

# Activities guide



**Haute  
Maurienne  
Vanoise**

**Winter**

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

# Panorama of the valley



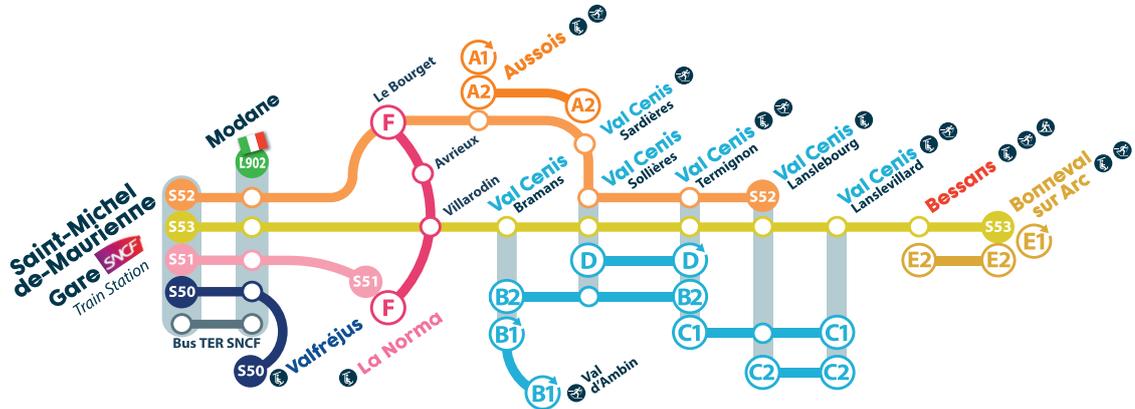
## Transports

### Haute Maurienne Vanoise Transportation Network HIVER WINTER 24-25



**Haute Maurienne Vanoise**

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



#### LIGNES INTRA-STATIONS (gratuites) RESORT SHUTTLES (free)

- A1** Navette interne In Town Shuttle Aussois
- A2** Navette Shuttle Aussois - Val Cenis Sardières
- B1** Navette Shuttle Val Cenis Bramans - Val d'Ambin
- B2** Navette Shuttle Val Cenis Bramans - Val Cenis Sollières - Val Cenis Termignon
- C1** Navette Shuttle Val Cenis Termignon - Val Cenis Lanslevillard
- C2** Navette Shuttle Val Cenis Lanslebourg - Val Cenis Lanslevillard
- D** Petit Train Little Tourist Train Val Cenis Termignon - Val Cenis Sollières
- E1** Navette interne In Town Shuttle Bonneval sur Arc
- F** Navette Shuttle Le Bourget - La Norma

**Bus TER SNCF SNCF Coach**  
Saint-Michel-de-Maurienne - Modane **3635**

#### LIGNES GARE-STATIONS ET INTER-STATIONS LINES TO AND FROM THE BUS STATION AND SKI RESORTS

- S50** Saint-Michel-de-Maurienne - Valfréjus  
Accès payant Fee for service
- S51** Saint-Michel-de-Maurienne - La Norma  
Accès payant Fee for service
- S52** Saint-Michel-de-Maurienne - Aussois - Val Cenis Lanslebourg  
Accès payant Fee for service
- S53** Saint-Michel-de-Maurienne - Bonneval sur Arc  
Accès payant Fee for service



**Remontées mécaniques**  
Ski lifts



**Domaine Nordique**  
Nordic area



**Stade de Biathlon**  
Biathlon training site

#### Correspondances Connections

Les lignes ne sont pas automatiquement en correspondance. Pour plus d'informations se reporter aux grilles horaires.  
Check the timetables. Connections are not synchronized and the lines do not offer the same frequency.

**La Région**  
Auvergne-Rhône-Alpes

Ces services de transport sont mis en place par la Région Auvergne-Rhône-Alpes et les communes de Haute Maurienne Vanoise, en partenariat avec la Communauté de communes Haute Maurienne Vanoise

**Centrale d'appel régionale :**  
Regional Call Center  
04 8000 7000

**Informations Office de Tourisme**  
Haute Maurienne Vanoise :  
Haute Maurienne Vanoise Tourism Office  
04 79 05 99 06  
haute-maurienne-vanoise.com

Téléchargez le  
**GUIDE MOBILITÉ**  
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public transport  
guide



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Information transmitted by professionals  
from Haute Maurienne Vanoise.  
Find more information on  
[haute-maurienne-vanoise.com](http://haute-maurienne-vanoise.com)  
and service provider sites.  
Edited on 03/07/2025

# Outdoor



**Haute  
Maurienne  
Vanoise**

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

## 4-season sledging/Tubing

### AUSSOIS

#### AUSSOIS TUBING

From age 3 years



Enjoy the new Aussois tubing slope all year round! A synthetic slope in the heart of the village that lets you go downhill after downhill! Sit back in your buoy and glide along at top speed...

- 🕒 From 05/07 to 31/08/2025 on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 2 pm and 7.30 pm. From 13/12/2025 to 10/04/2026 closed on Saturday.
- 💰 Summer 2025 rates : 1 run: 3€ 5 runs: 12€ 10 runs: discount summer 17€ (not nominative).
- ☎ +33 (0)4 79 20 42 20

## Airboard

### VAL CENIS

Lanslevillard

#### AIRBOARDING - EVOLUTION 2 VAL CENIS

From age 12 years

If you're a thrill-seeker, this is the activity for you. Our instructor will be delighted to introduce you to this inflatable sledge. Combine speed and Val Cenis scenery for an hour and a half, whatever your level.

- 🕒 From 15/12/2024 to 13/04/2025, daily at 4.15 pm.
- 💰 One price: 39 €.  
Duration: 1.30
- ☎ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

## Biathlon

### AUSSOIS

#### BIATHLON LESSON - AUSSOIS FRENCH SKI SCHOOL

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

- 🕒 From 13/12 to 30/03 daily.
- 💰 Possibility of private lessons or introductory shooting with laser rifle supplied. Prices and bookings on request from ESF.  
Duration: 1hrs
- ☎ +33 (0)4 79 20 37 13
- 🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

### BESSANS

#### LE CARRELEY SPORTS AREA

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

- 🕒 From 01/11 to 06/04 between 9 am and 5 pm.
- 💰 Free access.
- ☎ +33 (0)4 79 05 96 65
- 🌐 [www.bessans.ski/fr/](http://www.bessans.ski/fr/)

## INTERNATIONAL BIATHLON STADIUM

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

- 🕒 From 01/11 to 10/04 daily between 9 am and 5 pm. On reservation.
- 💰 Track access + shooting range : 1 day: €7.50, 1 week (6 days): €37.50 Shooting access only : Day: €4.50 Week (6 days): €22.50.
- ☎ +33 (0)6 29 94 13 95
- 🌐 [www.bessans.ski/fr/](http://www.bessans.ski/fr/)

### BONNEVAL SUR ARC

#### DISCOVER LASER RIFLE SHOOTING - HAUTE MAURIENNE VANOISE TOURIST OFFICE

From age 8 years

In the form of games and sporting challenges, come and learn about laser rifle shooting. The most competitive will be able to measure themselves against each other! Children are the responsibility of parents.

- 🕒 From 08/07 to 12/08/2025, every Tuesday between 10 am and 11.30 am. From 26/08 to 02/09/2025, every Tuesday between 10 am and 11.30 am. Cancelled in case of bad weather.
- 💰 Free of charge.  
Duration: 1.30
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

## Climbing/Via ferrata

### AUSSOIS

#### VIA FERRATA AND UNUSUAL ROUTES - GUIDES OFFICE SAVOIE MAURIENNE - AUSSOIS

From age 8 years



The Maurienne is full of many via ferrata, and in particular, those of the Devil in Aussois! Come and discover them with the Savoie Maurienne Guides Office. Unusual routes are also available! Let yourself be tempted by the adventure!

- 🕒 From 01/01 to 31/12/2025, daily. Subject to weather conditions.
- 💰 Starting at €50. Our rates are available on our website.  
Duration: 3hrs
- ☎ +33 (0)4 79 20 31 16 / +33 (0)6 65 65 46 00
- 🌐 <https://guides-savoie.com/>

### VAL CENIS

Sollières-Sardières

#### VIA FERRATA OUTING - UPGUIDES

From age 6 years

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

- 🕒 From 23/12 to 31/03, every Tuesday. Cancelled in case of bad weather.
- 💰 Single price: 40 €. From 185 € for 5 people.  
Duration: 3hrs
- ☎ +33 (0)7 85 62 21 53
- 🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

### VAL CENIS

Lanslebourg-Mont-Cenis

#### VIA FERRATA WITH A MOUNTAIN GUIDE - HOUSE OF GUIDES

From age 6 years

Climb the cliff like a chamois in the via ferrata of the Haute Maurienne valley by following your guide. Safety equipment provided. Different difficulties, via special children or via vertiginous atmosphere guaranteed.

- 🕒 From 01/01 to 31/10, daily. On reservation.
- 💰 Adult: 40 € (group rate for 8 people or more 10% discount). See on our website.  
Duration: 3.30
- ☎ +33 (0)6 71 77 20 19 / +33 (0)6 85 75 24 26
- 🌐 [www.maisondesguides.net](http://www.maisondesguides.net)

## VAL CENIS

Lanslevillard

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

From age 12 years

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

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

💰 One price: from 40 €. Duration: 2.30

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

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

## BESSANS

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

From age 6 years

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

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

📞 Upon request by phone or e-mail.

☎ +33 (0)6 70 63 94 65

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

## Dog sledding

## LA NORMA

### TROTT HUSKY

Mushing structure, Cani-hiking activities, Go-kart baptism and Sleigh baptism

🕒 From 01/01 to 31/12/2025 between 9 am and 7 pm.

☎ +33 (0)6 50 01 98 22

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

## VAL CENIS

Lanslebourg-Mont-Cenis

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

From age 4 years

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

🕒 From 22/12 to 18/04, daily. On reservation (please arrive 10 minutes before the meeting).

💰 Adult: 68 € Child (4-10 years): 48 €. Duration: 40mn

☎ +33 (0)4 79 05 92 43

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

## BESSANS

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

From age 10 years

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

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

💰 Prices 2025: 180 € (improvement: contact us). Duration: 2hrs

☎ +33 (0)6 70 80 72 78

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

## Escape games outdoor

## VAL CENIS

Lanslebourg-Mont-Cenis

### ESCAPE OUTDOOR VAL CENIS

From age 7 years

Discover Lanslebourg as you've never seen it before thanks to 2 different games: "Le Portail Magique" and "Opération Mindfall". An outdoor escape game combining augmented reality and puzzles in the village.

🕒 From 01/01 to 31/12 between 9 am and 10 pm. Reservation on line or by telephone.

💰 Prices 2024 : 5 players: €14 per person, 4 players: €17 per person, 3 players: €20 per person, 2 players: €23 per person. Deposit: you will be asked to show proof of identity.

☎ +33 (0)4 79 64 23 69

🌐 [www.escapegamesunited.com/station/val-cenis/](http://www.escapegamesunited.com/station/val-cenis/)

## Fatbike/Xbike

## VAL CENIS

Termignon

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

From age 8 years

Let yourself be tempted by a fun way to ride! A combo of mountain bike and scooter, with no saddle or pedals and 2 notched tires, the XBIke is perfect for riding down snow-covered slopes! It's designed to be accessible to all.

🕒 From 21/12/2024 to 11/04/2025, every Monday and Thursday between 4.45 pm and 5.45 pm. From 21/12/2025 to 11/04/2026, every Monday and Thursday between 5.30 pm and 6.30 pm. Reservations required.

💰 One price: 20 €. Ski pass not included.

Duration: 1hrs

☎ +33 (0)4 79 20 53 56

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

## VAL CENIS

Lanslevillard

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

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

🕒 From 15/12 to 21/04, every Tuesday and Thursday at 5.30 pm. On reservation.

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

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

## Freediving/ice diving/ice floating

## VAL CENIS

Sollières-Sardières

### ICE DIVING - EVOLUTION 2 VAL CENIS

From age 16 years

Hold your breath!... Freediving under ice: equipped with your 5 or 7 mm wetsuit (preferably split), you will explore the ice by freediver, pulling or propelling yourself to life lines and safety holes spaced from 3 to 15 m.

🕒 From 21/12/2024 to 02/03/2025, daily. 9am - 10.30am - 1.30pm - 3pm - 6pm Booking required.

💰 One price: 95 €.

Duration: 1.30

☎ +33 (0)6 45 49 45 66

🌐 <https://evolution2.com/val-cenis>

## ICE FLOATING DAY AND NIGHT DIVES - EVOLUTION 2 VAL CENIS

From age 16 years

This is a totally unusual activity, straight from Finland, and we're offering you the chance to discover it exclusively in Val Cenis! You'll be able to relax as you splash around in the icy water overlooking the mountains!

- 🕒 From 21/12/2024 to 30/04/2025, daily. 9am - 10.30am - 1.30pm - 3pm - 6pm  
Booking compulsory.
- 💶 Daytime ice floating: €55 per person Night-time ice floating: €65 per person.  
Duration: 1.30
- ☎ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

## DAY AND NIGHT ICE DIVING - EVOLUTION 2 VAL CENIS

From age 16 years

A stunning and refreshing activity for a unique experience! Ready to dive under the ice in a magical and unusual world? It takes place in Val Cenis in Haute Maurienne Vanoise. Atypical activity accessible without required level.

- 🕒 From 21/12/2024 to 30/03/2025, daily. 9am - 10.30am - 1.30pm - 3pm - 6pm  
Booking compulsory.
- 💶 Day dive: €110 per person Night dive : 155 € per person.  
Duration: 1.30
- ☎ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

## Freeride/off-piste

### VAL CENIS Termignon

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

From age 18 years

Our specialist off-piste instructors will be delighted to guide you through the resort's pristine off-piste and/or ski touring terrain! Confirmed skiers required.

- 🕒 From 21/12 to 11/04, daily. Subject to favorable snow and weather conditions.  
On demand.
- 💶 4h: €230 for 1 to 5 people, 7h: 360€ for 1 to 5 people. Safety equipment (avalanche transceiver, shovel, probe) included.
- ☎ +33 (0)4 79 20 53 56
- 🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

### VAL CENIS Lanslevillard

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

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

- 🕒 From 08/12 to 30/04, daily. Subject to favorable snow and weather conditions.
- 💶 Half-day: €70 Full day: €120.  
Duration: 3hrs
- ☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97
- 🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

### BESSANS

## FREERIDE TRIP - BESSANS MOUNTAIN GUIDES

From age 9 years

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

- 🕒 From 01/12 to 30/04, daily.
- 💶 Group rate available for > 4 people. Upon request by phone or mail.
- ☎ +33 (0)6 70 63 94 65
- 🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

## Funny trails

### VALFRÉJUS

#### BANKED SLALOM

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

- 🕒 From 21/12 to 11/04 between 9.15 am and 4.15 pm.

💶 Free access. With your ski pass.

☎ +33 (0)4 79 05 32 71

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

#### KID PARK

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

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

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

☎ +33 (0)4 79 05 32 71

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

#### SKI PLAY AREA L'ALPAGE

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

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

💶 Free access. With a valid ski pass.

☎ +33 (0)4 79 05 32 71

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

#### WOOPS PARK

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

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

💶 Free access. With a valid ski pass.

☎ +33 (0)4 79 05 32 71

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

### LA NORMA

#### TIMO'S FUN SKI SLOPE

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

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

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

☎ +33 (0)4 79 20 31 46

🌐 [www.la-norma.ski](http://www.la-norma.ski)

### AUSSOIS

#### PLAYGROUND SKI MARMOT'PARK



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

- 🕒 From 13/12 to 10/04 daily at 12 am.

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

☎ +33 (0)4 79 20 42 20

## VAL CENIS Termignon

### ZONE CHRONO

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

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 4.30 pm.
- 💰 Free of charge. Skipass needed.
- ☎ +33 (0)4 79 05 96 48

## VAL CENIS Lanslevillard

### MICKEY DIARY RUNS

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

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 4 pm. Subject to snow conditions.
- 💰 Free of charge. Accessible to holders of a valid ski pass.
- ☎ +33 (0)4 79 05 96 48
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## BONNEVAL SUR ARC

### BONNY EASY PARK

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

- 🕒 From 20/12 to 24/04 daily.
- 💰 Free access. Provided that you have a valid skipass.
- ☎ +33 (0)4 79 05 95 09

### BONNY MOUNTAIN

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

- 🕒 From 20/12 to 24/04 daily. Depending on snow conditions.
- 💰 Free access. Provided that you have a valid skipass.
- ☎ +33 (0)4 79 05 95 09
- 🌐 [www.bonneval-hautemaurienne.ski/](http://www.bonneval-hautemaurienne.ski/)

## Heliskiing

## VAL CENIS Lanslevillard

### HELISKIING TRIP - RÉGIS BURNEL - MOUNTAIN GUIDE

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

- 🕒 From 08/12 to 30/04, daily. On request.
- 💰 One price: from 300 €. Duration: 7hrs
- ☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97
- 🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

## Horse/Pony/Donkey

## VAL CENIS Bramans

### PONY-CLUB - BRAMANS HORSE RIDING

From age 2 years

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

- 🕒 From 01/01 to 31/12. Closed on Monday.
- 💰 Prices not available. Duration: 1hrs
- ☎ +33 (0)6 98 36 50 31
- 🌐 <https://bramansequitation.wixsite.com/bramans-equitation>

## VAL CENIS Termignon

### SKI AND SLEDGE TOWED - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

From age 3 years

This fun and accessible equestrian discipline, which combines horseback riding and sliding, is on the rise. To be tested this winter, even if you are not a rider! For towed sledging, ideal for children from 3 years old. For towed skiing: 1 star level required.

- 🕒 From 21/12/2024 to 11/04/2025 Opening hours between 10 am and 12 pm and between 1.30 pm and 3.30 pm. Closed on Saturday. Reservations required. From 21/12/2025 to 11/04/2026 Opening hours between 9 am and 5 pm. Closed on Saturday.
- 💰 Luge: 45 minutes 55€ for 1 adult or 2 children (under 12) Towed skiing: 1h 75€, 1h30 135€. Several people can take turns. Duration: 45mn
- ☎ +33 (0)6 83 41 59 23
- 🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

## VAL CENIS Lanslebourg-Mont-Cenis

### HORSE-DRAWN CARRIAGE RIDE

Treat yourself to a little carriage ride (about 30 minutes) in the streets of Val Cenis Lanslebourg, you will surely discover places that you do not suspect! The carriage is not covered, remember to adapt your clothing to the weather.

- 🕒 From 15/12/2025 to 12/04/2026, every Monday, Tuesday, Wednesday, Thursday and Friday.
- 💰 One price: 25 € (Package price for a horse-drawn carriage). Please consult us.
- ☎ +33 (0)6 60 65 88 74

## Ice apnea

## VAL CENIS Sollières-Sardières

### ICESWITCH - EVOLUTION 2 VAL CENIS

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

- 🕒 From 15/12/2024 to 30/04/2025, daily. By reservation.
- 💰 One price: 200 €. Duration: 7hrs
- ☎ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

# Ice climbing

## AUSSOIS

### INTRODUCTION TO ICE CLIMBING - GUIDES OFFICE SAVOIE MAURIENNE - AUSSOIS

From age 14 years

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

🕒 From 01/12/2025 to 15/03/2026, daily. Please call us for more information on our time slots. Activity subject to weather conditions.

☎ +33 (0)6 65 65 46 00 / +33 (0)4 79 20 31 16

🌐 <https://guides-savoie.com/activities/cascade-de-glace-a-lengagement/>

## VAL CENIS

Bramans

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

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

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

€ Free access.

## VAL CENIS

Lanslevillard

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

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

🕒 From 14/12 to 14/03, daily. Subject to favorable weather.

€ One price: from 70 €.

Duration: 3hrs

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

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

## BESSANS

### BARMETTE ROCKS SEMI ARTIFICIAL ICEFALL

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

🕒 From 15/12 to 22/03 daily. Subject to favorable climatic conditions (ice).

€ Free access. To access the cascade in autonomy: -Membership to the Club Glace Maurienne or daily fee (purchase at the Nordic area of the Carreley).

-Be in possession of an insurance covering the "ice climbing" activity (possibility of purchase at the Nordic area of the Carreley).

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

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

From age 9 years

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

🕒 From 01/12/2025 to 10/03/2026 daily.

€ 65€ / person for groups, equipment supplied. Shoe hire not included. Group rates on request by phone or e-mail.

Duration: 3hrs

☎ +33 (0)6 70 63 94 65

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

## BONNEVAL SUR ARC

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

The guarantee of a unique experience, a sporting activity in its own right! Come and enjoy our ephemeral ice routes accompanied by our qualified and experienced instructors and guides.

🕒 From 21/12/2025 to 31/03/2026 on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 12 pm and between 2 pm and 6 pm. On Saturday and Sunday between 9 am and 12 pm and between 2 pm and 7 pm.

€ One price: 65 €. See our website. Please do not hesitate to contact us for further information.

Duration: 3hrs

☎ +33 (0)4 79 05 95 70

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

# Ice rinks

## VAL CENIS

Lanslevillard

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

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

🕒 From 22/12 to 12/03 between 3 pm and 7 pm. Closed on Saturday. Subject to climatic and technical conditions.

€ Adult: 6 € Child: 4.30 € skate rental: 4 €. Free entry for children < 3 years. Adult pass: €27.50 (5 entries). Children's pass: €17.50 (5 tickets).

☎ +33 (0)4 79 05 89 32

🌐 <https://valcenis piscinepatinoire.wordpress.com/>

## BESSANS

### NATURAL SKATING RINK

Natural rink of 400 m<sup>2</sup>, in the center of the village next to Espace Albaron.

🕒 From 15/12 to 15/03 between 4 pm and 8 pm. Closed on Saturday.

€ One price: 3.50 € (without skates - €6 with skates) 5 tickets: 14 € (without skates - €24 with skates). Skate rental on site: €3.50 - 5 skates: €14 Free access for holders of a valid Bessans ski pass.

☎ +33 (0)4 79 05 99 06

## BONNEVAL SUR ARC

### NATURAL SKATING RINK

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

🕒 From 21/12 to 08/03 on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 4 pm and 9 pm. Subject to favorable ice conditions.

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

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

# Moonbike

## BESSANS

### MOONBIKE & SNOWMOBILE - MOONBIKE PARK HMV

From age 5 years

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

🕒 From 04/11 to 06/04, daily.

€ Privatization of the 2-hour circuit: 400 €.

Duration: 30mn

☎ +33 (0)6 66 90 96 54

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

# Mountain Guides and Leaders

## MODANE

### MAURIENNE RANDO EVASION

Mountain guides Anne-Sophie and Rémy will guide you step-by-step on your hikes, helping you discover the wild and authentic Maurienne valley. They'll make you feel welcome, safe and at ease.

🕒 From 01/01 to 31/12.

☎ +33 (0)6 27 79 41 53 / +33 (0)6 76 21 76 42

### THIERRY BARDAGI - MOUNTAIN GUIDE

From age 5 years

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

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

💰 Depending on the outings. Please consult me.

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

## VALFRÉJUS

### VINCENT ANGLARET - MOUNTAIN GUIDE

From age 7 years

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

🕒 From 23/12 to 12/04.

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

☎ +33 (0)6 21 53 05 51

## VILLARODIN-BOURGET

### LES RANDOS DU LAVVU - MOUNTAIN LEADERS

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

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

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

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

## AVRIEUX

### GRÉGORY COUBAT - HIGH MOUNTAIN GUIDE

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

🕒 From 01/01 to 31/12.

💰 On demand.

☎ +33 (0)6 31 69 19 44

🌐 <https://leshautsliex.e-monsite.com/>

## AUSSOIS

### GUIDES OFFICE SAVOIE MAURIENNE - AUSSOIS



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

🕒 From 01/10/2025 to 31/05/2026. On request.

💰 Prices on our website.

☎ +33 (0)4 79 20 31 16 / +33 (0)6 65 65 46 00

🌐 <https://guides-savoie.com/>

## MAISON DE LA MONTAGNE

From age 4 years



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

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

💰 Ask us.

☎ +33 (0)6 81 46 57 48

🌐 <https://aussoislocation.com>

## VAL CENIS

Bramans

### BAPTISTE DAMEVIN - MOUNTAIN GUIDE

From age 8 years

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

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

💰 Half-day day: 220€, Full day: from 390€. Family and group rates from 45€/person.

☎ +33 (0)6 75 70 17 95

### JEAN-YVES PLOYER - MOUNTAIN LEADER

From age 8 years

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

🕒 All year round.

☎ +33 (0)6 83 93 83 30

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

### JÉRÔME FURBEYRE - MOUNTAIN GUIDE

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

🕒 All year round. Booking is recommended.

💰 Half-day snowshoeing 25 €/person. Full day 50 €/person. Night outing 60 €/person.

☎ +33 (0)6 07 16 93 50

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

### THIBAUD MOUREY - HIGH MOUNTAIN GUIDE

From age 7 years

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

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

💰 From 350 € / day upon entry.

☎ +33 (0)6 35 02 28 66

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

### MOUNTAIN GUIDE VICTOR CHARON

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

🕒 From 01/01 to 31/12.

💰 From 50 € depending on the activities.

☎ +33 (0)7 85 62 21 53

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

## VAL CENIS

Sollières-Sardières

### HIGH MOUNTAIN GUIDE - BASTIEN RÉGIS

From age 4 years

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

🕒 From 01/01 to 31/12.

💰 From 50 € depending on the activities.

☎ +33 (0)7 85 62 21 53

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

## CHRISTIAN VAIR - MOUNTAIN GUIDE

From age 0 year

Are you willing 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 ocean floor? Find out where the prehistoric carved stones hide?... Follow me!

- 🕒 All year round daily. On reservation.
- 💶 Adult: 25 € Child: 20 €. Family package (2 adults + 2 children): 75€.
- ☎ +33 (0)7 81 06 35 89

## CLÉMENT BLÉTEAU - MOUNTAIN GUIDE

From age 4 years

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

- 🕒 From 01/01 to 31/12.
- 💶 From 50 € depending on the activities.
- ☎ +33 (0)7 85 62 21 53
- 🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## MOUNTAIN GUIDE - SYLVAIN BABOUD

From age 4 years

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

- 🕒 From 01/01 to 31/12.
- 💶 From 50 € depending on the activities.
- ☎ +33 (0)7 85 62 21 53
- 🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## UPGUIDES

From age 5 years

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

- 🕒 From 01/01 to 31/12. From December to March permanence in the office, more information by phone. Activities by reservation by phone or on site.
- 💶 From 40 € depending on the activities. Via ferrata: from 40 €/pers for half-day. Ice climbing: from 65 €/pers for half-day, or 50 €/pers for the evening. Off-piste skiing or ski touring: from 98 €/pers in a group (4 to 6 pers.), private commitment 410 €/group (1 to 6 pers). Payment to be made before the activity.
- ☎ +33 (0)7 85 62 21 53
- 🌐 [www.upguides.com/fr/](http://www.upguides.com/fr/)

## VAL CENIS Lanslebourg-Mont-Cenis

## ELODIE CAMUS - MOUNTAIN GUIDE

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

- 🕒 From 01/01 to 31/12.
- 💶 Contact me.
- ☎ +33 (0)7 81 73 68 32

## FABIEN SUIFFET - HIGH MOUNTAIN GUIDE

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

- 🕒 From 01/01 to 31/12. On reservation.
- 💶 Contact the provider directly.
- ☎ +33 (0)6 30 37 08 65

## HOUSE OF GUIDES

From age 8 years

Live the adventure with the guides who will pass on their passion to you through the different activities according to the seasons: mountaineering, via ferrata, hiking and horseback riding, snowshoeing, night outings, wildlife observation.

- 🕒 From 14/12 to 21/04. On demand.
- 💶 See our website.
- ☎ +33 (0)6 71 77 20 19 / +33 (0)6 85 75 24 26
- 🌐 [www.maisondesguides.net](http://www.maisondesguides.net)

## VAL CENIS Lanslevillard

## MOUNTAIN GUIDES FROM VAL CENIS VANOISE

From age 5 years

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

- 🕒 From 01/01 to 31/12.
- 💶 Prices not available. Please consult us.
- ☎ +33 (0)6 81 87 16 83

## AMBROISE DE SIMONE - MOUNTAIN GUIDE

From age 10 years

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

- 🕒 From 16/12/2024 to 20/04/2025, every Monday and Wednesday.
- 💶 Group rate available for > 12 people.
- ☎ +33 (0)4 79 05 93 82 / +33 (0)6 08 98 71 72
- 🌐 [www.residencelesmelezes.com](http://www.residencelesmelezes.com)

## ANTIPODES - MOUNTAIN AGENCY

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

- 🕒 All year round. On demand.
- 💶 One price: 600 € (Day guide commitment). Prices for guided outings: contact us.
- ☎ +33 (0)6 18 23 69 05
- 🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

## VAL CENIS GUIDE'S OFFICE

In winter, discover the high mountain, mountaineering, ski touring, ice climbing or via ferrata with the Val Cenis guide office.

- 🕒 From 01/01 to 31/12/2025. On request all year round. Office hours from 15/06 to 15/09, from 5:30pm to 7:15pm.
- 💶 Fares depending on activities, find on our website.
- ☎ +33 (0)6 99 41 09 59
- 🌐 <https://bureauesguides-valcenis.fr/>

## KARINE ROUTIN - MOUNTAIN GUIDE

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

- 🕒 From 01/01 to 31/12. On demand.
- 💶 Ask us.
- ☎ +33 (0)6 71 77 20 19
- 🌐 <https://maisondesguides.net/>

## RÉGIS BURNEL - MOUNTAIN GUIDE

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

- 🕒 From 01/01 to 31/12. On reservation.
- 💶 All prices on my website.
- ☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97
- 🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

## BESSANS

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

HM guides, mountain leaders and ski instructors from the Bessans Bonneval-sur-Arc area will accompany you on the path of discovery, improvement and autonomy in the practice of mountaineering through the values of UNESCO.

- 🕒 From 01/01 to 31/12 daily.
- 💶 Prices not available.
- ☎ +33 (0)6 89 84 09 56
- 🌐 [www.terre-dalpinisme-bessans-bonneval.com/fr/m\\_1\\_terre-d-alpinsime.php](http://www.terre-dalpinisme-bessans-bonneval.com/fr/m_1_terre-d-alpinsime.php)

## BESSANS MOUNTAIN GUIDES

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

- 🕒 From 01/01 to 31/12. Open from July 1 to August 31, every day from 6pm to 7:30pm, at the Chalet near Sport 2000/Sherpa in Bessans.
- 💰 Prices depending on the different activities proposed.
- ☎️ +33 (0)6 70 63 94 65
- 🌐 [www.guidesmontagnebessans.com](http://www.guidesmontagnebessans.com)

## BONNEVAL SUR ARC

### BONNEVAL ALPIN CENTER

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

- 🕒 From 01/01 to 31/12. By reservation only.
- 📞 Consult us.
- ☎️ +33 (0)4 79 05 94 74 / +33 (0)6 08 70 29 38 / +33 (0)6 26 91 33 52
- 🌐 <https://bonneval-alpin-center.com>

### BONNEVAL SUR ARC MOUNTAIN GUIDES' OFFICE

Ice climbing, ski touring...

- 🕒 From 01/01 to 31/12. By reservation only.
- 📞 Consult us.
- ☎️ +33 (0)6 60 38 96 43 / +33 (0)6 85 05 92 51 / +33 (0)6 26 91 33 52
- 🌐 [www.compagnie-guides-vanoise.com/bureaux/bureau-des-guides-de-bonneval-sur-arc/](http://www.compagnie-guides-vanoise.com/bureaux/bureau-des-guides-de-bonneval-sur-arc/)

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

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

- 🕒 From 01/01 to 31/12. On reservation.
- 📞 Consult me.
- ☎️ +33 (0)4 79 05 96 43 / +33 (0)6 60 38 96 43

## Paragliding

### AUSSOIS

#### TANDEM PARAGLIDING FLIGHT - PARAPENT'OÉ TANDEM PARAGLIDING FLIGHT

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

- 🕒 From 01/01 to 31/12, daily. Subject to favorable weather.
- 💰 Discovery flight (10mn): €80 Freestyle flight (10mn): €100 Ascent flight (20mn): 100€ (ascent + freestyle) Combo flight (20mn): 120€ (ascent + freestyle) Performance flight (30-40mn): 150€ (ascendance + freestyle) Prestige flight (1h-1h15): €200 Photos: €20 Video + photos: €30. Duration: 1hrs
- ☎️ +33 (0)6 49 09 31 93
- 🌐 [www.xn--parapente-o-lbb.com/](http://www.xn--parapente-o-lbb.com/)

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

From age 5 years

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

- 🕒 From 01/01 to 31/12, daily. Subject to favorable weather.
- 💰 Prices 2025 : Discovery flight (10-15 mn) : 90€ from 5 years old Ascendance flight (20-25mn) : 110€ (for children) Freestyle flight (10-15mn) : 110€ (in french) Performance flight (30-40 min) 150€ Prestige flight (1 h -1h15) 200€ Discovery flight (10 -15 mn) 85€. Duration: 50mn
- ☎️ +33 (0)6 84 36 67 81

### VAL CENIS Termignon

#### TANDEM PARAGLIDING FLIGHT - VANOISE PARAPENTE

Fancy a first paragliding flight in Val Cenis? Then take to the skies with complete peace of mind. Pierre-Olivier, a qualified professional, offers you a friendly, personalised experience. Enjoy a contemplative or sporty flight, as you wish.

- 🕒 From 01/12 to 30/04 daily. Schedules defined according to weather conditions. Subject to favorable weather. Postponed in case of bad weather.
- 💰 Classic flight 10 to 15 minutes: 80€, Ascending flight 25 to 30 mins: 100€, Photos and videos on request: 20€.
- ☎️ +33 (0)6 70 57 02 44

### VAL CENIS Lanslebourg-Mont-Cenis

#### PARAGLIDING BAPTISM - TANDEM FLIGHT - PARAPENT'OÉ TANDEM PARAGLIDING FLIGHT

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

- 🕒 From 01/01 to 31/12, daily. Subject to favorable weather.
- 💰 Discovery flight (10 -15 mn) : 80€ (in French) Freestyle flight (10-15mn) : 100€ (in French) Ascent flight (20-25 min) : 100€ (ascent + freestyle) Combo flight (20-25min) : 120€ (ascent + freestyle) Performance flight (30-40 min) : 150€ (ascendance + freestyle) Prestige flight (1h-1h15) : 200€ (ascendance + freestyle) Photos: €20 Video + photos: €30. Duration: 45mn
- ☎️ +33 (0)6 49 09 31 93
- 🌐 [www.xn--parapente-o-lbb.com/](http://www.xn--parapente-o-lbb.com/)

## Mountain kart

### VAL CENIS Lanslevillard

#### MOUNTAIN'KART ON SNOW - EVOLUTION 2 VAL CENIS

A sensational activity guaranteed, supervised by our instructor who will guide you around the Val Cenis course for almost 1h30 and will be delighted to show you the valley's landscapes.

- 💰 One price: 39 € (includes kart + helmet). Duration: 1.30
- ☎️ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

## Mountaineering/Glacier trekking

### BESSANS

#### MOUNTAINEERING AND GLACIER TREKKING - BESSANS MOUNTAIN GUIDES

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

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

## VAL CENIS Lanslevillard

### TANDEM FLIGHT WITH ANTIPODES - ANTIPODES - MOUNTAIN AGENCY

Fly over the villages of Haute Maurienne Vanoise, with a team of enthusiasts. 40 years' experience on every continent, including Everest at 8850 m alt. Antipodes' instructors will put you at ease for a magical flight.

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

💰 One price: 110 € (Ascending flight 15 to 20 minutes) Fee: 250 € (Perf Plus 60/75-minute flight) Full price: 150 € (Flight Performance 30/35 minutes) Concession: 90 € (Discovery flight from 7.30 a.m. to 10 a.m.). Video + photos: €30.

⌚ Duration: 15mn

☎ +33 (0)6 18 23 69 05

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

## Ski schools

## VALFRÉJUS

### FRENCH SKI SCHOOL ESF VALFRÉJUS

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

🕒 From 16/12/2024 to 11/04/2025 Opening hours daily between 8.45 am and 6 pm.

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

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

### VALFREERIDE

From age 6 years

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

🕒 From 21/12 to 11/04 between 9 am and 5 pm. On reservation.

💰 From 45€/person. Inter-resort exit in Haute Maurienne Vanoise: 350€ per day.

☎ +33 (0)6 45 98 77 26

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

## LA NORMA

### FRENCH SKI SCHOOL ESF LA NORMA

From age 3 years

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

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

💰 All our prices on our website.

☎ +33 (0)4 79 20 33 10

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

## AUSSOIS

### ANGIE SKI & TÉLÉMARK

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

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

💰 Group lessons: 160€/week. Private lessons: from 44 €/h.

☎ +33 (0)6 86 21 64 74

🌐 <https://ski-glisse-aussois.fr/>

## AUSSOIS FRENCH SKI SCHOOL



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

🕒 From 13/12 to 10/04 daily.

💰 Prices and booking online on our website.

☎ +33 (0)4 79 20 37 13

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

### M'SKI - MYRTILLE CAMUS

M'Ski - Myrtille Camus, state-certified independent alpine ski instructor, shares with you her passion for the mountains in alpine skiing, snowboarding, ski touring and snowshoeing. From beginner to advanced skier, in group lessons or private lessons.

🕒 From 14/12/2024 to 11/04/2025, daily. On reservation. From 14/12/2025 to 11/04/2026, daily. On reservation.

💰 Private lessons: from 43 € / h, group lessons (10h): 155 € (medal offered).

☎ +33 (0)6 30 92 60 53

🌐 <https://cours2ski.jimdofree.com/>

### O'SOISKI

From age 3 years

Nathalie Choiseau, state-qualified downhill ski instructor and mountain guide since 2005, offers private or shared lessons in downhill skiing and snowboarding, as well as small group snowboarding courses (limited to 6 students).

🕒 From 13/12/2025 to 10/04/2026.

💰 Visit our website.

☎ +33 (0)6 83 49 91 46

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

## VAL CENIS Sollières-Sardières

### EVOLUTION 2 VAL CENIS

Want to energize your holidays and live unusual and atypical experiences? You are in the right place! An explosive cocktail of activities for a hectic holiday in Haute Maurienne Vanoise!

🕒 All year round daily. Visit our website for more information.

💰 All the details of our prices on our website, depending on the activities practiced.

☎ +33 (0)6 45 49 45 66

🌐 <https://evolution2.com/val-cenis>

## VAL CENIS Termignon

### FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

From beginner to advanced, whatever your age, ESF Val Cenis Termignon offers you a wide choice of disciplines to find the lesson that's right for you.

🕒 From 21/12/2024 to 11/04/2025, daily between 9 am and 5.30 pm. For more information about our schedules, visit our website. On reservation. From 21/12/2025 to 11/04/2026, daily between 9 am and 5.30 pm. For more information about our schedules, visit our website. On reservation.

💰 Please refer to our website for timetables and prices according to periods and course types.

☎ +33 (0)4 79 20 53 56

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

## VAL CENIS Lanslevillard

### ESI INTERNATIONAL SKI SCHOOL VAL CENIS

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

🕒 From 15/12/2024 to 18/04/2025.

☎ +33 (0)6 43 49 87 97

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

## FRENCH SKI SCHOOL ESF VAL CENIS

From age 3 years

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

🕒 From 14/12/2025 to 17/04/2026 between 9 am and 5 pm.

💰 All prices on our website.

☎ +33 (0)4 79 05 92 43

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

## BONNEVAL SUR ARC

### FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

From age 3 years

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

🕒 From 20/12 to 24/04. Consult our schedules on our website. On reservation.

💰 All our prices on our website.

☎ +33 (0)4 79 05 95 70

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

## Ski touring

## AUSSOIS

### DISCOVER SKI TOURING - AUSSOIS FRENCH SKI SCHOOL

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

🕒 From 15/12 to 10/04 daily.

💰 2-hour discovery tour (minimum 4 people): €25/person. 1/2-day outing: from €176 Full-day outing: from 352 €. Duration: 2hrs

☎ +33 (0)4 79 20 37 13

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

### SKI TOURING ROUTE

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

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

💰 Free access.

☎ +33 (0)4 79 20 42 20

### SKI TOURING - GUIDES OFFICE SAVOIE MAURIENNE - AUSSOIS

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

🕒 From 20/12/2025 to 10/04/2026, every Thursday between 8.30 am and 4.30 pm. Subject to favorable weather conditions.

☎ +33 (0)6 65 65 46 00 / +33 (0)4 79 20 31 16

🌐 <https://guides-savoie.com/>

## VAL CENIS Termignon

### SKI TOURING ROUTE "LE SODAY TERMIGNON

Ski touring itinerary to evolve in complete safety.

🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5 pm. Subject to favorable snow and weather conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 48

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

## VAL CENIS Lanslebourg-Mont-Cenis

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

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

🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5 pm. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 96 48

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

### SKI TOURING FOR EXPERIENCED SKIERS LEVEL 3 - HOUSE OF GUIDES

From age 16 years

To introduce you to the joys of ski touring, outings are proposed on mountain itineraries, in the forest and in secret gardens to find virgin snow.

🕒 From 01/01 to 30/04, daily.

💰 See on our website.

Duration: 3hrs

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

🌐 [www.maisondesguides.net](http://www.maisondesguides.net)

## VAL CENIS Lanslevillard

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

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

🕒 From 08/12 to 10/05, daily. Subject to favorable snow and weather conditions.

💰 Half-day: €70 Full day: €120.

Duration: 3.30

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

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

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

From age 12 years

Want to try ski touring? Come and take part in an introductory session at the end of the day! Class 2 ski level required.

🕒 From 20/12/2025 to 17/04/2026, every Monday between 5 pm and 7 pm. Subject to snow conditions.

💰 One price: 31 €.

Duration: 3.30

☎ +33 (0)4 79 05 92 43

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

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

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

🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5 pm. Subject to favorable snow and weather conditions.

💰 Free access. Free access if you don't take the lifts.

☎ +33 (0)4 79 05 96 48

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

## BESSANS

### LE CLARET SKI TOURING ITINERARY

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

🕒 From 21/12 to 06/04. Subject to favorable snow and weather conditions.

💰 Free access.

☎ +33 (0)4 79 05 80 05

### LE CLOT SKI TOURING ITINERARY

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

🕒 From 21/12 to 06/04. Subject to favorable snow and weather conditions.

💰 Free access. Access to the ski lifts subject to the purchase of an alpine ski pass.

☎ +33 (0)4 79 05 80 05

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

From age 9 years

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

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

## BONNEVAL SUR ARC

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

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

- 🕒 From 21/12 to 24/04, every Tuesday.
- 💰 One price: 68 €. Contact us.  
Duration: 2hrs
- ☎️ +33 (0)4 79 05 95 70
- 🌐 [www.esf-bonnevalsurarc.com](http://www.esf-bonnevalsurarc.com)

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

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

- 🕒 From 23/12/2025 to 26/04/2026 on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 12 pm and between 2 pm and 6 pm. On Saturday and Sunday between 9 am and 12 pm and between 2 pm and 7 pm.
- 💰 See prices on website. Safety equipment included (shovel, probe, avalanche transceiver).  
Duration: 2.30
- ☎️ +33 (0)4 79 05 95 70
- 🌐 [www.esf-bonnevalsurarc.com](http://www.esf-bonnevalsurarc.com)

## Sled

## VALFRÉJUS

### BOB PARK From age 5 years

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

- 🕒 From 04/01 to 07/02, every Wednesday between 2 pm and 4.30 pm. From 08/02 to 06/03, every Wednesday and Thursday between 2 pm and 4.45 pm. From 25/12 to 03/01, every Wednesday and Thursday between 2 pm and 4.30 pm. Subject to snow conditions.
- 💰 One price: 10 € (Ski lift + toboggan + helmet included). Free entry for children < 10 years. 30€ for 4 descents (non-nominative card). Tickets on sale at the ski lift office.
- ☎️ +33 (0)4 79 05 32 71
- 🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

## LA NORMA

### SLEDGE AREA

Minimum age: 4 years - maximum age: 12 years

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

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

## LUGI-KART - PIERRE-ANTOINE CAFFOZ

From age 10 years

Descend 6.5 km of toboggan run accompanied by an instructor. Enjoy the tracks nothing for you, program speed, glide and fun.

- 🕒 From 20/12/2025 to 10/04/2026, daily at 4 pm.
- 💰 One price: 29 € (Accessible to skiers and pedestrians with a valid resort pass).  
Duration: 1.30
- ☎️ +33 (0)6 81 33 83 11

## AUSSOIS

### SLED SLOPE MARIE-CHRISTINE

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

- 🕒 From 15/12 to 15/03. Subject to favorable weather.
- 💰 Free access.
- ☎️ +33 (0)4 79 20 30 40
- 🌐 [www.aussois.com](http://www.aussois.com)

### SLED SLOPE ON THE SNOW FRONT

From age 2 years

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

- 🕒 From 13/12 to 10/04 daily. Subject to snow conditions.
- 💰 Free access.
- ☎️ +33 (0)4 79 20 42 20

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

Enjoy with your family near the Sardières nordic area !

- 🕒 From 13/12 to 10/04 daily. Subject to snow conditions.
- 💰 Free access.
- ☎️ +33 (0)4 79 20 42 20

## VAL CENIS Termignon

### CHILDREN TOBOGGAN RUN TERMIGNON

A toboggan run for the delight of children, next to the Girarde chairlift in Termignon.

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5.30 pm. Subject to snow conditions.
- 💰 Free access.
- ☎️ +33 (0)4 79 05 96 48

## VAL CENIS Lanslebourg-Mont-Cenis

### CHILDREN TOBOGGAN RUN PLAN DES CHAMPS

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

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5.30 pm. Subject to snow conditions.
- 💰 Free access.
- ☎️ +33 (0)4 79 05 96 48

## VAL CENIS Lanslevillard

### CHILDREN TOBOGGAN RUN TERRES GRASSES

A children's toboggan run at the top of the Terres Grasses ski lift.

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5.30 pm. Subject to snow conditions.
- 💰 Free access.
- ☎️ +33 (0)4 79 05 96 48

## CHILDRENS TOBOGGAN RUN COLOMBA

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

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 5.30 pm. Subject to snow conditions.
- € Free access.
- ☎ +33 (0)4 79 05 96 48

## TURBO SLEDGE RUN VAL CENIS LE HAUT

From age 5 years

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

- 🕒 From 26/12/2024 to 31/03/2025 between 10 am and 4.30 pm. Subject to snow conditions.
- € One price: 10 € (Sledge rental + lift pass). 30€/4 runs, Sledge rental (if you already have a valid ski pass): 5€/2 hours.
- ☎ +33 (0)4 79 05 96 48
- 🌐 [www.valcenis.ski/products/val-cenis-turbo-sledge-pass](http://www.valcenis.ski/products/val-cenis-turbo-sledge-pass)

## BESSANS

### SLED RUN FOR KIDS

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

- 🕒 From 21/12 to 06/04. Subject to snow conditions.
- € Free access.
- ☎ +33 (0)4 79 05 96 05

## BONNEVAL SUR ARC

### SLEDGE SLOPE

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

- 🕒 From 20/12 to 24/04 daily.
- € Free access.
- ☎ +33 (0)4 79 05 95 09

## Snake Gliss

## AUSSOIS

### SNAKE GLISS - SNAKE TOBOGGANING IN AUSSOIS - SNAKE GLISS

From age 4 years

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

- 🕒 From 13/12/2025 to 10/04/2026 at 3.30 pm. Closed Friday and Saturday. By phone reservation.
- ☎ +33 (0)6 76 71 63 89

## VAL CENIS Lanslevillard

### SNAKE GLISS DESCENT - GLISS XPERIENCE

From age 8 years

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

- 🕒 From 14/12/2024 to 21/04/2025, daily at 4.15 pm. Subject to snow conditions.
- ☎ +33 (0)6 77 22 72 67 / +33 (0)6 78 42 59 72
- 🌐 <https://glissxperience.fr/>

## Snooc/Yooner/Paret

## AUSSOIS

### YOONER DISCOVERY - AUSSOIS FRENCH SKI SCHOOL

From age 6 years

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

- 🕒 From 13/12 to 10/04 daily.
- ☎ +33 (0)4 79 20 37 13
- 🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

## VAL CENIS Termignon

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

From age 7 years

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

- 🕒 From 21/12/2024 to 11/04/2025, every Monday and Thursday between 4.45 pm and 5.45 pm. From 21/12/2025 to 11/04/2026 on Monday and Thursday between 5.30 pm and 6.30 pm. On Tuesday, Wednesday, Friday, Saturday and Sunday between 9 am and 5 pm.
- € One price: 20 €.  
Duration: 1hrs
- ☎ +33 (0)4 79 20 53 56
- 🌐 [www.esf-termignon.com](http://www.esf-termignon.com)

## VAL CENIS Lanslevillard

### DISCOVERY OF SNOOC - SPORT 2000 LA POUDEUSE

From age 9 years

The snooc is an alternative to skiing that allows adults and children, skiers and non-skiers alike, to discover the pleasures of sliding in less than 10 minutes. A single run is all it takes to master your trajectory and stop. Free 30-minute trial.

- 🕒 From 15/12/2024 to 21/04/2025, daily between 9 am and 4 pm. Reservations required. From 15/12/2025 to 21/04/2026, daily between 9 am and 4 pm. Reservations required.
- € Free of charge.  
Duration: 30mn
- ☎ +33 (0)4 79 05 90 27
- 🌐 [www.la-poudreuse.com](http://www.la-poudreuse.com)

### YOONER DISCOVERY - RÉGIS BURNEL - MOUNTAIN GUIDE

From age 8 years

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

- 🕒 From 14/12 to 17/04, daily at 5 pm. Reservation the day before at the latest.
- € One price: 30 €.  
Duration: 1hrs
- ☎ +33 (0)6 71 47 07 18 / +33 (0)4 79 05 80 97
- 🌐 [www.regisburnel.fr](http://www.regisburnel.fr)

### YOONER IN VAL CENIS: FUN AND ORIGINAL DESCENTS ON THE SLOPES - EVOLUTION 2 VAL CENIS

From age 10 years

Discover yooner descents in Val Cenis for a fun and original way to enjoy the slopes. Unique sensations and laughter guaranteed on the snowy slopes! If you're looking for a fun and original way to enjoy the slopes, the yooner is sure to please!

- 🕒 From 15/12/2024 to 21/04/2025, daily between 9 am and 5 pm. On reservation.
- € One price: 22 € (per person : includes yooner + helmet).  
Duration: 7hrs
- ☎ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

# Snowkite

## VAL CENIS Termignon

### SNOWKITE - From age 15 years

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

- 🕒 From 13/01 to 21/04, every Saturday and Sunday. By reservation by mail or by phone.
- 💶 One price: from 60 €. Duration: 1hrs
- ☎️ +33 (0)6 08 94 64 18

# Snowpark/Boarder

## VALFRÉJUS

### BOARDERCROSS

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

- 🕒 From 21/12 to 11/04 between 9 am and 4 pm. Opening according to climatic conditions and technical constraints. Subject to snow conditions.
- 💶 Free access. Accessible to holders of a valid ski pass for the area.
- ☎️ +33 (0)4 79 05 32 71
- 🌐 [www.valfrejus.ski](http://www.valfrejus.ski)

## LA NORMA

### SNOWPARK LA REPOSE

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

- 🕒 From 21/12 to 11/04 Opening hours daily between 9.15 am and 4.15 pm. Subject to snow conditions.
- 💶 Free access. Accessible to holders of a valid ski pass from the area.
- ☎️ +33 (0)4 79 20 31 46
- 🌐 [www.la-norma.ski](http://www.la-norma.ski)

## AUSSOIS

### BOARDERCROSS RAIL-PARK

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

- 🕒 From 13/12/2025 to 10/04/2026 daily between 9.15 am and 4 pm. Subject to snow conditions.
- 💶 Free access. Accessible to holders of a valid ski pass from the area.
- ☎️ +33 (0)4 79 20 42 20

## VAL CENIS Termignon

### BOARDERCROSS DU LAC

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

- 🕒 From 20/12/2025 to 10/04/2026. Subject to favorable snow and weather conditions.
- 💶 Free of charge. Valid Skipass needed.
- ☎️ +33 (0)4 79 05 96 48

## VAL CENIS Lanslevillard

### SNOWPARK

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

- 🕒 From 20/12/2025 to 10/04/2026 between 9 am and 4.30 pm. Subject to snow conditions.
- 💶 Free of charge. Skipass needed.
- ☎️ +33 (0)4 79 05 96 48

## BONNEVAL SUR ARC

### BOARDERCROSSES

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

- 🕒 From 20/12 to 24/04 daily. Subject to snow conditions.
- 💶 Free access. Skipass needed.
- ☎️ +33 (0)4 79 05 95 09

# Snowscot

## AUSSOIS

### INTRODUCTION TO SNOWSCOOT - AUSSOIS FRENCH SKI SCHOOL

From age 10 years

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

- 🕒 From 13/12 to 10/04 daily.
- 💶 Skipass needed for the lifts. Rental from the sport shops in the village. Duration: 1.30
- ☎️ +33 (0)4 79 20 37 13
- 🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

## VAL CENIS Lanslebourg-Mont-Cenis

### DISCOVER SNOWSCOOTING - EVOLUTION 2 VAL CENIS

From age 12 years

Combine biking and snowboarding, and discover new sensations on the ski slopes. A supervised introduction, then it's up to you to make the most of it!

- 🕒 From 14/12/2024 to 21/04/2025, daily. By reservation only.
- 💶 One price: 45 €. Duration: 4hrs
- ☎️ +33 (0)6 45 49 45 66
- 🌐 <https://evolution2.com/val-cenis>

# Snowshoeing

## VALFRÉJUS

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

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

- 🕒 From Sunday 28 December 2025 to Friday 2 January 2026 between 2 pm and 4 pm. From 08/02 to 07/03/2026, every Sunday between 2.30 pm and 4 pm.
- 💶 Free of charge. Duration: 1.30
- ☎️ +33 (0)4 79 05 05 97 / +33 (0)6 70 03 93 03
- 🌐 [www.esf-valfrejus.com](http://www.esf-valfrejus.com)

## SNOWSHOEING BY NIGHT - FRENCH SKI SCHOOL ESF VALFRÉJUS

Enjoy a unique experience in Valfréjus: a night-time snowshoe walk! Let yourself be guided under the stars and enjoy the soothing silence of the mountains. A magical experience!

🕒 From Sunday 28 December 2025 to Friday 2 January 2026, every Monday and Thursday between 6 pm and 8.30 pm. From 02/02 to 13/03/2026, every Monday, Tuesday and Thursday between 6 pm and 8.30 pm.

💶 One price: 26 € (Snowshoes, poles and headlamp supplied.).

☎ +33 (0)4 79 05 05 97

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

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

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

🕒 From 20/12/2025 to 10/04/2026, every Wednesday between 6 pm and 10 pm.

💶 One price: 42 €.

Duration: 4.30

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

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

## LA NORMA

### APERITIF AT THE LAVVU - LES RANDOS DU LAVVU - MOUNTAIN LEADERS

From age 7 years

Departing from La Norma, a 45-minute evening walk takes us to the Lavvu, deep in the forest. Aperitifs are served around the fire in this unusual setting. Come and share an extraordinary moment of conviviality!

🕒 From 20/12/2025 to 12/04/2026, every Wednesday between 6 pm and 8 pm. Subject to favorable weather. Postponed in case of bad weather.

💶 Adult: 22 € Child (7-13 years): 20 €.

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

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

### WALK AND VISIT TO THE ARCOSES GOAT FARM

From age 6 years

Departing from La Norma, after an hour's walk, we'll reach the Chèvrerie des Arcoses. In winter, it's calving time, and we can watch the goats' antics. Cheese available for purchase. Return by minibus.

🕒 From 20/12/2025 to 12/04/2026, every Wednesday between 9 am and 12 pm.

💶 Adult: 22 €, Child (6-13 years): 20 €.

☎ +33 (0)4 79 20 33 10 / +33 (0)6 20 37 11 18 / +33 (0)6 12 30 64 62

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

### DISCOVERING WILDLIFE - LES RANDOS DU LAVVU - MOUNTAIN LEADERS

From age 7 years

Departure by minibus or car for a 15-minute journey. Here we are in the territory of the ibex: the emblem of the Vanoise National Park. We'll be taking a mountain trail, where we'll be able to get some great observations and discover the 'Lord of the Alps'. One of a kind!

🕒 From 20/12/2025 to 12/04/2026, every Tuesday between 1.30 pm and 4.30 pm.

💶 Adult: 22 € Child (7-13 years): 20 €.

Duration: 2.45

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

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

### SNOWSHOE TREKKING - LES RANDOS DU LAVVU - MOUNTAIN LEADERS

From age 7 years

Departing from La Norma, we take the ski lifts for a walk in the forest that's both fun and contemplative. It's a friendly way to reconnect with nature and discover the secrets of the mountains. Ski pass not included.

🕒 From 20/12/2025 to 12/04/2026, every Tuesday between 9 am and 12 pm.

💶 Adult: 22 € Child (7-13 years): 20 €.

Duration: 2.30

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

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

### SNOWSHOEING IN AUSSOIS - LES RANDOS DU LAVVU - MOUNTAIN LEADERS

From age 7 years

Departure from La Norma by minibus for Aussois. Ascent by chairlift. The snowshoe route at 2200m follows a balcony path through a beautiful forest of Cembro pines, then takes us above the dams, the chamois wintering area. Beautiful panoramic views.

🕒 From 20/12/2025 to 12/04/2026, every Thursday between 8.45 am and 12.30 pm.

💶 Adult: 22 € Child (7-13 years): 20 €.

Duration: 3hrs

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

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

### FULL-DAY SNOWSHOE HIKE - LES RANDOS DU LAVVU - MOUNTAIN LEADERS

From age 7 years

Departure by minibus or car for a short day of snowshoeing through wide open spaces covered in snow. Come and share this moment of freedom, far from the crowds. A hike accessible to all, adapted to your desires.

🕒 From 20/12/2025 to 12/04/2026, every Friday between 10 am and 3.30 pm.

💶 Adult: 40 € Child (7-13 years): 30 €.

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

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

## AUSSOIS

### SNOWSHOEING THEME OUTING - MAISON DE LA MONTAGNE

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

🕒 From 14/12/2025 to 10/04/2026, daily.

💶 Please contact us.

Duration: 2.30

☎ +33 (0)6 81 46 57 48

🌐 <https://aussoislocation.com>

### ACCOMPANIED SNOWSHOE OUTING - AUSSOIS FRENCH SKI SCHOOL

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

🕒 From 13/12 to 10/04 daily.

💶 One price: 5 €.

Duration: 2hrs

☎ +33 (0)4 79 20 37 13

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

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

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

🕒 From 13/12/2025 to 10/04/2026, every Tuesday and Thursday between 9 am and 4.30 pm.

☎ +33 (0)6 65 65 46 00 / +33 (0)4 79 20 31 16

🌐 <https://guides-savoie.com/>

## VAL CENIS

Bramans

### LE CHEMIN DU PETIT BONHEUR, SNOWSHOE ITINERARY

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

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

💶 Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

### ANIMALS... ON THE TRACK - JEAN-YVES PLOYER - MOUNTAIN LEADER

Jean-Yves, a mountain guide, former warden and photographer for the Vanoise National Park, teaches amateur detectives to be discreet and to keep an eye out for the animals that leave their tracks in the snow.

🕒 From 21/12 to 19/04, daily between 9 am and 12 pm.

💶 Adult: 20 € Child (14 years): 15 €.

Duration: 3hrs

☎ +33 (0)6 83 93 83 30

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

## VAL CENIS

### Termignon

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

From age 5 years

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

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

💰 Adult: from 25 € Child: 10 €. More details on our website.  
Duration: 2hrs

☎ +33 (0)4 79 20 53 56

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

## VAL CENIS

### Lanslebourg-Mont-Cenis

### MONT-CENIS SNOWSHOE OR PEDESTRIAN TRAIL

From age 2 years

Pedestrians too can enjoy the breathtaking panorama of Lac du Mont-Cenis in winter! Take the Ramasse chairlift and walk for around 45 minutes, discovering the explanatory panels on the history of the lake.

🕒 From 14/12/2025 to 17/04/2026 between 9 am and 4 pm. Subject to favorable weather.

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

☎ +33 (0)4 79 05 96 48

🌐 [www.haute-maurienne-vanoise.com/hiver/val-cenis/ski/station-de-ski-alpin/](http://www.haute-maurienne-vanoise.com/hiver/val-cenis/ski/station-de-ski-alpin/)

## VAL CENIS

### Lanslevillard

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

From age 8 years

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

🕒 From 21/12/2024 to 21/04/2025, daily. From 01/12/2025 to 21/04/2026, daily.

💰 Please contact me.  
Duration: 3.30

☎ +33 (0)6 71 77 20 19

🌐 <https://maisondesguides.net/>

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

From age 5 years

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

🕒 From 18/12 to 16/04, every Thursday between 5.30 pm and 9 pm. Subject to favorable weather.

💰 Adult: 50 € Child (5-11 years): 45 €. Aperitif, meal and equipment provided (snowshoes, sticks).  
Duration: 4.30

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

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

### SNOWSHOE TRAPPER EVENING - FRENCH SKI SCHOOL ESF VAL CENIS

Experience an unforgettable trapper's evening: set off on snowshoes, lit by headlamps, and let an instructor guide you through snow-covered landscapes. Tartiflette dinner at Chalet des Essarts.

🕒 From 21/12/2025 to 17/04/2026, every Tuesday between 5.30 pm and 9.30 pm.

💰 Adult: 51 € Child (8-12 years): 40 €. Snowshoes required. No need for a ski pass.  
Duration: 4hrs

☎ +33 (0)4 79 05 92 43

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

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

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

🕒 From 21/12/2025 to 17/04/2026, every Wednesday between 4 pm and 10 pm.

💰 One price: 51 €. Snowshoe hire + valid ski pass required.  
Duration: 6hrs

☎ +33 (0)4 79 05 92 43

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

### FIRE PLACE AND MOONLIGHT SNOWSHOE OUTING - HOUSE OF GUIDES

Spend an unforgettable moment at altitude, at 2000 m when the slopes close. Meet at the "Ranova" chalet at 4.30pm.

🕒 From 21/12 to 21/04, every Thursday between 4.30 pm and 10 pm.

💰 One price: 55 € (including meals, guiding and entertainment). Group rate available for > 10 people.  
Duration: 6hrs

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

🌐 [www.maisondesguides.net](http://www.maisondesguides.net)

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

From age 10 years

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

🕒 From 29/01 to 26/03, every Wednesday.

💰 One price: 60 €.

Duration: 7.30

☎ +33 (0)6 07 16 93 50

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

### HALF-DAY SNOWSHOE OUTING - RÉGIS BURNEL - MOUNTAIN GUIDE

Enjoy a snowshoeing adventure in Val-Cenis with our half-day outing in the Vanoise National Park. Observe mountain wildlife in the heart of winter. Reservations essential for an exceptional outdoor experience!

🕒 From 08/12 to 15/04, daily between 1.30 pm and 4.30 pm. Subject to favorable snow and weather conditions.

💰 One price: 30 € (equipment included).  
Duration: 3hrs

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

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

### ONE-DAY SNOWSHOE OUTING - RÉGIS BURNEL - MOUNTAIN GUIDE

On the southern slopes of the Vanoise park, discovering chamois, eagles and wild landscapes...

🕒 From 08/12 to 15/04, daily at 9 am. Subject to favorable snow and weather conditions.

💰 One price: 50 € (equipment included).  
Duration: 7hrs

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

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

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

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

🕒 From 08/12 to 15/04, daily at 9 am. Subject to favorable snow and weather conditions.

💰 One price: 65 € (meals and equipment included).  
Duration: 7hrs

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

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

## BESSANS

### THE SQUIRREL SNOWSHOE ROUTE

From age 10 years

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

🕒 From 21/12 to 06/04. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 99 06

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

### SNOWSHOE ITINERARY LA DÉCOUVERTE

From age 5 years

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

🕒 From 21/12 to 06/04. Subject to snow conditions.

💰 Free access.

☎ +33 (0)4 79 05 99 06

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

## SNOWSHOE ROUTE OF THE CHAPELS

From age 7 years

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

🕒 From 21/12 to 06/04. Subject to snow conditions.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

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

## LES MOULINS SNOWSHOEING ROUTE

From age 7 years

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

🕒 From 21/12 to 06/04. Subject to snow conditions.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

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

## SNOWSHOEING ROUTE LES VINCENDIÈRES

From age 7 years

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

🕒 From 21/12 to 06/04. Subject to snow conditions.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

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

## SNOWSHOE ITINERARY SALLANCHES-FAUVETTES

From age 10 years

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

🕒 From 21/12 to 06/04. Subject to snow conditions.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

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

## A BEAUTIFUL ESCAPE TO LAC DE SOLLIET - THIERRY BARDAGI - MOUNTAIN GUIDE

From age 12 years

The aim of this snowshoe outing is to climb Lac de Solliet, with its sublime panorama. We'll cross a mosaic of very diverse environments: forests, torrents, alpine meadows offering a multitude of wild, flamboyant landscapes.

🕒 From 28/11/2025 to 24/04/2026 on Friday.

👤 One price: 25 € Group adults: 200 €. Duration: 5hrs

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

## BONNEVAL SUR ARC

## SNOWSHOEING ITINERARY OF THE BOUCLE DE TRIÈVES

From age 10 years

In continuation to the snowshoe trail number 1 "Route de l'Ecot", walk further deep into the "Grand blanc", at the foot of the Evettes glaciers, Carro, and at the entrance of the Duis and Reculaz valleys.

🕒 From 30/11 to 31/05 daily. Subject to snow conditions.

🆓 Free of charge.

☎ +33 (0)4 79 05 99 06

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

From age 8 years

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

🕒 From 21/12/2025 to 25/04/2026, daily. Weekly program, on reservation.

👤 One price: from 26 €. Equipment not included. All our prices on our website: <https://www.esf-bonnevalsurarc.com/>. Duration: 2hrs

☎ +33 (0)4 79 05 95 70

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

## Snowtubing

### VAL CENIS Lanslevillard

## SNOWTUBING - SEM DE VAL CENIS

From age 5 years

At the top of the Solert chairlift, the snowtubing base offers a 60 m, 10-minute descent in a natural valley. Helmet mandatory.

🕒 From 20/12/2025 to 10/04/2026, every Monday and Thursday between 1 pm and 4 pm. Subject to favorable snow and weather conditions.

🆓 Free of charge. Accessible to holders of ski pass valid ski area or a pedestrian pass.

⌚ Duration: 10mn

☎ +33 (0)4 79 05 96 48

## Taxiski

### VALFRÉJUS

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

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

🕒 From 20/12/2025 to 10/04/2026, daily.

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

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

### LA NORMA

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

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

🕒 From 20/12/2025 to 10/04/2026, daily.

👤 140€ for 2h.

⌚ Duration: 2hrs

☎ +33 (0)4 79 20 33 10

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

### AUSOIS

## SKI TAXI - SKI CHAIR - AUSOIS FRENCH SKI SCHOOL

Non-skiers or people with reduced mobility, come and enjoy the slopes with your family, your friends or simply taste the pleasure of skiing and the mountains.

🕒 From 13/12 to 10/04 daily.

👤 One price: from 44 €.

☎ +33 (0)4 79 20 37 13

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

### VAL CENIS Termignon

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

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

🕒 From 21/12/2024 to 11/04/2025, daily between 9 am and 5 pm. From 20/12/2025 to 11/04/2026, daily between 9 am and 5 pm. On demand.

👤 One price: from 45 €.

⌚ Duration: 0mn

☎ +33 (0)4 79 20 53 56

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

## VAL CENIS

Lanslevillard

### HANDISKI OUTING - ESI INTERNATIONAL SKI SCHOOL VAL CENIS

Handiskiing or adapted skiing can be practised standing up or sitting down. There are three main categories: independent skiing, assisted skiing and piloted skiing.

- 🕒 From 15/12/2024 to 21/04/2025, daily between 10 am and 2.30 pm. From 21/12/2025 to 19/04/2026, daily between 10 am and 2.30 pm.
- 🕒 On demand.  
Duration: 1hrs
- ☎ +33 (0)6 43 49 87 97
- 🌐 [www.esi-valcenis.com](http://www.esi-valcenis.com)

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

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

- 🕒 From 14/12/2025 to 17/04/2026, daily.
- 🕒 One price: from 68 €.  
Duration: 1.30
- ☎ +33 (0)4 79 05 92 43
- 🌐 [www.esf-valcenis.com](http://www.esf-valcenis.com)

## BONNEVAL SUR ARC

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

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

- 🕒 From 20/12 to 24/04, daily. By reservation.
- 🕒 Full price: 98 €. See our website. Ski pass included. Please contact us for more information.  
Duration: 1.30
- ☎ +33 (0)4 79 05 95 70
- 🌐 [www.esf-bonnevalsurarc.com](http://www.esf-bonnevalsurarc.com)

## Telemark

## AUSSOIS

### TELEMARK INDIVIDUAL LESSON - AUSSOIS FRENCH SKI SCHOOL

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

- 🕒 From 13/12 to 10/04 daily.
- 🕒 One price: from 44 €.  
Duration: 1hrs
- ☎ +33 (0)4 79 20 37 13
- 🌐 [www.esf-aussois.com](http://www.esf-aussois.com)

## Tree climbing and zip lines

## VALFRÉJUS

### PARCOBRANCHE AND ZIP LINE

From age 6 years

Accrobranche and tyroliennes in the heart of the Valfréjus resort. Tours for all the family! From 1.10 m, + 6 years

- 🕒 From 07/07 to 31/08/2025 on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 10 am and 6 pm.
- 🕒 One price: 25 €.
- ☎ +33 (0)6 45 74 92 54
- 🌐 <https://ete.valleedestyroliennes.com/>

## AVRIEUX

### PARCOBRANCHE DU DIABLE : MEGA PARC ACCROBRANCHE AND ZIP LINES - PARCOBRANCHE DU DIABLE



From age 2 years

The biggest accrobranche in Savoie, 240 workshops, 30 balance courses, 2 giant zip lines. All courses equipped with continuous lifelines.

- 🕒 From 01/01 to 31/12, daily. Check the opening hours on our website. In winter: open for groups of at least 10 people.
- 🕒 Adults: €30. Children: €28. Boutchou 2-5 years: €19. For detailed rates, visit the website. -10% discount for holders of the Valfréjus, La Norma, Aussois or Val Cenis Activity Pass.  
Duration: 4hrs
- ☎ +33 (0)6 84 48 26 17
- 🌐 [www.parcduiable.fr](http://www.parcduiable.fr)

## ULM/Airplane/Helicopter

## VAL CENIS

Sollières-Sardières

### ULM PLANE - ANTIPODES - MOUNTAIN AGENCY

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

- 🕒 From 01/01 to 31/12, daily. By reservation. Subject to favorable weather.
- 🕒 Adult: 150 € (Tour of the Forts de Haute Maurienne 30-minute flight) One price: 300 € (Tour des Glaciers one hour flight) Full price: 450 € (Tour du Mt Blanc 1h30 flight). Tour des Forts de Haute Maurienne 30 mn : 150 €, Tour of the Forts de Haute Maurienne + lesson: 30 mins : €180, Glacier flight between Tarentaise and Maurienne 1h : €300, Glacier flight between Tarentaise and Maurienne + 1h lesson: €350, Tour du Mt Blanc 1h30 : 450 €, Tour du Mt Blanc + 1h30 lesson: €500. NB: time starts at start-up and ends when the engine is switched off.  
Duration: 30mn
- ☎ +33 (0)6 18 23 69 05
- 🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

### ULM HELICOPTER - ANTIPODES - MOUNTAIN AGENCY

From age 8 years

Helicopter Ranabot CH77: take your place as co-pilot in the best aircraft in its class, very stable, comfortable with a large bubble that gives you an unobstructed view! Several flight options.

- 🕒 From 01/01 to 31/12, daily. By reservation. Subject to favorable weather.
- 🕒 Prestige flight: 30 mins : €210, tour des glaciers 1h : €420, flight around Mt Blanc 2h : €840. NB: time starts at start-up and ends at engine shut-down.
- ☎ +33 (0)6 18 23 69 05
- 🌐 [www.antipodeszeb.com](http://www.antipodeszeb.com)

### FLIGHTS ULM - HAUTE MAURIENNE AERO CLUB

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

- 🕒 From 01/01 to 31/12, daily. By reservation only, subject to availability. Subject to favorable weather.
- 🕒 Contact the service provider directly.
- ☎ +33 (0)6 08 37 39 35 / +33 (0)6 01 91 12 20

### ULM TANDEM FLIGHT - MAURIENNE ULM

From age 6 years

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

- 🕒 From 01/01 to 31/12, daily between 8 am and 6 pm. Subject to favorable weather. Postponed in case of bad weather.
- 🕒 Rates per person : 40 €/8 mn, 80 €/15 mn, 145 €/30 mn.
- ☎ +33 (0)6 08 37 39 35 / +33 (0)6 85 81 21 77 / +33 (0)6 73 14 76 63

# Indoor



Alban Berner



**Haute  
Maurienne  
Vanoise**

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

# Aquatic activities

## AUSSOIS

### Ô'SOI - AQUAGYM GROUP LESSONS - SWIMMING POOL AND WELLNESS CENTER Ô'SOI

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 13/12/2025 to 10/04/2026 on Tuesday and Friday between 10 am and 11 am.
- 💶 Adult: 12 €. Duration: 45mn
- ☎ +33 (0)4 79 20 42 24
- 🌐 <https://piscine-bienetre-loisirs-aussois.ski/>

### 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 13/12/2025 to 10/04/2026 daily between 2 pm and 7 pm.
- 💶 Adult: 6 € Child: 4.50 € Family pass: 20 €. Free entry for children under 5. Weekly pass for adults: €27, children: €20. 10 admissions adults: 54 €, 40.50 € : children +1.50€ support, valid for 2 years.
- ☎ +33 (0)4 79 20 42 24
- 🌐 <https://piscine-bienetre-loisirs-aussois.ski/>

## VAL CENIS Lanslevillard

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

From age 16 years

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

- 🕒 From 05/01 to 18/04/2025, every Tuesday and Thursday between 7.15 pm and 8 pm. Reservations recommended during the establishment's public opening hours.
- 💶 Adult: 15 € (per person) Multi-session tickets: 62.50 € (5 sessions). To enjoy the pool outside the session, entrance fee is extra. Duration: 45mn
- ☎ +33 (0)4 79 05 89 32
- 🌐 <https://valcenis piscine patinoire.wordpress.com/>

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

From age 16 years

Physical activity at the pace and desire of all ages.

- 🕒 From 05/01 to 18/04/2025, every Wednesday and Friday between 2 pm and 2.45 pm.
- 💶 Adult: 15 € (per person) Multi-session tickets: 62.50 € (5 sessions). To take advantage of the swimming pool outside the session, entry at an additional cost. Duration: 45mn
- ☎ +33 (0)4 79 05 89 32
- 🌐 <https://valcenis piscine patinoire.wordpress.com/>

### MUNICIPAL SWIMMING POOL OF THE GLIÈRES LEISURE PARK

An aquatic area heated to 28°C with a 25 m sports pool (1 lane reserved for swimmers), a leisure pool and a whirlpool.

- 🕒 From 22/12 to 18/04 between 3 pm and 6.45 pm. Closed on Saturday. Last entry at 6.15pm.
- 💶 Free entry for children < 3 years. Adults: €6. Children: €4.30. Adult season ticket: €27.50 (5 tickets). Child pass: €17.50 (5 tickets).
- ☎ +33 (0)4 79 05 89 32
- 🌐 <https://valcenis piscine patinoire.wordpress.com/>

# Artificial climbing walls

## AUSSOIS

### ARTIFICIAL INDOOR CLIMBING STRUCTURE

From age 5 years

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

- 🕒 From 01/01 to 31/12. Depending on Tourist Office opening times.
- 💶 Free access. Deposit of 50€ (cheque or cash).
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.aussois.com](http://www.aussois.com)

# Bowling

## VAL CENIS Lanslevillard

### BOWLING 1480

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 11/12 to 15/04. Booking is recommended.
- ☎ +33 (0)4 79 05 21 87
- 🌐 [www.bowling-le-1480.fr](http://www.bowling-le-1480.fr)

# Escape games

## VALFRÉJUS

### ESCAPE GAME VALFRÉJUS

From age 11 years

Discover the brand-new Escape Game in Valfréjus! Dive into a thrilling game where you have to defuse a bomb to save the resort. Reflexion and cooperation are your allies in this captivating adventure.

- 🕒 From 05/07 to 31/08/2025 daily.
- 💶 One price: 18 to 22 € (Depending on the number of people). Avantage Pass Activités: -10% discount.
- ☎ +33 (0)4 79 05 33 76

### ESCAPE GAME L'APÉRO VALFRÉJUS

Reserve and receive a mysterious cooler directly at your accommodation! Solve captivating riddles to unlock your aperitif and enjoy a friendly, fun and gourmet experience wherever you want, with friends or family.

- 🕒 From 21/12/2024 to 31/12/2025 daily between 10 am and 6 pm.
- 💶 One price: 22 to 30 € (depending on the number of participants). Ideal for groups of 3 to 6 people. Avantage Pass Activités: -10.
- ☎ +33 (0)7 76 58 89 13

## AVRIEUX

### ESCAPE GAME - THE DOOR OF SECRETS

From age 8 years

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

- 🕒 From 02/01 to 30/04, every Monday, Tuesday, Thursday and Friday between 9 am and 5 pm. Closed exceptionally on Easter Monday. By reservation only and subject to availability.
- 💶 Adult: from 15 € (per person, depending on the number of participants.) Child (8-12 years): from 10 €. Free entry for children < 8 years. Group rate available for > 10 people. Prices vary according to the number of players (from 2 to 6).
- ☎ +33 (0)6 78 22 48 38
- 🌐 [www.redoutemarietherese.fr/](http://www.redoutemarietherese.fr/)

## AUSSOIS

### 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 13/12/2025 to 10/04/2026 on Wednesday and Sunday between 3 pm and 6 pm. On Monday, Tuesday, Thursday and Friday between 3 pm and 7 pm.
- 💰 From 09/06 to 12/09/2025 One price: 28 €. From 13/12/2025 to 10/04/2026. Beyond 4 people, a new fixed price of 28 € is invoiced. Child from 6 to 10 years old accompanied by a parent.
- ☎️ +33 (0)4 79 20 49 57

## VAL CENIS Lanslebourg-Mont-Cenis

### ESCAPE GAMES UNITED VAL CENIS : LES SALLES

From age 7 years

1 hour, 1 world, 1 team, experience the thrill! Enter cinematic locations and try to solve a series of enigmas and manipulations to ensure a happy ending.

- 🕒 From 01/01 to 31/12. Reservation on line or by telephone.
- 💰 2024 prices: 6 players: €23 per person, 5 players: €25 per person, 4 players: €28 per person, 3 players: €33 per person, 2 players: €40 per person, Deposit: ID required.
- ☎️ +33 (0)4 79 64 23 69
- 🌐 [www.escapegamesunited.com/station/val-cenis/](http://www.escapegamesunited.com/station/val-cenis/)

### ESCAPE GAMES UNITED VAL CENIS KID'S PARTY

From age 7 years

Escape Games Kid's Party: when the game and the snack come straight to your home! The stand-alone home escape game that delivers a complete birthday party while having fun.

- 🕒 From 01/01 to 31/12 between 9 am and 10 pm. Reservation on line or by telephone.
- 💰 2024 prices: 6 players: €20 per person, 5 players: €22 per person, 4 players: €25 per person, 3 players: €30 per person, Deposit: you will be asked to show proof of identity.
- ☎️ +33 (0)4 79 64 23 69
- 🌐 [www.escapegamesunited.com/station/val-cenis/](http://www.escapegamesunited.com/station/val-cenis/)

### ESCAPE MOBILE VAL CENIS: ESCAPE APÉRO

From age 18 years

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

- 🕒 From 01/01 to 31/12 between 9 am and 10 pm. Reservations only online or by phone.
- 💰 6 players: €23 per person, 5 players: €25 per person, 4 players: €28 per person, 3 players: €33 per person, 2 players: €40 per person, Deposit: ID required.
- ☎️ +33 (0)4 79 64 23 69
- 🌐 [www.escapegamesunited.com/station/val-cenis/](http://www.escapegamesunited.com/station/val-cenis/)

## Handicraft workshops

## MODANE

### INDIVIDUAL PHOTO TRAINING - STUDIO VIART PHOTOGRAPHER

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

- 🕒 From 01/01 to 31/12. Closed Monday and Sunday. On request.
- 💰 Other fares (family, children, duo) upon request. Duration: 2hrs
- ☎️ +33 (0)4 79 05 07 62
- 🌐 <https://studiovart.com/>

## VAL CENIS Bramans

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

From age 10 years

Come and design and make your own raclette spatula and impress the gallery at your next Raclette Party! Activity for families (teens and adults).

- 🕒 From 07/07 to 23/08/2025, every Thursday between 5 pm and 7 pm except on August 15th.
- 💰 Family pass: 18 € (family of 4) Full price: 5 to 7 €.
- ⌚ Duration: 45mn
- ☎️ +33 (0)9 79 10 64 17 / +33 (0)6 41 67 97 00
- 🌐 [www.leboissamuse.fr](http://www.leboissamuse.fr)

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

From age 7 years

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

- 🕒 From 01/01 to 31/12 except on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th. Closed on Sunday.
- 💰 Prices according to workshops and services.
- ☎️ +33 (0)9 79 10 64 17 / +33 (0)6 41 67 97 00
- 🌐 [www.leboissamuse.fr](http://www.leboissamuse.fr)

## VAL CENIS Sollières-Sardières

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

From age 7 years

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

- 🕒 From 10/06 to 19/09/2025 on Thursday between 2 pm and 4.30 pm.
- 💰 Adult: 9.50 € Child (7-16 years): 7.50 €. Advantage Pass Activités: -1.5€ (€1.5).
- ⌚ Duration: 2.30
- ☎️ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51
- 🌐 [www.archeologie-sollieres-sardieres.com/](http://www.archeologie-sollieres-sardieres.com/)

### CREATIVE ARTS WORKSHOP - ARTSBRICO

From age 5 years

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

- 🕒 All year round, daily. On request.
- 💰 Consult us, price on estimate: by the hour or fixed price, group or individual.
- ☎️ +33 (0)6 64 79 00 00
- 🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

### ARTISTIC EXPRESSION WORKSHOP - ARTSBRICO

From age 5 years

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

- 🕒 All year round, daily. On demand.
- 💰 Consult us, price on estimate: by the hour or fixed price, group or individual.
- ☎️ +33 (0)6 64 79 00 00
- 🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

### CLAY INITIATION WORKSHOP - ARTSBRICO

From age 5 years

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

- 🕒 Open every day except weekends.
- 💰 Consult us, price on estimate: by the hour or fixed price, group or individual.
- ☎️ +33 (0)6 64 79 00 00
- 🌐 [www.artsbrico.com/](http://www.artsbrico.com/)

## WOOD CUTTING WORKSHOP - ARTSBRICO

From age 5 years

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

🕒 Open every day except weekends.

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

☎ +33 (0)6 64 79 00 00

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

## WOOD PAINTING WORKSHOP - ARTSBRICO

From age 5 years

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

🕒 Open every day except weekends.

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

☎ +33 (0)6 64 79 00 00

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

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

From age 7 years

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

🕒 From 10/06 to 19/09/2025, every Tuesday between 2 pm and 4.30 pm.

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

Duration: 2hrs

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

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

## RANDO-ARTS FROM NATURE - ARTSBRICO

From age 10 years

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

🕒 From 01/01 to 31/12. Open every day except weekends. On demand.

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

Duration: 3hrs

☎ +33 (0)6 64 79 00 00

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

# Play area

**VAL CENIS**  
Sollières-Sardières

## LA TÊTE À L'ENVERS - PLAYGROUND

From age 18 months

Spanning more than 600 m<sup>2</sup>, the Tête à l'Envers games complex invites you to have a good time. You will find play structures, trampolines, a mini-karting circuit and a restaurant.

🕒 From 21/12/2024 to 21/04/2025 on Tuesday, Wednesday, Thursday, Friday and Saturday between 10 am and 10.30 pm. On Sunday between 10 am and 7 pm. Closed on Monday.

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

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

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

# Children



©THMY - Bilibid



**Haute  
Maurienne  
Vanoise**

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

# Children's clubs and nurseries

## LA NORMA

### KIDS CLUB 3-12 YEARS OLD

Minimum age: 3 years - maximum age: 6 years

Your child will be looked after by a team of professional activity leaders.

- 🕒 From 20/12 to 10/04 between 8.30 am and 5 pm. Open every day except weekends. On reservation.
- ☎ +33 (0)4 79 20 40 71

### THE LUTINS CRECHE 3 MONTHS-5 YEARS

Minimum age: 3 months - maximum age: 6 months

Les Lutins" daycare welcomes children aged 3 months to 5 years. Leave your children with us before and/or after their PiouPiou or Ourson lesson, and we'll take care of the link between the ski lesson and the day-care center!

- 🕒 From 22/12 to 10/04 between 9 am and 5 pm. Open every day except weekends. On reservation.
- ☎ +33 (0)4 79 20 40 71

## VAL CENIS Lanslebourg-Mont-Cenis

### VAL CENIS CHILDCARE CENTRE

Minimum age: 3 months - maximum age: 12 months

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

- 🕒 From 14/12/2025 to 17/04/2026 between 9 am and 5.15 pm.

€ All our prices on our website.

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

🌐 [www.esf-valcenis.com/infos-pratiques/maison-enfants/](http://www.esf-valcenis.com/infos-pratiques/maison-enfants/)

## BONNEVAL SUR ARC

### MULTI-ACCUEIL LES P'TITS CHABOTTES 3 MONTHS TO 5 YEARS

Minimum age: 3 months - maximum age: 5 months

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

- 🕒 From 21/12/2024 to 28/04/2025, every Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 9 am and 5 pm. Closed exceptionally on January 1st and December 25th. From 21/12/2025 to 28/04/2026, every Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 9 am and 5 pm. Closed exceptionally on January 1st and December 25th.

€ For more information and prices, please visit our website.

☎ +33 (0)6 22 93 04 67

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

# Kindergartens - Learning to ski

## VALFRÉJUS

### CLUB PLOU-PIOU - FRENCH SKI SCHOOL ESF VALFRÉJUS

Minimum age: 3 years - maximum age: 5 years

The Kinder garden welcome children from 3 to 5 years old. Closed structure with a snow line and a covered conveyor belt. Heated chalet of 48 m<sup>2</sup> with ski lockers. Supervised by professionals, children will alternate skiing and the pleasure of snow games.

- 🕒 From 21/12/2025 to 10/04/2026. Closed on Saturday.

€ Until 150 €. Pedestrian pass for accompanying persons (non-skiers) at 42 €. Compulsory children's pass 2 € which corresponds to the magnetic support. Duration: 1.45

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

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

## LA NORMA

### PIOU-PIOU CLUB - GROUP LESSONS FOR CHILDREN - FRENCH SKI SCHOOL ESF LA NORMA

Minimum age: 3 years - maximum age: 5 years

I'm learning to move around on skis! To discover the joys of snow in complete safety.

- 🕒 From 20/12/2025 to 10/04/2026 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 5 pm. Saturday, Sunday: open on reservation.

€ All our prices on our website.

Duration: 1.30

☎ +33 (0)4 79 20 33 10

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

## AUSSOIS

### KINDERGARTEN-SKI LEARNING - AUSSOIS FRENCH SKI SCHOOL

Minimum age: 3 years - maximum age: 5 years

Snow kindergarten with varied activities for fun learning in a secure area and with a view to introduce the children to the fun of the first thrills. Children welcome from 3 years old.

- 🕒 From 15/12 to 10/04 daily.

€ 6 lessons: €149, trial lesson (1st day): €38.

Duration: 2hrs

☎ +33 (0)4 79 20 37 13

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

### SNOW SCHOOL: DISCOVERING SNOW FOR TODDLERS - AUSSOIS FRENCH SKI SCHOOL

Minimum age: 30 months - maximum age: 35 months

The Snow School is for children from 2 and a half to 3 years old. They will discover the joys of snow and mountains. On the programme: snowmen, sledging, snowball fights, igloo, first introduction to skiing...

- 🕒 From 15/12 to 10/04 daily.

€ 2.5 to 3 years: 5 lessons of 2 hours: €160, trial lesson (first day only): €38.

Duration: 2hrs

☎ +33 (0)4 79 20 37 13

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

## VAL CENIS Termignon

### CLUB PLOU PLOU - GROUP COURSES FOR CHILDREN - FRENCH SKI SCHOOL ESF VAL CENIS TERMIGNON

Minimum age: 3 years - maximum age: 4 years

The ESF Val Cenis Termignon instructors welcome your children in an enclosed, secure and fun space, with a much appreciated magic carpet! Their learning to slide will be punctuated by games for a smooth evolution.

- 🕒 From 21/12/2024 to 12/04/2025 between 9 am and 5 pm. Closed on Saturday. From 21/12/2025 to 12/04/2026 between 9 am and 5 pm. Closed on Saturday.

€ From 21/12/2024 to 03/01/2025 One price: 145 € (6-morning or 6-afternoon package.). From 04/01 to 07/02/2025 One price: 138 € (11 a.m. to 12:30 p.m. (pioupiou and ourson)). From 08/02 to 07/03/2025 One price: 162 € (6-morning or 6-afternoon package.). From 20/12/2025 to 10/04/2026 Child: from 138 € (Timetables vary according to the period). Duration: 1.30

☎ +33 (0)4 79 20 53 56

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

## VAL CENIS Lanslevillard

### CLUB PLOU-PIOU - GROUP LESSONS FOR CHILDREN - FRENCH SKI SCHOOL ESF VAL CENIS

Minimum age: 3 years - maximum age: 4 years

Discover the joy of gliding over snow! A secure, designated area for 3 and 4 year olds. Fun and educational equipment to initiate children to skiing at their own pace, while playing. 4 Piou Piou Clubs in Val Cenis.

- 🕒 From 14/12/2025 to 17/04/2026. Closed on Saturday.

€ Child: from 101 €.

Duration: 2.30

☎ +33 (0)4 79 05 92 43

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

## BONNEVAL SUR ARC

### LE CLUB PIOUS-PIOUS - GROUP SKI LESSONS FOR CHILDREN - FRENCH SKI SCHOOL ESF BONNEVAL SUR ARC

Minimum age: 3 years - maximum age: 5 years

Have fun learning to ski! Children are welcomed and looked after at Club Piou-Piou from Sunday to Friday. Our ESF instructors are trained to help them discover skiing on our fun trails.

- 📅 From 21/12/2025 to 24/04/2026. Closed on Saturday. Reservations required.
- 💰 Child: from 168 €. All our prices on our website. Duration: 2.15
- ☎ +33 (0)4 79 05 95 70
- 🌐 [www.esf-bonnevalsurarc.com](http://www.esf-bonnevalsurarc.com)

## Special activities for children

### AVRIEUX

#### THE FORTS FOR CHILDREN

Minimum age: 6 years - maximum age: 15 years

The goal is to learn the history of the forts while having fun: visit-game of the 7 families, treasure hunts in the underground, escape game: all about the history of the forts of Esseillon adapted to children who are involved in the visit.

- 📅 From 01/01 to 31/12, daily.
- 💰 Full price: 3 €. Group children: 2.50 € (per child). Free entry for children < 7 years, accompanying guides, the drivers. Group rate available for > 10 people.
- ☎ +33 (0)6 78 22 48 38
- 🌐 [www.redoutemarietherese.fr/](http://www.redoutemarietherese.fr/)

### AUSSOIS

#### AFTERNOON SPECIAL CHILD - SWIMMING POOL AND WELLNESS CENTER Ô'SOI



For children, several games to laugh and have fun. Playing into warm water, afternoon snack for kids. Everything our young ones need to spend a good afternoon.

- 📅 From 09/07 to 27/08/2025 on Wednesday between 2 pm and 5 pm. Departure times . Last entrance . From 24/12/2025 to 08/04/2026 on Wednesday.
- 💰 From 09/07 to 27/08/2025 Adult: 6 € Child (5-11 years): 4.50 € Family pass: 20 €. From 24/12/2025 to 08/04/2026. Free entry for children under 5.
- ☎ +33 (0)4 79 20 42 24
- 🌐 <https://piscine-bienetre-loisirs-aussois.ski/>

#### BABY SWIMMERS - SWIMMING POOL AND WELLNESS CENTER Ô'SOI



Minimum age: 3 months - maximum age: 3 months

Twice a week, the water, heated to 32°C soothes, relaxes and entertains children. Treat yourself and your little ones to a moment of complicity.

- 📅 From 21/06 to 04/07/2025 on Saturday between 10 am and 11.45 am. From 05/07 to 31/08/2025 on Wednesday and Saturday between 10 am and 11.45 am. From 13/12/2025 to 10/04/2026 on Wednesday and Saturday between 10 am and 11.45 am.
- 💰 From 21/06 to 04/07/2025 Adult: 10 €. From 05/07 to 31/08/2025 Adult: 10 €. From 13/12/2025 to 10/04/2026. Free entry for children under 5. Duration: 1.45
- ☎ +33 (0)4 79 20 42 24
- 🌐 <https://piscine-bienetre-loisirs-aussois.ski/>

#### CHILDREN'S READING

Minimum age: 3 years - maximum age: 8 years



Michèle, a volunteer with the "les amis d'Oé" association, library coordinator, offers your children the opportunity to listen to great stories and acquire the pleasure of reading.

- 📅 From 12/01 to 23/03/2026 on Monday between 5 pm and 6 pm.
- 💰 Free of charge.
- ☎ +33 (0)4 79 20 49 57

## VAL CENIS Sollières-Sardières

### ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE ! - ARCHAEOLOGY MUSEUM

Minimum age: 9 years - maximum age: 16 years

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

- 📅 From 10/06 to 19/09/2025, every Friday between 2 pm and 4.30 pm.
- 💰 One price: 9.50 €. Duration: 2.30
- ☎ +33 (0)4 79 20 59 33 / +33 (0)6 69 65 15 51
- 🌐 [www.archeologie-sollieres-sardieres.com/](http://www.archeologie-sollieres-sardieres.com/)

## VAL CENIS Termignon

### BÉBÉ BONHEUR (BABY HAPPINESS)

The first years of a child's life are crucial; a baby is born with needs

- 📅 From 01/01 to 31/12.
- 💰 Visit my website.
- ☎ +33 (0)6 61 50 37 32

## VAL CENIS Lanslebourg-Mont-Cenis

### EARLY-LEARNING WORKSHOP TO SUPPORT PARENTHOOD - CLAIRE BURDIN - PARENTHOOD SUPPORT

Minimum age: 0 year - maximum age: 6 year

Awareness workshop led by a childcare nurse. Adapted to the age and development of your child (0-6 years): awakening through play, free motor skills, sensory awakening, baby massage, artistic activity on a light table, books, emotions...

- 📅 From 01/01 to 31/12, daily. By appointment only.
- 💰 Please consult me. Duration: 1hrs
- ☎ +33 (0)6 63 02 57 71
- 🌐 [www.parentenfantautemaurlienne.fr](http://www.parentenfantautemaurlienne.fr)

### CLAIRE BURDIN - PARENTHOOD SUPPORT

Parenthood support, followed by children aged 0 to 11 by a professional childcare nurse in health and early childhood. Awareness workshop, in groups or individually.

- 📅 From 01/01 to 31/12/2025. By appointment only.
- 💰 Please consult me.
- ☎ +33 (0)6 63 02 57 71
- 🌐 [www.parentenfantautemaurlienne.fr](http://www.parentenfantautemaurlienne.fr)

# Wellness



A.Fornia



**Haute  
Maurienne  
Vanoise**

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

# Soins de Bien-être

## VILLARODIN-BOURGET

### ESTELLE'S CARE - SOPHROLOGY AND ENERGY HEALING - CABINET ESTELLE DEHAN

Treat yourself to a rejuvenating interlude. I'll accompany you on your journey to well-being. Book a harmonizing massage, a complete energy treatment or sophrology sessions to take care of your whole body.

🕒 From 01/01 to 31/12, daily. Upon request only.

💰 Resourcing massage (back, legs, feet): €50/45 min or €70/1h. Relaxing foot massage: €50/45 min or €70/1h. Relaxing back massage: €40/30 min. Leg and foot massage: €40/30 min. Energy treatment: €70/1h15-1h30. Sophrology: €55/1h.

☎ +33 (0)6 77 77 53 46

🌐 [www.chambres-dhotes-haute-maurienne.fr/un-temps-pour-soi/](http://www.chambres-dhotes-haute-maurienne.fr/un-temps-pour-soi/)

# Spas

## AUSSOIS

### RELAXATION AREA & SPA ALPINA LODGE

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

🕒 From 13/12 to 11/04 between 4 pm and 8 pm. By reservation only for outside customers outside school holidays.

💰 One price: 30 € (per person for an unlimited period).

☎ +33 (0)4 79 20 32 42

🌐 [www.alpina-lodge-vanoise.com/fr](http://www.alpina-lodge-vanoise.com/fr)

### Ô'SOI - SPA AREA

From age 16 years

Discover Ô'Soi, the family spa in Aussois. Opt for moments dedicated to well-being with a breathtaking view of the surrounding mountains. Reservations by phone.

🕒 From 13/12/2025 to 10/04/2026 daily between 2 pm and 7 pm.

💰 One price: 20 € 10 tickets: 180 €. The Spa area can be privatized on request for up to 12 people at a cost of €220.

☎ +33 (0)4 79 20 42 24

🌐 <https://piscine-bienetre-loisirs-aussois/ski/>

## VAL CENIS Sollières-Sardières

### Ô SPA NATURE

From age 6 years

A wellness interlude in your stay... A moment of relaxation in a private outdoor spa! Towel rental: €5 Bathrobe rental: €15

🕒 From 01/01 to 31/12 daily between 9 am and 11.59 pm. Booking compulsory.

💰 Adult: from 23 € (The price is calculated according to the number of people and the time of day. The price given is the minimum price.). Group rate available for 2 people or more. Supplements per person: Towel: €5 and/or bathrobe: €15 Spa Apéro : 12€ (drinks, Beaufort, Gressins and sausages).

☎ +33 (0)6 45 49 45 66

🌐 <https://evolution2.com/val-cenis>

## VAL CENIS Lanslebourg-Mont-Cenis

### 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 17/12 to 09/04 between 10 am and 8 pm.

💰 One price: 22 € (for 1h30, 18 € for hotel guests.).

☎ +33 (0)4 79 05 56 00

🌐 [www.hotel-saintcharles.com](http://www.hotel-saintcharles.com)

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

Original decoration, the green color associated with the wood creates a relaxing space. A huge corridor, "the path of happiness", opens to you until the spacious cabins. You will be seduced by the gentleness of the maneuvers and the expertise of our practitioners.

🕒 From 21/12/2024 to 13/04/2025 on Monday between 10 am and 12 pm and between 3 pm and 8 pm. On Tuesday and Thursday between 10 am and 12 pm and between 2 pm and 8 pm. On Wednesday and Friday between 2 pm and 8 pm. Open every day except weekends.

💰 Treatment rates from €60, not including access to the relaxation area, swimming pool and sauna.

☎ +33 (0)4 79 83 47 30

🌐 [www.odescimes.com/fr/spas/les-chalets-de-flambeau-1025](http://www.odescimes.com/fr/spas/les-chalets-de-flambeau-1025)

### VALFONTAINE WELLNESS AND FITNESS CENTER

From age 16 years

Valfontaine, a real mountain SPA, is made up of a weight room, a SPA with jacuzzi, hammam, sauna, rest room.

🕒 From 20/12 to 13/04. Closed on Monday. Closed exceptionally on Easter Monday. By reservation only Tuesday to Saturday, 10:00 am to 12:00 pm then 4:00 pm to 8:00 pm Sunday from 10:00 to 12:00 \*not open outside school vacations.

💰 Relaxation area: €16. Gym: €5. Gym 1h + relaxation 30 mn : 10 €. Treatments: see our website. Rates for outside customers: €13.50.

☎ +33 (0)7 61 61 24 92

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

## VAL CENIS Lanslevillard

### SPA LES BALCONS PLATINIUM \*\*\*\*\*

A moment of timeless relaxation! Facial and body treatments based on the expertise of the Thalgo brand. Then enjoy access to the wellness area with swimming pool, saunas, steam rooms, whirlpool baths...

🕒 From 20/12/2025 to 18/04/2026 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 10 am and 12 pm and between 2 pm and 8 pm. On Sunday between 2 pm and 8 pm. Closed on Saturday.

💰 Massages from 55 to 90 €, Scrubs 45 €, Treatments from €80 to €90, depending on duration. Experience packages (treatment + massage) and massage cards available. When you purchase your treatment, enjoy 2 hours' access to our wellness area with swimming pool, saunas, hammams and whirlpool baths at an additional cost of €20.

☎ +33 (0)4 79 59 52 16

🌐 [www.les-balcons.com/service/spa-du-platinium-val-cenis/](http://www.les-balcons.com/service/spa-du-platinium-val-cenis/)

# Well-being treatments

## FOURNEAUX

### L'ALCHIMIE PARFAITE

Organic cosmetics store and local aromatic plants in herbal teas. You will find the necessary ingredients to create your homemade cosmetics. You can also take part in cosmetics workshops: see our website.

🕒 From 01/01 to 31/12/2025 Opening hours on Tuesday, Wednesday, Thursday, Friday and Saturday between 9.30 am and 12 pm and between 3 pm and 7 pm. Closed Monday and Sunday.

💰 Visit our website for more information.

☎ +33 (0)9 79 10 24 92

🌐 [www.lalchimie-parfaite.fr](http://www.lalchimie-parfaite.fr)

## MODANE

### AMMA SITTING MASSAGE

From age 16 years

Amma type massage: intervention on your vacation spot, in business and at an event. The Amma is a dressy seated massage. Amma means "calm by touch".

🕒 From 01/01 to 31/12 Opening hours between 9 am and 12 pm and between 2 pm and 5 pm. Open every day except weekends. By reservation.

💰 Depending on the session, the number of people, and if it's in business or for an event.

☎ +33 (0)6 34 24 73 81

## MAGNETIC BEADING MACHINE: VÉRONICK CHARVOZ

Old or new muscle pain, don't wait any longer! Tournemains effective on the whole body with the ancestral technique of "rebouteux". Lumbago, sciatica, tendonitis, permanent contracture, joint blockage, stiff neck, back pain ...

🕒 From 01/01 to 31/12 between 8.30 am and 6 pm.

💰 Prices not available.

☎️ +33 (0)6 60 34 31 54

🌐 [www.rebouteuse-magnetiseuse.com](http://www.rebouteuse-magnetiseuse.com)

## INDIVIDUAL THERAPEUTIC CARE - THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

Thierry offers you individual care, in a spirit of listening, non-judgment and kindness. During your treatment, we'll work together as a team, taking all the time necessary to help you regain your overall health and natural well-being.

🕒 From 01/01 to 31/12, daily.

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

## VILLARODIN-BOURGET

### SOPHRO NATURE WALKS - SOPHROLOGY AND ENERGY HEALING - 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 01/01 to 31/12/2025, daily between 9 am and 7 pm.

💰 Adult: 15 € (1h30 / 2h outing Minimum 3 pers. / maximum 8 pers. Adults: 15 € / Children (11 to 17 years): 10 €.). Duration: 2hrs

☎️ +33 (0)6 77 77 53 46

🌐 [www.chambres-dhotes-haute-maurienne.fr/balade-sophrologie-nature-hmv/](http://www.chambres-dhotes-haute-maurienne.fr/balade-sophrologie-nature-hmv/)

### SOPHROLOGY AND ENERGY HEALING - CABINET ESTELLE DEHAN

Sophrology is a training of the body and the spirit which makes it possible to develop serenity and well-being.

🕒 From 01/01 to 31/12. Upon request only.

☎️ +33 (0)6 77 77 53 46

🌐 [www.chambres-dhotes-haute-maurienne.fr/massages-detente-chambres-dhotes/](http://www.chambres-dhotes-haute-maurienne.fr/massages-detente-chambres-dhotes/)

## AVRIEUX

### HÉMISPÈRE - HYPNOSIS AND ENERGY TREATMENTS

Wellness salon offering massages\*, energy treatments, hypnotherapy and sales of skincare products.

🕒 From 01/01 to 31/12. Closed on Sunday. By appointment.

💰 Massages from 25 to 50 minutes from €45.

☎️ +33 (0)6 79 30 69 48

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

## LA NORMA

### AUX P'TITS SOINS BEAUTY SALON

Between gentleness and depth, I invite you to reconnect with yourself. Each massage is an invitation to slow down, relax and breathe... Whether energetic, enveloping, targeted or ritualized, it is always offered with kindness and attentiveness.

🕒 From 08/07 to 31/08/2025, every Tuesday and Thursday between 9 am and 6 pm.

💰 Facial treatments and massages : 30 min : 45€ 60 min: 65€ 90 min: 95€ Body massages : 30 min : 45€ 60 min: 70€ 90 min: 100€.

☎️ +33 (0)6 72 07 62 65

### HAKENA RETRAITES- GESSY & YANNICK - COLLECTIVE SHAMANIC HEALING

From age 10 years

We offer group shamanic healing in the form of meditations, shamanic chanting, cocoa ceremonies and sweat lodges. Ideal for people who want to reconnect with nature, manage emotions, soothe body and mind.

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

💰 Please consult us.

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

🌐 [www.hakena-retraites.com/](http://www.hakena-retraites.com/)

## AUSSOIS

### FLEURS DES SHAN

Fleurs des Shan aims to preserve, promote and pass on plant-related knowledge. Shan is the sinogram meaning mountain, a place where extraordinary flora grows.

🕒 From 01/01 to 31/12.

💰 Prices not available.

☎️ +33 (0)6 51 37 67 71

### NOÉMIE MASSAGES

Discover Noémie Massages in Aussois, your haven of well-being. Treat yourself to a relaxing break with tailor-made treatments in the heart of a tranquil oasis or at your vacation destination. The ideal getaway for your body and mind.

🕒 From 01/01 to 31/12. Reservations required.

💰 One price: from 49 €. See rates on my website.

☎️ +33 (0)6 79 88 29 19

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

### RELAX EVENING

From age 16 years

Enjoy the subdued atmosphere in 30-degree water at the Ô'Soi swimming pool. On the evening programme: free access to the wellbeing area, herbal tea in the loggia... Reserved for those aged 16 and over.

🕒 From 10/07 to 28/08/2025 on Thursday between 7.30 pm and 9 pm. From 25/12/2025 to 09/04/2026 on Thursday between 7.30 pm and 9 pm.

💰 From 10/07 to 28/08/2025 Adult: 15 €. From 25/12/2025 to 09/04/2026 Adult: 18 €.

☎️ +33 (0)4 79 20 42 24

🌐 <https://piscine-bienetre-loisirs-aussois.ski/>

## VAL CENIS Lanslebourg-Mont-Cenis

### AUORE & SENS - WELL-BEING MASSAGES & EMOTIONAL SUPPORT

Aurore welcomes you to experience a moment of relaxation of your own, for you, with you, because a massage is much more than a massage... Because giving yourself time for yourself is much more than a gift...

🕒 From 01/09 to 30/11/2025 daily. From 20/12/2025 to 20/04/2026 on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday between 9 am and 9 pm. By appointment.

💰 Prices available on our website.

☎️ +33 (0)6 49 52 25 52

🌐 [www.aurore-et-sens.fr/](http://www.aurore-et-sens.fr/)

### BEAUTÉ ROSE - HOME BEAUTICIAN

Clémentine, a state-qualified beautician with a passion for beauty, offers beauty services at her home (Lanslebourg) or directly in your home. Wide range of treatments: waxing, facials, manicure, pedicure and make-up.

🕒 All year round on Tuesday, Wednesday and Friday between 9 am and 7 pm. On Saturday between 10 am and 2 pm. On Thursday between 10 am and 8 pm.

☎️ +33 (0)6 33 75 56 93

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

### BEAUTY INSTITUTE CHEZ LAURENCE

In a soothing and warm setting, Laurence offers you different types of treatments.

🕒 From 01/05 to 29/06 Opening hours on Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. From 30/06 to 31/08 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. Closed on Sunday. From 01/09 to 14/12 Opening hours on Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. From 17/12 to 30/04 Opening hours on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday between 9 am and 12 pm and between 2 pm and 7 pm. Closed on Sunday.

💰 Consult us.

☎️ +33 (0)4 79 05 80 38

🌐 [www.laurence-esthetique-val-cenis.com/](http://www.laurence-esthetique-val-cenis.com/)

### PHILIPPE ROGER MAGNETISEUR-HYPNOTHERAPEUT

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

🕒 From 01/01 to 31/12.

💰 Please consult me.

☎️ +33 (0)6 85 75 24 26

## VAL CENIS

Lanslevillard

### KINESIOLOGIST - ENERGY THERAPIST

Kinesiology is a psycho-physical therapeutic method that identifies and removes blockages and imbalances. Its objective is to allow the consultant to better use his resources and to reveal his full potential.

- 🕒 From 01/09 to 30/06 Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 7 pm. On Sunday between 2 pm and 7 pm. Closed on Saturday.
- 💶 One price: 70 €. Visit the website.
- ☎ +33 (0)6 85 68 92 26
- 🌐 [www.kinesiologie-valcenis.fr/](http://www.kinesiologie-valcenis.fr/)

### MASSAGES - WELL-BEING - KINESIOLOGIST - ENERGY THERAPIST

From age 10 years

Relaxing and revitalizing moment. Harmonizing Body and Spirit through the massage of energy meridians and key points. Objective: Peace and Serenity

- 🕒 From 01/09 to 30/06, daily.
- 💶 One price: 70 € (For 1 hour).
- ☎ +33 (0)6 85 68 92 26
- 🌐 [www.kinesiologie-valcenis.fr/](http://www.kinesiologie-valcenis.fr/)

### PAT MILESI COACHING

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

- 🕒 From 01/01 to 31/12. On demand.
- 💶 Please consult me.
- ☎ +33 (0)6 87 20 15 71
- 🌐 [www.chanter-ecrire-performer.com/](http://www.chanter-ecrire-performer.com/)

### OSTEOPATHY SESSIONS - CHRISTINE BELLISSAND - OSTEOPATH MRP POYET

MRP Poyet method osteopathy sessions and manual energy therapy.

- 🕒 From 21/12 to 21/04, every Friday between 9 am and 1 pm except on January 1st, Easter Monday and December 25th. Only by appointment.
- 💶 One price: 65 €. Duration: 1hrs
- ☎ +33 (0)4 79 05 89 32 / +33 (0)6 61 87 41 30

## BONNEVAL SUR ARC

### AYURV'AIDEZ-VOUS

From age 6 years

Ayurv'Aidez-Vous is a cosy, individual treatment room in the heart of the old village: Ayurvedic treatment and massage consultations, signature holistic massage and energy treatments.

- 🕒 From 01/09 to 14/12/2025, every Monday, Tuesday, Thursday and Friday between 9 am and 6 pm. In low season, direct reservations by telephone only. From 15/12/2025 to 30/04/2026, every Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 6 pm. By appointment, online booking schedule open. Variable hours during school vacations.
- 💶 One price: 45 € (Care 30minutes 45€ à 1h treatment €70 to €80 1h30 treatment €125).
- ☎ +33 (0)6 50 90 84 95
- 🌐 [www.ayurvaidez-vous.fr/](http://www.ayurvaidez-vous.fr/)

## Yoga/Qi Gong

## MODANE

### THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

From age 5 years

Thierry Bardagi will introduce you to different types of Yoga (laughing, walking, ...) but also Qi Gong, improvised singing and dancing, and well-being treatments (NERTI, Yogatherapy, Access Bars, Sophrology, Cardiac Coherence).

- 🕒 From 01/01 to 31/12. On reservation.
- 💶 Depending on the activities. Please consult me.
- ☎ +33 (0)6 51 00 19 08 / +33 (0)6 85 06 51 43 / +33 (0)4 79 05 86 68

## AUSSOIS

### 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.

- 🕒 From 01/01 to 31/12 between 9 am and 8 pm. Closed on Sunday. Closes at 12pm on Saturdays.
- 💶 13 € group session per person. 10-class card: €130, 20-class card: €220.
- ☎ +33 (0)6 80 98 15 26

### WELLNESS AND THERAPEUTIC WALKING - THIERRY BARDAGI - MOUNTAIN GUIDE

In the natural archaeological park of Les Lozes in Aussois, Thierry, a yogist and mountain leader, is offering an outing with unsuspected soothing powers...

- 🕒 From 01/01 to 31/12, every Friday between 9 am and 12.30 pm.
- 💶 One price: 20 €. Duration: 3.30
- ☎ +33 (0)6 85 06 51 43

## VAL CENIS

Sollières-Sardières

### NORDIC YOGA - THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

From age 7 years

It's the meeting of two jewels of healthy sport. Nordic walking and yoga. Nordic Yoga is practised outdoors, in parks, forests and stadiums, using Nordic walking poles.

- 🕒 From 01/01 to 31/12 on Wednesday between 1.30 pm and 4.30 pm. In winter, the activity takes place on the Bessans plateau.
- 💶 Individual session: 50€ per person Couple session: €60 Family - Friends - Colleagues (between 3 and 4 people): 70€ per person Session between 4 and 12 people 25€/pers Nordic walking poles provided. Duration: 3hrs
- ☎ +33 (0)6 51 00 19 08 / +33 (0)4 79 05 86 68 / +33 (0)6 85 06 51 43

## VAL CENIS

Lanslebourg-Mont-Cenis

### MULTI-ACTIVITY WORKSHOP ON WELL-BEING AND BALANCE FOR SENIORS - THIERRY BARDAGI - YOGA TEACHER AND THERAPIST

Complete fitness session open to all. Yoga, Qi Gong, bio-dynamic relaxation, cardiac coherence. Whether you are a holidaymaker or a local, join us!

- 🕒 From 01/01 to 31/12, every Monday between 10 am and 12 pm.
- 💶 Price: €15 per session and per person. Duration: 2hrs
- ☎ +33 (0)4 79 05 86 68 / +33 (0)6 85 06 51 43 / +33 (0)6 51 00 19 08

### HATHA YOGA LESSON WITH DÉDÉE - ANDRÉE ANSELMET - YOGA & QI-GONG

Hatha Yoga is more than a simple gymnastic, it is a precious weapon against aging. The method taught is that developed by Eva Ruchpaul, the first woman to structure a yoga pedagogy. Bring a large towel.

- 🕒 From 01/02 to 30/06, every Wednesday between 10.30 am and 11.30 am. From 01/10 to 20/12, every Wednesday between 10.30 am and 11.30 am.
- ☎ +33 (0)4 79 05 94 32 / +33 (0)6 72 43 85 28

### QI GONG LESSON - ANDRÉE ANSELMET - YOGA & QI-GONG

A gentle response to some of the ills of our civilization: nervous fatigue, overwork, slowing down of internal functions. It is a precious weapon against aging.

- 🕒 From 01/02 to 30/06, every Wednesday between 9.30 am and 10.30 am. From 01/10 to 20/12, every Wednesday between 9.30 am and 10.30 am.
- ☎ +33 (0)4 79 05 94 32 / +33 (0)6 72 43 85 28

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## BESSANS

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### **NORDIC YOGA - THIERRY BARDAGI - YOGA TEACHER AND THERAPIST**

**From age 7 years**

It's the meeting of two jewels of healthy sport, Nordic walking and yoga. Nordic Yoga is practised outdoors, in parks, forests and stadiums, using Nordic walking poles.

- 🕒 From 15/12/2025 to 05/04/2026 on Wednesday between 1.30 pm and 4.30 pm.
- 💰 Individual session: 50€ per person Couple session: €60 Family - Friends - Colleagues (between 3 and 4 people): 70€, per person Session between 4 and 12 people 25€/pers Nordic walking poles provided.  
Duration: 3hrs
- 📞 +33 (0)6 51 00 19 08 / +33 (0)4 79 05 86 68 / +33 (0)6 85 06 51 43

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## BONNEVAL SUR ARC

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### **HATHA-YOGA NATURE - AYURV'AIDEZ-VOUS**

**From age 12 years**

Yoga session with Coralie (Ayurv'Aidez-Vous): take a break and learn traditional Indian yoga. Sun salutation, energetic opening, for a gentle muscular and energetic awakening. Reservations by phone: 06 50 90 84 95

- 🕒 From 01/01 to 31/12/2025, every Monday between 9 am and 10 am.
- 💰 One price: 15 € Multi-session tickets: 120 € (10-session pass) Fee: 95 € (Quarterly pass).  
Duration: 1hrs
- 📞 +33 (0)6 50 90 84 95
- 🌐 [www.ayurvaidez-vous.fr/](http://www.ayurvaidez-vous.fr/)

# Culture



OTHMV - DCuvèler



**Haute  
Maurienne  
Vanoise**

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

# Cinemas

## FOURNEAUX

### CINEMA L'EMBEILLIE

The Embellie cinema offers you a varied choice of films, national releases, art and essays, others ...

🕒 From 13/04 to 04/07/2025 on Wednesday, Friday and weekends. From 05/07 to 31/08/2025 on Wednesday, Friday and weekends. From 01/09 to 31/12/2025 on Wednesday, Friday and weekends. Closed exceptionally on December 25th.

💰 Full price: 8 € Reduced price: 4 € 5 tickets: 30 € 10 tickets: 38 to 60 €. Avantage Pass Activités: €6.8 instead of €8.

☎ +33 (0)7 48 10 10 41

🌐 [www.cchautemaurienne.com/cinemas](http://www.cchautemaurienne.com/cinemas)

## VAL CENIS Lanslebourg-Mont-Cenis

### CINEMA LA RAMASSE

180-seat screening room offering recent films.

🕒 From 13/04 to 04/07/2025 on Wednesday, Friday and Saturday. From 05/07 to 31/08/2025 on Monday, Tuesday, Wednesday and Sunday. From 01/09 to 31/12/2025 on Wednesday, Friday and Saturday.

💰 Child (2-13 years): 4 € Full price: 8 € Reduced price: 5 € (under 18, students, unemployed) 10 tickets: 38 to 60 € (Valid for 3 years in the 4 cinemas of Haute Maurienne Vanoise). Avantage Pass Activités: €6.8 instead of €8.

☎ +33 (0)4 79 05 92 65 / +33 (0)7 48 10 10 41

🌐 [www.cchautemaurienne.com/cinemas](http://www.cchautemaurienne.com/cinemas)

## VAL CENIS Lanslevillard

### CINEMA CHANTELOUVE

1 projection room with 166 seats equipped with 2D and 3D digital technology.

🕒 From 22/12 to 18/04 on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday. In the evening only, hours according to programming.

💰 Adult: 8 € Child (0-12 years): 4 € Reduced price: 7 € (65 years and over, students, high school and college students - on presentation of proof) 3D Supplement: 2 €. Ciné Cheques accepted (paper), entraide du cinéma card.

☎ +33 (0)4 79 05 92 01

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

# Exhibitions

## AUSSOIS

### PERMANENT EXHIBITION IN THE VILLAGE

The Arche d'Oé Museum is pleased to present an exhibition of 20 old photos permanently placed in the streets of Aussois. It is quite simply the identity of a mountain village that is highlighted.

🕒 All year round, daily.

💰 Free access.

☎ +33 (0)4 79 20 49 57

## VAL CENIS Bramans

### MINERAL EXPOSURE, ENDEMIC LICHENS

More than 50 minerals and 120 lichens from Haute Maurienne Vanoise. Exhibition on display at the Val Cenis Bramans Tourist Office.

🕒 From 21/12 to 16/03. Closed on Friday and weekends. During the opening hours of the Tourist Office.

💰 Free access.

☎ +33 (0)4 79 05 99 06

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

## VAL CENIS Sollières-Sardières

### EXHIBITION - FROM HARVESTING TO BREAD MAKING

The tools and handwritten documents on display retrace the entire history of this bread, which was the staple food of the time, from the cultivation of cereals to the production and communal baking in the communal oven which is brought back into service each summer.

🕒 From 10/06 to 06/07/2025 between 2 pm and 6 pm. Closed on Monday and weekends. From 07/07 to 31/08/2025 between 2 pm and 6 pm. Open every day except weekends. From 01/09 to 19/09/2025 between 2 pm and 6 pm. Closed on Monday and weekends.

💰 Free access.

☎ +33 (0)4 79 05 99 06

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

## VAL CENIS Termignon

### OPEN AIR PHOTO EXHIBITION - TERMIGNON THROUGHOUT THE SEASONS

Semi-permanent outdoor photographic exhibition full of poetry, art and joy by Anne-Bettina Brunet. Winter photos in summer. Summer photos in winter.

🕒 All year round, daily.

💰 Free access.

☎ +33 (0)4 79 05 99 06

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

### EXHIBITION - TERMIGNON AU FIL DES ROCHES

From marble canyons to quartzite cliffs, from schist basins to copper mines... Come and discover the geological wealth of the historic commune of Val-Cenis Termignon, the second largest in mainland France!

🕒 From 01/01 to 31/12, daily. Accessible during the opening hours of the Tourist Office.

💰 Free access.

☎ +33 (0)7 81 06 35 89

### EXHIBITION - ENTREZ EN VANOISE

"Enter Vanoise" is a colorful and lively permanent exhibition that 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 altitude lake.

🕒 From 17/06 to 08/09, daily. Accessible according to the dates and opening hours of the Tourist Office.

💰 Free access.

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

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

## VAL CENIS Lanslebourg-Mont-Cenis

### AUDIO-GUIDES - MONT CENIS

The Mont Cenis, emblematic place of the Maurienne and the Franco-Italian border ... before the dam. People who live or have lived there tell you its story through a virtual discovery (audioguide).

🕒 From 01/09 to 20/12 on Friday between 10 am and 12 pm. On Monday, Wednesday and Thursday between 4.30 pm and 7 pm. except on November 1st and November 11th.

💰 Free of charge. Identity document in deposit.

☎ +33 (0)4 79 05 53 16

### EXHIBITION - LANSLEBOURG OVER TIME

The Association for Heritage offers you a photo exhibition in an unexpected place: the Wash house! Discovering the metamorphosis of our village over time, between the bar-restaurant La Vanoise and the photographer "Tout Sourire".

🕒 From 16/06 to 14/09, daily between 9 am and 7.30 pm. From 14/12 to 20/04, daily between 9 am and 7 pm.

💰 Free access.

☎ +33 (0)4 79 05 99 06

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

## PHOTOS GALLERY CHRISTIAN SIMON

All the wonders of Haute Maurienne Vanoise through the shots of Christian SIMON, passionate photographer. Direct sales and 100% local creations.

🕒 From 13/04 to 20/04/2025 between 4 pm and 7 pm. Closed on Monday. From 15/09 to 12/12/2025, daily. Opening on request, contact by e-mail or mobile. From 14/12 to 21/12/2025 between 3.30 pm and 7 pm. Closed on Monday. From 22/12 to 28/12/2025 on Monday between 3 pm and 7 pm. On Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday between 10 am and 12 pm and between 3 pm and 7 pm.

€ Free access.

☎ +33 (0)9 79 56 27 58 / +33 (0)6 79 87 27 80 / +33 (0)6 84 36 77 33

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

## VAL CENIS Lanslevillard

### EXHIBITION - FIRE ARTISANS, LIME KILNS, PLASTER KILNS AND CHARCOAL BURNERS

What lies behind our localities known as "le Raffour" or "la Fournache"? What are these stone circles half-engulfed by the forest, these coal-blackened flats?

🕒 From 23/06 to 07/09 between 4 pm and 7 pm except on July 14th and August 15th. Open every day except weekends. From 22/12 to 19/04, every Monday and Friday between 10 am and 12 pm.

€ Free access.

☎ +33 (0)6 69 65 15 51

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

## Libraries

### SAINT-ANDRÉ

#### PUBLIC LIBRARY

The team of volunteers offers you a choice of 5000 documents. You'll find novels, comics, CDs and children's books. Access is free of charge. You can access the internet from a workstation or via Wifi.

🕒 From 01/01 to 31/12 Opening hours on Monday between 2 pm and 7 pm. On Wednesday and Friday between 10 am and 12 pm. On Thursday between 1 pm and 7 pm. Closed Tuesday and Sunday. Saturday: 1st of the month only, 10 a.m. to 12 a.m. In case of holidays Monday and Thursday from 4 p.m. to 7 p.m.

€ Free entry for children < 16 years. Adult: 3 €. Registration allows you to borrow 5 documents for a period of one month or one per person for 2 weeks. Wifi : 0.50€/30 mn - 1€/1h - 8€/10h.

☎ +33 (0)4 79 05 03 14

🌐 <https://standre.bibenligne.fr/>

### FOURNEAUX

#### PUBLIC LIBRARY

Books, CD

🕒 From 01/09 to 30/06, every Tuesday between 4.30 pm and 6.30 pm. Closed during school vacations. The office is open one Tuesday a month in July and August - please contact the town hall for dates.

€ Free of charge.

☎ +33 (0)4 79 05 07 46

#### BOOK BOX

Books, CD

🕒 From 01/01 to 31/12.

€ Free access.

☎ +33 (0)4 79 05 07 46

### MODANE

#### PUBLIC LIBRARY

Municipal library with internet access and possibility of printing via USB key or from a site.

🕒 Every day throughout the year Opening hours on Tuesday and Thursday between 1.30 pm and 6 pm. On Wednesday between 10 am and 11.30 am and between 1.30 pm and 6 pm. On Saturday between 9 am and 11.30 am. Closed Monday, Friday and Sunday.

€ Free entry. Internet access €0.50 for 30 minutes. Membership from €9 for adults and €6 for under-18s.

☎ +33 (0)4 79 05 12 93

🌐 <https://modane.bibenligne.fr/>

## BOOK BOX

Box or space where you can find books, to give or take, in good condition, conducive to exchange.

🕒 From 01/01 to 31/12.

€ Free access.

☎ +33 (0)4 79 05 04 01

## VALFRÉJUS

#### BOOK'S BOX

Have you read a book, do you want to share it, make it travel? Reading, relaxing break, loan, deposit .... You decide !

🕒 From 02/09 to 16/12. Closed Saturday and Sunday. From 24/12 to 12/04, daily.

€ Free of charge.

☎ +33 (0)4 79 05 99 06

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

## VILLARODIN-BOURGET

#### PUBLIC LIBRARY

Loan of all types of novels, including the latest bestsellers and magazines.

🕒 From 01/01 to 31/03, every Wednesday between 5 pm and 6 pm. 1 Wednesday out of 2 open: January 8, January 22, February 5, February 19, March 5, March 19.

€ Free access. For the inhabitants of Villarodin-Bourget and Avrieux and children of the educational group of Avrieux / Villarodin-Bourget (possibility for the exteriors, to see on the spot).

☎ +33 (0)4 79 05 25 15

## LA NORMA

#### BOOK BOX

You read a book you want to share it, do it travel? Give it and take another one, the exchange is free and anonymous. Reading is a gateway to an enchanted world.

🕒 From 17/12 to 14/04 between 9 am and 6 pm.

€ Free access.

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

## AUSSOIS

#### LIBRARY ALP'PAGES

Loan of books, novels, comics, mountain magazines and more. Reading in a fun mode, appealing to the reader's pleasure and sharing. Conditions of registration: declarative registration form to be completed.

🕒 From 05/06 to 06/07/2025, every Monday between 4.30 pm and 6.30 pm. Exceptional shift to Wednesday when Monday is public holiday. From 07/07 to 31/08/2025, every Monday, Wednesday and Friday between 4.30 pm and 6.30 pm. From 01/09 to 21/12/2025, every Monday between 4.30 pm and 6.30 pm. Exceptional shift to Wednesday when Monday is public holiday.

€ Free of charge.

☎ +33 (0)4 79 20 30 40

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

#### BOOKS SELF-SERVICE

You read a book you want to share it, do it travel? Give it and take another one, the exchange is free and anonymous. Reading is a gateway to an enchanted world.

🕒 From 01/01 to 31/12.

€ Free access.

☎ +33 (0)4 79 20 30 40

## VAL CENIS Bramans

### LOCAL LIBRARY IN VAL CENIS BRAMANS

A small village library with all the bells and whistles of a big one, run by a team of smiling, motivated volunteers. Meetings, exchanges, entertainment... Come and see for yourself, and become a library regular!

- 🕒 From 01/01 to 31/01, every Tuesday and Friday between 4.45 pm and 6.45 pm. Closed exceptionally on January 1st.
- € Free entry for children < 18 years. Registration fee of €2.50 for adults over 18, for one week (free loan for children, students and jobseekers). Free consultation. Loan conditions: 5 books/person + 1 CD + 2 magazines and a deposit cheque of 50 €/family. Thanks to their registration, users can benefit if they wish from a code allowing them to access the digital resources of the e-médi@s network of Savoie-biblio (online press, self-study, streaming films, digital books, music, video games and platforms dedicated to young people), for the duration of their stay. Annual resident rate: 5 €. Registration is also valid for the Termignon and Lanslebourg (EPM) libraries, under the same conditions.
- ☎ +33 (0)4 79 59 62 05
- 🌐 <https://biblio.mairie-valcenis.fr/>

## VAL CENIS Termignon

### LOCAL LIBRARY - LA BIBLI

A pleasant, friendly place to live, open to all, supervised by enthusiasts. Meetings, exchanges, events... Come and see for yourself, and become a library regular: you come by chance, you come back because you want to!

- 🕒 From 01/01 to 31/12 Opening hours on Monday and Friday between 4 pm and 7 pm. On Tuesday and Thursday between 9 am and 11 am. On Wednesday between 4.30 pm and 6.30 pm. Closed Saturday and Sunday. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th.
- € Contribution of 2.50 € on registration, for adults over 18, for one week (free loan for children, students and job seekers). Free consultation. Loan conditions: 5 books/person + 1 CD + 2 magazines and a deposit check of 50 €/family. Thanks to their registration, users can benefit if they wish from a code allowing them to access the digital resources of the e-médi@s network of Savoie-biblio (online press, self-study, streaming films, digital books, music, video games and platforms dedicated to young people), for the duration of their stay. Annual resident rate: 5 €. Any subscription to the Bibli is also valid on the branches of Bramans and Lanslebourg (EPM), under the same conditions. Free Wifi, accessible to all. A laptop is available for self-service consultation (paying). Offline 1 hour: 2 € If internet connection: 10 mins: 1.30 €, 30 mins: 2.50 €, 60 mins: 3.7 €. black and white prints: 0.30 €/page, color prints: 0.60 €/page.
- ☎ +33 (0)9 67 07 72 97
- 🌐 <https://biblio.mairie-valcenis.fr/>

## VAL CENIS Lanslebourg-Mont-Cenis

### ESPACE PUBLIC MULTIMÉDIA

Media library with over 4000 books (novels, literary prizes, comics, albums, magazines), over 900 DVDs, audio CDs and games. Temporary exhibition, paid computer connections available, paid printing. Free wifi and scanning.

- 🕒 From 01/09 to 22/12 on Friday between 10 am and 12 pm. On Monday, Wednesday and Thursday between 4.30 pm and 7 pm. Closed exceptionally on November 1st and November 11th. From 23/12 to 20/04 on Tuesday and Friday between 10 am and 12 pm and between 4.30 pm and 7.30 pm. On Saturday between 5 pm and 7 pm. On Monday, Wednesday and Thursday between 4.30 pm and 7.30 pm. Closed exceptionally on January 1st, Easter Monday and December 25th. From 4 p.m. during the Christmas and winter french school holidays.
- € Free entry for Job-seeker, the students. Library : - Inhabitants of Val Cenis : 5 € (books, magazine), 10 € (books + DVD), - Inhabitants of other towns : 10 € (books, magazine), 15 € (books + DVD), - Holidaymakers : Weekly subscription 2,50 € (books, magazine), 7,50 € (books + DVD). Free wifi access. Use of the computers is charged according to the connection time: 1,30 € (10 min), 2,50 € (30 min), 3,70 € (60 min). Printing : 0,30 € per page in black and white, 0,60 € per page in color.
- ☎ +33 (0)4 79 05 53 16
- 🌐 <https://biblio.mairie-valcenis.fr/>

## BESSANS

### LIBRARY THE DIABLERIE

Book lending, free consultation.

- 🕒 From 05/09 to 15/12, every Saturday between 10.30 am and 12 pm. From 16/12 to 30/03 Opening hours on Monday and Friday between 5 pm and 6.30 pm. On Wednesday between 11 am and 12 pm.
- € 3€ per week per family with a deposit of 30€. Decreasing price for several weeks. Annual subscription 12€. Free on-site consultation.
- ☎ +33 (0)4 79 05 96 05

## BONNEVAL SUR ARC

### LIBRARY

Indoor activity, going to the library can also be done during your stay.

- 🕒 From 01/01 to 31/12, every Monday between 5.30 pm and 6.30 pm.
- € Loan per book: 0.50 €.
- ☎ +33 (0)4 79 05 94 94
- 🌐 [www.mairie-de-bonnevalsurarc.fr/](http://www.mairie-de-bonnevalsurarc.fr/)

## Theme trails/Trail games

## MODANE

### TREASURE HUNT "COUP DE FEU À MODANE"

The Museobar invites you to investigate the streets of Modane in the 1930s. Download the free Baludik app, geolocate yourself and follow the instructions.

- 🕒 From 01/01 to 31/12.
- € Free of charge.
- ☎ +33 (0)4 79 59 64 23
- 🌐 [www.modane.org/museobar2/](http://www.modane.org/museobar2/)

### TREASURE HUNT "THE JEWELS OF THE EMPRESS" From age 6 years

Smartphone game: lots of fun little puzzles accompanied by simple historical anecdotes. Easy treasure hunt for accompanied children (from 6 years old) in the streets of Modane-Ville.

- 🕒 From 01/01 to 31/12.
- € Free of charge.
- ☎ +33 (0)4 79 59 64 23
- 🌐 [www.modane.org/museobar2/](http://www.modane.org/museobar2/)

## VALFRÉJUS

### TREASURE HUNT

You have all the holidays to walk the village of Valfréjus and find clues that will lead you to the famous treasure! To play, simply grab your game sheet at the Tourist Office.

- 🕒 From 01/01 to 31/12.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.valfrejus.com](http://www.valfrejus.com)

## AVRIEUX

### THE WATER WAY

A looping family trail to discover a hidden wealth of heritage: water and its uses

- 🕒 All year round. Subject to favorable weather.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

## LA NORMA

### WALKING ART TRAIL

From age 6 years

Have a look at the monumental sculptures that proudly welcome you to La Norma. Treat yourself to a delightful pick'n'mix of local heritage and discover the fusion of contemporary and baroque arts on Savoie marble.

- 🕒 All year round. Subject to favorable weather.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

## ERICA FOREST PATH

Discover the Erica forest trail! This fun and rejuvenating itinerary takes you on a journey of discovery through this forest of high environmental value bordering the village of La Norma.

- 🕒 All year round. Beware of the risk of ice in winter.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.la-norma.fr](http://www.la-norma.fr)

## AUSSOIS

### WALKING IN THE FOOTSTEPS OF THE MARABOUTS

From age 6 years

Embark on a journey to explore the steppe grasslands inhabited by the wild grass known as "marabout". An educational walk for people of any age who are curious about their surroundings. A nature trail that also pairs well with the Esseillon forts.

- 🕒 All year round. Subject to favorable weather.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

### TREASURE HUNT: A SPY AT ESSEILLON



Call for volunteers! The French General Staff recruits spies to unlock the secrets of the fortress and free the imprisoned lieutenant colonel. New family treasure hunt scenario at the forts of Esseillon.

- 🕒 From 01/01 to 31/12. Depending on the snow conditions; provide snowshoes to go down to the Fort. Fewer workshops in the winter season due to disassembled batteries.
- € 7 € game book sold at the Tourist Office, the Arche d'Oé museum and the Guinguette de l'Esseillon.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.aussois.com](http://www.aussois.com)

### THE BUILDER'S TRAIL ON FOOT

From age 6 years

You are builders of the Forts of Esseillon in 1815, on the gargantuan project launched by the King of Piedmont-Sardinia. Your mission: To guard against French invasion, you must build five forts in just 15 years!

- 🕒 All year round. Subject to favorable weather.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

### TREASURE HUNT IN THE VILLAGE: THE SECRETS OF VICTOIRE

From age 6 years



Family treasure hunt in the village, in autonomy. "Game kit" to pick up at the Arche d'Oé museum.

- 🕒 From 15/09 to 26/09/2025 on Tuesday and Thursday between 3 pm and 6 pm. From 19/10 to 07/11/2025 on Tuesday and Thursday between 3 pm and 6 pm. From 13/12/2025 to 10/04/2026 on Monday, Tuesday, Thursday and Friday between 3 pm and 7 pm. On Wednesday and Sunday between 3 pm and 6 pm. From 13/04 to 24/04/2026 on Tuesday and Thursday between 3 pm and 6 pm.
- € From 09/06 to 12/09/2025 One price: 4 €. Game Kit: 4 €. From 15/09 to 26/09/2025. From 19/10 to 07/11/2025. From 13/12/2025 to 10/04/2026. From 13/04 to 24/04/2026.
- ☎ +33 (0)4 79 20 49 57

### SENTIER PÉDESTRE DES SCULPTURES - LAND ART MONTAGNE

From age 6 years



What on earth is that weird rock jutting out of the pine trees like a finger pointing at the sky? Let's go and see! The path leading to this monolith is strewn with carvings, apparently dropped into the forest by some mischievous giant. Maybe you'll even come across him...

- 🕒 All year round. Subject to favorable weather.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

## VAL CENIS Bramans

### THE THEME TRAILS OF THE FRIENDS OF HERITAGE

The Friends of Heritage association invites you to discover the 2 hamlets of Val Cenis Bramans through 2 themes illustrated by explanatory panels: trades of yesteryear and religious buildings.

- 🕒 From 01/01 to 31/12. Depending on the season, some buildings are not open to the public, information at the Tourist Office.
- € Free access. Route map available free of charge at the Tourist Office for a visit at your own pace.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Termignon

### TREASURE HUNT

You have all the holidays to walk the village of Val Cenis-Termignon and find clues that will lead you to the famous treasure! To play, simply grab your game sheet at the Val Cenis-Termignon Tourist Office.

- 🕒 From 16/12 to 12/04. During Tourist Office opening hours.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.valcenis.com](http://www.valcenis.com)

### EXPLORE TERMIGNON ON FOOT: DISCOVERING THE VILLAGE

Walking trail through the village of Val Cenis-Termignon. Discover the history of the village and its various monuments through 21 explanatory panels set up along the route.

- 🕒 All year round.
- € Free access.
- ☎ +33 (0)4 79 20 51 67 / +33 (0)4 79 05 99 06

## 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.

- 🕒 From 23/06 to 07/09/2025 between 4 pm and 7 pm. Open every day except weekends. Closed exceptionally on July 14th and August 15th. From 20/12/2025 to 19/04/2026, every Monday and Friday between 10 am and 12 pm. Closed exceptionally on January 1st, Easter Monday and December 25th. Under your own responsibility and depending on snow conditions.
- € 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)4 79 05 99 06
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## BESSANS

### WALKING IN THE HEART OF THE VILLAGE OF BESSANS

Discover "Bessans Jadis et Aujourd'hui", a walk in the heart of the village that combines heritage and mountain lifestyle. An open-air theme trail, ideal with animals! Explore Bessans and its history, on foot.

- 🕒 From 01/01 to 31/12. Under your own responsibility and subject to snow conditions. Refer to Bessans Tourist Office opening dates and times.
- € Free access. 3 € the booklet, at the Tourist Office.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.bessans.com](http://www.bessans.com)

2200 av. J.-C.

# Heritage



**Haute  
Maurienne  
Vanoise**

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

## MODANE

### MUSÉOBAR - BORDER MUSEUM

The festive atmosphere of a mountain border town at the time of the attachment of Savoy to France and the drilling of the first railway tunnel, the sound of mechanical pianos.

- 🕒 From 23/12 to 20/04 Opening hours on Tuesday and Wednesday between 3 pm and 7 pm. On Thursday, Friday and Saturday between 10 am and 12 pm and between 3 pm and 7 pm. Closed Monday and Sunday. Closed exceptionally on January 1st, Easter Monday and December 25th.
- 💰 Adult: 4.50 € Reduced price: 2 € Child (7-17 years): 3 €. Free entry for children < 7 years. Group rate available for > 4 people. Group and family rates (from 4 people): 2 €.
- ☎ +33 (0)4 79 59 64 23
- 🌐 [www.modane.org/museobar2/](http://www.modane.org/museobar2/)

## AVRIEUX

### AVRIEUX, VILLAGE SOUL

Avrieux, authentic village of Haute Maurienne which can be discovered through its old streets, its Saint-Thomas Becket church, its Redoute Marie-Thérèse, essential element of the barrier of the forts of Esseillon.

- 🕒 From 01/01 to 31/12, daily.
- 💰 Free access.
- ☎ +33 (0)6 78 22 48 38
- 🌐 <https://avrieux.com/>

## AUSSOIS

### DISCOVERY OF THE BREWERY OÉ



The brewery of Oé proposes you a visit of its local of production. A great opportunity to discover the adventure in which these 3 friends from Aussois have embarked, their beers are labeled AB (Agriculture Biologique). Notice to the amateurs!

- 🕒 From 15/12/2024 to 12/04/2025, every Tuesday between 6 pm and 7 pm except on 28/01/2025 and 25/03/2025.
- 💰 Free of charge.
- ☎ +33 (0)9 86 62 13 48
- 🌐 [www.brasserieoe.com/](http://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 18/12 to 09/04, every Wednesday at 5 pm.
- 💰 Free of charge.
- ☎ +33 (0)6 62 17 68 22

### OLD OVEN

In the village, near the fountain, the old bakery oven was also called to serve the population, it was baking bread for all. Each brought his bread ready to cook ... It was an opportunity to get together and exchange ideas.

- 🕒 From 01/01 to 31/12, daily. Indoor access when events.
- 💰 Free access.
- ☎ +33 (0)4 79 05 99 06

### L'ARCHE D'OÉ, HERITAGE CENTRE



A traditional house, one of the oldest in the village, which used to house 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 15/09 to 26/09/2025 on Tuesday and Thursday between 3 pm and 6 pm. From 19/10 to 07/11/2025 on Tuesday and Thursday between 3 pm and 6 pm. From 13/12/2025 to 10/04/2026 on Monday, Tuesday, Thursday and Friday between 3 pm and 7 pm. On Wednesday and Sunday between 3 pm and 6 pm.
- 💰 From 15/06 to 12/09/2025 Adult: 4.50 € Child (6-12 years): 3.20 €. From 15/09 to 26/09/2025. From 19/10 to 07/11/2025. From 13/12/2025 to 10/04/2026. Free entry for children under 6.
- ☎ +33 (0)4 79 20 49 57

### SECRET DE CUISINE: MAKING BUTTER THE OLD-FASHIONED WAY

From age 6 years



Push the door of time at the Musée d'Oé and come and make butter the old-fashioned way. On this occasion, the friends of Oé are putting the churn back into service and you will simply taste your butter with a piece of bread.

- 🕒 Tuesday 24 June 2025 between 4.30 pm and 5.30 pm. Tuesday 8 July 2025 between 4.30 pm and 5.30 pm. Tuesday 22 July 2025 between 4.30 pm and 5.30 pm. Tuesday 5 August 2025 between 4.30 pm and 5.30 pm. Tuesday 19 August 2025 between 4.30 pm and 5.30 pm. Tuesday 2 September 2025 between 4.30 pm and 5.30 pm. From 16/12/2025 to 07/04/2026 on Tuesday between 4.30 pm and 5.30 pm.
- 💰 From 24/06 to 02/09/2025 Adult: 6 €, Child (6-12 years): 4.50 €. From 16/12/2025 to 07/04/2026. Free entry for children under 6.
- ☎ +33 (0)4 79 20 49 57

### GUIDED TOUR OF THE ARCHE D'OÉ



Dive into the history of Aussois as told by the volunteers of the association "Les Amis du Musée". Discover the evolution of the village over the centuries, why it is so endearing that you want to come back!

- 🕒 From 15/12/2025 to 06/04/2026 on Monday between 5 pm and 6.30 pm.
- 💰 Free entry for children under 6.
- ☎ +33 (0)4 79 20 49 57

## VAL CENIS Lanslebourg-Mont-Cenis

### SELF-GUIDED TOUR OF THE HAUTE MAURIENNE VANOISE DAIRY COOPERATIVE

Every day, all year round, at the Lanslebourg cheese dairy, we make the famous Beaufort PDO. Come and discover our know-how and share our values.

- 🕒 From 01/01 to 31/12 Opening hours daily between 9.30 am and 11.30 am and between 3 pm and 5.30 pm. Closed on Sunday. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th.
- 💰 Full price: 2 €. Free entry for children < 5 years. For school groups, please send a written request to [g.bantin@coophautemaurienne.fr](mailto:g.bantin@coophautemaurienne.fr).
- ☎ +33 (0)4 79 05 20 36
- 🌐 [www.coophautemaurienne.fr/visites/visite-cooperative/](http://www.coophautemaurienne.fr/visites/visite-cooperative/)

## BESSANS

### L'ERABLO

In the past, humans and animals had to share their living space just to cope with everyday life. The need to keep warm and to be able to look after their animals at the same time, meant that mountain people developed a specific style of habitat.

- 🕒 From 25/12/2024 to 23/04/2025, every Wednesday between 9 am and 10 am. From 01/07 to 08/09/2025, daily. Individual or group tours, guided or unguided. Contact the Bessans Tourist Office on 04 79 05 99 06 for all inquiries.
- 💰 Free entry for children < 12 years.
- ☎ +33 (0)4 79 05 96 05
- 🌐 [www.mairie-bessans.fr](http://www.mairie-bessans.fr)

### THE HAMLETS OF BESSANS

The Avérole, at 2050 m is the highest hamlet of Bessans, it has retained its traditional architecture of stone and slate. The Vincendières, typical hamlet, cradle of sculptors Clappier. The hamlet of Goulaz and its chapel Sainte-Anne.

- 🕒 From 01/01 to 31/12, daily. Regulated road access. Depending on snow conditions.
- 💰 Free access.
- ☎ +33 (0)4 79 05 96 05
- 🌐 [www.mairie-bessans.fr](http://www.mairie-bessans.fr)

## BONNEVAL SUR ARC

### BONNEVAL SUR ARC, TRUE ALPINE GEM

Located on the immediate outskirts of the Vanoise National Park and at the foot of the mythical pass of the Iseran, Bonneval sur Arc is a member of the association "The Most Beautiful Villages of France", the only one in Savoie.

- 🕒 All year round, daily.
- 💰 Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

## L'ECOT, HIGH ALTITUDE VILLAGE

The hamlet of Ecot, located 2000 m above sea level, classified site since 1971, represents a treasure of preserved mountain authenticity. With its old stones and slate roofs it is a cultural and architectural heritage completely preserved.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)4 79 05 94 94 / +33 (0)4 79 05 99 06

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

# Military heritage

## MODANE

### LEANING HOUSE

At the exit of Modane, towards Valfréjus, the leaning house is aptly named. Inside this blockhouse dynamited by the Germans in 1944, you defy the laws of balance!

🕒 All year round daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

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

## AVRIEUX

### MARIE-THÉRÈSE CASTLE

Discover a unique place on the fortified alpine heritage. On the programme: guided tours, treasure hunts for children, escape game, souvenir shop. Educational workshops for schools.

🕒 From 01/01 to 16/04, every Tuesday between 2 pm and 3.30 pm. Closed exceptionally on January 1st and Easter Monday.

€ Full price: 4 € Adult: 4 € Reduced price: 2 € Child: 2 € Student: 2 € Job seeker: 2 € Large family: 10 € Family pass: 10 € Disabled: 2 € Group adults: from 4 € Group children: 2.50 €. Free entry for children < 7 years. Group rate available for > 10 people. HMV Pass rate: €2 instead of €4.

☎ +33 (0)6 78 22 48 38

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

## AUSSOIS

### SARDINIAN CEMETERY

The military cemetery was intended to welcome the dead garrisons Esseillon. You can watch the particular two altars where the bodies of the dead were deposited when the frozen ground did not permit burial.

🕒 From 01/01 to 31/12, daily. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 20 30 40

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

### DISCOVER THE ESSEILLON FORTIFICATIONS - MAISON DE LA MONTAGNE

From age 6 years

Bénédicte invites you to discover the barrier of the Esseillon forts, and more particularly the Marie-Christine and Victor-Emmanuel forts, whose fascinating history she will tell you.

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

€ Contact us Group rates on request possibility of visits adapted to your program. From 1h30 to 3h. Duration: 3hrs

☎ +33 (0)6 81 46 57 48

🌐 <https://aussoislocation.com>

### FORT CHARLES ALBERT

Fort Charles Albert is one of the five Sardinian forts that make up the Esseillon barrier and bear the names of the sovereigns of the Savoy family.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)4 79 05 99 06

## FORT CHARLES FÉLIX

Beware, romance! The charm of the ruins and the beauty of the site are bound to inspire you.

🕒 All year round, daily.

€ Free access.

☎ +33 (0)4 79 20 30 40

## FORT MARIE-CHRISTINE

Formerly at the heart of the Savoy defensive system, this imposing fort welcomes tourists and foodies.

🕒 All year round, daily. Group tours on request.

€ Free access.

☎ +33 (0)4 79 05 99 06

## FORT VICTOR-EMMANUEL IN SAVOIE AT AUSSOIS

Discover Fort Victor-Emmanuel in Aussois, Savoie. A cultural visit, a hike, a symbol of history in Haute Maurienne Vanoise.

🕒 From 01/01 to 31/12 daily. Group tours on request.

€ Free access.

☎ +33 (0)4 79 05 99 06

## ESSEILLON FORTS

Four forts and a redoubt protecting Savoie: a treat for lovers of fortified heritage. Listed as Historic Monuments, the forts are named after the royal family of Piedmont-Sardinia.

🕒 All year round, daily. Group visits on request.

€ Free access.

☎ +33 (0)4 79 60 59 00

🌐 [www.fondation-facim.fr](http://www.fondation-facim.fr)

## VAL CENIS Termignon

### LA PLEUREUSE DE TERMIGNON

This WWI unique memorial, represents a lady in local dress crying for a relative dead at war. Luc Jaggi-Couvert, originally from Termignon, created this masterpiece.

🕒 All year round daily.

€ Free access.

☎ +33 (0)6 69 65 15 51

## VAL CENIS Lansiebourg-Mont-Cenis

### MEMORIAL OF FLAMBEAU THE POSTDOG

Flambeau was the postdog that brought mail to soldiers stationed at the forts of Sollières between 1928 and 1937. It was rewarded for its good services.

🕒 All year round daily.

€ Free access.

☎ +33 (0)6 69 65 15 51

# Religious heritage

## MODANE

### CHURCH NOTRE-DAME DE L'ASSOMPTION - MODANE

The former church of Modane was destroyed during the Anglo-American bombing in the night of September 16th 1943. Only the bell tower remained. Reconstruction as war damage began in 1951 to 1954.

🕒 From 01/01 to 31/12, daily.

€ Free access.

☎ +33 (0)4 79 05 07 95

## VALFRÉJUS

### NOTRE-DAME DU CHARMAIX CHAPEL

Built in the XV th century on the roc in a narrow cliffside, this sanctuary is the end of a pilgrimage and the most visited religious place in Maurienne Valley. Altarpiece from the XIX th century.

- 🕒 All year round daily.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.valfrejus.com/](http://www.valfrejus.com/)

## AVRIEUX

### CHURCH SAINT THOMAS-BECKET

A heritage guide will open the magnificent baroque church of Saint Thomas-Becket, one of the most beautiful testimonies of baroque art in our mountain valleys, in each of our churches decorated with gold, light and color.

- 🕒 From 01/01 to 20/12, daily. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, May 1st and November 1st. During the season, the building is open for weekly guided tours. The rest of the time, on request, depending on the guide's availability.
- ☎ +33 (0)6 78 22 48 38
- 🌐 <https://avrieux.com/>

### GUIDED TOUR OF AVRIEUX'S BAROQUE BUILDINGS

From age 6 years

With a heritage guide, unravel the mysteries of the sumptuous Baroque decorations in the church of Saint Thomas-Becket, the chapel of Notre-Dame des Neiges and the pilgrimage chapel of Saint-Benoit. Meet in front of the church.

- 🕒 From 09/01 to 17/04, every Thursday between 2 pm and 3.30 pm. Free opening of the church on request. As the access road to the chapel is closed in winter, there are no visits to the chapel during this period. Friday 19 September 2025 between 10 am and 12 pm. Guided tour of the buildings for the JEP.
- € From 09/01 to 17/04/2025 One price: 6 €. 19/09/2025 One price: 0 €. Free entry for children < 7 years. Adults: 6 €, children: 4 €.
- ☎ +33 (0)4 79 05 99 06 / +33 (0)6 78 22 48 38
- 🌐 <https://avrieux.com/>

## AUSSOIS

### CHURCH OF NOTRE-DAME DE L'ASSOMPTION

The Church and its Romanesque bell tower, which stand at the heart of the village, are a must for any visitor. The stone and slate exterior looks rather unpromising but inside, a magical interior, filled with gold and colour, await you!

- 🕒 All year round, daily between 9 am and 6 pm.
- € Free access.
- 🌐 [www.fondation-facim.fr](http://www.fondation-facim.fr)

### OUR LADY OF PEACE ORATORY

The oratory "Our Lady of Peace" was built in 1942 in gratitude for having saved the village from destruction during the war. The inauguration took place on August 16, 1942. The platform was extended and refurbished in 1968.

- 🕒 From 01/01 to 31/12, daily.
- € Free access.
- ☎ +33 (0)4 79 05 99 06

## VAL CENIS Bramans

### CHAPEL SAINT-CLAIR

In the heart of the hamlet of Verney in Val Cenis Bramans, 17th century baroque altarpiece.

- 🕒 From 01/01 to 31/12 daily.
- € Free access.
- ☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06
- 🌐 [www.haute-maurienne-vanoise.com](http://www.haute-maurienne-vanoise.com)

### SAINT-PIERRE D'EXTRAVACHE CHURCH

Here remains the remains of a church whose tradition traces the foundation to two disciples of St. Peter. The oldest part, the apse, dates back to the 11th century. It is one of the rare testimonies of the Romanesque period in Savoy.

- 🕒 All year round daily. Access road closed to traffic in winter, accessible by shuttle bus: information at the Tourist Office.
- € Free access.
- ☎ +33 (0)6 69 65 15 51 / +33 (0)4 79 05 99 06
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslebourg-Mont-Cenis

### SAINT JOHN THE BAPTIST'S CHAPEL

On the banks of the Sainte Marie stream in Val Cenis Lanslebourg, the St Jean Baptiste chapel was founded in the 17th century. Restored on several occasions, it is now being restored by a local painter and decorator.

- 🕒 From 22/04 to 30/06/2025 between 4.30 pm and 7 pm. Closed on Tuesday and weekends. Closed exceptionally on bank holidays. From 01/07 to 31/08/2025 Opening hours on Monday, Wednesday and Thursday between 4.30 pm and 7.30 pm. On Tuesday and Friday between 10 am and 12 pm and between 4.30 pm and 7.30 pm. On Saturday between 5 pm and 7 pm. Closed exceptionally on July 14th and August 15th. From 01/09 to 21/09/2025 between 4.30 pm and 7 pm. Closed on Tuesday and weekends.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## VAL CENIS Lanslevillard

### SAINT-ROCH'S CHAPEL

Built in 1634, after the great plague of 1630, which killed 136 out of the 550 inhabitants, Saint Roch's chapel houses objects of worship and statuary elements (16th and 17th century), as well as objects from Gallo-Roman tombs.

- 🕒 From 23/12 to 18/04, every Monday and Friday between 10 am and 12 pm. Closed exceptionally on January 1st and Easter Monday.
- € Free access.
- ☎ +33 (0)6 69 65 15 51

### SAINT-ROCH HERITAGE CENTRE

The Espace Culturel Saint-Roch presents objects from Gallo-Roman tombs as well as religious elements from the 16th and 17th centuries discovered in Lanslevillard. A permanent exhibition is devoted to the mountain communities of the 16th century.

- 🕒 From 23/06 to 07/09/2025 between 4 pm and 7 pm. Open every day except weekends. Closed exceptionally on July 14th and August 15th.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.valcenis.com](http://www.valcenis.com)

## BESSANS

### THE DEVIL OF BESSANS

At Bessans, sculpture is a tradition that is more than four centuries old. Rouets and cattails, salt hens, wooden toys, statues, crosses ... abound. The most famous of the sculptures is the devil, the emblem of Bessans, whose origin dates from 1857.

- 🕒 All year round, daily.
- € Free access.
- ☎ +33 (0)4 79 05 96 05
- 🌐 [www.mairie-bessans.fr](http://www.mairie-bessans.fr)

## BONNEVAL SUR ARC

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

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

- 🕒 From 01/01 to 31/12 daily.
- € Free access.
- ☎ +33 (0)4 79 05 99 06
- 🌐 [www.bonneval-sur-arc.com](http://www.bonneval-sur-arc.com)

## Rock heritage

### AUSSOIS

#### LOZES ARCHAEOLOGICAL PARK

The archaeological park offers visitors a chance to go back in time, observing the many hundreds of signs left by the people of Aussois from 1000 BC up to the Middle Ages. Educational trail accessible outside the snow period.

🕒 From 01/01 to 31/12, daily. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 05 99 06

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

### VAL CENIS Sollières-Sardières

#### JEAN DUCAILLOU'S ARCHAEOLOGICAL GAME - ARCHAEOLOGY MUSEUM

From age 7 years

Follow in the footsteps of our chief archaeologist Jean Ducaillou! You stroll around the museum with your archaeologist toolbox to discover his fascinating work, from the excavations to his final report. It's your turn! But he likes to play and he has prepared quizz, small games for you.

🕒 From 10/06 to 06/07/2025 between 2 pm and 6 pm. Closed on Monday and weekends. From 07/07 to 31/08/2025 between 2 pm and 6 pm. Open every day except weekends. From 01/09 to 19/09/2025 between 2 pm and 6 pm. Closed on Monday and weekends.

€ One price: 18 € (a set for the whole family).  
Duration: 1.30

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

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

## Scientific and technical heritage

### MODANE

#### CARRÉ SCIENCES : LABORATOIRE SOUTERRAIN DE MODANE EXHIBITION SPACE

From age 10 years

A museum space that presents the experiments of the Underground Laboratory of Modane in a fun and interactive way.

🕒 From 01/01 to 31/12 between 2 pm and 5 pm. Open every day except weekends. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th, November 1st, November 11th and December 25th. Exceptional closure from December 25 to January 8.

€ Free of charge.

☎ +33 (0)4 79 05 22 57

🌐 [www.lsm.in2p3.fr/](http://www.lsm.in2p3.fr/)

#### LA RIZERIE - EXHIBITION CENTER OF THE LYON-TURIN LINK

This former rice mill, in the shape of a Greek temple, houses the exhibition center of the Lyon - Turin construction sites.

🕒 From 01/01 to 31/12 on Tuesday, Wednesday, Thursday and Friday between 1 pm and 6 pm.

€ Free entry.

🌐 [www.telt.eu/fr/](http://www.telt.eu/fr/)

### AUSSOIS

#### LOOKOUT AREA OF PLAN D'AVAIL

Experience the space Interpretive of the dam Plan d'Aval and let yourself be guided by the "eyes of view" or images featuring educational information in the form of text, photos, videos and multimedia content management.

🕒 From 01/01 to 31/12, daily. Subject to snow conditions.

€ Free access.

☎ +33 (0)4 79 20 30 40

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

### VAL CENIS Sollières-Sardières

#### TELEGRAPH CHAPPE MOLLARD FLEURY

The Chappe telegraph is an optical telecommunication system set up by Napoleon. You can discover the Mollard-Fleury station at an altitude of 2004 m. Regular visits in summer allow you to discover how it works.

🕒 From 01/01 to 31/12 daily. The building is only open during special events. In winter, site accessible subject to favorable weather and snow conditions and suitable itinerary.

€ Free access.

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

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

### VAL CENIS Lanslevillard

#### BACKSTAGE OF SKI RESORT - TECHNICAL SNOW MAKING

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

🕒 From 20/12/2025 to 10/04/2026, every Wednesday between 4 pm and 5 pm. Subject to favorable weather. Cancelled in case of bad weather.

€ Free of charge.

☎ +33 (0)4 79 05 96 48

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

#### BACKSTAGE OF SKI RESORT - PREVENTING AVALANCHE

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

🕒 From 20/12/2025 to 10/04/2026, every Thursday between 2 pm and 3 pm. Subject to favorable weather. Cancelled in case of bad weather.

€ Free of charge.

☎ +33 (0)4 79 05 96 48

# Markets



D.Closson



**Haute  
Maurienne  
Vanoise**

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

# Markets

## MODANE

### WEEKLY MARKET

Local market in Modane every Thursday morning, Place de l'Hotel de Ville. Various commercial events around the territory and in Italy.

🕒 From 01/01 to 31/12, every Thursday between 8 am and 1 pm.

🆓 Free access.

☎ +33 (0)4 79 05 04 01

## AUSSOIS

### SMALL TOURIST MARKET

Stroll past the stallholders at the Aussois tourist market. On the menu, regional products, clothing and souvenirs of all kinds...

🕒 From 16/12 to 12/04, every Tuesday between 8 am and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 20 30 40

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

## VAL CENIS

Lanslevillard

### TOURIST MARKET

Regional products, clothing, accessories...

🕒 From 18/12 to 16/04, every Wednesday between 9 am and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

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

## BESSANS

### SMALL TOURISTIC MARKET

Small touristic market in the village.

🕒 From 16/12 to 31/03, every Monday between 9 am and 12 pm.

🆓 Free access.

☎ +33 (0)4 79 05 96 05

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

## BONNEVAL SUR ARC

### MARKET

Touristic market in the old village.

🕒 From 21/12 to 26/04 on Sunday between 9 am and 6 pm.

🆓 Free access.

☎ +33 (0)4 79 05 99 06

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

# Tourist Offices



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**Haute  
Maurienne  
Vanoise**

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

# Tourist Offices

## MODANE

### MODANE TOURIST INFO POINT

Tourist customer welcome, any season. Piece of information, distribution of brochures, sale of tourist products.

🕒 From 02/09/2024 to 06/07/2025 Opening hours on Monday, Tuesday, Wednesday and Thursday between 8.30 am and 12 pm and between 1.30 pm and 5.30 pm. On Friday between 8.30 am and 12 pm. Open every day except weekends. Closed exceptionally on January 1st, Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, November 1st, November 11th and December 25th.

€ Free access.

☎ +33 (0)4 79 05 26 67

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

## VALFRÉJUS

### VALFRÉJUS INFORMATION DESK

The reception team is at your disposal to help you prepare your stay in Valfréjus. They will provide you with information on activities, entertainment, events, walks and hikes and all the resort's services. Post office and secure wifi.

🕒 From 01/09 to 19/12/2025 Opening hours on Monday, Wednesday, Thursday and Friday between 9 am and 12 pm and between 1.30 pm and 4.30 pm. Closed on Tuesday and weekends. Closed exceptionally on November 1st and November 11th.

☎ +33 (0)4 79 05 99 06

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

## LA NORMA

### LA NORMA TOURIST OFFICE

La Norma's reception team will help you to prepare your stay. They will inform you about the activities, the entertainment, the natural and cultural heritage and all the services of the resort so that you can have the best holiday ever!

🕒 From 08/02 to 07/03 Opening hours daily between 9 am and 12.30 pm and between 2 pm and 6 pm.

€ Free access.

☎ +33 (0)4 79 05 99 06

🌐 [www.la-norma.fr](http://www.la-norma.fr)

## VAL CENIS

Bramans

### VAL CENIS BRAMANS INFORMATION DESK

The Bramans Tourist Office can tell you all about the natural and cultural treasures to be discovered during your mountain holiday. Information on events, activities and walks.

🕒 From 30/06 to 31/08/2025 between 9 am and 12 pm and between 2 pm and 6 pm. Exceptional closure on Thursday 03 July morning. During these periods, we will welcome you by phone or e-mail.

€ Free access.

☎ +33 (0)4 79 05 99 06

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

## BONNEVAL SUR ARC

### BONNEVAL SUR ARC INFORMATION DESK

The reception team is at your disposal to prepare your stay, to inform you about activities, entertainment and services in the village. Everything there is to see, to do, to discover the natural and cultural heritage, the most beautiful spots...

🕒 From 21/12 to 06/01 daily between 9 am and 12 pm and between 2 pm and 6 pm.

☎ +33 (0)4 79 05 99 06

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



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