



**Haute Maurienne  
Vanoise**

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

**Haute Maurienne Vanoise Tourisme**

Tel. +33(0)4 79 05 99 06

## Events September 2021



### Saturday 28 August 2021

#### 1st Mountain For All Day of the Vanoise National Park

Refuge-porte du Plan du Lac · Termignon · 73500 Val-Cenis

+33 4 79 20 54 54

secteur.hautemaurienne@vanoise-parcnational.fr

Join the refuge of Plan du Lac and the Vanoise National Park for a fun and sportive day for all, disabled or not, and share memorable moments in the mountain and nature.

Saturday 28 August 2021 between 9.30 am and 5.30 pm.

Postponed in case of bad weather.

#### Rates

Free of charge.



### Sunday 29 August 2021

#### Discovery activity : Creation of an herbarium at the Mont Cenis

Le Jardin Alpin du Mont-Cenis (Plan des Fontainettes au Mont Cenis) · Plan des Fontainettes · Le Mont-Cenis · Lanslebourg-Mont-Cenis

· 73480 Val-Cenis

+33 4 79 05 86 36

mfi-montcenis@orange.fr

With 1 / 5th of the French flora present, Mont Cenis is a high place of biodiversity, where botanists follow one another to study species and make herbaria. For an afternoon, you will create the first page of your herbarium.

#### Openings

Sunday 22 August 2021 between 2 pm and 3.30 pm.

Sunday 29 August 2021 between 2 pm and 3.30 pm.

#### Rates

Free of charge.

Offered by: Service Patrimoine de la Mairie de Val Cenis

Lengths: 1h30

Age range: from 8 years

#### Val Cenis-Lanslebourg welcome meeting

Devant l'Office de Tourisme · Lanslebourg-Mont-Cenis · 73480 Val-Cenis

+33 4 79 05 23 66

+33 4 79 05 99 06

Presentation and registration for the week's activities. Beaufort tasting from the dairy cooperative and glass of conviviality offered. Permanence at the welcome drink for 2 hours, with the sanitary rules in force.

Sunday 22 August 2021 between 10 am and 12 pm. Sunday

29 August 2021 between 10 am and 12 pm. Subject to

favorable weather.

#### Rates

Free of charge.

#### Welcome drink - Val Cenis-Lanslevillard

Devant l'Office de Tourisme · Devant l'Office de tourisme · Lanslevillard · 73480 Val-Cenis

+33 4 79 05 99 06

Presentation of activities , meeting and demonstrations with Val Cenis' professionals. Beaufort cheese sponsored by the dairy fabric,

Sunday 22 August 2021 between 10 am and 12 pm. Sunday **Rates**

29 August 2021 between 10 am and 12 pm. Subject to Free of charge.

favorable weather.

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## Monday 30 August 2021

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### Board games evening

Espace Albaron · 73480 Bessans

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.bonneval-sur-arc.com>

Family board games.

Thursday 26 August 2021 between 8.30 pm and 10.30 pm. **Rates**

Monday 30 August 2021 between 8.30 pm and 10.30 pm. Free of charge.

Monday 6 September 2021 between 8.30 pm and 10.30 pm.

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### Introduction to Curling

Terrain multisports · 73480 Bonneval-sur-Arc

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

Come and discover the rules and practice this sport around a fun initiation!

Monday 30 August 2021 between 6 pm and 7 pm. Monday 6 **Rates**

September 2021 between 6 pm and 7 pm. Subject to Free of charge.

favorable weather.

Age range: from 7 years

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### Orientation course

Devant la Maison de la Norma · 73500 La Norma

+33 4 79 05 99 16

Come and pick up your little orientation course. This activity will be an opportunity to evolve alone or with others and to familiarize yourself with reading maps and beacons.

Go to the tourist office where the card will be given to you

Monday 23 August 2021 between 4 pm and 5 pm. Monday **Rates**

30 August 2021 between 4 pm and 5 pm. Free of charge.

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### Spikeball

Devant la Maison de la Norma · 73500 La Norma

+33 4 79 05 99 06

<https://www.la-norma.com>

Come and discover this new sport which is played 2 against 2 with rules similar to volleyball. Dive into the grass and score points!

Monday 23 August 2021 between 3 pm and 5 pm. Monday **Rates**

30 August 2021 between 3 pm and 5 pm. Free of charge.

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### Conference : Memory of Savoy

Place de la Vanoise · Termignon · 73500 Val-Cenis

+33 4 79 05 99 15

Pierre Giordino, true collector of traditional objects and curator of heritage from Savoy, will tell you about our valleys of later days ! Come in number !

Monday 16 August 2021 at 5.30 pm. Monday 23 August 2021 at 5.30 pm. Monday 30 August 2021 at 5.30 pm.

**Rates**  
Free of charge.

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### discovery walk of the village

Devant l'Office de Tourisme · Devant l'Office de tourisme · Lanslevillard · 73480 Val-Cenis  
+33 4 79 05 99 06  
<https://www.valcenis.com>

With a facilitator from the Tourism Office, go on a tour of the village of val-cenis lanslevillard. The opportunity to discover the village, its essential places and some anecdotes. .

Monday 23 August 2021 between 2.30 pm and 3.30 pm. **Rates**  
Monday 30 August 2021 between 11 am and 12 pm. Monday 6 September 2021 between 11 am and 12 pm. Free of charge.

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### Sensory walk

devant la mairie de lanslevillard · rue de la mairie · Lanslevillard · 73480 Val-Cenis  
+33 4 79 05 99 06  
+33 4 79 20 51 67  
<https://www.haute-maurienne-vanoise.com>

Discover nature through the 5 senses. Journey to a land of sensation in the land of a thousand and one invisible wonders. Meet in front of the Val Cenis-Termignon Tourist Office for a departure by car towards the path of the plant path.

Monday 16 August 2021 between 2.30 pm and 4.30 pm. **Rates**  
Monday 23 August 2021 between 2.30 pm and 4.30 pm. Free of charge.  
Monday 30 August 2021 between 2.30 pm and 4.30 pm.  
Subject to favorable weather. Cancelled in case of bad weather.

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### Rencontre sur sentiers ou stand de découverte avec les gardes-moniteurs du Parc national de la Vanoise au Vallon de L'Orgère



Refuge porte de l'Orgère · L'Orgère · 73500 Villarodin-Bourget  
+33 4 79 05 57 94  
[vanoise-parcnational.fr](http://vanoise-parcnational.fr)

Monday 28 June 2021 between 10 am and 4 pm. Monday 5 July 2021 between 10 am and 4 pm. Monday 12 July 2021 between 10 am and 4 pm. Friday 23 July 2021 between 10 am and 4 pm. Friday 30 July 2021 between 10 am and 4 pm. Friday 13 August 2021 between 10 am and 4 pm. Monday 30 August 2021 between 10 am and 4 pm. Subject to favorable weather. Cancelled in case of bad weather. **Rates**  
Free of charge.

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## Tuesday 31 August 2021

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### Cultural evening: Pierre Giordano, the pioneers of mountaineering.

Salle des Fêtes · Route de Cottériat · 73500 Aussois  
+33 4 79 05 99 06  
+33 4 79 20 30 80

Come and travel in the beautiful era of mountaineering with an extraordinary storyteller of the history of our mountains Pierre Giordano.

Tuesday 29 June 2021 at 8.30 pm. Tuesday 13 July 2021 at 8.30 pm. Tuesday 3 August 2021 at 8.30 pm. Tuesday 10 August 2021 at 8.30 pm. Tuesday 31 August 2021 at 8.30 pm. **Rates**  
Free of charge.

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### Discovery of Disc-Golf

Terrain de foot · 73480 Bessans  
+33 4 79 05 96 52

+33 4 79 05 99 06  
<https://www.bessans.com>

Come and discover and introduce yourself to this sport combining Frisbee and Golf!

Tuesday 31 August 2021 between 2.30 pm and 4 pm. **Rates**  
Tuesday 7 September 2021 between 2.30 pm and 4 pm. Free of charge.  
Cancelled in case of bad weather.  
Age range: from 6 years

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### Stroll at the heart of Bonneval sur Arc

Devant l'Office de Tourisme · La Ciamarella · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

Explore the village of Bonneval sur Arc. You will discover the history of this listed village and its every nook and cranny.

Tuesday 24 August 2021 between 5.30 pm and 6.30 pm. **Rates**  
Tuesday 31 August 2021 between 5.30 pm and 6.30 pm. Free of charge.  
Tuesday 7 September 2021 between 5.30 pm and 6.30 pm.

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### Laser Shooting Initiation

Terrain multisports · 73480 Bonneval-sur-Arc  
+33 4 79 05 95 95  
+33 4 79 05 99 06  
<https://www.bonneval-sur-arc.com>  
<https://www.haute-maurienne-vanoise.com>

Games and challenges. Come and discover the laser shooting.

Tuesday 24 August 2021 between 10.30 am and 11.15 am. **Rates**  
Tuesday 31 August 2021 between 10.30 am and 11.15 am. Free of charge.  
Tuesday 7 September 2021 between 2.30 pm and 3.15 pm.  
Cancelled in case of bad weather.  
Age range: from 6 years

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### La Grande Odysée movie

La Grande Maison · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

You want to have an idea of what the Grande Odysée look like on the inside ? Come and see the movie.

Tuesday 31 August 2021 at 8.30 pm. Thursday 9 September 2021 at 8.30 pm. **Rates**  
Free of charge.

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### Yoga session

Devant la Grande Maison · Place du village · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

Come stretch and relax.

Tuesday 31 August 2021 between 10 am and 12 pm. **Rates**  
Age range: from 12 years Free of charge.

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### Make your relaxation mask

Maison de la Norma · Maison de La Norma · 73500 La Norma

+33 4 79 05 99 16

Come and have a good time with Valentina who will give you all her know-how to make a green clay mask.

Tuesday 24 August 2021 between 4 pm and 5.30 pm.

**Rates**

Tuesday 31 August 2021 between 4 pm and 5.30 pm.

Free of charge.

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### Story telling

rue de la mairie · Rue de la Mairie · Lanslevillard · 73500 Val-Cenis

+33 4 79 05 99 15

Tuesday 27 July 2021 at 8 pm. Tuesday 10 August 2021 at 8

**Rates**

pm. Tuesday 17 August 2021 at 8 pm. Tuesday 24 August

Free of charge.

2021 at 8 pm. Tuesday 31 August 2021 at 8 pm.

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### Discovery walk of the torchlight village

Devant l'Office de Tourisme · Place de la Vanoise · Termignon · 73500 Val-Cenis

+33 4 79 20 51 67

At dusk, with our animator, you can discover the alleys of Val Cenis- Lanslevillard by torchlight.

Tuesday 17 August 2021 between 9 pm and 10 pm.

**Rates**

Tuesday 24 August 2021 between 9 pm and 10 pm.

Free of charge.

Tuesday 31 August 2021 between 9 pm and 10 pm.

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### The Flavor Trail

Devant l'Office de Tourisme · Lanslebourg-Mont-Cenis · 73480 Val-Cenis

+33 4 79 05 23 66

+33 4 79 05 99 06

<https://www.valcenis.com>

Come and experience a rich entertainment for your taste buds. Discover the village of Val Cenis-Lanslebourg as much by its culture as by its flavors. By stopping to taste local products at our various traders, learn their specialties.

Tuesday 24 August 2021 between 11 am and 12 pm.

**Rates**

Tuesday 31 August 2021 between 11 am and 12 pm.

Free of charge.

Tuesday 7 September 2021 between 11 am and 12 pm.

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### Discovery of Nordic walking

Devant l'Office de Tourisme · Place de la Vanoise · Termignon · 73500 Val-Cenis

+33 4 79 20 51 67

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

Come and discover this very modern discipline halfway between walking and running. Sticks provided.

**Openings**

**Rates**

Tuesday 10 August 2021 at 10 am.

Free of charge.

Tuesday 17 August 2021 at 10 am.

Tuesday 24 August 2021 at 10 am.

Tuesday 31 August 2021 at 10 am.

Tuesday 7 September 2021 at 10 am.

Cancelled in case of bad weather.

Offered by: Haute Maurienne Vanoise Tourisme

Lengths: 1h30

Age range: from 10 years

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### Refuge of Orgère Tuesday meeting



Refuge porte de l'Orgère · L'Orgère · 73500 Villarodin-Bourget  
vanoise-parcnational.fr

Tuesday 6 July 2021 between 5 pm and 7 pm. Tuesday 13 July 2021 between 5 pm and 7 pm. Tuesday 20 July 2021 between 5 pm and 7 pm. Tuesday 27 July 2021 between 5 pm and 7 pm. Tuesday 3 August 2021 between 5 pm and 7 pm. Tuesday 10 August 2021 between 5 pm and 7 pm. Tuesday 17 August 2021 between 5 pm and 7 pm. Tuesday 24 August 2021 between 5 pm and 7 pm. Tuesday 31 August 2021 between 5 pm and 7 pm.

**Rates**  
Free of charge.

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## Wednesday 1st of September 2021

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### "La Grande Odyssée Savoie Mont Blanc" movie

Espace Albaron · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

The Grande Odyssée Savoie Mont Blanc will return to Bessans on January 16, 2022. In the meantime, discover the images and behind the scenes of the biggest sled dog race in the world.

Wednesday 1st of September 2021 at 8.30 pm. Thursday 9 September 2021 at 8.30 pm.

**Rates**  
Free of charge.

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### Zumba session

Espace Albaron · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Come and discover the Zumba.

Tuesday 24 August 2021 between 6 pm and 7 pm. Wednesday 1st of September 2021 between 6 pm and 7 pm. Wednesday 8 September 2021 between 6 pm and 7 pm.

**Rates**  
Free of charge.

Age range: from 8 years

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### Board games evening

Grande Maison · 73480 Bonneval-sur-Arc  
+33 4 79 05 95 95  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.bonneval-sur-arc.com>

Family Board games.

Tuesday 24 August 2021 between 8.30 pm and 10.30 pm. Wednesday 1st of September 2021 between 8.30 pm and 10.30 pm. Wednesday 8 September 2021 between 8.30 pm and 10.30 pm.

**Rates**  
Free of charge.

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### Yoga discovery

Devant l'Office de Tourisme · Rue sous l'Eglise · Lanslevillard · 73480 Val-Cenis  
+33 4 79 20 51 67  
<https://www.valcenis.com>

Come stretch and relax.

Wednesday 1st of September 2021 at 10 am. Wednesday 8 September 2021 at 10 am.

**Rates**  
Free of charge.

Age range: from 18 years

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## Thursday 2 September 2021

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### Screening / debate: "Wolves and sheep, solutions?"

Salle des Fêtes · Route de Cottériat · 73500 Aussois  
+33 4 79 05 99 06

Come and watch the screening of this documentary about agro-pastoralism.  
Discussions and presence of the director.

Thursday 2 September 2021 at 8.30 pm.

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### Sky Discovery Evening

Espace Nordique Le Carreley · 73480 Bessans  
+33 4 79 05 99 06

Sky and stars discovery,

Thursday 8 July 2021 between 10 pm and 11.30 pm.

Thursday 2 September 2021 at 9 pm.

#### Rates

Free of charge.

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## Saturday 4 September 2021

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### Haute Maurienne Enduro Challenge - Enduro d'Oé stage

Maison d'Aussois - Office de Tourisme · 43 route des Barrages · 73500 Aussois  
+33 4 79 20 30 80  
+33 4 79 05 99 06  
evenementhmv@hautemaurienne.com  
www.hautemaurienneendurochallenge.com

1st Enduro d'Oé with on the program: a timed and untimed Enduro with 3 specials, 395m D + on the pedal and 1655m D-! Concert. This edition is limited to 150 riders and is part of the Haute Maurienne Enduro Challenge trophy.

Saturday 4 September 2021 between 8 am and 10 pm.

#### Rates

29 € / stage

> 49 € for both stages

The routes are accessible to anyone who is at least 15 years old on the date of the event.

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### Festi's Fourneaux

Parking du cinéma · Rue de la Liberté · 73500 Fourneaux  
+33 4 79 05 07 46  
mairie@mairiedefourneaux.fr

The return of Festi's Fourneaux ... programming in progress

Saturday 4 September 2021 at 6.30 pm.

#### Rates

Free of charge.

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## Sunday 5 September 2021

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### L'Esseillon in Festival

Parking du fort Victor-Emmanuel · 73500 Aussois  
+33 4 79 20 30 40  
mairie@aussois.com

An event at Fort Victor-Emmanuel: tasting stands, sale of craft beers and herbal teas from the Guinguette de l'Esseillon to the bridge and invite participants to come and listen to the musicians in the fort.

Sunday 5 September 2021 between 11 am and 5 pm.

#### Rates

Free of charge.

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## VTT

73500 Aussois  
+33 676716389

As part of the HAUTE MAURIENNE ENDURO CHALLENGE, register with our local guides for guiding sessions and share their mountain biking experience with them!

Sunday 5 September 2021.

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### Pilgrimage Notre Dame du Charmaix

Eglise de Modane · Rue Gambetta · 73500 Modane  
+33 4 79 05 07 95  
[www.paroissemodane.catholique.fr](http://www.paroissemodane.catholique.fr)  
[charmaix.free.fr/](http://charmaix.free.fr/)

Procession from the Church of Modane. 15 oratories along the route to pray and meditate. Mass at 11 a.m. at the Pré de la Messe at the entrance to Valfréjus

Sunday 5 September 2021 at 7.15 am.

#### Rates

Free access.

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## Monday 6 September 2021

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### Board games evening

Espace Albaron · 73480 Bessans  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.bonneval-sur-arc.com>

Family board games.

Thursday 26 August 2021 between 8.30 pm and 10.30 pm.

#### Rates

Monday 30 August 2021 between 8.30 pm and 10.30 pm.

Free of charge.

Monday 6 September 2021 between 8.30 pm and 10.30 pm.

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## Sur une journée ...

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## Monday 6 September 2021

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### Introduction to Curling

Terrain multisports · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

Come and discover the rules and practice this sport around a fun initiation!

Monday 30 August 2021 between 6 pm and 7 pm. Monday 6

#### Rates

September 2021 between 6 pm and 7 pm. Subject to favorable weather.

Free of charge.

Age range: from 7 years

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### discovery walk of the village

Devant l'Office de Tourisme · Devant l'Office de tourisme · Lanslevillard · 73480 Val-Cenis  
+33 4 79 05 99 06  
<https://www.valcenis.com>

With a facilitator from the Tourism Office, go on a tour of the village of val-cenis lanslevillard. The opportunity to discover the village, its essential places and some anecdotes. .

#### Rates

Free of charge.



Monday 23 August 2021 between 2.30 pm and 3.30 pm.  
Monday 30 August 2021 between 11 am and 12 pm. Monday  
6 September 2021 between 11 am and 12 pm.

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## Tuesday 7 September 2021

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### Game Night: "Pass your license!"

Salle des Fêtes · Route de Cottériat · 73500 Aussois  
+33 4 79 20 30 80  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Dear holidaymakers, this evening the entertainment team has prepared a unique Permit test for you!  
Skiing license, climbing license, hiking license, we will test your knowledge, your good humor and your 2nd degree!

Tuesday 7 September 2021 between 8.30 pm and 10 pm.

#### Rates

Free of charge.

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### Tennis for fun

Terrains de tennis · 73480 Bessans  
+33 4 79 05 96 52  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Do you want to become the new Roger Federer? Do not hesitate, young and old, to come and introduce yourself to tennis through fun games accessible to all. Our animator can also be your playing partner for a friendly opposition.

#### Openings

Tuesday 7 September 2021 between 6 pm and 7 pm.

Cancelled in case of bad weather.

#### Rates

Free of charge.

Offered by: Haute Maurienne Vanoise Tourisme

Lengths: 1h

Age range: from 6 years

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### Discovery of Disc-Golf

Terrain de foot · 73480 Bessans  
+33 4 79 05 96 52  
+33 4 79 05 99 06  
<https://www.bessans.com>

Come and discover and introduce yourself to this sport combining Frisbee and Golf!

Tuesday 31 August 2021 between 2.30 pm and 4 pm.

#### Rates

Tuesday 7 September 2021 between 2.30 pm and 4 pm.

Free of charge.

Cancelled in case of bad weather.

Age range: from 6 years

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### Stroll at the heart of Bonneval sur Arc

Devant l'Office de Tourisme · La Ciamarella · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Explore the village of Bonneval sur Arc. You will discover the history of this listed village and its every nook and cranny.

Tuesday 24 August 2021 between 5.30 pm and 6.30 pm.

#### Rates

Tuesday 31 August 2021 between 5.30 pm and 6.30 pm.

Free of charge.

Tuesday 7 September 2021 between 5.30 pm and 6.30 pm.

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### Laser Shooting Initiation

Terrain multisports · 73480 Bonneval-sur-Arc

+33 4 79 05 95 95

+33 4 79 05 99 06

<https://www.bonneval-sur-arc.com>

<https://www.haute-maurienne-vanoise.com>

Games and challenges. Come and discover the laser shooting.

Tuesday 24 August 2021 between 10.30 am and 11.15 am.

**Rates**

Tuesday 31 August 2021 between 10.30 am and 11.15 am.

Free of charge.

Tuesday 7 September 2021 between 2.30 pm and 3.15 pm.

Cancelled in case of bad weather.

Age range: from 6 years

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### Rentrée du MF Dancing

Salle des Fêtes · Place de l'Hôtel de Ville · 73500 Fourneaux

+33 4 79 20 33 23

[lalainr@orange.fr](mailto:lalainr@orange.fr)

Tuesday 7 September 2021 between 6 pm and 8 pm.

**Rates**

Free of charge.

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### Astro evening

Hameau de la Madeleine · Lanslevillard · 73480 Val-Cenis

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

Discover with your family the sky's secrets.

Tuesday 7 September 2021 between 9 pm and 10.30 pm.

**Rates**

Free of charge.

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### The Flavor Trail

Devant l'Office de Tourisme · Lanslebourg-Mont-Cenis · 73480 Val-Cenis

+33 4 79 05 23 66

+33 4 79 05 99 06

<https://www.valcenis.com>

Come and experience a rich entertainment for your taste buds. Discover the village of Val Cenis-Lanslebourg as much by its culture as by its flavors. By stopping to taste local products at our various traders, learn their specialties.

Tuesday 24 August 2021 between 11 am and 12 pm.

**Rates**

Tuesday 31 August 2021 between 11 am and 12 pm.

Free of charge.

Tuesday 7 September 2021 between 11 am and 12 pm.

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### Discovery of Nordic walking

Devant l'Office de Tourisme · Place de la Vanoise · Termignon · 73500 Val-Cenis

+33 4 79 20 51 67

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

Come and discover this very modern discipline halfway between walking and running. Sticks provided.

**Openings**

Tuesday 10 August 2021 at 10 am.

**Rates**

Free of charge.

Tuesday 17 August 2021 at 10 am.

Tuesday 24 August 2021 at 10 am.

Tuesday 31 August 2021 at 10 am.

Tuesday 7 September 2021 at 10 am.

Cancelled in case of bad weather.

Offered by: Haute Maurienne Vanoise Tourisme



Lengths: 1h30  
Age range: from 10 years

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## Wednesday 8 September 2021

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### Zumba session

Espace Albaron · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Come and discover the Zumba.

Tuesday 24 August 2021 between 6 pm and 7 pm. **Rates**  
Wednesday 1st of September 2021 between 6 pm and 7 pm. Free of charge.  
Wednesday 8 September 2021 between 6 pm and 7 pm.  
Age range: from 8 years

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### Board games evening

Grande Maison · 73480 Bonneval-sur-Arc  
+33 4 79 05 95 95  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.bonneval-sur-arc.com>

Family Board games.

Tuesday 24 August 2021 between 8.30 pm and 10.30 pm. **Rates**  
Wednesday 1st of September 2021 between 8.30 pm and 10.30 pm. Free of charge.  
Wednesday 8 September 2021 between 8.30 pm and 10.30 pm.

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### Yoga discovery

Devant l'Office de Tourisme · Rue sous l'Eglise · Lanslevillard · 73480 Val-Cenis  
+33 4 79 20 51 67  
<https://www.valcenis.com>

Come stretch and relax.

Wednesday 1st of September 2021 at 10 am. Wednesday 8 September 2021 at 10 am. **Rates**  
Free of charge.  
Age range: from 18 years

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### Discovery of watercolor

Rue de la Mairie · Lanslevillard · 73480 Val-Cenis  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Want to let your creativity speak? This invitation to artistic relaxation will allow you to learn about watercolor. Materials provided.

Thursday 26 August 2021 between 2.30 pm and 4 pm. From **Rates**  
Wednesday 1st to Thursday 2 September 2021 between 2.30 pm and 4 pm. Free of charge.  
Wednesday 8 September 2021 between 2.30 pm and 4 pm.  
Age range: from 10 years

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## Thursday 9 September 2021

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"La Grande Odyssée Savoie Mont Blanc" movie

Espace Albaron · 73480 Bessans

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

The Grande Odyssée Savoie Mont Blanc will return to Bessans on January 16, 2022. In the meantime, discover the images and behind the scenes of the biggest sled dog race in the world.

Wednesday 1st of September 2021 at 8.30 pm. Thursday 9 September 2021 at 8.30 pm.

**Rates**

Free of charge.

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### La Grande Odyssée movie

La Grande Maison · 73480 Bonneval-sur-Arc

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

You want to have an idea of what the Grande Odyssée look like on the inside ? Come and see the movie.

Tuesday 31 August 2021 at 8.30 pm. Thursday 9 September 2021 at 8.30 pm.

**Rates**

Free of charge.

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## Saturday 11 September 2021

### Haute Maurienne Enduro Challenge - Course 2 Enduro du Jeu



Camping Caravaneige Le Val d'Ambin · 602 route de l'Eglise · Bramans · 73500 Val-Cenis

+33 4 79 05 99 06

[evenementhm@hautemaurienne.com](mailto:evenementhm@hautemaurienne.com)

[www.hautemaurienneendurochallenge.com](http://www.hautemaurienneendurochallenge.com)

Come in large numbers to participate in the 3rd edition of the Enduro du Jeu and the first edition of the Haute Maurienne Enduro Challenge! An enduro mountain bike race in Val Cenis-Bramans.

Saturday 11 September 2021 between 7.30 am and 10 pm.

**Rates**

Age range: from 15 years

29 € / stage

> 49 € for both stages

The routes are accessible to anyone who is at least 15 years old on the date of the event.

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## Sunday 12 September 2021

### VTT

Bramans · 73500 Val-Cenis

+33 785622153

As part of the HAUTE MAURIENNE ENDURO CHALLENGE, register with our local guides for guiding sessions and share their mountain biking experience with them!

Sunday 12 September 2021.

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## Wednesday 15 September 2021

### Séance aînés ruraux C'est quoi ce papy ?!

Cinéma l'Embellie · 46 rue de la Liberté · 73500 Fourneaux

00 33 479 05 36 60

[cinema@cchmv.fr](mailto:cinema@cchmv.fr)

[www.allocine.fr/seance/salle\\_gen\\_csalle=P9507.html](http://www.allocine.fr/seance/salle_gen_csalle=P9507.html)

Wednesday 15 September 2021 at 2.30 pm.

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## Sunday 19 September 2021

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### Bessans market

Place de la Mairie · 73480 Bessans

+33 4 79 05 99 06

+33 4 79 05 96 52

info@hautemaurienne.com

<https://www.haute-maurienne-vanoise.com/hiver/bessans/activite/agenda/>

Who has never looked for a rare object or a "peil", who has never fallen in love with a "fechéla" or a wooden box? The garage sale and the craftsmen meet your wishes.

Sunday 19 September 2021 between 9 am and 6 pm.

#### Rates

Free of charge.

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### Journée du Patrimoine - Visite guidée du télégraphe Chappe au Plan de l'Ours

Le Plan de l'Ours · 73500 Saint-André

+33 684 365 309

d.benard2@wanadoo.fr

[www.moulins-telegraphe-chappe-st-andre.fr](http://www.moulins-telegraphe-chappe-st-andre.fr)

Optical telegraph Chappe was born in 1793, to meet the need to communicate faster. Between 1806 and 1814, the telegraph of Saint-André is part of the line Lyon-Turin.

Sunday 19 September 2021 between 10 am and 5 pm.

#### Rates

Free of charge.

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### Heritage Days - Visit to the Telegraph Chappe

Télégraphe Chappe du Mollard Fleury · Sollières-Sardières · 73500 Val-Cenis

+33 6 69 65 15 51

patrimoine@mairie-valcenis.fr

The art of writing in the air. The first telecommunications system in the world, the Chappe telegraph made it possible to send coded messages from Lyon to Venice. As 200 years ago, messages will again be sent between three restored posts.

Sunday 19 September 2021 between 10 am and 5 pm.

#### Rates

Free of charge.

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## Friday 24 September 2021

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### Wood-fired oven cooked Pizza

Four communal d'Avrieux · 73500 Avrieux

+33 6 30 21 44 53

Pizza cooked in a wood-fired oven. A drink offered while waiting for the pizza to be cooked. Hydroalcoholic gel available and respecting the health rules in force.

Friday 27 August 2021 at 7 pm. Friday 24 September 2021 at 7 pm.

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## Monday 27 September 2021

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### "Contes des mille et un bruits" Compagnie TOKATA

Salle des Fêtes · 89 Rue du Mont-Cenis · Lanslebourg-Mont-Cenis · 73480 Val-Cenis

+33 4 79 05 53 16

bbepm@orange.fr

Monday 27 September 2021 at 5.30 pm.

#### Rates

Free of charge.

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## Sur plusieurs jours ...

### From Monday 30 August to Monday 6 September 2021

#### Village tour

Maison d'Aussois - Office de Tourisme · 43 route des Barrages · 73500 Aussois  
+33 4 79 20 30 80

Come and discover this beautiful village.

From 30/08 to 06/09/2021, daily at 10 am.

#### Rates

Free of charge.

### From Tuesday 31 August to Tuesday 7 September 2021

#### Great orienteering race "Aussois"

La Place du village · La Place · 73500 Aussois  
+33 4 79 20 30 80  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

This afternoon, come and test your knowledge of orientation and thus discover the pretty streets of Aussois in a different way.

From 31/08 to 07/09/2021, daily at 2 pm.

#### Rates

Free of charge.

### From Wednesday 1st to Thursday 2 September 2021

#### Discovery of watercolor

Rue de la Mairie · Lanslevillard · 73480 Val-Cenis  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Want to let your creativity speak? This invitation to artistic relaxation will allow you to learn about watercolor. Materials provided.

Thursday 26 August 2021 between 2.30 pm and 4 pm. From  
Wednesday 1st to Thursday 2 September 2021 between  
2.30 pm and 4 pm. Wednesday 8 September 2021 between  
2.30 pm and 4 pm.

#### Rates

Free of charge.

Age range: from 10 years

### From Tuesday 7 to Thursday 9 September 2021

#### Yoga session

Espace Ludi'Lacs · Les Lacs · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Come stretch and relax.

From 19/08 to 26/08/2021, every Thursday at 10 am. From  
Tuesday 7 to Thursday 9 September 2021 at 10 am.

#### Rates

Free of charge.

Age range: from 12 years

### From Saturday 18 to Sunday 19 September 2021

European Heritage days - Museum l'Arche d'Oé



Association Les amis du musée · 7 rue de l'Eglise · 73500 Aussois  
0033 479 204 957  
arche-doe@aussois.com

The Ark of Oe - Heritage House Museum. Push the door of a traditional house of Aussois. Men and animals invite you to discover the life of our mountain community of yesterday and today.

From Saturday 18 to Sunday 19 September 2021 between 3 pm and 7 pm. **Rates**  
Free of charge.  
Age range: from 5 years

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### JEP à la Redoute Marie-Thérèse



Redoute Marie-Thérèse · Redoute Marie-Thérèse · 73500 Avrieux  
+33 4 79 20 33 16  
+33 6 78 22 48 38  
+33 4 79 05 99 16  
secretariat@avrieux.com  
patrimoine@avrieux.com  
www.avrieux.com  
www.redoutemarietherese.fr  
www.redoutemarietherese.fr/jeu-evasion-escape-game-redoute-marie-therese/#reservations

On the occasion of European Heritage Days, come and visit the Marie-Thérèse redoubt with a Savoie Mont Blanc heritage guide: the history of Savoy, Esseillon and its perpendicular fortifications will no longer hold any secrets for you.

From Saturday 18 to Sunday 19 September 2021 between 2 pm and 4.30 pm. **Rates**  
Free of charge.  
Age range: from 5 to 99 years

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## Régulièrement ...

### Every Monday

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#### Discovery of micro-minerals



9 rue de l'Artisanat - Maison des Arts · 73500 Aussois  
+33 6 59 03 23 33

I offer you a binocular activity to discover micro-minerals, those that we cannot see with the naked eye ...

**Openings** From 15/06 to 31/08/2021, every Monday and Wednesday between 5 pm and 6 pm.  
By reservation.

**Rates** One price: 4 €.

Offered by: Moal Jean-Marie  
Lengths: 1h  
Methods of payment: Bank/credit card · Cash

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#### Small touristic market

Place de la Mairie · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com

Small touristic market in the village.

From 14/06 to 31/08, every Monday between 9 am and 12 pm. From 19/12 to 16/04, every Monday between 9 am and 12 pm. **Rates**  
Free access.

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#### Biathlon: Initiation Laser Shooting and Rollerblading

Espace Nordique Le Carreley · 73480 Bessans  
+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

Games and challenges. Come and discover the laser shooting.

From 21/06 to 09/09/2021 Opening hours daily between 2.30 pm and 3.30 pm and between 4 pm and 5 pm. except on 23 /08 and 26/08. **Rates** Free of charge.

Age range: from 6 years

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### Screening - At the meeting of the wild world in Vanoise

Espace Albaron · 73480 Bessans  
+33 6 75 80 67 57  
[oliviertrompette@free.fr](mailto:oliviertrompette@free.fr)

Discover the fauna of Haute Maurienne Vanoise through photos and small scenes of animal life taken by Olivier Trompette, mountain guide to Bessans. A small debate on mountain biodiversity.

From 14/06 to 06/09/2021, every Monday at 6 pm.

**Rates**

Adult: 5 €, Child: 2 €. Free entry for children < 5 years.

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### Discovery walk of Bessans

Devant l'Office de Tourisme · 73480 Bessans  
+33 4 79 05 96 52  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.bessans.com>



Come and discover Bessans, its every nook and cranny and its history during this discovery walk.

Monday 28 June 2021 between 10.30 am and 12 pm. From 05/07 to 06/09/2021, every Monday between 10.30 am and 12 pm. **Rates** Free of charge.

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## Régulièrement ...

### Every Monday

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#### Do It Yourself - watercolor activities

Devant la Grande Maison · Place du village · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

Want to let your creativity speak? This invitation to artistic relaxation will allow you to learn about watercolor. Materials provided.

From 05/07 to 06/09/2021, every Monday between 10.30 am and 12 pm. **Rates** Free of charge.

Age range: from 10 years

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#### Precision games

Terrain multisports · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

Pétanque, breton pucks, corn hole or molky, come and test your dexterity by competing in fun games where precision will be essential! For the whole family !



From 05/07 to 06/09/2021, every Monday between 2.30 pm and 4 pm.

**Rates**  
Free of charge.

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### Creation survival bracelet

Devant la Maison de la Norma · 73500 La Norma  
+33 4 79 05 99 06  
<https://www.la-norma.com>

With the help of Valentina and Romain come and make your survival bracelet. Rope, whistle, firestone the latter will follow you everywhere.

Tuesday 24 August 2021 between 6 pm and 7 pm. From Thursday 26 August to Wednesday 1st of September 2021, every Monday between 6 pm and 7 pm.

**Rates**  
Free of charge.

Age range: from 8 years

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### Landscape observation

Place du Thabor · 73500 Valfréjus  
+33 4 79 05 33 83  
+33 4 79 05 99 06

Come and learn how to read the landscape around you.

From 28/06 to 30/08/2021, every Monday at 2 pm.

**Rates**  
Free of charge. Be the holder of an Activities Pass or a transport ticket from the ski lifts at € 8 to access the site.

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### Initiation to Qi Gong

Maison du Thabor · 73500 Valfréjus  
+33 4 79 05 99 06

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

From 28/06 to 30/08/2021, every Monday at 9 am.

**Rates**  
Free of charge.

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## Every Tuesday

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### Market

Route du Plan Champ · 73500 Aussois  
+33 4 79 20 30 40

Local market, local produce, clothing ...

From 15/06 to 31/08, every Tuesday between 8 am and 1.30 pm. From 19/12 to 16/04, every Tuesday between 8 am and 1 pm.

**Rates**  
Free access.



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### Stretching-Pilates

Base de loisirs La Buidonnière · Route de Cottériat · 73500 Aussois  
+33 4 79 20 30 80

Come stretch and relax after the sport.

From 13/07 to 02/09/2021, every Tuesday and Thursday between 11 am and 12 pm.

**Rates**  
Free of charge.

Age range: from 18 years

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### Beauty secret and witch's elixir



Musée l'Arche d'Oé · 7 rue de l'église · 73500 Aussois

+33 4.79.20.49.57

arche-doe@aussois.com

Come and play "the sorcerer's apprentice"! The Arche d'Oé museum is the ideal place for discovery workshops. Installed in the barn, you learn to use the essentials. In all simplicity, you will make a small beauty product.

From 05/07 to 30/09/2021, every Tuesday between 10 am and 12 pm except on 02/08.

Age range: from 6 years

#### Rates

Adult: 6 €, Child: 4.50 €.

Free entry for children < 6 years.

Group rate available for > 10 people.

### Discovery of Nordic walking

Espace Nordique Le Carreley · 73480 Bessans

+33 4 79 05 96 52

info@hautemaurienne.com

<https://www.haute-maurienne-vanoise.com>

Come and discover this very modern discipline halfway between walking and running. Sticks provided.

#### Openings

From 06/07 to 04/09/2021, every Tuesday between 10.30 am and 12 pm.

Cancelled in case of bad weather.

#### Rates

Adult: 2 € (Free for holders of the HMV Liberté Pass or the Bessans /Bonneval Resort Pass).

Offered by: Haute Maurienne Vanoise Tourisme

Lengths: 1h30

Age range: from 10 years

### "Graine d'Archéologue" - pottery activity



Musée d'Archéologie · Rue du Châtel · Sollières Envers · Sollières-Sardières · 73500 Val-Cenis

+33 4 79 20 59 33

[musee.archeologie@hautemaurienne.com](mailto:musee.archeologie@hautemaurienne.com)

<https://www.archeologie-sollieres-sardieres.com/>

A playful introduction to prehistoric pottery. After the guided tour of the museum, children and their parents become potters of the Neolithic to make and decorate their vases with the tools and techniques of this age.

#### Openings

From 17/08 to 14/09/2021, every Tuesday between 9.30 am and 12 pm.

Offered by: Musée d'Archéologie de Val Cenis Sollières

Lengths: 2h30

Age range: from 7 years

Methods of payment: Bank/credit card · Cheque · Chèques

Vacances · Cash ·

#### Rates

Adult: 9 €

Child (7-16 years): 7 €.

### Muscular awakening

Place du Thabor · 73500 Valfréjus

+33 4 79 05 33 83

Muscular awakening.

From 19/07 to 01/09/2021, every Tuesday at 10.30 am.

#### Rates

Free of charge.

### Meditation session

Maison du Thabor · 73500 Valfréjus

+33 4 79 05 33 83

Go on a journey inside your unconscious and the different facets of the self via the songs of Yannick Bellissand (songs from the tribes of Amazonia) and the sound bath (music created via drum, flute, Hang pan, Tibetan bowl ...).

#### Rates

From 29/06 to 04/09/2021, every Tuesday at 5 pm except on July 14th.

Age range: from 12 years

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### Botanical walk

Devant l'Office de Tourisme · Résidence Les Mélézets · 73500 Valfréjus  
+33 4 79 05 99 06  
+33 4 79 05 33 83

Come discover and recognize the medicinal plants that grow in and around the resort of Valfréjus.  
How to pick them, consume them or transform them to make the most of what they can give us.

From 29/06 to 01/09/2021, every Tuesday between 10 am and 12 pm. **Rates**  
Free of charge.

Age range: from 8 years

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## Every Wednesday

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### Buidonnière multi-activity evening

Base de loisirs La Buidonnière · Route de Cottériat · 73500 Aussois  
+33 4 79 05 99 06

A family multi-activity evening.

From 01/09 to 08/09/2021, every Wednesday between 5.30 pm and 7 pm. Cancelled in case of bad weather. **Rates**  
Free of charge.

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### Geocaching initiation! The treasure hunt 2.0

Parking du fort Marie-Christine · 73500 Aussois  
+33 4 79 05 99 06  
+33 4 79 20 30 80

Let's discover the digital treasure hunt together! Using our smartphone, no cache will resist you and the best kept secrets of Aussois will be at your fingertips!

Smartphone and "Geocaching" application to download (free)

From 01/09 to 08/09/2021, every Wednesday between 10 am and 12 pm. **Rates**  
Free of charge.

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### Discovery of micro-minerals

9 rue de l'Artisanat - Maison des Arts · 73500 Aussois  
+33 6 59 03 23 33

I offer you a binocular activity to discover micro-minerals, those that we cannot see with the naked eye ...

**Openings** **Rates**  
From 15/06 to 31/08/2021, every Monday and Wednesday between 5 pm and 6 pm. One price: 4 €.  
By reservation.

Offered by: Moal Jean-Marie

Lengths: 1h

Methods of payment: Bank/credit card · Cash

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### Discovery of nordic walking

Devant la Grande Maison · Place du village · 73480 Bonneval-sur-Arc  
+33 4 79 05 96 52  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

We propose to the holiday makers to come and discover and learn this practice for free. This very current discipline is halfway between walking and running. Sticks provided.



### Openings

From 07/07 to 01/09/2021, every Wednesday between 10.30 am and 12 pm.

Subject to favorable weather. Cancelled in case of bad weather.

Offered by: Haute Maurienne Vanoise Tourisme

Lengths: 1h30

Age range: from 10 years

### Rates

One price: 2 € (Free for holders of the HMV Liberté Pass and the Bessans /Bonneval sur Arc Station Pass).

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### Nordic's walk

Devant la Maison de la Norma · 73500 La Norma

+33 4 79 05 99 16

<https://www.la-norma.com>

Thanks to the sticks, Nordic walking is the ideal outdoor sport to get back in shape and tone you up. Go to the Tourist Office of La Norma. Subject to good weather conditions.

From 01/06 to 02/09/2021, every Wednesday between 2 pm and 3.30 pm.

### Rates

Free of charge.

Age range: from 12 years

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### Archaeology workshop for the kids - La marmaille au Musée !

Musée d'Archéologie · Rue du Châtel · Sollières Envers · Sollières-Sardières · 73500 Val-Cenis

+33 4 79 20 59 33

[musee.archeologie@hautemaurienne.com](mailto:musee.archeologie@hautemaurienne.com)

<https://www.archeologie-sollieres-sardieres.com/>

A workshop for kids only! With their guide, they will play discovering archaeology and the work of Jean Ducaillou, our archaeologist at the Museum. Like him, they will study, draw and finally reconstruct a pottery, but also answer quizz and play little games,



### Openings

From 21/07 to 15/09/2021, every Wednesday between 9.30 am and 12 pm.

### Rates

Child: 9 €.

Offered by: Musée d'Archéologie de Val Cenis Sollières

Lengths: 2h30

Age range: from 7 to 12 years

Methods of payment: Bank/credit card · Cheque · Chèques

Vacances · Cash ·

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### Nordic's walk

Place du Thabor · 73500 Valfréjus

+33 4 79 05 33 83

Thanks to the poles, Nordic walking is the ideal outdoor sport to get back in shape and tone up. On registration with the office. Subject to good weather conditions.

From 30/06 to 01/09/2021, every Wednesday between 10 am and 11.30 am.

### Rates

Free of charge.

Age range: from 12 years

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## Every Thursday

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### Stretching-Pilates

Base de loisirs La Buidonnière · Route de Cottériat · 73500 Aussois

+33 4 79 20 30 80

Come stretch and relax after the sport.

From 13/07 to 02/09/2021, every Tuesday and Thursday between 11 am and 12 pm.

### Rates

Free of charge.

Age range: from 18 years

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### Walk, music and landscapes...

Maison d'Aussois - Office de Tourisme · 43 route des Barrages · 73500 Aussois  
+33 4 79 20 30 80  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Go at nightfall with Adrien our anim'artist to discover the most beautiful landscapes and lights of Aussois, all told and accompanied to the sweet sound of his ukulele ...

Walk between 1 hour and 2 hours (accessible for all)

From 02/09 to 09/09/2021, every Thursday at 6.30 pm.  
Cancelled in case of bad weather.

**Rates**  
Free of charge.

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### Workshop: Make your survival bracelets!

La Place du village · La Place · 73500 Aussois  
+33 4 79 05 99 06  
+33 4 79 20 30 80  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

With the help of Valentina and Romain come and make your survival bracelet. Rope, whistle, firestone the latter will follow you everywhere.

Tuesday 24 August 2021 between 6 pm and 7 pm. From 02 /09 to 09/09/2021, every Thursday at 10 am.  
Age range: from 8 years

**Rates**  
Free of charge.

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### Biathlon: Initiation Laser Shooting and Rollerblading

Espace Nordique Le Carreley · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Games and challenges. Come and discover the laser shooting.

From 21/06 to 09/09/2021 Opening hours daily between 2.30 pm and 3.30 pm and between 4 pm and 5 pm. except on 23 /08 and 26/08.

Age range: from 6 years

**Rates**  
Free of charge.

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### mountain bike outing

Devant l'Office de Tourisme · 73480 Bessans  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Are you equipped with an ATV and want to go out accompanied? Our animators make you discover for 2h Bessans and its surroundings!

From 24/06 to 09/09/2021, every Thursday between 10 am and 12 pm except on 08/07 and 26/08. Cancelled in case of bad weather.

Age range: from 10 years

**Rates**  
Free of charge.

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### Mountain bike ride

Devant l'Office de Tourisme · La Ciamarella · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
info@hautemaurienne.com  
<https://www.haute-maurienne-vanoise.com>

Are you equipped with an ATV and want to go out accompanied? Our animators make you discover for 2h Bonneval and its surroundings!

From 24/06 to 09/09/2021, every Thursday between 3 pm and 5 pm except on 08/07 and 26/08. Cancelled in case of bad weather.

Age range: from 10 years

**Rates**  
Free of charge.

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### Playful biathlon

Devant la Maison de la Norma · 73500 La Norma  
+33 4 79 05 99 16

The "Village Animation" offers many activities: laser rifle shooting, slackline, kubb and other activities.

From 27/07 to 03/09/2021, every Thursday between 3 pm  
and 5.30 pm.

#### Rates

Free of charge.

Age range: from 8 years

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### karaoke

Devant la Maison de la Norma · 73500 La Norma  
+33 4 79 05 99 16

Meet the animation team in front of the Tourist Office to push the song.

From 23/07 to 03/09/2021, every Thursday between 8.30 pm  
and 10.30 pm.

#### Rates

Free of charge.

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### Relaxation and self-massage session with Valentina

Maison de la Norma · Maison de La Norma · 73500 La Norma  
+33 4 79 05 99 16

Come and spend a moment of relaxation and discover the self-massage techniques! A friendly moment and a smile with our host Valentina.

From 02/07 to 03/09/2021 Opening hours on Thursday  
between 5.30 pm and 6.30 pm.

#### Rates

Free of charge.

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### Weekly market

Place de l'Hôtel de Ville · 73500 Modane  
+33 4 79 05 04 01  
secretariat@modane.fr

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.

#### Rates

Free access.

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## Every Friday

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### Nature discovery hike

Maison d'Aussois - Office de Tourisme · 43 route des Barrages · 73500 Aussois  
+33 4 79 20 30 80

You don't dare or have never dared to go on the trails alone? The Tourist Office and the Bureau des Guides offer you a free discovery hike  
accompanied by a guide!

Open to all, adapted level. Registration at the Maison d'Aussois.

From 27/08 to 03/09/2021, every Friday between 2 pm and 5  
pm. Cancelled in case of bad weather.

#### Rates

Free of charge.

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### Yoga discovery

Maison du Thabor · 73500 Valfréjus  
+33 4 79 05 99 06  
+33 4 79 05 33 83

A healthy way to get better.

From 16/07 to 03/09/2021, every Friday at 9 am.

#### Rates

Free of charge.

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## Every Sunday

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### Welcome Drink



La Place du village · La Place · 73500 Aussois  
+33 4 79 20 30 80

Welcome drink with presentation of entertainment and activities for the week.

From 29/08 to 05/09/2021, every Sunday at 5.30 pm.

#### Rates

Free of charge.

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### Welcome hiking



Parking du fort Marie-Christine · 73500 Aussois  
+33 4 79 20 30 80

Easy hike from 2 years old. A discovery with a mountain guide. This walk, open to all, will allow you to learn a little more about your vacation spot and its environment.

#### Openings

From 20/06 to 05/09/2021, every Sunday between 3.30 pm and 5.30 pm.

#### Rates

Free of charge.

Offered by: Haute Maurienne Vanoise Tourisme

Lengths: 2h

Age range: from 2 years

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### Rally-photo

Devant l'Office de Tourisme · 73480 Bessans  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

Kun I put een kaart navigeren in foto's maken van alle items die je zoekt? Kom put my smartphone of camera.

From 11/07 to 05/09/2021, every Sunday between 2.30 pm and 4 pm except on 15/08.

#### Rates

Free of charge.

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### Welcome drink

Place de la Mairie · 73480 Bessans  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

The Tourist Office welcomes you and shares useful information for a pleasant stay. Local products is proposed to you on this occasion.

From 22/08 to 05/09/2021, every Sunday between 5 pm and 7 pm.

#### Rates

Free of charge.

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## Régulièrement ...

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## Every Sunday

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### rally photos

Devant l'Office de Tourisme · La Ciamarella · 73480 Bonneval-sur-Arc  
+33 4 79 05 99 06  
[info@hautemaurienne.com](mailto:info@hautemaurienne.com)  
<https://www.haute-maurienne-vanoise.com>

With a map, can you navigate and take a picture of all the items you are looking for? Come with your smartphone or camera ;-)

From 11/07 to 05/09/2021, every Sunday between 2.30 pm and 4 pm. Cancelled in case of bad weather.

#### Rates

Free of charge.

Age range: from 6 years

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### Welcome meeting

Devant la Grande Maison · Place du village · 73480 Bonneval-sur-Arc

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

<https://www.haute-maurienne-vanoise.com>

The Tourist Office welcomes you and shares useful information for a pleasant stay. Local products is proposed to you on this occasion.

From 20/06 to 05/09/2021, every Sunday between 5 pm and 7 pm. **Rates**  
Free of charge.

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### Market

Vieux village · 73480 Bonneval-sur-Arc

+33 4 79 05 99 06

[info@hautemaurienne.com](mailto:info@hautemaurienne.com)

Touristic market in the old village.

From 01/07 to 31/08, every Sunday between 9 am and 6 pm. **Rates**  
From 22/12 to 27/04, every Sunday between 9 am and 6 pm. Free access.

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### Welcome drink

Devant la Maison de la Norma · 73500 La Norma

+33 4 79 05 99 16

Norma is happy to meet you at the welcome drink : presentation of the ski station and animations, tastings offered

From 26/06 to 03/09/2021, every Sunday at 5 pm. Subject to favorable weather. **Rates**  
Free of charge

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### Discovery walk of the village

Devant la Maison de la Norma · 73500 La Norma

+33 4 79 05 99 16

<https://www.la-norma.com>

Discover the anecdotes and little secret stories of La Norma.

From 17/08 to 03/09/2021, every Sunday between 2.30 pm and 3.30 pm. **Rates**  
Free of charge.

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### Free tour of Valfrejus

Place du Thabor · 73500 Valfréjus

+33 7 52 62 50 54

Discover Valfréjus with a guide.

From 27/06 to 29/08/2021, every Sunday at 4 pm. **Rates**  
Free of charge.

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### welcome drink

Place du Thabor · 73500 Valfréjus

+33 4 79 05 99 06

<https://www.valfrejus.com>

Your animators welcome you and present you the activities and events of the week. Small hot drink and cheese tasting. See you at Place du Thabor!

From 08/08 to 29/08/2021, every Sunday at 5 pm. **Rates**  
Free of charge.