

CHAMONIX MONT-BLANC TOURIST OFFICE



PRACTICAL GUIDE WINTER 2017

CONTENTS

NOT TO BE MISSED.....	3/4/5
HOW TO GET AROUND IN THE VALLEY.....	6/7
ACOMMODATION.....	8
SPORTS & LEISURE ACTIVITIES.....	9/10
SPORT CENTRE RICHARD BOZON.....	11
SKIING.....	12
• SKI AREAS	
• HIGH-ALTITUDE RESTAURANTS	
• SKI SCHOOLS	
• SKI PASSES	
THE TOWN.....	18
CULTURE	19/20
EMERGENCY NUMBERS.....	21

WELCOME TO THE CHAMONIX VALLEY

At the crossroad of Switzerland and Italy, Chamonix is the world wide capital of 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 60 km of cross-country itineraries, and, 27 km of pedestrian walks.

Discover the typical villages of the valley :Servoz, Les Houches, Argentière and Vallorcine.

Also:

AIGUILLE DU MIDI CABLE CAR

Glide up comfortably into the high mountains, and reach an altitude of 12604 feet. Admire the spectacular view over the Mont-Blanc and the French, Swiss and Italian Alps

DISCOVER

The Mont-Blanc wing: an incredible panoramic view from inside, in the warm, through vast glass windows. Also superbphotos 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 museum: 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.

Step into the void: an unforgettable wonder. More than 1000m of emptiness beneath your feet in a five-sided glass case;
Information:Compagnie du Mont-Blanc) +33 (0)4 50 53 22 75

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

A marvellous 20mn ride on board of the famous small red rack and pinion train upto Montenvers. At the foot of les Drus, the Mer de Glace is the longest glacier in France: 7km long with a surface area of 40km².Do not forget to visit :

The Crystal Gallery: There you will admire 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 that gives you a better understanding of how glaciers form, exist and evolve over the centuries.

The Ice Cave : Enter the entails of the glacier. To reach the entrance, you will have to take a gondola and go down 430 steps.

The Ice People:discover “the 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 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.

More information about those 3 places :

Compagnie du Mont-Blanc :+33 (0)4 50 53 22 75

FORECAST/MOUNTAIN SECURITY

Inside the Maison de la montagne: opposite to the tourist office of Chamonix

Pole mountain risk : Free entrance

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

7days weather forecast, updated twice a day.

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

Weather forecast : +33 (0)892 68 02 74

High Mountain office: Free entrance.

Centralises all information concerning conditions and safety in mountain areas.Maison de la Montagne opposite to the Tourist Office)+33 (0)4 50 53 22 08 www.ohm-chamonix.com

Snow and avalanche report

Bulletin on the state of the snowpack and avalanche hazard.

Recorded message : +33(0)8 92 68 10 20

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

TO GET AROUND IN CHAMONIX

TRAIN

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

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

Information SNCF railway station: +33 (0)892 353535 – www.sncf.com

BUSES

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

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

LES MULETS

“Les Mulets” free shuttles are running round town centre.

Wait at one of these bus stops and let go. Running every 15 mn all year round from 7.45am till 7pm. Map available at the Tourist office.



This On Demand Transport service grants you the possibility of moving you from your hamlets to the city center of Chamonix.

On Demand Transport is made so that the inhabitants of Chamonix, Les Houches and Servoz 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. Card handicap 80% asked.

HOW?

On Demand Transport is easy:

- 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 5:00 pm by phone at 04 50 53 05 55. You can also book 4 hours before, subject to the vehicle availability. For the week-end and the monday, please book the friday.**
- 3. The next day, a minibus will be on time at the defined stop point (Go 5 minutes before the schedule fixed by the councilor).**
- 4. Let yourself be transported to destination towards Chamonix or Houches.**
- 5. For the return trip, the coverage is also made at a stop point and time defined during the confirmation of your booking.**

Available all year long (except public holidays) from Monday till Friday and Saturday morning work of stop with stop from 8:30 am till 12:00 am and from 2:00 pm till 5:00 pm.

Depending on your trip, you can ask for the On Demand Transport between where you live and the center of Chamonix and Houches :

- For the shopping to the marketplace, the supermarket, the local businesses.**
- For medical reasons (Hospital, health center, pharmacy).**
- To go to the old people's home.**

- To make administrative steps
- To go in a cultural , sports center
- [Contact us for more information : 04 50 53 05 55](tel:0450530555)
- montblanbus@transdev.com

WALKING / CAR PARK

The best way to enjoy stunning views of the panorama, is to leave your car in one of the car park of the resort. You get 1 hour free of charge at the indoor car park of St Michel and Mont-Blanc:

- Les Houches: Free car park at le Tourchet and Prarion
- At the entrance of Chamonix the parking du Grépon is closed to the bus and mulet stop. (paying parking)
- 3 covered car parks and 4 outside car parks

Information: Chamonix parc Auto 04 50 53 65 71

- Vallorcine: Free car park at the Buet railway station, at the gondola and 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 can find hotels of all categories, bed & breakfast, guesthouses, camp sites, apartments and chalets for rent, holiday centres, or holiday villages.

Get all information from our websites:

WWW.SERVOZ.COM

WWW.LES HOUCHES.COM

WWW.CHAMONIX.COM

WWW.VALLORCINE.COM

Find all updated availabilities and special offers.

Book on-line 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 a discount at the swimming pool, the ice rink, at the cross country skiing, in museums (Alpin museum and Espace Tairraz), car park subscriptions...If you stay by friends you can get this card for 7€ per week at the tourist offices.

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

OUTDOOR ACTIVITIES

Beside skiing :dogsledging, ice climbing, ski touring, cross country skiing, taxi ski, 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. Lots of activities are adapted to visually impaired persons.

Information at the Tourist Offices

PATHS FOR SNOWSHOEING AND WALKERS

17 km of trails are groomed in the valley. There are also trails reserved for snowshoeing on Les Grands Montets, Flegère 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

Beginner's lessons in 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 Hélicoptères : +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. With 6 persons, prices are between 65 € to 200 € per person.

We are at your disposal to organize groups.

CENTRE SPORTIF RICHARD BOZON

**+33(0)4 50 53 09 07 — 214, av. de la Plage.
e-mail : sports@chamonix-mont-blanc.fr**

**SWIMMING POOL, SAUNA, STEAM BATH
+33(0)4 50 53 23 70**

short pants, bermudas not allowed

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

Skating on the ice skating ring of chamonix but also on the one of les Houches, Vallorcine and Argentiere (opening depending of the weather conditions)

**CLIMBING WALL
+33(0)4 50 53 09 07**

180m² 3.60m 800high intake escalation

**BODY BUILDING AND FITNESS ROOM
+33(0)4 50 53 23 70**

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

Brochures and opening hours are available at the Tourist Office.

SKIING

Chamonix Mont-Blanc Valley is: 4 ski areas for all levels:

- **BRÉVENT /FLÉGÈRE**

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

The southerly slopes of this resort make it a favorite with sun-loving skiers. The view on the Mont-Blanc range is exceptional.

Big Air Bag and snow park at Brevent

New animations on the site of la Flegere based on legends of Chamonix and treasure hunts.

- **BALME SKI AREA**

Skiing between high mountain pastures and forests on the Swiss border. For all levels and ages from both sides of the mountain, by gondolas from Le Tour and Vallorcine. Balme 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. Snow park.

Information : Compagnie du Mont-Blanc) +33(0)4 50 53 22 75
or www.compagniedumontblanc.fr

- **LES HOUCHES**

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

Information: www.skileshouches.com

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 centre from 3 years old) and for beginners in snowboarding.

- 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. Also artificial snow.
Day-care centre from 3 years old.

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

In the town centre, it is the largest ski area for beginners and children. 5 slopes: red, blue and green.
Day-care centre from 3 years old. Guaranteed snow coverage.
Bar-restaurant, ski school, sport shop, solarium, and free car park.

- LES CHOSALETs:in Argentière

Opening dates to be confirmed. At the foot of les Grands Montets 2 drag lifts are expecting beginners.

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

HIGH ALTITUDE RESTAURANT

For a light snack or to taste specialities of the Savoie region, gourmet restaurants offer all tastes of the Alps in a natural setting for walkers or skiers.

• MONTENVERS / MER DE GLACE, at the arrival of the « 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

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

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

• DOMAINE DE BALME

Cafeteria de Charamillon +33(0)4 50 54 10 21

Restaurant le p'tit chara+33(0)4 50 54 04 72

Restaurant chez Felisaz +33(0)6 83 33 86 61

• 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

Le Spot (Take away) +33(0)4 50 54 10 21

Le Rider +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

Restaurant le Top

+33(0)6 34 20 15 12

• AIGUILLE DU MIDI

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

Restaurant le 3842 : +33(0)4 50 55 82 33

•DOMAINE DES HOUCHES

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

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

Les vieilles luges : +33(0)6 84 42 37 00

La tanière : +33(0)4 50 93 42 57

Lachat : +33(0)4 50 54 30 45

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

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

Le hors piste : +33(0)4 50 53 53 53

La ferme : +33(0)6 71 06 97 46

SKI SCHOOLS

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

Some instructors are specially trained Handiski instructors.

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

SKI PASSES

2 different ski passes :

- **“CHAMONIX LE PASS”**

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

Brevent-Flegere, Grand-Montets (summit not included), Balme(le Tour Vallorcine) Savoy, Planards, Vormaine and Chosalets.

- **“MONT-BLANC UNLIMITED”**

Chamonix le Pass +

- **Top of Grands-Montets(3275m),**
- **Aiguille du Midi, Mer de Glace, tramway du Mont-Blanc,**
- **Les Houches except Le Tournet**
- **Italy : Courmayeur lifts with a minimum 2 days pass and skyway with a minimum 1 day pass.**

From 6 days pass ski “Verbier grand ski”(Switzerland) and pay only 50% of the normal price. You can go once a week.

For 2 days ski passes and more you can ski one day at the Evasion Mont-Blanc ski area.

Access to the swimming pool, the ice skating rings, the museums...for ski passes from 3 to 21 days and more advantages.....

FORFAIT LES HOUCHES

Access to the ski area of Bellevue- Prarion.

Information: www.ski-leshouches.com

Disabled people can obtain a 50% discount on the day pass and excursion ticket TO THE TOP, 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 on Internet:

www.compagniedumontblanc.fr or at your arrival, at the lift.

THE TOWN

SHOPS& SERVICES

Brochure on request at the Tourist Office.

OPEN AIR MARKET

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

CASINO+33(0)4 50 53 07 65

Casino Barrière, Place de Saussure.

Slot machines open from 11am

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

Restaurant: week- ends from 7.30 pm until 10.30 pm.

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

CINÉMA

Cinéma Vox, 22, Cour du Bartavel. 33(0)4 50 55 89 98

Programm on answering machine :+33(0)4 50 53 03 39

Information: www.cinemavoxchamonix.com

Ciné club: Place de la mairie aux Houches

Every 15 days. Programm atthe tourist office

NIGHT

Concerts, events,night clubs and bars, vidéo bars and restaurants :La Coupole, the Office,les caves, quartz bar, Bunker Club Chamonix, Amnesia...

CULTURE

ALPINE MUSEUM +33(0)4 50 53 25 93

89, av. Michel Croz (pedestrian area).

20th century) , 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.

Guided tours on Wednesdays at 4 pm

Reduced fare with disabled cards.

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

Parvis Saint-Michel Chamonix.

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

NEWS : museum pass 11€ : one year unlimited access for the 4 museums of the valley (Musée Alpin, Espace Tairraz, Musée Montagnard, Maison de l'Alpage)

INHERITAGE CENTRE +33(0)4 50 54 78 55

90 rue des moulins Chamonix

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

LA MAISON DE L'ALPAGE A SERVOZ

Le Bouchet Tel : +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.

MUSEE MONTAGNARD

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.

MAISON DU LIEUTENANT

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.

GUIDED HERITAGE TOURS

For individuals : every Thursday morning at 10 am discover the fabulous history of Chamonix 8€.

Information and booking at the tourist office of Chamonix

Groups and coach tours parties on demand. 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 :06 07 21 51 90
www.blogdesvireesculturelles.fr
contact@visites-guidees-74.fr**

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 from Christmas to Easter
- HEMODIALYSIS CENTRE: +33(0)4 50 53 22 00
384, route de l'hôpital, Sallanches.

NIGHTS, SUNDAYS AND PUBLIC HOLIDAYS

* Doctor on Duty : 15

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

ARGENTIÈRE, CHAMONIX, LES HOUCHES, SERVOZ

In addition to the 16 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.

Les Houches Mont-Blanc Tourist Office

Place de la mairie 74310 Les Houches

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

[Info@leshouches.com](mailto:info@leshouches.com)

Chamonix Mont-Blanc Tourist Office

85place du Triangle de l'Amitié

74 400 Chamonix Mont-Blanc

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

info@chamonix.com

ArgentièreMont-Blanc Tourist Office

24 route du Village – 74 400 Argentière

Tel : +33(0)4 50 53 02 14

argentiere.info@chamonix.com

Vallorcine Mont-Blanc Tourist Office

Maison du Betté- 74660 Vallorcine

Tel : 04 50 54 60 71

info@vallorcine.com



24CHAMONIX MONT-BLANC