

CHAMONIX MONT-BLANC TOURIST OFFICE



chamonix
MONT-BLANC



PRACTICAL GUIDE WINTER 2011

SOMMAIRE

KEY INFORMATION.....	3
HOW TO GET AROUND IN THE VALLEY.....	4
ACCOMMODATIONS.....	5
SPORTS & LEISURE ACTIVITIES.....	6
SPORT CENTRE RICHARD BOZON.....	7
SKIING.....	8/9/10
• SKI AREAS	
• HIGH-ALTITUDE RESTAURANTS	
• SKI SCHOOLS	
• SKI PASSES	
THE TOWN.....	11
CULTURE	12
EMERGENCY NUMBER.....	13

KEY INFORMATION

AIGUILLE DU MIDI CABLE CAR

After a breathtaking two-stage ride in one of the world's highest cable cars, you will reach the Aiguille du Midi (altitude 3,842 m). Surrounded by famous peaks whose names are linked to the finest conquests in mountaineering, you can admire the unique panoramic view of Mont Blanc and the Alps.

Information at the Compagnie du Mont-Blanc ☎ **+33 (0)4 50 53 22 75**

MONTENVERS TRAIN & MER DE GLACE

Discover the famous Mer de Glace in a winter setting.

At the foot of Les Drus, La Verte and Les Grandes Jorasses. Above all, on arrival at the railway station, do not forget to visit the gallery of crystals, the exhibition on Alpine wildlife, and the ice cave.

Information at the Compagnie du Mont-Blanc ☎ **+33 (0)4 50 53 22 75**

FORECAST/MOUNTAIN SECURITY

***Météo-France** : 7-day weather forecasts, updated 2 times every day weather forecast bulletins are displayed in the Maison de la Montagne and in the

Tourist Office. ☎ **+33 (0)892 68 02 74**

***Chamonix-Météo** : 5-day weather forecast www.chamonix.com

***Office de Haute Montagne (OHM)** : Centralises all information concerning conditions and safety in mountain areas. In Maison de la Montagne (in front of the Tourist Office) ☎ **+33 (0)4 50 53 22 08** www.ohm-chamonix.com

OUTDOOR ACTIVITIES

Beside skiing : dogsledding, ice climbing, ski touring, cross country skiing, snowshoeing, walking trails, paint ball, paragliding, speed riding... Lessons for beginners and advanced with mountain sports professionals. Their staff of passionate enthusiasts are at your disposal to ensure that you enjoy the pleasures and sensations of winter sports as much as possible.

Information at the Chamonix Tourist Office.

HOW TO GET AROUND CHAMONIX

TRAIN

The SNCF railway line serves all the villages from Saint-Gervais /Le Fayet to Martigny (Switzerland), passing through Servoz, Les Houches, Chamonix, Argentière and Vallorcine. There is about one train every hour.

(Free between Servoz et Vallorcine with the “carte d’hôte”).

Informations **SNCF railway stations** and ☎ **+33 (0)892 353535** – www.sncf.com

BUSES

Regular urban transport serves the entire Valley (Free with the “guest card” or with your ski pass).

Chamonix Bus ☎ **+33(0)4 50 53 05 55** – 📠 **+33(0)4 50 55 95 59**

www.chamonix-bus.com

WALKING

The best way to enjoy stunning views of the mountain ranges, leaving your car in one of the 4,000 parking spaces of the resort (Up to 1 hour free of charge at the indoor parking lots). Lively downtown pedestrian area.

LES MULETS

“Les Mulets” free shuttles are running in the town centre (fitted with particle filters and motors that meet restrictive pollution control standards).

Go at one of this bus stop and go to town!!! Running all year long.

Time table : Every 10 minutes during the high season and every 20 minutes during the low season. Plan available at the Tourist Office.

TAXIS

Abac Taxi Gopée

☎06 07 02 22 13

Taxi Buton

☎06 07 19 70 36

Aéroports Chamonix Taxis

☎06 11 27 23 21

Taxi Monard

☎06 08 26 84 76

Alp Taxi Laurent

☎06 81 78 79 51

Taxi Rousseau ☎06 07 67 88 85

Station pl. Gare

☎04 50 53 13 94

ACCOMMODATION

For the day, a weekend or a week...Chamonix Mont Blanc Valley proposes a complete range of accommodation: you can find hotels of all categories, bed & breakfast, guesthouses, camp sites, apartments and chalets to rent, holiday centres, family houses or holiday villages.

All information can be obtained on the website www.chamonix.com

ON WWW.CHAMONIX.COM

Find all availabilities in real time and also special offers.

Also, book on-line reservations 24/24, 7/7.

CARTE D'HÔTE (Guest Card)

Given to you for free by your accommodation provider, the guest card offers many advantages, in particular free transportation in the valley by bus (except "Chamo'nuit") and train from Servoz to Vallorcine.

With this card, you get some discount at the swimming pool, the ice rink, at the cross country ski, in museums (Alpin museum and Espace Tairraz), in parkings... Request your «Advantages of the Guest Card» brochure from the Tourist Office.

* Note: the free travel offer on the local train is only valid for a journey beginning and ending at stations between Servoz and Vallorcine. Outside this area, the SNCF requires each passenger to have a valid ticket for the entire journey.

SPORTS & LEISURE ACTIVITIES

SPA

- **BACHAL, HAMEAU ALBERT 1^{ER}** ☎ +33(0)4 50 53 05 09

38 Route du Bouchet. www.hameaualbert.fr

Every day from 3 pm to 8 pm and the morning with an appointment. Steam room, swimming pool...

- **DEEP NATURE SPA, HÔTEL LES AIGLONS** ☎ +33(0)4 50 55 90 93

270 Avenue de Courmayeur. www.aiglons.com

Spa, sauna, steam room, outside swimming pool...

Deep nature : 3spas in Chamonix open to everyone.

Full list at the Toursit Office.

PATHS FOR SNOWSHOEING AND WALKERS

17 km of trails are groomed in the valley. There is also on trail reserved for walkers on “Les Grands Montets” area. For snowshoeing, ask about trails at the Tourist Office.

For these activities and outside of maintained way-marked routes, think of your safety and contact the mountain sports professionals, instructors, guides and monitors.

DOGSLEDDING

Huskydalen ☎ +33(0) 6 84 99 34 67

www.huskydalen.com

Beginner’s lessons in dogsled driving. Day and half-day outings and trapper evenings.

TORCH-LIGHT PROCESSION

See the program of E.S.F.

PANORAMIC FLIGHTS

Chamonix Mont-Blanc hélicoptère ☎ +33(0)4 50 54 13 82

info@chamonix-helico.fr – www.chamonix-helico.fr

Panoramic flights in the Mont Blanc chain starting from Chamonix. With 6 persons, prices are between 65 € to 200 € per person. We are at your disposal to organize group.

CENTRE SPORTIF RICHARD BOZON

☎ +33(0)4 50 53 09 07 – 📠 +33(0)4 50 53 71 70

214, av. de la Plage. e-mail : sports@chamonix-mont-blanc.fr

PISCINE, SAUNA, STEAM ROOM ☎ +33(0)4 50 53 23 70

Open from Monday to Friday from 12am to 7.30pm and on week-ends from 2 pm until 7.30 pm.

TENNIS AND SQUASH ☎ +33(0)4 50 53 28 40

Open every day.

INDOOR SKATING RINK ☎ +33(0)4 50 53 12 36

Open every day: from 2pm until 6 pm, during French holidays

Otherwise from 2 pm until 5pm.

Night opening every Wednesday from 9pm until 11pm..

BODY BULDING AND FISTNESS ROOM ☎ +33(0)4 50 53 23 70

Open from Monday to Friday from 12am to 8 pm and on week-end from 2pm until 8pm.

Fitness lessons during the week.

CLIMBING WALL ☎ +33(0)4 50 53 09 07

Open from Monday to Friday from 12am to 7.30pm and on week-end 2pm to 7.30pm.

For more information, the brochure is available at the Tourist Office.

SKIING

SKI AREAS

Chamonix Mont-Blanc is:

3 ski areas for all level:

- **LES GRANDS MONTETS**

The spot “par excellence” for off-piste skiing and freeriding.

This resort is known and recognised by skiers and snowboarders the world over for the length of its pistes, the quality of its snow, its off-piste areas and its snowpark listed in the best guidebooks. The resort is open every year up to 10 May.

- **BRÉVENT /FLÉGÈRE**

«Sunshine» skiing, facing the Mont-Blanc range.

The southerly slopes of this resort make it a favourite with sun-loving skiers and snow riders of all levels. The views of the Mont-Blanc range are exceptional.

- **LE DOMAINE DE BALME**

Skiing between high mountain pastures and forests on the Swiss borders.

This area is accessible to skiers of all levels and ages from both sides of the mountain, by gondolas from Le Tour and Vallorcine. Balme offers both wide, gentle pistes, with more technical skiing in the forest on the Vallorcine side.

Informations : Compagnie du Mont-Blanc ☎ **+33(0)4 50 53 22 75** ou **www.compagniedumontblanc.fr**

In the heart of the resort, 4 ski areas for beginners :

- **LA VORMAINE** ☎ **+33(0)9 79 51 73 67**

A very sunny ski area with a lot of snowfall, in Le Tour village, for beginners and medium-level skiers. Ideal for children and small children (day-care centre) and for beginners in snowsurfing.

• **LES CHOSALETs** ☎ **+33(0)4 50 53.66.87**

A spacious training area for beginners, ideal for children, just before the bridge on the right side next to the chapel, on the road going into Argentière, 500 m from the starting point of the Lognan cable car.

• **LE SAVOY** ☎ **+33(0)4 50 53 22 75**

Right in the middle of Chamonix, at the bottom of Le Brévent. Ideal slopes for beginners and especially children, served by 2 ski lifts and a moving walkway. artificial snow. Day-care centre.

• **LES PLANARDS** ☎ **+33(0)4 50 53 08 97**

In the town centre of the largest ski area for beginners and children. 5 slopes: red, blue and green; day-care centre. Guaranteed sunshine and snow coverage. Bar-restaurant, solarium, and free car park.

HIGH ALTITUDE RESTAURANT

Whether for a light snack or to taste specialities of the Savoy area, gourmet restaurants offer all tastes of the Alps in a natural setting for walkers or skiers. Every day, 16 high-altitude restaurants are happy to welcome you. There are clear views of the Mont Blanc chain from the terraces: a unique treat for the eyes and the taste buds.

• **MONTENVERS / MER DE GLACE, à l'arrivée de la Vallée Blanche**

Le Grand Hôtel du Montenvers ☎ **+33(0)4 50 53 87 70**

Buffet de la gare du Montenvers ☎ **+33(0)4 50 53 55 82**

• **FLÉGÈRE**

Cafétéria de la Flégère ☎ **+33(0)4 50 55 34 88**

Restaurant La Chavanne ☎ **+33(0)6 34 20 15 14**

• **DOMAINE DE BALME**

Restaurant de Charamillon ☎ **+33(0)4 50 54 04 72**

Alpage de Balme ☎ **+33(0)6 83 33 86 61**

Refuge du Col de Balme ☎ **+33(0)4 50 54 02 33**

• **BRÉVENT**

La Bergerie de Planpraz ☎ **+33(0)4 50 53 05 42**

Le Panoramic ☎ **+33(0)4 50 53 44 11**

• **LOGNAN / LES GRANDS MONTETS**

Cafétéria de Lognan ☎ **+33(0)4 50 54 10 21**

Restaurant de Plan Joran ☎ **+33(0)4 50 54 05 77**

Chalet Refuge de Lognan ☎ **+33(0)6 88 56 03 54**

• **AIGUILLE DU MIDI**

Cafétéria de l'Aiguille ☎ **+33(0)4 50 55 82 23**

SKI SCHOOLS

Lessons in all winter sports and mountain sports (skiing, snowboarding, freeride, speed riding, and paragliding) are given in English, German, Italian, Spanish and Russian, for groups and individuals of all levels, including snowshoeing hikes with monitor.

There are some specially trained Handiski instructors.

A dream : do the « Vallée Blanche » in taxi-ski.

SKI PASSES

2 différents ski passes :

- **“CHAMONIX Le Pass”**

ski all ski areas in Chamonix, in total freedom, at altitudes up to 2.700 m.

- **“MONT-BLANC Unlimited”**

as well as top of Grands-Montets(3275m), on all ski areas of Les Houches and Courmayeur(Italie). Starting 6 days pass access to "Les 4 Vallées (Switzerland).

Also valid on the cable car of Aiguille du Midi Mer de glace train and tramway du Mont-Blanc.

NEW : THE CHAMVAL

All bearers of ski pass valid for 3 to 21 days inclusive only, can pay 2 euros per day of validity of their ski pass to have unlimited admission to the valley's 4 museums, the swimming pool and the 3 ice skating rinks.

Disabled people can obtain a 50% discount on the day pass and excursion ticket, by showing their disability card at the cash desk. Same price discount for the accompanying person if their presence is required.

You can buy your ski pass in advance by Internet (www.compagniedumontblanc.fr) or the day of your arrival, at the lift.

THE TOWN

SHOPS & SERVICES

Brochure on request at the Tourist Office.

MARKET

On the Place du Mont-Blanc, every Saturday morning.

CASINO ☎ +33(0)4 50 53 07 65

Casino Barrière, Place de Saussure.

Fruit machines from 1 centime to €5, and table gambling games (English roulette, French roulette and blackjack). Restaurant, entertainment, events and shows all year round.

Identity cards must be shown on entering the casino.

CINÉMA

Cinéma Vox, 22, Cour du Bartavel.

Programme available on answering machine : ☎ +33(0)4 50 53 03 39

Information : ☎ +33(0)4 50 55 89 98

www.cinemavox-chamonix.com

NIGHT

Concerts, events, night clubs and bars, vidéo bars and restaurants : La coupole, No Escape, Privilège...

CULTURE

MUSÉE ALPIN (ALPINE MUSEUM)

☎ +33(0)4 50 53 25 93

89, av. Michel Croz (pedestrian area).

Outstanding documentation on the Valley's past, the history of mountaineering and winter sports, mineralogy and cartography. Remarkable collection of engravings, lithographs and old posters.

Open every day :

During French holidays: from 10am to 12am and from 2pm to 7pm.

Except French holidays : from 2pm until 7pm.

Prices* : adult 5,50 € (with « carte d'hôte » 4,30 €), child from 12 until 18 years old 1,50 €, free for children under 12 years old.

Price for group (15 pers.): adult 3,20 €, child 1,50 €.

EXPOSITIONS

• ESPACE TAIRRAZ ☎ +33(0)4 50 55 53 93

Parvis Saint-Michel.

• In exhibition room until summer 2010: "Des glaciers et des hommes" (Glaciers and Men).

• Musée des cristaux (Crystals Museum): presentation of crystals from Mont Blanc and the Alps.

Open every day:

During French holidays: from 10am to 12am and from 2pm to 7pm.

Except French holidays : from 2pm until 7pm.

* **Paid admission to the Musée Alpin or to the Espace Tairraz allows free admission to the other museum.**

GUIDED HERITAGE TOURS

For individuals, groups and coach tours parties.

Information: Chamonix ☎ +33(0)4 50 53 00 24 - Argentière ☎ +33(0)4 50 54 02 14

EMERGENCY NUMBERS

- FIRE BRIGADE : ☎ **18**
- SAMU (MOBILE EMERGENCY MEDICAL SERVICE): ☎ **15**
- International emergency services number from a mobile phone : ☎ **112**
- P.G.H.M (mountain rescue service) : ☎ **+33(0)4 50 53 16 89**
- Ambulances (non-emergency service) : ☎ **+33(0)4 50 53 46 20**
- Chamonix Hospital: ☎ **+33(0)4 50 53 84 00**
509, route des Pèlerins.
- Haemodialysis Centre at Sallanches Hospital : ☎ **+33(0)4 50 53 22 00**
384, route de l'hôpital, Sallanches.

NIGHTS, SUNDAYS AND PUBLIC HOLIDAYS

*On Duty doctor : ☎ **15**

*On Duty dentist : ☎ **+33(0)4 50 66 14 12**

ARGENTIÈRE, CHAMONIX, LES HOUCHES, SERVOZ

In addition to the 14 general practitioner doctors in the Valley, there are also several specialists in paediatrics, cardiology, dermatology, etc.

A detailed list is available on request from Tourist Offices.

Chamonix Mont-Blanc Tourist Office

85 place du Triangle de l'Amitié – 74 400 Chamonix Mont-Blanc CEDEX

☎ +33(0)4 50 53 00 24 – 📠 +33(0)4 50 53 58 90 - info@chamonix.com

Opening times :

* Until mid-April : from 8.30am to 7pm every day.

* After mid-April : from 9am to 12.30am and from 2pm to 6pm..

Argentière Tourist Office

24 route du Village – 74 400 Argentière

☎ +33(0)4 50 53 02 14 – 📠 +33(0)4 50 53 06 39 - argentiere.info@chamonix.com

Opening times :

* Christmas and winter holidays : from 8.30am to 12am and from 3pm to 7pm .

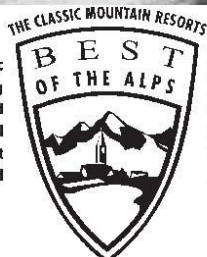
* From 5 January to beginning April : from 8.30am to 12am and from 3pm to 6.30pm.

* From April: from 9am to 12am and from 3pm to 6pm.

SITE INTERNET : www.chamonix.com



Chamonix Mont-Blanc
St. Anton am Arlberg
Grindelwald
Kitzbühel
Zermatt
Seefeld



Garmisch-Partenkirchen
Lech Zürs am Arlberg
Cortina-d'Ampezzo
St. Moritz
Megève
Davos

“Best of the Alps” est la marque commune des meilleures destinations de vacances de tout l’espace alpin. Chaque membre de ce prestigieux groupement répond aux attentes les plus exigeantes de sa clientèle internationale. Une infrastructure ultramoderne, l’atmosphère authentique des villages de montagne, un service chaleureux de qualité, de même qu’une offre de prestations complète, en été comme en hiver, vous assurent de passer des vacances formidables et inoubliables. Les lieux de villégiature “Best of the Alps” vous souhaitent une cordiale bienvenue !