

Activities guide



Haute
Maurienne
Vanoise

2022



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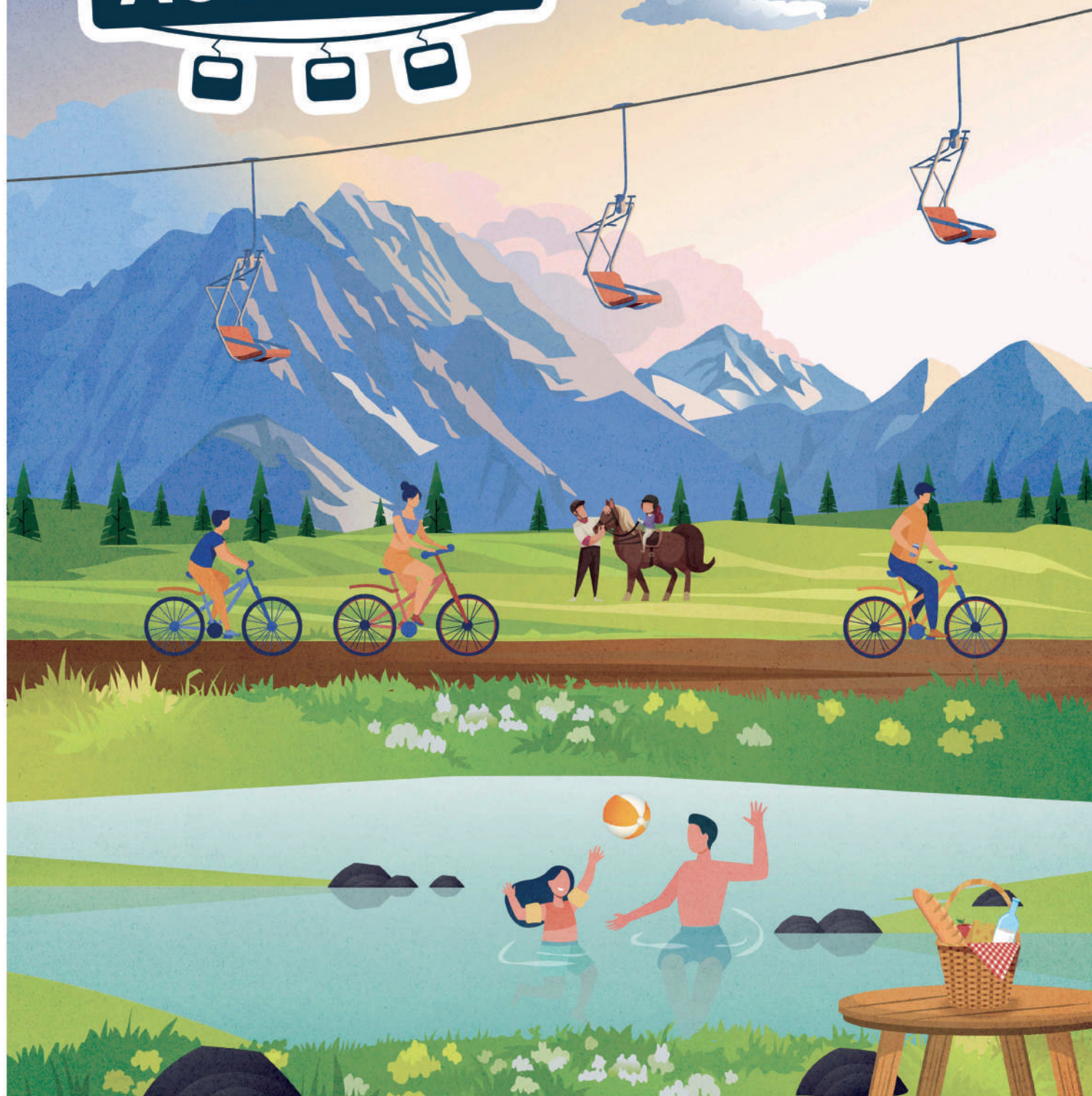
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Haute Maurienne
Vanoise



WWW.PASSACTIVITESHMV.COM



THE "SUMMER ACTIVITY" COMPANION

Take advantage of the various Activity Passes to discover and practice a wide range of activities in the Haute Maurienne Vanoise. In this territory that many envy us for its richness, you will be able to feel, discover, learn, contemplate, meditate, recharge your batteries. The Haute Maurienne Vanoise territory, with its glaciers, lakes and streams, fill up with energy, light and fresh air. The perfect holiday in Haute Maurienne Vanoise is the Activities Pass! To make it accessible to all, we offer two types of Activity Passes:

Do you prefer «all-inclusive» formulas to enjoy activities in your resort and be able to take all the ski lifts open in Haute Maurienne Vanoise?

Choose the Resort Pass!

The Resort Pass is a content of activities included to make it easier to enjoy your stay at your resort. It materializes in the form of a keycard.

HOW CAN I GET IT?

From the Tourist Office of your resort or by buying it directly online:

I decide to buy it online, how can I get it back?

Following your purchase on the internet, you will receive an order confirmation in your mailbox which must be presented to the Tourist Office upon arrival at the resort. The hostess will then give you your Pass.

ONCE MY PASS IN HAND, HOW DO I DO IT?

You must create your customer account in order to make it personal.

The 6 resorts of Haute Maurienne Vanoise each offer a Pass including activities offered at the resort.

The advantage of these Station Passes is **unlimited access to the ski lifts of the resort but also to all the other resorts in the area!**

You will be able, on this same medium, to credit Pass Liberté activities to benefit from even more activities in the Haute Maurienne Vanoise territory.

This operation is carried out from the official website www.passactiviteshmv.com.



FOR YOUR HOLIDAYS!

A multitude of activities during your stay in Haute Maurienne Vanoise and its diversity and its protected environment, you can relax in the shade and enjoy the freshness of the 6 resorts to fill up on activities, the good plan is to make the most of it easily while reducing your holiday

With the pass, only advantages!

No need to choose, these different Activity Passes can be combined, so don't hesitate any longer and enjoy! You have not consumed all of your Pass Liberté activities at the end of your stay?

You have the possibility to request a refund of these by sending us an email before 30.09.2022.

Do you want to take advantage of your holidays to discover the entire Haute Maurienne Vanoise valley and practice as many activities as possible at reduced prices?

Opt for the Freedom Pass!

As its name suggests, this Pass gives you the freedom to choose several activities offered throughout the territory of Haute Maurienne Vanoise, from Modane to Bonneval sur Arc.

Ski lifts, swimming pool, acrobatics, guided heritage tours, horse riding, climbing, trail running, yoga, well-being, diving, biathlon, roller-skiing, minigolf. It's up to you to choose according to your desires of the moment! An exclusive offer of «à la carte» activities that allows you to practice these activities at reduced prices! With the Pass Liberté, you benefit from at least -10% reductions on the sporting, recreational and cultural activities offered in this Pass in each of the 6 resorts of Haute Maurienne Vanoise.

HOW DOES IT WORK ?

The Freedom Pass is a catalog of products at a reduced price that allows you to create your own Pass activities in the territory of Haute Maurienne Vanoise. Your activities are to be loaded onto a keycard. All you have to do is make your choice and enjoy!

HOW TO GET IT?

The Pass Liberté is only available on the website www.passactiviteshm.com. If you already have one or more keycards in your possession, all you have to do is place your order online.

How can I get keycards?

You will have to go to one of our reception desks at the Haute Maurienne Vanoise Tourist Office to get one. The keycard is sold for €2. You will need one per person. Then you can place your order online.

Once my purchase on the internet has been made, what do I do?

Once you have validated your order on the internet on the www.passactiviteshm.com site, all you have to do is consume the activities purchased from the respective service providers.

I want to do more activities, how do I do it?

Just go back to www.passactiviteshm.com and buy the extra activities you want.

Activity Pass

HAUTE MAURIENNE VANOISE

HMV ACTIVITY CARD - LIBERTÉ

€ Adult: from € 1. Mandatory keycard at € 2.

☎ +33 (0)4 79 05 99 06

W <https://reservation.haute-maurienne-vanoise.com/dp33-pass-activites-liberte-haute-maurienne-vanoise-val-cenis-lanslebourg/OPBI-101524-44712>

VALFRÉJUS

PASS HMV STATION - PASS VALFRÉJUS

€ Adult: € 38 €. The keycards are offered to you! Additional keycard at €2. Price 2 individual weeks: € 65. Tribe week rate: € 134. Tariff 2 weeks tribe: € 254.50. Free for children born in 2017 and after.

☎ +33 (0)4 79 05 99 06

W <https://reservation.haute-maurienne-vanoise.com/dp180-pass-valfrejus-valfrejus/OPBI-101524-50602>

LA NORMA

PASS HMV STATION - PASS LA NORMA

€ Adult: € 35. The keycards are offered to you! Additional keycard at € 2. Price 2 individual weeks: € 59.50. Tribe week rate: € 123.50. Tariff 2 weeks tribe: € 234.50. Free for children born in 2017 and after.

☎ +33 (0)4 79 05 99 06

W <https://reservation.haute-maurienne-vanoise.com/dp180-pass-la-norma-la-norma/OPBI-101524-50602>

AUSOIS

PASS HMV STATION - PASS AUSOIS

€ Adult: € 37. The keycards are offered to you! Additional keycard at € 2. Price 2 individual weeks: € 63. Tribe week rate: € 130.50. Tariff 2 weeks tribe: € 247.50. Free for children born in 2017 and after.

☎ +33 (0)4 79 05 99 06

W <https://reservation.haute-maurienne-vanoise.com/dp3-pass-ausois-ausois/OPBI-101524-50604>

VAL CENIS

PASS HMV STATION - PASS VAL CENIS

€ Adult: € 42. The keycards are offered to you! Additional keycard at €2. Price 2 individual weeks: € 71.50. Tribe week rate: € 150. Tariff 2 weeks tribe: € 281. Free for children born in 2017 and after.

☎ +33 (0)4 79 05 99 06

W <https://reservation.haute-maurienne-vanoise.com/dp3-pass-val-cenis-val-cenis/OPBI-101524-50605>

BESSANS-BONNEVAL

PASS HMV STATION - PASS BESSANS / BONNEVAL SUR ARC

€ Adult: € 31. The keycards are offered to you! Additional keycard at € 2. Price 2 individual weeks: € 53. Tribe week rate: € 109.50. Tariff 2 weeks tribe: € 207.50. Free for children born in 2017 and after.

☎ +33 (0)4 79 05 99 06

W <https://reservation.haute-maurienne-vanoise.com/dp3-pass-bessans-bonneval-sur-arc-bessans/OPBI-101524-57486>



Outdoor



**Haute
Maurienne
Vanoise**

Accroparcs & zip lines

VALFRÉJUS

PASS HMV

PARCOBRANCHE DE VALFRÉJUS

From age 6 years

A nice acrobatic forest course located in the center of the village: 4 circuits and 2 large zip lines. What happiness!

🕒 From 07/10 to 08/28 from 10 a.m. to 6 p.m. Park open but ticket office closed between 12 and 1 p.m. Closed on Saturday.

€ Parcobranche (child + 6 years / adult): € 12. Parcobranche + large zip lines: € 16. Valfrejus Pass: access to the unlimited Parcobranche during the validity of your Pass (access once a day. The 1st entry will be priority, the following entries will be conditioned to the places available in the park). HMV Liberty Pass: 10.80 € instead of 12 € the entrance of the park.

Duration: 1.30

☎ +33 (0)6 84 48 26 17

📄 Reduced rate with HMV Activity Passes

AVRIEUX

PARCOBRANCHE DU DIABLE

From age 2 years

The largest tree-top adventure park in Savoie, 250 workshops, 33 balance routes, 2 giant zip lines. All routes are equipped with continuous lifelines.

🕒 From 01/01 to 12/31. Consult the opening hours on the service provider's website.

€ Adult: € 2. Child: € 25. Child 2-5 years old: € 21. Cherub Park € 9.50. For pricing details, visit the website.

☎ +33 (0)6 84 48 26 17

🌐 www.parcduiable.fr

VAL CENIS Termignon

PASS HMV

AKROPARC DE LA VANOISE

From age 3 years

Smiles and sensations guaranteed at the Akroparc de la Vanoise, the largest forest climbing area in the valley (7 hectares) suitable for young and old. It is located out of sight, on the road to the Bellecombe car park. Gloves mandatory (provided with the purchase of a tree climbing entry).

🕒 From 04/15 to 07/01 and from 09/01 to 11/15, every day from 1 p.m. to 6 p.m. Only by reservation. From 02/07 to 31/08, from Monday to Friday from 10 a.m. to 6 p.m. Saturday and Sunday from 1 p.m. to 6 p.m.

€ € 24 unlimited adult and €19 unlimited child. HMV Liberty Pass: € 21.60 instead of € 24 adult and € 17.10 instead of € 19 unlimited child. HMV Liberty Pass: € 34.20 instead of € 38 for the adult akroparc + the flight of the bearded vulture (>130cm).

☎ +33 (0)6 32 06 73 37

🌐 <https://akroparcdelavanoise.guidap.co/fr>

📄 Reduced rate with HMV Activity Passes

NEW

PASS HMV

PENDULUM JUMP - THE FLIGHT OF THE BEARDED VULTURE - AKROPARC DE LA VANOISE

Unforgettable sensations guaranteed with the Flight of the Bearded Vulture, pendulum jump of 55 m! Jumping is authorized for people taller than or equal to 1.30 m.

🕒 From 04/15 to 11/15, every day, by reservation only.

€ 16€ (14€ if tree climbing formula the same day). Activity not reimbursed in case of abandonment after equipment/briefing. Pass Val Cenis: 2 unlimited day entries (>130cm). HMV Liberty Pass: 14.40€ instead of 16€ (>130cm).

Duration: 15mn

☎ +33 (0)6 32 06 73 37

🌐 <https://akroparcdelavanoise.guidap.co/fr>

📄 Reduced rate with HMV Activity Passes

Supervised mountain activities

VALFRÉJUS

MAURIENNE SENSATIONS

From age 8 years

Via ferrata, canyoning, climbing, hiking, alpinism, paragliding, yoga : all activities for all levels supervised by professionals and mountain guides.

🕒 From 06/15 to 09/15, every day by reservation.

€ Canyon: from € 50/pers. (1/2 day). Via Ferrata: from € 35/pers. (1/2 day). Climbing: from € 35/pers. (2 hours). Mountaineering & Glacier hiking: from € 80/pers. Specific equipment included.

☎ +33 (0)7 81 58 65 51

🌐 www.maurienne-sensations.com/

VILLARODIN-BOURGET

LICHAIRE JEAN-CHRISTIAN, YOUR MOUNTAIN GUIDE IN PRIVATE

From age 6 years

Come and experience the summits with an experienced mountain guide. Discover these magnificent landscapes from the different peaks in Savoie Mont Blanc, Italy or Switzerland. "A la carte".

🕒 Every day by reservation.

€ From € 380 for 1 day, € 200 for half a day. Rates including the service of the guide for 1 person or 1 group already formed. Not included: nights in a refuge, personal technical equipment, travel expenses and ski lifts. For each of the races, maximum number of people per guide defined taking into account: difficulty, length, current conditions and level of participants.

☎ +33 (0)6 85 75 36 20

🌐 www.haute-montagne.net

AVRIEUX

GRÉGORY COUBAT - HIGH MOUNTAIN GUIDE

Greg, a high mountain guide, invites you to come and share his passion by (re)discovering the activities offered by the mountains. Climbing lessons and multi-pitch climbing. Via ferrata: on sunny routes within everyone's reach. For pre-constituted groups, activities on request.

🕒 All year.

€ On demand.

☎ +33 (0)6 31 69 19 44

🌐 <http://leshautslieux.e-monsite.com>

AUSOIS

GUIDES OFFICE SAVOIE MAURIENNE - AUSOIS



The Bureau des Guides offers mountain activities for beginners or for advanced students; in collective or private engagement. Summer: hiking, trekking, trail running, glacier hiking, mountaineering, canyoning, streaming, climbing or even via ferrata. The Bureau des Guides also offers a children's club for 6-12 year olds throughout the summer holiday period.

🕒 Telephone permanence all year round and physical at the office every day in July and August. On telephone registration, on site or on the website of the guide office.

€ Our prices are available on our website.

☎ +33 (0)4 79 20 31 16

🌐 www.guides-savoie.com

VAL CENIS Bramans

MONTAGN'ART

From age 8 years

Baptiste organize supervised ski touring outings in the winter. Spring, initiation to ice climbing. In summer, glacier hikes, trail running, climbing and mountaineering climbs to the peaks of Haute Maurienne Vanoise.

🕒 All year round, every day from 8 a.m. to 8:30 p.m., by reservation.

€ 1/2 day: €180, day: from €345. Family and group rate from 45 € / person.

☎ +33 (0)6 75 70 17 95

🌐 <http://montagnart.co>

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.

- 🕒 All year round, reservation recommended, by email or telephone.
- € From 350 € / day upon entry.
- ☎ +33 (0)6 35 02 28 66
- 🌐 www.thibaud-guide.com/

VAL CENIS Sollières-Sardières

UPGUIDES

From age 5 years

Come and discover the Haute Maurienne Vanoise, its climbing routes, via ferrata, its wild canyons, its mountaineering races and its glacier hikes! Take to the heights with our high mountain guides for an unforgettable moment!

- 🕒 All year round, every day. Activities by reservation by phone or on site.
- € From €38 depending on the activities.
- ☎ +33 (0)7 85 62 21 53
- 🌐 www.upguides.com/fr/

VAL CENIS Lanslebourg-Mont-Cenis

HOUSE OF GUIDES

From age 8 years

Live the adventure with the guides who will be able to pass on their passion to you through various mountain activities, but also rafting, paddle, hiking and horseback riding, night outings, mountain biking outings, observation of fauna and flora...

- 🕒 From 07/11 to 08/26, every day. Permanence at the Maison des Guides chalet from 5 p.m. to 7:30 p.m.
- € Consult the provider's website.
- ☎ +33 (0)6 71 77 20 19 / +33 (0)6 85 75 24 26
- 🌐 www.maisondesguides.net

VAL CENIS Lanslevillard

ANTIPODES - MOUNTAIN AGENCY

Antipodes organizes your thrills: paragliding tandem flight, alpinism, canyoning, via ferrata...

- 🕒 All year round, daily on request.
- € Prices for guided outings: contact us.
- ☎ +33 (0)6 18 23 69 05
- 🌐 www.antipodeszeb.com

PASS HMV

VAL CENIS GUIDE'S OFFICE

High mountain, mountaineering, glacier hikes, canyoning, via ferrata, climbing, trail in the mountains... Internships: climbing, multi-activities, mountain trail.

- 🕒 All year, on request. Permanences at the office from 06/20 to 09/10, from 6 p.m. to 7:30 p.m.
- € Fares depending on activities, find on our website.
- ☎ +33 (0)6 99 41 09 59
- 🌐 <https://bureaudeguides-valcenis.fr/>
- 🏠 Reduced rate with HMV Activity Passes

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.

- 🕒 All year round, every day, by reservation
- € All prices on my website.
- ☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97
- 🌐 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 07/16 to 07/23 according to proposed programme.
- € Contact us for more informations.
- 🌐 https://www.terre-dalpinisme-bessans-bonneval.com/fr/m_1_terre-d-alpinsime.php

BESSANS MOUNTAIN GUIDES

An immersion in the heart of sumptuous landscapes. With family, group, friends, alone with your guide, share unique moments. Our guides, also ski, snowboard and telemark instructors teach you all forms of skiing.

- 🕒 From 07/01 to 08/31, every day from 6 p.m. to 7.30 p.m.: permanence at the Chalet near Sport 2000/Sherpa in Bessans. From 09/01 to 06/30, every day, on request by phone or email.
- 💶 Prices depending on the different activities proposed.
- ☎ +33 (0)6 70 63 94 65
- 🌐 www.guidesmontagnebessans.com

— BONNEVAL SUR ARC —

ANSELMET RÉGIS - MOUNTAIN GUIDE

Régis offers initiation to the high mountains for beginners and chamois and marmot outings, treks in the Vanoise massifs, Grand Paradis, Mont Rose, Écrins, or Mont-Blanc. Start of races and hikes in Bonneval sur Arc.

- 🕒 All year, by reservation.
- 💶 Consult me.
- ☎ +33 (0)4 79 05 96 43 / +33 (0)6 60 38 96 43

PLane-Ultra light

— VAL CENIS — Sollières-Sardières

ULM PLANE - ANTIPODES

New in Val Cenis: take the controls of the FK14 with an instructor for an unforgettable flight over the mountains of the Mont Blanc region!

- 🕒 All year round, every day, by reservation. Subject to favorable weather conditions.
- 💶 Flight Haute Maurienne 30 min: 150€, Flight + lesson: 30 min: 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

ULM HELICOPTER - ANTIPODES

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 min to 2h.

- 🕒 All year round, every day, by reservation. Subject to favorable weather conditions.
- 💶 Panoramic flight 15 min: 105€, Prestige flight: 30 min: 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

Biathlon

— BESSANS —

PASS HMV

BIATHLON EXPRESS, 10-SHOT TEST - NORDIC BISON

From age 7 years

During your visit to the biathlon stadium, without reservation, possibility to perform a 10-shot attempt. Rifle provided.

- 🕒 From 06/15 to 09/15, daily.
- 💶 One price: 10 € (for 10 balls). Bessans / Bonneval sur Arc Pass: 1 session of 5 shots included during the period of validity of your Pass. HMV Liberty Pass: -10% on the activity.
Duration: 15mn
- ☎ +33 (0)6 84 20 64 60
- 🌐 <https://nordic-bisonpascal.pagesperso-orange.fr/>
- 🏠 Reduced rate with HMV Activity Passes

PASS HMV

BIATHLON SESSION IN SUMMER - NORDIC BISON

From age 7 years

Accessible to everyone from a very young age, sporty or simply wanting to discover this discipline, a mixture of skill and concentration will make you spend a pleasant time, as a family or individually. Rifle provided. Choice: session devoted solely to shooting or interspersed with effort (Nordic walking, on foot, roller skiing, rollerblading or cycling). Rollers, roller skis or mountain bikes not provided, for hire in a sports shop.

🕒 From 06/15 to 09/15, every day, by reservation.

€ Family: 10 m - 1 hour: € 60, 50 m - 1 hour € 57 (maximum 4 people). Consult me by phone to refine your request. HMV Liberty Pass: -10% on the activity.
Duration: 1hrs

☎ +33 (0)6 84 20 64 60

🌐 <https://nordic-bisonpascal.pagesperso-orange.fr/>

📄 Reduced rate with HMV Activity Passes

Mountain kart

VAL CENIS
Lanslevillard

MOUNTAIN KART - AGENCE SENSATIONS VANOISE

From age 10 years

Activity with sensations but not only! Discover the Haute Maurienne Vanoise by letting yourself roll. Proposed routes (with or without lift) : in Val Cenis-Lanslevillard or Val Cenis-Sollières. Bring good shoes and appropriate clothing.

🕒 From 07/07 to 08/31, from Sunday to Wednesday at 10am: gondola ride. From Thursday to Saturday at 9am: shuttle bus ride.

€ One price: from 30 € (Includes go-kart and helmet. Lift pass not included : 6.5 € per climb.).
Duration: 1.15

☎ +33 (0)6 45 49 45 66

🌐 www.sensationsvanoise.com

Paragliding

AUSSOIS

O2 TANDEM PARAPENTE / ULM

From age 6 years

With O2 Parapente, take a big bowl of oxygen and discover the sky as if you were a bird. Paulo Ruiz, professional graduate Youth and Sport, will accompany you to realize your dream of Icarus.

🕒 All year round, by reservation, depending on weather conditions.

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

☎ +33 (0)6 16 14 64 25

VAL CENIS
Termignon

BY AIR PARAPENTE

From age 6 years

Realize the most beautiful dream of man: to fly. With his 28 years of experience, Philippe will make you discover the Haute Maurienne Vanoise in a two-seater paraglider in complete safety and conviviality from Val Cenis.

🕒 All year round, daily on request.

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

☎ +33 (0)6 84 36 67 81

VAL CENIS
Lanslebourg-Mont-Cenis

MICHEL TROUCHE PARAGLIDING

From age 5 years

Make man's oldest dream come true: fly a tandem paraglider, with Michel, 1st state-certified instructor from Haute Maurienne Vanoise. Possibility to perform up to 3 baptisms at the same time. Handisport qualification.

🕒 All year round, daily on request.

€ Tandem flight from € 80.

☎ +33 (0)6 30 08 24 53

VAL CENIS

Lanslevillard

TANDEM FLIGHT WITH ANTIPODES

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.

- 🕒 All year round, every day, by reservation. Subject to favorable weather conditions.
- € 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 18 23 69 05 / +33 (0)4 79 05 92 43
- 🌐 www.antipodeszeb.com

Guided hikings

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.

- 🕒 All year, by reservation.
- € Depending on the outings. Please consult me.
- ☎ +33 (0)6 51 00 19 08 / +33 (0)6 85 06 51 43

VALFRÉJUS

VINCENT ANGLARET - MOUNTAIN GUIDE

All week long, we offer outings accessible to all, from family walks to sporty hikes. We take you to the most beautiful corners of the valley to show you our mountains and their lakes, ibex, marmots....

- 🕒 All year round, every day, by reservation.
- € Half day adult: from 15€. Half day child (4-12 years old): 12€. Adult day: from 30€. Child: 20€. Group rate (5 people): 250€ upon engagement + 10€/additional person
- ☎ +33 (0)6 21 53 05 51

VILLARODIN-BOURGET

LES RANDOS DU LAVVU - MOUNTAIN GUIDES

Sandrine and Dominique, state-certified mountain guides, are passionate about wide open spaces and "the art of living in nature". Come and experience the mountain in all simplicity, far from the daily hassle.

- 🕒 On request
- € Consult the provider.
- ☎ +33 (0)6 20 37 11 18 / +33 (0)6 12 30 64 62
- 🌐 <https://lesrandosdulavu.wixsite.com/randobaladedulavu>

AUSSOIS

ESTELLE MUNNIA - MOUNTAIN GUIDE

Mountain guide and state-certified ski instructor, I invite you to share my passion for the mountains with you in complete safety. Families, groups already formed, schools, works councils: you are all welcome!

- 🕒 All year, on request.
- € Prices can be viewed on my website.
- ☎ +33 (0)6 73 56 87 16
- 🌐 www.estelle-accompagnementenmontagne.com/

MAISON DE LA MONTAGNE

From age 4 years

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

- 🕒 Every day, by reservation.
- € Ask us.
- ☎ +33 (0)6 81 46 57 48
- 🌐 <http://aussoislocation.com>

SOSKINORDIC

From age 6 years



Do you want to go hiking in the mountains for a day or a half day in the Vanoise, Haute Maurienne Vanoise or Briançonnais (Névache valley)? You want to discover or improve your nordic walking skills? Contact us for more information!

- 🕒 From 06/14 to 09/12/, every day except Saturday.
- € Nordic Walking: € 15/pers., equipment included. Location: Aussois and Domaine Nordique du Monolith (from 2 people). Mountain hiking: 2 rates for groups (minimum 6 people / maximum 12) and/or individuals (minimum 4 people, maximum 12): contact us.
- ☎ +33 (0)6 81 36 45 52
- 🌐 <https://soskinordic.jimdo.com>

VAL CENIS

Bramans

JÉRÔME FURBEYRE - MOUNTAIN GUIDE

Discover Haute Maurienne Vanoise at the rhythm of summer. Jérôme offers day hikes on a wide variety of sites and altitude passes.

🕒 All year round, reservation recommended.

€ Day trip: € 35.

☎ +33 (0)6 07 16 93 50

🌐 www.jeromefurbeyre.com/

RAND'O2 ACCOMPAGNATEUR EN MONTAGNE

From age 5 years

Go on an adventure with a mountain professional to observe, feel, touch, discuss, share. Hiking with ease in Haute Maurienne Vanoise !

🕒 From 07/01 to 07/15 and from 21/08 to 15/09, by reservation.

€ On demand.

☎ +33 (0)6 20 07 22 33

VAL CENIS

Sollières-Sardières

NEW

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!

🕒 All year round, every day, by 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

VAL CENIS

Lanslebourg-Mont-Cenis

NEW

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.

🕒 Every day, by reservation.

€ Contact me or visit my website.

☎ +33 (0)7 81 73 68 32

🌐 <https://elodie-camus-45.webselfsite.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.

🕒 Everyday, on request.

€ Please consult us.

☎ +33 (0)6 81 87 16 83

AMBROISE DE SIMONE - MOUNTAIN GUIDE

From age 10 years

On demande hiking program, themed week: history trail, fortifications, archeology, villages. Also organizer of local heritage.

🕒 From 07/09 to 08/31, every Monday, Wednesday and Friday, by reservation.

€ Group rate available for > 12 people.

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

🌐 www.residencelesmelezes.com

NEW

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.

🕒 From 07/04 to 09/18 every day from 7:30 am to 5 pm, on reservation.

€ Adult day : 30 €, child (under 15 years old) : 20 €.

☎ +33 (0)6 83 93 83 30

🌐 www.vanoiseimpulsionnature.com/

KARINE ROUTIN - MOUNTAIN GUIDE

Karine, mountain guide, it is good humor and an unparalleled knowledge of the valley! She has traveled the great massifs of the world: Peru, Ecuador, Nepal and a large part of the alpine arc, she is passionate about naturopathy

🕒 All year round, daily on request.

€ Ask us.

☎ +33 (0)6 71 77 20 19

🌐 <https://maisondesguides.net/>

BESSANS

PASS HMV

NORDIC BISON

Pascal, a mid-mountain guide, offers hikes, from cultural walks to summits over 2,500 m: family, sports, Nordic walking. He also supervises biathlon, ski wheel.

🕒 From 06/15 to 09/15, every day, by reservation.

€ Consult me by phone to refine your request. HMV Liberty Pass: -10% discount on all activities.

☎ +33 (0)6 84 20 64 60

🌐 <https://nordic-bisonpascal.pagesperso-orange.fr/>

🏠 Reduced rate with HMV Activity Passes

PASS HMV

OLIVIER TROMPETTE - MOUNTAIN GUIDE

From age 6 years

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

🕒 From 06/20 to 09/05, every day, on reservation.

€ Adult: half day: € 20, day: € 30. Child: (up to 15 years old): half day: € 15, day € 20. Summit at + 3000 meters altitude: Adult: 35 €, Child: 30 €. Bessans / Bonneval sur Arc Pass: 1 film screening included during the validity period of your Pass.

☎ +33 (0)6 75 80 67 57

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

🏠 Reduced rate with HMV Activity Passes

Alpine huts

VALFRÉJUS

Refuge du Mont Thabor (2501m)

☎ +33 (0)4 79 20 32 13

VILLARODIN-BOURGET

Refuge de l'Orgère (1947m)

☎ +33 (0)7 61 71 68 47

AUSSOIS

Refuge de Plan Sec (2320m)

☎ +33 (0)4 79 20 31 31

Refuge de la Fournache (2340m)

☎ +33 (0)6 09 38 72 38

Refuge du Fond d'Aussois (2350m)

☎ +33 (0)4 79 20 39 83

Refuge la Dent Parrachée (2520m)

☎ +33 (0)4 79 20 32 87

VAL CENIS - Bramans

Bivouac Hannibal (2477m) unguarded

☎ +33 (0)4 79 05 10 71

Refuge Le Petit Mont Cenis (2110m)

☎ +33 (0)4 79 05 88 67

Refuge Lo Tsamou (2060m)

☎ +33 (0)6 60 13 92 34 / +33 (0)6 40 11 82 64

Refuge d'Ambin (2270m)

☎ +33 (0)4 79 20 35 00

Refuge de Bramanette (2080m)

☎ +33 (0)6 75 48 57 27

Refuge-gîte du Suffet (1700m)

☎ +33 (0)4 79 05 30 17

VAL CENIS - Termignon

Refuge d'Entre-Deux-Eaux (2120m)

☎ +33 (0)4 79 05 27 13

Refuge de Plan du Lac (2365m)

☎ +33 (0)6 49 57 41 09 / +33 (0)4 79 20 50 85

Refuge de l'Arpont (2309m)

☎ +33 (0)7 83 48 42 27

Refuge de la Femma (2352m)

☎ +33 (0)4 79 05 45 40 / +33 (0)6-78-64-46-40

Refuge de la Leisse (2487m)

☎ +33 (0)6 15 44 33 68 / +33 (0)9 72 40 03 23

Refuge du Lac Blanc (2246m)

☎ +33 (0)6 82 38 11 98 / +33 (0)6 45 98 77 26

Refuge l'Auberge de Bellecombe (2350m)

☎ +33 (0)4 79 56 32 70 / +33 (0)6 82 24 18 17

VAL CENIS - Lanslebourg-Mont-Cenis

Le Relais du Col (2083m)

☎ +33 (0)4 79 59 47 84

Refuge Gran Scala (1800m)

☎ +33 (0)4 79 05 91 15

Refuge du Cuchet (2075m) unguarded

☎ +33 (0)4 79 62 30 54

VAL CENIS - Lanslevillard

Refuge de Vallonbrun (2270m)

+33 (0)6 31 79 38 16

BESSANS

Refuge d'Avérole (2210m)

+33 (0)4 79 05 96 70

BONNEVAL SUR ARC

Refuge des Evettes (2579m)

+33 (0)4 79 05 96 64

Refuge du Carro (2760m)

+33 (0)4 79 05 95 79

Wheel Skiing

BESSANS

ROLLERBLADE AND SKI-WHEEL TRACK

From age 5 years

Within the Carreley sports area, a 3km asphalt track with various possibilities for training or leisure activities: rollerblading, ski-wheels. Rollerblading (on site, booking the day before) and ski-wheels (at the Sport 2000 shop in Bessans).

From 06/15 to 09/15, Monday to Thursday from 13:30 to 17:00.

Bessans / Bonneval sur Arc Pass: unlimited access to the roller-skating / roller-skiing track during the period of validity of your Pass Bessans / Bonneval sur Arc Pass: 1-hour roller skate rental during the validity period of your Pass.

+33 (0)6 33 25 15 34

PASS HMV

SKI WHEEL - NORDIC BISON

Come and discover roller skiing on the Bessans biathlon stadium. 4 km of track in the middle of nature and personalized advice for a maximum of sensation! Equipment not provided, to be rented in a sports shop.

From 06/15 to 09/15, every day, by reservation.

1 hour: €42 (1 or 2 people). HMV Liberty Pass: -10% on the activity.

Duration: 1hrs

+33 (0)6 84 20 64 60

<https://nordic-bisonpascal.pagesperso-orange.fr/>

Reduced rate with HMV Activity Passes

Bow and arrow

VAL CENIS

Lanslebourg-Mont-Cenis

OBJECTIF CIBLE - TIR À L'ARC

From age 6 years

Discovery of archery at different resorts in Haute Maurienne Vanoise (Val Cenis Lanslebourg, Aussois, La Norma). In Val Cenis: indoor shooting range and nature trail in the forest with 3D targets. State-certified instructor.

From 07/04 to 08/26, by reservation, from 10 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. For Val Cenis: every day. For Aussois: Tuesday and Thursday. For La Norma: Wednesdays.

Individual price: €10 (1h), €19 (2h) and course (5h) = €45. Groups: €70 (1h), €130 (2h).

+33 (0)6 14 75 70 21 / +33 (0)6 62 60 77 93

www.objectif-cible.fr/

Trail running

AUSOIS

HIKES, TREKS AND TRAILS WITH ESTELLE - ESTELLE MUNNIA - ACCOMPAGNATRICE EN MONTAGNE

Mountain guide and state-certified ski instructor, I invite you to pass on my passion for trail running in complete safety.

All year round, every day.

Prices can be viewed on my website.

+33 (0)6 73 56 87 16

www.estelle-accompagnementenmontagne.com/

TRAIL AND ALPIRUNNING OUTING - BUREAU DES GUIDES SAVOIE MAURIENNE - AUSOIS

The Guides Office offers collective evening trail outings during the summer season. We schedule the outings according to your request and group you into level groups. So don't hesitate to register or inquire!

All year. Telephone permanence all year round and physical at the office every day in July and August. On telephone registration, on site or on the website of the guide office: www.guides-savoie.com

Our prices are available on our website.

+33 (0)4 79 20 31 16

www.guides-savoie.com

PASS HMV

INITIATION AND IMPROVEMENT OF THE TRAIL IN THE MOUNTAINS - BUREAU DES GUIDES DE VAL CENIS

From age 14 years

Practice trail running in Haute Maurienne Vanoise! A real discovery, a convivial moment, a safe approach to a mountain course, a highlight of our valley. Monday: initiation. Thursday: improvement.

🕒 From 05/03 to 11/11, every Monday and Thursday, on reservation. Permanence at the office between 06/20 and 09/10 from 6 p.m. to 7:30 p.m.

💶 One price: 12 to 25 €. Find all the prices on our website. Framing, energy bar, course information included. HMV Liberty Pass: €10.80 instead of €12 for the "Initiation" release. HMV Liberty Pass: €22.50 instead of €25 for the "Pas de la Beccia" and "Giaset Lakes and Savine Lake" outings. Duration: 3hrs

☎ +33 (0)6 99 41 09 59

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

🏠 Reduced rate with HMV Activity Passes

Via ferrata

6 sites to discover on your own or with a guide: Via ferrata du Diable (Avrieux-Aussois, among the largest in Europe), via ferrata Ecole Buissonnière (Aussois), via ferrata du Grand Vallon (Valfréjus), via ferrata du Pichet and Madeleine (Val Cenis) and Andagne via ferrata (Bessans-Bonneval sur Arc). Map available in all Haute Maurienne Vanoise Tourist Offices.

National Park Vanoise

The Vanoise National Park, 1st park national created in 1963, is a territory of discoveries and emotions. Zone of protection at the service of nature and men, it is a protected natural environment which offers exceptional biodiversity. To discover it, we invite you to get closer to our professionals the mountain. With their knowledge, they are able to make you discover the wildlife and the mountain environment.

Many events, outings, meetings, entertainment are offered by the Park, discover them in Modane Park Info Points and Termignon or in the Bulletin of animations.

Canyoning

See section « Supervised mountain activities ». 1 canyon in the hamlet of Ecot in Bonneval sur Arc, 1 site in Italy.

Contact our high mountain guides.

Biking



Haute
Maurienne
Vanoise

MTB areas

VALFRÉJUS

PLAY AREA - MANEUVERABILITY AREA

From age 5 years

Small maneuverability area to progress. On the Bettets track: a series of gangways, banked turns and other modules for adventurers!

€ Free access.

+33 (0)4 79 05 26 67

LA NORMA

LA REPOSE BIKE PARK

From age 10 years

La Repose bike park has 3 levels of difficulty: green, blue and red. There are also pipes.

€ Free access.

+33 (0)4 79 20 37 50

PRACTICE PARK LES MARMOTTONS

From age 5 years

The Marmottons practice park enables to practice on wooden workshops around fishing and swimming lakes.

€ Free access.

+33 (0)4 79 20 31 46

AUSSOIS

ESPACE LUDIQUE - LA DOTTA

From age 5 years



Open access, browse the Bike Park Aussois in Space Sensations Dotta. Possibility of coaching.

€ Free access. Opportunity to be coached.

+33 (0)6 14 42 09 76 / +33 (0)4 79 20 30 40

PUMPTRACK - AUSSOIS

Chain of bumps, banked turns, the pumptrack is accessible by mountain bike, BMX, skate or scooter. Asphalt support. Children will love it, but adults can also enjoy it!

€ Free access.

+33 (0)4 79 05 26 67 / +33 (0)4 79 05 99 06

LUDIQUE AREAS : FORT'ICHE - VTT LAND



Nice ATV discovery zones. One is located at Fort Marie-Christine and the other one in the area called "Lozes" (on the road to Sardières, turn right after the bridge)

€ Free access.

+33 (0)4 79 20 30 40

VAL CENIS Bramans

PUMPTRACK OF VAL CENIS BRAMANS

From age 5 years

Mountain bike area with bumps and turns raised to increase the speed, without the use of pedals, by the action of the arms and legs on the bike in flexion-thrust on the hollows and bumps. Kids will love it but adults can enjoy too.

€ Free access.

+33 (0)4 79 05 99 06 / +33 (0)4 79 05 26 67

W www.haute-maurienne-vanoise.com

VAL CENIS

Lanslebourg-Mont-Cenis

NEW

FUN AREA: LANSLEBOURG PUMP TRACK

Come and have fun chaining turns and bumps and awaken the pilot who vibrates in you. There is something for all tastes and all levels.

€ Free access.

☎ +33 (0)4 79 05 99 06 / +33 (0)4 79 05 26 67

W www.valcenis.com

VAL CENIS

Lanslevillard

BIKE PARK OF VAL CENIS LANSLEVILLARD

From age 5 years

The Bike Park Val Cenis Lanslevillard theme is wood modules. The goal of this development is to maintain your balance or learn to overcome obstacles.

€ Free access.

☎ +33 (0)4 79 05 99 06 / +33 (0)4 79 05 26 67

BESSANS

CHANTELOUVE MTB AREA

The MBT area of chantelouve is a concentrated of ludic MTB for all rider's levels. This trails network is adapted from beginners to experienced riders looking for new experiment.

€ Free access.

☎ +33 (0)4 79 05 26 67

FUN MTB TRAIL OF BESSANS

From age 5 years

This route is located along a wide track with 8 workshops to learn to drive. This itinerary is dedicated to the technical discovery of mountain biking and allows progress.

€ Free access.

☎ +33 (0)4 79 05 99 06 / +33 (0)4 79 05 26 67

Routes

Find all the mountain bike routes in the topoguide and the map at the tourist office.

Bicycle and mountain bike rental

MODANE

ACTION SPORTS

Action Sports welcomes you all year round: technical clothing, ready-to-wear, accessories and rental/sale of sports equipment. Rental of road bikes, electric road bikes, mountain bikes and VTAE.

🕒 All year round, Monday from 2 p.m. to 7 p.m. Tuesday to Saturday from 9 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. Close on Sunday.

☎ +33 (0)4 79 05 35 29

W www.action-sports.fr/

VALFRÉJUS

SKISET VALFREJUS SPORT

Rental of enduro mountain bikes, VTAE.

🕒 From 07/02 to 08/28, every day from 9 a.m. to 12:30 p.m. and from 1:30 p.m. to 6 p.m.

☎ +33 (0)4 79 59 14 70

W www.valfrejus-sport.fr/

LA NORMA

NORMA SPORTS - INTERSPORT

Norma Sports equips you for your outings, in sport or relaxation mode, alone or with family to discover the Haute Maurienne Vanoise. Rental of leisure and enduro e-MTBs, adult enduro mountain bikes and junior mountain bikes from 20 inches. Bike repair service.

🕒 From 07/02 to 08/27, every day.

€ Rental prices online on our website.

☎ +33 (0)4 79 20 30 30

W <https://www.intersport-rent.fr/fr/stations-ski/maurienne/la-norma/norma-sports>

SPORT 2000 SKIM'PLAY

The Sport 2000 SkiM'Play store is located at the foot of the slopes and very close to the La Repose chairlift, in the pedestrian area of La Norma. Rental or sale of ski or snowboard equipment, clothing. Clothing and ATV rental at Electric Assistance!

🕒 From 07/09 to 08/28, every day from 10 a.m. to 12:30 p.m. and from 3 p.m. to 7 p.m.

€ Consult our prices on the website.

☎ +33 (0)4 79 20 39 62

W <https://skimplay.sport2000.fr/fr/>

AUSSOIS

AUSSOIS SPORT 2000



Our store is located in the center of our village-resort, near the start of the ski slopes. Our team of professionals is there to meet your expectations and advise you in your choices. Rental of electrically assisted mountain bikes.

🕒 From 06/12 to 09/11, every day.

☎ +33 (0)4 79 20 31 11

🌐 <https://aussois.sport2000.fr/fr/>

GO SPORT MONTAGNE / EVEREST SPORT STATION



From the Aussois ski lifts, find in our "station" shop, focused on the bicycle, our cycle workshop and the rental of mountain bikes, DIRT and electrically assisted mountain bikes for adults and children. It is the meeting point for your outings supervised by the bike instructors of L.A. Bike School (mountain biking school in Aussois). Workshop / Repair all brands of bikes and pedelecs on request.

🕒 From 07/01 to 08/31, every day. Hiring on reservation.

€ Contact the provider directly.

☎ +33 (0)4 79 59 41 53 / +33 (0)6 10 74 89 70 / +33 (0)6 65 09 54 28

🌐 <https://gosportmontagne.com/location-de-ski/aussois/everest-sport>

GO SPORT MONTAGNE / EVEREST SPORT VILLAGE



Rental and maintenance of mountain bikes, electrically assisted mountain bikes, DIRT. Electric mountain bike hire for juniors from 9 years old, dirt bikes, scooters, skateboards to enjoy the bike park and the new Pump Track in Aussois. Supervision in partnership with L.A. Bike school (mountain bike school in Aussois) : DH package "all inclusive", access to big air bag. Rental of climbing, canyoning and via ferrata equipment.

🕒 From 06/15 to 06/30 and from 09/01 to 09/13, Monday to Saturday from 9am to 12pm and from 3pm to 6pm. Sunday from 9am to 12pm. From 07/01 to 08/31, every day from 9am to 7pm

€ Contact the provider directly.

☎ +33 (0)4 79 20 18 08 / +33 (0)6 65 09 54 28

🌐 <https://gosportmontagne.com/location-de-ski/aussois/everest-sport>

VAL CENIS Lanslebourg-Mont-Cenis

DALCIN SHOP

Rental of electric mountain bikes, electric road bikes.

🕒 From 07/09 to 08/21, every day from 9 a.m. to 12 p.m. and from 3 p.m. to 7 p.m.

☎ +33 (0)4 79 05 43 96

🌐 www.dalcin-shop.com/

INTERSPORT COSME DAMÉ

Intersport Cosme Damé offers the rental of electric road bikes, mountain bikes and VTAE and outings supervised by an instructor. It also has a repair service.

🕒 From 06/11 to 09/15, every day.

☎ +33 (0)4 79 05 93 85 / +33 (0)6 08 30 33 14

🌐 www.intersport-valcenis.net

SKIMIUM TÉTRAS SPORTS

Sébastien, Laurence and their entire team welcome you to their store in the heart of Val Cenis Lanslebourg. Rental of mountain bikes and electric mountain bikes.

🕒 From 06/15 to 09/24, every day.

☎ +33 (0)9 64 46 28 98

🌐 www.skimium.fr/station/valcenis

VAL CENIS Lanslevillard

INTERSPORT ALTITUDE

In summer we offer guided outings. Mountain bike /electric mountain bike / off-road scooter rentals. Cycle repairs and sale of spare parts. Clothing store, wide choice of sports & fashion brands.

🕒 From 06/15 to 09/15, every day.

€ Find our prices and the accompanied outings program on our website.

☎ +33 (0)4 79 05 89 06

🌐 www.intersport-lanslevillard.com/

SKISET VAL CENIS LE HAUT

Rental of electric mountain bikes with possibility of accompanied outings.

🕒 From 07/03 to 08/28, every day from 10 a.m. to 12 p.m. and from 3 p.m. to 6.30 p.m.

☎ +33 (0)4 79 05 97 30

🌐 www.skiset.com

SPORTS VANOISE

Rental of mountain bikes, mountain bikes and road bikes.

🕒 From 06/15 to 09/05, every day from 9 a.m. to 12:30 p.m. and from 2:30 p.m. to 7 p.m.

€ Consult us.

☎ +33 (0)4 79 05 92 25 / +33 (0)6 70 29 22 73

BESSANS

SPORT 2000 TRACQ SPORTS

Mountain bike and VTAE rental, hiking equipment, roller skis (service over 3 hours), 1 child e-MTB available (minimum height 1.35 m), 1 or 2-seater carts to tow behind the bike. Cycle repair, charging station for free electrically assisted bicycles, self-service in front of the Sherpa convenience store.

🕒 From 06/15 to 09/11, every day from 9 a.m. to 12.30 p.m. and from 3 p.m. to 7 p.m.

€ Contact the provider.

☎ +33 (0)4 79 05 20 13

🌐 www.tracq.sport2000.fr

BONNEVAL SUR ARC

LES MÊLÈZES SPORTS

Rental of mountain bikes, electric mountain bikes and road bikes.

🕒 From 06/25 to 08/26, every day.

€ Visit our website.

☎ +33 (0)4 79 05 87 51 / +33 (0)6 84 00 54 20

🌐 www.lesmelezessports.com

Accompanied outings

AUSSOIS

L.A. BIKE SCHOOL



L.A Bikeschool is a mountain biking school created in 2018 by two passionate instructors. Beginner or experienced, small or large, Louis and Adrien will be delighted to help you progress, explore our mountain biking area or simply discover a new practice.

🕒 From 04/19 to 12/12 by reservation.

€ Contact us!

☎ +33 (0)6 14 42 09 76 / +33 (0)6 76 71 63 89 /
+33 (0)4 79 20 18 08 / +33 (0)6 65 09 54 28

VAL CENIS Bramans

JÉRÔME FURBEYRE - BIKE INSTRUCTOR

From age 10 years

Explore the Haute Maurienne Vanoise in Gravel Bike mode on routes of choice. Between dirt roads and tracks without asphalt, discover a different way of driving. Discover the outings offered on my website.

🕒 From 06/04 to 10/15, every day, reservation recommended.

€ Day trip: €50 / person.

☎ +33 (0)6 07 16 93 50

🌐 www.jeromefurbeyre.com/

PASS HMV

LAURENT NOVERO - MTB INSTRUCTOR

From age 7 years

Discovery, initiation, performance in road biking and mountain biking.

🕒 From 05/15 to 08/14 and from 09/01 to 09/30, every day except Sunday. By reservation.

€ €45 / hour, €150 for half a day, €250 for a day (travel not included). Val Cenis Pass: 1 mountain bike initiation included during the period of validity of your Pass.

☎ +33 (0)6 75 00 74 08

🚗 Reduced rate with HMV Activity Passes

RAND'O2 - MTB INSTRUCTOR

From age 8 years

Anthony Trottier, creator of Rand'O2 is an ATV instructor in Haute Maurienne Vanoise. He offers to supervise you to learn the technique of piloting a mountain bike in the mountains. Mountain bike outings on request: full day or half day.

🕒 From 07/01 to 07/15 and from 08/21 to 09/15, by reservation.

€ On demand.

☎ +33 (0)6 20 07 22 33

VAL CENIS Lanslebourg-Mont-Cenis

INTERSPORT COSME DAMÉ

Intersport Cosme Damé offers the rental of electric road bikes, mountain bikes and VTAE and outings supervised by an instructor. It also has a repair service.

🕒 From 06/11 to 09/15, every day.

☎ +33 (0)4 79 05 93 85 / +33 (0)6 08 30 33 14

🌐 www.intersport-alcenis.net

HOUSE OF GUIDES

From age 8 years

Live the adventure with the guides who will be able to pass on their passion to you through various mountain activities, but also rafting, paddle, hiking and horseback riding, night outings, mountain biking outings, observation of fauna and flora...

🕒 From 07/11 to 08/26, every day. Permanence at the Maison des Guides chalet from 5 p.m. to 7:30 p.m.

€ Consult the provider's website.

☎ +33 (0)6 71 77 20 19 / +33 (0)6 85 75 24 26

🌐 www.maisondesguides.net

VAL CENIS Lanslevillard

INTERSPORT ALTITUDE

In summer we offer guided outings. Mountain bike /electric mountain bike / off-road scooter rentals. Cycle repairs and sale of spare parts. Clothing store, wide choice of sports & fashion brands.

🕒 From 06/15 to 09/15, every day.

€ Find our prices and the accompanied outings program on our website.

☎ +33 (0)4 79 05 89 06

🌐 www.intersport-lanslevillard.com/

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.

🕒 Everyday, on request.

€ Please consult us.

☎ +33 (0)6 81 87 16 83

SKISET VAL CENIS LE HAUT

Rental of electric mountain bikes with possibility of accompanied outings.

🕒 From 07/03 to 08/28, every day from 10 a.m. to 12 p.m. and from 3 p.m. to 6.30 p.m.

☎ +33 (0)4 79 05 97 30

🌐 www.skiset.com

UP-DOWN SKI & BIKE

From age 6 years

Whatever your practice, whatever your level, come and take advantage of our top-of-the-range supervision to discover unusual places and get a lot of sensations in complete safety with Up-Down ski & bike.

🕒 From 05/01 to 11/15 from 8 a.m. to 7 p.m., by reservation.

€ Please, contact us

☎ +33 (0)7 72 50 49 19

VAL CENIS Bramans

BAROQUE ATTRACTIONS BY ELECTRIC BIKE

From age 12 years

An experience to live in the Haute Maurienne Vanoise valley for the day on an electric mountain bike to discover the jewels of the Baroque. Circuit offered in partnership with the Facim Foundation.

- 🕒 From 07/28 to 08/25, every Thursday from 8:45 a.m. to 6 p.m. Reservation required before noon on Tuesday by telephone.
- € 48 € without mountain bike rental Electric Assistance.
- ☎ +33 (0)4 79 05 99 10
- 🌐 <https://reservation.haute-maurienne-vanoise.com/dp197-curiosites-historiques-le-temps-d-une-journee-a-vttae-val-cenis/OPBI-63819-51599>

VAL CENIS Lanslebourg-Mont-Cenis

BAROQUE BIKE TOURING - ART ON THE QUICK!

From age 12 years

An experience to live in the Haute Maurienne Vanoise valley. A 3-day stay on an electric mountain bike to discover the gems of the Baroque. Circuit proposed in partnership with the Facim Foundation.

- 🕒 From 07/26 to 07/28, from 08/02 to 08/04, from 08/09 to 08/11, from 08/16 to 08/18 and from 08/23 to 08/25, on reservation.
- € Adult: from 287 €. Stay offered by Haute Maurienne Vanoise Tourisme (see the terms and conditions on the website).
- ☎ +33 (0)4 79 05 99 10
- 🌐 <https://reservation.haute-maurienne-vanoise.com/dp229-itinerance-baroque-a-velo-un-peu-dare-d-art-/OSNOM-35218-4881>

VAL CENIS Lanslevillard

VAL CENIS ELECTRIC MOUNTAIN BIKE HERITAGE DISCOVERY

From age 12 years

Travel guide in hand, start by the Boucle des Sarrasins. Next, enjoy a guided visit of the church fresco restoration workshop, then take the cable car up to La Féma restaurant for lunch. Finish with a cycle around the Mont Cenis lake!

- 🕒 From 07/27 to 08/24, every Wednesday from 8:30 a.m. to 7 p.m. Reservation required before Monday noon by telephone.
- € 49 € without rental of Electric Assistance Mountain Bike, 38€ for children.
- ☎ +33 (0)4 79 05 99 10
- 🌐 <https://reservation.haute-maurienne-vanoise.com/dp197-excursion-patrimoine-a-vttae-a-val-cenis-val-cenis/OPBI-63819-51588>

BESSANS

HISTORICAL AND GOURMET DISCOVERY DAY AT VTTAE

From age 12 years

Travel guide in hand, enjoy an independent visit of Bonneval sur Arc. Cycle to Bessans on the path to visit a wood carver, followed by lunch. In the afternoon, discover the village and its church with a guide! Hop back on your bikes to the Averole mountain refuge for afternoon tea.

- 🕒 From 07/26 to 08/23, every Tuesday from 8:30 a.m. to 6 p.m. Reservation required before Monday noon by phone.
- € 49 € without mountain bike rental Electric Assistance (38 € for children).
- ☎ +33 (0)4 79 05 99 10
- 🌐 <https://reservation.haute-maurienne-vanoise.com/dp207-journee-decouverte-historique-et-gourmande-a-vttae-a-bessans-/OPBI-43181-57318>

water



**Haute
Maurienne
Vanoise**

Aquatic activities

MODANE

AQUAFITNESS - PISCINE INTERCOMMUNALE DE MODANE

From age 16 years

Session supervised by a 45-minute lifeguard in a small bath (reserved for the lesson) to move and exercise to the rhythm of the music.

🕒 From 04/12 to 10/29, every Tuesday and Thursday from 7:15 p.m. to 8 p.m., on reservation.

💶 One price: 7.50 € (excluding admission price.) Multi-session tickets: 10 sessions - excluding admission price. Pool entry not included. Duration: 45mn

☎ +33 (0)4 79 05 26 43

🌐 www.cchautemaurienne.com

AQUAFORM - PISCINE INTERCOMMUNALE DE MODANE

From age 16 years

2 types of sessions in a small bath: free session (30 min) or supervised session (45 min) with the program for the supervised session: 15 min of biking, 15 min of treadmill and 15 min of general physical preparation.

🕒 From 04/01 to 10/29. Free sessions: every day between 5:15 p.m. and 6:45 p.m. (30 min) except Thursday between 5:15 p.m. and 6:15 p.m. Friday between 12 p.m. and 12:30 p.m. and between 1:15 p.m. and 1:45 p.m. Supervised sessions: every Thursday at 6:15 p.m. and Friday at 12:30 p.m. (45 min).

💶 10€ for supervised sessions, 5€ for free sessions (pool entry not included).

☎ +33 (0)4 79 05 26 43

🌐 www.cchautemaurienne.com

AQUA PALM - PISCINE INTERCOMMUNALE DE MODANE

From age 16 years

Between swimming and aquagym, cardio and muscle work, in the pool, with flippers, supervised by a lifeguard.

🕒 From 04/12 to 10/29, every Wednesday from 6:45 p.m. to 7:15 p.m., on reservation

💶 One price: 7.50 € (excluding admission price.) Multi-session tickets: 66 € (10 sessions - excluding admission price). Swimming pool entrance not included.

☎ +33 (0)4 79 05 26 43

🌐 www.cchautemaurienne.com

AUSSOIS

AQUAYOGA - Ô'SOI - LOISIRS, PISCINE & BIEN-ÊTRE

From age 14 years

Come and relax and discover all the benefits of aquayoga with Raphaëlle. A moment of well-being guaranteed!

🕒 From 07/14 to 08/25, Thursday from 10 a.m. to 11 a.m.

💶 Adult: 11 €. Aquayoga (45 mins) + access to the wellness area (30 mins): €15. Duration: 45mn

☎ +33 (0)4 79 20 42 24

🌐 <http://o-soi.ski/>

Ô'SOI - AQUAGYM GROUP LESSONS - Ô'SOI - LOISIRS, PISCINE & BIEN-ÊTRE

The advantage of aerobics in shallow waters : that's what water fitness is about! So head to the swimming pool to refresh your mind, work out your health and shape your body.

🕒 From 07/04 to 08/31, Tuesday and Friday from 10 a.m. to 11 a.m.

💶 Adult: 11 € (Aquagym (45 min) + access to the wellness area (30 min): €15). Duration: 45mn

☎ +33 (0)4 79 20 42 24

🌐 <http://o-soi.ski/>

VAL CENIS Lanslevillard

AQUA-JOGGING - PISCINE MUNICIPALE DU PARC DE LOISIRS DES GLIÈRES

From age 16 years

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

🕒 From 07/07 to 09/04, Thursday from 7:15 p.m. to 8 p.m. Friday from 1:45 p.m. to 2:30 p.m.

💶 Adult: 12 € (per person). Multi-session tickets: 50 € (5 sessions). To enjoy the pool outside the session, entrance fee is extra. Duration: 45mn

☎ +33 (0)4 79 05 89 32

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

AQUA-FORM - PISCINE MUNICIPALE DU PARC DE LOISIRS DES GLIÈRES

From age 16 years

Physical activity at the pace and desire of all ages.

- 🕒 From 07/07 to 09/04, Wednesday from 1:45 p.m. to 2:30 p.m.
- € Adult: 12 € (per person). Multi-session tickets: 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 - PISCINE MUNICIPALE DU PARC DE LOISIRS DES GLIÈRES

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 07/07 to 09/04, Tuesday from 7:15 p.m. to 8 p.m.
- € Adult: 12 € (per person). Multi-session tickets: 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/>

Waterfalls

AVRIEUX

SAINT BENOIT WATERFALL

Very easy to access along the Esseillon Forts tourist route D215, between Aussois and Avrieux, at the Saint-Benoît Chapel. The waterfall, 90 m high, and its small stream will refresh you like a giant mist. Picnic area, shade and grassy beaches...

- € Free access.
- ☎ +33 (0)4 79 05 99 06

Water park

VALFRÉJUS

NEW

CHARMAIX WATER PARK

Located near the Charmaix stream, in a forest area, come and enjoy the coolness of the Valfréjus water games area. Picnic area, games for children, museum panels, and even the possibility of soaking your feet.

- 🕒 From 07/22 to 08/31, every day.
- € Free access.
- ☎ +33 (0)4 79 05 33 83

Hydrospeed

VAL CENIS Sollières-Sardières

PASS H MV

HYDROSPEED DESCENT - AGENCE SENSATIONS VANOISE

From age 10 years

A fun and refreshing activity to do with family or friends. Live a unique whitewater experience in Val Cenis! Know how to swim 25 m: swimming certificate (or discharge) or anti-panic test. To take: bathing suit and towel.

- 🕒 From 05/02 to 08/31, daily between 9 am and 7 pm. By reservation online or by phone. Possibility of opening new slots on request.
- € One price: 45 to 60 € (different routes depending on the level and the desired difficulty). Group: contact us. H MV Liberty Pass : €40.50 instead of €45.
Duration: 1.30
- ☎ +33 (0)6 45 49 45 66
- 🌐 www.sensationsvanoise.com
- 🚗 Reduced rate with H MV Activity Passes

Water games

MODANE

AQUAFUN POOLS - PISCINE INTERCOMMUNALE DE MODANE

From age 16 years

The AquaFUN pools are equipped with many fun games: games, carpets, slides, giant fun courses with climbing module, slides, balance on floating footbridge.

🕒 Until 07/01 and from 8/27, every Wednesday, Saturday and Sunday. Wednesday and Saturday from 3 p.m. to 5 p.m. Saturday and Sunday from 10:30 a.m. to 12:30 p.m. (small bath only). From 07/02 to 8/26, every day from 3 p.m. to 5 p.m. Saturday and Sunday from 10:30 a.m. to 12:30 p.m. (small bath only).

€ Free access. Pool entry not included.

☎ +33 (0)4 79 05 26 43

🌐 www.cchautemaurienne.com

AUSSOIS

AFTERNOON SPECIAL CHILD - Ô'SOI - LOISIRS, PISCINE & BIEN-ÊTRE



For children, several games to laugh and have fun.

🕒 From 07/04 to 08/31, Wednesday and Saturday from 2 p.m. to 7 p.m.

€ Adult: €5.50, child: €4, free for children under 5, child rate for 5-11 year olds.
Duration: 5hrs

☎ +33 (0)4 79 20 42 24

🌐 <http://o-soi.ski/>

VAL CENIS Sollières-Sardières

PASS HMV

AQUASENSATIONS - AGENCE SENSATIONS VANOISE

From age 6 years

Come and face our challenges at the water's edge! It is the ideal activity to try out to appreciate the sensations of sliding, jumping, balancing: aquatic zip lines, Waterjump, balance cylinders... Know how to swim. With 3 novelties this summer 2022!

🕒 From 02/05 to 31/08, every day at 1 p.m. By reservation online or by phone. Possibility of opening new slots on request.

€ One price: 20 €. Group rate available for > 8 people. Group: contact us. HMV Liberty Pass: €17 instead of €20 for 2h of aquasensations.
Duration: 2hrs

☎ +33 (0)6 45 49 45 66

🌐 www.sensationsvanoise.com

🎫 Reduced rate with HMV Activity Passes

Bathing lakes

LA NORMA

PASS HMV

WATER LEISURE BASE

From age 3 months

Swim and play with an amazing view on the mountains. Swimming leisure base of 1000 m2 with a depth of 30 cm to 1.60m. Funny water slide. Wooden and grass beach

🕒 From 07/02 to 07/08, every day from 2pm to 6.30pm. From 07/09 to 08/26, every day from 11.15am to 6.30pm.

€ 5 € entrance fee. 2 € for a flash entrance at 4.45 pm. 10-entry card: €40. Free for children under 5 years old (born from 2017). Pass La Norma: unlimited access during the validity period of your Pass. HMV Liberty Pass: €4 instead of €5 the entrance.

☎ +33 (0)4 79 20 37 50

🌐 www.la-norma.com

🎫 Reduced rate with HMV Activity Passes

BESSANS

ESPACE LUDI'LACS

Supervised bathing lake. The Ludi'lacs area offers you nearby: kayak, paddle, snack, pétanque area, beach volleyball court, barbecues and picnic tables. Bathing and access to the beach are prohibited for pets.

🕒 From 06/25 to 08/28, every day from 12 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 96 52

🌐 www.bessans.com

Paddle/Kayak/Pedalo

VAL CENIS Sollières-Sardières

NEW

PASS HMV

PADDLE WARRIOR - AGENCE SENSATIONS VANOISE

From age 6 years

Ideal activity to appreciate the sensations of sliding, jumping, balancing. Paddle base made up of boards of different sizes to evolve in the water. Know how to swim 25m. To take: bathing suit, towel.

🕒 From 05/02 to 08/31, every day from 1 p.m. to 6 p.m.

€ €11/h, €14/1h30. HMV Liberty Pass: €8 instead of €10 for 1H of paddle rental HMV Liberty Pass: €11.20 instead of €14 for 1H30 of paddle rental.

Duration: 1hrs

☎ +33 (0)6 45 49 45 66

🌐 www.sensationsvanoise.com

📄 Reduced rate with HMV Activity Passes

VAL CENIS Termignon

LA PAGAIE'JO

From age 10 years

School offering private kayaking lessons, from discovery to mastery and aquatic river hiking. Activities open to all public from 10 years old (compulsory to know how to swim and immerse yourself). Navigation and safety equipment is provided (full neoprene suit and socks, life jacket and helmet). Provide swimsuit and old sneakers to use in water.

🕒 From 06/03 to 07/01 and from 09/01 to 09/30, every day, on request.

€ Base rate: € 35/hour/person. Rates adapted according to your budget and your request: half-day, day or weekend (with possibility of accommodation on site).

☎ +33 (0)6 78 66 15 02

VAL CENIS Lanslebourg-Mont-Cenis

NEW

NAUTICAL BASE OF MONT CENIS

From age 5 years

The Mont Cenis Nautical Base offers kayak and pedal boat rentals (from 30 minutes to 3 hours) and a snack service near the lake. Children must be accompanied by an adult. By reservation for groups (more than 5 boats).

🕒 From 01/07 to 31/08, every day from 10 a.m. to 6 p.m. From 01 to 30/09, Thursday to Sunday from 10 a.m. to 6 p.m. Subject to favorable weather conditions.

€ Pedal boat rental: € 27/h, kayak € 20/h.

☎ +33 (0)6 08 42 51 83 / +33 (0)6 78 74 79 38

BESSANS

PASS HMV

PADDLE AND CANOE-KAYAK BASE

Come and refresh yourself at the paddle & canoe base! Canoe-kayak and paddle rental. Giant paddle for family practice! Aquatic zip line and slackline on the water reserved for people who have rented. Bring sneakers and a bathing suit. Reservation on site for individuals and by telephone/mail for groups.

🕒 From 07/03 to 8/27 from 2 p.m. to 6 p.m., subject to favorable weather conditions. Canceled in case of bad weather.

€ All prices on our website. HMV Liberty Pass: €13.50 instead of €15 per hour of paddle or canoe-kayak.

☎ +33 (0)6 85 75 24 26

🌐 www.maisondesguides.net

📄 Reduced rate with HMV Activity Passes

Family fishing

MODANE

FISHING POND L'ILLAZ

Body of water (accessible to anyone with a fishing license) for fishing: cork compulsory, fly fishing authorized. 4 trout per person. No swimming. Dogs kept on a leash during fishing hours.

- 🕒 Until 10/09: Monday to Thursday from 1 p.m. to 7 p.m., Saturday, Sunday and public holidays from 7 a.m. to 7 p.m. Closed on Friday.
- 💶 Prices not available. For more information, go to the "AKdo hut" store in Modane (sell fishing license).
- ☎ +33 (0)6 45 04 69 14 / +33 (0)6 72 93 40 60 / +33 (0)6 70 53 39 97 / +33 (0)4 79 05 29 56

LA NORMA

FISHING IN THE LAKE LES AVENIÈRES

Relax yourself and come fish in the beautiful La Norma's lake. Licence for sale in the Tourist Information Centre or at the outdoor pool.

- 🕒 From 07/05 to 08/26 from 9 a.m. to 6 p.m.
- 💶 Day pass: 9 € for 3 trout.
- ☎ +33 (0)4 79 20 37 50

VAL CENIS Sollières-Sardières

SOLLIÈRES FISHING LAKE

The fishing pond of Sollières, in Val Cenis, is the ideal spot for learning fishing. Its crystal clear waters allow you to hang on to the nose. Fishing cards for sale at the Guinguette du lac.

- 🕒 From 05/02 to 07/08, every day, by reservation. From 07/09 to 08/31, every day.
- 💶 1€ access to the lake. 2 trouts: 8 € - 4 trouts: 14 € - 5 trouts: 15 €. Rental of fishing equipment: 4 € cane and 6 € launcher with reel (deposit 20 €). Fidelity card: 1 free for 5 passages. Group rates from 10 people. Possibility of purchasing equipment on site.
- ☎ +33 (0)6 45 49 45 66
- 🌐 www.sensationsvanoise.com

Swimming pools

MODANE

PASS HMV

INTERMUNICIPAL MODANE SWIMMING POOL

The indoor swimming pool of Modane has two pools (25 m and 15 m). A fun course, aquaform activities and offers theme nights. Pools accessible to all, 1 large pool of 25m with 6 lines of water.

- 🕒 From 07/02 to 08/26: Monday, Wednesday and Friday 10.30 a.m. to 7 p.m., Tuesday and Thursday 10.30 a.m. to 12.30 a.m. and 2 p.m. to 8 p.m., Saturday from 10.30 a.m. to 12.30 a.m. and 2 p.m. to 7 p.m., Sunday 10.30 a.m. to 12.30 a.m. From 27/08 to 21/10: Tuesday and Thursday from 5 p.m. to 8 p.m., Wednesday from 3 p.m. to 7 p.m., Friday from 12 p.m. to 2 p.m. and from 5 p.m. to 7 p.m., Saturday from 10.30 a.m. to 12.30 p.m. and from 3 p.m. at 12.30 p.m. Closed on Mondays.
- 💶 Adult 4 €, Child, job seeker, disabled person, high school student and student under 25: €2.8. Valfrejus Pass: unlimited access during the validity period of your Pass. HMV Liberty Pass: €3 instead of €4 / Adult.
- ☎ +33 (0)4 79 05 26 43 / +33 (0)4 79 05 10 54
- 🌐 www.cchautemaurienne.com
- 🏠 Reduced rate with HMV Activity Passes

AUSSOIS

PASS HMV

SWIMMING POOL AND WELLNESS CENTER Ô'SOI

Taste the pleasure of water! Enjoy a swimming pool heated to 30 ° C and a fully equipped wellness area with a breathtaking view of the surrounding mountains and maximum sunshine.

🕒 From 06/22 to 07/03, every monday, wednesday, friday and sunday from 3 p.m. to 7 p.m. From 07/04 to 08/31, Monday to Friday from 2 p.m. to 7 p.m. Saturday from 10 a.m. to 7 p.m. Sunday from 10 a.m. to 12 p.m. and from 2 p.m. to 7 p.m.

€ Adult €5.5, child: €4, free for children under 5. 10-entry card, family pass, weekly subscription... Pass Aussois: unlimited access for the duration of your Pass. HMV Liberty Pass: €4.50 instead of €5.50 / Adult. HMV Liberty Pass: €3 instead of €4 / Child.

☎ +33 (0)4 79 20 42 24

🌐 <http://o-soi.ski/>

📄 Reduced rate with HMV Activity Passes

VAL CENIS Lanslevillard

PASS HMV

MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

An aquatic area heated to 29 ° C with a 25 m sports pool (1 line reserved for swimmers), a fun pool, indoor jacuzzi, an outdoor area dedicated to your fun with slide and paddling pool.

🕒 From 05/30 to 07/06, Wednesday from 2 p.m. to 6 p.m. From 07/08 to 09/04, Tuesday to Sunday from 2:30 p.m. to 7 p.m. Last entry at 6:15 pm. Slide and paddling pool: from 3pm to 6:30pm. Closed on Mondays.

€ Adult: 4.80 € (per person). Child : 3.40 € (per person). Season pass for adult: 22 € (5 starters). Season pass for child : 14 € (5 starters). Free entry for children < 3 years. Child entry valid for 3 - 12 years. Pass Val Cenis: unlimited access during the validity period of your Pass. HMV Liberty Pass: €2.40 instead of €4.80/ Adult. HMV Liberty Pass: €2.40 instead of €3.40/ Child.

☎ +33 (0)4 79 05 89 32

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

📄 Reduced rate with HMV Activity Passes

Dive

LA NORMA

NEW

APNEA BAPTISM - EMILIE VERNIER From age 10 years

Come and try a refreshing experience in the heart of La Norma resort. Immerse yourself in the middle of the trout of the body of water for a baptism of apnea accompanied by a professional Instructor and French Champion of apnea.

🕒 Until September 3, every day by reservation.

€ Adult: 35 € Child (14 years): 30 €. Parental consent required < 18 years old.
Duration: 30mn

☎ +33 (0)6 65 45 57 69

VAL CENIS Lanslevillard

PASS HMV

CANYON SCUBA DIVING IN ITALY - AGENCE SENSATIONS VANOISE

From age 12 years

Italian day with an all-inclusive program: scuba diving, waterfall hike, snorkeling in a canyon, Italian catering, visit, transport...

🕒 All year, by reservation.

€ € 110/day excluding meals and transport. € 140/day transport included and excluding meals. € 160/day if meal and transport included. HMV Liberty Pass: €144 instead of €160 per day (meals and transport included).

Duration: 4hrs

☎ +33 (0)6 45 49 45 66

🌐 www.sensationsvanoise.com

📄 Reduced rate with HMV Activity Passes

Rafting

VAL CENIS Lanslebourg-Mont-Cenis

RAFTING DESCENT - MAISON DES GUIDES

From age 10 years

Atmosphere assured for this beautiful descent of the Arc rafting in Val Cenis, from Termignon to Bramans. Course of 6 km varied, a class 2/3 level (level blue / red runway) on a scale of 5. Know how to swim.

🕒 From 06/18 to 08/27, every day from 9 a.m. to 12 p.m. and from 2 p.m. to 5 p.m. Subject to favorable weather conditions and water levels. Canceled in case of bad weather. Reservation only at the Maison des guides chalet in Val Cenis Lanslebourg (no reservation possible at the start of the activity at the chalet in Val Cenis Termignon).

€ All prices on our website.
Duration: 2.30

☎ +33 (0)6 71 77 20 19 / +33 (0)6 85 75 24 26

🌐 www.maisondesguides.net

Aquatic hikes

VAL CENIS Termignon

NEW

AQUATIC HIKE - LA PAGAIE'JO

From age 10 years

Aquatic hike to discover the Arc river. Activity open to all public from 10 years old (obligation to know how to swim and immerse yourself) wishing an alternative to canyoning. Several courses are proposed according to your ease.

🕒 From 02/09 to 10/30, every day, on request. Canceled in case of bad weather.

€ Initiation from €30/person, equipment provided. Rates adapted according to your budget and your request: half-day, day or weekend (with possibility of accommodation on site).

☎ +33 (0)6 78 66 15 02

 With **a**nimals



**Haute
Maurienne
Vanoise**

With dogs

LA NORMA

NEW

PASS HMV

DOG KARTING - TROTT HUSKY

From age 5 years

Take a ride in a kart pulled by our dogs, an unforgettable experience that allows you to enjoy the landscape and the work of the dogs from the front row.

🕒 From 04/15 to 10/15, every day by reservation.

💶 Adult: 45 € Child (5-12 years): 30 €. HMV Liberty Pass: €40.50 instead of €45 / Adult, €27 instead of €30 / Child for 1 hour. Duration: 1hrs

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

📶 Reduced rate with HMV Activity Passes

NEW

PASS HMV

CANI-HIKING - TROTT HUSKY

From age 6 years

While creating a contact and a privileged link with a dog, you will be connected to him with an adapted equipment (comfortable belt, cushioned lanyard). Our four-legged friends work to help you during the walk.

🕒 From 04/15 to 10/15, every day by reservation.

💶 Adult: 30 € Child (6-12 years): 20 €. HMV Liberty Pass: €27 instead of €30 / Adult, €18 instead of €20 / Child for 2 hours. Duration: 2hrs

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

📶 Reduced rate with HMV Activity Passes

AUSSOIS

NEW

WALK WITH THE SLED DOGS - HUSKY ADVENTURE

Minimum age: 6 years - maximum age: 10 years

After discovering the environment in which our dogs live, we will introduce you to the dog that will accompany you, its character, its needs to practice our activities, and the education that we give them.

🕒 Until 09/15 on reservation: contact us for the days.

💶 Price (2 h of activity): 50 € per pair (1 adult + 1 child, or 1 child of minimum 8 years old + 1 child of minimum 6 years old, or 2 children over 8 years old, or two children under 8 years old accompanied by an adult who will remain present). Duration: 45mn

☎ +33 (0)6 70 80 72 78

🌐 www.husky-adventure.net

PASS HMV

HIKE WITH DOGS - HUSKY ADVENTURE

From age 6 years

Go on a hike with a dog who will wear a harness and be connected to you by a shock absorbing lanyard and belt.

🕒 Until 09/15 on reservation: contact us for the days.

💶 1 adult (or child alone): 35 €; 1 adult + 1 child (in pairs with a dog): 55 €. HMV Liberty Pass: €31.50 instead of €35 for a single person. HMV Liberty Pass: €49.50 instead of €55 for a pair. Duration: 2hrs

☎ +33 (0)6 70 80 72 78

🌐 www.husky-adventure.net

📶 Reduced rate with HMV Activity Passes

KART TANDEM RIDE - HUSKY ADVENTURE

From age 6 years

Installed in a kart allowing the transport of 2 people, you will enjoy a sporty and invigorating ride, towed by 8 to 10 sled dogs. It will be followed by a moment of discussion: hugs, photos, discussions with your musher ...

🕒 Until 11/15 on reservation: contact us for the days.

💶 Adult: 120 € (for 1 or 2 adults). Duration: 45mn

☎ +33 (0)6 70 80 72 78

🌐 www.husky-adventure.net

VAL CENIS

Lanslebourg-Mont-Cenis

CANI-HIKING - HUSKY ADVENTURE

From age 6 years

Go on a hike with a dog who will wear a harness and be connected to you by a shock absorbing lanyard and belt.

- 🕒 Until 09/15 on reservation: contact us for the days.
- 💶 1 adult (or single child): 35€; 1 adult + 1 child (in pairs with a dog): 55€.
Duration: 2hrs
- ☎ +33 (0)6 85 75 24 26 / +33 (0)6 71 77 20 19 /
+33 (0)6 70 80 72 78
- 🌐 www.husky-adventure.net

BESSANS

CANI-HIKING - HUSKY ADVENTURE

From age 6 years

Go on a hike with a dog who will wear a harness and be connected to you by a shock absorbing lanyard and belt.

- 🕒 Until 09/15 on reservation: contact us for the days.
- 💶 1 adult (or single child): 35€; 1 adult + 1 child (in pairs with a dog): 55€.
Duration: 2hrs
- ☎ +33 (0)6 70 80 72 78
- 🌐 www.husky-adventure.net

With a horse or pony

VALFRÉJUS

PASS HMV

RIDING SCHOOL HAUTE MAURIENNE VANOISE

Equitation Haute Maurienne Vanoise offers equestrian center activities, horseback riding, mountain raid.

- 🕒 From 07/05 to 08/27, from Monday to Friday, by reservation at the Valfréjus Tourist Office.
- 💶 Consult the provider.
- ☎ +33 (0)7 60 36 19 69

🎫 Reduced rate with HMV Activity Passes

PONEY CLUB

Minimum age: 2 years - maximum age: 10 years

The pony club welcomes you to the equestrian center of Valfréjus for pony rides for children. 30-minute circuit on a marked route.

- 🕒 From 07/05 to 08/27 Monday to Friday, by reservation. Closed Saturday and Sunday.
- 💶 20€/pers.
- ☎ +33 (0)7 60 36 19 69

LA NORMA

PASS HMV

RIDING RANCH

From age 3 years

Horse and pony riding. Pony training course from 3 years old.

- 🕒 From 07/07 to 08/26, Sunday to Friday from 9 a.m. to 12 p.m. and from 2 p.m. to 6 p.m. Closed on Saturday. By reservation at the La Norma Tourist Office.
- 💶 Horse: €25 (1h), €42 (2h), €95 (5h), €180 (10h pass), €74 (family pass), €15 (teen club outing). Pony: €9 (1/4h), €12 (1/2h), €16 (1h rental), €25 (1h ride), €35 (afternoon course). HMV Liberty Pass: €20 instead of €25 for 1 hour of riding. Pass HMV Liberté: €10 instead of €12 for 1/2 hour pony.
- 🌐 www.la-norma.com

🎫 Reduced rate with HMV Activity Passes

VAL CENIS

Termignon

RANCH LA RAMASSE

Lionel Richard, Equestrian Tourism guide, welcomes you to the ranch la Ramasse in Val Cenis Termignon for pony rides (1/4h, 1/2, 1 hour) or horseback riding (1h, 2h, half day, day) in the forest and mountain.

- 🕒 From 07/06 to 09/02, everyday by reservation.
- 💶 Pony: € 7 / 15mn, € 10 / 30mn, € 15 / 1h. Horse: 25 € / h, 40 € / 2h, 55 € / half-day, 90 € / day.
- ☎ +33 (0)6 89 93 70 29

With donkey

AUSSOIS

PASS HMV



DONKEYS AND HIKES

From age 3 years

In Aussois, the mountain becomes accessible to all as a family thanks to our donkeys! Rental, guided hikes with families, family hikes, visit to the asinerie, children's course, workshops on the farm, activities for groups.

🕒 From 07/04 to 08/31, every day, by reservation.

💶 From 8.5 €. For more details, contact the service provider. HMV Liberty Pass: € 10.80 instead of € 12 for the donkey factory visit.

☎ +33 (0)6 83 49 91 46

🌐 www.aneetrande.com/

🎫 Reduced rate with HMV Activity Passes

VAL CENIS Lanslebourg-Mont-Cenis

DIABLOT'ÂNES - WALKING WITH DONKEYS - KARINE ROUTIN - ACCOMPAGNATRICE EN MONTAGNE

From age 10 years

Diablot'ânes offers outings accompanied by Karine Routin, companion, with Myrtille and Serpolet, her 2 donkeys of Provence. They will carry your backpacks for a hike on the trails of Haute Maurienne Vanoise. No donkey hire.

🕒 From 07/06 to 08/23, every day, by reservation.

💶 Prices not available. Contact me.
Duration: 1hrs

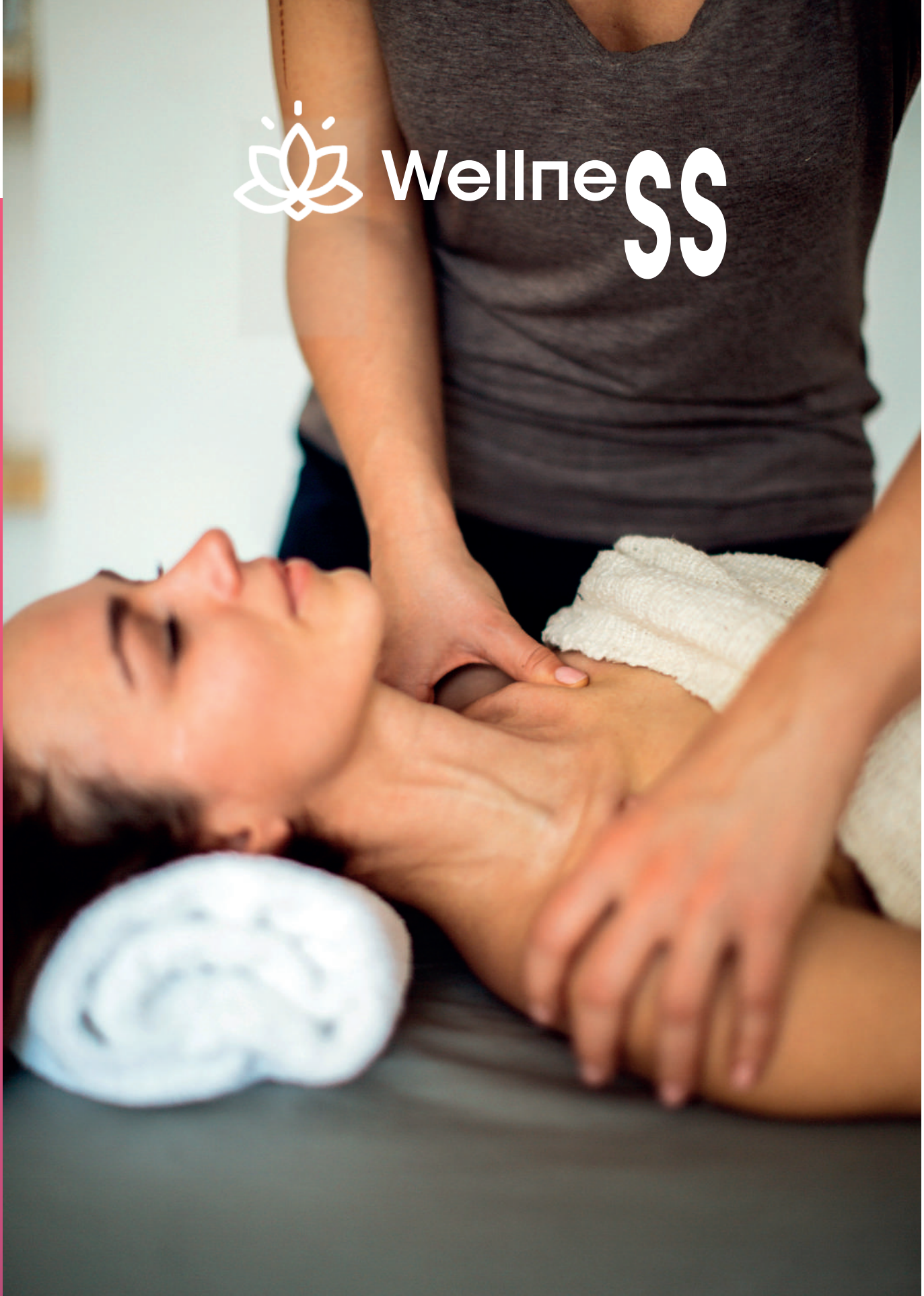
☎ +33 (0)6 71 77 20 19

DONKEY-DRAWN CARRIAGE RIDES

Donkey rental for family walks.

🕒 All year, everyday, by reservation.

☎ +33 (0)6 60 65 88 74



**Haute
Maurienne
Vanoise**

Wellbeing

MODANE

LUC BUISSON - NATUROPATH

Luc Buisson, creator, manufacturer and retailer of essential oils and the first healing soaps, of the registered trademark La Forêt qui Soigne. Trained in naturopathy, auriculomedicine, etiomedicine, micronutrition and hypnosis.

🕒 On appointment

€ Consult the provider

☎ +33 (0)6 07 50 87 33

VILLARODIN-BOURGET

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 ...

🕒 All year round, daily from 8:30 a.m. to 6 p.m., by appointment.

☎ +33 (0)6 60 34 31 54

🌐 www.rebouteuse-magnetiseuse.com

LA NORMA

HAKENA CENTER - GESSY & YANNICK - HOLISTIC MEDICINE

From age 12 years

Center of well-being and reconnection to oneself. The Hakena center welcomes you for coaching sessions in personal development, shamanic care, energy care, soul reading/visioning, personality analysis. Different workshops will be offered this summer: discovery of Native American tribal songs, guided meditation and inner journey. New for summer 2022: Cocoa Ceremony, Sweat Lodge and Around the World Storytelling. For more information, please visit our website or check out the events Bulletin.

🕒 From 07/01 to 08/31, every day, by appointment.

☎ +33 (0)6 21 33 73 24 / +33 (0)7 71 01 32 70

🌐 www.hakena-retraites.com/

AUSSOIS

DR ANNE-SOPHIE CHARPENTIER - RECONNECTION TO ONESELF

Body and soul care, all types of ailments.

🕒 All year, by reservation.

€ Prices according to the services, available on my website

☎ +33 (0)6 42 00 43 41

🌐 <https://annesophie-charpentier.fr/>

VAL CENIS Lanslebourg-Mont-Cenis

PHILIPPE ROGER MAGNETISEUR-HYPNOTHERAPEUT

Magnetizer-hypnotherapist practitioner, certified IFTA training. Hypnosis. Bio energy, anxiety, personality disorder, personal and professional coaching. Home travel.

🕒 All year round, every day, by appointment.

€ Consult the provider.

☎ +33 (0)6 85 75 24 26

🌐 www.philipperoger.fr/

VAL CENIS Lanslevillard

NATHALIE FOSSE : KINESIOLOGIST REFLEXOLOGIST

From age 8 years

Do you want to combine relaxation, well-being and natural health in your vacation spot? I welcome you for a complete vital hygiene assessment, a kinesiological rebalancing or foot reflexology. Permanence also in Bessans (Centre La Bessannaise).

🕒 From 08/08 to 08/13 in Val Cenis-Lanslevillard. From 07/09 to 07/18 and from 08/14 to 08/20 in Bessans. Every day, by appointment.

€ €70 adult, €55 child.

☎ +33 (0)6 20 89 87 92

🌐 www.nathalie-fosse-naturopathe.fr/

PAT MILESI COACHING

Sing, write, perform, breathe... You are alive! Pat Milesi leads courses for voice professionals and motivated amateurs, writing courses...

🕒

€ Consult the provider directly

☎ +33 (0)6 87 20 15 71

🌐 www.chanter-ecrire-performer.com/

— BONNEVAL SUR ARC —

REIKI - MAGNETISM VINCENT BLANC

Trained in Reiki, I offer therapeutic sessions to help the body regain a state of physical and mental harmony. Physical, mental or emotional problems. On appointment, at the office or remotely, for all audiences and animals.

🕒 All year round, every day, by appointment.

💶 1st appointment (1.30 approx.) 60€.

☎ +33 (0)6 84 01 59 48

🌐 <https://reiki-bonnevalsurarc.vpweb.fr>

Active walking

VILLARODIN-BOURGET

NEW

SOPHRO NATURE WALKS - SOPHROLOGIE - CABINET ESTELLE DEHAN

From age 11 years

Enjoy a real moment of harmony where you can live the present moment listening to nature and your senses.

🕒 From 07/06 to 08/31, Wednesday, from 10 a.m. to 11:30 a.m., by telephone reservation. Subject to favorable weather conditions.

💶 Adults: €15. Child (from 11 to 17 years old): 8 €. Duration: 1.30

☎ +33 (0)6 77 77 53 46

🌐 <https://www.chambres-dhotes-haute-maurienne.fr/massages-detente-chambres-dhotes/>

AUSSOIS

NORDIC WALKING - SOSKINORDIC

From age 12 years

Nordic walking is a sport practice from cross-country skiing. Coming from Scandinavia, from Finland precisely, she is part of everyday life in this Nordic country.

🕒 From 06/14 to 09/04 Monday from 10 a.m. to 11.30 a.m. and Thursday from 2 p.m. to 3.30 p.m.

💶 One price: 15 € (per person, equipment included). Family: 2 adults + 2 children (-50% on the 2nd child, the 3rd ...). Duration: 1.30

☎ +33 (0)6 81 36 45 52

🌐 <https://soskinordic.jimdo.com>



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

From age 7 years

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

🕒 Every day, by reservation.

💶 Please contact us.

Duration: 2hrs

☎ +33 (0)6 81 46 57 48

🌐 <http://aussoislocation.com>

VAL CENIS Sollières-Sardières

NEW

AMAZING! HIKE "NORDIC WALKING, YOGA AND PHYSIOTHERAPY - THIERRY BARDAGI - ACCOMPAGNATEUR EN MONTAGNE

From age 7 years

Go to the forest, to have fun outdoors! Half-day dedicated to the well-being of body and mind, combining Nordic walking, stretching, yoga breaks, physiotherapy exercises. Easy level.

🕒 From 06/01 to 09/30, every Monday from 1:30 p.m. to 4:30 p.m., by reservation.

💶 One price: 20 €.

Duration: 2.30

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

BESSANS

PASS HMV

NORDIC WALKING - NORDIC BISON

Your gym in the heart of nature. Accessible to all, come and discover a leisure and relaxation activity! From learning for beginners to sports walkers, everyone will find their own rhythm.

🕒 From 15/06 to 15/09, every day, by reservation.

💶 Consult me by phone to refine your request. HMV Liberty Pass: -10% on the activity. Duration: 1.30

☎ +33 (0)6 84 20 64 60

🌐 <https://nordic-bisonpascal.pagesperso-orange.fr/>

🎫 Reduced rate with HMV Activity Passes

NEW

QIGONG AND MINDFUL WALKING - THIERRY BARDAGI - PROFESSEUR DE YOGA ET THÉRAPEUTE

Thierry, naturalist mountain guide and specialist in well-being, offers you his family outings in the heart of nature in a warm and friendly spirit. Qigong and mindful walking. Easy level.

🕒 From 06/01 to 09/30, every Friday from 2 p.m. to 5 p.m., by reservation.

💶 One price: 20 €.
Duration: 3hrs

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

Wellbeing massages

MODANE

BEAUTÉ PASSION

Aesthetic and body care, nail prostheses, eyelash enhancement, LPG endermology, Zao, Payot and Baija cosmetics.

🕒 All year round, Monday, Tuesday and Thursday from 9 a.m. to 6 p.m. Friday from 9 a.m. to 7 p.m. Saturday from 9 a.m. to 3 p.m. Closed Wednesday and Sunday.

💶 Contact the service provider.

☎ +33 (0)4 79 64 29 66

🌐 <https://institut-beautepassion.fr/>

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...

🕒 All year round, by appointment. Monday and Saturday from 2 p.m. to 7:30 p.m. Tuesday, Wednesday, Thursday and Friday from 9:30 a.m. to 7 p.m. Close on Sunday. Exceptional closure from 1 to 7/25.

💶 Visit our website. Group rate on request.

☎ +33 (0)7 86 63 87 97

🌐 <https://soifdebienetre.fr>

VILLARODIN-BOURGET

WELLBEING MESSAGES - SOPHROLOGIE - CABINET ESTELLE DEHAN

Treat yourself to a moment of deep rejuvenation by receiving a rejuvenating massage (relaxing and de-stressing back massage) or foot relaxation.

🕒 All year round, Monday to Friday, by appointment only.

💶 Revitalizing massage: € 30 (30 min) or €45 (45 min) Relaxing foot massage: € 45 (45 min) Leg massage: € 30 (30 mins).
Duration: 30mn

☎ +33 (0)6 77 77 53 46

🌐 <https://www.chambres-dhotes-haute-maurienne.fr/massages-detente-chambres-dhotes/>

AVRIEUX

WELLNESS SPACE

Annie welcomes you to a place where relaxation and performance harmonize with high standards. It is in a cocooning atmosphere that aesthetics, well-being and relaxation are offered. Hair removal, massage and hammam. Facial care, beauty of hands and feet.

🕒 All year except Thursday, Saturday and Sunday. By appointment only.

💶 Consult the provider.

☎ +33 (0)4 79 20 39 67

🌐 www.esthetique-avrieux.com

AMMA SITTING MASSAGE

Amma type massage: intervention at home and on your vacation spot.

🕒 Everyday by reservation

☎ +33 (0)6 34 24 73 81

LA NORMA

AUX P'TITS SOINS BEAUTY SALON

From age 6 years

Summer 2022 is synonymous with maternity leave for Laura who usually welcomes you. Aurore takes over and will be happy to welcome you : well-being massages or lymphatic drainage...

🕒 From 07/05 to 08/31, Monday to Friday from 9am to 7pm, by appointment.

☎ +33 (0)6 11 39 40 08

AUSSOIS

NEW

AURORE & SENS

Aurore welcomes you to the charming Hotel du Soleil***, to enjoy a moment of relaxation and reconnection to you, for you, with you. Well-being massages for intense relaxation and body and face drainage according to the Renata França method.

- 🕒 From 05/07 to 31/08, Monday to Friday from 10am to 7pm, by appointment.
- 💶 Well-being massages: 30 min: €40, 60 min: €60, 90 min: €90. Renata França method: Lymphatic drainage 1h30: €120, Miracle face: 30 min: €60.
- ☎ +33 (0)6 11 39 40 08

VAL CENIS

Lanslebourg-Mont-Cenis

BEAUTY INSTITUTE CHEZ LAURENCE

Body treatments, massages, scrubs... But also sauna, spa bike.

- 🕒 Until 06/30 and from 09/1, Thursday, Friday and Saturday from 9 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. From 07/01 to 08/31, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday from 9 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. Close on Sunday.
- 💶 Consult us.
- ☎ +33 (0)4 79 05 80 38
- 🌐 www.laurence-esthetique-val-cenis.com/

LES MASSAGES 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.

- 🕒 All year round, from 8 a.m. to 10 p.m., by reservation.
- 💶 All our prices on our website.
- ☎ +33 (0)6 13 40 18 63
- 🌐 www.lesmassagesdelaurent.com/

SPA D'ALTITUDE Ô DES CIMES - RÉSIDENCE CGH LES CHALET DE FLAMBEAU

You will be seduced by the gentle touch and expertise of our beauty experts.

- 🕒 From 06/24 to 09/04, Monday from 10 a.m. to 12 p.m. and from 3 p.m. to 8 p.m. Tuesday and Thursday from 10 a.m. to 12 p.m. and from 2 p.m. to 8 p.m. Wednesday and Friday from 2 p.m. to 8 p.m. Closed Saturday and Sunday.
- 💶 Tarif treatments from € 45, including access to the relaxation area, swimming pool, sauna.
- ☎ +33 (0)4 79 83 47 30
- 🌐 www.odescimes.com/fr/spas/les-chalets-de-flambeau-1025

VAL CENIS

Lanslevillard

WELLNESS INSTITUTE "BEB EL OUED" THE DOOR OF THE RIVER

From age 7 years

Well-being and massage on the way to Bebeloued with Aïmkhaltome Boubacir, state-certified practitioner. Find your own resources through the "El Moess" massage "Ancestral massage technique, combining breath, matter and perception". At the swimming pool of the Glières leisure park.

- 🕒 From 07/07 to 09/05, by telephone reservation. Monday, Tuesday, Thursday, Friday and Sunday from 3 p.m. to 7 p.m. Wednesday from 3 p.m. to 8:30 p.m. Closed on Saturday.
- 💶 1 hour of full service (diagnosis + massage): € 70
- ☎ +33 (0)6 86 82 25 56
- 🌐 <http://institut-bebeloued.com/>

BONNEVAL SUR ARC

AYURV'AIDEZ-VOUS

From age 6 years

Ayurv'Aidez-Vous is a cozy and individual treatment cabin in the heart of the old village: Ayurvedic consultations with treatments and massages, energy treatments, muscle recovery massages, relaxation with lithotherapy or aromatic massages.

- 🕒 From 07/01 to 08/31, every Monday, Tuesday, Thursday and Friday between 9.30 am and 6 pm. On appointment. Other slots will be possible according to demand.
- 💶 From € 35 to € 95 depending on the service and its duration.
- ☎ +33 (0)6 50 90 84 95
- 🌐 www.ayurvaidez-vous.fr/

Fitness

VAL CENIS Lanslevillard

VITA' FORME

From age 16 years

Vita'Forme offers fitness classes taught by qualified coaches in various locations in Haute Maurienne Vanoise: Val Cenis Lanslebourg and Lanslevillard, Aussois, Modane. Find our activities on the website or contact us!

- 🕒 Until 07/31, every day except Saturday and Sunday. By reservation.
- € Annual membership: € 27. € 45 for 10 sessions. € 105 the quarter. € 280 per year Reduced rate for 10 sessions for a mother and daughter card.
- ☎ +33 (0)6 66 10 83 38
- 🌐 <https://vitaforme73.jimdo.free.com/>

Spas

VALFRÉJUS

SPA DARJEELING

We offer 3 well-being areas, each consisting of a hammam, a sauna & a jacuzzi (1 collective area and 2 private areas: "Marrakech" & "Caraïbes"). Compulsory swimwear. Treatments are also offered, inquire!

- 🕒 From 06/21 to 09/11, every day, from 4 p.m. to 2 a.m., by reservation.
- € Access to collective space: € 22 / person for 1h30. Private Access: from € 30 / person (depending on the number of people) for 1h30, 1 drink included. Contact us for more details.
- ☎ +33 (0)4 79 64 08 43
- 🌐 www.spa-valfrejus.fr

LA NORMA

SPA AND SAUNA

From age 18 years

A space entirely dedicated to your pleasure, alone, as a couple, with family or friends, warm after a sporty day outdoors! Privatized spa with shower with massage jets, sauna, jacuzzi. Champagne optional.

- 🕒 From 07/01 to 08/31, every day from 9 a.m. to 11 p.m., by reservation.
- € €22 per hour (Champagne optional).
- ☎ +33 (0)7 88 55 69 51
- 🌐 <https://spa-sauna-lanorma.com/v2/>

AUSSOIS

RELAXATION AREA & SPA HOTEL DU SOLEIL

For guests from outside the hotel, we offer a pleasant moment of relaxation in our outdoor wellness spa with Nordic bath and panoramic sauna.

- 🕒 From 06/14 to 09/15, every day from 4 p.m. to 8 p.m.
- € One price: 30 € (per person for an unlimited period.).
- ☎ +33 (0)4 79 20 32 42
- 🌐 www.hotel-du-soleil.com/fr

PASS HMV

Ô'SOI - SPA AREA

From age 16 years

Spa area dedicated to well-being with a breathtaking view of the surrounding mountains and maximum sunshine! 2 saunas, 2 jacuzzis, 1 hammam and a relaxation room are at your disposal for maximum relaxation. Treat yourself to your moment of relaxation: Spa 1h30 + unlimited swimming pool Last arrivals at 5:30 p.m. Possibility of privatizing the spa area outside opening hours (reservation required).

- 🕒 From 06/22 to 07/03, monday, wednesday, friday and sunday from 3 p.m. to 7 p.m. From 07/04 to 08/31, Monday and Wednesday from 2 p.m. to 7 p.m. Tuesday, Thursday, Friday and Sunday from 10 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. Saturday from 10 a.m. to 7 p.m.
- € 18€. The Spa area can be privatized on request for a maximum of 12 people at the price of € 220. HMV Liberty Pass : €11 instead of €18 for 1h30 of wellness + unlimited pool access.
- ☎ +33 (0)4 79 20 42 24
- 🌐 <http://o-soi.ski/>
- 🏠 Reduced rate with HMV Activity Passes

VAL CENIS Sollières-Sardières

O SPA VANOISE

From age 6 years

A parenthesis of well-being in your stay...a moment of relaxation in a private outdoor spa! Provide your bath towel (possibility of towel rental : € 3.5) and water.

- 🕒 From 05/02 to 08/31, every day at 6 p.m. By reservation online or by phone. Possibility of opening new slots on request.
- € One price: 27 to 45 € (per person).
- ☎ +33 (0)6 45 49 45 66
- 🌐 www.sensationsvanoise.com

VAL CENIS

Lanslebourg-Mont-Cenis

PASS HMV

SPA PURE ALTITUDE

From age 16 years

Area dedicated to wellness, wellbeing, sport recovery. You will appreciate its sauna, hammam, transition room, relaxation room, sensation therapy with essentials scents shower, its swedish tubs. Pure Altitude cares.

🕒 From 06/21 to 08/28, every day from 10 a.m. to 8 p.m., by reservation.

€ €18 per person for 1h30 (€13 for hotel guests). HMV Liberty Pass: €13 instead of €18 for access to the SPA.

☎ +33 (0)4 79 05 56 00

🌐 www.hotel-saintcharles.com

🏠 Reduced rate with HMV Activity Passes

VAL CENIS

Lanslevillard

LEISURE PARK LES GLIÈRES WELLNESS SPA

From age 16 years

Relaxation area with jacuzzi, sauna, hammam and relaxation area with sun loungers, accessible during swimming pool opening hours. Massages are available upon request.

🕒 From 05/30 to 07/07, Wednesday from 2 p.m. to 6 p.m. From 07/08 to 09/04, Tuesday to Sunday from 2:30 p.m. to 7 p.m. Last entry at 6:15 pm. Closed on Mondays.

€ Entrance to hammam, sauna, jacuzzi: 12 € / person (swimming pool access included). 5 sessions card: 50 €.

☎ +33 (0)4 79 05 89 32

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

BESSANS

CLOS VANOISE SAUNA

The sauna is open to guests of the residence and to outsiders. Towels not provided.

🕒 From 06/18 to 09/03, every day from 5 p.m. to 7 p.m., by reservation only.

€ 25 € (for half an hour for 1 to 4 people).

☎ +33 (0)4 79 05 95 22

🌐 www.montagneimmo.com

Yoga

MODANE

THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

From age 5 years

Varied mountain and well-being outings: forest bathing (being zen thanks to the trees), laughter yoga walk, Qi gong and mindful walking...

🕒 All year, by reservation.

€ Depending on the outings. Please consult me.

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

AVRIEUX

PARVATI YOGA

From age 12 years

During the summer, Parvati Yoga offers outdoor classes for all levels at La Guiguette de l'Esseillon in Aussois.

🕒 From 07/07 to 08/31, Thursdays from 6:30 to 7:45 pm. Sunday from 9am to 10:15am. By reservation by phone or private message.

€ 15 € for a 1h15 session (loan of equipment if needed).

☎ +33 (0)6 50 04 45 60

AUSOIS

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, every day. In low season: Monday to Friday, on reservation.

€ 12 € per session / person. 10 lessons card: 120 €, 20 lessons: 200 €.

☎ +33 (0)6 80 98 15 26

PASS HMV

O'YOGA POUR TOUS

After a busy day, roll out the mat and practice Hatha-yoga in a calm and relaxed atmosphere, for a moment of well-being, relaxation ... Group or private sessions. Certificate of Yoga Alliance.

🕒 From 07/01 to 08/27, Wednesdays from 6 p.m. to 7.30 p.m., by reservation by SMS.

€ 15 €/session, subscription for 10 sessions: 100 €. Pass HMV Liberté: €13 instead of €15 for a group yoga class.

☎ +33 (0)6 88 89 10 03

🏠 Reduced rate with HMV Activity Passes

— BESSANS —

CYRIL TOSI

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 by reservation.



Contact the provider.



+33 (0)6 07 39 94 28

— BONNEVAL SUR ARC —

HATHA YOGA BABETH

From age 15 years

After a day of skiing or just to relax, enjoy a yoga class with Babeth.



From 07/11 to 08/07, Thursday from 5:30 p.m. to 7 p.m. Monday 08/08 from 5:30 p.m. to 7 p.m. Thursday 08/18 from 5:30 p.m. to 7 p.m.



+33 (0)6 62 12 05 08



children



Haute
Maurienne
Vanoise

Children's playgrounds

AUSOIS

LA BUIDONNIÈRE PLAYGROUND

Up age 12



Leisure complex grouped between the village and the campsite. Spend beautiful moments with your family and practice activities to have fun. Lots of open-access occupations, enough to satisfy young and old!

€ Free access. Under the responsibility of a parent.

☎ +33 (0)4 79 20 30 40

VAL CENIS Bramans

HANNIBAL PARK PLAYGROUND

The playground and the picnic of Valley Cenis Bramans transports you Hannibal's world.

€ Free access. Under the responsibility of a parent.

☎ +33 (0)4 79 05 10 71

VAL CENIS Termignon

THE INCREDIBLE CHILDREN PLAYGROUND

From age 3 years

Meet with the family at the play area located next to the multi-purpose room: swing, slide, etc. and the grown-ups can rest on the benches, in the sun, facing the mountains for surveillance. Petanque ground nearby.

€ Free access. Under the responsibility of a parent.

☎ +33 (0)4 79 20 51 49

LA FENNAZ PLAYGROUND

Minimum age: 3 years - maximum age: 7 years

Meet with your family at the quietly located playground, next to the football and tennis courts, reserved for the little ones from 3 to 7 years old).

€ Free access. Under the responsibility of a parent.

☎ +33 (0)4 79 20 51 49

VAL CENIS Lanslevillard

CHILDREN PLAYGROUND LES GLIÈRES

Slides, swings and other activities under the supervision of parents! Opposite the skating rink / multi-sports ground.

€ Free access. Under the responsibility of a parent.

☎ +33 (0)4 79 05 93 78

BESSANS

CHILDREN'S PLAYGROUND

Meet the family at the playground, which is quietly located next to the tennis, volleyball and football fields. Slides, swings, pyramids and other games will delight young and old.

€ Free access. Under the responsibility of a parent.

☎ +33 (0)4 79 05 96 52

BONNEVAL SUR ARC

CHILDREN'S PLAYGROUND

Minimum age: 3 years - maximum age: 10 years

Swing, slide and hut so that children can have fun in the heart of the village (opposite the Les Evettes hotel in the Old Village).

€ Free access. Under the responsibility of a parent.

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

W www.bonneval-sur-arc.com

Baby well-being

AUSOIS

BABY SWIMMING SESSION - Ô'SOI - LOISIRS, PISCINE & BIEN-ÊTRE



Minimum age: 3 months - maximum age: 5 months

Baby swimming lessons soothe, relax and amuse children. They also offer great moments of complicity to toddlers and their parents.

🕒 From 07/04 to 08/31, every Wednesday from 10 a.m. to 11:45 a.m., reservation recommended.

€ Adult: 9 €. Free entry for children < 5 years. Duration: 45mn

☎ +33 (0)4 79 20 42 24

W <http://o-soi.ski/>

PASS HMV

NJ DOULA

Self-employed – Doula: Support at birth and parenthood. Possibility of home travel. Ayurvedic massage for women, pregnant women and babies. Mom/baby circles

🕒 Every day, by reservation.

€ Prices visible on our website. New: rates for CAF family quotients of less than €1,200 (upon presentation of proof). HMV Liberty Pass: €54 instead of €60 for Ayurvedic massage.

🌐 www.njdoula.fr/

🎫 Reduced rate with HMV Activity Passes

VAL CENIS Termignon

BÉBÉ BONHEUR (BABY HAPPINESS)

Pregnant woman massage workshops, well-born baby massage, baby yoga session, physiological carrying workshop ... as many possible responses to your baby's needs. Together let's recreate this universe for the "well-being" of your whole family.

🕒 All year round, every day, by appointment. Workshops are organized during the summer at the Auberge de Bellecombe and at the Outa Hotel in Val Cenis-Termignon.

€ Pregnant woman massage: €60 per 1 hour session. Well-being massage for babies: For the 4 workshops €30/session, €100 for 3 sessions, €65 for 2 sessions and €40 for 1 discovery session. Baby-yoga €30/session individually and €25 group, 3-session card: €75 (individual) and €60 (group). Carrying workshops presentation of the 4 scarves: €50 in 1 single session of 2h-2h30, €35/session in 2 sessions of around 1h30. "Coach dad" workshop: €35 per 1 hour session.

📞 +33 (0)6 61 50 37 32

🌐 www.bebe-bonheur.org/

VAL CENIS Lanslebourg-Mont-Cenis

PASS HMV

CLAIRE BURDIN - PARENTHOOD SUPPORT

Minimum age: 0 year - maximum age: 11 year

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.

🕒 All year round, Monday to Saturday, by appointment.

€ Consult the provider. HMV Liberty Pass: €50 instead of €60 for an individual baby massage. HMV Liberty Pass: €22 instead of €25 for the collective workshop. HMV Liberty Pass: €3 instead of €5 for the workshop "Tackling the mountains with my little one".

📞 +33 (0)6 63 02 57 71

🌐 www.parentenfanthautemaurienne.fr

🎫 Reduced rate with HMV Activity Passes

Clubs and Daycares

LA NORMA

KIDS CLUB 3-12 YEARS OLD

Minimum age: 3 years - maximum age: 10 years

Your child will spend an unforgettable vacation in the mountains. Our team of professionals offers all kinds of activities: artistic and creative workshops, outings ...

🕒 From 07/11 to 08/26 from 8:30 a.m. to 5 p.m. Monday to Friday. By reservation.

€ Half day: from 15 to 18 €. Day: from 24 to 30 €. 5 half-days: from 60 to 72 €. 5 days: from 96 to 120 €.

📞 +33 (0)4 79 20 40 71

AUSSOIS

CLUB 6-12 ANS - LES P'TITS MONTAGNARDS - BUREAU DES GUIDES SAVOIE MAURIENNE

Minimum age: 6 years - maximum age: 12 years

Supervised by our mountain professionals, this children's club is the place to discover nature, play with friends and intense emotions!

🕒 From 06/21 to 08/28. Telephone permanence all year round and physical at the office every day in July and August. On telephone registration, on site or on the website of the guide office.

€ By the day: €43. Full week: €199. This price includes the loan of equipment and supervision by a professional. It does not include the midday picnic, nor the snacks of the day.

☎ +33 (0)4 79 20 31 16

🌐 www.guides-savoie.com

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 6 years old. Large terrace, outdoor games, manual and motor skills activities ... Meals, snacks ...

🕒 From 06/27 to 09/02 from 8:30 a.m. to 5:30 p.m. Monday to Friday. Subject to change.

€ Half-day "mini" 8:30 a.m. to 12:30 p.m. or 1:30 p.m. to 5:30 p.m.: €19. Half-day "maxi" 8:30 a.m. to 1:30 p.m. meal included: €33. 1 day (with meal) 8:30 a.m. to 5:30 p.m.: € 45. Pack 5 1/2 consecutive days 8:30 a.m. to 12:30 p.m. or 1:30 p.m. to 5:00 p.m.: € 73. Pack 5 days meal included: 177 €. Provision of meals possible for children from 12 months, provision of snacks by parents. A reduction of 10% is granted for the 2nd or 3rd child of the same siblings or the same household.

☎ +33 (0)4 79 20 22 93

VAL CENIS Lanslevillard

PASS HMV

VAL CENIS CHILDCARE CENTRE

Minimum age: 3 months - maximum age: 17 months

During the summer holidays, the Maison des Enfants welcomes your children from 3 months to 17 years old. Many courses are offered: pony, mountain biking, hip hop, hiking with night in a refuge, climbing, aquatic activities... more information on our website.

🕒 From 06/27 to 09/02: Monday from 1:30 p.m. to 5:30 p.m., Tuesday to Friday from 8:30 a.m. to 5:30 p.m. Closed Saturday and Sunday. Exceptional openings on August 6 and 7.

€ 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/

🎫 Reduced rate with HMV Activity Passes

BESSANS

CHILDCARE CLUB MINI DIABLES 3 MONTHS-6 YEARS

Minimum age: 3 months - maximum age: 6 months

We are here for them! Entrust us with your children and enjoy the mountains... A team of early childhood professionals and a nurse welcome your children from 3 months old until the day before they turn 6 years old.

🕒 From 07/04 to 08/31, Monday to Friday from 8:30 a.m. to 5:30 p.m. 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 15 children from here and elsewhere.

🕒 From 07/04 to 09/02 from 9 a.m. to 5 p.m., Monday to Friday. Closed Saturday and Sunday. Closed 07/14 and 08/15. By reservation.

€ Upload prices on our website.

☎ +33 (0)4 79 56 59 77

🌐 www.lesptitschabottes.fr/

Fun parks

VALFRÉJUS

LUDOPARC

From age 3 years

The Ludo Parc in Valfréjus includes a beach volleyball court, inflatable structures, and a quad circuit.

🕒 From 07/01 to 08/31, every day except Saturday from 9:30 a.m. to 12 p.m. and from 1:30 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 33 83

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 02/07 to 26/08, every day from 4 p.m. to 7 p.m.

€ Child: €7 (for 10 mins).

☎ +33 (0)6 81 33 83 11

PASS HMV

THE TRAMPOLINES AND AIR CASTLES FROM LA NORMA

Minimum age: 4 years - maximum age: 15 years

It is the ideal place for your children to have an unforgettable holiday: beach volleyball court, beach tennis, petaca beach, badminton, bouncy castles, Finnish skittles and shuffleboard.

🕒 From 07/02 to 07/08, Monday, Tuesday, Thursday, Friday and Sunday from 15:30 to 18:30. Wednesday from 9.30am to 12.30pm and from 3.30pm to 6.30pm. Closed Saturday and Sunday. From 07/10 to 08/26, Monday to Friday from 9.30am to 12.30pm and from 3.30pm to 6.30pm. Sunday from 3.30 pm to 6.30 pm. Closed on Saturday.

€ Free entry for children < 5 years. 1 hour: €5 - 1/2 day: €9. La Norma Pass: unlimited access during the validity period of your Pass. HMV Liberty Pass: €7 instead of €9 / Child.

☎ +33 (0)4 79 20 37 50

📱 Reduced rate with HMV Activity Passes

AUSSOIS

FREE INFLATABLE CASTLE

Minimum age: 3 years - maximum age: 14 years

House inflatable slide at the arrival of the Grand Jeu chairlift.

🕒 From 9:15 a.m. to 11:45 a.m. and from 2 p.m. to 5 p.m. From 06/20 to 07/02, Tuesday and Thursday. From 07/03 to 08/31, Sunday to Friday.

€ Free access, children play under the responsibility of parents or accompanying adults.

☎ +33 (0)4 79 20 42 20

VAL CENIS Sollières-Sardières

PASS HMV

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.

🕒 All year round: see days and times on our website.

€ By the hour or by the day. Reduction for children under 3 years old. More information on our website. HMV Liberty Pass: €8 instead of €10 for 1 hour in the playground. HMV Liberty Pass: €18 instead of €20 for a children's menu + unlimited admission. HMV Liberty Pass: 1 € instead of 2 € per token for the mini motorcycle circuit.

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

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

📱 Reduced rate with HMV Activity Passes

VAL CENIS Lanslevillard

PASS HMV

LEISURE BUBBLE

Minimum age: 2 years - maximum age: 14 years

Come and have a good time with family! Parents sit on the terrace ... Children play, jump and have fun! Inflatable playground with mountain of air, toboggan, rodeo cow, jumping in the air and various trampolines.

🕒 From 07/03 to 08/31: every day from 9:30 a.m. to 12:30 p.m. and from 2:30 p.m. to 7:30 p.m.

€ Group rate available for > 10 people. 5€ / 30 min, 7€ / hour, 9€ / half a day, Subscription cards. HMV Liberty Pass: €4.50 instead of €5 for 1/2H. HMV Liberty Pass: €6.30 instead of €7 for 1 hour. HMV Liberty Pass: €8.10 instead of €9 for 1/2 day.

☎ +33 (0)6 02 28 91 92 / +33 (0)6 80 88 67 03

📱 Reduced rate with HMV Activity Passes



Heritage



**Haute
Maurienne
Vanoise**

Workshops

FOURNEAUX

L'ALCHIMIE PARFAITE

The store L'alchimie parfait: organic cosmetics and local aromatic plants in herbal teas, invites you to take part in cosmetics-making workshops.

€ Visit our website for more information.

☎ +33 (0)6 10 29 58 87

W www.lalchimie-parfaite.fr

MODANE

INDIVIDUAL PHOTO TRAINING - STUDIO VIART - STUDIO VIART PHOTOGRAPHE

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.

🕒 Everyday except Sunday, by request.

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

☎ +33 (0)4 79 05 07 62

W <https://studiovart.com/>

AUSSOIS

FLOWER PICKING AND COOKING WORKSHOP - MAISON DE LA MONTAGNE

From age 6 years

Cooking and preparation of a sweet and savory snack based on local products and plants harvested around the village.

🕒 Everyday, by reservation.

€ Contact us.
Duration: 2.30

☎ +33 (0)6 81 46 57 48

W <http://aussoislocation.com>

DISCOVERY OF CULINARY AND MEDICINAL PLANTS - MAISON DE LA MONTAGNE

From age 4 years



Hiking for all the public above the village of Aussois, at the Portes du Parc de la Vanoise. Walk in the forest and clearing to discover the plants of our mountains. snack-tasting.

€ Contact us.
Duration: 3hrs

☎ +33 (0)6 81 46 57 48

W <http://aussoislocation.com>

VAL CENIS Bramans

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

From age 5 years

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

🕒 Until August 14, Monday to Saturday from 2 p.m. to 7 p.m., except July 14.

€ Prices according to workshops and services. Family workshop from 18 €/person.

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

W www.leboissamuse.fr

VAL CENIS Sollières-Sardières

ARTSBRICO

From age 5 years

Isabelle invites you to let your creativity, your emotions speak and to share a moment of well-being through artistic expression or creative leisure: plastic arts, creative hobbies, painting on wood, fretwork, hiking-art...

🕒 On request: we move in the structure that wants it and according to the program established together.

€ Price on quote

☎ +33 (0)6 64 79 00 00

W www.artsbrico.com/

ARCHEOLOGY WORKSHOP - CREATE YOUR PREHISTORIC NECKLACE - MUSÉE D'ARCHÉOLOGIE

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 June 13 to September 14, Wednesday 9.30 a.m to 12 a.m.

€ Adult: 9 € Child (7-16 years): 7 €.
Duration: 2.30

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

W www.archeologie-sollieres-sardieres.com/

ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE ! - MUSÉE D'ARCHÉOLOGIE

Minimum age: 8 years - maximum age: 12 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, you will have to study, draw, reconstruct pottery and even solve little puzzles.

🕒 From June 15 to September 14, Wednesday 2 p.m to 4.30 p.m

💶 Child: 9 €. Duration: 2.30

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

🌐 www.archeologie-sollieres-sardieres.com/

"GRAINE D'ARCHÉOLOGUE" - POTTERY ACTIVITY - MUSÉE D'ARCHÉOLOGIE

From age 7 years

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

🕒 From June 14 to September 13, Tuesday 9.30 a.m. to 12 p.m.

💶 Adult 9€, Child (7-16 yo) 7€. Reservation compulsory in Haute Maurienne Vanoise Tourist Offices. 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/

VAL CENIS Lanslevillard

WORKSHOP: THE EDIBLE AND MEDICINAL PLANTS OF THE PETIT BONHEUR TRAIL - NATHALIE FOSSE : KINÉSIOLOGUE RÉFLEXOLOGUE

From age 6 years

On the Petit bonheur Trail, a simple walk to reconnect with the benefits of Mother Nature by learning about the plants in the area.

🕒 July 9, 16, 17 and 18, August 8, 13, 20 and 21, 9.30 a.m. to 12 a.m.

💶 Free entry for children < 6 years. Adult: €15, child: €7. Duration: 2.30

☎ +33 (0)6 20 89 87 92

🌐 www.nathalie-fosse-naturopathe.fr/

BESSANS

NEW

WATERCOLOR WORKSHOP - CHRISTINE JUMELLE - PEINTRE

Dare watercolor, in the spirit of the travel diary. A friendly workshop where you can be surprised by your creative abilities!

🕒 From July 26 to 28 and from August 2 to 4.

💶 210€ (for 3 days), Single day: 80€.

☎ +33 (0)6 10 62 06 53

Libraries

SAINT-ANDRÉ

PUBLIC LIBRARY

45 Rue Sous Lion.

🕒 Monday 2 p.m. to 7 p.m, Wednesday and Friday 10 a.m. to 12 p.m, Thursday 1 p.m. to 7 p.m.

💶 Adult: 3€, free for children under 16 yo, for 5 documents/month or 1/person/2 weeks.

☎ +33 (0)4 79 05 03 14

🌐 <https://standre.bibenligne.fr/>

FOURNEAUX

BOOK BOX

Immeuble Les Gentianes, rue Jean Moulin.

💶 Free access.

☎ +33 (0)4 79 05 07 46

MODANE

PUBLIC LIBRARY

130 rue Paul Bert.

🕒 Tuesday and Thursday 1:30 p.m to 6 p.m, Wednesday 10 a.m to 11:30 a.m and 1:30 p.m to 6 p.m, Saturday 9 a.m to 11:30 a.m.

💶 Adult: from 8 € Child (0-17 years): from 0 €. Free entry for children < 18 years, Job-seeker.

☎ +33 (0)4 79 05 12 93

🌐 <https://modane.bibenligne.fr/>

BOOK BOX

Rue de la République: box or space where you can find books, to give or take, in good condition, conducive to exchange.

🕒 Self service

€ 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 !

🕒 See opening days and hours of the Tourist Office.

€ Free of charge.

☎ +33 (0)4 79 05 33 83

🌐 www.valfrejus.com

VILLARODIN-BOURGET

PUBLIC LIBRARY

Montée Château Feuillet.

🕒 Wednesday 6 p.m to 7 p.m.

€ See on site.

☎ +33 (0)4 79 05 25 15

LA NORMA

BOOK BOX

In front of the bakery, near chapelle Notre-Dame de la Salette.

🕒 Everyday 9 a.m to 6 p.m.

€ Free of charge.

☎ +33 (0)4 79 05 99 06 / +33 (0)4 79 05 99 16

AUSSOIS

LIBRARY ALP'PAGES

9 rue de l'Artisanat.

🕒 Until July 3 and from September 5, Monday 4:30 p.m. to 6:30 p.m. From July 4 to 10 and from August 22 to September 4, Monday and Friday 4:30 p.m. to 6:30 p.m. From July 11 to August 21, Monday, Wednesday and Friday 5 p.m. to 7 p.m.

€ Free.

☎ +33 (0)4 79 20 30 40

🌐 www.mairie-aussois.com

BOOKS SELF-SERVICE

Rue d'en Haut, in front of the bakery.

🕒 Everyday, on free access.

€ Free of charge.

☎ +33 (0)4 79 20 30 40

VAL CENIS

Bramans

LOCAL LIBRARY IN VAL CENIS BRAMANS

Place Saint-Clair.

🕒 Tuesday and Friday 4:45 p.m to 6:45 p.m.

€ Free entry for children < 18 years.

☎ +33 (0)4 79 59 62 05

NOMADIC BOOKS

Tourist Office, Townhall, camping, bakery, Maison des Associations, Auberge les Glaciers.

🕒 Everyday, on free access.

€ Free of charge.

VAL CENIS

Termignon

LOCAL LIBRARY - LA BIBLI

Vanoise place.

🕒 From July 11 to August 31, Monday and Friday from 4pm to 7pm. Tuesday and Thursday from 9am to 11am. Wednesday from 4:30 to 6:30 pm. Closed Saturday and Sunday. Exceptional closing on July 14th.

€ Adult: 2.50€/week, free for children, Bail: 50€/family.

☎ +33 (0)4 79 05 85 24

🌐 <https://biblio.mairie-valcenis.fr/>

VAL CENIS

Lanslebourg-Mont-Cenis

ESPACE PUBLIC MULTIMÉDIA

1 rue de la Chaîne.

🕒 From July 01 to August 31, Monday, Wednesday, Thursday and Saturday from 16:30 to 19:30. Tuesday and Friday from 10am to 12pm and from 4:30pm to 7:30pm. Closed on Sundays, July 14 and August 15. From September 01, Monday, Wednesday and Thursday from 4:30 pm to 7 pm, Friday from 10 am to 12 am.

€ Weekly subscription: 2.50€ (books, magazine), 7.50€ (books + DVD). Free for job-seekers and students. 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). Black and white prints: 0.30€/page.

☎ +33 (0)4 79 05 53 16

VAL CENIS

Lanslevillard

THE READING BOX

Townhall entrance.

🕒 Monday to Friday 2 p.m to 5.30 p.m

€ Free access.

☎ +33 (0)4 79 05 93 78

BESSANS

LIBRARY THE DIABLERIE

Place de la Mairie.

🕒 Until July 9 and from September 3, Saturday 10:30 a.m. to 12 p.m. From July 11 to August 26, Monday and Friday 5:30 p.m. to 7 p.m.

€ 3€ per week with a deposit of 30€ per family. Decreasing price for several weeks. Annual subscription 12€.

☎ +33 (0)4 79 05 96 05

BONNEVAL SUR ARC

LIBRARY

La Ciamarella communal hall.

🕒 From July 4 to August 31, Monday 5:30 p.m. to 6:30 p.m.

€ Loan per book: 0.50 €.

☎ +33 (0)4 79 05 94 94

🌐 www.mairie-de-bonnevalsurarc.fr/

Exhibitions

MODANE

NEW

EXHIBITION - FROM THE FELL RAILWAY TO THE TGV

From age 6 years

Muséobar - 42 rue de la République : Temporary exhibition at the Museobar de Modane: "On foot, on horseback, by train and by car: the epic of crossing the Alps in Haute Maurienne". 21 panels produced by the association "Memory without Borders".

🕒 From July 2 to November 5, Tuesday and Wednesday 3 p.m. to 7 p.m., Thursday to Saturday 10 a.m. to 12 a.m. and 3 p.m. to 7 p.m.

€ Free access. To pay the entrance to the museum : Adult: 4.50€, Child: 3€, Saturday: 2€. Free for children under 7 yo.

☎ +33 (0)4 79 59 64 23

🌐 www.museobar.com/

NEW

EXHIBITION - ICELAND

18 avenue Jean Jaurès: In front of our Phox Studio Viart store, we are presenting a free outdoor photo exhibition on Iceland and its wonderful landscapes.

🕒 From June 15 to October 15.

€ Free access.

☎ +33 (0)4 79 05 07 62

🌐 <https://gallery-viart.fr/>

AVRIEUX

NEW

EXHIBITION - MODANE DRAWING SCHOOL

Redoute Marie-Therese-RD 1006: the students of the "Le Papillon Bleu" workshop exhibit their works produced throughout the year during drawing and painting lessons. Come and see the work of these diligent and passionate people!

🕒 From June 10 to 26 and from September 2 to 18, Friday, Saturday and Sunday from 2 p.m. to 6 p.m. From July 1 to August 31, daily from 11 a.m. to 6 p.m.

€ Free of charge.

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr

NEW

EXHIBITION - ILLUSTRATIONS AND SKETCHES "WALKING"

Redoute Marie-Therese-RD1006: Two illustrators, Nicolas Dufresne & Nicolas Liguori, will present their work, based on their passions: mountains, hiking, love of nature...

🕒 From June 10 to 26 and from September 2 to 18, Friday, Saturday and Sunday from 2 p.m. to 6 p.m. From July 1 to August 31, daily from 11 a.m. to 6 p.m.

€ Free of charge.

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr

AUSSOIS

NEW

EXHIBITION - THIERRY BOSQUET

10 rue de la Villette: Thierry Bosquet, former painter and creator of theater sets, offers you his personal works.

🕒 From mid-June: exhibition visible in the window everyday, 24 hours a day.

€ 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.

€ Free access.

☎ +33 (0)4 79 20 49 57

VAL CENIS Bramans

NEW

EXHIBITION "RÉALITÉS ÉPHÉMÈRES"

Old cheese factory of the chief place: Jean-Philippe Ritz presents 25 photos of contemporary posters torn, damaged by time..., which reveal a new proposal of reading, far from the first approach.

🕒 From July 13 to August 16, every day from 10am to 1pm and from 4pm to 8pm. Outside these hours, please contact me.

€ Free access.

☎ +33 (0)6 15 78 52 91

🌐 www.realites-ephemeres.fr/

MINERAL EXPOSURE, ENDEMIC LICHENS

At the Tourist Office: More than 50 minerals and 120 lichens listed in Haute Maurienne.

🕒 From June 25 to September 4 (see dates and opening hours of the Tourist Office).

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.valcenis.com

VAL CENIS Sollières-Sardières

EXHIBITION - FROM HARVESTING TO BREAD MAKING

Public oven, beside the Museum of Archaeology: the whole history of bread, from growing cereals to kneading and baking together.

🕒 From June 13 to September 4: Thursday from 5 p.m. to 7 p.m. Monday to Saturday 9 a.m. to 12 p.m. and 2 p.m. to 6 p.m. Sunday 9.30 a.m. to 12 p.m. and 3 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.valcenis.com

EXHIBITION - LE TÉLÉGRAPHE CHAPPE

Chapelle Saint Pierre (next to the Archeology Museum) : this exhibition traces the fascinating history of the development of this unique optical telecommunications system.

🕒 From May 23 to June 12: Tuesday to Friday 2 p.m. to 6 p.m. From June 13 to September 4: Monday to Saturday 9 a.m. to 12 p.m. and 2 p.m. to 6 p.m., Sunday 9.30 a.m. to 12 p.m. and 3 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.valcenis.com

NEW

EXHIBITION: "FIRE ARTISANS, LIME KILNS, PLASTER KILNS AND CHARCOAL BURNERS"

Archaeological Museum: What is hidden behind our places called "Le Raffour"? What are these circles of stones that are to be seen in our forests? Evocation of a time when the communities of the high valleys lived on what the mountain gave them: stone, wood, water and fire.

🕒 From July 18 to December 16, Monday to Saturday from 9 a.m. to 12 p.m. and from 2 p.m. to 6 p.m. Sunday from 9.30 a.m. to 12 p.m. and from 2.30 pm to 6 pm.

€ Free entry.

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

🌐 www.valcenis.com

VAL CENIS

Termignon

OPEN AIR PHOTO EXHIBITION - TERMIGNON THROUGHOUT THE SEASONS

Place de la Vanoise : a semi-permanent, poetic, artistic and joyful photographic installation by Anne-Bettina Brunet, all along an organized walk in and around the village.

€ Free access.

☎ +33 (0)4 79 05 99 06

W www.valcenis.com

NEW

EXHIBITION - TERMIGNON AU FIL DES ROCHES

At the Maison de la Vanoise: from marble canyons to quartzite cliffs, from shale basins to copper mines, come and discover in images the geological richness of the historic town of Val-Cenis Termignon.

🕒 From July 1st to August 31, Monday to Saturday 9 a.m. to 12 p.m. and 2 p.m. to 6 p.m.
Sunday 9 a.m. to 12 p.m. and 3 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)7 81 06 35 89

NEW

FLORA EXHIBITION - THE BLUE THISTLE

From age 6 years

At the Maison de la Vanoise: Everything, you will know everything about this species of the Alpine arc, emblematic plant of the Alps, also called "queen of the Alps". This exhibition presents the blue thistle in detail, its biology and the main results of the work carried out by the Vanoise National Park.

🕒 From July 1st to August 31st, everyday 9 a.m. to 12 a.m. and 2 p.m. to 6 p.m.

€ Free of charge.

☎ +33 (0)4 79 05 57 94 / +33 (0)4 79 20 54 54 /
+33 (0)4 79 20 51 53

EXHIBITION - ENTREZ EN VANOISE

At the Maison de la Vanoise: a colorful and lively permanent exhibition which allows you to discover or rediscover the rhythms and transformations over the seasons, to imagine the water circuit of the Vanoise landscapes, from the glacier to the lake at altitude.

🕒 From June 25 to September 4 (see dates and opening hours of the Tourist Office).

€ Free access.

☎ +33 (0)4 79 05 99 06

W www.valcenis.com

VAL CENIS

Lanslebourg-Mont-Cenis

EXHIBITION-SALE - ORIANNE BOUTROU

Multimedia Public Space, 1 rue de la Chaîne: Orianne Boutrou is inspired by the landscapes that surround her and her activities to create.

🕒 Until June 30 and from September 1, Monday, Wednesday and Thursday from 4:30 to 7:00 pm, Friday from 10:00 am to 12:00 pm, except holidays. From July 1st to August 31st, Monday, Wednesday, Thursday and Saturday from 4:30 pm to 7:30 pm, Tuesday and Friday from 10 am to 12 am and from 4:30 pm to 7:30 pm, except on July 14th and August 15th.

€ Free access.

☎ +33 (0)4 79 05 53 16

JACQUES DAUGERON PAINTINGS AND WATERCOLORS EXHIBITION AND SALE

Espace Public Multimédia, 1 rue de la Chaîne: discover the oil paintings and watercolors by professional Chambéry artist Jacques Daugeron. Haute Maurienne will be widely represented, alongside other figurative or abstract themes.

🕒 From 14/07 to 19/08, Tuesday to Saturday 4.30 p.m. to 7 p.m. Other possible openings, especially in rainy weather.

€ Free entry.

☎ +33 (0)6 73 23 76 51

W www.jacquesdaugeron.com

NEW

EXHIBITION - BEHIND RESTRAINT

At the Franco-Italian House: 24 pictures, most of them unpublished, sublimate the form and strength of water, from the natural state to hydroelectricity, this essential resource for human control of such a precious renewable energy today.

🕒 From June 13 to September 4, Monday to Thursday 9 a.m. to 12 p.m. and 1 p.m. to 6 p.m., from Friday to Sunday 9 a.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 86 36

W www.valcenis.com

EXHIBITION - LANSLEBOURG OVER TIME

At Le Lavoir, rue du Mont Cenis : photo exhibition in an unexpected place: the Washhouse! Discover the metamorphosis of our village over time, between the bar-restaurant La Vanoise and the photographer "Tout Sourire".

🕒 From June 15 to September 15: everyday 9 a.m. to 7:30 p.m.

€ Free access.

☎ +33 (0)6 15 55 09 70

VIRTUAL EXHIBITION MONT CENIS

Public Multimedia Space, 1 rue de la Chaîne: Mont Cenis, emblematic place of Maurienne and the Franco-Italian border: discover the stories and secrets of this emblematic place told by people who live or have lived there, through a virtual discovery (audioguide).

🕒 Monday, Wednesday, Thursday and Saturday 4.30 p.m to 7.30 p.m, Tuesday and Friday 10 a.m to 12 a.m and 4.30 p.m to 7.30 p.m.

€ Free of charge. Identity document in deposit.

☎ +33 (0)4 79 05 53 16

BESSANS

NEW

EXHIBITION: PAINTINGS BY MARIE-CLAUDE PERSONNAZ

Chapelle Saint Sébastien: The publication in 2021 of the dictionary of Bessanese dialect, including a section devoted to proverbs and sayings, has inspired Marie-Claude Personnaz to create paintings using different techniques.

🕒 From 07 to 20 August, every day from 16:30 to 19:00.

€ Free access.

☎ +33 (0)6 22 67 48 92

NEW

PAINTING EXHIBITION

At the Espace Albaron: for the pleasure of the eyes or to awaken the artist in you, come and discover this exhibition. Canvases and watercolors of different formats are presented as well as animal paintings.

🕒 From July 25 to August 7, everyday 5 p.m. to 7 p.m., Sunday 10 a.m. to 6 p.m.

€ Free access.

☎ +33 (0)6 10 62 06 53

🌐 <https://christinejumelle-peintre.com>

Fortifications

MODANE

PASS HMV

SAINT-GOBAIN MAGINOT FORTIFICATION

The Fort Saint-Gobain is part of the Maginot line, concrete fortification of the second world war. It is unique for its conservation state. Real "under earth" submarine, it allowed the troupes to live in total autarcy for more than 3 months.

🕒 From June 15 to Septembre 15, everyday except Tuesday 2 p.m to 6.30 p.m, Wednesday 9 a.m to 12 a.m and 2 p.m to 6.30 p.m.

€ Adult: 8€, free for children under 15 yo. HMV Liberty Pass : €7 instead of €8 / Adult.

☎ +33 (0)4 79 05 01 50 / +33 (0)6 79 74 23 49

🌐 www.fortifications-maurienne.com/

🎫 Reduced rate with HMV Activity Passes

LE FORT DU REPLATON

Built to defend the entrance of the railway tunnel at the end of the 19th century. This Serré de Rivière type fort is a work of a defense system: the Maginot line of the Alps. The interior of the fort cannot be visited.

🕒 Everyday. Entry into the fort is prohibited.

€ Free access.

☎ +33 (0)4 79 05 26 67 / +33 (0)4 79 05 01 50

🌐 www.fortifications-maurienne.com/

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!

€ Free access.

☎ +33 (0)4 79 05 99 06

AUSOIS

DISCOVER THE ESSEILLON FORTIFICATIONS - MAISON DE LA MONTAGNE

From age 6 years

I propose you to go on foot to discover the barrier of the Esseillon forts and more particularly the Marie-Christine and Victor-Emmanuel forts whose fascinating history I will tell you.

🕒 Everyday, by reservation.

€ Contact us.

Duration: 3hrs

☎ +33 (0)6 81 46 57 48

🌐 <http://aussoislocation.com>

PASS HMV



FORTIFICATION OF ESSEILLON : GUIDED EVENING VISIT

From age 8 years

With a torchlight, conquer the monumental fort which contains thousand and one stories for the young and older public. An unusual atmosphere to discover the fort and its mysteries...

🕒 Thursday June 30, Tuesday July 12, August 2, 16 and 30 from 9 p.m. to 10:30 p.m.

💶 Adult: 8 €, Child (6-12 years): 6 €, Family pass: 20 €. Free entry for children < 6 years. HMV Liberty Pass: €7 instead of €8 Adult. HMV Liberty Pass: €5.5 instead of €6 Child.

☎ +33 (0)4 79 05 99 06

🌐 www.fondation-facim.fr

🎫 Reduced rate with HMV Activity Passes

ESSEILLON FORTS

Erected between 1817 and 1834 to counter potential threats from the French, the Esseillon barrier consisted of 5 forts built at intervals between the villages of Aussois and Avrieux.

💶 Free access.

☎ +33 (0)4 79 60 59 00

🌐 www.fondation-facim.fr

VAL CENIS Sollières-Sardières

FORT DU MONT-FROID

Tragic military site, witness of French and Piemont revolutionary battles in 1794, and French and German Chasseurs Alpins in April 1945. Ruins, relicts of forts and memorial cross. Fortification accessible by day hike.

🕒 Everyday. Please note that the fort cannot be visited.

💶 Free access.

☎ +33 (0)6 69 65 15 51

VAL CENIS Lanslebourg-Mont-Cenis

FORT DE MALAMOT

Fort built in 1889 at 2850 m above sea level to monitor the Mont-Cenis pass and the Italian border. Only the traces of the enclosure and the ruins of the defensive barracks remain. Accessible for day hikes with exceptional views of Lake Mont-Cenis.

🕒 Everyday. Please note that the fort cannot be visited.

💶 Free access.

☎ +33 (0)6 69 65 15 51

FORT DE PATTACREUSE

The Fort of Pattacreuse is an Italian fortification of the XIXth century. It lays at 2385m altitude, above the Mont Cenis lake, in Val Cenis. There is a wonderful view.

🕒 Everyday. Please note that entry into the fort is prohibited.

💶 Free access.

☎ +33 (0)6 69 65 15 51

FORT DE RONCE AT THE LAC DU MONT-CENIS

From 1861, the priorities for Italy were unity and defence of the realm, which is why they built a number of forts on Mont-Cenis including the Ronce. Built at an altitude of 2286 m, it offers stunning views over the Mont-Cenis lake.

💶 Free access.

☎ +33 (0)4 79 05 91 57

🌐 www.fondation-facim.fr

FORT DE VARISELLE

The fort of Variselle lays at 2118m altitude. You will be conquered by its panorama (view over the lake, the Signal du Grand Mont-Cenis, la pointe de Ronce...)

🕒 Everyday. Please note that entry into the fort is prohibited.

💶 Free access.

☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 86 36

TURRA FORT

The only fort built by the French on the Mont Cenis plateau, it is ideally located, perched on its promontory. It will offer you a view of the Mont Cenis lake, the Italian mountains, Val Cenis Lanslebourg and the Haute Maurienne Vanoise.

🕒 Everyday. Please note that entry into the fort is prohibited.

💶 Free access.

☎ +33 (0)4 79 05 23 66

🌐 www.valcenis.com

Museums

MODANE

CARRÉ SCIENCES : LABORATOIRE SOUTERRAIN DE MODANE EXHIBITION SPACE

From age 10 years

1125 route de Bardonnèche: a museum space that presents the experiments of the Underground Laboratory of Modane in a fun and interactive way.

🕒 Monday to Friday 2 p.m. to 5 p.m.

€ Free of charge.

☎ +33 (0)4 79 05 22 57

🌐 www.lsm.in2p3.fr/

PASS HMV

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. 42 rue de la République

🕒 Tuesday and Wednesday 3 p.m. to 7 p.m., Thursday to Saturday 10 a.m. to 12 a.m. and 3 p.m. to 7 p.m.

€ Adult: 4.50€, Child: 3€, Saturday: 2€. Free for children under 7 yo. HMV Liberty Pass : €2 instead of €4.50.

☎ +33 (0)4 79 59 64 23

🌐 www.museobar.com/

🎫 Reduced rate with HMV Activity Passes

AVRIEUX

MARIE-THÉRÈSE CASTLE

Barrière de l'Esseillon, RD1006: discover a unique place on the fortified alpine heritage. On the program all summer long: visits, exhibitions, treasure hunts for children, shop and restaurant on site.

🕒 From June 10 to 30 and from September 1 to 19, Friday to Sunday 2 p.m. to 6 p.m. From July 1 to August 31, everyday 11 a.m. to 6 p.m.

€ Adult: 4€ Child: 2€ (Free for children under 7). Reduced rate (student, job seeker, disabled): 2€. Family pass: 10€ Group rate from 10 people.

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr

GUIDED TOUR OF THE FORT MARIE-THÉRÈSE

From age 5 years

Discover the fortified heritage of the Esseillon barrier, especially the Redoute Marie-Thérèse. Why these forts, what is a redoubt, why in this part of the valley, how and by whom were they built, when?

🕒 From July 3 to August 28: Sunday 3 p.m. to 4:30 p.m.

€ Adult: 5,50€, Child (7-15 yo): 4,50€, free under 7 yo.

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr

AUSSOIS

PASS HMV



L'ARCHE D'OË, HERITAGE CENTRE

7 rue de l'Eglise: Traditional house, one of the oldest in the village, which welcomed men and animals. Through the testimonies of the inhabitants, discover the life of the mountain community from its agro-pastoral origins to its tourist activity.

🕒 From June 21 to September 2, Monday and Friday from 9:30 a.m. to 12 p.m. and from 3 p.m. to 7 p.m. Tuesday and Thursday from 3 p.m. to 7 p.m. Wednesday and Sunday from 3 p.m. to 6 p.m. Closed on Saturday. From September 5 to 30, Tuesday and Thursday from 3 p.m. to 6 p.m. Exceptional and free opening: September 17 and 18 as part of Heritage Days.

€ Adult 4,50€, Child 3,20€. Free under 6 yo. HMV Liberty Pass: €4 instead of €4.50 / Adult, €2.80 instead of €3.20 / Child for the free visit of the museum.

☎ +33 (0)4 79 20 49 57

🌐 www.mairie-aussois.com

🎫 Reduced rate with HMV Activity Passes

GUIDED TOUR OF THE ARCHE D'OË



Dive into the history of Aussois told by the volunteers of the association "Friends of the Museum."

🕒 From June 13 to September 16: Thursday 5 p.m. to 7 p.m.

€ see the local bulletin.

☎ +33 (0)4 79 20 49 57

VAL CENIS Sollières-Sardières

PASS HMV

VAL CENIS SOLLIÈRES' MUSEUM OF ARCHAEOLOGY

Rue du Château: The museum presents the discoveries made at the cave of Balmes which dominates Val Cenis Sollières.

- 🕒 From June 13 to 26: Monday to Friday 2 p.m. to 6 p.m. From June 27 to September 4: Monday to Saturday 9 a.m. to 12 p.m. and 2 p.m. to 6.30 p.m., Sunday 9.30 a.m. to 12 p.m. and 3 p.m. to 6.30 p.m.
- € Adult: 4.70€, Child: 3.20€. Free under 6 yo. Family pass (1 adult + 2 children): 10€. HMV Liberty Pass: €4.20 instead of €4.70 / Adult. HMV Liberty Pass: €2.70 instead of €3.20 / Child.
- ☎ +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/
- 🎫 Reduced rate with HMV Activity Passes

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 June 13 to September 12: Monday 10 a.m. to 11.30 a.m.
- € Reservation compulsory in Haute Maurienne Vanoise Tourist Offices Adult : 5,80€, Child (6 to 16 yo) : 3,70€, Family : 12€ (1 adult + 2 children). Free under 6 years. HMV Liberty Pass : Adult 4.20€, Child 2.70€.
- ☎ +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/

VAL CENIS Lanslebourg-Mont-Cenis

MUSÉE DE LA PYRAMIDE DU MONT CENIS

Plan des Fontainettes: The Pyramid Museum invites you to discover the history of the Mont-Cenis pass, a mythical place of passage between France and Italy. Audio guides, videos, documents and exhibits will accompany you in your discovery.

- 🕒 In July and August, everyday 2 p.m to 6 p.m.
- € 4€/person, 3€ students and people with reduced mobility.
- ☎ +33 (0)4 79 64 08 48 / +33 (0)6 86 87 01 57
- 🌐 www.valcenis.com

VAL CENIS Lanslevillard

SAINT-ROCH HERITAGE CENTRE

Rue Saint Roch: presentation of objects from Gallo-Roman tombs, objects of worship and statuary elements from the 16th and 17th centuries as well as a permanent exhibition on the life of mountain dwellers during this period.

- 🕒 From June 13 to September 18: Monday to Friday 4:45 p.m. to 6:30 p.m. (except July 14 and August 15).
- € Free access.
- ☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06
- 🌐 www.valcenis.com

Other cultural heritage

SAINT-ANDRÉ

THE MILLS OF PRALOGNAN

Les Moulins de Pralognan, essential site for your holidays! Two small traditional buildings, dry stones and slate roofs. One grinds the grain, the other is converted into an eco-museum.

- € Free access.
- ☎ +33 (0)6 84 36 53 09
- 🌐 www.moulins-telegraphe-chappe-st-andre.fr

VISIT OF THE CHAPPE DU PLAN DE L'OURS TELEGRAPH

The volunteers of the association "Mills and heritage of Saint-André" explain to you in detail the mechanical functioning and the principle of coding and decoding of messages.

- 🕒 From July 1st to August 26, Friday 2 p.m. to 6 p.m.
- € Free for individuals and schools. Group made up (from 8 people): 2 € / pers.
- ☎ +33 (0)6 84 36 53 09
- 🌐 www.moulins-telegraphe-chappe-st-andre.fr

FREE GUIDED TOUR OF SAINT ANDRÉ'S MILLS

Take advantage of a guided family tour in the great outdoors to discover the Mills of Pralognan! Two small buildings with traditional architecture, dry stones and slate roofs. One grinds the grain, the other is converted into a museum.

- 🕒 From July 1 to August 26 : Friday 2 p.m to 6 p.m.
- € Free of charge. Group rate available for > 10 people.
- ☎ +33 (0)6 84 36 53 09
- 🌐 www.moulins-telegraphe-chappe-st-andre.fr

AVRIEUX

PASS HMV

HYDROELECTRIC POWER PLANT OF AVRIEUX : GUIDED VISIT

From age 12 years

Be among the privileged: enter the places to discover the facilities that turbine the waters of EDF dams of Mont Cenis and Bramans. Relive the great epic of the development of the white coal in the valley.

🕒 Monday July 11. Wednesday August 17 2 p.m. to 4 p.m. Friday from July 15 to August 26 2 p.m. to 4 p.m.

💶 8€ (Children under 12 are not accepted), by reservation before 6 p.m. the day before at the Tourist Office. HMV Liberty Pass: €7 instead of €8.

☎ +33 (0)4 79 05 99 06

🌐 www.chemins-hydroelectricite.com

🎫 Reduced rate with HMV Activity Passes

VISIT OF THE CHAPPE DE COURBERON TELEGRAPH

The telegraph Chappe of Courberon located at 2 002 meters altitude in Avrieux was part of a communication line linking Paris to Venice.

🕒 From July 8 to August 26, Friday at 1 p.m.

💶 Free of charge.

☎ +33 (0)6 79 58 53 74

🌐 <http://avrieux.com/telegraphe-chappe/>

AUSOIS

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.

💶 Free access.

☎ +33 (0)4 79 20 30 40

🌐 www.mairie-aussois.com

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.

🕒 Every day.

💶 Free access.

☎ +33 (0)4 79 20 30 40

🌐 www.mairie-aussois.com

LOZES ARCHAEOLOGICAL PARK

The Archaeological Park invites visitors to go back in time. Near the village of Aussois, our ancestors engraved hundreds of signs on the rock from 1000 years BC until the Middle Ages.

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.aussois.com

ON THE PATH OF HYDROELECTRICITY IN HAUTE MAURIENNE - WALK "FROM WATER TO HYDROELECTRICITY"

From age 7 years

This walk will take you to discover the hydroelectric complex of Aussois. On the Plan d'Aval dam, you will realize the gigantic size of the installations with a technician from Electricité de France who will explain their operation to you.

🕒 Monday July 18 and Tuesday August 9 from 2 p.m. to 5 p.m.

💶 Free of charge.

☎ +33 (0)4 79 05 99 06

🌐 www.aussois.com

VAL CENIS Bramans

MOUNTAIN GARDEN

Located under the village church, stroll through this peaceful educational space. Themed desks and botanical panels line the route to inform visitors about the flora, fauna and heritage of the mountain environment. Space accessible to families, it is decorated with a market garden and a hop field managed by a farmer.

🕒 Everyday, educational desks visible until September 30.

💶 Free access.

☎ +33 (0)6 16 51 90 91

VAL CENIS Sollières-Sardières

VISIT OF THE BALMES CAVE

From age 6 years

At the Archaeological Museum: you will begin with the guided tour of the Museum. Then, a guide will take you to the Balmes site, where you will discover the cave, a former excavation site, and will be introduced to reading the landscape.

🕒 From June 17 to September 16, Friday 9 a.m. to 12 a.m.

💶 Adult: 29 €, Child (7-16 years): 22 €. Free entry for children < 7 years.

☎ +33 (0)4 79 05 99 06

🌐 www.archeologie-sollieres-sardieres.com/

TOUR OF THE CHAPPE TELEGRAPH SYSTEM

At the heart of the Vanoise National Park at 2 004 m altitude, discover the "Télégraphe Chappe" an optical telecommunication system developed by Napoléon. The Mollard Fleury station is located on the Lyon to Milan line built in 1807.

🕒 From 01 July to 31 August, Mondays from 10am to 3pm.

€ Free of charge.

☎ +33 (0)6 69 65 15 51

VAL CENIS Lanslebourg-Mont-Cenis

MONT-CENIS ALPINE GARDEN

From age 3 years

The Alpine Garden presents more than 250 species of flowers and plants from the alpine mountain range. In addition to the thematic route, every summer it offers many activities for a family audience to be found in the Bulletin d'animations.

🕒 From May 10 to November 10, every day. Dates depending on the opening of the Mont Cenis pass road.

€ Free access.

☎ +33 (0)4 79 05 99 06 / +33 (0)6 69 65 15 51 /
+33 (0)4 79 05 86 36

🌐 www.valcenis.com

VAL CENIS Lanslevillard

LA CANOPEE DES CÎMES

Overlooking panoramic platform with a sublime view of Lake Mont-Cenis and beyond!

🕒 From 07/10 to 08/31, Sunday to Wednesday from 10 a.m. to 4.30 p.m.

€ Free access for hikers. By ski lift (Vieux Moulin gondola + Solert chairlift).

☎ +33 (0)4 79 05 96 48

🌐 www.valcenis.ski

BESSANS

PASS HMV

L'ERABLO

The daily life of yesteryear brought together men and animals in the same living space. Protect themselves from the cold in winter, keep this proximity to animals for daily work, a specific type of habitat: Erablo.

🕒 From June 29 to September 7, Wednesday 9 a.m. to 10 a.m., by reservation at the Tourist Office.

€ Single price: €3, free for children under 12. Bessans / Bonneval sur Arc Pass : a visit to Erablo included during the validity period of the Pass. HMV Liberty Pass: €1 instead of €3 for the Erablo visit.

☎ +33 (0)4 79 05 99 06

🌐 www.bessans.com

🎫 Reduced rate with HMV Activity Passes

Thematic paths & Treasure hunts

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.

🕒 Everyday, departure from the Museum.

€ Free of charge.

☎ +33 (0)4 79 59 64 23

🌐 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.

🕒 Everyday, departure from the Museum.

€ Free of charge.

☎ +33 (0)4 79 59 64 23

🌐 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.

€ Free access.

+33 (0)4 79 05 99 06

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.

🕒 Everyday, under your own responsibility and depending on snow conditions.

€ Free access

+33 (0)4 79 05 33 83 / +33 (0)4 79 05 99 06

www.valfrejus.com

VILLARODIN-BOURGET

EASY-GOING WALK: VALLON DE L'ORGÈRE

This path will take you on an exploration of the exceptional heritage of the Vallon de l'Orgère - historic, fauna and flora. An easy-going walk created as a story that takes walkers from the Orgère refuge to the bottom of the little valley.

€ Free access.

+33 (0)4 79 05 99 16

www.la-norma.com

L'ORGÈRE DISCOVERY TRAIL

A fun trail from one of the gateways to the Vanoise National Park

€ Free access.

+33 (0)4 79 05 26 67 / +33 (0)4 79 05 99 06

www.cchautemaurienne.com

AVRIEUX

UNDER THE SUN OF AVRIEUX

What an exceptional destiny that this village evolves between tradition and modernity ... From the brilliance of the Baroque to the breath of a high-tech industrialization.

€ Free access.

+33 (0)4 79 20 33 16

www.avrieux.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.

€ Free access.

+33 (0)4 79 05 99 16

AUSSOIS

TREASURE HUNT

You have all the holidays to walk the village of Aussois and find clues that will lead you to the famous treasure! To play, simply grab your game sheet at the Aussois Tourist Office. Two levels: orange (easier) and green (intermediate).

€ Free access.

+33 (0)4 79 20 30 80 / +33 (0)4 79 05 99 06

ARTS PATH



On a family theme, sculptures by local artist Serge Couvert who gives free rein to his creativity using natural varieties found here in the heart of the forest.

€ Free access.

+33 (0)4 79 05 99 06 / +33 (0)4 79 05 26 67

www.aussois.com

NEW

PASS HMV

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.

🕒 Everyday from July 16 (date to be confirmed)

€ Play book on sale at the Maison d'Aussois or at the Roulotte de l'Esseillon: 7€. HMV Liberty Pass : €6.30 instead of €7.

+33 (0)4 79 20 30 80

🎫 Reduced rate with HMV Activity Passes

TREASURE HUNT IN THE VILLAGE: THE SECRETS OF VICTOIRE



From age 6 years

Proposed by l'Arche d'Oé : in 2006, Raymond discovers a document pertaining to me, it is highly damaged by fire. Reconstitute this letter to discover me. For this, use the puzzles in the streets of our town. A reward awaits.

€ Game Kit: 4 € (by family).

+33 (0)4 79 20 49 57

AROUND THE ESSEILLON FORTS, THE "SENTIER DES BÂTISSEURS" (BUILDER'S WAY)

Follow the route patrolled by the soldiers garrisoned at the Esseillon Forts, an intimidating barrier built by the kingdom of Piedmont-Sardinia at the beginning of the 19th century to dissuade the French from invading.

⌚ Under your own responsibility and depending on the snow conditions.

€ Free access.

+33 (0)4 79 20 30 80

W www.aussois.com

FORT VICTOR-EMMANUEL TREASURE HUNT



Treasure hunt on the theme of Alessandro, one of the Sardinian soldiers garrisoned at the Fort Victor-Emmanuel. Armed with a kit, you will set off to search for clues hidden along the trail.

€ Play book on sale at the Maison d'Aussois or at the Roulotte de l'Esseillon: 7€.

+33 (0)4 79 20 30 80

IN THE FOOTSTEPS OF THE MARABOUT

Nature Trail: Guided by the crazy grass "marabou" discover lawns steppe, an outstanding natural environment. A educational outing for young and old.

⌚ Under your own responsibility.

€ Free access.

+33 (0)4 79 20 30 40

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.

⌚ Every day. Depending on the period, 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

PASS HMV

SAVOYARD DISCOVERY WALK: HANNIBAL

Join the Roman army and set off on the trail of Hannibal! Armed with helmet and tablet, your aim is to intercept the famous fighter as quickly as possible. On this walk you'll meet various characters as well as a few challenges - the future of Rome is in your hands!

⌚ From mid May to the end of October, under your own responsibility. To obtain the game tablet, see dates and opening hours of the Tourist Office.

€ Rental of the tablet: 8€, deposit requested. Additional reward: 2€. HMV Liberty Pass: €6.80 instead of €8.

+33 (0)4 79 05 99 06

W www.valcenis.com

Reduced rate with HMV Activity Passes

PASS HMV

EASY-GOING WALK: IN PURSUIT OF HANNIBAL

Wander through the streets of a little mountain hamlet and the surrounding pine forests and immerse yourself in the legend of famous military leader Hannibal at the head of his army and 47 elephants.

⌚ From mid May to the end of October, under your own responsibility. To obtain the game tablet, see dates and opening hours of the Tourist Office.

€ Rental of the tablet: 8€, deposit requested. Additional reward: 2€. HMV Liberty Pass: €6.80 instead of €8.

+33 (0)4 79 05 99 06

W www.valcenis.com

Reduced rate with HMV Activity Passes

VAL CENIS

Sollières-Sardières

JEAN DUCAILLOU'S ARCHAEOLOGICAL GAME - MUSÉE D'ARCHÉOLOGIE

From age 7 years

You can walk freely in the museum with the toolbox of our archaeologist Jean Ducaillou. It contains everything you need to have fun discovering his profession and even solving puzzles and answering the quizzes he has put together for you!

🕒 From June 13: see the opening days and hours of the Tourist Office. From September 5: Tuesday to Friday from 2 p.m. to 6 p.m.

€ Family pass: 17 €. Duration: 3hrs

☎ +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/

PASS HMV

BEROLD DE SAXE TREASURE HUNT

From age 6 years

For this Haute Maurienne Vanoise treasure-hunt game, it is the year 1000 and you are Berold the Saxon. Your master is Rodolph, King of Burgundy and owner of Maurienne. He has ordered you to fight off the troops of the Marquis of Susa. The battle begins today.

🕒 From mid May to the end of October, under your own responsibility. To obtain the game book, see dates and opening hours of the Tourist Office.

€ Public price including a game book and a reward: 8€. Additional reward: 2€. HMV Liberty Pass: €6.80 instead of €8.

☎ +33 (0)4 79 05 99 06

🎫 Reduced rate with HMV Activity Passes

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.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.valcenis.com

NEW

TREASURE HUNT: LES TERMIGNONADES

Outdoor treasure hunt in autonomy, in connection with the world of books. Participation form to be withdrawn at the Tourist Office of Val Cenis Termignon or library. Answer coupon to be returned to the library.

🕒 Every day, departure in front of the Tourist Office.

€ Free of charge.

☎ +33 (0)9 67 07 72 97

🌐 <https://biblio.mairie-valcenis.fr/>

THE WAY OF PLANTS

Thematic trail on aromatic and medicinal wild plants proposed by the Association Patrimoine et Développement de Termignon.

🕒 Under your own responsibility and depending on the snow conditions.

€ Free access.

☎ +33 (0)4 79 20 51 67

VAL CENIS

Lanslevillard

THE HISTORY TRAIL - LANSLEVILLARD CHAPEL TOUR

This circuit will lead you to discover the chapels of Lanslevillard, restored and furnished to help you discover the history and heritage of the village. You collect the keys at the St Roch chapel and then follow the route at your own pace.

🕒 Under your own responsibility.

€ Free access. Access to the interior of the chapels: key rental: €9 (+ deposit of €30) The booklet "Les Chemins de l'Histoire" is given with the key. To progress at your own pace, possibility of keeping the key during the week.

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

🌐 www.valcenis.com

PASS HMV

LANDRY'S TREASURE HUNT

Become a treasure hunter! Find Landry's 9 coins and place them on the Timeline Frieze.

🕒 From mid May to the end of October, under your own responsibility. To obtain the game book, see dates and opening hours of the Tourist Office.

€ Public price including a game book and a reward: 8€. Additional reward: 2€. HMV Liberty Pass: €6.80 instead of €8.

☎ +33 (0)4 79 05 99 06

🎫 Reduced rate with HMV Activity Passes

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.

€ 3€ the booklet, at the Tourist Office.

+33 (0)4 79 05 99 06

www.bessans.com

PASS HMV

THE SHERPEDESS OF THE GLACIER, TREASURE HUNT

From age 6 years

Jeanne, a shepherdess, lives alone under the Charbonnel glacier. For 10 years, she has never come down from the mountain. Today she has decided to come to Bessans to find her lover. Rediscover the heart he engraved for her ...

From mid May to the end of October, under your own responsibility. To obtain the game book, see dates and opening hours of the Tourist Office.

Public price including a game book and a reward: 8€. Additional reward: 2€. HMV Liberty Pass: €6.80 instead of €8.

+33 (0)4 79 05 99 06

www.bessans.com

Reduced rate with HMV Activity Passes

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.

Free access.

+33 (0)4 79 05 99 06

www.bonneval-sur-arc.com

Visits to local producers

MODANE

NEW

DISCOVER THE TERRES BLANCHES BREWERY

ZA des Terres Blanches - 213 rue du Roc Rouge : Brewery of Terres Blanches was created by 2 childhood friends from Maurienne. Both passionate about the brewing world, they will share this passion with you and explain to you what the job of beer brewer is.

Everyday, by request only

Free to participate.

+33 (0)6 72 68 03 96

VALFRÉJUS

VISITS TO THE LAVOIR MOUNTAIN PASTURE

Former military barracks of the "Maginot line of the Alps", the Lavoir fort now houses the Lavoir mountain pasture. It offers visits to the production room and the maturing cellar, sale of Beaufort d'Alpage, Tomme, Raclette, Sérac and cottage cheese.

From July 4 to August 28, everyday 3 p.m. to 8 p.m.

Free access.

+33 (0)6 86 16 08 80

VILLARODIN-BOURGET

PASS HMV

VISIT A LOCAL BREWERY

124 Montée Château Feuillet: Come and spend some time with the brewer to discover the methods of making a craft beer drawing its strength from the Vanoise spring water, in a friendly and intimate setting.

From July 6 to September 1: every Wednesday at 5 p.m. and 6 p.m., by reservation at the Haute Maurienne Vanoise Tourist Offices.

3€/person, free for children under 16 yo. HMV Liberty Pass: €2 instead of €3 for the visit of the brewery.

+33 (0)6 81 31 16 21 / +33 (0)4 79 20 39 83

www.brasserievanoise.com/

Reduced rate with HMV Activity Passes

AUSSOIS

DISCOVERY OF THE BREWERY OÉ

Discuss the production of this local organic beer.

🕒 In July and August: Tuesday at 6 p.m. On request in September.

💶 Free of charge.

☎ +33 (0)6 49 98 66 59 / +33 (0)6 63 26 91 55

🌐 www.brasserieoe.com/

HONEY EXTRACTION

Félicien Detienne, beekeeper in Aussois, invites you to discover his passion for bees. Discover the extraction of honey from beehives.

🕒 From July 1st to August 31, Wednesday 4:15 p.m.

💶 Free

☎ +33 (0)6 62 17 68 22

VAL CENIS Termignon

VISIT TO ANOUCHKA'S FARM

Come and discover the farm, see the milking of the cows and approach the Merino ewes, visit the maturing cellars and discover the wool and soaps of the ewes of the Anouchka Farm.

🕒 From the end of June to the beginning of September, 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

PASS HMV

DELICIOUS DISCOVERIES AT MONT CENIS : GUIDED TOUR

Explore Mont Cenis with a guide. This place with exceptional landscapes will give you its history and its anecdotes. Then meet a farmer at the time of milking. He will tell you about his passion around a tasting.

🕒 From July 8 to September 2, Friday from 3:30 p.m. to 6:30 p.m. By reservation before 12 a.m. in the Tourist Offices. Provide a vehicle to get around.

💶 Adult 8€, Child (6-12 years old) 6€, free for children under 6 yo. HMV Liberty Pass: €7 instead of €8 Adult. HMV Liberty Pass: €5.5 instead of €6 Child.

☎ +33 (0)4 79 05 99 06

🌐 www.valcenis.com

🎫 Reduced rate with HMV Activity Passes

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.

🕒 From July 9 to August 27, every day from 8:30 a.m. to 6 p.m., during store opening hours. Except from 10 a.m. to 12 p.m. Monday to Friday: reserved for guided tours. Departure every half hour. Until September 30, every day from 9 a.m. to 12 p.m. and from 2:30 p.m. to 6 p.m.

💶 Full price: 2 € (per person).

☎ +33 (0)4 79 05 20 36

🌐 www.coophautemaurienne.fr/

GUIDED TOUR OF THE HAUTE MAURIENNE VANOISE DAIRY COOPERATIVE

It includes: our 17-minute film "Un Territoire, Des Hommes, Une Coop", access to the tour with a view of the Beaufort workshop (made every morning), tasting of Beaufort and Bleu de Bonneval-sur-Arc and a visit to the maturing cellars. You will benefit from Déborah's comments and her summer bonus workshop.

🕒 Until September 09 from 10 a.m. to 12 p.m. Monday to Friday by reservation.

💶 Adult: 4 €, Child: 2 €.

☎ +33 (0)4 79 05 20 36

🌐 www.coophautemaurienne.fr/

VAL CENIS Lanslebourg-Mont-Cenis

NEW

PASS HMV

GOURMET WALK "IN THE HEART OF THE MOUNTAIN PASTURES" - ELODIE CAMUS - ACCOMPAGNATRICE EN MONTAGNE

From age 6 years

Family hike in the heart of the mountain pastures of Mont Cenis to meet breeders. For an afternoon, come and immerse yourself in the daily life of the alpine farmers of Haute Maurienne Vanoise to discover mountain agriculture and the production of AOP Beaufort milk (milking the cows and tasting time).

🕒 From July 1st to August 31, Tuesday 2 p.m. to 6.30 p.m., by reservation.

💶 Adult: 20 € Child: 12 €. HMV Liberty Pass: Adult: 18€ instead of 20€, Child: 10€ instead of 12€.

Duration: 4.30

☎ +33 (0)7 81 73 68 32

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

🎫 Reduced rate with HMV Activity Passes

Village visits

VAL CENIS Termignon

NEW

A GOLDEN NIGHT IN TERMIGNON: GUIDED NIGHT TOUR

Follow your guide from the Pays d'art et d'histoire for a stroll through the heart of the village and its history, which will take you to the Chapel of the Visitation. Open your senses and let yourself be surprised by an original discovery of this jewel of Baroque art!

🕒 From June 29 to September 14, Wednesday 8:30 p.m. to 10 p.m. Compulsory registration before noon the same day at the Tourist Office of your choice.

€ Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years.

☎ +33 (0)4 79 05 99 06

🌐 www.fondation-facim.fr

BESSANS

PLAYFUL GUIDED TOUR IN BESSANS

Accompanied by your guide, follow the wandering of the Antoine donkey with your family, a funny animal on wheels that will take you on a surprising discovery of the village.

🕒 From July 11 to August 22, Monday 8:30 p.m. to 9:30 p.m.

€ Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years.

☎ +33 (0)4 79 05 99 06

🌐 www.fondation-facim.fr

Churches & chapels

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.

🕒 Everyday 8.30 a.m to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 07 95

VALFRÉJUS

NOTRE-DAME DU CHARMAIX CHAPEL

Built in the XVth 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 XIXth century.

€ Free access.

☎ +33 (0)4 79 05 33 83 / +33 (0)4 79 05 99 06

🌐 www.valfrejus.com/

PASS HMV

GUIDED TOUR OF THE CHAPEL NOTRE DAME DU CHARMAIX

From age 6 years

Guided tour with torchlight of the chapel of Notre-Dame du Charmaix with a Savoie Mont Blanc heritage guide. History of Savoy, visit the chapel and its history. Religious sanctuary, black virgin, neo-baroque altarpiece of the nineteenth.

🕒 From July 9 to August 31 at 6:15 p.m., day to be confirmed (see Animation Bulletin)

€ Full price: 4 €, Reduced price: 2 €. Free entry for children < 8 years.

☎ +33 (0)4 79 05 99 06

🌐 www.valfrejus.com

🎫 Reduced rate with HMV Activity Passes

VILLARODIN-BOURGET

CHURCH SAINT-JULIEN

Nested in the houses of the village, the church is marked by the tuff spire of its bell tower.

🕒 From July 1 to August 31, Tuesday and Thursday 4 p.m. to 5.30 p.m. Additional opening on request at +33(0)4 79 05 25 15.

€ Free access.

🌐 www.fondation-facim.fr

CHURCH OF SAINT-PIERRE-AUX-LIENS: FREE ACCESS

A Romanesque bell tower with Lombard bands above the Saint-Pierre-aux-Liens church, built in 1634 and consecrated in 1678.

🕒 Wednesday 4 p.m. to 5.30 p.m., Friday 3 p.m. to 4.30 p.m.

€ Free access.

☎ +33 (0)4 79 05 25 15

🌐 www.fondation-facim.fr

AVRIEUX

CHURCH SAINT THOMAS-BECKET

Discovering religious heritage through Baroque art and everyday life in the 17th century

🕒 June and September: Tuesday 2 p.m. to 4 p.m.
July and August: Thursday 4 p.m. to 6 p.m.
Reservation by phone.

€ Free access.

☎ +33 (0)6 78 22 48 38

🌐 www.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, everyday 9 a.m and 6 p.m.

€ Free access.

🌐 www.fondation-facim.fr

VAL CENIS

Bramans

CHURCH NOTRE-DAME DE L'ASSOMPTION - BRAMANS

Located between Bramans and Le Verney, two villages in the same municipality, this church does not, however, do by half measures! Although completely rebuilt, it still offers its furniture from the 17th and 18th centuries due to local artists.

🕒 From July 4 to September 1, Monday 10 a.m. to 12 p.m., Wednesday and Thursday 5 p.m. to 7 p.m.

€ Free access.

☎ +33 (0)6 69 65 15 51

🌐 www.fondation-facim.fr

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.

€ Free access.

☎ +33 (0)6 69 65 15 51

🌐 www.valcenis.com

NEW

PASS HMV

BAROQUE DELICACIES AND CURIOSITIES - SENSORY GUIDED TOUR

A breathtaking panorama, a mysterious church in ruins, a chapel transformed into a "cabinet of curiosities", a tasting of delicious "rissoles"... Awaken all your senses and follow the guide!

🕒 From July 28 to August 25, Thursday 3 p.m. to 5.30 p.m. by reservation before 12 a.m

€ Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years. HMV Liberty Pass: €3 instead of €4 / Adult and €1.5 instead of €2 / Child.

☎ +33 (0)4 79 05 99 06

🌐 www.haute-maurienne-vanoise.com

🎫 Reduced rate with HMV Activity Passes

VAL CENIS

Sollières-Sardières

SAINT-PIERRE CHAPEL

This small chapel adjoining the Museum of Archeology houses exhibitions by the "Association d'Archéologie, d'Histoire et du Patrimoine de Sollières Sardières".

€ Free access.

☎ +33 (0)4 79 20 52 45 / +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06

🌐 www.valcenis.com

GUIDED TOUR OF SAINT ETIENNE'S CHURCH

The peculiarity of this church is that its altarpiece was carved in 1680 by Molino and Todesco, two sculptors from Val Sesia and not Haute Maurienne. The current Saint-Etienne church of the village is not the original one...

🕒 From July 1st to August 30, Tuesday and Friday 6 p.m. to 7 p.m.

€ Free access.

☎ +33 (0)6 69 65 15 51

CHURCH SAINT-LAURENT - SARDIÈRES

The small bell tower, attached to Eglise Saint-Laurent, rises high into the air, dwarfing those of other churches, thanks to its unique location. Step inside the tiny building, via its small vestibule, and discover a surprising world of colour!

🕒 From July 1st to August 30 Tuesday and Friday 5 p.m. to 6 p.m.

€ Free access.

🌐 www.fondation-facim.fr

VAL CENIS Termignon

CHAPEL NOTRE-DAME DE LA VISITATION

Since 1536, this chapel has also been called "Notre-Dame du Poivre"... This is something to call out. But why does the pepper come to put its grain of salt in this small baroque building?!

🕒 From June 13 to September 18, Monday and Thursday 3 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 www.valcenis.com

CHURCH NOTRE-DAME DE L'ASSOMPTION - TERMIGNON

It was in the 17th century that the small 13th century building became the imposing building it is today: its five carved, gilded and polychrome wooden altarpieces make it one of the most remarkable churches in the Maurienne. Let yourself be seduced!

🕒 From June 14 to September 18, Tuesday, Wednesday, Friday and Saturday from 3 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)6 69 65 15 51

🌐 www.valcenis.com

VAL CENIS Lanslebourg-Mont-Cenis

CHURCH NOTRE DAME DE L'ASSOMPTION - LANSLEBOURG

Although the church was built between 1820 and 1830, it remains true to the Baroque spirit, embodying the contrasts associated with the age: an austere exterior concealing a richly decorated interior. You'll be surprised by the harmonious mix of works of art from across the centuries.

🕒 From July 14 to September 18, Tuesday to Sunday from 3 p.m. to 6 p.m.

€ Free access.

☎ +33 (0)6 69 65 15 51

🌐 www.commune-valcenis.fr

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 June 13 to September 18: Monday to Friday 4:45 p.m. to 6:30 p.m. (except bank holidays).

€ Free access.

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

🌐 www.valcenis.com

CHAPEL SAINT-SÉBASTIEN

On a rock, not far from the village church, stands Chapelle Saint-Sébastien. With its modest exterior, it is almost indistinguishable from the surrounding dwellings but once over the threshold, you'll be amazed by the wealth of riches on display!

🕒 From June 13 to September 18, Sunday to Friday 2:30 p.m. to 4:30 p.m.

€ Single price: 2€

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

🌐 www.valcenis.com

GO FROM CHAPEL TO CHAPEL AND FIND YOURSELF ON THE OTHER SIDE OF THE SCENERY: GUIDED TOUR

Before, the murals, the frescoes, you just looked at them and admired them. But after discovering behind the scenes with Armelle, restorer and painter in her spare time, you will see them with a different eye. That of the expert.

🕒 Wednesday, from July 27 to August 24, 10:30 a.m. to 12:15 p.m.

💶 Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years. HMV Liberty Pass: €3 instead of €4 / Adult and €1.5 instead of €2 / Child.

☎ +33 (0)4 79 05 99 06

🌐 www.escapades-baroques.fr

🎫 Reduced rate with HMV Activity Passes

GUIDED TOUR - GOLD, COLORS & LIGHTS

Discover our historical monuments and their sumptuous decorations in the company of Armelle, licensed guide and restorer of mural paintings.

🕒 From Friday noon to Sunday, on request only.

💶 One price: 5 €. Free entry for children < 15 years.

☎ +33 (0)6 72 32 90 08

BESSANS

NOTRE-DAME DES GRÂCES CHAPEL

Located in front of the hamlet of Villaron, it has experienced enlargements, reconstructions over the years following the damage of avalanches. Ex-voto, wedding crowns decorate its inner gate, witnesses of a tradition still alive in Bessans.

🕒 From May 15 to November 1st, everyday.

💶 Free access.

☎ +33 (0)4 79 05 96 05

🌐 www.bessans.com

CHAPEL SAINT-ANTOINE

What can you discover in this chapel? First 40 juxtaposed painted panels recounting the life of Christ, but in the local context and with details of peasant life from medieval times ... And much more!

🕒 From June 14 to 30, Tuesday to Sunday 3 p.m. to 6 p.m. From July 1 to August 31, Tuesday to Saturday 10 a.m. to 12 a.m. and 3 p.m. to 6 p.m., Sunday 3 p.m. to 6 p.m.

💶 Full price: 2 €.

☎ +33 (0)4 79 05 96 05

🌐 www.fondation-facim.fr

CHAPEL SAINT-COLOMBAN

The Saint-Colomban chapel is already mentioned in the XVth century but avalanches destroyed it in 1589, 1659 and 1881. Its present appearance dates from its last reconstruction in 1885. A very complete cross of the Passion was erected in 2002.

🕒 For opening days and times, inquire at Bessans town hall on 04 79 05 96 05.

💶 Free of charge.

☎ +33 (0)4 79 05 96 05

SAINT-PIERRE CHAPEL

The Saint-Pierre Chapel is located in the hamlet of Avérole at almost 2000m altitude. It already existed in the 15th century. Its coffered ceiling is particularly interesting.

🕒 From July 14 to August 18, Tuesday and Thursday.

💶 Free access.

☎ +33 (0)4 79 05 96 05

🌐 www.bessans.com

SAINT-ANNE'S CHAPEL

17th century chapel in the hamlet of La Goulaz.

🕒 From July 01 to August 31, Wednesday from 3 p.m. to 5 p.m.

💶 Free access.

☎ +33 (0)4 79 05 96 05

FROM SHADOW TO LIGHT, A COMPLETELY BAROQUE EXPERIENCE! - SENSORY VISIT

More than a visit to the chapel and the church, it is an encounter with those who built, decorated and visited them that Christelle, heritage guide, offers you. And believe us, seen from the 17th century, it sheds a whole new light!

🕒 From July 26 to August 23, Tuesday 2 p.m. to 3:30 p.m.

💶 Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years.

☎ +33 (0)4 79 05 99 06

🌐 www.bessans.com

CHURCH SAINT-JEAN-BAPTISTE: FREE ACCESS

On the edge of a plateau, the church dominates the village. This old lady already existed in the Middle Ages, but she will tell you above all about the history of the Baroque, among other things through her sculptures shaped by artists from Bessans.

🕒 From June 14 to 30, Tuesday to Sunday 3 p.m. to 6 p.m. From July 1st to August 31, Tuesday to Saturday 10 a.m. to 12 a.m. and 3 p.m. to 6 p.m., Sunday 3 p.m. to 6 p.m.

💶 Free access.

☎ +33 (0)4 79 05 96 05

🌐 www.fondation-facim.fr

— BONNEVAL SUR ARC —

CHAPEL NOTRE-DAME DE LA TOUTE PRUDENCE

The chapel Notre Dame de Toute Prudence was built in 1939 by Maurice Novarina. Above the porch, a statue of the Virgin, signed by the sculptor Edgar Delvaux.

🕒 From June 11st to August 30, Wednesday 9 a.m. to 6 p.m.

€ Free access.

☎ +33 (0)4 79 64 06 29 / +33 (0)6 64 96 75 88

CHURCH NOTRE-DAME DE L'ASSOMPTION - BONNEVAL SUR ARC

The church is located directly in the heart of the old village

€ Free access.

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

🌐 www.bonneval-sur-arc.com

Cinemas

FOURNEAUX

Cinéma l'Embellie

☎ +33 (0)4 79 05 36 60

🌐 www.cchautemaurienne.com/cinemas

LA NORMA

Cinéma "Le Grand Air"

☎ +33 (0)4 79 05 25 15

🌐 www.cchautemaurienne.com/cinemas

VAL CENIS -

Lanslebourg-Mont-Cenis

Cinéma La Ramasse

☎ +33 (0)9 60 36 27 72

🌐 www.cinemavalcenis.com

VAL CENIS - Lanslevillard

Cinéma Chantelouve

☎ +33 (0)4 79 05 92 01

🌐 www.cinemavalcenis.com

Markets

HAUTE MAURIENNE VANOISE

Saint Jean de Maurienne : Saturday morning

Saint Michel de Maurienne : Friday morning

Modane : Thursday morning

Aussois : Tuesday day

Val Cenis Bramans : Monday morning

Val Cenis Lanslevillard : Wednesday day

Bessans : Monday morning

Bonneval sur Arc : Sunday day

ITALY

Torino : Every morning (food), Saturday day (large market), 2nd Sunday of the month (flea market)

Bussoleno : Monday morning

Susa : Tuesday day

Bardonecchia : Thursday & Saturday morning

Having Fun



Haute
Maurienne
Vanoise

Bowling

VAL CENIS Lanslevillard

PASS HMV

BOWLING 1480

From age 4 years

The Bowling Restaurant 1480 has 6 bowling lanes with bumpers, table football, pinball machine and board games for a pleasant moment with family or friends.

🕒 From 07/03 to 08/28, every day from 3 p.m. to 12:30 a.m.

€ Adult: €9.90. Child: 8.90 €. HMV Liberty Pass: €8.40 instead of €9.90 / Adult. HMV Liberty Pass: €7.60 instead of €8.90 / Child.

☎ +33 (0)4 79 05 21 87

🌐 www.bowling-le-1480.fr

🎫 Reduced rate with HMV Activity Passes

Escape games

AVRIEUX

ESCAPE GAME - THE DOOR OF SECRETS

From age 8 years

Along with your team-mates, you have 1 hour to escape the room! Escape game only in French!

🕒 From 07/01 to 08/31, every day from 11am to 6pm. Reservations required on the website. From 06/10 to 06/26 and from 09/02 to 09/18, every Friday, Saturday and Sunday from 2pm to 6pm. Reservation required by phone.

€ From 01/07 to 31/08/2022 Adult: 15 to 27 € Child (8-12 years): 10 €. From 02/09 to 18/09/2022 Adult: 15 to 27 €. Free entry for children < 8 years. The price varies according to the number of people (from 2 to 6 players).

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr

ESCAPE GAME - THE DREADED MARIE-THÉRÈSE AFFAIR

From age 8 years

New redoubt escape game: "The dreaded Marie-Thérèse affair"! Roaming escape game in the fort, to be played in groups of 2 to 5 players.

🕒 From 07/01 to 08/31, every day from 11am to 6pm by phone reservation. From 06/10 to 06/26 and from 09/02 to 09/18, every Friday, Saturday and Sunday from 14h to 18h. Reservation by phone is required.

€ One price: 35 €. Free entry for children < 8 years.

☎ +33 (0)6 78 22 48 38

🌐 www.redoutemarietherese.fr

AUSOIS

ESCAPE GAME - SAVE OÉ !

From age 6 years

"Save Oé" : a digital escape game like a treasure hunt at the Museum l'Arche d'Oé !

🕒 From 06/13 to 09/16 from 3pm to 7pm. Closed on Saturdays.

€ Group rate available for > 4 people. Single price: €28 for a group of 4 people maximum (adult, child). Beyond 4 people, a new fixed price of 28 € is invoiced.

☎ +33 (0)4 79 20 49 57

VAL CENIS Lanslebourg-Mont-Cenis

ESCAPE MOBILE VAL CENIS

When the escape game comes straight to you! Our games travel all over Europe and are 100% customizable. The games: aperitif escape, the igloo, the secrets of the mountain people, indoor mindfall operation.

🕒 Open all year round. Reservation online or by phone.

€ Prices not available. The price depends on the game chosen, the degree of customization and the desired duration. Contact us for more information, technical sheets and price list.

☎ +33 (0)4 79 64 23 69

🌐 www.escapegamesunited.com

ESCAPE OUTDOOR VAL CENIS

From age 6 years

Do you believe in elves, gnomes or some other parallel world? Thanks to the Escape Game l-Quest, discover in our villages what you cannot see with your eyes!

🕒 Open all year round. Reservation online or by phone.

€ 80 € rental of the kit.

☎ +33 (0)4 79 64 23 69

🌐 www.escapegamesunited.com

PASS HMV

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.

🕒 Open all year round. Reservation online or by phone.

€ Adult: 23 to 40 € (per person). Degressive rates according to the number of people. A deposit of 25 € is required when booking. HMV Liberty Pass: €90 instead of €100 for the escape room of your choice for a team of 4 people. HMV Liberty Pass: €103 instead of €115 for the escape room of your choice for a team of 5 people. HMV Liberty Pass: €124 instead of €138 for the escape room of your choice for a team of 6 people.

☎ +33 (0)4 79 64 23 69

🌐 www.escapegamesunited.com

🎫 Reduced rate with HMV Activity Passes

VAL CENIS
Lanslevillard

NEW

PASS HMV

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 06/15 to 09/15: Sunday to Friday from 3 p.m. to 10 p.m., Saturday from 5 p.m. to 10 p.m.

€ One price: 7 to 30 €. Reduction of 10% for seasonal workers according to the formulas chosen. Subscription card offered under conditions. HMV Liberty Pass: €16 instead of €20 for 30 minutes of virtual reality. HMV Liberty Pass: €24 instead of €30 for 50 minutes of virtual reality.

☎ +33 (0)6 50 89 42 91

🌐 www.val-vr.com

🎫 Reduced rate with HMV Activity Passes

Rental of motorcycles / electric scooters

LA NORMA

ELECTRIC MOTORBIKE RENTAL

From age 14 years

Free rental of electric motorcycles (no accompaniment). Activity offered to adults, on presentation of a valid B driving license or motorcycle license and an identity document, or to children over 14 accompanied by their parents. Deposit requested.

🕒 From 06/01 to 09/30, every day, by reservation.

€ 50 € / h per person.

☎ +33 (0)6 81 33 83 11

RENTAL OF ELECTRIC SCOOTERS

From age 12 years

Rental of electric scooters. Activity offered to adults or children over 12 accompanied by parents.

🕒 From 06/01 to 09/30, every day, by reservation.

€ 35 € long course, 10 € small course.

☎ +33 (0)6 81 33 83 11

Minigolfs

VALFRÉJUS

PASS HMV

MINIGOLF

From age 3 years

The golf miniature of Valfréjus awaits you in a fun course and offer you a moment of relaxation with your family.

🕒 From 06/25 to 08/27, every day from 9 a.m. to 5.30 p.m.

€ Adult: 5 € Child: 3 €. Free entry for children < 3 years. Valfrejus Pass: unlimited access during the duration of your Pass. HMV Liberty Pass : 2.50 € instead of 5€ / Adult. HMV Liberty Pass : 1.50 € instead of 3 € / Children.

☎ +33 (0)4 79 05 33 83

🎫 Reduced rate with HMV Activity Passes

AUSSOIS

PASS HMV



GOLF MINIATURE

From age 2 years

Relax with the family around a game of golf miniature at the La Buidonnière leisure center!

🕒 From 06/22 to 07/03, Wednesday, Friday and Sunday from 3 p.m. to 7 p.m. Exceptional opening on 06/27. From 07/04 to 08/31, Friday to Sunday from 10 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. Saturday from 10 a.m. to 7 p.m.

💶 Adult: €4. Child (6-12 years old: born between 2011 and 2017): €3.50. Free for children under 6 (born from 2017) on presentation of proof of identity. Pass Aussois: unlimited access for the duration of your Pass. HMV Liberty Pass: €3 instead of €4 / Adult. HMV Liberty Pass: €2.50 instead of €3.50 / Child.

☎ +33 (0)4 79 20 42 24

🎫 Reduced rate with HMV Activity Passes

Artificial climbing walls

VALFRÉJUS

ARTIFICIAL CLIMBING WALL

Artificial climbing wall near the mini golf, for a family time. Free access (under the responsibility of the users) or initiation with a mountain professional (see office of guides and climbing instructors).

🕒 Until 11/26, every day.

💶 Free access.

☎ +33 (0)4 79 05 33 83

VAL CENIS Lanslevillard

CLIMBING WALL

Artificial outdoor climbing structure that is part of the Parc de Loisirs des Glières sports facility. Free access. The white line materializes the height of 3 m, above which it is necessary to be roped and belayed. The manager declines all responsibility in the event of an accident.

🕒 Until 11/15, every day.

💶 Free access.

☎ +33 (0)4 79 05 93 78

Sports field

MODANE

TENNIS COURTS

Rental of 3 quick tennis courts located in the Loutraz district, near the swimming pool.

🕒 Everyday, by reservation.

💶 One price: 10 €.

☎ +33 (0)7 82 78 27 97

SKATE PARK

The Modane skate park, has several modules, for the entertainment of these fans. It is located next to the football stadium.

💶 Free access.

☎ +33 (0)4 79 05 04 01

LA NORMA

CITY STADIUM

Come and play basketball, volleyball and football on the multisports ground, with free access, next to the tennis courts.

- 🕒 From 07/02 to 08/27 from 9 a.m. to 10 p.m.
- € Free access. Under the responsibility of the users.
- ☎ +33 (0)4 79 20 31 46

PASS HMV

TENNIS COURTS

3 tennis courts and a wall (free). Reservations and information at the Maison de la Norma.

- 🕒 From 07/02 to 08/26 from 8am to 8pm.
- € One price: 6 €. Pass La Norma: unlimited access during the validity period of your Pass. HMV Liberty Pass: 5 € instead of 6 € for 1H.
- 🌐 www.la-norma.com
- 🎫 Reduced rate with HMV Activity Passes

AUSOIS

PASS HMV

TENNIS PLAYGROUNDS

Play on 2 tennis courts and a training wall located on the leisure base La Buidonnière. Activity accessible for free before and after school holidays.

- 🕒 From 06/22 to 07/03, Wednesday, Friday and Sunday from 3 p.m. to 7 p.m. Exceptional opening on 06/27. From 07/04 to 08/31, Friday to Sunday from 10 a.m. to 12 p.m. and from 2 p.m. to 7 p.m. Saturday from 10 a.m. to 7 p.m.
- € Single price: €6 (Rate for 1 hour: Racket and ball rental included). Free for children under 5. Pass Aussois: unlimited access for the duration of your Pass. HMV Liberty Pass: €4.50 instead of €6 for 1 hour.
- ☎ +33 (0)4 79 20 42 24

🎫 Reduced rate with HMV Activity Passes



VAL CENIS Bramans

FOOTBALL GROUND

Communal football pitch between the chef-lieu and the Verney inside the Hannibal playground, lit in summer.

- € Free access.
- ☎ +33 (0)4 79 05 10 71

PETANQUE GROUND LES MOULINS

Pétanque ground with free access, inside the Hannibal playground

- € Free access.
- ☎ +33 (0)4 79 05 10 71

BRAMANS TENNIS COURTS

Well maintained tennis courts. Reservation at the reception of the Camping Val d'Ambin.

- 🕒 On reservation at the reception of the Val d'Ambin campsite
- € Prices not available. Details of prices at the reception of the Val d'Ambin municipal campsite.
- ☎ +33 (0)4 79 05 03 05

VAL CENIS Sollières-Sardières

PETANQUE PLAYGROUND

A pétanque court in Val Cenis-Sardières in front of the old Gîte, next to the Church car park.

- € Free access.
- ☎ +33 (0)4 79 20 51 49

PETANQUE FIELD

A pétanque court on the right after the Val Cenis-Sollières-Envers bridge.

- € Free access.
- ☎ +33 (0)4 79 20 51 49

VAL CENIS Termignon

FOOTBALL FIELD

Football field at La Fennaz. Reservation at the Town Hall.

- € Free access.
- ☎ +33 (0)4 79 20 51 49

PETANQUE GROUND

Pétanque ground near the salle des fêtes. Night lighting.

- € Free access.
- ☎ +33 (0)4 79 05 99 06

TENNIS COURTS

- 2 tennis courts at La Fennaz
- € Free access.
- ☎ +33 (0)4 79 05 99 06

VAL CENIS

Lanslebourg-Mont-Cenis

PETANQUE GROUND

Petanque ground located in Val Cenis-Lanslebourg, on the edge of the Arc, at the foot of the playground. Night lighting by a timer to activate on site. Objective of the game: to score points by placing his balls closer to the goal than his opponent.

€ Free access.

☎ +33 (0)4 79 05 91 62

MULTI SPORTS GROUND

Play basketball, volleyball and football on our city-stadium, with free access, at the edge of the Arc and near the playground for the little ones. Night lighting by a timer to activate on site.

€ Free access. Under the responsibility of the users.

☎ +33 (0)4 79 05 91 62

TENNIS COURTS

2 tennis courts next to the children's playground and the Ramasse chairlift.

€ Free. Delivery of keys, at the Val Cenis Lanslebourg Tourist Office.

☎ +33 (0)4 79 05 99 06

VAL CENIS

Lanslevillard

CITY STADE

Play basketball, volleyball and football on the ground. Free access, opposite the leisure park les Glières and next to the playground.

🕒 Everyday.

€ Free access. Under the responsibility of the users.

☎ +33 (0)4 79 05 93 78

PETANQUE PLAYGROUND - PARC DE LOISIRS DES GLIÈRES

Play basketball, volley and football on this multi sport terrain. Petanque field and climbing wall nearby.

€ Free access.

☎ +33 (0)4 79 05 93 78

TENNIS COURTS

Court in front of the gondola Val Cenis le Haut.

€ Free access.

☎ +33 (0)4 79 05 93 78

MULTISPORT PARK LES GLIÈRES

Play basketball, volley and football on this multi sport terrain. Petanque field and climbing wall nearby.

€ Free access. Under the responsibility of the users.

☎ +33 (0)4 79 05 89 32

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

TENNIS COURTS

2 tennis courts next to the Lanslevillard campsite, managed by the Lanslevillard Tennis Club. Handing over of the keys, sale of tickets by the hour at the Jeannot sports shop in rue de la Mairie in Lanslevillard Val Cenis.

🕒 Everyday by reservation.

€ One price: 6 € (1 hour).

☎ +33 (0)4 79 05 90 03

BESSANS

SKATE AND ROLLERBLADE AREA

Space dedicated to the practice of skateboarding and rollerblading and quietly located near the tennis, volleyball and football fields.

€ Free access.

☎ +33 (0)4 79 05 96 52

TENNIS COURTS

2 tennis courts near the multisports field. Loan of equipment from the Bessans Tourist Office.

€ Free access.

☎ +33 (0)4 79 05 96 52

LE CARRELEY SPORTS AREA

In the heart of the French Alps, located at an altitude of 1800 m, the Espace Sportif Le Carreley is a building bringing together various services. It opens access to the international biathlon stadium and the Nordic ski area. In summer: 3 km coated track. Varied training opportunities around the stadium: mountain biking, cycling, running, trail running, mountain walking, rollerblading, roller-skiing.

🕒 From 06/15 to 09/15, every day from 9 a.m. to 5 p.m., by reservation.

€ Track: €3 (5-16 years old), €4 (17-74 years old). Group rate (more than 10 people): €2 (5-16 years old), €3 (17-74 years old). Rental of rollerblades possible on site and by reservation: 1 hour (€3.5 for under 12s) and €4.5 for over 12s). 2 hours (€4 for children under 12) and €5 for children over 12). Bessans / Bonneval sur Arc Pass: unlimited access to the roller-skating / roller-skiing track during the period of validity of your Pass. Bessans / Bonneval sur Arc Pass: 1-hour roller skate rental during the validity period of your Pass.

☎ +33 (0)4 79 05 96 65

VOLLEYBALL PLAYGROUND

Ground next to the tennis courts. Free access, balls available at the Tourist Office.

€ Free access.

+33 (0)4 79 05 96 52

FOOTBALL PLAYGROUND

Communal football ground.

€ Free access.

+33 (0)4 79 05 96 52

PETANQUE FIELD

Pétanque court located next to the room of the Albaron. The pétanque court is enlightened to continue playing at night! Water point, picnic table.

€ Free access. Paying during organized competitions.

+33 (0)4 79 05 96 52

— BONNEVAL SUR ARC —

MULTISPORT GROUND

Play basketball, volleyball and football on the multi-sports field "Citystade". Possibility of night lighting on request at the town hall as part of village events.

€ Free access.

+33 (0)4 79 05 94 94

PÉTANQUE GROUND

The pétanque field of Bonneval sur Arc. Free friendly tournaments in summer by the Tourist Office, an opportunity for locals / vacationers to meet. Possibility of night lighting on request at the town hall as part of village events.

€ Free access.

+33 (0)4 79 05 99 06

TENNIS COURTS

Tennis court in one the best beautiful village in France. No night lighting.

€ Free access.

+33 (0)4 79 05 99 06



Lifts



Haute
Maurienne
Vanoise

Chairlifts & gondola

VALFRÉJUS

PASS HMV

ARRONDAZ GONDOLA

The cable car goes from the station to the Arrondaz plateau at 2,200m. Departure of paths and bike trail.

🕒 From 07/04 to 08/25, Monday, Tuesday and Thursday from 9.30 am to 12:15 pm and from 2pm to 4.30pm. Subject to favourable weather conditions.

€ Mountain bike ride: €8. Mountain bike day: €12. One-way adult or child: €8. Pedestrian day: €12. Free for children under 5. Valfréjus Pass: unlimited access during the period of validity of your Pass. Unlimited access also with the other Pass stations. HMV Liberté pass: €7 instead of €8 / 1 pedestrian or mountain bike ride. Pass HMV Liberté: €10 instead of €12 / 1 day pedestrian or mountain bike.

☎ +33 (0)4 79 05 32 71

🌐 www.valfrejus.ski

🎫 Reduced rate with HMV Activity Passes

PASS HMV

CHARMASSON CHAIRLIFT

The Charmasson Chairlift is located 200 m from the entrance to Valfréjus. From there, access to several mountain bike trail starts will be possible.

🕒 From 07/06 to 08/24, Wednesday from 9.30am to 12:15 pm and from 2pm to 4.30pm. Subject to favourable weather conditions.

€ Mountain bike ride: €8. Mountain bike day: €12. One-way adult or child: €8. Pedestrian day: €12. Free for children under 5 and over 75. Valfréjus Pass: unlimited access during the period of validity of your Pass. Unlimited access also with the other Pass stations. HMV Liberté pass: €7 instead of €8 / 1 pedestrian or mountain bike ride. Pass HMV Liberté: €10 instead of €12 / 1 day pedestrian or mountain bike.

☎ +33 (0)4 79 05 32 71

🌐 www.valfrejus.ski

🎫 Reduced rate with HMV Activity Passes

LA NORMA

PASS HMV

REPOSE CHAIRLIFT

Enjoy beautiful walks or mountain bike rides. Admire a magnificent panoramic view of the Vanoise National Park and discover the 2 high altitude restaurants

🕒 From 07/04 to 08/25, from Sunday to Thursday from 9:30 a.m. to 12:15 p.m. and from 2 p.m. to 4:30 p.m.

€ Mountain bike ride: € 8. Mountain bike day: € 12. One-way adult: € 8. Go child: € 8. Pedestrian day: € 12. 10-entry card: € 64. Free for children under 5 and over 75. La Norma Pass: unlimited access during the period of validity of your Pass. Unlimited access also with the other Pass stations. Pass HMV Liberté: € 7 instead of € 8 / 1 pedestrian or mountain bike climb. Pass HMV Liberté: € 10 instead of € 12 / 1 day pedestrian or mountain bike.

☎ +33 (0)4 79 20 31 46

🌐 www.la-norma.ski

🎫 Reduced rate with HMV Activity Passes

AUSOIS

PASS HMV

GRAND JEU CHAIRLIFT

Chairlift for pedestrians and bikers. Open 6/7 days all summer long, morning and afternoon. Within few minutes you are at 2150m above sea level, discover a unique panorama, easy walks and hikes. On arrival: free bouncy castle (3-14 years old).

🕒 From 9:15 a.m. to 11:45 a.m. and from 2 p.m. to 5 p.m. From 06/20 to 07/02, Tuesday and Thursday. From 07/03 to 08/31, Sunday to Friday. Closed on Saturday. The risk of storm leads to the closure of the chairlift, the descent by chairlift is not guaranteed.

€ Round trip or one way €8.50 adult, €6.50 child (born between 2011 and 2017). Family pass: €26 (2 adults + 2 children born between 2005 and 2017). Mountain bike or pedestrian day: €14 adult, €11 child (born between 2011 and 2017). Pedestrian week: €25 adult, €20 child (born between 2011 and 2017). Pedestrian season: €65 (Name + photo). Card 10 climbs: 65 € (Not nominative). Free for children under 5. Free for children born from 2018 and seniors born before 1948 on presentation of proof of identity. Pass Aussois: unlimited access for the duration of your Pass. Pass HMV Liberté: €6.50 instead of €8.50 / 1 adult pedestrian or mountain bike climb. Pass HMV Liberté: €11 instead of €14 / 1 day unlimited mountain biking or adult pedestrian.

☎ +33 (0)4 79 20 42 20

🎫 Reduced rate with HMV Activity Passes



VAL CENIS

Termignon

PASS HMV

TERMIGNON CHAIRLIFTS IN SUMMER

Val Cenis Termignon chairlifts transport MTB riders and hikers to the top of the resort. Panoramic view over the glaciers of Vanoise.

🕒 From 07/10 to 08/31, open on Thursday from 10am to 4.30pm. Last descent by the Girarde chairlift at 4.30pm. Last descent by the Roches Blanches chairlift at 4.15pm. Subject to favourable weather conditions.

€ Single price: Round trip (pedestrian or mountain bike): € 9. Unlimited day (pedestrian or mountain bike): € 13. Free for children under 5 and over 75. Pass Val Cenis: unlimited access for the duration of your Pass. HMV Liberté pass: € 7 instead of € 9 / 1 pedestrian or mountain bike ride. Pass HMV Liberté: € 10 instead of € 13 / 1 day on foot or mountain bike unlimited.

☎ +33 (0)4 79 05 96 48

🌐 www.valcenis.ski

🎫 Reduced rate with HMV Activity Passes

VAL CENIS

Lanslevillard

PASS HMV

LANSLEVILLARD'S LIFTS IN SUMMER

The Vieux Moulin gondola and the Solert chairlift transport mountain bikers and hikers to the heights of the area. Panoramic view of the valley, departure from hiking and mountain biking trails.

🕒 From 07/10 to 08/31, open from Sunday to Wednesday 10 am to 4.30pm. Last descent at 4.30pm for the Vieux Moulin gondola lift. Last descent at 4.15pm for the Solert chairlift. Subject to favourable weather conditions.

€ Single price: Round trip (pedestrian or mountain bike): € 9. Unlimited day (pedestrian or mountain bike): € 13. Free for children under 5 and over 75. Pass Val Cenis: unlimited access for the duration of your Pass. HMV Liberté pass: € 7 instead of € 9 / 1 pedestrian or mountain bike ride. HMV Liberty Pass: €10 instead of €13 / 1 day on foot or mountain bike unlimited.

☎ +33 (0)4 79 05 96 48

🌐 www.valcenis.ski

🎫 Reduced rate with HMV Activity Passes



Transports



Haute
Maurienne
Vanoise





Offices de Tourisme

POINT INFO TOURISME MODANE STATION

Until September 2

Monday to Friday 8.30-12.00 /13.30-18.00

Saturday 9.30-12.00/14.00-18.00

Sunday 10.00-12.00/15.00-18.00

From September 3

Monday to Thursday 8.30-12.00/13.30-17.30

Friday 8.30-12.00

VALFRÉJUS

→ Until August 28

Everyday 9.00-12.00/13.30-18.00

LA NORMA

→ Until August 28

Monday to Saturday : 9.00-12.30/13.30-18.00

Sunday and bank holidays 9.00-18.00

AUSOIS

→ Until August 28

Everyday 9.00-12.00/14.00-18.00

La roulotte de l'Esseillon

Until August 28

Saturday to Wednesday 14.00-17.30

VAL CENIS :

→ Until September 2nd

Val Cenis-Bramans

Monday to Saturday (Except Tuesday)

9.00-12.00/14.00-18.00

Tuesday 14.00-18.00

Sunday and bank holidays 9.30-12.00/14.30-18.00

Val Cenis-Sollières

Monday to Friday 14.00-18.00

Saturday 9.00-12.00/14.00-18.00

Sunday and bank holidays 9.30-12.00/14.30-18.00

Val Cenis-Termignon

Monday to Saturday (Except Tuesday)

9.00-12.00/14.00-18.00

Tuesday 9.00-12.00

Sunday and bank holidays 9.30-12.00/14.30-18.00

Val Cenis-Lanslebourg

Val Cenis-Lanslevillard

Monday to Saturday 9.00-12.00/14.00-18.00

Sunday and bank holidays 9.30-12.00/14.30-18.00

VAL CENIS :

→ From September 3 to 11

Val Cenis-Bramans

Monday to Saturday (Except Tuesday)

9.00-12.00/14.00-18.00

Tuesday 14.00-18.00

Sunday and bank holidays 9.30-12.00/15.00-18.00

Val Cenis-Sollières

Monday to Friday 14.00-18.00

Saturday 9.00-12.00/14.00-18.00

Sunday and bank holidays 9.30-12.00/15.00-18.00

Val Cenis-Termignon

Monday to Saturday (Except Tuesday)

9.00-12.00/14.00-18.00

Tuesday 9.00-12.00

Sunday and bank holidays 9.30-12.00/15.00-18.00

Val Cenis-Lanslebourg

Val Cenis-Lanslevillard

Monday to Saturday 9.00-12.00/14.00-18.00

Sunday and bank holidays 9.30-12.00/15.00-18.00

BESSANS

→ Du 25 juillet au 14 août

Monday to Saturday 9.00-12.00/14.00-18.00

Sunday and bank holidays 9.30-12.00/14.30-18.00

→ Du 15 août au 11 septembre

Tuesday to Friday 9.00-12.00

BONNEVAL SUR ARC

→ Du 25 juillet au 14 août

Monday to Saturday 9.00-12.00/14.00-18.00

Sunday and bank holidays 9.30-12.00/14.30-18.00

→ Du 14 août au 11 septembre

Tuesday to Friday 14.00-18.00



Haute
Maurienne
Vanoise

géné
Bienvenue dans les Alpes
reuses

Access




Valfréjus
Haute Maurienne Vanoise
valfrejus.com


La Norma
Haute Maurienne Vanoise
la-norma.com


Aussois
Haute Maurienne Vanoise
aussois.com


Val Cenis
Haute Maurienne Vanoise
valcenis.com


Bessans
Haute Maurienne Vanoise
bessans.com


Bonneval sur Arc
Haute Maurienne Vanoise
bonneval-sur-arc.com



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