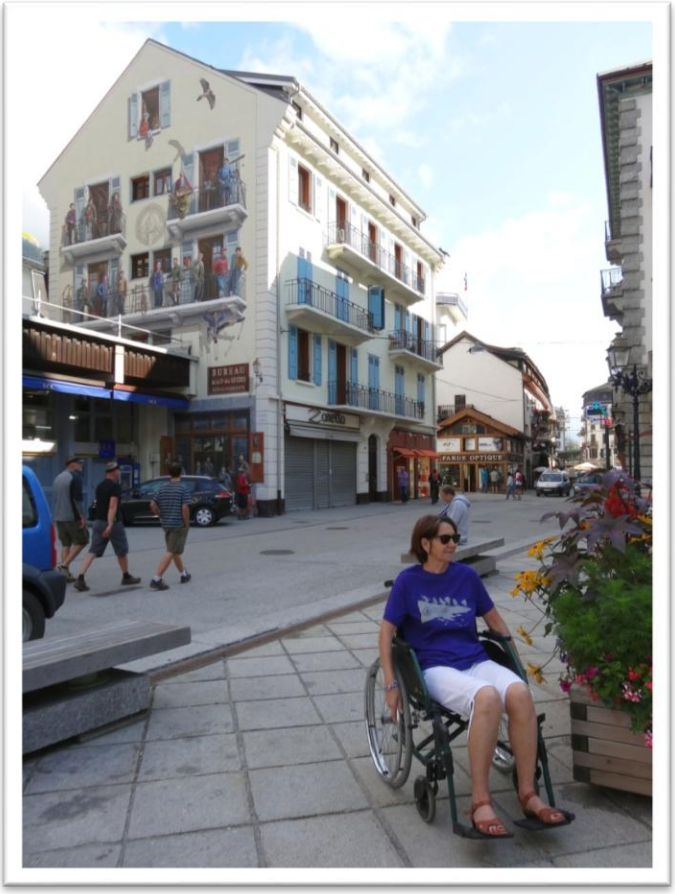
CHAMONIX-MONT-BLANC

SERVOZ - LES HOUCHES - CHAMONIX-MONT-BLANC - ARGENTIÈRE - VALLORCINE



Brochure on accessibility for people with reduced mobility

TOURISME & HANDICAP

SUMMARY

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Welcome to the Chamonix-Mont-Blanc valley!

The mountain areas are undoubtedly one of the first attractions of the World Capital of alpinism, but people of limited mobility are nevertheless not forgotten in the valley of Chamonix-Mont-Blanc! This guide offers you all services which are accessible in and around Chamonix-Mont-Blanc. This is the key to an enjoyable stay!
We have created for your benefit a list of accommodations as well as has listed public services, sporting and cultural activities, health services, ski lifts, restaurants, etc. to enable you to get the most out of our valley and to help you to combine pleasure with easy access.
This guide will help you out to simplify your task in planning your stay in our resort at the foot of Mont Blanc. The Tourist Offices staff wishes you a pleasant stay and remains at your service.

WARNING: this brochure is not an authority, but lists (not exhaustively) the different services and activities accessible or not to persons of limited mobility in the commune of Chamonix Mont-Blanc. It is always advisable to contact the sites themselves in order to obtain more specific information for particular handicaps. This would also enable you to obtain the latest information.
In view of this, all comments or suggestions are welcome, to enable us to convey your different points of view and take into account the obstacles which may be encountered by each of you
Also, if you consider this brochure to be incomplete or if you find any errors, please do not hesitate to let us know by filling out the suggestions sheet that you will find at the end of this document.
The more this brochure can be updated, the more useful it will be.
In addition, all sites mentioned here have been checked, but cannot claim to be 100% accurate.

Until today, no accommodation has been certified yet according to the French mark "Tourism and Handicap" (label "Tourisme et Handicap") for reduced mobility!

The Tourist Offices of Chamonix-Mont-Blanc Valley count on your understanding.
Finally, only a few places mentioned have now been assessed according to the National Handicap Tourism label.
To let us know your comments, suggestions or criticisms, please send your letter to the Tourist Office of Chamonix-Mont-Blanc.

ACCOMMODATION

5 STAR HOTELS

Chamonix town center

- Hôtel Le Hameau Albert Premier - 38, route du Bouchet.

- 1 room in the “farm”: access without steps from the rear of the building allowing to access the room, the restaurant « *La Maison Carrier* » from behind as well as the underground car park. The access to the bathroom is difficult then there is little place in the room for maneuvering. A holding bar is missing near the toilets and the mirror is too high. There is a door step to enter the room.
- 1 recent room at the Albert Premier: access from the car park of the hotel and access to the restaurant.

Phone: +33 4 50 53 05 09. www.hameaualbert.fr

- Hôtel Mont-Blanc - 62 allée du Majestic

2 rooms « prestige » on the 2nd floor. Access to the reception desk over an easy ramp. You can go next to the outdoor swimming pool and will have access to the spa by the lift. There is a 1cm door step to enter the sauna, the Turkish bath and the relaxing room. It also possible to have access to the fitness room as well as to the cabins for esthetics. You can get internet in the sitting room as well as Wi-Fi everywhere in the hotel. The restaurant is on the ground floor (no step). The parking is just outside the main entrance.
Phone: +33 4 50 53 05 64. www.hotelmontblancchamonix.com

- Grand Hôtel des Alpes - rue du Docteur Paccard.

2 fully equipped rooms with access to the swimming pool, the sauna and the hammam. Seats for the shower could be requested.
Lift adapted to blind guests.
Phone: +33 4 50 55 37 80. www.grandhoteldesalpes.com

4 STAR HOTELS

Chamonix town center

- Auberge du Bois Prin - 69, chemin de l’Hermine, Les Moussoux.

1 room on the ground floor with access from the garage with a ramp > 25%. A lift gives access to the restaurant and the terrace for breakfast. The bathtub is not adapted but shower and toilets have bar supports.
Phone : +33 4 50 53 33 51. www.boisprin.com

- Alpina Eclectic hotel – 79, avenue du Mont-Blanc

4 rooms with bathrooms fully equipped (mirror a little bit too high). A high door step to go on the balcony. Easy access to the reception desk, the different living rooms, the restaurant and the boutique.
Phone: +33 4 50 53 47 77 – www.alpinachamonix.com.

- Le Refuge des Aiglons - 270, avenue de Courmayeur.

Entrance from the car park for disabled people on the left side of the hotel. 4 rooms equipped (beds 140 cm large). Easy access to the SPA and to the restaurant, toilet accessible. Bar not adapted.
Phone: +33 4 50 55 90 93. www.montblanctourisme.com.

- Hôtel L'Héliopic Sweet & Spa – 50, place de l'Aiguille du midi
  Phone: +33 4 50 53 55 56 - www.heliopic-hotel-spa.com.

2 family rooms. Easy access to the shelves. Bathroom: shower with a seat fixed on the wall; mirror a little bit high. Toilets adapted.
Access: 2 places reserved in the garage and lift up to the reception desk. From outside, 2 accesses to the reception desk by easy ramps.
Restaurant partly accessible; buffet accessible, internet space accessible and Wi-Fi free in the hotel.
Spa accessible by lift. Massage table adjustable. Sauna and Turkish bath accessible despite a 1 cm door step. Dressing room, shower and toilets adapted.
Close to the reception desk, independent shower and toilets adapted.
Access to the ski shop on the ground floor.

- Lykke Hotel & Spa Chamonix - 39, rue des Allobroges. Phone: +33 4 50 53 07 56 - https://www.lykkechamonix.com/.

4 rooms adapted to disabled people.
1 adapted car park in front of each part the hotel and 2 in the garage. Easy access to the entrance and the reception desk, as well as to the restaurant, the bar and the living room. Large rooms with wardrobe adapted and access to the balcony without any step. Bathroom: a seat is available on demand for the large walk-in shower; no bar support at the toilet.

- Hôtel Le Morgane Chamonix - 145, avenue de l'aiguille du Midi.

Closed for works.

- Park hôtel suisse & Spa – 75, allée du Majestic

2 rooms equipped. Access to the spa and to the restaurant
Phone: +33 4 50 543 07 58 - www.chamonix-park-hotel.com

- Big Sky Hotel – 59, route de Vers le Nant – Les Bossons.
  Phone: +33 4 50 53 26 22 - https://www.bigsky-hotel.com/.

No specific car park place for disabled people, but a very large car park in front of the hotel.
Access to the hotel for people with reduced mobility over a ramp. Easy access to the restaurant, the reception as well to the living room. 4 entire adapted rooms for people with reduced mobility: holding bar in the toilet; a stool next to the wand as well as a holding bar in the shower; lowered clothes hooks. Only one little remark to make it perfect: the door room has to be hold while the persons enter the room because it can't remain open by itself.

- La Folie Douce Hôtels – 191, avenue du Savoy. Phone:

Phone: +33 4 50 55 10 00 - https://www.lafoliedoucehotels.com/.
Adapted access and 2 rooms for disabled people.

Les Tines

• Excelsior Chamonix Hôtel & SPA – 251, chemin St Roch

3 rooms with adapted shower but no seat. Restaurant (80 places) on the ground floor with view on the swimming pool. Reception desk adapted. Spa with toilets, dressing room and massage table adapted. Carpark: 3 places reserved as well as 3 places in the garage. Access to the hotel by an easy ramp.
Phone: + 33 4 50 53 18 36 - www.hotelexcelsior-chamonix.com.



Le Lavancher

• Hôtel Jeu de Paume - 1 room adapted, but gravel car park.
Phone: +33 4 50 54 03 www.jeudepaumechamonix.com

3 STAR HOTELS

Les Houches

- Rocky Pop Chamonix-Les Houches : 1476, avenue des alpages

4rooms fully equipped with bathrooms. Restaurants accessible. 2 places reserved for parking.
Phone: +33 4 85 30 00 00 – www.rockypop-chamonix.com

- Chalet Hôtel du Bois – 475, avenue des Alpages.

2 rooms equipped. Access to the hotel over a ramp.
Phone: +33 4 50 54 50 35 - http://www.hotel-du-bois.com/fr/accueil.htm

Chamonix town centre

- Hôtel de L'Arve - 60, impasse des Anémones.

1 room equipped.
Phone: +33 4 50 53 02 31- www.hotelarve-chamonix.com

- Hôtel Le Faucigny – 118, place de l'église

1 room accessible from the car park. Reception desk accessible after turning around the hotel. Access to another room behind the hotel on the ground floor.
Phone: +33 4 50 53 01 17 – www.hotelfaucigny-chamonix.com.

- Hôtel L'Oustalet - 330, rue du Lyret.

Phone: +33 4 50 55 54 99 - www.hotel-oustalet.com
1 room equipped and 1 reserved car park space. Easy access to the restaurant

- Chalet Hôtel Le Prieuré - 149, allée Recteur Payot.

2 rooms equipped, one on the 1st floor, one on the 2nd floor. No big difference between those 2 rooms and the rest of the hotel except that the bathrooms are slightly bigger and there is a bar on the side of the toilets. No seat, no holding bar in the shower; Wardrobe too high, balcony with a 5 cm step. Easy ramp until the entrance and lift. 2 places on the car park. Restaurant accessible from outside. To go to the toilets, you'll have to go again outside. Access to the garden with a 5 cm step. Easy access to the spa, but a 5 cm step to have access to the sauna and the Turkish bath. Non adapted toilets, access almost impossible.
Phone: +33 4 50 53 20 72. www.prieurechamonix.com

- Hôtel La Vallée Blanche - 36, rue du Lyret.

Closed for works.



- Hôtel du Clocher – Villa Savoy – 110, impasse de l'Androsace.

Located in the very center of Chamonix. Private car park with 1 car park place for handicapped people. Access ramp >5% to the main entrance. 1 small bedroom with 2 beds 48 cm high. A bathroom adapted: Italian shower with one stool and a holding bar. Toilets with a holding bar. Wash basin, mirror and plugs accessible. Breakfast in the bedroom; the restaurant room is indeed not accessible.
Phone: +33 4 50 53 30 27 – www.hotelclocher.com.

- Hôtel Lyret Chamonix – 96, rue du Lyret.

Located in the very town center. A car park but cars are to be parked by the hotel staff. No specific car park for people with reduced mobility. 1 bed room for people with reduced mobility well adapted a stool next to the wall as well as a holding bar in the shower; a holding bar next to the toilets; mirror lowered. However, no access ramp to the hotel: people should be carried, then there are several steps to enter the hotel.
Phone: +33 4 50 53 01 38. http://www.hotelgourmets-chamonix.com/

- Hôtel Plan B – 196, avenue de Courmayeur.

2 adapted bedrooms for four people. One car park place for people with reduced mobility. One access ramp to the hotel. One public toilet adapted on the ground floor. Access to the restaurant.
Phone: +33 4 85 30 01 60 - https://www.planb-chamonix.com/fr/bienvenue/.

Les Praz

- Hôtel Le Labrador - 101, route du Golf.

Access ramp of about 17° and with a width of 75-80 cm.
2 nice large bedrooms with very well-equipped bathrooms. Breakfast in the very nice bar room or in the bedroom.
Phone: +33 4 50 55 90 09. www.hotel-labrador.com

- Hôtel Les Lanchers – 1459, route des Praz.

1 room equipped, accessible by lift; adapted lift; 1 car park place. Accessible restaurant. Access to the hotel over a ramp.
Phone: +33 4 50 53 47 19 - www.lanchers.com

2 STAR HOTELS

Servoz

• Hôtel La Fontaine – 161, chemin de la Fontaine. Phone: +33 4 50 47 21 96 - http://hotel-lafontaine-chamonix.com/

It is possible to park under the porch before the front door to let the passengers get out the car and take out the luggage; no specific car park for handicapped people; however it is possible to let people with a wheel chair enter the hotel over the car access (under the porch). The common space (restaurant room for the breakfasts, resting room) on the ground floor is accessible. Lifts to the 1st and 2nd floor. Bedrooms are not adapted: grab bar on the side of the toilets; however shower trays too high or bath tubs in the bathrooms; no grab bar in the showers; sinks too high; wardrobes not accessible.

Les Houches

- Hôtel Les Campanules – 450, route de Coupeau

2 rooms equipped. Access to all services. Access to everything from the ground floor.
Phone: +33 4 50 54 40 71 - www.hotel-capanules.com

• Hôtel du Bois – 475, avenue des Alpages.
Phone: +33 4 50 54 50 35 - http://www.hotel-du-bois.com/fr/accueil.htm
2 rooms equipped; access to the hotel over a ramp.

Chamonix Centre

• Hôtel La Verticale – 25, impasse de l'Androsace
Phone: +33 4 50 53 00 51 - https://hotellaverticale.com/fr/
From the car park of the hotel, access to the hotel over a ramp, then a lift. 2 specific car park places for disabled people. A lowered bank at the welcome desk. The restaurant room on the side of the welcome desk is also accessible. Toilet adapted on the same floor. 2 rooms with bathroom adapted (but mirror too high over the sink) and one single adapted bed in each of these two bedrooms.

Chamonix–Les Coverays–Pierre d'Orthaz

• L'Arveyron Open House - 1650, route du Bouchet.
Phone: +33 4 50 53 18 29. www.hotel-arveyron.com.
1 room equipped on the ground floor in another part of the hotel, but difficult access in winter because of snow in the garden. Also, two rooms with Italian showers situated on the ground floor of the main building; adapted access to the restaurant. No specific car park place but a large car park.



HOSTELS AND MOUNTAIN HUTS

Argentière

- Gîte Le Nouveau Grassonnet – 31, chemin des Grassonnets
  Phone: +33 4 50 54 01 87 – www.cvmmontblanc.fr

Place for 8 handicapped people. Possible to temporary get off the car in front of the door but car park available 20m away. Easy access to the entire chalet without any door step. Lift to go up on the second floor. 5 bedrooms, 2 share bathrooms adapted. 2 very old living rooms of the 17th century; one with a fire place, the second one with a stove. Access to the dining room from outside over an easy ramp of less than 5%. Play room.

HOLIDAY CENTRES AND VILLAGES

Chamonix Center

- Centre de vacances UCPA Chamonix - 131, rue du Lyret.
  Phone: +33 4 50 53 12 05 – www.chamonix.ucpa.com

2 rooms as well as bathrooms on the ground floor.

- Village vacances Chalets des Aiguilles - ODCV19 – 213, chemin du Biollay.

The road from the car park goes slightly up. Access to 2 bedrooms as well as to all share rooms: dining room, library...
Phone : +33 4 50 53 17 35. www.odcv.com.

Argentière

- Chalet ATC - Routes du Monde - 132, chemin du Grand Moueu.

Phone: +33 4 50 54 01 65. www.atc-argentière.com.
2 studios.

- Chalet Pierre Sémard* – 400, chemin des Frasserands in Montroc.

Phone: +33 4 50 54 00 29 - www.village-vacances-chamonix.com.

Vallorcine

- Centre de vacances Chalet Skirock – Le Buet.

1 room with well adapted access to disabled people. Adapted entrance, access to the bar, the restaurant and the terrace.
Phone: +33 6 08 77 27 55 / +33 4 50 54 60 25 - https://vieetmontagne.org/nos-chalets/le-chalet-skiroc/

TOURIST RESIDENCES

Chamonix

- MGM - Le Cristal de Jade ***** – Suites et appartements – 174, allée des Aiguilles.

Phone: +33 4 50 34 20 06. https://www.mgm-hotels-residences.com/residence-le-cristal-de-jade-chamonix.
Several apartments adapted to disabled people.

Les Houches

- MGM – Hôtels et résidences - Les chalets Elena **** – 152, rue de l'Essert. Phone: +33 4 50 27 22 72.

https://www.mgm-hotels-residences.com/residence-les-chalets-elena-les-houches
1 car park place for people with reduced mobility in front of the residence. Two adapted rooms.

Les Tines

- Résidence Prestige "ISATIS" **** – 2, chemin St Roch.

2 lifts. 3 apartments more or less accessible, but a step to go on the balcony, no access to the micro wave, no much room for clothes, especially in winter, narrow passage between the bedroom and the bathroom (which is small itself).
Phone: +33 4 50 89 68 35 - www.odalys-vacances.com

Montroc

- Chalet Pierre Semard – 400, chemin des Frasserands.

2 bedrooms for disabled people.
Phone: +33 4 50 54 00 29 - www.village-vacances-chamonix.com

Vallorcine

- Dormio resort – Les portes du Mont-Blanc **** – 210, route du Tacul.

1 studio for 2 persons with adapted access to people with reduced mobility. 1 car park place with special marking in front of it, but a little elevation.
Phone : +33 4 50 18 19 41 - https://www.dormio.fr/vacances/resorts/les-portes-du-mont-blanc-vallorcine.

CAMPSITES

Les Houches

- Camping Bellevue – 136, route du Nant Jorland

Phone: +33 6 33 50 34 12 - http://www.camping-bellevue-leshouches.com/.
2 adapted places for people with reduced mobility are to be found on this campsite.

Les Bossons

• Camping Les deux glaciers*** - 28, route des Tissières.
Phone: +33 4 50 53 15 84 - les2glaciers@gmail.com - https://www.les2glaciers.com/
3 places as well as sanitary facilities adapted to people with reduced mobility are available, except during winter.

• Camping Les Verneys**
180, route des Tissières. Phone: +33 4 50 53 15 84 - les2glaciers@gmail.com : in order to book, please contact campsite « Les deux glaciers ».
https://www.camping-les-verneys.com/tarifs.html
The reception, the sanitary facilities and all bare pitches are adapted to people with reduced mobility.

• Camping Les Marmottes*** - 140, chemin des Doux. Phone: +33 6 13 41 12 50 – http://camping-lesmarmottes.com/
Access ramp to the reception. An adapted shower cubicle as well adapted toilets.
There is for rental one chalet adapted to people with reduced mobility.

Chamonix

- Camping Les Arolles ** – 281, chemin du Cry.

Phone: +33 6 75 02 26 44 – www.lesarolles.com.
The access to sanitary facilities is adapted to people with reduced mobility.

• Camping de la Mer de Glace *** – 200, chemin de la Bagna – Les Praz de Chamonix.
Phone: +33 4 50 53 44 03 - https://chamonix-camping.com/
The campsite is accesssible to people with reduced mobility.

Argentière

• Camping du glacier d'Argentière – 620, route du Montet
Phone: +33 4 50 54 17 36 – camping.glacier.argentiere@gmail.com – https://www.campingchamonix.com/
The access as well as the facilities are adapted to people with reduced mobility.

Vallorcine

• Camping des Montets – 620, route du Montet
Phone: +33 6 79 02 18 81 – camping.montets@orange.fr - https://camping-montets.com/
The sanitary facilities of the campsite are usually adapted to people with reduced mobility. However, this summer 2026, they are out of order.

USING EVERYDAY SERVICES

CAR PARKS AND PARKING SPACES

BEWARE: All underground car parks and car parks with barriers are pay car parks. However, parking is free (with handicapped parking sticker) on car parks without barriers, as well as on car park places along the street, but shall no longer last than 1 hour. On the free car parks, parking shall not exceed 24 hours.
Vehicles with a visible handicapped sticker are allowed to stay 24 hours on parking blue areas.

UNDERGROUND PAY CAR PARKS

- Saint-Michel car park - 8 places in total situated at levels 1, 3 and 5 which are served by the lift. Close to the Tourist Office (200m away), the "Maison de la Montagne" (mountain information and ski school), the Town Hall and the Municipal Police. **Adapted toilets on the left side of the cash desks, facing the pedestrian entry.**

- Mont-Blanc car park - 8 places in total. Close to the library, the "MJC" (cultural center), the pedestrian streets as well as the market place situated just above the car park. **Adapted toilets on the first floor**.

OPEN-AIR FEE-PAY CAR PARKS

• Centre-ville (Grépon) car park (below the Aiguille du Midi cables) - 14 places ;

• Place de la Gare (at the station) - 1 place, but ticket machine inaccessible (pavement)!

• Outa car park (Car Park located 200m away from the Tourist Office) - 2 places; **adapted toilets on the side of the car park;**

• Brévent car park - 2 places ;

• Médiathèque car park - 2 places ;

• Fond des Gires car park - 3 places ;

• Allobroges car park (close to the train station) - 2 places;

• Lionel Tairray car park - 1 place;

• Tennis car park - 3 places;

• Courmayeur car park - 2 places.



OPEN-AIR FREE CAR PARKS

• In front of the Place du Poilu car park - 2 places;

• Car park in front of the Nordic house - 1 place;

• Place des Séracs - 1 place;

• Bâtiments des Lierres (in Les Pèlerins) - 2 places ;

• Car park in front of the Les Praz post office - 1 place;

• Argentière train station car park - 1 place;

• Open market place Argentière - 1 place;

• Park places reserved at the bottom of all lifts in the valley.

ON-STREET CAR PARKS

• Avenue de l'Aiguille du Midi - 1 place;

• Avenue de Courmayeur (next to the state treasury - « Trésor Public ») - 1 place;

• Chemin du Sapi - 1 place;

• Rue du Lyret/chemin F. Devouassoux (at the round about) - 1 place;

• Route des pèlerins - 4 places ;

• Rue J. Vallot - 1 place next to Clos du Savoy;

• Impasse du Génépy - 2 places;

• Avenue Michel Croz - 2 places;

• At the entrance of the pedestrian street Joseph Vallot (corner with Avenue du Mont Blanc) on the left side: 1 place.

ADAPTED TOILETS

• Chamonix Town Hall – 38, place de l'Eglise, in the center of Chamonix;

• Outa, Fond des Gires, Saint-Michel and Mont-Blanc car parks;

• Montenvers car park: 35, place de la Mer de Glace, 10 minutes away by foot from the tourist office;

• Chamonix railway station;

• Close to the tourist office in les Houches: however, the door is very heavy;

• Next to the tourist office in Vallorcine, but heavy door;

The closest adapted toilets to the tourist office of Chamonix are located 200m away from Saint-Michel and Outa car parks.

GETTING AROUND WITH PUBLIC TRANSPORTS

A regular urban transport serves the valley between Servoz and Le Tour villages.
4-night buses run every day.

Beware: some bus lines or time slots are to be booked over Chamonix Mobility

Prices are to be found online over Chamonix Mobility website or at the tourist offices of the valley.

Bus tickets can be bought online or at Chamonix Mobilité machines located in:

- "Maison de la Mobilité » at Chamonix Sud bus station ;
- at Chamonix tourist office;
- at Les Houches tourist office;
- at the Youth Hostel in Les Pèlerins;
- at the Rocky Pop Hotel in Les Houches.

Free access to all buses during the day with a ski pass in winter or a Mont Blanc Multipass in summer.
The guest card holders will get 50% reductions on the buses rates.

Most of these buses can be lowered and some of them are equipped with inclinable access ramps so that they can transport passengers with reduced mobility. People with reduced mobility should be accompanied in order to be helped to get in.

MOBIL BUS

This "**on-demand transport**" service grants people with reduced mobility the possibility of travelling through the whole Chamonix valley.

Reserved to:

- people with a disability greater than or equal to 80%;
- people with reduced mobility;
- sight-impaired people.

Access also possible to persons older than 70 years, living far away from a public transport line and having difficulty getting around on his/her own.

It is possible to be accompanied by a valid person who holds or buys a ticket by the driver and is also registered at Mobil'bus service at Maison de la Mobilité in Chamonix Sud.

How to book a Mobil'bus?

- **Over Chamonix Mobilité App or over its website:** book at least 1 hour before taking the Mobil bus.
- **By phone:** call Chamonix Mobilité at 0033 4 50 53 05 55, from Monday to Saturday, except on holidays, from 8am to 7pm.

Beware:

- **for a reservation between 6am and 8am, book before 7pm on the day before.**
- **for a reservation on Sunday or the following Monday, book on Saturday before 7pm at the latest.**

Price: annual rate of 10€.

For further information, please contact Chamonix Mobilité:
Phone: 0033 4 50 53 05 55
Internet: www.chamonix-mobilite.com





TAXIS

Alpes Mont-Blanc Transports: transport company based in Passy, equipped for transfers for people in an electric wheel chair for Geneva – Chamonix transfers or any other transfers.

- **Phone :** +336 86 17 38 23 ou 06 66 97 16 02.
- **E-mail** : taxidesfiz@gmail.com.

TRAINS

The SNCF trains of the Chamonix-Mont-Blanc valley are not adapted. The height between the train and the plateform is very big at some train stations. However, if you are accompanied and have a light wheel chair (electric wheel-chairs are not accepted), it is possible to take the train. Vallorcine and Chamonix train stations are adapted to persons with reduced mobility. At or to go to Saint-Gervais-Le Fayet train station, it will be possible for you to be helped from SNCF workers to continue your journey towards the main train lines. For further information, we recommend you to go on: https://www.ter.sncf.com/auvergne-rhone-alpes/services-contacts/assistance-accessibilite.

PUBLIC STRUCTURES

Chamonix bus station: accessible.

Town Halls: all town halls in the valley are accessible. Chamonix has a lift and toilets for people with reduced mobility. In Vallorcine, a mobile rail is set up on request.

EHPAD (Retirement home): accessible.

Tourist Offices:
Tourist Office of Chamonix is marked for Accessible Tourism for mental, hearing and motor impairment.
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.

Tourist office of Vallorcine is also marked for Accessible Tourism for mental, hearing and motor impairment: it is entirely adapted and accessible over a ramp; a specific car park place for people with reduced mobility is to be found on the left side of the office about 20 m away from the entrance door situated in front of the office.

Tourist office of Les Houches is getting engaged in a quality process focused on accessibility to leisure and holidays for everyone to be marked for Accessible Tourism: it is entirely adapted and accessible; a 30-minutes limited free car park located across the tourist office 30m away with an adapted place to people with reduced mobility. Adapted toilets are to be found about 50 m away on the right side of the tourist office. However, the door is heavy.

Tourist office of Argentière: accessible but with two heavy doors. Adapted toilets. A specific entry on the side of the tourist office.

Tourist office of Servoz: people with reduced mobility can easily get access over a ramp.

MJC (house for culture and culture) in Chamonix: Access ramps at the entrance. No adapted toilets. All services on the ground floor, therefore no need for a lift.

Local police station: accessible in Chamonix and Les Houches.

SNCF railway stations: Possible access to the trains to people with reduced mobility **if they are accompanied** and have a light wheel chair (no electric wheel chair!).

France Travail (employment agency) in Chamonix: access from Rue du Lyret.
Everything is on the ground floor. However, the pavement to get access to the building has no lowered kerb (but a 5 cm step) and the door opens outwards.

Montenvers train station in Chamonix: one lowered ticket desk. Toilets for people with reduced mobiliy.
In order to access the train, please inform the staff in advance, they will take care of you.
If you come with a group (from 20 people), please contact in advance the “Régie Départementale Train du Montenvers” at **sales@montenverstrain.com.**
Accredited site for Handicapped people.

Post Office of Chamonix: building accessible by a ramp. The internal cash desks are lowered. The cash machine is outside the building and is accessible as it is lowered.
For posting letters, the letter boxes are currently not lowered but could be accessible.
The post offices of Les Houches, Servoz and Argentière are accessible.

Gendarmerie (police station): Inaccessible.

Police mountain rescue station (PGHM) in Chamonix: Inaccessible.



ACCESSING TO CULTURE AND LEISURE

Public library of Chamonix: accessible. Lift and toilets adapted.
Public library of Vallorcine: accessible. Lift and toilets adapted.
The libraries of Servoz, Les Houches and Argentière are inaccessible.

SERVOZ

Maison de l'alpage: on the ground floor in the same building as the tourist office, the exhibition, except for the part in the basement, is accessible over an access ramp.

LES HOUCHES

Musée montagnard (mountain museum): partly accessible. The access is to be made from the rear of the house, then a lift is available to access to the 1st floor. However, the exhibition corridors are quite narrow and does not allow to go through with a wheel chairs.

Salle animation (Entertainment area): accessible; 1 movie every two weeks, performances, conferences…

CHAMONIX



Saint-Michel church: accessible over a ramp.

Musée des cristaux - Espace Tairraz: accessible. Also accessible and adapted toilet.

Le Majestic: accessible. Access ramp, 2 accessible and adapted toilets.

Musée du Mont-Blanc (formely Musée Alpin): entirely renewed and accessible to people with reduced mobility.

Cemetery: accessible but assistance necessary because of the slope and the fine gravel.

Cinema: one stair at the entrance, but screen Nr. 2 is completely accessible (over a ramp). However, the ticket window is not lowered. Car park places at St-Michel car park, 5 minutes away by foot. Free car park when showing up with the car park ticket after the film.

ARGENTERE

Maison de village (temporary exhibitions are shown): access entirely adapted. Lift available to get on the 1st floor.

VALLORCINE

Notre Dame de l'Assomption church: adapted access over a ramp.

ACCESSING TO SPORTS

Chamonix Richard Bozon Sports Centre (+33 4 50 53 23 70):
It is not possible to park in front of the sports centre since the street is a pedestrian street.
It is recommended to park on the surrounding car parks: the Corzolet, Fond des Gires, Médiathèque or Tennis car parks.
From the Tennis car park: go over the foot bridge on Promenade du Fori and turn right. Follow then the signs "Centre Sportif". This is an about 5-10-minutes' walk.
From the Fond des Gires, Corzolet and Médiathèque car parks, walk along the streee "Route du Bouchet" towards Argentière (opposite side to Chamonix center) and turn left to access the street "Route de la Plage" until the sport center. This is an about 5-10-minutes' walk. The "Route de la plage is to be found on the right side of the stadium when facing the ice rink.
. Swimming pool: Accessible, but no adapted changing room nor toilets. One specific wheel chair available on request to go into the pool. Access to the park with some help.
. Fitness center accessible, but no changing rooms nor toilets adapted. Please, go first to the main desk in the sport center before going to the fitness room.

Guide Company of Chamonix: Qualified Mountain guides. Multi activities 5 days courses or day excursions are suggested.

Indoor ice skating: Access via the "bar des Légendes" situated on the side. Handicapped toilets. Access to the adapted toilets, the public changing area and skate hire.

Paraglider landing area: Accessible if accompanied. There is indeed a path, the starting point of the footpath is the mountain bike track in summer, and the cross-country ski tracks in winter.

Tennis courts/covered tennis courts: Accessible. Toilets accessible and adapted, but one step to go into the changing rooms. It is recommended to park on the Tennis car park: from there, go over the footbridge near the payment machines to go on Promenade du Fori. The tennis place is across.

Nordic House ("Foyer de ski de fond"): the cross-country tracks are accessible. Two cash desks are accessible to buy the cross-country ski passes on the side of the Nordic House.

Boules pitches: Accessible except for the café and the toilets.

Chamonix luge and Amusement Park of Chamonix Les Planards: Not recommended unless well assisted (steep and stony access). Bar restaurant adapted.

Maison de la Montagne (Mountain Information Office)**:** sloping pavement to arrive until the front of the building. Access to the Guides Office situated on the ground floor, but impossible access to the High Mountain Office and the French Ski school which are situated on the 2nd and 1st floors which can only be reached over a long stair.

CAF (French Alpine Club): inaccessible because of a few steps.





LOISIRS ASSIS EVASION

An association which develops and provides a framework for activities in the open air, in the mountains for handicapped people with physical, visual, hearing or mental disabilities.

Summer, accompaniment of individuals or groups for:
• outings in the mountains;
• climbing and adventure parks;
• high mountain activities;
• paragliding in tandem flights;
• off-road wheelchairs and “Joëlettes”.

These activities are accessible to people with visual, hearing, mental or motor* disability.
* for the latter, the type of activity depends upon the capability of the individual and the nature of the handicap.

Winter, accompaniment of individuals or groups for seated skiing:
• beginners or experienced skier courses;
• skiing « à la carte » ;
• private courses ;
• off-piste, Vallée Blanche, and Heliski.

These activities are accessible to people with visual, audio, mental or motor handicap.

Contact: +33 6 73 39 81 78
Website: www.loisirs-assis-evasion.com





SIT N'RIDE

This association "SIT N'RIDE" situated in Le Nant, Vallorcine, is in direct contact with the guide office of Vallorcine for which mountain guides are trained to assist handicapped people.

It could also be possible to borrow specific material for hiking, paragliding, climbing in summer, skiing in winter.

Contact: Phone: +33 6 73 72 06 17.
Website: **https://www.facebook.com/sitnride/about**

ACCESS MONT BLANC

Do you have reduced mobility but want to access the mountain trails?
Rent one of its 3 electric all-terrain machines:

- The Quadrix is an all-terrain electric wheelchair that is really easy to manage by anyone with a disability over 15 years old.
- The FAT Jeetrike is a hybrid hand tricycle, with electric assistance to help you pedal. It has independent suspension and the axle is fixed. There is also a trigger that allows you to switch to full electric mode if you are too tired to pedal.
- The Bowhead RX is an ultra high-performance hybrid all-terrain hand tricycle. Access Mont Blanc recommends that it is only used by experienced cyclists or hand bikers. The front wheels articulate to take corners at high speed, so upper body strength and coordination are essential to master this machine.

Access Mont Blanc will provide you with a guidebook showing you accessible trails as well as the difficulty of the terrain and the steepness of the slope. It also offers a GPS that can be used in addition to the guidebook and you can borrow its trailer allowing you to start your adventure anywhere in the valley. To pre-plan your outing, you can find the guidebook on its website.

Contact mail: accessmontblanc@gmail.com
Website: www.accessmontblanc.com



My Line

Professionals with an adapted physical activity

My Line accompanies people with an invisible, motor, visual, hearing, mental or multiple disability, or suffering from an illness, as well as their family, to find a sport adapted activity in the Chamonix valley.
From 3 years old.
Little walk, hike, climbing, adapted volley ball, adapted badminton, multiple sports, children, boccia, yoga…

Contact: Email: **accueil@my-line.fr**
Phone: **+33 6 68 00 23 04**
Website: **www.my-line.fr**

EMERGENCY AND HEALTH

Kidney Dialysis: at the hospital “Pays du Mont Blanc” in Sallanches.
Phone: +33 (0)4 50 53 22 00 - Accessible.

Hospital: 509, route des Pèlerins. Phone: +33 4 50 53 84 00
Accessible. Toilets adapted, lifts and 2 reserved car park places.
Emergency service from: 8am to 8pm from the Christmas holidays until the end of March and from Mid-July until the end of August.
In Spring and Automn: please, contact the emergencies of the hospital “Pays du Mont Blanc” in Sallanches. Phone: +33 (0)4 50 47 30 50.

X-ray center: Hôpitaux du Mont-Blanc in Sallanches. Phone: +33 4 50 47 30 30. Accessible.

Medical Analysis Laboratory: 509, route des Pèlerins – Phone: +33 4 50 53 07 25
Laboratort accessible but not the toilets.

EPHAD (Retirement home): 110, chemin F. Devouassoux – Phone: +33 4 50 53 89 90
Accessible.

GENERAL PRACTITIONERS

SERVOZ

• **Dr. TERMOZ** – 10, chemin des Balances. Phone: +33 4 50 91 40 99. On the ground floor. No stairs.

LES HOUCHES

• **Maison de Santé (Drs. COTTIN, DUCHENE, GUYON et PACHE-VILLE)**
5, place de la Mairie. – Phone : +33 4 50 545 50 27 - Accessible.

ARGENTIERE

• **Centre Médical d’Argentière (Drs. MILLET, PORTE and CHAZOT)**
580, route du Plagnolet. Phone: +33 4 50 54 00 67 - Accessible
Traumatology and digitized radiology.

CHAMONIX

• **Espace Médical du Mont Blanc : Dr. POCCARD-CHAPUIS, Dr. PICARD** - 10, avenue du Mont Blanc – Phone: +33 4 50 55 54 00
Accessible with a ramp, then a lift.

• **Maison de Santé (Drs. AGRUMI, BLAMPEY, HEYER, TUBACKI and VALLENCANT)**
509, route des Pèlerins - Phone: +33 4 50 55 80 55
Accessible with a ramp; adapted car park and toilets. Doctors’ offices on the ground floor.

• **Dr. MAGRO** – 260, rue Vallot – +33 9 85 12 00 97 - appointment over Doctolib.

MASSEURS PHYSIOTHERAPISTS / OSTEOPATHS / CHIROPRACTORS

SERVOZ

• **OSKY SANTE (N. DUNDAND and G. ROUSSET), physiotherapists** –
Phone: +33 6 24 34 05 39 – 237, route de Passy, RSD le Hameau des Reines.

LES HOUCHES

• **D. CASHMORE**, **physiotherapist –** Phone: +33 6 84 97 36 90
17, rue du Mont Blanc. Accessible to people with reduced mobilty.

• **A. CASTILLO, physiotherapist** – 285, route de Taconnaz. Phone: +33 6 64 15 12 17
Accessible to people with reduced mobility over a ramp.

• **V. DUPRIEZ** - Phone: +33 619 81 35 50 and **J. LETERME, physiotherapists** –
Phone: +33 4 50 21 18 58 **–** 635, route des Alpages – car park for people with reduced mobility just across the office.

• **M. HALSALL**, **physiotherapist –** 287, route de Taconnaz – Phone: +33 6 32 30 38 57

• **F. ROBERT, physiotherapist and osteopath** – 301, avenue des Alpages.
Phone: +33 4 50 54 42 81. 1 step at the entrance, but help provided. Car park across.

CHAMONIX

• **C. ARBEZ, chiropractor** – 118, route des Pècles. Phone: +33 4 50 55 96 28.

• **MALALAPAPATTE CLINIC –** 122, place E. Désailloud – Phone: +33 4 50 53 23 11
S. BALMAT, L. BIASINI, S. WIDLAK and F. SEKINO.
Accessible with the help of the physiotherapists.

• **Osteopath, physiotherapist and sport massages office:**
N. MACLEAN MARTIN, McCORRISTON, M. SAMUELSSON and F. PIOLI –
323, avenue Ravanel Le Rouge – Phone: +33 4 50 18 05 08.

• **R. MOLLARD, physiotherapist –** 591, rue J. Vallot – Phone: +33 4 50 53 37 67
Staircase with 9 steps, then 3 steps to have access to the office.

• **J. OUZIEL, physiotherapist –** 21, rue Paccard – Phone: +33 4 50 53 15 96 – 1 narrow lift.

• **PHYSIO SPORT CHAMONIX – G. MIGNOT, J. MANG, J. THYS –** 36, avenue du Savoy –
Phone: +33 4 85 30 01 63.

• **V. SECMAN, kinésithérapeute** – 27, avenue du Savoy. Tel. : +33 6 10 46 27 15.

• **SOS KINE CHAM -** MAISON DE LA SANTE (medical office) **–** 509, route des Pèlerins**:**
V. BELLENGER, Ph. JACQUEMARD, N. LEMORT-WEHRLE, C. PAPILLON, and R. RIVAS, physiotherapists
Phone: + 33 4 50 53 07 21
Accessible to people with reduced mobility over a ramp; adapted car park and toilets.
Doctors' offices on the ground floor.

• **M. TERRASSE, physiotherapist –** 241, allée du Majestic – Phone: +33 6 67 67 39 47

• **C. COROLLLEUR**, **osteopath –** 21, rue Dr. Paccard – Phone : +33 4 50 53 14 63
Narrow lift, non adapted access to people with reduced mobility.

• **R. DARGERE, osteopath –** 7, place Edmond Désailloud – Phone: +33 9 81 15 86 13 Ground floor. Adapted access to people with reduced mobility.

• **C. DIDILLON**, **osteopath –** 35, impasse des Anémones – Phone: +33 6 07 34 39 33.
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LES PRAZ

• **Physiotherapist clinic of Les Praz : N. PFAB, F. POROT, Q. BERGUERAND –** 366, route des lacs - Phone: +33 4 50 93 85 57.

ARGENTIERE

• **M. LAFFIN and F. ROBERT, physiotherapist -** 19, impasse de la Motte – Phone : +33 4 50 54 02 36. Accessible: access over a warmed-up ramp in winter.

OTHER SPECIFIC MEDICAL PRACTICTIONERS

• **MAISON DE LA SANTE (medical office) –** 509, route des Pèlerins – Phone: +33 4 50 53 07 21 – Accessible to people with reduced mobility. Offices on the ground floor. No step.

- ✓ **Manon GAUTREAU, midwife –** Phone: +33 4 50 53 08 16
- ✓ **Fiona CHOTARD, orthoptist** - Phone: +33 4 50 53 52 11
- ✓ **M. VRAI,** psychologue - Phone: +33 6 68 30 59 37
- ✓ **H. BLANGY**, cardiologist – Phone : Appointment upon Doctolib.

• **Dr. POCCARD-CHAPUIS**, **rheumatologist** - 10, avenue du Mont-Blanc – Phone: +33 4 50 55 54 00. Accessible over a ramp, then a lift.

• **V. SEIGNEUR, psychothérapist** – Phone: +33 6 16 32 61 20 - 192, rue du Dr. Paccard – Non accessible.

Servoz

• **P. PEIREIRA, neuropsychotherapist** – Phone: +33 7 83 66 40 70 - 237, route de Passy – Accessible to people with reduced mobility.

Les Houches

• **F. RUTGE – Ophtalmologist –** 332, rue de l'Essert – Appointment on summitvision.fr.

• **S. TENDRON-COURTOIS, midwife –** 66, route des Granges – Phone: +33 4 50 53 64 11.

DENTISTS

Les Houches

• **C. MAMET, surgeon dentist** – 31, rue du Mont Blanc – Phone : +33 4 50 96 13 07.

Chamonix

• **Dentist office Dr. COSTA ROBBERSE, COSTA, LE QUANG, surgeons dentists** – 260, rue Vallot – Phone: +33 4 50 53 64 52 – Some steps to access to the building, then a lift.

• **Mont Blanc Smile - G. PETERSEN, M. PERRIER et J. DA COSTA, surgeon dentists –** 78, route des Montquarts – Phone : +33 4 15 54 11 20. Accessible to people with reduced mobility.

• **D. COTTET, surgeon dentist** – 13, rue du Lyret – Phone : +33 4 50 53 19 65

• **S. LACOURREGE, surgeon dentist** – 34, impasse des Primevères – Phone : +33 4 50 53 01 99.

• **D. MAGNAN, surgeon dentist –** 225, rue Paccard – Phone: +33 4 50 55 82 48.

• **N. BONNAZ, C. GARBOLINO, E. GROUT et A. PERNOLLET, surgeon dentists - Espace Médical du Mont Blanc** – 10, avenue du Mont Blanc – Phone: +33 4 50 55 54 00. A ramp to access to the building, then a lift to access to the 1st floor where the office is located.

• **F. EYSSERIC**, **orthodontist** – 260, rue du Lyret – Phone: +33 4 50 53 07 48. On the ground floor, but 3 steps to access to the building.

• **G. SANGLARD**, **orthodontist** – 154, av. de Courmayeur – Phone: +33 4 50 55 87 97.

NURSES

List available at the Chamonix Tourist Office or on our website "www.chamonix.com" under "directory".

PHARMACIES

CHAMONIX



• **Pharmacie de Mont-Blanc** - 1, place de l'Église – Phone: +33 4 50 53 12 61
Accessible.

• **Pharmacie de l'Aiguille du Midi** - 262, avenue de l'Aiguille du Midi
Phone : +33 4 50 53 40 93
Accessible.

• **Pharmacie des Alpes** - 47, rue du Docteur Paccard – Phone: +33 4 50 53 15 45
1 step. Accessible if accompanied.

• **Pharmacie de la Vallée** - 124, rue Joseph Vallot – Phone: +33 4 50 53 13 69
1 step (pavement), then accessible.

• **Pharmacie des Pèlerins** – Place des séracs - Phone: +33 4 50 53 13 55
Accessible over a ramp.

ARGENTIERE

• **Pharmacie d'Argentière –** 39, place du village – Phone: +33 4 50 54 00 37
Accessible by a ramp.

LES HOUCHES

• **Pharmacie de l'Arve –** 17, place de la Mairie – Phone: +33 4 50 54 40 24
Easy access. Located above the tourist office. Car park across of the tourist office, then access with a lift.

EXPLORING THE VALLEY

SERVOZ

Maison de l'Alpage: inside the "Maison de l'Alpage" you will find the Tourist office, the post office and temporary exhibitions. Everything is accessible except for the library and a small exhibition room on the 1st floor, as well as a part of the exhibition ion the basement.

Saint Loup's Church: a baroque church.

The old Servoz (le Vieux Servoz): you can reach the old village with its traditional houses, its old bake ovens.

LES HOUCHES

Saint Jean-Baptiste Church: a nice baroque church

Musée Montagnard: a nice museum which evokes traditional rural mountain life.

Lac des Chavants: in the summer time stroll around the lake! Possibility of fishing (pay according to the weight of what you fished). The bar "La Guinguette" is also accessible.

Public toilets: adapted to people with reduced mobility, but a very heavy door on the side of the tourist office.

Post Office point inside the tourist office: accessible. One reserved place for people with reduced mobility on the car park across.

Several picnic areas with tables specifically accessible to people with reduced mobility:

- Area « Table d'orientation du Tourchet » : 1 accessible table out of 3;
- Area « la Sirène » (sur la route de Coupeau) : 1 accessible table out of 3;
- Area « Parc Aventure » (sur la route de Coupeau) : 2 accessible tables out of 3.

LES BOSSONS

Chapel: accessible with assistance (small step).

Train station: accessible, but no reserved place on the car park for people with reduced mobility.

Ski jump: accessible with a car deposit close to the arrival area. The car park is a little bit further away.

LES PÉLERINS

Little shopping center: access to all shops to people with reduced mobility, apart from a few little steps to go inside some shops:

- ✓ 1 ATM: available but uncomfortable;
- ✓ 1 pharmacy, 1 supermarket, 1 butchery, 1 bakery;
- ✓ 1 hairdresser.
- ✓ 1 town hall desk with post office point.

Youth Hostel: inaccessible (no adapted rooms).

Les Gaillands lake: spend some time around this nice lake into which the mountains reflect – the path around the lake is adapted to wheel chairs; follow up with your eyes the climbers on the face of the mountain just across the road! You will also find there a small bar!

CHAMONIX CENTER

The “Bois du Bouchet” path (Bouchet woods path)

Adapted to all disabilities, this nice shady walk is about 1 km long and will allow you, alone or with your family, to discover our natural heritage.
Located a few minutes away from the town center, this path is punctuated by 4 stops allowing you, thanks to informative panels, to learn about the world of the mountains, the forest and the fauna.
This educational trail is also accessible from the village of Les Bois. You will find there a “young forest”, a testimony of the receding of the glaciers as well as vestiges of the activity of the old quarry, now disappeared, and many open windows on the vertiginous ”Aiguilles de Chamonix.





You will also be able to walk along Chemin du Fori, along the Arve, chemin des Crèmeries or chemin des Cristalliers.

Up in the mountain: CIMBO AND FTT TRACK PLANPRAZ - CHAMONIX

Panoramic itineraries above the Chamonix valley, in front of the Mont Blanc. Easy path adapted to most of people with no particular difficulty.

Should you need to be accompanied or to borrow “off-road wheel chairs” or adapted materiel to people with reduced mobility or any other disability, please contact the associations mentioned above on pages 20 and 21 of this brochure.

LES PRAZ DE CHAMONIX

Flégère Car Park: No reserved space for handicapped people but it is tarmacked and of very large capacity, so that you can park quite easily.

Car Park in front of the golf: tarmacked, accessible car park but no reserved place.

Chapel: access with the help of someone else. Inclined plane but a step at the entrance.

Grocery store: inaccessible.

Tobacco shop: inaccessible.

Public Toilets: inaccessible

Possible to stroll from the golf towards the “Paradis des Praz” in summer, a nice place in the woods with play grounds for children.

LES TINES

Car park in front of the Chapel: accessible (tarmacked) but no reserved place.

Chapel: inaccessible.

ARGENTIÈRE

Physiotherapist: accessible.

Car park in front of the Club des Sports and the Tourist Office: 1 reserved place.

ATM (cash point)**:** accessible.

Pharmacy: accessible over a ramp.

Train station car park: 2 reserved places.

Supermarket (Marché U): accessible with space reserved in front of it.

Maison de la Montagne (Ski school, Guide office): accessible but one small step.

Tourist Office: Entrance accessible on the side if accompanied.

Protestant chapel: inaccessible.

Saint-Pierre d’Argentière Church: inaccessible.

“Maison de village”: Accessible. You will find there the town hall, the post office and an exhibition room.

Cemetery: accessible from the sides (it is possible to be dropped off in front of the cemetery), but path with gravels.

Cemetery car park: inaccessible. Gravel and a long slope.

Bakery Le Fournil Chamoniard: accessible. Adapted toilets to people with reduced mobility.

Bakery La Pâtisserie: accessible.

Bakery L'Al Pain: accessible. Adapted toilets to people with reduced mobility.

BEWARE: THE ACCESS TO MOST OF THE PAVEMENTS IN ARGENTIÈRE IS DIFFICULT, AS A RESULT, THE ACCESS TO A PART OF THE SERVICES AND THE SHOPS IS DIFFICULT.

MONTROC

Montroc Train stop: access to the station (the waiting room too) as well as to the car park, but no reserved place there.

LE TOUR

Car park on the Le Tour glacier side: accessible. 2 places reserved at the top of the car park.

Ski school: inaccessible.

Chapels located at the top and the bottom of the village: inaccessible.

Car park on the Col des Montets/Aiguilles Rouges side: inaccessible.

Public toilets: inaccessible.

CAF (French Alpine Club): inaccessible.

COL DES MONTETS (in summer only!)

Aiguilles Rouges Nature Reserve chalet: entirely accessible to people with reduced mobility. A lift allows them to go down to the basement and enjoy the 2nd part of the exhibition. There are adapted toilets. However, no specific car park place for people with reduced mobility in front of the chalet: it is possible to let people with reduced mobility go out of their car before parking on the car park across the road. Open over the whole summer.

Nature trail (Botanic trail): accessible by Joëlette only or if well assisted (steep path). A Joëlette is available at the Aiguilles Rouges Nature Reserve chalet. It can be borrowed for excursions in the area. It should be booked in advance by phone at +33 7 62 26 25 15.
Further to the last renovation works, a bridge adapted to people with reduced mobility has been built and a plateforme with a bright view over a little lake and the Aiguilles of Chamonix has been installed.

VALLORCINE

Tourist Office: adapted to people with reduced mobility; **Adapted toilets** (despite a quite heavy door) next to the tourist office. An **adapted car park place** is to be found on the left side of the office about 20m away from the entrance door situated in front of the office.

Grocery Store: no access to people with reduced mobility; car park in front of the store but no marked place.

Tobacco shop – **post point GUY ANCEY**: Access possible to people with reduced mobility (from the bar side) but with help, then there is a 4cm step. Toilets not adapted. Access to people with reduced mobility to the terrace and the garden. Car park just across, but no specific marked places.

Library: access ramp; entrance door according to current standards concerning people with reduced mobility. Inside lift to get access to the upper floor of the library.

Cultural / conference room (above the tourist office): access to people with reduced mobility although the door giving access to the building is a little heavy: well adapted toilets.

SNCF train station: 1 place for people with reduced mobility in front of the station; station accessible with help if both parts of the entrance door are open. Lowered board at the desk.

Cable car cash desks: access to a lowered cash desk inside the building coming through the ski school; possible to park in front of the cable car to get direct access to the ramp giving access to the lift.

Guide office of Vallorcine: Place de la gare. Phone: +33 4 50 54 60 69. Every day open in July and August from 4.30pm to 6.30pm.

1 car park place marked on the side of the town hall.

1 car park place marked on the Le Buet car park.

1 car park place marked on the left side of the church; access to the church over a ramp.

There are specific car park places for people with reduced mobility on all car parks of Vallorcine.

It is possible to have a stroll along the road between the tourist office and the cemetery.

BETWEEN EARTH AND SKY: "REACHING THE SUMMITS"

FROM CHAMONIX CENTER

AIGUILLE DU MIDI

Accessible, except for the ticket office windows. You will have access to the summit of the Aiguille du Midi. The passage from the first stage to the second stage can be made without any real difficulty. However, it won't be possible for you to stop at the intermediate stage "Plan de l'Aiguille" if you are unaccompanied, (a lot of stairs to get to the café). Once you have reached the second level you will have access to the Rébuffat Belvédère, the summit terrace 3842m and the "step into the void" to get an adrenaline buzz. 2 free car park places in front of the cable car. Adapted toilet at the departure.

Don't forget to book several days in advance the time of your way up to Aiguille du Midi: please, send a copy of your invalidity card to Compagnie du Mont Blanc by Email at info@compagniedumontblanc.fr. A link will be sent to you and allow you to buy your return ticket or your Mont-Blanc Multipass, as well as get a 50% discount and then book the time of your way up. You'll of course get this discount at the cash desk too if you show up your invalidly card.

Beware: the access over the Géant glacier via the Mont-Blanc Panoramic cable car to get from Aiguille du Midi in France to Helbronner point in Italy is not possible for people with reduced mobility, then it is not adapted to wheel chairs. This cable car is only open in summer,that is from the end of May until the end of September. However, due to works on the Italian side, the Panoramic cable car should not open before July 25th!





MONTENVERS TRAIN - MER DE GLACE

Accessible area, except for the ice cave.
2 free car park places below the Montenvers train station in Chamonix.
One accessible and lowered ticket desk. Portable ramps on request to get into the train.
Please book in advance if you come with a group: **sales@montenverstrain.com.**
Once there, you will have access to the terrace, the “bar des glaciers” (access from the side), the official Montenvers souvenirs shop, as well as the Glaciorium (museum about glaciers), the Panoramic restaurant and the restaurant of the “Hôtel du Montenvers”.
The ice cave is not accessible because 170 steps are to be walked down.
Adapted toilets at the departure and the arrival of the train.
Accredited area “Accueil Handicapés” (“Welcome area for handicapped people”).





PLAN-PRAZ / BREVENT

FULLY ACCESSIBLE!
2 free car park places near the cash desk. Adapted toilet at the intermediate station.
To have access to Planpraz cable car with a wheelchair, the seats of the cable car will be folded up. Once arrived in Planpraz, go on a ramp to have access to the Brévent cable car.
Wide terrace at the arrival and access to the summit over a lift.



IN THE CHAMONIX VALLEY

BALME AREA FROM LE TOUR

Cash desks accessible to persons with reduced mobility. To have access to the Charamillon cable car in Le Tour, you will find an access ramp. You will then need to fold up your wheel chair to get into the cabins. The cable car is not accessible to people with electric wheel chairs.
The access to the restaurant “Chalet de Charamillon” is very difficult for whom walking is difficult or impossible for people with reduced mobility, even if they are accompanied.
There are adapted toilets in the restaurant: access below the building with some help, then it is a little bit steep.
You can also have access to the Autannes chair lift, but you will need some help at the arrival. From there, in summer, if you are accompanied, you will be able to go to the Balme pass (Col de Balme) on a little trail on an about 20 minutes’ walk.



BALME AREA FROM VALLORCINE

Adapted cash desk with a lowered point inside the building coming from the office of the French Ski School) and adapted cable car. Cable car wide enough for any wheel chair! On request, it is possible to park at the bottom of the cable car close to the access ramp. The space at the arrival is wide enough to enjoy the view point and spend some time there; some trails leave from there if you are accompanied: do not hesitate to contact the association SIT N’RIDE for further information!

FLÉGÈRE (in Les Praz)

A cable car runs from Les Praz up to Flégère and allows the access to the Flégère ski area in winter as well as several hiking trails like the one to go to Lac Blanc in summer.
Accessible cable car to people with a wheel chair.
To have access from the car park to the arrival hall, there are two ramps (4% steep) on each side of the main staircase. You will find there an adapted space (information and cash desk) for people with reduced mobility. Two adapted toilets (one for men, one for women) close to this hall. From there, access to the embarking space over a lift. A special control box should be installed close to the embarking area at the bottom as well as the arrival of the lift to go down. Access possible to all cabins for people with reduced mobility, but only a few of them are equipped with a fastening point. Be careful, at the top of the cable car, you will find in winter the ski area, but no specific space for people with reduced mobility. However, in summer, there is a path for people with reduced mobility to go to the restaurant “L’Adret”.

PLAN JORAN - LES GRANDS MONTETS (Argentière)

Due to a fire in Lognan at the end of summer 2018, the cable cars of Lognan and Les Grands Montets are damaged and do not work anymore.
In the meantime, until they are changed, the only access to the area is to be made over Plan Joran chairlift which arrival is situated in the very center of the ski resort. **There is therefore in winter no access to pedestrians and snowshoeing walkers to this ski area**. The cable car is however adapted to disabled skiers in wheel chairs.
Disabled people can park on the side (near the ambulances access) close to the cable car.
Due to the works on the above mentioned cable cars, this area, that is Plan Joran cable car is closed during summer 2026, except for the alpinists 3 times a day if they show up with the confirmation of a reservation for the Lognan and Argentière refuges.

LE PRARION (Les Houches)

Accessible. Well adapted.

BELLEVUE (Les Houches)

Inaccessible.

TRAMWAY DU MONT- BLANC (from Le Fayet or Saint-Gervais)

The Mont Blanc tramway accepts people with reduced mobility on all its trains, but **only one two wheel chair per train. However, for safety reasons, the access is only possible until Col de Voza, not until Nid d'Aigle.**
People with reduced mobility have to send in advance an E-Mail to caisses@tramwaydumontblanc.fr with a copy of their invalidity card. They should then show up at the cash desk, either in Le Fayet or Saint-Gervais, with their invalidity card, about 20 minutes before the booked time in order to collect their tramway return ticket.
Even if it is accessible from Le Fayet, that is from the "Blue Chalet" (le chalet Bleu) across the main train station, **the access for people with reduced mobility to the Tramway is recommended from Saint-Gervais: you will find there a car park and toilets adapted to people with reduced mobility.**
Beware: the tramway du Mont Blanc doesn't go up to Nid d'Aigle in winter; it stops at Bellevue!

Prices for disabled people on the lifts:

People with disabilities and their companions—limited to one companion per eligible person—are entitled to a 50% discount on the price of a round-trip ticket, a day pass, or a 3- or 6-day consecutive pass.
The eligible person's ticket or pass and the companion's must be purchased together and used at the same time.

All year round
• –50% off the standard adult price for round-trip tickets.

In winter
• –50% off the "Chamonix Le PASS," "CMB + LHSG," or "Les Houches" day ski pass or multi-day pass (3 or 6 consecutive days)
• **MBU (Mont Blanc Unlimited) products are not eligible for this discount.**

In summer
• –50% off the one-day Multipass and multi-day passes (3 or 6 consecutive days).

These discounts are only available at the ticket office, except for the Aiguille du Midi cable car, which can be booked at the ticket office or online.

Which invalidity cards are accepted at the cash desk?

- The French card « Mobilité Inclusion (CMI) **Invalidité et Priorité »** ;
- The « **EU Disability Card** » ;
- The other international disability cards if the name of the visitor as well as the term « disability » or its pictogram are clearly mentioned.

CMI Parking cards, certificates of recognition as a worker with a disability (RQTH), and cards for self-employed workers with a disability (TIH) are not accepted.

EATING OUT

LES HOUCHES

• **The restaurant of Hôtel Saint-Antoine** – 7, route Napoléon. Phone: +33 4 50 54 40 10.
Restaurant accessible to people with reduced mobility with adapted toilets. Car park in front of the hotel.
• **La table des Granges** – Route des Chavants. Phone: +33 4 50 54 65 36
Reception desk and access to the restaurant adapted. Car park in front of the hotel.
• **Restaurant of Chalet Hôtel du Bois** – 475, avenue des Alpages – Phone : +33 (0)4 50 54 50 35. Car park in front of the hotel. Access to the hotel and the restaurant over one ramp.

CHAMONIX TOWN CENTRE

• **Restaurant Albert Premier** - 38, route du Bouchet. Phone: +33 4 50 53 05 09
Access by lift from the car park. Adapted toilets on the floor below.
• **Le Matafan** – 62, allée du Majestic – Phone: +33 4 50 55 35 46
Access from the Mont Blanc hotel or from outside. On the ground floor with view on the swimming pool. Car park in front of the hotel. Adapted toilets.
• **La Maison Carrier** - 44, route du Bouchet - Phone: +33 4 50 53 00 03
Accessible from the car park but one step at the entrance. Adapted toilets.
• **Restaurant Panoramique – Alpina Hotel** (open only in winter) - 79, avenue du Mont-Blanc – Phone : +33 4 50 53 47 77. The hotel is also accessible from Place Mont Blanc. Restaurant. Access by lift. A toilet accessible at one of the intermediate floors.
• **McDonald's** - avenue Michel Croz - Phone: +33 4 50 53 31 13
Access ramp >5%/ Adapted toilets.
• **Le Comptoir des Alpes** – 151, avenue de l'aiguille du Midi - Phone: +33 4 50 53 57 64
Entry on the ground floor. Adapted toilets. Closed for works until December 2026.
• **Bar Restaurant French Boulevard :** on the ground floor of the Alpina hotel.
Easy entrance from the Morgane hotel. Adapted toilets.
• **Le Bar des Légendes** - 121, route de la Patinoire – Phone: +33 6 20 37 21 89.
Access ramp > 5%. Adapted toilets.
• **Restaurant Joséphine** - 76, avenue Michel Croz. Phone: +33 4 50 53 18 98.
Adapted access to people with reduced mobility. No car park place for people with reduced mobility because the restaurant is in the pedestrian street, but car park places for people with reduced mobility are to be found 5 minutes away on the Place du Poilu car park.
• **Rose du Pont** – 43, place Balmat. Phone: +33 4 50 89 88 52.
Adapted access to people with reduced mobility over a little access ramp. A large entrance door. No car park place for people with reduced mobility since the restaurant is in the pedestrian street, but car park places for people with reduced mobility are to be found 5 minutes away on the Place du Poilu car park.

LES TINES

• **Casa Bianco – L'Excelsior** – 251, chemin Saint-Roch.
Phone: +33 4 50 53 18 36
On the ground floor, terrace, view on the swimming pool. Adapted toilets.

LES PRAZ

• **La Crèmerie du Moulin des Praz** – 2186, route du Bouchet. Entirely accessible restaurant: access over a ramp, adapted toilets.
Phone : +33 4 50 53 71 00.
• **La Cabane des Praz** - Route du Golf - Phone: +33 4 50 53 23 27. Restaurant on the ground floor with a large terrace with view over the golf. Adapted toilets.
• **Restaurant Les Lanchers -** 1459, route des Praz – Phone: +33 4 50 53 47 19
Car park close to the hotel. Access over an easy ramp.

LE LAVANCHER

• **Le Rosebud** - 705, route du chapeau - Phone: +33 4 50 54 03 76
No adapted toilets. Lift to access the restaurant, but car park with gravels in front of the restaurant.

ARGENTIERE

• **Le Stone** – 390, rue Charlet Straton - Phone: +33 4 50 5413 17. Easy access to the restaurant from the upper side of Charlet Straton street in front of the bakery, but narrow entrance door. Adapted toilets.
• **Tête à thé** – 120, route du village – Phone : +33 9 53 15 28 39. Adapted access to the restaurant and adapted toilets.

VALLORCINE

• **Hôtel du Buet - Bar Restaurant de la Poya** – Le Buet. Phone: +33 4 50 54 60 05. Access possible to the bar and the restaurant (when both parts of the entrance door are open), but no adapted toilets. Car park across. Access to the garden.
• **La Ferme des 3 ours** – Le Plan droit (at the entrance of Vallorcine).
Phone: +33 4 50 54 63 06. Car park place in front of it, but no marked place for disabled people. Adapted access and adapted toilets.
• **Le Café Comptoir** – Route de la Forêt Verte. Phone: +33 4 50 18 72 43. Car park across but no marked place for disabled people. Access to the terrace and inside possible with help, then there is a 3 cm step. Adapted toilets.

Emergency numbers

- **Fire brigade: 18** 
- **SAMU** (Mobile emergency medical service): **15** 

- **International emergency services**: **112** 

- **PGHM** (Mountain rescue service): **+33 4 50 53 16 89** 
- **Ambulances** (non-emergency): **+33 4 50 53 46 20** 
- **Emergency department at Chamonix Hospital: +33 4 50 53 84 00 or +33 4 50 53 84 20.** 
  509, route des Pèlerins.
  Open every day from 8am to 8pm from mid-July until the end of August, as well as from mid-December until the end of March.
  When the Chamonix hospital is closed, contact the emergency department at Sallanches hospital:
  +33 4 50 47 30 50
- **Pays du Mont-Blanc Hemodialysis and nephrology centre**: 384, route de l'hôpital in Sallanches : **+33 4 50 53 22 00** 
- **Emergency number for death and hearing impaired people: 114**. 

Nights, Sundays and public holidays

* Doctor on Duty: **15** 

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

SUGGESTIONS

<u>Document to return to the Tourist Office</u>:

Office de Tourisme Vallée de Chamonix-Mont-Blanc
85, place du Triangle de l'Amitié – B.P. 25
74401 CHAMONIX-MONT-BLANC cédex
FRANCE
Fax : +33 4 50 53 00 24
E-mail: info@chamonix.com

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