

CHAMONIX-MONT-BLANC VALLEY TOURIST OFFICES



PRACTICAL GUIDE WINTER 2018-2019

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NOT TO BE MISSED!

WELCOME TO THE CHAMONIX VALLEY!

At the crossroad of Switzerland and Italy, Chamonix is the worldwide capital for skiing and mountaineering. Surrounded by its ski resorts spread out on the four sides of the valley, 90% of the ski area is above 2000m: around 50 km of cross-country itineraries, and 27 km of pedestrian walks.

Discover the typical villages of the valley - Servoz, Les Houches, Argentière and Vallorcine -, but also:

AIGUILLE DU MIDI CABLE CAR

Glide up comfortably into the high mountains, and reach an altitude of 12604 feet. After a 25 minutes journey, you will be able to enjoy a spectacular view all around you over the Mont Blanc and the French, Swiss and Italian Alps.

DISCOVER:

The Mont-Blanc wing: enjoy an incredible panoramic view from inside, in a warm space, through vast glass windows, over Mont Blanc, Mont Maudit and Mont Blanc du Tacul! Discover also great photos of mountaineers in action!

The waiting area: before boarding for the descent to the valley, discover an incredible adventure of human and technological endeavor : the construction of the cable car and its imposing machinery.

The highest covered area: this shelter built on the highest terrace at 3842m gives you the opportunity to hide from the wind and the cold while enjoying a stunning view!

The museum (“Espace vertical”): like a temple dedicated to climbers, mountaineers and mountain adventurers, it gives you a better understanding of the captivating high mountain world. Be a daredevil, step out on the sky ledge for a bit of a rush.

The Step into the void: an unforgettable experience! More than 1000m of emptiness beneath your feet in a 2m x 2m five-sided glass box;

The Hypoxia platform: discover how your body react to the lack of oxygen due to the altitude.

The Tube: a real work of art, this 32m long steel gallery, allows you to make a complete tour of the central pillar of the Aiguille du Midi.

MER DE GLACE

Facing the Drus and the “Grandes Jorasses”, the Mer de Glace is the longest glacier in France: 7km long with a surface area of 40 km².

From Chamonix, enjoy a marvellous 20mn ride on board of the famous small red rack and pinion train up to Montenvers area, at 1913 m. Do not forget to visit:

The Crystal Gallery: admire there a collection of very fine exhibits from the Mont Blanc range and learn about the exciting story of the crystal hunters.

The "Glaciorium": a little museum which will give you a better understanding of how glaciers form, exist and evolve over the centuries.

The Ice Cave: enter the entails of the glacier and admire ice sculptures! To reach the entrance, you will have to take a gondola and go down 507 steps. Dug every year in autumn, it will open again on December 15th 2018.

The Ice People: discover “Le Peuple des Glaces” (ice men), the village of igloos and the theme based snow-shoe trails.

Treasure hunt: riddles, games, win one of the numerous presents.

The snowshoeing trails: open according to the snow conditions. Snowshoes can be borrowed for free at the Glaciorium!

THE TRAMWAY DU MONT-BLANC

A retro voyage in an authentic rack and pinion train up to the splendid Plateau de Bellevue through the forests and snow-covered slopes. Calm and serenity guaranteed. An unusual “vintage” access to Les Houches – St-Gervais ski area, as well as to snow shoeing trails! Enjoy the panoramic view over the Bionnassay glacier, the Chamonix and Les Contamines valleys!

For further information about these three areas, please contact
at : +33 (0)4 50 53 22 75 !

WEATHERFORECAST MOUNTAIN SAFETY

Inside the “Maison de la Montagne” (Mountain House): opposite to the tourist office of Chamonix.

Mountain risk pole: Free entrance

A visit to learn a lot about the weather and global warming.

A 7 days weather forecast, updated twice a day.

Weather forecast bulletins are displayed at the Maison de la Montagne and at the tourist office.

Weather forecast over 7 days: +33 (0)892 68 02 74.

Weather forecast over 5 days at: www.chamonix.com

Also a place to get informed and warned about risks in the mountain.

High Mountain office (OHM): +33 (0)4 50 53 22 08

www.ohm-chamonix.com

Free entrance.

It centralizes the information concerning conditions and safety in mountain areas.

Snow and avalanche reports are also given.

Bulletin on the state of the snowpack and avalanche risks over a recorded message at +33(0)8 92 68 10 20.

You will appreciate the local geography through a big relief map.

Open every day from Monday to Saturday from 9am to 12pm and from 3pm to 6pm.

GETTING AROUND IN CHAMONIX!

By train

The SNCF railway line serves all villages from Saint-Gervais-Le Fayet until the Swiss border (Le Châtelard) going through Servoz, Les Houches, Chamonix, Argentière and Vallorcine. There is one train about every hour.

(Free transportation between Servoz and Vallorcine with the “guest card”).

Information at the SNCF railway station: +33 (0)892 353535 – www.ter.sncf.com/auvergne-rhone-alpes.

By bus

A regular urban transport serves the valley (between Servoz and Le Tour), free with the “guest card”. With your ski pass “MBU” you get free bus transport between Le Tour and Les Houches, and with your “Chamonix Le Pass” between Le Tour and Les Bossons.

Ticket fare: 3€ a day or 2€ overnight with Chamo’nuit bus.

Information at Chamonix Bus: +33(0)4 50 53 05 55 or www.chamonix-bus.com.

“Le Mulet” in Chamonix

The Mulet free shuttles run around the town center.

Wait at one of these bus stops and let’s go! Running every 12 to 15 minutes all year long from 8am till 7.15pm.

A map is available at the tourist offices of the valley.

All Mulet shuttles are electrical vehicles!



This “**on-demand transport**” service grants you the possibility of travelling through the whole Chamonix valley.

On Demand Transport is made so that the inhabitants of Chamonix Valley, needing disabled access (isolated and/or dependent old persons, isolated families, handicapped persons, damaged persons) can move to the center of Chamonix with the other travelers taken up residence near.

CONDITIONS TO HAVE ACCESS TO “ON DEMAND TRANSPORT”

This transport way is of course for people with reduced mobility which can't have access to the Chamonix Bus networks because of their handicap, but also to you if you meet one of following conditions:

- Be over 70 years old at the date of subscription
- Not live close to a public transport line (bus or train)
- Have the occasional need to take part in activities organized by the different municipalities
- Own a disability card, regardless of percentage
- Be unable to travel by your own means during the winter period (for seasonal card-holders)

The cost of the subscription card, either annual or seasonal for the winter period, is 10 euros, tax included.

If you do not have a free travel card issued by the Community of Communes, you will have to pay 3 euros for a daily return trip.

HOW?

1. Become a member of the service for one year by paying 10€ during the first route. (Membership card = subscription).
2. Book the day before you need the transport before 5pm (or 4 hours before, depending on the vehicle availability) by phone at +33 4 50 53 05 55. For weekends and Mondays, please book on Friday.
3. The next day, a minibus will be on time at the defined stop point (arrive 5 minutes before the schedule fixed by the agent).
4. Let yourself be transported to destination towards Chamonix or Les Houches.
5. For the return trip, the mini bus will pick you up at a stop point defined on the phone by the agent as he confirmed you the transport.

Available all year long from Mondays until Sundays from 8:30am till 12pm and from 2pm till 5pm.

Depending on the purpose of your trip, you can ask for the On-Demand Transport between where you live and a point in the “Communauté de Communes”, that is situated in the Chamonix valley:

- For your shopping at the open market, the supermarket, in the local stores;
- For medical reasons (Hospital, health center, pharmacy);
- To go to the old people's home (EHPAD);
- For administrative purposes;
- To go to a cultural or a sports center...

[For further information, please contact: +33 \(0\)4 50 53 05 55 or montblanctbus@transdev.com!](tel:+33450530555)

CAR PARKS

The best way to enjoy stunning views of the panorama is to leave your car in one of the car parks of the resort.

You will get 1 hour free of charge in the indoor Saint-Michel, Mont-Blanc and Entrèves car parks as well as in several outside car parks!

At the entrance of **Chamonix**: the Grépon pay car park is close to a busses and Mulet stop.

Information: Chamonix Parc Auto at +33 (0)4 50 53 65 71.

Brochure concerning the car parks are available in all Tourist Offices of the valley.

Two pay car parks located 200m away from the Tourist Office have places for people with reduced mobility:

- The Outa car park (car park with barriers) has two places for people with reduced mobility. To go and visit the Tourist Office coming from this car park, go on the path on the right side of these car park places, continue in front of the public toilets and then along the car park. At the end of the car park, continue straight away on the pavement along the Mont-Blanc hotel and its restaurant "Le Matafan". You will find the Tourist Information Office just after the hotel on your left side;
- The underground pay car park Saint-Michel has places for people with reduced mobility on the 1st, 3rd and 5th floors (which are the only floors with access to the lift). To reach the Tourist Office from this car park, please go on the bridge located in front of the car park, then go down on the access ramp on the left side of the church and continue straight away in front of the Mountain House (Maison de la Montagne) until a second access ramp which will directly lead you in front of the Tourist Office.

In **Les Houches**: free car parks in Le Tourchet and Le Prarion.

In **Argentière**: free car park at the very end of the village – LES FIZ car park.

In **Vallorcine**: free car park in front of Le Buet railway station, at the bottom of the cable car and in front of the tourist office.

TAXIS AND AIRPORT TRANSFERS

List available on: www.chamonix.com

ACCOMMODATION

For a day, a weekend or a week..., Chamonix Mont Blanc Valley offers a complete range of accommodation: you will find hotels of all categories, Bed & Breakfasts, guest houses, camp sites, apartments and chalets to rent, holiday centers or holiday villages.

Get all information from our websites:

WWW.SERVOZ.COM

WWW.LES HOUCHES.COM

WWW.CHAMONIX.COM

WWW.ARGENTIERE-MONT-BLANC.COM

WWW.VALLORCINE.COM

Find all updated availabilities and special offers.

Book on-line 24hours/24, 7days/7.

The 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 whole Chamonix valley - by bus and train from Servoz to Vallorcine during the day (in the evening a one-way ticket “Chamo’nuit” costs 2€). With this card, you will also get a discount at the swimming pool, the ice rink, for cross country skiing, in the museums of the valley, for car park subscriptions...If you stay by friends you can get this card for 10€ per week in the tourist offices.

Ask for the «Advantages of the Guest Card» brochure at the Tourist Office!

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

SPORTS & LEISURE ACTIVITIES

➤ OUTDOOR ACTIVITIES

Beside down hill skiing: dog sledging, ice climbing, ski touring, cross country skiing, taxi ski, snowshoeing, walking trails (according to the snow conditions and avalanche risks), paint ball, paragliding, speed riding...

Possibility to have lessons for beginners and advanced skiers with mountain sports professionals. Their staff is passionate and enthusiastic, and remains at your disposal to ensure that you enjoy the pleasures and sensations of winter sports as much as possible. Lots of activities are adapted to visually impaired persons.

Information at all Tourist Offices of the valley!

➤ PATHS FOR SNOWSHOEING AND WALKERS

17 km trails are groomed in the valley. There are also trails reserved for snowshoeing in the Balme, Les Grands Montets, Flégère and Les Houches Prarion areas. Ask for the trail map at the Tourist Offices.

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

➤ DOGSLEDDING

- **Huskydalen**: +33(0) 6 84 99 34 67 - www.huskydalen.com.

Ride with a musher!

- **Evasion Nordique**: +33 (0)6 82 09 50 03 – www.evasion-nordique.com.

Beginner's lessons for dogsled driving. Day and half-day outings and trapper evenings for groups.

➤ **TORCH-LIGHT PROCESSION**

See the program of E.S.F (Ski school)

➤ **PANORAMIC FLIGHTS**

Chamonix Mont-Blanc Helicopters: +33(0)4 50 54 13 82

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

Panoramic flights over the Mont Blanc chain starting from Argentière.

6 persons are necessary to plan a helicopter flight: Chamonix Mont-Blanc Helicopters is at your disposal to organize groups with 6 people!

CENTRE SPORTIF RICHARD BOZON

214, av. de la Plage - +33(0)4 50 53 09 07

E-mail : sports@chamonix-mont-blanc.fr

➤ **SWIMMING POOL, SAUNA, STEAM BATH**

+33(0)4 50 53 23 70

Short pants not allowed!

➤ **TENNIS AND SQUASH**

+33(0)4 50 53 28 40

➤ **INDOOR SKATING RINK**

+33(0)4 50 53 12 36

It also possible skating on the outdoor ice rinks of Les Houches and Vallorcine (opening times depending on the weather conditions). Free entrance but pay ice skate rental!

➤ **INDOOR CLIMBING WALL**

+33(0)4 50 53 09 07

180m² / Height: 3.60m / 800 holds for climbing
Climbing chalk not allowed.

➤ **BODY BUILDING AND FITNESS ROOM**

+33(0)4 50 53 23 70

Sport clothes and towel required.

Free training or with the assistance of a coach. Fitness courses available.

Further information and opening hours are available at the Tourist Offices.

SKIING

Ski resorts

Downhill ski areas for all levels are to be found in the Chamonix Mont-Blanc Valley.

➤ 4 large high altitude ski areas

• BRÉVENT / FLÉGÈRE

«Sunshine» ski, facing the Mont Blanc range.

The southerly slopes of this resort make it a favorite for sun-loving skiers. The view on the Mont-Blanc range is exceptional. Big Air Bag and snow park in Brévent resort;

Beginner area in Planpraz (Brévent resort).

Animations on the site of La Flégère based on legends of Chamonix and treasure hunts. Also border cross and DVA park!

• BALME SKI AREA

Skiing between high mountain pastures and forests on the Swiss border. For all levels and ages on both sides of the mountain, accessible by cable cars from Le Tour and Vallorcine. Balme resort offers wide and gentle slopes, through a forest of spruces on the Vallorcine side. Snow park.

• LES GRANDS MONTETS

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

Appreciate the length of its slopes, the quality of its snow, its off-piste areas and its snow park. The resort is open until the beginning of May. Also a DVA park!

New this year: a beginner area on “Plateau de Lognan”! Due to a fire at the Lognan station at the end of the summer, the Grands Montets and Lognan cable cars won't work this winter.

The access to this beginner area will be from the arrival of the Plan Joran cable car over a blue slope. Therefore this beginner area won't be accessible to the very beginners for whom it will be easier to start on the beginner area of Les Chosalets.

Further information at Compagnie du Mont-Blanc:
+33(0)4 50 53 22 75 or www.compagniedumontblanc.com

• LES HOUCHES

A large diversity of slopes and atmospheres based on the legendary downhill slope of Kandahar which is accessible with Bellevue or Prarion cable cars, or with the tramway du Mont-Blanc.

For children: ski camp (sledging slopes, snowtubing runs, zip wires) located at the bottom of the Prarion beginner area!

Further information: www.ski-leshouches.com.

Free car parks at the bottom of both cable cars, but wheel chair not allowed on Bellevue cable car, only on Prarion cable car as well as Tramway du Mont Blanc!

➤ 6 ski areas for beginners

• LA VORMAINE: +33(0)9 79 51 73 67

A very sunny ski area with plenty of snow in Le Tour village for beginners and medium-level skiers. Ideal for children (day-care center from 3 years old) and for beginners in snowboarding.

Free car park.

• 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, especially children, served by 2 ski lifts and a moving walkway. Also artificial snow.

Day-care center from 3 years old.

Closest car park: Saint-Michel pay car park.

- **LES PLANARDS:** +33(0)4 50 53 08 97

In the town center, the largest ski area for beginners and children. 5 slopes: 1 red, 1 blue and 2 green ones.

Day-care center from 3 years old. Guaranteed snow coverage. Bar-restaurant, ski school, sport shop, solarium, and free car park.

- **LES CHOSALETs:** +33 (0)6 82 11 53 21

At the foot of Les Grands Montets in Argentière. 2 drag lifts expect little and bigger beginners! Snack bar at the bottom of the pistes.

Cross country tracks and groomed trails for walkers are to be found in the area.

- **LE TOURCHET:** +33 (0)6 82 11 53 21

In the heart of the Les Houches village, next to the ice rink, this little ski resort has 2 drag lifts. Great for learning skiing!

Free car park at the bottom of the resort!

- **LA POYA:** +33 (0)4 50 54 69 36

Situated in the hamlet Le Buet (in Vallorcine), this little family friendly ski resort is a real playground with its 2 drag lifts (with blue, green, red and black pistes), its beginner's rope tow and its kiddie rope tow for little children!

All these ski areas are accessible with public transportation. Free with the guest card.

HIGH ALTITUDE RESTAURANTS

For a light snack or to taste specialties of the Savoie region, please find hereafter a non-exhaustive list of several gourmet restaurants with direct access from the lifts!

• **MONTENVERS / MER DE GLACE, at the bottom of the « Vallée Blanche »**

Restaurant du Montenvers: +33(0)4 50 53 87 70

Le Panoramique Mer de Glace: +33 (0)4 30 05 19 66

Bar des Glaciers – Coffee shop, direct at the arrival of the Montenvers train: +33 (0)4 30 05 19 68

• **FLÉGÈRE**

L'Adret: +33(0)4 50 55 34 88

Tendance Foehn : +33(0)4 50 55 34 88

• **DOMAINE DE BALME**

Le chalet de Charamillon (snack): +33(0)4 50 54 10 21

• **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**

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

• **AIGUILLE DU MIDI**

Le 3842 – restaurant and snack: +33(0)4 50 55 82 23

• **DOMAINE DES HOUCHES**

Restaurant du Prarion: +33(0)4 50 54 40 07

La Chalette: +33(0)7 81 74 51 24

La Rioule: +33(0)4 50 18 03 90

Snack du col de Voza: +33(0)4 50 54 44 65

SKI SCHOOLS

Lessons for skiing, snowboarding, freeriding, speed riding, are provided in English, German, Italian, Spanish and Russian, for groups and individuals of all levels, including snowshoeing hikes with a guide.

Some instructors are specially trained as Handiski instructors for people with visual impaired or disabled people

Let your dream come true and go down the « Vallée Blanche » with a taxi-ski!

SKI PASSES

• “CHAMONIX LE PASS”

Ski on all Chamonix ski resorts, between Vallorcine and Chamonix, on pistes between 1000m and 2.700m.

Brévent-Flégère, Les Grand-Montets, Balme (Le Tour - Vallorcine) resorts, as well as the beginner/easy ski areas of Le Savoy, Les Planards, La Vormaine and Les Chosalets.

Free access to bus lines between Les Bossons and Le Tour.

• “MONT-BLANC UNLIMITED” (MBU)

Access to all Chamonix ski resorts as well as:

- Les Houches ski resort (to have access to Le Tourchet ski resort, an at least two days MBU is requested);
- Aiguille du Midi cable car, Montenvers train, Tramway du Mont-Blanc.

With an at least one day pass, access to the Skyway in Italy.

With a minimum two days pass:

- Free and unlimited access to the Courmayeur ski resort in Italy;
- Access to the “Evasion Mont-Blanc” ski area (Megève or Saint-Gervais);
- Reduction at the cash desks of the Mont Blanc tunnel;
- A better fare on a bus return ticket Chamonix – Courmayeur used on the same day.

With a MBU of at least three days:

- Free access, once a day and per activity to the sport center (swimming pool, sauna, hammam), the ice skating rink of Chamonix, the museums, as well as to the cross country ski resorts of the whole Chamonix valley ;
 - One ride per day on the luge alpine Coaster on Les Planards resort;
 - Reductions at the cinema in Chamonix: 3,50€ the entrance;
 - Also access to the QC Termes Chamonix: one time during your stay!
- With a ski pass of **at least 6 days**, ski in “Verbier Grand ski” (Switzerland) with a 50% reduction on the normal price + 5 CHF for the badge. Conditions available once a week;

Free access to bus lines between Le Tour and Les Houches!

If you want to ski only on the ski resort of Les Houches, you can buy a pass for Les Houches only!

• LES HOUCHES SKI PASS

Access to the ski area of Bellevue-Prarion only as well as free access to the intern bus line of Les Houches-Servoz.

For further information: www.ski-leshouches.com

Disabled people can obtain a 50% discount on a day pass (Chamonix Le Pass or Mont Blanc Unlimited), as well on the excursion return tickets (including the top if there are two cable cars), by showing their disability card at the cash desk. Same price discount or the accompanying person if their presence is required.

You can buy your ski pass in advance on Internet:

www.compagniedumontblanc.fr or on the day when you want to go skiing, at the bottom of the lifts.

THE TOWN

SHOPS & SERVICES

Brochure on request at the Tourist Office.

OPEN AIR MARKETS

- Chamonix: Every Saturday morning on the Place du Mont-Blanc, and every Tuesday from 3pm to 7pm on the car park of Carrefour Market;
- Les Houches: Every Monday morning during the Christmas and February French holidays on the place in front of the Tourist Office as well as every Wednesday from 3pm to 7pm in “Pain de Chibbon”.

CASINO

Place de Saussure – phone: +33 (0)4 50 53 07 65

Slot machines open every day from 11am.

Table gambling games (English and French roulette, blackjack), open from 8pm.

Identity cards must be shown at the entrance of the casino.

QC TERMES SPA AND RESORTS

480, promenade du Fori – phone : +33 (0)4 58 38 01 10

SPA and wellness center, open every day for people over 14 years old. Massages also possible, on booking only.

CINEMA

Cinéma Vox: 22, Cour du Bartavel in Chamonix

3 rooms, numeric sound, entrance tickets available from a machine at the cinema entrance, free car park if car park ticket (from Saint-Michel and Mont Blanc car parks) is showed! Films in French and original versions (VF and VOST).

Program on answer machine: +33(0)4 50 53 03 39

Information: www.cinemavoxchamonix.com.

Ciné-Club: Place de la mairie in Les Houches

Every 15 days. Program at the tourist office of Les Houches.

NIGHT

Concerts, events, night clubs and bars, video bars and restaurants: La Coupole, Le Privilège, Les Caves, Le Quartz bar, La Maison des Artistes, L'Amnesia...

CULTURE

ALPINE MUSEUM

89, avenue Michel Croz. +33(0)4 50 53 25 93

This museum shows the development of Chamonix from the first tourists who came to admire the « glaciers de Savoie » to the golden age of winter sports.

Reduced fare with cards for disabled people.

ESPACE TAIRRAZ

Parvis Saint-Michel Chamonix. +33(0)4 50 55 53 93

Interactive mountaineering exhibition and crystal museum
Presentation of crystals from Mont Blanc and the Alps.

Reduced fare with cards for disabled people.

LOCAL HERITAGE CENTRE

90, rue des moulins Chamonix. +33(0)4 50 54 78 55

Preservation department highlighting memory and heritage through interpretative exhibitions and cultural actions
consultation and research; a document resource center available to everyone; a participative project.

Reduced fare with cards for disabled people.

LA MAISON DE L'ALPAGE A SERVOZ

Le Bouchet: +33(0)778 24 96 77

Information and discovery center for the family. It is related to the contemporary interpretation of the local mountain agriculture.

Free entrance.

MUSEE MONTAGNARD

2, place de l'Église – Les Houches. +33 (0)4 50 55 18 68

In a house from the 1750, the mountain life styles are presented through the reconstitution of the traditional housing environment and the display of objects used on daily basis.

Reduced fare with cards for disabled people.

MAISON DU LIEUTENANT

223, Le Mont – Servoz. +33 (0)4 50 54 39 76

The high mountain pastures are creating a new space in an exceptional building of the 15th century, named “Maison du Lieutenant”. It is taking you over the alpine agriculture from yesterday to today's time, of farmer's duties and the dynamic of the local mountain agriculture of tomorrow.

Free entrance.

Museum pass 12€: a year unlimited access for following museums of the valley: Musée Alpin, Espace Tairraz, Musée Montagnard, Maison de l'Alpage.

GUIDED HERITAGE TOURS

For individuals: every Thursday morning at 10 am during the winter season, discover the fabulous history of Chamonix: 8€. Information and booking at the tourist office of Chamonix or by phone at: +33 (0)4 50 53 00 24.

Groups and coach tours parties on request:

visitechamonix@hotmail.fr

CHRISTINE'S CULTURAL TOURS

Christine is a Ministry of Culture-registered heritage guide who leads groups on guided tours on different themes from 10 to 30€.

For information and bookings: +33 (0)6 07 21 51 90

www.blogdesvireesculturelles.fr / contact@visites-guidees-74.fr

DISCOVERY AND PHOTO WALKS

The photographer Teresa Kaufman takes you on little-known and unusual discovery walks to experience and photograph traditional life in the Chamonix Valley. Sensorial walks are also possible for visually handicapped people!

Information and booking at: +33 (0)6 08 95 89 42.

www.teresakaufman.com

EMERGENCY NUMBERS

- FIRE BRIGADE: **18**
- SAMU (MOBILE EMERGENCY MEDICAL SERVICE): **15**
- INTERNATIONAL EMERGENCY SERVICES FROM A MOBILE PHONE: **112**
- P.G.H.M (mountain rescue service): **+33(0)4 50 53 16 89**
- AMBULANCES (non-emergency): **+33(0)4 50 53 46 20**
- CHAMONIX HOSPITAL: **+33(0)4 50 53 84 00**
509, route des Pèlerins. Open every day from 8am to 8pm from Christmas to Easter.
When the Chamonix hospital is closed, contact the hospital in Sallanches at: +33 (0)4 50 47 30 50
- HEMODIALYSIS CENTRE: +33(0)4 50 53 22 00
384, route de l'hôpital in Sallanches.
- EMERGENCY NUMBER FOR DEATH AND HEARING IMPAIRED PEOPLE: **114.**

NIGHTS, SUNDAYS AND PUBLIC HOLIDAYS

* Doctor on Duty: **15**

* Dentist on Duty: **+33(0)4 50 66 14 12**

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

A detailed list is available on request at the Tourist Offices.

Servoz Mont-Blanc Tourist Office

Maison de l'Alpage – Le Bouchet - 74310 Servoz

Tel: +33(0)4 50 47 21 68

Info@servoz.com

Les Houches Mont-Blanc Tourist Office

Place de la mairie - 74310 Les Houches

Tel: +33(0)4 50 55 50 62

Info@leshouches.com

Chamonix Mont-Blanc Tourist Office

85, place du Triangle de l'Amitié

74400 Chamonix Mont-Blanc

Tel: +33(0)4 50 53 00 24

info@chamonix.com

Argentière Mont-Blanc Tourist Office

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