

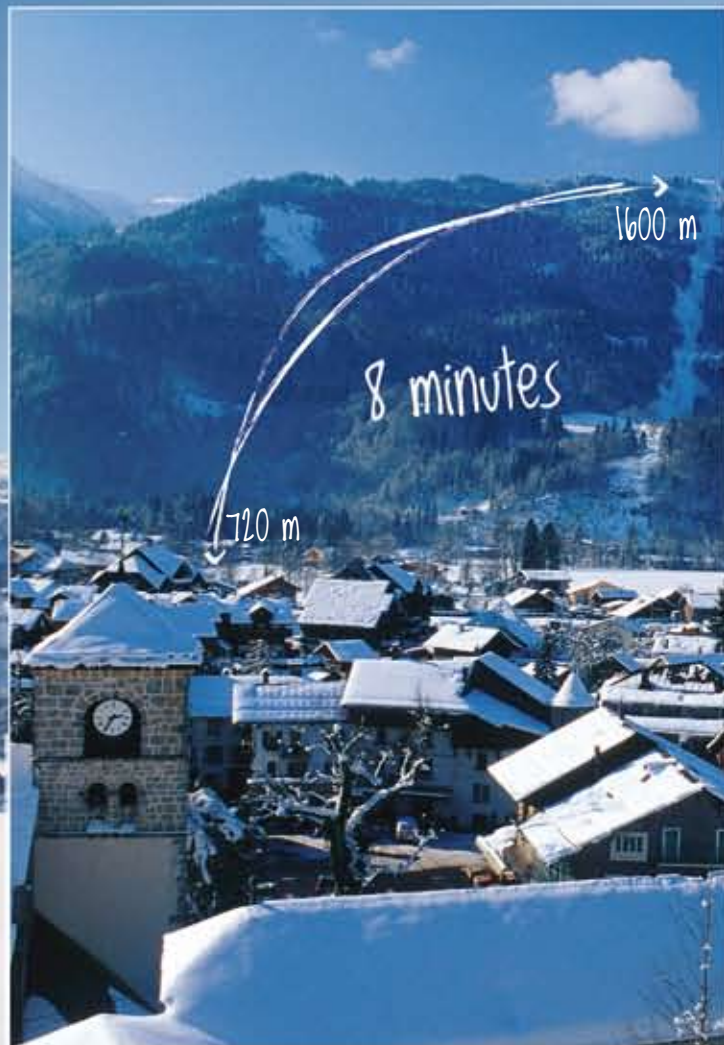
# Samoëns

to fall in love with...

a small village  
with a big heart



Ready, steady...  
go for some → grandiose  
adventures!



#### Take a leap into a whole new dimension.

From the village, you can access the Grand Massif ski slopes effortlessly and in record time thanks to **the 8-seater Grand Massif Express cable car.**

**At an altitude of 1,600 metres, the 265 kilometres of pistes** laid out before you form one of the most beautiful and largest skiing and snowboarding areas anywhere, set in the heart of a **grandiose panoramic view topped by Mont-Blanc.**

#### What's more, there's something for everybody!

There are numerous green and blue runs for beginners, and black runs and dizzying combs for the most demanding.

There are simple pleasures and adrenalin-pumping thrills for the whole family in this white-clad paradise accessible to all. Samoëns fully deserves its title of **"The family mountain with a whole lot more".**





Sampens ... my small village with a big ♥

Living life to the ...



Full! ♥♥



Gradually...

learn to tame the mountain.  
Gain more control over your movements.  
Build up your confidence.

Each day poses a new challenge that the youngest  
members of the family face with enthusiasm, guided by their  
ski instructor under the proudly tender gaze of the adults.

... Enjoy the excitement  
of the first snowfalls.

When you can't ski, try out the other activities on offer,  
each one more fun than the last.  
Indulge in a few snowball fights!

And dream of the exploits that tomorrow holds...





Samoëns ... my small village with a big ❤️

Enjoying  
yourself as a family...



is awesome!

Back to the village...

The ski lifts have closed down.  
but you don't have to stop, do you?

Take your tribe along with you to try out other activities.  
Head for the ice rink, relax in the jacuzzi, or have a massage.  
Get in step with the convivial festive events  
held in the village.

... Back to basics

Samoëns, a picturesque village hundreds of years old,  
unveils itself to the gaze and hearts of those who appreciate  
all the treasures of its history. In the evening as you sit round  
the fire, you can savour the local fare and the magic of time  
spent with family or friends.

This is what our village is all about.  
Deep-seated happiness and simple pleasures.





## summary

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This guide to recreational activities contains information from service providers who are members of Samoëns Tourist Office.

## alpine ski slopes



With their 265 km of pistes and their 5 interlinked resorts (Flaine, Les Carroz, Morillon, Samoëns, Sixt), the Grand Massif ski slopes are currently considered as one of the largest, finest domains in France. For a long time, they were used as a training ground by Antoine Deneriaz, a native of Morillon who won the gold medal in the downhill event at the Turin Winter Olympics on 12 February 2006.

Thanks to its geographical location, the Grand Massif enjoys abundant, regular snowfalls throughout the season, and the area is well known for the quality of the snow in spring. **Of course, 80 % of the slopes are north-facing, allowing the snow to lie for longer and remain in good condition.**

## grand massif features some exceptional spots

- **The Combe de Gers** with its dizzying 800 m drop and untouched snow!
- **The blue Cascades** piste running for 14 km from the summit at Flaine to Sixt-Fer-à-Cheval.

## samoëns 1600 ski domain for beginners

One of the largest areas of beginners' slopes in Haute-Savoie.



Destination pour petits et grands

From the town, it takes less than ten minutes to reach the fourth-largest ski domain in France, linked to five other resorts (Flaine, Les Carroz, Morillon, Samoëns, Sixt). Samoëns has thought about you and your children, and it provides the largest areas for beginners, at an altitude of 1,600 m, with a children's holiday club and no fewer than 7 ski lifts. There are no steps to climb to reach the Grand Massif Express gondola lift, and the Château ski lift enables parents and children to use the same poles. Even more important, the area for beginners is separated from the other sectors of the domain, to enable users to ski in complete safety, and avoid having users with different levels of experience on the same pistes. **The restaurant terraces overlooking the pistes enable you to make the most of a relaxing rest in the sun while keeping an eye on your children.**

## grand massif, freestyle version

There is **Flaine's JAMPARK** for the greater joy of beginners or experienced freestylers alike + 2 **"COOL ZONE"** located in Samoëns & Morillon.

Find out more on [www.grand-massif.com](http://www.grand-massif.com)

Join the Grand massif's slopes by bus!



Contact : Tel. 04 50 90 40 00  
[www.grand-massif.com](http://www.grand-massif.com)  
[contact@grand-massif.com](mailto:contact@grand-massif.com)

## GRAND MASSIF PRICES - FLAINE - LES CARROZ - MORILLON - SAMOËNS - SIXT

	Children's pass (5 to 15 years)	Adult pass	Seniors' pass (63 to 74 years)
Pass for 4 consecutive hours	29 €	36,50 €	34,50 €
Full day	31,50 €	40 €	38 €
2 to 5 consecutive days	29,50 € / 1 day	38 € / 1 day	35 € / 1 day
2 days	59 €	76 €	70 €
3 days	88,50 €	114 €	105 €
4 days	118 €	152 €	140 €
5 days	147,50 €	190 €	175 €

From 6 consecutive days	26,50 € / 1 day	34,50 € / 1 day	31,50 € / 1 day
6 days	159 €	207 €	189 €

Season	5 to 17 years	18 years and more
Seasonal pass	535 €	838 €
Special pre-season offer (until 15/12/2010)	209 €	419 €

## Additional information:

- Free for children under 5 and people aged 75 and more. Proof of age required.
- Non-ski prices (+3 € per pass) mandatory for durations of more than 3 days. Card rechargeable but not reimbursed.

## MASSIF PRICES - LES CARROZ - MORILLON - SAMOËNS - SIXT

	Children's pass (5 to 15 years)	Adult pass	Seniors' pass (63 to 74 years)
Pass for 4 consecutive hours	22 €	30 €	28 €
Full day	24 €	33,50 €	30,50 €
2 to 5 consecutive days	23,50 € / 1 day	32 € / 1 day	29,50 € / 1 day
2 days	47 €	64 €	59 €
3 days	70,50 €	96 €	88,50 €
4 days	94 €	128 €	118 €
5 days	117,50 €	160 €	147,50 €

From 6 consecutive days	21,50 € / 1 day	29 € / 1 day	26,50 € / 1 day
6 days	129 €	174 €	159 €

Season	18 years and more
Seasonal pass	540 €
Special pre-season offer (until 15/12/2010)	349 €

## Non-skier prices:

- Return trip, GME or Les Saix cablecars (single price): 6 €.
- 6-day Giffre Non-Skier (single price): 33 € (+ 3 € ski-card, mandatory).

## A BIGGER FAMILY PACKAGE!



Destination pour petits et grands

If you buy 4 Grand Massif ski passes for the same duration (6, 7 or 8 consecutive days) at the same time, **there is a 10 % discount** on the 4 passes (4 people paying: minimum 2 adults aged 16 to 74 and 1 child aged 5 to 15).

**Special offer available throughout the season from the ticket office or on our website**

[www.grand-massif.com](http://www.grand-massif.com)

## SPECIAL "PETIT MONTAGNARD" OFFER



Destination pour petits et grands

**No charge for children under 12 on 6-day Grand Massif passes.**

One 6-day adult Grand Massif pass purchased at the usual retail price = one free 6-day children's Grand Massif pass (subject to the purchase of a holiday package from one of our accommodation partners and on proof of accommodation, family relationship and age).

VALID : • 18<sup>th</sup> to 24<sup>th</sup> December 2010

- 1<sup>st</sup> to 7<sup>th</sup> January 2011
- 9<sup>th</sup> to 15<sup>th</sup> April 2011
- 16<sup>th</sup> to 22<sup>nd</sup> April 2011



## cross country skiing



Cross country skiing is a more gentle way to discover nature in the mountains. The site in the valley, on the banks of the Giffre, offers 46 km of tracks that are also suitable for skating.

- **The Haut Giffre circuits** are very popular with cross country skiers. Blending perfectly into the landscape, etc.
- **The tracks in the Glière sector** (2 km) and the Salvagny sector (5 km) are suitable for beginners, while the Fer à Cheval (16 km), Molliet (9 km) circuits and the return to Samoens (10 km) will appeal to more experienced skiers.
- Cross country skiing in the heart of the magnificent scenery of **the Joux Plane pass**. The Joux Plane pass, situated at an altitude of 1,700 m, guarantees good skiing conditions when there is not enough snow in the valley. Open only when the site in the valley is closed.

Service des pistes nordiques

Tel. 04 50 96 64 19 - syndicat.haut.giffre@wanadoo.fr

## SKIPASS PRICES (Estimates, subject to changes)

	Adult pass	Child pass
Full day	6.50 €*	4 €*
Full week	27 €	16 €
Département 74 ski pass	77 €	25 €
National ski pass	150 €	30 €

\* Discount from 12h30



## special events

30<sup>th</sup> january 2011

## Festi' nordic

Festi'Nordic is a day of fun and festivities and a chance to try out all the Nordic sports in the Upper Giffre Valley free of charge. Cross-country skiing, ski joëring with dogs or horses, biathlon with rifle shooting and archery, Nordic walking, snowshoes, dogsleds for young children etc.

[www.festinordic-hautgiffre.com](http://www.festinordic-hautgiffre.com)



18<sup>th</sup> and 19<sup>th</sup> march 2011

## The Speed Riding cup

4<sup>th</sup> year for this unusual competition combining skiing and flying. Speed Riding is an adrenalin-pumping mixture of off-piste skiing and paragliding. After two spectacular championships, Samoëns will again be the meeting place for the best riders in Europe.

[www.speedridingcup.com](http://www.speedridingcup.com)



2<sup>nd</sup> et 3<sup>rd</sup> april 2011

French télémark  
skiing championships

The dynamic team from Samoëns Teal Télémark is hosting the French telemark skiing championships on the slopes in Samoëns on 2<sup>nd</sup> and 3<sup>rd</sup> April 2011. 80 competitors, including the world's top skiers and members of the French team, are expected to pit their skills against each other for a 2-day event played out in a convivial sporting atmosphere.

• To find out about special events, check out our website on [www.samoens.com](http://www.samoens.com) •

A FAMILY

## CHRISTMAS

> 18<sup>th</sup> to 24<sup>th</sup> december 2010



Get ready to spend a fabulous Christmas with your children. Let your little ones experience the fairytale atmosphere of the Christmas Village celebrating 100 years of skiing in Samoëns with itinerant shows, entertainment for all ages, ice sculptures etc. Not to mention Santa Claus setting off to deliver his gifts!



Spend some great time with the family without breaking the bank and let your kids enjoy the snow thanks to our great special offer!  
Christmas falls on a Saturday this year - so book your accommodation from Sunday to Sunday!

HOTEL OR HOLIDAY VILLAGE

No charge for kids! (under 12's)  
1 adult paying = 1 child free\*

\*See list of partners in the scheme (pine tree pictogram in the accommodation brochure) and contact them for conditions.

6-day Grand Massif ski pass **FREE\*\*** + Ski hire and skiing lessons **FREE\*\*** + and many other activities **FREE OF CHARGE\*\***!

\*\*For bookings including one adult and on presentation of an accommodation certificate (issued by one of the partners in the scheme), proof of relationship and age.

A FAMILY

## EASTER

> 9<sup>th</sup> to 22<sup>th</sup> april 2010



Enjoy some spring skiing without the crowds. And every afternoon, after making the best of the snow, enjoy some fun and laughter thanks to the programme of free entertainment we've put together specially for your children!



APARTMENT

For children (under 12's):  
At least 50 € off\*

\*See list of partners in the scheme (bell pictogram in the accommodation brochure). Offer limited to 2 children per apartment.

WEEK

## WINEGROWERS'

> 15<sup>th</sup> to 21<sup>st</sup> january 2011

Wine buffs, take note! Winegrowers invited specially for the occasion will present the fruits of their labours every evening from 4 pm to 7 pm. Have a chat with them and find out about wine from various angles e.g. chocolate and wine, Savoie wines, matching wines and food, wine tasting etc. After a good day's skiing, take some time out to appreciate the flavours that are part of French heritage. This is the ideal opportunity to top up your knowledge of wine and teach your tastebuds a thing or two.

Contact : Tourist Office on 04 50 34 40 28



LOW-PRICED HOLIDAYS

## FOR LITTLE ONES

> 13<sup>th</sup> march to 2<sup>nd</sup> april 2011



Grandparents and grandchildren will be able to share some precious moments thanks to a programme of entertainment designed especially for children under 6 years of age. Far from the crowds, immortalise your children's or grandchildren's first wedges. There are lots of special offers, waiting just for you!

Contact : Tourist Office on 04 50 34 40 28







## ÉCOLE DU SKI FRANÇAIS

k6

tel. 04 50 34 43 12 | 04 50 34 40 86

www.esfsamoens.com

## • GROUP DOWNHILL SKIING LESSONS

Group lessons for children or adults. Half-day or full-day. 8 levels of ability for children and 5 levels of ability for adults. Courses available throughout the season.

## PRICES

Set price, adults and children's group (103 €).

## • GROUP SNOWBOARD LESSONS

Learn to snowboard with qualified instructors who reveal all the secrets of snowboarding so that you can experience new thrills in complete safety.

## PRICES

Adult or child 1/2 day (130 €).

## • DISCOVERY DAYS

Discover or rediscover the charms of the ski slopes on or near the Grand Massif. Get a qualified instructor to guide you on the slopes, for a day or longer.

## PRICES

Adult or child (1/2 day) from 135 €. Adult or child (day) from 242 €.

## • INDIVIDUAL LESSONS

An instructor just for you, to help you make quick progress in skiing, snowboarding, Telemark skiing and cross-country skiing. Professional instructors available throughout the season.

## PRICES

Adult or child from 33 €.



## ÉCOLE DE SKI 360 INTERNATIONAL

k8

tel. 04 50 53 38 92

www.ecoledeski360.com

## • GROUP LESSONS

Group lessons of 4 to 8 people max. regardless of age or level. Children or adults, skiing and snowboarding.

## PRICE

Adult or child 128 € - 6 days - 15h.

## • PRIVATE LESSONS

Get a personal instructor and make quick progress. One or two people maximum.

## PRICE

Adult or child (hour) 40 €.

## • FAMILY SKIING

Skiing or snowboarding - for beginners or more advanced techniques. Get together with family or friends.

## PRICE

Adult group (2h) from 100 €.

## • FREERIDING AND OFF-PISTE COURSES

Find out about off-piste boarding. Instruction for beginners and training in the use of safety and search equipment. Half-days and full days.

## PRICE

Set price for adult groups 160 €.

## skiing for the disabled

The Samoëns Handi-Glisse Association can help you organise your holiday by providing:

- Assistance with selecting accommodation suitable for your disability,
- Assistance with activities, especially ski tuition from 5 qualified instructors,
- Free loan of equipment:

- 1 FMS • 3 monoskis • 3 tandemskis (wheelchairs)
- 2 dual skis • 2 kart ski • 1 slider walker
- 1 ice toboggan • 1 toboggan for cross-country skiing.

Enjoy a range of special advantages:

- 22 disabled-access skilifts on the Grand Massif,
- 8 places for the disabled on the Grand Massif Express,
- Equipment storage at Samoëns 1600,
- Concessions on Grand Massif passes.

For information, log on to: [www.samoens-handiglisse.com](http://www.samoens-handiglisse.com)

## HANDISKI EQUIPMENT

mob 06 80 66 55 60

www.samoens-handiglisse.com

## • SAMOËNS HANDI-GLISSE

Loan of special equipment and full-day assistance from volunteers using tandemskis or professionals using a full range of equipment.

## PRICES

Tandemskiing is for groups only.

## SNOWSHOE OUTING WITH HANDICIMES

mob 06 83 19 16 14

06 88 57 86 61

www.trekycimes.com  
mille-et-une-cimes@hotmail.fr

Discover the magic of snow-covered landscapes. Outings adapted to skill level and led by professionals (use of specific equipment).

## PRICES

Half-day : groups from 18 €, Individuals from 75 €.

## INSTRUCTORS FOR DISABLED PERSON

ÉCOLE DE SKI INTERNATIONALE  
ZIGZAG

m7

mob 06 31 20 44 10

www.zigzagski.com

• ADULT GROUP LESSONS  
(ski, snowboard, télémark)

Share the fun of learning to ski in a small group of 3-8 adults at your level.

## PRICE

105 €/pers.



## • OFF PISTE / FREERIDE

Discover thrilling off piste adventure in the company of a professional guide.

## PRICES

1-4 pers 225 €/4 hrs. 330 €/full day.

## • 30 MINUTES LESSON

1<sup>st</sup> skiing lesson for your child with the full attention of an instructor to ensure that he/she enjoys his first steps on the snow!

## PRICE

Private lesson 23 € for 30 minutes.

## • TINY TOTS PRIVATE SKI TUITION

30 minutes! That's the time taken for the first skiing lesson for children between 2 1/2 and 5 years of age, under the watchful eye of an instructor. Their first steps on the snow!

## PRICES

Child (23 €).



## SKISESSION

l6

mob 06 62 10 59 24

www.skisession.fr

## • DOWNHILL SKIING LESSONS

A small, flexible organisation

## PRICE

Adult and child (hour) (45 €).

## • INDIVIDUAL SNOWBOARD LESSONS

Whether you're a complete beginner or looking to make progress and improve your technique, you can book tuition with your own personal instructor who will take on board your requirements and expectations.

## PRICES

Adult 1/2 day (135 €). Adult (day) (225 €).

## • INDIVIDUAL DOWNHILL LESSONS

A small, flexible organisation.

## PRICE

Adult and child (hour) (45 €).

## CAIRN

m6

tel. 04 50 34 48 03

www.cairn-fr.com

## • CROSS-COUNTRY SKIING

Discover cross-country skiing.

## PRICES

Price details on request.



key



Tribe



Initiation



Sensation





## BUREAU DES GUIDES

K6

tel. 04 50 34 43 12 [www.guidesmontagnes.com](http://www.guidesmontagnes.com)

## • HELICOPTER SKIING

An unusual way of skiing off-piste in fabulous spots in Switzerland and Italy.

## PRICE

Adult (day) (from 250 to 560 €).

## • VALLÉE BLANCHE

An unforgettable day at high mountain altitudes, in the heart of the Mont-Blanc range.

## PRICE

Individual adult (day) (300 €).



## ÉCOLE DE SKI INTERNATIONALE ZIGZAG

M7

mob 06 31 20 44 10

[www.zigzagski.com](http://www.zigzagski.com)

## • HELISKIING

The ultimate ski, snowboard or telemark experience. Definitely not to be missed!

## PRICE

Persons: 1-4. Mountain Guide : 330 € / day.

## • VALLÉE BLANCHE GLACIAL SKIING

Discover Mont Blanc's longest glacier run and experience some of the world's most scenic off piste skiing.

## PRICE

1-4 pers 330 €/full day (add 50 € for each additional person). Aiguille du Midi liftpass not included.

## ÉCOLE DE SKI 360 INTERNATIONAL

K8

tel. 04 50 53 38 92

[www.ecoledeski360.com](http://www.ecoledeski360.com)

## • HELICOPTER SKIING

Full and half-days skiing or snowboarding on the slopes of the Portes du Soleil. For all levels of skiers. Helicopter trip included

## PRICE

Consult us.

## ÉCOLE DU SKI FRANÇAIS

K6

tel. 04 50 34 43 12

[www.esfsamoens.com](http://www.esfsamoens.com)

## • HELICOPTER SKIING

If off-piste skiing is your thing, try helicopter skiing and see the lesser-known places within our off-piste slopes. Get away from a day or more and take advantage of this unique, unforgettable holiday experience.

## PRICE

Approx. price for 1 set-down: 1,000 € for 4 people (i.e. 250 € per person). Approx. price for 2 set-downs: 1,380 € for 4 people (i.e. 345 € per person).



## GUIDE ALPES CHRISTOPHE REZETTE GUIDE DE HAUTE MONTAGNE

HP

tel. 04 50 89 56 45

[www.guides-alpes.com](http://www.guides-alpes.com)

## • VALLÉE BLANCHE

Leave the pistes and find untracked powder with an experienced local ski guide.

## PRICES

Group prices: 65 €/person for the Vallée Blanche - 90 €/person/day for off-piste. Deposit: 300 € (max. of 8 people for the valley, 6 people for off-piste).

## MAIDEN FLIGHTS IN A HELICOPTER

## MONT BLANC HÉLICOPTÈRE

HP

tel. 04 50 74 22 44 | 04 50 92 78 00 [www.mbh.fr](http://www.mbh.fr)

Maiden flights in a helicopter from Samoëns.

## PRICE

190 € to 260 €.

## ICE CLIMBING

## BUREAU DES GUIDES

K6

tel. 04 50 34 43 12

[www.guidesmontagnes.com](http://www.guidesmontagnes.com)

Discover the unique sport of ice fall climbing in the company of one of our experienced and enthusiastic guides.

## PRICES

Adult 1/2 day (from 55 to 70 €). Adult (day) (from 95 to 100 €).

## ÉCOLE DE SKI INTERNATIONALE ZIGZAG

M7

mob 06 31 20 44 10

[www.zigzagski.com](http://www.zigzagski.com)

Fairytale scenery and superb conditions in the Giffre Valley. There's no better place to go ice climbing!

## PRICES

Adult 1/2 day (225 €). Adult (day) (330 €).

GUIDE ALPES CHRISTOPHE REZETTE  
GUIDE DE HAUTE MONTAGNE

HP

tel. 04 50 89 56 45

[www.guides-alpes.com](http://www.guides-alpes.com)

Whether you're a complete beginner or a more advanced ice climber, enjoy the timelessness of the frozen falls near Sixt in the company of a specialist.

## PRICES

Winter 2011 : Group climbs: 80 €/pers/day and 60 €/pers/half day. Commitment: 300 € (6 pers. max). 3 or 5-day courses for beginners or more advanced climbers.

## SKIDOOS

## JEAN-MARC MOCCAND

G13

tel. 04 50 34 40 84

An outing with a qualified guide on a signposted route close to the downhill ski slopes. Suitable for all levels. No licence required.

## PARAGLIDING

## ÉCOLE DE SKI INTERNATIONALE ZIGZAG

G13

mob 06 31 20 44 10

[www.zigzagski.com](http://www.zigzagski.com)

Make Man's oldest dream come true! Fly high with a tandem parapente flight, summer or winter, with ZigZag!

## PRICE

Individual adult (70 €).

## PÉGASE AIR SAMOËNS

J5

tel. 04 50 34 95 80

mob 06 07 14 94 24

[www.parapente-samoens.com](http://www.parapente-samoens.com)

A two-seater is the best way of discovering paragliding!

## PRICES

«Discovery flight : 75 €. Child : 60 €. Performance flight : 120 €.

## LES TONTONS VOLANTS

K9

tel. 04 50 89 82 30

mob 06 20 30 75 53

[www.samoens-parapente.com](http://www.samoens-parapente.com)

Come and share our passion for the mountains on a flight in a two-man paraglider.

## PRICES

Adult (75 €). Child (60 €).

## ALPINE SKI TOURING

## BUREAU DES GUIDES

K6

tel. 04 50 34 43 12

[www.guidesmontagnes.com](http://www.guidesmontagnes.com)

Enjoy tracing out a route through totally unspoilt nature.

## PRICES

Group adult (hour) (300 €). Group 1/2 day (160 €). Adult 1/2 day (40 €). Adult (day) (75 €).

## CAIRN

M6

tel. 04 50 34 48 03

[www.cairn-fr.com](http://www.cairn-fr.com)

Discover the mountains on cross-country skis.

## PRICE

Adult: 160 - 700 €.

## ÉCOLE DE SKI INTERNATIONALE ZIGZAG

M7

mob 06 31 20 44 10

[www.zigzagski.com](http://www.zigzagski.com)

Escape the pistes and the crowds and head for the wide open spaces where you can make your own tracks!

## PRICES

2-4 pers.: 225 €/4 hours. 1-4 pers.: 330 €/day.

GUIDE ALPES CHRISTOPHE REZETTE  
GUIDE DE HAUTE MONTAGNE

HP

tel. 04 50 89 56 45

[www.guides-alpes.com](http://www.guides-alpes.com)

Cross-country skiing for beginners and experienced skiers.

## PRICES

Price per adult (90 €).

## SPEED RIDING

## PÉGASE AIR SAMOËNS

J5

tel. 04 50 34 95 80

mob 06 07 14 94 24

[www.parapente-samoens.com](http://www.parapente-samoens.com)

This year, the "Pégase Air Samoëns" paragliding school invites you to fly with your skis on!

## PRICE

2 h: 50 €. 1/2 day (4h): 90 € - 400 €.





## SNOWSHOE TREKKING

## Half-day or full-day snowshoe outings.

- Moonlit outings ending with a typical Savoie meal (fondue, potato bougnettes).
- Torchlight descents.
- Special-interest outings to learn about orienteering, snow cover, animal tracks and landscapes.
- Excursions over several days living life at the mountain's own speed and sleeping in mountain huts.

## PRICES:

Half-day .....	20 €
Full Day .....	27 €
Week-end .....	115 €

## ALPAYA

**mob 06 25 70 37 08**  [www.alpaya.fr](http://www.alpaya.fr)  
Discovering the yourte party at night.

## ALPTRACKS


**mob 06 61 78 64 57**  [www.alptracks.com](http://www.alptracks.com)  
**06 89 35 02 03**

Come away from the hustle and bustle of the ski station for a truly wild otherworldly experience with Gustav or Agnieszka, your fully English speaking guides!

## BUREAU DES GUIDES

**tél. 04 50 34 43 12**  [www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
Guides' Office: Get a true feel for the mountains with a simple pair of snowshoes. Added appeal: evening outings with dinner in a mountain chalet and return by torchlight. One-day trapper outing.

## CAIRN

**tél. 04 50 34 48 03**  [www.cairn-fr.com](http://www.cairn-fr.com)  
A gentle and natural way to discover the mountains.

## ÉCOLE DE SKI 360 INTERNATIONAL

**tél. 04 50 53 38 92**  [www.ecoledeski360.com](http://www.ecoledeski360.com)  
[resasamoens@ecoledeski360.com](mailto:resasamoens@ecoledeski360.com)  
Discover the best tracks in the valley with professionals who have extensive knowledge of the environment. Equipment and transport supplied.

## ÉCOLE DU SKI FRANÇAIS

**tél. 04 50 34 43 12 | 04 50 34 40 86**  [www.esfsamoens.com](http://www.esfsamoens.com)  
A convivial, natural way to discover the mountains. Try your hand at snowshoe trekking and get close to the Alpine flora and fauna.

## ÉCOLE DE SKI INTERNATIONALE ZIGZAG

**mob 06 31 20 44 10**  [www.zigzagski.com](http://www.zigzagski.com)  
Unforgettable walks through the magical scenery of the Upper Giffre Valley.

## ECOLORADO

**tél. 04 50 34 45 26** **mob 06 81 68 79 46**  [www.ecolorado-rafting.com](http://www.ecolorado-rafting.com)  
<http://pagesperso-orange.fr/ecolorando/ecolorado.rafting@wanadoo.fr>  
Snowshoe treks and nature outings with Mireille and Alain.

## LAURENT VRIEZ

**tél. 06 83 19 16 14**  [mille-et-une-cimes@hotmail.fr](mailto:mille-et-une-cimes@hotmail.fr)  
Snowshoe trekking. Half-day, full-day or many days. Discovery and observation of the natural mountain environment (flora, fauna, geology).

## PHILIPCZYK CLAIRE « QUINTESSANCE »

**mob 06 72 62 24 64**  [philipczyk@free.fr](mailto:philipczyk@free.fr)  
[www.nature-quintessence.fr](http://www.nature-quintessence.fr)  
Enjoy the feeling of effort in the natural environment.

## SUIVEZ LA TRACE

**mob 06 18 63 67 08**  [lafalconiere@free.fr](mailto:lafalconiere@free.fr)  
[www.suivez-la-trace.com](http://www.suivez-la-trace.com)  
Patrick takes small groups on a good-humoured trek along the valley's paths. As an enthusiastic nature lover, he'll reveal the secrets of the winter landscape. Snowshoes and sticks supplied.

## DOG SLED RIDES

SYNDICAT INTERCOMMUNAL  
DE LA VALLÉE DU HAUT-GIFFRE

**tél. 04 50 96 64 19 | 04 50 34 46 02**  
Experience the joys of a ride in a dog sled driven by a musher.



## MANMADE ICE RINK

Enjoy some fun with family or friends  
and discover the joys of skating.


2009-2010 prices given as a guideline only:

Individual (adults): .....	3,70 €
Individual (children): .....	3,10 €
Skate hire: .....	3,50 €

Tel. 04 50 34 13 92

## NORDIC WALKING

## BUREAU DES GUIDES

**tél. 04 50 34 43 12**  [www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
Walking with special sticks.  
**PRICE**  
Individual adult 1/2 day (12 €).


## REFLEXOLOGY AND WELL BEING MASSAGE

## GRU ANGÉLIQUE - RÉFLEXASOI

**mob 06 21 75 08 72**  [reflexasoi@yahoo.fr](mailto:reflexasoi@yahoo.fr)  
Reflexology is the physical act of applying pressure to the feet with specific thumb, finger and hand techniques with the use of oil.

**PRICES**  
Reflexology : 50 €. Wellbeing Massage : 55 €.

## LORIOT MARIE ATMASPHÈRE

**mob 06 82 91 68 04**  [atmasphere.marie@gmail.com](mailto:atmasphere.marie@gmail.com)  
Ayurvedic massage: massage for relaxation and well-being, in the Indian tradition of Ayurveda, performed gently with warm vegetable oils enriched with essential oils.


**PRICES**  
Full body massage (1 hr): 55 €. Back and head, or back and legs (30 mins.): 30 €.

## OXALIS INSTITUT

**mob 04 50 54 22 40**  [www.samoens-esthetique.com](http://www.samoens-esthetique.com)  
[contact@samoens-esthetique.com](mailto:contact@samoens-esthetique.com)  
Beauty and wellbeing  
**PRICES**  
Please contact us for prices.

HATHA YOGA SESSION  
USING THE EVA RUCHPAUL TECHNIQUE

## FLOQUET ISABELLE


**mob 06 23 46 72 20**  [zazou9@neuf.fr](mailto:zazou9@neuf.fr)  
What is Hatha Yoga? It's a means of getting to know oneself better by taking up postures while breathing at the appropriate speed. At the end of the session, the body is relaxed yet invigorated, and stress has totally disappeared.

**PRICES**  
Set price group adults (8 €). Group adult (hour) (from 10 to 18 €).



## SPA


## LA TABLE DE FIFINE

**tél. 04 50 34 10 29**  [www.fifine.com](http://www.fifine.com)  
[contact@fifine.com](mailto:contact@fifine.com)  
Make the most of our spa and leisure facilities (whirlpool baths with essential oils, skin care, massages, steam bath, outdoor Jacuzzi) and summer swimming pool when you visit the restaurant.

**PRICES**  
A great gift. Subscription card and French holiday cheques accepted.


## SENSORY HARMONIZATION

## PHILIPCZYK CLAIRE « QUINTESSANCE »

**mob 06 72 62 24 64**  [www.nature-quintessence.fr](http://www.nature-quintessence.fr)  
[philipczyk@free.fr](mailto:philipczyk@free.fr)  
Body educational techniques which repair, release, regenerate and harmonize the body and the spirit.  
**PRICES**  
One hour : 55 €. 1/2 hour : 30 €. Reduction of 10% for 2 massages.


## AFGHAN WALKING

## PHILIPCZYK CLAIRE « QUINTESSANCE »

**mob 06 72 62 24 64**  [www.nature-quintessence.fr](http://www.nature-quintessence.fr)  
[philipczyk@free.fr](mailto:philipczyk@free.fr)  
Match your breathing to your stride for an invigorating form of walking.  
**PRICE**  
Individual adult (1/2 day) (15 €). Individual adult (day) (25 €).

## SHIATSU

## CHEVALLIER PHILIPPE - DOJO DE LA PIAZ

**tél. 04 50 34 93 48** **mob 06 87 14 29 55**  [www.dojodelapiaz.fr](http://www.dojodelapiaz.fr)  
Whether you come for relaxation or treatment, this is 1 hour just for you.  
**PRICES**  
Please contact us for prices.





village at 720 m,  
slopes at 1,600 m

## LET SOMEBODY ELSE LOOK AFTER YOUR CHILDREN

### LES LOUPIOTS WINTER NURSERY

K7

tel. 04 50 34 13 96  [gardieriedesloupiots@orange.fr](mailto:gardieriedesloupiots@orange.fr)

3 month  
- 6 yrs

A nursery for children aged from 3 months to 6 years (before the date of their 6<sup>th</sup> birthday).

#### PRICES

full-day with lunch 37,40 €. Half-day (morning) with lunch (8.30 am to 12.30 pm) 24,20 €. Half-day (afternoon, 1 pm to 5.50 pm): 22,50 €.

#### L'INFO +

Additional information. Booking strongly advised. 6 half-day or 6 full-day passes available. Open Mondays to Sundays, 8.30 am to 5.50 pm.

## TEACH YOUR CHILDREN TO SKI

One of the largest ski slopes for beginners in Haute-Savoie: for details, see Page 8. Individual or group tuition for children (skiing, snowboarding etc.) available from all the ski schools (see Pages 12-13).

### ÉCOLE DU SKI FRANÇAIS

K7

tel. 04 50 34 43 12  
04 50 34 40 86

 [www.esfsamoens.com](http://www.esfsamoens.com)

#### • BOARDSPORTS PACKAGE

Learn about boardsports the quick way (small groups 7 kids maximum).

#### PRICE

Child 6 x 2h : 145 €.

#### • THE KINDERGARTEN

An area set aside so that children taking their first skiing lessons with the ski school can have fun as they learn.

#### PRICE

Individual (children): 30 € to 114 €. For children aged 6 years and over, remember to purchase a skilift pass. If you are accompanying your children or grandchildren on the cablecar (return trip): 6 € (subject to change).

### ÉCOLE DE SKI 360 INTERNATIONAL

K8

tel. 04 50 53 38 92

 [www.ecoledeski360.com](http://www.ecoledeski360.com)

#### • FIRST SKIING LESSONS

Children's group lesson (from 4 years old), 10 max for 2 instructors.

#### PRICES

Child 128 € - 6 days - 15h.

#### • SNOWSHOE OUTINGS FOR KIDS

Group lessons for children over 4 years of age, with a half-day on snowshoes on Wednesday mornings or afternoons.

#### PRICES

Child (1/2 day) 12 €.

### ÉCOLE DE SKI INTERNATIONALE ZIGZAG

M7

mob. 06 31 20 44 10

 [www.zigzagski.com](http://www.zigzagski.com)

#### • CHILDREN'S GROUP LESSONS (Ski, Snowboard)

Share the fun of learning to ski with other children at your level.

#### PRICE

2.5 hrs x 5 days : 140 € / child.

#### • TINY TOTS PRIVATE SKI TUITION

30 minutes! That's the time taken for the first skiing lesson for children between 2 1/2 and 5 years of age, under the watchful eye of an instructor. Their first steps on the snow!

#### PRICE

Child 23 € (30 min).

### SKISESSION

I6

mob. 06 62 10 59 24

 [www.skisession.com](http://www.skisession.com)

#### • INDIVIDUAL DOWNHILL LESSONS

Whether you're a complete beginner or looking to make progress and improve your technique, you can book tuition with your own personal instructor who will take on board your requirements and expectations.

#### PRICE

40 € (1h).

## SHOPS

### EQUIPMENT HIRE

#### • J'AIME SPORT


tel. 04 50 34 98 20

 [www.jaimesport.com](http://www.jaimesport.com)

Sale and hire of white water equipment, mountain bikes and quad bikes in the summer. Sale and hire of skis in winter.

#### • NEIGE ET MONTAGNE


tel. 04 50 34 40 90

 [www.neige-montagne.com](http://www.neige-montagne.com)

Hire of specific equipment.

#### • PELLISSIER SPORTS TWINNER

tel. 04 50 34 18 81

 [www.twiner-pellissier.com](http://www.twiner-pellissier.com)  
[info@twiner-pellissier.com](mailto:info@twiner-pellissier.com)

The world of mountain sports and a team of enthusiastic specialists has been serving customers here since 1927. Equipment sale and hire. Not forgetting our boutique corner.

#### PRICES

From 5 €.

## FAMILY ENJOYMENT

### TOBOGGANING, SLEDGING

#### • AT SAMOËNS 1600 M

G13

Enjoy the thrills of tobogganing in an area covering more than 1,000 m<sup>2</sup> at Samoëns 1600 m.



#### • IN THE VILLAGE

K7

No need to go higher up the mountain to enjoy a sledging run.

#### • AT JOUX PLANE

D1

A toboggan run on a south-facing slope a few kilometres from the centre of the village, on the Joux Plane cross-country skiing area.

#### PRICES

Free.

### CHILDREN'S CLUB

#### MAISON DES P'TITS MONTAGNARDS DE SAMOËNS

M5

tel. 04 50 34 40 28

 [www.samoens.com](http://www.samoens.com)

Free games and discovery centre for parents and children aged between 18 months and 6 years.

#### PRICES

Free with advanced booking.

### FIRST STEPS ON THE ICE

K7

tel. 04 50 34 13 92

A quiet way for young children to start ice skating.

#### PRICES

2009-2010 prices as a guidelines: individual (adults) 3,70 €. Individual (children): 3,10 €. Skate hire 3,50 €.

### WII GAMES

M6

tel. 04 50 18 01 12

 [www.websamoens.fr](http://www.websamoens.fr)

Internet Café with computers and wireless access.

#### PRICES

4 €.



# famille plus

Samoëns, the great place that suit all ages.

- 1° A tailor-made infrastructure for families,
- 2° Entertainment and activities to suit all ages,
- 3° Price to suit everyone: from the youngest to the oldest,
- 4° Activities for children and adults, to enjoy both on their own and together,
- 5° A nearby medical service for those "under the weather" days,
- 6° Children to be taken great care of by professionals.
- 7° our intention: Family suggestions and comments on: [suggestions@familleplusmontagne.com](mailto:suggestions@familleplusmontagne.com)

### A BIGGER FAMILY PACKAGE!



If you buy 4 Grand Massif ski passes for the same duration (6, 7 or 8 consecutive days) at the same time, there is a 10 % discount on the 4 passes (4 people paying: minimum 2 adults aged 16 to 74 and 1 child aged 5 to 15).

Special offer available throughout the season from the ticket office or on our website

[www.grand-massif.com](http://www.grand-massif.com)

### SPECIAL «PETIT MONTAGNARD» OFFER



No charge for children under 12 on 6-day Grand Massif passes.

One 6-day adult Grand Massif pass purchased at the usual retail price = one free 6-day children's Grand Massif pass (subject to the purchase of a holiday package from one of our accommodation partners and on proof of accommodation, family relationship and age).

VALID : • 18<sup>th</sup> to 24<sup>th</sup> December 2010

- 1<sup>st</sup> to 7<sup>th</sup> January 2011
- 9<sup>th</sup> to 15<sup>th</sup> April 2011
- 16<sup>th</sup> to 22<sup>nd</sup> April 2011





## LIBRARY

## ASSOCIATION-RUN LIBRARY

M6

tel. 04 50 34 95 77 [www.samoens-biblio.fr](http://www.samoens-biblio.fr)  
bib.samoens@orange.fr

Library run by an association, in a semi-basement locality covering 120 m².

## PRICES

Individual adults (17 €).

## CRIOU CINEMA

## SOCIÉTÉ CINÉMONDE

M6

tel. 04 50 34 41 40 | 04 50 79 04 17 [info@cinemonde.fr](mailto:info@cinemonde.fr)

Programme available at the Tourist Office, on your I-phone and on [www.allocine.fr](http://www.allocine.fr)

## PRICES

Adults 7,80 €. Children (under 12) 6,50 €. Seniors (over 65) 7 €.

## INTERNET TERMINAL

## WEBSAMOENS INTERNET CAFÉ

L6

tel. 04 50 18 01 12 [www.websamoens.fr](http://www.websamoens.fr)

Internet Café with computers and wireless access.

## ALPINE BOTANIC GARDEN

## JARDIN BOTANIQUE ALPIN DE LA JAÏSINIA

L5

tel. 04 50 34 49 86

This alpine botanic garden was set up in 1906 by Marie-Louise Cognac-Jay who founded La Samaritaine department store in Paris. It is an exceptional garden.

## PRICE

Free.

## THEATRE

## ESPACE LE BOIS AUX DAMES

I8

tel. 04 50 89 71 18

Mairie de Samoëns

[www.mairiedesamoens.fr](http://www.mairiedesamoens.fr)

Cultural and congress centre, sports hall (426 seats, audience of 1,100 standing). Shows already hosted: Wishbone Ash, Rhoda Scott, Anne Roumanoff, Izia, The Gladiators, The Congos, Opéra-Studio from Geneva etc.

## PRICES

Information and bookings on request.

## TOURIST OUTINGS

## DISCOVER SAMOENS IN A HORSE-DRAWN CARRIAGE

M6

tel. 04 50 25 84 41 | 06 08 82 69 30 SARL Chevrot

Rides through Samoens in a horse-drawn carriage.

## PRICES

Price per carriage: 20 minutes: 20 €. One hour: 50 €.

## SEPTITRAIN TOURIST TRAIN

M6

tel. 06 10 40 83 08 Septiloisirs

Let the Septitrain take you on a trip round Samoëns, at your own pace, on an unusual, friendly guided tour.

## PRICES

Individual adults 3 to 6 €. Prices's reduction for children.

## GUIDED TOURS

Booking: tourist office

## A TOUR OF HISTORIC SAMOËNS

K6

tel. 04 50 34 40 28 Office de Tourisme de Samoëns

Guided tours of the history and architectural heritage of the village of Samoëns.

## PRICES

Individual adults 3 to 6 euros. Prices's reduction for children.

## VISIT THE CLOS PARCHET FARM AND ECO-MUSEUM

B4

tel. 04 50 34 46 69

[www.le-clos-parchet.com](http://www.le-clos-parchet.com)  
[simone.dechavassine@orange.fr](mailto:simone.dechavassine@orange.fr)

Discover the history of a family from the Upper Giffre valley by visiting an authentic farm that hosts the collection built up by Pierre and Simone Déchavassine. The visit ends with a free tasting session.

## PRICES

Individual adults (6,50 €). Individual children over 12 (4 €).  
Group : bookings on request

Samoëns  
1600Samoëns  
village

## ANTHONIOZ SKI

g13 l6

tel. 04 50 34 93 67 | 04 50 34 10 34

[www.anthonioz-ski.com](http://www.anthonioz-ski.com)

Sale and hire of winter and summer sports equipment.  
Mountain biking guide for all levels (learn DH techniques).

## AT YOUR DISPOSAL

2 stores. Ski lockers in Samoëns 1600. Skiing and snowboarding equipment hire, mountaineering gear, cross-country and Nordic skiing equipment hire.

Samoëns  
1600Samoëns  
village

## INTERSPORT

k5 l6 g13

tel. 04 50 34 40 51  
04 50 34 15 32

[www.samoens-intersport.com](http://www.samoens-intersport.com)

Sports specialist in Samoëns since 1961. Sports clothes and equipment - Ready-to-wear range - Ski equipment hire - Repair and maintenance shop for skis and snowboards.

## AT YOUR DISPOSAL

3 stores. Sportswear. Ski locker in Samoëns 1600. Equipment hire for downhill and cross-country skiing, and snowboarding.

Samoëns  
1600Samoëns  
village

## J'AIME SPORT

l7 g13

tel. 04 50 34 98 20 | 04 50 34 90 36

[www.jaimesport.com](http://www.jaimesport.com)

Sale and hire of white water equipment, mountain bikes and quad bikes in the summer. Sale and hire of skis in winter.

## AT YOUR DISPOSAL

2 stores. Sportswear. Heated ski lockers at the Grand Massif Express terminus in Samoëns 1600. Skiing and snowboarding equipment hire, mountaineering gear, cross-country, Nordic and telemark skiing equipment hire, snow scooters. Children's clothing hire.

Samoëns  
1600Samoëns  
village

## JAÏ SPORT SKI LOC

l5 g13

tel. 04 50 34 94 41 | 04 50 34 80 18

[www.skiloonline.com](http://www.skiloonline.com)

your alpine sports specialist. 2 Shops : full range of new and rental equipment.

## AT YOUR DISPOSAL

2 stores. Sportswear. Ski lockers in Samoëns 1600. Ski and snowboarding equipment hire, mountaineering gear, cross-country, Nordic and telemark skiing equipment hire, snow scooters.

## NEIGE ET MONTAGNE

k6

tel. 04 50 34 40 90

[www.neige-montagne.com](http://www.neige-montagne.com)

Hire of all sports equipment and buggies.

## AT YOUR DISPOSAL

Hire of mountaineering gear summer and winter. Sportswear and pushchair... At your service: Sportswear. Hire of downhill and cross-country skiing and snowboarding equipment hire, mountaineering gear, snow scooters.

Samoëns  
village

## PELLISSIER TWINNER SPORTS

l6

tel. 04 50 34 18 81

[www.twiner-pellissier.com](http://www.twiner-pellissier.com)

The world of mountain sports and a team of enthusiastic specialists has been serving customers here since 1927. Equipment sale and hire. Not forgetting our boutique corner.

## AT YOUR DISPOSAL

Sportswear. Ski and snowboarding equipment hire, mountaineering gear, cross-country, Nordic and telemark skiing equipment hire.

Samoëns  
village

## PLANÈTE GLISSE

l6

tel. 04 50 90 57 69

[www.planeteglisse-samoens.fr](http://www.planeteglisse-samoens.fr)

Sale and hire of summer and winter sports equipment. All the best brands available (Scott, Movement, Salomon, Rossignol etc.)

## AT YOUR DISPOSAL

Sportswear. Ski and snowboarding equipment hire, mountaineering gear, cross-country, Nordic and telemark skiing equipment hire, snow scooters.





Samoëns  
village

## SAMOËNS SPORTS

l7

tel. 04 50 34 96 39

www.samoens-sports.fr

Christian, ski instructor is able to give you some advice on your equipment during your stay.

## AT YOUR DISPOSAL

Equipment hire for downhill and cross-country skiing, and snowboarding.

Samoëns  
1600Samoëns  
villageSKI SET  
SKI SERVICE ROLAND GAY

g13 l6

tel. 04 50 34 42 44 | 04 50 34 43 39

www.skiset.com

Rental and sale ski snowboard. Heated lockers skis, boots, poles at the Grand Massif Express exit at Samoëns 1600.

## AT YOUR DISPOSAL

2 stores. Sportswear. 2 ski lockers in Samoëns 1600 (1 at the TGD terminus and 1 at the GME terminus). Ski and snowboarding equipment hire, mountaineering gear, cross-country and Nordic skiing equipment hire, snow scooters.

Samoëns  
village

## SPORT 2000 - PASSION GLISSE

l6

tel. 04 50 34 42 14

www.passionglisse.sport2000.fr

Hire and sale of board sports equipment. Free skilocker in Samoëns 1600

## AT YOUR DISPOSAL

Sportswear. Ski lockers in Samoëns 1600. Hire of downhill and cross-country skiing and snowboarding equipment hire, children's snowsuits, mountaineering gear.

## SPORT 2000 - TERCIS SPORT

g13

tel. 04 50 34 17 72

www.tercis.sport2000.fr

Sale and hire of skiing and snowboarding equipment. A team of professionals at your service.

## AT YOUR DISPOSAL

Hire of skiing and snowboarding equipment.

Samoëns  
village

## SPORT EXPÉRIENCE

k9

tel. 04.50.34.90.36

www.jaimesport.com

New store opposite the Grand Massif Express cablecar. At your service: heated ski lockers at the Grand Massif Express terminus.

## AT YOUR DISPOSAL

Hire of downhill, cross-country, Nordic and telemark skiing and snowboarding equipment, snow scooters.

Samoëns  
village

## X'TRÊME GLISSES

k9

tel. 04 50 89 82 30

www.xtremeglisses-samoens.com

Shop specialised in sport equipment, rental bikes, scooter. Booking for the tandem flight "paragliding". It will be a pleasure to help you. Our aim is to satisfy you.

## AT YOUR DISPOSAL

Free ski and boot lockers in the store! When you hire equipment from us, it can be maintained and changed free of charge! Sportswear, hire of downhill, telemark, cross-country and Nordic skiing equipment, snowboarding equipment, snowshoes, toboggan, monoskis, snow scooters etc.

## HIRE RATES

	1 day
Downhill skis (adults)	12 à 35 €
Downhill skis (children, 6 to 12 years)	10 à 20 €
Downhill skis (infants, 0 to 6 years)	7 à 10 €
Snowboarding (adults) + boots	20 à 30 €
Snowboarding (children, under 12 years) + boots	12 à 20 €
Cross-country skis (adults)	7 à 15 €
Cross-country skis (children, under 12 years)	6 à 8 €
Nordic skis	14 à 30 €
Avalanche transceiver + probe + spade	9 à 20 €
Ski helmet	5 à 8 €
Snowshoes	5 à 8 €
Toboggans	3 à 7 €

Estimates, subject to changes

## BARS

## CAFÉS / BARS

AU PRÉ D'OSCAR

04 50 53 71 57

G13

gallet.michel@hotmail.fr

At the Grand Massif Express terminus. Vast sunny terrace and 360° view.

BAR LOUNGE - LE BOIS DE LUNE

04 50 34 18 02

J5

boisdelune@live.fr

Bar and restaurant « Le Bois de Lune », an ideal place to spend a good evening. In a warm and friendly atmosphere, come and enjoy the two fire places and the contemporary design to have a drink at the bar or in the cosy salon lounge.

CAFÉ DE LA POSTE

04 50 34 41 02

M6

Bar - Restaurant - Betting shop (PMU) - Rapido lottery.

CHALET L'AÉRO

04 50 18 00 21

G13

www.aero1607.com

contact@aero1607.com

At Samoëns 1600 in a wonderful setting with panoramic view of the Giffre valley.

COVEY'S IRISH PUB

04 50 18 21 15

L7

www.coveysirishpub.com

contact@coveysirishpub.com

A real Irish pub, run by Irish people !

PUB LES DRUGÈRES

04 50 96 64 57

K5

06 43 42 24 23

www.lesdrugeres.com

info@lesdrugeres.com

The place to be for all Powderjunkies in the search of great "Après Ski".

LE GUANAÇAO

04 50 34 18 53

M6

pagesperso-orange.fr/guanacao/index.html

guanacao@wanadoo.fr

Drey's accomodate you in a young and female environment.

LE SAVOIE BAR

04 50 34 94 43

M6

www.savoiebar.com

leboss@savoiebar.com

What better place to while away the time!

LOU CABOËNS

06 86 58 87 05

G13

Let yourself be "carried away" by an ambiance full of smiles.

## RESTAURANTS

## "BRASSERIES"

CAFÉ DE LA POSTE

04 50 34 41 02

M6

Bar - Restaurant - Betting shop (PMU) - Rapido lottery.

LE SAVOIE

04 50 34 94 43

M6

www.savoiebar.com

leboss@savoiebar.com

What better place to while away the time!

## RESTAURANTS

AUX BECS À FLEU

04 50 34 94 02

K5

A semi-gastronomic restaurant serving traditional cuisine, with everything "home-made".

AU RELAIS SEPTIMONTAIN

04 50 34 42 19

K5

www.relais-septimontain.com

relais.septimontain@orange.fr

A traditional Savoy restaurant where guests enjoy a warm friendly welcome. Numerous regional, Savoyard and traditional specialities as well as modern cuisine, from starters to desserts and even to the coffee, served with a Weiss chocolate.

L'EDELWEISS

04 50 34 41 32

H4

www.edelweiss-samoens.com

hotel-edelweiss@wanadoo.fr

Restaurant located on the heights above Samoëns.

LA BOULE DE NEIGE

04 50 34 44 58

G12

www.labouledeneige.com

hotelrestlabouledeneige@wanadoo.fr

Traditional cuisine, Savoy specialities, hot stone cooking, menu and a la carte.

LA CLARINE

04 50 34 40 11

L6

nathalieforre@orange.fr

Winter: Fred and Nathalie welcome their guests in their convivial typically Savoyard interior. Summer: Choose from a wide range of local specialities in a typical Savoyard setting. Quiet, shady terrace.

LA FANDIOLEUSE

04 50 34 98 28

L6

Savour pancakes and unusual Savoy specialities called "à la mode des Frahans" in a setting typical of Samoëns' stone cutters, a few steps from Place du Gros Tilleul.

LA LOUISIANE

04 50 34 42 83

M6

la-louise@orange.fr

Pizzeria - traditional restaurant - Savoy specialities.

LA TABLE DE FINE

04 50 34 10 29

L8

www.fifine.com

contact@fifine.com

Surprising discoveries in this restaurant made of old, traditional wood. Delicious food served in a simple atmosphere.

LA TORNALTA

04 50 34 98 68

L5

LE BOIS DE LUNE

04 50 34 18 02

J5

www.leboisdelune.com

boisdelune@live.fr

Share the good times!

LE GAI SOLEIL

04 50 34 40 74

J5

www.hotel-samoens.com

hotel.gai-soleil@wanadoo.fr

Located in the village centre, this charming Savoy chalet, proposes you rooms and apartments. Free access to our well-being complex.

LES GLACIERS

04 50 34 40 06

K5

hotellesglaciers.com

contact@hotellesglaciers.com

The restaurant in the Les Glaciers hotel.

LE MONDE À L'ENVERS

04 50 34 19 36

M6

lemondealenversamoens@yahoo.fr

Enjoy a French and fine homemade food with fresh and local products. Michelin Guide. As well, enjoy homefood at home with the takeaway meal.

LE SÉRAC

04 50 34 45 18

L6

yeopty66@yahoo.com

Traditional and speciality restaurant: Savoy fondue, meat fondue, raclette, tartiflette, pierrade (hot-stone), braséade, etc... also a big choice of pizzas, home-made pastas and big salads.

MEZZANINE

04 50 53 65 22

L6

www.mezzaninesamoens.com

restaurantmezzanine@orange.fr

Gourmet fare in the centre of Samoëns. The food is great and the decor is unusual but convivial.

RESTAURANT LE TUET

04 50 34 40 60

L5

Themed restaurant. French Regional Cuisine.

RESTAURANT NEIGE ET ROC

04 50 34 40 72

I6

www.neigeetroc.com

resa@neigeetroc.com

Delicate elegant cuisine to delight the tastebuds.







## FARM-RESTAURANT

**FERME DUNOYER** 04 50 34 91 61 F6  
Traditional Savoy fare: fondue, tartiflette, raclette, Savoyard stew, diot sausages with polenta etc. From the restaurant, there is a view into the byre! You're sure of a friendly welcome and a warm convivial atmosphere!

**L'ACCUEIL SAVOYARD FARM-RESTAURANT** 04 50 34 41 86 G6  
**www.accueil-savoie.com**  
A farm-restaurant, serving simple local fare.

## RESTAURANTS IN ALTITUDE

**AU PRÉ D'OSCAR (Samoëns 1 600)** 04 50 53 71 57 G13  
**gallet.michel@hotmail.fr**  
Beside the Grand Massif Express. Vast sunny terrace with a 360° view.

**CHALET L'AÉRO (Samoëns 1 600)** 04 50 18 00 21 G13  
**www.aero1607.com** **contact@aero1607.com**  
At Samoëns 1600 in a wonderful setting with panoramic view of the Giffre valley. Summer: At Samoëns 1 600 in a wonderful setting with panoramic view of the Giffre valley. At the start of the mountain bike trails 8 minutes from the GME.

**GÎTE DU LAC DE GERS** 04 50 89 55 14 M12  
Situating on the slopes of the Grand Massif. Savoy specialties.

**L'IGLOO (Morillon)** 04 50 90 14 31 HP  
**j.luc.d@wanadoo.fr**

**LA LUGE À TÉRAN (Samoëns 1 600)** 06 85 80 77 00 G13  
Quality meals, a warm welcome and real Savoy surroundings. Easy access.

**LE RELAIS DES VALLÉES (Joux Plane)** 04 50 34 91 86 D1  
Traditional recipes and mountain fare.

**LE TREMPIN (Samoëns 1 600)** 04 50 18 07 54 G13  
A restaurant on the ski slopes serving quality traditional fare and Savoy specialties. Function suite available from May to November for all your special meals.

**LOU CABOËNS (Samoëns 1 600)** 06 86 58 87 05 G13  
Let yourself be "carried away" by an ambiance full of smiles.

## TAKEAWAY

**DE LA TERRE** 06 27 96 36 57 HP  
**www.delaterre.eu.com** **info@delaterre.eu.com**  
n-house catering. Home deliveries. Guaranteed quality produce (organic, fair trade etc.)

**LA TARTINERIE** 04 50 34 48 51 M6  
All year round, come and taste our pizze and sandwiches. Open until 10 p.m. in winter and 10.30 p.m. in summer.

**LE MONDE À L'ENVERS** 04 50 34 19 36 M6  
**lemondealenversamoens@yahoo.fr**  
Enjoy a French and fine homemade food with fresh and local products. Michelin Guide. As well, enjoy homefood at home with the takeaway meal.

**PIZZERIA LE MAZOT** 04 50 78 41 93 O8  
**jean-charles.prot@tele2.fr**  
Le Mazot: takeaway pizzas and soft drinks.

**GIFFRE PIZZERIA AND SNACK BAR** 04 50 58 71 96 K9  
A selection of more than thirty pizzas and sandwiches. Eat in or takeaway.

## REFUGES OPEN IN L'HIVER

**REFUGE DE BOSTAN** 04 50 90 10 94 HP

**REFUGE DE LA GOLÈSE** 04 50 90 59 53 HP  
**www.refuge-golese.com**  
Booking required (20 pers. minimum).

## SHOPS

## ARTS AND CRAFTS SHOP

**O...XYZEN** 04 50 34 19 32 L6  
Stones, jewellery, handcrafts.

## BANK

**BANQUE POPULAIRE DES ALPES** 04 50 47 49 86 K6  
**laurence.paton@alpes.banquepopulaire.fr**

**CRÉDIT AGRICOLE DES SAVOIES** 04 50 19 40 17 L6  
**claudie.bargain@ca-des-savoie.fr**  
All banking services.

## BUTCHER / CATERER

**LE VEAU GRAS** 04 50 34 47 36 L7  
Dish of the day.

**TRAITEUR DU HAUT GIFFRE** 04 50 91 83 57 B8  
**www.traiteur-du-haut-giffre.com** **traiteurdhautgiffre@orange.fr**  
Weddings, birthdays, functions, buffets, cocktail parties, business meals, tray meals, private or corporate guests, local and regional authorities etc.

## BREAD / PASTRY

**TIFFANIE BAKERY** 04 50 34 42 62 (Le Fourmil) K9  
04 50 34 97 01 (Boutique centre) L5  
Pay us a visit - and taste the «Festive». It's flavour of the year!

**À LA JAÏSINIA** 04 50 34 40 31 L5  
**contact@a-la-jaysinia.com**  
A la Jaysinia specialises in chocolates, cakes and bread. It is also a tearoom.

**LA CHEMINÉE** 04 50 34 53 67 L5

## CELLARER

**LA FEUILLE DE VIGNE** 04 50 34 19 56 L6  
**belbarbe@wanadoo.fr**  
Specialist on local wines as well as other regions of France (Champagne, Bordeaux, Bourgogne...). Local food products. Give yourself a treat with liquor tasting on Wednesday and wine tasting on Thursday! Private session tasting on request.

## SHOE SHOP

**MAGASIN LE CHAUSSEUR** 04 50 34 45 63 M6  
Footwear specialist: person who makes or sells shoes and boots. Knee-high boots, ankle boots, slippers, Roman sandals etc.

**PELLISSIER CHAUSSURES** 04 50 34 43 07 L6  
**contact@samoens-location.com**  
Pelissier Chaussures put your feet at ease. Footwear, socks and shoe repair service.

## SWEET SHOP

**FUN BONBONS** 04 50 93 37 15 M6  
**roger.cumier@wanadoo.fr**  
Sale of confectionery (150 varieties) - toffees, nougat, alpine specialties, sugar-free sweets, marshmallow, old-fashioned sweets, wide range of lollipops etc. And every evening, home-made mulled wine!

## INTERIOR DESIGN

**MARIE-LOUSIE HOUSE** 04 50 18 03 98 L6  
**www.renardiere.com** **marie-louise@renardiere.com**  
In the heart of the village, "charming household decorations and gifts" in an old masons house.

**QUINCAILLERIE GRANGER** 04 50 34 41 91 L5  
**www.granger-deco.com** **quincagranger@orange.fr**  
Everything you need for home decoration, cooking and DIY. 18,000 products at the ironmongers' in the heart of the village.

## BEAUTY CARE

**OXALIS INSTITUT** 04 50 54 22 40 M6  
**www.samoens-esthetique.com** **contact@samoens-esthetique.com**  
Located in the centre of Samoëns on the emblematic Place du Gros Tilleul, our beauty salon provides you with a chance for some relaxing "you time".

## CHARTERED ACCOUNTANT

**MG GRAND MASSIF (Taninges)** 04 50 34 20 42 HP  
**www.magningecors.fr**  
A multidisciplinary accountancy firm that has been working in a wide range of business sectors for more than fifty years.

## GARAGE

**GARAGE BAUDET** 04 50 34 43 82 L6  
**garage.baudet@wanadoo.fr**  
Car repair. Petrol station.

## COMPUTING / INTERNET

**INFORMATIQUE DU HAUT FAUCIGNY (I.D.H.F.)** 09 53 71 80 61  
**info@idhf.fr**  
Computer assistance, advice and maintenance. Internet networks.

**WEBSAMOENS - INTERNET CAFÉ** 04 50 18 01 12 L6  
**www.websamoens.fr** **websamoens@orange.fr**  
Internet Café with computers and wireless access.

## PHOTOGRAPHER

**MILLE IMAGES** 06 84 15 23 07 L7  
**milleimages@wanadoo.fr**  
Any photographic-related works (digital or analog way)

## TRADITIONAL FARM PRODUCTS

**EARL « LE CRIOU » FROMAGES FRAIS FERMISERS** 04 50 34 94 46 J10  
Traditional farm, production and sale of fresh dairy products made solely from the milk of our cows.

## REGIONAL PRODUCTS

**FRUITIÈRE DE SAMOËNS** 04 50 89 52 85 N7

**LA FEUILLE DE VIGNE** 04 50 34 19 56 L6  
**belbarbe@wanadoo.fr**  
Specialist on local wines as well as other regions of France (Champagne, Bordeaux, Bourgogne...). Local food products. Give yourself a treat with liquor tasting on Wednesday and wine tasting on Thursday! Private session tasting on request.

**LA TOUR GOURMANDE** 04 50 34 42 54 L6  
**www.la-tour-gourmande.com** **contact@la-tour-gourmande.com**  
La Tour Gourmande - Maison Dunoyer founded in 1944.

**LE GRENIER SAVOYARD** 04 50 34 48 22 L6  
**www.greniersavoyard.fr** **abrasier@greniersavoyard.fr**  
Le Grenier Savoyard is the most beautiful delicatessen shop in Samoëns. Try the famous cheese Fondue, the Beaufort Cheese at Grenier Savoyard.

**LE REFUGE DES SAVEURS** 04 50 53 38 86 L5  
**lerefugedessaveurs@sfr.fr**  
Savoie deli products: parma-style ham from the Valley, Haute-Savoie sausage. Savoie cheeses: Reblochon. Free loan of equipment for fondues and raclettes.

## PROPERTY DEVELOPER

**MGM IMMOBILIER** 04 50 18 11 02 M7  
**www.mgm-constructeur.com** **jp@mgm-immobilier.fr**  
Real estate agency / Property developer.

## HARDWARE SHOP

**QUINCAILLERIE GRANGER** 04 50 34 41 91 L5  
**www.granger-deco.com** **quincagranger@orange.fr**  
Everything you need for home decoration, cooking and DIY. 18,000 products at the ironmongers' in the heart of the village.

## HAIRDRESSING SALON

**LE SALON** 04 50 34 46 77 K5  
**mariethie@aol.com**  
Unisex hairdresser.

**SYLVIE COIFF'** 04 50 34 46 46 L6  
**smichel.marquet@wanadoo.fr**  
Unisex hairdresser on the main village street.

## TEA ROOM

**TEA ROOM À LA JAÏSINIA** 04 50 34 40 31 L5  
**contact@a-la-jaysinia.com**  
A La Jaysinia sells chocolates, cakes and bread. It is also a tearoom.





## SUPERMARKET

CARREFOUR MARKET **04 50 34 97 77** D8  
[samoens@franchise.champion.fr](mailto:samoens@franchise.champion.fr)

At the end of June 2009, the Champion supermarket was renamed Carrefour Market.

SHERPA **04 50 53 43 50** M7  
[sherpa.samoens@yahoo.com](mailto:sherpa.samoens@yahoo.com)

Groceries - Bread - Danish pastries. Free delivery.

## CLOTHES SHOPS

INTERSPORT **04 50 34 95 73** L6  
[www.samoens-intersport.com](http://www.samoens-intersport.com)  
 A mix of fashion and sport!

KID GRAFFITI **04 50 90 59 73** K5  
 For kids from 3 months to 16 years old.

## CRAFTS

## ELECTRICIAN

DEWEZ ELECTRICITÉ **06 13 43 18 05** M7  
[www.votre-electricien.fr/samoens](http://www.votre-electricien.fr/samoens) [dewez.electricite@orange.fr](mailto:dewez.electricite@orange.fr)

## STONE MASON

BIANCO MAÇONNERIE **04 50 34 49 18** G5  
[bianco.go@wanadoo.fr](mailto:bianco.go@wanadoo.fr)  
 The satisfaction of a job well done is the most important reward for the Bianco team.

SCURI STONE MASON **04 50 34 41 23** S11  
[www.scuri-maconnerie.com](http://www.scuri-maconnerie.com) [contact@scuri-maconnerie.com](mailto:contact@scuri-maconnerie.com)  
 Stone mason company: new and renovation.

## CARPENTER

ENTREPRISE DOUGE DANIEL **06 83 24 90 33**  
**06 75 05 89 26**  
[daniel.douge@wanadoo.fr](mailto:daniel.douge@wanadoo.fr)  
 Complete makeovers for the interior or exterior of your chalet or apartment.

MENUISERIE DURIER **04 50 34 41 55** I6  
 Joinery - chalets - roofing timbers.

MENUISERIE GURLIE **04 50 34 43 81** Q7  
[sasgurlie@cegetel.net](mailto:sasgurlie@cegetel.net)

SARL PEGORIER CHARPENTE **04 50 55 94 77** F7  
 Rafters, roofs, renovation, use of new and old timber.  
 A team of professionals producing quality work.

## POTTER

POTERIE LANGE **04 50 78 36 23** J6  
[langsa@cegetel.net](mailto:langsa@cegetel.net)

Original sandstone and raku pieces. Sold in Samoëns market on Place du Gros Tilleul on Wednesday mornings.

## CHIMNEY SWEEP

B. MANOURY **04 50 34 13 85** L6

## BLINDS / ROLLER BLINDS

BOSSUWE OLIVIER **04 50 34 93 37** G11  
[olivier.bossuwe@free.fr](mailto:olivier.bossuwe@free.fr)  
 Blinds / roller blinds.

## SERVICES

## GENDARMERIE NATIONALE

GENDARMERIE NATIONALE **17 | 04 50 34 40 05** L8

## POSTE OFFICE

LA POSTE **04 50 34 42 00** M6

## ADMINISTRATIVE SERVICES

MAIRIE **04 50 34 42 38** M5

## PRESS / RADIO

RADIO GIFFRE **04 50 34 47 48** K6  
[www.radio-samoens.com](http://www.radio-samoens.com)  
 Radio Giffre 100.9. Local radio passing on local information.  
 Involved in education and integration. Now heard throughout the valley.

## SANTÉ

## MEDICAL PRACTITIONERS / PHYSIOTHERAPISTS / NURSES

MEDICAL PRACTITIONERS,  
 PHYSIOTHERAPISTS  
 AND NURSES **04 50 34 41 88** L6

MEDICAL CENTRE L'EDELWEISS **04 50 34 92 45** M6

## DENTISTS

COHEN PIERRE  
 et MEYNET FABIEN **04 50 34 14 55** M8

D<sup>r</sup> COUILLET **04 50 34 47 52** M6

## FASCIATHERAPISTS

GIRAUD VIOLAINE **04 50 89 65 61** L6

## CHIROPRACTORS

LORIOT MARIE **06 82 91 68 04** M6

## OSTHEOPATH

MANSUELLE SABINE **06 16 45 26 37** K6  
 Qualified Osteopath (Five years study).

COPPO JULIEN **06 22 87 88 12** M6

## PHARMACY

PHARMACIE DEFFAUGT-SANCHEZ **04 50 34 40 10** L6

## VETERINARY

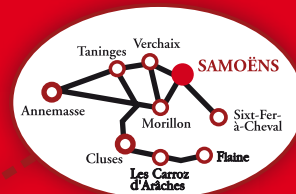
DELACOSTE MAGALIE **04 50 34 44 93** L7

List of professional partners of the Tourist Office





hope to see you  
next summer



Bruxelles - 774 km  
Genève - 60 km  
Lille - 738 km  
Lyon - 195 km  
Marseille - 462 km  
Paris - 582 km

London - 934 km - 580 miles  
Cardiff - 1182 km - 734 miles  
Edinburgh - 1553 km - 965 miles  
Belfast - 1563 km - 971 miles

Dublin - 1397 km - 868 miles  
Calais - 823 km - 511 miles  
Geneva - 57 km - 35 miles  
Amsterdam - 1057 km - 657 miles

Berlin - 1198 km - 744 miles  
Rome - 873 km - 542 miles  
Bruxelles - 847 km - 526 miles

**Samoëns**  
to fall in love with...

## tourist office

BP 42 - 74340 Samoëns  
Tel. +33 (0)4 50 34 40 28  
Fax +33(0)4 50 34 95 82  
Email: [infos@samoens.com](mailto:infos@samoens.com)  
[www.samoens.com](http://www.samoens.com)

## flying

Different companies are offering budget flights to Geneva from most European cities  
[www.gva.ch](http://www.gva.ch)

When you arrive in Geneva, you have a choice of transport to get you to Samoëns.

Geneva airport is about an hour and a quarter by car from Samoëns.

## driving

Samoëns is about nine hours from Calais, and it's motorway all the way apart from the last 12 miles (20 km).

[www.viamichelin.com](http://www.viamichelin.com)

## by taxi

### Baudet

Tel. +33 (0)4 50 34 43 82

### Access Taxi

Tel. +33 (0)6 87 52 29 86  
[www.acces-taxi-samoens.com](http://www.acces-taxi-samoens.com)

### Dechavassine

Tel. +33 (0)4 50 34 96 76  
or Tel. +33 (0)6 07 08 99 06  
[www.taxidechavassine.fr](http://www.taxidechavassine.fr)

### Grand Massif

Tel. +33 (0)4 50 34 90 90  
[www.giffre-transports.com](http://www.giffre-transports.com)

## by train

There are easy rail connections from European cities, linking to France's high speed TGV train service. The nearest station to Samoëns is 12 miles (20 km) away at Cluses. [www.sncf.com](http://www.sncf.com)

## by coach

Transport to Samoëns from:  
Cluses railway station, 20 kms

Information on SAT bus services:  
Tel. 04 50 37 22 13 or 04 50 34 40 09

Further information on timetables:  
[www.altibus.com](http://www.altibus.com)  
or <http://infotransports.cg74.fr>

## by carrier

### Alps-direct.com

Tél. 04 50 90 30 08 - 06 12 98 12 50  
[www.alps-direct.com](http://www.alps-direct.com)

### Alps Transfert

Tél. 06 11 30 30 15  
[www.alpstransfert.com](http://www.alpstransfert.com)

### One-Step-Beyond

Tél. 04 50 34 15 55  
[www.one-step-beyond.fr](http://www.one-step-beyond.fr)

## our partners

**Savoie Mon+Blanc**  
TOURISME



Jumelage avec la Sardaigne.



[fischersports.com](http://fischersports.com)

Pamplermousse 04 50 10 2000

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