

N°6

le Bulletin

entertainment
& highlights



Haute
Maurienne
Vanoise

6-13
August
2022

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Haute Maurienne Vanoise
 VALFRÉJUS | LA NORMA | AUSSOIS
 VAL CENIS | BESSANS | BONNEVAL SUR ARC

ÉTÉ SUMMER 2022

Réseau de transport en Haute Maurienne Vanoise



LIGNES PERMANENTES

S52 Modane - Val Cenis Lanslebourg via Aussois

S53 Modane - Bonneval sur Arc

1 Valfréjus - Modane

4 Val Cenis Bramans - Val Cenis Termignon Bellecombe - Entre-Deux-Eaux (de Termignon à Bellecombe la navette est gratuite)

5 Bessans - Avérole

7 Bonneval sur Arc - L'Écot

LIGNES SUR RÉSERVATION

2 La Norma - Modane

3 L'Orgère - Modane

6 Bonneval sur Arc - Pont de l'Oulietta

Correspondances Connections

Les lignes ne sont pas automatiquement en correspondance. Pour plus d'informations se reporter aux grilles horaires. Lines are not automatically in connection. Read timetables for more informations.

Tarifs Prices

L'été, toutes les lignes sont payantes. Pour tout renseignement, rapprochez-vous de l'Office de tourisme ou bien consultez le Guide Mobilité. During the summertime, paid services. For information, contact the Tourist Office or check the Mobility Guide.

Informations

Office de Tourisme Haute Maurienne Vanoise :

04 79 05 99 06



Ces services de transport sont mis en place par la Haute Maurienne Vanoise, en partenariat avec la Région Auvergne Rhône Alpes.



Remontées mécaniques Ski lifts



Transport de vélo autorisé selon période Bikes on buses according to periods



Porte d'entrée du Parc national de la Vanoise Vanoise National Park entrance



SAINT-ANDRÉ

FRIDAY, August 12th

⌚ 10am-12am/2pm-5pm **FLOUR
PRODUCTION AT MOULINS DE
PRALOGNAN**

📍 Hameau de Pralognan Ⓜ Free of charge.

MODANE

THURSDAY, August 11th

⌚ 8 am-1 pm **WEEKLY MARKET**

📍 Place de l'Hôtel de Ville Ⓜ Free access.

FRIDAY, August 12th

⌚ 1 pm-5 pm **MEETING ON TRAILS WITH
PNV RANGER-MONITORS**

📍 CHALET DE L'ESTIVA Ⓜ Free of
charge.





Office de Tourisme Valfréjus

Every day 9 a.m.-12 p.m.
1.30 p.m.-6 p.m.

Program subject to change.

SUNDAY, August 7th

⌚ 4 pm-5 pm **DISCOVERY WALK OF THE STATION**

📍 Place du Thabor ☹ Free of charge.

⌚ 5.0 pm **WELCOME DRINK**

📍 Place du Thabor ☹ Free of charge.

⌚ 8.30 pm **MOVIE NIGHT**

Cartoon or film evening with the family. All audiences.

📍 Maison du Thabor ☹ Free of charge.

MONDAY, August 8th

⌚ 9 am-11 am **INITIATION TO QI GONG**

📍 Maison du Thabor

RÉSA ⬇️ Reservation at the Tourist Office ☹ Free of charge.

⌚ 10 am **MAGIC WORKSHOP FOR CHILDREN**

Become a magician and create your show for the whole family

📍 Place du Thabor

RÉSA ⬇️ Registration at the reception of the Tourist Office. ☹ Free of charge.

⌚ 10.30 am **MINI GOLF TOURNAMENT**

📍 Devant l'Office de Tourisme ☹ Free of charge.

⌚ 2.0 pm **LANDSCAPE OBSERVATION**

📍 Place du Thabor

RÉSA ⬇️ By reservation at the Tourist Office reception. ☹ Free of charge. Be in possession of a transport ticket for access to the ski lifts.

⌚ 4.0 pm **ENTERTAINMENT VILLAGE**

Festive late afternoon for young and old, the "Village Animation" offers many free activities.

📍 Place du Thabor ☹ Free of charge.

⌚ 6.0 pm **THÉÂTRE GUIGNOL**

📍 Maison du Thabor ☹ 08/08/2022 Full price: 6 €. 22/08/2022 Full price: 6 €.

⌚ 8.30 pm **SPORTS TOURNAMENT**

📍 Place des Bergers ☹ Free of charge.

TUESDAY, August 9th

⌚ 10 am-12 am **MAGIC WORKSHOP FOR ADULTS**

Come handle the cards to impress your friends.

📍 Place du Thabor

RÉSA ⬇️ Registration at the reception of the Tourist Office. ☹ Free of charge.

⌚ 10 am-12 am **BOTANICAL WALK**

📍 Cité des Tavernes

RÉSA ⬇️ On registration at the reception of the Tourist Office.. ☹ Free of charge.

⌚ 10.30 am-12 am **MASTER CHEF**

📍 Maison du Thabor

RÉSA ⬇️ Reservation at the reception of the Tourist Office. ☹ One price: 5 €. Free for Valfréjus resort pass holders.

⌚ 3.0 pm **FAIR**

📍 Place du Thabor ☹ Free of charge.

⌚ 6.0 pm **MINI DISCO**

📍 Place du Thabor ☹ Free of charge.

⌚ 6.30 pm **APERITIF GAME**

📍 Place du Thabor ☹ Free of charge.

⌚ 8.30 pm **SCREENING / DEBATE ON MOUNTAIN ANIMALS**

📍 Maison du Thabor ☹ Free of charge.

WEDNESDAY, August 10th

⌚ 10 am **MAGIC WORKSHOP FOR CHILDREN**

Become a magician and create your show for the whole family

📍 Place du Thabor

RÉSA ⬇️ Registration at the reception of the Tourist Office. ☹ Free of charge.

⌚ 10 am-11.30 am **NORDIC'S WALK**

📍 Place du Thabor

RÉSA ⬇️ Reservation at the Tourist Office. ☹ Free of charge.

⌚ 10.30 am **SPORTS TOURNAMENT**

📍 Place des Bergers ☹ Free of charge.

⌚ 10.30 am-12 am **MASTER CHEF**

📍 Maison du Thabor

RÉSA ⬇️ Reservation at the reception of the Tourist Office. ☹ One price: 5 €. Free for Valfréjus resort pass holders.

⌚ 4.0 pm **ENTERTAINMENT VILLAGE**

Festive late afternoon for young and old, the "Village Animation" offers many free activities.

📍 Place du Thabor ☹ Free of charge.

⌚ 5.0 pm **DISCOVERY OF MEDITATION AND JOURNEY WITHIN ONESELF**

📍 Maison du Thabor

RÉSA ⬇️ ☹ Free of charge.

⌚ 6.15 pm **GUIDED TOUR OF THE CHAPEL NOTRE DAME DU CHARMAIX**

📍 Devant l'Office de Tourisme

RÉSA ⬇️ Compulsory registration at the Tourist Offices. ☹ Full price: 4 €, Reduced price: 2 €. Free entry for children < 8 years.



⌚ 9.0 pm **BINGO DANCE**

📍 Place du Thabor ☹ Free of charge.

THURSDAY, August 11th

⌚ 10 am-12 am **MAGIC WORKSHOP FOR ADULTS**

Come handle the cards to impress your friends.

📍 Place du Thabor

RÉSA ⬇️ Registration at the reception of the Tourist Office. ☹ Free of charge.

⌚ 10 am-12 am **BOTANICAL WALK**

📍 Cité des Tavernes

RÉSA ⬇️ On registration at the reception of the Tourist Office.. ☹ Free of charge.

⌚ 10.30 am **SPORTS TOURNAMENT**

📍 Place des Bergers ☹ Free of charge.



🕒 11.40 am **NOON GAME**

📍 Place du Thabor € Free of charge.

🕒 3.0 pm **ENTERTAINMENT VILLAGE**

Festive late afternoon for young and old, the "Village Animation" offers many free activities.

📍 Place du Thabor € Free of charge.

🕒 6.0 pm **PÉTANQUE TOURNAMENT**

📍 Maison du Thabor € Free of charge.

🕒 6 pm-7 pm **YOGA DISCOVERY**

📍 Maison du Thabor

RESA 📌 Reservation at the Tourist Office. Limited to 15 people. € Free of charge.

🕒 6.30 pm **THE LITTLE BALL FOR ALL**

The Petit Bal pour Tous is a ball for young people and the two previous generations, parents and grandparents, so the idea is simple: everyone dances, together!

📍 Maison du Thabor € Free of charge.

🕒 9.0 pm **WOODEN GAMES**

📍 Maison du Thabor € Free of charge.

FRIDAY, August 12th

🕒 10 am **MAGIC WORKSHOP FOR CHILDREN**

Become a magician and create your show for the whole family

📍 Place du Thabor

RESA 📌 Registration at the reception of the Tourist Office. € Free of charge.

🕒 10.30 am **DISCOVER LASER SHOOTING**

📍 Place des Bergers € Free of charge.

🕒 11.40 am **NOON GAME**

📍 Place du Thabor € Free of charge.

🕒 3.0 pm **OLYMPIADS**

📍 Place du Thabor € Free of charge.

🕒 6.30 pm **MAGIC WEEK: BIG SHOW**

Magic show for young and old. Some tricks more surprising than the others!

📍 Place du Thabor € Free of charge.

🕒 9.0 pm **ON FRIDAY, EVERYTHING IS ALLOWED!**

During a supercharged evening, with family or friends, compete in a multitude of crazy challenges! Interactive game with the audience in the form of a question and answer session.

📍 Place du Thabor € Free of charge.



**Office de Tourisme
La Norma**

**Monday to Saturday: 9am-
12.30pm/1.30pm-6pm**

**Sunday and public holidays: 9
a.m. to 6 p.m.**

Program subject to change.

VILLARODIN-BOURGET

SATURDAY, August 6th

⌚ 8 pm-11 pm

📍 Refuge porte de l'Orgère

📅 **RÉSA** ➔ Ⓜ️ Free of charge.



MONDAY, August 8th

⌚ 1 pm-5 pm

📍 Refuge porte de l'Orgère

Ⓜ️ Free of charge.



WEDNESDAY, August 10th

⌚ 5pm & 6 pm **VISIT A LOCAL BREWERY**

📍 124 Montée Château Feuillet Ⓜ️ One price: 3 €.
Free entry for children < 16 years. HMV Liberty Pass: €2 instead of €3 for the visit of the brewery.

AVRIEUX

SUNDAY, August 7th

⌚ 3 pm-4 pm **GUIDED TOUR OF THE FORT MARIE-THÉRÈSE**

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

📍 Redoute Marie-Thérèse

📅 **RÉSA** ➔ Reservation at the Tourist Office of your choice or on 06 78 22 48 38 Ⓜ️ Adult: 5.50 €, Child : 4.50 €, Group adults: 4 €, Group children : 2.50 €. Free entry for children < 7 years. Child entry valid for 7 - 15 years.

TUESDAY, August 9th

⌚ 9.30 am-11.30 am **HYDROELECTRIC POWER PLANT OF AVRIEUX : GUIDED VISIT**



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

📍 Parking de la mairie d'Avrieux

📅 **RÉSA** ➔ Ⓜ️ Full price: 8 €. HMV Liberty Pass: €7 instead of €8.

FRIDAY, August 12th

⌚ 9.30 am-11.30 am **HYDROELECTRIC POWER PLANT OF AVRIEUX : GUIDED VISIT**



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

📍 Parking de la mairie d'Avrieux

📅 **RÉSA** ➔ Ⓜ️ Full price: 8 €. HMV Liberty Pass: €7 instead of €8.

⌚ 1.0 pm **VISIT OF THE CHAPPE DE COURBERON TELEGRAPH**

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

📍 Télégraphe Chappe de Courberon Ⓜ️ Free of charge.





Office de Tourisme La Norma

Monday to Saturday: 9am-
12.30pm/1.30pm-6pm

Sunday and public holidays: 9
a.m. to 6 p.m.

Program subject to change.

SUNDAY, August 7th

⌚ 2.0 pm **PETANQUE CONTEST**

📍 l'annexe restaurant

📅 **RÉSA** → on site registration © One price: 5 € (per person).

⌚ 5.30 pm **WELCOME DRINK**

📍 Devant la Maison de la Norma © Free of charge

⌚ 6.30 pm **FAMILY BINGO**

📍 Restaurant Le Tao by JM

📅 **RÉSA** → Registration from 6:30 p.m. on site. © One price: 4 €. Decreasing prices.

MONDAY, August 8th

⌚ 9.30 am-10.30 am **FITNESS ACTIVITY**

📍 Maison de la Norma © Free of charge.

⌚ 1.30 pm **DISC GOLF ON SNOW**

Disc golf is a game based on the rules of golf. It is played using specific discs similar to frisbees, but generally smaller and heavier. These discs are launched towards a target, which serves as a "hole".

📍 Devant la Maison de la Norma © Free of charge.

⌚ 3.30 pm **THE FUNNY WATER BATTLE**

📍 Plan d'eau © Free of charge.

⌚ 5 pm-7 pm **WELLNESS WEEK: HOLISTIC WORKSHOP**

Come and discover the virtues of precious stones and the use of the pendulum.

📍 Devant la Maison de la Norma © Free of charge.

⌚ 6.0 pm **BLIND TEST**

📍 Dans le village © Free of charge.

TUESDAY, August 9th

⌚ 10 am-12 am **NORDIC'S WALK**

📍 Devant la Maison de la Norma

📅 **RÉSA** → Registration at the Tourist Office. © Free of charge.

⌚ 10.20 am-10.55 am **AQUAFITNESS**

📍 Zone aqualudique

📅 **RÉSA** → 5 people minimum. © Adult: 5 €.

⌚ 3.0 pm **BIATHLON REVISITED: LASER RIFLE SHOOTING AND SNOWSHOES**

📍 Devant la Maison de la Norma © Free of charge.

⌚ 3.30 pm-5 pm **WELLNESS WEEK: INSTALLATION OF A TEEPEE**

Come live a unique experience by installing a real teepee. It will be the place for the different workshops of the week.

📍 Route d'accès au Grizzli © Free of charge.

⌚ 4.30 pm **DOUBLES PETANQUE COMPETITION**

📍 Restaurant Le Tao by JM

📅 **RÉSA** → Registration at 4.30 p.m. on site. © Full price: 5 €/pers.

⌚ 5 pm-6.30 pm **WELLNESS WEEK: MEDITATION AND FIRE CEREMONY**

The fire ceremony is a moment of sharing and Native American songs. The hut is a kind of natural sauna and allows to clean the body and the spirit.

📍 Route d'accès au Grizzli © Free of charge.

⌚ 6 pm-7 pm **COME AND MAKE YOUR SURVIVAL BRACELET**

📍 Maison de la Norma

📅 **RÉSA** → On registration at the Tourist Office. 20 places. From 10 years old © One price: 2 €.

⌚ 6 pm-7 pm **EVENING YOGA-LATE**

📍 Devant la Maison de La Norma © One price: 5 €.

⌚ 6 pm-7.30 pm **DISCOVERY OF AN ALPINE PASTURE**

Come and discover what the alpine pasture is. Alexandra of the Chèvrerie des Arcosses will make you discover her goats, her cheeses, her dogs and all that involves her job.

📍 Vallon de l'Orgère

📅 **RÉSA** → On registration at the Tourist Office. © One price: 5 €. Free entry for children < 5 years.

WEDNESDAY, August 10th

⌚ 9.30 am-10.30 am **FITNESS ACTIVITY**

📍 Maison de la Norma © Free of charge.

⌚ 9.30 am-12 am **WELLNESS WEEK: COCOA CEREMONY IN A TEEPEE**

Cacao is a medicine used by the Mayans for thousands of years. The mixture of shamanic medicine chants accompanied by a cup of sacred cocoa allows you to open your heart and reconnect to your self-love. Open to the whole family!

📍 Route d'accès au Grizzli © Free of charge.

⌚ 3.0 pm **SOCCER TOURNAMENT**

📍 Ludoparc © Free of charge.

⌚ 5.30 pm **SKILL GAMES**

📍 Front de neige © Free of charge.

⌚ 6 pm-7.30 pm **CONCERT IN THE VILLAGE SQUARE**

📍 Place du village © Free of charge.

⌚ 6 pm-8 pm **BECOME A PHOTOGRAPHER'S APPRENTICE**

📍 Devant la Maison de la Norma

📅 **RÉSA** → On registration at the Tourist Office. © One price: 3 €.

⌚ 7 pm-8 pm **SOUND JOURNEY AND SONGS OF THE WORLD**

📍 Salle d'animation - Maison de La Norma

📅 **RÉSA** → On registration at the Tourist Office. © Free of charge.

⌚ 8.30 pm-10.30 pm **GAMES EVENING WITH "THE WORLDS OF ALF"**

📍 Maison de la Norma © Free of charge.

THURSDAY, August 11th

⌚ 3.0 pm **BEACH VOLLEY**

📍 Ludo-Parc © Free of charge.

⌚ 5.30 pm **WOODEN GAMES**

📍 Devant la Maison de la Norma © Free of charge.



🕒 6 pm-7.30 pm **DISCOVERY OF AN ALPINE PASTURE**

Come and discover what the alpine pasture is. Alexandra of the Chèvrerie des Arcosses will make you discover her goats, her cheeses, her dogs and all that involves her job.

📍 Vallon de l'Orgère

RÉSA ➔ On registration at the Tourist Office. € One price: 5 €. Free entry for children < 5 years.

🕒 7.0 pm **BLACKSTAGE LIVE CONCERT**

📍 Restaurant L'Annexe

RÉSA ➔ By reservation, limited places. € Adult: 14 €, Child: 9.80 €.

🕒 8.30 pm-1.30 am **WELLNESS WEEK: SWEAT LODGE**

The sweat lodge allows to purify the body and the spirit thanks to the shamanic healing songs. This small hut is similar to a sauna. This initiation is ancestral in the North American Indian tribes, it is very recognized for its benefits.

📍 Pont de la Claire

RÉSA ➔ On registration at 07 71 01 32 70 € Free of charge.

FRIDAY, August 12th

🕒 9.30 am-10.30 am **FITNESS ACTIVITY**

📍 Maison de la Norma € Free of charge.

🕒 10 am-12 am **WELLNESS WEEK: CONFERENCE**

During this conference, you will learn more about how to heal yourself with nature.

📍 Devant la Maison de la Norma € Free of charge.

🕒 4.30 pm **MOUNTAIN TALES AND LEGENDS**

Timeless atmosphere of these mysterious stories of devil's fairies, of unusual characters...

📍 Plan d'eau € Free of charge.



Office de Tourisme Aussois

Every day
9 a.m.-12 p.m./2 p.m.-6 p.m.

La roulotte de l'Esseillon

Saturday to Wednesday
2 p.m. to 5.30 p.m.

Program subject to change.

SATURDAY, August 6th

⌚ 2 pm-7 pm **AFTERNOON SPECIAL CHILD**

For children, several games to laugh and have fun.

📍 Espace Aqualudique
Ô'Soi © Adult: 5.50 € Child (5-11 years): 4 €. Free entry for children < 5 years.



SUNDAY, August 7th

⌚ 10 am-7 pm **WATERCOLOR PAINTER MEETING JULIE WINTZ-LITTY**

📍 Le Chalet de Calou © Free entry.

⌚ 4 pm-6 pm **NATURE DISCOVERY WALK**

You don't dare or have never dared to go out on the trails alone? The Tourist Office offers you a free discovery walk accompanied by a professional. Open to all, suitable level.

📍 Parking du fort Marie-Christine © Free of charge.



⌚ 4.30 pm **CHILDREN'S SHOW "LET'S REMAKE THE WORLD"**

This summer Xavier Stubbe invites children to remake the world! A décor in the colours of their world, a cheerful and festive setting. Joy, good

humour and groove coexist for the best of reasons: the desire to make things definitely beautiful.

📍 La Place du village

📅 **RÉSA** ➔ In case of bad weather, we will meet in the village hall. © Free of charge.

⌚ 6.0 pm **THE MOMENT WELCOME, INFO, TASTINGS**

📍 La Place du village

📅 **RÉSA** ➔ In case of bad weather, we will meet at the village hall. © Free of charge.

MONDAY, August 8th

⌚ 10.30 am-12 am **VILLAGE TOUR**

Come and discover the magnificent scenery of your holiday during a friendly ride. The animation team will accompany you and answer your questions to make your stay easier. Aussois will hold no secrets for you!

📍 Maison d'Aussois - Office de Tourisme © Free of charge.

⌚ 3 pm-5 pm **THE GREAT SUMMER SNOWBALL FIGHT**

In a world exclusive in Aussois, come and take part in a big "snowball" battle! Flag game, sudden death, come with your family to get a taste of winter.

📍 Base de loisirs La Buidonnière © Free of charge.

⌚ 5 pm-6.30 pm **MUSIC'EN FOLIE WEEK - MAKE YOUR UKULELE**

To your tools and your talents! Come make your own ukulele, decorate it and above all learn to play it or join the Aussoyen de Ukulele Orchestra! From 12 years old.

📍 La Place du village

📅 **RÉSA** ➔ On registration at the reception of the Tourist Office. © Full price: 15 € (for the purchase of the buildable ukulele kit and access to 3 ukulele learning lessons).

⌚ 5.30 pm-6.30 pm **CHILDREN'S READING**

📍 Musée L'Arche d'Oé

📅 **RÉSA** ➔ Reservation required on 04 79 20 49 57. Limited to 5 children accompanied by a parent. © Free of charge.



⌚ 5.30 pm-7 pm **EVENING MEETING WITH A GUARD-MONITOR OF THE VANOISE NATIONAL PARK**

📍 Refuge du Fond D'Aussois © Free of charge.



⌚ 6.0 pm **BIG AIR BAG CONTEST**

Jumps, figures on a giant air cushion. Freestyle, music and good humor for this festive session. If possible bring your bike.

📍 La Dotta © Free of charge.

⌚ 9 pm-0 am **TEENAGER'S EVENING**

An evening not to be missed! The famous Marmott'Garou are also waiting for you.

📍 Salle des Fêtes © Free of charge. From 13 to 18 years old.



TUESDAY, August 9th

⌚ 8 am-1.30 pm **SMALL TOURIST MARKET**

📍 Route du Plan Champ © Free access.

⌚ 9.30 am-4 pm **FREE DISCOVERY DAY OF FORT VICTOR-EMMANUEL**

Aussois is pleased to welcome you for a whole day to help you discover its heritage, Fort Victor-Emmanuel. These guided and fun tours are offered to you free of charge as part of the "Save" project for Europe. Guided tour + country meal + free treasure hunt upon registration

📍 Parking du fort Victor-Emmanuel

📅 **RÉSA** ➔ On registration, the day before before 5 p.m. at the tourist office © Free of charge. Day financed by the European cross-border cooperation program between France and Italy - Alcotra.



⌚ 10 am-11.30 am **MAKE YOUR OWN PRINTSCOPE**

Are you passionate about the animals of our forests and mountains? Come and discover and make a tool that will enable you to recognise all the animal prints! And come and test it in the afternoon during the "Tracker's Apprentice" activity.

📍 La Place du village

📅 **RÉSA** ➔ On registration at the reception of the Tourist Office. © Full price: 2 €.



⌚ 2 pm-5 pm **ON THE PATH OF HYDROELECTRICITY IN HAUTE MAURIENNE - WALK "FROM WATER TO HYDROELECTRICITY"**

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

📍 Maison d'Aussois - Office de Tourisme

📅 **RÉSA** ➔ © Free of charge.



⌚ 3 pm-4 pm **THE APPRENTICE TRACKER: ON THE TRACKS OF ANIMALS**

A tracking and observation game to become an expert in animal footprints. An exploration booklet, a fingerprint, good eyes and off you go! Meet at the end of the trail at the bottom of the parking lot.

📍 Parking de la Tompez © Free of charge.



🕒 5 pm-6.30 pm **"MUSIC'EN FOLIE" WEEK - MASTER YOUR UKULELE**

To your tools and your talents! Come make your own ukulele, decorate it and above all learn to play it or join the Aussoyen de Ukulele Orchestra! From 12 years old.

📍 La Place du village

RÉSA ➔ On registration at the reception of the Tourist Office. € €15 for the purchase of the buildable ukulele kit and access to 3 ukulele learning lessons.

🕒 6.0 pm **"MUSIC'EN FOLIE" WEEK - "SILENZIO D'AMURI" CONCERT**

In the sublime church of Aussois, come and discover lute, harp, flute or charango in a very varied repertoire ranging from baroque to South American music. A colourful, delicate, dancing and poetic musical journey, with surprising reliefs.

📍 Eglise d'Aussois € Free of charge.

🕒 6 pm-7 pm **DISCOVERY OF THE BREWERY OÉ**

Discuss the production of this local organic beer.

📍 Maison des Métiers d'Art € Free of charge.

🕒 8.0 pm **MUSICAL RIDE AT DUSK**

A short easy walk, iconic places in Aussois, acoustic instruments, stories to tell and listen to, a unique moment! Join us for this Live Music moment at nightfall...

📍 Maison d'Aussois - Office de Tourisme € Free of charge.

🕒 8.30 pm **"MUSIC'EN FOLIE" WEEK - GAMES EVENING WITH MUSIC**

Come and meet "Les mondes de Alf" for an evening of games and music! An evening that promises to be singing, dancing, in short Music'en folie! To do with the family.

📍 Salle des Fêtes € Free of charge.

🕒 8.45 pm-10 pm **HIP-HOP DANCE SHOW, 2.0 INFLUENCES**

📍 Centre de vacances La CCAS € Free of charge.

WEDNESDAY, August 10th

🕒 10 am-11.45 am **BABY SWIMMING SESSION**

📍 Espace Aqualudique
Ô'Soi € Adult: 9 €. Free entry for children < 5 years.



🕒 10 am-12 am **GEOCACHING INITIATION, THE TREASURE HUNT 2.0**

Let's go for an easy walk to find the best kept secrets of Aussois! Smartphone and "Geocaching" application required, to download (free).

📍 Parking du fort Marie-Christine € Free of charge.

🕒 11 am-12 am **STRETCHING-PILATES**

📍 Base de loisirs La Buidonnière

RÉSA ➔ On registration at the reception of the Tourist Office before the evening before. € Free of charge.

🕒 2 pm-7 pm **AFTERNOON SPECIAL CHILD**

For children, several games to laugh and have fun.

📍 Espace Aqualudique
Ô'Soi € Adult: 5.50 € Child (5-11 years): 4 €. Free entry for children < 5 years.



🕒 3.0 pm **DISCOVERY OF DISC-GOLF**

Discover Fort Marie-Christine in a new, fun and sporty way. A frisbee, obstacles, a basket and you're done!

A new activity for everyone (from 6 years old) with friends or family. Children under the responsibility of parents.

📍 Parking du fort Marie-Christine € Free of charge.



🕒 4.15 pm **HONEY EXTRACTION**

📍 La Miellerie € Free of charge.

🕒 5 pm-6.30 pm **"MUSIC'EN FOLIE" WEEK - MASTER YOUR UKULELE**

To your tools and your talents! Come make your own ukulele, decorate it and above all learn to play it or join the Aussoyen de Ukulele Orchestra! From 12 years old.

📍 La Place du village

RÉSA ➔ On registration at the reception of the Tourist Office. € €15 for the purchase of the buildable ukulele kit and access to 3 ukulele learning lessons.

🕒 6 pm-7 pm **CREATION SURVIVAL BRACELET**

With the help of your animators, come and make your survival bracelet. Rope, whistle, flint and compass will follow you everywhere. From 10 years old (in the village hall if the weather is bad).

📍 La Place du village

RÉSA ➔ On registration at the reception of the Tourist Office. € Full price: 4 €. Aussois Pass : 1 access included to this activity during the period of validity of your Pass.



🕒 7.30 pm-9 pm **WELLNESS EVENING**

The Ô'Soi swimming pool offers you an evening in a subdued atmosphere and in water at 30 degrees. Free access to wellness area.

📍 Espace Aqualudique Ô'Soi € Full price: 11 €.

🕒 8 pm-10 pm **MULTI-ACTIVITY EVENING AT LA BUIDONNIÈRE**

A family multi-activity evening! Meet us at the leisure centre for an evening of pétanque, corn hole, moly, laser rifle, spikeball... to do with the whole family! The aquatic area will also be open!

📍 Base de loisirs La Buidonnière € Free of charge.



THURSDAY, August 11th

🕒 2.30 pm **PETANQUE TOURNAMENT IN MUSIC!**

Come and test the Buidonnière pétanque ground for a frenzied doubles tournament. Bring your pétanque balls, we will lend you some if you have forgotten them! Up to 12 doublets. Registration on site.

📍 Base de loisirs La Buidonnière € Free of charge.

🕒 2.30 pm-4.30 pm **FUN INTRODUCTION TO BIATHLON**

Take part in a biathlon-type relay: discover laser rifle shooting and continue with a rather special ski relay... Laughter guaranteed! Come with the family.

📍 Base de loisirs La Buidonnière € Free of charge.

🕒 5 pm-6.30 pm **"MUSIC'EN FOLIE" WEEK - MASTER YOUR UKULELE**

To your tools and your talents! Come make your own ukulele, decorate it and above all learn to play it or join the Aussoyen de Ukulele Orchestra! From 12 years old.

📍 La Place du village

RÉSA ➔ On registration at the reception of the Tourist Office. € €15 for the purchase of the buildable ukulele kit and access to 3 ukulele learning lessons.

🕒 5 pm-7 pm **GUIDED TOUR OF THE ARCHE D'OÉ**

📍 Musée L'Arche d'Oé

RÉSA ➔ Reservation required until the day before on 04 79 20 49 57 € Adult: 4.50 €, Child (6-12 years): 3.20 €. Free entry for children < 6 years.



🕒 8.30 pm **"MUSIC'EN FOLIE" WEEK - ALKABAYA CONCERT AND 1ST PART : LE GRAND ORCHESTRE AUSSOYEN**

An evening full of music with more than 3 days of career, come and discover the Biggest Aussoyen Orchestra! Then find Alkabaya, lyrics that make sense, music that is as energetic and warm as ever...

📍 La Place du village € Free of charge.

FRIDAY, August 12th

🕒 9.30 am-11 am **YOGA ANIMATION**

📍 Départ Télésiège du Grand Jeu

RÉSA ➔ Registration before the day before at the reception of the Tourist Office, limited places. € Free of charge.

🕒 5.30 pm-6.30 pm **WRITING WITH A PEN**

Workshop to try this magnificent old writing.

📍 Musée L'Arche d'Oé

RÉSA ➔ Reservation required the day before at the latest on 04 79 20 49 57 Limited to 6 people. € Adult: 6 €, Child (6-12 years): 4.50 €. Free visit of the museum included.



SATURDAY, August 13th

🕒 2 pm-7 pm **AFTERNOON SPECIAL CHILD**

For children, several games to laugh and have fun.

📍 Espace Aqualudique
Ô'Soi € Adult: 5.50 € Child (5-11 years): 4 €. Free entry for children < 5 years.





Offices de Tourisme :

Val Cenis Bramans

Monday to Saturday
(except Tuesday)

9 a.m.-12 p.m./2 p.m.-6 p.m.

Tuesday 2 p.m.-6 p.m.

Sunday and off days

9:30 a.m.-12 p.m./2:30 p.m.-6 p.m.

Val Cenis-Sollières

Monday to Friday 2 p.m. to 6 p.m.

Saturday 9 p.m.-12 p.m./2 p.m.-6 p.m.

Sunday and holidays

9:30 a.m.-12 p.m./2:30 p.m.-6 p.m.

Val Cenis-Termignon

Monday to Saturday

(except Tuesday)

9 a.m.-12 p.m./2 p.m.-6 p.m.

Tuesday 9 a.m.-12 p.m.

Sunday and off days

9:30 a.m.-12 p.m./2:30 p.m.-6 p.m.

Val Cenis-Lanslebourg

Val Cenis-Lanslevillard

Monday to Saturday

9 a.m.-12 p.m./2 p.m.-6 p.m.

Sunday and off days

9:30 a.m.-12 p.m./2:30 p.m.-6 p.m.

Program subject to change.

SATURDAY, August 6th

GUIDED TOUR - GOLD, COLORS & LIGHTS

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

📍 74 rue Saint-Roch Lanslevillard

RÉSA Reservation required at 06 72 32 90 08, minimum 8 persons. € One price: 5 €. Free entry for children < 15 years.

13TH EDF CENIS TOUR TRAIL

On August 6 and 7, 2022, the Trail EDF Cenis Tour is back for its 13th edition. This is the Trail meeting of this summer in the mountains, with routes for everyone.

📍 Départ télécabine de Val Cenis-le-Haut Lanslevillard

RÉSA Reservations on the event website: <https://www.edfcenistour.com> € Free entry for the viewers. Details of the fees are available on the event website: <https://www.edfcenistour.com/>.



Val Cenis

Haute Maurienne Vanoise

SUNDAY, August 7th

🕒 7 am-8 pm ST LAURENT CELEBRATION DAY

Traditional festival in the village of Sardières. Outdoor Mass. Possibility of catering on site. Craft market. Musical entertainment. Folk group. Games for children and adults. Sale of breads and buns.

📍 Sardières Sollières-Sardières € Free access.

🕒 10 am-12 am WELCOME DRINK

📍 Devant l'Office de Tourisme Lanslebourg-Mont-Cenis € Free of charge.

🕒 10 am-4.30 pm ASCENT APERITIF

Come and have an aperitif in the open air facing the Vanoise massif! The "apéro climb" gives you access to the ski lifts and an assortment of local products + a drink of your choice at the summit!

📍 Télécabine du Vieux Moulin Lanslevillard € One price: 16 € (Online purchase on valcenis.ski only.).

🕒 10 am-4.30 pm PICNIC ASCENT

Take full advantage of the ride, without the constraint of the organization! The "picnic climb" gives you access to the ski lifts and a picnic with a drink of your choice that you will pick up at Chalet La Fema.

📍 Télécabine du Vieux Moulin Lanslevillard € One price: 19 € (Online purchase on valcenis.ski only.).

🕒 10 am-4.30 pm GOURMET ASCENT

As a reward after a nice walk or just for the pleasure of the taste buds... The "gourmet climb" gives you access to the ski lifts and a pancake or homemade pastry + a drink of your choice at the top!

📍 Télécabine du Vieux Moulin Lanslevillard € One price: 13 € (Online purchase on valcenis.ski only.).

🕒 10.30 am-11.30 am FELDENKRAIS (KNOW YOUR BODY)

At an altitude of 2100 m, with breathtaking views, find dynamism and vitality with the Feldenkrais method. Guided by the practitioner, by performing gentle and progressive movements, you will learn to move better, more fluidly.

📍 Chalet La Féma Lanslevillard **RÉSA** € One price: 11 € (Online purchase on valcenis.ski only.). Purchase online at www.valcenis.ski only.

🕒 2 pm-3 pm GUIDED TOUR OF THE ALPINE GARDEN

📍 Jardin Alpin du Mont Cenis Lanslebourg-Mont-Cenis

RÉSA € Free of charge.

🕒 2 pm-4.30 pm THEMATIC ORIENTEERING COURSE "LEVELS OF VEGETATION"

Each group will have to orient themselves using a map of the garden to find the beacons of characteristic species of different mountain levels. To validate each floor, they will be asked a question to move on to the next one. Let's go!

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

RÉSA Reservation with the Franco Italian House - Tel : 04 79 05 86 36 € Free of charge.

🕒 5.30 pm-6 pm VAL CENIS-TERMIGNON WELCOME DRINK

📍 Place de la Vanoise Termignon € Free of charge.

🕒 6.15 pm CHILDREN'S WELCOMING

📍 Devant l'ESF de Val Cenis le Haut (à côté du bowling) Lanslevillard € Free of charge.

GUIDED TOUR - GOLD, COLORS & LIGHTS

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

📍 74 rue Saint-Roch Lanslevillard

RÉSA Reservation required at 06 72 32 90 08, minimum 8 persons. € One price: 5 €. Free entry for children < 15 years.

13TH EDF CENIS TOUR TRAIL

On August 6 and 7, 2022, the Trail EDF Cenis Tour is back for its 13th edition. This is the Trail meeting of this summer in the mountains, with routes for everyone.

📍 Départ télécabine de Val Cenis-le-Haut Lanslevillard

RÉSA Reservations on the event website: <https://www.edfcenistour.com> € Free entry for the viewers. Details of the fees are available on the event website: <https://www.edfcenistour.com/>.

MONDAY, August 8th

🕒 8 am-12 am LOCAL PRODUCE MARKET

📍 Place de l'Eglise Bramans € Free access.

🕒 9 am-12 am AN EASY WALK TO DISCOVER THE BUTTERFLIES OF HAUTE MAURIENNE

The Haute Maurienne is home to an exceptional number of species of day and night butterflies. The enthusiasts of the "La Dauphinelle" association offer you an easy walk to observe them, as well as many other insects that land on the flowers.

.../...



Val Cenis
Haute Maurienne Vanoise

Bienvenue
dans les Alpes
vivantes

📍 Devant l'Office de
Tourisme Lanslebourg-Mont-Cenis

RÉSA ➔ By reservation at the Maison Franco-Italienne on 04 79 05 86 36 or 06 69 65 15 51. © Associate member: 10 €, Child: 5 €, Family pass: 20 €. For insurance reasons, you must be a member of the association to enjoy this outing. Membership (and therefore payment for the outing) must be made at the start of the walk.

🕒 9 am-12.30 am **THE VANOISE NATIONAL PARK SHOWROOM - BELLECOMBE**



📍 Parking de Bellecombe Termignon © Free of charge.

🕒 10 am-3 pm **TOUR OF THE CHAPPE TELEGRAPH SYSTEM**

📍 Télégraphe Chappe du Mollard Fleury Sollières-Sardières © Free of charge.

🕒 10 am-4.30 pm **ASCENT APERITIF**

Come and have an aperitif in the open air facing the Vanoise massif! The "apéro climb" gives you access to the ski lifts and an assortment of local products + a drink of your choice at the summit!
📍 Télécabine du Vieux Moulin Lanslevillard © One price: 16 € (Online purchase on valcenis.ski only.).

🕒 10 am-4.30 pm **PICNIC ASCENT**

Take full advantage of the ride, without the constraint of the organization! The "picnic climb" gives you access to the ski lifts and a picnic with a drink of your choice that you will pick up at Chalet La Fema.

📍 Télécabine du Vieux Moulin Lanslevillard © One price: 19 € (Online purchase on valcenis.ski only.).

🕒 10 am-4.30 pm **GOURMET ASCENT**

As a reward after a nice walk or just for the pleasure of the taste buds ... The "gourmet climb" gives you access to the ski lifts and a pancake or homemade pastry + a drink of your choice at the top!

📍 Télécabine du Vieux Moulin Lanslevillard © One price: 13 € (Online purchase on valcenis.ski only.).

🕒 10.30 am-11.30 am **OUTDOOR PILATES**

Before a great family hike or just for your well-being, enjoy an outdoor pilates session, at an altitude of 2,100 m, facing the Vanoise massif. Access by the Vieux Moulin gondola. House detox drink offered.

📍 Chalet La Féma Lanslevillard © One price: 11 €. Purchase online at www.valcenis.ski only.

🕒 11 am **VAL CENIS-BRAMANS WELCOME DRINK**

📍 Devant l'église Bramans © Free of charge.

🕒 2 pm-3 pm **GUIDED TOUR OF THE ALPINE GARDEN**

📍 Jardin Alpin du Mont Cenis Lanslebourg-Mont-Cenis
RÉSA ➔ © Free of charge.

🕒 2 pm-3.30 pm **GUIDED TOUR OF THE MUSEUM OF ARCHAEOLOGY**

📍 Musée d'Archéologie Sollières-Sardières
RÉSA ➔ on registration at the Tourist Office or at the museum © Adult : 5,80 €, Child (6-16 yo) : 3,70 €, free under 6.

🕒 5.45 pm-6.45 pm **FAMILY ANIMATION AT THE CHILD'S CARE**

📍 Maison des Enfants de Val Cenis-le-Haut Lanslevillard
RÉSA ➔ Reservation required from the ESF of Val Cenis: 04 79 05 96 72 Limited to the first 3 families registered. © Free of charge. Val Cenis Pass: 1 access during the period of validity of your Pass.

🕒 6 pm-7 pm **DISCOVERY WALK OF THE VILLAGE**

📍 Devant l'Office de Tourisme Termignon
RÉSA ➔ On registration at the reception of the Tourist Office. © Free of charge.

🕒 6.30 pm **STORM THE MOUNTAINS WITH MY LITTLE ONE!**

Holidays in the mountains! Want to hike with a young child? What pace and distance? What altitude? What precautions? What equipment? Some ideas?! ...

📍 43 rue des Jardins Lanslebourg-Mont-Cenis © One price: 5 €.

🕒 6.30 pm **CONCERT - SILENZIO D'AMURI**

Songs, flutes, harp, lute, guitar and charango combined for an original concert with a varied repertoire ranging from popular South American tunes to pre-baroque music and Irish grounds. A musical and contagious happiness!
📍 Devant l'église Bramans © Free to participate.

🕒 6.30 pm-9.30 pm **TWILIGHT E-BIKE RIDE AROUND THE LAKE**

📍 Devant l'Office de Tourisme Lanslebourg-Mont-Cenis
RÉSA ➔ Reservation required at the Tourist Office. Bring warm clothes and sports shoes. © Free of charge.

TUESDAY, August 9th

🕒 9 am-12 am **"GRAINE D'ARCHÉOLOGUE" - POTTERY ACTIVITY**

📍 Musée d'Archéologie Sollières-Sardières
RÉSA ➔ By reservation at the Haute Maurienne Vanoise Tourist Offices or directly at the museum (04 79 20 59 33). © Adult: 9 € Child (7-16 years): 7 €.

🕒 9 am-4 pm **DISCOVERY OF WILD AND MEDICINAL MOUNTAIN PLANTS**

📍 Refuge l'Auberge de Bellecombe Termignon
RÉSA ➔ By reservation on 04 79 56 32 70 or contact@aubergedebellecombe.com © One price: 59 €. Included: discovery activity, lunch, herbal tea tasting and a macerate to take away.

🕒 10 am-4.30 pm **ASCENT APERITIF**

Come and have an aperitif in the open air facing the Vanoise massif! The "apéro climb" gives you

access to the ski lifts and an assortment of local products + a drink of your choice at the summit!

📍 Télécabine du Vieux Moulin Lanslevillard © One price: 16 € (Online purchase on valcenis.ski only.).

🕒 10 am-4.30 pm **PICNIC ASCENT**

Take full advantage of the ride, without the constraint of the organization! The "picnic climb" gives you access to the ski lifts and a picnic with a drink of your choice that you will pick up at Chalet La Fema.

📍 Télécabine du Vieux Moulin Lanslevillard © One price: 19 € (Online purchase on valcenis.ski only.).

🕒 10 am-4.30 pm **GOURMET ASCENT**

As a reward after a nice walk or just for the pleasure of the taste buds ... The "gourmet climb" gives you access to the ski lifts and a pancake or homemade pastry + a drink of your choice at the top!

📍 Télécabine du Vieux Moulin Lanslevillard © One price: 13 € (Online purchase on valcenis.ski only.).

🕒 10.30 am-11.30 am **ALTI'FIT: FITNESS CLASSES**

Before a great family hike or just for your well-being, enjoy an outdoor fitness session, at an altitude of 2,100 m, facing the Vanoise massif. Access by the Vieux Moulin gondola. House detox drink offered.

📍 Chalet La Féma Lanslevillard © One price: 11 €. Purchase online at www.valcenis.ski only.

🕒 2 pm-3 pm **GUIDED TOUR OF THE ALPINE GARDEN**

📍 Jardin Alpin du Mont Cenis Lanslebourg-Mont-Cenis
RÉSA ➔ © Free of charge.

🕒 2 pm-4 pm **NATURE WORKSHOPS FOR CHILDREN WITH THE VANOISE NATIONAL PARK - HEIGHT OF VIEW**



📍 Refuge-porte du Plan du Lac Termignon
RÉSA ➔ © Free of charge.

🕒 5.30 pm **MEET WITH A PARK RANGER AT LA LEISSE**

📍 Refuge de la Leisse Termignon © Free of charge.

🕒 5.30 pm-6.30 pm **THE FLAVOR TRAIL**

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.

📍 Devant l'Office de Tourisme Lanslebourg-Mont-Cenis
RÉSA ➔ On registration at the reception of the Tourist Office. © Free of charge.

🕒 6 pm-7 pm **GUIDED TOUR OF SAINT ETIENNE'S CHURCH**

📍 Sollières-Endroit Sollières-Sardières © Free access.

⌚ 6 pm-7 pm **PÉTANQUE TOURNAMENT**

📍 Terrain de pétanque Lanslebourg-Mont-Cenis © Free of charge.

⌚ 8.0 pm **STORY TELLING WITH YVES BERNERON**

📍 Rue de la Mairie Lanslevillard

RÉSA ➔ Reservations are required at the Tourist Office. Bring warm clothing. Free for holders of the Activity Pass © 2€ per person.

⌚ 8 pm-9 pm **LECTURE - ARCHAEOLOGY IN THE MAURIENNE VALLEY**

René Chemin, archaeologist, will present during this conference the many sites and remains of Maurienne ranging from the Neolithic to the Second World War, including the Middle Ages and Gallo-Roman. They bear witness to an extremely rich past.

📍 Foyer rural Sollières-Sardières © Free of charge.

⌚ 8 pm-11.30 pm **ROCK ART NIGHTS**

An original evening to discover the rock art of Haute Maurienne. It begins with a conference on the archeology of the Haute Maurienne and continues with a stroll under the stars to the site of the rock engravings of the Parc des Lozes in Aussois.

📍 Foyer rural Sollières-Sardières

RÉSA ➔ © Free of charge.

WEDNESDAY, August 10th

⌚ 8.30 am-7 pm **VAL CENIS ELECTRIC MOUNTAIN BIKE HERITAGE DISCOVERY**

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

📍 Lanslevillard

RÉSA ➔ Reservation required before Monday noon on 04 79 05 99 10. © 49 € without rental of Electric Assistance Mountain Bike, 38€ for children.

⌚ 9 am-6 pm **TOURIST MARKET**

📍 Rue Saint-Landry Lanslevillard © Free access.

⌚ 9.30 am-12 am **ARCHEOLOGY WORKSHOP - CREATE YOUR PREHISTORIC NECKLACE**

📍 Musée d'Archéologie Sollières-Sardières

RÉSA ➔ Reservation required at the Museum (04 79 20 59 33) and at the Tourist Offices. © Adult: 9 € Child (7-16 years): 7 €.

⌚ 10 am-4 pm **"OBSERVATIONS OF LARGE BIRDS OF PREY" WITH THE VANOISE NATIONAL PARK**

Appointment "Great Raptors" at the Refuge de Vallonbrun.

📍 refuge de Vallonbrun

RÉSA ➔ Reservation the day before before 5pm and payment required at the time of booking, limited to 9 people. © Free of charge.

⌚ 10 am-4.30 pm **ASCENT APERITIF**

Come and have an aperitif in the open air facing the Vanoise massif! The "apéro climb" gives you access to the ski lifts and an assortment of local products + a drink of your choice at the summit!

📍 Télécabine du Vieux

Moulin Lanslevillard © One price: 16 € (Online purchase on valcenis.ski only.).

⌚ 10 am-4.30 pm **PICNIC ASCENT**

Take full advantage of the ride, without the constraint of the organization! The "picnic climb" gives you access to the ski lifts and a picnic with a drink of your choice that you will pick up at Chalet La Féma.

📍 Télécabine du Vieux

Moulin Lanslevillard © One price: 19 € (Online purchase on valcenis.ski only.).

⌚ 10 am-4.30 pm **GOURMET ASCENT**

As a reward after a nice walk or just for the pleasure of the taste buds... The "gourmet climb" gives you access to the ski lifts and a pancake or homemade pastry + a drink of your choice at the top!

📍 Télécabine du Vieux

Moulin Lanslevillard © One price: 13 € (Online purchase on valcenis.ski only.).

⌚ 10.30 am **TREASURE HUNT**

📍 Devant l'Office de

Tourisme Lanslevillard © Free of charge.

⌚ 10.30 am-11.30 am **OUTDOOR YOGA**

Before a walk to discover our summits or just for your well-being, enjoy a Hatha Yoga session in the open air, at an altitude of 2,100 m, facing the Vanoise massif. Access by the Vieux Moulin gondola. House detox drink offered.

📍 Chalet La Féma Lanslevillard © One price: 11 €. Online purchase at www.valcenis.ski only.

⌚ 10.30 am-12.15 am **GO FROM CHAPEL TO CHAPEL AND FIND YOURSELF ON THE OTHER SIDE OF THE SCENERY: GUIDED TOUR**

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

📍 Chapelle Saint-Jean-Baptiste Lanslevillard

RÉSA ➔ Reservation required the day before before 6 p.m. at the Tourist Office of your choice. © Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years. HMV Liberty Pass: €3 instead of €4 / Adult and €1.5 instead of €2 / Child.

⌚ 2 pm-3 pm **GUIDED TOUR OF THE ALPINE GARDEN**

📍 Jardin Alpin du Mont Cenis Lanslebourg-Mont-Cenis

RÉSA ➔ © Free of charge.

⌚ 2 pm-4.30 pm **ARCHAEOLOGY WORKSHOP FOR THE KIDS - LA MARMAILLE AU MUSÉE!**

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

📍 Musée d'Archéologie Sollières-Sardières

RÉSA ➔ Reservations are required the day before in the Tourist Offices or at the Museum. © Child: 9 €.

⌚ 2 pm-5 pm **NATURE ANIMATION "THE GAME OF THE GOOSE SIZE GARDEN!"**

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

RÉSA ➔ Reservation at the Franco-Italian House: 04 79 05 86 36 © Free of charge.

⌚ 5.30 pm **MEETING AT THE PLAN DU LAC REFUGE**

📍 Refuge-porte du Plan du Lac Termignon

RÉSA ➔ © Free of charge.

⌚ 5.45 pm-6.45 pm **FAMILY ANIMATION AT THE CHILD'S CARE**

📍 Maison des Enfants de Val Cenis-le-Haut Lanslevillard

RÉSA ➔ Reservation required from the ESF of Val Cenis: 04 79 05 96 72 Limited to the first 3 families registered. © Free of charge. Val Cenis Pass: 1 access during the period of validity of your Pass.

⌚ 6 pm-7 pm **SHARING A PASSION AND TASTING IN THE VEGETABLE GARDEN**

📍 Jardin montagnard Bramans

RÉSA ➔ By reservation on 06 10 42 11 09 © One price: 5 €. Free entry for children < 16 years.

⌚ 6.30 pm-8.30 pm **CLIMBING AND BARBECUE**

📍 Rocher d'escalade de Saint Claude Sollières-Sardières

RÉSA ➔ Reservation at the Tourist Office. © One price: 4 €. Free for holders of the activity pass.

⌚ 8.0 pm **PÉTANQUE TOURNAMENT**

📍 Terrain de pétanque Lanslebourg-Mont-Cenis © Free entry for the viewers.

⌚ 8 pm-9.30 pm **LECTURE "FIRE! LIGHTNING, VOLCANOES, MEN AND GODS"**

Lightning - wild electricity from the sky, fire from the sky; Volcanoes - fire of the earth... This conference by Catherine de Buzon, art historian, invites you on a great journey to discover Paintings that tell over the centuries, this epic

📍 Foyer rural Sollières-Sardières © Free of charge.

⌚ 8.30 pm-10 pm **A GOLDEN NIGHT IN TERMIGNON: GUIDED NIGHT TOUR**

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

📍 Devant l'Office de Tourisme Termignon

RÉSA ➔ Compulsory registration before noon the same day at the Tourist Office of your choice. © Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years.

THURSDAY, August 11th

⌚ 8.45 am-6 pm **BAROQUE ATTRACTIONS BY ELECTRIC BIKE**

A bus ride from Bramans to Lanslebourg to visit the village and baroque church. Continue by bike to Termignon via the Chemin du Petit Bonheur for lunch. Discover the hamlets leading to Bramans, pedal up to the Planay, then return to the village for a last visit.

📍 Arrêt de bus "Les Glières" Bramans

RÉSA ➔ Reservation required before noon on Tuesday. / Haute Maurienne Vanoise Réservation ☎ 04 79 05 99 10 € 48 € without mountain bike rental Electric Assistance.

⌚ 9 am-12 am **RANDO ARTS "WITH ISABELLE"**

📍 Devant l'Office de Tourisme Termignon

RÉSA ➔ On registration at the reception of the Tourist Office. € Free of charge.

⌚ 2 pm-3 pm **GUIDED TOUR OF THE ALPINE GARDEN**

📍 Jardin Alpin du Mont Cenis Lanslebourg-Mont-Cenis

RÉSA ➔ € Free of charge.

⌚ 2 pm-4.30 pm **PLAYFUL ART SESSION - THE JOURNEY OF A PAINTING THROUGH TIME**

📍 Chapelle Saint-Sébastien Lanslevillard

RÉSA ➔ € Adult: 9 €, Child (7-10 years): 7 €, Family pass: 20 €.

⌚ 3.0 pm **COLOR RUN VAL CENIS PARTY**

3 p.m. start of the festivities to prepare for the race. 4 p.m. start of the race on a 4 km course in Lanslevillard to do with friends or family, with 5 color points. 5:30 p.m. / 6 p.m. arrival at the starting point.

📍 Départ télécabine de Val Cenis-le-Haut Lanslevillard

RÉSA ➔ € One price: 2 €.

⌚ 3 pm-5.30 pm **BAROQUE DELICACIES AND CURIOSITIES - SENSORY GUIDED TOUR**

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

📍 Eglise Saint Pierre d'Extravache Bramans

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

⌚ 5.30 pm **MEET WITH A PARK RANGER AT LA FEMMA**

📍 Refuge de la Femma Termignon € Free of charge.



⌚ 6.30 pm-10.30 pm **STARRY EVENING WITH THE FAMILY**

📍 Refuge l'Auberge de Bellecombe Termignon

RÉSA ➔ On reservation at 04 79 56 32 70 or contact@aubergedebellecombe.com € Adult: 45 €, Teenager: 39 € (From 10 to 18 years old), Child: 15 € (Less than 10 years old). Astro animation + mountain meal; From the age of 8. Astronomy evening + night + breakfast: €77/adult, €61.5/teen (10-18 years old), €30/child (-10 years old).

FRIDAY, August 12th

⌚ 9 am-12 am **VISIT OF THE BALMES CAVE**

📍 Musée d'Archéologie Sollières-Sardières

RÉSA ➔ Reservation required until Wednesday at the Haute Maurienne Vanoise Tourist Offices or at the Archeology Museum. € Adult: 29 €, Child (7-16 years): 22 €. Free entry for children < 7 years.

⌚ 9 am-12.30 am **THE VANOISE NATIONAL PARK SHOWROOM - BELLECOMBE**

📍 Parking de

Bellecombe Termignon € Free of charge.



⌚ 2 pm-3 pm **GUIDED TOUR OF THE ALPINE GARDEN**

📍 Jardin Alpin du Mont Cenis Lanslebourg-Mont-Cenis

RÉSA ➔ € Free of charge.

⌚ 4 pm-5.30 pm **SLICE OF LIFE IN THE MOUNTAIN PASTURES: FAMILY DISCOVERY GAME IN BELLECOMBE**

Come and play with your family and try to unlock the secrets of traditional mountain pasture recipes! On the program: games, meeting with a passionate farmer and of course tastings!

📍 Parking de Bellecombe Termignon

RÉSA ➔ € Adult: 8 €, Child (6-12 years): 6 €. Free entry for children < 6 years. HMV Liberty Pass: €6 instead of €8 Adult. HMV Liberty Pass: €4.5 instead of €6 Child.

⌚ 5.30 pm-9 pm **ARTISAN NIGHT MARKET**

From 5 p.m., the auditorium square is taken over by the various craft vendors. It's time for you to make good deals and leave with a unique souvenir. So we are waiting for you!

📍 Place de Val Cenis - Auditorium Laurent Gerra Lanslebourg-Mont-Cenis € Free of charge.

⌚ 6 pm-7 pm **GUIDED TOUR OF SAINT ETIENNE'S CHURCH**

📍 Sollières-Endroit Sollières-Sardières € Free access.

⌚ 8 pm-10 pm **CONCERT - LES PROFESSIONAUX**

📍 Place de Val Cenis - Auditorium Laurent Gerra Lanslebourg-Mont-Cenis € Free of charge.

GUIDED TOUR - GOLD, COLORS & LIGHTS

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

📍 74 rue Saint-Roch Lanslevillard

RÉSA ➔ Reservation required at 06 72 32 90 08, minimum 8 persons. € One price: 5 €. Free entry for children < 15 years.

SATURDAY, August 13th

⌚ 9 am-12 am **VISIT OF THE BALMES CAVE**

📍 Musée d'Archéologie Sollières-Sardières

RÉSA ➔ Reservation required until Wednesday at the Haute Maurienne Vanoise Tourist Offices or at the Archeology Museum. € Adult: 29 €, Child (7-16 years): 22 €. Free entry for children < 7 years.

⌚ 6 pm-10 pm **APERITIF & DINNER CLOSE-UP MAGIC WITH XANADU**

📍 Bar-restaurant Le

C2 Lanslebourg-Mont-Cenis € Prices not available.

GUIDED TOUR - GOLD, COLORS & LIGHTS

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

📍 74 rue Saint-Roch Lanslevillard

RÉSA ➔ Reservation required at 06 72 32 90 08, minimum 8 persons. € One price: 5 €. Free entry for children < 15 years.



Office de Tourisme Bessans

Monday to Saturday
9 a.m.-12 p.m./2 p.m.-6 p.m.
Sunday and off days
9:30 a.m.-12 p.m./2:30 p.m.-6 p.m.

Program subject to change.

SUNDAY, August 7th

- ⌚ 5 pm-7 pm **WELCOME DRINK**
📍 Place de la Mairie © Free of charge.

MONDAY, August 8th

- ⌚ 9 am-12 am **SMALL TOURISTIC MARKET**
📍 Place de la Mairie © Free access.
- ⌚ 10.30 am-12 am **DISCOVERY WALK OF BESSANS**
📍 Devant l'Office de Tourisme
RÉSA ➔ On registration at the reception of the Tourist Office © Free of charge.
- ⌚ 2 pm-4 pm **DISCOVERY OF CLIMBING FOR 8-18 YEAR OLDS**
Presentation of the "Terre d'Alpinisme" label awarded in June 2021 by the UNESCO France Alpinism Committee and the French Federation of Alpine and Mountain Clubs in the Bessans / Bonneval sur Arc territory: the contributions for our territory and its visitors.
.../...

- 📍 Site "les Drailles Blanches" (entre Bessans et Bonneval sur Arc)
RÉSA ➔ Registration is done with your host or your Tourist Office and the information will be provided to you during the welcome drink. © Free of charge.

⌚ 2.30 pm-3.15 pm **LASER SHOOTING INITIATION**

- 📍 Stade international de Biathlon
RÉSA ➔ On registration at the reception of the Tourist Office. © Free of charge.

⌚ 6.0 pm **SLIDESHOW - VANOISE FEATHERS AND HAIRS 3RD EDITION**

- 📍 Espace Albaron © Adult: 5 €, Child: 2 €.

⌚ 8.30 pm-9.30 pm **PLAYFUL GUIDED TOUR IN BESSANS**

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

- 📍 Devant l'Office de Tourisme
RÉSA ➔ Registration compulsory the same day before noon (limited places) in the Tourist Office of your choice. © Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years.

TUESDAY, August 9th

⌚ 8.30 am-6 pm **HISTORICAL AND GOURMET DISCOVERY DAY AT VTAAE**

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

- 📍 Départ de l'Office de Tourisme de Bonneval sur Arc
RÉSA ➔ Reservation required before Monday noon at 04 79 05 99 10. © 49 € without mountain bike rental Electric Assistance (38 € for children).

⌚ 9 am-9.45 am **INTRODUCTION TO SLACKLINE**

- 📍 Espace Ludi'Lacs
RÉSA ➔ Reservation at the reception of the tourist office. © Free of charge.

⌚ 10.30 am-12 am **TCHOUKBALL DISCOVER**

Come discover this sport that mixes Handball and Volleyball. The goal of the game is to score points by bouncing a ball into a target, so that the opponent can not catch it later. The target being an inclined trampoline ...

- 📍 Espace Ludi'Lacs
RÉSA ➔ On registration at the reception of the Tourist Office. © Free of charge.

⌚ 2 pm-3.30 pm **FROM SHADOW TO LIGHT, A COMPLETELY BAROQUE EXPERIENCE! - SENSORY VISIT**



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

- 📍 Place de la Mairie
RÉSA ➔ © Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years.

⌚ 6.30 pm-7.30 pm **FELDENKRAIS**

There is more to sport than a simple repetitive gesture. It is a carrier of sensations to be refined in order to be more efficient. The Feldenkrais method offers you to improve the mental representation of the sporting gesture, its fluidity and its effectiveness.

- 📍 Espace Albaron
RÉSA ➔ Compulsory registration at the Tourist Office. © Free of charge.

⌚ 8.30 pm **CULTURE EVENING - "THE PIONEERS OF MOUNTAINEERING" BY PIERRE GIORDANO**

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

- 📍 Espace Albaron © Free of charge.

WEDNESDAY, August 10th

⌚ 9 am-10 am **VISIT OF THE ERABLO, TRADITIONAL HOUSING**

Discover the habitat and daily life of the Bessanians until the second half of the 20th century, in a 17th century "Erablo", who at that time slept in the same room as the animals to enjoy their warmth.

- 📍 Office de Tourisme
RÉSA ➔ Compulsory registration at the reception of the Tourist Office. © Full price: 3 € (Free for children under 12 and for holders of the Bessans/Bonneval Station Pass).

⌚ 10 am-12 am **SUSTAINABLE ODYSSEY DISCOVERY WORKSHOP: POLLINATING INSECTS**

During this workshop you will discover, thanks to an eco-designed game, the pollinating insects of Haute Maurienne Vanoise, their crucial role for wild flora but also for crops, as well as the right actions to contribute to their preservation.

- 📍 Espace Albaron
RÉSA ➔ By reservation with Virginie Personnaz: 07 78 56 69 84 © Adult: 7 €.

⌚ 2.30 pm-5.30 pm **BESSANS DEVIL CHALLENGES**

- 📍 Espace Ludi'Lacs © Free of charge.



THURSDAY, August 11th

🕒 10.30 am-12 am **DO IT YOURSELF - WATERCOLOR ACTIVITY**

📍 Espace Ludi'Lacs

RÉSA ➡ On registration at the reception of the Tourist Office © Free of charge.

🕒 8.30 pm **CONFERENCE BY DOMINIQUE LEVET: HAUTE MAURIENNE, LAND OF COMMON GOODS**

Conference by Dominique Levet, professor of history and political science, member of the Académie de Savoie, on the major political issues of the present day as seen in the light of the challenges faced in the course of history, particularly in the Haute Maurienne.

📍 Espace Albaron © Free of charge.

FRIDAY, August 12th

🕒 10 am-12 am **SUSTAINABLE ODYSSEY DISCOVERY WORKSHOP: KNOWING AND PRESERVING THE ANIMALS OF HAUTE-MAURIENNE VANOISE**

During this workshop you will discover, thanks to an eco-designed game, the animals of Haute-Maurienne as well as the right actions to contribute to their preservation. This workshop is led by Virginie Personnaz, environmental urban geographer.

📍 Espace Albaron

RÉSA ➡ On registration with Virginie Personnaz: 07 78 56 69 84 © Adult: 7 €.



Office de Tourisme Bonneval sur Arc

Monday to Saturday
9 a.m.-12 p.m./2 p.m.-6 p.m.
Sunday and off days
9:30 a.m.-12 p.m./2:30 p.m.-6 p.m.

Program subject to change.

SUNDAY, August 7th

9 am-6 pm MARKET

📍 Vieux village ☹️ Free access.

10 am-12 am WELCOME MEETING

📍 Grande Maison ☹️ Free of charge.

MONDAY, August 8th

2 pm-4 pm DISCOVERY OF CLIMBING FOR 8-18 YEAR OLDS

Presentation of the "Terre d'Alpinisme" label awarded in June 2021 by the UNESCO France Alpinism Committee and the French Federation of Alpine and Mountain Clubs in the Bessans / Bonneval sur Arc territory: the contributions for our territory and its visitors.

📍 Site "les Drailles Blanches" (entre Bessans et Bonneval sur Arc)

RÉSA 📌 Registration is done with your host or your Tourist Office and the information will be provided to you during the welcome drink. ☹️ Free of charge.

2 pm-4 pm TREASURE HUNT : THE RIGHT PHOTO IN THE RIGHT PLACE

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

📍 Devant l'Office de Tourisme ☹️ Free of charge.

5 pm-6.30 pm STROLL AT THE HEART OF BONNEVAL SUR ARC

Discover the village of Bonneval sur Arc. Get to know the history of this listed village and its smallest corners.

📍 Devant l'Office de Tourisme

RÉSA 📌 On registration at the reception of the Tourist Office ☹️ Free of charge.

5.30 pm-7 pm HATHA YOGA CLASS, DYNAMIC YOGA WITH BABETH

📍 Grande Maison

RÉSA 📌 Reservation required at the Tourist Office of your choice. ☹️ Free of charge.

TUESDAY, August 9th

9 am-10.30 am ORIENTATION IN MOUNTAIN ENVIRONMENT

Come and discover in a playful way the precautions to take to go on a hike in complete safety. Then learn to read an IGN map and use a compass through different orientation games.

📍 Devant la Grande Maison

RÉSA 📌 Compulsory registration at the reception of the Tourist Office. ☹️ Adult: 4 €. Free entry for children < 12 years.

2.30 pm-5.30 pm MARMOT TREASURE HUNT

Alone or in a team, come and take up the challenges that will be on your way throughout an orienteering course through the village of Bonneval sur arc. A prize will be awarded at the end of the day to the best teams!

📍 Front de neige débutant ☹️ Free of charge.

8.30 pm JÔLHA RÒC, FILM ABOUT ROCK CLIMBING

JÔLHA RÒC a film in tribute to the Ravier brothers who opened up routes several decades ago, drawing on the Pyrenean reliefs one of the most beautiful pages of amateur climbing of excellence.

📍 Grande Maison ☹️ Free of charge. Offered by Ass. "Bessans Bonneval-sur-Arc Territory of Mountaineering".

WEDNESDAY, August 10th

10.30 am-12 am DO IT YOURSELF - WATERCOLOR ACTIVITIES

📍 Devant la Grande Maison

RÉSA 📌 On registration at the reception of the Tourist Office ☹️ Free of charge.

5 pm-6.30 pm THE ADVENTURES OF THE DONKEY ANTOINE IN BONNEVAL: FAMILY GAME VISIT



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

📍 Le Vieux Pont, à l'entrée du village

RÉSA 📌 Registration compulsory the same day before noon (limited places) in the Tourist Office of your choice. ☹️ Adult: 4 €, Child (6-12 years): 2 €. Free entry for children < 6 years. HMV Liberty Pass: €3 instead of €4 Adult. HMV Liberty Pass: €1.50 instead of €2 Child.

10 pm-0 am ASTRO NIGHT

📍 Devant l'Office de Tourisme

RÉSA 📌 On registration at the reception of the Tourist Office ☹️ Free of charge.

THURSDAY, August 11th

9 am-12.30 am

📍 Hameau de l'Ecot ☹️ Free of charge.



10 am-12 am DISCOVERY TCHOUKBALL

Come discover this sport that mixes Handball and Volleyball. The goal of the game is to score points by bouncing a ball into a target, so that the opponent can not catch it later. The target being an inclined trampoline ...

📍 Terrain multisports

RÉSA 📌 On registration at the reception of the Tourist Office. ☹️ Free of charge.

2.30 pm-3.15 pm LASER SHOOTING INITIATION

📍 Front de neige débutant

RÉSA 📌 On registration at the reception of the Tourist Office. ☹️ Free of charge.

5.30 pm

📍 Refuge du Carro

RÉSA 📌 ☹️ Free of charge.



FRIDAY, August 12th

9 am-10.30 am CHANTOURNAGE WITH ISABELLE

📍 Grande Maison

RÉSA 📌 On registration at the Tourist Office. ☹️ Free of charge.

6 pm-8 pm CONCERT BY JOSEPHINE BLANC

Fresh out of a tour in Normandy, Joséphine Blanc returns to her roots in her native village of Bonneval sur Arc for an electro folk pop concert alternating between covers and compositions.

📍 Devant la Grande Maison ☹️ Free access.

8.30 pm SLIDESHOW: FAUNA SIDE - BONNEVAL SUR ARC

📍 Grande Maison ☹️ One price: 5 €.

