
- 🌐 <https://soifdebienetre.fr>

## VALFRÉJUS

### DARJEELING SPA TREATMENT AREA

Come and discover our modelling and beauty salon at the foot of the slopes. We offer all kinds of modelling and beauty services in addition to our collective and private spas, for a moment of intense relaxation.

- 🕒 From 23/12/2023 to 26/04/2024, every Wednesday and Thursday between 2 pm and 9 pm.
- 💶 Facial treatments: from 49€. Body treatments: from 49€. Hair removal: from 15€.
- ☎ +33 (0)4 79 64 08 43

## VILLARODIN-BOURGET

### SOPHROLOGY AND ENERGY HEALING - CABINET ESTELLE DEHAN

Sophrology is a training of the body and the spirit which makes it possible to develop serenity and well-being.

- 🕒 From 01/01 to 31/12. Upon request only.
- ☎ +33 (0)6 77 77 53 46
- 🌐 [www.chambres-dhotes-haute-maurienne.fr/massages-detente-chambres-dhotes/](http://www.chambres-dhotes-haute-maurienne.fr/massages-detente-chambres-dhotes/)

## AVRIEUX

### WELLNESS SPACE

Annie welcomes you to a place where relaxation and performance go hand in hand. Aesthetics, well-being and relaxation are offered in a cocooning atmosphere. Hair removal, massage, facials, hand and foot care.

- 🕒 From 01/01 to 31/12. Closed Thursday, Saturday and Sunday. By appointment only.
- 💶 Please consult me.
- ☎ +33 (0)4 79 20 39 67
- 🌐 [www.esthetique-avrieux.com](http://www.esthetique-avrieux.com)

### HÉMISPHERE - HYPNOSIS AND ENERGY TREATMENTS

Wellness salon offering massages\*, energy treatments, hypnotherapy and sales of skincare products.

- 🕒 From 01/01 to 31/12. Closed on Sunday. By appointment.
- 💶 Massages from 25 to 50 minutes from €45.
- ☎ +33 (0)6 79 30 69 48
- 🌐 [www.massage-hypnotherapie-savoie.com/](http://www.massage-hypnotherapie-savoie.com/)

### AMMA SITTING MASSAGE

From age 16 years

Amma type massage: intervention on your vacation spot, in business and at an event. The Amma is a dressy seated massage. Amma means "calm by touch".

- 🕒 From 01/01 to 31/12 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 12 pm and between 2 pm and 5 pm. Closed Saturday and Sunday. By reservation.
- 💶 Depending on the session, the number of people, and if it's in business or for an event.
- ☎ +33 (0)6 34 24 73 81

## LA NORMA

### AUX P'TITS SOINS BEAUTY SALON

From age 6 years

Laura and Aurore welcome you to a cocoon of well-being in the heart of the pedestrian center of the resort to experience a moment of relaxation for yourself, for yourself and with yourself...

- 🕒 From 23/12/2023 to 14/04/2024 Opening hours on Monday, Tuesday and Thursday between 9.30 am and 6 pm. On Wednesday between 9.30 am and 7 pm. On Friday between 9.30 am and 2 pm and between 2 pm and 6 pm. By appointment, Saturday and Sunday on request. From 21/12/2024 to 11/04/2025 Opening hours on Monday, Tuesday and Thursday between 9.30 am and 6 pm. On Wednesday between 9.30 am and 7 pm. On Friday between 9.30 am and 2 pm and between 2 pm and 6 pm. By appointment, Saturday and Sunday on request.
- 💶 Facial treatments and massages: 30 mins: €40 60 mins: €60 90 mins: €90 Body massages: 30 mins: €45 60 mins: €65 90 mins: €100.
- ☎ +33 (0)6 49 52 25 52 / +33 (0)6 72 07 62 65

## HAKENA RETRAITES- GESSY & YANNICK - COLLECTIVE SHAMANIC HEALING

From age 10 years

We offer group shamanic healing in the form of meditations, shamanic chanting, cocoa ceremonies and sweat lodges. Ideal for people who want to reconnect with nature, manage emotions, soothe body and mind.

🕒 From 01/01 to 31/12. On appointment.

💡 Please consult us.

☎ +33 (0)6 21 33 73 24 / +33 (0)7 71 01 32 70

🌐 [www.hakena-retraites.com/](http://www.hakena-retraites.com/)

## AUSOIS

### FLEURS DES SHAN

Fleurs des shan aims to preserve, promote and transmit knowledge about plants.

🕒 All year round.

☎ +33 (0)6 51 37 67 71

## VAL CENIS

Bramans

### BEAUTÉ ROSE - HOME BEAUTICIAN

Through Beauté Rose, I want to provide you with a made-to-measure service and quality expertise in the comfort of your own home. Beauté Rose comes to your home in Haute Maurienne Vanoise.

🕒 From 01/01 to 31/12 Opening hours on Tuesday, Wednesday and Friday between 9 am and 7 pm. On Thursday between 10 am and 8 pm. On Saturday between 10 am and 2 pm. Closed Monday and Sunday.

☎ +33 (0)6 33 75 56 93

🌐 [www.beauterose.fr/](http://www.beauterose.fr/)

## VAL CENIS

Lanslebourg-Mont-Cenis

NEW

### AURORE & SENS - WELL-BEING MESSAGES

Aurore welcomes you to experience a moment of relaxation of your own, for you, with you, because a massage is much more than a massage... Because giving yourself time for yourself is much more than a gift...

🕒 From 20/12/2023 to 20/04/2024 between 9 am and 9 pm. Closed on Saturday. On appointment.

💡 \*Well-being massages: 30 min 45€, 60 min 75€, 90 min 105€, \*Renata Franca method: - lymphatic drainage: 1h30 120€, - "Miracle face" 30 min 60€, \*Kinesiology session 1h15 70€.

☎ +33 (0)6 49 52 25 52

🌐 [www.aurore-et-sens.fr/](http://www.aurore-et-sens.fr/)

### BEAUTY INSTITUTE CHEZ LAURENCE

In a soothing and warm setting, Laurence offers you different types of treatments.

🕒 From 01/05 to 30/06 Opening hours on Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. From 01/07 to 31/08 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. Closed on Sunday. From 01/09 to 16/12 Opening hours on Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. From 17/12 to 30/04 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. Closed on Sunday.

💡 Consult us.

☎ +33 (0)4 79 05 80 38

🌐 [www.laurence-esthetique-val-cenis.com/](http://www.laurence-esthetique-val-cenis.com/)

### LES MESSAGES DE LAURENT - LES MESSAGES DE LAURENT - WELL-BEING AND TREATMENTS

Dare to experience treatments that are as unique as you are... And enjoy the expertise of a healthcare professional at your service for your well-being, sports and pregnancy massages and healing treatments.

🕒 From 01/01 to 31/12, daily between 8 am and 10 pm. On reservation.

💡 All our prices on our website.

☎ +33 (0)6 13 40 18 63

🌐 [www.lesmassagesdelaurent.com/](http://www.lesmassagesdelaurent.com/)

## PHILIPPE ROGER MAGNETISEUR-HYPNOTHERAPEUT

Magnetizer-hypnotherapist practitioner, certified IFTA training. Hypnosis. Bio energy, anxiety, personality disorder, personal and professional coaching. Home travel.

🕒 From 01/01 to 31/12.

💡 Please consult me.

☎ +33 (0)6 85 75 24 26

🌐 [www.philipperoger.fr/](http://www.philipperoger.fr/)

## VAL CENIS

Lanslevillard

### KINESIOLOGIST - ENERGY THERAPIST

Kinesiology is a psycho-physical therapeutic method that identifies and removes blockages and imbalances. Its objective is to allow the consultant to better use his resources and to reveal his full potential.

🕒 From 01/09 to 30/06 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 7 pm. On Sunday between 2 pm and 7 pm. Closed on Saturday.

💡 One price: 70 €. Visit the website.

☎ +33 (0)6 85 68 92 26

🌐 [www.kinesiologie-valcenis.fr/](http://www.kinesiologie-valcenis.fr/)

### MASSAGES - WELL-BEING - KINESIOLOGIST - ENERGY THERAPIST

From age 10 years

Relaxing and revitalizing moment. Harmonizing Body and Spirit through the massage of energy meridians and key points. Objective: Peace and Serenity

🕒 From 01/12/2023 to 15/04/2024, daily.

💡 One price: 70 € (For 1 hour).

☎ +33 (0)6 85 68 92 26

🌐 [www.kinesiologie-valcenis.fr/](http://www.kinesiologie-valcenis.fr/)

### OSTEOPATHY SESSIONS - CHRISTINE BELLISSAND - OSTEOPATH MRP POYET

MRP Poyet method osteopathy sessions and manual energy therapy.

🕒 From 23/12 to 19/04, every Friday between 9 am and 1 pm except on January 1st, Easter Monday and December 25th. Only by appointment.

💡 One price: 65 €.

Duration: 1hrs

☎ +33 (0)4 79 05 89 32 / +33 (0)6 61 87 41 30

## Yoga/Qi Gong

## MODANE

### THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

From age 5 years

Thierry Bardagi will introduce you to different types of Yoga (laughing, walking, ...), but also Qi Gong, improvised singing and dancing, and well-being treatments (NERTI, Yogatherapy, Access Bars, Sophrology, Cardiac Coherence).

🕒 From 01/01 to 31/12. On reservation.

💡 Depending on the activities. Please consult me.

☎ +33 (0)6 51 00 19 08 / +33 (0)6 85 06 51 43 / +33 (0)4 79 05 86 68

## VALFRÉJUS

### INITIATION TO QI GONG - HAUTE MAURIENNE VANOISE TOURIST OFFICE

From age 14 years

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.

🕒 Thursday 28 March 2024 between 5 pm and 6.30 pm. Thursday 11 April 2024 between 5 pm and 6.30 pm.

💡 Free of charge.

Duration: 1.30

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com](http://www.valfrejus.com)

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## AUSSOIS

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### EM'YOGA

Breathe, observe, feel. Reconnect body and mind, relearn to breathe, loosen and soften joints, strengthen and stretch muscles, create space in our body and in our mind.

🕒 All year round. In low season from Monday to Friday. Reservation required by phone, email, messenger or Instagram mp.

💶 13 € per session / person. 10 lessons card: 130 €, 20 lessons: 220 €.

☎ +33 (0)6 80 98 15 26

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## VAL CENIS

### Lanslebourg-Mont-Cenis

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### MULTI-ACTIVITY WORKSHOP ON WELL-BEING AND BALANCE FOR SENIORS - THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

Complete fitness session open to all. Yoga, Qi Gong, bio-dynamic relaxation, cardiac coherence. Whether you are a holidaymaker or a local, join us!

🕒 From 01/01 to 31/12, every Monday between 10 am and 12 pm.

💶 Price: €15 per session and per person.  
Duration: 2hrs

☎ +33 (0)4 79 05 86 68 / +33 (0)6 85 06 51 43 / +33 (0)6 51 00 19 08

### HATHA YOGA LESSON WITH DÉDÉE - ANDRÉE ANSELMET - YOGA & QI-GONG

Hatha Yoga is more than a simple gymnastic, it is a precious weapon against aging. The method taught is that developed by Eva Ruchpaul, the first woman to structure a yoga pedagogy. Bring a large towel.

🕒 From 01/02 to 30/06, every Wednesday between 10.30 am and 11.30 am.  
From 01/10 to 20/12, every Wednesday between 10.30 am and 11.30 am.

💶 From 01/10 to 20/12/2023 One price: 10 €. From 01/02 to 30/06/2024 One price: 10 €.  
Duration: 1.15

☎ +33 (0)4 79 05 94 32 / +33 (0)6 72 43 85 28

### QIGONG LESSON - ANDRÉE ANSELMET - YOGA & QI-GONG

A gentle response to some of the ills of our civilization: nervous fatigue, overwork, slowing down of internal functions. It is a precious weapon against aging.

🕒 From 01/02 to 30/06, every Wednesday between 9.30 am and 10.30 am.  
From 01/10 to 20/12, every Wednesday between 9.30 am and 10.30 am.

💶 From 01/10 to 20/12/2023 One price: 10 €. From 01/02 to 30/06/2024 One price: 10 €.  
Duration: 1.15

☎ +33 (0)4 79 05 94 32 / +33 (0)6 72 43 85 28

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## BESSANS

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### YOG'ALPES

From age 18 years

Physical trainer graduated from the University of Grenoble and Hatha Yoga teacher, Cyril Tosi offers sports and yoga courses. He also works as a health and well-being consultant in companies.

🕒 All year round. On request.

☎ Contact the provider.

☎ +33 (0)6 07 39 94 28



# Culture



OTHMV - DC Gaudier



**Haute  
Maurienne  
Vanoise**

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



# Cinemas

## FOURNEAUX

### CINEMA L'EMBEILLIE

The Embellie cinema offers you a varied choice of films, national releases, art and essays, others ...

🕒 From 01/01 to 23/12/2023. Closed Monday, Tuesday and Thursday. Closed exceptionally on January 1st. For the program, see the website or the facebook page of the cinema. From 24/12/2023 to 07/01/2024, every Saturday and Sunday. Closed exceptionally on January 1st and December 25th. From 19/01 to 11/02/2024, every Wednesday, Saturday and Sunday. From 14/02 to 10/03/2024, every Saturday and Sunday. From 15/03 to 14/04/2024, every Friday, Saturday and Sunday.

💰 Full price: 8 € Reduced price: 4 € 10 tickets: 38 to 60 €.

☎ +33 (0)7 48 10 10 41

🌐 [www.cchautemaurienne.com/cinemas](http://www.cchautemaurienne.com/cinemas)

## LA NORMA

### CINEMA "LE GRAND AIR"

The Le Grand Air theater has 220 seats and uses the 3D technology. It is possible to buy snack food and drinks at the entrance.

🕒 From 24/12/2023 to 07/01/2024, every Monday, Tuesday, Wednesday, Thursday and Sunday. From 08/01 to 10/02/2024, every Monday, Tuesday, Wednesday and Sunday. From 11/02 to 10/03/2024, every Monday, Tuesday, Wednesday and Thursday. From 11/03 to 10/04/2024, every Monday, Tuesday, Wednesday and Sunday.

💰 Adult: 8 € Child (13 years): 4 € Reduced price: 5 € (under 18, students, unemployed) 10 tickets: 38 to 58 € (Valid for 3 years in the 4 cinemas of Haute Maurienne Vanoise) 3D Supplement: 1.50 €. Cine-checks are accepted as a means of payment HMV Liberty Pass: €6.80 instead of €8 / Adult.

☎ +33 (0)4 79 05 25 15

🌐 [www.allocine.fr/seance/salle\\_gen\\_csalle=W7330.html](http://www.allocine.fr/seance/salle_gen_csalle=W7330.html)

## VAL CENIS Lanslebourg-Mont-Cenis

### CINEMA LA RAMASSE

180-seat screening room offering recent films.

🕒 From 08/02 to 10/03/2024, every Wednesday, Thursday and Friday. From 11/03 to 16/04/2024, every Wednesday and Thursday. From 18/11 to 22/12, every Friday. For the days and times of the sessions, go to the CCHMV website.

💰 Child (2-13 years): 4 € Full price: 8 € Reduced price: 5 € (under 18, students, unemployed) 10 tickets: 38 to 60 € (Valid for 3 years in the 4 cinemas of Haute Maurienne Vanoise).

☎ +33 (0)4 79 05 92 65 / +33 (0)7 48 10 10 41

🌐 [www.cchautemaurienne.com/cinemas](http://www.cchautemaurienne.com/cinemas)

## VAL CENIS Lanslevillard

### CINEMACHANTELOUVE

1 projection room with 166 seats equipped with 2D and 3D digital technology.

🕒 From 24/12 to 14/04. Closed on Saturday. In the evening only, hours according to programming.

💰 Adult: 8 € Child (0-12 years): 4 € Reduced price: 7 € (65 years and over, students, high school and college students - on presentation of proof) 3D Supplement: 2 €.

☎ +33 (0)4 79 05 92 01

🌐 [www.cinemachantelouve.fr](http://www.cinemachantelouve.fr)

# Exhibitions

## AUSOIS

### EXHIBITION - MOSHI

The La Boucherie art gallery in Aussois displays some works by a renowned visual artist in its window. This winter: MOSHI MOSHI exhibited in London, Cologne, Montreal... and he gives us the great pleasure of presenting some works in Aussois.

🕒 All year round, daily.

💰 Free access.

☎ +33 (0)6 87 56 04 32

🌐 <https://laboucherie73500.com/>

### PERMANENT EXHIBITION IN THE VILLAGE

The Arche d'Oé Museum is pleased to present an exhibition of 20 old photos permanently placed in the streets of Aussois. It is quite simply the identity of a mountain village that is highlighted.

🕒 All year round, daily.

💰 Free access.

☎ +33 (0)4 79 20 49 57

## VAL CENIS Bramans

### MINERAL EXPOSURE, ENDEMIC LICHENS

More than 50 minerals and 120 lichens listed in Haute Maurienne Vanoise. Exhibition visible at the Tourist Office.

🕒 From 24/06 to 03/09, daily. During the opening hours of the Tourist Office. From 23/12 to 31/03, daily. During the opening hours of the Tourist Office.

💰 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Sollières-Sardières

### EXHIBITION - FROM HARVESTING TO BREAD MAKING

The tools and handwritten documents on display retrace the entire history of this bread, which was the staple food of the time, from the cultivation of cereals to the production and communal baking in the communal oven which is brought back into service each summer.

🕒 From 10/10/2023 to 05/05/2024 between 2 pm and 6 pm. Closed Saturday and Sunday. Open on the same dates and at the same times as the Archaeology Museum.

💰 Free access.

☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Termignon

### OPEN AIR PHOTO EXHIBITION - TERMIGNON THROUGHOUT THE SEASONS

Semi-permanent outdoor photographic exhibition full of poetry, art and joy by Anne-Bettina Brunet. Winter photos in summer. Summer photos in winter.

🕒 From 01/01 to 31/12, daily.

💰 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

### EXHIBITION - TERMIGNON AU FIL DES ROCHES

From marble canyons to quartzite cliffs, from shale fountains to copper mines... Come have a look at the rich geology of Val Cenis-Termignon, the second largest "commune" in mainland France!

🕒 From 01/01 to 31/12, daily. Accessible during the opening hours of the Tourist Office.

💰 Free access.

☎ +33 (0)7 81 06 35 89

## AUDIO-GUIDES - MONT CENIS

The Mont Cenis, emblematic place of the Maurienne and the Franco-Italian border ... before the dam. People who live or have lived there tell you its story through a virtual discovery (audioguide).

🕒 From 23/12/2023 to 21/04/2024 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7.30 pm. On Tuesday and Friday between 10 am and 12 pm and between 4.30 pm and 7.30 pm. On Saturday between 5 pm and 7 pm, except on January 1st, Easter Monday and December 25th. Closed on Sunday. From 01/09 to 20/12 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7.30 pm. On Friday between 10 am and 12 pm, except on November 1st and November 11th. From 21/12/2024 to 19/04/2025 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7.30 pm. On Tuesday and Friday between 10 am and 12 pm and between 4.30 pm and 7.30 pm. On Saturday between 5 pm and 7 pm, except on January 1st and December 25th. Closed on Sunday.

€ Free of charge. Identity document in deposit.

☎ +33 (0)4 79 05 53 16

## EXHIBITION - LANSLEBOURG OVER TIME

The Association for Heritage offers you a photo exhibition in an unexpected place: the Wash house! Discovering the metamorphosis of our village over time, between the bar-restaurant La Vanoise and the photographer "Tout Sourire".

🕒 From 15/06 to 15/09, daily between 9 am and 7.30 pm. From 10/12 to 21/04, daily between 9 am and 7 pm.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## EXHIBITION - LANSLEBOURG, A VILLAGE IN THE TURMOIL OF THE 1939-1945 WAR

Exhibition on the village during the difficult hours of the 1939-1945 war, to recall the execrable conditions experienced by our ancestors during this period. The comments come from testimonies of people who have experienced these ordeals.

🕒 From 21/04 to 21/06/2024 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7 pm. On Friday between 10 am and 12 pm, except on bank holidays. Closed Tuesday, Saturday and Sunday.

€ Free access.

☎ +33 (0)4 79 05 53 16

🌐 <https://biblio.mairie-valcenis.fr/>

## EXHIBITION-SALE - NATURICÎMES

Amandine, Gessy and Sandrine, 3 young creators from the valley invite you to discover their paintings connected with the universe, the earth, nature, animals...

€ Free access.

☎ +33 (0)4 79 05 53 16

🌐 <https://biblio.mairie-valcenis.fr/>

## PHOTOS GALLERY CHRISTIAN SIMON

All the wonders of Haute Maurienne Vanoise through the shots of Christian SIMON, passionate photographer. Direct sales and 100% local creations.

🕒 From 12/04 to 21/04/2024 between 4 pm and 7 pm. Closed on Monday. From 16/09 to 13/12/2024, daily. Possible opening on request. Contact by email or mobile. From 14/12 to 20/12/2024 between 3.30 pm and 7 pm. Closed on Monday. From 21/12 to 31/12/2024 Opening hours on Monday between 3 pm and 7 pm. On Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday between 10 am and 12 pm and between 3 pm and 7 pm. From 01/01 to 07/02/2025 Opening hours on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday between 10 am and 12 pm and between 3 pm and 7 pm. Closed on Monday. From 08/02 to 11/04/2025 Opening hours on Monday between 3 pm and 7 pm. On Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday between 10 am and 12 pm and between 3 pm and 7 pm. From 12/04 to 21/04/2025 between 4 pm and 7 pm. Closed on Monday.

€ Free access.

☎ +33 (0)9 79 56 27 58 / +33 (0)6 79 87 27 80 / +33 (0)6 84 36 77 33

🌐 [www.duodescimes.com](http://www.duodescimes.com)

## SAINT-ANDRÉ

### PUBLIC LIBRARY

The team of volunteers offers you a choice of 5000 documents. You'll find novels, comics, CDs and children's books. Access is free of charge. You can access the Internet from a workstation or via Wifi.

🕒 From 01/01 to 31/12 Opening hours on Monday between 2 pm and 7 pm. On Wednesday and Friday between 10 am and 12 pm. On Thursday between 1 pm and 7 pm. Closed Tuesday and Sunday. Saturday: 1st of the month only, 10 a.m to 12 a.m. In case of holidays Monday and Thursday from 4 p.m. to 7 p.m.

€ Free entry for children < 16 years. Adult: 3 €. Registration allows you to borrow 5 documents for a period of one month or one per person for 2 weeks. Wifi : 0.50€/30 mn - 1€/1h - 8€/10h.

☎ +33 (0)4 79 05 03 14

🌐 <https://standre.bibenligne.fr/>

## FOURNEAUX

### PUBLIC LIBRARY

Books, CD

🕒 From 01/09 to 30/06, every Tuesday between 4.30 pm and 6.30 pm. Except during school holidays.

€ Free of charge.

☎ +33 (0)4 79 05 07 46

### BOOK BOX

Books, CD

🕒 From 01/01 to 31/12.

€ Free access.

☎ +33 (0)4 79 05 07 46

## MODANE

### PUBLIC LIBRARY

Municipal library with internet access and possibility of printing via USB key or from a site.

🕒 Every day throughout the year Opening hours on Tuesday and Thursday between 1.30 pm and 6 pm. On Wednesday between 10 am and 11.30 am and between 1.30 pm and 6 pm. On Saturday between 9 am and 11.30 am. Closed Monday, Friday and Sunday.

€ Free entry. Internet access €0.50 for 30 minutes. Membership from €9 for adults and €6 for under-18s.

☎ +33 (0)4 79 05 12 93

🌐 <https://modane.bibenligne.fr/>

### BOOK BOX

Box or space where you can find books, to give or take, in good condition, conducive to exchange.

🕒 From 01/01 to 31/12.

€ Free access.

☎ +33 (0)4 79 05 04 01

## VALFRÉJUS

### BOOK'S BOX

Have you read a book, do you want to share it, make it travel? Reading, relaxing break, loan, deposit .... You decide !

🕒 From 02/09 to 16/12. Closed Saturday and Sunday. From 24/12 to 12/04, daily.

€ Free of charge.

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com](http://www.valfrejus.com)

## VILLARODIN-BOURGET

### PUBLIC LIBRARY

Loan of all types of novels, including the latest bestsellers and magazines.

- 🕒 From 01/01 to 31/12, every Wednesday between 5.30 pm and 6.30 pm.
- 🆓 Free access. For the inhabitants of Villarodin-Bourget and Avrieux and children of the educational group of Avrieux / Villarodin-Bourget (possibility for the exteriors, to see on the spot).
- ☎ +33 (0)4 79 05 25 15

## LA NORMA

### BOOK BOX

You read a book you want to share it, do it travel? Give it and take another one, the exchange is free and anonymous. Reading is a gateway to an enchanted world.

- 🕒 From 08/07 to 01/09, daily between 9 am and 6 pm. From 17/12 to 14/04, daily between 9 am and 6 pm.
- 🆓 Free access.
- ☎ +33 (0)4 79 05 99 06 / +33 (0)4 79 05 99 16

## AUSSOIS

### LIBRARY ALP'PAGES

Loan of books, novels, comics, mountain magazines and more. Reading in a fun mode, appealing to the reader's pleasure and sharing. Conditions of registration: declarative registration form to be completed.

- 🕒 From 10/02 to 11/03/2024, every Monday, Wednesday and Friday between 4.30 pm and 6.30 pm. From 12/03 to 05/04/2024, every Monday between 4.30 pm and 6.30 pm. From 06/04 to 06/05/2024, every Monday and Friday between 5 pm and 7 pm.
- 🆓 Free of charge.
- ☎ +33 (0)4 79 20 30 40
- 🌐 [www.mairie-aussois.com](http://www.mairie-aussois.com)

### BOOKS SELF-SERVICE

You read a book you want to share it, do it travel? Give it and take another one, the exchange is free and anonymous. Reading is a gateway to an enchanted world.

- 🕒 From 01/01 to 31/12.
- 🆓 Free access.
- ☎ +33 (0)4 79 20 30 40

## VAL CENIS Bramans

### LOCAL LIBRARY IN VAL CENIS BRAMANS

A small village library with all the bells and whistles of a big one, run by a team of smiling, motivated volunteers. Meetings, exchanges, entertainment... Come and see for yourself, and become a library regular!

- 🕒 From 01/01 to 31/01, every Tuesday and Friday between 4.45 pm and 6.45 pm. Closed exceptionally on January 1st.
- 🆓 Free entry for children < 18 years. Registration fee of €2.50 for adults over 18, for one week (free loan for children, students and jobseekers). Free consultation. Loan conditions: 5 books/person + 1 CD + 2 magazines and a deposit cheque of 50 €/family. Thanks to their registration, users can benefit if they wish from a code allowing them to access the digital resources of the e-médi@s network of Savoie-biblio (online press, self-study, streaming films, digital books, music, video games and platforms dedicated to young people), for the duration of their stay. Annual resident rate: 5 €. Registration is also valid for the Termignon and Lanslebourg (EPM) libraries, under the same conditions.
- ☎ +33 (0)4 79 59 62 05
- 🌐 <https://biblio.mairie-valcenis.fr/>

### NOMADIC BOOKS

The purpose of nomadic books is to travel. Everyone has access to the books, on site or to take away. Read them and make them travel!

- 🕒 From 01/01 to 31/12.
- 🆓 Free access.

## VAL CENIS Termignon

### LOCAL LIBRARY - LA BIBLI

A pleasant, friendly place to live, open to all, supervised by enthusiasts. Meetings, exchanges, events... Come and see for yourself, and become a library regular: you come by chance, you come back because you want to!

- 🕒 From 01/01 to 31/12 Opening hours on Monday and Friday between 4 pm and 7 pm. On Tuesday and Thursday between 9 am and 11 am. On Wednesday between 4.30 pm and 6.30 pm. Closed Saturday and Sunday. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th.
- 🆓 Contribution of 2.50 € on registration, for adults over 18, for one week (free loan for children, students and job seekers). Free consultation. Loan conditions: 5 books/person + 1 CD + 2 magazines and a deposit check of 50 €/family. Thanks to their registration, users can benefit if they wish from a code allowing them to access the digital resources of the e-médi@s network of Savoie-biblio (online press, self-study, streaming films, digital books, music, video games and platforms dedicated to young people), for the duration of their stay. Annual resident rate: 5 €. Any subscription to the Bibli is also valid on the branches of Bramans and Lanslebourg (EPM), under the same conditions. Free Wifi, accessible to all. A laptop is available for self-service consultation (paying). Offline 1 hour: 2 € If internet connection: 10 mins: 1.30 €, 30 mins: 2.50 €, 60 mins: 3.7 €. black and white prints: 0.30 €/page, color prints: 0.60 €/page.
- ☎ +33 (0)9 67 07 72 97
- 🌐 <https://biblio.mairie-valcenis.fr/>

## VAL CENIS Lanslebourg-Mont-Cenis

### ESPACE PUBLIC MULTIMÉDIA

Media library with over 4000 books (novels, literary prizes, comics, albums, magazines), over 900 DVDs, audio CDs and games. Temporary exhibition, paid computer connections available, paid printing. Free wifi and scanning.

- 🕒 From 01/09 to 22/12 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7 pm. On Friday between 10 am and 12 pm. Closed Tuesday, Saturday and Sunday. Closed exceptionally on November 1st and November 11th. From 23/12 to 20/04 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7.30 pm. On Tuesday and Friday between 10 am and 12 pm and between 4.30 pm and 7.30 pm. On Saturday between 5 pm and 7 pm. Closed on Sunday. Closed exceptionally on January 1st, Easter Monday and December 25th. From 4 p.m. during the Christmas and winter french school holidays.
- 🆓 Free entry for Job-seeker, the students. Library : - Inhabitants of Val Cenis : 5 € (books, magazine), 10 € (books + DVD). - Inhabitants of other towns : 10 € (books, magazine), 15 € (books + DVD). - Holidaymakers : Weekly subscription 2.50 € (books, magazine), 7.50 € (books + DVD). Free wifi access. Use of the computers is charged according to the connection time: 1.30 € (10 min), 2.50 € (30 min), 3.70 € (60 min). Printing : 0.30 € per page in black and white, 0.60 € per page in color.
- ☎ +33 (0)4 79 05 53 16
- 🌐 <https://biblio.mairie-valcenis.fr/>

## VAL CENIS Lanslevillard

### THE READING BOX

Leave or take for free adult or children books.

- 🕒 From 01/01 to 31/12, every Monday, Tuesday and Friday between 1.30 pm and 4 pm.
- 🆓 Free of charge.
- ☎ +33 (0)4 79 05 93 78

## BESSANS

### LIBRARY THE DIABLERIE

Book lending, free consultation.

- 🕒 From 06/04 to 29/06, every Saturday between 10.30 am and 12 pm. From 18/12 to 29/03 Opening hours on Monday and Friday between 5 pm and 6.30 pm. On Wednesday between 11 am and 12 pm.
- 🆓 3€ per week per family with a deposit of 30€. Decreasing price for several weeks. Annual subscription 12€. Free on-site consultation.
- ☎ +33 (0)4 79 05 96 05



## BONNEVAL SUR ARC

### LIBRARY

Indoor activity, going to the library can also be done during your stay.

🕒 From 01/01 to 31/12, every Monday between 5.30 pm and 6.30 pm.

💶 Loan per book: 0.50 €.

☎ +33 (0)4 79 05 94 94

🌐 [www.mairie-de-bonnevalsurarc.fr/](http://www.mairie-de-bonnevalsurarc.fr/)

## Sentiers à thème/Jeux de pistes

## VALFRÉJUS

### CHAPEL AND ESSARTS TRAIL

A path in the forest with information panels on fauna and flora. A very nice walk without difficulty where you can discover the religious heritage of Valfréjus, formerly the hamlet of Charmaix and where you can hear the water of the torrents flowing in summer.

🕒 From 01/01 to 31/12. Under your own responsibility and depending on snow conditions.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com](http://www.valfrejus.com)

## Theme trails/Trail games

## MODANE

### TREASURE HUNT "COUP DE FEU À MODANE"

The Museobar invites you to investigate in the streets of Modane in the 1930s. It is a treasure hunt on a smartphone during which clues appear as soon as flashcodes are found in the neighborhood from the station.

🕒 From 01/01 to 31/12.

💶 Free of charge.

☎ +33 (0)4 79 59 64 23

🌐 [www.museobar.com/](http://www.museobar.com/)

### TREASURE HUNT "THE JEWELS OF THE EMPRESS"

From age 6 years

Smartphone game: lots of fun little puzzles accompanied by simple historical anecdotes. Easy treasure hunt for accompanied children (from 6 years old) in the streets of Modane-Ville.

🕒 From 01/01 to 31/12.

💶 Free of charge.

☎ +33 (0)4 79 59 64 23

🌐 [www.museobar.com/](http://www.museobar.com/)

## VALFRÉJUS

### TREASURE HUNT

You have all the holidays to walk the village of Valfréjus and find clues that will lead you to the famous treasure! To play, simply grab your game sheet at the Tourist Office.

🕒 From 01/01 to 31/12.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com](http://www.valfrejus.com)

## AVRIEUX

### WATER TRAIL

A looping family trail to discover a hidden wealth of heritage: water and its uses

🕒 All year round. Subject to favorable weather.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

## LA NORMA

### THE TREASURE HUNT

To open the treasure chest, we need a code and a key where all the puzzles are scattered around La Norma. Come join the animation team and help them discover the treasure. Meet in front of La Norma's house.

🕒 From 08/07 to 01/09, daily. From 23/12 to 12/04, daily.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.la-norma.fr](http://www.la-norma.fr)

### ART TRAIL

Have a look at the monumental sculptures that proudly welcome you to La Norma. Treat yourself to a delightful pick'n'mix of local heritage and discover the fusion of contemporary and baroque arts on Savoie marble.

🕒 All year round. Subject to favorable weather.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

### NEW

### ERICA FOREST PATH

The Erica trail is a fun, rejuvenating route suitable for all walkers: beginners, young and old, young and old. It allows you to immerse yourself in the atmosphere of this forest of high environmental value.

🕒 All year round. Beware of the risk of ice in winter.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.la-norma.fr](http://www.la-norma.fr)

## AUSOIS

### TREASURE HUNT: A SPY AT ESSEILLON



Call for volunteers! The French General Staff recruits spies to unlock the secrets of the fortress and free the imprisoned lieutenant colonel. New family treasure hunt scenario at the forts of Esseillon.

🕒 From 01/01 to 31/12. Depending on the snow conditions: provide snowshoes to go down to the Fort. Fewer workshops in the winter season due to disassembled batteries.

💶 Game Kit: 7 € (the game book).

☎ +33 (0)4 79 05 99 06

🌐 [www.aussois.com](http://www.aussois.com)

### BUILDERS' PATH

You are builders of the Forts of Esseillon in 1815, on the gargantuan project launched by the King of Piedmont-Sardinia. Your mission: To guard against French invasion, you must build five forts in just 15 years!

🕒 All year round. Subject to favorable weather.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

### SCULPTURE TRAIL



What on earth is that weird rock jutting out of the pine trees like a finger pointing at the sky? Let's go and see! The path leading to this monolith is strewn with carvings, apparently dropped into the forest by some mischievous giant. Maybe you'll even come across him...

🕒 All year round. Subject to favorable snow and weather conditions.

💶 Free access.


☎ +33 (0)4 79 05 99 06


🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

## ON THE MARABOUTS'S TRAIL

Embark on a journey to explore the steppe grasslands inhabited by the wild grass known as "marabout". An educational walk for people of any age who are curious about their surroundings. A nature trail that also pairs well with the Esseillon forts.

 All year round. Subject to favorable weather.

 Free access.

 +33 (0)4 79 05 99 06

 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)


## VAL CENIS


### Bramans


## THE THEME TRAILS OF THE FRIENDS OF HERITAGE

The Friends of Heritage association invites you to discover the 2 hamlets of Val Cenis Bramans through 2 themes illustrated by explanatory panels: trades of yesteryear and religious buildings.

 From 01/01 to 31/12. Depending on the season, some buildings are not open to the public, information at the Tourist Office.

 Free access. Route map available free of charge at the Tourist Office for a visit at your own pace.

 +33 (0)4 79 05 99 06


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


## VAL CENIS


### Termignon


## TREASURE HUNT

You have all the holidays to walk the village of Val Cenis-Termignon and find clues that will lead you to the famous treasure! To play, simply grab your game sheet at the Val Cenis-Termignon Tourist Office.

 From 01/01 to 31/12.


 Free access.


 +33 (0)4 79 05 99 06


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

## EXPLORE TERMIGNON ON FOOT: DISCOVERING THE VILLAGE

Walking trail through the village of Val Cenis-Termignon. Discover the history of the village and its various monuments through 21 explanatory panels set up along the route.

 From 01/01 to 31/12.


 Free access.


 +33 (0)4 79 05 99 06


## BESSANS

## WALKING IN THE HEART OF THE VILLAGE OF BESSANS

Along with your booklet illustrated with pictures, you discover the old village. Games and clues included.

 All year round. Under your own responsibility and depending on snow conditions. Refer to the dates and opening hours of the Bessans Tourist Office.

 3 € the booklet, at the Tourist Office.


 +33 (0)4 79 05 99 06


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


## BONNEVAL SUR ARC

## TREASURE HUNT

Explore the village of Bonneval sur Arc and find the clues that will lead you to the famous treasure! To play, all you have to do is pick up your sheet at the Bonneval sur Arc Tourist Office. Duration of route: between 1h and 2h.

 From 01/01 to 31/12.

 Free access.

 +33 (0)4 79 05 99 06

 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

# Heritage



**Haute  
Maurienne  
Vanoise**

VALFRÉJUS | LA NORMA | AUSOIS  
VAL CENIS | BESSANS | BONNEVAL SUR ARC



## MODANE

### MUSÉOBAR - BORDER MUSEUM

The festive atmosphere of a mountain border town at the time of the attachment of Savoy to France and the drilling of the first railway tunnel, the sound of mechanical pianos.

- 🕒 From 15/05 to 11/11 Opening hours on Tuesday and Wednesday between 3 pm and 7 pm. On Thursday, Friday and Saturday between 10 am and 12 pm and between 3 pm and 7 pm. Closed Monday and Sunday. Closed exceptionally on Feast of the Ascension, Whit Monday, July 14th, August 15th and November 1st. From 23/12 to 20/04 Opening hours on Tuesday and Wednesday between 3 pm and 7 pm. On Thursday, Friday and Saturday between 10 am and 12 pm and between 3 pm and 7 pm. Closed Monday and Sunday. Closed exceptionally on January 1st, Easter Monday and December 25th.
- 💶 Reduced price: 2 € (on Saturday) Adult: 4.50 € Child (7-17 years): 3 €. Free entry for children < 7 years. Group rate available for > 4 people. Group and family rates (from 4 people): 2 €.
- ☎ +33 (0)4 79 59 64 23
- 🌐 [www.museobar.com/](http://www.museobar.com/)

## AVRIEUX

### AVRIEUX, VILLAGE SOUL

Avrieux, authentic village of Haute Maurienne which can be discovered through its old streets, its Saint-Thomas Becket church, its Redoute Marie-Thérèse, essential element of the barrier of the forts of Esseillon.

- 🕒 From 01/01 to 31/12, daily.
- 💶 Free access.
- ☎ +33 (0)6 78 22 48 38
- 🌐 <https://avrieux.com/>

## AUSOIS

### DISCOVERY OF THE BREWERY OÉ



The brewery of Oé proposes you a visit of its local of production. A great opportunity to discover the adventure in which these 3 friends from Aussois have embarked, their beers are labeled AB (Agriculture Biologique). Notice to the amateurs!

- 🕒 From 01/07 to 30/09/2024, every Tuesday at 6 pm. Free without reservation. From 15/12 to 12/04, every Tuesday between 6 pm and 7 pm. Free without reservation.
- 💶 Free of charge.
- ☎ +33 (0)9 86 62 13 48
- 🌐 [www.brasserieoedoe.com/](http://www.brasserieoedoe.com/)

### HONEY EXTRACTION

Félicien Detienne, beekeeper in Aussois, invites you to discover his passion for bees. Discover the extraction of honey from beehives.

- 🕒 From 16/12 to 12/04, every Wednesday at 5 pm.
- 💶 Free of charge.
- ☎ +33 (0)6 62 17 68 22

### OLD OVEN

In the village, near the fountain, the old bakery oven was also called to serve the population, it was baking bread for all. Each brought his bread ready to cook ... It was an opportunity to get together and exchange ideas.

- 🕒 From 01/01 to 31/12, daily. Indoor access when events.
- 💶 Free access.
- ☎ +33 (0)4 79 05 99 06

## THE SECRETS OF AUSOIS: DISCOVERY WALK OF THE VILLAGE



Come and discover the magnificent scenery of your holiday during a friendly ride. The animation team will accompany you and answer your questions to make your stay easier. Aussois will hold no secrets for you!

- 🕒 From 17/06 to 14/07/2024, every Monday at 10.30 am. Monday 26 August 2024 at 10.30 am.
- 💶 Free of charge.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.aussois.com](http://www.aussois.com)

### GUIDED TOUR OF THE ARCHE D'OË



Dive into the history of Aussois as told by the volunteers of the association "Les Amis du Musée". Discover the evolution of the village over the centuries, why it is so endearing that you want to come back!

- 🕒 From 16/12/2023 to 12/04/2024, every Monday between 5 pm and 6.30 pm.
- 💶 From 16/12/2023 to 12/04/2024 Adult: 4.50 €, Child : 3.20 €. From 10/06 to 29/08/2024 Adult: 4.50 €, Child : 3.20 €. Free entry for children < 6 years. Child entry valid for 6 - 12 years.
- ☎ +33 (0)4 79 20 49 57

## VAL CENIS Bramans

### FARM ETOILE DU BERGER

Educational farm accessible from the village of Val Cenis Bramans by free shuttle bus Line B. The visit of the educational farm is limited to the customers of the restaurant and to families curious about the agricultural world. No group visits.

- 🕒 From 23/12 to 15/03. Closed on Monday. Opening days coordinated with the opening of the Nordic ski area and the shuttle service. Closed Monday and Tuesday outside school holidays.
- 💶 Free access.
- ☎ +33 (0)6 13 88 09 45 / +33 (0)6 22 68 59 78 / +33 (0)4 79 05 29 55

## VAL CENIS Termignon

### VISIT OF THE ANOUCHKA MATURING CELLARS

Visit of the ripening cellars with an exhibition on the life of the farm throughout the seasons by photos and film.

- 🕒 From 01/07 to 01/09/2024, daily. Days and times given to the store.
- 💶 Free of charge.
- ☎ +33 (0)4 79 20 46 49
- 🌐 <http://fromagerie-anouchka-termignon.com/>

## VAL CENIS Lanslebourg-Mont-Cenis

### SELF-GUIDED TOUR OF THE HAUTE MAURIENNE VANOISE DAIRY COOPERATIVE

It includes : our 17 mn film "Un Territoire, Des Hommes, Une Coop", access to the circuit with a view of the Beaufort workshop (made every morning), Beaufort and Bleu de Bonneval-sur-Arc tasting and visit of the maturing cellars. Duration 1 hour.

- 🕒 All year round, daily. Accessible during shop opening hours.
- 💶 Free entry for children < 5 years. 2 € per person. For school groups or existing groups, please contact us.
- ☎ +33 (0)4 79 05 20 36
- 🌐 [www.coophautemaurienne.fr/](http://www.coophautemaurienne.fr/)

# Military heritage

## MODANE

### LEANING HOUSE

At the exit of Modane, towards Valfréjus, the leaning house is aptly named. Inside this blockhouse dynamited by the Germans in 1944, you defy the laws of balance!

🕒 From 01/01 to 31/12, daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com](http://www.valfrejus.com)

## AVRIEUX

### MARIE-THÉRÈSE CASTLE

Discover a unique place on the fortified alpine heritage. On the programme: guided tours, treasure hunts for children, escape game, souvenir shop. Educational workshops for schools.

🕒 From 01/01 to 16/04, every Tuesday between 2 pm and 3.30 pm. Closed exceptionally on January 1st and Easter Monday.

€ Full price: 4 € Reduced price: 2 € Adult: 4 € Child: 2 € Student: 2 € Job seeker: 2 € Large family: 10 € Family pass: 10 € Disabled: 2 € Group adults: from 4 € Group children: 2.50 €. Free entry for children < 7 years. Group rate available for > 10 people.

☎ +33 (0)6 78 22 48 38

🌐 [www.redoutemarietherese.fr/](http://www.redoutemarietherese.fr/)

### GUIDED TOUR OF THE FORT MARIE-THÉRÈSE

From age 5 years

Discover the fortified heritage of the Esseillon barrier and the Marie-Thérèse Redoubt. Why these forts? What is a redoubt? Why here? How and by whom were they built? You will know everything about these 19th century buildings!

🕒 From 02/01 to 15/04, every Tuesday between 2 pm and 3.30 pm except on 02/04/2024 and Easter Monday.

€ From 02/01 to 15/04/2024 Full price: 6 €. From 03/07 to 28/08/2024 Full price: 6 €. Adult: 6 €, Child : 4 €, Group adults: 4 €, Group children : 2.50 €. Free entry for children < 7 years. Child entry valid for 7 - 15 years.

☎ +33 (0)6 78 22 48 38

🌐 [www.redoutemarietherese.fr/](http://www.redoutemarietherese.fr/)

## AUSSOIS

### SARDINIAN CEMETERY

The military cemetery was intended to welcome the dead garrisons Esseillon. You can watch the particular two altars where the bodies of the dead were deposited when the frozen ground did not permit burial.

🕒 From 01/01 to 31/12, daily. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 20 30 40

🌐 [www.mairie-aussois.com](http://www.mairie-aussois.com)

### FORT CHARLES ALBERT

Fort Charles Albert is one of the five Sardinian forts that make up the Esseillon barrier and bear the names of the sovereigns of the Savoy family.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

### FORT CHARLES FÉLIX

Beware, romance! The charm of the ruins and the beauty of the site are bound to inspire you.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)4 79 20 30 40

### FORT MARIE-CHRISTINE

Formerly at the heart of the Savoy defensive system, this imposing fort welcomes tourists and foodies.

🕒 All year round, daily. Group tours on request.

€ Free access.

☎ +33 (0)4 79 05 99 06

### FORT VICTOR-EMMANUEL

Eight buildings follow one another on the side of the rock: places of life and combat, they still intimidate.

🕒 From 01/01 to 31/12, daily. Group tours on request.

€ Free access.

☎ +33 (0)4 79 05 99 06

### ESSEILLON FORTS

Four forts and a redoubt protecting Savoie: a treat for lovers of fortified heritage. Listed as Historic Monuments, the forts are named after the royal family of Piedmont-Sardinia.

🕒 All year round, daily. Group visits on request.

€ Free access.

☎ +33 (0)4 79 60 59 00

🌐 [www.fondation-facim.fr](http://www.fondation-facim.fr)

## VAL CENIS Termignon

### LA PLEUREUSE DE TERMIGNON

This WWI unique memorial, represents a lady in local dress crying for a relative dead at war. Luc Jaggi-Couvert, originally from Termignon, created this masterpiece.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)6 69 65 15 51

## VAL CENIS Lanslebourg-Mont-Cenis

### MEMORIAL OF FLAMBEAU THE POSTDOG

Flambeau was the postdog that brought mail to soldiers stationed at the forts of Sollières between 1928 and 1937. It was rewarded for its good services.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)6 69 65 15 51

# Religious heritage

## MODANE

### CHURCH NOTRE-DAME DE L'ASSOMPTION - MODANE

The former church of Modane was destroyed during the Anglo-American bombing in the night of September 16th 1943. Only the bell tower remained. Reconstruction as war damage began in 1951 to 1954.

🕒 From 01/01 to 31/12, daily.

€ Free access.

☎ +33 (0)4 79 05 07 95

## VALFRÉJUS

### NOTRE-DAME DU CHARMAIX CHAPEL

Built in the XV<sup>th</sup> century on the roc in a narrow cliffside, this sanctuary is the end of a pilgrimage and the most visited religious place in Maurienne Valley. Altarpiece from the XIX<sup>th</sup> century.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com/](http://www.valfrejus.com/)

## AVRIEUX

### CHURCH SAINT THOMAS-BECKET

A heritage guide will open the magnificent baroque church of Saint Thomas-Becket, one of the most beautiful testimonies of baroque art in our mountain valleys, in each of our churches decorated with gold, light and color.

🕒 From 01/01 to 20/12, daily. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, May 1st and November 1st. During the season, the building is open for weekly guided tours. The rest of the time, on request, depending on the guide's availability.

☎ +33 (0)6 78 22 48 38

🌐 <https://avrieux.com/>

### GUIDED TOUR OF AVRIEUX'S BAROQUE BUILDINGS

From age 6 years

With a heritage guide, unravel the mysteries of the sumptuous Baroque decorations in the church of Saint Thomas-Becket, the chapel of Notre-Dame des Neiges and the pilgrimage chapel of Saint-Benoit. Meet in front of the church.

🕒 From 04/01 to 18/04/2024, every Thursday between 2 pm and 3.30 pm.

€ Free entry for children < 7 years. Adults: 6 €, children: 4 €.

☎ +33 (0)4 79 05 99 06 / +33 (0)6 78 22 48 38

🌐 <https://avrieux.com/>

## AUSOIS

### CHURCH NOTRE-DAME DE L'ASSOMPTION - AUSOIS

The Church and its Romanesque bell tower, which stand at the heart of the village, are a must for any visitor. The stone and slate exterior looks rather unpromising but inside, a magical interior, filled with gold and colour, await you!

🕒 All year round, daily between 9 am and 6 pm.

€ Free access.

🌐 [www.fondation-facim.fr](http://www.fondation-facim.fr)

### OUR LADY OF PEACE ORATORY

The oratory "Our Lady of Peace" was built in 1942 in gratitude for having saved the village from destruction during the war. The inauguration took place on August 16, 1942. The platform was extended and refurbished in 1968.

🕒 From 01/01 to 31/12, daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

## VAL CENIS Bramans

### SAINT-PIERRE D'EXTRAVACHE CHURCH

Here remains the remains of a church whose tradition traces the foundation to two disciples of St. Peter. The oldest part, the apse, dates back to the 11th century. It is one of the rare testimonies of the Romanesque period in Savoy.

🕒 All year round, daily. Access road closed to traffic in winter, accessible by shuttle bus: information at the Tourist Office.

€ Free access.

☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Sollières-Sardières

### SAINT-PIERRE CHAPEL

This chapel adjoining the Museum of Archaeology, whose stenciled decorations give it a very special charm, hosts temporary exhibitions of the Association of Archaeology, History and Heritage of Sollières-Sardières every year.

🕒 From 10/10/2023 to 05/05/2024 between 2 pm and 6 pm. Closed Saturday and Sunday.

€ Free access.

☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslevillard

### SAINT-ROCH'S CHAPEL

Built in 1634, after the great plague of 1630, which killed 136 out of the 550 inhabitants, Saint Roch's chapel houses objects of worship and statuary elements (16th and 17th century), as well as objects from Gallo-Roman tombs.

🕒 From 26/12 to 19/04 between 4 pm and 6.30 pm. Closed Saturday and Sunday. Closed exceptionally on January 1st and Easter Monday.

€ Free access.

☎ +33 (0)6 69 65 15 51

### SAINT-ROCH HERITAGE CENTRE

The Espace Culturel Saint-Roch presents objects from Gallo-Roman tombs as well as religious elements from the 16th and 17th centuries discovered in Lanslevillard. A permanent exhibition is devoted to the mountain communities of the 16th century.

🕒 From 26/12/2023 to 19/04/2024 between 4 pm and 6.30 pm. Closed Saturday and Sunday. Closed exceptionally on January 1st and Easter Monday.

€ Free access.

☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## BONNEVAL SUR ARC

### CHURCH NOTRE-DAME DE L'ASSOMPTION - BONNEVAL SUR ARC

The church is located directly in the heart of the old village.

🕒 From 01/01 to 31/12, daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

## Rock heritage

## AUSOIS

### LOZES ARCHAEOLOGICAL PARK

The archaeological park offers visitors a chance to go back in time, observing the many hundreds of signs left by the people of Aussois from 1000 BC up to the Middle Ages. Educational trail accessible outside the snow period.

🕒 From 01/01 to 31/12, daily. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.aussois.com](http://www.aussois.com)

### GUIDED WALK - THE NIGHT OF TIME - CHRISTIAN VAIR - MOUNTAIN GUIDE

From age 6 years

By the light of the stars, let yourself be guided to a site where archeology meets geology. On these marble slabs polished by the glacier, our ancestors engraved symbols and figures. Nighttime is the best time to discover them!

🕒 From 12/02 to 14/04/2024, every Monday at 9 pm.

€ Adult: 18 € Child (6-12 years): 13 € Family pass: 55 € (2 adults + 2 children - additional child: 11€).

Duration: 2hrs

☎ +33 (0)7 81 06 35 89



## JEAN DUCAILLOU'S ARCHAEOLOGICAL GAME - ARCHAEOLOGY MUSEUM

From age 7 years

Follow in the footsteps of our chief archaeologist Jean Ducaillou! You stroll around the museum with your archaeologist toolbox to discover his fascinating work, from the excavations to his final report. It's your turn! But he likes to play and he has prepared quizz, small games for you.

🕒 From 10/02 to 10/03/2024 between 2 pm and 6 pm. Closed Saturday and Sunday. From 11/03 to 05/04/2024 between 2 pm and 6 pm. Closed Monday, Saturday and Sunday. From 06/04 to 05/05/2024 between 2 pm and 6 pm. Closed Saturday and Sunday. From 21/05 to 05/07/2024 between 2 pm and 6 pm. Closed Monday, Saturday and Sunday.

€ One price: 18 € (a set for the whole family). Duration: 1.30

☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.archeologie-sollieres-sardières.com/](http://www.archeologie-sollieres-sardières.com/)

## ARCHAEOLOGY MUSEUM

The museum presents the discoveries made in the Balmes cave and the visitor becomes a witness to the culture and cultural influences of these mountain people who had a relationship with their environment that went far beyond mere subsistence.

🕒 From 10/02 to 10/03/2024 between 2 pm and 6 pm. Closed Friday, Saturday and Sunday. From 11/03 to 05/04/2024 between 2 pm and 6 pm. Closed Monday, Friday, Saturday and Sunday. Closed exceptionally on Easter Monday. From 06/04 to 05/05/2024 between 2 pm and 6 pm. Closed Friday, Saturday and Sunday. Closed exceptionally on May 1st. From 21/05 to 05/07/2024 between 2 pm and 6 pm. Closed Monday, Saturday and Sunday.

€ Free entry for children < 6 years, press, mountain guides, accompanying guides, the drivers, mountain guides. Group rate available for > 10 people. Adults: €4.8, children: €3.3. PRM, students, jobseekers: €3.8. Family pass (1 adult + 2 children): €11. Additional adult: €4.3 - Additional child: €2.8. Pass Maurienne adult: €3.8 - Child: €2.8.

☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.archeologie-sollieres-sardières.com/](http://www.archeologie-sollieres-sardières.com/)

## 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 dwellers who had relationships with their environment that went well beyond simple subsistence.

🕒 From 10/10/2023 to 05/05/2024, every Wednesday between 2 pm and 3.30 pm.

€ Adult: 5.90 €, Child (6-16 years): 3.80 €. Free entry for children < 6 years. Family pass: 13 € (1 adult + 2 children). Additional adult: 5.4 €. Additional child: 3.3 €. Pass Maurienne adult: 4.8 €, child: 3.8 €.

☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.archeologie-sollieres-sardières.com/](http://www.archeologie-sollieres-sardières.com/)

## Scientific and technical heritage

## CARRÉ SCIENCES : LABORATOIRE SOUTERRAIN DE MODANE EXHIBITION SPACE

From age 10 years

A museum space that presents the experiments of the Underground Laboratory of Modane in a fun and interactive way.

🕒 From 01/01 to 31/12 between 2 pm and 5 pm. Closed Saturday and Sunday. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th. Exceptional closure from December 25 to January 8.

€ Free of charge.

☎ +33 (0)4 79 05 22 57

🌐 [www.lsm.in2p3.fr/](http://www.lsm.in2p3.fr/)

## LA RIZERIE - EXHIBITION CENTER OF THE LYON-TURIN LINK

This former rice mill, in the shape of a Greek temple, houses the exhibition center of the Lyon - Turin construction sites.

🕒 All year round, every Wednesday, Thursday and Friday between 2 pm and 6 pm. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th.

€ Free entry.

🌐 [www.telt.eu/fr/](http://www.telt.eu/fr/)

## LOOKOUT AREA OF PLAN D'AVAIL

Experience the space Interpretive of the dam Plan d'Aval and let yourself be guided by the "eyes of view" or images featuring educational information in the form of text, photos, videos and multimedia content management.

🕒 From 01/01 to 31/12, daily. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 20 30 40

🌐 [www.mairie-aussois.com](http://www.mairie-aussois.com)

## TELEGRAPH CHAPPE MOLLARD FLEURY

The Chappe telegraph is an optical telecommunication system set up by Napoleon. You can discover the Mollard-Fleury station at an altitude of 2004 m. Regular visits in summer allow you to discover how it works.

🕒 From 01/01 to 31/12, daily. The building is only open in summer. In winter, the site is accessible subject to favourable weather and snow conditions and an adapted itinerary.

€ Free access.

☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## 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

🕒 From 15/12/2024 to 21/04/2025, every Wednesday between 4 pm and 5 pm. Subject to favorable weather. Cancelled in case of bad weather.

€ Free of charge.

☎ +33 (0)4 79 05 96 48

🌐 [www.valcenis.com](http://www.valcenis.com)

## 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

🕒 From 21/12 to 11/04, every Thursday between 2 pm and 3 pm. Subject to favorable weather. Cancelled in case of bad weather.

€ Free of charge.

☎ +33 (0)4 79 05 96 48

# Markets



D.Closen



**Haute  
Maurienne  
Vanoise**

VALFRÉJUS | LA NORMA | AUSOIS  
VAL CENIS | BESSANS | BONNEVAL SUR ARC

# Markets

## MODANE

### WEEKLY MARKET

Local market in Modane every Thursday morning, Place de l'Hotel de Ville. Various commercial events around the territory and in Italy.

🕒 From 01/01 to 31/12, every Thursday between 8 am and 1 pm.

🆓 Free access.

☎ +33 (0)4 79 05 04 01

## AUSSOIS

### SMALL TOURIST MARKET

Local market, local produce, clothing ...

🕒 From 16/12 to 12/04, every Tuesday between 8 am and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 20 30 40

## VAL CENIS Lanslevillard

### TOURIST MARKET

Regional products, clothing, accessories...

🕒 From 27/12/2023 to 17/04/2024, every Wednesday between 9 am and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 05 93 78 / +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## BESSANS

### SMALL TOURISTIC MARKET

Small touristic market in the village.

🕒 From 16/12 to 31/03, every Monday between 9 am and 12 pm.

🆓 Free access.

☎ +33 (0)4 79 05 96 05

🌐 [www.mairie-bessans.fr](http://www.mairie-bessans.fr)

## BONNEVAL SUR ARC

### MARKET

Touristic market in the old village.

🕒 From 23/12 to 26/04, every Sunday between 9 am and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)



# Tourist Offices



OTHMV - D.Cavelier



**Haute  
Maurienne  
Vanoise**

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

# Tourist Offices

## MODANE

### MODANE TOURIST INFO POINT

Tourist customer welcome, any season. Piece of information, distribution of brochures, sale of tourist products.

🕒 From 01/11/2023 to 07/07/2024 Opening hours on Monday, Tuesday, Wednesday and Thursday between 8.30 am and 12 pm and between 1.30 pm and 5.30 pm. On Friday between 8.30 am and 12 pm. Closed Saturday and Sunday. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, November 1st, November 11th and December 25th.

🆓 Free access.

☎ +33 (0)4 79 05 26 67

🌐 [www.cchautemaaurienne.com](http://www.cchautemaaurienne.com)

## VALFRÉJUS

### VALFRÉJUS INFORMATION DESK

The reception team is at your disposal to help you prepare your stay in Valfréjus. They will provide you with information on activities, entertainment, events, walks and hikes and all the resort's services. Post office and secure wifi.

🕒 From 02/09 to 20/12/2024 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 12 pm and between 1.30 pm and 4.30 pm. Closed Saturday and Sunday. Closed exceptionally on November 1st and November 11th. From 21/12/2024 to 11/04/2025 Opening hours daily between 9 am and 12 pm and between 2 pm and 6 pm.

☎ +33 (0)4 79 05 99 06

🌐 [www.valfrejus.com](http://www.valfrejus.com)

## LA NORMA

### LA NORMA TOURIST OFFICE

La Norma's reception team will help you to prepare your stay. They will inform you about the activities, the entertainment, the natural and cultural heritage and all the services of the resort so that you can have the best holiday ever!

🕒 From 23/12/2023 to 12/04/2024 Opening hours daily between 9 am and 12 pm and between 2 pm and 5.30 pm. From 21/12/2024 to 11/04/2025 Opening hours daily between 9 am and 12.30 pm and between 2 pm and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.la-norma.fr](http://www.la-norma.fr)

## AUSSOIS

### AUSSOIS TOURIST OFFICE



The reception team is at your disposal to inform you about activities, entertainment, the heritage to visit, hiking and snowshoeing itineraries and all the services of the resort so that your holidays in Aussois are the best!

🕒 From 02/09 to 13/12/2024 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 12 pm and between 2 pm and 5 pm. Closed Saturday and Sunday. Closed exceptionally on November 1st and November 11th. From 14/12/2024 to 11/04/2025 Opening hours daily between 9 am and 12 pm and between 2 pm and 6 pm.

☎ +33 (0)4 79 05 99 06

🌐 [www.aussois.com](http://www.aussois.com)

## VAL CENIS Bramans

### VAL CENIS BRAMANS INFORMATION DESK

The Bramans Tourist Office can tell you all about the natural and cultural treasures to be discovered during your mountain holiday. Information on events, activities and walks.

🕒 From 08/01 to 11/02/2024 Opening hours on Wednesday, Thursday, Friday, Saturday and Sunday between 9 am and 12 pm and between 2 pm and 6 pm. Closed Monday and Tuesday. From 12/02 to 10/03/2024 Opening hours on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday between 9 am and 12 pm and between 2 pm and 6 pm. Closed on Monday. During closing periods, we will welcome you by telephone or email.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Termignon

### VAL CENIS TERMIGNON INFORMATION DESK

In the heart of Val Cenis, the Termignon Tourist Office will help you organise your stay with information on local events. Events, heritage visits, walks and hikes.

🕒 From 18/03 to 14/04/2024 Opening hours daily between 9 am and 12 pm and between 2 pm and 5.30 pm. During closed periods, we will welcome you by phone or e-mail. From 15/06 to 08/09/2024 Opening hours daily between 9 am and 12 pm and between 2 pm and 6 pm. During closing periods, we will welcome you by telephone or email.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslebourg-Mont-Cenis

### VAL CENIS LANSLEBOURG INFORMATION DESK

The team at the Lanslebourg Tourist Office will keep you informed about events and activities to help you plan your best mountain holiday and discover the region's assets.

🕒 From 15/04 to 20/04/2024 Opening hours daily between 9 am and 12 pm and between 2 pm and 5 pm.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslevillard

### VAL CENIS LANSLEVILLARD INFORMATION DESK

The reception team is at your disposal to help you prepare your stay for a successful holiday in the mountains. They will give you all the information you need about activities, entertainment and events, places to visit, accommodation, etc.

🕒 From 15/04 to 20/04/2024 Opening hours daily between 9 am and 12 pm and between 2 pm and 5 pm. During closed periods, we will welcome you by phone or e-mail.

☎ +33 (0)4 79 05 99 06

🌐 [www.valcenis.com](http://www.valcenis.com)

## BESSANS

### BESSANS INFORMATION DESK

The reception team is at your disposal to help you prepare your stay and to inform you about the activities, the walks and all the services available in the village so that you spend unforgettable holidays in Bessans.

🕒 From 21/12/2023 to 07/04/2024 Opening hours daily between 9 am and 12 pm and between 2 pm and 6 pm.

☎ +33 (0)4 79 05 99 06

🌐 [www.bessans.com](http://www.bessans.com)

## BONNEVAL SUR ARC

### BONNEVAL SUR ARC INFORMATION DESK

The reception team is at your disposal to prepare your stay, to inform you about activities, entertainment and services in the village. Everything there is to see, to do, to discover the natural and cultural heritage, the most beautiful spots...

🕒 From 08/04 to 28/04 Opening hours daily between 9 am and 12 pm and between 3 pm and 6 pm. From 21/12 to 07/04 Opening hours daily between 9 am and 12 pm and between 2 pm and 6 pm.

☎ +33 (0)4 79 05 99 06

🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

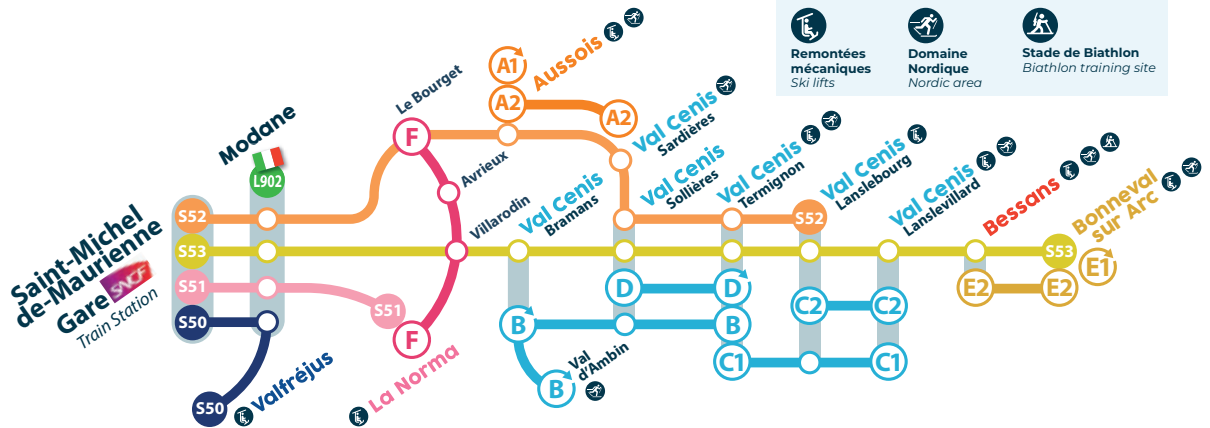


# Se déplacer en Haute Maurienne Vanoise

## Réseau de transport en Haute Maurienne Vanoise

Haute Maurienne Vanoise Transportation Network

HIVER WINTER 23-24



### LIGNES INTRA-STATIONS (gratuites) RESORT SHUTTLES (free)

- |   |  |
|---|--|
| <b>A1</b> Navette interne<br>In Town Shuttle<br>Aussois                         | <b>D</b> Petit Train Shuttle<br>Val Cenis Termignon<br>- Val Cenis Sollières |
| <b>A2</b> Navette Shuttle<br>Aussois<br>- Val Cenis Sardières                   | <b>E1</b> Navette interne<br>In Town Shuttle<br>Bonneval sur Arc             |
| <b>B</b> Navette Shuttle<br>Val Cenis Termignon<br>- Val Cenis Val d'Ambin      | <b>E2</b> Navette Shuttle<br>Bessans - Bonneval sur Arc                      |
| <b>C1</b> Navette Shuttle<br>Val Cenis Termignon<br>- Val Cenis Lanslevillard   | <b>F</b> Navette Shuttle<br>Le Bourget - La Norma                            |
| <b>C2</b> Navette Shuttle<br>Val Cenis Lanslebourg<br>- Val Cenis Lanslevillard |  |

### LIGNES RÉGION AUVERGNE-RHÔNE-ALPES REGIONAL LINES

- S50** Saint-Michel-de-Maurienne  
- Valfréjus  
Accès payant Fee for service
- S51** Saint-Michel-de-Maurienne  
- La Norma  
Accès payant Fee for service
- S52** Saint-Michel-de-Maurienne  
- Aussois - Val Cenis Lanslebourg  
Accès payant Fee for service
- S53** Saint-Michel-de-Maurienne  
- Bonneval sur Arc  
Accès payant Fee for service
- L902** LIGNE 902  
Modane - Bardonecchia

### 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**  
Auvergne-Rhône-Alpes



Ces services de transport sont mis en place  
par la Région Auvergne-Rhône-Alpes et les  
communes de Haute Maurienne Vanoise,  
en partenariat avec la Communauté de  
communes Haute Maurienne Vanoise

**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

Téléchargez le  
**GUIDE  
MOBILITÉ**  
Download the  
public transport  
guide



**Haute  
Maurienne  
Vanoise**

VALFRÉJUS | LA NORMA | AUSOIS  
VAL CENIS | BESSANS | BONNEVAL SUR ARC



# 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 ODYSSEE 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 2024

## **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<sup>ER</sup> 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





# Haute Maurienne Vanoise

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contact : +33(0)4 79 05 99 06  
[www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

