



LA PLAGNE
MONTCHAVIN - LES COCHES

MONTCHAVIN - LES COCHES

Your holiday planner

WINTER 2021/2022



Gamme E-SUV Hyundai

La plus large gamme de SUV électrifiés

Hybride

Hybride rechargeable

Électrique

Hydrogène



Bonus écologique
et coûts d'entretien réduits



Consommation
de carburant maîtrisée



Garantie 5 ans,
kilométrage illimité⁽²⁾



Garantie batterie
8 ans ou 200 000km⁽³⁾

Consommations mixtes de la gamme KONA Electric (kWh/100 km) : 15,0- 15,4 Émissions CO₂ (g/km) : 0 Consommations mixtes (WLTP) de la gamme TUCSON (l/100 km) : 5,4-6,7 Émissions CO₂ WLTP (g/km) : 127-154 Consommations mixtes de la gamme SANTA FE (l/100 km) : en cours d'homologation Émissions CO₂ WLTP (g/km) : en cours d'homologation (2) La garantie 5 ans kilométrage illimité de Hyundai s'applique uniquement aux véhicules Hyundai vendus initialement par un Distributeur Agréé officiel Hyundai à un client final, conformément aux termes et conditions du carnet de Garantie Entretien & Assistance du véhicule. (3) Les batteries haute-tension de nos véhicules KONA Electric, TUCSON Hybrid et SANTA FE Plug-in sont garanties 8 ans ou 160 000 km. Détails : [hyundai.fr/Just Drive !](http://hyundai.fr/JustDrive) : Conduire, l'esprit libre !

 **HYUNDAI**

JeanLain
Just Drive!

CHAMBERY | ALBERTVILLE | ECHIROLLES
SEYNOD | VILLE LA GRAND

04 201 01 201
WWW.JEANLAIN.COM

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La Plagne thanks its partners

JeanLain
RESTAURANT



DARE 2B



salomon



BANQUE POPULAIRE
AUVERGNE RHONE ALPES

CYCLES PEUGEOT

Y&E
PLAGE ROBERTINE

RACER
FRANCE 1927



Puydu Fou.



22

ENTERTAINMENTS

WELCOME



Tourist Offices Services

TOURIST OFFICES



Montchavin & Les Coches.



Every day from 9am to 12pm and from 2pm to 6pm.



Contact Montchavin : 04 79 07 82 82
Contact Les Coches : 04 79 07 82 43
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

LEFT LUGGAGE OFFICE

You can leave your luggage next door to the Tourist Office



Les Coches.



Saturday from 9am to 12pm and from 2pm to 6pm.



Deposit 2€



Contact Les Coches : 04 79 07 82 43
info.montchavin@la-plagne.com
www.montchavin-la-plagne.com

INTERNET

An operator offers the Wi-Fi internet service via hotspots.



1h 5€ - 1 jour 9€ - 1 week 19,90€ - 1 month 35€



Hire box wifi pocket : private wifi network 3G / 4G in the resort with possibility to connect 10 devices.



1 day : 7€ - 1 week : 39€.

RESORT CLEANLINESS

Please dispose of all your rubbish according to recycling information situated on the Moloks-large dustbins. Please do not drop litter.

As a reminder :

- Green bins : glass jars and bottles.
- Yellow bins : plastic bottles, cans, paper and small cartons. - Black bins : other waste.

- In the villages: bag dispensers for dog droppings.

WEATHER FORECAST

A weather forecast is displayed inside the Tourist Office daily.

LOST PROPERTY

All lost property will be kept at the Tourist Office.

OBJECTS FOR HIRE

Snow shovels, board games. A deposit is required.

UNDERCOVER PARKING

Interior parking spaces are available under the Tourist Office (40 spaces)



1 week : 50€, deposit : 50€



SERENITY

An unforgettable holiday, this year more than ever

This winter, the pleasure of seeing you will be even greater than in previous seasons.

We cannot wait to see you racing down the slopes with your friends and family and are already imagining you around the table enjoying a fondue or a raclette made with local products, or watching the progress of your children who will be taking a snowflake or star badge home at the end of the holiday.

For those of us whose job it is to craft and create your holiday and whose main aim is to welcome you here to share our love of the mountains, it will be a great moment when we are able to open our doors once again.

It is with real feeling that we say to you: "Thank you for trusting us and letting us help to create your memories"

Thank you for sharing all these moments with us."

Thank you for coming (back) to see us...

You are at home here.



We would ask everyone to follow the rules that we have all already adopted



Face masks must
be worn



Hand sanitizer gel at
your disposal



Social distancing



Surfaces and
equipment
disinfected



Seated service only

SKI PASSES

Paradiski from 18/12/2021 to 22/04/2022 - La Plagne & Villages from 18/12/2021 to 23/04/2022. For other dates, see all our prices on www.skipass-laplagne.com

FORFAIT **PARADISKI** ⁽¹⁾

1 day

Adult 13/64 years

64€ /pers.

Child 5/12 years ⁽²⁾

52€ /pers.

6 days

Adult 13/64 years

325€ /pers.

Child 5/12 years ⁽²⁾

260€ /pers.

FORFAIT **LA PLAGNE** ⁽¹⁾

1 day

Adult 13/64 years

57€ /pers.

Child 5/12 years ⁽²⁾

46€ /pers.

6 days

Adult 13/64 years

285€ /pers.

Child 5/12 years ⁽²⁾

228€ /pers.

+1€ per pass on first purchase for compulsory ski card, rechargeable and non-refundable

With a Paradiski pass valid for 6 to 15 consecutive days.

LE
BONUS SKI

La Plagne gives you
a free **1/2 day**
skiing!

Terms and conditions apply.

CoolSki ⁽¹⁾ 

1 day single price
5 years and +

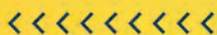
32€

Ski pass + CoolSki
bib

37€



LES PACKS



PACK

DUO



-10€
/pers.

PACK

TRIBU



-15€
/pers.

PACK

FAMILLE



-30€
/pers.

Valid for the La Plagne and Paradiski passes from 6 to 15 consecutive days.

DUO : Save €10 on each of the two passes in the pack. 2 people of any age group (adults/children/or seniors). Valid for the La Plagne and Paradiski passes from 6 to 15 consecutive days purchased with payment made in full in one transaction for identical ski passes (same duration and ski area).

TRIBU : Save €15 per pass making up the pack. 3 people of any age group (adults/children/or seniors). Valid for the La Plagne and Paradiski passes from 6 to 15 consecutive days purchased with payment made in full in one transaction for identical ski passes (same duration and ski area).

FAMILLE : Save €30 per pass making up the pack. When purchasing 4 ski passes in the same transaction (a minimum of 6 days of the same duration and within the same ski area), including 2 persons aged 13-74 years and a minimum of 2 persons aged 5 to 17 years.

With a Paradiski pass valid for 6 to 15 consecutive days.



LE BONUS SKI

La Plagne gives you a free **1/2 day** skiing!

Terms and conditions apply.

EDENSKI



The loyalty programme: get your fill of benefits!

The principle is simple: the more you ski, the more points you earn. Enter your ski pass number in your Edenski account and you'll automatically be credited with points for each purchase, whether it's online or in resort. You can then exchange your points for gifts. Other surprises await you, such as special events and exclusive meetings to share current news and discover your favourite ski area in a different manner!

Sign up on www.edenski.com

SKI




Ski Lessons

ECOLE DU SKI FRANCAIS

The instructors in Montchavin and Les Coches ESF will share their passion and teach the best ski and snowboard techniques.

 Montchavin & Les Coches

 Every day from 8.45am to 18pm

 Children and adults lessons from 109€ (a week).

From Piou Piou to Etoile d'Or, teen agers and adults from beginners to competition.

Private lessons from 45€.

 Contact : 04 79 07 83 54
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com


esf MONTCHAVIN
LES COCHES

ESF INTERNATIONAL

Mainly for our English-speaking friends, with the aim of diversifying the teaching techniques of skiing and other snow disciplines. World Ski Class adapts its organisation to offer a different style of lesson

 Montchavin & Les Coches

 Every day

 Children and adults lessons, from beginners to level 3 : 165€.
Private lessons from 45€.

 Contact : 04 79 07 80 33
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com


esf MONTCHAVIN
LES COCHES

EVOLUTION 2 ECOLE DE SKI ET D'AVENTURE

A team of young, dynamic State-qualified instructors offer group lessons or private lessons for all levels in all skiing activities

 Montchavin & Les Coches

 Every day

 Children's group lessons from 126 €
Adult's group lessons from 99 €
Private lessons from 49 €
Snowboard group lessons from 74 €

 Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

evolution2
ecole de ski & d'aventure

Ski Touring

La Plagne enjoys ski touring and offers a guide that includes all the routes drawn on the ski area. 4 ski touring races are organized in La Plagne this winter under the name «Rando Challenge».

Information and registration in the Tourist Offices of the la Plagne area.



EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

Coaching with a qualified instructor of at least 2h (material not included)



Montchavin & Les Coches



Every day



From 125€



Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

ECOLE DU SKI FRANCAIS

Introduction to ski touring



Montchavin & Les Coches



Tuesday & wednesday from 6pm to 7pm (level Classe II)



25€+ 15€ equipment rental (partner shops)



Contact : 04 79 07 83 54
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

Other Ride

BUREAU DES GUIDES ET ACCOMPAGNEURS

Snow holds no secrets for our guides and companions. Professionals with a natural gift for sharing their passion for the mountains in a friendly and entertaining way



Montchavin & Les Coches



Consult us



Consult us



Contact : 06 09 30 56 40 (Jean Michel)
guidesmontchavin@gmail.com
www.guidesmontagne.com


CHILDREN




CALINS DES NEIGES (5 months to 4 years)

3 clubs welcome children in Montchavin & in Les Coches.

 Place du Carreau in Les Coches

 From sunday to friday from 8.45 am to 5.30pm.

 1 hour : 6€ & a lunch : 7€

 Contact : 04 79 09 00 83

EQUIPMENT

Warm clothes, snow boots, sun glasses and goggles. Ski gear should be hired from the ski shop..

A FULL PACKAGE «TOUT COMPRIS»

Full Package «all included» (Ski + Lunch + Leisure Center) for children to «Etoile d'Or» ski level.

 from 394€


 Contact : ESF au 04 79 07 83 54

LEISURE CENTER LES CIMES (3 years to 11 years)

 Place du Carreau in Les Coches.

 From sunday to friday from 8.45 am to 5.30pm.

 1 hour : 6€ & a lunch : 7€


 Contact : 04 79 09 00 83

LEISURE CENTER LA COMBE (3 years to 11 years)

 Departure from Montchavin chair-lift Montchavin.

 From sunday to friday from 8.45 am to 5.30pm.


 1 hour : 6€ & a lunch : 7€


 Contact : 04 79 09 00 83

Sledges Areas

MONTCHAVIN RUN

Illuminated toboggan run.
Helmet use and child supervision are mandatory.

 Montchavin (on top ESF)


 Every day

 Free

 Contact : 04 79 07 82 82

LES COCHES RUN

Safe toboggan run.
Helmet use and child supervision are mandatory.

 Les Coches (behind Les Pentes build)

 Every day

 Free

 Contact : 04 79 07 82 82

Pic nic room in Les Coches, near Salle Marcel Pignard. Free and open 7/7, to take a break.

The 5 frozen family experiences

Ice Rink :

(Page 15) On the natural ice to slide with the family.

Tipis Evening :

(Page 15) Walk up to the Tipis village on snowshoes accompanied by a mountain guide. Local aperitif and meeting with dogs sledging.

Winter Family Race :

(Page 23) A fun and free race for the family ! Walking or running, with a minimum of 2 people (1 parent and 1 child).

Snake Gliss :

(Page 12) Descents with a snakegliss and Evolution 2 ski qualified instructor.

Koh'ches Lanta : (Page 22)

Winter variation of the successful TV program.

FAMILY SERVICE

Sledges and sledges strollers can be rented at most sports shops of the resort (cf 28 to 29).

Summer 2021
Label successfully
renewed for 3 years !

FAMILLE +



BABY SITTER

Ask the Tourist Office for a list.



LABEL FAMILLE PLUS

Famille Plus Mountain is the first and only national tourism label to approve the facilities and services available to families with children staying in French tourist destinations. It is recognised by the French Ministry of Tourism.

6 commitments that the resorts must adhere to in order to play host to both children and adults.

1. A tailor-made infrastructure for families
2. Entertainment and activities to suit all ages
3. A price to suit everyone : from the youngest to the oldest
4. Activities for adults and children to enjoy, together or separately
5. Professionals that are trained to take great care of children
6. Children to be taken great care of by professional

www.familleplus.fr et
www.montchavin-la-plagne.com

ACTIVITIES



Fat Bike

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

Ski slopes descent from Plan Bois to Montchavin with a Fat Bike (classic and electric) and ski qualified instructor. Group from 4 to 8 persons.(Material included except ski passes)



Descent from Plan Bois to the resort



Consult us



55€ per person.



Contact Montchavin: 04 79 07 81 85

Contact Les Coches: 04 57 37 18 85

montchavin@evolution2.com

evolution2.com/la-plagne-montchavin-les-coches

Airboard

ECOLE DU SKI FRANCAIS

Airboard: it is the bodyboard of snows... An inflatable sled on which we lengthen in flat - stomach, the head forward! The machine goes by the weight of the bod



Descent from Plan Bois to Les Coches or Montchavin



Tuesday, wednesday & thursday from 4.30pm.



30€ per person.



Contact : 04 79 07 83 54

info@esf-montchavinlaplagne.com

www.esf-montchavinlaplagne.com

Snakegliss

EVOLUTION 2 ECOLE DE SKI & D'AVEVENTURE

Descents with a snakegliss and Evolution 2 ski qualified instructor.



Descent from Plan Bois and the resort



Consult us



From 25€.



Contact Montchavin: 04 79 07 81 85

Contact Les Coches: 04 57 37 18 85

montchavin@evolution2.com

evolution2.com/la-plagne-montchavin-les-coches

Orienteering Race


Tourist Offices

Welcome to the blue level orienteering course in Montchavin-Les Coches, 3.2km with 8 markers to find !

 Montchavin & Les Coches

 Every day

 Free

 Contact : 04 79 07 82 82

info.montchavin@laplagne.com

www.montchavin-la-plagne.com



Snowshoes

BUREAU DES GUIDES ET ACCOMPAGNEURS

Sport and conviviality, beautiful landscapes, ibex and chamois, snowy forests, traditional food... all the ingredients that you appreciate will be on the menu.

 Montchavin & Les Coches

 From sunday to friday

 Half day from 25 to 36€
Day 48€

Nighttime snowshoes / Fondue : 50€

 Contact : Jemma 06 14 61 03 32
Contact : Aloïs 07 82 10 30 49

Contact : Jessica 06 95 19 29 36
guidesmontchavin@gmail.com
www.guidesmontagne.com

EVOLUTION 2 ECOLE DE SKI ET D'AVENTURE

The wonders of the mountain exist far beyond the slopes ... Go for a walk in the company of a guide. A special experience during which you can choose the theme.

 Montchavin & Les Coches

 From monday to friday


 Half day : 30€, a day : 48€ and from 62€ the restaurant evening.

 Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

ECOLE DU SKI FRANCAIS

Snowshoes weekly program with Gilles.

 Montchavin & Les Coches

 From sunday to friday

 Half day from 25€

 Contact : 04 79 07 83 54
info@esf-montchavinlaplagne.com
www.esf-montchavinlaplagne.com

ACTIVITIES



Cinema

CINEMA MONTCHAVIN

At Montchavin, there is a cinema seating 250 people with 2 sessions



Montchavin



From monday to friday. 6pm & 9pm.



From 7€



Contact : 09 67 19 75 14
info@montchavin-la-plagne.com
www.montchavin-la-plagne.com

Aquarelle initiation

JEAN-LOUP BENOIT

Jean-Loup Benoit proposes you to initiate yourself, beginner or confirmed to the art of painting with watercolour from a photo of mountain landscape ! (From 10 years)



Montchavin Salle Auguste Mudry



Tuesday from 9am to 12pm. 21 december to 19 april



40€



Contact : 06 79 62 98 67

Heritage & Culture

FACIM

With Sylvie, our guide, visit by torchlight of the old village or in a farm, a farmer welcomes you.



Tourist Offices



Consult us



Adult : 6€, Child (from 3 to 12 years) : 4€. Free under 3 years.



Contact : 04 79 07 82 82
info@montchavin-la-plagne.com
www.montchavin-la-plagne.com

Skating Rink

SKATING RINK

If you want to go skating and amaze your parents, or your children, don't hesitate any longer! Come and have fun at the skating rink.

800 m² ice area.



Les Coches



Every day from 2pm to 8pm.

Nighttime to 10pm, monday & wednesday



From 5€ without equipment

From 8€ with equipment



Contact : 04 58 24 00 46



Dogs Sledding

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

Seated in the sledge driven by the musher, you will enjoy a 30 minutes ride into the forest of Plan Blois area with a wonderful view on the Versant du Soleil and Mont Blanc!



Meeting point in Plan-Bois in front of Chez Laurette (restaurant)



Consult us



2 people : 96€

2 adults + 1 child : 127€

2 adults + 2 children : 138€



Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

Tipi Evening

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

We invite you, in snowshoes, to join our musher and sled dogs in the tepee village, warmed by a wood fire with an aperitif, a wood-fire fondue and mulled wine beneath the twinkling stars.



Les Coches



Consult us



From 59€



Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

Paragliding

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

Experience an age-old dream of flying as free a bird.



Roche de Mio



Every day



From 80€



Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

ACTIVITIES



Aquatic Center

ESPACE PARADISIO

Wellness area : Balnéo Swimming Pool, jacuzzi, sauna ,hammam, treatment cabins.



Montchavin



Monday to sunday (10am to 8pm)
Nighttime wednesday 8pm to 9.30pm



(2h maximum) : Adult (+18years)
20€ / Morning adult (from 1pm :15€)

Teenagers (14-17years)15€. Child
(6months-13years) 9€



Contact : 04 79 09 33 20
contact@espace-paradisio.com



www.aquaplagne.fr

Snowshoes and Spa

ECOLE DU SKI FRANCAIS

The mix between the natural environment and the relaxation.



Montchavin



Consult us



40€ per person from 13 years.



Contact : 04 79 07 83 54

info@esf-montchavinlaplagne.com

www.esf-montchavinlaplagne.com

Yoga

SYLVIA FAIRCLOUGH

Yoga is a great way to build strength, gain in flexibility and balance and relax. Lessons are in English with a little French. Must be over 16 years



Montchavin, salle Auguste Mudry



Tuesday from 5.30pm to 6.45pm
from 7 january to 23 april.



10€ per person



Contact : 07 77 82 10 29
sylviatp_816@yahoo.com

Come to discover aquabiking, aqua fitness, aquabalance etc. All these activities follow levels, from green to black colors



Sophrologie

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

Sophrology is a relaxation technique based on breathing, muscle relaxation and positive visualisation !



Montchavin & Les Coches



Consult us



From 75€



Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

Snow Mobile

EVOLUTION 2 ECOLE DE SKI ET D'AVEVENTURE

Come for an unforgettable experience at the controls of this unusual machine! You will get a real thrill discovering the mountain on your own or with a passenger, accompanied by our experienced guides.



La Plagne Centre



Every day (except sunday)



Behind the guide 45€
110€ the moto for 1 ou 2 people



Contact Montchavin: 04 79 07 81 85
Contact Les Coches: 04 57 37 18 85
montchavin@evolution2.com
evolution2.com/la-plagne-montchavin-les-coches

Torchlight Descents

ECOLE DU SKI FRANCAIS

Join us for a final descent into the dark. With a torch light , ski instructors and local aperitif



Montchavin



From 5pm. Consult us.



20€ per person (level 2**)



Contact : 04 79 07 83 54

info@esf-montchavinlaplagne.com

www.esf-montchavinlaplagne.com



LA PLAGNE
MONTCHAVIN-LES COCHES

Keep in touch with
US
all year long

JOIN US ON OUR
NETWORKS :

 @MontchavinLaPlagne

 @plagne_montchavin_les_coches

 @la_plagne



WEATHER



ACTIVITY
TRACKER



PERSONALISED
GUIDE



SKI PASS
TOP-UP



INTERACTIVE
PISTE MAP

**A mountain of stuff
on your phone**



Download Paradiski YUGE



YUGE
Paradiski



RACER

FRANCE | 1927

PARTENAIRE HISTORIQUE DE LA PLAGNE

SHUTTLE



Practical Information

SNCF	36 35
Airports	
Génève (186km)	00 41 22 717 71 11
Lyon St Exupéry (184km)	0 826 80 08 26
Road Network	0 800 100 200
A43 motorway to Albertville. Fast 4-lane motorway to Moûtiers. RN90 to Aime.	
GPS : Longitude : 6.7326237 et latitude : 45.559839	
Taxis	
Please ask the Tourist Office for the numbers of taxi firms.	

Montchavin & Les Coches Train station bus service

Buses run from 18/12/2021 au 23/04/2022 on Saturdays and Sundays. They stop at Montchavin & Les Coches. Contact the Tourist Office for further information. Return tickets can be purchased at : <https://www.cars-region-savoie.fr/>, rubrique «J'achète mon billet»

Free Shuttles for pedestrian

Les Coches Skilift : full day, free and open to everyone
Télébuffette (from Les Coches center to top of the resort) : full day, free and open to everyone.
Shuttle by the road (Montchavin to Les Coches) every evening and free.

THE UNAVOIDABLE



Olympic Bobsleigh

Unique in France!

«Live the Olympic experience»
3 experiences for 3 thrill levels!

Bob Raft

Ass. BOB LUGE SKELETON

*Looking for fun with friends or family?
Why not trying this unique self-piloted,
selfbracking vehicule! 4 passengers
descending at around 80km/h equals an
amazing experience close to the ice*



Piste Olympique de Bobsleigh



Tuesday to sunday from 4pm to
6.30pm



48€ per person
Minimum age 14 or height 1.30m



04 79 08 89 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Speed Luge

Ass. BOB LUGE SKELETON

*Half-sitting, half-lying, settle into our
specially-designed luge for a descent at
90km/hr with a completely unrestricted
view of the track. A once-in-a-lifetime
experience!*



Piste Olympique de Bobsleigh



Tuesday to sunday from 4pm to
6.30pm



112€ per person. Minimum age 16.



04 79 08 89 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Bob Racing

Ass. BOB LUGE SKELETON

*If you're up for a real challenge ... Take a
seat behind a professional for a descent
of up 120km/h. You're in for a heady mix
of speed, and adrenaline that will give
you a taste of a real competition run.
Unforgettable sensation.*



Piste Olympique de Bobsleigh
La Roche



Wednesday, thursday, saturday &
sunday from 5pm.



128€ per person
Minimum age 16 unless contrain-
dication.



04 79 08 89 23
bobsleigh@la-plagne.com
www.bobsleigh.net

Travel time

From Montchavin
resorts : 1h

Ice tower

Champagny en Vanoise

SELF CLIMBING ON ICE TOWER

The ice tower is an artificial structure of 24 meters suitable for all levels.



Le Canada



Daily midday-4.30 pm



Autonomous climber access : on sale at the cross-country ski chalet
1/2 day:
- 10,50€/adult - 6€/ kid*
Season :
- 70€/adult - 35€/kid
* 6-16 yrs included



33 (0)4 79 55 06 55
info.champagny@la-plagne.com
www.champagny.com



Travel time

From Montchavin
resorts : 1h30

CLIMBING ON ICE TOWER WITH A MOUNTAIN GUIDE

Come and discover ice climbing on the superb ice tower with a high mountain guide. Alone, with family or friends, you will live an unforgettable «frosty» experience.



Le Canada - Champagny le Haut



Tuesday and Thursday at night.
Duration: 2hrs.



50€ / pers - 45€/pers. from 4 persons and more
From 10 yrs
Equipment provided
Limited number of places



33 (0)4 79 55 06 55 - info.champagny@la-plagne.com
www.champagny.com

or Damien SOUVY High mountain guide

33 (0)6 89 93 65 19 - damiensouvy@orange.fr





EVENTS

Welcome Drinks

The Tourist Office hosts welcome drinks every Sunday in Montchavin and in Les Coches at 5.30pm. Join us for a glass of a welcome drink offered by the Tourist Office and find out about the week's fun-packed programme of events and activities.

Weekly Events

These include cinema, shows, local games, alternative 'sliding sports', local heritage visits, lanterns, luge, torchlit descents, last tracks airboarding, snake sledging, yooning, etc. The resort organises a number of late afternoon or evening social events throughout the week for some well-deserved fun time.

News Winter 2021/22 :

Christmas Holiday

- «Défis des lutins»
- «La fabrique des lutins»
- «Le courrier du père Noël»

Full season

- Koh'ches Lanta
- Sunday : Welcome drinks 5.30pm
- Yoga lessons
- Crazy muscle awakening

French holiday school

- On monday : «journée trappeurs»
- On thursday : «rendez-vous givrés»
- On wednesday (vacances de février) : «Mercredis challenge»

Koh'ches Lanta

From a successful TV show. With friends or family.

Fun Patrol

Two crazy friends bring comfort in the villages.
You will love to meet them !

Crédits Photos : Office de Tourisme de la Grande Plagne, Philippe Gal, Cébéd, Puy du Fou, Peugeot, Dare2Be, La Folle Entreprise, Olivier Allamand, Elna Sirparenta.

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Events of the Winter

Wednesday 22nd to Saturday 25th December :

The Magic of Christmas

Christmas entertainment with magical shows, Santa's village, activities for kids.

Friday 31st December : Happy New Year

Torchlight descent, DJ and fireworks.

Wednesday 02nd February : Sainte Agathe

Sainte Agathe blesses the ski instructors and their skis on the Montchavin snow front, fireworks, welcome drink...

Thursday 03rd February : Super Parallel

With friends, children... Everything is possible !

**Wednesday 09th, 16th & 23rd February
& 02nd march : Winter Family Race**

A fun and free race for the family ! Walking or running, with a minimum of 2 people (1 parent and 1 child). Free of timer.

**Thursday 10th, 17th & 24th February & 03rd
March : Torchlight Descents**

During French holidays, every thursday in the evening, torch light descents with the ski schools of the resort.

Monday 14th to friday 18th March :

Birthday Montchavin & Les Coches

One full week of entertainments to celebrate these birthdays.

**Saturday 19th March : Ski Touring Race
Les Diables Bleus**

Ski touring race on a mythical route. One race : two routes

- Small route : Vertical drop 450 meters and descent off piste.

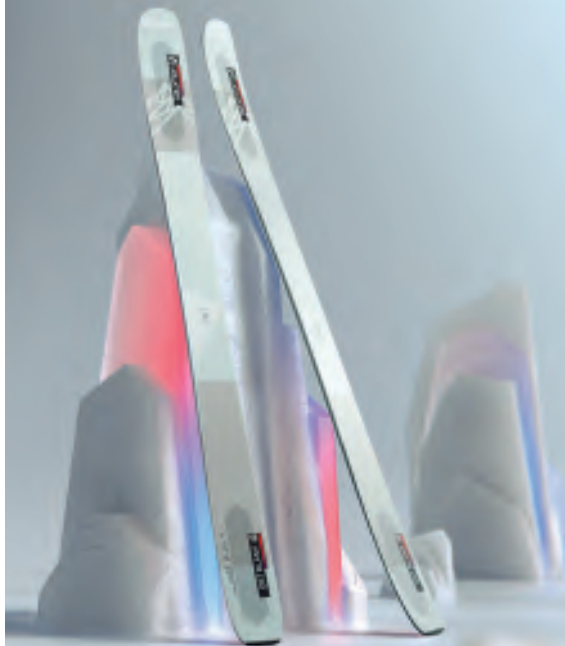
- Big route : Vertical drop 1 000 meters and descent off piste.

Wednesday 13rd to Monday 18th April :

Subli'Cimes

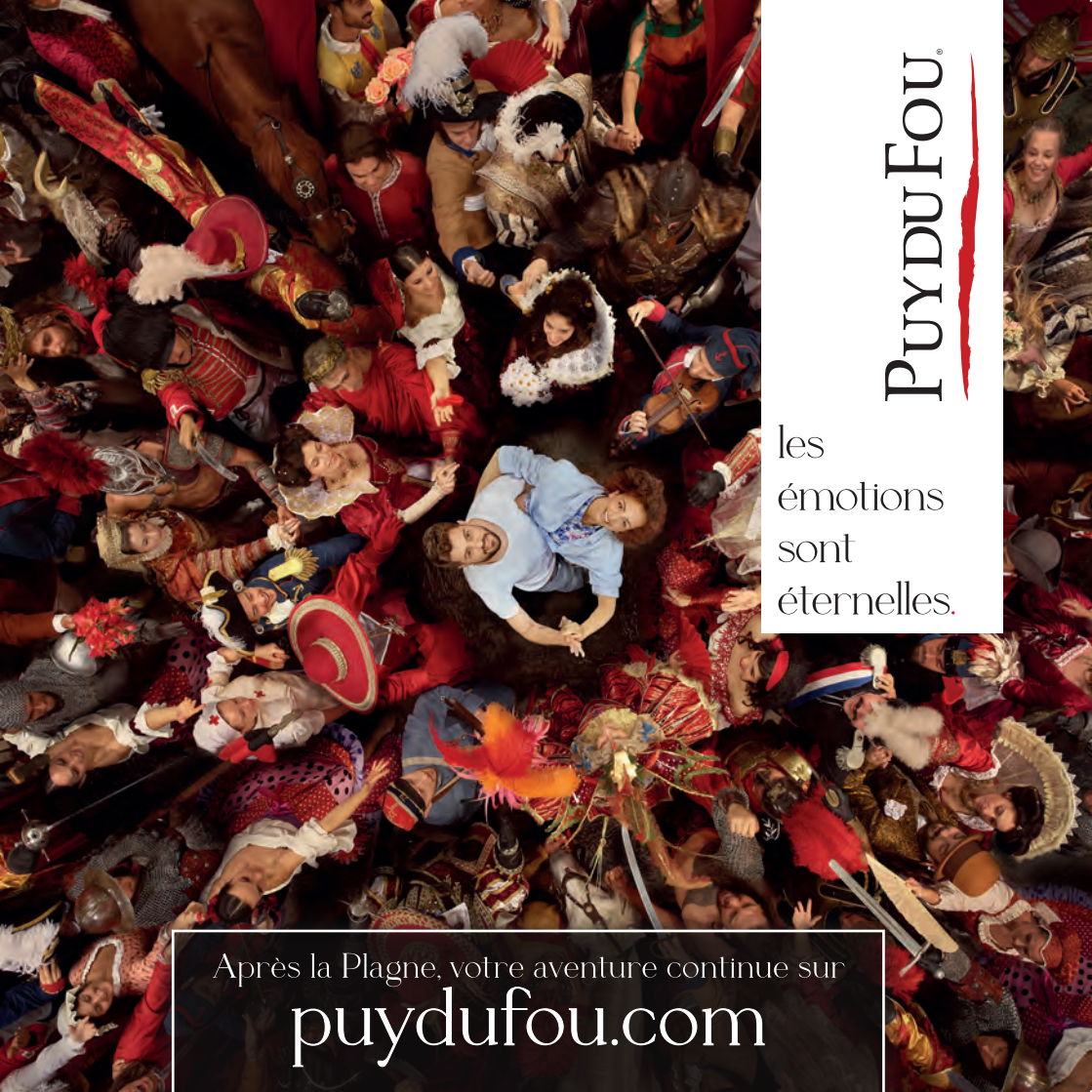
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USER CONTACTS



Accommodations & Estate Agents

Montchavin & Les Cochés

Agence Immobilière des Glaciers	04 79 04 22 86
Agence OIP Ski et Soleil	04 79 07 83 27
Michel Gedda Immobilier	04 79 04 29 60
Eneo Immobilier	04 79 01 02 03
Alpissime (Plateforme PAP)	04 79 06 89 69

Montchavin

Résidence Les 3 Glaciers	04 79 06 89 69
Neige et Soleil	04 79 07 83 22
VVF Villages Village de Vacances	04 79 07 83 06
Camping Caravaneige	04 79 07 83 23

Les Cochés

GSI Immobilier	04 79 07 80 70
Maeva.com	04 79 04 22 00
Au Mont d'Eden Spa, sauna, hamma	06 43 32 60 64
Goélia Les Chalets de Wengen	04 79 41 75 05
Résidence Backgammon - OIP	04 80 08 12 00
Pierre & Vacances Le Rami	04 79 04 22 00

En altitude

Chez Pat du Sauget Le Sauget	04 79 22 72 52
Le Chalet du Friolin Les Bauches	04 79 55 37 49

Bars & Restaurants

Montchavin

Les 3 Glaciers Restaurant de Pays	04 79 55 69 64
Cocotte and Co Traditionnel & savoyard	07 77 34 72 72
La Bovate Bar à Cocktails et cuisine raffinée	09 83 54 44 94
La Ferme de César Restaurant de terroir	04 79 07 85 31
La Zaccota Pizzeria Sur place et à emporter	04 79 08 82 31

Les Cochés

Chez Wam Pizza, snack à emporter, livraisons	04 79 07 69 75
La Fleur de Neige	04 79 41 20 27
La Taverne du Monchu	04 79 07 80 44
La Table du tarin	04 79 22 08 98

Mountain's Restaurants

Chez Pat du Sauget Le Sauget	06 88 45 28 19
Le Chalet du Friolin Les Bauches	04 79 55 37 49
Le Joli Bois Au Vanoise Express	06 81 19 96 77
Le Plan Bois Chez Laurette Plan Bois	06 09 34 37 88
Le Cristal des Neiges Plan Bois	06 48 41 87 53

Administration / Safety

Mairie déléguée de Bellentre	04 79 09 71 52
Service de l'Eau	04 79 09 71 52
Gendarmerie Aime	17 / 04 79 55 61 17
Police Municipale	04 79 09 71 52
Pompiers	18

Find all the information about accommodation : apartments, chalets, packages with skipasses and activities and book your future stay on : www.laplagneresort.com or call us at

La Plagne Resort : +33 4 79 09 79 79

Food, Gifts & Local Produce

Montchavin

Boulangerie Pâtisserie le Matafan	04 79 07 84 11
Les Tarines Charcuterie, Crèmerie, Traiteur	04 79 07 81 66
Supérette Sherpa	04 79 01 31 00
Epicerie Fine de la Cie des Gibolins	04 79 00 44 32

Les Coches

Alimentation Spar Produits régionaux/ Parapharmacie	04 79 07 13 10
Boulangerie Pâtisserie, Croissanterie	04 79 07 80 27
Les Flocons	04 79 07 80 00
Presse Les Belles Feuilles	04 79 07 80 02

Health Service

Montchavin

Pharmacy	04 79 07 80 54
Open every day from 9am to 12.30pm & from 3pm to 7.30pm.	

Pharmacy on duty	3237
Physiotherapist	06 29 72 77 52

Monday to friday o rendez-vous.

Les Coches

Doctor's Office	04 79 07 83 59
Docteur Valérie Foucault. Médecine générale. Open every day from 9am to 12pm and from 3pm to 6.30pm except saturday morning. Without registration.	

Emergency (hors heures ouvrables)	15 ou 112
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Hôpital de Bourg Saint Maurice	04 79 41 79 79
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Autres Services

Montchavin & Les Coches

Conciergerie / Location linge Just Ride	04 79 06 89 69
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Montchavin

La Poste	04 79 07 80 05
From Monday to Friday from 9.30am to 12.30pm.	

ATM Machine : under «la porte de Montchavin».

Ironing (Place du Bassin)	04 79 07 83 21
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Les Coches

ATM : near Salom Sport Skiumium.

Sports & Clothes

Montchavin

Evolution 2 Ecole Ski Shop	04 79 07 81 67
Montchavin Sport	04 79 07 83 84
Ski Republic 3 Glaciers	04 79 06 89 69
Ski Republic Montchavin Village	04 79 22 59 10

Les Coches

Benoit Sports -la Poudreuse	04 79 07 85 27
Benoit Sports -la Godille Ski Set	04 79 07 84 15
Benoit Sports -les Flocons Ski Set	04 79 07 83 39
Evo 2 Ski Shop	04 57 37 18 85
Intersport La Randonnée	04 79 07 83 46
Ski Republic	04 79 22 59 09

Craftsmen

Favre Yannick Cuisine, salles de bain, boiseries	06 13 40 89 16
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OF A LOVE OF SPORT AND THE GREAT OUTDOORS.
OF SHARING AND DISCOVERY.



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In December 2021, La Plagne will be celebrating 60 years of unforgettable memories and launching the next 60 years of emotions to be experienced by future generations.

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**MONTCHAVIN
LES COCHES
TOURIST OFFICE**

Tél : + 33 4 79 07 82 82

info.montchavin@la-plagne.com

**NEXT SUMMER, WE WILL BE
HAPPY TO RECEIVE YOU**

from 18 June

to 11 September 2022

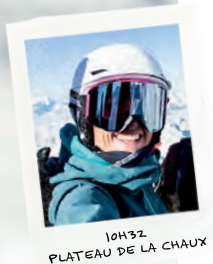


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