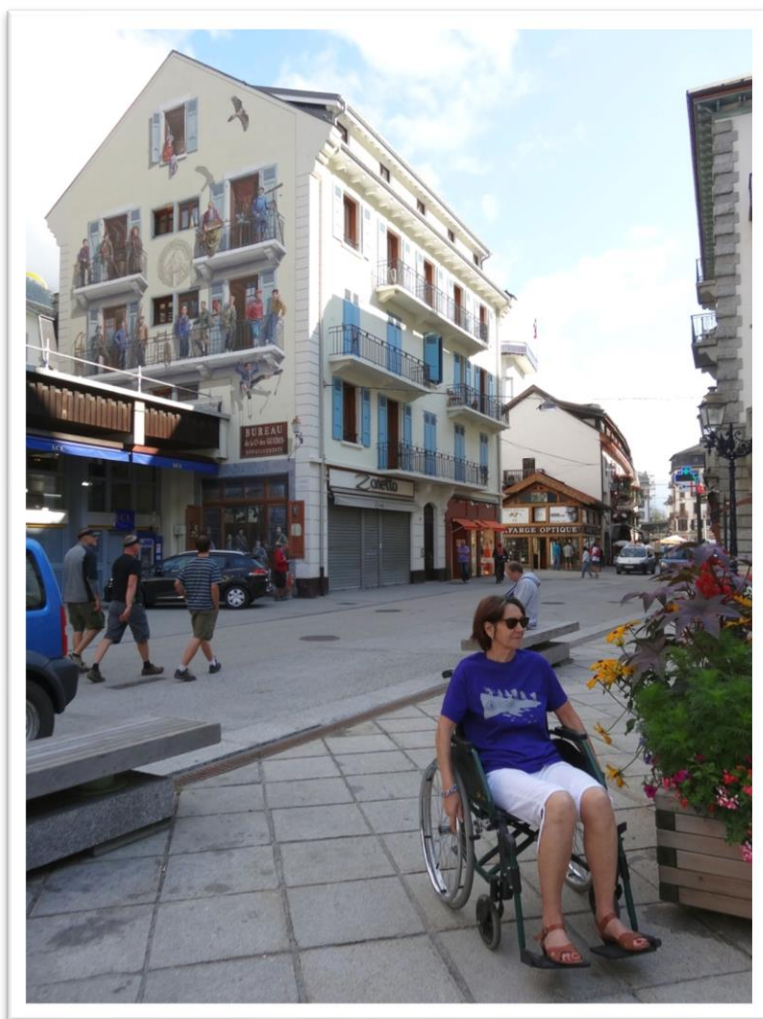


WELCOME TO CHAMONIX-MONT-BLANC VALLEY



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! The Tourist Office has 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 Office staff wishes you a pleasant stay and remains at your service.

SERVICES FOR PERSONS OF REDUCED MOBILITY, IN PARTICULARLY PHYSICALLY HANDICAPPED PEOPLE, IN THE COMMUNE OF CHAMONIX-MONT-BLANC (LES BOSSONS - CHAMONIX - LES PRAZ - LES TINES - LE LAVANCHER - ARGENTIÈRE - MONTROC - LE TOUR).

- **ACCOMMODATION**
- **USING EVERYDAY SERVICES**
- **GETTING AROUND WITH PUBLIC TRANSPORTS**
- **ACCESSING TO CULTURE AND LEISURE ACTIVITIES**
- **ACCESSING TO SPORTS**
- **EMERGENCIES AND HEALTH**
- **EXPLORING THE VALLEY**
- **BETWEEN EARTH AND SKY - REACHING THE SUMMITS**
- **EATING OUT**
- **YOUR SUGGESTIONS**

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 Chamonix Tourist Office counts on your understanding.

Finally, only a few places mentioned have now been assessed according to the new 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.

SUMMARY

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ACCOMMODATION

5 STAR HOTELS

Town centre

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

1 room in the “farm” and 1 room at the Albert Premier (access from car park of the hotel); same access to the restaurant

Phone: +33 (0)4 50 53 05 09. www.hameaualbert.fr

- **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 (0)4 50 53 33 51. www.boisprin.com

- **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 convenient to blind guests.

This hotel has been granted the “tourism and mental handicap” mark (label “Tourisme & Handicap mental”).

Tel : 0033 (0)4 50 55 37 80. www.grandhoteldesalpes.com

4 STAR HOTELS

Town centre

- **Alpina Ecclectic 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.

- **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. Easy access to the SPA and to the restaurant, toilet accessible. Bar not adapted. Easy access to the internet corner and play room. Lift adapted to impaired sighted people.

Phone: +33 (0)4 50 55 90 93. www.montblanctourisme.com.

- **Hôtel L'Héliopic Sweet & Spa** – 50, place de l'Aiguille du midi – 04 50 54 55 56.

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.

Phone: +33 (0)4 50 53 55 56 - www.heliopic-hotel-spa.com.

- **Hôtel Mercure Chamonix Centre** - 39, rue des Allobroges.

4 rooms adapted to disabled people.

1 car park in front of the hotel and 2 more in the garage. Easy access to the entrance and the reception desk. Access to the restaurant, bar and living room without steps. Large rooms with carpet, wardrobe adapted and access to the balcony without any step. Bathroom: a seat is available on demand for the shower; no bar support at the toilet. No computer available but Wi-Fi in the hotel.

Phone: +33(0)4 50 53 07 56 - www.mercure.com.

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

3 bedrooms adapted. Easy access to the hotel and the restaurant as well.

Phone : +33 (0)4 50 53 57 15. www.montblanctourisme.com

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

2 rooms equipped. Access to the spa and to the restaurant

Phone: +33 (0)4 50 543 07 58 - www.chamonix-park-hotel.com

- **Hôtel Mercure Chamonix Les Bossons** – 59, route de Vers le Nant – Les Bossons.

Phone: +33 (0)4 50 53 26 22.

www.mercure-chamonix-les-bossons.com

No specific car park place for disabled people, but a very large car park.

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.

Les Tines

- **Best Western Plus 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 (0)4 50 53 18 - www.hotelexcelsior-chamonix.com.

Le Lavancher

- **Hôtel Jeu de Paume** - 1 room adapted, but gravel car park.

Phone: +33 (0)4 50 54 03 www.jeudepaumechamonix.com



3 STAR HOTELS

Les Houches

- **Rocky Pop hôtel** : 1476, avenue des alpages
4rooms fully equipped with bathrooms. Restaurants accessible. 2 places reserved for parking.
Phone: +33 (0)4 85 30 00 00 – www.rockypop-chamonix.com

Chamonix town centre

- **Hôtel de L'Arve** - 60, impasse des Anémones.
1 room equipped.
Phone: +33 (0)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 (0)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 (0)4 50 53 20 72. www.prieurechamonix.com
- **Hôtel La Vallée Blanche** - 36, rue du Lyret.
2 large rooms on the ground floor with access from the side (through the pub located on the side of the hotel) should be renewed according to the last updated standards as soon as the activity will be able to start again. Bathroom not adapted: cabin shower not accessible to people with reduced mobility (big step to go inside), but a holding bar on the side of the toilets and a large mirror over the washbasin. Difficult to go through the narrow hotel halls with a wheel chair.
Phone: +33 (0)4 50 53 04 50. www.vallee-blanche.com



- **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 (0)4 50 53 30 27 – www.hotelclocher.com.

- **Chalet hôtel Le Gourmet** – 96, rue du Lyret.

Phone: +33 (0)4 50 53 01 38. <http://www.hotelgourmets-chamonix.com/>

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.

- **Hôtel Plan B** – 196, avenue de Courmayeur. Phone : +33 4 85 30 01 60 - <https://www.planb-chamonix.com/fr/bienvenue/>.

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 by lift on the first floor.

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 (0)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 (0)4 50 53 47 19 - www.lanchers.com

2 STAR HOTELS

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 (0)4 50 54 40 71 - www.hotel-capanules.com

- **Hôtel du Bois** – 475, avenue des Alpagnes.

Phone: +33 (0)4 50 54 50 35 - <http://www.hotel-du-bois.com/fr/accueil.htm>

2 rooms equipped. Access to the hotel over a ramp.

- **Hôtel Les Mélèzes** – 333, rue de l'Essert.

Phone: +33 4 50 54 40 09 - <http://www.hotellesmelezes.com/>

No adapted access to the hotel, neither adapted rooms for people with reduced mobility.

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 doorway, just in front of the hotel entrance in order to let the passengers get off and to unload the luggage; no car park place reserved for disabled people: however, this is possible to come over the car ramp. Access to the shared room (restaurant for breakfast, resting room) on the ground floor to disabled people. Lift until the 1st and 2nd floor). Rooms not adapted: holding bar on the side of the toilets, but a very high shower tub or a bathtub in the bathrooms; no holding bar in the showers; wardrobes too high; sinks too high.

Chamonix–Les Coverays–Pierre d’Orthaz

- **Hôtel Arveyron** - 1650, route du Bouchet. Phone:

+33 (0)4 50 53 18 29. www.hotel-arveyron.com.

1 room equipped on the ground floor as well as several rooms with Italian showers also situated on the ground floor; access to the restaurant. Works with the Access Tourism agency which offers personalized support for travelling and renting adapted material or minibuses.



NON CLASSIFIED HOTELS

Chamonix

- **La Folie Douce Hôtel** – 191, avenue du Savoy. Phone: +33 4 50 55 10 00 - <https://www.lafoliedoucehotels.com/>

Adapted access and 2 rooms for disabled people.

HOSTELS AND MOUNTAIN HUTS

Les Pèlerins

- **Gîte Alpenrose** - 1141, route des Pèlerins.

1 room and 2 beds in a dormitory adapted for disabled people.

Phone: +33 (0)4 50 53 51 52 – www.chamonix-alpenrose.com.

Argentière

- **Gîte Le Nouveau Grassonnet** – 31, chemin des Grassonnets

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.

Phone: +33 (0)4 50 54 01 87 – www.cvmmontblanc.fr

BED AND BREAKFAST

Vallorcine

- **L'Anatase B&B** – 323, route des Confins du Valais. Phone: +33 4 50 54 64 06 - <http://www.lanatase.com/>.
1 apartment with adapted access

HOLIDAY CENTRES

Chamonix Centre

- **Centre de vacances UCPA Chamonix** - 131, rue du Lyret.
Phone: +33 (0)4 50 53 12 05 – www.chamonix.ucpa.com
2 rooms as well as bathrooms on the ground floor.
- **Centre de 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 (0)4 50 53 17 35. www.odcv.com

Argentière

- **Village de vacances ATC - Routes du Monde** - 132, chemin du Grand Moueu.
Phone: +33 (0)4 50 54 01 65. www.atc-argentiere.com
2 studios.

Vallorcine

- **Centre de vacances Chalet Skirock** – Le Buet. Phone: +33 (0)6 08 77 27 55 / +33 (0) 4 50 54 60 25 - <https://vieetmontagne.org/nos-chalets/le-chalet-skiroc/>
1 room with well adapted access to disabled people. Adapted entrance, access to the bar, the restaurant and the terrace.

TOURIST RESIDENCES

Chamonix

- **Le Cristal de Jade ******* – Suite 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

- **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 Odalys Vacances "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 (0)4 50 54 00 29.
www.village-vacances-chamonix.com

Vallorcine

- **Dormio – Résidence Les portes du Mont-Blanc ****** – 210, route du Tacul –
Phone : +33 4 50 18 19 41 - <https://www.dormio.fr/vacances/resorts/les-portes-du-mont-blanc-vallorcine>.
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.

CAMPSITES

Les Houches

- **Camping Bellevue** – 136, route du Nant Jorland
Tel : 06 33 50 34 12 - <http://www.camping-bellevue-leshouches.com/>

Les Bossons

- **Camping Les Deux Glaciers***** - 80, route des Tissières.
Phone: +33 (0)4 50 53 15 84 – www.les2glaciers.com
- **Camping Les Marmottes ***** - 140, chemin des Doux.
Access to the reception desk and the washing facilities with a ramp.
Phone: +33 (0)4 50 53 61 24 – www.camping-lesmarmottes.com
- **Camping Les Verneys**** - 180, route des Tissières.
Phone: +33 (0)4 50 53 15 84 - www.camping-les-verneys.com
- **Camping Le Grand Champs*** - route de vers le Nant.
A 7 cm step to get to the adapted showers and toilets.
Phone: +33 (0)4 50 53 04 83 - www.campinggrandchamp.fr/fr/accueil

Chamonix - Les Favrandes

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

Phone: +33 (0)4 50 53 14 30 – www.lesarolles.com

Argentière

- **Camping Glacier d'Argentière**** - 58, chemin des Moillettes.

The campsite is in a slope but the access to the different platforms is tarred. Washing facilities adapted.

Phone: +33 (0)4 50 54 17 36 – www.campingchamonix.com

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

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

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.

UNDERGROUND PAY CAR PARKS

- **Saint-Michel car park** - 9 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. Toilets close to the cash desk.
- **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. Toilets on the first floor.

OPEN-AIR FEE-PAY CAR PARKS

- **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** - 2 places. Car Park located 200m away from the Tourist Office;
- **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.



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;
- Argentièrè train station car park - 1 place;
- Open market place Argentièrè - 1 place;
- Park places reserved at the bottom of all lifts in the valley.

ON-STREET PARKING

- 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;
- Avenue de la plage – 1 place in front of the Swimming Pool.

ADAPTED TOILETS

- Town Hall – 38, place de l'Eglise, in the center of Chamonix;
- Tourist office – Place du Triangle de l'Amitié, in the center of Chamonix;
- Outa, Fond des Gires, Saint-Michel and Mont-Blanc car parks;
- Montenvers car park;
- Railway station;
- Next to the tourist office in les Houches: however, the door is very heavy;
- Next to the tourist office in Vallorcine, but heavy door;
- In the tourist office of Argentièrè, on request. Access from the side.

GETTING AROUND WITH PUBLIC TRANSPORTS

3 Mercedes TPMR minibuses (adapted for disabled transport) can transport 1 person in a wheelchair being equipped with an inclinable ramp.

These minibuses are marked "Le Mulet". They are free of charge. These minibuses only go through the town center, every 20 (in high season, that is summer and winter) or 20 minutes (in low season).

Chamonix Sud, Le Grépon Caisse, Le Grépon Tremplin, Aiguille du Midi, Le Sapi, Casino, M. Croz, Place du Poilu, Place Mont-Blanc, Mummery, Sapinière, Centre Sportif, Les Mouilles, Médiathèque, Place du Poilu, M. Croz, Gare SNCF, F. Devouassoux, EHPAD, Le Lyret, Entrèves, Chamonix Sud, Salle de la Convivialité, Hôpital, Jeanne d'Arc then again Chamonix Sud.

Mini buses go on request to the villages within the Chamonix Valley. They are fitted with inclinable access ramps and can transport passengers with reduced mobility since a specific wheelchair space has been designated in the bus.



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 living in the same area.

Conditions for having 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.

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 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 by 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 Chamonix Bus: +33 4 50 53 05 55 /

www.chamonix-bus.com



TAXIS

No taxi available for electric wheel-chairs.

TRAINS

The SNCF trains of the Chamonix-Mont-Blanc valley are not adapted. However, if you are accompanied and have a light wheel chair (electric wheel-chairs are not accepted), it is possible to go on the train. The only train station which is really adapted is the one in Chamonix to go to or come from Le Fayet – Saint-Gervais towards the main train lines: at the Le Fayet – Saint-Gervais train station, it will be possible for you to be helped out from SNCF workers to continue your journey towards the main train lines.

PUBLIC STRUCTURES

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:

The Tourist Office of Chamonix is marked for Accessible Tourism.

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.

Tax Office and State Treasury: accessible with a parking space next to the office.

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

Municipal Police: 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!).

Pôle Emploi (job center) 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: one lowered ticket desk. Toilets for people reduced mobility.

To access the train, please inform the staff in advance (they will take care of you). If you are a group, please get in contact in advance with the Compagnie du Mont-Blanc, and in particular the Montenvers station: +33 (0)4 50 53 12 54.

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): Unaccessible.

PGHM (Police mountain rescue center): Unaccessible.



ACCESSING TO CULTURE AND LEISURE

Library of Chamonix: accessible. Lift and toilets adapted.
Library of Vallorcine: accessible. Lift and toilets adapted.
Library of Les Houches: inaccessible.
Library of Argentière: inaccessible.

SERVOZ

Maison de l'alpage: ground floor accessible

LES HOUCHES

Musée montagnard: partly accessible. Lift
Entertainment area: accessible (with a lift, 1 movie every two weeks, performances, conferences...

CHAMONIX

Casino: accessible. Ramp. Portable ramp to access the first floor. No toilets adapted.

Saint-Michel church: accessible over a ramp.

Espace Tairraz: accessible. Toilets accessible and adapted. **Closed for works until Autumn 2021!**

Salle du Bicentenaire: accessible. However, no adapted toilets.

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

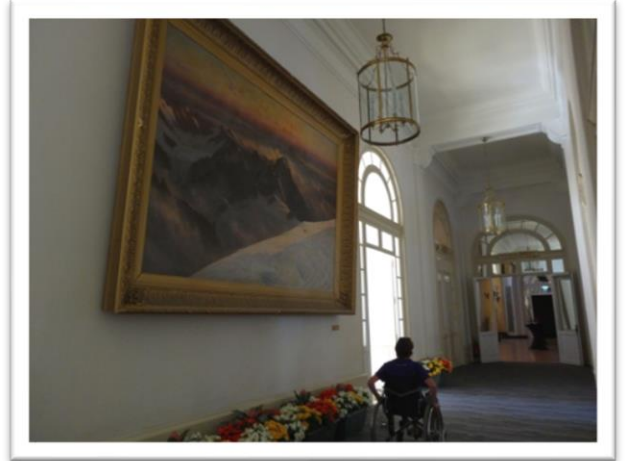
Musée Alpin: accessible. A ramp. Accessible toilets. Only the ground floor can be visited: no lift to get access until the first floor. **Closed for works from September 20th, 2021!**



Maison de la mémoire et du patrimoine Janie Couttet: access from behind the building. A lift.

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 (by a ramp). However, ticket window not lowered.



ACCESSING TO SPORTS

Sports Centre (+33 4 50 53 23 70):

Several car park places for disabled people in front of the sports center (but a call should be given to the sport center to get access to the street when coming by car in order to get the access to the street open). Otherwise, from the tennis car park, over an about 10 mn walk, you also can get easy access to the sport center.

Swimming pool: A ramp, access to adapted changing rooms and toilets over a lift. One specific wheel chair to go into the pool.

Fitness center accessible, but no changing rooms nor toilets adapted. Furthermore, you will first have to go 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.

French Ski school “ESF”: Qualified Instructors to different handicaps. Welcome desk in Chamonix Sud, Argentiere and Bellevue Les Houches: accessible.

Indoor skating: Access via the bar “le Draft” situated on the side. Handicapped toilets. Access to the adapted toilets, the public changing area and skate hire.

Paraglider landing site: 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. Also, in order to get to the entrance, it is necessary to go around via the “Promenade du Fori”, a flat path with gravels, along the Arve river.

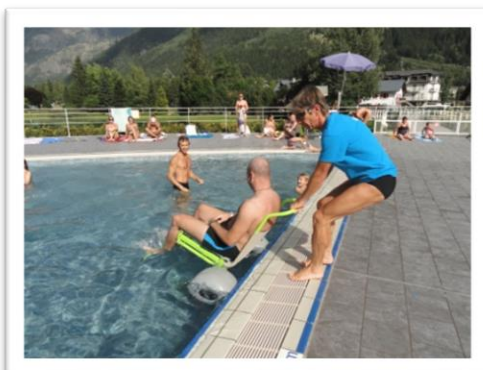
Nordic House (“Foyer de ski de fond”): the cross-country tracks are accessible. Two cash desks accessible to buy the cross-country ski passes: one is outside and a second one inside on the first floor (accessible with a lift).

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

Chamonix luge and Amusement park of Chamonix Les Planards: Not recommended unless well assisted. Bar restaurant and toilets accessible and 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.



LOISIRS ASSIS EVASION

An association which develops and provides a framework for activities in the open air, in the mountains for handicapped persons with a motor deficiency, visual, auditory or mental impairment, and their helpers, supported by mountain professionals.

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, audio, mental or motor* handicap.

* for the latter, the type of activity depends upon the capability of the individual and the nature of the handicap.

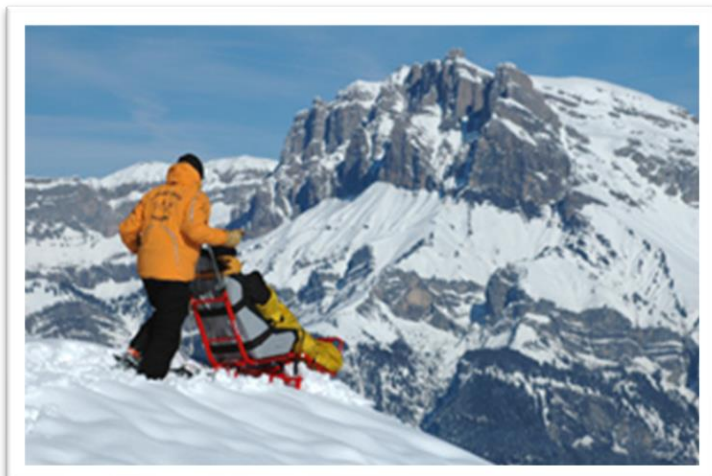
Winter, accompaniment of individuals or groups for seated skiing:

- 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



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 (0)4 50 53 84 00

Accessible. Toilets adapted, lifts and 2 reserved car park places.

Emergency service from: 8am to 8pm from Christmas to Easter and from Mid-July until the end of August.

In Spring and Autumn: 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. Accessible. Phone: +33 4 50 47 30 30.

Medical Analysis Laboratory: 509, route des Pèlerins – Phone: +33 (0)4 50 53 07 25

Lab accessible but not the toilets.

EPHAD (Retirement home): 110, chemin F. Devouassoux – Phone: +33 (0)4 50 53 89 90

Accessible.

GENERAL PRACTITIONERS

SERVOZ

• **Dr. TEMROZ** – 110, chemin des Balances. Phone: +33 (0)4 50 91 40 99. On the ground floor. No stairs.

LES HOUCHES

• **Maison de Santé (Drs. GUYON and PACHE-VILLE)**

5, place de la Mairie. – Phone : +33 (0)4 50 545 50 27 - Accessible.

ARGENTIERE

• **Centre Médical d'Argentière (Drs. MILLET and PORTE)**

580, route du Plagnolet. Phone: +33 (0)4 50 54 00 67 - Accessible

Traumatology and digitized radiology.

CHAMONIX

• **Dr. HURRY** – Phone : +33 (0)4 50 54 08 55

747, route des Gaillands - résidence les 2 chalets – 1st floor.

• **Dr. DUMON** - 241, allée du Majestic – Phone: +33 (0)4 50 53 55 77 – Accessible with a lift.

Homoeopathy, osteopathy, dermatology, cosmetic medicine.

• **Dr. FONTAINE** - 52, rue de l'hôtel de ville – Phone: +33 (0)4 50 53 03 26

2 steps, then a lift.

Homoeopathy, acupuncture, psychotherapy.

• **Dr. POCCARD-CHAPUIS** - 10, avenue du Mont Blanc – Phone: +33 (0)4 50 55 54 00

Accessible with a ramp, then a lift.

• **Dr. PICARD** – 122, place Edmond Désaillood – Phone: +33 (0)4 50 90 68 54

Unaccessible to people with reduced mobility

- **Maison de Santé** - 509, route des Pèlerins - Phone: +33 (0)450 55 80 55
Accessible with a ramp; adapted car park and toilets. Doctors' offices on the ground floor.
✓ **Drs. CADOT and RICHARD** – Sport medicine
✓ **Drs. AGRUMI, HEYER and VALLENCANT.**

MASSEURS PHYSIOTHERAPISTS / OSTEOPATHS

LES HOUCHES

- **F. ROBERT**, physiotherapist and osteopath –
301, avenue des Alpagnes. Phone: +33(0)4 50 54 42 81
1 step at the entrance, but help provided. Car park across.
- **A. CASTILLO**, physiotherapist and osteopath –
285, route de Taconnaz. Phone: +33(0)6 64 15 12 17
Accessible to people with reduced mobility over a ramp.
- **V. DUPRIEZ** - Phone: +33(0)619 81 35 50 -, **J. LETERME** - Phone: +33(0)4 50 21 18 58
and **L. LEAL** (osteopath) - phone: +33 6 25 42 22 14) – 635, route des Alpagnes –
Car park for people with reduced mobility just across the office.
- **M. HALSALL** – 287, route de Taconnaz – Phone: +33(0)6 32 30 38 57
- **Cabinet: D. CASHMORE** (physiotherapist) – Phone: +33(0)6 84 97 36 90
and **A. FORT** (osteopath) – Phone: +33 (0)6 19 29 02
17, rue du Mont Blanc. Accessible to people with reduced mobility.
- **Ch. MARCHAL**, osteopath – Phone: +33(0)4 50 54 20 39
40, chemin Draudes. Taconnaz.

CHAMONIX

- **MAISON DE LA SANTE** – 509, route des Pèlerins
4 physiotherapists: **SOS KINE CHAM: J. PAUL, N. LEMORT-WEHRLE, C. PAPILLON and P. AGUILAR** – Phone: + 33(0)4 50 53 07 21
V. BELLANGER-DODAT and Ph. JACQUEMARD – Phone/ +33 6 73 66 46 88.
Accessible to people with reduced mobility over a ramp; adapted car park and toilets.
Doctors' offices on the ground floor.
- **MALALAPAPATTE CLINIC** – 122, place E. Désailoud – Phone: +33(0)4 50 53 23 11
S. BALMAT, L. BIASINI, S. WIDLAK and F. SEKINO
Accessible with the help of the physiotherapists.
- **LA CLINIQUE DU SPORT**, osteopathy physiotherapist and sport massages office:
N. MACLEAN MARTIN – J. MCCORRISTON – M. SAMUELSSON – R. RENALDI ET F. PIOLI – 324, rue J. Vallot – Phone: +33(0)4 50 18 05 08
4 steps to get access to the building.
- **R. MOLLARD** – 591, rue J. Vallot – Phone: +33(0)4 50 53 37 67
Staircase with 9 steps, then 3 steps to have access to the office.
- **J. OUZIEL** – 21, rue Paccard – Phone: +33(0)4 50 53 15 96
1 narrow lift.
- **L. ROMAN** (physiotherapist and osteopath) – 260, rue Vallot – Phone: +33(0)4 50 53 61 41
2 steps to have access to the building; main entrance door too narrow for people with reduced mobility; narrow lift.

- **R. DARGERE** (osteopath) – 260, rue Vallot – Phone: +33(0)9 81 15 86 13
2 steps to access to the building; main entrance door too narrow for people with reduced mobility; narrow lift.
- **C. COROLLLEUR** (osteopath) – 21, rue Dr. Paccard – Phone: +33(0)4 50 53 14 63
Narrow lift, office not adapted to people with reduced mobility.
- **C. DIDILLON** (osteopath) – 35, impasse des Anémones – Phone: +33(0)6 07 34 39 33
- **A. EVANS** – 324, rue J. Vallot – Phone: +33(0)4 50 18 05 08. 4 steps to allow the access to the building.
- **Th. GIRAUD** (osteopath) – 192, rue Paccard – Phone: +33(0)6 17 38 79 82
4 steps to have access to the building.
- **S. HOLLIDAY** (osteopath) – 192, rue Paccard – Phone: +33(0)6 24 81 34 33
4 steps to have access to the building.
- **E. ROMERO** (osteopath) – 32, avenue du Savoy – Phone: +33(0)4 50 55 87 22
1 step to get access to the building.
- **T. GRAMOND** (chiropractor) – Routes des Tissières, Les Bossons –
Phone : +33 4 50 55 96 28. Free car park near the office.

LES PRAZ

- **Physiotherapist clinic of Les Praz : N. PFAB, F. PORT, Q. BERGUERAND** – 366, route des lacs - Phone: +33(0)4 50 93 85 57

ARGENTIERE

- **M. LAFFIN and F. ROBERT** - 19, impasse de la Motte – Phone : +33 (0)4 50 54 02 36
Accessible: access over a warmed-up ramp in winter.

OTHER SPECIFIC MEDICAL PRACTITIONERS

- **MAISON DE LA SANTE** – 509, route des Pèlerins – Phone: +33 4 50 53 07 21 –
Accessible to people with reduced mobility. Doctors office on the ground floor. No step.
 - ✓ **Dr. WAKSMAN** – Phone: +33(0)4 50 53 08 16 - gynecologist
 - ✓ **Fiona CHOTARD** - Phone: +33(0)4 50 53 52 11 - orthoptist
 - ✓ **Dr. BADOR** - Phone: +33(0)4 50 53 80 55 - psychiatrist
- **Dr. POCCARD-CHAPUIS** - 10, avenue du Mont-Blanc – Phone: +33 (0)4 50 55 54 00 -
Rheumatologist. Accessible over a ramp, then a lift.
- **Dr. GASTON** – Phone: +33 (0)4 50 55 54 00 - plastic surgery
10, avenue du Mont-Blanc – Accessible over a ramp, then a lift.

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 (0)4 50 53 12 61
Accessible.
- **Pharmacie de l'Aiguille du Midi** - 262, avenue de l'Aiguille du Midi
Phone : +33 (0)4 50 53 40 93
Accessible.
- **Pharmacie des Alpes** - 47, rue du Docteur Paccard – Phone: +33 (0)4 50 53 15 45
1 step. Accessible if accompanied.
- **Pharmacie de la Vallée** - 124, rue Joseph Vallot – Phone: +33 (0)4 50 53 13 69
1 step (pavement), then accessible.
- **Pharmacie des Pèlerins** – Place des séracs - Phone: +33 (0) 4 50 53 13 55
Accessible over a ramp.

ARGENTIERE

- **Pharmacie d'Argentière** – 39, place du village – Phone: +33(0)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 the itin rio exhibition. Everything is accessible except for the library which is on the 1st floor.

Saint Loup's Church: a baroque church.

Le Vieux Servoz: you can reach the old village with its traditional houses, its old bake ovens.

LES HOUCHES

St Jean-Baptiste Church: a nice baroque church

Mus e montagnard: a nice museum about 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.

LES BOSSONS

Chapel: accessible with assistance (small step).

Post Office: accessible (tarmac) but no reserved place on the car park.

Train station: accessible (tarmac) but no reserved place on the car park.

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

LES P LERINS

Commercial center: access to all shops, 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.

Youth Hostel: inaccessible (no adapted rooms).

Lac des Gaillands: 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!

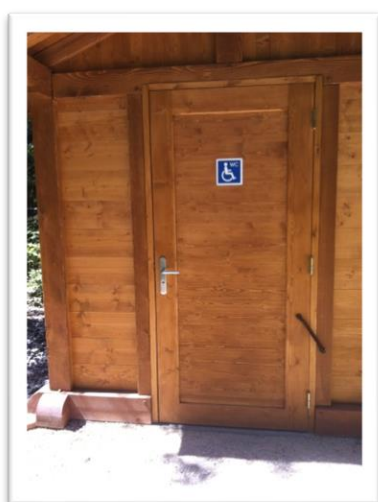
CHAMONIX CENTER

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” / adapted materiel to people with reduced mobility, please contact **Loisirs Evasion Assis**, an association which goal is to allow a large number of people with a handicap (reduced mobility/visibility/hearing, old people...) to get access to activities in the mountain within in specified structure:

Phone: +33 6 73 39 81 78.

We also recommend you to contact the association **Seat & Ride** which works directly with mountain guides in Vallorcine trained to assist handicapped people:

Phone: +33 6 73 72 06 17.

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: accessible, but no reserved place. Car Park with fine gravel.

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

Grocery store: inaccessible.

Tobacco shop: inaccessible.

Post Office: 1 reserved space on the car park

Public Toilets: inaccessible

Possible to troll 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 (tarmac) but no reserved place.

Chapel: inaccessible.

ARGENTIÈRE

Club des Sports (“sport club”): accessible.

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. Toilet adapted.

Protestant chapel: inaccessible.

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, 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 “Au Pêché mignon”: accessible.

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

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

MONTROC

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

Information Point: accessible if accompanied, but desk not lowered.

LE TOUR

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

Information Point: accessible but the board is not lowered.

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!)

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 4 50 54 02 24.

Aiguilles Rouges Nature Reserve chalet: inaccessible because of the 5 steps at the entrance. The visit of the underground is impossible because of stairs with 15 steps.

VALLORCINE

Tourist Office: adapted to people with reduced mobility; Adapted toilets (despite a door a little heavy) next to the tourist office.

Car Park at the train station: adapted places for people with reduced mobility.

Bakery: shop and terrace adapted to people with reduced mobility from the side from the residence Vallorcine Mont Blanc. One small step at the entrance of the shop which might request some help.

Grocery Store: no access to people with reduced mobility; car park in front but not 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 marked places.

Library: access ramp; entrance door according to current standards concerning disabled people.

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. Unaccessible toilets.

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.

Vallorcine LOCASKIS (ski rental in winter and bicycles in summer, as well as some articles like hiking shoes, sun cream and sun glasses...): on the right across the train station, on the left side of the lift cash desks.

Phone: +33 4 50 89 21 61 – www.vallorcine-locaskis.com/fr.

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.

Hiking: the trail “Les Diligences” between Le Buet and Vallorcine can be followed in summer with a wheel chair if well assisted (downhill from Le Buet toward Vallorcine).

For further information concerning this trail and have further information or recommendations, we recommend you to contact the association “SEAT & RIDE” – Phone: +33 6 73 72 06 17. It could also be possible to borrow specific material for hiking, paragliding, climbing in summer, skiing in winter.

This association is in direct contact with the guide office of Vallorcine for which mountain guides trained to assist handicapped people.

1 car park place marked at the entrance of Vallorcine – Avenue de la Gare – on the side across the town hall.

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.

BEWARE: FOR SAFETY REASONS, YOU CANNOT GET OVER THE GÉANT GLACIER VIA THE MONT-BLANC PANORAMIC CABLE CAR TO GET TO HELBRONNER POINT IN ITALY! (The Helbronner cable car is open only in summer from the End of May until the end of September).



MONTENVERS TRAIN - MER DE GLACE

Site accessible, except for the “bar le Panoramic” and the ice cave.

One accessible and lowered ticket desk. Portable ramps for getting into the train: on request.

Please book in advance if you come with a group: sales@compagniedumontblanc.fr. You will need to sign a disclaimer.

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 crystal gallery and the restaurant of the “Hôtel du Montenvers”.

Adapted toilets at the departure and the arrival of the train. Free car park places near the train station.

Accredited area “Accueil Handicapés” (“Welcome area for handicapped people”)



LES PLANARDS

Access possible if accompanied because of the steep slope and gravel at the bottom of the chair lift!

PLAN-PAZ/ BREVENT

FULLY ACCESSIBLE!

2 free car park places near the cash desk. Adapted toilet at the intermediate station.

In order to have access to Planpraz cable car, the wheel chair should 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 inaccessible. To go to the Charamillon cable car (little cabins) in Le Tour, go around on the right side of the cash desks (over a very steep slope). There is then an automatic ramp. You will need to fold up your wheel chair in order to get into the cabins.

When you arrive, you will find a short gravel descent (in summer).

You will have access to the “Chalet de Charamillon” if accompanied (because there is a step to get on the terrace). There are also adapted toilets (access below the building with some help, then it is a little bit steep. You can then have access to the Autannes chair lift, but you will need some help at the arrival. From there, if you are accompanied, you will be able to go to the Balme pass (Col de Balme) on a footpath (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: don't hesitate to contact the association SEAT & RIDE for further information!

FLÉGÈRE (in Les Praz):

A cable car runs up to Flégère and allow to 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 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'll 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'll 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".

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 don't 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 no access to this ski area in winter for pedestrians and snowshoeing walkers.

Cable car adapted to disable skiers in wheel chairs.

Disabled people can park on the side (near the ambulances access) close to the cable car.

LE PRARION (Les Houches)

Accessible. Well adapted.

BELLEVUE (Les Houches)

Unaccessible

TRAMWAY DU MONT- BLANC

Access from « Le Fayet » until Col de Voza

No more than 2 wheel chairs by train are allowed.

Prices for Handicapped people on the lifts:

*If you show up with an invalidity card, whatever your nationality (that is whatever the country in which your card has been issued), you will be able to benefit a handicapped fare for you and the person which accompanies you: 50% reduction on the "adult" price on the **1 day Mont Blanc Unlimited, Chamonix Le Pass and Les Houches ski passes** in winter, and the **1 day Mont Blanc Multipass** in summer, as well as on the **whole round trip tickets** (that is 1st AND 2nd lifts if there are two lifts to go up the top). **NO REDUCTION ON SKI AND SUMMER PASSES WITH AN OVER ONE DAY VALIDITY.***

EATING OUT

SERVOZ

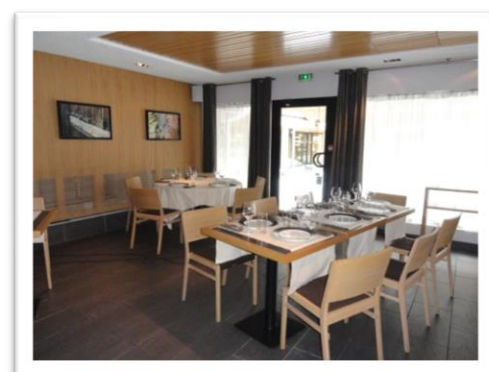
- **Auberge Les Gorges de la Diosaz** – 81, route du Mont. Phone: +33 4 50 47 20 97.

LES HOUCHES

- **Restaurant St-Antoine** – 7, route Napoléon – Phone: +33 (0)4 50 54 40 10
- **Résidence Les Granges d'En Haut** – Route des Chavants. Phone: +33 (0)4 50 54 65 36
Reception desk and access to the restaurant adapted. Car park in front of the hotel.

CHAMONIX TOWN CENTRE

- **Albert Premier** - 38, route du Bouchet. Phone: +33 (0)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 (0)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 (0)4 50 53 00 03
Accessible from the car park but one step at the entrance. Adapted toilets.
- **Le Vista Panoramic restaurant** -79, avenue du Mont-Blanc (in the Alpina Hotel) –
Phone: +33 (0)4 50 53 99 60. Beware: toilets are not adapted! Car Park places in the Mont Blanc car park.
- **McDonald's** - avenue Michel Croz - Phone: +33 (0)4 50 53 31 13
Access ramp >5%/ Adapted toilets.
- **Le Comptoir alpin** – 151, avenue de l'aiguille du Midi - Phone: +33 (0)4 50 53 57 64
Easy entrance from the Morgane hotel. Adapted toilets.
- **Le Draft** - 121, route de la Patinoire – Phone: +33 (0)4 50 53 20 43
Access ramp > 5%. Adapted toilets.
- **Le A** – 270, avenue de Courmayeur - Phone: +33 (0)4 50 55 90 93
Access from the car park for handicapped people. Adapted toilets.
- **Chez Constant** – 24, avenue Ravanel le rouge - Phone: +33 (0)4 50 53 96 74
Toilets without holding bar.
- **Le Vertical Café** – 100, place de l'Aiguille du Midi - Phone: +33 (0)4 50 53 22 75/+33 (0)4 50 54 24 79. Adapted toilets outside of the restaurant.
- **Joséphine** - 76, avenue Michel Croz.
Phone: +33 (0)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 5 minutes away, on the Place du Poilu car park.
- **Café du Génepy** – 18, impasse du Génepy.
Phone: +33 (0)4 85 30 01 03
Access from the pedestrian street Joseph Vallot or from the underground Saint-Michel car park (5mn walk) where there are a few places for people with reduced mobility. Access to the café through a door on the side of the café. Adapted toilets. Lowered counter.



LES TINES

- **L'Envergure – Excelsior** – 251, chemin Saint-Roch.

Phone: +33 (0)4 50 53 18 36

On the ground floor, terrace, view on the swimming pool. Adapted toilets.

LES PRAZ

- **La Cabane** - Route du Golf - Phone: +33 (0)4 50 53 23 27. Adapted toilets.
 - **Restaurant Le Rendez-vous** - 1459, route des Praz – Phone: +33 (0)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 (0)4 50 54 03 76
- No adapted toilets.

ARGENTIERE

- **Le Stone** – 390, rue Charlet Straton - Phone: +33 (0)4 50 5413 17. Access ramp to the restaurant. 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

- **Le Moon Tine** – Le Buet. Phone: +33 4 50 96 54 34. Easy access, no step. Adapted toilets.
- **Hôtel Le Buet** – 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** – Le Plan envers. 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.

Be aware!

Due to the current COVID 19 epidemic, some of the above-mentioned activities, like inside activities as well as the possible ones accessible over lifts depend on the authorizations from the French and/or the local Government.

Showing up with a sanitary pass (covid vaccination certificate) or a negative PCR or antigenic test result is mandatory in the restaurants, coffee shops and bars, in the museums, at the cinema or during concerts and events, as well as for doing a lot of activities.

Wearing a mask is mandatory everywhere inside in the valley, as well as on open markets and during big gatherings.

These dates are given for information only! We therefore strongly recommend you to get informed just before or at the very beginning of your stay to be sure you have updated information: it might change according to the evolution of current COVID 19 epidemic.

SUGGESTIONS

Document to return to the Tourist Office:

**Office de Tourisme Vallée de Chamonix-Mont-Blanc
85, place du Triangle de l'Amitié – B.P. 25
74401 CHAMONIX MONT-BLANC cédex
Fax : +33 (0)4 50 53 00 24
E-mail: info@chamonix.com**

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